Lifelong Learning Institute
Spring 2017 Program Guide

Session A: January 30 – March 3
Session B: March 13 – April 14
Session C: April 17 – May 19

The staff, advisory board, and committees of the James Madison University-Lifelong Learning Institute (JMU-LLI) are pleased to present the Spring 2017 LLI Program Guide. As an integral part of James Madison University, the member-driven Lifelong Learning Institute promotes and provides affordable intellectual, cultural, and social experiences to enrich the lives of adults in the central Shenandoah Valley. The semester features three five-week sessions, with a variety of classes in each session. Classes are led by various faculty and community persons who are experts in their field. There are also trips, social events, and brown bag learning lunches. There are no exams or grades, just a sharing with others in the interest of learning.

LLI will continue to offer a free membership through June 30, 2017 to individuals who have never before been a member of LLI. The new member agrees to receive all LLI correspondence by email. This correspondence includes program guides, newsletters, and confirmation letters. This membership, valued at $20.00, is required before one can register for courses or events. If you have not been a member of LLI before, take advantage of this opportunity by calling the office at 540-568-2923 or email lli@jmu.edu. Think of giving a gift certificate for a course to someone new to LLI this year.

James Madison University and the Lifelong Learning Institute will be closed between December 21 and January 2. Any registrations received during this time will be processed according to the post office date stamp when the office reopens on January 3. Online registration will be available during this time.

Lifelong Learning Institute Preview of Events
Tuesday, January 10
1:00p.m.
(Snow Date January 12)
Gilkerson Activity Center
305 S. Dogwood Dr.
Harrisonburg
Directions to the Ice House From 81
Take exit 247B Turn left onto Martin Luther King Jr. Way and follow down to S. High St. Turn right onto S. High St. Turn right onto W. Bruce St. The Ice House is the first building on the right after the train tracks.

Parking for the Ice House
The Water St. parking deck and the Municipal parking lot are Harrisonburg City property and are not patrolled by or subject to the authority of JMU Parking Services. LLI members can park there, but will need to abide by the city's rules. The LLI office and JMU Parking Services will be unable to address any parking citations issued on city property. For brief office visits, there is limited on-street parking available on Bruce St., visitor spaces in the JMU lot and several spaces beside the Ice House.

Types of Parking Downtown
Public parking downtown is free, with time limits. On-street parking is two hour, surface lots are two and ten hour, and downtown’s two parking decks are three and ten hour. In addition, Harrisonburg Downtown Parking Services provides free parking in the Municipal Parking Lot up to 24 hours. All parking spaces have designated signs that state the time limit.

Parking passes for LLI classes
Parking passes will be issued for LLI classes held at the Ice House. These are for the JMU parking lot across the street. **If you have a parking pass, please do not park in the visitor spaces.** During brown bag lunches, parking services has agreed not to ticket in the parking lot, as we do not know who is attending.
PLEASE TAKE NOTE OF THESE ANNOUNCEMENTS!!

Bad Weather Policy:
If JMU is delayed, closed, or closes early due to bad weather, then LLI classes will be cancelled.
Please tune into WSVA 550 AM radio or WHSV TV. We will make every effort to reschedule cancelled classes.

Guest Policy: A member of LLI enrolled in a class may invite a non-member to one session of that class, with the instructor’s prior permission. The intent of the invitation is to encourage new membership.

Responsibility on Tours and Class Trips: The tours and class-associated field trips of the JMU-LLI require walking and the physical capability to access sites that may have structural obstacles. By participating, members understand that they require personal assistance to participate in tours/field trips, they are responsible for securing such assistance. That responsibility includes registering a person with LLI who can and will be totally responsible for providing all assistance. That person must register as a member and pay the cost of the tour/trip. A LLI member requiring assistance in order to attend class shall be allowed to attend class with an aide at no additional cost.

A reminder --- please either turn off or silence all cell phones and other devices. These have become quite a disruption in classes.

To encourage intergenerational co-learning, some courses may include JMU undergraduate students as participants. We welcome the opportunity to connect with these students and hope you will too.

LLI has purchased “clip on” name badges. One badge will be distributed at your first course. Please wear your badge to each course or LLI function to assist staff, and new and returning members, in becoming familiar with your name. Then return them to the class assistant of your last course at the end of each five-week session.

Refunds/Cancellations: As approved by the Administration/Finance Committee and the Advisory Board, full refunds (except membership fees) will be issued up to the beginning of courses. Please allow 30 days for refunds. No refunds will be issued after the first class meets. Please see specific trip for refund/cancellation policy.

Parking: Parking in the JMU Ice House parking lot is permitted without a parking permit for the duration of the courses held in the Ice House. Parking in other JMU lots on campus require parking permits. Permits will be mailed to course members prior to the beginning of class. Parking permits should be placed on the front dash of your vehicle so they can be seen clearly through the windshield. Parking Permits do not allow parking in specialty spaces such as service vehicle spaces, visitor spaces, handicap spaces without proper permit, or expired meters. An online parking map may be found at http://web.jmu.edu/parking/parkingmap.pdf. If you do receive a parking pass, please contact the office at (540) 568-2923.
Registration
Please read this information!

Course and Trip Registrations - will not be accepted by telephone or email. A completed registration form, accompanied by the course or trip fee, and membership fee, if applicable, must be received in the LLI office before your name will be added to the course or trip roster. You may register online at www.jmu.edu/lli or by USPS. We accept credit cards (plus $5 convenience fee).

All courses require a minimum of eight participants, and have a maximum number of participants, based on location space, so get your registration for all sessions in early! To insure proper registration and allow adequate time to prepare class materials, please register no later than one week before classes begin.

Fee Structure for Spring 2017 Courses
The annual membership fee to LLI is $20.00. Courses in all sessions will be $35.00 each, unless otherwise noted. Please make checks payable to JMU-LLI. If you need further information, please contact us.

The James Madison University-Lifelong Learning Institute
127 W. Bruce St.
MSC 9006
Harrisonburg, VA 22807
Tel: (540) 568-2923
Fax: (540) 568-4252
E-mail address for questions: lli@jmu.edu
Web site: www.jmu.edu/lli

Lifelong Learning Institute - JMU

LLI Scholarships
The JMU-LLI is pleased to be able to offer class scholarships. Please encourage individuals who may otherwise hesitate to join us to inquire about a scholarship by calling the LLI office.
Online Registration

How do I create a new user account?
If you have never participated in LLI before, you can go to our Sign up page to create a new account:
https://aceware.jmu.edu/wconnect/PersonalData.awp?~~:SIGNUP
You must have an email address to set up an account with us. The email address cannot be assigned to another user in our system. If the email address is assigned to another user, you will be notified and given the opportunity to enter a new email address. Most email services allow several at no additional charge.

Each member must have a unique email address to register online.

What courses do you currently offer?
To find our current offerings go to: http://www.jmu.edu/outreach/lli.

***Important note for those paying by credit card***
Please have cookies enabled and private browsing disabled when paying by credit card. Once you click submit for credit card payment, you are redirected to the credit card payment processor.

Which methods of payment do you accept online?
We accept Visa, MasterCard, Discover, and American Express. There is a $5 processing fee to pay by credit card.

What do I do if I've lost my password?
You can send a request for a new password on our Lookup Password page.

How can I find out what courses I’m registered in?
To see a list of courses in which you are enrolled, visit the Registration History page then click the appropriate button:
- Upcoming Courses - view a list of your upcoming courses with dates and location
- Completed Courses - view a list of completed courses

The JMU-Lifelong Learning Institute would like to greatfully acknowledge these donors.

Dr. Clarence & Deane Geier
Mrs. Bonnie Paul
Dr. Linda Bradley
Dr. Beverly Silver
Mrs. Sandra Armentrout
Mrs. Eileen O’Brien Nelson
Lisle Family Trust
### Session A: January 30 – March 3

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<td>Monday</td>
<td>9:30 - 11:30 a.m.</td>
<td>What Many Writers do to be Successful (S17A1)</td>
<td>American National University</td>
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<td></td>
<td>1:30 - 3:30 p.m.</td>
<td>Science Smorgasbord (S17A2)</td>
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<td>1:30 - 3:30 p.m.</td>
<td>Ukulele for Beginners (S17A3)</td>
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<td>1:30 - 3:30 p.m.</td>
<td>African-American History (S17A4)</td>
<td>Lucy F. Simms Continuing Education Center</td>
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<tr>
<td>Tuesday</td>
<td>9:30 - 11:30 a.m.</td>
<td>Before E-Readers: Beautiful Italian Renaissance Books (S17A5)</td>
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<td>1:30 - 3:30 p.m.</td>
<td>The Dynamic World of Ancient Greece (S17A6)</td>
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<td>Wednesday</td>
<td>9:30 - 11:30 a.m.</td>
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<td>The Secret Life of Your DNA (S17A8)</td>
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<td>Awaken to your Dreams (S17A9)</td>
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<td>9:30 - 11:30 a.m.</td>
<td>Book Study of Revelation (S17A10)</td>
<td>Sunnyside Retirement Community</td>
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<td>1:30 - 3:30 p.m.</td>
<td>Women in U.S. History (S17A11)</td>
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<td>3:30 - 5:30 p.m.</td>
<td>New Horizons Band (S17NHB)</td>
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<td>Friday</td>
<td>9:30 - 11:30 a.m.</td>
<td>Zentangle®: Create, Relax, and Have Fun (S17A12)</td>
<td>Ice House</td>
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<td>10:15 - 11:45 a.m.</td>
<td>Senior Singers (S17SS)</td>
<td>TBD</td>
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### Session B: March 13 – April 14

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<tr>
<td>Monday</td>
<td>9:30 - 11:30 a.m.</td>
<td>Islam 101 (S17B1)</td>
<td>Islamic Center of Shenandoah Valley</td>
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<td></td>
<td>1:30 - 3:30 p.m.</td>
<td>Eat Like a Goddess or God Part I (S17B2)</td>
<td>Trinity Presbyterian Church B</td>
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<td>4:30 - 5:30 p.m.</td>
<td>Conversational Spanish As a Second Language (S17B3)</td>
<td>American National University</td>
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<td>Tuesday</td>
<td>9:30 - 11:30 a.m.</td>
<td>&quot;If this Valley is Lost&quot;: Stonewall Jackson's Valley Campaign (S17B4)</td>
<td>Sunnyside Retirement Community</td>
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<td>1:00 - 5:00 p.m.</td>
<td>Introduction to Watercolor (S17B5)</td>
<td>Art Work Building, Bridgewater Retirement Community</td>
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<td>Wednesday</td>
<td>9:30 - 11:30 a.m.</td>
<td>The Music of the Sixties Part Two: Into the Garden (S17B6)</td>
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<td>1:30 - 3:30 p.m.</td>
<td>Inspirational Ideas Worth Sharing- TED talks (S17B7)</td>
<td>Ice House</td>
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<td></td>
<td>1:30 - 3:30 p.m.</td>
<td>Music in World Cultures (S17B8)</td>
<td>Detweiler Auditorium, VMRC</td>
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Thursday
9:30 - 11:30 a.m. Faith and Reason: Either/Or or Both/And (S17B9) Ice House
3:30 - 5:30 p.m. New Horizons Band (S17NHB) Trinity Presbyterian Church
4:30 - 5:30 p.m. Conversational Spanish As a Second Language (17B3) American National University

