

LIFELONG LEARNING INSTITUTE

COURSE CATALOG **SPRING 2025**

FREE
FIRST YEAR
MEMBERSHIP
Valid from
July 1 - June 30



Lifelong Learning Institute



Lifelong Learning Institute (JMU LLI)

As an integral part of James Madison University, the member-driven Lifelong Learning Institute (JMU LLI) promotes learning by providing affordable, not-for-credit, intellectual, cultural, and social experiences to enrich the lives of adults in the central Shenandoah Valley.

Join our members in their pursuit to live life to the fullest. While anyone can become a member, most classes meet during the weekdays at locations across Rockingham County. Instructors come from a wide variety of disciplines and include university faculty, both active and retired, community educators and leaders, and LLI members. There are no tests or grades, just the love of learning!

OFFICE HOURS:

Monday - Friday
8:30 AM - 4:30 PM



Ice House
MSC 6906, 127 West Bruce Street
Harrisonburg, Virginia 22807

540-568-2923 Phone
LLI@jmu.edu

www.jmu.edu/lli
www.facebook.com/jmulifelonglearning/

This catalog is not a contract; it merely presents the requirements, offerings, information and regulations in effect at the time of publication. The university reserves the right to change any requirement or other provision at any time. The university endeavors to provide notice of any change through the advising process or through other means of communication; however, it is the responsibility of each individual student to become and remain aware of all applicable requirements and provisions that may apply to the student.

JMU Lifelong Learning Institute

SPRING 2025 SESSION DATES

Session A: January 27, 2025 – March 28, 2025

Session B: March 31, 2025 – May 30, 2025

SPRING PREVIEW 2025

Tuesday, January 14, 2025, at 1:00 pm

JMU Festival Conference & Student Center – Grand Ballroom
1301 Carrier Drive, Harrisonburg, VA 22807

COURSE REGISTRATION OPENS

Friday, January 17, 2025, at 9:00 am

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WE LOOK FORWARD TO SEEING YOU!



Wine Down Wednesday

Come join us for a social gathering that is open to all.

We will gather from 4-6 p.m.

SPRING 2025

JANUARY 22

FEBRUARY 12

MARCH 12

APRIL 9

MAY 7

JUNE 18

HOTEL MADISON LOBBY BAR
Hotel Madison is located at
701 S. Main Street, Harrisonburg, VA

Parking is available in the parking deck adjacent to the hotel.

How it Works

Become a Member

Join our members in their pursuit to live life to the fullest.

Annual membership is from **July 1 to June 30**.

Annual membership is \$50.

You must be a member to register for courses and events.

Upon receipt of membership, members agree to receive all LLI correspondence via email.

BECOME A MEMBER TODAY!

CONTACT:

Lifelong Learning Institute
Email: lli@jmu.edu
Phone: 540-568-2923

Register for Class

1. Online at www.jmu.edu/LLI
2. In-person at JMU Lifelong Learning Institute

ICE HOUSE

127 W. Bruce Street, 3rd Floor
Harrisonburg, VA 22807

Phone: 540-568-2923

**A \$50 fee will be assessed for any check returned by the bank.*

No registrations will be accepted via email.



Make a Donation

Donations are welcomed and encouraged to support scholarships for LLI members who may not be able to afford memberships or course registration fees.

All donations are tax-deductible.

Make checks payable to James Madison Foundation Inc. Include on the memo line of your check:

Fund #1002239

MAIL YOUR CHECK TO:

JMU Advancement
Gifts and Records
220 University Blvd., MSC 3603
Harrisonburg, VA 22807

Donations are also welcomed online at www.jmu.edu/LLI.

LIFELONG LEARNING WITHDRAWAL AND REFUND POLICY

Lifelong Learning **refunds** course fees in the following circumstances:

- When a course is cancelled
- When a member withdraws from a course before it starts

Lifelong Learning **refunds** bus trip fees in the following circumstances:

- When a bus trip is cancelled
- When a member withdraws from a bus trip 30 business days before departure

Lifelong Learning **does not refund** the cost of an admission ticket to an event that has already been purchased by LLI. Any member is free to re-sell their ticket to another member for that event.

Lifelong Learning **does not refund** for a "No Show."

Lifelong Learning **does not refund** membership fees.

Lifelong Learning will not hold payments as credit for future registrations.

Please note: If a participant paid by check, in order to receive a refund, they will need to complete a W9, per university policy. Upon receipt of the W9, the refund will be processed and the refund should be received by the participant in six – eight weeks.

If a participant paid by credit card, the refund will be processed more quickly without the need for a W9.



Parking at the ICE HOUSE

1. You may park in the Water Street Parking Deck, one block from the ICE HOUSE free of charge.
2. You may park in the City Municipal Lot on Liberty Street, one block from the Ice House free of charge.
3. Two-hour street parking is available on Bruce Street, across from the ICE HOUSE.
4. Physical parking permits will no longer be needed to park on campus. Using technology, vehicles will be identified by capturing license plate images. In other words, your license plate will be your permit! If you drive more than one car to campus, you will need register both vehicles.



ICE HOUSE
Parking

Steps to register your vehicle at the Ice House:

Go to: jmu.aimsparking.com and click **Redeem Event Permit**

Select your event when prompted, Spring 2025 Lifelong Learning Institute

Enter the Event Code:
25LLINST

Select your Permit Type (Event) **Ice House (\$0.00)**

Click **Add Vehicle** and fill out the information for your vehicle

FOR OTHER PARKING ISSUES ON CAMPUS, PLEASE CONTACT:

PARKING SERVICES

Champions Parking Deck (5-Level)

MSC 1301

280 Champions Drive

Harrisonburg, VA 22807

parkingservices@jmu.edu

Phone: 540-568-3300

Fax: 540-568-7301

OFFICE HOURS:

Monday - Friday

7:00 AM - 5:00 PM

Acknowledgments

Nicholas J. Swartz, Ph.D.

Dean, SPCE

540-568-5272, swartznj@jmu.edu

Amanda Kellogg

Interim Director

540-568-2333, kellogao@jmu.edu

Justin Whetzel

Program Coordinator

540-568-2923, whetzejr@jmu.edu

Sunnyside Retirement Community

3935 Sunnyside Drive Harrisonburg, VA 22801

Phone: 540-568-8200 www.sunnyside.cc

Virginia Mennonite Retirement Community

1491 Virginia Ave. Harrisonburg VA 22802

540-564-3400 www.vmrc.org.jmu



YOUR RIGHT TO KNOW

Your personal safety and the security of the campus community are of vital concern to James Madison University. Information regarding campus security and personal safety, including topics such as crime prevention, sexual assault, available resources, the law enforcement authority of the James Madison University Police Department, emergency notification protocols, protocols for resident students who are reported missing, fire safety and residence hall fire statistics, and crime reporting policies can be found in the James Madison University Annual Security Report and Annual Fire Safety Report. The publications also contain reported crime statistics for the most recent three-year period that occurred on campus, in certain off-campus buildings or property owned or controlled by James Madison University or affiliates, and on public property within, or immediately adjacent to and accessible from, the university's Harrisonburg campus and three international campuses.

The reports are available from the JMU Department of Police and Public Safety website at:

www.jmu.edu/publicsafety/clerycompliance/righttoknow.shtml

You can obtain a copy of these reports by contacting:

Department of Police and Public Safety

James Madison University

821 South Main Street, MSC 6810

Harrisonburg, VA 22807

or by calling 540-568-6769 or 540-568-6913.

Advisory Board Members

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Kris Stern

A Note from the Interim Lifelong Learning Institute Director

Amanda Kellogg

Fellow Learners,

It has been such a pleasure watching the spring catalog come together, because it demonstrates the incredible range of skills and interests in our community. Reading the course descriptions in the pages that follow, I have been inspired by the prospect of learning and adventuring together. As you read this catalog, I hope you will feel inspired, too.

This catalog is full of resources I encourage you to use: there are advisory board members who would love to hear from you, helpful descriptions of all the courses being offered this term, and lists of social and educational opportunities. I invite you to consider joining the Lifelong Striders for a walk in our beautiful community or attending one of the free Noontime Knowledge events. For those of you looking for even more adventure, we have also included a list of upcoming local trips and bus trips.

I am looking forward to welcoming the next Director of Lifelong Learning to the vibrant community you have created, and I am excited to support them as they learn about LLI and SPCE. Most of all, though, I'm looking forward to participating in more of your events now that I've had the opportunity to learn so much about you. Thank you for making my interim directorship an absolute pleasure. From meeting prospective members at Coffee and Company to learning about the origins of grog from Steve, I have developed even more respect for your expertise, your support of one another, and your intellectual curiosity.

James Madison University's mission is "preparing students to be educated and enlightened citizens who lead productive and meaningful lives." Thank you for taking this opportunity to live that mission. This is going to be a great semester—full of chances to grow, learn, and find meaning—and I am delighted you are here for it!

Best,

Amanda

Interim Director, JMU Lifelong Learning Institute



WE LOOK FORWARD TO SEEING YOU!



Lifelong Striders

A fun and friendly walking group. Join us daily

SPRING 2025

9:30 a.m. December - March

9:00 a.m. April - November

MONDAY - JMU Arboretum

TUESDAY - Hillendale Park

WEDNESDAY - Hillendale Park

THURSDAY - Hillendale Park

FRIDAY - Purcall Park

FOR MORE INFORMATION CONTACT

Vince and Tricia Tully
tullyclan@gmail.com or 410-322-1463

*Start times are subject to change.
Text or email the contact above
to confirm*

Notice of Non-Discrimination & Equal Opportunity

James Madison University does not discriminate on the basis of age, disability, race or color, national or ethnic origin, political affiliation or belief, religion, sex, sexual orientation, gender identity or expression, veteran status, parental status (including pregnancy), marital status, family medical or genetic information, in its employment, educational programs, activities, and admissions. JMU complies with all applicable federal and state laws regarding non-discrimination, affirmative action, and anti-harassment. The responsibility for overall coordination, monitoring and information dissemination about JMU's program of equal opportunity, non-discrimination, and affirmative action is assigned to the Office of Equal Opportunity. Inquiries or complaints may be directed to Office of Equal Opportunity:

Office of Equal Opportunity James Madison University

1017 Harrison Street, MSC 5802,
Harrisonburg, VA 22807
(540) 568-6991 | oeo@jmu.edu

JMU prohibits sexual and gender-based harassment including sexual assault and other forms of inter-personal violence. The responsibility for overall coordination, monitoring and information dissemination about JMU's Title IX program is assigned to the Title IX Coordinator. Inquiries or complaints may be directed to the Title IX Coordinator:

*Laura Sider Jost - Director, Title IX Office, Title IX Coordinator,
Holland Yates Hall 4033, (540) 568-7704 titleix@jmu.edu*

Lifelong Learning Institute Inclusive Excellence Statement

We are currently seeking to expand our membership with the goal of truly representing all of the individuals who live in the Shenandoah Valley.

We welcome new participants and new instructors that enhance the diversity of our membership and our courses.

We are looking for individuals to teach courses and present noon-time talks in areas that we currently may not cover, for example ethnic cuisines, religions, history, music, art and culture.

We invite scientists and engineers to teach and talk about any and all fields of science, engineering and technology.

We seek ideas and instructors that may attract a rich and diverse student body.

WEATHER POLICY

Personal safety is a key consideration for all of our students. You will not be contacted directly about weather-related changes to class schedules. Please check the JMU website or call the LLI office for up-to-date class status.

Visit www.jmu.edu or watch your local news station for updates about JMU delays or closures.

LLI classes are cancelled under the following conditions: JMU closure, delayed opening, or early closure/dismissal.

If makeup classes are scheduled, you will be notified of the new dates by email.

VOLUNTEER WITH LLI

Lifelong Learning is even more fun when you volunteer. Members volunteer in a variety of areas and with varying levels of commitment. The activities we offer each semester are the direct result of hundreds of hours of work by volunteers dedicated to serving our members' desires to continue to grow through lifelong learning.

The Institute depends on volunteers to help with many aspects of planning and programming: serving as class assistants, teaching courses, and serving in leadership positions.

We are constantly seeking volunteers to help with our various member-led committees. If you would like to volunteer, please contact the LLI office by phone or email.

540-568-2923 ■ LLI@jmu.edu

Message from the LLI Advisory Board President

Jackie Gerrard

Hello Friends and Fellow Learners!

Welcome to the Spring 2025 semester of the Lifelong Learning Institute. In these pages you will find a great assortment of classes and activities to enjoy throughout the next several months. Remember your first-year membership is FREE.

This is a community of volunteers. Our committees put in a lot of time, effort, and thought to present classes and activities to meet a wide range of interests. Look through this catalog carefully as it can open your world to new, exciting classes and experiences that you may have never even thought of before. It also contains valuable information about our registration process, as well as the JMU community.

HERE ARE A FEW TIPS FOR REGISTERING:

- Visit our website, www.jmu.edu/lli and sign up for membership as early as possible. Create your account and remember your password. Once familiar with the registration process, you will find class registration easier and more straightforward.
- On opening day of class sign-up have your computer ready. Some classes fill very quickly so you may want to sign up ASAP.
- Register the vehicle you'll be parking in our Ice House parking lot. The link to do this is in this catalog. Sign up is free, easy, and needs to be done each semester.

LLI depends on volunteers, please consider becoming one! Members volunteer in a variety of areas and with varying levels of commitment. It's fun and a great way to get to know each other.

Thank you. I look forward to seeing you in classes and on excursions.

Sincerely,

Jackie

*President, Advisory Board
of the JMU Lifelong Learning Institute*




On opening day
of class sign-up,
January 17, 2025, have
your computer ready.
Some classes fill very
quickly so you may want
to sign up ASAP.



MONDAY

Classes meet in person unless otherwise noted

 Indicates an Online Class

COURSE TITLE
BASIC PHOTOGRAPHY WORKSHOP
FUNDAMENTALS OF CLIMATE CHANGE
HOLISTIC HERBAL HEALING: SEASONAL ALLERGIES, ORAL HEALTH, IMMUNE SUPPORT, AND GUT WELLNESS
WHAT YOU NEED TO KNOW ABOUT THE HAZARDS IN OUR FUTURE
 THE SANKOFA OF VALLEY BLACK HISTORY
GEORGE III, ENGLISH POLITICS AND THE AMERICAN REVOLUTION
LOCAL ECONOMIC DEVELOPMENT
DIRTY POLITICS AND POLITICAL CAMPAIGNS
REMEMBERING THE WOMEN OF ROCKINGHAM COUNTY

TUESDAY

Classes meet in person unless otherwise noted

COURSE TITLE
CHAKRAS
INDIGENOUS CULTURE AND TECHNOLOGY OF THE AFRICAN CONTINENT
HOW WWII ENGLISH SPIES BROUGHT THE U.S. INTO THE WAR AND HELPED CREATE OUR POST WAR CULTURE
HISTORY OF WEATHER IN THE SHENANDOAH VALLEY
POETRY IN MUSIC
BASIC MUSIC THEORY FOR UKULELE AND GUITAR
A BASIC HISTORY OF MEXICO
SLEUTHS AND SIDEKICKS IN DETECTIVE FICTION
WRITING DOWN YOUR STORIES
LINE DANCING
BLOODY SUNDAY: IRELAND 1972
SPRING TERRARIUM WORKSHOP


To register go online to www.jmu.edu/lli or call (540) 568-2923

INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Joe Laughland	JAN 27 - FEB 24	9:30 - 11:30 AM	IH 104	\$45	12
Mary Handley	FEB 3 - 24	9:30 - 11:00 AM	IH 117	\$45	12
Dabney Vaccaro	MAR 3 - 24	9:30 - 11:30 AM	IH 104	\$40	12
Ralph Allen	MAR 3 - 24	9:30 - 11:00 AM	SUNNYSIDE: BLUE RIDGE RM	\$40	13
Monica Robinson	MAR 3 - 31	9:30 - 11:30 AM	ZOOM	\$45	14
David McQuilkin	MAR 3 - 31	9:30 - 11:30 AM	IH 117	\$45	14
Nick Swartz	FEB 3, 17 MAR 3, APR. 7, 14	1:30 - 3:00 PM	IH 117	\$45	15
George Gruner	MAR 3 - MAR 31	1:30 - 3:30 PM	IH 104	\$45	15
Megan Pullen	MAR 10 - 31	1:30 - 3:00 PM	IH 117	\$45	16

INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Rose Longworth	JAN 28 - FEB 25	9:30 - 11:30 AM	IH 104	\$45	16
Mwizenge Tembo	JAN 28 - FEB 25	9:30 - 11:30 AM	IH 117	\$45	17
Ralph Allen	FEB 4 - 25	10:00 - 11:30 AM	SUNNYSIDE: BLUE RIDGE RM	\$40	17
Aubrey Urbanowicz	MAR 4 - 25	9:30 - 11:00 AM	IH 117	\$40	18
John Noffsinger	MAR 4 - APRIL 1	10:00 - 11:30 AM	SUNNYSIDE: BLUE RIDGE RM	\$45	18
Anne Henriksen	MAR 4 - APRIL 8	9:30 - 11:30 AM	IH 104	\$50 + \$20 BOOK	19
Donald Clymer	JAN 28 - FEB 25	1:30 - 3:00 PM	IH 104	\$45	19
Diane Lending	JAN 28 - FEB 25	1:30 - 3:30 PM	IH 117	\$45	20
Irvin Peckham	FEB 18 - MAR 18	1:30 - 3:30 PM	IH 107	\$45	21
Connie Daniels	MAR 4 - APRIL 1	1:30 - 3:00 PM	PRIVATE RESIDENCE	\$45	21
Susan Facknitz	MAR 4 - APRIL 1	1:30 - 3:00 PM	IH 104	\$45	22
Gardening Connection	MAR 25	1:30 - 3:30 PM	IH 117	\$25 + \$25	22

WEDNESDAY

Classes meet in person unless otherwise noted

 Indicates an Online Class

COURSE TITLE	
	WEATHER 101
	MONEY LAUNDERING: HOW A U.S. TREASURY SPECIAL AGENT FOLLOWS THE MONEY AND VALUE TRAILS
	ZENTANGLE: BACK TO BASICS
	PATRISTICS: WHO ARE THEY? THE EARLY FATHERS OF THE CHRISTIAN CHURCH
	MEDITERRANEAN DINNER PARTY
	INTRODUCTION TO ENERGY HEALING
	CAPTIVATING CONTAINERS
	THE SECRET HISTORY OF AMERICAN POP
	LIVING MEANINGFULLY IN A CLIMATE CHANGING WORLD
	AMERICAN IMPRESSIONIST AND REALIST ARTISTS
	CULTURAL GEOLOGY OF VIRGINIA

