


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 • facebook.com/CNULLS



Come one, Come all!

The LifeLong
Learning
Society
presents a

30th Anniversary

CARNIVAL

SPECTACULAR


Join us as we celebrate 30 incredible years of LLS. Please save the date for our marvelous birthday bash! More details and invitations to come!

This promises to be a year to remember as we reconnect with cherished friends and build new relationships. **Here's to our first 30 years ...** and here's to the next exciting chapter for CNU's LifeLong Learning Society.

WF
WARWICK FOREST
Premier Sponsor

October 5, 2019
2 p.m.

Christopher Newport University
*(outside between the Freeman Center
and Christopher Newport Hall)*



Calling all members and potential members,

WE WANT YOU!

If you are a member — we want you back!

If you haven't come to see what we're all about —
this is your chance!

**Join us Wednesday,
August 14, 2019, at 1 p.m.**

CNU LifeLong Learning Society
Yoder Barn Theatre
660 Hamilton Drive
Newport News, VA 23602

The LifeLong Learning Society Presents:

Dr. Ed Brash of CNU and Glasgow Kiss

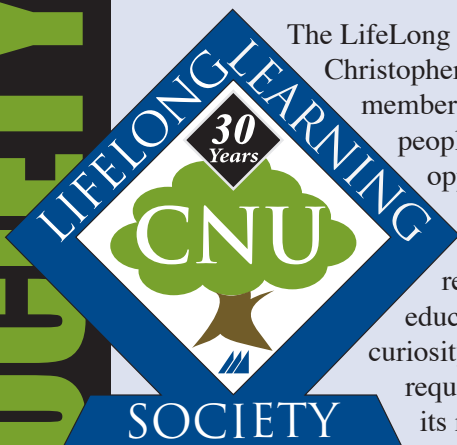
Join us for a fun afternoon of entertainment,
as well as light refreshments following the musical.

Have all your questions ready regarding membership,
including trips, luncheons, picnics, interest groups and more.

You may be missing out on the best-kept secret of Tidewater!

**For more information, contact us at (757) 269-4368
or check us out online at lifelonglearning.cnu.edu.**

2019 FALL PROGRAM



The LifeLong Learning Society (LLS) 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 two annual conferences.

Opening Session: September 9, 2019

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. Opening Lecture

President Paul S. Tribble Jr.

Peebles Theatre

Program Overview

The dates and times for the 24 10-week courses and 39 five-week courses are listed on pages 4-12. These courses will meet either once or twice per week. In addition to our field trips, a number of optional activities will be announced during the semester. The 10 Monday afternoon lectures and concerts for LLS members are listed on page 13.

Membership Fee and Benefits

Full membership for the 2019-20 fall, spring and summer sessions is \$235. This includes Monday afternoon lectures and concerts; fall, 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 2019-20 fall, spring and summer sessions is available for \$140. 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.

Class locations and confirmations will be mailed to you if your registration is received by **August 23, 2019**. 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 **September 9, 2019**. After that date, no refund will be given. A 20 percent handling charge will be deducted on all refunds.

Economic Hardship

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

2019-20 Parking Decal Required

A parking decal is required on Christopher Newport University property. One parking decal is included with LLS membership.

Distinguished Membership

LLS Members age 90 and up are eligible for honorary membership if they have been a member for three of the past five years. Please call for details.

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

September 9-October 11, 2019

1. Music and the Liturgical Year

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

10-week course

In this survey of the Christian church's traditions and influence in the Western world, we will explore sacred music as it relates to the liturgical seasons. You will hear music originally designed for worship (chant, choral works and instrumental pieces) and music intended for the concert hall but rooted in liturgical practice. Each five-week session will feature different festivals and seasons of the church year.

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

2. Intermediate Spanish C

Mon., Wed., 9-10:15 a.m.

10-week course

Limited enrollment

This course continues where the Spring Intermediate Spanish class left off. We'll work with the present, past and compound tenses, and explore other tenses and moods as we read and listen to more advanced Spanish. We'll use many authentic and culturally relevant sources. Students will talk and write about present, future and past events, gaining confidence to go beyond the basics. Reference text: *Spanish for Mastery II*, Valette and Valette, ISBN 0669313416 (chapters 5-8). \$30 course fee.

Instructor: Lisa Schlickemeyer

3. Beginning Latin, Part 2

Mon., Wed., 9-10:15 a.m.

10-week course

Limited enrollment

This class will be a continuation of the Beginning Latin class held during the 2019 spring semester. We will finish the first book in the Cambridge Latin Series and continue our study of ancient culture and the relationship of Latin to English and the romance languages. Text required for class: *Cambridge Latin Course*, Unit 1 (ISBN-13: 978-0521004343). \$30 course fee.

Instructor: Dr. Alice Rubinstein, LLS

4. Intermediate Yoga

Mon., 9:30-10:30 a.m. & Wed., 1:30-2:30 p.m.

Limited enrollment

10-week course

Take your yoga practice to the next level on the mat. Students will be challenged with more advanced postures. Fundamentals of yoga principles, poses, breath work and meditation are all 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. Yoga mat, large towel and two blocks required. \$30 course fee.

