

LIFELONG LEARNING INSTITUTE – MANASSAS

SPRING 2012 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 and evening classes will be held as scheduled.

Lifelong Learning Institute (LLI)-Manassas
is hosted by the
Manassas Campus of Northern Virginia Community College.

Cover photograph: LLI members attend a class on Asian brush painting during the Fall 2011 semester. Photographer: Gordon Olson

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Spring Class Registration

Friday, January 13, 2012

1:00 to 3:00 p.m.

NOVA Manassas at Innovation Business Park (MIP)

9485 Innovation Dr. (directions on page 65)

- Register for classes and meet coordinators
- Learn to use LLI's website – demonstrations & assistance by IT/Web committee members
- Please bring prospective members
- Socialize with other members and enjoy light refreshments

If you recently joined LLI, you are cordially invited to our

New Member Orientation

Monday, January 23, 2012

11:00 a.m.

NOVA Manassas at Innovation Business Park (MIP)

- Learn the history, governance, policies & procedures of LLI-Manassas
- Nancy Osborne, LLI president, will answer questions about the current semester
- Discover how you can become an important part of LLI by participating in various committees & activities

For more information about LLI-Manassas, please visit our website at www.lli-manassas.org.

Meet and Greet

LLI members are invited to casual get-togethers at 12:00 noon in the Break Room at NOVA Manassas at Innovation Business Park (MIP) on the following dates:

Friday, January 27

Friday, February 24

Friday, March 23

These gatherings are planned for members to get to know fellow LLI members. Some very interesting, spontaneous conversations occurred during the fall semester's gatherings and we hope they will continue during the spring. Please bring your bag lunch. LLI will provide drinks and dessert.

Volunteer Opportunities

In order to continue to grow and develop, LLI-Manassas needs you to step forward to offer your skills and expertise in a variety of ways. Please contact any member of the Board of Directors to discuss how you can be of service through any one of the nine current committees. You will find the contact information for all members of the Board on page 56 of this program guide.

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 Spring 2012 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 December. For additional information, visit their website, www.nvcc.edu/wdce/pwregional.

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 establish a community of adults, 50 years of age and older, that provides affordable educational and social opportunities in a friendly atmosphere. We are hosted by Northern Virginia Community College (NOVA)-Manassas Campus, which makes space available for our classes and other activities.

We offer daytime and evening classes, trips, speaker forums, clubs, 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 (two consecutive semesters), and can start at any time during the year. Members can attend as many classes and activities as they wish, depending on available space. There will be charges for trips, for some classes and special events. Any person age 50 or older is cordially invited to become a member by completing the short membership application form on page 59 of this program guide.

LLI-Manassas is able to offer a limited number of partial scholarships (memberships) to current and potential members. If you are interested in this assistance, contact a board member (page 56 or www.lli-manassas.org) who will present your request at the next board meeting. You will then be notified of the action taken by the board.

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 (EIN). Visit their website at www.roadsscholar.org/ein/intro.asp to learn more about other LLIs.

Speaker Forums

Forums are open to the public and LLI members are encouraged to bring friends and neighbors to introduce them to LLI. Refreshments will be served before the presentation. The “lunch bunch,” open to everyone, meets after the program at a nearby restaurant for a Dutch treat meal.

Wednesday, 10:00 a.m.-noon, February 8

Needed: Scientists, Engineers and Mathematicians

Colgan Hall, NOVA Manassas

Amy Harris and other panel members

Northern Virginia faces a critical shortage of scientists, engineers and technicians. The National Research Council and the National Science Foundation have identified the core underpinnings of a competitive economy as being the fields of science, technology, engineering, and mathematics (STEM). In 2006, the U.S. National Academies issued a warning about the decline of STEM education in America and recommended a number of actions. One of their top recommendations was to enlarge the pipeline of students preparing to enter college and graduate with STEM degrees. Over the past twelve months, through SySTEMic Solutions, NOVA has created a collaborative arrangement among school divisions, higher education institutions, and employers to create a sustainable workforce pipeline in the Manassas, Manassas Park, and Prince William County region that by the year 2015 will have over 3,000 students preparing for STEM careers. In this Forum, Amy Harris, NOVA’s liaison with the public schools and industry, and a panel from industry and the schools, will explore how NOVA is preparing to meet this challenge.

Amy Harris recently joined Northern Virginia Community College (NOVA) as the director for SySTEMic Solutions. In this new position, Harris will lead the implementation of a regional education and training program known as “SySTEMic Solutions: Inspiring Minds for Advanced Technology.”

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Wednesday, March 14 LLI Annual Membership Meeting

Members will receive a notice of the annual meeting as the date nears.

Wednesday, 10:00 a.m.-noon, April 11 400 Years of Virginia Agriculture: Three Sisters to Chardonnay Colgan Hall, NOVA Manassas CiCi Williamson

CiCi Williamson, culinary historian and author of *The Best of Virginia Farms Cookbook and Tour Book*, will take us on a fascinating trip across four centuries of agriculture in Virginia. This absorbing presentation begins with Virginia's Native American farming and ends with the state's long-sought success in producing great wines.

CiCi Williamson is the author of six cookbooks and more than 1,500 newspaper and magazine articles. Her latest book, *The Best of Virginia Farms*, is a cookbook, tour book and history reference. She is the host of an award-winning Virginia PBS-TV series based on the book. For 22 years CiCi wrote a weekly food column syndicated in 160 newspapers across the country. She is president of the Culinary Historians of Washington and a past president of Les Dames D'Escoffier International, a professional women's culinary organization. CiCi has a bachelor's degree in home economics from the University of Maryland, and is a food safety expert at the U.S. Department of Agriculture's Meat and Poultry Hotline. CiCi lives in McLean, Virginia.

Wednesday, 10:00 a.m.-noon, April 25
If the Climate Changes, What Will We Do in Virginia?
Colgan Hall, NOVA Manassas
Charlie Grymes

We buy car insurance in case we might have an accident – so what is our insurance policy in Virginia for climate change? How should we prepare? Should we plan to build seawalls on the Potomac River? Should Northern Virginia find new sources of drinking water, in case of future drought? Where will aircraft carriers dock in 100 years, if Norfolk drowns? And what is the one action that both global warming activists and deniers agree is a common priority?

Charlie Grymes is chair of the Prince William Conservation Alliance (www.pwconserve.org), which focuses on watershed protection, conservation of natural areas and smart growth in a rapidly-suburbanizing county. He teaches Virginia geography at George Mason University and is the author of the VirginiaPlaces website (www.virginiaplaces.org). He spent over 30 years with the Department of the Interior, working as park ranger, scenic easement administrator, budget analyst, information technology manager, manager of Internet-based outreach, and project leader for an electronic government project. As a 10th generation Virginian (Leesylvania State Park is an old family plantation), Charlie often wonders why those earlier generations did not buy land when it was cheap and hold on to it, providing him a large inheritance so he could have lived a life of luxury...

Spring 2012 Classes & Trips

Please register by **January 20** using the form on page 61 of this program guide. Later registration is accepted but some classes may be filled. Classes are grouped by category; trips are listed after the classes. Register for as many classes/trips as you wish, but please make every effort to attend since instructors and coordinators prepare for the total number of registrants.

Coordinators. An LLI member serves as coordinator for each class/trip and is your contact. Email or call the coordinator if you have questions. About one week before each class/trip 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, call the facilitator or attend the first meeting. Please let a member of the Program Committee know if you are interested in starting a new club.

Bring a Friend. Members can bring potential LLI members to one class meeting (space permitting and fee paid if applicable) to give them an idea of what LLI classes are like. We hope they will enjoy the class enough to become members.

Fees and Refunds. Please write one check to cover all class/trip fees and include it with your completed registration form – **you will not be registered unless the fee accompanies your registration.** LLI will refund your payment if a class/trip is full or is cancelled. Trip fees are non-refundable after the date stated in the trip description.

