



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

## Opening Session: Monday, January 25, 2010

### *Ferguson Center for the Arts*

1 p.m.	New Member Orientation	Music and Theatre Hall
1:30 p.m.	All-Member Reception	Music and Theatre Hall Lobby
2:30 p.m.	Lecture: <b><i>Nutrition and the Brain</i></b> by Paul Aravich, Ph.D., Eastern Virginia Medical School	Music and Theatre Hall

### Program Overview

The dates and times for the 51 five-week and seven 10-week courses are listed on pages 2, 3, 4 and 5. These courses will meet either one, two or three times per week. In addition to three field trips, a number of optional activities will be announced during the semester. The six Monday afternoon lectures, three concerts and one drama presentation for LLS members are listed on page 6.

### Membership Fee and Benefits

Full membership for the 2009-10 spring and summer sessions is \$175. This includes Monday afternoon lectures and concerts, spring and summer courses, and the opportunity to participate in optional activities — such as field trips — by paying the activity fees.

An associate membership for the 2009-10 spring and summer sessions is available for \$100. This includes the Monday afternoon lectures and concerts and the group and other optional activities, but no courses.

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

### Refund Policy

Full refund of spring membership and/or course fees will be granted if requested before Jan. 25, 2010. After that date, no refund will be given. A 20-percent handling charge will be deducted on all refunds. Refunds will not be given for money paid in the fall.

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

### Economic Hardship

Fee waiver is possible, and inquiries are invited. Please call the LLS office at (757) 269-4368 for details.

### 2009-10 Parking Decal Sticker Required

A parking decal is required on Christopher Newport University property. If you want a parking decal (or the 2009-10 sticker) please use the registration page for your request.

### Office Location:

660 Hamilton Drive  
Newport News, VA 23602  
Telephone: (757) 269-4368

Our office location is in the first house on the left at the corner of Oyster Point Road and Criston Drive. We are in the brick house across the parking lot from the Yoder Barn. Class locations and confirmations will be mailed to you after Jan. 8, 2010.

### Mailing address:

LifeLong Learning Society  
Christopher Newport University's Yoder Barn Theater  
660 Hamilton Drive  
Newport News, VA 23602-6925

Jan. 25 - Feb. 26, 2010

**1. Aerobics (During Class Break Period)**

*Dec. 2, 4, 7, 9, 11, 14, 16, 18 & Jan. 6, 8, 11, 13, 15, 18, 20, 22  
Mon., Wed., Fri., 9-10:15 a.m.*

A conditioning program to improve your strength, balance, range of motion, muscular and cardiovascular endurance. \$30 course fee.

*Instructor:* Kasey Cyr-Robert

**2. Aerobics (Starting Jan. 25)**

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

Same as course #1. \$30 course fee.

**3. Beginning Spanish**

*Mon., Wed., 9:30-10:45 a.m. 10-week course*

For beginners with limited or no exposure who want to learn the basics of conversing in Spanish for travel and fun. \$30 course fee.

*Instructor:* Saundra Hansford

**4. Beginning Chinese**

*Mon., 9:30-10:45 a.m. 10-week course*

This course is designed for beginners who want to learn basics of travel and daily life conversations in Chinese. You are expected to study the basic skills of pronunciation, listening and reading.

*Instructor:* Zhao Qing Zhang, LLS

**5. Intermediate Spanish**

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

For members who have had a beginning Spanish course or practical language experience and wish to expand their communication skills. \$15 course fee.

*Instructor:* Saundra Hansford

**6. Intermediate Chinese**

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

For members who have had a beginning Chinese course and wish to expand their language skills. We will continue to learn more about daily life conversations, Chinese culture and poems.

*Instructor:* Zhao Qing Zhang, LLS

**7. Clay: Wheel Thrown**

*Mon., Wed., 12-2:30 p.m.*

Beginners start with making basic wheel-formed pottery while returning students refine their skills and learn advanced techniques. Clay may be purchased from the CNU bookstore. The amount of ware equated to 10 5"x5" pots will be fired for each student without charge. Ware exceeding this limit will incur a firing fee of 2.5 cents per cubic inch (no math required; a spreadsheet will figure this out!). Limited enrollment. \$30 course fee. Also a check for \$5 glaze fee made out to CNUFE.