Friday
9:30 - 11:30 a.m. Zentangle - Renaissance Tiles (S17B10) Ice House
10:15 - 11:45 a.m. Senior Singers (S17SS) TBD
1:30 - 3:00 p.m. Gentle Yoga (S17B11) Elkton Community Center

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**Spring 2017 At-A-Glance**

*Session C: April 17 – May 19*

**Monday**
9:30 - 11:30 a.m. Mennonites in the Valley (S17C1) Park View Mennonite Church
9:30 - 11:30 a.m. Walking & Talking in Downtown Harrisonburg (S17C2) Hardesty-Higgins House Visitor Center
1:30 - 3:30 p.m. Eat Like a Goddess or God Part II (S17C3) Trinity Presbyterian Church
4:30 - 5:30 p.m. Conversational Spanish As a Second Language (S17C4) American National University

**Tuesday**
9:30 - 11:30 a.m. George Orwell: Truth-sayer/soothsayer (S17C5) Ice House
9:30 - 11:30 a.m. Agritouring (S17C6) meet at American National University
1:30 - 3:30 p.m. Controversial Elections (S17C7) Plains District Community Center, Timberville
1:30 - 3:30 p.m. Painting Watercolor Florals (S17C8) Ice House
4:00 - 6:00 p.m. Beginning Birding (S17C9) Ice House

**Wednesday**
9:30 - 11:30 a.m. The Evolution of the American Short Story (S17C10) Ice House
1:30 - 3:30 p.m. Myths and Reality about Islam (S17C11) Islamic Center of Shenandoah Valley
5:00 - 7:00 p.m. American Prison Literature (S17C12) American National University

**Thursday**
9:30 - 11:30 a.m. Music in the Bible (S17C13) Bellaire at Stone Port
1:30 - 3:30 p.m. Icons of 20th century Latin America (S17C14) Ice House
3:30 - 5:30 p.m. New Horizons Band (S17NHB) Trinity Presbyterian Church
4:30 - 5:30 p.m. Conversational Spanish As a Second Language (S17C4) American National University

**Friday**
9:30 - 11:30 a.m. Advanced Fun with Zentangle (S17C15) Ice House
1:30 - 3:00 p.m. Gentle Yoga (S17C16) Elkton Community Center

May 13 DAY OF CARING - UNITED WAY OF HARRISONBURG AND ROCKINGHAM COUNTY
Course Descriptions
Session A
January 30 – March 3

Bad Weather Policy:
If JMU is delayed, closed, or closes early due to bad weather, then LLI classes will be cancelled.
Please tune into WSVA 550 AM radio or WHSV TV. We will make every effort to reschedule cancelled classes.

S17A1  What Many Writers do to be Successful
Mondays, 9:30 - 11:30 a.m., January 30, February 6, 13, 20, 27
Location: American National University, 1515 Country Club Rd., Harrisonburg
Description: They know how to establish goals, focus on a particular genre, read what others have done, organize their day, and do what works for them. Above all, they know how to revise and edit. For some it's easy; for most it requires discipline. In the end, it's usually downright addictive. Come join the fun.
Instructor: Dorothy A. Boyd-Bragg is a Professor of History, Emerita, James Madison University. She received her Ph.D. from Temple University; the M.A. from Ohio State University; and the M.A.T. and B.A. from Temple University. She is the author of fifteen books and numerous articles and reviews. In addition, she has edited and indexed extensively. She is currently at work with her husband, Captain Robert L. Bragg, on One Hundred and One Aviation Stories I Tell my Friends: More, Much More, Than the Tenerife Crash.

S17A2  Science Smorgasbord
Mondays, 1:30 - 3:30 p.m., January 30, February 6, 13, 20, 27
Location: Ice House, Room 104, 127 W. Bruce St., Harrisonburg
Description: A sample of the sciences will start with was there really a Big Bang, and why do we think so? We will end with mathematics of the late 20th century: chaos, fractals, and strange attractors, which is a recently developed field with implications in many sciences. Between the Big Bang and chaos, we will explore organisms and the genetic modification of them in the USA, climate change from prehistoric to modern times, and animal cognition with What Animals Think: Clever Crows, Joyous Whales, and Grieving Elephants.
Instructors: LLI member Bill Ingham attended college in Cambridge, Massachusetts, and did his graduate work in astrophysics. He was a faculty member at JMU for 34 years, where he was on the staff of the Honors Program and taught courses in physics, astronomy, and the history of science.
Jon Kastendiek is an Associate Professor of Biology, Emeritus, at JMU. His research interests include the influence of mammalian grazers and understory vegetation on patterns of forest.
Dave Pruett is a Professor Emeritus of applied mathematics at JMU, a former NASA researcher, and author of Reason and Wonder: A Copernican Revolution in Science and Spirit (HB 2012, PB 2015).
Robyn A. Puffenbarger received a B.S. in biology from Virginia Tech. She attended the Medical College of Virginia and earned a Ph.D. in molecular biology. She continued her studies as a post-doctoral research fellow at the State University of New York at Stony Brook. Her current research involves many aspects of molecular biology. Puffenbarger joined the Bridgewater College faculty in 2001.
Sarah Swank is Professor Emerita of Biology at Bridgewater College where she taught for over 25 years. She received her Ph.D. in Biology from the University of California with an emphasis on ecology and evolution. While at Bridgewater, she taught ecological field courses in the Bahamas, Kenya and Tanzania, and Costa Rica. Since her retirement, she has taught and traveled with the University of Virginia’s Semester at Sea.
**S17A3  Ukulele for Beginners**

**Mondays, 1:30 - 3:30 p.m., January 30, February 6, 13, 20, 27**

**Location:** Ice House, Room 117, 128 W. Bruce St., Harrisonburg

**Description:** Ukulele is one of the most widely sold instruments in the world. Why? Because it's fun, easy to learn and extremely portable. Learn basic ukulele chords that can be used to strum and sing hundreds of songs. The class will play common sing-a-long songs and children's songs that could be sung with grandchildren. How to tune the ukulele, ukulele resources, and strumming techniques will also be covered. A limited number of "loaner" ukuleles may be available for the session. Contact the instructor to reserve an ukulele or for instrument purchase recommendations.

**Instructor:** Sandra Cryder, is a JMU Professor Emeritus of Music. Since her retirement, she has developed an interest in folk instruments. In addition to ukulele and folk guitar, she has taken up the Old Time Fiddle, Mountain Dulcimer, and Galax Dulcimer. She is the leader of the Valley Ukulele Players.

**Additional Fees:** Ukulele tuner $10-15. Order online or purchase at a local music store.

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**S17A4  Aspects of African American History & Culture**

**Mondays, 1:30 - 3:30 p.m., January 30, February 6, 13, 20, 27**

**Location:** Lucy F. Simms Continuing Education Center, 620 Simms Ave., Harrisonburg

**Description:** In recognition of the opening of the Smithsonian National Museum of African American History & Culture, join us to explore local features, people, projects and books, concluding with a broader view of the pivotal period of the civil rights movement. Sessions include:

--Learn about the Shenandoah Valley Black Heritage Project and its work including the exhibition at the Simms Center. Members of the community exhibition advisory board will join us to explain the process and the methods of recovery. We will end with information about the current research and projects including the historic Dallard/Newman House and the Rosenwald School in Elkton.

--Harrisonburg’s two urban renewal projects were watershed events for our city. Most notably for the African-American community, the levelling of a large portion of the northeast neighborhood had a devastating impact, transforming race relations. Similarly, the wholesale destruction of acres of buildings throughout the downtown area changed citizens’ attitudes towards the built environment, and the importance of the past. What was the tremendous appeal of the urban renewal initiatives, which linked redevelopment with progress and modernity, and their continuing relevance for our own times?

--Registers of Free Negroes are a veritable treasure trove of genealogical information for all researchers and historians. Because many other records in the Southern states were lost due to fire, war, and neglect, Registers of Free Negroes often provide the essential missing pieces in genealogical puzzles. Learn how these registers can help flesh our ancestors’ histories and help make sense of the world in which they lived.

--Explore a recent book about Lucy F. Simms, the most respected African American teacher in Harrisonburg whose career in education spanned 56 years. Research has revealed some new, previously unknown facts about Miss Simms.

--We will explore the many meanings of the civil rights movement and assessment of some of the prevailing myths about this pivotal period in African American history. The session will explore the tensions within the movement between local initiatives and national organizations, between struggles for justice in the South and in the North, between disciples of nonviolence and proponents of armed resistance, between the demands for civil
rights and the need for economic justice, and between the promise of racial integration and the desire to preserve racial separatism.

**Instructors:** Robin Lyttle, a Shenandoah County resident, established the Shenandoah Valley Black Heritage Project in February, 2013. Her work in the arts and love of history led her to create the Shenandoah Valley Black Heritage Project in an effort to gather and add to the research about this history-rich community. **David Ehrenpreis** is Professor of Art History at JMU. He is the founding Director of the Institute for Visual Studies and the leader of *Picturing Harrisonburg*, a book and exhibition project examining the city’s history over the past two centuries. **Dorothy A. Boyd-Bragg** is a Professor of History, Emerita, JMU. She is the author of fifteen books and numerous articles and reviews. **Dale MacAllister** is the current resident historian for the Harrisonburg-Rockingham Historical Society. He is finishing a biography about Lucy Simms that will be published to distribute to all social studies and history classrooms in Harrisonburg and Rockingham County schools. He has done research about historical African American communities in Rockingham County for many years. **Steven Reich** is Professor of History at JMU. His fields of specialty and teaching are Labor history, African American history, and Southern history. Publications include *African Americans at Work: A History*. Rowman & Littlefield.

**S17A5 Before E-Readers: Beautiful Italian Renaissance Books**

**Tuesdays, 9:30 - 11:30 a.m., January 31, February 7, 14, 21, 28**

**Location:** American National University, 1515 Country Club Rd., Harrisonburg

**Description:** In the Renaissance, books were precious art objects handwritten and exquisitely painted for a wealthy and elite audience of kings, popes, aristocrats and churchmen. Today they are preserved in museums, but lost to the general public view. Join me in recapturing the experience of turning the pages of these beautiful books. We will look at different subjects and types, such as famous early copies of Dante’s *Divine Comedy*, St. Augustine’s *City of God*, and the extraordinary *Bibles* ordered by princes and popes. We will explore paintings in tiny *Books of Hours* or daily prayer books used by aristocrats and ordinary households as well as the giant choir books used for singing the Mass. We will follow the trail of Renaissance "book-hunters" employed by collectors like the Medici to find the old forgotten Latin and Greek classics such as Pliny’s *Natural History*.

**Instructor:** Kay Arthur is Professor Emerita in Art History at JMU and founding director of the Semester in Florence program. She has taught Gothic, Byzantine and Italian Renaissance art, and has published articles on the Black Death and art, Dante manuscripts, religious confraternity arts, Byzantine icons, and Italian women artist-nuns. She has worked with the Madison Art Collection staging exhibits on Renaissance & Baroque Art, Rembrandt and the Mennonites, and Gothic Revival architecture in the Valley.

