



Online and in-person learning adventures for curious adults!



SPRING 2024 CALENDAR

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

Jan. 23 Zoom Preview of Spring

Program

10:00 – 11:30 Registration not

required

Jan. 30 Online and walk-in registration opens at 10:00

Feb. 19 Classes begin

Spring 2024 PROGRAM OVERVIEW

Our Sponsors 2023-24

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

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



HCA Virginia Health System

LLI and LewisGale Hospital Montgomery have formed a partnership to bring health-related programming each term as part of the *Healthy Dialogues Series*. Look for talks, demonstrations, and tours bringing important, and perhaps lifesaving, knowledge and tools to LLI members and the broader senior community. Thanks to LGHM for their support!

Sustaining Sponsors

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





Presenting Sponsors

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





Supporting Sponsors

Recognize these businesses? Thank them for supporting LLI!

















Welcome to LLI at Virginia Tech

Every term is a new adventure - new courses, new learning opportunities with favorite instructors, new wines to taste, new books to read, new places to go ... the LLI spring program is once again full of enticing choices!

This term you can knit, paint, juggle, play the ukulele, or cook. You can stay on top of world affairs with Great Decisions, EU/ US Relations with Russia, or Threats to Democracy. You can read novels, poems, or mysteries and join in great discussions. And so much more. Join us and create your own learning adventure this spring!

THE LIFELONG LEARNING INSTITUTE AT **VIRGINIA TECH**

The Lifelong Learning Institute (LLI) at Virginia Tech is a member-driven, volunteer organization that draws on the wealth of academic and community resources in the New River Valley and beyond to provide intellectual, cultural, and social experiences for curious adults 50 and older. We welcome all who are interested in the mission and goals of the Lifelong Learning Institute at Virginia Tech. Membership entails no prerequisites, educational or otherwise—only a desire to join others in intellectual exploration. The people, courses, stimulating discussions, events, and special access to university resources all add up to a fun and rewarding experience.

SPRING PREVIEW BY ZOOM

Tuesday, January 23, 10:00 -11:30

Join us via Zoom for our Spring Preview. No registration required. The webinar link will be sent to those on our email list and posted on the LLI home page.

CONTACT INFORMATION

CPE Registration: 540-231-5182

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

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

LLI email address: lifelonglearning@vt.edu

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

Address for walk-in registration

Continuing and Professional Education 1900 Kraft Drive, Suite 1100, Blacksburg

BOARD OF DIRECTORS

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LLI PROGRAM COORDINATOR Lyndsay LaLonde 540-231-1725 llalonde@vt.edu

LLI Spring 2024 Courses at a Glance

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

MONDAY

Paint with Knives!

Lois Stephens 9:00 – 11:30 5 weeks: Feb 26, Mar 4, 11, 18, 25

WH, Woodland Studio

Limit: 12

Law & Order and the U.S. Criminal Justice System

Jack Call 10:00 – 12:00 6 weeks: Mar 18, 25, Apr 1, 8, 15, 22 CRC, Curiosity Rm Limit: 24

Armchair Journeys

Molly McClintock, Coordinator 1:00 – 2:30

4 weeks: Feb 26, Mar 4, 11, 18

Zoom webinar

Unlimited

Early Aviation History

Jim Marchman 1:00 – 2:00 2 weeks: Mar 18, 25 WH, Tall Oaks Limit: 50

Buddhism by Means of Cartoons

Russell Gregory 1:00 - 2:30 4 weeks: Mar 18, 25, Apr 1, 8 CRC, Concept Rm Limit: 25

EU/US-Russia Relations Since the End of the Cold War

Yannis Stivachtis 3:00 - 4:30 6 weeks: Feb 19, 26, Mar 4, 11, 18, 25 CRC, Concept Rm Limit 32

Appreciating Southern Italian Wines

Randall Horst 3:00 - 5:00 6 weeks: Feb 19, 26, Mar 4, 11, 18, 25 Vintage Cellar Limit: 30

TUESDAY

Sampler

Molly McClintock, Coordinator 9:00 – 10:15 6 weeks: Feb 20, 27, Mar 5, 12, 19, 26

Zoom Webinar

Unlimited

Learn to Juggle

Michael Abraham 9:00 – 10:00 3 weeks: Apr 16, 23, 30 Blacksburg Community Ctr, Multipurpose Rm Limit: 8

Multicultural Murders

Britton Gildersleeve 11:00 – 12:30 6 weeks: Feb 27, Mar 5, 12, 19, 26, Apr 2

Zoom

Limit: 25

Baseball and American Culture

Johnny Moore 11:00 – 12:30 6 weeks: Mar 5, 12, 19, 26, Apr 2, 9 CRC, Concept Rm Limit: 25

Writing Correctly: Which Rules Still Matter? And When?

Julie Mengert 11:00 – 12:30 2 weeks: Apr 9, 16 WH, Woodland Studio Limit: 15

Modern Experiences of Jews in the US

Eric Hallerman 1:00 – 2:30 1 week: Mar 5 WH, Tall Oaks Room Limit: 50

25 Great American Nature Poems

Tom Gardner 1:00 – 2:30 6 weeks: Mar 5, 12, 19, 26, Apr 2, 9 CRC, Concept Rm Limit: 15

What You Should Know About AI

Tim Lockridge 3:00 - 4:30 1 week: Feb 27

Zoom

Unlimited

Grow Your Own Personal Cannabis

Margaret Marsille 3:00 - 4:30 3 weeks: Mar 12, 19, 26 CRC, Concept Rm Limit: 20

WEDNESDAY

Italian Cooking Experiences

Claudia Levi 9:30 – 12:00 1 week: Feb 28 OR Apr 10 (choose one) Instructor's home Limit: 8

Great Decisions

Victoria Cochran, coordinator 11:00 - 12:30 7 weeks: Feb 21, 28, Mar 13, 20,

27, Apr 3, 10, (skip Mar 6)

Zoom

Unlimited

Ukulele Chord Melody for the Beginner

Derry Hutt 1:00 – 2:30 5 weeks: Feb 21, 28, Mar 6, 13, 20 CRC, Curiosity Rm Limit: 15

The Appalachian Trail: A Local Gem

Janet Rankin, Coordinator 1:00 – 2:30 7 weeks: Mar 6, 13, 20, 27, Apr 3, 10, 17 CRC, Concept Rm Limit: 32

Appreciating Southern Italian Wines

Randall Horst 3:00 - 5:00 6 weeks: Feb 21, 28, Mar 6, 13, 20, 27 Vintage Cellar Limit: 30

Mozart's Marriage of Figaro: Musical History and Performance

Larry Wyatt, Coordinator 2 weeks: Feb 28, 3:00 – 4:00 Warm Hearth Mar 6, 5:00 – 6:00, Cube, Moss Arts Ctr Limit: 50

Read Local: An LLI Book Discussion Group

Matthew Vollmer 3:00 - 4:30 3 weeks: Apr 3, 17, 24 (skip Apr 10) CRC, Curiosity Rm Limit: 15

THURSDAY

Global Change IX: Invasive Species

Anne McNabb, Coordinator 9:00 – 10:30 6 weeks: Feb 22, 29, Mar 7, 14, 21, 28

Zoon

Unlimited

Effective Giving To Do the Most Good

Diego Troya 9:00 – 10:30 3 weeks: Feb 22, 29, Mar 7 CRC, Concept Rm Limit: 20

LLI Film Forum: 21st Century Science Fiction Movies

Phil Harris 11:00 – 12:30 5 weeks: Feb 29, Mar 7, 14, 21, 28 CRC, Curiosity Rm Limit: 15

Threats to Democracy: Right-Wing Populism and Authoritarianism

Jim Bohland 1:00 - 2:30 4 weeks: Feb 29, Mar 7, 14, 21 CRC, Concept Rm Limit: 32

Remarkable Women You Should Know

Molly McClintock, Coordinator 1:00 – 2:30 3 weeks: Mar 28, Apr 4, 11 CRC, Concept Rm Limit: 32

Circumnavigating Africa

Rocky Roland 3:00 - 4:30 5 weeks: Mar 21, 28, Apr 4, 11, 18 Zoom

Linlimita

Unlimited

Financial Strategies for Retirees

Chris French, Michael Canestrari 6:30 – 8:00 p.m. 4 weeks: Feb 29, Mar 7, 14, 21 Zoom

Limit: 25

FRIDAY

Cooking Fusion Foods Inspired by the Silk Road

Anne McNabb Times vary 2 weeks: Mar 15, 9:00–10:30 Mar 22, 9:00 – 1:30

Zoom and Instructor's home

Limit: 12

Watercolor Open Studio

Jesi Pace-Berkeley 10:00 – 12:00 5 weeks: Mar 1, 8, 15, 22, 29 Blacksburg Community Ctr, Community Rm Limit: 15

Memoir and Essay Writing

Richard Gilbert 11:00 – 12:30 5 weeks: Feb 16, 23, Mar 1, 8, 22 (skip Mar 15) CRC, Concept Rm Limit: 15

The American Civil War: Causes, Course, and Consequences

Paul Quigley, Coordinator 11:00 - 12:00 6 weeks: Feb 23, Mar 1, 8, 15, 22, 29 WH, Tall Oaks Rm Limit: 50

Knit Along with LLI: Isabell Kraemer's "Cloudesley" Pullover

Diana George, Kaye Graham, Nancy Metz 1:00 – 2:30 7 weeks: Feb 23, Mar 1, 8, 22, 29, Apr 5, 12 (skip Mar 15 Instructor's home, Blacksburg Limit: 10

CRC = Corporate Reseach Center

CRC, Concept Rm

1880 Pratt Dr, Suite 2018, Blacksburg

CRC, Curiosity Rm

1900 Kraft Dr, Suite 1000, Blacksburg

WH = Warm Hearth Village Center 2387 Warm Hearth Drive, Blacksburg

1. Paint with Knives!

Lois Stephens

Mondays, 9:00 - 11:30

5 weeks: Feb 26, Mar 4, 11, 18, 25

Warm Hearth Village Ctr, Woodland Studio

Limit: 12

Fee: \$35, plus \$20 materials fee for start-up supplies. Students will be responsible for purchasing their own supplies after the

first class. A list will be provided.

