

3.18.10-1

# LifeLong Learning Society

2018 SPRING PROGRAM



  
CHRISTOPHER NEWPORT  
UNIVERSITY

  
WARWICK FOREST

Premier sponsor

"The mind, once expanded  
to the dimensions of larger  
ideas, never returns to its  
original size."

— Oliver Wendell Holmes

LifeLong Learning Society • Christopher Newport University • Yoder Barn Theatre  
660 Hamilton Drive • Newport News, VA 23602-6925

(757) 269-4368 • [lifelonglearning.cnu.edu](http://lifelonglearning.cnu.edu)



# 2018 Virginia Symphony Orchestra Class Series

## "Center Stage With the VSO"

Have you ever wondered what it's like to be a full-time professional orchestral musician? Join selected VSO musicians for 5 more engaging musical conversations. Hear music in an entirely new way, learn about the background and preparation of each musician, and discuss the various styles and eras as both the music and instruments evolved. Gain a deeper understanding of how each instrument makes its unique contribution and how the ensemble works together under the conductor's leadership to interpret and convey the composer's meaning.

## Class Schedule

January 29, 2018 - Adam Gandolfo, Trumpet  
 February 12, 2018 - Laura Leisring, Principal Bassoon  
 February 26, 2018 - Michael Laubach, Principal Timpani  
 March 26, 2018 - Rachel Ordaz, Piccolo  
 April 2, 2018 - Michael Daugherty, Composer

All classes are from 1:30-2:30 p.m.



Michael Daugherty  
Composer



Adam Gandolfo  
Trumpet



Michael Laubach  
Principal Timpani



Laura Leisring  
Principal Bassoon



Rachael Ordaz  
Piccolo



JoAnn Falletta  
Music Director

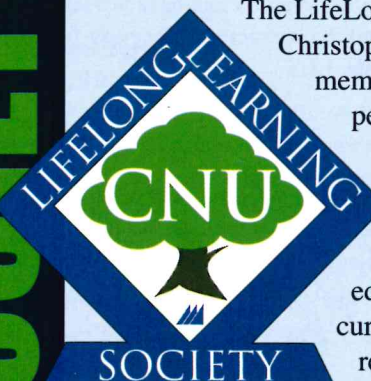


Vahn Armstrong  
Concertmaster

Sponsored by



## 2018 SPRING PROGRAM



The LifeLong Learning Society of Christopher Newport University is a membership organization dedicated to people 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 a member of the Road Scholar LLI Resource Network. Through a variety of activities — including lectures, courses, study and discussion groups, lunches, dinners, and field trips — people 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 people 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.

### Opening Session: January 29, 2018

*Ferguson Center for the Arts*

**12:15 p.m. New Member Orientation**

Peebles Theatre

**12:45 p.m. All-Member Reception**

Peebles Theatre Lobby

**1:30 p.m. Adam Gandolfo, Trumpet**

Virginia Symphony Orchestra  
Peebles Theatre

### Program Overview

The dates and times for the 39 five-week and 20 10-week courses are listed on pages 2-7. These courses will meet either once or twice per week. In addition to five field trips, a number of optional activities will be announced during the semester. The 10 Monday-afternoon lectures and performances for LLS members are listed on page 8. The following four interest groups are open to members: Bridge, Book Club, Mahjongg and Discussion Group.

### Membership Fee and Benefits

**Full membership for the 2018 spring and summer sessions is \$185.** This includes Monday-afternoon presentations, spring and summer courses, and the opportunity to participate in optional activities, such as field trips, by paying the activity fees.

**An associate membership for the 2018 spring and summer sessions is available for \$110.** This includes the Monday-afternoon presentations and other optional activities, but no courses.

A member may bring a guest one time to any of the Monday presentations, class meetings or optional activities if there is space available.

Class locations and confirmations will be mailed to you if your registration is received by **January 12, 2018**. Otherwise information will be available at the LLS office. Most classes will be in the Yoder Barn.

### Refund Policy

Full refund of membership and/or course fees will be granted if requested before **January 29, 2018**. After that date, no refund will be given. A 20 percent handling charge will be deducted on all refunds.

### Economic Hardship

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

### 2017-18 Parking Decal Sticker Required

A current parking decal **is required** to park in the CNU parking lots. One decal is included with your membership; additional decals can be requested on the registration page.

### Office Location:

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

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.

### Mailing address:

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



## SESSION A COURSES

### JANUARY 29-MARCH 2, 2018

#### 1. Intermediate Spanish Limited enrollment Mon., Wed., 9-10:15 a.m. 10-week course

This course continues where Beginning Spanish left off in the fall. We will continue with the same textbook, *Spanish for Mastery*, and will begin with a review. If you wish to enroll and did not take Beginning Spanish, please contact the instructor. \$30 course fee.  
**Instructor: Erika St. Dennis, LLS**

#### 2. Intermediate Yoga Limited enrollment Mon., 9:30-10:30 a.m. & Wed., 1:30-2:30 p.m. 10-week course

Take your yoga practice to the next level. Students will be challenged with more advanced options. Fundamentals of poses and breath work are explored in greater depth, as you grow on your own personal journey. If you wish to enroll and have not taken yoga with Rose before, please contact the instructor. \$30 course fee.

