



LIFELONG LEARNING INSTITUTE
at VIRGINIA TECH™



Online learning adventures for curious adults

FALL 2020 CALENDAR

Visit www.cpe.vt.edu/lifelonglearning for details and updates

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|--------------------------|--|
| Week of August 10 | Detailed course and event descriptions available on LLI website Catalog in pdf format available for viewing or download |
| August 25 | Zoom Preview of Fall Program, 2:00–3:15 p.m. Zoom link will be emailed. |
| August 31 | Online registration opens at 9:00 a.m. |



Cover design: David Stanley, SilverLining Design

Fall 2020

COURSE CATALOG

Welcome to LLI at Virginia Tech Online!

We're keeping our members and our volunteer instructors safe by moving all fall programming online using free Zoom video conferencing software. Most LLI classes this fall will be 25 people or fewer and will offer opportunities to interact with your instructor and classmates. The Sampler class and virtual lectures and events will have unlimited enrollment. Online learning has some distinct advantages: it is easier to hear and see presentations, you can join in classes even when you travel, and people more distant or less mobile can easily participate from home.

If you missed the Zoom Basics training this summer, sign up for a session in September, listen to the recording, or view the powerpoint on the LLI website so you are ready to go. Download free Zoom software at zoom.us. And don't miss the Fall Preview on August 25!

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The Lifelong Learning Institute at Virginia Tech

The Lifelong Learning Institute (LLI) at Virginia Tech is a member-driven, volunteer organization that draws on the wealth of academic and community resources in the New River Valley to provide intellectual, cultural, and social experiences for curious adults 50 and older.

We welcome all who are interested in the mission and goals of the Lifelong Learning Institute at Virginia Tech. Membership entails no prerequisites, educational or otherwise—only a desire to join others in intellectual exploration. The people, courses, stimulating discussions, events, and special access to university resources all add up to a fun and rewarding experience.

Support the Lifelong Learning Institute at Virginia Tech

LLI has become an important part of the quality of life for retirees in the New River Valley and an effective outreach program for Virginia Tech. Your support will allow the LLI at Virginia Tech to grow this important community resource.

The Lifelong Learning Institute is an entity of the Division of Outreach and International Affairs at Virginia Tech. All gifts to LLI (excluding membership and course/event-related fees) are fully tax deductible to the extent allowable by law. Designated gifts are received and managed by the Virginia Tech Foundation for the purpose of growing and sustaining the Lifelong Learning Institute.

Payment Options: Online Please go to the www.givingto.vt.edu. Complete the form and click "Give Now."

By Check Make checks payable to Virginia Tech Foundation, Lifelong Learning Institute in Memo Line. Mail to: Virginia Tech Foundation, 902 Prices Fork Road, Blacksburg, VA 24061

Contact information

Heidi Dickens, LLI registrar, 540-231-4364,
heidi1@vt.edu

General Registration Phone: 540-231-5182

LLI webpage:

<http://www.cpe.vt.edu/lifelonglearning/>

LLI email address: lifelonglearning@vt.edu

LLI Zoom Resources:

<https://tinyurl.com/lli-vt-zoom>

LLI facebook page: <https://www.facebook.com/vtlifelonglearning/>

Board of Directors

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Dean Spader, At-large Member

Linda Woodard, At-large Member

Susan Short, Associate VP for Engagement

Jeanette Cooper, CPE LLI Program Director

Heidi Dickens, CPE Assistant Program Director and Recording Secretary



TED Talks

TED talks are short, well-prepared, understandable presentations by remarkable, innovative, articulate persons on over 2,500 topics in almost every area of life. We'll watch and discuss three different talks in each class session, chosen initially by the instructor and then by volunteer class members who select a TED talk of interest to initiate discussion. TED talks broaden exposure to new ideas and initiatives, prompting lively conversation and debate.

Want to see what kinds of talks we might choose? Visit www.TED.com. TED talks are "ideas worth spreading."

Mondays, 11:00 a.m. – 12:30 p.m.
6 weeks: Sept 28, Oct 5, 12, 19, 26, Nov 2
Class limit: 15
Course fee: \$30

INSTRUCTOR

Dean Spader is an Emeritus Professor at the University of South Dakota where he taught ethics of criminal justice and administrative law. Dean has facilitated numerous discussion classes for LLI.

Getting Your Ducks in a Row: Document Your End-of-Life Choices

This course walks you through preparation of your funeral plans so that they reflect your wishes and so that you don't leave your survivors with difficult choices at a time when they are least able to respond. The instructors will guide a conversation with participants about these difficult topics.

TOPICS

1. Using documents and tools to facilitate end-of-life considerations including a "Dear Family" letter to share important memories and gratitude to those you love, an ethical will, and a designated agent
2. Planning a funeral that reflects your wishes and comforts your survivors: What does a funeral cost? How much are you willing to spend and what can your family afford? What options and alternatives are there for burial?
3. Exploring obituaries, writing your obituary/epitaph
4. Sharing draft obituaries and funeral plans, discussing ways to save money, strategies for positive conversations with family members about your end-of-life choices

Mondays, 1:00 – 2:30 p.m.
4 weeks: Sept 21, 28, Oct 5, 12
Class limit: 20
Course fee: \$30

INSTRUCTORS

Isabel Berney is an active member and the volunteer administrator of the Funeral Consumers Alliance, a non-profit volunteer organization that provides information to consumers.

Sandy Schlaudecker is the president of the local Funeral Consumers Alliance.

Mastering Machine Quilting

Conscientious and mindful practice improves everything. In Mastering Machine Quilting, you will learn the steps to becoming a confident machine quilter during the four 1.5- hour classes. The course will cover how to baste your quilt for machine quilting, sewing even stitches without a stitch regulator, and creating innovative designs specifically for your quilt.