Come explore the fun and freedom of painting with palette (aka painting) knives. Learning the skills and techniques for applying and blending paint with knives results in a looser, more spontaneous style. While the class is geared for beginning as well as intermediate painters, it may be most beneficial to experienced painters who wish to simplify their art. The instructor will be teaching and demonstrating with oil paints, but acrylic painters are welcome as well.



INSTRUCTOR

Lois Stephens has a passion for painting in oils and especially enjoys the texture and visual energy that can be achieved with palette knives. She currently maintains a studio in the Newport Community Center; her work can be viewed online at www. LoisStephens.com.

2. Law and Order and the U.S. Criminal Justice System

Jack Call

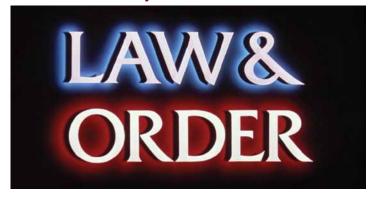
Mondays, 10:00 - 12:00

6 weeks: Mar 18, 25, Apr 1, 8, 15, 22

CRC, Curiosity Room, 1900 Kraft Dr, Suite 1000

Limit: 24 Fee: \$35

This class, based on the popular NBC police procedural and legal drama *Law and Order*, returns in Spring 2024 to discuss six new episodes of the series. The episodes will be viewed in class and then analyzed. We'll ask ourselves what each one reveals about the functioning of our criminal process and judicial system and about the wisdom of decisions made by police officers, prosecutors, defense attorneys, judges, and juries. Those who participated in the first *Law and Order* class last spring are invited back to engage with a different set of legal issues. Newcomers are welcome as well.



INSTRUCTOR

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

3. Armchair Journeys

Mondays, 1:00 - 2:30

4 weeks: Feb 26, Mar 4, 11, 18

Zoom webinar Unlimited Fee: \$35

Travel along (virtually) on fascinating trips across the country and around the globe. Speakers will share their adventures along with photos/videos enhancing their stories. There will be plenty of time for participants to ask questions and share comments.

CLASS SESSIONS AND INSTRUCTORS February 26: Hiking the Pacific Crest Trail

In summer 2023, Emily Reisinger backpacked for two months along the Pacific Crest Trail in southern California and along the Oregon Coast Trail, covering nearly 1,000 miles through snowy mountains, hot desert valleys, and rocky coastline.

March 4: Cruising the Norwegian Fjords and Scottish Isles

Jeff Legge and Nancy Bodenhorn will share their photos and stories of their 14-day cruise that included fjords in Norway and Scotland's Orkney and Shetland Islands. They started in Aberdeen, Scotland and ended in Tromso, Norway above the Arctic Circle.

March 11: A Taste of Alaska's National Parks

Between them Anne Campbell and Linda McClintock and their partners have visited all eight of Alaska's National Parks, some of the most remote in the system. Come hear their adventures getting to and photographing wildlife on their quest to visit all 63 National Parks.

March 18: Strolling the Scottish Downs and Edinburgh

Come explore historic Edinburgh and the surrounding rolling downs with Lyndsay LaLonde. From the broom shop that inspired the Harry Potter series to a castle steeped in history and the surrounding ancient hillsides, Edinburgh has a little bit of something for everyone.

4. A Brief Look at Early Aviation History

Jim Marchman

Mondays, 1:00 - 2:00 2 weeks: Mar 18, 25

Warm Hearth Village Ctr, Tall Oaks

Limit: 50 Fee: \$25

In two illustrated lectures, this course explores the colorful and sometimes surprising history of early aviation technology. Participants will go beneath the surface of the Wright brothers' story—what they accomplished and how they ended up setting back the US aircraft industry for at least 15 years. The brothers' historic achievements will then be placed within a broader context that includes other notable flight attempts and the "wild and wonderful flying machines" designed—sometimes strangely—for this purpose.



INSTRUCTOR

Jim Marchman is a retired professor of aerospace engineering at Virginia Tech. He is the author of books on aerodynamics, aircraft performance, and aircraft design.

5. Buddhism by Means of Cartoons

Russell Gregory

Mondays, 1:00 - 2:30 4 weeks: Mar 18, 25, Apr 1, 8

CRC, Concept Rm, 1880 Pratt Dr, Suite 2018

Limit: 25 Fee: \$35

Cartoons, with their swift visual impact, strategic deployment of satire, and witty turns, offer a useful point of entry into serious and complex subjects like politics and religion. In this class, we'll focus on a selection of cartoons about Buddhism, considering what they suggest about our culture's understanding of this ancient religion—its practices and

paradoxes. As we examine these cartoons, we'll ask ourselves: Where does the humor come? What is its rhetorical intent? How do these cartoons call on us (as does Buddhism itself) to "wake up!"

INSTRUCTOR

Russell Gregory is an emeritus professor of religious studies at Radford University, where he recently taught in the Governor's School for Visual & Performing Arts and Humanities.

6. EU/US-Russia Relations Since the End of the Cold War

Yannis Stivachtis

Mondays, 3:00 - 4:30

6 weeks: Feb 19, 26, Mar 4, 11, 18, 25

CRC, Concept Rm, 1880 Pratt Dr, Suite 2018

Limit: 32 Fee: \$35

This course examines the evolution of EU/US relations with Russia since the end of the Cold War and the dissolution of the Soviet Union, leading to competing visions of world order. We'll first consider frameworks for analyzing these relations, then trace their development chronologically to the

present time. We'll cover management of international crises, especially "frozen conflicts," those officially unresolved; arms control; the fight against terrorism; and the post-Cold War European security architecture, among other topics.

INSTRUCTOR

Yannis Stivachtis is a professor of political science and holder of the Jean Monnet Chair at Virginia Tech. He is the Director of VT's Jean Monnet Center of Excellence.

7. Appreciating Southern Italian Wines

Randall Horst

Mondays, 3:00 - 5:00

6 weeks: Feb 19, 26, Mar 4, 11, 18, 25 Vintage Cellar, 1338 S. Main St, Blacksburg

Limit: 30 per section (class repeats on Wednesdays, Course #22)

Fee: \$35

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

Southern Italian wines, including those produced in Tuscany, will be featured in this class.

Italian wine heritage began in the South and included many excellent wines, some of them unknown to most Americans. Varieties featured in this class include Aglianico, Sangiovese, and Montipulciano.

INSTRUCTOR

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



8. Sampler

Coordinator: Molly McClintock

Tuesdays, 9:00 - 10:15

6 weeks: Feb 20, 27, Mar 5, 12, 19, 26

Zoom Webinar Unlimited Fee: \$35

February 20. Separation of Church and State: Vital in 1787, **Critical Now**

American presidents like Washington, Jefferson, and Kennedy believed the wall of separation between church and state must be absolute. This concept is enshrined in our Constitution's First Amendment. Let's review the origins and history of this foundational principle and why it is critically important to protecting Americans' freedom today.

Jay Avner is a retired health care executive with extensive experience in provider contracting and reimbursement. He holds a BS in Mechanical Engineering and an MBA.

February 27. Medical Cannabis for Quality-of-Life Improvements as we Age

Cannabis is claimed to be a cure all for everything, but is it? We will discuss the laws and the attributes regarding medical cannabis use in Virginia and the process and products to incorporate cannabis in your daily life.

Deb Custer has been working in the cannabis field for over 10 years, studying at various universities all over the world.

Jane Weisman is a trauma doctor who is a licensed cannabis practitioner.

March 5. RESCUED! Tales of a Wildlife Biologist and **His Sons** tells the story of how one man shared his love of animals and passion for wildlife research with his two sons and later inspired them in choosing their career paths. In this memoir, Linzey recounts how his boyhood interest in animals developed into a passionate and successful career as a wildlife biologist, a job that for him often included bringing his work home in the form of orphaned gopher tortoises, hog-nosed snakes, flying squirrels, raccoons, and more.

