



**COLLEGE FOR OLDER ADULTS
SOUTHWEST VIRGINIA HIGHER
EDUCATION CENTER**
P. O. Box 1987, Abingdon, Virginia 24212
276- 619-4300
SPRING 2009
**REGISTRATION FOR MEMBERSHIP
AND CLASSES**

PLEASE RETURN
THIS ENTIRE PAGE
WITH PAYMENT!

Name: _____
 First _____ Last _____
 Address: _____
 Street/ P.O. Box _____ Apt./Suite _____
 City _____ State _____ Zip Code _____
 Telephone: (____) _____ - _____ Email address _____ New Member? Y or N
 Emergency Contact: (Name) _____ Telephone Number: (____) _____ - _____

I am 50 or older. _____ (signature) Today's date _____

Memberships are \$35 per term. This fee must be sent with registration in order to be enrolled. **Persons aged 50 and older are eligible for membership.** Members may take **one or more courses** per term per membership. No notification of your acceptance will be made unless a class is filled. **If the class is full, you will be notified.** CLASS SIZE IS LIMITED AND WILL BE OFFERED ON FIRST COME/FIRST SERVED BASIS. **Cut-off date for Spring classes is April 3, 2009. A late fee of \$10 will be charged after that date. Name tags will be available within one week following late registration. Arts Array passes are \$10. After the cut-off date, they will cost \$15.**

TUESDAY

	(time)	(date)	(class title)	(instructor)	(room)
<input type="checkbox"/>	9:00-10:30	April 7 – May 12	Great World Religions on DVD: Islam	DVD	218
<input type="checkbox"/>	9:00-10:45	April 7 – May 12	Music of the 20 th Century	Campbell	226
<input type="checkbox"/>	9:00–12:00	April 7 – May 19	Digital Photo Editing	Cowan	247
<input type="checkbox"/>	9:00-10:30	April 7 – May 12	Basics in Plastic Modeling	Schaffer	231
<input type="checkbox"/>	9:00-10:30	April 7 – May 12	Learn to Knit	A Likely Yarn	233
<input type="checkbox"/>	9:00-10:30	April 7 – May 12	Home Plumbing Repairs	Sproles	149
<input type="checkbox"/>	10:45-12:15	April 7 – May 12	French to Use	Garner	231
<input type="checkbox"/>	10:45-12:15	April 7 – May 12	Positive Self Images for Women	Lowe/Others	218
<input type="checkbox"/>	10:45-12:15	April 7 – May 12	Philosophy .007. The Mind	Slack	226
<input type="checkbox"/>	10:45-12:15	April 7 – May 12	Ballads of the British Isles and Appalachia	Beck/Welch	149
<input type="checkbox"/>	1:00-2:30	April 7 – May 12	Families of the Presidents	Wells	226
<input type="checkbox"/>	1:00-2:30	April 7 – May 12	Microsoft Word and Publisher	Fields/Hietala	247
<input type="checkbox"/>	1:00-2:30	April 7 – May 12	Easybridge! Introduction to Duplicate Bridge	Wampler/Metcalf	149
<input type="checkbox"/>	1:00-2:30	April 7 – May 12	Great World Religions on DVD: Judaism	DVD	231

WEDNESDAY

<input type="checkbox"/>	9:00-10:30	April 8 – May 13	Art Appreciation	Boone	226
<input type="checkbox"/>	9:00-10:30	April 8 – May 13	Learn to Knit	A Likely Yarn	231
<input type="checkbox"/>	9:00-10:30	April 8 – May 13	Great World Religions on DVD: Christianity	DVD	218
<input type="checkbox"/>	10:45-12:15	April 8 – May 13	Know Where You Are	Wentz/others	231
<input type="checkbox"/>	10:45-12:15	April 8 – May 13	This Wasn't in My History Book Either	Dixon	149
<input type="checkbox"/>	10:45-12:15	April 8 – May 13	Arts Array Discussion	Kelly	226
<input type="checkbox"/>	10:45-12:15	April 8 – May 13	Great World Religions on DVD: Hinduism	DVD	218
<input type="checkbox"/>	10:45-12:15	April 8 – May 13	Computer for the True Beginner	Bailey	247
<input type="checkbox"/>	1:00-2:30	April 8 – May 13	Sculpturing of the Earth's Surface	Josif	226
<input type="checkbox"/>	1:00-2:30	April 8 – May 13	Far Away Places`	Dent/Barry	231
<input type="checkbox"/>	1:00-2:30	April 8 – May 13	PowerPoint 2007	Vanhook	247
<input type="checkbox"/>	1:00-2:30	April 8 – May 13	Cooking with Larry FULL	Barbeau	CK

