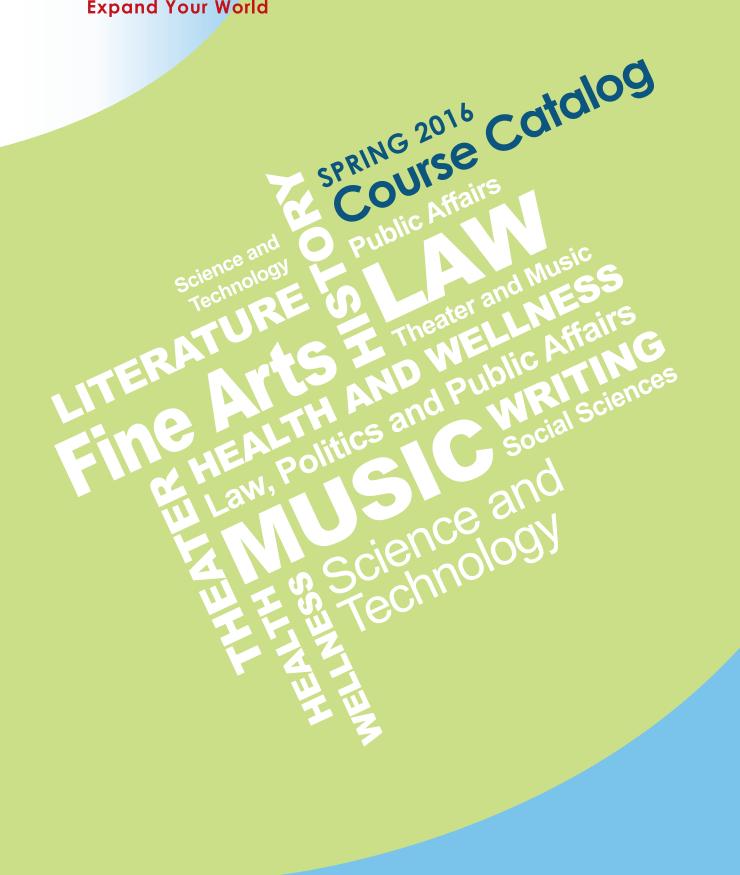


Expand Your World



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SPRING 2016 Course Catalog

ENCORE LEARNING

Expand Your World

Encore Learning

2110 Washington Blvd. Arlington, VA 22204 Phone: (703)228-2144 Email: info@EncoreLearning.net Website: 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 2016 Course Catalog* Don Campbell, Joan Carter, Kevin Connors, Mary Crosby, Jody Goulden, Frank Halligan, David Harris, Ann Kurzius, Kathy LaPier, Barbara McLean, Jill Neuville, Dela Ng, Noreen Quill, Maureen Quinn, Becky Reddick, Bill Reilly, Barbara Sakamato, Martha Walters Graphic Design Services: Buckeye Graphics

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

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Encore Learning

Spring 2016 COURSE PREVIEW

Saturday, February 6, 2016

The doors open at 8:45 a.m. The program runs from 9:15 a.m. to 12:45 p.m.

KENMORE MIDDLE SCHOOL

200 S. Carlin Springs Rd., Arlington, Virginia

Open to current and prospective members. Bring friends, relatives and neighbors!

Sit in comfort as Encore Learning's instructors give brief presentations about their academic courses.

Members often tell us that their registrations reflect what they hear at the Course Preview.

Get the latest news on our clubs, special events and volunteer possibilities along with a quick bite and hot drink outside the auditorium.

Join Us!

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

LOCATION

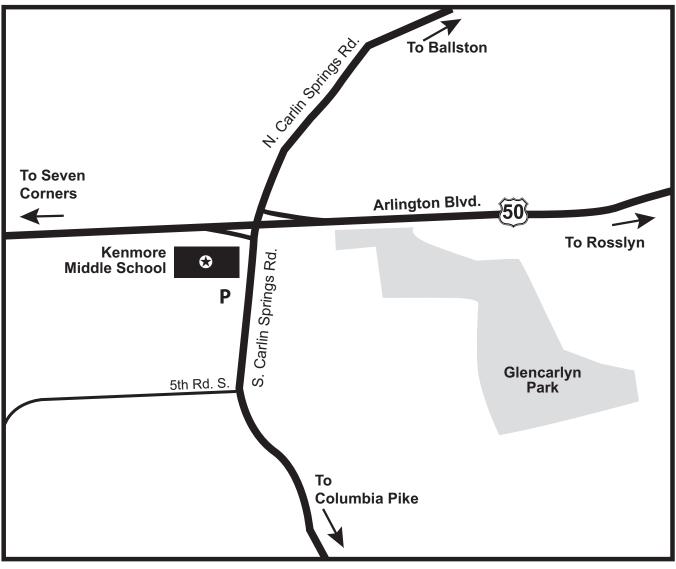
Course Preview-Kenmore Middle School

PARKING LOT

Free parking is available in the surface lot. Enter from S. Carlin Springs Road.

PUBLIC TRANSPORTATION

Metrobus routes serving this location are 25B, 75, and from Route 50, 4A & 4B (walk under Route 50 to S.Carlin Springs Road).



KENMORE MIDDLE SCHOOL - 200 S. Carlin Springs Rd., Arlington, VA 22204

Spring 2016 Course Offerings

Category	Course # and Name	Instructor	Day	Dates	Starts	Ends	Site
Fine Arts,	133 - The Educated Audience	Ohlandt	W	Mar 30-May 11	10:00 AM	11:30 AM	FCC
Theater & Music	149 - French Gothic Cathedrals	Moore	W	Mar 09-Apr 13	10:00 AM	11:30 AM	GMU
	153 - The Conductor's Perspective Reprise	Wood	Th	Apr 14-May 05	2:00 PM	3:30 PM	GMU
	154 - Jewish Cultural Federation	Niles	F	Mar 11-Apr 15	Noon	1:30 PM	GMU
Health &	202 - Estate Planning	Parks/Patton	М	Apr 11-May 02	10:00 AM	11:30 AM	FCC
Wellness	212 - Mindful Awareness	Britton	Th	Mar 10-Apr 14	Noon	1:30 PM	GMU
	228 - User's Guide to the Brain	Beckerman	W	Mar 09-Apr 06	2:00 PM	3:30 PM	GMU
	236 - Beating the Odds	Connally	Т	Mar 08-Apr 19	10:00 AM	11:30 AM	GMU
History	305 - Arlington History	VanNewkirk	Th	Apr 07-May 26	3:00 PM	4:30 PM	Offsite
	321 - Our Legacy From the Middle Ages	McIntyre	Т	Mar 08-Apr 12	10:00 AM	11:30 AM	GMU
	327 - Geopolitics of the Ancient Middle East	Rudgers	М	Mar 07-Apr 11	2:00 PM	3:30 PM	SEC
	356 - Japan Imagined	Miller	М	Mar 07-Apr 04	10:00 AM	11:30 AM	GMU
	364 - Historians' Christianity, Part 2	Rodgers	Th	Mar 10-Apr 28	10:00 AM	11:30 AM	GMU
	365 - The Magnificent Mughals	Ziad	W	Mar 16-Apr 20	2:00 PM	3:30 PM	GMU
	366 - Globalization Since World War II	Kofas	Th	Mar 10-May 12	Noon	1:30 PM	GMU
	368 - Jews in Antiquity	Wittenberg	W	Mar 23-Apr 27	10:00 AM	11:30 AM	GMU
	369 - Journalism and Politics	Heymsfeld	Т	Apr 26-May 17	Noon	1:30 PM	GMU
	370 - Ancient Greece 2, Section A	Wukitsch	F	Mar 11-May 20	9:30 AM	11:30 AM	GMU
	371 - From the Valley to Richmond, 1862	Stone	Th	Mar 31-May 12	2:00 PM	4:00 PM	GMU
	372 - American Isolationism	Rhodes	W	Mar 16-Apr 06	2:00 PM	3:30 PM	GMU
	373 - Ancient Greece 2, Section B	Wukitsch	F	Mar 11-May 20	2:00 PM	4:00 PM	GMU
Law,	402 - The Bill of Rights	Weinberg	Th	Mar 31-Apr 28	2:00 PM	3:30 PM	GMU
Politics & Public	412 - Global Hot Spots	Various	Th	Mar 17-May 12	10:00 AM	11:30 AM	GMU
Affairs	459 - Crime and Punishment	Arnall	М	Apr 11-May 16	10:00 AM	11:30 AM	GMU
	468 - China — Inside and Out, Part 2	Keegan	М	Apr 18-May 09	2:00 PM	3:30 PM	СНИМС
	469 - American Public Education	Shapiro	М	Mar 21-May 02	2:00 PM	3:30 PM	GMU
	470 - Multilateral Institutions	Wake	Т	Mar 08-May 10	2:00 PM	3:30 PM	GMU
Literature	515 - Writing About Your Life	Bottum	W	Mar 16-Apr 20	10:00 AM	Noon	FCC
& Writing	544 - Classical Chinese Poetry	Не	Th	Apr 07-Apr 28	10:00 AM	11:30 AM	GMU
	545 - The Bible	Burns	М	Mar 07-Mar 28	10:00 AM	11:30 AM	GMU
	546 - The Novella?	Alter	F	Apr 01-May 06	2:00 PM	3:30 PM	GMU
Science &	629 - Understanding Biodiversity	Egenrieder	Th	Apr 21-May 12	2:00 PM	3:30 PM	SEC
Fechnology	631 - World-Changing Technologies	Whipple	W	Mar 09-Mar 30	Noon	1:30 PM	GMU
	632 - Climate Change	Means	М	Mar 07-Apr 04	Noon	1:30 PM	GMU
Social	714 - Contemporary Islam	Farsakh	W	Mar 09-May 11	Noon	1:30 PM	GMU
Sciences	747 - Spinoza's Ethics	Scherer	Т	Mar 22-Apr 26	10:00 AM	11:30 AM	GMU
	750 - The Great Recession	Heriot	F	Mar 11-Apr 29	Noon	1:30 PM	FCC
	751 - Interior Journey	Leckey	Т	Apr 05-May 03	2:00 PM	3:30 PM	GMU
	752 - Man and Nature	Anderson	Т	Apr 26-May 17	10:00 AM	11:30 AM	FCC

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, regardless of residence location. 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 and Arlington County's Senior Adult Program.

CONTACT ENCORE LEARNING

Communicating with Encore Learning is easy.

- Use the website: www.EncoreLearning.net Click on **Contact Us** under **Quick Links**
- Email us: info@EncoreLearning.net
- Call us: 703-228-2144
- Write to us: 2110 Washington Blvd., 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 scholarships or to our general fund.

As a partner in Arlington's education community, Encore Learning sponsors two scholarship funds supporting graduates of Arlington public schools attending George Mason University or Marymount University. Another fund supports graduate students at Mason's School of Policy, Government and International Affairs. Encore Learning also contributes to a scholarship that helps Arlington residents seeking to improve their job skills through the Arlington Public Schools Adult Education program. Our general contribution fund helps Encore Learning build a solid financial underpinning and allows us to acquire needed classroom equipment and office hardware and software.

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 range from eight to 70; 30 is the average size. Courses take place at several Arlington 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 Encore Learning members. There are nine clubs: Breakfast, Bridge, Cinema, Current Issues Discussion, Ethnic Lunch, Kayak, Nonfiction Book, Travel and the Mindful Awareness Society. See catalog page 35 and our website for more information.

SPECIAL EVENTS

Special events for Encore Learning's members 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 available special events are issued periodically. See page 34 for more information. For current information and to register for member-only events, see our website, www.EncoreLearning.net.

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. Nonmembers with an interest in joining are also invited. See page 3 for more information.

MEMBERSHIP MEETING

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

ENCORE LEARNING MEMBERSHIP

Membership in Encore Learning costs \$55 per year and begins on the first day of the month in which the nonrefundable membership fee is paid. The mailing address label on your catalog indicates the expiration date of your membership. All memberships are individual. 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 or may attend our club activities.

Encore Learning encourages the use of its website, www.EncoreLearning.net, for membership processing. No password is required. See page 29. For those who prefer to mail their check, a printable Membership/ Registration Form is available on our website and on page 33 of this catalog. Please note that credit cards are accepted online only.

COURSE ENROLLMENT REGISTRATION

Only current Encore Learning members may register for a course. The fee for each course is \$45. 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. No password is required. See page 29. If unable to use online registration, mail a paper course registration form (page 33) 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 2016 semester begins at 10 a.m. Monday, February 8, 2016. *All* registrations are first-come, first-reserved. Online registration is preferable, but paper registrations are accepted. See page 31, Frequently Asked Questions, for more information.

