

LifeLong Learning Society

2024 FALL PROGRAM




CHRISTOPHER NEWPORT
UNIVERSITY


WARWICK FOREST

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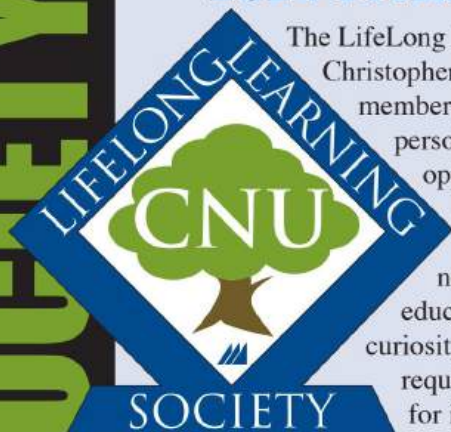
"The mind, once expanded
to the dimensions of larger
ideas, never returns to its
original size."

— 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

2024 FALL PROGRAM



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

University 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, 2024

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. / Musical Performance

String Quartet

Virginia Symphony Orchestra

Peebles Theatre

Program Overview

The 10-week semester consists of two five-week sessions, Session A and Session B. Courses will meet either once or twice per week for either five or 10 weeks. The dates and times for the 36 five-week and 21 10-week courses are listed on pages 2-8. In addition to courses, there are 10 Monday afternoon lectures and performances, many field trips, luncheons, and interest groups listed on page 9. A number of optional activities will be announced during the semester.

Membership Fee and Benefits

Full membership for the 2024-25 fall, spring and summer sessions is \$285. This includes fall, spring and summer courses; Monday afternoon lectures; interest groups; and the opportunity to participate in optional activities, such as field trips and luncheons, by paying the activity fees.

An associate membership for the 2024-25 fall, spring and summer sessions is available for \$190. This includes Monday afternoon lectures; interest groups; and the opportunity to participate in optional activities, such as field trips and luncheons, by paying the activity fees; no courses.

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

Class locations and confirmations will be mailed to you if your registration is received by August 16, 2024. Otherwise, this information will be available in the LLS office upon request.

Refund Policy

Refund of membership and/or course fees will be granted if requested before September 9, 2024. After that date, no refund will be given. A 20 percent handling charge will be deducted from all refunds.

Economic Hardship

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

Distinguished Membership

LLS members who are 90 and older are eligible for honorary membership if they have been a member for three of the past five years. Please call (757) 269-4368 for details.

Alumni Membership Discount

Members of the Christopher Newport Alumni Society are eligible for a 10% discount on membership fees.

2024-25 Parking Decal Required

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

Office Location

660 Hamilton Drive (Yoder Barn House)
Newport News, VA 23602

Phone: (757) 269-4368

Our office location is in the first house on the left at the corner of Oyster Point Road and Criston Drive. We are in the brick house across the parking lot from the Yoder Barn.

Mailing Address

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

CHRISTOPHER NEWPORT UNIVERSITY'S
LifeLong Learning Society

ANNUAL OPEN HOUSE

**Join us Thursday,
August 22, 2024, at 11 a.m.**

Yoder Barn, 660 Hamilton Drive, Newport News, VA 23602

CALLING ALL MEMBERS & POTENTIAL MEMBERS!

Entertainment will be provided by an LLS favorite

Dr. Ed Brash of CNU

Join us for a fun afternoon of entertainment, light refreshments and learn more about what the LifeLong Learning Society has to offer.

You may be missing out on the best kept secret in Hampton Roads!

SPONSORED BY WARWICK FOREST

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

All LLS fall 2024 courses will be held IN PERSON. Select courses will be available online and in person simultaneously. These courses are indicated with asterisks below.

SESSION A COURSES

September 9 - October 11, 2024

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

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

2. Latin: An Introduction Continued 10-week course Mon., Wed., 9:30-10:45 a.m. Limited enrollment

In this course, we will pick up where we left off in the summer and continue our learning. It will include more Classical Latin, the language of Caesar, Cicero, Vergil and so many others, and discussion of Roman culture. The text will be the Cambridge Latin Course, North American 4th edition, available new or used on Amazon. \$30 course fee.

Instructor: Dr. Alice Rubinstein, LLS

3. Meditation Working with Grief & Loss 10-week course Mon., 10:30-11:45 a.m. Limited enrollment

Grief and loss are complex and personal processes. They arise in a variety of circumstances – the death of a loved one, the loss of an ability, moving from one life stage to the next, coming to terms with something we needed or hoped for but never had, and so many more. In this five-week course we apply principles of mindfulness and meditation in ways to help us be with grief. A combination of lecture, practice, and discussion, the course aims to guide you through a process to develop your own personalized ways for moving through and holding grief and loss. *Please bring a notebook and pen. "Homework" is practice applying the principles and techniques reviewed in class.*

Instructor: Melissa McGill, Ed.D., E-RYT 200

4. Gentle Yoga 10-week course Mon., Wed., 11 a.m.-noon 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 and 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

5. Exploring Poetry 10-week course Mon., 11 a.m.-12:15 p.m. Limited enrollment

What is poetry? How does it differ from other writing? How can it enrich the reader's life? We will look at the craft of poetry: how

did the poet achieve that effect? Most of all we will explore – and enjoy – poems by both known and new poets.

