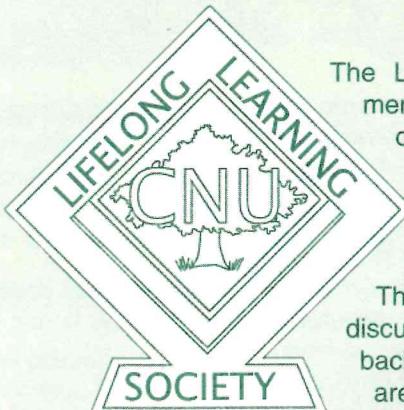


LIFELONG LEARNING SOCIETY



Spring 2006

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, the 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. 30, 2006
Ferguson Center for the Arts

1 p.m. New Member Orientation
 1:45 p.m. All-Member Reception
 2:30 p.m. Lecture on Prescription Drug Programs

Music and Theatre Hall
 Music and Theatre Hall Lobby
 Music and Theatre Hall

Program Overview

The dates and times for the 39 five-week courses 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 five Monday afternoon lectures, three concerts and one theater presentation for LLS members are listed on page 5.

Membership Fee and Benefits

Full membership for the 2005-2006 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 2005-2006 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. 30, 2006. After that date, no refund will be given. A 20 percent handling charge will be deducted on all refunds.

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

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

Session A Courses



Jan. 30 - March 3, 2006

1. Play Ball Mon. & Fri., 9:30-10:45 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. \$15 course fee.

Instructor: Lisa Wingfield, CNU

2. Intermediate Spanish Mon. & Wed., 9:30-10:45 a.m.

For members who have had a beginning Spanish course or practical language experience and wish to expand their communication skills. \$15 course fee.

Instructor: Saundra Hansford, CNU

3. 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. \$15 course fee.

Instructor: Saundra Hansford, CNU

4. Music with the Virginia Symphony Orchestra Mon., 11 a.m.-12:15 p.m.

Enjoy behind-the-scenes insights into the orchestral world – music, composers, VSO musicians and their instruments. **Coordinator:** Ernestine Dole, School Program Coordinator, Virginia Symphony Orchestra

5. Introduction to Personal Computers Tues. & Thurs., 9-10:15 a.m.

This is a beginning computer course. You should own or have access to a computer to practice your skills. You will learn the basics of how to use a computer and how to save to a disc or USB drive. Limited enrollment. \$15 course fee. **Instructor:** Susan Daimler

6. 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. \$15 course fee.

Instructor: Kasey Cyr-Robert

7. Transmission of Ancient Classical Texts Tues., 9:30-10:45 a.m.

This course explores the transmission of the great literature of Greece and Rome, from the collapse of the Roman Empire through the Middle Ages and the Renaissance to the invention of the printing press in the 15th century. **Instructor:** Glenn Markus

8. Computer Course in E-mail and Internet Tues. & Thurs., 10:30-11:45 a.m.

For persons who have learned the basic computer skills.

Learn how to send and receive e-mail messages and use the internet. Limited enrollment. \$15 course fee.

Instructor: Susan Daimler

9. Practicing Poetry Tues., 11 a.m.-12:15 p.m.

Participants will examine, discuss, and consider: ballads, humor and animals, narrative poetry, heroic couplets and love poems – all kinds of love!

Instructor: Patricia Flower Vermillion

10. Wetlands

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

We will explore the what, where and why of the wonderful wetlands in our region.

Instructor: Dr. Robert Atkinson, CNU

11. The Holy Roman Empire

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

The Holy Roman Empire: from Christmas Day 800, when Charlemagne was crowned emperor, until its total demise in 1815. How it changed man's thinking in the western world.

Instructor: Dr. Richard Guthrie, CNU (Emeritus)

12. Milestones and Millstones

Wed., 10-11:15 a.m.

We will examine some current problems in context of historical conflicts over discoveries, inventions and ideas. Topics include ideas about the origin and nature of the universe, updates on fluoridation of water, global warming and stem cell research.

