

Program Guide, Manassas LLI Fall 2021

Special Events, series F21-020

F21-021, LLI Fall Kick-Off Social

Wed, Sep 15, 2021, 1:00 PM to 3:00 PM

Additional dates: None

Location: Hylton Performing Arts Center, 10960 George Mason Circle, Manassas 20110. **NOTE: everyone who enters the building must wear a mask, regardless of vaccination status.**

Maximum Class Size: 150

Fee: None

Speaker/Host: n/a

Description: LLI Fall Kick-Off Social

Wednesday, September 15, 2021

1:00 p.m. to 3:00 p.m.

It's time for our fall semester kick-off, an opportunity for members to socialize, get to know current class coordinators and meet new and prospective members. Invite your friends who would like to learn about LLI-Manassas. Learn about our various activities and meet class coordinators. Participate in drawings for door prizes.

Class information will be available as well as help with registration. To register, please bring cash or checks, no credit cards.

NO ADVANCED REGISTRATION IS REQUIRED FOR THIS SPECIAL EVENT, EITHER FOR NEW OR FOR EXISTING MEMBERS. JUST SHOW UP.

Biography: n/a

LLI Coordinator: Karla Anzzolin

[Email a question to a coordinator](#)

F21-022, New Member Orientation: LLI - What's in It for Me?

Mon, Sep 20, 2021, 10:00 AM to 11:30 AM

Additional dates: None

Location: Trinity Episcopal Church, 9325 West St., Manassas 20110

Maximum Class Size: 80

Fee: None

Speaker/Host: n/a

Description: This is a social event to get to know other new members as well as existing members of LLI-Manassas. We will discuss the history and operation of the organization as well as give a demonstration as to how to navigate our website. You will learn how to become involved and have fun at the same time.

Light refreshments will be served.

Biography: n/a

LLI Coordinator: Linda Whitehead

[Email a question to a coordinator](#)

F21-023, Annual Holiday Luncheon

Fri, Dec 10, 2021, 11:15 AM to 2:30 PM

Additional dates: None

Location: Regency Clubhouse, 15351 Championship Dr., Haymarket, 20169

Maximum Class Size: 140

Fee: A. Member \$15, B. Guest \$25. Include with registration.

Speaker/Host: n/a

Description: Sign up for the luncheon and include payment using the same procedure you use to register for classes. Last date for sign-up or cancellation is Nov. 19.

Sign-in begins at 11:15 a.m. and lunch is served at noon. For more information, contact Karla Anzzolin, 703-392-9620.

Biography: n/a

LLI Coordinator: Karla Anzzolin

[Email a question to a coordinator](#)

LLI and Hylton Performing Arts Center Partnership, series F21-030

F21-032, A Lecture on the Play, *Dial M for Murder*

Thu, Oct 14, 2021, 1:30 PM to 3:00 PM

Additional dates: None

Location: Hylton Performing Arts Center, 10960 George Mason Circle, Manassas 20110. **NOTE: everyone who enters the building must wear a mask, regardless of vaccination status.**

Maximum Class Size: 125

Fee: None

Speaker/Host: Susy Moorstein

Description: In this lecture, Susy Moorstein, director of *Dial M for Murder*, will share how a small community theater group produces a first rate performance. She will be joined in front of the play's set with members of the play's cast, and you will gain an insider view of how a play is put together.

The play is set in the early 1950s in London, England, and tennis pro Tony Wendice marries Margot, who has exactly what Tony loves: beauty and money. The suspenseful plot thickens as Tony schemes to murder his wife for her money. You are invited to come and see what happens!

Biography: Susy Moorstein has spent the majority of her life working in theater. Most of her professional work was in Ohio, but since moving to Virginia and starting a family, she has worked with local community theaters in the DC area. She is one of the founders of the Prince William Little Theatre, and she is a lifetime member of the Board of Directors. Susy has been recognized for her performing and costuming over the years; directing is the obvious next step.

Dates for the Performances: *Dial M for Murder*, Prince William Little Theatre, at The Hylton Performing Arts Center

Friday, Oct. 08, 2021, 8:00 p.m.; Saturday, Oct. 09, 2021, 8:00 p.m.; Sunday, Oct. 10, 2021, 2:00 p.m.

Friday, Oct. 15, 2021, 8:00 p.m.; Saturday, Oct. 16, 2021, 8:00 p.m.; Sunday, Oct. 17, 2021, 2:00 p.m.

Ticket prices for these performances are \$17.00 for seniors when purchased in person at the ticket office at the Hylton. A \$4.00 fee will be added if you purchase tickets by phone or online. There is no LLI discount because the tickets are already deeply discounted.

LLI Coordinator: Bob Marsh

[Email a question to a coordinator](#)

F21-033, Lecture on *Swingin' with the Met*

Fri, Oct 29, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Hylton Performing Arts Center, 10960 George Mason Circle, Manassas 20110. **NOTE: everyone who enters the building must wear a mask, regardless of vaccination status.**

Maximum Class Size: 125

Fee: None

Speaker/Host: Jim Carroll

Description: In this lecture, Jim Carroll, Artistic Director for the Metropolitan Jazz Orchestra, will share with us some of the history of this distinguished ensemble comprised of the most remarkable jazz performers in the metro region. Mr. Carroll will discuss and play samples of the music from the libraries of Duke Ellington, Count Basie, Woody Herman, Cab Calloway, Dizzy Gillespie, Stan Kenton, Benny Goodman, and more. Music from these cool jazz musicians will be performed by the Metropolitan Jazz Orchestra the following evening. Mr. Carroll will invite you to join them at the Oct. 30 concert.

Biography: Jim Carroll is a professor in the Performing Arts School at George Mason University. His long and illustrious career has included performances with the likes of Michael Jackson, Nancy Wilson, Maynard Ferguson, Billy Taylor, Woody Herman and The Thundering Herd. Mr. Carroll, an alto saxophone virtuoso, was a charter member of the Smithsonian Jazz Masterworks Orchestra, in residence at the Smithsonian's Museum of American History. He performed, recorded and toured with the group until 1999 when he assumed the position of Director of Jazz Studies

at George Mason University.

Mr. Carroll is the founder and artistic director of the Metropolitan Jazz Orchestra and the Jazz Connection, and he has presented numerous classes for LLI.

Purchase tickets for the Performance: *Swingin' with the Met*

Celebrate the Big Band Era. Be ready for a finger snapping, toe tapping good time!

Saturday, Oct. 30, 2021 8:00 p.m.

Hylton Performing Arts Center, 10960 George Mason Circle, Manassas 20110

Use CODE: LLI20 for LLI's 20% discount.

Purchase tickets at the Hylton Ticket Office to avoid a \$4 fee, which will be charged if you pay online or by phone.

Tickets: \$46, 39, 28. Half-price for youth through Grade 12.

LLI Coordinator: Bob Marsh

[Email a question to a coordinator](#)

Arts & Literature, series F21-040

F21-041, How to Look at Art

Fri, Oct 15, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Manassas Park Community Center, 99 Adams Street Manassas Park, VA 20111

Maximum Class Size: 230

Fee: None

Speaker/Host: Dr. Jeanette Nicewinter

Description: Have you ever looked at a work of art and thought, "I don't know where to begin"? Well, then this class is for you. We will explore the different visual and historical aspects of art while discussing how to investigate a previously unknown artwork step-by-step. There will be lots of opportunity for participation and practice during the class so you can hone your visual analysis skills.

Biography: Dr. Jeanette Nicewinter is an assistant professor of art history at Northern Virginia Community College's Annandale Campus. She earned her doctorate degree in art historical studies from Virginia Commonwealth University in 2016. Her area of specialization is ancient American art with a focus on ceramics from the northern highlands of present-day Peru. However, she frequently identifies as a "generalist" and enjoys teaching a broad spectrum of art-historical topics. Her previous presentations to LLI-Manassas include "Introduction to French Impressionist Painting" (November 2020) and "Sex and Death in the Ancient Americas" (February 2021).

LLI Coordinator: David Pace

[Email a question to a coordinator](#)

F21-042, Something Coming, Something Good: *West Side Story*

Wed, Nov 17, 2021, 1:30 PM to 3:30 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Dan Sherman

Description: *West Side Story*, a romance built in a world of gang violence, revolutionized the Broadway musical in terms of its plot, music, and integration of dance. The 1957 play was made into an award-winning musical in 1961 and will soon be seen in a new adaptation directed by Steven Spielberg. The course will view the musical's creation, discuss its innovations, and describe its performance history using a mix of audio and video clips, including those featuring the work's creators

Biography: Dan Sherman is a retired economist who earned his doctorate at Cornell University. He has taught more than 30 courses to lifelong learning groups in the Washington area, mostly on topics related to musical theatre. He has presented a wide range of classes to LLI-Manassas on subjects such as Frank Lloyd Wright, Oscar Hammerstein, George Gershwin, and Leonard Bernstein.

