



**Spring 2016 Wednesday Schedule  
10:00 a.m. – 12:00 p.m.**

**February 17, 2016**

**The Future of Healthcare Delivery: Implications of the Affordable Care Act  
and Private Market Forces  
Robert (Bob) Byrd**

Salient features of the controversial Affordable Care Act (ACA), also known as ObamaCare, will be discussed; especially those little-known features that impact seniors, along with the rationale behind the ACA's development. Learn how the ACA and other market forces have the potential to transform our healthcare delivery system from a "sick care" system to a true "health care" system, with better outcomes for our residents and at a lower cost to our society. Examples of how our local Cone Health system is proactively responding to these forces will be given.

*Bob Byrd was Senior Vice President, Strategic Management when he retired from Cone Health/Alamance Regional Medical Center (ARMC) after a thirty-five-and-a-half year career on the senior executive staff at this local hospital. For the past several years at ARMC, Bob was responsible for strategic planning, business development, physician network development and physician recruitment, and community health initiatives. He holds a Master of Health Administration degree from Duke University and is a Life Fellow of the American College of Healthcare Executives (LFACHE). He served as president of the ACHE's Triad Chapter in 2009. After serving on many local community agency boards in leadership roles, Bob is now continuing his community service as an Alamance County Commissioner, having been elected in the fall of 2014 for a four-year term.*

**February 24, 2016**

**Nominating the President: What Political Science Has to Say  
Dr. Jason Husser**

The 2016 presidential primaries have lived up to their early promise of being historically competitive. What better time to have an interactive discussion about the 2016 primaries from the lens of political science scholarship on campaigns and elections? We will cover how cutting-edge social science research answers age-old questions about American political behavior.

*Jason Husser has three primary roles at Elon University: Assistant Professor of Political Science, Assistant Director of the Elon University Poll, and Faculty Fellow for Civic Engagement. He researches American political behavior and survey methodology and completed a Ph.D. from Vanderbilt University in 2012. He is a native of South Louisiana.*

**March 2, 2016**

**Mindfully Anyone: An Introduction to Mindfulness  
Dr. Joel Harter**

Mindfulness uses practices like meditation, yoga, and breathing exercises to help us better live in the moment with greater gratitude and compassion for self and others. This session will introduce the benefits of Mindfulness in managing stress and promoting overall well-being, and explore Mindfulness as a spiritual practice that can bring people together from diverse religious traditions and no traditions, including the increasing number of so-called "nones," or religiously unaffiliated. The interactive session will include a few brief Mindfulness exercises that anyone can do.

*Rev. Dr. Joel Harter is the Associate Chaplain for Protestant Life, with graduate degrees in literature and theology from the University of Chicago and Harvard Divinity School. Joel is currently being certified to teach Mindfulness through the Koru Center in Durham, based on a program for emerging adults developed at Duke University. He leads Mindfulness workshop and retreats for students, faculty, and staff, including a Mindfully Christian retreat this past fall with LEAF campus ministry. Joel was part of a group of Elon staff and students that presented on Mindfulness as multifaith engagement at the recent Parliament of the World's Religions.*

**March 9, 2016**

**The Timeline: Recognizing Changes in Alzheimer's and Other Types of Dementia  
Heather McKay**

Many families have been dealing with Dementia for a decade or longer, and professionals of all kinds are supporting clients at every stage of the disease. Recognizing changes throughout this long disease and providing “the right care at the right time” can feel like detective work. This class will focus on the timeline of the disease. It will cover the progression in five stages and strategies that work to support people at every stage. Identified gaps and a description of the current state of care will be discussed as well.

*Heather McKay is an award-winning occupational therapist, Dementia care specialist, consultant, and international speaker. She provides training for professionals, family caregivers and consults with facilities on topics related to Dementia and Alzheimer's care. She is a graduate of the Master's Occupational Therapy Program at UNC –Chapel Hill. She has served on the executive board of the NC Occupational Therapy Association, and in 2007 she received the Marlys Mitchell Pioneer Award for Humanitarian Values, Knowledge and Visionary Leadership. She completed an internship at the Eastern NC Chapter of the Alzheimer's Association in 2006 to develop her teaching and training skills in the areas of Dementia and Alzheimer's care and services. She is a recognized trainer for the Association and a member of Dementia Care Professional of America.*

**March 16, 2016**

**Stopping the Cycle of Child Abuse: One Child at a Time  
Valerie Chaffin**

Addressing the issue of child abuse is more successful when the community cares. The Guardian ad Litem program uses community volunteers to bring the needs and wishes of abused and neglected children to court. These little ones that are in the judicial system because of the actions of others are the most vulnerable participants in a child abuse matter. GAL advocates make sure they are heard and have a say in their futures.

