



COLLEGE FOR OLDER ADULTS – FALL 2024 Page 1
SOUTHWEST VIRGINIA HIGHER EDUCATION CENTER
P.O. BOX 1987 Abingdon, VA. 24212
276/619-4300 276/619-4377 www.swcenter.edu/coa

Name (last) _____ (first) _____ Phone# (____) _____
 Address _____ Cell Phone #(____) _____
 City _____ State _____ Zip _____ E-mail _____
 Emergency Contact _____ Emergency Phone #(____) _____
 I am 50 years old or older (signature) _____ New Member Y or N Today's
 Date _____ Students submit this registration form and keep the Course Descriptions.
 Membership is \$40 and payment must be paid at the time of registration. If the class is full you will
 be contacted, otherwise you will not be contacted. Some classes have limited numbers and will be
 filled on a first come/first served basis. By registering for classes you grant permission for your
 photo to be taken and used for COA purposes.

TUESDAYS, SEPTEMBER 10-OCTOBER 15, 2024

Time	Course	Instructor	Room
10:00-11:30am	Lawrence of Arabia	Saunders	TEA
10:00-11:30am	Acting/Readers Theatre	Kroll	
10:00-11:30am	Our Natural Heritage	Etal	
10:00-11:30am	Introduction to Microsoft Word	Vanhook	247
Lunch and Social Hour 11:30 AM-12:30PM			
12:30 –2:00pm	The American Drama Trilogy	Pojeta	
12:30 –2:00pm	What's New In Astronomy	Warden	
12:30-2:00pm	Infamous Criminal Cases Part II	Wilcox	TEA
12:30-2:00pm	Mahjong for Beginners	Godfrey	242

WEDNESDAYS, SEPTEMBER 11-OCTOBER 16

10:00-11:30am	Traveling Tales	Garner	TEA
10:00-11:30am	A Literary Journey of Appalachia	Burriss	
10:00-11:30am	Intro to Robotics	Vanhook	STEM Gym
Lunch and Social Hour 11:30 AM-12:30PM			
12:30-2:00pm	Novel to film: Ethan Frome	Jones	
12:30-2:00pm	Excelling at MS Excel	Vanhook	247
12:30-2:00pm	Sign Language	Blake	
1:00PM-2:30PM	The Civil Rights Movement	Osborn	TEA

THURSDAYS, SEPTEMBER 12-OCTOBER 17 page 2

10:00-11:30am	Famous Combat Aircraft of WW II	Bradley	
10:00-11:30 am	Genealogy Research	Schuler	247
10:00-11:30am	Emory and Henry Road Trip	Hoel	TEA

Lunch and Social Hour 11:30 AM-12:30PM

12:30-2:00pm	Senior Health Topics	Etal	
12:30-2:00pm	Gardening Through the Seasons	Ferreniea	
12:30-2:00pm	Telling Our Stories	Weiss	242
1:00-2:30pm	Chair Yoga	Whitetop Yoga	

MONDAY SPECIAL CLASSES

9/16-10:00am	Free Blacks In Washington County	Puglisi	240
9/16- 12:30pm	Fingerprints in Clay	Jackson	240
9/23-10:00AM	Dante Lives On	Shearer	TEA
9/23-12:30PM	Damascus-Then and Now	Lamb	TEA
09/23-2:30PM	Virtual Cadaver Lab	McReynolds	250 C
9/30-10:00AM	Abingdon Upcoming Events	Thompson	TEA
9/30-12:30PM	Story Telling	Freeman	TEA
10/07-10:00AM	The Lincoln Theatre	Watkins	TEA
10/07-12:30PM	A Summer Without Children	Hoch	TEA
10/07-2:30PM	Virtual Cadaver Lab	McReynolds	250 C
10/14-10:0AM	Caves and Karst	Brown	TEA
10/14-12:30PM	Artificial Intelligence	Teaters	TEA
10/21-10:00AM	National Park Service	Ellison	TEA

