



Oak Ridge Institute for Continued Learning

Winter/Spring 2020

ORICL - Enriching Lives Through Continued Learning

February 3 through April 24, 2020

Online Registration Opens December 9



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 sponsored by Roane State Community College. ORICL is administered by a board of directors elected by the members. Roane State 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 of ORICL. Its programs are designed to respond to the interests of the participants, who may take courses, go on group trips, or join in other activities.

In order to attend classes and activities, it is necessary to join the Institute as a dues-paying member. The fee for membership is **\$100 for the full year's three terms beginning in September; \$80 for two terms beginning in February; and \$45 for the summer term only**. We would appreciate two separate registration forms from couples, even if both wish to take the same courses. Online registration will open December 9. Initially, members may choose up to 10 classes, including trips. The cap will be lifted about a week after registration opens. Participants are asked not to arrange substitutes for trips or classes, as we may have waiting lists. Out-of-town guests may be class visitors for one session on a space-available basis. Call the office for availability, as seating is sometimes limited. **For trip participation, however, you must be an ORICL member.**

Classes and activities for the Winter/Spring 2020 term begin Monday, February 3rd and end Friday, April 24th. Class schedules may be picked up on January 21-22. Those not picked up will be mailed first class on January 23. If you receive notification that you are on a wait list, you will be notified by phone if a space becomes available for that class/trip.

Trip fees are non-refundable after the listed date. **After receipt of acknowledgment that you are assigned to that class or trip, please send fees to the ORICL office. All class fees and trip fees are due by the first week of the term February 3 - 7. No exceptions. If payment is not received, you will be dropped from the trip or class.**

Registration Procedures:

You may register online or submit a paper registration to the office. Registrations submitted to the office will not be put in the system until registration opens. Class fulfillment will be on a first come, first served basis. The earlier you submit your registration the better chance you will receive the classes you choose.

Online registration will open at 9:00 a.m. on Monday, December 9th. ****If you paid in the Fall, no membership fee is due. If you are new to ORICL, the membership fee of \$80 is now due.****

If you have any questions about the online registration process, please call the office at 865-481-8222. We will be glad to answer your questions.

Please note: One trip (Trip #707 - Appalachia and Country Music) will have an informational meeting Tuesday, April 14, 1:00 p.m. (F-110) . At the meeting, you will register and pay in full for the trip. Please keep in mind, when you submit your registration, you are registering for the Informational meeting only. Please see page 44 for more information.

CONTENTS

Art & Culture	4	Literature	24
100: Leonardo da Vinci.....	4	359: “I’ll Fly Away” - Toni Morrison	24
101: Dichroic Glass Pendants	4	360: Poets at Play.....	25
102: Art a la Carte Film Series.....	5	361: The Poem as Experience.....	25
103: Eggcellent Bracelet and Earring Set.....	5	Medicine and Health	26
104: Decorative Bird Houses	5	400: Hearing Loss and Cognitive Decline	26
105: Elegant Trays	6	401: Tinnitus.....	26
106: Fun with Paper	6	402: Current Topics in Medicine	26
107: Ceramic Cup and Bowl Set.....	6	403: Weight Loss Solutions.....	27
108: Iceland - Land of Ice and Fire	7	404: Inflammatory Bowel Diseases	27
109: Weaving - Potholder Loom - Basic.....	7	405: Musculoskeletal System	27
110: Visit to Berlin.....	8	406: Body Menders	28
111: Weaving - Potholder Loom - Advanced.....	8	407: Savvy Caregiver Training.....	28
Computer	9	408: Cardiac Pacing and Defibrillation.....	29
150: Windows 10 Level 1	9	Music	29
151: Computer Knowledge	9	450: Music of Ireland’s “The Chieftains”.....	29
152: Apple iPad/iPhone (Version 13.0.0 or later).....	9	451: Tribute to the Weavers.....	30
Finance	10	452: Piano Masterworks II.....	30
200: Book Review - Dad.....	10	453: ORCMA	31
201: Aging Investor.....	10	454: Tennessee’s Cumberland Gap - Musical Heritage.....	31
202: Annuities	11	Philosophy	32
203: Estate Planning.....	11	470: Friday Lecture Series	32
204: Emotions, Expectations.....	12	Religion	32
205: Savvy Women	12	500: Deep Christianity.....	32
206: Stock Investing for Income	12	501: Racism - Part II.....	33
207: Networking with Non-Profits.....	13	502: Hebrew Prophecy, Part II.....	33
History	14	503: Black Madonnas	34
250: Great Monsters of the 20th Century	14	504: LovingKindness.....	34
251: Chevrons and Bars - Civil War	14	Science & Technology	35
252: One Obscure Irish Family	15	550: World of Octopuses	35
253: Daily Lives of Women and Men	15	551: Geology - Earth History.....	35
254: Blackbeard and Brethren of the Coast.....	15	552: Environmental Resources	36
255: Cold War Weapons	16	553: Technical Book.....	36
256: Winston Churchill, Part 1.....	16	554: Wonder of Birds	37
257: Ford Takes on the World.....	16	Social Science & Economics	37
258: Appalachia on Our Minds	17	600: Council Member - City Government	37
259: Stories from the Secret City	18	601: Citizenship Process.....	38
260: The Dictator’s Playbook.....	18	602: Educational Dreamers.....	38
Language	19	Miscellaneous	39
300: Chinese Language	19	650: Intro to Chinese Meditation/Acupuncture.....	39
301: Russian I.....	19	651: Meditation.....	39
302: Russian II.....	19	652: Beginning Pickleball.....	39
303: Latin IA (Beyond Beginner Latin)	20	653: Not Making Phone Ring More.....	40
304: Latin II (Intermediate Latin).....	20	654: Edgar Cayce.....	40
305: Latin III (Advanced Latin)	20	655: Cryptic Varietal Crossword Puzzles	41
Literature	21	656: Reincarnation.....	41
350: Fiction Book Group	21	Trips	42-46
351: Nonfiction Book Group	21	704—708: Descriptions for 5 trips/activities	
352: Let’s Read a Mystery	21		
353: Classic Literature Revisited	22		
354: Shakespeare Out Loud	22		
355: Contemporary Appalachian Poets	23		
356: Shakespeare’s <i>Hamlet</i>	23		
357: Writing Your Memoir	23		
358: Concord Neighbors	24		

CLASSES

ART & CULTURE

100 Leonardo da Vinci and the Italian High Renaissance



We begin another of “The Great Courses” issued by The Teaching Company. This course, “Leonardo da Vinci and the Italian High Renaissance,” is taught by Professor George R. Bent. The following is excerpted from the Teaching Company’s notes. “Leonardo da Vinci (1452-1519), was the consummate “Renaissance man”, a master of art, science, and engineering. He could cast figures in bronze, was sought out for his knowledge of warfare, was regarded as one of his day’s most insightful mathematicians, and knew more about physics of motion, energy, and flight than anyone else of his age. In addition to these interests, he also produced some of the most important and most famous artistic images of all times, including the portrait of the *Mona Lisa* and his mural of *The Last Supper*. This course examines the life and work of Leonardo da Vinci from all of these perspectives and also considers the context in which he lived, bracketing the period considered as the high renaissance.”

Professor Bent has taught in the Department of Art and Art History at Washington and Lee University since 1993. A two-time holder of Fulbright scholarships to Italy, Professor Bent received his PhD in art history from Stanford University in 1993.

Murray Martin is the coordinator of this video presentation. He has enjoyed many of the Great Courses over the years and would like to share with you his enthusiastic response to this Teaching Company offering.

Six sessions: Mondays, 4:00 p.m. - 5:10 p.m., February 10,17; March 2, 9, 16, 23

101 Dichroic Glass Pendants

Class fee: \$20

Dichroic glass is wonderfully sparkling – flashing different colors depending on the angle you look at it. Developed for use in the space program, it is now a popular material to use in jewelry making. In this class, you will make a fused glass pendant, choosing glass from a variety of colors, textures and patterns to produce your own unique design. The pendants will be fused for you in the Art Center’s kiln and we will attach a bail to complete the pendant in the second class. Then they are ready to be worn on a chain or a cord and admired by everyone!



Ruth Prince teaches glass fusing, enameling and metal clay classes at the Oak Ridge Art Center and serves on their advisory board. She has a BA in math and computer science and a BFA in painting, both from UT, Knoxville.

Two sessions, Thursdays, 10:00 a.m. - 12:00 p.m., March 5, 12
Oak Ridge Art Center, 201 Badger Avenue

102 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. Winter/Spring of 2020 we will continue the series “How to Look at and Understand Great Art” from the Great Courses collection. Individuals who have not seen the beginning of the series will not be “behind”. Each of the films is a free standing lecture, so the participants can enjoy the information without seeing all of them. Each month we will show two of the 30 minute lectures for a total of 60 minutes. The series is held the fourth Friday of each month at 12 noon. Join us for this fascinating and illuminating series.

Three sessions: Fridays, 12:00 p.m. - 1:00 p.m., February 28; March 27; April 24
Oak Ridge Art Center, 201 Badger Avenue

103 Eggcellent Bracelet and Earring Set

Class fee: \$5

This beginner friendly one morning class will teach you the basic skills to make a “cheerful and cheap” jewelry set just in time for Spring to pop, and Easter eggs to drop. No prior experience required. We will go over basic loop making, how to use a one-step looper, and proper opening and closing of jump rings. All materials will be provided. This is a great future project to teach your kids or grandkids. Students should be able to complete pieces in just a few hours, and leave class with jewelry to wear.



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: Thursday, 10:00 a.m. - 12:00 p.m., March 19
Oak Ridge Art Center, 201 Badger Avenue

104 Decorative Bird Houses

Class fee: \$45



Students will work with clay slabs to make a decorative bird house. They will learn to roll out slabs, use a pattern to cut needed pieces, combine and adhere pieces together to form the bird house, and add decorative designs. Constructing the bird house will take two sessions. The piece will then be bisque fired before students glaze in the third session and then the unit will be fired again. The class will agree on a day for a pick-up session to retrieve their pieces. Classes will meet in the pottery studio. Students should wear washable clothes and shoes and be prepared to play in the “mud.”

Bill Capshaw is a member of the advisory board of 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.

Four sessions: Thursdays, 9:00 a.m. - 12:00 p.m., March 12, 19, 26, TBD
Oak Ridge Art Center, 201 Badger Avenue

105 Elegant Trays**Class fee: \$40**

Students will work with clay slabs to make one large and one small tray for use in decorating or entertaining. They will learn to roll out slabs and use frames or hand work to form the trays. Students will learn how to combine and adhere pieces and add decorative designs to their work. Pieces will be formed in one session, the decorative textures and forms will be added, then bisque fired before students glaze in the third session and then the unit will be fired again. The class will agree on a day for a pick-up session to retrieve their pieces. Classes will meet in the pottery studio. Students should wear washable clothes and shoes and be prepared to play in the "mud."



See bio for Bill Capshaw page 5.

Four sessions: Thursdays, 9:00 a.m. - 12:00 p.m., April 9, 16, 23, TBD
Oak Ridge Art Center , 201 Badger Avenue

106 Fun with Paper**Class fee: \$5**

Origami is the Japanese art or process of folding squares of paper into representational shapes. From a piece of flat paper, you can make an airplane, a house, or flowers with many petals; with many papers, you can make eight angle boxes, or a windmill.

Shigeko Uppuluri was born in Kyoto, Japan in 1931 and has lived in Oak Ridge since 1963. She has taught Japanese privately, for Oak Ridge Adult Education classes, ORNL classes for the scientists while working at the Information Division, and at UT as an instructor. She teaches simple conversational Japanese to the Oak Ridge middle school students in the Sister City Exchange Program before they go to Naka, Japan.

Four sessions: Wednesdays, 11:00 a.m. - 12:10 p.m., February 5, 12, 19, 26

107 Ceramic Cup and Bowl Set**Class fee: \$5**

Join Ms. Kim and learn to make a ceramic cup and bowl. She will teach you how to roll and form a clay slab. Students will learn to decorate pieces using stamps and other techniques. Ms. Kim will fire the cup and bowl for you.