*Instructor:* Marshall Turner, CNU

**8. Computing I**

*Mon., Wed., 12:30-1:45 p.m.*

This is the first course in a three-course progression. This beginner course is for anyone who wants to learn how to use a computer. The student will be introduced to the parts of a computer, the desktop and basic computing. \$15 course fee.

*Instructor:* Susan Daimler

**9. Computing III**

*Mon., Wed., 2-3:15 p.m.*

Students should have completed Computing II before they enroll in this course. Students will learn advanced topics including: sorting, creating lists, inserting tables, using templates and tabs, and insert-

ing graphics. Students should own or have access to a computer to practice their skills. \$15 course fee.

*Instructor:* Susan Daimler

**10. Body Fusion: Tone and Stretch (During Class Break Period)**

*Dec. 1, 3, 8, 10, 15 & Jan. 5, 7, 12, 14, 19, 21  
Tues., Thurs., 9-10:15 a.m.*

This exercise class will focus on muscle strength, muscle endurance, flexibility, balance and coordination combined with the use of a variety of equipment. \$20 course fee.

*Instructor:* Lisa Wingfield, CNU

**11. Body Fusion: Tone and Stretch (Starting Jan. 26)**

*Tues., Thurs., 9-10:15 a.m.*

Same as course #10. \$15 course fee.

**12. Morning Oils and Acrylics**

*Tues., 9:30-11:30 a.m.*

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

*Instructor:* Brian Murphy

**13. Etruscans**

*Tues, 9:30-10:45 a.m. 10-week course*

Explore the history and archaeology of the Etruscans, including their encounters with the Greeks, Carthaginians, Celts and Romans. Though eventually conquered by Rome, the Etruscans exerted important influences on Roman political, social, religious and artistic traditions. Syllabus fee \$3.

*Instructor:* Glenn Markus

**14. Practicing Poetry**

*Tues., 11 a.m.-12:15 p.m.*

This course will include Edgar Allen Poe, sound and poetic voice, and a variety of forms to include acrostic and ode and nonsense poetry and enjambment.

*Instructor:* Patricia Flower Vermillion

**15. Strength and Stretch (During Class Break Period)**

*Dec. 1, 3, 8, 10, 15 & Jan. 5, 7, 12, 14, 19, 21  
Tues., Thurs., 11 a.m.-12:15 p.m.*

This class addresses high-risk clients: those with multiple medical problems, either past or current; or those who have not exercised for a very long time and would have difficulty with a standard program; or those who are currently dealing with physical problems that limit movement, mobility, stamina; or those who are experiencing pain. \$20 course fee.

*Instructor:* Kasey Cyr-Robert

**16. Strength and Stretch (Starting Jan. 26)**

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

Same as course #15. \$15 course fee.

**17. Origins of Early Christianity**

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

This is a historical overview of how Christianity came into being, beginning with the birth of Jesus up through the early Middle Ages. The course will explore how the religion changed over time, from a religion of Jesus and his teachings into a religion about Jesus and his relationship to God.

*Instructor:* Dr. William Peach, LLS

**18. Afternoon Oils and Acrylics**

*Tues., 12:30-2:30 p.m.*

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

*Instructor:* Brian Murphy

**19. The Geography and Politics of Economic Development in Africa, the Middle East and South Asia**

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

This course will examine the challenges and opportunities of economic development in a large, contiguous section of the developing world. Emphases will include: the blessings and curses of natural resource wealth, the role of "good governance" in development, the effects of armed conflict, and national success stories.

*Instructor:* Dr. Brennan M. Kraxberger, CNU

**20. The Glorious 30: France, 1945-1975**

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

We will examine France's reconstruction in the three decades after World War II. These years are traditionally remembered as a time of remarkable prosperity, yet they also witnessed significant political upheaval, social reform and cultural change. We will discuss these broader trends through focusing on several key developments, including Americanization, European unity, the Algerian War, the return of Charles de Gaulle and the protests of 1968.

*Instructor:* Dr. Brian Puaca, CNU

**21. Greek — Not Another Foreign Language — THE Foreign Language**

*Wed., 9:30-10:45 a.m.*

You may only learn enough Greek to order scrumptious food at the next Greek festival, but you WILL have a greater understanding and mastery of our own language, of all the sciences and know why we resort to Greek terms to define esoteric concepts.

*Instructor:* George Tsirimokos

**22. The Brontës**

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

Charlotte Bronte's *Jane Eyre* and Emily Bronte's *Wuthering Heights* are two of the best-known 19th-century British novels, renowned for their Byronic heroes and passionate love stories. We will read the best-known novels by these two sisters in the context of 19th-century romanticism.

