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LifeLong Learning Society

2016 FALL PROGRAM



CHRISTOPHER NEWPORT
UNIVERSITY

WF
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

2016-17 Virginia Symphony Orchestra Class Series

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. Hear music in an entirely new way and learn about the background and preparation of each musician.

Recitals

- *September 12, 2016 Romantic Strings
- *November 14, 2016 Classical Winds
- March 27, 2017 Flute and Harp Duet

All recitals are from 1:30-3 p.m.

Class Schedule

- *September 19, 2016 JoAnn Falletta, Music Director
- *October 3, 2016 Vahn Armstrong, Concertmaster
- *October 17, 2016 Michael Byerly, Principal Clarinet
- January 30, 2017 Sherie Aguirre, Principal Oboe
- February 20, 2017 Deborah Wendells Cross, Principal Flute
- March 13, 2017 Barbara Chapman, Principal Harp
- April 10, 2017 David Bruestle, Second Trombone

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



Michael Byerly
Principal Clarinet



Sherie Aguirre
Principal Oboe



Deborah Wendells Cross
Principal Flute



Barbara Chapman
Principal Harp



David Bruestle
Second Trombone



JoAnn Falletta
Music Director

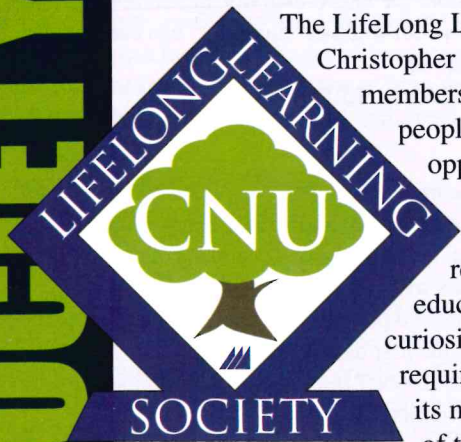


Vahn Armstrong
Concertmaster

Sponsored by



2016 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 an affiliate of the Elderhostel Institute Network. Through a variety of activities — including lectures, courses, study and discussion groups, lunches, dinners, and field trips — people of diverse backgrounds come together to share a common interest in learning. There are no exams or grades in the courses, although some courses include assigned readings and the possible purchase of a text. All people of retirement age are encouraged to join if they are interested in being challenged by new ideas in the company of other eager learners. LLS shares its program with the community by participating in joint learning efforts with other educational and research institutions, retirement groups, industries, and museums and by co-sponsoring three annual conferences.

Opening Session: September 5, 2016

Ferguson Center for the Arts

12:15 p.m. New Member Orientation
Music & Theatre Hall

12:45 p.m. All-Member Reception
Music & Theatre Hall Lobby

1:30 p.m. Presenter: Dr. Quentin Kidd, CNU
"A Look at Virginia and the 2016 Election"
Music & Theatre Hall

Program Overview

The dates and times for the 36 five-week and 19 10-week courses are listed on pages 2-6. These courses will meet either once or twice per week. In addition to four field trips, a number of optional activities will be announced during the semester. The three Monday afternoon lectures and seven concerts for LLS members are listed on the last page.

Membership Fee and Benefits

Full membership for the 2016-17 fall, spring and summer sessions is \$235. 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 2016-17 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.

You can now pay for your registration fee by credit card. There is a charge of \$3 to cover the cost to LLS. See the registration page for details.

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 19, 2016**. Information will be available at the LLS office and the first two Monday lectures. 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 5, 2016**. After that date, no refund will be given. A 20 percent handling charge will be deducted on all refunds.

Economic Hardship

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

2016-17 Parking Decal Sticker Required

A parking decal is required on Christopher Newport University property. Membership includes one LifeLong Learning parking decal.

