

LIFELONG LEARNING INSTITUTE at VIRGINIA TECH™

For Curious Adults 50 and over in the New River Valley



Registration opens
January 16, 2020

Spring 2020
COURSE CATALOG



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What is the Lifelong Learning Institute at Virginia Tech?

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

LLI enjoys the strong support of the Division of Outreach and International Affairs and from the university community in general, which provides infrastructure including registration, website development, catalog design, office space, classrooms, and current and retired faculty. But LLI is first and foremost a member organization, run by a Board of Directors and a corps of dedicated volunteers committed to meeting the interests of its members throughout the New River Valley. We welcome your involvement and ideas!

COVER PHOTO

Participants in the October “Trash Talk” tour gather on the floor of the Montgomery Regional Solid Waste Authority facility. Photo credit: Pat Hyer.

CLERY ACT STATEMENT

The Virginia Tech Annual Campus Security and Fire Safety Report (main campus only) includes statistics for the past three years. The report is available at www.police.vt.edu/clery. A printed copy is available upon request by calling 540-231-6183.

EEO STATEMENT

Virginia Tech does not discriminate against employees, students, or applicants on the basis of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status or otherwise discriminate against employees or applicants who inquire about, discuss, or disclose their compensation or the compensation of other employees, or applicants or any other basis protected by law. For inquiries regarding non-discrimination policies, contact the Office of Equity and Access at 540-231-2010 or Virginia Tech, North End Center, Suite 2300 (0318), 300 Turner St. NW, Blacksburg, VA 24061.



What's New for Spring 2020?

Continuing improvements to online registration

We've made a few changes to the online course registration process to make it easier to navigate, and we'll continue with online registration for special events. Make your choices and keep track of them on the worksheets in the back of the catalog. Online registration for courses and events will open at 7:00 a.m. on January 16. If you need paper registration forms, these will be available for pickup at the CPE office, Warm Hearth Village reception desk, and online in printable pdf beginning January 14. We encourage as many of you as possible to register online. We appreciate your efforts do so.

Learn About and Celebrate 100 Years of Women's Suffrage

LLI members have several opportunities this spring to learn about the decades-long movement for women's suffrage that led to the adoption of the Nineteenth Amendment on August 26, 1920, thanks to our partnership with the League of Women Voters. Carolyn Rude will be sharing what she has learned about Black Suffragists on March 3. On Saturday morning, March 21, Virginia Tech and Radford University theater students will perform scenes from suffrage plays, speeches, personal correspondence of movement leaders and antis, and songs. And look for a later announcement about a trip to Barter Theater this summer to see a performance of *Winter Wheat* telling the story of a mother's letter to her son, a Tennessee congressman, whose vote changed the course of history.

Travel opportunities

See inside the back cover of the catalog for details on the 2020 LLI charters with Road Scholar: Out and About in Chicago (June 2020) and The Best of the Canadian Rockies by Rail (August 2020).

Contact information for LLI Registrar:

Heidi Dickens, LLI registrar, 540-231-4364
General Registration Phone: 540-231-5182

Online registration:

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

Address for mailing forms or walk-in registration:

Virginia Tech Continuing and Professional Education
Virginia Tech, Mail Code 0272
702 University City Blvd.
Blacksburg, VA 24060

General email: lifelonglearning@vt.edu

Facebook: <https://www.facebook.com/vtlifelonglearning/>

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Linda Woodard, At-large Member

Susan Short, Associate VP for Engagement

Jeanette Cooper, CPE LLI Program Director

Heidi Dickens, CPE Asst Program Director &
Recording Sec

Membership Benefits

We welcome all who are interested in the mission and goals of the Lifelong Learning Institute at Virginia Tech. There are no prerequisites, educational or otherwise, for membership—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. Membership provides:

- Eligibility to register for a wide variety of unique classes at convenient and accessible locations at Virginia Tech and around the NRV community (class tuition and special fees apply).
- Printed course catalog mailed to your home.
- Visitor parking passes to attend on-campus classes or tours (if needed).
- A host of free special events, tours, and talks, highlighting the rich cultural history of the New River Valley, the arts, and the latest research and education initiatives happening on campuses in the region.
- *One free session* of the Sampler, no registration required.
- Opportunities to travel with other LLI members to great destinations.
- A community of engaged and engaging peer members.

Fees and Registration

Most classes for Spring 2020 term will begin the week of February 17; courses complete early April. Special events start in mid-February and continue through mid-May. Courses typically meet one day per week for 1½ hours from three to six weeks. However, the pattern varies for some courses. Please note the length of the class and the specific class meeting dates detailed in each course description before registering for that course.

Spring term membership is \$45. [Those who purchased an Annual Membership in Fall term need not purchase a Spring term membership.] You must be a member to register for a course and to attend special member events.

LLI courses are \$35 per course. Some courses require an additional materials fee or purchase of a textbook or supplies. Additional fees or costs are noted in the course description.

Registration for Spring 2020 opens Thursday, January 16, 2020.

LLI Spring 2020 Courses at a Glance



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 - 10:30, 6 weeks Personal Choices to Help Save the Planet (limit 32) VT Public Safety Bldg, 153 Feb 17, 24, Mar 2, 16, 23, 30 (skip Mar 9)</p>	<p>9:00 - 10:15, 6 weeks Sampler (limit 75) Warm Hearth Village Center Feb 18, 25, Mar 3, 10, 24, 31 (skip Mar 17)</p>	<p>9:00 - 10:30, 6 weeks <i>Moby-Dick</i>—An Unconventional Classic (limit 15) VT Public Safety Bldg, 153 Feb 19, 26, Mar 4, 18, 25, Apr 1 (skip Mar 11)</p>	<p>9:00 - 10:30, 6 weeks Case Studies in Criminal Justice (limit 16) VT Public Safety Bldg, 153 Feb 20, 27, Mar 5, 19, 26, Apr 2 (skip Mar 12)</p>	<p>9:00-12:00, 5 weeks Expressive Faces and Figures (limit 15) Blacksburg Com Ctr, Community Rm Feb 28, Mar 6, 13, 20, 27</p>
<p>9:00 - 12:00, 5 weeks Go with the Flow—Abstract Art (limit 15) Blacksburg Com Ctr, Community Rm Feb 17, 24, Mar 2, 16, 23 (skip Mar 9)</p>	<p>10:30 - 11:45, 6 weeks Post-Sampler Talks, Free, Register for these as special events Warm Hearth Village Center Feb 18, 25, Mar 3, 10, 24, 31 (skip Mar 17)</p>	<p>11:00 - 12:30, 8 weeks Great Decisions (limit 200) The German Club Manor Feb 12, 19, 26, Mar 4, 11, 18, 25, Apr 1</p>	<p>9:30 - 11:30, 6 weeks Exploring Oil Painting (limit 12) Warm Hearth Village Center, Woodland Studio Feb 20, 27, Mar 5, 19, 26, Apr 2 (skip Mar 12)</p>	<p>9:30 - 11:00, 6 weeks The American Civil War: Causes, Course, and Consequences (limit 75) Warm Hearth Village Center Feb 21, 28, Mar 6, 13, 20, 27</p>
<p>11:00 - 12:30, 6 weeks TED Talks (limit 20) VT Public Safety Bldg, 153 Feb 17, 24, Mar 2, 16, 23, 30 (skip Mar 9)</p>	<p>1:00 - 2:30, 4 weeks Beginning Genealogy (limit 20) Corporate Research Center, 1880 Pratt Dr, Suite 2018 Feb 11, 18, 25, Mar 3</p>	<p>1:00 - 3:00, 4 weeks Mah Jongg, A Great Way to Exercise Your Brain (limit 16) Blacksburg Com Ctr, Game Room Feb 19, 26, Mar 4, 11</p>	<p>10:00 - 12:00, 4 weeks Preparing Chinese and Japanese Dishes at Home (limit 12) Home of instructor, 1905 Forest Lane, Blacksburg Mar 5, 12, 19, 26</p>	
<p>11:00 - 12:30, 6 weeks Learn to be Happy—Practice the Science of Happiness (limit 16) Hillel at Virginia Tech Feb 17, 24, Mar 2, 16, 23, 30 (skip Mar 9)</p>	<p>1:00 - 2:30, 3 weeks Who Gets Grandmother's Yellow Pie Plate? (limit 15) Hillel at Virginia Tech Mar 17, 24, 31</p>	<p>1:30 - 3:00, 6 weeks Italian for Beginners/Travelers (limit 12) VT Public Safety Bldg, 153 Feb 19, 26, Mar 4, 18, 25, Apr 1 (skip Mar 11)</p>	<p>11:00 - 12:30, 5 weeks Beginner Ukulele (limit 15) Blacksburg Presbyterian Church, Westminster Room Feb 27, Mar 5, 12, 19, 26</p>	
<p>1:00 - 3:00, 4 weeks Beginning Appliqué for Quilting (limit 20) Blacksburg Presbyterian Church, Fellowship Hall Feb 17, 24, Mar 9, 16 (skip Mar 2)</p>	<p>3:00 - 4:30, 6 weeks Mindfulness Practice: Awareness and Compassion in Daily Life (limit 20) Corporate Research Center, 1880 Pratt Dr, Suite 2018 Feb 18, 25, Mar 3, 10, 24, 31 (skip Mar 17)</p>	<p>1:30 - 3:00, 6 weeks "Seeing the Real You at Last": The Many Faces of Bob Dylan (limit 25) Hillel at Virginia Tech Feb 19, 26, Mar 4, 18, 25, Apr 1 (skip Mar 11)</p>	<p>11:00 - 12:30, 3 weeks How to Eat to Live to 100 (limit 15) Blacksburg Presbyterian Church Feb 13, 20, 27</p>	
<p>3:00 - 4:30, 5 weeks Haunted Hearts: Supernatural Fiction by American Women Writers (limit 25) VT Public Safety Bldg, 153 Feb 24, Mar 2, 16, 23, 30 (skip Mar 9)</p>	<p>3:00 - 4:30, 4 weeks Harry Potter Transitions to Young Adulthood (limit 25) VT Public Safety, 153 Feb 18, 25, Mar 3, 10</p>	<p>1:30 - 3:00, 4 weeks The Science of Sport (limit 25) VT Public Safety Bldg, 153 Feb 12, 19, 26, Mar 4</p>	<p>11:00 - 12:30, 6 weeks Modern Africa: Challenges of Nation Building (limit 30) VT Public Safety Bldg, 153 Feb 20, 27, Mar 5, 19, 26, Apr 2 (skip Mar 12)</p>	
<p>3:00 - 5:00, 6 weeks Appreciating Spanish Wines (limit 25) Vintage Cellar Feb 17, 24, Mar 2, 9, 16, 23</p>			<p>1:00 - 2:30, 5 weeks Short Stories that Stick (limit 15) VT Public Safety Bldg, 153 Mar 5, 12, 19, 26, Apr 2</p>	
			<p>1:00 - 2:30, 6 weeks Fear and Loathing in the Grocery Store (limit 20) VT Public Safety Bldg, 153 Feb 13, 20, 27, Mar 5, 19, 26 (skip Mar 12)</p>	

LLI Spring 2020 Courses and Events by Topic

Courses	Events
Art <ul style="list-style-type: none"> • Go with the Flow—Abstract Painting (Mon) • Beginning Appliqué for Quilting (Mon) • Exploring Oil Painting (Thurs) • Expressive Faces and Figures (Fri) 	<ul style="list-style-type: none"> • A Land of Light and Color: Craft Makers in Morocco, Mar 24
Current Issues <ul style="list-style-type: none"> • TED Talks (Mon) • Great Decisions (Wed) • Case Studies in Criminal Justice (Thurs) 	<ul style="list-style-type: none"> • Untangling the 2020 Presidential Nominations, Feb 18
History <ul style="list-style-type: none"> • Modern Africa: Challenges of Nation Building (Thurs) • The American Civil War: Causes, Course, and Consequences (Fri) 	<ul style="list-style-type: none"> • Humanity’s Religious Quest: Jewish, Christian, and Muslim Traditions, Feb 25 • Introducing Black Suffragists and the Nineteenth Amendment, Mar 3 • Yellow Rose or Red Rose: Scenes from the Suffrage Movement, Mar 21 • From VAMC to VPI&SU: Transformative Presidents and Moments in Virginia Tech History, Mar 31 • Day Trip to Richmond: The American Civil War Museum, May 19
Language <ul style="list-style-type: none"> • Italian for Beginners/Travelers (Wed) 	
Literature/ Writing/Film/Theater <ul style="list-style-type: none"> • Haunted Hearts: Supernatural Fiction by American Women Writers (Mon) • Harry Potter Transitions to Young Adulthood (Tues) • <i>Moby-Dick</i>—An Unconventional Classic (Wed) • Short Stories That Stick (Thurs) 	<ul style="list-style-type: none"> • Reel Talk: Mondays at the Lyric
Living Well/ Personal Growth <ul style="list-style-type: none"> • Learn to be Happy—Practice the Science of Happiness (Mon) • Appreciating Spanish Wines (Mon) • Beginning Genealogy (Tues) • Who Gets Grandmother’s Yellow Pie Plate (Tues) • Mindfulness Practice: Awareness and Compassion in Daily Life (Tues) • Mah Jongg, A Great Way to Exercise Your Brain (Wed) • Preparing Chinese and Japanese Dishes at Home (Thurs) • How to Eat to Live to 100 (Thurs) 	<ul style="list-style-type: none"> • How to Eat and Exercise to Support Your Health and Longevity, Feb 11 • Create Your Plan for Aging in Place, Feb 28 & Mar 6 • Depolarizing Within: Becoming a Better Angel in Your Own World, Mar 28 • Food Isn’t Always What It Seems: A Cooking and Tasting Adventure with the Lloyds of Obis One, Apr 1
Local Culture / Potpourri <ul style="list-style-type: none"> • Sampler (Tues) 	<ul style="list-style-type: none"> • Trash Talk: Tour the Montgomery Regional Solid Waste Authority, Mar 17 • Visit Montgomery Museum of Art and History, Apr 15 • Tour an Amazing Collection of Classic and Imported Cars, Apr 17 • Touring Pulaski’s Historic Downtown on Foot, May 4
Music <ul style="list-style-type: none"> • “Seeing the Real You at Last”: The Many Faces of Bob Dylan (Wed) • Beginner Ukulele (Thurs) 	<ul style="list-style-type: none"> • Conversation with the Conductor of the National Symphony Orchestra of Ukraine, Feb 21 • Composing <i>Mosaic for Earth</i>, Mar 10
Science / Environment <ul style="list-style-type: none"> • Personal Choices to Help Save the Planet (Mon) • The Science of Sport (Wed) • Fear and Loathing in the Grocery Store (Thurs) 	<ul style="list-style-type: none"> • Natural History Near You: Tour VT’s Massey Herbarium and Geosciences Museum, Mar 13 • On Being a Carnivore: Tour the VT Meat Science Ctr, Mar 27 • Introduction to Hobby Drones, Apr 21 • Learn about Hemp at TruHarvest Farms, May 12
Technology	<ul style="list-style-type: none"> • Enjoy Free Audiobooks, eBooks, and Magazines on Your Devices, Feb 10 & 11 • Virtual Assistants Work for You, Feb 13 • Introduction to Podcasts, Feb 14 • Photos: Clutter or Priceless Memorabilia? Apr 24

