



Fall 2024 – Tuesday Schedule

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

September 10

What's New in Nutrition: The Good, the Bad, and the Ugly

Sylvia Moore, PhD, RDN, FADA

Philosophy: Diet should be based on solid evidence and support your lifestyle. Eating should be a fun and social activity. Balance can be found by moderation in everything – including moderation.

Part 1 – Quick review of the components of a diet for healthy aging and activity

Part 2 – The new weight loss drugs: Safety and Efficacy

Part 3 – Food as Medicine? Prebiotics, probiotics, and the gut microbiome

Part 4 – Environmental concerns: A – Highly Processed Foods; B – Plastics in the environment

Part 5 – Making Choices for Pleasurable and Healthy Eating

Sylvia Moore has been a member of the American Academy of Nutrition and Dietetics for 51 years and still maintains her RDN credential even after retiring from paid employment. She provided clinical nutrition services in hospitals and outpatient clinics; worked as the first state public health nutritionist in Wyoming; taught nutrition to medical residents, medical students, and practicing physicians; and served as a regional Dean for the University of Washington School of Medicine, opening WWAMI - the first medical school in Wyoming in 1997. Her research focused on obesity treatment and prevention and on nutrition education for physicians.

September 17

Finding Joy on Death Row

Dewey Williams

Based on the book, *Finding Joy on Death Row: Unexpected Lessons from Lives We Discarded* (2023), this class is the powerful story of a broken preacher's transformative experience learning about joy from death row prisoners, combined with dramatic handwritten responses from more than twenty men currently sentenced to die. Williams journeys into the hearts and minds of those sentenced to death, illuminating the ways in which the human spirit can suffer—and soar. The testimonies and contemplations of those sentenced to die offer us a unique opportunity to hear from individuals whose lives are marked by their looming execution.

Dewey Williams is a Pastor of Mt. Bright Missionary Baptist Church in Hillsborough, North Carolina, a doctoral student at the Samuel DeWitt Proctor School of Theology at Virginia Union University, and a graduate of Duke Divinity School. In 2017 Dewey's sermon series, Joy on Death Row, won the top award at Yale Divinity School's Theology of Joy and the Good Life competition.

September 24

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. She will also include important information about brain health to help us as we age.

*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 served from 2014-2022 as chair of the Department of Exercise Science and co-founded the Elon BrainCARE Research Institute. She was selected to serve as an associate dean of Elon College, the College of Arts and Sciences, beginning June 1, 2024.*

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 1

The Geography of Alamance County

Ryan Kirk, PhD

Alamance County has distinctive geographic characteristics that have strongly influenced human activity over the past several hundred years. In this session, you will learn introductory concepts in geographic analysis, and then collectively examine the county's history through a series of maps. Starting with Native American trading paths, we will work our way through key moments in local history, including colonial settlement, the Battle of Alamance, the rise of the textile industry, the arrival of the railroad, the Civil War, Jim Crow, urban renewal, and the modern era of urban planning.

***Dr. Ryan Kirk** is an associate professor of Geography and Environmental Studies at Elon University, specializing in mapping and spatial analysis for environmental management and urban planning applications. He has worked at Elon for fifteen years and lives in Burlington with his wife and two teenage sons. He has served on the Burlington Planning & Zoning Commission, the Alamance County Recreation & Parks Commission, and the Destination Burlington Strategic Planning Committee.*

October 8

All Roads Lead to Good Mental Health

The Rev. Dr. Jennifer Copeland

Rev. Carrilea Hall

How we care for our bodies and our souls is also how we should care for our minds. The World Health Organization reports that one in four people will experience a mental health challenge at some point in their lives. The truth is that we are all pursuing well-being and striving for sound mental health. This session will help participants make the connection between a myriad of our daily routines and activities in order to understand how what we do connects to mental well-being. We will also provide information on the need for services for all members of society and ways that we can advocate with our elected officials to help this access become a reality. All of us can work for the mental health and emotional well-being of our communities.

The Rev. Dr. Jennifer Copeland is the Executive Director of the North Carolina Council of Churches. She is a native of South Carolina and an ordained minister in The United Methodist Church. Jennifer loves South Carolina but has managed to spend all but ten years of her adult life in North Carolina. Those ten years were spent pastoring United Methodist churches across the upstate region of SC. She attended Duke University several times and, in the process, earned a BA, double majoring in English and Religion, a Master of Divinity, a PhD in religion, and a Graduate Certificate in Women's Studies. Prior to coming to the Council, she spent 16 years as the United Methodist Chaplain at Duke University, where she also taught undergraduate and divinity school classes, served on committees and task forces, and attended lots of basketball games. She writes frequently for various publications when time permits and preaches regularly in congregations across North Carolina. Jennifer has two adult children, Nathan, who is a software developer in Durham, and Hannah, who is a digital marketing analyst in Charlotte. Jennifer is the overjoyed grandparent of Benjamin and Theodore.