**Instructor: Rose Winter, MPT, CMT, RYT**

#### 3. Yoga Limited enrollment Mon., 11 a.m.-noon & Wed., 3-4 p.m. 10-week course

Learn a gentle style appropriate for all levels and adaptable to each person's needs. All classes begin with a warm-up to prepare the spine and muscles and then move through a series of yoga postures. After the postures have relaxed the body, yoga moves us toward a calm mind with breath work and meditation. \$30 course fee.

**Instructor: Rose Winter, MPT, CMT, RYT**

#### 4. Orange Book Spanish: Combined Group Limited enrollment Mon., Wed., 10:30 a.m.-11:45 a.m. 10-week course

This is the most advanced Spanish course offered. We will begin with a review and will move fairly rapidly, with an emphasis on speaking and practical usage. We will continue with the textbook *Spanish for Mastery*. If you wish to enroll and have not taken Spanish at LLS before, please contact the instructor. \$30 course fee.  
**Instructor: Erika St. Dennis, LLS**

#### 5. Beginning French Limited enrollment Mon., noon-2 p.m. 10-week course

We will cover the basics of spoken and written French, with an emphasis on practical conversational vocabulary. This is a traditional language class with a textbook, homework and a small number of students. No previous knowledge of French is necessary. Required for the first day of class: *Son et Sens* textbook, ISBN 978-0673131300. This is available cheaply in used format on amazon.com. \$30 course fee.

**Instructor: Erika St. Dennis, LLS**

#### 6. Body Fusion: Tone and Stretch 10-week course Tues., Thurs., 9-10:15 a.m. Held at CNU Freeman Center

This exercise class will focus on muscle strength, muscle endurance, flexibility, balance and coordination combined with the use of a variety of equipment. \$30 course fee.

**Instructor: Lisa Powell, CNU**

#### 7. Blue Book French: Group 2 Limited enrollment Tues., Fri., 9-10:15 a.m. 10-week course

We will continue with the textbook *French for Mastery* and will begin with a review. If you wish to enroll and have not taken LLS French classes, please contact the instructor. \$30 course fee.

**Instructor: Erika St. Dennis, LLS**

#### 8. Sea Peoples 10-week course Tues., 9-10:15 a.m.

Toward the end of the 13th century B.C. an era of relative prosperity and stability came to a shattering end. Today some scholars and archeologists blame those catastrophes on war-bands, whom Pharaoh Ramses III called "Sea Peoples." Syllabus \$3.

**Instructor: Glenn Markus, LLS**

#### 9. Arabic Limited enrollment Tues., 9-10:45 a.m. 10-week course

This course will introduce learners to the script and the sound system of the Arabic language. It will also introduce them to basic conversation and dialogue.

**Instructor: Dr. Diana Obeid, CNU**

#### 10. Painting Fundamentals Limited enrollment Tues., 9-11 a.m.

This mixed-media prep class is for those who want to learn more about how to build a painting. Subject matter will vary to suit lessons in drawing for design and composition; tonal studies; and using shapes to achieve value and contrast using a limited palette. Use whatever media you prefer (dry or wet). All levels.

**Instructor: Jenny Linn Loveland, BA, MA**

#### 11. Poetry Limited enrollment Tues., 11 a.m.-12:15 p.m.

This course will focus on the different forms of poetry, both old and new.

**Instructor: Serena Fusek**

#### 12. Strength and Stretch Limited enrollment Tues., Thurs., 11 a.m.-noon 10-week course

This class addresses high-risk clients: those with multiple medical problems, either past or current; or those who have not exercised for a very long time and would have difficulty with a standard program; or those currently dealing with physical problems that limit movement, mobility, stamina; or those experiencing pain.

**Instructor: Betty Peach, LLS**

#### 13. Say It Ain't So: American History Through Words and Song 10-week course Tues., 11 a.m.-12:15 p.m.

Join us for a rollicking tour of our nation, from Colonial days to the Vietnam conflict. We will examine the words and phrases unique to each era, and we will sing songs that reflect the events, fears and joys of our forebears. Please arrive ready to expand your mind and lift your voice!

**Instructor: Erika St. Dennis, LLS**

#### 14. Oil/Acrylic Studio Painting Limited enrollment Tues., noon-2 p.m.

Build on fundamental skills and paint in a relaxed, meditative open-studio environment. Emphasis is on painting various subjects with an emphasis on landscapes and color mixing to

achieve contrasts. Instructor demonstrations address a variety of painting approaches.

**Instructor: Jenny Linn Loveland, MA, BA**

#### 15. Integral Yoga Class Limited enrollment Tues., Thurs., 1-2 p.m. 10-week course

This is a gentle class adaptable for all levels. Class begins seated in the chair with breath work to center and focus. Still seated, we warm up the head, neck, spine and hips. Coming into a standing position, using the chair for support as needed, we move through a series of poses to build flexibility, strength and balance. At the end of class we return to the chair for gentle stretches, deep relaxation and a brief meditation. \$30 course fee.