THURSDAY

Classes meet in person unless otherwise noted

COURSE TITLE	
	REPLENISH: CALM AND COZY KUNDALINI YOGA FOR WINTERTIME
	ECOLOGICAL GARDENING
	AWAKEN TO YOUR DREAMS
	PLAY CHESS I
	NINE TYPES OF THE ENNEAGRAM
	AN OPEN CONVERSATION AROUND DEATH AND DYING
	MUCKRAKERS, REFORMERS, AND ACTIVISTS

FRIDAY

Classes meet in person unless otherwise noted

COURSE TITLE	
	BEGINNING SHAWL KNITTING
	THE STORY OF THE USS HOUSTON CA-30/POW EXPERIENCE

To register go online to www.jmu.edu/lli or call (540) 568-2923

INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Aubrey Urbanowicz	JAN 29 - FEB 19	9:30 - 11:30 AM	IH 117	\$45	22
John Cassara	JAN 29 - FEB 26	9:30 - 11:30 AM	IH 104	\$45	23
Jennifer Cottrell	FEB 6 - MAR 5	9:30 - 11:30 AM	ONLINE	\$45	23
Anna Rose Geary et al	FEB 19 - MAR 26	9:30 - 11:30 AM	IH 117	\$45	24
Claudia Veysel	FEB 26	9:30 - 11:30 AM	PRIVATE RESIDENCE	\$25 + \$25 EXTRA	24
Nancy Steller	MAR 5 - MAR 26	9:30 - 11:00 AM	IH 104	\$40	25
Sue Dickson	JAN 29 AND FEB 5	1:30 - 3:30 PM	SUNNYSIDE: BLUE RIDGE RM	\$35	25
Robert Driver	JAN 29 - FEB 26	1:30 - 3:30 PM	IH 104	\$45	26
Carolyn Yoder	JAN 29 - FEB 19	1:30 - 3:30 PM	IH 117	\$45	26
Louise Loe	FEB 26 - MAR 26	1:30 - 3:30 PM	IH 117	\$45	27
Aaron Cross	MAR 5 - 26	1:30 - 3:00 PM	IH 104	\$40	27
INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Jennifer Perry	JAN 30 - FEB 27	9:30 - 11:30 AM	IH 117	\$45	28
Anna Maria Johnson	FEB 27 - MAR 27	9:30 - 11:30 AM	IH 104	\$45 + \$20 BOOK	28
Pamela Beverage	MAR 6 - APRIL 3	9:30 - 11:30 AM	IH 117	\$15	29
Tom Mack	FEB 6 - MAR 6	1:30 - 3:30 PM	IH 104	\$45	29
Heidi Hochstetler	FEB 6 - MAR 6	1:30 - 3:30 PM	IH 117	\$45	30
Mert Brubaker and Jennifer Perry	MAR 13	1:30 - 3:30 PM	IH 104	\$20	30
Michael Stahl	MAR 13 - APRIL 10	1:30 - 3:30 PM	IH 117	\$45	30
INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Amy Strunk	FEB 7 - 28	9:30 - 11:30 AM	IH 104	\$40 + \$7 PATTERN	31
John Schwarz	MAR 14	9:30 - 11:00 AM	IH 117	\$25	31

Session **A** Courses

January 27 – March 28, 2025

Basic Photography Workshop

Joe Laughland

- Mondays, 9:30 – 11:30 am
- January 27, Feb 3, 10, 17, 24
- Format: In Person | Limit: 20 | Cost: \$45
- Location: Ice House 104

Students will learn basic photography using the “manual” camera setting which allows students to take full control of the photography process. Instructor will discuss how managing the camera improves the composition of photos. Class also includes legal issues (e.g. copyrights), software adjustments, various tips-techniques-settings, and other related photography subjects. Students should bring their camera (with fully charged battery) ready to take photos. Bring your camera’s manual if you have it. **Requirement:** The student’s camera must have the “M” (manual) setting.

Joe Laughland is an amateur photographer/videographer, member of the Rocktown Camera Club, and previous owner of Laughland Digital Productions, LLC. He has previously taught this class five times for LLI members.

Fundamentals of Climate Change

Mary Handley

- Mondays, 9:30 – 11:00 am
- February 3, 10, 17, 24
- Format: In Person | Limit: 25 | Cost: \$45
- Location: Ice House 117

We hear about the threats that climate change poses to the Earth, and that human actions are the driver of this change. We also hear arguments, confusion, and denial as well as scary predictions that without immediate action the planet will be devastated. Climate, and the things that influence it, is complex. This class will summarize the fundamentals of climate to help give context to what is going on. First, a brief introduction to the atmosphere, solar radiation, and earth. We will explore how these three factors interact. How does the atmosphere play in global climate? What makes something a “greenhouse gas” and why is that important? Then an overview of the carbon cycle. How do plants and animals, ocean, air, soil and minerals interact in the cycle?

How has this cycle changed because of human actions and what are the potential consequences? Finally, what might the future be like? No science background is needed for the class!

Dr. Mary Handley is a retired JMU Integrated Science and Technology professor. She studied ornamental horticulture, plant science, plant pathology, and chemistry and worked in the field of sustainable agriculture before she started teaching. Mary has lived in Harrisonburg for 26 years and is involved with the JMU Arboretum, LLI, and other educational settings that allow her to interact with people from preschoolers to adults. At JMU, she taught many environmental science classes that included the topic of climate change as well as many other issues. Throughout her teaching career she has learned that studying environmental issues within the context of the natural systems that are affected is a way to both understand the issue and why it matters.

Holistic Herbal Healing: Seasonal Allergies, Oral Health, Immune Support, and Gut Wellness

Dabney Vaccaro

- Mondays, 9:30 – 11:30 am
- March 3, 10, 17, 24
- Format: In Person | Limit: 15 | Cost: \$40
- Location: Ice House 104

Dive into the world of herbalism with our comprehensive course, ‘Holistic Herbal Healing.’ Designed to address common health concerns, this four-part workshop series will empower you with the knowledge and hands-on experience needed to incorporate herbal remedies into your daily life.

WORKSHOP 1: Herbal Remedies for Seasonal Allergies

Learn to identify and manage seasonal allergies naturally. Explore herbs like goldenrod, nettle and elderflower, known for their allergy-relief properties. Participants will create personalized herbal tea blends to help alleviate allergy symptoms.

WORKSHOP 2: Herbal Approaches to Oral Health

Discover the vital connection between oral health and overall well-being. This workshop introduces herbs such as oregano, sage, and peppermint, which support oral hygiene. Participants will make their own herbal tooth powder for improved oral care.

WORKSHOP 3: Boosting the Immune System with Herbs Understand the immune system and its key functions. Learn about powerful immune boosting herbs like echinacea and elderberry. Participants will prepare an herbal syrup to enhance their immune defenses naturally.

WORKSHOP 4: Healing Leaky Gut with Herbal Support Explore the concept of leaky gut and its impact on health. This workshop highlights gut-healing herbs such as marshmallow root and slippery elm. Participants will create a soothing herbal infusion to promote digestive health. Join us for 'Holistic Herbal Healing' and transform your approach to wellness with the power of herbs. Each session combines education with practical, hands-on activities, ensuring you leave with the skills and confidence to support your health naturally.

Dabney Vaccaro, BS, RDH is a Registered Dental Hygienist, Clinical Herbalist & Health Coach. In 2016 & 2017, she earned a certificate in Plant-Based Nutrition from Cornell and T. Colin Campbell Center for Nutrition Studies and a certificate as a Health Coach from the Institute of Integrative Nutrition. In 2022 Dabney graduated from Sacred Plant Traditions, a three-year clinical herbal course and has an independent clinical herbal practice. Dabney has a deep commitment to holistic wellness. With extensive experience in dental hygiene, she possesses a profound understanding of the clinical challenges faced by her colleagues offering targeted strategies to address health issues to women in all stages of life. By seamlessly integrating conventional and natural health solutions, she delivers comprehensive care that empowers her clients to achieve optimal well-being through personalized, plant-based healing strategies. She offers workshops locally and sells her teas and self-care products. You can find more about her and her business at www.herbalhygienist.com



What You Need to Know About the Hazards in Our Future

Ralph Allen

- Mondays, 9:30 – 11:00 am
- March 3, 10, 17, 24
- Format: In Person | Limit: 40 | Cost: \$40
- Location: Sunnyside: Blue Ridge Room

Mark Twain is often reported as saying “The problem with ignorance is not that people do not know something. The problem is that what they know is not true.” The problem is that Samuel Clemons did not say this. While most of us are concerned about terrorism, energy for the future, and the weather, much of what we have learned is untrue. We will cover these interrelated subjects and more on a math free look at the physics that will help understand choices and issues that will face our government into the future. Why was the attack on 9/11 so successful and how this relates to the dangers in all those trucks moving gasoline through our communities. We will consider why economic and psychological factors have become more important than the scientific basis for making decisions. What is more dangerous to our future nukes (bombs and reactors) or the pollution that threatens our health and environment?

Ralph Allen served as a Professor of Chemistry at UVA. Dr. Allen served as Chair of the Radiation Safety Committee which was responsible for the largest programs with licenses from the Nuclear Regulation Commission (NRC) and oversaw the safe decommissioning of 2 nuclear reactors. He created the Office of Environmental Health and Safety that managed the safe use and disposal of hazardous materials at UVA. He was a consultant to the International Atomic Energy Commission.

Session **A** Courses

January 27 – March 28, 2025

The Sankofa of Valley Black History

Monica Robinson

- **Mondays, 9:30 – 11:30 am**
- **March 3, 10, 17, 24, 31**
- **Format: Online | Limit: 10 | Cost: \$45**
- **Location: Zoom**

The Sankofa is a bird symbol that represents looking back to the past to inform the future. The symbol is a mythical bird with its feet moving forward, and its head turned backward. SVBHP's mission is to learn, share, and illuminate the rich African American history of the Shenandoah Valley. Our Roots Run Deep African American history tours of the Shenandoah Valley help us know about the past to make our futures better. Much of the African American history has perished. Historic churches, schools, businesses, and homes were erased due to the 1960s Urban Renewal efforts. Early communities lost their homes and financial stability due to unjust laws and economic despair. In our tours, many locations are inactive, on private property, no longer standing, and/or are the original structures that have undergone significant renovations. Our tours reflect on the trials and triumphs of black communities of the Shenandoah Valley. The Shenandoah Valley Black Heritage Project has completed seven tours in the northern part of the valley. It will complete the southern tours thanks to CDS, which is congressionally directed spending that allows Congress to allocate funding for specific local projects from Virginia. The Roots Run Deep tours provide a free educational experience of documented historical African American sites in the valley. This course will teach you about various sites listed in our seven completed tours. This course will consist of five sections: **1.** Clarke, Warren, and Frederick Counties. **2.** Shenandoah County, Page, County, and the city of Luray. **3.** Rockingham County **4.** Harrisonburg City **5.** Staunton City.

Monica Robinson serves as Executive Director of the Shenandoah Valley Black Heritage Project, which is in Harrisonburg. Monica moved to Harrisonburg during elementary school and considers the Valley her home. Monica enjoys volunteering in her community and has been a member of the Board of Directors for Second Home and Our Community

Place. Monica is the past President of the Harrisonburg Rockingham National Association for the Advancement of Colored People (NAACP), and she believes in giving voice to those historically silenced and marginalized. Monica attended James Madison University and received a Bachelor of Arts in History and a Master of Arts in Special Education. In 2009, she completed an ABD program in Special Education at Walden University. Monica is currently a City Council Member for the City of Harrisonburg. She loves reading, working in the yard, and spending time with family.

George III: English Politics and the American Revolution

David McQuilkin

- **Mondays, 9:30 – 11:30 am**
- **March 3, 10, 17, 24, 31**
- **Format: In Person | Limit: 30 | Cost: \$45**
- **Location: Ice House 117**

When George III ascended to the throne of England in 1760, the American colonies were still loyal subjects of the English crown. Just sixteen years later, the Second Continental Congress ratified the Declaration of Independence which declared the American intent to separate from English rule. What transpired during this very short interval to create this revolutionary transformation? Specifically, how did the political environments in both England and America shape the actions and responses that resulted in the creation of United States in 1783? Was the rupture of 1776 inevitable? The answer will also be an integral aspect of the course.

David K. McQuilkin has taught History and Political Science at various colleges and universities for more than forty years. In 1985, he joined the Department of History and Political Science at Bridgewater College as a faculty member and department chair and retired as professor emeritus of History and Political Science in 2009. Since then, he has taught history and political science courses at Blue Ridge Community College, offered numerous LLI courses through JMU, made presentations on various topics and current events to local community organizations, written book reviews, and has served as a political analyst for WHSV.



Local Economic Development

Nick Swartz

- Mondays, 1:30 – 3:00 pm
- February 3, 17, March 3, April 7, 14*
- Format: In Person | Limit: 30 | Cost: \$45
- Location: Ice House 117

**Please Note the break in class sessions. This course is not offered in consecutive weeks.*

As communities across the country evolve, local and regional economic development plays an increasingly vital role in shaping their future prosperity. This course will offer an engaging and accessible exploration of how economic development strategies impact the growth and sustainability of cities, towns, and regions. The course will cover key concepts such as planning, attracting businesses and industries, fostering entrepreneurship, and improving quality of life. By examining real-world examples and through interactions with key economic development officials from the area, participants will gain insight into the challenges and opportunities faced by local governments and development organizations. Through interactive discussions, case studies, and group activities, participants will also have the chance to apply what they've learned by developing their own mini economic development plans for hypothetical communities. This hands-on approach will encourage critical thinking and collaborative problem-solving, making the learning experience both practical and rewarding. This course will be an opportunity for participants to deepen their understanding of how local economies function and the important role they can play in advocating for and supporting community growth.

Dr. Nick Swartz serves as the Dean of James Madison University's School of Professional & Continuing Education (SPCE), where he oversees K-12 programming, professional development, the adult degree program, and the Lifelong Learning Institute, among other initiatives. He has been with JMU since 2008, initially joining as an Assistant Professor of Public Policy and Administration. Dr. Swartz holds a Ph.D. in Public Policy with a concentration in urban and regional economic development from UNC Charlotte, as well as a Master of Public Administration and a B.A. in Political Science from UNC Wilmington. Over the years, he has played a significant role in various initiatives at JMU, including founding the Madison Center for Community Development and serving as director until 2022. A passionate advocate for non-traditional learners, Dr. Swartz believes strongly in SPCE's mission to help JMU prepare educated and enlightened citizens who lead productive, meaningful lives. He is particularly committed to supporting lifelong learners and intergenerational education through innovative programming. Dr. Swartz also serves on local, regional, and national initiatives related to higher education, community and economic development.

Dirty Politics and Political Campaigns

George Gruner

- Mondays, 1:30 – 3:30 pm
- March 3, 10, 17, 24, 31
- Format: In Person | Limit: 26 | Cost: \$45
- Location: Ice House 104

We will look at dirty politics from the time of George Washington to our most recent Presidential Election. If you think that politics has recently become nasty and corrupt, this class is for you! We will look at dirty campaigns, scandals, dirty tricks, extortion, illegitimate children, corruption, affairs, and MUCH less than honest campaign advertisements. Do you remember the candidate who was 'accused' of installing a revolving door on his state prisons, the candidate (if elected), who would start World War III, and the candidate who challenged the press to follow him to prove his innocence (they did, he didn't)? In our last class we will look at the 2024 Presidential Election

Session **A** Courses

January 27 – March 28, 2025

Dirty Politics and Political Campaigns

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political ads, fact check them and discuss how they may have affected the outcome of the election.

George Gruner is a local historian with over 40 years of teaching experience. He has worked as a docent at the Woodrow Wilson Presidential Library and Museum, and in Guest Services at Monticello. George has taught classes on the Eight Virginia Born Presidents, Women's Suffrage, The Evolution of the Constitution, Prominent First Ladies, What If? (a look at events that helped shape American History), and Dirty Politics for LLI. He currently teaches chess at Anna's House School in Staunton and for the Staunton Parks and Recreation Department. George has served in the Vermont General Assembly as a State Representative. He also has managed political campaigns for Federal, State, and local candidates. History and politics have always been a love for George.



Remembering the Women of Rockingham County

Megan Pullen

- Mondays, 1:30 – 3:00 pm
- March 10, 17, 24, 31
- Format: In Person | Limit: 30 | Cost: \$45
- Location: Ice House 117

This course investigates the often-overlooked narratives of women in Rockingham County, Virginia, emphasizing their lived experiences, social contributions, and legal participation within the broader historical context. Students will explore the evolving patterns of women's involvement in early Virginia courts and legislation through various legal actions, including freedom petitions, debt and property disputes, divorce, cohabitation, and criminal charges. By critically analyzing court

records and other available primary sources, the class will uncover the complexities of daily life for women and their families in the Shenandoah Valley, while also challenging preconceived notions of womanhood. The course aims to deepen the understanding of women's roles in society, highlighting their contributions and experiences frequently omitted from mainstream historical accounts. Students will engage in discussions that examine the intersections of gender, class, and race, fostering a greater appreciation for local history and its contemporary relevance. Through a blend of lectures and hands-on analysis of archival materials, participants will acquire critical insights into the social and legal contexts that shaped women's lives. This course is particularly suited for individuals interested in women's history, the history of Rockingham County, and Virginia's broader historical landscape. Ultimately, it seeks to empower students to acknowledge the voices of women who have largely been forgotten in historical narratives, equipping them with the analytical tools necessary to understand and interpret the past.

Megan Pullen, Deputy Clerk of Historical Archives and Law Librarian at the Rockingham County Circuit Court, is dedicated to preserving the rich history of the Shenandoah Valley under the leadership of Clerk of Court Chaz Haywood. A proud 'Double Duke' with both bachelor's and master's degrees from James Madison University, Megan seamlessly combines her academic background with community outreach. Her expertise bridges technology and the humanities, showcased through her work on the 'Histories Along the Blue Ridge' project in partnership with JMU to digitize court records. Megan is committed to making historical documents more accessible and fostering a deeper appreciation for cultural heritage preservation.

Chakras

Rose Longworth

- Tuesdays, 9:30 - 11:30 am
- January 28, February 4, 11, 18, 25
- Format: In Person | Limit: 20 | Cost: \$45
- Location: Ice House 104

What are the chakras and where are they located in the body? Do they actually exist, as physical or spiritual, or are they a combination of the two? Active participation of class members, as they

explore their own chakras, will be at the heart of this educational experience. We will find where the energies are and how they differ, as they travel through the chakras. We will consider Christian links to chakras and Jung's lectures on the chakras giving us a psychological perspective. During this experiential study of chakras we will look at dream symbology giving us clues to our own chakras. Our focus will be on getting to higher consciousness through the use of our own symbology, integrating the chakra layer in us.

