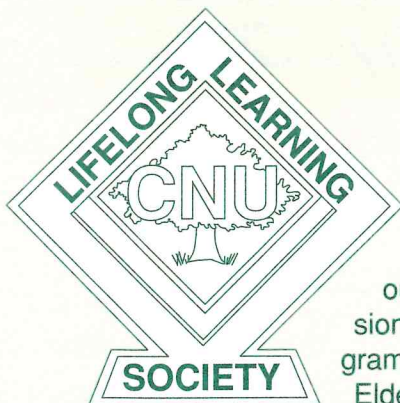


LIFELONG LEARNING SOCIETY



Spring 2005

The LifeLong Learning Society of Christopher Newport University is a membership organization dedicated to persons of retirement age who seek opportunities for learning in an environment of sharing and fellowship. There are no requirements as to previous educational experience; intellectual curiosity is the only admission requirement. Managed by and for its members, the LLS is a program of the Office of University Advancement and is an affiliate of the Elderhostel Institute Network. Through a variety of activities - including lectures, courses, study and discussion groups, lunches, dinners, and field trips - persons of diverse backgrounds come together to share a common interest in learning. There are no exams or grades in the courses, although some courses include assigned readings and the possible purchase of a text. All persons of retirement age are encouraged to join if they are interested in being challenged by new ideas in the company of other eager learners. The LLS shares its program with the community by participating in joint learning efforts with other educational and research institutions, retirement groups, industries, and museums and by co-sponsoring three annual conferences.

Opening Session: Monday, January 24, 2005

12:45 p.m.	New Member Orientation:	3rd floor Bldg. 6
1:15 p.m.	All Member Reception:	3rd floor Bldg. 6
2:30 p.m.	Lecture by Dr. Harold Cones, CNU	Mariners' Museum

Program Overview

The five Monday afternoon lectures, one theatre presentation and three concerts for LLS members are listed on page 6. The dates and times for the 44 five-week courses and two ten-week course are listed on pages 2, 3 and 4. These courses will meet either once or twice per week. In addition to two field trips and a cruise to Bermuda, a number of optional activities will be announced during the semester.

Membership Fee and Benefits

Full membership for the 2005 spring and summer sessions is \$120.00. 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 is available for \$65.00. This includes the Monday afternoon lectures and the group and other optional activities, but no courses.

A member may bring a guest one time to any of the Monday lectures or class meetings or to an optional activity if there is space available.

Refund Policy

Full refund of membership and/or course fees will be granted if requested before January 24, 2005. After that

date no refund will be given. A fifteen 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 594-7568 for details.

A Parking Decal with Sticker Required

A parking decal with current sticker is required to park on campus. If you have not already purchased the "04-05" sticker, you may do so when you complete the enclosed registration form.

PLENTY OF PARKING!!!!

We are fortunate to have obtained classroom space on the third floor of Building 6 for most of our courses this year. There is a large parking area in the back of Building 6. Please park in the rear of Building 6, enter by the back door, proceed straight down the hall to the elevator by the front door.

Mailing address:

LLS/CNU
1 University Place
Newport News, Va. 23606

Office location:

12420 Warwick Blvd., Bldg. 6, 2nd floor, Newport News, VA 23606 phone: 757-594-7568

Visit the CNU-LLS home page at <http://www.cnu.edu/lls>

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

Session



Courses

January 24 - February 25, 2005

Normal courses meet one time a week. For any meeting more than that, there will be an additional course fee, which is listed with the course description.

1. Play Ball

Mon. & Fri., 8:45-10 a.m.

A conditioning program to improve your strength, balance, range of motion and muscular and cardiovascular endurance. An exercise ball is required and can be purchased locally. Limited enrollment. \$15 course fee.

Instructor: Lisa Wingfield, CNU

2. Introduction to Computers

Mon. & Wed., 9:00-10:15 a.m.

For persons with little or no computer skills. Learn computer fundamentals and develop basic hands-on computer skills. \$15 course fee. Limited enrollment.

