

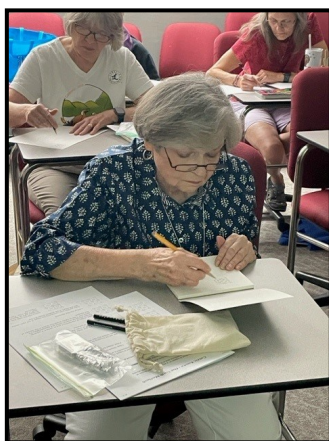
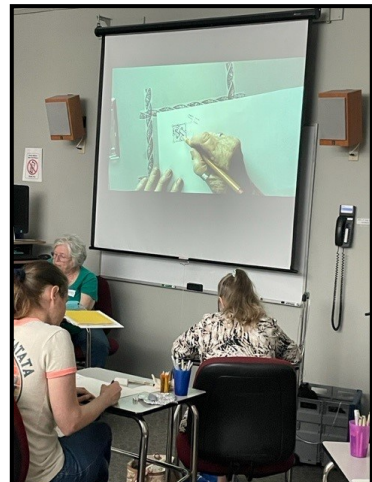


Oak Ridge Institute for Continued Learning

Winter/Spring 2024

ORICL - Enriching Lives Through Continued Learning

February 5 through April 26, 2024
Online Registration Opens December 5



**A Special Presentation, "The Scarboro 85", told by professional storyteller Sheila Arnold, Wednesday, February 21, 11:00 a.m. - 1:00 p.m.
Please see page 31 for additional information!**

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 2024 term begin Monday, February 5. 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: **Tuesday, December 5, at 9:00 a.m.** 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 class.

Online registration will open at **9:00 a.m. on Tuesday, December 5.** 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. 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: **\$100 per registrant (includes ORICL's remaining two terms: Winter/Spring 2024, and Summer 2024).** Winter/Spring term 2024 begins Monday, February 5. Members may choose to donate additional funds to ORICL. See page 33 for more information.

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 2024 **all class fees are due by February 5 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. ****If you paid in the Fall, no membership fee is due. If you are new to ORICL, the membership fee of \$100 is now due.****

Front cover photos from summer and fall 2023. Top row -- Historic Emery Road, Oak Ridge Cedar Barrens, Celtic Knotwork. Bottom row -- Celtic Knotwork, David Hall Cabin (2 photos). Photos provided by Melanie Harless, Susan Perry, Daniel Roberts, and Nancy Burwell. 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 competent authority. Please contact the office if you have any questions.

ART, CULTURE, MUSIC & TRAVEL

100 Introduction to the Zentangle® Method

Fee: \$15



Zentangle® is a fun, easy to learn, and relaxing method of drawing images with structured patterns. It differs from “doodling” in that every Zentangle® stroke is mindful rather than mindless; it is a meditational art form. One does not have to know how to draw to create Zentangle® art; anyone of any age who can hold a pen can learn to tangle. The Zentangle® Method provides a series of steps to engage your eye/hand coordination and allows you to create art without a need for planning, or concern for the outcome. In this class we will learn the basics of the Zentangle® Method and how using pen and pencil to draw a few simple patterns can result in a unique and beautiful piece of art. **Note: this class is a prerequisite to other Zentangle® classes offered by ORICL.**

Gerry O'Neill is a Certified Zentangle Teacher® who has been practicing Zentangle and making Zentangle-inspired art since 2014. She also spent many years teaching Hawaiian quilting in the southeast, in addition to designing and selling original Hawaiian quilt patterns. She has won several awards in local and national quilt shows and her quilts have been featured in several quilting magazines. She taught for the Taoist Tai Chi Society® for more than 10 years. Gerry has a BA in botany and a PhD in ecology from the University of Tennessee, retiring from the Environmental Sciences Division at Oak Ridge National Laboratory in 2001.

One session: Wednesday, 11:00 a.m. - 1:00 p.m., February 14

101 Zentomology® - The Zentangle® Family Tree

Fee: \$10

Zentomology® is a method of classifying tangles (patterns) into categories. It is useful for understanding how tangles “play” together (or not) and for choosing which tangles to include in a tile. In this class we will use the principles of Zentomology® to begin a large Zentangle®-inspired art piece. I will guide you through coloring the background, choosing and drawing the tangles, and using shading and highlighting techniques to enhance the illusion of three dimensions in your work. This will be at a relaxed pace, but there may be times when you will have to work at home. If you are relatively new to Zentangle® Method, you will be a seasoned tangler by the time we finish this piece! **This is an intermediate and advanced level class. This is a large, complex project, so some prior Zentangle® experience is required for this class. The fee covers the paper template that I will provide. A supply list will be sent out a few weeks before class meets.**



Gerry O'Neill, see bio above under class #100.

Ten sessions: Wednesdays, 11:00 a.m. - 1:00 p.m., February 21, 28; March 6, 13, 20, 27; April 3, 10, 17, 24

102 Best of the Alps and More

In September and October of 2022, Sharon and Brad Cottrell made a transatlantic trip from New York to Southampton, England, on the world's only ocean liner, the Queen Mary 2. This was the beginning of a nine-week adventure to the Alps in Switzerland and Northern Italy (the Dolomites). The towering white face of the Matterhorn contrasted against the blue sky was magnificent in the morning light.



In addition to the Alps, their itinerary included London, Lucerne, Zurich, Glattfelden, Milan, Venice, Paris and two of their favorites, Lake Como and New York City. For Sharon, as a genealogist, it was a treat to visit Glattfelden, Switzerland, the homeland of her maternal ancestors, the Glattfelders, who immigrated to Pennsylvania in 1743.

Another highlight was experiencing the glamour and glitz of St. Moritz, the alpine ski town twice the home of the Winter Olympics and where many Europeans go to ski each year. Equally beautiful was Montreux on the shores of Lake Geneva, where the annual Montreux Jazz Festival is held, and the Alley of Jazz celebrates the musicians who have performed there.

The logistics for this trip required intense scheduling and planning. It included purchasing tickets for 13 regional and international train rides, one through the 35-mile Gotthard Base Tunnel which is the longest rail tunnel in the world and another through the English Channel on the Eurostar. The trip included 18 subways, 10 bus trips, numerous funicular and cable car ascents of 12,000-foot mountains, and at least 150 miles of walking.

Join Sharon as she takes you on the journey through her pictures.

Sharon Wright Cottrell began photography about twenty years ago after retiring from TVA as a systems analyst in Information Services. One of her first interests in photography was photographing downtown Knoxville's historic buildings for the Knox Heritage organization. She continued to take photos for their Art and Architecture Tour for several years. In 2012 she won the Insight Vacations International Photo Contest with her photo of Santorini which was published in the Insight Vacations 2013 Tour Catalog, and in the 2012 AAA Going Places Magazine. In September 2015, she was published in the TVA Retiree Association newspaper detailing her world cruise and again in December 2018, detailing her 85-day Mediterranean cruise. She enjoys landscape, travel, and architecture photography and enjoys making photos into slide shows and books to document her travels. Since retirement her travels have taken her to 6 continents and 50 countries around the world.

One session: Thursday, 2:30 p.m. - 3:40 p.m., March 7

103 Elza Gate Songs from the British Isles



Please join Elza Gate in enjoying a variety of songs from England, Scotland, and Ireland, many of which have been incorporated into the American folk music scene. We will give some background into each song and there will be the opportunity to join us in the singing.

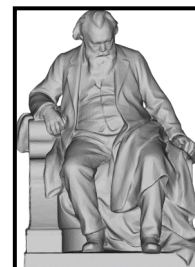
Pat Parr and Bob Cushman make up the duo Elza Gate. Since 2015, they have performed a wide variety of music, including traditional tunes from the Southern Mountains, British Isles (and even Canada), bluegrass and country. They play regularly at the Museum of Appalachia in Norris, the 201 Café & Wine Bar in Oak Ridge, and the Lilly Pad Hopyard Brewery in Lansing; and have performed at the Children's Museum of Oak Ridge, the Bijou Theatre, Historic Ramsey House, and Emporium Center in Knoxville, Postmark Jamboree in LaFollette, WMMT in Whitesburg, KY and other area venues. You can follow them at <https://www.facebook.com/ElzaGateMusic>

One session: Thursday, 2:30 p.m. - 3:40 p.m., April 18

104 Brahms -- His Life and Music

This is another of The Great Courses series of Great Musical Masters taught by Professor Robert Greenberg of the San Francisco Conservatory of Music.

In both his life and music, Johannes Brahms was a man of contrasts. He composed serious Tuetonic music and joyful dance music. He was miserly with himself and exceedingly generous with his family and associates. He was kind to working people and known for his biting, malicious wit in artistic and aristocratic circles. To make himself even harder to know, Brahms destroyed a great deal of his own work and almost all of his lifetime's correspondence. This course will attempt to link the complexities of Brahms the man with the electrifying music of Brahms the composer.



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 University of North Carolina, Chapel Hill and holds a Princeton PhD. He is also the founding chairman of Greenways Oak Ridge, a position he has held for the past 30 plus years.

Eight sessions: Wednesdays, 11:00 a.m. - 12:10 p.m., February 28; March 6, 13, 20, 27; April 3, 10, 17

105 Paintings of the Horse in Geraldine Brooks' Novel Horse



Woven into the plot of Geraldine Brooks' novel, *Horse*, are several paintings of principal characters and their horses. As Brooks explains in the afterword, much of her novel is based on historical situations, people, and horses. We will explore, using visual references, this weaving of fact and fiction.

