



Fall 2023 - Thursday Schedule
Zoom Class: 10:00-12:00

Our 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 14

Der Führer's Face: World War II Music and Popular Culture

Jo Ann Williford

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 Learning Institute at North Carolina State University.

September 21

Estonia: A Small Baltic Country, Making a Global Impact

Keyu Kay

This presentation will introduce you to the small country by the Baltic Sea that has grown tremendously since the collapse of the Soviet Union. You will learn about the history and culture of the country, the Singing Revolution, and e-Estonia (digital society). This session will be interactive and informative, interwoven with personal memories of growing up at a time when the country regained its independence.

Keyu Kay is a former member of the Estonian Women's National Basketball Team. After retiring from basketball, she moved to North Carolina, became a US citizen, and is now serving the Greensboro community as a massage therapist. Having grown up in Estonia at a pivotal time in the country's history, she has vivid memories of the momentous events that shaped Estonia's independence and global recognition.

September 28

Climate Change: Causes and Consequences

G. Jay Lennartson, PHD

This discussion will focus on the causes of climate change, both natural and anthropogenic, as well as the current and future impact.

Dr. G. Jay Lennartson is Director of Undergraduate Studies and Senior Lecturer in the Geography department at the University of North Carolina at Greensboro. He also co-directs the Integrated Sciences major. His research specialties include air pollution meteorology, GIS (geographic information system), environmental planning, atmospheric hazards, aviation meteorology, and urban heat island effect.

After receiving a BA in Earth Science from Southern Connecticut State University, Dr. Lennartson went on to pursue a MS in Geosciences (Atmospheric Science) and a PhD in Geography (Climatology) from the University of Wisconsin-Milwaukee.

October 5

Unlocking the Doors of Opportunity: The Rosenwald Schools

Tom Lassiter and Jere Snyder

The documentary, *Unlocking the Doors of Opportunity*, reveals an important chapter of North Carolina history that has been largely ignored by our history books and which is remembered by an ever-dwindling number of citizens. African Americans in the Jim Crow South of the early 20th century, especially those living in rural areas, did not have adequate access to education. There simply were not enough public schools and qualified teachers for the number of students. White-

controlled school boards, despite North Carolina's constitutional mandate for equal funding of schools for White and Black students, simply spent the majority of tax funds on schools for White students. It took a plan devised by Booker T. Washington, one of the nation's best-known Black educators, and Julius Rosenwald, a Jewish philanthropist whose parents emigrated from Germany, to initiate fundamental change for African American children in the South. The 30-minute film was produced by Longleaf Productions, with major funding from the National Endowment for the Humanities and Truist. Carolina K-12 lists the film as a resource for high school educators teaching the history of Black education in the state. The documentary is slated to air on PBS-NC in February 2023.

Tom Lassiter holds a journalism degree from UNC-Chapel Hill. He has been a reporter, photographer, and editor for daily newspapers in North Carolina and Virginia. As a freelancer, he has collaborated with director and videographer Jere Snyder for more than 25 years. In 2015, Lassiter and Snyder formed non-profit Longleaf Productions to develop the Rosenwald Schools project. Two documentaries have resulted so far, with a third in development.

October 12

Concussion in Athletics – research, practice, and the environment

Caroline J. Ketcham, PhD

The Elon BrainCARE Research Institute serves as a leader, a mentor, and a partner in research and service for concussion management and education. Institute members provide education and service for sports medicine professionals and student athletes of all levels. Professor Ketcham will share contemporary guidelines for concussion prevention and management and discuss what is being learned from recent research.

*A professor in the Department of Exercise Science, **Caroline Ketcham** received a BA from Colby College and both an MS and a PhD from Arizona State University. She came to Elon in 2007 and in 2014 was named Co-Director of the Elon BrainCARE Research Institute.*

*Dr. Ketcham's research interest is in movement neuroscience. She has investigated motor control and rehabilitative strategies and interventions across of a variety of populations: age (children, college-aged students, elderly); neurological disease or injury (Parkinson's disease, stroke, concussion); neurodiverse populations (autism spectrum conditions; sensory processing conditions); and expertise (dancers, student-athletes). She has authored over fifty research articles and book chapters and is the co-editor of the book, *Concussion in Athletics: Assessment, Management and Emerging Issues*.*

October 19

Protectors: Muslim Rescuers and Resisters of the Holocaust

Howard Kerner

While Christian rescuers in WWII are virtually unknown, even less recognized and celebrated are the extraordinary Muslim resisters and rescuers who saved thousands of Jews and other persecuted people. Learn about an aspect of Islam called "Sufism" and the cultural/religious concept of Besa and how these influenced diplomats and many others to save Jews at the risk

of their own lives. This inspiring course uses films, lectures, and discussion to understand and celebrate the beauty of Muslim goodness during the Holocaust.

*A retired English professor from Polk State College in Florida, **Howard Kerner** spent the last 30 years researching unknown people who performed acts of kindness and nobility during the Holocaust. Howard's inspiring presentations can be heard at the Florida Holocaust Museum, University of South Florida, Eckerd College, churches, synagogues, libraries, and many civic organizations. He continues to create new programs that highlight noble people and the kindness in humanity.*

October 26

Lumbering and the World of Wood: Hardwoods in North Carolina

Jeffrey Hanks

Wood is an essential part of our lives, both for its beauty and its utility. This class will discuss the softwoods and hardwoods of North Carolina. It will delve into the role wood plays in the North Carolina economy as well as the world economy. Current issues and opportunities will also be addressed.