Instructor: Susan Daimler

3. Beginning Spanish

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

For beginners who want to learn the basics of conversing in Spanish for travel and fun. \$15 course fee.

Instructor: Sandra Hansford

4. Using the Internet

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

For persons with basic computer skills. Learn how to send and receive e-mail messages and use the internet. \$15 course fee.

Instructor: Susan Daimler

5. Advanced Spanish

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

For members who have had a beginning Spanish course and want to strengthen their skills. \$15 course fee.

Instructor: Sandra Hansford

6. Computer Club

Monday, 1-2:15 p.m.

For persons with computer expertise. Get answers to your questions.

Advisor: Ted Darby, LLS



7. Aerobics

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

A conditioning program to improve your strength, balance, range of motion and muscular and cardiovascular endurance. \$15 course fee.

Instructor: Kasey Cyr-Robert

8. Writing Fundamentals

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

The basic tools for descriptive, narrative and expository writing, with your experiences as your source material. Limited enrollment.

Instructor: Prof. June Soud, CNU

9. Exploring Poetry

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

The sonnet, sestina, blank verse, rhyming dictionary and wrap-around lines, plus serious, humorous and love poems—young, old, modern or no!

Instructor: Patricia Flower Vermillion

10. Learning to Use Microsoft Word

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

Members with basic computer skills will learn to create letters, newsletters, manuals, brochures, color graphics, labels, logos, greeting cards and more. Limited enrollment. \$15 course fee.

Instructor: Harry Gates, LLS

11. Ancient Greek Theatre

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

This course examines the origins and evolution of Greek theater during the 5th century BC, including works of tragedians Aeschylus, Sophocles, Euripides and comedic writer Aristophanes. The course makes use of slides and video materials to enhance your experiences in ancient Greek theater. Participants must purchase 4 paperback books (costing approximately \$35-40). A 10 week course.

Instructor: Glenn Markus, LLS

12. Orders of Magnitude

Tuesday, 1-2:15 p.m.

Most of us have no trouble scaling up or down by a factor of ten or so, but when it comes to getting down to molecular levels or up to astronomical distances, it challenges the imagination. We'll consider newer developments at the nano-scale level and look at the effect of trace amounts in our air and water supply.

Instructor: Dr. Larry Sacks, CNU (Emeritus)

13. The Englishness of English Art

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

We will trace the development of English Art from the 18th through the 19th centuries including artists of the Aesthetic Movement whose "artsy" works and outrageous lifestyles brought England into the mainstream of Modern Art.

Instructor: Dr. Mary L. (Belle) Pendleton, CNU

14. Calligraphy

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

Learn the basic steps to fancy lettering, setting up your paper and pen holding techniques. For the beginning and intermediate student. No artistic talent required. A list of supplies will be provided.

Instructor: Susan Nagy

15. Wall Street: Street of Dreams or Nightmare Alley?

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

It's 2005 and do you know where your money is? What is happening to it? Or do you just think you know? A glimpse into the world of finance and investment may help you find it.

Instructor: Bernard Florey, LLS

16. The Rise and Fall of Nazism

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

A character analysis of the leaders who controlled Germany for 12 years from 1933-1945.

Instructor: Dr. Richard Guthrie, CNU (Emeritus)

17. From Farm to Factory

Wednesday, 1:30-3 p.m.

We will seek to document and interpret the transition of the agrarian Peninsula into the modern cities of Newport News and Hampton. Tourism, shipbuilding, seafood industry and military influences will be topics to be discussed. A two session course on Feb. 16 and 23.

Instructor: John Quarstein, Director, Peninsula War Museum

18. Mystic & Legendary Characters of the American Past

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

An investigation of four legendary characters, including Mike Fink, Windwagon Smith, Johnny Appleseed and Paul Bunyon. This course will begin with an exploration of the creation of mythic characters, especially in the United States during the early 19th century.

Instructor: Dr. Timothy Morgan, CNU

Session



Courses

19. Reading American Poetry

Thursday, 1-2:15 p.m.

