



LIFELONG LEARNING INSTITUTE
at VIRGINIA TECH.



Online and in-person learning adventures for curious adults!



Fall 2023 CALENDAR

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

- | | | | |
|---------------|---|-----------------|---|
| Aug. 7 | Detailed course and event descriptions available on LLI website | Aug. 29 | Zoom Preview of Fall Program, 10:00 – 11:30 a.m. Registration not required. |
| | Catalog in pdf format available for viewing or download | Sept. 6 | Online and walk in registration opens at 10:00 |
| | | Sept. 18 | Classes begin |

Fall 2023

PROGRAM OVERVIEW

Our Sponsors 2023

They spread the word, share their expertise, and strengthen our resources. Together we are building a sustainable LLI that enriches the lives of seniors in our community.

Join us in thanking our sponsors and supporting their businesses. They help LLI provide affordable, high-quality programming and social events to our 50+ community.



LLI and LewisGale Hospital Montgomery are proud to announce a new partnership this fall bringing free health-related programming each term as part of the *Healthy Dialogues Series*. Look for more talks, demonstrations, and tours in future terms, bringing important, and perhaps lifesaving, knowledge and tools to LLI members and the broader senior community. Thanks to LGHM for their support!

Sustaining Sponsors

Sustaining Partners have been with us from the beginning. There would be no LLI without support from Virginia Tech's Continuing and Professional Education, an entity of Outreach & International Affairs. And we are deeply connected with Warm Hearth Village that provides space for our many events while LLI provides educational programming onsite for their residents.



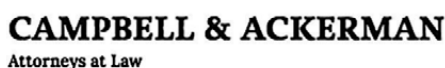
Presenting Sponsors

Financial advisors, Chris French of Plott & French and Meghan Kuczmariski of Edward Jones, are multi-year sponsors who have taught classes and/or participated in special events.



Supporting Sponsors

Recognize these businesses? Thank them for supporting LLI!



THE **BLACKSBURG** PARTNERSHIP

Welcome to LLI at Virginia Tech

LLI is offering 36 courses for Fall 2023 – 7 online, 29 in-person – something for everyone!

Five local field trips are on the schedule – lots of nature and history to enjoy.

Free special events are a great member benefit. Enjoy four Zoom webinars, six lectures, and a special reading by acclaimed poet Nikki Giovanni. And we are introducing *Healthy Dialogues with LewisGale Montgomery Hospital*, our new sponsor partner, this fall. You may sign up for as many of these events as you plan to attend.

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

Tuesday, August 29, 10:00 – 11:30 a.m.

Join us via Zoom for our Fall Preview on **Tuesday, August 29, 10:00 – 11:30**. No registration is required. The webinar link will be sent to those on our email list and posted on the LLI home page.

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CONTACT INFORMATION

CPE Registration: 540-231-5182

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LLI website: www.cpe.vt.edu/lifelonglearning/

LLI email address: lifelonglearning@vt.edu

LLI facebook page: www.facebook.com/vtlifelonglearning/

Address for walk-in registration Sep 6 only
 Moss Building, Corporate Research Center,
 1900 Kraft Drive, Blacksburg

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LLI PROGRAM COORDINATOR

Lyndsay LaLonde
 540-231-1725
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LLI Fall 2023 Courses at a Glance

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

MONDAY

TED Talks

Dean Spader, 9:00 – 10:30
6 weeks: Sep 18, 25, Oct 2, 9, 16, 23
CRC, Concept Rm
Limit: 20

New Technologies and Current Issues in Passenger and Freight Transportation

Andy Alden, 9:00 – 10:30
3 weeks: Oct 30, Nov 6, 13
CRC, Concept Rm
Limit: 32

The Love Poetry of Nikki Giovanni

Ginney Fowler, 11:00 – 12:30
6 weeks: Sep 18, 25, Oct 2, 16, 23, 30 (skip Oct 9)
CRC, Concept Rm
Limit: 32

Using Online Health Portals

Liz Craine, 11:00 – 12:30
1 week: Oct 30
CRC, Curiosity Rm
Limit: 15

Armchair Journeys

Molly McClintock, Coordinator
1:00 – 2:30
4 weeks: Sep 25, Oct 2, 9, 16
Zoom webinar
Unlimited

Responding to Conflict in Transformative and Restorative Ways

Henry Yampolsky, 3:00 – 4:30
6 weeks: Sep 18, 25, Oct 2, 9, 16, 23
Zoom meeting
Limit: 25

Appreciating Northern Italian Wines

Randall Horst, 3:00 – 5:00
6 weeks: Sep 18, 25, Oct 2, 9, 16, 23
Vintage Cellar
Limit: 32

Creating and Maintaining Your Own Terrarium

Heather and John Barbieri, Michelle DuCom, 3:00 – 4:30
1 week: Oct 30
Christiansburg Rec Center
Limit: 15

Creating and Maintaining Your Own Dish Garden

Heather and John Barbieri, Michelle DuCom, 3:00 – 4:30
1 week: Nov 6
Christiansburg Rec Center
Limit: 15

TUESDAY

Exploring Mindfulness through Community and Service

Jamie Reygle and Lori Marsh
9:00 – 10:30
6 weeks: Sep 19, 26, Oct 3, 10, 17, 24
Zoom meeting
Limit: 15

Sampler

Molly McClintock, Coordinator, 9:00 – 10:15
7 weeks: Sep 19, 26, Oct 3, 10, 17, 24, 31
Zoom Webinar
Unlimited

Great American Sportswriting

Paul Metz, 11:00 – 12:30
5 weeks: Sep 19, 26, Oct 3, 10, 17
CRC, Curiosity Rm
Limit: 18

Demystifying Computer Technology

Travis Carter, 11:00 – 12:30
4 weeks: Sep 19, 26, Oct 3, 10
CRC, Concept Rm
Limit: 25

Native v. Invasive Plants of the NRV: A Primer for Gardeners and Landscapers

Stephanie Huckestein
1:00 – 2:30
2 weeks: Sep 19, 26
Warm Hearth, Tall Oaks
Room & Wildwood Park, Radford
Limit: 15

Time Travel: Let Sci-Fi Be Your Guide

Phillip Harris, 1:00 – 2:30
5 weeks: Oct 3, 10, 17, 24, 31
CRC, Curiosity Rm
Limit: 15

The Natural History of Darwin's Galapagos: Pristine to Anthropocene

Peter Graham, William Hopkins, Ignacio Moore
3:00 – 4:30
3 weeks: Nov 14, 28, Dec 5 (skip Nov 21)
CRC, Concept Rm
Limit: 25

WEDNESDAY

Lawrence of Arabia: The Book, the Film, the Myth

William Ochsenwald
11:00 – 12:30
3 weeks: Oct 11, 18, 25
Warm Hearth, Tall Oaks Rm
Limit: 35

The Practice of Hinduism in 21st Century India

Suchitra Samanta, 1:00 – 2:30
5 weeks: Sep 20, 27, Oct 4, 11, 18
CRC, Curiosity Rm
Limit: 15

Cognitive Functioning, Well-Being, and Aging

Fred Piercy, Coordinator
1:00 – 2:30
3 weeks: Sep 20, 27, Oct 4
CRC, Concept Rm
Limit: 25

The Kennedy Assassination Investigation: A 60th Anniversary Re-Assessment

Steve Owens, Tod Burke
1:00 – 2:30
5 weeks: Oct 18, 25, Nov 1, 8, 15
CRC, Concept Rm
Limit: 25

Contemporary Ukrainian Literature

Christine Kiebuszinska
3:00 – 4:30
6 weeks: Sep 20, 27, Oct 4, 11, 18, 25
CRC, Curiosity Rm
Limit: 15

LLI Film Forum: So, Think You Know Hitchcock?

Rebecca Weaver-Hightower
3:00 – 4:30
4 weeks: Oct 4, 11, 18, 25
Warm Hearth, Woodland Studio
Limit: 15

Creating Beautiful and Tasty Charcuterie Boards

Marie Paget, 5:00 – 7:00
1 week: Oct 25
Vintage Cellar
Limit: 24

THURSDAY

Global Change VIII: Achieving Sustainable Climate Management for Virginia Tech

Anne McNabb and Jack Leff, Coordinators
9:00 – 10:30
6 weeks: Sep 21, 28, Oct 12, 19, 26, Nov 2 (skip Oct 5)
CRC, Concept Rm
Limit: 32

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

Marian Silverman, Jerry Niles, Richard Shepherd, Anne Campbell, 9:00 – 10:30
6 weeks: Sep 21, 28, Oct 5, 12, 19, 26
CRC, Curiosity Rm
Limit: 20

The Roberts Court and the Criminal Justice System

Jack Call, 11:00 – 12:30
6 weeks: Sep 21, 28, Oct 5, 26, Nov 2, 9 (skip Oct 12, 19)
CRC, Concept Rm
Limit: 25

Modern Africa: Challenges of Nation Building

Josiah Tlou, Joseph Mukuni
11:00 – 12:30
6 weeks: Oct 12, 19, 26, Nov 2, 9, 16
CRC, Curiosity Rm
Limit: 15

Best American Short Stories (2022)

Trudi Riley and Molly McClintock, 1:00 – 2:30
6 weeks: Oct 12, 19, 26, Nov 2, 9, 16
Zoom meeting
Limit: 15

How Anthropology Connects Our Past and Present

Steve Gerus, 1:00 – 2:30
6 weeks: Sep 21, 28, Oct 5, 12, 19, 26
CRC, Concept Rm
Limit: 25

Using Smart Technology – Amazon's Alexa

Derek Haqq, 3:00 – 4:30
1 week: Sep 21
Zoom meeting
Limit: 25

Sherlock, Watson, et al.: Contemporary Riffs on a Classic Duo

Britton Gildersleeve, 3:00 – 4:30
6 weeks: Sep 28, Oct 5, 12, 19, 26, Nov 2
Zoom meeting
Limit: 25

FRIDAY

Italian Cooking Experiences

Claudia Levi, 9:00 – 11:00
2 weeks: Oct 13, 20
Instructor's home, Blacksburg
Limit: 8

Knit Along with LLI: Make a Cardigan in Any Size

Diana George, Kaye Graham, Nancy Metz, 10:00 – 11:30
7 weeks: Sep 22, Oct 6, 20, 27, Nov 3, 10, 17 (skip Sep 29, Oct 13)
Instructor's home, Blacksburg
Limit: 10

Open Studio Watercolor Class

Jesi Pace-Berkeley
10:00 – 12:00
5 weeks: Sep 22, 29, Oct 6, 13, 20
Blacksburg Community Ctr, Community Rm
Limit: 15

Memoir and Essay Writing

Richard Gilbert, 11:00 – 12:30
5 weeks: Sep 22, 29, Oct 6, 13, 27 (skip Oct 20)
CRC, Curiosity Rm
Limit: 15

Karst Science: From Sinkholes to Speleology to Springs

Wil Orndorff, 11:00 – 12:30
6 weeks: Sep 22, 29, Oct 6, 13, 20, 27
CRC, Concept Rm
Limit: 32

CRC = Corporate Research Center

CRC, Concept Rm
1880 Pratt Dr, Suite 2018, Blacksburg

CRC, Curiosity Rm
1900 Kraft Dr, Suite 1000, Blacksburg

1. TED Talks

Dean Spader

Mondays, 9:00 – 10:30

6 weeks: Sep 18, 25, Oct 2, 9, 16, 23

CRC, Concept Rm, 1880 Pratt Dr, Suite 2018

Limit: 20

Fee: \$35

TED talks are short, well-prepared, understandable presentations by remarkable, innovative, articulate persons, on over 2500 topics in almost every area of life. We'll watch and discuss two to 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. This is a participation class, drawing on the life experiences, knowledge, interests, and

expertise of class members. TED talks are an exceptional way to broaden your exposure to ideas and initiatives you may never have considered before, and to join others in lively conversation.

