

**ENCORE  
LEARNING**

**Expand Your World**

**SCIENCE & TECHNOLOGY • HEALTH & WELLNESS • POLITICS & PUBLIC AFFAIRS • MUSIC • FINE ARTS • HISTORY • WRITING • THEATER • LAW • SOCIAL SCIENCES • LITERATURE & ARTS**

**SPRING  
2020  
COURSE  
CATALOG**

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## Affiliations

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George Mason University  
Arlington Public Schools Career, Technical and Adult Education Program  
Arlington County Office of Senior Adult Programs  
Marymount University  
Road Scholar Institute Network

# SPRING 2020 Course Catalog

## ENCORE LEARNING



Expand Your World

### **Encore Learning**

2110 Washington Blvd., Room 349

Arlington, VA 22204

Phone: (703) 228-2144

Email: [info@encorelearning.net](mailto:info@encorelearning.net)

Website: [www.EncoreLearning.net](http://www.EncoreLearning.net)

Encore Learning is a 501(c)(3) nonprofit organization.

### **A special thank you to all those who worked on the *Encore Learning Spring 2020 Course Catalog:***

Don Campbell, Kevin Connors, Carolyn Gosling, Charlie Hallahan,  
Jerry Hoganson, Ann Kaupp, Kathy LaPier, Millie Lawson, Jim Morris, Jill Neuville,  
Noreen Quill, Bill Reilly, Barbara Sakamoto, Margaret Susank, Martha Walters  
Graphic Design Services: CSE Identity Design

The courses in this catalog have been developed  
by Encore Learning's Academic Programs Committee.

# Table of Contents

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Board of Directors .....	Inside Front Cover
Staff .....	Inside Front Cover
Community Advisory Council .....	Inside Front Cover
Affiliations .....	Inside Front Cover
Spring 2020 Course Preview .....	3
Spring 2020 Course Offerings .....	4
General Information .....	6
SPRING 2020 Course Descriptions	
Fine Arts, Theater & Music .....	9
Health & Wellness .....	11
History .....	12
Law, Politics & Public Affairs .....	17
Literature & Writing .....	20
Science & Technology .....	22
Social Sciences .....	26
Volunteer .....	28
Special Events .....	29
Clubs .....	30
Transportation .....	31
Notes .....	35
Courses by Calendar View .....	Inside Back Cover

***Can't be online  
the day of registration?***

Download a registration form by accessing our Frequently Asked Questions on [www.EncoreLearning.net](http://www.EncoreLearning.net). If you do not have an email account, contact the office at 703-228-2144.

***Not sure if  
Encore Learning  
is for you?***

Contact our office to discuss a classroom visit. Details on page 8 under Visitor Policy.

# Spring 2020 Course Preview

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**ENCORE  
LEARNING**

Expand Your World

**Saturday  
February 1, 2020**

8:45 a.m. Doors Open  
9:15 a.m. Program Begins  
12:30 p.m. Program Ends

**Van Metre Hall Auditorium  
George Mason University  
Arlington Campus**

3351 Fairfax Dr., Arlington, VA 22201  
(See page 32 for map.)

**Join Us! Open to current and prospective members —  
Bring friends, relatives and neighbors!**

- Encore Learning's instructors give brief presentations about their academic courses.
- Members often tell us that the instructors' presentations at the Course Preview influence their registrations.
- Get the latest news on our clubs, special events and volunteer possibilities along with a quick bite and hot drink.

Call the Encore Learning office at **703-228-2144** for specific directions or any questions.

To become a member or to renew membership, we recommend our website, where you can pay securely with your credit card. If you wish to purchase or renew your membership at the course preview, only personal checks can be accepted.

**COURSE REGISTRATION BEGINS  
10:00 A.M. sharp Monday, February 3, 2020**

# Spring 2020 Course Offerings

Category	Course # and Name	Instructor	Day	Start Date	End Date	Start Time	End Time	Site
<b>Fine Arts, Theater &amp; Music</b>	1012 - Music City DC	Avis	M	Mar 16	Apr 6	12:00 PM	1:30 PM	GMU
	1013 - American Musical Geniuses	Sherman	W	Mar 18	May 13	10:00 AM	11:30 AM	GMU
	1014 - Life, Love and Death	Vance	T	Mar 24	April 28	10:00 AM	11:30 AM	GMU
	1015 - How to Write a Symphony	Wood	T	Apr 21	May 12	2:00 PM	3:30 PM	GMU
<b>Health &amp; Wellness</b>	2007 - Aging and the Brain	Stutts	W	Mar 18	Apr 8	10:00 AM	11:30 AM	GMU
	2008 - Healthy Relationships	McCauley	F	Mar 13	May 1	12:00 PM	2:00PM	GMU
<b>History</b>	3002 - Indian Wars 1754-1794	Hertel	TH	Apr 2	May 7	2:00 PM	3:30 PM	GMU
	3003 - Arlington History	VanNewkirk	TH	Apr 2	May 21	3:00 PM	4:30 PM	Offsite
	3004 - Genealogy Without Fear	Kallikorm-Rhodes	T	Mar 17	Apr 7	2:00 PM	3:30 PM	GMU
	3005 - Medieval Legacy	McIntyre	M	Mar 9	Apr 13	10:00 AM	11:30 AM	GMU
	3016 - Readings in U.S. Foreign Policy	Rhodes	TH	Mar 19	Apr 23	12:00 PM	1:30 PM	GMU
	3017 - America in the 1920s and 30s	Heymsfeld	F	Mar 20	Apr 10	10:00 AM	11:30 AM	GMU
	3018 - Pompeii & Vesuvius	Wukitsch	F	Mar 13	May 15	12:00 PM	2:00 PM	GMU
	3019 - Reconstruction	Kluge	W	Apr 1	May 6	12:00 PM	1:30 PM	GMU
	3020 - Civil War Soldiers' Experiences	Mangan	W	Apr 8	Apr 29	2:00 PM	3:30 PM	GMU
	3021 - Museums Off the Mall	LaBella	TH	Apr 2	May 7	1:30 PM	3:30 PM	Offsite
	3022 - Walks with Charley	Suydam	W	Apr 15	May 13	2:00 PM	3:30 PM	Offsite
	<b>Law, Politics &amp; Public Affairs</b>	4004 - Global Hot Spots	Multi	TH	Apr 2	May 14	10:00 AM	11:30 AM
4013 - Ethnic Conflict		Kauzlarich	T	Apr 21	May 12	10:00 AM	11:30 AM	GMU
4014 - Real Media Literacy		Freedom Forum	M	Mar 23	Apr 13	2:00 PM	3:30 PM	GMU
<b>Literature &amp; Writing</b>	5003 - Novella: Here We Go Again and Again	Alter	F	Mar 27	May 1	2:00 PM	3:30 PM	GMU
	5011 - Southern Short Stories	Sullivan	T	Mar 10	Apr 21	12:00 PM	1:30 PM	GMU
	5012 - American English	Tierstein	M	Apr 6	Apr 27	2:00 PM	3:30 PM	GMU
	5013 - Chekhov's Short Stories	Lord	TH	Mar 12	Apr 2	12:00 PM	1:30 PM	GMU
<b>Science &amp; Technology</b>	6001 - Nuclear Weapons	Hoffman	W	Mar 18	Apr 22	12:00 PM	1:30 PM	GMU
	6005 - Parks, Streams and Birds	Multi	F	Mar 20	Apr 17	10:00 AM	11:30 AM	Offsite
	6007 - AI Nightmare Scenarios	Ruth	M	Mar 9	Mar 30	2:00 PM	3:30 PM	GMU
	6008 - Geology, Oceanography & Evolution	Pick	T	Apr 14	May 12	2:00 PM	3:30 PM	GMU
	6009 - Rethinking STEM Education	Egenrieder	M	Apr 20	May 11	12:00 PM	1:30 PM	VTNVC
	6010 - Cooking Chemistry	Clarke	W	Mar 11	Apr 1	2:00 PM	3:30 PM	GMU
<b>Social Sciences</b>	7009 - Psychology: It's Everywhere	McLean	W	Mar 18	May 6	12:00 PM	1:30 PM	GMU
	7010 - Community Resilience	Neaves	T	Apr 14	May 5	12:00 PM	1:30 PM	GMU
	7011 - A Spiritual Guide for Retirement	Brockway	T	Mar 17	May 5	10:00 AM	11:30 AM	GMU

# WHY JOIN ? Encore Learning ■

## Live longer and have a better quality of life!

Studies show that getting out of the house, making new friends, volunteering and keeping your brain sharp all contribute positively to a happier, longer life.

We are dedicated to providing our community with high-quality lifelong learning and social opportunities at a reasonable cost.

What our members like about us:

- **Academic Rigor in an Enjoyable Environment**
  - Challenging college-level courses
  - No tests or homework
  - Q&A at the end of each class
    - Lively discussion
    - Get to know your fellow members
- **Convenience**
  - Daytime hours
  - Accessible locations in Arlington, VA
- **More Learning, Volunteer and Social Opportunities**
  - Ten special interest Clubs
  - 20+ members-only Special Events per year
  - Volunteer-led nonprofit organization
  - Network with over 1000 members
- **Low cost**
  - \$55 Registration fee per course — cost per hour is \$9.16 or less
  - \$65 Annual Membership fee includes Clubs & most Special Events

Join today at [www.EncoreLearning.net](http://www.EncoreLearning.net)

**Teach, Learn, Share, Grow,  
Explore with Others 50+**



# General Information

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## What is Encore Learning?

Encore Learning is a nonprofit educational organization founded in 2002 that offers a wide variety of daytime college-level noncredit courses, clubs, special events and activities to help meet the continuing educational and social interests of anyone over age 50 in the DC metropolitan area. Encore Learning is governed, supported and financed by its members.

Our volunteer instructors—retired or working professionals and scholars—create a stimulating learning environment through an exciting array of academic subjects. There are no tests or prerequisites but possibly some suggested reading. Members explore new ideas and develop new friendships inside and outside of classrooms.

Encore Learning obtains classroom space and other assistance through its association with George Mason University, the Arlington Public Schools Adult Education Program, Arlington County's Office of Senior Adult Programs and Virginia Tech Northern Virginia Center.

## Contact Encore Learning

Communicating with Encore Learning is easy.

- Email us: [info@encorelearning.net](mailto:info@encorelearning.net)
- Call us: 703-228-2144
- Write to us: 2110 Washington Blvd., Room 349, Arlington, VA 22204

## Volunteer at Encore Learning

Volunteer work at Encore Learning is performed in two ways: through standing committees headed by board members and through individual activities, e.g., instructors and class aides. Committees recruit new instructors and develop courses each semester; seek exhibits, speakers and performances for our special event offerings; write, edit and distribute our catalog; recruit new members and coordinate our clubs; organize Encore Learning's social functions; and recruit, train and support our class aides. The member-elected Board of Directors governs the organization while the part-time staff serves as its administrative arm. Volunteer-run committees and other volunteer activities are our lifeblood, but for the most part do not require extensive time commitments. Consider offering your talents today. See page 28.

## Support Encore Learning

Encore Learning is a 501(c)(3) nonprofit organization. Any donation is a charitable contribution deductible

from income taxes to the full extent permitted by law. Donations may be made by check or online. Members, friends and organizations wishing to support Encore Learning may direct their contributions to our General Fund, which helps Encore Learning maintain a solid financial underpinning and funds ongoing operations, or to our Arlington Youth Scholarship.

As a partner in Arlington's education community, Encore Learning sponsors multiple scholarships. Our Youth Scholarship supports graduates of Arlington public schools attending George Mason or Marymount Universities. The John T. Sprott Scholarship aids graduate students at Mason's Schar School of Policy and Government. The endowed Encore Learning-McCracken Memorial Scholarship will soon be awarded to Mason undergraduates. Encore Learning also contributes annually to an Arlington Public Schools Adult Education scholarship assisting Arlington residents seeking to improve their job skills.

## Activities

### SEMESTER-LONG COURSES

Classes are scheduled weekdays between 9:30 a.m. and 4:30 p.m. but most take place between 10 a.m. and 3:30 p.m. Classes meet once a week for 1.5 to 2 hours and each course lasts from four to 10 weeks. Class sizes generally range from eight to 70; 30 is the average size. Courses take place at various locations as listed in the back of this catalog. Refer to the maps and locations there for transportation and parking options. Parking costs are the responsibility of the student.

### CLUBS

Encore Learning's clubs are open to all current members. There are 10 clubs: Breakfast, Bridge, Cinema, Current Issues Discussion, Ethnic Lunch, Kayak, Mindfulness, Nonfiction Book, Tech Hobbyist and Travel. See page 30 and our website, [www.EncoreLearning.net](http://www.EncoreLearning.net), for more information.

### SPECIAL EVENTS

Special Events for Encore Learning's members occurring throughout the year include tours, lectures, concerts and other activities. They offer opportunities to join in small group excursions and to enjoy intellectual and cultural experiences in the DC area. Email announcements of current and upcoming special events are issued periodically. See page 29 for more information. To view our events or to register for member-only events see our website, [www.EncoreLearning.net](http://www.EncoreLearning.net).



# General Information *continued*

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## COURSE PREVIEWS

Encore Learning's spring and fall course previews offer an opportunity to hear the instructors describe their courses before course registration begins and to socialize with other members. Prospective members are also invited. See page 3 for more information.

## MEMBERSHIP MEETING

Encore Learning holds an annual membership meeting to elect Board members from a slate of candidates recruited by a nominating committee and to discuss the state of the organization.