Instructor: Serena Fusek

6. Body Fusion: Tone and Stretch 10-week course Tues., Thurs., 9-10:15 a.m. ONLINE ONLY

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

7. Military Geography*** 10-week course Tues., 9-10:15 a.m. Limited enrollment

This class begins with an "introduction" to military geography (principles, theoretic constructs, frameworks for analyses, etc.), followed by four individual case studies. Studies include the geographic dimensions of the Bridge Crossing of the Rhine at Remagen (WWII), the Tawara Amphibious Landings (WWII), the Amphibious Landings on Iwo Jima (WWII), and the Amphibious Landings at Inchon (Korean War).

Instructor: Dr. Paul M. Severance

8. Arabic 10-week course Tues., 9-10:45 a.m. 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, Christopher Newport University

9. 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; those who have not exercised for a very long time and would have difficulty with a standard program; those who are currently dealing with physical problems that limit movement, mobility, stamina; or those who are experiencing pain.

Instructor: Betty Peach, LLS

10. Twice-Told Tales*** 10-week course Tues., 11 a.m.-12:15 p.m. Limited enrollment

Postmodern novelists often experiment with the means of telling stories: they fragment the overall story into multiple narratives that both compete with and complement one another, and that may challenge readers to determine what the "real" story is. Such fragmentation may take the shape of telling the story nonlinearly or from two narrators' differing perspectives. Split narratives may call into question the reliability of a narrator, provide a larger context for a character's actions and choices, or use the second half of the narrative to revise the story that the first narrator tells. They challenge their readers to perceive ironies or make sense of ambiguities that the narrator(s) may not see and deconstruct the idea of a unified storyline. We will read three such split narratives: "The First Part Last," a short novel by Angela Johnson (for week 1: please come to class having read it); "Boxers and Saints," a graphic novel about the Boxer Rebellion in China by Gene Luen Yang; and "Code Name Verity," by Elizabeth Wein, a historical novel set in World War II.

Instructor: Dr. Kara Keeling, Emerita, Christopher Newport University

11. Le Repas Français (LE LEGUME) *10-week course*
Tues., Thurs., 11 a.m.-12:15 p.m. *Limited enrollment*

This intermediate level French course takes as its focus *le repas gastronomique des français* which is recognized by UNESCO as an intangible world heritage. Students learn from one another as they explore together the techniques, methods, and essential ingredients of traditional French cooking, this time with a focus on le légume. Alongside critique gastronome, Julie Andrieu, we will benefit from online interviews and cooking demonstrations (all in French!) that promote the use of the freshest vegetables of the season. *There is no required textbook, but for students who like a structured resource beyond the plentiful materials provided by the instructor, any beginner/intermediate level high school or college textbook will suffice.* \$30 course fee.

Instructor: Karen Waddill

12. Seated and Standing Yoga *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, and 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 and balance 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: Melissa McGill, Ed.D., E-RYT 200

13. The Huntington Family***
Tues., 1-2:15 p.m.

After the Transcontinental Railroad's completion in 1869, Collis Potter Huntington embarked on a new railroad project. The terminus for his new railroad would land in the southern tip of Warwick County, future site of Newport News. The Huntington family was not only the founder of Newport News, but also its greatest benefactor from the late 1800s through today! The fascinating story of the Huntington family begins in 1821 with the birth of Collis P. Huntington. It continues with his second wife Arabella, his son Archer, Archer's wife Anna Hyatt Huntington, and his favorite nephew Henry Edwards Huntington. All had unique and interesting lives, and all made significant contributions to Newport News. This course will also examine the national and international events associated with the Huntingtons' rise to fame.

Instructor: Michael Moore, Curator, City of Newport News Historic Services

14. Bon Voyage! (Level A2/B1) *10-week course*
Tues., Thurs., 1-2:15 p.m. *Limited enrollment*

This advanced beginner-level course is designed for the Francophile who wants to get reacquainted with useful expressions and grammar structures for a planned or dreamed-of trip to a French-speaking country. Virtual travel to various Francophone regions of the world will serve as the backdrop for role play and written exercises. In addition, students will gain access to online resources promoted by the French Ministry for Education for enrichment outside of class. There is also an abundance of online resources that students can access to supplement classroom learning. *A binder is recommended for the many ancillary materials the instructor provides.* \$30 course fee.