Instructor: Rose Winter, MPT, LMT, C-IAYT

5. Intermediate Spanish A

Mon., Wed., 10:30-11:45 a.m.

10-week course

Limited enrollment

Students ready to move beyond beginning Spanish will practice speaking, writing, reading and listening with increasing competence and confidence. We'll use the present tense to talk and write about ourselves and the world around us, and begin to explore communicating about the past toward the end of the semester. Students who attended Transitional Spanish in the spring are ready for this class. Other students who have some experience with Spanish are welcome! Reference text: *Spanish for Mastery II*, Valette and Valette, ISBN 0669313416 (chapters 1-4). \$30 course fee.

Instructor: Lisa Schlickemeyer

6. Gentle Yoga

Mon., 11 a.m.-noon & Wed., 3-4 p.m.

10-week course

Limited enrollment

For those with some experience or beginners looking for a gentle practice on the mat. Based on the integral yoga style, each class will begin with a warmup, move through a series of poses for strength/flexibility/balance, and close with breath work, deep relaxation and meditation. Students should be able to get on and off the floor safely. Yoga mat, large towel and two blocks required. \$30 course fee.

Instructor: Rose Winter, MPT, LMT, C-IAYT

7. Masterpieces of Medieval Art

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

Designed as a compliment to the Medieval Art course offered in fall 2018, this course will explore specific artistic and architecture masterpieces of medieval Europe. (1) The mosaics of early Byzantine Ravenna; (2) The Book of Kells and medieval manuscript illumination; (3) art and architecture in the age of Charlemagne; (4) crossroads of the medieval world in Pisa and Venice; and (5) Notre Dame, Paris and early gothic France reconsidered.

Instructor: Dr. Michelle Erhardt, CNU

8. Beginning Spanish 3

Mon., Wed., 12-1:15 p.m.

10-week course

Limited enrollment

Module-based learning that is a little more advanced. We will continue our journey and learn how to speak about daily routines, how to describe chores and errands, how to speak about and describe your home and celebrations. We will learn the use of *por* and *para*. We will read stories in the past and learn how to integrate a little past tense into our conversation. ¡NOS VEMOS PRONTO! \$30 course fee.

Instructor: Sandra Caballero, CNU

9. Body Fusion: Tone and Stretch

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

10-week course

Limited enrollment

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: Dr. Lisa Powell, CNU

10. Arabic

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

10-week course

Limited enrollment

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

11. Seeing and Drawing from Life

Tues., 9-11 a.m.

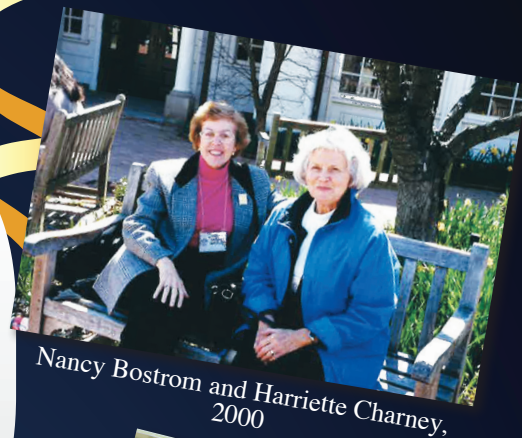
Limited enrollment

This is a dry-media course and drawing studio. You will develop classical knowledge and skills while practicing tried and true approaches to drawing and composition. Working from subjects in controlled lighting, you will create tonal work, strengthen form, and exploit the dance between lines and edges. This is a prep class for the course Painting with Oil/Water-Media. Class desires and skills shape the five-week curriculum. Instructor-led exercises, demonstrations and class participation create a relaxed and meditative environment. All levels.

Instructor: Jenny Linn Loveland, BA, MA



LLS Members and Friends, 2001



Nancy Bostrom and Harriette Charney,
2000



Fitness Class, 2004

30 YEAR ANNIVERSARY



Clay Sculpture
Class, 2003



Washington, D.C., Field Trip, 1999



Mountain Lake, 2001



2019-20 LLS Steering Committee



Penny Taylor and
Jane Sulzberger, 2015



Lecture in Yoder Barn, 2016



Trip to Johnson and Wales, 2000



Bob Kelly and Smokie Phillips, 2001

12. Beginning Spanish *10-week course*
Tues., Thurs., 10-11:15 a.m. Limited enrollment

Module based learning, focusing on communication rather than grammar. Learn how to greet people, how to talk about family members, and describe them to others. Learn how to go to the grocery store, a restaurant, how to ask for directions, and more. Come join us, it will be fun! \$30 course fee.

Instructor: Sandra Caballero, CNU

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

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 who are currently dealing with physical problems that limit movement, mobility, stamina; or those who are experiencing pain.

Instructor: Betty Peach, LLS

14. Practicing Poetry *Limited enrollment*
Tues., 11:30 a.m.-12:45 p.m.

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

Instructor: Serena Fusek

15. The Phoenicians
Tues., 11 a.m.-12:15 p.m.

In spite of recent advances in historical and archaeological research, the story of the Phoenicians remains an exclusive one. This course examines the Canaanite pre-historical period, which sets the stage for the 13th-century B.C. emergence of the ancient Phoenician culture and the Levantine East to the second century B.C., when Phoenicia in the West (i.e., Carthage) was ultimately destroyed by Rome at the end of the third Punic War. \$3 syllabus fee.