**Instructor: Tara Joseph, PT, MA, RYT**

#### 16. Hilton Village 10-week course Tues., 1-2:15 p.m.

Built in 1918 to 1919, Hilton Village was the first public-funded planned community in America. Designed by noted land planner Henry Hubbard and architect Francis Joannes, Hilton was constructed as wartime housing utilizing the Garden City/New Urbanism, which resulted in the quaint English cottage village known as Hilton.

**Instructor: John V. Quarstein, Director Emeritus, USS Monitor Center**

#### 17. Green Book French Limited enrollment Tues., Thurs., 1-2:15 p.m. 10-week course

This course continues where Yellow Book French left off in the fall. We will continue with the new textbook, *Scènes et Séjours*, and will begin with a review. This is the most advanced French class offered. If you wish to enroll and have not taken French at LLS, please contact the instructor. \$30 course fee.

**Instructor: Erika St. Dennis, LLS**

#### 18. 500th Anniversary of the Reformation: Luther's Musical Legacy 10-week course Tues., 2:30-3:45 p.m.

In this, the second of two courses exploring music of the Lutheran church, we will examine just how far Luther's influence extends through masterworks intended for worship and for the concert hall. Walter's sacred motets, Schütz's Passions, Buxtehude's virtuosic organ preludia, Mendelssohn-Bartholdy's Reformation Symphony, Brahms's Ein deutsches Requiem, Distler's Die Weihnachtsgeschichte – discover five centuries of music that is both quintessentially Lutheran and universal in its appeal.

**Instructor: Rob Keene, Director of Music, Trinity Evangelical Lutheran Church**

#### 19. Tai Chi Limited enrollment Tues., Thurs., 2:30-3:45 p.m. 10-week course

This class will teach the introductory form of Tai Chi, nine movements in the Yang Style. Tai Chi, a nonaerobic exercise, will benefit those who want to improve their balance and muscle strength. \$30 course fee.

**Instructor: Richard Tate, LLS**

#### 20. Blue Book French: Group 1 Limited enrollment Tues., Thurs., 2:30-3:45 p.m. 10-week course

We will continue with the textbook *French for Mastery* and will

begin with a review. This is the most advanced class for this textbook. If you wish to enroll and have not taken LLS French classes, please contact the instructor. \$30 course fee.

**Instructor: Erika St. Dennis, LLS**

#### 21. Geological History of Virginia 10-week course Wed. 9-10:15 a.m.

Virginia has remarkable, rich geological heritage. Its sedimentary, igneous and metamorphic record, including deformed and intruded rocks, tells of numerous invasions of the sea, multiple episodes of mountain building, an occasional extraterrestrial impact, and the destructive forces of weathering and erosion. This course will trace Virginia's geological history over the last few billion years.

**Instructor: Dr. Gerald Johnson, Ret. William & Mary**

#### 22. Computer I Limited enrollment Wed., Fri., 9-10:15 a.m. 10-week course

This is a beginner course for anyone who wants to learn how to use a computer. Students will be introduced to the parts of a computer, the desktop and Microsoft Office 2010. The classroom is equipped with Windows 7 desktop computers. Students should own or have access to a computer to practice their skills. Students are welcome to bring their own PC laptops to class. \$30 course fee.

**Instructor: Neil Hesketh**

#### 23. Chinese Limited enrollment Wed., 10-11:45 a.m. 10-week course

This course is designed for beginners who want to learn basics of travel and daily life conversations in Chinese.

**Instructor: Zhao Qing Zhang**

#### 24. Computer Internet and Email Limited enrollment Wed., Fri., 10:45 a.m.-12 p.m. 10-week course

Learn to send and receive email messages (including attachments) and use the Internet. The classroom is equipped with Windows 7 desktop computers. Students should own or have access to a computer to practice their skills. Students are welcome to bring their own PC laptops to class. \$15 course fee.

**Instructor: Neil Hesketh**

#### 25. The Verdant Country: A Musical Story of Canadian Settlement 10-week course Wed., 11 a.m.-12:15 p.m.

We will explore the history of Canadian exploration and settlement as told through songs and stories of Canadian emigrant songwriters.

**Instructor: Dr. Ed Brash, CNU**

#### 26. Continuing Latin Limited enrollment Wed., Fri., 12:30-1:45 p.m. 10-week course

This course continues where Latin 3 left off in the fall. We will continue with the same textbook, *Latin for Americans*, and will begin with a review. If you wish to enroll and did not take Latin 3, please contact the instructor. \$30 course fee.