THURSDAY					
□	9:00-10:30	April 16-May14	The American Civil War	Roper	TEA
□	8:45-10:45	April 9-May 14	Genealogy Research Using the Computer	Schuler	247
□	9:00-10:30	April 9-May14	Spanish for Everyday	Whitman	231
□	9:00-10:30	April 9-May14	Great World Religions on DVD: Buddhism	DVD	226
□	10:45-12:15	April 9-May14	I'm Normal, You're Weird	Smith	218
□	10:45-12:15	April 9-May14	Current Health Topics: Johnston Memorial Hosp.	Staff of JMH	226
□	11:15-12:30	April 9-May14	Tai Chi and the Art of Consciousness	Ling	149
□	10:45-12:15	April 9-May14	Information Technology Security	Webb	247
□	11:15-12:30	April 9-May14	Psalms IV	Maier	231
□	1:00-2:30	April 9-May14	First Time with Free Weights	Sherrill	149
□	1:00-2:30	April 9-May14	Yoga	Halverson	218
□	1:00-2:30	April 9-May14	THE UNIVERSE: a DVD course on astronomy	Logan	TEA
□	1:00-2:30	April 9-May14	Making a Difference in Our Communities	Fowlkes/others	226
	1:00-2:30	April 9-May14	Google Earth	King	247
SPECIAL ONE DAY CLASSES					
	9:00am-4:00pm	April 10	Wildflower Field Trip	Owens	Lobby
	9:am-4:00pm	April 24	Wildflower Field Trip FULL	Owens	Lobby
	10:00am- noon	April 24	Tree House Visit	Fowlkes	Lobby
	9:00am-5:00pm	April 17	AARP Drive Safety Program	Millsap	222
	2:30pm-5:30pm	May 5,6 and 7	World War II	Chappell	TEA

March 17, 2009

Dear Colleagues,

On behalf of the instructors, coaches, volunteers, and the professional staff of the Higher Education Center, I would like to welcome you to our exciting line-up of Spring classes. I hope you will find two or three classes each day that stimulate your interest. Please note that for one small fee you can take as many classes as you like, but remember that many of classes fill up quickly, so mail your completed registration form (this page) with a check for \$35.00 back to us as soon as possible, or you can register on-line at www.swcenter.edu – click “College for Older Adults” then “Register Online Now!”. Our cut-off date is April 3, 2009 –after that date a \$10.00 late fee will be charged.

If you purchased an Arts Array pass earlier, it continues to be valid through the end of May. There are 10 more events during April and May, so you may want to purchase a pass for the final months.

When your check or online registration is received, your name will be placed on the class roll: **no notification will be made.** If a class is filled, you will be called to see if you wish your name to be placed on a waiting or if you wish to enroll in a different class. Go to www.swcenter.edu –“College for Older Adults” – “registration form & schedule” to check on filled classes.

Please remember almost everyone associated with the COA is a volunteer (and, not necessarily a Tennessee football fan!), so please let them know how you appreciate them giving of their time and knowledge to this unique program.

I look forward to seeing you in the Spring and thank you for your support.

