

life@ELON

FALL 2021 – Thursday Schedule
Virtual Zoom Class: 10:00 – 12:00

Our Zoom Class Format

Zoom connection

On Wednesday afternoons, you will receive an email with a link for the class the following morning. If the presenter has a handout, it will be attached to the email. Twenty minutes before the start of class (9:40) on Thursday the meeting will be open so you can click on the link to join. Kathryn Bennett, the Program Coordinator, will be there to greet members as they are logging on. If you are unfamiliar with Zoom or need a refresher, one-on-one help and materials will be available to assist you before the first class.

Announcements and Introduction

At 10:00 the class will begin. Kathryn Bennett will start by giving updates and announcements about LIFE@Elon and then, a volunteer member of the class will introduce the speaker.

Presentation

To minimize distractions during the presentation, all participants will have their cameras turned off and voices muted.

Virtual break

About halfway through the class there will be a ten-minute break. A virtual timer will play on the screen while you stretch your legs, get more coffee or water, or go to the restroom. When the timer sounds, be ready to watch the rest of the presentation.

Questions

Questions for the presenter can be entered into the chat box at any time. When the presenter is finished, there will be additional questions and discussion. At that time you may turn your video on and unmute yourself to ask a question directly or make a comment.

September 16, 2021

Detective Series from Your Childhood: The Enduring Mystique of Nancy Drew and The Hardy Boys! Kathelene McCarty Smith

Believe it or not – it has been almost one hundred years since the first mystery was solved by the incomparable Nancy Drew and Frank and Joe Hardy! The stories of these young detectives were churned out by a series of ghostwriters and this creative output resulted in a business model that would last for decades! But at the heart of it were engaging mysteries solved by stylish, sassy teens that still sell millions of copies annually. This presentation will revisit the history of these beloved books and address how the amateur sleuths have remained popular, including how the characters were marketed to generations of children in the United States and throughout the world.

Kathelene McCarty Smith is currently serving as Interim Head of the Martha Blakeney Hodges Special Collections and University Archives at UNC Greensboro. Smith is an Assistant Professor and until this appointment, served as Instruction and Outreach Archivist. She earned both her Bachelor's degree in History and Master's degree in Art History from Louisiana State University. She also holds a Master's degree in Library and Information Studies from UNC Greensboro. Smith's research has involved the role of academic libraries in fostering life-long learning, the mobilization of North Carolina's women's colleges during World War I, and girls books in series.

September 23, 2021

The Search: A Thriller Writer Seeks His Birth Parents

Dennis Hetzel

Dennis Hetzel spent decades wondering about his birth parents, trying to solve a real-life mystery that would test his skills as a journalist. His search brought meaningful new relationships into his life, life-changing impact for others that he never could have predicted and troubling insights into the treatment of many unwed mothers. The program also will provide many useful tips for anyone doing genealogical research, especially involving DNA matches.

Dennis Hetzel is an author, media consultant and freelance journalist. His latest novel, Azalea Bluff, is a science fiction thriller about the disappearance of a young journalist from a North Carolina beach community. His award-winning thrillers for Headline Books, Season of Lies and Killing the Curse, explored the prices paid to succeed in politics and sports.

Among other stops in a lengthy journalism career, he was managing editor of the Madison (WI) Capital Times, editor and publisher of the York (PA) Daily Record, Kentucky general manager of The Cincinnati Enquirer and editor in residence at Penn State University. From 2010 until his move to North Carolina in 2019 he was executive director of the Ohio News Media Association where his lobbying on First Amendment and open government issues gained national recognition.

A Chicago native and graduate of Western Illinois University, Hetzel lives in Holden Beach, North Carolina, where he also plays bass guitar for MoSun, an Americana rock band based in Wilmington. You can learn more about him at www.dennishetzel.com.

September 30, 2021

Henna: The History and Culture of this Body Art

Heather Caunt-Nulton, PhD

Henna is a form of body art with deep roots in many cultures of the world. Everywhere the plant grows, from India to the Middle East and North Africa, there is a deep and rich tradition of using it to decorate the skin. With worldwide interest in and adaptation of this beautiful art, new traditions and design trends are being created all the time. Join professional henna artist Heather Caunt-Nulton for a talk on the history and current practices of henna use, covering everything from botany, to cellular biology, to geography, anthropology and art history along the way.