**Instructor: Erika St. Dennis, LLS**

#### 27. Latin American Geography and Society 10-week course Wed., 12:45-2 p.m.

This course will provide an introduction to Latin American geography and society with the goal of helping students understand



the complexity, diversity, beauty and richness of this region. The course will primarily focus on 20th- and 21st-century cultural, social and political issues with the aim of understanding Latin America from a Latin American point of view. We will also discover the region's political and economic importance to the United States and the Commonwealth of Virginia.  
**Instructor: Dr. John Finn, CNU**

**28. Spanish 3** *Limited enrollment*  
*Wed., 2-3:15 p.m. & Fri., 10:30-11:45 a.m. 10-week course*  
This course continues where Intermediate Spanish left off in the fall. We will continue with the same textbook, *Spanish for Mastery*, and will begin with a review. If you wish to enroll and did not take Intermediate Spanish, please contact the instructor. \$30 course fee.  
**Instructor: Erika St. Dennis, LLS**

**29. Another Look: Photography at The Mariners' Museum and Park**  
*Wed., 2:30-3:45 p.m. Held at Mariners' Museum*  
The Mariners' Museum has featured outstanding photography exhibitions throughout its 85-year history, and its current show, Another Look, is no exception. Join photography curator Sarah Puckitt Scruggs and digital imaging specialist Brock Switzer as we dive into an exploration of the photographic arts. This course will be a mix of classroom and field sessions as we learn about photographic composition and then go take pictures of our own.  
•Please bring your camera and your walking shoes!  
**Coordinator: Mark Arduini, Manager Adult Learning, Mariners' Museum**

**30. Organizing Your Filing System**  
*Thurs., 9-10:15 a.m. Limited enrollment*  
This is a workshop on family important documents and the need for a well-designed and manageable system for organizing, updating and safekeeping those documents.  
**Instructor: Guy Manchester, LLS**

**31. Keeper of Stories**  
*Thurs., 9-10:45 a.m. Limited enrollment*  
Are you the "keeper" of your family's stories and just can't get them written? Join us in this workshop as we explore traditional and nontraditional approaches to writing family stories. Everyone is welcome.  
**Instructor: Heidi Hartwiger**

**32. Watercolor Painting**  
*Thurs., 11 a.m.-1 p.m. Limited enrollment*  
Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Register for only one watercolor class in session A and only one in session B.  
**Instructor: Betty Anglin, Ret. CNU**

**33. Middlemarch**  
*Thurs., 11 a.m.-12:15 p.m.*  
*Middlemarch*, by George Eliot (the pseudonym of Mary Ann Evans), is rated by many as the greatest of the many great British Victorian novels. According to Virginia Woolf, it is "one of the few English novels written for grown-up people." A work of high realism set in a fictitious town in 1829-32 (40 years before it was

written), with a large cast of characters whose lives intersect, the novel explores the status of women, nature of marriage, problems of idealism, self-interest, religion, hypocrisy, political reform and education, at a time when sweeping technological and social changes were underway that would forever alter the patterns of daily life. *Middlemarch* has much to say that still reverberates strongly today. It is a long book: The first week's meeting will offer an overview of the author and novel, and we will read a quarter of the book for each of the following meetings.  
**Instructor: Dr. Kara Keeling, CNU**

**34. Traveling the East Coast With the Traveling Professor**  
*Thurs., 1-2:15 p.m.*  
Come along on a journey to the major and minor travel destinations on the East Coast. Walk the streets, see the sights and hear the history of port stops from Eastport, Maine, to Key West, Florida, as we explore an esoteric mix of topics, adventure and neat stuff. The trip is profusely illustrated with pretty pictures, and you will find it overly educational.  
**Instructor: Dr. Harold Cones, CNU**

**35. Drawing**  
*Thurs., 2-4 p.m. Limited enrollment*  
In the 20th century, drawing has come into its own as a lively and viable art form. Whereas drawing of the past can be largely classified as objective, today's drawings are frequently subjective. Assignments are designed to develop the student's hand-eye skills, as well as encourage their formation of ideas and feelings in conjunction with the creative process of drawing.  
**Instructor: Betty Anglin, Ret. CNU**

**36. Understanding Opera, Part 2**  
*Thurs., 2:30-3:45 p.m.*  
This course completes a survey of Virginia Opera's 2017-18 season. Works discussed include Benjamin Britten's sparkling Shakespearean adaptation, "A Midsummer Night's Dream," and Donizetti's Italian classic "Lucia di Lammermoor." Students receive complete musical and dramatic analysis, illustrated with video and audio excerpts. Recommended for opera beginners and aficionados alike.  
**Instructor: Glenn Winters, Community Outreach Musical Director, Virginia Opera Association**

**37. Healthy Aging in Retirement and Beyond (Riverside Doctors Series)**  
*Fri., 11 a.m.-12:15 p.m. 10-week course*  
Hear from more Riverside Health System experts who specialize in the care of older adults, and learn the inside secrets that will help you enjoy your best years in good health. The course will cover a wide range of topics, such as fitness, women's health, mind and memory, heart health, and more.  
**Coordinator: Yi Chesebrough, Riverside Health Systems**

**38. Watercolor Painting**  
*Fri., 1:30- 3:30 p.m. Limited enrollment*  
Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Register for only one watercolor class in A session and one in session B.  
**Instructor: Betty Anglin, Ret. CNU**