Instructor: Karen Waddill

15. Drawing I *10-week course*
Tues., 2-4 p.m. *Limited enrollment*

This course offers the possibility to explore fundamentals of academic drawing: the use of line, shape, form, light and shadow, perspective and proportion – everything to develop your observation, memory and spatial perception, and also, encourage you to practice every day. It includes a weekly classroom practice and homework, handouts, demonstrations, and critiques. You can repeat this course many times. ***Please register for only one drawing class.*** *List of required supplies given upon registration.*

Instructor: Oksana Davis

16. Celtic Music
Tues., 2:30-3:45 p.m.

This course is an examination of traditional music from the Celtic people of Northwestern Europe, with emphasis on Ireland, Scotland, and Wales, including folk songs, bagpipe, fiddle, and harp music. We will also explore the development of the “Celtic Music” genre in North America.

Instructor: Mark Morgan

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

The world of Tai Chi will be explored and experienced through the Yang Tai Chi 24 steps form, the most popular of all Tai Chi forms. The movements will be explained in detail and practiced with emphasis on the universal principles of Tai Chi, the transition between postures, connecting breathing with movements, and discovering mindfulness within the flow. Students will have the opportunity to memorize the choreography of the Tai Chi form through repetition. The benefits of regular Tai Chi practice are well known. This is the perfect form for beginners. Those who are already familiar with the Yang 24 form will be encouraged to improve their Tai Chi flow and find hidden meaning in the movements of Tai Chi. \$30 course fee.

Instructor: Richard Tate

18. Medieval Art *ONLINE ONLY*
Wed., 9-10:15 a.m.

This course will survey the range of Medieval Art and Architecture from the fall of Rome to the 13th century, placing an emphasis on the diversity of medieval cultures and religions as expressed through the visual and material arts. The course will focus on the development of painting, mosaic, manuscript illumination, as well as upon the development of the Romanesque and Gothic architectural styles.

Instructor: Dr. Rosa Motta, Emerita, Christopher Newport University

19. Beginning Spanish *10-week course*
Wed., Fri., 9-10:15 a.m. *Limited enrollment*

A class for absolute beginners curious about one of the world's most widely used languages. We'll start with all the basics of Spanish for those with little or no experience. We'll learn to greet one another and introduce and talk about ourselves, as well as explore vocabulary and phrases needed for traveling, shopping, and eating out. ***¡Bienvenidos al mundo hispanohablante!*** \$30 course fee.

Instructor: Lisa Schlickenmeyer

20. Intermediate Spanish**Wed., Fri., 10:30-11:45 a.m.****10-week course****Limited enrollment**

This course is a continuation of Advanced Beginners (Spring '24) and is also suitable for students with some Spanish background who would like to practice and review. There will be opportunities to work on speaking and listening skills. Students will also be assigned authentic reading selections and writing prompts to help their understanding of Spanish syntax and semantics. *New and returning students are welcome to sit in on a couple of classes to see if they're a good fit.* \$30 course fee.

Instructor: Lisa Schlickemeyer**21. Understanding Our Political America: Our Democracy at Work*******Wed., 11 a.m.-12:15 p.m.**

As we approach the final stages of the '24 Presidential election, voters will be bombarded with political ads and pleas for funding. Building on our Spring '24 courses, we'll look at America from the perspective of participating in our democracy. Who are the voters? How do we make our livings? What do we expect from our government? What is it that we believe in as Americans-and why don't others see things the way we do? These questions get at the heart of how the election will be determined. Come join us as we step back and take a non-partisan view of what underlies the politics of America!

Instructor: Lisa Meunier, LLS**22. Advanced Spanish****Wed., Fri., Noon-1:15 p.m.****10-week course****Limited enrollment**

This class picks up where the Intermediate Advanced class (Spring '24) left off. Students will read, watch, and listen to authentic, student-centered resources in Spanish as prompts for increasingly sophisticated discussion and writing. We'll also work on our practical speaking skills. Experience with all Spanish tenses and moods is helpful, but we will review and recycle as necessary. *New students are invited to try out a few classes.* \$30 course fee.

Instructor: Lisa Schlickemeyer**23. Crises: The Chaotic Presidential Elections of****1800 and 1876*******Wed., 12:45-2 p.m.**

The presidential elections of 1800 and 1876 stressed the Constitution like no other elections in our history. Both elections revealed several flaws in the Electoral College system. In this course, we will examine these two elections in detail: the candidates, the campaigns, the controversies and the peculiar methods that were used to resolve those controversies. We will see how these elections impacted our current presidential selection processes. We will also place some of our current debates regarding the Electoral College and other related procedures for choosing our nation's chief executive into historical context.

Instructor: Mike Kerley**24. Seated Chair Yoga****Wed., 1-2 p.m.****10-week course****Limited enrollment**

Yoga means to "yoke" or "unite" body, breath, and mind. This gentle yoga class improves flexibility and strength and is adaptable for all levels. This class is conducted entirely seated in the chair. We begin with breath work to center and focus, then we warm up the muscles of the neck, shoulders, spine, hips, legs, arms, feet,

and hands. Class ends with a period of breath work, mindfulness and relaxation. \$15 course fee.