LLI Spring 2020 Special Events



Date	Day/Time/Location	Type of Event	Title of Event	Limit
On-going	Monday, 12:15 – 1:00 p.m., The Lyric Theatre	Discussion	Reel Talk: Mondays at the Lyric	No limit
February 10 & February 11	Monday (Android) or Tuesday (Apple), 10:30 a.m. – 12:30 p.m., Blacksburg Public Library	Hands on demo/ instruction	Enjoy Audiobooks, eBooks, and Magazines on Your Devices	10
February 11	Tuesday, 9:30 – 11:00 a.m., Warm Hearth Village Center	Lecture	How to Eat and Exercise to Support Your Health and Longevity	40
February 13	Thursday, 2:00 – 3:30 p.m., CRC, 1880 Pratt Dr, Suite 2018	Lecture	Virtual Assistants Work for You	20
February 14	Friday, 1:00 – 3:00 p.m., CRC, 1880 Pratt Dr, Suite 2018	Talk/hands-on demo	Introduction to Podcasts	20
February 18	Tuesday, 10:30 – 11:45 a.m., Warm Hearth Village Center	Lecture	Untangling the 2020 Presidential Nominations	75
February 21	Friday, 6:00 – 7:00 p.m., Cube, Moss Arts Center	Panel discussion/ performance	Conversation with the Conductor of the National Symphony Orchestra of Ukraine	40
February 25	Tuesday, 10:30 – 11:45 a.m., Warm Hearth Village Center	Lecture	Humanity's Religious Quest: Jewish, Christian, and Muslim Traditions	75
February 28 & March 6	Fridays, 1:30 – 3:30 p.m., CRC, 1880 Pratt Dr, Suite 2018	Workshop	Create Your Plan for Aging in Place	25
March 3	Tuesday, 10:30 – 11:45 a.m., Warm Hearth Village Center	Lecture	Introducing Black Suffragists and the Nineteenth Amendment	75
March 10	Tuesday, 10:30 – 11:45 a.m., Warm Hearth Village Center	Lecture	Composing <i>Mosaic for Earth</i>	75
March 13	Friday, 1:00 – 2:30 p.m., 2062 Derring Hall, VT Campus	Tour	Natural History Near You: Tour VT's Massey Herbarium and Geosciences Museum	26
March 17	Tuesday, 10:00 a.m. – 12:00 p.m., MRSWA Facility, Christiansburg	Tour/Talk	Trash Talk: Tour the Montgomery Regional Solid Waste Authority	22
March 21	Saturday, 10:00 – 11:30 a.m., Warm Hearth Village Center	Performance	Yellow Rose or Red Rose: Scenes from the Suffrage Movement	50
March 24	Tuesday, 10:30 – 11:45 a.m., Warm Hearth Village Center	Lecture	A Land of Light and Color: Craft Makers in Morocco	75
March 27	Friday, 10:30 a.m. – 12:00 p.m., VT Meat Science Ctr, 360 Duckpond Dr	Tour	On Being a Carnivore: Tour of the VT Meat Science Center	20
March 28	Saturday, 9:00 a.m. – 12:00 p.m., Unitarian Universalist Congregation, Blacksburg	Workshop	Depolarizing Within: Becoming a Better Angel in Your Own World	40
March 31	Tuesday, 10:30 a.m. – 12:00 p.m., Warm Hearth Village Ctr	Lecture	From VAMC to VPI&SU: Transformative Presidents and Moments in Virginia Tech History	75
April 1	Wednesday, 1:00 – 4:00 p.m., Lloyd residence, 2761 Rutherford Dr, Blacksburg	Food demo and tasting	Food Isn't Always What It Seems – A Cooking and Tasting Adventure with the Lloyds of Obis One	12
April 15	Wednesday, 11:00 a.m. – 1:30 p.m., 300 South Pepper Street, Christiansburg	Tour and optional lunch	Visit the Montgomery Museum of Art and History	21
April 17	Friday, 10:00 a.m. – 12:00 p.m., Duncan Imports & Classic Cars	Tour	Tour an Amazing Collection of Classic and Imported Cars	25
April 21	Tuesday, 10:00 a.m. – 12:00 p.m., Drone Park, VT Campus	Talk and demo	Introduction to Hobby Drones	20
April 24	Friday, 1:00 – 3:30 p.m., CRC, 1880 Pratt Dr, Suite 2018	Presentation	Photos: Clutter or Priceless Memorabilia?	20
May 4	Monday, 10:30 a.m. – 1:30 p.m., Pulaski	Walking tour and lunch	Touring Pulaski's Historic Downtown on Foot	20
May 12	Tuesday, 10:00 – 11:00 a.m., TruHarvest Farms, 1771 Flanagan Dr., Christiansburg	Tour and talk	Learn about Hemp at TruHarvest Farms	20
May 19	Tuesday, 7:30 a.m. – 8:30 p.m., Richmond	Bus trip, tour	Day Trip to Richmond: The American Civil War Museum	25

Personal Choices to Help Save the Planet

The goal of the series is to highlight and demonstrate the impact of personal choices that influence energy use, production of greenhouse gases, and climate change. Participants will understand multiple changes they can make that collectively, positively contribute to improving personal wellbeing and the health of the planet.

Mondays, 9:00 - 10:30 a.m.
 VT Public Safety Building, Room 153.
 6 weeks: Feb. 17, 24, Mar. 2, 16, 23, 30 (skip Mar. 9).
 Class limit: 32.
 Course fee: \$35

COURSE COORDINATORS

Janet Rankin and John Randolph

February 17. Clean Energy: Practical Means to Reduce Use and Generate Your Own Energy.

John Randolph, Professor Emeritus, Urban Affairs and Planning, VT



John Randolph



Vivica Kraak

February 24. Food: Choices That Promote Health for People and Planet

Vivica Kraak, Assistant Professor, Human Nutrition, Foods, and Exercise, VT

March 2. Sustainable Mobility: Moving to Active and Public Transportation

Janet Rankin, Professor Emerita, Human Nutrition, Foods, and Exercise, VT



Janet Rankin



Joe Wheeler

March 16. House Design: Lessons from FutureHAUS for Zero Net Energy Homes

Joe Wheeler, AIA, Professor of Architecture, Co-director, Center for Design Research, VT

March 23. Electric Vehicles: Economic and Environmental Benefits

David Roper, Professor Emeritus, Physics, VT



David Roper



Carol Davis

March 30. Community Choice: Translating Sustainability to Blacksburg

Carol Davis, Sustainability Manager, Town of Blacksburg

Go with The Flow—Abstract Art

Learn how to create abstract art using a non-traditional, intuitive approach. Come prepared to make a mess, laugh with fellow classmates, and awaken your creative spirit. You will attempt several abstract approaches. No experience necessary.

Course motto: “Be brave enough to be bad at something new.” Jon Acuff

TOPICS

- General use and set up of paint, brushes, and other supplies
- Mark making tools and methods for creating textures
- Analysis of works from various abstract artists

SUPPLIES

A list of supplies for participants to purchase will be distributed in advance or at the first class meeting; estimated cost: \$60–75.

Mondays, 9:00 a.m. - 12:00 p.m.

Blacksburg Community Center, Community Room.
5 weeks: Feb. 17, 24, Mar. 2, 16, 23 (skip Mar. 9).

Class limit: 15.

Course fee: \$35. Materials fee: \$10

INSTRUCTOR

Since retiring from teaching, Ruth Lefko has been exploring her lifelong interest in art. Her work is on display at several locations throughout Southwest Virginia including The Maggie Gallery, Floyd VA. Visit her website: www.RuthLefko.com and Ruth Lefko Art, Facebook.



TED Talks

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

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

Mondays, 11:00 a.m. - 12:30 p.m.

VT Public Safety Building, Room 153.

6 weeks: Feb. 17, 24, Mar. 2, 16, 23, 30 (skip Mar. 9).

Class limit: 20.

Course fee: \$35

INSTRUCTOR

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



Learn to be Happy—Practice the Science of Happiness

If you would ask people what they value the most in life, being happy would be on top of their list. The pursuit of happiness is not new, but only in the past two decades has the topic been studied scientifically. This course relies on the science of well-being and positive psychology and will provide you with the tools to lead a happier and more fulfilling life. Each session is a combination of theory, exercises, and discussion. Fun homework assignments will give you plenty of opportunities to further practice your new skills.

We'll talk about what happiness is and why it is important; why family and friends are critical to happiness; how being kind helps both others and you; how simple gratitude can increase happiness; and how to be resilient when things go wrong.

Mondays, 11:00 a.m. - 12:30 p.m.

Hillel at Virginia Tech.

6 weeks: Feb. 17, 24, Mar. 2, 16, 23, 30 (skip Mar. 9).

Class limit: 16.

Course fee: \$35. Materials fee: \$10

INSTRUCTOR

Vicky Dierckx has a Ph.D. in Psychological Science and a teaching degree. In 2015, she moved with her family from Belgium to Blacksburg. She has taught her 6-week happiness class at the Blacksburg Community Center and for LLI.



Beginning Appliqué for Quilting

In this beginning appliqué for quilting class, you will learn to create a stylized image of the beautiful wildflower, Queen Anne's Lace. Learn a variety of preparation steps as you appliqué 1/8" wide stems, "innie" and "outie" curves, as well as perfect circles. We'll cover a variety of techniques such as using heat-proof template material and freezer paper, basting stitches, and blind appliqué stitch that will allow you to create beautiful appliquéd quilts.

Kit Fee: \$20.00 for fabric for 16" x 20" wall quilt and heat-proof template material. Backing, binding, and batting are not included. The kit fee is payable to instructor at the first class.

SUPPLIES

Basic Sewing Kit (BSK): straight pins, sewing needles, 100% cotton thread to match appliqué motifs exactly (purchase after first class), seam ripper, band aides, pincushion, thimble, and scissors (fabric, paper, and snips).

Mondays, 1:00 - 3:00 p.m.

Blacksburg Presbyterian Church, Fellowship Hall.

4 weeks: Feb. 17, 24, Mar. 9, 16 (skip Mar. 2).

Class limit: 20.

Course fee: \$35. Kit Fee: \$20 payable to instructor.

INSTRUCTOR

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



Haunted Hearts: Supernatural Fiction by American Women Writers

Americans have been telling each other ghost stories for as long as there has been an America, and women writers have emerged as masters of the genre. In this course we will read supernatural fiction by American women writers from the nineteenth century to the present. We will examine how women writers have marshaled their wit and ingenuity as well as their personal experiences to turn the home—woman's traditional domain—into an uncanny and often terrifying place.

CLASS SESSIONS

The first two sessions will be devoted to nineteenth-century women writers like Elizabeth Stuart Phelps, Charlotte Perkins Gilman, and Edith Wharton, who wrote supernatural stories as a form of protest against women's oppression. For our third session we will consider a single text, Shirley Jackson's *We Have Always Lived in the Castle*, a chilling haunted-house narrative by one of the twentieth century's most gifted authors. The fourth and fifth sessions will examine how contemporary supernatural fiction by Joyce Carol Oates, Lisa Tuttle, and Tananarive Due responds to the unique terrors of modern life.

REQUIRED READING

Shirley Jackson, *We Have Always Lived in the Castle*

Mondays, 3:00 - 4:30 p.m.