SUPPLIES

- Sewing machine in good working order, manual with the ability to drop its feed dogs to include even feed walking foot specifically designed for your machine, and open toe embroidery foot (not a quilting foot)
- Stand for your cell phone or laptop so that the camera portion may be focused on your sewing machine's work area.

Additional supplies (fabric, backing, thread, sketchbook, etc.) will be identified for people who enroll.

Mondays, 1:00 – 2:30 p.m.
4 weeks: Sept 28, Oct 5, 12, 26 (skip Oct 19)
Class limit: 12
Course fee: \$30

INSTRUCTOR

Paula Golden has had a passion for all aspects of quilting for 40 years. She teaches nationally and internationally, has published patterns widely, and has displayed her quilts in private and public collections.

Taste of Technology

This course is a potpourri of technology issues. For fall term, we'll talk about the Cloud, photos on the phone, and solutions for streaming video content. Our focus is on how seniors can use new technologies effectively.

CLASS SESSIONS AND INSTRUCTORS

1. The Cloud—what is it, how do I access it, and how safe is it?

Kiri DeBose is Head of the Veterinary Medicine Library, Virginia Tech.

2. Photos on the phone—where are they, how do I organize them, and how can I share them?

Carolyn Meier is a retired associate professor from University Libraries, Virginia Tech.

Sandy Hagman is a retired technical writer and software trainer.

3. Cutting the cable—how to watch your programs without a cable contract

Tim Lockridge is Associate Professor of English and Director of the Professional Writing program at Miami University of Ohio.

Mondays, 1:00 – 2:30 p.m.

3 weeks: Oct 19, 26, Nov 2

Class limit: 20

Course fee: \$30

COURSE COORDINATORS

Carolyn Meier and **Sandy Hagman**

History of Bluegrass Music

This course will explore the rich and exciting history of Bluegrass music and its influence on the day to day life of those who enjoy it. During classes, there will be listening sessions where students will get to hear music that is not only exciting, but important to Bluegrass music. We will also be discussing artists, key events, and major movements that were landmarks in Bluegrass music.

TOPICS

1. Music before Bluegrass: Influences from overseas, technological developments
2. Birth of Bluegrass music: Bill Monroe, Earl Scruggs and three-finger style, the first Bluegrass bands
3. Growth of Bluegrass: the first generation of musicians, the festival boom, the folk revival
4. Bluegrass music today: modern day revivals, styles of music today, Bluegrass in our area

Mondays, 3:00 – 4:30 p.m.

4 weeks: Oct 19, 26, Nov 2, 9

Class limit: 23

Course fee: \$30

INSTRUCTOR

Jacob Wright plays Bluegrass music professionally for Larry Sparks and gives banjo and guitar lessons locally.



Sampler

This engaging sampler course treats participants to a wide range of speakers and topics—something different each week. Following the Zoom presentation, the speaker will respond to questions submitted by participants in the Q&A feature of Zoom.

COURSE COORDINATOR

Molly McClintock

Sept 29. What makes mosquitoes so good at finding us?

Clément Vinauger's work on mosquitoes aims at better understanding what makes mosquitoes so efficient at biting people and transmitting diseases. Research in the Vinauger lab involves mosquito flight simulators, 3D-printing of tiny helmets for mosquitoes, and recordings from mosquito brains.

Clément Vinauger is an Assistant Professor in the Department of Biochemistry at Virginia Tech.

Oct 6. Avoiding identity theft

Lucy Hochstein will discuss what constitutes identity theft and who commits these crimes. Learn electronic and personal behavior strategies you can adopt to become less vulnerable to this type of fraud.

Lucy Hochstein is Professor Emerita of Criminal Justice and Research faculty at Radford University. Her interest in identity theft grew from her research on elder abuse.

Oct 13. Universities reconciling the history of enslavement

Many colleges and universities (including Hollins University and Virginia Tech) have institutional connections to enslavement. The Universities Studying Slavery Consortium, an organization of nearly 70 universities, explores best practices and common goals. We will discuss the successes, difficulties, pitfalls, triumphs, and general issues involved in engaging in memory work, noting the importance of community engagement, pedagogical connections, and institutional reconciliation and repair strategies.

Jon Bohland is the Director of the International Studies Program at Hollins University. For three years, he headed Hollins University's working group focused on the institutional history of enslavement.

Tuesdays, 9:00 – 10:15 a.m.

6 weeks: Sept 29, Oct 6, 13, 20, 27, Nov 3

No class size limit

Course fee: \$30

Oct 20. Addiction: A horrible, wonderful journey

For most of life I was miserable, depressed, lost, and running from myself, constantly chasing self-destructive, selfish acts. On April 29, 2016 something happened that destroyed any hope I had. What felt like the end of my life became the beginning of my living. It took time, hard work, and help from others but today I am living and in love with this journey called my life.

Bently Wood grew up in Christiansburg, moved around, and has returned there. He works as a Peer Recovery Specialist with New River Valley Community Services.

Oct 27. Lost communities in Virginia

Virginia's back roads and rural areas are dotted with traces of once-thriving communities. General stores, train depots, schools, churches, banks, and post offices provide intriguing details of a way of life now gone. The story behind each community's original development is an interesting and important footnote to the development of Virginia and the United States.

Terri Fisher is the Lost Communities of Virginia Project Manager at the Community Design Assistance Center (CDAC) at Virginia Tech.

Nov 3. Mongolia: Travels in the land of the Great Khan

The presentation will address the current situation in Ulaanbaatar and the grazing lands of central Mongolia as well as its journey from Mongol Empire to *de facto* Soviet Socialist Republic and beyond.

Dave Notter is Emeritus Professor of Animal and Poultry Sciences at Virginia Tech. He has worked across the US and internationally in livestock genetics and international development.