Rev. Carrilea Hall is from Sylva, in the mountains of western North Carolina. She attended Brevard College where she played soccer and earned a BA in Health Science Studies. She earned her Master of Divinity and a certificate in Religion and Health from Candler School of Theology at Emory University. Carrilea is an ordained minister in the United Methodist Church and has served in a local congregation for several years. Her passion for faith, health, and justice led her to join the Council as the West Regional Associate Director for Partners in Health and Wholeness. She currently lives in Statesville with her husband, Andrew, and their two daughters, Saige and Maya. Carrilea loves the outdoors, adventures/traveling, and good conversations.

October 15

The Gold Industry - Exploration, Discovery, Development and Mining of World-class Gold Deposits

Patrick Mallette

For thousands of years, gold has been prized for its unique metallurgical properties, its beauty in fabricated art objects and jewelry, and as a form of international currency. This presentation will

provide an overview of the gold mining industry from an exploration geologist's perspective. We will discuss methods used to explore for and identify new prospects; development of promising prospects; mining and gold recovery methods; as well as case histories of world-class discoveries (>10-million ounces gold reserves.) Patrick will address questions like: Where does gold come from? How do geologists know where to look for new deposits? Can you see it? What separates an economically viable gold deposit from a gold "occurrence"? How is gold used in modern society? Can anyone look for and find gold?

Patrick Mallette worked for Newmont Mining Corporation for 30 years as an exploration geologist and manager before retiring in 2017. During his career, he was involved in the discovery, development and mining of world-class gold deposits in the western United States, Mexico and Peru. Patrick earned a Bachelor of Science in Geology from East Carolina University in 1982 and a Master of Science in Geology from the same university in 1986.

October 22

The Ocean is Calling – Are You Listening?

Park Rublee, PhD

2021 – 2030 has been declared the United Nations Decade of Ocean Science for Sustainable Development. The emphasis in this class will be to describe the current and future state of the oceans including plastic and nutrient pollution in the oceans, changes in fisheries and other natural resources, changing ocean circulation patterns, and consequences of climate including shifting geopolitical relationships.

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 Institution, 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.

October 29

Lynchpin' - The Long Road to the Opening of the Stockton & Darlington Railway, the world's first commercial railway

Dutch Tubman

This presentation is about one of the great innovations in transportation history, the opening of the first commercial railway line in the world, the Stockton & Darlington Railway, in Great Britain. It was designed and constructed by George Stephenson, an indefatigable inventor, engineer, and visionary, who is now acknowledged as the 'Father of the Railways'. While there had been a few mining and industrial railway lines opened in Great Britain in the early 1800's, there was none that offered service – either freight or passenger – to the general public. His son Robert went on to help oversee the spread of railways throughout the Commonwealth and North America.

*A native of Cleveland, Ohio, **Charles “Dutch” Tubman** has a wide scope of interests, focusing on railroad history. Holding a BS in Special Education from the University of Wisconsin, Oshkosh, and an MBA in Transportation and Marketing from the University of Tennessee, Knoxville, he retired from the Norfolk Southern Railway in 2019 after a 31-year career. He is the husband of Pamela Hale, a Wednesday morning LIFE@Elon class member.*

Dutch will be making this same presentation at the Lexington Group for Transportation History at its annual meeting next October, to be held in Miami. He and his wife Pamela, along with thousands from around the globe, plan to attend the 200th celebration of the Stockton & Darlington in England in 2025.

November 5

American Revolution Battles Which Took Place in Alamance County

Dr. Samuel C. Powell, Ph.D.

The skirmishes in Alamance County were very important to the outcome of the Revolutionary war. Powell asserts that the battles weakened General Cornwallis’ army when he fought at the Battle of Guilford Courthouse which ultimately led to his defeat in Yorktown which ended the war.

***Sam Powell** is a well-known Alamance County native. After graduating from Williams High School, he earned his bachelor’s degree in chemistry from Virginia Military Institute, his master’s in biochemistry from Old Dominion University, and his doctorate in biochemistry from Loyola University of Chicago. After finishing his formal education, he moved back to Burlington where he assisted his brother in starting Biomedical Reference Laboratories which eventually became Laboratory Corporation of America, a Fortune 500 Company with \$28 billion in sales. He was also instrumental in starting a second family business, MedTox Scientific, Inc. specializing in testing for illicit drugs. Today, Dr. Powell is President of Powell Enterprises which is engaged in real estate management. He has served on the Burlington City Council and as an Alamance County commissioner. His contributions to the community are too numerous to list. He has received many awards including “Best Community Leader” by write-in vote to the local newspaper and “Citizen of the Year” from the Burlington Kiwanis Club.*

