



Fall 2022 – Thursday Schedule
ZOOM Class: 10:00 – 12:00

A few reminders about the Zoom Class format

Zoom connection

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

Announcements and Introduction

At 10:00, the class will begin with updates and announcements about LIFE@Elon. 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 15

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 22

FDA, Drug Approvals, and Medicare Part D

Michael H. Hinckle, JD

The Food and Drug Administration is tasked with ensuring that the nation's drugs are safe and effective. In this lecture, we will cover the basic structure of FDA, how it operates, and how it reviews and approves drugs. We will tackle common questions like: (i) why does it cost so much to get a drug on the market; (ii) why are generic drugs so much cheaper; and (iii) are generic drugs really the same as their brand counterparts? This presentation will also provide some basic background on drug price issues and Medicare, including answers to questions such as, (a) why are their different copays for my drugs; (b) how does Medicare Part D work; (c) why are my drugs covered under some Medicare Part D plans and not others?

Michael Hinckle is a partner in the FDA Practice group of K&L Gates LLP. He is located in the law firm's Research Triangle Park, NC, office. A graduate of the George Washington University Law School, he has been practicing FDA regulatory law for 25 years. Attorney Hinckle represents numerous FDA-regulated entities on matters involving premarket approvals, market exclusivity, and enforcement compliance matters. As a former in-house General Counsel, he also assists his clients with transactional, due diligence, regulatory strategy, and government pricing matters.

September 29

The Role of Immigration in Our Community

Jodie Stanley

When community members recently heard that Greensboro would receive Afghan refugees, it was with some apprehension. Many residents do not know that Greensboro has been a refugee resettlement community since the early 1980's when the Montagnard of Vietnam, who helped the US military during the war, were granted asylum status. About 11% of Greensboro's residents are foreign born and speak a primary language other than English, and over 120 languages are spoken in Guilford County Schools. Guilford County is home to the elected International Advisory Committee and the Doris G. Henderson Newcomers School, two unique community models that excel in enhancing immigrant integration and leadership. This presentation will cover our community's international demographics, how it is organizing to address Afghan refugee needs, and how being a diverse community benefits everyone.

*Born of second-generation missionaries with roots in Japan and Canada, **Jodie Stanley** was born and raised in Bolivia. Her ability to speak Spanish led her to a career with the City of Greensboro Human Relations Department in North Carolina where her current responsibilities as Education & Outreach Coordinator include implementing the Language Access Plan, supporting the City's human rights commissions, coordinating Fair Housing outreach efforts, providing inclusion and diversity training, and organizing reentry support efforts for those with criminal records through an initiative called Thrive GSO. Her management of the Language Action Plan has resulted in the successful implementation of effective employee training, creative problem solving and increased awareness about the needs of Greensboro's immigrant residents.*

October 6

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 13

How Incarceration Affects our Communities and Ways to Reduce Recidivism Rates

Victor M. Vincent, Jr.

Re-entry work is Victor M. Vincent, Jr.'s passion. After someone in power extended an olive branch and helped him, he dedicated his life to helping other men and women succeed in society following incarceration. He helps them learn to support their families and become positive role models in their community. To him, there is no greater thing in the world than to help others who are looking to change their lives. Victor will share his story, and how he helped, over forty people get back on their feet. He is an inspirational speaker who will motivate you to set your goals higher and to work harder!

*Originally, from Baltimore, Maryland, **Victor M. Vincent Jr.** came to North Carolina after being released from prison in 1994. He got his GED and then attended Guilford College, where he was the President of the Student Government Association and received a bachelor's degree in criminal*

justice. A promise he made to himself if he ever became successful evolved into a nonprofit called The ReEntry Expert, Inc. Vincent takes on clients struggling with everything from obtaining their GED, to enrollment in higher education, to finding employment.

Vincent currently works full-time for the City of Greensboro. In June of 2022, Mayor, Nancy Vaughan, presented him with the Greensboro Human Rights Award for outstanding community partnership and promotion of equity, access, and human rights in the field of reentry support.

October 20

Elon University Sustainability Initiatives

Elaine Durr and Kelly Harer

Elon University has been recognized by the U.S. Department of Education and U.S. Green Building Council Piedmont-Triad Branch, among others, for its sustainability initiatives. The University's Director of Sustainability and Assistant Director of Sustainability will provide an overview of the many sustainability initiatives on campus. They will include a virtual tour of the solar farm as well as the Loy Farm and the many student-focused efforts happening there. They will conclude the session with a discussion on sustainable lifestyle choices.