We will read, discuss and enjoy American poetry. Our text will be Garrison Keillor's popular anthology *Good Poems*, which include poems that he has read on the radio shows, "Prairie Home Companion" and "Writers' Almanac". This anthology includes both traditional and contemporary American poetry. Text: Garrison Keillor's *Good Poems*, Penguin Books, 2003, paperback, ISBN: 0142003441.

Instructor: Dr. Roark Mulligan, CNU

20. Opera in Sight

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

Opera, just like great films, drama, literature, fine arts and even sports, makes us feel truly alive by allowing us to experience larger-than-life emotions. Operas discussed include Wagner's *Tristan & Isolde* and Gounod's *Faust*. A 10-week course.

Instructor: Glenn Winters, Community Outreach Musical Director, Va. Opera Asso.

21. Painting: Acrylic and Oil

Friday, 9:30-11:30 a.m.

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

Instructor: Dr. David F. Alexick, CNU

22. Watercolor Painting

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

Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Limited enrollment. Register for either A or B session, not both.

Instructor: Prof. Betty Anglin, CNU

Normal courses meet one time a week. For any meeting more than that, there will be an additional course fee, which is listed with the course description.

23. Play Ball

Mon. & Fri., 8:45-10 a.m.

Same as course 1. \$15 course fee.

24. Introduction to Computers

Mon. & Wed., 9:00-10:15 a.m.

Same as course 2. \$15 course fee.

25. Beginning Spanish

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

Same as course 3. \$15 course fee.

26. Computer Course in Excel

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

Learn to create worksheets, charts and graphs with this

March 7 - April 8, 2005

powerful spreadsheet software. \$15 course fee. Limited enrollment.

Instructor: Susan Daimler

27. Advanced Spanish

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

Same as course 5. \$15 course fee.

28. Computer Club

Monday, 1-2:15 p.m.

Same as course 6.

29. Aerobics

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

Same as course 7. \$15 course fee.

30. Getting the Most from the CNU Library

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

Learn to use our CNU library resources, such as the online catalog and Pro-Quest indexes and to locate books, articles,

video and research reports. Limited enrollment.
Instructor: Amy Boykin, CNU Reference Librarian

31. Learning to Use Microsoft Word
Tues. & Thurs., 11 a.m.-12:15 p.m.
Same as course 10. \$15 course fee.

32. The Death of Soviet Communism
Tuesday, 1-2:15 p.m.

This course will review and analyze the various factors (domestic and foreign) that led to the collapse of the Soviet Union. It will also assess the current and future prospects for Russia and other countries that emerged from the Soviet Union.

Instructor: Dr. Eric Duskin, CNU

33. Backyard Astronomy
Tuesday, 2:30-3:45 p.m.

Learn the basics of observing the night sky from your own backyard. Topics include observing, safe solar observations, binoculars & telescopes, identifying constellations, and deep sky objects.

Instructor: Dr. Kelly Herbst, VLM

34. James Joyce's Ulysses
Wednesday, 9-10:15 a.m.

Ulysses has topped many recent lists of "Most Important Books of the 20th Century" and it is an undeniable feat of linguistic prowess. But it is also filled with unforgettable characters and serves as a funny, touching tribute to Joyce's hometown, Dublin.

Instructor: Dr. Tracey Schwarze, CNU

35. Calligraphy
Wednesday, 9:30-10:45 a.m.
Same as course 14.

36. The USS Monitor-History and Today
Wednesday, 11 a.m.-12:15 p.m.

We will examine the history of the Battle of Hampton Roads and discuss the USS Monitor today from recovery efforts by The Monitor National Marine Sanctuary, the conservation of artifacts and plans for the Monitor Center at the Mariners' Museum.

Coordinator: Barney Barnes, Mariners' Museum



37. Intelligence and National Security
Wednesday, 1-2:15 p.m.

This course will explore the open and closed worlds of the U.S. intelligence community. It will also examine benefits and detriments of its proposed reorganization in furthering U.S. national security.

Instructor: Dr. Corliss Tacosa, CNU

38. Modern Evolutions in Philosophy
Wednesday, 2:30-3:45 p.m.

An overview of the major philosophers and movements of Western philosophy during the modern period.