LLI Coordinator: Lynn Hoffman

[Email a question to a coordinator](#)

F21-043, Long Lives, Short Stories: A Writing Workshop

1:30 PM to 3:30 PM

Sessions: ~~10/18/2021~~, 10/25/2021, 11/01/2021, 11/08/2021, 11/15/2021, 11/22/2021, 11/29/2021, 12/06/2021 **NOTE:** the session on Oct 18th has been cancelled. The class will begin with session 2, on Oct 25th

Location: Bethel Lutheran Church, 8712 Plantation Ln., Manassas 20110

Maximum Class Size: 30

Fee: None

Speaker/Host: Mary Winsky

Description: To be lucky enough to be part of LLI, we have all lived long lives. To capture those lives on the page, whether through memoir, letters, poems, essays, or fiction, can seem daunting. But to go at our lives and imaginings together in a supportive, positive group makes it both possible and productive. We will write together, listen with respect to what we create, and reinforce the different gifts we give.

We will also lean on the amazing skills and examples of Barbara Kingsolver in her short story collection, *Homeland and Other Stories*, 2013 Harper Perennial paperback edition, so we all have the same text to reference. It is available both on Amazon and to order at Barnes and Noble or your favorite bookstore. Please read the title story, "Homeland," for our first class.

Biography: Mary Winsky will facilitate as she has learned to do from writers of all ages and stages in her many collaborative years as teacher and fellow writer.

LLI Coordinator: Elizabeth Crawford

[Email a question to a coordinator](#)

F21-044, Poems That Tickle Your Fancy

Tue, Dec 07, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Bethel Lutheran Church, 8712 Plantation Ln., Manassas 20110

Maximum Class Size: 150

Fee: None

Speaker/Host: Mr. Conrad (Connie) Geller

Description: This one-session presentation is intended as punishment and corrective for those who think they dislike poetry. It's a survey of light and nonsensical verse from Alexander Pope to Calvin Trillin, including poems by Ogden Nash, Dorothy Parker and Lewis Carroll. There will, of course, be limericks and maybe a clerihew or two.

Biography: Conrad Geller studied English literature at Harvard and ever since has been a passionate though still inexpert reader and writer of poetry. His poems have appeared in many obscure publications, and he has won prizes from, among others, the Poetry Society of Virginia. He is also a veteran of teaching classes for George Mason University's OLLI, having given courses about Chaucer, Swift and Poe in Sterling and Reston.

LLI Coordinator: Karen Waltman

[Email a question to a coordinator](#)

F21-045, Paper Clips: It Began as a Lesson on Prejudice. What Happened Next Was a Miracle.

Thu, Oct 07, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Joe Fab

Description: *Paper Clips* is the moving story of how the students of Whitwell Middle School responded to lessons about the Holocaust—with a promise to honor every lost soul by collecting paper clips representing each individual exterminated by the Nazis. This Emmy-nominated documentary played in theatres nationwide and ran for over a year on HBO. It received many awards and was named one of the five best documentaries of 2004 by the National Board of Review.

Two weeks prior to the class, participants will receive a link to view the movie. During the class Joe Fab will discuss making the movie, including his personal experience documenting this project.

Biography: Joe Fab is an award-winning and Emmy-nominated producer, director and writer with more than 40 years' experience in documentary film production, media and communications, event production, and the live presentation of plays and music. Among his many awards, he is the recipient of a national Emmy nomination for *Paper Clips* (theatrical and HBO documentary), the Christopher Award for achievement in media that affirms the highest values of the human spirit, and the Discovery and Imagination Award (previous recipients included Dr. Jane Goodall and Christopher Reeve), to name just a few. His other award-winning films include *Bedford: The Town They Left Behind* and *NOT The Last Butterfly*.

LLI Coordinator: Jo Anne Renton

[Email a question to a coordinator](#)

F21-046, "This Thing of Darkness I Do Acknowledge Mine": Revenge and *The Tempest*

Wed, Oct 06, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Hylton Performing Arts Center, 10960 George Mason Circle, Manassas 20110. **NOTE: everyone who enters the building must wear a mask, regardless of vaccination status.**

Maximum Class Size: 150

Fee: None

Speaker/Host: Joyce Johnston

Description: The deposed Duke of Milan, betrayed by his own brother, has survived by building a magical refuge: an island full of hidden glades, peopled by illusive voices, cared for by magical ministers. Yet Shakespeare's title suggests another possibility. The Tempest is created by Prospero's own resentment of his unjust fate, his seething desire for vengeance. For twenty years he has been sustained by his addiction to anger with its powerful energy and self righteousness, but now questions arise. Are the island's disembodied voices coming from inside his own head? And the supernatural minions—are they magical creations or projections of his desire for revenge? Most important of all, has Prospero protected his beloved daughter from worldly harm, or has he trapped her inside her father's paranoid fantasies? Will Miranda ever be free to lead a normal life?

Join Joyce Johnston's class to discover the answers.

Biography: Joyce Johnston was trained as a Medievalist who reads Anglo-Saxon, Old Norse and Medieval French. While the English Department at George Mason does not have such a position available, the love lives on. These days, she specializes in online civility, digital intellectual property, and advanced researched writing, but she has never ceased to marvel at the intensity and excitement of early art and Renaissance drama, especially Shakespeare. She welcomes the chance to explore a long-held theory that his most extreme landscapes are not just exotic settings, but territories of the mind. For Shakespeare's characters, wild woods and raging storms are all part of a single struggle: to find a place to belong, both to a supportive community and to their best selves.

LLI Coordinator: Kathy Marsh

[Email a question to a coordinator](#)

F21-047, Sphinx Virtuosi

Mon, Oct 18, 2021, 1:30 PM to 3:00 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Panel presentation by the Sphinx Virtuosi group

Description: Sphinx Virtuosi is a Detroit-based chamber music orchestra dedicated to increasing racial and ethnic diversity in classical music. Following an in person performance at the Fairfax Center for the Arts on October 17th at 3:00 pm, the orchestra will remain in the area two more days as part of the Mason Artist-in-Residence program, participating in workshops, class visits, and community engagement events. As part of their outreach, Sphinx Virtuosi will present a special Zoom class on Monday Oct 18th with us, Fairfax OLLI, and Annandale LLI starting at 1:30 and running until 3:00 pm. The digital event will be a lecture-demonstration where members of the orchestra will play a few pieces and discuss their history and purpose. If you have attended a classical music performance, you know that there is a lack of diversity in the audience, program, and performers. Sphinx Virtuosi works to combat that as an ensemble comprised of Black and Latinx musicians that plays works by traditionally underrepresented artists. The panel will discuss their current work in education and diversity and will have time for questions at the end. The link to this Zoom session is forthcoming via email to those who register for the class.

If you are interested in attending the performance on Sunday October 17th at 3:00 pm at George Mason Center for the Arts, additional information can be found here: <https://cfa.calendar.gmu.edu/sphinx-virtuosi/> or by calling the Ticket Office at 703-993-2787.

Biography: The presenters are members of the Sphinx Virtuosi orchestra. You can visit their website at: sphinxmusic.org

LLI Coordinator: Bob Marsh

[Email a question to a coordinator](#)

F21-051, Great Decisions 2021, Part 2

Wednesdays 10:00 AM to 11:30 AM

Sessions: 10/20/2021, 11/03/2021, 11/10/2021, 11/17/2021

Location: Trinity Episcopal Church, 9325 West St., Manassas, 20110

Maximum Class Size: 80

Fee: None

Speaker/Host: Dan Leahy

Description: Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book, watching the DVD, and meeting in a Discussion Group to discuss the most critical global issues facing America today. Part 2 of the 2021 program will discuss the following topics: China's Role in Africa; The Korean Peninsula; Roles of International Organizations in a Global Pandemic; and The End of Globalization.

NOTE: The briefing book can be purchased directly from the Foreign Policy Association at www.fpa.org

Biography: 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 program committee.

LLI Coordinator: Dan Leahy

[Email a question to a coordinator](#)

F21-052, Cybersecurity and the Psychology of the Scam

Mon, Sep 27, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Martin Bailey

Description: Martin Bailey will combine an AARP presentation on cybersecurity with research he has done over the past year on the psychology of the scam. He will begin with the make-up of a scam and the elements that are common to it. He will also provide ways to recognize scams and how to protect ourselves against them. Finally, he will explore why senior citizens seem to be so naive when it comes to being scammed.

Biography: Martin Bailey is an AARP volunteer Community Ambassador, a Senior Medicare Patrol Community Educator, and a member of the AARP Fraud Watch Network and Silver Shield Task Force. In the Spring of 2021, he presented a workshop on Downsizing and Decluttering.