## Encore Learning Membership

Membership in Encore Learning costs \$65 per year and begins on the day on which the nonrefundable membership fee is paid. Membership renewal adds 12 months to the membership expiration date, which can always be found by logging in to your account online. All memberships are individual and non-transferable. Encore Learning is a 501(c)(3) nonprofit organization and our membership fee is a charitable contribution deductible from income taxes to the full extent permitted by law. Only current Encore Learning members may register for our courses and special events and attend our club activities.

Encore Learning prefers and encourages the use of its website, [www.EncoreLearning.net](http://www.EncoreLearning.net), for membership processing. For those who are not using the online option, a printable Membership/Registration Form is available on our website or by calling the office. Please note that credit cards are accepted online only.

## Course Enrollment REGISTRATION

Only current Encore Learning members may register for a course. Course registration is not transferable between members. The fee for each course is \$55. There is no minimum or maximum number of courses for which you may register. Encore Learning prefers and encourages the use of its website for course registration. If unable to use online registration, mail a paper course registration form, available on our website under Frequently Asked Questions or from the office, with check to the Encore Learning office at the address on the form. Please note that credit cards are accepted online only. Neither phone registration nor cash is accepted.

Course registration for the Spring 2020 semester begins at 10 a.m. Monday, February 3, 2020. **All** registrations

## We work hard to keep prices affordable — Here's how:

- generous donations of time and talents by our instructors and volunteers
- efficient and skilled professional staffing
- partnerships with George Mason University, Arlington Public Schools and Arlington County

are first come, first served; waitlists for filled courses are available online. To register or for more information, go to [www.EncoreLearning.net](http://www.EncoreLearning.net).

Late registration is generally allowed if space is available.

## NOTIFICATION

Members who use the online registration process get immediate feedback on their registration status upon payment and receive an emailed receipt. Those who mail in registration will receive their receipts via email after staff has processed their forms. Members may access their account online at any time to view/print membership and registration status and receipts.

## REFUNDS AND TRANSFERS

Members successfully registered in a course may choose between full refund of the course registration fee or transfer to an alternate open course in the following cases:

- The selected course is cancelled for any reason;
- The course's published schedule or location is changed prior to the course start date, and the member is unable to attend because of the change; or
- Encore Learning's Administrator receives a written withdrawal request (mail or email sent to the Encore Learning office) from the member at least one week before the course start date.

Withdrawal requests received less than one week before the course start date but within two working days after the first class meeting of the course may specify either refund of the course fee minus a \$10 service charge or transfer to an alternate open course; no refund or transfer is available after that period.

# General Information *continued*

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Courses that do not meet their minimum enrollment at least one week prior to the course start date will be cancelled. If withdrawals occurring after the course start date result in enrollment below the indicated minimum, the course may be cancelled.

## **Inclement Weather Policy and Other Special Closings**

Cancellation policies for inclement weather or civil emergencies vary from site to site. In general, classes scheduled to begin after delayed openings will take place as scheduled. Monitor for changing conditions. To learn the most up-to-date information:

- Listen to the radio or watch television news bulletins
- View Arlington Cable
- Visit [www.apsva.us/emergency-alerts](http://www.apsva.us/emergency-alerts) for Arlington Public Schools or call 703-228-4APS
- Visit [www.gmu.edu](http://www.gmu.edu) for George Mason University or call 703-993-1000
- For classes or club meetings at Arlington County Community and Senior Centers go to <https://emergency.arlingtonva.us/closings-delays-cancellations> or call the inclement weather line 703-228-4715
- Visit [www.library.arlingtonva.us/library-news-blog](http://www.library.arlingtonva.us/library-news-blog) for Arlington Central Library or call 703-228-5990

Other rare cancellations or postponements because of special circumstances, such as instructor difficulties, will be announced by email in advance of the class whenever possible.

## **ADA Compliant Facilities**

All Encore Learning classrooms meet Americans with Disabilities Act regulations and standards. If a member experiences disability-related difficulties in class participation or has other concerns, he or she should discuss them with the class aide or contact the Encore Learning office.

## **Disclaimer of Liability**

From time to time, members are offered opportunities related to courses, clubs and special events. Encore Learning disclaims all liability from injury or loss arising from a member's participating in such activities.

## **Visitor Policy**

Encore Learning's visitor policy is designed to attract new members. Anyone eligible to join Encore Learning may attend a single course session if he or she has never been a member of Encore Learning and the request to

attend a specific session is approved in advance by the Encore Learning Administrator ([info@encorelearning.net](mailto:info@encorelearning.net)). Criteria include agreement from the instructor and enrollment availability (i.e., no visitors are allowed in courses that have met their maximum enrollment).

## **Discrimination and Academic Freedom**

Encore Learning does not discriminate on the basis of sex, race, color, religion, disability or national origin. As an educational organization, Encore Learning subscribes to the American Association of University Professors (AAUP) principle of academic freedom: All views should be respected, regardless of their conformance with generally or currently accepted views.

## **Privacy Policy**

Encore Learning is committed to protecting member privacy and to ensuring the security of personal information collected. Encore Learning does not sell or lend member information. A complete Encore Learning Privacy Policy Statement is available from the Encore Learning Administrator and on our website. While strictly adhering to this policy, Encore Learning does urge all members to provide email addresses for internal use. The member's email address is especially valuable for communicating last-minute scheduling changes and special event announcements. Members are urged to maintain their phone and postal address via their account on our website. Changes to your email address affect account access. **Email address changes** must be sent to [info@encorelearning.net](mailto:info@encorelearning.net) via the member's new preferred email address; include full name and contact information. Staff will confirm and update accordingly.

## **Encore Learning Office**

### **Location:**

Arlington Public Schools  
Syphax Education Center  
2110 Washington Blvd., Room 349  
Arlington, VA 22204

### **Office Hours During the Academic Year:**

10 a.m. to 2 p.m., Monday through Friday.  
Summer hours are posted on the website.  
Always call ahead for an appointment if you require a face-to-face meeting.

### **Contact staff:**

Email: [info@encorelearning.net](mailto:info@encorelearning.net)  
Phone: 703-228-2144

# SPRING 2020 COURSE DESCRIPTIONS

## Fine Arts, Theater & Music

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### 1012.35 Music City DC: Marching to Blues & Jazz (Part 1, 1850–1950)

Instructor: Ken Avis

Monday, 12:00 PM – 1:30 PM

Mar 16 – Apr 6

Location: GMU

4 Sessions

Minimum 8, maximum 70 participants

Music City DC provides an entertaining and informative overview of the significance of the Washington DC area in contributing to and reflecting the trends in popular music. The class will be offered in two parts over spring and fall 2020. You don't have to take Part 1 in order to enroll in and enjoy Part 2.

Part 1 covers the era from 1850–1950 focusing on blues and jazz. Part 2 runs from the 1950s to the current day, reflecting on rhythm and blues, rock and “hillbilly music,” which gave us country, bluegrass and folk.

This course explores the impact of social change, technological development and business innovation in shaping the music emerging from the DC area. DC's “Black Broadway,” U Street, provided a home and incubator for major talents during the 19th and 20th centuries until its demise with the riots of the late 1960s. What were the economic, social and demographic changes that led to its rise as the nation's primary center of African-American entertainment? What led to its demise and eventual revival?

Beneath the surface of DC's political infrastructure, the musical heartbeat has been constant, though minimally documented or celebrated. Let us familiarize ourselves with the characters and styles of DC's music community for the 100 years between 1850 and 1950. There will be surprises and revelations, plus opportunities to see and hear the musicians who made their mark on DC and the world.

This will reprise a class on the DC music scene offered in the fall of 2018. There will be some new material so do not hesitate to take the course again.

Your homework will be to get out and enjoy live music!

*Independent Reading: Oxygen For The Ears: Living Jazz* (www.oxygenfortheears.com); *Beyond Category: The*

*Life and Genius of Duke Ellington*, John Edward Hasse; *America's Musical Life: A History*, Richard Crawford; *DC Jazz: Stories of Jazz Music in Washington, DC*, Maurice Jackson, Blair Ruble et al.; *Washington Goes To War*, David Brinkley; *Lipstick Brigade: The Untold True Story of Washington's World War II Government Girls*, Cindy Gueli.

**Ken Avis** is a musician, music journalist, music film documentary producer and radio broadcaster. Since moving here from the United Kingdom more than 20 years ago, he has become intrigued by the musical twists and turns of the DC area. He is a regular speaker at Strathmore and the DC Music Salon. He recently presented a TED talk, “The Myths of Jazz Improvisation,” pleading for the demystification and democratization of jazz. He performs with the award-winning world-jazz band Veronneau. The band tours internationally and has had three US top-ten albums in the jazz and world music charts.

## HOW TO ACCESS COURSE MATERIAL

1. Log in to your account.
2. On **My Account** page: open **My Activities** tab to view your courses. [View Class Media](#) appears below the instructor's name *if they have made course materials available*. Instructors may provide images, videos and/or documents.
3. Select [View Class Media](#) link to view all available material.
4. Select each link to view or print at your convenience.

# Fine Arts, Theater & Music *continued*

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## 1013.35 American Musical Geniuses

Instructor: Dan Sherman

Wednesday, 10:00 AM – 11:30 AM

Mar 18 – May 13 (No class 4/15)

Location: GMU

8 Sessions

Minimum 8, maximum 70 participants

This course will focus on the careers of some of the leading composers and lyricists who have given us some of our greatest stage and film musicals. A biographical approach will be used to describe the history of musicals and to highlight the contributions of composers such as Jerome Kern, Irving Berlin, Cole Porter and George Gershwin, along with lyricists such as Oscar Hammerstein and Alan Jay Lerner. A special session will be devoted to Stephen Sondheim in honor of his 90th birthday. This multimedia course will draw on many sources to present great performances, including those by the composers and lyricists themselves.

*Recommended Reading: Listening for America: Inside the Great American Songbook from Gershwin to Sondheim*, Rob Kapilow.

*Independent Reading:* Instructor will suggest follow-up reading in each class.

**Dan Sherman**, an economist with a PhD from Cornell University, has taught many courses on musical theatre and film musicals in Washington, DC, for Osher Lifelong Learning (OLLI) classes, university alumni groups and, most recently, for Encore Learning (“Musicals at the Movies”). He has long been interested in stage and film musicals and uses a multimedia approach that closely integrates background on his topics with audio and video clips.

## 1014.35 Life, Love and Death in Three Small Towns

Instructor: Verne Vance

Tuesday, 10:00 AM – 11:30 AM

Mar 24 – Apr 28 (No class 4/14)

Location: GMU

5 Sessions

Minimum 8, maximum 47 participant

This course will examine how three authors, Edgar Lee Masters, Thornton Wilder and Dylan Thomas, treat the

themes of life, love and death in their literary/theatrical works, which focus on residents of small towns in the American Midwest, New England and Wales, respectively. The course will consist of mini-lectures, audio and video clips of theatrical performances of the authors' works, class members reading from these works and class discussion. A key question for the class will be whether, based on their own experiences, life, love and death play out differently in small towns than elsewhere.

*Recommended Readings: Spoon River Anthology*, Edgar Lee Masters; *Under Milk Wood*, Dylan Thomas; *Our Town*, Thornton Wilder.

**Verne Vance** has had a lifelong interest in literature and theater and is a playwright and poet. He is a two-time winner of the T.F. Evans Award given by the Shaw Society of the United Kingdom for writings in the manner of George Bernard Shaw. Several of his short plays have been performed at the Open Eye Theater in Margaretville, New York. A graduate of Harvard College and Harvard Law School, he is a retired corporate attorney.

## 1015.35 How to Write a Symphony

Instructor: A. Scott Wood

Tuesday, 2:00 PM – 3:30 PM

Apr 21 – May 12 **NOTE change from print catalog**

Location: GMU

4 Sessions

Minimum 8, maximum 70 participants

In this course we will take a deep dive into the inner workings of composers, well-known and unknown, to learn how they came up with their ideas and how they put them into symphonic dress. Each week we will take apart a few different pieces and even compose our own short work from scratch.

**A. Scott Wood** is Music Director of the Arlington Philharmonic and the Amadeus Orchestra and teaches at the National Cathedral School and The George Washington University. He has recently conducted the Israel Symphony Orchestra Rishon LeZion, the Middleburg Film Festival Orchestra and the Wolf Trap Orchestra. The Virginia Commission for the Arts lauded him as “an incredible talent.”

# Health & Wellness

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## 2007.35 Aging and the Brain

Instructor: Michael Stutts

Wednesday, 10:00 AM – 11:30 AM

Mar 18 – Apr 8

Location: GMU

4 Sessions

Minimum 8, maximum 47 participants

This four-part course will focus on the general behavioral geography (what part does what) of our most complex organ, our brain. Through our discussions we will better understand the normal aging process, particularly in the brain. Normal cognitive changes typical with aging versus cognitive decline due to disease (e.g., Mild Cognitive Impairment and Alzheimer's Disease) will be addressed. We will discuss behavioral and lifestyle changes likely to help preserve the functioning of the brain and learn that dementia is not inevitable with increasing age.

Material presented will draw upon neuroscience research, the instructor's past clinical experience as an academic clinical neuropsychologist (including actual examples from patients) and the press and media, including independent readings.

The course will be a blend of instruction and interaction between the instructor and the participants.

*Independent Reading:*, *Still Alice*, Lisa Genova; *The Memory Bible: An Innovative Strategy for Keeping Your Brain Young*, Gary Small; *Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives*, David Snowden; *The Secret Life of the Grown-Up Brain: The Surprising Talents of the Middle-Aged Mind*, Barbara Strauch.