Instructor: Dr. Richard Beauchamp, CNU

39. Advanced Writing for "Historians"
Thursday, 9:30-10:45 a.m.

For members who have completed the writing fundamentals course. Strengthen your skills in recording your experiences. Limited enrollment.

Instructor: Doris Gwaltney

40. Creative Nonfiction Writing
Thursday, 9:30-10:45 a.m.

For writers of all levels who enjoy writing nonfiction with a creative flair and wish to craft stories from real life. Limited enrollment.

Instructor: Heidi Hartwiger

41. Power, Glory, and Religion: the Art & Architecture of Baroque Italy

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

The period of history referred to as Baroque was a time of great political, religious, and scientific upheaval. We will concentrate on Baroque Rome and two artists, Gianlorenzo Bernini and Caravaggio, plus other artists and regions.

Instructor: Dr. Todd Herman, CNU

42. The Next Four Years
Thursday, 12:30-1:45 p.m.

The challenges America faces in a changing world.

Instructor: Richard McGowan

43. Approaches to Better Health
Thursday, 1-2:15 p.m.

Alternative choices for preventing, treating and often reversing chronic health problems will be discussed. *Disclaimer: This course is not intended as medical advice endorsed by LLS. Any questions regarding this information should be discussed with your personal physician.*

Coordinator: Dr. Phil Murray, LLS

44. Meanderings
Friday, 9 a.m.-3 p.m.

We will carpool weekly to discover new museum exhibits from Norfolk to Williamsburg and lunch in delightful eateries nearby. Participants are responsible for expenses, such as lunch and admission fees. Limited enrollment.

Coordinator: Jane Dickson, LLS

45. Painting: Acrylic & Oil
Friday, 9:30-11:30 a.m.

Same as course 21.

46. Watercolor Painting
Friday, 1:30-3:30 p.m.

Same as course 22. (Register for either A or B Session.)

Benefactors

Donors of \$1,000 or more to LifeLong Learning Society

Mr. Gordon E. Barlow, Jr.
Mr. Louis C. Bryan
Mr. Robert Chappell
Mr. and Mrs. Doyle Eckert
Mr. and Mrs. Vance B. Field
Mrs. Florence Fiscella
Mr. Gene Hardin
Mr. and Mrs. Robert P. Jones

Mr. Wylie C. Kirkpatrick
Mr. and Mrs. Robert Liverman
Minuteman Press
Mr. and Mrs. Lee Montgomery
Dr. James I. Moore
Mr. William D. Parker
Mrs. Betty H. Peach
Dr. William F. Peach

Mr. Vernon Reed
Mr. and Mrs. Richard W. Ruehe
Dr. Robert C. Smith
Mr. and Mrs. Curt G. Spear
Mrs. Jane B. Sulzberger
The Chesapeake Retirement
Community
Ms. Barbara Todd

Memorials

Donations of \$1,000 or more

In memory of Rebecca Kirkpatrick

In memory of Cary E. McMurren

In memory of Olive Moore

Conferences

The Lifelong Learning Society is proud to co-sponsor three popular CNU conferences. Mark your calendar for these exciting events in 2005.

Forum On Aging

The 24th Annual Community Forum on Aging will be held on Friday, March 4 at Christopher Newport University. The forum will consist of numerous educational workshops on topics of vital interest to seniors, their family members, and care givers. This conference is an essential source of information regarding the elderly.

Co-sponsored with Peninsula Agency on Aging and the CNU Social Work and Gerontology Programs

MARCH 4, 2005

Writers' Conference

The 24th Annual Writers' Conference & Writing Contest will be held on Friday evening and Saturday, April 1 & 2. Talented writers will conduct workshops in the areas of romance, music, non-fiction, fiction, juvenile fiction, poetry, and the business of writing. Cash prizes will be awarded for works in fiction, non-fiction, juvenile fiction, and poetry. This is a "must do" for any aspiring writer. The keynote speaker is Dean King.

Co-sponsored with the CNU English Department and Writers' Advisory Council.

