

LIFELONG LEARNING INSTITUTE

AT  **VirginiaTech**
Invent the Future®



*For Curious
Adults 50 and over in the
New River Valley*



SPRING TERM 2016

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.

The LLI enjoys the strong support of Virginia Tech, which provides infrastructure (registration, website development, catalog design, office space, classrooms, current and retired faculty, and start-up funding) for the initiative. But LLI is first and foremost a member organization, run by volunteers committed to meeting the interests of its members throughout the New River Valley. We welcome your involvement and ideas!

COVER PHOTO

Instructor Jack Davis (far right) and members of his class, Reflections on the Union, the Confederacy, and the Civil War

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.

EO 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 on 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 2016?

The Inaugural Term was a huge success thanks to nearly 250 new members and an exceptional group of volunteer faculty who led us on a great learning journey during Fall 2015. To a person, the instructors have commented on how engaged and attentive their LLI students have been (no texting! lots of questions!), making it a joy to teach. And LLI members deeply appreciated the dedication and expertise shared by their instructors. We are grateful for their generous contribution of time, teaching talent, and personal passion.

So what's next for spring 2016? The Program Committee continues to pursue suggestions from LLI members about courses, instructors, and experiences they would like to see offered. Here are a couple of things to look for in the Spring 2016 offerings:

- Participate in Great Decisions foreign affairs community discussions cosponsored with the League of Women Voters (free for LLI members, see Wednesday courses)
- Get comfortable with technology: basic classes in using your iPhone and iPad (see Monday classes); digital story telling (see Monday classes); and enjoying eBooks and audio books from the library on your mobile device (free special event hosted by Blacksburg Library)
- Focus on LivingWell@50+ in partnership with AARP Blacksburg Chapter includes courses on mindfulness, pathways to retirement, and living well to the end.
- And sign up for a whole new set of special event experiences – tours and lectures that will open your eyes to great things in the NRV.

Registration begins January 6; classes begin February 8. See you then!

The LLI at Virginia Tech Steering Committee

Contact the LLI at Virginia Tech

LLI Office: Public Safety Building
Room 209, Second Floor
330 Sterrett Drive (near stadium)
540-231-7266
Email: lifelonglearning@vt.edu
Website: <http://www.cpe.vt.edu/lifelonglearning>

Virginia Tech Continuing and Professional Education

LLI Project Manager: Jeanette Cooper, jeancoop@vt.edu
540-231-4140

Registration Contact: Tammy Stevers, tames@vt.edu
540-231-5182 (general number)
540-231-1779 (direct)



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)
- Special events tied to selected Virginia Tech Center for the Arts performances
- Distinguished lecture series at no charge
- Free (or low cost) tours and talks about the latest research and education initiatives happening on campuses in the region
- A community of engaged and engaging peer members

Inaugural Year Fees and Registration

The Spring 2016 term will begin the week of **February 8**; most courses will complete by March 25. Courses typically meet one day per week for 1½ hours over 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.

The membership fee is \$20 per term. You must be a member to register for a course and attend special member events. Fall 2015 LLI members must pay the Spring 2016 membership fee to continue enrollment.

Most LLI courses are \$25 per course; two courses are three weeks and will be \$15 each. Some courses require an additional materials fee or purchase of a textbook or supplies. Additional fees or costs are noted in the course description. “Great Decisions,” co-sponsored with the League of Women Voters, will be free for LLI members; however you must be an LLI member to register for this course.

Registration for Spring 2016 opens Wednesday, **January 6**.



LLI Spring 2016 Courses at a Glance

Most classes will begin the week of February 8; however some classes (iPhone, Genealogy) begin later in the term. Some classes will not meet during VT Spring Break (the week of March 7); other classes will. Please review specific class dates included in each course description before you register.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:30, 6 wks Beginning Feb 8 Digital Story Telling, Zaldivar & Yaffe 3080 Torgersen Hall, VT	9:00-10:15, 6 wks Beginning Feb 9 VT CLASS Sampler at Warm Hearth Village Center	9:00-10:30, 6 wks Beginning Feb 10 Modern Africa: Challenges of Nation Building, Tlou & Mukuni VT Public Safety Bldg	9:00-10:30, 6 wks Beginning Feb 11 Making Sense of the Latest Health Research: Nutrition & Exercise VT Public Safety Bldg	10:00-12:00, 6 wks Beginning Feb 12 Intermediate Watercolor, Pace-Berkeley Blacksburg Community Center
1:00-2:30, 3 wks Beginning Feb 8 Intro to iPad, Shockley Hillel at VT	10:30-12:30, 6 wks Beginning Feb 9 Living Well to the End, Smusz, Campbell, Niles Warm Hearth Village Center	9:00-10:30, 6 wks Beginning Mar 2 Tracing Your Genealogy, Phillips Blacksburg Presbyterian Church	12:00-1:30, 6 wks Beginning Feb 11 Pathways to a Fulfilling Life in Retirement, Anderson Blacksburg Presbyterian Church	
1:00-2:30, 3 wks Beginning Feb 29 Intro to iPhone, Shockley Hillel at VT	1:00-2:30, 4 wks, plus optional field trip Beginning Feb 9 Shenandoah National Park: The Untold Story, Powell VT Public Safety Bldg	9:00-12:00, 6 wks Beginning Feb 10 Intermediate Printmaking, Ghezzi Blacksburg Community Ctr	2:30-4:00, 6 wks Beginning Feb 11 The Supreme Court: Presidents, Justices, and Cases, Call VT Public Safety Bldg	
3:00-4:30, 6 wks Beginning Feb 8 Living Life Mindfully, Forrest VT Public Safety Bldg		11:00-12:30, 8 wks Beginning Feb 10 Great Decisions, German Club		
		3:00-4:30, 6 wks Beginning Feb 10 Turning Your Experience into Art: Writing Life Stories and Personal Essays, Gilbert VT Public Safety Bldg		

Special events and tours are described on page 21.



Definition of Terms used in Course Descriptions

ACTIVITY: Participants will be expected to do something related to the course topic, such as writing, photography, plant identification, or artwork. Not every session necessarily includes an activity.

DISCUSSION: Discussion usually takes place in a small class in which participants can engage with each other as well as with the instructor. The instructor may pose questions to participants for their responses.

LECTURE: A significant part of the class consists of prepared remarks by the instructor.

QUESTION/ANSWER: Usually the questions are initiated by participants and answered by the instructor.

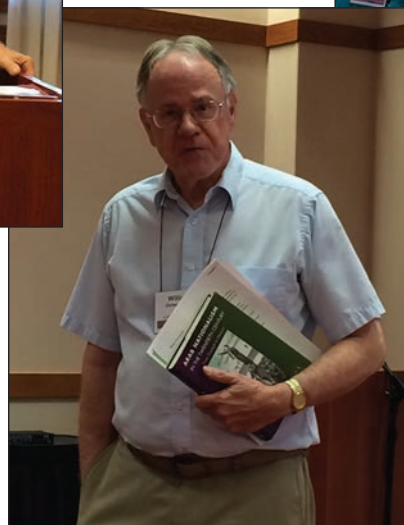
READING: The instructor expects that participants will come to class having read the assigned materials.

RECOMMENDED READING: The reading will aid understanding but is supplemental rather than required.

WORKSHOP or STUDIO: A significant part of the class is a project. The instructor guides the participants in completing the project.



Instructor Edd Sewell at the LivingWell@50+ Conference



Instructor Bill Ochsenwald



LLI members enjoying Tony deMare piano talk



Digital Storytelling

WORKSHOP, READING, DISCUSSION

Have you ever wondered how those short videos on Facebook and YouTube are created? Have you ever wanted to tell a story using video or pictures? Do you have something that you want to say and share with loved ones or a community?

This course will instruct you in the planning and creation of a short digital story. The course will begin with narrative-writing skills, as we learn to plan and structure an effective digital story. Participants can then use existing pictures and video clips or learn to shoot new video. Free software that is available on both Mac and PC platforms will be discussed, and participants will have the chance to learn the tools that they have already. Bring your own laptop or use a computer available in the classroom.

TOPICS

Planning a digital narrative
Understanding video and video editing software
Creating a digital narrative
Sharing a digital narrative

READING

The Digital Storytelling Cookbook (free online:
https://storycenter.org/s/cookbook_sample.pdf)

Monday, 9:00 – 10:30 a.m.

3080 Torgersen Hall, Virginia Tech

6 weeks: February 8, 15, 22, 29, March 7, 14

Class Limit: 15 Cost: \$25

INSTRUCTORS

Dr. Marc Zaldivar is Director of ePortfolio Initiatives at Virginia Tech where he is responsible for helping faculty and students use digital tools for learning, assessment, research, group work, and communication.



Daniel Yaffe is an Instructional Technologist and Curriculum Coordinator in TLOS (Technology-enhanced Learning and Online Strategies) at Virginia Tech.

Introduction to your iPad

ACTIVITY, QUESTION/ANSWER

Are you the proud owner of an iPad? Are you getting the most out of your iPad or are you still trying to figure out how to turn it on? This 3-session course will include an overview of the basics including setup, e-mail, photos, built-in and optional apps, and more. We'll start by assessing where class members are at in their iPad use and proficiency and what they would like to be able to do. There will be a generous Q&A time to answer your questions as we go along. The course is appropriate for new iPad users or those who are currently making limited use of their device and would like to learn more. Students must bring their own iPad 2 or newer to use in class.