LLI Coordinator: Jo Anne Renton

[Email a question to a coordinator](#)

F21-053, The Pageant of Peace: The Lighting of the National Christmas Tree

Wed, Dec 01, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Joe Fab

Description: In 1923, President Calvin Coolidge led America in the lighting of its first official National Christmas Tree on the Ellipse south of the White House. That year, seasonal music was provided by a choir and the U.S. Marine Band. In the decades that followed, this event became known as the Pageant of Peace -- a tradition whose form and location would shift from time to time, but which always offered the nation a shared occasion marking the beginning of the holiday season. Sometimes, the event would reflect world or national events, as when the lighting was postponed to allow the nation to mourn the death of President Kennedy. Often, the entertainment would feature internationally known artists like Placido Domingo, Aretha Franklin, José Feliciano, Maya Angelou and many others. As we near the 100th anniversary of the Pageant of Peace, now known as The Lighting of the National Christmas Tree, it seems an appropriate time to look back at this aspect of our national heritage.

In addition to discussing the history of the Pageant, Joe Fab will share his personal experience producing this event for almost 20 years as well as his experience working with numerous artists and several US presidents.

Biography: Joe Fab is an award-winning and Emmy-nominated producer, director and writer with more than 40 years' experience in documentary film production, media and communications, event production and the live presentation of plays and music. Although he is best known for his documentary films like "Paper Clips" and "When My Time Comes," he was also a key player in the Pageant of Peace for almost two decades, working with Presidents George H.W. Bush, Bill Clinton and George W. Bush as well as a vast array of well-known performers. For much of that time he was

responsible for writing and co-producing the event on the Ellipse, learning the nearly century-long history of the celebration, and accumulating a personal collection of memories and behind-the-scenes anecdotes.

LLI Coordinator: Jo Anne Renton

[Email a question to a coordinator](#)

F21-054, Identity Theft

Mon, Oct 25, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Martin Bailey

Description: Identity theft is the biggest and fastest-growing crime in the world. It is so widespread that every 2 seconds someone's identity is compromised. The Federal Trade Commission (FTC) fielded nearly 1.4 million complaints about identity theft in 2020, more than double the 2019 total. Martin Bailey will define the different types of identity theft and the impact identity theft has on individuals. He will then present steps on how to avoid identity theft and what those who become victims should do to regain their identity.

Biography: Martin Bailey is an AARP volunteer Community Ambassador and is also a member of the AARP Fraud Watch Network; Silver Shield Task Force; and Senior Medicare Patrol Community Educator. In Spring of 2021 he presented a workshop on Downsizing and Decluttering.

LLI Coordinator: Jo Anne Renton

[Email a question to a coordinator](#)

Experience Buffet, series F21-060

F21-061, A Visit to Singapore

Mon, Dec 06, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Hylton Performing Arts Center, 10960 George Mason Circle, Manassas 20110. **NOTE: everyone who enters the building must wear a mask, regardless of vaccination status.**

Maximum Class Size: 150

Fee: None

Speaker/Host: David Pace

Description: Join David and Mary Pace on a visit to Singapore. Tour a city which is also a country, with incredible beauty everywhere, zero crime, and no traffic, in a population of 7 million people. It is the world's busiest container cargo port. Their National Orchid Gardens has the largest display of tropical gardens in the world. In fact, there are gardens everywhere. This may now be our favorite city in the world.

Biography: David and Mary Pace have visited 77 countries. They started their travel hobby when David was stationed in Germany for three years in the USAF. They have since visited all the continents except Antarctica and almost made it there before their flight to a Chilean research station was cancelled by the Chilean Navy due to weather. Mary has a BA degree in art from San Diego State University and a master's degree in education from the University of Virginia and is a retired teacher. David has a BA degree in math from the University of Virginia, a MS degree in astronomy from San Diego State University, and is a retired meteorologist. He is a retired US Air Force officer, had career stints in the private sector and the FAA, and is a Fellow of the American Meteorological Society. In May 2021, both David and Mary appeared as advertising photo models for Richfield Living in Salem, VA. David has appeared as a background extra in four TV shows and one movie. He is also the Manassas LLI Webmaster.

LLI Coordinator: David Pace

[Email a question to a coordinator](#)

F21-062, An Invitation to Ron Knowles's Open House

Mon, Oct 04, 2021, 12:00 PM to 4:00 PM

Additional dates: None

Location: 9011 Longstreet Drive, Manassas, Va. 20110

Maximum Class Size: 300

Fee: None

Speaker/Host: Ronald K. Knowles

Description: This is an LLI Experience Buffet OPEN HOUSE to see the garden that Ron Knowles created in memory of his wife, Betty, as well as a tour of his picture framing business. Both Ron and Betty were Master Gardeners, and the plantings in the Memorial Garden were selected to be visible during each season of the year. As you enter Ron's property, please take the concrete sidewalk through the white arbor to the granite benches for the best view of the garden. Ron designed the garden and also did the layout. After you have seen the garden, you are invited to Ron's professional picture framing business, Knowles Custom Creations, Inc. You will be able to see Ron's creative picture framing and woodcarvings, which have won honors by being on display in the White House, U.S. House of Representatives, and the Freedom Museum at the Manassas Airport—to name just a few. A wide variety of the tools Ron uses for his creations will be on display. You may come and go at any time during the four hour period that Ron is opening his home to fellow LLI members.

Biography: Ronald K. Knowles retired as a Master Sergeant in 1977 having served for 20 years in the U.S. Army. For seventeen of those years he was stationed at the White House Communications Agency, and for most of that time he was in charge of drafting and reproduction. In 2019, he was officially recognized for having created the White House Communications Agency Seal. While on active duty, he also served in Vietnam and was an instructor at the U.S. Army Engineer School at Fort Belvoir. Ron has been active with the Boy Scouts of America for 60 years, holding various positions with merit. Currently Ron is active in the Veterans of Foreign Wars, American Legion, Disabled American Veterans, and Vietnam Veterans of America. He is also the chaplain for VFW Post 7589. Ron is the recipient of many Army and Boy Scout awards, such as the Bronze Star, Meritorious Service Medal, Presidential Service Badge, and the Boy Scouts of America 50 Year Veteran Award.

LLI Coordinator: Nancy Osborne

[Email a question to a coordinator](#)

Health & Fitness, series F21-070

F21-071, A Natural Healing Practice for Mind, Body and Soul

Sessions: Group A: Mon, Sep 20, 2021, 1:30 PM to 3:00 PM; Group B: Monday, Nov. 8th at 10:30 am to noon

Location: Trinity Episcopal Church, 9325 West St., Manassas, 20110

Maximum Class Size: 30

Fee: None

Speaker/Host: Cindy Waldman

Description: Reiki is a natural holistic healing practice that originated in Japan. Utilizing a gentle touch, the Reiki practitioner works with the recipient's energy field and assists the body to release energy imbalances caused by stress, trauma, emotional problems, pain, and physical ailments. The use of Reiki techniques aids in returning the body to a healthy balance while reducing pain. In this class the certified practitioner will discuss Reiki, its origins, how it works and its numerous benefits. You will learn to identify life force energy with some fun exercises, and then you will experience a Reiki-guided meditation during which Ms. Waldman will give brief Reiki sample sessions to those attending. At the end of the meditation, the class members will be invited to share their experiences with the group.

Biography: Cindy Waldman is a certified Reiki master, teacher and practitioner. Over 25 years ago in Venezuela, she began working with alternative stress reduction and deep relaxation techniques using sound and light technology. After returning to the U.S., she took her first level Usui Reiki I class. Since then she has completed Reiki II and the Reiki III Master level, thus enabling her to teach and pass attainments. In 2016 she deepened her knowledge by completing the Holy Fire II Katuna Reiki training at the International Center for Reiki Training, and in February of 2019 she advanced to Holy Fire III. With her advanced training through her Reiki practice of Dance of Light Healing, she hopes to help people take control of their health, to inspire new Reiki healers, and to contribute in some small way to improving the health of our world.

LLI Coordinator: Nancy Osborne

[Email a question to a coordinator](#)

F21-072, When My Time Comes

Thu, Nov 04, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Joe Fab

Description: Spurred on by the death of her husband, the Peabody-Award-winning NPR journalist Diane Rehm crossed the country to take an in-depth look at Medical Aid in Dying (MAID), a controversial, often-misunderstood end-of-life option for terminally ill patients who have six months or less to live and who are deemed capable of making their own medical decisions and meet certain legally prescribed criteria. It is authorized in 10 states and the District of Columbia and is also under consideration in many other state legislatures.

The film tells the personal story of Ms. Rehm and her husband of 54 years, but it also explores what medical aid in dying is – and what it is not. It is not suicide, in which the individual has the option to live but chooses not to. Rather, it offers someone whose death is imminent the ability to avoid extreme suffering at the end of life. As one Maryland lawmaker told Ms. Rehm, “Each of us is just one bad death away from supporting these laws.”

Two weeks prior to the class, participants will receive a link to view the movie. During the class Joe Fab will discuss making the movie, including his personal experience documenting this issue.

Biography: Joe Fab is an award-winning and Emmy-nominated producer, director and writer with more than 40 years’ experience in documentary film production, media and communications, event production, and the live presentation of plays and music. He is the recipient of a national Emmy nomination for *Paper Clips* (theatrical and HBO documentary), the Christopher Award for achievement in media that affirms the highest values of the human spirit, and the Discovery and Imagination Award (previous recipients included Dr. Jane Goodall and Christopher Reeve), to name just a few. His other award-winning films include *Bedford: The Town They Left Behind* and *NOT The Last Butterfly*.