Instructor: Glenn R. Markus

16. Painting with Oil/Water-Media *Limited enrollment*
Tues., noon-2 p.m.

An open studio focused on painting builds on the course "Seeing and Drawing from Life." Work on independent projects with instructor support and guided lessons. You will learn classical principles and practices to build a body of work, and finish personal projects. This includes value studies, color theory and establishing a workable palette. Class desires and skills shape the five-week curriculum. Instructor-led exercises, demonstrations and class participation creates a relaxed and meditative environment.

Instructor: Jenny Linn Loveland, MA, BA

17. Seated & Standing Yoga with Tara *10-week course*
Tues., Thurs., 1-2 p.m. Limited enrollment

Yoga means to "yoke" or "unite" body, breath and mind. This gentle yoga class improves flexibility, strength, balance and is adaptable for all levels. This class begins seated in the chair with breath work to center and focus. Still seated we warm up the head, neck, spine and hips. We then move to standing postures with support of the chair, as needed. (Adaptations can be made to do postures without standing.) To end the class, we return to the

chair for a period of breath work, mindfulness and relaxation. \$30 course fee.

Instructor: Tara Joseph, PT, RYT

18. The Civil War: the Year 1863
Tues., 1-2:15 p.m.

By 1863, Confederate and Union leaders realized that the American Civil War was going to be a costly and long struggle. Both sides had missed prime opportunities in 1862 to secure victory and end the war. The war reached new levels of carnage and determination as the conflict switched to a total war. Confederate General Robert E. Lee scored a major victory at Chancellorsville. Likewise, the Union scored significant victories at Gettysburg, Vicksburg and Port Hudson. The Confederates, however, still held on as their industrial output reached full mobilization. This course will examine these themes and other material surrounding the year 1863.

Instructor: Michael Moore, Civil War Site Curator, Lee Hall Mansion

19. Intermediate French *10-week course*
Tues., Thurs., 1-2:15 p.m. Limited enrollment

Do you want to improve your speaking skills in French, navigate airports, restaurants, train station, ask for directions, etc.? Learn more about the French culture? If you have had some background in French grammar, speaking, reading and writing, then this course is for you. A variety of mediums, such as audio-visuals, written practice, role playing, and cultural experiences will enhance your knowledge. \$30 course fee.

Instructor: Gabrielle Glatt

20. Tai Chi *10-week course*
Tues., Thurs., 2:30-3:30 p.m. Limited enrollment

This course will offer instruction and practice in both Qigong and Tai Chi. Based on ancient Chinese philosophy, both Qigong and Tai Chi comprise a set of exercises that involve slow movements coordinated with deep breathing and mindful awareness. The result of these movements is improved strength and flexibility, increased body fluid movement (blood, synovial, lymph), and enhanced balance and perception. Students will learn the eight pieces of Brocade Qigong set. Tai Chi teaching will emphasize the fundamentals and principles of movement that are universal to all styles. Tai Chi practice will focus on the Yang style with particular attention on the Simplified Yang 24 posture form. These classes are suitable for all and can even be done seated. All levels welcome, from beginner to advanced. \$30 course fee.

Instructor: Richard Tate, LLS

21. Advanced French *10-week course*
Tues., Thurs., 2:30-3:45 p.m. Limited enrollment

Do you want to converse more confidently in French? Learn more vocabulary, grammar and culture? A continuation of Intermediate French, this course will emphasize oral practice, and more in-depth application of previous knowledge through a variety of mediums, such as reading, role playing, writing, audio-visuals and cultural experiences. \$30 course fee.

Instructor: Gabrielle Glatt

2019-20 Virginia Symphony Orchestra Lecture Series

"Center Stage With the VSO"

Have you ever wondered what it's like to be a full-time professional orchestral musician? Join the Grammy Award-winning music director of the renowned Virginia Symphony Orchestra (VSO), JoAnn Falletta, as well as selected VSO musicians for 10 engaging musical conversations throughout the year. 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.

Fall Lecture Schedule

September 23, 2019 – Simon Lapointe, Violin

September 30, 2019 – John Shawger, Horn

October 21, 2019 – William McPeters, Bass

November 4, 2019 – Sherie Lake-Aguirre, Oboe

November 18, 2019 – Rebecca Gilmore Phillips, Cello

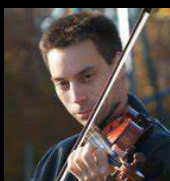
All lectures are from 1:30-2:30 p.m. as a part of our Monday Afternoon Lecture Series listed on page 13.



Rebecca Gilmore Phillips
Cello



Sherie Lake-Aguirre
Oboe



Simon Lapointe
Violin



William McPeters
Base



John Shawger
Horn



JoAnn Falletta
Music Director



Vahn Armstrong
Concertmaster

Sponsored by



VIRGINIA SYMPHONY ORCHESTRA

**See Monday Afternoon Lectures calendar on page 13 of the brochure for fall 2019 locations.*

22. Virginia Animals Past and Present *Limited enrollment*
Tues., 2:30-3:45 p.m. Held at Virginia Living Museum

Discover who your neighbors may have been during the Ice Age and beyond. Explore all of Virginia's regions through the Museum's extensive non-live collections and even meet a few live animals along the way.