Monday, 1:00 – 2:30 p.m.

Hillel at Virginia Tech, 710 Tom's Creek Road

3 weeks: February 8, 15, 22

Class Limit: 12 Cost: \$15

INSTRUCTOR

Carolyn Shockley retired from Montgomery County Public School after forty years of teaching at Christiansburg Middle School. She has taught computer technology at New River Community College since 1989.





Introduction to your iPhone

ACTIVITY, QUESTION/ANSWER

The iPhone is a great gadget, but also a very useful tool. If you own an iPhone, but have yet to figure out the possibilities for its use, this is the course for you. This 3-session course is designed to bring smiles instead of stress as you learn to use your powerful new device. You will learn how to set up your iPhone; how to use the built-in apps; how to acquire and use additional apps; how to enjoy music at home and on the go; how to take, store, and share photos with family and friends; how to troubleshoot problems; and a host of tips and tricks that will help you make the best use of your iPhone. Students should own and bring an iPhone to class.

Monday, 1:00 – 2:30 p.m.

Hillel at Virginia Tech, 710 Tom's Creek Road

3 weeks: February 29, March 14, 21
(no class March 7)

Class Limit: 12

Cost: \$15

INSTRUCTOR

Carolyn Shockley retired from Montgomery County Public School after forty years of teaching at Christiansburg Middle School. She has taught computer technology at New River Community College since 1989.



Living Life Mindfully

DISCUSSION, QUESTION/ANSWER, RECOMMENDED READING

A LivingWell@50+ Course offered in partnership with AARP Blacksburg Chapter

The purpose of the course is to introduce and provide participants with a fundamental understanding of mindfulness through the study of neuroscience, theory, practice and science of mindfulness, self-awareness, self-regulation and understanding. The course will offer opportunities to cultivate these skills in participants' daily lives.

Monday, 3:00 – 4:30 p.m.

VT Public Safety Building, Room 153

6 weeks: February 8, 15, 22, 29, March 14, 21
(no class March 7)

Class Limit: 20

Cost: \$25

TOPICS

This course is a very interactive, collaborative learning experience that provides participants with the opening to explore accessible techniques ranging from mindful awareness in sitting, walking, eating, and resting that may enhance one's ability to have greater concentration, focus, and well-being.

RECOMMENDED READING

Jon Kabat-Zinn, *Mindfulness for Beginners: Reclaiming the Present Moment and Your Life*, 2011.

INSTRUCTOR

Alan Forrest is a Professor in the Department of Counselor Education at Radford University. He is a Licensed Professional Counselor and a Licensed Marriage and Family Therapist who has extensive clinical experience in the areas of death, loss, grief, and bereavement, self-care, and mindfulness practices. In addition to his personal mindfulness meditation practice, Alan has led and co-led mindfulness retreats for college and graduate students, medical students, human service and mental health professionals, educators, young adults and others.





VT CLASS SAMPLER

LECTURE, QUESTION/ANSWER

VT “CLASS” stands for “Creative Learning Academy for Senior Scholars.” This engaging sampler course treats participants to a wide range of speakers and topics – something different each week. For Spring 2016, the format will be one speaker per week. LLI continues its partnership with Warm Hearth Retirement Community, which offers a great location and light refreshments for this on-going class.

Tuesday, 9:00 – 10:15 a.m.

Warm Heath Village Center

6 weeks: February 9, 16, 23, March 1, 15, 22
(no class March 8)

Class Limit: 75

Cost: \$25

February 9

From Flesh and Blood to Bricks and Mortar

Hear how early VPI presidents overcame reputational problems and lack of support from Richmond government leaders by establishing a unique campus architecture as a branding statement. By mating locally quarried “Hokie Stone” with the then-emerging gothic revival architecture, Tech’s early leaders developed a distinctive college campus, making a statement about quality and impact.

Larry Hincker served as chief communications officer for more than 25 years under four Virginia Tech presidents.



February 23

Cleaning Mona Lisa

In *Cleaning Mona Lisa*, Lee uncovers the art-world’s dirtiest secret — *Mona Lisa* needs a bath. *Mona Lisa* is missing her eyebrows and she appears so yellow. Understanding why this happened is a truly important lesson in appreciating oil paintings. Lee examines this world-famous painting and several other Renaissance masterpieces, highlighting the esthetic goals of Leonardo and the broader culture of the period. He concludes by “cleaning” *Mona Lisa* and many other “dirty” paintings from history, giving the viewer a glimpse of the oil paintings’ true glory.

Lee Sandstead, art historian, author, university professor and public lecturer, hosted an art history series for the Travel Channel, guided hundreds of tours, and talks at the nation’s most important art galleries and museums.



February 16

Dreams of Appalachia

Satterwhite’s book, *Dear Appalachia*, examines fan mail sent to authors of bestselling fiction set in Appalachia to illuminate Americans’ romantic dreams of Appalachia. By mapping the geographic locations of fans, she shows how mobile white readers in particular have idealized Appalachia as rooted, static, and protected from commercial society — a kind of ancestral, spiritual, or imaginary homeplace apart from mainstream America.

Emily Satterwhite teaches Appalachian Studies, American Studies, and Pop Culture at Virginia Tech. Her book, *Dear Appalachia*, was the winner of the 2011 Weatherford Award for best non-fiction illuminating the Appalachian South.





Warm Hearth Village Retirement Community



March 1

Writing Poems and Novels—The Ins and Outs (and Ups and Downs) of a Writer's Creative Process

Poetry and fiction require two completely different approaches. Roy shares her personal journey from poet to novelist and back again, and analyzes the different challenges posed by these two distinct genres. Among the questions to be explored: Are there certain subjects and experiences more suited to expression in poetry rather than fiction, and vice versa? And how do you take your own experiences and fashion them into poems or stories others want to read?

Lucinda Roy is a poet, novelist, and an Alumni Distinguished Professor at Virginia Tech. Her books include *Lady Moses*, a novel, *The Humming Birds*, a collection of poetry, and *No Right to Remain Silent: What We've Learned from the Tragedy at Virginia Tech*.



March 8 (no class)

March 15

Honoring Those Who Died for Our Country: American Battlefield Cemeteries in Europe

The American Battlefield Monuments Commission operates and maintains 25 permanent American military cemeteries and 27 federal memorials, monuments and markers, which are located in 17 countries throughout the world. These cemeteries and memorials, most of which commemorate the service and sacrifice of Americans who served in World War I and World II, are among the most beautiful and meticulously maintained shrines in the world. This presentation will focus on a few of the battlefield cemeteries located in Europe.

Paul Schmidt served as a U.S. Army Veterinarian for 23 years. He now serves as Emergency Planner for the VT College of Veterinary Medicine.



March 22

Virginia is for Weather Lovers

And the forecast has changed in many ways. Join the area's favorite meteorologist to explore climate change issues in the Commonwealth and learn why the wooly worm is no help at all.

Robin Reed has been chief meteorologist at WDBJ7 since 1982; he now also shares his expertise with students at Virginia Tech.





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

LECTURE, READING, DISCUSSION

A LivingWell@50+ Course offered in partnership with AARP Blacksburg Chapter

“Our ultimate goal, after all, is not a good death but a good life to the very end,” said Atul Gawande in his 2014 best selling book, *Being Mortal: Medicine and What Matters in the End*. Expertly facilitated discussions will take participants through an examination of the crucial aspects of end-of-life (EOL) care in this country and our local community. Course faculty will offer practical guidance for both negotiating the hurdles and accessing beneficial support for people experiencing decline near the end of life. Atul Gawande’s book will be used as a basic text for the course. Over the six weeks the class members will have numerous opportunities to engage in extended conversations with instructors and guest presenters. Class members will be invited to create a personal vision for care that supports a dignified final passage of life.

TOPICS

Critically analyzing the current state of EOL (end-of-life) care in the US

Exploring our own EOL hopes and fears

Identifying and communicating our EOL wishes

Understanding the normalcy of physical death

Reflecting on the role of spirituality and grace in the EOL journey

Understanding hospice as an empowering choice

RECOMMENDED READING

Atul Gawande, *Being Mortal: Medicine and What Matters in the End*, 2014.

Additional articles will be provided for students.

Tuesday, 10:30 a.m. – 12:30 p.m.

Warm Heath Village Center

6 weeks: February 9, 16, 23, March 1, 15, 22
(no class March 8)

Class Limit: 20

Cost: \$25

INSTRUCTORS

Tina Smusz is a physician certified in Hospice & Palliative Medicine who devoted her last 10 years of practice to working with people nearing the end of life. She has served as Director of Palliative Care and Hospice Medical Director for Carilion Clinic in the New River Valley, as well as Assistant Professor with the Virginia Tech Carilion School of Medicine in the Palliative Care Fellowship.



Anne Judkins Campbell spent the last 25 years of her nursing career as a women’s health nurse practitioner with Montgomery Obstetrics and Gynecology in Blacksburg. She retired to dedicate herself fulltime to the care of her elderly mother for the last year of her life with the assistance of hospice services.



Jerry Niles is a Professor Emeritus of Education at Virginia Tech where he spent 33 years on the faculty preparing teachers. He has an abiding interest in matters related to end-of-life care and skill in creating responsive learning environments for the study of complex problems.





