



Fall 2022 – Tuesday Schedule

Morning Class: 10:00 – 12:00 and Afternoon Class: 1:30 – 3:30

### **September 13**

#### **Wandering Lark Artisan Soy Candles and Other Business Adventures of an Elon Alumna Laura Schaefer**

Fragrances have always brought back memories of people or places. A scent can take you back to a moment you thought you had forgotten. This presentation will cover the candle-making process, materials used and why, and tips to buying candles for your home. In addition, Laura will share her knowledge of flower arrangement, design, and flower care, including advice that will help your flowers last longer. Lastly, she will describe her multiple business ventures and how she managed to grow her businesses during challenging economic times.

*Laura Schaefer graduated from Elon University in 2002 with a BS in Business Administration, a minor in Psychology, and a concentration in Marketing. In 2006 she received an MBA from Elon. In 2003, Laura opened her first business venture, a florist shop, and that's where her entrepreneurial journey began. Currently, Laura owns three businesses: Three Keys Creative, a marketing and strategy business that assists other entrepreneurs in building their brands; Wandering Lark, an artisan soy candle company; and FlowerKind, offering floral design education, both online and in-person.*

### **September 20**

#### **African American History to 1877 Arwin D. Smallwood, PhD**

An introduction to African American history, this presentation will examine the African Diaspora and the African American experience from slavery to Reconstruction. It discusses issues of major importance to African Americans in the context of American history from their time in Africa to their arrival in the Caribbean, South America, and North America.

*Dr. Arwin D. Smallwood is professor and chair of the Department of History at North Carolina Agricultural and Technical State University in Greensboro. Born in Windsor, North Carolina, and raised in Indian Woods, North Carolina, he received his BA in Political Science in 1988 and his MA in History in 1990 from North Carolina Central University. He received his PhD in early U.S. and African American history from The Ohio State University in 1997. His academic career has taken him to Bradley University and the University of Memphis where he contributed to the building of the department's PhD program in African American History, the only one of its kind in the country.*

*He is the author of several books and articles as well as archived papers. His research primarily focuses on the relationships between African Americans, Native Americans and Europeans in Eastern North Carolina during the Colonial and early Antebellum period. He also works on mapping African American, Native American, and Early American history in order to illustrate early historical interactions between the three groups and as a means of teaching history to all levels, including K-12.*

*The recipient of numerous awards, fellowships, and grants, including the National Endowment for the Humanities African American Research Fellowship, Dr. Smallwood has participated in the award-winning UNC-TV film documentary, "The Birth of a Colony: North Carolina." He also serves as the current President of the Historical Society North Carolina, member of the Executive Council and chair of the Academic planning committee for the Association for the Study of African American Life and History. He is on several boards, including the Board of Directors for the Charlotte Hawkins Brown Museum.*

## **September 27**

### **How Diversity Can Heal Racial Division**

**Paul Herron, PhD**

Dr. Herron grew up as a sharecropper in racially segregated Mississippi. When he was 8 years old, he read and heard about the torture and murder of another Black boy, 14-year-old Emmitt Till, by two white men on another plantation. When he was 19, he moved to a diverse and inclusive community in Michigan and flourished, earning a Ph.D. from Michigan State University and becoming a neuroscientist. Dr. Herron will discuss how the torture and murder of Emmitt Till and the culture that permitted it damaged his brain, genes, and behavior whereas living in a culture of diversity and inclusion stimulated his brain and made him smarter.

*Dr. Paul Herron earned a BS in Chemistry, an MS in Psychology, and a PhD in Psychology and Neuroscience from Michigan State University. He did postdoctoral studies at the University of New South Wales in Sydney, Australia, and at McGill University in Montreal, Quebec. He started his academic career at the University of Massachusetts, Amherst, and retired from the University of Tennessee Health Science Center in Memphis as a professor. Dr. Herron has conducted neuroscience research on the diversity of mammalian brains, learning, and memory.*

## **October 4**

### **Der Fuhrer's Face: World War II Music and Popular Culture**

**Jo Ann Williford, MA**

Throughout the nineteenth and twentieth centuries wars have inspired music, both vocal and orchestral. This class combines lecture with music and popular culture to examine major themes of World War II: military, social, and political.

*Jo Ann Williford has a BA in History and teacher certification from Meredith College and a MA in American History from UNC Greensboro. She worked for over thirty years at the Office of*

*Archives and History, most of them as an educator, including nine years as Education Coordinator for the State Capitol Building. Her last fifteen years were spent as state coordinator for National History Day in North Carolina, an in-school academic program for students in grades 6-12. Ms. Williford has also taught in the Osher Lifelong Institute at North Carolina State.*

## **October 11**

### **The Aging Process: More Than Shrinking and Creaking**

**Robert M. Palmer, MD**

In this interactive class, Dr. Palmer will pose Socratic questions to the audience before informing them of the answer, e.g., "Why were there no 60-year-olds competing in the winter Olympics this year?" or "What are antioxidants and why are they important components of our diet as we age?" "Your spouse forgot your anniversary? Is that normal for a 70-year-old person or is this a sign of Alzheimer's dementia?" After finishing his slide show, he will open the discussion up for questions from the audience. His practice is to keep the answers short and focused and to avoid going into long answers to questions of participants dealing with personal/family health questions. Expect to learn lots of great information on aging!