Sustainability explores the dynamic interconnections among environmental, social and economic systems in order to meet the needs of the present without compromising the ability of future generations to meet their own needs. This definition, which is based on one published in Our Common Future, demonstrates that sustainability is about more than protecting the environment. It is the balance of environmental, social and economic well-being.

***Elaine Durr** has been at Elon since May 2008, when she was hired as the University's first full-time sustainability professional. She leads the University's sustainability efforts, which have operational and educational components. Prior to arriving at Elon, Elaine was a sustainability consultant for a small engineering and consulting firm in Decatur, Georgia where she managed the certification process for several LEED projects. She received her bachelor's degree in environmental science and biology from Monmouth College in Monmouth, Illinois and has a master's degree in earth and environmental resources management from the University of South Carolina School of the Environment.*

***Kelly Harer** began her journey as an Elon Phoenix in July 2017. She is responsible for developing and implementing programs to increase the practice of sustainable behaviors and to enhance awareness of sustainability initiatives and accomplishments throughout the Elon community. Prior to Elon, Kelly worked at Coastal Carolina University where she taught the University's Introduction to Sustainability class and was an assistant director of admissions. She earned her bachelor's degree from Coastal Carolina University in business management and a master's degree from Western Kentucky University, specializing in social responsibility and sustainable communities.*

October 27

**How to Build the Perfect Cheese and Charcuterie Board: Food and Wine Beverage Demo
John G. Stephano**

In this presentation, Executive Chef Stephano will discuss the charcuterie craze of 2021, and talk about the history of charcuterie and how they relate to the trends today. Learn how to select the right combinations of cheeses, meats, and accompaniments to build a prize worthy board your guests will love. Chef John will provide tips to pair the perfect wine or cocktail with charcuterie and demonstrate how to make mozzarella cheese.

*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.

November 3

**Duke Lemur Center
Megan McGrath**

What is a lemur? Why are there 200 of them in North Carolina? What can we learn about ourselves by studying them? Since 1966, the Duke Lemur Center in Durham, NC, has used non-invasive research to better understand lemurs, from what they need to thrive in human care to how best to protect their native habitat in Madagascar. While the lemurs won't be making the trip, this conversation will feature plenty of videos showing off some of the world's most adorable, and most endangered, primates.

***Megan McGrath** is the Education Programs Manager at the Duke Lemur Center, and a proud Elon alumna. As an undergraduate at Elon University, Megan learned of an internship at the nearby Conservators Center and jumped at the opportunity to help care for lions, tigers, wolves, and many other small carnivores. It quickly became apparent to Megan that her passion for waking up at the crack of dawn to clean up after animals far outweighed her passion for her independent research project in psychology, and so her original life plan of pursuing a Ph.D. in Neuroscience needed fairly drastic alterations. Upon graduation, Megan worked part-time at the Conservators Center, and a few other jobs, in order to pursue her new career path – eventually working her way from tour guide and animal keeper to full-time Education Programs Supervisor, before joining the Duke Lemur Center team in 2016.*

November 10
Scotland's Emigrants in North Carolina
Mara Shea

This presentation will briefly cover the 18th-century emigrations from Scotland to America, focusing on a North Carolina connection and highlighting some of the music and dance traditions that came with the settlers. Mara will educate and entertain as she weaves her beautiful fiddle playing into the history lessons she shares.

Mara Shea has been a dance fiddler for almost 30 years--Scottish, contra, and English country dance. She is also a teacher; her fiddle students range from seven to 87, most between 50 and 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 30 years and now lives at Twin Lakes in Elon, North Carolina. She travels throughout the US and UK, playing for dance events and teaching workshops.

November 17
Global Warming - Where Are We, How Did We Get Here, Where Are We Going?
Parke Rublee, PhD

It has been over 200 years since the Industrial Revolution began contributing carbon dioxide to earth's atmosphere, and nearly as long since scientists first noted that atmospheric gases affect global temperatures. The occurrence of global warming was first documented in 1938. Continued use of fossil fuels has resulted in about 2°F global warming over the last 200 years, mostly in the last 50 years, with predictions of additional warming that will cause rising sea levels, extreme weather, mass migrations, and societal disruption. Limiting global warming is possible but will require the will of people and governments to address and follow through on challenging solutions.

Dr. Parke Rublee, an aquatic ecologist, received his MS and PhD from North Carolina State University. After postdoctoral positions at the University of Miami and the Smithsonian Institute, he taught at Whitman College for eight years and then at UNCG for 28 years. In 1997 he was elected a fellow of the American Association for the Advancement of Science. He now lives in Greensboro and spends summers in Maine.

December 1
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 8

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.

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.