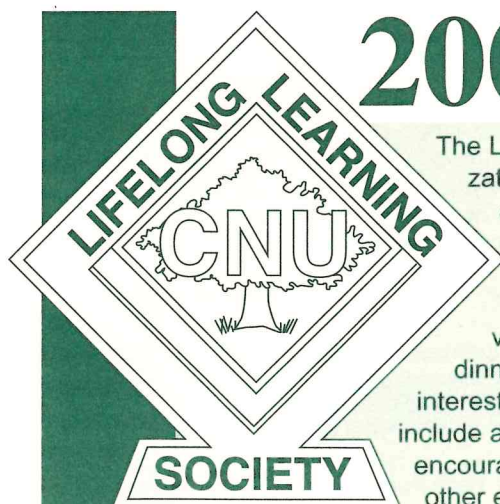


# 2007 SPRING PROGRAM



The LifeLong Learning Society 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. The 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: Monday, Jan. 29, 2007

Ferguson Center for the Arts

|                                                            |                              |
|------------------------------------------------------------|------------------------------|
| 1 p.m. New Member Orientation                              | Music and Theatre Hall       |
| 1:45 p.m. All-Member Reception                             | Music and Theatre Hall Lobby |
| 2:30 p.m. Lecture: "Protecting Your Aging Brain"           | Music and Theatre Hall       |
| by Paul F. Aravich, Ph.D., Eastern Virginia Medical School |                              |

## Program Overview

The dates and times for the 41 five-week and two 10-week courses are listed on pages 2, 3 and 4. These courses will meet either once or twice per week. In addition to two field trips and a cruise, a number of optional activities will be announced during the semester. The six Monday afternoon lectures, a theater presentation and three concerts for LLS members are listed on page 5.

## Membership Fee and Benefits

Full membership for the 2006-2007 spring and summer sessions is \$120. This includes Monday afternoon lectures and concerts, 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 2006-2007 spring and summer sessions is available for \$65. This includes the Monday afternoon lectures and concerts and the group and other optional activities, but no courses.

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

## Refund Policy

Full refund of spring membership and/or course fees will be granted if requested before Jan. 29, 2007. 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 in the fall.

## Economic Hardship

Fee waiver is possible and inquiries are invited. Please call the LLS Office at (757) 594-7568 for details.

## 06-07 Parking Decal Sticker Required

A parking decal with current sticker is required to park in the CNU parking lots. If you have not already purchased the "06-07" sticker, you may do so when you complete the enclosed registration form.

Our office location is in Building 1, second floor. You may enter the building by the left front entrance facing Warwick Boulevard, and you must park behind Building 6 unless you have a handicapped designation.

Class locations and confirmations will be mailed to you after Jan. 12.

## Office Location:

12420 Warwick Blvd., Bldg. 1, second floor  
Newport News, VA 23606  
Telephone: (757) 594-7568

## Mailing address:

LifeLong Learning Society  
Christopher Newport University  
1 University Place  
Newport News, VA 23606-2998

Visit the CNU-LLS website 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, physical handicap or political affiliation.



## Session A Courses – Jan. 29 – March 2, 2007

### 1. Play Ball

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

A conditioning program to improve your strength, balance, range of motion and muscular and cardiovascular endurance. An exercise ball is required and can be purchased locally.

Instructor: Lisa Wingfield, CNU

\$15 course fee

### 2. Beginning Spanish

**Mon., Wed., 9:30-10:45 a.m.**

For beginners with limited or no exposure who want to learn the basics of conversing in Spanish for travel and fun.

Instructor: Saundra Hansford, CNU

\$15 course fee

### 3. Intermediate Spanish

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

For members who have had a beginning Spanish course or practical language experience and wish to expand their communication skills.

Instructor: Saundra Hansford, CNU

\$15 course fee

### 4. Yoga

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

Hatha Yoga, an ancient Eastern form of exercise, emphasizes strength, flexibility, concentration and breathing. Yoga is an individual non-competitive exercise.

Instructor: TBA

\$15 course fee

### 5. Russian Literature

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

In no other culture has literature occupied the central role it enjoyed in 19th century Russia. Political, social, and historical constraints propelled Russian writers into the roles of witness, prophet and sage. Yet, far from being limited to the vast, dark "Big Question" novels of legend, Russian literature offers much humor, lyricism and fantasy.