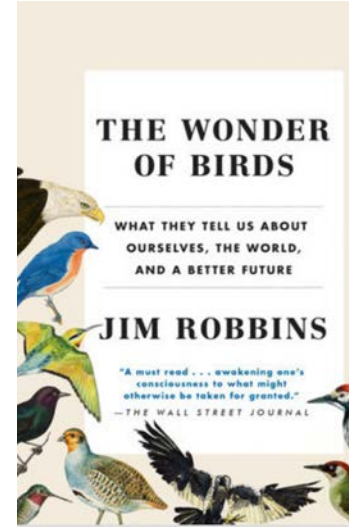
The Wonder of Birds: A Conversation with *New York Times* Science and Environmental Reporter, Jim Robbins

Discussion with acclaimed science and environmental author, Jim Robbins, about his 2017 book: *The Wonder of Birds: What They Tell Us About Ourselves, The World, and A Better Future*. Participants are expected to read the book in advance, offer questions, and join the moderated discussion with the author.

Tuesday, November 3 (one session)
 11:00 a.m. – 12:30 p.m.
 Class limit: 22
Course fee: \$10

INSTRUCTOR

Jim Robbins has written for the *New York Times*, *Audubon*, *Smithsonian*, and many other magazines for 35 years. His other books include *The Man Who Planted Trees: A Story of Lost Groves*, *the Science of Trees*, and *a Plan to Save the Planet*. He recently appeared on *CBS This Morning* to discuss the links among humanity, nature, and pandemics.



Beginning Genealogy

This course will introduce students to the fascinating hobby of genealogy. Topics include how to get started in genealogy, record types and how to use them, free and paid websites for online research, records available in local repositories, and problem-solving strategies. Each class will feature a 30- to 45-minute informational session followed by time to practice on your own laptop or tablet. Come ready to get started on your family history.

Tuesdays, 1:00 – 2:30 p.m.
 4 weeks: Sept 22, 29, Oct 6, 13
 Class limit: 23
Course fee: \$30

INSTRUCTOR

Rebecca Novy, a retired teacher, is a board member and part-time staff member at the Montgomery Museum of Art and History in Christiansburg. She has been doing genealogy for about 25 years and has earned two Professional Learning Certificates. She is the owner of Novy Genealogy.

Fake News

This course will focus on detecting bias and validity in the news with the goal of preparing community members to make informed voting decisions in the November election. We will consider where and how information regarding politics is released on social media, television/radio, and print media and discuss how to evaluate sources from various platforms. Additionally, we will cover tools and techniques for gathering a well-rounded perspective on issues. This course will not focus on one political party or viewpoint but rather on tools and technologies regarding information gathering and decision-making linked to local and national elections.

TOPICS

1. How is news (social media, radio, television) created and disseminated?
2. How do we evaluate the news effectively?
3. What is “fake news” and bias?
4. How can I improve my skills for finding reliable voting information?
5. How can I feel more confident heading to the polls?

Tuesdays, 1:00 – 2:30 p.m.
 3 weeks: Oct 20, 27, Nov 3
 Class limit: 23
Course fee: \$30

INSTRUCTOR

Amanda McDonald is the Undergraduate Research Services Librarian at Virginia Tech.

Harry Potter and the End of the Hero’s Journey

Between 1997 and 2007, J. K. Rowling’s Harry Potter series came out in print, breaking virtually all international records for press runs and sales. Now that a certain amount of the magic dust has settled seems a perfect time to assess the popularity of these novels, once considered “merely” for children. This course will allow the class to analyze the concluding books (volumes 6 and 7) of the series. Using the lens of identity politics, the bildungsroman, and Joseph Campbell’s work on the epic hero, we will put the series into perspective. Newcomers to the Harry Potter novels and to this LLI class are welcome. Introduction and context will be provided for all.

TOPICS

Session 1 will be an overall introduction, and we will begin looking at *Harry Potter and the Half-blood Prince* and the genre of the coming of age novel as well as contemporary identity politics. The following three sessions will conclude *Half-blood Prince* and discuss *Harry Potter and the Deathly Hallows*. We will then continue to think about age appropriateness as the novels deal with death by violence, emerging sexuality and gender roles, anger and rebellion, race and class. We will also consider aspects of the film versions and their impact on the popular imagination.

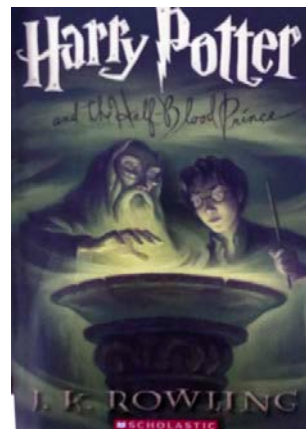
REQUIRED READING

Harry Potter and the Half-blood Prince
Harry Potter and the Deathly Hallows

Tuesdays, 3:00 – 4:30 p.m.
 4 weeks: Oct 13, 20, Nov 3, 10 (skip Oct 27)
 Class limit: 23
Course fee: \$30

INSTRUCTOR

Kaye Graham was a 30-plus year instructor in the English Department at VT with a specialty in Children’s Literature. She initiated VT’s first Harry Potter course.



Radical Civics: Individual Rights in the First Amendment

In this course, we'll examine relevant case law and consider the practicality and necessity of using the power of our First Amendment rights to control the excesses of government and to keep government honest and accountable. Does Margaret Mead's famous quote about a few people being the ones to make fundamental changes still apply in these times? The course will attempt to answer that age-old question through discussion and dialogue, supplemented by the experience of the instructor.

REQUIRED READING

John Lewis and Michael D'Orso, *Walking with the Wind: A Memoir of the Movement*

Wednesdays, 9:00 – 10:30 a.m.

6 weeks: Sept 30, Oct 7, 14, 21, 28, Nov 4

Class limit: 23

Course fee: \$30

INSTRUCTOR

Alan Graf is an award-winning, activist lawyer who has spent the last 27 years representing the rights of political protestors, the homeless, tree-sitters, street musicians, and disabled veterans in lawsuits against the government and big corporations.