Sincerely,

Ramsey White, Director
276.619.4377, rwhite@swcenter.edu

COLLEGE FOR OLDER ADULTS Spring Term 2009 Apr. 7 – May 14
SOUTHWEST VIRGINIA HIGHER EDUCATION CENTER
P O Box 1987, Abingdon, Virginia 24212 276-619-4300 or 619-4377

SPRING 2009 CLASS DESCRIPTIONS

TUESDAYS

GREAT WORLD RELIGIONS on DVD: ISLAM. Tuesdays, 9:00am – 10:30am, April 7 – May 12, 2009 (RM 218). This is one of 5 DVD, Digital Video Disc, classes will run each term on the world's great religions (the others are Christianity, Judaism, Hinduism, and Buddhism - all 5 religions will be repeated in the fall and winter terms). This course on Islam takes a look at the past, present and future of Islam, the second largest and fastest growing religion in the world. We in the West know little of Islam beyond the actions of a few extremists, but Islam has had a significant impact on world affairs, both historically and in current times, so it is important for us to take a look at what Muslims believe and how they carry out those beliefs. *The instructor is John L. Esposito, Ph.D., Professor of Religion and International Affairs, Islamic Studies, Georgetown University, Washington, D.C.*

MUSIC OF THE 20TH CENTURY, PART ONE. Tuesdays, 9:00am – 10:45am, April 7 – May 12, 2009 (RM 226). Too often people think of dissonance when they discuss 20th century music, but this course should dispel that notion. The composers to be featured in part one are: Samuel Barber (USA), Francis Poulenc (France), Erich Wolfgang Korngold (Austria-Hungry), Ottorino Respighi (Italy), Serge Prokofiev (Russia), and Einojuhani Rautavaara (Finland). *Instructor: Bill Campbell, the COA's Music Man.*

DIGITAL PHOTO EDITING. Tuesdays, 9:00--12:00, April 7 – May 19, 2009, **please note that the class on April 14, 2009 will be cancelled and moved to May 19, 2009** (RM 247). Photoshop Elements 6 is a very powerful image editing software, refining and extending the photo-editing features of previous versions. It also integrates new sophisticated cataloging and organizing functionality. As a photo-editing application, Photoshop Elements 6 expands the range of things you can do with your digital photographs. For instance, you can fix common flaws with a click of a button, enhance your photos with professional-looking effects or transform them into works of art. This software will allow you to create high-quality images for print or e-mail. It gives you endless ways to explore your creativity, restore old photographs, adjust color and lighting, create a new image by combining photographs, apply artistic effects, and prepare photos for printing and sending via e-mail. Step-by-step instructions will enable students to grasp the basics of digital photo-editing. Most features in the Elements 6 class are applicable to Elements 4 and 5 as well. The course is for both beginning and advanced photographers. Come join the fun! *Presenter: Jim Cowan retired Department of Defense Technical Manager who has taught many previous COA classes. He and his wife, Janice, own and operate the Summerfield Bed & Breakfast in Abingdon. Coaches: Janice Cornett and Frank Renault.*

BASICS FOR PLASTIC MODELING. Tuesdays, 9:00—10:30, April 7 – May 12, 2009 (RM 231) This is a class for anyone interested in taking up the hobby of making plastic models or getting back into it. Discussions will cover basic tools, painting techniques, the use of various glues, and model selection. *Instructor: Carl Schaefer, long time COA instructor from Marion, VA.*

LEARN TO KNIT. Tuesdays, 9:00am – 10:30am, April 7 – May 12, 2009 (RM 233) and Wednesdays, 9:00am – 10:30am, April 8 – May 13, 2009 (RM 231). This class will involve learning the basics of cast on and knit and purl while creating a wash cloth and scarf. There will be an initial \$15.00 supply fee payable to **A Likely Yarn**. Students will have a special project voted on by the class. **Limit of 10 students.** *Instructors: Carol James and Emily Cottrill are supplied by A Likely Yarn, 380 E. Main St., Abingdon, VA., 24210.(276.628.2143)*

HOME PLUMBING REPAIRS. Tuesdays, 9:00am – 10:30am, April 7 – May 12, 2009 (RM 149)
Why let your money go down the drain, come join us in repairing leaking faucets, replacing commodes, replacing broken water lines and fixing other household plumbing problems. *Instructor: Eddie Sproles, SVHEC Property Manager*

