



**LIFELONG LEARNING INSTITUTE**  
at VIRGINIA TECH®



Visit Out There Studio and Sculpture Trail in Floyd with artist Charlie Brouwer Apr 25 or May 2

## Spring 2023 CALENDAR

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

Week of Jan 16	Detailed course and event descriptions available on LLI website	Jan 31	Zoom Preview of Spring Program, 10:00 – 11:30 Registration not required.
	Catalog in pdf format available for viewing or download	Feb 6	Online registration opens at 10:00
		Beginning Feb 20	Classes phased in over several weeks

# SPRING 2023 CATALOG

# Thanks to our Donors and Sponsors!

## Message from Development Committee Chair, Candi Kelly



Thank you to the more than 63 donors who contributed to the LLI Members Annual Fund during Fall 2022! With net gifts totaling \$21,500, it is a tremendous demonstration of member commitment to LLI. We put those funds to good use this fall with the appointment of our new part-time Program Coordinator, Lyndsay LaLonde. The Program Coordinator provides professional and consistent support for our many essential LLI activities.

Thanks to our Development Committee members—John Hillison and Diane Akers—who recruited our 2022–23 sponsors. Sponsorships from local businesses support our operations and help keep our fees as low as possible for our members.

We appreciate every donation to the Members Annual Fund. LLI is a self-supporting program of Virginia Tech Continuing and Professional Education. We receive no direct financial support from VT. We pay for the services we use, the venues we rent, and the staff who support us. We DO benefit from our close and very supportive sustaining partnership with CPE and VT Outreach and International Affairs in so many ways—support for the graduate assistant who puts together our beautiful newsletter, access to Zoom accounts and webinar support, great staff to do our flyer design and handle our registrations, and support for our volunteer operations.

Sustaining the great programs and support services at an affordable cost is an ongoing commitment for all of us who love LLI. Thanks to our volunteers, sponsors, and to each and every one of you who contributed to the Members Annual Fund who make it possible to deliver such a rich LLI experience to our members.

## Sustaining Partners



OUTREACH & INTERNATIONAL AFFAIRS  
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## Presenting Sponsors

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# Welcome to LLI at Virginia Tech

LLI will offer 31 courses for Spring 2023: 7 online, 23 in person, and 1 online and in person—something for everyone! See the LLI website for complete details.

Five field trips are on the schedule, including a day trip to Lexington. Lots of nature and history to enjoy.

Free special events are a great member benefit. Three Zoom webinars, five special lectures at Warm Hearth, and two hands-on technology workshops are on the schedule. You may sign up for as many of these events as you plan to attend.

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## The Lifelong Learning Institute at Virginia

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.

## Spring Preview by Zoom

**Tuesday, January 31, 10:00 – 11:30 a.m.**

Join us via Zoom for our Spring Preview on **Tuesday, January 31, 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.

## Contact Information

CPE Registration: 540-231-5182

Lyndsay LaLonde, LLI Program Coordinator  
llalonde@vt.edu, 540-231-1725

LLI website: [cpe.vt.edu/lifelonglearning/](http://cpe.vt.edu/lifelonglearning/)

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

LLI Zoom Resources for online learning:  
<https://tinyurl.com/lli-vt-zoom>

LLI facebook page: [www.facebook.com/vtlifelonglearning/](http://www.facebook.com/vtlifelonglearning/)

Address for walk-in registration Feb 6 only

Moss Building, Corporate Research Center, 1900 Kraft Drive

## Board of Directors

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## Welcome, Lyndsay LaLonde

LLI Program Coordinator

Reach Lyndsay at

540-231-1725 or at



# LLI Spring 2023 Courses at a Glance

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 - 10:30, 5 weeks Mar 6, 13, 20, 27, Apr 3 Paint Your Own Barn Quilt (limit 12) Joe Ivers and Dean Spader Blacksburg Community Center, Community Rm</p> <hr/> <p>10:30 - 12:30, 6 weeks Feb 20, 27, March 6, 20, 27, Apr 3 (skip Mar 13) Law and Order and the US Criminal Justice System (limit 18) Jack Call CRC, Crescent Rm, 2000 Kraft Drive, Suite 2100</p> <hr/> <p>11:00 - 12:30, 5 weeks Feb 20, 27, Mar 13, 20, 27 (skip Mar 6) Neurological, Psychiatric, and Neurodevelopmental Conditions: Biological Bases and Potential Therapies (limit 35) Anne McNabb, Coordinator CRC, Concept Rm, 1880 Pratt Dr, Suite 2018</p> <hr/> <p>1:00 - 2:30, 4 weeks Feb 20, 27, Mar 6, 13 Armchair Journeys (limit 50) Molly McClintock, Coordinator <b>Zoom Webinar</b></p> <hr/> <p>1:00 - 2:30, 6 weeks Feb 20, 27, Mar 6, 13, 20 and 27 The Geopolitics of Europe (limit 36) Yannis Stivachtis CRC, Concept Rm, 1880 Pratt Dr, Suite 2018</p> <hr/> <p>3:00 - 5:00, 6 weeks Feb 20, 27, Mar 6, 13, 20, 27 Appreciating the Wines of France (limit 30) Randall Horst Vintage Cellar</p> <hr/> <p>4 weeks M, Feb 20 &amp; Th, Feb 23, 5:00-6:30 Sun, Feb 26, 9:00-1:00 Sun, Mar 5, 4:00-5:00 Capturing Great Images with Your Camera Adi Ben-Senior Christiansburg Recreation Center, Activities Rm &amp; Outdoors</p>	<p>9:00 - 10:15, 6 weeks Feb 21, 28, Mar 7, 14, 21, 28 Sampler (Unlimited) Molly McClintock, Coordinator <b>Zoom Webinar</b></p> <hr/> <p>9:00 - 11:30, 6 weeks Feb 21, 28, Mar 14, 21, 28, Apr 11 (skip Mar 7, Apr 4) Exploring Oil Painting (limit 12) Lois Stephens Warm Hearth, Woodland Studio</p> <hr/> <p>11:00 - 12:30, 5 weeks Feb 21, 28, Mar 7, 14, 21 Great American Sportswriting (limit 25) Paul Metz CRC, Concept Rm, 1880 Pratt Dr, Suite 2018</p> <hr/> <p>11:00 - 12:30, 5 weeks Feb 21, 28, Mar 7, 14, 21 Introduction to Ukulele (limit 15) Derry Hutt CRC, Crescent Rm, 2000 Kraft Drive, Suite 2100</p> <hr/> <p>1:00 - 3:00, 2 weeks Mar 14, 28 Maple Syrup: Producing Sweetness from Mother Nature (limit 15) Tom Hammett CRC, Garvin Center Conf Rm, 1872 Pratt Dr, Suite 1050, and adjacent wooded area</p> <hr/> <p>1:00 - 2:30, 4 weeks Feb 21, 28, Mar 7, 14 Photographic Creations - Cards (limit 15) Diana George, Sandy Hagman, Carolyn Meier CRC, Crescent Rm, 2000 Kraft Drive, Suite 2100</p> <hr/> <p>3:00 - 4:30, 4 weeks Feb 21, 28, Mar 7, 14 Financial Strategies for Retirees (limit 18) Chris French, Michael Canestrari, Bettye Ackerman CRC, Crescent Rm, 2000 Kraft Drive, Suite 2100</p>	<p>9:00 - 10:30, 6 weeks Feb 22, Mar 1, 8, 15, 22, 29 Prophetic Vision: James Baldwin in Contemporary Times (limit 25) Gena Chandler <b>Zoom</b></p> <hr/> <p>11:00 - 12:30, 8 weeks Feb 22, Mar 1, 8, 15, 22, 29, Apr 5, 12 Great Decisions (Unlimited) Victoria Cochran Hybrid: In-person Unitarian Universalist Congregation AND <b>Zoom Webinar</b></p> <hr/> <p>1:00 - 3:00, 4 weeks Feb 22, Mar 1, 8, 15 Learn to Play American Mah Jongg (limit 16) Sandy Weber Blacksburg Community Center, Community Rm</p> <hr/> <p>3:00 - 4:30, 4 weeks Feb 22, Mar 1, 8, 22, (skip Mar 15) Sherlock Holmes: The Stories That Made Him Famous (limit 15) Rebecca Weaver-Hightower Warm Hearth Village, Woodland Studio</p> <hr/> <p>3:00 - 4:30, 4 weeks Mar 29, Apr 5, 12, 19 Feasting on Plants (limit 15) Gordon Yee, Diego Troya Blacksburg Presbyterian Church, Fellowship Hall</p>	<p>9:00 - 10:30, 3 weeks Mar 16, 23, 30 Effective Altruism (limit 30) Diego Troya CRC, Concept Rm, 1880 Pratt Dr, Suite 2018</p> <hr/> <p>11:00 - 12:30, 6 weeks Feb 23, Mar 2, 9, 16, 23, 30 Writing Poetry (limit 12) Gyorgyi Voros <b>Zoom</b></p> <hr/> <p>11:00 - 12:30, 5 weeks Feb 23, Mar 2, 9, 16, 23 Playing with the Boys: How Women Reinvented Science Fiction (limit 25) Karen Swenson <b>Zoom</b></p> <hr/> <p>11:00 - 12:30, 6 weeks Feb 23, Mar 2, 9, 16, 23, 30 Founding of the American Regime (limit 15) Al Pearson CRC, Crescent Rm, 2000 Kraft Drive, Suite 2100</p> <hr/> <p>11:00 - 12:30, 5 weeks Feb 23, Mar 2, 16, 23, 30 (skip Mar 9) Human Stem Cell and Gene Therapy (limit 25) Eric Wong <b>Zoom</b></p> <hr/> <p>1:00 - 2:30, 6 weeks Feb 23, Mar 2, 9, 16, 23, 30 Italian for Travelers (limit 15) June Stubbs CRC, Crescent Rm, 2000 Kraft Drive, Suite 2100</p> <hr/> <p>1:00 - 2:30, 3 weeks Mar 16, 23, 30 Communicating Using Gmail and Google Groups (limit 15) Kayla McNabb CRC, Concept Rm, 1880 Pratt Dr, Suite 2018</p> <hr/> <p>3:00 - 4:30, 3 weeks Mar 9, 16, 23 Creating your Plan for Aging in Place (limit 25) Jerry Niles, Leslie Pendleton CRC, Concept Rm, 1880 Pratt Dr, Suite 2018</p>	<p>9:00 - 11:00, 6 weeks Feb 24, Mar 3, 10, 17, 24, 31 Open Studio Watercolor Class (limit 15) Jessica Pace-Berkeley Blacksburg Community Center, Community Rm</p> <hr/> <p>9:00 - time varies, 2 weeks Feb 24, 9:00 - 10:30 Mar 3, 9:00 - 2:00 Preparing Classic Moroccan Cuisine (limit 12) Anne McNabb Session 1 by Zoom Session 2 at instructor's home</p> <hr/> <p>1:30 - 3:00, 1 week Feb 24 Computer Security and Passwords (limit 25) Heather Moorefield-Lang, Jeff Lang <b>Zoom</b></p> <hr/> <p>1:00 - 2:30, 1 week Mar 10 Intro to Podcasts (limit 25) Samantha Blevins CRC, Concept Rm, 1880 Pratt Dr, Suite 2018</p>

