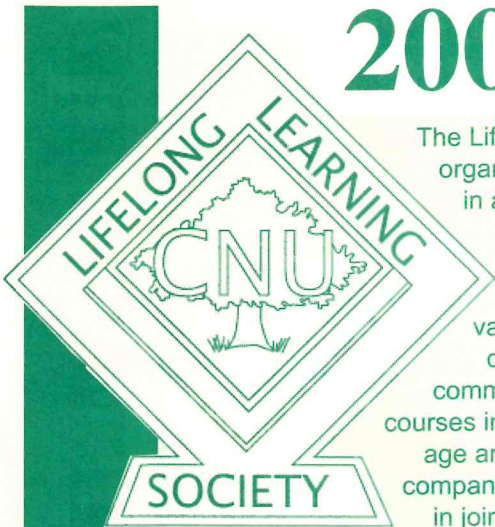


2008 Summer Program



The LifeLong Learning Society (LLS) of Christopher Newport University is a membership organization dedicated to persons of retirement age who seek opportunities for learning in an environment of sharing and fellowship. There are no requirements as to previous educational experience; intellectual curiosity is the only admission requirement.

Managed by and for its members, LLS is a program of the Office of University Advancement and is an affiliate of the Elderhostel Institute Network. Through a variety of activities — including lectures, courses, study and discussion groups, lunches, dinners, and field trips — persons of diverse backgrounds come together to share a common interest in learning. There are no exams or grades in the courses, although some courses include assigned readings and the possible purchase of a text. All persons of retirement age are encouraged to join if they are interested in being challenged by new ideas in the company of other eager learners. LLS shares its program with the community by participating in joint learning efforts with other educational and research institutions, retirement groups, industries and museums, and by co-sponsoring three annual conferences.

Program Overview

The three-week program includes the dates and times for the 26 courses listed on page 2 and 4, plus optional activities are also listed on page 4.

Membership Fee and Benefits

Full membership for the 2008 summer session is \$95. Registration for courses may be made by returning the enclosed registration form with a check.

LLS members who paid \$195 last September or \$145 in January have already paid their summer membership and course fee. For a current associate member to take summer courses, the fee is \$55. Current members may call the office at (757) 269-4368 to register for summer courses.

A member may bring a guest one time to any of the class meetings or to an optional activity if there is space available.



Bill & Jacque King

Photo by Gary Green

Full refund of summer membership and/or course fees will be granted if requested before July 7, 2008. After

that date no refund will be given. A 20-percent handling charge will be deducted on all refunds. Refunds will not be given for money paid for the year or spring/summer membership.

Economic Hardship

Fee waiver is possible, and inquiries are invited. Please call the LLS office at (757) 269-4368 for details.

07-08 Parking Decal Sticker Required

A parking decal with current sticker is required to park in the CNU parking lots. If you do not have a parking decal (or the 2007-08 sticker), please use the registration page to request one.

Our office location is in the first house on the left at the corner of Oyster Point Road and Criston Drive. We are in the brick house across the parking lot from the Yoder Barn. Class locations and confirmations will be mailed to you after June 4.

Office location:

660 Hamilton Drive (Yoder Barn House)
Newport News, VA 23602
Telephone: (757) 269-4368

Mailing Address:

LifeLong Learning Society
Christopher Newport University's Yoder Barn Theater
660 Hamilton Drive
Newport News, VA 23602-6925

Visit the CNU-LLS Home Page at <http://lifelonglearning.cnu.edu>

LLS is an affirmative action/equal opportunity organization. Christopher Newport University does not discriminate in admission, employment or any other activity on the basis of race, color, age, religion, national origin, veteran status, disability, sexual orientation or political affiliation.