Coordinator: Nicole Burns, Education Director, Virginia Living Museum

Instructor: Bo Baker, Education Associate, Virginia Living Museum

23. Protect Yourself: Understanding and Managing Home Repairs and Contractors, Part 2
Wed., 9-10:15 a.m.

This course will explore some of the ins and outs of larger replacement, repair and retrofit issues that homeowners may encounter.

Coordinator: Howard Mandeville, LLS

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

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 2016. The classroom is equipped with Windows 10 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

25. Chinese *10-week course*
Wed., 10:30 a.m.-noon

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

Instructor: Zhao Qing Zhang

26. Introduction to Microsoft Office *10-week course*
Wed., Fri., 10:45 a.m.-noon Limited enrollment

This class will introduce students to the Microsoft Office suite of programs, including Word, Excel, Publisher and PowerPoint. Students will gain knowledge about what each program in the Office suite can do. Learn how to create letters, lists, budgets, flyers and slide presentations, both from scratch and using pre-designed templates. Free open-source office alternatives will also be reviewed. Basic computer mouse and keyboard skills will be helpful with this course, as well as a general familiarity with Windows 10. Concurrent and/or previous enrollment in the basic computer skills class is recommended, but not a prerequisite. \$30 course fee.

Instructor: Neil Hesketh

27. Topics in Roman Civilization
Wed., 11 a.m.-12:15 p.m.

This class will consist of a series of lectures on different aspects of Roman civilization. Among the topics to be covered are the city of Pompeii, the Jewish community of ancient Rome, mystery religions, cynics, stoics and Epicureans.

Instructor: Dr. Alice Rubinstein, LLS

28. Geography of a Changing Climate
Wed., 12:45-2 p.m.

This course will focus on climate change from the perspectives of both the physical and social sciences. We will begin with an overview of the science of climate change in order to understand what is actually happening, why it is happening and what is predicted to happen in the future. We will then turn to the media and political landscape in order to better understand how we got to this point. We will conclude the session exploring the technological, economic and political complexities of solving this existential challenge.

Instructor: Dr. John Finn, CNU

29. Italian *10-week course*
Wed., Fri. 1-2:15 p.m. Limited enrollment

This course is designed for beginning Italian speakers who are interested in the basics of Italian and Italian culture. The course will cover basic grammar and vocabulary, but will emphasize communication using different scenarios. This is a traditional language class. \$30 course fee.

Instructor: Lynn Pickett

30. Destined for Destruction
Wed., 2:30-3:45 p.m. Held at Mariners' Museum

This course will discuss ships that were designed or used for war but sank for other reasons. What happens when ship designs conflict with nature? With obstinate rulers? Common sense? In this series, we will examine five different maritime disasters exacerbated by design or human error. We'll discover what happened and the consequences of these tragedies. Artifacts will be shared with the museum's collection related to the individual ships.

Coordinator: Lauren T. Furey, Manager of Visitor Engagement, Mariners' Museum

31. Understanding Our Political America — With 2020 Vision
Thurs., 9-10:15 a.m.

The 2020 presidential race is a year away, but if you feel like it started in 2017, you wouldn't be wrong. In this course, we'll look at the identity crises affecting our two main political parties. How did they change in the last 40 years, and what do they now stand for? We'll investigate campaign funding, and the political industry that is a 24/7 enterprise. Also how the parties are motivated to keep us roiled so we'll send in our dollars. Even if you haven't attended past sessions in this series, feel free to join us in this fascinating look at our political America.

Instructor: Lisa Meunier, LLS

32. Keeper of Stories *Limited enrollment*
Thurs., 9-10:45 a.m.

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

33. The Romantic Poets: Wordsworth, Coleridge, Byron, Shelley and Keats

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

Romanticism was a revolutionary movement in the arts: a shift in aesthetic forms and concerns that mirrored the cataclysmic historical and cultural changes occurring in Britain and Europe as the 18th century ended and the 19th began, with reverberations that continue to influence the way we see art and the world today. The Romantic poets wrote some of the greatest poems in English. This year we will be reading Romantic poetry across the generations of the 19th century, focusing on the first two generations in the fall (Wordsworth, Coleridge, Byron, Shelley and Keats) and the later generations in the Victorian era in the spring (Tennyson, Browning, Arnold, Rossetti and Hopkins), considering them both within their original cultural context and what they still have to say about beauty, life and art for 21st-century readers.

Instructor: Dr. Kara Keeling, CNU

34. Watercolor Painting

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

10-week course

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: Oksana Davis

35. The Fascinating History and Ecology of Atlantic White Cedars

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

The Atlantic White Cedar swamp: a species, an ecosystem, and a little known thread through the history of the United States. In this course, we will discover how this amazing Conifer creates conditions where only it can survive. Along the way, we will learn about George Washington, runaway slaves, black bears, red wolves and \$25 million fires.

Instructor: Dr. Rob Atkinson, CNU

36. Drawing

Thurs., 2-4 p.m.

Limited enrollment

Explore your visual memory and develop your hand-eye skills by learning lines and blocks, forms and proportions, right and approximate representation of an object as it is seen by the eye, encouraging yourself in formation of ideas and feelings in conjunction with the creative process of drawing. Any dry media are welcome.