Rose Longworth is a native of Ireland, was educated in Ireland and USA. She holds a Master of Counseling from Eastern Mennonite University. After serving in various Community Services Boards in Virginia, she established her private practice focusing on a creative and holistic approach to mental health through symbology, mandalas, art therapy and dreams. She travelled to India and Nepal in 2016 and studies Kundalini Yoga. She writes a blog on her site roselongworth.com and has been working with her own dreams and spirituality for fifty years. She is a daily meditator. Her interest in Chakras and its connection to the body and soul has been developing since she was 18 years old. She has been a LLI instructor on Dreams since 2023.

Indigenous Culture & Technology of the African Continent

Mwizenge Tembo

- Tuesdays, 9:30 – 11:30 am
- January 28, February 4, 11, 18, 25
- Format: In Person | Limit: 35 | Cost: \$45
- Location: Ice House 117

Explore the indigenous, social, political, economic, racial, ethnic, and history of the African continent, its cultures, and technology in ancient and modern times. Examine how European colonialism, global, and other historical, and internal forces have impacted the political, economic, and social dynamics of the continent. Explore African legends, mythology, folktales, beliefs, customs, children's games and toys, music, dance, language, family, marriage, religion, health, education and many other major aspects of social change. Explore to what extent African countries can achieve sustainable economic development given global warming and the pressures of rapid economic development

and globalization. Examples will be drawn from the Southern African country of Zambia and from others of the 55 African countries.

Mwizenge Tembo is Emeritus Professor who taught Sociology at Bridgewater College in Virginia for 31 years from 1990 to 2021. He obtained his B.A in Sociology and Psychology at University of Zambia in 1976, M.A, Ph. D. at Michigan State University in Sociology in 1987. He was a Lecturer and Research Fellow at the Institute of African Studies of the University of Zambia from 1977 to 1990. During this period, he conducted extensive research and field work in rural Zambia particularly in the Eastern and Southern Provinces of the country. Professor Tembo was a weekly columnist for the Daily News Leader Newspaper of Staunton in Virginia from 2006 to 2010. He is a frequent column contributor to the Daily News-Record of Harrisonburg in Virginia from 1990 to 2024. He was also a frequent contributor to the Sunday Times of Zambia from 1988. He contributes to Lusaka Times Newspaper and other Online magazines. He is a freelance writer and photographer who has sold many of his works. He has been public storytelling in the Valley and Virginia since 1996. Dr. Tembo has authored six books: Sayings of My Mother (2023), Satisfying Zambian Hunger for Culture (2012), Zambian Traditional Names (2006), The Bridge (Novel) (2005), Legends of Africa (1996), Titbits for the Curious (1989). (Out of print). He has published numerous journal and magazine articles. He has authored 5 web pages including hunger for culture: <https://hungerforculture.com>.

How WWII English Spies Brought the US into the War and Helped Create our Post War Culture

Ralph Allen

- Tuesdays, 10:00 – 11:30 am
- February 4, 11, 18, 25
- Format: In Person | Limit: 40 | Cost: \$40
- Location: Sunnyside: Blue Ridge Room

Winston Churchill sent spies to the United States to make sure that FDR supplied support for England and eventually entered the war against Nazi Germany. Some of Churchill's agents entered the Washington social scene and recruited financiers, entrepreneurs, and wealthy women to help against America's pro German advocates and arrange for

Session **A** Courses

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How WW2 English Spies...

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financial and materiel support for England. After the war these same men created a culture that influences children (Roald Dahl) and adults (Ian Flemming). These spies helped guide our tastes with their influence on advertising (Madison Avenue).

Ralph Allen served as a Professor of Chemistry at UVA. Dr. Allen served as Chair of the Radiation Safety Committee which was responsible for the largest programs with licenses from the Nuclear Regulation Commission (NRC) and oversaw the safe decommissioning of 2 nuclear reactors. He created the Office of Environmental Health and Safety that managed the safe use and disposal of hazardous materials at UVA. He was a consultant to the International Atomic Energy Commission.

History of Weather in the Shenandoah Valley

Aubrey Urbanowicz

- **Tuesdays, 9:30 – 11:00 am**
- **March 4, 11, 18, 25**
- **Format: In Person | Limit: 30 | Cost: \$40**
- **Location: Ice House 117**

Have you ever wondered how the Weather Service came to be? When the Jetstream was discovered, or how hurricanes are named. What about the first tornado warning, how was a tornado forecast made in the 1800s? Learn all about the foundations of weather and forecasting, and then we'll dive into major historical events from the Shenandoah Valley. It's a fascinating history of weather.

Chief Meteorologist **Aubrey Urbanowicz** is an award-winning Meteorologist at WHSV. Aubrey has been in the Valley for more than 12 years and holds the seal of approval from the National Weather Association. She has covered tornadoes, major winter storms, flooding, and wildfires, as well as daily weather forecasting for the Shenandoah Valley and surrounding area. Her passion is the Valley but also weather history.

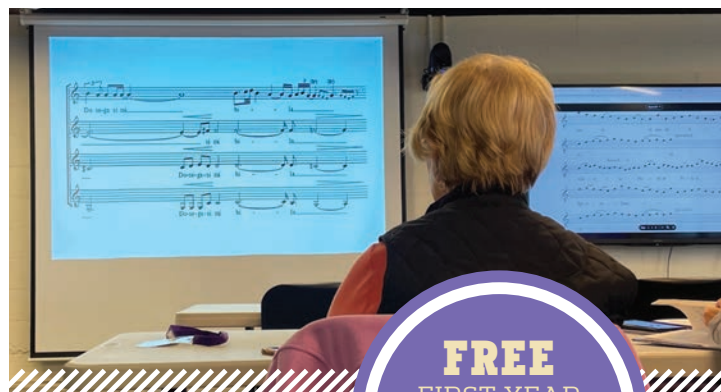
Poetry in Music

John Noffsinger

- **Tuesdays, 10:00 – 11:30 am**
- **March 4, 11, 18, 25, April 1**
- **Format: In Person | Limit: 20 | Cost: \$45**
- **Location: Sunnyside: Blue Ridge Room**

In Poetry in Music, we will read several poems that have attracted composers to set the words to music. We will not study song lyrics per se but will instead read and discuss works that were originally published as poems and then listen to their musical settings. Poets in this course include John Milton, William Blake, Alfred Tennyson, Christina Rossetti, Thomas Hardy, A. E. Housman (and more), and composers include Benjamin Britten, Ralph Vaughan Williams, Morten Lauridsen, Richard Strauss, Dan Forrest (and more). The class atmosphere will be relaxed--you should feel comfortable even if you haven't read a poem (or listened to a piece of music!) since high school. The instructor will provide an anthology of the poems we will be discussing.

John Noffsinger earned a B.A. from Kalamazoo College and Ph.D. in English from the University of Virginia, and subsequently taught for 38 years in independent schools in the Commonwealth. In addition, for several years he taught as an adjunct at Virginia Tech and at Old Dominion University. Although his specialty in graduate school was the nineteenth-century novel, his recent teaching for LLI has focused on the study of poetry.



FREE
FIRST YEAR
MEMBERSHIP

Valid from
July 1 - June 30

Basic Music Theory for Ukulele and Guitar

Anne Henriksen

- Tuesdays, 9:30 – 11:30 am
- March 4, 11, 18, 25, April 1, 8
- Format: In Person | Limit: 14 | Cost: \$50*
- Location: Ice House 104

*An additional \$20 for the course binder, payable to the instructor on the first day of class, is required.

This course will introduce ukulele and guitar players to music theory ideas that are relevant to playing their instrument. We will cover the following: the notes on your fretboard, time signatures, key signatures, the major scale, the three main minor scales, the major and minor chords that are part of a key signature, common chord progressions such as the I-IV-V-vi, how to play a pickup, Nashville notation, the different kinds of 7th chords, the Circle of Fifths, transposing music to a different key, and using a capo. This class assumes the students are comfortable playing basic chords on their instrument and can use a chord sheet to play songs. Students are expected to bring their instrument to each class and to tune it before class begins. We will apply the ideas we learn in class by reserving play time for the last part of every class. Students will receive weekly emails from the instructor with videos to watch and some light reading. The final day of class will be a field trip to Harrisonburg's own Hometown Music.

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 was a staff scientist for ten years. Dr. Henriksen 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 fifteen years studying neuroscience, neuropharmacology, neuroendocrinology, genetics, and bioinformatics. Her personal interest is in understanding the important role of sex steroid hormones in the brain during all stages of life. In her spare time, Dr. Henriksen enjoys playing the piano and bass guitar; composing classical music for piano; studying music theory; and teaching at the JMU Lifelong Learning Institute, including courses on neuroscience, genetics, and music theory for uke and guitar.



A Basic History of Mexico

Donald Clymer

- Tuesdays, 1:30 – 3:00 pm
- January 28, February 4, 11, 18, 25
- Format: In Person | Limit: 20 | Cost: \$45
- Location: Ice House 104

Mexico has a fascinating but torturous history, too often ignored by their giant neighbor to the north. Learn about marauding aboriginal tribes, extensive and glorious empires, an improbable conquest, a newly forged mestizo race and the historical background that leads up to current issues such as drug cartels and immigration.

Don Clymer has broad international experience in Latin America and Europe in both church-related service and academics. Prior to teaching at Eastern Mennonite University, he taught Spanish, German and Latin American studies at Hesston (Kas.) College and directed their Global Issues Seminar. Along with teaching Spanish at EMU, Don and his spouse led four cross-cultural seminars to Guatemala and Mexico. He has graduate degrees in both Spanish Literature and Spiritual Formation. Don served five years as director of EMU's Cross-cultural Programs. In May 2016, Don retired from 34 years of teaching, and spent the first year of his retirement in Switzerland leading seminars on spirituality and culture and translating a play from Swiss German to English. Don is the author of numerous articles in a variety of journals and has published four books: *Meditations on the Beatitudes: Lessons from the Margins* published by Cascadia Publishing House, *The Spacious Heart: Room for Spiritual Awakening*, published by Herald Press, *Malinda in Mexico*, an illustrated children's book published by Masthof Press and *Coming of Age in Honduras: A Young Adult's Struggle With Faith, Poverty and Sexuality*, by Masthof Press.

January 27 – March 28, 2025

WE LOOK FORWARD TO SEEING YOU!



Coffee & Company

Join us for a daytime gathering that is open to all.

We will gather from 11:30 a.m.-12:30 p.m. on the following dates

Tuesday, January 7

Thursday, January 23

Tuesday, February 4

Thursday, February 20

Tuesday, March 4

Thursday, March 27

Thursday, April 10

Thursday, April 24

Tuesday, May 6

Thursday, May 29

Tuesday, June 10

Thursday, June 26

DRIFTERS CAFE
217 S. Liberty St. Suite 104
Harrisonburg, VA

Parking is available in the Municipal lot on Liberty Street and the Water Street deck

Sleuths and Sidekicks in Detective Fiction

Diane Lending

- **Tuesdays, 1:30 – 3:30 pm**
- **January 28, 4, 11, 17, 25**
- **Format: In Person | Limit: 25 | Cost: \$45**
- **Location: Ice House 117**

From the first modern detective story, Edgar Allen Poe's 1841 "Murders at the Rue Morgue", mystery authors have included a companion or sidekick for their detectives. These companions are the friends, assistants, and occasionally biographer for their more famous friend, the detective. In this course, we will look at the integral role of the sidekick in the mystery genre. This course will be part lecture and part book group discussion. I will talk about the early history of detective fiction and the use of sidekicks in the early works. I will also talk about the times that these authors were writing and how that affected the lives and works of three mystery authors. As a group we will discuss a book by each author.

We will start with Sir Arthur Conan Doyle and the most famous detecting duo of all time: Sherlock Holmes and Dr. Watson. We will pay special attention to why Doyle's foundational writing needed Dr. Watson and what Watson added to the stories. From there we will move to Agatha Christie, the best-selling mystery writer of all time, and the detecting duo of Hercule Poirot and Captain Arthur Hastings. Here we will look at how Christie played with the sidekick convention for effects in her novels. Our final author will be Rex Stout, an American mystery writer. Stout's books feature Nero Wolfe and sidekick Archie Goodwin. Stout twists the sleuth/sidekick convention to the point that the real star of the series is arguably the sidekick and not the eccentric genius of a detective. While the course will focus on the books, we will also discuss the adaptations in movies, tv, and theater. Reading List: "The Hound of the Baskervilles" by Sir Arthur Conan Doyle, "Peril at End House" by Agatha Christie, and "Prisoner's Base" by Rex Stout. All the books are readily available from libraries and stores. Since they are older books, you should be able to find them in sources for secondhand books.

Diane Lending was a professor of Computer Information Systems in the College of Business at JMU. She retired in 2022. Since then, she has turned her lifelong mystery-reading hobby into a post-retirement career of teaching mysteries at LLI. She read her first Agatha Christie novel at the age of 10 which started her love of mysteries written during the golden age of detective stories.

Writing Down Your Stories

Irvin Peckham

- Tuesdays, 1:30 – 3:30 pm
- February 18, 25, March 4, 11, 18
- Format: In Person | Limit: 12 | Cost: \$45
- Location: Ice House 107

Writing has been the focus of my life. I enjoy bringing writing into others' lives the way it has been in mine. I know that our lives are series of interconnected stories leading to who we are now with perhaps some shadows cast into the future of who we might want to be. We will begin this course by writing and sharing our stories with each other. I know from long experience in this kind of writing that not only will we learn about each other, but we will also learn more about ourselves by writing down our stories. We will also explore the possibilities of non-narrative kinds of writing that may have their origins in our stories. I will use my experience in writing books like *Viajando sin Mapas* (Traveling without Maps) as a background for the class, but the real focus of the class will be your stories, not mine.

Since we will be sharing with each other what we write, it might be useful to work with laptops in the class; we can also print out copies for others to read. I will be offering a follow-up course in the subsequent session, so you might consider this the first in a two-course sequence. Some writers from my fall course will be joining the second session. Five classes is just enough to get us going.

Irvin Peckham earned his B.S. and M.A. from the University of Wisconsin, Madison; his B.Ed. from the University of Toronto; and his Ph.D. at the University of California, San Diego. Irvin taught high school English for thirteen years and at the college level for twenty-five, serving as the writing program director at the University of Nebraska, Omaha; Louisiana State University; and Drexel University. He has published three books and over

thirty academic articles focusing on personal writing and the intersections between social class and writing assessment. His latest book, *Viajando sin Mapas* (Traveling without Maps), is a travel memoir about a drive (and interior journey) he took with his dog from New Jersey to the Virtual end of the road in Panama and back. He also writes a monthly Viewpoint for the Daily News Record.

Line Dancing

Connie Daniels

- Tuesdays, 1:30 – 3:00 pm
- March 4, 11, 18, 25, April 1
- Format: In Person | Limit: 20 | Cost: \$45
- Location: Private Residence

This class takes the student from walking to dancing. They will learn line dance steps and patterns which will be danced to all kinds of music. This is a great activity for seniors because it gives them physical activity while keeping the mind active. Dancing is the best overall exercise. No prior knowledge of dance is required. The only requirement is the desire to make new friends and have some fun. Please wear comfortable shoes and I would recommend bringing a water bottle.

Connie Daniels is a JMU graduate. She retired from a 42-year career in Human Resources and has been teaching line dance for 20 years. She has taught for Harrisonburg and Shenandoah County Parks and Recreation and taught in Page County. She currently teaches 4 classes each week in her home studio.



Session **A** Courses

January 27 – March 28, 2025

Bloody Sunday: Ireland 1972

Susan Facknitz

- Tuesdays, 1:30 – 3:00 pm
- March 4, 11, 18, 25, April 1
- Format: In Person | Limit: 25 | Cost: \$45
- Location: Ice House 104

While there have been many Bloody Sundays in Ireland and elsewhere, this confrontation became a trigger for The Troubles in Northern Ireland. On January 30, 1972, a march for human rights encountered a British paratrooper regiment that fired into the peaceful crowd. They shot 26 unarmed protesters. Thirteen men were killed. All were Catholics. This tragedy became a major impetus behind The Troubles that followed; the war between the Nationalists and the Unionists that continues, albeit in muted form, until today. On Wednesday 2 February 1972, tens of thousands attended the funerals of eleven of the victims. In the Republic of Ireland, it was observed as a National Day of Mourning, and there was a general strike, the biggest in Europe since the Second World War relative to population. In this course, we will explore the events that led up to this tragedy and the struggles to deal with it that continue today. We will also explore musical and other representations of the day.

Susan Facknitz holds an M.F.A. from the University of Virginia where she studied with Gregory Orr, Donald Justice, Ruth Stone and Carolyn Forché. Her poems have appeared recently in publications in Canada, Ireland and the United States. She has been a finalist for the Mississippi Review Prize and the Louisiana Literature Prize. Her work was included in The New Orleans Review's features on 'New Writing in the South' and 'Experimental Writing in the South.'



Spring Terrarium Workshop

Gardening Connection

- Tuesday, 1:30 – 3:30 pm
- March 25
- Format: In Person | Limit: 20 | Cost: \$25*
- Location: Ice House 117

**There will be an additional \$25 fee for supplies payable at the workshop.*

Each attendee will use a vintage glass container and living plants to create a beautiful terrarium. Workshop includes the container, all plants, soil material for planting, and extras to complete the project. All instruction and assistance will be provided. Attendees will learn how to grow and maintain each person's creation. Please bring your own clippers to class.

The **Gardening Connection** is a collaborative group of seven local gardeners dedicated to their love of gardening and horticulture practices through hands-on workshops. They are **Chris Chrisley, Joy Coakley, Jennifer Cottrell, Diane Hirsch, Kim Landis-Hamner, Judy Linhoss and Janet Wendelken.**

Weather 101

Aubrey Urbanowicz

- Wednesdays, 9:30 – 11:30 am
- January 29, February 5, 12, 19
- Format: In Person | Limit: 40 | Cost: \$45
- Location: Ice House 117

Due to the topography, the weather in the Shenandoah Valley can be unique. We begin with some basic meteorology, learning about warm and cold fronts, and basic weather concepts from the jet stream to low and high pressure. Then we move on to severe weather, tropical weather, and winter weather. Each topic will include history and specifics for the Shenandoah Valley. Finally, we cover forecasting in general and for the area.

Chief Meteorologist **Aubrey Urbanowicz** is an award-winning Meteorologist at WHSV. Aubrey has been in the Valley for more than 12 years and holds the seal of approval from the National Weather Association. She has covered tornadoes, major winter storms, flooding, and wildfires, as

well as daily weather forecasting for the Shenandoah Valley and surrounding area. Her passion is the Valley but also weather history.

