



**LIFELONG LEARNING INSTITUTE**  
at VIRGINIA TECH.



*Online and in-person learning adventures for curious adults!*



LLI hikers visiting Brush Mountain Park with the New River Land Trust.

## Fall 2022 CALENDAR

Visit [www.cpe.vt.edu/lifelonglearning](http://www.cpe.vt.edu/lifelonglearning) for details and updates

<p><b>Week of</b> <b>Aug. 8</b></p>	<p>Detailed course and event descriptions available on LLI website</p> <p>Catalog in pdf format available for viewing or download</p>	<p><b>Sept. 1</b></p>	<p>Zoom Preview of Fall Program, 10:00 – 11:30 a.m. Registration not required.</p>
		<p><b>Sept. 7</b></p>	<p>Online registration opens at 10:00 a.m. Walk-in registration 10:00-2:00 Sept. 7 only</p>
		<p><b>Beginning</b> <b>Sept. 19</b></p>	<p>Classes phased in over several weeks</p>

Fall 2022

# PROGRAM OVERVIEW

# Thanks to our Donors and Sponsors!

Message from Development Committee Chair, Candi Kelly



LLI's first campaign for sustainability was a great success! Thank you to the more than 100 donors who contributed to the LLI Members Annual Fund during 2021–22. With net gifts totaling almost \$28,000, it is a tremendous demonstration of member commitment to LLI. We will put those funds to good use as we hire a new Program Coordinator this fall. The Program Coordinator will provide professional and consistent support for our many essential LLI volunteers.

Thanks to our Development Committee members —John Hillison, Diane Akers, and Paul French—who recruited our 2022–23 sponsors. Again this year, sponsorships from local businesses support our operations and help keep our fees as low as possible for our members.

Please watch for our fall mailing inviting you to contribute to the 2022–23 LLI Members Annual Fund. We appreciate every donation. Sustaining the great programs and support services for members is an ongoing commitment for all of us who love LLI.

## Presenting Sponsors



**Meghan Kuczmariski, CRPC®**

Financial Advisor

## Supporting Sponsors



THE **BLACKSBURG** PARTNERSHIP

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# Welcome to LLI at Virginia Tech

LLI courses for Fall 2022 will be offered online (6 courses), in person (20 courses), or both formats (1)—something for everyone! Online learning offers an opportunity to hear and see better, join classes while you travel, and participate from home. Small in-person classes allow members to gather with new and long-time friends.

Five field trips are on the schedule for fall—a great chance to enjoy beautiful fall scenery and explore local history—each for a small fee.

Free special events are a great member benefit. Four Zoom lectures and three in-person events are on the schedule. You may sign up for as many of these events as you plan to attend.

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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 and beyond 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.

## Fall Preview by Zoom

**September 1, 10:00 – 11:30 a.m.**

Join us via Zoom for our Fall Preview on **September 1, 10:00 – 11:30 a.m.** No registration is required. The webinar link will be sent to those on our email list and posted on the LLI home page.

## Thanks and Farewell, Heidi

**Heidi Dickens** started her job as the LLI registrar just before the COVID lockdown in January 2020; the timing couldn't have been better! She calmly walked us through a complete transformation to online learning, teaching some volunteers to host Zoom sessions and members how to mute and unmute themselves. If you took a Zoom class and got an edited class recording after the meeting, it was Heidi who prepared that version. If you had problems registering for a class, Heidi solved the problem. This fall, Heidi will be reducing her hours even further, then re-retiring to tend to her beloved farm in Floyd. We appreciate you, Heidi, and wish you the best.



## Contact Information

CPE Registration: 540-231-5182

LLI website:

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

LLI email address: [lifelonglearning@vt.edu](mailto:lifelonglearning@vt.edu)

LLI Zoom Resources for online learning:

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

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

CPE office address (note the move from University City Boulevard)

Continuing and Professional Education  
400 Stanger Street #118A  
Blacksburg, VA 24061

Address for walk-in registration Sept 7 only

Moss Building, Corporate Research Center,  
1900 Kraft Drive

## Board of Directors

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Dean Spader, At-large Member

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# LLI Fall 2022 Courses at a Glance

See the LLI website and online catalog for full course and event descriptions: [www.cpe.vt.edu/lifelonglearning](http://www.cpe.vt.edu/lifelonglearning).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 - 10:30, 6 weeks Sep 19, 26, Oct 10, 17, 24, 31 (skip Oct 3) <b>Justice: What Is the Right Thing to Do?</b> (limit 20) Dean Spader CRC, Concept Rm, 1880 Pratt Dr, Suite 2018</p> <hr/> <p>11:00 - 12:30, 4 weeks Oct 10, 17, 24, 31 <b>Digging Deeper into Genealogy</b> (limit 25) Rebecca Novy CRC, Concept Rm, 1880 Pratt Dr, Suite 2018</p> <hr/> <p>2 weeks, times vary 10:30 - 12:00, Sept 26 10:00 - 12:00, Nov 7 <b>Creating Beautiful Glass Flowers for Your Garden</b> (limit 18) Paula Golden Sept 26: Instructor's Home Nov 7: Blacksburg Community Center, Community Room</p> <hr/> <p>1:00 - 2:30, 4 weeks Sep 19, Oct 2, 10, 17 (skip Sep 26) <b>Armchair Journeys</b> (limit 50) Molly McClintock, Coordinator <b>Zoom</b></p> <hr/> <p>1:00 - 2:30, 3 weeks Oct 3, 10, 17 <b>Taste of Technology</b> (limit 35) Carolyn Meier, Sandy Hagman, Diana George, Coordinators <b>Zoom</b></p> <hr/> <p>3:00 - 5:00, 6 weeks Sep 19, 26, Oct 3, 10, 17, 24 <b>Appreciating Wines of Portugal, Germany, Austria, Greece, and Eastern Europe</b> (limit 25) Randall Horst Vintage Cellar</p>	<p>9:00 - 10:15, 7 weeks Oct 4, 11, 18, 25, Nov 1, 8, 15 <b>Sampler (Unlimited)</b> Molly McClintock, Coordinator <b>Zoom</b></p> <hr/> <p>11:00 - 12:30, 5 weeks Oct 4, 11, 18, 25, Nov 1 <b>Pictures to Books: Making Digital Photos into Memory Books, Heirlooms, Travel Logs, and More</b> (limit 12) Carolyn Meier, Coordinator CRC, Curiosity Rm, 1900 Kraft Dr, Suite 1000</p> <hr/> <p>11:00 - 12:30, 6 weeks Sep 20, 27, Oct 4, 11, 18, 25 <b>How Do Courts Function in a Democracy?</b> (limit 20) Jack Call CRC, Crescent Rm, 2000 Kraft Drive, Suite 2100</p> <hr/> <p>11:30 - 12:30, 4 weeks Sep 20, 27, Oct 4, 11 <b>Intro to Yoga</b> (limit 15 in-person; unlimited Zoom) Natalie Duncan In-Balance Yoga Studio, 1512 N. Main St, Blacksburg <b>or Zoom</b></p> <hr/> <p>1:00 - 2:30, 6 weeks Sep 20, Oct 4, 11, 18, 25, Nov 1 (skip Sep 27) <b>Introducing Toni Morrison</b> (limit 15) Virginia Fowler CRC, Crescent Rm, 2000 Kraft Drive, Suite 2100</p> <hr/> <p>3:00 - 4:30, 6 weeks Sep 20, 27, Oct 4, 11, 18, 25 <b>Unpacking Hebrew (Old Testament) Narrative</b> (limit 20) Russell Gregory CRC, Crescent Rm, 2000 Kraft Drive, Suite 2100</p>	<p>10:30 - 12:00, 4 weeks Sep 28, Oct 5, 12, 26 (skip Oct 19) <b>What Went Wrong? The Decline of the Middle East in Modern Times</b> (limit 50) Bill Ochsenwald Warm Hearth Village, Tall Oaks Rm</p> <hr/> <p>10:30 - 12:00, 2 weeks Nov 2, 9 <b>Four Key Developments in Blacksburg's Early History</b> (limit 50) Hugh Campbell Warm Hearth Village, Tall Oaks Rm</p> <hr/> <p>1:00 - 2:30, 4 weeks Sep 21, 28, Oct 5, 12 <b>Prizing Children's Literature: Selecting the Best Books for the Kids You Love</b> (limit 15) Kaye Graham Warm Hearth Village, Woodland Studio</p> <hr/> <p>3:00 - 4:30, 6 weeks Sep 21, 28, Oct 5, 12, 19, 26 <b>Best of 2021 Short Stories</b> (limit 15) Trudi Riley, Molly McClintock <b>Zoom</b></p>	<p>9:00 - 10:30, 6 weeks Sep 22, 29, Oct 6, 13, 20, 27 <b>Political Cartooning in Africa</b> (limit 32) Edd Sewell CRC, Concept Rm, 1880 Pratt Dr, Suite 2018</p> <hr/> <p>10:30 - 12:00, 1 week Nov 3 <b>What You Need to Know before You Buy a New Computer, Laptop, or Tablet Device</b> (limit 32) Travis Carter CRC, Concept Rm, 1880 Pratt Dr, Suite 2018</p> <hr/> <p>11:00 - 12:30, 6 weeks Sep 22, 29, Oct 6, 13, 20, 27 <b>Global Change VII: Plastic Pollution</b> (limit 50) Anne McNabb, Beth Grabau, and Don Mullins <b>Zoom</b></p> <hr/> <p>11:00 - 12:30, 4 weeks Oct 6, 13, 20, 27 <b>Families and Relationships: Connections That Matter</b> (limit 32) Katherine Allen, Fred Piercy CRC, Concept Rm, 1880 Pratt Dr, Suite 2018</p> <hr/> <p>1:00 - 2:30, 5 weeks Oct 6, 13, 20, 27, Nov 3 <b>Weighing the Facts: The Brain-Body Weight Connection</b> (limit 32) Janet Rankin, Coordinator CRC, Concept Rm, 1880 Pratt Dr, Suite 2018</p> <hr/> <p>3:00 - 4:30, 6 weeks Sep 22, 29, Oct 6, 13, 20, 27 <b>Introduction to Italian</b> (limit 15) June Stubbs CRC, Concept Rm, 1880 Pratt Dr, Suite 2018</p> <hr/> <p>3:00 - 4:30, 6 weeks Sep 22, 29, Oct 6, 13, 20, 27 <b>Seasoned Sleuths: Detection After 60</b> (limit 32) Britton Gildersleeve <b>Zoom</b></p>	<p>9:00 - 11:00, 6 weeks Sep 16, 23, 30, Oct 14, 21, 28 (skip Oct 7) <b>En Plein Air</b> (limit 16) Jessica Pace-Berkeley Outdoors at various locations</p> <hr/> <p>9:00 - time varies, 2 weeks Oct 7 (9:00-10:30, Zoom) Oct 14 (9:00-2:00, in-person inc lunch) <b>Preparing Classic Szechuan Chinese Dishes</b> (limit 12) Anne McNabb <b>Session 1 by Zoom</b> Session 2 at instructor's home</p> <hr/> <p>11:00 - 12:30, 5 weeks Sep 23, 30, Oct 7, 14, Oct 28 (skip Oct 21) <b>Memoir and Essay Writing</b> (limit 15) Richard Gilbert CRC, Concept Rm, 1880 Pratt Dr, Suite 2018</p> <hr/> <p>2:00 - 3:30, 1 week Oct 21 <b>Electronic Doodling: Using a Tablet to Draw</b> (limit 32) Steven White CRC, Concept Rm, 1880 Pratt Dr, Suite 2018</p>