Jim Knox was for many years a teacher of writing and literature at Roane State Community College. In retirement he has focused on his interests in those fields and is exploring more art-related fields that tie into literature.

One session: Friday, 6:00 p.m. - 7:10 p.m., April 26

This class will meet at the Oak Ridge Art Center, 201 Badger Avenue, Oak Ridge, TN

106 Adventures in Nature Photography

*"In nature's infinite book of secrecy
A little I can read."*

-William Shakespeare, *Antony & Cleopatra*



Do you enjoy the outdoors and appreciate some of the wonders of nature? Are you interested in the art or practice of nature photography? Or would you just like to relax and set the cares of the world aside for a few hours? If you said "yes" to any of these, this course will be of interest to you.

The course will present photographs of wildflowers (the instructor's favorite subjects), wildlife, and landscapes from his travels near (as close as his front yard) and far, including the southern Appalachian Mountains, seacoasts in Florida and the Carolinas, New England, Colorado Rockies, desert southwest, Grand Teton and Yellowstone National Parks, Glacier National Park, Canadian Rockies, Pacific northwest, and Alaska. The instructor will strive to convey the *experience* of making photographs and to describe effective elements of composition, ways of dealing with distractions, and effects of the quality and color of natural light. Audience participation in all discussions is welcomed.

David Kocher has resided in Oak Ridge since 1971. He was a research scientist at Oak Ridge National Laboratory for 29 years, where he made many presentations to co-workers on "Phun with Photography." Since 2000, he has been a staff scientist at the Oak Ridge Center for Risk Analysis, where prints of a few of his photographs adorn the walls (and many more provide wallpaper in his home).

Eight sessions: Thursdays, 9:30 a.m. - 10:40 a.m., February 8, 15, 22, 29; March 7, 14, 21, 28

107 Team Spirit Earrings

Fee: \$10 Due by Jan 18

Just in time for the Super Bowl! We found some great little acrylic football beads that we will be pairing with colored glass beads to make a fun and easy pair of earrings. Students will learn the basics of jump rings and the use of a one-step looper. No experience required; all supplies will be provided. Show your team spirit, whatever team that may be, and have a little fun. Please bring your own readers, magnifiers, or whatever you need to read and do 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: Tuesday, 10:00 a.m. – 12:00 p.m., February 6

This class will meet at the Oak Ridge Art Center, 201 Badger Avenue, Oak Ridge, TN.

108 Boho Wood and Tassel Earrings

Fee: \$10



This beginner friendly class will teach students how to properly open and close jump rings and make loops WITHOUT a one step looper tool. Students will have the opportunity to choose their own colors and make a tassel in their own unique color palette. No prior experience necessary. All equipment and supplies are provided. We ask that students please bring their own readers or magnifiers for up close work.

Nicole Ferrara, see bio above under class #107.

One session: Tuesday, 10:00 a.m. – 12:00 p.m., March 5

This class will meet at the Oak Ridge Art Center, 201 Badger Avenue, Oak Ridge, TN.

109 Making Gnomes

Fee: \$55 Due by Jan 18

This class focuses on making the mythical creature called Gnome. A diminutive spirit in Renaissance magic and alchemy, the gnome was first introduced by Paracelsus in the 16th century and later adopted by more recent authors including those of modern fantasy literature. The famous Gnome character has taken on many personalities depicted in all parts of the world and has become an ageless wonder of myth and mystery. The class will create Gnomes at the first session, glaze them during the second session and pick them up the third session.



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 Bachelor of Fine Arts (Ceramics) in 1971 and a Master of Fine Arts (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 locally and on a national level, has received many awards, and is represented in many museum collections.

Three sessions: Thursdays, 9:30 a.m. – 12:30 p.m., February 15, 22, 29

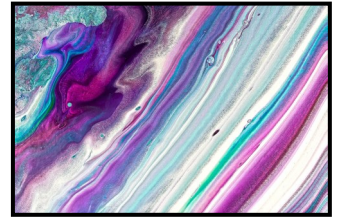
This class will meet at the Oak Ridge Art Center, 201 Badger Avenue, Oak Ridge, TN.

Paper registration forms will be accepted in the office beginning in November and will be processed after registration opens in December.

Online registration will open on Tuesday, December 5; paper registration forms will be processed beginning the following day, Wednesday, December 6.

110 *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 arts appreciators. 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 approximately one hour. Some films will be shown in two parts with plenty of overlap to help viewers orient themselves with the storyline. Join us for this fascinating and illuminating series.



Three sessions: Fridays, 12:00 p.m. – 1:00 p.m., February 23; March 22; April 26

This class will meet at the Oak Ridge Art Center, 201 Badger Avenue, Oak Ridge, TN.

111 An Introduction to the History of Loom Weaving

Fee: \$30



"Weaving is one of the oldest crafts in history, dating back at least 12,000 years ago during the Neolithic era." <https://ecoist.world/blogs/eco-bliss/the-history-of-weaving-and-women> For more information, please check out the link online.

In this class, we will discuss the history of weaving, from off-loom finger-weaving to the modern shuttle-less looms used in textile manufacturing. We will also experiment each session with how cloth might have been woven using the modern metal potholder loom. By the end of 6 weeks, each student will have woven a square piece of fabric using either yarn or fabric strips or strips of leather. Students may bring their own square metal potholder loom if they have one or they may purchase one from the instructor the first day of class. (Plastic potholder looms will not be accepted.)

The \$30 materials fee will include a 7.5" square metal loom; a potholder loom weaving book and a packet of assorted weaving supplies that will be used to complete the assignments.

Additional weaving supplies and looms can be purchased directly from the instructor.

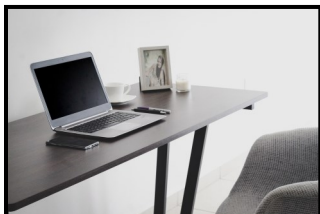
Andy Lyle is a native of Oak Ridge, a member of the Oak Ridge High School class of 1970 and the Elm Grove Elementary Alumni Association, and a graduate of the University of Tennessee. She has woven with the potholder loom since she was a child, moving to larger looms in the 1980s. She is a member of the Foothills Craft Guild, the Oak Ridge Art Center and the Tuesday Weavers at the Appalachian Arts Center in Norris, TN. After a long career in human resource management, Andy now teaches weaving at the Oak Ridge Art Center.

Six sessions: Mondays, 11:00 a.m. - 1:00 p.m., February 12, 19, 26; March 4, 11, 18

Please note: Every person registering for Winter/Spring 2024 who is new to ORICL must pay the \$100 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/trip fees until you receive your schedule signifying that you are enrolled.

COMPUTERS, SCIENCE & TECHNOLOGY

150 New Computer Information



This class is new and created because technology has changed so much over the last two to three years that it is necessary to update everyone. This class will cover a plethora of topics all about computers. We will discuss Windows 10 and 11 and how the changes will affect users: and they will sooner or later. We will discuss newer technologies and the prices and what we are seeing with the design of new equipment. The information provided will help attendees avoid costly mistakes in purchasing computer equipment.

Daniel Jones is a transplant from Chicago to Oak Ridge. Over 20 years ago he started Computer Helpers as a part-time business. He has been working with computers for over 30 years. Dan worked for the City of Knoxville Information Systems Department for 14 years before retiring in 2015. His business provides services to both Windows and Apple products for computer repairs, sales of new and used equipment, and training. He has a clientele base of over 500 of which 90 percent are senior citizens.

Two sessions: Tuesdays, 9:30 a.m. - 10:40 a.m., February 20, 27

151 Earth

The class will focus on the following topics:

- Uniformitarianism vs. catastrophism
- Context of time and geologic thought
- Physical/chemical world
- Incomplete datasets and quantification of geologic processes
- Earth structure and models
- Rates of geologic processes and age of today's Appalachians



Bob Hatcher officially "retired" on June 30, 2018, after 32 years at University of Tennessee following six years at South Carolina, two years at Florida State, 12 years at Clemson, and a year with Humble Oil and Refining Company (now ExxonMobil): a career spanning 51 years that began after receiving a BA in geology and chemistry (Vanderbilt), MS in geology (Vanderbilt), PhD in geology (UT). During his career Bob published more than 200 refereed scientific works, including 10 books, along with many field guides and reports. The 3rd edition of his structural geology text was published in 2020. He also taught undergrad structural geology, physical and historical geology, mineralogy, optical mineralogy, petrology, and environmental geology as well as graduate level tectonics, structural geology, and Appalachian tectonics, to more than 2,000 students in four universities.

Six sessions: Tuesdays, 6:00 p.m. - 7:10 p.m., January 30; February 6, 13, 20, 27; March 5

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. Changes are also announced in the weekly email.

152 Paleozoic Times In Oak Ridge

Paleozoic Times in Oak Ridge is a look at the geologic history as written in the Oak Ridge rocks. This class includes one presentation session with slides and collected specimens to provide the background for what one sees in the geological landscape around Oak Ridge. The second session will be a field trip to one or more sites to find fossils. Additional field trip options may result outside of the scope of the class. The rocks of our area were laid down from 500 to 350 million years ago and subsequently folded and faulted in the ridge and valley province. From ancient life to orogeny and plate tectonics, we will survey it here from an Oak Ridge place-based perspective.



