



Oak Ridge Institute for Continued Learning

Fall 2025

September 8 - December 5
Online Registration Opens Tuesday, August 5



~~Celebrating 28 Years~~
Enriching Lives through
Lifelong Learning
1997 - 2025



ORICL...

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

INFORMATION ABOUT ORICL

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

Registration Procedures:

Classes and activities for the Fall 2025 term begin Monday, September 8.

You may **register online or submit a paper registration form** to the office.

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

Paper registrations will be accepted in the office as soon as the catalog is printed and distributed. Paper registrations will be processed August 6. Checks for the **full amount of membership fee must accompany the form.** Class fulfillment will be on a first come, first served basis. The earlier the paper registration is submitted, the better chance you will be accepted into the class.

Online registration will open at **9:00 a.m. on Tuesday, August 5.** At that time members may choose up to 10 classes. Members will be notified via email when registration opens for additional sessions beyond the initial choice of 10. To register online, please use a laptop or desktop computer; a tablet or phone may not allow you to complete your registration.

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

Membership 2025 - 2026 Fees:

Membership: Membership fees are now due, **\$190 per registrant (includes ORICL's three terms: Fall 2025, Winter/Spring 2026, and Summer 2026).** Fall term 2025 begins Monday, September 8. **Friend, Sustaining, and Sponsor Memberships are also available.** See page 32.

Class Fees: Some courses (art courses, special activities) may entail additional fees for materials. Please send fees to the ORICL office after receipt of acceptance into the class. For fall 2025 **all class fees are due by September 8 or earlier, if noted in the class description without exception; nonpayment results in cancellation** of the registrant in the class. These fees become **nonrefundable** 7 days before the class begins. **Please note, there will be no online credit card payment option for class fees. Class fee payments will be accepted in the ORICL office, cash or check only.**

ORICL reserves the right to take photographs in ORICL classes and on trips. Photographs may be used in ORICL newsletters, brochures, course catalogs, and/or other publicity designed to help the organization meet its mission. *Photographs used on the front cover are from the years 2001 (top center, founders of ORICL) and 2010.*

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CLASSES

Class format information -- **Unless otherwise noted, each class will meet in-person.**

Classes meet at the Oak Ridge Campus of Roane State Community College, 701 Briarcliff Avenue with the exception of art classes that meet at the Oak Ridge Art Center. The description will so indicate. If a class will be online only via ZOOM or a hybrid class (choice between in-person or online), it will be indicated beside the class title.

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

ART, CULTURE, MUSIC, & TRAVEL

100 Let's Learn Diamond Painting

Fee: \$25

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

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



Six sessions: Mondays, 2:30 p.m. - 3:40 p.m., September 15, 22; October 13, 20; November 10, 17

101 Making Holiday Vases

Fee: \$60



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

Bill Capshaw is a member of the advisory board of the Oak Ridge Art Center, where he oversees the planning and operation of the pottery studio and teaches beginning to advanced classes. He received a 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, and has received many awards, and is represented in many museum collections.

Three sessions: Thursdays, 9:30 a.m. – 12:30 p.m., September 11, 18, 25

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

102 Make a Dichroic Glass Pendant

Fee: \$20

Make a glittery dichroic glass pendant! Students will learn to work with this space age material while making a pendant necklace. You will be allowed to choose color and texture to suit your individual style. The pendant will then be kiln fired at the Art Center. After the pendant has been fired, you will return to choose a bail to complement the piece so you can wear it.



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 the University of Tennessee.

Two sessions: Thursdays, 1:00 p.m. – 3:00 p.m., October 16, 23

This class will take place at the Oak Ridge Art Center, 201 Badger Avenue, Oak Ridge.

103 Sliding Knot Bracelet



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

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

One session: Friday, 1:00 p.m. – 3:00 p.m., October 24

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

104 Exploring the Oak Ridge Art Center Permanent Collection

Did you know there is a world-class collection of art right here in Oak Ridge? You may be surprised to find out what lurks in our vaults! From European masters to 4,000-year-old carvings of long-lost cultures to contemporary works by local celebrities, the Art Center's collection spans an incredible range of pedigree and tastes. Learn about the process of acquiring and curating such a treasure, while learning some tips and tricks to look for when building your own collection. We will discuss how factors such as display space limitations, lack of proper framing and condition, or even cultural taboos prevent many works in collections from seeing the light of day – ours included. We will spend some time with a few of our lesser-known works and discuss efforts to bring them out into the public's view. This is a rare opportunity to see behind the scenes of a private art collection.