*Dr. Robert M. Palmer is Professor Emeritus in the Department of Internal Medicine at Eastern Virginia Medical School (EVMS). He obtained his undergraduate and medical school degrees at the University of Michigan. His internal medicine residency was completed at the Los Angeles County-USC Medical Center. He attained an MPH (Master of Public Health) and later a Geriatrics fellowship at UCLA. His distinguished career has included appointments at Oregon Health and Sciences University and Case Western Reserve School of Medicine. He spent fourteen years as the section head of Geriatric Medicine at the Cleveland Clinic, before moving to the University of Pittsburgh where he was vice-chair of Medicine and clinical director of Geriatric Medicine. He was director of the Glennan Center for Geriatrics and Gerontology at EVMS for nearly ten years.*

*Dr. Palmer has attained national and international recognition for his research and clinical expertise related to efforts to improve clinical outcomes of hospitalization of older adults. Dr. Palmer is the author of numerous publications and is associate editor of the Journal of the American Geriatrics Society (AGS). His contributions to academic geriatrics have been recognized by the AGS with awards that include the prestigious Edward Henderson Award in 2015.*

## **October 18**

### **The Art of Puppet Fabrication for Movies**

**Kathi Zung**

If you've ever seen a stop-motion animation movie or commercial, you may not realize there is a team of puppet fabricators that create that world of characters who are brought to life. One studio, Standing Figure, is located in Graham, North Carolina and it has made puppets for mainstream movies, Amazon, and MTV. This presentation shows the entire process of how a puppet is transformed from a 2-dimensional drawing on paper, into an articulated, animatable, camera-ready

model. It will talk about the challenges faced in adapting to the shift from analog animation to digital over the years. The lecture will include many examples of the vast amount of work that goes into creating the puppets, and cover the creative side of commercial art.

**Kathi Zung** is a stop-motion animation puppet fabricator with scientific knowledge of mixing and measuring chemicals for mold-making, casting resins, epoxies, polymers, foam latex, and silicone. Her many award-winning film credits include: *Kubo and the Two Strings*, *The Boxtrolls*, *Paranorman*, *Tumble Leaf*, *Celebrity Deathmatch* and many others. She is now working on three upcoming projects, the feature length films, *Pinocchio* and *Weatago Wars*, and the Netflix series, *Wendell and Wyld*.

## **October 25**

### ***Lewis Carroll: Formed by Faith***

**Charlie Lovett, MFA**

Author of the recently published book *Lewis Carroll: Formed by Faith*, Charlie Lovett will examine the role of religion in the life of the author of *Alice in Wonderland*. He will discuss the importance of setting historical figures in the proper context, explore the influence of Carroll's father and early schoolmasters, and discuss how his faith permeated all aspects of his life, from his children's books to areas such as logic and photography. The class will draw on extensive new research and will address how we can look at familiar figures in new ways.

In addition to being a gifted writer and scholar, Charlie is a witty, animated, and engaging speaker. As LIFE@Elon program participants, we join a noteworthy group of learners, as Charlie has lectured on Lewis Carroll in the United States and Europe at places such as the Smithsonian Institution, Harvard University, UCLA, and Oxford University. In 2015 – the 150th anniversary of the publication of *Alice's Adventures in Wonderland* – he curated a major exhibit entitled *Alice Live!* at The New York Public Library for the Performing Arts, Dorothy and Lewis B. Cullman Center in Lincoln Center.

**Charlie Lovett**, born in Winston Salem in 1962, was educated at Summit School, Woodberry Forest School (Virginia), Davidson College (North Carolina), and in 1997 received his MFA in Writing from Vermont College of Fine Arts. He is an author and an educator who, as Writer-in-Residence at Summit School, wrote children's plays; nineteen of them having been published and seen in over 3,500 performances in all 50 states and 20 foreign countries. His work includes three major best-selling novels, a Christmas book and five books about Lewis Carroll.

As an antiquarian book collector, he has amassed a collection of rare (and not so rare) books and other materials relating to Lewis Carroll, author of *Alice's Adventures in Wonderland*, with his most prized item being Lewis Carroll's own 1888 typewriter! He has served as president of the Lewis Carroll Society of North America and editor of the London based *Lewis Carroll Review*.

## **November 1**

### **Preserving Family Food History: Writing a Family Cookbook**

**Debbie Moose**

When favorite family recipes are lost, so are pieces of history. Through discussion, exercises, and examples, we talk about how to find and put together family recipes and why that's important. Talking about food is also a good way to learn about family genealogy. If class members have started projects, they're welcome to bring them.