Check the LLI-Manassas website (www.lli-manassas.org) often for up-to-date information and any last minute changes in classes and trips. Be aware that times stated in the program guide for classes scheduled at NOVA Manassas Innovation Business Park (Manassas Innovation Park in the class listings) may change due to NOVA's own class schedule. A map with directions to each LLI class is included on the website. Information about events not included here will be sent to members via e-mail and posted to the website throughout the spring semester.

Arts & Literature (S1201-04)

Classic Novels (S1201)

**Fridays, 10:00 a.m.-noon, Jan. 27, Feb. 3, 10,
17, 24 Manassas Innovation Park Facilitator:
David Ward**

This course covers the DVDs of Professor Arnold Weinstein for the Teaching Company's "Classic Novels." After viewing each lecture, students will discuss the lecture's content and review related questions. Lectures are about American authors and themes as follows:

1. Introduction, Defoe's *Moll Flanders*
2. Sterne's *Tristram Shandy*, Laclos's *Les Liaisons Dangereuses*
3. Balzac's *Père Goriot*
4. Brontë's *Wuthering Heights*
5. Dicken's *Bleak House*

Note: You are welcome to attend one class of your favorite author or an author of interest. You need not take every class in the series to enjoy these lectures.

David Ward is the class facilitator. He 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. He is a past president of LLI-Manassas and a member of the program committee. He has presented several classes during past semesters.

Reintroducing America to Its Own Music (S1202)

Tuesday, 10:00 a.m.-noon, Feb.

14 Manassas Innovation Park

Instructor: Dennis Van Derlaske

Many folk songs we now consider to be American standards were not well known as recently as the early 20th century. This is the story of how a father and son travelled to rural America during the 1930s to capture this music and document it with crude recording equipment. We will explore the life and times of John and Alan Lomax and some of the performers they met along the way.

Dennis Van Derlaske is an engineer retired from the federal government. He is engaged in researching and presenting “vernacular” American history from the 19th and 20th centuries. He is a member of the Prince William County Historical Commission, Historic Prince William and the Prince William County Historic Preservation Foundation. He frequently speaks to University of Mary Washington ElderStudy members, where he serves on the Board of Directors.

**Stories to Remind and Remember: A
Writing Workshop (S1203)**

Mondays, 1:30-3:30 p.m., Mar. 5, 12, 19, 26, Apr. 2, 9, 16, 23

Manassas Innovation Park

Instructor: Mary Winsky

How do we keep reminding ourselves what is important and lasting? Two wonderful ways are by reading great literature and finding our own stories in its shapes and shadows. This writing workshop will give us another chance to tell ourselves and each other the significance of the lives we live. Edith Pearlman will help us retrieve and record our memories with her spectacular new short story collection, *Binocular Vision*, making meaning as we write beside her. Please find the book and read its introduction by Ann Patchett as well as the first three stories, “Inbound,” “Day of Awe” and “Settlers” before the first class.

Mary Winsky is a writer and former English teacher, staff developer and change agent. She has taught writing and literature at high school, college and graduate levels and led writing workshops for adults nationally and locally. Mary has taught for LLI since the fall of 2004.

Music – Better than Words? (S1204)

Tuesdays, 10:00 a.m.-noon, Apr. 3, 10, 17, May 1

Manassas Innovation Park

Maximum class size 35

This is a class about songwriters, lyricists, composers and the artists who performed their music. Students will recall the genre that blossomed in America and spread across the world stretching from “Tin Pan Alley” in the 1920s, Broadway in the 1930s and Hollywood in the 1940s. We will be reacquainted with the songs, words and sounds from the original virtuosos who produced this appealing music.

Lectures will be enhanced with recordings of the original music and, in many cases, videos of the most popular performers.

E. Perley Eaton spent over 50 years in the aviation industry, 26 years as an officer in the United States Air Force where he was a crew member, program manager for special equipments and the F-111’s avionics systems, and a military adviser to members of the Office of the Secretary of Defense. He was a member of the Presidential Interagency Council of the Jimmy Carter administration and a consultant to top managers in the FAA. Perley has served as LLI president and newsletter editor. He is currently a member of the board of directors and the program committee.

Experience Buffet (S1205-07)

In this popular series of classes, LLI members share their work experiences, hobbies, travels and special interests. Please consider presenting your own story next semester.

In My Father's Footsteps (S1205)

Thursday, 10:30 a.m.-noon, Feb.

16 Bethel Lutheran Church

In June of 2011, I set out on a trip to follow the path my father had taken in World War II. Armed with a Unit History prepared by the men of the 789th Anti-aircraft Battalion, I traveled to England, France, Belgium and Germany. Join me for a discussion of this trip, accompanied by photos, and hear some lessons I drew from this journey.

Dan Leahy is a retired federal government employee with over 30 years of public service in the area of international trade. Dan is a longtime member of LLI and taught the Current Events Discussions and Great Decisions classes for several years. He is a past president of LLI and currently is a member of the board of directors and the program committee.

The Galapagos Islands – Man and Animals at Peace (S1206)

Thursday, 10:30 a.m.-noon, Mar.

8 Bethel Lutheran Church

Presenter: Denna (Dee) Brown

Dee's career allowed her to live, work and travel in almost 70 countries but her dream trip was always the Galapagos Islands. Having recently done this, she will present her experiences and thoughts on this unique protected animal habitat, where the creatures have no fear of or concern about human presence. Will this paradise last or have the seeds of destruction already been planted?

Dr. Denna Brown is a clinical psychologist by vocation and an animal loving world traveler by avocation. Since completing her degrees in 1973, she has done research, clinical work and university teaching. Her favorite job was with the University of Maryland's overseas program in the Mediterranean and Asian Divisions. This job allowed her to experience numerous countries while getting paid for it – does life get any better? Now retired, she continues to travel, works in animal rescue, is a Virginia Master Gardener and spends a lot of time in live theaters in the D.C./Northern Virginia area.

**Traveling with Teenagers in the
U.S.S.R. (S1207)**

Thursday, 10:30 a.m.-noon, Apr. 5

Bethel Lutheran Church

Presenter: Jill Gentry

Traveling in the Soviet Union with young people allowed us freedom to see and do more than traveling with adults would have. At the time of our trip, July 1977, the Soviet Union was trying to show our young people that what they had been told was not true. We had many experiences that showed the students that there were many differences between the two nations both politically and culturally, but human nature was much the same in both countries. Our adventures will be discussed in this presentation.

Jill Gentry is a retired social studies teacher at Stonewall Jackson Senior High School. During her teaching career she taught world history, American history and government, and sociology. She is a graduate of Western Kentucky University with bachelor's and master's degrees. Jill was a travel agent with a local travel agency until recently. She has been a member of LLI-Manassas since September 2009 and serves on the program committee and the communications committee. She has given a past Experience Buffet.

Health & Fitness (F1108-11)

Decision Making. Are We Always Rational? Should We Be? (S1208)

Thursday, 1:30-3:00 p.m., Feb. 9

Manassas Innovation Park

Maximum class size 45

Instructor: Dr. Pamela Greenwood

This class will explore human reasoning and decision-making, taking into account evolutionary pressures. We will discuss “cheater detection,” Dirty Harry, and ethical dilemmas. Some of our LLI members are participating in Dr. Greenwood’s study of cognitive aging.

Dr. Pamela Greenwood received her Ph.D. at SUNY Stony Brook under Michael Gazzaniga. She went on to a post-doctoral fellowship at the West Haven VA and Yale University to learn event-related potential techniques and conduct basic research on somatic event-related potentials. She eventually moved to Catholic University in Washington, D.C., to study attention using both electrophysiology and behavioral methods in healthy aging and Alzheimer’s disease. At Catholic, she collaborated on a large-scale study of the genetics of cognitive aging using information processing and standardized neuropsychological assessments of cognition as a function of APOE and neurotransmission genes. This study was moved to George Mason University in 2004 and a longitudinal component was added. The goal of this research is to study the genetic modulation of cognitive and brain change in mid-life by measuring effects of variation in neurotransmission and neurotrophic genes. With their Norwegian collaborators, Drs. Greenwood and Parasuraman are involved in a large-scale genome-wide study (GWAS) of cognitive aging. She is also investigating effects of cognitive training on mind and brain as measured in cognitive performance, cortical thickness, and white matter integrity.

