

112. Retirement: Making Your Money Last
Tuesday, October 30 – 9:30 am

Session #2 in a 3-part series – Brandon Galici

What matters most to you? What type of lifestyle do you want in retirement? Once you can picture your retirement, you'll need a strategy designed to help make it happen. We can help. We'll discuss ways to help you work toward fulfilling your retirement expectations. And, we'll focus on how to provide for your income needs, including your retirement income for the future. We'll also explore how to address key concerns such as inflation, health care expenses, market volatility and unexpected events.

113. Historic Wheeling Ghost Tales

Tuesday, October 30 – 6 pm

Note: Tour begins at the flagpole at the bottom of 12th Street in Heritage Port

Starting at the Heritage Port flagpole, walk with storyteller Rich Knoblich to visit haunted sites in lower Wheeling. The dramatic backdrop of each historic tale will be explained as catastrophes and bizarre deaths lost in our history are brought alive. The Halloween tour will end at River City Restaurant where you may partake in spirits to celebrate your new ghostly lore. Dress in costume if you dare and wear comfortable walking shoes.

Rich Knoblich is author of "Talking 'bout the Relatives" an original tall tale collection inspired by visits to his fictional family homestead. His rustic humor brought home eight ribbons from the WV Liar's Contest and he has served as judge for many other contests. His creative tall tale writings have been published in national and regional magazines and he has entertained audiences throughout the Mid-Atlantic region.

114. The Big Greek: The Rise and Fall of Bill Lias

Thursday, November 1 – 10 am

A well-documented biography of one of Wheeling's most famous – and infamous – citizens. Author George Fetherling has created a compelling portrait of this underworld leader who claimed, "I ain't been no angel." Jeanne Finstein and Judi Hendrickson will present a review of this recently-released book about the "bootlegger, gambler, racetrack owner, and wide-ranging entrepreneur" who transformed his hometown into a wide-open city and reigned as its king. Copies of the book will be available for purchase.

Wheeling historians for many years, **Jeanne Finstein** and **Judi Hendrickson** are authors of "Walking Pleasant Valley" and are experts on local history and the people who were a large part of it. Members of the Friends of Wheeling and other area history organizations, they offer a vintage glimpse of our community in a fun way.

115. Folk Heroes and Legends of the Upper Ohio Valley
Illustrated

Tuesday, November 6 – 1 pm

This session will consist of descriptions and the adventures of some of the legendary figures in Upper Ohio Valley history using the storytelling tradition. Each story will be accompanied by visuals and will include modern day views of the locations at

which the events took place. Participants will be provided with access to the GPS coordinates for each location so that they will be able to visit those locations or view them using Google Earth. This session will include descriptions of the Civil War era activities of some of the people from the West Liberty region in addition to the stories about our Revolutionary War era heroes.

Earl Nicodemus is a retired WLU Professor and served as a higher education faculty member for over 40 years. He holds a BS degree and a number of graduate hours in agriculture from Ohio State University and is the author of Weelunk's 12-month series Betty's Garden Diary.

116. Vivez la Bonne Cuisine, or How to Eat Like a French Person

Thursday, November 8 – 1 pm

In this session, we will explore how the French do food. By many global measures, the French live longer and are healthier than Americans, in part because of the central role of food in French society. We will compare food practices and politics in both the personal and public sphere, and will examine the rich culinary tradition of various regions in France. In addition to lecture and slides, we will have a guided dégustation of cheese and chocolate. This structured tasting helps us to understand rules of presentation and consumption of food for maximum enjoyment.

Dr. Shannon Halicki is Dean of the Honors College and Associate Professor of Foreign Languages at WLU. She periodically takes students on trips to France and Quebec, where she can best share her passion for food.