Late registration is generally allowed if space is available. Waiting lists for filled courses are NOT maintained. A current list of space available in courses is on the website; under QUICK LINKS, click on Course Availability.

NOTIFICATION

Members who use the online registration process for courses receive an immediate confirmation message on the payment screen, along with a confirming email notification. Course registration acceptance letters are mailed to those who mail their course registration form.

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's start date, and the member is unable to attend because of the change; or
- Encore Learning receives a written withdrawal request (mail or email) from the member at least one week before the course's start date.

Courses that do not meet their minimum enrollment at least one week prior to the course start date will be cancelled. 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. 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. Your class aide can provide further information at the outset of each course. To learn the most up-to-date information:

- Listen to the radio or watch television.
- · View Arlington Cable.
- Go to www.apsva.us.
- Call the APS toll-free hotline: 1-866-322-4APS (-4277).
- Call GMU at 703-993-8999 or access
 www.gmu.edu.

Other rare cancellations or postponements because of special circumstances, such as instructor difficulties, will be announced by the class aide by email (and telephone if necessary) in advance of the class whenever possible.

ADA COMPLIANT FACILITIES

All Encore Learning sites have facilities that 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 for trips related to courses, clubs and special events. Encore Learning disclaims all liability from injury or loss arising from a member's participating in such trips.

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/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). 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 email addresses in the Encore Learning database are especially valuable for communicating last-minute scheduling changes and special event announcements. Members are urged to notify Encore Learning of any changes to their contact information (email, phone, postal address).

ENCORE LEARNING OFFICE

Location: Arlington Public Schools, Syphax Education Center, 2110 Washington Blvd., Arlington, VA 22204

Hours during academic year: 10 a.m. to 2 p.m., Monday through Friday.

Contact staff: Email: info@EncoreLearning.net. Phone: 703-228-2144. Please call ahead if you wish to meet with staff.

SPRING 2016 CLASSES

Fine Arts, Theater & Music

133 — The Educated Audience: Informed Appreciation of Local Theater Productions

Instructor: D. Ohlandt

Wednesdays, 10:00 AM – 11:30 AM March 30 – May 11 FCC 7 Sessions Maximum 28, minimum 8 participants

Do you enjoy evenings at the theater but want to know more about what you are seeing? Have you ever wondered if knowing about the historical context of a play, a theater company or a style would help you better enjoy a production you see? If so, this is the class for you! Through a series of readings and guided discussions, we will educate ourselves as audience members for three productions by local theater companies. First we will read a play or the source material and explore it from a literary, dramatic and historical point of view. Then we will see the production on our own, and in the following week's class we will explore what we saw, considering performance style, technique and production values. Discussions of the plays and the productions will be facilitated by an instructor trained in theater history and dramatic theory and experienced as a director and dramaturg.

This course requires attendance at three plays. Students will be responsible for securing their own tickets to the following productions:

- 1984 at Shakespeare Theatre Company (see between April 6 and April12; scheduled to close April 10).
- *The Nether* at Woolly Mammoth Theatre Company (see between April 20 and April 26).
- *All the Way* at Arena Stage (see between May 4 and May 10; scheduled to close May 8).

(Scheduled closing dates shorten the time available to see two shows, unless their runs are extended.)

Recommended Readings: 1984, novel by George Orwell (read before first class); the play 1984, adapted by Michael Sullivan; *The Nether*, a play by Jennifer Haley; *All the Way*, a play by Robert Schenkkan.

D. Ohlandt holds a PhD in theatre studies from the University of Michigan and has experience teaching theater history and practice as a college professor, as well as more than 15 years of experience directing in

community, university and regional theater. She has taught students from preschool through adult in a range of settings, including traditional classrooms, summer camps and outdoor team-building courses. She also has taught previously at Encore Learning.

149 — French Gothic Cathedrals

Instructor: Richard Moore

Wednesdays, 10:00 AM – 11:30 AM March 9 – April 13 GMU 6 Sessions Maximum 45, minimum 8 participants

As if out of nowhere, Gothic architecture emerged in France in 1137 with the Abbey of Saint-Denis in a suburb of Paris. By 1250 in the Paris Basin region alone, about 700 major churches would be built or rebuilt in the Gothic style.

This course will examine the nature of Gothic architecture, including why and how this remarkable phenomenon took place. We will focus on the following topics:

- What is a Gothic cathedral?
- The medieval setting for the Gothic cathedral
- The goals and evolution of cathedral design

The course includes case studies of seven cathedrals: Notre-Dame Paris, Amiens, Reims, Laon, Bourges, Chartres and Albi, plus Rouen churches.

Lectures will include visuals, YouTube videos on aspects of cathedral history and design, and videos of famous organs.

Recommended Readings and Viewing: Mont Saint-Michel and Chartres, Henry Adams; The Cathedral (A Great Courses DVD/video and guidebook), William Cook; Great Gothic Cathedrals of France: A Visitor's Guide, Stan Parry; and The Gothic Enterprise: A Guide to Understanding the Medieval Cathedral, Robert A. Scott.

Field Trip: If there is interest, the instructor will organize a guided tour of Washington National Cathedral.

Richard Moore has an MS and a PhD in management and an MFA in writing. He retired after 40 years of international development work, mainly overseas. When not looking at and thinking about Gothic cathedrals, he writes and publishes works of creative nonfiction. He is currently writing *A Visitor's Guide to Selected French Gothic Cathedrals and Churches.*

153 — The Conductor's Perspective Reprise

Instructor: A. Scott Wood

Thursdays, 2:00 PM – 3:30 PM April 14 – May 5 GMU 4 Sessions Maximum 70, minimum 8 participants

By popular request, Scott Wood reprises his first Encore Learning course with all new musical examples. You are invited to get the view from the podium as he shares his insights on composers and the conductor's role in bringing music to life. Sights, sounds and lots of questions and answers will inform the presentation, which includes the opportunity to attend an open rehearsal of the Arlington Philharmonic and culminates with the orchestra's concert on May 8, 2016, at 3 p.m.

A. Scott Wood is Music Director of the Arlington Philharmonic. He also leads the Amadeus Orchestra, the Washington Conservatory Orchestra, the Montgomery Symphony Orchestra and the National Cathedral School Orchestra. He has lectured at the Concurso de Canto Lirico in Peru, Strathmore in North Bethesda, MD, and the Goethe-Institute in Washington, DC.

154 — The Jewish Cultural Federation in Nazi Germany

Instructor: John Edward Niles

Fridays, Noon – 1:30 PM March 11 – April 15 GMU 6 Sessions Maximum 30, minimum 8 participants

Music was an important part of the Nazi German culture in the 1930s. The Judische Kulturbund (Jewish Cultural Federation), also known as the Kubu, was created by unemployed Jewish musical performers and other artists with the consent of the Nazi regime. The Kubu produced theater, cabaret, concerts and orchestras of high quality during this period. The course will discuss the history of the Judische Kulturbund and its influence in the classical music world in the US and elsewhere.

The jazz music of the 1930s in Germany will also be discussed, with an emphasis on the "Swing Kids" that were created by the Nazis for Hitler Youth Groups but evolved into a counterculture. John Edward Niles is the musical director of Colvan Productions, Inc. USA and program director of the Evelyn Lear and Thomas Steward Emerging Singers Program of the Wagner Society of Washington, DC. For many years he was the artistic director and conductor of the Opera Theatre of Northern Virginia. From 1987 to 1998 he worked with European-American Productions in Hannover, Germany. He also has conducted at Prague Eurofest; ScanMus in Helsinki; WorldMusic, Inc. in Linz, Austria; and the Virginia Opera.

202 — Estate Planning: Basics and Beyond

Instructors: Sarah Parks, Robert J. Patton, Jr.

Mondays, 10:00 AM – 11:30 AM April 11 – May 2 FCC 4 Sessions Maximum 35, minimum 8 participants

Are you confused about how to approach estate planning, write a will, or create an advanced health care directive? Then this is the class for you!

Class sessions will cover the following:

- 1. Overview of Estate Planning: Current estate tax system, probate process, use of last will and testament, powers of attorney
- 2. Trusts: What a trust is, how it is used, what benefits it offers, different types of trusts for different needs
- **3. Differences** between settling an estate under a will and under a trust
- 4. Advance Health Care Directives

Sarah Parks is an estate planner with Custom Estate Planning, which she has operated in Fairfax since 1995. She is a graduate of the George Mason University Law School and has an advanced law degree from Georgetown Law Center. She concentrates her practice solely on estate planning.

Robert J. Patton, Jr. is a private attorney in Virginia, practicing primarily estate law including probate. He retired in 2000 as deputy chief counsel of the Maritime Administration at the Department of Transportation. He practices with Custom Estate Planning and teaches adult continuing education courses on estate law.

212 — Mindful Awareness: A New Approach

Instructor: Bruce K. Britton

Thursdays, Noon – 1:30 PM March 10 – April 14 GMU 6 Sessions Maximum 30, minimum 8 participants

Please note that this course is continuously evolving and is not a repeat of previous semesters.

Mindful awareness, also known as mindfulness or insight meditation, brings us into the here and now. Sometimes we spend a lot of our time daydreaming or engaging in repetitive thinking, unaware of the ongoing unfolding of life in the present. Mindful awareness training aims to free the mind from the distortions of daydreaming, repetitive thinking, unawareness of the here and now, negativity and confusion. Seeing life as a constantly changing process, one begins to accept all aspects of life, including pleasure, pain, fear, joy, etc., with increasing balance and equanimity. An increase in the proportion of waking hours spent in "presence" is one of the results. This balanced awareness, grounded in the present moment, leads to stillness and a growing understanding of the nature of life. Out of this "seeing" emerge wisdom and compassion.

Mindful awareness training is a moment-to-moment investigation of the mind and body process. During the six weeks of this course, there will be meditation instruction, discussion of the philosophy of the practice and a look at some of the research regarding its use. Historically, mindful awareness training has been linked to the traditions of Buddhism, Judaism and Christianity. However, the instructor's approach in this course will be entirely secular and will draw upon recent scientific advances in cognitive science, including neuroscience.

Bruce K. Britton is professor emeritus of cognitive science at the University of Georgia. He has been studying and practicing mindful awareness since 1958 and has studied many of the awareness methods used all over the world. He has participated in 20 one- and two-week silent meditation retreats across the US and has studied with meditation teachers from several traditions. He has taught mindful awareness to inmates of the Arlington County Detention Facility and Alexandria City Jail as well as to members of Encore Learning.

$\mathbf{228}-\mathbf{A}$ User's Guide to the Brain

Instructor: Norton S. Beckerman

Wednesdays, 2:00 PM – 3:30 PM March 9 – April 6 GMU 5 Sessions Maximum 30, minimum 8 participants

For centuries we have believed that our brain is a fixed genetic inheritance that stays the same throughout life. Unfortunately, that belief has caused us to take our brain for granted and has perpetuated the myth that aging causes cognitive decline. It does not. It was not until recently that advances in technology and research have shown that the human brain is constantly changing to reflect what we do and do not do.

This course is intended to provide the lay person with an understanding of the brain, how it functions and what we can do to regain, maintain and possibly expand a healthy, effectively functioning brain.

Recommended Reading: Reading list will be handed out at first class.

Norton S. Beckerman, in an effort to resolve his own cognitive problems, has developed a functional understanding of the brain, how it works and what we can do to keep it working effectively, regardless of age. He writes about the brain and cognitive function, has his own informational website about the brain, stages presentations and workshops, appears on local cable TV as the "Brain Health Coach," periodically works with people having cognitive problems, is on the Arlington Public School Health Advisory Board and has recently published *A User's Guide to a Healthy Brain.*

VOLUNTEER AS A CLASS AIDE Do Your Part As a Member! What benefits will I have?

- · Get free parking while attending the class.
- Get to know your classmates and the instructor.
- Get to be an integral part of Encore Learning.

See page 32 for details

236 — Beating the Odds: A New Look

Instructor: N. Thomas Connally

Tuesdays, 10:00 AM – 11:30 AM March 8 – April 19 GMU 7 Sessions Maximum 70, minimum 8 participants

The rapid pace of change in the normal practice of medicine makes it very important for seniors to comprehend the recent advances in understanding and treating the health problems we encounter as we age. We will consider the following areas in seven class sessions:

- 1. Cardiovascular Disease: Prevention and options for treatment of coronary disease, atherosclerosis and valvular disease, as well as other vascular problems.
- 2. Stroke Prevention and Early Treatment: How to lower the chances of a stroke and dramatically reduce brain damage if one occurs.
- 3. Prevention and Latest Advice on Screening for All Types of Cancer.
- 4. Physiology and Anatomy of All Forms of Arthritis: Latest advice on techniques for joint replacement.
- **5. Preserving the Aging Brain:** Memory restoration; avoidance of dementing illnesses, including Alzheimer's and some other forms of dementia.
- 6. **Prevention and Treatment of Gastrointestinal Disease and Lung Disease:** Plus proper use of dietary supplements.
- 7. **Prevention and Treatment of Non-malignant Urinary Disorders:** Prostate disease in men and leaking bladders in women.

