



LLI Fall 2026 Catalog

Class: **26FA01** **Let Me Tell You About My Dogs! (1 Session)**

There are some myths to be abolished about old people and dogs, and there are some funny stories to tell.

Dates/Time: Wed, Sept 9, 1:30-3:00 PM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Ellen Wallace

Instructor: **BARBARA OSGOOD** has been rescuing old Labrador retrievers and Lab mixes for more than 30 years. She has adopted 25 of them and currently lives with two old Labs. Remi is 14, and Rosie is 10. Barbara has written a book about her Labs: "84 Paws: A Life with Old Labs."

Class: **26FA02** **Continuing the World's Religions (1 of 3 Sessions)**

Learn basic beliefs, values and practices of the major religions of the world: Hinduism, Buddhism, and Sikhism.

Dates/Time: Thu, Sept 10, 17, 24, 1:30-3:00 PM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Sessions 1 & 2 – John Sullivan; Session 3 – Patti Volz

Instructor: **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.

Class: **26FA03** **The Inca, Children of the Sun (1 Session)**

Discover how a small tribe in the heart of the Andes Mountains created the largest pre-Columbian empire in the New World.

Dates/Time: Mon, Sept 14, 10:30-11:30 AM (Note Time)

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 40

Coordinator: Arline Sachs

Instructor: **CHARLES McCLELLAND** weaves the experiences of his many travels into his diverse and far-ranging discussions. He provides a special energy to his presentations. A retired adjunct professor at Georgetown University, Charles has traveled extensively throughout the Caribbean region, and Central and South America, and has explored many archeological sites of ancient American civilizations including the Maya and the Inca.

Class: **26FA04** **Immersion in Peru: Walking the Inca Trail and Discovering the Sacred Valley (1 Session)**

Peru offers one of the most compelling cultural landscapes in the Americas, where ancient civilizations, dramatic geography, and colonial history intersect. This lecture explores an immersive journey through the Andes from the Spanish colonial capital of Lima to the highland Inca centers of Cusco and the Sacred Valley culminating in a walk along the legendary Inca Trail to the iconic citadel of Machu Picchu. Through photographs, maps, and narrative, participants will experience the remarkable continuity between the ancient Inca world and contemporary Andean

culture. Participants will also gain practical insight into traveling in Peru, including altitude considerations, trekking logistics, and how modern travelers can engage responsibly with fragile archaeological and ecological environments.

Dates/Time: Tues, Sept 15, 10:00-11:30 AM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: John Sullivan

Instructor: **ANNA DIXON** is a longtime member, former president, and past board member of LLI/NOVA, and serves on regional boards and volunteer initiatives. This Virginia Master Naturalist is also a 30+ years docent at the National Gallery of Art. Anna has taken numerous courses and workshops through NOVA and regional art leagues. She is a painter and photographer and often exhibits her work locally. Now retired, Anna previously held senior executive positions with the federal government and private sector. Her presentation via photographs and narrative highlights a November 2025 journey through Peru and examines the cultural and historical landscape of the Andes and the Inca civilization.

Class: 26FA05 Mrs. Lincoln's Lawyer: Myra Bradwell (1 Session)

Mrs. Lincoln's life was full of fear, grief, stress, and losses. She lost her mother, three sons, and her husband. Through the years, she developed erratic behavior. Her surviving son, Robert, had her committed to an asylum. Mrs. Lincoln's friend, Myra Bradwell, secured Mrs. Lincoln's release – a remarkable story.

Dates/Time: Wed, Sept 16, 10:00-11:30 AM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Arlene Gribben

Instructor: **MARY LIPSEY** is a retired 7th grade American history teacher. She loves history, especially unusual stories like the friendship of Mrs. Lincoln and Myra Bradwell.

Class: 26FA06 Transportation Options in Northern Virginia (1 Session) (Zoom)

Discover practical ways to stay mobile, independent, and connected as you age. This presentation covers local transportation options in Northern Virginia, including bus, metro, volunteer driver programs, and paratransit services. Learn the pros and cons of each option, how to plan your trips efficiently, and how to access free Travel Training opportunities.

Dates/Time: Mon, Sept 21, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Ellen Wallace

Instructor: **KARINA ZAVALA** is the Program Outreach Coordinator and Bilingual Travel Trainer at DATA Mobility Partners, where she helps connect communities across Northern Virginia to accessible and sustainable transportation options. With over six years of experience in the nonprofit sector, she is passionate about community outreach, mobility equity, and empowering older adults and individuals with disabilities through travel training and transportation education.

Class: 26FA07 52 Acres, 35,000 Lives: The Untold History Buried in Alexandria (1 Session)

Just west of Old Town Alexandria lies 52 acres unlike anywhere else in America — thirteen historic cemeteries holding more than 35,000 lives whose stories span the full arc of the American experience. In this illustrated lecture, public

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historian and cemetery superintendent David Heiby reveals the remarkable individuals buried in the Wilkes Street Cemetery Complex: one of Washington's pallbearers, lost for 200 years and rediscovered through ground-penetrating radar; the Confederacy's highest-ranking general, who outranked Robert E. Lee on the official seniority list; a Cold War double agent whose betrayal crippled American codebreaking on the eve of a war that killed 33,000 Americans; a teenage sailor who witnessed Captain Cook's death in Hawaii; and the woman no one has ever identified, who died mysteriously in room 8 at Gadsby's Tavern in 1816 and rests today in St. Paul's Cemetery. Drawing on more than a decade of original archival research, Heiby brings these forgotten voices back to life through primary-source discoveries unavailable anywhere else. Participants are invited to explore the research archive at gravestonestories.com before or after the presentation.