Office Location

660 Hamilton Drive (Yoder Barn House)
Newport News, VA 23602
Telephone: (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 5-October 7, 2016

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

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

2. Integral Yoga — Moderate Level 10-week course
Mon., 9-10 a.m. & Wed., 1:30-2:30 p.m. Limited enrollment

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

3. Yoga 10-week course
Mon., 10:30-11:30 a.m. & Wed., 3-4 p.m.

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

4. Spanish III 10-week course
Mon., Wed., 10:30-11:45 a.m.

This course continues where Intermediate Spanish left off in the spring. We will continue with the same textbook and begin with a review. If you wish to enroll and have not taken Intermediate Spanish, please contact the instructor. \$30 course fee.
Instructor: Erika St. Dennis, LLS

5. Italian II 10-week course
Mon., Wed., 11 a.m.-12:15 p.m. Limited enrollment

This course is a continuation of Beginning Italian, delving into the beautiful Italian language and culture. We will continue to use Living Language Italian — Essential and will possibly be going on to use Essential Italian, Lesson 2: People and Family. \$30 course fee.
Instructor: Lynn Pickett

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

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

7. Nothing 10-week course
Tues., 9-10:15 a.m.

“Nothing,” or “nonbeing,” is the “something” of this course. We will study the limitations of logic, examine the mathematics

of “nothing,” explore the notion of a vacuum (or completely empty space), and consider the latest relativity, quantum (physics) and cosmological ideas about whether “anything” can ever come from “nothing.” Syllabus \$6.
Instructor: Glenn R. Markus, LLS

8. Beginning French 10-week course
Tues., Fri., 9-10:15 a.m. Limited enrollment

We will cover the basics of spoken and written French, with an emphasis on practical conversational vocabulary. This is a traditional language class with a textbook, homework and a small number of students. No previous knowledge of French is necessary. Required for the first day of class: French for Mastery textbook, ISBN 978-0669200607 (blue cover). \$30 course fee.
Instructor: Erika St. Dennis, LLS

9. Computing Tips, Tricks and Tutorials
Tues., Thurs., 9-10:15 a.m.

Learn mail merge, sorting, how to create tables and a few keyboard shortcuts. Planning a trip using Google flights will also be included. Bon Voyage! \$15 course fee.
Instructor: Susan Daimler

10. Charcoal and Graphite Studies for Oil/Acrylic Painting
Tues., 9-11 a.m. Limited enrollment

Using graphite, charcoal/chalks, students will work from life in studio and, weather permitting, outdoors. The art of sketching is emphasized to strengthen design, composition and personal style working from life — skills essential to painting, including value and form. Work from a variety of subjects from simple to complex (still life, landscape, figurative) supported by demos, lectures and videos. Students receive digital images via email. Class feedback occurs in a relaxed setting. All levels.
Instructor: Jenny Linn Loveland, BA, MA

11. Computer I
Tues., Thurs., 10:45 a.m.-noon

This is the first in a three-course progression. This beginner course is for anyone who wants to learn how to use a computer. Students will be introduced to the parts of a computer, the desktop and using Microsoft Office 2010. Students should own or have access to a computer to practice their skills. They are welcome to bring their own PC laptops to class. \$15 course fee.
Instructor: Susan Daimler

12. 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 currently dealing with physical problems that limit movement, mobility, stamina; or those experiencing pain.
Instructor: Betty Peach, LLS

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

This course will provide a discussion of favorite English-language poets of the 19th, 20th and 21st centuries.
Instructor: Serena Fusek

14. “YOU DON’T SAY!” — Part 2: Once More With Feeling
Tues., 11 a.m.-12:15 p.m. 10-week course

Join us as we continue to romp through the idioms and expressions of the English language! We won’t beat around the bush as we try not to go below the belt. No phrases from the spring class will be used; this lecture will be filled with fresh ones — and that’s no blarney!
Instructor: Erika St. Dennis, LLS

15. Painting With Oil/Acrylic
Tues., noon-2 p.m. Limited enrollment

Working in a variety of painting styles, this course emphasizes the art of seeing and working from direct observation. Learn widely accepted artistic principles and practices: Create value studies; learn about color, mixing paint and setting up your palette to best effect. Work from a variety of subjects from simple to complex (still life, landscape, figurative) supported by demos, lectures and videos. Students receive digital images of studio subjects via email. Class feedback occurs in a relaxed setting. All levels.
Instructor: Jenny Linn Loveland, BA, MA

16. Integral Yoga Class 10-week course
Tues., 1-2 p.m. & Thurs., 2:30-3:30 p.m. Limited enrollment

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

17. Combined and Naval Operations in the Civil War
Tues., 1-2:15 p.m. Held at Yoder Barn

The U.S. Navy had only 42 warships in 1861 but had the capacity for a larger fleet with six navy yards and the majority of the nation's private shipyards. The Confederate States of America had 3,500 miles of coastline from Norfolk, Virginia, to Galveston, Texas. The Confederate Navy had a core of 373 former U.S. Navy officers but lacked sufficient naval vessels and land batteries to adequately protect its coastline. Ultimately, the Confederates relied on ironclads, submarines, torpedo boats and naval mines for any hope of combating the numerically superior U.S. Navy. This course will examine the men, operations and technology of the Civil War's Naval War.
Instructor: Michael Moore, Civil War Site Curator, Lee Hall Mansion

