

LIFELONG LEARNING INSTITUTE – MANASSAS

FALL 2009
PROGRAM GUIDE



Learn as if you were to live forever.

-Mahatma Gandhi

How to Contact LLI

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Inclement Weather Policy

If Prince William County Schools are canceled, or students are sent home early because of inclement weather, all LLI classes and forums for that day are canceled. If Prince William County Schools have a delayed opening, LLI morning classes and forums are canceled, but afternoon classes will be held as scheduled.

Cover photograph: LLI members enjoy a birding trip to Occoquan Bay National Wildlife Refuge during the fall 2008 semester.

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In Memoriam



The Fall 2009 Program Guide is dedicated to the memory of Cheryl Crawley Leahy who passed away May 25, 2009. Cheryl was an LLI member and the beloved wife of Dan Leahy. Dan is a past president, program committee chair and instructor for LLI-Manassas.

About the Lifelong Learning Institute

The Lifelong Learning Institute (LLI-Manassas) is a membership organization managed by and for its members. Our mission is to provide quality, affordable educational opportunities for adults 50 years of age and older. LLI is hosted by Northern Virginia Community College (NOVA)-Manassas Campus.

We offer daytime classes, speaker forums, social activities and special events during fall and spring semesters. Classes are held at various locations in the Manassas-Gainesville-Haymarket area. Instructors and presenters come from diverse backgrounds and are experts in their fields and leaders in various professions. Some are also LLI members.

LLI provides a relaxed, non-threatening atmosphere to facilitate learning. Mental stimulation is as important as physical exercise in maintaining good health. Making new friends is also an important part of the LLI concept.

Dues are \$100 for a twelve-month membership, which can start at any time during the year, and covers two consecutive semesters. This entitles members to attend as many classes and activities as they wish, depending on available space. There may be charges for course texts or supplies and for some special events.

Any person age 50 or older is cordially invited to become a member by completing the short membership application form included in this program guide.

The Manassas LLI was organized in 2003 and is one of many LLIs located throughout the United States and Canada. Most (including LLI-Manassas) are affiliates of the Elderhostel Institute Network (www.elderhostel.org).

Speaker Forums

Two speaker forums are scheduled for this fall. Both will take place in October, and, as in the past, they will be held at NOVA-Manassas Campus, Colgan Hall (see page 44 for directions). Forums are open to the public and you are encouraged to bring friends and neighbors as this is an excellent way to introduce them to LLI. The event begins with coffee and conversation and is followed by the presentation.

Monday, 1:30-3:30 p.m., October 12

The Origins of Civilization in Ancient Mexico, Dr. Virginia Fields

This lecture presents an overview of how ancient peoples in Mexico first began constructing monumental architectural sites and large-scale public sculptures, creating beautifully decorated ceramic vessels for great feasts, and producing objects made from such rare materials as Jadeite, Spondylus shell, and various minerals. The speaker will also examine the evidence for the earliest calendar and systems of writing as important tools for Mexico's first kings to proclaim their status and authority.

Dr. Virginia Fields is a specialist in early Mesoamerican art and archaeology with a Ph.D. in Latin American studies from the University of Texas at Austin. Virginia Fields joined the staff of the Los Angeles County Museum of Art as its first curator of pre-Columbian art in 1989. She has taught pre-Columbian and Native American art history at the University of California, Santa Barbara, UCLA, and other California state universities. At LACMA, she co-curated the nationally touring exhibitions *Painting the Maya Universe: Royal Ceramics of the Classic Period* (1994-95), *The Road to Aztlan: Art from a Mythic Homeland* (2001), and *Lords of Creation: The Origins of Sacred Maya Kingship* (2005-06), which received the annual book award from the Association for Latin American Art. She was recently appointed a Senior Fellow in Pre-Columbian Studies at Dumbarton Oaks Research Library and Collections in Washington, D.C.

David Ward, LLI Coordinator
dward222@verizon.net, 703-369-1243

Tuesday, October 20, 1:30-4:00 p.m.
Sandcastles, Nation Building in Diyala Province, Iraq
Arthur Humphries, Commander, U.S. Navy, Ret.

What have we been doing in Iraq? Building sandcastles? Our guest speaker has been serving on the front lines for 20 months in the most kinetic province in Iraq. He has been supporting the development of stability and prosperity there, encouraging efforts by the government of Iraq to invest in its people, making progress in key sectors, and laying a strong foundation for long-term macro- and micro-economic stability. But, can it last? Join us for this insider's fascinating illustrated view of the U.S. efforts in Iraq. Recommended reading: *The War Within* by Bob Woodward.

Arthur Humphries had just turned 58 two years ago and was wondering what he might do to continue his contributions to the world – his life's work has been oriented to public service. He had served in the Navy for 20 years, from Vietnam to New York, London and D.C. In his spare time, as president of the National Kidney Foundation of Hawaii, he guided the turnaround of the state in the U.S. with the most kidney ailments. He helped start up Rotary and Toastmasters chapters, created and produced Boy Scout events, served on his church council, served as vice president of the Hawaii State Chamber of Commerce, was key in turning around FAA's number one issue before 9/11 – the worst rate of runway incursions in history, and more. When he was considering mission and Peace Corps work, a friend wrote home from Baghdad about their challenges. Art was hooked. He "shipped out" in February 2008 and, like during the rest of his life, has been working hard to make a difference.

Perley Eaton, LLI Coordinator
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Greening Our Environment

LLI-Manassas has been investigating the concepts, technical issues and political challenges of greening our environment for two years with the following:

Global Warming and Living Green, Fall 2007 course

Pathways Out of Poverty through Green Collar Jobs, Dr. Raquel Pinderhughes (on DVD) with Phi Theta Kappa, NOVA-Manassas, November 2008

Dividends and Trade, Mike Tidwell, Director, Chesapeake Climate Action Network (CCAN). A presentation on possible ways of taxing fossil energy providers, April 2009

The Green House. Tour of house and discussion by one of Virginia's green builders on the requirements and issues of green home building, July 2009

In the upcoming semester plans are to provide two similar presentations, one focused on a discussion of "The Many Ways to Increase Your Home's Energy Efficiency" and the other "Greening our County." Format will be a lecture, questions and answers, followed by a social period with refreshments so the audience can meet the lecturer(s) in an informal atmosphere. Events will be scheduled as speakers are available and will be advertised through announcements in UPDATES, LLI's newsletter.