Instructor: Melissa McGill, Ed.D., E-RYT 200**25. Drawing II****Wed., 2-4 p.m.****10-week course****Limited enrollment**

This course concentrates on studying your own drawing style improving lines, shapes and forms, perspective, proportion and composition. It includes a weekly classroom practice and homework, handouts, demonstrations, and critiques. You can repeat this course many times. *Please register for only one drawing class. List of required supplies provided upon registration.*

Instructor: Oksana Davis**26. Meditation****Wed., 2:15-3:15 p.m.****10-week course****Limited enrollment**

This class will study and practice mindfulness and Vipassana (Insight) meditation. Each class begins with a brief introduction to the week's topic, followed by a 10-15-minute guided meditation, concluding with questions and discussion. Weeks 1-5 will center on foundational practices (mindfulness of body, breath, thoughts, emotions & compassion). Weeks 6-10 will deepen foundational practices and work with specific topics of interest to the class. (i.e. Mindful Movement/Walking Meditation, Grief and Loss, Happiness and Joy, etc.) Regular practice of about 10-15 minutes is encouraged and guided audio meditations will be available for home practice. Meditation may be done sitting, standing, or lying down. *Chairs are provided or you may bring your own meditation cushion. No prior experience is necessary, though experienced meditators are also welcome to refresh their practice and experience meditation in community.*

Instructor: Melissa McGill, EdD, E-RYT 200**27. Shipwrecks and Other Maritime Disasters, Vol. 2*******Wed., 2:30-3:45 p.m.****Held at the Mariners' Museum**

Bad decisions, bad timing, bad luck, nature's fury, or nature's treasures? Join The Mariners' Museum and Park as we share more stories from above and below the seas! The schedule is as follows: 9/11 "Tragedy at Sea: USS Indianapolis and its WWII Secret Atomic Mission," 9/18 "From Icy Waters: RMS Carpathia," 9/25 "Ship(wrecks) of Fools: Unique and Strange Shipwrecks Throughout History," 10/2 "Africa's Forgotten "Titanic" Tragedy: The Sinking of MV Le Joola," 10/9 "Wrecks to Reefs: Exploring our Ocean's Sunken Sanctuaries."

Coordinator: Wisteria Perry, Community Engagement, Mariners' Museum**28. Technology and the Evolution of Military and Naval****Doctrine in the 20th Century: Part 2, the Tank and Combined Arms Land Warfare (Continued)*******Thurs., 9-10:15 a.m.**

In the last 18 months of World War II, the combat tank and tactical/operational doctrine of combined arms were key elements in every major campaign in the European Theater of Operations. This segment of the course will concisely review the history of the combat tank and combined arms doctrine during this 18-month period, from the planning of the Normandy Invasion through the unconditional surrender of Nazi Germany in May 1945.

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

29. Keeper of Stories

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

Limited enrollment

Are you the keeper of your family stories? Have you decided it's time to organize those family tidbits into stories of family yet convinced yourself you are not a writer? This informal workshop may be your solution. After reviewing the basics of story composition and writing a story, you will be encouraged to explore presentation options including prose poems and "telling" in the oral tradition. *Come join the fun!*

Instructor: Heidi Hartwiger

30. Forgotten Founders: The Pinckney Family of South Carolina***

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

In South Carolina, few families were as well known as the Pinckneys. Wealthy and privileged, they served as local judges and as members of the South Carolina legislature. They fought in the American Revolution; after the Revolution, they served in Congress, and members of the family were Federalist party nominees for Vice President or President from 1796 until 1808. They served as ambassadors to Britain, France, and Spain during the early years of the Republic. But the Pinckney name is largely absent from the broader narrative of these years. In this course, we will explore who the Pinckneys were and how they came to be the Forgotten Founders.

Instructor: Karen McPherson

31. Watercolor Painting (Int.-Adv.)

10-week course

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

Limited enrollment

This course is for intermediate-advanced painters, who are already familiar with watercolor paint techniques and want to improve their own painting style completing offered or own projects, exploring new paint combinations, and developing own color schemes. This course includes a weekly classroom practice and homework, handouts, demonstrations, and critiques. You can repeat this course many times. *Please register for only one watercolor class. List of required supplies given upon registration.*

Instructor: Oksana Davis

32. Apollo Missions to the Moon: Results and Stories***

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

Six Apollo missions landed on the Moon between July 1969 (Apollo 11) and December 1972 (Apollo 17). Those missions returned a total of 842 pounds of samples from the Moon. Extraordinary memories have been extracted from analysis of those samples not only about the Moon's history, but also about the origin of the Earth-Moon system. This course will provide a deep appreciation of that history whenever you look up at the Moon in the evening sky. In addition, many little-known stories about the Apollo missions will be told.

Instructor: Dr. John W. Delano

33. Oil and Acrylic

10-week course

Thurs., 2-4 p.m.

Limited enrollment

This course offers the possibility to explore oils or acrylics. If you are new to the medium, be ready to study some paint properties and complete series of exercises to become familiar with your own paint. Next step is experimenting by applying the paint and exploring color mixing, and also, leaning to observe and analyze the result. Experienced painters can bring their own projects.

