

LifeLong Learning Society

2025 SPRING PROGRAM



WF
WARWICK FOREST

Premier sponsor

Opening Lecture

January 27 • 1:30 p.m.

Holly Koons, Executive Director,
Mary M. Torggler Fine Arts Center
*Ferguson Center for the Arts,
Peebles Theatre*



CHRISTOPHER NEWPORT
UNIVERSITY

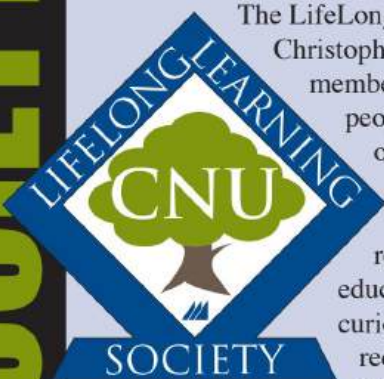
"The mind, once expanded
to the dimensions of larger
ideas, never returns to its
original size."

— 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

2025 SPRING 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 regarding 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, interest groups, luncheons and 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 an annual conference.

Opening Session: January 27, 2025

*Ferguson Center for the Arts,
Peebles Theatre and Lobby*

12:15 p.m. - New Member Orientation

12:45 p.m. - All Member Reception

1:30 p.m. - Opening Lecture

Everything Old Is New Again: How
Contemporary Artists Engage Tradition

**Holly Koons, Executive Director,
Mary M. Torggler Fine Arts Center**

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. Course dates, times, and more information are listed on pages 1-6. In addition to courses, there are 10 Monday afternoon lectures and performances, many trips and luncheons, and interest groups listed on pages 8. A number of optional activities will be announced during the semester.

Membership Fee and Benefits

Full membership for the 2025 spring and summer semesters are \$235. This includes spring and summer courses (additional course fees may apply); Monday afternoon lectures; interest groups; and the opportunity to participate in optional activities, such as trips and luncheons, by paying the activity fees.

An associate membership for the 2025 spring and summer semesters is \$160. This includes Monday afternoon lectures; interest groups; and the opportunity to participate in optional activities, such as trips and luncheons, by paying the activity fees; no courses are included.

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 January 10, 2025. Otherwise, this information will be available at the LLS office upon request.

Refund Policy

Refund of membership and/or course fees will be granted if requested before **January 27, 2025**. After that date, no refund will be given. A 20% handling charge will be deducted from all refunds.

Economic Hardship

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

Distinguished Membership

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

Alumni Membership Discount

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

2024-25 Parking Decal Sticker Required

A current parking decal is **required** to park in Christopher Newport parking lots. One decal is included with your membership; you can request additional decals 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.

Select courses will be held in person and online via Zoom simultaneously. These courses are indicated with asterisks below.

All courses are five-weeks within the session they are listed unless it is marked as a 10-week course. Ten-week courses will automatically continue from Session A to Session B.

SESSION A COURSES

JANUARY 27-FEBRUARY 28, 2025

1. New Perspectives on Abraham Lincoln and the Civil War*** *Mon., 9-10:15 a.m.*

This class will cover aspects of the Civil War and the life of Abraham Lincoln drawn from Dr. White's years of research. Topics will include the U.S.-Dakota War of 1862, emancipation, presidential pardons, and elections. This course will not begin until Monday, February 3.

Instructor: Dr. Jonathan White, Christopher Newport University

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

Take your yoga practice to the next level on the mat. Students will be challenged with more advanced postures. Fundamentals of yoga principles, poses, breathwork 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 Winter before, please contact the instructor. *Yoga mat, large towel and two blocks required.* \$30 course fee.

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

3. Continuing Latin *Limited enrollment* *Mon., Wed., 9:30-10:45 a.m. 10-week course*

In this course, we will pick up where we left off in the fall 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

4. Gentle Yoga *Limited enrollment* *Mon., Wed., 11 a.m.-noon 10-week course*

For those with some experience or beginners looking for a gentle practice on the mat. Based on the Integral Yoga style, each class will begin with a warmup, move through a series of poses for strength/flexibility/balance, and close with breathwork, 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. Seven Deadly Sins*** *Tues., 9-10:15 a.m.*

The word "sin" has come to transcend the theological and enter the common parlance in both media and society. We will discuss the so-called seven deadly sins, looking at how the concept of sin evolved through the Middle Ages and into the modern era, from

religion to politics and from the bedroom to the boardroom.

Instructor: Dr. David A. Salomon, Christopher Newport University

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

This exercise class will focus on muscle strength, muscle endurance, flexibility, balance and coordination combined with the use of a variety of equipment.