FRENCH TO USE. Tuesdays, 10:45am -12:15am, April 7 – May 12, 2009 (RM 231). This course will focus on pronunciation, culture and vocabulary useful for tourists. Emphasis will be on practicing spoken French. Some previous knowledge of French will be helpful but beginners are welcome. *Presenter: Eileen Garner, retired secondary French teacher from Bristol, VA, who has studied in Angers, France.*
POSITIVE SELF IMAGES FOR WOMEN. Tuesdays, 10:45am—12:15pm, April 7 – May 12, 2009 (RM 218). Various instructors will discuss topics of interest and importance for women. *Instructors: Cathy Lowe, cosmetologist and businesswoman ; Anita Givens, dietitian; Jackie Pile, personal trainer; Jill Smeltzer, psychologist.*

PHILOSOPHY .007. The Mind. Tuesdays, 10:45am —12:15am, April 7 – May 12, 2009 (RM 233)
What *is* mind? Is perception real? Mind-body: do we need both? Who is Commander Data? Can we be conscious of the unconscious? Is everything an illusion? How do we know? And more. Who does this kind of stuff? *Instructor: Ted Slack. Ted is the COA's best philosophy instructor. He makes dualism semi-understandable and often amusing. Ted has a GED and is a Licensed Philosopher. NO PREVIOUS KNOWLEDGE REQUIRED; NONE OF US HAVE MUCH.*

BALLADS OF THE BRITISH ISLES AND SOUTHERN APPALACHIA. Tuesdays, 10:45am — 12:15am, April 7 – May 12, 2009 (RM 149) From “The Gypsy Laddies” through “The Raggle-Taggle Gypsies” and “The Whistling Gypsy” to “Gypsy Davy” or “Gypsum David” – many Scottish songs and ballads have made the journey across the Atlantic to Southern Appalachia. This course will help you understand the connections, teach you some of the songs, arm you with simple harmonies and demonstrate how to tastefully accompany on your chosen instrument. You will learn the history behind many of the great Scottish ballads as well as how to differentiate between real traditional songs and their more modern popular counterparts. Although you don't need to play an instrument or hold a tune, please feel free to bring your guitar, banjo or voice to this fascinating class. *Instructors: Jack Beck and his wife, Dr. Wendy Welch. Currently presenting “Celtic Clanjamphry” every Sunday morning at 10:00am on WETS 89.5fm, Scotsman Jack Beck combines more than 50 years experience of performing Scottish ballads and songs around the world and 20 years as a college professor to make for a highly entertaining and memorable experience. Wendy Welch holds a Ph.D. in Folklore and has more than 20 years experience as a professional story teller. A fine singer and dulcimer player, she hails from Greeneville, TN. She currently lectures as an adjunct professor at UVA Wise and has written many academic articles on folksong and story.*

FAMILIES OF THE PRESIDENTS. Tuesdays, 1:00pm – 2:30pm, April 7 – May12, 2009 (RM 226). Most of us know the basic information on our Presidents—but what about their parents, their siblings, their wives and children. This class is not about politics—it's about family and the influence of family on the leaders of our nation. Doris Wells continues her fascinating look at our 1st Families. *Presenter: Doris Wells, retired teacher of history.*

MICROSOFT PUBLISHER and MICROSOFT WORD. Tuesdays 1:00pm – 2:30pm, April 7 – May 12, 2009 (RM 247). Let's get creative! Learn to use Microsoft Word as well as Publisher. Some basic computer skills are needed. Lesson projects will include greeting cards, business cards, newsletters, brochures and more! *Instructors: Chris Fields, Director of Budget and Finance, & Kathy Hietala, Assistant to Executive Director. Both are on the staff of SWHEC.*

EASYBRIDGE! An introduction to Duplicate Bridge. Tuesdays, 1:00pm – 2:30pm, April 7 – May 14, 2009 (RM149). Learn duplicate bridge through the proven *Easybridge!* method by playing at the table. Whether you are a newcomer to bridge or an experienced social bridge player, you will start playing duplicate immediately. Nancy Wampler and Nancy Metcalf are certified *Easybridge!* presenters who make duplicate bridge fun. *Instructors: Nancy Wampler and Nancy Metcalf, Manager of the Abingdon Bridge Club. The Abingdon Bridge Club meets three times a week at the Abingdon Senior Center.*