*Valerie Chaffin is the new District Administrator for the Alamance County Guardian ad Litem program. She received her BS degree in Elementary Education from East Carolina University in 1979, and went on to receive her Juris Doctor degree at the Appalachian School of Law in Grundy. Her honors include serving as a GAL Volunteer in Wake County, being named the Wake County GAL Volunteer of the Year, being one of the first volunteers to be certified to train new GAL volunteers, and being asked to meet the President of the United States at his stop in Raleigh on the airport tarmac in 2004. For the past 5 years, she has served as the Executive Director of a non-profit animal rescue organization in Columbia, Missouri.*

**March 23, 2016**

**The Secret Game  
Scott Ellsworth**

*The Secret Game* is the New York Times bestselling nonfiction book about North Carolina's amazing sports and civil rights milestone: a clandestine, racially integrated college basketball game held in a locked gymnasium in Durham in 1944 that has deliberately been kept quiet for more than fifty years. Author Scott Ellsworth, who

uncovered the game, will give us a play by play account of how he stumbled upon this groundbreaking contest, and how it helped to turn North Carolina into the birthplace of modern basketball. More importantly, he will talk about the forgotten men and women, black and white alike, who, at great personal risk, fought back against segregation in the South during World War II. In December 2015, *Sports Illustrated* named *The Secret Game* one of six Sports Books of the Year.

*Formerly a historian at the Smithsonian Institution, Scott Ellsworth is an award winning writer whose work has been featured on the TODAY Show, Good Morning America, the History Channel, and National Public Radio. He's written about American history for the New York Times, the Washington Post, and the Los Angeles Times, while his new book, The Secret Game, was praised by Duke coach Mike Krzyzewski as "a triumphant look at how basketball has broken down barriers and helped create a new kind of America." Born and raised in Oklahoma, Scott first came to North Carolina as a graduate student in 1976, and promptly caught the ACC Disease. There is no known cure.*

**March 30, 2016**  
**Craft Breweries in North Carolina**  
**Erik Lars Myers**

How did North Carolina become the top state for craft beer in the American South? Learn about the meteoric rise of craft brewing in the Old North State with a sudsy history lesson and a survey of the 120 breweries that make up the industry today.

*Erik Lars Myers is the President of the North Carolina Craft Brewers Guild, the author of North Carolina Craft Beer and Breweries, and the Founder and CEO of Mystery Brewing Company.*

**April 6, 2016**  
**Mona Lisa in the Garden of Earthly Delights**  
**LD Russell**

Does the earth belong to us, or do we belong to the earth? One of the perennial questions asked, explicitly or otherwise, in every age of human history is, "What is our relationship to nature and the other living beings with whom we share our planet?" Not surprisingly, the nature of this relationship is also one of the core issues addressed by each of the major religious traditions. This presentation is an opportunity to ponder and explore what it means to be human, to dwell in a physical world, and to hold some responsibility for that world and its future.

*LD Russell received his bachelor of arts in English from Furman University, his masters of divinity from Southeastern Baptist Theological Seminary, and his master of arts in Religion from Wake Forest University. He has taught in the areas of World Religions and Religion and Culture at Elon University since 1993. He is currently Faculty Advisor for Theta Alpha Kappa, the Religious Studies Honor Society, and for Students for Peace and Justice. He also serves on the Peace and Conflict Studies Minor Advisory Board, the Global Neighborhood Association, and the Faculty Athletics Committee. He is a member in good standing of the American Academy of Religion and the Southeastern Conference for the Study of Religion.*

**April 13, 2016**  
**Skeletons in the Closet: Genealogy for Beginners**  
**Randall Bowman and Jamane Yeager**

Television shows like "Who Do You Think You Are?" have led to a renewed interest in genealogy, a pursuit that has long attracted those interested in exploring their family history. This presentation will cover the basics of

genealogy, as well as tips for getting started. Topics will include both online tools such as *Ancestry.com* as well as traditional methods of genealogical research.

*Randall Bowman is an Archives Librarian at Elon University's Belk Library, where he has worked since 2000. A native of North Carolina, he earned a Bachelor of Arts degree in History from the University of North Carolina at Chapel Hill and a Master of Library and Information Science from the University of North Carolina at Greensboro. He has taught the Skeletons in the Closet genealogy workshop to Elon faculty and staff. He has been researching his family history for twenty years and traced his roots in North Carolina back to the early 1800s.*

*Jamane has been the Electronic Access Librarian at Elon University since 2000. She's always loved history and began researching her family tree at a young age. Because of her early research in the late 1990's, she was able to have her first large family reunion in 1999. In the past Yeager has taught the Skeletons in the Closet genealogy workshop at Elon University; she has also taught this workshop, along with the Meet the Family 21 Century workshop at North Carolina Library Association Conferences. She emphasizes research on African American and Native American ancestors, and in 2013 created the Tracing Your African American and Native American Ancestry Guide.*

**April 20, 2016**  
**Guilford Court House and the True Price of Freedom**  
**Jim Kirkpatrick**

The Battle of Guilford Court House was fought on March 15, 1781, during the American Revolutionary War, at a site which is now in Greensboro. A 2,100-man British force under the command of Lieutenant General Charles Cornwallis defeated Major General Nathanael Greene's 4,500 Americans. The British Army, however, sustained such heavy casualties that the result was a strategic victory for the Americans. Despite the relatively small numbers of troops involved, the battle is considered pivotal to the American victory in the Revolution. The two parts of this program consist of the Road to Guilford Court House followed by information about the Road to Yorktown and Victory.