Shenandoah National Park: The Untold Story

LECTURE, READING, DISCUSSION, FIELD TRIP

This course will ask learners to discover the history of people who lived in Shenandoah National Park and who were displaced when the park was formed in the 1930s. The instructor will provide detailed information about the founding of the park and the use of eminent domain law to “condemn” the property of families. Learners will discuss archival research such as land use records, hand-written correspondence, and photographs from the park archives and from the National Archives. In addition, learners will discuss oral history interviews, film clips, and other family genealogy collected by the instructor. An optional field trip will be offered to Shenandoah National Park (2.5-hour drive) for a guided hike (an easy walk with an SNP Ranger) of an old homesite and the nearby location of the Civilian Conservation Corps (CCC) where the “CCC boys” lived while they constructed the Skyline Drive; specific date and details to be discussed with class members.

TOPICS

- The history of displacement of families
- The literacy and education of families in Shenandoah National Park
- The history of eminent domain law and its use to displace people for “public use”
- Contemporary efforts to tell the story of families who once lived in the Park
- The lasting legacy of the displacements on the identities of descendants of those displaced
- The importance of Shenandoah to Virginia’s conservation efforts today

RECOMMENDED READING

Darwin Lambert, *The Undying Past of Shenandoah National Park*, 1989.

Audrey Horning, *In the Shadow of Ragged Mountain*, 2004.



Tuesday, 1:00 – 2:30 p.m.

VT Public Safety Building, Room 153

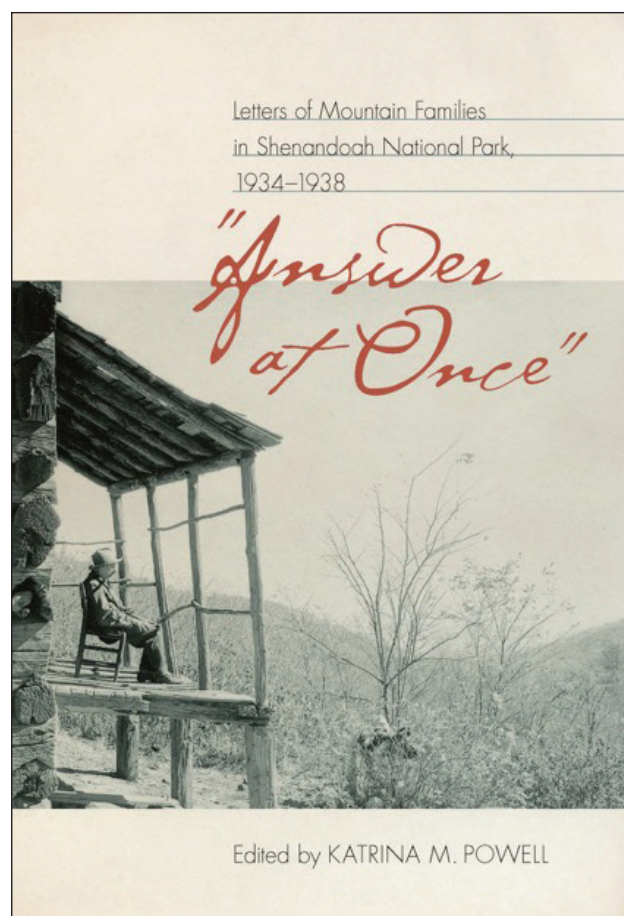
4 weeks: February 9, 16, 23, March 1
optional field trip, date to be determined

Class Limit: 20

Cost: \$25

INSTRUCTOR

Katrina Powell is an Associate Professor in the Department of English. She is the author of *The Anguish of Displacement: The Politics of Literacy in the Letters of Mountain Families in Shenandoah National Park* and the editor of *‘Answer at Once’: The Letters of Mountain Families in Shenandoah National Park, 1934-1938*. She grew up in Madison County, Virginia, one of the eight counties that “donated” land that became Shenandoah.





Modern Africa: Challenges of Nation Building

LECTURE, DISCUSSION

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.

TOPICS

Introduction—misconceptions about Africa

Geography, history, political and cultural heritage—pre-colonial period

Partitioning of Africa—the Berlin Conference (1884–1885)

Colonial Rule 1885–1975; quest for independence 1950s–1960s

The quest for nation building and African unity and Africa's role at the United Nations

Challenges of achieving African unity through regional integration—ECOWAS, SADC, COMESA, EAC, FTA, etc.

Political agenda for development in education and economics to achieve unity

Wednesday, 9:00 – 10:30 a.m.

VT Public Safety Building, Room 153

6 weeks: February 10, 17, 24, March 2, 16, 23
(no class March 9)

Class Limit: 25

Cost: \$25

INSTRUCTORS

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.



WEDNESDAY





Tracing Your Family Genealogy

LECTURE, DISCUSSION, ACTIVITY

Have you thought about what country your ancestors lived in? Where did they first settle in America or how long they have been here? When did the family farm or business begin?

If you are curious about your family history, you will learn about resources that may answer the above questions, build the family tree, and more.

TOPICS

You will learn how to use online resources and searchable databases to locate family records. Additional resources to trace your family genealogy include census records, vital records, federal records, land records, state records, church records, military records, and family records. You will learn how to search records at local courthouses and libraries. Class sessions will be used to build the family tree and trace genealogy.

Wednesday, 9:00 – 10:30 a.m.

Blacksburg Presbyterian Church, Hatcher Conference Room

6 weeks: March 2, 9, 16, 23, 30, April 6

Class Limit: 15 Cost: \$25

INSTRUCTOR

Linda H. Phillips is a member and past officer of the Alleghany Chapter of the Daughters of the American Revolution. Now retired, she was a REALTOR in the New River Valley for 25 years.



Intermediate Printmaking

STUDIO

This course will build upon the techniques and skills learned in the first semester printmaking course, although beginners are also welcome and will be accommodated. Classes will expand on line etching, hard ground, aquatint for tonal effects, and soft ground for creating textures and painterly effects on an etching plate. Students will create their own images.

Wednesday, 9:00 a.m. – 12:00 p.m.

Blacksburg Community Center, Community Room

6 weeks: February 10, 17, 24, March 2, 16, 24
(no class March 9)

Class Limit: 15

Cost: \$60 Includes \$35 materials fee paid at the time of registration. Instructor will provide most of the necessary materials for the class.

INSTRUCTOR

Rebecca Ghezzi has taught relief printmaking, book arts, papermaking, etching, and drawing in the United States and Italy.





Great Decisions

READING, VIDEO, DISCUSSION

Great Decisions is a community discussion program on world affairs. The Foreign Policy Association develops background information and policy options for eight critical issues facing America and provides text and videos for discussion groups across the country. Participants prepare for class by reading a 10-page overview for each topic in a Briefing Book. Each group 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. The League of Women Voters, which has organized Great Decisions in recent years, has partnered with LLI to present Great Decisions in 2016. See more details about the schedule and resource people at these websites: www.lwvmcva.org, www.cpe.vt.edu/lifelonglearning/.

TOPICS

Middle East Alliances

From a proxy war in Yemen to an ongoing civil war in Syria, a number of ongoing conflicts have shaken the traditional alliances in the Middle East to their core. As alliances between state and non-state actors in the region are constantly shifting, the U.S. has found itself between a rock and a hard place. In a series of conflicts that are far from being black-and-white, what can the U.S. do to secure its interests in the region without causing further damage and disruption?

Islamic State

Born out of an umbrella organization of Al Qaeda in Iraq, the Islamic State in Iraq and Syria (ISIS) burst onto the international stage after it seized Falluja in December 2013. Since then, the group has seized control of a number of critical strongholds in the country and declared itself a caliphate, known as the Islamic State. Still, the question remains: What is ISIS, and what danger does it pose to U.S. interests?

The Kurds

Kurdistan, a mountainous area made up of parts of Turkey, Iraq, Iran, and Syria, is home to one of the largest ethnic groups in the region: the Kurds. Now, most in the West know them for their small, oil-rich autonomous region in northern Iraq called Iraqi Kurdistan — one of the U.S.' closer allies in the Middle East and a bulwark against the expansion of the so-called Islamic State. What does the success of Iraqi Kurdistan mean for Kurds in the surrounding region?

Wednesday, 11:00 a.m. – 12:30 p.m

German Club (Southgate Drive)

8 weeks: February 10, 17, 24, March 2, 9, 16, 23, 30

Class Limit: No Limit

Cost: Free for members of LLI

Optional Briefing Book is \$25, payable at time of registration.

Migration

As a record number of migrants cross the Mediterranean Sea to find refuge in Europe, the continent is struggling to come up with an adequate response. Although Europe's refugees are largely fleeing conflicts in Syria, Iraq and parts of Africa, their struggle is hardly unique. Today, with the number of displaced people at an all-time high, a number of world powers find themselves facing a difficult question: How can they balance border security with humanitarian concerns? More importantly, what can they do to resolve these crises so as to limit the number of displaced persons?

Continued on next page.





Great Decisions *Continued from previous page.*

The Koreans

At the end of World War II, Korea was divided in two. The northern half of the Korean peninsula was occupied by the Soviet Union, the southern by the United States. Today, North and South Korea couldn't be further apart. The North is underdeveloped, impoverished and ruled by a corrupt, authoritarian government, while the South advanced rapidly to become one of the most developed countries in the world. With such a wide gap, some are asking if unification is possible, even desirable, anymore?