Instructor: Oksana Davis

37. Understanding Opera, Part 1

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

This course will introduce students to the first two productions of Virginia Opera's 2019-20 season: Puccini's tragic thriller "Tosca," and Daniel Catán's lushly melodic "Il Postino," adapted from a popular film. Discussions will provide comprehensive musical and dramatic analysis, illustrated with audio and video excerpts; recommended for opera beginners and aficionados alike.

Instructor: Glenn Winters, Community Outreach Director, Virginia Opera

38. Writing for Historians

Fri., 11 a.m.-12:45 p.m.

10-week course

Limited enrollment

Interested in writing? This class is for you. In this course we write family history, discover our inner writing voice and share family stories, receiving feedback from classmates and the instructor. Learn how to write making a narrative flow, to show, not tell, and to see the past come alive. Practice relative points in grammar and punctuation as we learn various aspects and nuances of writing. We write, we share, we learn!

Instructor: Nancy Anderson, LLS

39. 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: Aisha Parks, Riverside Health System

40. Introduction to Meditation

Fri., 12:30-1:30 p.m.

10-week course

Limited enrollment

Meditation has proven benefits for the mind and body, including improvements in concentration, sleep, anxiety, stress management and overall sense of well-being. This class will practice Vipassana (insight) meditation and mindfulness meditation. We will also sample various practices, such as guided visualization and loving kindness/compassion meditation. Beginning with a brief introduction, yogic breathing (pranayama) and guidance, we will then move into 10-30 minutes of seated meditation (starting with shorter time and gradually increasing the time each week). We conclude each session with an opportunity for discussion of the practice. Chairs and mats are provided or you may bring your own meditation cushion. No prior experience is necessary. Regular practice between classes is encouraged. \$15 course fee.

Instructor: Melissa McGill, Ed.D., RYT

41. Friday Flix

Fri., 1-4 p.m.

Once again, Professor George Hillow will introduce and present a series of his favorite feature films on Friday afternoons. Titles under consideration include: "Mrs. Miniver," the Oscar-winning classic from 1942 whose value as a work of art supposedly scared Adolph Hitler more than Eisenhower; "Strictly Ballroom," a wonderfully funny 1992 romantic send-up from Australia about the competitive world of ballroom dancing; "Babette's Feast," the story of a 19th century French woman who opens the eyes, hearts and mouths of a repressive Danish village with French cuisine; 1983's "Under Fire" starring Gene Hackman, Nick Nolte and Joanne Cassidy as fictional journalists mired in a love triangle as they cover the Nicaraguan revolution; and 1957's "The Enemy Below" starring Robert Mitchum as the captain of a U.S. destroyer escort who battles U-boat commander Curt Jurgens in a nautical chess game.

Instructor: George Hillow, Emeritus CNU

42. Seated & Standing Yoga with Melissa *10-week course*
Fri., 1:45-2:45 p.m. Limited enrollment

Yoga means to “yoke” or “unite” body, breath and mind. This gentle yoga class improves flexibility, strength, balance and is adaptable for all levels. This class begins seated in the chair with breath work to center and focus. Still seated we warm up the head, neck, spine and hips. We then move to standing postures with support of the chair, as needed. (Adaptations can be made to do postures without standing.) To end the class, we return to the chair for a period of breath work, mindfulness and relaxation. \$15 course fee.

Instructor: Melissa McGill, Ed.D., RYT

43. Introduction to Meditation *10-week course*
Fri., 3-4 p.m. Limited enrollment

Same as course 40. Please register for only one Introduction to Meditation class. \$15 course fee.

Instructor: Melissa McGill, Ed.D., RYT

44. Watercolor *Limited enrollment*
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. Register for only one Watercolor class in session A and one in session B.

Instructor: Oksana Davis

SESSION B COURSES

October 21-November 22, 2019

Course 1 – Continued: Music and the Liturgical Year
Mon., 9-10:15 a.m.

Course 2 – Continued: Intermediate Spanish C
Mon., Wed., 9-10:15 a.m.

Course 3 – Continued: Beginning Latin, Part 2
Mon., Wed., 9-10:15 a.m.

Course 4 – Continued: Intermediate Yoga
Mon., 9:30-10:30 a.m. & Wed., 1:30-2:30 p.m.

Course 5 – Continued: Intermediate Spanish A
Mon., Wed., 10:30-11:45 a.m.

Course 6 – Continued: Gentle Yoga
Mon., 11 a.m.-noon p.m. & Wed., 3-4 p.m.

Course 8 – Continued: Beginning Spanish 3
Mon., Wed., noon-1:15 p.m.

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

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

45. Seeing and Drawing from Life
Tues., 9-11 am. Limited enrollment
Same as course 11.

Course #12 – Continued: Beginning Spanish
Tues., Thurs., 10-11:15 a.m.