Instructor: Dr. Margarita Marinova, CNU

### 6. Computing I

**Tues., Thurs., 9-10:15 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.

Instructor: Susan Daimler

\$15 course fee

### 7. Reading Ancient Past: Deciphering Forgotten Scripts

**Tues., 9:30-10:45 a.m.**

There is a touch of mystery about unknown writing, especially when it comes from the remote past. Yet, it is the fate of writing systems – once they are no longer actively used they are forgotten. This program explores the efforts of archaeologists and paleographers to decipher the now-extinct scripts and examine the transmission of the alphabet of the Greeks to that of the Romans, from whom we inherited our modern script.

This is a 10-week course. Syllabus fee is \$2.

Instructor: Glenn R. Markus, LLS

### 8. Aerobics

**Tues., Thurs., 9:30-10:45 a.m.**

A conditioning program to improve your strength, balance, range of motion and muscular and cardiovascular endurance.

Instructor: Kasey Cyr-Robert

\$15 course fee

### 9. Oils and Acrylics

**Tues., 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.

Instructor: Brian Murphy

### 10. Computing III

**Tues., Thurs., 10:30-11:45 a.m.**

Students should have completed Computer II before they enroll in this course. This course will continue with more Microsoft Word topics. Students will learn how to sort, create bullets, lists and tables. Students should own or have access to a computer to practice their skills.

Instructor: Susan Daimler

\$15 course fee

### 11. Practicing Poetry

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

Emphasis will be on metrical poetry, lullabies, regional and cultural poetry, using visuals to write, identifying a writer's style and Fred Chappell's poetry.

Instructor: Patricia Flower Vermillion

### 12. The Jamestown Colony: John Smith, Christopher Newport and Early Virginia

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

This class will examine the roots and establishment of Jamestown, England's first successful colony in the New World. We will look at Jamestown's dramatic early years as well as explore the reasons for the settlement's ultimate success. Limited enrollment.

Instructor: Dr. Phillip Hamilton, CNU

### 13. Exploring Islam

**Tues., 1-2:15 p.m. (Repeat of Fall 2006 course)**

This course will discuss the faiths, beliefs and practices of Islam from the seventh century to the present.

Instructor: Dr. Hussam Timani, CNU

### 14. Colonial History

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

An explanation of the discovery and development of the new world. Limited enrollment.

Instructor: John Quarstein, Director, Virginia War Museum

### 15. Chinese Civilization II

**Wed., 9:30-10:45 a.m.**

This course is the second part of the Chinese Civilization course covering the period from the Ming Dynasty to the rise of the Republic in the early 20th century. It also will cover the influence of the West on China, the influence of the Chinese on the U.S. and development of Chinese technology.

Instructor: Steve Louie

### 16. When Science and Politics Meet

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

In recent and not so recent times, political influence has tried to change scientific findings, sometimes with rather long-lasting results. We will discuss several of these, ranging from "infallibility" (on both sides) to current problems.

Instructor: Dr. Larry Sacks, CNU

### 17. Major Movements in Modern Art

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

Focus will be on key movements in 20th century American and European art with an emphasis on painting: Cubism, Dada and Surrealism, American Regionalism, Abstract Expressionism, Pop Art, and all that has happened since 1980.

Instructor: Michael Preble, Program Director, Peninsula Fine Arts Center

### 18. The Historical Jesus and His Times

**Thurs., 11 a.m.-12:15 p.m. (Repeat of Fall 2006 course)**

A brief history of the Jews during the Second Temple Period will include geography of the area, existing religions and laws, both Roman and Jewish; and how biblical historians approach the oral and written telling of Jesus' life with Biblical, Jewish, Roman and Pagan sources. Not a faith based initiative, discussion or debate. 10-week course.

Instructor: Dr. William Peach, LLS

### 19. Geologic Hazards

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

This course will involve looking at tsunamis, earthquakes, volcanic eruptions and other geologic hazards and will examine the causes of these catastrophic events, the consequences of their occurrences and how humans respond.

Instructor: Dr. Gerald Johnson, William and Mary (Ret.)

## Session B Courses – Mar. 12 - Apr. 13, 2007

### 22. Play Ball

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

Same as course #1.

\$15 course fee

### 23. Intermediate Spanish

**Mon., Wed., 9:30-10:45 a.m.**

Same as course #3.