**S17A6 The Dynamic World of Ancient Greece**

**Tuesdays, 1:30 - 3:30 p.m., January 31, February 7, 14, 21, 28**

**Location:** American National University, 1515 Country Club Rd., Harrisonburg

**Description:** This class will explore the major periods of ancient Greece through archaeological sites at locations such as Crete, Santorini, Athens, Corinth, Olympia, and Delphi. Our exploration will be primarily archaeological, historical, and mythological. At each session we will also sample a traditional Greek food drawn from a rich tradition of hospitality and dining. Ultimately, I hope to provide an exciting glimpse into the ancient culture of a diverse and creative people as it is preserved in modern Greece.

**Instructor:** Michael L. Allain holds a PhD in Classics from The Ohio State University. He retired from Spotswood High School as a Latin teacher in 2006, and has taught a variety of courses, such as Ancient Greek,
Latin, History, and Literature at JMU since the mid-1980s. Although retired, he continues to teach a Humanities course on Ancient Greece and Rome in the Department of History at JMU.

**S17A7  The Music of the Sixties Part One: Pure Pop and Lonely Avenues**

**Wednesdays, 9:30 - 11:30 a.m., February 1, 8, 15, 22, March 1**

**Location:** Ice House, Room 104, 127 W. Bruce St., Harrisonburg

**Description:** The Music of the Sixties is a two-part series that will cover the music trends and styles of that decade and how they wove into the social trends of the era. Part one covers the years 1959-1966, and the focus will be on the styles that formed to appeal to the record buyer: Motown, Memphis Soul, New Orleans Rock and Roll, Brill Building Pop, and The British Invasion. Jazz Trends and the Folk Movement will also be covered. Part one will end with the release of The Beatles' album "Revolver" which ushered in a new era in record making.

**Instructor:** Bob Driver has been a blues performer/instructor for the past forty years and a full time guitar instructor/performer since 2002. His music education began in the 1970’s when he played informally with traditional bluesmen such as John Jackson, Clarence “Gatemouth” Brown and Buddy Moss in their homes or at festivals. In the decade between 1980 and 1990 he opened for, or performed with, nationally known artists such as Jorma Kaukonen, Roy Bookbinder, Duck Baker, John Hartford, Reverend Billy Wirtz, Catfish Hodge and many others. In the summers of 2006 and 2007, Bob was an artist in residence at Camp Horizons in Keezletown, Virginia overseeing their guitar program. He has taught three classes for James Madison’s Lifelong Learning program on the Swing Era, the history of the blues and the roots music that culminated in Rock and Roll.

**S17A8  The Secret Life of Your DNA**

**Wednesdays, 1:30 - 3:30 p.m., February 1, 8, 15, 22, March 1**

**Location:** Ice House, Room 104, 127 W. Bruce St., Harrisonburg

**Description:** How exactly does your DNA make you "you?" Given that you share 99.9% of your DNA sequence with every other human being, what are the processes by which your DNA expresses the combination of proteins that result in your unique appearance, physiology, health status, and personality? In The Secret Life of Your DNA, you will learn about the history of DNA, where it is in your body, and its structure. We will discuss the processes involved in “The Central Dogma” of genetics: DNA→RNA→protein. You will learn about the exciting new area called epigenetics and how your epigenome controls the expression of your DNA. We will also cover chromosome-linked diseases, ethical issue in genetics, personalized genomic medicine, and how the company 23andMe analyzes and reports your DNA results. The course will include coloring projects, videos, and online reading material.

**Instructor:** LLI member Anne Henriksen is Faculty Emerita at James Madison University, where she was a professor in the Integrated Science and Technology Department for 19 years. Dr. Henriksen came to JMU from The Los Alamos National Laboratory, where she had been a staff scientist for ten years. She received a PhD in chemical physics from UVA, and an MBA in management science from the University of New Mexico. She has spent the last six years studying neuroscience, neuropharmacology, genomics, and bioinformatics. Her personal interest is understanding the important role of sex steroid hormones in the brain during all stages of life.

**S17A9  Awaken to Your Dreams**

**Thursdays, 9:30 - 11:30 a.m., February 2, 9, 16, 23, March 2**

**Location:** American National University, 1515 Country Club Rd., Harrisonburg

**Description:** People have explored the meaning of their dreams for thousands of years. Though dream images are a symbolic language of hidden meanings, dreams are meaningful when understood. Through conversation, art, self-dialogue and dream drama, this workshop will offer greater self-awareness, more understanding of the
language of dreams, increased communication between your conscious and unconscious worlds, and practical hints on remembering dreams and working with them to benefit your ordinary life.

**Instructor:** Pamela Beverage, Ed. D., LPC has completed 10 years of post-doctoral studies in Jungian psychology. Currently she is a senior analytic candidate in Switzerland at the Research and Training Centre for Depth Psychology. She has facilitated study group discussions for more than 35 years.

**Suggested Reading:** If participants desire, optional readings: *Understanding Dreams* by Mary Ann Mattoon. Spring Publications, Dallas, TX or *The Living Labyrinth* by Jeremy Taylor, Paulist Press, New York. Other articles may be available during the course.

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**S17A10  Book of Revelation – Following the Way of the Lamb**

**Thursdays, 9:30 - 11:30 a.m., February 2, 9, 16, 23, March 2**

**Location:** Sunnyside Retirement Community, Sunnyside Room, 3935 Sunnyside Dr., Harrisonburg

**Description:** This course will be an overview of the Book of Revelation including a brief introduction to apocalyptic literature. We will take a historical approach and read Revelation as a fifth gospel holding up the Way of the Lamb, rather than a war manual or a secret codebook. There will be a brief examination of millennial theories as we do a hopeful look at the end of the age and the return of Christ.

**Instructor:** Duane Yoder is the lead pastor of the Lindale Mennonite Church. He has taught and preached extensively throughout the Mennonite Church for the past 36 years. Book of Revelation has been of special interest to Duane. He has taught Revelation at the college level and in many other settings.

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**S17A11  Women in U.S. History**

**Thursdays, 1:30 - 3:30 p.m., February 2, 9, 16, 23, March 2**

**Location:** Ice House, Room 104 (2/2 – 2/23) Room 117 (3/2), 127 W. Bruce St., Harrisonburg

**Description:** The flourishing field of women’s history asks how our understanding of the past must change when we look through the lens of women’s lives. We will contemplate episodes in the history of American women from the early 1600s through the early 2000s. Topics include everyday experiences, work, military roles, activism, feminism, and popular culture’s portrayals of women. We will consider how differences across race, class, ethnicity, and region have affected women’s status and experiences. Examining a variety of historical documents, we will explore how attention to women’s history supplements and reconfigures our understanding of the American past as a whole.

**Instructor:** Emily Westkaemper is an Associate Professor of History at James Madison University. She received a B.A. from the University of Virginia and a Ph.D. in history from Rutgers University. Her book *Selling Women’s History: Packaging Feminism in Twentieth-Century American Popular Culture* will be published in January 2017. Dr. Westkaemper worked as an editorial assistant for the Elizabeth Cady Stanton and Susan B. Anthony Papers Project. Currently, she is researching twentieth-century American popular culture’s portrayals of women’s employment in business and professions.


Other brief readings and film clips will be freely available on the Internet.

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**S17NHB  New Horizons Band**

**Day/Time:** Thursdays, 3:30-5:30 p.m.

**Dates:** January 19 - April 20 excluding March 9

**Location:** Trinity Presbyterian Church, 725 S. High St., Harrisonburg

**Cost:** $130 for the entire 15 weeks or pro-rated per semester
**Description:** New Horizons Music programs provide entry points to music-making for adults, including those with no musical experience at all and those who have been inactive for a long time. Small group instruction and practice allow members to develop or redevelop their skills and to play band arrangements. The cost of instruments varies and rent-to-own programs are available at stores around town. The New Horizons concept of making music provides a non-intimidating environment for you to begin or to resume playing an instrument. It offers you the chance to play the instrument you have always dreamed about and to progress at your own rate. You can even practice with the band for a couple of weeks free before you commit!

**Instructor:** Dr. Will Dabback holds degrees in music education from West Chester University and the University of Rochester's Eastman School of Music (M.M., 2000, Ph.D. 2007). He served as an instructor and conductor of the New Horizons program at the Eastman School of Music in Rochester, NY, which was the first such program in the country. He currently teaches at JMU.

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**S17A12 Zentangle®: Create, Relax, and Have Fun**

**Fridays, 9:30 - 11:30 a.m., February 3, 10, 17, 24, March 3**

**Location:** Ice House, Room 104, 127 W. Bruce St., Harrisonburg

**Description:** Zentangle® is a meditative art form in which participants create beautiful images from repetitive patterns called tangles. There is no right or wrong in Zentangle®, just beauty. Students are encouraged to discover, explore, and embrace their individual styles. Although each student will follow the same basic Zentangle® instructions, the resulting artworks will be unique. The individual “artist” in each student is encouraged and given an opportunity for expression. In this class, students will learn new Zentangle® patterns, tangles, and the 11-step method behind Zentangle®. No special artistic ability is needed. It’s fun, creative and relaxing!

**Instructor:** An arts-and-crafts lover from early childhood, LLI member Jennifer Cottrell discovered Zentangle®, and in October 2013 became a Certified Zentangle® Teacher. She offers instruction in this wonderfully meditative practice through JMU Lifelong Learning Institute and Rockingham County Parks and Recreation. Jennifer is always seeking opportunities to expand her teaching of holistic wellness.

**Additional Fees:** $15 supply fee payable to the instructor at first class.

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**S17SS Senior Singers**

**Fridays, 10:15 - 11:45 a.m., A and B session, February 3, 10, 17, 24, not March 10, 17, 24, 31, April 7, 14**

**Location:** TBA

**Cost:** $50

**Description:** Would you like to improve or recover your vocal quality? Would you like to participate in fun community singing and activity? This opportunity is designed to provide a safe, productive and rewarding environment for growth and development in a singing ensemble. Both experienced singers and beginners will appreciate singing songs they know and enjoy as well as learning a few new ones. Meeting once a week for 10 weeks and culminating with a short presentation at a local senior retirement community, come and be a part of this new offering through the Lifelong Learning Institute.

**Instructor:** The director, Denise Schulz, is a graduate student in the JMU School of Music. After many years as a Minister of Music, she has come back to concentrate her study on the senior voice and life enrichment for senior adults through choral music.
**Bad Weather Policy:**

If JMU is delayed, closed, or closes early due to bad weather, then LLI classes will be cancelled.

Please tune into WSVA 550 AM radio or WHSV TV. We will make every effort to reschedule cancelled classes.

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**S17B1 Islam 101**

**Mondays, 9:30 - 11:30 a.m., March 13, 20, 27, April 3, 10**

**Location: Islamic Center of Shenandoah Valley, 1330 Country Club Rd., Harrisonburg**

**Description:** The course covers the basic teachings of Islam and explains the principles of the faith and the five pillars which must be practiced by every Muslim. A Muslim MUST: say the shahadah, perform the prayer, observe fasting, pay charity, and make pilgrimage. It will explain the two sources (references) of the religion (Al-Quraan and Al-Sunnah) and covers the life story of its prophet, Mohammad (pbuh).