LLI Coordinator: Jo Anne Renton

[Email a question to a coordinator](#)

F21-073, Whole Food Plant-Based Lifestyle 101

Mon, Oct 11, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Martha Stewart (not the celebrity)

Description: Are you interested in learning about nutrition, but really don't know where to start? Whole Food Plant-Based (WFPB) 101 provides both an introduction to general nutrition and recommendations and resources for making better food choices than the Standard American Diet (SAD). Participants will learn the good, bad, and ugly of nutrition and assess their own current and past health behaviors when they take *The Pleasure Trap Test* (incorporated in the presentation). Participants will be happy to learn that the keys to health and longevity are in our hands, easily accessible, and as simple to implement as raising a fork.

Biography: Martha Granger Stewart graduated from the United States Military Academy in 1990 with a B.S. in English. She continued to study English at Duquesne University leading to a master's degree in 1997. She received another masters degree from the Military Art and Science School of Advanced Military Studies. Having retired from the Army, Martha is now a civilian employee with the U.S. Coast Guard. After extensive personal research and given their family histories of cancer and diabetes, Martha and her husband transitioned together to the Whole Food Plant-Based lifestyle in June of 2019. Subsequently, she completed the Plant-Based Nutrition Certificate from e-Cornell in May of 2020 and is currently enrolled in the master's degree program of nutrition and human performance at Logan University in Missouri. Previously, LLI-Manassas was pleased to have Martha as a forum speaker and is now delighted to have her return to educate us about a Whole Food Plant-Based lifestyle.

LLI Coordinator: Nancy Osborne

[Email a question to a coordinator](#)

History, series F21-080

F21-081, Fourteenth Colony: The Forgotten Story of the Gulf South During America's Revolutionary Era

Tue, Sep 21, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Mike Bunn

Description: The British colony of West Florida—which once stretched from the mighty Mississippi to the shallow bays of the Apalachicola and portions of what are now the states of Florida, Alabama, Mississippi, and Louisiana—is the forgotten fourteenth colony of America's Revolutionary era. The colony's eventful years as a part of the British Empire form an important and compelling interlude in Gulf Coast history that has for too long been overlooked. For a host of reasons, including the fact that West Florida did not rebel against the British Government, the colony has long been dismissed as a loyal but inconsequential fringe outpost, if considered at all. But the colony's history showcases a tumultuous political scene featuring a halting attempt at instituting representative government; a host of bold and colorful characters; a compelling saga of struggle and perseverance in the pursuit of financial stability; and a dramatic series of battles on land and water, which brought about the end of its days under the Union Jack. In *Fourteenth Colony*, historian Mike Bunn offers the first comprehensive history of the colony, introducing readers to the Gulf Coast's remarkable British period and putting West Florida back in its rightful place on the map of Colonial America.

Biography: Mike Bunn is a historian and author who has worked with several cultural heritage organizations in the Southeast. He currently serves as Director of Historic Blakeley State Park in Spanish Fort, Alabama, editor of *Muscogiana*, the journal of the Muscogee County (Georgia) Genealogical Society, and Chair of the Baldwin County Historic Development Commission.

He is author or co-author of several books, including:

- *Fourteenth Colony: The Forgotten Story of the Gulf South During America's Revolutionary Era*
- *The Assault on Fort Blakeley: The Thunder and Lightning of Battle* (forthcoming in 2021)
- *Early Alabama: An Illustrated Guide to the Formative Years, 1798-1826*
- *Alabama From Territory to Statehood: An Alabama Heritage Bicentennial Collection*
- *Well Worth Stopping to See: Antebellum Columbus, Georgia Through the Eyes of Travelers*
- *Civil War Eufaula*
- *Battle for the Southern Frontier: The Creek War and the War of 1812*
- *Images of America: The Lower Chattahoochee River*

Mike earned his undergraduate degree at Faulkner University and two masters degrees at the University of Alabama. Mike and his wife Tonya live in Daphne, Alabama with their daughter Zoey. www.mikebunn.net

LLI Coordinator: Dan Leahy

[Email a question to a coordinator](#)

F21-082, The Vietnam War Through the Eyes of a Reporter

Thu, Nov 04, 2021, 1:30 PM to 3:30 PM

Additional dates: None

Location: Hylton Performing Arts Center, 10960 George Mason Circle, Manassas 20110. **NOTE: everyone who enters the building must wear a mask, regardless of vaccination status.**

Maximum Class Size: 150

Fee: None

Speaker/Host: Jed Duvall

Description: Jed Duvall covered the Vietnam War for CBS News in 1970 and 1971. Saigon was his base--a place to get a shower before heading back to the bush to be with American GIs.

Participants will hear first-hand from a reporter who spent a year and a half among American troops in Viet Nam--what they said, where they lived and slept, what they ate, their feelings about their own officers, and how some died. We will visit with the GIs--"Grunts" "draftees" "volunteers" and their sergeants and young officers who were there in the mud and dust and jungle fighting the Viet Cong and North Vietnamese Army. In other words, our 18 year-olds against their 18 year-olds. Jed will also describe his worst personal fright: being caught in a flood along the central coast of South Vietnam along with three jeep-loads of reporters and photographers. Rescued only through the intervention of a veteran U.S. Marine Corps Sergeant at the DaNang Press Center who alerted his Colonel to send a helicopter to pick them up.

Biography: Jed Duvall was born and raised on Long Island, NY. He received a Bachelor's Degree in Business from Duke University in 1959. He spent two years in the U.S. Navy and then began in the news business in 1961 at WBAL AM and TV in Baltimore. Six years later he moved to CBS News, a division of CBS Inc. in NYC.

With CBS he was assigned to the New York City Bureau followed by the Los Angeles Bureau until joining the Saigon Bureau in 1970. He covered the invasion of Cambodia by U.S. forces in 1970 and the invasion of Laos in 1971 by South Vietnamese troops (ARVN) with the support of American forces. After Vietnam, Jed reported for CBS News from Atlanta and then Washington, D.C., where he helped cover the Watergate cover-up trial. Subsequently, he worked for ABC on "Nightline" for a while, then was free lance for CNN and others until he and his wife retired in Rappahannock.

LLI Coordinator: Dan Leahy

[Email a question to a coordinator](#)

F21-083, Zoomed Live from Istanbul: From Byzantium to Istanbul

Wed, Oct 13, 2021, 10:00 AM to 11:30 AM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Serif Yenen

Description: This class will be presented live via Zoom from Istanbul. It will cover the history of the city from its founding as Byzantium in 660 BC, later to be known as Nea Roma and Constantinople, to present day Istanbul.

Istanbul, as the capital of three great empires – Roman, Byzantine and the Ottoman – has a very diverse and rich history. It is one of the most unique cities in the world.

In 330 AD, Constantine the Great chose Byzantium as the new capital for the Roman Empire. The name of the city was first changed into Nea Roma (New Rome), later to Constantinople. Constantine the Great contributed many public buildings, streets, monuments and a forum bearing his name. He built new walls enlarging the city. The population is believed to have risen from about 25-30,000 to 170,000 during his reign. He allowed Christianity and started building churches including the first version of the Hagia Sophia and Hagia Eirene.

Theodosius I banned paganism with an edict in 392 AD, and in 395 AD he divided the Roman Empire between his two sons. The Western Roman Empire collapsed in 476, but the Eastern Roman Empire (also called the Byzantine Empire by historians) continued for more than 1000 years.

In 1453, Istanbul became the capital for the Turkish Ottoman Empire until 1923 when Atatürk moved the capital to Ankara with the new secular republic.

NOTE: This will be three firsts for the Manassas LLI: first presentation from a different country, first presentation from a different continent, and first presentation from a different hemisphere. With the time zone difference between Manassas and Istanbul, it will start at 10AM to us, but 5PM to Mr. Yenen. One other curiosity is that we don't know from which continent he will speak, as the line between Europe and Asia passes right through Istanbul, up the Bosphorus (the waterway which divides the city and the continents).

Biography: Serif Yenen is a travel specialist, tour guide, travel writer, filmmaker, international keynote speaker and lecturer. He wrote *Turkish Odyssey* in English, the "first guidebook of Turkey ever written by a Turk." Yenen gives lectures about travel and Turkish history and culture, the majority of which are in academic communities. His guidebooks are used as textbooks or are on suggested reading lists at various universities, and his articles and columns are published in international magazines and national newspapers. He has given numerous presentations for the Smithsonian Associates, both in person at the Smithsonian Institution in Washington D.C. and also via Zoom. He has also been a guest speaker for the Penn Museum in Philadelphia, the Boston University, the University of Washington, the American Turkish Societies, the Boston Cultural Festival, Stormont Parliament Building in Belfast, various libraries and many more places. Serif Yenen has been leading tours in Istanbul and all over Turkey since 1989. He was designated Best Tourist Guide of the year 2006 by Skalite and has been asked to give guiding services to such noted people as Pope Benedict XVI, Oprah Winfrey, Matt Lauer and Lester Holt (Today Show-NBC). He continues his signature tours with a focus on culture, history and culinary experiences.