OFF SITE TOURS

10/21 1:00-3:00 PM	Ag Tour Dream Land Alpacas	McLeish	Farm
10/21 3:00-5:00 PM	Ag Tour Tumbling Creek Cider	McMullen	Orchard

WILLIAM KING ART CLASSES

9/16-10/7 12:30 PM	Ink and Alcohol Painting	Pippin	William King
9/16 2:30-4:00 PM	Printmaking & Art Nouveau Museum	Bridges	William King
10/14/24 10:00 AM	Stencil Monotypes	Bridges	William King

**PLEASE NOTE THE COA WILL NOT BE MAILING
SCHEDULES OR REGISTRATION FORMS.**



Class registration is available:

ON-LINE starting the afternoon of September 4, 2024.

Please go to www.swcenter.edu/coa. The schedule/registration form can be downloaded and printed for your review. You can pay and register securely for classes with a credit card on the website when you fill out the form on-line.

AT THE RECEPTION DESK: Printed schedule/registration forms will be available at the Higher Education Center front desk. You can pay for classes with either a credit card, cash, or check.

REGISTRATION DAY & WELCOME BACK COFFEE HOUR: You can register at the coffee hour for COA classes with a credit card, cash, or check. Classes will be described, and some instructors will be available for discussion.

PLEASE NOTE! Some Special Classes may require an additional fee for materials, supplies, or admission. Do not include that fee in your COA registration- It is to be paid separately. To take Special Classes, you must be a COA member paying the full \$40.00 fee. Please make checks out as described in the course description. We encourage you to pay the COA membership fee by credit card. Should you require a refund the COA can quickly refund a credit card paid registration fee. If you pay by either check or cash, it may take several weeks (and an act of Congress) to obtain a refund. No refunds will be made after the second week of classes except for valid health or personal reasons. Room assignments can change due to size of class enrollments, and occasional unforeseen conflicts with other events at the Higher Education Center. Please check daily the room assignment on posted notices.

Transportation options are published here:

<https://districtthree.org/index.php/Town-of-Abingdon> NOTE: The Center has no control over the District Three bus schedule, its employees, their webpage and other publications, or anything other than providing a bus stop in the parking lot in front of the building.

Schedule changes due to inclement weather are announced on our website (www.swcenter.edu), on WCYB-TV, and via text alert (if you sign up for it at

<https://goo.gl/waa48N>). Please make your best judgment as to whether you can get here safely.

During a fire emergency the elevator will not be operational. If you need assistance, go to the stairwell, and wait for help. Please do not open the door in the stairwell at the west end of the building EXCEPT in an emergency. AED (Automated External Defibrillator) devices are now available on each floor of the Higher Education Center in a cardiac emergency.

COA Motto: We must be patient with one another! For more information, contact Ed Morgan by email at emorgan@swcenter.edu or (276) 619-4377

COA FALL 2024 COURSE DESCRIPTIONS

Students, please circle your classes and hang on to this document!!

Tuesday 10:00—11:30 AM

Lee Saunders introduces us to Thomas Edward Lawrence. Lawrence was born in Wales in 1888, one of five illegitimate children born to the Seventh Baron of Westmeath and his children's governess. It was a family secret that conflicted Lawrence throughout his life and compelled him to seek both personal fame and anonymity. A graduate of Jesus College, Oxford, Lawrence was drawn to the Middle East as an archaeologist. He would later serve in British Intelligence owing to his fluency in Arabic and familiarity with the Bedouin culture.

Lawrence forged an alliance of Arab tribes to defeat the Ottoman Turks in the Arabian Peninsula and enabled British forces to enter Jerusalem and advance unopposed to Damascus, resetting political and geographical boundaries. His daring exploits caught the world's attention when fighting in the European theater was bogged down in stagnant, grinding trench warfare. Lawrence described his unconventional guerrilla tactics in his book *The Seven Pillars of Wisdom*. It proved to be a literary sensation that earned him accolades from George Barnard Shaw and Winston Churchill as one of the finest memoirs to emerge from the Great War.