N. Thomas Connally, MD, MACP, received a BA in philosophy and an MD from the University of Virginia. He was an officer in the US Public Health Service at the National Institutes of Health for two years and practiced internal medicine in Washington, DC, for 32 years. He is the author of a book on health care for seniors, is a former member of the board of trustees for CareFirst BlueCross BlueShield, and is active in medical professional organizations at the state and federal levels. He volunteers at the Arlington Free Clinic and has taught numerous health-related courses at Encore Learning. He has recently received the Claypool Award from the American College of Physicians for having the most exemplary professional practice life of any internist in the US.

305 — Arlington History

Instructor: W. Karl VanNewkirk

Thursdays, 3:00 PM – 4:30 PM April 7 – May 26 Offsite 8 Sessions Maximum 15, minimum 8 participants

While living your daily life in Arlington, have you ever wondered who trod this ground before you? This course surveys the history of Arlington from before the arrival of European settlers to the present. Several historic buildings and neighborhoods will be visited.

The sessions will cover the following:

- Overview and guided tour of the Arlington Historical Museum
- Arlington before the Europeans
- 18th century Arlington
- Early 19th century and the Civil War
- Some Arlington black history
- Reconstruction and the beginning of modern Arlington
- Arlington becomes a unified community
- Arlington and the modern era

Note: The first class will meet at the Arlington Historical Museum, 1805 S. Arlington Ridge Rd. See www. arlingtonhistoricalsociety.org for directions.

W. Karl VanNewkirk is a past president of the Arlington Historical Society and has edited its annual magazine since 1992. He has been a member of the board of directors of the Arlington Black Heritage Museum, works as a volunteer for the archaeology department at Gunston Hall and is currently working on the genealogy of his family. He is a member of a variety of local historical, genealogical and archaeological organizations.



321 — Our Legacy From the Middle Ages

Instructor: Mary Lee McIntyre

Tuesdays, 10:00 AM – 11:30 AM March 8 – April 12 GMU 6 Sessions Maximum 45, minimum 8 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 barbarism, a time when culture was confined to a few scattered monasteries?

The centuries from 300 AD through 1400 AD featured all 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 of the 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. Guest speakers will offer their expertise on special topics.

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 Advanced International Studies at Johns 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 US Agency for International Development in India, Pakistan and Bangladesh.

327 — The Geopolitics of the Ancient Middle East

Instructor: Dave Rudgers

Mondays, 2:00 PM – 3:30 PM March 7 – April 11 SEC 6 Sessions Maximum 20, minimum 8 participants

After the ancient Hebrews became aware of themselves as a people with their own identity, their history was a turbulent one. Relatively few in number and living in a tumultuous geopolitical neighborhood since the beginning of recorded history, they were in almost constant conflict with powerful neighbors, threatened by hostile nomads, divided among themselves and frequently subordinate to foreign conquerors.

This course tells that story and describes the Jews' relationships with the Egyptians, Assyrians, Babylonians, Persians, Seleucid Greeks, Romans and Muslims. It will also detail the changing power relationships in the ancient Middle East, culminating in the Muslim conquests of the seventh century.

Although this course deals with biblical themes and personalities, it is not a course in religion. Events will be examined and interpreted in an entirely secular way. The course will also attempt to link the events of the ancient Middle East to a contemporary context. There is no required text, but an extensive bibliography will be provided.

Dave Rudgers is an independent scholar and retired civil servant. After working as an archivist at the National Archives, he was employed primarily as an editor and an analyst at the Central Intelligence Agency for 22 years. He holds a PhD in history from the George Washington University and is an award-winning author.



356 — Japan Imagined: American Perspectives on Japan from Perry to Obama

Instructor: John H. Miller

Mondays, 10:00 AM – 11:30 AM March 7 – April 4 GMU 5 Sessions Maximum 45, minimum 8 participants

This course examines the way Americans have thought about Japan and the Japanese from the mid-19th century to the present. It encompasses diplomatic, political, and economic history — international relations conventionally defined — plus wider social and cultural interactions. Emphasis will be on changing American images and stereotypes of the Japanese as embodied in novels, traveloques, the theater and movies. One example of such images is the venerable Madame Butterfly myth, which shaped American perceptions of Japanese women from the 1890s to the 1960s. Another hardy perennial is Japan-as-Yellow-Peril thinking, which periodically stirred the American imagination from 1905 to the early 1990s. The course begins with Commodore Matthew Perry's opening of Tokugawa Japan in the 1850s. Subsequent sessions look at American attitudes toward Japan during the Gilded Age (ca. 1870-1900), the early 20th century (1905-1945), the Cold War (1950-1990), and the post-Cold War era (1990-present).

Recommended Reading: American Political and Cultural Perspectives on Japan: From Perry to Obama, John H. Miller

Recommended Website: visualizingcultures.mit.edu

John H. Miller is a former foreign service officer who served in Japan, Korea, the Philippines and Canada. After retiring, he taught at the Asia Pacific Center for Security Studies in Honolulu and was Asia Chair at the Foreign Service Institute in Arlington. He holds a doctorate in Japanese history from Princeton University and is the author of *Modern East Asia: An Introductory History* and *American Political and Cultural Perspectives on Japan: From Perry to Obama.*

364 — Historians' Christianity, Part 2 : From the Roman-Byzantine Split to the Protestant Reformation

Instructor: Dwight Rodgers

Thursdays, 10:00 AM – 11:30 AM March 10 – April 28 GMU 8 Sessions Maximum 70, minimum 8 participants

Christianity has been a powerful cultural feature of European society since it emerged from suppression by Roman Imperial authority. By the fifth century, it had achieved domination in the Mediterranean Basin and, gradually, throughout Europe.

This course will begin with the separation between Roman (Catholic, Western) Christianity led by the papacy and Byzantine (Orthodox, Eastern) Christianity led by patriarchs. It will end with the Protestant Reformation and the start of the devastating Thirty Years' War in 1618. The roughly 700-year period will be described from the perspective of a secular historian using historians' rules of evidence.

The course will address the reasons for the separation of, and hostility between, Roman and Byzantine Christianity; the period of the Crusades; the theological and organizational characteristics of Byzantine Christianity in the Eastern Empire, which endured until 1453; the challenges of Islam and treatment of Judaism; the spread of Roman Christianity into northern lands and often-strained relationships between secular and religious authorities throughout Europe; major changes in Roman theology and thinking before the Reformation; the art and architecture that accompanied increased wealth in Western Europe; monastic and mystical traditions; the tensions within Roman Christianity that developed before the 16th century; the origins of the Protestant Reformation; the work of Erasmus, Luther, Calvin, and other reformers; and the Council of Trent as the official Roman Catholic expression of the Counter-Reformation.

While this course is the sequel to "Historians' Christianity: The First 800 Years," offered in 2015, it stands on its own and requires no knowledge of the earlier period. In 2017 the instructor plans to teach a course continuing the history of Christianity in Europe and the Americas into the mid-20th century. **Dwight Rodgers** holds a degree in history from Amherst College and an MA in teaching from the University of Massachusetts-Amherst. During his long federal career, he studied ancient, European and American history as an avocation, with special interest in the origins and development of religious traditions.

365 — The Magnificent Mughals: A Legacy of Pluralism

Instructor: Zeenut Ziad

Wednesdays, 2:00 PM – 3:30 PM March 16 – April 20 GMU 6 Sessions Maximum 25, minimum 8 participants

The Mughal era (1526-1858) has been described as one of the greatest periods of human achievement. The Mughals integrated South Asia; the empire they established was the wealthiest and most magnificent of its time. This Indo-Muslim state was the exemplar of a culturally plural, multi-ethnic and multi-religious polity. Under the patronage of the exceptional men and women of this dynasty, diverse cultures were melded with incomparable refinement to produce one of the most artistically creative eras of world history. Today, the Mughals' most famous masterpiece, the Taj Mahal, epitomizes perfection.

Recommended Reading: The Magnificent Mughals, edited by Zeenut Ziad.

Recommended Exhibition: Pearls on a String: Artists, Patrons, and Poets at the Great Islamic Courts, through January 31, 2016, The Walters Art Museum, Baltimore MD (www.thewalters.org)

Field Trip: If there is an appropriate exhibition at the time or if the Freer/Sackler is displaying some good pieces, we will have a field trip in addition to the six classes. Related cost is a Metro card.

Zeenut Ziad lectures widely and consults on cultural/ historical projects. She organized a highly successful lecture series on the Mughals at the Smithsonian as well as at OLLI. Her publications include *Tablet and Pen: Literary Landscapes from the Modern Middle East* and *The Magnificent Mughals*.

366 — Globalization: From Bretton Woods to the Present

Instructor: Jon W. Kofas

Thursdays, Noon – 1:30 PM March 10 – May 12 GMU 10 Sessions Maximum 70, minimum 8 participants

The concept of "globalization" became popular only after the collapse of the Soviet bloc in the 1980s. However, the field of international political economy gained prominence in the 1970s, after the Arab oil embargo and the end of the Vietnam War accounted for an apparent decline of the US economic role in the world and the simultaneous re-emergence of Japan and northwest Europe, especially Germany, as major global players. Scholars, journalists and politicians began to accept that politics and economics converge, and that the understanding of a nation's political economy rests to some degree on the rest of the world's political economy.

This course offers a brief history of the international political economy from 1944, when the Bretton Woods system of monetary management was established under the aegis of the United States, until the present. By creating the International Monetary Fund (IMF), the Bretton Woods system aimed to engender rules of monetary stability across the entire capitalist system with the US dollar as a reserve currency. Globalization, which is the thorough integration of capitalism on a world scale, has actually influenced every segment of society from the products people use to their culture. The international political economy affects first of all the world division of labor. After an overview of this economy and its significance in modern society, we will look at the evolution of the Bretton Woods system from the establishment of the IMF and International Bank for Reconstruction and Development (now part of the World Bank) until the collapse of the Soviet bloc and the rise of China.

Jon V. Kofas received his PhD in history from the Loyola University of Chicago in 1979 and taught courses in world history and international relations there and at Marquette and Indiana universities through 2005. He has published 11 books on international and foreign finance and development.

368 – A History of the Jewish People in Antiquity

Instructor: David B. Wittenberg

Wednesdays, 10:00 AM – 11:30 AM March 23 – April 27 GMU 6 Sessions Maximum 30, minimum 8 participants

The Jewish People of ancient times made a significant contribution to world civilization in the form of concepts and values that inspired Christianity and Islam and that have filtered into Western political systems. They produced a body of literature — the Bible — that has inspired artistic, musical and literary creations through the ages.

How did this people, small by historical standards, come to make this contribution? What were the forces that formed this people's historical development? What influence did other peoples of the ancient world have on this development? What role did geography play? What directions did Jews and Judaism take in ancient times? This course will attempt to seek the answers to these questions.

The course covers the history of the Jews from inception to the beginnings of life in the Diaspora. Diverse sources will be used, including those from the fields of archeology, biblical studies, history and to a lesser extent the field of genomics.

Recommended Readings: The Bible Unearthed: Archaeology's New Vision of Ancient Israel and the Origin of Its Sacred Texts, Israel Finkelstein and Neil Asher Silberman; Who Wrote the Bible?, Richard Elliott Friedman.

David B. Wittenberg has a degree in sociology from The City College of New York and a master's in Social Foundations of Education from the University of Virginia. He taught English as a Second Language at Wakefield High School in Arlington. Earlier, he lived in Italy for three years, where he taught in the American School in Florence, and in Israel for seven years, where he lived in a kibbutz and taught English. He retired after having taught for 35 years.

369 — Journalism and Politics in Modern America

Instructor: David Heymsfeld

Tuesdays, Noon – 1:30 PM April 26 – May 17 GMU 4 Sessions Maximum 45, minimum 8 participants

The course will consider the role of journalism in American political life in the 20th and 21st centuries. We will look at the development of journalistic institutions, including changes in print media and network television, growth of partisan talk radio and cable television, and development of digital media. We will also consider the evolution of the law governing journalism, including the Pentagon Papers case, limitations on libel actions for journalists reporting on public figures, and whether journalists can be required to disclose their sources. We will also discuss brief biographies of important reporters and executives.