Donald W. Linzey is a wildlife biologist and ecologist who has taught science, ecology, and other related courses at Cornell University, the University of South Alabama, Wytheville Community College, and Virginia Tech for over 57 years.

March 12. Emergency Preparedness for Seniors

Learn how to prepare for a personal or family emergency. What plans should you have in place? What items do you need on hand? Are you ready if you had to shelter in place or even evacuate your home? Plus, learn how volunteers can and do help our community in times of emergency.

Beverly Hill is the Public Health Emergency Coordinator and Medical Reserve Corps Coordinator for the New River Health District. She coordinates with state, regional and local emergency response partners working together to enhance readiness to respond to all hazards, including bioterrorism, infectious disease outbreaks and other public health emergencies.

March 19. Taking the Waters: Restoration of the Warm **Springs Pools**

The Warm Springs Pools re-opened in December 2022 through a concerted and collaborative effort. Originally built in 1761 and 1836, the pools are listed on the National Register of historic places.

Julie Langan is director/state historic preservation officer at the VA Department of Historic Resources.

March 26 White Awakenings to Racism

Two teachers and writers discuss their growing awareness of white privilege from childhood, through the Civil Rights era, to today's setbacks and regression. After sharing the impact of racial awareness on their teaching, writing, and personal lives, they will open discussion to the audience.

Jane Goette, author of *A River Road Memoir* and Judith Bice, author of Hey, White Girl, were raised during segregation in rural Louisiana and in Richmond, Virginia.

9. Learn to Juggle

Michael Abraham

Tuesdays, 9:00 - 10:00 3 weeks: Apr 16, 23, 30

Blacksburg Community Ctr, Multipurpose Rm

Limit: 8 Fee: \$35

Can you catch a ball? If so, you can learn to juggle. The course is an introduction to juggling basics, with later emphasis on tricks and toys (balls, rings, clubs). Juggling is a great pastime, available to anyone, great for flexibility, hand/eye coordination, and impressing your friends.

Students should acquire and bring to class three juggling or lacrosse balls.

INSTRUCTORS

Michael Abraham is a Blacksburgbased businessman and author with eight books in print. He taught himself how to juggle while taking a break from his studies in mechanical engineering 50 years ago at Virginia Tech.



10. Multicultural Murders

Britton Gildersleeve

Tuesdays: 11:00 - 12:30

6 weeks: Feb 27, Mar 5, 12, 19, 26, Apr 2

Zoom Limit: 25 Fee: \$35

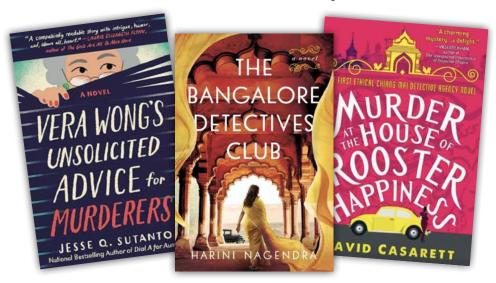
You don't have to buy an airline ticket to see the world from a different perspective – even if your intentions are murderous. Join us as we unravel mysteries set in different cultures: Chinese American, East Indian, Thai. We'll be visiting contemporary Chinatown in San Francisco, 1920s India, and contemporary northern Thailand.

REQUIRED TEXTS

- Sutanto, Vera Wong's Unsolicited Advice for Murderers (2023)
- Nagendra, The Bangalore Detective's Club (2022)
- Casarett, Murder at the House of Rooster Happiness (2016)

INSTRUCTOR

Britton Gildersleeve, retired faculty member and administrator from Oklahoma State University, has been a mystery reader since age nine. She spent much of her childhood in Asia. So, a class in mysteries with roots there seems perfect!



11. Baseball and American Culture

Johnny Moore

Tuesdays, 11:00 - 12:30

6 weeks: Mar 5, 12, 19, 26, Apr 2, 9

CRC, Concept Rm, 1880 Pratt Dr, Suite 2018

Limit: 25 Fee: \$35

This course emphasizes the social meaning of baseball and American culture as opposed to the history of baseball as a sport. It begins with the false mythology of baseball's creation by Abner Doubleday in Cooperstown and then considers key thematic moments in the intersection of baseball and culture:

- Mother Hubbard Baseball, Social Inversion and the Carnivalesque in Fin de Siècle America
- The Wealth of Baseball and the Invisible Hand of Promise
- Charles Weeghman, William Wrigley, Jr., and the Ku Klux Klan in Jazz-Age Chicago
- The National Anthem, the Stars and Stripes, and Baseball

INSTRUCTOR

Johnny Moore is a professor emeritus of history at Radford University, where he taught many courses in American social history. He has frequently presented papers at the Baseball and American Culture Symposium, National Baseball Hall of Fame, Cooperstown, NY.



12. Writing Correctly: Which Rules Still Matter? And When?

Julie Mengert

Tuesdays, 11:00 - 12:30 2 weeks: Apr 9, 16

Warm Hearth Village Ctr, Woodland Studio

Limit: 15 Fee: \$25

People write all the time: emails, texts, grocery lists, etc. However, because most of the writing we do now is short and informal, a lot of the "rules" we learned in the past about grammatical correctness have seemingly disappeared. Is there still a place for grammar in our fast-paced, online world?

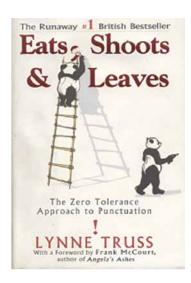
In this no-stress class, we'll take a situational approach to grammar and punctuation, examining how specific audiences and circumstances, together with larger generational changes in language, influence the choices writers make today. We'll also discuss key style issues, such as writing concisely and writing in active or passive voice.

RECOMMENDED TEXT

• Truss, Eats, Shoots & Leaves: The Zero *Tolerance Approach to* Punctuation (2003)

INSTRUCTOR

Julie Mengert has her Ph.D. in Rhetoric and Writing and has been teaching at Virginia Tech since 2001. Currently, she directs the University Writing Program.



13. Modern Experiences of Jews in the US

Moderator: Eric Hallerman

One session: Tuesday, Mar 5, 1:00 – 2:30 Warm Hearth Village Ctr, Tall Oaks Room

Fee: \$15

Jews have been part of the American experience from the beginning, though most trace their history to waves of migration from 1880-1920 and following World War II. Acceptance of Jews into mainstream American society has been uneven; while enjoying religious freedom, Jews also have been subject to exclusion and outright anti-Semitism that continues to this day. After a brief overview of Jewish history in America, the panel will share their experiences as Jews in modern America, and discussion will follow.

PANELISTS

Eric Hallerman, Linda Deemer, Al Kornhauser, and Rebecca Scheckler are long-term residents of the New River Valley and leading members of the Blacksburg Jewish Community



Center. Each will bring their own, unique outlook on the lived experience of being a Jew in America.

14. 25 Great American Nature Poems

Tom Gardner

Tuesdays, 1:00 - 2:30

6 weeks: Mar 5, 12, 19, 26, Apr 2, 9

CRC, Concept Rm, 1880 Pratt Dr, Suite 2018

Limit: 15 Fee: \$35

We'll read four or five lyrical pieces weekly by some of our greatest American writers—poets mostly. Reading a poem well involves slowing down, recreating an inner drama of thinking and feeling. Drawing on the varied experiences and perceptions represented in the class, we'll practice that skill. You'll be surprised how quickly you'll feel comfortable doing so.

We'll discuss skies, seas, mountains, birds, and storms, but also memory and perception, brokenness and wonder, transcendence, and God. Featured writers include Emily

Dickinson, Walt Whitman, Mary Oliver, Annie Dillard, and Elizabeth Bishop. Poems will be provided as email attachments or online links.

INSTRUCTOR

Tom Gardner is an emeritus professor of English at Virginia Tech. He writes about American poets and publishes his own



creative work, most of it focused on the woods and trails of the New River Valley.

15. What You Should Know About Al

Tim Lockridge

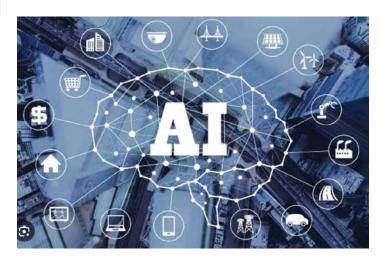
One session: Tuesday, Feb 27, 3:00 - 4:30

Zoom Unlimited Fee: \$15

What is a Large Language Model (LLM) Artificial Intelligence? How does it work, and what can it do for us? This standalone Zoom course will introduce you to AI chatbots like ChatGPT and Bard, offer a general overview of how they simulate human communication, and demonstrate some of their basic capabilities—from writing complaint letters to planning meals. We will also consider the cultural implications of these technologies, asking how they might displace workers, disrupt schooling, and challenge ethical norms. This session will focus on the technologies at a broad level-offering only a basic introduction-but you will leave with the confidence to experiment with AI in your own writing and daily tasks.