Instructor: Dr. Lisa Powell

7. Arabic *Limited enrollment* *Tues., 9-10:45 a.m. 10-week course*

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

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

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

9. Topics in Early Hampton Roads History*** *Tues., 11 a.m.-12:15 p.m.*

The Hampton History Museum will visit LLS at the Yoder Barn to present a curated selection of topics in early Hampton Roads history. Topics include: "The Economy of Colonial Virginia," "1619 African Arrival," "Race and Slavery in Early Colonial Virginia," "Road to Revolution: the 1775 Battle of Hampton," and "The Use of Cowrie Shells in the Atlantic World."

Coordinator: Kris Peters, Hampton History Museum

10. Le Repas Français (Level B2) *Limited enrollment* *Tues., Thurs., 11 a.m.-12:15 p.m. 10-week course*

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 techniques, methods, and essential ingredients of traditional French cooking. Lessons are enhanced with online interviews and cooking demonstrations (all in French!) that reinforce grammar concepts and vocabulary appropriate for the intermediate-level speaker. There is no required textbook, but for students who like a structured resource beyond plentiful materials provided, any beginner/intermediate level textbook will suffice. \$30 course fee.

Instructor: Karen Waddill

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

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 breathwork 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 breathwork, mindfulness and relaxation. \$30 course fee.

Instructor: Melissa McGill, EdD, E-RYT 200

12. Current Topics in Astronomy***

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

Join Dr. Kelly Herbst as she explores five different astronomical topics currently making headlines. We'll be discussing the latest about Mars, the Hubble Space Telescope, nebulae, the moon, and just how big stars can get. Bring your celestial questions as well.

Instructor: Dr. Kelly Herbst

13. Bon Voyage! (Level A2/B1)

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

Limited enrollment

10-week course

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 locations in 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 no textbook, however a binder is recommended for the many ancillary materials the instructor provides. *Please note this is NOT a beginning French course.* \$30 course fee.

Instructor: Karen Waddill

14. Drawing I

Tues., 2-4 p.m.

Limited enrollment

10-week course

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. *List of required supplies given upon registration. Please register for only one drawing class.*

Instructor: Oksana Davis

15. Exploring Yang Tai Chi

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

Limited enrollment

10-week course

The world of Tai Chi will be explored and experienced through classical Yang Tai Chi with emphasis on Yang 37 step short form. Movements will be explained and practiced with special attention to the universal principles of Tai Chi, transition between postures, martial intent behind movements, and discovering mindfulness within the flow. Students will have the opportunity to memorize the Tai Chi form through repetition of the steps. Yang 37 step short form is considered the forerunner of classic Yang style 108 step long form. The benefits of regular Tai Chi practice are well known. This is the perfect form for beginners looking to begin their Tai Chi journey. Those who are familiar with the Yang 24 or Yang 37 form will be encouraged to improve their Tai Chi flow and find hidden meaning in the beautiful movements of Tai Chi. \$30 course fee.

Instructor: Richard Tate

16. History of American Popular Music

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

This course examines the evolution of American popular music, and how it grew up in a uniquely American culture shaped by democratic values, racial and economic inequalities, religious and political perspectives, and commercialization. Learners will be exposed to various musical genres such as Blues, Jazz, Country, Rock, and Soul, and the social, economic, and political factors that gave rise to them.

Instructor: Mark Morgan

17. The Traveling Professor Potpourri, Part 2***

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

The Traveling Professor continues to wander and this time will visit Revolutionary War sites, small towns, fields and marshes, and a host of interesting places. There will be a plethora of pretty pictures, interesting historical facts, and useful travel tips.

Instructor: Dr. Harold Cones, Emeritus, Christopher Newport University

18. Beginning Spanish B

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

Limited enrollment

10-week course

This course builds on the fall Beginning Spanish class. We'll use the present tense to talk and write about ourselves and the world around us. We'll learn more vocabulary with a mix of authentic materials, exercises made for students, and lots of speaking and listening practice. Students who attended Beginning Spanish in the Fall are ready for this class. Other students who have some basic experience with Spanish are welcome to join us for a refresher! \$30 course fee.

Instructor: Lisa Schlickemeyer

19. Intermediate Spanish B

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

Limited enrollment

10-week course

In this class, we will continue studying spoken and written Spanish with an emphasis on increasing communicative confidence. We will review the preterit tense, learn the imperfect and determine which to use to talk and write about the past. We'll use authentic materials to practice reading and listening comprehension. The pace of the class will be student-driven. Students who took the intermediate class in the fall are ready for this, as is anyone with Spanish (practical or academic) experience that includes the use of the past tense. Students who need a refresher are invited to sit in on a few classes. \$30 course fee.