LLI Coordinator: David Pace

[Email a question to a coordinator](#)

F21-084, Making a Way Out of No Way: African American Soldiers During World War II, a program presented by the National Museum of the United States Army

Thu, Oct 14, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: TBD - one of several Museum educators

Description: Join us to learn more about the African American Soldiers' journey for equal rights.

Generations of African Americans have served their country, many serving in segregated units and not always given the respect and honor due to them. Although African Americans fought with distinction in World War II, they returned home to a segregated America. In 1948, President Harry Truman issued Executive Order 9981, which called for equal opportunity for all members of the Armed Forces. The segregated Army became a thing of the past, and the segregation of American society began to crumble.

A Museum educator will explore the commitment, challenges, and bravery of African American Soldiers serving during World War II and discuss artifacts, primary resources, and personal accounts.

Biography: TBD

LLI Coordinator: Valerie Kenyon Gaffney

[Email a question to a coordinator](#)

Lifestyle, series F21-090

F21-092, Traveling by Train in the U.S. and Canada

Thu, Nov 11, 2021, 1:30 PM to 3:00 PM

Additional dates:

Location: Bethel Lutheran Church, 8712 Plantation Ln., Manassas 20110

Maximum Class Size: 150

Fee: None

Speaker/Host: Bill Forster

Description: Having traveled extensively on Amtrak and on VIA (Amtrak's equivalent in Canada), including trips on long distance sleeper trains throughout the East, Midwest, and Pacific coast, Bill will tell you what you need to know about traveling by train. High speed rail, regional train service, special fares, the joys of sightseeing cars and communal meal service, and which trains are the most popular will all be discussed. He'll also help you read those confusing train schedules. Do you know who is in charge when you're on the train?

Current developments in U.S. rail travel are breaking news, and we will consider that, too. For those who would like to become involved in advancing the cause of passenger rail in the U.S., he will have current contact information available.

Biography: Bill Forster was born and raised in the Bronx, NY. He graduated from Providence College and Notre Dame University and served in the U.S. Navy during the Vietnam era. Bill had a 16-year career with Consolidated Rail Corporation (CONRAIL). He was a member of the National Association of Railroad Passengers (NARP), now known as the Rail Passengers Association, for many years. Locally he has served as a Director and Secretary with the Virginia Association of Railway Patrons (VARP), and he is currently employed by the Virginia Employment Commission (VEC).

LLI Coordinator: Kelly Espy

[Email a question to a coordinator](#)

F21-093, The Peace Corps Over the Decades

Tue, Sep 28, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Christine DiStasio and Maxwell Torney

Description: The Peace Corps was established by an Executive Order of President John F. Kennedy and authorized by Congress on September 22, 1961. In the sixty years of existence the Peace Corps has provided international social and economic assistance. LLI is pleased to offer a class with presentations by two Peace Corps volunteers who served in Lesotho, Southern Africa in the 1970s and in Moldova from 2013 to 2015.

Biography:

Christine DiStasio has been an educator throughout her life working with students in early intervention to adult education. She has degrees in education, special education, early childhood, and school leadership. After earning her master's degree, she joined the Peace Corps, a lifelong goal. She was sent to Lesotho, Southern Africa, where she was assigned to work as a Teacher Trainer for the UNESCO supported National Teacher Training College. Over the two year assignment she was given two groups of students to train, each for one year. She was placed in a very remote mountainous area of Lesotho and either walked or rode a horse to her 7-10 school sites. At the end of her service she was the international camp leader for Lesotho Workcamps and helped build a library. Upon returning to the States she worked in various positions as a teacher, supervisor, trainer or leader. After leaving NY and moving to Virginia, she has been a volunteer for Medical Missionaries in Manassas and is a mentor for returning Peace Corps volunteers.

Maxwell Torney served in the Peace Corps while in the master's international program at George Mason University, leading to his MBA. From 2013 to 2015, he worked in the Eastern European country of Moldova, working with the Mayor's office of a small rural village to train employees in grant writing, project implementation/monitoring/evaluating, and computer IT skills. He also taught English to grade school children after school. During his time in the Peace Corps, he maintained a blog that can be viewed at <http://maxinmoldova.tumblr.com/>

LLI Coordinator: Nancy Osborne

[Email a question to a coordinator](#)

F21-094, Holiday Flower Arranging

Sessions: Group A: Wed., Dec. 15, 10:00 a.m. - noon; Group B: Wed., Dec. 15, 1:00 p.m. - 3:00 p.m.

Location: Flower Gallery of Manassas, 10816 Sudley Manor Drive, Manassas, VA 20109

Maximum Class Size: 20 per group and minimum 10 per group

Fee: \$40 Paid upon arrival, with cash or check.

Speaker/Host: Doug Burroughs

Description: Doug will demonstrate how to choose flowers, greenery and other materials for a holiday arrangement and supply each student with the flowers, greenery and other materials to make an arrangement to take home and enjoy.

This is a one-session class that repeats in order to accommodate more members. Sign up for the time you prefer.

The last date to register for the class is December 1. If you are waitlisted for the class, the coordinator will let you know if space becomes available.

Biography: Doug Burroughs has owned the Flower Gallery of Manassas for over 30 years. His career began in high school when he had a job delivering flowers after school. He now works in all aspects of the floral business, including designing floral arrangements. Doug has taught classes for garden clubs, women's groups, and many for LLI.

LLI Coordinator: Jill Gentry

[Email a question to a coordinator](#)

F21-095, Chef Becky's Cooking Class

Thu, Dec 02, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Trinity Episcopal Church, 9325 West St., Manassas, 20110

Maximum Class Size: 20

Fee: \$15.00 at registration

Speaker/Host: Chef Becky Waldman

Description: Chef Becky will present her creative cooking knowledge and skills to 20 LLI members who have registered and paid \$15.00 to attend her class. She will be creating dishes using a variety of vegetables, fruits, and spices, some of which will be combined with quinoa and cheese. Following her presentation about how to be creative in "farm to table" cooking, the registrants will enjoy samples of her amazing dishes.

Note: The fee for this class is \$15, which must be paid at the time of registration. This fee is non-refundable unless the class itself is cancelled, in which case refund checks will be mailed to all registered students.

Biography: Becky Waldman was born in Venezuela, which was a vibrant land of rich culture and beauty in the 80s. Becky was always very creative and artistic, and at the age of nine she fell in love with cooking. At around the same time, she also developed a passion for teaching. Both of her parents were teachers and fostered in her a desire to share her knowledge and experiences with others. After receiving her bachelor of arts degree she taught Spanish and ESOL in a middle school in Prince William County. Becky welcomed the opportunity to teach, but her artistic leanings led her to seek the creativity she found in cooking. She left the public school system and went to culinary school. There she had the unique opportunity to go to the White House for the "Chefs Move to Schools" program, an initiative started by Michelle Obama in conjunction with the movers and shakers in the culinary world. Upon completion of her culinary schooling, Becky worked in many high-end restaurants in Washington, D.C. and in southern Florida. Upon moving back to Virginia, she discovered a way to combine her knowledge and love of food with her commitment to educating her community about the infinite ways to make food flavorful, healthy and environmentally sustainable.

LLI Coordinator: Nancy Osborne

[Email a question to a coordinator](#)

F21-096, Wine Tasting at Slater Run Winery

Wed, Oct 13, 2021, 2:00 PM to 3:30 PM

Additional dates: None

Location: Slater Run Winery, 1500 Crenshaw Rd., Upperville, VA 20184

Maximum Class Size: 40

Fee: \$35

Speaker/Host: Winery Staff

Description: Wine and food pairing at Slater Run Vineyards. Slater Run is an estate vineyard located on land that has been in the Slater family for 300 years. This event will include a guided tasting of white and red wines paired with appropriate foods and will conclude with a tour of the winery. The cost is \$35 and there is a maximum of 40 participants. Slater Run is located at 1500 Crenshaw Rd., Upperville, VA 20184. Upperville is just 4 miles west of Middleburg, Va., on Route 50

The last date to request a refund for this trip is October 3rd. After that date the fee is non-refundable unless there is a waitlist or you find a replacement. The winery has to purchase food ahead of time for the Food Pairing. So, there are no refunds for no-shows.

Biography: None

LLI Coordinator: Jerry Fisher

[Email a question to a coordinator](#)

F21-098, Ranger Talks from D.C.-Area National Parks

Tue, Oct 05, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Matthew R. Virta and Megan Bailey

Description: This course will consist of two consecutive presentations.

George Washington Memorial Parkway History & Significance – presented by Matthew Virta, Cultural Resources Program Manager.