CRC = Corporate Research Center

For more information, please see the LLI website: [www.cpe.vt.edu/lifelonglearning](http://www.cpe.vt.edu/lifelonglearning)

## 1. Justice: What is the Right Thing to Do?

This course introduces the theories of justice to average citizens by using a popular method developed by Michael Sandel at Harvard. Sandel's book has sold over a million copies, and he has been referred to as a "superstar" philosopher because his classes exceed 500 students.

The course requires no specialized knowledge. It uses the following method:

1. A practical problem will be given to the class to discuss and solve.
2. The theory of justice illustrated by this problem will be presented in Sandel's book and a 15–30 minute presentation.
3. Class members will discuss other examples from society, their own communities, and their own lives illustrating this theory.
4. More extended readings and videos will be provided for those who wish to understand the theory and its uses in many current issues.

See [justiceharvard.org](http://justiceharvard.org)

### REQUIRED READING

Michael J. Sandel, *Justice: What's the Right Thing to Do?* 2009.  
ISBN-13: 978-0374180652

Mondays, 9:00 – 10:30 a.m.

6 weeks: Sept 19, 26, Oct 10, 17, 24, 31  
(skip Oct 3)

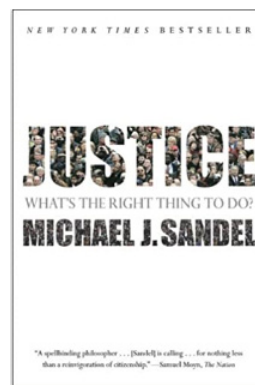
**Corporate Research Center, Concept Room**, 1880 Pratt Dr, Suite 2018

Class limit: 20

**Course fee: \$35**

### 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.



## 2. Digging Deeper into Genealogy

Have you been working on genealogy and are ready to learn something new? Let's dig deeper into some less-familiar records and skills to enhance your genealogy research.

Students will learn to access a variety of records both in-person and online with free and paid websites. Each class will feature a 45–60 minute presentation followed by time to practice on your own laptop or tablet. Come ready to learn more about your family history!

### TOPICS

- Using non-population census schedules
- Learning to plat (draw) the boundaries of your ancestor's lands
- Using the Leeds Methods to understand your DNA matches
- Organizing your genealogy research

Mondays, 11:00 a.m. – 12:30 p.m.

4 weeks: Oct 10, 17, 24, 31

**Corporate Research Center, Concept Room**, 1880 Pratt Dr, Suite 2018

Class limit: 25

**Course fee: \$35**

### INSTRUCTOR

**Rebecca Novy** is a professional genealogist with over 25 years of genealogy experience. She has previously taught genealogy classes through LLI and the Montgomery-Floyd Regional Library.

### 3. Creating Beautiful Glass Flowers for Your Garden

The first session in September will be an in-person tour at the instructor's home garden to get inspiration for your glass flower creations. We'll discuss design elements present in vintage glass plates and bowls so that you can purchase your glass pieces with purpose.

At the second session in November, we'll assemble and create the flowers in a hands-on two-hour workshop.

A supply list will be provided to enrolled students. Supplies should be purchased between the first and second sessions. Class members might want to share or swap items they have found with classmates.

Participants are asked to wear masks for both classes.



Mondays, 2 weeks; times vary  
Sept 26, 10:30 a.m. – 12:00 p.m.

**instructor's home**

Nov 7, 10:00 a.m. – 12:00 p.m.

**Blacksburg Community Center,  
Community Room**

Class limit: 18

**Course fee: \$35**

#### INSTRUCTOR

**Paula Golden** has had a passion for quilting for 40 years. Her eye for pattern and color extends to creating glass flowers for her garden.

### 4. Armchair Journeys

Travel along (virtually) on fascinating trips across the country and around the globe. Speakers will share their adventures along with photos/videos enhancing their stories. Participants are invited to join along with questions and comments.

Mondays, 1:00 – 2:30 p.m.

4 weeks: Sept 19, Oct 3, 10, 17 (skip Sept 26)

**Zoom**

Class limit: 50

**Course fee: \$35**

#### COURSE COORDINATOR

**Molly McClintock**

#### Sept 19. China with Marilyn and Rich Rio

This trip includes Beijing (Forbidden City, Imperial Palace, and Tiananmen Square), The Great Wall, Xi'an (The Terracotta Warriors), Yangtze River and 3 Gorges Dam, Shanghai, and Hong Kong.

#### Oct 3. Tools and Tips for Planning Travel Adventures: Belize and Costa Rica with Janet Rankin

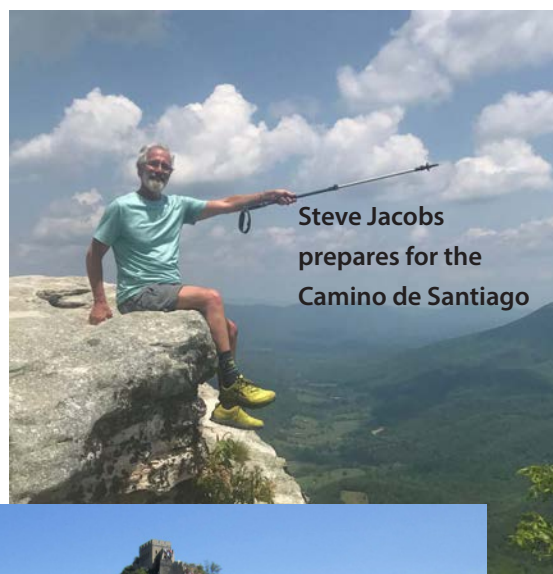
Janet will compare her visits to these Central American destinations and give tips on planning your own adventure.

#### Oct 10. Camino de Santiago with Steve Jacobs

Steve and his daughter, Amy, hiked the trail together in the summer of 2022.

#### Oct 17. Florida Keys with Tony and Susan Martin

Tony and Susan took the LLI/Road Scholar trip in January 2020. In addition to the Keys, the group visited the Dry Tortugas off the coast of Key West. Tony's nature photography will impress.



**Steve Jacobs**  
prepares for the  
Camino de Santiago



**Marilyn and Rich**  
Rio in front of The  
Great Wall of China

## 5. Taste of Technology

This course is a sampler of technology issues, gadgets, and trends of interest to seniors.

