

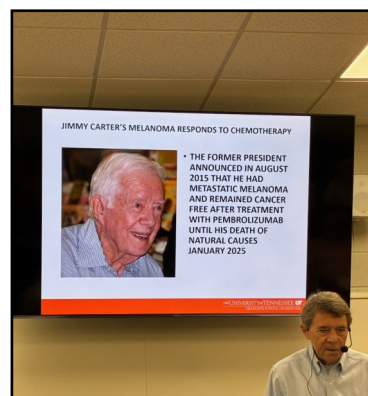
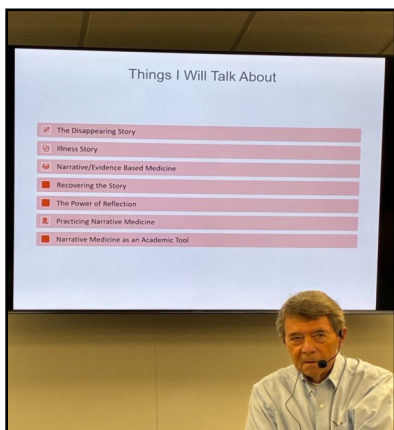


Oak Ridge Institute for Continued Learning

Winter/Spring 2026

ORICL - Enriching Lives Through Continued Learning

February 2 through April 24, 2026
Online Registration Opens December 2, 2025



ORICL . . .

"A perfect blend of those who love to learn with those who love to teach"

INFORMATION ABOUT ORICL

Oak Ridge Institute for Continued Learning is hosted by Roane State Community College (RSCC). ORICL is administered by a board of directors elected by its membership. RSCC provides classrooms, an office, and administrative support. Residents of Oak Ridge and the surrounding area of all backgrounds and educational levels are invited to become members. ORICL's programs are designed to respond to the interests of the participants who may take courses, go on group trips, or participate in other activities. In order to attend ORICL classes and activities, **it is necessary to join the Institute as a dues-paying member.**

Registration Procedures:

Classes and activities for the winter/spring 2026 term begin Monday, February 2. You may **register online or submit a paper registration form** to the office.

Couples: Please submit two separate forms even if identical classes are selected.

Paper registrations submitted to the office will not be entered into the system until the day after online registration opens. Checks for **the full amount of membership fee must accompany the forms** (unless previously submitted). Class fulfillment will be on a first come, first served basis. The earlier the paper registration is submitted, the better chance you will be accepted into the classes.

Online registration opens at **9:00 a.m. Tuesday, December 2**; at that time members may choose up to 10 classes. Members will be notified via email when registration opens for additional sessions beyond the initial choice of 10.

If you have any questions about the registration process, please contact the office at 865-481-8222. We will be glad to answer your questions. If you previously registered via paper form and now wish to register online, please call the office for instructions. **Class schedules** will be mailed in mid-January. If you receive notification that you are on a waiting list, you will be notified if a space becomes available.

Fees:

Membership: Membership fees are now due: **\$130 per registrant (includes ORICL's remaining two terms: winter/spring 2026 and summer 2026).** Members may choose to donate additional funds to ORICL. See page 34 for more information. ****If you paid in the Fall, no membership fee is due. If you are new to ORICL, the membership fee of \$130 is now due.****

Additional Fees: Some courses (art courses, special activities) may entail additional fees for materials. Please send fees to the ORICL office after receipt of acceptance into the class. For Winter/Spring 2026 **all class fees are due by February 2 unless otherwise stated. Without exception, nonpayment results in cancellation** of the registrant in the class. These fees are only **refundable** if we can find a replacement.

Front cover photos from summer and fall 2025. Photos submitted by Nancy Burwell, Pat Bryan, Bob Fowler, Sandy Keen, and Becky Rushton. ORICL reserves the right to take photographs in ORICL classes and on trips. Photographs may be used in ORICL newsletters, brochures, course catalogs, and/or other publicity designed to help the organization meet its mission.

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CLASSES

Class format information - Unless otherwise noted, each class will meet in-person. Classes meet at the Oak Ridge campus of Roane State Community College, 701 Briarcliff Avenue with the exception of art classes that meet at the Oak Ridge Art Center; Body Menders will meet at the Children's Museum. The description will so indicate. If a class will be online only via ZOOM or a hybrid class (choice between in-person or online) it will be indicated beside the class title.

Class disclaimer - The course content provided in these classes is for information purposes only and may not apply to your individual situation. ORICL and the staff provide no warranty about the content or accuracy of subject matter presented. Information provided is subjective. Keep this in mind when attending these classes. Any individual actions taken as a result of a course should be reviewed with a competent authority. Please contact the office if you have any questions.

ART, CULTURE, MUSIC & TRAVEL

100 A Journey Through Southern Italy

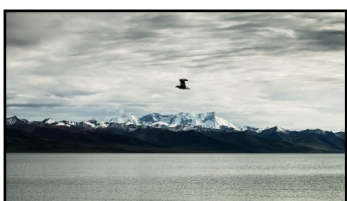
Join Becky Rushton for a presentation exploring the hidden gems of Southern Italy. This journey summarizes a trip which traversed eastern Sicily, the Aeolian Islands, Calabria, and Puglia. The trip included ancient ruins set against breathtaking mountain landscapes, small medieval villages along the stunning coastline, and the natural wonders of this remarkable region. Sights included villages steeped in history, charming harbors lined with fishing boats and ferries, and the lush landscapes of olive groves, vineyards, and caper fields. Becky's overview will showcase the natural beauty and rich heritage of these lesser-known regions, offering a glimpse into the heart of Southern Italy.



Becky Rushton, a dedicated ORICL member and avid traveler, shares, 'I'm most content when planning a trip or in the midst of one.' She finds that ORICL classes often enrich her travel experiences and while each adventure presents challenges, there is still so very much to be learned. Her favorite quote: "Not all those who wander are lost."

One session: Wednesday, 11:00 a.m. - 12:10 p.m., April 22

101 Tibet: Then and Now



During the Chinese Strike Hard policy towards Tibet, in the early 1990s foreign admittance was restricted and was only allowed with an approved guide and permit. Tourists at that time were limited to the low 1,000s. In 1994 my wife and I got the necessary permits, a guide, and driver leaving from Kathmandu for an eight-day adventure of a lifetime. Surviving rutted roads, two flat tires, and altitudes over 17,000 feet. We were literally "high" on life!

Norman Barrett and his adventurous wife have been to more than fifty countries. Working at a hospital with a very generous schedule and five weeks' vacation allowed them the free time to explore the world and to photograph it as well. With over 7,500 images on the Alamy stock photography site. Norman has contributed travel articles to several magazines including the award winning trip to Tibet.

One session: Tuesday, 11:00 a.m. - 12:10 p.m., April 21

102 Greek Island Hopping - Crete

This modern-day travelogue will look at ancient history. Through pictures and lecture, the instructor will discuss the Minoan Civilization as revealed by the excavations of Knossos (Bronze Age archaeological site in Crete) and Akrotiri (located on Santorini Island).



Alex Gabbard went off to college to study mechanical engineering and was drafted into the Vietnam conflict. After returning to college, he studied atomic physics and had a career doing research in civilian applications of energy at ORNL. He is now retired and enjoys restoring old cars and writing. He has written and published 37 books.

One session: Monday, 9:30 a.m. - 10:40 a.m., March 16

103 Art at Grace Lutheran Church

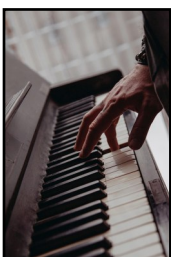
Art that expresses faith, as well as beauty, has been an important part of Grace Lutheran Church's history. The church has sponsored art shows that attracted recognized artists in the community. Currently, Grace sponsors art shows for Woodland Elementary School students. Church members have crafted works of art and given them to the Church. These include a tapestry, cross, stained glass, banners, pottery, and other items. These works of art will be on display in a church tour for the ORICL class.

Ruth Johnson Smiley earned a PhD in natural resource economics from the University of Tennessee. After retiring from a career in research and teaching, she co-edited the book, "Tennessee Women of Vision" and Courage, and wrote her memoir, "Becoming Independent". At Grace Lutheran Church, she organized a flower guild whose members create altar flower arrangements and sponsor an annual flower festival. Ruth now serves on the Church Council.

One session: Sunday, 3:00 p.m. - 4:15 p.m., March 1.

This class will meet at Grace Lutheran Church, 131 Gettysburg Avenue, Oak Ridge, TN.

104 Beethoven's Piano Sonatas, Part I



This Great Course Series will be taught by Professor Robert Greenberg.

Beethoven was a revolutionary man living in a revolutionary time. He captured his inner voice – demons and all – and the spirit of his time, and in doing so, created a body of music the likes of which no one had ever before imagined. Beethoven's 32 piano sonatas provide a window into his personal musical development and highlight the piano as an evolving instrument. A virtuoso at the keyboard, Beethoven used the piano as his personal musical laboratory, and the piano sonata became a place where he could experiment and develop a view of music as a form of self-expression.

Dan Robbins retired from B&W Y-12 in 2013 after 47 years of company service. At Y-12 he was the director of the analytical laboratories. He is a chemistry graduate of UNC, Chapel Hill and a Princeton PhD.

Six sessions: Wednesdays, 11:00 a.m. - 12:10 p.m. February 11, 18, 25; March 4, 11, 18

105 Making Clay Vases**Fee: \$60**

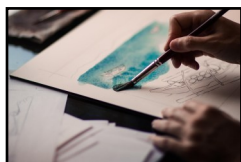
Students will use templates to make vases which will have different functions. Samples will be provided on the first day of class. Using patterns, which will be provided, each person will choose the texture and design for their vase. All participants will then choose the color(s) they wish to finish their pieces.



Bill Capshaw is a member of the advisory board of the Oak Ridge Art Center, where he oversees the planning and operation of the pottery studio and teaches beginning to advanced classes. He received a BFA (ceramics) in 1971 and a MFA (printing process) in 1974. In addition to teaching at the Art Center, he has given workshops at facilities such as the Appalachian Center for Crafts, Arrowmont, John C. Campbell Folk School, and Vanderbilt University. As a professional artist, he competes both locally and on a national level, Capshaw has received many awards, and is represented in many museum collections.

Three sessions: Thursdays, 9:30 a.m. – 12:30 p.m., March 5, 12, 19

This class will be held at the Oak Ridge Art Center, 201 Badger Avenue, Oak Ridge.

106 Fundamentals of Watercolor Painting**Fee: \$20**

This class will be an introduction to various traditional watercolor tools and techniques. Class participants will have the opportunity to apply these techniques to their own paintings in each class. Supplies will be provided for each class by the instructor.

Verna Shelden earned her BA from Boston University, her MEd from Salem State College, and MPH from the University of North Carolina, Chapel Hill. After working for many years in New York City and Charlotte, NC in the field of health care, she retired to Florida where she participated at the Leesburg Center for the Arts. At the Center she developed, directed, and taught the Summer Camp program for all stages of arts development for all grade levels.