Dates/Time: Tues, Sept 22, 10:00-11:30 AM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Ellen Wallace

Instructor: **DAVID HEIBY** is a public historian and creator of Gravestone Stories (gravestonestories.com), a widely cited digital history platform. Over more than a decade of original archival and field research, he has documented over 35,000 burials and nearly 400 biographical profiles across Alexandria's historic cemeteries. His work has been cited by the Library of Virginia's Dictionary of Virginia Biography and contributed to the City of Alexandria's National Register nomination for the Wilkes Street Cemetery Complex. He serves as superintendent of the Presbyterian Cemetery & Columbarium, treasurer of the Alexandria Historical Society and the Virginia Trust for Historic Preservation and sits on Alexandria's America250 Committee. His field discoveries include the lost graves of Philip Richard Fendall I, builder of the Lee-Fendall House, and Colonel George Gilpin, one of George Washington's pallbearers.

Class: **26FA08** **What is Amateur Radio? (1 Session)**

Learn what a "ham" does and how the ham club operates at Greenspring.

Date/Time: Tues, Sept 22, 1:30-3:00 PM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 40

Coordinator: Arline Sachs

Instructor: **ROY SCHMEISING** was licensed as a ham operator for 65 years. He served as an advisor to Airforce Academy amateur radio club, treasurer for the Pentagon amateur radio club, and received current call sign KT6B in 1980. He renewed interest after retirement. Roy has operated For 10 Years at Springfield Home; now operating at Greenspring (GARC Club).

Class: **26FA09** **National Park Service Class - Grab Bag (1 Session)**

National Park Service Grab Bag class. Subject TBD.

Dates/Time: Wed, Sept 23, 1:30-3:00 PM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Debi Hunsberger

Instructor: **NPS Instructor**

Visual & Performing Arts: Music From the Sole at GMU

This vibrant tap dance and live music company blends tap, samba, Afro-Cuban rhythms, jazz, house, and other influences into an energetic performance. CFA lists a pre-performance discussion beginning one hour before the performance.

Date/Time: Sat, Sept 26, 7:30 PM

Details: Details can be found on the Class and Event Calendar

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

Coordinator: Anna Dixon, Chair VPA

Class: 26FA10 Hands-Only CPR (1 Session)

Hands-Only CPR is a fast, accessible training designed to teach community members how to take lifesaving action during a cardiac emergency. This instructor-led session focuses on the two essential steps of Hands-Only CPR—**call 911** and **provide high-quality chest compressions** giving participants the confidence to act when every second counts. Participants will learn how to recognize the signs of sudden cardiac arrest, when Hands-Only CPR is appropriate, and how to deliver effective compressions that keep blood flowing to vital organs until professional help arrives.

Dates/Time: Mon, Sept 28, 10:00-11:30 AM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Ellen Wallace

Instructors: **CORTEZ SANCHEZ and MARCO JOHNSON** are longtime members of the American Red Cross community, each bringing their own strengths to emergency preparedness and public education. Cortez supports volunteer engagement and community outreach, with experience teaching health, safety, and preparedness skills to people of all ages. Marco has spent many years volunteering in disaster response, preparedness training, and community resilience work, helping others learn how to plan, prevent, and stay ready for emergencies. Together they have taught countless classes focused on practical, easy-to-use skills that help people feel more confident and capable in unexpected situations.

Class: 26FA11 Fall Tour of Meadowlark Gardens (1 Session)

Late summer and early fall colors at Meadowlark Botanical Gardens will be the main attraction on your tour! Join in a guided tour leading you to the best sights of the 95-acre Meadowlark Botanical Gardens. We are going to get some good exercise, take in the sights and sounds of the Gardens, and discuss how the plants and animals are getting ready for the colder months. Wear good walking shoes and bring a bottle of water for this 75-minute walk over hilly nature trails.

Dates/Time: Tue, Sept 29, 10:00-11:15 AM

Location: Meadowlark Botanical Gardens

Class Size: Min. 10, Max. 25

Coordinator: Mary Lu Bednarsky

Instructor: **JULES MALONEY** serves as Meadowlark's Botanical Gardens' program manager, manages the Winter Walk of Lights, Camp Grow program, field trips, educational programming, and special events. Her experience acquired from 23 years at NOVA Parks and other positions involving teaching, training, communications, event planning, and customer service combined with her love of nature and gardening allows Jules to achieve Mark Twain's truth--"Find a job you enjoy doing, and you will never have to work a day in your life."

Class: 26FA12**Charitable Giving and Leaving a Legacy (1 Session)**

Charitable giving changed in 2018 when the Tax Cuts and Jobs Act increased the standard deduction. This removed the need to itemize deductions and at the same time, for many, the ability to deduct charitable contributions. For the charitably inclined, there are many ways to give that still provide a significantly write off. Qualified Charitable Donations, Donating highly appreciated stock, Itemization rules for charitable giving, Family foundations, Charitable Remainder Trusts. What is the best way to give? Listen to Kelly Campbell, CFP, AIF provide many strategies for charitable giving.