An internationally renown henna artist and owner of Henna by Heather, Dr. Heather Caunt-Nulton is the author and artist of the print book, Mehndi for the Inspired Artist, as well as many ebooks on henna body art. Her beautiful and intricate designs have established her reputation as a foremost henna artist. Also an independent digital marketing and management specialist, Heather holds a Ph.D in Applied Linguistics from Boston University.

October 7, 2021

Mediterranean Diet Made Easy

Mary Angela Miller, RDN, LD

Chefs, cooks and kitchen wizards love cookbooks, and as much fun as cookbooks are to read, all the reading in the world will not make you healthier if you do not eat the food. Sure, chefs can make these foods, but what about the rest of us? The average cook has an average (not gourmet) kitchen, shops at regular grocery stores, and watches their food budget. For everyone to make the most of the recipes from Mediterranean cookbooks the recipes should be reasonable, healthful, and delicious! Mary Angela's approach is to make the authentic and appetizing Mediterranean Diet accessible and adaptable for all.

Mary Angela has spent over 30 years leading and feeding people. The granddaughter of Italian immigrants and the daughter of a phenomenal cook and baker, she grew up taking good food for granted...until she tried to cook it herself. Unfortunately, she did not inherit the kitchen skills of her maternal idols. Instead, she turned her passion for food into a career in nutrition and became a Registered Dietitian, partly so she could pursue her love of science, partly so she could make a career in the food industry, and mainly so she could be in the company of chefs and share their tables. She hired her first chef at Ohio State University Wexner Medical Center where, as Foodservice Administrator, she served millions of meals to thousands of people over several decades.

Mary loves food and travel adventures and has enjoyed ceviche in Peru, kebabs in Egypt and tasted 40-year-old balsamic vinegar in an aging cellar in Tuscany. When Covid grounded us, she satisfied her culinary wanderlust by indulging another passion- making Mediterranean Diet foods accessible to those who love it, but aren't proficient at preparing it. She checked out all the major Mediterranean Diet cookbooks and recipes and prepared them in her kitchen to see the results produced by someone with her average skills. That part was a little intimidating, but interviewing the authors was not intimidating at all. She loves to share her experiences with their recipes and include tips on special dietary needs the book or recipes might satisfy. After all, she is a dietitian!

October 14, 2021

Graham Sporting Goods: Past, Present and Future

Jack Harrison

Graham Sporting Goods has been a long-time family business in Alamance County. Family member Jack Harrison and his wife Lauren have recently purchased the business and are leading the company in a fresh and dynamic direction. This young couple, both UNC-Chapel Hill graduates, decided to settle in their home city and become small business owners. The history of family businesses is always fascinating – how they began, survived, thrived, and became part of the fabric of a community. Jack and Lauren have chosen to come back to Burlington and to take on the challenges of owning and operating a small business. The more young people stay in or move back to this area, the stronger and more successful our cities and county will be.

Jack Harrison was born and raised in Alamance County by Mark and Dee Harrison. He went to BCA, Turrentine, and Williams ('12). After high school, he went on to the University of North Carolina where he graduated from the Kenan-Flagler business school with a double major in Information Science. Before buying Graham Sporting Goods, he worked for Deloitte (2 years), Stryker (1 year), and Wilson Brown Sock Company (2 years).

October 21, 2021

**New Leaf Society: Transforming Alamance County
Rett Davis**

New Leaf Society is a private, non-profit organization focused on beautification and community partnerships in the heart of central North Carolina. North Carolina is known for its scenic attractions and the efforts of New Leaf Society are enhancing the charm of and the quality of life in Alamance County. The identified gateways, corridors and public areas enriched through partnerships and targeted resources will have a longlasting effect on our community. Rett Davis will lead us through ongoing projects and future possibilities in this wonderful part of our state.

Rett Davis is the President of New Leaf Society. A graduate of N.C. State University with B.S. and M.S. degrees, he began his career as an agricultural extension agent in Montgomery County. In 1985 he became director of the Alamance County Cooperative Extension Service, responsible for horticultural and forestry educational programs and services. After retiring in 2007, Mr. Davis began work with Henderson Forestry Consultants and is actively involved in the management of privately owned forest land. Drawing on more than 40 years of field experience, Rett Davis writes a weekly gardening column for the Burlington Times-News. He was recognized by N.C. State for outstanding leadership and received a National Distinguished Service Award for his extension work. He is a member of the N.C. Order of the Longleaf Pine and was Alamance County Man of the Year in 2011.