INSTRUCTOR

Tim Lockridge is an associate professor of English at Miami University in Oxford, Ohio. He is the author of Writing Workflows, a book about writing technologies, published in 2020 by the University of Michigan Press.



16. Grow Your Own Personal Cannabis

Margaret Marsille

Tuesdays, 3:00 - 4:30 3 weeks: Mar 12, 19, 26

CRC, Concept Rm, 1880 Pratt Dr, Suite 2018

Limit: 20 Fee: \$35

Growing cannabis in 2023 is not like growing marijuana in 1968. Learn how cannabis laws have changed in Virginia to allow adults over 21 to grow four plants for their personal use.

If you have ever grown tomato plants from seed, you can do this; if you haven't, pay close attention in class! We will discuss what type of cannabis to grow—Sativa vs Indica—and most importantly—inside or outside. We'll explore how to manage the stages of growth, fertilize, troubleshoot, and eliminate pests, and finally, how to harvest the crop.

INSTRUCTOR

Margaret Marsille is a lifelong gardener, former Master Gardener, and Master Naturalist. She has successfully grown her crop the past three years, both in greenhouse with supplemental heat and light, and outdoors. Margaret was voted "least likely to grow marijuana" at Elizabeth Seton high school in 1970.



17. Italian Cooking Experiences Section I

Claudia Levi

Wednesday, Feb 28, 9:30 - 12:00

Instructor's home

Limit: 8 Fee: \$15

Enjoy hands-on cooking at the instructor's home, where you will learn to prepare simple and classic Italian recipes and enjoy the food and the company at the end of the class.

On the menu:

- linguine al pesto (basil, garlic, EVOO, parmigiano, pine nuts)
- pennette alla boscaiola (tomatoes, carrots, peas, mushrooms, prosciutto cotto)
- Fennel and oranges salad or other seasonal salad
- · Affogato al caffe

Delicious and nutritious food does not have to be complicated to make or expensive to buy!

18. Italian Cooking Experiences Section II

Claudia Levi

Wednesday, Apr 10, 9:30 - 12:00

Instructor's home

Limit: 8 Fee: \$15

INSTRUCTOR

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



19. Great Decisions

Coordinator: Victoria Cochran

Wednesdays, 11:00 - 12:30

7 weeks: Feb 21, 28, Mar 13, 20, 27, Apr 3, 10, (skip Mar 6)

Zoom Unlimited Fee: \$35

Great Decisions is a community discussion program on world affairs. The Foreign Policy Association develops background information and policy options for selected critical issues facing America and provides text and videos for discussion groups across the country. Participants prepare for class by reading a 10-page overview for each topic in the Briefing Book. Each meeting begins with a 30-minute presentation summarizing information on the issues, followed by commentary from a local expert who facilitates discussion.

Briefing Book: available from https://www.fpa.org/great_ decisions/?act=gd_materials

E-book version available from online sellers.

Mideast Realignment

The United States and the Middle East are at a crossroads. Despite a reduced presence in the Middle East, the US still has significant national interests there, and the area is a key arena for global power politics. Can the US continue to defend its interests in the Middle East and globally with a lower level of military and political involvement, or should it recommit to a leading role in the region?

Resource person: William Ochsenwald, emeritus professor of history, Virginia Tech

Continued on next page

Climate Technology and Competition

Will the United States and China, with other powerful countries following suit, approach current and future climate initiatives with an increased commitment to trade protectionism and nationalism, by various measures including trade restrictions? Or could a growing spirit of international accord develop to confront the "common enemy" of climate change?

Resource person: Carol Franco, senior research associate, Department of Forest Resources and Environmental Conservation, Virginia Tech

Science Across Borders

Scientific advances benefit from collaboration between researchers, but what happens when material, such as Artificial Intelligence (AI) is controversial and important to a nation's national security? Is there a middle ground between sharing information and denying access? How can we regulate cooperation?

Resource person: Jimmy Ivory, professor of English, Virginia Tech

US-China Trade Rivalry

China's economic rise and its current policies of increasing the role of the state in the economy have led some US policymakers to seek to deny China access to US technology and investment. This is seen as a necessary corrective to decades of predatory Chinese economic policies. Is this a wise strategy, and how effective can it be?

Resource person: TBD

NATO's future

Since the Russian invasion of Ukraine in February 2022, the North Atlantic Treaty Organization (NATO) has come under increased scrutiny, not because NATO troops are involved in the conflict, but because of its role in relations between Russia and its neighbors. Will expanding membership in NATO protect countries, or will it further provoke Russia?

Resource person: Ken Yalowitz, retired diplomat and ambassador

Understanding Indonesia

Despite its large size, Indonesia remains virtually invisible to most Americans. But as one of the world's largest democracies, the world's largest Muslim-majority nation, and as an economic driver of ASEAN, why does it fly below the radar? What are current issues in US-Indonesian relations, and what role can the country play in Asia?

Resource person: Paige Tan, professor of political science, Radford University

Pandemic Preparedness

In terms of domestic and international policies, there are many lessons to take away from the COVID-19 pandemic. Although this pandemic seems to have waned, how can we apply these lessons to future pandemics? Will countries cooperate, and will a consensus emerge on how to manage global health challenges?

Resource person: Julia Gerdes, assistant professor, English Department, Virginia Tech

20. Ukulele Chord Melody for the Beginner

Derry Hutt

Wednesdays, 1:00 - 2:30

5 weeks: Feb 21, 28, Mar 6, 13, 20

CRC, Curiosity Rm, 1900 Kraft Dr, Suite 1000

Limit: 15 Fee: \$35

Have you been strumming chords for some time now? Are you ready to play a song that can be identified without a vocalist? Chord melody combines single notes with chords to give that solo instrumentalist sound. In this beginner level class, you will learn this technique and perhaps a little more.

A working ukulele with (GCEA) tuning, a clip-on tuner, a pencil and a smile are required. Familiarity with chords C, F, G7, Dm, and Em will be very helpful.

So dust off that case, Uke can do this.

INSTRUCTORS

Derry Hutt has sung and played instruments since her feet hit the ground. The ukulele has become a favorite for its accessibility, versatility and fun name.

21. The Appalachian Trail: A Local Gem

Coordinator: Janet Rankin

Wednesdays, 1:00 - 2:30

7 weeks: Mar 6, 13, 20, 27, Apr 3, 10, 17 CRC, Concept Rm, 1880 Pratt Dr, Suite 2018

Limit: 32 Fee: \$35

We are fortunate to live near a recreational, environmental treasure, the Appalachian Trail. In this course, participants will learn about its history, geology, animal and plant life, and management. They will explore how users engage with the trail and how visitors can participate in its conservation. Special emphasis will be placed on the hiking and backpacking opportunities found in the Virginia portion of this scenic footpath. The series will be of interest to seasoned hikers, but also to those who have never visited the trail.

CLASS SESSIONS

March 6. 100 Years of the Appalachian Trail in Virginia

Diana Christopulos is the archivist of the Roanoke Appalachian Trail Club, an association of volunteers who preserve and improve the AT. She has special knowledge of current issues affecting our local portion of the AT.

March 13. The Appalachian Trail Underfoot: Geology and Geography of the Trail in Virginia

Stewart Scales is an advanced instructor in Virginia Tech's department of geography. He teaches classes on Virginia's geology and biogeography for the New River and Roanoke Valley chapters of the Virginia Master Naturalist Program.

March 20. Animal Diversity of the Virginia Appalachian Trail

M. Kevin Hamed is a collegiate associate professor in the department of Wildlife Conservation and Collection Curation. He is also a Certified Wildlife Biologist® in the Department of Fish and Wildlife Conservation, Virginia Tech.

March 27. Reflections from Section-Hiking: The Science of **Sustainable Visitor Use Management**

Jeff Marion is an adjunct professor in Virginia Tech's Forest Resources and Environmental Conservation department. He is a recreational ecologist who uses technology to assess trail use and impact of visitors.

Continued on next page



April 3. Appalachian Forest Ecology: Why the Heck Do **Those Trees Always Grow There?**

John Seiler is an Alumni Distinguished Professor and tree physiology specialist in the Department of Forest Resources and Environmental Conservation at Virginia Tech. He has led a team in the development of tools to assist students around the world with tree identification.

April 10. Practical Tips on Using the Appalachian Trail by **Experienced Hikers/Backpackers**

Peter Schmitthenner, an associate professor in the Department of Religion and Culture at Virginia Tech, is an experienced hiker and backpacker on the trail. He can provide tips and practical advice for those who want to explore it, especially in local areas.

Roger Harris, former department head of horticulture at Virginia Tech, often hikes with his dog (and often Pete Schmitthenner). He will share his experience with the community of through hikers and discuss personal benefits derived from hiking the Appalachian Trail.

April 17. Call to Action: Become Engaged in Maintaining or **Protecting the Appalachian Trail**

Christina McIntyre, director of professional development at the Honors College at Virginia Tech, serves as the faculty advisor of the Outdoor Club at Virginia Tech, an AT trail maintaining club.