46. The Kings & Queens of Comedy: Hodgepodge
Tues., 11 a.m.-12:15 p.m.

Well, it seems that people just hunger to laugh. With that in mind, Professor Hillow will satisfy that appetite with a delightful comedic stew containing some old and some new ingredients. Previous classes have included the very popular Victor Borge – and it’s possible we will feature him again, but Borge does not own all four corners of the intersection where classical music meets comedy: the four string quartet players of the hysterical MozART Group own at least one of those corners, and their work will be featured. Also, South African transplant Trevor Noah, who inherited the late-night Comedy Central reins from Jon Stewart, is one of the most gifted and insightful comedians working anywhere in the world today. Many of his observations would make you cry if he weren’t so humorously honest in the way he presents them. And in keeping with this class’s traditions, a certain amount of physical humor will be offered, and ventriloquist Jeff Dunham’s Christmas show will be featured in the final class meeting.

Instructor: George Hillow, Emeritus CNU

Course 13 – Continued: Strength and Stretch
Tues., Thurs., 11 a.m.-noon

47. Painting with Oil/Water-Media *Limited enrollment*
Tues., noon-2 p.m.
Same as course 16.

Course 17 – Continued: Yoga with Tara
Tues., Thurs., 1-2 p.m.

48. The U.S. Army Takes to Air
Tues., 1-2:15 p.m.

Most folks do not realize that the American fighters and bombers flown in WWII were actually part of the U.S. Army. The Army’s experience in the air began during the Civil War, grew through most of the first half of the 20th century, and continued past the formation of the separate U.S. Air Force in 1947. This course will look at Army aviation’s sometimes lumpy, bumpy development, and lessons learned that continue to this day.

Instructor: Ken Hampton, LLS

Course 19 – Continued: Intermediate French
Tues., Thurs., 1-2:15 p.m.

Course 20 – Continued: Tai Chi
Tues., Thurs., 2:30-3:45 p.m.

Course 21 – Continued: Advanced French
Tues., Thurs., 2:30-3:45 p.m.

49. America Speaks: Songs of Patriotism, Protest and Propaganda

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

A study of the importance of music in American culture and history. In this course learners will explore the role music has played in America as a voice for social change, protest, politics and even as a weapon of war. Through audio and video examples, the class will discover how music has played a vital role in the growth and development of our society from the early broadside ballads and songs of the American Revolution to protest songs, and calls for change in the 20th and 21st centuries.

Instructor: Mark Morgan, St. Leo University

50. Expand Your World

Wed., 9-10:15 a.m.

Travel the globe with us as we experience the culture of the four cities partnered with Newport News under the Sister Cities model. The U.S. Sister Cities movement was founded on September 11, 1956 at a White House Conference on Citizen Diplomacy lead by President Eisenhower. Eisenhower urged attendees to “work out not one method but thousands of methods by which people can gradually learn a little bit more of each other.” Today, SCI is the nation’s foremost citizen diplomacy movement with more than 2,300 communities participating in 130 countries. This course features and overview of the sistering process worldwide and then offers more detail on each of Newport News’ partner cities: Neyagawa (Osaka) Japan, Taizhou (Jiangsu) China, Greifswald (Mecklenburg-Vorpommern) Germany and Saint Nazaire (Pays de la Loire) France.

Instructor: Kate Helwig, Executive Director, Sister Cities of Newport News Inc.

Course 24 – Continued: Computer I

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

Course 25 – Continued: Chinese

Wed., 10:30 a.m.-noon

Course 26 – Continued: Introduction to Microsoft Office

Wed., Fri., 10:45 a.m.-noon

51. Don’t Let the Old Man In

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

Try to answer the question posed in the above song, “How old do you think you would be if you didn’t know the day you were born?” There is no scientific or medical way to determine the physiological age of any individual human being. There are, however, scientific ways to predict your chances of living a long and relatively healthy life. Conventional wisdom has shown that about 35 percent of longevity might be determined by your genes. That means that 65 percent of life span is somewhat within your control. The purpose of this course is to present various scientifically documented options on the path to optimum health and longevity.

Instructor: Dr. William Peach, LLS

52. The Dragon and The Eagle

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

The dominant geo/economic/political issues of the 21st century are reflected in the relation between China and the United States.

Yet most Americans are unfamiliar with contemporary China’s problems or their implications for us, which makes it difficult for citizens to recognize and support effective policies. This course is designed to serve as a basic introduction to the challenges China faces (geographic, social, economic, environmental, political, legal, defense and foreign policy) and their implications for the U.S. There is an old Chinese saying about two tigers on a mountain: conflict occurs when two powerful entities make contact.

Instructor: Dr. Dorothy B. James, LLS

Course 29 – Continued: Italian

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

53. The Gothic: A Brief History of the Literature of Terror

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

In 1764, with Horace Walpole’s *The Castle of Otranto: A Gothic Story*, a tale of haunted labyrinths, spectral knights and mystery, a literary tradition of supernatural horror was initiated. Since then, writers like Anne Radcliffe, Matthew Gregory Lewis, Edgar Allan Poe, H.P. Lovecraft, Shirley Jackson, Stephen King, and several others, have kept the Gothic alive. This class will survey the literary history of Gothic literature from its origins to its modern incarnations.