### CLASS SESSIONS AND INSTRUCTORS

#### Oct 3. Fiber Optics 101

Dr. Cohill will give us a presentation on fiber optics and how it is being developed in our area. He will talk about the difference between fiber optics and the networks as they stand now.

**Andrew Cohill** is the president and CEO of Wide Open Blacksburg, which is currently building Gigabit fiber to homes in Blacksburg. He has an extensive background in broadband network design, broadband planning, and network construction and operations and was a director of Blacksburg Electronic Village.

#### Oct 10. Underwater Robots

The Center for Marine Robotics at Virginia Tech is an interdisciplinary organization that spans multiple academic departments. The Center's students, staff, and faculty collaborate to design, build, and deploy the next generation of autonomous underwater robots for subsea exploration. The deep oceans on Earth remain largely unexplored because the technical challenges of mapping the deep ocean are immense. Dr. Stilwell will describe solutions being developed by the Center, including the technology that will enable teams of deep-ocean robots to collaboratively and rapidly explore the deep ocean.

**Dan Stillwell** is the director of the Center for Marine Autonomy and Robotics at Virginia Tech and a professor in the Bradley Department of Electrical and Computer Engineering.

Mondays, 1:00 – 2:30 p.m.

3 weeks: Oct 3, 10, 17

#### Zoom

Class limit: 35

**Course fee: \$35**

### COURSE COORDINATORS

**Diana George, Sandy Hagman,  
Carolyn Meier**

#### Oct 17. Blockchain, Bitcoin, and NFTs: What Is that All About?

Want to learn the difference between bitcoin and blockchain? Ready to dive into NFTs, DAOs, DeFi, and Dogecoin? Come learn about blockchain, cryptocurrencies, and what these tools mean to the future of technology.

**James Harder** is the External Engagement Manager for the Virginia Tech Department of Computer Science.



The Dragon Autonomous Underwater Vehicle tows large payloads.

## 6. Appreciating Wines of Portugal, Germany, Austria, Greece, and Eastern Europe

Many excellent European wines come from countries other than France, Spain, and Italy. This course will feature varieties outside the most known wine regions. Port, Vinho Verde, and Lisboa from Portugal; Riesling, Pinot Gris, and Pinot Noir from Germany; Agiorgitiko and Assyrtiko from Greece; Feteasca Regala and Babeasca Neagra from Romania; and Gruner Veltliner, and Pinot Noir from Austria are on the menu.

### INSTRUCTOR

**Randall Horst** has served as wine buyer at the Vintage Cellar for 25+ years. He has taught an LLI wine appreciation course since 2016.

Mondays, 3:00 – 5:00 p.m.

6 weeks: Sept 19, 26, Oct 3, 10, 17, 24

**Vintage Cellar**, 1338 S. Main St,  
Blacksburg

Class limit: 25

**Course fee: \$35**

**Wine fee: \$125.** Pay the wine fee directly to Vintage Cellar by check or credit card. Look for instructions after enrollment.

## 7. Sampler

This engaging 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**

#### **Oct 4. Music—The Gift that Keeps on Giving**

This research-based presentation provides perspectives on how music can facilitate communication and physical and mental health, as well as promote life-enhancing decisions. It builds an understanding of complex issues through the lens of science, music therapy, and testimonies. It offers tangible ways to enhance the lives of participants and their families, provokes reflection, and encourages discussion.

**Louise Billaud** is a professor of music at New River Community College.

#### **Oct 11. Sorting Fact from Fiction Online**

Do you believe everything you see online? There are plenty of sensationalized headlines, misleading stories and even complete falsehoods circulating on the Internet, making it hard for even the most discerning reader to sort fact from fiction. This event will equip you with valuable tools and resources to help you stay safe online.

**Larry Lipman** is a former journalist and journalism adjunct professor. He presents this talk on behalf of AARP Virginia.

#### **Oct 18. In the True Blue's Wake: Slavery and Freedom Among the Families of Smithfield Plantation**

This book tells the story of the men and women who were enslaved at Smithfield between its establishment in 1774 and the abolition of slavery there in 1865: who they were and how they and their families endured the experience of slavery. It then follows those families after their emancipation as they moved throughout the United States and explores how they and their descendants used their families' new freedom to assume their own places in the world.

**Dan Thorpe** will share the research in his newly published book. Dan is an associate professor of history at Virginia Tech.

Tuesdays, 9:00 – 10:15 a.m.

7 weeks: Oct 4, 11, 18, 25, Nov 1, 8, 15

**Zoom**

Unlimited enrollment

**Course fee: \$35**

#### **Oct 25. The Fun, Joy, and How of Volunteering**

Our speaker will share useful information about volunteering and leadership, including the impact of volunteerism, with tips and examples to improve one's leadership and effectiveness.

**Ben Crawford** has years of experience with nonprofit organizations as both a volunteer and staff person. He retired from Virginia Tech as a Volunteer Development and Leadership Specialist.

#### **Nov 1. Montgomery County Women's History**

This fall, the Montgomery Museum of Art & History will host "Agents of Change: Female Activism in Virginia from Women's Suffrage to Today" from the Virginia Museum of History & Culture in Richmond. This traveling exhibit will be paired with a companion exhibit focused on the history of women in Montgomery County. Noteworthy women such as Lucy Lancaster, Ruby Altizer Roberts, and Nannie Hairston will be featured, along with information about everyday women who took on new roles outside the home such as the seamstresses at Blue Ridge Overall Factory.

**Sherry Joines Wyatt** is the curator of the Montgomery Museum of Art & History.

#### **Nov 8. From Page to Stage: Inside the Theatrical Process**

VT theatre professor Susanna Rinehart gives participants a window into the collaborative process of a director, designers, technicians, stage managers, and actors as they create live theatre. She will use as her example Rajiv Joseph's new play *Describe the Night*, in production at VT's Studio Theatre November 10–15.

**Susanna Rinehart** is an associate professor of performance in the theater department at VT. She has acted in and directed numerous student performances.

#### **Nov 15. Improving Nutrition Around the World**

Improving nutrition has been a long-standing goal for the U.S. government. Among its early programs were nutritional studies in 30+ countries conducted in part by biochemists. Ed Bunce will share the story and photos of his trip to Burma in 1961 to improve nutrition there, a project thwarted by political upheaval.

**Ed Bunce** is professor emeritus of biochemistry at VT. He taught and conducted research for 30 years.



## 8. Pictures to Books: Making Digital Photos into Memory Books

This 5-session in-person course helps participants create photo books for personal use or gifts. Examples of projects include travel, events, and family history. Each session will include some workshop time. Participants will need to bring their own laptops to class. A book can be produced by using software that is online. Purchasing software will not be necessary.

Tuesdays, 11:00 a.m. – 12:30 p.m.

5 weeks: Oct 4, 11, 18, 25, Nov 1

**Corporate Research Center, Curiosity Room**, 1900 Kraft Dr, Suite 1000

Class limit: 12

**Course fee: \$35**

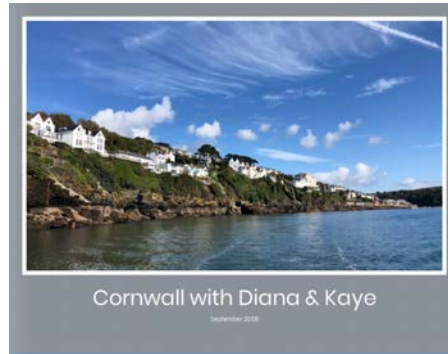
### INSTRUCTORS

**Diana George**, Emerita Professor of Rhetoric & Writing, Virginia Tech

**Sandy Hagman**, Retired Technical Writer and Software Trainer, Traveling Coaches

**Carolyn Meier**, Retired Librarian, University Libraries

**Carolyn Rude**, Emerita Professor of Rhetoric & Writing, Virginia Tech



## 9. How Do Courts Function in a Democracy?

Courts play a vital, but often misunderstood, role in our system of government. This course will focus on why that generalization is true. Some attention will be given to Virginia's court system, but primary attention will be given to the role of federal courts and the diversity in state courts.

Tuesdays, 11:00 a.m. – 12:30 p.m.

6 weeks: Sep 20, 27, Oct 11, 18, 25, Nov 1

**Corporate Research Center, Crescent Room**, 2000 Kraft Dr, Suite 2100

Class limit: 20

**Course fee: \$35**

### TOPICS

- Why courts are law- and policy-makers
- How common law legal systems work
- Does it matter how courts are structured?
- Does it matter how we select judges?
- Does it matter how we educate lawyers?
- A brief overview of the criminal process

### INSTRUCTOR

**Jack Call**, Professor emeritus of criminal justice at Radford University, used his J.D. and Ph.D. in political science degrees as the basis for teaching law-related courses at RU. He has taught numerous courses for LLI over the last several years.