Rex Redd, Director of the Oak Ridge Art Center.

One session: Friday, 10:00 a.m. – 11:30 a.m., October 24

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



105 *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 art appreciators. Films concentrate on art history, museum collections, interviews with artists and/or demonstrations by various artists, and the creative muse or spirit. The series is held the fourth Friday of each month at 12 noon. Each session runs approximately one and a half hours. Some films may be shown in two parts with plenty of overlap to help viewers orient themselves to the storyline, though most will be shown from start to finish on that day. Join us for this fascinating and illuminating series. This class meets monthly.

Two sessions: Fridays, 12:00 p.m. – 1:30 p.m., September 26; October 24

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

106 Great Piano Works Explained, Part I

The glorious repertoire for solo piano includes many of classical music's most beloved masterpieces. In *Great Piano Works Explained*, you'll study key works of many composers and unpack their structure, the musical materials that drive them, and the specific features that affect listeners so strongly. It will give participants a clear grounding in how to approach and hear great music. Within a rich spectrum of piano masterpieces, you'll explore works such as Mozart's tempestuous *Sonata in C Minor*, K. 457; Beethoven's late, monumental *Sonata Opus 110*; and more.



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. He was the founding chairman of the Greenways of Oak Ridge Organization and retired after 31 years.

Six sessions: Wednesdays, 11:00 a.m. – 12:10 p.m., September 10, 17, 24; October 1, 8, 15

107 An Evening from Bordeaux: Wine and Food

Fee: TBD



Are you new to the wine world and would like to learn more about it? Are you a seasoned pro and enjoy excellent wine and food pairings? For both of these and everyone in between, the Cross of Burgundy (COB) would like to invite you to join us for an evening of wine education featuring wines of Bordeaux, France. Right bank, left bank, sparkling, whites, and reds all are lovely wines from this beautiful region. This evening will encompass a sampling of foods and wines from the lovely Bordeaux region of France. The event will be held at local Oak Ridge restaurant, 201 Café and Wine Bar, with a menu reminiscent of that served to a group on a trip taken by members of COB to Bordeaux in the spring. Some of the actual wines we were served will be included as well as other lovely bottles from the region, along with information about the wines and food and some of the sites that were visited. COB leaders will share their knowledge of the wines, the areas in which they are produced, and why they make good pairings with the food served. We hope you can join us for a night of learning, fun, and excellent food and wine!

The Cross of Burgundy is a 501(c)3 organization dedicated to wine education. They are a group of individuals (both experts and novices) who love to share fine wines paired with carefully selected foods. We pride ourselves on sharing the cultures and gastronomy of Burgundy and other wine regions. Our mission is to educate and promote a broad knowledge and understanding of both wine and food with an emphasis on fellowship for those who share the gastronomical experience.

One session: Sunday, 5:00 p.m., December 7

This class will be held at 201 Café and Wine Bar, 201 Broadway Avenue, Oak Ridge.

108 History of the Blues in Three Parts

In this class the following will be discussed:

- Early development of the Blues from field hollers to gospel music
- Delta Blues and the development of the blues in the early 20th century
- Geographic and commercial development of the blues to the present day



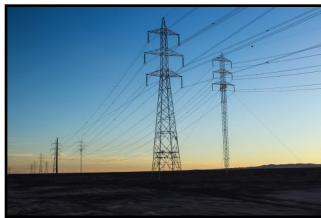
Rob Higginbotham is a founding member of the Smoky Mountain Blues Society. Rob was raised in Brooklyn, NY. His earliest musical influences were associated with the church where he sang in the choir from ages 6 to 14. His life changed when he saw B.B. King, live, at the age of 14 in 1967. He was influenced by The Kings, James Cotton, T-Bone Walker, and others. He played drums in the Jazz Me Blues Band, The Four Gone Conclusions, and smaller projects before switching to guitar in the Performing Band in the early 1970s. After moving to Knoxville in 1989, Rob began going to jams and meeting other local folks. He ran the Blues Jam at Brackins Blues Bar for ten years. Besides playing guitar, Robert has been teaching guitar full time since 2004. He currently teaches at Open Chord in Knoxville, LeGrand Music in Fountain City, and online.