Instructor: Lisa Schlickemeyer

20. What's in Your Backyard?***

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

This class will discuss the animals that you are likely to find in your back yard, based on what I have found in mine! Since I don't live on the water, some aquatic species will be left out, but feel free to ask about them. The five sessions will cover birds, mammals, reptiles, amphibians, and invertebrates (which are my specialty). If you request, I will cover reptiles and amphibians in one session and expand the invertebrates to two sessions to cover some garden pests.

Instructor: Dr. Barbara Abraham, LLS, Christopher Newport University

21. Advanced Spanish B

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

Limited enrollment

10-week course

In this class, students with the most Spanish experience will read, watch, and listen to authentic resources 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

22. Military Geography II***

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

This course builds on the foundations of military geography established in Military Geography I. However, interested students

can still pursue this course, as the fundamental precepts of military geography will be revisited. To this end, the course will first address the overarching, fundamental precepts of military geography as potential frameworks for analysis and then address three “case studies” in military geography, to with the Invasion of Normandy, OPERATION MARKET-GARDEN in Holland, and the Siege of Khe Sanh in Vietnam in 1968.

Instructor: Dr. Paul M. Severance

23. Seated Chair Yoga *Limited enrollment*
Wed., 1-2 p.m. 10-week course

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 breathwork 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 breathwork, mindfulness, and relaxation.

Instructor: Melissa McGill, EdD, E-RYT 200

24. Drawing II *Limited enrollment*
Wed., 2-4 p.m. 10-week course

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. *List of required supplies given upon registration. Please register for only one drawing class.*

Instructor: Oksana Davis

25. Meditation *Limited enrollment*
Wed., 2:15-3:15 p.m. 10-week course

Looking to establish a new meditation habit or continue and deepen an established one? This class will study and practice Mindfulness meditation (also called Insight meditation). Each class session begins with a brief introduction to the week’s topic, followed by a 10-15 minute guided meditation, and an opportunity for questions and discussion. *Note: Meditation may be done sitting, standing, or lying down. Chairs are provided or you may bring your own mat or meditation cushion. No prior experience is necessary. Regular practice between classes is encouraged.*

Instructor: Melissa McGill, EdD, E-RYT 200

26. Ports: Oh, The Places You Go!***
Wed., 2:30-3:45 p.m. Held at the Mariners’ Museum

Join The Mariners’ Museum and Park staff as we examine various ports worldwide through travel, adventure, immigration, and maritime economy. The schedule is as follows: 1/29 An Antarctic Odyssey; 2/5 “The Big Easy:” New Orleans Through History; 2/12 Crossroads of Coffee: The Port Mocha, 2/19 “Huddled Masses:” Early Ports of Immigration; 2/26 Maritime Logistics: Shipping, Ports, and the Great Material Continuum.

Coordinator: Wisteria Perry, Community Engagement, Mariners’ Museum

27. Forest and Trees***
Thurs., 9-10:15 a.m.

In this short session, the focus will be on forests and trees: what are the benefits and disadvantages of trees; a beginner’s introduction to tree identification; a review of remarkable trees in Newport News and the Noland Trail; a review of historically important trees – the long

leaf pine, the white oak and tea plants (*Camelia Sinensis*); ending with a discussion in forest therapy and how trees are good for your health.

Instructor: Dr. Daina Henry, LLS

28. The Practice of Poetry *Limited enrollment*
Thurs., 9-10:15 a.m. 10-week course

What is a poem? What does it do? What place does poetry have today, right now, here, in our lives? Poet Adrienne Rich describes poetry like this: “Take that old, material utensil, language, found all about you, blank with familiarity, smeared with daily use, and make it into something that means more than it says. What poetry is made of is so old, so familiar, that it’s easy to forget that it’s not just the words, but polyrhythmic sounds, speech in its first endeavors (every poem breaks a silence that had to be overcome), prismatic meanings lit by each other’s light, stained by each other’s shadows.” To write poetry is to take the familiar, ordinary, mundane, and make them strange, alien, exciting, engaging. In this class, by reading published poets and our own drafts, we will explore poetry, learn its techniques and languages, and help each other become stronger poets through workshop critiques.

Instructor: Dr. Nicole Emmelhainz-Carney, Christopher Newport University

29. Creative Genealogy *Limited enrollment*
Thurs., 9-10:15 a.m.

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

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

Traditions, quirks, or secrets? What will you discover when you give your family tree an extra shake? While you harvest the bounty, join us in this informal writing workshop as we write and share stories of family.