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

INSTRUCTOR

Dean Spader is professor emeritus at the University of South Dakota. He led TED Talks and other LLI classes for five years in South Dakota and now for five years in Blacksburg. His teaching and research interests lie in the areas of justice, ethics, law, and conflict resolution.

2. New Technologies and Current Issues in Passenger and Freight Transportation

Andy Alden

Mondays, 9:00 – 10:30

3 weeks: Oct 30, Nov 6, 13

CRC, Concept Rm, 1880 Pratt Dr, Suite 2018

Limit: 32

Fee: \$35

The course will bring participants up to date on current trends in passenger and freight transportation. It will explore new technologies and methods that enhance personal and freight mobility while also providing safety and sustainability improvements. How close are we to the widespread adoption of self-driving cars? What role will Advanced Driver Assistance Systems, Connected Vehicle Systems, and safer roads play in reducing accidents and fatalities? Participants will learn more about the future of freight transport, including locally on I-81, and they will become more knowledgeable about the vehicle power systems and supporting infrastructure that enable transportation innovation.

CLASS SESSIONS

1. Vehicle Safety: automation, Driver Assistance Systems, Connected Vehicle Systems, roads
2. Vehicle Power Systems: electric, hydrogen, biofuels etc.; supporting infrastructure; related issues
3. Freight Transport: ground, air; highways; logistics; current issues and challenges

INSTRUCTOR

Andy Alden is a senior research associate at VTTI. In his 18+ years in transportation research, he has managed many large federally funded projects and acted as chief technical consultant on many others.

3. The Love Poetry of Nikki Giovanni

Ginney Fowler

Mondays, 11:00 – 12:30

6 weeks: Sep 18, 25, Oct 2, 16, 23, 30 (skip Oct 9)

CRC, Concept Rm, 1880 Pratt Dr, Suite 2018

Limit: 32

Fee: \$35



Photo credit: Leslie King

Although many people think of Giovanni as primarily a political poet and social critic, her volumes of poetry have always included love poems. In this course we will read and discuss some notable examples, from the early “Kidnap Poem” to the recent “Make Me Rain” and “I Am Your Sweatshirt.” Participants will be given access to an online

anthology of Giovanni’s love poetry designed by the instructor specifically for this class. As we make our way through the

selections, we will ask ourselves: What continuities do we find in subject and theme across Giovanni’s almost 60-year career? How does the poetry change and evolve? What is distinctive about a Nikki Giovanni love poem? What is her unique take on this centuries-old genre?

The course invites you to immerse yourself in the poetry and have fun as a class doing so. Expect a visit from the poet herself!

CLASS SESSIONS

- Giovanni’s approach to the genre: imagery, style, structure
- The love poems in context, as part of a volume of poetry
- The poems over time: continuity and change in the love poetry over 60 years

INSTRUCTOR

Ginney Fowler is professor emerita of English at Virginia Tech. She has written books on Henry James and Gloria Naylor. She is the co-author (with Nikki Giovanni) of *Conversations with Nikki Giovanni* (1992), and the author of *Nikki Giovanni* (Twayne Author series, 1992), and most recently *Nikki Giovanni: A Literary Biography* (2013).

4. Using Online Health Portals

Liz Craine

Monday, 11:00 – 12:30

One session: Oct 30

CRC, Curiosity Rm, 1900 Kraft Dr, Suite 1000

Limit: 15

Fee: \$15

Liz Craine will demonstrate the use of the LewisGale (Healow/MyHealthONE) and Carilion (MyChart) health portals. She will assist you in logging in and show you how to use the various options to make or cancel appointments, check lab test results, send messages to your care provider, manage medications, and more.

Participants should contact medical providers in advance of the first class to get access to the appropriate portal. Bring a laptop, tablet, or phone to class so that you can follow along.

INSTRUCTOR

Liz Craine does tech support for Carilion Clinic. She is interested in using technology to make life easier for health care consumers.

5. Armchair Journeys

Coordinator: Molly McClintock

Mondays, 1:00 – 2:30

4 weeks: Sep 25, Oct 2, 9, 16

Zoom Webinar

Limit: Unlimited

Fee: \$35

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. There will be plenty of time for participants to ask questions and share comments.

CLASS SESSIONS AND INSTRUCTORS

Sept 25. **The Baltic Sea and Russian Treasures with Rich and Marilyn Rio**

The Rios visited Sweden, Finland, Russia, Estonia, Poland, Germany, Denmark, and Norway on a Viking Ocean cruise. The golden palaces of Russia were a mind-blowing highlight, including the opulent Peterhof Palace and the summer home of Catherine, the Great.

Oct 2. **Walking Hadrian's Wall with Peggy Layne and Ed Champion**

Peggy Layne and Ed Champion walked the scenic central portion of the Hadrian's Wall path across the north of Britain in August 2022, following the well-marked National Trail and staying in bed-and-breakfasts and cozy inns along the way. The trip was a great combination of history and scenery, with fascinating excavations and beautiful views.

Oct 9. **Barcelona and Lisbon: Capitals of Iberia Grounded in Tragedy with Jim Bohland**

Come and explore the two "capitals" of Iberia that share many common attributes and histories of tragedy. We will discuss these commonalities as we wander through each city and its environs.

Oct 16. **An Odyssey Down Under: Australia and New Zealand with Pat Hyer and Joan Hirt**

Share the beauty and wonder of Australia and New Zealand with Pat Hyer and Joan Hirt who traveled Down Under during Fall 2022. See glimpses of New Zealand's stunning natural scenery, learn a little about Maori and Aboriginal cultures, visit cosmopolitan cities, and encounter the beauty and stark scenery of the Outback

6. Responding to Conflict in Transformative and Restorative Ways

Henry Yampolsky

Mondays, 3:00 – 4:30

6 weeks: Sep 18, 25, Oct 2, 9, 16, 23

Zoom Meeting

Limit: 25

Fee: \$35

This highly interactive course will introduce participants to key principles of conflict transformation and will offer clear strategies for responding to conflict with strength, clarity, and compassion rather than fear, avoidance, or aggression. The course will demonstrate a mindfulness-based coaching tool that facilitates better processing of the conflict experience, resulting in greater clarity and peace.

Course participants will be able to apply principles, tools, and skills learned to gain perspective on prior conflicts and negotiate challenging interpersonal interactions. The course will also address how these same principles, skills, and tools may be applied to greater societal conflicts, challenges, and social justice issues.

RECOMMENDED TEXT

Dis-Solving Conflict from Within: An Inner Path for Conflict Transformation, Henry Yampolsky

INSTRUCTOR

Henry Yampolsky, J.D., is a best-selling author, mediator, educator, lawyer, and multi-time TEDx speaker. Henry serves as the assistant director for education, outreach, and conflict resolution at Virginia Tech's Office for Equity and Accessibility and teaches conflict resolution, mediation, and peacebuilding as part of Virginia Tech's Center for Peace Studies and Violence Prevention.

7. Appreciating Northern Italian Wines

Randall Horst

Mondays, 3:00 – 5:00

6 weeks: Sep 18, 25, Oct 2, 9, 16, 23

Vintage Cellar, 1338 S. Main St, Blacksburg

Limit: 32

Fee: \$35

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

Italy has the most ancient and diverse vineyards in the world. It is sometimes described as a giant vineyard. We will explore

Northern Italian wines this term, tasting 48 premium wines and a wide variety of flavor profiles to sample the best that this region has to offer.

INSTRUCTOR

Randall Horst is a wine connoisseur and buyer for Vintage Cellar. He has 25+ years of experience in these roles and has taught wine appreciation courses for LLI every term since 2016.

8. Creating and Maintaining Your Own Terrarium

Heather and John Barbieri, Michelle DuCom

Monday, 3:00 – 4:30

One session: Oct 30

Christiansburg Recreation Center, Senior Activities Room

Limit: 15

Fee: \$15

Materials Fee: \$65 covers the container and all components of the garden. Pay the materials fee by check or credit card directly to Lichen or Knot Plant Company. Look for instructions after enrollment.

This one-session workshop teaches you how to select and arrange plants likely to thrive in containers, how much and how often to water them, and where to position them for optimal light exposure. You will leave with your own

handcrafted terrarium and instructions to maintain it successfully at home. The instructors have planned for a fun and relaxing experience where laughter is shared and learning is hands-on.

INSTRUCTORS

Heather and John Barbieri own Lichen or Knot Plant Company in Floyd, Virginia. They have more than twenty years' experience in the garden/plant industry.

Michelle DuCom is a Blacksburg resident who has fostered a love of houseplants and gardening from a young age, all thanks to her grandmother. With several years of experience in garden and plant sales, Michelle currently supervises Lichen or Knot's house plant shop and events.

9. Creating and Maintaining Your Own Dish Garden

Heather and John Barbieri, Michelle DuCom

Monday, 3:00 – 4:30

One session: Nov 6

Christiansburg Recreation Center, Senior Activities Room

Limit: 15

Fee: \$15

Materials Fee: \$65 covers the dish and all components of the garden. Pay the materials fee by check or credit card directly to Lichen or Knot Plant Company. Look for instructions after enrollment.

This one-session workshop teaches you how to select and arrange plants likely to thrive in dish gardens, how much and how often to water them, and where to position them for optimal light exposure. You will leave with your own handcrafted dish garden and instructions to maintain it

successfully at home. The instructors have planned for a fun and relaxing experience where laughter is shared and learning is hands-on.

INSTRUCTORS

Heather and John Barbieri own Lichen or Knot Plant Company in Floyd, Virginia. They have more than twenty years' experience in the garden/plant industry.

Michelle DuCom is a Blacksburg resident who has fostered a love of houseplants and gardening from a young age, all thanks to her grandmother. With several years of experience in garden and plant sales, Michelle currently supervises Lichen or Knot's house plant shop and events.

10. Exploring Mindfulness through Community and Service

Jamie Reygle and Lori Marsh

Tuesdays, 9:00 – 10:30

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

Zoom Meeting

Limit: 15

Fee: \$35

Ongoing research in positive psychology and neuroscience reveals many benefits of mindfulness practice, including greater life satisfaction, reduction in self-centered thinking, an increase in concern for others, and reduced reactivity to negative stimuli. Mindfulness allows us to put space between stimulus and response, so that we respond skillfully rather than simply reacting out of habit. In this class we will briefly review the literature on mindfulness, its benefits and ethical foundations. We'll explore varied mindfulness techniques and share our experiences through discussion. We will also discuss how to establish a mindfulness group for ongoing practice, including looking at the many resources that InStill Mindfulness has to offer.

RECOMMENDED TEXTS AND RESOURCES

- *Aging with Wisdom: Reflections, Stories and Teachings*, Olivia Ames Hoblitzelle
- InStill Mindfulness online community: www.instillmindfulness.com
- InStill YouTube channel: www.youtube.com/@instillmindfulness

INSTRUCTORS

Jamie Reygle has taught mindfulness in many settings, including retreats, public schools, businesses, independent workshops, and music festivals. He is the founder and executive director of InStill Mindfulness.