VT Public Safety Building, Room 153.

5 weeks: Feb. 24, Mar. 2, 16, 23, 30 (skip Mar. 9).

Class limit: 25.

Course fee: \$35.

INSTRUCTOR

Ashley Reed is Assistant Professor of English at Virginia Tech, where she teaches courses on American literature from the colonial period to the present.



Appreciating Spanish Wine

Wines from major regions of Spain—Northwest Spain, the Mediterranean Coast, the Mountainous Pyrenees, the Ebro River Valley, and Duero River Valley—will be tasted. Both red and white wines from these regions will be featured including Rioja, Ribera del Duero, Priorat, Cava, and Sherry. Grapes such as Albarino, Tempranillo, Garnacha, Monastrell, Mencia, and Verdejo will be included on the tasting menu.

Mail a separate check for the wine fee only (\$100) to Vintage Cellar, 1338 South Main Street, Blacksburg, VA 24060. Note on your check that it is payment for the LLI Wine Appreciation course. Credit card payment also accepted in advance (call 540-953-2675) or at the first class session.

Mondays, 3:00 - 5:00 p.m.

Vintage Cellar.

6 weeks: Feb. 17, 24, Mar. 2, 9, 16, 23.

Class limit: 25.

\$35. Wine fee: \$100 payable to Vintage Cellar

Course fee: \$35. Wine fee: \$100 payable to Vintage Cellar

INSTRUCTOR

Randall Horst has served as Wine Buyer at the Vintage Cellar for 25 years. He has visited many wineries in the major wine producing regions and shares his experiences while teaching in a highly personalized manner. He has taught an LLI wine appreciation course every term since 2016.



Sampler

This engaging sampler course treats participants to a wide range of speakers and topics—something different each week.

COURSE COORDINATOR

Molly McClintock

Feb. 18. The Life of Isaac Granger, A Slave of Thomas Jefferson

Larry Bechtel's debut historical novel, *A Partial Sun*, the first book in a trilogy, grew out of a sculpture project on Thomas Jefferson. Isaac Granger was enslaved at Monticello and worked as a tinsmith, blacksmith, and nailer.



Larry Bechtel is an author and sculptor, happily retired from Virginia Tech, where he was first an instructor in the English Department and then Campus Recycling Coordinator.

Feb. 25. Exploring the Human/Animal Bond

Virginia Buechner-Maxwell will discuss her work with faculty across the Virginia Tech campus to explore the benefit of designing animal friendly spaces in the built environment, document the benefit of animal assisted therapies, and evaluate prison-based animal programs in the corrections system of the Commonwealth of Virginia



Virginia Buechner-Maxwell is Professor of Large Animal Internal Medicine, Virginia-Maryland College of Veterinary Medicine, and Director of the Center of Animals and Human Relationships

March 3. 40 Years on Photo-Journalism

Matt Gentry has worked in the newspaper industry in Virginia for 40 years. Gentry will share some of his photographs from over the last 40 years along with some news gathering backstories. He'll also discuss his equipment and photographic strategies.



Matt Gentry is a Blacksburg native and staff photographer with the *Roanoke Times*.

Tuesdays, 9:00 - 10:15 a.m.

Warm Hearth Village Center.

6 weeks: Feb. 18, 25, Mar. 3, 10, 24, 31 (skip Mar. 17).

Class limit: 75.

Course fee: \$35

March 10. The Evolution of Title IX in Intercollegiate Athletics

Bridgett Brugger-McSorley will discuss the history of Title IX and its initial impact within intercollegiate athletics. She will also talk about the evolution of sexual discrimination policy and gender equity compliance within modern day higher education.



Bridgett Brugger-McSorley is Associate Athletics Director, VT.

March 24. How Mung Beans Improve Lives of Women and Children in Senegal

Ozzie Abaye will discuss how the introduction of a new crop, mung beans, increased food security and decreased malnutrition in Senegal. Mung beans add to the dietary diversity of Senegal's most vulnerable populations including women and children. Ozzie will share her many stories of work abroad.



Ozzie Abaye, Professor, School of Plant and Environmental Sciences, VT, works to improve the lives of smallholder farmers in West Africa to combat hunger and poverty.

March 31. Frederick Douglass: An American Icon

Shortly after his escape from slavery, Frederick Douglass connected with the abolitionist movement, quickly 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. Later, her son gave her David Blight's biography of Frederick Douglass. Her talk is an introduction to the founding father of post-slavery America.



Beginning Genealogy

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

Tuesdays, 1:00 - 2:30 p.m.

Corporate Research Center, 1880 Pratt Dr., Suite 2018.
4 weeks: Feb. 11, 18, 25, Mar. 3.

Class limit: 20.

Course fee: \$35

INSTRUCTOR

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



Who Gets Grandmother's Yellow Pie Plate?

This course addresses the decisions centered around transferring non-titled personal property. Whether planning ahead or making decisions when someone dies, this program will help you and your family members recognize the sensitivity of the issue, determine what you want to accomplish, decide what is fair for your family, understand that belongings have different meanings to individuals, and consider distribution options and consequences. We'll use a workbook to guide our conversations.

Tuesdays, 1:00 - 2:30 p.m.

Hillel at Virginia Tech.
3 weeks: Mar. 17, 24, 31.
Class limit: 15.

Course fee: \$35. Materials fee: \$13 payable to VCE
Floyd at first class session

INSTRUCTOR

Dawn Barnes has been with Virginia Cooperative Extension for 31 years. She is a Senior Extension Agent, Family and Consumer Sciences, serving both Floyd and Montgomery Counties.



Mindfulness Practice: Awareness and Compassion in Daily Life

“You are the sky. Everything else is just the weather.”

Mindfulness is an effective tool for being fully present in the moment, and thus present for our life. This class will explore how this simple (but not easy!) approach to daily life can help us better understand and care for ourselves, others, and the world. Research demonstrates mindfulness can promote inner ease and physical and mental well-being and healthy, authentic relationships. When we are well, our communities thrive.

The class is designed for those newly interested in mindfulness and for more experienced practitioners to deepen their practice. Each 90-minute class meeting will include alternating sessions of 5–20-minute introductory talks following by 5–15 minutes of practice, integrated with small group discussions.

Tuesdays, 3:00 - 4:30 p.m.

Corporate Research Center, 1880 Pratt Dr., Suite 2018.
6 weeks: Feb. 18, 25, Mar. 3, 10, 24, 31 (skip Mar. 17).

Class limit: 20.
Course fee: \$35

REQUIRED READING

Mindfulness for Beginners: Reclaiming the Present Moment—and Your Life, by Jon Kabat-Zinn (2012). ISBN 978-1604077742

INSTRUCTOR

Pat Shoemaker is a retired faculty member and past dean of the College of Education and Human Development at Radford University. She is certified through the Mindfulness Meditation Teacher Training Program with Jack Kornfield and Tara Brach.



Harry Potter Transitions to Young Adulthood

Between 1997 and 2007, J. K. Rowling’s Harry Potter series came out in print, breaking virtually all international records for press runs and sales. Now, when a certain amount of the magic dust has settled, seems a perfect time to assess the popularity of these novels. “Harry Potter’s Transition” will analyze the popularity of books four and five in the series. We cannot definitively call them children’s literature as the characters enter the throes of adolescence and deal with various personal crises as well as wider issues of political concern. What are the hallmarks of young adult literature and the coming-of-age story?

CLASS SESSIONS

“Harry Potter’s Transition” will look at the middle two novels in the series. Session 1 will include an introduction, and we will begin looking at *Goblet of Fire* and the genre of the sports story. The following three sessions will conclude *Goblet of Fire* and discuss *Order of the Phoenix* as a coming-of-age novel. We will think about age appropriateness as the novels deal with death by violence, emerging sexuality and gender roles, anger and rebellion, and race and class.

Tuesdays, 3:00 - 4:30 p.m.

VT Public Safety Building, Room 153.
4 weeks: Feb. 18, 25, Mar. 3, 10.

Class limit: 25.
Course fee: \$35

REQUIRED READING

- J. K. Rowling,
- *Harry Potter and the Goblet of Fire* (please read half before the first class meeting)
 - *Harry Potter and the Order of the Phoenix*

INSTRUCTOR

Kaye Graham is a 30+- year instructor in the English Department with a specialty in Children’s Literature. She initiated Virginia Tech’s first Harry Potter course.





Moby-Dick—An Unconventional Classic

A 600-page prose poem, *Moby-Dick* is an unconventional, multi-leveled work: part quest narrative, part philosophical inquiry, part documentary of 19th-century whaling, part Shakespearean drama, with a healthy dose of cultural commentary as well as an undercurrent of sly, often bawdy, humor.

The course will explore this rich novel in the context of Melville's life and career as well as its relevance today. Class members will be expected to select specific passages from the weekly assignment for close reading and discussion.

CLASS SESSIONS

1. Loomings (ch. 1): The *Moby-Dick* marathon, Melville as sailor and author
2. Initiation (ch. 2–23): whaling culture, Ishmael-Queequeg, Melville's humor
3. Enter Ahab (ch. 24–50): Ahab and Shakespeare, problematic structure
4. From blubber to poetry (ch. 51–80): the art of juxtaposition, processing the whale
5. Metaphors and Found Poems (ch. 81–110): Pip, gams, squeezing sperm
6. Chasing the Whale, chasing Melville (ch. 111–end): overall experience and assessment, further readings

REQUIRED READING

Moby-Dick, Penguin Classics edition (ISBN 978-0142437247), introduction by Delbanco. Any unabridged edition is fine. Please read chapter 1 (“Loomings”) for the first class meeting and bring the text to class.

Wednesdays, 9:00 - 10:30 a.m.

VT Public Safety Building, Room 155.

6 weeks: Feb. 19, 26, Mar. 4, 18, 25, Apr. 1 (skip Mar. 11).

Class limit: 15.

Course fee: \$35

INSTRUCTOR

Jeff Saperstein is a retired professor of English from Radford University. He taught a variety of undergraduate and graduate courses, including Works of Melville.



Great Decisions

COURSE COORDINATOR

Tamara Hodsdon

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 the United States 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 local resource person who is expert on the week's topic provides additional information and guides discussion.

TOPICS AND RESOURCE PERSONS

Feb. 12. Artificial Intelligence and Data

Sylvester Johnson, Director, VT Center for Humanities
The EU, Brazil, and other Western countries have adopted regulations that grant users greater control over their data and require that firms using AI be transparent about how they use it. Will the U.S. follow suit?

Feb. 19. Climate Change and the Global Order

Anamaria Bukvic, Assistant Professor of Geography, VT
While much of the world has banded together to come up with a plan to address climate change, the U.S. remains a holdout. What impact will the effects of climate change have on global geopolitics?

Feb. 26. India and Pakistan

Priya Dixit, Associate Professor of Political Science, VT
India's Prime Minister Narendra Modi revoked the special status granted to the Kashmir region, inflaming the rivalry between India and Pakistan. How will the Kashmir situation affect the region, both economically and politically?

March 4. U.S. Relations with the Northern Triangle

Ilja Luciak, Professor of Political Science, VT
The Trump administration holds the Northern Triangle of Central America (Honduras, El Salvador, and Guatemala) responsible for the flow of migrants from Latin America to the U.S. With funds from the U.S. cut, how can the Northern Triangle countries curtail migration?

March 11. Red Sea Security

Bill Ochsenwald, Professor Emeritus of History, VT
The Red Sea sees millions of barrels of oil a day transported across its waters, and major nations have built large ports and bases in the region. How important is Red Sea security for global security? Can the region be a place of global cooperation?

Wednesdays, 11:00 a.m. - 12:30 p.m.

German Club Manor.

8 weeks: Feb. 12, 19, 26, Mar. 4, 11, 18, 25, Apr. 1

Class limit: 200.

Course fee: \$35



March 18. China's Road into Latin America
Paige Tan, Professor of Political Science, Radford University

As the Trump administration withdraws from the world stage, China is looking to fill the void. How does Latin America fit into China's "One Belt, One Road" plan? Should the U.S. be concerned about China's growing "sphere of influence"?

March 25. Modern Slavery and Human Trafficking
Iuliia Hoban, Visiting Assistant Professor of Political Science, Radford University

What is the international community doing to combat slavery and trafficking? What are the experiences like for those being trafficked?

April 1. The Philippines

Tay Keong Tan, Director of International Studies, Radford University

Since the election of Rodrigo Duterte, The Philippines has pivoted toward China and away from the U.S. Duterte has also launched a largescale war on drugs that many criticize for its brutality. What does the future hold for U.S. relations with the Philippines?

READING

Great Decisions Briefing Book, available for purchase at Volume II Bookstore or in the Blacksburg Public Library for in-library use.

Mah Jongg, A Great Way to Exercise Your Brain

Mah Jongg is a rummy-like game played with tiles rather than cards. The excitement of Mah Jongg lies in the decisions that you will 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. The class requires no previous knowledge of the game.

Wednesdays, 1:00 - 3:00 p.m.

Blacksburg Community Center, Game Room.

4 weeks: Feb. 19, 26, Mar. 4, 11

Class limit: 16.

Course fee: \$35

INSTRUCTOR

Janet Sawyers learned to play Mah Jongg in 2006. She finds teaching it to others is almost as much fun as teaching a child how to read.