Instructor: Dr. Larry Sacks, CNU (Emeritus)

13. Yoga

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

Hath Yoga, an ancient Eastern form of exercise, emphasizes strength, flexibility, concentration and breathing. Yoga is an individual noncompetitive exercise. \$15 course fee.

Instructor: Sandy Curran, LLS

14. The Ender Novels by Orson Scott Card

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

Card's award-winning "Ender's Game" – dubbed "the science fiction novel for people who don't like science fiction" – is an intensely psychological story. "Ender's Shadow," tells the same story from another character's point of view. They offer an unparalleled chance in contemporary fiction to consider how perspective changes the understanding of a story. **Instructor:** Dr. Kara Keeling, CNU

15. A History of the U.S. Navy

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

A history from the formative years of the Navy, through the Revolutionary War, War of 1812, Civil War, Spanish American War, WWI, WWII, Cold War, Korean War and the changing naval role in modern times. 10-week course. **Instructor:** Bob Wilson, The Mariners' Museum

16. Oils and Acrylics

Thurs., 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: Mary Beth Dupree

17. Organizing Your Family Filing System

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

A workshop on important family documents and the need for a well-designed and manageable system for organizing, updating and safekeeping these documents. A 10-week course.

Instructor: Guy Manchester, LLS

18. The Art of Drawing

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

A survey of the art of drawing from the Renaissance to the present.

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

19. Opera Insight: Mozart, Bellini and the Birth of Inspiration

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

This class will use Mozart's "The Marriage of Figaro" and Bellini's "Norma" to examine how two fundamentally different approaches to the art of composition produced timeless masterpieces.

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

20. 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

Session B Courses



March 13 - April 14, 2006

21. Play Ball

Mon. & Fri., 9:30-10:45 a.m.

Same as course #1. \$15 course fee.

22. 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. \$15 course fee. **Instructor:** Saundra Hansford, CNU

23. The Paradox of Middle Eastern Leadership

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

An analysis of the dynamics and contradictions of leadership in Iran, Syria, Turkey and Egypt. Russia will be included because of its controversial role in that region of the world. **Instructor:** Dr. Corliss Tacosa, CNU

24. Advanced Spanish

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

Same as course #3. \$15 course fee.

25. Basic Word Processing

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

Students should have completed the Introduction to Personal Computers course. They will learn to use computer tools and features to enter and edit text in a word document. Limited enrollment. \$15 course fee. **Instructor:** Susan Daimler

26. Aerobics

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

Same as course #6. \$15 course fee. **Instructor:** Bob Wilson, The Mariners' Museum

31. Mr. Jefferson's Wall of Separation

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

An eclectic examination of the constitution, the theological dimensions of church-state relations, religion and education. **Instructor:** Dr. Richard Beauchamp, CNU

32. Yoga
Wed. & Fri., 11 a.m.-12:15 p.m.
Same as course #13. \$15 course fee.

33. Contemporary Art
Wed., 11 a.m.-12:15 p.m.
A chronological study of contemporary art and architecture. It will focus on movements to include abstract impressionism, photorealism and earth-site art as well as revolutionary trends in architecture.
Instructor: Dr. Mary L. "Belle" Pendleton, CNU

34. Southern Drama
Wed., 1-2:15 p.m.
The Southern literary renaissance included some of America's best playwrights. By reading and viewing the work of Tennessee Williams, Edward Albee, Horton Foote and Beth Henley, we will experience their diverse creations.
Instructor: Dr. Roark Mulligan, CNU

35. Advanced Writing for "Historians"
Thurs., 9:30-10:45 a.m.
For members who have completed a writing fundamentals course. Strengthen your skills in recording your experiences. Limited enrollment.
Instructor: Doris Gwaltney

36. 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.
Instructor: Heidi Hartwiger

37. Painting: Oil & Acrylic
Thurs., 9:30-11:30 a.m.
Same as course #16.

38. NASA Speaks
Thurs., 1-2:15 p.m.
Learn about NASA's plans to explore, discover and understand the moon, Mars and beyond.
Coordinator: Harla Sherwood, NASA/CNU