Lori Marsh serves as board chair of InStill Mindfulness. She has maintained a mindfulness practice for over 20 years and currently facilitates two InSpire groups, one on Saturday mornings via zoom and another on Wednesday evenings in Floyd County.

11. Sampler

Coordinator: Molly McClintock

Tuesdays, 9:00 – 10:15

7 weeks: Sep 19, 26, Oct 3, 10, 17, 24, 31

Zoom Webinar

Limit: Unlimited

Fee: \$35

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.

Sept 19. Writing Your Story: A Memoir, A Mystery, or Both

John will talk about the creative process and about how you — yes, you! — can take your ideas and translate them into a published story. Maybe it's a family memoir. Maybe it's a mystery or historical fiction. Maybe it's all three wrapped together, since so much of our lives is a mystery!

John Wasowicz, an attorney, is the author of five Old Town mysteries, all written after he turned 65. He's now hard at work on #6.

Sept 26. Microplastic Pollution and Marine Life

By studying the gastrointestinal tracts of deceased bottlenose dolphins found stranded in Charleston Harbor, Austin and his colleagues are assessing how microplastics are moving up the food chain to this apex predator. We'll discuss how new laws may help reduce microplastics in our environment.

Austin Gray is an assistant professor of biological sciences at Virginia Tech and the co-lead on a 5-year project to study dolphins, supported by National Oceanic and Atmospheric Administration's National Centers for Coastal Ocean Science (NCCOS).

Oct 3. China—the Past, the Present, and Future. Why Do You Care?

China has always been enigmatic to foreigners. With its remarkable past and expanding power around the globe, China's culture and politics are both intriguing and important. Come learn from Rocky's unique experiences and insights.

After a career as a fighter pilot, **Rocky Roland** taught at the Naval War College. He spent an intensive year in Washington D.C. studying Mandarin Chinese, Chinese history and culture,

Continued on next page >

and Chinese military capabilities in preparation for his three-year assignment as the Air Force Attaché in the U.S. Embassy in Beijing, China.

Oct 10. **Captain America as American Literature**

Our speaker's book examines the evolution of Marvel comics and their narrative ties to 20th-century American history, allowing superhero fans to better understand history and history buffs to better understand a genre that's usually thought of as "kids' stuff"

Shaun Baker is an advanced instructor in the Department of English with expertise in children's and adolescent literature, comics and superhero fiction, and horror.

Oct 17. **The Virginia Prison Justice Network**

This group of organizations works to end mass incarceration and to empower prisoners while advocating for their human rights. Come learn about some of the successes and challenges they face and experience some of the art created by prisoners.

Margaret Breslau is co-founder of the Virginia Prison Justice Network and chair of the local Coalition for Justice. She is a human rights advocate and produces a journal of art and writing from people incarcerated in Virginia.

12. Great American Sportswriting

Paul Metz

Tuesdays, 11:00 – 12:30

5 weeks: Sep 19, 26, Oct 3, 10, 17

CRC, Curiosity Room, 1900 Kraft Dr, Suite 1000

Limit: 18

Fee: \$35

This class offers an exploration of sports writing at its best. After a brief look at the history of sports journalism, we will begin a highly participative sampling of the genre, using David Remnick's anthology, *The Only Game in Town*. We'll focus on two or three selections per week, featuring such figures as Red Smith, A. J. Liebling, John Updike, Roger Angell, and Sally Jenkins. The course will conclude with John McPhee's short classic, *Levels of the Game*, an account of the 1968 U. S. Open tennis match between Clark Graebner and Arthur Ashe.

TOPICS

- "There's a person in there" – the individual behind the face mask
- "Inside baseball" – strategy, motivation, technique, cheating and everything else that goes into winning

Oct 24. **Christiansburg's Infamous Black Sisters**

This true-crime thriller based in the early 1900s follows the mysterious "three sisters in black" whose mid-life reunion incites rumors of diabolic behavior, fatal accidents, and accusations of familial murder for profit.

During his MFA in filmmaking from the Akira Kurosawa School of Film at Anaheim University, **Rick Matri** directed a film short titled *I, Miss Virginia* – the original Black Sisters movie. He will share the film and discuss both the story and the film's production.

Oct 31. **Divisiveness in Our Public Schools**

Nick Fischer will talk about Critical Race Theory, transgender students, paying for education, testing, and other issues that make people mad about schools.

Nick Fischer retired as a public school administrator, teacher and consultant across eight states, having been superintendent, senior leader and associate commissioner of education at the state level and in some of the largest districts in the U.S.

- "Who cares?" – how sports interact with, and reflect, the greater society
- "The view from the bottom of the pile" – the athlete as reporter

TEXTS

- David Remnick, ed., *The Only Game in Town: Sportswriting from The New Yorker*. (selections)
- John McPhee, *Levels of the Game*. (149 pp.)

INSTRUCTOR

Retired from the Virginia Tech Libraries, **Paul Metz** loves sports, adores brilliant, evocative nonfiction, and does backflips whenever the two are combined.

13. Demystifying Computer Technology

Travis Carter

Tuesdays, 11:00 – 12:30

4 weeks: Sept 19, 26, Oct 3, 10

CRC, Concept Rm, 1880 Pratt Dr, Suite 2018

Limit: 25

Fee: \$35

This four-week course provides an overview of basic computer concepts, demystifying high-frequency technical terms and explaining to ordinary users what they mean and how they might be useful. The final week is reserved for topics and questions of greatest interest to the participants.

CLASS SESSIONS

Week 1 – Introductory terms and concepts

- Device Type (Tablet, Laptop, Desktop), Software vs Hardware, Memory/RAM, Storage (MB, GB, TB), Processor/CPU, Operating System, Common Ports on Devices (Standard USB, USB C, HDMI, Ethernet, etc.), Wireless Connections (WiFi, Bluetooth, LTE, 5G)

Week 2 – Cloud and other storage options

- Cloud Data Storage: Google Drive, Microsoft OneDrive, iCloud, Dropbox.
- Physical Data Storage: Jump/Flash Drive, External Hard Drive, Memory Cards (Ex: MicroSD Card)

Week 3 – Strategies for using search engines

- Keywords, Exact Wording, Excluding Specific Words

Week 4 – Student Determined

- Topic(s) to be discussed will be based on student feedback/requests from previous weeks

INSTRUCTOR

Travis Carter is the systems manager for the Continuing and Professional Education (CPE) department at Virginia Tech. He also worked as a software test manager and high school mathematics/technology teacher.



14. Native v. Invasive Plants of the NRV: A Primer for Gardeners and Landscapers

Stephanie Huckestein

Tuesdays, 1:00 – 2:30

2 weeks: Sep 19: Warm Hearth Village Center, Tall Oaks Room; Sep 26: Wildwood Park, Radford (meet in the parking area behind the National Bank of Blacksburg in Radford, 2001 E. Main St. #1768)

Limit: 15

Fee: \$25

In creating a design for a backyard garden, homeowners sometimes gravitate to familiar and lovely plants, some of them, perhaps, remembered from childhood, like honeysuckle, wisteria, butterfly bush, English ivy, and periwinkle. Yet these plants and other non-native species can spread from domestic gardens to roadsides, fields, and woodlands where they may compete with and in some cases displace plants

native to our area, disrupting an ecosystem that includes local wildlife. Join us for a mini-course devoted to native and non-native plants found in southwest Virginia. This two-session experience includes a classroom presentation and a follow-up tour of Radford's Wildwood Park. Participants will have the opportunity to observe and identify plants in both native and non-native categories and discover native plants that thrive in their own home landscapes.

INSTRUCTOR

After 18 years as a horticulturalist at the Hahn Garden at Virginia Tech, **Stephanie Huckestein** moved to Radford University to teach plant-focused courses for the Biology Department; she also serves as the department's greenhouse manager.

15. Time Travel: Let Sci-Fi Be Your Guide

Phil Harris

Tuesdays, 1:00 – 2:30

5 weeks: Oct 3, 10, 17, 24, 31

CRC, Curiosity Room, 1900 Kraft Dr, Suite 1000

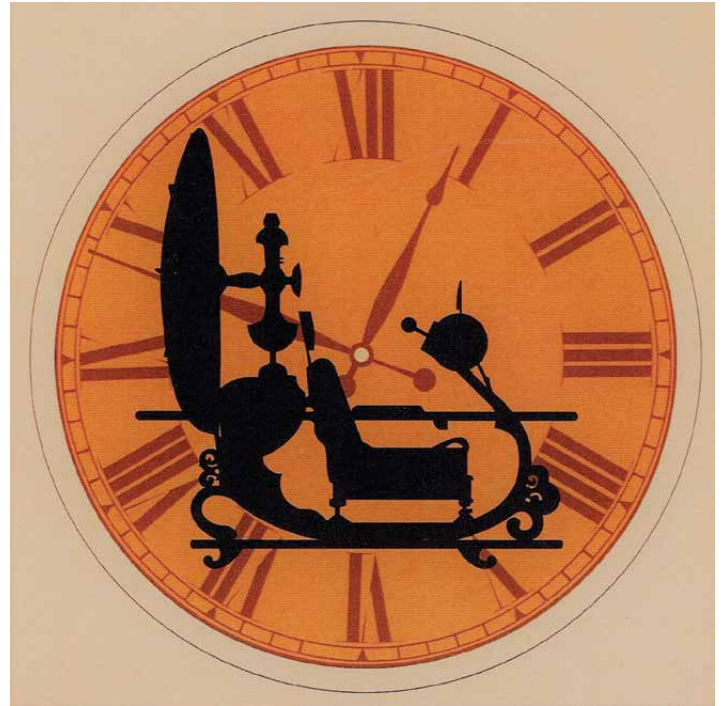
Limit: 15

Fee: \$35

Near the end of the nineteenth century, H.G. Wells and Mark Twain published very different novels that are generally credited with initiating the concept of time travel. These two books — *The Time Machine* and *A Connecticut Yankee in King Arthur's Court* – gave birth to a subgenre of “scientifiction literature” that shocked the reading public. Since then, time-travel books, films, and other media have popularized and expanded on the idea of humans traveling back to the past and into the future. Recognizable types of time travel have evolved; rules, conventions, and assumptions have emerged that appear to guide those who travel, intentionally or accidentally, through time or space-time. Our study of these developments will be informed by selected chapters from a common text, James Gleick’s *Time Travel: A History* (2016). In addition, participants will be encouraged to explore one of the time travel novels listed below, bringing insights from these readings into our class discussions.

TOPICS

- The history of time travel fiction and its pioneering authors
- Types, methods, purposes, and effects of time travel in current literature
- Effects of time travel on fatalism, free will, predestination, causality, mortality
- Intriguing paradoxes, confusing questions, and curious speculations, e.g., can clothes time travel?



TEXTS

Time Travel: A History, James Gleick (selected chapters will be assigned)

Novels (participants are encouraged to read one of the following):

- *Here and Now and Then*, Mike Chen
- *The Time Traveler's Wife*, Audrey Niffenegger
- *The End of Eternity*, Isaac Asimov

INSTRUCTOR

Phil Harris has been an avid reader of science fiction his entire life. He appreciates sci-fi as entertainment and as an academic subject that influences society and science. For 30 years prior to his retirement, Phil practiced as an attorney representing religious organizations.