2008 Summer Schedule

1. Clay: Wheel Thrown

May 12, 14, 19, 21, 28 and June 2 Mon. & Wed., 9-11:30 a.m.
Start with making basic wheel-formed pottery while returning students refine their skills and learn advanced techniques. Supplies may be purchased from CNU bookstore. Limited enrollment. \$20 course fee includes glazes.
Instructor: Marshall Turner, CNU

2. Aerobics

June 3, 5, 10, 12, 17, 19, 24, 26 Tues. & Thurs., 9:15-10:30 a.m.
A conditioning program to improve your strength, balance, range of motion and muscular and cardiovascular endurance. \$15 course fee.
Instructor: Kasey Cyr-Robert

3. Aerobics

July 8, 10, 22, 24, 29, 31; Aug. 5, 7 Tues. & Thurs., 9:15-10:30 a.m.
Same as course #2. \$15 course fee.

4. Body Fusion: Tone & Stretch

July 9, 11, 16, 18, 23, 25 Wed. & Fri., 9:15-10:30 a.m.
This exercise class will focus on muscle strength, muscle endurance, flexibility, balance and coordination combined with the use of a variety of equipment. \$15 course fee.
Instructor: Lisa Wingfield, CNU

5. "Time"

July 7-11 Mon. through Fri., 9:30-10:45 a.m.
Does "time" even exist? How is "time" related to mind? Why does "time" seem to have a direction – is it linear or circular? This course is a philosophical and scientific review of "time."
Instructor: Glenn Markus, LLS

6. Watercolor Painting (a.m.)

July 7-11 Mon. through Fri., 9:30-11:30 a.m.
Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Limited enrollment; register for a.m. or p.m. class, not both.
Instructor: Professor Betty Anglin, CNU

7. Online Banking

July 7, 9 Mon. & Wed., 11 a.m.-12:15 p.m.
This course will cover different aspects of banking online, security and how to obtain the information that you need 24 hours a day, seven days a week. Limited enrollment.
Instructor: Jean E. Parra, Old Point National Bank

8. The Divas of Conducting

July 7-11 Mon. through Fri., 11 a.m.-12:15 p.m.
Falletta, Alsop, Howard, Jones and Hillis. Come study the "power behind the throne" of major symphonies, the new model of female conductors and the history of female conductors throughout Western music.
Instructor: Dr. Lauren Fowler, CNU

9. Explore the New CNU Tribble Library

July 7-11 Mon. through Fri., 1-2:15 p.m.
The CNU library is full of print, electronic and online materials that are freely available for your use. Get an introduction to these different types of resources and begin to take advantage of this incredible collection.
Instructor: Amy Boykin, CNU

10. Watercolor Painting (p.m.)

July 7-11 Mon. through Fri., 1:30-3:30 p.m.
Same as course #6. Register for a.m. or p.m., not both.

11. Manner, Marriage and Mystery

July 7-11 Mon. through Fri., 2:30-3:45 p.m.
We will study select short fiction of Henry James and Edith Wharton, two American masters of psychological realism.
Instructor: Jennifer Cornette, CNU

12. Computing I

July 14-18 Mon. through Fri., 8:30-10:30 a.m.
This is the first course in a three-course progression. This beginner course is for anyone who wants to learn how to use a computer. The student will be introduced to the parts of a computer, the desktop and basic computing. Students should own or have access to a computer to practice their skills. \$15 course fee.
Instructor: Susan Daimler

13. Basic Digital Photography

July 14-18 Mon. through Fri., 9-10:15 a.m.
This course will teach basic digital photography. From opening the box to taking great photographs, it all starts with the first few steps. Limited enrollment.
Instructor: Karen Alvis, Motophoto

14. Jefferson Lab

July 14-18 Mon. through Fri., 9:30-10:45 a.m.
Challenging classes will be taught by five Jefferson Lab scientists. Tour will be offered at end of course with extra time and walking required. Photo ID required for entry.
Coordinator: Dean Golembeski, Public Affairs Manager

15. Three Voyages with Patrick O'Brian

July 14-18 Mon. through Fri., 9:30-10:45 a.m.
Come and find out why O'Brian is often called the finest wordcrafter in the field of historical fiction. Text: Vol. I, II, III — *Master and Commander, Post Captain, H.M.S. Surprise* — all available in paperback.
Instructor: James A. Cornette, Jr., CNU