# SESSION B COURSES

## MARCH 12–APRIL 13, 2018

**Course #1 – Continued: Intermediate Spanish**  
*Mon., Wed., 9-10:15 a.m.*

**Course #2 – Continued: Intermediate Yoga**  
*Mon., 9:30-10:30 a.m. & Wed., 1:30-2:30 p.m.*

**Course #3 – Continued: Yoga**  
*Mon., 11 a.m.-noon & Wed., 3-4 p.m.*

**Course #4 – Continued: Orange Book Spanish: Combined Group**  
*Mon., Wed., 10:30-11:45 a.m.*

**Course #5 – Continued: Beginning French**  
*Mon., noon-2 p.m.*

**Course #6 – Continued: Body Fusion**  
*Tues., Thurs., 9-10:15 a.m.*

**Course #7 – Continued: Blue Book French: Group 2**  
*Tues., Fri., 9-10:15 a.m.*

**39. More Monday Morning Movies**  
*Mon., 9 a.m.-noon*  
Theater Professor Emeritus George Hillow will again offer an eclectic series of his favorite films spanning many genres and decades but always shying away from familiar mainstream blockbusters. The beginning of each class will discuss the film's creators and its place in film history. Then the film will be screened in its entirety and, as time permits, open discussion will ensue. The five titles will come from the following possibilities: "The Queen of Hearts," "Intolerable Cruelty," "The Hundred-Foot Journey," "Forbidden Planet," "The Last Emperor," "Mrs. Henderson Presents," "Babette's Feast" and "Das Boot (The Boat)."  
**Instructor: George Hillow, Ret. CNU**

**40. Barbarossa: The German Invasion of the Soviet Union**  
*Tues., 9-10:15 a.m.*  
This course will cover the background leading up to the invasion. It will discuss the initial successes and subsequent failures resulting from the Germans' overestimation of their own capabilities and underestimation of the capabilities and staying power of the Soviet forces. The effects of weather and distances, as well as the often-faulty decisions of both Hitler and Stalin, will be considered.  
**Instructor: Ken Hampton, LLS**

**Course #9 – Continued: Arabic**  
*Tues., 9-10:45 a.m.*

**41. Painting Fundamentals**  
*Tues., 9-11 a.m. Limited Enrollment*  
Same as course #10.

**Course #12 – Continued: Strength and Stretch**  
*Tues., Thurs., 11 a.m.-noon*

**Course #13 – Continued: Say It Ain't So**  
*Tues., 11 a.m.-12:15 p.m.*

**42. Oil and Acrylic Studio Painting**  
*Tues., noon-2 p.m. Limited Enrollment*  
Same as course #14.

**43. Over There! The United States in World War I**  
*Tues., 1-2:15 p.m. Held at Yoder Barn*  
In August 1914, World War I erupted between the Central Powers and the Triple Entente. President Wilson declared American neutrality on August 4, 1914. However, Germany's unrestricted submarine warfare caused a diplomatic crisis with the United States when RMS *Lusitania* was sunk on May 7, 1915, by a German U-boat killing 128 Americans. Germany ended unrestricted submarine warfare. By January 1917, Germany resumed unrestricted submarine warfare and sent the Zimmermann Telegram. On April 6, 1917, the United States declared war on Germany after the sinking of six American merchant ships and the publication of the Zimmermann Telegram. This course will discuss the rise of the United States as a world power, the rise of the military industrial complex in Hampton Roads, and the effects of WWI on Europe and the United States.  
**Instructor: Michael Moore, Civil War Site Curator, Lee Hall Mansion**

**Course #15 – Continued: Integral Yoga**  
*Tues., Thurs., 1-2 p.m.*

**Course #17 – Continued: Green Book French**  
*Tues., Thurs., 1-2:15 p.m.*

**Course #18 – Continued: Luther's Musical Legacy**  
*Tues., 2:30-3:45 p.m.*

**Course #19 – Continued: Tai Chi**  
*Tues., Thurs., 2:30-3:45 p.m.*

**Course #20 – Continued: Blue Book French: Group 1**  
*Tues., Thurs., 2:30-3:45 p.m.*

**44. Kings and Queens of Comedy, Act 2**  
*Wed., 9-10:15 a.m.*  
This course will examine the lives and times of America's most gifted comedians. After discussing the lives and styles of icons of comic royalty, film clips and videos will bring them into the classroom. The final lineup is still under consideration, but Jeff Dunham will certainly be featured, and Jeanne Robertson, who will appear live at the Ferguson Center in January, may again be on the bill. Aside from contemporary comedians, Act 2 will also include a comic legend or two from bygone eras, like Jack Benny, Lucille Ball, the Marx Brothers or perhaps even Bob Hope.  
**Instructor: George Hillow, Ret. CNU**

**Course #22 – Continued: Computer I**  
*Wed., Fri., 9-10:15 a.m.*

**Course #23 – Continued: Chinese**  
*Wed., 10-11:45 a.m.*



#### 45. Computer II

*Wed., Fri., 10:45 a.m.-12 p.m.*

*Limited enrollment*

Students should have completed Computer I, or have prior knowledge of computers, before enrolling in this course. Students will continue to learn the basics of Microsoft Word 2010. The classroom is equipped with Windows 7 desktop computers. Students should own or have access to a computer to practice their skills. Students are welcome to bring their own PC laptops to class. \$15 course fee.

**Instructor:** Neil Hesketh

#### 46. Gloriana: The Reign of Queen Elizabeth I

*Wed., 11 a.m.-12:15 p.m.*

This course examines the life and reign of Elizabeth I whose personality and achievements have made her one of the most famous rulers in world history.