Kathryn Hearndon-Powell, central Virginia regional manager for the Appalachian Trail Conservancy, helps coordinate volunteer engagement opportunities for citizens to maintain and conserve the trail.

22. Appreciating Southern Italian Wines

Randall Horst

Wednesdays, 3:00 - 5:00

6 weeks: Feb 21, 28, Mar 6, 13, 20, 27 Vintage Cellar, 1338 S. Main St, Blacksburg Limit: 30 (class repeats on Mondays, Course #7)

Fee: \$35

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

Southern Italian wines, including those produced in Tuscany, will be featured in this class.

Italian wine heritage began in the South and included many excellent wines, some of them unknown to most Americans. Varieties featured in this class include Aglianico, Sangiovese, and Montipulciano.

INSTRUCTOR

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

23. Mozart's The Marriage of Figaro: Musical History and **Performance**

Coordinator, Larry Wyatt

2 weeks: Wednesdays, Feb 28, 3:00 - 4:00, Warm Hearth

Village Ctr, Tall Oaks Room

Mar 6, 5:00 – 6:00, Cube, Moss Arts Ctr, 190 Alumni Mall

Limit: 50 Fee: \$25

Get ready for Opera Roanoke's production of Mozart's *The* Marriage of Figaro at the Moss Center on Friday, March 8. This two-part series explores the opera's musical highlights and the staging of the upcoming production. The final panel discussion, led by Opera Roanoke's Artistic Director Steven White, will be held just before the final dress rehearsal: participants will be invited to observe all or part of this rehearsal. The class will help you understand why Figaro is considered "one of the greatest of all operatic treasures" and why this performance has been described as a "gorgeous and witty fully-staged production."

February 28: The Marriage of Figaro: History and Highlights

Presenter: Christopher Campo-Bowen, assistant professor of musicology, Virginia Tech's School of Performing Arts.

March 6: Inside Opera Roanoke's Moss Center Production of The Marriage of Figaro.

Panelists: Steven White, Artistic Director of Opera Roanoke; **Dean Anthony, Stage Director for the production; Tlaloc** Lopez-Watermann, Lighting Designer.

Course finale: Optional attendance at the Moss production of the opera, Friday, March 8 at 7:30 p.m. Participants should purchase their own tickets.

24. Read Local: Matthew Vollmer's All of Us Together in the End

Facilitator: Ellen Woodall, Blacksburg Books

Wednesdays, 3:00 - 4:30

3 weeks: Apr 3, 17, 24 (skip Apr 10)

CRC, Curiosity Rm, 1900 Kraft Dr, Suite 1000

Limit: 15 Fee: \$35

Read Local is an author-engaged book discussion group. Participants meet the author on the first day and learn about the book's origins. Afterwards, they meet to discuss it independently, developing questions and ideas. The author attends the third class, where these notes become prompts for a final conversation. Matthew Vollmer's memoir All of Us *Together in the End* is our first Read Local selection. With its recognizable Blacksburg settings, its COVID-era timeline, and its memories of the 2007 shootings, it is in many ways our own story—a story about loss, grief, and transformation. Plus mysterious lights . . .

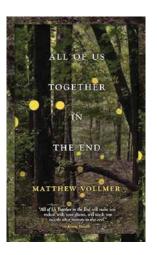
ABOUT THE AUTHOR

Matthew Vollmer directs the Creative Writing Programs at Virginia Tech. He has published two short-story collections and three collections of essays. His work has appeared in such venues as Paris Review, Oxford American, the Pushcart Prize anthology, and Best American Essays.

TEXT

Vollmer, All of Us Together in the End (2023). The book may be

ordered in advance or purchased in class on the first day.



25. Global Change IX Invasive Species: Consequences and Possible Remediation

Coordinators: Don Mullins, Anne McNabb

Thursdays, 9:00 - 10:30

6 weeks: Feb 22, 29, Mar 7, 14, 21, 28

Zoom Unlimited Fee: \$35

Climate changes caused by global warming are currently enhancing the movements of many invasive species into new environments. There they often outcompete native species because they may not be subject to predators or other natural controls in this new ecosystem. The course will describe some examples of the interactions of these invasive species with the native species and environments they are invading.

CLASS SESSIONS

February 22. Invasive Plants are Taking Over the World: Wildfires, Lyme Disease, and Sick Birds

Jacob Barney, School of Plant and Environmental Sciences, Virginia Tech

February 29. The Alarm is Sounding, But Are We Listening to the Bullfrogs? Acoustic Data and the Detection of **Invasive Species**

Grace O'Malley, Joe Drake, and Meryl Mims, Department of Biological Sciences, Virginia Tech

March 7. Invasive Disease-Carrying Mosquitoes: Is Their Sweet Tooth a Key to Their Control?

Chloe Lahondere, Department of Biochemistry, Virginia Tech

March 14. Managing Big Bad Invasive Forest Pests is Complicated: What Does Success Look Like?

Scott Salom, Department of Entomology, Virginia Tech

March 21. The Cascading Ecological Impacts and Management of an Invasive Snake on a Tropical Island

Haldre Rogers, Department of Fish and Wildlife Conservation, Virginia Tech

March 28. Encouraging the Stewardship of Healthy Landscapes

Michael Sorice, Department of Forest Resources **Environmental Conservation**

26. Effective Giving to Do the Most Good

Diego Troya

Thursdays, 9:00 - 10:30 3 weeks: Feb 22, 29, Mar 7

CRC, Concept Rm, 1880 Pratt Dr, Suite 2018

Limit: 20 Fee: \$35

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

This course will challenge participants to expand their circle of concern beyond families, friends, and neighbors to include those who live in less affluent societies. Participants will also help the instructor choose an effective organization for a cash donation of his own money.

INSTRUCTORS

Diego Troya, a faculty member in the Virginia Tech chemistry department, has been interested in helping others since settling in the New River Valley almost 20 years ago. In recent years, he has been committed to the effective altruism movement to have the most impact on human lives with his contributions.

27. LLI Film Forum: 21st-Century Science Fiction Movies

Phil Harris

Thursdays, 11:00 - 12:30

5 weeks: Feb 29, Mar 7, 14, 21, 28

CRC, Curiosity Rm, 1900 Kraft Dr, Suite 1000

Limit: 15 Fee: \$35

Science-fiction movies began in the silent film era with the thirteen-minute, A Trip to the Moon (1902, Georges Méliès). Over the decades, the popularity of these movies has increased dramatically until today they constitute one of the largest segments of video entertainment in the world. This course will review the history of science-fiction films during the first class and discuss one of the 21st-century examples in each of the next four weeks:

- The Martian (2015, Ridley Scott)
- WALL-E (2008, Andrew Stanton)
- Interstellar (2014, Christopher Nolan)
- Arrival (2016, Denis Villeneuve)

Streaming information on request: PhilFire10@gmail.com

INSTRUCTOR

Phil Harris has been an avid fan of science-fiction movies his entire life. He appreciates science-fiction both as entertainment and as a genre that influences society and science. He is a retired attorney who practiced in Washington, D.C. and Chicago.









28. Threats to Democracy: Right-Wing Populism and **Authoritarianism**

Iim Bohland

Thursdays, 1:00 - 2:30 4 weeks: Feb 29, Mar 7, 14, 21

CRC, Concept Rm, 1880 Pratt Dr, Suite 2018

Limit: 32

Fee: \$35

We will examine the rise of right-wing populism and authoritarianism in the world and explore the attributes and causes of this trend globally. We will delve into the question of whether current trends represent a threat to liberal democracies here and abroad.

INSTRUCTOR

Jim Bohland is an emeritus professor in the School of Public and International Affairs, Virginia Tech. He has offered short courses on populism and authoritarianism as well as authored several publications on the topic.

29. Remarkable Women You Should Know

Coordinator: Molly McClintock

Thursdays, 1:00 - 2:30 3 weeks: Mar 28, Apr 4, 11

CRC, Concept Rm, 1880 Pratt Dr, Suite 2018

Limit: 32 Fee: \$35

Each of nine local women will introduce you to one remarkable woman from history. Come meet women you'll enjoy knowing as you learn about their exceptional lives. Subjects include an early geologist, "America's most-read

woman," an herbalist, and the first female fighter pilot. You'll also meet an inventor, a suffragist, a chemist, and a sci-fi novelist writing in the early days of the genre.

PRESENTERS

Sherry Perdue, Anne McClung, Gunin Kiran, Beth McClellan, Victoria Taylor, Carolyn Rude, Jean Elliott, Karen Jones, and Molly McClintock

30. Circumnavigating Africa

Rocky Roland

Thursdays, 3:00 - 4:30

5 weeks: Mar 21, 28, Apr 4, 11, 18

Zoom Unlimited Fee: \$35

Travel vicariously with Rocky Roland on a 71-day cruise around Africa. He'll discuss long-duration cruising, crossing the Atlantic, and the many ports of call along the coast of Africa. Learn about the diverse historical development of the regions of Africa; the cultural heritages evidenced in art, clothing, and food; and especially the impact of imperialism and the slave trade on nearly every country visited.

