A Message from our LLI President, Greg Coffman

Like most of you, I learned of LLI through a retired friend. It was a perfect means to enhance retirement from the pharmaceutical firm Pfizer and to take classes in topics for which there was no time during college. Learning should never stop, and, for me, it’s a way of life.

I surround myself with books (no fiction, please) on history, science, philosophy, and religion, as well as science journals and music. At any one time, I’m reading six or more books on various topics as well as several magazines on history or science.

Whether in my SUV or just about any room in the house, you’ll find books in the process of being read and studied. I’ve found this to be a habit of many LLI members, too. A collection of over 2000 CDs of classical music means there is always music in the background, which is a good thing since my wife is a retired music teacher!

As well as having taken dozens of LLI courses, I’ve had the pleasure to compile and teach several. It seems most people identify me with my course on The Da Vinci Code. That course derived from a lifelong interest in history, symbolism, numerology, archaeology, myths, mystery schools, sacred geometry, and archaeo-astronomy.

Currently, I’m studying the mythical and scientific evidence for the Great Flood, the hidden meanings in Shakespeare’s works including the possibility of alternative authors, new information on the origins of the Mayan and Incan civilizations, ancient explorations of North America, the mathematics of the Giza Pyramids, and the astronomical significance of ancient sites in Europe and the Middle East.

This will be my second time chairing the LLI Advisory Board. We’ve got a terrific group of volunteers working diligently to make this year’s LLI curriculum and outings a success. We hope you’ll like this year’s schedule.

Go green - save a tree! Call the LLI Office at 540-568-2923 to STOP your “snail mail” copy - immediate online delivery and you’ll get to see gorgeous color events photos!

The Harrisonburg Fire Department invites all older adults (60 and above) to our Fire Prevention Week Display at Valley Mall on Tuesday morning, October 6, 2014 at 10:00 a.m. We would be happy to take you on a tour of our displays on how to keep you and your family safe in a fire and other disasters.

This is a free event, so feel free to invite all your family and friends. There will be light breakfast refreshments and coffee provided. For further information, call the Fire Chief’s Administrative Office at 540-432-7703.
Like many of us, Mary Louise Loe was a student of the ‘60s; yet, she became personally involved in the student and civil rights movements. She readily admits that she had an unusual educational opportunity early on that stimulated her intellectual life. Raised in the Bronx, she commuted by subway to the prestigious all-female Hunter College High School where she was challenged academically by excellent teachers and bright students. She credits that rigorous early beginning with her aspirations to go on for her doctorate and teach at the college level.

Louise attended the University of Wisconsin-Madison in 1960-64, where she majored in Russian language and literature. The anti-Viet Nam War movement, the civil rights movement, the student movement, all influencing one another, were just beginning to take off on college campuses and UW-Madison was at the forefront.

The international crises of the Cold War, such as the Cuban Missile Crisis, also contributed to the intellectual dynamism of the campus. Louise met her husband, the late Roy Loe, in Madison and they were married in her senior year. After graduation, in the fall of 1964, she began graduate study in Russian History at the University of California, Berkeley. The Berkeley campus was soon in turmoil due to the Free Speech Movement. In March 1965, civil rights demonstrators were beaten as they attempted to march from Selma to Montgomery, the day that came to be called Bloody Sunday. Stokeley Carmichael and Fannie Lou Hamer came to Berkeley to recruit students to work for the Student Non-Violent Coordinating Committee (SNCC). Louise and her husband decided to go and started out for Selma in a 1947 Plymouth station wagon, which broke down in Death Valley on Easter Sunday. They continued on by Greyhound bus, introducing her to the segregated facilities of the south.

In Selma they lived in Freedom House along with other civil rights workers. Selma was very tense and dangerous, but many local African Americans worked enthusiastically with them. In August, they left for New York where Louise began working for the city welfare department, exposing her to the poverty and despair of the ghettos. By 1966, she was a graduate student once again, this time at Columbia. The student protest movement was raging there, too, and by 1968, violence erupted on Columbia’s campus.

In 1971-72, Louise went to the Soviet Union to do research for her doctoral dissertation. She and her husband lived at Moscow State University where she learned more about Russian society than from all her previous studies. The experience of living in the oppressive Soviet Union deepened her understanding of Russian history and international politics, and taught her to value more than ever the importance of a free society.

Louise and her husband moved to Harrisonburg when she began teaching at JMU in 1973. Chosen as a prestigious “Madison Scholar” by her peers in 1993, Louise has numerous publications. She has taught LLI courses in Russian history and in human rights. Coming up in B Session, she will teach an LLI course on “The Age of Enlightenment” in 17th and 18th century Europe, an exciting, formative period, when philosophers, scientists, and economists developed a profound optimism about the future of mankind and ideas that formed the foundation of our American laws and institutions.