**Instructor:** Theodora Bostick, Ret. CNU, LLS

#### Course #26 – Continued: Latin

*Wed., Fri., 12:30-1:45 p.m.*

#### 47. Nat Turner

*Wed., 1-2:15 p.m.*

Explore the 1831 Southampton County Insurrection slave uprising in American history. Nat Turner, a slave preacher, believed that he received signs from heaven, which prompted him to raise a bloody revolt on August 21, 1831. Although the revolt failed, it sent shockwaves throughout America and began the eventual steps to end slavery in the United States.

**Instructor:** John V. Quarstein, Director Emeritus, USS Monitor Center

#### Course #28 – Continued: Spanish 3

*Wed., 2-3:15 p.m. & Fri., 10:30-11:45*

#### 48. From Delta Blues to Rock and Roll: A History of American Popular Music

*Wed., 2:30-3:45 p.m.*

This course will examine the roots and evolution of American popular music and how it grew up in a uniquely American culture shaped by democratic values, racial and economic inequalities, religious and political perspectives, and commercialization. Students will be exposed to a variety of musical genres such as blues, jazz, country and rock, as well as the social, economic and political factors that gave rise to them.

**Instructor:** Mark Morgan, Saint Leo University

#### 49. Critical Thinking for Seasoned Citizens

*Thurs., 9-10:15 a.m.*

“A great many people think they are thinking when they are really rearranging their prejudices,” said William James. Have you ever done a double take at an airport when asked, “Has anyone put anything in your baggage without your knowledge?” Or heard a president say, “Drug therapies are replacing a lot of medicines as we used to know it”? We are often the victims of “sonorous nonsense driven home with gestures.” If you would like to sharpen your own reasoning or identify the fallacies in the reasoning of those you love to hate, this course is for you.

**Instructor:** Dr. Brenda De Wet, LLS

#### 50. Creative Nonfiction Writing

*Thurs., 9-10:45 a.m.*

*Limited enrollment*

For writers of all levels who enjoy writing nonfiction with a creative flair and wish to craft stories from real life.

**Instructor:** Heidi Hartwiger

#### 51. Advanced Writing for “Historians”

*Thurs., 9-10:45 a.m.*

*Limited Enrollment*

Strengthen your skills in recording your experiences. Family stories always find an audience, with family, with community and sometimes in the wider world as social history.

**Instructor:** Nancy Anderson, LLS

#### 52. Greek Mythology and Athenian Tragedy

*Thurs., 11 a.m.-12:15 p.m.*

The great tragedies of 5th-century Athens – including the Oresteia trilogy of Aeschylus and the Oedipus plays of Sophocles – are almost all based on the traditional Greek stories known as myths. In this class we will examine some of the mythical sagas – like those of the House of Atreus and the family of Oedipus – that inspired the 5th-century dramatists. We will then consider how these same mythical sagas were shaped and interpreted by the authors of Athenian tragedy.

**Instructor:** Dr. Alice Rubinstein, LLS

#### 53. Watercolor Painting

*Thurs., 11 a.m.-1 p.m.*

*Limited enrollment*

Same as course #32. Register for only one watercolor class in session A and one in session B.

#### 54. Religions of the West

*Thurs., 1-2:15 p.m.*

This course is an introduction to Western religious traditions. It examines the historical development, the fundamental doctrines and beliefs, practices, institutions, and cultural expressions of these religious traditions. The course also address some of the essential differences and similarities that exist among religious traditions and points to the uniqueness of each. We will explore Zoroastrianism, Judaism, Christianity, Islam and some of the new religious movements that have arisen from these traditions.

**Instructor:** Dr. Dawn Hutchinson, CNU

#### 55. Watercolor Painting

*Thurs., 2-4 p.m.*

*Limited Enrollment*

Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Register for only one watercolor class in session A and one in session B.

**Instructor:** Betty Anglin, Ret. CNU

#### 56. Cell Phones and Tablets

*Thurs., 2:30-3:45 p.m.*

This workshop will teach you how to use your wireless devices. This course includes Android beginner/advanced, Apple beginner/advanced as well as tools to enhance use of devices.

**Coordinator:** Robert P. Spiker

#### 57. Magic Beyond the Curtain

*Fri., 9-10:15 a.m.*

This is a lecture series about what the audience never gets to see behind the curtain of the stage. Topics include the engineering, the management and the creative process of planning and building the perfect season. Using TheaterCNU as a point of reference, each lecture addresses a unique aspect of theater magic.

\*This is a four-week course beginning on 3/23/18.

**Instructor:** Tanya Sweet, CNU

#### 58. Meanderings

*Fri., 9 a.m.-3 p.m.*

*Limited Enrollment*

We will carpool weekly to discover new museum exhibits from Virginia Beach to Williamsburg and lunch in delightful eateries nearby. Participants are responsible for expenses, such as lunch and admission fees.

**Instructor:** Janie Dickson, LLS

#### Course #37 – Continued: Riverside Doctors

*Fri., 11 a.m.-12:15 p.m.*

#### 59. Watercolor Painting

*Fri., 1:30-3:30 p.m.*

*Limited Enrollment*

Same as course #38. Register for only one watercolor class in session A and one in session B.