## 10. Introduction to Yoga

This 4-week course will introduce participants to the basics of yoga for mature students, focusing on the mind, body, and spirit through four styles of yoga: Basic, Yin (a deep stretch practice), Gentle, and Restorative practices. Students will learn breathing techniques, poses, and movement each week and gain a deeper understanding of the long-term benefits of regular yoga practice. Wear clothing for light exercise (sweats, shorts, yoga pants, tees, etc.). This class is suitable for beginners to yoga.

Tuesdays, 11:30 a.m. – 12:30 p.m.

4 weeks: Sept 20, 27, Oct 4, 11

**10 a: In person In-Balance Yoga Studio**, 1512 N. Main Street, Blacksburg

Class limit: 15

**10 b: Zoom**

Unlimited enrollment

**Course fee: \$35**

### INSTRUCTOR

**Natalie Duncan** completed her 200-hour yoga teacher training in 2021 at In Balance Yoga. She is passionate about making yoga accessible to everyone in a fun and welcoming environment.

In-person and Zoom sessions will run concurrently.

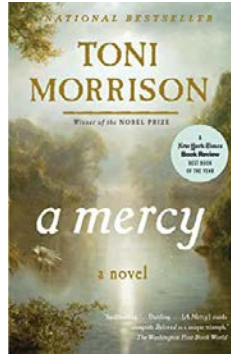
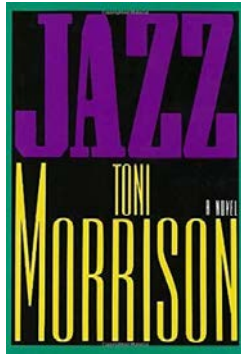
## 11. Introducing Toni Morrison

Nobelist Toni Morrison is known to many readers primarily by her Pulitzer-Prize winning novel, *Beloved*. Although that novel offers a stunning exploration of the impact of slavery on the mind and consciousness of individual slaves, it is only one of eleven novels she wrote. In this course we will read and discuss two of Morrison's later novels, *Jazz*, a novel set during the Harlem Renaissance, and *A Mercy*, which is set in the late 17th century, before America as we know it had come into being.

Morrison has stated that she always writes about “how people relate to one another and miss it or hang on to it . . . or are tenacious about love. About love and how to survive—not to make a living—but how to survive whole in a world where we are all of us, in some measure, victims of something.” The novels we will read illustrate the difficulty human beings have in recognizing love and trying not to throw it away.

The course will include reading, lecture, and discussion.

Students should purchase the two novels (any edition) before classes begin.



Tuesdays, 1:00– 2:30 p.m.

6 weeks: Sept 20, Oct 4, 11, 18, 25, Nov 1  
(skip Sept 27)

**Corporate Research Center, Crescent Room**, 2000 Kraft Dr, Suite 2100

Class limit: 15

**Course fee: \$35**

### INSTRUCTOR

**Ginney Fowler** has been in the English Department at VT for many years. She has written books on Henry James, Gloria Naylor, and Nikki Giovanni, and regularly teaches classes in African-American literature.

### REQUIRED READING

Toni Morrison, *Jazz*

Toni Morrison, *A Mercy*

No reading assignment for the first class meeting, which will be solely introductory.

## 12. Unpacking Hebrew (Old Testament) Narrative

Many times, Hebrew narratives are appreciated only for the theology that can be derived from them. Because of that, the stories are not given proper attention. Indeed, the story, deeply or closely read, subverts that theology, shows that the theology was eisegesis, that is, placing an interpretation on the narrative that reveals more about the interpreter and his/her bias. We will look at several stories and see how they energize the imagination and lead to multiple meanings.

### TOPICS

We will cover Genesis 1 (creation), Genesis 2-3 (Eden), Genesis 37-50, 1 Samuel 25 (early David); 2 Samuel 11 (David's adultery), 2 Samuel 13, and a few others.

Tuesdays, 3:00 – 4:30 p.m.

6 weeks: Sept 20, 27, Oct 4, 11, 18, 25

**Corporate Research Center, Crescent Room**, 2000 Kraft Dr, Suite 2100

Class limit: 20

**Course fee: \$35**

### INSTRUCTOR

**Russell Gregory** taught religious studies at Radford University. His concentration for doctoral studies was Hebrew Scriptures.

### BACKGROUND READING

Bible (revised standard or new revised version)  
Robert Alter, *The Art of Biblical Narrative*

## 13. What Went Wrong? The Decline of the Middle East in Modern Times

In the period from 661 to 1250, the Islamic Middle East was a leading region of the world. However, since then, the Middle East has declined politically, militarily, economically, scientifically, socially, and culturally relative to other world regions. This course will analyze the causes and effects of the decline by critically discussing ideas in Bernard Lewis's book *What Went Wrong? Western Impact and Middle Eastern Response* and by examining important issues raised in six prior LLI courses. Enrollment in previous courses is not a prerequisite.

### CLASS SESSIONS

- Sept 28: Introduction: concepts of success and decline; Eurocentrism; successes outside Europe; cyclical history; success of the West at the expense of everybody else; review of Islamic Middle Eastern history to 1800; impact of the West, 1800–1950; Lewis, *What Went Wrong?* pp. 3–95.
- Oct 5: Secularism, civil society, measuring modernity, and cultural change; Lewis, *What Went Wrong?* pp. 96–161.
- Oct 12: Analysis based on earlier LLI classes on Arab nationalism, the Arab Spring, Saudi Arabia, Turkey, the United States and the Arab world, and Islam.
- Oct 26: Status of women, decline in science and technology; conclusions.

Wednesdays, 10:30 a.m. – 12:00 p.m.  
 4 weeks: Sept 28, Oct 5, 12, 26 (skip Oct 19)  
**Warm Hearth Village Center, Tall Oaks Room**  
 Class limit: 50  
**Course fee: \$35**

### INSTRUCTOR

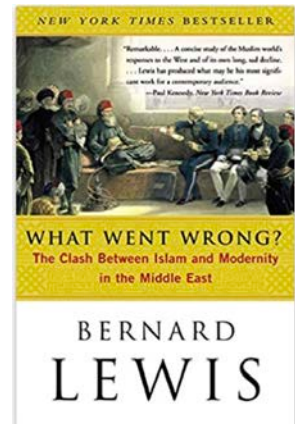
Emeritus Professor **William Ochsenwald** has presented six earlier courses for the Lifelong Learning Institute. He was Consulting Editor for the *Encyclopedia of Islam and the Muslim World* and author of *The Middle East: A History*.

### REQUIRED READING

Bernard Lewis, *What Went Wrong? Western Impact and Middle Eastern Response*. Oxford UP, 2002.

Available used, new, and as an e-book. 192 pages.

Please read pages 3–95 before the first class.



## 14. Four Key Developments in Blacksburg's Early History

Why and how did this land in the New River Valley become an early settlement and eventually a prosperous college town? Join Hugh Campbell to explore four key developments that defined and shaped early Blacksburg. As part of the registration fee, participants will receive a copy of Hugh's book *The Blacksburg Drama* to use for class and to enjoy on their own.

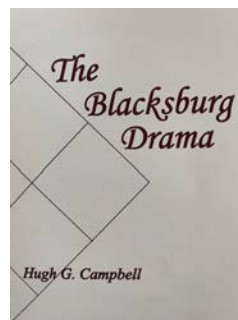
### CLASS SESSIONS

- Nov 2: The Draper's Meadows Massacre in 1755 when early European settlers clashed with Native Americans  
 The origins of Smithfield Plantation in the 1770s
- Nov 9: William Black's plan for the 16 squares that formed the town of Blacksburg  
 The establishment of the Olin and Preston Institute, the predecessor institution to VPI

### REQUIRED READING

Hugh Campbell, *The Blacksburg Drama: A History of Blacksburg in Three Acts*.

The cost for LLI members is included in the course registration fee. Non-members may purchase the book for \$25.



Wednesdays, 10:30 a.m. – 12:00 p.m.  
 2 weeks: Nov 2, 9  
**Warm Hearth Village Center, Tall Oaks Room**  
 Class limit: 50  
**Course fee: \$25**

### INSTRUCTOR

**Hugh Campbell** came to Virginia Tech in 1955 to teach mathematics. After a long career as a faculty member, he has devoted his time to researching the history of Blacksburg and sharing this knowledge in many ways. His book, *The Blacksburg Drama: A History of Blacksburg in Three Acts*, shares much of what he has learned.

## 15. Prizing Children’s Literature: Selecting the Best Books for the Kids You Love

At various times we’ve all needed or wanted to give the gift of just the right book to a recipient. How do we make an engaging and thoughtful choice for a child? Simple, right? A favorite from our childhood? Or, perhaps a new book with a lot of “buzz”? One with a medal or prize stamped on the cover? Knowing how certain books stay with us, we want to make appropriate and sensitive choices for a young reader.