Eun-Sook Kim, an Oak Ridger, has had several one-person shows of her artwork and exhibited in international and national juried shows in KS, NC, WV, and OH. She is founder of Corner Gallery, OR. Among her many presentations and lectures were art presentations at Shigaraki, Japan; WanKwang Univ., Korea; and Ewha Woman's Univ., Seoul, Korea. Ms. Kim received her MFA in ceramics in 1990 from UTK.

Two sessions: Mondays, 11:00 a.m. - 12:10 p.m., March 16, 23

This class will be at Ms. Kim's studio, 109 Windham Road, Oak Ridge. Please be aware that the driveway to the studio is a steep driveway.

108 Iceland - Land of Ice and Fire



This class will be a travelogue of our amazing hiking tour of Iceland. It will include some geology, history and mythology associated with this very unique island where new Earth-crust is being created "in front of our eyes" (so to speak).

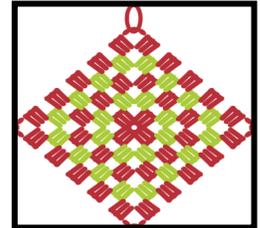
Ilana Siman-Tov earned a Masters in Engineering Science from University of Tennessee, Knoxville. She retired from the Irradiation Engineering Group as a Project Leader in 1995.

Three sessions: Mondays, 1:00 p.m. - 2:10 p.m., March 2, 9, 16

109 Weaving with the Potholder Loom - Basic

Class fee: \$40

Did you ever weave potholders on a square loom when you were a child? Using this same loom, students will start weaving potholders, then progress to working with the same loom to weave shaped pieces (squares, rectangles, triangles, and even circles) that they will join together to produce their choice of wallets, shoulder bags, bottle holders, caps, seat cushions, or even rugs. Samples of different items that can be made using this loom will be available at each class for examination. Students will be encouraged to take their work home and continue between classes. Initial materials, including the metal loom, loops and yarns, will be available at each class session through the instructor. Students desiring any additional weaving supplies or looms may purchase items directly from the instructor.



Basic materials fee is \$40 per student which includes \$15 for the loom. The loom can be returned at the end of class for a \$15 refund.

Andy Lyle is a native of Oak Ridge, a member of the Elm Grove Elementary Alumni Association and a graduate of UTK. She has been weaving using 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 Kentucky Guild for Artists and Craftsmen, the Locally Grown Gallery in Oak Ridge and the Tuesday Weavers at the Appalachian Arts Craft Center in Norris.

Four sessions: Wednesdays, 4:00 p.m. - 6:00 p.m., February 5, 12, 19, 26

Paper registration forms will be accepted in the office beginning in November. Online registration will open on Monday, December 9. Paper registration forms will be processed beginning on Tuesday, December 10.

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

Please keep your schedule with your catalog so you can refer to it.

110 A Visit to Berlin: Monuments, Culture and Some History

The city of Berlin is famous for its landmarks, galleries, museums and performing arts. Germany's capital was founded back in the 13th century. The city is full of monuments reminding us of its turbulent 20th century history, especially of WWI and WWII eras. The most memorable includes its Holocaust memorial, the Berlin Wall's graffitied remains, and "Checkpoint Charlie." Berlin was divided in 1971 during the Cold War into East and West Berlins, and then reunified in 1990 at the end of the Cold War. Its 18th century Brandenburg Gate has become a symbol of this reunification as well as the democratic Berlin itself.



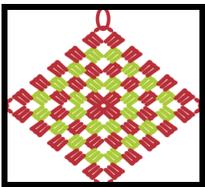
Last year, my wife Ilana and I visited Berlin for the first time, and we were impressed during our ten days there by the city's many attractions, especially its numerous historical monuments. In this class I will first provide a brief historical background of Germany starting from the 18th and 19th centuries leading to its more recent unfortunate developments of the 20th century. I will then describe some of its many monuments and attractions, and briefly describe Germany's tremendous political and economic recovery after WWII and its successful integration (so far....) into the advanced Western alliances.

Moshe Siman-Tov worked at ORNL from 1967 until he retired in 2000. He received his PhD in Engineering Mechanics from UT in 1975, MS from the University of Cincinnati in 1967, and BS from the Technion in Israel in 1961. He was born in Israel (under the British Mandate at the time) in 1935 and served in the Israeli Army from 1955 to 1957. He moved with his family to the USA in 1964. Moshe presented five ORICL classes in the past, including two on the Israeli/Palestinian conflict with Jim Harb in 2004 and one on the Middle East with Professor Bob Cunningham in 2015. He often visits Israel with his wife Ilana and keeps abreast of the developments in the region.

Two sessions: Thursdays, 1:00 p.m. - 2:10 p.m., March 19, 26

111 Weaving with the Potholder Loom - Advanced

Class fee: \$40



This class is a continuation of the Basic - Weaving with the Potholder Loom class offered in February and also during the fall 2019 term. Using this same loom, students will start weaving potholders, then progress to working with the same loom to weave pieces (squares, rectangles, triangles, and even circles) that they will join together to produce their choice of wallets, shoulder bags, bottle holders, caps, seat cushions, or even rugs. Samples of different items that can be made using this loom will be available at each class for examination. Students will be encouraged to take their work home and continue between classes. Initial materials, including the metal loom, loops and yarns, will be available at each class session through the instructor. Students desiring any additional weaving supplies or looms may purchase items directly from the instructor.

Basic materials fee is \$40 per student, which includes \$15 for the loom. The loom can be returned at the end of class for a \$15 refund.

See bio for Andy Lyle on page 7.

Eight sessions: Wednesdays, 4:00 p.m. - 6:00 p.m., March 4, 11, 18, 25; April 1, 8, 15, 22

COMPUTER

150 Windows 10 Level 1

Windows 10 Level 1 will teach you the basics of using and navigating through Windows 10. This includes using Settings (which replaces Control Panel), Edge (the replacement for Internet Explorer), Security and Privacy settings, and much more. Students will learn to use a thumb drive to back up files and much more. It is important that if you are already using Windows 10 you have Version 1903 or better.



You must take Windows 10 Level 1 in order to attend Level 2 and any future levels. If the class fills, please go on the wait list as I will repeat this Level 1 class if there are enough people on the wait list.

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 for 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% are senior citizens.

Six sessions: Tuesdays, 9:30 a.m. - 10:40 a.m., March 17, 24, 31; April 7, 14, 21

151 Computer Knowledge



This class will teach you about computers in general. It will give you the education you need when purchasing a computer, whether it be new or used, or when having a computer repaired. I will help you understand what the parts are, what they do, and how they are changing. I will use terminology that everyone can understand. You will learn how to upgrade an existing computer or determine if it is better to replace a computer. The class will cover computers (desktops and laptops), printers, and some of the other components needed for internet, etc. **The first session is mandatory.**

See bio for Daniel Jones listed above.

Six sessions: Tuesdays, 9:30 a.m. - 10:40 a.m., February 4, 11, 18, 25; March 3, 10

152 Apple iPad/iPhone (Version 13.0.0 or later)

This Apple class is to review all of the changes from the Version 13.0.0 upgrade. You must have a device that supports the latest version (13.0.0) to attend this class. Students will learn the basics and some advanced features for iPhones and iPads. Some of the things we will cover are setting up e-mail accounts, navigating through settings, taking and storing pictures, and sending them via text or e-mail. We will learn how to reset your device and how to back it up. We will discuss the use of iCloud and we will discuss the importance of your ID and password. **The first session is mandatory.**

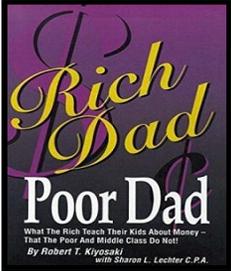


See bio for Daniel Jones listed above.

Two sessions: Wednesdays, 9:30 a.m. - 10:40 a.m., March 4, 11

FINANCE

200 Book Review - Rich Dad, Poor Dad



Rich Dad, Poor Dad has sold over 32 million copies in more than 51 languages across more than 109 countries, and has been on the New York Times bestsellers list for over six years. It is about Robert Kiyosaki and his two dads – his real father (poor dad) and the father of his best friend (rich dad) – and the way in which both men shaped his thoughts about money and investing. This book helps readers to take an inward perspective on financial development and general philosophy on investing.

Participants will be expected to read the sections of the book prior to the discussion on that section. Copies of the book will need to be purchased by the participants.

Brian Mullins is the founder and president of Mullins Wealth Management, located in Oak Ridge, TN. As a financial advisor and registered representative, he has practiced in Oak Ridge for over a decade, opening his private practice in June of 2014. Mullins Wealth Management serves hundreds of clients and households throughout Roane and Anderson counties. In 2013, he was named in Bank Investment Consultant Magazine's Top 100, ranking number 78 nationwide. His clients include engineers, scientists, and researchers, as well as homemakers and retirees from all walks of life.

Four sessions: Tuesdays, 9:30 a.m. - 10:40 a.m., February 4, 11, 18, 25

201 Strategies for the Aging Investor

In this class Brian Mullins will share insights from over 20 years of experience working with seniors and clients from Oak Ridge and surrounding areas. Learn from discussion of real case scenarios. This class will address the following questions:

What changes should be considered as we get older?

What are some important age related milestones and what does that mean for my investments?

What discussion should I have with my adult children or beneficiaries?

See bio for Brian Mullins above.

Four sessions: Tuesdays, 9:30 a.m. - 10:40 a.m., March 3, 10, 17, 24



202 Annuities: The Good, the Bad, and the Misunderstood

In this class you will learn why some people love annuities while others seem to hate them. If you own an annuity you will not want to miss this opportunity. In this 4 week class we will discuss: different types of annuities such as fixed, indexed, variable, and payout; common misconceptions about annuities, and the different and most common fee structures found with annuities.

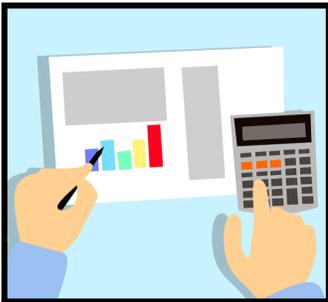


See bio for Brian Mullins on page 10.

Four sessions: Thursdays, 9:30 a.m. - 10:40 a.m., April 2, 9, 16, 23

203 Retirement and Estate Planning: Building Blocks for a Secure Future

This course will address the necessary issues for developing and maintaining a comprehensive retirement plan, and ensuring an effective and properly documented estate plan. Retirement planning consists of much more than determining the amount of income one might need upon retirement. Often retirees fail to incorporate other necessary concerns, such as tax planning, long-term healthcare, an investment portfolio catered to specific needs, and proper wealth and asset transfer. Ensuring that the estate plan is properly documented and coordinated with the retirement plan is a critical topic that will be addressed. The course will be co-presented by a local estate planning attorney and a retirement planning professional, and will conclude with time to address specific questions of participants.



Daniel Wilkins, Attorney at Law focuses on estate and trust planning, probate administration, business and contract law. Daniel is a native of Knoxville. He attended the University of Tennessee School of Law and is admitted to practice at each level of state court in Tennessee, as well as the U.S. Federal District Court for the Eastern District of Tennessee.

Jonathan Wilkins is the Director of Operations and Client Services for the Mentzer Group in Knoxville. Jonathan oversees the firm's day-to-day operations and specializes in developing and maintaining long lasting client relationships.

Three sessions: Wednesdays, 11:00 a.m. - 12:10 p.m., March 4, 11, 18

Important 2020 dates to remember:

January 20 — Martin Luther King, Jr. Day/ RSCC and ORICL closed

February 3 — Winter/spring classes begin

March 9-13— Spring break, no evening classes

April 10 — Good Friday/ RSCC and ORICL closed; no classes

April 24 — Winter/spring classes end

In the event of inclement weather, if the Oak Ridge campus of RSCC is closed, the ORICL office is closed and all ORICL classes are cancelled. Please stay abreast of weather conditions and monitor local newscasts. If RSCC, Oak Ridge campus is closed we are closed.

204 Emotions, Expectations, and Economics



Whether it's up or down, the market is always on the move. How will you react to changing market conditions? What effects could your actions have on your financial approach? In this class we will discuss how emotions can influence your investment decisions, general market expectations for three types of investors, and lessons from the last 88 years of U.S. economic history.

Barbara Million is a Chartered Retirement Planning Counselor, Behavioral Financial Advisor and the Principal CEO of Empower Wealth Management, LLC. She is also a Senior Financial Advisor and Senior Financial Planner at Empower Wealth Management. Barbara has been in the financial services industry for 20 years. She is a member of the Financial Services Institute and FPA of east TN.