16. The Natural History of Darwin's Galapagos: Pristine to Anthropocene

Peter Graham, William Hopkins, and Ignacio Moore

Tuesdays, 3:00 – 4:30

3 weeks: Nov 14, 28, Dec 5 (skip Nov 21)

CRC, Concept Room, 1880 Pratt Dr, Suite 2018

Limit: 25

Fee: \$35

This three-session, discussion-centered seminar will center on the natural history of Galapagos, the archipelago's importance to the evolutionary thinking of Charles Darwin, and the challenges these once-pristine islands face in an age of tourism and human settlement. Out-of-class reading, podcasts, and documentary-viewing will complement class discussions and guest lectures, with two or more of the instructors collaboratively participating in each session. We'll cover the natural history of Galapagos, its geology, flora, and fauna; Darwin in Galapagos; and Galapagos in the Anthropocene era.

OPTIONAL READINGS/VIEWING:

- *Darwin for Beginners*, Jonathan Miller
- *Beak of the Finch: A Story of Evolution in Our Time*, Jonathan Weiner
- *Galapagos* (3-part BBC documentary)



Photo credit: Ignacio Moore

Peter Graham, Virginia Tech professor emeritus of English, is co-editor of *The Portable Darwin* with Duncan Porter, and author of *Darwin's Sciences*. He's also author of the comparative study *Jane Austen & Charles Darwin: Naturalists and Novelists*.

William Hopkins, director of Virginia Tech's Global Change Center and professor in the Department of Fish and Wildlife Conservation, studies how anthropogenic disturbances trigger physiological and behavioral responses in wildlife.

Ignacio Moore, Virginia Tech professor of biology, studies physiological and behavioral adaptations to unique environments.



Photo credit: Elizabeth Davis



Photo credit: Ignacio Moore

17. Lawrence of Arabia: The Book, the Film, the Myth

William Ochsenwald

Wednesdays, 11:00 – 12:30

3 weeks: Oct 11, 18, 25

Warm Hearth Village, Tall Oaks Room

Limit: 35

Fee: \$35

T. E. Lawrence (known as Lawrence of Arabia) was a British hero because of his exploits during World War I in the Arab revolt against the Ottoman Empire. His 1935 autobiographical account of desert warfare, *Seven Pillars of Wisdom*, was a literary masterpiece. The 1962 epic film based on this book, *Lawrence of Arabia*, was enormously popular. Lawrence gained mythical status despite controversy concerning his true importance in winning the war in the Middle East, his role in the formation of Arab nationalism, his part in the expansion of British imperialism, and his sexual identity. This course will critically review and discuss the book, the film, and the myth.

TEXTS

- *Seven Pillars of Wisdom: A Triumph* (read all or excerpts)
- *Lawrence of Arabia* (1962 film, recommended viewing)
- “Re-Reading T. E. Lawrence’s *Seven Pillars of Wisdom*” by William Ochsenwald (IJMES 2020) 5 pages (handout)

INSTRUCTOR

Emeritus Professor **William Ochsenwald** has presented seven earlier courses for the Lifelong Learning Institute. He is the author of *The Middle East: A History; Religion, Society, and the State in Arabia*; and *The Hijaz Railroad*. Reading *The Seven Pillars of Wisdom* as an undergraduate led him to devote his life to the study of the Middle East.

18. The Practice of Hinduism in 21st Century India

Suchitra Samanta

Wednesdays, 1:00 – 2:30

5 weeks: Sep 20, 27, Oct 4, 11, 18

CRC, Curiosity Room, 1900 Pratt Dr, Suite 1000

Limit: 15

Fee: \$35

The course will focus on Hinduism as lived experience. The instructor, a Hindu born and educated in India, now a naturalized U.S. citizen, will draw on her own experiences to convey the complexity of this ancient religion as it is practiced in 21st century India. We will explore the central tenets of Hinduism, such as monism, where the divine is simultaneously one and many; life cycle rites, like marriage; women’s place in Hindu beliefs; and festivals like Diwali (festival of light), and Holi (festival of spring). We will consider the roles of special figures like the goddess, the feminine face of the deity, and gurus (or preceptors), human poet-saints who cross social and religious boundaries. Finally, we will pay attention to the contexts in which Hinduism is currently practiced: Hinduism in the Indian diaspora; Hinduism, militant and politicized; and Hinduism in relation to other religions practiced in India, such as Islam, Christianity, Sikhism, and Buddhism.

TEXTS

The Life of Hinduism, John Stratton Hawley and Vasudha Narayanan, eds. Berkeley, CA: University of California Press, 2007

- Selections from this classic book of essays about Hinduism as a “lived” religion will be assigned.
- Available to participants with Virginia Tech credentials as an ebook through Newman library
- Inexpensive used copies can be acquired through Amazon and other internet vendors.

INSTRUCTORS

Suchitra Samanta, a cultural anthropologist, is a collegiate associate professor in the Department of Sociology at Virginia Tech. In 2011 she co-led a Study Abroad group to explore religious diversity in Kolkata, India. In 2012, she won Virginia Tech’s prestigious Sporn award for her teaching of an introductory course on Asian Religions, and she has recently received the College of Liberal Arts and Human Sciences Diversity award for her work on Asia and Asian Americans. In 2021 she published a book on the Hindu goddess, Kali in *Bengali Lives: Narratives of Religious Experience* (Rowman & Littlefield/Lexington Books).

19. Cognitive Functioning, Well-Being, and Aging

Coordinator: Fred Piercy

Wednesdays, 1:00 – 2:30

3 weeks: Sep 20, 27, Oct 4

CRC, Concept Room, 1880 Pratt Dr, Suite 2018

Limit: 25

Fee: \$35

This course offers research-based insights into how older people can stay sharp as they age, how those with cognitive impairments can be protected from exploitation or abuse, and how a model of holistic wellness that includes mental health can facilitate better ways of meeting the comprehensive needs of older adults.

CLASS SESSIONS

September 20. **Staying Sharp as You Age: Everyday Lifestyle Choices That Make a Difference**

It seems as if every day brings a news article about a novel treatment for maintaining cognitive function during aging. Despite recent advances in research, however, there remains no currently available pharmaceutical treatment that shows a truly robust effect in delaying cognitive decline in the context of Alzheimer's disease and related dementias. However, prevention research may offer considerable promise for anyone interested in staying sharp as they get older. In this session, we will cover the latest research into how lifestyle factors—including activities you can engage in every day—might be linked to attention, memory, and executive function throughout the life course.

Ben Katz is an assistant professor of human development and family science at Virginia Tech and a faculty affiliate of the Center for Gerontology.

September 27. **Preventing the Mistreatment of Cognitively Impaired Seniors: The Role of Surrogate Decision Makers**

In the United States, 35.2% of people aged 65 and older live with some form of disability. In addition, 8.9% of people aged 65 and older have a cognitive disability. Certain cognitive disabilities make adults vulnerable to abuse and require the

help of a surrogate decision-maker, such as a representative payee, an agent under a power of attorney, or a guardian. A wide spectrum of adults may need the assistance of a surrogate to help them with decisions about their persons, their property, or both. In this session, we will address types of surrogate decision-makers, ways to select them, and strategies for preventing the mistreatment that may occur regardless of whether someone has a surrogate decision-maker.

Pamela B. Teaster is a professor and acting head of the Department of Human Development and Family Science at Virginia Tech and director of the Center for Gerontology.

October 4. **“Wellness”: Towards a Multi-Dimensional Model for Aging Adults**

For older adults, wellness is multifaceted and rooted in healthy views about the aging process. However, societal ageism and narrow depictions of wellness that focus only on physical health interfere with the pursuit of holistic wellness as people age. In this thought-provoking presentation, participants will examine the role of ageism and other barriers to wellness and explore an eight-dimensional framework for whole person wellness that has been applied with older adults across the country. A discussion of the role of utilizing mental health services to promote mental health and well-being will follow.

Matthew Fullen is associate professor of counselor education at Virginia Tech and a faculty affiliate of the Center for Gerontology.

20. The Kennedy Assassination Investigation: A 60th Anniversary Re-Assessment

Steve Owens, Tod Burke

Wednesdays, 1:00 – 2:30

5 weeks: Oct 18, 25, Nov 1, 8, 15

CRC, Concept Room, 1880 Pratt Drive, Suite 2018

Limit: 25

Fee: \$35

On November 22, 1963, President John F. Kennedy was assassinated in Dallas, Texas. Lee Harvey Oswald was quickly identified as the likely assassin of both President Kennedy and Dallas police officer J. D. Tippit. Two days later, Oswald was killed by Dallas nightclub owner Jack Ruby. No fewer than four U.S. government commissions have investigated the Kennedy assassination; yet there remains much controversy. A majority of the public feels that they do not yet have the truth about what happened; beliefs in a conspiracy and/or cover-up persist. In this class, held on the 60th anniversary of this tragic incident, we will study the assassination and related events, primarily as a case study in criminal investigation. We'll cover

the context of the times and place, the planned presidential trip to Texas, eyewitness (and earwitness) testimonies, The Warren Commission report, conspiracy allegations, and the public impact of the case.

INSTRUCTORS

Tod Burke is a retired professor of criminal justice, a criminologist, and a former police officer who has received awards recognizing his teaching, research, and service. His teaching and research interests include policing, criminal investigation, victimology, and forensics.

Stephen Owen is a professor in the Department of Criminal Justice at Radford University, where he has been recognized with the College of Behavioral Sciences Distinguished Teaching Award. His teaching and research interests include emergency management, criminal justice education, and criminal justice policy issues.

21. Contemporary Ukrainian Literature

Christine Kiebuszinska

Wednesdays, 3:00 – 4:30

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

CRC, Curiosity Room, 1900 Kraft Dr, Suite 1000

Limit: 15

Fee: \$35

This course will sample recent literature—two novels and a selection of poetry—written by Ukrainian writers in direct response to the war with Russia. Andrey Kurkov's *Gray Bees* (2020) follows the quest of a simple beekeeper, whose home is in the eastern "gray zone" between the two warring sides, as he attempts to find a safe place for his bees to hive. Serhiy Zhadan's *The Orphanage* (2022), a very different kind of road novel, launches its protagonist on a harrowing journey through a nightmarish cityscape to rescue his nephew from a threatened school. Selections from the poetry of Oksana Lutsyshyna will introduce the class to the verse of an acclaimed writer, winner of her country's highest literary honors and now currently a Lecturer in Ukrainian Studies at the University of

Texas, Austin. We'll ask ourselves how these writers variously deploy outrage, irony, and humor to represent the trauma, chaos, and confusion of the ongoing siege.

TEXTS

Novels can be purchased online or ordered from Blacksburg Books.

- Andrey Kurkov, *Gray Bees*, London: Maclehorse Press, 2020.
- Serhiy Zhadan, *The Orphanage*, New Haven: Yale University Press, 2021.
- Oksana Lutsyshyna (handouts of selected poems will be provided).

INSTRUCTOR

Christine Kiebuszinska, professor emerita of English at Virginia Tech, is a specialist in comparative literature. She was born in Ukraine and is a native speaker.

22. LLI Film Forum: So You Think You Know Hitchcock?

Rebecca Weaver-Hightower

Wednesdays, 3:00 – 4:30

4 weeks: Oct 4, 11, 18, 25

Warm Hearth Village Center, Woodland Studio

Limit: 15

Fee: \$35

You've hidden behind pillows against pecking beaks when watching *The Birds*, double checked the shower after watching *Psycho*, looked twice at a plane overhead after *North by Northwest*, and speculated about your neighbors after seeing *Rear Window*? Me too! But what about the Hitchcock films you haven't seen? Or haven't seen lately?