18. French IV 10-week course
Tues., Thurs., 1-2:15 p.m. Limited enrollment

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

19. Tai Chi
Tues., 2:30-3:45 p.m. & Thurs., 1-2:15 p.m. 10-week course

This class will teach the introductory form of Tai Chi, nine movements in the Yang Style. Tai Chi, a nonaerobic exercise,

will benefit those who want to improve their balance and muscle strength. \$30 course fee.
Instructor: Bill Hansell

20. French III 10-week course
Tues., Thurs., 2:30-3:45 p.m. Limited enrollment

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

21. Beethoven 10-week course
Tues., 2:30-3:45 p.m.

While his music needs no introduction, context will only increase our enjoyment of it. Jan Swafford's new biography Beethoven will help us answer any questions we long ago forgot to ask: Is Beethoven really a Romantic composer? Why do so many of his works begin in despair but end in joy? How — and why — do you portray the spirit of political revolution in music? Spend 10 weeks exploring the favorite composer you never really knew.
Instructor: Rob Keene, Director of Music, Trinity Evangelical Lutheran Church

22. The Science Of ...
Wed., 9-10:15 a.m.

Each session will focus on the science of nutrients — carbohydrate, protein, fat, vitamins and minerals. It will include the biochemical nature of these nutrients, metabolism within the body, food source and supplements.
Instructor: Dr. Mary C. Rountree

23. Jesus, the Jew 10-week course
Wed., 11 a.m.-12:15 p.m.

Jesus was a product of the Judaism of his time. In this course we trace the origins of Judaism from the arrival of the Israelites in Canaan (1200 B.C.E.) to the time of Jesus. We closely examine the birth, life and death of Jesus based on historical, not theological criteria. We study the development of the Christian movement following his death, as influenced by the Apostle Paul and the early church fathers.
Instructor: Dr. William Peach, LLS

24. Beginning Latin 10-week course
Wed., Fri., 12:30-1:45 p.m. Limited enrollment

We will cover the basics of Latin grammar while gaining insight into the ancient Roman world's enormous influence on our language culture. This is a traditional language class with a textbook, homework and a small number of students. No previous knowledge of Latin is necessary, although you will be pleasantly surprised by how much Latin you already know simply by being an English speaker! Required for the first day of class: Latin for Americans textbook, ISBN 978-0078742514 (red cover). \$30 course fee.
Instructor: Erika St. Dennis, LLS

25. Deconstructing Disney Princesses

Wed., 12:45-2 p.m.

Since Mickey Mouse made his first appearance in “Steamboat Willie” in 1928, Disney films have been a major component of American childhood. Adults view the Disney brand as “safe” entertainment for their children, but that assumption is open to question. Disney films are cultural products; they were created within and thus reflect their particular historical and cultural contexts. We will focus on how ideologies of gender (male as well as female), race, class, sexuality, ability, capitalism and nation are constructed in both early and recent animated Disney films, using the “Princess” films as our particular focus. We will examine 10 movies, starting the first week with Disney’s first full-length animated film, “Snow White and the Seven Dwarfs.” (Please watch it for the first class.) We will then look at 1950s classics “Cinderella” and “Sleeping Beauty”; 1990s films “The Little Mermaid” and “Beauty and the Beast”; the “multicultural” “Pocahontas,” “Mulan” and “The Princess and the Frog”; and finish with 21st-century films “Tangled” and “Frozen.”
Instructor: Dr. Kara Keeling, CNU

26. The Transatlantic Slave Trade

Wed., 2:30-3:45 p.m. Held at Mariners’ Museum

One of the greatest tragedies in human history is the transatlantic slave trade – the wholesale kidnapping and forced servitude of millions of people over the course of more than 300 years. This series, taught by museum educator Wisteria Perry, explores the origins of the trade, how it worked for so long, and its historical and cultural effects on both sides of the Atlantic.
Coordinator: Mark Arduini, Manager Adult Learning, Mariners’ Museum