*Instructor:* Dr. Kara Keeling, CNU

**23. Islam**

*Wed., 1-2:15 p.m.*

This course will discuss Sufism or Islamic mysticism, Islamic law, political Islam or Islamic fundamentalism, Wahhabi Islam and Shi'ism.

*Instructor:* Dr. Hussam Timani, CNU

**24. Ancient Exploration**

*Wed., 2:30-3:45 p.m.*

Join scholars at The Mariners' Museum as we retrace the steps of those who faced the unknown and sailed the high seas prior to Christopher Columbus and the great European Age of Exploration.

*Coordinator:* Armalita Holley, Museum Educator

**25. Wall Street Scams and Cons: Learning How to Smell a Rat**

*Thurs., 9:30-10:45 a.m.*

Wall Street operators have a very colorful history of taking "other people's money" and making it their own. Bernie Madoff, the most recent scoundrel, and some hedge fund managers merely applied various time-tested techniques from earlier scandal history. This course will explore Wall Street scams that have cost innocent investors untold wealth and how to identify the signs of potential financial fraud.

*Instructor:* Dr. Arthur Gudikunst, CNU Emeritus

**26. Gloriana**

*Thurs., 11 a.m.-12:15 p.m.*

An exploration of the life and reign of Queen Elizabeth I of England.

*Instructor:* Dr. Theodora Bostick, CNU Emeritus

**27. Arabic II**

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

*10-week course*

In this course we will learn to connect the Arabic letters, write and read full sentences, and learn more vocabulary. Also there will be more conversation.

*Instructor:* Mrs. Diana Obeid Timani

**28. Tai Chi**

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

*10-week course*

This class will teach the introductory form of Tai Chi, nine movements in the Yang style. Tai Chi, a non-aerobic exercise, will benefit those who want to improve their balance and muscle strength.

*Instructor:* Bill Hansell

**29. Religion vs. Politics**

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

This course provides a broader understanding of the interaction of faith and politics in American culture. We will discuss religion and the Constitution, religion and voting, the religious right in American politics, religious liberalism, and the politics of small religious movements.

*Instructor:* Dr. Dawn Hutchinson, CNU

**30. Understanding Opera: *Don Giovanni* and *Porgy and Bess***

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

This class will feature historical background as well as illuminating musical analysis illustrated with audio and video excerpts. Ideal for both opera lovers and beginners.

*Instructor:* Glenn Winters, Community Outreach Musical

*Director:* Virginia Opera Association

**31. Abstract Painting in Acrylics**

*Fri., 9:30-11:30 a.m.*

Abstract painters use form, color and line to create non-representational works that may exist without traditional perspective and which at times simplify or exaggerate characteristics of a subject. Work from photographs, sketches, real objects and his/her imagination to produce non-representational images.

*Instructor:* Ray Abell

**32. Terrorism and Counterterrorism**

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

This course will examine the characteristics of various types of terrorism. It will explore both its past and current history, especially emphasizing the psychology of the terrorists – who they are and why they become terrorists, and it will also analyze the techniques of counter-terroring the scourge of terrorism and why some have succeeded and why others have failed.

*Instructor:* Dr. Corliss Tacosa, ODU

**33. Watercolor Painting**

*Fri., 1:30-3:30 p.m.*

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

*Instructor:* Professor Betty Anglin, CNU

March 8 - April 9, 2010

**34. Aerobics**

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

Same as course #1. \$30 course fee.

**Course #3 Continued: Beginning Spanish**

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

**Course #4 Continued: Beginning Chinese**

*Mon., 9:30-10:45 a.m.*

**35. Advanced Spanish**

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

For members who have had an intermediate Spanish course, have a good basic command of the language and wish to refine communication skills relative to specific topics. \$15 course fee.

*Instructor:* Saundra Hansford

**Course #6 Continued: Intermediate Chinese**

*Mon., 11 a.m.-12:15 p.m.*

**36. Computing II**

*Mon., Wed., 12:30-1:45 p.m.*

Students should have completed Computing I before enrolling in this course. Students will learn the basics of Microsoft Word. Students should own or have access to a computer to practice their skills. \$15 course fee.

*Instructor:* Susan Daimler

**37. Internet and E-mail**

*Mon., Wed., 2-3:15 p.m.*

For persons who have completed Computing I and II. Learn to send and receive e-mail messages and use the Internet. Limited enrollment. \$15 course fee.