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

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Patricia Brennan

Instructors: **KELLY CAMPBELL** has been in financial services for more than 35 years. Prior to starting CAPTRUST, he realized that many financial services companies only focused on investments. He believes the best retirement starts with a financial plan. Kelly and his team focus on working with people aged 55 or older, in or near retirement. They provide financial, retirement, income, tax, and estate planning, along with investment management.

LLI Fall Picnic**LET'S PARTY!**

We did it last year and it was a blast! LLI/NOVA is planning another potluck picnic for members and family.

Date/Time: Wednesday, **September 30, 2026**, from 12:30 pm to 3:30 pm.

Location: The Roundtree Park picnic shelter off of Annandale Road near Annandale.

<https://www.fairfaxcounty.gov/parks/picnics/roundtree#picnic-location> . This is the same location as last year.

Cost: There is a \$15 fee per person (to be collected at the picnic) and **registration is required in advance (so we can track attendance)**. If you sign up for the picnic you will incur a \$15 charge whether you show up or not. The reason for this is because LLI is purchasing the food (meats, veggie burgers, and condiments) and the purchased quantities are based on the number of members/guests who sign up.

Volunteers Needed For: Check-In, Set-Up, Clean-Up, and Food Preparation (arrange the side dishes in categories), Grilling (two grills)

Please indicate, when registering, how you will volunteer.

Any questions regarding the event, please contact Carol Fagnani, wdclady@icloud.com or Mary Alexander, mary@mkalexander.com.

Class: 26FA13**Active Learning in Biology (1 Session)**

In this active session, we will learn some critical concepts in Biology, including how bones form and repair (ossification), how enzymes work, and how the kidney nephron function. Anticipate spending time in groups, collaborating (and sometimes competing) with one another. We may also follow along with videos or even graph our results. Get ready to put the thinking caps on, use your pencils, and engage with science.

Date/Time: Thurs, Oct 1; 10:00-11:30 AM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Debbie Cohen

Instructor: **GILLIAN S. BACKUS, Ph.D.**, is professor of biology at NOVA/Loudoun Campus where she teaches anatomy & physiology and biology. She graduated magna cum laude with a B.A. in biology from Mount Holyoke College (MA) and earned a Ph.D. in toxicology at the University of North Carolina-Chapel Hill (NC). She has been a high school biology teacher, a Science and Technology Policy Fellow at the National Academies of Sciences (DC), and a government scientist for the U.S. EPA (DC). Gillian's pedagogical focus centers on improving scientific literacy through active learning and critical thinking.

Class: 26FA14 Beyond the Headlines: Understanding Critical Race Theory, and its Impact on Education, Policy and Practice (1 Session)

Critical Race Theory has become one of the most debated and misunderstood topics in education, politics, and public discourse. Often reduced to media soundbites or political rhetoric, Critical Race Theory is frequently discussed without a clear understanding of its historical foundations, scholarly purpose, or practical implications.

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

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Patti Volz

Instructor: **Dr. CHEVELLA WILSON** is an educational leader, scholar, and practitioner with expertise in culturally relevant teaching, leadership, student success, and equity-centered educational practices. With experience in K12 and higher education leadership, Dr. Wilson facilitates critical conversations on race, culture, systems, and educational transformation. She is the author of "Culturally Relevant Teaching for Success" and has presented nationally on leadership, equity, student conduct, safety, and culturally responsive educational practices.

Excursion: Radcliffe-Allison-Pozer House Tour

A 45-minute tour of the oldest house still standing in Fairfax City.

Date/Time: Monday, October 5 at 11:00am; **This excursion date is TBD and won't be confirmed until mid-September; Other possible dates are October 14 or October 23.**

Location: 10386 Main Street Fairfax City, VA

Cost: Free

Registration: This event is open to members and guests.

Please register on the LLI website by September 28.

Transportation: This is a meet up at the Radcliffe-Allison-Pozer House, 10386 Main Street, Fairfax City, VA.

Notes

This is an LLI excursion, so attendees are responsible for providing their own transportation to the location.

Free parking is available at the Fairfax Museum & Visitor Center at 10209 Main St., Fairfax, VA.

The walk to the site takes about 10 minutes and involves climbing a hill and crossing two streets. There is a step down to enter the site, a step up inside it and a step up to exit it. There is no restroom on site, but one is available at the Fairfax Museum.

Limit: 10

Trip Leader: [Bill Tuceling](#) (Click on the link for contact information)

Class: 26FA15 The Newest Sight in Ancient Egypt (1 Session) (Zoom)

The Grand Egyptian Museum (GEM) is a spectacular new facility in Cairo built to give the huge collection from the Tutankhamun tomb a stage worthy of its cultural and historical importance. After decades of planning and setbacks, the GEM opened last November. Apart from the Tut treasures, the architecture alone is worth a visit. The complex also

houses state-of-the-art conservation laboratories and other examples of behind-the-scenes modern museum-craft. Those who remember the old crowded, chaotic Cairo Museum will appreciate the soaring entrance atrium so spacious that even the 36-foot statue of Rameses II looks comfortable welcoming the world to this new must-see on an Egyptian itinerary.