David Hackett is a scientist, engineer, and educator who has lived in the Oak Ridge area for seventy years. He found his first fossil in the east-end greenbelt when he was seven and studied paleontology and geology of the area ever since. He has shared this knowledge with thousands of east Tennesseans of all ages – as geology is a most friendly science that anyone can do with a minimum of equipment. See his Oak Ridge Paleontological Facebook site at: <https://www.facebook.com/groups/ORTNfossils/>

Two sessions: Mondays, 1:00 p.m. - 2:10 p.m., February 19, 26

First class will be in the classroom, second class will be a field trip.

153 Avian Senses and Cognition

This three-session class will discuss the avian sensory apparatus and how it compares to that of humans; avian cognitive abilities, and the final class will be about avian social behavior.



Luke Coe-Starr – the Oak Ridge Bird Man - is an ornithologist who has been studying birds for two decades. While his current work focuses on the design and production of feeders and nest boxes, his research background lies in the study of avian behavioral ecology, most specifically, bird migration.

Three sessions: Tuesdays, 11:00 a.m. - 12:10 p.m., February 13; March 12; April 9

154 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 a given field, or historical accounts of key discoveries. Join this monthly group and share your perspectives and discuss that month's book. Recently published works written for lay-readers are recommended and selected by members of the group.

February 26: *The Edge of Knowledge: Unsolved Mysteries of the Cosmos* by Lawrence Krauss

The class coordinator is Jim Rushton.

Three sessions: Mondays, 4:00 p.m. – 5:10 p.m., February 26; March 25; April 22

Visitors: Out-of-town guests may attend one session on a space-available basis. Call the office for availability as seating is sometimes limited.

Substitutes: Participants are asked not to arrange substitutes as there may be a waiting list.

FINANCE & BUSINESS

200 The New Retirement Rules: Understanding Secure Act 2.0

SECURE Act 2.0 contains over 100 new rules that will impact individuals, families, and businesses. The changes are extensive and are being implemented over many years – from 2023 to 2028. Ultimately, the rules lean toward creating better savers and urge businesses to make it easier to do so. Good planning requires a review of the new rules and a strategy for investors to succeed in a shifting landscape.



Caroline Friedrich, CPA, CFP® graduated from the University of Tennessee in 2008 and completed the Master of Accountancy Program with a tax concentration in 2009. After a decade in public accounting, Caroline decided to pursue a career in wealth management. In 2021 she and her husband had the opportunity to relocate back to Knoxville and Caroline joined The Nalls Sherbakoff Group as a financial advisor.

One session: Tuesday, 9:30 a.m. - 10:40 a.m., February 13

201 Stock Market Tools and Practice Using PaperMoney Platform

This series of classes will start by showing how PaperMoney can be used to learn how to select, analyze, practice, and develop skills and knowledge in the stock market with absolutely no risk in such practices. The PaperMoney platform emulates the real stock market in near real-time processing to enable the experiences of buying and selling stocks, options, and more WITHOUT RISK.

The course will include information on:

1. How to acquire the PaperMoney platform and install it on your own computer
2. How to get authorized training on the underlying capabilities in PaperMoney from Charles Schwab and TD Ameritrade
3. How to configure the PaperMoney platform
4. How the instructor and others use the platform to determine rules and methods of trading stocks and options without taking financial risks

The class will include use of PaperMoney illustrating the various functions, capabilities, and usefulness of emulated trading in learning and developing methods, rules, and confidence that can be used in the real market with the real platform PaperMoney is based on – ThinkorSwim.

Training will utilize examples and let students who wish to – utilize their own computers with PaperMoney installed to learn and determine what elements of the platform might work for them in their investing without risk (or gain).



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 East Tennessee State University and a MA in business administration from Elon College.

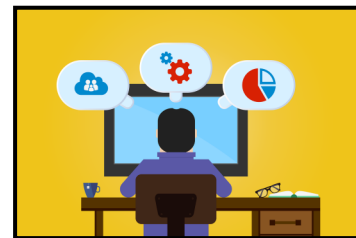
Six sessions: Thursdays, 11:00 a.m. - 12:10 p.m., February 8, 15, 22, 29; March 7, 14

202 Simplify Your Presentations, Examples, and Communications

This series of classes will delve into alternative ways to deliver presentations, examples, and communications.

Topics will include:

1. Using Adobe Acrobat PDFs (Portable Document Format) and alternatives to deliver and simplify presentations that are based on other tools such as Microsoft's PowerPoint, Google Slide, spreadsheets, Microsoft Word, Google Docs, etc. in person or using ZOOM or competitors.
 2. Including screen captures, spreadsheets, documents, etc. within the presentations to make the presentation easier.
 3. Maximizing the presentation for viewing during delivery. Using portable means (flash drives) to deliver the presentation.
 4. Limitations of simplified presentations.
 5. Communication enhancements to ensure the privacy of communications using email within a group, including establishing groups that manage the recipients without having to specify each member of the group. Using groups to help manage text communications.
 6. How to set-up, manage and fill-out online documents in Adobe Acrobat (PDF) format.
- And other topics suggested by the attendees in the class.



Steven Earhart has conducted many presentations throughout a lengthy career in multiple formats to audiences, employees, and decision-makers around the world. He has extensive experience in business, personal, and professional presentations across subjects designed to influence, educate, and communicate with groups and individuals. Steven has worked for AT&T, Novell, Inc./UNIX System Laboratories, Inc., Lucent Technologies, and retired from Kronos, Inc.

Three sessions: Thursdays, 1:00 p.m. - 2:10 p.m., February 8, 15, 22

HISTORY

250 From Washington to Obama: Presidents Who Have Championed Science



This class will examine the role certain presidents have made in supporting and advancing various fields of science and engineering. Starting with George Washington and including others through Barack Obama, the instructor will show how some presidents have had a great interest in various scientific disciplines and technologies, and how that interest has been translated into action. Examples of specific topics include the Founders and Science; Lincoln and his patent; Hoover the engineer; and the presidents and NASA.

Alan Lowe obtained his BA and MA in history from the University of Kentucky. He began his career at the Ronald Reagan Presidential Library as an archivist. He has worked for the Office of Presidential Libraries at the National Archives and Records Administration in Washington, D.C. He served as the Executive Director of the Howard H. Baker, Jr. Center for Public Policy at the University of Tennessee from 2003 to 2009. From 2009-16, Lowe served as founding Director of the George W. Bush Presidential Library and Museum. In 2016, Lowe was appointed as Executive Director of the Abraham Lincoln Presidential Library and Museum, a position he held until 2019 when he returned to Tennessee and became the Director of the American Museum of Science and Energy in Oak Ridge.

Two sessions: Mondays, 2:30 p.m. - 3:40 p.m., February 19, 26

251 The Great Game: Wars and Diplomacy in Queen Victoria's Empire

Once, just over a century ago, the world revolved around London while the sun never set on Queen Victoria's empire. Throughout her reign, the British played "The Great Game" seeking world domination. By means fair, and more often, foul they scrimmaged across the globe confronting the Russian Bear, the American Eagle, the inscrutable Chinese, and such death-wielding opponents as Afghanistan insurgents, Zulu warriors, and South African Boers. The class offers a four-lecture exploration of the profits and perils of the nineteenth century's only superpower.



Fred Bailey brings to the ORICL program forty-plus years as an American history professor and extensive travels across the United States, Europe and Asia researching and delivering professional papers. His hobby is focusing on English history, especially the Victorian Era.

Four sessions: Tuesdays, 11:00 a.m. - 12:10 p.m., February 6, 13, 20, 27

252 Before it Was Oak Ridge



This course will be a series of talks highlighting specific areas of Oak Ridge to show what they were like before World War II. The class will include brief histories of some of the people who lived here until their land was taken by eminent domain for the United States government's Manhattan Project. Slides will include photos of former residents' homes and farms as well as a few images of the residents themselves. **This is a one session class that will be offered twice. Please choose only one session. Both sessions will be held at the Oak Ridge Public Library, 1401 Oak Ridge Turnpike, 865-425-3455.**

Mike Stallo's career in records management at Department of Energy transitioned into a reputation as a historian for Oak Ridge and then a staff position at the Oak Ridge Public Library. Mike currently manages the "Oak Ridge Room." Mike also contributes to Ray Smith's popular "Historically Speaking" column on occasion. The Oak Ridge Room digital collection includes photographs, documents, and letters. In the physical collection at the library are primary and secondary resources on Oak Ridge, the Manhattan Project and atomic history including documents, letters, reports, articles, photographs, artifacts, maps, school annuals, newspapers, and books. He was president of the Oak Ridge Heritage & Preservation Association the founding year of Oak Ridge History Museum and continues his board membership.

252A -- Friday, 9:30 a.m. - 10:40 a.m., April 19

252B -- Friday, 9:30 a.m. - 10:40 a.m., April 26

253 Cold War Weapons

This class will be a historical survey of post-World War II rise of nuclear weapons, and the development of the U.S. arsenal from 1946 to collapse of the Soviet Union during 1991.

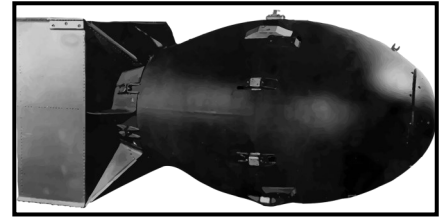
Alex Gabbard went off to college to study mechanical engineering but was drafted into the Viet Nam conflict. After returning to college, he studied atomic physics and had a career doing research in civilian applications of energy at Oak Ridge National Laboratory. He is now retired and enjoys restoring old cars and writing. He has written extensively about his interests and has published 37 books.