**Instructor:** Farhan Siddiqi is the current resident Imam of the Islamic Association of the Shenandoah Valley. He completed his graduate Islamic studies at Umm ul Qura University in Makkah, Saudi Arabia. He graduated from the "College of Dawah and Foundations of the Religion" specializing in 'al-Kitab wa as-Sunnah' (Exegesis of the Quran and Explanation of Prophetic Narrations). He is currently pursuing his Master’s Degree in 'Hadith and its Related Sciences'. He has also earned his B.S. degree in Biology from the University of Connecticut. In addition to leading the congregational prayers, he guides the community through educational activities, counselling and mentorship services.

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**S17B2 Eat Like a Goddess or God Part I**

**Mondays, 1:30 - 3:30 p.m., March 13, 20, 27, April 3, 10**

**Location: Trinity Presbyterian Church, 725 W. High St., Harrisonburg**

**Description:** Due to popular demand, the recipes and information in this class are being repeated from Spring 2016. Nutritionists, doctors and health advisers alike are touting the benefits of adopting a Mediterranean diet, but many people are confused on how to prepare and cook healthy Mediterranean cuisine.

In this class, you will learn how to make Mediterranean staples from scratch, such as hummus, tzaziki, spanokopita, dolmas, tabbouli, beetroot salad, and legume dishes. The emphasis will be on finding local produce and creating delicious, healthy and authentic Mediterranean dishes that will please family and friends alike. Tasting the dishes and discussions about living in the Mediterranean and adopting a healthy lifestyle will also be included.

**Instructor:** Claudia Hanna was raised in Harrisonburg, VA. After marriage, she and her husband moved with their two young children to Cyprus. Over the course of eight years on the Island of Aphrodite (Cyprus is the birthplace of this goddess of love and beauty), Claudia learned the art of the Mediterranean lifestyle. From cooking to collaborating, to community and family, this former control freak learned to embrace her Mediterranean roots and live like a goddess. The Mediterranean lifestyle proved to her a healthier way to live. She lost weight, increased her LDL scores and lowered her cholesterol.

**Additional Fees:** $12 per person to cover cost of food tastings and supplies, payable to the instructor at the first class.
Conversational Spanish As a Second Language Part 1
Mondays & Thursdays, 4:30 – 5:30 p.m., March 13, 16, 20, 23, 27, 30, April 3, 6, 10, 13
Location: American National University, 1515 Country Club Rd., Harrisonburg
Description: This is a course for beginner and/or intermediate level learners. There will be some writing, reading, and listening assignments to supplement learning but overall students will express themselves orally. Students deciding to take this course should be aware that learning a foreign language is a very active and involved process. Similar, to sports, one does not learn a language by being a spectator. By the end of this course, students should be able hold basic conversations with Spanish speakers from all regions in the areas of greetings, food, necessities, everyday happenings, asking/giving directions, requesting medical assistance, and general conversational phrases. Class will involve a variety of learning methods such as learning through song, practicing with classmates and the instructor, learning through videos, as well as grammar to supplement concepts learned. Spanish is not difficult to learn but practice early on is of utmost importance and thus homework will likely be given regularly.
Instructor: Dianté Ryals graduated from JMU in December of 2015 with a B.A., Spanish and a B.S., Chemistry. He has traveled to several Spanish speaking countries including Spain and Colombia within the past two years. He has also interacted with native Spanish-speakers in the valley area including speakers from Honduras, Ecuador, El Salvador, Puerto Rico, Spain, Colombia, and Guatemala, Argentina, Uruguay and Cuba. He believes that immersion is the best way to learn the language, and immersion is more than possible right here in the U.S.

"If this Valley is Lost": Stonewall Jackson's Valley Campaign
Tuesdays, 9:30 - 11:30 a.m., March 14, 21, 28, April 4, 11
Location: Sunnyside Retirement Community, Sunnyside Room, 3935 Sunnyside Dr., Harrisonburg
Description: In the spring of 1862 during the Civil War, Confederate General Thomas J. “Stonewall” Jackson and his “foot cavalry” embarked on one of the most brilliant campaigns in American military history: Jackson’s Valley Campaign. The campaign featured legendary personalities, political skullduggery, heroic sacrifices, “thieves and cutthroats,” southern belles turned spies, and fighting that ranged from the streets of Winchester to the “hell-spot” known as The Coaling. This course will focus on the famous campaign, Stonewall’s early life and later career, and why both the man and the campaign resonate so much today. The course will include a field trip to the Cross Keys and Port Republic battlefields.
Instructor: Keven M. Walker is the Chief Executive Officer of the Shenandoah Valley Battlefields National Historic District. Walker came to the National Historic District from the Antietam National Battlefield, where he served for 11 years as Cultural Resources Program Manager and Historian. He is a member of the National Park Service's national advisory team on cultural resources and historic preservation. Walker was formerly the Executive Director of The Walker Foundation for Historic Preservation in Charles Town, West Virginia. He has appeared on several Maryland Public Television documentaries focusing on the Antietam battlefield. He is the author of Antietam: A Guide to the Landscape and Farmsteads, published in 2010.
Terry Hedel is the Director of Interpretation, Education, and History for the National Historic District. He oversees the organization’s interpretive, education, historical, visitor services, partnership, and communications programs in the eight-county district. He develops National Historic District and partnership interpretive projects including interpretive trails, markers, print materials, web and digital projects, tours, and events. He also oversees the organization’s conferences, youth activities, museums and orientation centers.
**Introduction to Watercolor**

**Tuesdays, 1:00 – 5:00 p.m., March 14, 21 Only**

**Location:** Art Work Building, Bridgewater Retirement Community

**Description:** This introductory watercolor class will acquaint learners with the basics of watercolor painting, composition, color theory and techniques.

**Instructor:** Judith Rocchiccioli is a Professor Emeritus at JMU, a watercolor and silk artist. Her work is located is galleries in Virginia, Louisiana, Washington, DC, Mississippi and Alabama.

**Additional Fees:** A supply fee of $20, payable to the instructor at the first class will include basic materials.

**The Music of the Sixties Part Two: Into the Garden**

**Wednesdays, 9:30 - 11:30 a.m., March 15, 22, 29, April 5, 12**

**Location:** Ice House, Room 104, 127 W. Bruce St., Harrisonburg

**Description:** This is the second in a two-part series, The Music of the Sixties which covers the music trends and styles of that decade and how they wove into the social trends of that era. Part Two will begin with the transitional year of 1966 which saw a revolutionary change in the purpose of record making: individual creativity eclipsed the popular motive for recording and performing. Musical examples such as West Coast Psychedelia, Bob Dylan, The Beatles and Rolling Stones will be explored and the session will also address the social and political climate that influenced the era. Attendance in part one is not a prerequisite to this class.

**Instructor:** Bob Driver see description for the Music of the Sixties Part One

**Inspirational Ideas Worth Sharing – TED Talks**

**Wednesdays, 1:30 - 3:30 p.m., March 15, 22, 29, April 5 (four weeks only)**

**Location:** Ice House, Room 104, 127 W. Bruce St., Harrisonburg

**Description:** If you’re inquisitive and want to know what’s shaping the future, this course is for you. We will view and discuss 20-minute presentations recorded at Technology, Entertainment, Design (TED) conferences held at international and local venues over the past 30+ years. Two or three TED talks videos will be shown at each session, followed by interactive classroom discussion. Themes for our weekly conversations are based on the following TED-curated or instructor-created video playlists: “Innovative Houses, Machines, & Movies”; “Jaw-dropping Bionics, Printing, & Sensors”; “The Emerging Trust-based Economy”; and “Humane, Integrated, Palliative Healthcare.”

**Instructor:** LLI member Lew White is a retired Air Force officer and ex-IBM employee who has lived in Staunton since 2000. During his 22-year military career he held various technical and project management positions in space/electronics systems acquisition, test, and operation. During his 16-year IBM career he was detached to NASA’s JSC Mission Operations Directorate Training Division where he developed and delivered flight computer technical training courses for Space Station flight and ground crews. He has MS and BS engineering degrees and has completed many military and technical professional courses.

**Music in World Cultures**

**Wednesdays, 1:30-3:30 March 15, 22, 29, April 5, 12**

**Location:** Detwiler Auditorium, Virginia Mennonite Retirement Community, 1481 Virginia Ave.

**Description:** This course will survey select musical cultures from Eastern Europe, Africa, Asia, and Latin America. We will listen to a variety of traditional and popular musical genres and discuss music’s connection to social movements, identity, and politics. In addition, the class will examine the impact of globalization on the way people consume and interpret music in contemporary society.

**Instructor:** Andrew Connell is an ethnomusicologist whose primary research focuses on issues of musical identity and globalization in Brazilian popular instrumental music. A Professor of Music at James Madison University, Mr. Connell is also a clarinetist and saxophonist who has performed with artists such as Bobby McFerrin, Luciano Pavarotti, Lou Rawls, and Jennifer Holliday. He has appeared at the Monterey Jazz Festival,
Wintergrass Festival, Spoleto Festival USA, and the Savannah Music Festival, and has recorded for the Musical Heritage Society, Intrada, Nucleo Contemporaneo (Brazil), and Adventure Music labels.

**S17B9  Faith and Reason: Either/Or or Both/And**

**Thursdays, 9:30 - 11:30 a.m., March 16, 23, 30, April 6, 13**

**Location:** Ice House, Room 104, 127 W. Bruce St., Harrisonburg

**Description:** In our Western culture, can one maintain a commitment to Christian tradition in light of modern scientific perspectives? In the modern era the disciplines of theology and philosophy have parted ways, theology claiming allegiance to historical literature and traditions, whereas philosophy accepts only reason as a criterion and is impressed by empirical evidence. What might be the position of a contemporary person over faith and reason in relation to the supernatural, miracles, questions of authority, allegiance to biblical perspectives, or ethical choices? The course assumes participants who will provide rich discussion and important perspectives in addition to the limited lectures.

**Instructor:** Steve Watson taught at Bridgewater College over forty years in the Philosophy and Religion department. These two areas of philosophy and religion were prominent in his undergraduate and graduate studies. As a college professor his key interests were logic, philosophy of science, language analysis, and his course on the New Testament. His methodology always includes a great deal of discussion and participation.

**Suggested Reading:** For readings, access to the Internet and email is anticipated but not required.

**S17NHB  New Horizons Band**

**Day/Time:** Thursdays, 3:30-5:30 p.m.

**Dates:** January 19 - April 20 excluding March 9

**Location:** Trinity Presbyterian Church, 725 S. High St., Harrisonburg

**Cost:** $130 for the entire 15 weeks or pro-rated per semester

**Description:** please see description in A session

**S17B3  Conversational Spanish As a Second Language Part 1**

**Mondays & Thursdays, 4:30 – 5:30 p.m., March 13, 16, 20, 23, 27, 30, April 3, 6, 10, 13**

**Location:** American National University, 1515 Country Club Rd., Harrisonburg

**Description:** Please see Monday’s description

**S17B10  Zentangle® - Renaissance Tiles - Advanced**

**Fridays, 9:30 - 11:30 a.m., March 17, 24, 31, April 7, 14**

**Location:** Ice House, Room 104, 127 W. Bruce St., Harrisonburg

**Description:** Zentangle® and components of Renaissance drawing technique come together. Students will become familiar with the techniques that will give their work that recognizable Renaissance look and feel. They will explore tangles from a new angle. Working on Zentangle® Renaissance Tiles, students will use brown, black and white pens to work the surface, and continue to create shadow and highlight with graphite and white charcoal pencils. **Participants must have taken Beginners Zentangle®.**

**Instructor:** Jennifer Cottrell. Please see Zentangle® in Session A.

**Additional Fees:** $15.00 supply kit. Payable to the instructor at the first class.
**S17SS  Senior Singers**

Fridays, 10:15 - 11:45 a.m., A and B session, February 3, 10, 17, 24, March 10, 17, 24, 31, April 7, 14

Location: TBA

Cost: $50

Description: Please see description in Session A

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**S17B11  Gentle Yoga**

Fridays, 1:30 – 3:00 p.m., March 17, 24, 31, April 7, 14

Location: Elkton Recreation Center, 20593 Blue and Gold Dr., Elkton (Corner of B St. and Ashby Ave, Elkton, Next to Elkton Elementary School.)