This four-week short course will focus on four under-watched and under-discussed Hitchcock films: *Foreign Correspondent* (1938), *Shadow of a Doubt* (1943), *Spellbound* (1945), and *Notorious* (1946). Never seen them? You're in for a treat. Seen them already? Not the way you will see them with this class!

Together we will analyze these films and others, drawing on the collective knowledge of LLI members to better understand Hitchcock's mastery of film technique and storytelling. All films are available on Amazon Prime and other streaming services. You will need to set aside two hours to watch each week's film on your own before class meets. The first class will discuss Hitchcock the man and artist, how to analyze film, and *Foreign Correspondent* (1938).

INSTRUCTOR

Rebecca Weaver-Hightower has published two books and several essays on film, but mostly she just likes to watch movies and discuss them with old and new friends!

23. Creating Beautiful and Tasty Charcuterie Boards

Marie Paget

Wednesday, 5:00 – 7:00

One session: Oct 25

Vintage Cellar, 1338 S. Main St, Blacksburg

Limit: 24

Fee: \$15

Materials fee: Pay the \$25 fee for wine and supplies directly to Vintage Cellar by check or credit card. Look for instructions after enrollment.

Participants will learn how to design and create charcuterie boards, and Middle Eastern (Mezze) and dessert boards. The process involves stocking materials, determining quantities, serving, storing, timing, and transportation. Keith Roberts of Vintage Cellar will offer wine tastings and pairing advice to complement the boards. Participants should bring an apron.

INSTRUCTOR

Marie Paget, retired professor of architecture, taught at Virginia Tech for 30 years. Marie is also an avid food and cooking enthusiast and lover of party planning and giving. For more than ten years, she was involved in the planning and direction of Mardi Gras Balls benefiting the student and New River Valley chapters of Habitat for Humanity.



24. Global Change VIII: Achieving Sustainable Climate Management for Virginia Tech

Coordinators: Anne McNabb and Jack Leff

Thursdays, 9:00 – 10:30

6 weeks: Sep 21, 28, Oct 12, 19, 26, Nov 2 (skip Oct 5)

CRC, Concept Room, 1880 Pratt Dr, Suite 2018

Limit: 32

Fee: \$35

Since 2009, Virginia Tech has planned and implemented measures for reducing energy use and carbon release and becoming a zero-waste campus, in conjunction with the Commonwealth of Virginia goals for state universities. This course will examine six aspects of the university's large-scale efforts to achieve these sustainability goals.

CLASS SESSIONS

September 21. Carbon Neutrality: Building a Sustainable Plan

This presentation will provide an overview of the climate action commitment at Virginia Tech with an emphasis on goal 1: carbon neutrality by 2030. It will briefly outline the major pathways to reach carbon neutrality and highlight some current and future projects and programs that will help us reduce our carbon footprint.

Nathan King, campus sustainability manager; **Emily Vollmer**, sustainability coordinator

September 28. Energy Production and Delivery for the Modern Campus

Virginia Tech Electric Service has been the electric provider for the Campus and the Town of Blacksburg since 1893, with little change. This presentation will examine how VTES will evolve in the next decade to meet campus growth and clean energy goals through innovative grid modernization.

Nam Nguyen, senior director & deputy assistant vice president, campus planning, infrastructure and facilities

October 12. Climate Justice and the Climate Action Living Lab

One of the things that sets Virginia Tech's climate policies apart from other universities is the commitment to equitable implementation and the focus on improving sustainability education through the development of experiential learning programs. This section will cover the ways that Virginia Tech has committed itself to both its educators and the principles of climate justice in its ten-year plan for climate action.

Jack Leff, climate action fellow, office of sustainability, and doctoral candidate, Department of Science, Technology, and Society

October 19. Zero Waste – Changing our Virginia Tech Campus Culture

Since the approval of the 2020 Climate Action Commitment, Virginia Tech has advanced the plan to achieve zero waste by 2030. This course will cover a brief history of campus waste reduction efforts, the current state of composting and recycling on campus, and the goals for advancing Virginia Tech into a future in which zero waste is our mission, our culture, and our achievement. Specific information will focus on student involvement, stakeholders and their responsibilities throughout our campus community (including Dining, Residence Life, etc.), and a timeline for directing our path as together we lead the initiative to a more sustainable environment in our Hokie Nation.

Teresa Sweeney, waste and recycling manager

October 26. Reducing Transportation Energy Use on Campus and Encouraging Sustainable Commuting

Virginia Tech aspires to reduce its transportation-related carbon footprint by getting more people out of their single-occupancy vehicles and transitioning the university's fleet to electric vehicles. Learn about the carrots and sticks that have been or are being considered to help the university achieve its goal.

Nicholas Quint, transportation network manager, sustainable transportation, Virginia Tech

November 2. Modernizing Virginia Tech's Thermal Energy Systems and Optimizing Energy Consumption

Steam and chilled water are critical commodities for our campus buildings. The built environments we teach, learn, and work in are increasingly more energy efficient as we develop and implement more sustainable designs and operations. This presentation will provide an understanding of how the steam plant and the chilled water plant generate and distribute commodities, how usage is measured and managed, and what strategies Virginia Tech is currently considering and/or implementing to achieve high performance, sustainable energy systems on campus.

Stephen Durfee, assistant director of climate action, sustainability and energy committee, campus energy manager; **Simona Fried**, manager of energy projects and analytics

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

Anne Campbell, Jerry Niles, Richard Shepherd, Marian Silverman

Thursdays, 9:00 – 10:30

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

CRC, Curiosity Room, 1900 Kraft Dr, Suite 1000

Limit: 20

Fee: \$35

Each of us would like our life story to end on our own terms. Modern technological advances and hyper-medicalization of 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 end of our own lives.

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
6. Examine the substance and role of palliative care and hospice in EOL

INSTRUCTORS

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 an inpatient hospice facility in the New River Valley.

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.

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

26. The Roberts Court and the Criminal Justice System

Jack Call

Thursdays, 11:00 – 12:30

6 weeks: Sep 21, 28, Oct 5, 26, Nov 2, 9 (skip Oct 12, 19)

CRC, Concept Room, 1880 Pratt Drive, Suite 2018

Limit: 25

Fee: \$35

This course will explore the impact of the Roberts Court on the criminal justice system, focusing on cases that have had significant repercussions since John Roberts became Chief Justice in 2005. We will begin with a brief overview of the operation of the Supreme Court and its membership, taking into account the politics of the Court in its current configuration. Fourth amendment issues will constitute an important part of our conversation about the legacy of the Roberts Court.

TOPICS

- Police interrogations
- Searches
- Arrests
- The exclusionary rule
- The right to bear arms

INSTRUCTOR

Jack Call is professor emeritus of criminal justice at Radford University where he taught law-related courses. He has taught numerous courses for LLI since its founding.

27. Modern Africa: Challenges of Nation Building

Josiah Tlou, Joseph Mukuni

Thursdays, 11:00 – 12:30

6 weeks: Oct 12, 19, 26, Nov 2, 9, 16

CRC, Curiosity Room, 1900 Kraft Dr, Suite 1000

Limit: 15

Fee: \$35

In six classes surveying the history of Africa from pre-colonial times to post-independence, the course will outline the challenges to unity and nationhood created by the diverse cultures and religions of pre-colonial Africa, the impact of the transatlantic slave trade, and the legacy of late-nineteenth century European colonialism. Special attention will be paid to the African quest for independence especially after WWII. The course will examine the concept of African Unity advocated by Kwame Nkrumah under the auspices of the OAU (Organization of African Unity) in the mid-twentieth century and the more recent emphasis on regional integration currently urged by the AU (Africa Union). Africa's role in the United Nations will be considered. Challenges, trends, and opportunities for the future will be assessed.

TOPICS

- Introduction – Expectations, course outline and methodology, fun facts about Africa
- Precolonial Africa – Kingdoms, culture, religions, economics
- Transatlantic Slave Trade – Motivation in Africa, Europe, and the Americas

- Africans in Latin America and the Caribbean – culture, politics, religion, slavery
- Colonial Rule – Scramble for Africa, direct and indirect rule, quest for independence
- Nation building and African Unity; Africa's role in the United Nations
- Post-Independence – Challenges, trends, opportunities; role of China

INSTRUCTORS

Josiah Tlou is professor emeritus of social studies and international education at Virginia Tech, where he taught for over thirty years. He holds an Ed.D. from the University of Illinois in Champaign-Urbana. Before his arrival in the United States, he served as principal in a boarding school and participated in the implementation of degree programs for teacher educators at the University of Botswana and Domani College, Malawi, sponsored by USAID.

Joseph Mukuni obtained his PhD in Career and Technical Education (CTE) and a Graduate Certificate in International Research and Development at Virginia Tech in 2012. He is a collegiate associate professor in the School of Education at Virginia Tech. Before he came to the United States, he had worked for the Ministry responsible for technical, vocational education and training (TVET) in Zambia before becoming the national director of TVET in the Zambian government.

28. Best American Short Stories (2022)

Trudi Riley and Molly McClintock

Thursdays, 1:00 – 2:30

6 weeks: Oct 12, 19, 26, Nov 2, 9, 16

Zoom Meeting

Limit: 15

Fee: \$35

Participants will read and discuss stories from *The Best American Short Stories* (2022 edition) edited by Andrew Sean Greer. We will consider aspects of short stories from every genre in whole-group and break-out groups. Participants will also have opportunities to share their own favorite authors, titles, and collections.

INSTRUCTORS

Molly McClintock has led many courses for LLI, including two on short stories. She is an avid reader and lover of short stories.

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.

29. How Anthropology Connects Our Past and Present

Steve Gerus

Thursdays, 1:00 – 2:30

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

CRC, Concept Room, 1880 Pratt Dr, Suite 2018

Limit: 25

Fee: \$35

This course offers a brief introduction to the study of anthropology, a discipline devoted to the study of human beings and the evolution of societies. The content is gleaned from a semester-long course the instructor teaches at Virginia Tech, but in this case, the participants get to build the syllabus. After an introductory class providing context and surveying the possibilities, students select a lecture topic from among 27 possibilities—one for each of the remaining five classes.

Choices include: the prehistory of human ancestors, the early history of modern humans in the Eastern and/or Western hemisphere, the evolution of social institutions, cross-cultural religious practices, and classic ethnographic studies from North, Central and South America, Africa, Asia and Oceania. A world of possibilities awaits you in LLI's first anthropology class.

INSTRUCTOR

Steve Gerus has undergraduate and master's degrees in anthropology and a recent PhD in sociology. His dissertation research will be featured this Fall in an LLI Special Event presentation, "Listening to Landowners: Rural Appalachia Responds to the Mountain Valley Pipeline Project."

30. Using Smart Technology - Amazon's Alexa

Derek Haqq

Thursday, 3:00 – 4:30

One session: Sep 21

Zoom Meeting

Limit: 25

Fee: \$15

Did you ever want help around the home or on the go, easier ways to access instant updates on weather or news, more opportunities to connect with family and friends, and support for entertainment and everyday life? Perhaps a virtual assistant could help. This course will introduce you to the world of smart technology, specifically, Amazon's Smart Speaker Alexa, a device

designed to act as a virtual assistant for the home and everyday life. We'll talk about why you might want a smart speaker and how they work; how Alexa can help with reminders, alerts, entertainment, and connecting with family and friends; how to handle privacy concerns; and device options.