Political Cartoons of World War II

Ever think history was boring? You know, dates and data. Well, think again and explore the exciting era of World War II as viewed by political cartoonists. This course explores a large group of cartoons and cartoonists from multiple nations, but the emphasis is on some major American and British political cartoonists including Bill Mauldin, Sir David Low, Theodor Geisel (aka Dr. Seuss), Herbert Block (aka Herblock), and others.

TOPICS

1. 1930s Prelude to war
2. 1939–1940 The war in Asia and Europe
3. 1941–1942 The global conflict
4. 1943–1944 The beginning of the end
5. 1945–1950 Resolution and the beginnings of the Cold War
6. Final reflections and remembrance

Wednesdays, 11:00 a.m. – 12:30 p.m.

6 weeks: Sept 23, 30, Oct 7, 14, 21, 28

Class limit: 23

Course fee: \$30

INSTRUCTOR

Edd Sewell is emeritus faculty, Department of Communication, VT. His primary research focus was the role of editorial/political cartoons as political discourse.

A Series of Murders: Red Herrings Reprised

Britton Gildersleeve reprises her popular Spring 2018 “mysteries” course—but with all new novels, a fresh series of murders, and enough red herrings to keep you pleurably on edge. If you are an alum of the first course—or if you are a newcomer to the class and the genre—join us in reading a range of exemplary mysteries, representing both the genre's early years in England and contemporary series. If you've always fancied yourself an armchair detective, now's your chance to pit your brain against the best in literature. NB: Deer-stalker hat and magnifying glass optional!

CLASS SESSIONS

1. Introductions, discussion of genre (history, background, questions, books to be read)
2. Sayers as doyenne of mystery, her background.
3. Byers' Carlyle series, uptick in '20s setting for mysteries
4. James' book, discussion of male and female detectives, 'gendered genres'
5. Dam's book with discussion of 'rewriting the classics'
6. Wrap-up, sharing of faves!

Wednesdays, 1:00 – 2:30 p.m.

6 weeks: Sept 30, Oct 7, 14, 21, 28, Nov 4

Class limit: 23

Course fee: \$30

INSTRUCTOR

Britton Gildersleeve has been a mystery reader since Nancy Drew and the Hardy Boys. From there it was Sherlock Holmes, the classics, cozies, all of it! During this ongoing affair with mysteries, she managed to work long enough to retire and read more mysteries!

REQUIRED READING

Dorothy Sayers, *Whose Body?*

Beth Byers, *Murder & the Heir*

Miranda James, *Murder Past Due*

Jeanne M. Dam, *Blood Will Tell*

Living Well to the End of Life: Creating a Better End-of-Life Path

Each of us would like our life story to end on our own terms. Modern technological advances and hyper-medicalization of the end-of-life choices have made reaching that goal more complicated and, in some cases, elusive. Informed behavior and active conversation can provide an essential tool for us to increase the probability that we will live on our own terms to the end. This course seeks to encourage and empower participants by learning EOL facts and discussing how those facts and options will impact our preparation for the EOL.

TOPICS

1. Critically analyze end-of-life care in the US.
2. Understand what matters most to individuals in their EOL planning as it is related to documents, selection of a healthcare agent, and conversations with one's healthcare team, family and friends.
3. Learn what a "typical" death looks like including how our bodies convey information when words leave us.
4. Discuss how the losses through our lives help prepare us for the EOL.
5. Share our stories as a way to teach one another about life and the EOL.

Wednesdays, 1:00 – 2:30 p.m.

6 weeks: Oct 7, 14, 21, 28, Nov 4, 11

Class limit: 20

Course fee: \$30

INSTRUCTORS

Marian Silverman, a nurse and industrial psychologist, was clinical director of Hospice of Northwest Ohio for 12 years.

Jerry Niles is a Professor Emeritus of Education at Virginia Tech where he spent 33 years on the faculty preparing teachers.

Richard Shepherd was an emergency room physician for 20 years and then a family physician with Carilion Family Practice in Blacksburg for 15 years.

Anne J. Campbell spent 25 years as a women's health nurse practitioner in Blacksburg. She is active with the Sojourn Center for Hospice Care project to establish a hospice facility in the New River Valley.

Louisa May Alcott's *Little Women*

This course will offer a deep dive into one of America's most beloved novels. Participants will learn about the Alcott family (including Louisa's Transcendentalist father and social worker mother); about the neighborhood of Concord, Massachusetts, where the Alcotts spent time with Ralph Waldo Emerson and Henry David Thoreau; and about the challenges Alcott faced as a woman writer. Most importantly, participants will read and analyze the novel itself. We will discuss the story's Civil War context, the religious expectations the March girls face, and how they navigate questions of marriage and career. We will consider the differences and surprising similarities between *Little Women's* nineteenth-century setting and our own time and reflect on the novel's cultural persistence by examining its film adaptations.

TOPICS

- Biographical information about Alcott and her family
- Historical context for *Little Women*
- Discussion of *Little Women* as a work of women's writing and an American literary text

Wednesdays, 3:00 – 4:30 p.m.

3 weeks: Sept 23, 30, Oct 7

Class limit: 23

Course fee: \$30

INSTRUCTOR

Ashley Reed teaches courses in American literature and digital humanities at Virginia Tech. She is the author of *Heaven's Interpreters: Women Writers and Religious Agency in Nineteenth-Century America*.

The Supreme Court: Presidents, Justices, and Cases

This course will examine the role the Supreme Court (and other courts) plays in resolving issues of great national significance. It will examine what the Constitution says about the Court, the Justices, and the kinds of cases that the Court may consider; the role played by the President in appointing Justices; how it is determined which cases will be heard by the Court; the internal processes by which cases are decided; and what the future likely holds for the Court.