16. Calling All Chocoholics

July 17-18 Thurs. & Fri., 10 a.m.-12 noon
Learn about the history, geography, health benefits and manufacturing of chocolate, including a fondue tasting using some things dipped in chocolate you may not have tried. \$10 course fee.
Instructor: Mary Griffith, Virginia's Finest Chocolates

17. E-mail

July 14-18 Mon. through Fri., 10:45 a.m.-12:45 p.m.
For persons who have completed Computer I and II. Learn to send and receive e-mail messages and use the Internet. Limited enrollment. \$15 course fee.
Instructor: Susan Daimler

18. Gardening in Tidewater

July 14-16 Mon., Tues., Wed., 11 a.m.-12:15 p.m.
Learn the basics of garden design, the importance of plant selection and how to provide year-round color in your garden.
Instructor: Bob Goodhart, Goodhart's Gardens

19. Genealogy

July 14-18 Mon. through Fri., 11 a.m.-12:30 p.m.
This course will cover basic genealogy, family and home sources, research, vital records and census records.
Instructor: Jim Sample, Tidewater Genealogical Society

20. Online Banking

July 14, 16 Mon. & Wed., 1-2:15 p.m.
Same as course #7. Limited enrollment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 7 9:30-10:45 "Time" 9:30-11:30 Watercolor 11-12:15 Online Banking 11-12:15 Divas of Cond. 1-2:15 CNU Library 1:30-3:30 Watercolor 2:30-3:45 Manner, Marriage & Mystery	July 8 9:15-10:30 Aerobics 9:30-10:45 "Time" 9:30-11:30 Watercolor 11-12:15 Divas of Cond. 1-2:15 CNU Library 1:30-3:30 Watercolor 2:30-3:45 Manner, Marriage & Mystery	July 9 9:15-10:30 Body Fusion 9:30-10:45 "Time" 9:30-11:30 Watercolor 11-12:15 Online Banking 11-12:15 Divas of Cond. 1-2:15 CNU Library 1:30-3:30 Watercolor 2:30-3:45 Manner, Marriage & Mystery	July 10 9:15-10:30 Aerobics 9:30-10:45 "Time" 9:30-11:30 Watercolor 11-12:15 Divas of Cond. 1-2:15 CNU Library 1:30-3:30 Watercolor 2:30-3:45 Manner, Marriage & Mystery	July 11 9:15-10:30 Body Fusion 9:30-10:45 "Time" 9:30-11:30 Watercolor 11-12:15 Divas of Cond. 1-2:15 CNU Library 1:30-3:30 Watercolor 2:30-3:45 Manner, Marriage & Mystery
July 14 8:30-10:30 Computing 1 9-10:15 Digital Photo 9:30-10:45 Jefferson Lab 9:30-10:45 Patrick O'Brian 10:45-12:45 E-mail 11-12:15 Gardening 11-12:30 Genealogy 1-2:15 Online Banking 1:30-3:30 Movie	July 15 8:30-10:30 Computing 1 9-10:15 Digital Photo 9:30-10:45 Jefferson Lab 9:30-10:45 Patrick O'Brian 10:45-12:45 E-mail 11-12:15 Gardening 11-12:30 Genealogy	July 16 8:30-10:30 Computing 1 9-10:15 Digital Photo 9:15-10:30 Body Fusion 9:30-10:45 Jefferson Lab 9:30-10:45 Patrick O'Brian 10:45-12:45 E-mail 11-12:15 Gardening 11-12:30 Genealogy 1-2:15 Online Banking 1:30-3:30 Movie	July 17 8:30-10:30 Computing 1 9-10:15 Digital Photo 9:30-10:45 Jefferson Lab 9:30-10:45 Patrick O'Brian 10-12 Calling Chocoholics 10:45-12:45 E-mail 11-12:30 Genealogy	July 18 8:30-10:30 Computing 1 9-10:15 Digital Photo 9:15-10:30 Body Fusion 9:30-10:45 Jefferson Lab 9:30-10:45 Patrick O'Brian 10-12 Calling Chocoholics 10:45-12:45 E-mail 11-12:30 Genealogy 1:30-3:30 Movie
July 21 9:30-10:45 Books Change 9:30-10:45 Cool Fiction 11-12:15 World After 9/11 2:30-3:45 Fact or Fiction?	July 22 9:15-10:30 Aerobics 9:30-10:45 Books Change 11-12:15 World After 9/11 2:30-3:45 Fact or Fiction?	July 23 9:15-10:30 Body Fusion 9:30-10:45 Books Change 9:30-10:45 Cool Fiction 11-12:15 World After 9/11 1-2:15 Abstract Art 2:30-3:45 Fact or Fiction?	July 24 9:15-10:30 Aerobics 9:30-10:45 Books Change 11-12:15 World After 9/11 1-2:15 Abstract Art 2:30-3:45 Fact or Fiction?	July 25 9:15-10:30 Body Fusion 9:30-10:45 Books Change 9:30-10:45 Cool Fiction 11-12:15 World After 9/11 1-2:15 Abstract Art 2:30-3:45 Fact or Fiction?