How did the national park known as the George Washington Memorial Parkway come about? And is it more than just a road? The park owes its

existence to many factors: an idea from the 1880s to create a special kind of route from Washington, D.C. to Mount Vernon, a goal to improve city planning and provide park opportunities for the nation's capital, and a desire to protect the lands along the Potomac River, among others. At the heart of it all is the roadway, a uniquely designed national parkway that was literally and figuratively ground-breaking for its time. This presentation will discuss the planning history, engineering and landscape design of this significant historic property that is listed in the National Register of Historic Places.

The Untold Story of Theodore Roosevelt Island – presented by Megan Bailey, Cultural Resources Specialist.

Measuring just 90 acres, Theodore Roosevelt Island may be small, but it has a mighty history that stretches back thousands of years. Today this island in Washington, D.C. is managed by the National Park Service and serves as a memorial to the conservationist, outdoorsman, and 26th President, Theodore Roosevelt. But in the past this island has been occupied by Native Americans, plantation owners, the 1st Regiment of U.S. Colored Troops, the Civilian Conservation Corps, and even FBI agents. This talk will highlight the fascinating and lesser-known history of the island.

Biography: Matthew R. Virta has worked as an archeologist and cultural resources professional for the National Park Service (NPS) for nearly 35 years. Currently he is the Cultural Resources Program Manager for the George Washington Memorial Parkway (GWMP), where he has been employed since 1999, planning and managing identification, documentation, and preservation projects for the park's archeological sites, historic structures, and cultural landscapes. Before joining the GWMP, Matt was employed as a Staff Archeologist and Archeology Laboratory & Collections Manager for the NPS, Denver Service Center, Eastern Applied Archeology Center, conducting archeological investigations and curating archeological collections for national parks from the mid-Atlantic through the northeast. Prior to that, he was employed in a similar capacity serving parks in the greater Washington, D.C. area with the NPS, National Capital Region Archeology Program (where he initially started as a University of Maryland graduate student intern). Matt holds a bachelor's degree (1984) in anthropology (archeology) and a master's degree (1986) in archeology & cultural resources management from the University of Maryland, College Park.

Megan Bailey serves as the Cultural Resources Specialist at George Washington Memorial Parkway, where she works to preserve and protect the park's historic properties, archeological sites, and other cultural resources. Prior to joining the National Park Service, she earned a doctorate in anthropology and worked as an archeologist for historic sites in the Mid-Atlantic region.

LLI Coordinator: David Pace

[Email a question to a coordinator](#)

F21-099, Ranger Talks from Distant National Parks

Wed, Sep 22, 2021, 1:30 PM to 3:00 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Diane Ellsworth and Rita Garcia

Description: This class will consist of two consecutive presentations.

Wrangell-St. Elias National Park and Preserve, Alaska. Wrangell-St. Elias is America's largest National Park. It rises from the ocean up to 18,008 ft. At 13.2 million acres, the park is the same size as Yellowstone National Park, Yosemite National Park, and Switzerland combined! Mount St. Elias is the second highest mountain in both Canada and the United States. Nine of the 16 highest peaks on U.S. soil are located in the park, along with North America's largest subpolar icefield, glaciers, rivers, an active volcano, and the historic Kennecott copper mines. Mt. Wrangell, at 14,163 feet, is one of the largest active volcanoes in North America. The Malaspina Glacier, larger than the state of Rhode Island, is the largest non-polar piedmont glacier in North America. Within this wild landscape, people continue to live off the land as they have done for centuries. This rugged, beautiful land is filled with opportunities for adventure.

Valles Caldera National Preserve, New Mexico. About 1.25 million years ago, a spectacular volcanic eruption created the 13.7-mile wide circular depression in the Jemez Mountains of northern New Mexico now known as the Valles Caldera. The preserve is known for its huge mountain meadows, abundant wildlife, and meandering streams. Hot springs, streams, fumaroles, natural gas seeps and volcanic domes dot the caldera floor landscape. The highest point in the caldera is Redondo Peak, an 11,253 ft. resurgent lava dome. Also within the caldera are several grass valleys. The area preserves the homeland of ancestral native peoples and embraces a rich ranching history. Each year thousands of visitors come to Valles Caldera National Preserve to explore the unique geology, view wildlife, and learn about the historic cabins and prehistoric sites. It is a place to have fun and make lifelong memories.

Biography:

Diane Ellsworth grew up in Ohio and attended Penn State, earning a degree in Secondary Education. Seeking adventure, she moved to Alaska, where she taught high school English and art in four different villages before settling in Copper Center, on the edge of Wrangell-St. Elias National Park and Preserve. There she raised her family and became an "in-holder," acquiring land through her husband, who has since passed. In 2010 she began working seasonally for the NPS as an interpretive ranger, and now she serves as the Youth Programs Coordinator, working with a Student Conservation Association and local Youth Conservation Corps. This is her 10th season as a Ranger with the park. In its off season (which starts at the end of September), she will remain in her home in the park and work with the youth groups. Year-round, she lives with a 13.2 million acre backyard.

Rita Garcia has been learning how to be a park ranger for over 25 years and delights in sharing the stories of national park places with the public that owns them. Educated as an evolutionary ecologist, she has also always had a passion for human history and geology. This Arizona native has been fortunate enough to work in Petrified Forest National Park, Yellowstone National Park, Big Cypress National Preserve, Valles Caldera National Preserve, and other sites. Her hope is to help people find their own personal value and meaning in their national parks.

LLI Coordinator: David Pace

[Email a question to a coordinator](#)

Our Neighborhood, series F21-100

F21-101, "When do I have to stop for a yellow light?" An Insider's Guide to Virginia's Traffic Laws

Tue, Nov 09, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Dar al-Noor Islamic Community Center, 5404 Hoadly Rd, Manassas, 20112

Maximum Class Size: 120

Fee: None

Speaker/Host: Judge Craig D. Johnston

Description: In this class Judge Craig Johnston will take us through the law behind many of the everyday decisions we all make as drivers, decisions like whether to stop for a yellow light, what it means to stop for a stop sign, how much to drink is too much, and how fast is so fast you may be in real trouble. He will also talk about choices you have if you get a ticket, and what might happen in court if you decide to go to court. He will also discuss some of the more interesting traffic cases he has had as a judge. Those attending will get an inside perspective on Virginia's traffic laws, which may guide them as they drive, and help them decide what to do if they have the misfortune to get a traffic ticket.

Biography: Honorable Craig D. Johnston is a former Chief Judge of the Prince William Circuit Court who is now semi-retired. Before being elected as a Circuit Court Judge, he served as a General District Court Judge for a number of years, where he presided over thousands of traffic cases. He is the author of a treatise on Virginia trial procedure, the "Trial Handbook for Virginia Lawyers." He and his wife Joyce, who is also a presenter of LLI programs, live in Manassas and enjoy tennis, reading, visiting grandchildren, and being members of LLI.

LLI Coordinator: Craig Johnston and Kathy Marsh

[Email a question to a coordinator](#)

F21-102, A Walk at Meadowlark Botanical Gardens

Fri, Sep 17, 2021, 10:00 AM to 2:00 PM

Additional dates: None

Location: Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna, VA 22182

Maximum Class Size: 100

Fee: \$1.50 Pay in cash when you arrive

Speaker/Host: N/A

Description: Arrive at Meadowlark Botanical Gardens between 10:00 a.m. and 10:30 a.m. Stroll through the gardens and around the lakes at your own pace. There will be no guide or formal talk. A map of the grounds will be provided, and you may choose the areas you wish to visit. There are benches placed along the trails, and just outside the Visitor Center entrance, a pavilion is available for picnics for those who wish to bring a snack or lunch.

Meadowlark Botanical Gardens, about 100 acres and a hidden treasure in Vienna, is managed by NOVA Parks, which maintains parkland throughout Northern Virginia.

Featured gardens close to the Visitor Center are the Rock Garden, Cancer Treatment Garden, Herb Potpourri Garden, Perennial Garden, Butterfly Garden, Hosta and Fern Garden, and (from May through October) the Bonsai Gazebo.

An ADA Accessible Paved Trail leads from the Visitor Center, along the gardens mentioned above, to a pavilion overlooking the largest of three lakes. Look for Koi and turtles in the lake.

In 2012, the first Korean Bell Garden in the Western Hemisphere opened at Meadowlark. The centerpiece is a 3-ton 'Bell of Peace and Harmony,' a symbol of the friendship between Virginia and South Korea.

There is a Virginia Native Tree Trail and three native plant collections, as well as large ornamental gardens.

In September, the highlights are the Hosta Garden, Herb Garden, Ferns, Butterfly Garden, Container Plantings, Grasses, Chrysanthemums, Annuals, Salvia, Early Fall Color, and The Cancer Treatment Garden. Walk out to the Salvia and Herb Gardens for a real sensory treat.