Perley Eaton, LLI Coordinator
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Fall 2009 Program Guide

Fall 2009 Courses & Trips at a Glance

Courses are listed in order of starting date; course number is in parenthesis.

Class	Time	Place
Mastering MS Word 2003 (05)	Fri 9:30 am – noon Sept 18, 25, Oct 2, 9, 16	NOVA-Man/Innovation Pk
Classics of American Literature (02)	Fri 10:00 am – noon Sept 18, 25, Oct 2, 9, 16	Innovation Park
Technology Immersion (06)	Tues 8:30 – 10:00 am, Sept 22, 29, Oct 6, 13	Best Buy, Gainesville
Current Events Discussions (16)	Wed 2:00 – 3:30 pm, Sept 30, Oct 7, 14, 21, 28, Nov 4	Dunbarton Clubhouse
Cooking with LLI (14)	Thurs 10:30 am – 1:00 pm Italian Oct 1, Chili Cook-Off Nov 12, Polish Comfort, Dec 3	Trinity Episcopal Church
Self-Hypnosis for Stress & Pain Mgmt (08)	Thurs 6:30 – 8:00 pm, Oct 1, 8, 15	Pr. Wm. Hospital, 4th Floor
The Films of Kurosawa, Part Two (03)	Thurs 2:00 – 3:30 pm, Oct 1, 8, 15, 22	Center for The Arts
Orphan Trains (12)	Mon 10:30 am – noon, Oct 5	Trinity Episcopal Church
Teaching Garden and Labyrinth (20)	Wed 10:00 am – 1:30 pm, Oct 7 (rain date 14)	St. Benedict Monastery
Judas: Just One of Us or Evil (18)	Mon 1:00 – 2:30 pm, Oct 19, 26, Nov 2	Trinity Episcopal Church

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Leaving a Trace: A Reading/Writing Workshop (04)	Tues 1:00 – 3:00 pm Oct 20, 27, Nov 3, 10, 17, 24, Dec 1	Dunbarton Clubhouse
Minimally-Invasive Hip Replacement (07)	Wed 6:30 – 8:00 pm, Oct 21	Pr. Wm. Hospital, 4th Floor
Experience Buffet (15)	Disabled, Fri 10am – noon, Oct 23 Submarining, Thurs 1:30 – 3 pm, Nov 5 Model Train Open House, Sat 2 – 5pm, Nov 14	Trinity Episcopal Church Bethel Lutheran Church Haymarket, Va.
Herodotus: Father of History (10)	Fri 10:30 – noon, Oct 30, Nov 6, 13, 20 Dec 4, 11	Innovation Park
Intro to First Battle of Manassas (11)	Mon 1:30 – 3:00 pm, Nov 9, 16, 23, 30	Innovation Park
Healthy Eyes for 50+ Adults (09)	Mon 6:30 – 8:00 pm, Nov 9	Innovation Park
Great World Religions – Judaism (17)	Tue 10:00 am – noon Nov 10, 17, 24, Dec 1, 8, 15	Innovation Park
Woodlawn & Pope-Leighey House (21)	Wed 10:00 am – noon, Nov 18	Alexandria, Va.
Awakening Intuition (13)	Mon 1:00 – 2:30 pm, Nov 30, Dec 7, 14	Trinity Episcopal Church
Children of Men: Book & Movie (01)	Wed 1:30 – 3:30 pm, Dec 2, 9	Center for the Arts
Carols and Cookies (19)	Wed 1:00 – 2:30 pm, Dec 16	Trinity Episcopal Church

Fall 2009 Courses & Trips

Please register by September 21 using the form on page 41. Later registration is accepted but some courses may be filled. Courses are grouped by category so that, for example, all history courses are listed together; trips are listed after the courses. Multi-topic courses are designated A, B, C, etc. and you can sign up for the presentation(s) you plan to attend. You may assume you are registered for courses you signed up for if you haven't heard otherwise within a week or so after you've sent in your registration. Register for as many courses as you wish, but please make every effort to attend since instructors and coordinators prepare for the total number of registrants.

Coordinators. A member of the program committee serves as coordinator for each course and is your contact for that course. Email or call the coordinator if you have questions. About one week before each course you signed up for begins you will receive a reminder by email or phone from the coordinator. Let the coordinator know when you're unable to attend.

Ongoing Activities. These clubs offer LLI members an opportunity to join other members to share common interests and pursuits. Registration is not required. To participate, just check in with the facilitator. A non-fiction book club, a travel/camera club and a play-reading group have been added this semester. Also new is "Greening our Environment" which will include various timely presentations. Future clubs or activities can be started at the request of five members. Please let a member of the Program Committee know of your interest.

Bring a Friend. Members can bring a potential LLI member to one class meeting (a single-session course or one session of a multi-session course) to give them an idea of what LLI courses are like. Hopefully they will enjoy us enough to become a member.

Fees and Refunds. If you are registering for a course or trip with a fee please write one check to cover all fees and include it with your completed registration form. LLI will refund your payment if a course/trip is full and your registration cannot be accepted or if the course/trip is canceled. If you find you cannot attend a course/trip you paid a fee for, you may request a refund by contacting the coordinator up to one week before the course/trip is scheduled to begin unless the fee is listed as non-refundable in the description.

Arts & Literature: F0901-04

Children of Men: The Book and the Movie (F0901)

Wednesdays, 1:30-3:30 p.m., Dec. 2 & 9

Center for the Arts

Instructor: David Ward

This course will discuss the book *Children of Men* written by P.D. James and the movie by the same name, directed by Alfonso Cuarón. The course will cover the difference between the book and the movie and its philosophical/dystopian vision of the future. Students should read the book before the first session. The movie will be screened for the class with commentary on some of the visual images and important scenes. Be warned – the movie is R rated and has some graphic violence.

David Ward was a financial manager with the Department of Defense for 35 years. He graduated from George Washington University with a degree in history/philosophy and American studies and a minor in financial management. David is an LLI member and has presented several classes during past semesters. He is currently president of LLI-Manassas.