CLASS SESSIONS

1. The Constitution, the Supreme Court, and the role of courts
2. The present justices
3. A short history of Supreme Court appointments
4. Agenda-setting and arguing cases
5. Deciding cases
6. The future of the Supreme Court—justices and cases

Thursdays, 9:00 – 10:30 a.m.
 6 weeks: Sept 24, Oct 1, 8, 15, 22, 29
 Class limit: 23
Course fee: \$30

INSTRUCTOR

Jack Call was on the faculty at Radford University for 34 years, retiring in 2020. He taught courses on Courts and the Criminal Process, Constitutional Rights of the Accused, and Criminal Law. He regularly writes on recent Supreme Court cases for the *Virginia Criminal Justice Bulletin*.

Global Change V: Organisms as Environmental Monitors and Remediators

This course is part of a sequence focusing on the science of Global Change. In Part V, we'll explore what role organisms play in reflecting and remediating the effects of climate change.

CLASS SESSIONS

October 1. Diatoms: The Lungs of the Planet and the Canary in The Coal Mine

Dave Orcutt, Professor Emeritus, Plant Pathology, Physiology and Weed Science, VT

October 8. What Nematodes Know About Soil Health and the Environment

Jon Eisenback, Professor, Plant and Environmental Sciences, VT

October 15. The Organisms that Eat our Sewage: Is Turning Wastewater into Drinking Water Safe and Effective?

John Novak, Professor Emeritus, Civil and Environmental Engineering, VT

Thursdays, 9:00 – 10:30 a.m.
 6 weeks: Oct 1, 8, 15, 22, 29, Nov 5
 Class limit: 35
Course fee: \$30

COURSE COORDINATOR
Don Mullins

October 22. Understanding the Complexity of Living Systems Through Space, Time, and Networks

Peter Sforza, Director, Center for Geospatial Information Technology, College of Natural Resources and Environment, VT

October 29. What do 50 Billion Locusts Tell Us About Earth's Climate?

Larry Vaughn, Director for Program Development, Center for International Research, Education and Development, VT

November 5. What Seabirds and Shorebirds are Telling Us About Changing Climate

Sarah Karpanty, Professor, Department of Fish and Wildlife Conservation, VT

Pet Portraits: Your Best Friend in Charcoal and Soft Pastels

Our greatest life memories touch on elements of beauty, happiness, contentedness, and kindness. No beings capture these moments as impeccably as do our pets. They greet us, big eyes anticipating approval, full of innocence, and loyalty and we find it's easy to be as devoted to them as they are to us. In this course we will honor our beloved pets by painting their portraits in charcoal and soft pastels. A list of supplies will be sent to registered participants.

CLASS SESSIONS

1. Charcoal sketches, determining size, and layout. Select an image of your pet. We will plan the size and layout, making preliminary sketches.
2. Soft pastels. Color will reveal our pet's character, with the tones, the mood, and movement.
3. Final touches. By focusing on highlights and shadows, hard lines and bright pops of color, the dimensions of our pet portrait will really shine through.

Thursdays, 11:00 a.m. – 12:30 p.m.
 3 weeks: Oct 8, 15, 22
 Class limit: 15
Course fee: \$30

INSTRUCTOR

Jesse Burgardt, a professional portraiture artist, also operates Nolley Art House, helps to direct h'ARTS on Main fundraiser for Montgomery Museum of Art and History, and serves as an official free-style artist for the music festival Floyd Fest.

Yoga: A Holistic and Scientific Approach to Life

This course explores the eastern wealth of knowledge in yoga through the scientific knowledge of the west. Unlike yoga practice in most studios in the US where the priority is to be able to bend and twist your body in intimidating ways, this class will combine gentle practice with discussions. Participants will experience yoga for themselves but also understand the theoretical and scientific basis behind their practice. Each session will include activities for loosening up the joints to release energy blocks, followed with gentle yoga stretches adapted to participants in chairs, enhanced with breathing and sound vibrations. The goal is to build awareness, develop flexibility, become calm, and relax the body-mind duo while developing understanding of how yoga works to create a holistic and evidenced-based way of living.

Thursdays, 11:00 a.m. – 12:30 p.m.
 4 weeks: Sept 24, Oct 1, 8, 15
 Class limit: 15
Course fee: \$30

INSTRUCTOR

Manisha Sharma is an internationally-certified Yoga teacher with over two decades of experience conducting yoga and meditation sessions across countries and audiences of varied ages, abilities, and professions.

Federalist and Progressive Perspectives on the U.S. Constitution, Part 1

What is the difference between Liberals and Conservatives in contemporary America? Why do they seem to talk past one another? Is there any way to sort out, at least as a theoretical matter, the roots of the quarrel?

Part of the quarrel arises from different approaches to the uniquely American question: "What is the nature of constitutional government?" Since the Progressive Era of the late 19th Century, two different understandings of constitutional government have developed: (1) the Founders' constitution, as articulated in *The Federalist*, and (2) the Progressive Constitution, as articulated most completely by Woodrow Wilson. Each tradition has a body of case law, critics, and defenders. Over two terms, we will explore these "two constitutions" as part of an effort to untangle the principles and arguments that drive contemporary Liberals and Conservatives.

Thursdays, 1:00 – 2:30 p.m.
 6 weeks: Oct 1, 8, 15, 22, 29, Nov 5
 Class limit: 15
Course fee: \$30

INSTRUCTOR

Sydney (Al) Pearson is Professor Emeritus of Political Science, Radford University

REQUIRED READING

The Federalist Papers 1–51

Short Stories that Stick

Instructors will share short stories selected for their artistry, ideas, and likelihood to spark discussion. Participants will be invited to select stories and lead discussions as well. We will use stories available online or provide pdfs for download in this interactive exploration of the power of short stories and the camaraderie created through conversation. If you believe the reading experience is enriched, deepened, and made more enjoyable through conversation, then this short story class is for you.