*Jim Kirkpatrick is a native of Greensboro and a graduate of Wake Forest University. After serving in the Marine Corps, Jim began a 40 year career at Merrill Lynch from which he has recently retired. He has been active in the community, serving as Greensboro City Councilman and Mayor pro-tem as well as Guilford County Commissioner. Jim is a founder of the New Guilford Battleground Company and served as president from 1983 till 1999. He is currently Honorary Chairman of the Board of the Company. Jim lives with his wife Jane in rural Guilford County half way between Guilford Battleground and The Troublesome Creek Ironworks site where Greene camped after the battle on March 15, 1781.*

**April 27, 2016**  
**Archives and You**  
**Chrystal Carpenter**

Archives are all around us; from the newspaper articles we read, the documentaries we watch, to the "stuff" we save in our attics. In this class, we will explore the interesting trajectory of archives, the modern day challenges and opportunities archival repositories face, and simple techniques you can learn to preserve special items in your own family history.

*Chrystal Carpenter is the University Archivist for Elon University where she leads the department in all aspects of archival management including the gathering and preservation of Elon's history. Chrystal received her Master of Arts from the University of Arizona in Information Resources and Library Science and is a certified archivist from the Academy of Certified Archivists. Prior to her arrival in 2015 Chrystal was the Archivist for the J. Craig Venter Institute and the Congressional and Manuscript Archivist at the University of Arizona*

*Special Collections where she taught numerous classes on the use of archival materials, rare books, and preservation of family history.*

**May 4, 2016**

(Our annual business meeting will be held briefly before the class.)

**Water in Our Lives  
Dr. Janet McFall**

According to the U.S. Geological Service, thirty trillion gallons of water are used each day in North Carolina. In addition to domestic use by families, other major uses of water are generation of electricity, and agriculture. Managing water is a growing concern, especially in places like North Carolina, whose expected population increase is 50% in the next fifteen years. What is the source of the water we use, and how can we plan for a safe and reliable supply?

*Dr. Janet MacFall is a native of Ellicott City, Maryland, a suburb of Baltimore. Her undergraduate training was at Juniata College, noted for a strong science program with skiing nearby. Her graduate degrees are from the University of Maryland in Botany, and the University of Wisconsin-Madison in Plant Pathology. She served on the faculty at Duke University for seven years, before joining the Elon faculty to begin the Environmental Studies Program, now a Department. She is also the founding Director of the Elon University Center for Environmental Studies, with the mission of building community partnerships for environmental stewardship. The Haw River Trail began as a Center project under Dr. MacFall's leadership, building partnerships with local governments. She lives on a farm along the Haw River in Saxapahaw with her husband and horses.*

\*Please note, presenters and topics for the weekly classes are subject to change.  
Classes cancelled due to inclement weather will not be made up.

## **Additional Offerings**

### **Book Club**

New members are welcome to join our book club! The group reads two non-fiction books per semester and offers a choice of two discussion dates for each book. If you are already a member of the book club, there is no need to sign up again. To sign up, please email Kathryn Bennett at kbennett9@elon.edu.

#### ***The Worst Hard Time***

by Timothy Egan

Wednesday, March 9, at 1:30 p.m. or Thursday, March 10, at 10:30 a.m.

*While the Great Depression devastated the whole of America, it remains difficult to find a group it devastated more than Americans of the Midwest. Crops failed, families were left impoverished, and the worst of the lot were left dead--all because of dust. The Midwest became known as the Dust Bowl, which only served to perpetuate the tough circumstances facing all Americans of the time. The Worst Hard Time has been argued "the best nonfiction book yet," in which Timothy Egan takes readers on a journey alongside Americans who struggled to survive the Great Dust Bowl.*

#### ***River of Doubt***

by Candice Millard

Wednesday, April 20, at 1:30 p.m. or Thursday, April 21, at 10:30 a.m.

*Theodore Roosevelt, usually known as Teddy, is famous for an innumerable list of professional titles: successful police commissioner, environmental activist, triumphant politician, the 26th president of the United States, and... adventurer? Outside of the realm of his professional work, Roosevelt is less known for his nature explorations that aided the greater world. Among these is his dangerous trek along the Amazonian River of Doubt, assisting in mapping this then-unknown area of South America and nearly losing his life in the process. Author Candice Millard allows readers to experience the physical and emotional challenges of the River of Doubt as they existed in this dark time of Roosevelt's life.*

### **Tour of the Elon Environmental Center at Loy Farm**

Tuesday, April 26, 2016, 3:45 – 4:45

The Office of Sustainability is offering a tour for LIFE@Elon members. The tour includes the solar farm, urban studio, and food and farming system operations. Parking is limited so transportation will be provided to and from Johnston Hall. Tours will last one hour. Please sign up on the clipboard at class.

### ***End of the Year Celebration***

***Sunday, May 1 at 2:00***

*Details will be forthcoming ~ Please save the date!*