Doug Harris, born in Oak Ridge, began singing in church choir when he was 4 years old. In 1994 Doug moved to Murfreesboro, TN, where he worked in retail management with several stores in middle TN. There he learned about all genres of music. In addition, he took classes at Middle Tennessee State University which included the history of popular music in America. Along the way he began playing harmonica and playing with bands. Doug returned to Knoxville in 2003. He co-hosted the open mic at Brackins Blues Bar. In 2005 he and the band, Blue Revolution represented the Smoky Mountain Blues Society at the International Blues Competition in Memphis, TN. Doug has released 2 full albums with The Dirty Dogs and one EP. Doug co-teaches the Blues in Schools program for the Smoky Mountain Blues Society. Doug teaches harmonica at Merlin's Music in Maryville, TN. Since 2014, he has been a volunteer at Blount Memorial Hospital in a program called Rare Aire, a medical fitness program utilizing harmonica and singing to improve lung function.

Three sessions: Mondays, 1:00 p.m. - 2:10 p.m., September 15, 22, 29

COMPUTERS, SCIENCE, & TECHNOLOGY

150 Electric Power for Non-Engineers



In this class, we will take a conceptual look at electric power in three-phases. First, we will explore basic questions: What is electricity? How is it produced? What are the units of measure, and what do they mean? In the second session we will focus on electric power distribution, from the generator to the microwave in your kitchen. The third session will examine the business side of electric power, how rates are established, why they are so complex, and why they might change in the future. The class will be geared toward interested people who do not have an engineering or technical background.

Jack Suggs holds a BS from Texas Tech University and an MS in civil engineering from Texas A&M University. His 41-year career in municipal service included 6 years in Wichita Falls, TX, before joining the City of Oak Ridge government in 1991. In Oak Ridge he served as Assistant Public Works Director, Electric Director (for 30 years), Deputy City Manager, and Interim City Manager before retiring in 2024. He served in a variety of regional and national roles with organizations supporting the electric power and municipal management fields.

Three sessions: Mondays, 9:30 a.m. - 10:40 p.m., October 6, 13, 20

151 The UT - Oak Ridge Partnership Leading to Things Nuclear



This class will cover the history of the UT-ORNL partnership focused on the evolution of nuclear topics over these last 80 years – nuclear physics, nuclear astrophysics, nuclear reactors, and nuclear fusion. Included will be discussion of the people who made all of this happen and how these fields developed on the local and national scenes. The last lecture will discuss the statewide developments related to nuclear energy in the last 5 years.

Lee Riedinger is an emeritus professor of physics at the University of Tennessee. He received his PhD from Vanderbilt University. Dr. Riedinger had a long career at the University of Tennessee where he held many administrative leadership positions. In 1999 he was one of the leaders of the successful UT effort to choose a partner (Battelle) and bid on the ORNL management contract. From 2000 to 2006 he served in different roles at ORNL. Upon his return to UT in 2006, he led various efforts to develop greater focus on energy teaching and research at UT. In 2010 he was appointed to be the first director of the UT-ORNL Bredesen Center, the academic home of new doctoral programs in energy science and engineering and in data science and engineering, both done jointly with ORNL. He has written a book on the long history of the partnership between UT and Oak Ridge: Critical Connections: The University of Tennessee and Oak Ridge from the Dawn of the Atomic Age to the Present, published by UT Press in 2024.

Six sessions: Wednesdays, 4:00 p.m. - 5:10 p.m., October 1, 8, 15, 22, 29; November 5

152 Do We Live in a Multiverse?

Is our universe just one of a multitude of other universes? This multiverse idea has gained more interest in scientific circles over the last several decades to provide potential answers to several problems in physics and astronomy. In order to understand the rationale behind some of these multiverse ideas, we will need to cover a multitude of exciting issues like: the historic development of our view of the universe, the world of elementary particle physics, the structure and development of the universe since the Big Bang, black holes, the “finetuning” problem of the fundamental constants of physics, and finally whether there are fundamental limits to what we can ever learn about the physical world.