\$15 course fee

### 24. Advanced Spanish

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

For members who have had an intermediate Spanish course, have a good basic command of the language and wish to refine communication skills relative to specific topics.

Instructor: Saundra Hansford

\$15 course fee

### 25. Become a Symphony Scholar

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

Join the Virginia Symphony musicians, staff and esteemed guest speakers for an intimate look into the orchestra world. Novices and aficionados alike are welcome to expand their musical knowledge – and have fun doing so! Limited enrollment.

Coordinator: Ernestine Dole, School Program Coordinator, Virginia Symphony Orchestra

### 26. Yoga

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

Same as course #4.

\$15 course fee

### 27. Computing II

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

Students should have completed Computer 1 before enrolling in this course. Students will learn the basics of Microsoft Word. Students should own or have access to a computer to practice their skills.

Instructor: Susan Daimler

\$15 course fee

### 28. Oils and Acrylics

**Tues., 9:30-11:30 a.m.**

Same as course #9.

### 29. Aerobics

**Tues., Thurs., 9:30-10:45 a.m.**

Same as course #8.

\$15 course fee

### Course #7 Continued – Reading Ancient Past

**Tues., 9:30-10:45 a.m.**

### 30. Excel

**Tues., Thurs., 10:30-11:45 a.m.**

Learn to create worksheets, charts and graphs with this powerful spreadsheet software.

Instructor: Susan Daimler

\$15 course fee.

### 20. Black Humor, Red-Hot Passions: Operatic Masterworks at Virginia Opera

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

This course will examine three Italian operas: "Agrippina," which tells a comedic version of Nero's rise to the throne with a stream of incomparable melodies; "Cavalleria Rusticana" (Rustic Chivalry) by Mascagni; and "I Pagliacci" (The Clowns) by Leoncavallo. Students will learn how the verismo movement in Italy changed the nature and tone of musical drama forever. Limited enrollment.

Instructor: Glenn Winters, Community Outreach Musical Director, Virginia Opera Association

### 21. Watercolor Painting

**Fri., 1:30-3:30 p.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 either A or B session, not both.

Instructor: Professor Betty Anglin, CNU

### 31. Fighting for His Legacy

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

President Bush launches the final years of his tumultuous administration facing a new Congress and old problems in a world still battling terrorism. Can he succeed?

Instructor: Richard McGowan

### 32. The Nuclear Club: Why Is It Expanding?

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

This course will undertake an investigation into the causes and consequences of the increase in membership in the nuclear club, facilitating the proliferation of nuclear weapons. Limited enrollment.

Instructor: Dr. Corliss Tacosa, ODU

### 33. The Changing Face of Berlin

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

This course will concentrate on the history and culture of the German capital. Each class will focus on a different period in the life of the city. Berlin's remarkable transformations in the 19th and 20th centuries will serve as a means for us to examine broader themes relating to Germany's turbulent past.

Instructor: Professor Brian Puaca, CNU

### 34. American Architecture in Context

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

The course will focus on American architecture within a social, political and aesthetic context of the period 1650-1900. Areas covered include colonialism along the Eastern Seaboard and the emergence of the Georgian style.

Instructor: Dr. Mary L. "Belle" Pendleton, CNU

### 35. The Listening Experience

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

This course is about music through the ages.

Instructor: Dr. Keith Koster, CNU

### 36. Meet the Crew of The Mariners' Museum

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

Listen to employees from different departments of The Mariners' Museum talk about the history, collections and current projects of the museum. The staff members will also take you on guided tours of their departments and collections.

Coordinator: Beth Kovach, Museum Educator



**37. Advanced Writing for “Historians”**  
**Thurs., 9:30-10:45 a.m.**

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. Limited enrollment. Instructor: Doris Gwaltney

**38. Creative Nonfiction Writing**  
**Thurs., 9:30-10:45 a.m.**

For writers of all levels who enjoy writing nonfiction with a creative flair and wish to craft stories from real life. Limited enrollment. Instructor: Heidi Hartwiger

**Course # 18- Continued – Historical Jesus and His Times**  
**Thurs., 11 a.m.-12:15 p.m.**

**39. Federal Courts and the U.S. Constitution**  
**Thurs., 1-2:15 p.m.**

This course is a general survey of the structure and role of the Federal Courts in America. Particular attention will be paid to the Constitution, the Supreme Court, and current issues in American jurisprudence.