The United Nations

On the eve of the international organization's 70th birthday, the United Nations stands at a crossroads. This year marks a halfway point in the organization's global effort to eradicate poverty, hunger and discrimination, as well as ensure justice and dignity for all peoples. But as the UN's 193 member states look back at the success of the millennium development goals, they also must assess their needs for its sustainable development goals — a new series of benchmarks, which are set to expire in 2030. With the appointment of the ninth secretary-general in the near future as well, the next U.S. president is bound to have quite a lot on his or her plate going into office.

Climate Change

In the past few years, the American public has become more aware of the damage wrought by climate change. From droughts in the west to extreme weather in the east, a rapidly changing climate has already made its footprint in the United States. Now, it's expected that the presidential election in 2016 will be one of the first ever to place an emphasis on these environmental changes. What can the next president do to stymie this environmental crisis? And is it too late for these efforts to be effective?

Cuba and the U.S.

The U.S. announced in December 2014 that, after decades of isolation, it has begun taking major steps to normalize relations with Cuba, its neighbor to the south. The announcement marks a dramatic shift away from a policy that has its roots in one of the darkest moments of the Cold War—the Cuban missile crisis. Although the U.S. trade embargo is unlikely to end any time soon, American and Cuban leaders today are trying to bring a relationship, once defined by antithetical ideologies, into the 21st century.

READING

Foreign Policy Association, *Great Decisions Briefing Book*, 2016 edition. Available for purchase (\$25) when you register for this course or for in-library use at the Blacksburg Public Library.

Interested in this course?
Don't miss the Great Decisions
Preview on
January 27 at 3:00 p.m.
See page 21 for details



Turning Your Experience into Art: Writing Life Stories and Personal Essays

READING, DISCUSSION, WORKSHOP GROUPS

We live in a time when memoirs become bestsellers and films, and essays are featured in the pages of *The New York Times*. This course is the second in a two-part series on writing personal narratives, but there is no prerequisite beyond a desire to read and write. Part One in the Fall emphasized using short essays as building blocks to longer narratives; in this class you will write two medium-length essays or a 10- to 20-page narrative about something significant in your life or on a topic interesting to you. Students will receive feedback from the instructor and from peers in workshop groups.

TOPICS

Personal nonfiction uses all the tools of fiction to tell true stories—including unfolding scenes, vivid settings, and dramatic structure—but with unique emphasis on a reflective, truth-telling narrator. Tony Earley may have put this challenge best: “The great irony of the personal essay is that the essayist attempts to illuminate universal human truths by talking about himself, in much the same way a basketball player jumps by pushing his feet into the floor, a counterintuitive proposition at best.”

READING

Russell Baker, *Growing Up*, 1982.

Vivian Gornick, *Fierce Attachments*, 2005.

If you can, please read these memoirs before class begins. They will provide a base on which we will build to understand writing life stories.

Wednesday, 3:00 – 4:30 p.m.

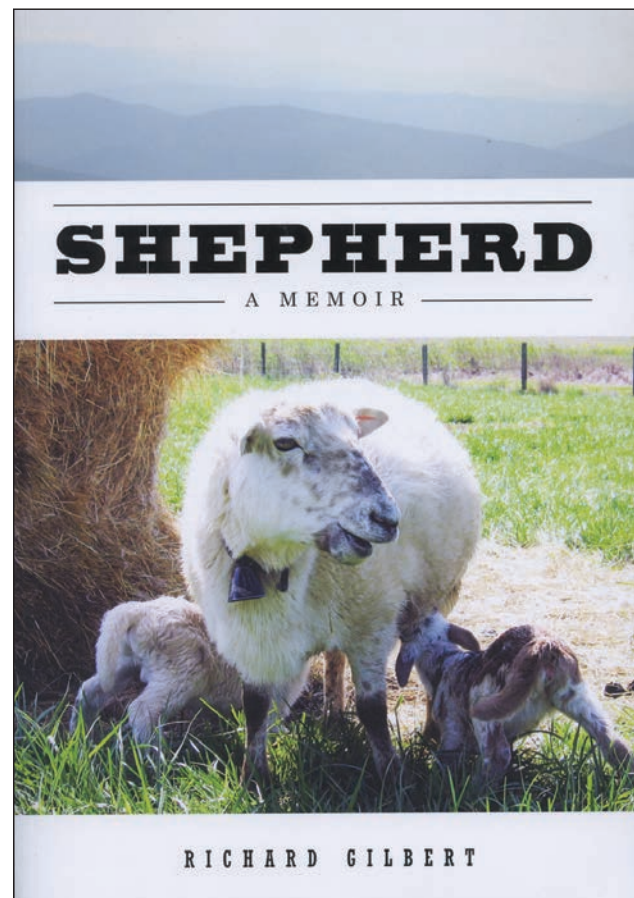
VT Public Safety Building, Room 153

6 weeks: February 10, 17, 24, March 2, 9, 16

Class Limit: 20 Cost: \$25

INSTRUCTOR

Richard Gilbert has recently moved to the New River Valley from Ohio, where he taught memoir, nature writing, and journalism at Otterbein University. He holds an MFA in creative nonfiction from Goucher College. His essays have appeared in literary journals including *Brevity*, *Chautauqua*, *Fourth Genre*, *Orion*, and *Utne Reader*. His book *Shepherd: A Memoir* was a 2015 finalist for the Ohioana Book Award.





Making Sense of the Latest Health Research: Nutrition and Exercise

LECTURE, DISCUSSION

February 11

Exercising As We Age: How To Keep Our Bodies As Young As We Think We Are!

Erin Gibson, Physical Therapist,
DPT, University Physical Therapy,
Christiansburg



We will discuss how physical therapy is an important part of modern medicine, and how it can help you overcome physical ailments that might prevent you from being safe in your own environment. We also will discuss how exercise can help you stay as young as you feel.

February 18

Advancing Health Literacy—Please, Stop the Confusion!

Jamie Zoellner, Associate
Professor, Dept. of Human
Nutrition, Foods, and Exercise,
Virginia Tech



Health literacy can be defined as the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. Low health literacy is widespread, and it often results in negative health consequences. We'll review evidenced-based strategies to improve health literacy skills and provide practical examples of how individuals can take control and improve understanding of their health care experiences.

February 25

Drinking Your Way to Better Health: Body Hydration and Beverage Consumption

Brenda Davy, Professor, Dept.
of Human Nutrition, Foods, and
Exercise, Virginia Tech



The human body is more than 60% water. While we can survive a month or more without food, we can only survive for about one week without water. Of our

Thursday, 9:00 – 10:30 a.m.

VT Public Safety Building, Room 153

6 weeks: February 11, 18, 25, March 3, 17, 24
(no class March 10)

Class Limit: 40

Cost: \$25

total fluid needs, 80% comes from beverages, so adequate fluid consumption is important for maintaining optimal health. However, in the U.S., beverages also contribute a significant number of calories to the diet of many individuals. This presentation will review current research that addresses what constitutes a healthy beverage intake, thereby allowing participants to evaluate their current habits.

March 3

Are we Selling Out Our Health? Supplements, Vitamins and Minerals, and Nutrient Density

Susan Meacham, Professor
of Nutrition, Via College of
Osteopathic Medicine



The media and various marketing venues provide a plethora of information about dietary supplements, vitamins, minerals, and various other dietary components. What is the evidence for the health benefits of these products for the average consumer? How do we know if our daily diets are providing what we need? Can we increase the nutrient density of our diets through "balance, moderation, and variety"?

You will learn to use online resources to evaluate your personal diet and to learn more about the science-based evidence regarding dietary assessments for health maintenance and disease prevention.

For inquiring minds, an optional pre-course exercise: Monitor your food consumption and exercise for 3 days before class. Find the "Food Tracker" and "Physical Activity Tracker" at the USDA SuperTracker website (supertracker.usda.gov/), then use the form provided to summarize your findings. Bring the information with you to the session.

**March 17****The Good, The Bad, and The Ugly: Balancing Our Resident Microbes To Promote Health and Wellness**

I. Coy Allen, Assistant Professor, Dept. of Biomedical Sciences & Pathobiology, College of Veterinary Medicine, Virginia Tech



What makes us human? Would you be surprised to learn that our own bodies are composed of fewer “human” cells than microbial cells? Human cells may be outnumbered in our bodies by as much as 10 to 1 by the collection of microorganisms referred to as the Human Microbiome. These microbes typically live in harmony with their human hosts and do not cause harm. In fact, many of these bacteria are essential to maintaining our health and fighting disease. This class will introduce the contributions of the microbiome to nutrition, aging, and disease, and highlight therapeutic strategies that target the microbiome through the use of “probiotics” and nutritional supplements to improve overall health and wellness.

March 24**Physical Activity—Getting to the Heart of Things**

William Herbert, Professor Emeritus, Dept. of Human Nutrition, Foods, and Exercise, Virginia Tech



The goal of this session is to help participants become more knowledgeable consumers of information about advances in the science of physical activity and cardiovascular health. The central theme will be physical activity for older adults and its implications for their function, quality of life, and longevity. The session will address these questions: What exercises are considered relatively safe or too risky? Will regular exercise help achieve a healthy body weight, or is it all about diet? Will exercise help me live healthier or longer? Does prolonged sitting (nearly total absence of activity) increase disease risks? Can regular physical activity improve my mental agility? The session will conclude with information about community resources for helping older adults begin and maintain a healthy exercise program.