Sam has always been interested in promoting local history. He has been a member of the Alamance Battleground Chapter Sons of the American Revolution (SAR) since 1998 and served as the Chapter President from 2003 to 2005. He developed an interest in the SAR while working to establish monuments for three Revolutionary War battles fought in Alamance County: the 1781 Battle of Clapp’s Mill, the Battle of Pyle’s Defeat, and the Battle of Lindley’s Mill. Research done for the Battle of Clapp’s Mill resulted in a Certificate of Achievement by the American Association of State and Local History. At the state level, Sam has served the SAR as Piedmont District Vice-President and North Carolina State President, and he currently serves as State Treasurer. At the National Level, he served as South Atlantic District Vice-President General for the states of North Carolina, South Carolina, Georgia, and Florida. He also served as SAR National Trustee for the State of North Carolina. He also served as President of the SAR Foundation, Inc. for 9 years. Under his direction, the SAR Foundation exceeded its \$10 million capital campaign goal by over

\$2 million dollars. He was awarded the prestigious Sons of the American Revolution national "Minuteman" award in 2011.

November 12

"The Man", the myth, the legend: Taylor Swift

Emerson Bennett

There is not a person in this world who does not know who Taylor Swift is, but there are some people who do not fully understand her greatness. The 14-time Grammy Award Winner has recently surpassed Frank Sinatra, Paul Simon, and Stevie Wonder by being the first woman and first person EVER to win "Album of the Year" four times! Come learn more about Time's 2023 Person of the Year and the "Mastermind" behind the \$1.04 billion concert tour: "The Eras Tour". Using her eras to guide us, we will learn how she became the world's most impactful pop star, one of the greatest poets of our time, and the best builder of bridges (read: musical bridges).

Emerson Bennett, oldest daughter of Kathryn and Clark Bennett, graduated from Elon in 2020 with her BS in Exercise Science. Following her graduation from Elon, she went on to Wake Forest to pursue her masters in Health and Exercise Science with a focus on heart failure. After a brief career in orthopedic medical sales, she went on to become the Program Coordinator for the Duke Anatomical Gifts Program for whole body donation. Emerson has been listening to Taylor Swift since she was in the 3rd grade when Swift came out with her debut album in 2006 (her favorite song at the time was Teardrops on my Guitar!). Lucky for her, she grew up listening to all Swift's albums, but she has a newfound appreciation for Swift's work, the Swiftie lore, and admiration of the Eras Tour!

November 19

A Walk Across North Carolina

Jonathan Giles

North Carolina's Mountain-to-Sea Trail was envisioned 40 years ago as a 1,200-mile journey from Clingman's Dome in the Great Smoky Mountains to Jockey's Ridge State Park on the Outer Banks. This presentation will showcase Jonathan's experience hiking through our state's unique geographic features (state forests, mountains, rivers, bay lakes, beaches) as well as its diverse history (battlefields, historic small towns, large cities) and its varied peoples (Native Americans, generational North Carolinians and the 20th/21st century influx of other citizens).

Jonathan Giles is retired from Duke University where he served as Vice President for Development, Organization for Tropical Studies, a non-profit consortium of almost 60 universities and research institutions in the U.S., Latin America and Australia dedicated to providing leadership in education, research and the responsible use of natural resources in the tropics. Since 1976, the headquarters of OTS has been at Duke University. In his 24 years as a fundraiser for OTS, Giles has helped bring in nearly \$25 million in grants from the National Science Foundation and almost as much in grants and gifts from individuals and private foundations to help fund courses in tropical biology and support the organization's three research stations in Costa Rica.

November 26

THANKSGIVING BREAK

December 3
The Continents are Moving
Larry Wakeford

One of the great scientific discoveries of the 20th century was the phenomenon known as plate tectonics. Essentially, this process explains how the continents of the earth have been moving throughout the four billion years of terrestrial history. How could this be? As late as the 1950s most geologists said there was no way to explain how this could happen. Yet, by the late 1970s, plate tectonics had become an accepted theory. The evidence came from around the world including the discovery of undersea mountain ranges, the Hawaiian Islands, the formation of the Himalayas, and even the ancient rocks of North Carolina. It is an astounding story of powerful forces creating the supercontinent, Pangaea, opening up great oceans, and resulting in the current arrangement of continents.

*After graduating from Manhattan College in 1965, **Larry Wakeford** served for two years in the Peace Corps in Colombia, introducing new science curricula to Colombian elementary and secondary teachers. He then completed the MAT program at the Harvard Graduate School of Education (1968) and began his teaching career at Walpole High School in Massachusetts. He went on to become the director/clinical professor of Science Education and senior lecturer in the Brown University Teacher Education Program in Providence, Rhode Island, for fifteen years. His last teaching position was as an adjunct instructor at Central New Mexico Community College in Albuquerque.*

Mr. Wakeford has been the recipient of Brown University's Sheridan Award for Distinguished Contribution to Teaching and Learning. He was chosen as the North Carolina Region 5 Teacher of the Year, the Chapel Hill-Carrboro Teacher of the Year, and the Kaiser Permanente Chair for Science Teaching.

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.