Instructor: David Gosser

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

This course will teach basic linguistic structures for daily life situations, necessary grammar and vocabulary to express oneself in these situations and basic cultural and social information. Limited enrollment.

Instructor: Dr. Roberta Tabanelli, CNU

**41. Canadian Literature and Culture**  
**Thurs., 2:30-3:45 p.m.**

In order to know a people, it is necessary to learn the culture – the beliefs and attitudes that provide the context for words and actions. One key to culture is, of course, literature. The course's goal is to provide an entertaining and informative foray into Canadian literature.

Instructor: Kathleen Kamper, LLS

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

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

Coordinator: Jane Dickson, LLS

**43. Watercolor Painting**  
**Fri., 1:30-3:30 p.m.**

Same as course #21. (Register for either A or B Session).

## Interest Groups:

1. Bridge Group  
Monday, noon in LLS office
2. Computer Club  
Friday, 1-2:15 p.m. in LLS office
3. Lunch Bunch – (before Monday lectures only)  
Monday, at 12:30 p.m. at local restaurants

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

## Field Trip Schedule

Call the LifeLong Learning Office, (757) 594-7568, to sign up for these trips or more information.

### Philadelphia Flower Show Saturday – Monday, March 3-5, 2007

Gardeners and “beauty lovers” alike will enjoy this trip to the world’s largest flower show. Join us for a three-day/two-night tour to Philadelphia and experience the influence of the garden on our world.

We begin our exposure to the beauties of the garden with a stop in Washington for a visit to the U.S. Botanic Gardens and its beautiful, restored Palm House, as well as the newly opened National Garden’s “First Ladies’ Water Garden.” We lunch at Pier 7 in Washington before continuing our trip to Philadelphia.

The Holiday Inn Express Midtown is our home for the next two nights. On our first evening in Philadelphia, we enjoy a gourmet dinner at the historic Cresheim Cottage Café, located on a tract of land secured from William Penn in 1683. Sunday morning takes us on a half-day guided tour of Philadelphia’s famous and historical sites, culminating in the Philadelphia Art Museum’s “Flowers in Art” tour and time to explore on your own. Dinner this evening is at the popular Spasso’s Italian Grill.

Our final day is spent enjoying a before-hours, in-depth private tour of Philadelphia Flower Show with its “Legends of Ireland” theme, followed by time to explore on your own. Encompassing 33 indoor acres, this internationally recognized event has grown into the leading show of its kind in the nation. Our tour ends with a special luncheon “Garden Tea at the Flower Show.” We depart for home in early afternoon with a stop along the way for dinner on your own.

### Washington, D.C. Saturday, April 28 – Sunday, April 29, 2007 two days/one night

There is always something new and exciting to do in Washington! Join us on this much-requested overnight tour with many sights to see, both old and new, as well as some time to explore on your own.

Our first step will be a tour of Marjorie Merriweather Post’s Hillwood Estate and Gardens, awash with the colors of spring. Mrs. Post, known as one of America’s first businesswomen, was an art collector, noted philanthropist, and socialite; and Hillwood is considered by many to be her greatest legacy. Extensively renovated and restored from 1997-2001, this gem provides visitors with many hours of enjoyment through its history, art and beauty. Our tour includes an audio-guide tour of the Mansion in the morning, followed by lunch at Hillwood Café and time to explore the Gardens.

In the afternoon, we will relive history as we barge along the C&O Canal through Georgetown. Led by period-costumed guides from the National Park Service, this ride is only a small section of the original 185 unbroken miles of canal from Georgetown to Cumberland, Maryland. Our dinner will be at Pier 7 Restaurant located in The Channel Inn, Washington’s only waterfront hotel and our hotel for the evening.

On Sunday, as we wait for The National Portrait Gallery to open, we visit a Sunday morning event in Washington – the Flea Market at Eastern Market, where everything imaginable is available to buy! After a quick tour of the Market, we head to the newly renovated Smithsonian American Art Museum and the National Portrait Gallery, a National Historic Landmark building that showcases American art and portraiture that celebrates the vision and creativity of Americans. Following a tour and lunch on your own, you will have time to explore some of the other Smithsonian Museums at your leisure before your return trip to Newport News.