Winter doesn't stop the local hiking group from enjoying outdoor exercise and the beauty of the NRV in all seasons. Image by Jim Thomas.



Pathways to a Fulfilling Life in Retirement

DISCUSSION, ACTIVITY

A LivingWell@50+ Course offered in partnership with AARP Blacksburg Chapter

The transition into retirement is scary and complex. Retirement changes your daily routine, your roles, your relationships, your environment, and so much more. Many people begin to ask themselves, "How can I find meaning in my life now?" "What's next?" "Now what?" "Who am I really?"

There is no single answer to these questions and each retirement story is different. Only you can define what your life in retirement will look like. In this course, participants will embark on a journey to discover how to redefine retirement on their terms. They will explore a variety of strategies to help them create a happy, meaningful, and purposeful retired life.

The instructor will facilitate the class in a "coaching-style," featuring lively interaction, open discussions, self-reflection, and self-discovery. Participants will develop a personal life vision and a practical plan of action they can use immediately. Participants may bring a brown-bag lunch to class.

TOPICS

The Cycle of Change: A look at the phases of transitions, what makes change so difficult, and how to demystify and remove the fear from change

Your Inner Story: An inward look of self-reflection to reveal the lenses through which you view your world, how to reshape your perspectives and discover your true "who"

Whole-Being: A fresh look at self-care, wellness, and life balance

Experiencing Happiness: Defining happiness and exploring ways to bring more of it into your life on a daily basis

Reshaping Relationships: A look at the vital role relationships play in our lives and how to build a healthy network of support and friendship

Choosing a New Game to Play: Developing a life vision and a plan of action toward who you want to be and what you want to do with the rest of your life

RECOMMENDED READING

Nancy Schlossberg, *Retire Smart, Retire Happy*, 2003.

Nancy Schlossberg, *Revitalizing Retirement: Reshaping Your Identity, Relationships, and Purpose*, 2009.

Ken Blanchard, *Re-fire, Don't Retire!* 2015.

Thursday, 12:00 – 1:30 p.m.

Blacksburg Presbyterian Church, Hatcher Conference Room

6 weeks: February 11, 18, 25, March 3, 17, 24
(no class March 10)

Class Limit: 20

Cost: \$25

INSTRUCTOR

Janelle Anderson is a Certified Professional Coach and the founder of Emerging Life Coaching. In her specialty as a Transitions Coach, she primarily works with women over 50, empowering them to create the life they really want. She is also the Executive Collaborator for the Institute for Professional Excellence in Coaching (iPEC), one of the top-rated coach training schools in the country.





The Supreme Court: Presidents, Justices, and Cases

LECTURE, DISCUSSION

The Supreme Court of the United States plays a critical role in resolving issues of great national significance. This course will examine the role the Supreme Court (and other courts) plays in resolving some of these issues. It will examine what the Constitution says about the Court, the Justices, and the kinds of cases that the Court may consider; the role played by the President in appointing Justices; how it is determined which cases will be heard by the Court; the internal processes by which cases are decided; and what the future likely holds for the Court.

TOPICS

The Constitution, the Supreme Court, and the role of courts

The present Justices

A short history of Supreme Court appointments

Agenda-setting and arguing cases

Deciding cases

The future of the Supreme Court

RECOMMENDED READING

Jeffrey Toobin, *The Nine*, 2008.

Jeffrey Toobin, *The Oath*, 2013.

Thursday, 2:30 – 4:00 p.m.

VT Public Safety Building, Room 153

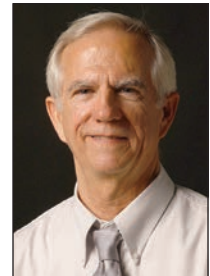
6 weeks: February 11, 18, 25, March 3, 17, 24
(no class March 10)

Class Limit: 25

Cost: \$25

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 teaches Supreme Court updates for Virginia police chiefs and deputy chiefs.



The Roberts Court, October 2010
Back row (left to right):
Sonia Sotomayor, Stephen G. Breyer,
Samuel A. Alito, and Elena Kagan.
Front row (left to right):
Clarence Thomas, Antonin Scalia,
Chief Justice John Roberts,
Anthony Kennedy, and
Ruth Bader Ginsburg

Image by Steve Petteway, Collection of the Supreme Court of the United States (Roberts Court (2010-) - The Oyez Project) [Public domain], via Wikimedia Commons



Intermediate Watercolor

STUDIO

In this intermediate class, students with some experience in watercolor will continue to develop their techniques. Topics may be adjusted according to participant interests and skills.

TOPICS

Advanced color mixing
How to transform any photo into a watercolor painting
Capturing sunlit reflective glass
Mixed media/collage—a non-objective approach
Soft/Smart critique
Plein Air Painting

SUPPLIES

Participants will need to provide their own large spiral bound watercolor pad of paper, paint colors, drawing board, brushes, and other minor supplies. A detailed list will be provided to registrants.

Friday, 10:00 a.m. – 12:00 p.m.

Blacksburg Community Center, Community Room

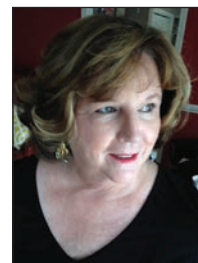
6 weeks: February 12, 19, 26, March 4, 11, 18

Class Limit: 15

Cost: \$50 Includes materials fee of \$25 payable at time of registration.

INSTRUCTOR

Jessica Pace-Berkeley has a BFA degree from Virginia Tech. She is a Professional Fellow of the Virginia Museum of Fine Art and Artist in Residence at the Don and Catherine Bryan Cultural Services, Outer Banks. She has taught watercolor classes at the Virginia Center for Contemporary Art, the Virginia Beach Art Center, and Montgomery County Public Schools. Jesi recently won first place in the 35th Faber Birren National Color Award competition for her work "Trent."



Granddaughter of Faber Birren (namesake of the National Color competition) standing next to Pace-Berkeley's first place painting, *Trent*.



SPECIAL EVENTS and TOURS

Be sure to register early for any of these fun learning opportunities that come as a benefit of your LLI membership. Most are free or very low cost. The Great Decisions Preview and the (Belated) Birthday Party for Abraham Lincoln are open to non-members and guests as a way to introduce others to the LLI experience. Register yourself and invite your friends to these two open events. All events require special events registration.

Great Decisions Preview

BRIEF TALK, DISCUSSION, REFRESHMENTS

Come check out the new home for the Great Decisions community discussion group at the German Club Manor. Anyone considering enrolling in this on-going foreign affairs program, now a collaboration of the League of Women Voters and the Lifelong Learning Institute, is encouraged to attend, to meet your classmates and get an overview of this year's topics. Those who previously registered and purchased a briefing book will be able to pick it up at this event. Guests and new members are encouraged to attend.

Wednesday, January 27, 3:00 – 4:30 p.m.

**The German Club Manor, 711 Southgate Drive,
Blacksburg**

Class Limit: No Limit

Cost: FREE

Enjoying eBooks and Audio Books on your Mobile Device with OverDrive

DEMONSTRATION, ACTIVITY

The Blacksburg Library staff will walk you through the easy process of borrowing electronic or audio books using OverDrive. Bring any app-capable device such as your iPad, Kindle Fire, Nook HD, or smart phone. You will leave this course with a newly borrowed book to read/listen to on your device, and you will gain the skills to readily do it again! Please come with an author or genre in mind for your future reading.

You will need the following for this session:

- An app-ready device,
- Login credentials for your app store device,
- Email & Password, and
- Library card account & PIN

Presented by the Blacksburg Library Staff

Friday, February 12, 2:00 – 3:30 p.m.

**Blacksburg Library Community Room
200 Miller Street, Blacksburg**

Class Limit: 10

Cost: FREE



(Belated) Birthday Party for Abraham Lincoln

LECTURE, RECEPTION

Lincoln in the World

Join engaging lecturer, William C. (Jack) Davis, for a look at the ways in which other nations and cultures have embraced Abraham Lincoln both as a global hero, and also as an icon of their own aspirations for liberty and equality. Lincoln has been honored from the old Soviet Union to Castro's Cuba, from Africa to the Far East, even by peoples who were otherwise hostile to the United States. Davis' talk will examine some of those nations' adoption of Lincoln and why he escaped the bonds of his own nationality to become an icon to humans almost everywhere.

Join other LLI members and guests for birthday cake and fellowship following the lecture

Friday, February 19, 2:00 – 3:30 p.m.

Warm Hearth Village Center

Class Limit: 75

Cost: FREE

Members and guests are welcome

LECTURER

William C. "Jack" Davis was a Professor of History and Executive Director of the Virginia Center for Civil War Studies at Virginia Tech from 2000 to 2013. He is author or editor of 50+ books in the fields of Civil War and Southern history.