117. Strategies for a Healthy and Happy Holiday Season

Tuesday, November 13 – 1 pm

In this workshop, we will discuss healthy habits for the winter season and all that comes along with it. From healthy food swaps, delicious recipes and ways to feel great to strategies for handling some of the challenges like stress, loneliness, and social pressures through it all. We will also cover strategies to stay healthy during peak cold and flu season! You won't want to miss this!

Kathi Salatino is a Professional Certified Nutrition Counselor and Transformation Coach, and the host of WLU-TV's show "Healthy U". After losing 100+ pounds on her own journey toward wellness, Kathi discovered her passion for healthy living and works with both private clients and corporate groups to create lasting results in their lives.

118. The Politics of Trade

Wednesday, November 14 – 1:30 pm

As with any issue, when politicians talk about trade they tend to only give information that supports their position. Come learn why countries trade with one another and what the benefits and drawbacks of trade are. We will explore why countries place restrictions on trade and why many politicians on both sides of the aisle are against free trade, despite the vast majority of economists agreeing free trade is beneficial to the economy overall.

Brian Fitzpatrick is an assistant professor of political science at WLU. He earned a bachelor's in political science from the University of North Carolina at Asheville, a master's in international politics from City University of London, a master's in political science from West Virginia University, and is currently completing a PhD in political science from WVU.

119. Healthcare and Your Retirement

Thursday, November 15 – 9:30 am

Session #3 in a 3-part series – Brandon Galici

The increasing cost of health care is a growing concern for current and future retirees. In fact, 25 years ago, retirees spent almost twice as much on food as on health care; now the amounts are nearly equal.

Join us for our presentation Health Care and Your Retirement. We'll discuss:

- Medicare coverage and traditional medical expenses
- Long-term medical care expenses
- Strategies for addressing uncovered expenses

120. Overcoming Loss and Depression

Tuesday, November 27 – 9:30 am

Many have experienced some sort of loss in their lives, sometimes, leading to depression or worse. While medication is needed at times, this presenter learned how to work on overcoming two family tragedies, being judged and living life again. Anthony Salatino or "Sal" has made great strides thanks to counseling, nutrition, meditation, and exercise. When you leave, you will have his tools to help you, or a loved one, when facing similar pain.

Anthony Salatino is a 1984 West Liberty State College graduate who is currently working at West Liberty University as a Health and Safety Specialist. Once a depressed father, son, widower, and friend - he is now a loving, healthier father and husband.

For more information:

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Community University - WLU Highlands Center

Entrance is located across from the

Marquee Cinemas

355 Wharton Circle, Suite 200

Triadelphia, WV 26059

westliberty.edu/community-university



Community University

Fall 2018

For Life Long Learning



WEST LIBERTY UNIVERSITY

Enroll in Community University and join like-minded adults interested in the joy of learning! Community University is an organization with volunteer presenters and programs shaped by request. Courses and lectures are conveniently scheduled during the day at WLU Highlands Center, unless otherwise noted. There are no entrance requirements, grades or tests. Enrollment is easy! Fill out the enclosed form and return it with your tuition of \$25 entitling you to enroll in as many courses or lectures as you wish during the fall term. Please note: there may be an additional cost for some courses. Most courses are about 90-120 minutes in length.

101. Movies with Art – Musicals

**8 Sessions: Starting Wednesday, September 26
Every Wednesday through November 14 at 9:30 am**

It's time to look at musicals again. We'll start with the first movie designed to be a musical, though there were a couple of revues with some singing and dancing before that. From there, we'll look at the classic era to the modern period. None of these will be films we saw the last time around.

Art Barbeau is professor emeritus at WLU where he taught history and anthropology for 43 years. This will be his 13th time presenting for the Community University and he has taught over 120 classes since the program began.

Bonus Movies with Art: Brooke County

Starting on Friday, September 7 at Noon: A story about a single American POW in the Pacific.