One session: Monday, 9:30 a.m. - 10:40 a.m., February 12

254 Stories from the Secret City -- (online only - 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 and discussion of the Manhattan Project National Historical Park and of possible future Science and Heritage tourism efforts. Guest speakers will be invited to present information about their areas of expertise.



Ray Smith is an Oak Ridge City Historian, Tennessee Historical Commissioner, and retired Y-12 Historian with 48 years' experience living and working in Oak Ridge. He has authored 18 books of "Historically Speaking" newspaper columns published over the last 13 years. Ray has published ten books of local nature photographs, produced a 40-image photographic show, and was chosen as the exclusive source to provide photographs to decorate the TownePlace Suites as well as a portion of the Y-12 Federal Credit Union. He has produced 12 documentary films. Ray routinely leads tours of Oak Ridge and presents Oak Ridge history lectures an average of 40 times per year at conferences, schools, senior living centers, technical societies, historical groups and festivals. Ray has taught several ORICL classes on Oak Ridge history and the Manhattan Project National Historical Park.

Three sessions: Mondays, 9:30 a.m. - 10:40 a.m., February 19, 26; March 4

255 Mira Kimmelman Holocaust Education Study Group

The last lines of local Holocaust survivor Mira Kimmelman's memoir, *Echoes from the Holocaust*, read: "Only by remembering the bitter lesson of Hitler's legacy can we hope it will never be repeated. Teach it, tell it, read it." With this instruction in mind, this four-part class will thematically explore the Holocaust – its historical origins and context, its phases, its lessons and legacies, and, most importantly, its impact on our modern world, including contemporary antisemitism, Holocaust denial, and the fundamental challenges and questions that each raises about democracy, tolerance, hatred, and bigotry.



An important class component each week is to relate our larger study of the Holocaust directly to Mira Kimmelman's experiences, as conveyed in her memoir, speeches, and interviews. Class members should order, buy, or borrow a copy of *Echoes from the Holocaust* prior to the first-class meeting. Other class activities include small and large-group discussions, PowerPoint presentations, and exploring various historical documents, photographs, and videos. Additional resources will be shared and recommended prior to each week's class.

This class is discussion-based, reflective, and interactive, and attendance each week is strongly recommended. 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 Oak Ridge Schools' history teacher and is a Teacher Fellow for "Facing History and Ourselves". He is also a member of the Tennessee Holocaust Commission. For the past five years, he has been a co-leader and participant in the Mira Kimmelman Holocaust Education Study Group that meets each spring under the direction of the Jewish Community of Oak Ridge and the Unitarian Universalist Church of Oak Ridge.

Dorothy DeVan retired from teaching English at Jefferson Middle School seven years ago. When she was teaching, 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 that of local author Mira Kimmelman. She had previously taught two ORICL classes focusing on short stories. Dorothy has been teaching English as a Second Language classes twice a week for the last several years at Grace Lutheran Church.

Four sessions: Wednesdays, 11:00 a.m. - 1:00 p.m., February 28; March 6, 13, 20

256 The Vikings and Their Impact on History



This four-session course will include a brief introduction before delving into the Viking origins, culture (language, society, and religion), system of laws, travels as plunderers and traders, settlements, and influence on the inhabitants of the areas they settled, and finally their legacy and contributions.

Ron Jones is a native of Knoxville, a graduate of Central High School, the University of Tennessee, and a life-long student of history with a special interest in the War Between the States, the American Revolution, Scotland and the Scots-Irish, and the Vikings. He is the author of three historical novels. Since retiring, he has renewed his love of history through genealogy work and writing and speaking on each of these subjects.

Four sessions: Thursdays, 11:00 a.m. - 12:10 p.m., March 21, 28; April 4, 11

257 America's Natives

America's natives have done far more than America's average citizen thinks. We should do our best to examine their history. The class will include the following:

- Video about Black Indians and who they were/are
- Discussion and lecture about Black Indians
- Video about America's Mound Builders
- Lecture and discussion about the Mound Building natives
- Video on America's natives and astrology
- Lecture and discussion about the wonders of our stars and how America's natives studied them.



Wes Hibbert grew up in Pennsylvania's southeast corner Bucks County. After high school he attended Kansas Wesleyan University and earned a BA, and then went to Aquinas College for graduate work. Wes didn't think his education was limited in anyway until he realized he knew very little about who originally inhabited North and South America, what they accomplished, how they managed to survive and what family life was like prior to 1492 and even later.

This class will be in-person ONLY.

Six sessions: Wednesdays, 9:30 a.m. - 10:40 a.m., March 6, 13, 20, 27; April 3, 10

258 Bean Poles, Cornstalks and Bullets: The Sinews of the Union War Effort and the Two Men That Made it Possible



Herman Haupt and Montgomery Meigs are two men most people never talk about when studying the Civil War. Yet, without their contributions, the Union War effort might have ended much differently. If you forget about logistics, you lose.

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. Tim Vane retired from Oak Ridge National Laboratory 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: Friday, 1:00 p.m. - 2:10 p.m., March 15

259 Wounded at Chickamauga

Actual Civil War survivor blinded in the first day of battle at Chickamauga is the subject and main character of the book, *Devil Bullet*, also the author's great-grandfather. The rifle used by a Confederate sharpshooter in wounding Pvt. Squire Combs was likely a Whitworth.

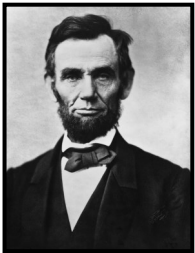
See bio for Alex Gabbard on page 13 under class #253.

One session: Monday, 9:30 a.m. - 10:40 p.m., March 11



260 Lincoln's Dilemma: Slavery, Politics, and Emancipation

Abraham Lincoln's prominence in American History is based in large part on his role as "The Great Emancipator." Yet the journey by which Lincoln arrived at the decision to attack the institution of slavery was complicated. This course will examine the influence of Lincoln's own religious background and his understanding of the Constitution and show how those things combined with his unique political skills to pave the way for the Thirteenth Amendment and the end of slavery.



Michael Toomey lives in Clinton, TN, with his wife, Lydia, an environmental engineer. Michael graduated from the University of Tennessee at Chattanooga in 1980. He moved to Knoxville in 1981 and completed his doctoral degree in U.S. history at the University of Tennessee in 1991. He recently retired from Lincoln Memorial University, where he was Professor of History and Assistant Dean of the Paul V. Hamilton School of Arts, Humanities and Social Sciences.

He worked previously as Curator of History at the East Tennessee Historical Society (1999-2007) and was Managing Editor of The Journal of East Tennessee History (1999-2009).

One session: Wednesday, 1:00 p.m. - 2:10 p.m., April 10

261 Ancient Civilizations of North America, Part II

The facts about human migration into the Americas has been debated for over a century, but DNA studies have recently revolutionized the field. This course talks about the who, when, where, how, and why of North America's first human populations. This is another in the Great Masters Series from the Great Courses. Edwin Barnhart is the Director of the Maya Exploration Center. He received his PhD in Anthropology from the University of Texas at Austin and has more than 25 years of experience as an archaeologist, explorer, and instructor in North, Central, and South America.



See bio for Dan Robbins on page 6 under class #104.

Six sessions: Wednesdays, 1:00 p.m. - 2:10 p.m., February 28; March 6, 13, 20, 27; April 3

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

262 Historical “Rhymes” and Potentially Helpful Lessons for our Puzzling, Polarized Present – Part II

In the fall of 2023, Historical Rhymes – Part I focused on the half century of the United States History that culminated in the Civil War and Reconstruction and suggested that dramatic economic-technological changes associated with the transition to commercial capitalism in that era unleashed “rhymes” that might help Americans in 2023 better understand and respond to our own “puzzling, polarizing present.”

Part II will similarly address the half century that culminated in the Great Depression and coming of World War II in the 1930s. We will explore the economic-technological explosion ignited by the transition to industrial capitalism and a host of aftershocks, including social, demographic, cultural, and – most notably – political changes.



As in Part I, several premises about the nature and value of history undergird this course. This includes George Santayana’s famous assertion that “Those who fail to learn history are doomed to repeat it;” the related popular notions that “History repeats itself” and that “Hindsight is 20/20;” and most significantly, Mark Twain’s puzzling assertion that “History does not repeat itself, but it rhymes.”

The fundamental premise for this course is that subsequent generations’ preoccupation with the Great Depression and coming of World War II has obscured social, cultural, and political adjustments to new realities from that generation that might inform our generation as we confront similarly confounding challenges in our historical moment.

Mark Banker is retired from Webb School in Knoxville, TN. He was a teacher of Advanced 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.

Nine sessions: Thursdays, 2:30 p.m. - 3:40 p.m., February 8, 15, 22, 29; March 7, 14, 21, 28; April 4

263 The History of the Old West



We will explore the actual history of the old west in America from the 1860’s until the 1910’s. Diverse subjects such as the origin of the cowboy, lawmen, and outlaws and gunfighters will be studied along with the exploration of American culture throughout the world.

David Adkins has been a professor of history at Roane State Community College for the past seven years, presenting classes and lectures on topics such as general American History, folklore, Halloween, and all things pertaining to war and U.S. culture.

Three sessions: Thursdays, 6:00 p.m. - 7:10 p.m., February 15, 22, 29

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.

264 The Korean War

Often called America's forgotten war, the Korean war is often not well understood but holds a unique place in world history, setting the tone for the cold war, military spending, and geopolitical politics far outside of its place in the classroom. The class will provide a deeper look into this unexpected conflict.