Biography: N/A

LLI Coordinator: Karen Waltman

[Email a question to a coordinator](#)

F21-103, Continued Current Issues with the Police and Understanding the Virginia Criminal Justice System

Fri, Oct 08, 2021, 1:30 PM to 3:30 PM

Additional dates: None

Location: Prince William County Courthouse, 9311 Lee Ave, Manassas, VA 20110

Maximum Class Size: 150

Fee: None

Speaker/Host: Honorable William E. Jarvis, General District Court Judge, Prince William County

Description: Judge Jarvis returns to continue discussing current issues involving our police and the Virginia Criminal Justice System. He plans to be joined again by a member of the defense bar. Judge Jarvis has given us multiple classes, but each one is unique and fresh, discussing events that have recently occurred. Participants in his classes have appreciated his presentations and the question/answer periods that followed. Last semester there were a number of questions the Judge was unable to address because of time constraints. He will include them in this class.

Biography: The Honorable William E. Jarvis graduated from Old Dominion University in 1985 with bachelor degrees in philosophy and criminal justice. After doing graduate work at the University of Virginia, he attended George Mason University School of Law and graduated in 1991. He served as a prosecutor in Pittsylvania County, Virginia, from 1992 to 1998 and in Marion County, Florida, from 1998 to 2002. Upon his return to Virginia in 2002, he prosecuted in Prince William County until 2012, when he was appointed to the PWC General District Court Bench. Judge Jarvis has taught search and seizure as well as right to counsel legal updates to police, attorneys and judges throughout his legal career.

LLI Coordinator: Bob Marsh

[Email a question to a coordinator](#)

F21-104, Smart Beginnings

Wed, Oct 20, 2021, 1:30 PM to 3:00 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Tawnya Soltis

Description: It has been found that the earlier children's education begins, the more successful they will be as students. The Smart Beginnings Greater Prince William chapter provides PWCounty's youngest citizens, ages birth to 5, and their families the support of a smart beginning leading to a bright future. Smart Beginnings is a non-profit grant program staffed by invaluable volunteers who give of their talents, time, and treasure. In this presentation, Executive Director Tawnya Soltis will give an over-view of how the Smart Beginnings Program supports Manassas City, Manassas Park, and PW County's parents and their children.

Biography: Tawnya Soltis has deep experience in childhood education as a third grade teacher of students with disabilities and 31 years in the PWCS system in the Office of Professional Learning, Asst. Principal at Triangle and West Gate Elementary Schools, and 17 years as Principal of Old Bridge ES (Lake Ridge) and Montclair ES. Since January, 2019, she has held the position of part time Executive Director of Smart Beginnings Greater Prince William, a non-profit program under SPARK- PWCS Education Foundation, advocating for our littlest learners in Prince William, Manassas City and Manassas Park. Tawnya realizes that growth and development begin at birth and will explain how Smart Beginnings Greater Prince William benefits our community.

LLI Coordinator: Christina Cinalli

[Email a question to a coordinator](#)

F21-105, Embracing Police Reform

Thu, Oct 28, 2021, 1:30 PM to 3:00 PM

Additional dates: None

Location: Hylton Performing Arts Center, 10960 George Mason Circle, Manassas 20110. **NOTE: everyone who enters the building must wear a mask, regardless of vaccination status.**

Maximum Class Size: 150

Fee: None

Speaker/Host: Speaker: PWC Chief of Police Peter Newsham

Description: Prince William County Chief of Police Peter Newsham will discuss police reform through the lens of 2021 and what that means for both Prince William County law enforcement as well as for the community.

Biography: In 1989, Chief Peter Newsham joined the Metropolitan Police Department in Washington, D.C., where he served in a number of operational assignments and leadership positions before being named Chief of Police in 2016. After retiring from MPD in January 2021, Newsham was sworn in as Prince William County Chief of Police on February 1, 2021.

LLI Coordinator: Valerie Kenyon Gaffney

[Email a question to a coordinator](#)

Religion & Philosophy, series F21-110

F21-111, The First 100 Years of Christianity

Thursdays 10:00 AM to 12:00 PM

Sessions: 9/23/2021, 11/18/2021

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: The Rev. James Hughes

Description: The third and fourth sessions of the series on The First 100 Years of Christianity will be presented this semester. In this series Father Jim is examining history, literature and culture in the development of Christianity and how it flourished as it did. The third session on September 23rd will look at the early church and early missions outside of Jerusalem. On November 18th he will speak on the Apostolic Conference, the independent mission of Paul.

Biography: The Rev. James Hughes holds bachelor's degrees in both philosophy and the classics from St. Charles Seminary, Philadelphia. He holds master's degrees in both biblical studies and systematic theology from Catholic University in Washington, D.C. He was ordained a priest in the Roman Catholic Church in 1982. More recently he studied at the Virginia Theological Seminary, which led to being received as an Episcopal priest in December of 2016. Currently he serves as an associate priest at Trinity Episcopal Church in Manassas. Father Jim has taught 13 classes for LLI-Manassas. His first two classes were about the Library of Congress, where he worked for 23 years in the Visitor Services Office. Since then he has taught classes on The Book of Job, Biblical Issues: Inspiration, Inerrancy and Canonicity, a variety of Preacher Stories, and Biblical Portraits. LLI-Manassas is very fortunate to have Father Jim Hughes, always willing to teach those of us eager to learn from him.

LLI Coordinator: Nancy Osborne

[Email a question to a coordinator](#)

F21-112, Getting to Know the Different Faiths in Our Community: Haymarket Baptist Church

Tue, Nov 02, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Haymarket Baptist Church, 14800 Washington St., Haymarket, Va. 20169

Maximum Class Size: 100

Fee: None

Speaker/Host: Dr. Mark Olson

Description: This class is part of an on-going series. When possible we will visit places of worship each semester. The instructors for each faith will cover their faith's history, their concept of God, the texts that they use, their worship services, their mission in the community, the role of women, and their religious holidays.

Biography: Dr. Mark Olson is the Senior Pastor of Haymarket Baptist Church, having served five other Baptist Churches before coming to the Prince William area. Pastor Mark holds a bachelor of arts degree from Wake Forest University, a master's of divinity from Southern Baptist Theological Seminary and a Ph.D. in New Testament and Early Christianity from the University of Virginia. He taught religious studies at Sweet Briar College and Virginia Tech. He has authored three books about the New Testament, the most recent one being *Romans: The Letter that Changes Christian History*.

LLI Coordinator: Nancy Osborne

[Email a question to a coordinator](#)

F21-113, Getting to Know the Different Faiths in Our Community: The Manassas Seventh Day Adventist Church

Tue, Oct 26, 2021, 10:30 AM to 12:00 PM

Additional dates: None

Location: Manassas Seventh Day Adventist Church, 9858 Fairmont Ave., Manassas, VA 20109

Maximum Class Size: 100

Fee: None

Speaker/Host: Pastor Randy Davis

Description: This class is part of an on-going series. When possible we will visit places of worship each semester. The instructors for each faith will cover their faith's history, their concept of God, the texts that they use, their worship services, their mission in the community, the role of women, and their religious holidays.

Biography: Randy Davis was born and raised on a farm in southwestern Kansas. He graduated from college with bachelor of science degrees in computer science and business administration. His intent was to be a businessman and make lots of money but God had other plans for him. Through a series of "God orchestrated" events, he switched careers and began working as a Pastor. Randy has served God for 30 years as a Pastor Church Planter, Chaplain and Missionary. His family came to Manassas 9 years ago after serving as Missionaries in Taiwan for 3 years. Randy loves serving and building up the body of believers wherever God leads him.

LLI Coordinator: Nancy Osborne

[Email a question to a coordinator](#)

Science & Technology & Nature, series F21-120

F21-121, Women in Physics

Fri, Sep 24, 2021, 1:30 PM to 3:00 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Instructor: Mark Dodge

Description: Since 1901, 209 different men have won Nobel Prizes in Physics. Over the same period, four women have won. This illustrates the challenge women have had breaking into a field that has long been a "men's club."

This class will explore the challenges women have faced in trying to break into the professional field of science research, particularly in physics. We'll note the cultural challenges that diminished opportunities for women, made it more difficult for them to be educated, and pushed them into traditional domestic roles.

Despite the obstacles women have faced, with persistence, determination, and brilliance, some have made major contributions to physics. Did you know it was a woman who first came up with the idea of conservation of energy? And another woman was the first to discover anomalies with a planet's orbit, which led her to correctly predict the discovery of a new planet!

We will look at the work of women in physics from the very beginning of the scientific revolution in the 1700's until the present day. While we cannot recognize all the women who have contributed so much, we will tell the story of several, and we will celebrate them and their accomplishments.

Biography: Mark Dodge earned a bachelor's degree in physics from the University of California Berkeley and a master's in engineering physics from the University of Virginia. He worked at IBM as an engineering scientist for 12 years and as a high school physics teacher for 24 years. He has been fascinated by astronomy ever since he gazed through his first telescope when he was in seventh grade. Mr. Dodge is also fascinated by ancient cultures and how they still influence us today. This class is a compilation of several of his most popular presentations from his high school teaching.