Six sessions: Tuesdays, 4:00 p.m. - 6:00 p.m., February 3, 10, 17, 24; March 3, 10

107 Doodles and Tangles**Fee: \$10**

Learn a relaxing and fun way to use simple repeating structured patterns to create beautiful, detailed artwork. No artistic talent or prior training is needed to turn out amazing images!

Ruth Prince, a longtime Oak Ridge area resident, has spent the last several years teaching classes at the Oak Ridge Art Center specializing in metal working for jewelry, dichroic glass fusing, enamels, and metal clays. Her BFA work was in painting and drawing, so this class is a fun way to return to her roots.



Six sessions: Fridays, 2:00 p.m. - 3:10 p.m., February 13, 20, 27; March 6, 13, 20

This class will be held at the Oak Ridge Art Center, 201 Badger Avenue, Oak Ridge.

108 Sliding Knot Bracelet**Fee: \$5**

Join us for a very beginner-friendly class where we will be making cord bracelets with sliding knots. No experience necessary, no tools required. Students will be able to choose from a variety of focal charms to personalize their bracelets. Students should bring readers or magnifiers if needed for close-up work.

Nicole Ferrara graduated in 2009 from California State University with a BA in art history and a double minor in philosophy and studio art-painting. Ms. Ferrara has shown her personal art extensively in California, Washington, and New York.

One session: Friday, 10:00 a.m. - 12:00 p.m., March 20

This class will be held at the Oak Ridge Art Center, 201 Badger Avenue, Oak Ridge.

109 Travel Photography Through My Lens

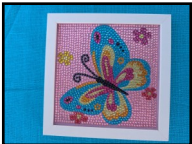
Explore photographic concepts through personal travel photos. Principles such as the rule of thirds, the interplay of light and shadow, leading lines, framing, texture, and motion each play a vital role in creating a compelling final image. We will travel from China to Patagonia, from Iceland to Greece, from Ireland to Italy, from the Amazon to the Sahara and beyond!

Dennis and Julie Wolf are keen travelers and often have two to four major trips on the books in any given year. Dennis loves photography – especially travel photography – and believes that every trip can be enjoyed multiple times: once in the planning, once in the experience, and many times afterward through the images captured along the way.

Two sessions: Wednesdays, 4:00 p.m. - 5:10 p.m., February 4, 11

110 Let's Learn Diamond Painting

Fee: \$35



In this class we will paint with rhinestones. This type of painting is like paint-by-number but using rhinestones instead of paint. You will get to express your creativity with your choice of color palette. Diamond painting is a meditative and creative experience that you are sure to love. Materials and container for the rhinestones will be provided.

Jenny Mayton is a soap-maker by trade but enjoys many hobbies. She learned diamond painting to relax.

Six sessions: Mondays, 2:30 p.m. - 3:40 p.m., February 2, 9; March 2, 9, 30; April 6

111 Exploring the Oak Ridge Art Center Permanent Collection

Did you know there is a world class collection of art right here in Oak Ridge? You may be surprised to find out what lurks in our vaults! From European masters to 4000-year-old carvings of long-lost cultures to contemporary works by local celebrities, the Art Center's collection spans an incredible range of pedigree and tastes. Learn about the process of acquiring and curating such treasures, while learning some tips and tricks to look for when building your own collection. We will discuss how factors such as display space limitations, lack of proper framing and condition, or even cultural taboos prevent many works in collections from seeing the light of day – ours included. We will spend some time with a few of our lesser-known works and discuss efforts to bring them out into the public's view. This is a rare opportunity to see behind the scenes of a private art collection.



Rex Redd, Executive Director of ORAC will provide the tour of the permanent collection.

One session: Friday, 10:00 a.m. – 11:30 a.m., March 27 This class will be held at the Oak Ridge Art Center, 201 Badger Avenue, Oak Ridge.

112 Art a la Carte Film Series

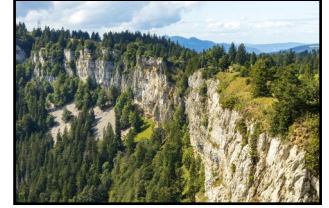
Art a la Carte is a series of brown-bag luncheon learning programs designed for those interested in the arts – both artists and those who appreciate the arts. Films concentrate on art history, museum collections, interviews with artists and/or demonstrations by various artists, and the creative muse or spirit. The series is held on the fourth Friday of each month at 12 noon. Each session runs for approximately one and a half hours. Some films may be shown in two parts with plenty of overlap to help viewers orient themselves to the storyline, though most will be shown from start to finish on that day. Join us for this fascinating and illuminating series. This class meets monthly.

Three sessions: Fridays, 12:00 p.m. – 1:30 p.m., February 27; March 27; April 24
This class will be held at the Oak Ridge Art Center, 201 Badger Avenue, Oak Ridge.

COMPUTERS, SCIENCE & TECHNOLOGY

150 How to Build a Perfect Mountain Chain

Mountain chains are linear features characterized by components that can be recognized in the interiors of all continents (roots of ancient chains with little topography less than 3.3 billion years old). And along many continental margins (young chains and island arcs with majestic topography) as products of plate tectonics processes. Their thickened crust contains components recognizable in both ancient and modern chains: deformed continental margins with characteristic structure; continental or oceanic components; cores of deeply rocks buried subjected to very high temperatures and pressures producing recrystallization. And molten rocks that either crystallize deep in the crust or reach the surface as volcanic rocks; large faults, some with hundreds of km displacement, which trend parallel to and occasionally cross the linear chain. And features inherited from previous continental margins that make each unique and separable from other chains formed by one or more collisional plate tectonic events (orogenies). Yet all contain characteristics that also make them similar and formed by the same process.



Bob Hatcher has had a career of 50+ years as a field geologist but has used physical and chemical principles throughout to help understand the geologic processes in the context of deep time. His research focused on how continental crust has evolved during Earth history with the addition of mountain chains to help continents grow. Despite decades of research in the Appalachian Mountains, he has traveled extensively to other parts of North America, Europe, and Asia to “collect” other mountain chains to compare them, the most recent being the Brooks Range in Alaska.

Six sessions: Tuesdays, 4:00 p.m. - 5:10 p.m., February 3, 10, 17, 24; March 3, 10; Field Trip on Saturday, March 7

151 Elk Restoration Program in Tennessee



This class will provide a general overview of the elk program in Tennessee. It dates to the early 2000's. Topics will include a background in elk life history and population ecology, planning and implementation of the original releases, population monitoring, research, habitat projects, quota hunts and more.

Garrett Clevinger has served as TWRA's Elk Program Coordinator since December 2023. He completed his PhD at Virginia Tech University in Fisheries and Wildlife Sciences. His primary research focused on population ecology of large mammals in the Appalachian Mountains.

One session: Friday, 9:30 a.m. - 10:40 a.m., February 27

152 Technical Book Group

Would you like to learn more about rapidly changing science and technology? Class members read and discuss books on science and technology topics of interest, biographies of experts in each field, or historical accounts of key discoveries. Join this monthly group, share your perspectives, and discuss that month's book. Recently published works written for lay readers are recommended and selected by the members of the group.



February 23: *The Story of CO2 Is the Story of Everything; How CO2 Made Our World* by Peter Brannen

Jim Rushton is the class coordinator.

Three sessions: Mondays, 4:00 p.m. – 5:10 p.m., February 23; March 23; April 27

153 Digital Security

Stay safe and confident online. These presentations will guide you through the essentials of protecting yourself in today's digital world. You will learn how to create strong passwords, spot scams, browse safely, keep your software updated, and use tools like two-factor authentication to secure your accounts. Designed with seniors and everyday users in mind, the class is jargon-free and packed with real-life examples. Bring your questions – we will make sure you leave with practical tips and resources you can use right away.



Richard Glover built and secured complex IT environments for the US government and military. He is a retired information technology scientist from ManTech International. He is known for his ability to improve processes and automate complex IT tasks using scripting languages. Now, he is bringing that expertise straight to the community with his nonprofit, Tech Ease.

Three sessions: Thursdays, 9:30 a.m. - 10:40 a.m., February 5, 12, 19

154 Mastering Facebook: Basics, Privacy & Interaction



Want to connect with family, friends, and your community online? This beginner-friendly class will guide you step by step through the basics of Facebook. You will learn how to set up your profile, post updates and photos, adjust privacy settings, and recognize scams so you stay safe. We will also cover how to send messages, join groups, and follow pages that interest you. No tech jargon – just clear explanations and plenty of time for questions, so you can leave feeling confident and connected.

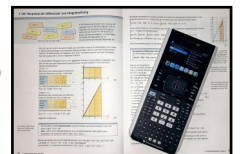
Heather Glover has 20+ years of experience in IT. She kept systems secure and running without a hitch. She spent 15 years locking down everything from web apps to databases, making technology behave exactly as it should. Now, she is bringing that expertise straight to the community with her nonprofit, Tech Ease.

Three sessions: Thursdays, 9:30 a.m. - 10:40 a.m., February 26; March 5, 12

155 Math Can Be Fun

Do you feel like you need a high school refresher class to help your grandchildren with their math homework? Do you get stuck on those math questions on Facebook? We will be looking at algebra and geometry problems at the high school level. How much do you remember?

Karen Ellis was a mathematics teacher at Oak Ridge High School for 39 years, teaching almost 4,000 students in all levels of math courses from algebra I through calculus. Prior to teaching at ORHS, she taught at Virginia Tech.



Two sessions: Tuesdays, 2:30 p.m. - 3:40 p.m., March 17, 24

156 Asteroid (230728) Tedstryk and Asteroid Families

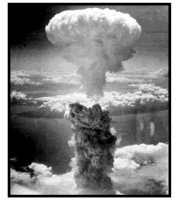
Ted Stryk will speak about the asteroid that was recently named in his honor. There is not enough known about the asteroid to give a presentation just about it, but it is a member of the "Themis" family of asteroids, meaning that these asteroids were all part of an original body, the largest surviving piece of which is asteroid (24) Themis. Ted will segue into talking about the asteroid families in the main asteroid belt.

Ted Stryk is a philosophy professor at Roane State Community College in Oak Ridge. He has always been interested in planetary exploration. He has done a lot of work with datasets from historical missions and continues to serve on the science team of the New Horizons mission to Pluto and the Kuiper Belt.

One session: Friday, 9:30 a.m. - 10:40 a.m., February 20

157 Weapons of Mass Destruction: Their History and How to Prevent Their Use

An enlightening (and troubling) history of weapons of mass destruction (WMD; chemical, biological, nuclear, and radiological) will be provided. In response, various efforts to halt the spread of WMD programs have been developed at both domestic and international levels, such as treaties, international control agencies, and limitations on the transfer of requisite technologies, commodities, and materials.