David Adkins, see bio on previous page under class #263.

Three sessions: Thursdays, 6:00 p.m. - 7:10 p.m., March 14, 21, 28

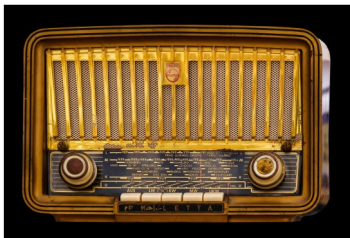
265 Moments in Time

This course will cover eight people and events that influenced the instructor to become a historian. Most of these figures will fit into the genre of the military, but all will likely be new to most Americans. In each case, we will look at people that influenced history themselves, or were indicative of at their time and place in the grand story of humanity. Each accomplished great things but are not in each case a "good" person. Topics will include: Patrick Cleburne and Civil War Generalship, John Basil Turchin and the Republican ideology of the Union Army, two Roman guerilla warfare experts and their lives, and more interesting, often heartbreaking, stories of great historical importance.

Professor Casey Cobb fell in love with history as a young boy, especially military history. His interest in history has grown to include race relations and culinary foodways. Cobb is an Associate Professor of History and Director of International Education at Roane State Community College. His teaching style relies more on storytelling than lecture, while also delivering a cogent historical message.

Eight sessions: Mondays, 11:00 a.m. - 12:10 p.m., February 5, 12, 19, 26; March 4, 11, 18, 25

266 Turn Back Your Radio



This course will examine the structure of radio dramas, news, and essays/poetry that filled the airwaves from 1930 to 1962. We will look at westerns, detective shows, comedy, and news, and isolate what made these programs attractive to the American radio audience.

Ray Penn, retired professor of philosophy, religious studies and communication arts, has earned seven degrees including two PhDs. He has taught courses in speech communication, media studies, journalism, philosophy, ethics, critical thinking and religious studies. Recently he was inducted into Phi Sigma Phi, one of the oldest honor societies in America, a society honoring those who have served education by being life-long learners.

Twelve sessions: Tuesdays, 1:00 p.m. - 2:10 p.m., February 6, 13, 20, 27; March 5, 12, 19, 26; April 2, 9, 16, 23

Important 2024 dates to remember:

January 15 -- Martin Luther King, Jr. Day/ RSCC and ORICL closed

February 5 -- Winter/spring classes begin

March 4 - 8 -- Spring break, no in-person evening classes

March 29 -- Good Friday/RSCC and ORICL closed; no classes

April 26 -- 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. If RSCC, Oak Ridge campus is closed ORICL is closed. The exception is online classes!

PHILOSOPHY & RELIGION

350 20th Century Evolution of American Sectarian Religion (HYBRID)

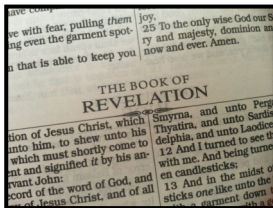
This class is a continuation of the fall study of early American sects with a focus on 20th century evolution and expansion from earlier movements. Winthrop Hudson (*Religion in America*, p. 209) refers to the Civil War (1861-65) as, “a watershed between an old and new America.” The war stimulated industrial development and the economic transition from a rural, agrarian society to a highly structured urban, industrial society. The emancipation of African slaves had a dramatic impact on theology, ethics, and church organization and divided Protestant denominations North from South. The surge in immigration from non-English speaking countries produced a cultural shift away from British predominance. Darwin’s *On the Origin of Species* (1859) had a tremendous impact not only on science but on ethics, sociology, and theology. ***This is a hybrid class (both in-person and online via ZOOM). Please indicate on your paper form which format you would like to attend.***



Larry Dipboye is a graduate of Baylor University and holds three seminary degrees, including a PhD from Southern Baptist Seminary in Louisville, KY. As a pastor in Louisville from 1974-1988, he served as adjunct professor of theology at Southern Seminary. Larry has served on the ORAU/ORNL Oak Ridge Site-Wide Institutional Review Board for human subject research since 1995. Larry retired from Grace Covenant Church in 2019.

Five sessions: Thursdays, 11:00 a.m. - 12:10 p.m., March 21, 28; April 4, 11, 18

351 The Book of Revelation



Is it a secret code book? Or an infallible forecast of the future? Or a really bad dream? We will read this book carefully to see what it says and what it probably meant when it was written.

Dr. Ray Penn see bio on page 18, under class #266.

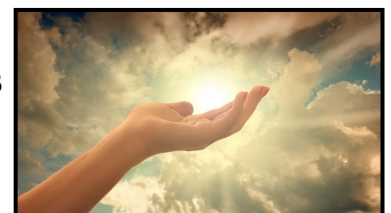
Six sessions: Tuesdays, 11:00 a.m. - 12:10 p.m., February 6, 13, 20, 27; March 5, 12

352 The Soul: Its Nature, Components, Nourishment & Destruction

This class will look at the metaphor of lenses to explore how we see reality using our inner faculties. This metaphor will help us see how reason and emotions can produce intuition which is faith. How empathy and memory can produce love. How imagination and will create hope.

Dr. Ray Penn, see bio on page 18, under class #266.

Six sessions: Tuesdays, 11:00 a.m. - 12:10 p.m., March 19, 26; April 2, 9, 16, 23



353 Getting to Know the Hebrew Bible

The Hebrew Bible (also known as the Tanakh or as the Jewish Bible) is a cornerstone of the Western literary canon. It is the foundational document of Judaism and has sustained the Jewish people for over 2,000 years. It is also the basis of the Christian Old Testament; and as such became one of the best-known works of literature in the world. Many stories in the Quran also come from the Jewish Bible, making this literary anthology hugely influential for all three of the world's great monotheistic religions.



The Hebrew Bible is not just a religious text, though. It's a compendium of dramatic stories, prophetic writings, wisdom literature, and even erotic love poems. It truly has something for everybody.

In this term, we will explore what's in the Hebrew Bible and how did the books included get there. What books were considered but left out, and why? Which was the most controversial book, the one that almost didn't make the cut? (Hint: it's not the one with the erotic love poems). How does the Hebrew bible differ from the Old Testament? Who wrote it? Who reads it? What has the effect been on English literature, on American history, and on the modern state of Israel? This class will offer answers to these and other questions.

Dale Rosenberg is moving to Oak Ridge in December from Worcester, MA to become a member of the local synagogue. Dale has a BA with a major in quantitative psychology from McGill University, Montreal, Quebec, Canada and a Master of Library Science from State University of New York at Albany. She attended Hebrew College and earned a MA of Jewish Studies and Jewish Education.

Twelve sessions: Mondays, 1:00 p.m. - 2:10 p.m., February 5, 12, 19, 26; March 4, 11, 18, 25; April 1, 8, 15, 22

354 Lovingkindness and Unbounded Friendliness (online only - ZOOM)



Metta is part of the Buddha's heart teachings 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 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 felt sense and attitude 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, about 25 years ago he sought training in and began a meditation practice of his own. Since that time, he has studied with a number of different teachers and participates in a half-dozen meditation and study discourses in the Knoxville area including several on the suttas (the Buddha's discourses).

Twelve sessions: Mondays, 11:00 a.m. – 12:10 p.m., February 5, 12, 19, 26; March 4, 11, 18, 25; April 1, 8, 15, 22

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.

355 Friday Lecture Series

The lecture series will continue to explore useful knowledge and the integrations of the sciences. The presentations and stimulating discussions will continue in the areas of physical science, engineering, medical sciences, natural science, and social science.

There will be no fixed subject or topic. Any topic in the sciences will continue to be fair game; however, we will still leave politics and theology to other classes. The lecture series will have no permanent instructor. Members and guest speakers who are knowledgeable in the topic for that session will make presentations.

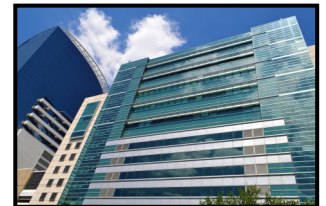
The class moderators are Carol Plasil and Bob Olson.

Six sessions: Fridays, 11:00 a.m. - 12:10 p.m., February 16, 23; March 1, 8, 15, 22

HEALTH, WELLNESS & MEDICINE

400 Medical Appeals: Getting What You Need

This class focuses on practical steps that individuals can take before, during, and after medical treatment to prepare for potential denials of coverage from insurance companies. Topics include gathering evidence, building support, dealing with limits in coverage, billing practices, communicating with insurance companies, insurance claims, and the appeals process. The instructor will also discuss her personal experience winning appeals for coverage for medical treatment and prescriptions.



Gay Marie Logsdon speaks from experience following a head-on wreck in 2016 and from experience of family and friends over 30 years. Months of inpatient and outpatient medical care, torrents of insurance claims, and denials of coverage for herself and a family member have helped shape her perspective. Gay Marie taught English at several universities and language institutes, and she served as a technical editor and writer at Oak Ridge National Laboratory until retirement. She has also worked as a freelance editor and writing instructor. She has helped win grants and has filed successful insurance claims.

One session: Thursday, 1:00 p.m. - 2:10 p.m., February 29

401 Body Menders

Fee: \$10



This is a fitness program designed specifically for seniors using chairs, bands, balls, and mats (to teach getting up and down from the floor correctly) that meets the needs of everyone – the overweight, sedentary, heart patients, diabetics, those recovering from illness or injury, and the athlete. Classes offer a moderate approach to deliver agility, flexibility, strength, better circulation, improved balance and coordination, and reclaiming of lost skills and comfort. Please dress appropriately for exercising.