CRC = Corporate Research Center

For more detailed information, please see course and event descriptions in this catalog and at the website: [www.cpe.vt.edu/lifelonglearning](http://www.cpe.vt.edu/lifelonglearning)

## 1. Paint Your Own Barn Quilt

Barn quilts, colorful designs typically painted in traditional quilt patterns and hung on the exteriors of barns, houses, and garages, are familiar sites in the New River Valley. In this course, you will learn to make your own. After a brief introduction to this homegrown art form, participants will learn the techniques necessary to design, measure, draw, and paint on an aluminum board using semi-gloss enamel paints. The class will work on a common project, the Indian Star pattern, with opportunities for individuals to select their own colors and customize the design.

### CLASS SESSIONS

1. Discuss barn quilts and color theory. Learn to measure and plan the project. Prepare the board.
2. Draw the design on the quilt board. Learn taping. Some will start painting.
3. Continue taping and painting.
4. Taping and painting.
5. Final touches, class photo. View other quilt possibilities.



Barn Quilt class  
2019

Mondays, 9:00 – 10:30

5 weeks: Mar 6, 13, 20, 27, Apr 3

**Blacksburg Community Center,  
Community Room**

Class limit: 12

**Fee: \$35**

**Materials fee: \$35**

### INSTRUCTORS

**Joe Ivers** completed a 33-year career in the public schools in New Jersey and Virginia. After moving to Blacksburg, he served on the MCPS school board for eight years. Joe previously taught Chinese cooking for LLI as well as the course in painting barn quilts in 2021.

**Dean Spader** taught law, criminal justice, and ethics at the University of South Dakota for 27 years. He connected with LLI after moving to Blacksburg five years ago and has taught TED Talks and justice classes for our program.

## 2. Law and Order and the Criminal Justice System

In this class, the popular NBC police procedural and legal drama *Law and Order* will be used as a lens to examine the US criminal justice system. Six episodes of the series will be viewed in class and then analyzed. The episodes will raise questions about how well our criminal process and judicial system function and about the wisdom of decisions made by police officers, prosecutors, defense attorneys, judges, and juries.

The length of the class may vary from week to week, but two hours have been allotted to allow us to view a complete 45-minute episode together, take a break, and then re-convene for an open and wide-ranging discussion.



Mondays, 10:30 – 12:30

6 weeks: Feb 20, 27, Mar 6, 20, 27, Apr 3,  
(skip Mar 13)

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

Class limit: 18

### INSTRUCTOR

Professor Emeritus of Criminal Justice at Radford University, **Jack Call** used his JD and his PhD degree in political science as the basis for teaching law-related courses at RU. He has taught numerous courses for LLI over the last several years.

### 3. Neurological, Psychiatric, and Neurodevelopmental Conditions: Biological Bases and Potential Therapies

#### COURSE COORDINATORS

Anne McNabb, Roger Avery, Richard Veilleux

#### CLASS SESSIONS

##### February 20. Collateral Vessels: A Hidden Reserve for Restoring Blood Flow to the Brain after Stroke

Neurological recovery from stroke is often dictated by pre-existing pial collateral or “by-pass” vessels. These vessels are remnants of development that exist in the surface of our brain and can be actively recruited to return blood flow to areas that are being deprived during a stroke attack. Our overall research goal is to improve collateral vessel circulation and to understand how this influences the microenvironment in which neurons repair themselves.

**Michelle Theus**, Assoc Prof, Dept of Biomedical Sciences & Pathology, Virginia-Maryland College of Veterinary Medicine, Virginia Tech

##### February 27. Basis of Schizophrenia

Schizophrenia is a serious mental health disorder that disrupts a person’s ability to think, behave, and perceive the world. This lecture will describe how alterations of brain function give rise to symptoms of schizophrenia and how current treatments act to improve symptoms.

**Sarah Clinton**, Assoc Prof & Assoc Director, School of Neuroscience, Virginia Tech

##### March 13. Biological Mechanisms Contributing to Vulnerability vs Resilience to Stress and Mood Disorders

We will examine the biology that leads, in some individuals, to greater vulnerabilities to stress and the development of mood disorders. This class will take a whole-body perspective for understanding the etiology of depression, current treatments, and future directions for novel therapeutics.

**Georgia Hodes**, Asst Prof, School of Neuroscience, Virginia Tech

##### March 20. The Impacts of Prenatal Opioid Exposure

In this presentation I’ll investigate the mechanisms through which prenatal opioid exposure impacts brain and behavioral development using Bronfenbrenner’s Bioecological Model of Human Development. Using this framework, I’ll also explore potential avenues for interventions and opportunities to develop novel treatments.

**Brittany Howell**, Asst Prof, Dept of Human Development & Family Science, Virginia Tech

Mondays, 11:00 – 12:30

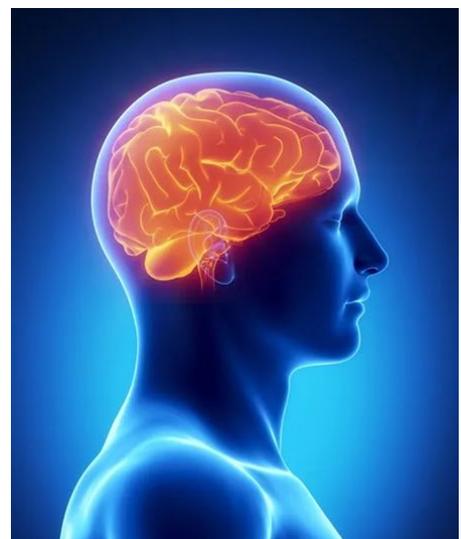
5 weeks: Feb 20, 27, Mar 13, 20, 27  
(skip Mar 6)

**Corporate Research Center,  
Concept Room**, 1880 Pratt Dr,  
Suite 2018  
Class limit: 35

##### Mar 27. Autism and Neurodiversity: An Overview of Characteristics, Brain Differences, and Inclusive Support Strategies

This presentation will provide general background information about characteristics of autism, as well as a brief overview of what is known of biological differences, including the brain, in autism. This will set the stage for a more detailed discussion of challenges faced by autistic individuals, as well as strategies and services to best support them. This will include a conversation about neurodiversity, to foster accessible and inclusive services and environments for autistic individuals and their families.

**Jennifer Bertollo**, Doctoral Candidate & Instructor & **Victoria Izaac**, Doctoral Student, Dept of Psychology and VT Autism Clinic & Center for Autism Research, Virginia



## 4. Armchair Journeys

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

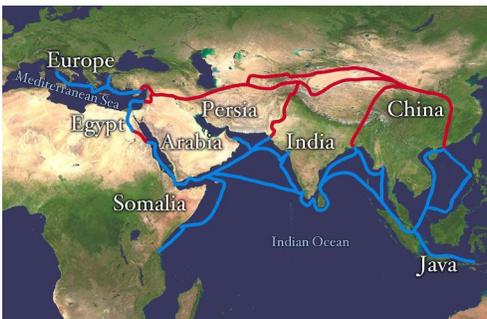
### COORDINATOR

Molly McClintock

### CLASS SESSIONS AND INSTRUCTORS

#### Feb 20. The Silk Road, with David Pearce

Travel along parts of the 2000-year-old trade routes that go from Asia to Europe through Kyrgyzstan, Kazakhstan, Uzbekistan, Turkmenistan, and the Republic of Karakalpakstan. We will explore the landscape, culture, art, and people during this journey.



Whole world - land and oceans 12000.jpg: NASA/Goddard Space Flight Center derivative work: Splette (talk) NASA - Visible Earth. images combined and scaled down by HighInBC (20 megabyte upload limit) NASA Visible Earth, Public domain, via Wikimedia Commons

#### Feb 27. Netherlands/Belgium, with Carolyn Meier

Take a tiptoe through the tulips and visit one of the largest bulb gardens in the world. Watch flower traders bid on different flowers to go around the world—not as cut throat as the Stock exchange but smells so much better! Learn about the Low Countries and how they literally have pushed back the ocean. Finally see some of the art that the Monuments Men actually saved in World War II.



Spring

Mondays, 1:00 – 2:30

4 weeks: Feb 20, 27, Mar 6, 13

**Zoom Webinar**

Class limit: 50

Fee: \$35

#### Mar 6. Africa, with Greg and Anne Campbell

Join the Campbells for their self-planned trip to beautiful South Africa. Their adventure included the cities of Cape Town and Johannesburg as well as a safari in Kruger National Park. Did they see the Big 5? Come and find out.



#### Mar 13. Amazon cruise, with Victoria and Steve Cochran

The Amazon rainforest is called Mother Nature’s greatest creation. The Cochrans’ 2023 cruise explored the flora and fauna of this diverse region and is sure to include spectacular photographs.



[www.vikingcruises.com/oceans/cruise-destinations/caribbean-americas/amazon-caribbean-adventure/index.html](http://www.vikingcruises.com/oceans/cruise-destinations/caribbean-americas/amazon-caribbean-adventure/index.html)

[www.cpe.vt.edu/lifelonglearning](http://www.cpe.vt.edu/lifelonglearning)—3

## 5. The Geopolitics of Europe

This course will employ a geopolitical approach to the analysis of European politics and security; that is, it will focus on the effects of human and physical geography on European power structures, conflicts, economic development, and identity. Students will acquire a basic context in classical and contemporary geopolitical theory, and they will learn to apply theoretical concepts to such phenomena as climate change and migration patterns. They will emerge from the course with a more complex understanding of Europe and its dynamic relationships with Russia, China, and the United States.