**Michael Stutts** earned a PhD in Clinical Psychology from the University of Louisville followed by an internship at the University of Virginia School of Medicine. He completed fellowship training in clinical neuropsychology at Virginia Commonwealth University/Medical College of Virginia. He has been a licensed Clinical Psychologist in the Commonwealth since 1986. His patient care, research and teaching at Eastern Virginia Medical School (EVMS) focused on clinical/geriatric neuropsychology and rehabilitation psychology. He retired from EVMS as professor emeritus in 2019 after a 33-year career.

## 2008.35 Enjoying Healthy Relationships

Instructor: Kate McCauley

Friday, 12:00 PM – 2:00 PM

Mar 13 – May 1 (No class 4/10)

Location: GMU

7 Sessions

Minimum 8, maximum 30 participant

An African proverb says, "If you want to go fast, go alone. If you want to go far, go together."

Did you know:

- Medical research consistently identifies two keys to longevity: deep connection and a life with purpose and meaning. Healthy relationships are fundamental to both.
- Living in healthy relationships requires a series of skills that anyone can develop.
- Healthy relationships help bring meaning to life. They are, in fact, the secret to happiness.

This course explores the key elements of healthy relationships. Participants are guaranteed to learn something new to improve connection even in the happiest relationships. Students who have taken a semester-long version of this course report that they often call on the skills they have learned.

*Recommended Reading: Crucial Conversations: Tools for Talking When Stakes Are High*, Kerry Patterson, Joseph Grenny, Ron McMillan and Al Switzler.

*Independent Reading:* Daily columns of *Washington Post* advice columnist, Carolyn Hax. See <https://www.washingtonpost.com/people/carolyn-hax/>

**Kate McCauley** has been teaching for more than 30 years. Early in her career, she taught at the elementary, middle and high school levels. From 1994 to 2017, she taught psychology at Marymount University. In 2013 she also began teaching a course called Relationship Health at George Mason University.



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# History

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## 3002.35 Indian Wars, 1754–1794: Battle for the Old Northwest

Instructor: Charles Hertel

Thursday, 2:00 PM – 3:30 PM

Apr 2 – May 7

Location: GMU

6 Sessions

Minimum 8, maximum 36 participants

The Old Northwest is an area bounded by the Allegheny Mountains to the east, the Ohio River to the south, the Great Lakes to the north and the Mississippi River to the west. Native Americans fiercely resisted Anglo-American encroachment into this area from 1754 to 1794. In this 40-year period, the native tribes, supported and supplied, first by the French, then later by the British, destroyed two major regular armies, stymied settlement in the area and fought the British Empire and then the new American republic to a standstill. In the process, they inflicted on the U.S. Army the worst defeat, in proportionate terms, that it has ever suffered.

George Washington is ineradicably linked with this time and area. He was the young Virginia Lieutenant Colonel who commanded the first disastrous military expedition across the Allegheny Mountains in 1754. As President and Army commander, he eventually led the defeat of the native alliance in 1794. Throughout the period, Washington maintained an interest and involvement in land speculation and development in the area.

This course will examine the reasons for, and nature of, this Native American resistance and demonstrate that the ultimate triumph of American arms was won at great cost.

With minor modifications, this is essentially the same course that was presented in the Spring 2019 semester.

**Charles Hertel** is a graduate of the U.S. Military Academy and holds an MA from the University of Massachusetts. He spent over 30 years as an Army officer in command and staff positions in the U.S., Germany, Vietnam and Korea. He taught at the U.S. Military Academy and served as a delegate to the Conventional Forces in Europe Treaty negotiations in Vienna, Austria. He has a long-term interest in American, European and military history.

## 3003.35 Arlington History

Instructor: Karl VanNewkirk

Thursday, 3:00 PM – 4:30 PM

Apr 2 – May 21

Location: Offsite

8 Sessions

Minimum 8, maximum 15 participants

While crisscrossing the 26 square miles of Arlington, have you ever wondered who trod this ground before you? This highly popular course surveys the history of Arlington from before the arrival of European settlers to the present. It is not a classroom-based course; each session will take place in a different historic building or neighborhood. The course will begin with an overview and guided tour of the Arlington Historical Museum. Subsequent sessions will look at:

1. Arlington before the Europeans
2. 18th century
3. Early 19th century and the Civil War
4. Black history
5. Reconstruction and the beginnings of modern Arlington
6. Evolution to a unified community
7. The modern era

The first session will be held at the Arlington Historical Museum, 1805 S. Arlington Ridge Road. The locations and directions for subsequent sessions will be provided. Participants will need to provide their own transportation to each class site; some walking is required.

**Karl VanNewkirk** served four terms as president of the Arlington Historical Society and now serves on the board of directors. He has been a docent at the Arlington Historical Museum since the early 1990s and was editor of the society's annual magazine from 1992–2015. He is a former member of the board of directors of the Arlington Black Heritage Museum and now volunteers for the archaeology department at Gunston Hall. He belongs to a variety of historical, archaeological and genealogical organizations.

Teach, Learn,  
Share, Grow, Explore  
with Others 50+



## **3004.35 Genealogy Without Fear: Getting Started in Family History**

Instructor: Kadri Kallikorm-Rhodes

Tuesday, 2:00 PM – 3:30 PM

Mar 17 – Apr 7

Location: GMU

4 Sessions

Minimum 8, maximum 47 participants

This course aims to demystify genealogy, provide a basic introduction to family history research and encourage individuals to undertake their own research by equipping them with the basic background knowledge useful in order to begin. Topics covered will include basic research methods, family lore and artifacts, census records, vital records and other sources of genealogical information. The discussion will include many examples, primarily from the United States, but the methods discussed can be used in researching in other parts of the world.

The first lecture in the series will be devoted to getting ready to embark on a family research project: how to formulate questions that work, take stock of what you already know, pick sources and take good notes. The second lecture will be devoted to census records. The third will be focused on vital records — what forms they might take and where to find them. The fourth and final lecture will briefly touch on some of the other important sources of information about our ancestors' lives.

**Kadri Kallikorm-Rhodes** is a former Estonian diplomat with a background in both history and genealogy. A professional librarian, she currently serves as reference librarian at the DAR Library in Washington, DC. Her research interests are mostly focused on the Eastern seaboard (especially New Jersey), but she has also worked on other times and places (for example, the Jewish community in Helena, Montana of the 1860s boom era). What she loves most is helping people with their genealogical research and empowering them to discover the truth behind family lore.

## **3005.35 Medieval Legacy: Cultural Inheritance from the Middle Ages**

Instructor: Mary Lee McIntyre

Monday, 10:00 AM – 11:30 AM

Mar 9 – Apr 13

Location: GMU

6 Sessions

Minimum 8, maximum 36 participants

What comes to mind when you hear the term “Middle Ages”? Do you picture fairy tale castles, chivalrous knights and courtly love? Or do you have a darker vision of endless conflict, disease and barbarianism, a time when culture was confined to a few scattered monasteries?

The centuries from 300 AD through 1400 AD featured all of these elements and so much more. In this course we will examine the remarkable legacy that the modern world received from this period in terms of such institutions as the church, representative government, capitalism and the university. We will trace the development of architecture, art, craftsmanship, literature, trade and methods of conducting warfare. We will meet some fascinating men and women who contributed to the richness of medieval life, from the philosopher-theologian Abelard to Queen Eleanor of Aquitaine. Finally, we will explore the historical basis of some of the popular myths of the period, such as the legend of King Arthur.

**Mary Lee McIntyre** developed her interest in medieval history during a long career of teaching and lecturing here and abroad. After receiving an AB in history from Washington College and an MA from the School of International Studies at John Hopkins University, she taught at both the high school and university levels in the Washington area and in India, Pakistan and Lebanon. She also served with the U.S. Agency for International Development in India, Pakistan and Bangladesh.

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1. Continue to offer high quality courses, clubs, special events at low cost
2. Continue to provide and possibly increase staff support to members, volunteers and instructors
3. Financial support comes from members only
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## **3016.35 Readings in US Foreign Policy: Analyzing Critical Documents in American History**

**Instructor: Edward Rhodes**

**Thursday, 12:00 PM – 1:30 PM**

**Mar 19 – Apr 23**

**Location: GMU**

**6 Sessions**

**Minimum 8, maximum 70 participants**

Each week, we will read and discuss one or two of the most important — or, in any case, most thought-provoking — documents in U.S. foreign policy history. Among the documents to be reviewed are George Washington's Farewell Address, John Quincy Adams' Fourth of July Address, and John F. Kennedy's Inaugural Address. While none of these documents is very long, each explicitly or implicitly lays out a different vision of the United States and of its foreign policy goals, based on different assumptions about human nature and the values that are essential to our political life. What emerges is a rich, multi-century conversation about what it means to be American and what it means to be part of a national and global community.

*Recommended Reading:* Primary historical documents to be selected and posted electronically.

**Edward Rhodes** is a professor of government and international affairs at George Mason University. He came to GMU after 24 years on the faculty at Rutgers University; along the way, he has held research or teaching appointments at Princeton, Harvard, Stanford and Cornell Universities, as well as at universities overseas. He has served on the Congressionally mandated oversight board responsible for the official, publicly released documentary record of American foreign policy. He received his AB from Harvard University and his MPA and PhD degrees from Princeton University.

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Manager—it's on the very first screen under ***My Account Info***

## **3017.35 America in the 1920s and 30s: The Turbulent Years**

**Instructor: David Heymsfeld**

**Friday, 10:00 AM – 11:30 AM**

**Mar 20 – Apr 10**

**Location: GMU**

**4 Sessions**

**Minimum 8, maximum 36 participants**

In the years between the two world wars, Americans dealt with issues that have not been fully resolved to this day. The 1920s were a period of strong economic growth and improved standards of living, but the benefits were not equally shared and income inequality increased. Major cultural divisions appeared in the battles over prohibition, anti-immigration legislation, the Red Scare, the rise of the national Ku Klux Klan, Henry Ford's antisemitism and the Scopes trial. The depression of the 1930s led to major reforms, giving the federal government a much greater role in the economy. However, the reforms did not succeed in ending the depression. Divisive issues also arose in labor disputes, the rise of radical movements on the right and left, the fight over the appropriate role of the Supreme Court and the long and bitter battle between isolationists and internationalists over U.S. entry into World War II.

**David Heymsfeld** is a retired congressional staff member, with a lifelong interest in history. He has previously presented courses in modern American history and has been a tour guide at the Newseum.

## **3018.35 Pompeii, Vesuvius and All That**

**Instructor: Thomas Wukitsch**

**Friday, 12:00 PM – 2:00 PM**

**Mar 13 – May 15**

**Location: GMU**

**10 Sessions**

**Minimum 8, maximum 47 participants**

There had been massive volcanic eruptions centuries before the eruption of Mt. Vesuvius in 79 AD. The entire Bay of Naples is but one-fourth of a huge caldera, and Vesuvius is only a small vent on its eastern edge. But local residents and wine connoisseurs in the towns clustered around the base of the mountain were not aware of the significance of early warning rumblings. Many in Pompeii had forgotten the local mythology that warned of a restless, struggling giant trapped under Vesuvius. They

# History *continued*

had mostly turned to worship of the Egyptian goddess Isis, who apparently knew nothing of volcanoes.

This class will look at the history and geology of the area around the Neapolitan caldera, the eruption itself and the aftermath including ruins and recovered artifacts. We will read an eyewitness account of the eruption written later by Pliny the Younger, who had declined an invitation to accompany his uncle, Pliny the Elder, on his fatal rescue mission into the danger area. The former still had to flee the final pyroclastic flow that roared almost 20 miles across the Bay of Naples. He abandoned his home at the Roman naval base at Misenum with his mother, their heads wrapped in pillows for shelter from falling clasts.

Finally, we will assess modern volcanic dangers. Vesuvius is still considered the world's second most dangerous volcano.

*Recommended Website:* <http://www.mmdtkw.org/ALRltkwPages.html>

**Tom Wukitsch's** interest in the ancient world was whetted by his grandparents' bookcase of National Geographic back issues. Early on he learned about Latin, Greek, ancient Semitic languages, Egyptian hieroglyphs, math, history, archeology, archeometry and computers. After retiring in 1998, he studied and taught in Rome and, since 2003, at Encore Learning.

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- you don't have access to the internet, or won't on the day of registration
- you want to pay by check

Either call the office at 703-228-2144 to arrange to pick up a form or to have it mailed to you, or download the form from the FAQ page on our website. Make sure to scroll down to see all documents on the FAQ page.

## **3019.35 Reconstruction in Post-Civil War America**

**Instructor: Elly Kluge**

**Wednesday, 12:00 PM – 1:30 PM**

**Apr 1 – May 6 (No class 4/15)**

**Location: GMU**

**5 Sessions**

**Minimum 8, maximum 47 participants**

This course will begin with the arrival of Africans in 1619 and will trace slavery as an institution up to 1860. Slavery will be put in the context of 1619 through the Three/Fifth's Compromise in the Constitution. Moving into the Civil War era, the status of the Freedmen will be addressed in those areas Union generals controlled, and then the specifics of Reconstruction will be reviewed, studying the political, economic and racial divides in America from 1865 to 1876. In addition, we will analyze the 13th, 14th and 15th Amendments to the Constitution. Finally, we will look at what happened during Reconstruction and evaluate its successes and failures.