Meet Some Humanoid Robots at the VT TREC Lab

DEMONSTRATION, LECTURE AND Q&A

Dr. Tomonari Furukawa and his students will demonstrate the capability of the state-of-the-art humanoid robots developed or researched at his Terrestrial Robotics, Engineering and Controls (TREC) Laboratory. He led the Virginia Tech team for DARPA Robotics Challenge (DRC) Finals held in Pomona, CA on June 5-6, 2015, where 24 international teams competed on the capability of humanoid robots in disaster response. It was the only US team to design, fabricate, and assemble a custom humanoid robot. The laboratory also has commercial humanoid robots. Technologies are making robots safer to humans, leading to more extensive use of robots in human society. Participants will see the robot demonstration and learn more about the role of robots in the future human society.



Friday, March 4, 3:00 – 5:00 p.m.

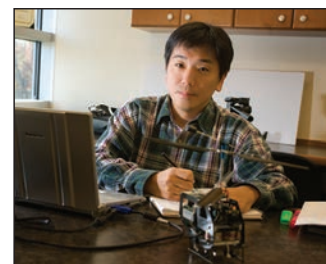
**Goodwin Hall, Virginia Tech Campus
Prices Fork Road and Stanger Street**

Class Limit: 12

Cost: FREE

INSTRUCTOR and HOST

Tomonari Furukawa is a Professor in the Department of Mechanical Engineering. His research work focuses on perception and autonomy of field robots and humanoid robots, development of autonomous cars as well as material characterization, structural health monitoring and multiphysics modeling and simulation. He has published over 250 technical papers and won various early career research awards and paper awards including the most prestigious computational mechanics young investigator award from International Association for Computational Mechanics.





Dogs with Jobs: The World of Service and Working Dogs

LECTURE, TOUR

Join Dr. Bess Pierce for a lecture exploring the fascinating world of working and service dogs. Dogs are physically capable of amazing feats...but it takes more than the sum of biological parts— the heart and soul of a working dog with astounding drive and an unending devotion to please is what really delivers a performance that can be nothing less than amazing. Come learn about what makes our canine companions such capable performers, and how their skills are utilized in a myriad of jobs. Following the lecture, tour the College of Veterinary Medicine complex where you can see the large and small animal divisions of the Veterinary Teaching Hospital and the state of the art teaching and skills training labs. The group will make a stop at Puppy University, a part of the VMCVM-Saint Francis Service Dogs Puppy Raiser Program, where Dr. Pierce's students will demonstrate the skills that these special puppies are learning for their eventual careers as service dogs.



Friday, March 18, 9:00 – 11:30 a.m.

**College of Veterinary Medicine
245 Duck Pond Road, Virginia Tech Campus**

Class Limit: 25

Cost: FREE

INSTRUCTOR

Bess J. Pierce is an Associate Professor in the Virginia-Maryland College of Veterinary Medicine. She left active duty service in the US Army to join the faculty in 2007 and to develop the Community Practice service in the Veterinary Teaching Hospital. In 2011, she was appointed director of the Center for Animal Human Relationships, an academic center conducting programs designed to foster a greater understanding of the mutual benefits and the challenges associated with human-animal interactions.

During her more than 22 years in the US Army Veterinary Corps, Dr. Pierce was assigned worldwide including California, Japan, and the Military Working Dog Center in Texas. She is currently a colonel in the US Army Reserve, assigned to Public Health Command Region-Europe.

Quick and Tasty Appetizers for Any Occasion

DEMONSTRATION, TASTING

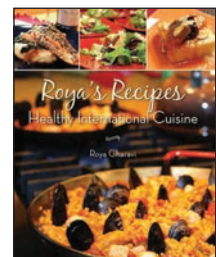
Impress your family and friends with some simple, beautiful, and delicious appetizers that will look like you spent hours in the kitchen. Join Roya Gharavi at the Gourmet Pantry demonstration kitchen to learn tips and techniques, and sample generous tastings, for three appetizer recipes that you can adopt as your own.

INSTRUCTOR and CHEF



Roya Gharavi, owner of the Gourmet Pantry in Blacksburg and cookbook author, was introduced to cooking at a young age by her mother and has been cooking and writing recipes ever since. Much of Roya's inspiration for her recipes stems from her Persian background. Roya opened her first restaurant, an Italian eatery, in Virginia Beach at age 21. After four years of perfecting her dishes, she moved to

Blacksburg where she opened Champs Sports Bar and Catering. After eight years running Champs, Roya opened the Gourmet Pantry in 2000. The idea for the Pantry came during her travels, as she found herself searching for special ingredients to bring back to Blacksburg. Roya's mission in her cooking classes is to teach people at all comfort levels how to cook and eat simply and healthily. Roya recently published her own book of recipes, *Roya's Recipes: Healthy International Cuisine*.



Tuesday, March 22, 2:00 – 5:00 p.m.

Gourmet Pantry, 401 S Main St, Blacksburg

Class Limit: 16

Cost: \$15

There will be **no refunds** for this event; however another person may be substituted if you are not able to attend.



Norman Rockwell Lecture and Exhibit, Taubman Museum of Art, Roanoke

LECTURE, TOUR, LUNCH

A special exhibition, *American Chronicles: The Art of Norman Rockwell*, is coming to the Taubman Museum of Art March 20 through June 12, 2016. LLI will host a special trip to the museum to see the exhibition in the company of art historian Lee Sandstead. Sandstead will share his own fascination with Rockwell's paintings and reflect on Rockwell's life and work in a lecture at the Taubman Museum auditorium prior to taking us through the exhibition. A box lunch will be served at the museum before we return home to Blacksburg.

American Chronicles: The Art of Norman Rockwell

One of the most popular American artists of the past century, Norman Rockwell (1894-1978) was a keen observer of human nature and a gifted storyteller. For nearly seven decades, while history was in the making all around him, Rockwell chronicled our changing society in the small details and nuanced scenes of ordinary people in everyday life, providing a personalized interpretation—albeit often an idealized one—of American identity. His depictions offered a reassuring visual haven during a time of momentous transformation as our country evolved into a complex, modern society. Rockwell's contributions to our visual legacy, many of them now icons of American culture, have found a permanent place in our national psyche.



"No Swimming," Norman Rockwell. 1921. Oil on canvas, 25 1/2" x 22 1/4". Cover illustration for "The Saturday Evening Post," June 4, 1921. Rockwell Museum Collections.

Wednesday, March 30, 9:00 a.m. – 2:00 p.m.

Depart Blacksburg at 9:00 a.m. from the Inn at Virginia Tech; return about 2:00 p.m.

Limit: 25

Cost: \$25 Includes exhibition entry fee, lecture, transportation, box lunch

Register no later than **March 23**; there will be **no refunds** for this event; however, another person may be substituted if you are not able to attend.

Lecturer/Tour Guide

Lee Sandstead, art historian, author, university professor and public lecturer, hosted an art history series for the Travel Channel, guided hundreds of tours, and talks at the nation's most important art galleries and museums.





EXPLORING THE NEW RIVER VALLEY

Each term LLI will offer opportunities to explore the area's history, geography, culture, and natural beauty through lectures, tours, and special events. For Spring 2016, we'll visit the Alexander Black House in downtown Blacksburg and hear a lecture from a local historian.

Early Blacksburg History: 1740-1774

LECTURE, MUSEUM VISIT

Join Hugh Campbell as he shares what he and others have uncovered in researching Blacksburg's early history. The history of the town coincides with the early stages of western expansion. Draper's Meadows, as the community was first named, was one of the first settlements established west of the Eastern Continental Divide. The Appalachian Mountains are characterized by creases that allowed trails to pass efficiently through the valleys and cross over the Divide. This frontier community, located on one of these early trails, developed some importance based on the geography of the region and patterns of migration to the west. Learn how geography became part of our destiny and about the key settlers who shaped the history of the town.

LECTURER

Hugh Campbell is professor emeritus of mathematics at Virginia Tech. In retirement, he has become an avid historian researching and documenting the history of Blacksburg and the region.

Friday, March 25, 9:30 – 11:00 a.m.

**The Blacksburg Museum and Cultural Foundation at the Alexander Black House and Cultural Center
204 Draper Road SW, Blacksburg**

Class Limit: 40

Cost: Free





How to Register

ONLINE

You are strongly encouraged to register online through the LLI website maintained by Virginia Tech Continuing and Professional Education (CPE): www.cpe.vt.edu/lifelonglearning. Each person must register individually by setting up a CPE account. [Please clear or refresh your browser before you enter a second registration from the same computer.] Register first for your LLI membership, then register for desired courses and make a secure payment by credit card. You will need to register separately for the special events. You will receive an automatic confirmation of your registration.

PAPER REGISTRATION

Complete the paper registration form included in the printed catalog (or print the pdf form online). Mail the form with your check or credit card information to 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. Please do not send or deliver cash.



ONSITE or WALK IN

Onsite registration for residents of Warm Hearth Village Retirement Community will be scheduled and advertised through the Warm Hearth newsletter. You may also register in person during M-F, 9:00 a.m. – 5:00 p.m. beginning January 6 by going to the CPE Office, 702 University City Blvd, Blacksburg.

NEED HELP? Call the LLI Registrar at Continuing and Professional Education, 540-231-5182, ask for Tammy Stevers if available; Tammy's direct number is 540-231-1779.

Please note that some classes have limited seats available. Early registration and selection of a second choice course are recommended.

INCLEMENT WEATHER

LLI will follow the Montgomery County Public Schools on cancellations for inclement weather. Any delayed openings for the public schools do not affect our classes; however, class members should use their best judgment when it comes to driving in bad weather and check their email to learn of any class-specific cancellations.