### TOPICS

- Geopolitical theories, great power politics, European security
- The geopolitics of European conflict
- The geopolitics of energy
- The United States and Europe
- EU, NATO and European geopolitics
- Russia, China, and European geopolitics

## 6. Appreciating the Wines of France

We will revisit arguably the most influential wine country in the world, France. We tasted 48 different wines from France in 2019. This term, we will try 48 new wines from around the regions of France.

### INSTRUCTOR

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



Mondays, 1:00 – 2:30

6 weeks: Feb 20, 27, Mar 6, 13, 20, 27

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

Class limit: 36

**Fee: \$35**

### INSTRUCTOR

**Yannis A. Stivachtis** is Professor of Political Science, Jean Monnet Chair, and Director of the Jean Monnet Center of Excellence in European Union, Transatlantic & Trans-European Space Studies at Virginia Tech.

## 7. Capturing Great Images with your Camera

This hands-on course will help amateur photographers take better pictures of family, friends, and travel adventures. The course is intended for those using Digital Single Lens Reflex cameras (DSLRs), Single Lens Reflex cameras (SLRs), range cameras, or any other type of camera that is not fully automated. In the first two classes, participants will learn about lenses, camera controls and the use of tripods. The third class will be in the field; we will practice specific photographic techniques and tasks. In the final class, students will share their images with others and receive tips for improvement.

### CLASS SESSIONS

- **Monday, Feb 20, 5:00–6:30** at Christiansburg Recreation Center, Activities Room: Photographic equipment and techniques
- **Thursday, Feb 23, 5:00–6:30** at Christiansburg Recreation Center: Photographic equipment and techniques, cont.
- **Sunday, Feb 26, 9:00–1:00** at Pandapas Pond: Practice in the field
- **Sunday, Mar 5, 4:00–5:00** at Christiansburg Recreation Center: Share and critique photographs

Mondays, 3:00 –5:00

6 weeks: Feb 20, 27, Mar 6, 13, 20, 27

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

Class limit: 30

**Fee: \$35**

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

Days and times vary; see CLASS SESSIONS

4 meetings: Feb 20, 23, 26, Mar 5

**Locations: Christiansburg Recreation Center, Activities Room**, 3 sessions **Pandapas Pond**, 1 session

### INSTRUCTOR

**Adi Ben-Senior**, a professional photographer for over 25 years, has exhibited his work in private art galleries and museums.

## 8. Sampler

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

### COORDINATOR

**Molly McClintock**

#### Feb. 21—US History in 15 Foods

From whiskey in the American Revolution to Spam in WWII, food reveals a great deal about the society in which it exists. Selecting 15 foods that represent key moments in the history of the United States, Anna Zeide will speak about her new book, *US History in 15 Foods*, which takes readers from before European colonization to the present, narrating major turning points along the way, with food as a guide.

**Anna Zeide** is Associate Professor of History and the founding director of the Food Studies Program at Virginia Tech. She has written *Canned: The Rise and Fall of Consumer Confidence in the American Food Industry* (2018) and co-edited *Acquired Tastes: Stories about the Origins of Modern Food* (2021).

#### Feb. 28—Literary Tourism: On the Trail of American Authors, At Home and Abroad

Follow in the footsteps of your favorite authors and take in the sights made famous (and infamous!) in their most well-known works. From Eudora Welty and William Faulkner's Mississippi, to the moveable feast of Ernest Hemingway's Paris, to trails blazed by the likes of F. Scott Fitzgerald—and everywhere in between—literary tourism offers unique insights into our favorite novels and the authors who wrote them.

**Courtney Watson** is an Associate Professor of English at Radford University. She is a scholar of literary travel and literary tourism.

#### March 7— Is it Fraud or Just Business?

It would be hard on any given day to pick up a copy of the *Wall Street Journal* and not find an article dealing with fraud, insider trading, or some other issue involving ethics. Yet despite people seeing others fired and, in some cases, jailed, fraud cases continue to arise in both the private and public sectors. This interactive session will explore a series of sensitive situations experienced by the facilitator and will allow the audience members to put themselves in the place of those responsible for identifying and investigating the cases as well as determining what actions, if any, should have been taken.

**Stephen Skripak** is a retired Professor of Practice in Management from VT and previously had a successful 25-year career as a business executive. He had a role in numerous investigations, one of which led to significant jail time for the

Tuesdays, 9:00 – 10:15

6 weeks: Feb 21, 28, Mar 7, 14, 21, 28

**Zoom Webinar**

Unlimited enrollment

**Fee: \$35**

perpetrator.

#### March 14— Frederick Douglass: An American Icon

Shortly after his escape from slavery, Frederick Douglass connected with the abolitionist movement, becoming one of its most important leaders, writers, and orators. Until his death at age 77, this self-taught genius remained a tireless champion of human rights and of the most basic principle of our democracy—that we are all created equal and are entitled to life, liberty, and the pursuit of happiness.

**Jane Goette** had known Frederick Douglass only as a famous Black American until she found *Narrative of the Life of Frederick Douglass, an American Slave* on her daughter's bookshelf. She couldn't put it down. Her talk introduces the founding father of post-slavery America.

#### March 21—The American Civil War From a Postal Perspective

When the southern states seceded from the Union in 1861, there was a need to continue postal service in the South. The Confederacy duplicated the governmental structure of the U.S., including a Post Office Department. But some interesting twists and innovations have fascinated philatelists (stamp collectors and postal historians) since. Stefan Jaronski will examine the expediciencies that the “CSPOD” made to create a postal system despite war, as well as other fascinating aspects of this postal perspective.

**Stefan Jaronski** is an author, collector, and expert in authentication of Civil War era postage stamps. Stefan is an entomologist at VT.

#### March 28— Liberia Today: Life of a 20-year-old Woman

This presentation will look at life in the West African country of Liberia through the creation of a typical 20-year-old woman, Hawa. A day in Hawa's life will provide an overview of typical housing, economic activities, health care, food and nutrition, conditions that affect family life and childcare, the status of women, and the status of children.

**Lyn Gray**, Country Director of Liberia Reads! and

## 9. Great American Sportswriting

At its best, sports journalism can be fascinating or funny, inspiring or iconoclastic, socially relevant or proudly trivial. It gives us insight into human brilliance and human limitation, into cooperative effort at its most intense and into the trials of the most solitary individuals imaginable. After a brief introduction to the history of sports journalism, we'll begin a highly participative study of exceptional writing by figures such as A. J. Liebling, John McPhee, and Roger Angell.

### 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
- “Who cares?”—how sports interact with, and reflect, the greater society
- “The view from the bottom of the pile”— the athlete as reporter

### REQUIRED READING

New and used copies of required texts (any edition) can be ordered at reasonable prices from local bookshops or from online booksellers.

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

Tuesdays, 11:00– 12:30

5 weeks: Feb 21, 28, Mar 7, 14, 21

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

Class limit: 25

**Fee: \$35**

### INSTRUCTOR

**Paul Metz** retired from the Virginia Tech University Libraries in 2012 after a long career chiefly focused on the building of library collections.



## 10. Introduction to Ukulele

The ukulele, an instrument of Portuguese descent, has enjoyed waves of popularity since its introduction in the 1880s. Its diminutive size makes it portable and playable by musicians of all ages. Indeed, it is often used as an introductory instrument for children. But there’s nothing childish about the music the ukulele is capable of making; virtuosos and professional ukulele orchestras routinely leave their adult audiences calling for more. The ukulele is adaptable as well; whether you want to sing a lullaby to your grandchild, strum some Old Time or Bluegrass tunes, or reminisce with Elvis and the Beatles, UKE can do it.

Participants in this introductory class will study the basic anatomy of the ukulele and explore what this lovely little instrument can do. Along the way, they will learn tuning, strum styles, rhythm patterns, and basic chords. They will practice reading different ukulele music formats and play songs each session building on the skills they've been learning.

### CLASS SESSIONS

- Anatomy of instrument, basic vocabulary for class, tuning, simple strum, first 4 chords
- Strum patterns, 3 basic rhythms, 4 new chords

Tuesdays, 11:00 – 12:30

5 weeks: Feb 21, 28, Mar 7, 14, 21

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

Class limit: 15

### INSTRUCTOR

**Derry Hutt** has sung or played an instrument since childhood. She played French horn for 20 years in the Blacksburg Community Bank. Derry first played ukulele for her mother’s 80<sup>th</sup> birthday party. Of the different instruments she’s played, she finds the ukulele the most versatile.

- Smooth transitions between chords. 4 new chords
- Fretboard layout, the scale, reading a melody line
- Discuss practice strategies, share helpful websites, have a final jam session

## 11. Maple Syrup: Producing Sweetness from Mother Nature

This research-based, hands-on course offers participants a unique opportunity to experience firsthand a sweet Virginia tradition—the sustainable tapping of maple trees to produce delicious, amber-colored syrup. We'll learn the basics of maple syrup production from Tom Hammett, who is currently assisting Virginia landowners as they begin or expand tree syrup operations, increase their commercial competitiveness, or extend the range of syrups and products they bring to market. The course will incorporate a variety of learning experiences: brief lectures on the history of and equipment used in production, a field experience demonstrating tapping techniques, independent return trips to collect and store sap, and a final session devoted to making and tasting maple syrup!

Parking is available at the Garvin Center. The course involves outdoor walking in a gently sloped area. A tent will provide protection from rain should it be needed during our sap-cooking experience.

### CLASS SESSIONS

- 1<sup>st</sup> session (Garvin Center conference room): Introductions, mini-lecture on the process of maple syrup production and on how this traditional craft is practiced on family farms and in commercial enterprises; demonstration in adjacent wooded area: how to tap a tree, how to collect and store sap.
- (2-week interim): Participants independently return to check the buckets and store the collected sap.
- 2<sup>nd</sup> session: Meet in Garvin Center conference room with collected sap. Walk to tented area outdoors to cook and sample maple syrup.

Tuesdays, 1:00 – 3:00

2 weeks: Mar 14, 28

Participants will return to collect sap between these two dates

**Corporate Research Center, Garvin Center Conference Room**, 1872 Pratt Dr, Suite 1050, and adjacent wooded area

Class limit: 15

Fee: \$25

### INSTRUCTOR

**Tom Hammett** is a professor in the Sustainable Biomaterials department at Virginia Tech. He teaches and conducts outreach in a variety of sustainable, nature-based enterprises. He seeks to raise awareness of the heritage of maple syrup production in this region and has introduced a range of tree syrups to Virginia landowners.