Finally, we will examine several situations in which journalism played an important historical role:

- Investigative reporting such as the progressive era's muckrakers and Woodward and Bernstein on Watergate
- Editorial opinion such as Edward R. Murrow on Senator McCarthy, and Walter Cronkite on Vietnam
- Photographs and television images such as those from the Vietnam War era, the Civil Rights demonstrations of the 1960s, the attacks of 9/11 and the war in Iraq
- Coverage of the wars in Vietnam and Iraq contrasted with the coverage of World War II

David Heymsfeld served on a Congressional professional staff for 35 years. He has long been interested in modern history and is a volunteer guide at the Newseum.



370 — Ancient Greece, Part 2 (Section A)

Instructor: Tom Wukitsch

Fridays, 9:30 AM – 11:30 AM March 11 – May 20 (No Class April 1) GMU 10 Sessions Maximum 70, minimum 8 participants

Course 370 and Course 373 are duplicates. Ancient Greece Part 2 is being offered at alternate times to allow an increased number of registrants. Register for either 370 (Section A) or 373 (Section B). Registrants may attend only the section for which they registered.

Ancient Greece, Part 2 will continue with the post Greco-Persian War Athenian "Golden Age," the Peloponnesian War and its aftermath, the rise of Macedonian power and the Hellenization of the ancient known world. We will look at ancient Greek art, architecture, literature, drama, philosophy, and, of course, politics, wars, and diplomacy as all these things developed after the Greco-Persian wars. Finally, we will see how ancient Greek "ideals" (which were not all that ideal) were adapted and adopted on their way through Rome, France, England, Germany, etc. to us. And, as always, plus *ça change, plus c'est la même chose*.

Recommended Website: The material for this course is available at http://www.mmdtkw.org/ALRItkwPages.html

Tom Wukitsch served in the US Navy in aviation- and archaeology-related positions and then had a career as a member of the US Foreign Service serving in the Middle East and Italy. After retiring he studied and taught for four years in Rome. He is a member of the board of Scientific Methodologies Applied to Cultural Heritage (SMATCH). He has led Encore Learning Travel Club tours to Rome, Florence, Venice, Pompeii and Egypt.

371 — From the Valley to Richmond, **1862**

Instructor: Bob Stone

Thursdays, 2:00 PM – 4:00 PM March 31 – May 12 GMU 7 Sessions Maximum 45, minimum 8 participants

During the spring and summer of 1862, the Confederate armies in Virginia were involved in three separate

campaigns that helped set the tone for future campaigns in the Commonwealth. In the Shenandoah Valley, Thomas J. "Stonewall" Jackson was fighting and defeating three separate Union armies by marching hundreds of miles and using the gaps in the Blue Ridge to fool the Union commanders. On the Virginia Peninsula, the Confederates were trying to hold back a huge Union army under the command of Major General George B. McClellan, who was intent on capturing Richmond. The war in the east changed course dramatically on June 1, 1862, when Robert E. Lee took command of the Confederate Army of Northern Virginia and drove McClellan's army away from Richmond in what are called the Seven Days' Battles.

This class will study these events in detail to gain an understanding of the decisions made by the army commanders on both sides in this crucial period of the Civil War. The instructor will use maps and other materials and read quotes from the participants in an attempt to make these events come to life.

Field Trip: A field trip or trips to battlefield sites will be offered, based on class interest and instructor availability, following the end of the classroom sessions. Any associated costs will be divided equally among the participants.

Bob Stone has been an instructor for Encore Learning on Civil War matters since 2005. He has a BS in education from West Virginia University. He served as an administrator in the Arlington County government for 35 years before retiring. He has studied the American Civil War since childhood and enjoys taking adult groups on tours of Civil War battlefields.

372 — The "Isolationist" Tradition in American Foreign Policy

Instructor: Edward Rhodes

Wednesdays, 2:00 PM – 3:30 PM March 16 – April 6 GMU 4 Sessions Maximum 45, minimum 8 participants

This course will investigate the assumptions and logic of the American "isolationist" tradition in foreign policy. We will explore the beliefs about America's experiment with liberal, democratic republicanism that led American political leaders to eschew ongoing politico-military entanglements in the European-based international system. Four class sessions will focus on the following themes and political leaders:

- "We go not abroad in search of monsters to destroy": The Founders and John Quincy Adams
- "Swollen, slothful ease and ignoble peace": Grover Cleveland and Theodore Roosevelt
- "The world's best hope" and "the mongrel banner": Henry Cabot Lodge, William Borah and Woodrow Wilson
- "A return to normalcy" and "the pathway of peace": Warren Harding and Charles Evans Hughes

Edward Rhodes is a professor in George Mason University's School of Public Policy, Government, and International Affairs. His research deals with American foreign and national security policy, with a focus on the intellectual and philosophical foundations on which these have been built. He received his AB from Harvard and his MPA and PhD from Princeton.

373 — Ancient Greece, Part 2 (Section B)

Instructor: Tom Wukitsch

Fridays, 2:00 PM – 4:00 PM March 11 – May 20 (No Class April 1) GMU 10 Sessions Maximum 70, minimum 8 participants

Course 373 is a duplicate of Course 370. Ancient Greece Part 2 is being offered at alternate times to allow an increased number of registrants. Register for either 370 (Section A) or 373 (Section B). Registrants may attend only the section for which they registered.

402 — The Bill of Rights: Its History, Current Interpretations and Future

Instructor: Robert L. Weinberg

Thursdays, 2:00 PM – 3:30 PM March 31 – April 28 GMU 5 Sessions Maximum 20, minimum 8 participants

How well do you understand your Constitutional rights? This course will present an overview of the rights guaranteed Americans by the first 10 amendments to the US Constitution. It will also consider how the Supreme Court has interpreted several specific provisions of the Bill of Rights, including free speech, free exercise of religion, the right to bear arms, security against unreasonable search and seizure, the privilege against self-incrimination, the prohibition against double jeopardy, the guarantee of due process of law, the right of the accused to indictment by a grand jury and a speedy trial in public by an impartial jury, the right to assistance of counsel and to bail, and the prohibition against cruel and unusual punishment.

The course will consider the extent to which the provisions of the Bill of Rights, which were adopted as limitations upon the federal government, have been made binding upon the states by virtue of the 14th Amendment.

Recommended Reading: The Bill of Rights: Creation and Reconstruction, Akhil Reed Amar.

Robert L. Weinberg received his BA and law degrees from Yale and his PhD in economics from the London School of Economics. He is a retired founding partner of Williams and Connolly, Washington, DC. He has litigated constitutional issues for over 35 years, specializing in criminal defense. A past president of the DC Bar, he is now adjunct professor at the George Washington University School of Law and visiting lecturer at the University of Virginia Law School.

412 — Global Hot Spots

Instructors: Charles Ries, Molly Williamson, Bernadette Graves, Rob Warne, Robert Boggs, Allen Keiswetter, Bruce Neuling

Thursdays, 10:00 AM – 11:30 AM March 17 – May 12 GMU 7 Sessions Maximum 70, minimum 8 participants

*Please note that there are seven sessions in nine weeks. Two dates, April 21 and May 5, are kept open in case a speaker needs to change a lecture date at the last moment.

The United States is confronted by an increasingly complex and perilous world. We now face a globe marked by dangerous hotspots, 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. **Greece: The Sick Man of the EU?** (Charles Ries): The political and financial problems facing Greece are a well-worn media meme. Hear a former US Ambassador to Greece separate the hype from the reality.

Ethiopia and Eritrea (Bernadette Graves): Ethiopia is a significant multilateral player on the African and world stage. The country has been an important bilateral partner for the United States as well. Any analysis of Ethiopia should also include a discussion of Eritrea.

Politics of Petroleum (Molly Williamson): The instructor will explore factors affecting global energy markets, including the US shale revolution and the effects of plummeting oil prices.

China's Global Role (Rob Warne): China has long been a locomotive of global economic growth. Will it be able to sustain this role? Will its influence continue to expand in the future as it has in the past?

South Asian Tinderbox: India, Pakistan, Afghanistan, China (Robert Boggs): This session will look at the longstanding strategic rivalries among Afghanistan, Pakistan, India and China and their destabilizing implications for the region and the world. South Asia, home to nearly a quarter of the world's population, is beset by territorial disputes, cross-border insurgencies and military competition among three contiguous nucleararmed states.

Middle East Update (Allen Keiswetter): The Middle East today is experiencing a revolutionary upheaval that is "unparalleled in its modern history," according to David Petraeus. This turbulence coincides with US presidential elections. What is Obama's legacy in the Middle East and how may Middle East issues intrude into the 2016 elections?

Swaziland: Africa's Last Absolute Monarchy (Bruce Neuling): Nestled in a mountain range between South Africa and Mozambique, tiny Swaziland is the last absolute monarchy in Africa. This lecture will discuss Swazi institutions, the nation's economic and social challenges and how the monarchy copes with pressures to democratize.

Charles Ries is the vice president, international at the RAND Corporation, where he oversees RAND's international offices and growing international presence, and a senior fellow whose research has focused on the economics of development. Ries' three decades in the US diplomatic service included an assignment as coordinator

for economic transition in Iraq at the US Embassy in Baghdad. Before that, he was US Ambassador to Greece and Principal Deputy Assistant Secretary of State for European Affairs. He is a member of the Board of Directors of the Academy of American Diplomacy.

Bernadette Graves joined the Department of State's Bureau of Intelligence and Research in 2001. She has covered West Africa with a focus on conflict and postconflict countries, particularly Sierra Leone, Liberia and Cote d'Ivoire, which have all experienced political instability and insurgencies. She has worked extensively on fragile states such as Guinea and Eritrea. In 2011, she began focusing on the Horn of Africa and is now the primary analyst for Ethiopia and Eritrea. She worked at US embassies in Paris, Accra, Monrovia, Conakry and Addis Ababa.

Molly Williamson, a retired US Foreign Service officer, has served as Senior Foreign Policy Advisor to the Secretary of Energy, as well as Deputy Assistant Secretary in the Departments of State, Commerce and Defense. While at Commerce, she dealt with the Middle East, South Asia, Oceania and Africa, managing a trade portfolio valued at over \$120 billion a year. At the State Department, she was responsible for UN matters, particularly peacekeeping and humanitarian issues. She was also interim ambassador to Bahrain and Chief of Mission/Consul General in Jerusalem.

Rob Warne served for 28 years as a senior Foreign Service officer with the US Department of State. Specializing in international economics, he held a variety of senior posts at the Department and abroad, including in Latin America. He was director of Latin American Economic Affairs and Caribbean Affairs, as well as commercial attaché in Argentina and Deputy Ambassador of the US Embassy at Kingston, Jamaica. He has coauthored two books on international relations and lectured throughout the United States and abroad on international economic and security issues.

Robert Boggs currently teaches at the National Defense University. He spent 32 years in the State Department as political officer and intelligence analyst. During his career he became one of the State Department's most experienced specialists in South Asia, serving in India, Sri Lanka and Nepal. In New Delhi he headed the embassy's political section and in Calcutta was the US Consulate General. In Washington he served as Pakistan desk officer and as director of the Office of South Asian Regional Affairs. His last overseas assignment was as Deputy Chief of Mission in Nepal. Allen Keiswetter, a retired senior Foreign Service officer, is a scholar at the Middle East Institute. He has taught courses on Islam and the Middle East at the National Intelligence College, the National War College and the University of Maryland. He served in six Middle Eastern countries and was Deputy Assistant Secretary for the Near East. He has recently been appointed to the Department of State working group on religion and foreign policy. He is a member of a subgroup on preventing violence in the name of God. The subgroup will be making recommendations to Secretary of State Kerry.

Bruce Neuling is a retired State Department Foreign Service officer. He served in South Africa in 2002-04 and 2006-10. He currently works part time as an analyst in the Department of State's Bureau of Intelligence and Research.

459 – Crime and Punishment: An Overview of Our Criminal Justice System

Instructor: Gail C. Arnall

Mondays, 10:00 AM – 11:30 AM April 11 – May 16 GMU* 6 Sessions Maximum 30, minimum 8 participants

*One session of this course will meet at the Arlington County Detention Facility (adjacent to the Arlington County Courthouse); tentatively, this will be the second session.

Television, newspapers and the Internet constantly remind us that there is vast machinery devoted to enforcing our criminal code, but they explain very little of how it intimately affects the people involved. Offender Aid and Restoration (OAR) of Arlington County, a communitybased restorative justice organization, works with these people (2,698 clients in fiscal 2015, 556 of whom were returning citizens), and its former director will give you a close-up of that machinery in operation.