Description: Gentle Yoga... with intentions of limbering the body, opening the mind and connecting with one's own spirit. Principles: order, patience, balance, unappreciated, peacefulness. In each class one short reference will be made to a principal written by Iyanla Vanzant "One Day My Soul Just Opened Up." Wear loose or stretchy clothing.

Instructor: LLI member Mary-Liz Humphrey is a graduate in 1990 of the Integral Yoga Teachers’ Training Program in Buckingham, Virginia. Mary-Liz has been practicing and teaching Yoga for over 20 years. She is Director of the Elkton Recreation Dance Program.

Suggested Reading: Optional: One Day My Soul Just Opened Up, by Iyanla Vanzant

Additional Supplies: Bring a Yoga mat and beach towel.
Course Descriptions
Session C
April 17 – May 19

S17C1  Mennonites in the Valley
Mondays, 9:30 - 11:30 a.m., April 17, 24, May 1, 8, 15
Location: Park View Mennonite Church, 1600 College Ave., Harrisonburg
Description: A nearly 500-year-old Christian group with origins in 16th-century Europe, Mennonites were among the earliest settlers in the Shenandoah Valley, and historically were an agrarian society with deeply religious communal commitments and practices. Today, their descendants consist of a number of separate and distinct Mennonite groups in and around Harrisonburg, ranging from the most conservative buggy-driving “Old Orders,” to progressive Mennonites that operate a thriving local liberal arts university and are involved in all sectors of public life. This course will focus on up-close-and-personal interaction with Mennonites from all across this spectrum, and will include local trips to visit Mennonite institutions, churches, schools, businesses, and homes.

Instructor: Phil Kniss grew up in a Mennonite family in Florida, but has spent over 30 years in the Mennonite community in Harrisonburg. He has pastored two local Mennonite congregations, including 20 years as senior pastor at Park View Mennonite Church. He holds an M.Div. from Eastern Mennonite Seminary in Harrisonburg, and a D.Min. from Northern Seminary in Lombard, IL.
Suggested Reading: A reader will be provided to class participants.
Additional Fees: A sumptuous lunch in an Old Order Mennonite home, plus bus/van transportation, will cost each participant an additional $25, payable to the instructor at the first class.

S17C2  Downtown Rocktown - The Arts to the Ghosts
Mondays, 9:30 - 11:30 a.m., April 17, 24, May 1, 8, 15
Location: Hardesty-Higgins House Visitor Center, 212 S. Main St., Harrisonburg
Description: While Harrisonburg, which was founded as Rocktown in 1778, has a deep, rich, and colorful history, Downtown today is just as interesting as its past! Join these walking tours, rain or shine, to learn about Downtown Rocktown's hidden history, arts and culture, and even our ghosts. We'll take you into our museums, introduce you to our historical characters (including the ones who haven't left yet), show off our architecture, explore our churches, and introduce you to what is making history today. Every week will be a walking tour. Tours will start at 212 S. Main Street in the second floor of the Hardesty Higgins House.

Instructor: Several local experts will lead each tour, including Andrea Dono, the executive director of Harrisonburg Downtown Renaissance; Kay Arthur, an authority on downtown churches and architecture; Dale MacAllister, the former director of the Harrisonburg-Rockingham County Historical Society; and Lisa Ha, downtown's ghost tour leader.

S17C3  Eat Like a Goddess or God Part III
Mondays, 1:30 - 3:30 p.m., April 17, 24, May 1, 8, 15
Location: Trinity Presbyterian Church, 725 W. High St., Harrisonburg
Description: This is a brand new class with brand new heart-healthy recipes! In Part 3 of cooking like a Mediterranean goddess, we will explore more tantalizing, healthy food options that will keep you lean, strong, and heart-healthy in the new year. A class will be focused entirely on a wide variety of grains as a natural source of complex carbohydrates, fiber, minerals and even protein. A separate class will be dedicated to the
laborious, yet lovely moussakka - the Greek family meal of choice. We will spend time creating healthy sides such as baba ghannoush and work with spices like za'atar to create complex flavors that will tantalize your taste buds, yet keep your waists trim. All classes will end with hands on knowledge of how to prepare the foods, nutritional content and a tasting.

**Instructor:** Claudia Hanna see description for *Eat Like a Goddess* in Session B.

**Additional Fees:** $12 per person to cover cost of food tastings and supplies, payable to the instructor at the first class.

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**S17C4  Conversational Spanish As a Second Language Part 2**

**Mondays & Thursdays, 4:30 – 5:30 p.m., April 17, 20, 24, 27, May 1, 4, 8, 11, 15, 18**

**Location:** American National University, 1515 Country Club Rd., Harrisonburg

**Description:** Conversational Spanish continues from the B session. ALL students interested in part II MUST take part I unless they have previously made arrangements with the instructor.

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**S17C5  George Orwell: Truth-Sayer/Soothsayer**

**Tuesdays, 9:30 - 11:30 a.m., April 18, 25, May 2, 9, 16**

**Location:** Ice House, Room 104, 127 W. Bruce St., Harrisonburg

**Description:** The course will provide an overview of Orwell’s eventful life (1903-1950) before examining individual examples of essays that display his famous dedication to independent thinking and truth-telling. Among the pieces for discussion are *Such, Such Were the Joys*... and the influential *Politics and the English Language*. The course will conclude with a consideration of *Nineteen Eighty-Four*, Orwell’s nightmare version of the future. A film version of the novel will be shown at the last class meeting.

**Instructor:** LLI member Robin McNallie, having taught JMU undergrads from 1965-1998, gladly transitioned into sharing his passion for literature with fellow-retirees. He has taught more than 20 LLI courses, most recently *Who’s Afraid of Henry James?, Not a Quadrille in a Ballroom: Literary Responses to World War I*, and *The Dark Worlds of Poe, Hawthorne and Melville*.

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**S17C6  Agritouring**

**Tuesdays, 9:30-11:30 a.m., April 18, 25, May 2, 9, 16**

**Location:** American National University parking lot to meet for carpooling

**Description:** This class focuses on agritourism in the central Shenandoah Valley. Each day we will visit several places throughout the region including farms, orchards and markets. We will have a central meeting point for carpooling/driving directions at the American National University. In some instances you will be contacted via phone or email as to where we plan on meeting. Some of the field trips are subject to change due to weather or the number of staff in some locations. Alternative trips will be planned and announced beforehand if an issue should arise. Be aware that some walking is required. Some of the places we hope to visit include: Shenandoah Valley Produce Auction in Montezuma, Season's Bounty in Linville, Polyface Farm in Swoope, Showalter's Orchard in Forestville and Cool Breeze Farm in Mt. Sidney.

**Instructor:** Nate Miller is a professor of horticulture at Piedmont Virginia Community College. He is a landscape designer who is authoring his own book on sustainable landscaping. He has a BA in Art with a concentration in Environmental Science from Bridgewater College and a master’s degree in Landscape Architecture from Clemson University.
### S17C7  Controversial Elections

**Tuesdays, 1:30 - 3:30 p.m., April 18, 25, May 2, 9, 16**  
**Location:** Plains District Community Center, 233 McCauley Dr., Timberville, VA  
**Description:** The United States had a controversial Presidential election in 2016. This was not the first election where controversy has reared its head. Going back to the Presidential election of 1800, elections are sometimes ugly and the outcomes do not always seem the "will of the people." In fact, five times the vote for President has resulted in a President being elected even though he has not gotten a majority of the popular vote. This course looks at many elections where the result may have been controversial and where the "winner" had a great challenge before him.  
**Instructor:** Charles Lickson earned a BA (Johns Hopkins) and JD (Georgetown Law). He holds a non-traditional Ph.D. in Counseling. Lickson practiced law for many years and has also been a businessman, author, speaker, mediator and teacher. He is a former Adjunct Associate Professor of Political Science and Public Administration at Shenandoah University in Winchester, VA. He has led courses or talks on the U.S. Presidents at Shenandoah University, Shepherd University, public libraries, service organizations and other places throughout the Eastern U.S.

### S17C8  Painting Watercolor Florals

**Tuesdays, 1:30 - 3:30 p.m., April 18, 25, May 2, 9, 16**  
**Location:** Ice House, Room 104, 127 W. Bruce St., Harrisonburg  
**Description:** This class will focus on floral painting in watercolor and a basic knowledge of watercolor painting is suggested. The class will focus on floral composition, design and technique. Students will paint from reference photos and life. A supply fee of $20, payable to the instructor at the first class is required, but students should have their own paints and brushes. If not, they should email faculty at least two weeks before the start of class.  
**Instructor:** Judith Rocchiccioli is a professor emeritus at JMU, a watercolor artist and silk painter. Her work is located is galleries in Virginia, Louisiana, Washington, DC, Mississippi and Alabama.  
**Additional Fees:** Supply fee of $20 payable to the instructor at first the class.

### S17C9  Beginning Birding

**Tuesdays, 4:00 – 6:00 p.m., April 18, 25, May 2, 9, 16**  
**Location:** Ice House, Room 117, 128 W. Bruce St., Harrisonburg  
**Description:** This introduction to birding, one of the fastest-growing hobbies, will explore our local birds, year-round, winter, and summer residents, along with migrants that briefly pass through. Learn how to recognize birds by shape, size, behavior, plumage and habitat. Topics will include how to observe birds, birding etiquette, and use of equipment such as binoculars, cameras and field guides. We will also explore backyard birding, attracting birds, and birding afield. This course will include both classroom sessions and field birding. Participants should have their own binoculars for field trips. (We’ll discuss binocular suggestions during the first class.)  
**Instructor:** With a lifelong interest in nature, wildlife, and photography, Diane Lepkowski is especially intrigued by birds. Since becoming a serious birder in 2009, Diane has used her photography to share her passion for enjoying, studying and protecting our feathered friends. She has offered presentations for organizations including the Edith J. Carrier Arboretum, Massanutten Regional Library and Rockingham Bird Club (RBC). Diane serves on the RBC Executive Committee as Vice-president of Field Trips and coordinated field trips for the RBC-hosted Virginia Society of Ornithology’s Annual Meeting in 2010. With a B.S. Degree in Education, Diane is a teacher at heart and loves to inspire others to enhance their enjoyment and understanding of the amazing world of birds.