INSTRUCTOR

Rocky Roland and his wife Ginny are avid cruisers, having taken more than ten, including three long-duration cruises. Their passion for travel was fueled by their experiences living overseas while Rocky was a pilot in the USAF. They have lived and worked in Germany, Thailand, Korea, and China. Rocky has now traveled to 112 countries and counting.



31. Financial Strategies for Retirees

Chris French, Michael Canestrari, Bettye Ackerman

Thursdays, 6:30 - 8:00 p.m. 4 weeks: Feb 29, Mar 7, 14, 21

Zoom Limit: 25 Fee: \$35



Investing seems to conjure images of fast, algorithmdriven trading—a world where individual investors are hopelessly out of depth. We focus on explaining the

principles of long-term financial planning, wealth accumulation, management, and preservation and estate planning principles. Individuals can take control of their financial futures, and we introduce the concepts and tools to enable them.

CLASS SESSIONS

- Advanced Planning: financial projections; selecting financial professionals
- Risk and Return: asset classes; equities; fixed-income; alternates
- Investment Models: hidden costs of investing; account selection
- Estate Planning (with Bettye Ackerman): protecting and transferring your wealth

INSTRUCTOR

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

Michael Canestrari is a financial advisor with Plott & French.

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

Friday Courses

32. Cooking Fusion Foods Inspired by the Silk Road

Anne McNabb

Fridays

2 weeks: Mar 15, 9:00 -10:30, Zoom Mar 22, 9:00 - 1:30, Instructor's home

Limit: 12 Fee: \$35

The Silk Road, stretching from the far east to eastern Europe and the Middle East, facilitated the distribution of new products and the incorporation of new ingredients into some traditional dishes across national borders. In an introductory Zoom class, we will discuss notable examples of this historical process and introduce the recipes we'll cook the following week. Then we will meet at the instructor's home for a morning of cooking followed by a multi-course lunch. The menu will include examples of Silk Road-influenced fusion foods of countries such as China, India, Azerbaijan, and Uzbekistan.

INSTRUCTOR

Anne McNabb is professor emerita of biological sciences and associate dean of the Graduate School at Virginia Tech. She also is an avid cook who has taught Chinese and Moroccan cooking classes for LLI; she is particularly interested in international cuisines.



33. Watercolor Open Studio

Jesi Pace-Berkeley

Fridays, 10:00 - 12:00 5 weeks: Mar 1, 8, 15, 22, 29

Blacksburg Community Ctr, Community Rm

Limit: 15 Fee: \$35

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

LLI's Open Studio Watercolor Class is a place for everyone and every skill level, where you learn to let the water do the work for you.

Students will work at various skill levels with a weekly design and art element focus. Class will likely include figures, still life, outdoor scenes, and photos. More advanced students will be partnered with beginning students in class activities that involve networking, peer tutoring, and critique. Individual and beginning level pull-out sessions will address specific instructions, as needed.

INSTRUCTOR

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



34. Memoir and Essay Writing

Richard Gilbert

Fridays, 11:00 – 12:30

5 weeks: Feb 16, 23, Mar 1, 8, 22 (skip Mar 15) CRC, Concept Rm, 1880 Pratt Dr, Suite 2018

Limit: 15 Fee: \$35

Memoirs, essays, and nonfiction narratives fill journals, get featured in the New York Times, and become bestsellers. Countless people share life stories with their families.

Personal nonfiction aims to be honest about events, circumstances, and the self. The creativity and delight come in words spoken from the heart, in dramatized scenes, in pleasing structure. In this class, students read classic and innovative works, draft their own, and share in small groups. The instructor provides writing prompts and more feedback.

Based on the collaborative peer workshop model, the class brings maximum support and brainpower to the writer. A desire to read, write, and discuss are the only prerequisites!

TOPICS:

- How to engage readers
- Self-editing and revising
- Reading insightfully

INSTRUCTOR

Richard Gilbert is a freelance editor of personal and narrative nonfiction. He's author of Shepherd: A Memoir, a finalist for the Ohioana Book Award, about his family's decade-long farming adventure in Appalachian Ohio. His essay "Animals Saved Me" won Hunger Mountain's Creative Nonfiction Prize.

35. The American Civil War: Causes, Course, and Consequences

Coordinator: Paul Quigley

Fridays, 11:00 - 12:00

6 weeks: Feb 23, Mar 1, 8, 15, 22, 29 Warm Hearth Village Center, Tall Oaks Rm

Limit: 50 Fee: \$35



This course will explore the causes, course, and consequences of the Civil War, addressing such questions as why disputes over slavery led to conflict; what motivated individuals to take part; how military tactics evolved; how Lincoln's 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 US over the last 150 years. The course is organized by the Virginia Center for Civil War Studies at Virginia Tech and presented by a team of local historians and Virginia Tech faculty.

TOPICS:

- February 23. Causes (Paul Quigley)
- March 1. Military Affairs (Paul Quigley)
- March 8. The Homefront (Taulby Edmondson)
- March 15. The War in Southwest Virginia (April Martin)
- March 22. African American Experiences (Dan Thorp)
- March 29. Consequences (Melinda Miller)

INSTRUCTORS

Paul Quigley, director of the Virginia Center for Civil War Studies, Virginia Tech

Taulby Edmondson, instructor, Department of Religion and Culture, Virginia Tech

Dan Thorp, associate professor of history, Virginia Tech.

April Martin, director of Wilderness Road Regional Museum

Melinda Miller, assistant professor of economics, core faculty, Kellogg Center for Philosophy, Politics, and Economics, Virginia Tech

36. Knit Along with LLI: Isabell Kraemer's "Cloudesley" Pullover

Diana George, Kaye Graham, Nancy Metz

Fridays, 1:00 - 2:30

7 weeks: Feb 23, Mar 1, 8, 22, 29, Apr 5, 12, (skip Mar 15)

Instructor's home, Blacksburg

Limit: 10 Fee: \$35



Enjoy informal gatherings in a Blacksburg home with time to knit and get acquainted. Intermediate knitters will make a woman's modified V-neck pullover, in stages and with mutual support. The sweater is a top-down seamless knit with a textured pattern at the front hem and center back. The pattern received a 4.8 (out of 5) rating on Ravelry where, in posted photos from over a thousand projects, it

looked good on all body types.

Please acquire pattern and materials as soon as your registration is confirmed:

https://www.ravelry.com/patterns/library/cloudesley

Knit a gauge swatch and adjust needles, if necessary, before the first class.

Questions? nancy.metz@vt.edu

INSTRUCTOR

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

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

Nancy Metz learned to knit from a neighbor at the age of eight. Since then, she has made most of the mistakes it is possible to make but still delights in the pleasures of this ancient and beautiful craft.

Out & About Field Trips

37. On-Farm Conservation Sheep Management: **Raising Rare Breed Sheep**

Thursday, April 4, 10:00 -12:00

Sunrise Valley Farm, Montgomery County

Limit: 20 Fee: \$15

During this farm visit, you will learn the importance of raising conservation breeds and how to keep a 100-year-old breed relevant in 2023. Our hosts will discuss the Romeldale CVM breed's history, raising sheep and lambs, and using their products from wool to milk. You will be hands-on with the

new lambs, try working with the fiber (carding and spinning), and learn more about this friendly, productive, and rare sheep.

Gail and Harry Groot have 40+ years of experience in small ruminant and poultry management on their Montgomery County farm, which is dedicated to long-term sustainable stewardship of all its facets. They have been vendors at the Blacksburg Farmers Market for 9 years selling "All Things Sheep."

38. A Walk With Wildflowers

Tuesday, April 16, 1:00 - 3:00

Falls Ridge Preserve

Limit: 15 Fee: \$15

We'll walk at Falls Ridge Preserve in the Ellett Valley, to an area of travertine cliffs with a waterfall. At the base of the cliffs, large swaths of trillium grandiflorum and other spring wildflowers grow. Those who wish can take short, steep trails to see additional flowers. A few spring migrant birds may be heard.

John Ogburn

has studied and photographed wildflowers all his life. He and Amy Ogburn have traveled widely to observe the native flora.



39. Poplar Forest

Thursday, April 18

Depart Blacksburg Community Center at 10:00 a.m. Estimated return at 5:30 p.m.

Limit: 20

Fee: \$40 includes transportation and guided tour. Lunch at Liberty Station is extra.

Travel to Poplar Forest for a unique and inspiring experience. Explore Jefferson's retreat house, his private sanctuary, considered by some as his most perfectly executed architectural work. Learn about the lives and experiences of those who lived in the plantation's enslaved community.

Lunch will be at Olde Liberty Station in Bedford, a former railroad station and historic landmark.

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. Tour minimum is 15.



40. Blacksburg Interfaith Food Pantry Tour

Friday, April 19, 9:00 - 10:30

706 Harding Ave.

Limit: 25 Fee: \$15

Join Sandy Hagman on a tour of the pantry to see how they process donations and distribute food to nearly 300 families monthly. The pantry, under the umbrella of New River Community Action, has relied on the faith community and other volunteers for 35 years.