Soren Sorensen is the Chancellor's Professor Emeritus in nuclear physics at the University of Tennessee. He received his PhD at the Niels Bohr Institute in Copenhagen, Denmark. He was a professor at UT for 37 years with 12 years as department head and was a research associate in the Physics Division at ORNL for 38 years. His main research focus has been experimental studies of hot and dense nuclear matter. In his retirement he enjoys studying cosmology and doing woodworking.

Four sessions: Tuesdays, 4:00 p.m. - 5:10 p.m., September 30; October 7, 14, 21

153 Cyber Fraud and Identity Theft - Keeping Yourself Safe



Identity theft. Financial loss. Cyber threat. These things are unfortunately now a fact of life. But you don't have to be a victim – you can be your own advocate – and you'll know what to do if the unthinkable occurs. Learn more about what you can do to protect yourself from cyber criminals, how you can report cyber-crime, and law enforcement's efforts in combating the evolving cyber threat.

Jennifer Davis spent 40 years working with computers and information security. From Walmart to the Department of Defense, she worked to protect computers and their users from cyber intrusions. Now that she is retired, she spends time helping neighbors, friends and local nonprofit organizations with the challenges of technology.

Four sessions: Thursdays, 11:00 a.m. - 12:10 p.m., September 11, 18, 25; October 2

154 Groundwater Tracing

This class will give an overview of groundwater and a brief history of its investigation. Groundwater tracing is a technique used to understand the movement and fate of water underground.

Gareth James Davies is a Geological Society of America Fellow. He was nominated and elected for his decades of work in groundwater, particularly with regards to applying tracing techniques. He has conducted several decades of work in North America: abandoned mines in the Rocky Mountains; in karst and fractured rocks in Tennessee, Indiana, Texas, Florida, Puerto Rico, and Maine.



Two sessions: Wednesdays, 9:30 a.m. - 10:40 a.m., November 12, 19

155 Fluorescent Minerals



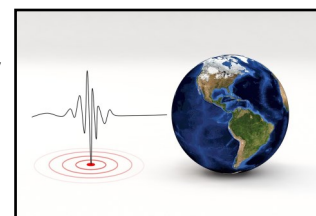
Fluorescent minerals are one of the more exciting areas of rockhounding since these apparently dull rocks light up with beautiful colors when exposed to ultra-violet light. Learn about these rocks, where they are found, why they fluoresce, and other interesting aspects. Samples will be brought for you to see. The lecturer lived in New Jersey which is considered the fluorescent rock capital of the world. He had the great opportunity to collect these rocks at Sterling Hill Mine.

Charles Kessel worked at Oak Ridge National Laboratory and Princeton Plasma Physics Laboratory in fusion energy research. He holds a PhD in fusion engineering and applied plasma physics and a BS in nuclear engineering and physics. He is an avid rockhound with interests in geology, mineralogy, and Earth history.

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

156 Geology: The Earth's Wild and Crazy Mantle

This class continues the story of plate tectonics delving more deeply into the Earth's interior, particularly the mantle. Over the last couple of decades seismic tomography and computer modeling have given us increasingly more detailed and fascinating images of structures in the Earth's mantle and their effect on crustal and surface processes. While our understanding of mantle processes has grown significantly during this time, there is still much we don't know. For example, there is a healthy debate on the concept of "mantle plumes." What are they? Are they responsible for "hot spots" on the Earth's surface (e.g., Hawaii, Iceland, Yellowstone) or is some other tectonic process responsible? Do they even exist? In this four-session class we will review plate tectonics, the anatomy of our planet, and the processes which cause the normally solid mantle to melt, resulting in volcanism. We will review some of the latest science and images of the mantle revealed by seismic tomography and how they apply to the mantle plume controversy. Lastly, we will review areas in the U.S. where there are significant risks for earthquakes including the East Tennessee Seismic Zone, in which we live (did you feel the earthquake here in early May?). These seismic hazards are due to stresses that are likely connected to the mantle processes discussed previously.



Tony McClain grew up in Oak Ridge during the 60s and 70s. After high school and a brief period of pursuing his first love – baseball – he discovered a new passion when he took his first geology class at Florida State University. He was "hooked" from day one. He went on to earn his BS (BYU, '82) and MS (Texas A&M, '85) degrees in geology before embarking on a nearly 36-year career in oil exploration and development from early 1985 to late 2020, returning to Oak Ridge to retire. He feels fortunate to have worked doing something that would have been his hobby, had it not been his career. Now, geology is indeed his hobby. Tony and his wife, Jana, have 3 sons and 9 grandchildren.