Instructor: Heidi Hartwiger

31. Building America: The United States in the Federalist Era (1789-1800)***
Thurs., 11 a.m.-12:15 p.m.

We all know the story of the passerby who asked Benjamin Franklin what kind of government the participants in the Constitutional Convention had created in Philadelphia in 1787. Franklin’s answer purportedly was “A republic . . . if you can keep it.” He might have easily responded, “A republic . . . if we can build it.” The 55 participants in the Constitutional Convention had written a remarkable document, but no one was sure how, or even if, it would work. This class will focus on the key domestic and international events of the 1790s as the United States went about the process of nation-building.

Instructor: Karen McPherson

32. Watercolor Painting (Int.-Adv.) *Limited enrollment*
Thurs., 11 a.m.-1 p.m. *10-week course*

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

Instructor: Oksana Davis

33. A Comparison of the Plymouth and Jamestown Colonies***
Thurs., 1-2:15 p.m. *10-week course*

The cultural, historical, economic, and religious characteristics of two early 17th century English colonies are compared and contrasted. Questions covered include, but are not limited to: Why did the colonists leave England? What skills did the colonists bring to the New World? What were their farming strategies? What were their expectations upon arriving in the New World? What were their perspectives on slavery? What were their life expectancies? What were their religious goals for the Native Americans? What knowledge and expectations did the Native Americans have about the English prior to the arrival of the colonists?

Instructor: Dr. John W. Delano & David Whiting

34. Oil & Acrylic *Limited enrollment*
Thurs., 2-4 p.m. *10-week course*

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, learning 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

35. Beginning Digital Photography *Limited enrollment*
Thurs., 2:30-3:45 p.m.

Are there way too many buttons on your digital camera? Are you stuck in auto mode? Get out of auto and learn how to take control of your images. Learn all the amazing things your camera is capable of that you never knew were possible! This class covers basic camera mechanics, the selection of a file type, shooting modes, and flash. Students will learn about the fundamentals of exposure with the relationship among shutter speeds, apertures, and ISO settings explained. White balance, metering modes, and focus will be discussed and demonstrated. Elements of composition will also be explained and practiced. You can expect to leave this class with a deeper understanding of the capabilities of a digital camera and ability to fully utilize your camera to capture outstanding images. Make sure you bring your fully-charged camera with memory card and lenses/accessories..

Instructor: Shirley Whitenack

36. Plant Based Eating: To Meat or NOT to Meat***
Fri., 9-10:15 a.m.

During this five-week course we will discuss the preparation of plant-based dishes (aka vegan/vegetarian). Information will cover several areas. This includes the types of proteins used, cooking tips

for better protein texture, and using herbs and spices to develop flavor. We will also talk about changing an existing recipe to make it more plant based as many have a favorite recipe but it contains meat or meat byproduct. There will also be discussion on health concerns with vegetarian eating.

Instructor: Kathy Wojciechowski, LLS

37. Riverside's Healthy Aging Series***

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

Hear from more Riverside Health System experts who specialize in the care of older adults, and learn the inside secrets that will help you enjoy your best years in good health. The course will cover a wide range of topics, such as fitness, women's health, mind and memory, heart health, and more.

Coordinator: Garnet Gilmore, Riverside Health Systems

38. Five Friday Films

Fri., 1-4 p.m.

Professor Hillow will lecture about and screen five films.

Titles under consideration include: *Mrs. Harris Goes to Paris*, a touching 2022 comedy about a 1950s-era English charwoman dreaming of owning a Dior gown; *My Favorite Year*, a 1982 comedy about a swashbuckling actor played by Peter O'Toole who makes a disastrous guest appearance on an American TV variety show; *Enchanted April*, a 1992 comedy about five Englishwomen who lost their husbands in WWI and seek solace in beautiful Italy; *Babette's Feast*, a 1987 Danish film in an ultraconservative 19th Century village totally upended by Babette's fabulous French cuisine; *The Favourite*, starring courtiers in the early 18th Century England vying for the favor of Queen Anne; *The Green Book*, a 2018 drama about a black classical pianist played by Mahershala Ali on a solo tour in the early 1960s American South and his friendship with a blue collar Italian-American driver; and 1982's musical comedy *Victor/Victoria* starring Julie Andrews in 1930's Paris who becomes a sensation by pretending to be a male singer... pretending to be a woman... all of whom fall in love with an American gangster.

Instructor: Professor George Hillow, Emeritus Christopher Newport University

39. Watercolor Painting (Beg.-Int.) *Limited enrollment*
Fri., 1:30-3:30 p.m. *10-week course*

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 classroom practice and weekly homework, offers handouts, demonstrations, and critiques. You can repeat this course many times. *List of required supplies given upon registration. Please register for only one watercolor class.*

Instructor: Oksana Davis

SESSION B COURSES MARCH 10–APRIL 11, 2025

Course #2 – Continued: Intermediate Yoga
Mon., Wed., 9:30-10:30 a.m.