Sandy Hagman serves on the pantry's advisory board. She is responsible for its social media outreach and monthly newsletter and serves as a volunteer on her church team.



41. Behind the Scenes Tour of Robotic-Assisted Surgery

Healthy Dialogues with LewisGale Hospital Montgomery

Tuesday, April 23, 3:00-4:30

times, and less postoperative pain.

LewisGale Hospital Montgomery, 3700 S. Main St, Blacksburg

Limit: 20 Fee: \$15

Robotic-assisted surgeries have become increasingly popular in the field of medicine. They allow surgeons to perform complex and delicate procedures with greater control, precision, and accuracy, leading to more successful surgeries and potentially better outcomes. Patients undergoing robotic-assisted surgeries typically experience shorter hospital stays, faster recovery

Robotic-assisted surgery is now available in the New River Valley at LewisGale Hospital Montgomery. Meet surgeons Bruce Byrd and Jason Fowlkes who regularly perform roboticassisted surgeries for a variety of conditions and see how they use this amazing new tool for patient care.





42. New River Raft Trip and Palisades Dinner

Wednesday, May 1, noon - 7:30 (rain date May 8)

Eggleston; transportation provided. Meet at Blacksburg Community Center

Limit: 12

Fee: \$30 for rafting and dinner on your own

Join friends for a 2-3 hour gentle raft float along the beautiful New River in Giles County. Afterward, the group will travel to the Palisades Restaurant for "Southern hospitality and sophisticated cuisine." This trip is not recommended for those with mobility issues.

Connor Russell is the outdoor event supervisor for Blacksburg Parks and Recreation. Connor is a graduate of Radford University with six years' experience leading outdoor programs.

Trip coordination is provided by Blacksburg Parks and Recreation. If your registration is confirmed with LLI, you will be sent payment instructions. Your participation is not guaranteed unless and until you make payment to the trip coordinator and complete a waiver form.



43. Hahn Horticulture Garden: History, Future Vision, and **Walking Tour**

Monday, May 6, 1:00 - 2:30 (rain date May 13) Hahn Horticulture Garden, Virginia Tech campus

Limit: 15 Fee: \$15

Director Scott Douglas will discuss the garden's development over its 39-year history and the long-range vision for its future. After the lecture, Scott will lead a walking tour through the garden highlighting the different garden spaces and interesting plants along the way.

A landscape architect by trade, Scott became the director of the Hahn Horticulture Garden in August of 2017 and has led the design of a long-range vision for the Garden.



Free Lectures and Special Events

Register for as many as you plan to attend; these six free programs are offered as a member benefit. (Warm Hearth residents do not need to register for events held at Warm Hearth Village Center).

44. Untangling the 2024 Presidential Nomination

Tuesday, Feb 20, 3:00 - 4:30

Warm Hearth Village Center, Tall Oaks Room

Limit: 50

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 2024, with numerous Republicans competing to emerge as a realistic challenger to former President Donald Trump. On the Democratic side, the party overhauled the calendar, but President Biden 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 2024 nomination.

Caitlin Jewitt is an associate professor of political science at Virginia Tech. Her 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.

45. Reactive Balance Training for Fall Prevention

Monday, Mar 11, 11:00 - 12:00

Warm Hearth Village Center, Tall Oaks Room

Limit: 50

This lecture will discuss current research on the efficacy of reactive balance training as an exercise for fall prevention. Reactive balance training aims to improve how individuals react to trips or slips while walking - stumbles known to be major contributors to falls. The lecture will also be a chance for LLI members to learn about future balance studies and to express interest in participation. This research is conducted by the Madigan Biomechanics Group at Virginia Tech. Lab email: madbiogroup@gmail.com.

Michael Madigan is a professor in the Grado Department of Industrial and Systems Engineering at Virginia Tech. He has been studying human balance and fall prevention for over 20 years.

Youngjae Lee is a PhD student in the Grado Department of Industrial and Systems Engineering at Virginia Tech. His dissertation research aims to develop an effective training program to reduce the risk of trip-induced falls among older adults.

Michelle Morris is currently a master's student in the Grado Department of Industrial and Systems Engineering at Virginia Tech. Her thesis focuses on measuring reactive balance after slips.

46. Conserving Wild Birds: Meet the Raptors

Friday, Mar 15, 3:00 - 4:30

Warm Hearth Village Center, Tall Oaks Room

Limit: 50

How do vultures help stop the spread of rabies? What does your morning cup of coffee have to do with bird conservation? What bird eats wasps and fire ants? We will answer these questions and more as we explore the importance of birds, especially raptors, in healthy ecosystems. Join Katie Fallon for a fun, interactive presentation featuring several non-releasable birds of prey that live under the care of the Avian Conservation Center of Appalachia, based near Morgantown, West Virginia.

Katie Fallon is a writer, educator, and naturalist. She is executive director of the Avian Conservation Center of Appalachia, a nonprofit dedicated to conserving the region's wild birds, and the author of two nonfiction books as well as two books for children. She writes a regular column for Bird Watcher's Digest. Katie's first word was "bird."

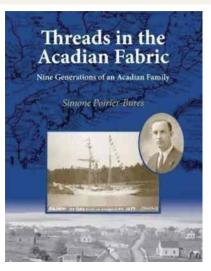


47. Who Were the Acadians?

Tuesday, Apr 9, 10:00 - 11:00

Warm Hearth Village Center, Tall Oaks Room

Limit: 50



Who were the Acadians and where did they live? Are the "Cajuns" the same as "Acadians"? How did the battle for empire between the French and English affect early settlements in Nova Scotia? How did the Acadians get caught in the middle and suffer mass deportations? Simone Poirier-Bures is a ninth-generation Acadian from Nova Scotia who has published three books of fiction and nonfiction on Acadian themes. Her most recent book, Threads in the Acadian Fabric, has been described as "part history, part biography and part memoir ... a fascinating, moving, and informative read."

Simone Poirier-Bures, is a retired member of Virginia Tech's English Department. She is the author of four books. Her memoir of Crete, That Shining Place, won the 1996 Evelyn Richardson Award. Her essays and stories have appeared in dozens of literary magazines and anthologies in Canada, the United States, England, and Australia.

48. Advance Directives: Documenting Your Wishes for **End-of-Life Care**

Healthy Dialogues with LewisGale Hospital Montgomery

Monday, Apr 15, 2:00 - 3:00

Warm Hearth Village Center, Tall Oaks Room

Limit: 50

End-of-life care can be filled with urgent critical medical decisions and no good answers. A well-thought-out and communicated advance medical directive conveys your wishes to both medical professionals and to family members. During this session you will learn about the types of advance medical directives. Tools will be provided for learners to take home with them.

Beth Scott is the director of case management at LewisGale Montgomery and LewisGale Pulaski. She started her career as a social worker in hospital case management. She has been in case management for 29 years and now directs a team of RN case managers, social workers, and a palliative care nurse.



49. Music in Context: Alex Ross on Wagnerism and More

Co-presented by the Moss Arts Center

Friday, April 26, 6:30-7:00

Cube, Moss Arts Center, 190 Alumni Mall

Limit: 40

From musical leitmotifs to an entirely new kind of theatre, composer Richard Wagner's deep impact on Western culture persists today. Modern art, politics, literature – no one seems to be able to escape the influence of this controversial figure. Directly preceding the Bamberg Symphony's performance, join New Yorker music critic Alex Ross for an invigorating discussion of the history and cultural context of Wagner's works featured in the program.

Alex Ross has been the music critic of *The New Yorker* since 1996. He is the author of the books *The Rest Is Noise: Listening* to the Twentieth Century, Listen to This, and Wagnerism: Art and Politics in the Shadow of Music. In 2008 he received a MacArthur Fellowship.



Free Zoom Webinars

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

50. American Prometheus: Robert Oppenheimer

Friday, Feb 23, 1:30 - 3:00 **Enrollment Unlimited**



J. Robert Oppenheimer, 1944 U.S. Department of Energy

A brilliant and charismatic physicist, J. Robert Oppenheimer became one of America's best-known scientists for leading the effort to create the atomic bomb at Los Alamos. Oppenheimer soon became a highly controversial figure, caught up in the politics of nuclear weapons policy in the 1940s and 50s. This talk will discuss the career

and personality of this fascinating but flawed individual, changes in his reputation over time, and the recent film about Oppenheimer.

Dan Sherman is a retired economist who has taught many courses to adult learning groups on a broad range of topics, including film, theatre, music, and mathematics.

51. Zero-Waste Choices in a Single Use World

Friday, Mar 15, 1:30 - 2:30 **Enrollment Unlimited**

Zero Waste - is that even possible in a world designed for disposability? While our forefathers and mothers produced mostly biodegradable or recyclable waste, in the last century, we've figured out countless ingenious ways to make stuff that is designed to be used for a very short period of time – but that lasts more or less FOREVER.