Lighten Up! Manage Your Thoughts, Eat Healthier and Enjoy Life More! (S1209)

Wednesdays, 11:30 a.m.-1:00 p.m., Mar. 21 & 28

Wednesday, 2:00-3:30 p.m., Apr. 11

Bethel Lutheran Church

Maximum class Size 30

Instructor: Robyn Hall-Phelps

This class will focus on three crucial skills for eating well and feeling better:

1. Understanding that food and weight management are all about our thinking.
2. Understanding that stress and anxiety can be managed and overcome through learning some specific tools.
3. Understanding that eating better and still having favorite treats is achievable and necessary for lifelong health and enjoyment.

Join us for three different sessions to learn skills to manage thoughts and anxieties about food and other triggers that can cause us to eat the wrong foods, overeat to dull our feelings or eat less of the right foods, which deprives us of nutrients and good feelings.

Robyn Hall-Phelps, MHSA, has taught several well-attended LLI classes over the last couple of years dealing with self-hypnosis, navigating the health care system and other wellness and health related topics. She is delighted to return to teach this class that has special meaning to her. Over the past year she has used the very tools she will be teaching to manage her own health, thoughts and weight and to change some well-established but poor habits which needed to be understood and transformed.

“I try very hard to practice what I teach. We live in a country of great abundance – knowledge, research and delicious, healthy food are right at our fingertips. It’s important to make choices for ourselves that will help extend our nourishment and enjoyment of each and every day.”

Using Herbs for Health (S1210)

Tuesday, 1:30-3:30 p.m., Apr.

17 Bethel Lutheran Church

Instructor: Sondra Johnson

One can use a variety of healing herbs, many of which will be already familiar in the garden or in cooking.

In this class, LLI members will learn:

- What herbal tonics, simples and worts are and how to make and use them
- The difference between teas, medicinal infusions and decoctions
- How to use fresh and dried herbs to stay healthy
- How to make a tonic from herbs that will help prevent flu
- Which herbs are useful for various skin ailments

Sondra Johnson was born in England and grew up in the Washington, D.C. area. She spent most of her professional life as an editor/writer. She began studying herbalism in the 1980s and put it to practical use with her family and her farm animals. Farming gave her the opportunity to observe nature in a unique and pure form, and led to her interest in collecting and studying plants, which branched out into herbs and herbalism in general. Her approach is to follow the practices of both Native Americans and African slaves who brought herbalism to this country and practiced it as a matter of course in their daily lives. Currently, Sondra teaches about herbs and herbalism as well as soap and herbal tonic making. She is secretary for the Shenandoah Herb Society. Her hobby-turned-business, called Nature's Common Scents, was formed in 2001.

Talking Books: Transforming the Written Word into a Spoken Performance (S1211)

Monday, 1:30-3:00 p.m., Apr. 30

Manassas Innovation Park

Instructors: David Lingeback, Laura Giannarelli, Elizabeth Solka

In this presentation we will learn how Talking Books for the Blind are created in a recording studio. The instructors will explain the process that leads to the availability of this service in Prince William County. The Library of Congress's Talking Books for the Blind program recently celebrated its 80th anniversary.

David Lingeback is the founder and executive director of the OUTA Sight Foundation, which has developed seminars, tutorials, research studies, and outreach programs. He has been legally blind for over 30 years and has been an enthusiastic talking book user for many years.

Laura Giannarelli, a longtime Washington, D.C. actor, has performed at Baltimore's Everyman Theatre and D.C.'s Theatre J and has toured with the Kennedy Center. She is a founding company member at the Washington Stage Guild, where she has appeared in more than 30 plays since 1986. A narrator since 1979 for the Library of Congress's Talking Books for the Blind, Laura has recorded over 800 books. She received an Alexander Scourby Narrator of the Year Award from American Foundation for the Blind and a Mary Goldwater award for her stage work from D.C.'s Theatre Lobby. She is a partner with her husband, Clay Teunis, in Tunarelli Sound and Design.

Beth Solka taught for 21 years and has worked for Assistive Services at the Central Rappahannock Regional Library for the last eight years. Thirty years ago she was a James Madison University psychology intern for the School for the Deaf and Blind in Staunton, Va. and subsequently worked for the Subregional Library for the Blind and Vision Impaired. Beth has a bachelor's degree in computer science from the University of Mary Washington and a master's degree in education from JMU.

History (F1212-18)

History of Occoquan (S1212)

Friday, 10:30 a.m.-noon, Mar. 2

Occoquan Town Hall, 314 Mill St.

Instructor: Earnie Porta

First settled in the middle 1700s, Occoquan was once a prominent iron manufacturing and milling center. Mayor Earnie Porta will offer a slide-illustrated lecture on Occoquan's history, from the earliest times to the end of the 20th century. Learn about the town's prehistory, early European settlement, commercial development, role in the Civil War and other seminal events like the fire of 1916, the construction of the Occoquan High Dam, and Hurricane Agnes. After the lecture we will spend time in Occoquan seeing some of the sites discussed and enjoying its shopping and dining options.

Note: You will receive directions and a list of registrants to facilitate carpooling.

Earnie Porta, mayor of the Town of Occoquan since July 2006, received his bachelor of science degree cum laude from the Georgetown University School of Foreign Service, where he also earned a Certificate in Arab Studies. He holds a law degree from Georgetown University Law Center and is an associate member of the Virginia State Bar. After working in the field of finance, he returned to school, and in 2008 received a master of arts degree in history from George Mason University (GMU), where he was also the recipient of the 2006 Josephine Pacheco Award. Today he is a Ph.D. candidate in history at Georgetown University. Mr. Porta is an active member of various civic organizations and serves on several boards, including the Prince William Historic Preservation Foundation. In 2009 he was honored with the Roy Rosenweig Alumnus of the Year Award from GMU's Department of History and Art History. He enjoys astronomy, boating and the martial arts, holding a 2nd degree black belt in the Korean martial art of Hapkido. In November 2010 he authored a book on Occoquan in Arcadia Publishing's *Images of America* series.

Historic Manassas Churches (S1213)

Friday, 10:00 a.m.-noon, Mar. 9

Reformed Presbyterian, First Baptist

Instructors: Francis Elliott, Cynthia Ragland

In this continuation of last fall's class we will visit two more historic Manassas churches.

Reformed Presbyterian Church, 9400 Fairview Avenue at the intersection of Center Street. This building, built in 1879 by the All Saints Catholic Church, was purchased by the Reformed Presbyterian Church in 1973. Francis Elliott, the church's treasurer, will share the history of this Victorian-period building, including its 1869 historic pipe organ and colonial-style wall tablets inscribed with the 10 Commandments. He will also talk about the Reformed Presbyterian faith. Mr. Elliott has been a member since the church was organized in 1972.

First Baptist Church, 9258 Center Street. This church was established in 1872. Cynthia Ragland, its clerk since 1980, will tell us about its faith, history and architecture, including the double steeples, which are from the old and the new sanctuaries. First Baptist celebrates its 140th anniversary in 2012 and continues to serve the community with a food and clothing bank, hot lunches every Thursday and a hot dinner on the last Thursday of the month. Refreshments will be served before the tour.

Neighbors, Enemies, Allies: The Bitter Struggles between Scotland and England (S1214)

Friday, 10:30 a.m.-noon, Mar. 16

Colgan Theatre, NOVA Manassas

Maximum class size 100

Instructor: Dr. Rebecca Hayes

This will be a continuation of Dr. Hayes' classes from last semester. In this class she will explore the bitter struggles between England and Scotland during the medieval and early modern periods.

Note: You are welcome to attend this class even if you did not attend the fall semester classes.

