



Spring 2024 – Tuesday Schedule
Morning Class: 10:00 – 12:00 and Afternoon Class: 1:30 – 3:30

February 13

Feel the Pump: Resistance Exercise for Health Takudzwa "Titch" Madzima, PhD

Exercise and dietary interventions can help counteract the physical and psychosocial adverse effects of both cancer and cancer therapies. Using state of the art measurement techniques, Dr. Madzima is investigating the interaction between nutrition, body composition, and metabolism. His presentation will also cover non-pharmacological interventions that can help reduce and possibly reverse the loss of muscular mass and strength in people with cancer as well as improve their quality of life.

Titch Madzima is associate professor and chair of Exercise Science at Elon University. He routinely mentors undergraduate research, has collaborated on multiple diversity and inclusion grant projects to support curricular and co-curricular innovations, and was recognized with the Elon College, the College of Arts & Sciences, Excellence in Teaching award in 2021. His disciplinary research involves investigating the efficacy of exercise and dietary interventions to counteract the physical and psychosocial adverse effects of both cancer and cancer therapies.

February 20

The Drug Development Process and the Danger of Big Pharma Christopher D'Inzeo

How are new drugs found? How are they tested? And what happens if they are approved before they are proven safe? In the mid-1950s Thalidomide was used widely across Europe, but Dr. Frances Kelsey, a safety reviewer for the FDA, refused to approve it and her hesitation was well-founded. Ultimately, the story of thalidomide and Dr. Kelsey was used to introduce changes that have shaped how drugs are made and tested today. Using thalidomide as a case study, this presentation will walk through the drug development process from discovery to pre-clinical and clinical testing to post-approval monitoring.

Christopher D'Inzeo is a fourth-year chemistry major at Elon University. Throughout his undergraduate years, he has engaged in research through the Chemistry Department at Elon and through summer research programs at Duke University and the University of North Carolina-Chapel Hill. Passionate about using tools from chemistry to study biological systems, Chris is pursuing a career in research after his graduation in May.

February 27
Braver Angels
Steve Warshaw, PhD

“Politics” has become an increasingly toxic term. Many Americans find that it is no longer possible to have a civil conversation at with those on the opposite side of the political spectrum. Braver Angels believes this growing animosity is the crisis of our time and threatens our nation. The organization was formed shortly after the 2016 election and has grown to become the nation’s largest grassroots movement uniting red and blue Americans in a working alliance to depolarize our country. The group runs workshops, debates and other events where ‘red’ (conservative) and ‘blue’ (liberal) participants attempt to better understand one another’s positions and discover their shared values.

Dr. Steve Warshaw has been a member of Braver Angels since November of 2017. He serves as Statewide Coordinator for Braver Angels in North Carolina. He is also chair of a national team that assists local Braver Angels Alliances in hosting debates, and he is a member of the Braver Angels Alliance of Central North Carolina.

A native Texan, he received his BA in Biology from Austin College in Sherman, Texas, and his PhD in Biology from Yale University. While on active duty in the Navy, he worked for the National Naval Research Institute and was subsequently employed by Texas Water Quality Board, Texas Water Development Board, and Hardin [Texas] Independent School District. In 1985 he joined the staff of the North Carolina School of Science and Mathematics and served as instructor in Biology, Head of Science, and Vice Chancellor for Academic Programs during his tenure. He received the Science Teaching Achievement Recognition Award from the National Science Teachers Association in 1986 and Distinguished Service Award in Administration/Supervision from the North Carolina Science Teachers Association in 2012. He retired in 2015.

March 5
Kingdom of Madness: The Strange Story of Religious Insurrection in
Münster, Germany, 1534
Jeffrey C. Pugh, MDiv, PhD

Why do three metal cages still hang on the steeple of St. Lambert’s Cathedral in the city of Münster, Germany? Jeffrey C. Pugh will tell the story of those cages and the religious insurrection that changed history. Based on his historical novel, *Cages: A Tale of Insurrection*, Dr. Pugh will share the story of how a city fell under the spell of deluded prophets and conniving kings to institute a theocracy destined to change European history.

Dr. Jeffrey C. Pugh explores the intersection of culture and religion in search of how Christianity has shaped and continues to inform our world. Dr. Pugh received his MDiv from Wesley Theological Seminary and his PhD from Drew University. from Drew University. He joined the faculty of Elon University in 1986. A former Maude Sharpe Powell Professor of Religious Studies and Elon University Distinguished Professor, Pugh has written on topics as diverse as religion and science, the end times, and dissenting theologians in Hitler’s era, Karl Barth and Dietrich Bonhoeffer. He lives in Charlottesville, Virginia, where he continues to write and publish.