This course includes classroom practice, homework and critiques. *You can repeat this course many times. List of required supplies given upon registration.*

Instructor: Oksana Davis

34. Geology of Virginia***

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

Explore the geology of Virginia through time. Moving continents! Strange creatures! Mountains forming from ocean floors! Seas rising and falling! Rivers cutting through ridges! Virginia has it all. Learn the science of how the earth we live on formed.

Instructor: Kara Bennett, LLS

35. Introduction to Contemporary Art***

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

Giant balloon dogs. Blank white canvases. Movies where nothing happens. Bananas taped to walls. How did these things come to be seen as art? With an historical scope spanning WWII to the present and a geographic focus on the United States, this course will seek to answer that question. We will study a range of practices, from the traditional to the radical to the downright bizarre, in the hopes of understanding the bewildering and abundant world of art today.

Instructor: Lucas Matheson, Associate Curator and Exhibitions Manager, Mary M. Torggler Fine Arts Center

36. Riverside's Healthy Aging Lecture Series ***

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

10-week course

Hear from 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: Garnet Gilmore, Riverside Doctors Series

37. Hollywood Elects the President

Fri., 1-4 p.m.

As a continuation of his ongoing Friday film class, Professor Hillow will discuss and screen four films focusing on presidential elections, both real and fictional. 1998's "Primary Colors" based on "Primary Colors: A Novel of Politics" by Anonymous, a fictional novel very much inspired by the 1992 campaign of Bill Clinton. 2012's "Game Change" focuses on John McCain's 2008 campaign with Ed Harris as McCain, Woody Harrelson as campaign advisor Steve Schmidt and Julianne Moore as McCain's running mate Sarah Palin. 1997's "Wag the Dog" is entirely fictional but a hilarious black comedy satire about a president whose spin doctor (Robert DeNiro) enlists the aid of a Hollywood producer (Dustin Hoffman) to fabricate a war in Albania to distract voters from a presidential sex scandal. 2011's "The Ides of March" featuring George Clooney as an uptight presidential candidate who wants to run a clean campaign. Ryan Gosling stars as his press secretary who becomes involved in political machinations and personal involvements that threaten the campaign.

Instructor: Professor George Hillow, Emeritus Christopher Newport University

38. Watercolor Painting (Beg.-Int.)

10-week course

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

Limited enrollment

This course offers a "how-to" for beginners and intermediate levels of painters. During this course you will become familiar

with your paint, explore paint properties and understand paint combinations, learn and practice color theory, try different types of paper and brushes, learn about watercolor painting mediums and try quite a few watercolor techniques. The course includes a classroom practice and weekly homework, offers handouts, demonstrations, and critiques. *You can repeat this course many times. Please register for only one watercolor class. List of required supplies given upon registration.*

Instructor: Oksana Davis

SESSION B COURSES

October 21 - November 22, 2024

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

Course 2 – Continued: Latin
Mon., Wed., 9:30-10:45 a.m.

39. Mindfulness and Meditation: Working with Pain
Mon., 10:30-11:45 a.m. Limited enrollment

Mindfulness and meditation are proven tools to assist with certain aspects of physical pain. Applying principles of mindfulness and meditation such as impermanence, compassion/kindness, and awareness of thoughts, we train the mind and change how we relate to the experience of pain. In this 5-week course, you'll receive information and specific practices in working with different aspects of pain. Please bring a notebook and pen to class and plan to practice the principles and techniques between classes. Benefits are cumulative and accrue with regular practice. *Note: These techniques may be helpful as part of an overall plan for working with pain. They are not a substitute for medical treatment. It is recommended that any physical pain be discussed with a medical professional.*

Instructor: Melissa McGill, Ed.D., E-RYT 200

Course 4 – Continued: Gentle Yoga
Mon., Wed., 11 a.m.-12:15 p.m.

40. Practicing Poetry
Mon., 11 a.m.-12:15 p.m. Limited enrollment

This course is for poetry writers. Writers will be given a prompt or topic on which to write and the resulting poem will be critiqued by other students and by the instructor. Course #5, Exploring Poetry, in Session A is not a prerequisite, however topics discussed in Session A will be further explored as prompts for poems for this course..

Instructor: Serena Fusek

41. Witchcraft and Spirit Possession Across Cultures***
Tues., 9-10:15 a.m.

Students in this course will reflect upon the categories of "witchcraft" and "spirit possession" from an anthropological and historical perspective. Over the course of this seminar, students will explore a range of cultural practices from bewitching rituals in rural France to spirit mediumship in Madagascar to the period of satanic panic in the United States. In so doing, students may

reconsider the assumptions that they bring to religious traditions and embodied experiences that appear to radically differ from their own.

Instructor: Dr. Seth Palmer, Christopher Newport University

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

ONLINE ONLY

Course 8 – Continued: Arabic
Tues., 9-10:45 a.m.