Fame entrapped Col. Lawrence. Suffering physical and psychological torments from the desert campaign, he sought to disappear afterwards into the peacetime enlisted ranks under assumed names. Death came to

Lawrence in 1935, following a motorcycle accident that claimed his life but secured his legacy as one of England's most celebrated heroes. Join Lee Saunder in his appraisal of this extraordinary individual. The class will include David Lean's critical acclaimed 1962 film, "Lawrence of Arabia."

Acting/Readers Theatre Workshop. Actor and performer James A. Kroll leads us through acting basics. If you love being in the audience but think you do not have the talent to take the stage, think again! 2024 is the year to try something new, so why not learn some acting techniques, meet wonderful new friends, and work toward a Debut Readers Theatre Performance of works written by well-known and local playwrights as your "final exam." (Hint—reader's theater means no memorization!) In this six-week hands-on, heart-in, intensive workshop you will learn: breathing and vocal techniques, focus finesse, script reading, pausing like a pro, emotional investment, gracefully accepting applause and critique. In addition to these skills, you will have a chance to explore your own creativity with other community members. Best of all there is little homework! You will have loads of fun and laughs as you explore, enjoy, and enrich your life with a little applause thrown in too!

Our Natural Heritage. A series of programs exploring the unique character and resources of Southwest Virginia

September 10—Vasiliy Lakoba, Director of Research for the American Chestnut Foundation's Meadowview Research Farm presents an update on efforts to restore the American chestnut tree to Appalachian forests.

September 17 and September 24—Craig Ashbrook, presents the Geography of Virginia. Craig will introduce us to the major geographic and geologic provinces of Virginia with emphasis on the Southwest Virginia region so that we might gain a better insight into the region's surface features and how they relate to underlying geology and our way of life. Along the way he will dispel a few old myths about prominent landforms found within the Southwest Virginia region and elsewhere.

October 1—Corey Gardner, DWR Conservation Police Officer. An important focus of the folks we once called game wardens is to protect the unique biodiversity of Southwest Virginia. They strive to prevent poaching of deer, elk, bear, and turtles!

October 8—WCYB Meteorologist, Dave Dierks introduces us to weather, what forces shape it, and weather safety. He will discuss how weather

forecasts are made and presented on television. He will help us to understand doppler radar and provide some highlights of local weather trivia!

October 15—Kevin Sigman, Town of Abingdon Arborist presents Urban Forestry. Kevin explains that trees are pretty to look at, but they fill a much larger role in our urban environment. His presentation will look at the value that trees provide to our homes, schools, health, and overall wellbeing. He will offer tips on caring for the trees on your property.

Introduction to Microsoft Word. Sonia Vanhook. Using Microsoft Word, students will produce documents in class utilizing such features as insert graphics, word art, page borders, and merge letters. Basic design techniques will also be covered. There will be exercises for beginner, intermediate, and advanced computer users.

Tuesdays 12:30—2:00 PM

The American Drama Trilogy. Cindy Pojeta explores American Drama in the twentieth century as illustrated by the plays of Eugene O’Neill, Tennessee Williams, and Arthur Miller. The class will explore Miller’s Plays “All My Sons” and “The Death of a Salesman” along with Eugene O’Neill’s drama, “A Long Journey into Night” and Tennessee William’s play “The Glass Menagerie.”

What’s New in Astronomy? Jim Warden Ph.D. Emory and Henry University Associate Professor of Physics Emeritus guides us through new discoveries in the universe. “Astronomy”, the science of all things off Earth, is derived from an old Greek word meaning “star arranging.” Viewing the constellations at night was one of humanity’s oldest activities. These star patterns have not changed much in all Human history! So, what is “new?” Computer operated telescopes now enable us to study all wavelengths of light both from earth and from deep space. Recently humans have imaged a black hole, changed the orbit of an asteroid, retrieved actual samples from an asteroid’s surface, discovered thousands of planets orbiting distant stars, and flown a helicopter on Mars. Using amazingly detailed new images available on the Web, we will try to lift ourselves out of the daily grind of politics and economics to appreciate our privileged awareness of the cosmos.