Money Laundering: How a U.S. Treasury Special Agent Follows the Money and Value Trails

John Cassara

- **Wednesdays, 9:30 – 11:30 am**
- **January 29, February 5, 12, 19, 26**
- **Format: In Person | Limit: 25 | Cost: \$45**
- **Location: Ice House 104**

In this course, former CIA Case Officer and Treasury Special Agent John Cassara reveals how authorities follow the dirty money and value trails. Sharing true stories of fascinating investigations, many from his unique career, he will give numerous examples of international money laundering methodologies and enablers. He will also candidly explain government and industry countermeasures and share instances of both success and failure. In addition, he will provide inside knowledge of the “culture of the bureaucracies” that make combating transnational crime and money laundering so challenging. Subjects for presentation include an overview of money laundering with a specific emphasis on financial intelligence. We continue the sessions with a description of bulk cash smuggling – one of the top three money laundering methodologies in the world. John will explain trade-based money laundering and value transfer – perhaps the largest and most widespread money laundering methodology but also the least understood, recognized and enforced. We will continue with specific examples of money laundering including the misuse of the international gold trade, underground financial systems such as hawala and the Chinese “flying money” system, as well as the use of offshores and the purchase of real estate. John will also discuss why China is today’s biggest money laundering threat – the subject of his latest book.

John Cassara began his 26-year U.S. government career as a CIA Case Officer during the Cold War. He later served as a Treasury Special Agent in both the U.S. Secret Service and US Customs Service where he investigated money laundering, trade fraud and international smuggling. He was an undercover arms dealer for two years. Assigned overseas, he developed expertise in Middle East

money laundering, value transfer and underground financial systems. He also worked six years for Treasury’s FinCEN and was detailed to the Department of State. Mr. Cassara’s final assignment was with Treasury’s Office of Terrorism and Financial Intelligence (TFI). Since his retirement, he has lectured in the United States and around the world on a variety transnational crime issue. He has been a consultant for government and industry and has testified as an expert witness before Congressional committees eight times. He is on the Board of Directors of Global Financial Integrity and the International Coalition Against Illicit Economies. He is a fellow at George Mason University’s Terrorism, Transnational Crime and Corruption Center (TraCCC). Mr. Cassara has authored many articles and six books. More information is available at: www.JohnCassara.com.



Zentangle: Back to Basics

Jennifer Cottrell

- **Wednesdays, 9:30 – 11:30 am**
- **February 6, 13, 20, 27, March 5**
- **Format: Onlin | Limit: 25 | Cost: \$45***
- **Location: Zoom**

**An optional supply kit will be available for \$5.*

We will go back to the basics of Zentangle® using basic supplies - White, Black, Tan, Gray and Translucent tiles. Micron pens, pencil, eraser, and tortillon. Supply kit will be available for an additional charge.

Jennifer Matthaei Cottrell has been a Certified Zentangle® Teacher for 10 years and has been interested in art and craft since early childhood. Jennifer teaches Zentangle® for LLI, private parties, team building, and classes all around the world.

Session **A** Courses

January 27 – March 28, 2025



Patristics: Who Are They? The Early Fathers of the Christian Church

Multiple Presenters

- Wednesdays, 9:30 – 11:30 am
- February 19, 26, March 12, 19, 26*
- Format: In Person | Limit: 15 | Cost: \$45
- Location: Ice House 117**

*Note: there is no class session on March 5

**The February 19th class will take place at Emmanuel Episcopal Church, 660 S. Main Street, Harrisonburg, VA. All remaining classes will be at the Ice House.

Have you ever wondered why Christians practice Christianity the way they do today? Who led the Christian Church in its early years and guided its organization and beliefs? The heirs to the Apostles, the leaders and teachers of the early Church in the first five hundred years after the death of Jesus Christ, known now as the Fathers of the Church, were intensely concerned with preserving the unity and integrity of the 'company of those who believed' (Acts 4:32), even as that company grew from a small band of several hundred to encompass millions of people speaking dozens of languages and dispersed throughout the Roman Empire. The unity of believers, unity in the Person of Jesus, was the inheritance of the Church Fathers. The Fathers that will be presented in this course are Justin Martyr, Irenaeus, Origen, Athanasius, Augustine, Ignatius of Antioch, John Cassian and John Chrysostom. The presenters are pastors and laypeople of Harrisonburg area denominations who have a deep interest in the contributions of

the Fathers to the Christianity practiced and understood in today's world.

Presenters for the course: **Pedro Aponte**, Associate Prof. of Music (JMU) and Musicology area coordinator **Fred La Spina**, Instructor of Religion (JMU) and Chaplain at Kyger Funeral Home, and retired Deacon of Blessed Sacrament Roman Catholic Church, Harrisonburg Father **David Rose**, Pastor, Emmanuel Episcopal Church, Harrisonburg **Frank Viscomi** Retired Mechanical Engineer for Heating and Cooling Systems, JMU; a Spiritual Director for Valley Cursillo and individual ecumenical spiritual director **Kevin Warner**, Associate AD (JMU Athletics Department) for Communications and Strategic Initiative Pastor **Alex Zuber**, Associate Pastor, Muhlenberg Lutheran Church.

Mediterranean Dinner Party

Claudia Hana Veysel

- Wednesday, 9:30 – 11:30 am
- February 26
- Format: In Person | Limit: 20 | Cost: \$25*
- Location: Private Residence

*An additional \$25.00 per person is payable to the instructor for the cost of food.

Join us for a culinary journey around the Mediterranean as we prepare a delicious three-course dinner perfect for your next dinner party! In this hands-on class, you'll learn to create an authentic Mediterranean appetizer, a flavorful main course, and a decadent dessert, all while exploring the vibrant spice profiles and rich food traditions of the region. Whether you're a seasoned cook or a beginner, you'll walk away with the skills and recipes to impress your guests with a Mediterranean feast!

Claudia Hana Veysel is the Creator, Executive Producer, and Host of *If This Food Could Talk: A History Show for Everyone Who Eats*, a food history show with APT Podcast Studios. She earned a Bachelor of Arts in Economics and Foreign Affairs from the University of Virginia and MBA in Corporate Finance from Emory University. She was a Management Consultant and Finance professional for years before slipping off the power suits and donning flip flops and beach sarongs for a simpler, healthier life in Cyprus. She now writes her own blog (*Live Like a Goddess*), is a Lifestyle Writer for *Mind Body Green*, C'ville

Weekly, Women Who Lives on Rocks, and Sivana Spirit. A serial entrepreneur, Claudia founded Athena's Bump, a maternal nutrition company focusing on customized nutrition for the four stages of pregnancy (from preconception to postpartum). The smartapp was designed for the FEMTECH market and focused on providing education, resources, and delivered foods to expecting families. Athena's Bump has secured nearly \$2 million in early funding. Claudia was taught to cook by her two Mediterranean mothers: her own Egyptian & Greek Mom, Kamilia, and her Cypriot Mother-in-Law Tulin. She has taken her love for authentic Mediterranean cooking to the classroom, where she teaches Eat Like a Greek, Street Foods of the Middle East, Modern Food Tastings, and Olive & Wine Pairing Courses at James Madison University, where she is Faculty. She teaches people ages 5 – 80+ in a simple, comprehensive and easy to follow steps for developing a healthy palate using natural, local and sustainable products.

Claudia loves leading culinary and cultural tours to Cyprus, Turkey, Greece, and Egypt where she enjoys sharing the warm culture and foods of these ancient lands. Quadra-lingual in Arabic, Greek, Turkish and English, Claudia loves sharing food history, language, culture and leans on her expertise, contacts across the globe for a truly authentic experience to her guests.

Introduction to Energy Healing

Nancy Steller

- **Wednesdays, 9:30 – 11:00 am**
- **March 5, 12, 19, 26**
- **Format: In Person | Limit: 16 | Cost: \$40**
- **Location: Ice House 104**

Come explore the mystery and power of energy healing. This will be an experiential class as you learn about the energy centers of the body as well as the outer layers of energy. As awareness of unseen energy expands, we will work with intention on how to use that energy for healing and health.

Nancy Steller CMT (Certified Massage Therapist) Nancy was in private practice in Harrisonburg for 25 years. Over the years she became a Reiki Master, studied and practiced CranioSacral Therapy (Upledger Institute), Integrative Foot and Hand

Reflexology (Claire Marie Miller Technique), Integrative Energetic Healing (Fernand Poulin of White Winds Institute) and Spiritual Direction (Spiritual Direction Institute).

Captivating Containers

Sue Dickson

- **Wednesdays, 1:30 – 3:30 pm**
- **January 29 and February 5**
- **Format: In Person | Limit: 20 | Cost: \$35**
- **Location: Sunnyside Retirement Community, Sunnyside Room**

This two-session course will explore the art and science of container gardening. You may be saying to yourself, "I don't have a green thumb, and my space is too small" or "I don't have enough light," but container gardening is so flexible and it is a great way everyone to enjoy nature close up. Learn about the culture of growing flowers, vegetables and topicals in planters that fit your space and conditions. Design principles will be introduced to understand how they fit into the larger landscape composition. Soil substrates, fertilizing and watering will be discussed for the four seasons. Specific plants and methods for various light exposures will be emphasized so you can be successful! The photographs of Sue Dickson's work will inspire and motivate you to stick with it and make container gardening your new passion!

Sue Dickson worked nine years as an Assistant Professor of Horticulture at Northern Virginia Community College in Loudoun County, VA . Sue grew up 10 minutes from Longwood Gardens and Winterthur Gardens. With such extraordinary inspiration she couldn't avoid becoming a horticulturist! Over the years she has sustained a deep commitment to horticulture as a greenhouse perennial plant production grower, garden designer, and grounds manager. Her extensive background in production horticulture has provided her with a wealth of hands-on experiences that she applies in the classroom. Many of her horticultural accomplishments and writings were widely recognized at her previous posts as horticulture manager at Keswick Hall and Woodberry Forest School near Charlottesville, Virginia. B. S. Plant Science, University of Delaware M. S. Horticulture, Virginia Polytechnic Institute and State University. Sue recently retired and lives in Rockingham.

January 27 – March 28, 2025

The Secret History of American Pop

Robert Driver

- **Wednesdays, 1:30 – 3:30 pm**
- **January 29 February 5, 12, 19, 26**
- **Format: In Person | Limit: 25 | Cost: \$45**
- **Location: Ice House 104**

Did Rock and Roll really originate in Memphis? Which Black music star's career influenced Elvis, Bob Dylan, the singers of the Swing Era, and the blues of B.B. King and Robert Johnson, while at the same time inventing jazz guitar as we know it? Did music artists really sell their souls to the devil? Where did Rock Stars come from? What were the real ethnic forces powering the directions of twentieth century music artists? These questions and many more will be answered as we swerve down the back town neighborhoods of American Pop. This course is designed to entertain and enlighten the students with the hidden tales and back stories of what really happened in the last century to create the melting pot of popular music.

Robert Driver has been a blues performer/instructor for the past forty-five years and a full-time guitar instructor/performer since 2002. His music education began in the 1970's when he had the privilege to play 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. Also, he is no stranger to the recording studio: over the years, his music has been used on local television and radio spots and he has performed on recording projects for himself and others. Over the years he has taught classes for James Madison's Lifelong Learning program on the history of the blues, the roots music that culminated in Rock and Roll, Swing, and Music of the Sixties. He also has conducted a Piedmont blues guitar workshop in conjunction with the Appalachian Folk Music Festival hosted by noted folklorist Mike Seeger. He has also used the Piedmont format as a featured performer for

the weekly radio show, "Blues Valley," on NPR affiliate WMRA in Harrisonburg, Virginia. These years of experience in teaching and performing have brought forth a rich and comprehensive volume on country blues guitar technique, *The Country Blues Revisited*, which is awaiting publication. Robert currently resides in the Shenandoah Valley of Virginia.

Living Meaningfully in a Climate Changing World

Carolyn Yoder

- **Wednesdays, 1:30 – 3:30 pm**
- **January 29, February 5, 12, 19**
- **Format: In Person | Limit: 24 | Cost: \$45**
- **Location: Ice House 117**

We are witnessing the growing effects of climate change—wildfires, hurricanes, and drought. Climate mental health expert Renee Salas, of Harvard Medical School, warns that none of us are immune as extreme weather events intensify. In this class, we accept climate change as a fact and focus on cultivating deep resilience, equanimity, and purpose in the face of uncertainty and possibility. Together we will:

- Identify the affective impacts of climate change on individuals and societies
- Learn processes and tools to address climate emissions: grief, numbness, burnout, hope, etc.
- Explore deep resilience practices that sustained our ancestors during periods of turbulence
- Discover what fosters active hope, meaning, and even joy amidst uncertainty
- Define climate justice and why it matters for a meaningful future
- Identify what collective environmental actions make us come alive
- Envision the just, regenerative future we long to create

Teaching methods include brief practical lectures, storytelling, guided group discussions, reflective questions, and hands-on exercises that can be used with others. The methods and activities turn a difficult topic into a community of support. Together, we enhance mental wellness, learn ways to help others, and commit to collective regenerative climate action that fits our interests and phase of life.

Carolyn Yoder is a licensed psychotherapist who believes mental wellness and resilience practices should be accessible to everyone, not just those in private therapy settings. In 2002, she led a multidisciplinary team that created the STAR (Strategies for Trauma Awareness and Resilience) program at Eastern Mennonite University's Center for Justice and Peacebuilding. Initially developed in response to 9/11, this community-based training equips civil society leaders in the U.S. and worldwide who are affected by natural disasters, war, and structural injustice.

Carolyn outlines the key principles of the STAR approach in *The Little Book of Trauma Healing: When Violence Strikes and Community Security is Threatened*. (2005, revised 2020). It is shaped by nearly two decades of experience living and working in regions impacted by collective trauma in Asia, Africa, the Middle East, the Caucasus, and now a decade working in the US. Recently, Carolyn assembled a diverse team to launch Climate STARR (www.climatestarr.org), a training to help turn climate anxiety into creating a just, regenerative future for all.

American Impressionist and Realist Artists

Mary Louise Loe

- **Wednesdays, 1:30 – 3:30 pm**
- **February 26, March 5, 12, 19, 26**
- **Format: In Person | Limit: 35 | Cost: \$45**
- **Location: 117**

This course will discuss the American Impressionist and Realist painters who worked in the period from the 1870s to the 1920s. Although American artists initially rejected French Impressionism as an art style, by the 1880s Impressionism began to be accepted in the United States. Hundreds of American artists moved to France to study painting and upon returning home, they began working together in artists' colonies. The original colonies were located mainly in the Northeast, although artist communities soon developed in the Mid-West and California as well. Many American female artists, including some Suffragettes, formed their own groups. American artists were influenced by the French Impressionists' techniques—their attempt to capture natural light and atmosphere—as well as by their subject matter: the painting of modern

life both in urban and outdoor settings. In their paintings, the American Impressionists expressed their optimism in the future and in the rapid, dynamic changes which America was going through at the turn of the century. By the early 1900s, another group of American artists became popular. They were known as Realists or The Ashcan School due to their depiction of more negative aspects of urban life. Although these Realist painters were initially seen as opposed to the American Impressionists, in fact the two groups had much in common and often worked together. In our class, we will study the paintings of these artists and discuss their lives and influence on future American artists.

Mary Louise Loe is retired from JMU where she taught in the History Department from 1973-2012 and part-time until 2020. Her areas of specialty are Russian History, European History and Modern Human Rights. She has a B.A. from the University of Wisconsin-Madison and an M.A and Ph.D. from Columbia University. She has been teaching classes for LLI since 2013.

Cultural Geology of Virginia

Aaron Cross

- **Wednesdays, 1:30 – 3:00 pm**
- **March 5, 12, 19, 26**
- **Format: In Person | Limit: 20 | Cost: \$40**
- **Location: Ice House 104**

Virginia sprawls across five distinctive geologic provinces, providing a broad range of landscapes — from the murky Dismal Swamp down on the Coastal Plain to windswept Mount Rodgers high in the Blue Ridge Mountains. In this class, we'll discuss how these diverse natural environments have shaped human activity from the prehistoric to the present, including settlement patterns, transportation networks, land use, architecture, and even such dissimilar topics as cuisine and warfare. In our virtual transect across the Commonwealth you'll learn the underlying reasons why Virginia's cities and roads came to be where they are today. You'll learn how Virginia's geology played a crucial part in the American Civil War. You'll learn how earth materials have driven local economies. And you'll get a good dose of vernacular architecture such as limestone walls in the Shenandoah Valley, slate roofs on the Piedmont, and cobblestone streets in Richmond's Shockoe Bottom. Then we'll top it all off with a word or two about barbeque

Session **A** Courses

January 27 – March 28, 2025

Cultural Geology of Virginia

continued from previous page

joints and crab shacks. Having completed this course I hope that you will have a better understanding about how geology has helped shape what it means to be a Virginian.

Aaron Cross has three decades of professional experience as a researcher, geo-scientist, and cartographer. He has worked on a broad range of cultural issues with geological foundations, including topographic analysis, land planning, and historic preservation. His career has taken him to the private-sector, academia, and numerous state and federal government agencies, including the National Park Service and the Virginia Division of Geology and Mineral Resources. Additionally, he has considerable experience as a geo-science educator, having taught courses at Piedmont Virginia Community College, the Wintergreen Institute, and The University of Virginia, where he was an adjunct faculty for fifteen years. His maps of the Shenandoah Valley Battlefields National Historic District were presented to the United States Congress in support of its official designation.

Replenish: Calm and Cozy Kundalini Yoga for Wintertime

Jennifer Perry

- **Thursdays, 9:30 – 11:30 am**
- **January 30, February 6, 13, 20, 27**
- **Format: In Person | Limit: 20 | Cost: \$45**
- **Location: Ice House 117**

To our bodies, Wintertime is a time to go inward, a time to rest and replenish before the coming of Spring. In this class, we'll explore a range of Kundalini Yoga techniques to feel calm and cozy and to help us strengthen our immune systems. We'll learn how to transform the 'winter blahs' so we can actually enjoy the slow, still time of the colder months. Each class will close with time for soothing homemade yogi tea. Participants are asked to dress comfortably and bring a yoga mat and blanket(s). Chairs will be available and we'll explore modifications for every exercise to meet our bodies' individual needs. Most people find a Kundalini Yoga class unlike any other yoga class they've ever experienced—however, no previous experience with any yoga is necessary. Kundalini Yoga can be practiced by anyone, by ANY body.