27. Dynamic PC Security

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

There are many threats lurking in cyberspace of which the average user is unaware. Internet vulnerabilities start from the router and go through the other side of the keyboard. All potential areas of attack will be covered and countermeasures discussed. We will also discuss how crooks are working to defeat these countermeasures. Here you will learn what is wrong with most common methods currently in use. We will cover such protections as passwords, users, human engineering and others and the means in which they are defeated. Then we will discuss what procedures one can take to lessen one’s vulnerabilities.
Instructor: John S. Fusek

28. The Reformation Era, 1500-1648

Thurs., 11 a.m.-12:15 p.m. 10-week course

The Reformation Era was one of the major elements in the transition from the medieval to the modern world. This course explores the background and causes of the Protestant and Catholic reformations, the major figures and events, and the meaning of the Reformation for the modern world.
Instructor: Dr. Theodora Bostick, Ret. CNU

29. Watercolor Painting

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

Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills.

Please register for only one watercolor class in each session.

Instructor: Betty Anglin, Ret. CNU

30. Classical Mythology: Gods, Heroes, Warriors,

Musicians and Prophets

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

After an introduction to ancient Greek religion and gods, topics to be covered will include mythological heroes – Hercules and Theseus, the Trojan War, and mythological musicians, prophets and sibyls.

Instructor: Dr. Alice Rubinstein, LLS

31. Drawing

Thurs., 2-4 p.m. Limited enrollment

In the 20th century, drawing has come into its own as a lively and viable art form. Whereas drawing of the past can be largely classified as objective, today’s drawings are frequently subjective. Assignments are designed to develop the student’s hand-eye skills, as well as encourage their formation of ideas and feelings in conjunction with the creative process of drawing. Register for one drawing class in either A or B session.

Instructor: Betty Anglin, Ret. CNU

32. Understanding Opera, Part 1

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

This class is designed to prepare students to fully enjoy the first two productions of Virginia Opera’s 2016-17 season. Productions covered are *The Seven Deadly Sins*, a one-act drama combining song and dance by Kurt Weill and Bertolt Brecht; Leoncavallo’s classic tragedy *Pagliacci*; and Rossini’s immortal comedy *The Barber of Seville*. Musical and dramatic analysis is illustrated with audio and video excerpts. Recommended for beginners and aficionados alike!

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

33. Meanderings

Fri., 9 a.m.-3 p.m. Limited enrollment

We will carpool to discover new museum exhibits from Norfolk to Williamsburg and lunch in delightful eateries nearby on 9/16, 9/23, 9/30, 10/7 and 10/21. Participants are responsible for expenses, such as lunch and admission fees.

Coordinator: Janie Dickson, LLS

**34. Healthy Aging in Retirement and Beyond
(Riverside Doctors 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: Yi Zhang, Riverside Health Systems

35. Hollywood Elects the President

Fri., 1-4 p.m. Sept. 9, 16 & 23

Professor of Theater George Hillow will present three feature films about presidential elections. After an introduction, each film will be screened in its entirety. The three films will be “Primary Colors,” “Game Change” and “Wag the Dog.”

Instructor: George Hillow, CNU

36. Watercolor Painting

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

Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Please register for only one watercolor class in each session.
Instructor: Betty Anglin, Ret. CNU

SESSION B COURSES

October 17-November 18, 2016

Course #1 – Continued: Intermediate Spanish

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

Course #2 – Continued: Moderate Yoga

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

Course #3 – Continued: Yoga

Mon., 10:30-11:30 a.m. & Wed., 3-4 p.m.

Course #4 – Continued: Spanish III

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

Course #5 – Continued: Italian II

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

Course #6 – Continued: Body Fusion

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

Course #7 – Continued: Nothing

Tues. 9-10:15 a.m.

Course #8 – Continued: Beginning French

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

37. Internet and Email

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

Learn to send and receive email messages (including attachments) and use the Internet. Students should have an email account and own or have access to a computer to practice their skills. They are welcome to bring their own PC laptops to class. \$15 course fee.

Instructor: Susan Daimler

38. Charcoal and Graphite Studies for Oil/Acrylic Painting

Tues., 9-11 am.

Same as course #10. Register for only one course in A or B session.

39. Computer II

Tues., Thurs., 10:45 a.m.-noon

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

Instructor: Susan Daimler

Course #12 – Continued: Strength and Stretch

Tues., Thurs., 11 a.m. -noon

Course #14 – Continued: “YOU DON’T SAY!” –

Part 2: Once More With Feeling

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

40. Painting With Oil/Acrylic

Tues., noon-2 p.m.

