

James
Madison
University-
Lifelong
Learning
Institute



The Explorer

James Madison University Lifelong Learning Institute is affiliated with the JMU Department of Social Work, and many programs on the campus are open to the public.

Consider these inviting activities this Fall

Masterpiece Theatre

The 2008-09 program includes a musical comedy “The Church Basement Ladies” on October 17th, a Rock Operetta, a musical show, “Footloose”, a Ballet, “Cinderella”, presented by the Russian National Ballet Theatre and J.D. Crowe, a bluegrass legend. A complete schedule can be seen at <http://cvpa.jmu.edu/masterpiece>.

Music Series



The JMU Opera Theatre presents “Cosi Fan Tutte” November 7th to 9th. One of the Valley’s oldest traditional Holiday Concerts presents Holidayfest, December 7th, featuring the music of the JMU Chorale, Symphony Orchestra, and the National Champion JMU Brass Band.

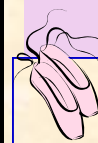
Theatre Series



“Seventy Scenes of Halloween” is sure to raise your goose bumps. September 30th to October 4th.

“The Rover” - November 4th to 8th. A witty, swash-buckling bit of debauchery set in 17th Century Naples, Italy.

Dance Series



Virginia Repertory
Dance Company

Featuring top student dancers with choreography by JMU faculty.

December 4th to 6th, 8:00 p.m. Latimer/Shaeffer Theatre

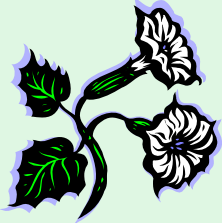
Calendar of all events www.jmu.edu/jmuweb/calendars/

Shenandoah Valley Regional Studies Seminars

These free seminars are presented as a regular forum for the consideration of regional topics, meeting on the third Friday of each month during the school year. Start time is 3:35 PM, JMU Jackson Hall, Room 107. Contact Chris Arndt for directions: arndjc@jmu.edu or call 540-568-3993.

17 October— Scott Suter, Bridgewater College, “Steeped in the Traditions of the Past’: Material Culture and the Marketing of the Shenandoah Valley”

14 November—Lynn Rainville, Sweet Briar College, “Social Memory and its Archaeological Correlates on Two Virginian Plantations: Sweet Briar and Tusculum”



Welcome to our new and/or returning members who have joined the rosters of LLI! We look forward to a long and happy relationship.

Bridgewater: Anna Barr, Sylvia & Jim Bowman, Fred Daniels, Patricia & Louis DeMonte, Jean & Earl Fike, Pauline Messier, Roma Jo Thompson, Agnes & Carl Weaver **Barboursville:** Wendy Carroll — **Broadway:** Kelly Getz, James Hitch — **Elkton:** Stuart Liss — **Harrisonburg:** Janet Bailey, Joanne & Daniel Bell, Dorothy Bergquist, Jo Ann Bilbrey, Julia & G. Chris Bland, James Bomberger, Floride & Harry Canter, Tom Davidson, Judith & William Dent, Peachie & Bill Hall, Dot and David Hatmaker, Fred Hilton, Loretta Lombardi, Margaret Miller, Diane Mincey, Dorothy Misner, Jim O'Roark, Eugenia & Tip Parker, Betty Redmond, Edward Riedesel, Betty Runion, Mary Scott, Page Shields, Charity & Robert Showalter, Phyllis Showalter, Beverly Silver, Kay Stilwell, Erik Topp, Ledhu & Larry Tynes, William Vaughan Jr, Gretchen Welch, Mary Yarnell, LaVerne Yoder— **Keezletown:** Elaine Mannhardt — **Maurertown:** Julie Gochenour — **Massanutten:** Ed Bridges, Melvin Dalbow — **Mt. Solon:** Shirley Kirkwood — **New Market:** Janis White — **Penn Laird:** Owen O'Conner — **Singers Glenn:** Richard Hahn — **Staunton:** Joetta Deaton, Helen Hamilton — **Stuarts Draft:** Stephanie Markuson — **Verona:** Linda Waddell — **Weyers Cave:** Edward Maloney, Jr., Dave Rapp — **Woodstock:** Joyce Freund

Fall Semester Appreciation Luncheon

Join fellow LLI members and instructors as we gather at Massanutten Presbyterian Church on Thursday, November 20th, 11:30a.m. for a catered lunch by Hank's Barbeque. Cost is \$11.00 payable to JMU-LLI by November 6th. Menu: BBQ, Marinated Chicken Breast, Green Beans, Mac& Cheese, Bread, Dessert, Drink.

