**Community University – Fall 2016**

**101. Movies with Art**

**8 Sessions: Monday, October 3, 10, 17, 24, 31 & November 14, 21, 28, 9:30 a.m.**

Dance is defined as the movement of the body and/or feet to the rhythm of a piece of music, or a series of steps to a particular type of music. Professor Art Barbeau adds: 1) it might be rhythmic repeated sounds that trigger the movement; 2) the hands (including only the hands) that move – in some Hawai’ian music only the hands move, China has a long tradition where the body does not move, just the hands, etc.; 3) movements that can only be called dance can occur without any sound (deaf people dance) or is solely internal to the dancer.

We will not look at movies of dancing. Instead our focus will be on films made for commercial theater in which the story line cannot be advanced without the dancing.

It is one more chance for you to argue whether or not Art has made his case.

**Art Barbeau** is Professor Emeritus at WLU where he taught history and anthropology for 43 years. This will be his ninth time presenting for Community University.

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**102. Learn Basic Sign Language**

**2 Sessions: Wednesday, October 5 & 12, 10:00 a.m.**

Come learn the basics of sign language. This class will be held for two weeks. The first week spend time learning the alphabet and numbers and some basic words. The second week learn phrases and a song to share with family and friends. No books required. You will be provided handouts so please bring a folder to keep the handouts in.

**Faith Hicks** hopes to help people learn basic sign language and come to understand the Deaf community. Over 25 years ago, Faith has worked as a counselor for the Deaf and Hard of Hearing and has taught sign language classes at West Liberty University. Faith received her Master’s Degree in Counseling from WVU and has had extensive training at Gallaudet University and the University of Tennessee in Deafness. Faith retired from West Virginia Division of Rehabilitation in 2011. She worked there both as a counselor and a supervisor. She is married and lives in Wheeling with her husband and pets. She is the proud mother of 2 grown children and 2 beautiful granddaughters.

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**103. Keepin’ It Local at Wheeling Brewing Company**

**Thursday, October 13, 1:00 - 3:00 p.m.**

Micro-brewery, Wheeling Brewing Company, is located in the historic Centre Market district of downtown Wheeling. Wheeling Brewing Company was created out of a passion to lead in the revitalization of downtown Wheeling and to resurrect a rich history of micro-brewing in the area. This course will include a presentation of the history and philosophy of the business, a tour of the brew house and facility, an explanation of the brewing process, and beer sampling upon request! General Manager and WBC Partner Jimmy Schulte will lead the course. Founded in 2014, Wheeling Brewing Company is the creation of Chad and Angela Hill, Jimmy Schulte, and Dave Cornett, as they sought to provide something special to the Wheeling market.

***\*\*Note: This presentation is on location at Wheeling Brewing Company, 2247 Market Street, Wheeling.***

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**104. Wonderful World of Walking**

**Thursday, October 20, 1:00 p.m.**

Do you get the recommended 150 minutes of physical activity each week?  If you are like most Americans, your answer is, “No.” Yet, study after study shows the mental, physical, and social benefits of walking.  Walking! Doctors all over the country are walking the walk as they join Walk with a Doc to lead their patients by example.  In 2015, the U.S. Surgeon General started a campaign to promote walking – it’s that important! This presentation will provide tips, tricks, and even a few tales to inspire you to start your walking journey. In the words of Pete Huttlinger, world-renowned guitarist and walker, “Don’t just live – live well.”

**Crystal Lorimor** walks!  She’s fancied herself a hiker for years but began concentrating on walking consistently in 2012.  Since that time she’s hiked the Grand Canyon in one day, completed a one-day 50K hike (that’s 31 miles), and completed 5K and half-marathon walking races, both road and trail. Not particularly fast (by her own admission) and with friends who can rack up more miles than she, Crystal still loves the mental and physical health benefits of walking. She loves hills, long-distances, and encouraging others to start walking no matter the distance (to your mailbox and back counts!). She’s a higher education professional by day for over 17 years (including six years at WLU) and walking promoter the rest of the time.  She’s co-founder of Belmont Walks and writer for the international organization Walk with a Doc.

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**105. Drugs and the Brain**

**Monday, October 24, 1:00 p.m.**

Learn about drugs from a neuroscientist! We will review how drugs alter behaviors and how we can study these alterations. Join Dr. Omelchenko and appreciate the danger of the drugs, but also the influence of the drugs on music and art. We will discuss the phenomenon of addiction as well as the past and the future of the drug control. Let’s work on a solution together!