Same as course #15. Register for only one course in A or B session.

Course #16 – Continued: Integral Yoga

Tues., 1-2 p.m. & Thurs., 2:30-3:30 p.m.

Course #18 – Continued: French IV

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

41. The Constitutional Convention of 1787

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

This is an in-depth examination of the events and circumstances surrounding the creation of the U.S. Constitution. We will look closely at the discussions and debates that occurred in Philadelphia during the summer of 1787. Often using the delegates’ own words, we will review the framers’ thoughts and perspectives as they struggled to construct a novel form of government. We will also be introduced to the key participants in these debates. Course attendees should expect to come away with a better appreciation of the origins of, and theories underlying, our magnificent Constitution.

Instructor: Mike Kerley

Course #19 – Continued: Tai Chi

Tues., 2:30-3:45 p.m. & Thurs., 1-2:15 p.m.

Course #20 – Continued: French III

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

Course #21 – Continued: Beethoven

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

42. Investments Management in Retirement

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

This course will explore the issues of managing your portfolio in retirement. Topics focus on asset allocation strategies, equities, bonds and derivative securities as investment assets. Other senior-citizen issues will also be included.

Instructor: Arthur Gudikunst, Ret. CNU

43. Getting to Know the Tribble Library

Wed., 9:30-10:45 Held at Yoder Barn

Need the latest financial or medical news? Want to see the newest *Consumer Reports* or get the most recent travel information? Learn about the wide range of information available, in print and electronically, in the library and begin to take advantage of resources and services that can meet your information needs.

Instructor: Amy Boykin, Librarian, Tribble Library

Course #23 – Continued: Jesus, the Jew

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

Course #24 – Continued: Beginning Latin
Wed., Fri., 12:30-1:45 p.m.

44. Captain John Smith: The Making of a Virginia Adventurer
Wed., 1-2:15 p.m.

Captain John Smith led an exciting and challenging life long before joining the Virginia Company and coming to Virginia. This course provides the true story of this historical figure that had been badly portrayed in print and film.

Instructor: Aleck Loker

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

Doodling is fun! But more than that it keeps minds sharp and hands dexterous. Doodlers are more attentive and retain information longer. Learn to organize your doodles into works of art called tangles. Sessions include hand/wrist calisthenics, tangle skills and plenty of time to create amazing tangles. Who started the recent adult coloring book craze? Tanglers did! Come join the tanglers.

Instructor: Professor Tanya Sweet, CNU

46. Fort Monroe at Old Point Comfort: 400-Plus Years of History
Thurs., 9-10:15 a.m.

Originally fortified in 1609 to protect the Jamestown Colony, Old Point Comfort was recognized in 1817 by the U.S. Government as a significant site crucial to the defense of the nation. By 1819 construction had commenced on what would become the largest masonry fort in U.S. history. Now jointly managed by the National Park Service and the Fort Monroe Authority of the Commonwealth of Virginia, the site continues to be preserved and receive national recognition. Learn about the 400-year history of Old Point Comfort and the historic events that inspired President Obama to declare the site a National Monument in 2011.

Coordinator: W. Robert Kelly, Historian, Casemate Museum

47. Creative Nonfiction Writing
Thurs., 9-10:45 a.m. Limited enrollment

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

Instructor: Heidi Hartwiger

48. Advanced Writing for ‘Historians’
Thurs., 9-10:45 a.m. Limited enrollment

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

Instructor: Doris Gwaltney

Course #28 – Continued: The Reformation Era, 1500-1648
Thurs., 11 a.m.-12:15 p.m.

49. Watercolor Painting
Thurs., 11 a.m.-1 p.m. Limited Enrollment

Same as course #29. Please register for only one watercolor class in each session.

50. The Revolutionary Life and Times of George Wythe
Thurs., 1-2:15 p.m.

George Wythe was one of the earliest advocates for American

independence and a signer of the Declaration of Independence, a notable supporter of the Constitution, and an opponent of slavery who ruled it unconstitutional from the bench. We will learn about the momentous founding of our nation through the lens of Wythe’s life as a native of the Peninsula, a Virginia legislator and longtime judge, a member of the Continental Congress, and the chair of Virginia’s Ratification Convention.