Dr. Rebecca Hayes is associate professor of history at Northern Virginia Community College. Her Ph.D. from Florida State University focused on early modern British history with minors in Medieval Europe, Classical Greece and Rome, as well as the Middle East. Dr. Hayes began her teaching career at Mississippi College in 2003 and moved to Northern Virginia in 2008. She is currently the Honors Chair for the Manassas campus and sponsors Phi Theta Kappa, the international two-year honor society. Dr. Hayes loves to travel and takes students abroad during spring break, believing that everyone should experience other cultures and get the chance to see history come alive.

Last Campaigns of the Civil War (S1215)

Mondays, 2:00-4:00 p.m., Mar. 19, 26, Apr. 2, 9

Manassas Innovation Park

Maximum class size 35

Instructor: Ron Mayer

This course will cover the last campaigns of the Civil War which resulted in the defeat of the Confederacy. First, we will look at Lt. Gen. U. S. Grant's nine-month siege of Petersburg. The campaign consisted of trench warfare that eventually extended from Richmond to Petersburg. Numerous raids were conducted and battles were fought in attempts to cut off the railroad supply line. Lee finally yielded to overwhelming pressure and abandoned both cities in April 1865, leading to his retreat and surrender at Appomattox Courthouse. Next, we will look at the retreat of the Confederate Army under Lt. Gen. John Bell Hood after leaving Atlanta. We will follow his movements into Tennessee where he fought a disastrous battle at Franklin. Two weeks later his army was effectively destroyed at the battle of Nashville. Finally, we will follow Sherman on his infamous march to the sea. With 62,000 men and 64 cannons, Sherman did over one million dollars in damage in 26 days, reducing Georgia's midsection to debris and desolation. Leaving Georgia, we will continue north with Sherman, engaging the last vestiges of the Confederate Army.

Ron Mayer retired from the Air Force in 1993 after serving 26 years. He worked 11 years at the Joint Warfighting Center in Suffolk, Virginia, writing joint doctrine for the 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. He has studied the Civil War for over 25 years and gives lectures to members of his community at Heritage Hunt. He has led tours to battlefields including Manassas, Antietam, Gettysburg, Chancellorsville and Fredericksburg. Ron is a member of the Bull Run Civil War Roundtable. He gives lectures on local history (from the 1600s to modern times) to several neighboring communities including Heritage Hunt, The Marque and The Regency. Ron has taught several classes for LLI-Manassas.

Great Grandfather Comes to Life (S1216)

Thursday, 10:30 a.m.-noon, Apr.

12 Trinity Episcopal Church

Instructor: Larry LeDoux

It's a common human tendency to wonder who our ancestors were and what they were like. Consequently, genealogy has become the fastest growing adult pastime. Today, more easily than ever, anyone with a computer, some postage stamps and an inquisitive mind can discover an amazing amount of information about his or her ancestors. This presentation is about the discovery process, centered around a specific individual, which brings into play some of the most common and productive genealogical research techniques as well as their pros and cons.

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. 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. He presented a program on Orphan Trains for LLI's fall 2009 semester.

Long Branch Mansion and Gardens (S1217)

Friday, 11:00 a.m.-12:30 p.m., Apr.

13 830 Long Branch Ln., Millwood

Tour fee \$8 (include with registration)

We will have a docent-led tour of Long Branch Mansion, an elegant, historic manor home in the Virginia Hunt Country. We can then visit the Sheila Macqueen Gardens on our own. In 1808, Robert Carter Burwell began construction of a stately home along the stream known as Long Branch, near Millwood. A Burwell descendant, Major Hugh Mortimer, purchased the mansion in 1842 and completed the interior with elaborate woodwork. The exquisite rooms at Long Branch now boast a superb collection of 18th and 19th century furnishings and hand-painted wallpapers, thanks to Harry Z. Isaacs, a Baltimore textile executive who bought the declining mansion in 1986 at public auction. He spent a sizable fortune in less than three years to revitalize the house, and before he died in 1990, he established a private non-profit foundation to manage the estate for the enjoyment and education of the American people. From Long Branch Mansion we will drive to Upperville to have lunch at the Hunter's Head English Pub. You will order and pay for your own lunch.

Note: You will receive directions and a list of registrants to facilitate carpooling.

Prison Years at Lorton Workhouse (S1218)

Thursday, 1:00-3:00 p.m., Apr.

19 9601 Ox Rd., Lorton

Instructor: Irma Clifton

The site that is now the Workhouse Arts Center has a rich history that includes its success as a center for rehabilitation for non-violent criminals beginning in the early 1900s and its notoriety as an overcrowded and troubled medium-security prison in the 1980s and 1990s. A Women's Workhouse was opened in 1912 on a nearby site. In 1917, women began demonstrating in front of the White House for the right to vote. In response to their outspoken protests during World War I, they were sentenced to fines or imprisonment. They chose imprisonment. Some of those arrested were sentenced to the Women's Workhouse at Lorton. In this class Irma Clifton will discuss the role these women played in the history of the Occoquan Workhouse. A tour will include the prison museum.

Note: You will receive directions and a list of registrants to facilitate carpooling.

Irma Clifton, a long-time resident of the Lorton area, was one of the original board members of the Lorton Arts Foundation. She is active with the Lorton Heritage Society and with the creation of a Workhouse Prison Museum.

Lifestyle (S1219-

22) Social Dance Lessons (S1219)

Fridays, 3:30-4:30 p.m., Jan. 20, 27, Feb. 3

Center for the Arts

Minimum class size 6

Instructors: John Hinkle and Nina Lomax

Wow your friends at the next dinner/dance, and guys – impress that “significant other” with your smooth moves on the dance floor, all in just three easy lessons. At the first lesson, instructors John Hinkle and Nina Lomax will teach us the waltz (box waltz and folk waltz) and the fox trot. During the second lesson we will learn the east coast swing, and the third lesson will focus on Latin ballroom dancing. A snow date, in case we have to cancel a lesson, will be Feb. 17.

John Hinkle has been a financial advisor with the John Hancock Financial Network for 30 years, specializing in insurance and financial planning. He started dancing in 2000 and has taken about 250 dance lessons. He has taught about 50 lessons to church, club and civic groups and knows 25 different types of social dances.

Nina Lomax owns Body Conscience Personal Training, a gym located at her home. She was one of the pioneers in women’s bodybuilding and currently works with clients on weight training and maintaining a healthy lifestyle. She has been demonstrating and teaching social dancing with John for about a year. John and Nina were dance instructors at last summer’s LLI Fourth of July picnic, and some of us enjoyed a quick lesson on the box waltz.

Healthy Cooking (S1220)

Wednesdays, 11:00 a.m.-12:30 p.m., Feb. 15, Apr. 18

Trinity Episcopal Church

Minimum class size 10, maximum 20

Class fee \$14 (include with registration)

Instructor: Dan McDavid

Does your doctor keep adding to your list of food ingredients to avoid? Are you craving some particular dish that contains loads of those no-nos? Don't give up your favorite foods – just learn to make them healthier. The instructor will show you a few simple tricks to keep all the flavor you crave while cutting down on the sodium, saturated fat and sugar that traditionally prepared dishes often have, but perhaps don't need. He'll also point out the available information on food labels that will guide you without confusing you, and how you can increase the good stuff while reducing the bad. In the first session, Dan will prepare a pot of healthy chili with interesting side dishes and then will surprise us with a chef's choice for the second session.

Dan McDavid worked for 33 years as a civilian employee of the U.S. Army, most of that time at the headquarters of the Army Materiel Command. He retired in 2008 from the Office of the Deputy Chief of Staff, G4, Department of the Army. He has been cooking for himself, his family and various larger groups for over 40 years. As his wife's and his own diet were restricted for one thing or another, he has adapted many recipes to suit those restrictions. True to his convictions, Dan brought his own vegan "hot dogs" to LLI's Fourth of July picnic. This is his second set of healthy cooking classes for LLI-Manassas.

Wine and Cheese, If You Please (S1221)

Sundays, 5:30-7:00 p.m., Mar. 18, 25, Apr. 1

Opera House Gourmet

9126 Center St., Manassas

Minimum class size 10, maximum 18

Class fee \$30 (include with registration)

Instructor: Jan Alten

Have you ever wondered what wines go with cheese?

Not all matches are made to be together.