Frances Gross has exercise certifications in the following areas: Energizing Exercises, NDEITA (National Dance Instructor Association Jazz Dancercise), Instructors Training Clinic & Choreo-Aerobics – Georgia State University, Exemplary Certification Body Recall, Inc., Certified Trainer/Body Recall/Special Populations, Tennessee Elderhostel, Advanced Fitour Pilates, Fitour Yoga.

Four sessions: Thursdays, 9:15 a.m. - 10:30 a.m., February 22, 29; March 7, 14

This class meets at the Children's Museum of Oak Ridge, 461 W. Outer Drive, Oak Ridge, TN

402 Obesity: A Complex Endocrine-Metabolic Disorder



Obesity prevalence is 41.9% in the US. Obesity is associated with an increased risk for diabetes, hypertension, degenerative joint disease, and cancer. Pathophysiology is complex – genetic, metabolic, and environmental disorders of metabolism. New treatments may help improve this chronic condition and decrease complications. Hear why obesity is considered a chronic metabolic disorder.

Dr. Elaine Bunick has been an MD for 49 years, 44 years in private practice in endocrinology in Oak Ridge. She has completed 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 was 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.

Two sessions: Wednesdays, 9:30 a.m. - 10:40 a.m., February 21, 28

403 Mental Illness Affects Everyone



In this class we will discuss what mental illness is, how to recognize it, how it feels, why people do what they do, why people do not get treatment. We will learn how this illness affects families and friends and how NAMI (National Alliance on Mental Illness) programs can help them learn to cope.

Included will be real stories from family members as well as stories from people who are in recovery from illness. These classes will be presented by volunteers from NAMI, Oak Ridge Affiliate.

Katherine Jane Martin joined the National Alliance on Mental Illness (NAMI) in 2014 because she was looking for help when her youngest child became sick with serious mental illness and her family was in turmoil. Kathy found help in NAMI and ultimately became a volunteer and also became certified to teach classes. She is currently pursuing a master's degree in human services, family and community options. Kathy also has a BS in chemical engineering and retired from Y-12 in 2019.

Toni Stephenson became involved in NAMI when she was looking for help for her adult son who was diagnosed with bi-polar disorder, anxiety disorder, substance use disorder and ADHD in his early thirties. Toni became a volunteer and a certified teacher through NAMI and works hard to help remove the stigma attached to mental illness.

Three sessions: Tuesdays, 9:30 a.m. - 10:40 a.m., March 5, 12, 19



Paper registration forms will be accepted in the office beginning in November and processed after registration opens in December.

Online registration will open on Tuesday, December 5; paper registration forms will be processed beginning the following day, Wednesday, December 6.

404 Aging in Place: A Panel Discussion of Benefits, Challenges & Planning

For session 1, we will have a panel of professionals answering questions posed by our instructors, pertinent to our topic of Aging in Place. For session 2, we will ask participants to bring their questions pertaining to Aging in Place for panel members to address.



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 University of Tennessee, she worked as director of social services in a nursing center in Massachusetts for five years before returning to east TN.

Angie Jones, COTA/L is the client services coordinator at Care Around the Block (CAB). She is originally from Coleshill, United Kingdom, but has lived in Knoxville for the past 15 years. She has a degree as an occupational therapy assistant and is certified in home safety and human resources.

Two sessions: Tuesdays, 9:30 a.m. - 10:40 a.m., April 2, 9

LITERATURE

450 When and How did Language Begin?

This class attempts to address how language arose among the primates in East Africa, starting hundreds of thousands of years ago and continuing as our progenitors expanded across Earth in subsequent millennia. We will briefly compare language to systems of communication, comparing and contrasting what animals can (and can't) do by signals and reviewing the immense expansion of communication capacities that human language possesses, but is lacking in animal communication. We will trace some species succession, climate change, behavioral adaptations, survival needs, and artifact production to attempt an answer to the question in the class title.

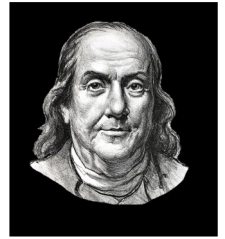
*Jeff Mellor attended public schools in Pittsburgh before entering the University of Chicago in the fall of 1960. He had intended to study physics, for which reason he began the study of German. Along the way he was diverted into language studies adding some Russian to the mix and was an exchange student in Frankfurt Germany in 1963-64. He returned to Chicago where he completed his MA and PhD in German. In 1970, he was hired at University of Tennessee, where he spent the remainder of his career until retiring from the classroom in December 2016. While at UT, he was active in the American Association of Teachers of German and served on its executive council and as an editor of its pedagogical journal **die unterrichtspraxis/ Teaching German**. Starting in the 1980s, he was in charge of testing the spoken English skills of all teaching assistants at UT for twenty-five years. His areas of interest included language teaching and learning, linguistics, structure of the German language, medieval literature, lexicography, and language testing.*

One session: Wednesday, 9:30 a.m. - 10:40 a.m., February 7



451 From Baywatch Ben to French “Philosophe”: The Complexity of Benjamin Franklin

The class will focus on a range of Franklin’s writings during his long life with special attention paid to his “Autobiography.” Texts will include Poor Richard’s Almanac sayings, his satires, and his comic “bagatelles” (short essays). *The Library of America* is the recommended book but any scholarly edition of the autobiography is acceptable.



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 has authored or edited 24 books, an online database, and over 75 articles and 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., February 21, 28; March 6, 13

452 Shakespeare Out Loud (online only - ZOOM)

“I charge thee fling away ambition: By that sin fell the angels.”

Cardinal Wolsey to Cromwell, Act 3, Scene 2, *Henry VIII*

The famous History of the Life of King Henry the Eighth was acted as a new play at the Globe playhouse on June 16, 1613. The play was memorable, partly for its lavish and realistic production, and partly because in Act 1 some smoldering wadding from a small cannon that was discharged to mark the king’s entry set the thatched roof ablaze and burned the playhouse to the ground. The destruction of the Globe Theater was symbolic. During its fourteen years of existence, Shakespeare’s greatest plays had been produced on its stage, but it was the end of an era. *Henry VIII* is usually regarded as the last surviving play that Shakespeare wrote (although *Two Noble Kinsmen*, a joint effort by Fletcher and Shakespeare, followed it.)



The class will read aloud *Henry VIII*, which the critic Harold Bloom calls a “dramatic poem” and an experiment in pageantry. *Henry VIII* may not be one of Shakespeare’s best Chronicle plays but the individual scenes are lively and well written. The play is a series of colorful episodes from history, ending with the christening of little Princess Elizabeth.

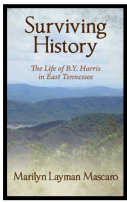
*“Tis ten to one this play can never please
All that are here. Some come to take their ease
And sleep an act or two.”* (Epilogue, *Henry VIII*)

The group reads orally in a 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. The ZOOM format works well for this class.

Nancy Burwell retired from Pellissippi State Community College, where she taught mathematics. Prior to that she was a research assistant at various federal agencies in Washington and a technical editor at the Energy Analysis at Oak Ridge Associated Universities. She enjoys organizing the class and studying Shakespeare along with other readers.

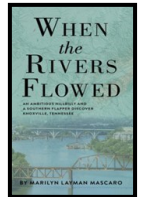
Nine sessions: Tuesdays, 1:00 p.m. – 2:10 p.m., February 6, 13, 20, 27; March 5, 12, 19, 26; April 2

453 Around East Tennessee: *Surviving History* and *When the Rivers Flowed*



Explore East Tennessee history through two works of narrative non-fiction. Both books combine the stories of real people with researched history while using literary techniques such as plot and characterization. *Surviving History: The Life of B.Y. Harris in East Tennessee* explores the experiences of a Union soldier and his family, focusing on the Civil War and afterward. *When the Rivers Flowed: An Ambitious Hillbilly and a Southern Flapper Discover Knoxville, Tennessee* discusses the city's 1919 race riot, part of America's Red Summer, plus Knoxville during the Jazz Age and the Great Depression.

Marilyn Mascaro has published multiple poems and essays, a short memoir, and two works of narrative non-fiction. She serves on the board of the Knoxville Writers Guild and is an editor for the guild's online magazine. She recently retired from the TN community college system where she taught English, including *American and Appalachian Literature*. An east TN native, Mascaro earned a BS in education and a MA in English from the University of Tennessee.



Two sessions: Wednesdays, 9:30 a.m. - 10:40 a.m., February 14, 21

454 The Bible as Literature: The Old Testament/Hebrew Bible

In this class consideration will be given to the literary aspects of such stories as that of Abraham and Isaac. Certain of the women's books (Ruth, Esther) may be considered, as well as those that seem at odds with the principal teaching (Ecclesiastes).

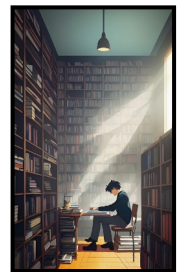


Allison Ensor, a Cookeville native, earned his undergraduate degree at Tennessee Tech University and did graduate work at University of Tennessee and Indiana University. He returned to UTK as a professor and taught primarily American literature for about forty years.