*Recommended Websites:* *Eric Foner on Reconstruction:* <https://youtu.be/49McwjkZmlw>; *Ken Burns, Reconstruction: America After the Civil War:* <https://www.pbs.org/weta/reconstruction/>

**Elly Kluge** has a BA in history and English and a master's degree in history with a focus on American and European history. She has completed her course work for a PhD. Her professional experience includes a career as an Arlington Public Schools teacher for 34 years at HB Woodlawn Secondary School, where she focused on topics from ancient history to sociology. She taught for two years at international schools and worked at Peace Corps headquarters in Washington, DC for three years. Her awards include a Fulbright Education Grant.

**REGISTRATION  
BEGINS  
10:00 A.M. sharp Monday,  
February 3, 2020.**

## **3020.35 Civil War Soldiers' Experiences: Four Years of Warfare and Its Effect on Those Who Fought**

**Instructor: Bonnie Mangan**

**Wednesday, 2:00 PM – 3:30 PM**

**Apr 8 – Apr 29**

**Location: GMU**

**4 Sessions**

**Minimum 8, maximum 36 participants**

Vast armies of citizen soldiers fought through four years of war, with estimates of 700,000 deaths in a conflict that divided the nation. Neither the Union nor the Confederacy was prepared to train, equip and care properly for those who fought. Often ill-clad, hungry and weary, the citizen soldiers persevered.

Using letters, diaries and memoirs of Civil War soldiers, the course will attempt to reflect their experiences and how they were able to endure. Because their letters were not censored, they offered insight into the soldiers' beliefs and reasons for fighting. They wrote of training, camp life and its temptations, battles, food, politics, religion and family. Immigrant, African American and female soldiers served in the war and their experiences and contributions are included.

Honoring the sacrifices of the common soldiers, including the reinterment of remains, was an important outcome of our Civil War. Many veterans dealt with the physical and emotional consequences of their service. Pensions for Union veterans and their dependents became an important political issue. Although the country was reunited, true reconciliation remains a matter of debate, as the old soldiers maintained the beliefs for which they fought.

*Recommended Website:* The Library of Congress has a link to Civil War books, maps, pictures and manuscripts from its home page <https://www.loc.gov>.

**Bonnie Mangan** grew up in Chicago and attended the University of Illinois. She earned masters' degrees in Middle East studies and library science. She retired from the Congressional Research Service of the Library of Congress after 36 years. She is a National Park Service volunteer at Arlington House and Theodore Roosevelt Island. She serves as vice president of the Society for Women and the Civil War.

## **3021.35 Museums Off the Mall**

**Instructor: Jeanne LaBella**

**Thursday, 1:30 PM – 3:30 PM**

**Apr 2 – May 7**

**Location: Offsite**

**6 Sessions**

**Minimum 8, maximum 15 participants**

Washington, DC, is a museum-lover's paradise, with free admission to a distinguished collection of America's best museums lining our National Mall. However, the riches do not end there. Join us for visits to six lesser-known museums in DC-Maryland-Virginia. Over six successive weeks we will visit Belmont Paul Women's Equality National Monument on Capitol Hill; the Glenstone Museum in Potomac, MD; the National Museum of the U.S. Navy at the Navy Yard; the National Cryptological Museum near Fort Meade, MD; the National Museum of Health and Medicine in Silver Spring, MD; and the Workhouse Prison Museum in Lorton, VA.

*Recommended Websites:* Belmont Paul Women's Equality National Monument: [nps.gov/bepa](https://nps.gov/bepa); Glenstone Museum: [glenstone.org](https://glenstone.org); Navy Museum: [history.navy.mil](https://history.navy.mil); National Cryptological Museum: [nsa.gov/about/cryptologic-heritage](https://nsa.gov/about/cryptologic-heritage); National Museum of Health and Medicine: [medicalmuseum.mil](https://medicalmuseum.mil); Workhouse Prison Museum: [workhousemuseums.org](https://workhousemuseums.org)

**Jeanne LaBella**, a member of the Encore Learning Academic Programs Committee, has been a member of Encore Learning since 2014.

## **VOLUNTEER AS A CLASS AIDE**

### **What benefits will you have?**

- Free parking while assisting the class.
- Know your classmates and the instructor.
- Training on use of audio-visual equipment.

**See page 28 for details**

# History *continued*

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## 3022.35 Walks with Charley

Instructor: Marty Suydam

Wednesday, 2:00 PM – 3:30 PM

Apr 15 – May 13

Location: Offsite

5 Sessions

Minimum 8, maximum 20 participants

This five-session course is based on the instructor's book *Walks with Charley: Sniffing Arlington Ridge History & Mystery*. Rain or shine, we will enjoy five walking tours (mostly flat) covering the Arlington Ridge history and mystery. Most will start at the Hume School, home of the Arlington Historical Museum.

1. **Walk 1:** Arlington Ridge, Northwest, 2 miles (general orientation of area, Hume School, Little Tea House, Fort Albany, Prospect Hill Manor, JEB Stuart Homes, Pentagon Ridge Condos, Sears Bungalows)
2. **Walk 2:** Arlington Ridge, Southeast, 2 miles (street naming/renaming, Tudors of Arlington, Summer Rentals Offices, "Ty Bryn" & Haley Park, Garfield Estates, Fort Scott, Luna Park)
3. **Walk 3:** Arlington Ridge, Southwest, 2 miles (Arlington Ridge Road, Oakridge Elementary School, Gunston Middle School, Shirley Homes,

Green Valley Manor, ARNA Valley, Dolley Madison JHS, Fraser Street (23rd St) & view of Fraser cemetery)

4. **Walk 4:** Arlington Ridge, Northeast, 2 miles (Addison House, Crystal City, Brick Yards, Sunnyside Farm, Jubal Early Homes)
5. **Walk 5:** Army Navy Country Club, 2 miles (Fraser Cemetery, Civil War Fort Richardson and Convalescent Hospital)

Handout cards are provided for each walk tracing walk path and providing space for taking notes.

*Recommended Readings:* Two handouts, written by the presenter, will be provided to students: "Arlington Waterways" and "Four Mile Run Park"

**Marty Suydam** is a long-time resident of Arlington, Virginia. In 2017 he published *Walks with Charley: Sniffing Arlington Ridge History & Mystery*. Now retired, he has had careers in the US Government (US Army, Defense, US Navy); industry (General Dynamics, ALCOA, JJMA, BMY); consulting (FOCUS Consulting, Burdeshaw Associates); teaching (Colorado School of Mines, George Mason University, Washington College and Marymount University). He teaches the Encore Learning "Writing a Memoir" course.

# Law, Politics & Public Affairs

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## 4004.35 Global Hot Spots

Instructors: Thomas Adams, Philip Martin, Lynne Platt, Ellen Laipson, Anne Richard, Guadalupe Correa-Cabrera

Thursday, 10:00 AM – 11:30 AM

Apr 2 – May 14 (No class 4/16)

Location: GMU

6 Sessions

Minimum 8, maximum 70 participants

Note: The April 16 date will be used only if needed to accommodate a change in instructors' schedules.

The United States is confronted by an increasingly

complex and perilous world. We face a globe marked by dangerous geographical hot spots and critical policy issues, some flaring openly into violence, others simmering near the edges of our attention. This course taps the experience and perspectives of diplomats and scholars to offer insights into what is at stake.

1. **Ukraine: Can It Escape from Russia's Shadow?** (Thomas Adams): Russia's seizure of over 7% of Ukraine's territory in 2014 is the latest event in a history of efforts by Moscow to subjugate that country. The instructor will explore Ukrainian-Russian history, with particular emphasis on the period since the 2004 Orange Revolution, a seminal event in the post-Soviet

world. That event frightened Russia's leaders, setting the stage for the Kremlin's efforts to manipulate democratic elections in Ukraine, efforts which have had recent repercussions in U.S. political life.

2. **Significant Security Issues in Contemporary Africa** (Philip Martin): The instructor will focus on the most important security issues in contemporary Africa, including the expansion of extremist groups like the Islamic State. He will address different forms of political violence and the prospects for conflict resolution as well as post-conflict dynamics and issues of combatant demobilization in South Sudan, Zimbabwe and Cote d'Ivoire. He will also discuss the implications of third-party interventions in Africa and the impact on U.S. foreign policy.
3. **NATO** (Lynne Platt): Erected on the ashes of World War II, NATO is considered the most successful collective security alliance in history. Yet it became a "global hot spot" in 2019 when President Trump criticized the alliance and claimed that NATO is "very unfair" to the U.S. Which nations are NATO members, and what are the issues occupying their diplomats and military officers? How is NATO organized and funded, and which allies are contributing at the recommended levels? Is NATO still relevant?
4. **Conflicts in the Middle East** (Ellen Laipson): The instructor will review the full suite of security issues in this turbulent region: acute hot wars (in Syria, Yemen), new cold wars (like the Saudi-Iran rivalry), geopolitical dynamics (the roles of Russia and China and whether they hope to replace the U.S.), and the slow-moving process of political change since the Arab spring of 2011.
5. **Refugee and Migration** (Anne Richard): The instructor will describe U.S. government programs to help refugees and migrants, and compare and contrast the Obama and Trump administrations' approaches. The discussion will touch on aid, diplomacy and resettlement as tools in addressing overseas crises.
6. **From Venezuela to Mexico: Security Challenges** (Guadalupe Correa-Cabrera): The instructor will examine major security threats in Mexico, Central America, Colombia and Venezuela, including drug and human trafficking, gang violence, and migrant smuggling. All these threats arise amid growing authoritarianism, populism and nationalism. She will describe the operation of drug cartels, transnational gangs like MS-13 and 18th Street, and other paramilitary groups.

**Thomas Adams** retired from the State Department in 2015 after more than 40 years of service. Much of his work involved assisting Ukraine and the other independent states that emerged in Europe and Eurasia with their political and economic transitions.

**Philip Martin** is assistant professor of international security at George Mason University's Schar School of Policy and Government, where he focuses on comparative politics, African politics and civil wars. His continuing research focuses on the legacies of political violence for state formation and democracy. He earned his PhD in political science from Massachusetts Institute of Technology, his MA in international affairs from Carleton University and his BA in political science from University of Guelph.

**Lynne Platt** retired from the State Department in 2018 as a senior foreign service officer. She served for three and a half years as information officer/spokesperson at the U.S. Mission to NATO in Brussels. Subsequently, she served as spokesperson at U.S. embassies in Paris and London.

**Ellen Laipson** joined the George Mason University faculty in 2017, where she directs the international security master's program and the Center for Security Policy Studies. She was president and CEO of The Stimson Center from 2002 to 2015 and served in the U.S. government from 1977 to 2002. Her last post was vice chairman of the National Intelligence Council. She has an MA from Johns Hopkins University's School of Advanced International Studies and an AB from Cornell University.

**Anne Richard** served as assistant secretary of state for population, refugees and migration in the Obama Administration. Previously, she was vice president of government relations and advocacy for the International Rescue Committee. She served at Peace Corps headquarters and the Office of Management and Budget. She has received fellowships from the Council on Foreign Relations and the Robert Bosch Stiftung, based in Stuttgart, Germany. She is a graduate of Georgetown University's School of Foreign Service and has an MA in public policy studies from the University of Chicago. She is an adjunct professor at Georgetown University.

**Guadalupe Correa-Cabrera** is an associate professor at the Schar School of Policy and Government. Her areas of expertise are Mexico-US relations, organized crime, immigration, border security and human trafficking. She earned her PhD and MPhil in political science from the New School for Social Research and

# Law, Politics & Public Affairs *continued*

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her BA in economics from Universidad Iberoamericana in Mexico City. She is a global fellow at the Woodrow Wilson Center and a nonresident scholar at the Baker Institute Center for the United States and Mexico at Rice University. She is also co-editor of the journal *International Studies Perspectives*.

## **4013.35 Ethnic Conflict from Former Yugoslavia to the South Caucasus: “Can we all just get along?”**

**Instructor: Richard Kauzlarich**

**Tuesday, 10:00 AM – 11:30 AM**

**Apr 21 – May 12**

**Location: GMU**

**4 Sessions**

**Minimum 8, maximum 70 participants**

Having served as US ambassador to Azerbaijan (1994–1997) and to Bosnia and Herzegovina (1997–1999), the instructor followed the aftereffects of the tragic ethnic conflicts that took thousands of lives and created hundreds of thousands of refugees and internally displaced persons (IDPs). Why was the late Richard Holbrooke’s famous book regarding the conflict in Bosnia and Herzegovina titled “To End a War” rather than “To Build a Peace”?

The course will look at these societies today and search recent history for an answer to Rodney King’s question, “Can we all just get along?”

This course will address:

- Cultural and ethnic forces in these states
- What led up to the states and societies where conflicts were horrific
- State and institution building in post-conflict societies
- What role should the United States play in helping these societies affirmatively answer Rodney King’s question

**Richard Kauzlarich** is distinguished visiting professor at the Schar School of Policy and Government at George Mason University. He also serves as interim director of the Peace Operations Program and as co-director of the Center for Energy Science and Policy. He teaches courses on the geopolitics of energy security and policy communication for executive leadership. He served as U.S. ambassador to Bosnia and Herzegovina from 1997 to 1999 and to Azerbaijan from 1994 to 1997.

## **4014.35 Real Media Literacy**

**Instructor: Freedom Forum**

**Monday, 2:00 PM – 3:30 PM**

**Mar 23 – Apr 13**

**Location: GMU**

**4 Sessions**

**Minimum 8, maximum 70 participants**

Feeling lost in today’s media landscape? In this course, participants dive into the complexity of digital citizenship, including the threat of falling for fake information. Exploring media literacy through a First Amendment focus, the four sessions will cover:

1. Ethical issues journalists face as they strive to be accurate, fair and clear. Utilizing real-life case studies, participants grapple with issues journalists may encounter, including privacy, anonymous sources and the pressure to be first.
2. The problem of fake news in today’s media landscape. What qualifies as “fake” news. Why we should care what is real and what is not. How the motivations behind news stories shape the content.
3. The positive aspects of the media. Identify the qualities of fair news coverage. Learn how to assess word choice and use of context and counterpoints to make informed, impartial evaluations of news in print, on the Internet and in social media.
4. Propaganda methods used to influence our thinking, including four universal techniques used to manipulate human emotions. Participants will explore practical strategies to combat propaganda and improve the quality of their information ecosystem.