Instructor: Professor Wythe Holt, LLS

51. Drawing
Thurs., 2-4 p.m.

Same as course #31. Register for one drawing class in either A or B session.

52. Verizon Wireless
Thurs., 2:30-3:45 p.m.

This workshop will teach you how to use your wireless devices. The course includes Android beginner/advanced, Apple beginner/advanced as well as tools to enhance use of devices. There are exclusive discounts and promotions available to LLS members.

Coordinator: Jade Winbush, Verizon Wireless

53. Minorities in the Middle East: Past, Present, Future
Fri. 9:30-10:45 a.m.

This course will explore the role, status and future of minorities in the Middle East. While the Middle East and North Africa region (MENA) has always been home to many minority groups, and Middle East studies has addressed the issue with regularity, the shifting balances across the region have made these issues even more pressing to address. Issues to be discussed: minorities and the mapping of history, religious freedom, migration, and the role minorities play in their marginalization, among others.

Instructor: Dr. Hussam S. Timani, CNU

Course #34 – Continued: Riverside Doctors
Fri., 11 a.m.-12:15 p.m.

54. Politics Through Media: Propaganda Coming Through?
Fri., 1-2:15 p.m.

This course will look at the vulnerability of the audience to American media political reports. It will examine issues portrayed in the media that border on propaganda being relayed to the American people. We will discuss the veracity of these media reports and why there is a discrepancy between what actually happened and what the media reported, including why the media reported as it did. We will cover both foreign and domestic media political reporting, along with both national-security and non-national-security related issues. One session will look at media in other countries and attempt to ascertain if those audiences are as gullible as Americans are to their media political-related reporting.

Instructor: Dr. Corliss Tacosa, ODU

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

Same as course #36. Please register for only one watercolor class in each session.

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 Thursday,
August 11, 2016, at 1 p.m.**

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

**Dr. Ed Brash of CNU
and Glasgow Kiss Fame**

Presents:

**“Through the Foggy Dew: The 1916 Easter
Rising and Its Impact on the Development
of Ireland in the 20th Century”**

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.

CONFERENCES

The 35th Annual Community Forum on Aging

will be held **March 8, 2017**, at The Freeman Center.

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

Writers Conference

The 36th Annual Writers Conference will be held **May 5-6, 2017**, at The Freeman Center.

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

Gardening Symposium

CNU's 20th Annual Gardening Symposium will be held

April 22, 2017, at The Freeman Center.

(In collaboration with the CNU Grounds Department)

CHRISTOPHER NEWPORT UNIVERSITY



JOIN THE E-CLUB

- Be among the first to learn about new additions
- Receive special offers
- Pre-sale opportunities
- Win prizes and more!

fergusoncenter.org



Scan the QR code with your smartphone to join now!



2016-2017 **FERGUSON**
Season Sponsor Bath, Kitchens & Lighting Gallery

CHRISTOPHER NEWPORT
UNIVERSITY

FIELD TRIP SCHEDULE

Tangier Island
September 17, 2016

Crooked Road
October 12-15, 2016

Fredericksburg, VA
December 10, 2016

French River Cruise
May 2017

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



Interest Groups:

- 1. Bridge Group**
Monday, noon, weekly,
in Yoder Barn
- 2. Book Club**
Monday, 10 a.m., monthly,
in Yoder Barn
- 3. Mahjongg**
Friday, 9:30 a.m.-noon, weekly,
in Yoder Barn
- 4. Discussion Group**
TBA, monthly on Fridays,
in Yoder Barn

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



MONDAY AFTERNOON LECTURES & CONCERTS



October 17, 1:30 p.m.

VSO Principal Clarinet
Michael Byerly
Music & Theatre Hall

October 24, 1:30 p.m.

"The Universe Between Our
Ears and the Arts"
Paul F. Aravich, PhD, Professor
and Neuroscientist at EVMS
Music & Theatre Hall

October 31, 3 p.m.

CNU in Concert – Opera
Music & Theatre Hall

November 7, 2 p.m.

CNU in Concert – Jazz Combo
Music & Theatre Hall

November 14, 1:30 p.m.

VSO Classical Winds –
Special Recital
Music & Theatre Hall



September 5, 1:30 p.m.

Opening Lecture

"A look at Virginia and the
2016 Election"

Dr. Quentin Kidd, Vice Provost
and Director of the Judy Ford Wason
Center for Public Policy, CNU
Music & Theatre Hall

September 12, 1:30 p.m.