Infamous Criminal Cases: Part II. King University Criminal Justice Professor Collette Wilcox returns to scene of the crime lecture to explore fascinating and less well-known criminal cases such as Matthew Muller, Terry

Rasmussen, Bryan Kohberger, Elliot Rodger, Marc Lepine, Gene Simmons, and the Clinton Correctional Facility escape. Discussion topics will include the psychology of criminal behavior and the media's influence on our perceptions of crime.

Mahjong for Beginners. Come join Susan Godfrey and Joann Stone in learning American Mahjong, a tile-based game originating in China that combines elements of rummy and gin rummy. It is a social, strategic, and mentally stimulating activity. Mahjong is highly addictive and fun with a unique combination of luck, skill, and challenges. The game can be played and enjoyed at all levels—from beginner to senior. It can be great fun for an afternoon with grandchildren or joining friends to start your own mahjong club. The fun is free but there is a fifteen-dollar charge for the required player's card.

Wednesdays 10:00 AM-11:30 AM

Traveling Tales. Eileen Garner. A taste of the exotic has found its way to Abingdon. Local folks share memories of their travels.

September 11. Ellen Mueller—Main River Cruise with Christmas Markets.

September 18. Steve Lindeman—Oaxaca, Mexico-Zapotec Cultural Highlights

September 25. Ted Pile—Mauritius, Mozambique, Namibia, and Norway.

October 2. Eileen Garner, Ellen Mueller, et al—Tips and Tricks to Travel.

October 9. Eileen Garner—Benelux Countries: Belgium, the Netherlands, and Luxembourg.

October 16. Eileen Garner—Antarctic Circle Expedition.

Introduction to Robotics. Sonia Vanhook. Will robots drive our cars, clean our houses, and perform surgery one day? come to this class to gain a basic understanding of how they work. Students will be introduced to "Colby" a robot mouse, A wooden cube called "Cubetto," a programmable LEGO train, an EV3 Lego Robot, a baseball sized round robot, and a flying drone robot. This hands-on course teaches students to use a computer and/or iPad to download the program to the robot. It is learning and it's fun! These classes are taught to elementary school students in our area. Are you smarter than a fifth grader? (P.S. of course you are!)

A Literary Journey of Appalachia. Join Theresa Burriss on a journey to discover the Appalachian region in all its diversities, strengths, and challenges. Through novels and poetry collections, participants will learn about historical and contemporary events and how the mountain landscape has impacted and influenced humans and more than humans. This class will invite participants to see and understand many “Appalachias” with cultural humility and sensitivity. Theresa encourages you to purchase or check out these materials from the library.

September 11—Wilma Dykeman’s novel *The Tall Woman*.

September 18—Denise Giardina’s novel *Storming Heaven*, and Diane Gilliam’s poetry collection, *Kettlebottom*.

September 25—James Still’s novel, *River of Earth*.

October 2—Crystal Wilkinson’s novel, *The birds of Opulence*.

October 9—Ann Pancake’s novel *Strange as the Weather Has Been*.

October 16—Robert Gipe’s novel, *Weedeater*, and William Brewer’s poetry collection *I Know Your Kind*.

Wednesdays 12:30PM- 2:00 PM

Novel to Film: Ethan Frome. Sally Jones will lead a discussion and analysis of the 1911 classic novel *Ethan Frome* by Edith Wharton and the film adaptation starring Liam Neeson and Patricia Arquette. Wharton’s classic is a compelling and haunting story about fraught relationships, moral dilemmas, and thwarted dreams all colliding during a bleak New England winter.

The Civil Rights Movement. Kyle Osborn Ph.D. King University Associate Professor of History continues his examination of racial conflict and change in our nation. His new course will provide an overview of the American civil rights movement. The course will briefly review the creation of Jim Crow discrimination and proceed to analyze the multiple tactics that civil rights activists pursued to achieve Black freedom. The lecture series will highlight the movement’s policy and cultural achievements, while emphasizing the resistance efforts of anti-civil rights actors.