### **Community educators from the Freedom Forum**

**Institute.** The Institute carries out its work through its programs, initiatives and conferences on First Amendment freedoms; education programs about the five freedoms in the amendment; exploration and education on the intersection of religion and public life; and its efforts to encourage journalistic excellence, diversity and workplace integrity in the news media.



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# Literature & Writing

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## 5003.35 Novella: Here We Go Again and Again

Instructor: Iska Alter

Friday, 2:00 PM – 3:30 PM

Mar 27 – May 1

Location: GMU

6 Sessions

Minimum 8, maximum 40 participants

If it is spring, then it must be a return to our ongoing examination of that anomalous form, the novella, and its paradoxical generic ability both to focus and expand narrative concerns. For the six weeks in this semester, we will be reading the following works in this order:

1. **Mark Twain**, “The Man That Corrupted Hadleyburg”
2. **George Orwell**, “Animal Farm”
3. **Muriel Spark**, “The Prime of Miss Jean Brodie”
4. **Nella Larsen**, “Quicksand”
5. **Sara Orne Jewett**, “The Country of the Pointed Firs”

All of the works are available online. As always, our purpose during our time together will be to define, to interpret, to understand and, of course, to enjoy these texts.

*Iska Alter* is emerita professor of English at Hofstra University. Her specializations are American Literature, Shakespeare and English Renaissance drama. Her work has appeared in *Modern Drama*, *Theater History Journal* and *Shakespeare Survey*. She is the author of an analysis of the fiction of Bernard Malamud titled, “*The Good Man’s Dilemma*.” She received her BA from City College of New York, an MA from the University of Wisconsin and a PhD from New York University.

## 5011.35 Southern Short Stories

Instructor: Jenny Sullivan

Tuesday, 12:00 PM – 1:30 PM

Mar 10 – Apr 21

Location: GMU

7 Sessions

Minimum 8, maximum 36 participants

The Southern short story, whether written in 1882 or in 1982, must bear the burden of the legacy of its past as it reckons with the culture of the present. Rich in traditions, the South is populated by various groups who take

pride in their diverse roots and in their shared, troubled history. In this course we will look at the art and ideas of seven short stories in which characters at odds with one another because of race, class, or culture are nevertheless bonded by the experience of being part of the South. The stories are “The Wonderful Tar Baby” (Joel Chandler Harris), “Belles Demoiselles Plantation” (George Washington Cable), “Barn Burning” (William Faulkner), “The Death of the Traveling Salesman” (Eudora Welty), “Two Ladies in Retirement” (Peter Taylor), “Everything that Rises Must Converge” (Flannery O’Connor) and “Every Day Use” (Alice Walker).

*Recommended Reading:* All of these stories except the one by Taylor can be found online. Google the title followed by the word “text.” A pdf option will come up, which you can download or print out. The Peter Taylor story will be provided.

*Jenny Sullivan* taught literature for 42 years, primarily at Northern Virginia Community College. In retirement she has written a children’s book and a Southern novel based on a memoir by her mother, an avid Southern storyteller and poet. She enjoys engaging with adult ed students in the classroom, doing research and sharing about literature dear to her heart.

## 5012.35 American English: What We Speak and Why

Instructor: Leslie Tierstein

Monday, 2:00 PM – 3:30 PM

Apr 6 – Apr 27

Location: GMU

4 Sessions

Minimum 8, maximum 36 participants

The course looks at the current status of American English, both in terms of its historical development and of social issues regarding the spread, teaching and standardization of the language.

We will start with an overview of linguistics, the study of language. The overview will focus on case studies from English and dialects of English heard and spoken in the United States. This overview provides a basis for the terminology and methodology we will need to discuss English grammar, syntax and vocabulary, both written and spoken, and how advances in linguistics disciplines have come to affect our everyday life.



# Literature & Writing *continued*

Factors that influence how a language develops and changes will be considered, ranging from historical events (language change as a result of conquest or colonization) to modern times. How does immigration affect the grammar, sounds and vocabulary of American English? What about different versions of the same language — American versus British English; Parisian French versus Quebecois (or Cajun or Haitian Creole); Iberian Spanish versus American Spanish? We will examine interpretation and translation, literary and commercial. For example, how do you translate Jabberwocky or “muggle” into another language? And did you know that the first Mad Max movie was dubbed into American? Australian (“Strine”) slang and accent were deemed too unintelligible for American audiences.

We will conclude with consideration of how the Internet and modern conveniences have influenced English and other languages. Is there more or less “borrowing” between languages? Is there such a thing as “global English,” a lingua franca for technical (and not so technical) communication? Many foreign universities now offer graduate courses (and tests) in English! When traveling abroad and meeting someone who says they “speak English” what should you expect? And what are the prospects for language recognition and speech synthesis?

The course will include a list of recommended readings.

**Leslie Tierstein** has worked in computer technology for several multinational companies. Her duties have included technical translation; delivering computer-based training to audiences in Europe, Australia, Asia and North America; and developing computer-programming languages. She served as the technical editor of several books on computer programming and methodologies. She has a BA degree in comparative literature from Brown University and MA degrees in French and linguistics from the University of Pennsylvania.

## 5013.35 Chekhov’s Short Stories

Instructor: **Natalia Lord**

**Thursday, 12:00 PM – 1:30 PM**

**Mar 12 – Apr 2**

**Location: GMU**

**4 Sessions**

**Minimum 8, maximum 36 participants**

Anton Chekhov, a physician and author, outlined six principles that make for a good short story:

1. Absence of lengthy verbiage of a political-social-economic nature
2. Total objectivity
3. Truthful descriptions of persons and objects
4. Extreme brevity
5. Audacity and originality
6. Compassion

Did he stick to these principles? You be the judge as we read and discuss some of his best known short stories.

He also said, “Medicine is my lawful wife and literature is my mistress. When I get fed up with one, I spend the night with the other.” What evidence can we find of Chekhov’s medical experience in his writing?

The last session of this four-session course will look at stories chosen by the class.

*Recommended Reading: Stories of Anton Chekhov (Illustrated)*, available from Amazon in paperback and e-book formats.

**Natalia Kamendrowsky Lord** has an MA in Russian literature from Fordham University and has taught and counseled students at Fordham, Howard University and the Foreign Service Institute for more than 40 years.

**REGISTRATION  
BEGINS**  
**10:00 A.M. sharp Monday,  
February 3, 2020.**

**Join, Renew,  
Update or Register**  
Go to [www.EncoreLearning.net](http://www.EncoreLearning.net)  
**QUICK LINKS.**

# Science & Technology

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## **6001.35 Nuclear Weapons: What They Are, What They Can Do and Attempts at Their Control**

**Instructor: Allan Hoffman**

**Wednesday, 12:00 PM – 1:30 PM**

**Mar 18 – Apr 22**

**Location: GMU**

**6 Sessions**

**Minimum 8, maximum 36 participants**

The world changed early on July 16, 1945 with the successful test explosion by the United States of the first nuclear weapon, codenamed Trinity. The test led to the dropping of two atomic bombs on Japan in August 1945 and the end of World War II.

This course will trace the origin of these weapons, examine the decision to drop them on Japan and explore the impact on the two Japanese cities. We also will discuss the subsequent development and proliferation of even larger nuclear weapons, post-war efforts to control such weapons and their current status. The six classroom sessions will cover the following:

- 1. The history and basic physics of nuclear fission/fusion research.**
- 2. The Manhattan Project.** The backdrop to dropping two atomic bombs.
- 3. Effects of atomic and hydrogen bombs.**
- 4. Comments from a Manhattan Project scientist.** Discussion of the decision to drop the bomb.
- 5. The postwar efforts to control nuclear weapons and the current global status of such weapons.**
- 6. Contemporary issues related to nuclear weapons.** Open class discussion.

*Recommended Reading:* "Nuclear Power," Chapter 7 in *Water, Energy, and Environment: A Primer*, Allan Hoffman. (free download at <https://iwaponline.com/ebooks/book/744/Water-Energy-and-Environment-A-Primer>)

**Allan Hoffman** retired in 2012 after a long career in Washington, DC, where he served as staff scientist for the U.S. Senate Committee on Commerce, Science, and Transportation; as director of the Department of Energy's Advanced Energy Systems Policy Division; and as deputy assistant secretary in the Energy Department's Office of Energy Efficiency and Renewable Energy. He is now involved in solar energy

projects in Africa. He has a bachelor's in engineering physics from Cornell University and a PhD in physics from Brown University.

## **6005.35 Arlington Parks, Streams and Birds: A Spring Look**

**Instructors: Cliff Fairweather, Aileen Winquist, Marty Suydam, Tom Nardone, Joan Haffey, Sarah Archer**

**Friday, 10:00 AM – 11:30 AM**

**Mar 20 – Apr 17**

**Location: Offsite**

**5 Sessions**

**Minimum 8, maximum 20 participants**

This course will share a seasonal view of Arlington featuring its flora, fauna and birds. Take a look at how our area changes with the seasons and enjoy the richness. Sessions will be held in various locations.

- 1. A Spring Look at Arlington's Parks** (Cliff Fairweather): In a brief lecture and hike through Glencarlyn Park, participants will be introduced to the local biodiversity found in the spring in all of Arlington's parks. Along the way, we will discuss the educational, environmental and health benefits that local natural areas provide the community. We will also consider some of the challenges of managing natural resources in an urban area. This class will meet at Long Branch Nature Center, 625 S. Carlin Springs Road.

*Recommended Website:* Arlington Natural Resources Management Plan: <http://projects.arlingtonva.us/natural-resources-management-plan/>

- 2. Issues Facing the Arlington Watershed** (Aileen Winquist): Learn about the challenges facing Arlington County's streams and water quality and how the county is addressing them. Learn how residents can get involved to protect water quality. This class will meet at Arlington Mill Community Center, 909 S. Dinwiddie Street.

*Recommended Website:* <https://environment.arlingtonva.us/streams/stream-monitoring/>

- 3. Spring Finds in Arlington Parks and Streams** (Marty Suydam): Arlington's 33 miles of perennial streams are an important part of the beginning

and development of the county. Like most modern urban areas, streams and creeks appear very different than in the past. The old natural water conduits have been relocated, piped underground, siphoned off for irrigation or they have disappeared. This class will provide a spring overview and focus on Four Mile Run with an onsite tour and explanation. Class meets at Four Mile Run Park, 4109 Mount Vernon Avenue in Alexandria.

**4. Introduction to Birding in Arlington** (Tom Nardone, Joan Haffey): The instructors, both from the Northern Virginia Bird Club, will introduce the class to birding in Arlington. This will be a combination of interactive classroom session, new birder tips and a walk in the park to start identifying birds. Participants will learn about key birding organizations and regular birding activities in the area, as well as local web-based and smartphone app resources for Arlington birders. Bring binoculars if you can. Class will be held at Fort C.F. Smith, 2411 24th St. N.

**5. Invasive Species: What To Do in the Spring** (Sarah Archer): This hands-on session will discuss the problem of invasive, non-native plants in Arlington parks. The discussion will cover the invasive species, how they get into our parks and what can be done in the spring to stop their spread and manage those that have already been established. This class will meet at Gulf Branch Nature Center, 3608 Military Road.

**Cliff Fairweather** is a natural resources specialist for the Arlington County Department of Parks and Recreation, where he manages the Long Branch Nature Center. He has been a professional naturalist since 1996 and holds a master's degree from Virginia Tech's College of Natural Resources and Environment.

**Aileen Winqvist** has 20 years of experience in environmental outreach and communication. She has a master's degree in environmental science from the University of Virginia. She manages outreach for Arlington County's stormwater programs, including public engagement for stream restoration and storm sewer projects, management of the StormwaterWise Landscapes incentive program and coordination of educational programs on rain barrels and rain gardens.

**Marty Suydam** is a retired Army officer, government and corporate executive, and professor. A long-time resident of Arlington, he published *Walks with Charley: Sniffing Arlington Ridge History and Mystery* in 2017.

**Tom Nardone** volunteers as a bird walk leader for the Northern Virginia Bird Club and The Friends of Dyke Marsh. He frequently leads the walk held the first Wednesday of the month at Long Branch Nature Center.

**Joan Haffey** is a master naturalist who participates in monthly natural resource surveys in two Virginia wildlife areas. She regularly participates in activities of the Audubon Society of Northern Virginia, Audubon Naturalist Society, Friends of Huntley Meadows Park and the Northern Virginia Bird Club.

**Sarah Archer** is a natural resources specialist for the Arlington County Department of Parks and Recreation, where she coordinates the Invasive Plant program. She has been with the county since 2009, first as an AmeriCorps member, then with the Landscape and Forestry Unit. She graduated from Virginia Tech's College of Natural Resources and Environment with an executive master's degree in 2012. Sarah has also worked with the Student Conservation Association, the Bureau of Land Management and the Nature Conservancy.

## Join, Renew, Update or Register

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If you need help, click on FAQs  
(Frequently Asked Questions).

In addition to our  
courses in the spring and  
fall semesters, our  
**Special Events & Clubs**  
run *year round*.