Upcoming Fall Trips



Virginia Holocaust Museum and the Virginia Capitol Wednesday, November 12, 2008.

Leave Harrisonburg at 7:30 a.m. and arrive at the Capitol for a 10:00a.m. guided tour through the newly remodeled buildings, and browse the recently landscaped grounds. After a tasty lunch at The Tobacco Company Restaurant, tour the Virginia Holocaust Museum, arriving back in Harrisonburg by 7:00 p.m. **Registration and payment of \$68 is due by October 12, 2008.**

The Queen City—Staunton December 3, 2008, 10:00 am—4:00 p.m.

Get in the holiday spirit with a trip to Staunton with its historic charm and warm hospitality. Enjoy a backstage tour of the Blackfriar's Theatre, then browse the shops and eateries before visiting Sunspots Studio to see blown glass ornaments being made. **Registration and payment of \$10 due by October 10, 2008.**



Don't Forget the Brown Bag Lunches!

Brown Bag Lunches are held from 11:30 a.m. - 12:45 p.m. at Gilkerson Activity Center and are open to all members of JMU-LLI, guests and visitors. Bring your lunch. Come and enjoy fun and fellowship while having the opportunity to enhance your knowledge.

September 30: Tracey Jones, general manager of WHSV-TV, presents "Going Digital" about the transition from analog to digital broadcasting.

October 7: Did you know that coronary heart disease, which causes heart attack, is the leading cause of death for American women? Dr. Steven Marra will be discussing "Women and Heart Disease", and Rockingham Memorial Hospital's new Cardiothoracic Surgery Department.

October 28: Dr. Raymond Wright will present the latest information on relieving that aching back. A native of Weyers Cave, Dr. Wright attended BYU for his undergraduate work and then on to Palmer College of Chiropractic in Davenport, Iowa. He holds a Bachelor degree in Health Science and is a Doctor of Chiropractic. In April of 2000, he opened Harrisonburg Chiropractic Center and has been practicing for eight years.

November 18: James C. Powell, who has been engaged in the petroleum industry for more than 50 years, presents "Options for U.S. Energy Independence with an Examination of the Benefits and the Potential Environmental Impact of Prospective Energy Portfolios."



Spotlight On Instructors

Michael Allain



MIKE ALLAIN CHANNELS

ANCIENT GODS & GODDESSES

By Chris Edwards

Zeus, Mike Allain reflected, “was the ultimate Godfather.” Mike told his Lifelong Learning class that the great thunderbolt-wielding deity, like Hollywood’s Mafia don, made “offers that can’t be refused.”

Zeus’ daughter Artemis, in turn, served as “divine game warden.”

Antiquity comes alive in Mike’s popular classes on Greek and Roman mythology. “I’ve always been kind of fascinated with it, even in elementary school,” says Mike, who taught the introductory class near LLI’s beginning and again in 2007, followed in Spring 2008 by “Heroes and Heroines of the Big Screen: Classical Mythology on Film.” Since earning his Ohio State doctorate, this Chicago native has taught not only mythology, but ancient history and the Greek and Latin languages, to learners across the age spectrum. His Spotswood High School pupils, from 1995-2006, became most excited by the stories. Undergraduates – including those he has taught since 1986 in JMU’s history, English and foreign language departments – bring mixed expectations.

Adults, seeking perspective, go deeper.

In one session, a classmate sparked discussion of the clash between Apollonian and Dionysian sides to the human psyche.

The film class got us comparing timeless dramas with script rewrites. We smiled at how Disney’s tuneful “Hercules” sanitizes the divinely dysfunctional family, while puzzling whether bad-girl Carol or storekeeper Lady, in

“The Fugitive Kind” (adapted from Tennessee Williams’ “Orpheus Descending”), represents Eurydice. (Mike has a theory, yet left us guessing.)

We watched and discussed segments of about 20 films, with scenarios including Orpheus in mid-20th Century France (Cocteau’s “Orphic Trilogy”); Odysseus, with sirens and Cyclops, in 1930s Mississippi (“O Brother, Where Art Thou?”); and Helen, Paris, Hector, Achilles, et. al. in several simulations of Troy. My husband and I later clicked many of these into our Netflix queue, stretching out that Olympian immersion.

Mike’s basic mythology class, compressing into five afternoons what for undergrads required a full semester, also lured learners to further explorations on our own.