Come join **Carol Davis**, the Sustainability Manager for the Town of Blacksburg, who will walk participants through her personal journey: investigating the most common contributors to her own trash (and recycling) streams and how she found low- or zero-waste alternatives for those items. While her zerowaste journey is never finished, she has achieved a massive reduction in her overall waste profile - making her happier and healthier along the way!



52. Navigating the Fraught Landscape of NIL in College Athletics

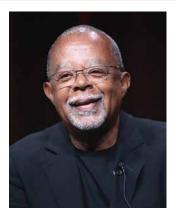
Friday, Mar 29, 1:30 - 3:00 **Enrollment Unlimited**

In a few short years, NIL (Name, Image, Likeness) has transformed college athletics. To date, 450,000 athletes have made money from their personal brand. More than \$1 billion is projected to be spent on NIL in 2023-24. Institutions are expected to keep these activities and payments at arm's length - NIL deals cannot be used as an incentive for recruitment, for example. Everyone is trying to figure this out. But we already know that the money is big, and NIL is here to stay.

Join us for a talk by **Derek Gwinn**, compliance officer for the Virginia Tech Hokies, as he walks us through this complicated, shifting, and highly competitive NIL landscape. He'll help us understand the basics - what is NIL? How does it work? How much is a typical NIL contract and what do students typically agree to do? How do coaches and institutions feel about this tectonic shift? What have been the risks and benefits during these first few years of implementation? What is Virginia Tech doing to educate athletes and to connect NIL opportunities to important institutional values?

53. A Conversation with Henry Louis Gates, Jr.

Friday, Apr 5, 1:30 - 3:00 **Enrollment Unlimited**



Join us for a conversation with the preeminent filmmaker, literary scholar, journalist, cultural critic, and institution builder, Henry Louis Gates, Jr. Professor Gates has published numerous books and produced and hosted an array of documentary films. The Black Church (PBS) and Frederick Douglass: In Five Speeches (HBO), which he executive

produced; each received Emmy nominations. His latest project with Andrew Curran explored the "invention of race" in the 18th century. Who's Black and Why? publishes essays from the 1739 Bordeaux Royal Academy of Sciences for the first time, shedding light on the theories, inventions, and fantasies that led to categorization of people into racial groups. Finding Your Roots, Gates's groundbreaking series on genealogy and genetics, returned for its tenth season in January.

If you had one question to ask this very special guest, what would it be? We'll gather your questions and spend a lively hour and a half in a wide-ranging conversation.

Henry Louis Gates Jr. is the Alphonse Fletcher University Professor and Director of the Hutching Center for African and African American Research at Harvard University.

54. The Mongol Derby - Anything Can (and Will) Happen

Friday, Apr 19, 1:30 - 3:00 **Enrollment Unlimited**

The Mongol Derby has been touted as the longest and hardest horse race in the world. A 1,000 km (621 mile) race on semiferal ponies across the Mongolian steppe, the Derby is not for the faint of heart. Our speaker shares her compelling personal story, reflecting on her decision to ride in the race, the lengthy preparation it took to get there, and the unbelievable outcome for her. She will also talk about the beauty of Mongolia, its people, and their relationship to the animals that live on the steppe.

Rebecca Hester is an associate professor in the Department of Science, Technology and Society and the associate director of education at the Center for Refugee, Migrant and Displacement Studies at Virginia Tech. She has been riding (and falling off) horses since she was five.



Registration Information

Spring 2024 Registration

There are three ways to register this spring beginning at 10:00 a.m., Tuesday, January 30

- 1. Online with a credit card ***best option***
- 2. On the phone using a credit card
- 3. Walk-in registration at Continuing and Professional Education office during regular business hours.

Note: There will be no MAIL-IN REGISTRATION; please call or drop by the office.

ONLINE REGISTRATION

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

NEED HELP?

Please contact CPE

Registration at 540-231-5182.

Online registration opens Tuesday, January 30 at 10:00 a.m.

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

1. Login page:

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

PHONE REGISTRATION. You may register by phone beginning at 10:00 a.m. on January 30. Please call 540-231-5182. You will need to give your credit card information to the registrar.

MAIL-IN REGISTRATION. There is no mail-in registration available. Please phone or drop off your registration at the office.

WALK-IN REGISTRATION. You may register in person at the Continuing and Professional Education office, 1900 Kraft Drive, Suite 1100, from 9:00 – 5:00 beginning January 30.

Fees and Policies

FFFS

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

LLI courses are \$35 per course for classes of three or more sessions and \$25 for courses of two sessions. One-session classes are \$15. Some courses require an additional materials fee or purchase of a textbook or supplies. Additional fees or costs are noted in the course description. Special events are free to members.

FEE WAIVERS

The Lifelong Learning Institute is committed to accessible and affordable educational opportunities for NRV residents. Requests for fee waivers should be addressed to the LLI Program Coordinator, phone 540-231-1725. All requests are confidential.

COURSE WAIT LISTS

If a desired course is full, you will have the opportunity to add your name to a wait list at the end of the registration process. You may also call the CPE Registrar (540-231-5182) to put your name on the wait list. If an opening occurs, wait listed members will be contacted in order.

GUESTS

LLI courses are intended for LLI members and official partner organizations only. LLI students are not permitted to share Zoom access links for courses or special events with any unregistered person.

TO ADD A COURSE

If you are already registered for the term and wish to add another course, please contact the CPE Registrar at 540-231-5182 or <u>cpeinfo@vt.edu</u> for assistance. If the course is not full, it may be added to your schedule.

TO DROP A COURSE OR EVENT

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

REFUNDS

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

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

SCHEDULE CHANGES

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

MAKEUP CLASSES

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

ACCOMMODATIONS

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

Volunteer Information

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.

TFACHING

We welcome your suggestions for courses, lectures, and programs. Send your ideas directly to the Program Committee's Co-Chairs, Molly McClintock (mollymcclintock235@gmail.com) and Nancy Metz (nancy.metz@vt.edu). We also invite you to teach a course in an area of your own expertise. Proposal and Event forms are available on the LLI website.

INSTRUCTIONAL SUPPORT: CLASS ASSISTANTS

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

COMMITTEE WORK

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

OCCASIONAL ASSISTANCE

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

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



Volunteers: Volunteer reception. Photo by Chris Price

Donate!

SUPPORT THE LIFELONG LEARNING INSTITUTE AT VIRGINIA TECH

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

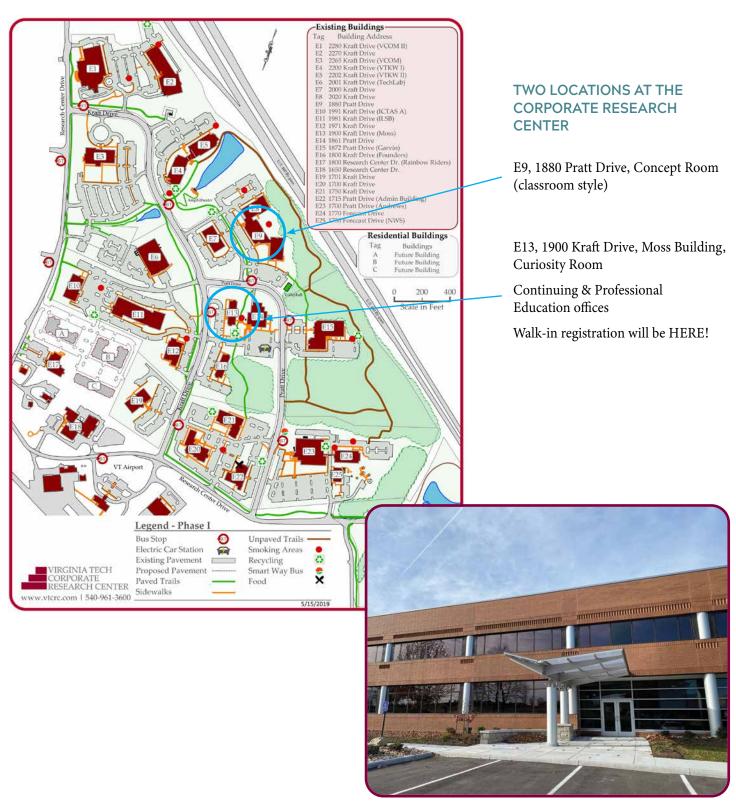
The Lifelong Learning Institute is a self-supporting entity of the Division of Outreach and International Affairs at Virginia Tech. All gifts to LLI (excluding membership and course/event-related fees) are fully tax deductible to the extent allowable by law. Designated gifts are received and managed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

PAYMENT OPTIONS

Online: Please go to Virginia Tech Foundation / LLI Giving Page. Complete the form. Be sure to specify "Lifelong Learning Institute" in the "Designation" box.

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

Corporate Research Center Locations



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

Lifelong Learning Institute at Virginia Tech Continuing and Professional Education 1900 Kraft Drive, Suite 1100 Blacksburg, VA 24061

Join us! See where your own LLI adventure might take you!