October 28, 2021

**Creating Space for Real Connection
Heather Dugan**

How have technology, virtual communication, and over-efficiency impacted our relationships? What is the real cost of digital reliance to our ability to understand and connect? Learn the true genesis of loneliness, the impact of even normal life transitions on social structure, and how isolation affects our perceptions and responses. What does a remote hiking trail in Utah have to do with connection? How can additional friendships strengthen our primary relationships, and in what ways can we use context and alternate possibilities to increase our openness to others?

Changes in the ways we communicate and engage with the world around us have taken an exacting toll on our relationships and overall connectedness, launching what has been rightly called an epidemic of loneliness. The self-perpetuating nature and pervasive toll of this condition demands our better understanding and a more cohesive community response.

*Heather is the principal of Heather Dugan Creative. Heather is an award-winning author of *The Friendship Upgrade: Trade Clickable Connections for Friendships that Matter and Date Like a Grownup: Anecdotes, Admissions of Guilt & Advice Between Friends*, and the founder of Cabernet Coaches®, a social access group for women that fosters self-betterment through face-to-face friendships and social connection. Her talks, keynotes, and workshops are structured around building better business, community, and personal relationships. She addresses loneliness on both the personal and community levels and creates larger conversations on creating space for connection and stronger communities. She's also a fan of the total disconnect, and often disappears with her adult children to hike mountain trails; cell phones turned off and connection switched on.*

November 4, 2021

**The I, II, IIIs of Title IX and the A, B, Cs of LGBTQ+
Emily McGann**

Birthing in the early 1970's, Title IX is regulated federally and gives guidance to how colleges and universities, as well as K-12 institutions, should respond to allegations involving sex discrimination. Since then, there have been many changes to Title IX. This presentation will trace the history of Title IX and what it covers today. We will also delve into the related topic of LGBTQ+ identities and discuss how people in this community use terms of identity and how they come out (or bring in). We will then broaden the discussion and approach topics of privilege and advocacy as they relate to LGBTQ+ communities.

Emily McGann was a Civil Rights and Title IX Investigator and a Deputy Title IX Coordinator at North Dakota State University in Fargo, North Dakota. She earned a BA in English at University of New Hampshire and then ventured into police and investigatory work before landing in higher education, first at Bennington College in Vermont and then at NDSU.

November 11, 2021

**Fiddles or Violins?
Mara Shea**

Mara will provide an overview of violins and fiddles, and how the fiddle may play an important part in our favorite music, especially dance music. She'll talk about how fiddles evolved in different ways in different countries, as well as how they came to North Carolina with (among other factors) Scottish immigrants. Mara will show us some pictures of different kinds of violins, and will play a few tunes on her own instrument highlighting some of the Scottish / North Carolina tradition.

Mara Shea has been a dance fiddler for almost 30 years--for Scottish, contra, and English country dance. She is also a teacher; her fiddle students range from 7 to 87, with most being between 50-75. She studied classical violin for the first part of her life until she was 20, when she abandoned the violin entirely, picking it up again 15 years later to become a dance fiddle player. She studied ethnomusicology and folklore in Scotland for a year at the University of Aberdeen, and she loves to write and do research about tune histories. She has lived in North Carolina for 35 years, and now lives at Twin Lakes in Elon, NC. She travels throughout the US and UK playing for dance events and teaching workshops.

November 18, 2021

**Signs of Taste
Steven Mark Weiss**

Why do some people have to be the first to eat at a new restaurant? Who are the people who always insist that their mom is the world's greatest cook? What foods do different people insist are necessary for survival? Broadly hailed as informative and entertaining, Steve Weiss's book, SIGNS of TASTE, is an engaging study of cosmic influences on culinary inclinations. Mr. Weiss, a noted food journalist, chef, restaurant consultant and author, filters his food world wit and wisdom through the lens of astrology to remarkable "gastrological" effect. The resultant insights are guaranteed to stimulate an appetite for good food and conversation among individuals of all culinary and cosmic persuasions. Preparing a dinner for that special someone? Selecting the right restaurant to entertain an important client? Understanding why your child suddenly craves artichokes? To these culinary questions and many more, SIGNS of TASTE serves up some truly stellar answers.