From left, LLS members Gretchen Howerton, Martha Ailor and Mary Allen

### Sail Canada and New England from Baltimore RCCL’s Grandeur of the Seas Friday, July 27 – Sunday, Aug. 5, 2007 10 days/nine nights

Get your friends and family together and join LLS on a wonderful cruise from Baltimore to New England and eastern Canada. Enjoy the charm, history and natural beauty of this wonderful region! Portland offers a unique combination of Maine’s rich history, as well as its own vibrant culture. Surrounded by Acadia National Park, Bar Harbor features the most spectacular scenery on the Eastern Seaboard. Experience the amazing Reversing Falls Rapids, St. John’s best-known attraction, as the tides at the Bay of Fundy rise faster than the river can empty. As your ship comes into port, a bagpiper will welcome you to Halifax, the City of Trees. Walk the cobblestone and brick of the Freedom Trail in Boston, the cradle of the American Revolution. While on board your ship, visit the stunning Centrum, an open atrium featuring shopping and more. Enjoy the full-service spa, six whirlpools, an outdoor jogging track, and a seemingly endless choice of restaurants and themed lounges.



Jim Moore and Ann Bledsoe



Member Sarah Deyong, right, shares celebratory cake with Brian Murphy.

## Afternoon Lectures

All Monday Afternoon Lectures will be held in the Ferguson Center for the Arts

### Opening Lecture Monday, Jan. 29, 2:30 p.m. “Protecting Your Aging Brain” Paul F. Aravich, Ph.D. Eastern Virginia Medical School

### Monday Lectures Feb. 5, 2:30 p.m. “Getting a Good Night’s Sleep” Catesby Ware, Ph.D. Eastern Virginia Medical School

### Feb. 12, 2:30 p.m. “The Ears Have It: Hearing and Balance” Stephanie A. Moody Antonio, M.D. Eastern Virginia Medical School

### Feb. 19, 2:30 p.m. “Making the Most of Your Memory” Stefan Gravenstein, M.D., M.P.H. Eastern Virginia Medical School

### Feb. 26, 2:30 p.m. “Why Palliative Care?” Marissa Galicia-Castillo, M.D. Eastern Virginia Medical School

### March 12, 2:30 p.m. Steven Breese TheaterCNU Presentation

### March 19, 3 p.m. Dr. Mark Reimer, CNU in Concert

### March 26, 2:30 p.m. “Separate Worlds: Native American Women in the Colonial South” Dr. Eirlys Barker Thomas Nelson Community College

### April 2, 3 p.m. Dr. Mark Reimer, CNU in Concert

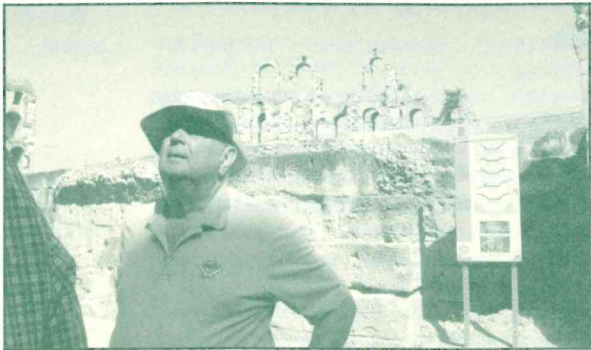
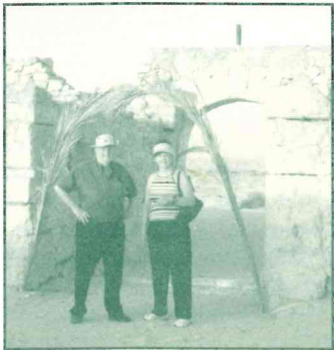
### April 9, 3 p.m. Dr. Mark Reimer, CNU in Concert



Benefactors
Donors of \$1,000 or more to the LifeLong Learning Society

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Glenn Markus

Memorials
Donations of \$1,000 or more

- In memory of Martin Cohen
In memory of Dr. Addison M. Duval
In memory of Rebecca Kirkpatrick
In memory of Cary E. McMurren
In memory of Olive Moore
In memory of LTC (ret) Charles W. Peters
In memory of John and Arline Pierce
In memory of Libby Radus, Ph.D
In memory of Nellie Saunders

In Honor of
Donations of \$1,000 or more

- Richard McMurren
Nellie Saunders

CNU LIFELONG LEARNING SOCIETY
SPRING 2007 COURSE REGISTRATION FORM

Name(s): Phone: SS#:

Address:

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

Emergency Contact: Name Relationship Phone #

Course Registration: Please number courses in order of preference for each session.