David Ward, LLI Coordinator

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Classics of American Literature (F0902)

Fridays, 10:00 a.m.-noon, Sept. 18, 25, Oct. 2, 9, 16

Innovation Park

Facilitator: David Ward

This course covers the DVDs of Professor Arnold Weinstein for the Teaching Company's "Classics of American Literature." After viewing each lecture students will discuss content of the lecture and review related questions. Classes are as follows: (1) Mark Twain, The Adventures of Tom Sawyer and Huckleberry Finn; (2) Mark Twain, Huckleberry Finn, continued; (3) Mark Twain, Pudd'nhead Wilson and Henry James, Turning of the Screw; (4) Henry James, Turning of the Screw, continued; (5) Stephen Crane, The Red Badge of Courage. This is the third course in this series and is open to students whether or not they have taken either of the previous courses.

David Ward's bio is on page 10.

David Ward, LLI Coordinator

dward222@verizon.net, 703-369-1243

The Films of Kurosawa, Part 2 (F0903)

Thursdays, 2:00-3:30 p.m., Oct. 1, 8, 15, 22

Center for the Arts

Instructor: Leo Stoltz

This course is an exploration of films directed by Academy Award winner Akira Kurosawa in the last phase of his long and brilliant career. It will feature films that were not covered in the spring and you need not have taken that course to enjoy this one. Interviews with Kurosawa, actors and critics will highlight clips from Madadayo, Dodeskaden, Dersu Uzala and Dreams.

Leo Stoltz is a retired labor relations manager and Navy Commander. Early in his Navy career he spent two and a half years in Japan, where he first became interested in Japanese cinema. He continued that interest as a student of Far Eastern subjects in college, a teacher of social studies and economics for ten years and an East Asian analyst for the Navy. Leo has a BS degree from the University of Kansas and an MA degree from the University of St. Thomas. Among his many other interests, he enjoys woodworking, Native American flutes, playing guitar and gardening.

Nancy Arrington, LLI Coordinator
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**Leaving a Trace: A Reading/Writing Workshop
(F0904)**

**Tuesdays, 1:00-3:00 p.m., Oct. 20, 27, Nov. 3, 10, 17, 24,
Dec. 1**

Dunbarton Clubhouse

Instructor: Mary Winsky

“It is only through putting into words that I make life whole.”

Virginia Woolf

We will make our lives more whole in this workshop by reading and discussing *The Right to Write: An Invitation into the Writing Life* by Julia Cameron, and then writing and sharing the traces the reading and talking leave on our lives, remembrances, imaginations and pages. The book is available in paperback and can be ordered from Amazon or purchased/ordered from local bookstores. Please read the introduction and through page 21 for the first class.

Mary Winsky is a former English teacher, staff developer, change agent and writer. She has taught writing and literature at high school, college and graduate levels, and led writing workshops for adults nationally and locally. She has taught for LLI for the past nine semesters.

Sue Miller, LLI Coordinator

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Computers & Technology: F0905-06

Mastering MS Word 2003 (F0905)

Fridays, 9:30 a.m.-12:00 p.m., Sept. 18, 25, Oct. 2, 9, 16

NOVA-Manassas Campus or Innovation Park

Minimum registrants 4, maximum 8

Course fee \$20. (include with registration)

Instructor: Jim Martin

Designed to teach the basics of Microsoft Word 2003, this course will focus on bringing the student to a level where he/she can master most of the features of the software. The original lesson plans were developed to teach job-seekers to use Word. Topics covered: **Session 1** Windows, desktop, start/exit Windows, keyboard, mouse, saving a file, creating a folder, copy files to floppy disk. **Session 2** Start Word, the Word Window, default settings, correcting errors, create document, save document, close document, exit Word. **Session 3** Insertion point movements, create business letter, date & time feature, set tabs, print preview, save to disk, save to folder, print document. **Session 4** Open & revise documents, open recent documents, select text, edit text, delete text, show/hide codes, save & print. **Session 5** Line spacing, paragraph spacing, indenting text, hanging indents, first line indents, hyphenation. **Note:** Each class will include exercise carried on a thumb drive which can be taken as homework. The course fee covers an 8GB USB 2.0 flash drive and session handouts.

Jim Martin is a retired executive and management consultant who has taught MS Word and MS Excel as a volunteer instructor at Senior Employment Resources (SER) in Annandale for the past 10+ years. Educated at Purdue University, Mr. Martin holds a BS degree in physics, Summa Cum Laude, and an MS degree in industrial administration. He spent his 40+ work years as a manager or consultant in numerous manufacturing plants ranging from steel fabrication to pharmaceuticals. He is recently retired from 10 years of service to the Military Order of the Purple Heart Service Foundation, located in Annandale.

Perley Eaton, LLI Coordinator
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Technology Immersion (F0906)

Tuesdays, 8:30-10:00 a.m., Sept. 22, 29, Oct. 6, 13

Best Buy, Gainesville

Instructor: Elizabeth Greaves & Best Buy Crew

Today's technology, especially that which is focused on communications and entertainment, is exploding. Television screens no thicker than one's little finger and screens made of light emitting diodes are available. MP3 devices and iPods hold days of music or copies of movies. Cellular phones can connect to satellites so one can talk anywhere in the world. Compact video cameras are built into the frames of laptops and capture pictures which can be routed to YouTube or Facebook or to your favorite grandchild for a fun chat. Are your grandchildren leaving you in the technology dust? Come to Best Buy where their "technology savvy" team will help understand this technology up close and personal. This course will cover HDTVs, cordless and cell phones, digital cameras, HD and satellite radios and many digital games including the Wii. Classes will be taught by Best Buy experts dealing with their product specialty.

Elizabeth Greaves started her career in retail sales upon graduation from Virginia Tech. She has held positions as a buyer at Woodward & Lothrop/John Wanamaker, Ann Taylor and Britches of Georgetown. She was director of stores with Mastercraft Interiors and three years ago was hired by Best Buy at the general manager level. When the new Gainesville store opened in November 2007, she was made store manager. Recognizing that the exploding array of electronic products is often confusing, Ms. Greaves has developed numerous outreach programs that the Best Buy staff uses to help customers make more informed decisions.