Italian for Beginners/Travelers

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

This class repeats the one offered in Fall 2019.

Wednesdays, 1:30 - 3:00 p.m.

VT Public Safety Building, Room 155.

6 weeks: Feb. 19, 26, Mar. 4, 18, 25, Apr. 1 (skip Mar. 11).

Class limit: 12.

Course fee: \$35

INSTRUCTOR

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



“Seeing the Real You at Last”: The Many Faces of Bob Dylan

Since his debut in 1962, Bob Dylan has released 38 studio albums, published several books of drawings and paintings as well as an award-winning autobiography, and received the Presidential Medal of Freedom and the Nobel Prize in Literature—not bad for a small town Minnesotan who once proclaimed himself “more as a song and dance man.”

For all of his output, Dylan nevertheless is the most enigmatic of icons. So, in this course we will explore the many phases of Mr. Zimmerman’s long career. Along the way, we’ll analyze Dylan’s autobiography, *Chronicles: Volume 1*, as well as several of his major recordings. We’ll also examine concert footage, interview excerpts, and critical essays.

CLASS SESSIONS

1. “Don’t Criticize What You Can’t Understand”: Dylan the Folk Artist
2. “Play It F**kin’ Loud”: Dylan Goes Electric
3. “Images and Distorted Facts”: Dylan in the Seventies
4. “Have You Seen Dignity?” Dylan in the Eighties and Nineties
5. “A Song Is Like a Dream”: Dylan the Biographer and His Never Ending Tour
6. Screening of Todd Haynes’ 2007 film *I’m Not There*

Wednesdays, 1:30 - 3:00 p.m.

Hillel at Virginia Tech.

6 weeks: Feb. 19, 26, Mar. 4, 18, 25, Apr. 1 (skip Mar. 11).

Class limit: 25.

Course fee: \$35

INSTRUCTOR

Joe Scallorns has taught in the Department of English at Virginia Tech since 2007. He is a lifelong Bob Dylan fan.



The Science of Sport

COURSE COORDINATOR

Janet Rankin

The course features members of the Virginia Tech Athletic Department staff or academic faculty at Virginia Tech who work with athletes, from various perspectives, to maximize their health and performance. The series emphasizes the team approach to the science-based care of athletes.

February 12. Nutrition: Value for Performance and Health of Athletes

Jennie Zabinsky, Associate Athletic Director, Sports Nutrition, VT

February 19. Psychological Nurturing of Athletes and Impact on Performance

Paul Knackstedt, Staff Clinician, Sports Psychology, VT

February 26. Strength and Conditioning Training for Athletic Performance

Greg Werner, Head Strength and Conditioning Coach, Women’s Basketball, VT

Wednesdays, 1:30 - 3:00 p.m.

VT Public Safety Building, Room 153.

4 weeks: Feb. 12, 19, 26, Mar. 4.

Class limit: 25.

Course fee: \$35

March 4. Hastening Recovery from Injury in Athletes

Robin Queen, Director, Granata Biomechanics Lab, VT



Jennie Zabinsky



Paul Knackstedt



Greg Werner



Robin Queen

Case Studies in Criminal Justice

Two HBO documentaries focus on cases that raise questions about the operation of the American criminal justice system. “Paradise Lost” follows the West Memphis 3 case at three different stages of the case’s progress. (Total run time is 6 hours, 40 minutes.) The West Memphis 3 were teenagers convicted of the brutal murder of three 8-year-old boys in West Memphis, Arkansas. “I Love You, Now Die” chronicles the prosecution and defense of Michele Carter, a teenager who was convicted of manslaughter in the suicide death of her boyfriend. (Total run time is 2 hours, 23 minutes.) Students will watch the episodes at home and discuss them in class.

Students must have access to HBO GO. Temporary, free trial subscriptions to HBO are frequently available.

TOPICS

- The role of the police in investigating crimes
- Prosecutorial ethics in the prosecution of crimes
- The role of defense counsel in criminal cases
- Criminal responsibility in suicide cases
- The ability of the media to influence public perceptions of justice

Thursdays, 9:00 - 10:30 a.m.

VT Public Safety Building, Room 155.

6 weeks: Feb. 20, 27, Mar. 5, 19, 26, Apr. 2 (skip Mar 12).

Class limit: 16.

Course fee: \$35

INSTRUCTOR

Jack Call has been on the faculty at Radford University since 1985, where he teaches courses on Courts and the Criminal Process, Constitutional Rights of the Accused, and Criminal Law. He regularly writes on recent Supreme Court cases for the *Virginia Criminal Justice Bulletin*.



Exploring Oil Painting

The first class will include discussions of materials and goals followed by a painting demonstration. Students will choose their subjects and spend the remaining sessions working on their paintings. The class is geared for beginning as well as intermediate painters. Curriculum may be adjusted based on 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

SUPPLIES

Students will provide their own oil paints, brushes, painting surfaces, and easels. A list of specific supplies will be provided; cost will depend on quality.

Thursdays, 9:30 - 11:30 a.m.

Warm Hearth Village Center, Woodland Studio.

6 weeks: Feb. 20, 27, Mar. 5, 19, 26, Apr. 2 (skip Mar 12).

Class limit: 12.

Course fee: \$35. Materials fee \$10.

INSTRUCTOR

Lois Stephens maintains a studio in the Newport Community Center, and her work can be viewed online at www.LoisStephens.com.



Preparing Chinese and Japanese Dishes at Home

Over the four classes we will prepare foods of Japan and the various regions of China, including many of the meat, vegetable, and fish dishes of Peking, Sichuan, and Hunan. The class will learn the shallow fry, stir fry, curing, and stewing methods of cooking as well as other methods.

In each session we will prepare several dishes and end the morning with a 3- or 4-course lunch of the dishes the students prepared.

Thursdays, 10:00 a.m. - 12:00 p.m.

Home of instructor, 1905 Forest Lane, Blacksburg.

4 weeks: Mar. 5, 12, 19, 26.

Class limit: 12.

Course fee: \$35. Supplies fee: \$35.

INSTRUCTOR

Joe Ivers has been teaching cooking classes for over 30 years. He has taught French, Moroccan, Japanese, and Chinese cooking classes.



Beginner Ukulele

In this introductory course for beginner ukulele players, we will cover the basic parts of the instrument, tuning, holding hand positions, and strumming technique. Each session we will build on a repertoire of chords to begin playing familiar songs. The class will be exposed to the music notation in ukulele sheet music. We will learn several strum patterns for different styles of music. Of course, there will be things to practice (homework the dog will love but can't eat).

REQUIRED MATERIALS

Playable ukulele

Tuner (snark or other clip-on style)

Thursdays, 11:00 a.m. - 12:30 p.m.

Blacksburg Presbyterian Church, Westminster Room.

5 weeks: Feb. 27, Mar. 5, 12, 19, 26.

Class limit: 15.

Course fee: \$35

INSTRUCTOR

Derry Hutt is a graduate of LLI's first ukulele class. She writes "Voice may be my first instrument, but I've played trumpet and guitar, and I have most recently picked up the ukulele. You may have seen me over the past 20 years hidden in the French horn section of the Blacksburg Community Band."



How to Eat to Live to 100

It can be difficult to know how to eat well given that a new diet craze seems to emerge each week. Scientists and doctors have advice that is increasingly consistent and is summarized quite nicely by Michael Pollan: "Eat food, mostly plants, not too much." In this class, we will explain why this is good advice and demonstrate that adding vegan and vegetarian meals to your regular rotation is economical, healthy, convenient, better for the environment, and delicious. Each week, we will talk about nutrition, including why needing to eat meat for protein is a myth. Then we will move to the kitchen to learn how to prepare food using whole ingredients and to eat good food.

Thursdays, 11:00 a.m. - 12:30 p.m.

Blacksburg Presbyterian Church.

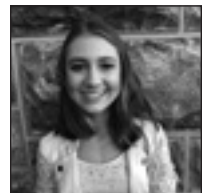
3 weeks: Feb. 13, 20, 27.

Class limit: 15.

Course fee: \$35. Food fee: \$10

INSTRUCTOR

Gordon Yee enjoys cooking and has belonged to a vegan supper club for over 10 years, where about once every four weeks, he cooks a vegan meal. Anna Hower is a sophomore nutrition major at Virginia Tech.



Modern Africa: Challenges of Nation Building



A general misconception of Africa is that this huge continent is one country. This course explores European imperialism and colonization 1885–1975 and division into European spheres of influence following the Berlin Conference (1884–1885). It also explores the African quest for independence and nation building in the 1950s and 1960s and the quest for African unity and regional integration. Participants will learn about the unique cultures, histories, geography, and political development of African countries and Africa’s development agenda in education and economics.

CLASS SESSIONS

1. Geography, history, political and cultural heritage, pre-colonial period
2. Partitioning of Africa—the Berlin Conference (1884 – 1885)
3. Colonial rule 1885 – 1975; quest for independence 1950s – 1960s
4. The quest for nation building and African unity and Africa’s role at the United Nations
5. Challenges of achieving African unity through regional integration
6. Political agenda for development in education and economics to achieve unity

Thursdays, 11:00 a.m. - 12:30 p.m.

VT Public Safety Building, Room 153.

6 weeks: Feb. 20, 27, Mar. 5, 19, 26, Apr 2 (skip Mar 12).

Class limit: 30.

Course fee: \$35

INSTRUCTOR

Josiah Tlou is Professor Emeritus at Virginia Tech, where he taught in International Education from 1978 to 2004.



Joseph Mukuni teaches career and technical education at Virginia Tech, including courses in communication skills and methods of teaching in Zambian colleges.



Short Stories that Stick

If a novel is a marriage, then a short story is a love affair. – Lorrie Moore

Instructors will share short stories selected for their artistry, ideas, and likelihood to spark discussion. Participants will be invited to select stories and lead discussions as well. Jane and Molly will use stories available online or make copies for participants in this interactive exploration of the power of short stories and the camaraderie created through conversation.

Thursdays, 1:00 - 2:30 p.m.

VT Public Safety Building, Room 155.

5 weeks: Mar. 5, 12, 19, 26, Apr. 2

Class limit: 15.

Course fee: \$35

INSTRUCTOR

Jane Goette and Molly McClintock are both avid readers who love to discuss books, poems, stories, essays, and ideas. If you also believe the reading experience is enriched, deepened, and made more enjoyable through conversation, then this short story class is for you.



Fear and Loathing in the Grocery Store

COURSE COORDINATORS

Elizabeth Grabau and Richard Veilleux

Have you ever wondered how new crop varieties are developed and appear on grocery shelves? Have you heard about “GMOs” (Genetically Modified Organisms) and asked what the controversy is all about? Are we eating gene-edited products? Is this of concern or is it a complex subject without a single answer to the question? This course will provide an overview of crop improvement by traditional plant breeding and genetic engineering technologies. Examples of agricultural and consumer traits will be discussed along with regulatory oversight, food safety, and consumer acceptance.

CLASS SESSIONS

Feb. 13. Improving foods we eat: Traditional plant breeding. How do crop varieties come from wild, weedy species to juicy, succulent fruits and vegetables, amber waves of grain, or double-flowered ornamentals? What are the building blocks of modern plant breeding? Is there anything special about heirloom varieties? What are the advantages of hybrid varieties? Should we panic about GMOs?

Richard Veilleux, Professor Emeritus of Horticulture at Virginia Tech



Feb. 20. GMOs and plant genetic engineering: Fact and fiction. What are the basics of genetic engineering for crop improvement? How safe are GMO crops to eat? What are common fears and misconceptions about genetic engineering technologies? What are potential risks involved in the use of GMOs?

Elizabeth Grabau, Professor Emerita of Plant Pathology, Physiology and Weed Science, VT



Feb. 27. Case studies: Resistance to disease, pests and herbicides. How is food production affected by microorganisms, insects, and other pests? Why are pathogens so good at defeating the strategies that we use to reduce disease losses? What are we learning about the molecular weapons that these organisms use to exploit plants as food and shelter, and how are the plants fighting back? Can we leverage this understanding to develop new approaches for disease control?

John McDowell, Professor, School of Plant and Environmental Sciences, VT



Thursdays, 1:00 - 2:30 p.m.

VT Public Safety Building, Room 153.

6 weeks: Feb. 13, 20, 27, Mar. 5, 19, 26 (skip Mar. 12).

Class limit: 20.

Course fee: \$35

March 5. New technologies in crop improvement: Gene editing. What are gene-edited crops and how are they different from traditional GMO crops? How was gene-editing technology developed? How does CRISPR work? How is gene editing used to improve crop traits?

Bas Bargmann, Assistant Professor, School of Plant and Environmental Sciences, VT



March 19. Genomics and applications to plant improvement. What is genomics? What ‘tools’ are used in genomic approaches? How can genomic findings be applied to plant improvement?

David Haak, Assistant Professor, School of Plant and Environmental Sciences, VT



March 26. Should I eat that? Food safety issues in the 21st century. *E. coli*, *Salmonella* and *Listeria* are becoming common terms in the national news. Why do foodborne outbreaks and recalls of foods seem to be more common? How worried should we be about the foods that we eat? This session will introduce some of the common foodborne pathogens, where they come from, how they contaminate our foods, and if there is anything that we can do about it.