- Session A Courses
1 Play Ball
2 Beginning Spanish
3 Intermediate Spanish
4 Yoga
5 Russian Literature
6 Computing I
7 Reading Ancient Pas
8 Aerobics
9 Oils and Acrylics
10 Computing III
11 Practicing Poetry
12 Jamestown Colony
13 Exploring Islam
14 Colonial History
15 Chinese Civilization II
16 When Science and Politics Meet
17 Major Movements in Modern Art
18 Historical Jesus and His Times
19 Geologic Hazards
20 Black Humor, Red-Hot Passions
21 Watercolor Painting

- Session B Courses
22 Play Ball
23 Intermediate Spanish
24 Advanced Spanish
25 Become a Symphony Scholar
26 Yoga
27 Computing II
28 Oils and Acrylics
29 Aerobics
30 Excel
31 Fighting for His Legacy
32 The Nuclear Club
33 Changing Face of Berlin
34 American Architecture
35 The Listening Experience
36 Meet the Mariners' Museum Crew
37 Writing for Historians
38 Nonfiction Writing
39 Federal Courts
40 Basic Italian
41 Canadian Literature and Culture
42 Meanderings
43 Watercolor Painting

INTEREST GROUPS OPEN TO ALL MEMBERS: BRIDGE COMPUTER CLUB LUNCH BUNCH

Our Society is managed by and for its members. If you are willing to help, please check one or more of the following:
Hospitality and Special Events Membership Program Planning Office Volunteer
Telephone Tree Course Assistant Teaching a Course

You may register either by mail to LLS, CNU, 1 University Place, Newport News, VA 23606-2998, or in person at 12420 Warwick Blvd., Bldg. 1, Second floor, or by telephone (757) 594-7568. Please park behind Bldg. 6. If you register by Jan. 12, you will receive written confirmation of your courses and their room locations. If you register after Jan. 12, information will be available in the LLS office and at the first two Monday lectures.

If you paid for a \$165 membership or a \$90 membership in the fall, you do not owe any membership fee.
Full membership Jan. - Aug. 2007 lectures, courses and optional activities (\$120)
Associate membership Jan. - Aug. 2007 lectures and optional activities. No courses (\$65)
If you are currently an associate member and you now want spring courses. (\$50)
Additional fees:
Course fee (\$15 per course) Play Ball, Aerobics, Spanish, Yoga and Computer courses. ( x \$15)
CNU parking decal (only if you do not have a 06-07 sticker) ( x \$22)
Syllabus (Glenn Markus' class Reading Ancient Past). (\$2)
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 initials on date paid by check/cash/cccheck for \$ total amount
current member packet time recv. date recv.
reinstated member name tag blue book computer
new member decal confirmation

Conferences
The LifeLong Learning Society is proud to co-sponsor three popular CNU conferences in 2007. Mark your calendar for these exciting events.
Forum On Aging
The 26th Annual Community Forum on Aging will be held on Friday, March 9, 2007, at Christopher Newport University. The forum will consist of numerous educational workshops on topics of vital interest to seniors, their family members and caregivers. This conference is an essential source of information regarding the elderly.
(In collaboration with the Peninsula Agency on Aging and the CNU Social Work and Gerontology Programs)
March 9, 2007
Writers' Conference
The 26th Annual Writers' Conference and Writing Contest will be held on Friday evening, March 30, and Saturday, March 31, 2007. Keynote speaker will be David L. Robbins, author of many books including "The Assassins Gallery," "Liberation Road" and "Last Citadel." Talented writers will conduct workshops in the areas of music, non-fiction, fiction, juvenile fiction, poetry and the business of writing; and cash prizes will be awarded for works in fiction, non-fiction, juvenile fiction and poetry. This is a "must do" for any aspiring writer.
(In collaboration with the CNU English Department and the Writers' Advisory Council)
March 30 & 31, 2007
Gardening Conference
CNU's 10th Annual Gardening Symposium will take place on Saturday, April 21, 2007. The keynote speaker will be Dr. Allan Armitage, internationally renowned perennial and native plant specialist, researcher and author of numerous books including "Native Plants for North American Gardens." Knowledgeable presenters will conduct workshops that address many phases of successful gardening. The symposium also includes plant sales, displays, prize drawings and raffles.
(In collaboration with the CNU Grounds Department, CNU Horticulture Program and the Virginia Cooperative Extension Service) Major corporate underwriting provided by Coenen Landscape and Design
April 21, 2007