GREAT WORLD RELIGIONS on DVD: Judaism. Tuesdays, 1:00pm – 2:30pm, April 7 – May 12, 2009 (RM 231) Please join, on DVD, Isaiah M. Gafni, Ph.D., Professor of Jewish History at Hebrew University of Jerusalem as he explores Judaism, the forefather of Christianity and Islam. Dr. Gafni will look at Judaism *from within*, as it was understood by its adherents in the past and by those who practice or identify with Judaism today. This is one of the 5 Great Religion courses that can be seen on DVD each term.

WEDNESDAYS

ART APPRECIATION: Wednesdays, April 8 – May 13, 2009, 9:00am -10:30am (RM 226). Classes will include: What is Art?; Major Themes and Purposes for Art; Elements of Art and Principles of Design and Composition; Painting; Sculpture; and, Architecture. *Instructor: Harry Boone. Harry is a painter and has been a professor of studio art and art history for nearly a quarter of a century. His work has been exhibited in major markets (New York City, Philadelphia, Baltimore, Washington, DC and Atlanta) and has been reviewed in national art publications.*

LEARN TO KNIT. Wednesdays, 9:00am – 10:30am, April 8 – May 13, 2009 (RM 231) and Tuesdays, 9:00am – 10:30am, April 7 – May 12, 2009 (RM 233). This class will involve learning the basics of cast on, knit and purl while creating a wash cloth and scarf. There will be an initial \$15.00 supply fee payable to **A Likely Yarn**. All students will have the opportunity to pick a project. **Limit of 10 students.** *Instructors: Carol James and Emily Cottrill are supplied by A Likely Yarn, 380 E. Main St., Abingdon, Va. (276.628.2143)*

GREAT WORLD RELIGIONS on DVD: Christianity. Wednesdays, 9am – 10:30am, April 8 – May 13, 2009 (RM 218). This 12 thirty minute lecture course will take a look one of religions great success stories - how a small sect in an obscure Roman province in the 1st century became the official religion of the roman Empire by the 4th century, dominated the cultural life of Europe for much of its history and today counts more than two billion adherents throughout the world. *Instructor: Luke Timothy Johnson, Ph.D., professor of New Testament and Christian Origins, Emory University's School of Theology*

KNOW WHERE YOU ARE: Wednesdays, 10:45am – 12:15pm, April 8 – May 13, 2009 (RM 231). This course is designed to introduce lifelong residents and newcomers to the unique geography, geology, soils and maps of Southwest Virginia/Northeast Tennessee. **April 8** – Geography of Virginia, *Don Josif, Ph.D.*; **April 15** – Geology of Our Area, *Charles Bartlett, Ph.D.*; **April 22** – Soils and Landscapes (formation, horizons, erosion), *Joe Wentz, Natural Resources Conservation Service (retired)*; **April 29** – Soil Testing and the Importance of Knowing Your Soil, *Phil Blevins, Virginia Cooperative Extension Service*; **May 6** – Reading Soil and Topo Maps, *Joseph Wentz*; **May 13** – Using Online Maps (Washington County NetGIS), *Brandon Moore, Washington County Information Systems.*

THIS WASN'T IN MY HISTORY BOOK EITHER. Wednesday, 10:45am – 12:15pm April 8 – May 13, 2009 (RM 149). As the name implies, this course will cover historical information, resources and stories not found in traditional text and reference sources, and will focus on people and events from America's First Frontier. It will deal with topics not covered in the first class. *Instructor: Danny Dixon*

ARTS ARRAY FILM DISCUSSION GROUP. Wednesdays, 10:45am—12:15pm, April 8 – May 13, 2009 (RM 226). This class will be a continuation of the one that began several terms earlier and will explore themes, issues, and questions raised by the Arts Array films. In this class, every student is a teacher in that all ideas are shared and valued. Although there are usually no final answers for many of the difficult questions raised by the film artists, exploring possible answers together can be an exciting as well as a satisfying exercise. *Facilitator: Fran Kelly*