This course will show you some of the ways to research and investigate the complicated but exciting and dynamic world of children’s books. Participants will share their own inspired (and occasionally unsuccessful) choices of books for children. The instructor will provide contextual knowledge about how children’s literature gets published, marketed, and judged—and also how critical judgments respond to changing times. Hands-on activities, examples, and anecdotes will enliven discussion. Outside reading is held to a minimum; no preparation is required for the first class.

You can expect to leave the course with ideas about specific titles to share with the children in your lives. More importantly, you’ll develop tools and resources for making more informed children’s book purchases in the future.

### CLASS SESSIONS

Weeks 1 and 2 will look at Prize/Medal winners. Because a book has been lauded, is it a safe bet? Who are the judges and reviewers? What is the definition of excellence? We will look at the growth of prizes to include new categories and

Wednesdays, 1:00 – 2:30 p.m.

4 weeks: Sept 21, 28, Oct 5, 12

**Warm Hearth Village Center,  
Woodland Studio**

Class limit: 15

**Course fee: \$35**

### INSTRUCTOR

**Kaye Graham** is a 30-plus year instructor in the English Department at VT with a specialty in Children’s Literature. She initiated the university’s first Harry Potter course as well as a study of children’s film.

author/illustrators. Do children themselves get to determine what they prize, or are they left out?

Week 3 will consider “The Classics.” Are they still relevant to contemporary children? How do we define “classic”? Do “classics” rooted in the past in terms of attitude and prevailing language open themselves to “cancel culture “?

Week 4 will consider run-away publishing success and celebrity authors. Is popularity a measurement for excellence? We will also talk about a few books children love but their teachers, parents, and grandparents may deplore!

## 16. Best of 2021 Short Stories

Participants will read and discuss stories from *The Best American Short Stories* (2021 edition) edited by Jesmyn Ward. Via Zoom, whole group and break-out groups, participants will consider aspects of a short stories from every genre. Participants will also have opportunities to share their own favorite authors, titles, and collections.



Wednesdays, 3:00 – 4:30 p.m.

6 weeks: Sept 21, 28, Oct 5, 12, 19, 26

**Zoom**

Class limit: 15

**Course fee: \$35**

### INSTRUCTORS

**Trudi Riley** is a stalwart in the lit courses at LLI and has participated in two short story classes. She is a former teacher and lover of literature.

**Molly McClintock** has led several courses at LLI including two on short stories. She is an avid reader and lover of short stories.

## 17. Political Cartooning in Africa

Struggles for freedom of expression in the African continent have been waged in the press by editorial/political cartoonists. This course will focus on the work of representative cartoonists from nations where there have been significant conflicts between governments and media. While cartoonists from across Africa will be included, the major emphasis will be on sub-Saharan Africa.

### TOPICS

Each unit will be given approximately three classes each. There will be significant overlap in the presentation of the two major divisions since cartoonists will also be presented in the context of their specific region and nation.

1. Overview of editorial/political cartooning in selected regions and nations in the context of issues such as censorship and ideological clashes. Examples: South Africa, Kenya, Ghana, Nigeria, Egypt.
2. Examination of specific cartoonists. Examples: Zapiro in South Africa, Gado in Kenya, Asukwo in Nigeria, Dudley in Namibia, and Doaa el-Adi [female] in Egypt.

Thursdays, 9:00 – 10:30 a.m.

6 weeks: Sept 22, 29, Oct 6, 13, 20, 27

**Corporate Research Center, Concept Room**, 1880 Pratt Dr, Suite 2018

Class limit: 32

**Course fee: \$35**

### INSTRUCTOR

**Edd Sewell** is a retired faculty member from the Department of Communication at VT. One of his primary research areas was/is visual humor with special attention to editorial/political cartooning.

### REQUIRED RESOURCE

[africacartoons.com](http://africacartoons.com)

## 18. What You Need to Know before You Buy a New Computer, Laptop, or Tablet

Learn what all those confusing technology terms mean (operating systems, RAM, processor, storage, and more) so that you can make an informed buying decision when looking for a new computer or device and avoid wasting your money on excess capacity or accessories.

We'll start by figuring out how you plan to use this new device—email, surfing the web, word processing, streaming and/or downloading movies, playing games, video calling your family, and so on. How you plan to use your device makes all the difference in what options you should consider. We'll cover the pros and cons of the various choices, talk about Android versus Apple products, translate the lingo so you can buy the device that truly meets your needs, and discuss how to purchase (Best Buy? Apple Store? Shop around for better prices on the web?). This one-session class is perfectly timed to take advantage of Black Friday deals.

Thursday, 10:30 a.m. – 12:00 p.m.

1 session, Nov 3

**Corporate Research Center, Concept Room**, 1880 Pratt Dr, Suite 2018

Class limit: 32

**Course fee: \$15**

### INSTRUCTOR

**Travis Carter** is the Systems Manager for VT Continuing and Professional Education, an invaluable part of our LLI support team, and the go-to person for whenever someone in his family has a question about buying a device.

## 19. Global Change VII

# Plastics: Functions, Pollution Issues, and Sustainability

This course is part of a sequence focusing on the science of Global Change. Newcomers to the series are welcome.

### COURSE COORDINATORS

**Anne McNabb, Beth Grabau, and Don Mullins**

Only a very small proportion of the plastics in packaging and a wide variety of other applications are being recycled; they are a major environmental problem, and many degrade to harmful contaminants. In addition, microplastics that were wrongly assumed to not degrade are used in cosmetics and pharmaceuticals as well other applications. Chemicals in plastics and their breakdown products create an extremely difficult and dangerous environmental problem for both humans and wildlife.

### CLASS SESSIONS

#### Sept 22. Plastics: Where Do They Come From and What Are They For?

In the last 75 years, polymeric materials have transformed our society. These materials are typically lightweight, flexible and melt processable, which makes them useful in applications ranging from packaging to aviation. In this talk, I will highlight how some of the most common polymers are synthesized and how their properties change as a function of the bonding patterns and choice of atoms in the macromolecular structure. If time permits, we can discuss the challenges of polymer recycling.

**Kevin Noonan**, Dept. of Chemistry, Carnegie Mellon University

#### Sept 29. Invisible Microplastics in Water, Air and Household Dust

Marine pollution by plastic debris and microplastics is an important global issue. But closer to home, our own heavy use of plastics makes us the “most exposed species.” This talk will explore ecosystem and human exposure to plastics and possible health implications.

**Rob Hale**, Dept. of Aquatic Health Sciences, VT; Virginia Institute of Marine Science

#### Oct 6. Sustainable Future Plastics through Material and Systems Innovation

Despite playing a critical role in the advancement of human technology and society, plastics have become increasingly vilified due to their excessive misuse and mishandling and their harmful impacts upon human and environmental

Thursdays, 11:00 a.m. – 12:30 p.m.

6 weeks: Sept 22, 29, Oct 6, 13, 20, 27

### Zoom

Class limit: 50

**Course fee: \$35**

health. This session explores how systems-thinking research, including the advancement of bioplastics, depolymerization technology, and circular economy, is enabling a recalibration of the appropriate role of, and opportunity for plastics as part of a sustainable future.

**Jennifer Russell**, Dept. of Sustainable Biomaterials, VT

#### Oct 13. Generation of Microplastics, How Macroplastic Breaks into Microplastic, and How Small They Get

Under the coupled effects of weathering and mechanical stresses, macroplastics degrade into microplastics. Microplastics exist in our oceans in ever-increasing numbers and cause great ecological harm. Physical, mechanical, and chemical properties of macroplastics change during degradation and make it challenging to detect microplastics and estimate their lifetime in water. To address this challenge requires understanding microplastics formation and production rates.

**Maryam Shakiba**, Dept. of Civil and Environmental Engineering, VT

#### Oct 20. Sustainability Initiatives in Dining and Food Systems at VT

Virginia Tech Dining Services is committed to promoting a sustainable dining and food system at Virginia Tech and therefore in the greater community. Blake Bensman will discuss the department’s current sustainability initiatives and ways he engages students to become stewards of the campus community.

**Blake Bensman**, Sustainability Manager for Dining Services, Housing & Residential Life, VT

#### Oct 27. Global and Local Policies to Reduce Plastic Pollution

Governments are challenged to develop policies that balance the needs of their constituents and the health of the environment. From global plastics trade to local plastic bag bans, this lecture will explore existing and developing policies to reduce plastic pollution.

**Leah Mupas Segui**, Principal Associate, Pew Charitable Trusts

## 20. Families and Relationships: Connections that Matter

Relationships with family and friends of all kinds are critical for well-being at any age and of particular importance for later life. They can be a source of emotional support, provide a sense of belonging and community embeddedness, and can help to prevent social isolation and loneliness. Families can also be a source of conflict, arising from personal and political differences. In this course, we will discuss family relationships and diverse family structures, patterns of communication, relationship skills, ways of dealing with grief and loss in the context of resilience, and the importance of family legacies and telling our stories to one another.