Find out what makes a “couple” and who should be divorced!!!

In this series of classes, various cheeses and wines will be selected for their compatibility.

Jan Alten has owned and operated Opera House Gourmet, a wine and gift shop in Old Town Manassas, since 2000 and was manager of the shop for three previous years. The shop stocks wines from all over the world and offers an International Wine of the Month Club. Jan received the Virginia Wine Retailer of the Year award for two out of the six years it was offered. She was a leader and territory manager for Weight Watchers for 25 years. This is Jan’s fifth class for LLI.

Financial Planning (S1222)

Wednesdays, 1:30-4:00 p.m, Apr. 25, May

2 Manassas Innovation Park

Instructor: Gary A. Howard, C.F.P., J.D.

Beneficiary Designations: Mistakes Can Be Unforgiving, Apr. 25.

This class will stress the need to review beneficiary designations, essentially will substitutes, on a regular basis, as they will affect IRAs, qualified retirement accounts such as 401Ks and 403Bs, and insurance policy proceeds. Life changing events (death, divorce, inheritances) may dictate a need to review and change beneficiaries to ensure conformity with owner wishes and estate planning. As motivation, the class will showcase several eye-popping examples, and unfortunate consequences, of inattention to this need. Not just for the wealthy, the session will empower everyone with the knowledge to plan and act prudently with their legacies.

Alternative Investments, May 2. In a period of low yield returns, yet high volatility in the equity markets, investors are seeking ways to secure income and growth, without assuming undue risks. This class will review alternative investments, products and strategies that can be used to reduce account volatility and provide greater diversification – examples are real estate investment trusts, master limited partnerships, commodities, short duration bond funds and certain types of annuities. Safety and predictability are usually a common trait of these investments.

Gary Howard is a Certified Financial Planner (C.F.P.) professional, owning a franchise with Ameriprise Financial, and managing a comprehensive financial planning and wealth management practice in Gainesville for the past 11 years. Previously, he practiced law, primarily in the areas of estate planning, real estate and business law. Gary graduated with a bachelor's degree in political science from Binghamton University, distinguished with membership in Phi Beta Kappa. He received his law degree (J.D.) from the College of William and Mary. He is a member of the Financial Planning Association and the Virginia State Bar. As a member of LLI, Gary serves on the finance committee. This is his second class for LLI-Manassas.

Politics & Current Events (S1223-26)

Great Decisions (S1223)

Wednesdays, 2:00-3:30 p.m., Feb. 15, 22, 29, Mar. 7, 14, 21, 28, Apr. 4, 11

Manassas Innovation Park

Class fee \$20 (include with registration)

Instructor: David Ward

The Great Decisions Discussion Program is the longest-running and largest grass roots world affairs educational program of its kind. It is the core of the Foreign Policy Association's (FPA) civic educational outreach efforts bringing millions of Americans together in communities, classrooms and workplaces across the country to discover, discuss and form opinions on foreign policy. The 2012 program will discuss the following topics: Middle East Realignment, Promoting Democracy, Mexico, Cyber-security, Exit from Afghanistan and Iraq, State of the Oceans, Indonesia, and Energy geopolitics

Note: Participants will use an FPA briefing book costing \$20 due upon registration.

Prince William County's Rural Crescent (S1224)

Thursday, 10:30 a.m.-noon, Mar.

1 Bethel Lutheran Church

Instructor: Kim Hosen

In Prince William County, a Comprehensive Plan determines the pace of growth in “development areas” and “rural areas.” In approximately 80,000 acres known as the Rural Crescent, density is restricted to one house per ten acres. However, exceptions to this rule have existed since the plan was put into effect, and challenges to the plan continue to come before the Board of County Supervisors. Kim Hosen will discuss the process leading to creation of the Rural Crescent and reaction to the policy of “smart growth.” Discussion will include the points of view of taxpayers, developers, land owners, business owners, conservationists, and future residents of Prince William County.

Kim Hosen is the founding executive director of Prince William Conservation Alliance. During 2010, the Alliance attracted and organized more than 100 volunteers, benefiting a variety of community programs ranging from development of conservation-friendly public policies to on-the-ground stewardship projects. In addition to her work with the Alliance, Kim has served on the Prince William County Planning Commission since 2004. She was selected to lead the Commission’s project to revise the Environment Chapter of the Comprehensive Plan, where she developed and implemented an inclusive process that significantly improved opportunities for community involvement. Kim has played a key role in local conservation successes. In 2003, she brought together Marine Corps Base Quantico and Virginia agencies to form a partnership that permanently protected and created the Merrimac Farm Wildlife Management Area in the County’s Rural Crescent. She was honored to present the story of this success at the 2009 Sustaining Military Readiness Conference.

Limits to Growth – A Focused Reading (S1225)

Tuesdays, 3:00-5:00 p.m., Apr. 3, 10, 17, May 1

Manassas Innovation Park

Minimum class size 8, maximum 12

Instructor: E. Perley Eaton

In 1972, the book *Limits to Growth* was published on behalf of the Club of Rome. It argued that unchecked consumption and economic growth on our finite planet were leading the Earth toward “overshoot” of its carrying capacity, and would be followed by disaster. This book gained worldwide attention and became the cornerstone of global debate on how to achieve a sustainable future. The authors looked into the future and sounded an alarm and now they have done it again in *Limits to Growth: The 30 Year Update*. Could the Club of Rome have been correct after all? This reading workshop will delve into the computer model, types of growth and the various kinds of overshoot likely to occur in the current century. Expected outcome will be discussions on whether a sustainability revolution and its required public policy will respond effectively and in time to prevent disastrous global “overshoot.”

Note: Students will be expected to acquire both *Limits to Growth* and *Limits to Growth: The 30 Year Update* and have read both books prior to attending class discussions.

Tour of Prince William County Adult Detention Center (S1226)

Friday, 1:30-3:00 p.m., May 4

Instructors: Captain George W. Hurlock and Staff

This class will cover the history of the Adult Detention Center (jail) located next to the county courthouse on Lee Avenue. The presentation will include some of the problems associated with a growing inmate population. Included will be information on the numerous rehabilitation programs offered to the inmate population. Following the presentation there will be a tour of selected parts of the jail, which may include an example of inmate living areas, the kitchen, laundry, and the control center. Also, an inmate may share life experiences with tour participants. The following notice is taken from the detention center's website:

Handbags, cameras, weapons of any kind, tobacco products, lighters, matches and keys will not be permitted into the secure areas of the facility.

All tour participants are subject to search.

Any visitor under the influence of drugs or alcohol will be denied access.

Visitors must wear appropriate attire while on tour.

In the event of a disruption of normal activities within the facility, the tour may be suspended.

Visitors will not communicate with inmates unless permitted by jail staff. No items are to be passed to the inmates.

Visitors are to remain in a group during the tour.

Religion & Philosophy (S1227-33)

Justice – What’s the Right Thing to Do? (S1227)

Tuesdays, 10:30 a.m.-noon, Feb. 21, 28, Mar. 6, 13, 20, 27

Manassas Innovation Park

Facilitator: Dave Ward

This course covers the book *Justice* and videos associated with it, which author Michael J. Sandel has taught to students at Harvard University. After viewing the lectures, members will discuss the topics presented and review questions posed by the author. The author intends these lectures to increase public civility when confronting complex and controversial questions. Students will supplement this material by reading *Justice*.

Note: You are welcome to attend any class that covers a subject of your interest. You need not take every class in the series to enjoy these lectures.

Michael J. Sandel is the Anne T. and Robert M. Bass Professor of Government at Harvard University, where he has taught political philosophy since 1980. His books include *Liberalism and the Limits of Justice* (Cambridge University Press, 1982; 2nd edition, 1997; translated into eight foreign languages); *Democracy’s Discontent: America in Search of a Public Philosophy* (Harvard University Press, 1996); *Public Philosophy: Essays on Morality in Politics* (Harvard University Press, 2005); and *The Case Against Perfection: Ethics in the Age of Genetic Engineering* (Harvard University Press, 2007). His writings also appear in *The Atlantic Monthly*, *The New Republic* and *The New York Times*.