GREAT WORLD RELIGIONS on DVD: Hinduism. Wednesdays, 10:45am – 12:15pm, April 8 – May 13, 2009 (RM 218). This course will look at some of the concepts surrounding Hinduism, religion, and India, and how we in the West may have difficulties understanding how “they” view these terms. The 12 thirty minute lectures over 6 weeks will look at “The World of Veda”, “Castes”, “Seeing God”, “Men, Women and the Stages of Life” among some of the topics. *Instructor: Mark W. Muesse, Ph.D., professor of Religious Studies at Rhodes college, Memphis, TN*

COMPUTER FOR THE TRUE BEGINNER. Wednesdays, 10:45am – 12:15pm, April 8 – May 13, 2009 (RM 247). This class will introduce the computer itself, computer definitions, Windows and the desktop. We will learn how to start programs, the use of help, using menus, toolbars, and will learn basic Internet and E-mail. Students will learn to write a document with editing, formatting, printing, saving, etc. Time for supervised practice in the classroom will be given. *Presenter: Dennis Bailey, VHCC technology graduate.*

SCULPTURING OF THE EARTH'S SURFACE. Wednesdays, 1:00pm – 2:30pm, April 8 – May 13, 2009 (RM 226). This course is about the sculpturing of the Earth's land surface by exterior factors. It will look at visual effects that gravity, chemical and physical weathering, wind and running water cause. This fun course will look at such features as our small simple sinkholes, the cliffs of the American West, the New River Gorge, and the Nile Delta and even down to looking at the effects of erosion working in our own gardens. *Don Josif, Ph.D.*

FAR AWAY PLACES. Wednesdays, 1:00pm – 2:30pm, April 8 – May 13, 2009 (RM 231). Visit interesting places. The topics for these sojourns are as follows: **April 8** – Mexico; Puerto Vallarta, Guanajuato, San Miguel de Allende, *I.B. Dent.* **April 15** – Down the Mekong River from the Golden Triangle, Thailand to Li Pui Falls, Laos, *I.B. Dent.* **April 22** – Alaska, *Charles Barry.* **April 29** – Compare and Contrast: Prague and Budapest, *I.B. Dent.* **May 6** – Parks and Places in the NW United States, *I.B. Dent.* **May 13** – Canyon Lands, *Charles Barry*

POWERPOINT 2007. Wednesdays, 1:00pm – 2:30pm, April 8 – May 13, 2009 (RM 247) This course will explore the basics of using Microsoft PowerPoint 2007 Software. Participants will create presentations with headlines, bullets, graphics, transitions, sound, and more. This class is **not** recommended for the true beginning computer user. *Instructor: Sonia Vanhook, who has taught computer classes for UVA and COA. She is also an Event Planner for SVHEC.*

COOKING WITH LARRY BARBEAU, EXECUTIVE CHEF. Wednesdays, 1:00 – 2:30, April 8 – May 13, 2009 (Catering Kitchen). These culinary classes will begin with the basics of safety and sanitation. The classes will get progressively involved with sauces, soups, appetizers and dips and will finish with desserts and plate presentation. We will have lots of fun and, best of all, you will get to sample the dishes we create. **Limit of 12 students.** *Instructor: Larry Barbeau, Corporate Executive Chef, K-VA-T Food Store Inc.*

THURSDAYS

THE AMERICAN CIVIL WAR: Thursdays, 9:00 – 10:30am, April 16* (please note there is no class on April 9, 2009) – May 14, 2009 (EXECUTIVE AUDITORIUM). Dr. Roper will look at the “Classes and Masses”, the “Causes”, the “Conduct” and the “Consequences” of the American Civil War. This is a course not to be missed. Dr. Roper is Chair of the Department of History at Emory and Henry College and was awarded the “2005 Virginia Professor of the Year” by the Carnegie Foundation and the Council for the Advancement and Support of Education. *Instructor: John (Jack) Herbert Roper, Ph.D., Emory and Henry College.* *THERE WILL BE ONLY 5 CLASSES*