One session: Thursday, 2:30 p.m. - 3:40 p.m., February 20

205 Savvy Women Invest on Purpose

In this class we will explore the powerful combination of feminine strengths and financial know how. You will learn:

- Why your purpose in life should be the foundation of your financial strategy
- How to incorporate your multi-tasking skills into managing your money
- The financial implications of a longer lifespan
- Financial literacy and jargon
- Taking control of your finances
- Why chemistry is #1 when working with a financial professional



See bio for Barbara Million above.

One session: Thursday, 2:30 p.m. - 3:40 p.m., March 5

206 Stock Investing for Income (Basic Fundamental & Technical Analysis)



This class will be an overview of training, tools, methods and analysis to help provide repetitive and one-off income through stocks using fundamental and technical analysis. This analysis will select and manage repetitive income from dividends and long-term investments, short term income through trading strategies, and other low risk strategies. Analysis and trading during class sessions will be managed using PaperMoney from TD Ameritrade. PaperMoney enables users to test their strategies using real market actions without any risks.

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 in Engineering Technology from ETSU and a MA in Business Administration from Elon College.

Nine sessions: Wednesdays, 1:00 p.m. - 2:10 p.m., February 12, 19, 26; March 4, 11, 18, 25; April 1, 8

207 Networking with Non-Profits



This is a continuation of a previous class where we discussed how to get involved in your community through volunteering with non-profits agencies/organizations.

Meet and interact with members of non-profits to discuss their needs and how they utilize volunteers, hours, experience, opportunities and more!

This class is intended to be interactive, to answer questions and provide those in attendance with actual experience interviewing a non-profit before deciding about volunteering.

If you are unsure but want to help others, this class is for you!

David A. Vudragovich has been an ORICL volunteer instructor since 2013 and a local non-profit volunteer since 2012. He first volunteered as a youth in Boy Scouts. He is licensed insurance agent, serves as the Anderson County Senior Services Treasurer, serves on the City of Oak Ridge Beer Board and, on the City of Oak Ridge Senior Advisory Board.

Adam Moreno has been volunteering since he was young doing everything from working in soup kitchens to performing for fundraisers. He was a part of the beginning of a music-based coffeehouse that raised money for non-profits. Now, Adam works with United Way of Anderson County as a Community Impact Coordinator. He works with volunteers from every agency and wants to raise awareness of available volunteering opportunities in the area.

One session: Wednesday, 2:30 p.m. - 3:40 p.m., February 26

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.

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 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.

HISTORY

250 The Great Monsters of the 20th Century



The greatest mass killings in all history took place in the 20th century. The responsibility for this carnage rests primarily on three men, Adolph Hitler, Joseph Stalin, and Mao Zedong. In these lectures we will explore the particular brand of evil that each one wrought upon the world. We will examine their path to power, their utopian designs and the bizarre hold each had on their people.

A native of California, David Holman earned his BA in History from Cal State East Bay, and has taught middle school and high school for 25 years. David is now working as a teaching assistant at Oak Ridge High School.

Four sessions: Thursdays, 4:00 p.m. - 5:10 p.m., April 2, 9, 16, 23

251 Chevrons and Bars: The Corporals, Sergeants, Lieutenants and Captains Who Fought the Civil War

History mostly records the deeds and exploits, both positive and negative, of colonels and generals. But what about the leaders at the lower ranks who had to translate the senior leaders' plans into action....who did most of the fighting and dying? This class examines the actions of some of those lower level leaders on both sides who trained the troops, disciplined them, and led them into combat.

Tim Vane is retired from the U.S. Army as a Lieutenant Colonel. He owns his own consulting company and is also co-owner of a company named 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. Vane is a lifelong student of the Civil War and is also a re-enactor.



One session: Wednesday, 2:30 p.m. - 3:40 p.m., February 19

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

252 The Story of One Obscure Irish Family

The subject of the course will be a relatively small Irish group – the Cleirchen family who played a part in trying to establish a colony in Scotland in the 3rd century. Some of their descendants, the O’Clerkins, became MacClerkens and were part of the history of St. Patrick’s church in Armagh, Northern Ireland. Later yet, they were a part of the history of the Covenanters (a signer or adherent of the Scottish National Covenant of 1638) in Scotland, Ireland, and America. The Covenanters migrated to America and later became part of the Reformed Presbyterian Church.



Virginia Jones is a long time resident of Oak Ridge. She was an English major who taught for the University of Tennessee and Roane State Community College; and at one time owned a bookstore. Virginia earned her Master’s in clinical social work and was in private practice for almost 20 years.

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

253 Daily Lives of Women and Men in Western History



This course considers major historical developments within the world since 1500, with a primary focus on daily life, gender, family, and class. We will explore history as a profession and the tools historians use to ensure credibility and accuracy when analyzing historical events. The class will use traditional lecture, discussion, and some readings to reach its objectives.

Allison W. Johnson is a Master’s candidate at the University of Tennessee. She earned her bachelor’s degree in history at Tennessee Technological University in 2018. She has studied British and French history and worked in London in the National Archives. Her publications include “The Forgotten: Minorities in Industrial Britain” which was funded by an undergraduate grant in 2017. She is currently working on a study of popular culture in Victorian Britain, specifically looking at the depiction of prostitutes in art, literature, and theater as well as studying the physical space that women occupy in Britain and its colonies.

Ten sessions: Tuesdays, 4:00 p.m. - 5:10 p.m., February 11, 18, 25; March 3, 10, 17, 24, 31; April 7, 14

254 Blackbeard and Brethren of the Coast

This class will survey the history of pirating in the Spanish Main from the time of Francis Drake to Edward Teach (Blackbeard) into the early 1700s. With the end of England’s war with Spain, the English king offered pardons to pirates. Edward Teach accepted his pardon, yet was sought by British authorities for years.



Alex Gabbard is originally from Berea, KY where his early life was spent rotating between a small college town with his father and a tobacco farm in the mountains of North Carolina with his mother. He became a special weapons expert during the Vietnam era, then attended college and worked as a physicist at the Oak Ridge National Laboratory from which he has recently retired.

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

255 Cold War Weapons

This class will be about the history of post World War II cold war era from 1946 – 1991. We will delve into what happened after the Manhattan Project. Alex Gabbard will share his story of growing up in the country and transitioning from college into military life that brought increasing involvement with advanced weaponry of the Cold War.

Alex Gabbard is originally from Berea, KY where his early life was spent rotating between a small college town with his father and a tobacco farm in the mountains of North Carolina with his mother. He became a special weapons expert during the Vietnam era, then attended college and worked as a physicist at the Oak Ridge National Laboratory from which he has recently retired. Alex is a widely published author; this class is based on his book, Adventures of an H Bomb Mechanic.

One session: Friday, 9:30 a.m. - 10:40 a.m., February 14

256 How Winston Churchill Changed the World, Part I



This course follows Winston Churchill's career from its beginnings in the early 1900s to its peak in the 1940s and to his last time as prime minister in the 1950s. It also takes a look at Churchill's interwar years. Much of the course focuses on the crucial part that Churchill played in World War II. An early opponent of Nazi Germany, he did more than any other British politician to denounce Hitler's rise and to encourage military preparations to meet the growing German threat.

This Great Courses' DVD is authored by Michael Shelden, Professor of English at Indiana State University, where he has won the top award for excellence in scholarship. He earned his PhD in English from Indiana University.

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

Six sessions: Wednesdays, 1:00 p.m. - 2:10 p.m., February 5, 12, 19, 26; March 4, 11

257 Ford Takes on the World

The first session will cover auto racing history of Ford Motor Company's "Total Performance" commitment of engineering excellence 1961-1965. The second class will cover auto racing from 1966-1971.

See bio for Alex Gabbard on above.

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



258 Appalachia on Our Minds: East Tennessee & Southern Appalachia in Film, Fiction, Documentaries and Memoirs

Nearly a century ago John C. Campbell observed that Appalachia is “a land about which more things are known that are not true than any part of the country.” Despite 50 years of Appalachian Studies scholarship, this assessment is still disappointingly accurate. And most relevant to this course, most regional residents are, at best, dimly acquainted with their homes past or present.

This is a continuation from Fall 2019 and the classes will continue to meet for two hours in order to show lengthy films.

We will explore major events/themes from the history of the region as portrayed in Hollywood movies and documentaries and regional fiction and several memoirs. Particular attention will be given to the Appalachian sub-region of east Tennessee and my admittedly provocative assertions that “east Tennesseans are Appalachians all.”

There will be no mandatory assignments, but participants will be urged to read occasional overview selections from Appalachians All: East Tennesseans and the Elusive History of an American Region (University of TN Press, 2010) and on some occasions reviews of films and other relevant handouts that the instructor will share. Those who wish to “dig deeper” will be encouraged to read suggested novels and memoirs relevant to topics/films we will be addressing. Used copies of these books are available at affordable prices at McKay’s and several on-line sites.

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.

Twelve sessions: Tuesdays, 11:00 a.m. - 1:00 p.m., February 4, 11, 18, 25; March 3, 10, 17, 24, 31; April 7, 14, 21



259 More Stories from the Secret City

Stories of Oak Ridge history will be presented 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 also include more recent history and discussion of the Manhattan Project National Historical Park and of future science exhibits and heritage tourism efforts.



Ray Smith - historian, author, newspaper columnist, film producer and photographer - has lived and worked in Oak Ridge for 45 years. He has developed an extensive understanding and appreciation of the heritage of Oak Ridge's history, especially the Manhattan Project era and resulting technological advances during ensuing years. Ray serves in a support role for the implementation of the Manhattan Project National Historical Park. Among other tasks, he has provided tours of Oak Ridge government and the city of Oak Ridge sites to various leaders to aid in the implementation of the park.

Three sessions: Mondays, 9:30 a.m. - 10:40 a.m., February 10, 17, 24

260 The Dictator's Playbook

This class is a presentation of the PBS series "The Dictator's Playbook". It will consist of six sessions followed by a seventh for discussion. Each session will be led by a guest moderator who has focused special attention on the dictator of the day.



From Mussolini to Saddam Hussein, dictators have shaped the world we live in. What drove their thirst for domination and control? How did they seize and wield power? What forces rose up against them or resisted them in secret? How did they finally come to a bitter end? Today, with authoritarian leaders on the rise from the Philippines to Venezuela, these questions are more relevant than ever.

In this class these questions will be addressed for six modern dictators, each a revealing portrait of brutality and power. In a seventh session we will discuss common themes and cautionary lessons for the future.

Anne Garcia, a resident of Oak Ridge since 1988, has enjoyed a widely varied work history which included teaching school in New Orleans, working as an accountant and training manager, as well as leading courses in management and work force development. She has also managed and co-owned various businesses and worked as a professional locksmith. Anne is perhaps best known for her service on the Oak Ridge City Council.

Seven sessions: Mondays, 11:00 a.m. - 12:10 p.m., February 10, 17, 24; March 2, 9, 16, 23

LANGUAGE

300 Chinese Language, History, Culture and More



Those who are curious about things Chinese, the country, its language, culture, and history, are invited to join us to learn and explore together, guided by a native born Chinese instructor. This course will be an extension of the Chinese class offered during the Winter Spring 2019 term, but attendance in that class is not a prerequisite for attending this one. As in that course, detailed content and topics will be tailored to the interests of the participants, so please come and share what areas and topics you would like to explore. This format worked well in the previous course and we all learned from each other and had some intellectual fun.

Marie Xingxing Yao was born and raised in China. She came to the United States for higher education in 2005, and has been working at the Spallation Neutron Source (SNS) in the Oak Ridge National Laboratory since 2010.

Six sessions: Tuesdays, 9:00 a.m. - 10:40 a.m., February 18; March 3, 17, 31; April 14, 28

301 Russian I

This course will be a continuation of Russian I which was offered in the fall 2019 term. We will pick up where that class left off and continue on. Students familiar with Russian are welcome to join us but should be aware that we will be at a rather basic level, probably with the Genitive Case and Past Tense. We will continue to use The New Penguin Russian Course by Nicholas J. Brown (ISBN 978-0-140-12041-7). It's available online at Amazon, Barnes & Noble, and Books-a-Million, and the local BAM can order it. There will be homework, perhaps an hour or 90 minutes per week.