INSTRUCTOR

Derek Haqq is a seasoned professional with expertise in technology management, computer science, educational technology, teaching, and consulting, skills gained from a wide variety of technical, academic, and instructional roles over 20 years.

31. Sherlock, Watson, et al.: Contemporary Riffs on a Classic Duo

Britton Gildersleeve

Thursdays, 3:00 – 4:30

6 weeks: Sep 28, Oct 5, 12, 19, 26, Nov 2

Zoom Meeting

Limit: 25

Fee: \$35

Join us as we explore contemporary re-imaginings of Conan Doyle's iconic partnership, Sherlock and Watson. We will begin by reading one of the classic stories and then turn our attention to more recent adaptations. Some of them keep the late 19th/early 20th century setting; others use the originals more as inspiration than as template, sometimes blending or switching gender and genre in the process. Our readings will include examples of various approaches and even a novel set in a Sherlockian bookstore!

REQUIRED READING

- Any collection of Sherlock Holmes stories, online or hardcopy
- *A Study in Sherlock*, eds Laurie King and Leslie Klinger
- *A Three Book Problem: A Sherlock Holmes Book Mystery*, Vicki Delaney

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. Since then, mysteries have been a favorite distraction. Sherlock and Watson do that to people!

32. Italian Cooking Experiences

Claudia Levi

Fridays, 9:00 – 11:00

2 weeks: Oct 13, 20

Instructor's home, Blacksburg

Limit: 8

Fee: \$25

This course consists of two hands-on cooking classes at the instructor's home where you will learn to prepare some simple and classic Italian recipes and at the end of the class enjoy the food and the company of your fellow cooks. Delicious and nutritious food does not have to be complicated to make nor expensive to buy!

CLASS SESSIONS

- **1st Class:** Rigatoni al pomodoro e basilico (tomato, garlic and basil), pasta e ceci (with chickpeas), seasonal veggies, tiramisu
- **2nd Class:** Spaghetti alla carbonara (onion, egg and bacon), spaghetti all'Amatriciana (tomato, onion and bacon), green salad with simple dressing, pere al vino rosso (pears in red wine)

INSTRUCTOR

Claudia Levi was born and raised in Torino, Italy. She loves cooking, and she cooks every day from scratch for her family and friends. She is excited to share her joy of cooking, as it was transmitted to her by her mother and grandmothers.

33. Knit Along with LLI: Make a Cardigan in Any Size

Diana George, Kaye Graham, Nancy Metz

Fridays, 10:00 – 11:30

7 weeks: Sep 22, Oct 6, 20, 27, Nov 3, 10, 17 (skip Sep 29, Oct 13)

Instructor's home, Blacksburg

Limit: 10

Fee: \$35



In this class, participants at an intermediate skill level will knit a cardigan in stages from week to week, following a common design created by Isabel Kraemer. The sweater is a top-down seamless knit with a textured lace panel down the center

available in all sizes, infant to adult. Those making the sweater in baby or child sizes will use the miMa pattern; those knitting for adults will make the grown-up version of the design in Kraemer's Mariechen pattern. The class will be organized like a traditional KAL (Knit Along). The coordinators will divide the project into weekly goals and provide tips based on their own experiences making the sweater. Participants will help and support each other's efforts. Expect highly informal gatherings, in a Blacksburg living room, with time to knit, chat, and get to know each other, and occasional visits from local fiber artists.

MATERIALS

After your enrollment has been confirmed, purchase the pattern, needles, and yarn appropriate for the size you are making. Before the first meeting, knit a swatch, adjust needle size if necessary, and, if you like, start the first few rows of the pattern. A schedule of completion steps will be distributed on the first day:

- miMA pattern (for infants and children): <https://www.ravelry.com/patterns/library/mima>
- Mariechen pattern (adult sizes): <https://www.ravelry.com/patterns/library/mariechen>

INSTRUCTORS

Diana George learned to knit after she retired from Virginia Tech. The generous staff of New River Art and Fiber, led by owner Jessica Jones and her colleague Stella Boyer, had her tackling projects she would never have imagined before their patient instruction.

Kaye Graham wanted to learn to knit when she found out her first grandchild was on the way. She joined Diana with classes at our local yarn shop so she could keep babies warm in sweaters and hats.

Nancy Metz learned to knit from a neighbor at the age of eight. Since then, she has made most of the mistakes it is possible to make but still delights in the meditative and communal pleasures of this ancient and beautiful craft. Questions about the course can be directed to: nancy.metz@vt.edu.

34. Open Studio Watercolor Class

Jesi Pace-Berkeley

Fridays, 10:00 – 12:00

5 weeks: Sep 22, 29, Oct 6, 13, 20

Blacksburg Community Center, Community Room

Limit: 15

Fee: \$35

Materials Fee: \$35. The materials fee is used for specialized supplies needed for the class. Participants will purchase their own basic supplies; a list will be distributed in advance.

LLI's Open Studio Watercolor Class is back by popular demand. It's a place for everyone and every skill level, where you will learn how to let the water do the work for you.

Students will work at various skill levels with a weekly design and art element focus. Class will likely include figures, still life, outdoor scenes, and photos. More advanced students will be partnered with beginning students in class activities that

involve networking, peer tutoring, and critique. Individual and beginning level “pull out” sessions will address specific instruction, as needed.

TOPICS:

- What supplies to buy and why - including brushes, paper, pigments, palettes and more
- Basic to advanced techniques including wet-in-wet, dry-on-wet, dry-brush, flat washes, graded washes, and more
- A full range of watercolor concepts including negative painting, layering, composition, and much more

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.

35. Memoir and Essay Writing

Richard Gilbert

Fridays, 11:00 – 12:30

5 weeks: Sep 22, 29, Oct 6, 13, 27 (skip Oct 20)

CRC, Curiosity Room, 1900 Kraft Dr, Suite 1000

Limit: 15

Fee: \$35

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 write are the core prerequisites!

TOPICS:

- Reviewing how to use scenes, reflection, and structure to please readers
- Strategies for self-editing and revising
- Reading others' work with insight and giving helpful notes

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.

36. Karst Science: From Sinkholes to Speleology to Springs

Instructor/Coordinator: Wil Orndorff

Fridays, 11:00 – 12:30

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

CRC, Concept Room, 1880 Pratt Dr, Suite 2018

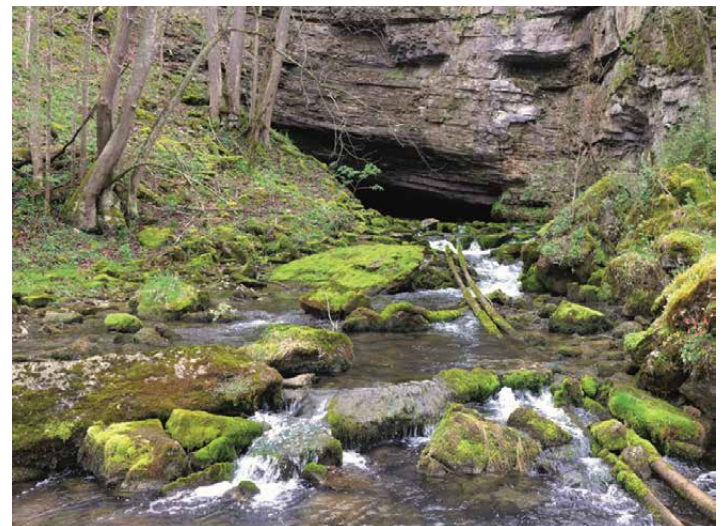
Limit: 32

Fee: \$35

Karst topography develops anywhere soluble bedrock such as limestone, dolomite, or gypsum is exposed at the land surface or present in the shallow subsurface. Blacksburg lies within the heart of the Central Appalachian karst region, where thousands of caves are home to hundreds of cave-adapted species and comprise a global hotspot of subterranean biodiversity. In this class we will discuss the processes resulting in the formation of karst landscapes and the caves beneath them, with guest presentations from local experts who have helped lead exploration efforts in these frequently exotic and sometimes remote places. Experts will describe the

equipment and techniques used to explore these challenging environments. We will discuss the adaptations that animals have evolved for life underground and the ecosystems that have resulted. We will learn how minerals, sediments, fossils, and artifacts found in caves preserve a record of the past that would otherwise be lost, and we'll discuss how water moves through and is stored in karst aquifers. We'll talk about the environmental impacts of humans on karst systems, and how people can avoid or mitigate these impacts in order to conserve cave and karst resources. We'll explore caves and karst regions in the U.S. and around the world.

Wil Orndorff runs the Karst Program within the Virginia Department of Conservation and Recreation's Natural Heritage Program. He also is a director of the Virginia Speleological Survey, a member of the Board of Directors of the Karst Waters Institute, and a fellow of the National Speleological Society.



Photos from Virginia Department of Conservation and Recreation

Out & About Field Trips

37. Colonial Americans Get Dressed: Decoding Period Costume

Wednesday, Sep 20, 3:00 – 4:30

Pavilion, Historic Smithfield Pavilion

Limit: 60

Fee: \$15

How did colonial women and men dress themselves? What purposes did their articles of clothing serve? Historians Jessica Vance and Michael Hudson will lead a presentation on the clothing of the colonial time period. Learn about the different layers of clothing for men and women and how those articles were made. Join us as we learn about colonial clothes from the skin out!

Jessica Vance is the visitor experiences manager of Historic Smithfield. Vance holds an undergraduate degree in Music with a minor in Costume Design, and a graduate degree in Vocal Performance and Pedagogy. During Covid, she took on the challenge of making 18th century clothing “from the skin out” by hand.

Michael Hudson is executive director of Historic Smithfield. He enjoys researching matters of local history and considers himself fortunate that he has a job that allows him to do that. He routinely lectures on topics of Civil War history, the Revolutionary Era, and Victorian/Edwardian funerary practices.

38. Slavery in Appalachia: Uncovering a Hidden History

Friday, Oct 6, 2:00 – 4:00

Part 1-Panel Discussion: Radford City Council Chambers, 10 Robertson Street, Radford.

Part 2-Exhibit and Reception: Glencoe Mansion, Museum and Gallery, 600 Unruh Drive, Radford. (The two sites are adjacent.)

Limit: 30

Fee: \$15



Title: A Group of “Contrabands” by photographer James Gibson, 1862. A group of slaves gathered outside a building at the Foller Plantation in Cumberland Landing, Pamunkey Run, Virginia. Courtesy of Library of Congress.

The topic of slavery in Appalachia is a subject that is not well known. Many falsely believe that it did not exist in the mountains. However, from the earliest years of European settlement, slavery has been part of the fabric of the region.

The New River Valley was no exception, especially as the number of enslaved people in the area grew tremendously in the decade leading up to the Civil War. The panel discussion will explore the complicated history of slavery from its beginning until its abolition. Afterwards, attendees will be welcomed to Glencoe Mansion for a reception with light refreshments and time to explore the exhibit, “Slavery in Appalachia.” Participants will also be able to view the other artifacts in the museum.

PANELISTS

Scott Gardner (Moderator), is the executive director of the Glencoe Mansion, Museum & Gallery.

Dr. Theresa Burriss is an Appalachian scholar at Radford University.

Sarah Carter is a community historian and Glencoe Mansion Board Member.

Howard Eaves, Sr. is president of the Wake Forest Community Action Club.

Dr. Michael Hickman is president of the Board of the Calfee Community and Cultural Center.

Dr. Daniel Thorp is associate professor of history at Virginia Tech.