Excelling at Excel! Taught by the COA’s excellent Excel instructor, Sonia Vanhook, the course will explore the basics of using the Microsoft spreadsheet, Excel, to organize lists, create charts, and perform calculations.

Participants will become familiar with terminology and simple functions related to the use of spread sheets.

Introduction to American Sign Language. Shirley Blake. This six-week class introduces the fundamentals of American Sign Language used by the Deaf Community, including basic vocabulary, syntax finger spelling, and grammatical non-manual signals. The class focuses on communicative competence and the development of gestural skills as a foundation American Sign Language enhancement through games and activities.

Thursdays 10:00 AM-11:30 AM

Famous Combat Aircraft of World War Two. John Bradley, retired United States Airforce Colonel, discusses combat aircraft used in World War II. He explores the broad range of combat bomber, transport, and training aircraft which were used by Allied and Axis forces. He will describe how the aeronautical technology developed in this conflict was transferred post-war to civilian application.

Genealogy Research. Jerry Schuler—Digging for your family's roots and branches. Jerry Schuler instructs class members on how to use internet genealogy resources, DNA testing, newspaper archives and public records to find lost relatives, construct a family tree, and gather their family's history and stories. Basic computer skills are required for this class.

The Emory and Henry Road Trip. Monica Hoel. Monica Hoel, Emory and Henry Alumni Director will lead us on a tour of the back roads and hidden mysteries of our own backyard. It is a road trip that never leaves the Higher Education Center but comes complete with snacks, souvenirs and the occasional door prize! It is packed with surprises: history, art, music, nature and tales of the amazing people we call our neighbors.

Thursdays 12:30 PM-2:00 PM

Senior Health Topics.

September 12—Rose Pignataro and Kathleen Savage. Mindfulness Training for Physical and Mental Well-Being. As people get older, common concerns include loss of memory and cognitive focus. Research has shown that mindfulness-based stress reduction can help improve thinking, memory, emotional well-being, and quality of life. In this class, we will discuss how mindfulness assists older adults in leading independent lives enriched by

positive self-esteem and a sense of purpose. We will explore mindful approaches toward increasing our awareness of our physical and mental state using progressive muscle relaxation, meditation, and self-compassion. This class will be led by Drs. KC Savage and Rose Pignataro, faculty members at Emory and Henry University's physical therapy program. Dr. Savage is a board-certified specialist in geriatric health and Dr. Pignataro is a certified health education specialist with a PhD in community medicine.

September 19—Kelly Haynes, Hearing Instrument Specialist with the Falls Hearing Center asks: Do you or a loved one struggle with hearing loss? Do you feel like you can hear people talk but just cannot understand what they are saying? Are you interested in learning about hearing loss and the connection with cognitive decline? Join us for an informative talk with the professionals from the Falls Hearing Center. Lauren and Kelley have over thirty years of combined experience and always appreciate an opportunity to help inform the community about hearing loss, hearing aids, and your options.

September 26—Will Robertson, Prevention Specialist with Highlands Community Services discusses problem gambling. The presentation offers an in-depth analysis of the growth of gambling within the state, focusing on gambling addiction and the measures in place for prevention and treatment. We will examine the social impact, particularly concerning suicide, substance abuse, and efforts to combat associated stigmas. The curriculum delves into the introduction of gambling elements in video games and their effects on you, moving on through the lifespan to the effects of gambling on the elderly.

October 3—Kim Messersmith introduces us to Hypnosis, a deep state of mind that allows your subconscious to accept powerful suggestions that can make desirable shifts in your life quickly, easily, automatically, and painlessly. Kim will present a brief history of hypnosis, tell us what it is and is not, and how to do self-hypnosis to move toward the life you would love. Then experience a group session for yourself. We have all been hypnotized- Just what have you been hypnotized into believing? You can choose!