APRIL 1 & 2, 2005

Gardening Conference

Gardening Symposium 2005 CNU's 8th annual gardening symposium will take place on Saturday, April 16. Topics of workshops address many phases of successful year-round gardening. The popular plant sale provides a great variety of exciting plants to renew any garden. This symposium is especially beneficial for the new gardener.

Co-sponsored with the CNU Grounds Department, CNU Horticulture Program and the Virginia Cooperative Extension Service

APRIL 16, 2005

AFTERNOON LECTURES

Opening Lecture
Monday, January 24, 2:30 p.m.
Mariners' Museum
Dr. Harold Cones, CNU

Monday Lectures
Jan. 31, 2:30 p.m.
Mariners' Museum
Bob Goodhart, CNU
Camellias, the Winter Rose

Feb. 7, 2:30 p.m.
Mariners' Museum
John Morreal
Your Sense of Humor-
Don't Leave Home Without It

Feb. 14, 2:30 p.m.
TBA
A Presentation by CNU Theatre Department

Feb. 21, 3 p.m.
TBA
Dr. Mark Reimer, CNU in Concert

Mar. 7, 2:30 p.m.
TBA
Dr. William Berg, Director Hampton Health
Department

Mar. 14, 2:30 p.m.
Mariners' Museum
Amy Boykin, CNU & Dr. Timothy Morgan, CNU
Captain Christopher Newport

Mar. 28, 3:00 p.m.
TBA
Dr. Mark Reimer, CNU in Concert

April 4, 3:00 p.m.
TBA
Dr. Mark Reimer, CNU in Concert

FIELD TRIP SCHEDULE 2005

Washington – On and Off the Beaten Track
Tuesday, March 1, 2005

March takes us to Washington for a new attraction, as well as a couple of long-standing ones. This full-day tour addresses varied interest from Native American history (Smithsonian's new Museum of the American Indian) to Catholicism in the United States (Basilica of the National Shrine of the Immaculate Conception and the Franciscan Monastery) with a break for lunch between tours.

Port Royal Tavern between visits to these lovely King George County homes.

Call the LifeLong Learning Society office at 594-7568 to sign up for these trips or for more information.

Cruise from Norfolk to Bermuda
On Board Celebrity Cruise Line's Horizon
(Saturday – Saturday) May 14 – 21, 2005

Cruise with your LLS friends directly from Norfolk to beautiful Bermuda on board Celebrity Cruise Line's Horizon. This 1354-passenger cruise ship docks in both St. George and Hamilton to allow you the opportunity to tour both towns conveniently from the ship. Enjoy spacious staterooms, spectacular vistas, elegant dining and attentive service for seven delightful days and nights. Numerous shipboard activities are available to keep you as busy as you want to be while on board, or you can settle back and relax as your floating hotel brings you new sights each day. What a wonderful way to see and experience the pleasures of Bermuda...pink sand beaches, shimmering turquoise water, British charm and hospitality, ideal shopping and great sightseeing! Group space and pricing is limited, so book early!!

For more information, please call Sheri Layne, Covington Cruises 804-747-4130 or 800-707-7717 or the LLS office at 594-7568.

A Royal Garden Tour:
Homes and Gardens of King George County
Tuesday, April 19, 2005

Just southeast of Fredericksburg, King George County offers visitors an exciting entrée into some of Virginia's most historic and beautiful homes and gardens. This Garden Week tour includes four exceptional houses and their gardens: **Nanzatico**, named for the Nanzatico Indians and built in the mid 1700's by Charles Carter, grandson of "King" Carter; **Rokeby**, a stately Federal-style brick house of the 1830's that overlooks the valley; **Berry Plain**, a farm established in the 1600's with a beautifully restored Greek Revival house built in the early 18th century; and finally, **Rappahannock Bend**, the stunningly beautiful contemporary home of Virginia's Governor Mark Warner, located on the banks of the Rappahannock River on a farm established in the 1800's by William Fitzhugh. We will enjoy lunch at the historic

CNU LIFELONG LEARNING SOCIETY
SPRING 2005 COURSE REGISTRATION FORM

Name(s): _____ Phone: _____ SS# _____

Address: _____

Are you enrolling as a new member of LLS? Yes _____ No _____ E-Mail address: _____

Emergency Contact _____
Name Relationship Phone #

Course Registration:
Please number courses in order of preference for each session. Indicate total number of courses you wish to take _____.