Karen Davis worked for the federal government for 42 years, and all of that time was spent speaking or translating Russian or Ukrainian. For the last 12 years she has taught languages to DOD personnel. She scored 4s out of 5s in reading on the Interagency Language Roundtable scale (near-native) in both languages.

Twelve sessions: Mondays, 12:00 p.m. - 1:00 p.m., February 3, 10, 17, 24; March 2, 9, 16, 23, 30; April 6, 13, 20

302 Russian II

This course will be a continuation of Russian II which was offered in the summer 2019 term. We will pick up where that class left off and continue on – most likely from Instrumental Case and a thorough review of Aspect. Students familiar with Russian are welcome to join us. We will continue to use The New Penguin Russian Course by Nicholas J. Brown (ISBN 978-0-140-12041-7). It's available online at Amazon, Barnes & Noble, and Books-A-Million, and the local BAM can order it. There will be homework, perhaps an hour to 90 minutes per week.

See bio for Karen Davis above.

Twelve sessions: Mondays, 1:00 p.m. - 2:10 p.m., February 3, 10, 17, 24; March 2, 9, 16, 23, 30; April 6, 13, 20

LITERATURE

350 Fiction Book Group

The Fiction Book Group encourages its members to read and discuss together the fiction of the last several decades. We read 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. Join us to discover some new authors and titles to enjoy. You'll like the lively, informal discussions and the insights offered by the avid readers in this group.



January 23: Brazzaville Beach by William Boyd
February 27: The Island of Sea Women by Lisa See

Class coordinator is Kay Moss. This book group meets at First Presbyterian Church, 1501 Oak Ridge Turnpike, Oak Ridge.

Four sessions: Thursdays, 1:00 p.m. - 2:15 p.m., January 23; February 27; March 26; April 23

351 Nonfiction Book Group



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. Come join us and surprise yourself by reading some titles you might never have considered – PLUS enjoy lively discussions that often stimulate additional thoughts on these subjects from a plethora of members experiences and viewpoints!

January and February: The Wizard and the Prophet: Two Remarkable Scientists and Their Dueling Visions to Shape Tomorrow's World by Charles C. Mann

March and April: Wilson by A. Scott Berg

Class coordinator is Sue Frederick. This book group meets at Grace Lutheran Church, 131 Gettysburg Avenue, Oak Ridge.

Four sessions: Thursdays, 10:00 a.m. - 11:30 a.m., January 16; February 20; March 19; April 16

352 Let's Read a Mystery

Why do we love a mystery? For some it is the process of watching something so artfully concealed to 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.



January: The Dry by Jane Harper
February: The Whistler by John Grisham
March: Iron Lake by William Kent Krueger
April: The Yiddish Policeman's Union by Michael Cabon

Class coordinator is Katherine Smith. This class meets at RSCC, Oak Ridge Campus.

Four sessions: Tuesdays, 4:00 p.m. – 5:10 p.m., January 28; February 25; March 24; April 28

353 Classic Literature Revisited



Are there well-known books considered classics that you haven't read but would like to explore? Might there be some lesser known titles by well-known authors that could be added to the list of their more famous works? What do these books and authors say to you now? Do they have a timelessness that applies to today's life and times or are/were they just a good story? What makes a book a classic, anyway? Perhaps there is no definitive answer.

Join the Classics book group and 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 and/or easily obtained, usually from several sources and in various formats and/or editions, often free. We read prize-winning books by prize-winning authors. We read books that were best-sellers in their time, were recognized as best then and often still are. Come join us and bring your own suggestions of books and authors for future reading!

January: [Their Eyes Were Watching God](#) by Zora Neale Hurston

February: [The Spring Madness of Mr. Sermon](#) by R. F. Delderfield

Class coordinator is Sue Frederick. This book group meets at St. Stephens Episcopal Church, 212 Tulane Avenue, Oak Ridge.

Four sessions: Mondays, 1:30 p.m. – 2:40 p.m., January 13; February 10; March 9; April 13

354 Shakespeare Out Loud

"We few, we happy few, we band of brothers.
For he today that sheds his blood with me
Shall be my brother."
Henry V, Act 4, scene 3



The journey of Prince Hal (but without Falstaff) continues in the play we will read this term, *The Life of King Henry the Fifth*. Recently crowned king, wild Prince Hal has grown up to become a capable king who is determined to invade France and lay claim to the French throne. Join us to read the ultimate underdog war story (and the famous speech at the Battle of Agincourt.)

Henry V is the final play in William Shakespeare's tetralogy that includes the history plays that the class has already read: *Richard II, Henry IV Part 1* and *Henry IV Part 2*.

The group reads orally in round-robin manner, stopping for informal discussions as the group desires. Mispronunciations welcome! Bring your own unabridged copy of the play. Various editions pose no problems.

Nancy Burwell and Barbara Bundy are retired educators who know the best way to learn is to teach. They enjoy organizing the class and absorbing Shakespeare along with the readers. They like to have fun while learning and have discovered that the more people reading the play to one another, the more fun!

Nine sessions: Tuesdays, 1:00 p.m. - 2:10 p.m., February 18, 25; March 3, 10, 17, 24, 31; April 7, 14

Please remember that online registration opens December 9. Paper registrations will be processed beginning on December 10.

The earlier you register the better chances you have for getting the classes/trips you request! There is no longer a lottery system.

355 Contemporary Appalachian Poets

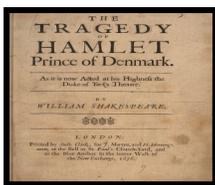
This class will be an exploration of contemporary Appalachian poets, most of whom are still writing actively. I'd like to share the poetry of poets like Tennessee's Charles Wright and Jesse Graves, Maurice Manning, Jim Wayne Miller, Katherine Stripling Byer, and some others with whom I have studied. This class will be informal and conversational. Participants are encouraged to share their experiences with poetry.



Sylvia Woods is a poet and former Oak Ridge High School English teacher. Her work has appeared in anthologies and literary journals such as Appalachian Heritage.

Six sessions: Thursdays, 9:30 a.m. - 10:40 a.m., February 6, 13, 20, 27; March 5, 12

356 Shakespeare's *Hamlet*



Whether it has been too long since you read the play many critics consider Shakespeare's masterpiece or whether you have never read it at all, here is your chance to read and discuss *Hamlet*. We will admire the beauty of Shakespeare's language, discuss how the play leads us to ponder what it means to be human and what life itself is worth, and read aloud famous passages and recast them into contemporary English. This course is designed to prepare you to appreciate the performance of *Hamlet* at the Clarence Brown Theatre (ORICL trip 705.)

Jane Sasser retired from Oak Ridge Schools in 2018. She taught various classes in British literature, composition, speech and creative writing. During her tenure she sponsored the creative writing club and the high school literary magazine. She served as an AP Reader with the Educational Testing Service. Jane has received many awards for her poetry and has published over 100 poems in several magazines.

Three sessions: Mondays, 1:00 p.m. - 2:10 p.m., February 17, 24; March 2

357 Writing Your Memoir

This interactive class focuses on the process of developing, planning, and writing personal and family stories. It's designed to meet the interests and goals of each participant, whether they're in the early stages of thinking about a memoir, have already written some material, or are close to a full manuscript. Course material covers a range of topics - how to get started, writing a passage or a narrative, organizing writing, individual differences among writers, writing tools and strategies, and writing styles. You will enjoy lively class discussions about the above as they pertain to your writing ideas. Individualized attention is the centerpiece of the class and will include opportunities for everyone to share their ideas or written work, respond to writing, and receive feedback. The class is appropriate for continuing and new participants.

Class size is limited to 15. First day attendance is required to confirm registration in the class. Regular attendance is expected.

Dr. Linda Best was born and raised in Stamford, CT. She graduated from Ladycliff College in Highland Falls, NY, holds a Master's in Education from Boston University and earned an EdD in Cognitive Development/The Writing Process from the University of Rochester. Linda has 38 years' experience in the teaching of writing; her publications include numerous articles and book chapters on teaching and learning, her dissertation, two textbooks (Journeys Near and Far, Parts I and II), a collective memoir, and Iron and Steel: A Memoir on Living Dreams, a hybrid bio-memoir written with the individual whose story the book shares. Her current writing project is historical fiction loosely based on her father's story as an immigrant to the U.S. from Italy, as a WWII war hero, as a non-citizen serving in the U.S. Army. Linda retired from Kean University in 2012 as a Professor Emerita/English and relocated to east TN with her husband that same year. She enjoys time with her grandchildren, international travel, gardening, and hiking.

Six sessions: Tuesdays, 11:00 a.m. - 12:10 p.m., February 25; March 10, 24; April 7, 21; May 5

358 Concord Neighbors: Emerson and Thoreau



At least five writers have connections with Concord, Massachusetts: Ralph Waldo Emerson, Henry David Thoreau, Nathaniel Hawthorne, Louisa May Alcott, and Margaret Fuller. This course will deal with the first two, Emerson and Thoreau, friends who were among the most prominent of the Transcendentalist group which included Bronson Alcott, the father of Louisa May Alcott. In addition to reading several of Emerson's poems, we will look at portions of *Nature*; "The American Scholar," his Phi Beta Kappa Society address at Harvard; and a few of his essays, including "Self-Reliance." We will read portions of Thoreau's *Walden* and his famous essay "Resistance to Civil Government," more commonly known as "Civil Disobedience." The essay is particularly notable for its influence on Gandhi and Martin Luther King.



Allison Ensor, a native of Cookeville, graduated from Tennessee Tech and earned his PhD at Indiana University, Bloomington. He taught at the University of Tennessee, Knoxville for forty years. He specialized in American literature before 1900 and taught such courses as Southern literature, Appalachian literature, and American humor.

Five sessions: Fridays, 11:00 a.m. - 12:10 p.m., March 20, 27; April 3, 17, 24

359 "I'll Fly Away," the Flight in Toni Morrison's Early Novels



From the deep-seated desire to escape one's identity in *The Bluest Eye* to the anguished friendship that soars in *Sula* to the flight away and toward the unknown in *Song of Solomon*, Morrison's early works are imaginatively crafted to provoke, haunt, and inspire self-examination about the American black experience. Toni Morrison's novels awaken our collective conscience about race, class, and a woman's role in actualizing herself.

Oprah Winfrey said, "Morrison was our seer, our truth-teller, and our conscience. She was a magician with language who understood the power of words. She used them to roil us, to wake us, to educate us, and to help us grapple with our deepest wounds and try to comprehend them."

There will be seven sessions in the course. All the novels should be read before each discussion. We will read and discuss *The Bluest Eye* in the first two classes, then *Sula* in the third and fourth sessions. In the fifth and sixth classes we'll cover *Song of Solomon*, and in the seventh session we will view the documentary "Imagine, Toni Morrison Remembers."

Class description and instructor biographies continues on page 25.

Theresa Evans Venable is the librarian in the Langston Hughes Library located at the Children's Defense Fund (CDF) Haley Farm in Clinton, TN, and she serves as the Programs Coordinator for Haley Farm. Theresa has a BS in Elementary Education and a MS in Information Sciences from the University of Tennessee. She was recently honored by the Women's Political Alliance of TN for her work in child advocacy. She was also selected as the recipient of the Zora Neale Hurston Award, an annual recognition given by the Reference and Users Association (RUSA) of the American Library Association to the librarian who actively promotes African American literature.

Kay (Carolynne) Moss grew up in systemically segregated town in the Tidewater region of Virginia that was 56% African American and 44% white. As a child of white privilege, the only time she ever saw blacks and whites together was at the open air city market where song was as colorful as the truck vegetables. Her segregated undergraduate experience at the College of William and Mary was unnoticeably altered by a new policy her freshman year: the college opened its graduate school to African Americans. Her continued undergraduate experience at the University of Tennessee-Knoxville allowed integration to freshmen for the first time in 1961. It was at Oak Ridge High School where she first experienced integration, for Oak Ridge High was the first in the South to fully integrate in 1955 after the Supreme Court decision of 1954. During her 40+ years of teaching English, she was often educated about how African American history often explained how and why separateness of the races maintained racism.