Course #3 – Continued: Continuing Latin
Mon., Wed., 9:30-10:45 a.m.

40. Meditation working with Anxiety
Mon., 10:30-11:45 a.m.

In this five-week course, we will apply the principles of mindfulness and meditation to help with anxiety. Week 1: Anxiety and the body; Week 2: Working with thoughts and anxiety; Week 3: The healing power of self-compassion; Week 4: R.A.I.N. Practice (Recognize, Accept, Investigate, Nurture); Week 5: Review and develop a personal plan for your practice. Homework includes daily mindfulness and meditation practice of approx. 10 minutes; this is fundamental to experiencing the benefits over time. Please bring a notepad and pen for writing activities. *No prior experience with meditation is required.*

Instructor: Melissa McGill, EdD, E-RYT 200

Course #4 – Continued: Gentle Yoga
Mon., Wed., 11 a.m.-Noon

41. Technology and the Evolution of Military and Naval Doctrine in the Twentieth Century, Part 4: The “New” Combat Systems of World War I During the Cold War***
Tues., 9-10:15 a.m.

During the last two years of WWII, four combat systems developed during WWI (submarine, combat tank, armed warplane, and aircraft carrier) transformed modern warfare, on land and at sea. Amid the euphoria after Japan's surrender in September 1945, the United States and allies embraced the fantasy that the weapons that ended the Pacific War (the submarine, aircraft carrier, and nuclear-armed long-range bomber) were enough to keep peace. The outbreak of the Korean War in 1950 was a rude awakening for proponents of the view that robust ground forces were no longer necessary. Between 1950 and the collapse of the Warsaw Pact in 1990, a significant percentage of the U.S. Army was forward-deployed in West Germany and organized into armored and mechanized divisions. At the end of the period, these same forces would write a spectacular epilogue to the Cold War during Operation Desert Storm. This course will concisely review the history of the “new” combat systems of WWI, from the end of WWII to the end of the Operation Desert Storm, considering both advances in technology and evolution of tactical and operational doctrine.

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

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

Course #7 – Continued: Arabic
Tues., 9-10:45 a.m.

Course #8 – Continued: Strength and Stretch
Tues., Thurs., 11 a.m.-Noon

42. Daily Life in Imperial Rome***
Tues., 11 a.m.-12:15 p.m.

Emperors? Where would you live? What would you eat? How long could you expect to live? What would you do for fun? What clothes would you wear? This course will try to answer these questions and many more about the lives of citizens and slaves in Imperial Rome.

Instructor: Dr. Alice Rubinstein, LLS

Course #10 – Continued: Le Repas Français
Tues., Thurs., 11 a.m.-12:15 p.m.

Course #11 – Continued: Seated & Standing Yoga
Tues., Thurs., 1-2 p.m.

Course #13 – Continued: Bon Voyage
Tues., Thurs., 1-2:15 p.m.

43. World War II: The Pacific Theater of Operations***
Tues., 1-2:15 p.m.

In the 1930s, Imperial Japan occupied Manchuria and invaded China, creating conflict with the United States and European Imperial powers. On Dec. 7, 1941, the Japanese attacked Pearl Harbor, and the United States declared war on Japan the next day. The U.S. Armed Forces battled Japan, eventually turning the tide with America's economic and military strength, mobilized citizenry, and development of the Manhattan Project. This course will examine the origins, campaigns, participants, and effects of World War II in the Pacific.

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

Course #14 – Continued: Drawing I
Tues., 2-4 p.m.

Course #15 – Continued: Exploring Yang Tai Chi
Tues., Thurs., 2:30-3:45 p.m.

44. Intermediate Ukulele
Tues., 2:30-3:45 p.m.

Learners will explore intermediate-level cords, melodies, scales, and picking and strumming techniques for the ukulele by learning traditional and popular songs. Students will explore various musical styles as we learn songs from the Beatles, beach music, Hawaiian music, and traditional jazz. For learners who have completed the beginning ukulele class.

Instructor: Mark Morgan

45. Introduction to Judaism***
Wed., 9-10:15 a.m.

The course will provide a general introduction to Judaism in its many ancient and modern expressions. We begin our exploration by examining the emergence of Judaism from the world of the Hebrew Bible. Moving on to rabbinical literature, we will get acquainted with the Mishna and the Talmud and learn how the destruction of the second temple generated new forms of Jewish beliefs and practices. Jumping in time and space, we will visit medieval Andalusia and discuss the tight connections between Jews and Muslims in Spain. The last two classes will review Jewish mysticism (kabbalah) and Jewish responses to modernity. Aiming to address the questions of “what do Jews believe?” and “what do Jews do?” through close analysis of different forms of Judaism, the students will come out of this class with a better understanding of Jewish values and core beliefs.