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 Membership Committee. Send your request to lifelonglearning@vt.edu or contact the LLI Office. All requests are confidential.

COURSE WAITING LIST

If a desired course is full, your name will automatically be placed on the waiting list. If an opening occurs, wait-listed members will be contacted in order. Please do not attempt to join the class unless contacted.



GUESTS

A non-member may attend a single class session as a guest if (1) the guest has never been a member of the 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, please call the CPE/LLI Registrar, Tammy Stevers, at 540-231-1779 for assistance. If the course is not full, it may be added to your schedule.

TO DROP A COURSE

If you need to drop a course before it has begun, please notify the CPE Registrar so that we may fill your spot from the wait list.

REFUNDS

Term membership fees are not refundable. Course refunds will not be issued after the first day of the term (February 8 for Spring term).

SCHEDULE CHANGES

The LLI office and the CPE Registrar communicate all schedule changes and last-minute class cancellations by e-mail. Please check your e-mail regularly.

MAKEUP CLASSES

If a makeup class is scheduled for a cancelled one, you will be notified 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 office at 540-231-7266 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 an LLI course or event.



LLI member, Molly McClintock, experiences a virtual reality tornado simulation in the Cube with instructor Dave Carroll.



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. Please be sure to check the box on your registration form if you need a parking pass in order to attend your class. (Virginia Tech retirees who have valid parking permits do not need special visitors' passes.)

For Spring 2016, LLI classes will be scheduled at the following facilities:

Virginia Tech Public Safety Building

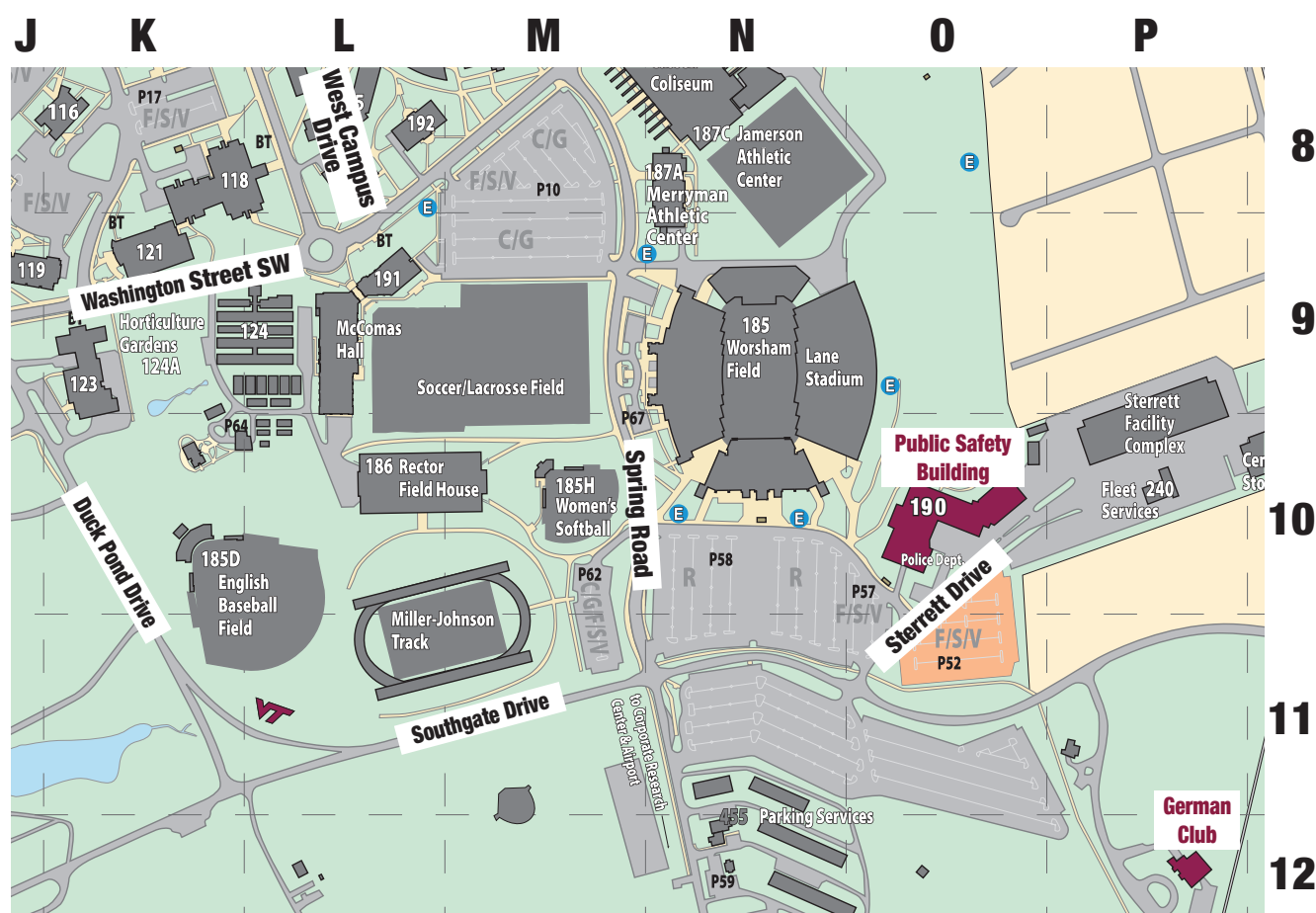
330 Sterrett Drive (off Southgate Drive, next to the Football Stadium) Classrooms 153 and 155
Map Grid: O-10, BLDG: 190

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

The German Club Manor

711 Southgate Dr, Blacksburg
Phone: 540-552-6830
Map Grid: P-12

Virginia Tech Campus Map





3080 Torgersen Hall

Virginia Tech
620 Drillfield Drive
Map Grid: M-4, BLDG: 174

The Village Center, Warm Hearth Village Retirement Community

2387 Warm Hearth Drive, Blacksburg
Village Center Receptionist:
(540) 443-3800
Directions to Warm Hearth:
<http://www.retire.org/index.php/directions>

Blacksburg Community Center

725 Patrick Henry Drive, Blacksburg
Phone: 540-961-1897

Hillel at Virginia Tech

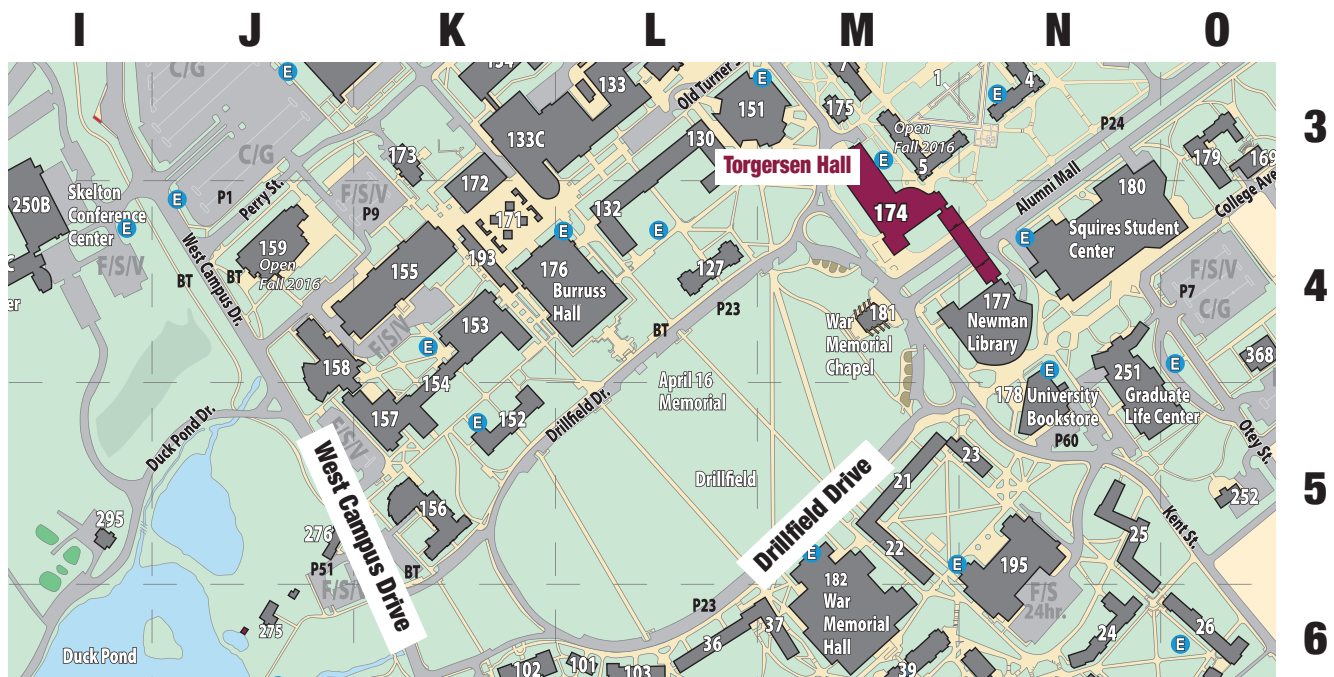
710 Tom's Creek Road, Blacksburg
Phone: (540) 951-5397
Parking available adjacent to building and also at the Lutheran Memorial Church.