Date/Time: Tues, Oct 6, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Scott Campbell

Instructor: **BONNIE BECKER** is a former high school social studies teacher and adjunct instructor for UVA. Previous classes for LLI include Ice Age Cave Art, Antarctica, and Fossil Hunting on the Jurassic Coast of England.

Class: 26FA16 **Digital Literacy: Skills to Survive in the Digital Age (1 Session)**

Are you drowning in technology and information overload? Do you have trouble distinguishing truth from fiction, and need some basic skills and tools to help survive in the digital age? This presentation will delve into the information sources that bombard us; how to effectively use, manage, and cope with new technology; and how to critically analyze and make sense of the huge amount of information out there.

Date/Time: Thurs, Oct 8, 10:00-11:30 AM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Richard Sigman

Instructors: **DOUGLAS POVICH** is a management analyst in the Communications Policy and Regulation Division of Fairfax County's Department of Cable and Consumer Services where he works on cable TV, media, and technology issues. Before joining the County in 2017, Doug practiced telecommunications and technology law for over thirty years focusing on regulatory and transactional matters in the wireline, wireless and public safety communications sectors. He holds a B.A. in English and Philosophy from Union College (1982) and a J.D. from Georgetown University Law Center (1985).

MAYASA TELFAIR is a management analyst for Fairfax County's Department of Cable and Consumer Services. Before joining the county, Mayasa worked in telecommunications, communications law, and public service for over 38 years. She holds a B.A. in legal communications from Howard University and an M.S. in negotiation and conflict resolution from Columbia University.

Class: 26FA17 **Chemistry Matters: Making the Invisible Visible! (1 of 4 Sessions)**

Take chemistry out of the textbook and into your life in four exciting sessions:

1. The “molecules of life”: proteins, carbohydrates, fats, DNA and RNA, vitamins and minerals, and the chemistry of cooking.
2. The periodic tables: gems, polymers, colors of hydrangeas, art conservation, and more.
3. The first ladies of science: innovation, breakthroughs, and lasting legacies.
4. Chemistry on the horizon: “forever chemicals”, synthetic drugs, gene therapy, and energy - fission, fusion, and renewables!

Date/Time: Thurs, Oct 8, 15, 22, 29, 1:30-3:00 PM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Patti Volz

Instructor: **REVA A. SAVKAR** is professor emerita at NOVA. She holds master's degrees in both organic chemistry and computer science and taught both at NOVA for 28 years. She pioneered e-learning and other innovative

techniques, received numerous awards, and was the invited speaker at President Obama's 2015 White House Educator Appreciation Ceremony. We are delighted to welcome Reva back. She has taught several popular classes.

Class: 26FA18 Japanese American Exclusion during World War II (1 Session)

On February 19, 1942, President Franklin D. Roosevelt issued Executive Order 9066 authorizing the United States Army to forcibly evacuate persons of Japanese ancestry to the western parts of the United States. The United States Army removed 120,000 persons of Japanese ancestry from their homes to ten remote War Relocation Authority Centers. This class will address EO 9066, life in the centers, and Japanese loyalty to the United States.

Dates/Time: Mon, Oct 12, 1:30-3:00 PM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Scott Campbell

Instructor: **GERALD YAMADA** is a retired attorney with 45 years of legal experience in federal government service and a private law firm practice in Washington, DC. He was born in the Jerome WRA Center, Arkansas.

Class: 26FA19 NPS Class - Grab Bag (1 Session)

National Park Service Grab Bag class. Subject TBD.

Dates/Time: Tues, Oct 13, 1:30-3:00 PM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Debi Hunsberger

Instructor: **NPS Instructor**

Class: 26FA20 Underwater Wonders is Back! (1 Session)

Join Dr. Steve Cohen as he shows some of his favorite underwater videos. They will serve as a jumping off point to show the beauty that lies beneath the waves, as well as a class participation discussion of the challenges facing our oceans today.

Date/Time: Wed, Oct 14, 1:30-3:00 PM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Steve Cohen

Instructor: **STEVE COHEN** is a retired small animal veterinarian and avid scuba diver. He is an award-winning underwater videographer, and several of his films have been shown at prestigious underwater film exhibitions. Steve enjoys sharing his adventures beneath the sea as a way of showing the beauty and diversity of creatures that most people never get to experience in person. They also show the challenges faced by climate change and other man-made stressors.

Class: 26FA21 Watergate's Unexpected Hero: The Life of Peter W. Rodino Jr. (1 Session) (Zoom)

This class will be held in conjunction with AARP and focuses on the life and career of New Jersey Congressman Peter W. Rodino Jr. who became a national hero in 1974 for his steady and bipartisan leadership during the Nixon impeachment hearings.

Date/Time: Thurs, Oct 15, 10:00-11:30 AM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Patti Volz

Instructor: **DR. LAWRENCE SPINELLI** is the author of “Watergate's Unexpected Hero: The Life of Peter W. Rodino Jr.”, which is the first Rodino biography. He held a variety of senior-level positions in the legislative and executive branches of the federal government including serving as press secretary for Congressman Rodino and then Senator Joe Biden.