March 12

The Radical Grandmas of Thailand: The State of Community in Na Nong Bong Megan Curling

Covering the years following the 2014 coup, this class will help students understand the history of political affairs and student protests that led to the current climate in the country. They will learn about the history of the gold mine construction and subsequent environmental disaster that occurred in Na Nong Bong, as well as all the ways the villagers have pivoted their lifestyles to survive. Most importantly, an update on the current restoration efforts and the future plan for justice will be shared. This presentation will focus on the importance of global citizenship and cultural competence through a unique interdisciplinary lens often overlooked in Western culture.

[This lecture is an update to Megan's student presentation last spring, following two years of research. Members who heard that talk were eager to hear the current status of Na Nong Bong.]

Originally from Walnut Cove, NC, Megan Curling '23 was a Communications Fellow and Lumen Scholar during her time at Elon. She majored in journalism and public health studies with a minor in human service studies. A recipient of the Lumen Prize, she explored the cultural and environmental impact of a gold mine in northeast Thailand, working closely with the non-profit, Radical Grandma Collective, where she volunteers with their communications team.

As a senior at Elon, after three years of broad involvement, she served as VP of Finance for the Student Government Association, an apartment manager, a tour guide, Elon's student board member to Harvest Table Culinary Group, the president of LEAF: Lutherans, Episcopalians, and Friends, and as the student representative to the 1923 Engagement Committee. Following graduation, Curling began her yearlong placement at Cone Health through the Elon Year of Service Fellows Program. While still exploring career opportunities for next year, Curling is excited to serve as one of two Youth Trustees at Elon through the spring of 2025.

March 19

The Life and Music of Tony Bennett Gary Hastings and Turner Battle

Accomplished jazz trumpeter, vocalist, and author Gary Hastings will present a concert on the music and life of American singer and icon Tony Bennett, who died on July 21, 2023. Bennett's influence on the "Great American Songbook" was prolific, and he left an indelible mark on the face of American jazz with his passionate renditions of timeless classics and contemporary songs. The many benevolent projects launched by Bennett in support of the arts and his commitment to equality and civil rights causes will also be discussed. Messieurs Hastings and Battle will present his life and music through lecture, vintage recordings, and live performances.

Gary Hastings is an accomplished jazz trumpeter who has performed in jazz settings across the country and around the world. For ten years he was the lead trumpet in the US Airways Jazz Orchestra and for over twenty-five years he toured with the Guy Lombardo Royal Canadians. He has also performed with the Glenn Miller Orchestra, the Jimmy Dorsey Orchestra, and the Nelson Riddle Orchestra. An authority on the music of Louis Armstrong, Mr. Hastings has performed many musical tributes to Armstrong's life and music. In addition, he is a retired assistant chief of

police in Greensboro, North Carolina, and has authored a popular criminal investigation textbook plus five police detective novels.

***Turner Battle** is a successful composer, arranger, keyboardist, and music producer. He has been involved in projects heard on MTV and HBO and has composed and arranged original music for major companies. He has also performed with some of the great jazz musicians and singers of our time. Among other talents, Mr. Battle is an award-winning voiceover artist, and his voice has been heard on voice mail, audiobooks, video games, walking museum tours, and more. A graduate of North Carolina Agricultural and Technical State University, he was the principal arranger for its Blue and Gold Marching Machine Band from 1980-1987.*

March 26

North Carolina at War: The Tar Heels in World War II

Jo Ann Williford

Using a combination of lectures, photos, documents, music, and videos, this session will examine the contributions of and the consequences for North Carolinians in World War II. Focusing on American society in general and North Carolina citizens, it will explore how life changed for those on the home front and in the military.

***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.*

April 2

Classic Country Music in the Modern World

Joe Don Baker

Originally identified as hillbilly music, classic country music got its start in Bristol, TN, when Jimmie Rodgers and The Carter Family each recorded their music for the first time in 1927. Since then, influential artists, such as Hank Williams, Roy Acuff, Bill Monroe, Bob Wills & The Texas Playboys, Lester Flatt & Earl Scruggs developed various styles of country music. The Louisiana Hayride, a radio and television program, became a platform to showcase these artists through regular live performances. Then came the Grand Ole Opry which has been the home of country music, coming up on 100 years as the longest running live music radio show, even persevering through the covid pandemic. This presentation will provide some historical information, sample recordings, and artist backgrounds. Key artists will include Opry members Bill Anderson and Jeannie Seely, both senior members of the Grand Ole Opry, and George Jones, among others.