Thursdays, 3:00 – 4:30 p.m.
 5 weeks: Oct 15, 22, 29, Nov 5, 12
 Class limit: 15
Course fee: \$30

INSTRUCTORS

Jane Goette and **Molly McClintock** are both avid readers who love to discuss books, poems, stories, essays, and ideas.

En Plein Air

We'll make the most of painting outdoors during this time of social distancing. As the weather permits, we'll explore and capture the beauty of nearby scenes and landmarks—Smithfield Plantation, Black House, the Grove, Duck Pond/Gazebo, Huckleberry Trail, and Lane Stadium, for example. When the weather precludes outdoor gathering, you will continue your lessons with at-home assignments.

SUPPLIES

A list of supplies will be distributed in advance. A portable easel is required. "En Plein Air Pro" is suitable and available at Amazon or www.enpleinairpro.com.

Fridays, 9:00 – 11:30 a.m.
 6 weeks: Sept 25, Oct 2, 9, 16, 23, 30
 Class limit: 15
Course fee: \$30
Materials fee: \$35

INSTRUCTOR

Jesi Pace-Berkeley is a Professional Fellow of the Virginia Museum of Fine Art and Artist in Residence at the Don and Catherine Bryan Cultural Series, Outer Banks.

Exploring the George Floyd Moment

This moment in time begs for better understanding of the historic roots of racial inequality and how our laws, policies, ways of interacting with each other, and even our everyday lives remain deeply, but often invisibly, affected by systemic racism. A thought-provoking article, podcast, interview, or movie will help frame the discussion for each session.

This class will provide a non-judgmental, civil, and respectful peer learning environment. Members may enter the conversation at different points of knowledge and understanding and with varying perspectives.

Fridays, 10:00 – 11:30 a.m.
 6 weeks: Sept 25, Oct 2, 9, 16, 23, 30
 Class limit: 15
Course fee: \$30

FACILITATORS

Bev Walters is the former director of NRV CARES, a non-profit dedicated to protecting children and strengthening families.

Jane Goette is a teacher, writer, and avid reader deeply engaged in learning more about the historical context of enslavement and its hold on modern America.

Exploring Regional Chinese Cuisines

This online and in-home course will explore Chinese food of four regions: Canton, Szechuan, Hunan, and eastern seaboard (Shanghai, Hangzhou, and Fujian).

We'll begin with a general overview of characteristic flavors of regional Chinese cuisines and have a conversation about your experience cooking and eating Chinese food.

We'll preview the selected recipes and references for the following week, which will be sent to you by email. Class members may then buy the ingredients, cook those dishes at home, and submit their questions or comments about how the recipes tasted, problems you encountered, ingredient substitutions you tried, and so on.

We'll gather the next Friday on Zoom and debrief the tastes/flavors and your cooking experiences, answer the previously submitted questions, and preview the next regional cuisine and proposed recipes.

We'll follow this pattern of introducing each regional cuisine, trying several recipes on your own, and then gathering to share experiences and providing responses to your questions. Exploring Chinese cuisine by Zoom will be a new (and hopefully fun) experience for all of us!

Fridays, 10:30 a.m. – 12:00 p.m.
5 weeks: Oct 9, 16, 23, 30, Nov 6
Class limit: 15
Course fee: \$30

INSTRUCTOR

Anne McNabb has been cooking Chinese banquets since graduate school. She has >80 Chinese cookbooks and has used them all to learn about making authentic foods from the many regions of Chinese cuisine.

Photos: Clutter or Priceless Memorabilia?

What do you do with all those old photos lying around in boxes and on your phone and desktop? We will talk about sorting and organizing photos, both digital and physical. After that, what do you do with these organized photos? We will talk about digitizing photos and file management. Finally, what do you do with these digitized files? We will give you some creative options for displaying and sharing these photos.

PRESENTERS

Merrie Winfrey is an instructional designer at Radford University. She draws on her expertise in knowledge management as a communications specialist and her experience of sorting, organizing, and digitizing photos from her mother's side of the family. Photos from her father's side of the family sit waiting their turn in her garage.

Carolyn Meier has been an avid photographer for 55 years and has the boxes of photos to show for it! Having inherited her grandmother's and mother's albums, along with her large stash of albums, forced her into learning about organizing, digitizing, labeling, and preserving photos.

Fridays, 2:00 – 4:00 p.m.
1 week: Sept 18 **OR** Oct 9
(pick one date at registration)
Class limit: 15
Course fee: \$10

Free Virtual Events

Unlimited enrollment; register for each separately. Zoom format.
Participants will be invited to submit questions during or after the presentation.

Elections in the Trump Era

Rachel Bitecofer

Thursday, Oct 8, 7:00 p.m.

CO-SPONSORS

League of Women Voters-Montgomery County
Montgomery-Floyd-Radford Branch, NAACP

American elections have become increasingly nationalized and highly predictable, with partisanship serving as an identity-based, dominant vote determinant for all but a small portion of Americans.

Rachel Bitecofer is a senior fellow at the Niskanen Center in Washington DC with a specialization in elections. She conducts survey research and elections analysis. Her innovative election forecasting model predicted the 2018 midterms five months before Election Day.

Her research has been featured in media outlets such as *The New York Times*, *The Washington Post*, *USA Today*, *NPR*, and she is a contracted commentator on CBC Radio. She is author of *The Unprecedented 2016 Presidential Election* (Palgrave McMillan).



Friday Lecture Series

1:30–3:00 p.m.

6 sessions: Oct 2, 9, 16, 23, 30, Nov 6

Register for each one separately.

SERIES COORDINATOR

Judith Jones

Oct 2. The Hello Girls

“The Hello Girls” is a documentary featuring rare 100-year-old film footage of America’s first female soldiers. The footage, long buried at the National Archives, tells the story of the 223 women sent to France in 1918 as telephone operators to facilitate communications with the soldiers on the front lines of battle. They went at the request of General Pershing to fill positions men couldn’t master. After having been sworn in as soldiers, the women fought for years to receive their military pensions. We’ll watch the film together then have time for a brief discussion with our moderator, Karen Finch.