Dave Snider has extensive experience supporting domestic and international efforts to prevent the spread of weapons of mass destruction. He served as a Subject Matter Expert to the Department of Energy on international interdiction programs and US export controls. He was a member of the nuclear search team for the Iraq Survey Group (2004), worked at the International Atomic Energy Agency (2012-14). He has been a frequent instructor to various domestic (e.g., US enforcement and licensing agencies) and international audiences.

Three sessions: Wednesdays, 9:30 a.m. - 10:40 a.m., March 18, 25; April 1

FINANCE & BUSINESS

200 Stock Investing for Income



This class will show how long-term investments in dividend producing stocks can increase portfolio value, provide current income, and generate dependable future income streams.

Investing in dividend paying stocks can provide a stable and easily managed stream of income, which is especially important to retirees. Learning to select stocks with increasing stock prices and dividend prices also grows your portfolio. Investing in dividend stocks with a strong history of increasing dividends helps investors to keep up with or even surpass inflation.

This course will share proven principles to build growing, lasting, self-managed retirement income by investing in a reasonably diversified portfolio of dividend paying stocks. Students will learn to select stocks that:

- Pay dividends
- Are likely to grow in dividends and stock value
- Are generally "safe" dividends likely to maintain and even increase in value during a recession

I will share examples of real-life investments made during retirement, and how they are managed. We will discuss how investing in bonds or annuities compares to dividend investing. We will also discuss how to establish rules of:

- When to stay invested
- When to increase investment
- When to end a current investment and move to a different one

Steven Earhart is a private investor who manages his own portfolio. He belongs to an investing group and has shared his successful strategies with them and now wants to share them with ORICL members. Steven is not a financial advisor or employed with a brokerage or investing company but has learned strategies that have been successful in his own investing. He has a BS in business administration and a BS of engineering technology from ETSU and a MA in business administration from Elon College.

Four sessions: Wednesdays, 4:00 p.m. - 5:10 p.m., February 25; March 4, 11, 18

201 Income Tax and Social Security Changes

This class will investigate some of the changes in taxes and social security for 2025 through 2026.

The main targets of the presentation and discussion will center on the new Deductions for Seniors – especially on the limits and requirements for the deductions. Did you know that the Senior Deductions have different limits and deductions based on marital status and income? Or that all the listed deductions currently expire on December 31, 2028?



The main changes that may affect taxation in 2025 and in future tax years to be discussed are:

- No tax on tips
- No tax on overtime
- No tax on car loan interest
- Up to \$6,000 deduction for seniors
- Tax brackets for 2025 and 2026

Steven Earhart, see biographical information on previous page under class #200.

Two sessions: Wednesdays, 4:00 p.m. - 5:10 p.m., February 11, 18

202 How Can I Protect My Assets from a Nursing Home?



Worried about losing your hard-earned assets to nursing home costs? This eye-opening class breaks down how long-term care can impact your finances and what you can do now to protect what's yours. We'll explore legal tools, planning strategies, and common misconceptions around Medicaid and asset protection. Whether you're planning for yourself or a loved one, you'll leave with actionable steps and greater peace of mind.

Neva Foust is a dedicated probate and elder law attorney based in Knoxville, Tennessee (Foust & Foust, PLLC). She is a JD, Magna Cum Laude graduate of Lincoln Memorial University. She also obtained an MBA from Lincoln Memorial University. With a unique combination of legal knowledge and her background as a Certified Public Accountant, Neva offers her clients a thorough understanding of the financial complexities of estate administration and elder law. She enjoys applying her skills in both law and accounting to help individuals and families through the probate process.

One session: Wednesday, 9:30 a.m. - 10:40 a.m., April 1

203 What Happens When My Spouse Dies?

Losing a spouse is one of life's most profound and overwhelming experiences - but you don't have to navigate it alone. In this compassionate and practical class, we'll walk through what really happens when a spouse dies: emotionally, legally, and financially. From handling immediate decisions to understanding what comes next, you'll gain clarity, support, and a sense of direction. Whether you're planning ahead or coping with a recent loss, this session offers guidance, resources, and space for your questions.



Neva Foust, see biographical information listed above under class #202.

One session: Wednesday, 9:30 a.m. - 10:40 a.m., April 8

204 Strategies to Mitigate the Impact of the 10-Year Rule

The SECURE Act's elimination of the "stretch IRA" for most non-spouse beneficiaries has created new challenges. Under the 10-Year Rule, impacted beneficiaries must fully deplete inherited retirement accounts within a decade, often resulting in compressed distribution timelines and increased tax liabilities.



Using a variety of examples, Caroline will emphasize the core principle of paying taxes when rates are lowest to maximize after-tax legacy outcomes while also being aware of the impact each strategy could have on other facets of an individual's financial life.

Caroline Friedrich, CFP®, CPA, is the founder of Hillvale Wealth Management, LLC, established in 2024. She specializes in retirement and tax planning, providing fiduciary investment advisory services and comprehensive financial planning. Caroline earned both her bachelor's degree in accounting and her Master of Accountancy with a tax concentration from the University of Tennessee. She began her career in Big 4 public accounting, where she spent a decade advising high-net-worth individuals on tax compliance and planning strategies. She lives in Knoxville with her husband and their three young daughters.

One session: Tuesday, 9:30 a.m. - 10:40 a.m., February 3

COMMUNITY, GOVERNMENT, CURRENT EVENTS

250 ALICE - Impossible Choices

United Way of Anderson County invites you to a focused session on the real needs and strengths of our community. We will share highlights from our 3-Year Community Needs Assessment and ALICE (Asset Limited, Income Constrained, Employed) data to help paint a clear picture of life for many families in Anderson County. You will learn what United Way is doing to address these challenges, who our local partners are, and how you can join the efforts already underway to care for one another and create lasting change. Whether you are a resident, volunteer, or community leader – this session is for you.



Ada Hernandez-Bell brings nearly two decades of dedicated service within the non-profit sector here in east Tennessee. With a degree in psychology from King University, Ada's journey has encompassed hands-on engagement with at-risk children and families to creating trauma informed training protocols and compliance measures for foster families. Ada served as Executive Director of CASA of East Tennessee and as the program writer and launcher of A Loving Option Adoption, a program under Catholic Charities of East Tennessee. Ada is actively involved in the community, serving on many boards of non-profits in the region.

One session: Wednesday, 2:30 p.m. - 3:40 p.m., April 1

Please note: Every person registering for Winter/Spring 2026 who is new to ORICL must pay the \$130 registration fee. We cannot process your registration without the accompanying fee; however, (unless otherwise noted in a class description) please do not pay for art/materials/ fees until you receive your schedule signifying that you are enrolled.

251 Civics Education

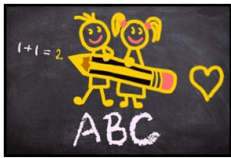
Evaluating your citizenship status. From elementary students and high school students to adults, where do we place the importance of characteristics such as law abiding, community activist, knowledge of the political process, and how government works. What does it really mean to be an effective citizen?



Keys Fillauer has been a resident of Oak Ridge since 1968. He is a graduate of the University of Tennessee at Chattanooga and began his teaching and coaching career at Robertsville Junior High School. After 31 years, he completed his teaching and coaching career at Oak Ridge High School. In 2001 he was elected to the Oak Ridge Board of Education and served for 23 years, 16 of those years as Chairman. In 2022, he served as President of the Tennessee School Board Association. He is the current Foreman of the Anderson County Grand Jury. He served on the Boys and Girls Club Board of Directors and currently serves on the Ronald McDonald House Board of Directors. He has been recognized as a Paul Harris Fellow, Member of the Oak Ridge Sports Hall of Fame and the Anderson County Hall of Fame.

One session: Thursday, 9:30 a.m. - 10:40 a.m., February 5

252 Tennessee State Board of Education



Robert Eby will give a description of the State Board of Education (SBE), who the board is, the roles and responsibilities of the members followed by a discussion of the hot issues of the day, and what the State Board and Tennessee education is facing.

Robert Eby is currently the Chairman of the Tennessee State Board of Education after serving 4 years as Vice-Chair. He was appointed to the State Board by Governor Haslam in 2018 to represent the 3rd Congressional District. His appointment came after 16 years of service over a 30-year time span on the Oak Ridge Board of Education. Eby was reappointed to the Board in 2023 by Lt. Governor Randy McNally to serve through March 2028. He also serves on KFI, a local organization dedicated to supporting the Ronald McDonald House of Knoxville, and is on the Global Community Fellowship Board, a missionary board to support Mayan people in Mexico. Eby and his wife reside in Oak Ridge.

One session: Monday, 9:30 a.m. - 10:40 a.m., February 23

HISTORY

300 Indigenous People of the Americas

Who were the indigenous people of what we call “the Americas”? Where did they come from? How did they get here? Why did they migrate here?

Wes Hibbert's interest in Native American history began while in college studying history. He earned his BA in history, political science and education from Kansas Wesleyan University. He spent a brief period teaching and then moved onto a career in contract management at several hospitals. Since retirement he has continued to learn and teach history of the Native Americans. He has shared his presentations at many locations in New Jersey and now in Tennessee.



Six sessions: Wednesdays, 9:30 a.m. - 10:40 a.m., February 4, 11, 18, 25; March 4, 11

301 Alexander the Great



At the end of the classical Greek era a young man was born in a back water nation. Alexander would go from a rocky family life to become one of the greatest military minds in ancient history. Conquering a vast territory from Greece to India, paved the way for trade, culture, and faith. Join a talk about the reality of one of the most famous men in all of history.

David Adkins has been a professor of history for over a decade, winning various awards for excellence in academics and public speaking. He has taught classes on almost every historical topic imaginable, from ancient history to modern science fiction literature. He currently works for an international publishing company, along with freelance writing and editing for several gaming companies, 3-D art, and in his spare time is an adjunct professor at Pellissippi State Community College.

Three sessions: Thursdays, 4:00 p.m. - 5:10 p.m., February 5, 12, 19

302 The Roman Republic

The Romans are one of the most famous and infamous yet misunderstood groups in history. Join the class if you would like to explore some of early Roman history, culture, and politics, from Romulus to Julius Caesar, with which we will set the stage for the Roman Empire.

David Adkins, see biographical information listed above under class #301.

Four sessions: Thursdays, 4:00 p.m. - 5:10 p.m., February 26; March 5, 12, 19



303 The Roman Empire

The Roman Empire, a vast political and military entity that changed the entire structure of, not only Europe, but the rest of the known world. The effects of the Roman Empire are present in our day-to-day life in ways we don't even see. Join the class for an exploration of a chaotic and violent empire that managed to last for almost 1500 years.

David Adkins, see biographical information listed above under class #301.