Class: 26FA22 The Shape of Molecules and How Drugs Work (1 Session)

This class will cover select topics from organic chemistry with a focus on the interaction between the shapes of molecules and how their shapes can be used to make effective medicines. Attendees will learn how medicine and drugs do their job in the human body.

Date/Time: Fri, Oct 16, 10:00-11:30 AM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Bonnie Becker

Instructor: **MICHAEL DAVIS** is currently a dean at NOVA/Loudoun 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 of the Elements to kick off Chicago's first ever city-wide science celebration. In 2019, Mike wrote TED-ED script on the topic of opioids. Most recently, Mike became a Washington DC MOTH GRAND SLAM champion.

Visual & Performing Arts: VOCES8 at GMU

The Grammy-nominated British a cappella ensemble VOCES8 brings a wide-ranging vocal program, from classical repertoire to jazz and popular music. CFA lists a pre-performance discussion beginning one hour before the performance.

Date/Time: Sat, Oct 17, 7:30 PM

Details: Details can be found on the Class and Event Calendar

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

Coordinator: Anna Dixon, Chair VPA

Class: 26FA23 Beyond the Basics: Navigating the Obstacles in Estate Planning & Administration (3 Sessions)

This class covers unexpected issues that arise in estate planning or estate settlement situations.

Date/Time: Mon, Oct 19, 26; Nov 2, 10:00-11:30 AM

Location: NOVA TBD

Class Size: Min. 10, Max. 50

Coordinator: Ellen Wallace

Instructor: **DINA SHAAR** is an attorney with a decade of experience in estate planning. A graduate of George Mason University, she earned her undergraduate degree in Criminology, Law, and Society in 2021, followed by a J.D. from Mason Law School in 2024.

Class: 26FA24 Religious Philosophy in Judaic and Christian Development (4 Sessions)

In their development, both Judaism and Christianity had numerous thinkers who attempted to systematize and summarize religious thought. This series presents a survey of select philosophers and philosophies in developmental

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and modern Judaism and Christianity with emphasis on methodologies, similarities, and divergent views. Sessions treat Philo of Alexandria (1st cent BCE/1st cent CE), Augustine of Hippo (4th/5th cent) and Paul Tillich and Martin Buber (both 20th cent).

Date/Time: Tues, Oct 20, 27, Nov 3, 10, 10:00-11:30 AM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 40

Coordinator: Arline Sachs

Instructor: **JOHN RYBICKI** lectures for many organizations including LLI, sharing his expertise in comparing religions and their philosophers, and the resulting beliefs today.

Class: 26FA25 **Laminate Pastries - Pie Crust (1 Session)**

This class on laminate pastries focuses on pie crust. The cost is \$5/person to be collected on class day.

Date/Time: Tues, Oct 20, 1:30-3:00 PM

Location: NOVA TBD

Class Size: Min. 10, Max. 36

Coordinator: Mary Alexander

Instructor: **TERRY HOLLERBACH**, a former professional chef and caterer, has over 30 years of experience in making laminated pastries in a home setting. Learn the tricks, tips, and secrets of making delicious classic pastry at home from a teacher who has won more than two dozen blue ribbons at numerous county and state fairs.

Class: 26FA26 **V-Discs - How Uncle Sam Started His Own Record Label and Helped Usher in the Era of Vinyl Records (1 Session)**

V-Discs (or Victory Discs) were morale recordings used during World War II that represented many genres by some of the leading stars of the day. Launched as a government project during a general musician's union strike, they also represented some of the only recorded output during this period and in groupings that might have never occurred in a commercial setting. Due to the fragile nature of the shellac discs in use at the time, the government also began looking at more durable materials to allow these items to get to the front lines intact, leading to the use of vinyl substitutes years before their first commercial use in 1948. This class will explore the history and impact of this program while listening to recordings that G.I.s would have enjoyed in the 1940s.

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

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Steve Cohen

Instructor: **WILLIAM PARMENTIER** is a local musician and music aficionado. He has published articles and presented on various music history topics. His group, DC Ambiance, plays swing music of the 30s and 40s in the style of Django Reinhardt.

Class: 26FA27 **Making Connections Across the Smithsonian (1 Session) (Zoom)**

This class will be held in conjunction with AARP.

Let's explore the many connections between artworks in the collection of the Smithsonian American Art Museum (SAAM) and other Smithsonian Museums. In this presentation, we will examine various works at SAAM and draw parallels between artifacts and knowledge from other museums. The presenter was inspired by a recent visit to the National Zoo to see the baby elephant and thought about a work of art in the Renwick Gallery's contemporary craft collection. Connections will include artifacts at the National Museum of African History and Culture, a flag from the Tuesday, August 4, 2026

American History Museum, rocks from the National Museum of Natural History, phenomena from the Air and Space Museum, regalia from the National Museum of the American Indian, and more.

Date/Time: Wed, Oct 21, 1:30-3:00 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Debbie Cohen

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.

Visual and Performing Arts: Compagnie HERVÉ KOUBI: Sol Invictus at GMU

This contemporary dance company draws on Algerian and Mediterranean culture, combining contemporary dance, urban movement, capoeira, and martial arts. CFA lists a pre-performance discussion beginning one hour before the performance.