Blacksburg Presbyterian Church

701 Church Street, S.E., Blacksburg
Phone: 540-552-2504
Closest access to Hatcher Conference Room is from Eakin Street entrance.

VT Parking Permits

Visitor passes will be issued, if needed, for classes and events scheduled on the Virginia Tech campus. (Virginia Tech retirees who have valid parking permits do not need special visitor's passes.) You must register by January 27th to receive your passes in the mail. If you register after this date, you will receive your parking passes on the first day of class.



Some classes and special events or tours may be located on Virginia Tech's main campus in Blacksburg or at other facilities. Specific locations will be indicated in the course or event description.



Volunteer

Like its many LLI counterparts across the country, the Lifelong Learning Institute at Virginia Tech depends on volunteers who develop programming and deliver service to members. Help us be the best we can be. Please consider volunteering. Here are some ways to contribute:

ON THE FACULTY

If you are interested in joining the LLI faculty, please take a look at the course proposal form on the LLI webpage. We welcome your suggestions for courses, lectures, and programs. LLI instructors receive free one-term membership and free enrollment in one course.

IN THE CLASSROOM

Are you willing to help support your instructor with such things as organizing and distributing classroom information, communicating course information to classmates and classroom set up where needed? Class assistants arrive early, put up directional signs, greet members, take attendance, pass out visiting parking passes to those who need one, introduce the instructor, and make sure the room is arranged as needed by the instructor and restored after class. Some instructors will also appreciate assistance with A/V or handouts. You can sign up to be a class assistant when you register for your classes. Training will be provided. Larger classes may have multiple assistants.

ON A COMMITTEE

There are currently three LLI committees: Program Committee (recruits instructors, develops or approves courses and special lectures and campus tours); Membership and Volunteer Committee (recruits and supports members and volunteers,



develops and coordinates distribution of publicity materials); and Events and Social Committee (plans day trips, special events and social activities for members, including interest groups).

IN THE OFFICE

The LLI Office in the Virginia Tech Public Safety Building will keep a schedule of regular, part-time hours with volunteer administrative staff who answer member or instructor calls, respond to questions, and make sure that programs run smoothly.

OTHER

Are you interested in developing publicity? Can you help an instructor create powerpoint slides? Can you take photographs of LLI activities for use in publications or the website? Do you have good A/V or computer skills? Are you willing to coordinate an informal group of members with shared interests (books, movies, geology, learning technology, crafts, whatever...).

Please contact the LLI Office or complete the volunteer interest form on the LLI website. We welcome your involvement!

Registration Form

Lifelong Learning Institute at Virginia Tech

Please print or type—complete a separate form for each participant



Name _____

Address _____

City _____

State _____

Zip _____

Daytime Phone No. _____

Email _____

Signature _____

Spring 2016 Membership Fee: \$20

Courses *(Please indicate your First and Second choices for attendance.):*

- | 1st | 2nd | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | \$25 Digital Story Telling |
| <input type="checkbox"/> | <input type="checkbox"/> | \$15 Intro to iPad |
| <input type="checkbox"/> | <input type="checkbox"/> | \$25 Living Life Mindfully |
| <input type="checkbox"/> | <input type="checkbox"/> | \$25 VT CLASS Sampler |
| <input type="checkbox"/> | <input type="checkbox"/> | \$25 Living Well to the End |
| <input type="checkbox"/> | <input type="checkbox"/> | \$25 Shenandoah National Park: The Untold Story |
| <input type="checkbox"/> | <input type="checkbox"/> | \$60 Intermediate Printmaking (includes \$35 materials fee) |
| <input type="checkbox"/> | <input type="checkbox"/> | \$ 0 Great Decisions course |
| | <input type="checkbox"/> | \$25 Optional Briefing Book |
| <input type="checkbox"/> | <input type="checkbox"/> | \$25 Turning Your Experience into Art: Writing Life Stories and Personal Essays |
| <input type="checkbox"/> | <input type="checkbox"/> | \$25 Making Sense of the Latest Health Research: Nutrition & Exercise |
| <input type="checkbox"/> | <input type="checkbox"/> | \$25 Modern Africa: Challenges of Nation Building |
| <input type="checkbox"/> | <input type="checkbox"/> | \$25 Pathways to a Fulfilling Life in Retirement |
| <input type="checkbox"/> | <input type="checkbox"/> | \$25 The Supreme Court: Presidents, Justices, and Cases |
| <input type="checkbox"/> | <input type="checkbox"/> | \$50 Intermediate Watercolor (includes \$25 materials fee) |
| <input type="checkbox"/> | <input type="checkbox"/> | \$15 Intro to iPhone |
| <input type="checkbox"/> | <input type="checkbox"/> | \$25 Tracing Your Genealogy |

Special Events *(Please indicate which events you plan to attend. Some events have a non-refundable fee.):*

- ☐ \$ 0 Great Decisions Preview, January 27, 3:00 – 4:30 p.m.
- ☐ \$ 0 Enjoying eBooks & Audio Books on your Mobile Device, February 12, 2:00 – 3:30 p.m.
- ☐ \$ 0 (Belated) Birthday Party for Abraham Lincoln, February 19, 2:00 – 3:30 p.m.
- ☐ \$ 0 Meet Some Humanoid Robots, March 4, 3:00 – 5:00 p.m.
- ☐ \$ 0 Dogs with Jobs: The World of Service & Working Dogs, March 18, 9:00 – 11:30 a.m.
- ☐ \$15 Quick and Tasty Appetizers for Any Occasion, March 22, 2:00 – 5:00 p.m.
- ☐ \$ 0 Explore the NRV: Blacksburg History Lecture and Visit to the Black House Museum, March 25, 9:30 – 11:00 a.m.
- ☐ \$25 Norman Rockwell Lecture & Exhibit at the Taubman, March 30, 9:00 a.m. – 2:00 p.m.

Membership fee: \$20

Course Fee(s): \$ _____

Total: \$ _____

Office Use	Entered	AMT: _____
		CC/CHK#: _____
		DATE: _____

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Continue registration on the back

Name: _____



Volunteering: If you want to be involved in LLI as a volunteer, please complete the form available on the LLI website, www.cpe.vt.edu/lifelonglearning, and someone will contact you.

Parking: Visitor parking passes will be issued, if needed, for classes and events scheduled on the Virginia Tech campus. (Virginia Tech retirees who have valid parking permits do not need special visitor's passes.) You must be registered by January 27th to receive parking passes in the mail. If you register after this date, then you will receive your parking passes on the first day of class.

Will you require a visitor parking pass for a Virginia Tech campus class? ☐ Yes ☐ No

If yes, please provide the license plate number of the car you expect to drive to class. _____

Please list a local emergency contact:

Name: _____

Relationship: _____

Telephone: _____

Refund and Cancellation Policy

Term membership fees are not refundable. Course refunds will not be issued after the first day of the term (February 8 for spring term). In the unlikely event that a course is cancelled or postponed due to insufficient enrollments or unforeseen circumstances, the university will fully apply registration fees to future courses. The university cannot be held responsible for any expenses, including cancellation or change charges assessed by airlines, hotels, travel agencies, or other organizations.

For weather or disaster-related program cancellation or postponement information, please call 540-231-9489.

**The information you provide is subject to the Freedom of Information Act guidelines.*

Return with payment by **one week before course** (no staples, tape, or paper clips, please) to:

Conference Registrar
Continuing and Professional Education
Virginia Tech, Mail Code 0272
702 University City Blvd.
Blacksburg, VA 24061
phone: 540/231-5182
fax: 540/231-3306 (for credit card registrations only)

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Method of payment: *Payment of registration fees is required prior to program attendance. Registration will be processed when payment is received.*

☐ Check enclosed (Make payable to: Treasurer, Virginia Tech CE)

☐ Credit Card: ☐ Visa ☐ MC ☐ AmEx

(Credit Card payment may be mailed, faxed, or given to registrar over the phone. No credit card information will be processed by voice mail or email.)

Cardholder name _____

Cardholder signature _____

Date _____

Card No. _____

Exp. Date _____

AUDIT COLLEGE CLASSES FOR FREE

Did you know that Virginia residents 60+ can audit college classes at any of the public colleges in the region for free on a space available basis? Follow your passion to study a foreign language, philosophy, history, or any other college class. See the LLI website <http://www.cpe.vt.edu/lifelonglearning> for links to admissions and tuition waiver forms for regular college courses at Virginia Tech, Radford, New River Community College, or Virginia Western.

The Virginia Senior Citizens Higher Education Act allows Virginia residents who are 60 years of age or older to take college courses at public colleges and universities without paying tuition, subject to the admission requirements of the institution.

If your federal taxable income does not exceed \$15,000 per year, you may take courses for credit without paying tuition. Virginians with higher incomes may audit credit courses for no credit and pay no tuition. You may have to pay course fees, such as lab fees.

You do have to apply for admission. Colleges want you to be registered rather than making informal arrangements with instructors for record keeping and for accounting for people in an emergency.

To apply for admission, contact the admissions office of the college or university where you want to enroll. [See the links on the LLI website above.]

PARTNERSHIPS MAKE US STRONGER!

Partnerships with Virginia Tech departments 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 VT faculty and research centers that 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, and the German Club.



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