Roots of Religion (S1228)

Thursdays, 1:30-3:00 p.m., Feb. 23, Mar. 1, 8, 15, 22, 29

Manassas Innovation Park

Minimum class size 10, maximum 40

Instructor: Dr. Michael Dennis

Have you wondered why such sites as Stonehenge, Machu Picchu or the Acropolis were created? Through the eyes of archeologists, in this DVD class, you will learn the sacred secrets behind some of the world's most popular and mysterious ancient sites. It's an experience that will add new levels of understanding to your knowledge of ancient history and especially to the integral role that religion played in some of these grand civilizations.

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 seven previous courses for LLI including Islam and Hinduism. He leads discussions on "The Great World Religions" at several venues and is frequently asked to provide these lectures for adult religious groups.

**Reformers – Protestant/Catholic –
1500-1650 A.D. (S1229)**

**Mondays, 10:30 a.m.-noon, Feb. 27, Mar. 5, 12, 19, 26, Apr. 2
Manassas Innovation Park**

Instructor: Arthur H. Bishop

This class will focus on six biographies of the religious reformers of the 16th and 17th centuries that led Christian transformations to where we are today.

- 1. Erasmus (1469-1536)** led the changes in the whole thinking process of Western Europe from medieval Scholasticism to early modern Humanism.
- 2. Luther (1483-1545)** rebelled against the authoritarianism of the Roman Catholic Church and started the Protestant revolution.
- 3. John Calvin (1509-1564)** established Protestant organizational structure in founding the Reformed Church.
- 4. Ulrich Zwingli (1484-1531)** established the liberal wing of Protestantism in church government and practice.
- 5. Ignatius Loyola (1491-1556)** founded the monastic and missionary Catholic order, the Society of Jesus whose Jesuits helped stop the rapid advance of Protestantism in Western Europe.
- 6. John Knox (1514-1572) and Oliver Cromwell (1599-1658),** brought Presbyterianism and Puritanism to Scotland, England and the U.S.

Arthur H. Bishop is a retired Christian Church (Disciples of Christ) clergyman who served congregations in North Carolina and Indiana, and locally at Springfield Christian Church and Pershing Drive Christian Church, Arlington. He holds three academic degrees. For LLI he has taught *The Historical Jesus* in 2006, *The Lasting Effects of Two World Wars* in 2007, *The First Three Hundred Years of Christianity* in 2008 and *The Protestant Reformation* in 2009. He is currently writing a book on the Protestant Reformation.

The Bible: Open Pages or Closed Book?

(S1230)

Wednesday, 10:30 a.m.-noon, Mar.

7 Manassas Church of the Brethren

10047 Nokesville Rd., Manassas

Instructor: Rev. Dr. Jeffrey Carter

The Bible is regarded by many as inspired by God and seen as an authority when it comes to life and how we should live. In the United States, eighty percent of those surveyed by Gallup claim the Bible to be inspired and/or inerrant. Yet, in that same survey group, less than twenty percent read the Bible with any type of regularity. What does it mean for the Bible to be held in high esteem yet rarely engaged? Do people really know what the Bible says? And how is it that one group can interpret the Bible one way and another group in a very different way? The answer to these questions is evident from the pew to the polling booth.

Rev. Dr. Jeffrey Carter has served at the Manassas Church of the Brethren for sixteen years, the last nine as the head pastor. He earned a bachelor's degree in international studies from Bridgewater College, a master of divinity from Bethany Theological Seminary and his doctor of ministry from Princeton Theological Seminary in 2006. He serves on the Church of the Brethren Standing Committee. He is the lead chaplain to the Prince William County Fire and Rescue and past president of the Prince William County Ministerial Association. Rev. Carter has had several writings published and he is a regular contributor to *Messenger*, the denominational magazine of the Church of the Brethren. He and his wife live in Manassas with their three daughters.

What Do Mormons Believe? (S1231)

Friday, 10:30 a.m.-noon, Mar. 23

Church of Jesus Christ of Latter-Day Saints

8001 Barrett Dr., Manassas

Instructors: Elders from the local church

Two missionaries (elders) from the local Church of Jesus Christ of Latter-Day Saints will give a presentation on the history of their church, beginning with Joseph Smith, the angel Moroni and Brigham Young. They will explain their beliefs, how the Mormon community supports its members, the importance of marriage and family, and the unique message of the Restoration and beliefs of the afterlife. The missionaries for the church are men between the ages of 19 and 25 who are eligible to serve. They spend two years full-time on their mission. They will explain their training and how assignments are made for this important commitment to their church.

Western Philosophy (S1232)

Fridays, 10:00 a.m.-noon, Apr. 6, 13, 20, 27,

May 4 Manassas Innovation Park

Facilitator: David Ward

This course covers the DVDs of Professor Daniel Robinson for the Teaching Company's "Great Ideas of Philosophy." After viewing each lecture, students will discuss the content of the lecture and review related questions. Lectures are as follows:

1. Islam, Secular Knowledge, The Idea of University
2. The Reappearance of Experimental Science, Scholasticism and the Theory of Natural Law
3. The Renaissance – was there one? Let Us Burn the Witches
4. Francis Bacon, Descartes
5. Newton, Hobbes

Students can supplement this material by reading *The Passion of the Western Mind* by Richard Tarnas and/or *The History of Western Philosophy* by Bertrand Russell.

Note: You are welcome to attend any class that covers a philosopher or subject of interest. You need not take every class in the series to enjoy these lectures.

The Benedictine Presence in Prince William County (S1233)

Monday, 10:30 a.m.-noon, Apr. 30

Saint Benedict's Monastery

9535 Linton Hall Rd., Bristow

Instructors: Sister Andrea and Sister Vicki

Did you know that this property was once an English estate whose name appears on extant maps of Prince William County as "Lintonsford?" How did this land become the property of the Benedictine Sisters of Virginia? Who are these nuns who live, work and pray on the 120 remaining acres of "Lintonsford?" This class will answer those questions and more.

Sister Andrea Verchuck, OSB, a member of the Benedictine Sisters of Virginia since 1944, has served as a teacher, a counselor, a principal and a prioress. She enjoys telling others of God's goodness to the Benedictine community over these many years.

Sister Vicki Ix, OSB, a member of the Benedictine Sisters of Virginia since 2002, has served as Vocation Director, Coordinator of the Formation Team and teacher of novices.

Science, Technology & Nature (S1234-37)

Are You Smarter than Your Cell Phone? (S1234)

Dates TBD, 1:00-3:00 p.m.

Manassas Innovation Park Computer Lab

Instructors: PTK Honor Society Members

Topics will focus on the electronic world around us. Basic information will be provided on many of the daily used “tools” of communication. Some examples of the equipment to be explored: Blackberry, iPhone, Android, 3G and 4G phones, a quick look into HTC technology. Also, we will discuss texting as well as the use of Twitter, and when time permits, we will discuss e-book readers, tablet computing and mobile devices. In order to customize the classes to better fit students’ understanding of their equipment, you will be encouraged to bring your favorite communication “tool” or tablet computer for operational demonstrations during class. PTK members will demonstrate selected pieces of electronic equipment.

Note: if you registered for this class in the fall semester, you need not reregister. The class is open to spring registration as well.

PTK (Phi Theta Kappa) and LLI-Manassas have a history of working together. PTK members have instructed LLI-Manassas members on the use of Facebook. Also, LLI-Manassas members have participated in classes focused on the Phi Theta Kappa honors program. This series includes three video lectures on some of the timeliest topics related to the exchange of information.

Hydroponic Lettuce Farm (S1235)

Wednesday, 2:30-4:00 p.m., Apr.

18 TrueFarms, LLC, Haymarket

Maximum class size 23

Instructor: Tom Truesdale

In this tour of a commercial hydroponic farm near Haymarket, we will learn about the advantages and disadvantages of this type of farming. New technology combined with old fashioned farming practices allows Tom Truesdale, owner and “Head of Lettuce,” to grow premium lettuces year round. Learn how he seeds, transplants, harvests, stores, transports and sells his produce in any weather. As he conducts the tour, Tom will explain how he decided to change careers and become a farmer.