**Dr. Natalia Omelchenko** is an Assistant Professor of Biology at WLU. Natalia received her PhD from Institute of Experimental Medicine (St. Petersburg, Russia). She worked as a research-scientist at University of Pittsburgh and taught at Northwest Missouri State University. Dr. Omelchenko is an author of many research studies in the field of neuroscience and brain development as well as an experienced teacher.

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**106. Undaunted Courage: Lessons from Lewis and Clark for the 21st Century**

**Wednesday, October 26, 1:00 p.m.**

Over 200 years ago, President Thomas Jefferson charged the Corps of Discovery with exploration of the vast territory acquired through the Louisiana Purchase. This expedition captured the imagination of generations of Americans; come along on their journey and discover the insights into America that are still applicable today.

**Sandy Czernek** has been an Instructor of History at WLU since 2004. She previously taught at West Virginia Northern Community College for several years. She earned both her bachelor's degree in secondary education and master's degree in history at West Virginia University. Her special areas of interest are the Civil War, Appalachian history, and baseball.

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**107. Massage Therapy – Rubbing People the Right Way for Thousands of Years**

**Thursday, October 27, 2:00 p.m.**

Massage reduces stress - but did you know it also helps boost your immune system? Or that it can reduce healing time after surgery? Or greatly reduce arthritis pain? If you've ever rubbed your elbow after hitting your funny bone, then you have a massage therapist lurking inside you. Explore the many benefits of massage therapy and learn some tips and tricks for self-care.

**Kathy "KJ" Burley's**varied background includes stints as a medical, legal and church secretary; executive director of a non-profit organization; touring with a repertory theatre company and teaching communication skills workshops. She moved to San Diego in 2005 where she finally found her calling at Mueller College of Holistic Massage Therapies. She returned to the Ohio Valley in 2008 and opened *That's the Spot! Massage Therapy* in Moundsville where she helps her clients solve the mystery of their musculoskeletal pain. A licensed massage therapist in West Virginia and certified massage therapist in California, she has been recognized for her volunteer service within the profession; was an invited member of the massage therapy team for the US Open Golf Tournament; has been interviewed for a national massage magazine; serves as a board member of the WV Chapter of the American Massage Therapy Association (AMTA); and is a peer reviewer for the Commission on Massage Therapy Accreditation (COMTA). Along with seeing her clients become pain free, her greatest joy is the six grandchildren with which her two daughters and sons-in-law have blessed her.

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**108. Do You Live in a Sears House? Are You Sure?**

**Wednesday, November 2, 1:00 p.m.**

Between 1909 and 1940 Sears Roebuck Co. sold over 90,000 house kits through its catalogs. From 1909 to 1932, Montgomery Ward sold over 32,000 house kits through its catalogs. Smaller companies like Harris Brothers from Chicago also sold kit houses through their catalogs during part of that time. Hundreds of Sears, Montgomery Ward, and Harris houses were built in our region. You might live in one of them and not even know it. This session will begin with a review of how the kit house system worked. Then, we will look at ways to determine if your home is a kit house. During the session, we will look at a lot of catalog pictures of kit house and a lot of photos of kit houses. Although this session is scheduled for 90 minutes, the presentation portion of the session will most likely last only about an hour. If you think you might live in a Sears house, take a photo and bring it with you!

**Earl Nicodemus** is a retired WLU Professor. His teaching career spanned 46 years with the last 40 being in the Professional Education Department at West Liberty. During the last few years, Nicodemus has written a number of documents and conducted numerous presentations on local history. He is a charter member of the West Liberty Historical Society and has worked since 1985 to restore and preserve the historic West Liberty Cemetery. The West Virginia Division of Culture and History recently honored Nicodemus by naming him as a 2016 West Virginia History Hero.

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**109. Current US Military Aircraft Capabilities**

**2 Sessions: Monday, November 7 & Wednesday, November 9, 10:00 a.m.**

Classes will consist of photographs taken of current US Air Force aircraft with discussion of the capabilities and history of the aircraft. The two classes will have completely different material.

**Jon Letzkus** retired 2001 as Chairman of the board and president of Ohio State Financial Services, Inc., and also as president and managing officer of Bridgeport Savings and Loan Association in Bridgeport, Ohio. From 1975 to 1992, I taught real estate law and real estate appraisal at West Liberty State College; I have taught seven times at the Community University.