## CONFERENCES

### The 36th Annual Community Forum on Aging

will be held **March 7, 2018**, at The Freeman Center.

(In collaboration with the Peninsula Agency on Aging and the Forum on Aging Planning Committee)

### Gardening Symposium

CNU's 21st Annual Gardening Symposium will be held

**March 24, 2018**, at The Freeman Center.

(In collaboration with the CNU Grounds Department)

### Writers Conference

The 37th Annual Writers Conference will be held **May 4-5, 2018**, at The Freeman Center.

(In collaboration with the CNU Department of English and the Writers' Advisory Council)



## FIELD TRIP SCHEDULE

Christmas in Richmond  
December 4, 2017

National Gallery of Art Vermeer  
Exhibit and Renoir at  
Phillips Gallery  
January 6, 2018

Garden Week in Virginia –  
Cape Charles  
April 28, 2018

Military Aviation Museum  
June 16, 2018

Maritime Coastal Wonders  
July 9-19, 2018

For more information on trips, please  
call the LLS office at (757) 269-4368.



### Interest Groups:

- 1. Bridge Group**  
Monday, noon, weekly,  
in Yoder Barn
- 2. Book Club**  
Monday, 9:30 a.m., monthly,  
in Yoder Barn
- 3. Mahjongg**  
Friday, 9:30 a.m., weekly,  
in Yoder Barn
- 4. Discussion Group**  
Friday, 9 a.m., monthly,  
in Yoder Barn

To sign up for interest groups,  
see the registration page.



## MONDAY- AFTERNOON LECTURES & CONCERTS PERFORMANCES

January 29, 1:30 p.m.  
Opening Lecture  
Adam Gandolfo, Trumpet  
Virginia Symphony Orchestra  
Peebles Theatre, Ferguson Center

February 5, 1:30 p.m.  
“The Amazing, Awe-Inspiring (and  
Possibly Salacious) Early Life of  
Abraham Lincoln”  
Dr. Jonathan White, CNU  
Peebles Theatre, Ferguson Center

February 12, 1:30 p.m.  
Laura Leisring, Principal Bassoon  
Virginia Symphony Orchestra  
Yoder Barn Theatre

February 19, 2 p.m.  
“Single Girl’s Guide”  
CNU Musical Preview  
Peebles Theatre, Ferguson Center

February 26, 1:30 p.m.  
Michael Laubach,  
Principal Timpani  
Virginia Symphony Orchestra  
Studio Theatre, Ferguson Center



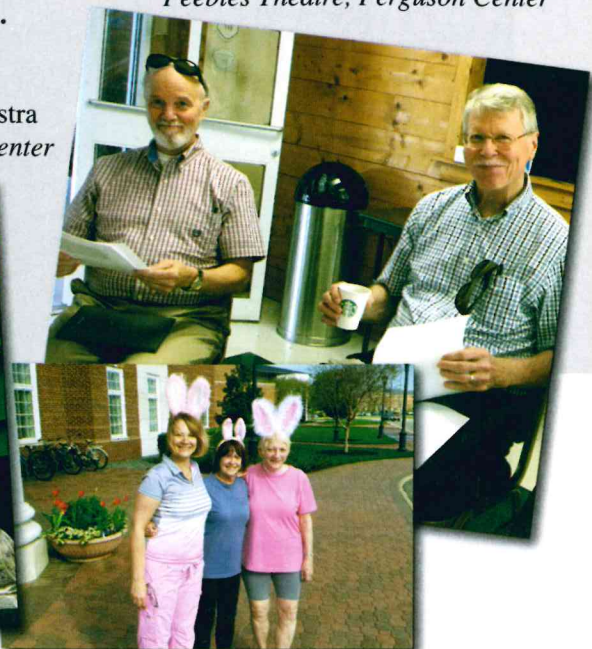
March 12, 1:30 p.m.  
Research Presentations  
from CNU Students  
Peebles Theatre, Ferguson Center

March 19, 2 p.m.  
CNU Dance – Preview  
Peebles Theatre, Ferguson Center

March 26, 1:30 p.m.  
Rachel Ordaz, Piccolo  
Virginia Symphony Orchestra  
Yoder Barn Theatre

April 2, 1:30 p.m.  
Michael Daugherty, Composer  
Virginia Symphony Orchestra  
Diamondstein Concert Hall, Ferguson  
Center

April 9, 2 p.m.  
CNU in Concert  
Dr. Mark Reimer  
Peebles Theatre, Ferguson Center



Visit the CNU-LLS home page: [lifelonglearning.cnu.edu](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, physical handicap or political affiliation.