Six sessions will cover the following:

- 1. Introduction to the Criminal Justice System: jails vs. prisons; federal vs. state; misdemeanor vs. felony; civil vs. criminal; jail and prison population statistics; pending legislation; role of OAR.
- 2. Local Criminal Justice Institutions: tour of the Arlington County Detention Facility; talk with Arlington County sheriff about programs and

services in the jail; visit with Arlington County police officer about crime in Arlington.

- Prosecution: visit with the chief of Arlington's Commonwealth's Attorney's Office; guiding principles; difficult decisions; trends.
- 4. Defense and Judges: visit with Arlington's Public Defender; visit with a retired Arlington judge; guiding principles; difficult decisions; trends.
- 5. Juvenile Justice System: visit with Domestic Relations and Juvenile Court judge; how and why the law is different for juveniles; guiding principles; difficult decisions; trends.
- 6. Re-entry: What happens when they come home: barriers to re-entry — housing, employment, social services; collateral consequences; stigma; education inside and out; pending legislation; other legislation needed; recidivism.

A returning citizen from OAR will share his/her story in each class session.

Recommended Reading: The New Jim Crow: Mass Incarceration in the Age of Colorblindness, Michelle Alexander.

Recommended Websites: www.oaronline.org; www. sentencingproject.org; "Collateral Damage: America's Failure to Forgive or Forget in the War on Crime," National Association of Criminal Defense Lawyers, http://www.nacdl.org/restoration/roadmapreport

Field Trip: Arlington County Detention Facility

Gail Arnall is the former executive director of Offender Aid and Restoration (OAR) of Arlington County and now works as a consultant to OAR for outreach and development. OAR has a staff of 12 and more than 100 volunteers who provide pre- and post-incarceration services and manage the Community Service function for the Arlington and Falls Church courts.

468 — China – Inside and Out (Part 2)

Instructor: David Keegan

Mondays, 2:00 PM – 3:30 PM April 18 – May 9 Cherrydale United Methodist Church (CHUMC) 4 Sessions Maximum 100, minimum 8

We watched as China's president visited the White House in September 2015. That drama captured two central questions of the coming century: Will it build on the current world order or reshape it? Will China cooperate with the United States or seek to displace it? China will clearly be one of the leading global powers of this century. How the United States works with China will help define China's future and our own. For that reason, if no other, we must understand China.

This Part 2 course is independent of last fall's Part 1, so all are encouraged to enroll. In Part 2 we will seek to understand China from the perspective of the priorities that the Chinese leadership has established. We will look at two domestic issues that preoccupy China's leaders the environment, and civil society and dissent — and two external issues — China's search for global leadership and its relations with the United States. We will conclude with a class discussing what we have discovered and where we think China might be headed.

Independent Reading: Class participants will receive weekly readings by email.

David Keegan holds a PhD in Chinese history from the University of California, Berkeley. He was a US foreign service officer for 30 years serving in Korea, China, Taiwan, Singapore and New Zealand. He was deputy director of the American Institute in Taiwan and deputy chief of mission and chargé at the US Embassy in New Zealand. He also served as director in the office of Taiwan policy, the office of regional affairs for South and Central Asia and the office of strategic, proliferation, and military affairs in the State Department Bureau of Intelligence and Research. He has taught the China Seminar at the State Department's Foreign Service Institute, as well as previous courses on China for Encore Learning.

469 – American Public Education: Are We on the Right Track?

Instructor: Stephen Shapiro

Mondays, 2:00 PM – 3:30 PM March 21 – May 2 GMU 7 Sessions Maximum 20, minimum 8 participants

We live in a rapidly changing world. Emerging technologies and globalization are disrupting many industries. Meanwhile, the way we teach our children and prepare them for careers often seems stuck in a time warp. Reading and math proficiency levels have been stagnant (maybe even declining) for decades, and many other nations have surpassed us. Some politicians blame teachers' unions, while others assert that the problem is caused by poverty and a more diverse student population. In many states, the "Common Core" standards and standardized tests have become targets for activists at opposite ends of the political spectrum.

This course will address many current controversies relating to K-12 education in the US, including the following issues:

- What should students be learning, and how should that learning be measured?
- How can the learning process be enhanced by technology?
- How should schools cope with students from disadvantaged backgrounds?
- How should schools serve students who have exceptionally high aptitudes?
- How does student achievement in the US compare with that in other countries?
- What is the appropriate balance among local, state and federal governments in setting policies and funding education?
- Are charter schools and voucher programs a threat or an opportunity?
- How should teacher quality be defined and measured?

These issues will be examined from the perspectives of multiple stakeholders including students, parents, teachers, administrators and policy makers.

Recommended Readings: A list of optional resources will be provided.

Recommended Websites: A list of suggested websites will be provided.

Steven Shapiro recently retired from Fairfax County Public Schools, where he taught math and served as the department co-chair at Falls Church High School. He also served in a variety of education leadership roles and participated in several assessment development programs. In 2014 his policy paper about standardized testing was published by the American Enterprise Institute. Prior to his teaching career, he spent 25 years in management positions with several leading technology companies, including SAIC, Bell Atlantic and GTE (both part of Verizon). He is a graduate of Tufts University and of MIT's Sloan School of Management.

470 — Multilateral Institutions: Theory and Practice

Instructor: Doug Wake

Tuesdays, 2:00 PM – 3:30 PM March 8 – May 10 GMU 10 Sessions Maximum 30, minimum 8 participants

Multilateral institutions are essential to international relations. The US and its partners rely on global and regional multilateral bodies to establish and promote international norms, solve trans-boundary problems and manage conflicts. Simultaneously, multilateral institutions are frequently criticized — particularly in the US — as ineffective, bureaucratic, expensive and/or inconsistent with national interests.

This course will provide a conceptual understanding of why states create, support and work through multilateral bodies; a broad overview of the "alphabet soup" of multilateral institutions operating in the political, military, economic, humanitarian, environmental, cultural and other spheres; and a practitioner's in-depth perspective on selected multilateral activities carried out by the United Nations (UN) and the Organization for Security and Cooperation in Europe (OSCE).

The class will analyze the UN's role in promoting human rights and addressing threats to international peace and security. We will also intensely scrutinize the OSCE's role in managing conflicts in the former USSR and former Yugoslavia, as well as OSCE efforts to promote human rights, free elections and democratic institutions. Finally, we will look at the diverse challenges that multilateral diplomacy presents to national policy makers, delegates to international conferences, and senior international organization officials and field staff.

Recommended Readings: Charter of the United Nations; the Helsinki Accords, Final Act of the Conference on Security and Co-operation in Europe, 1975; "Transforming Our World: the 2030 Agenda for Sustainable Development" (https://sustainabledevelopment.un. org/post2015/transformingourworld); International Organization: Theories and Institutions, J. Samuel Barkin.

Doug Wake served more than 32 years as a US diplomat and official of the Organization for Security and Cooperation in Europe (OSCE). He worked extensively on human rights and democracy as well as peace and security issues involving the UN and OSCE in Washington, New York, Geneva, Vienna, Belgrade and Warsaw. His foreign assignments also included Stockholm, Leningrad, Rangoon, Riga and Moscow. He has taught at Columbia University and the US Army War College.

515 — Writing About Your Life

Instructor: Cherie Toll Bottum

Wednesdays, 10:00 AM – Noon March 16 – April 20 FCC 6 Sessions Maximum 15, minimum 8 participants

Now is a good time to celebrate and preserve your life and times. This supportive class offers an encouraging written response to your writing from an enthusiastic teacher.

You can begin to capture your unique stories — both serious and funny — and bring memorable past or recent experiences to life on the page, creating a written record that eventually your family, friends and perhaps even historians can enjoy. Or you might wish to write only for yourself. Guided by William Zinsser's wise, practical and humorous book *Writing About Your Life: A Journey into the Past*, we will consider many kinds of personal writing: memoirs, diaries, family histories, journals, letters, even poetry. We will look at classic examples by writers like David McCullough, Roger Rosenblatt, Eudora Welty, Frank McCourt, Cheryl Strayed and others.

The class will be a semi-workshop as we read and gently critique each other's work, always with the writer's permission. Each session will feature practical exercises to help you get started and keep writing, organize by selecting and focusing, and keep your momentum. We will also look at integrity. As Zinsser says, "Use memoir to look for your humanity. Be as honest as you can." It is your chance to tell your story as only you can.

Recommended Reading: Writing about Your Life: A Journey into the Past, William Zinsser

Cherie Toll Bottum is a writer, editor and teacher. She has published articles and essays in five different sections of *The Washington Post*, including humor on the op-ed page, and in *Good Housekeeping* and *Family Circle*. She has taught creative writing at the University of Virginia-Northern Virginia Center in Falls Church. She was managing editor of the academic journal *College Teaching* for 25 years.

544 — Classical Chinese Poetry

Instructor: Xiao He

Thursdays, 10:00 AM – 11:30 AM April 7 – April 28 GMU 4 Sessions Maximum 30, minimum 8 participants

Classical Chinese poetry is the form of traditional Chinese poetry written in classical Chinese and characterized by certain traditional genres. Its existence can be traced back at least as far as the *Classic of Odes* (often referred to as the *Book of Songs* in English), which was the first anthology of Chinese poetry, compiled about 600 B.C. Various combinations of forms and genres exist in classical Chinese poetry. Most were invented and developed before the end of the Tang Dynasty (A.D. 907). The growth of classical Chinese poetry continued up to the early 20th century. Still in use today, classical Chinese poetry is closely related to other forms of Chinese art, such as painting and calligraphy, and it has had an immense influence upon poetry worldwide.

This series of four lectures will include close readings from the *Classic of Odes* representing the poems of northern and southern China in the early times. Additionally the boudoir poems and frontier poems of the Qin and Han dynasties, the regulated verse of the Tang dynasty, the song lyrics of the Song dynasty and the arias of the Yuan dynasty will be discussed.

Xiao He is an associate professor at Beijing Language and Culture University (BLCU). She teaches ancient Chinese literature at the Confucius Institute at George Mason University. Before coming to the US, she taught Chinese at the Confucius Institute at McMaster University in Canada and English at BLCU. She received her master's from Sichuan University in China in 1995. She was a visiting scholar at the University of Toronto in 2001 and at the University of Pennsylvania in 2009. Her research interests lie mainly in second language acquisition and the comparative study of Chinese and English literature.

545 — The Bible: What, When, Who and Why

Instructor: John Barclay Burns

Mondays, 10:00 AM – 11:30 AM March 7 – March 28 GMU 4 Sessions Maximum 45, minimum 8 participants

This short but focused and professional course will cover everything you want to know about the Bible. We will consider its origins, development and content, its languages and cultural context, who wrote it and why they did so. Questions of the relevance of ancient texts for today and the concept of inspiration, divine or otherwise, will be addressed.

John Barclay Burns is an emeritus professor of Religious Studies at George Mason University. The Bible was his main area of teaching and research, specifically the Old Testament/Hebrew Bible. He was educated at the Universities of St. Andrews and Glasgow in Scotland, and for 50 years the Bible has been his daily companion as student, pastor and professor. Though he has been a US citizen for almost 30 years, Scotland is still a part of his life. He reads the Scottish news and weather online every day.

546 — The Novella?

Instructor: Iska Alter

Fridays, 2:00 PM – 3:30 PM April 1 – May 6 GMU 6 Sessions Maximum 30, minimum 8 participants

Stephen King calls the novella "an ill-defined and disreputable literary banana republic." For Ian McEwan it is "the perfect form of prose fiction...the beautiful daughter of a rambling, bloated, ill-shaven giant...." The novella is longer than a short story (although how much longer is a matter of considerable debate), and it is certainly shorter than a novel.

But what then is the novella, anyway? What does it do? What can it do that those other fictional genres cannot? After six weeks and six novellas, we might come up with both a definition and an understanding of this anomalous form. Recommended Readings: Billy Budd, Herman Melville; Bunner Sisters, Edith Wharton; My Mortal Enemy, Willa Cather; The Metamorphosis, Franz Kafka; The Dead, James Joyce; and The Uncommon Reader, Alan Bennett

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 Studies, and Shakespeare Survey. She is the author of *The Good Man's Dilemma: Social Criticism in the Fiction of Bernard Malamud*. She received her BA from City College of New York, an MA from the University of Wisconsin and a PhD from New York University.