## 12. Photographic Creations – Cards

LLI's technology series "Photographic Creations" focuses this semester on greeting cards designed from digital images taken with a camera or phone, or heritage photos that have been scanned. Acquiring the skill to make greeting cards is rewarding in itself, but it also offers advantages. Cards created by the sender have the power to speak to the recipient in unique and personal ways. They can be customized to occasions not covered in the standard categories on the greeting card aisle. Receiving a beautiful, hand-made card from a friend often seems like a gift in itself.

We'll cover the whole process of creating cards. You will learn how to choose your photos, gather the appropriate materials, and select the right application. Then we'll work through your project in class and share the results with each other.

Participants should bring laptops (any kind); phones and laptops cannot be substituted.

### CLASS SESSIONS

1. Making choices, finding your audience, sharing your treasures
2. Choosing the right app
3. Hands-on workshop
4. Share your project

Tuesdays, 1:00 – 2:30

4 weeks: Feb 21, 28, Mar 7, 14

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

Class limit: 15

Fee: \$25

### INSTRUCTORS

**Diana George**—Emerita Professor of Rhetoric and Writing, Virginia Tech. Since her retirement, Diana has turned her interests in photography, bird and plant life, and family history into books, cards, and calendars to share with family and friends.

**Sandy Hagman**—Retired Technical Writer, Editor, and Software Trainer. Since her retirement, Sandy devotes a lot of time to the Blacksburg Interfaith Food Pantry, the Lifelong Learning Institute, and various Boards at Virginia Tech. Any downtime is spent reading and curating her doll collection.

**Carolyn Meier**—Retired Associate Professor, University Libraries

## 13. Financial Strategies for Retirees

The noise around finances, investments, and the stock market seems to grow louder every day. In this class, we will cut through the static of the 24/7 news cycle and present participants with straightforward and actionable strategies, helping them to manage their wealth, reduce the stress of their investing, and take care of those they care about.

The course assumes a basic understanding of investing and financial planning, but everyone is welcome. Question and answer periods at the end of each session will allow the instructors to go into greater depth if requested and add further topics to the next session.

### CLASS SESSIONS

- 1. Advanced planning:** How much is enough? Life mapping; building a financial projection; choosing and working with financial professionals
- 2. Types, risks, and uses of common investment asset classes:** stocks and bonds; mutual funds and Exchange Traded Funds (ETFs); alternative investments; fixed investments, savings accounts, CDs; annuities
- 3. Investing:** investment decision models and concepts for financial success; the hidden costs of investing and ways to minimize; common types of accounts (401(k)s and 403(b)s);

Tuesdays, 3:00 – 4:30

4 weeks: Feb 21, 28, Mar 7, 14

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

Class limit: 18

### INSTRUCTORS

**Chris French**, CFA, worked in banking investments in New York before joining Plott & French Financial Advisors in 2014.

**Michael Canestrari** is a financial advisor with Plott & French.

**Betty Ackerman** is an attorney representing clients primarily in estate planning and family law.

IRAs, traditional and Roth; Required Minimum Distributions and Qualified Charitable Distributions; college savings plans

- 4. Estate planning** (with Betty Ackerman): estate planning tools; wills and trusts; using beneficiary designations; special needs trusts;

## 14. Prophetic Vision: James Baldwin in Contemporary

August 2, 2024 would have been James Baldwin's 100th birthday. Now, more than ever, his words and ideas shape our discourse on race and identity. From Black Lives Matter, to American democracy, to sexuality, Baldwin is often quoted for his prophetic insight into the racial, cultural, and moral struggles of the American nation. This course will examine the resurgence of interest in Baldwin's work through select critical and imaginative texts: two collections of essays, *Notes of a Native Son* (1955) and *The Fire Next Time* (1963), his 1956 novel *Giovanni's Room* (202 pp.), and his controversial short story "Going to Meet the Man" (1965). The class will also explore contemporary critical discourses around Baldwin, including Raoul Peck's 2014 documentary *I Am Not Your Negro*.

### REQUIRED READING

Texts are widely available as pdfs on the internet or in used copies available from booksellers. Any edition will do. Please acquire all texts before the class begins. Prior to our first meeting, read the essays: "Autobiographical Notes," "Everybody's Protest Novel," "Notes of a Native Son," and "Stranger in the Village" from the anthology *Notes of a Native Son*.

- *Notes of a Native Son*
- *The Fire Next Time*
- *Giovanni's Room*
- "Going to Meet the Man"

Wednesdays, 9:00 – 10:30

6 weeks: Feb 22, Mar 1, 8, 15, 22, 29

**Zoom**

Class limit: 25

**Fee: \$35**

### INSTRUCTOR

Gena E. Chandler is Associate Chair of the Virginia Tech English Department and one of the 2022 winners of the Wine Award for career excellence in teaching. She is the author of *The Wanderer in African American Literature*.

### TOPICS

- Baldwin on the idea of the American nation.
- Baldwin on race and democracy.
- Baldwin on identity, with specific focus on American identity and sexuality.
- Baldwin's resurgence in contemporary times.

### RECOMMENDED VIEWING

*I Am Not Your Negro*. We will view clips from the documentary in class; the whole film is streamable from Netflix, Hulu, Hoopla, and Amazon Prime.

## 15. Great Decisions

Great Decisions is a community discussion program on world affairs. The Foreign Policy Association develops background information and policy options for eight critical issues facing America and provides text and videos for discussion groups across the country. Participants prepare for class by reading a 10-page overview for each topic in a Briefing Book. Each meeting begins with a 30-minute video with information on the issues. A faculty resource person provides additional information and guides discussion via Zoom Webinar’s Q/A option.

**Briefing book:** available from [https://www.fpa.org/great\\_decisions/?act=gd\\_materials](https://www.fpa.org/great_decisions/?act=gd_materials)

**E-book** version available from online sellers.

### Feb 22—War Crimes

Russia's invasion of Ukraine has resulted in widespread charges of war crimes and calls for justice. But what exactly are war crimes? Opinions of what constitutes a war crime have evolved, as have ways to identify and punish the perpetrators. How will the war crimes committed in Ukraine be dealt with?

**Resource Person: Aaron Brantly**

### Mar 1—China and the U.S.

For the past ten years, the United States and China have been locked in a competition for who has the greatest global influence. One major point of contention is the status of Taiwanese sovereignty, which has become even more relevant recently with the possibility that Russia’s invasion of Ukraine may prompt China to take similar action regarding Taiwan. How will the United States engage a China which is increasingly seeking to expand its sphere of influence?

**Resource Person: Paige Tan**

### Mar 8—Global Famine

Fears of global food shortages have followed Russia's invasion of Ukraine, which has disrupted grain shipments from the major grain producer. But what about countries and regions that were suffering before this impending shortage? How is famine defined, and how is it different from simple food shortages? What if any remedies are there?

**Resource Person: Catherine LaRoche**

### Mar 15—Iran at a Crossroads

As of fall 2022, Iran was in a state of turmoil due to widespread protests against government-enforced wearing of the hijab, a failing economy, an ineffective new president, and the looming succession of the country’s leader, Ayatollah Khamenei. Abroad, renewal of the Iran nuclear deal seems doubtful, and tensions remain high between Iran, Israel, and Arab states. Many Iranians have lost hope of a better future, and the country is at a crossroads. How should the United States deal with it?

**Resource Person: William Ochsenwald**

Wednesdays, 11:00 – 12:30

8 weeks: Feb 22, Mar 1, 8, 15, 22, 29, Apr 5, 12

**Hybrid: Unitarian Universalist**

**Congregation,** 1300 Gladewood Dr, Blacksburg **OR Zoom Webinar**

Class limit: Unlimited

*Presented in partnership with the League of Women Voters of Montgomery County, VA*

**COORDINATOR**

**Victoria Cochran**

### Mar 22—Energy Geopolitics

Access to oil and gas has long held an influence over the politics of individual nations and their relations with others. But as more countries move toward sustainable energy, and supply chain shortages affect the availability of oil and gas, how will this change the way in which the United States interacts with the outside world?

**Resource Person: Ariel Ahram**

### Mar 29—Climate Migration

As climate change accelerates and drought and rising sea levels become more common, millions of people in affected regions must uproot themselves and seek safety elsewhere. Who are these affected individuals, and how might the United States aid them, and be affected by the migration?

**Resource Person: Anna Marie Bukvic**

### Apr 5—Economic Warfare

Waging economic warfare consists of a variety of measures from implementing sanctions to fomenting labor strikes. Such tools are utilized by states to hinder their enemies, and in the case of the United States have been used as far back as the early 19<sup>th</sup> century. Since Russia invaded Ukraine in February 2022, economic warfare has been the main means for the west to challenge Russia. How effective will these sanctions be at convincing Russia to cease its war?

**Resource Person: Jason Grant**

### Apr 12—Politics in Latin America

Electoral results in Latin America over the past four years have led many observers of the regional/political scene to discern a left-wing surge in the hemisphere, reminiscent of the so-called “Pink Tide” that swept the area some 20 years ago. But how much do these politicians actually have in common? What implication does their ascendancy have for the region?

**Resource Person: Ilja Luciak**

## 16. Learn to Play American Mah Jongg

Mah Jongg is a rummy-like game played with tiles rather than cards. The excitement of Mah Jongg lies in the decisions that you constantly have to make. It is a game of both skill and luck. “Mah Jongg” is declared by the first player to match 14 tiles to a hand on an official card of standard hands.

The four-week class will begin by introducing you to the tiles, the initial tile-passing sequence, and the rules for the play of the game. You will be playing hands in each class, and experienced players will be available to assist you. Strategies will be introduced as you become more familiar with the game. This class is for beginners; no previous knowledge of the game is necessary.

Wednesdays, 1:00 – 3:00  
4 weeks: Feb 22, Mar 1, 8, 15

**Blacksburg Community Center,  
Community Room**

Class limit: 16

**Fee: \$35**

### IIINSTRUCTOR

**Sally Weber** learned to play Mah Jongg in an LLI class and continues to be a 'regular' at the Mah Jongg sessions at the Blacksburg Recreation Center. Her mother played Mah Jongg, so the game has many sentimental memories for her.