## CNU LIFELONG LEARNING SOCIETY 2018 SPRING COURSE REGISTRATION FORM

Name(s): \_\_\_\_\_ Phone: \_\_\_\_\_ SS#: \_\_\_\_\_  
(Last four digits only)

Address: \_\_\_\_\_  
Street City ZIP Code

Are you enrolling as a new member of LLS? Yes \_\_\_\_ No \_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_  
Name Relationship Phone #

**Course Registration:** Please number courses in order of preference.

### Session A Courses

- |                              |                                |                             |                             |
|------------------------------|--------------------------------|-----------------------------|-----------------------------|
| ___ 1 Intermediate Spanish   | ___ 11 Poetry                  | ___ 21 Virginia Geology     | ___ 31 Keeper of Stories    |
| ___ 2 Intermediate Yoga      | ___ 12 Strength and Stretch    | ___ 22 Computer I           | ___ 32 Watercolor           |
| ___ 3 Yoga                   | ___ 13 Say It Ain't So         | ___ 23 Chinese              | ___ 33 Middlemarch          |
| ___ 4 Orange Book Spanish    | ___ 14 Oil/Acrylic             | ___ 24 Internet and Email   | ___ 34 Traveling East Coast |
| ___ 5 Beginning French       | ___ 15 Integral Yoga           | ___ 25 Verdant Country      | ___ 35 Drawing              |
| ___ 6 Body Fusion            | ___ 16 Hilton Village          | ___ 26 Continuing Latin     | ___ 36 Opera, Part 2        |
| ___ 7 Blue Book French 2     | ___ 17 Green Book French       | ___ 27 Latin American       | ___ 37 Riverside Doctors    |
| ___ 8 Sea Peoples            | ___ 18 Luther's Musical Legacy | ___ 28 Spanish 3            | ___ 38 Watercolor           |
| ___ 9 Arabic                 | ___ 19 Tai Chi                 | ___ 29 Photography          |                             |
| ___ 10 Painting Fundamentals | ___ 20 Blue Book French 1      | ___ 30 Organize Your Filing |                             |

### Session B Courses

- |                              |                                 |                               |                                |
|------------------------------|---------------------------------|-------------------------------|--------------------------------|
| ___ 39 Monday Morning Movies | ___ 44 Kings & Queens of Comedy | ___ 49 Critical Thinking      | ___ 54 Religions of the West   |
| ___ 40 Barbarossa            | ___ 45 Computer II              | ___ 50 Creative Writing       | ___ 55 Watercolor              |
| ___ 41 Painting Fundamentals | ___ 46 Gloriana                 | ___ 51 Writing for Historians | ___ 56 Cell Phones and Tablets |
| ___ 42 Oil/Acrylic           | ___ 47 Nat Turner               | ___ 52 Greek Mythology        | ___ 57 Beyond the Curtain      |
| ___ 43 United States in WWI  | ___ 48 American Music           | ___ 53 Watercolor             | ___ 58 Meanderings             |
|                              |                                 |                               | ___ 59 Watercolor              |

**INTEREST GROUPS - OPEN TO ALL MEMBERS:** \_\_\_ Bridge \_\_\_ Book Club \_\_\_ Mahjongg \_\_\_ Discussion Group

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

- \_\_\_ Hospitality \_\_\_ Membership \_\_\_ Program Planning \_\_\_ Telephone Tree  
\_\_\_ Course Assistant \_\_\_ Teaching a Course

You may register either by mail to LLS, Christopher Newport University, Yoder Barn Theatre, 660 Hamilton Drive, Newport News, VA 23602; or in person at 660 Hamilton Drive, Yoder Barn House; or by phone at (757) 269-4368. If you register by January 12 you will receive written confirmation of your courses and their room locations. If you register after January 12 information will be available in the LLS office.

**If you paid for a \$235 membership or a \$140 membership in the fall, you do not owe any membership fee.**

Full membership January-August 2018 lectures, courses, interest groups & optional activities.....(\$185) \$ \_\_\_\_\_  
Associate membership January-August 2018 lectures, interest groups & optional activities. No courses.....(\$110) \$ \_\_\_\_\_  
If you are currently an associate member and want spring courses.....(\$60) \$ \_\_\_\_\_  
Syllabus for Sea Peoples with Glenn Markus.....(\$3) \$ \_\_\_\_\_  
Course fee (\$30 per course) Intermediate Yoga, Yoga, Body Fusion, Integral Yoga, Tai Chi, Intermediate Spanish, Orange Book Spanish, Spanish 3,  
Beginning French, Blue Book French 1, Blue Book French 2, Green Book French, Continuing Latin & Computer I... (\_\_\_ x \$30) \$ \_\_\_\_\_  
Course fee (\$15 per course) Computer II & Internet and Email.....(\$15) \$ \_\_\_\_\_  
Additional parking decal..... (\_\_\_ x \$22) \$ \_\_\_\_\_  
**TOTAL \$ \_\_\_\_\_**

### For Office Use Only:

Processed by: \_\_\_\_\_ on \_\_\_\_\_ paid by \_\_\_\_\_ for \$ \_\_\_\_\_  
Date Cash or check or credit card  
\_\_\_ current member \_\_\_ packet \_\_\_ time recv. \_\_\_ date recv.  
\_\_\_ reinstated member \_\_\_ name tag \_\_\_ blue book \_\_\_ computer  
\_\_\_ new member \_\_\_ decal

**Payment Options:** Check payable to CNU for \$ \_\_\_\_\_ enclosed.

Credit Card (circle one): American Express MasterCard Visa Discover

Name on card \_\_\_\_\_ Credit card no. \_\_\_\_\_ Exp. date \_\_\_\_\_