Instructor: Dr. Vered Sakal, Bertram and Gladys Aaron Professor of Jewish Studies, Christopher Newport University

Course #18 – Continued: Beginning Spanish B
Wed., Fri., 9-10:15 a.m.

Course #19 – Continued: Intermediate Spanish B
Wed., Fri., 10:30-11:45 a.m.

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

How has film, over the last 130 years, combined the images of painting with the sound of symphonies within a theatrical space using the story-editing of literature? Learn how to watch for film's ongoing interplay of image and sound from the earliest "silent" films to the most recent cinematic innovations.

Instructor: Dr. John Nichols, Christopher Newport University**Course #21 – Continued: Advanced Spanish B****Wed., Fri., Noon-1:15 p.m.****47. The Assassination of Abraham Lincoln, The Military Trial of the Lincoln Assassination Conspirators, and the Aftermath*******Wed., 12:45-2 p.m.**

This course will examine in detail the 1864 conspiracy by John Wilkes Booth and a cohort of Southern conspirators seeking to kidnap Lincoln in order to leverage politically-motivated opportunities for an ultimate Confederate victory in the War Between the States. The course will also examine the subsequent shift by Booth from kidnapping to assassination in April 1865. This inquiry will also address the pursuit and capture of the principal conspirators, their incarceration, and their trial by a military tribunal. The controversial military trial of the eight primary conspirators involved in the assassination of President Abraham Lincoln in April 1865 was both extensive, legally complex, and frequently misunderstood. As a consequence, many of the fascinating facets of the Lincoln conspirator's trial remain shrouded in the mists of historical inquiry, and for many, the Lincoln assassination conspirators' trial remains largely unexplored territory. Dr. Severance's presentation will peel back many of the misty historical shrouds that surround this unique of military tribunal with a view towards understanding the recent post 9/11 military commissions.

Instructor: Dr. Paul M. Severance**Course #23 – Continued: Seated Chair Yoga****Wed., 1-2 p.m.****Course #24 – Continued: Drawing II****Wed., 2-4 p.m.****Course #25 – Continued: Meditation****Wed., 2:15-3:15 p.m.****48. Virginia Ecosystems****Limited enrollment****Wed., 2:30-3:45 p.m. Held at the Virginia Living Museum**

Explore Virginia's natural resources through animal encounters, behind the scenes tours, and interactive activities. Our educators and staff will guide you through the five exhibit areas, including native wildlife, aquariums, botanical gardens, space science, and natural history collections.

Instructor: Rachel Riesbeck, Education Director, Virginia Living Museum**49. Five Types of Gardening*******Thurs., 9-10:15 a.m.**

In this short session, the presentation will offer an overview of five types of gardening. Think beyond the typical flower garden and vegetable garden. You will be introduced to the need for native and pollinator gardens, rain gardens and erosion control, and zen/meditation gardens.

Instructor: Dr. Daina Henry, LLS**Course #28 – Continued: The Practice of Poetry****Thurs., 9-10:15 a.m.****50. Finding Fiction****Limited enrollment****Thurs., 9-10:45 a.m.**

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**51. What's That Stuff? II*******Thurs., 11 a.m.-12:15 p.m.**

Take a look at the chemistry of materials we encounter in our everyday lives! Inspired by two popular collections of outreach materials from the American Chemical Society (ACS), *What's That Stuff* and *Periodic Graphics*, this course will present the chemistry of familiar materials in a user-friendly and thought-provoking way. This new offering of "What's that Stuff?" will feature the following categories: personal care products, health and medicine, household chemicals, money, and sports and fun.

Instructor: Barbara Mowery**Course #32 – Continued: Watercolor (Int.-Adv.)****Thurs., 11 a.m.-1 p.m.****Course #33 – Continued: A Comparison of the Plymouth and Jamestown Colonies*******Thurs., 1-2:15 p.m.****52. Five Big Questions in Philosophy*******Thurs., 2:30-3:45 p.m.**

We are hurled into an amazingly complex universe at birth. We shape ourselves into the beings we are by our thoughts and our actions. We impact others and create the environment we live in. In doing so we stand on the shoulders of generations of humans who have grappled with the same questions we face: What do/ can we really know? What is really real? What am I? What is a good life? What is beauty? What is a good society? This course will explore five of these questions and provide a framework to consider some of the answers that Western philosophers have constructed over the ages.