Date/Time: Sat, Oct 24, 7:30 PM

Details: Details can be found on the Class and Event Calendar

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

Coordinator: Anna Dixon, Chair VPA

Class: 26FA28 Modern Cosmology - Why Do We Think the Universe Is So Weird? (1 Session)

Cosmology is the science of the universe itself. Until the twentieth century, it seemed clear that the universe must be infinite, enduring, and unchanging. Why do we now believe that the universe had a beginning, called the Big Bang, and that it is expanding? Why do we believe that the matter made from atoms containing protons, neutrons, and electrons is only a small part of the universe as a whole? Why do we believe that most matter in the universe is dark matter, which we cannot see and about which we know almost nothing about? Why do we believe that something is driving space apart at an ever-accelerating pace? This class will explore the observations that have driven scientists to conclude that the universe is a very strange place indeed.

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

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Richard Sigman

Instructor: **DR. PAUL HERTZ** retired from NASA in 2025. After receiving his Ph.D. in astronomy, he spent almost 20 years conducting astrophysics research before joining NASA. During his NASA career, Dr. Hertz managed astrophysics programs and missions, including those dedicated to the study of dark matter, dark energy, and the evolution of the universe. He was NASA's longest serving Director of Astrophysics and NASA's first Chief Scientist of the Science Directorate.

Class: 26FA29 Laminate Pastries - Danish Pastries (1 Session)

This class on laminate pastries focuses on Danish Pastries. The cost is \$5/person to be collected on class day.

Date/Time: Tues, Oct 27, 1:30-3:00 PM

Location: NOVA TBD

Class Size: Min. 10, Max. 36

Coordinator: Mary Alexander

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Instructor: **TERRY HOLLERBACH**, a former professional chef and caterer, has over 30 years of experience in making laminated pastries in a home setting. Learn the tricks, tips, and secrets of making delicious classic pastry at home from a teacher who has won more than two dozen blue ribbons at numerous county and state fairs.

Class: 26FA30 Just for Laffs 2 (1 Session)

This is a chance for LLI members to blow off some steam. Laughter is the best medicine. Bring your favorite jokes, memes, humorous anecdotes, videos, and sound bites to share with fellow members. The first class was a rip-roaring success!

Date/Time: Wed, Oct 28, 1:30-3:00 PM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Steve Cohen

Instructor: **STEVE COHEN**, current VP of LLI/NOVA, is known for his wicked sense of humor. He initiated “A funny thing happened on the way to the Forum,” as a humorous ice breaker for our monthly Forums. His wife of 54 years puts up with him for unknown reasons. They live with their cat Knuble in Annandale.

Class: 26FA31 Understanding Speech Anxiety (1 Session) (Zoom)

This class will be held in conjunction with AARP.

If you get butterflies in your stomach when you give a speech, you are not alone! This class will explore the roots of speech anxiety and offer practical advice on how to manage it.

Date/Time: Wed, Oct 28, 7:00-8:30 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Ellen Wallace

Instructor: **DR. MEREDITH AQUILA** a “stage fright survivor,” has been helping students and professionals build their public speaking skills for more than 20 years. She has served as a professor of communication studies at NOVA.

Class: 26FA32 Landscaping, Lights, and Locks Along with Avoiding Scams and Fraud (1 Session)

Secure your home and make it appear less attractive to a criminal. Avoid becoming a victim to scammers.

Date/Time: Thurs, Oct 29, 10:00-11:30 AM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Patricia Brennan

Instructors: Both instructors are part of the Crime Prevention and Community Outreach Section of the Fairfax County Police Department. **MPO CAPIZZA** is a Crime Prevention Specialist, who has been in crime prevention for almost seven years and in the police department for over 21 years. **PFC CONROY** has been with the section for almost eight months and is currently working on a Crime Prevention Specialist Certification.

Class: 26FA33 What is Religion Anyway? (3 Sessions)

Explore three landmark approaches in the anthropology of religion: an attempt to explain and control the world, the glue that binds societies together, or the possibility that as a modern invention, we've projected backward in time.

Dates/Time: Mon, Nov 2, 9, 16, 1:30-3:00 PM

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Location: NOVA TBD
Class Size: Min. 10, Max. 40
Coordinator: Patti Volz

Instructor: **MICHAEL KAPLAN** holds a Ph.D. in anthropology from The George Washington University and an MA from Washington University in St. Louis. He has taught at The George Washington University and through Georgetown University's Prisons and Justice Initiative. He is editor-in-chief and publications manager at NVCC. Michael taught the popular "Is the Sky Really Blue" class.

Class: 26FA34 Laminated Pastries - Croissants (1 Session)

This class on laminated pastries focuses on Croissants. The cost is \$5/person to be collected on class day.

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

Location: NOVA TBD

Class Size: Min. 10, Max. 36

Coordinator: Mary Alexander

Instructor: **TERRY HOLLERBACH**, a former professional chef and caterer, has over 30 years of experience in making laminated pastries in a home setting. Learn the tricks, tips, and secrets of making delicious classic pastry at home from a teacher who has won more than two dozen blue ribbons at numerous county and state fairs.

Class: 26FA35 Religion, Magic, and Supernatural Belief Systems (1 Session)

This class discusses why we have religious and spiritual practices, compares the religious practitioners we see across the globe, and distinguishes magic from religion.