GENEALOGY RESEARCH USING THE COMPUTER. Thursdays, 8:45—10:45, April 9—May 14 (RM 247). This class will be a working Genealogy Laboratory where students will have access to US Census information online. Students will use the computer to view online census files to fill in the gaps in genealogical timelines. The instructor will cover the pro’s and con’s of various online sources. *Instructor: Jerry Schuler, a retired electrical engineer from Raytheon who has been working with computers for over 20 years and who has taught many COA classes.*

SPANISH FOR EVERY DAY. Thursdays, 9:00am – 10:30am, April 9 – May 14, 2009 (RM 231) This session is offered for returning COA Spanish students and others who have some basic speaking skills. This class is **NOT** for true beginners. *Instructor: Pam Whitman, an Abingdon native who holds a MAT in Spanish from the University of Florida and has studied in Mexico, Costa Rica, and Venezuela*

GREAT WORLD RELIGIONS on DVD: Buddhism. Thursdays, 9-am – 10:30am, April 9 – May 14, 2009 (RM 226). These 12 DVD lectures survey the history of the Buddhism from its origin in India in the 6th and 5th B.C. to the present day. They are meant to introduce students to the “vitality and adaptability” of a tradition that has “transformed the civilizations” of the East and has now become a feature of the cultures of the West. *Instructor: Malcolm David Eckel, Ph.D., Professor of Religion at Boston University, Boston.*

I’M NORMAL, YOU’RE WEIRD. Thursdays, 10:45am – 12:15pm, April 9 – may 14, 2009 (RM 218). This is a course that will first examine the concept of culture itself as well as cultural variations around the world. The class will feature Virginia Inter mont College students from around the world (Albania, China, Canada, Kenya, the Bahamas) who will make presentations about their respective countries, followed by a question and answer session. *Instructor: Randall Smith, adjunct professor Virginia Inter mont College*

JOHNSTON MEMORIAL HOSPITAL PRESENTS CURRENT HEALTH TOPICS. Thursdays, 10:45am – 12:15pm, April 9 – May 14, 2009 (RM 226). Staff members of Johnston Memorial Hospital, Abingdon will present six topics: **April 9** – Reducing Your Risk of Heart Disease; **April 16** – Nutrition for Life; **April 23** –Understanding Hypertension; **April 30** –Diabetes; **May 7** – Healthy Joints; **May 14** – **TBA**

TAI CHI AND THE ART OF CONSCIOUSNESS. Thursdays, 11:15—12:30, April 9—May 14 (RM 149). Learn to become more consciously creative with the ancient Chinese art of Tai Chi, which can help a person to develop the ability to focus attention on one thing at a time. With practice, this results in more balanced expressions in life such as good health, peace of mind and emotional well-being. *Instructor: John Ling, teacher, lecturer, writer who has conducted workshops at universities, colleges and in industry for over 35 years.*

INFORMATION TECHNOLOGY SECURITY. Thursdays, 10:45am—12:15pm, April 7 – May 12, 2009 (RM 247). This class gives home users an overview of the security risks and countermeasures associated with Internet connectivity, especially in the context of “always-on” or broadband access services (such as cable modems and DSL). However, much of the content is also relevant to traditional dial-up users (users who connect to the Internet using a modem). Many topics will be discussed, including firewalls, virus protection, email safety, etc. The class will be given the opportunity to raise issues and concerns that are common among them. *Presenter: Jeff Webb, Chief Information Officer at the SW VA Higher Education Center.*

PSALMS IV, Thursdays, 11:15am – 12:30pm, April 9 – May 14, 2009 (RM 231) Join us as we continue the study of some of the most beautiful language in the Bible, and as we engage in praying the Psalms. Be sure and bring your own Bible or Book of Psalms to class. Newcomers are welcome. *Instructor: Fr. Paul Maier, Christ the King Catholic Church, Abingdon.*

FIRST-TIME WITH FREE WEIGHTS, Thursdays, April 9 – May 14, 2009, 1:00pm - 2:30pm (RM 149). This is a beginners’ class for people who want to learn how to safely use dumbbells for increasing their muscle and bone strength. You will also learn how to set up a low-cost home based program tailored to your schedule and needs. **Limit of 15 students.** *Instructor: Anna Sherrill, Ph.D., retired from Glaxo SmithKline - has taught several free-weights classes and workshops.*