Perley Eaton, LLI Coordinator

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Health & Fitness: F0907-09

Minimally-Invasive Hip Replacement (F0907)

Wednesday, 6:30-8:00 p.m., Oct. 21

Prince William Hospital, 4th Floor Conference Room

Instructor: W. Bartley Hosick, M.D.

Joint pain prevents many people from living active lifestyles and enjoying everyday activities. When indicated, anterior minimally-invasive hip replacement greatly decreases the risks and recovery time required for hip replacement. As the first Virginia surgeon to perform minimally-invasive hip replacement outside of Norfolk, Dr. Hosick will discuss the conditions requiring joint replacement and the procedure itself.

Dr. W. Bartley Hosick graduated from the Medical College of Virginia and finished his formal training with a fellowship in adult joint replacement and reconstruction at the University of Pennsylvania Hospital in Philadelphia. He has practiced in Prince William County for over 15 years, completing thousands of orthopaedic procedures. Dr. Hosick was the first surgeon to bring minimally-invasive total hip replacement to the Washington, D.C. area.

Nancy Arrington, LLI Coordinator

narrington1@verizon.net, 703-368-8431

Self-Hypnosis for Stress and Pain Management (F0908)

Thursdays, 6:30-8:00 p.m., Oct. 1, 8, 15

Prince William Hospital, 4th Floor Conference Room

Instructor: Robyn Phelps

Experience the healing power of your own mind. Learn and practice several tools used in hypnosis, self-hypnosis, guided imagery, visual affirmation and more. Learning to utilize self-hypnosis tools effectively for stress and pain managements gives you one more choice and another opportunity to improve your health. The course takes you through the three steps of self-hypnosis over three weeks and will require you to practice and participate. Previous students recommend this class to others because of the enhancement they feel in their lives and their understanding of how powerful the mind really is in helping them achieve better health. Come see for yourself and have some fun learning new skills that will help you feel better.

Robyn Phelps has a master's degree in health services administration and is a certified hypnotherapist. She has worked in the field of healthcare, advocacy and wellness for the past 20 years and has been a student of the mind for even longer. She has worked with patients, volunteers and staff as a director, trainer and ER patient advocate at George Washington, Potomac, Prince William and INOVA hospitals. Robyn serves as a facilitator for the Prince William Cancer Support Group. Through her business, Allspring Hypnosis, she works with clients, teaching them hypnotherapy techniques to make changes in all areas of their lives. Robyn taught two classes for LLI last semester.

Nancy Arrington, LLI Coordinator
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Healthy Eyes for 50+ Adults (F0909)

Monday, 6:30-8:00 p.m., Nov. 9

Innovation Park

Instructor: Jennifer H. Jacobs, M.D.

This course will cover the importance of regular eye exams by an ophthalmologist and recommendations on how to maintain healthy eyes. Information will be provided on common eye conditions seen among those age 50 and above such as macular degeneration, glaucoma, cataracts and diabetic retinopathy. Attendees will leave with a better understanding of these conditions as well as associated risk factors, treatments and preventative measures.

Dr. Jennifer H. Jacobs practices comprehensive ophthalmology with a sub-specialty in corneal disease. After completing her training in ophthalmology, she served as a clinical instructor at the University of Maryland where she also completed a fellowship in order to advance her expertise in corneal surgery and laser vision correction. Dr. Jacobs performs cataract, corneal, and refractive surgery, and is committed to keeping abreast of the latest technological advances in order to provide her patients with the best care. Dr. Jacobs has conducted instructional courses to teach ophthalmologists in-training and has conducted seminars for other physicians interested in learning about laser vision correction. She is well respected among her peers and has been a contributor to “Ophthalmology Capsule and Comment Newsletter,” a McGraw Hill publication. She is a fellow of the American Academy of Ophthalmology, has been listed in CRC’s Guide to America’s Top Ophthalmologists and has given seminars at Prince William Hospital.

Perley Eaton, LLI Coordinator

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History: F0910-12

Herodotus: Father of History (F0910)

**Fridays, 10:30 a.m.-noon, Oct. 30, Nov. 6, 13, 20, Dec. 4, 11
Innovation Park**

Facilitator: David Ward

This course follows the DVDs of Professor Elizabeth Vandiver for the Teaching Company's "Herodotus: Father of History." After viewing each lecture, students will discuss issues raised in the lectures. Classes are as follows: (1) Herodotus' Account of Egypt and The Ascension of Darius (2) Darius and the Scythians; Sparta and the Spartan Way of Life (3) The Ionian Revolt and the Battle of Marathon; Xerxes and the Threat to Greece (4) The Battles of Marathon and Artemisium; The Victory of Greece (5) Persons, Personalities, and Peoples; The Gods, Fates, and the Supernatural; History or Literature – or Both (6) Herodotus, the Peloponnesian War, and Thucydides; Aftermath and Influence.

Note: To complement the lectures students are encouraged to read *Travels with Herodotus* by Ryszard Kapuscinski. This is a reflection on the author's life related to Herodotus' *Histories* – fascinating reading and very accessible. This course is continued from the spring semester and is open to all members whether or not they took that course.

David Ward's bio is on page 10.

Professor Elizabeth Vandiver is assistant Professor of Classics at Whitman College. She earned her master's and doctorate degrees from University of Texas at Austin. She is the author of *Heroes in Herodotus: The Interaction of Myth and History*.

David Ward, LLI Coordinator
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Introduction to the First Battle of Manassas (F0911)

Mondays, 1:30-3:00 p.m., Nov. 9, 16, 23, 30

Innovation Park

Instructor: Ronald Mayer

This is an introductory course for those who don't know much about military tactics or strategy. We will see how both the North and the South reacted to deteriorating events around them until they culminated in the First Battle of Manassas (Bull Run). We will learn about the expectations, ambitions, loyalties, and dreams of farm-boys and factory workers who were suddenly forced to fight one another on the bloody battlefield. We will see how faulty planning and leadership hindered both sides, ending in a Union defeat and subsequent retreat to the safety of Washington, D.C. The course relies heavily upon visual aids such as maps, photographs and drawings. The instructor will compare many of the old pictures with new ones showing how the same sites look today. This course is unique in that it pictures Civil War battles through the eyes of a modern day "war fighter" currently developing strategic and tactical policy for today's military forces. Following the lectures, if the students desire, the instructor will lead a field trip to key points in and around the Manassas Battlefield.