NOTE: The class **Clay: Wheel Thrown** will be held 9-11:30 a.m. every Monday and Wed. May 12, 14, 19, 21, 28 and June 2. **Aerobics Class** will also be held on July 29 and 31, and Aug. 5 and 7.

Other LifeLong Learning Society Activities Summer 2008

Spring Luncheon

Tues., April 22
Ferguson Center for the Arts

Tour VIMS

Wed., June 25
Day Trip – 9:30 a.m.-12 noon

Fourth of July Picnic

Tues., July 1
Freeman Center

Thank you to our corporate sponsors:

Minuteman Press • The Old Point National Bank • Old Point Trust

2008 Summer Schedule Continued

21. Three Movies in the Afternoon

July 14, 16, 18 Mon., Wed., Fri., 1:30-3:30 p.m.
We will enjoy "A Shot in the Dark" and "Revenge of the Pink Panther" with Peter Sellers and a 2006 rendition of the "The Pink Panther" with Steve Martin.

Coordinator: Larry Smail, LLS

22. Books That Change Your Life

July 21-25 Mon. through Fri., 9:30-10:45 a.m.
Each DVD lecture will have two classical books discussed by J. Rufus Fears, professor of classics at the University of Oklahoma. There will be two 30-minute lectures in each session followed by a short discussion.

Coordinator: Dr. William Peach, LLS

23. Cool Fiction for a Hot Summer

July 21, 23, 25 Mon., Wed., Fri., 9:30-10:45 a.m.
Plotting a good story is easier than you think.

Instructor: Heidi Hartwiger

24. The World After 9/11

July 21-25 Mon. through Fri., 11 a.m.-12:15 p.m.
Don DeLillo and *Falling Man*: Multiple prize-winning American novelist Don DeLillo published in 2007 *Falling Man*, which reviewers were quick to call "the first profound fictional study of the world after 9/11." Scribner: ISBN-13:978-1-4165-4602-3, ISBN: 10:1-4165-4602-2.
Instructor: Professor Barry Wood, CNU (Emeritus)

25. The Joy of Abstract Art

July 23-25 Wed., Thurs., Fri., 1-2:15 p.m.
Sometimes challenging, occasionally frustrating and surprisingly enjoyable, abstract art is more than just a swish and a swirl. We'll cover the Russians, abstractions from nature, action painters and more.
Instructor: Michael Preble, Program Director, PFAC

26. Fact or Fiction?

July 21-25 Mon. through Fri., 2:30-3:45 p.m.
Scholars, curators and educators examine the ways in which film producers interpret maritime-related history, as well as compare and contrast their inaccuracies.