### CLASS SESSIONS

- Oct 6: Families: Past, present, and future
- Oct 13: Communication and other relationship skills
- Oct 20: Resilience in the context of grief: Living beyond our losses
- Oct 27: Telling our stories and honoring our legacies

Thursdays, 11:00 a.m. – 12:30 p.m.

4 weeks: Oct 6, 13, 20, 27

**Corporate Research Center, Concept Room**, 1880 Pratt Dr, Suite 2018

Class limit: 32

**Course fee: \$35**

### INSTRUCTORS

**Katherine Allen** and **Fred Piercy** are professor emeriti of Human Development and Family Science at Virginia Tech. They have been friends and collaborators for over 20 years.

## 21. Weighing the Facts: The Brain-Body Weight Connection

### COURSE COORDINATOR, Janet Rankin

Virginia Tech professors doing research related to the connection between our brain, food intake, and body weight will summarize and discuss their research and its implications for human health. Example topics include how genetics, hormones, and our gut affect our food and activity patterns. Presenters will explore the following questions: What controls our appetite and why do we crave certain foods? How does stress influence our food choices? Is weight loss more difficult for some people? How does exercise influence eating and activity behavior? What are the implications of this research for the incidence of obesity and eating disorders? Can this research help me understand how best to improve my health and change my body weight?

### TOPICS

#### **How Tight Are Your Genes? Investigating the Genetic Link Between Body Weight and Exercise**

Genes influence the regulation of body weight. Genes may also influence the impact of physical activity on body weight. Dr. Good studies the molecular genetic regulation of body weight.

**Deborah Good**, Dept. of Human Nutrition, Foods, and Exercise

#### **Why Do We Crave Comfort Foods After High Stress?**

Stress helps organisms survive by keeping them alert and helping them detect danger. But chronic stress without relief, and early-life stress, can come at a cost to mental and physical well-being. Dr. Shin studies stress on a molecular level to understand stress-induced psychiatric diseases. What processes are set into motion that link stress experiences to eating disorders or depression?

**Sora Shin**, Fralin Biomedical Research Institute at VTC; Dept. of Human Nutrition, Foods, and Exercise

Thursdays, 1:00 – 2:30 p.m.

5 weeks: Oct 6, 13, 20, 27, Nov 3

**Corporate Research Center, Concept Room**, 1880 Pratt Dr, Suite 2018

Class limit: 32

**Course fee: \$35**

#### **Pleasure Eating: Why Do We Eat for Fun, and What Drives Us To Overeat?**

The brain has a capacity for change, and the body has the ability to shape the brain. Dr. Basso studies how mind-body-movement practices such as dance, yoga, and meditation affect the brain functionally, physiologically, and morphologically.

**Julia Basso**, Dept. of Human Nutrition, Foods, and Exercise; Embodied Brain Laboratory

#### **Why Do We Eat What We Eat? Brain and Metabolic Determinants of Food Choice**

Commonly abused drugs all increase dopamine release in a brain region that we're learning is also activated when people ingest certain foods. Dr. DiFeliceantonio studies how the brain integrates peripheral signals to guide food selection and eating.

**Alexandra DiFeliceantonio**, Dept. of Human Nutrition, Foods, and Exercise; Center for Health Behaviors Research

#### **Chewing the Fat: Factors that Affect Body Adiposity**

The interactions of genetic background, diet, and development affect regulation of body fat. Dr. Gilbert researches the molecular basis for eating disorders, insulin resistance, and obesity.

**Elizabeth Gilbert**, School of Neuroscience and Dept. of Animal and Poultry Science

## 22. Introduction to Italian

This course is an introduction to speaking and understanding the Italian language with an emphasis on cultural and artistic traditions so important to the traveler to this magnificent country. Always wanted to learn Italian? Plan to travel to Italy? Come join us as we begin this memorable journey. Andiamo!

### TOPICS

- Pronunciation and speaking skills
- Practice in listening to and understanding Italian
- Introduction to architectural, cultural, and social traditions

Thursdays, 3:00 – 4:30 p.m.

6 weeks: Sept 22, 29, Oct 6, 13, 20, 27

**Corporate Research Center, Concept Room**, 1880 Pratt Dr, Suite 2018

Class limit: 15

**Course fee: \$35**

### INSTRUCTOR

**June Stubbs** taught Italian for 30 years, including 25 at Virginia Tech. She has traveled frequently in Italy.

## 23. Seasoned Sleuths: Detection After 60

There are advantages to age and experience, as we'll see in the three books featured. Each of our sleuths is over 60 (one is almost 80!), and they bring a wealth of wisdom to the murders facing them. In addition to discussing the books themselves (and the mysteries they offer), we'll be looking at just how these amateur detectives resist/subvert/and own various cultural stereotypes of aging. Bring your own fine wine of a mind, and join us!

### CLASS SESSIONS

Sept 22: Introductions, discussion of mystery as genre, Christie as grande dame of mystery, Miss Marple as role model for seasoned sleuths.  
Read *Murder at the Vicarage* before class.

Sept 29: 1st half of *Hippie Wagon Homicide*

Oct 6: 2nd half of *Hippie Wagon Homicide*

Oct 13: 1st half of *The Man Who Died Twice*

Oct 20: 2nd half of *The Man Who Died Twice*

Oct 27: Wrap-up

Thursdays, 3:00 – 4:30 p.m.

6 weeks: Sept 22, 29, Oct 6, 13, 20, 27

**Zoom**

Class limit: 32

**Course fee: \$35**

### INSTRUCTOR

**Britton Gildersleeve**, retired faculty and administrator from Oklahoma State University, has been a mystery reader since age 9, when she read her father's Sherlock Holmes. From then on, mysteries have been her favorite distraction. Despite their being dismissed as 'genre fiction,' she insists that many stand up to the most discerning reading!

### REQUIRED READING

Agatha Christie, *Murder at the Vicarage*  
Mildred Abbott, *Hippie Wagon Homicide*  
Richard Osman, *The Man Who Died Twice*

## 24. En Plein Air

En plein air is a French expression meaning "in the open air." It refers to the act of painting outdoors with the artist's subject in full view. Plein air artists capture the spirit and essence of a landscape or subject by incorporating natural light, color, and movement into their works.

Our Fall session will focus on a variety of painting techniques, conceptual subject matter, and design principles as we explore these possible locations: a gentlewoman's horse farm in Floyd; grounds at Mountain Lake; Serenity; an historic home, outbuildings, and gardens on Old Mill Road; golf course and vista overlooking the New River Valley; Huckleberry Trail in Downtown Blacksburg; and the Wildman Farm. When the weather precludes outdoor gathering, you will continue your lessons with at-home assignments.

Fridays, 9:00 – 11:00 a.m.

6 weeks: Sept 16, 23, 30, Oct 14, 21, 28 (skip Oct 7)

**Outdoors, at various locations**

Class limit: 16

**Course fee: \$35; Materials fee: \$20**

### SUPPLIES

A list of supplies will be distributed in advance. A portable easel is required. "En Plein Air Pro" is available at Amazon or [www.enpleinairpro.com](http://www.enpleinairpro.com).

### INSTRUCTOR

**Jessica 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.



## 25. Preparing Classic Szechuan Chinese Dishes

Szechuan/Sichuan is in the far west of China and is known for the complexity of spicing of its food due to the large number of flavorings combined in a single dish. Intense flavors are presumed to be necessary to counteract the hot, humid climate of the region. Szechuan peppercorns (berries of the prickly Ash tree) are not “hot” but create a slight tingling in the mouth. They are a key component of many Szechuan dishes. Other classic Szechuan ingredients are chilies, garlic, black vinegar, and peanuts.

### CLASS SESSIONS

1. A Zoom class will introduce general information about Chinese cooking, specifics about Szechuan province, and the recipes we will be cooking.
2. We will prepare classic meat and vegetable dishes from this region, drawing from examples such as Ants Climbing Trees, Ma Po Dofu, Hot & Sour Soup, Dry Fried Green Beans, Chicken with Orange Peel and Chili Peppers, and

Fridays, 2 weeks; times vary

Oct 7, 9:00 – 10:30 a.m., **Zoom**

Oct 14, 9:00 a.m. – 2:00 p.m., in person at the **instructor's home**, including lunch

Class limit: 12

**Course fee: \$35**

### 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.

Bang Bang Chicken (Strange Flavor Chicken).

Recipes will be provided. We'll end the morning with a 3–4 course lunch of the dishes we have cooked.

## 26. Memoir and Essay Writing

We're in an age of essays and memoirs. Personal narratives fill literary journals, get featured in the *New York Times*, and become bestsellers and films. Countless people self-publish life stories for their friends and families.

In this class, students will read innovative and award-winning personal nonfiction, draft their own, and share their writing with classmates. The instructor will provide exercises to stretch your range and offer ideas for developing your work. Based on the richly collaborative workshop model—receiving peers' insights and commenting helpfully in turn—the class makes learning less narrowly instructor-based and brings more brainpower to each memoir or personal essay.