***Jeffrey Hanks** grew up in a rural mountain community of 5,000 people in southwest Virginia where lumber and wood products were a large factor in the local economy. Mr. Hanks spent many years in corporate life devoted to finance, strategic planning, business development, operations, and general management. In the early 1990s, he joined the family lumber business in North Carolina, becoming the third generation of his family to be involved in this industry. Jeff is a past president of the North Carolina Forestry Association and the Hardwood Manufacturers Association. He received a BS from the University of Tennessee and an MBA from the University of Chicago.*

November 2

Speak, Memory: How to Write a Memoir

Allen Appel

Have you ever thought about creating and passing along a colorful account of your life to your family and mentioned the idea to said family - especially the young people – only to have been met with blank stares, or maybe even groans? Our speaker today is familiar with those stares, groans, and worse. While the bottom line will still be “Just sit down and write, dammit!,” he will also give you a large helping of encouraging and practical advice.

*Raised in West Virginia and a graduate of West Virginia University, **Allen Appel** is the celebrated author of many fiction and non-fiction books. The most well-known is Time After Time, the first in a series of novels featuring a time-traveling history professor named Alex Balfour who encounters actual historical people and events. That book and others in the series have been included in the American Library Association's lists of Best Young Adult Novels of the Year. (Mr. Appel also wrote The Christmas Chicken but doesn't get asked much about that.) For eight years he maintained a weekly blog identity called The Thriller Guy, who passed along tips about writing, yes, thrillers. Mr. Appel is currently the senior thriller reviewer for Publishers Weekly.*

November 9

Family History Stories That Bring Us Together: Genealogy and the FamilySearch Archives Dave Gammon

People are often inspired to connect with their family histories across generations. The Church of Jesus Christ of Latter-day Saints provides FamilySearch free of charge to everyone, regardless of tradition, culture, or religious affiliation. FamilySearch resources help millions of people around the world discover their heritage and connect with family members. This presentation will explain how you can access the resources locally at the Elon Family History Center or how to utilize the FamilySearch.org website.

Dave Gammon is a professor of Biology at Elon, but his interest in family history began much earlier. Both his parents frequently shared stories of their ancestors with him. Now, as part of his unpaid church service, Dave leads a committee focused on family history work for his Burlington congregation.

November 16

Family is a Gift: Unwrapping Family Communications for the Holidays Charlotte Williams

As the holiday season approaches, we have much to be thankful for as we prepare to end one year and enter a new year. Many of us receive and give gifts during this time of year. What about the gift of family? As we visit, have dinners, and attend gatherings, let's unwrap the gift of family communication with care.

Family Well-being coach Charlotte Williams, MEd, CHC, will present practical approaches for building intentional family communication that cultivates healthy relationships. Participants will learn relationship-building strategies and simple coaching techniques that can be used to strengthen conversations in life, family, and work.

Charlotte Williams brings a background in public health to her understanding of higher education and the student life landscape. She serves as the Associate Director for Student Wellness at Elon University. In that role she works with her team to champion a campus culture of holistic well-being.

A native North Carolinian, she received a BS in Public Health Education from the University of North Carolina at Greensboro and a MEd degree in Health Education & Promotion from East Carolina University. She recently completed the Leadership for Diversity Institute through the National Coalition Building Institute International. She is currently pursuing doctoral studies in Organizational Change and Leadership at the University of Southern California Rossier School of Education. Her research interests include restorative justice practices, women's leadership, employee well-being, and family dynamics.

November 23

THANKSGIVING BREAK

November 30

Audie Murphy: World War II Hero and Actor **Charles Wissinger**

Audie Murphy was one of twelve children born to a very poor family in Texas and he dropped out of the fifth grade to help support and feed the family. Hunting for food helped him become proficient with a rifle. After America was brought into World War II, Audie wanted to put his marksmanship skills to good use as a soldier. Even though he was wounded three times, he still quickly rose to the rank of First Lieutenant. Along the way he was able to earn thirty-three awards, including the Medal of Honor and the Croix de Guerre, in over nine European campaigns, making him the most decorated American soldier from World War II. Audie would go on to write a book about his experiences called *To Hell and Back*. When James Cagney heard his courageous story, he helped Audie become an actor. Audie Murphy would make 44 feature films and even played himself in the movie based on his own book.

Charles Wissinger is pleased to return to LIFE@Elon. Mr. Wissinger has been on HBO, PBS, American Hero's Channel, History Channel, National Geographic, the big screen, films in museums, and multiple local theaters. He still works with the Historic St. John's Church Foundation, re-enacting Patrick Henry's "Liberty or Death" speech, as well as doing first person presentations as Francis Scott Key, Marquis De Lafayette, Edgar Allan Poe, among others. On the main stage his favorite roles include J. Pierpont Finch (How to Succeed in Business Without Really Trying), Frank Butler (Annie Get Your Gun), Bob Wallace (White Christmas) and The Old Man (A Christmas Story: The Musical).

December 7

The Opioid Crisis **Callie Kelly**

Across the country, overdoses and overdose deaths reached record levels during the pandemic. According to provisional data released by the Centers for Disease Control and Prevention, more than 109,000 people died of a drug overdose in the twelve-month period ending March 2022. Opioid and stimulant-related overdoses are rapidly increasing due to the heightened prevalence of fentanyl, a highly potent synthetic opioid. This presentation will provide an overview of the opioid crisis and potential solutions to mitigating its effects, including a discussion of public health strategies aimed at reducing polysubstance use, such as the Opioid and Substance Use Action Plan in North Carolina.

Callie Kelly is the assistant director for Student Wellness at Elon University. She is a Certified Prevention Specialist and current Bloomberg Fellow with a concentration in Addiction and Overdose at the Johns Hopkins Bloomberg School of Public Health. Callie's career spans two decades that include working collaboratively with a major chain and local pharmacies to address the non-medical use of prescription opioids. Callie has served in state and national roles providing guidance and support to entry-level prevention professionals.

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.