Interviewed by Rosemarie Palmer
Hello LLI Members,

JMU’s Department of Nursing is in need of a few volunteers to be “patients” for our Nurse Practitioner (NP) Students. The volunteers will be part of a simulation of a typical office visit. The volunteer/patient will be asked questions by the student and then have a brief physical examination done by the NP student. Nothing invasive will be performed (look in eyes, ears, throat; listen to heart & lungs). Each “office visit” will take about 20 minutes. We are looking for volunteers to meet with Nursing Faculty on Monday, January 5th at 1:00 at the Gilkerson Activity Center, Westover Park for a one hour orientation.

We are planning to have a day of simulation on Thursday, January 8th starting at 9:00 and going till about 3 pm with a lunch provided. Parking passes will be provided. Please contact Andrea Knopp at knoppaf@jmu.edu if you have any questions. You may also call Ms. Knopp at 540-568-6314.
The Largest Ancient Ruin in the U.S. (a "Road Scholar's" visit)

Did you guess Chaco Canyon? Prior to visiting there this summer, I had no idea of its significance. Located in a remote area of northwestern New Mexico, it was home to the Anasazi, the "ancient people" believed ancestors of pueblo tribes now inhabiting the Four Corners region of New Mexico, Colorado, Arizona, and Utah. (Note: The name "Anasazi," translated in Navajo as "ancient enemy," has fallen from favor but is still used for uniformity.)

In May 2014, I attended a 6-day Road Scholar Program in Flagstaff, Arizona entitled "Pueblo Heritage", sponsored by Northern Arizona University. ("Road Scholar" is the new name for "Elderhostel.") It was a guided trip to Anasazi dwellings, plus modern-day reservations.

Several years earlier, I'd visited the better-known Mesa Verde National Park in Colorado -- also an impressive Anasazi "cliff dwellers" site. Chaco Canyon, however, was for centuries the urban-center hub for a vast area of such communities throughout the Southwestern United States. Having dominated the region from the mid-9th century, it is designated a UNESCO World Heritage site.

Chaco Culture National Historical Park lies in a long, shallow 17-mile canyon in northwestern New Mexico. It's not on the usual tourist circuit, being 60 miles from the nearest town and only accessible by a rough, 21-mile dirt road. The park has a campground, but no lodging, gasoline, repair services or food vendors nearby (www.nps.gov/chcu/). Campers are warned of rattlesnakes.

It's an easy day's walk, though, from the Visitors Center to four main excavated sites. However, it would take far more study to digest what went on here!

Chaco's best-known, immense buildings were constructed more than 1,000 years ago by ancestors of modern pueblo tribespeople. They represented a civilization lasting perhaps 10,000 years.

The continent's largest excavated prehistoric building, Pueblo Bonito, was undoubtedly "Control Central" in the Chaco system. Constructed over 300 years by hauling materials great distances without wheels or beasts of burden, it remained the tallest building in the U.S. until the 1800s.

At Chaco's peak, perhaps a few thousand people lived here. Decline began in the 1100s. Was drought the reason? dwindling resources? a change in rule? No one knows.

Chacoans built 400 miles of roads radiating out from the canyon core to connect communities as far as present-day Colorado, Utah, and Arizona. One specialty in trade was the distinctive Cibola black-on-white Chaco pottery.

Many Chaco buildings were oriented to solar, lunar, and cardinal directions. The "Sun Dagger" phenomenon on Fajada Butte was discovered in 1977 by artist/photographer Anna Sofaer: A set of spiral petroglyphs, pecked into a high cliff face, functions as a solar marker. At summer solstice, a vertical shaft of light pierces the main spiral exactly at its center. Similar phenomena mark the winter solstice and spring and fall equinoxes.

Who were the people? Where are they now? Traditions including Hopi, Tewa and Zuni recall clan migrations from Chaco and ties to this special area, where descendants return to honor their ancestors' spirits. By Navajo legend, Chaco Canyon is the home of the Great Gambler, who came from the south, enslaved the Pueblo people, and forced them to create the great buildings of Chaco before he was driven away. Yet the Navajo appeared later, beginning around the 1400s. Questions remain!

By Rosemarie Palmer

This is a condensed version of Rosemarie’s article. To read in its entirety, see the August and September 2014 issues of the Massanutten Chapter of the Archeology Society of Virginia newsletter, on www.mcasv.org.
Photos of Chaco Canyon in New Mexico
**Brown Bag lunches** are held on the 1st and 3rd Tuesdays, from 11:30 AM - 12:45 at The Ice House, 127 West Bruce Street, Harrisonburg, VA and are open to the public as a way to get to know LLI. There is no registration required, nor any fee. Bring your lunch! Come and enjoy fun and fellowship while having the opportunity to enhance your knowledge.