Renee Boyer, Professor and Extension Specialist in the Department of Food Science & Technology, VT





Expressive Faces and Figures

Our focus will be to creatively explore a few of my personal guidelines regarding capturing the human form in a watercolor painting. My goal centers around helping artists perfect their own personal style to develop a mood or concept when the painting subject revolves around figure. We will consider:

- Gesture: capturing your subject's personality
- Lighting, props, cast shadow: simplifying and design your composition
- Eyes, nose, ears, and mouth: positioning and sizing, facial features
- Portraiture: it is all about shape, value, color and edge—and drawing
- Techniques: wet on wet, lifting, blotting, dry brush, paper doll/ silhouette, underpainting, glazing
- Color: painting accurate skin tones with a limited palette

SUPPLIES

A list of supplies will be distributed in advance or at the first class meeting.

Fridays, 9:00 a.m. - 12:00 p.m.

Blacksburg Community Center, Community Room.

5 weeks: Feb. 28, Mar. 6, 13, 20, 27

Class limit: 15.

Course fee: \$35. Materials fee: \$35

INSTRUCTOR

Jesi Pace-Berkeley won First Place in the 35th Faber Birren National Color Award competition for her work "Trent." Jesi is a Professional Fellow of the Virginia Museum of Fine Art and Artist in Residence at the Don and Catherine Bryan Cultural Series, Outer Banks.



The American Civil War: Causes, Course, and Consequences

COURSE COORDINATOR

Paul Quigley

The Civil War fundamentally transformed the United States, ending slavery and consolidating the power of the U.S. government at home and abroad. Its legacies continue to shape the country we live in today. This course will provide you with new insights into the causes, course, and consequences of the Civil War, addressing questions such as why the basic difference over slavery led to conflict; what motivated different individuals to take part; how military tactics evolved; how the Lincoln administration shifted from a war to preserve the Union to a war that would also end slavery; and how the long-term consequences of Union victory and emancipation have shaped the United States over the last 150 years. The course is organized by the Virginia Center for Civil War Studies at Virginia Tech, and will be delivered by a team of local historians and Virginia Tech faculty.



Paul Quigley

Fridays, 9:30 - 11:00 a.m.

Warm Hearth Village Center.

6 weeks: Feb. 21, 28, Mar. 6, 13, 20, 27.

Class limit: 75.

Course fee: \$35.

Feb. 28 – Military Affairs

Paul Quigley, Director of the Virginia Center for Civil War Studies, VT

March 6 – The Homefront

Taulby Edmondson, History instructor, VT

March 13 - The War in Southwest Virginia

April Martin, Education Director at the Wilderness Road Regional Museum

March 20 - African American Experiences

Dan Thorp, Associate Professor of History, VT

March 27 – Consequences

Melinda Miller, Assistant Professor of Economics, VT

CLASS SESSIONS

Feb. 21 – Causes

Jack Davis, Prolific author and retired professor, VT

SPECIAL EVENTS and TOURS

Be sure to register early for any of these fun learning opportunities that come as a benefit of LLI membership. Many events are free, but space is limited. Please register for special events online using instructions on page 36. Paper registration forms will be available in the CPE office and online. If you are confirmed for an event that requires a fee, you will be given instructions on how to make payment after confirmation. If you later discover that you cannot attend an event for which you have registered, please contact the LLI Office (lifelonglearning@vt.edu or 231-4364) so that someone else can use your place. There will be no refunds for fee-based events; however, you may find a substitute if you are unable to attend.

TALKS AT WARM HEARTH

We planned a wide variety of free talks/events at Warm Hearth Village Center for the Spring term. Many are scheduled immediately following the Tuesday morning Sampler class; others are scheduled on other days of the week. Sign up for as many of these as you wish. You will be intrigued, informed, and entertained.

In appreciation for our long-standing partnership with Warm Hearth, Warm Hearth residents are welcome to any of these special talks at the Village Center; no registration is necessary for WH resident guests. Several talks are also open to guests and the public.

Reel Talk: Mondays at the Lyric

Presented in partnership with the Lyric Theatre

Do you love going to the historic Lyric to see movies? Then this after-the-movie discussion group is just for you. Each Monday anyone can gather after the 10:00 a.m. matinee for informal conversation about the week's movie. Attend any of the scheduled viewings and come to discuss any movie that interests you.

On-going every Monday

12:15 – 1:00 p.m.

The Lyric Theatre, 135 College Avenue, Blacksburg

Limit: None

Cost: Free for discussion; fee for movie admission



Enjoy Free Audiobooks, eBooks, and Magazines on Your Devices

Enjoy Free Audiobooks, eBooks, and Magazines on your Android Devices (Feb. 10, 10:30 a.m. – 12:30 p.m.) Bring your Android device (such as a Samsung, LG, Nexus, etc) and library experts will teach you how to read eBooks and magazines, and listen to audiobooks, all for free with RBDigital's app and your Library. Your device will need to have at least Android 4.4 (Fire OS 5.0 for Kindle Fires) to use the RBDigital app; download RBDigital from the Google Play Store (Amazon App store for Kindles). You will need your Google Account and Password.

Enjoy Free Audiobooks, eBooks, and Magazines on your Apple Devices (Feb. 11, 10:30 a.m. – 12:30 p.m.) Bring your Apple phone (such as an iPad, iPhone, iPod) and library experts will teach you how to read eBooks and magazines, and listen to audiobooks, all for free with RBDigital's app and your Library. Your device will need to have at least iOS 9 to use the RBDigital app; download RBDigital from the App Store. You will need your Apple ID and Password.

Two sessions

Monday, Feb. 10, 10:30 a.m. – 12:30 p.m. Android devices
 Tuesday, Feb. 11, 10:30 a.m. – 12:30 p.m. Apple devices
 Blacksburg Library Community Room
 200 Miller Street, Blacksburg
 Limit: 10 per session
 Cost: Free

For both sessions, you will need:

- A Montgomery-Floyd Regional Library card in good standing
- RBDigital App downloaded in advance

The library offers 'book-a-librarian' appointments for one-on-one learning if you need assistance in advance of the class with accessing the app store to download the RBDigital App.



How to Eat and Exercise to Support Your Health and Longevity

Learn how you need to eat and exercise to age well, keep your bones strong, and your muscle mass high. We will discuss the building blocks of proper nutrition and what kind of exercise you need to add into your exercise regime to stay as healthy as possible as you age.

This presentation will benefit those who are capable of doing full body workouts.

Tuesday, February 11

9:30 – 11:00 a.m.
 Warm Hearth Village Center
 Limit: 40
 Cost: Free

PRESENTER

Ashley Fillmore is a certified personal trainer, nutrition coach, and health educator. She is a Radford University graduate and a business owner; she has been working in the field for almost 15 years. She loves helping people become the healthiest and happiest versions of themselves.



Virtual Assistants Work for You

Have you wondered what a virtual assistant, like Alexa or Google Home, might do for you? These devices listen for your verbal commands and/or questions and provide you with the information you need. A virtual assistant can be an especially helpful tool if you are visually impaired or uncomfortable using a computer to find what you need. Our presenter will show you how to use virtual assistants and demonstrate some of their capabilities, like setting medication and other reminders, listening to books/magazines/news, adding events to your calendar, requesting phone numbers or addresses, alerting others if you need assistance, getting weather reports, setting alarms and timers, and listening to music and radio programs.

Thursday, February 13

2:00 – 3:30 p.m.

Corporate Research Center

1880 Pratt Drive, Suite 2018

Limit: 20

Cost: Free

PRESENTER

David Ward is Assistive Technology Instructor for the New Vision Program of Goodwill Industries of the Valleys.



Introduction to Podcasts

Podcasts, begun in 2004, have exploded in number, range of topics, and popularity. There is a podcast on nearly every subject, some with humor, some with drama, some with incredibly touching stories, and many with insights into politics, culture, history, or science—always at the listener’s convenience. The team from the Center for Innovative Teaching and Learning (CITL) at Radford University will show us 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, February 14

1:00 – 3:00 p.m.

Corporate Research Center

1880 Pratt Drive, Suite 2018

Limit: 20

Cost: Free

PRESENTER

Samantha J. Blevins has worked as an Instructional Designer and 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.

Several colleagues and students from Radford University’s Center for Innovative Teaching and Learning will assist with this workshop.

RADFORD UNIVERSITY
Center for Innovative Teaching and Learning

Untangling the 2020 Presidential Nominations

The presidential nomination process is complicated, characterized by a mix of primaries and caucuses happening between February and June. The lengthy process also looks quite different across parties. This is especially true in 2020, with numerous Democrats competing for the nomination and the Democratic Party eager to heal the divisiveness caused by the 2016 Clinton/Sanders battle. On the Republican side, President Trump is facing only token opposition for the nomination. This talk will discuss how the presidential nomination system works, focusing on some of the more controversial, complicated aspects, and will also cover the state of the 2020 nomination.

Tuesday, February 18

10:30 – 11:45 a.m.

Warm Hearth Village Center

Limit: 75

Cost: Free

PRESENTER

Caitlin Jewitt is an Assistant Professor of Political Science at Virginia Tech. Her research focuses on presidential nominations, and her recent book, *The Primary Rules: Parties, Voters, and Presidential Nominations*, explores



the extent to which voters have a meaningful say in the outcome of the presidential nominations and the role that the political parties play in the process.

Conversation with the Conductor of the National Symphony Orchestra of Ukraine

Presented in partnership with the Moss Arts Center

Join us for this talk and discussion with Volodymyr Sirenko, artistic director and chief conductor of the National Symphony Orchestra of Ukraine, prior to their performance at the Moss Arts Center.

Tickets for the 7:30 p.m. performance for the National Symphony of Ukraine may be purchased from the Moss Arts Center, <https://artscenter.vt.edu/>.

Friday, February 21

6:00 – 7:00 p.m.

Cube, Moss Arts Center

Limit: 40

Cost: Free



Humanity's Religious Quest: Jewish, Christian, and Muslim Traditions

Why have humans invented the idea of God or gods? Why is the notion of a supernatural being so pervasive across cultures? Join Mike Ellerbrock as he explores the foundations of Jewish, Christian, and Muslim religious traditions from an historical anthropological perspective. Learn about the origins of monotheism and consider the implications of the human religious quest in today's world.

Tuesday, February 25

10:30 – 11:45 a.m.

Warm Hearth Village Center

Limit: 75

Cost: Free

PRESENTER

Mike Ellerbrock is an award-winning professor of agricultural and applied economics. He is also an ordained Catholic Deacon. Among other topics, he teaches a course on Religion and Science at Virginia Tech.



Create Your Plan for Aging in Place

Like the majority of older Americans, you may intend to live in your current home for as long as possible. 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 two-part workshop 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 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.

The materials used in this workshop were produced by the Aging in Place Leadership Team of the New River

Fridays, February 28 AND March 6

This is a two-part workshop on two successive Friday afternoons.

1:30 – 3:30 p.m.

Corporate Research Center

1880 Pratt Drive, Suite 2018

Limit: 25

Cost: \$10 for workbook (payment instructions will be sent to enrollees)

Valley. You can look at the workbook online at this URL: <http://www.nrvaia.org/aging-in-place/assets/documents/aging-in-place-workbook-final.pdf>. Participants will receive a printed copy for use in the workshop.



Introducing Black Suffragists and the Nineteenth Amendment

In the year of the 100th anniversary of the Constitutional amendment giving women the right to vote, the media remind us of prominent white suffragists—Susan B. Anthony, Elizabeth Cady Stanton, Alice Paul, and others. But who were the black suffragists, what did they hope to gain from voting rights, and how did they negotiate the racism of the suffrage movement? This presentation will provide some context about the origins of woman suffrage in the abolition movement and how race played into arguments about woman suffrage. It will profile some black suffragists and their significant contributions to the passage of the Nineteenth Amendment.

Tuesday, March 3

10:30 – 11:45 a.m.

Warm Hearth Village Center

Limit: 75

Cost: Free

PRESENTER

Carolyn Rude is Professor Emerita of English at Virginia Tech and a former president of the League of Women Voters of Montgomery County. She has worked on the Wikipedia project to develop content on black suffragists.



Composing *Mosaic for Earth*



Virginia Tech Director of Choral Activities, Dwight Bigler, is composing a new major work for choir and orchestra to be performed by the Virginia Tech Choirs, Blacksburg Master Chorale, Blacksburg Children's Chorale, and New River Valley Symphony on April 3, 2020,

at the Moss Arts Center. The piece is a celebration of the wonders of nature and an exploration of current environmental issues humanity now faces, including climate change, extinction, impact of industry and mining. This session will explore topics related to the environmental texts being used in this new composition as well as an opportunity to learn about Bigler's creative process.

Tuesday, March 10

10:30 – 11:45 a.m.

Warm Hearth Village Center

Limit: 75

Cost: Free

Natural History Near You

Tour VT's Massey Herbarium and Geosciences Museum

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

The VT Massey Herbarium is the state's largest collection of preserved plant specimens with over 115,000 holdings. The Herbarium is a rich resource for education and research to answer essential questions about the evolution, diversity, ecology, and future of the southeastern flora.

The Museum of Geosciences exhibits include an OmniGlobe, gems, minerals, rocks, fossils, and a full-scale cast of an Allosaurus dinosaur skeleton. The minerals and fossils on display include many specimens from Virginia and famous localities worldwide. The OmniGlobe can project global datasets, such as weather and plate tectonics, on a sphere.