39. Nutrition: Research Reasons and Results
Thurs., 2:30-3:45 p.m.
This class covers the research behind nutrition recommendations, the results and how they affect you.
Instructor: Dr. Mary Rountree, Riverside Hospital

40. 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

41. Watercolor Painting
Fri., 1:30-3:30 p.m.
Same as course #20. (Register for either A or B Session).

Interest Groups:

1. **Bridge Group**
Monday, 11:30 a.m. in LLS office
2. **Computer Club**
Friday, 1-2:15 p.m. in LLS office
3. **Lunch Bunch – (before Monday lectures only)**
Monday, 12:30 p.m. at local restaurants

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



Larry and Kitty Smail attend the 2005 Independence Day celebration.

FIELD TRIP SCHEDULE

Southern Caribbean – Holland America

March 14-25, 2006

Cruise aboard the *ms Maasdam*, one of Holland America's five-star ships, on a spectacular southern Caribbean cruise. A soaring atrium lobby, a two-tiered dining room, and two outdoor pools (one with a sliding glass roof!) are some of the popular features on this ship. Sail from Norfolk and visit islands located deep in the Caribbean including St. Thomas, Dominica, Barbados, St. Kitts, and Puerto Rico, as well as Half Moon Cay, Holland America's private island. You will experience refined, attentive service during this 11-night/12-day cruise on this floating resort.

Washington in the Spring

Monday, April 3, 2006

Shake off the winter doldrums and welcome spring with our trip to Washington with its wonderful cherry blossoms! We will enjoy a motor coach ride through the beautiful Tidal Basin and a narrated lunch cruise down the Potomac on board *Nina's Dandy*, both allowing us to enjoy the cherry trees in full bloom. After our slow-paced morning, we visit the National Air and Space Museum's new Steven F. Udvar-Hazy Center near Dulles Airport and marvel at the technological wonders of flight in the 20th and 21st centuries. After a dinner stop at Tyson's Galleria, we return to Newport News.

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

MONDAY AFTERNOON LECTURES

Opening Lecture
Monday, Jan. 30, 2:30 p.m.
Earl Johnson, SSA
Lisa Walker, Bay Aging
Prescription Drug Programs

Feb. 6, 2:30 p.m.
John Morreal
Creative Thinking

Feb. 13, 2:30 p.m.
John Quarstein, Director,
Virginia War Museum
George Washington

Feb. 20, 3 p.m.
Dr. Mark Reimer, CNU in Concert

Feb. 27, 2:30 p.m.
TheatreCNU Presentation
South Pacific

March 13, 2:30 p.m.
Alf J. Mapp Jr.
Faiths of Our Founding Fathers

March 20, 3 p.m.
Dr. Mark Reimer, CNU in Concert

March 27, 2:30 p.m.
Mary Sellen, Director of CNU Library
Captain John Smith Library

April 10, 3 p.m.
Dr. Mark Reimer, CNU in Concert

The Monday Afternoon Lecture Series will be held in the Ferguson Center for the Arts.

LifeLong Learning Society

Christopher Newport University

Spring Session B

Happenings



A "wee" welcome to Session B classes and a Happy Friday St. Patrick's Day to all those inclined toward the "wearin' of the green!" May you find that pot of gold!

Monday Afternoons

Plan to attend this afternoon's lecture by author, **Alf J. Mapp, Jr.** His subject will be his book, **"Faiths of Our Founding Fathers."** Mr. Mapp is retired from ODU where he taught English and history for thirty-one years. The time is 2:30 p.m. in the Ferguson Center, Music and Theatre Hall.

There will be election of officers before the lecture. We wish to thank the nominating committee for their outstanding slate of officers. Committee members are: **John Allen, Sarah Deyong, Doyle Eckert, Martha Field, Bob Kelly, Bill King, Jay Shinske and Jane Sulzberger.**

March 20 will feature "**CNU in Concert**" once again, always a pleasant musical surprise. Remember the time will be 3:00 p.m. at the Ferguson Center.