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

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Patricia Brennan

Instructor: **Dr. TIFFANY M. BLACKMON** is a professor of sociology and anthropology at the of NOVA/Loudoun. Her specialty area is the anthropology and sociology of religion with an emphasis on religious cults. Dr. Blackmon's fieldwork took her to India and Saylorsburg, PA where she lived at Hindu ashrams for 14 months. This will be the third time that Dr. Blackmon has presented at LLI, as she adores this program.

Class: 26FA36 The Music Behind the Pictures (1 Session)

The Music behind the Pictures at an Exhibition: Dr. McWilliams will provide insights into the ten paintings that are musically described in the composition "Pictures at an Exhibition" by Modest Mussorgsky and arranged for orchestra by Maurice Ravel. He also will help guide the listeners to ways to better appreciate the separate movements. This program is planned to accompany the November 7 & 8, 2026 concerts of the Alexandria Symphony Orchestra

<https://alexsym.org/2627season/>.

Date/Time: Fri, Nov 6, 10:00-11:30 AM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Mary Alexander

Instructor: **DR. KENT McWILLIAMS** has enjoyed a successful performing career since his debut in Rachmaninov's Piano Third Concerto with the University of Toronto Symphony Orchestra. He has been an award winner at competitions in Portugal and Canada and also has performed live recitals and concertos on the CBC in Canada and the ABC in Australia. Dr. McWilliams holds a Doctorate in Piano Performance from the University of Montreal and completed doctoral research on the Polish folk elements in Chopin's Mazurkas. Dr. McWilliams was a professor of piano at St. Olaf College in Minnesota for 18 years prior to moving to Kent State University in 2019. He

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has judged many piano competitions, including the Canadian Chopin Festival and Music Teachers National Association (MTNA) competitions in 25 states and Canada. He has been an adjudicator for the Royal Conservatory of Music for over 25 years. Dr. McWilliams also is a very experienced clinician, having presented performance and pedagogy workshops to teachers at many national events, and was the opening plenary session speaker of the MTNA to help celebrate the 200th anniversary of Chopin's birth. He began teaching at the Main Street Music Studios in Fairfax, Virginia in August 2023.

Class: 26FA37 Minds at Work: Rethinking the NOVA Classroom for Today's Students (1 Session)

College classrooms are changing — and so are the students filling them. More NOVA students than ever identify as neurodivergent, and faculty are rethinking how they teach as a result. Dr. Carol Quade opens with the data behind this shift. Dr. Stephanie Thornton-Grant, a professor of art history, shares how she's redesigned her courses using Universal Design for Learning (UDL) to reach more kinds of learners.

Justin Weber, a NOVA computer science student with autism, offers a personal look at what it means to be neurodivergent — from childhood through college — through Spoon theory and the everyday work of managing energy and attention. The session closes with open discussion.

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

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Debbie Cohen

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.

Visual and Performing Arts: Shanghai Ballet: Giselle at GMU

Shanghai Ballet presents the romantic ballet classic Giselle, a story of love, heartbreak, and transformation, with refined technique and expressive ensemble work. CFA lists a pre-performance discussion beginning one hour before the performance.

Date/Time: Sun, Nov 8, 4:00 PM

Details: Details can be found on the Class and Event Calendar

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

Coordinator: Anna Dixon, Chair VPA

Class: 26FA38 Brains Over Bullets: The Role of Maryland's Camp Ritchie in Helping American Soldiers Win World War II (1 Session)

More than 15,000 men were trained in intelligence-gathering techniques during WWII at an exclusive Army camp in Maryland. These "Ritchie Boys" used their skills to interrogate German POWs, generating knowledge vital to the winning of battles and, ultimately, the entire war.

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

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Steve Cohen

Instructors: **CHRIS GALEN** is the oldest son of the late Bill Galen, a Ritchie Boy and Army veteran. Chris was raised in a small town in Nebraska, where Bill taught college at Concordia Teachers College. Chris moved in 1987 to Washington for a job on Capitol Hill and went on to work nearly 40 years in a variety of executive communications

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roles and public policy roles, including at the White House, the private sector and nonprofit lobbying organizations. He lives with his family across the street from the NOVA campus.

Class: 26FA39 Honoring All Who Served: The History of Veterans Day (1 Session)

Experience the history of Veterans Day from its origins as Armistice Day after World War I to the present, including profiles of Culpeper County veterans from World War I to the present.

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

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Patricia Brennan

Instructor: **JEFF JOYCE** is an Air Force veteran and retired Defense contractor who lives in Manassas. He is a volunteer at Culpeper National Cemetery, supporting the Wreaths Across America program. In addition, Jeff is a Docent at the National Air and Space Museum, a volunteer with the Honor Flight program, a member of the Manassas National Battlefield living history team and a battlefield guide at Bristoe Station Battlefield Heritage Park in Prince William County.

Class: 26FA40 Introduction to the History of Technology (1 Session)

This class will provide a basic overview of how historians approach the topic of technology as a factor in human history.

Date/Time: Thurs, Nov 12, 10:00-11:30 AM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Scott Campbell

Instructors: **BRIAN VAGATS** is an associate professor of history at the NOVA/Alexandria. He specializes in the history of computers, telecommunications, and data networking.

Class: 26FA41 The South American Wars of Independence (1 Session)

This session will focus on how the Spanish colonies in South America rose up during the early 19th century to achieve independence from Spain.