For further information, call 540-568-2923 or send an email to lli@jmu.edu

Be a friend, bring a friend!

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**October 7 - What’s the Buzz?**

Watt Bradshaw will discuss the issues and challenges for bees and beekeepers here in our area and the issues facing bees and beekeepers nationally. He will also relate his experiences as a recreational beekeeper and how easy it is to begin this wonderful hobby. We will look at some of the equipment that beekeepers use, talk about the resources available for those interested in becoming a beekeeper, and sample some yummy local honey.

**October 21 - In Full Bloom - Let’s Hear it for the Girls!**

Kate Kersey, editor of *Bloom Magazine* will offer a behind-the-scenes glimpse into the process behind publishing *Bloom Magazine*. The quarterly publication celebrating Valley women demands hours of writing, editing, and layout. Kate will walk us through the steps from budgeting, to story ideas, to final touches. Kate is a JMU alumna and is the Features Editor at the *Daily News Record*.

**November 4 - Getting the Most Out of Your Cell Phone Camera!**

Learn some ways to improve the pictures you take with your cell phone camera. Find ways to edit and enhance your photos “in camera” and then share them with others. Discover the many applications available to get you on the way to making special memories. Linda Bradley began experimenting with digital photography when she retired from JMU ten years ago.

**November 18 - Deck the Halls** Holiday wreaths and sprays: back yard foraging and unique material Join Sandra Conrad and Laura Dansby in a “how to” demonstration using local flora to create something special for your holiday door or fireplace mantle. Materials used will be gathered from home gardens and the wild.

Sandra Conrad is a retired interior designer and an avid gardener who each year creates her own holiday decorations gathered from her garden. Laura Dansby is a member of Spotswood Garden Club and builds wreaths for the club’s yearly Christmas auction. She gardens organically, employing native trees, perennials and shrubs.

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**Ed-Venture - Going once, going twice - you’re the winner! Wednesday, November 12, 2014**

Do you find antique auctions intimidating? Local auction owners, Jeffrey and Beverley Evans, of Jeffrey S. Evans & Associates, Inc., will describe the inner workings of their premier auction house. You will have the opportunity to have your antique treasure (only one item) evaluated by Jeffrey Evans, a certified antique appraiser. Full details in the LLI program guide! $20.00 fee.

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A new ukulele group is forming, “The Valley Ukulele Players”, near Harrisonburg. See our Facebook page for details. We meet at Bridgewaer Retirement Community on Fridays at 10:00 a.m. Beginners are welcome! Songbook is “The Daily Ukulele”.

Contact number is 540-515-0097
Heartflame Garden is a private garden located near Elkton Virginia, adjacent to Shenandoah National Park, and is the home of Inanna and Gabriel Garretson. It is a lovely 3 season display garden with about 1.5 acres of cultivated gardens and another 5 acres of rolling hills and streams to explore. They usually open the garden to the public around in Mid-May…and it is open by Appointment only through October. Call first before visiting. Please call 540-298-8684 or send an email to inanna@heartflamegarden.com to schedule an appointment. www.heartflamegarden.com
Stalking nature with instructor Nate

Bluets, bellwort, bedstraw, birdfoot violets, horned violets, rue anemone, Canada mayflower, lily of the valley, grey stem dogwood, pinxter flower azalea, plantain, hawkweed, staghorn sumac, northern (a.k.a. common) pink, wood sorrel, horehound, dwarf crested iris, lowbush blueberry and (oops!) poison ivy . . . these were less than half the plants spotted and discussed on one of the five “Stalking Spring Flora” class’s weekly trips this April and May. Led by professional landscape consultant Nate Miller, the class carpooled for short hikes at Bald Rock Road in Verona, the town Head Waters, the G.R. Thompson Wildlife Management Area, Hone Quarry, Reddish Knob and the Shenandoah National Park. Before each journey, Nate – a Rockingham County native and walking encyclopedia on all things “flora,” then teaching his first LLI class – did reconnaissance to see what we’d find blooming. His current offering, “Nature Walks With Nate,” filled up early for more local wilderness adventures – this time exploring both flora and fauna of autumn.

--Chris Edwards

Nate and yellow lady slippers

Wake Robin Trillium

Wildflower Trail

Swamp Violets
Communities of Strength, Faith and Hope - class trip to Longs Chapel and Zenda

LLI New Horizons Band

LLI Picnic May 30, 2014