Note: You will receive directions and a list of registrants in order to facilitate carpooling.

Tom Truesdale was a finance executive in the wireless industry. Since semi-retirement he has studied, constructed, and run a hydroponic farm near Haymarket. He works the farm almost every day. Currently, he manages the employees, works in the greenhouse, prepares the financial books, drives the delivery truck and cleans the bathroom. His strategy is to grow and sell the best lettuce in the area – period – believing the best product will give him access to many more customers. The rest is just a price discussion. Tom was educated at Cal-Humboldt, where he received a bachelor’s degree in business administration. He has been a guest lecturer at George Mason’s MBA program and gives several farm tours and talks every month. Tom lives in Northern Virginia with his wife Debbie and dog Benny.

A Celebration of Trees (S1236)

Friday, Apr. 27 & Wednesday, May 2

Revival of the American Chestnut, Cathy Mayes, Friday, 10:30 a.m.-noon, Apr. 27, Bethel Lutheran Church

The American chestnut was once the dominant tree in the Eastern forest – a key source of food for wildlife and early settlers, a versatile source of timber and a beauty to behold. This once mighty giant is now crippled by a blight accidentally brought to this country late in the 19th century. By the 1950s, more than four billion chestnut trees had died and a way of life disappeared from Appalachia. Today, scientists, foresters and citizen volunteers are working to develop a blight-resistant American chestnut tree and restore it to its native range. This class will cover the ecological history of the American chestnut, the biology of Asian chestnut blight and the status of efforts to restore the tree.

Cathy Mayes is secretary of The American Chestnut Foundation and chairman of the Virginia chapter. She is also a director of the Virginia Native Plant Society and Old Rag Master Naturalists. She retired from the practice of law and now has an international consulting practice on higher education finance. In her free time, she is a hobby farmer.

Overview of Northern Virginia Trees, Nicky Staunton, Friday, 1:30-3:00 p.m., Apr. 27, Bethel Lutheran Church

When settlers arrived in Virginia, they found old growth forests as far as the eye could see. Since then the landscape has changed dramatically. We will consider our Northern Virginia trees with a goal to understand, appreciate, love and respect them for their beauty and benefits to us. Included will be a discussion of places to visit local trees, tree lore and discovering resources to help trees survive.

Nicky Staunton served as president of the Virginia Native Plant Society and currently is vice president. An accomplished nature photographer and illustrator, Nicky has presented nature and wildflower programs for LLI as well as many other organizations.. She serves on boards for Flora of Virginia Project and Trees Virginia. Her home is in a small forest near Old Rag, Syria, Virginia.

Spring 2012 Program Guide

Walk with an Arborist, Wednesday, 10:30 a.m.-noon, May 2, Steve Seeba

Manassas City Arborist, Steve Seeba, will lead LLI members on a walk to see some of the city's significant trees. We will learn about some trees that are especially old and some that are rare for this area. Other trees are interesting for different reasons – some are very large, others are beneficial to wildlife and some are very beautiful when they bloom or when their leaves turn in the fall. Steve will point out different species of trees and tell us why they are (or are not) good street trees.

Note: Please meet in the parking lot of the Manassas Museum, 9101 Prince William St., to begin the walk, which will last about an hour.

Steve Seeba has an associate degree in forestry from Paul Smith's College, N.Y., a bachelor's degree in wildlife management from West Virginia University and a landscape design certificate from George Washington University. He is a certified Arborist (International Society of Arboriculture) and a Virginia certified horticulturist. Professional memberships include the Society of Municipal Arborists and the Virginia Nursery and Landscape Association. He has worked in commercial and retail greenhouses and nurseries, was co-owner of a commercial timber harvesting firm, and spent 20 years in the landscape nursery and design/installation business in Northern Virginia. He has been with the City of Manassas for over nine years.

Spring Birding (S1237)

**Sunday, 7:00-10:30 a.m., Apr. 29, Rain date Sunday, May 6
Thompson Wildlife Management Area, Linden Leader:
Candice Lowther**

The Thompson Wildlife Management Area is a wonderful spring destination! Migrant neo-tropical songbirds use the mountaintop forests as they migrate to their breeding grounds. We will see both migrant and resident warblers, tanagers, vireos, thrushes, flycatchers, cuckoos and other birds. This is Candice's favorite spot for finding the Cerulean Warbler, a threatened bird species. In addition to the amazing birds, Thompson is a wonderful place for a wide diversity of spring wildflowers including trilliums, lady's slippers and lilies. The area we will explore is along the side of a small mountain and the terrain is sloped. We will stay on wide trails, but there are rocks and roots.

Note: Wear sturdy shoes with good traction. Bring water and binoculars if you have them. Meet at the Exxon station (bathrooms available) at exit 13 in Linden, just off Route 66, at 7 a.m. You will receive directions and a list of registrants to facilitate carpooling.

Candice Lowther began birding in 1993 on a Christmas Bird Count in Nampa, Idaho. She was pursuing a B.S. in biology at the State University of New York at Cortland at the time. As part of her degree requirements she took field biology, a summer internship with the United States Forest Service and ornithology. A few years later she attended Boise State University and received an M.A. in curriculum and instruction, and a teaching certificate for secondary science. Part of her coursework included classes in raptor ecology and avian migration. Candice has traveled both nationally and internationally to study and observe birds. While in Idaho she belonged to the Golden Eagle Audubon Society and served on the board as president for one term and later as secretary. During this time she led bird-watching field trips in the Boise area, and one to Bear River Migratory Bird Refuge in Utah. Candice moved to Northern Virginia in 2006 and has been a co-leader and a leader of LLI birding trips since September 2008.

Trips (S1238 & 39)

Information about handicapped-accessibility is included in the trip descriptions; direct any questions or specific concerns to the trip coordinator. Members going on the Stratford Hall bus trip must fill out and return the waiver and emergency contact form (on page 63 of this program guide) with their registration form.

History at Home: Dumfries (S1238)

Weems-Botts Museum, 3944 Cameron St.

Tuesday, 10:30 a.m.-2:00 p.m., Apr. 24

**Minimum trip size 10, maximum 50 Trip
cost \$18 (include with registration)**

Historic Dumfries, Virginia, founded in 1749, was at one time a busy thriving town with the third largest port in North America. The wharf was only one block from King's Highway (U.S. Rt. 1), where the water was deep enough for smaller oceangoing ships. Land cultivation was the downfall of the town as silt filled in the harbor. We will tour the Weems-Botts Museum and attend a presentation on Colonial Dumfries. After our picnic lunch, we will take a short walking tour of historic Dumfries. The trip cost covers the tour and lunch.

Note: Transportation will be on your own. Since parking is limited, you are encouraged to form carpools. You will receive a list of registrants and directions closer to the date of the trip. **Last day to register is March 23, and the fee is non-refundable after that date.**

Stratford Hall: Home of the Lees of Virginia (S1239)

Monday, 7:00 a.m.-6:00 p.m., May 7

Minimum trip size 35, maximum 54

Trip cost \$71 (include with registration)

Stratford Hall sits on a high bluff above the Potomac River in Westmoreland County. Its bold architectural style sets it apart from any other colonial house, but its greatest distinction is the family of patriots who lived there – the Lees of Virginia. The plantation is still managed as a farm today on 1,900 of its original acres. Our visit will include a tour of the house, the gardens and grounds, hiking trails and exploring the fossils of Stratford Cliffs. Included in the cost are bus fare, entrance fees, lunch and gratuities. This trip involves a lot of walking. There will be bus pickups in Manassas and Woodbridge. Closer to departure you will receive more information.

Note: The Acknowledgement, Release and Waiver form along with the Emergency Contact Information section must be filled out and returned with your registration. **Last date to register is April 16, and the fee is non-refundable after that date.**

England, Ireland and Wales, May 15-23, 2012

Optional 3-day trip to Scotland

Dr. Rebecca Hayes, Tour Leader (see bio page 26)

\$2988 (double) includes plane ticket, hotel, daily breakfast & 5 dinners, tour guides, all transportation and entrance fee.