Seven sessions: Mondays and Thursdays, 2:30 p.m. - 3:40 p.m., February 10, 13, 17, 20, 24; March 2, 5

360 Poets at Play

Inspired by the boldly experimental work of their 19th century predecessors (Emily Dickinson, Walt Whitman, and others) and living in a time of sometimes extreme historical, social, and cultural change, many American poets of roughly the first half of the 20th century established their own ways of playing with the modernism of their time. Using examples from e.e. cummings, Elizabeth Bishop, T.S. Eliot, William Carlos Williams, Sylvia Plath, Wallace Stevens, and perhaps others, we will discuss the wide range of styles and themes in this rich time in American poetry. A specific list and PDF file will be available in January.



Penny Tschantz was an instructor in the English Department at UTK from 1967-2004 and has since taught many classes with ORICL. She enjoys teaching poetry and fiction and is especially interested in literature of the Southwest, where she grew up.

Five sessions: Wednesdays, 9:30 a.m. - 10:40 a.m., February 5, 12, 19, 26; March 4

361 The Poem as Experience

This class will involve reading (not writing) poetry. You will receive a copy of the poem which we will read in silence for ten minutes, followed by a discussion using a technique of personal sharing which I will explain in detail. We will usually read only one poem per 70 minute session. You may bring a poem for reading to later sessions of the class. Difficult poems, poems in foreign languages, and scriptural texts are encouraged. Poets read in past classes have included W. B. Yeats, Emily Dickinson, Wallace Stevens, Dylan Thomas, Rainer Maria Rilke, Robert Browning, John Keats, and G. M. Hopkins.

Bob Richmond invented this reading format, and has taught it a number of times, several years ago in a Quaker setting (though it has no overt religious content), and more than once at ORICL in recent years. Bob is a retired physician who majored in German at Harvard in 1950s. He has read a great deal of poetry before and since then.

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

MEDICINE AND HEALTH

400 Exploring the Relationship between Hearing Loss and Cognitive Decline



The relationship between hearing loss and cognitive loss will be explored including a review of the latest research, assessment and treatment techniques, and lifestyle changes that can maximize cognitive strength.

Carrie Mills, PhD, has 23 years of experience with speech-language pathology, specializing in swallowing and cognitive impairment. She works full time at Wellpark at Shannondale.

Dr. Jan Dungan, AuD, CCC.A taught at UT from 1990-2005 and is owner of Appalachian Audiology in Knoxville.

One session: Thursday, 2:30 p.m. - 3:40 p.m., March 12

401 Tinnitus: An Uninvited Guest

The National Institutes of Health has just published draft recommendations for the treatment of tinnitus. This lecture will review the types of tinnitus, the causes, how it is evaluated, standard and alternative treatments. Tinnitus is the #1 disability in the military. Most audiologists who treat tinnitus expect their patients to experience 90-95% relief.

Dr. Jan Dungan is a clinical audiologist who has served on the Board of Directors of the American Tinnitus Association.

One session: Thursday, 2:30 p.m. - 3:40 p.m., March 26



402 Current Topics in Medicine

This class will cover a different topic each week for five weeks. Topics to be discussed by Dr. Bunick include:

- Current guidelines for immunizations for traveling abroad
- Emergency preparedness for disasters
- Opioids – discovery to abuse
- Microbiome – importance to your health
- “I can’t breathe” – respiratory illnesses
- Climate medicine

Dr. Elaine Bunick received her MD in 1973 from the Medical College of Pennsylvania. She is board certified in Endocrinology and Internal Medicine. She was in private practice for 41 years. Dr. Bunick is a member of the Rotary Club and has participated in many medical mission trips.

Five sessions: Wednesdays, 9:30 a.m. - 10:40 a.m., March 18, 25; April 1, 15, 22

403 Weight Loss Solutions



Come and learn about the different factors that contribute to weight loss. We will study blood sugar regulation, hormonal issues, sleep deprivation, menu plans, eating out, and gut healing. Come join us and discover how you can accelerate your weight loss.

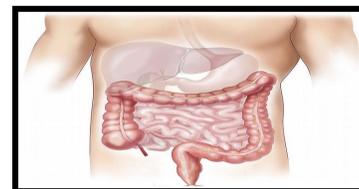
Kay Belangia is an Integrative Nutrition Health Coach and a Certified Nutritionist Consultant. She graduated from the Institute for Integrative Nutrition and has a certification from the Natural Healing Institute of Naturopathy. Prior to studying nutrition she was a classical guitarist and teacher for 40 years. At age 54, she had to give up the guitar for medical reasons and was thrown into retirement without warning. Her journey has given her many insights into creating a balanced and healthy life after the majority of her working years.

Four sessions: Fridays, 1:00 p.m. - 2:10 p.m., February 7, 14, 21, 28

404 Inflammatory Bowel Diseases of the Colon: Diagnosis and Management

This class will cover the following topics:

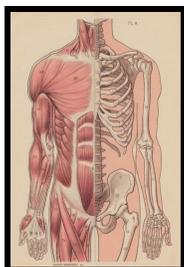
- Amoebic Colitis
- Bacterial Diseases
- Pseudomembranous Colitis
- Ischemic Colitis
- Ulcerative Colitis
- Crohn's Disease



Kenneth F. Luckmann, MD is a retired gastroenterologist who founded Oak Ridge Gastroenterology Associates. He earned his BA (Biology) from Johns Hopkins University, and his MD from Vanderbilt University School of Medicine. He completed his Internal Medicine/Residency at Vanderbilt University Medical Center and a Gastroenterology Fellowship at the University of Texas, Health Science Center, San Antonio, TX. Dr. Luckmann is a member of Oak Ridge Sister City Support Organization; Roane-Anderson County Medical Society, American Gastroenterological Association, and American College of Physicians. He also participates at the Free Medical Clinic of Oak Ridge.

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

405 Anatomy and Health of the Musculoskeletal System



We will review the anatomy of the musculoskeletal system with recommendations for health maintenance. This year we will also touch on balance and how to prevent injuries.

Ray Pierce, MS, PT is owner and clinic director of Pierce Physical Therapy of Oak Ridge. He earned his BS in Physical Therapy from New York University, BS in Physical Education from The Citadel, and his MS in Physical Education (Exercise Physiology) from the University of Tennessee.

Eight sessions: Thursdays, 11:00 a.m. - 12:10 p.m., February 6, 13, 20, 27; March 5, 12, 19, 26

406 Body Menders for Seniors

Class fee: \$5

This is a fitness program designed specifically for seniors, using chairs, bands, balls, mats (to teach getting up and down from the floor correctly), but meets the needs of everyone – the overweight, sedentary, heart patient, diabetic, 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, and FITOUR Yoga.

Eight sessions: Thursdays, 9:15 a.m. - 10:25 a.m., February 6, 13, 20, 27; March 5, 12, 19, 26

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

407 Savvy Caregiver Training

This evidence-based workshop is designed to help family members caring for someone living with dementia to strategize and navigate the challenges they encounter. Each participant receives a Caregiver Manual, all program handouts, and a copy of the weekly class presentation slides.

The workshop consists of two-hour meetings, one day a week for six consecutive weeks beginning with basic explanations of what dementia is and what it is not. The rest of the program unpacks practical information and guidance, which along with the home assignments, provides participants with hands-on opportunities to use their new knowledge and skills.

Family members learn how to adjust their caregiving approach and support as the disease progresses. Participants will be assisted in developing strategies for their loved ones' involvement in daily lives while being mindful of personal self-care.

Meaningful engagement activity sessions will be available for the person living with dementia while the family caregiver attends the *Savvy Caregiver* training classes.

Elaine D. Wilson, LCSW, CCM, is Director of Outreach for Choices in Senior Care, LLC. She is responsible for community education, marketing and caregiver support services. She received her Bachelor of Science in Speech and Hearing with a Minor in Psychology from Ithaca College, Master of Science in Audiology from Syracuse University, and a Master of Science in Social Work with Gerontology Certificate from University of Tennessee.

Six sessions: Tuesdays, 4:00 p.m. - 6:00 p.m., February 4, 11, 18, 25; March 3, 10



408 Cardiac Pacing and Defibrillation

This class will discuss the history of, the indications for, and techniques of cardiac pacing and defibrillation to treat arrhythmia.



Dr. Todd Justice earned his Bachelor of Science from Pikeville College and his Doctor of Medicine from the University of Kentucky College of Medicine. He went on to complete the Accelerated Internal Medicine Residency at University of Kentucky and he completed a Fellowship in Cardiology from University of Kentucky Medical Center and a Fellowship in Interventional Cardiology from Scott and White Memorial Hospital, Texas A&M University.

One session: Wednesday, 6:00 p.m. - 7:10 p.m., February 26

MUSIC

450 Music of Ireland's "The Chieftains"

2020 marks the 58th Anniversary of "The Chieftains" beginning. Since 1962 they have been six-time Grammy Award winners and have been highly recognized for reinventing traditional Irish music on a contemporary and international scale. Their ability to transcend musical boundaries to blend tradition with modern music has notably hailed them as one of the most renowned and revered musical groups to this day. As cultural ambassadors, their performances have been linked with seminal historic events such as being the first Western musicians to perform on the Great Wall of China, participating in Roger Waters' "The Wall" performance in Berlin in 1990, and being the first ensemble to perform a concert in the Capitol Building in Washington D.C. In 2010, their experimental collaborations extended to out-of-this world, when Paddy Moloney's whistle and Matt Molloy's flute travelled with NASA astronaut Cady Coleman to the international space station.

"The Chieftains" will be appearing on the evening of February 14th, 2020 (Valentine's Day) at The Clayton Center for the Arts in Maryville, Tennessee. An ORICL field trip is planned for those interested in attending. This class will help those interested prepare for the performance.

The class will contain mini-lectures, recordings, live musical instrument demonstrations, and group discussions. Come to learn why this music should be preserved and perpetuated.

Chip Bailey is a Teaching Artist with the Tennessee Arts Commission, a member of Tennessee Folklore Society and Smoky Mountain Storytellers Association, a Musician Ambassador at the Museum of Appalachia, and a retired college professor/administrator.

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



451 Tribute to the Weavers

The Weavers, led by Pete Seeger, were the legendary folk quartet from the 1940's into the 1960's. Overcoming a McCarthy-era blacklist, they popularized folk songs around the U.S. and abroad such as "Goodnight, Irene," "Rock Island Line" and "Wimoweh." The Weavers influenced such diverse musicians as the Kingston Trio; Peter, Paul, and Mary; Bob Dylan; and the Beach Boys. We will examine their lives and music, and the class will have a chance to sing some of their iconic tunes.



Bob Cushman and Pat Parr are both environmental scientists who retired from ORNL. They have played music in various locations in the region including the Museum of Appalachia. Their duo "Elza Gate" plays at the Crafter's Brew in Oak Ridge, among other venues.

One session: Tuesday, 1:00 p.m. - 2:10 p.m., February 18

452 Piano Masterworks II



This course is a follow-up to that given in winter/spring 2019 term with more of my favorite works for solo piano. Except for a few lengthy pieces, we will listen to complete works, enjoying a series of intimate piano recitals with repertoire from Bach, through Haydn, Mozart, Beethoven, Chopin, Mendelssohn, Schumann, Brahms, Rachmaninoff, to Barber and Beach. Among the pianists included will be Martha Argerich, Minoru Nojima, Mitsuko Uchida, Marc-André Hamelin, Rafał Blechacz, Benjamin Grosvenor, and Vikingur Ólafsson, a pianist new to me who has issued a stunningly beautiful CD of works of Bach.

Murray Martin is retired from the Physics Division at ORNL. He has a lifelong love of classical music and especially of the extensive literature devoted to the piano. This literature will be illustrated with examples from his collection of CDs.

Six sessions: Thursdays, 4:00 p.m. - 5:10 p.m., February 6, 13, 20, 27; March 5, 12

There are three categories of ORICL membership. Regular memberships are \$100 per year. If you didn't join in the Fall, the fee is \$80. **Sustaining Members** contribute a minimum of \$25 more than the otherwise applicable membership fee. **Sponsor Memberships** are available for \$50 or more above regular memberships. Sustaining and Sponsor 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. Donors will be recognized in the November newsletter.

453 ORCMA Concert Introduction Series 2019-2020 75th Anniversary Season

Maestro Dan Allcott presents his popular lectures previewing music on upcoming Oak Ridge Symphony Orchestra concerts. Join him on Monday afternoons before the weekend concerts when he will present musical excerpts and provide historical context on the works to be performed.