Steven Mark Weiss has been a student, teacher, soldier, sailor, chef, food editor, television show host, public speaker, business management consultant, and devoted family man. The constant in his exhaustive search for an identity has been observing stuff and writing it down. He's published several books, written hundreds of articles in a variety of journals, and even picked up an award or two.

In college, Steve first encountered astrology when he was trying to impress a young lady who was interested in the subject. The relationship didn't particularly go anywhere, but Steve got stuck on the stars. Over the next 50-odd years astrology became the ardently pursued avocation in the background as Steve read books, attended workshops, spoke at conferences and even, for a time, became the VP of the estimable Arizona Society of Astrologers.

Steve contributed a few articles on baseball and wine tasting to American Astrology magazine before authoring his first astrology book, Signs of Taste: A Gastrological Guide and Recipe Book. This first book, written while Steve was working as a food editor and restaurant critic, was followed by Signs of Success: The Remarkable Power of Business Astrology, penned while Steve was working as a business management consultant.

NOTE: There is no class the week of Thanksgiving. Please enjoy the holiday safely!

December 2, 2021

Lessons from the Wine-Dark Sea

Peter E. Nulton, PhD

The Bronze Age in the Mediterranean gave rise to an international order, characterized by trade, diplomacy, and military standoffs between superpowers, such as the Egyptians, Hittites, Babylonians, Assyrians, and perhaps Mycenaean Greeks. In many ways, it can be seen as a smaller-scale precursor to modern globalism. Just over 60 years ago, scuba diving technology allowed archaeologists to explore a shipwreck off Cape Gelidonya in Turkey. Ever since, our understanding of the period has been redefined constantly by finds from under the sea. Dr. Peter Nulton, underwater archaeologist, shares what these artifacts from the ocean can teach us about ancient civilizations and their interconnectedness.

Dr. Peter Nulton is a senior lecturer at Rhode Island School of Design and holds a Ph.D. in Art History from Brown University. A specialist in the ancient cultures of Greece, Rome, and Egypt, he teaches art history surveys and more specialized electives in the art of the ancient Mediterranean. Dr. Nulton has conducted excavations and research in Greece, Italy, Turkey, and Egypt. His Fulbright scholarship resulted in the publication of The Sanctuary of Apollo Hypoakraios and Imperial Athens. In addition, his work on the Athenian Acropolis is cited in the Guide to the Acropolis Museum. He is also a certified specialist in archaeological scuba diving and serves on the board of the Rhode Island Marine Archaeological Project.

December 9, 2021

Holiday Feast for the Mediterranean Soul: Food and Wine Paring Cooking Demo

John G Stephano

In this presentation, Executive Chef Stephano takes you on a culinary journey, teaching you effortless recipes, food history, and culinary techniques for the home chef. Learn how the Mediterranean diet changed dramatically with the introduction of New World foods, such as tomatoes & chocolate. If finding

holiday food is an important part of your life, yet you're always yearning for new flavors, this class is not to be missed. A copy of the recipes will be provided.

Featured Recipes:

- Holiday Sangria
- Home Pantry Vinaigrette Garden Salad
- Healthy Pesce all'Acqua Pazza
- Haute Mock Tiramisu

A native of Philadelphia, Chef Stephano recalls sitting on a kitchen stool watching his mother and grandmother as his earliest inspiration to spend his life in the culinary arts. An honors graduate of the Culinary Institute of America, Chef Stephano has spent 20 plus years in the specialty food industry. His roles have included Culinary Training Manager for a national retail grocery chain, Import Product Manager, Director of Training and Director of Sales and Marketing for the specialty food import industry as well as Executive Chef on luxury cruise ships.

Fueled by his extensive global travels, Chef Stephano currently operates a consulting group within the travel industry, teaching and training recipe development, cooking classes, and culinary demos. An enthusiastic teacher, he creates a kitchen classroom that is an ever-changing and memorable culinary experience.

All classes will be held on Zoom.

Presenters and topics for the weekly classes are subject to change.

Classes canceled for any reason will not be made up, and no refund will be given.