***Joe Don Baker** is a full-time real estate agent with Keller Williams Central. His background in country music comes from 30 plus years as a radio broadcaster, covering various formats from Nostalgia, Top40, Classic Rock, Country, and now with his own Classic Country Saturday Night radio show heard on four stations across North Carolina. He is a resident of Alamance County,*

living in Graham. He is also a volunteer with the Alamance County Guardian ad Litem program and serves his church at Blessed Sacrament as a 4th degree Knights of Columbus and Eucharistic Minister.

April 9

Peace and Conflict Resolution – The Duke-UNC Rotary Peace Center

Bart Cleary, DDS

The Duke-UNC Rotary Peace Center is one of only six such centers around the world and the only one in the United States. Students at the Duke-UNC Rotary Peace Center come from all over the world and from all walks of life. Every fellow shares the goal of creating a more peaceful world, but each in his own way and within various disciplines.

Each year, Rotary awards up to 100 fully funded fellowships that allow peacebuilders and future leaders from the around the world to study at one of these prestigious centers. Rotary Peace Fellows who come to the Duke-UNC Rotary Peace Center can choose to apply to either the Master of International Development program at Duke or a program at the University of North Carolina, Chapel Hill. The program typically takes 10 fellows, with five attending Duke and five attending UNC. This presentation will provide a short summary of the development and progress of the Peace Center and will share stories of fellows and their accomplishments. A current fellow may be part of the presentation.

Dr. Bart Cleary earned his BS and his DDS degrees from the University of North Carolina at Chapel Hill. He is very active in the community and has made numerous dental missionary trips to third world countries. His last mission trip was in September 2019 to Guatemala with the East Chapel Hill Rotary Club. Dr. Cleary has been an active Rotarian since 1986. He is presently the Section Chair of the USA/France Intercountry Committee of Rotary International and is on the advisory board for the Duke-UNC Rotary Peace Center.

April 16

Undergraduate Research Presentations

Various Elon Students

Join us for a riveting exploration of new scholarship from Elon's brightest young voices. Undergraduate Research is one of five learning requirements promoted by the University. Research offers a unique opportunity for students to engage in inquiry in their chosen field of study and to experience first-hand what professionals in a chosen field do. The research presentations of these students will encourage you to think about the world in ways you had not before.

At each LIFE@Elon session, three Elon students will present their research from various fields across the University. Each class will feature different student presentations, as class schedules and availability all vary. No matter which students speak to your class, the presentations will be compelling.

April 23

Lives of Women in Ancient Rome: Roles, Status, Rights, and Some Unexpected Facts

Linda Danford

In this class you will be introduced to some surprising facts about Roman women of the Late Republic and Early Empire, a period in which the lives of these women compare closely with that of women in the western world as recently as the first half of the twentieth century. You will learn about the factors or variables that have the greatest impact on the roles and status of women, both then and now.

Linda Danford was born and raised in New Jersey. She took her undergraduate degree in Classics at Smith College and her graduate degree in Classical Literature and Philology from Yale University. Before retiring in 2011, Linda taught for 22 years in the Classical Studies Department of University of North Carolina at Greensboro where her specialties were Latin pedagogy and women in the ancient Greek and Roman world. She created courses on various aspects of Roman daily life, entertainment, sports, religion, and, particularly, the health and legal status of women.

April 30

How Latinx Immigrants in the US Benefit Both their Home and Host Countries

Vanessa Bravo, PhD

People migrate internationally for different reasons. When they do, they integrate into their new environments and, at the same time, they also keep ties with their countries of origin. Host and home governments have realized the benefits that immigrants can bring, and they have started to build and cultivate relationships with immigrant communities at home and abroad. Why is this? What are the main benefits of sustaining these relationships? Focusing on Latinx immigrants in the United States, this talk explores some of the ways in which nations benefit from immigration.

Dr. Vanessa Bravo is a professor in the Elon School of Communications. She had extensive experience as a journalist and editor for the newspaper, La Nacion (Grupo Nacion), before coming to Elon in 2011. She received the Elon School of Communications Faculty Excellence in Research Award in 2017 and Elon University's Distinguished Scholar Award in 2022. Dr. Bravo received her BA. from Universidad de Costa Rica and her MA and PhD from the University of Florida where she was a Fulbright Scholar from 2001-2003.

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.