Five sessions: Thursdays, 4:00 p.m. - 5:10 p.m., March 26; April 2, 9, 16, 23

304 America Remembers

This will be a series of classes that will cover the following topics:

1. The American founding and selected battles of the revolution.
2. The creation of the American military; and veterans of east Tennessee.
3. Lessons learned for today's military – Chickamauga.
4. Spanish American War and why it matters.
5. Bastogne before the battle and medical care in a bad place.

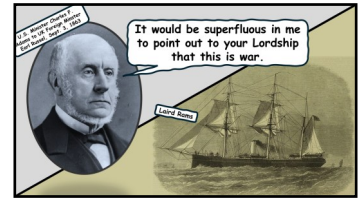


Michael Thornton is a retired military officer who taught history and foreign affairs at military schools to provide context for current and future operations. He teaches historical lessons learned for military units in Georgia and Tennessee. He earned a master's degree in public administration from Jacksonville State University. He has also earned a graduate certificate in US History from Ashland University. This additional two years post graduate study has helped him illustrate his real love, US history.

Five sessions: Thursdays, 2:30 p.m. - 3:40 p.m., February 5, 12, 19, 26; March 5

305 The American Civil War as a World Event

The American Civil War was a World-impacting event, and its ramifications still shape our globe. Abraham Lincoln, Jefferson Davis and a host of their compatriots engaged in a fascinating contest of living chess, played out across a game-board that encompassed both hemispheres, and waged with rules formed in the past, challenged in the present, and modified for the future. This is an invitation to explore the titanic events of 1861-1865 from an international perspective and to reflect on how it shadows our present. Three lectures:

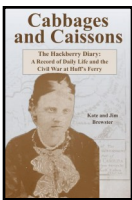


1. Mr. Lincoln's Canal: Securing America's Imperial Future [Issue: the Monroe Doctrine]
2. The Bahamas Go to War and Other Acts of Unneutral Neutrality [Issue: Freedom of the Seas]
3. Playing Four-sided Checkers with Jefferson Davis [Issue: Confederate Nationhood]

Fred Bailey brings to the ORICL program 40 plus years as an American history professor and has traveled extensively across the United States, Europe, and Asia teaching and presenting papers. His primary academic interest is the history of American thought, and among his hobbies is, exploring the different epochs of British history.

Three sessions: Tuesdays, 11:00 a.m. - 12:10 p.m., February 10, 17, 24

306 The Civil War in Loudon County



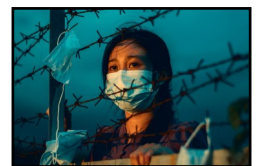
In January 1860, 20-year-old Lizzie Anderson began writing a diary about the everyday events in her community of Hackberry Bend, Roane County, East Tennessee having no idea that a war would quite literally show up on her doorstep just a few years later. That community would later disappear and the area where it was would be absorbed into the new county of Loudon, which was created in 1870 from parts of Roane, Monroe, and Blount County. In this class, we will explore the firsthand account of day-to-day life during the Civil War in Roane/Loudon County through Lizzie's diary based on the book *Cabbages and Caissons*, authored by Brewster.

Kate Brewster is a retired library director based in Knoxville, Tennessee, with more than three decades of experience in research, archival management, and public education. She spent several years writing for newspapers, magazines, has written several books, and stage plays. Kate loves teaching genealogy, history, and writing workshops and classes where she brings history and writing to life for fellow lifelong learners.

Three sessions: Tuesdays, 9:30 a.m. - 10:40 a.m., March 3, 10, 17

307 Plagues and Prejudice: From the Black Death to Covid-19

Bubonic plague, known as the Black Death, devastated Europe in the Middle Ages. It also was the stated reason for many massacres of Jews during that time. During the AIDS crisis, gay men and lesbians were targeted and blamed for the epidemic. Chinese Americans suffered from increased bigotry in connection with the COVID pandemic. Why do epidemics cause increase in prejudice? How are the targets of prejudice chosen? How does it affect their communities? Is there any truth behind the group blaming, and if not, what's the real story of the spread of these plagues? How can we best combat prejudice based on misinformation? Join this mini lecture series to explore these questions.



Dale Rosenberg is a freelance Jewish educator and the rebbitzin (rabbi's wife) in the Jewish Congregation of Oak Ridge. She teaches across the lifespan and in a variety of settings: colleges, synagogues, community centers, and retreats. Dale moved to Oak Ridge in January 2024 and began teaching at ORICL in February 2024.

Five sessions: Wednesdays, 2:30 p.m. - 3:40 p.m., February 4, 11, 18, 25; March 4

308 Mira Kimmelman Holocaust Education Study Group

Oak Ridge Holocaust survivor Mira Kimmelman's memoir, *Echoes from the Holocaust*, concludes "Only by remembering the bitter lesson of Hitler's legacy can we hope it will never be repeated. Teach it, tell it, read it." Our four-session class will do just that--examine the historical context and phases of the Holocaust, analyze its impact on our modern world, and explore the questions that it raises about democracy, tolerance, antisemitism, bigotry, and hatred.



As conveyed through her memoir, speeches, and interviews, Mira Kimmelman's Holocaust experiences will provide personal context for our study. Class members should buy or borrow a copy of *Echoes from the Holocaust* prior to the first class meeting. Excerpts from other survivor memoirs will be offered for participants to reflect on each week.

This class is discussion-based and interactive. Attendance each week is strongly encouraged. Each two-hour session will include a short break, and snacks will be provided. An optional 'field trip' to the Jewish Congregation of Oak Ridge synagogue will be scheduled between the first and second meetings of the class.

Steve Reddick is a retired Jefferson Middle School history teacher and Teacher Fellow for the Tennessee Holocaust Commission and Facing History and Ourselves. For the past eight years, he has co-facilitated the Mira Kimmelman Holocaust Education Study Group that was initially started by the Jewish Congregation of Oak Ridge and the Unitarian Universalist Church of Oak Ridge and now meets through ORICL.

Dorothy DeVan retired from teaching English at Jefferson Middle School several years ago. Each year, she taught a unit of Holocaust literature that included the play version of The Diary of Anne Frank, plus excerpts from Holocaust survivor memoirs, including local author, Mira Kimmelman. She has previously taught ORICL classes focusing on short stories, and she also teaches English as a Second Language classes twice a week at Grace Lutheran Church.

Dale Rosenberg is a Jewish Educator and also the Rebbitzin (Rabbi's wife) of the Jewish Congregation of Oak Ridge (JCOR). She has Master's Degrees in Jewish Studies and Jewish Education from Hebrew College and has taught in a number of colleges, synagogues, conferences, and retreats. Since moving to Oak Ridge in 2024, Dale has been a frequent teacher at ORICL as well as at JCOR and the Arnstein Jewish Community Center in Knoxville. Dale is very happy to return for her second year as part of the Mira Kimmelman teaching team.

Four sessions: Wednesdays, 11:00 a.m. - 1:00 p.m., February 4, 11, 18, 25

309 Albert Einstein: Physicist, Philosopher, Humanitarian



This Great Course will peer into the mind of a great genius of history with this deep and informative course that explores the scientist we know, as well as the thinker and social activist we may be unfamiliar with. Albert Einstein irrevocably changed the face of physics. Eventually, he would achieve fame and influence not only as a scientist but also as a philosopher and a humanitarian, involved with some of the most profound issues of the day. Get an in-depth look at the life and work of Albert Einstein, undoubtedly one of the most brilliant minds of the 20th century. This course examines his revolutionary innovations in physics, his philosophical reflections on the methods and foundations of science, and his public efforts championing a variety of social causes.

Dan Robbins retired from B&W Y-12 in 2013 after 47 years of company service. At Y-12 he was the director of the analytical laboratories. He is a chemistry graduate of UNC, Chapel Hill and a Princeton PhD.

Six sessions: Wednesdays, 1:00 p.m. - 2:10 p.m., February 11, 18, 25; March 4, 11, 18

310 The American Cold War: Civil War Battles in Winter

Students of the Civil War would probably say that for the most part, battles were fought in warmer, good weather months. And that's arguably true just based on numbers alone. However, there were a surprising number of very important battles that were fought in the dead of winter. But why? And was fighting in the colder months substantively different than in warmer months? The answers to those questions, and others, are surprising.



Tim Vane served in the US Army for more than 20 years and retired as a Lieutenant Colonel. During his time on active duty, he participated in Operation Just Cause (Panama), the First Gulf War and Operation Uphold Democracy (Haiti). He earned his BA from La Salle University and MA from California State University. His military education includes the Field Artillery Basic and Cannon Courses, the Infantry Officers Advanced Course, the Defense Information School and the Command and General Staff School. Vane retired from ORNL in 2014, he now owns his own consulting company and is co-owner of How2LeadUS which teaches leadership development to businesses and organizations. The company uses Civil War battlefields as the classroom and often uses re-enactors and equipment as part of the instruction.

One session: Thursday, 11:00 a.m. - 12:10 p.m., March 19

311 More . . . Appalachia on our Minds, Part II

More than a century ago, John C. Campbell observed that “*Appalachia is a land about which more things are known that are not true than any part of this country.*” Sadly, Campbell's assertion is still disappointingly accurate – particularly among residents of geographical Appalachia who do not fit prevailing regional stereotypes – i.e. people like us!

As a continuation of the fall class, this course will focus exclusively on depictions of Appalachia in documentaries and movies. Some of the films we will watch won considerable acclaim (even a few academy awards). Others never gained much attention, were forgotten almost as soon as they appeared, and are rarely known today except among regional specialists. Among the topics we will address: the impacts of World War I, the Great Depression, and World War II on the Appalachian region; the effects of outmigration; strip-mining; the causes and consequences of a Regional Awakening that exploded in the 1970s and continues today; several prominent contributors to that Awakening; new insights into the history of east Tennessee as a sub-region of Appalachia; and Dolly Parton and JD Vance as prominent Appalachians today. We will conclude the course by viewing two recent documentaries from within the region and a third that offers an outside view.

Mark Banker is retired from Webb School in Knoxville, TN. He was a teacher of Advance Placement US History, Tennessee History, and Southern Appalachia history. He has taught at both the high school and college levels. Mark has received several awards and has published Appalachians All: East Tennesseans and the Elusive History of an American Region (University of Tennessee Press, 2010) and many articles.

Eight sessions: Mondays, 11:00 a.m. - 1:00 p.m., February 2, 9, 16, 23; March 2, 9, 16, 23

312 A “Spirited” History

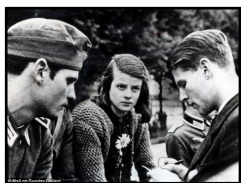
From Colonial time to modern times, distilled spirits have played a part in the commerce and taxes of American life.

Alex Gabbard went off to college to study mechanical engineering and was drafted into the Vietnam conflict. After returning to college, he studied atomic physics and had a career doing research in civilian applications of energy at ORNL. He is now retired and enjoys restoring old cars and writing. He has written and published 37 books.