October 10—Shamley Abdelfattah, Associate Professor of Pharmacy Practice with the Appalachian College of Pharmacy explores How a Trip to Your Local pharmacy Can Keep You Safe and Healthy. Your pharmacist can provide you with medication therapy management, work with you and your doctor to improve your chronic disease conditions. Educate you on lifestyle changes

and wellness. Treat you for minor illnesses and recommend over-the-counter products. Increase access to your doctor and provide you with remote patient monitoring devices.

October 17—Rose Pignataro and KC Savage. Preventing Falls and Fall Related Injuries: A Workshop for Older Adults. Each year, more than 800,000 older Americans are hospitalized because of a fall. The most common reasons include head injuries and hip fractures. Falls can seriously threaten an older adult's health and sense of independence. Even without associated injuries, fear of falling can cause people to restrict their activities. This can lead to a vicious cycle where lack of activity contributes to loss of muscle strength, flexibility and aerobic fitness. Thankfully, older adults can proactively take many steps to reduce the risk of falls and fall related injuries. This includes checking for safety within one's home and environment, reviewing medications and ensuring optimal health by checking for medications, blood pressure issues, and other physical conditions associated with falls. In this session, led by Doctors of Physical Therapy KC Savage and Rose Pignataro, participants will use a checklist for ensuring home safety. We will also discuss common methods to screen for balance and assess whether you might benefit from exercise or further rehabilitation interventions, such as an assistive device. Preventing falls is one of the top ways to promote healthy aging.

Autumn In and Around the Garden. (Three sessions—September 12,19,26). Our “woman for all seasons” Snow Ferreniea leads us on an exploration of the plethora of plants, from bulbs-to-ferns-to grasses to the amazing flowers and woody plants that can fill our garden spaces this time of year. We will also review the activities that are best undertaken in Autumn when the air and soil temperature is still warm so plants will quickly establish, putting on growth before winter, giving them a good start next spring.

Chair Yoga. Back by popular demand! Yoga for everybody! Using a chair for stability support, this practice will improve your strength, flexibility, and mobility through modified yoga posture. The class will focus on how to connect your movement to your breath, supporting your respiratory and digestive health while helping you to move. Chairs are provided. Please bring your own yoga mat to place under your chair. The class instructors are Allison Linder and Carol Halverson. This class is provided courtesy of Whitetop Yoga.

~~Telling Our Stories. Glen Lazlo Weiss (Bob) is looking for a group of students interested in taking a hands-on workshop/class. We will use the theater to create a presentation of stories and scenes. This is especially useful for those interested in the art of storytelling and those looking to mount a production. From talent shows to school plays—it's all theater! Performing is something we all did as children. Everyone has memories to share. The idea is that those interested in directing or producing collaborate with those interested in acting, story writing or storytelling. The result will culminate in an effective presentation. Let Bob use his theatrical experience to improve your natural skills. Learn from a current storyteller, playwright, fiction writer, and producer/director. Bob has directed over one-hundred productions on both the East and West Coasts.~~

HIGHER ED TALKS

September 16, 10:00AM. **The Free Black Community in Washington County, Virginia, 1776-1865.** Michael Puglisi, Provost and Executive Vice President of Emory and Henry University. Between the founding of Washington County in 1776 and the end of the Civil War in 1865, there was a small but active population of Free Black residents in the county. Although these people seldom appear in the history books, they represented recognizable individuals who were part of the fabric of the community. It does them a disservice to see them as stereotypes or to paint them with broad brush strokes that may generalize the experiences of a whole group. Without minimizing the challenges that they faced, it is important to recognize that Free Black residents were members of the community and the local economy. And the history of Washington County—and communities throughout the country—is incomplete if their stories are not told. This presentation will provide a sampling to illustrate the experiences of these people.

September 16, 12:30PM. **Fingerprints in Clay.** Ben Jackson from Woodlawn, Virginia discusses his search for fingerprints in the handmade bricks of historic buildings in Southwest Virginia. He describes the legacy of slaves who left their mark on the fabric of our community.