Jennifer Perry (Dass Priya Kaur) is a certified Kundalini Yoga Level I teacher, as well as a certified teacher of Radiant Child Yoga. She has completed her Master Level III Reiki training and is pursuing further study and certification in yoga and various other healing modalities. Jennifer is co-founder of smallSEEDS, a small business devoted to offerings of Kundalini Yoga, Reiki, permaculture training, and community connection.

Ecological Gardening

Anna Maria Johnson

- **Thursdays, 9:30 – 11:30 am**
- **February 27, March 6, 13, 20, 27**
- **Format: In Person | Limit: 20 | Cost: \$45***
- **Location: Ice House 104**

**An additional \$20 for a textbook, *Plant Ridge and Valley Natives: A Guide for Gardeners* or print off yourself for free as a PDF.*

This Ecological Gardening course will include interactive lectures interspersed with hands-on participation, guided discussion, and practical application. **Outcomes:** **1.** learn about ecological principles and why it is important to provide native plant habitat in your home garden **2.** learn digital tools for how to identify plants as native, introduced, invasive, or uncertain; weigh ethical considerations when managing introduced species living within the land you tend **3.** plan a simple project you want to implement in a landscape you tend (create a container garden, frog pond, rain garden, pollinator garden, shade garden, riparian planting, or replace a patch of invasive plants with native plant alternatives, etc.) **WEEK 1:** Introduction to Ecological Principles and the Ridge & Valley Native Plant Guide; inspirational slideshow of local projects. Consider a modest design project you want to tackle at home or at a place where you volunteer regularly **WEEK 2:** How to use digital tools including Seek and the Flora of Virginia App to generate plant lists, check regional nativity of plants, check habitat requirements, and more. How to learn from natural areas around you. **WEEK 3:** Introduce Ethical Reasoning and Conservation (weighing different values for different species; considerations for invasive species management); use the 8 key questions as if plants and animals had the same worth as human beings. Consider scenarios involving species that occur

locally. **WEEK 4:** Plan a Design Project to Implement at Home using traditional or digital tools. **WEEK 5:** Showcase and share project designs with each other. Highlight successful features and provide feedback on potential problems and solutions. Share resources via shared Google document or folder.

Anna Maria Johnson teaches full-time in the School of Writing, Rhetoric, and Technical Communication at James Madison University. She has certifications as Virginia Master Naturalist (through the Headwaters Chapter) and as a Flora Ambassador (through the Flora of Virginia Project). She serves as president of the Shenandoah Chapter of the Virginia Native Plant Society. Anna Maria managed the publication of the guide *Plant Ridge & Valley Natives: A Guide for Gardeners*, which is in its 2nd edition. She lives near the North Fork of the Shenandoah River with conservation photographer Steven David Johnson. She is passionate about cultivating healthy relationships between human beings and the rest of the natural world. To this course, she brings her diverse experiences from the visual arts, creative writing, environmental communication, gardening, natural history, and teaching.

Awaken to Your Dreams

Pamela Beverage

- **Thursdays, 9:30 – 11:30 am**
- **March 13, 20, 27, April 3, 10**
- **Format: In Person | Limit: 18 | Cost: \$45**
- **Location: Ice House 11**

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, a look at life from a new perspective, and practical hints on remembering dreams and working with them. The class will include an overview of Jungian psychology as this approach to dream understanding is based on his psychology.

Pamela Beverage, Ed. D., LPC has completed more than twelve years of post-doctoral studies in Jungian psychology. She studied in Switzerland at the Research and Training Centre for Depth

Psychology where she achieved advanced candidate status. She has done adult training and facilitated group discussions for more than 50 years in topics such as leadership, communication, conflict management, and team building. Currently, she maintains a part-time private practice as a Jungian Psycho-therapist.

Play Chess I

Tom Mack

- **Thursdays, 1:30 – 3:30 pm**
- **February 6, 13, 20, 27, March 6**
- **Format: In Person | Limit: 20 | Cost: \$45**
- **Location: Ice House 104**

Have you ever thought about playing chess, but you did not have anyone to teach you? Do you know the basics and would like to improve your game? Do you know how to play but lack an opponent? Then this course is for you. Chess is perfect for those looking for a challenge. As a strategy game it keeps your brain active as players engage in planning, analysis, and problem solving. In addition, it is a great way to socialize and deal with stress and anxiety. Best of all, chess can be played anywhere, year-round. All you need is a chess set and a partner. Although the basics are easy to learn, people have dedicated years to mastering the game. This course will go over the fundamentals; the rules of the game, how to move and capture pieces, and how to achieve checkmate. We will also go beyond the basics to teach strategies and tactics to improve your game and assist you on your quest to becoming a chess master. Each class will be long enough to play some chess, putting your new knowledge to use.

Tom Mack is a retired elementary school teacher who ran a weekly, after-school chess club for 20 years, including taking students to weekend VA Scholastic Chess League tournaments. He now spends his days with his wife, Lesley, creating, maintaining, and giving tours of their three-acre botanical garden outside Luray. Google 'Birdsong Pleasure Garden' and schedule a tour. Tom also spends time reading, playing chess, leading an English Country Dance group, and walking their rescue dog, Moon.

Session **A** Courses

January 27 – March 28, 2025

Nine Types of the Enneagram

Heidi Hochstetler

- **Thursdays, 1:30 – 3:30 pm**
- **February 6, 13, 20, 27, March 6**
- **Format: In Person | Limit: 25 | Cost: \$45**
- **Location: Ice House 117**

Gain a greater understanding of the nine types of the Enneagram. We'll look at each number in depth and explore the core dynamics, motivation, worldview, childhood, and typical patterns. For each type we will tap into the subtypes, blind spots, and levels of development. Together, we'll dig deeper with important questions and healthy practices for greater self-awareness and growth. Through the lens of each Enneagram type, we'll discover insights and wisdom for powerful and authentic living

Heidi Hochstetler is a Transformational Life Coach and Integrative Enneagram Practitioner based in Harrisonburg. She is an accredited coach through the International Coaching Federation and Integrative Enneagram Solutions. Additionally, Heidi holds certifications in teaching and training with the Enneagram for individuals, teams, leaders, and organizations. Her engaging approach to coaching invites curiosity, clarity, and compassion. Heidi's private practice, Wholeheartedly You, LLC, serves individuals and groups locally and around the world.

An Open Conversation Around Death and Dying

Mert Brubaker and Jennifer Perry

- **Thursday, 1:30 – 3:30 pm**
- **March 13**
- **Format: In Person | Limit: 15 | Cost: \$20**
- **Location: Ice House 104**

A Death Cafe is a space for talking openly about death but with no agenda, no desired outcome other than to open the conversation in a relaxed, informal and safe space. The stated objective on the Death Café website is to 'to increase awareness of death with a view to helping people make the most of their (finite) lives.' A Death Cafe is not a grief support group nor is it a group counseling session and generally not appropriate for the

recently bereaved. Death Cafés are not trying to sell you anything nor are they designed to lead you to any specific conclusion. The goal is simply to open discussion on topics related to death, which generally arise from the group assembled. And there is always tea and cake.

Mert Brubaker is a trained End of Life Doula, an elder care giver and Care Navigator for Valley Village in Harrisonburg. She was a Physical Therapist for many years before embarking on a journey that led through stained glass art, art retreats for personal spiritual growth, dreamwork, Depth Psychology and some coursework in counseling, all leading to this work in helping the dying face into the very last part of their own journey.

Jennifer Perry is a certified Kundalini Yoga Level I teacher, as well as a certified teacher of Radiant Child Yoga. She has completed her Master Level III Reiki training and is pursuing further study and certification in yoga and various other healing modalities. Jennifer is co-founder of smallSEEDS, a small business devoted to offerings of Kundalini Yoga, Reiki, permaculture training, and community connection.



Muckrakers, Reformers, and Activists

Michael Stahl

- **Thursdays, 1:30 – 3:30 pm**
- **March 13, 20, 27, April 3, 10**
- **Format: In Person | Limit: 25 | Cost: \$45**
- **Location: Ice House 117**

This course will provide profiles of key public servants who became agents of change during important points in American history. Class sessions will include: The Public Service Covenant, taking the oath to serve: the Muckrakers, David

Graham Phillips, Ida Tarbell: the Reformers, Harvey Washington Wiley, Judge Frank Johnson; the Activists, Rosa Parks, Bayard Rustin; Keeping the Union Together, Thaddeus Stevens and General James Longstreet; The Future of Public Service in the wake of the 2024 Election. The course will utilize lecture/discussion formats and documentaries and other films to examine the stories of these American heroes we should all know better.

Michael M. Stahl served for 40 years in the executive and legislative branches of state and federal government. For most of his career, he served in various senior management positions at the U.S. Environmental Protection Agency in Washington D. C. He served for 18 years as an Adjunct Faculty member at George Mason University's Master's in Public Administration program, teaching courses on program planning and implementation. He has taught four courses for OLLI/UVA (on the events of 1968, the life of Robert F Kennedy, and profiles in public leadership). In July 2022, Michael published *The Promise of Public Service* (Routledge/Taylor and Francis Group), and he is working on his second book about profiles in public service. He is the recipient of the U. S. government's Presidential Rank Award for meritorious service (2002) and for Distinguished Service (2008), and EPA's Distinguished Career Service Award (2015). He holds a Master's in Public Administration (1980) from the University of Missouri.

Beginning Shawl Knitting

Amy Strunk

- **Fridays, 9:30 – 11:30 am**
- **February 7, 14, 21, 28**
- **Format: In Person | Limit: 15 | Cost: \$40***
- **Location: Ice House 104**

**There is an additional \$7.00 for the pattern. Participants will also need 840 yards of fingering weight yarn, US5/3.75mm circular in 40"/100cm length or size needed to obtain gauge, 3 stitch markers and a tapestry needle.*

This course is for those who have completed a beginner knitting class and can comfortably cast on, knit, and purl. During this class, we will work through Stephen West's Windschief Shawl pattern together. This pattern uses stockinette and twisted stitches to achieve an asymmetrical slanted pattern.

Amy Strunk is a lecturer in JMU's Department of Marketing and a former local yarn shop owner. She has been knitting and crocheting since she was 8 and has been teaching others the joy of fiber crafts since 2019.



The Story of the USS Houston CA-30/POW Experience

John Schwarz

- **Friday, 11:00 am – 12:30 pm**
- **March 14**
- **Format: In Person | Limit: 35 | Cost: \$25**
- **Location: Ice House 117**

The story is told of a WWII U.S. Navy heavy cruiser which was the flagship of the Asiatic Fleet operating in the Asia West Pacific at the time of the United States entry into WWII. For the modest number of crew members who survived her sinking, they would be held as POWs for the remainder of the war. Among those many were forced into slave labor working on the 'Burma-Thailand Death Railway', which was somewhat depicted in the epic war movie, 'Bridge on the River Kwai'.

John Schwarz is currently serving as Executive Director for the USS Houston CA-30 Survivors Association & Next Generations. He is a retired career Postal manager, a certified elementary school teacher and has delivered the presentation several dozen times at OLLI, libraries, retirement centers, etc. He has spent a lifetime in and around the survivors of the USS Houston CA-30, a WWII heavy cruiser with Captain and crew whose story epitomizes naval bravery.

MONDAY

Classes meet in person unless otherwise noted

TUESDAY

Classes meet in person unless otherwise noted

WEDNESDAY

Classes meet in person unless otherwise noted

 Indicates an Online Class

COURSE TITLE
MENNONITES IN THE VALLEY
USING YOUR IPHONE TO EXPLORE PHOTOGRAPHY
REFRAMING FITNESS PART ONE
REFRAMING FITNESS PART TWO
BEGINNING INSIGHT MEDITATION
GETTYSBURG
COURSE TITLE
LINCOLN AND HIS VIRGINIA FAMILY
MAKE SUSHI AT HOME
EXPLORING THE BODY/MIND CONNECTION THROUGH MEDITATION, HYPNOSIS AND INTUITION
ETHICS IN MODERN LIFE
MAKING UNIQUE BEADED AND WIRE WRAPPED JEWELRY
COURSE TITLE
WHAT MAKES FOREIGNERS TICK?
MASTERING SELF-PUBLISHING: A BLUEPRINT FOR INDEPENDENT AUTHORS
 ZENTANGLE: MORE INTERNATIONAL FUN
CREATE, PRINT, REPEAT
THE CIRCLE: ITS ROLE IN RESTORATIVE PRACTICES, IN BUILDING, MAINTAINING AND REPAIRING RELATIONSHIPS
TO THE LAST BITE: USING FOOD TO TELL STORIES
PLANT COMMUNITIES OF HYDRIC HABITATS

To register go online to www.jmu.edu/lli or call (540) 568-2923

INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Phillip Kniss	APRIL 7 - MAY 5	9:30 - 11:30 AM	VARIOUS LOCATIONS	\$70	36
Frank Doherty	APRIL 7 - MAY 5	9:30 - 11:30 AM	IH 104	\$45	36
Jackson Lohr	APRIL 7 - 28	9:30 - 10:30 AM	IH 117	\$35	37
Jackson Lohr	MAY 5 - JUNE 9	9:30 - 11:00 AM	IH 117	\$45	37
Barbara Martin	APRIL 7 - 28	1:30 - 3:00 PM	IH 104	\$40	37
George Gruner	MAY 5 - JUNE 9	1:30 - 3:30 PM	IH 117	\$45	38
INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Philip Stone	APRIL 1 - 15	9:30 - 11:30 AM	IH 117	\$45	38
Sandy Chen	APRIL 1 - 22	9:30 - 11:30 AM	ORIENTAL EXPRESS	\$40	39
Deborah Scalise	APRIL 8 - 22	9:30 - 11:30 AM	IH 104	\$35	39
Sarah Rosenson	APRIL 1 - 2	1:30 - 3:00 PM	ONLINE	\$40	39
Donna Barber	MAY 6 - 27	1:30 - 3:30 PM	IH 104	\$40 + \$20 EXTRA	40
INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Bill Weech	APRIL 2 - 30	9:30 - 10:30 AM	IH 117	\$40	40
James Blakey	APRIL 2 - 30	9:30 - 11:30 AM	IH 104	\$45	40
Jennifer Cottrell	APRIL 2 - 30	9:30 - 11:30 AM	ONLINE	\$45	41
Linda Leffel	APRIL 2 - 30	1:30 - 3:30 PM	IH 117	20 + \$25 SUPPLIES	41
Sue Prail	APRIL 9 - MAY 7	1:30 - 3:30 PM	IH 104	\$45	41
Peregrin Sanchez	MAY 7 - JUNE 4	1:30 - 3:30 PM	IH 117	45 + \$15 SUPPLIES	42
Sue Dickson	MAY 14 - JUNE 11	1:30 - 3:30 PM	IH 104	\$45	42

THURSDAY

Classes meet in person unless otherwise noted

COURSE TITLE

ENNEAGRAM: JOURNEY OF A LIFETIME

BRAIN GAMES: KUNDALINI YOGA FOR NEUROPLASTICITY

UNIVERSAL APPROACHES TO RESOLVE DISPUTES AND REPAIRING HARM

FINANCIAL WORKSHOP

PLAY CHESS II

FRIDAY

Classes meet in person unless otherwise noted

COURSE TITLE

HOLOCAUST NARRATIVES

FROM FRUIT TREE TO FOOD FOREST

THE SHENANDOAH NATIONAL PARK: ON-SITE HISTORY AND NATURE CLASS"

WOMEN OF THE HARLEM RENAISSANCE



To register go online to www.jmu.edu/lli or call (540) 568-2923

INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Heidi Hochstetler	APRIL 3 - MAY 1	9:30 - 11:30 AM	IH 104	\$45	43
Jennifer Perry	APRIL 10 - MAY 8	9:30 - 11:30	IH 117	\$45	43
Chuck Boles	MAY 15	9:30 - 11:00 AM	IH 104	\$30	44
Josh Defnall	MAR 27 - APRIL 17	1:30 - 3:30 PM	IH 104	\$45	44
Tom Mack	MAY 1 - 29	1:30 - 3:30 PM	IH 104	\$45	45

INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Simon Schocken	APRIL 4 - MAY 9	1:30 - 3:30 PM	IH 117	\$45	45
Mikaela Schmitt-Harsh	APRIL 4 - MAY 2	9:30 - 10:30 AM	IH 104	\$40	46
Nate Miller, Jim Lawson, and Sandy Conrad	MAY 10 (Saturday) 16 and 23	7:45 AM - 1:45 PM 11:00 AM - 1:45 PM	ELKTON COMMUNITY CENTER	\$65	46
Vanessa Rouillion	MAY 2 - 30	10:00 AM - 12:00 PM	IH 117	\$40	47



FREE
FIRST YEAR
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 Valid from
 July 1 - June 30

Session **B** Courses

March 31, 2025 May 30, 2025

Mennonites in the Valley

Phillip Kniss

- Mondays, 9:30 – 11:30 am
- April 7, 14, 21, 28, May 5
- Format: In Person | Limit: 30 | Cost: \$70*
- Location: Multiple Locations

**Cost includes course fee and bus transportation for field trip.*

A sumptuous lunch in an Old Order Mennonite home, plus bus transportation to various Old Order sites will take place on one session. There will be an additional cost of \$35, above the course /bus transportation fee, payable to the instructor.

The time for the field trip day will be 9:00 am – 2:00 pm.

Mennonites are a nearly 500-year-old Christian group with origins in 16th-century Europe and were among the earliest white European settlers in the Shenandoah Valley. Historically, they were an agrarian society with deeply religious communal commitments and non-violent practices. Today, their descendants consist of several distinct Mennonite groups in and around Harrisonburg, ranging from the most conservative buggy-driving “Old Orders,” to progressive Mennonites that operate a local liberal arts university and are involved in all sectors of public life. This course focuses on personal interaction with Mennonites from across this spectrum, and includes local trips to visit Mennonite institutions, churches, schools, and businesses. A sumptuous lunch in an Old Order Mennonite home, plus bus transportation to various Old Order sites for one session is included.

Phil Kniss grew up in a Mennonite family in Florida but has spent over 40 years in the Mennonite community in Harrisonburg, most of that time in church leadership. Now retired, he has pastored two local Mennonite congregations, including 28 years as senior pastor at Park View Mennonite Church. He holds an M.Div. from Eastern Mennonite Seminary in Harrisonburg, and a Doctor of Ministry from Northern Seminary in Lombard, IL. He is married with three adult daughters, two sons-in-law, and four grandchildren. He also enjoys photography, hiking, and roasting coffee.