S17C10  The Evolution of the American Short Story

Wednesdays, 9:30 - 11:30 a.m., April 19, 26, May 3, 10, 17
Location: Ice House, Room 104, 128 W. Bruce St., Harrisonburg

Description: Americans have always been in a hurry, often involved with the "practical" needs of life, so the fact that American readers have been fascinated with short literature that can be read in a brief period of time should come as no surprise. Beginning in the 19th century with such authors as Poe, Hawthorne, Melville, and James, on into the early 20th century with Twain, Wharton, Faulkner, Fitzgerald, and Hemingway, and concluding the 20th century with Cather, Welty, Buck, Porter, and Updike, America's short story writers continued to win readers with their depictions of American culture and character. The 21st century American short story writer, while still offering realistic pictures of contemporary American life, often ventures into the world of fantasy and science fiction, continuing to win new readers to a literary art form that can be both brief yet intellectually satisfying. While often appealing to those who "really do not like to read," the American short story writer often brings to life the times, the dilemmas, and the American character to its readers. This course will give the contemporary reader a brief history of the evolution of the American short story and examine its lasting appeal.

Instructor: Joan Frederick has taught American literature for over forty years, most of that time in the English Department at James Madison University.

S17C11  Myths and Reality about Islam

Wednesdays, 1:30 - 3:30 p.m., April 19, 26, May 3, 10, 17
Location: Islamic Center of Shenandoah Valley, 1330 Country Club Rd., Harrisonburg

Description: Islam is the fastest growing religion in the world, particularly in the western hemisphere. Unfortunately, this growth has been accompanied by several myths about Islam, particularly issues related to human rights, gender equality, sanctity of life, personal freedom, and the concept of Jihad. The course will cover and discuss these issues in light of the current political atmosphere, historical events, and the true teachings of Islam.

Instructor: Farhan Siddiqi please see biography in Session B.

S17C12  American Prison Literature

Wednesdays, 5:00 – 7:00 p.m., April 19, 26, May 3, 10, 17 (note different time)
Location: American National University, 1515 Country Club Rd., Harrisonburg

Description: An analysis of a historically broad, thematic sampling of select letters, essays, book and journal excerpts, by those incarcerated primarily but not exclusively for political conviction, race, religion, women's rights, climate activism. Our goal is to understand the historical, political, and social justice contexts within which incarceration occurs.


Additional Fees: $20 course pack payable to the instructor at the first class.
### S17C13  Music in the Bible

**Thursday**, 9:30 - 11:30 a.m., April 20, 27, May 4, 11, 18  
**Location:** Bellaire at Stone Port, 1684 Port Hills Dr., Harrisonburg  
**Description:** This class will survey and explore the teachings, practices, and uses of music as presented in the Bible. It will take into account a variety of approaches and perspectives. These will include references to music from a historical context, understanding how and when music was used in biblical settings. We will also consider instructions regarding how singing or playing can or should be applied to spiritual life, praise of God, teaching, and evangelism or outreach. Further, we will identify musical and poetic passages in the Bible. Finally, we will locate references to scriptural passages in well-known hymns and Christian songs.  
**Instructor:** Raymond Hebert received his MM degree at San Francisco State University, and his DMA from the University of South Carolina, in choral music and theory. Previously he received undergraduate and master’s degrees at Biola University and Talbot Theological Seminary in vocal music, biblical studies, and Christian Education. He teaches music courses at Blue Ridge Community College and directs music at the Donovan Memorial and Cherry Grove United Methodist Churches. He is music director of the Staunton Choral Society and gives private lessons in voice, piano, and guitar. He and his wife came to the Valley as a result of their study of the Harmonia Sacra shape-note hymn tradition.  
**Suggested Reading:** Bring your Bible and at least one hymnbook or Christian songbook to each session. A Bible concordance and a notebook will also be helpful.

### S17C14  Icons of 20th century Latin America

**Thursday**, 1:30 - 3:30 p.m., April 20, 27, May 4, 11, 18  
**Location:** Ice House, Room 104, 127 W. Bruce St., Harrisonburg  
**Description:** This course looks at themes of Latin American history through the lens of the region’s most iconic figures. Through Emiliano Zapata we will review the Mexican Revolution of 1910-1920. The art of Frida Kahlo and Diego Rivera will give us insight into how the revolution was defined in the 1930s through 1950s. We will then turn to Argentine and Cuban history and examine how an Argentine middle class medical student (Ernesto “Che” Guevara) and a law student from Cuba (Fidel Castro) led a revolution to oust a US-supported dictator in 1959. Finally, we will examine the rise of Juan Domingo Peron and Eva Duarte Peron to see how Argentina created populist leaders who co-opted revolutionary language to integrate the working classes into the political system. We will also examine the polarizing nature of these icons to show how they reflect tensions within their own societies about social change.  
**Instructor:** Kristen McCleary is an Associate Professor of history at James Madison University. She is currently finishing her book manuscript, *Life is a Cabaret?: Theater and the Staging of the Modern Argentine Nation, 1880-1930*. She has published a number of articles about popular culture in Argentina. Her courses on Latin America focus on visual and popular culture, gender, and social change.

### S17NHB  New Horizons Band

**Day/Time:** Thursdays, 3:30-5:30 p.m.  
**Dates:** January 19 - April 20 excluding March 9  
**Location:** Trinity Presbyterian Church, 725 S. High St., Harrisonburg  
**Cost:** $130 for the entire 15 weeks or pro-rated per semester  
**Description:** please see description in A session
S17C15  Zentangle® –Advanced Fun!
Fridays, 9:30 – 12:00 noon, April 28, May 5, 12, 19  (note different time and start date)
Location:  Ice House, Room 104, 127 W. Bruce St., Harrisonburg
Description:  Have fun with Zentangle®! We will tangle on a variety of mediums and explore a variety of different techniques. Be prepared to have fun, be creative and relax all at the same time. Participants must have taken the beginner Zentangle® class.
Instructor:  Jennifer Cottrell Please see biography from Sessions A and B
Additional Fees:  $20 payable to the instructor at the first class.

S17C16  Gentle Yoga
Fridays, 1:30 – 3:00 p.m., April 21, 28, May 5, 12, 19
Location:  Elkton Community Center, 20593 Blue and Gold Dr., Elkton
Description:  This is a continuation of the Gentle Yoga from session B. You may sign up for this session if you have not been in the B session.
Instructor:  Mary-Liz Humphrey Please see biography from B session
Suggested Reading:  Optional: One Day My Soul Just Opened Up, by Iyanla Vanzant

DAY OF CARING - UNITED WAY OF HARRISONBURG AND ROCKINGHAM COUNTY
Description:  Every act of kindness benefits the giver as well as the receiver. ~ Katrina Mayer
Be a part of the team with the biggest hearts! Join the largest community service day in our area. Teams are matched with nonprofit agencies and schools to help advance their mission while fostering community engagement. Come for part of the day, or the entire day!
Day of Caring starts with a celebration breakfast and a community rally. We’ll then head off with our LLI teams to our assigned non-profit to help with their needs. We will have various activity levels to choose from. Past LLI teams have volunteered at Our Community Place to garden, Smithland Elementary to work with teachers, staff and children, and the Gus Bus to help promote literacy. Choose your LLI team, enjoy the fellowship, and help us give back to our community and neighbors. You don’t need to be a current LLI member to join the team – just have a caring heart and participate Wednesday, May 13. Sign up as for any other LLI class, at no charge.

Watch List
Be on the lookout for more information on upcoming Lifelong Learning opportunities
United Way Day of Caring - May 13
Hiking and Photo Editing Special Interest Groups
Pickle Ball Clinic
The Many Voices of Harrisonburg, Part II - May 21
Korean History and Culture from the Korean Spirit and Culture Promotion Project
A Special Thanks to the Curriculum and Events & Lectures Committee members for their hard work and dedication. With their help and suggestions, members of the JMU-LLI continue to enjoy a variety of classes, brown bag lunch sessions, and trips, which contribute to the joy of living and learning.

**Curriculum Committee**
- Deane Geier, Chairperson
- Jennifer Cottrell
- Kay Arthur
- Mike Allain
- Gail Nardi
- Jan Lorette
- Dorothy Boyd-Bragg
- Kathy Picerno
- Mary Louise Loe
- Nancy Owens

**Events & Lectures Committee**
- Mary Alice Robertson, Co-chairperson
- Brian Robertson, Co-chairperson
- Bev Moore
- Sam Moore
- Kris Stern
- Joanne Bell
- Roberta Patterson
- Betsy Eggleston
- Carroll Lisle
- Pat Haden
- Nancy Owens

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The JMU-Lifelong Learning Institute gives many a great new meaning in life. You can give back to your JMU-LLI program in a number of ways:

- **Become a committee volunteer:** Whether it’s making suggestions, finding instructors, making follow up calls, planning a trip, these things just don’t happen. It takes the work of volunteers to pull together a great semester.

- **Teach something:** The curriculum and social committees are always looking for new instructors and topics. Whether it’s you or someone you know who is an expert in their field and has a passion to share.

- **Catalog Distribution:** Help to distribute catalogs to various locations.

- **Writers:** Our publications need writers and editors for the newsletters and program guides.

- **Class Assistants:** Greet class members, check attendance, make announcements, and assist in the distribution of handouts and evaluations.

- **Make a donation:** Your donation will provide the needed resources to carry out an ambitious membership and publicity program designed to expand our outreach and attract new members. Donations to the JMU-LLI are tax-deductible. Please make a separate check out to James Madison Foundation Inc. Include on the memo line of your check: Fund # 1002239. Mail your check to: Gifts and Records, JMU Advancement Gifts and Records, 220 University Blvd., MSC 3603, Harrisonburg, VA 22807 or to give online, go to www.jmu.edu/outreach/programs/all/lli/give.shtml.
Special Offerings!
Common Interest Groups

**Genealogy - The Diggers** – second Fridays of each month, 10:00am - 12 noon, American National University. Contact: Michele Hensley michelehensley50@yahoo.com

**Art Interests - The Dabblers** - first Wednesday of each month, 10:00am - 12 noon, Beth El Congregation, 840 Old Furnace Road, Harrisonburg Contact: Judy Liss, 289-9409

**Classic Book Group** - second Fridays, 10:00 am - noon, Contact: Alice Krech, 432-2309 – This group is full; would you like to start another?

**Jazz Band** – meets Tuesdays, 4:00 - 6:00pm, Wilbur Pence Middle School, Dayton Contact: Keith Hoodock 703-819-6270 or khoodock@gmail.com
There is an additional fee for this group.

**New Common Interest Groups**

**Writers Group** - We meet the first Tuesday of the month, Room 201, American National University, 10:00 a.m. - noon. We are setting a limit of 10 participants. Contact person if any are interested in joining us: Anne Ross at amross0611@gmail.com.

**Tablet Photo Editing** - Your photos can be enhanced using your Apple or Android tablet. Many free or very inexpensive photo apps have the power to transform your photos. Our tablet photo editing group will meet once a month at a time and place chosen by the group. Archie Turner will be facilitating. archie.turner@gmail.com

**Hiking Group** - Hiking in the surrounding mountains is such a popular activity with LLI members, we are starting a Hiking Common Interest group. These hikes will offer fit hikers a variety of moderate rated fun hikes. Hikes will be chosen for their geology, ecology, historical significance, and flora and will be planned and led by Jerry Hopkins, our hike leader from last spring. Jerry is an active hiker, a Master Naturalist who enjoys being on a trail almost every day. Archie and Cindy Turner will assist with the administrative emails associated with our Hiking Group. archie.turner@gmail.com
Volunteer Opportunities with Valley Program for Aging Services  
Harrisonburg - Rockingham

Meals on Wheels (MOWs):
- **Kitchen Helpers:** help package meals for delivery and/or help clean up kitchen. Hours: Monday, Wednesday, and Thursday, 8:30 a.m. – 10:30 a.m.
- **Delivery Drivers:** Deliver meals to homebound older adults. Hot meal routes run Monday, Wednesday, and Thursday in Elkton. Frozen meal routes run monthly.