See pages 29 and 30 for details.

## **6007.35 Artificial Intelligence (AI) Nightmare Scenarios: Summoning the Demons?**

**Instructor: Stephen Ruth**

**Monday, 2:00 PM – 3:30 PM**

**Mar 9 – Mar 30**

**Location: GMU**

**4 Sessions**

**Minimum 8, maximum 36 participants**

Some may think of Artificial Intelligence (AI) in terms of Boston Dynamics' robot dog Spot or software that can defeat the best human player in Go or Jeopardy. This course is about a much more serious and sinister aspect of AI: the various nightmare scenarios appearing regularly in the technical literature and sometimes the daily news. Possibly the most familiar is the use of "killer robots" and other military applications of AI; others include massive job dislocation and unemployment due to automation.

Thought leaders as varied as physicist Stephen Hawking and entrepreneur Elon Musk have warned about the potential dangers of AI, which Musk once referred to as "summoning the demon." These include super-intelligent surveillance systems encouraged in some nations like China but legally restrained in some large metropolitan areas like San Francisco; highly sophisticated facial recognition platforms, some of which MIT researchers have found to be ethnically biased; and "deep fake" technology that makes it possible for an enemy to fabricate video featuring a world leader. There is also increasing risk associated with AI-generated decision-making algorithms in fields from medicine to insurance to the stock market. Funds run by these algorithms currently account for 60% of stock trading activity, according to *The Economist*.

In this course we will examine the ideas of the best-known thought leaders and have plenty of discussion among ourselves about this crucial topic.

**Stephen Ruth** is professor of public policy at GMU's Shar School of Policy and Government and director of the grant-supported International Center for Applied Studies in Information Technology. Among his research interests is the deployment of AI systems, with particular emphasis on unintended consequences. He has taught many Encore Learning courses on different facets of information technology use and misuse.

## **6008.35 Geology, Oceanography, the Atmosphere and Evolution: Current Research**

**Instructor: George Pick**

**Tuesday, 2:00 PM – 3:30 PM**

**Apr 14 – May 12**

**Location: GMU**

**5 Sessions**

**Minimum 8, maximum 36 participants**

In the past five years, technological improvements in remote measurement techniques have led to the discovery of much new information in all branches of earth science that has shaped the current state of knowledge. In five sessions this course will survey the basic concepts of these sciences, new discoveries and the new complexities of interactions across the various scientific disciplines.

1. New information on the inner core of Earth, carbon cycle, lost continent beneath, how North America grew as a continent and bedrock map of Antarctica.
2. Major oceanic currents, ocean-atmospheric interactions, storm surges, human-made pollution, impact of pollution and temperature increase on aquatic life, Greenland's ice sheet and Antarctic ice break-up.
3. & 4. Major atmospheric currents, extreme weather events, how hurricanes develop, why a hurricane's path is so difficult to predict, climate models and predictions, hurricane facts, human-made atmospheric pollution, greenhouse gas emissions, global warming and its consequences, whether new technologies can slow or stop climate change and uses of weather maps.
5. History of evolution, whether evolution proceeds in a straight line; mass extinctions and their consequences; Holocene period, when humans started altering the earth; human-made solid pollutants (soot, plastic and aerosols); and food for 10 billion people.

**George Pick** is a retired professor and aerospace engineer who worked for the U.S. Navy for 30 years. He is an associate fellow of the American Institute of Aeronautics and Astronautics, a member of the Planetary Society, a docent of the U.S. Holocaust Memorial Museum and author of over 50 scientific publications and seven publications about the Holocaust.

## 6009.35 Rethinking STEM Education

Instructor: James Egenrieder

Monday, 12:00 PM – 1:30 PM

Apr 20 – May 11

Location: VTNVC

4 Sessions

Minimum 8, maximum 30 participants

This course explains the expanding interest and emphasis on K-12 STEM (science, technology, engineering and math) education and workforce preparation. Participants will investigate national, regional, state and local initiatives, controversies and motivations for promoting STEM education and training. They will also help to identify strategies for integrating arts and humanities within the STEM disciplines, as well as opportunities for personal or community involvement in program support or advocacy. Finally, the course will explore the impact of rapidly evolving machine learning, including neural networks, on K-12 and postsecondary education and the future workforce.

*Recommended Reading:* To be provided, including texts or summaries of the Elementary and Secondary Education Act, Carl D. Perkins Vocational and Technical Education Act and Virginia Code Title 22.1 Education.

*Independent Reading:* To be provided.

*Recommended Websites:* To be provided.

**James Egenrieder** is director of the Qualcomm® Thinkabit™ Lab at Virginia Tech's National Capital Region facilities in Falls Church. He leads a team of students in creating, developing and facilitating programs for technical and professional education and workforce initiatives in the Washington, D.C. area, elsewhere in the US and abroad. He has a PhD from Virginia Tech.

## Did you know?

Encore Learning offers financial aid to those with demonstrated need

For more details, check our website:  
[EncoreLearning.net/scholarships](http://EncoreLearning.net/scholarships)

## 6010.35 Cooking Chemistry

Instructor: Fredric Clarke

Wednesday, 2:00 PM – 3:30 PM

Mar 11 – Apr 1

Location: GMU

4 Sessions

Minimum 8, maximum 36 participants

Most of us do not think much about the physical and chemical processes that govern the preparation of food. However, understanding and exploiting a few basic scientific principles can make almost anyone a better cook. Today's hottest chefs often oversee kitchens that look like laboratories, equipped with the latest in cryogenics and vacuum technology. In fact, the field has taken on a measure of intellectual respectability, inspiring an open lecture series regularly offered at Harvard University, as well as a host of technically oriented books and websites.

While the Harvard course employs cooking to teach science, this course uses science to teach cooking. We will learn how the chemistry and properties of fats, cellulose, carbohydrates and proteins (combinations thereof that make up most foods) respond to heat, and how to use that knowledge in the kitchen. No prior knowledge of chemistry is assumed. You will have an opportunity, however, to learn how to draw chemical structures.

The course is a series of four lectures, one in each of the following areas:

- 1. The Basics:** Food chemistry; calories and how to count them; cooking chemistry: denaturation, reactions and pyrolysis.
- 2. Heat Transfer:** Conduction, convection and radiation and the different kitchen tools for each; phase transitions and their effect; one dimensional heat transfer and what it means for cooking a steak or roast.
- 3. Surface chemistry and fun with alcohol emulsions and thickeners:** Gravy, salad dressings and sauces; extraction, fermentation and distillation.
- 4. Showing off in the kitchen by putting chemistry to work:** Baking, polymerization and encapsulation; chocolate.

*Recommended Reading:* *The Curious Cook*, Harold McGee.

**Fredric Clarke** earned his Ph.D. in chemistry at Harvard. He spent his career as a government scientist and consultant in the field of energy, combustion and fire science. He is also an enthusiastic and competent cook.

# Social Sciences

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## 7009.35 Psychology: It's Everywhere

Instructor: Janice McLean

Wednesday, 12:00 PM – 1:30 PM

Mar 18 – May 6

Location: GMU

8 Sessions

Minimum 8, maximum 35 participants

How do some political figures and pundits develop a cult-like following? You think obesity and family history are the strongest predictors of health and longevity? Harvard says think again. Can we diagram our lives and compose an entire life plan in an hour? We will do it. Are sociopaths born like bad seeds? Why are polygraphs inadmissible in court and why are some accused murderers eager to take them? What is cutting-edge assisted living and how is the use of animals 24/7 improving health, mood and longevity in these facilities? What innovative prison programs are dramatically lowering recidivism and reinventing lives? Are you sexist for believing that women are better communicators and that men are wired to be better drivers and romantic rascals?

This course will cover the fascinating use of psychology in everything from national elections to the prediction of health and longevity, to evaluating your life and goals, to prison reform, to the basics of CBT (cognitive behavioral therapy) and how you can use it daily, to research-based differences between men and women. This interactive class will use relevant current events as examples of class material. Video clips and hands-on exercises will bring the topics to life. The importance of critical thinking will be stressed throughout the course, and each session will start with the mantra, "Show Me the Data!" Class time will be provided for questions and answers on all things psychology as time (and the instructor's knowledge!) permit.

*Independent Reading: Positive Psychology: Harnessing the Power of Happiness, Mindfulness, and Inner Strength* (Harvard Medical School), Ronald D. Siegel; *Enlightenment Now: The Case for Reason, Science, Humanism, and Progress*, Steven Pinker; *Learned Optimism*, Martin E.P. Seligman; *The Lucifer Effect: Understanding How Good People Turn Evil*, Philip Zimbardo.

*Recommended Websites:* [positivepsychology.org](http://positivepsychology.org); [good-news-network.org](http://good-news-network.org)

**Janice McLean, Ph.D.**, is a retired clinical psychologist who taught at Ohio State University for 20 years. She practiced for 35 years in multiple settings with an expertise in

anxiety and adjustment disorders using a CBT orientation. A doctoral graduate of Hofstra University, she is co-author of *Phobias and Other Panic Victims: A Guide for Those Who Help Them* and a contributor to *The Successful Medical Student* and *The Counseling Sourcebook*.

## 7010.35 Community Resilience: Emergency Planning and Disaster Response

Instructor: Tonya Neaves

Tuesday, 12:00 PM – 1:30 PM

Apr 14 – May 5

Location: GMU

4 Sessions

Minimum 8, maximum 36 participants

The risk of disasters is increasing, and their consequences are often broad-based, long-term and unanticipated. Traditional disaster models typically have focused on post-crisis response/recovery and lessons learned from terrorist attacks. If communal networks are disrupted, there will be a lasting impact on the social cohesion of the community, the political confidence among individuals and the communal resilience of the impacted area. Understanding disaster's meaning is essential to problem solving. Increased communication and enhanced cooperation in times of disaster should be recognized as important and viewed as a relevant means to ideological bridge building. Decision-making models have highlighted a need for collaborative partnerships. At the end of the course you should have a robust understanding of emergency planning and crisis response.

*Independent Reading: Community Revival in the Wake of Disaster: Lessons in Local Entrepreneurship (Perspectives from Social Economics)*, Virgil Henry Storr, Stefanie Haeffele-Balch, et al.

**Tonya Neaves** is the director for extramural projects at the George Mason University Schar School of Policy and Government, where she is an assistant professor in the master of public administration program and coordinator for its Emergency Management and Homeland Security graduate certificate program. Prior to joining GMU, she was director of the Mississippi Public Safety Data Laboratory at Mississippi State University's Social Science Research Center. Her research portfolio approximates \$6 million and has several publications. Her areas of expertise include emergency management, critical infrastructure and public safety.

### **7011.35 A Spiritual Guide for Retirement**

**Instructor: George Brockway**

**Tuesday, 10:00 AM – 11:30 AM**

**Mar 17 – May 5**

**Location: GMU**

**8 Sessions**

**Minimum 8, maximum 18 participants**

In this course, we will discuss such topics as: the move from working to make a living to working to make a life; what it is to lead “a more fully human life” (and what is happiness?); the humanist’s meaning of “spiritual” versus the religious person’s meaning for the same term; the assumptions that each of these views is built upon and their differing implications. Do these different views of the spiritual lead to different conclusions about how one ought to live? We will ask whether the universe is lawful in the moral realm as it so obviously is in the physical realm and whether our intentions actually count. What might a “spiritual awakening” consist of (a Buddhist

view) and what are the overall competing world views of the secular humanist and the religious meanings of “spiritual”? The course will be presented in a discussion seminar format. Reading of the relevant chapters in the book (rarely more than 10 pages of reading) will allow attendees to take part in the discussion in an informed way. Questions will be posted each week to guide the reading and discussion.

*Recommended Reading: A Spiritual Guide for Retirement, George M. Brockway.*

**George Brockway** holds a PhD in philosophy from the University of Wisconsin. His career spanned a number of different areas, from the administrator of a medical clinic to stockbroker to the managing partner of a financial planning and investments firm. He has taught at colleges both in Switzerland and the United States. In his most recent teaching, his areas of specialization were philosophy of religion, comparative religions, logic and history and methods of science.

## ***Would You Like to Teach for Encore Learning or Do You Have an Idea for a New Course?***

The Academic Programs Committee is on the lookout for instructors eager to share their expertise with fellow Encore Learning members. Do you have an area of interest that we should know about?

Please email Barbara Spangler at [info@encorelearning.net](mailto:info@encorelearning.net). If you have a course idea, but no instructor, we'd like to work with you to find a great instructor.

## **Refer a friend!**

You are our *best* source of information for prospective members. Simply refer them to our website [www.EncoreLearning.net](http://www.EncoreLearning.net).



And don't forget to invite your friends and neighbors to our Course Preview.

See page 3 for details.



# Encore Learning Needs YOU!

*Catch the spirit & join the fun!*

Volunteer your talents, your time and your support. Encore Learning has many opportunities that can fit your schedule. To sustain our non-profit, volunteer-led organization, we need many members to actively volunteer. It's a great way to make new friends and to stay sharp.

There are many ways to serve as a volunteer:

- Be a Class Aide
- Lead a club
- Teach a course or suggest a course instructor/topic
- Provide technology expertise
- Assist with audiovisual needs for special events at the Arlington library
- Distribute course catalogs to local libraries and community centers
- Serve on one of the committees that are essential to Encore Learning's success

There are six committees that need volunteers:

- Academic Programs: Seeks instructors, develops courses
- Class Aides: Recruits and trains the class aides
- Membership: Welcomes new members and plans social events
- Publications: Writes/edits/produces the course catalog
- Special Events: Arranges for and manages tours and lectures
- IT: Advises Encore Learning staff on technology issues

**Our Volunteer Committee Chair, Steven Shapiro, spearheads volunteer placement. Contact him through the Encore Learning office at 703-228-2144 or [info@encorelearning.net](mailto:info@encorelearning.net) to submit your preferences.**

Encore Learning members are a great community of people, and your participation will help to make our organization even greater.