629 — Understanding Biodiversity – Locally and Globally

Instructor: Jim Egenrieder

Thursdays, 2:00 PM – 3:30 PM April 21 – May 12 GMU 4 Sessions Maximum 20, minimum 8 participants

Participants will explore the foundations of biodiversity while enjoying a comfortable new context for understanding ecology and habitat protection, genetics, populations and population growth and resource management. Participants will recognize the importance of biodiversity not only in food chains and food webs but also in the discovery of medicines and other important biological and chemical processes. As a bonus, participants will be exposed to new free online tools for exploring, mapping and monitoring natural resources and habitat protection — and to strategies for documenting their findings with online publishing and informationsharing tools.

Recommended Reading: Online documents will be provided.

Field Trips: Participants will receive resources for local park exploration and tree identification.

Jim Egenreider is an agricultural and environmental researcher specializing in watershed field research, wetlands design and development, stream restoration and freshwater ecosystems' wildlife and vegetation. He teaches Watershed Systems Stewardship and Biodiversity Stewardship for Virginia Tech's master's program in Natural Resources and Environment and for the South Branch Science Consortium.

631 — Technologies That Could Change the World

Instructor: Tom Whipple

Wednesdays, Noon – 1:30 PM March 9 – March 30 GMU 4 Sessions Maximum 30, minimum 8 participants

Just below the radar of the mainstream media are four or five technologies that are not only very close to coming to the commercial market, but could easily have an impact worthy of naming an entire new age of humankind after them. These are disruptive technologies because, if they come into widespread use, many current sources or delivery systems for energy, such as coal, oil, natural gas and even electric utilities, will go the way of the horse and wagon.

These new technologies can produce or store cheap pollution-free energy from heretofore-unknown sources. They are clearly controversial, because to many observers they appear to violate accepted laws of physics. For this reason recent progress in several fields has received little publicity outside of obscure specialist sites on the Internet.

This course will look at several of these technologies: their history, lack of general acceptance, how they are thought to work and their prospects for disruptive commercial viability in the near future. The major technologies will include low energy nuclear reactions (sometimes called "cold fusion"), hydrinos, buoyancy (also called kinetic thrust) and grapheme-based super capacitors.

Recommended Websites: www.ecatnews.net/, http://brillouinenergy.com/, www.peswiki.com and www.blacklightpower.com

Tom Whipple is retired from the Central Intelligence Agency, where, among other topics, he followed emerging technologies. For the past 10 years he has been publications editor for the Association for the Study of Peak Oil. He also writes a column for the Falls Church News Press dealing with peak oil and technologies that might replace fossil fuels.

632 — The Past, Present and Future of Climate Change

Instructor: Robert Means

Mondays, Noon – 1:30 PM March 7 – April 4 GMU 5 Sessions Maximum 30, minimum 8 participants

This course intends to facilitate an understanding of why the Earth is warming and what alternatives are available for reducing that warming. It requires no scientific background — only an interest in learning how some important things work.

The course is divided into four parts. Part One discusses two related topics: what determines the Earth's temperature, and the slowly developing realization that this temperature could be affected by humans. Part Two looks at the current warming in a long - very long historical perspective. Twenty thousand years ago the Earth was much colder than today; 53 million years ago it was much warmer. Yet the factors determining its temperature then are the same factors that determine it today; what is different is their relative magnitude. Part Three looks to the future. Uncertainty about the future climate has two sources, with different implications: one is uncertainty in climate science, which increases as assumed future conditions move farther and farther away from anything modern humans have experienced, and the second is human behavior. Whether the atmospheric concentration of CO₂ doubles, and when, depends on what we humans do. Part Four considers how the logic of climate change defines the alternatives for slowing or stopping future warming.

Recommended Readings: Recommended Internet articles will be given during the course.

Robert Means teaches courses in climate policy and in the role of the electricity sector at Johns Hopkins University's Energy and Climate Policy Program.

714 — Political and Social Issues in Contemporary Islam

Instructor: Andrea Farsakh

Wednesdays, Noon – 1:30 PM March 9 – May 11 (No Class April 6, April 13) GMU 8 Sessions Maximum 70, minimum 8 participants

In the past year we have continued to witness momentous developments in the Arab and Muslim world. In particular, Islam continues to be at the center of Middle East politics and rivalries. This course will attempt to foster a better understanding of Islam by focusing on current political and social issues like political Islam and the Arab Spring; questions about the relationship of violence and extremism to orthodox Islam; relations with the West and Western Islamophobia; relations with Christians and Jews in the region and in the West; and as new political systems develop, the possible impact of Sharia law on democracy and civil rights including women's rights.

We will look at the life of the Prophet and the Qur'an; the expansion of Islam; sectarianism; the Crusades and holy war; and the impact of the West and colonialism on the modern psychology of Muslims. The course will conclude by considering the range and impact of Islamic reformers in this period of great intellectual ferment.

Recommended Readings: No god But God, Reza Aslan; The Siege of Mecca: The 1979 Uprising at Islam's Holiest Shrine, Yaroslav Trofimov; The First Muslim: The Story of Mohammad, Lesley Hazelton; The Shia Revival: How Conflicts Within Islam Will Shape the Future, Vali Nasr; Paradise Beneath Her Feet: How Women Are Transforming the Middle East, Isobel Coleman; Peace Be Upon You: Fourteen Centuries of Muslim, Christian, and Jewish Conflict and Cooperation, Zachary Karabell; The Koran (Qur'an), any edition.

Andrea Farsakh lectures extensively on Islamic issues and on the Israeli-Palestinian conflict. She was the first female foreign service political officer to serve in Saudi Arabia and was the lead liaison officer with the PLO for the US Embassy in Tunis after the 1993 Oslo Accords. She studied for a PhD in Islamic Studies at the Hartford Seminary Foundation. She spends summers on the occupied West Bank and, as a member of a Muslim family, has the opportunity to observe the practice of Islam in daily life.

747 — Spinoza's *Ethics*

Instructor: Irmgard Scherer

Tuesdays, 10:00 AM – 11:30 AM March 22 – April 26 GMU 6 Sessions Maximum 30, minimum 8 participants

Baruch Spinoza (1632-1677) was a very tragic figure in the history of early modern philosophy. Maligned and ostracized from his Jewish community in Amsterdam for his alleged atheism, he was nevertheless also described as "the most God-intoxicated philosopher" who ever lived (Novalis). In this course we will examine Spinoza's fivepart *Ethics* in some detail from several perspectives. attempting to make sense of contradictions and misunderstandings shackling his work to this day. For example, for Spinoza there is only Substance, God or Nature (Deus Sive Natura), in which human beings exist (merely) as "modifications," thus strictly determined or predetermined by this one Substance. What does this imply for human freedom, which any ethical theory must retain for moral responsibility? Also, Spinoza is the first philosopher in the modern era to find a philosophical niche for the emotions and passions, still a source of interest in contemporary studies.

We will be guided by some of the following questions: (1) How did Spinoza's views of God deviate from traditional religious positions, Jewish and Christian? (2) What are we to make of the emotions being a source of "bondage" as well as providing "strengths" for moral actions? (3) How in the end is freedom achieved? (4) Finally, is Spinoza an atheist or not?

Irmgard Scherer, a US citizen born in Germany, is Associate Professor of Philosophy Emerita at Loyola University, Maryland, where she taught core courses and honors ethics courses as well as courses in her specialty, Kant and 18th century aesthetic theory, and topics in the history of ideas and science. She has published on Kant and related issues. Since retiring, she has taught popular Encore Learning courses such as Science and Philosophy — Kissing Cousins, Philosophical Aesthetics, Introduction to Kant and others. As part of the Meet the Speakers series in 2009, she presented a lecture on "Freedom of Choice vs. Scientific Determinism."

750 — The Great Recession: Why Was This One So Different?

Instructor: Julian (Jud) Heriot

Fridays, Noon – 1:30 PM March 11 – April 29 FCC 8 Sessions Maximum 35, minimum 8 participants

It has now been eight years since the collapse of Lehman Brothers. As you all know, that event heralded a deep financial crisis that quickly spread internationally and in short order plunged the US economy into a downturn that wiped out eight million jobs and 19 trillion dollars of household wealth.

We have not seen an economic collapse of this magnitude since the Great Depression of the 1930s. Over eight sessions we will delve into this economic crisis and attempt to answer some fundamental questions. First, many academic economists assured us that recessions like this were a thing of the past. So, how did this happen? Why was this recession --now called the "Great Recession" — so deep and so prolonged when compared to all the post-World War II recessions that preceded it? Second, is economic recovery really underway? We are now five years into a recovery that has been tepid by any standard. Why have fiscal and monetary policy — the twin tools of economic management — been so ineffective in stimulating a more rapid recovery? Lastly, the Great Recession has caused us to ponder some issues for the long-term: How has this recession changed the structure of the US economy? Can our economy restore dynamic job and wage growth? Has the recession weakened the middle class and worsened the distribution of income and wealth in our country?

Recommended Reading: The Little Book of Economics: How the Economy Works in the Real World, Greg Ip

Independent Readings: Readings from the economic and financial press and other material will be brought to your attention in class.

Julian (Jud) Heriot is a PhD economist who has worked for more than 20 years in the field of economic development. He has held positions at the Central Intelligence Agency, the US Agency for International Development and the Inter-American Development Bank. He has also taught economics at American University and at the Federal University of Ceará in Brazil.

751 — Interior Journey: A Spirituality for the 21st Century

Instructor: Dolores Leckey

Tuesdays, 2:00 PM – 3:30 PM April 5 – May 3 GMU 5 Sessions Maximum 30, minimum 8 participants

Participants are invited to explore their inner terrain. Each session will examine one of the four aspects of human experience: Change, Creating a Simple Life Style, Solitude and Friendship, and the Power of Gratitude. Resources will include the history of spirituality, contemporary sociology, and the experience and wisdom of ordinary men and women. Participants should have a journal/notebook and a Bible or other collection of wisdom. Classes are designed to include lecture, group participation and the sharing of experience.

The guiding words for the course are from Deuteronomy, on what we need in order to know and love God: "It is not in the heavens...it is not across the sea...it is very near to you, in your mouth and in your heart for you to observe." (30:11-14)

Recommended Reading: Interior Journey: A Spirituality for Contemporary Seekers, Dolores Leckey. [Discount pricing may be available by the time the course begins.]

Dolores Leckey has a BA from St. Johns University (NY) and an MA from George Washington University and has done postgraduate study at New York University and the Shakespeare Institute in Birgmingham, England. She was founding director of the Secretariat for Family, Laity, Women and Youth of the US Conference of Catholic Bishops (1977-97) and attended two international Synods of Bishops in Rome. In 1998 she joined the Woodstock Theological Center of Georgetown University as a senior research fellow. She has lectured in the US, Europe and Australia and is widely published; her book *Interior Journey* is the basis for this course. She has been awarded 13 honorary doctorates, many citing her work in spirituality/theology.

752 — Man and Nature: A Difficult Relationship

Instructor: Michael G. Anderson

Tuesdays, 10:00 AM – 11:30 AM April 26 – May 17 FCC 4 Sessions Maximum 35, minimum 8 participants

Is man a part of nature, or does he exist outside of the natural world, while remaining dependent on it? Is the "natural" always better than the "artificial?" What do we mean by "human nature?" Is there such a thing? If so, is it the same for all people, or is what we call human nature really the result of cultural conditioning and thus highly relative?

The course will look at these questions from a historical point of view, taking into account ancient literature and both Western and Eastern philosophy; religious beliefs and traditions; scientific studies including anthropology and ecology; and how our modern way of life has been driven by the desire to overcome natural limitations and at the same time live in harmony with nature — our own and that of the world around us. We will examine how these questions have been addressed in The Epic of Gilgamesh, the Bible, the writings of Plato, Aristotle, Mencius, Lao Tzu, and by more modern thinkers such as Adam Smith and Charles Darwin. You may be surprised how such transcendent man-and-nature issues can affect our everyday lives, from deciding what we eat, where we live, and how we raise our children to how we face our own mortality.

Michael G. Anderson is a retired foreign service officer and has a PhD in history from the University of Chicago. Since retiring he has taught US history and Western civilization at Northern Virginia Community College (NVCC) and at George Mason University. He also teaches classes for the Lifetime Learning Institute at NVCC.



DO EVERYTHING ONLINE! Go to www.EncoreLearning.net

For further instructions, see page 29.

MEMBERS, WE NEED YOU! Catch the spirit and join the fun!

Volunteer your talents, your interests and your support. Encore Learning has opportunities that can fit your schedule and time constraints. The benefits are mutual. You'll find rewards through your involvement, and Encore Learning prospers when members are involved.

Try something new this year: join a committee! It's a wonderful opportunity to meet people who share your interests, to develop new skills — or to use the skills you spent years developing. The members of our standing committees will welcome you warmly.