**6 Films: Every other week on Friday at Noon –
September 14, 28, October 12, 26, and November 9, 30
Brooke County Public Library, 945 Main Street, Wellsburg.**

Six films about confinement (primarily about female internees) in the South Pacific, one every other week. Finally, just after Thanksgiving, will be a bonus Christmas movie. These programs will be jointly sponsored by Community University and the Brooke County Library/Museum.

**102. Adventures in Transportation, Part 7
Thursday, September 27 – 1 pm**

One of the earliest trips to the stratosphere ended near Cadiz, OH. See inside the largest building in the world where airliners are made. The largest aircraft in the world is viewed in Columbus, OH. If you'd like to be an astronaut you can sample the experience at NASA in Huntsville, AL and see where the rocket motors are tested before going to Florida. Join the crew on the flight deck for a flight from London to San Francisco and see how it is accomplished.

Dale Rothert came to the Wheeling area in 1967 to start the news-talk format in radio broadcasting, then worked in local radio for 18 years. He holds advanced flight and ground instructor

certifications and has taught ground school at local colleges and schools in adult educational programs. This will be the seventh presentation in his transportation series.

103. The Significance of the National Road in West Virginia Statehood

Monday, October 1 – 1 pm

The most common interpretation of West Virginia history is that the 35th state was born of popular outrage over Virginia's secession from the Union in 1861. This program will argue that the division truly began when the National Road arrived in Wheeling in 1818. Join us for an examination of the economic development, immigration and social attitudes that led to the eventual split of the Old Dominion.

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 interests are the Civil War, Appalachian history, and baseball.

**104. Lifestyle Factors and Cancer Risk
Tuesday, October 2 – 1:30 pm**

This lecture will present common lifestyle choices and impact they have on someone's risk for developing cancer. Only 5-10% of all cancers, some have higher individual rates, have a hereditary factor which means up to about 95% of cancers are due to lifestyle or environmental factors.

Jason Metz is assistant professor of Exercise Physiology at WLU. He earned his Ph.D in Exercise Physiology from the University of Pittsburgh. He is also a Registered Clinical Exercise Physiologist and a contributor to cancer research in Ohio, West Virginia and Pennsylvania, as well as a co-facilitator for cancer support seminars in Pittsburgh and a co-developer for support groups for pediatric cancer patients in Wheeling.

**105. Psychology Myths Debunked: Science or Superstition?
Thursday, October 4 – 2:30 pm**

With all of the "facts" floating around on the internet, how do you know what is true? This program will examine several commonly quoted "facts" and look at the evidence to support them.

Sydney Stewart is a senior psychology major at West Liberty University who plans to attend graduate school after graduation. In preparation, Sydney is completing a special topics course called Teaching Psychology, taught by Tammy McClain, Psy.D., which will prepare her to serve as a teaching assistant. Dr. McClain is a clinical psychologist and the program director for both the WLU undergraduate and graduate programs.

**106. Foundations of Investing
Tuesday, October 9 – 9:30 am
Session #1 in a 3-part series**

Building your investor IQ starts with understanding the basics. Whether you are new to investing or need a refresher, our Foundations of Investing presentation will help you learn about:

- The importance of developing a strategy
- The impact of asset allocation
- The influence of inflation on your long-term goals

Brandon Galici is a proud alumnus of West Liberty University where he earned his degree in finance. Upon graduation, he has combined his love of personal finance with his passion for serving others and is now a Financial Advisor with Edward Jones in the Ohio Valley.

**107. Wheeling Innovators
Wednesday, October 10 – 12:30 pm**

In its nearly 250 year history, innovators of all kinds have worked hard to grow Wheeling and its international reputation. Although most people recognize names like Stifel and Oglebay, most do not know the vast impact of these creative minds regionally and around the globe. While these men and women have since passed on, their legacies remain in the form of parks, community trusts, and ideals that the people of Wheeling still hold to this day.