Instructor: Dr. Jason Carney, CNU

54. The European Theater of Operations in World War II, 1944-45

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

To most American baby-boomers, accounts of the European theater of operations in World War II were a part of our childhood, and many of our fathers participated in the great campaigns of the European theater. Perhaps for this reason, the general knowledge of most Americans tends to be episodic, focusing on certain isolated actions in the 11-month period that the theater was active – the dramatic amphibious assault on the Normandy beaches, Patton’s spectacular race across France, the surprise massive German counterattack that resulted in the Battle of the Bulge. This course will attempt to provide context for these major events by viewing them, together with other events which are less widely known, as a series of military operations designed to achieve a single strategic goal: the destruction of Nazi Germany.

Instructor: Colonel Richard C. Payne, U.S. Army Ret., LLS

55. 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

56. Getting to Know the Tribble Library

Held in Yoder Barn

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

Limited enrollment

Come explore what the Tribble Library has to offer! Learn about how to locate and access books and e-books. *Consumer Reports* and magazines, newspapers, and special collections that are in the library and online. Discover what’s available to all LifeLong Learners!

Instructor: Matthew Shelley, Assistant Instruction Librarian, Tribble Library, CNU

57. The World of Lorenzo Medici*Thurs., 11 a.m.-12:15 p.m.*

This course examines the history and culture of the High Renaissance in Italy (ca. 1450-1517). The major focus is on Florence, the “cradle” of the Renaissance, and on one of its most famous sons, Lorenzo de Medici, called the “magnificent,” the quintessential “universal man” of the Renaissance.

Instructor: Dr. Theodora Bostick, Emeritus CNU, LLS**58. Watercolor Painting***Thurs., 11 a.m.-1 p.m.**Limited enrollment*

Same as course 34. Register for only one watercolor class in session A and one in session B.

59. Mary Todd at 200*Thurs., 1-2:15 p.m.*

Session 1: Miss Mary Todd of Lexington, KY. Session 2: Mrs. Lincoln of Springfield, IL. Session 3: First Lady Lincoln of Washington. Session 4: The Wandering Weeping Widow. Session 5: The Varying Estimation of History.

Instructor: Feather Foster**60. 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.

61. The Middle East*Thurs., 2:30-3:45 p.m.*

This course focuses on the Middle East as a complex cultural area. It explores the major intellectual, political, social and cultural issues and practices, concentrating on the fertile crescent, Egypt, Turkey, the Arabian Peninsula and Iran. Some of the themes this course covers will include the rise of religious fundamentalism, regional conflicts, and women and gender, while placing them in the broader framework of the modern Middle East. The course

concludes by addressing recent developments in the region and its outlook for the future.

Instructor: Dr. Hussam S. Timani, CNU**Course 38 – Continued: Writing for Historians***Fri., 11 a.m.-12:45 p.m.***Course 39 – Continued: Riverside Doctors Series***Fri., 11 a.m.-12:15 p.m.***Course 40 – Continued: Meditation***Fri., 12:30-1:30 p.m.***62. The Murky World of Espionage: Women Spies***Fri., 1-2:15 p.m.*

Throughout history, women, except in rare instances, have always been relegated to secondary roles to men. However, this cultural status has worked to their advantage in the world of espionage. This course will examine the life and personalities of women spies, including how their unassuming demeanors have masked cunning, capable and intelligent human beings fully able to initiate and complete espionage assignments. We will also explore several current women who are now giving those assignments and their acceptance in these high positions by the current intelligence community.

Instructor: Dr. Corliss Tacosa, Ret., ODU**Course 42 – Continued: Yoga with Melissa***Fri., 1:45-2:45 p.m.***Course 43 – Continued: Meditation***Fri., 3-4 p.m.***63. Watercolor Painting***Fri., 1:30-3:30 p.m.*

Same as course 44. Register for only one watercolor class in session A and one in session B.

CONFERENCES

Gardening Symposium

CNU's 24th Annual Gardening Symposium will be held

Saturday, March 21, 2020, at The Freeman Center.

(In collaboration with the CNU Grounds Department)

Writers Conference

The 40th Annual Writers Conference will be held **Friday, May 15**

and Saturday, May 16, 2020, at The Freeman Center.

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

FIELD TRIP SCHEDULE

Sunny Portugal
October 15-24, 2019

**Washington D.C.'s
Diplomatic Reception Rooms**
October 17, 2019

**"A Southern Holiday
Christmas Classic"**
Asheville, NC
December 2-4, 2019

Pacific Northwest & California
April 20-27, 2020

**Cruising the Adriatic:
Croatia & Montenegro**
October 28-November 11, 2020

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



Interest Groups:

- 1. Book Club**
Monday, 10 a.m., monthly,
in Yoder Barn
- 2. Mahjogg (all levels)**
Friday, 9:30 a.m.-noon,
weekly, in Yoder Barn
- 3. Discussion Group**
Friday, 9 a.m., monthly,
in Yoder Barn

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



MONDAY AFTERNOON LECTURES & CONCERTS

September 9, 1:30 p.m.
Opening Lecture
President Paul S. Tribble Jr.
Peebles Theatre, Ferguson Center

September 16, 1:30 p.m.
Oceanographic Expeditions:
What Have We Learned about
the World's Oceans?
Dr. Greg Cutter,
Old Dominion University
Yoder Barn Theatre

September 23, 1:30 p.m.
Virginia Symphony Orchestra
Simon Lapointe, Violin
Yoder Barn Theatre