- Academic Programs seeks instructors, develops courses
- Class Aides recruits and trains class aides
- Information Technology researches and advises Encore Learning on technology
- Membership welcomes new members and plans social functions
- Publications writes, edits and distributes the course catalog
- Special Events identifies exhibitions, speakers, performances for one-time events
- Volunteer Coordinator solicits, places, and inventories volunteers; distributes course catalogs

There are other opportunities to volunteer as well: assist the staff, lead a club, share your technology expertise or serve as a class aide. Once a year we welcome a select group to serve on our Nominating Committee, and they in turn recruit candidates for our Board of Directors. Of course, one of the best volunteer positions available is teaching an academic course.

Our Volunteer Coordinator, Stephen Hopper, spearheads our renewed emphasis on the proper placement and recognition of volunteers. Contact him through the Encore Learning office at 703-228-2144 or info@EncoreLearning.net to submit your preferences.

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



MEMBERSHIP: TO JOIN

FOR NEW MEMBERS ONLY

If you have never been a member of Encore Learning,

- Go to www.EncoreLearning.net.
- Under QUICK LINKS, choose Join Encore Learning.
- Choose Join Online.
- Enter required information and click on **Submit**.
- Enter Visa or MasterCard information and click on **Continue**.
- Review the transaction. To proceed, click on **I Authorize this Transaction**.
- Reconfirm the transaction by clicking **Submit Transaction for Processing**.
- A pop-up message will confirm your payment and a confirmation email should arrive shortly.
- Please save or print for your records.
- Your membership material will be mailed to you.

MEMBERSHIP: TO RENEW

FOR CURRENT OR PAST MEMBERS

If you are now or have ever been a member of Encore Learning,

- Go to www.EncoreLearning.net.
- Under QUICK LINKS, choose Renew Membership.
- Choose Renew Online.
- Enter your First Name and Last Name. Click on Sign In. (Note: If your name is similar to another member's, you may be requested to enter the last four digits of your phone number to verify your identity.)
- Check the **Renew Membership** box and click on **Proceed to Checkout**.
- Enter Visa or Mastercard information and click on **Continue**.
- Click on I Authorize this Transaction.
- Reconfirm the transaction by clicking **Submit Transaction for Processing**.
- A pop-up message will confirm your payment and a confirmation email should arrive shortly.
- This email is your formal notice. Please save or print for your records.

Once you have joined or renewed, you are immediately eligible to register for Special Events scheduled through the new expiration date of your membership, and – if course registration has begun for the semester – to register for courses.

For more information about Encore Learning's Special Events, see page 34.

COURSE REGISTRATION

ONLY MEMBERS MAY REGISTER

- Spring course registration opens at 10 a.m. on Monday, February 8, 2016.
- Go to www.EncoreLearning.net.
- Under QUICK LINKS, choose Course Registration.
- Choose Register online.
- Enter your name and click on Sign In.
- Select your desired courses from the drop-down list within the **Register for Courses** box. Cancelled or filled courses do not appear on the drop-down list. You may register for up to five courses, at \$45 per course, in one payment transaction.
- You may also choose to do any of the following in this transaction:
 - Serve as a class aide in any or all of the classes you have selected.
 - Renew your current or expired membership.
 - Make a tax-deductible donation to Encore Learning.
- Click on Proceed to Checkout.
- Review your payment and choose either Edit to make any changes or Submit to continue.
- Enter Visa or Mastercard information. To proceed, click on **Continue**.
- Review the transaction. To proceed, click on I Authorize this Transaction.
- Reconfirm the transaction by clicking on **Submit Transaction for Processing**.

A pop-up message will confirm your payment. A confirmation email containing your course schedule and other details should arrive shortly. This email is your formal notice. Please save or print for your records.



- No password required. Simply type your name to log in. If your name is similar to another member's, you may be asked to enter the last four digits of your phone number to verify your identity.
- Use our secure credit card payment processor. We do not store your credit card information in our database.
- Receive instant confirmation of your transaction and a follow-up email.
- Register for classes as soon as registration opens at 10 a.m. on February 8, 2016.
- Control the timing of your transaction, unhampered by staff availability.
- Use any computer with an Internet connection — on vacation, at the library or at home.

FREQUENTLY ASKED QUESTIONS

Q: How do I make my registration day as smooth as possible? I want to get into my favorite class!

A: Take action before February 8, 2016. Set up your browser to accept pop-ups from us. Go through the renewal process to get familiar with the screens. Contact staff with any issues days in advance of the registration period. Then register online with confidence at 10 a.m. sharp on February 8, 2016. Do not delay. Some classes fill by 10:05!

Q: I cannot see all the courses I want on the dropdown list. Where are they?

A: DO NOT log in before 10 a.m. on registration day. The course database is locked until registration opens at 10 a.m. February 8, 2016. If you are in the database **before** 10 a.m., the course listing will not automatically appear at 10 a.m.; you will need to exit and sign back in to get to the listings. When a course reaches its maximum enrollment, it no longer appears on the list of available courses. There are no wait-lists for courses.

Q: Why can't I see whether or not my transaction was successful?

A: To confirm online transactions and to alert you to transaction issues, Encore Learning uses "pop-up" technology. We never post ads on our site. If you block all pop-ups on your browser, you will not see our transaction messages. Check your browser's tools and add www.EncoreLearning.net as an allowed website or temporarily allow all pop-ups. **Q:** I share my computer and I can't seem to switch out of my account. Help!

A: Your computer might be saving data that you enter, making transitions difficult. Try closing your browser before you log in another member.

Q: I prefer to register for membership or courses by mail. How do I do this and what are the implications?

A: To join, renew your membership or register for courses, you may choose to use the form on page 33 of this catalog. Complete the form and mail with your check to the Encore Learning address on the form. You may send in your form and payment as early as you wish but those forms received by February 8 will be entered in random order by our staff beginning at 10 a.m. on February 8. Confirmation is mailed. This method is **NOT** recommended for those who wish to know immediately if they have been registered or for those who anticipate that a desired course will fill quickly.

MORE QUESTIONS?

Call or email the Encore Learning office:

- 703-228-2144
- Info@EncoreLearning.net

Currently, the office is staffed during the academic year Monday through Friday from 10 a.m. to 2 p.m. Summer hours are posted on the website. Members will be alerted to any changes in office hours.

Volunteer as a Class Aide

Do Your Part As a Member! Volunteer to be a Class Aide

What do I do?

- Attend the orientation/training session before classes start.
- Review the take-home guide covering all aspects of the job.
- · Serve as interface between instructors, class attendees and Encore Learning staff.
- Take attendance and distribute/collect evaluations.
- Forward supplemental material to class members by email or at class.
- Set up, with assistance if needed, any audiovisual equipment needed by instructor.
- Communicate with the class in the event of schedule changes.

What benefits will I have?

- Get free parking while attending the class.
- · Get to know your classmates and the instructor.
- Get to be an integral part of Encore Learning.

How do I volunteer?

- Check off the "Class Aide" box when registering for a class online or on our paper registration form.
- Respond when contacted prior to beginning of semester by a Class Aide coordinator who will provide details on aide training and specific audiovisual needs of the class.

Usually all classes have an aide and a backup — you will not be alone!

Questions about Class Aides? Contact Fred Freme or Ann Wolfe at Info@EncoreLearning.net or call 703-228-2144 and leave a message.

ENCORE LEARNING Membership and/or Course Registration	Join/Renew/Register NOW! Online at www.EncoreLearning.ne		
(Please use one form per person)		OFFICE USE ONLY	
NAME (Please print) FirstN	11	Last	
Preferred First or Nickname (Circle One) Mi	r. Mrs. Ms. Dr. Other	
□ Male □ Female			

CONTACT INFORMATION (Complete only if new member or updating information.)

Street			Apt
City			
Home () Cell ()		
Email			
MEMBERSHIP (Membership fees and donations are	tax-deductik	ble.)	
Non-refundable Annual Fee is \$55: 🗆 New 🗆 Rene	ewal		Check the membership expiration date on your catalog address label
Optional Donation: \$	olarship		

COURSE REGISTRATION (\$45 per course)

If you are interested, place a checkmark 🗸 in the Class Aide column. Class Aides receive free parking while assisting their class. See 'The Volunteer Page' for details.

Course Name (Please use short title shown in Catalog tables)	Course #	Class Aide?

Make your check payable to	Membership fee (\$55/yr)	\$
ENCORE LEARNING and mail to:	Course fees (# of courses x \$45)	\$
Encore Learning 2110 Washington Blvd. Arlington, VA 22204	Donation (Optional)	\$
Use our website at www.EncoreLearning.net to pay by VISA or MasterCard.	TOTAL CHECK AMOUNT:	\$

How did you hear about Encore Learning?

Special Events for Members

Encore Learning's Special Events provide a variety of activities to complement the course offerings. Some require an admission fee in advance of the start of the event, while others are free. Reservations are required except for those events scheduled at Arlington County libraries.

Members with email addresses on file with Encore Learning receive monthly reminders of the upcoming events, but members are encouraged to check the website for the most current listings.

Suggestions from members for future places of interest are always welcomed by the Special Events Committee because the greater Washington area is a treasure trove of opportunities, some of which — such as private museums or historic homes — are otherwise normally private. Contact Special Events Chair Kris McLaughlin via the Encore Learning office at 703-228-2144 or info@EncoreLearning.net.

TO REGISTER FOR SPECIAL EVENTS

Choose your preferred method.

RESERVE ONLINE:

Go to **www.EncoreLearning.net.** Under **QUICK LINKS**, click on **Reserve a Space in a Special Event**. Select event, click on **Reserve**, enter your name, and click on **Make a Reservation**. Unless your pop-up blocker is activated, a pop-up notice will appear indicating whether you are registered or on the waiting list.

RESERVE BY EMAIL:

Email your Special Event choice to info@EncoreLearning.net. Put "Special Event Reservation" in the subject line. Put your full name and the event requested in the body of the email. Encore Learning staff or a volunteer will process the request and confirm your status during office hours.

RESERVE BY PHONE:

Call the Encore Learning office at 703-228-2144 and leave a message including your full name, phone number and your event choice. Encore Learning staff or a volunteer will process the request and confirm your status during office hours.

Special events are popular, and those on the waiting list will appreciate your cancelling your reservation if you are unable to attend an event.

Events held at Arlington 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. Events requiring reservations are for members only and require membership active through the event date. Your most recent catalog address label includes your membership expiration date.

Remember to check www.EncoreLearning.net for Special Events information!

Encore Learning's special interest clubs are busy organizing activities for their members. Join Encore Learning and add club activities to your calendar at no extra cost. If you're interested in movies, you can meet monthly with the Cinema Club to see a film and discuss it over coffee afterwards. If you enjoy a friendly bridge game, join the Bridge Club. Share your ideas on timely topics with the Current Issues Discussion Group. Discuss nonfiction literature selections with the Nonfiction Book Club. Or explore your international interests through the Ethnic Lunch Club or Travel Club. Check our newest clubs too!

BREAKFAST CLUB

Are you a morning person? If so, join the Breakfast Club for conversation and social networking with other Encore Learning members. We meet Wednesday mornings from 8 to 9 a.m. at La Madeleine, a low-key, Parisian-style breakfast and coffee place in Bailey's Crossroads near the intersection of Columbia Pike and Leesburg Pike (Rte. 7). Club coordinator is Karen Cavanaugh.

BRIDGE CLUB

The Bridge Club meets once a month on an irregular schedule to play bridge at the homes of club members. Either a meal or a snack is served, with each player paying the host \$5 to offset the cost of food and drink. The coordinator describes the sessions as "very social and probably not ideal for someone who wants to play very serious bridge." Club coordinator is Sharon Bisdee.

CINEMA CLUB

If current cinema is your passion, join the Cinema Club, which meets monthly to see a movie. Dates are chosen as much as possible to accommodate participants' schedules. Club coordinators are Leanne Peters and Janice Yeadon.

CURRENT ISSUES DISCUSSION GROUP

The Current Issues Discussion Group meets the third Tuesday of every month at 1:30 p.m. at the Lubber Run Community Center. The group's acting coordinators are George Pick and Peter Taylor.

ETHNIC LUNCH CLUB

The Ethnic Lunch Club, a group of "foreign foodies," usually meets on the last Thursday of the month to explore and enjoy the area's great ethnic food. Club coordinator is Arlene Kigin.

KAYAK CLUB

Are you interested in joining with other Encore Learning members kayaking on the Potomac? Our fledgling club welcomes experienced kayakers, novices, and newcomers. Club members will engage the services of Fletcher's Boathouse off of Canal Road in D.C. Fletcher's rents out all of the necessary equipment and provides attendants to help clients in and out of the kayaks. The club would meet at the boathouse at 10:45 a.m. and paddle for about 1 to 1-1/2 hours. Proposed dates are the first and third Wednesday of the month, from May until late September, weather permitting. Club coordinator is Janice Yeadon.