Instructor: Dr. Brenda Lindemann, LLS**Course #34 – Continued: Oil & Acrylic****Thurs., 2-4 p.m.****Course #37 – Continued: Riverside's Healthy Aging Series****Fri., 11 a.m.-12:15 p.m.****53. 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 #39 – Continued: Watercolor (Beg.-Int.)****Fri., 1:30-3:30 p.m.**

CHRISTOPHER NEWPORT UNIVERSITY'S

26th Annual



Gardening Symposium

*Gardening –
A Balancing Act*

Saturday, April 12, 2025

David Student Union

Presented by:

Christopher Newport University's LifeLong
Learning Society and Grounds Department

Photo by Bob Goodhart

WJ
WARWICK FOREST

Premier sponsor

gardening.cnu.edu

LUNCHEON & TRIPS

**January Art Show Luncheon
January 13, 2025**

**Mackinac Island
May 3-11, 2025**

**Iceland: Land of Fire & Ice
June 24-July 4, 2025**

**Sequoia & Kings Canyon
National Parks
September 24-October 3, 2025**

Please contact the LLS Office for
additional details on trips and
luncheons at (757) 269-4368.





MONDAY- AFTERNOON LECTURES & PERFORMANCE SERIES

January 27, 1:30 p.m.***

Opening Lecture

Everything Old Is New Again:

How Contemporary Artists

Engage Tradition

Holly Koons, Executive Director,

Mary M. Torggler Fine Arts Center

Peebles Theatre, Ferguson Center

February 3, 1:30 p.m.***

For the Birds: Avian Conservation

on the Peninsula and Beyond

Presented by The Mariners'

Museum and Park

Yoder Barn Theatre

February 10, 1:30 p.m.

VSO Fellowship Program: Professional

Development for Black Musicians

Camille Jones, Violin Adrian Jackson,

Viola & Jafet Diaz Martin, Trumpet,

Virginia Symphony Orchestra

Yoder Barn Theatre

February 17, 2 p.m.

Theatre CNU Preview

CARRIE The Musical

Peebles Theatre, Ferguson Center

February 24, 1 p.m.

CNU Jazz Ensemble

Dr. Kelly Rossum

Band Room, Ferguson Center

March 10, 1:30 p.m.***

Hampton Roads Bridge-Tunnel

Expansion Project

Ryan Banas, Project Manager

Yoder Barn Theatre

March 17, 1:30 p.m.***

A Local Legacy:

Newport News Shipbuilding

Presented by The Mariners'

Museum and Park

Yoder Barn Theatre

March 24, 2 p.m.

Theatre CNU Preview

16th Annual Dance Concert

Peebles Theatre, Ferguson Center

March 31, 1 p.m.

CNU Chamber Choir

Dr. John Irving

Peebles Theatre, Ferguson Center

April 7, 2 p.m.

Theatre CNU Preview

Uncle Vanya

Studio Theatre, Ferguson Center

Interest Groups:

1. Book Club

Monthly on Fridays at
10 a.m., Yoder Barn

2. Mahjongg (All-Levels)

Weekly on Tuesdays at
9:30 a.m., Yoder Barn

3. Ukulele

Meeting dates announced
during semester, Yoder Barn

To sign up for interest groups, please
see the registration page included in
the brochure.



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

2025 SPRING COURSE REGISTRATION FORM

Name: _____ Phone: _____

Address: _____

Street

City

Zip Code

Are you enrolling as a new member of LLS? Yes _____ No _____ Email: _____ License Plate #: _____

Emergency Contact: _____

Name

Relationship

Phone #

Course Registration: Please number courses in order of preference (1 being your highest priority) in each session. Courses will be filled based on priority selections and the time at which selections are received. Ten-week courses are only listed in Session A as they automatically continue in Session B.

Session A:

- | | | | |
|---------------------------------|---------------------------------------|----------------------------------------|-------------------------------------|
| ____ 1 Lincoln Perspectives*** | ____ 11 Seated & Standing Yoga | ____ 21 Advanced Spanish B | ____ 31 Building America*** |
| ____ 2 Intermediate Yoga | ____ 12 Current Topics in Astronomy** | ____ 22 Military Geography II*** | ____ 32 Watercolor (Int.-Adv.) |
| ____ 3 Continuing Latin | ____ 13 Bon Voyage | ____ 23 Seated Chair Yoga | ____ 33 Plymouth & Jamestown*** |
| ____ 4 Gentle Yoga | ____ 14 Drawing I | ____ 24 Drawing II | ____ 34 Oil & Acrylic |
| ____ 5 Seven Deadly Sins*** | ____ 15 Exploring Yang Tai Chi | ____ 25 Meditation | ____ 35 Digital Photography |
| ____ 6 Body Fusion | ____ 16 American Popular Music | ____ 26 Ports: The Places You'll Go*** | ____ 36 Plant Based Eating*** |
| ____ 7 Arabic | ____ 17 Traveling Professor*** | ____ 27 Forest & Trees*** | ____ 37 Riverside Lecture Series*** |
| ____ 8 Strength & Stretch | ____ 18 Beginning Spanish B | ____ 28 The Practice of Poetry | ____ 38 Five Friday Films |
| ____ 9 Hampton Roads History*** | ____ 19 Intermediate Spanish B | ____ 29 Creative Genealogy | ____ 39 Watercolor (Beg.-Int.) |
| ____ 10 Le Repas Français | ____ 20 What's In Your Backyard?*** | ____ 30 Keeper of Stories | |