## 17. Sherlock Holmes: The Stories That Made Him

This course will use the Oxford World’s Classic edition, *Sherlock Holmes: Selected Stories*, which collects the best of Conan Doyle’s famous Holmes stories. We will read 3–4 short stories a week and view scenes from classic film versions. We will investigate the following questions: why is Sherlock Holmes such an enduring and popular character? What are the elements of a classic Sherlock Holmes story? What have other readers and critics found to be important in these stories? What do the original stories tell us about 19<sup>th</sup> century England? How have they influenced the detective story? And more! Come and read with me. The game is afoot!

### REQUIRED READING

*Sherlock Holmes: Selected Stories*, ed. Barry McCrea (Oxford World’s Classics)

Inexpensive used copies of the text are widely available from internet sources and can be ordered from your local bookstores.

Wednesdays, 3:00 – 4:30  
4 weeks: Feb 22, Mar 1, 8, 22 (skip Mar 15)

**Warm Hearth Village Center,  
Woodland Studio**

Class limit: 25

### IIINSTRUCTOR

**Rebecca Weaver-Hightower** is a mystery lover, literature teacher, and life-long fan of Sherlock Holmes. She is excited to be spending part of the spring wallowing in mystery with LLI reading mates!

## 18. Feasting on Plants

The author Michael Pollan has written, “eat food, not too much, mostly plants.” In this hands-on class, we will teach you how to follow this advice, preparing great food from whole and lightly processed plants (like tofu) that you can feature on meatless days. In our discussions, we will dispel some myths about plant-based diets such as “you can’t get enough protein.” You will learn how eating plants can be both tasty and nutritious, and you will get to sample some delicious recipes.

### TOPICS

- Nutritional value of a plant-based diet, including macronutrients and micronutrients
- Ethical considerations of our diets
- Why eating plants is better for the environment
- Recipes that can be used frequently, with variations

Wednesdays, 3:00 – 4:30  
4 weeks: Mar 29, Apr 5, 12, 19

**Blacksburg Presbyterian Church,  
Fellowship Hall and Kitchen**

Class limit: 15

**Fee: \$35 + Materials Fee: \$15**

### IIINSTRUCTORS

**Gordon Yee** and **Diego Troya** are both faculty members in the Virginia Tech Chemistry Department. Diego has been mostly vegan for more than 15 years and bicycles almost everywhere. Gordon eats everything. They both love to cook and to share food with others.

## 19. Effective Altruism

While humanity has experienced staggering improvements in life expectancy, life satisfaction, safety, and happiness during the last two centuries, problems such as extreme poverty and infant mortality from preventable causes still cause widespread suffering across the world today. The effective altruism movement recognizes that individuals in affluent societies have a moral obligation to help the destitute and aims to identify the best strategies to ameliorate suffering.

In this course, participants will be challenged to expand their circle of concern to include not only their families, friends, and neighbors, but also those who live in less affluent societies and beyond. The participants will also help the instructor decide an effective organization for a \$3,500 unrestricted cash donation.

### TOPICS

- The ethical foundations of altruism
- The connection between altruism and life satisfaction
- The most effective ways to alleviate suffering and improve well-being
- The question of whether charity should begin at home
- Emotion vs reason as drivers for altruism
- Our responsibility toward future generations and non-human sentient beings

### CLASS SESSIONS

1. Ethical explorations. What are our responsibilities to strangers? The toddler in the drowning pool scenario. “How rich am I?”: a calculation exercise. The correlation between money and self-satisfaction.
2. Overview of current charitable activity in the US. The role of reason and emotion as prompts for generosity.

## 20. Writing Poetry

Where do we turn when we need words to express the inexpressible—joy at a birth, sorrow at a terrible loss? Where do we turn to mark momentous occasions or to whisper to ourselves our most secret heartbreaks and desires? And where do we turn when we want to play with words, slippery and colorful as pool toys, for the sheer fun of it? To poetry, of course!

This poetry writing class creates a space for self-expression as well as for transforming self-expression into works of verbal art. We will read poems by both classical and contemporary poets; we will draft and revise our own poems; we will, as a class, use collaborative workshops to share work and offer observations and insights on each other’s poems. The class will address technical matters of craft—image, sound, line, shape, and structure—and explore poems ranging from straight narrative to wildly experimental. The primary focus, though, will be on class members discovering their own aesthetic, style, and voice.

At our first class, we will get to know each other and look ahead to our work together. Students will not need a textbook; links will be provided to published poetry online.

Thursdays, 9:00 – 10:30

3 weeks: Mar 16, 23, 30

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

Class limit: 30

### INSTRUCTOR

**Diego Troya** is a faculty member in the Virginia Tech Chemistry Department. Diego has been interested in helping others since settling in the New River Valley over 18 years ago. He has been committed to effective causes to end extreme poverty and infant mortality.

The tenets of effective altruism. The critique of effective altruism.

3. Giving day. Participants help the instructor decide on a cause for a \$3,500 donation of his own money. Under consideration: local candidates (such as the Lyric theater and the VT athletic program); national candidates (Planned Parenthood, political action committees); and global candidates (Greenpeace, UNICEF, etc.) Ranking the candidates. Two final ethical considerations.

### RECOMMENDED READINGS

*The Life You Can Save*, by Peter Singer, 2009 (the pdf of the book can be borrowed for free at [archive.org](https://archive.org)).

“Famine, Affluence, and Morality,” by Peter Singer, 1971. Links to useful websites will be distributed to participants.

Thursdays, 11:00 – 12:30

6 weeks: Feb 23, Mar 2, 9, 16, 23, 30

**Zoom**

Class limit: 12

**Fee: \$35**

### INSTRUCTOR

**Gyorgyi Voros** is the author of *Notations of the Wild: Ecology in the Poetry of Wallace Stevens* and of a collection of poems, *Unwavering*. Her work has been published in literary journals and anthologies, including *The Eco-Poetry Anthology* and *A Literary Field Guide to Southern Appalachia*.

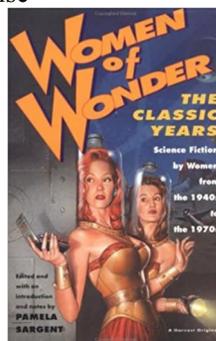
## 21. Playing with the Boys: How Women Reinvented Science

From the 1930s through the 1970s, male authors writing for an audience primarily composed of boys and men dominated the science fiction scene. But women writers have long been interested in science fiction as well, especially in combination with such related literary forms as fantasy, horror, and alternative history—generic hybrids now known as speculative fiction. Women writing in these mixed genres often found ways to subvert cultural norms, definitions, and expectations.

In this Zoom class, we will read and discuss science fiction short stories written by women during these breakthrough decades. We will discuss 2-3 short stories each week, moving chronologically, but emphasizing the earlier decades, which are considered the “classic years” of science fiction. The stories we will read are very different from one another, some more scientific and others more fantastic, but all exhibit bold imagination and frequently surprise the reader. They are sure to evoke lively discussion.

### CLASS SESSIONS

1. Introductions and preview of the course. (No reading assignment)
2. 1930-1950: Early female forays into science fiction
3. Learning the game: Women leave their mark
4. “Science” v. “fiction”: Women create worlds
5. The 1970s and beyond



Thursdays, 11:00 – 12:30  
5 weeks: Feb 23, Mar 2, 9, 16, 23

### Zoom

Class limit: 25

Fee: \$35

### INSTRUCTOR

**Karen Swenson** recently retired from Virginia Tech, where she taught medieval studies, Shakespeare, and science fiction.

### REQUIRED READING

Selected short stories from the anthology *Women of Wonder: The Classic Years*, ed. Pamela Sargent. Inexpensive used copies of this paperback are available from a variety of internet booksellers. Contact Nancy Metz ([nancy.metz@vt.edu](mailto:nancy.metz@vt.edu)) if you have difficulty ordering the book.

Course text: *Women of Wonder: The Classic Years*, ed. Pamela Sargent

## 22. The Founding of the American Regime

The founding principles of the American regime have survived a bloody Civil War, helped win a World War, and brought the United States to a preeminent position in the 20<sup>th</sup> Century. Do these principles still have the power to engage contemporary problems and issues? Are they still relevant? Do they still inspire?

We can't begin to answer questions like these until we truly understand the founding theory of the American regime as articulated in the Declaration of Independence (1776), the Constitution (1787), and the Federalist Papers (1787-1788). Coming to grips with these core documents will be the focus of this course.

The course does not assume that the founding principles are above serious criticism—merely that they are defensible in their own right and explain much of the subsequent course of American political development. If, as has often been said, the founding principles of American democracy have never before been so severely stressed, a better understanding of their origin and evolution will help us understand more clearly what is at stake.

### REQUIRED READING

- The Declaration of Independence
- The Constitution
- Selections from The Federalist Papers

Note that the edition of *The Federalist* published by the Liberty Fund prints all 85 of the *Federalist Papers*, with the Declaration of Independence included as an appendix. It is available inexpensively through various booksellers or online as a pdf: <https://tinyurl.com/the-federalist>.



Thursdays, 11:00 – 12:30  
6 weeks: Feb 23, Mar 2, 9, 16, 23, 30

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

Class limit: 15

### INSTRUCTOR

**Sidney (AI) Pearson**, Professor Emeritus of Political Science, Radford University

## 23. Human Stem Cell and Gene Therapy

Novel treatments for human diseases involve the use of human gene or stem cell therapy. This course will discuss the basics of human stem cells and gene therapy and the status of the current FDA-approved stem cell and gene therapy trials for severe combined immunodeficiency, cystic fibrosis, sickle cell disease, cancer, macular dystrophy, diabetes, and spinal cord injury.

### TOPICS

1. Human stem cells
  - a. Characteristics of human stem cells
  - b. Controversial issues over the derivation of human stem cells
  - c. Results from FDA-approved human stem cell trials
2. Human gene therapy
  - a. Approaches for human gene therapy
  - b. Results from FDA-approved human gene therapy trials

Thursdays, 11:00 – 12:30

5 weeks: Feb 23, Mar 2, 16, 23, 30 (skip Mar 9)

**Zoom**

Class limit: 25

**Fee: \$35**

### INSTRUCTOR

**Eric Wong** is the John W. Hancock Professor of Animal Science in the School of Animal Sciences at Virginia Tech, where, for 31 years, he has taught numerous courses in molecular biology, and in agricultural and human biotechnology.

## 24. Italian for Travelers

This course is an introduction to speaking and understanding the Italian language with an emphasis on the cultural and artistic traditions so important to the traveler to this magnificent country. Students who took the previous Introduction to Italian course offered by LLI will benefit from the additional practice and specific attention to the vocabulary of travel. No prerequisite is necessary, however. Beginners are welcome. Have you ever wanted to learn Italian? Do you plan to travel to Italy? Andiamo!