Using Your iPhone to Explore Photography

Frank Doherty

- Mondays, 9:30 – 11:30 am
- April 7, 14, 21, 28, May 5
- Format: In Person | Limit: 15 | Cost: \$45
- Location: Ice House 104

The purpose of this course is to enable iPhone users to capture beautiful images. The course will include classroom instruction on using the many functions of an iPhone to take all kinds of pictures in many different situations. This course is only going to be helpful to individuals who have at least an Apple iPhone 11 and are using iOS 18. In addition to using the iPhone to take beautiful pictures, we will also focus on using Apple Photos to organize the photos as well as to enhance them. We will use only the iPhone 11 and newer phones through the iPhone 16 to take the pictures, organize, and improve them. We may focus some on using Apple Photos on an iPad or Apple desktop/laptop, but you only need an iPhone for this course. No prior photography experience is necessary to take this course. We will have several field trips to some of the most beautiful places in our Valley. We will also learn how to share our photos with friends and family as well as within the class. We will also use Google Photos to share images within our class. We will have several feedback times within the class so that people can get useful feedback about how to improve their photos. Our feedback tends to be very gentle.

Field Trips

The 2 or 3 optional field trips may include excursions to places in our Valley like Silver Lake, JMU, the Edith J. Carrier Arboretum, and the Shenandoah River. Other places could be used for the field trips, but these are the ones right now that I have used before, and they tend to work out very well. We take the field trips by carpooling from the Ice House parking lot and then returning to the Ice House parking lot.

Frank Doherty, a 35-year resident of the Shenandoah Valley and former JMU administrator, has been passionate about photography for more than 25 years. Frank was a member of the OASIS Gallery in downtown Harrisonburg for more than 13 years, sharing his photography with the community. His photography focuses primarily on

landscapes, gardens, flowers, birds, and beautiful places in the Shenandoah Valley. Frank has taught several LLI classes since his retirement, including classes on how to use your camera as we toured the most beautiful places in our Valley. Frank also has significant experience using Apple Photos and Google Photos to share, organize and enhance images.

Reframing Fitness Part One

Jackson Lohr

- Mondays, 9:30 – 10:30 am
- April 7, 14, 21, 28
- Format: In Person | Limit: 20 | Cost: \$35
- Location: Ice House 117

In this 4-week course, we will go over the basic pillars of health and develop a deeper understanding of how exercise, nutrition, sleep, and mental health work together in your favor. Students who take this course will also begin to understand personalized strategies for improving each component of their health. The one thing holding most people back in their health and well-being is simply confidence in the knowledge that they have about HOW to improve their health. This class will give you the confidence you need to start, progress, and even achieve the goals you may once have thought beyond you! Many students have left this class having returned to the gym for the first time in many years, some even inspiring their partners, spouses, or family members to do so as well! Warning: you may leave more inspired and motivated by your own knowledge and skills!

**Disclaimer* This course is fully educational, NOT a fitness course!*

Jackson Lohr grew up in Augusta County, VA where he developed a love for coaching. After getting his bachelor's in athletic training, and his master's degree in Strength and Conditioning, he and his wife moved back to the valley where he began personal training and has been doing so for the last 6 years. As a personal trainer, Jackson works primarily with seniors who are struggling with some form of pain, disability, or mobility issue.

Reframing Fitness Part Two

Jackson Lohr

- Mondays, 9:30 – 11:00 am
- May 5, 12, 19, June 2, 9 (no class on May 26 for Memorial Day)
- Format: In Person | Limit: 12 | Cost: \$45
- Location: Ice House 117

In this course, we will take the principles of exercise, nutrition, mindfulness, and sleep learned during part one to create customized plans for improving your health surrounding these factors. We will then put these plans into action and make customized edits throughout the course to maximize the effectiveness and results from those strategies. This course will contain a regular exercise component, so students should come prepared to take notes AND exercise each class!

Jackson Lohr grew up in Augusta County, VA where he developed a love for coaching. After getting his bachelor's in athletic training, and his master's degree in Strength and Conditioning, he and his wife moved back to the valley where he began personal training and has been doing so for the last 6 years! As a personal trainer, Jackson works specifically with seniors, especially those who have may pain or disability related to movement and have not had the success they would like on their own.

Beginning Insight Meditation

Barbara Martin

- Mondays, 1:30 – 3:00 pm
- April 7, 14, 21, 28
- Format: In Person | Limit: 16 | Cost: \$40
- Location: Ice House 104

Have you ever wanted to try meditation or tried it and became frustrated with it? This mindfulness-based meditation class will offer simple meditation and relaxation techniques. The benefits to meditation are many: a healthy way to relax and de-stress, promoting a positive frame of mind and helping to gain insights on life's challenges. Those new to meditation and those with a meditation practice are welcome.

Barbara Martin has a master's degree in Holistic Healing Arts and has been practicing meditation for over 25 years. She has been teaching beginning

Session **B** Courses

March 31, 2025 May 30, 2025

Beginning Insight Meditation

continued from previous page

meditation classes at Lifelong Learning Institute at JMU, Center at Belvedere in Charlottesville and at the Staunton-Augusta YMCA for 3 years.

Gettysburg

George Gruner

- **Mondays, 1:30 – 3:30 pm**
- **May 5, 12, 19, June 2, 9** (No class on May 26 for Memorial Day)
- **Format: In Person | Limit: 26 | Cost: \$45**
- **Location: Ice House 117**

We will look at the bloodiest battle of the Civil War. The three-day battle is considered both the turning point of the war and literally the high-water mark of the Confederacy. **1st CLASS** - The Road to Gettysburg; Why did General Lee decide to invade the north? Why Gettysburg? How did the lack of 'eyes on the ground' affect how the battle setup? **2nd CLASS** - Day 1, July 1, 1863. The battle begins; missed opportunities on both sides. At the end of the day, should Lee have decided not to further engage Union troops. **3rd CLASS** - Day 2, July 2, 1863. Little Round Top, the importance of the high ground and other battles that occurred that day. **4th CLASS** - Day 3, July 3, 1863. Pickett's Charge and the other battles that took place that day. Also, the decision to not finish off the Confederate Army at the end of the day. **5th CLASS** - The Civil War from Gettysburg to Appomattox and terms of surrender. The class will have the optional opportunity to visit the battlefield with the instructor following the completion of the class.

George Gruner is a local historian with over 40 years of teaching experience. He has worked as a docent at the Woodrow Wilson Presidential Library and Museum, and in Guest Services at Monticello. George has taught classes on the Eight Virginia Born Presidents, Women's Suffrage, The Evolution of the Constitution, Prominent First Ladies, What If? (a look at events that helped shape American History) and a class on Dirty Politics for LLI. He currently teaches chess at Anna's House School in Staunton and for the Staunton Parks and Recreation Department. George has served in the Vermont General Assembly as a State Representative. He also has

managed political campaigns for Federal, State, and local candidates. History and politics have always been a love for George.

Lincoln and His Virginia Family

Phillip Stone

- **Tuesdays, 9:30 – 11:30 am**
- **April 1, 8, 15**
- **Format: In Person | Limit: 30 | Cost: \$45**
- **Location: Ice House 117**

This course will provide information about the multiple generations of Lincolns who lived within a few miles of Harrisonburg, including his grandparents, great grandparents, multiple cousins; describe the local Lincoln Homestead, the Lincoln Family Cemetery and several Lincoln family homes in the community; a biographic sketch of Abraham Lincoln and a review of his contributions to history; consideration of what made him a great president, whether current presidents and leaders might learn from him.

Phillip Stone is the former president of Bridgewater College and Sweet Briar College, a practicing attorney, Founder and President of Lincoln Society of Virginia, Member of state and federal commissions to commemorate Lincoln's 200th birthday, frequent speaker on Lincoln, and former board Chair of Thomas Jefferson's Poplar Forest.



Make Sushi at Home

Sandy Chen

- Tuesdays, 9:30 – 11:30 am
- April 1, 8, 15, 22
- Format: In Person | Limit: 12 | Cost: \$40
- Location: Second Floor Oriental Express

CLASS 1: Introduction to Sushi and its culture

CLASS 2: Preparation for Making Sushi: Shop ingredients at the market, Sushi knife selection & preparation Rice cooking

CLASS 3: How to Make California Rolls and Tempura Rolls

CLASS 4: Innovative Sushi

Sandy Chen has managed the Chinese & sushi restaurant (Oriental Cafe) in Harrisonburg since 2012. The restaurant serves a wide range of cuisine from authentic Chinese food to Japanese sushi.

Exploring the Body/Mind Connection Through Meditation, Hypnosis, and Intuition

Deborah Scalise

- Tuesdays, 9:30 – 11:30 am
- April 8, 15, 22
- Format: In Person | Limit: 15 | Cost: \$35
- Location: Ice House 104

There is a magic in your mind and body that wants your notice. Let's explore our power in the mind and body connection through meditation, hypnosis and intuition. Each of the 3 classes gives you an understanding of the impact and changes that take place with a regular practice of meditation, self-hypnosis or touching your inner guidance (intuition). In the three areas of focus (meditation, hypnosis & intuition) you will learn and practice different types and styles. A change in perspective, feeling calmer and more relaxed, those are some of the changes that have been noted by regular practitioners.

Deborah Scalise lives in Harrisonburg with her husband Joe and they are both happily retired. Deborah retired in 2012 from finance and had lots of different interests she wanted to explore. She finished Yoga Teacher Training in 2017 and finished Reiki Master Training in 2022. Along the way she has completed training or courses in more yoga, Shiatsu Massage, Aromatherapy, Hypnosis and most recently Intuition. She currently teaches yoga and Silver Sneakers Classic at Valley Fitness and teaches yoga at Preston Lake. She conducts workshops every couple of months with Dabney Vaccaro an herbalist. She has been conducting Yoga Weekend Retreats at Shrine Mont in Orkney Springs since 2017. When not planning or doing yoga, workshops or yoga retreats – she is happily taking trips with her family.

Ethics in Modern Lifew

Sarah Rosenson

- Tuesdays, 1:30 – 3:00 pm
- April 1, 8, 15, 22
- Format: Online | Limit: 30 | Cost: \$40
- Location: Zoom

In this interactive online discussion class, we will explore a different real-world ethical issue each week. Questions discussed will include: Should the Audubon Society, streets, schools and other institutions, change their names because they are named after people who owned slaves? What are some of the ethical issues that come up around donation of organs, and how are they resolved differently in different countries? Should there be a mandatory retirement age for Senators, Congresspeople, and the President? Would this be unethical age discrimination, or not? Come join the conversation and share your views!

Sarah Rosenson has an undergraduate degree from Georgetown University, a law degree from the University of Pennsylvania, and a master's degree in Jewish studies from the Spertus Institute. She practiced law for a decade, and taught classes on ethics, philosophy, and world religions at a private high school for over a decade. She currently teaches adults in-person at retirement communities and the Jewish Community Center and teaches both adults and children on various online platforms, including several OLLIs.

Session **B** Courses

March 31, 2025 May 30, 2025

Making Unique Beaded and Wire-Wrapped Jewelry

Donna Barber

- **Tuesdays, 1:30 – 3:30 pm**
- **May 6, 13, 20, 27**
- **Format: In Person | Limit: 10 | Cost: \$40***
- **Location: Ice House 104**

**There will be a \$20 materials charge plus students will be expected to purchase basic jewelry tools after the first week.*

This course provides basic instruction and practice with making earrings, necklaces, bracelets, and wire wrapped stones. Information will also be provided with how to upcycle favorite family pieces, where to find economically priced beads, and how to make simple repairs on jewelry. The student will make jewelry each class to take home. The following is scope and sequence of the 4-week class. **WEEK 1** How to make beaded earrings. **WEEK 2** Continued instruction on making beaded earrings and adding wire wrapping to the stone. **WEEK 3**, Making necklaces and wire wrapped pendants. where to find economical beads and stones to use. **WEEK 4**. How to upcycle family pieces into new creations. How to make simple repairs on jewelry. How to use shells in jewelry.

Donna Barber graduated from JMU with both graduate and undergraduate degrees in education. She was a teacher for over 25 years. During that time, she learned how to make beaded jewelry and has been practicing her craft for over 15 years. Donna has taught several individual students to make beaded jewelry and has taught several workshops on making earrings, necklaces and bracelets. She loves to teach, and loves to make beaded, wire wrapped stones, and shells.

What Makes Foreigners Tick?

Bill Weech

- **Wednesdays, 9:30 – 10:30 am**
- **April 2, 9, 16, 23, 30**
- **Format: In Person | Limit: 20 | Cost: \$40**
- **Location: Ice House 117**

Have you ever had an encounter with a person from another country that you found baffling? Perhaps you were traveling and had a puzzling

experience. Maybe it was an immigrant right here in Virginia whose behavior surprised you. In this program, we'll explore Hofstede's model of cultural value differences and use it to help explain the wide range of human behavior. (We might even conclude that on the global stage, the weird ones are us, not them!) Along the way, we will also share a few tips on how to interact effectively with people who are different from us. Each participant will be expected to provide at least one personal case study of surprising cross-cultural interactions or differences that we can use for analysis in the class.

Bill Weech has lived in five countries and visited 32 others. In his younger days, he managed to get himself in trouble in three languages other than English. During his professional career, Bill trained people from more than 75 countries in topics ranging from communication skills to supervision. Bill has been an exchange student, a Peace Corps volunteer, an English teacher, and a U.S. diplomat. Now mostly retired, Bill still indulges his interest in cross-cultural conundrums by teaching international management for JMU, serving as an interpreter at the Blue Ridge Free Clinic, and volunteering with CWS to mentor teenage refugees.

Mastering Self-Publishing: A Blueprint for Independent Authors

James Blakey

- **Wednesdays, 9:30 – 11:30 am**
- **April 2, 9, 16, 23, 30**
- **Format: In Person | Limit: 10 | Cost: \$45**
- **Location: Ice House 104**

Have you written a book but don't know what to do next? This course will walk you through every stage of the self-publishing process, from editing and formatting to distribution and marketing. Whether your manuscript is still rough or polished, you'll learn how to take your book from draft to publication and beyond. We'll cover developmental, proof, and copy-editing techniques and introduce the best formatting tools and software, making your book look professional in both print and digital formats. You'll explore key distribution platforms, including Amazon, IngramSpark, and Draft2Digital, learning the pros and cons of each. Marketing is essential for any author, so we'll

discuss strategies for promoting your book on social media, building an author platform, and connecting with readers through newsletters and ads. Plus, we'll cover how to sell your book both online and in person, whether through book signings, local bookstores, or events. We'll also address common scams and pitfalls in the self-publishing world and share all the little-known details that can make or break your journey. By the end of this course, you'll be ready to take full control of your publishing career with confidence.

James Blakey has published fifty short stories across a variety of genres. He is a three-time finalist for the Short Mystery Fiction Society's Derringer Award, winning in 2019 for his story 'The Bicycle Thief.' He leads critique groups in Harrisonburg, Charlottesville, and Shenandoah County. He serves as the Secretary for the Rocktown Writers Guild. His paranormal thriller *SUPERSTITION* was published by City Owl Press in September of 2024. He is the publisher and co-editor of **CHARLOTTESVILLE FANTASTIC: Arcane Echoes** from Virginia's Heartland, a fantasy anthology of twenty stories set in and around Charlottesville.

Zentangle More International Fun

Jennifer Cottrell

- **Wednesdays, 9:30 – 11:30 am**
- **April 2, 16, 23, 30***
- **Format: Online | Limit: 25 | Cost: \$45**
- **Location: Zoom**

**Note: there is no class session on April 9th.*

Jennifer will lead you through classes inspired by her many travel adventures. Color will be used, as well as regular tangling supplies.

Jennifer Matthaei Cottrell has been a Certified Zentangle® Teacher for 10 years and has been interested in art and craft since early childhood. Jennifer teaches Zentangle® for LLI, private parties, team building, and classes all around the world.

Create, Print, Repeat!

Linda Leffel

- **Wednesdays, 1:30 – 3:30 pm**
- **April 2, 9, 16, 23, 30**
- **Format: In Person | Limit: 12 | Cost: \$20***
- **Location: Ice House 117**

**There will be an additional \$25.00 fee for supplies. Also, participants will need to purchase a linoleum carving tool set (approx. \$7.00). Participants should also bring disposal gloves, an apron, and a small accordion paper file for storage of work.*

Students will learn a few basic about types of prints and then create their own prints with monoprint, collage and carved relief designs. All will be encouraged to try various materials in new and inventive ways to create some stunning works of art. Success guaranteed!

Linda Leffel graduated from JMU in 1972 with a BS degree in Art Education and taught Art 1-4 at Turner Ashby High School in Rockingham County for 28 years. Over that time, her students won over \$65,000 in scholarships and she had eight students accepted to Virginia's Governor's School. Linda continues to create art in painting, wood-working, metal and jewelry, sculpture and ceramics and see every material as a resource. A firm believer that everyone is an artist, she loves sharing ideas and helping students dig deep to find their creative potential.

The Circle: Its Role in Restorative Practices, in Building, Maintaining and Repairing Relationships

Sue Prail

- **Wednesdays, 1:30 – 3:30 pm**
- **April 9, 16, 23, 30, May 7**
- **Format: In Person | Limit: 16 | Cost: \$45**
- **Location: Ice House 104**

The course will introduce the principles of Restorative Justice, how and why it works. the range of restorative practices, who benefits and give real life sample outcomes. The course will incorporate the Circle process, the primary tool of Restorative Practices and explore how it can be used to build, maintain and repair relationships in participants' own lives. This will be an interactive class with

Session **B** Courses

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The Circle: Its Role in Restorative Practices... *continued from previous page*

small group activities, skills building, discussions and role playing.

Sue Prail is the Director of Restorative Justice at the FairField Center, a position she has held since 2010. As a lifelong educator on several continents, she is a skilled teacher/trainer of all ages with excellent communication and creative planning skills. She is responsible for all programming, case management and public relations. She is a trained facilitator, a Virginia certified Juvenile and Domestic Relations Court mediator and a Circle Keeper. Education MA in Conflict Transformation with a concentration in Restorative Justice, Eastern Mennonite University Harrisonburg, Virginia 2010 Undergraduate degrees in Education from Brighton University in England and Shepherd University in West Virginia.

To The Last Bite: Using Food to Tell Stories

Peregrin Sanchez

- **Wednesdays, 1:30 – 3:30 pm**
- **May 7, 14, 21, 28, June 4**
- **Format: In Person | Limit: 15 | Cost: \$45***
- **Location: Ice House 117**

**There is an additional \$15 fee for food, payable to the instructor.*

This course is an introduction to writing about food in both a fiction and non-fiction context. Together we'll cover how to describe that one incredible meal you had in Mexico, why the princess in your Medieval romance shouldn't be eating potatoes, how to write a story through recipes (and how to write a proper recipe!), and most importantly, why describing the food people eat and how they eat it can elevate your writing and create genuine connections with your reader. Students should be generally familiar with basic writing techniques and be prepared to do some writing outside of class.