42. The Art of Zen
Tues., 9-11 a.m.

Limited enrollment

A meditation class using the creation of art as a tool for meditation. We will be using ink and pencil on paper to create gorgeous designs while meditating. There is no wrong or right, no judgement of the "art" work, as the focus is really on meditation. Come join us in the Art of Zen (meditation) and leave feeling calm, less stressed, and refreshed. *As an added bonus, you will have created some cool art.*

Instructor: Patty Meyerson, LLS

Course 9 – Continued: Strength and Stretch
Tues., Thurs., 11 a.m.-noon

43. Our Wonderful World of Electronics: How Did We Get Here?***
Tues., 11 a.m.-12:15 p.m.

Since the dawn of time when lightning produced the first fires, man has been fighting the elements to find ways to improve life. Such it is that when man first discovered static electricity and then magnetism. We have moved from these elements and elemental concepts to where we are now. From tubes to transistor to electronic circuits to integrated circuits, including massive super computers utilizing vast amounts of energy to cool these fast-moving electrons. Moving fast enough to produce enough heat to melt themselves down. This tale includes luck, engineering, stubbornness, and even deceit and belated recognition.

Instructor: Tim Miller, LLS

Course 11 – Continued: Le Repas Français
Tues., Thurs., 11 a.m.-12:15 p.m.

Course 12 – Continued: Seated & Standing Yoga
Tues., Thurs. 1-2 p.m.

Course 14 – Continued: Bon Voyage
Tues., Thurs., 1-2:15 p.m.

44. Lafayette: Uncovering the Story Behind the French Hero of the American Revolution***
Tues., 1-2:15 p.m.

His name seems to be everywhere: Lafayette squares, Lafayette Colleges-schools, parks, streets, and cities throughout america, honor an American Revolutionary War hero, -but few today know why. In this course, we'll explore the fascinating story of this young French Marquis who came to fight for the American cause because he believed in the ideals of democracy and what it would mean for mankind. His selfless bravery, and military prowess inspired many – among them George Washington who loved

him like a son. But there's so much more to the story and we're look-ing forward to sharing it! Vive Lafayette! (*This course will be team taught by the instructors listed below.*)

Instructor: Lisa Meunier, LLS; Robert Kelly, Director Gloucester Museum of History and President of the Fort Monroe Historical Society,;and Michael Moore, Curator, City of Newport News Historic Services

Course 15 – Continued: Drawing I
Tues., 2-4 p.m.

Course 17 – Continued: Tai Chi
Tues., Thurs., 2:30-3:45 p.m.

45. Exploring the Blues on Ukulele
Tues., 2:30-3:45 p.m.

Delve into the soulful world of blues music through the unique lens of the ukulele in this captivating and immersive course. "Exploring Blues Music on the Ukulele" invites intermediate and advanced ukulele students of all musical backgrounds to embark on a journey through time, history, and diverse blues styles, as they master the art of playing blues music on this charming instrument. The class will explore blues scales, blues-style picking and strumming, and improvisation.

Instructor: Mark Morgan

46. Heretics, They Also Played the Jesus Game***
Wed., 9-10:15 a.m.

The course covers the first 500 years of Christianity, with special attention to the ideas that were declared to be heretical by the orthodox wing. I both describe the heresies and show how they influenced the development of early Christianity. I start with Jesus, Peter, James, and Paul and then move on to the Gnostics, Marcion, Montanus, the Donatists, Pelagius, and finish with Arius. The course tackles the most foundational ideas of Christianity including: who is God; the who, what and why of Jesus; who can be a member of a Christian congregation; the Trinity; and Christianity and the Roman Empire. Jesus, the Jewish rabbi, and Jewish religious tradition are important parts of the course material.

Instructor: Jeff Marston

Course 19 – Continued: Beginning Spanish
Wed., Fri., 9-10:15 a.m.

Course 20 – Continued: Intermediate Spanish
Wed., Fri., 10:30-11:45 a.m.

47. China (and Allies) vs. the United States (and Allies) in This Decade***
Wed., 11 a.m.-12:15 p.m.

Chairman Xi Jinping has weaponized China's economy, hoping to dominate world policy and markets. Success, however, is far from assured. The West (particularly the United States) has responded politically and economically, but our internal problems create opportunities for China and others, enhanced by rapid technological change.

Instructor: Dr. Dorothy B. James, LLS

Course 22 – Continued: Advanced Spanish
Wed., Fri., 12-1:15 p.m.

Course 24 – Continued: Seated Chair Yoga
Wed., 1-2 p.m.

48. Cuban Popular Music
Wed., 1-2:15 p.m.

Explore Cuba's dynamic blend of African, Spanish, and Caribbean influences that define popular music genres like Son, Rumba, Salsa, Reggaetón, Rock, and more. Whether you're a seasoned musician or a curious newcomer, this course will enrich your understanding of Cuba's musical legacy and its enduring impact on the world.

Instructor: Dr. Mike Levine, Christopher Newport University

Course 25 – Continued: Drawing II
Wed., 2-4 p.m.

Course 26 – Continued: Meditation
Wed., 2:15-3:15 p.m.