MINDFUL AWARENESS SOCIETY

The Mindful Awareness Society is for people who want to be more aware of the ongoing experiencing of their life as it is being lived. The group practices techniques to free the mind from daydreaming, dwelling in memories and repetitive thinking. The group meets weekly from noon to 1 p.m. on Wednesdays at the Lubber Run Community Center. Coordinators are Bruce Britton and Dwight Rodgers.

NONFICTION BOOK CLUB

Meetings are held from 1:30 to 3 p.m. on the second Monday of January, March, May, July, September and November in the meeting room at Arlington Central Library. Club coordinators are Pat Chatten and Carter Vaden.

TRAVEL CLUB

The Travel Club meets the first Wednesday of each month at 2:30 p.m. at the Langston 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. All Encore Learning members are welcome. Club coordinator is Sharon Schoumacher.

To learn more about a particular club or to join or form a new club, contact staff at: 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

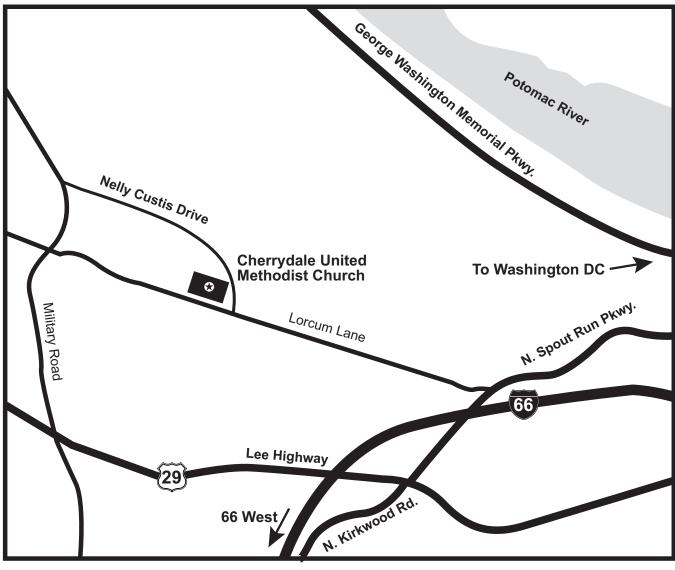
	PARKI		
ALL CLASSROOM BUILDING SITES ARE IN ARLINGTON	Public Garage or Lot	Street Parking (restricted parking zones listed)	PUBLIC TRANSPORTATION
CHUMC Cherrydale United Methodist Church 3701 Lorcom Lane, 22207 (at the corner of Nelly Custis Dr. and Lorcom Lane)	Free lot adjacent	Free along street near the church	ARTbus
FCC Fairlington Community Center 3308 S. Stafford St., 22206	Free lot adjacent	Free and Zone 11	Metrobus
GMU George Mason University - VA Sq 3351 Fairfax Dr., 22201	Pay garage at GMU Founders Hall — entrance on N. Kirkwood Rd.	Metered	Metrorail and Metrobus
SEC Syphax Education Center 2110 Washington Blvd., 22204 <i>For GPS navigating, you may need</i> <i>to use</i> 100 Walter Reed Dr., 22204	Free garage adjacent	Metered	ARTbus and Metrobus

Suggestions:

- Try using 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 for public transit information, directions, timetables, etc. for Metrorail, Metrobus and ARTbus. A Trip Planner tool is on their home page.
- Use www.ParkArlington.com for metered parking information and maps.
- Use www.capitalbikeshare.com to locate short-term bike rental stations in the metro area. Capital Bikeshare has locations at GMU and near WETA.

Note: Arlington residents 55+ who are registered with the Arlington County Office of Senior Adult Programs may take a taxi ride to the Fairlington Community Center from their homes for \$2.50 each way; call 703-228-4744 for applications and further information. Arlington residents 70+ may purchase \$20 books of taxi coupons for \$10; call 703-228-1700 for details.

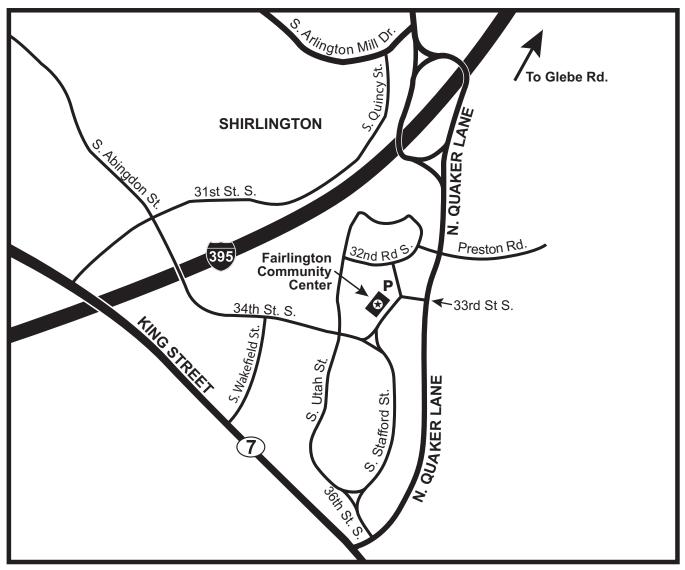
Cherrydale United Methodist Church (CHUMC)



CHERRYDALE UNITED METHODIST CHURCH — 3701 Lorcom Lane, 22207

The adjacent church parking lot is free. Additional unmetered parking street parking is also available.

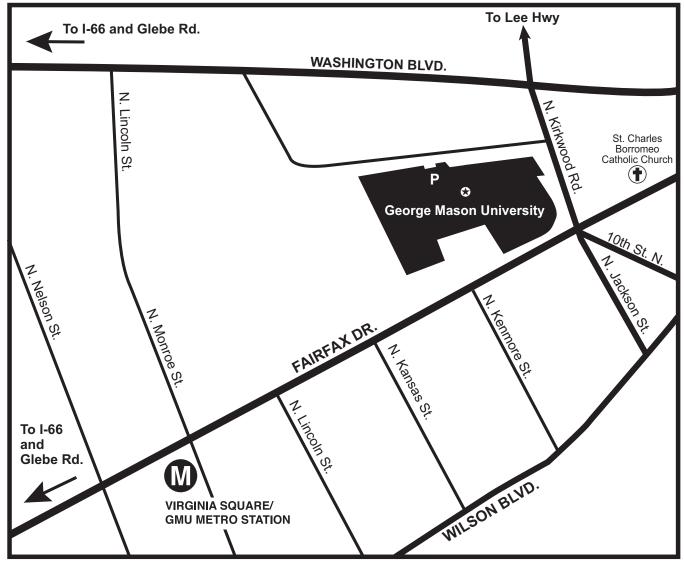
Fairlington Community Center (FCC)



FAIRLINGTON COMMUNITY CENTER — 3308 South Stafford St., 22206

Free parking on adjacent lot.

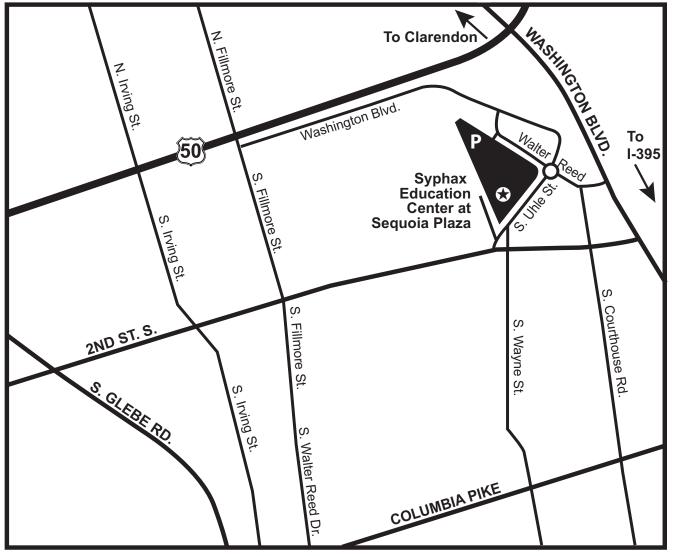
George Mason University (GMU)



GEORGE MASON UNIVERSITY, ARLINGTON CAMPUS - 3351 Fairfax Dr., 22201

The Founders 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.

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

The parking garage is free, but visitors should park on Levels B-1 and B-2. The garage entrance is off Walter Reed Dr. Members in classes scheduled for the SEC building will receive information from the class aides regarding directions, parking and classroom location.

Courses by Calendar View

	Monday	Tuesday	Wednesday	Thursday	Friday
VING	10:00-11:30/GMU 356 Japan Imagined Miller 3/07-4/04	10:00-11:30/GMU 236 Beating the Odds Connally 3/08-4/19	10:00-11:30/FCC 133 The Educated Audience Ohlandt 3/30-5/11	10:00-11:30/GMU 544 Classical Chinese Poetry He 4/07-4/28	9:30-11:30/GMU 370 Ancient Greece 2, Section A Wukitsch 3/11-5/20 (skip 4/1)
	10:00-11:30/GMU 459 Crime & Punishment Arnall 4/11-5/16	10:00-11:30/GMU 747 Spinoza's Ethics Scherer 3/22-4/26	10:00-Noon/FCC 515 Writing About Your Life Bottum 3/16-4/20	10:00-11:30/GMU 364 Historians' Christianity, Pt 2 Rodgers 3/10-4/28	
MORNING	10:00-11:30/GMU 545 The Bible Burns 3/07-3/28	10:00-11:30/GMU 321 Our Legacy From the Middle Ages McIntyre 3/08-4/12	10:00-11:30/GMU 149 French Gothic Cathedrals Moore 3/09-4/13	10:00-11:30/GMU 412 Global Hot Spots Various 3/17-5/12	
	10:00-11:30/FCC 202 Estate Planning Parks/Patton 4/11-5/02	10:00-11:30/FCC 752 Man & Nature Anderson 4/26-5/17	10:00-11:30/GMU 368 Jews In Antiquity Wittenberg 3/23-4/27		
NOON	Noon-1:30/GMU 632 Climate Change Means 3/07-4/04	Noon-1:30/GMU 369 Journalism & Politics Heymsfeld 4/26-5/17	Noon-1:30/GMU 631 World-Changing Technologies Whipple 3/09-3/30	Noon-1:30/GMU 212 Mindful Awareness Britton 3/10-4/14	Noon-1:30/GMU 154 Jewish Cultural Federation Niles 3/11-4/15
			Noon-1:30/GMU 714 Contemporary Islam Farsakh 3/09-5/11 (skip 4/06, 4/13)	Noon-1:30/GMU 366 Globalization Since World War II Kofas 3/10-5/12	Noon-1:30/FCC 750 The Great Recession Heriot 3/11-4/29
AFTERNOON	2:00-3:30/SEC 327 Geopolitics of the Ancient Middle East Rudgers 3/07-4/11	2:00-3:30/GMU 751 Interior Journey Leckey 4/05-5/03	2:00-3:30/GMU 365 The Magnificent Mughals Ziad 3/16-4/20	2:00-3:30/GMU 402 The Bill of Rights Weinberg 3/31-4/28	2:00-3:30/GMU 546 The Novella? Alter 4/01-5/06
	2:00-3:30/CHUMC 468 China-Inside & Out, Pt 2 Keegan 4/18-5/09	2:00-3:30/GMU 470 Multilateral Institutions Wake 3/08-5/10	2:00-3:30/GMU 228 Users' Guide to the Brain Beckerman 3/09-4/06	2:00-4:00/GMU 371 From the Valley to Richmond, 1862 Stone 3/31-5/12	2:00-4:00/GMU 373 Ancient Greece 2, Section B Wukitsch 3/11-5/20 (skip 4/1)
	2:00-3:30/GMU 469 American Public Education Shapiro 3/21-5/02		2:00-3:30/GMU 372 American Isolationism Rhodes 3/16-4/06	2:00-3:30/GMU 153 The Conductor's Perspective Reprise Wood 4/14-5/05	
				2:00-3:30/SEC 629 Understanding Biodiversity Egenrieder 4/21-5/12	
				3:00-4:30/Offsite 305 Arlington History VanNewkirk 4/07-5/26	

Encore Learning 2110 Washington Blvd. Arlington, VA 22204

RETURN SERVICE REQUESTED

Registration Begins at 10 am February 8, 2016

ENCORE LEARNING SPRING 2016 COURSE CATALOG