Meet at the Geosciences Museum. The group will then be divided in two with an opportunity to tour both collections. Visitor parking passes will be provided if needed.

Come learn about the many ways that VT is documenting and supporting research on the natural world!

Friday, March 13

1:00 – 2:30 p.m.

Meet at the VT Geosciences Museum

2062 Derring Hall, 926 West Campus Drive

Limit: 26

Cost: Free



Trash Talk: Tour the Montgomery Regional Solid Waste Authority

If you always wanted to know what kind of plastic containers are safe to recycle and why that has changed, this is the event for you. Learn how to recycle and dispose of items appropriately so that your efforts make a difference.

This tour gives you a close look at recycling/waste operations at the Montgomery Regional Solid Waste Authority (MRSWA). We'll view the receiving areas for regional recycling operations and learn about the benefits and challenges of recycling. We'll see a video with a virtual tour of the Recycling and Disposal Solutions facility in Roanoke where recycled items are further processed. MRSWA Education and Training Coordinator Teresa Sweeney will lead a discussion on the requirements and

Tuesday, March 17

10:00 a.m. – 12:00 p.m.

MRSWA, 555 Authority Drive, Christiansburg

Limit: 22

Cost: Free

limitations of single-stream recycling. We'll take a quick tour of the alternate recycling operations where you can dispose of bulbs, batteries, and electronic devices.

The tour requires some walking, standing, and some steps.



Yellow Rose or Red Rose: Scenes from the Suffrage Movement

Join Virginia Tech and Radford University students and faculty for a special performance event commemorating the 100th anniversary of the ratification of the Nineteenth Amendment. Through the performance of scenes from suffrage plays, personal correspondence, along with songs, and speeches from the movement, the students explore the suffrage movement's leaders and participants (called "Suffs") and its detractors (known as "Antis").

Saturday, March 21

10:00 – 11:00 a.m.

Warm Hearth Village Center

Limit: 50

Cost: Free

PRESENTERS

Amanda Nelson (Virginia Tech Theatre faculty member) and Molly Hood (Radford University Theatre faculty member) have collaborated on the design and implementation of an innovative hands-on course to recognize and celebrate the socio-political impact of the amendment that gave women the right to vote. This performance features students from both universities.



A Land of Light and Color: Craft Makers in Morocco

Morocco is a land of beauty and poverty, heat and dust; it is a culture of intrigue—seductive and serene. In recent years, Morocco has emerged as a major tourist destination, and craft makers use what the land supplies, much as Appalachian craftsmen have for the past 150 years.

In a presentation rich in visual images, Kathleen Curtis Wilson will take you along on a journey where off-road craft traditions thrive, amid a landscape that creates its own unique color palette.

You will be transported back 3,000 years to see goat and camel skins dyed into the vibrant colors the buying public demands today. Wander the narrow alleys of the oldest pedestrian city in the world to see mounds of spices, olives, and jewelry, and meet master craftsmen at work. Off the beaten path, you will meet potters, basket makers, and button weavers who are part of the past and future for artisans in Morocco.

Tuesday, March 24

10:30 – 11:45 a.m.

Warm Hearth Village Center

Limit: 75

Cost: Free

PRESENTER

Kathleen Curtis Wilson is a nationally known researcher, writer, curator, and speaker on Appalachian culture and craft history.



On Being a Carnivore: Tour of the VT Meat Science Center

Raising cattle and other animals for consumption is a foundational agricultural business in Virginia. The VT Meat Science Center is a fully equipped meat processing plant. It is an integral part of meeting VT's landgrant mission of teaching, research, and dissemination of evidence-based information related to animal and poultry science. Animals butchered in this facility are raised and processed by students under supervision by staff and faculty.

You will get to see the "back of the shop" on this tour and learn about the steps needed to make your entree ready for dinner. Teaching and practicing food safety is critical. And we'll learn where various cuts of meat come from on the animal by trying to assemble a meat jigsaw puzzle.

Please wear closed toe shoes and a jacket as you will be in a 45-degree room for much of the tour. You will be able to purchase a variety of meat products at the end of the program if desired. Checks and credit cards only. Bring an insulated bag to carry home your purchases.

Friday, March 27

10:30 a.m. – 12:00 p.m.

VT Meat Science Center, 360 Duckpond Drive

Limit: 20

Cost: Free



Depolarizing Within: Becoming a Better Angel in Your Own World A Better Angels Workshop

Much of today's epidemic of toxic polarization is driven by how we talk with like-minded people about those on the other side. Too often we stereotype, dismiss, or ridicule our fellow citizens who support the other political party, its leaders, and its policies. Although political polarization in some form has always been around, it was less problematic when people interacted more outside their own silos. Nowadays, people on the other side have become not just strangers but enemies. How we talk among ourselves about them fuels fires that threaten our democracy.

This workshop will help you become more aware of your inner polarizer; learn ways to depolarize yourself so that you can disagree without demonizing, dismissing, or stereotyping the people who differ from you politically; and teach you skills for how to intervene in social conversations when they veer into contempt and ridicule for people who hold other political views.

Saturday, March 28

9:00 a.m. – 12:00 p.m.

Unitarian Universalist Congregation

1301 Gladewood Drive, Blacksburg

Limit: 40

Cost: Free

FACILITATOR

Jamie McReynolds is the Better Angels coordinator for the southern part of Virginia. He is a Unitarian Universalist community minister and chaplain, working to build community across political and cultural divides.



From VAMC to VPI&SU: Transformative Presidents and Moments in Virginia Tech History



For more than 125 years, Blacksburg history has been closely intertwined with the growth and development of its fledging college, the Virginia Agricultural and Mechanical College (VAMC), into a major research university. This talk will focus on a period of transformation of VAMC under President McBryde (1891–1907) through two world wars and eventually a second period of transformation under President T. Marshall Hahn in the 1960s. Hear stories of how VT got its iconic collegiate gothic architecture, how land near the Duck Pond and Stadium Woods turned into trailer parks to house returning veterans, and how Hahn's vision created a path for VPI to become a large, modern, coeducational, racially diverse research institution with a full range of curricula.

Tuesday, March 31

10:30 a.m. – 12:00 p.m.

Warm Hearth Village Center

Limit: 75

Cost: Free

PRESENTER

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



Food Isn't Always What It Seems

A Cooking and Tasting Adventure with the Lloyds of Obis One

Foodie alert! Pat and Lisa Lloyd, owners of Obis One, an organic black garlic company, invite LLI participants to learn more about the specialty food business and to see if their taste buds are up for a challenge. We'll prepare and taste black garlic items and other umami rich foods. As an example of their creativity, Obis One has worked with Dogfish Head Craft Ales to develop the tasty "Garlic Breadth" beer. There are lots of new tastes to explore! Remember—this is April Fool's Day.

This LLI event offers you an adventure in taste, good health, and the wow factor. Start off with a healthy food and create a culinary delight that elicits a "Wow!" when someone tastes it for the first time. Jump start your food imagination. Black garlic products will be available to purchase on this outing.

*Participants should meet in the parking lot of the Sunnyside Pentecostal Holiness Church at the intersection of Mt. Zion and Lick Run Roads in Blacksburg at 12:45, consolidate, and carpool to the Lloyd residence, about 5 minutes from the church.

Wednesday, April 1

1:00 – 4:00 p.m.

The Lloyds, 2761 Rutherford Drive, Blacksburg*

Cost: Free

Limit: 12



Visit the Montgomery Museum of Art and History

Presented in partnership with the Montgomery Museum of Art and History

Come join us for a special tour of the Montgomery Museum of Art and History led by the museum executive director and the museum curator. Exhibits include a fascinating look at local life during the 1920s called “Spirit of Progress.” Another exhibit explores the history of Montgomery County schools through the 1940s. You’ll get a chance to guess at the use of artifacts from the 1770s–1850s in a hands-on identification activity. Enjoy remarkable art by students at Christiansburg High School with guest commentary from the art teacher and student artist(s). Then visit the window art reflecting images of the Hahn garden on display on the museum grounds and in our wonderful garden, designed and maintained by local Master Gardeners.

Continue the conversation over lunch at the nearby Mockingbird Café in downtown Christiansburg.

Wednesday, April 15

11:00 a.m. – 1:30 p.m. (including optional lunch)

300 South Pepper Street, Christiansburg

Limit: 21

Cost: Museum visit is free; lunch cost on your own



Tour an Amazing Collection of Classic and Imported Cars

Tucked away in Christiansburg is Gary Duncan’s collection of nearly 1,000 classic and imported cars. It started as a hobby for this car dealer/owner and it grew into a business of its own. The collection attracts car enthusiasts and buyers from all over. Film crews and studios have taken a particular interest in the collection, sometimes renting and returning the cars and other times purchasing the cars to wreck while they film. Join us for a tour of Duncan’s amazing collection to see for yourself.

Want an idea of what you might see? Check out the video from Jalopnik on the Duncan Imports website: <http://www.duncanimports.com/> -- look under “Articles” for the Jalopnik 2018 video.

Friday, April 17

10:00 a.m. – 12:00 p.m.

Duncan Imports & Classic Cars

2300 Prospect Avenue, Christiansburg

Tour Limit: 25

Cost: Free



Introduction to Hobby Drones

Presented in partnership with Virginia Cooperative Extension

Have you always wanted to fly your own drone? This talk and demonstration will introduce you to the world of hobby drones. We'll cover FAA rules, how and where to buy a drone, and how to get your drone ready to fly. Weather permitting, you will be able to test-drive your drone flying skills in the adjacent netted flight facility. Come fly with Dan at the VT Drone Park!

Tuesday, April 21

10:00 a.m. – 12:00 p.m.

Drone Park Classroom & Netted Flight Facility on Oak Lane, VT Campus

Park at the Duck Pond Overflow parking lot

Cost: Free

Limit: 20

PRESENTER

After a long career as an Agriculture Education teacher, Dan Swafford is now a curriculum specialist with 4-H at the Virginia Cooperative Extension Office where he creates and teaches STEM programming. Dan is an FAA certified drone pilot.



Photos: Clutter or Priceless Memorabilia?

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

Friday, April 24

1:00 – 3:30 p.m.

Corporate Research Center, 1880 Pratt Drive, Suite 2018

Limit: 20

Cost: Free

PRESENTERS

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

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

Touring Pulaski's Historic Downtown on Foot

Join historian April Martin on a fascinating tour of Downtown Pulaski. Meet at and visit the Raymond Ratcliffe Transportation Museum. Take a leisurely walk to see historic sites. Head to Al's on First for lunch and a tour of the historic Jackson Park Inn. Finish your tour with several sites on the way back to your car at the Radcliffe Museum on Commerce Street.

The walk covers about a mile; you will be on your feet for 2 hours at a time. Carpooling encouraged.

Monday, May 4 (rain date May 11)

10:00 a.m. – 1:30 p.m. including lunch at Al's on Main at the Jackson Park Inn

Limit: 20

Cost: \$25 includes lunch and professional guide

Payment instructions will be provided to registrants

TOUR GUIDE

April Martin is an historian and education director for the Wilderness Museum. She is also the museum coordinator at the Ratcliffe Transportation Museum in Pulaski.



Learn about Hemp at TruHarvest Farms

Presented in partnership with Virginia Cooperative Extension

Have you heard of CBD and hemp-derived products? Want to learn more about how hemp is grown? Join us for a hemp conversation and tour of TruHarvest Farms in Christiansburg. Virginia's largest hemp farm, TruHarvest Farms boasts 100 acres of raised beds with plastic and drip irrigation systems, producing a high-quality crop for CBD production. We will peek inside the greenhouses and field locations. You can see first hand how this crop is produced. The farm lies right off Interstate 81 in Christiansburg. Kelli Scott from Virginia Cooperative Extension will lead the tour and provide information to the group on the current state of Virginia Hemp.

<https://www.facebook.com/TruHarvestFarms/>

Tuesday, May 12

10:00 – 11:00 a.m.

TruHarvest Farms, 1771 Flanagan Dr, Christiansburg
(Meet in advance and carpool to farm)

Limit: 20

Cost: Free



Day Trip to Richmond: The American Civil War Museum

The American Civil War Museum tells stories of the Civil War from multiple perspectives at three locations in Richmond and Appomattox. We'll visit two of these sites in Richmond. Our first stop will be the newly opened "Historic Tredegar," formerly ironworks on the downtown riverfront. We'll start with a box lunch and talk, then a guided tour of the museum followed by time to explore exhibits on your own. Our second stop will be the White House of the Confederacy, the home to Jefferson Davis, President of the Confederate States of America, and his family from August 1861 until the evacuation of Richmond on April 2, 1865. The home served as the political and social epicenter of wartime Richmond.

The mission of the American Civil War Museum is to explore the American Civil War and its legacies from multiple perspectives: Union and Confederate, enslaved and free African Americans, soldiers and civilians. Join us as we explore the newly opened museum and exhibits and broaden our understanding of the Civil War.

Tuesday, May 19

Depart Blacksburg Community Center at 7:30 a.m.
(please arrive 15 minutes early)

Estimated return time: 8:30 p.m.

Limit: minimum 25

Cost: \$125 person (Fee includes transportation, guided tours, museum entrance, and box lunch.)

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.