One session: Monday, 9:30 a.m. - 10:40 a.m., March 2

313 The White Rose



The White Rose was a group made up of university students and their professor that opposed Hitler and his Nazi regime. Hitler and the regime imposed dictatorial rule on all aspects of life in the German Republic, culminating in a devastating war.

Alex Gabbard is originally from Berea, KY, where his early life rotated between a small college town with his father and a tobacco farm in the mountains of North Carolina with his mother. He became a special weapons expert during the Vietnam era, then attended college and worked as a physicist at the Oak Ridge National Laboratory from which he has recently retired. Alex is a widely published author; his book, Blood of the Roses, was a Freedom Book of the Month selection.

One session: Monday, 9:30 a.m. - 10:40 a.m., March 9

314 History of Council-Manager Government in the United States

The Progressive movement in the United States around 1900 yielded many improvements in life across many spectrums. From the “muckrakers” that addressed the meatpacking industry to the establishment of national parks by President Theodore Roosevelt, many changes occurred. One of those changes was that of local government. After years of corruption and conflict, Stanton, Virginia started a new form of government involving a trained “city manager” to address all community issues by being the sole report to the Mayor and City Council. Today, over 55% of the cities in the United States have adopted this form of government. How has this occurred? This presentation will identify the background of this form and how it has developed the American city over the past century.

Dr. Mark Watson has previously served as City Manager of Oak Ridge for 15 years. He is a recognized leader in the field of public management and has served 8 cities in four states as their Chief Executive. Dr. Watson is a second-generation city manager and has been active in state, national, and international management organizations. He has been recognized with Lifetime Achievement Awards by the University of Kansas and has recently been granted a lifetime membership with the International City/County Management Association where he has served as Vice President and Chair of its International Committee. Dr. Watson has a doctorate in political science from the University of Tennessee and has also trained 28 interns through his 47 years of service who now serve in the capacity of city managers and senior staff officials. He has served in Texas, Montana, and Arizona cities including 9 years on the U.S./Mexican border. His services included urban, rural, medical, federal, and agricultural communities. Dr. Watson lives in Oak Ridge with his wife.

One session: Tuesday, 9:30 a.m. - 10:40 a.m., February 24

315 Yet Even More Stories from the Secret City (Online - ZOOM)

This class involves a discussion of Oak Ridge history in a question-and-answer format with visual images of historic photographs and documentary films. Emphasis will be placed on the early history of Oak Ridge but will include more recent history. We will discuss the Manhattan Project National Historical Park and possible future science and heritage tourism efforts. Guest speakers will present information about their areas of expertise.

Ray Smith has been the Oak Ridge City Historian since 2015; Tennessee historical commissioner for east Tennessee since 2017; Cohost for Hidden History: Stories of the Secret City; newspaper columnist for The Oak Ridger and Morgan County Today's Historically Speaking weekly column. He has been a documentary film producer; photographer; authored “Critical Connections,” and has been an ORICL instructor for several years.

Three sessions: Mondays, 9:30 a.m. – 10:40 a.m., February 2, 9, 16

PHILOSOPHY & RELIGION

350 Greatest Hits of Church History: The First Four Centuries of Christianity

This class will be a presentation of the major controversies and historical milestones within the growth of Christianity from the time of the New Testament to the Second Ecumenical Council in AD 381, from a Christian point of view.

Father Basil Biberdorf is the priest (rector) at the St. Anne Orthodox Church of the Orthodox Church in America in Oak Ridge, TN. He has been an Orthodox priest for over 20 years, serving congregations in Texas, Pennsylvania and Tennessee. He is a graduate of St Vladimir's Orthodox Theological Seminary in New York, Concordia Theological Seminary in Indiana, and Texas A&M University.

Two sessions: Mondays, 4:00 p.m. - 5:10 p.m., February 2, 9



351 The Quest for Christian Theocracy (HYBRID)

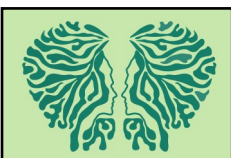
This class is a continuation of the previous study of "Early Christianity: Counter-culture to Christendom." In current literature, Christendom is *denounced* as the worst evil of Christian history, *affirmed* as the golden age, or *reinterpreted* as the conceptual bridge over the divisions of Christianity in the current era. Catholic scholars tend to defend the concept, if not the history. The Classical Reformation (Lutheran and Reformed) was ready to break the shackles of Catholic control but not the bonds of church and state. Anabaptists of the Reformation viewed the rise of Christendom as the "Fall of the Church." Secular historian Edward Gibbon blamed the fall of Rome on the otherworldly obsession of Christianity, the promise of pie in the sky by and by. The current rebirth of Christian Nationalism has revived the importance of understanding the notion of Christendom in the Western history of Christianity.

The question persists: What is the appropriate relationship of Christianity and the culture, the appropriate place of religion in politics? Until the US First Amendment to the Constitution, governments were expected to be closely aligned or married to a religious establishment. The mutual exploitation between the institutional authorities of Church and State have varied significantly from one generation to another, but Roman era Christendom has never disappeared into the mist of ancient history.

Larry Dipboye, beginning in 1962, served six churches in pastoral ministry in Texas, Missouri, Kentucky, and Tennessee. He has lived in Oak Ridge since 1988 and retired as co-pastor with Carolyn from Grace Covenant Church in 2019. A graduate of Baylor University and Southwestern Baptist Theological Seminary in Texas, he received his PhD from Southern Baptist Seminary in Louisville, Kentucky, in 1970 where, as a pastor in Louisville, he also later served as Adjunct Professor of Systematic Theology.

Five sessions: Thursdays, 11:00 a.m. - 12:10 p.m., February 12, 19, 26; March 5, 12

352 Solving Problems with Wilber's Integral Theory



American philosopher Ken Wilber's Integral Theory explains how to understand complex problems. We will look at the theory itself and apply it to understanding our world. Could it be that many complicated problems of society can arise because of how individuals view the problem? Could it be that new solutions appear when we use an integral lens? Let's discover for ourselves ways to resolve issues perplexing us.

Lalia Wilson holds BS and MS degrees in chemistry, and an MBA, and attended law school. She has taught chemistry and business classes, as well as tai chi. Wilson has taught Integral Theory to adult students since the 1990s. At ORICL she facilitates two book groups and hosts the crochet class.

Five sessions: Mondays, 6:00 p.m. - 7:10 p.m., February 2, 9, 16, 23; March 2

353 Lovingkindness and Unbounded Friendliness (Online - ZOOM)

Metta is part of Buddha's heart teaching about lovingkindness or the *Brahma Viharas* – compassion, sympathetic joy, equanimity, and “unbounded friendship” – often called the “Heavenly Abodes.” This practice will bring participants into experiences of lovingkindness and focus on how to bring about these Heavenly Abodes in one's daily life. We will look at *sila* (virtue), *samadhi* (concentration), and *pañña* (wisdom) as they relate to “lovingkindness”. Since our purpose is to cultivate lovingkindness and goodwill, the class will be of benefit to anyone who is interested in goodwill. The focus will simply be on how a person can cultivate a sense of lovingkindness toward oneself, others, and all beings everywhere, regardless of one's spiritual tradition.



Fred Martinson is an art historian (PhD, University of Chicago) who taught at the University of Tennessee for 30 years. He has a special interest in the iconology of Buddhist Art (“meaning” as well as style and context.) After specializing in the meaning of Buddhist subjects in Asian art for decades, over 25 years ago he sought training and began a meditation practice of his own. Since that he has studied with several different teachers and participates in a half-dozen meditation and study discourses in the Knoxville area including several on suttas.

Twelve sessions: Mondays, 11:00 a.m. – 12:10 p.m., February 2, 9, 16, 23; March 2, 9, 16, 23, 30; April 6, 13, 20

HEALTH, WELLNESS & MEDICINE

400 Preparing Your Medical History, First Aid Kit and “Got to Go Pack”



It is important to prepare your personal medical history, first aid kit, and “got to go pack” in the event of a storm, tornado, fire or accident. Being prepared to help yourself and others is important for survival! This will help you get organized and plan in order to evacuate or shelter in place until help comes. This class will cover the updated recommendations.

Dr. Elaine Bunick has been an MD for 49 years, 44 years in private practice in endocrinology in Oak Ridge. She has done many medical service missions in the US and internationally: Ghana, Haiti and Mexico. She started the public diabetes education program in Oak Ridge. Dr. Bunick has been very active in Anderson County and Oak Ridge as both a practicing doctor and as a volunteer doctor. She has been awarded the Oak Ridge Rotary Club's Bill Sergeant Vocational Service Award and the Rotary District 6780 Rotarian of the Year Award. She received the special Rotary International Service Above Self Award in 2021 for a lifetime of service in the US and internationally.

One session: Wednesday, 9:30 a.m. - 10:40 a.m., April 15

401 Decoding Health Insurance

How to read your health plan documents, schedules of benefits, explanations of benefits, and etc.

Jennifer Stark has past experience with Kanawha Insurance in customer service, claims processing and was part of the Y2K conversation team.



Three sessions: Wednesdays, 11:00 a.m. - 12:10 p.m., March 25; April 1, 8

402 CPR, Readiness for EMS, Stop Bleeding

This class will instruct students with hands only CPR, chest compressions - no breaths, other life saving skills, and what to expect in an emergency regarding response times and procedures from first responders.



Bobbi Jo Henderson is currently the Deputy director of Education at the Anderson County Emergency Management Services (EMS). She has been employed with the organization for 21 years and has served as a paramedic and as an AHA (American Heart Association) instructor.

One session: Tuesday, 9:30 a.m. - 10:40 a.m., March 24

403 Keeping Mentally Fit

This is an in-person, 2 session, interactive class:

In session 1, we will define mental fitness and explore possible risks to it. We will outline changes expected with normal aging, as well as brain factors playing a role in mental fitness. We will also discuss studies on healthy aging and research-backed tips on ways to keep mentally fit as we age.



In session 2, we will try out some "brain games" toward keeping mentally fit. We will end our session with some relaxing seated Tai Chi.

Elaine Wilson has lived in Oak Ridge since 2014. She received her MSSW in social work from the University of Tennessee in 2009 and is a Licensed Clinical Social Worker. Elaine is special projects coordinator at Care Around the Block (CAB), where she participates in program development, project management, coaching and education. Before Elaine began her career in social services and home care, she completed a 20-year career in audiology. After graduating from the University of Tennessee, she worked as Director of Social Services in a nursing center in Massachusetts for 5 years before returning to east Tennessee.

Two sessions: Tuesdays, 9:30 a.m. - 10:40 a.m., February 10, 17

404 Aging with Independence

Join us to learn the keys of aging well in your OWN home on your OWN terms. We will cover a ton of simple strategies that you can implement now and use for the years to come.