Karen Finch is a retired history teacher and a volunteer at Historic Smithfield.

Oct 9. The Foundations of Democracy

Last year marked the 400th anniversary of Virginia’s first General Assembly, the first governmental body in English North America. Meeting on an extremely hot July in 1619, 22 Burgesses assembled in the second church at Jamestown, a recently completed timber frame structure at the center of the growing town. Lost to history, the Jamestown Rediscovery team has spent the last three years excavating the buildings - and the people - from this early time leading to some ground-breaking discoveries. Join David Givens, Jamestown Rediscovery’s Director of Archaeology as he reveals the current findings that are illuminating the very foundations of our Nation’s democratic experiment.

David Givens was raised on a farm in Blacksburg, Virginia where his passion for archaeology started at an early age. He is now director of archeology with the Jamestown Rediscovery Team which supports the preservation, education and archaeological investigation of Historic Jamestowne.

Oct 16. The Spanish Guitar—A Presentation of Spanish Music for the Classical Guitar

This event will focus on Spanish composers and their historical importance and connections. The instructor will discuss and perform the selected compositions on the Spanish guitar as the program unfolds.

Justin Craig has instructed guitar students and ensembles at the Renaissance Music Academy in Blacksburg since 2005.

Oct 23. Barbershop Harmony

Wilderness Road Chorus

(not mustachioed men in striped vests)

Only two music styles originated in the United States—jazz and barbershop. According to historians, the barbershop sound can be mathematically defined based on the theorems of Pythagoras. The barbershop sound is used in music from popular, to Broadway, to spirituals. The women of Wilderness Road Chorus have been singing barbershop harmony in the New River Valley since 1986. Lavelva Stevens, director of the chorus, will describe what makes that barbershop sound, and the women's chorus will demonstrate the distinct barbershop style and perform songs to let you hear the sound.

Lavelva Stevens is music director at Holy Trinity Lutheran Church, Wytheville. She has been music director at several churches in the New River Valley.

Oct 30. Novel Ideas: How Writers Translate Dreams, Fears, and Memories into Marketable Fiction

Ever wonder where writers get their ideas? Or how they translate those ideas into stories that land on bookstore shelves? Learn about the process of mining dreams, fears, memories, and experiences for the core of a story, and how that kernel of inspiration transforms into a printed book.

Tracee de Hahn is the author of the Agnes Luthi mysteries set in Switzerland.

Nov 6. The Price We Paid: The World and the War to End All Wars

The First World War shaped the 20th century and beyond. Technological improvements and political, national, and social changes impacted the decade that followed WWI and still impact the world we live in today. The presentation will include a powerful short video done by a local student about a WWI soldier from Salem.

Alex Burke is chief historian, exhibit designer, and speaker for the Salem Museum.



Fall 2020 Registration



LIFELONG LEARNING INSTITUTE
at VIRGINIA TECH™

There are three ways to register this fall beginning at **9:00 a.m., Monday, August 31:**

- Online with a credit card *****best option*****
- On the phone using a credit card
- Mail-in with credit card information or check

Walk-in and drop-off registrations are not available this fall for safety reasons.

Please note that many classes have limited seats available. Early registration is recommended.

ONLINE REGISTRATION

Familiarize yourself with the courses and virtual events before logging in to register. Note your preferences and have additional choices identified in case your preferred courses are sold out. You will have the opportunity to add your name to a wait list for sold-out courses at the end of the registration process.

Online registration opens **Monday, August 31 at 9:00 a.m.**

To register: Visit <http://www.cpe.vt.edu/lifelonglearning/>, select the **Register** tab, and click on the link to connect to the LLI registration site.

1. Login page:
 - a. If you have an account, select **I have an account already** and enter your user name and password. Select **Login**. If you have forgotten either or both of these, click on “Forgot User Name” or “Forgot Password.” If you have forgotten your user name, your user name will be emailed to you. If you have forgotten your password, you will be sent a link to reset your password (the link expires after four hours). Please make a note of this information for easy retrieval in the future.
 - b. If you are new to LLI, select **New User**. You will be asked to choose your user name, enter your information, select **Register**, and follow the directions.
2. Membership page: Fall term membership is required (annual membership is no longer available). No action is required on this page. Scroll to the bottom and **Continue**.
3. Course Selection page: select your classes by using the dropdown box and selecting “1” next to each desired class. When you have completed your class selections, click **Continue**.
4. If a desired class is “sold out,” you will be offered an opportunity to add your name to the wait list at the end of the registration process.
5. Additional Information page: respond to the required questions and click to agree that you will not share any Zoom links.
6. Review and Pay page: review your course selections. Select your payment method, agree to the policy statements, then select **Pay and Register**.
7. Credit Card page: enter your credit card information as required.
8. Free Virtual Event Registration page: you may register for as many of the free Virtual Events as you wish and plan to attend.
9. Receipt and Confirmation page: the receipt will include links to a wait-list registration form and to Zoom instructions. Your Zoom links will be sent by email at a later date.

NEED HELP?

Please contact CPE Registration at 540-231-5182. You will be routed to someone who can take your registration or assist with technical problems. Leave a detailed message if no one is available to answer your call.

PHONE REGISTRATION

You may register by phone beginning at 9:00 a.m. on August 31. Please call 540-231-5182.

You will need to give your credit card information to the registrar.

MAIL-IN REGISTRATION

A printed registration form can be downloaded in pdf format from the LLI website beginning Thursday, August 27.

Mail the completed form with your check or credit card information to the LLI Registrar, Continuing and Professional Education, Virginia Tech Mailcode 0272, 702 University City Blvd, Blacksburg, VA 24061. Drop-off registrations cannot be accepted this term; the CPE building will be closed and locked for the safety of the staff.