Musical Firsts with Special Guest Artist Derek Reeves, violin and viola

Suite for Violin by William Grant Still

Tuscaloosa Meditations by Daniel Bernard Roumain

Records from a Vanishing City by Jessie Montgomery

Leap Year and Light Opera

Interim Choral Director of the Oak Ridge Chorus Seth O’Kegley will preview the light-hearted arias, choruses, and scenes.

Native Lands with Special Guest Artist Jeff Midkiff, mandolin

Concerto “From the Blue Ridge” by Jeff Midkiff

Symphony No. 3 by Jean Sibelius

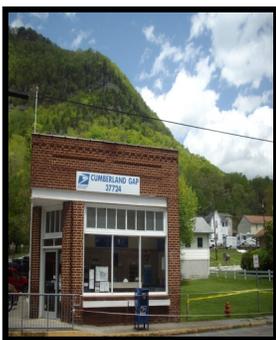
Finlandia by Jean Sibelius



Maestro Dan Allcott is celebrating his 10th season with the Oak Ridge Symphony Orchestra. He continues to lead Oak Ridgers on journeys of musical discovery – honoring our traditions while bringing new works and performers to our audience. Maestro Allcott is well known throughout the Southeast as an educator, and holds the position of Professor of Music and Director of Orchestras at Tennessee Tech University. He is also Music Director and Conductor for the Bryan Symphony and Artistic Advisor for Eastport Strings in Maine.

Three sessions: Mondays, 4:00 p.m. – 5:10 p.m., February 3, 24; April 27

454 Musical Heritage Roads of Tennessee’s Cumberland Gap



Experience the rich history of the Cumberland Gap through its musical heritage. For centuries Native Americans used the Gap as a warrior path while hunting bison. In 1769 Daniel Boone led a group of men who blazed a trail that became known as The Wilderness Road. Historical images, Scotch Irish fiddle tunes, Jimmie Driftwood’s historical ballad *On the Wilderness Road*, and the iconic motion picture theme song *Thunder Road* (with direct connections to Knoxville) are included in the musical performances of Chip Bailey’s fiddling and Bill Whitacre’s guitar and vocals. Spanning more than two centuries the Cumberland Gap’s history and its musical heritage include Native American legends, highwaymen, fortunes won and lost, Daniel Boone, Davy Crockett, the Civil War, making and running white lightning, Al Capone, and generations of pioneers passing through Tennessee and the Gap as their gateway to the American West.

William L. Whitacre is a film and music producer and entertainment lawyer. He has lectured and taught music and film law at major colleges, universities, and entertainment industry events including the Yale Film Society, the Hollywood Film Festival, and ShowbizExpo, NYC. He is a music volunteer at the Museum of Appalachia, where he performs with his colleague, Chip Bailey, a veteran historian, musician, educator and ORICL instructor.

One session: Monday, 2:30 p.m. - 3:40 p.m., April 20

PHILOSOPHY

470 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 science, 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.



Class moderator is Bob Olson.

Eleven sessions: Fridays, 11:00 a.m. – 12:10 p.m., February 7, 14, 21, 28; March 6, 13, 20, 27; April 3, 17, 24

RELIGION

500 Deep Christianity for People with Wide Ranging Questions



Tired of having your deepest questions ignored? Are you afraid to ask questions for fear of being shunned? Are your children asking questions about their faith that you can't answer? This class seeks to present the core of Christianity for those who want a faith that can stand up to the challenges of life. We will deal with a range of serious questions like: Does God control everything that happens to us? Why do bad things happen to good people? Can you trust the New Testament? What did Jesus teach about ethics? What is salvation and is it only about heaven and hell? What is the soul and how can I nourish it? Is faith wishful thinking or can faith be reasonable? Must I give up trusting science to keep my faith? What happens after death? What ideas fall outside the core of Christianity? Where did all of these denominations come from and how are they different from each other? The goal of this course is to help believers and skeptics, high church and low church worshippers, Protestants, Roman Catholics and Eastern Orthodox Christians to lean over theological fences and form faith-centered friendships.

Dr. Ray Penn is a retired United Methodist pastor and retired university professor (Radford University, Lincoln Memorial University). He has earned seven degrees, four in religious studies including the PhD and three in English and Speech Communication including the PhD.

His sermons have appeared in The Disciple, The Christian Ministry, and Pulpit Resources. His academic articles have appeared in The Journal of Communication and Religion, Best in Theology, and Studies in Popular Culture. His speeches have been published twice in Vital Speeches of the Day as well as being reproduced in two public speaking textbooks.

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

501 Racism: America's Original Sin, Part II

This class is Part II of a study of American racism, a continuation of our fall 2019 class. While legal slavery came to an end with the Civil War, anti-black racism and theological/religious/social justification became a distinct culture of Christian churches and denominations. C. Vann Woodward The Strange Career of Jim Crow makes a case for Jim Crow origins in the North before organized legal discrimination against African Americans became the crown jewel of the Lost Cause culture of the New South. Racial violence identified with the Ku Klux Klan was intermittent throughout the postbellum years but exploded in the era following World War I. Thomas Dixon's 1905 book The Clansman and D. W. Griffith's 1915 film "Birth of a Nation" stirred racial fear and gave the Klan a second birth. The Tuskegee Institute recorded 3,446 lynchings of African Americans in the years 1883-1968.



Larry Dipboye holds a BA from Baylor University and three seminary degrees, including a PhD from Southern Baptist Seminary in Louisville, KY, where he also served as adjunct professor of theology while pastoring a Louisville church. From 1984-1988 he served on the ecumenical panel for the Louisville, KY, weekly TV and radio show "The Moral Side of the News" for WHAS-TV and radio that also distributed funds for the annual Kentucky "Crusade for Children." The Dipboyes have lived in Oak Ridge since 1988. With wife, Carolyn, and friends in science he was a founder of the OR Forum on Religion and Science, and he has served on the ORAU/ORNL Oak Ridge Site-Wide Institutional Review Board for human subject research since 1995. Since 1962, Larry has been pastor of six churches in four states. Larry is now retired.

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

502 Classical Hebrew Prophecy, Part II



This class will be a continuation of the class offered during fall 2019. The class will continue to explore prophecy in ancient Israel, as seen in the writings collected in the books of Isaiah, Jeremiah, Ezekiel, Micah, Amos, and Hosea. We will also see how the earliest of these prophets (Amos, Hosea, Isaiah) influenced the later ones (Jeremiah and Ezekiel.)

Dr. Raphael Panitz received his BA from New York University in 1972. While attending NYU he also took courses in Hebrew Bible, the ancient Near East, and Jewish history at the Teacher's Institute of the Jewish Theological Seminary of America. He received his PhD from the University of Pennsylvania in 1983. Dr. Panitz earned a Degree in Library Science from the University of Maryland in 1995. He then spent fifteen years working as a legal librarian for Washington law and business firms. In 2012, Raphael and his wife retired to Knoxville. Raphael served as President of Congregation Heska Amuna from 2013-15 and is a part time lecturer in the Department of Religious Studies of the University of Tennessee.

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

Please note: Every person registering for Winter/Spring 2020 who is new to ORICL must pay the \$80 registration fee. We cannot process your registration without the accompanying fee; however, please do not pay for class fees or trip fees until you receive your schedule signifying that you are enrolled unless otherwise noted in a trip or class description.

503 The Mysterious, Majestic, Miraculous Black Madonnas



In Christian churches throughout the world and especially in Europe can be found hundreds of figures of what appear to be black images of a Madonna, some with a child and some without. These enigmatic figures have fascinated women and men for generations and brought spiritual and physical healing to many. In this class we will investigate their history, current locations and what their meaning may be. In order to search for their meaning, we will do some personal spiritual exercises as part of the class and perhaps answer the question “Why are they black?”

Toni Stephenson has created and presented classes on various topics in different venues. Usually these presentations have a focus on the feminine aspects of divinity. She has been fascinated for many years by black madonnas and has been fortunate to visit some on her travels. She was asked in the ORICL class she presented last summer on Feminist Spirituality to offer this class. She is delighted to share her love for black madonnas with others.

Three sessions: Thursdays, 11:00 a.m. - 12:10 p.m., March 5, 12, 19

504 LovingKindness and Unbounded Friendliness

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 on how to bring about these Heavenly Abodes in one’s daily life. We will look at *sila* (virtue), *Samadhi* (concentration), and *pañña* (wisdom) as they relate to lovingkindness. Since our purpose is to cultivate lovingkindness and good will, the workshop will be of benefit to anyone who is interested in the topic, no matter what spiritual tradition you might be interested in or for that matter whether you are interested or involved in any spiritual tradition at all. 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.



Fred Martinson is an art historian (PhD, University of Chicago) who taught at the University of Tennessee-Knoxville 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 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 groups in the Knoxville area including one on suttas (the Buddha’s Discourses).

Twelve sessions: Mondays, 11:00 a.m. – 12:10 p.m., February 3, 10, 24; March 2, 9, 16, 23, 30; April 6, 13, 20, 27

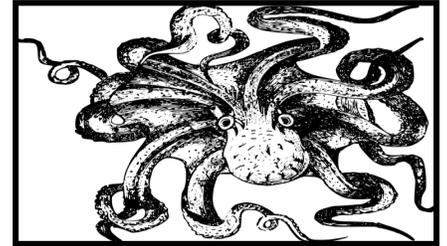
The Curriculum Committee works hard to come up with new ideas for classes and trips. When you see one of the Committee members, be sure to thank them for their hard work!

SCIENCE & TECHNOLOGY

550 The World of Octopuses

Octopuses are considered the most intelligent of all invertebrates. Octopuses are ocean creatures that are most famous for having eight arms and bulbous heads. This class will cover several topics:

- Evolution of the octopus – Cephalopods
- Characteristics of octopuses
- Behavior of octopuses
- Diet of octopuses
- Habitats of octopuses
- Defense mechanisms of octopuses



Dr. Anu Sathe has a BS and MS in Science, MS Philosophy, PhD Zoology-Entomology. She has 25 years of experience teaching at the college level in India. She has taught zoology-entomology, genetics, cell biology, molecular biology, developmental biology and evolution courses.

Two sessions: Fridays, 9:30 a.m. - 10:40 a.m., March 13, 20

551 Geology: From the Beginnings to One Billion Years Ago

The goal of this class is to discuss the earliest – and least known – history of the Earth, from its origin some 4.543 billion years ago to the formation and breakup of supercontinent Rodinia 1.0 billion to 750 million years ago. We will discuss the differences in the crust-forming processes and unique rocks that formed from the beginning to three billion years ago, the evolution of the atmosphere and hydrosphere, early life, and the beginnings of plate tectonics (and pre-plate tectonics mechanisms). We will take a one-day field trip to north-east TN to examine the oldest rocks in TN and western NC, which originally formed in South America and arrived in North American during amalgamation of supercontinent Rodinia one billion years ago.



Bob Hatcher is a UT Distinguished Scientist and professor of geology with primary interests in tectonics and structural geology. He has more than 35 years of basic research experience in the evolution of mountain chains, as well as in applying geology to engineering and environmental, radioactive waste disposal, conventional and nuclear power plant sites, and petroleum resource problems. He has worked for ExxonMobil and on the faculties of Clemson Univ., Florida State Univ., and the Univ. of S. Carolina. He is a graduate of Vanderbilt (BA & MS, majors in geology and chemistry) and UTK (PhD).

Six sessions: Tuesdays, 7:00 p.m. – 8:10 p.m., January 28; February 4, 11, 18, 25; March 3 (Field trip: March 7)

552 Challenges and Best Practices for Managing Environmental Resources

Environmental resources include water, air, soils, land, wildlife, and the benefits they provide to humans. The benefits include clean water and air, food, fiber, fuel, and recreation as well as cultural and aesthetic amenities. Appropriate management of these resources should be designed with the particular context and relevant spatial and temporal scale in mind. The class will consist of a series of six guest lecturers on topics related to managing forests, wildlife, invasive species, and dammed rivers. Three lectures are planned to be in the classroom, and three are planned as field excursions within Oak Ridge. Transportation for field excursions will be on your own as class participants. Participants in field excursions should be able to walk a short distance on rough terrain. One field trip on the DOE Oak Ridge Reservation will be limited to U.S. citizens. Specific schedule information will be provided to participants after the term begins.