Ronald Mayer retired from the U.S. Air Force after serving 26 years as a fighter pilot. He then worked 11 years at the Joint Warfighting Center in Suffolk, Virginia, writing joint doctrine for the U.S. military. Ron moved to northern Virginia in 2005 and is currently a consultant to SAIC writing joint doctrine training programs for the Office of the Chairman, Joint Chiefs of Staff. Ron has studied the Civil War for over 20 years and currently gives semi-annual lectures to members of his community at Heritage Hunt.

Perley Eaton, LLI Coordinator
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Orphan Trains (F0912)

Monday, 10:30 a.m.-noon, Oct. 5

Trinity Episcopal Church

Instructor: Larry LeDoux

Orphan Trains are a little known yet fascinating piece of U.S. history. Between 1854 and 1929 thousands of children were “placed out,” a widespread practice before child protection laws came into being. The Children’s Aid Society in New York received children from the streets, orphanages, hospitals and shelters, and organized the Orphan Trains, which transported them to welcoming families, predominantly in the rural Midwest.

Larry LeDoux is a retired Naval aviator and management consultant currently residing in Gainesville. Like many seniors he took up the quest to discover and document his French-Canadian/Polish ancestry and in the process became enthused with the subject of genealogy. Subsequently, he’s prepared informational presentations on genealogy topics for his Heritage Hunt community genealogy group and other venues, and advises those starting their own family searches. He came upon the subject of Orphan Trains while assisting a friend with discovering his ancestry. Mr. LeDoux is a native of Albany, New York, and an avid student of history. He has a bachelor's degree in mechanical engineering and a military master's degree in strategy.

Lydia Gonzalez, LLI Coordinator

lidio1@comcast.net, 703-590-9805

Lifestyle: F0913-15

Awakening Intuition (F0913)

Mondays, 1:00-2:30 p.m., Nov. 30, Dec. 7, 14

Trinity Episcopal Church

Instructor: The Rev. Vinnie Lainson

This class will explore the interplay of the several facets of intuition, how it manifests, what happens when we ignore it, how it feels when we express it and what our culture may feel about it. Male or female, old or young, intuition resides in our cellular knowing. Come explore yours.

The Rev. Vinnie Lainson is the associate rector at Trinity Episcopal Church in Manassas. She came to the church as a seminarian in 1998. She leads retreats, writes meditations, is a hospice chaplain and has written adult curricula for spiritual formation and theology. Vinnie has taught several classes for LLI.

Marilyn Scott, LLI Coordinator

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Cooking with LLI (F0914)

Thursdays, 10:30 a.m.-1:00 p.m., Oct. 1, Nov. 12, Dec. 3

Trinity Episcopal Church

Course fee \$15 (include with registration)

Maximum registrants 25

Participants will enjoy a light lunch of the foods prepared during each class. The \$15 fee applies whether you're attending one or all of the classes and must be included with your registration.

Italian Cooking, Oct. 1

Anne DeAngelus will prepare Pasta Puttanesca. Anne is a retired registered nurse who worked for twenty years in hospitals and then at the Central Intelligence Agency as an occupational health nurse. She has cooked meals for many years for family, friends and international visitors.

Chili Cook-off, Nov. 12

Come participate in LLI's first Chili Cook-off! Paul Kister will prepare his prize-winning recipe and we challenge others to submit theirs. Participants will sample all the varieties and then vote for their favorite. Please notify Marilyn Scott by October 15 if you will be bringing your chili to compete to be named LLI's best. **Paul Kister** and his wife Joyce were among the organizers of LLI-Manassas. He has served as president and program committee chair. The Kisters divide their time between homes in Dunbarton and Ohio.

Polish Comfort Food, Dec. 3

Len Winsky is back by popular demand. He is a retired science teacher and coach who has enjoyed cooking and entertaining for more than thirty years. He lives, cooks, and expands his culinary repertoire at his home in Heritage Hunt.

Marilyn Scott, LLI Coordinator

mwsconfig@comtekmail.com, 703-361-7074

Experience Buffet (F0915A, B, C)

Sign up for each session you plan to attend.

In this popular course LLI members and others share their work experiences, hobbies, travels and special interests. Please consider presenting your own story next semester. This fall's offerings are:

The Disabled in Our Community, Bill Greaver (F0915A) Friday, 10:00 a.m.-noon, Oct. 23, Trinity Episcopal Church

This Experience Buffet is to introduce Bill Greaver, a disabled member of our community. He considers himself a "disability awareness specialist." He will discuss the difficulty in moving beyond the invisibility that disabled individuals normally experience. Bill will present a DVD video called "New Voices" produced by New Voices Committee, a state-wide group organized under the Partnership for People with Disabilities at Virginia Commonwealth University. The program will begin with an introduction from Bill; the DVD will be shown; and Bill will discuss the video and address questions from the audience.

Bill Greaver is 50 years old and has lived in a nursing facility or an adult home since he was 22. He requires total care and support. He wants his voice to be heard by the non-disabled to further educate all ages and all ability levels in our community. Bill wants to be seen as an individual with hopes and dreams before he is seen for his disabilities which include intellectual disabilities, legal blindness, seizure disorder and cerebral palsy. Bill is a member with Partners in Policy Making, a Virginia state board for People with Disabilities Advocacy Training Program. Bill is supported by Prince William Community Services and attends Didlake, a local day program.

David Ward, LLI Coordinator
dward222@verizon.net, 703-369-1243

Ballistic Missile Submarining During the 1970s, Bob Foss (F0915B)

Thursday, 1:30-3:00 p.m., Nov. 5, Bethel Lutheran Church

Have you ever wondered what life is like for the crew aboard a nuclear powered ballistic missile submarine while operating submerged and out of touch with the “real world” for extended periods of time? Learn why and how these operations came about as well as a description of the life of the crew during a typical patrol cycle during the 1970s.

Bob Foss is a graduate of the U.S. Naval Academy. After attending Submarine and Nuclear Power schools, he reported to his first submarine, the nuclear powered USS Triton in 1962. He then served on three ballistic missile submarines, USS Thomas Jefferson, USS Robert E. Lee and USS Stonewall Jackson, the last one as commanding officer, participating in thirteen patrols in all. He retired as a captain. He is a member of LLI and serves on the Communications Committee.