Session B:

- | | | | |
|--------------------------------------|------------------------------------|------------------------------------|--------------------------------------|
| ____ 40 Anxiety Meditation | ____ 44 Intermediate Ukulele | ____ 48 Virginia Ecosystems | ____ 52 Five Philosophy Questions*** |
| ____ 41 Military & Naval Doctrine*** | ____ 45 Introduction to Judaism*** | ____ 49 Five Types of Gardening*** | ____ 53 Ukulele Beginners |
| ____ 42 Imperial Rome*** | ____ 46 Forming Film*** | ____ 50 Finding Fiction | |
| ____ 43 WWII : Pacific Theater*** | ____ 47 Lincoln Assassination*** | ____ 51 What's That Stuff? II*** | |

INTEREST GROUPS — OPEN TO ALL MEMBERS: _____ Book Club _____ Mahjongg _____ Ukulele

Our society is managed by and for its members. If you would like to volunteer, please check one or more of the following:

VOLUNTEER OPPORTUNITIES: _____ Hospitality _____ Program Planning _____ 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 through the mail slot at 660 Hamilton Drive, Yoder Barn House. If you register by January 10, you will receive written confirmation of your courses and their locations. If you register after January 10, information will be available in the LLS office upon request.

If you paid for a \$285 membership or a \$190 membership in the fall, you do NOT owe any membership fee.

FULL membership January-August 2025 lectures, courses, interest groups and optional activities.....(\$235) \$ _____

ASSOCIATE membership January-August 2025 lectures, interest groups & optional activities. No courses.(\$160) \$ _____

If you are currently an associate member and want spring courses.....(\$100) \$ _____

Course fee (\$30 per course) 2 Intermediate Yoga, 3 Continuing Latin, 4 Gentle Yoga, 10 Le Repas Français,

11 Seated & Standing Yoga, 13 Bon Voyage!, 15 Yang Tai Chi, 18 Beginning Spanish,

19 Intermediate Spanish, 21 Advanced Spanish.....(____ x \$30) \$ _____

ADDITIONAL parking decal ONLY.....(____ x \$22) \$ _____

TOTAL \$ _____

For Office Use Only:

Processed by: _____ on _____ paid by _____ for \$ _____

Date

Cash, check or credit card

Total

____ current member _____ CNU alumni _____ time recv _____ date recv.

____ reinstated member _____ packet _____ blue book _____ computer

____ new member _____ name tag _____ decal

Payment Options: Checks (made payable to Christopher Newport University), cash or credit card.

Credit card payments will ONLY be accepted over the phone (757) 269-4368 or in person due to PCI compliance requirements for the commonwealth of Virginia.

LIFELONG LEARNING SOCIETY

Christopher Newport University
Yoder Barn Theatre
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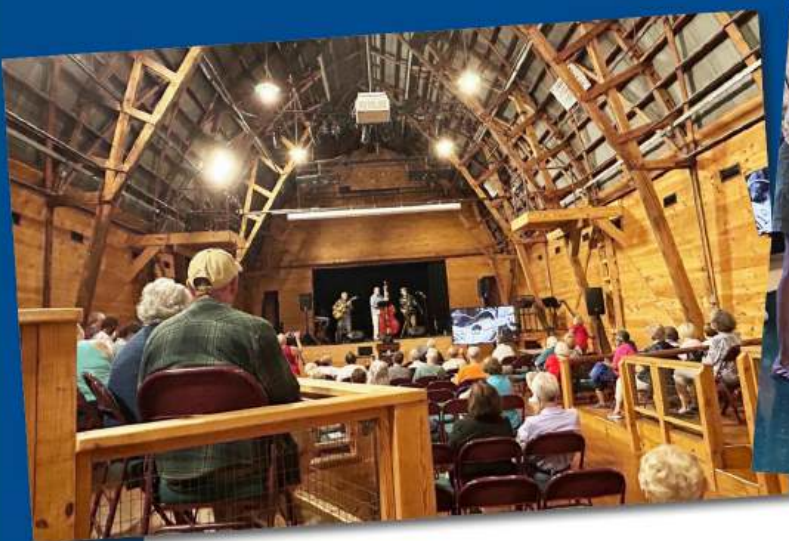


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Spring Classes**



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