Peregrin Sanchez (he/him) is the current director of the Friendly City Safe Space and co-founder/board president of the Rocktown Writers Guild, both in Harrisonburg, VA. A San Francisco native, he moved to the Harrisonburg area in 2020 to be closer to his partner's family. His writing experience intersects with many of his other career paths,

including as a chef educator, menu designer and recipe writer; as a Spanish and Italian-English translator for both technical/HR documents and operatic Libretto; and as an essayist and guest lecturer on LGBTQ topics. His short stories and creative non-fiction essays can be found in a number of local publications and anthologies in and around Harrisonburg.

Plant Communities of Hydric Habitats

Sue Dickson

- **Wednesdays, 1:30 – 3:30 pm**
- **May 14, 21, 28, June 4, 11**
- **Format: In Person | Limit: 20 | Cost: \$45**
- **Location: Ice House 104**

Note: There may be field trips with this course. You must be able to traverse up to 2 miles on uneven ground both grassy and slightly rocky. Participants will provide their own transportation to any field sites.

Come learn to identify the community of plants that grow together in the alluvial forest. This course will discuss the herbaceous and woody native plants that grow adjacent to water. Lowland habitats are often the most intense and diverse environments in our region. Often, these areas are underappreciated because they do not sustain agriculture and many other human endeavors. But surprisingly, the woody plants found in the hydric habitat are some of the most adaptable to urban conditions. We will consider the ornamental value, growth habit, and limitations of these plants. Basic taxonomic principles are used for field identification. The application of the knowledge gained in this class will prepare students to properly select plants for rain gardens, bioretention areas as well as a variety of urban sites that may not drain well, have highly compacted clay or post-construction soils. This class is being offered because of the ease of mobility on more level pathways than the rolling hills or mountainous natural habitats in our region. On one field trip, we will view a rich variety of early blooming native wildflowers such as Virginia bluebells and their partners. The second field trip will serve as a review session of many of the plants and the fascinating habitat we have studied during this course. The sense of mystery of the alluvial forest calls us to explore. Come join us!

Sue Dickson worked nine years as an Assistant Professor of Horticulture at Northern Virginia Community College in Loudoun County, VA. Sue grew up 10 minutes from Longwood Gardens and Winterthur Gardens. With such extraordinary inspiration she couldn't avoid becoming a horticulturist! Over the years she has sustained a deep commitment to horticulture as a greenhouse perennial plant production grower, garden designer, and grounds manager. Her extensive background in production horticulture has provided her with a wealth of hands-on experiences that she applies in the classroom. Many of her horticultural accomplishments and writings were widely recognized at her previous posts as horticulture manager at Keswick Hall and Woodberry Forest School near Charlottesville, Virginia. B. S. Plant Science, University of Delaware M. S. Horticulture, Virginia Polytechnic Institute and State University. Sue recently retired and lives in Rockingham.

Enneagram: Journey of a Lifetime

Heidi Hochstetler

- **Thursdays, 9:30 – 11:30 am**
- **April 3, 10, 17, 24, May 1**
- **Format: In Person | Limit: 25 | Cost: \$45**
- **Location: Ice House 104**

Join us on the journey of a lifetime through the lens of the Enneagram. We'll go from childhood through later years, exploring childhood messages, play, friendships and relationships, work and career, midlife, transitions, and aging. Through discussions and interactive activities, consider ways the Enneagram offers insights on relationships, mindset, limiting beliefs, conflicts, vulnerability, and life reflections. Work on your personal timeline and take the drone view for a broader look at patterns and messages that currently impact or have impacted your life. Tap into the wisdom of the Enneagram. A basic understanding of the Enneagram and the nine types is important for this course.

Heidi Hochstetler is a Transformational Life Coach and Integrative Enneagram Practitioner based in Harrisonburg. She is an accredited coach through the International Coach Federation and Integrative Enneagram Solutions. Additionally, Heidi holds certifications in teaching and training with the Enneagram

for individuals, teams, leaders, and organizations. Her engaging approach to coaching invites curiosity, clarity, and compassion. Heidi's private practice, Wholeheartedly You, LLC, serves individuals and groups locally and around the world.

Brain Games: Kundalini Yoga for Neuroplasticity

Jennifer Perry

- **Thursdays, 9:30 – 11:30 am**
- **April 10, 17, 24, May 1, 8**
- **Format: In Person | Limit: 20 | Cost: \$45**
- **Location: Ice House 117**

Neuroplasticity: the brain's ability to grow, adapt, and heal. How amazing is that?! And it is a capacity that can remain with us all our lives! In this class, we will practice Kundalini Yoga techniques that specifically encourage and support neuroplasticity and cognitive functions such as memory, perception, and focus. We'll explore the three minds of yogic anatomy (positive, negative, and neutral), and spend time with Kirtan Kriya, a meditation that is gaining traction in the clinical treatment of Alzheimer's Disease and depression. Participants are asked to dress comfortably and bring a yoga mat and blanket(s). Chairs will be available and we'll explore modifications for every exercise to meet our bodies' individual needs. Each class closes with time for soothing homemade yogi tea. Most people find a Kundalini Yoga class unlike any other yoga class they've ever experienced—however, no previous experience with any yoga is necessary. Kundalini Yoga can be practiced by anyone, by ANY body.

Jennifer Perry (Dass Priya Kaur) is a certified Kundalini Yoga Level I teacher, as well as a certified teacher of Radiant Child Yoga. She has completed her Master Level III Reiki training and is pursuing further study and certification in yoga and various other healing modalities. Jennifer is co-founder of smallSEEDS, a small business devoted to offerings of Kundalini Yoga, Reiki, permaculture training, and community connection.

Session **B** Courses

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Universal Approaches to Resolve Disputes and Repairing Harm

Chuck Boles

- Thursdays, 9:30 – 11:00 am
- May 15
- Format: In Person | Limit: 25 | Cost: \$30
- Location: Ice House 104

Harrisonburg/Rockingham represents a wide array of cultures with diverse religious teachings. However, despite those diverse teachings, the local faith communities of Christianity, Judaism, Islam, Hinduism, and Buddhism teach universal approaches to resolving disputes and repairing harm. Addressing each of the five top U.S. faith communities, this workshop explores:

- Facts about the “dispute epidemic” being experienced within faith communities,
- Why disputes among the elderly faith population are being “ignored,”
- Similarities the top five U.S. religions teach about resolving disputes and repairing harm, and
- How workshop attendees can use religious teachings to guide them in resolving disputes and repairing harm.
- Different approaches of the top five U.S. religions

Chuck Boles graduated from a 1-room country schoolhouse as the only student in his grade. He pursued his education to achieve a B.A. (Education) and M.A. (Communications). After completing military service, he entered a corporate marketing career of two decades before opening his own business as an Asset Transfer Advisor and Business Consultant. Currently, in addition to his business services, he is also an Ordained Deacon, Certified Hospice Volunteer, Virginia Supreme Court Certified Mediator, Justice Practitioner, and Visiting Professor.

A Financial Workshop

Joshua Defnall

- Thursdays, 1:30 – 3:30 pm
- March 27, April 3, 10, 17
- Format: In Person | Limit: 20 | Cost: \$40
- Location: Ice House 104

Looking to gain a better understanding about your investments? Want clarity around the tax implications of your investments and retirement accounts? Join us for this 4-week course!

WEEK 1 will focus on the foundations of the investing, common investing mistakes and how to avoid them, and investment strategies. **WEEK 2** we'll spend some time discussing stocks, bonds, and different ways to own them. **WEEK 3** we'll cover tax-free investing and how to protect yourself from fraud. In **WEEK 4** we'll wrap it up with Amy Slaubaugh from Trinity Insurance to discuss Medicare and Matthew Light from Botkin Rose PLC to discuss estate planning strategies.

Joshua Defnall grew up in Fauquier County Virginia and moved to the Shenandoah Valley to attend Eastern Mennonite University. His wife, Sarah, is a licensed professional counselor. They have four wonderful children, Elana (10), Teddy (8), George (5) and Lucille (3).

As a family, they're committed to their church, love the outdoors, and enjoy evenings spent with family and friends over a meal. Over the past 15 years, they've continued to fall more in love with the Valley and all that it has to offer; they're proud to call it home.

As a CERTIFIED FINANCIAL PLANNER™, Joshua is committed to being an advocate for the financial wellbeing of each of my clients. Edward Jones allows him to serve his clients in a personal way, keeping their best interests as my top priority. He works to understand what is most important to the families he serves, and uses an established process to help create realistic goals and implement personalized strategies to help them accomplish those goals. By partnering together, we work to stay on track through all stages of life.

In addition, Joshua loves to teach! He hosts numerous coffee conversations in the area where we discuss investments, markets, and a lot more. He also teaches this Financial Workshop at the Lifelong Learning Institute each fall and spring.

Play Chess II

Tom Mack

- **Thursdays, 1:30 – 3:30 pm**
- **May 1, 8, 15, 22, 29**
- **Format: In Person | Limit: 20 | Cost: \$45**
- **Location: Ice House 104**

You say you already know the basics of chess and you are looking for partners to challenge? Chess II is for you. A continuation of Chess I with more emphasis on tactics, tricks and traps. We will brush up on algebraic chess notation, using a chess clock, and playing against computer bots. Each class will include some instruction while allowing plenty of time to play chess against other class members.

Tom Mack is a retired elementary school teacher who ran a weekly, after-school chess club for 20 years, including taking students to weekend VA Scholastic Chess League tournaments. He now spends his days with his wife, Lesley, creating, maintaining, and giving tours of their three-acre botanical garden outside Luray. Google ‘Birdsong Pleasure Garden’ and schedule a tour. Tom also spends time reading, playing chess, leading an English Country Dance group, and walking their rescue dog, Moon.

Holocaust Narratives

Simon Schocken

- **Fridays, 1:30 – 3:30 pm**
- **March April 4 - May 9**
- **Format: In Person | Limit: 20 | Cost: \$45**
- **Location: Ice House 117**

Holocaust Narratives of the Jewish Holocaust are abundant: They have emerged out of a need to make meaning out of the horror of World War II. Countless testimonies have thus been produced by and collected from survivors, in all sorts of media, by numerous organizations and, privately, by individuals bearing witness to atrocity and wishing to document as historical instances of hatred, persecution, mass murder, resilience, and survival. Our goal is to understand the power of narrative in trauma and atrocity. We will try to understand and empathize with the victims of the Holocaust through their deeply personal stories.

In this five-week course, we will read excerpts from a few Holocaust narratives in book format. Tentative titles include (in order of first publication): *If This is a Man* (but title in the US *Survival in Auschwitz*) by Primo Levi (1947); *Night* by Elie Wiesel (1960); *Maus: A Survivor’s Tale* (first volume, “My Father Bleeds History”) by Art Spiegelman (1986); *Flory: A Miraculous Story of Survival* by Flory A. Van Beek (2008). We will supplement this material with narratives in other media, namely letters, videos, oral testimonies, documentaries, memoirs, (auto)biographies, diaries (by adults and children), letters, photographs, or drawings. Our course will examine familial narratives of the Holocaust—memoirs, biographies, autobiographies, and tributes. The multilayered experiences in these narratives vary according to the authors’ gender and age; the stages of their ordeal—ghettoization, transportation, camp imprisonment, murder, liberation. Some accounts are hybrid—at once fictional and non-fictional, or discursive and visual/graphic. They are all, however, grounded in intentional memory, a revelation of humanity at its best and worst. While literary, and interpretive, they are all historical. Hence, in studying these first-person accounts of trauma and atrocity, we end up studying the larger historical account of the Jewish Holocaust.

Simon Schocken is an Adjunct Professor of Economics at Blue Ridge Community College in Weyers Cave, Virginia, where he teaches Microeconomics, Macroeconomics, and Finance. He is also an Adjunct Professor at Bridgewater College, Department of Mathematics and Computer Science. He holds a bachelor’s degree in economics from Universidad of Chile (Santiago de Chile); and a Master of Science in Policy Economics from the University of Illinois at Urbana-Champaign. As a student of the Holocaust, he has taken courses for educators sponsored by the University College London, Yad Vashem, the Anti-Defamation League, the University of Southern California, and the Shoah Foundation. He is also an avid reader of books on the Jewish Holocaust; and has a keen eye for finding documentary films on the topic—the well-produced, the foreign-made, the lesser-known. He has traveled to Europe for genealogical research linked to WWII period. Both his parents have written memoirs on their experiences: His father (as a 10-year-old child) fled Nazi Germany (Berlin) in 1939 along with his parents and his older teenage brother and was one of the few ones in his extended family to survive the Holocaust. His

Session **B** Courses

March 31, 2025 May 30, 2025

Holocaust Narratives

continued from previous page

mother, born in Budapest, Hungary, in 1938, remained hidden in several locations, including a neighbor's apartment, a Catholic convent, and a Swedish "shelter" in Budapest organized by Swedish diplomat Raoul Wallenberg. Once in the line to be selected to Auschwitz, one of her mom's clients saved her life during the Hungarian Holocaust late in 1944.

From Fruit Tree to Food Forest

Mikaela Schmitt-Harsh

- **Fridays, 9:30 – 10:30 am**
- **April 4, 11, 18, 25, May 2**
- **Format: In Person | Limit: 15 | Cost: \$40**
- **Location: Ice House 104***

This course will explore the fundamentals of growing fruit trees in urban yards, including how to select, plant, and maintain trees. Mikaela will share some of her favorite resources for learning about and purchasing fruit-producing perennials and discuss some of the challenges and benefits of bringing fruit trees into the spaces we inhabit. The design and installation of mini food forests and plant guilds will be discussed, and Mikaela will share lessons from her experience designing and maintaining the Edible Forest Garden project on JMU's campus.

*This course may also include one or two class sessions as a field trip to the JMU Edible Forest Garden. A parking code for main campus will be provided.

Mikaela Schmitt-Harsh is an associate professor in the Department of Interdisciplinary Liberal Studies at James Madison University. She teaches courses in introductory biology alongside upper-division courses in urban ecology, agroecology, and coffeeology, the latter based on her research in Central America studying the social-ecological system dynamics of smallholder coffee production systems. She is the director of the Edible Forest Garden project on James Madison University's campus. Mikaela is an ISA certified arborist and member of several campus and community committees that address urban forest composition and cover.

The Shenandoah National Park: On-Site History and Nature Class

Nate Miller, Jim Lawson, and Sandy Conrad

- **Saturday, 7:45 am – 1:45 pm**
May 10 (Rain Date, May 17)
- **Fridays, 11:00 am – 4:00 pm**
May 16 and 23 (Rain Date, May 30)
- **Format: In Person | Limit: 22 | Cost: \$65**
- **Location: Each Session Starts at Elkton Community Center**
***20593 Blue and Gold Dr. Elkton, VA**

Please Note: This is a carpooling class.

A JMU Waiver of Risk form must be signed by all participants in advance of the first session.

This is an all "out of doors" hiking class. Participants must be able to hike 2-3.5 miles on Mountain Forest Trails unaided and be able to keep pace with the group to multiple sites.

Additional materials will be provided to registered participants.

Bring a bag lunch to all three sessions.

SESSION 1 led by Nate Miller on Saturday, May 10: The nature hike is 1.4 miles and will take approximately 2 hours to complete. We will view spring buds, bugs, birds and geology. We will then arrive at Big Meadows for a comfort break and lunch. You can pack a lunch or dine on your own at the Wayside Restaurant. After lunch, conditions permitting, we will see the Mafic Fens Wetlands Forest Nature Trail or the High Elevation Meadow Wetlands (1.8 miles approx.) If time permits you can experience the Big Meadows Museum and gift shop. Departure back to Elkton.

SESSION 2 AND 3 hikes will focus on the history of Shenandoah National Park and visit sites within the park. Rambles will be .75 – 3 miles.

SESSION 2 on Friday, May 16: We will start with a brief orientation and slide presentation. Where we will eat lunch and then depart for the park for our History and Ecology hike.

SESSION 3 on Friday, May 23: Arrive at the Elkton Community Center and depart for the park for a continuation of our History and Ecology hikes.

Nate Miller is from Rockingham County. He graduated from Eastern Mennonite High School. He is a lifelong gardener and naturalist. He also graduated from Bridgewater College where he majored in Art and Environmental Science. Later he left the Valley to obtain a master's in landscape architecture from Clemson University. Currently, he works at Messer Landscape in Staunton and teaches horticulture at Piedmont Virginia Community College where he is the first professor of cannabis in Virginia. He is also the owner of Simply Sustainable Landscapes through which he sells his book on sustainable landscaping. He teaches classes at LLI related to horticulture, nature and agriculture.

Jim Lawson is a past presenter for LLI focusing on his mountain heritage, the Shenandoah National Park, where he volunteers, and the Blue Ridge and Mountain cultures. Jim is a retired statistician from USDA and is a Master Naturalist.

Sandy Conrad is a retired ASID Interior Designer with a bachelor's degree in design and has an avid interest in all things historical. She has led and co-led over 50 courses, events, and Noontime Knowledge programs since joining LLI 28 years ago.

Women of the Harlem Renaissance

Vanessa Rouillon

- Fridays, 10:00 am – 12:00 pm
- May 2, 9, 16, 23, 30
- Format: In Person | Limit: 25 | Cost: \$40
- Location: Ice House 117

Following the Great Migration to the North and Midwest in the early 20th century, a wave of intellectual work developed fundamentally in the 1920s in Harlem, New York. African American writers, artists, musicians, folklorists, and activists— also known as the New Negroes—relocated or passed through Harlem and established a vibrant intellectual community. This course will examine selected New Negro women representatives such as Zora Neale Hurston, Nella Larsen, Jessie Fauset, and other lesser-known figures, through their life experiences, racial activism and literary work. Ideally, we will read selected books/pieces in preparation for class. As race is intricate (and crucial) to their writings, we will, ultimately, reflect on the social circumstances that motivated their art and what their fictional narratives accomplish.

Dr. **Vanessa Rouillon** is an Assistant Professor of English at Bridgewater College, Bridgewater, VA, where she teaches Composition; Grammar, Editing, and Style; Business and Technical Writing, and Black Literature (Harlem Renaissance); She specializes in African American rhetorics. Her research examines African American citizenship efforts and rhetorical activism during the first half of the twentieth century. She is currently writing the biography of an outstanding African American man, Albert R. Lee, who worked at the University of Illinois, at the President's Office, and became the unofficial, but first dean of Black students. She is the author of a documentary on Lee's contributions to Illinois, "A Man of Substance, One of Illinois' Finest Traditions," (2018) <https://www.youtube.com/watch?v=TPLPhhkQMe4>, produced by the University of Illinois. Her work has appeared in Challenge, Language Assessment Quarterly, The Public i, the Journal of Multimodal Rhetorics, and Peitho. She is also coauthor of Transnational Literate Lives in Digital Times (2012).