Alumna Dr. Christina Fisanick is a writing professor at California University of Pennsylvania. She is the author of dozens of articles, more than 30 books, and is a regular contributor to *Weelunk*, *InWheeling Magazine*, and *The Intelligencer*. Christina loves researching and writing about Wheeling, where she lives with her family.

**108. West Virginia Independence Hall Tour
Thursday, October 11 – 10 am**

1528 Market Street, Wheeling, WV

We will begin with a short movie that shows the process of what went on here in our courtroom in making WV the 35th state. The site manager will provide information about the courtroom and the building itself. The office of Judge John J. Jackson, Jr., the longest ever federal court judge appointed by Abraham Lincoln is also on this floor. The first floor features articles and items related to statehood.

The 2nd floor is more self-guided with the office of Governor Pierpont and his furniture (the Governor of the "Restored Government of Virginia") and the office of the Inspector of Customs, Thomas Hornbrook. There is also a replica of a parlor with the Pierpont family piano and a mirror owned by Waitman Wiley. There is the Wheeling Room, things made and manufactured here in Wheeling, and the restoration room showing some of the molds used in the making of the Custom House and also 14 original Civil War battle flags on this floor.

**109. Grave Creek Mound Archaeological Complex Tour
Tuesday, October 16 – 1 pm**

801 Jefferson Avenue, Moundsville, WV

The Grave Creek Mound was constructed around 250 to 150 BC and is one of the largest conical burial mounds constructed by the Adena people. Your visit will include an introductory slide program followed by a guided tour of the Grave Creek Mound and the Delf Norona Museum, where new interpretive exhibits were installed in August of 2018. Enjoy a chance for hands-on experimentation using replicas of prehistoric tools such as

mano and metate for grinding corn, stone-tipped pump drills for making a hole to create a pendant, and sharpening a bone tool on a piece of sand stone. Weather permitting, spear throwing using the atlatl will be included.

The tour will be led by **Andrea Keller**, cultural program coordinator at the complex. Keller has been employed at the West Virginia Department of Arts, Culture, and History for around 20 years, and has been at Grave Creek for about 11 years. She holds a B.A. in Anthropology from the University of Pittsburgh, and an M.A. in Anthropology from the George Washington University in Washington, DC, and has worked as an archaeologist in field, lab, and classroom.

**110. History of American Hospitals
Tuesday, October 23 – 9 am**

The presentation will track the history of the American hospital, from the founding of the very first hospital in Philadelphia in 1751 to the 5,500+ hospitals operating today. A review of hospitals "by the numbers" will be followed by a discussion of several pieces of transformative legislation that fueled the growth of the finest hospital system in the world. Further, several current trends in healthcare including the transition from inpatient to outpatient care and end-of-life care will also be discussed. This fast-paced program will last 90 minutes and promises to greatly bolster the attendee's understanding of, and appreciation for, our great American hospitals.

Kevin P. Britt is a retired executive level healthcare manager with rich mix of general management and operations leadership. He has a proven track record of driving outcomes and implementing solutions, efficiencies and best practices to produce outstanding results.

**111. Wheeling's Labor History: An Introduction
Wednesday, October 24 – 2:30 pm**

Nothing epitomizes Wheeling's rebellious spirit more colorfully than its labor history. By the turn of the century, Wheeling was home to an array of labor unions representing every trade and profession from butchers and bartenders to brewers, bricklayers and horseshoers. Led by large numbers of German immigrants (like Reuther family patriarch, Valentine) and influenced by socialist theory, Wheeling's workers organized for better pay, hours and working conditions.

Seán Patrick Duffy works at the Ohio County Public Library in programming, publicity, and archives. He earned a BA in History and an MBA from Wheeling Jesuit University, and a JD from the American University. He has taught college history, law, and business for several years. He is the author of three books on local history and the editor of a fourth. In addition, he writes for the community blog, Archiving Wheeling at www.archivingwheeling.org.

This session will be co-presented by **Dr. Christina Fisanick** (see bio under 107).