4 Coordinator: Armalita Holley, Mariners' Museum



LifeLong Learning Society

Christopher Newport University's Yoder Barn Theater
660 Hamilton Drive
Newport News, VA 23602-6925

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**Register Now for
Summer Classes**

CNU LIFELONG LEARNING SOCIETY

SUMMER 2008 COURSE REGISTRATION FORM

Name(s): _____ Phone: _____ SS#: _____

Address: _____
 Street City Zip Code

Are you enrolling as a new member of LLS? Yes _____ No _____ E-mail address: _____

Emergency Contact _____
 Name Relationship Phone #

Summer Courses

Please number courses in order of preference. Indicate total number of courses you wish to take _____.

- | | | |
|-------------------------------------|--------------------------------------|---|
| _____ 1. Clay: Wheel Thrown | _____ 10. Watercolor Painting (p.m.) | _____ 19. Genealogy |
| _____ 2. Aerobics June | _____ 11. Manner, Marriage & Mystery | _____ 20. Online Banking |
| _____ 3. Aerobics July-Aug. | _____ 12. Computing 1 | _____ 21. Three Movies in the Afternoon |
| _____ 4. Body Fusion July | _____ 13. Digital Photography | _____ 22. Books That Change Your Life |
| _____ 5. "Time" | _____ 14. Jefferson Lab | _____ 23. Cool Fiction for Hot Summer |
| _____ 6. Watercolor Painting (a.m.) | _____ 15. Patrick O'Brian | _____ 24. World After 9/11 |
| _____ 7. Online Banking | _____ 16. Calling Chocoholics | _____ 25. Joy of Abstract Art |
| _____ 8. Divas of Conducting | _____ 17. E-mail | _____ 26. Fact or Fiction? |
| _____ 9. CNU Trible Library | _____ 18. Gardening in Tidewater | |

WEEKLY ACTIVITIES - OPEN TO ALL MEMBERS: _____ Bridge

Our Society is managed by and for its members. If you are willing to help, please check one or more of the following:

- | | | |
|------------------------------------|------------------------|-------------------------|
| _____ Hospitality & Special Events | _____ Membership | _____ Program Planning |
| _____ Telephone Tree | _____ Course Assistant | _____ Teaching a Course |
| | | _____ Office Volunteer |

You may register either by mail to LLS, Christopher Newport University's Yoder Barn Theater, 660 Hamilton Drive, Newport News, VA 23602; in person at 660 Hamilton Drive, Yoder Barn House; or by telephone at (757) 269-4368. If you register by June 4 you will receive written confirmation of your courses and their room locations. If you register after June 4, information will be available in the LLS office.

If you paid \$195 for a fall membership or \$145 for a spring membership, you do not owe any additional membership fee.

If you are not currently a LLS member, your summer membership and course fee will be (\$95) \$ _____

If you are not currently a LLS member and you want to be an associate member, the fee will be (\$50) \$ _____

If you are currently an associate member and you now want summer courses (\$55) \$ _____

Additional fees:

Course fee (\$15 per course) for Aerobics, Body Fusion & Computer courses _____ x (\$15) \$ _____

Course fee (\$10) for Calling All Chocoholics class (\$10) \$ _____

Course fee (\$20) for Clay: Wheel Thrown (\$20) \$ _____

I want a blue decal _____ I want an 07-08 sticker _____ additional blue decal _____ \$ _____

No charge No charge \$22.00 TOTAL \$ _____

Payment Options: Payment may be made by cash, check or credit card check. Credit cards are no longer accepted.

Check payable to CNU for \$ _____ enclosed.

For LLS Office Use Only:

Processed by _____ on _____	paid by _____	for \$ _____
initials date	check/cash/cccheck	total amount
_____ current member	_____ packet	_____ time recv.
_____ reinstated member	_____ name tag	_____ blue book
_____ new member	_____ decal	_____ confirmation
		_____ date recv.
		_____ computer