39. Natural History Near You: Virginia Tech's Massey Herbarium and Geosciences Museum

Wednesday, Nov 1, 1:00 – 2:30

2062 Derring Hall, 926 West Campus Drive

Registrants will be contacted about parking arrangements.

Limit: 26

Fee: \$15

Natural history collections catalog and interpret the world around us. Virginia Tech has two such collections with unique and special objects on display.

The Virginia Tech Massey Herbarium is the state's largest collection of preserved plant specimens with over 115,000 holdings. The Herbarium is a rich resource for education and

research to answer essential questions about the evolution, diversity, ecology, and future of the southeastern flora.

The Museum of Geosciences' exhibits include an OmniGlobe, gems, minerals, rocks, fossils, and a full-scale cast of an Allosaurus dinosaur skeleton. The OmniGlobe can project global datasets, such as weather and plate tectonics, on a sphere. The minerals and fossils on display include many specimens from Virginia and famous localities worldwide. Come learn about how Virginia Tech is documenting and supporting research on the natural world!

40. Montgomery Museum of Art and History Tour and Lunch

Friday, Nov 3, 10:00 – 1:00

Limit: 25

Fee: \$15

Tour the Museum after one year in their new location in downtown Christiansburg. Discover recent acquisitions and learn about what is planned for the future. Museum curator Sherry Wyatt will show us a new exhibit on coal mining, newly acquired prints from famed railroad photographer O. Winston Link, and an exhibit on the long history of railroads in Montgomery County. Participants will also view an art installation by LLI art instructor Lois Stephens. After the tour, join us for lunch at Brew Da Bean (also in Christiansburg).

Meet at the museum, 4 East Main Street, Christiansburg. Ample parking is available behind the museum; follow the stairs from the rear parking lot. ADA parking is available in

front of the museum. Lunch is not covered in the cost of the trip.

Sherry Joines Wyatt, holds a Masters in Historic Preservation from the University of Georgia and worked as an architectural history consultant for over ten years. She has been curator at the Montgomery Museum of Art and History since 2010. She enjoys sharing the many cultural influences, connections, and threads of history in her work.



41. A Walk with Trees

Friday, Nov 3, 2:00 – 4:00

Rain date: Friday, Nov 10, 2:00 - 4:00

Event limit: 15

Fee: \$15

Registrants will be contacted about parking arrangements.

Jamie King will lead us on a walk using sites on campus as case studies in the evolution of land management in America. The American Conservation tour starts with the Smithfield story (told at Solitude and the new Merry Tree sculpture) and ends

at the newly planted Sesqui Grove on the Drillfield. The walk is approximately 2 hours long, and we will cover about 3 miles.

Jamie King is Virginia Tech's first full-time arborist. He is responsible for overall planting, health care, safety, and general maintenance of more than 10,000 trees on campus.

Special Events: A Free Member Benefit

Both in-person and Zoom events are available for Fall 2023. Register for as many of the free events as you plan to attend.

Free Lectures and Special Events at Warm Hearth

Six free lectures and the special reading by acclaimed poet Nikki Giovanni are open to Warm Hearth residents. LLI members are asked to register; Warm Hearth residents do not need to register.

42. A Lifetime Career as a Russia Watcher

Monday, Sep 18, 1:00 – 2:30

Warm Hearth Village Center, Tall Oaks Room

Limit: 50

This presentation offers a rare firsthand viewpoint on recent Russian history as observed by retired career diplomat Ken Yalowitz over a period of nearly four volatile decades. In various leadership roles served in Moscow, and later during his tenure as Ambassador to Belarus and then Georgia, Yalowitz witnessed at close hand the apparent strength and

then collapse of the USSR, the end of the Cold War, the rise of Putin, and the Russian invasions of Ukraine. He will help us put these events in perspective, and in the process look ahead into an unknowable future: Will the West stay united? How might this war end?

In addition to being U.S. Ambassador to Belarus and then Georgia from 1994 to 2001, **Ken Yalowitz** served various roles at the U.S. Embassy in Moscow. Ken served on the faculty at Dartmouth and now teaches part-time at Virginia Tech.

43. Electric Bikes

Friday, Sep 22, 9:00 – 11:00

Warm Hearth Village Center, Tall Oaks Room

Limit: 50

Join us to hear more about how to shop for and enjoy an electric bike. Electric bikes are great for the Huckleberry Trail, the New River State Trail, and trails in various subdivisions with hilly terrain. We'll start with various kinds of bikes, including cargo bikes for shopping, mountain bikes for the more adventurous, recumbent bikes, and then focus on three-

wheeled electric tricycles (etrikes), which are particularly good for seniors who have balance problems or who never learned to ride a two-wheeled bike. Several types of electric bikes and tricycles will be on display, and owners will be available to answer questions.

Dave Roper has been an advocate and educator for electric vehicles for many years. He is now a fan of etrikes, which he and several friends regularly use to cruise the Huckleberry Trail.

44. Biochar Production and Use on the Family Farm

Wednesday, Sep 27, 11:00 – 12:30

Warm Hearth Village Center, Tall Oaks Room

Limit: 50

Climate advocates, farmers, and gardeners know that the world has a carbon problem. The atmosphere has too much carbon and the soil too little. Biochar (biological charcoal) is a readily available carbon sequestration tool that can fix the carbon cycle in a way that benefits people and nature—by taking it out of the atmosphere and putting it into soil and products for human use. The presentation will explain what biochar is, how it is made, and where it can be used effectively.

Harry Groot owns a sustainable forestry products firm that has been making biochar and assisting with related research and industry development since 2015. He actively participates in his family's Montgomery County farm, which is dedicated to long-term forest stewardship and the conservation of Heritage Livestock Breeds.



45. Dancing at the Warm Springs Hotel

Monday, Oct 23, 1:30 – 3:00

Warm Hearth Village Center, Tall Oaks Room

Limit: 50

Besides two historic bath houses in Warm Springs, Virginia, all that remains of a once leading destination resort in the Appalachian Mountains are the images and legends that are brought back to life in this presentation. “Dancing at the Warm Springs Hotel” tells a half-century-long story of the multicultural society that once populated the famous hotel. Showcasing nineteenth century politics, social customs, class, gender, and fashion, the presentation paints a picture of two communities, separated by race, who worked together to create memorable experiences for guests and hotel workers alike. Rare photography of men and women, black and white, at work and at play, creates an unforgettable portrait of the changing social norms and fashions in this now-vanished nineteenth century resort.

Kathleen Curtis Wilson is a nationally known speaker, exhibitions curator, and author of five books, including *Dancing at the Warm Springs Hotel* (2022). An Appalachian textile historian, Wilson moved back to Virginia in 2022 to continue her work.



46. An Afternoon with Nikki Giovanni

Tuesday, Oct 31, 1:30 – 3:00

Warm Hearth Village Center, Tall Oaks Room

Limit: 50



Photo credit: Deborah Feingold

Acclaimed poet and activist **Nikki Giovanni** reads from her work on October 31 in the Tall Oaks Room of the Warm Hearth Village Center. Giovanni’s poetry has won many prestigious awards, but it has also spoken powerfully to a broad spectrum of ordinary readers around the world. Her verse “has spurred

movements, turned hearts and informed generations,” writes Poetry Foundation. “She’s been hailed as a firebrand, a radical, a healer, and a sage; a wise and courageous voice who has spoken out on the sensitive issues, including race and gender, that touch our national consciousness.”

Nikki Giovanni was the first recipient of the Rosa L. Parks Woman of Courage Award. Among many other recognitions, she has also received the American Book Award, the Langston Hughes Award, the Virginia Governor’s Award, and the NAACP Image Award (7 times). In May she became the first woman to win Virginia Tech’s Ut Prosim Scholar award, recognizing “truly extraordinary service to humanity.”

47. Palliative Care - What's It All About?

Healthy Dialogues with LewisGale Hospital Montgomery

Wednesday, Nov 8, 1:30 – 3:00

Warm Hearth Village Center, Tall Oaks Room

Limit: 50

Many of us have experienced the stress and strain of serious illness, either personally or with a family member. Palliative care is specialized medical care, available at any age and any stage of disease. The goal of this care is to improve the quality of life for patients and their families, with a focus on providing relief of symptoms and stress of the illness.

Bring your questions and join us for a surprisingly uplifting discussion, followed by a Q&A session, about the often misunderstood role of palliative care.

Nicole Thompson is a palliative nurse specialist at LewisGale Hospital Montgomery. She serves as a consultant for those with serious and chronic illnesses, promoting and facilitating difficult conversations with patients, families, and the Interdisciplinary Team regarding goals of care. Nicole has more than 30 years of nursing experience, including two decades in an ICU setting. She found her true calling in 2015 when she transitioned to hospice nursing.



48. Listening to Landowners: Rural Appalachia Responds to the Mountain Valley Pipeline

Friday, Nov 17, 1:30-3:00

Warm Hearth Village Center, Tall Oaks Room

Limit: 50

How did rural Appalachian landowners respond to the development and presence of the Mountain Valley Pipeline? This presentation will share the results of recent research into that question. As of today, more than five years after it was permitted, the pipeline project is still not complete, due in part to opposition by many, but by no means all of the people in its path. Pipeline developers, as well as prior researchers, misjudged landowners' perceptions of the danger and disruption to the lives and livelihoods of those with longstanding attachments to the land.

Dr. Steve Gerus has undergraduate and master's degrees in anthropology and a recent PhD in sociology. In this presentation, he combines sensitivities to the various and sometimes competing cultural interests of rural Appalachian

landowners and the business interests of investors in utility-grade infrastructure projects such as the Mountain Valley Pipeline.



49. Enjoy Free Audio Books, eBooks, and Magazines on Your Devices

Two in-person sessions; choose one based on your device

49 A: Apple Devices

Wednesday, Sep 20, 10:30 – 12:30

49 B: Android Devices

Wednesday, Sep 20, 2:30 – 4:30

Blacksburg Public Library Community Room

200 Miller Street, Blacksburg

Limit: 10 per session

Fee: Free

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.

For both sessions, you will need:

- A Montgomery-Floyd Regional Library card in good standing (sign up online at mfrl.org or in any branch library)
- Bring your device: iPad or iPhone for Apple; Samsung, LG, Nexus, Kindle, etc. for Android.
- OverDrive's Libby app downloaded in advance from the App store for your device.

The library offers one-on-one help before the class. Just go to the desk at the library with your device to get help downloading the Libby app.

To install the Libby App, Apple devices need iOS 10 or higher, Android devices (and Kindle Fire) need Android 4.4 or higher.

Voter Education

50. Ranked Choice Voting

Co-sponsored by the League of Women Voters of Montgomery County and the Montgomery County-Radford City-Floyd County NAACP. The public is welcome. Advance registration by LLI members is appreciated; non-members do not need to register.

Wednesday, Oct 4, 7:00 – 9:00 p.m.

Blacksburg Town Council Chambers

Limit: 75

Fee: Free

This presentation will explore the option of ranked choice voting (RCV), an electoral method that is gaining momentum in the US and in Virginia. With RCV, voters rank all candidates in an election rather than choosing one. The benefits of this method include better representation of voters' viewpoints and more collegial campaigning. The need for costly runoff elections is bypassed because the candidate who garners more than 50% of the vote wins. If no one gets a majority of votes,

the candidate with the fewest votes is disqualified. Voters whose candidate is eliminated then have their second choice counted.

Liz White, executive director of UpVote Virginia, a nonpartisan democracy reform collective. UpVote Virginia is dedicated to ensuring that Virginia leads the way in improving the structure of our electoral system to better reflect the will of voters, thus providing for a more representative, inclusive, open, and transparent government.