H. Lee Waters Historic Films. The presentations on September 23, will feature historic films produced by filmmaker H. Lee Waters. Waters was a studio photographer based in Lexington, North Carolina. To supplement his income during the depression years from 1936 to 1942 Waters made a series

of 16 mm. black-and-white, silent films that he called "Movies of Local People." Waters would come to a town, film people on the streets, at schools, and businesses then produce a film that would later be shown at a movie theatre in that community. For the price of admission, you would have "an opportunity to see yourself in the movies."

The filmmaker and entrepreneur would sell tickets to those who appeared in the film along with advertising to local businesses. Waters filmed in North Carolina, South Carolina, Tennessee, and Virginia. Waters made films of the Southwest Virginia communities of Damascus, Dante, Lebanon, and Wytheville. The films offer a rare candid and unscripted glimpse of daily life in those communities. The H. Lee Waters film collection is housed at the Duke University Library.

September 23, 10:00AM. **Dante Lives On!** At 10:00 AM on September 23 we will show Waters' 1940 Dante, Virginia film. Kathy Shearer, the author of *Memories from Dante: The Life of a Coal Town*, will then review the history and ethnically diverse culture of this once thriving coal town along with a discussion of current efforts to revitalize this once prosperous community. Kathy will have copies of her book for sale with all proceeds going to the Dante Coal Mining and Railroad Museum.

September 23, 12:30PM, Damascus, Virginia. H. Lee Waters Historic Film. Katie Lamb, Mayor of Damascus, Virginia will discuss the challenges and opportunities that confront the Washington County, Virginia Trail Town.

September 23 and October 7, 2:30 PM **Tours of the Cadaver Simulation Lab.** Kendra McReynolds leads us on an interactive tour with two Anatomage tables in the Higher Education Center Virtual Cadaver Lab. Five virtual cadavers are available for viewing. Each is an actual image reconstructed from donors. The table and software allow examination and interaction of each body system individually and in combination with other body systems. The class can interact with the cadavers via virtual dissection tools to view body structures in multiple views and sections. There are multiple physiological functions represented on the software, such as cardiovascular function/EKG, kinesiology/exercise science, and childbirth. Kendra McReynolds DPT, is an instructor in Human Anatomy and Physiology and Medical Terminology at the A. Linwood Holton Governor's School at the Higher Education Center. Attendance is limited to fifteen students on each tour.

September 30, 10:00AM, **Upcoming Events in Abingdon.** We have not forgotten our hometown! Chad Thompson of the Abingdon Tourism Department for the Town of Abingdon brings us up to date on upcoming events and the many new projects that are coming to Abingdon.

September 30, 12:30PM. **An Introduction to Storytelling.** Isaac Freeman of Marion, Virginia, is a retired Circuit court Judge and a professional storyteller. Isaac will take you on a trip by describing how to become a performing storyteller or at least a fan of storytelling. There is a difference between telling a joke, reciting someone else's story, and creating and telling a performance story. He will describe how to prepare a story for performance in front of a live audience—or not. He will help you create personal stories, develop characters, and try to make everything believable. Everything Isaac does is meant to be funny and fun. You will enjoy yourself!

October 7, 10:00AM. **The Lincoln Theatre.** Bob Watkins Executive Director for the Lincoln Theatre leads us on an exploration of the theatre's rich ninety-five-year history. Robert will share the original plan by founder and local business owner Mr. Charles Lincoln. Learn about the specific design and architectural thought that went into creating this breathtaking Mayan Revival theme including the magnificent murals painted by local artist Lola Poston. Explore the timeline from its heightened success between the 1930's-1970' s and the community's effort to revitalize and restore it to its original glory in 2004 when they reopened the doors and embarked on another journey to provide a beacon of entertainment for Southwest Virginia

October 7, 12:0PM. **A Summer Without Children.** Our country is still recovering from the effects of the COVID pandemic, but that disease was not the first disease to strike fear in our region. In 1950 Wytheville experienced a polio epidemic that drew national attention. On October 7, at 12;30 PM Beverly Hoch, author of the book A Summer Without Children, will present a history of her community's struggle with this epidemic. She will be accompanied by Brenda Boone, a Marion, Virginia, resident who is a polio survivor. Brenda will recount her own experience of isolation and treatment as she struggled as a nine-year-old child to overcome this illness.