This class is suitable for both beginning and intermediate writers. Enthusiasm and a desire to read are the core prerequisites!

### RECOMMENDED READING

Kathryn Schulz, *Lost and Found*

John Updike, *Self-Consciousness: Memoirs*

Fridays, 11:00 a.m. – 12:30 p.m.

5 weeks: Sept 23, 30, Oct 7, 14, 28 (skip Oct 21)

**Corporate Research Center, Concept Room**, 1880 Pratt Dr, Suite 2018

Class limit: 15

**Course fee: \$35**

### INSTRUCTOR

**Richard Gilbert** is the author of *Shepherd: A Memoir*, a finalist for the Ohioana Book Award, which concerns the decade he and his family lived on a farm in Appalachian Ohio. His recent essay “Animals Saved Me” won Hunger Mountain's 2017 Creative Nonfiction Prize; “That Day at Joe's” was first runner-up for the Proximity Narrative Journalism Award. He lives in Riner.

## 27. Electronic Doodling: Using a Tablet to Draw

By demonstrating how he does his daily doodles, Steven will walk us through using a tablet to capture our daily or occasional doodles. He will guide us through drawing the HokieBird and the Doodle Turkey.

### INSTRUCTOR

As a Creative Producer for University Relations at VT, **Steven White** produces daily doodles of life around Blacksburg. “I remember as a kid getting lost in sketching,” said White. “I just get lost in it. It's kind of a meditation thing.”

Friday, Oct 21, 2:00 – 3:30 p.m. (one session)

**Corporate Research Center, Concept Room**, 1880 Pratt Dr, Suite 2018

Class limit: 32

**Course fee: \$15**

### COURSE COORDINATORS

**Diana George, Sandy Hagman, Carolyn Meier**

# Out and About Field Trips

## 28. A Walk with the Birds

Curious about our native birds? Want to be better able to identify who you see at your feeder or hear in the woods? Meet Bill and Sally at Heritage Park at 9 AM for a walk and talk about birds. Wear comfortable shoes and be prepared for some vigorous walking.

### YOUR GUIDES

**Bill Opengari** and **Sally Pfeiffer** are members of the NRV Bird Club and avid birders.

Friday, September 30, 9:00 – 11:00 a.m.  
Meet at Heritage Park, 2300 Glade Road,  
Blacksburg

Trip limit: 18

**Fee: \$15**

## 29. NRV Land Trust Visit to Catawba Valley Farm: A Stream Restoration Project on the North Fork of the Roanoke River

*Co-sponsored by the New River Land Trust*



Join the New River Land Trust and partners for a tour of the river restoration activities on the Sutphin property on the North Fork of the Roanoke River.

The North Fork of the Roanoke River originates between two mountain ridges just inside Roanoke County before flowing through Montgomery County east of Blacksburg. The river is home to a variety of rare and native species, including the federally endangered Roanoke logperch.

The Land Trust is partnering with private landowners, the U.S. Fish and Wildlife Service Partners for Fish and Wildlife Program, the Virginia Division of Wildlife Resources, and local Soil and Water Conservation Districts on this stream restoration project.

Meet the landowner and see this beautiful property in several short videos featuring the conservation work underway:

<https://www.youtube.com/watch?v=EFoTMTf2DUQ>

<https://www.youtube.com/watch?v=00Gtu6YA43E>

<https://www.youtube.com/watch?v=GvjHBrHlqrA>

Saturday, October 1, 10:00 a.m. – 12:00 p.m.

*Rain date: Saturday, October 8, 10 – 12*

Sutphin Family Farm property in Catawba  
Valley

Trip limit: 30

**Fee: \$15**

Participants meet at the farm property; directions will be provided to registrants. Carpooling is encouraged. Dress for the weather and for walking outside on uneven ground.



## 30. A Walk with the Bees

**Richard Reid**, owner of Happy Hollow Bees and Honey, will lead us on a short but uphill walk to the hives at the Unitarian Universalist Congregation (UUC). He will show us the components of a beehive and his beekeeper tools. Richard will answer questions about the life cycle of bees and the annual tasks of the beekeeper. He'll discuss planting for pollinators and update us on Colony Collapse Disorder. There may even be honey samples to try!

Friday, September 23, 10:00 – 11:30 a.m.

Meet at the grounds of the Unitarian

Universalist Congregation

1301 Gladewood Drive, Blacksburg

Trip limit: 15

**Fee: \$15**

Participants will drive to the UUC site on their own. Do not attend if allergic to insect stings.

## 31. Visit to St. Luke & Odd Fellows Hall

*Co-sponsored by the Blacksburg Museum & Cultural Foundation*

Once the center of a vibrant African-American community, the St. Luke & Odd Fellows Hall is the last remaining structure of what was called New Town. Built in 1905, the St. Luke & Odd Fellows Hall served as a community center during segregation. Today, the Hall serves as a museum and regularly hosts events to preserve its important history. New Town and the St. Luke & Odd Fellows Hall are important reminders of the resilience, self-reliance, and community spirit of the people who lived in this neighborhood as well as the injustice that segregation imposed. Learn about the history of this important historic landmark in Blacksburg from Blacksburg Museum & Cultural Foundation board member, **Tom Sherman**.

Friday, October 7, 1:30 – 3:00 p.m.  
St. Luke & Odd Fellows Hall, 203 Gilbert  
Street, Blacksburg

Trip limit: 24

**Fee: \$15**



## 32. Walking Tour of Downtown Christiansburg

*Co-sponsored by the Montgomery Museum of Art & History*

Architectural styles, like fashion, are an indicator of culture, just as national business trends were important economic drivers throughout much of our local history. Join Sherry Joines Wyatt, curator at the Montgomery Museum of Art & History Center, on a walking tour through the heart of Downtown Christiansburg, which will serve as a learning lab for history. You'll see how the town participated in national trends of architecture and business as illustrated by buildings, monuments, and sites dating from 1853 through the early 1960s. The tour will be supplemented with historic photographs from the museum's collection, and there will be plenty of opportunity for questions and answers.

Montgomery Museum  
OF ART & HISTORY

Wednesday, October 19, 10:30 a.m. – 12:00 p.m.  
Meet at the Christiansburg Presbyterian Church,  
107 W. Main Street

Trip limit: 20

**Fee: \$15**

Participants will meet in front of the Christiansburg Presbyterian Church, in downtown Christiansburg. Parking is available at the church. You will be walking and standing; dress accordingly.

# Special Events: A Free Member Benefit

Both Zoom and in-person events are available for Fall 2022. You may register for as many of the free events as you plan to attend.

## Free Zoom Webinars (note the dates carefully)

### 33. Community Responses to Refugees and Migrants: Learning from Sicily

Wednesday, November 9, 1:30 – 3:00 p.m.

In the wake of the Arab Spring in the early 2010s, more than 45,000 people risked their lives to cross the Mediterranean in search of refuge in Europe. This talk examines the reactions of citizens in Siracusa, Sicily, to the influx, comparing these views to the opinions expressed by residents of Southwest Virginia in discussions of local refugee resettlement projects. The presentation emphasizes the role and impact of community support groups. It concludes with a discussion of how Virginia Tech's new Center for Refugee, Migrant and Displacement Studies supports efforts both in Siracusa and in Southwest Virginia.

**Rebecca Hester** is an associate professor in the Department of Science, Technology and Society at Virginia Tech and co-founder of the Center for Refugee, Migrant and Displacement Studies.

### 34. Celebrating Stephen Sondheim

Friday, November 4, 1:30 – 3:00 p.m.

Stephen Sondheim was one of the most influential composers and lyricists in American musical theatre, known for the versatility of his shows and the depth of his lyrics. This talk will review Sondheim's life and astonishing range of work, including the inspiration he provided to other composers. We will hear Sondheim himself presenting and discussing his work, including his comments on the recent *West Side Story* film. Participants will receive extensive materials after the talk to further learn about Sondheim and his work.



Wikipedia, [https://en.wikipedia.org/wiki/Stephen\\_Sondheim](https://en.wikipedia.org/wiki/Stephen_Sondheim)

**Dan Sherman** is a retired economist who found his passion in teaching adult education courses on theatre and opera to a wide variety of groups throughout the Washington D.C. area and Williamsburg.

### 35. Memory Wars

Tuesday, November 15, 1:30 – 3:00 p.m.

*Memory Wars* is a new podcast that explores how Germany reckoned with the history of the Holocaust and what can be learned as America grapples with its own legacy of slavery and racism. Radio IQ's Mallory Noe-Payne spent a year in Germany on a Fulbright grant listening to personal stories from German citizens and how they, and the country as a whole, are coming to grips with their Nazi past. When she returned, Mallory teamed with Michael Paul Williams of the *Richmond Times-Dispatch* to explore America's response over time to its history of racism and slavery.

Join us to learn more about how these Memory Wars have played out, the similarities and differences in cultural and historical contexts, and the themes of education, memorialization, and accountability that emerged from Mallory's research and reflection with her podcast co-host.