## Please consider volunteering to become a Class Aide

When you become a Class Aide, you support the programs that you love. To become a Class Aide, simply choose "YES" when you register online.

### *What's a Class Aide?*

A Class Aide serves as the liaison between the instructor and the class, helping with attendance and class setup. Class Aides will receive training prior to classes during a Class Aide orientation.

### *Class Aide Benefits*

- Class Aides will receive training on use of professional audio-visual equipment.
- Class Aides will have a coffee get-together at the end of the semester.
- **Bonus:** FREE parking while assisting your class.

### *Questions?*

Contact Eileen Janas or Jere Cummins at [info@encorelearning.net](mailto:info@encorelearning.net) or call 703-228-2144 and leave a message.

# Special Events

Encore Learning's Special Events provide a variety of activities to complement our academic course offerings.

Some events require an admission fee upon registration, while others are free. Registration is required except for those events open to the public.

Members with email addresses on file with Encore Learning receive timely reminders of the upcoming events unless they choose to unsubscribe. Members are encouraged to check the website for the most current listing.

Special Events are popular and fill very quickly. To secure your seat, register online as soon as you receive the email notification.

Events requiring registration are for members only and require current membership through the event date. Members registering for events online may always check their expiration date upon logging in to their account and renew as needed.

Events held at Arlington County libraries require no registration and are open to the public. They are a good way to introduce your friends to Encore Learning and the caliber of its offerings.

Suggestions from members for future places of interest are always welcomed by the Special Events Committee. The greater Washington area is a treasure trove of opportunities—some of which, such as private museums or historic homes, are otherwise inaccessible to the public. Should you have a suggestion or interest in arranging a tour, contact Special Events Chair Kris McLaughlin via the Encore Learning office at 703-228-2144 or [info@encorelearning.net](mailto:info@encorelearning.net).

## TO REGISTER FOR SPECIAL EVENTS

Go to [www.EncoreLearning.net](http://www.EncoreLearning.net) and select **Special Event Registration** (under **QUICK LINKS**).

**Remember to check online for the most up-to-date information.**

## COURSE REGISTRATION CHECKLIST

- Review/update your account information online before registration begins on February 3.
- Note your password for easy access to your account on registration day.
- Choose your desired courses before logging in to register on February 3.
- Register online at 10 a.m., Monday, February 3, for your best chance at a seat in a popular course.
- Opt for a course waitlist if the course is filled.
- Complete your online registration and payment within 20 minutes.
- Sit back and wait for classes to begin.

## LOGIN TROUBLE?

If the system displays "Username does not exist. Please enter a new one." or "User does not exist, login failed."

- It may have been a keying error. Retype and submit again. We find this is the most likely culprit.
- You may have changed your email address since last logging into the system. See the **VERIFY VERIFY VERIFY** box below for further steps to take. Limited staff support will be available on the first day of registration.

## VERIFY VERIFY VERIFY

Log into your account at least one week before course registration. This is the best way to verify that your username (email address) and password are working. If your email has changed recently and you are unable to log in, email staff immediately using your working email address and include your full name and contact information. Staff will update your email address during office hours and send confirmation by email. Begin the password process again with the confirmed email address.

# Clubs

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Encore Learning offers a wide range of clubs to match the diverse interests of our members. Costs of club activities vary and are borne by the participants. Join Encore Learning and add club activities to your calendar today!

## **BREAKFAST CLUB**

Are you a morning person? If so, join this club for breakfast and conversation with other Encore Learning members. We meet on Wednesdays at 8:00 a.m. at La Madeleine, a low-key, Parisian-style café in Bailey's Crossroads. Club coordinator is Ron Wise.

## **BRIDGE CLUB**

The Bridge Club consists of members who enjoy getting together once a month to play social bridge. Members take turns hosting the games in their homes. The monthly gatherings begin at noon with a simple lunch; each player gives \$5 to the host/hostess to offset the cost of food and drink. Club coordinators are Sharon Bisdee and Joan Carter.

## **CINEMA CLUB**

If watching movies on the big screen sounds like fun, join the Cinema Club. Each month, members go to a selected movie on a weekday at Arlington theaters. Afterward there is an informal discussion and socializing over coffee or dinner at a nearby restaurant. Club coordinators are Kathie Burch and Lee Cooper.

## **CURRENT ISSUES DISCUSSION GROUP**

The Current Issues Discussion Group meets the third Wednesday afternoon of every month from 1:30–3:00 p.m. at Arlington's Langston-Brown Community & Senior Center. The group's coordinators are Bob Gibson and Pete Taylor.

## **ETHNIC LUNCH CLUB**

The Ethnic Lunch Club, a group of "foreign foodie" members, usually meets on the last Thursday of the month to explore and enjoy the area's great ethnic food. Twenty to thirty members come together for a social and delicious adventure. Details for each restaurant are sent by email each month. We try new ethnic restaurants, as well as old favorites. Cuisines we have enjoyed sampling include Nepalese, Afghan, Rus-Uz, Italian, Greek and Irish. Club coordinator is Arlene Kigin.

## **KAYAK CLUB**

Are you interested in kayaking on the Potomac with other Encore Learning members? Our club welcomes newcomers, novices and experienced kayakers. We meet at Fletcher's Boathouse off Canal Road in DC. Fletcher's provides all the necessary equipment and attendants to help you in and out

of the kayak for a reasonable hourly cost. We meet at 11:00 a.m. on the 2nd and 4th Wednesdays of the month from May through October, weather permitting, and paddle for about 1 to 1 1/2 hours. Club coordinators are Janice Yeadon and Wayne Moore.

## **MINDFULNESS CLUB**

The Mindfulness Club meets each Wednesday from noon to 1:30 p.m. at Rock Spring Congregational UCC Church for meditation, discussion, and exploration of the mindfulness tradition as it has developed in the modern West. Each week features a guided meditation, a chance to bring questions and observations to the group, and a relevant recorded talk by an expert. All are welcome regardless of experience. Club Coordinator is Dwight Rodgers.

## **NONFICTION BOOK CLUB**

Members gather from 1:30 to 3:00 p.m. on the second Monday of January, March, May, July, September and November in the upstairs meeting room at Arlington Central Library to share evaluations of that month's chosen book. The book discussions are lively and often extend to discussions about the author, as well. The remainder of the meeting is devoted to suggestions by members for books to be considered as our selection for the next meeting. Club coordinators are Pat Chatten and Carter Vaden.

## **TECH HOBBYIST**

Like to tinker with new technology? Join fellow tech enthusiasts each Monday from 10:00 am to noon at the Qualcomm Thinkabit Lab at the Virginia Tech Northern Virginia Center in Falls Church. Club coordinator is Steven Shapiro.

## **TRAVEL CLUB**

The Travel Club meets the first Wednesday of each month from 2:30–3:30 p.m. at Arlington's Langston-Brown Community & Senior Center to enjoy presentations on various parts of the world and share information on trips taken or planned. Any schedule changes will be noted on the Encore Learning website calendar. Club coordinators are Connie Collins and Charlie Hallahan.

To learn more about a particular club or to join or form a new club, contact staff at [info@encorelearning.net](mailto:info@encorelearning.net) or 703-228-2144. Note which club(s) you are interested in and your contact information. The appropriate club coordinator will contact you directly.

# Transportation

CLASSROOM AND OFFICE SITES	Parking		PUBLIC TRANSPORTATION
	Public Garage or Lot	Street Parking (restricted parking zones listed)	
<b>GMU</b> Mason's Arlington Campus 3351 Fairfax Drive Arlington, VA 22201	Pay garage under Van Metre Hall — entrance on N. Kirkwood Rd.	Metered	Metrorail and Metrobus
<b>SEC</b> Syphax Education Center 2110 Washington Blvd., Room 349 Arlington, VA 22204  <i>For GPS navigating, you may need            to use 100 Walter Reed Dr., 22204</i>	Free garage adjacent	Metered	ARTbus and Metrobus
<b>VTNVC</b> Virginia Tech Northern Virginia Center 7054 Haycock Road Falls Church, VA 22043	Public paid lot adjacent to Center	None	Metrorail and Metrobus

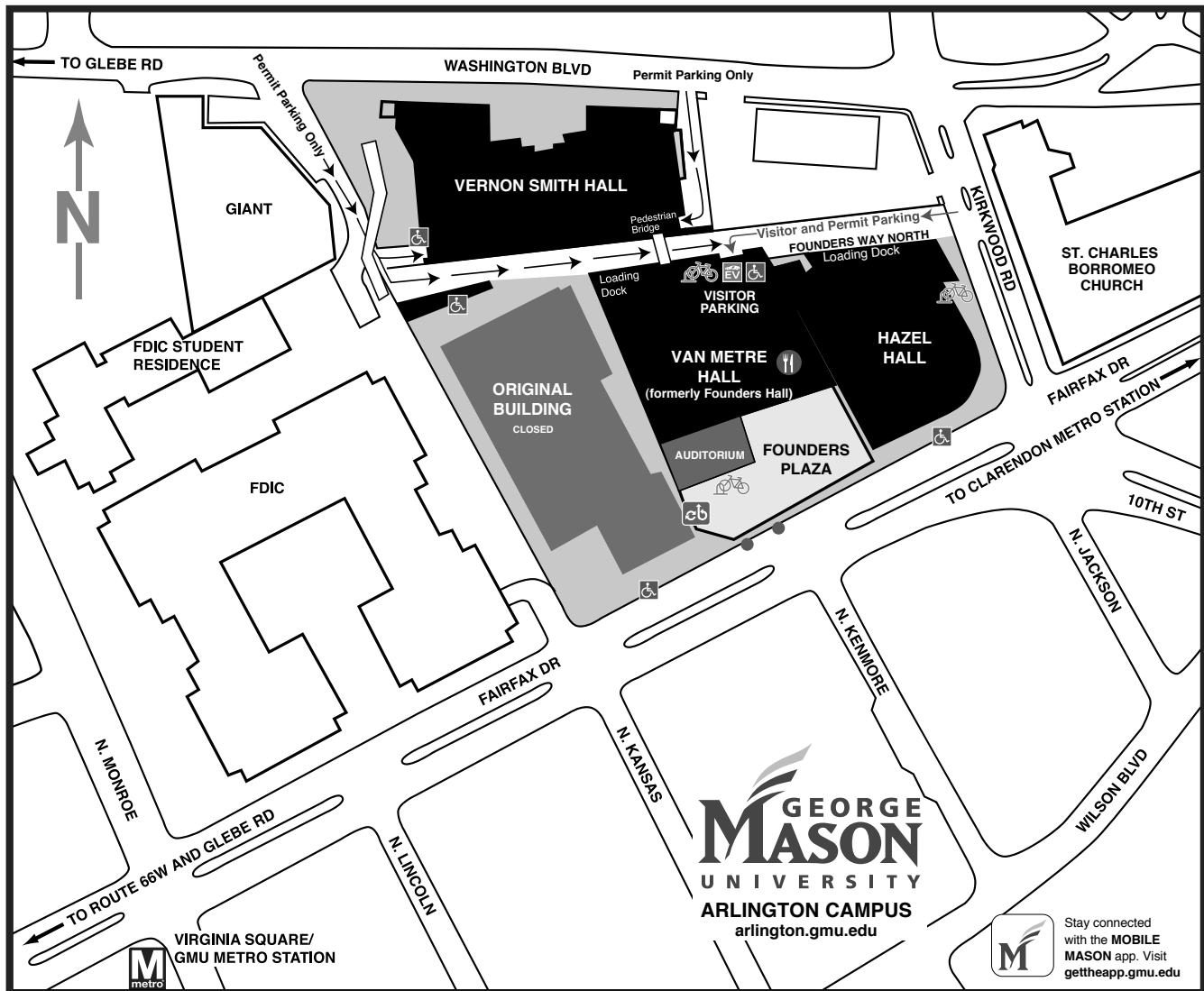
## Suggestions:

- Try using [www.maps.google.com](http://www.maps.google.com) to get directions to class. You can select your mode of transportation (walking, public transit or by car) and Google will provide a map, detailed directions, the distance in miles and the transit time.
- Use [www.wmata.com](http://www.wmata.com) for public transit information, directions, timetables, etc. for Metrorail, Metrobus and ARTbus. A Trip Planner tool is on its home page.
- Use [www.ParkArlington.com](http://www.ParkArlington.com) for metered parking information and maps.
- Use [capitalbikeshare.com](http://capitalbikeshare.com) to locate short-term bike rental stations in the metro area.

**Note:** Use the webpage <https://aging-disability.arlingtonva.us/resources/transportation> for Arlington-supported transportation for older Arlington residents.