*Instructor:* Susan Daimler

**38. Body Fusion**

*Tues., Thurs., 9-10:15 a.m.*

Same as course #11. \$15 course fee.

**39. Getting the Most out of the CNU Library**

*Tues., 8:30-9:45 a.m.*

The CNU Library is full of print, electronic and online materials that are freely available for your use. Get an introduction to these different types of resources and begin to take advantage of this incredible collection. Limited enrollment.

*Instructor:* Amy Boykin, CNU

**Course #13 continued: Etruscans**

*Tues., 9:30-10:45 a.m.*

**40. Morning Oils and Acrylics**

*Tues., 9:30-11:30 a.m.*

Same as course #12. Register for either morning or afternoon, not both.

**Course #17 continued: Origins of Early Christianity**

*Tues., 11-12:15 a.m.*

**41. Strength and Stretch**

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

Same as course #16. \$15 course fee.

**42. Afternoon Oils & Acrylics**

*Tues., 12:30-2:30 p.m.*

Same as course #18. Register for morning or afternoon, not both.

**43. Women in the Middle East**

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

This course will discuss the role and status of women in Middle Eastern culture, women in Middle Eastern literature, the feminist movements in the Middle East and the issue of the veil, among others.

*Instructor:* Mrs. Diana Obeid Timani

**44. The Building of North America Through Geologic Time**

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

The building of North America began billions of years ago and involved a myriad of geologic processes. The face of our continent is the product of these and other forces. This course will begin with the formation of our continents and pass through years of North American history to the present.

*Instructor:* Dr. Gerald Johnson, William and Mary Emeritus

**45. Changing the Paradigm**

*Wed., 9:30-10:45 a.m.*

Many discoveries and inventions have caused changes in certain aspects of the way we understand the world; a few have had major impact, changing the paradigm. We'll consider some of each by better and lesser known scientists from Galileo and Darwin to Banks (who?) and Faraday, putting current problems such as energy sources and climate change into perspective.

*Instructor:* Larry Sacks, CNU Emeritus

**46. Major Movements That Shape Our Way of Thinking**

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

The course begins in the 16th century when philosophers consciously broke with the ancient and medieval past and traces the development of their ideas up to the present, helping the student understand why and how our culture believes what it does today.

*Instructor:* Dr. Stephen Strehle, CNU

**47. Kings and Queens**

*Wed., 1-2:15 p.m.*

Throughout history, there have been kings and queens — and by extension, emperors/empresses, presidents, chiefs and similarly powerful families and persons — whose leadership profoundly influenced the arts and culture of their time. In this course we'll study 10 such powerhouses.

*Instructor:* Michael Preble, Program Director, PFAC

**48. Patriot Act. Dissidence and Rebellion in Scottish and Irish Music**

*Wed., 2:30-3:45 p.m.*

*(First Four Classes Only)*

In this course, the lecturer will present an overview of a number of the most prominent rebellions in Scotland and Ireland over the centuries, along with an in-depth study and a performance of songs associated with these battles.

*Instructor:* Dr. Edward J. Brash, CNU

**49. Creative Nonfiction Writing**

*Thurs., 9-10:45 a.m.*

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

*Instructor:* Heidi Hartwiger

**50. Advanced Writing for "Historians"**  
*Thurs., 9:30-10:45 a.m.*

Strengthen your skills in recording your experiences. Family stories always find an audience, with family, with community, and sometimes in the wider world as social history. Limited enrollment.

*Instructor:* Doris Gwaltney

**51. Photography & the Modern Artist**  
*Thurs., 9:30-10:45 a.m.*

We explore a series of works by Hans Namuth, world-renowned photographer. Namuth worked on capturing the essence of many notable modern artists, including Joseph Albers, Robert Indiana and Jackson Pollock, to name a few.

*Instructor:* Amy Gorman, Ph.D., Curator of Education and News Media, Muscarelle Museum of Art

**52. 16th-Century Spanish Exploration in North America**  
*Thurs., 11 a.m.-12:15 p.m.*

Following Columbus' four voyages to America, the Spanish began the conquest of North and South America. We will focus on their attempts at settling in North America from 1500-1600, outline their extensive expeditions, and the consequences for later explorers from France and England.