Chris DeRosa, League of Women Voters of Virginia. The League encourages informed and active participation in government to increase understanding of major public policy issues and to influence public policy through education and advocacy.



Free Zoom Webinars

Webinars allow us to hear from great speakers – no matter where they are!
LLI at VT also partners with AARP Virginia to offer this series to AARP member nationally

51. Judy Garland: Beyond the Rainbow

Friday, Sep 29, 1:30 – 3:00
Enrollment Unlimited

Judy Garland was an icon of the screen, best known for *The Wizard of Oz*, which was filmed when she was only 16. Despite many successes at MGM studios, her career there ended when she was dismissed 12 years later. Loved by her fans, Judy Garland immediately went on to a hugely successful career outside of the movies as a concert performer. This course will fill in the background of Garland's life and career with little-known facts and show many clips that present the emotional depth she projected until her death at age 47 in 1969.



An LLI favorite, **Dan Sherman** previously brought us Hamilton, Sherlock Holmes, Stephen Sondheim and more. He loves sharing his passion for theater, opera, and the movies to adult audiences.

52. Glass and the Architectural Imagination: Contemporary Case Studies

Friday, Oct 13, 1:30– 3:00
Enrollment Unlimited

Neither liquid nor solid, glass possesses a transformative quality unequaled among building materials. Throughout history, it has captured the imagination and reflected the culture of designers and consumers. As early as the 11th century, the fragility and rarity of glass made it precious, exquisite, and exclusive; it remains a symbol of conspicuous consumption today. At the same time, glass connects us to the outdoors and in modern times has been associated with idealism and utopian vision. Recent advancements in chemical coating, structural engineering, and fabrication methods have altered the architectural possibilities for the use of glass. In this talk, Aki Ishida will present examples of contemporary glass

architecture that demonstrate its complex array of material effects as well as its mutable cultural and social meanings.

Aki Ishida is associate professor of architecture and the interim associate director of the Virginia Tech School of Architecture and School of Design. She is also a Senior Fellow of the University's Institute for Creativity, Arts, and Technology (ICAT), where she collaborates with engineers and artists. She received her MS in Advanced Architectural Design from Columbia University and Bachelor of Architecture from the University of Minnesota.



53. Virginia Tech Moving Cancer Research Beyond Boundaries

Friday, Oct 27, 1:30 – 3:00

Enrollment Unlimited

The Fralin Biomedical Research Institute has taken the lead in bringing resources and people together from a wide spectrum of fields to achieve a common goal: to help fight cancer through innovative research. Development of novel approaches to prevention, diagnostics, and therapeutics for a variety of cancers are on the horizon thanks to deepening collaborations among researchers at the Fralin Biomedical Research Institute, the Virginia-Maryland College of Veterinary Medicine, the Virginia Tech Department of Biomedical Engineering and Mechanics, colleagues at the Children’s National Hospital in Washington, DC. and at Carilion Clinic, and other scientists at Virginia Tech who participate in the university’s Cancer Research Alliance.

This webinar is a chance to learn how experts in human and animal cancer research are forging new paths and achieving exciting breakthroughs in cancer research.

Michael Friedlander is the vice president for health sciences and technology at Virginia Tech, where he also serves as the founding executive director of the Fralin Biomedical Research Institute at VTC and the senior dean for research at the Virginia Tech Carilion School of Medicine. He has built the institute’s research programs to over \$170 million in current grant value with 38 research teams and over 400 investigators and students since its founding in 2010.



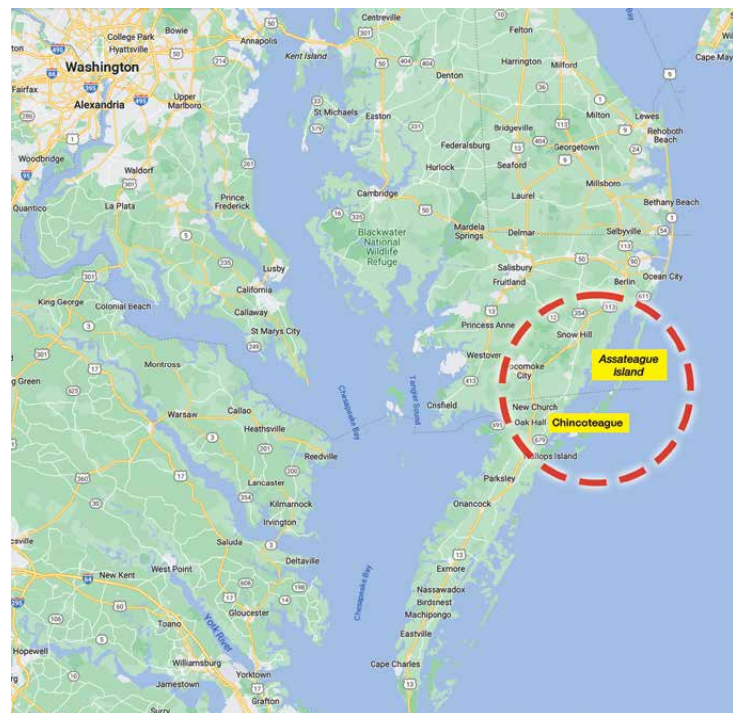
54. Assateague: A Natural History Primer

Friday, Nov 10, 1:30 – 3:00

Enrollment Unlimited

Join **Keith Tomlinson**, garden educator and naturalist, on a virtual tour of Assateague Island National Seashore and neighboring Chincoteague National Wildlife Refuge. The barrier islands have their own ecology and geomorphology on the continental margin, their ephemeral landscapes bound by the Coastal Plain and the restless Atlantic Ocean. Marine and continental biomes converge to create the area’s intriguing natural space, which attracts visitors seeking recreational opportunities including remote beach hiking, birding, biking, and camping. Appealing as well are the managed free-ranging herds of horses.

Keith Tomlinson also explores unique maritime forests, dune communities, and intertidal wetlands, as well as the island’s fascinating human history.



Fall 2023 Registration

There are four ways to register this fall beginning at 10:00 a.m., Wednesday, September 6

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 starting September 1.
4. Walk-in registration at the Corporate Research Center location, September 6, 10:00 – 2:00 ONLY (see address below)

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

NEED HELP?

Please contact CPE
Registration at
540-231-5182.

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 6 at 10:00 a.m.**

To register, go to the LLI homepage, 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 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.

PHONE REGISTRATION. You may register by phone beginning at 10:00 a.m. on September 6. 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 August 28. Mail the completed form with your check or credit card information to Continuing and Professional Education, Virginia Tech Mailcode 0272, 1900 Kraft Drive, Suite 1100, Blacksburg, VA 24061. Do not mail before September 1.

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 6, 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 LLI Program Coordinator, phone 540-231-1725. 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 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)

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 LLI Program Coordinator at 540-231-1725 or contact us by email at 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.

TEACHING

We welcome your suggestions for courses, lectures, and programs. Send your ideas directly to the Program Committee's Co-Chairs, Molly McClintock (mollymcclintock235@gmail.com) and Nancy Metz (nancy.metz@vt.edu). We also invite you to teach a course in an area of your own expertise. Request a course or event proposal form from Nancy Metz.

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 your car for one of our field trips, or help out with classroom AV.

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



Volunteers: Molly McClintock and 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.

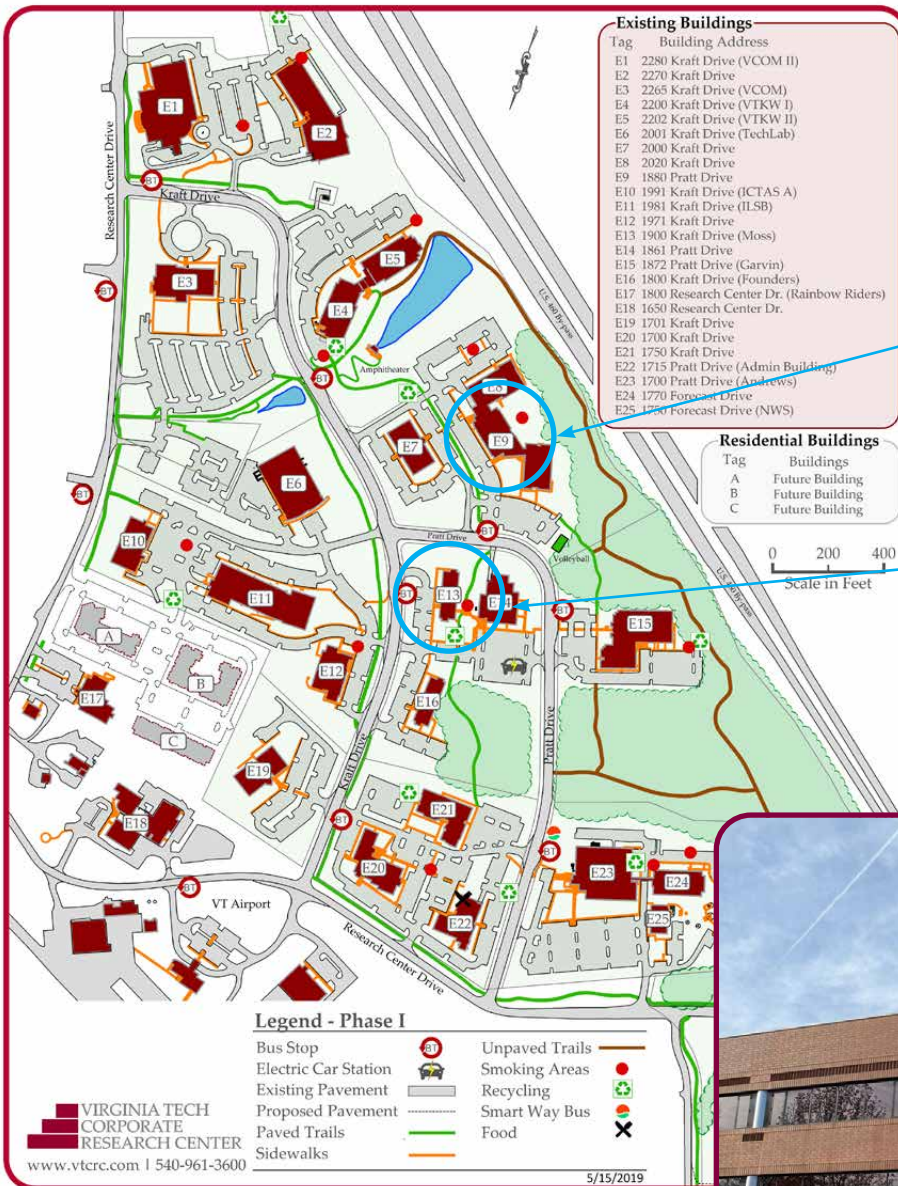
The Lifelong Learning Institute is a self-supporting entity of the Division of Outreach and International Affairs at Virginia Tech. All gifts to LLI (excluding membership and course/event-related fees) are fully tax deductible to the extent allowable by law. Designated gifts are received and managed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

Corporate Research Center Locations



TWO LOCATIONS AT THE CORPORATES RESEARCH CENTER

E9, 1880 Pratt Drive, Concept Room (classroom style)

E13, 1900 Kraft Drive, Moss Building, Curiosity Room

Continuing & Professional Education offices

Walk-in registration will be HERE!



Entrance to Moss Building, Continuing and Professional Education offices. Curiosity Room.