*Debbie Moose is a veteran journalist, former food section editor and author of seven cookbooks, as well as a life-long North Carolinian. She is a graduate of the University of North Carolina at Chapel Hill School of Journalism and Mass Communication. Her work has appeared in Southern Living, Midwest Living, the Atlanta Journal-Constitution, the Dallas Morning News, Our State, Edible Piedmont, "Cornbread Nation" and other publications. Throughout her writing career, she has enjoyed discovering the state's wonderful food, great cooks, and traditions. She brings her knowledge of and passion for the Tar Heel State to others, with a large dollop of humor.*

## **November 8**

### **The Burlington Boys Choir: History and Practice**

**William Allred, DMA**

This talk will cover the establishment of the boys' choir, its early accomplishments and travels, and its founding director, Eva Wiseman. Ranging in age from nine to fourteen, the boys in the choir are chosen not only for their musical ability, but also for their character and academic standing. The choir has traveled extensively abroad and in the United States, including several trips to the White House, and has performed in several operas and oratorios. In addition to explaining how the young men are recruited and what is learned in rehearsals, the presentation will include a recent concert video.

*Dr. William Allred is only the second director in the choir's history and has been with the choir for twenty-five years. He holds a Doctorate of Musical Arts in Choral Conducting from the University of North Carolina in Greensboro, a MA in Orchestral Conducting from the North Carolina School of the Arts, and a BA from Westminster Choir College in Princeton, New Jersey. Dr. Allred also serves as the Director/Organist at the Guilford Park Presbyterian Church in Greensboro and volunteers as director of the resident handbell choir at Friends Homes, Guilford.*

## **November 15**

### **An Introduction to Socrates**

**Stephen Bloch-Schulman, PhD**

Socrates' influence on Western philosophy is impossible to overestimate. In this presentation Stephen Bloch-Schulman will lead a discussion and examination of who Socrates was and what his work as a philosopher means. This will also raise essential questions about the relationship between ethics, knowledge, and power.

*Dr. Stephen Bloch-Schulman is professor and chair of Philosophy at Elon. The recipient of the Daniels-Danieley Award for Excellence in Teaching at Elon in 2018, he has taught the Ancient Philosophy upper-level class at Elon more than a dozen times. He was also the inaugural winner of the Prize for Excellence in Teaching Philosophy, sponsored by the American Philosophical Association, the American Association of Philosophy Teachers, and the Teaching Philosophy Association. Dr. Bloch-Schulman has twice won the Lenssen Prize, granted for the best article about teaching philosophy over the two-year period prior to the award. His and Elon University colleague Dr. Anthony Weston's recent book, Thinking Through Questions, is an exploration of the meaning of questions, how to categorize them, and how to get to better questions (and reject those that are problematic).*

**November 29**

**A Life in Languages**

**Lara Olson, DMA**

Language frames the concepts we use to understand and talk about our World and ourselves but do those concepts express different realities from one language to another? Can speaking another language make you feel like a different person? The presenter, who speaks three languages besides English (and is working on a fourth), will explore these possibilities through personal experience, data from linguistic research, and anecdotes of other multi-linguists.

*Dr. Lara Olson's first "foreign language" is music, which she began to study in childhood, and continued through her Doctorate in Musical Arts degree. She also speaks French and Italian, living abroad as she continued her musical studies, and Thai, which she learned in her Peace Corps service (2010-2012). Her latest linguist challenge is Ukrainian, and she enjoys helping others learn English as an ESL tutor.*

**December 6**

**Activists & Communal Havens: The Negro Motorist Green Book and African American Local History**

**Lisa R. Withers, MA (PhD Candidate)**

The Negro Motorist Green Book was a guide published from 1936-1966 to help African Americans travel with limited encounters of racial discrimination commonly experienced during the Jim Crow era. The booklet included over 300 locations in North Carolina where African American travelers could safely seek food, gas, and other accommodations. This presentation explores how the national narrative of the Green Book intersects with African American local history by examining various North Carolina listings along US Highway 70 & US Highway 29. The presentation will focus on the people associated with these listings, who were often community activists fighting locally for economic and civil rights.

*Lisa R. Withers is a doctoral candidate in the History Department at North Carolina State University, where she is currently working on a dissertation entitled "The Negro Motorist Green Book and African American Community History." Lisa earned a BA in African & Afro-American Studies with a History minor from the University of North Carolina at Chapel Hill and a MA in*

*History with a Museum Studies concentration from the University of North Carolina at Greensboro. Her professional experiences include working in university archives, historic house museums, historic sites, local history museums, and teaching undergraduate history survey courses.*

Presenters and topics for the weekly classes are subject to change.  
Classes cancelled for any reason will not be made up and no refund will be given.