Fees and Policies



LIFELONG LEARNING INSTITUTE
at VIRGINIA TECH™

FEES

Fall term membership is \$45. (An annual membership option is no longer available.) You **must** be a member to register for a course and to participate in free virtual events.

LLI courses are \$30 per course (a reduction reflecting the lack of venue rental costs for Fall). One-session classes are \$10. Some courses require an additional materials fee or purchase of a textbook or supplies. Additional fees or costs are noted in the course description. Virtual events are free to members.

FEE WAIVERS

The Lifelong Learning Institute is committed to accessible and affordable educational opportunities for NRV residents. Requests for fee waivers should be addressed to the LLI Registrar, phone 540-231-4364. All requests are confidential.

COURSE WAIT LISTS

If a desired course is full, you will have the opportunity to add your name to a wait list at the end of the registration process. You may also call the LLI Registrar (540-231-4364) to put your name on the wait list. If an opening occurs, wait listed members will be contacted in order.

GUESTS

LLI courses are intended for LLI members only. LLI students are not permitted to share Zoom access links for courses or virtual events with any unregistered person.

TO ADD A COURSE

If you are already registered for the term and wish to add another course, please contact the LLI Registrar at 540-231-4364 or heidil@vt.edu for assistance. If the course is not full, it may be added to your schedule.

TO DROP A COURSE OR EVENT

If you need to drop a course before it has begun or an event for which you registered, please notify the LLI Registrar (231-4364 or heidil@vt.edu)

REFUNDS

Membership fees are not refundable. However, if LLI cancels a course for any reason and the member has not enrolled for any other activity, the membership fee and the course fee may be refunded.

A member must cancel enrollment one week prior to the first session of the class to receive a refund of the course fee.

SCHEDULE CHANGES

All schedule changes and last-minute class cancellations will be communicated by email from the Zoom Class Assistant (or Instructor). Email is our primary means of communication. Please check your email regularly.

MAKEUP CLASSES

If a makeup class is scheduled because of a cancellation, you will be notified by email of the date and time.

ACCOMMODATIONS

If you are an individual with a disability and desire accommodation or you have questions about the physical access provided at a location, please contact the LLI Registrar at 540-231-4364 or contact us by email at lifelonglearning@vt.edu at least 14 days in advance of the start of class or the event.

Learning with Zoom: A Member Guide



What is Zoom?

Zoom is a video conferencing software application that allows you to see and hear others in an engaging, interactive way.

How do I join a class in Zoom?

You will receive a Zoom link for your upcoming LLI at VT class(es) in an email about one week prior to your first class meeting, and in a reminder email prior to each class meeting. Click on the link (or copy and paste the link into your web browser). You will use the same link for every class session. You can attend a class session using your laptop or desktop (Windows or Mac), tablet, or smartphone (iPhone or Android).

If you haven't used Zoom before...

You can download the free Zoom application on your computer/laptop or device either by clicking on the link in a meeting invitation or by visiting zoom.us/download. If you are using the Zoom website, select Zoom Client for Meetings if you have a computer or laptop (either Apple or Windows). If you have a phone, iPad, or tablet, scroll down and select Zoom Mobile Apps.

What equipment do I need?

At the most basic level, all you need to use Zoom is a smartphone. However, if you have access to a computer or mobile device you can use the full capabilities of Zoom.

The following equipment will enhance your experience but is NOT necessary:

- **Web camera:** A camera will increase your connection with your instructor and your peers by allowing you to see each other face-to-face. If you do not have access to a web camera, you will still be able to see the instructor. Cameras are built into most computers, and you probably don't need a separate one. But use your preferences/settings to be sure it is turned on.
- **Headsets/earbuds/airpods with microphone.** These will let you hear and/or be heard more clearly. This does not need to be fancy equipment; it can be the same as the headphones you might use with your phone.
- **Charger:** Charging your device before and/or during class will ensure that you do not have an unexpected power outage interrupting your learning.

Help is available

Go to tinyurl.com/lli-vt-zoom to find a recorded Zoom Basics training video and powerpoint. There are also printable Quick Guides with device-specific guidance in easy to download pdf format, and additional tips and tricks to make your Zoom experience more enjoyable.

A Zoom Assistant will be assigned to every class to help class members with the technology as well as with other class management activities. If you're experiencing trouble connecting to Zoom, first contact your Zoom Assistant. You can also call 540-231-4364 or email heidil@vt.edu.

Volunteer!

The Lifelong Learning Institute at Virginia Tech thrives on the contributions of its volunteers. Please consider joining the ranks of those who contribute time, service, and expertise. Send a note with your interest to lifelonglearning@vt.edu or complete the volunteer interest form on the LLI website.

TEACHING

We welcome your suggestions for courses, lectures, and programs. Send your ideas directly to the Program Committee Chair, Pat Hyer (hyerp@vt.edu). We also invite you to teach a course in an area of your own expertise. Complete and submit the course proposal form online (under the Volunteer tab of the LLI website, www.cpe.vt.edu/lifelonglearning/).

INSTRUCTIONAL SUPPORT

We seek and train volunteers to serve as class assistants. Responsibilities may include distributing classroom information, setting up and restoring the room, introducing the instructor, and assisting with technology. Class assistants receive Zoom training to support online learning.

COMMITTEE WORK

We actively recruit new members to serve on our four LLI committees: Program Committee, Membership Committee, Instructional Support Committee, and Social Events Committee.

OCCASIONAL ASSISTANCE

We seek volunteers for a variety of tasks that do not require sustained commitment. Let us know, for example, if you have data entry, spreadsheet, or web skills, if you could take photographs of LLI events, drive a van for one of our field trips, or help out with classroom AV.

By their effort and talents, volunteers create the spirit and shape the experience of LLI. We look forward to welcoming newcomers into our vibrant community of support.