Virginia Dale is an ecologist whose work focuses on sustainable landscapes and ecosystem management in view of disturbances and climate change. She has a BA and MS in math from the University of Tennessee and a PhD in mathematical ecology from the University of Washington. She has served on national scientific advisory boards for five US agencies. She chaired the Environmental Quality Advisory Board of the City of Oak Ridge (1986-1989), was selected as a Top Citizen of Oak Ridge in 1999, and was the 2006 Distinguished Scientist for Oak Ridge National Laboratory where she worked for 34 years. She is an adjunct professor at the University of Tennessee.

Ellen Smith is an environmental scientist with expertise in geology, hydrology, waste management, and environmental impact assessment. She graduated from Carleton College (BA in Geology) and the University of Wisconsin-Madison (MS in Water Resources Management) and retired in 2018 after 36 years on the research staff of ORNL. She serves on the Oak Ridge City Council, was previously a member of the city's Environmental Quality Advisory Board, and has been active for many years as a citizen volunteer engaged with environmental concerns in and around east Tennessee.

Six sessions: Wednesdays, 4:00 p.m. - 5:10 p.m., February 5, 12, 19, 26; March 4, 11

553 Technical Book Group



Would you like to learn more about science and technology? Much is changing rapidly. The 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 the group and share your perspective. Input from every member is encouraged. The group meets once a month and discusses that month's book. Books are recommended and selected by the members. Books usually are recently published works written for a lay reader.

January 2020: The Discovery of Insulin, the 25th anniversary edition by Michael Bliss (2007)

Jim Rushton is the class facilitator. This group meets at RSCC.

Four sessions: Mondays, 4:00 p.m. – 5:10 p.m., January 27; February 24; March 23; April 27

554 The Scientific Wonder of Birds

Birds are living, breathing dinosaurs right in our backyards. This course will explore the origin, biology, and behavior of birds.

Flight seems almost magical, but the course's examination of lift – the force that keeps birds aloft – shows how it results from the dynamics of air moving past a shape called an airfoil, the asymmetrically curved surface of the wings of both birds and Boeings. Once in the air, birds have an uncanny ability to tell where they are and where they are going. The course's examination of navigation covers the way birds use the position of the sun and stars, magnetic fields, and geographic features like rivers and mountains in the course of their annual migration.



This class will use a DVD from the Great Courses series by Bruce E. Fleury, Senior Professor in the Department of Ecology and Evolutionary Biology at Tulane University where he taught more than 10,000 students before he retired. He earned his MS and PhD in Biology from Tulane, his BA in Psychology and General Science from the University of Rochester, and his MA in Library, Media, and Information Studies from the University of South Florida.

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

Six sessions: Wednesdays, 11:00 a.m. - 12:10 p.m., March 25; April 1, 8, 15, 22, 29

SOCIAL SCIENCE & ECONOMICS

600 A Council Member's Perspective on Oak Ridge City Government

The elected leadership of Oak Ridge's city government consists of seven council members elected at-large to function (in effect) as the "board of directors" for municipal government and public utilities on behalf of the citizenry. In this two-session class first offered in fall 2019, a ten-year veteran of the City Council will share her perspectives on what she has experienced and learned as a council member, including topics such as the roles and powers of (and constraints on) city government and city officials under Tennessee law and the City's charter, relationships of council members within the community and the government organization, and challenges and opportunities facing the city. This will include exploration of topics raised by class participants.

Ellen Smith has served on the Oak Ridge City Council (2007-2012 and 2014-present) for several years. An environmental scientist by profession, she retired in 2018 after 36 years on the research staff of Oak Ridge National Laboratory. She graduated from Carleton College (BA in Geology) and the University of Wisconsin-Madison (MS in Water Resources Management). In addition to her years on City Council, her Oak Ridge City government experience included about 18 years on the city's Environmental Quality Advisory Board. She is involved with several local civic and nonprofit organizations and is in her third year of membership on the National League of Cities' Energy, Environment, and Natural Resources Advocacy Committee.

Two sessions: Wednesdays, 9:30 a.m. - 10:40 a.m., February 19, 26

601 Step to the Front of the Line: Understanding the Citizenship Process

For most of us citizenship is just taken for granted, but for many of our neighbors and friends the process is a mystery which we don't know how to unravel for them. After this two-session course the mystery will be cleared up!



In this class we will be able to describe the difference between refugees and asylum seekers; between visa holders, legal permanent residents and authorized residents; and between visa holders and undocumented residents. Who is in line and what it takes to become a citizen will be explored and detailed. And we will check ourselves to see if we could pass the citizenship interview. With the help of class discussion and videos the mystery will lift, and understanding will take its place.

Geri and Charlie Mulligan, co-founders of Tennessee Immigrant Empowerment Solutions, Inc (TIES) have worked within the immigrant population for many years, not only in Tennessee but in New Jersey, as well as in countries that residents have fled for the USA. Charlie is a retired Board of Immigration Appeals Accredited Representative and Geri directed not only the Hispanic Development Center in Newark, but the UT Center for Literacy, Education and Employment in Knoxville.

Two sessions: Thursdays, 1:00 p.m. - 2:10 p.m., February 6, 13

602 Educational Dreamers Addressing the Future

The education of K-12 students is never static. The rapidly-changing world of technology and future career choices challenge the Oak Ridge Schools to continually evaluate curricula and to innovate using problem/project-based learning (PBL). This series of classes will invite dedicated and innovative teachers to present their student's work as evidence of inspired, forward-looking learning opportunities. The four class sessions will include: 1) Drone Flight and Cube Satellites; 2) Virtual Enterprise and Coding for App Development; 3) Digital Art and Robotics Design; and 4) Automotive Maintenance and Work-Based Learning. Warning: this course will make you want to go back to school!



Benita Albert taught mathematics at Oak Ridge High School from 1969 – 2013. In retirement, she continues to train AP Calculus teachers across the nation as a consultant for the College Board. She seeks to stay involved in education advocacy and serves on the board of the Oak Ridge Schools Public Education Foundation. She was the Co-Editor-in-Chief of the foundation's book, Celebrating 75 Years of Excellence in Education in the Oak Ridge Schools, 1943 – 2018. Her teaching awards include the 1991 Presidential Award for Mathematics Teaching, and the 1999 Siemens Outstanding Teacher, and the 2007 USA Today All-American Teaching Team.

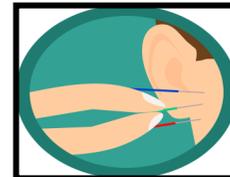
Holly Cross started her career with Oak Ridge Schools as a classroom teacher in Career and Technical Education (CTE) in 2001, and since that time has served as a Curriculum and Technology Coach, District Curriculum Coordinator (all subjects). She is now the Supervisor of Career Readiness (CTE) and Communications for the district. In 2016, she received the Pioneer award for Outstanding Service in Career and Technical Education from the Tennessee State Department of Education. In 2017, she received an award from National Schools Public Relations Association – the NSPRA Golden Achievement Award.

Four sessions: Thursdays, 4:00 p.m. - 5:10 p.m., February 6, 13, 20, 27

MISCELLANEOUS

650 Introduction to Chinese Medicine/Acupuncture

This class will explore classical five-element acupuncture theory, the five different types of Qi, or Energy. These elements correspond to the four sections in nature plus the fifth element or energy, Earth. We will explore the connection among the emotions, the four seasons, the five elements, and how our lives are affected, both theoretically and practically.



Prasad Hutter is a long time meditator in the Tibetan Buddhist Tradition. He teaches meditation in a secular, non-religious way, making the practice easy. He has spent over three years of his life in meditation retreats while maintaining a thriving acupuncture and healing practice in Knoxville. He holds two Master's degrees: one in acupuncture, the other in public health from Columbia University. His meditation teachers include Dalai Lama, Gyalwang Drukpa, Minguyr Rinpoche and Tsoknyi Rinpoche.

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

651 Meditation



What meditation entails is generally misunderstood in the Western world. Meditation is learning about and becoming familiar with what is in the mind, as well as learning to focus and calm the mind. In this class, we will explore calm abiding practices and meditation on lovingkindness and compassion.

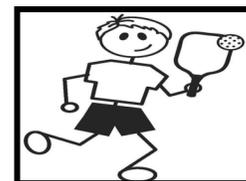
See bio for Prasad Hutter above.

Four sessions: Tuesdays, 11:00 a.m. - 12:10 p.m., February 18, 25; March 3, 10

652 Beginning Pickleball

Class fee: \$5

This class is for people with absolutely no pickleball experience or knowledge. We will learn about the basic rules and equipment, then put it all into practice on local outdoor courts. Some class sessions will meet at RSCC and other days we will play at the Jackson Square tennis and pickleball courts on Broadway Avenue in Oak Ridge. On any scheduled outdoor days when it rains we will meet instead at RSCC.



You don't need to be athletic to enjoy pickleball, but you must be able to run and briskly walk at least 30 feet unassisted, then be able to change direction and do it again. Since we will be building skills each week, participants **MUST** attend every class session. After a missed class, participants will only be allowed to observe (not participate in) subsequent classes.

Many of you have heard Jan Lyons refer to herself as a 'tennis bum'. As the tennis injuries have added up, she has taken up pickleball as a social outlet and to burn those stubborn calories. She will apply her experience in the beginner pickleball instruction to make this a fun introduction to a lifetime sport.

Six sessions: Thursdays, 9:15 a.m. - 10:40 a.m., April 9, 16, 23, 30; May 14, 21

The class will meet at RSCC on April 9, 30; and will meet at Jackson Square pickleball courts on April 16, 23; May 14, 21

653 Not Making Your Phone Ring More



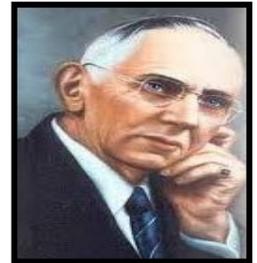
There is a difference between a scammer and a telemarketer. There is not much you can do to make scammers call less BUT you can avoid certain actions so your phone does not ring by as many telemarketers, AND you do have recourse against many telemarketers that won't quit calling!

David Vudragovich has had experienced with the Do Not Call laws since the mid 1990's and wants to help people not have their identity stolen. He has been a local licensed insurance agent since 2007. He has taught ORICL classes since Fall 2013.

One session: Tuesday, 2:30 p.m. - 3:40 p.m., March 17

654 Edgar Cayce: Psychic and Christian Mystic

Edgar Cayce (1877-1945), often referred to as "The Sleeping Prophet" and "the father of holistic medicine," had the ability to put himself into a self-induced sleep state. This state of relaxation and meditation enabled him to place his mind in contact with all time and space so he could respond to any question he was asked. Although the vast majority of the Cayce material deals with health and every manner of illness, he explored thousands of other topics ranging from dreams, business advice, and the Bible to personal spirituality, improving human relationships, and finding your mission in life. In this class we will read and discuss excerpts from many books documenting Cayce's insights.



Dr. Quinton Wacks has studied Edgar Cayce's life and taught classes about him for the last 40 years. He has studied at the Association of Research and Enlightenment (ARE), Cayce headquarters at Virginia Beach, and has toured with the ARE to Peru and sacred sites.

Five sessions: Fridays, 1:00 p.m. - 2:10 p.m., February 21, 28; March 6, 13, 20

Gift Certificates Available

Did you know that ORICL offers gift certificates? Need a gift for a hard to buy for friend or family member? ORICL gift certificates are a great gift idea!! They can be issued in any amount and used for memberships or to pay for trips. If you're interested in purchasing one, contact the ORICL office at 481-8222 or oricl@roanestate.edu



655 Cryptic Varietal Crossword Puzzles



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 and the intent of the puzzle authors is to entertain with novelty. Since we began this class a core group of addicted, self-selected masochists has developed but we welcome new class members, and will teach them the skills that the veterans have learned. We began with an introduction about the history and culture of these puzzles, and then we solve puzzles 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 are not nearly as important as mental flexibility and clue type recognition. Come join the fun!

Elane Streets began learning to solve cryptic crosswords as a newlywed in England in the early 1970s, and although the shock was severe in the beginning, she has learned to treasure them much more than even the toughest U.S. regular puzzles. Cryptic varietals are fun to work on by oneself or as a team member.