September 30, 1:30 p.m.
Virginia Symphony Orchestra
John Shawger, Horn
Yoder Barn Theatre

October 7, 1:30 p.m.
"The Life and Times of
Douglas MacArthur"
Amanda Williams, Education
Manager, MacArthur
Memorial Museum
Yoder Barn Theatre



October 21, 1:30 p.m.
Virginia Symphony Orchestra
William McPeters, Bass
Yoder Barn Theatre

October 28, 3 p.m.
CNU Opera Preview:
Pirates of Penzance
Dr. John McGuire
Peebles Theatre, Ferguson Center

November 4, 1:30 p.m.
Virginia Symphony Orchestra
Sherie Lake-Aguirre, Oboe
Yoder Barn Theatre

November 11, 2 p.m.
Theatre CNU Preview
"Hearts Like Fists"
A Superhero Show
Tanya Sweet
Peebles Theatre, Ferguson Center

November 18, 1:30 p.m.
Virginia Symphony Orchestra
Rebecca Gilmore Phillips, Cello
Yoder Barn Theatre



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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

2019 FALL COURSE REGISTRATION FORM

Name(s): _____ Phone: _____

Address: _____ Email: _____
 Street City ZIP

Are you enrolling as a new member of LLS? Yes ____ No ____ If a current LLS member recommended LLS to you, please give his/her name: _____ How did you hear about LLS? _____

Emergency Contact: _____

Name	Relationship	Phone #
Course Registration: Please number courses in order of preference. Session A Courses 10-week courses are only listed once.		
____ 1 Liturgical Music	____ 12 Beginning Spanish 1	____ 23 Protect Yourself
____ 2 Intermediate Spanish C	____ 13 Strength & Stretch	____ 24 Computer I
____ 3 Beginning Latin 2	____ 14 Poetry	____ 25 Chinese
____ 4 Intermediate Yoga	____ 15 The Phoenicians	____ 26 Microsoft Office
____ 5 Intermediate Spanish A	____ 16 Oil/Water-Media	____ 27 Roman Civilization
____ 6 Gentle Yoga	____ 17 Yoga with Tara	____ 28 Changing Climate
____ 7 Medieval Art	____ 18 The Civil War	____ 29 Italian
____ 8 Beginning Spanish 3	____ 19 Intermediate French	____ 30 Destined for Destruction
____ 9 Body Fusion	____ 20 Tai Chi	____ 31 Our Political America
____ 10 Arabic	____ 21 Advanced French	____ 32 Keeper of Stories
____ 11 Seeing & Drawing	____ 22 Virginia Living Museum	____ 33 Romantic Poets
Session B Courses		
____ 45 Seeing & Drawing	____ 50 Expand Your World	____ 55 Creative Nonfiction Writing
____ 46 Kings & Queens of Comedy	____ 51 Don't Let the Old Man In	____ 56 Tribble Library
____ 47 Oil/Water-Media	____ 52 Dragon and the Eagle	____ 57 Lorenzo Medici
____ 48 U.S. Army Takes Air	____ 53 The Gothic	____ 58 Watercolor Painting
____ 49 America Speaks	____ 54 European Theater	____ 59 Mary Todd at 200
____ 34 Watercolor Painting	____ 35 Atlantic White Cedars	____ 36 Drawing
____ 37 Understanding Opera	____ 38 Writing for Historians	____ 39 Riverside Doctors Series
____ 40 Meditation	____ 41 Friday Flix	____ 42 Yoga with Melissa
____ 43 Meditation	____ 44 Watercolor Painting	
____ 60 Watercolor Painting	____ 61 The Middle East	____ 62 Women Spies
____ 63 Watercolor Painting		

WEEKLY ACTIVITIES OPEN TO ALL MEMBERS: 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's Yoder Barn Theatre, 660 Hamilton Drive, Newport News, VA 23602, or in person at 660 Hamilton Drive, Yoder Barn House. If you register by August 16 you will receive written confirmation of your courses and their room locations. If you register after August 16 this information will be available in the LLS office.

Full membership Sept. 2019-Aug. 2020 lectures, courses and optional activities.....(\$235) \$ _____
Associate membership Sept. 2019-Aug. 2020 lectures and optional activities. No courses.....(\$140) \$ _____
Optional Syllabus 15 The Phoenicians by Glenn Markus.....(\$3) \$ _____
Course fee (\$30 per course) 2 Intermediate Spanish C, 3 Beginning Latin, 4 Intermediate Yoga, 5 Intermediate Spanish A, 6 Gentle Yoga, 8 Beginning Spanish 3, 9 Body Fusion, 12 Beginning Spanish 1, 17 Yoga with Tara, 19 Intermediate French, 20 Tai Chi, 21 Advanced French, 24 Computer I, 26 Microsoft Office and 29 Italian.....(____ x \$30) \$ _____
Course fee (\$15 per course) 42 Yoga with Melissa, 40 and 43 Meditation(____ x \$15) \$ _____
 Additional decals ONLY.....(____ x \$22) \$ _____
TOTAL \$ _____

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____ 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 (please circle): American Express MasterCard Visa Discover

Name on card _____ Credit card no. _____ Exp. date _____



LifeLong Learning Society

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



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