# SPRING/SUMMER/FALL 2007

## LEARNING VACATIONS FOR ADULTS

### Introducing NEW BUDGET LEARNING VACATIONS 2007

*Unique Features of these Learning VacationS for Adults include:*

- Escorts, local guides, and in-country specialists who share their insights about the contemporary, natural, and historical aspects of the destinations visited.
- National and local guides chosen for their knowledge, efficiency, enthusiasm, and fluency in English.
- Comfortably paced itineraries and small groups (average size is 14 participants) which allow flexibility for you to revisit a particular site that has sparked your interest. First class accommodations and local transport allow you to combine a comfortable vacation with learning.
- Contact with local people and their lifestyles through specially arranged small group luncheons in the relaxed and hospitable atmosphere of their own homes.

*The Learning VacationS for Adults listed below balance visits to "shouldn't miss" sites with experiences not available on conventional tours.*

- Meet the friendly people of Costa Rica with a lunch in a family's home. Enjoy a lecture by a former president of Costa Rica.
- Learn about animal behavior and the interrelationship of land, people, and animals from a wildlife researcher at her camp at the foot of Mt. Kilimanjaro in East Africa.
- In China, hear a lecture, "Confucius's Life and his Philosophic Thought," as well as a lecture/demonstration, "Calligraphy and Art".



April 7 - 21,  
July 9 - 21,  
Sept 29 - Oct 13  
**ITALY**



June 26 - July 12,  
August 7 - 23  
**RUSSIA**



April 21 - May 5,  
June 23 - July 5,  
Sept 15 - 29  
**TURKEY**



June 27 - July 10,  
October 14 - 27,  
November 15 - 24  
**GALAPAGOS**



June 23 - July 5,  
Sept 22 - Oct 4  
**PERU**



April 26 - May 10,  
July 5 - 19,  
Sept 6 - 20  
**IRELAND**



April 6 - 19,  
June 1 - 13,  
Sept 28 - Oct 11  
**SPAIN**



March 21 - 30,  
June 20 - 29,  
Nov 7 - 16  
**JORDAN**



July 10 - 23,  
Oct 23 - Nov 5  
**TANZANIA**



March 3 - 10,  
March 23 - April 1,  
December 7 - 16  
**COSTA RICA**



March 3 - 9  
**BELIZE**



June 5 - 16,  
July 31 - Aug 15,  
October 2 - 17  
**KENYA**



Departures  
May - September  
**ALASKA**



Departures  
March - October  
**CHINA**



Departures  
December - March  
**ANTARCTICA**

For complete itineraries and prices, Write or Call:



LifeLong Learning Society  
Christopher Newport University  
1 University Place  
Newport News, VA 23606-2998  
(757) 594-7568 • FAX (757) 594-8736



March 13 - 25,  
June 19 - July 1,  
October 16 - 28, November 15 - 25  
**EGYPT**



April 14 - 23, May 17 - 28,  
June 30 - July 9,  
September 6 - 17, October 4 - 15  
**GREECE**

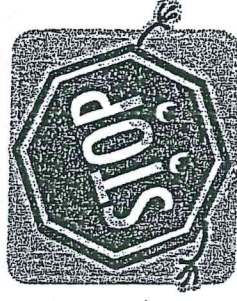


March 17 - 25, April 7 - 21,  
October 6 - 20, October 20 - 28  
**MOROCCO**



# **STOP! LOOK! MARK YOUR CALENDAR!!**

Due to circumstances beyond our control, these changes for Spring 2007 classes are in effect!



*Session B Course changes: March 12 – April 13, 2007*

## **NEW DATES AND TIMES**

- |                   |                                       |                   |
|-------------------|---------------------------------------|-------------------|
| # 26              | Yoga                                  |                   |
| Monday and Friday |                                       | 12:30 – 1:45 p.m. |
|                   | Tanika Houston                        |                   |
| # 32              | The Nuclear Club: Why is it Expanding |                   |
| Monday            | 9 – 10:15 a.m.                        |                   |
|                   | Dr. Corliss Tacosa                    |                   |