49. Introduction to Islam***
Wed., 2:30-3:45 p.m.

This course will discuss Islamic beliefs and practices, the life of Muhammad, the Qur'an, Islamic law (Shari'a), theology, and mysticism. A special emphasis will be on the role and status of women in Muslim societies, the historical development of the Sunni and Shi'i sects, modern Islamist thought, and the rise and role of political Islam.

Instructor: Dr. Hussam Timani, Christopher Newport University

50. Technology and the Evolution of Military and Naval Doctrine in the Twentieth Century, Part 3: The Long-range Projection of Air Power***
Thurs., 9-10:15 a.m.

During World War I, four new combat systems were introduced which would transform military and naval doctrine by the beginning of World War II. These new systems were the submarine, the combat tank, the combat aircraft, and the aircraft carrier. Combat aircraft actually became part of two separate threads of the evolution of military and naval doctrine in the 20th century: First, combined arms land warfare, and second, the long-range projection of air power against strategic targets. During World War I, both sets of belligerents introduced specialized aircraft and ships designed for the long-range projection of air power against strategic targets: the land-based long-range bomber and the aircraft carrier. Both systems were used in every theater of the war, but were most dominant in the Pacific. In this course, we will review major events of the Pacific War, highlighting the role that the aircraft carrier and the long-range bomber played in the conflict.

Instructor: Col. Richard C. Payne, U.S. Army, Retired, LLS

51. Genealogy

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

Limited enrollment

So you've created your family tree. You've verified some things and disproven others. What do you do now? In this class we'll look at ways to get creative with your genealogy research. No, I don't mean making things up to make it more interesting. I mean looking at activities like writing and publishing your family stories, creating photo albums, blogging, using spreadsheets and other technology to deepen your understanding of

your roots, taking genealogy research trips, and making a genealogy Facebook page. *This class will be most useful for people who have already done some genealogy research.*

Instructor: Karen McPherson

52. Finding Fiction

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

Limited enrollment

If at times the real world is too much with you, and you like slip away into let's pretend, you might be a fiction writer. Join this fiction writing workshop. Find the keys that will help you unlock your imagination and explore ways to craft your fiction.

Instructor: Heidi Hartwiger

53. Exploring Artificial Intelligence***

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

This five-lecture series provides an accessible introduction to Artificial Intelligence (AI) and its potential applications, designed for non-specialists who are interested in exploring this rapidly evolving field. The course is designed to be interactive and engaging, with ample opportunities for discussion and questions. There are no prerequisites or technical background required, and the lectures are presented in a clear and accessible manner. By the end of the course, participants will have a basic understanding of AI technology and its uses, and be able to appreciate the opportunities and challenges that come with this rapidly evolving field.

Instructor: Dr. Ed Brash, Christopher Newport University

Course 31 – Continued: Watercolor (Int.-Adv.)

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

54. Learning from Light***

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

Astronomy is a science where you often never get to touch the thing you're working on. Discover how much light can teach us as we explore the cosmos using the only thing we get from most of it – light. Discussions will include defining what is (and is not) astronomy, the science of spectroscopy, an exploration of the Milky Way, planetary geology and impacts from space.

Instructor: Dr. Kelly Herbst

Course 33 – Continued: Oil and Acrylic

Thurs., 2-4 p.m.

55. 20th Century Art Movements***

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

Art is a constantly evolving story. Artists have rejected, rebelled, challenged and created their own expressions of 'art' throughout the years. Join our class and take a visual trip through the major 20th century art movements. We will begin with the paintings of the Fauves of the 1900's and end with the post-modern era of the 1980's. You may still be scratching your head about abstractions or pop art, but you will gain a better understanding of the importance of each movement.

Instructor: Carol VanDeventer, LLS

56. Getting to Know the Tribble Library

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

Held in Yoder Barn

Limited enrollment

Come explore what the Tribble Library has to offer! Meet in the Yoder Barn to learn how to: locate and access books and e-books;

read articles from a variety of magazines and newspapers; search scholarly journals to research interesting topics. Discover what's available – in the library and online – to all LifeLong Learners!

Instructor: Matthew Shelley, Digital Instruction Librarian, Tribble Library, Christopher Newport University

Course 36 – Continued: Riverside's Healthy Aging Lecture Series* Fri., 11 a.m.-12:15 p.m.**

57. Ukulele for Beginners

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

In this course, the class will learn the basics of playing the ukulele, a four-string instrument from Hawaii. The course will consist of five sessions in which learners will learn how to tune the instrument, perform basic strumming patterns, play basic chords and harmonic patterns, and ultimately how to play several folk and rock songs and sing along with their ukulele. *No musical background or experience is necessary to enroll in this course.*

However, students must have their own ukulele.

Instructor: Mark Morgan

Course 38 – Continued: Watercolor (Beg.-Int.)