Alaina Marino has been helping people get back into action without injections, medications, or surgery since 2005. She completed a BS in biology and health science, as well as a master's in physical therapy from East Tennessee State University. She then earned her doctorate in physical therapy from Shenandoah University in VA and finally completed her DSc (an advance clinical PhD) in orthopedic manual therapy at Andrews University. She completed a 3-year fellowship in orthopedic manual therapy with the North American Institute of Orthopedic Manual therapy. She is an adjunct professor of orthopedics at both South College and Lincoln Memorial University.

One session: Thursdays, 1:00 p.m. - 2:10 p.m., February 5

405 Labor of Dying

This class will be a primer level educational presentation about what is likely to occur as a person faces and goes through the transition to death.



Mare Martell has been a practicing death doula since 2021; providing a non-medical, holistic support to individuals and their families during the dying process.

One session: Tuesday, 2:30 p.m. - 3:40 p.m., February 24

406 Taking Charge as a Medical Advocate

This class focuses on practical steps that individuals can take before, during, and after medical treatment to ensure better outcomes for themselves or for ones they attend. Topics include: personal medical information, communication with medical providers, in-patient hospitals and rehabilitation centers, skilled nursing facilities, home health care, out-patient treatment, physical and occupational therapy, long-term care, and billing, as well as insurance claims, extensions, and appeals. The instructor will also discuss her personal experience with goal setting and overcoming medical trauma.



Gay Marie Logsdon speaks from experience following her head-on car wreck in 2016 and from experience of family and friends over 30 years. Months of in-patient and out-patient medical care, torrents of insurance claims, and gradual ongoing recovery have helped shape her perspective, which is fortified by a meditation practice of many years. Gay Marie taught English at several universities and language institutes, and she served as a technical editor and writer at ORNL until retirement. Afterwards, she revived her aquatic and safety skills by working out with Oak Ridge swimmers, competing in Senior Olympics, and obtaining Red Cross certification to teach swimming, CPR, AED, and first aid.

Two sessions: Wednesdays, 2:30 p.m. - 3:40 p.m., April 8, 15

407 Body Menders

Fee: \$10



A fitness class designed for older adults but meets the needs of everyone – the overweight, diabetic patients, heart patients, sedentary people, the athlete and those recovering from illness or injuries. It offers agility, flexibility, strength, circulation, improved balance and coordination, new energy and vitality and a reclaiming of lost skills and comfort.

Frances Gross is certified by Energizing Exercises, NDEITA, Instructors Training Clinic and Choreo-Aerobics from Georgia State University. Exemplary Certification Body Recall, Certified Trainer/Body Recall/ Special Populations, Tennessee Elderhostel, Advanced Fitour Pilates, Fitour Yoga. She is currently teaching at National Fitness and the Children's Museum.

Four sessions: Thursdays, 9:15 a.m. - 10:30 a.m., February 5, 12, 19, 26

The class will be held in the gym, Children's Museum of Oak Ridge, 461 W. Outer Drive, Oak Ridge.

LITERATURE & FILM STUDIES

450 Creative Writing

Do you like to write, or have you always wanted to write but need a little nudge to get started? Get ready for some inspiration with this inspiring and fun-filled creative writing class. Be prepared to write and share in class as we participate in various writing activities to get your creative juices flowing.



Kate Brewster is a retired library director based in Knoxville, Tennessee, with more than three decades of experience in research, archival management, and public education. She spent several years writing for newspapers and magazines and has written several books and stage plays. Kate loves teaching genealogy, history, and writing workshops and classes where she brings history and writing to life for fellow lifelong learners.

Six sessions: Tuesdays, 11:00 a.m. - 12:10 p.m., March 3, 10, 17, 24, 31; April 7

451 A Study of the Modern Thriller through Kiersten Modglin, Part II

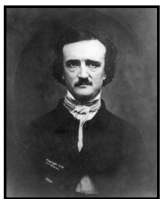
Join us as we discuss the thriller genre through the work of Kiersten Modglin. In this course we will be looking at three more of her novels: *The Liar's Wife*, *Don't Go Down There*, and *The Stranger*. In preparation for this course, please read the first 10 chapters of *The Liar's Wife*.

Myndalynn Word is an English adjunct instructor at Roane State Community College and Pellissippi State Community College. She loves to read and especially enjoys the horror/thriller genres. This is Myndalynn's 5th semester teaching for ORICL, and she thoroughly enjoys getting to talk about literature with all of her students.

Six sessions: Fridays, 9:30 a.m.- 10:40 a.m., March 6, 13, 20, 27; April 10, 17

452 Poe's Fiction

This class will read and discuss a selection of Edgar Allan Poe's short stories and also his only novel *The Narrative of Arthur Gordon Pym*.



Michael A. Lofaro is emeritus professor of American Literature and American and Cultural Studies at the University of Tennessee. A specialist in regionalism and southern literature and culture, in the frontier, and the frontier hero in American life, with allied interests in the literature of the discovery and exploration of the Americas, and in Euro-American and American cultural studies and folklore. He's authored or edited 24 books, an online database, and over 75 articles. Lofaro has received over 60 fellowships, grants and awards. He has served as a senior Fulbright lecturer at the University of Vienna, as a consultant for National Geographic, a lecturer for the Smithsonian, and has been featured and interviewed on National Public Radio's "All Things Considered", The History Channel, A&E, and NBC's The Today Show.

Four sessions: Wednesdays, 11:00 a.m. - 12:10 p.m., March 25; April 1, 8, 15

453 Shakespeare Out Loud - Take 2 (online - ZOOM)

"Hell is empty And all the devils are here." (Ariel, Act 1, Scene 2)

"How beauteous mankind is! O brave new world, That has such people in't." (Miranda, Act 5, Scene 1)



Everyone is welcome to join us as we read aloud *The Tempest*, one of Shakespeare's romances (aka comedy, tragicomedy, problem play). Not easily categorized, the play is full of music, magic, love, forgiveness, humor, and drama. Likely Shakespeare's final solo play, it can be read as his farewell to theatre.

We read orally in round robin manner, stopping for informal discussion as the group desires. Mispronunciations welcome! You must have your own unabridged version of the play to read. Various editions pose no problems. Instead, differences often become discussion points.

Terri Gilbert joined ORICL and the Shakespeare Out Loud group upon her retirement in 2020. A former English teacher at Clinton High School and adjunct with Roane State Community College, Terri has a BA in English, MEd in English education and an EDS in reading.

Eight sessions: Tuesdays, 1:00 p.m. – 2:10 p.m., February 3, 10, 17, 24; March 3, 10, 17, 24

454 Shakespeare's Rivals (online - ZOOM)

While there's little dispute that Willie was the GOAT of Elizabethan playwrights, he had some formidable competition. This Zoom class is scheduled for 12 sessions of the winter/spring 2026 term to allow for an initial overview of theater in Elizabethan England and how it integrates with the individual play, "Dr. Faustus" by Christopher Marlowe. Marlowe was one of Shakespeare's more familiar rivals – and an occasional collaborator. The text of the play, as presented on the Folger Shakespeare Library site, will be provided to class members. We will read "Dr. Faustus" orally, in round-robin fashion.



Elane Streets' education allowed little time for the arts, so she is working to fill in some of the holes in her retirement. As a life-long learner, she will organize the class and be learning along with all of you – and learning from you. As she tells her crossword class self-selected masochists, "We are all learners and all teachers." It's an empowering model of instruction.

Twelve sessions; Thursdays, 2:30 p.m. - 3:40 p.m., February 5, 12, 19, 26; March 5, 12, 19, 26; April 2, 9, 16, 23

455 Jews and Judaism in American Situation Comedies



The American television situation comedy is a uniquely American form of entertainment, one that both reflects American popular culture and helps to shape it. Examining depictions of Jews and Judaism in situation comedies from the 1950s to the present provides a window into the American Jewish experience as well as into the mainstream views of American Jews.

Dale Rosenberg is a freelance Jewish educator and the rebbitzin (rabbi's wife) of the Jewish Congregation of Oak Ridge. She teaches across the lifespan and in a variety of settings: colleges, synagogues, community centers, and retreats. Dale moved to Oak Ridge in January 2024 and began teaching at ORICL in February 2024.

Five sessions: Tuesdays, 2:30 p.m. - 3:40 p.m., February 3, 10, 17, 24; March 3

456 Classic Literature Revisited (online - ZOOM)

Are there well-known books considered classics that you haven't read but would like to explore? Might there be some lesser-known titles by well-known authors that could be added to the list of their more famous works? What do these books and authors say to you now? Do they have a timelessness that applies to today's life and times or are/were they just a good story? What makes a book a classic?



The classics book group will discuss classic literature with the view of challenging each other for new insights into old favorites. The group reads mainly novels first published 50 or more years ago that are still in print/or easily obtained. We read prize-winning books by prize-winning authors. We read books that were bestsellers in their time, were recognized as the best then, and often still are. Attendees may bring their own suggestions of books and authors for future reading!

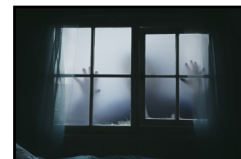
February 9: *Hiroshima* by John Hersey
 March 9: *Play It As It Lays* by Joan Didion
 April 13: *Fathers & Sons* by Ivan Turgenev
 May 11: *The Heart is a Lonely Hunter* by Carson McMullers

Class coordinator is Janice Watkins. The book group meets online via ZOOM.

Four sessions: Mondays, 1:30 p.m. – 2:40 p.m., February 9; March 9; April 13; May 11

457 Let's Read a Mystery (online - ZOOM)

Why do we love mysteries? For some it is the process of watching something artfully concealed be slowly revealed. Many of us like a genuine surprise, something we didn't see coming; yet something, once it is revealed, we realize was inevitable. We appreciate an interesting crime that needs resolution. We crave the intellectual challenge of solving a puzzle. We enjoy being caught up in the cat-and-mouse game between the "good guys" and the "villains" in a thriller. We appreciate the protagonist through dangerous situations, knowing we are safe. For our mystery group, murder and mayhem can be lots of fun. Join us if you dare!



February 24 -- *The God of the Woods* by Liz Moore

March 24 -- *Gathering Prey* by John Sanford

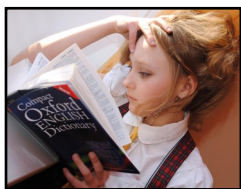
April 28 -- *Open Season* by C.J. Box

May 26 -- *Talking to the Dead* by Harry Bingham

Class coordinator is Claudia Earhart. This book group meets online via ZOOM.

Four sessions: Tuesdays, 4:00 p.m. – 5:10 p.m., February 24; March 24; April 28; May 26

458 Nonfiction Book Group (online - ZOOM)



Nonfiction subject matter ranges widely: politics to biography, history to natural science, adventure to psychology, sociology to business – we read them all. Here's an opportunity to discover the ever-changing and evolving facts and opinions expressed by the "experts" in subjects of personal or general interest. Members recommend books they have read with final selections made by majority vote. Attendees may be surprised to read titles they might never have considered – PLUS enjoy lively discussions that often stimulate additional thoughts on these subjects from a plethora of members' experiences and viewpoints.