Four sessions: Mondays, 11:00 a.m. - 12:10 p.m., April 1, 8, 15, 22

455 Nonfiction Book Group (online only - ZOOM)

Nonfiction 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 and/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 15: *Solito: A Memoir* by Javier Zamora

March 21: *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI* by David Grann

April 18: *Waco: David Koresh, the Branch Davidians and a Legacy of Rage* by Jeff Guinn

May 16: *Genghis Khan and the Making of the Modern World* by Jack Weatherford

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

Four sessions: Thursdays, 10:00 a.m. – 11:10 a.m., February 15; March 21; April 18; May 16

456 Fiction Book Group (HYBRID)

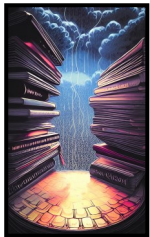
The Fiction Book Group encourages its members to read and discuss the fiction of the last several decades. We read the recent winners of the National Book Award, the Pulitzer Prize, the Booker Prize, the PEN/Faulkner Award and other literary prizes. Members recommend books they have read, and the final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



*Class coordinator is Kay Moss. **This book group is a hybrid class (both in-person and online via ZOOM). Please indicate on your paper form which format you would like to attend.***

Four sessions: Thursdays, 1:00 p.m. – 2:10 p.m., February 22; March 28; April 25; May 23

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



Why do we love a mystery? For some it is the process of watching something so 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 is 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 following 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 27: *The Woman in the Library* by Sulari Gentill

March 26: *Hold Tight* by Harlan Coben

April 23: *Everyone in My Family Has Killed Someone* by Benjamin Stevenson

May 28: *What Happened to the Bennetts* by Lisa Scottoline

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

Four sessions: Tuesdays, 4:00 p.m. – 5:10 p.m., February 27; March 26; April 23; May 28

458 Classic Literature Revisited (online only - ZOOM)

Are there more 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 fifty 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 12: *Miss LonelyHearts/Day of the Locust* by Nathanael West

March 11: *A Tale of Two Cities* by Charles Dickens

April 8: *Wives and Daughters* by Elizabeth Gaskell

May 13: *The Reivers* by William Faulkner

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

Four sessions: Mondays, 1:30 p.m. – 2:40 p.m., February 12; March 11; April 8; May 13

459 Speculative Fiction Book Group (online only - ZOOM)

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

February 22: *Sorcery and Cecelia* or *The Enchanted Chocolate Pot* by Caroline Stevermer and Patricia C. Wrede

March 28: *The Paper Magician* (The Paper Magician Series, Book 1) by Charlie N. Holmberg

April 25: *Time Enough for Love* by Robert A. Heinlein

May 23: *The Guns of the South: A Novel* by Harry Turtledove



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

Four sessions: Thursdays, 10:00 a.m. – 11:10 a.m., February 22; March 28; April 25; May 23

LANGUAGE

500 Latin I -- Beyond Beginner

This course is a continuation of the Latin I course and will pick up from where the group finished at the end of the fall 2023 term. The text being used is ***Ecce Romani Book I*** plus other books of Latin readings and stories. The participants will have fun together learning the language and the grammar used in translating stories. (There will NOT be an absolute beginner course.)



Bill Moore received a BS in electrical engineering, BA in English from Texas A&I, and PhD in experimental psychology at the University of Houston. He has worked in a variety of settings, including NASA, private industry, and academia. The latter includes post-doctoral work at Duke University, and posts at Middle Tennessee State University, Drake University, and Marshall University. He retired from active teaching several years ago and has been doing some online courses since. While at Marshall he was fortunate enough to take two years of Latin from two excellent teachers.

Twelve sessions: Thursdays, 2:30 p.m. - 3:40 p.m., February 8, 15, 22, 29; March 7, 14, 21, 28; April 4, 11, 18, 25

501 Latin II -- Intermediate

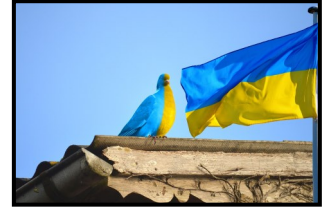
The plan for this course remains a help-each-other format while having fun together translating stories/readings and learning grammar. The texts and readings will be chosen by the participants as the semester progresses.

Class coordinator is Nancy Basford.

Twelve sessions: Thursdays, 1:00 p.m. - 2:10 p.m., February 8, 15, 22, 29; March 7, 14, 21, 28; April 4, 11, 18, 25

502 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 will 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 will be using the book *Beginner's Ukrainian* by Yuri Shevchuk, Second Edition (ISBN 978-0-7818-1324-2) available online or you can order from Books-A-Million 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 of that time was speaking or translating Russian or Ukrainian. For the last 12 years she has taught languages to Department of Defense 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 6, 13, 20, 27; March 5, 12, 19, 26; April 2, 9, 16, 23

503 Ukrainian II

This course will be a continuation of the Beginning Ukrainian class taught in winter spring 2023. We will continue using the book *Beginner's Ukrainian* by Yuri Shevchuk, Second Edition (ISBN 978-0-7818-1324-2) available online or from Books-A-Million in Oak Ridge. There will be about an hour or two worth of homework weekly. The class will most likely begin with Chapter 8 of the textbook, possibly a bit behind that. This will mean that we have covered: the alphabet; concepts of case and gender; adjectives; declensions of accusative, genitive, and prepositional cases in nouns, pronouns, and adjectives; past, present, and future tenses; aspect; and numbers. Attendees who are not comfortable with those aspects should consider the Ukrainian I course instead.

Karen Davis, see bio above under class #502.

Twelve sessions: Tuesdays, 2:30 p.m. – 3:40 p.m., February 6, 13, 20, 27; March 5, 12, 19, 26; April 2, 9, 16, 23

504 Russian I



Russian (a highly inflected distant cousin of English) is the fifth most-widely spoken language in the world, the mother tongue of millions of people in a global power (the Russian Federation) spanning 9 time zones and 1/8 of the world's surface, and by millions more in post-Soviet countries and a large diaspora. It is the language of a rich literary tradition, as well as scientific and economic developments – and that's without getting into its political importance. This class is intended for those who know no Russian at all. Learners who want a refresher course are welcome but should be aware that we'll be starting at the very beginning. Continuation courses are also offered, so check them in the catalog. We will begin with the basics of the alphabet and pronunciation and continue with grammar and reading practice. The emphasis will be in reading comprehension (and thus translation), but students will learn to speak and understand spoken Russian. There will be homework, perhaps an hour or 90 minutes a week.

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 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 Kempe), 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.

Karen Davis, see bio above under class #502.

Twelve sessions: Wednesdays, 1:00 p.m. – 2:10 p.m., February 7, 14, 21, 28; March 6, 13, 20, 27; April 3, 10, 17, 24

505 Russian II

This course will be a continuation of Russian I offered in the fall term of 2023. We will continue to use *The New Penguin Russian Course* by Nicholas J. Brown (ISBN140-12041-7); it is available online at Amazon, Barnes & Noble, and Books-A-Million, and the local BAM can order it. This class is for those who are comfortable with past and present tenses and aspects of verbs; accusative, preposition, and genitive cases of nouns and adjectives; reflexive verbs, and numbers. There will be homework of around an hour or two per week.



Karen Davis, see bio on page 28 under class #502.

Twelve sessions: Wednesdays, 2:30 p.m. – 3:40 p.m., February 7, 14, 21, 28; March 6, 13, 20, 27; April 3, 10, 17, 24

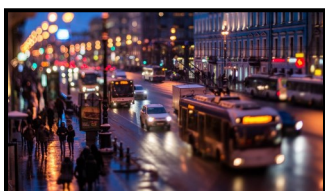
506 Russian III (online only - ZOOM)

This course will be a continuation of Russian II offered in the fall term of 2023. We will continue to use *Conversational Russian Dialogues* by LingoMastery (ISBN 978-1-951949-03-7) and will be beginning with *Short Stories in Russian* by Olly Richards and Alex Rawlings (ISBN 978-1-473-68349-5); they are available online at Amazon, Barnes & Noble, and Books-A-Million, and the local BAM can order them. Anyone is welcome to join us. We will have finished with grammar exercises and will be reading and translating; you should be reading at beginning B1 (ILR 2). **NOTE: This class is offered by ZOOM only.**

Karen Davis, see bio on page 28 under class #502.

Twelve sessions: Wednesdays, 11:30 a.m.– 12:30 p.m., February 7, 14, 21, 28; March 6, 13, 20, 27; April 3, 10, 27, 24

507 Russian IV



This course will be a continuation of Russian III offered in the fall term of 2023. We will continue to use the two books *Conversational Russian Dialogues* by LingoMastery (ISBN 978-951949-03-7) and *Short Stories in Russian* by Olly Richards and Alex Rawlings (ISBN 978-1-473-68349-5); they are available online at Amazon, Barnes & Noble, 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 B1 level (ILR 2).

Karen Davis, see bio on page 28 under class #502.

Twelve sessions: Mondays, 1:00 p.m. – 2:10 p.m., February 5, 12, 19, 26; March 4, 11, 18, 25; April 1, 8, 15, 22

508 Russian V

This course will be a continuation of Russian IV offered in the winter/spring term of 2023. We will continue to use the two books *Conversational Russian Dialogues* by LingoMastery (ISBN 978-1-951-94903-7) and *Short Stories in Russian* by Olly Richards and Alex Rawlings (ISBN 978-1-473-68349-5); they are available online at Amazon, Barnes & Noble, and Books-A-Million, and the local BAM can order them. Anyone is welcome to join us. We will have finished with grammar exercises and will be reading and translating; you should be reading at B2 level (ILR 2+).

Karen Davis, see bio on page 28 under class #502.