The lunch bunch will meet March 20, 12:30 p.m., at the **Towne Center Café**. Please call the office the Friday before if you plan to attend, 594-7568.

March 13 - 17, 2006

Class Notes

Course #40, "Meanderings," participants will meet with *Coordinator, Jane Dickson, Monday, March 13, immediately following the 2:30 p.m. lecture in the Ferguson Center, for the specifics of the course and carpool information.*

Meanderings Schedule

March 17	Hampton History Museum Lunch at Mary Helen's
March 24	Portsmouth Court House/Gallery Lunch at Brutti's
March 31	Chrysler Museum Lunch at Painted Lady
April 7	Fort Monroe Lunch at Bayside Raw Bar/Grill
April 14	Hampton U. Art Museum Lunch at Delargy's Bistro



course assistants for your excellent job of informing your fellow members of special announcements and rounding up the critique forms, so valuable to our Program Committee. Thanks to those of you that have graciously offered to do that job in Session B. It's important for any last minute updates to be get to our members as soon as possible.

Please note Course # 38, "NASA Speaks," has been cancelled.

Course # 15, "A History of the U.S. Navy," is a 10 week course and continues Wednesdays, 2:30-3:45 p.m. at the Mariners' Museum.

Course # 17, "Organizing Your Family Filing System," runs 10 weeks and continues on Thursdays, 11 a.m.- 12:15 p.m. in Building 1.

Course # 28, "Intermediate Word Processing," Tuesdays and Thursdays, 10:30 – 11:45 a.m., has two openings. If you are interested in furthering your word processing skills, please call the office, 594-7568.

Course #41, "Watercolor Painting" will NOT be held Friday, March 17. This class will be made up at a later date.

Betty Anglin's trip to **Chrysler Museum**, Saturday, April 1 still has space. Send or bring your check made out to CNU for \$32.00, (write "Fine Arts Tour April 1" on the check.) to Betty, Fine Arts Department.

Around the Campus

Great Book Series

All meetings will be held in Gosnold Hall, Room 111, 5:30 p.m.

March 15
Cervantes

Dr. Scott Pollard
"Don Quixote"

April 5

Dr. Hussam Timani
"The Qur'an"

CNU Theatre presents "*South Pacific*" in the Music and Theatre Hall March 17, 18 19 and March 24, 25, 26. Call 594-8752 for specific times and tickets.

The *Ella Fitzgerald Jazz Festival* will take Center Stage in the Ferguson Center, April 5 – 8. Among those featured during the festival are, the CNU Jazz Ensemble with Kurt Elling, continuing with Tiempo Libre, and later the Count Basie Orchestra. The finale, Saturday, April 8, will feature Branford Marsalis, after which the Jae Sinnett Combo will entertain in the lobby. Get tickets at www.ticketmaster.com or by visiting the Ferguson Center.

Ender's Game Reading Group

Are you a fan of Ender's Game? Orson Scott Card, one of the most important living science fiction writers, is coming to CNU! Get prepared for his visit by coming to talk about the Ender novels: Ender's Game and Ender's Shadow. Ender's Game is "the science fiction novel for people who don't like science fiction," a very intense

psychological story. Ender's Shadow tells the same story from another character's point of view, taking the gaps in the story of Ender's Game and creating a new version of the tale. The two novels offer an unparalleled chance in contemporary fiction to consider how perspective changes the understanding of a story. Let's talk about what makes them great reads! Bring friends! Wednesdays, 7-8:30 p.m., Second floor atrium in Ratcliffe March 15 and 22, Ender's Game March 29 and April 5, Ender's Shadow Questions? E-mail Dr. Keeling: kkeeling@cnu.edu.

LLS Room Fund

Our room fund is nearing its' goal. We are now seeking funds to furnish the room with up-to-date audio-visual equipment. Please call the office, 594-7568, with your donation. **THANK YOU**, in advance.