Senior Center
- Participate in programs for Center members such as:
  - Yoga or light exercise instructors
  - Musical entertainers
  - Book group leaders
  - Special skill or hobby instructors (languages, painting, etc.)
  - Crafts
  - Special Presentations

Local Council Members
- Join other community members in working with VPAS to and guide the direction of services for adults 60 years and older living in Harrisonburg and Rockingham County.

Senior Transportation
- Drivers are needed to transport older adults to medical and other health related appointments. Use your car or a VPAS vehicle.

Fundraisers
- Help raise money for VPAS operations through special event fundraisers.

Want to help? Contact Dawn Shull at 540-383-6855 or dawn@vpas.info for more information on how you can share your time and talents with others.

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**Providing services to support independent living and healthy aging for adults 60 years and older.**

Do you know anyone that...
- needs help caring for an older family member?
- has questions about Medicare?
- struggles to pay for food?
- has difficulty shopping or preparing meals?
- suffers from an ongoing health problem?
- wants a fun place to go, meet friends, and enjoy a meal?
- is interested in finding meaningful ways to spend their time?

**VPAS CAN HELP!**

Call 540-568-5253 or visit www.vpas.info
Live here.

Live active.

Call today to learn how you can begin living the happiest days of your life.

Life at Bridgewater Retirement Community is full of activity. Enjoy life on the go with our planned activities and transportation services. Close to shopping, museums, theater, and other cultural events; there are endless opportunities to do what you enjoy most or to explore something new.

Simple pleasures. Abundant life.

BRIDGEWATER RETIREMENT COMMUNITY

302 North Second Street
Bridgewater, Virginia 22812

1.800.419.9129 | 540.828.2540 | brc-energy.org
Brown Bag Lunches are held at the Ice House on the 1st and 3rd Tuesdays, from 12 noon - 1:15pm 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. Parking is available in the JMU lot, without a parking pass, during Brown Bag Lunches. For further information, contact the JMU-LLI (540) 568-2923.

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February 7, 2017

A Tribute to My Dad - Telling My Father's Story as a POW in Germany in World War II

During World War II, Bob Frakes was a P-38 pilot in the Army Air Corps. He flew many missions escorting B-17 bombers on their flights over Belgium to Germany. On one mission in 1944, his plane was shot down over Belgium. The sympathetic Belgian underground was able to hide him for months, but the Nazis eventually captured him. The Germans, believing he was a spy, kept him in solitary confinement and tortured him for months. Shortly before he was to be executed, the American Red Cross was able to prove he was a U. S. pilot. Then Frakes was sent to Stalag Luft III, a German prisoner-of-war camp for pilots until the end of the war in 1945. His POW experience changed his life permanently and greatly affected his wife and children's lives forever. Rob Frakes has been researching and accumulating articles and shared stories about his father's World War II and POW experiences for over 40 years.

February 21, 2017

Terror Finance: The War Behind the War on Terror

It is an axiom within the U.S. law enforcement and intelligence communities that “following the money” is the key to disrupting and dismantling criminal organizations. Author, former CIA Case Officer and Treasury Special Agent John Cassara will discuss traditional law enforcement countermeasures to track dirty money. He will demonstrate that, for the most part, they have proved unsuccessful in our "War Against Terror Finance.” John will emphasize two methodologies of growing concern: trade-based money laundering (what many experts call the "the next frontier" in international money laundering enforcement) and underground finance.

March 7, 2017

“Honey do you know this person?” Digital Ethics for Consumers

Reputation damage, privacy, hacking, and spam are just a few of the dangers that lurk on the amazing web. Learn a few survival tips to make the online experience safer and enhance your interaction with the younger members in your family. Joe Showker, an award winning digital ethics expert, shares stories and information "from the front line.” Now retired, he was a teacher for thirty-six years, and technology specialist for Rockingham County Schools. Joe helped craft Virginia's curriculum for internet safety in the public schools. He now instructs on all things internet: digital devices, apps, cell phones and family safety on the web.

March 21, 2017

Reenactors - Celebrating our History After All These Years

Reenactors will share their stories of how they became interested in participating in recreating our history and why they enjoy it. Learn how they chose the clothing they wear and the weapons or accessories that create the look of the era. Wearing wool or a corset in the heat of the summer does not seem very inviting, so why do they do it? Come with questions and share in this lively discussion.

April 4, 2017

Shenandoah: The Untold Stories Behind the "Impossible" Park

SNP’s creation was a real-life soap opera with twists and turns earning monikers such as the Impossible Park and the Saw Tooth Park during its decade-long creation. No other national park had caused so much turmoil and impacted so many lives during a time span that covered three presidents. What were the motives and politics behind the park and its location? The park was created entirely on private property by hostile takeover, a first for the Park Service. The final park size was reduced by two-thirds during the struggles with residents, law
suits, plus an economic downturn. How would one man and a rock pile change everything? How did a simple change in a mailbox address possibly change the whole outcome of the park? What was the true story behind Camp Hoover? Above all, who waged an aggressive advertisement campaign against the residents that left scars even to this day? Jim Lawson’s emigrant European ancestors inhabited the Blue Ridge for over one and one-half centuries prior to the creation of the SNP. He has made the park a lifelong study, intrigued by the family stories of pre-park life on the mountains. He volunteers for SNP and Rivanna Master Naturalist Chapter. Jim is a member of the PATC, an instructor for JMU LLI and SNP Road Scholar Programs and has made presentations to local historic and civic clubs.

April 18, 2017 Basic Photography
Improve your photography by moving from automatic to manual mode. Learn the relationship between shutter/aperture/ISO and take great photos. Joe Laughland is the previous owner of Laughland Digital Productions LLC, is an amateur photographer, and a member of the Rocktown Camera Club.

May 2, 2017 Forensic Anthropology: The Thirteen Questions in Cases from NYC
The 13 questions of a forensic anthropology protocol will be presented with cases from the NYC Office of Chief Medical Examiner to illustrate each point. The cases to be shown are predominantly skeletal ones and are drawn from the author's extensive experience at the OCME as Consulting Forensic Anthropologist for the City of New York from February 1983 to December 2001. The author's intent is to educate, not to horrify, but a hearty salad for lunch is highly recommended as opposed to a meaty sandwich! Peg Caldwell-Ott trained as a forensic anthropologist at Cornell University, at Arizona State University, and at Rutgers University. Concurrent with her advanced education, she worked as a Collaborator at the National Museum of Natural History, Smithsonian Institution. She served the City of New York Office of Chief Medical Examiner as their Consulting Forensic Anthropologist from 1983-2001, with additional years in private practice from 2001 to 2016. Peg is also a highly experienced science teacher, working at several prestigious private schools in the northeast. Peg is currently retired and is pursuing a writing career based on her years both as a forensic anthropologist and a science teacher.

May 16, 2017 The Virginia Quilt Museum 101: Quilt Collection, Scholarship, and Care
Founded in 1995, The Virginia Quilt Museum is the Official Quilt Museum of the Commonwealth of Virginia. Charged with a mission of “celebrating and nurturing Virginia's quilting heritage," the Museum offers three floors of rotating, curated gallery exhibits. In addition to displaying quilts, the Museum also actively researches and acquires quilts for its growing collection of approximately 300 pieces. Heirloom quilts, contemporary quilts, and art quilts are featured in the collection, and this presentation will describe some of the primary features of each of these varieties of styles, techniques, and themes. Participants will also learn how to best care for any quilts in their possession, and the basics of quilt-making from past to present. Kimberly McCray joined the Virginia Quilt Museum as Executive Director in 2015. Previously the Director of the Port o' Plymouth Museum in eastern North Carolina, McCray hails from near Staunton, VA. In preparation for her work in the Public History field, she earned an M.S. in Library Science from the University of North Carolina at Chapel Hill, an M.A. in Public History from North Carolina State University, and a B.A. in History from James Madison University.
**ED-Venture:**

**John Kline Homestead Spring Candlelight Dinner**
Friday, March 17, 2017  
6 PM  
223 E. Springbrook Rd. Broadway, VA 22815

Spend time learning more about the Civil War history of Elder John Kline and the Brethren church in the Shenandoah Valley. Hear the conversations of John Kline's family and friends during the spring of 1861. Enjoy a country meal while actors come around the tables to recount the issues and tensions facing the Kline family and community at the beginning of the Civil War.

The Kline home was built in 1822. The bricks were fired on the property, using the Flemish bond design. The German construction has the chimneys at the north and south ends of the building. The front door retains the period design of cross and open Bible with the original hardware, including four beveled hinges which close the door by gravity. The home is furnished with period pieces and is lit by candlelight, so be prepared to navigate in that light.

**Price per person: $40 per person. Includes:**
- Homemade candlelight dinner with period food
- Visits from characters (reenactors) from the Civil War.

Seating capacity: 40.

**Directions from Harrisonburg:**
Take VA-42 North approximately 12 miles. Turn right onto East Springbrook Road (Broadway High School turn). The home is located next to the school on the left-hand side of the street. The driveway will be lit by luminaries. Parking is in the back of the lot. If the weather is inclement, you can let passengers out at the front door.

**Reservation with payment is due by February 20, 2017. No cancellations after March 6, 2017 noon.**

**Responsibility on Tours and Class Trips:** The tours and class-associated field trips of the JMU-LLI require walking and the physical capability to access sites that may have structural obstacles. By participating, members understand that should they require personal assistance to participate in tours/field trips, they are responsible for securing such assistance. That responsibility includes registering a person with Lifelong Learning Institute who can and will be totally responsible for providing all assistance. That person must register as a member and pay the cost of the tour/trip.
**ED-Venture:**

Blackfriars Playhouse at the American Shakespeare Center in Staunton, Virginia

Saturday, April 1, 2017

Come and enjoy a Saturday afternoon of lively entertainment at the Blackfriars Playhouse located in the American Shakespeare Center in Staunton, Virginia. We will see its production of "School for Scandal" by Richard Brinsley Sheridan.

"Plague on 'em then! If they won't drink, we'll not sit down with them."
Described as a "searing comedy of manners, where no one can avoid the stinging bite of gossip"-- even though the truth is sometimes juicier. A rich guardian tests his wards to choose the worthier heir, but there's more to them than meets the eye. Throw in a few scandal-mongers, a wandering wife, and a sneaky hireling named Snake, and "A School for Scandal" will have you rolling in your seat.

The production begins at 2:00 PM. Please arrive no later than 1:30. Your host from Lifelong Learning will distribute a ticket to each attendee at the event site. You may want to have lunch before the performance or dinner after, as you wish. Staunton offers many varied and delicious dining experiences nearby.