Virginia Symphony
Orchestra (VSO)

Romantic Strings – Special Recital
Music & Theatre Hall

September 19, 1:30 p.m.

VSO Music Director
JoAnn Falletta

Music & Theatre Hall

September 26, 1:30 p.m.

"A 'Paul Harvey' Approach to
Advance Care Planning"

David Murray, Executive Director of
As You Wish Advance Care Planning
Yoder Barn

October 3, 1:30 p.m.

VSO Concertmaster Vahn Armstrong
Yoder Barn Theatre



Visit the CNU-LLS home page: **lifelonglearning.cnu.edu**

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

CNU LIFELONG LEARNING SOCIETY

2016 FALL COURSE REGISTRATION FORM

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

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

- | | | | |
|-----------------------------|-------------------------------------|-----------------------------------|--|
| ____ 1 Intermediate Spanish | ____ 10 Charcoal & Graphite | ____ 19 Tai Chi | ____ 28 The Reformation Era |
| ____ 2 Moderate Yoga | ____ 11 Computer I | ____ 20 French III | ____ 29 Watercolor |
| ____ 3 Yoga | ____ 12 Strength and Stretch | ____ 21 Beethoven | ____ 30 Classical Mythology |
| ____ 4 Spanish III | ____ 13 Practicing Poetry | ____ 22 The Science Of ... | ____ 31 Drawing |
| ____ 5 Italian II | ____ 14 "YOU DON'T SAY!" | ____ 23 Jesus, the Jew | ____ 32 Understanding Opera |
| ____ 6 Body Fusion | ____ 15 Oil/Acrylic | ____ 24 Beginning Latin | ____ 33 Meanderings |
| ____ 7 Nothing | ____ 16 Integral Yoga | ____ 25 Disney | ____ 34 Riverside Doctors Series |
| ____ 8 Beginning French | ____ 17 Combined & Naval Operations | ____ 26 Transatlantic Slave Trade | ____ 35 Hollywood Elects the President |
| ____ 9 Computer Tips | ____ 18 French IV | ____ 27 Dynamic PC Security | ____ 36 Watercolor |

Session B Courses

- | | | | |
|-----------------------------------|--------------------------------|-------------------------------------|---------------------------------------|
| ____ 37 Internet & Email | ____ 42 Investments Management | ____ 47 Creative Nonfiction Writing | ____ 52 Verizon Wireless |
| ____ 38 Charcoal & Graphite | ____ 43 Trible Library | ____ 48 Writing for Historians | ____ 53 Minorities in the Middle East |
| ____ 39 Computer II | ____ 44 Captain John Smith | ____ 49 Watercolor | ____ 54 Politics Through Media |
| ____ 40 Oil/Acrylic | ____ 45 Get Tangled | ____ 50 George Wythe | ____ 55 Watercolor |
| ____ 41 Constitutional Convention | ____ 46 Fort Monroe | ____ 51 Drawing | |

WEEKLY ACTIVITIES OPEN TO ALL MEMBERS: _____ Bridge _____ Book Club _____ Mahjongg _____ Discussion Group

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

- | | | | |
|-----------------------|------------------------|-----------------------|---------------------|
| ____ Hospitality | ____ Membership | ____ Program Planning | ____ Telephone Tree |
| ____ Course Assistant | ____ Teaching a Course | | |

You may register either by mail to LLS, Christopher Newport University'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 19 you will receive written confirmation of your courses and their room locations. If you register after August 19 this information will be available in the LLS office and at the first two Monday lectures.

Full membership Sept. 2016-Aug. 2017 lectures, courses and optional activities.....(\$285) \$ _____
 Associate membership Sept. 2016-Aug. 2017 lectures and optional activities. No courses.....(\$140) \$ _____
 Syllabus fee for Nothing.....(\$6) \$ _____
 Charge for credit card usage.....(\$3) \$ _____
 Course fee (\$15 per course) Computer Tips, Computer I, Internet & Email, Computer II.....(____ x \$15) \$ _____
 Course fee (\$30 per course) Yoga, Moderate Yoga, Integral Yoga, Tai Chi, Body Fusion, Intermediate Spanish, Spanish III, Italian II, Beginning French, French IV, French III, Beginning Latin.....(____ x \$30) \$ _____
 I want additional parking decals.....(____ x \$22) \$ _____
TOTAL \$ _____

For Office Use Only:

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

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 _____