Nancy Arrington, LLI Coordinator
narrington1@verizon.net, 703-368-8431

**Model Train Open House, Frank & Joyce Hale (F0915C)
Saturday, 2:00-5:00 p.m., Nov. 14
2112 Youngs Dr., Haymarket, Va.**

This will be an opportunity to see, hear and smell a unique 13 x 30-foot model railroad display. Have you ever been to Hershey, Pa. and smelled the chocolate in town from the factory? Frank has a Hershey factory on the layout that produces that wonderful chocolate aroma. He also has a “magic disappearing train” about 9 feet long that goes into a 30 inch tunnel. The engine does not come out until the last car is in the tunnel. There is a waterfall with running water, a grist mill with a water powered wheel (real water). There are seven trains and five trolleys and a trolley bus in operation with whistles, bells and horns. There is an operating drive-in movie showing classical films such as “Gone with the Wind” and “The Great Locomotive Chase” plus all of the intricate scenery to go with it. There are over 600 people figures in the towns and streets, with houses, shops, buildings and structures that make up a town. Some of the structures are of antique vintage (over 70 years old). Others are of later vintage with operating and moving parts, and some of these are activated with push buttons by visitors. This is the Hales’ second open house for LLI, and, as before, (supervised) grandchildren are welcome. Light refreshments will be served.

Frank Hale is a fifth generation Washingtonian and a retired manufacturing engineer from E-Systems/Raytheon where he worked for 40+ years. **Joyce** is retired from NOVEC and enjoys gardening and baking. Model or toy trains have been a life-long hobby starting with trains around the Christmas tree and progressing to larger basement layouts. During the 1960s and 70s Frank worked part-time as a Lionel and American Flyer train repairman for a dealer in Clarendon. He is a member of the National Capital Trackers Model Railroad Club and assists with the trains around the National Christmas Tree on the Ellipse in Washington, D.C. He has run model trains with the National Capital Trackers train club in the Smithsonian National Museum of Natural History and the Baltimore B&O Museum along with numerous other places.

Nancy Arrington, LLI Coordinator
narrington1@verizon.net

Politics & Current Events: F0916

Current Events Discussions (F0916)

**Wednesdays, 2:00-3:30 p.m., Sept. 30, Oct. 7, 14, 21, 28,
Nov. 4**

Dunbarton Clubhouse

Facilitator: David Ward

Topics for discussion will be drawn from current issues covered in newspapers, magazines, and network and cable news shows and available from Internet sites such as YouTube. The subject for each class discussion will be chosen from those suggested by class members who will then do their own research. During the class students will engage in a moderated discussion of the assigned subject.

David Ward's bio is on page 10.

David Ward, LLI Coordinator

dward222@comcast.net, 703-369-1243

Religion: F0917-19

The Great World Religions – Judaism (F0917)

Tuesdays, 10:00 a.m.-noon, Nov. 10, 17, 24, Dec. 1, 8, 15

Innovation Park

Facilitator: Dr. Michael Dennis

This class provides 6 hours of lecture coupled with 6 hours of student discussion. Featuring Professor Isaiah M. Gafni of the Hebrew University of Jerusalem, the course addresses the ever-changing 4,000-year-old saga of Judaism, one of the world's most ancient and influential religions. As Professor Gafni points out, Judaism is something more than a religion. Even though Judaism adheres to particular beliefs and practices, many Jews nevertheless consider the designation of Judaism as a religion far too narrow or confining a categorization. Professor Gafni, in this series of illustrated lectures, digs behind the religion and examines all facets of Judaism. Following each of the Professor's lectures, Dr. Michael Dennis will lead thought-provoking student discussions based on the DVD presentations as well as suggested reading assignments including www.jewfaq.org or *The Children of Abraham: Judaism, Christianity, Islam* by F.E. Peters with a foreword written by John L. Esposito.

Professor Gafni, an award-winning teacher and scholar, is the Sol Rosenbloom Professor of Jewish History at the Hebrew University of Jerusalem, where he has taught for more than 35 years. He has frequently served as a visiting professor at American universities, including Harvard, Yale and Brown.

Dr. Michael Dennis retired from the practice of neurosurgery after 30 years in the Washington area. He has been a member of LLI for the last five years and has presented five previous courses for LLI including last semester's Islam course. He leads discussions on The Great World Religions at several other venues and is frequently asked to provide these learning experiences for adult religious groups.

Perley Eaton, LLI Coordinator
perlman1@aol.com, 703-754-9344

Judas: Just One of Us or Evil in Human Clothing? (F0918)

Mondays, 1:00-2:30 p.m., Oct. 19, 26, Nov. 2

Trinity Episcopal Church

Instructor: The Rev. Vinnie Lainson

Let's unpack the Judas who frames our understanding of human darkness, find those unsettling ways we might be more like him than we think, and ponder the story of fallen love and devotion – in all its forms.

The Rev. Vinnie Lainson's bio is on page 22.

Marilyn Scott, LLI Coordinator

mwscott@comtekmail.com

Carols and Cookies (F0919)

Wednesday, 1:00-2:30 p.m., Dec. 16

Trinity Episcopal Church

Instructor: Kevin Feltmann

With more than two thousand years between the first Christians and today, we have amassed a great (and sometimes not so great) collection of Christmas carols. Join us as we explore the biblical, cultural and editorial origins of some well known and also some more obscure carols. We will have cookies in the Parish Hall prior to the discussion and a sing-along with Kevin playing the new Trinity organ in the Sanctuary. Please bring a batch of your favorite Christmas cookies to share and, if you'd like, copies of the recipe.

Kevin Feltmann is the organist/choirmaster at Trinity Episcopal Church, Manassas. He holds a bachelor's degree from Drury University, where he served as college harpsichordist and an associateship from the American Guild of Organists (comparable to a master's degree). He is a member of the American Guild of Organists, the Royal School of Church musicians in America, and the youngest member of the International Association of Friends of Sacred Music. He has appeared as guest organist at St. Peter's Basilica, the Cathedral of St. Stephen (Vienna) and the Cathedral Basilica of St. Louis. Kevin teaches voice, organ and piano. This is his fourth class for LLI.