Online Registration for Membership and Courses

You are strongly encouraged to register for membership and courses online through the secure LLI registration website. Each member must register individually by setting up an online CPE Student Profile. Online registration opens Thursday, January 16 at 7:00 a.m. We have made some improvements to simplify registration this term – you may now select membership options and courses on the same screen.

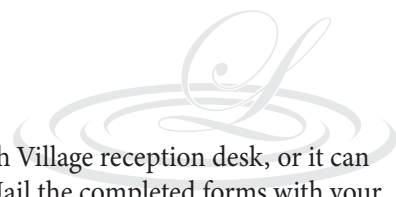
1. Go to <http://www.cpe.vt.edu/lifelonglearning/index.html>. Course and Event listings are available from this site.
2. To register for classes, select the “Courses” tab, then select “Register” on the drop-down menu. Click on the button “Go to Registration Site”.
3. From the LLI Registration page, select either “I have an account already” (existing student account) or “New User” (new LLI member)
 - a. If you are a Current User – enter your user name and password and select “Login”. If you have forgotten either or both of these, click on “Forgot User Name” or “Forgot Password” to be assigned a replacement.
 - b. If you are a New User – enter your information and select “Register” and follow the directions.
4. Select your Membership Option (*Annual or Spring only*); click on the “+” to see what is included in each option. If you purchased an Annual Membership in Fall 2019, please select the *Annual Membership* option so that you are NOT charged for the spring term membership. After selecting your Membership option, select “Continue”.
5. Select the classes for which you wish to register by using the dropdown box and selecting “1” next to each desired class. When you have completed your class selections, click “Continue”.
6. The participant preference page provides instructions on how to be placed on a wait list if a class is filled and how to request a parking pass for classes at the Public Safety Building. Click “Continue” to bring you to your Shopping Cart and a summary of your class selections.
7. Select your payment method and agree to the policy statement, then select “Pay and Register”.
8. Once your payment is complete you will receive a confirmation by email.

Online Registration for Special Events

You will be able to register for special events online beginning at 7:00 a.m. on January 16. We encourage those of you who are comfortable with online registrations to give this a try; it is a relatively simple process. Remember that you must register as a member (either online or by paper registration) to participate in special events. If you have not already done so, you will be prompted to click on a link to the membership payment screen that will open in a separate window. Once paid, you may then return to choosing your special event options.

Go to the LLI homepage www.cpe.vt.edu/lifelonglearning and click on the link for Special Event Registration in the yellow box on the right. Click on the orange Register button to get started. You will be asked for your name, email, and phone. Click on the events of your choice, then submit. A few events with very small group sizes will be listed as “Request” only. An LLI volunteer will contact people in order of registration time to fill those events and confirm them by separate email. Other smaller events have system-set quotas. Once the quota has been reached, you will receive an option to “Waitlist” for that event. Be sure to select this option if you are interested. We will be managing the registrations in timestamp order to fill, but not overfill, space-limited events, and cancellations do occur. You should receive an automated email that will list ALL events and show you if you are confirmed, waitlisted, and/or requested for the ones you chose. If you do not receive this automated email, please contact the CPE registrar (540-231-4364); it is possible there is a mistake in your email address.

If you are confirmed for an event with a fee, you will be sent special instructions on how to pay that fee at a later time. Do not mail or drop off checks for special events at the CPE Office.



Paper Registration - Mail or Drop Off

Printed registration forms are available for pickup from the CPE Office, Warm Hearth Village reception desk, or it can be downloaded in pdf format from the LLI website beginning Tuesday, January 14. Mail the completed forms with your check or credit card information to the LLI Registrar, Continuing and Professional Education, Virginia Tech Mailcode 0272, 702 University City Blvd, Blacksburg, VA 24061. Paper registrations and checks/credit card information may also be dropped off at the CPE office weekdays between 9:00 a.m. and 5:00 p.m. beginning January 16. CPE registrars will assist you with your membership and course registration. LLI volunteers will enter your special event requests. Registrations will not be accepted prior to Thursday, January 16 at 9:00 a.m.

NEED HELP?

Please contact the LLI Registrar at Continuing and Professional Education, 540-231-4364 (direct number). The general number for CPE Registration is 540-231-5182; others can assist you if the LLI Registrar is not available.

Please note that some classes and events have limited seats available. Early registration is recommended.

INCLEMENT WEATHER

The LLI Inclement Weather Policy reflects inclement weather closures for Virginia Tech (not Montgomery County Schools):

- If VT is closed, then LLI is closed. Authorized closings or delayed openings are announced here: <https://vt.edu/status.html>. Community members may request enrollment in VT Alerts by subscribing at <https://www.alerts.vt.edu/> and clicking the link for Parents and Community Members.
- If VT is open or plans a delayed opening when the weather is problematic, then LLI will verify the feasibility of holding class and notify class members by email message of the status of the class for that day.
- Members may also call the main CPE number (540-231-5182) to find out class status.
- Rescheduling of cancelled classes will depend on the schedule of the instructor and availability of classroom space.

FEE WAIVERS

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

COURSE AND EVENT WAIT LISTS

If a desired course is full, you may call the LLI Registrar (540-231-4364) to put your name on the wait list. If an

opening occurs, wait listed members will be contacted in order. Please do not attempt to join the class unless contacted. If a special event is full, your name will automatically be added to the event wait list. You will be contacted if space becomes available.

GUESTS

A non-member may attend a single class session as a guest if (1) the guest has never been a member of LLI, (2) there is space in the classroom and (3) the instructor approves, preferably in advance. If the guest wishes to attend future classes, he or she will need to register through Virginia Tech Continuing and Professional Education.

TO ADD A COURSE

If you are already registered for the term and wish to add another course, you may add it online by going to your student account online or by calling the LLI Registrar at 540-231-4364 for assistance. If the course is not full, it may be added to your schedule.

TO DROP A COURSE OR EVENT

If you need to drop a course before it has begun, please notify the CPE Registrar (231-4364) or submit a 'request for drop' using the online registration system so that we may fill your spot from the waitlist. If you cannot attend a special event for which you are registered, please send an email to lifelonglearning@vt.edu or notify the LLI Registrar at 231-4364.

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.

In most circumstances, course refunds will not be issued after the first day of the term. In the case of a class with a later start date, a member must cancel enrollment one week prior to the first session of the class to receive a refund of the course fee.

Special event fees are not refundable; however, a substitute is welcome and may be suggested from the waitlist if available.

MAKEUP CLASSES

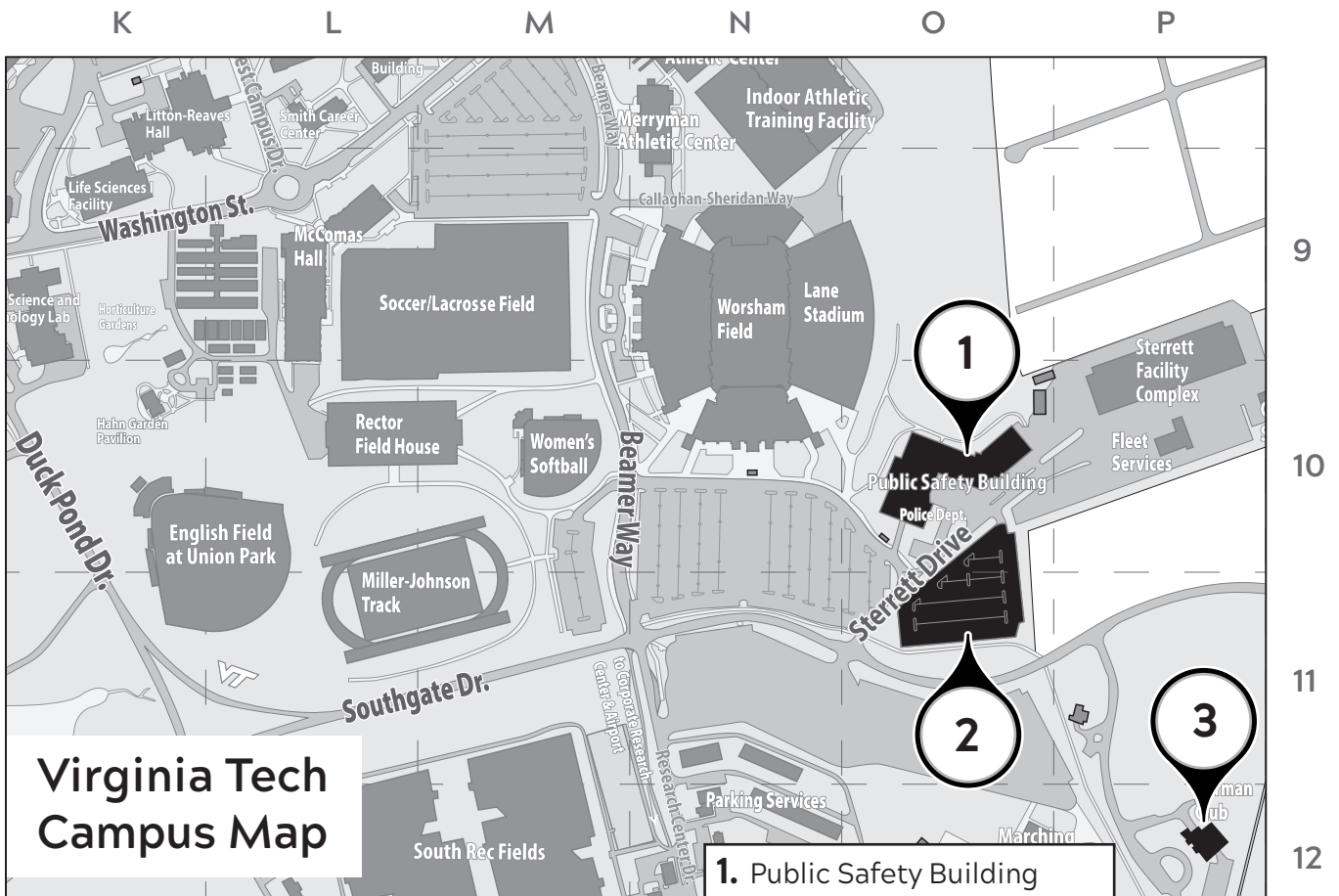
If a makeup class is scheduled because of a cancellation, you will be notified by email of the date and time.

ACCOMMODATIONS

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

CERTIFICATES/CEUs

LLI does not award certificates or CEUs (Continuing Education Units) for participation in any LLI course or event.



Virginia Tech Campus Map

1. Public Safety Building
2. Lot P-52 (Parking Lot for Public Safety Bldg classes)
3. The German Club Manor

Class Locations and Campus Parking Permits

Every attempt will be made to schedule LLI courses at convenient and accessible locations. Visitor parking passes will be issued for those who need them if you register for classes and events scheduled on the Virginia Tech campus. VT parking passes are only required at the Virginia Tech Public Safety Building. Virginia Tech retirees who have valid parking permits do not need special visitor passes.

For Spring 2020, LLI classes will be scheduled at the following facilities.

Virginia Tech Public Safety Building

330 Sterrett Drive (off Southgate Drive, next to the Football Stadium) Classrooms 153 and 155

Map Grid: O-10, BLDG: 190

Parking available in Faculty/Staff/ Visitor lot P52; Parking pass required. Handicap parking in front of the building.

Blacksburg Community Center

725 Patrick Henry Drive, Blacksburg

Phone: 540-961-1897

Blacksburg Presbyterian Church

701 Church Street, S.E., Blacksburg

Phone: 540-552-2504

The Hatcher Conference Room can be accessed from the Eakin Street entrance. The Fellowship Hall and the Westminster Room are accessed from the side parking lot.

Corporate Research Center

1880 Pratt Drive, Suite 2018, Blacksburg

Building 15, on CRC map: http://www.vtcrc.com/images/uploads/documents/VTCRC_Campus_Map_5-2018_1.pdf

The German Club Manor

711 Southgate Drive, Blacksburg

Phone: 540-552- 6830

Map Grid: P-12

Hillel at Virginia Tech

7100 Tom's Creek Road, Blacksburg

Phone: 540-951-5397

Parking available adjacent to building and also at Luther Memorial Lutheran Church

Warm Hearth Village Center

2387 Warm Hearth Drive, Blacksburg

Village Center Receptionist:

(540) 443-3800

Directions to Warm Hearth:

<http://www.retire.org/index.php/contact-warm-hearth-village/directions>

VT PARKING PERMITS

Virginia Tech retirees who have valid parking permits do not need special visitor passes. Visitor passes will be issued, if needed, only for classes and events scheduled on the Virginia Tech campus. You must register by January 31 to receive your passes in the mail. If you register after this date, you may receive your parking passes on the first day of class or you may pick them up from the LLI Registrar at the CPE Offices, 702 University City Blvd. VT Public Safety Building is the only classroom location that requires a parking pass. Parking passes for on-campus special events will be distributed as needed.

Volunteer

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

TEACHING

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

INSTRUCTIONAL SUPPORT

We seek and train volunteers to serve as classroom assistants. Responsibilities may include distributing classroom information, setting up and restoring the room, introducing the instructor, and assisting with technology. Larger classes may have multiple assistants.

COMMITTEE WORK

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

OCCASIONAL ASSISTANCE

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

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

Support the Lifelong Learning Institute at Virginia Tech

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

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

Payment Options:

Online

To make a donation online, please go to the LLI website and click on the tab “About” for a link to the secure donation webpage. Complete the form and click “Give Now.”