[www.big-italy-map.co.uk/](http://www.big-italy-map.co.uk/)

Thursdays, 1:00 – 2:30

6 weeks: Feb 23, Mar 2, 9, 16, 23, 30

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

Class limit: 15

**Fee: \$35**

### INSTRUCTOR

**June Stubbs** taught Italian for 25 years at Virginia Tech. She studied Italian at the University of Illinois at Urbana-Champaign and at the Scuola di Dante in Florence. She has lived in Rome off and on over several years. Her favorite ristorante is Vecchia Roma, and she likes a cappuccino at Campo dei Fiori.

## 25. Communicating Using Gmail and Google Groups

Many of us use Gmail for routine email exchanges, but some may not be aware that Google Suite offers multiple ways of communicating within a flexible and integrated set of apps. In this workshop, we will explore Gmail and Google Groups, demonstrating the ways they speak to each other, enabling multiple channels of communication and collaboration within groups. Learning more about Gmail and Google Groups will help you organize your contacts, keep families and workmates connected, and manage tasks and projects.

### CLASS SESSIONS

1. Introducing the Gmail interface
2. Updating settings to do more with Gmail
3. Automating & simplifying with Gmail & Google Groups

Thursdays, 1:00 – 2:30

3 weeks: Mar 16, 23, 30

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

Class limit: 15

**Fee: \$35**

### INSTRUCTOR

**Kayla McNabb** is the Assistant Director of Teaching & Learning Engagement in the University Libraries and a Ph.D. student in the Instructional Design and Technology program as well. She works with her colleagues to facilitate learning design, digital literacy education, and community-engaged programming on campus and beyond.

## 26. Creating Your Plan for Aging in Place

Like a majority of older Americans, you may intend to live in your current home for as long as possible, or you may view “Place” as an emerging concept. Your decision to age in place may seem like an obvious and logical choice; yet, aging in place is more than just planning to stay in your home. Your decision to age in place should be part of a process that includes personal reflection, conversations with people important to you, intentional planning, and action.

This course will explore the five essential aspects of an effective plan to age in place: housing, health and wellness, finances, transportation, and social relationships. Through your responses to questions in the course workbook and small group conversations, you will identify the areas where you need to seek more information; determine which legal, financial, or health issues you need to address; and outline conversations you need to initiate with family members or your support team/friends. Spouses/partners/adult children are encouraged to attend with you to facilitate the creation of a workable plan.

### TOPICS

1. Creating a plan; housing
2. Health and wellness; connection and growth
3. Finances; transportation and using planning

Thursdays, 3:00 – 4:30

3 weeks: Mar 9, 16, 23

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

Class limit: 25

**Fee: \$35 + Materials fee \$10**

### INSTRUCTORS

**Leslie Pendleton**, retired counselor and president of AARP Blacksburg

**Jerry Niles**, retired Virginia Tech professor and Aging in Place advocate



### REQUIRED READING

*Aging in Place: Your Home, Your Community, Your Choice. A Workbook for Planning Your Future.* Created and compiled by the Aging in Community Leadership Team of the New River Valley, Virginia. The materials fee for the course covers the cost of this workbook. Each participant will receive a printed copy in class.

## 27. Open Studio Watercolor Class

Welcome to LLI’s first Open Studio Watercolor Class, 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 skills levels with a weekly design and art element focus. If possible, class will 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.

### SUPPLIES

Participants will purchase their own basic supplies; a list will be distributed in advance. The materials fee is used for other specialized supplies.

Fridays, 9:00 – 11:00

6 weeks: Feb 24, Mar 3, 10, 17, 24, 31

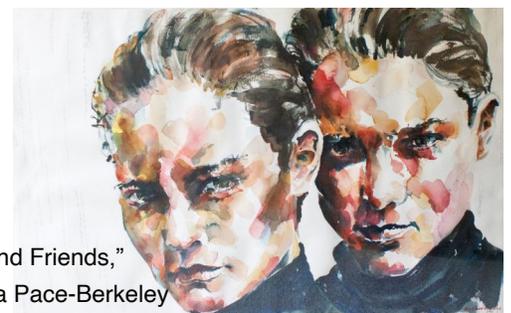
**Blacksburg Community Center, Community Room**

Class limit: 15

**Fee: \$35 + Materials fee \$35**

### INSTRUCTOR

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



“Sisters and Friends,”  
by Jessica Pace-Berkeley

## 28. Preparing Classic Moroccan Cuisine

Moroccan cuisine is often described as rich, sensual and colorful, sophisticated and artfully presented. It has been influenced by the ethnic groups that historically populated different regions of the country, by Portuguese and Spanish invasions during the 15<sup>th</sup>-16<sup>th</sup> centuries, and by Morocco's proximity to Mediterranean, Middle Eastern and African neighbors. These diverse influences led to the adoption of a wide variety of foods from elsewhere, often modified to make them uniquely Moroccan. Some key characteristics of the cuisine are: a wide variety of salads, special breads, meat combined with dried fruit and nuts, phyllo-layered dishes, preserved lemons, sumac and special spice mixtures, and desserts with fruit, nuts and nut flours.

### CLASS SESSIONS

1. A 1 ½ hour Zoom class will introduce the characteristics and history of Moroccan cuisine, answer questions, and present the recipes we will cook the following week.
2. During the second class, we will meet at the instructor's house from 9:00-2:00 and spend the morning cooking the featured recipes. Around noon, we will gather around the table to enjoy our 3-4 course Moroccan lunch.

Fridays, 2 weeks, times vary

**Feb 24, 9:00 – 10:30, Zoom**

**Mar 3, 9:00 – 2:00, in person at the instructor's home, including lunch**

Class limit: 12

**Fee: \$35**

### INSTRUCTOR

**Anne McNabb** loves exploring international cuisines. She bought her first Moroccan cookbook in 2000 and has been cooking classic Moroccan dishes and acquiring more cookbooks ever since.

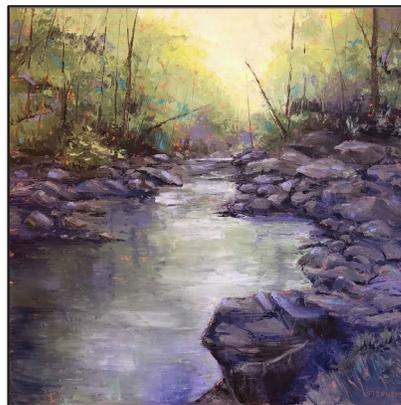


## 29. Exploring Oil Painting

With a no-fear approach, students will be encouraged to explore the many forgiving qualities of oil paints. Various materials and tools will be covered, including working with palette knives and incorporating cold wax for surprising effects. The class is geared for beginning as well as intermediate painters. The curriculum may be adjusted based on the goals and experience of students.

### TOPICS

- Tools and painting surfaces
- Color—mixing/temperatures/relationships
- Tonal value/contrast/edges
- Design/composition/visual energy
- Goals—imitative or creative



**Tuesdays, 9:00 – 11:30** *schedule has changed*

6 weeks: Feb 21, 28, Mar 14, 21, 28, Apr 11 (skip Mar 7, Apr 4)

**Warm Hearth Village Center,  
Woodland Studio**

Class limit: 12

### INSTRUCTOR

**Lois Stephens** has a passion for painting in oils and enjoys helping others explore this rich medium. She currently maintains a studio in the Newport Community Center, and her work can be viewed online at [www.LoisStephens.com](http://www.LoisStephens.com).

"Calm Center, Rocky Edges," by Lois Stephens

## 30. Creating and Managing Secure Passwords

Where computers are concerned, “security is a back and forth between bad actors and defenders,” according to Jeff Lang, Director of Cyber Defense Operations at Virginia Tech. Jeff and Heather Moorefield-Lang will lead this practical and informative one-session course covering strategies that will help you feel—and be—safer online. You will learn how to create secure passwords and deploy them strategically. You’ll come away with techniques for organizing, remembering, and updating large numbers of passwords, including the role of password managers. Emphasis will be placed on empowering users to prevent common and sometimes costly cyberattacks.



Friday, Feb 24, 1:30 - 3:00 (one session)

**Zoom**

Class limit: 25

**Fee: \$15**

### PRESENTERS

**Heather Moorefield-Lang** is an Associate Professor in the Department of Library and Information Science at University of North Carolina Greensboro. She is interested in how technologies can enhance instruction in libraries and classrooms.

**Jeff Lang** has been with the Virginia Tech Security Office since August of 2012 and brings with him 16 years of IT experience. He is a SANS certified Intrusion Analyst, Windows Security Administrator, Network Forensics Analyst, Python Coder, Cyber Threat Intelligence Analyst and Certified Enterprise Defender.

## 31. Introduction to Podcasts

Podcasts offer an audio sampler of life. They can be funny, informative, and touching; they can offer insights into politics, culture, history, or science. Podcasts can accompany you on a walk or a drive; they can be your companion while you are washing dishes or sitting by the fire in the evening. They are portable and convenient. The team from the Center for Innovative Teaching and Learning (CITL) at Radford University will show you how to find podcasts, how to download them, and how to listen to them. Bring your phone or tablet and your headphones for a hands-on experience. We’ll share some of our favorites with each other.



Friday, Mar 10, 1:00 - 2:30 (one session)

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

Class limit: 25

**Fee: \$15**

### INSTRUCTOR

**Samantha J. Blevins** has worked as an Instructional Designer & Learning Architect at Radford University’s CITL for the past six years. She has broad design and teaching experience in various educational settings, including K-12, higher education and professional development.

She will be joined by members of her team of instructional designers from the Center for Innovative Teaching and Learning (CITL) at Radford University.

# Out and About Field

## 32. A Visit to Solitude

LLI invites you to tour Solitude, the oldest remaining structure on the Virginia Tech campus, and Fraction house, once home to the enslaved people on the property. Our tour of these buildings will be embedded in a broader discussion of the land, the people, and the various cultures that left their imprint on this site. We'll recall that this was a place of solitude for thousands of years—unspoiled, peaceful, and private. The Tutelo and Monacan used their close association with the land to oversee and protect this region. The natural resources readily available provided food, clothing, shelter, medicine, and household goods. The knowledge gained was knowledge passed on to the next generation and to the new immigrants who came here and built their homes, wealth, and social stature. There will be an information session to discuss the Indigenous people who called this region home and an opportunity for questions and answers.