*Instructor:* Aleck Loker

**53. Genealogy**  
*Thurs., 11 a.m.-12:30 p.m.*

This course will cover basic genealogy, family and home sources, research, vital records, and census records. Limited enrollment.

*Instructor:* Jim Sample, Tidewater Genealogical

**Course #27 Continued: Arabic II**  
*Thurs., 1-2:15 p.m.*

**Course #28 Continued: Tai Chi**  
*Thurs., 1-2:15 p.m.*

**54. Organizing Your Filing System**  
*Thurs., 1-2:15 p.m.*

This is a workshop on important family documents and the need for a well-designed and manageable system for organizing, updating and safekeeping those documents.

*Instructor:* Guy Manchester, LLS

**55. History of Modern Revolutions**  
*Thurs., 2:30-3:45 p.m.*

This course will focus on a comparative study of modern revolutions. We will examine the English Glorious Revolution, the American Revolution, the French Revolution and the Russian Revolution. We will compare and contrast their causes, characters and effects upon the modern world.

*Instructor:* Tony Williams

**56. Meanderings**  
*Fri., 9 a.m.-3 p.m.*

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

*Coordinator:* Jane Dickson, LLS

**57. Abstract Painting in Acrylics**  
*Fri., 9:30-11:30 a.m.*

Same as course #31.

**58. Watercolor Painting**  
*Fri., 1:30-3:30 p.m.*

Same as course #33. (Register for either A or B session.)

### Interest Groups:

- 1. Bridge Group**  
Monday, noon in Yoder Barn
- 2. Lunch Bunch**  
Monday, 12:30 p.m., David Student Union
- 3. Book Club (First meeting: Feb. 1, 2010)**  
Monday, 10-11:30 a.m., Yoder Barn House

To sign up for interest groups, see the registration page.

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**Grace Industries, Inc.,  
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## FIELD TRIP SCHEDULE

### White House Tour Date to be announced

Call the office to have your name put on the "interested" list.

**December 2009**

### Philadelphia Flower Show: "Passport to the World" February 28-March 2, 2010

The Philadelphia Flower Show is considered one of the premier gardening events in the world. Professional landscapers, florists and horticultural and educational organizations create full-scale gardens and breathtaking displays. The highlight of our trip is a VIP before-the-show, behind-the-scenes tour of the lavish exhibits. Enjoy all-day access to the show. Our trip also includes a progressive "city food tour" dinner, guided tour of the East

Conservatory at Longwood Gardens, a guided tour of the Winterthur estate with time to stroll through the gardens as well as many other fun activities and dining experiences.

### Fort Pocahontas and Sherwood Forest Plantation April 16, 2010

Our guide, Harrison Ruffin Tyler, grandson of President John Tyler, will meet us at Fort Pocahontas, a Civil War earthen fort built and manned by hundreds of U.S. Union Colored troops. After lunch we will tour Sherwood Forest Plantation, home of the 10th president of the United States. The circa-1720 house is a classic example of the Virginia tidewater design: big house, little house, colonnade and kitchen. After the tour there will be time to explore the 25 acres of terraced gardens and lawn.

## Williamsburg Winery Tour • May 6, 2010

The Williamsburg Winery is Virginia's largest winery with an annual production of some 60,000 cases. With approximately 100 wineries in Virginia, the Williamsburg Winery accounts for almost one-quarter of all wine production in Virginia. The winery was established in 1985 by the Duffeler family. The first wine produced, Governor's White, was released in 1988 and won a Gold Medal. Your guided tour includes a video presentation in grape growing (viticulture) and winemaking (oenology), a stroll through the barrel cellar, and a visit to the production area. In the museum you will enjoy a collection of unique and rare vintage wine bottles with a grand-finale tasting of seven of our wines in an etched

wine glass that is yours to take home as a keepsake. Lunch will be at the new Wedmore Plaza, a country hotel at the winery.

Call the LifeLong Learning Office,  
(757) 269-4368 to sign up or for more information.

**“Explosion of the Arts”  
Luncheon, Art Show & Sale  
Jan. 15, 2010  
Ferguson Center for the Arts**

## MONDAY AFTERNOON LECTURES

### Opening Lecture

**Jan. 25, 2:30 p.m.**

#### *Nutrition and the Brain*

Paul Aravich, Ph.D.