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**110. The Secret Lives of Sherlock Holmes**

**Thursday, November 10, 9:30 a.m.**

 **Description:** Sherlock Holmes is easily one of English literature’s most enduring fictional characters. Although Arthur Conan Doyle produced 56short stories and four novels about Holmes between 1887 and 1927, his fans were never satisfied. Moreover, given the fact that original Holmes stories are still being produced today (in print, on television, and in film), one could easily argue that the world may never tire of stories revolving around Holmes’s superior deductive (or is it inductive?) reasoning and his seemingly ever-present sidekick, Watson. Join Dr. Jeremy Larance as he discusses the literary history and influence of the world’s most famous crime-fighting detective and, perhaps, learn some of his (and his author’s) darker, family secrets. [Please Note: This talk coincides with the 2016 Upper Ohio Valley Festival of Books, featuring the West Virginia novelist, Jayne Anne Phillips, on November 12 at Ohio County Public Library.]

**Dr. Jeremy Larance** is the Chair of the Department of Humanities at West Liberty University where he teaches classes on composition, British literature, sports literature, and comics studies.

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**111. Leadership, Coaching, and Life—How Leadership Theories to Coaching Applies to Life**

**Thursday, November 10, 1:00 p.m.**

Dr. “Coach” Aaron Huffman, will present leadership theories and examine how relating those theories to coaching can apply to our lives. Participants will gain an overall understanding of basic leadership theories and see how leadership theories can be used in real life situations. Huffman examines the leadership theories pragmatically through the lens of the coaching philosophy of legendary Duke University men’s basketball coach Mike Krzyzewski. The information can be used to examine interpersonal skills, influence, and power for self-reflection, awareness, and improvement.

**Dr. Aaron Huffman** is an Associate Professor of Education, Physical Education, & Health at West Liberty University. Although he has coached multiple sports at various levels for 24 years—men and women, elementary school, high school through college level—he is most well-known within men’s college basketball as a three-time conference Coach of the Year at Bethany College and as an assistant coach the past five seasons within WLU’s nationally prominent men’s basketball program. In addition, Huffman has a breadth of faculty and administrative experience, most recently serving as the Athletic Director at WLU last year.

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**112. The Birth of Rock and Roll**

**2 Sessions: November 14 & 21, 1:00 p.m.**

**Session 1** - What are Rock and Roll's musical roots?  Blues, country and pop will be examined along with other influences such as gospel, big band, jazz and classical.

**Session 2** - Why did Rock and Roll explode in the 1950s? Most of rock's musical roots had been around for decades.   How did the culture of 1950s America help create a new and distinctly American genre of music?

**John Matviko** taught communication and popular culture courses at WLU for 30 years. Professionally he has been active in popular culture studies.

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**113. The Music of Paul Simon**

**Tuesday, November 15, 10:00 a.m.**

**Description:** Paul Simon has provided a soundtrack to American life for half a century. From the folk-rock anthem “The Sounds of Silence” to the world-music milestone *Graceland*, Simon penned hits that touched generations of music fans. Unlike many of his peers, Simon has remained creatively active, releasing a new album *Stranger to Stranger* in 2016. This class will feature an overview of some of Simon’s most important music, touching upon how the music relates to its cultural context as well as to other songs.

**Dr. Anna Stephan-Robinson** is an Associate Professor of Music at WLU, where she teaches music theory, ear training, and applied horn. Her dissertation examines the music of Paul Simon. In addition to giving professional presentations on numerous aspects of his music, she has published reviews of related media and books.

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**114. What is a ‘Book of Hours’ and How to Make and Use a Goose Quill Pen**

**Wednesday, November 30, 9:30 a.m.**

A brief trip to the Middle Ages! Visit the Nelle M. Krise Rare Books room at West Liberty University's Library, and discover their collection of medieval books, including the 600 year old Book of Hours.  What are Books of Hours, how were they made, and what purpose did they serve in society? The first half of the class will be about medieval books, and the second half of the class will be a hands-on session where you learn how to cut a goose feather into a quill pen, and practice writing in the medieval style.  Goose feather, blade, paper and ink provided.

**Dr. Dominique Hoche** is the Medievalist in the Humanities Department at WLU, where she specializes in early British Literature, Christine de Pizan, and medieval visual theory.

***\*\*Note: This class is being held at the Paul N. Elbin Library on the main campus of West Liberty University.***

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