February 19: *Great Tales from English History: The Truth About King Arthur, Lady Godiva, Richard the Lionheart, and More* by Robert Lacey

March 19: *Replaceable You: Adventures in Human Anatomy* by Mary Roach

April 16: *The Dawn of Everything* by David Graeber

May 21: *The Lemon Tree: An Arab, a Jew and the Heart of the Middle East* by Sandy Tolan

Class coordinator is Lalia Wilson. This book group meets online via ZOOM.

Four sessions: Thursdays, 10:00 a.m. – 11:10 a.m., February 19; March 19; April 16; May 21

459 Speculative Fiction Book Group (online - ZOOM)

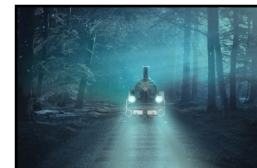
This class is for those who love sci-fi and fantasy books and want to share their enthusiasm and discover good new reads. This group will meet via ZOOM once a month to discuss a book chosen by majority vote.

February 26: *The Pride of Chanur* by C. J. Cherry

March 26: *A House Between Sea and Sky* by Beth Cato

April 23: *Follow the Crow* by B. B. Griffith

May 28: *Project Hail Mary* by Peter Weir

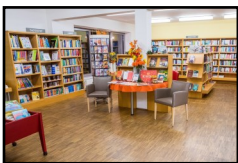


Class coordinator is Lalia Wilson. This book groups meets online via ZOOM.

Four sessions: Thursdays, 10:00 a.m. – 11:10 a.m., February 26; March 26; April 23; May 28

**Do you have an idea for an interesting class?
Please let the Curriculum Committee members or the ORICL office know.**

460 Fiction Book Group (HYBRID)



The fiction book group encourages its members to read and discuss fiction of the last several decades. We read the recent winners of the National Book Award, the Pulitzer Prize, the Booker Prize, the PEN/Faulkner Award, and other literary winners. Members recommend books they have read, and the final selections are made by majority vote. Attendees will discover new authors and titles to enjoy. You will like the lively, informal discussions and the insights offered by the avid readers in the group.

*Class coordinator is Kay Moss. **This group is a hybrid class (both in-person and online via ZOOM).** The in-person group will meet in room F-112.*

Four sessions: Thursdays, 1:00 p.m. – 2:10 p.m., February 26; March 26; April 23; May 28

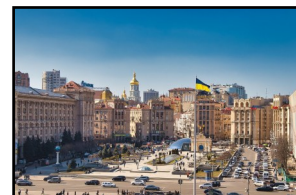
LANGUAGE

500 Ukrainian I

Ukraine is an old country that has been in the news recently. Its language is an Eastern Slavic language, related to Russian but distinctly different. A beautiful and complex language, it's tricky for English speakers, but well repays your efforts. In this class we'll be starting from the very beginning, with the alphabet, so don't worry if you have no experience with it or any Slavic language! We'll be using the book "Beginner's Ukrainian" by Yuri Shevchuk, Second Edition, ISBN 978-0-7818-1324-2, available online or on order from Books-A-Million here in Oak Ridge. There will be about an hour's worth of homework weekly.

Karen Davis worked for the federal government for 42 years. All that time was speaking or translating Russian or Ukrainian. For the last 12 years of her career, she taught languages to DOD personnel. She scored 4s in reading on the Interagency Language Roundtable scale (near native) in both languages.

Twelve sessions: Tuesdays, 1:00 p.m. – 2:10 p.m., February 3, 10, 17, 24; March 3, 10, 17, 24, 31; April 7, 14, 21



501 Ukrainian II

This course will follow on from Ukrainian 2 taught Fall 2025. We'll continue using the book "Beginner's Ukrainian" by Yuri Shevchuk, Second Edition, ISBN 978-0-7818-1324-2, available online or on order from Books-A-Million here in Oak Ridge. There will be about an hour or two worth of homework weekly. The class will most likely begin with Chapter 10 of the textbook. This will mean that we have covered: the alphabet; concepts such as case and gender; adjectives; singular declensions of accusative, genitive, prepositional and possibly dative cases in nouns, pronouns, and adjectives; past, present, and future tenses; aspect; and numbers. If you are comfortable with those, you are welcome to join us. If not, I suggest the Beginning Ukrainian course instead.

Karen Davis, see biographical information listed above under class #500.

Twelve sessions: Tuesdays, 11:00 a.m. – 12:10 p.m., February 3, 10, 17, 24; March 3, 10, 17, 24, 31; April 7, 14, 21

502 Russian I

Russia is an old country with a complex history and renewed ambitions and importance. Its language is in the East Slavic branch of Indo-European; it's related to English but distantly. It's a highly inflected language with a rich case system and a complicated verb system, and it's not as easy for English speakers as some European languages are. But its complexity will repay you with a deep, rich beauty and literature.



We will use "The New Penguin Russian Course" by Nicholas J. Brown (ISBN 978-0-140-12041-7); it's available online at Amazon, Barnes & Noble, and Books A Million, and the local Books-A-Million can order it.

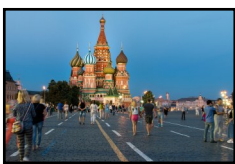
I recommend students also buy a verb book (e.g. "501 Russian Verbs" or "The Big Silver Book of Russian Verbs") and "English Grammar for Students of Russian" by Edwina J. Cruise, and perhaps a grammar reference (e.g. "Russian Grammar" by I.S. Milovanova or "Essential Russian Grammar" by Brian Kemple), *but these are not necessary*. Students may also want a Russian English dictionary; I recommend the Oxford dictionary. Students who have access to the Internet will be directed to resource sites.

There will be homework for perhaps two hours every week. We will move as fast as the class wants; I want everyone to be ready when we move on to the next chapter!

Karen Davis, see biographical information on previous page under class #500.

Twelve sessions: Wednesdays, 2:30 p.m. – 3:40 p.m., February 4, 11, 18, 25; March 4, 11, 18, 25; April 1, 8, 15, 22

503 Russian II



This will be a continuation of Russian 1 offered in the Fall term of 2025. We will continue to use "The New Penguin Russian Course" by Nicholas J. Brown (ISBN 978-0-140-12041-7); it's available online at Amazon, Barnes & Noble, and Books-A-Million, and the local BAM can order it. I recommend students also buy a verb book (e.g. "501 Russian Verbs" or "The Big Silver Book of Russian Verbs") and "English Grammar for Students of Russian" by

Edwina J. Cruise, and perhaps a grammar reference (e.g. "Russian Grammar" by I.S. Milovanova or "Essential Russian Grammar" by Brian Kemple), *but these are not necessary*. Students may also want a Russian English dictionary; I recommend the Oxford dictionary. Students who have access to the Internet will be directed to resource sites.

We will have covered past and present tenses and aspects of verbs; accusative, prepositional, genitive, and dative cases of nouns and adjectives; reflexive verbs. If a student is comfortable with those, they are welcome to join us.

Karen Davis, see biographical information on previous page under class #500.

Twelve sessions: Mondays, 1:00 p.m. – 2:10 p.m., February 2, 9, 16, 23; March 2, 9, 16, 23, 30; April 6, 13, 20

504 Russian III

This course will be a continuation of Russian 3 offered in the Winter/Spring term of 2025. We will continue to use The New Penguin Russian Course by Nicholas J. Brown (ISBN 140-12041-7); it is available online at Amazon, Barnes & Noble, and Books-A-Million, and the local BAM can order it. We will have covered past and present tenses and aspects of verbs; accusative, prepositional, genitive, and instrumental cases of nouns and adjectives; reflexive verbs; relative clauses; verbs of motion; the disambiguating pronouns 'svoy' and 'tot'; and declension of numbers. If you are comfortable with those topics, you are welcome to join us. There will be homework for around an hour or two per week.

Karen Davis, see biographical information on previous page under class #500.

Twelve sessions: Wednesdays, 1:00 p.m. – 2:10 p.m., February 4, 11, 18, 25; March 4, 11, 18, 25; April 1, 8, 15, 22

505 Russian IV (online - ZOOM)

This course is an intense, intermediate-level review for students who are well-grounded in Russian; it will be a continuation of Russian 4 offered in the summer term of 2025. We will be using the review textbook *V Puti* by Kagan, Miller, and Kudyma (ISBN 0-13-028280-4), which is out of print but readily available at used book sites. **NOTE: This class is offered by Zoom only.**



Karen Davis, see biographical information on page 26 under class #500.

Twelve sessions: Thursdays, 4:00 p.m. – 5:10 p.m., February 5, 12, 19, 26; March 5, 12, 19, 26; April 2, 9, 16, 23

506 Russian V

This course will be a continuation of Russian 5 which was offered in the summer term of 2025. We will be using the two books "Russian Conversations Made Natural" by Language Guru (ISBN 978-1-950321-31-5) Ch 6, and "Russian Short Stories for Beginners and Intermediate Learners: Engaging Short Stories to Learn Russian and Build Your Vocabulary" by Language Guru (ISBN 13: 9781950321223); they are available online at Amazon, Barnes & Noble Books, and Books A Million, and the local BAM can order it.

Anyone is welcome to join us. We will be reading and translating; you should be reading at least B1 level (ILR 2) and preferably B2 (ILR2+).

Karen Davis, see biographical information on page 26 under class #500.

Twelve sessions: Mondays, 2:30 p.m. – 3:40 p.m., February 2, 9, 16, 23; March 2, 9, 16, 23, 30; April 6, 13, 20

507 Latin II - Intermediate



The plan for this course remains a help-each-other format while having fun together translating stories/readings and learning more advanced grammar. The texts and readings will be chosen by the participants as the semester progresses.

Class coordinator is Nancy Basford.

Twelve sessions: Thursdays, 1:00 p.m. – 2:10 p.m., February 5, 12, 19, 26; March 5, 12, 19, 26; April 2, 9, 16, 23

Important 2026 dates to remember:

January 19 -- Martin Luther King, Jr. Day/ RSCC and ORICL closed

February 2 -- Winter/Spring classes begin

April 3-- Good Friday/RSCC and ORICL closed; no classes

April 24 -- Winter/Spring classes end

In the event of inclement weather: if the Oak Ridge campus of RSCC is closed, the ORICL office is closed and all ORICL classes are cancelled. Please stay abreast of weather conditions and monitor local news-casts. The exceptions are online classes and those held at the Oak Ridge Art Center. The ORAC follows the Oak Ridge City Schools closure schedule.

HOBBIES & HOW-TO

550 What is Machine Knitting?



These will be hands on classes! The first class will show what can be made with the machine. A simple quick scarf will be made. The second class will demonstrate how to: prepare yarn for the machine, putting the yarn on the machine, various knit stitches, taking the knitted item off the machine, joining edges, and adding an edge to a finished piece. Time will dictate how much is covered in each class.