One path is the literary one. Using excerpts from the classic poets, philosophers and playwrights, Mike helped us see their varying approaches to the so-powerful, yet so-humanly lustful, jealous and capricious pantheon. For Plato, myths illustrated morals. For Ovid, they entertained – whether with grisly violence or lyricism. But who was Homer? How literally did he believe the tales? When were they written down?

History opens another perspective. Greeks evidently fought a war at Troy ... but was Helen real?

Listen to Mike’s infectious enthusiasm and you become drawn into deeper layers of complexity: “The idea of ‘myth’ as something untrue would have been foreign to the ancient world,” he says. And: “There wasn’t one mythology of all the Greeks, or all the Romans. There were household gods, even gods of the storage areas.”

An exciting follow-up could entail visiting the birthplaces of these legends. Mike and wife Violet – with whom he moved to Harrisonburg when she began her career in JMU’s education school in 1976 – have led various tours to Greece, Turkey and Italy.

He promises more such pilgrimages in the future.



The clocks are ticking, but... there's still time to register for Session B Classes, beginning October 13th, 2008.

Monday 1:00-3:00 p.m. [The New Rhetoric: Key to the 21st Century](#): A follow-up from last year's Aristotle to Bill O'Reilly: History of Rhetorical Conditions, focusing exclusively on "The New Rhetoric" in this course. **Monday 12:30-3:30 p.m. [Excel in Excel: Using Your Computer to Track Information](#)** : Learn to use Microsoft Excel 2003 to create, analyze, or sort numbers or text, plus much more.

Tuesday 9:00-11:00 a.m. [Hitler's Wars: Europe 1939-1945](#) : This course examines the origins and conduct of WW II in Europe.

Wednesday 9:00 to 11:00 a.m. [Driving a Horse and Buggy on the Information Highway](#): Technology for the techno-challenged. **Wednesday 3:30-5:30 p.m. [Successful Senior Planning: Life Style and Financial Stability. It's Never Too Early, Only Too Late](#)** - the title says it all.

Friday 1:00-3:00 p.m. [Steinbeck and Fitzgerald: A Study in Contrasts – From Poverty to Decadence](#) Comparisons between the two authors and their works, including their sense of social consciousness, writing style, enduring qualities of the literature and information about their private lives and its influence on their writing.



A New Horizons Band Member gives the inside scoop!

By Tom Endress

This is the beginning of my second year as a member of the Harrisonburg New Horizons Band. Many more moons ago than I care to remember I played in my small high school band in Indiana from

grade 8 through high school. Although I enjoyed music immensely I laid my horn aside when I entered college. I guess I thought I had more important things to do with my life than spending time creating music. My beloved cornet lay in its case in dark closets collecting dust as I moved about the country pursuing my career and raising a family. But always in the back of my mind was the wish to take up my instrument again. Sound familiar?

Three years ago (for the second or third time) I retired from practicing psychology for good and moved from Maryland to Bridgewater. Learning of the New Horizons Band, I leaped at the chance to join along with my wife, who took her flute out of moth balls.

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Spending the last year of my career working with older people has taught me that keeping the mind creatively engaged is important for people as they add more candles to their birthday cakes.

We often hear that babies have about 100 billion brain cells at birth, but that it is sort of downhill after that. The older we get the more brain cells we lose, perhaps partly due to non-use. However, the marvelous thing is that learning at any age continues to add up to 15,000 connections (synapses) between each remaining brain cell. Now we are talking in the trillions of connections between all the bits of information, knowledge, and memories we have stored between our ears.

And what makes these connections increase and our brain grow in intelligence and awareness the older we get? Creative activities such as reading, writing, exercise, and other pursuits of interest. Music has the advantage of fostering new connections between both sides of the brain as the music centers are in the right brain (for right-

handers) with the understanding of music (the written musical notes and words) lying in the left side.

Having been diagnosed with asthma about 6 years ago, I have found that playing my trumpet is excellent exercise for my lungs. I feel better physically as well as mentally and emotionally when I practice. And when I play in the New Horizons Band I benefit from the social interaction and camaraderie. *Please think about joining the band!*

The Harrisonburg New Horizon Band is quite young. New members playing a variety of instruments are sorely needed. We have members who have played their instruments for varying amounts of time ranging from a couple of years to never having played an instrument before they came to the first band practice. Staff members are available to help you learn to play your instrument.

To hear what a more established New Horizons Band (the Rochester New Horizons Band) sounds like go to http://www.newhorizons-rochester.com/sample_music.htm