**Mallory Noe-Payne** is the Richmond Bureau Chief for RadioIQ and recipient of a Fulbright Young Professional Journalist grant. **Michael Paul Williams**, a columnist for the *Richmond Times-Dispatch*, won a Pulitzer Prize for a series of columns in 2020 on the dismantling of Richmond's monuments to white supremacy.

### 36. Trees and Forests: Eating, Drinking, and Gossip

Thursday, November 17, 1:30 – 3:00 p.m.

This presentation provides a broad overview of the trees found in Virginia's forests, a rich mix of species resulting in high biodiversity, productivity, and aesthetic value. We will pay special attention to the environmental factors controlling tree distribution and productivity. Participants will gain a better appreciation of the amazing, huge organisms we call trees, marveling at their growth and water-uptake mechanisms and their astonishing ability to “communicate” with each other. You'll have a chance to ask your questions of VT's “Dr. Dendro.”



Alumni Distinguished Professor **John Seiler** has been a member of the faculty in the Department of Forest Resources and Environmental Conservation at Virginia Tech since 1985. The recipient of numerous teaching awards, including the University Wine Award, the SCHEV Outstanding faculty Award, and the Ernest L. Boyer International Award for Excellence in Teaching, Learning and Technology, John is a popular authority on tree biology and identification known by the public as “Dr. Dendro.”

## In-Person Special Events

The following in-person special events are free to LLI members; registration is required.

### 37, 38. Enjoy Free Audio Books, eBooks, and Magazines on Your Devices

Two in-person sessions, choose one. **Monday, Nov 7**

- 10:30 – 12:30 p.m. – **Apple** Devices
- 2:30 – 4:30 p.m. – **Android** Devices

#### Blacksburg Library Community Room

200 Miller Street, Blacksburg

**In-person;** limit 10 per session

For both sessions, you will need:

- A Montgomery-Floyd Regional Library card in good standing
  - OverDrive's Libby app downloaded in advance
- Library experts will teach you how to read eBooks and magazines, and listen to audiobooks, all for free with OverDrive's Libby app and your library card.

The library offers 'book-a-librarian' appointments for one-on-one help before the class with accessing the app store to download OverDrive's Libby app.

#### 37. Morning session for Apple devices

Bring your Apple device (such as an iPad, iPhone, iPod) to the 10:30–12:30 session. Your device will need to have at least iOS 10.0 to use the Libby app; download Libby from the App Store. You will need your Apple ID and password.

#### 38. Afternoon session for Android devices

Bring your Android device (such as a Samsung, LG, Nexus) to the 2:30–4:30 session. Your device will need to have at least Android 5.0 (Fire OS 5.0 for Kindle Fires) to use the Libby app; download OverDrive's Libby app from the Google Play Store (Amazon App store for Kindles). You will need your Google account and password.

### 39. Dementia: Types, Causes, Diagnosis, Testing, Prevention, Treatment

Monday, November 7, 1:00 – 2:30 p.m.

#### Warm Hearth Village Center, Tall Oaks Room

Limit: 40 *This event is open to Warm Hearth residents.*

We will explore the various dementia syndromes and their causes, and then discuss how to diagnose dementia. What tests are needed? How can we separate normal forgetfulness of aging from dementia? And, finally, what can be done to prevent and treat dementia?

**Larry Cox** is a retired board-certified cardiologist who recently moved to the New River Valley.

### 40. Roots of Southern Appalachian Music—and More

Monday, November 14, 1:00 – 2:30 p.m.

#### Warm Hearth Village Center, Tall Oaks Room

Limit: 40 *This event is open to Warm Hearth residents.*

**Fred Benfield** (VT Professor Emeritus) and his son **Jon Benfield** (Station Manager of WVRU Public Radio) have performed in the region together and with others over the last 35 years. As “American Roots” this guitar/vocal harmony duo specializes in early 20th century music in a variety of genres including traditional ballads, “Appalachian Blues,” “Piedmont Blues,” “Delta Blues,” trad-country, trad-jazz, tin-pan-alley toe tappers, swing, hot fiddle tunes (on guitar), and “folkgrass” (folk tunes played at bluegrass tempo). All of these musical styles have influenced the development of the music one hears in the Southern Appalachians today. Fred and Jon will select tunes they enjoy performing from the list of genres.

# Fall 2022 Registration



LIFELONG LEARNING INSTITUTE  
at VIRGINIA TECH™

There are four ways to register this fall beginning at **10:00 a.m., Wednesday, September 7:**

1. Online with a credit card **\*\*\*best option\*\*\***
2. On the phone using a credit card
3. Mail with credit card information or a check
4. Walk-in registration at the Corporate Research Center location, September 7, 10:00 – 2:00 ONLY (see address below)

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 identify additional choices 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 **Wednesday, September 7 at 10:00 a.m.**

To register, go to the LLI homepage, [www.cpe.vt.edu/lifelonglearning/](http://www.cpe.vt.edu/lifelonglearning/), select **REGISTER**, scroll down, and click on the **Register Online** button to begin your registration.

### 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. No action is required on this page. Scroll to the bottom and **Continue**.

**3. Course and Special Event Selection page:** select your classes by using the dropdown box and selecting “1” next to each desired class and/or event. When you have completed your class selections, click **Continue**.

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.

**4. Additional Information page:** respond to the required questions and click to agree that you will not share any Zoom links.

**5. Review and Pay page:** review your course selections. Select your payment method, agree to the policy statements, then select **Pay and Register**.

**6. Credit Card page:** enter your credit card information as required.

**7. Receipt and Confirmation page:** the receipt will include confirmation of your courses and events. Zoom links, if needed, will be sent by email at a later date.

### NEED HELP?

Please contact CPE  
Registration at 540-  
231-5182.

## PHONE REGISTRATION

You may register by phone beginning at 10:00 a.m. on September 7. Please call 540-231-5182. You will need to give your credit card information to the registrar.

## MAIL-IN REGISTRATION

A printed registration form may be downloaded in pdf format from the LLI website beginning September 1. Mail the completed form with your check or credit card information to Continuing and Professional Education, Virginia Tech Mailcode 0272, 400 Stanger Street #118A, Blacksburg, VA 24061.

## WALK-IN REGISTRATION

The registration form and payment information may be dropped off at the Moss Building, Corporate Research Center, 1900 Kraft Drive, on **September 7, 10:00–2:00 ONLY**. **Walk-in registration will not be available at any other time.**

# Fees and Policies



## FEES

Fall term membership is \$60. You **must** be a member to register for a course and to participate in free virtual events.

LLI courses are \$35 per course for classes of three or more sessions and \$25 for courses of two sessions. One-session classes are \$15. Some courses require an additional materials fee or purchase of a textbook or supplies. Additional fees or costs are noted in the course description. Special 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 CPE Registrar, phone 540-231-5182. 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 CPE Registrar (540-231-5182) 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 and official partner organizations only. LLI students are not permitted to share Zoom access links for courses or special 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 CPE Registrar at 540-231-5182 or [cpeinfo@vt.edu](mailto:cpeinfo@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 CPE Registrar (231-5182 or [cpeinfo@vt.edu](mailto:cpeinfo@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 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 CPE Registrar at 540-231-5182 or contact us by email at [lifelonglearning@vt.edu](mailto:lifelonglearning@vt.edu) at least 14 days in advance of the start of class or the event.

# 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](mailto: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 Co-Chair, Nancy Metz ([nmetz@vt.edu](mailto:nmetz@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 Support tab of the LLI website, [www.cpe.vt.edu/lifelonglearning/](http://www.cpe.vt.edu/lifelonglearning/)).

## INSTRUCTIONAL SUPPORT: Class Assistants

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 five LLI committees: Program, Outreach, Instructional Support, Social Events, and Development.

## OCCASIONAL ASSISTANCE

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

Volunteers the spirit and shape the experience of LLI. We look forward to welcoming newcomers into our vibrant community of support.



**Volunteers:** Penny Tully, Phyllis Eschenmann, Bev Walters  
Photo by Pat Hyer

# Donate!

## 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 a self-supporting 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 [Virginia Tech Foundation / LLI Giving Page](#). Complete the form. Be sure to specify "Lifelong Learning Institute" in the "Designation" box.

**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



# Some People of LLI



Molly McClintock, Pat Hyer, Paul Metz, Jane Goette, and Nancy Metz at the launch of Jane's book, *A River Road Memoir*



Eric Wong, Beth Grabau



John Muffo, Candi Kelly, Dean Spader



Karolyn Givens, Judy Ridinger, Mary Osgood, Connie Foster, and Debbie Francis at the April 2022 social event.



Steve and Victoria Cochran; Penny Tully



Bev Fleming; Skip and Carole Jubb



Gerhart Schurig, Mike Kelly, and Ginger Dakon at the reception for volunteers

Photos by  
Mary Ann Johnson