Twelve sessions: Mondays, 2:30 p.m. – 3:40 p.m., February 5, 12, 19, 26; March 4, 11, 18, 25; April 1, 8, 15, 22

HOBBIES & HOW-TO

550 A Brief History of Toy and Model Cars

This will be a brief overview of the history of toy and model cars (plus other vehicles), with a concentration on the international scale of 1:43. We will look at stamped metal, diecast, resin, and white metal, manufacturers, collection themes, and the growth of the adult collectible model car hobby.



Harvey Goranson has been an avid collector of miniature vehicles for over 50 years. He has published articles in Modellers World, Brooklin Collectors Club, and Model Auto Review (both print and online versions). He continues to contribute to various online toy and model car websites, including Forum43. On Facebook, he is a co-administrator of the British cars in 1/43 scale ONLY group and a moderator on the American model cars in 1/43 group, both based in France. He curates several model car brands for the hobbyDB website.

Two sessions: Tuesdays, 11:00 a.m. - 12:10 p.m., March 19, 26

551 Cryptic Varietal Crossword Puzzles (online only - 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. Cryptic crosswords have an added layer of logic, so cryptic varietal crosswords are like crosswords on steroids! They combine cryptic clues with variation on the construction; the intent of the puzzle authors is to entertain with novelty. We began this class with a core group of addicted, self-selected masochists, but we welcome new class members and will teach them the skills that the veterans have learned. We begin with an introduction together as a class. We use U.S. varietal crossword puzzles to learn how to solve cryptic clues and to deduce the wordplay of varietals. They will seem impossible at first! Vocabulary skills are regular crossword assets but not nearly as important as mental flexibility and clue-type recognition.

Elane Streets began learning to solve cryptic crosswords as a newlywed in England in the early 70's, and, although the shock was severe in the beginning, has learned to treasure them much better than even the toughest U.S. regular puzzles. Cryptic varietals are fun to work by oneself and as a team.

Twelve sessions: Tuesdays, 2:30 p.m. – 3:40 p.m., February 6, 13, 20, 27; March 5, 12, 19, 26; April 2, 9, 16, 23

552 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, some participants may share information about yarns, projects and techniques. Knitters are welcome.

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



Twelve sessions: Mondays, 4:00 p.m. - 6:00 p.m., February 5, 12, 19, 26; March 4, 11, 18, 25; April 1, 8, 15, 22

SPECIAL PRESENTATION

800 “The Scarboro 85” Told by Sheila Arnold

In 2022, Flatwater Tales Storytelling Festival in Oak Ridge, commissioned Sheila Arnold, professional storyteller, to write and tell the story of “The Scarboro 85”.

These were the youngsters who desegregated Oak Ridge Schools in 1955, the first school system in the southeast United States to be desegregated. The Scarboro 85 left a school where they were loved and nurtured, to catch buses to go where they were, by and large, merely tolerated.



There was no violence so there were no headlines. Because there were no headlines, few people knew this story. No headlines, but, oh, there was trauma.

There were few dry eyes in the Grove Theater when Ms. Sheila, as she is known on the National Storytelling circuit, finished her story.

Ms. Sheila is returning to Oak Ridge in February 2024 to tell this story to Oak Ridge Schools, civic groups and to ORICL.



“When Ms. Sheila tells this story, it becomes so real that you can smell the fumes from those old 1950s buses,” says Sue Byrne, co-chair of Flatwater Tales.

It has been said that Ms. Sheila is a professional imaginator with a passion, vision, and ministry of healing hearts and unifying communities. You do not want to miss this presentation. Please come help welcome Sheila as she returns to Oak Ridge from her native Virginia.

One session: Wednesday, 11:00 a.m. – 1:00 p.m., February 21

ORICL membership is not required.

Please remember that online registration opens December 5. Paper registrations will be processed beginning on December 6.

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

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 competent authority. Please contact the ORICL office if you have any questions.

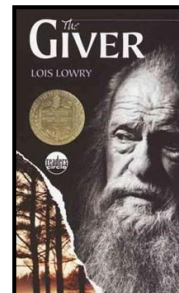
TRIPS, EXCURSIONS & ACTIVITIES

704 *The Giver*

Clarence Brown Theatre – Main Stage Production

Lois Lowry is known for her young adult writings spanning decades. She received two Newbery Awards for *The Giver* and *Number the Stars*.

Jonas' world is perfect. It's safe. Controlled. Without war or pain. Without color. Where every person is assigned a role in the community. At age 12, his "adult assignment" is to be keeper of the community's memories from *The Giver*, the only person with memories of real pain and joy. As Jonas begins to experience these memories, he is faced with a decision: conform to society's expectations or control his own destiny.



Regarding the book, *Kirkus Reviews* wrote:

"Wrought with admirable skill – the emptiness and menace underlying this Utopia, emerge step by inexorable step: a richly provocative novel. Lowry creates a chilling, tightly controlled future society where all controversy, pain, and choice have been expunged, each childhood year has its privileges and responsibilities, and family members are selected for compatibility."

The themes of this play are mature and weighty: euthanasia; hypocrisy; suicide; and starvation. The title has been on the American Library Association's 100 reported banned and challenged book list for three decades. The "talk back" discussion with the cast should provide insight into what they learned in the production.

Following the performance, we will travel to the Chop House on Kingston Pike to enjoy dinner on your own and perhaps continue the discussion.

Sunday, February 25, 1:00 p.m. to 6:30 p.m.

Bus leaves at 1:00 p.m. SHARP from the flagpole at the RSCC parking lot.

The trip leader will be Becky Rushton.

The trip charge of \$90 includes transportation and admission. Dinner is on your own.

No refunds.

ORICL cell phone number is (865) 558-7413.



705 April Blossoming in Knoxville

Springtime in our area is punctuated by blossoms galore. Last summer ORICL visited the Knoxville Botanical Gardens. This term, a visit to the State Botanical Garden of Tennessee, commonly known as the UT Gardens, will be a highlight for ORICL members. A botanical garden is defined as a garden where experts study, exhibit and teach about plants. The UT Gardens, operated by the University of Tennessee Institute of Agriculture, which manages sites at the campus in Knoxville, the West Tennessee AgResearch and Education Center in Jackson, and an additional location at the Plateau AgResearch and Education Center in Crossville.



The tour will be led by a docent from the garden with a choice of a gentle stroll through the blooms or a walk paced to view all the various segments available. Also planned is a brief explanation of some of the distinctive programs offered by the Tennessee Institute of Agriculture.

Following the tour, we will adjourn to a lunch spot in central Knoxville for a meal on our own. Thereafter we will drive a Dogwood trail and visit an open garden.

*Note: to provide an affordable price for the local trip, we are using a mid-size bus without an onboard bathroom. However, rest stops along the way will be planned accordingly.

Thursday, April 11, 9:15 a.m. to 4:00 p.m.

Bus leaves at 9:15 a.m. SHARP from the flagpole at the RSCC parking lot.

The trip leader is Becky Rushton.

The trip charge of \$75 includes transportation and admission.

Last day to cancel with a refund is March 14, 2024.



There are three categories of ORICL membership. Regular memberships are \$150 per year. If you didn't join in the Fall, the fee is \$100. **"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.

706 Museum of Appalachia -- Sheep Shearing Days

ORICL members are invited to gather at RSCC to caravan or carpool to the Museum of Appalachia at 1819 Andersonville Highway, Clinton, TN. It is a short drive – 40 minutes. Once we arrive you are welcome to visit the venue at your own pace, enjoy lunch, and depart as you want. Museum staff recommend visiting between 11:00 a.m. and 3:00 p.m. to enjoy the most activities.

The Museum of Appalachia welcomes the warmth of spring by trimming the heavy winter coats from their flock of sheep. Sheep Shearing Day will include demonstrations of shearing, carding, spinning, and weaving the fleece into woven goods, plus real-life examples of some of the many finished products derived from the wool.



In addition to shearing, the event will also feature historic demonstrations and activities, interactive children's programs, live music, a museum tour, and much more!

Admission also includes a tour of the Museum farm and village, which contains some three-dozen historic log structures, exhibit halls filled with thousands of Appalachian artifacts, working gardens, and farm animals.

Lunch at your leisure can be at the restaurant at the museum. Serving home-cooked lunch specials every day from 11:00 a.m. until 2:00 p.m. Southern Appalachian style cooking offers delicious casseroles, hearty entrees, tantalizing sides and homemade desserts. Soups, sandwiches, drinks and desserts are served until 3:00 p.m. The Restaurant at the Museum of Appalachia offers café style service. Order from our counter from a daily menu board and then take your seat; we will bring your food right out to you!

Friday, April 26, 10:00 a.m. to 4:00 p.m.

No bus is planned for this trip. If there is adequate demand, we can hire a bus for \$45 per person. Meet at the flagpole at the RSCC parking lot.

The trip leader will be Becky Rushton.

The trip charge will be \$20. This will be your admission to the Museum of Appalachia. Lunch will be on your own at the Museum of Appalachia Restaurant.

Last day to cancel with a refund is March 29, 2024.

REMEMBER!

Roane State Security will issue a \$20 ticket if you are not parked in a legal parking space with a current ORICL hang tag on your rear-view mirror.

This means no parking in driving lanes, spaces marked "visitor", next to the curb, or "unpainted" parking spots. If you forget your hang tag (which enables you to park in the faculty lots A and B), you will need to obtain another parking sticker in the office. If you are new to ORICL, come by the office to get a hang tag if you would like to take advantage of this benefit.

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THANK YOU!

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ORICL - Enriching Lives Through Continued Learning

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