Date/Time: Tues, Nov 17, 10:30-11:30 AM (Note Time)

Location: Greenspring Village, Accotink Room across from the Theater

Class Size: Min. 10, Max. 40

Coordinator: Arline Sachs

Instructors: **CHARLES McCLELLAND** weaves the experiences of his many travels into his diverse and far-ranging discussions. He provides a special energy to his presentations. A retired adjunct professor at Georgetown University, Charles has traveled extensively throughout the Caribbean region, and Central and South America, and has explored many archeological sites of ancient American civilizations including the Maya and the Inca.

Class: 26FA42 The Tougaloo Nine and the 1961 Jackson Library Sit-In (1 Session)

On March 27, 1961, nine students from Tougaloo College challenged for the first time the segregation codes of the deep south state of Mississippi by entering the “Whites Only” public library in downtown Jackson. In the days that followed, chaos ensued, with police using tear gas, dogs, and billy clubs on peaceful bystanders while the bands played “Dixie” during the concurrent Civil War Centennial celebration. Look no further than these three days of contrast to understand the deep divides that still rankle our nation, pitting what journalist George Packer of the *Atlantic* dubs

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“Heritage America” v. “Multicultural America”.

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

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Scott Campbell

Instructor: **MICHAEL J. O'BRIEN** is an award-winning author of civil rights narratives. His first book, “We Shall Not Be Moved”, won the Lillian Smith Book Award—a prize formerly won by many civil rights luminaries, including Congressman John Lewis, and Marian Wright Edelman. His latest book, “The Tougaloo Nine”, recently won the Mississippi Historical Society’s book of the year award for 2026.

Class: 26FA43 Civilian Response to Active Shooter Events (CRASE) (1 Session)

These presentations will cover how to handle yourself if caught in an active attack situation. Learn “Avoid, Deny, Defend”.

Date/Time: Thurs, Nov 19, 10:00-11:30 AM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Patti Volz

Instructors: Both instructors are part of the Crime Prevention and Community Outreach Section of the Fairfax County Police Department. **MPO CAPIZZA** is a Crime Prevention Specialist, who has been in crime prevention for almost seven years and in the police department for over 21 years. **PFC CONROY** has been with the section for almost eight months and is currently working on a Crime Prevention Specialist Certification.

Class: 26FA44 NPS Class - Grab Bag (1 Session)

National Park Service Grab Bag class. Subject TBD.

Dates/Time: Fri, Nov 20, 1:30-3:00 PM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Debi Hunsberger

Instructor: **NPS Instructor**

Class: 26FA45 The Trial of John T. Scopes (The Scopes Monkey Trial) (1 Session)

In 1925, high school teacher John Scopes was charged with violating the Butler Act, a Tennessee law that prohibited the teaching of evolution in public schools. William Jennings Byran, a three-time Democratic presidential candidate and lifelong religious Fundamentalist, assisted the prosecution, while famed labor and criminal lawyer, and self-described agnostic, Clarence Darrow served as the principal defense attorney. It would be a battle between Christian faith and emerging scientific discoveries in what was called "the trial of the century.”

Dates/Time: Tues, Dec 1, 10:00-11:30 PM

Location: Greenspring Village, Village Square Theater

Class Size: Min. 10, Max. 40

Coordinator: Arline Sachs

Instructor: **JOHN JOHNSON** appeared in the Arlington Unitarian Church's production of Inherit the Wind, a fictionalized play based on the Scopes trial.

Visual and Performing Arts: Spanish Harlem Orchestra: Salsa Navidad at GMU

The three-time Grammy-winning Spanish Harlem Orchestra celebrates Puerto Rican holiday traditions and American Christmas favorites in its lively salsa dura style. CFA lists a pre-performance discussion beginning one hour before the performance.

Date/Time: Sat, Dec 5, 7:30 PM

Details: Details can be found on the Class and Event Calendar

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

Coordinator: Anna Dixon, Chair VPA

Class: 26FA46 107 Days at Sea: The Journey That Changed Everything (1 Session) (Zoom)

At 63, Jill Chalsty boarded a ship alone, grieving her husband's death and battling cancer. What began as a voyage around the world became far more than a trip. In this lecture, Jill shares the story behind her memoir "Packets of Hope", inviting participants to travel alongside her through the ports she visited, the people she met, and the reflections that transformed personal adversity into strength and global impact. Jill demonstrates how one person's courage can create ripples that span continents. Participants are encouraged to read her memoir, available free at www.packetsofhope.com, before the presentation.

Dates/Time: Tues, Dec 8, 10:00-11:30 PM

Location: ONLINE

Class Size: Min. 10, Max. 97

Coordinator: Patti Volz

Instructor: **JILL CHALSTY**, founder of Overcoming Obstacles, has empowered young people worldwide through life skills education. Her journey of loss and cancer inspired "Packets of Hope", illuminating the power of love and service.

Class: 26FA47 National Park Service Class - Grab Bag (1 Session)

National Park Service Grab Bag class. Subject TBD.

Dates/Time: Wed, Dec 9, 1:30-3:00 PM

Location: NOVA TBD

Class Size: Min. 10, Max. 40

Coordinator: Debi Hunsberger

Instructor: **NPS Instructor**