**Price per person:** $45 for premium seats. Minimum of 15 participants. Dine on your own. No transportation provided.

**Reservation with payment is due by March 6, 2017. No cancellations after March 11, 2017 noon.**

**Responsibility on Tours and Class Trips:** The tours and class-associated field trips of the JMU-LLI require walking and the physical capability to access sites that may have structural obstacles. By participating, members understand that should they require personal assistance to participate in tours/field trips, they are responsible for securing such assistance. That responsibility includes registering a person with Lifelong Learning Institute who can and will be totally responsible for providing all assistance. That person must register as a member and pay the cost of the tour/trip.
ED-Venture:
The Wildlife Center of Virginia
Hospital and Habitat Tour
Wednesday, May 17, 2017

The Wildlife Center of Virginia is a hospital for native wildlife, teaching the world to care about and to care for wildlife and the environment. This visit to the Wildlife Center of Virginia will consist of an indoor education program with an emphasis on habitat protection, video tour of the facility, and a walk outdoors to meet the education animals.

We will also take a guided nature hike in the neighboring George Washington National Forest to learn about the animals that live in the forest and discover what they need to survive in their forest habitat.

Moderate - walking up to a mile and standing for a few hours

Itinerary:
9:15 AM We will arrange carpools from the Municipal parking lot (Farmer’s Market) as parking is limited at the Wildlife Center.
10:00 AM Arrive at the Wildlife Center of Virginia
12:00 PM Approximate end time of the tour
No meal is included. No transportation provided.

Price per person $14.00. Minimum of 20, maximum of 30 participants.

Reservation with payment is due by April 26, 2017. No cancellations after May 10, noon.

Responsibility on Tours and Class Trips: The tours and class-associated field trips of the JMU-LLI require walking and the physical capability to access sites that may have structural obstacles. By participating, members understand that should they require personal assistance to participate in tours/field trips, they are responsible for securing such assistance. That responsibility includes registering a person with the Lifelong Learning Institute who can and will be totally responsible for providing all assistance. That person must register as a member and pay the cost of the tour/trip.
Coach Tour:
Virginia's Newest State Park: Natural Bridge
Wednesday, April 19, 2017
Rain date: April 21, 2017

Don't miss out on a fabulous day excursion to Virginia's newest state park, Natural Bridge! We’ll have a special guided interpretive tour of the Cedar Creek trail, led by a park educator. Cedar Creek Trail features a saltpeter mine used during the Civil War for raw materials, a lost river, and a lush 40-foot cascade called Lace Falls. Learn some behind-the-scenes information about the park’s biodiversity and interact with the historic interpreters at the outdoor Monacan Indian exhibit. Features of the exhibit include a newly constructed wigwam, longhouse, cooking area, men’s work shelter, and trading post. April is a perfect time for appreciating Thomas Jefferson's observation that the natural bridge is truly a "sublime" geologic wonder! Bring your camera, some bottled water and good walking shoes.

The walk to the Monacan exhibit is about a quarter mile while the walk to the lush Lace Falls at the end of the Cedar Creek Trail and back to the beginning makes for a round trip of two miles on mostly level, but woodland terrain. There are benches along the way for those who prefer to sit and enjoy the sounds of the creek, watch the birds or meditate. Box lunches may be ordered ahead of time or pack your own lunch. If you pack your lunch, be prepared to carry it with you when we leave the bus.

Moderate walking up to two miles and standing is involved in this trip.

The tour package includes the following:

- Round-trip motor coach transportation
- Guided tours of the bridge and the Indian exhibit

Itinerary:
8:00 am Depart promptly from Harrisonburg Farmer’s Market/Turner Pavilion. Be sure to park in 10-hour parking area.
5:00 pm Approximate arrival in Harrisonburg

Price per person: $45.00 with lunch, $33.00 without lunch. (Boxed lunch options will be made available to participants.) Maximum number of participants is 29. A suggested $2.00 gratuity will be collected by your tour host for the bus driver.

Reservation with payment is due by March 29, 2017. No cancellations after April 1, 2017 noon.

Responsibility on Tours and Class Trips: The tours and class-associated field trips of the JMU-LLI require walking and the physical capability to access sites that may have structural obstacles. By participating, members understand that should they require personal assistance to participate in tours/field trips, they are responsible for securing such assistance. That responsibility includes registering a person with the Lifelong Learning Institute who can and will be totally responsible for providing all assistance. That person must register as a member and pay the cost of the tour/trip.
Coach Tour:

Maymont Mansion and Gardens Tour
Richmond, VA
Wednesday, May 3, 2017

In addition to exploring the historical 1893 Maymont Mansion, this tour is ideal for those seeking expert information on Maymont’s spectacular historic gardens.

The tour package includes the following:
- Round-trip motor coach transportation to Richmond, VA
- Maymont Mansion Tour
- Horticulturist-led Garden Walking Tour
- Coach transportation to Historic John Marshall Hotel for lunch on your own.

Itinerary: Please Bring Your Cell Phones!

7:30 am   Depart promptly from Harrisonburg Farmer’s Market/Turner Pavilion.  Be sure to park in 10-hour parking area.
9:30 am   Arrive Maymont Estate
10:00 am  MAYMONT MANSION TOUR - An engaging tour guide will lead us through the thirty-three room mansion that was the stately home of James Henry and Sallie May Dooley from 1893-1925.  Downstairs, the kitchen, pantries, wine cellar, and other restored rooms reveal the domestic staff’s side of this Virginia upstairs/downstairs story.  The Swan Bed and fifteen-foot Tiffany window are among the many highlights of this Gilded Age treasure.
11:00 am  HORTICULTURIST-LED GARDEN WALKING TOUR - Our group will be led through the formal Italian Garden, the traditional Japanese Garden, the fragrant Herb Garden and the unique Arboretum by an expert in the care and maintenance of these landscaping treasures.
12:45 pm  Depart Maymont Estate
1:00 pm   Lunch on your own in historical John Marshall Hotel Ballroom
2:30 pm   Depart Richmond
4:30 pm   Approximate arrival in Harrisonburg

This is a walking-intensive tour. Wear comfortable shoes (Maymont’s 100 acres include many hills).

Price per person is $56.00 with a maximum of 29 persons. A suggested $2.00 gratuity will be collected by your tour hosts for the bus driver.

Reservation with payment is due by April 12, 2017. No cancellations after April 19, 2017 noon.

Responsibility on Tours and Class Trips: The tours and class-associated field trips of the JMU-LLI require walking and the physical capability to access sites that may have structural obstacles. By participating, members understand that should they require personal assistance to participate in tours/field trips, they are responsible for securing such assistance. That responsibility includes registering a person with the Lifelong Learning Institute who can and will be totally responsible for providing all assistance. That person must register as a member and pay the cost of the tour/trip.
Coach Tour:

Garth Newel Music Center
Hot Springs, VA
Sunday, July 9, 2017 **

** NOTE: Date subject to change per publication of Artist performance schedule

Known for its breathtaking scenery, world-class performances, and sumptuous meals, the Garth Newel Music Center is truly a one-of-a-kind experience.

Garth Newel Music Center is a year-round chamber music venue situated in the heart of Virginia’s Allegheny Mountains presenting, concerts performed by the Garth Newel Piano Quartet and other renowned guest musicians. Concerts are paired with gourmet meals created by Resident Chef Josh Elliot.

The Garth Newel Piano Quartet is known for its spirited and impassioned performances that offer an enlivened interpretation of both standard and new repertoire. The quartet performs over 50 concerts each year, engaging with audiences through conversational and interactive programs.

**Price per person $66.00**

The tour package includes the following:
- Round-trip motor coach transportation to Hot Springs, VA
- History of Garth Newel presentation
- Concert
- Gourmet Picnic following concert

**Itinerary:**
12 Noon Depart promptly from JMU Ice House parking lot on W. Bruce St. (No parking pass required)
1:30 pm Arrive Garth Newel
1:45 pm Garth Newel History presentation
2:30 pm Open Cocktail Bar
3:00 pm Concert
5:00 pm Gourmet Picnic
6:00 pm Depart Garth Newel
7:30 pm Approximate arrival in Harrisonburg

**Price per person is $66.00 with a maximum of 29 persons. A suggested $2.00 gratuity will be collected by your tour hosts for the bus driver.**

Reservation with payment is due by June 12, 2017. No cancellations after June 19, 2017, noon.

Responsibility on Tours and Class Trips: The tours and class-associated field trips of the JMU-LLI require walking and the physical capability to access sites that may have structural obstacles. By participating, members understand that should they require personal assistance to participate in tours/field trips, they are responsible for securing such assistance. That responsibility includes registering a person with the Lifelong Learning Institute who can and will be totally responsible for providing all assistance. That person must register as a member and pay the cost of the tour/trip.
International Tours with JMU-LLI

LLI: Tour of Greece: June 20-July 6, 2017

Follow the paths of heroes, heroines, saints, and sinners of ancient Greece as we visit several historic sites of antiquity: Athens, Mycenae, Olympia, Delphi and the Greek islands of Naxos and Santorini. While the tour will emphasize the archaeological and historical significance of ancient sites, we will also explore markets, contemporary cuisine, and the wines of Greece.

Cost: $3,500 (double occupancy)
Includes accommodations in superior hotels, all breakfasts and several dinners, all transportation on the tour, all entrance fees, and all gratuities.
Not Included: airfare from and to the United States.

For more information and a detailed itinerary contact:
Michael L Allain (allainml@jmu.edu)

The Tour Coordinator, Michael L. Allain, holds a Ph.D. in Classics from The Ohio State University. He has taught Latin at Spotswood High School and Greek, Latin, and ancient history and literature at James Madison University. Although retired, he continues to teach humanities courses on Ancient Greece and Rome at JMU. Since 2007 he has been leading groups of mature adults to Greece and Turkey.

"Cyprus: The Island of Aphrodite" Tour: October 6 - 15, 2017

Mystical and rich in history, Cyprus is at the crossroads of East and West. It is the furthermost point of the European Union. This modern island is steeped in culture and history. We will spend 10 days exploring the very best of the island with island-knowledgeable Claudia Hanna. Claudia grew up in Harrisonburg, yet spent eight years in Cyprus with her family. Trek through amphitheaters of the biblical Roman city of Salamis; pick olives from the organic olive groves and tour a working olive press; sail on a sunset cruise on the Mediterranean; learn to make your own yogurt, cheese and village bread; amble through the stalls of a true farmer's market; enjoy fresh fish cooked in front of you; detox in a traditional Turkish bath. All of this is set in a 5-star, luxury hotel overlooking the Mediterranean Sea with private van service to take us from destination to destination as we unlock the mysteries of healthy Mediterranean living and learn how to adopt these simple life tricks in the West.

Cost: $2,100, includes accommodations at a five star hotel, food, drinks, transportation and admissions to sites. Not included: airfare to and from the United States.
Set in the heart of the Shenandoah Valley in Harrisonburg, VA, Sunnyside Retirement Community is one of Virginia’s leading continuing care retirement communities. It is a warm and welcoming neighborhood where you can enjoy care-free living through affordable choices for your desired lifestyle. Add to this countless opportunities for active living. All this while having peace of mind for the future.

Come and see for yourself why our experience ranks us among the best. Your complimentary Staycation* is just a phone call away.

*Certain restrictions may apply.


3935 Sunnyside Drive
Harrisonburg, VA 22801
540.568.8411 or 800.237.2257

www.SunnysideCommunities.com
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