LLI Coordinator: E. Perley Eaton or Christina Cinalli

[Email a question to a coordinator](#)

F21-122, Search for the Smallest Things, Part 3

Fridays 1:30 PM to 3:00 PM

Sessions: 10/15/2021, 10/22/2021, 10/29/2021, 11/05/2021

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Instructor: Mark Dodge

Description: For thousands of years, people have wondered what the Universe is made of and if there is a "smallest thing" from which everything else is made. Today, we call this area of science "Particle Physics." In the 20th century, research led to major new understandings of the way atoms work. But along the way, in the study of cosmic rays and working with particle accelerators, hundreds of new subatomic particles were found. This led to a new scramble to organize and understand the relationships between all these particles. It seemed as if the search for the smallest thing had begun all over again.

One of the new ideas that emerged is that of even smaller "sub-subatomic particles." New things like quarks and gluons were proposed, and they turned out to be real! And antiparticles were discovered, too, which blow up when they strike their regular counterpart!

All of this ultimately led to the "Standard Model of Particle Physics," the current foundation for our understanding of the smallest things. But no physicist thinks this model is complete! So, the search for the smallest thing continues to the present day and into the future.

We will explore all of this, meet lots of interesting people, consider their experiments, and see how we arrived at the current understanding of the smallest thing.

Biography: Mark Dodge earned a bachelor's degree in physics from the University of California Berkeley and a master's in engineering physics from the University of Virginia. He worked at IBM as an engineering scientist for 12 years and as a high school physics teacher for 24 years. He has been fascinated by astronomy ever since he gazed through his first telescope when he was in seventh grade. Mr. Dodge is also fascinated by ancient cultures and how they still influence us today. This class is a compilation of several of his most popular presentations from his high school teaching.

LLI Coordinator: E.Perley Eaton or Christina Cinalli

[Email a question to a coordinator](#)

F21-123, Actions to Reduce Climate Change

Fri, Dec 03, 2021, 1:30 PM to 3:30 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Warren Beeton

Description: About nine months ago, a similar class focused on the solutions proposed by four organizations recommending paths to addressing man-caused climate change. In this session, we will update the discussion and focus on solutions being considered or instituted by the Biden Administration.

Even though almost a year will have passed, the Administration will not have moved on all of these solutions; some will be facing budget debates, others will be on the "drawing-board," and some will have been initiated. Our class leader, Warren Beeton, will organize a discussion comprising one or more informed panelists to consider the administration's current actions.

Biography: Warren Beeton is a frequent lecturer at LLI-Manassas, as well as co-leader of the Prince William County Chapter of Citizens' Climate Lobby. He will be the presenter or moderator of a panel depending on the selected format. Warren retired in 2012 as VP of Engineering for Emerson Climate Technologies. During his 45-year industry career, he has worked on both technology and policy solutions to stratospheric ozone depletion and climate change.

LLI Coordinator: E. Perley Eaton

[Email a question to a coordinator](#)

F21-124, Dopamine: The Real Story of Its Role in Parkinson's Disease

Fri, Dec 17, 2021, 1:30 PM to 3:00 PM

Additional dates: None

Location: Hylton Performing Arts Center, 10960 George Mason Circle, Manassas 20110. **NOTE: everyone who enters the building must wear a mask, regardless of vaccination status.**

Maximum Class Size: 120

Fee: None

Speaker/Host: Dr. Rebekah Evans

Description: Dopamine is one of the most famous neurotransmitters in the brain, known to many as the 'pleasure molecule' and often associated with drugs of abuse. However, dopamine is much more nuanced and wide-ranging in its actions. For example, dopamine-containing neurons are the main neurons to degenerate in Parkinson's Disease. In this presentation, Dr. Rebekah Evans will answer the questions: Where does dopamine come from? Where does dopamine go? and What does dopamine do when it gets there?

Biography: Rebekah Evans M.Ed. Ph.D. is an assistant professor in the Neuroscience Department at the Georgetown University Medical Center in Washington, D.C. Dr. Evans runs a lab investigating the cells and circuits in the brain that degenerate in Parkinson's Disease. She has earned the Fellowship Award for Research Excellence for her post-doctoral research at the National Institutes of Health and a prestigious research grant from the NIH BRAIN Initiative.

LLI Coordinator: Christina Cinalli

[Email a question to a coordinator](#)

F21-125, POSTPONED The Viability of Solar Farms for Residential Areas

Probably February 2022, 1:30 PM to 3:00 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 300

Fee: None

Speaker/Host: Bill Graves, Owner, Environmental Services and Technology (ENSAT)

Description: We all know that renewable energy is the way of the future. But what is the practicality of residential Electric Voltaic solar panels on each house in the neighborhood? Many houses do not face the correct direction. Home Owners Association restrictions and installation of such units can be onerous. However, Neighborhood Solar Farms are now an option thanks to Virginia's new solar regulation aiming to resolve these problems locally. This class will explore the feasibility of these systems, the competitive cost of the energy produced, the drastic reduction in emissions, and environmental impacts to air, water and land. The potential impact from the upcoming electrification of our cars and the simple fact that those cars will be charged at our homes is an important component of the whole equation. It takes about 50 to 100 KW to charge an electrical car for one use. That energy cost will become part of the normal residential bill. Bill Graves, owner of Environmental Services and Technology (ENSAT), will lead the discussion of the complicated issues raised by this new technology.

Biography: Bill Graves has degrees in Chemistry and Geology. He is the owner of a small environmental consulting firm located in Prince William County. ENSAT has been in business for over 30 years and provides environmental management services to a wide variety of firms. ENSAT permits and maintains emission estimates and compliance documentation for small and large emission sources. Solar energy has been an area of interest of his since building his solar home in 1993.

LLI Coordinator: Christina Cinalli

[Email a question to a coordinator](#)

F21-126, Are You Smarter than Your Smart Phone?

Fri, Nov 12, 2021, 1:30 PM to 4:00 PM

Additional dates: None

Location: Zoom

Maximum Class Size: 60

Fee: None

Speaker/Host: NVCC Honors Club

Description: Back by popular demand, "Are You Smarter Than Your Smartphone" is a virtual event that aims to promote smartphone literacy to participants from LLI-Manassas. This class has been repeated over several semesters to showcase new features that smartphone manufacturers add to their devices. Participants will join Zoom breakout rooms specific to their device type and proficiency level. In the breakout rooms, they will have the opportunity to request personalized help with any concerns about their smartphones.

NVCC instructors will guide LLI members to become competent in the latest functional operations on their devices. Based on their experience from the last semester, NVCC student mentors have suggested topics such as establishing calendars, increasing photography skills, using apps to find a misplaced smartphone, working with health apps, reading eBooks, and listening to audiobooks.

Biography: Meelod Waheed, president of the NVCC Honors Club, and Faculty Advisor Mathew S. Westerhoff will host this Zoom class. Additional instructors are members of the NVCC Honors Club and other NVCC students who volunteer to share their expertise.

LLI Coordinator: E. Perley Eaton

[Email a question to a coordinator](#)

Clubs, series F21-140

F21-141, Mah Jongg Club

1:30 PM to 3:30 PM

Sessions: Every Tuesday afternoon

Location: [Jukebox Diner](#), 8637 Sudley Road, Manassas 20110. In the Canterbury Village Shopping Center, across from Novant Health UVA Prince William Medical Center (P.W. Hospital).

Maximum Class Size: 40

Fee: \$9 for standard Mah Jongg cards and \$10 for large print card

Speaker/Host: N/A

Description: Every Tuesday from 1:30-3:30 p.m., we meet for fun, laughter, and a good time. All levels of experience are welcome from beginners through master players. For more information, contact Kathy Fowler at the link, "Email a question to a coordinator" below.

Biography: N/A

LLI Coordinator: Facilitator: Kathy Fowler

[Email a question to a coordinator](#)

F21-142, Book Club

1:30 PM to indefinite

Sessions: Last Wednesday of every month

Location: [Bethel Lutheran Church](#), 8712 Plantation Ln., Manassas 20110

Maximum Class Size: 50

Fee: None

Speaker/Host: N/A

Description: Books, both fiction and non-fiction, are selected by the members, usually one or two months in advance. Members are encouraged to lead a discussion. The discussions are fun for all, including those who may not have finished reading the current book.

Biography: N/A

LLI Coordinator: Facilitator: Lianetta Ruetters

[Email a question to a coordinator](#)

F21-143, Lunch Club

12:00 PM to indefinite

Sessions: 12 Noon, First Friday of every month

Location: [Jukebox Diner](#), 8637 Sudley Road, Manassas 20110. In the Canterbury Village Shopping Center, across from Novant Health UVA Prince William Medical Center (P.W. Hospital).

Maximum Class Size: 100

Fee: None

Speaker/Host: N/A

Description: The purpose of the club is for LLI members to enjoy a meal together and become better acquainted with fellow members. There is no planned program or topic—we just chat about anything that comes to mind. Participants pay for their own lunch.

Biography: N/A

LLI Coordinator: Facilitator: Karen Waltman

[Email a question to a coordinator](#)