October 7, 2:30PM. **Tour of the Cadaver Simulation Lab.** Attendance is limited to fifteen students.

October 14, 10:00AM. Caves and Karst. Terri Brown, Assistant Professor of Environmental Geology at the University of Virginia's College at Wise explores how caves and karst terrains are formed in different geologic settings. We will also review the landscape features that are characteristics of the settings as well as the various ecosystems they support. The class will explore national parks and UNESCO World Heritage sites that showcase some of the finest Karst terrains on the planet.

October 14, 12:30 PM. Artificial Intelligence. Aaron Teators, Higher Education Center Education Outreach Assistant, introduces us to "AI" what it is and what it isn't. He discusses why we are hearing so much about it in the news, how we can use it to make our lives easier, and what developments we can expect in the future.

October 21, 10:00AM. "I Have a Trail to Tell: The Overmountain Victory National Historic Trail." National Park Service Rangers, Jeff Ellison and Bill Caldwell guide us along Southwest Virginia's most historic trail. The National Trails System protects twenty-one National Historic Trails across the United States that tell stories that shaped our nation. Did you know that one of these trails is in Abingdon, Virginia? Come learn about the Overmountain Victory National Historic Trail from Jeff, and William, the National Park staff who administer this 330-mile story. We will hear how the Patriots of southwest Virginia tied into the darkest days of the American Revolution and explore some of the lesser-known tales about this trail and its travelers that continues to expand our understanding of how we became the United States. Following the program, attendees are invited to visit the Abingdon Muster Grounds for additional conversation and the chance to explore the Wolf Creek Trail where this tale took place.

October 21, 3:00-5:00 PM. Agricultural Tour. Tumbling Creek Cider Company. Tom McMullen, Orchard Manager for Tumbling Creek Cider leads a tour of the company's orchard and farm. See a variety of heritage apples along with Gloucestershire old spot pigs, a heritage breed that is pasture raised and apple finished. It's a chance to see cider production, taste heritage apples, and some of Tumbling Creek's prize-winning cider.

October 21, 1:00PM – 3:00PM. Dreamland Alpaca, Agricultural Tour. David McLeish invites us to visit Dreamland Alpacas and learn what can be created

from the alpacas' luxurious fiber. All while admiring their gentle nature. This is an opportunity that can be enjoyed by young and old!

WILLIAM KING MUSEUM OF ART CLASSES

Ink and Alcohol Painting. Four Monday sessions - 9/16, 23, 30, and 10/07/24. 12:30PM- 2:00 PM. William King Museum Studio Artist, Cecelia Pippin will demonstrate Alcohol Ink Painting. Join us for four relaxing afternoons, using alcohol inks and Yupo paper to create beautiful, spontaneous art. For beginning to advanced students. There is a supply fee of \$15—either cash or checks, payable to Cecilia Pippin. Classes will be held at the William King Museum. The class is limited to six COA registered members.

September 16, 2:30-4:30 Printmaking and Art Nouveau Museum Tour.

Participants will receive a curator-led tour of the Art of Advertising: Art nouveau, and Benjamin Wigfall: Print making in Virginia exhibitions. They will also have the opportunity to visit the Art Lab Building to handle contemporary prints and printmaking tools for the education collection in a casual show-and-tell session.

October 14, 10:00AM. Stencil Monotypes. (\$10.00 materials fee). Laker Bridges teaches how to layer color and create unique imagery using monotype printmaking techniques. This workshop is beginner friendly—even for those who “can’t draw a sick figure.” You will be amazed by your results. If you love color, shape, and layering in art, this might be the workshop for you. The class may require standing and bending over a countertop or table for an extended period. It will be in the Art Lab building (lower-level Printmaking at the back of the Museum) at the William King Museum of Art. If construction prevents access to this space, the class will meet in the children’s classrooms on Level 1 of the Museum.