YOGA. Thursdays, 1:00—2:30, April 9—May 14 (RM 218). This class will be fun, easy and relaxing. It will help you feel wonderful! Discover the art of breathing fully. Become more flexible in body and mind. Postures will be performed from a chair or standing. Yoga can be practiced even if you have physical limitations. *Instructor: Carol Halverson, B.S. in Physical education and a teacher of Yoga since 1998.*

THE UNIVERSE on DVD: Thursdays, 1-2:30pm, April 9 – May 14, 2009 (RM TEA). A terrific collection of thirteen episodes focusing on the history of our Universe as well as the past, present, and the future of the planets that reside in it. *Host: Barry Logan*

MAKING A DIFFERENCE IN OUR COMMUNITIES. Thursdays, 1- 2:30pm, April 9 – May 14, 2009 (RM 226) Please join this class to listen to various local non-profit/community groups present and explain their missions and goals, and perhaps you might want to join with them in their efforts. *Coordinator: Rachel Fowlkes, Ed.D., Executive Director of the Southwest Virginia Higher Education Center.*

GOOGLE EARTH. Thursdays, 1pm – 2:30pm, April 9 – May 14, 2009 (RM 247). “Google Earth lets you fly anywhere on Earth to view satellite imagery, maps, terrain, 3D buildings, from galaxies in outer space to the canyons of the ocean.” Please join Jacob King as he introduces you to this phenomenal new internet tool that allows you and your computer to go anywhere in the world and beyond. *Instructor: Jacob King, Information Technology Specialist at SWHEC.*

SPECIAL CLASSES

WILDFLOWER FIELD TRIPS: Fridays, 9am -4pm, April 10 and April 24, 2009 (RM Lobby). Class will travel by private vehicles to local sites to view wildflowers and other flora. Bring light raingear, camera, and favorite wildflower book. Will involve moderate walking. Please arrange with instructor to go for the morning or afternoon if the full day is not feasible. Register for one **or** both trips. **Limit of 25 students.** *Instructor: Charles Owens, Professor Emeritus, VHCC. Assisted by wife: Faye, Master Gardner.*

Trip One: April 10: Morning – Kingsport Area
Lunch – Little Italy, Hwy 421 or bring your own
Afternoon – South Holston Lake area

Trip Two: April 24: Morning – Creeper Trail, Alvarado
Lunch - Saltville or bring your own
Afternoon – Tumbling Creek – brief visit to site in Glade Spring

VISIT TO A TREE HOUSE. Friday, April 24, 2009, 10:00am -12noon (Rain Date: Saturday, April 25, 2009, 10:00am) Tour a two-story tree house complete with a small kitchen, bedroom and bathroom, overlooking the Creeper Trail near Alvarado. Meet at the Higher Ed Center (10:00am) for a brief slide presentation. Then, we will go together in private cars to the site. Cold beverages will be supplied. Please wear comfortable walking shoes and bring a jacket or sweater depending on the weather. **Limit 24 students.** *Coordinator: Rachel Fowlkes, tree house owner.*

□ **AARP DRIVER SAFETY PROGRAM.** Friday, April 17, 2009, 9:00am – 5:00pm (RM222). This driver refresher course is intended to help older drivers improve their skills while teaching them to avoid accidents and traffic violations. Upon completion of the 8-hour program, a certificate is issued which can be presented to your insurance agent for a discount. The AARP fee is \$12.00 for AARP members (must have card to present) and \$14.00 for non-members. Checks should be made payable to **AARP**, and will be collected on the day of the class. *Instructor: Joyce Millsap, who has taught this class previously.*

□ **WORLD WAR II.** May 5, May 6 and May 7, 2009, 2:30pm -5:30pm (RM TEA). This class will be a fascinating, in-depth look at the battles, weapons and people of history's greatest conflict. It will contain little-known facts guaranteed to amaze you. It's a World War II you never knew! *Presenter: Tony Chappell, Walnut Cove, NC.*