Eastern Virginia Medical School  
Music and Theater Hall

**Feb. 1, 2:30 p.m.**

#### *Wry Films of Alfred Hitchcock*

Dr. Mark Padilla, Provost  
Christopher Newport University  
Music and Theatre Hall

**Feb. 8, 2:30 p.m.**

#### *Arthritis: Part II*

Benjamin Peter Eng, M.D.  
Eastern Virginia Medical School  
Music and Theatre Hall

**Feb. 15, 2:30 p.m.**

CNU Theater Department

Music and Theatre Hall

**Feb. 22, 3 p.m.**

**CNU in Concert**, Dr. Mark Reimer  
Ferguson Center for the Arts

**March 8, 2:30 p.m.**

#### *Stroke: What Can We Do?*

Thomas Pellegrino, M.D.  
Eastern Virginia Medical School  
Music and Theatre Hall

**March 15, 2:30 p.m.**

#### *Cancer Research*

Lisa Cazares, Ph.D.  
Eastern Virginia Medical School  
Music and Theatre Hall

**March 22, 3 p.m.**

**CNU in Concert**, Dr. Mark Reimer  
Ferguson Center for the Arts

**March 29, 2:30 p.m.**

#### *Long-Term Consequences of Brain Injuries*

Paul Aravich, Ph.D.  
Eastern Virginia Medical School  
Music and Theatre Hall

**April 5, 3 p.m.**

**CNU in Concert**, Dr. Mark Reimer  
Ferguson Center for the Arts

The Monday Afternoon Lecture Series  
will be held in the  
Ferguson Center for the Arts.

# Conferences

The LifeLong Learning Society is proud to co-sponsor three popular CNU conferences in 2010. Mark your calendar for these exciting events.

## Forum on Aging

**MARCH 2, 2010**

The 29th Annual Community Forum on Aging will be held on Tuesday, March 2, 2010, at Christopher Newport University. This conference is an essential source of information about all aspects of aging.

*(In collaboration with the Peninsula Agency on Aging and CNU's Community Engagement and Social Work Department.)*

## Writers' Conference

**MARCH 12-13, 2010**

The 29th Annual Writers' Conference & Writing Contest will be held March 12-13, 2010, at the Ferguson Center for the Arts. Writing entries must be submitted before January 29, 2010 (registration required). The keynote speaker will be **Brian Haig**, author of *The Hunted* and the *Sean Drummond* series. There will be a first-page critique session, one-on-one sessions (extra fee) as well as poetry, fiction, nonfiction and juvenile fiction workshops.

*(In collaboration with the CNU English Department and the Writers' Council.)*

## Gardening Conference

**APRIL 10, 2010**



CNU's 13th Annual Gardening Symposium will take place on April 10, 2010, at the Ferguson Center for the Arts. Featured speakers are Felder Rushing, Sandy McDougale, Jim Orband and Brent Heath. Register early online for \$10 fee.

*(In collaboration with the CNU Grounds Department and the Virginia Cooperative Extension Service.)*

# CNU LIFELONG LEARNING SOCIETY SPRING 2010 COURSE REGISTRATION FORM

Name(s): \_\_\_\_\_ Phone: \_\_\_\_\_ SS#: \_\_\_\_\_ (last four digits only)

Address: \_\_\_\_\_  
*Street*
*City*
*State*
*ZIP*

Are you enrolling as a new member of LLS? Yes \_\_\_ No \_\_\_ E-mail address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_  
*Name*
*Relationship*
*Phone #*