Twelve sessions: Tuesdays, 2:30 p.m. – 3:40 p.m., February 4, 11, 18, 25; March 3, 10, 17, 24, 31; April 7, 14, 21

656 Reincarnation

This class examines reincarnation from a number of perspectives. It covers belief in reincarnation in both eastern and western religions as well as esoteric philosophies through the ages. It includes what scholarly research has found related to reincarnation as well as people's personal experiences that hint at reincarnation. It examines how all of this information fits with knowledge gained during near-death experiences.

Attendance in the class is strictly limited to those individuals who are officially on the class roll.



Dr. Pratibha Dabholkar taught at UTK for more than 20 years teaching research methods and service management to undergraduates as well as doctoral students. She also taught at several international universities (in the Netherlands, Sweden, and Australia) as a visiting scholar. Alongside her professional career, she has made a deep study of dream interpretation, reincarnation, and uplifting supernatural phenomena (such as near-death experiences and after-death communications). Since her retirement from UTK she has taught classes on these subjects at ORICL to inform and enlighten.

Four sessions: Thursdays, 1:00 p.m. - 2:10 p.m., April 2, 9, 16, 23

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

704 The Chieftains - “The Irish Goodbye”

Chip Bailey says “the Chieftains are by far the very best traditional Irish band in existence. Some of the members have been in the band for over 50 years. You would not find a more authentic traditional Irish band anywhere.” Chip will present an ORICL class Music of Ireland’s “The Chieftains” to help members appreciate the experience.

The Chieftains are a six-time Grammy Award winner, highly recognized for reinventing traditional Irish music on a contemporary and international scale. Come see them perform at what will be a memorable evening of music, song and dance on this final tour.



The Clayton Center for the Arts’ Ronald and Linda McNutt Theater on the campus of Maryville College is a gem. Seating only slightly more than 1100, it provides an intimate setting for this special performance. We have reserved prime center orchestra seats in advance guaranteeing a perfect evening.

Our transportation for the evening will be a “Celebration Bus” complete with comfortable limo seating, DVD, and TVs. During the ride to Maryville

we will enjoy desserts and beverages and maybe some Irish Valentine’s Day music.



Friday, February 14, 6:00 p.m. – 10:30 p.m.

Bus leaves at 6:00 p.m. SHARP from the flagpole at the RSCC parking lot.

Trip leader is Becky Rushton.

Trip charge of \$110.00 includes transportation, theater tickets, and gratuities.

Limited space available so deadline for fee payment will be January 2, 2020.

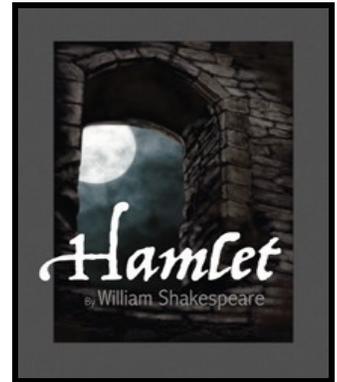
ORICL cell phone number is (865) 558-7413.



705 Shakespeare's *Hamlet* at the Carousel Theatre The University of Tennessee Knoxville

Quotes from Shakespeare's play permeate our speech and literature, explaining why the Clarence Brown Theater is offering a production of *The Tragedy of Hamlet, Prince of Denmark*. The press release describes the play by stating: "In the wake of his father's death, Hamlet finds both his personal and political worlds unimaginably changed. When his father's ghost demands vengeance, Hamlet must decide: Submit or resist. Accept or avenge. Live or die."

Jane Sasser will offer an ORICL class #356 Shakespeare's *Hamlet* to prepare participants to appreciate the production at an enhanced level, whether attending the play or not.



With a dual mission to train the next generation of theatre artists and to provide top quality professional theatre, the Clarence Brown Theatre at the University of Tennessee Knoxville each year offers a season of productions from dramas to musicals. *Hamlet* will be performed in the intimate atmosphere of the Carousel Theatre. A 400 seat theatre in the round, the facility features flexible seating and staging. Outstanding productions in this theatre in past seasons include "Alias Grace," "Santaland Diaries," "Detroit 67," and "The Crucible."



At this matinee performance, "open captioning" will be available. This is a text display of all the words and sounds heard during a production, very similar to closed captioning on your TV. Assistive listening devices are available at no charge as well. We will arrive at the Carousel Theatre by bus in ample time to be seated before the 2:00 p.m. curtain. The play will run approximately 2 ½ hours with intermission. Concessions will be available at the Clarence Brown main theater. Please note that the restroom facilities were rebuilt in 2018 so long lines are no longer an issue!

Following the performance you will enjoy dinner on your own at the Chop House Restaurant in Franklin Square. Our tantalizing menu will include an entrée, soup or salad, and dessert along with tea or coffee.

Sunday, March 15, 12:30 p.m. – 10:30 p.m.

Bus leaves at 12:30 p.m. SHARP from flagpole at the RSCC parking lot.

Trip leader is Becky Rushton.

Trip charge of \$100.00 includes transportation, performance, and gratuities.

Last day to cancel with a refund is February 17.

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

706 History, Horse Racing, and Heritage Crafts



The first stop in Lexington is Ashland, the Henry Clay estate. Clay began his political career in 1803 when he was elected to the Kentucky General Assembly. He was appointed to the United States Senate in 1806 at the very young age of 29 years. He was known as the “Great Compromiser” and the “Great Pacificator.” Henry Clay began building his Federal style house in 1806 and added

two wings between 1811 and 1814. Inferior building materials, particularly a porous type of brick, resulted in an unstable structure. The building was likely damaged in the New Madrid earthquake and aftershocks of 1811-12. Clay’s repairs could never completely stabilize the house. Seeing no viable alternative, Clay’s son opted to rebuild the house. A local architect designed the new structure, utilizing features of the original house but updating the house stylistically. With many Italianate features, the resulting mansion is a mix of Federal architecture and Italianate details.

Henry Clay was an early patron of the sport of horse racing. He both bred and raced thoroughbreds. The Ashland Stakes race run in April at Keeneland is named for his home.



With that segue our second stop will be Keeneland Race Track, an internationally renowned race course and leading auction house. Founded in 1936, Keeneland strives to symbolize the best in thoroughbred racing in the heart of horse country. ORICL trip participants will enjoy individual reserved seats in the Grandstand under cover with backs and arm rests. Lunch is on your own, available onsite from various concessions within the racing complex. Races begin at 1:00 p.m., each race heralded by the bugler’s call to post. The smaller scale of the race track makes for an exhilarating experience even if no bet is placed on the “gray horse!”



The third stop of the day will be the Kentucky Artisan Craft Center just north of Berea. The center celebrates Kentucky’s artisans through sales, exhibits, and displays. It began as a local initiative in Madison County following a tornado that struck Berea in 1996. Today it hosts exhibits, arts, and crafts, plus changing displays of work by more than 800 artists from around the state.

Following a quick supper stop in the local area, the bus will return to Roane State Community College in the early evening.

Thursday, April 2, 6:45 a.m. – 8:00 p.m.

Bus leaves at 6:45 a.m. SHARP from the flagpole at the RSCC parking lot.

Trip leader is Denny Lay, assisted by Becky Rushton.

Trip charge of \$110.00 includes transportation, admission fees, and gratuities. Lunch and supper are on your own.

Last day to cancel with a refund is March 5.

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

707 Ride with the Blue and the Gray

“Ride with the blue and the gray” today, engaging with Civil War history as our group passes through Tennessee to Chickamauga National Military Park in Georgia. Learn from the soldiers’ own words what happened in the Civil War 155 years ago. A Civil War soldier (our guest guide, Lynn Fox of the Tennesseans for Living History), dressed in full uniform, will narrate the events from two separate viewpoints – a Confederate Soldier traveling south and a Union Soldier traveling north.

We will journey by comfortable bus (complete with seatbelts, free wifi, and a bathroom) to visit two sites in north Georgia. Our first stop will be Chickamauga National Battlefield. By way of introduction, we will see the visitor’s center with video, exhibits, bookstore, and gift shop. Re-boarding the bus we will depart for a guided tour led by a National Park ranger to view the battlefield and several monuments within the park.



Our second stop will be Fort Oglethorpe, an army post and town just to the north of the battlefield. It was established in 1902 and opened in 1904. As a cavalry post it included officers’ quarters, barracks and stables, parade grounds, a hospital and support buildings. The officers’ quarters still stand on Barnhardt Circle, some transformed into private homes and business sites. During World War I, not only were US troops trained here but a portion of the post was dedicated to housing German prisoners of war

and “enemy aliens.” After Pearl Harbor, Fort Oglethorpe was quickly transformed into an induction center for new recruits. Soon it was a major training center for the Women’s Army Corps and again used to hold “enemy aliens.” The post was permanently retired in December 1946. Our guide, Lynn, has familial connections to the post so has unique insights into the local history.



As a special treat, we will be lunching at the 6th Cavalry Museum, recreating a 1937 Thanksgiving meal for Troop “A” of the Sixth Cavalry. It will be hearty fare, entrees (ham and chicken), sides, rolls, and assorted desserts.

A day filled with history, family remembrances, and immersion in living history is assured to ORICL trip participants.

Tuesday, April 21, 7:30 a.m. – 5:00 p.m.

Bus leaves at 7:30 a.m. SHARP from the flagpole at the RSCC parking lot.

Trip leader is Lynn Fox, assisted by Becky Rushton.

Trip charge of \$90.00 includes transportation, admission fees, lunch and gratuities.

Last day to cancel with a refund is March 24.

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

Additional Trip for Late Spring 2020

The trip committee of ORICL strives to bring outstanding opportunities to our members. Periodically difficulties prevent solidifying the details of travel until after the publication of the catalog because prospective venues have not finalized their first quarter 2020 offerings before our catalog deadline.

To address this issue, the trip committee has designated an information session that members can attend if they are interested in the theme or location of the activity. You will simply register for the informational session as if it is another class.

A special destination is in process for late in the Winter/Spring 2020 term:

708 Appalachia and Country Music

Mark Banker, instructor of class #257 Appalachia on Our Minds: East Tennessee & Southern Appalachia in Film, Fiction, Documentaries and Memoirs, led a trip to coal country in 2019. His insight and knowledge provided a grand day! This year he has agreed to travel north with us. This will be an overnight trip due to the distances necessary to travel. Of primary interest will be a visit to the Museum of Country Music at Bristol and the Carter Family Fold in Hiltons, Virginia, both sites featured in the Ken Burns "Country Music" series released last fall. More surprises are in the planning stages to be finalized in the spring.



Timing for the trip will be targeted for later in May when the weather will be more suitable. The informational meeting that will present final details for the day(s), costs, registration, etc. will be Tuesday, April 14, 1:00 p.m., room F-110.

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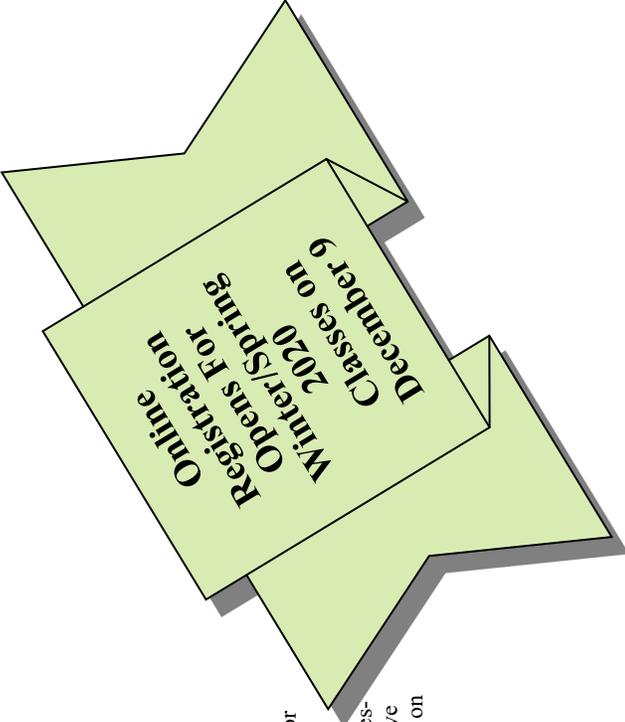


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