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



Join us for a special lecture at

1:30 p.m. on October 17

at the Yoder Barn Theatre***

In Lafayette's Honor - A Bouquet of French Music

JoAnn Falletta

Music Director Laureate

Virginia Symphony Orchestra

JoAnn Falletta is internationally celebrated as a vibrant ambassador for music, an inspiring artistic leader, and a champion of American symphonic music. An effervescent and exuberant figure on the podium, she has been praised by The Washington Post as having "Toscanini's tight control over ensemble, Walter's affectionate balancing of inner voices, Stokowski's gutsy showmanship, and a controlled frenzy worthy of Bernstein." Acclaimed by The New York Times as "one of the finest conductors of her generation," she serves as the Music Director of the Buffalo Philharmonic Orchestra and the Virginia Symphony Orchestra, Principal Guest Conductor of the Brevard Music Center and music advisor to the Hawaii Symphony. Falletta will be discussing the French music that the VSO will be performing on October 18-20, which ties into the Lafayette 200 celebration. More information can be found on the VSO website: <https://virginiasympphony.org/concert/saint-saens-organ-symphony-3/>.



Interest Groups:

1. **Book Club**
Monday, 10 a.m., monthly,
in Yoder Barn
2. **Mahjongg (All-Levels)**
Friday, 9:30 a.m., weekly,
in Yoder Barn
3. **Ukulele**
Meeting Dates TBA,
in Yoder Barn

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



MONDAY AFTERNOON LECTURE & PERFORMANCE SERIES

September 9, 1:30 p.m.
String Quartet
Virginia Symphony Orchestra
Peebles Theatre

September 16, 1:30 p.m.
*Ferguson Center Turns 20****
Bruce Bronstein, Executive Director
Ferguson Center for the Arts

September 23, 1:30 p.m.
*Engaged for Good: How College
Students are Transforming
Communities and Themselves****
Vanessa Buehlman, Director
Center for Community Engagement
Christopher Newport University

September 30, 2 p.m.
Jesus Christ Superstar
TheaterCNU Musical Preview
Christopher Newport University

October 7, 1:30 p.m.
*A Wonderful Career in Crime:
Charles Cowlam's Masquerades in
the Civil War Era and Gilded Age****
Dr. Frank W. Garmon Jr.
Christopher Newport University

October 21, 1:30 p.m.
*American Camino:
Walking as a Spiritual Practice
on the Appalachian Trail****
Dr. Kip Redick
Christopher Newport University

October 28, 1:30 p.m.
*"I am the Lord your God,"
the God of the Jews, or the God
of all Humankind? The First
Commandment and the Reason
vs. Revelation Debate****
Dr. Vered Sakal
Bertram and Gladys Aaron
Professor of Jewish Studies
Christopher Newport University

November 4, 2 p.m.
Pride and Prejudice
Theater CNU Preview
Christopher Newport University

November 11, 1:30 p.m.
*The 2024 Elections Explained****
Dr. Quentin Kidd, Provost
Christopher Newport University

November 18, 1:30 p.m.
*Sons of the Old Dominion: Virginia
Militia Commanders at the 1781
Siege of Yorktown****
Dr. Sean M. Heuvel
Director of Graduate
Recruitment and Admission
Christopher Newport University

TRIPS

A Remarkable Day in Richmond
Julia Child and Samurai
Armor Exhibitions
August 1, 2024

**Discover the Islands
of New England**
October 3-10, 2024

Mackinac Island
May 3-11, 2025



lifelonglearning.cnu.edu

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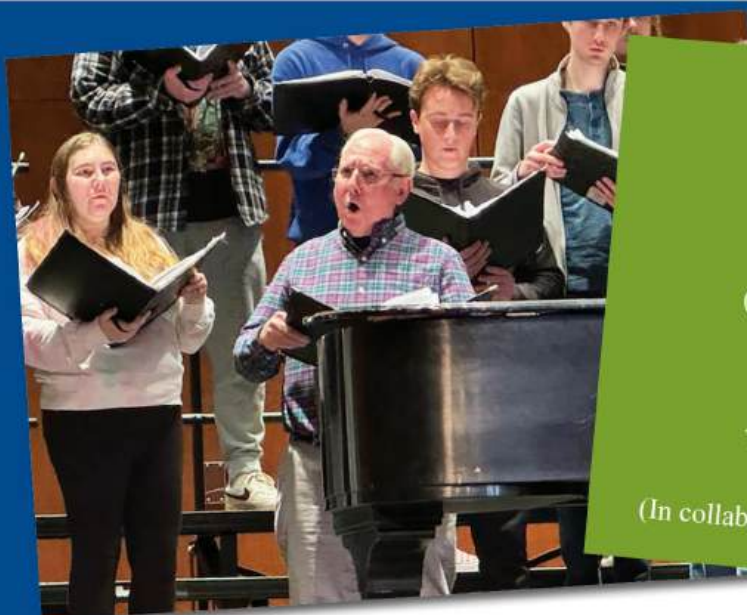


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Fall Classes**



CONFERENCES

Writers Conference

The 42nd Annual Writers Conference will be held
Saturday, September 14, 2024.
(In collaboration with the CNU Department of English
and the Writers' Advisory Council)

Gardening Symposium

The 26th Annual Gardening Symposium will be held
Saturday, April 12, 2025.
(In collaboration with the Christopher Newport Grounds Department)



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