- Session A Courses
- | | | |
|-----------------------------|-------------------------------|------------------------------|
| ____ 1 Play Ball | ____ 9 Exploring Poetry | ____ 16 Rise/Fall of Nazism |
| ____ 2 Intro. To Computers | ____ 10 Microsoft Word | ____ 17 From Farm to Factory |
| ____ 3 Beginning Spanish | ____ 11 Ancient Greek Theatre | ____ 18 Mystic Characters |
| ____ 4 Using Internet | ____ 12 Orders of Magnitude | ____ 19 American Poetry |
| ____ 5 Advanced Spanish | ____ 13 English Art | ____ 20 Opera in Sight |
| ____ 6 Computer Club | ____ 14 Calligraphy | ____ 21 Acrylic & Oil |
| ____ 7 Aerobics | ____ 15 Wall Street | ____ 22 Watercolor |
| ____ 8 Writing Fundamentals | | |

- Session B Courses
- | | | |
|----------------------------|----------------------------------|----------------------------------|
| ____ 23 Play Ball | ____ 31 Microsoft Word | ____ 39 Writing for Historians |
| ____ 24 Intro to Computers | ____ 32 Death Soviet Communism | ____ 40 Nonfiction Writing |
| ____ 25 Beginning Spanish | ____ 33 Backyard Astronomy | ____ 41 Baroque Italy |
| ____ 26 Excel Computer | ____ 34 Ulysses | ____ 42 Next Four Years |
| ____ 27 Advanced Spanish | ____ 35 Calligraphy | ____ 43 Approaches Better Health |
| ____ 28 Computer Club | ____ 36 USS Monitor | ____ 44 Meanderings |
| ____ 29 Aerobics | ____ 37 Intell. & Nat. Security | ____ 45 Acrylic & Oil |
| ____ 30 CNU Library | ____ 38 Evolutions in Philosophy | ____ 46 Watercolor |

WEEKLY GROUP ACTIVITIES - OPEN TO ALL MEMBERS: _____ BRIDGE
Our Society is managed by and for its members. If you are willing to help, please check one or more of the following:
____ Hospitality & Special Events ____ Membership ____ Program Planning
____ Telephone Tree ____ Course Assistant ____ Teaching a Course ____ Office Volunteer

You may register either by mail to LLS, CNU, 1 University Place, Newport News, VA 23606, or in person at 12420 Warwick Blvd., Bldg. 6, 2nd floor, or by telephone 757-594-7568. Please park behind the building. If you register by Jan. 12th, you will receive written confirmation of your courses and their room locations. If you register after Jan. 12th, information will be available in the LLS office and at the first two Monday lectures.

If you paid for a \$165 membership or a \$90 membership in the fall, you do not owe any membership fee.

Full membership Jan. - Aug. 2005 lectures, courses & optional activities(\$120) \$ _____
Associate membership Jan. - Aug. 2005 lectures & optional activities. No courses(\$ 65) \$ _____
If you are currently an associate member and you now want spring courses(\$ 50) \$ _____
Additional fees:
Course fee (\$15 per course) Play Ball, Aerobics, Spanish & Computer courses(____ x \$15) \$ _____
CNU parking decal (only if you do not have a 04-05 sticker)(____ x \$18) \$ _____
TOTAL \$ _____

Payment Options: Payment may be made by cash, check, or credit card check. Credit cards are no longer accepted.
Check payable to CNU for \$ _____ enclosed.

For LLS Office Use Only:
Processed by _____ on _____ paid by _____ for \$ _____
initials date check/cash/check total amount
____ current member _____ packet _____ time recv. _____ date recv.
____ reinstated member _____ name tag _____ blue book _____ computer
____ new member _____ decal _____ confirmation