Parking is available at the Virginia Tech Inn and Conference Center. Participants are urged to carpool with those who have VT parking stickers enabling access to a wider range of parking options.

## 33. A Walk with Wildflowers

Join us on a wildflower walk at Falls Ridge Nature Preserve in the Ellett Valley. Our group will hike through fields and forests while observing a profusion of spring flowers, some of which are unique to this location. The preserve boasts a spring-fed travertine waterfall, and the unique soil generates a diversity of interesting vegetation, especially wildflowers.

Meet at the site wearing comfortable walking shoes or boots if the weather is wet. Hiking sticks are recommended because some parts of the trail are steep and rocky. Cameras and binoculars are welcome. Insect spray is recommended.

## 34. Walking Tour of Historic Pulaski and Lunch

Join local historian April Martin on a visit to the Ratcliffe and Courthouse Veterans museums and a walkabout past Pulaski's historic sites, including the 1920 fire station, the 1917 Post Office, the Park memorials, and historic churches. The tour will include a talk by Calfee Community & Cultural Center's Board President, Dr. Mickey Hickman, about the rich history of the Jim Crow-era Calfee Training School (1894–1966). Enjoy lunch on your own cost at Al's on First.

### PRESENTERS

**April Martin** is the Director of Education for Wilderness Road Regional Museum in Historic Newbern and the Museum Coordinator for the Ratcliffe Museum in Pulaski. Her family roots go back nine generations in the New River Valley.

Friday, Mar 3, 1:30 - 3:30

705 West Campus Drive, Virginia Tech

Trip limit: 25

Fee: \$15

### PRESENTER

**Victoria Ferguson** is an enrolled member of the Monacan Indian Nation of Virginia, recently appointed to the VT Office of Inclusion and Diversity as program coordinator for Solitude. There she is researching, curating, and creating displays of artifacts to tell the stories of everyday lives of Eastern Siouan populations up through the early European colonization period.



Friday, Apr 14, 10:00 – 12:00

Falls River Nature Preserve, Ellett Valley

Trip limit: 10

Fee: \$15

### PRESENTER

**Gloria Schoenholtz** is a former high school science teacher and environmental educator. In her retirement she enjoys nature photography. She is the author/photographer for the Virginia Wildflowers website: [virginiawildflowers.org](http://virginiawildflowers.org)

Date/Time: Monday, April 24, 9:30 – 1:00

Meet at Ratcliffe Museum, 51 Commerce St., Pulaski

Trip limit: 25

Car-pooling is encouraged. The walk is less than a mile on mostly flat ground.

**Dr. Mickey Hickman** recently retired from a 42-year career with the Pulaski County Public School system and now serves as the Board President for the Calfee Community and Cultural Center. Dr. Hickman attended Calfee Elementary School, the Christiansburg Institute, Pulaski High School, Virginia Tech, and Radford University.

[www.cpe.vt.edu/lifelonglearning](http://www.cpe.vt.edu/lifelonglearning)—

## 35 A, 35 B. A Walk with Outdoor Sculptures

Artist Charlie Brouwer will lead a tour through his studio and discuss his inspiration and process. We will walk with Charlie to see his large-scale wood sculptures placed throughout his beautiful property. Some of the pieces are on a woodland trail with rocks, roots, and inclines. Only the sure-footed will want to do this part of the tour. We will eat together afterwards, so bring your lunch and a blanket or folding chair.

### PRESENTER

**Charlie Brouwer** has been making art since 1968. His creative work encompasses small indoor gallery pieces, large outdoor sculptures, indoor and outdoor installations, and public art projects and has been included in nearly 300 exhibitions since 1975.



**35 A:** Tuesday, April 25, 9:15 – 1:45

**35 B:** Tuesday, May 2, 9:15 – 1:45

Out There Studio and Sculpture Trail, Floyd Co. ([www.charliebrouwer.com/outhere.html](http://www.charliebrouwer.com/outhere.html))

Trip limit: 25

**Fee:** \$15

Participants meet at 9:15 to carpool from Uptown Christiansburg Mall, directly across from IHOP.

## 36. Day Trip to Historic Lexington

Join **Joy Herbert**, supervisor of Active Adult Programs for the Blacksburg Recreation Center, for a tour of historic Lexington led by a local guide. We will visit **Virginia Military Institute** and browse the exhibits at the **VMI Museum**, the first public museum in the Commonwealth and home to over 15,000 artifacts chronicling the history of America's first state-sponsored military college. A stop at **Oak Grove Cemetery** will underscore the significance of Lexington's role in military history and government service. The tour will include time to explore **Washington & Lee University Chapel**, a simple brick and limestone structure built by Lee soon after the Civil War when he was president of what was then called Washington College.

**Lunch at the Southern Inn** in Lexington's historic downtown will be followed by shopping if there is time, and then a final stop at the **Stonewall Jackson House**, the only house owned by the Confederate general. The home and its collections shed light on Jackson's life in Lexington before the Civil War—as professor, businessman, public servant, and husband.

Wednesday, May 10, 8:15 – 6:30 (est.)

Depart Blacksburg Community Center

Trip limit: 15 minimum, 25 maximum

**Fee:** \$54

Fee includes fully guided tour, all admissions, and transportation. Lunch extra at the Southern Inn

*Bus transportation and trip coordination is provided by **Blacksburg Parks and Recreation**.*

*If your registration is confirmed with LLI, you will be sent payment instructions. Your seat is not guaranteed unless and until you make payment to the trip coordinator.*



# Special Events: A Free Member

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

## Free Zoom Webinars

### 37. We'll Always Have Paris: Celebrating *Casablanca* at 80

Friday, February 17, 1:30 – 3:00

Although conceived as a standard studio film, *Casablanca* was quickly recognized as a great romantic film, full of memorable characters and iconic lines, all supported by one of Hollywood's greatest scores. This course will provide the backstory to the film, and place it within the studio production system, and tell how it developed from an unfinished script when shooting began into the Best Picture of 1942. The talk will include clips from the movie, discuss its actors and creators, and highlight reasons for its appeal.



#### PRESENTER

An LLI favorite since spring 2021, **Dan Sherman** previously brought us *Hamilton*, *Sherlock Holmes*, and *Stephen Sondheim*. He loves sharing his passion for theater and opera with adult audiences.

### 38. VT Drone Research Takes on the Looming Competition for Airspace

Friday, March 17, 1:30 – 3:00

The Department of Transportation predicts a dramatic increase in the number of drones used across the country in the coming years. Increasing numbers of drones will compete for airspace with helicopters, airplanes, and other manned aircraft, a potentially dangerous mix. Enter Virginia Tech researchers, leaders in the field of drone traffic control research. In this presentation, we will learn about VT's Mid Atlantic Aviation Partnership (MAAP), one of seven FAA designated Uncrewed Aircraft Systems Test Sites. We will explore the NASA model to integrate drones into the National Airspace, a model that could be used in the future for passenger-carrying, fully-autonomous, unpowered aircraft. The speaker will share video of and from drones and bring us up to date on the latest advances in managing a whole new kind of traffic jam.

Spring

### 39. The Incomparable Katharine Hepburn

Thursday, April 6, 1:30 – 3:00

Born to a wealthy family, Hepburn shot to early fame, winning the first of her four Oscars (a record) when only 26 years old, though she soon became “box office poison.” She quickly brought about her own comeback with *The Philadelphia Story* and became an icon of screen in both dramatic and comedic roles. This webinar will include many performance excerpts (including her single stage musical!) and discuss her screen persona as an independent woman, her legacy, and her life, including her relationship with Spencer Tracy.



#### PRESENTER

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



#### PRESENTER

**Tombo Jones** is the Director of the Mid Atlantic Aviation Partnership at Virginia Tech, an FAA designated UAS test site.

# In-Person Special

## 40 A, 40 B. Introduction to Tablets

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

### 40 A: Apple Devices

Friday, March 3, 10:30 – 12:30

### 40 B: Android Devices

Friday, March 3, 2:30 – 4:30

## Blacksburg Public Library Community Room

200 Miller Street, Blacksburg

Limit: 10 per session

Did you get a tablet recently and need some help getting started? Or have you been using a tablet for some time and feel as though you could be using it in different ways? Bring your tablet and come to a hands-on session sponsored by **Literacy Volunteers of the New River Valley** and **Blacksburg Public Library**. You will receive in-person instruction from a trainer using new and updated instructional resources developed by AT&T in partnership with the American Library Association. There will be plenty of time for you to apply your new skills and gain the confidence that comes with practice.

### TOPICS

- getting to know your tablet
- navigation skills
- accessing the internet
- common apps
- adding and deleting apps
- mobile device settings

## 42. Pre-Civil War Montgomery County: An Illustrated History

Monday, February 20, 9:00 – 10:30

## Warm Hearth Village Center, Tall Oaks Room

Limit: 40

Free *This event is open to Warm Hearth*

**Residents** long been regarded as a place of great historical importance. Yet crucial events of the pre-Civil War era in the Commonwealth's southwestern region—Montgomery County in particular—have often been overshadowed by those in other parts of the state. The county played many significant but under-appreciated roles in Virginia and U.S. history, particularly during Westward Expansion. This illustrated presentation offers a unique look at the development of its cultural landscape. It spotlights what we've inherited and our contributions to shaping the national record before 1860. Attention is also drawn to the neglected

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

## 41 A, 41 B. Enjoy Free Audio Books, eBooks, and Magazines on Your Devices

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

### 41 A: Apple Devices

Friday, March 3, 10:30 – 12:30

### 41 B: Android Devices

Friday, March 3, 2:30 – 4:30

## Blacksburg Public Library Community Room

200 Miller Street, Blacksburg

Limit: 10 per session

For both sessions, you will need:

- A Montgomery-Floyd Regional Library card in good standing (sign up online at [mfrl.org](http://mfrl.org) or in any branch library)
- OverDrive's Libby app downloaded in advance from the Apple App Store or Google Play Store.

Library experts will teach you how to read eBooks and magazines, and listen to audiobooks, all for free with OverDrive's Libby app and your library card.

The library offers **'book-a-librarian' appointments** for one-on-one help before the class with accessing the app store to download OverDrive's Libby app. Just go to the desk at the library with your device.

**Bring your device:** iPad or iPhone for Apple; Samsung, LG, Nexus, Kindle, etc. for Android.

**Apple devices** need at least iOS 13.0 to use the Libby app. Download Libby from the App Store. You will need your Apple ID and password.