FREE
FIRST YEAR
MEMBERSHIP
Valid from
July 1 - June 30

Noontime Knowledge

FREE EVENTS

TITLE	PRESENTER	DATE	TIME	LOCATION
EARLY FUNERAL HOME HISTORY	C.W. Grandle	FEB 11	12:00 – 1:15 PM	ICE HOUSE 117
PRESERVING LEGACIES	Teresa Townsend	FEB 25	12:00 – 1:15 PM	ICE HOUSE 117
FRANK LLOYD WRIGHT	Sandy Conrad	MAR 11	12:00 – 1:15 PM	ICE HOUSE 117
SENIOR SCAMS	Sloan Champney	MAR 25	12:00 – 1:15 PM	ICE HOUSE 117
CIGAR BOX GUITARS	Chuck McCarty	APR 8	12:00 – 1:15 PM	ICE HOUSE 117
BASEBALL'S HISTORY IN ROCKINGHAM COUNTY, VA	Scott Suter	APR 22	12:00 – 1:15 PM	ICE HOUSE 117
ARTIFICIAL INTELLIGENCE	Anne Henricksen	MAY 13	12:00 – 1:15 PM	ICE HOUSE 117

Early Funeral Home History

Tuesday, Feb. 11 | 12:00 – 1:15 pm | Ice House 117

A presentation on the history of funeral parlors in our area and in particular about the history of Grandle Funeral Home in Broadway, VA.

C. W. Grandle is a former funeral director (retired) and co-owner of Grandle Funeral Home. C.W.'s father and his brother built the funeral home. C.W.'s son and nephew continue the family business.

Preserving Legacies

Tuesday, Feb. 25 | 12:00 – 1:15 pm | Ice House 117

What does leaving a legacy look like? Let's explore what it means to leave a legacy, extending beyond wealth to discover the various ways to share your legacy through life stories and memories.

Teresa Townsend believes in the value of sharing one's life story. Often, the most important reason lies within the storytellers themselves. Through her experiences and work, she understands the power of stories on the person and how they can connect generations. Teresa has been a personal historian and owner of Tapestry Life Stories for ten years. She is a certified legacy facilitator and Guided Autobiography Instructor, a member of the Life Story Specialists, and holds Reminiscence and Life Story Work certification through the University of Wisconsin-Superior. She is also a certified member and a Master Class graduate of the Photo Managers and a privacy advocate. In 2003, Teresa received the first Sharon Wunder Impact Award.

Frank Lloyd Wright: An Introduction

Tuesday, Mar. 11 | 12:00 – 1:15 pm | Ice House 117

Frank Lloyd Wright is considered by most experts to be one of the world's greatest architects and certainly one of the top ten alongside of Antoni Gaudi, Louis Sullivan, Ludwig Meis van der Rohe, Philip Johnson, and Eero Saarinen, just to name a few. Born in 1867 at the height of the Beaux-Arts Movement (1830-1900) and designing and creating during the Arts and Crafts Movement (1875-1920) his driving ethos in design and theory as to embrace harmony with humanity and the environment, a philosophy he called "Organic Architecture." That spaces we inhabit should have an inherent relationship with both its time and site; thus, harmony of form and function. We will briefly explore his revolutionary architectural ideas, his life and legacy, and his impact on how we use and view the spaces we live, play and work in. A refresher pop-up of "How to Stop Lugging the Luggage" will be offered the last 15 minutes of the presentation.

Sandy Conrad is a frequent contributor to LLI's programs. She has a BA in Decorative Design, and she studied at Chicago's Art Institute and the University of Chicago. She is a retired ASID.

Senior Scams

Tuesday, Mar. 25 | 12:00 – 1:15 pm | Ice House 117

Older adults are consistently some of the most at-risk demographics when it comes to falling victim to scams, from fake vacations and time share investments to imposter fraud. BBB Serving Western VA has advice and resources for older Americans to recognize and combats scams.

Sloan Champney was born in Roanoke Virginia and has not strayed far from the Star City. Sloan went to Ferrum College and double-majored in Media Communications and Art, and then jumped right into the news industry as a lead producer for WFXR News. This year Sloan decided to take a next step forward as Public Relations and Communications Specialist at the BBB serving Western Virginia, where she can continue her love of reporting important topics and making sure the public is aware of dangers in our community by spreading timely information, so they do not fall victim to scams.

Cigar Box Guitars

Tuesday, Apr. 8 | 12:00 – 1:15 pm | Ice House 117

Cigar box instruments have a history dating back to the Civil War. Chuck McCarty will bring some of his favorites and play them. All his guitars have a cigar box body.

Chuck McCarty was a heavy equipment instructor in the Air Force for 23 years. He is the owner of Busted Knuckles Guitars, appropriately named for the injuries he had during his time in the military. He donates 10% of his profits toward putting musical instruments in the hands of disabled veterans.

Baseball's History in Rockingham County, Virginia

Tuesday, Apr. 22 | 12:00 – 1:15 pm | Ice House 117

Created in 1924, the Rockingham County Baseball League organized the sport into a community-based alliance that scheduled regular games, players, and locations. Celebrating one hundred years as a league, today the RCBL is the second-oldest continuous baseball league in the United States. Rocktown History commemorated the league's century of successful competition, with an exhibition that demonstrated that baseball in Rockingham County has served as a marker of community spirit by showcasing the connections between residents, businesses, and towns. A brief history of Black baseball in Harrisonburg and Rockingham County explores the integration of the RCBL in 1970.

Scott Hamilton Suter, Professor of English & American Studies at Bridgewater College, received his Ph.D. in American Civilization from The George Washington University in 1994, where his research focused on American folklife and Material Culture Studies. In addition to his twenty-three years at Bridgewater College he has also worked in the museum world and as a public sector folklorist. He is currently part-time curator at Rocktown History. In 1999, the University Press of Mississippi published his Shenandoah Valley Folklife, an introduction to the traditions of the region. The University of Tennessee Press published his most recent book, *A Potter's Progress: Emanuel Suter and the Business of Craft*, in 2020.

Artificial Intelligence

Tuesday, May 13 | 12:00 – 1:15 pm | Ice House 117

We have been programming computers to assist human decision making for decades. But artificial intelligence (AI) is not simply computers helping humans make decisions. AI involves computers learning from the data that have been programmed in, so that computers can then reason, draw inferences, come to conclusions, and make decisions on their own in ways that have not been programmed in. AI implies that computers can “think” like humans and to analyze in ways that are novel and innovative. Of course, AI can have many benefits for humanity. But AI can also present many dangers and avenues for misuse. This talk will include an example of how AI works and will discuss some of the benefits of AI in science, medicine, transportation, music, and finance. We will also discuss some of the dangers of AI in the hands of the wrong people, and current attempts by good actors in the world to prevent the unlawful use of AI.

Anne Henriksen is Faculty Emerita at JMU, 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 was 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 fifteen years studying neuroscience, neuropharmacology, neuroendocrinology, genetics, and bioinformatics. In her spare time, Dr. Henriksen enjoys playing the piano and bass guitar; composing classical music for piano; studying music theory; and teaching at LLI, including courses in neuroscience, genetics, and music theory for the uke and guitar.

Wine & Wisdom

TITLE	PRESENTER	DATE	TIME	LOCATION
TRAVEL AND CYBERSECURITY	Rich Baugham	APRIL 16	3:30 – 6:00 PM	BRIX AND COLUMNS VINEYARD
POLICE CANINE ABILITIES	Chandler Thomas and Greg Miller	MAY 21	3:30 – 6:00 PM	BRIX AND COLUMNS VINEYARD

Meet at Brix and Columns Vineyard, 1501 Dave Berry Road, McGaheysville. Plan to arrive by 3:30 pm to purchase a glass of wine and enjoy light snacks. Presentations begin at 4:00 pm and are generally one hour, followed by questions.

Travel and Cybersecurity

With Rich Baugham

Wednesday, April 16 | 4:00 – 6:00 pm | Brix & Columns Vineyard

Presented will be ways to be safe and keep your information safe, both while travelling and at home. This includes ways to protect data and keep yourself safe. This presentation will include ways to avoid online scams.

Rich Baugham was an IT and Technology executive with almost 35 years of experience working with all levels of companies from start-ups to billion-dollar companies. His primary focus was on process improvement, technology updates, and change management. He now owns and operates a travel agency and utilizes his background to assist customers.

Police Canine Abilities

With Master Police Officer Chandler Thomas and Detective Greg Miller

Wednesday, May 21 | 4:00 – 6:00 pm | Brix & Columns Vineyard

Officer Thomas will discuss the abilities of police canine and how their various functions apply to law enforcement. These abilities include target odor detection, tracking, criminal apprehension, article searches, obedience, and others. At the end of the presentation there will be a demonstration.

Hudson came to the Harrisonburg Police Department as an ADI certified service and facility dog in May of 2024. Hudson completed his training through Mutts with a Mission (<https://www.muttswithamission.org>), a nonprofit organization that trains service and facility dogs for veterans and first responders. Hudson spends his days with handler, Detective Greg Miller, who investigates child sexual abuse and exploitation cases. Hudson

works with HPD's peer support team and Harrisonburg/Rockingham's Multi-Disciplinary Team. He is trained to accompany crime victims to court, and provides support and comfort not only to victims, but also to officers and allied professionals.

Master Police Officer **Chandler Thomas** began his law enforcement career in 2012 with the Harrisonburg Police Department. Since the start of his career MPO Thomas obtained several certifications including firearms instructor, general instructor, and field training officer. In 2022 MPO Thomas was selected to be a Canine Handler, his goal from the start of his law enforcement career. In October of that year, he attended the Basic Canine Handler Course and Tarheel Canine Training in Sanford, North Carolina and has been partnered with his canine, Riggs, since. Riggs is a dual-purpose Belgian Malinois trained in narcotic detection and patrol utilities.

Detective **Greg Miller** started his career with the Harrisonburg Police Department in 1999 and became a sworn law enforcement officer in 2000. Greg worked as a patrol officer and bike patrol officer before beginning a 7-year assignment as a School Resource Officer (SRO) at the local middle school. During his time as an SRO, he began to focus his efforts on juvenile sex crimes and became affiliated with the Northern Virginia Internet Crimes Against Children Task Force (Nova-DC ICAC) in 2008. In 2010, Greg was promoted to the position of General Investigator with the Criminal Investigations Division of HPD and has had the opportunity to investigate crimes ranging from fraud to robbery, rape and homicide. Though Greg has maintained a strong focus on child exploitation cases (ICAC) and juvenile sex crimes, he has also been actively involved with the HPD Crisis Negotiation Team since 2003 and currently serves as the team leader. In 2018 he helped start the Peer Support team for HPD and acts as the team leader.

Local Trips

These are trips where you provide your own transportation or carpool.

Welcome to the Daniel Harrison House

335 Main St. Dayton, VA 22821

Wednesday, March 5 | 10:00 am

Format: Own Transportation | Limit: 20 | Cost: Free (Donations accepted)

The Daniel Harrison House, also known as Fort Harrison, was restored in 1978-79 and is very likely the oldest stone dwelling in the Shenandoah Valley. Learn about the recent dendrochronology study which verified that Daniel Harrison and his family constructed the house in 1749, just a few years before the French and Indian War broke out here on the frontier. Discuss the latest archaeological finds, discovered by JMU students under the direction of Dr. Dennis Blanton. Experience some hands-on learning about Colonial Medicine and the career of Dr. Peachy Harrison, a prominent physician here in Rockingham and the last Harrison to own the house.

Prior to becoming Director at Fort Harrison several years ago, **Pat Early** was an Outreach Instructor for the Jamestown/Yorktown Foundation and conducted hands-on classroom activities for elementary schools throughout the Valley. She also worked as a guide at Montpelier, the home of James Madison. Her first position in the history field was as an education instructor, house guide and plantation tour interpreter at Monticello.

Virginia Quilt Museum

2328 Silver Lake Road, Dayton, VA 22821

Thursday, April 3 | 10:00 am – 12:00 pm

*Format: Own Transportation | Limit: Unlimited
Cost: Adult \$8.00, Senior \$7.00 payable at the door*

Founded in 1995, the Virginia Quilt Museum is the Official Quilt Museum of the Commonwealth of Virginia. The museum promotes a unique blend of art and cultural heritage. There are two floors of gallery space, plus a nostalgic gift shop. There will be a brief introduction to the museum and time to explore the displays and gift shop.

Alicia Thomas joined the Virginia Quilt Museum as Executive Director in September of 2021. A lifelong museum lover and casual crafter, she is

proud to be part of the Virginia Quilt Museum. Since joining VQM Alicia has led numerous projects including building a new website, increased revenue by 150%, and managed the 2024 move of the museum to the historic Silver Lake Mill.

Alicia has spent the past 16 years in the mid-Atlantic region working in a variety of government and nonprofit organizations. She has worked at the Capitol Visitors Center, The Rosenbach Museum & Library, and the Wildlife Habitat Council in a variety of roles.

Alicia was raised in southern Michigan and has a BA in American History from Michigan State University. She attended graduate school at the University of North Carolina Wilmington where she earned an MA in Public History and met her husband, Jonathan. Alicia and Jonathan are thrilled to be living in Harrisonburg and are enjoying exploring all the area has to offer.

Plains District Memorial Museum

176 North Main Street, Timberville, VA 22853

Thursday, May 1 | 1:00 – 4:00 pm

Format: Own Transportation | Limit: Unlimited | Cost: Free

Visit the “Best Little Museum” in the Valley and peek into the rural life on the banks of the Shenandoah. The museum occupies a historic “Main Street” building in Old Town Timberville. There is an 1880’s bandwagon, antique fire truck and hundreds of donated artifacts from businesses and individuals that bring the communities of the Plains District together.

Helen Wampler Smith is a native of Broadway, VA. She is a graduate of Broadway High School, holds a BA Degree in education from Madison College (now JMU), and a MA in history from the University of Maryland. After many years of teaching in public schools and working in a small house museum in Maryland (Marietta House Museum, the home of Supreme Court Justice Gabriel Duvall), she returned home to Broadway in 2004. Almost immediately, she was recruited as a volunteer at Plains District Memorial Museum in Timberville, VA. After serving as Chair of the Board of Directors for the past twelve years, she is currently its Exhibit and Program Coordinator.

Bus Trips

We will meet the bus at JMU Parking Lot R-10 off Port Republic Road. Plan to arrive 15 minutes



National Air and Space Museum

Chantilly, Virginia

Thursday, March 27 | 8:00 am - 5:30 pm

Format: Coach Bus | Limit: 30 | Cost: \$40

“Come Fly with Us” as we visit the National Air and Space Museum in Chantilly, VA. The Steven F. Udvar-Hazy Center near Washington Dulles International Airport that is the companion facility to the museum in Washington, D.C. Hundreds of historically significant air and spacecraft, along with thousands of small artifacts, are on display in an open, hangar – like setting. Other features of the Center include the Donald D. Engen Observation Tower and the Mary Baker Engen Restoration Hangar, where visitors can watch museum specialists at work restoring artifacts. Highlights at the museum include the Space Shuttle Discovery, B-29 Superfortress Enola Gay, Concorde, Lockheed Martin SR-71 Blackbird and a Boeing Stratoliner!

We will leave Harrisonburg at 8:00 AM aboard a JMU bus and plan to arrive at the museum approximately 2 hours later. We have scheduled a docent led Private Highlights Tour (about 90 minutes) scheduled to begin at 11:00 AM. You will be able to view the exhibits before and after the Tour. Please note there is extensive walking required to cover the museum area.

There is a café at the museum for you to enjoy lunch on your own. They serve salads and sandwiches. You are not allowed to bring in your own food. Refillable water bottles are permitted. We will be departing the museum at 3:30 PM for the return drive home arriving around 5:30 PM.

before departure time.



The Greenbrier

White Sulphur Springs, West Virginia

April 17 | 8:00 am – 5:00 pm

Format: Trip Bus | Limit: 25 | Cost: \$80

**Please note the cost of the tour includes the entry fee to "The Bunker," tour guide fee and the bus transportation to and from. There is a great deal of walking involved (90-minute tour); those with mobility issues, this may not be a trip for you.*

"Yes, there are secrets hidden just behind The Greenbrier's grand walls! We're talking real secrets, as in classified government ops that stayed secret until 1992 when a Washington Post journalist unearthed the truth."

This sounds like the stuff of movies, but it's true. In 1958 during the Cold War at the height of nuclear panic across the United States, at the behest of the Eisenhower Administration, a US Government Relocation Facility was being built beneath what the public thought was simply an addition to the hotel.

Come with us to White Sulphur Springs, WV, to tour "The Bunker" and hear of all the secrets it holds. A docent will lead us on quite an adventure

deep into the hidden areas of this incredible place where the powers that be of the federal government were supposed to relocate in the event of a nuclear attack.

After the tour we travel into the quaint town of Lewisburg where you will be able to select a restaurant and have a leisurely lunch on your own. We will then re-board the bus around 3:00 PM for our ride home. We plan to arrive back in Harrisonburg approximately 5:00 PM.



Ongoing Attractions AT JAMES MADISON UNIVERSITY

EDITH J. CARRIER ARBORETUM

Open daily dawn to dusk

Off University Boulevard

Contains a wide variety of trees and plants native to Virginia; call (540) 568-3194 for tours; FREE.

JMU METEORITE COLLECTION

Open daily

First- and second-floor hallways, Physics and Chemistry Building

Features fragments of meteoroids that survived passage through the atmosphere to fall to the earth's surface as masses of metal or stone; includes specimens from Diablo Canyon, Ariz., the Sahara Desert and the Central European Strewn Field; FREE.

JMU MINERAL MUSEUM

Room 1021, Festival Conference and Student Center

The Department of Geology and Environmental Science opens its collection of over 550 crystals and gemstones from around the world to the public. Call (540) 568-6130; for more information or visit the Mineral Museum website. FREE.

THE LITTLE GALLERY UNDERGROUND

Open during music library hours

JMU Music Library, Room B59, Music Building

The gallery is a place for music visualized. It features rotating displays of art by local artists, both within the JMU community and beyond. What makes the gallery unique is the connection between visual art and music. For more information, visit The Little Gallery Underground website.

JOHN C. WELLS PLANETARIUM

Miller Hall

The planetarium offers full-dome shows and special events for the public; groups can schedule visits by calling 540-568-7827; check the planetarium's website for the latest information. FREE.