Joan Suggs has been machine knitting since 2008. She learned her skills from the Tennessee Valley Machine Knitters. Joan enjoys knitting items for friends and family, sales at festivals and charity projects including the Opossum Chase for the Corrington Food Pantry. She has made blankets, scarves, hats, jackets, sweaters, fingerless mitts, all kinds of wraps, bags, purses, and necklaces.

Two sessions: Mondays, 11:00 a.m. - 12:45 p.m., March 23, 30

551 Crochet and Conversation

This group will meet for two hours once a week to crochet or knit together on our own projects. Since participants will be at varying levels of ability, participants may share information about yarns, projects, and techniques. Knitters or other crafters are welcome to join us.



Lalia Wilson is an avid crocheter who has completed many projects.

Twelve sessions: Mondays, 4:00 p.m. – 6:00 p.m., February 2, 9, 16, 23; March 2, 9, 16, 23, 30; April 6, 13, 20

552 Air Fryer Cooking for One or Two

Fee: \$5



This will be a cooking class designed to cook using an air fryer for just one or two people. We will have hands-on demonstrations and sample recipes.

Patricia Paden is the University of Tennessee Extension Family & Consumer Sciences Agent for Anderson County. She conducts educational programming throughout the county in the following areas: nutrition and food safety, community health, human development, and consumer economics. A Knoxville native, Patricia has enjoyed working in Anderson County and getting to know its residents since beginning this position in March 2023. She earned a BA of psychology from Berry College in Rome, GA and an MA in educational psychology from the University of Tennessee.

One session: Thursday, 11:00 a.m. - 1:00 p.m., March 26

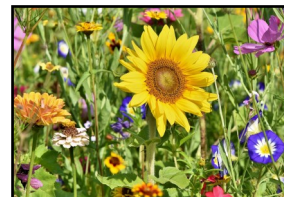
This class will meet at the Unitarian Universalist Church, 809 Oak Ridge Turnpike, Oak Ridge, TN.

Remember, if any scheduling changes have to be made after the catalog goes to print, they will be in your printed schedule. The most up-to-date calendar and class location list will be posted online and on the hallway bulletin board outside the ORICL office. Please keep your schedule with the calendar and the catalog so you can refer to it throughout the term.

553 Nature's Weave: Why Your Garden Matters

Discover how your garden and the plants that you choose to grow impact the natural environment.

Kendra Neitzel is a staff member with Tennessee Naturescapes. Her early life was influenced by parents that worked for the San Diego Zoo where she was introduced to many exotic animal species like Saiga Antelope, Arabian Oryx, pandas and cheetahs. After college graduation she taught biology to grades K-12 for a few years.



Six sessions: Thursdays, 6:00 p.m. - 7:10 p.m., February 12, 19, 26; March 5, 12, 19

554 Cryptic Varietal Crossword Puzzles (online - ZOOM)



Mental exercise (such as working crosswords) is thought to benefit older brains by keeping them agile. In Cryptic Crosswords each clue is a puzzle in itself. And beyond that, cryptic crosswords add a fun layer of logic to the standard crossword format, making them crosswords on steroids! The cryptic clues combined with variations on the construction challenge the solver with novelties beyond the standard puzzle. When this class began in 2012, no one had a clue! Well, they did but didn't

know how to solve it. Since then, we've developed into a group of addicted, self-selected masochists, but new class members are very welcome; and we will teach them the skills that the veterans have learned. These puzzles are fun to work together since each participant brings a unique, puzzle-solving perspective to the team. American varietal crossword puzzles are used to learn how to solve cryptic clues and to deduce the wordplay of varietals. Cryptic crosswords seem impossible at first, but they operate within a system of Fair Play rules, and class members develop skills and strategies to unveil their mysteries. Regular crossword skills such as a good vocabulary are assets, but mental flexibility and clue-type recognition is where the fun begins!

Elane Streets was recently asked: "how does one "teach" crosswords?" One learns by doing, as with most things, but these crosswords also operate within a rule's framework, which, like the rules of any game, can be taught. Elane began learning to solve cryptic crosswords as a newlywed in England in the 1970s, and although the shock was severe in the beginning, she has learned to treasure them much more than even the toughest US regular puzzles.

Twelve sessions: Tuesdays, 2:30 p.m. – 3:40 p.m., February 3, 10, 17, 24; March 3, 10, 17, 24, 31; April 7, 14, 21

555 Bath Teas and Sugar Scrubs

Fee: \$30

This class will teach you how to make bath teas and sugar scrubs. All materials will be included to make and take home. The bath teas scent options will be eucalyptus, rosemary-mint, or lavender. The bath teas will be made with all natural ingredients including Epsom salt, colloidal oats, and dried flowers. The sugar scrub fragrances will be random and provided by the instructor. Learn how to make your own bath products and soak your worries away.



Jenny Mayton, see biographical information on page 7 under class #110.

One session: Tuesday, 2:30 p.m. - 3:40 p.m., March 31

LECTURE SERIES

600 Friday Lecture Series

The Friday Lecture Series features presentations on a wide variety of topics that in the past ranged from beekeeping, acupuncture and anthropological discoveries to esoteric research on quark-gluon plasmas or zoological studies. The series features experts in the arts, sciences, local histories, and other areas that should prove of general interest to ORICL members. Politics and religion will, however, be left for other classes. Members are encouraged to volunteer to give talks or recommend speakers.

The class moderator is Carol Plasil.

Seven sessions: Fridays, 11:00 a.m. – 12:10 p.m., February 13, 20, 27; March 6, 13, 20, 27



ORICL Class Disclaimer

The course content provided in these classes is for information purposes only and may not apply to your individual situation. ORICL and the staff provide no warranty about the content or accuracy of subject matter presented. Information provided is subjective. Keep this in mind when attending these classes. Any individual actions taken as a result of courses should be reviewed with a competent authority. Please contact the ORICL office if you have any questions.

Please remember that online registration opens December 2. Paper registrations will be processed beginning on December 3.

The earlier you register the better chances you have for getting the classes you request!

DIRECTIONS & MAP

Roane State Community College, Oak Ridge campus, is located at 701 Briarcliff Avenue, between Laboratory Road and Emory Valley Road. ORICL is located in the Coffey-McNally building in room F-111.



Map provided as a courtesy by TSW Design, Atlanta, GA.

*Parking and building maps are available on the Roane State Community College website:
[Oak Ridge Campus Maps and Facilities - Roane State Community College](#)*

ADDITIONAL INFORMATION

Updated Parking Information

Roane State Security will NO LONGER issue a parking ticket if you don't have a parking permit and you park in staff lots "A" or "B". HOWEVER, ORICL will still issue parking permits for the use of our members. The main reason -- if an accident happens in the parking lot, and it has in the past, the security officer by observing someone's parking permit will know to contact the ORICL office for assistance in locating a vehicle's owner or the name of a member's emergency contact. If you are new to ORICL, come by the office to pick up a hang tag. Your parking permit sticker (that affixes to the hang tag) will be mailed with your class schedules in January.

Wait Lists - Notifications

You may register for classes after the term has begun if classes are not full. We discourage participants showing up to classes without being registered for several reasons. The class may be full or there may not be enough handouts. If you are not registered, you will not be notified if the class cancels or the start date or location of the class changes. Please respect the wait list process. If a spot becomes available for a wait-listed class, we will notify the next person on the list. Thank you for your cooperation.

Schedule Changes

Remember, if any scheduling changes have to be made after the catalog goes to print, they will be in your printed schedule. The most up-to-date calendar and class location list will be posted online and on the hallway bulletin board outside the ORICL office. Please keep your schedule with your catalog so you can refer to it often and watch for updates sent via email every Thursday during the term.

Registration Fees -- Class Fees

Every new person registering for Winter/spring 2026 must pay the \$130 registration fee. We cannot process your paper registration without the accompanying fee; however, please do not pay class fees or trip fees until you receive your schedule signifying that you are enrolled.

Late Registrations

You may register for classes after the term has begun if classes are not full. We discourage participants showing up to classes without being registered for several reasons: the class may be full or there may not be enough handouts. Also if you are not registered, you will not be notified via text or email if the class cancels or the start date or location of the class changes.

PICTURES FROM THE ARCHIVES - 2011



*Photos from
Coal Creek and
Fall Creek Falls*



Class Assistants Needed!

When filling out your class registration form, please consider checking the box that says you would be willing to be a class assistant for one or more classes. We really could use a larger pool of class assistants, so please consider offering to help.

For those of you who may be concerned about classes in which audio-visual equipment or ZOOM is to be used, we can provide one-on-one instruction as the need arises. There is also an instructor/class assistant meeting before the term begins. Each classroom has an illustrated instruction sheet, and there will almost always be someone available in the class who is familiar with the equipment.

There are three categories of ORICL membership. Regular memberships are \$190 per year. If you didn't join in the Fall, the fee is \$130. **"Friends" Memberships** contribute a minimum of \$25 or more than the otherwise applicable membership fee. **Sustaining Memberships** are available for \$50 or more above regular memberships. **Sponsoring Memberships** are available for \$100 or more above regular memberships. These memberships are intended to provide additional funds for purposes beyond ordinary operating costs; however, the Board, at its discretion, may use these funds in order to avoid an increase in ORICL membership fees. The additional donation above the regular membership amount is tax deductible.

Curriculum Committee**Becky Rushton, Chair****Susan Perry & Melanie Neal, Class Schedule****Harriett McCurdy, Volunteer Assistant Coordinator**

Karen Davis
Betty Ann Domm
Judi Gray
Debi Harrell
Bob Hatcher
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THANK YOU!

Eagle-eyed proofreaders of the preprinted catalog are Nancy Basford, Sue Lasky, Marti Salk, and Becky Rushton. Graphics in this issue were obtained from *Pixabay* and the internet. Susan Perry and Melanie Neal typed in all the data and formatted and edited the catalog. Without a dedicated group of volunteers organized by Nancy Basford, this catalog would not reach your mailbox.

(Front cover photos submitted from Nancy Burwell, Pat Bryan, Bob Fowler, Sandy Keen, and Becky Rushton.) ORICL reserves the right to take photographs in ORICL classes and on trips. Photographs may be used in ORICL newsletters, brochures, course catalogs, and/or other publicity designed to help the organization meet its mission.



ORICL - Enriching Lives Through Continued Learning

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NONPROFIT ORG
U.S. POSTAGE
PAID
PERMIT NO. 23
OAK RIDGE, TN

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Melanie Neal, Assistant Administrator



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RSCC Pub. 26-012

775 copies printed by C&D Desktop Publishing and Printing of Clinton, TN

Online
Registration
Opens For
Winter/Spring
2026
on
December 2, 2025