By Check

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

Register online beginning Jan 16. Download a paper registration form from the Lifelong Learning Institute website or pick up a form at the CPE Office beginning Jan 14.



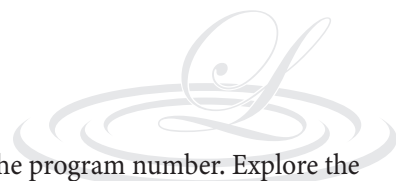
MONDAY CLASSES					
9:00-10:30	Personal Choices to Help Save the Planet (limit 32)	VT Public Safety, 153	Feb 17, 24, Mar 2, 16, 23, 30 (skip Mar 9)	\$35	
9:00-12:00	Go with the Flow—Abstract Art (limit 15)	Blacksburg Com Ctr	Feb 17, 24, Mar 2, 16, 23 (skip Mar 9)	\$45	
11:00-12:30	TED Talks (limit 20)	VT Public Safety, 153	Feb 17, 24, Mar 2, 16, 23, 30 (skip Mar 9)	\$35	
11:00-12:30	Learn to be Happy—Practice the Science of Happiness (limit 16)	Hillel at VT	Feb 17, 24, Mar 2, 16, 23, 30 (skip Mar 9)	\$45	
1:00-3:00	Beginning Appliqué for Quilting (limit 20)	Blacksburg Pres Church Fellowship Hall	Feb 17, 24, Mar 9, 16 (skip Mar 2)	\$55	
3:00-4:30	Haunted Hearts: Supernatural Fiction by American Women Writers (limit 25)	VT Public Safety, 153	Feb 24, Mar 2, 16, 23, 30 (skip Mar 9)	\$35	
3:00-5:00	Appreciating Spanish Wines (limit 25)	Vintage Cellar	Feb 17, 24, Mar 2, 9, 16, 23	\$135	
TUESDAY CLASSES					
9:00-10:15	Sampler (limit 75)	Warm Hearth Village Center	Feb 18, 25, Mar 3, 10, 24, 31 (skip Mar 17)	\$35	
1:00-2:30	Beginning Genealogy (limit 20)	Corporate Research Ctr	Feb 11, 18, 25, Mar 3	\$35	
1:00-2:30	Who Gets Grandmother’s Yellow Pie Plate? (limit 15)	Hillel at VT	Mar 17, 24, 31	\$48	
3:00-4:30	Mindfulness Practice: Awareness and Compassion in Daily Life (limit 20)	Corporate Research Ctr	Feb 18, 25, Mar 3, 10, 24, 31 (skip Mar 17)	\$35	
3:00-4:30	Harry Potter Transitions to Young Adulthood (limit 25)	VT Public Safety, 153	Feb 18, 25, Mar 3, 10	\$35	
WEDNESDAY CLASSES					
9:00-10:30	<i>Moby-Dick</i> —An Unconventional Classic (limit 15)	VT Public Safety 155	Feb 19, 26, Mar 4, 18, 25, Apr 1 (skip Mar 11)	\$35	
11:00-12:30	Great Decisions (limit 200)	The German Club Manor	Feb 12, 19, 26, Mar 4, 11, 18, 25, Apr 1	\$35	

1:00-3:00	Mah Jongg, A Great Way to Exercise Your Brain (limit 16)	Blacksburg Com Ctr, Game Room	Feb 19, 26, Mar 4, 11	\$35
1:30-3:00	Italian for Beginners/Travelers (limit 12)	VT Public Safety, 155	Feb 19, 26, Mar 4, 18, 25, Apr 1 (skip Mar 11)	\$35
1:30-3:00	“Seeing the Real You at Last”: The Many Faces of Bob Dylan (limit 25)	Hillel at VT	Feb 19, 26, Mar 4, 18, 25, Apr 1 (skip Mar 11)	\$35
1:30-3:00	The Science of Sport (limit 25)	VT Public Safety, 153	Feb 12, 19, 26, Mar 4	\$35
THURSDAY CLASSES				
9:00-10:30	Case Studies in Criminal Justice (limit 16)	VT Public Safety, 155	Feb 20, 27, Mar 5, 19, 26, Apr 2 (skip Mar 12)	\$35
9:30-11:30	Exploring Oil Painting (limit 12)	Warm Hearth Village Ctr	Feb 20, 27, Mar 5, 19, 26, Apr 2 (skip Mar 12)	\$45
10:00-12:00	Preparing Chinese and Japanese Dishes at Home (limit 12)	Instructor’s home	Mar 5, 12, 19, 26	\$70
11:00-12:30	Beginner Ukulele (limit 15)	Blacksburg Presbyterian Church	Feb 27, Mar 5, 12, 19, 26	\$35
11:00-12:30	How to Eat to Live to 100 (limit 15)	Blacksburg Presbyterian Church	Feb 13, 20, 27	\$45
11:00-12:30	Modern Africa: Challenges of Nation Building (limit 30)	VT Public Safety 153	Feb 20, 27, Mar 5, 19, 26, Apr 2 (skip Mar 12)	\$35
1:00-2:30	Short Stories that Stick (limit 15)	VT Public Safety, 155	Mar 5, 12, 19, 26, Apr 2	\$35
1:00-2:30	Fear and Loathing in the Grocery Store (limit 20)	VT Public Safety 153	Feb 13, 20, 27, Mar 5, 19, 26 (skip Mar 12)	\$35
FRIDAY CLASSES				
9:00-12:00	Expressive Faces and Figures (limit 15)	Blacksburg Com Ctr	Feb 28, Mar 6, 13, 20, 27	\$70
9:30-11:00	The American Civil War: Causes, Course, and Consequences (limit 75)	Warm Hearth Village Ctr	Feb 21, 28, Mar 6, 13, 20, 27	\$35

Register online beginning Jan 16. Download a paper registration form from the Lifelong Learning Institute website or pick up a form at the CPE Office beginning Jan 14.

Date	Day/Time/Location	Type of Event	Title of Event	Limit
On-going	Monday, 12:15 – 1:00 p.m., The Lyric Theatre	Discussion	Reel Talk: Mondays at the Lyric	No limit
February 10 & 11	Monday (Android) or Tuesday (Apple), 10:30 a.m. – 12:30 p.m., Blacksburg Public Library	Hands on demo/ instruction	Enjoy Audiobooks, eBooks, and Magazines on Your Devices	10
February 11	Tuesday, 9:30 – 11:00 a.m., Warm Hearth Village Center	Lecture	How to Eat and Exercise to Support Your Health and Longevity	40
February 13	Thursday, 2:00 – 3:30 p.m., CRC, 1880 Pratt Dr, Suite 2018	Lecture	Virtual Assistants Work for You	20
February 14	Friday, 1:00 – 3:00 p.m., CRC, 1880 Pratt Dr, Suite 2018	Talk/hands- on demo	Introduction to Podcasts	20
February 18	Tuesday, 10:30 – 11:45 a.m., Warm Hearth Village Center	Lecture	Untangling the 2020 Presidential Nominations	75
February 21	Friday, 6:00 – 7:00 p.m., Cube, Moss Arts Center	Panel discussion/ performance	Conversation with the Conductor of the National Symphony Orchestra of Ukraine	40
February 25	Tuesday, 10:30 – 11:45 a.m., Warm Hearth Village Center	Lecture	Humanity's Religious Quest: Jewish, Christian, and Muslim Traditions	75
February 28 & March 6	Fridays, 1:30 – 3:30 p.m., CRC, 1880 Pratt Dr, Suite 2018	Workshop	Create Your Plan for Aging in Place	25
March 3	Tuesday, 10:30 – 11:45 a.m., Warm Hearth Village Center	Lecture	Introducing Black Suffragists and the Nineteenth Amendment	75
March 10	Tuesday, 10:30 – 11:45 a.m., Warm Hearth Village Center	Lecture	Composing <i>Mosaic for Earth</i>	75
March 13	Friday, 1:00 – 2:30 p.m., 2062 Derring Hall, VT Campus	Tour	Natural History Near You: Tour VT's Massey Herbarium and Geosciences Museum	26
March 17	Tuesday, 10:00 a.m. – 12:00 p.m., MRSWA Facility, Christiansburg	Tour/Talk	Trash Talk: Tour the Montgomery Regional Solid Waste Authority	22

March 21	Saturday, 10:00 – 11:30 a.m., Warm Hearth Village Center	Performance	Yellow Rose or Red Rose: Scenes from the Suffrage Movement	50
March 24	Tuesday, 10:30 – 11:45 a.m., Warm Hearth Village Center	Lecture	A Land of Light and Color: Craft Makers in Morocco	75
March 27	Friday, 10:30 a.m. – 12:00 p.m., VT Meat Science Ctr, 360 Duckpond Dr	Tour	On Being a Carnivore: Tour of the VT Meat Science Center	20
March 28	Saturday, 9:00 a.m. – 12:00 p.m., Unitarian Universalist Congregation, Blacksburg	Workshop	Depolarizing Within: Becoming a Better Angel in Your Own World	40
March 31	Tuesday, 10:30 a.m. – 12:00 p.m., Warm Hearth Village Ctr	Lecture	From VAMC to VPI&SU: Transformative Presidents and Moments in Virginia Tech History	75
April 1	Wednesday, 1:00 – 4:00 p.m., Lloyd residence, 2761 Rutherford Dr, Blacksburg	Food demo and tasting	Food Isn't Always What It Seems – A Cooking and Tasting Adventure with the Lloyds of Obis One	12
April 15	Wednesday, 11:00 a.m. – 1:30 p.m., 300 South Pepper Street, Christiansburg	Tour and op- tional lunch	Visit the Montgomery Museum of Art and History	21
April 17	Friday, 10:00 a.m. – 12:00 p.m., Duncan Imports & Clas- sic Cars	Tour	Tour an Amazing Collection of Classic and Imported Cars	25
April 21	Tuesday, 10:00 a.m. – 12:00 p.m., Drone Park, VT Campus	Talk and demo	Introduction to Hobby Drones	20
April 24	Friday, 1:00 – 3:30 p.m., CRC, 1880 Pratt Dr, Suite 2018	Presentation	Photos: Clutter or Priceless Memorabilia?	20
May 4	Monday, 10:30 a.m. – 1:30 p.m., Pulaski	Walking tour and lunch	Touring Pulaski's Historic Downtown on Foot	20
May 12	Tuesday, 10:00 – 11:00 a.m., TruHarvest Farms, 1771 Flanagan Dr., Christiansburg	Tour and talk	Learn about Hemp at TruHarvest Farms	20
May 19	Tuesday, 7:30 a.m. – 8:30 p.m., Richmond	Bus trip, tour	Day Trip to Richmond: The American Civil War Museum	25



LLI Charter Trips for 2020

To register for either of these trips, please go to www.roadscholar.org and search for the program number. Explore the detailed itineraries on the website and review the activity level to be sure you can manage planned activities. Under “Dates & Prices” (in the blue bar), select the date of our charter, which may be marked “Private Group.” Click “Enter Code” and type in the program number; click on red “Go” button. And it is easy to register by phone: call Road Scholar at 1-800-322-5315; reference the program number and date, and tell the representative that you are a member of the LLI at VT. At least one member of the traveling party must be an LLI member.

Out and About in Chicago: Art, Architecture, History and More

Chicago is a vibrant city packed with enough art, history, culture and stories to capture the mind of any visitor. Learn about the life and work of the iconic architect Frank Lloyd Wright, through an expert-led exploration of his Prairie-style home and studio in the charming and historic Oak Park, Illinois. See how the story of Chicago’s evolution is told in its preserved architecture and pay visits to museums and cultural institutions. This is a Road Scholar “Signature City Flex” trip that allows you free time in the afternoon to explore aspects of the city that speak to you.

June 14 - 19, 2020

Program No. 21908

Cost: \$1,479 / person for double

Minimum enrollment for charter: 18

Maximum enrollment for charter: 24



The Best of the Rockies By Rail: Western Canada’s Splendor

Experience the wonder of the rugged, beautiful Canadian Rockies in Alberta and British Columbia. Journey through green valleys, past sapphire rivers and wide, jade lakes as you head into the heart of the mountains. Visit the soaring resort town of Banff, where you can explore the hot springs that have made this place famous. See Lake Louise’s famed emerald waters, born of the glaciers that overlook it. Complete your adventure with three nights in the cosmopolitan coastal city of Vancouver.

August 9 - 20, 2020

Program No. 3748

Cost: \$6,299 / person for double; take \$300 off that price if you enroll by February 28

Minimum enrollment for charter: 25

Maximum enrollment for charter: 32



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PARTNERSHIPS MAKE US STRONGER!

Partnerships with Virginia Tech and with organizations in the NRV enrich our offerings, help us reach important audiences, and make the programs more affordable. LLI gratefully acknowledges the contributions of Virginia Tech and Radford University faculty who are participating in courses and events, along with our special partners, the Center for the Arts, Warm Hearth Village Retirement Community, AARP Blacksburg Chapter, the League of Women Voters, the German Club, Smithfield Plantation, New River Land Trust, P. Buckley Moss Gallery, The Lyric Theater, Montgomery Museum of Art & History, and Virginia Cooperative Extension.



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Visit us at
www.cpe.vt.edu/lifelonglearning