Marilyn Scott, LLI Coordinator

mwscoff@comtekmail.com, 703-361-7074

Trips: F0920 & 21

The Teaching Garden & Labyrinth at St. Benedict Monastery (F0920)

**Wednesday, 10:00 a.m.-1:30 p.m. Oct. 7 (rain date Oct. 14)
9535 Linton Hall Rd., Bristow, Va.**

Lunch \$12 (maximum 20, include fee with registration)

Instructors: Sister Pat Hagarty, OSB, and Paige Thacker

Join other LLI members for a morning of peace, inspiration, beauty and learning at the St. Benedict Monastery in Bristow. A guided tour of the Teaching Garden, the labyrinth and meditation silos will be led by Sister Patricia Hagarty and Paige Thacker. They will also talk about the bluebirds, honeybees and purple martins that live on the grounds. Following the tours, Sister Pat, along with LLI members Linda and Leo Stoltz and Mary Shaw, will serve lunch on the garden patio. The number of LLI members on the tours is unlimited; however, lunch will be limited to the first 20 paid registrants.

Special Instructions: Some parts of the tour will be on uneven ground so wear walking shoes and bring walking aids if you use them. The LLI Coordinator will contact registrants regarding parking and other detail prior to the trip.

Sister Patricia Hagarty worked as a clinical dietitian for 26 years at Fauquier Hospital. In 2003 she retired and ran the bakery at the Monastery. Currently she is the supervisor of both the dietary department and the grounds. She maintains all the flower beds on the property (except the Teaching Garden) with volunteer help. She has an AAS degree in horticulture from NVCC-Loudoun and is a Master Gardener with the Prince William Extension office.

Paige Thacker has been the Horticulture Agent with the Prince William Cooperative Extension office since 2002. She has a bachelor's degree in horticulture from Virginia Tech and a master's degree in agriculture and extension education, also from Virginia Tech. She worked for 11 years in a wholesale perennial nursery as a propagation manager.

Mary Shaw, LLI Coordinator
mary_shaw@comcast.net, 703-470-3531

Woodlawn Plantation and Pope-Leighey House (F0921)

9000 Richmond Hwy., Alexandria, Va.

Wednesday, 10:00 a.m.-noon, Nov. 18

Trip minimum 25

Entrance fee \$13 (include with registration)

Woodlawn was originally part of George Washington's Mount Vernon Estate but was given as a wedding gift to his nephew. The main Federal-style house was designed by the architect of the U.S. Capitol, Dr. William Thornton, and was constructed between 1800 and 1805. Originally comprising over 2,000 acres, Woodlawn has had several owners including Quakers who freed their slaves in the mid-1800s and established a controversial social experiment that attracted negative attention from Confederate forces during the Civil War. It was later owned by a playwright with 60 cats, and then by a Pennsylvania coal heiress who spent 20 years restoring the house and grounds. In 1952 it became the first historic site owned by the National Trust for Historic Preservation.

The Pope-Leighey House is one of the Usonian houses created by renowned architect Frank Lloyd Wright as a modest family dwelling which responded to the surrounding environment. Wright's innovative use of natural materials – wood, brick, glass and concrete – created a sense of a large and more spacious abode in only 1,200 square feet. The house was commissioned by journalist Loren Pope in 1939. Mrs. Marjorie Leighey, the second owner, donated the house and its furnishings to the National Trust for Historic Preservation in 1964. It was moved to its present location when the widening of Rt. 66 threatened to demolish it.

Note: We must have 25 paid registrants for the scheduled private tour, consequently, we may not be able to refund any payments for cancelations. You will be contacted shortly before the tour with carpooling instructions, lunch suggestions and any other pertinent information.

Lydia Gonzalez, LLI Coordinator
lidio1@comcast.net, 703-590-9805

Ongoing Activities

The following clubs are open to all LLI members. Don't list them on your registration form – just show up for the first meeting. The day, time and frequency of meetings will be determined by the students and the facilitator. Please call the club's facilitator with any questions you have.

Book Club (Fiction)

Monday, 2:00 p.m., Sept. 21, Borders, Parkridge Center

Facilitator: Barbara Deegan, 703-670-9969

One of the longest running activities offered by LLI, the Book Club meets once a month. Books are selected by the members, usually one or two months in advance. The discussions are fun for all, including those who may not have finished reading the current book. Your participation will be sure to enhance your pleasure in reading.

Book Club (Non-fiction)

Tuesday, 10:30 a.m.-noon, Sept. 22, Quarry Station

Facilitator: Perley Eaton, 703-754-9344

The Non-fiction Book Club is a unique study group for LLI-Manassas members who wish to gain greater insight into twenty-first century globalization issues. Books, selected by the members, will focus on topics ranging from global warming, international power struggles, economic initiatives, social issues and world leadership. The format includes the selection of a moderator who will provide a short synopsis of the book for that month – including a selection of three or four relevant topics thus stimulating discussions by the members. This club provides an opportunity for members to attain increased knowledge as background on issues surfacing in the fall semester's Current Events Discussions course and the spring semester's Great Decisions course. At the first class meeting moderators for the semester will be selected and books will be chosen.

French Club

Tuesday, 1:30 p.m., Oct. 20

Quarry Station Senior Apartments

Facilitator: Jeannine Izquierdo, 703-330-7191

Using books and CDs Jeannine, a native of France, will help students become familiar with and feel confident using beginning conversational French with an emphasis on pronunciation. The goal is to be able to communicate in French on trips abroad.

Play Reading Group

Friday, 2:00-5:00 p.m., Sept. 25

Quarry Station Senior Apartments

Facilitator: Patricia Sawyer, 703-335-8756

If you've ever fantasized about being an actor this is the opportunity for you! We read plays by contemporary playwrights as well as some classic ones, taking turns reading the various roles. Some possible plays this semester include those of Horton Foote and Wendy Wasserstein. Come join us for this fun activity. After the first session the group will determine the future dates and times.

The Traveling Camera

Tuesday, 10:00 a.m., Oct. 6

Quarry Station Senior Apartments

**Facilitators: Dr. Michael Dennis, 703-304-6400 and
John Rice, 703-367-8785**

How often have you looked at your photos of a trip and felt let-down because they just didn't do the trip justice? Well, here is a unique opportunity to get the help you need to take the perfect photos. The facilitators will help make your camera a better tool to record those trips. Meeting time will be divided equally between becoming a better photographer and viewing photos of other member's travels. Travelogues documented with photos will be discussed not only for the travel experience (perhaps the trip you were thinking about for yourself) but also for ways photos can be improved. As an added feature, members of the group can become affiliated with the Regency Travel Club which offers bargain trips to almost anywhere in the world.