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and broadly misunderstood part that enslaved Americans played in the county's history, landscape, and wealth creation. Today, awareness and mindfulness of that past can help to advance the values of heritage conservation.

### PRESENTER

**Charles Good** is an emeritus professor of geography at Virginia Tech and a resident of Montgomery County since 1971. His presentation is based on the research he completed for his 2022 book, *Colonial & Antebellum Virginia: Images of Montgomery County's Historical-Cultural Landscape*.

### 43. Everything You Need to Know about Heart Attacks

Monday, February 27, 9:00 – 10:30

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

Limit: 40 *This event is open to Warm Hearth Residents*  
Free

The presentation will address the following questions:

- What is a heart attack?
- What are the symptoms?
- How should it be treated?
- What causes it?
- Can it be prevented?

#### PRESENTER

**Larry Cox** is a graduate of Virginia Tech and the Medical College of Virginia (now VCU). He is a retired

### 44. Green Architecture for Homes, the World's Most Complicated Buildings

Friday, March 24, 10:00 – 11:30

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

Limit: 40 *This event is open to Warm Hearth Residents*  
Free

The role of houses in shaping the planet's well-being cannot be overstated. Programs like LEED and Energy Star seek to make buildings more energy and resource efficient. But after recent pandemics and extreme weather events, there is renewed concern with indoor air quality and building resiliency. In large new commercial buildings, this added complexity may be addressed by the architecture and engineering team. Smaller buildings, especially existing homes, rarely have the advantage of such teams and rely instead on the limited expertise of their owners. The emerging field of Building Science is helping to bridge gaps in awareness for both smaller and larger buildings with actionable, verifiable methodologies. The presenter will argue that this is needed nowhere as urgently as within homes.

#### PRESENTER

**Monica Rokicki** is a building science consultant who specializes in forensics, diagnostics and design for existing and new construction. After many years in architecture, she founded Roanoke-based Better Building Works, LLC in 2011 to join building science and climate change awareness to her design work, and to create permanent solutions to 'wicked problems' in the built environment.

### 45. Jamestown: Saving Our Shared History in the Face of Climate Change

Monday, March 31, 1:30 – 3:00

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

Limit: 40 *This event is open to Warm Hearth Residents*  
Free

World-renowned as the site of England's first permanent American settlement, Jamestown was thought to have been lost to erosion until intensive archaeological excavations begun in 1994 rediscovered the site. Since then, archaeological fieldwork has illuminated not only our understanding of the early years of James Fort but also of entanglement with First Peoples and the forcible arrival of enslaved Angolans in 1619. Jamestown is located along the north bank of the James River in Virginia. Much of it is low-lying, subject to erosion and flooding, and vulnerable to catastrophic hurricane damage.

On May 4<sup>th</sup>, 2022, the National Trust listed Jamestown Island as one of our Nation's eleven most endangered historic places. **David Givens**, Jamestown Rediscovery's Director of Archaeology, will address the climate change challenges that Jamestown faces and his team's efforts to preserve and protect this critical site, as well as discuss some recent exciting finds related to past as well as modern-day climate change that will make us rewrite American history.

### 46. Heritage Music of the Appalachian Region

Thursday, April 13, 2:00 – 3:30 (event)  
3:30 – 4:00 (social)

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

Limit: 40 *This event is open to Warm Hearth Residents*

The Appalachian region has one of the richest musical traditions in the world. **Jack Hinshelwood**, former Director of The Crooked Road: Virginia's Music Trail, has taught, performed, produced, and recorded this music for over 40 years. Jack will share insights into the diverse styles and musicians found in the Southwest Virginia region, illustrating his talk with performances of traditional tunes.

Celebrate the end of the LLI Spring term with Jack and fellow LLI members after the performance with coffee and cookies from 3:30-4:00.

#### PRESENTER

**Jack Hinshelwood** is a guitarist, fiddler, singer, and winner of numerous guitar championships. He recently produced 50 Years in the Making, a 21-track recording and concert of old time, blues, and bluegrass music with some of America's finest artists from those genres. He is currently performing with DOC AT 100, a touring concert program celebrating the 100th Anniversary of the birth of Doc Watson, one of the most beloved traditional music artists of the 20th century.

# Spring 2023 Registration



There are four ways to register this fall beginning at 10:00 a.m., Monday, February 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
4. Walk-in registration at the Corporate Research Center, Moss Building, 1900 Kraft Drive, **Feb 6, 10:00 – 2:00 ONLY**

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

## ONLINE REGISTRATION

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

Online registration opens **Monday, February 6 at 10:00.**

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

### 1. Login page:

- a. If you have an account, select I have an account already and enter your user name and password. Select Login. If you have forgotten either or both of these, click on “Forgot User Name” or “Forgot Password.” If you have forgotten your user name, your user name will be emailed to you. If you have forgotten your password, you will be sent a link to reset your password (the link expires after four hours). Please make a note of this information for easy retrieval in the future.
- b. If you are new to LLI, select New User. You will be asked to choose your user name, enter your information, select Register, and follow the directions.

**2. Membership page:** Spring 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.

**NEED HELP?**  
Please contact  
CPE Registration  
at 540-231-5182.

## PHONE REGISTRATION

You may register by phone beginning at 10:00 a.m. on February 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 January 31. Mail the completed form with your check or credit card information to Continuing and Professional Education, Virginia Tech Mailcode 0272, 400 Stanger Street #118A, Blacksburg, VA 24061.

## WALK-IN REGISTRATION

The registration form and payment information may be dropped off at the Moss Building, Corporate Research Center, 1900 Kraft Drive, on February 6, 10:00–2:00 ONLY. **Walk-in registration will not be available at any other**

**time.** LIFELONG LEARNING INSTITUTE at VIRGINIA

# Fees and Policies



LIFELONG LEARNING INSTITUTE  
at VIRGINIA TECH™

## FEES

**Spring 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 and wish to add another course, please contact the CPE Registrar at 540-231-5182 or [cpeinfo@vt.edu](mailto:cpeinfo@vt.edu). If the course is not full, you may add it to your schedule.

## TO DROP A COURSE OR EVENT

If you need to drop a course before it has begun or an event for which you registered, please notify the CPE Registrar (231-5182 or [cpeinfo@vt.edu](mailto:cpeinfo@vt.edu))

## REFUNDS

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

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

## SCHEDULE CHANGES

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

## MAKEUP CLASSES

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

## ACCOMMODATIONS

If you are an individual with a disability and desire accommodation or you have questions about the physical access provided at a location, please contact the LLI Program Coordinator, phone 540-231-1725 or contact us by email at [lifelonglearning@vt.edu](mailto:lifelonglearning@vt.edu) at least 14 days in advance of the start of class or the event.

# Volunteer!

The Lifelong Learning Institute at Virginia Tech thrives on the contributions of its volunteers. Please consider joining the ranks of those who contribute time, service, and expertise. Send a note with your interest to [lifelonglearning@vt.edu](mailto:lifelonglearning@vt.edu).

## TEACHING

We welcome your suggestions for courses, lectures, and programs. Send your ideas directly to the Program Committee Co-Chair, Nancy Metz ([nmetz@vt.edu](mailto:nmetz@vt.edu)). We also invite you to teach a course in an area of your own expertise. Complete and submit the course proposal form online (under the Support tab of the LLI website, [www.cpe.vt.edu/lifelonglearning/](http://www.cpe.vt.edu/lifelonglearning/)).

## INSTRUCTIONAL SUPPORT: Class Assistants

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

## COMMITTEE WORK

We actively recruit new members to serve on our five LLI committees: Program, Outreach, Instructional Support, Social Events, and Development.

## OCCASIONAL ASSISTANCE

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

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



**Volunteers:** Penny Tully, Phyllis Eschenmann, Bev Walters

# 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.

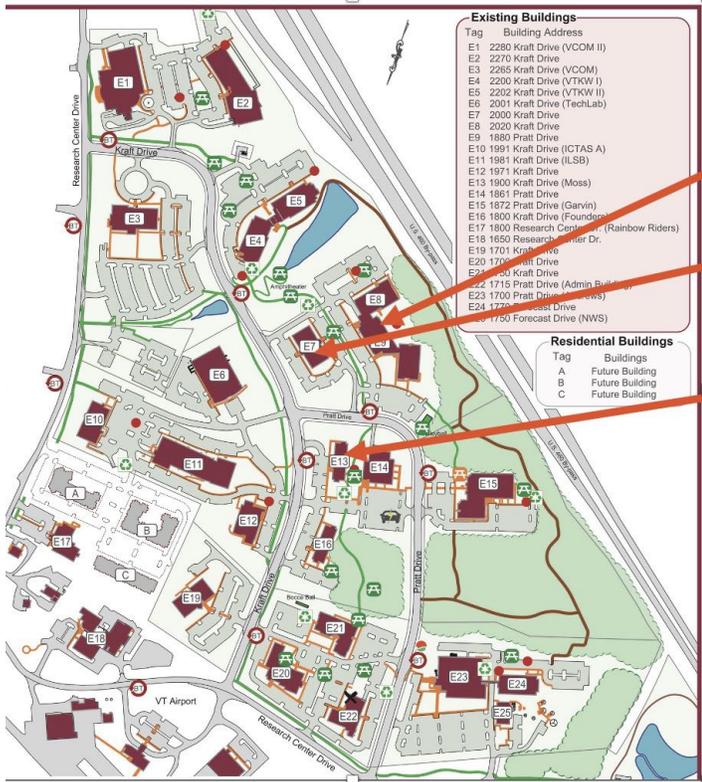
The Lifelong Learning Institute is a self-supporting entity of the Division of Outreach and International Affairs at Virginia Tech. All gifts to LLI (excluding membership and course/event-related fees) are fully tax deductible to the extent allowable by law. Designated gifts are received and managed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



## Three locations at the Corporate Research Center

E9, 1880 Pratt, Concept Room (classroom style)

E7, 2000 Kraft, Crescent Room (seminar style)

E13, 1900 Kraft, Moss Building, Curiosity Room  
 Eventual new home for CPE offices  
 Walk-in registration will be HERE!



# Scenes from the Moon Hollow Social Fall 2022



Janet Rankin, Laurie Hudgins, Steve



Bob Chew



David Livingston, Judy



Jean Sumner, Judy Trimble, Mary Osgood



Heather Brown,  
Diane Akers