**Course Registration:** Please number courses in order of preference for each session.

- | <b>Session A Courses</b>          |  |                              |
|-----------------------------------|--|------------------------------|
| ___ 1 Aerobics (during break)     | ___ 12 AM Oils & Acrylics                | ___ 23 Islam                 |
| ___ 2 Aerobics (3 days a week)    | ___ 13 Etruscans                         | ___ 24 Ancient Exploration   |
| ___ 3 Beginning Spanish           | ___ 14 Practicing Poetry                 | ___ 25 Wall Street Scams     |
| ___ 4 Beginning Chinese           | ___ 15 Strength & Stretch (during break) | ___ 26 Gloriana              |
| ___ 5 Intermediate Spanish        | ___ 16 Strength & Stretch                | ___ 27 Arabic II             |
| ___ 6 Intermediate Chinese        | ___ 17 Christianity                      | ___ 28 Tai Chi               |
| ___ 7 Clay: Wheel Thrown          | ___ 18 PM Oils & Acrylics                | ___ 29 Religion vs. Politics |
| ___ 8 Computing I                 | ___ 19 Geography                         | ___ 30 Understanding Opera   |
| ___ 9 Computing III               | ___ 20 Glorious 30                       | ___ 31 Abstract Painting     |
| ___ 10 Body Fusion (during break) | ___ 21 Greek                             | ___ 32 Terrorism             |
| ___ 11 Body Fusion                | ___ 22 The Brontës                       | ___ 33 Watercolor Painting   |
| <b>Session B Courses</b>          |  |                              |
| ___ 34 Aerobics                   | ___ 43 Women in the Middle East          | ___ 51 Photography           |
| ___ 35 Advanced Spanish           | ___ 44 Building of North America         | ___ 52 Spanish Exploration   |
| ___ 36 Computing II               | ___ 45 Changing the Paradigm             | ___ 53 Genealogy             |
| ___ 37 Internet & E-mail          | ___ 46 Major Movements                   | ___ 54 Filing System         |
| ___ 38 Body Fusion                | ___ 47 Kings and Queens                  | ___ 55 Modern Revolutions    |
| ___ 39 Library                    | ___ 48 Patriot Act                       | ___ 56 Meanderings           |
| ___ 40 AM Oils and Acrylics       | ___ 49 Creative Nonfiction Writing       | ___ 57 Abstract Painting     |
| ___ 41 Strength & Stretch         | ___ 50 Writing for Historians            | ___ 58 Watercolor Painting   |
| ___ 42 PM Oils and Acrylics       |  |                              |

**INTEREST GROUPS OPEN TO ALL MEMBERS:** \_\_\_ BRIDGE \_\_\_ LUNCH BUNCH \_\_\_ BOOK CLUB

Our society is managed by and for its members. If you are willing to help, please check one or more of the following:

- |                                  |                      |                       |                      |
|----------------------------------|----------------------|-----------------------|----------------------|
| ___ Hospitality & Special Events | ___ Membership       | ___ Program Planning  | ___ Office Volunteer |
| ___ Telephone Tree               | ___ Course Assistant | ___ Teaching a Course |                      |

You may register either by mail to **LLS, Christopher Newport University's Yoder Barn Theater, 660 Hamilton Drive, Newport News, VA 23602**; or in person at **660 Hamilton Drive, Yoder Barn**; or by telephone, **(757) 269-4368**. If you register by Jan. 8, you will receive written confirmation of your courses and their room locations. If you register after Jan. 8, information will be available in the LLS office and at the first two Monday lectures.

***If you paid for a \$225 membership or a \$130 membership in the fall, you do not owe any membership fee.***

- |  |                  |
|--|------------------|
| Full membership Jan. - Aug. 2010 lectures, courses & optional activities.....          | (\$175) \$ _____ |
| Associate membership Jan. - Aug. 2010 lectures & optional activities. No courses ..... | (\$100) \$ _____ |
| If you are currently an associate member and you now want spring courses .....         | (\$60) \$ _____  |

**Additional fees:**

- |  |                        |
|--|------------------------|
| Course fee (\$15 per course) Body Fusion, Spanish, Computer and Strength & Stretch ..... | ( ___ x \$15) \$ _____ |
| Course fee (\$30) Beginning Spanish, Clay Wheel Thrown, Aerobics .....                   | ( ___ x \$30) \$ _____ |
| Course fee (\$20) Dec. & Jan. classes of Body Fusion and Strength & Stretch.....         | ( ___ x \$20) \$ _____ |
| Syllabus fee for Etruscans course by Glenn Markus .....                                  | (\$3) \$ _____         |
| I want a blue parking decal _____ I want the 09-10 update _____ Additional decals _____  | (\$22 each) \$ _____   |
| (No charge) (No charge)  | <b>TOTAL \$ _____</b>  |

**Payment Options:** Payment may be made by cash or check. Credit cards are no longer accepted.

Check payable to **CNU** for \$ \_\_\_\_\_ enclosed.

**For LLS Office Use Only:** Processed by \_\_\_\_\_ on \_\_\_\_\_ date paid by \_\_\_\_\_ for \$ \_\_\_\_\_

___ current member	___ packet	___ time recv.	___ date recv.
___ reinstated member	___ name tag	___ blue book	___ computer
___ new member	___ decal	___ confirmation	

Register Now for  
Spring Term Classes



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Christopher Newport University's Yoder Barn Theater  
660 Hamilton Drive  
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