Insurance, Scotland extension and single occupancy extra.

Seats are still available. More information, visit www.lli-manassas.org.

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. Please call the club's facilitator with any questions you have.

Book Club

**Monday, 1:30 p.m., Jan. 23, and subsequent 4th Mondays
Barnes & Noble, Westgate Shopping Center, Manassas
Facilitator: Barbara Deegan, 703-670-9969**

One of the longest running activities offered by LLI, the Book Club meets once a month. Books, both fiction and non-fiction, 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.

Bridge Club

Thursdays, 2:00-4:00 p.m.

Bertucci's, Stonewall Square Shoppes (Wegmans Shopping Center), Gainesville (until further notice)

Join us every Thursday afternoon, or whenever you can make it. Knowledge of bridge and some playing experience are required. This club is a continuation of last spring's Intermediate Bridge class. Sharon Raymond, who has been playing bridge for 40 years, will be available to answer questions during informal and enjoyable afternoons.

Members who have been taking beginning bridge lessons with Lynda Flanger will continue those lessons starting on April 9, 2012, from 2:00-4:00 p.m. at IHOP, Atlas Walk Way, Gainesville. Members on the fall 2011 beginning bridge list will be called and reminded.

Film Club

Monday, 2:00-3:30 p.m., Jan. 16

Manassas Innovation Park

Come explore the world of films – drama, comedy, sci-fi, animation, documentaries, foreign films, etc. The group will select movies to see and discuss, and members will take turns leading discussions of films. We will arrange to see selected movies either as a group or individually. A time will be agreed upon to meet and discuss the movie. We will also recommend books to facilitate discussions of film and how to review films. We will read reviews of movies from a variety of sources including *The New Yorker* to understand how professionals review movies. The goal is to understand the art of film and its place in our culture.

Mah Jongg Club

Tuesdays, 2:00-4:00 p.m.

Bertucci's, Stonewall Square Shoppes (Wegman's Shopping Center) Gainesville (until further notice)

This club formed following the 2011 spring semester Mah Jongg class. Every Tuesday, 2:00-4:00 p.m., we meet for fun, laughter and a good time. All levels of experience are welcome from beginners through master players. Instructions will be provided for those who need it and competitive games will be provided for those who wish them. New cards are ordered at the end of March each year for a nominal fee of \$7-8.

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Theatre Club

Wednesday, 3:00 p.m., Jan. 18

Manassas Innovation Park

This club began during the Fall 2011 semester. We are a group interested in taking advantage of the rich theatre resources available to us in the DC Metropolitan Area. So far we have had successful gatherings in August (Wayside Theatre) and The Hylton Performing Arts Center (One Flew over the Cuckoo's Nest). We will be going to the Woolley Mammoth Theatre in DC in January to see the famed Chicago Second City Comedy performance (Spoiler Alert: Everybody Dies). Generally, we communicate via e-mail and before or after a performance over lunch or dinner. We are planning a trip to a dinner theatre, a show at the Signature Theatre, the Arena Stage and another local production. Since we are new our format is subject to change. Suggestions and planners are always welcome.

The Traveling Camera

Tuesday, 1:30-3:00 p.m., Jan. 10

Manassas Innovation Park

This club offers a unique opportunity to get the help needed to take perfect photos of your trips and special occasions. The instructor will assist you in learning how to make your camera a better tool to record trips, and how to enhance those images utilizing Adobe Photoshop. Meeting time will be utilized in learning the techniques needed to improve photographic skills and also to view photos of members' 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 club can become affiliated with the Regency Travel Club, which offers bargain trips to almost anywhere in the world. Subsequent meeting dates will be discussed at this meeting.

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LLI-Manassas Membership Application

Membership dues are \$100.00 for twelve months. This enables you to participate in 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 (payable to LLI-Manassas) to:

LLI-Manassas
P. O. Box 162
Manassas, VA 20108

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Class Registration Form

Use a **SEPARATE FORM** for each member

Register by **January 20, 2012**

Mail your completed form to:

LLI-Manassas

P. O. Box 162

Manassas, VA 20108

Name.....

Street address.....

City/State/Zip

Telephone

Email

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.

Class Selections: Use back of this page for additional classes. Please include check made payable to LLI-Manassas if you're signing up for the following: Long Branch Mansion \$8, Healthy Cooking \$14, Wine and Cheese \$30, Great Decisions \$20, History at Home: Dumfries \$18, Stratford Hall \$71.

<u>Class Number</u>	<u>Title (can abbreviate)</u>	<u>Fee, if any</u>
1.	\$
2.	\$
3.	\$
4.	\$
5.	\$
6.	\$
7.	\$

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8. \$
9. \$
10. \$
11. \$
12. \$
13. \$

Check enclosed for total fees of: \$ _____

Be sure to include the Trip Waiver if you're going on the Stratford Hall bus trip.

Please include a check for all classes you signed up for that have a fee. You are not registered if the fee is not paid.

Date registration received _____

Acknowledgment, Release and Waiver

**Stratford Hall: Home of the Lees of
Virginia Monday, May 7, 2012**

Complete and return with registration.

The undersigned:

- Acknowledges that he/she plans to participate in the Stratford Hall bus trip on May 7, 2012.
- Hereby waives and releases LLI-Manassas from any and all claims for injury or damage sustained by, through or as a result of such trip(s). -
- Holds LLI-Manassas harmless for any claims resulting therefrom.

Signature

Print Name

Your Cell Phone Number

Today's Date

Emergency Contact Information

Name of Contact.....

Contact's Phone Number

Make a copy of this form and have any non-LLI member who is your guest fill it out and return it with your registration.



Forum and Class Venues

For more complete directions, consult an Internet site such as MapQuest or call the class coordinator. Directions to all class venues are also on the LLI website, www.lli-manassas.org.

Bethel Lutheran Church, 8712 Plantation Ln., Manassas 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 20110, 703-330-2787, is located in Old Town Manassas beside the railroad tracks.

Colgan Hall (NOVA-Manassas), 6901 Sudley Rd., Manassas 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 through six traffic lights and turn right on NOVA Road into the campus. Follow signs to Events parking lot.

Dunbarton Clubhouse, 9600 Craighill Dr., Bristow 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.

NOVA Manassas at Innovation Business Park (MIP), 9485 Innovation Dr., Manassas 20110. From Prince William Parkway turn onto University Blvd. and then turn onto the first street on the right, Innovation Dr., (just past Comcast). After approximately 0.2 mi. (and just past UTRON) turn left into Innovation Business Center (on Innovation Dr.). Go about 450 ft. to 9485 on the right. The NOVA name is in big letters over the door. Classrooms are clearly marked. From Manassas take Godwin Dr. South and turn right on University Dr. Go one mile, turn left on Innovation Dr. and follow above directions.

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Quarry Station Senior Apartments, 8750 Quarry Rd., Manassas 20110, 703-393-7788. From points north and west, take Prince William Parkway to Sudley Manor Dr. North and follow it to Sudley Rd. Turn right on Sudley Rd. (Rt. 234) and follow it toward Manassas. Sudley Rd. becomes Prescott Ave. at its intersection with Rt. 28. At 4-way stop on Prescott, turn left onto Quarry Rd. and follow to apartments on left. From points south and east, take Prince William Parkway to its intersection with Liberia Ave. and continue straight on Wellington Rd. Turn right on Fairview Ave., right on Center St. which becomes Prescott Ave. Continue as above.

Regency Clubhouse, 15351 Championship Dr., Haymarket, 20169, 571-261-3335. Take the Rt. 15 North Exit off 1-66. After approximately 2 miles, turn left onto Dominion Valley Dr. Go straight at the first traffic light and turn right on Regency Club Dr. Stop at the gatehouse (names will be provided for access). Turn left onto Championship Dr. and then left into the club parking lot (adjacent to the gatehouse).

Trinity Episcopal Church, 9325 West St., Manassas, 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).