# Locations and Maps of Course Sites

## George Mason University (GMU)

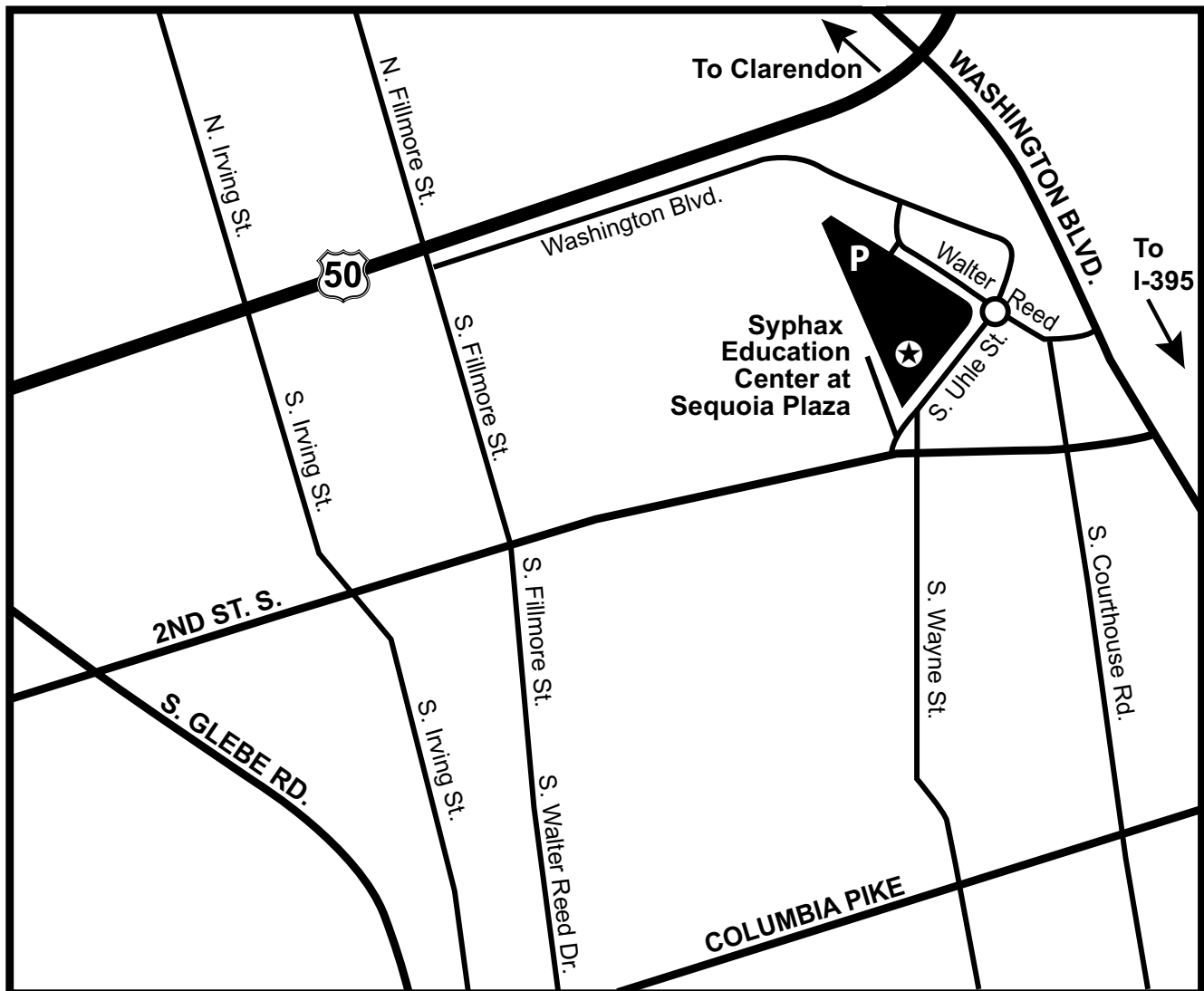


### GEORGE MASON UNIVERSITY, ARLINGTON CAMPUS — 3351 Fairfax Dr., 22201

The Van Metre Hall garage is the only garage on campus open to visitors; the rate is \$3 per hour and the entrance is off N. Kirkwood Rd. Four-hour metered parking is available along the median on Fairfax Dr. near St. Charles Church and on N. Lincoln St. One- and two-hour metered parking is available on other surrounding streets.

**PARKING COSTS ARE THE RESPONSIBILITY OF THE STUDENT**

## Syphax Education Center (SEC)



**SYPHAX EDUCATION CENTER at SEQUOIA PLAZA** — 2110 Washington Blvd., 22204

Note to GPS users: for SEC some mapsites need a different address, including 100 Walter Reed Dr. 22204

Encore Learning's office is Room 349.

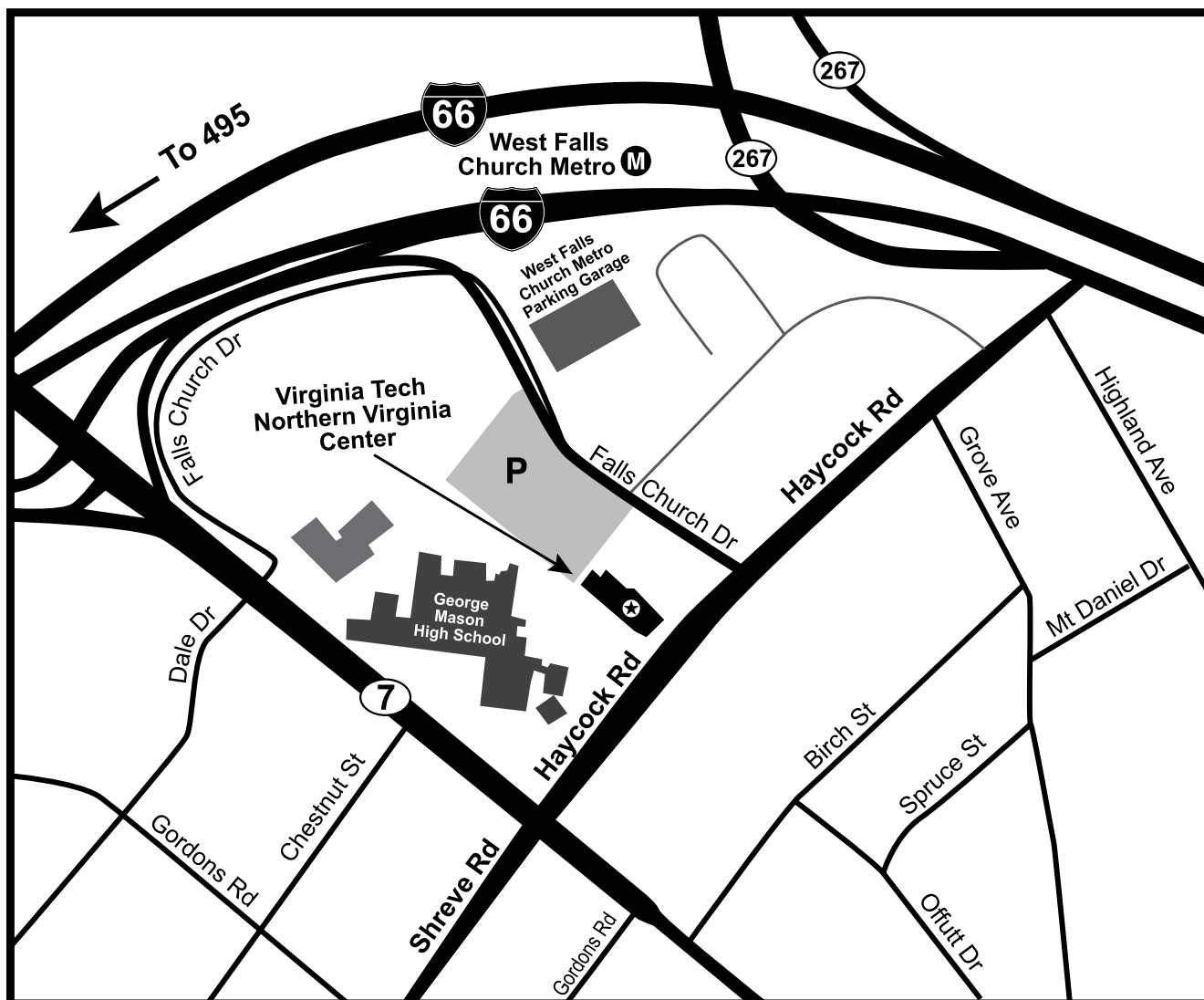
The parking garage is free, but visitors should park on Levels B-1 and B-2. Inquire at the Syphax Education Center information desk on the lobby level for directions to your destination.

More details about directions are at [www.apsva.us/school-locations/administrative-centers/syphax-education-center](http://www.apsva.us/school-locations/administrative-centers/syphax-education-center)

**PARKING COSTS ARE THE RESPONSIBILITY OF THE STUDENT**



## Virginia Tech Northern Virginia Center (VTNVC)



**VIRGINIA TECH NORTHERN VIRGINIA CENTER — 7054 Haycock Rd., 22043**

The Virginia Tech Northern Virginia Center is a seven-minute walking distance from the West Falls Church Metro. For those driving, parking is available in a large student parking lot adjacent to the northwest side of the Virginia Tech Northern building. Entrance to the paid lot is on Falls Church Drive opposite the entrance to the West Falls Church garage; drive past the main entrance (closer to Haycock Road) to enter the lot. The flat rate cost for the lot is \$4.85 (same as the Metro parking rate) and handicapped spots are available. Instructions on using the entry/exit gate for the lot are available on our website under Quick Links/Classroom Locations. ***Please do not be tempted to park in the Giant or George Mason High School lots.***





# Courses by Calendar View

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING</b>	10:00 – 11:30 AM GMU <b>3005 Medieval Legacy</b> McIntyre Mar 9 – Apr 13	10:00 – 11:30 AM GMU <b>7011 A Spiritual Guide for Retirement</b> Brockway Mar 17 – May 5	10:00 – 11:30 AM GMU <b>1013 American Musical Geniuses</b> Sherman Mar 18 – May 13 <i>No class 4/15</i>	10:00 – 11:30 AM GMU <b>4004 Global Hot Spots</b> Multiple Instructors Apr 2 – May 14 <i>No class 4/16</i>	10:00 – 11:30 AM GMU <b>3017 America in the 1920s and 30s</b> Heymsfeld Mar 20 – Apr 10
		10:00 – 11:30 AM GMU <b>1014 Life, Love and Death</b> Vance Mar 24 – Apr 28 <i>No class 4/14</i>	10:00 – 11:30 AM GMU <b>2007 Aging and the Brain</b> Stutts Mar 18 – Apr 8		10:00 – 11:30 AM Offsite <b>6005 Parks, Streams and Birds</b> Multiple Instructors Mar 20 – Apr 17
		10:00 – 11:30 AM GMU <b>4013 Ethnic Conflict</b> Kauzlarich Apr 21 – May 12			
<b>NOON</b>	Noon – 1:30 PM GMU <b>1012 Music City DC</b> Avis Mar 16 – Apr 6	Noon – 1:30 PM GMU <b>5011 Southern Short Stories</b> Sullivan Mar 10 – Apr 21	Noon – 1:30 PM GMU <b>6001 Nuclear Weapons</b> Hoffman Mar 18 – Apr 22	Noon – 1:30 PM GMU <b>5013 Chekhov's Short Stories</b> Lord Mar 12 – Apr 2	Noon – 2:00 PM GMU <b>2008 Healthy Relationships</b> McCauley Mar 13 – May 1 <i>No class 4/10</i>
	Noon – 1:30 PM VTNVC <b>6009 Rethinking STEM Education</b> Egenrieder Apr 20 – May 11	Noon – 1:30 PM GMU <b>7010 Community Resilience</b> Neaves Apr 14 – May 5	Noon – 1:30 PM GMU <b>7009 Psychology: It's Everywhere</b> McLean Mar 18 – May 6	Noon – 1:30 PM GMU <b>3016 Readings in U.S. Foreign Policy</b> Rhodes Mar 19 – Apr 23	Noon – 2:00 PM GMU <b>3018 Pompeii &amp; Vesuvius</b> Wukitsch Mar 13 – May 15
			Noon – 1:30 PM GMU <b>3019 Reconstruction</b> Kluge Apr 1 – May 6 <i>No class 4/15</i>		
<b>AFTERNOON</b>	2:00 – 3:30 PM GMU <b>6007 AI Nightmare Scenarios</b> Ruth Mar 9 – Mar 30	2:00 – 3:30 PM GMU <b>3004 Genealogy Without Fear</b> Kallikorm-Rhodes Mar 17 – Apr 7	2:00 – 3:30 PM GMU <b>6010 Cooking Chemistry</b> Clarke Mar 11 – Apr 1	1:30 – 3:30 PM Offsite <b>3021 Museums Off the Mall</b> LaBella Apr 2 – May 7	2:00 – 3:30 PM GMU <b>5003 Novella: Here We Go Again and Again</b> Alter Mar 27 – May 1
	2:00 – 3:30 PM GMU <b>4014 Real Media Literacy</b> Freedom Forum Mar 23 – Apr 13	2:00 – 3:30 PM GMU <b>1015 How to Write a Symphony</b> Wood Apr 21 – May 12	2:00 – 3:30 PM GMU <b>3020 Civil War Soldiers' Experiences</b> Mangan Apr 8 – Apr 29	2:00 – 3:30 PM GMU <b>3002 Indian Wars 1754 – 1794</b> Hertel Apr 2 – May 7	
	2:00 – 3:30 PM GMU <b>5012 American English</b> Tierstein Apr 6 – Apr 27	2:00 – 3:30 PM GMU <b>6008 Geology, Oceanography &amp; Evolution</b> Pick Apr 14 – May 12	2:00 – 3:30 PM Offsite <b>3022 Walks with Charley</b> Suydam Apr 15 – May 13	3:00 – 4:30 PM Offsite <b>3003 Arlington History</b> VanNewkirk Apr 2 – May 21	

Encore Learning  
2110 Washington Blvd., Room 349  
Arlington, VA 22204

RETURN SERVICE REQUESTED

**Registration Begins at 10 a.m.  
February 3, 2020**