NOVA Educational Opportunities for Seniors

LLI members are invited to explore educational opportunities offered by Northern Virginia Community College (NOVA) through the Workforce Development & Continuing Education office.

Tuition-free, non-credit courses for seniors are available at the Manassas and Woodbridge campuses on a space-available basis. Seniors, age 60 and older, who have lived in Virginia for a minimum of one year, may take up to three courses per semester. The fall 2009 semester has course offerings in computers, photography, interior design, drawing, estate planning and more.

Details are explained in a brochure the college mails to local residents in August. If you do not receive a copy or want additional information visit their new Web site: www.nvcc.edu/wdce/pwregional.

Plus 50 Program

Retirement “Encore” Jobs – Searching, Securing and Surviving

Do you want to work after “retirement?” Learn how to find an “encore” job that will enrich and sustain you in your next fifty!

Prerequisite: none

Instructor: Anne Kuhta

Wednesdays, Oct. 14, 21, 28, 1:00-4:00 p.m.

3 Sessions, \$90 Manassas Location: TBA – LLRN 1835-01M

LLI Board of Directors

David Ward, President, 703-369-1243
dward222@verizon.net

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candiruby@gmail.com

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LLI-Manassas Membership Application

Membership dues are \$100.00 for twelve months. This enables you to take courses for two consecutive semesters.

Name

Preferred badge name

Street address

City/State/Zip

Telephone

Email.....

Today's Date

How did you learn about LLI?.....

Please check here if you **do not** want your name and contact information included on LLI's membership list which is used **only** for communication within the organization.

Please mail form & check to:
LLI-Manassas
c/o NOVA Office of Continuing Education
6901 Sudley Rd.
Manassas, VA 20109

Fall 2009 Program Guide

Course Registration Form

Please register by Sept. 21, 2009

Mail your completed form to:
LLI-Manassas
c/o NOVA Office of Continuing Education
6901 Sudley Rd.
Manassas, VA 20109

Name

Street address

City/State/Zip

Telephone Email.....

Today's Date

____ Please check here if you **do not** want your name and contact information included on LLI's membership list which is used **only** for communication within the organization.

Course Selections: Use back of this page for additional courses. **Please include check made payable to LLI-Manassas if you're signing up for the following: Mastering MS Word \$20, Cooking \$15, Teaching Garden Lunch \$12, Woodlawn & Pope-Leighey \$13.** If a course/trip is full or is canceled LLI will notify you and refund your money (unless stated as non-refundable).

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Fall 2009 Program Guide

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Forum and Course Venues

For more complete directions, please consult an Internet site such as MapQuest or call the course coordinator.

Bethel Lutheran Church, 8712 Plantation Ln., Manassas, VA 20110, 703-368-3943, is located at the intersection of Plantation Ln. and Sudley Rd. near the main post office and across Sudley Rd. from Java Rock and Manassas Baptist Church.

Center for the Arts, 9419 Battle St., Manassas, VA 20110, 703-330-2787, is located in Old Town Manassas beside the railroad tracks.

Dunbarton Clubhouse, 9600 Craighill Dr., Bristow, VA 20136, 703-550-9600. From Manassas take Prince William Pkwy. North; turn left on Sudley Manor Dr. and follow across Linton Hall Rd. Turn right on Dunbarton Dr. (at the gatehouse), right on Craighill and continue straight to the Clubhouse.

George Mason University, Manassas Campus. Directions to classrooms and parking information will be sent to registrants prior to the first scheduled course meeting.

Innovation Park, 9485 Innovation Loop Dr., Manassas, VA 20110. From Prince William Parkway turn onto University Blvd. and take the first right turn onto Innovation Dr. (just past Comcast on the right). After approximately 0.2 mi. (and just past UTRON) turn left into Innovation Park (on Innovation Loop Dr.) Follow signs for NVCC parking which will direct you to the back entrance or you may use the front entrance which is the last door on the right. Classrooms are clearly marked.

Manassas Museum, 9101 Prince William St., 703-368-1873, is located in Old Town Manassas near the new parking garage.

Manassas Saint Thomas United Methodist Church, 8899 Sudley Rd., Manassas VA 20110, 703-368-5161, is located near the intersection of Sudley Rd. and Grant Ave. LLI classes are held in Room 304 on the third floor.

Fall 2009 Program Guide

NOVA-Manassas Campus, 9601 Sudley Rd., Manassas, VA 20109. From Prince William Parkway turn onto Sudley Manor Dr. North; follow Sudley Manor Dr. to Sudley Rd. and turn left on Sudley Rd. (Rt. 234); go thru six traffic lights and turn right on NOVA Road into the campus. Follow signs to Events parking lot. Forums are held in the Colgan Hall auditorium.

Quarry Station Senior Apartments, 8750 Quarry Rd., Manassas, VA 20110, 703-393-7788. From Prince William Parkway, turn onto Sudley Manor Dr. North, then turn right on Sudley Rd. (Rt. 234) and follow it toward Manassas. At its intersection with Centreville Rd./Center St. (Rt. 28) Sudley Rd. becomes Prescott Ave. At 4-way stop on Prescott, turn left onto Quarry Rd. and follow to apartments on left. (Quarry Rd. continues to Liberia Ave.).

Sudley North Government Center, 7987 Ashton Ave., Manassas, VA 20110, 703-792-4041, is located near Ashton's intersection with Sudley Manor Dr. and the Bull Run Regional Library. LLI classes are held in the McCoy Conference Center on the upper level.

Trinity Episcopal Church, 9325 West St., Manassas, VA 20110, 703-368-4231, is located on Church St. near the corner of West St. in Old Town Manassas. Park in the church's parking lot directly behind the downtown post office. Use the church's West St. entrance (double glass doors).

Lifelong Learning Institute - Manassas
c/o NOVA Office of Continuing Education
6901 Sudley Rd.
Manassas, VA 20109

Register for classes
by September 21, 2009