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

157 How & Why Earth Deforms

Earth exhibits many examples of tectonic deformation on all scales, from brittle continent-size to micro-faults to spectacular plastic structures that form at or near the surface, to structures at all scales that form at great depths in the Earth, largely the product of plate tectonics. Processes that operate on Earth's surface modify Earth materials and their response to deformation processes. Non-tectonic structures are produced by the impact of extraterrestrial objects with Earth, which originate inside or outside our solar system. We will have a field trip near the end of the term and will discuss the processes that produce the forces/stresses on Earth and how/why specific kinds of structures (faults, fractures, folds, etc.) form as a result.



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

Five sessions: Tuesdays, 4:00 p.m. - 5:10 p.m., November 4, 11, 18; December 2, 9

Field Trip: December 6

158 The Theory of Everything: The Quest to Explain All Reality, Part II

Does one equation predict life, the universe, and everything? Follow a physicist on history's momentous quest to discover the answer. This is a Great Course video series that will be taught by noted physicist Don Lincoln, of the Fermi National Accelerator Laboratory. This course follows the search for a theory that explains all physical reality – a theory of everything. **The Theory of Everything: The Quest to Explain All Reality** opens your eyes to this astounding project in 24 half-hour lectures that are suitable for inquisitive minds at all levels. Dr. Lincoln covers recent developments in particle physics and cosmology, plus the background needed to appreciate the centuries-long search for this holy grail of science.

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. He was the founding chairman of the Greenways of Oak Ridge Organization and retired after 31 years.

Six sessions: Wednesdays, 1:00 p.m. – 2:10 p.m., September 10, 17, 24; October 1, 8, 15

159 Technical Book Group



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

September 22: *Hidden in the Heavens: How the Kepler Mission's Quest for New Planets Changed How We View Our Own* by Jason Steffen

Jim Rushton is the class coordinator.

Four sessions: Mondays, 4:00 p.m. – 5:10 p.m., September 22; October 27; November 24; January 26

160 Mapping Honeybee Pollen and Wild Colonies

Honeybees are important for our agriculture crop production and food production. This class will identify new insights into how the pollen types collected honeybees influence the flavor and color of honey. We will also discuss mapping the wild honeybee colonies in the Great Smoky Mountains National Park.



Larry Millet is a research associate professor in civil and environmental engineering at the University of Tennessee. He has studied honeybees for over 8 years and manages 45 honeybee hives. He loves sharing new insights into one of nature's most important members.

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

161 A Moth-er's Night Out



Learn about the “night shift” insects in this class about moths. The “butterflies of the night” are important pollinators and a food source for birds and bats. After the program we will go outside to see moths on a sheet attracted by a blacklight.

Kris Light has taught environmental education and science outreach classes for ORNL and the American Museum of Science and Energy since 1988. Moth photography has been one of her many hobbies.

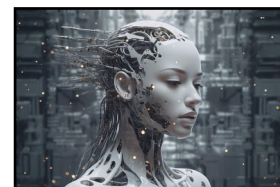
One session: Thursday, 7:30 p.m. – 8:40 p.m., September 18 – you will be driving to Grace Lutheran Church after the lecture to observe the moths.

162 AI: A Common Sense Look at Large Language Models

Will Artificial Intelligence (AI) usher in a new era of peace and prosperity? Or will it send everyone from writers, to trained engineers to soup lines? In this class we will take a common-sense look at today's large language models (LLMs) such as ChatGPT, Gemini, and others. We will explore, at a conceptual level, how these models work and demonstrate what they do well and where they struggle. We will use an LLM in real time to demonstrate real-world uses and capabilities. In the second session we will look at more specific LLM applications, many of which are in use today, as well as what we can expect in the near future. We will also explore the dark side of AI and attempt to arm ourselves against its misuse.

Jack Suggs, for biographical information please see page 7.

Two sessions: Mondays, 9:30 a.m. - 10:40 a.m., October 27; November 3



163 Chat GPT: Effective Prompts for Everyday Life

This course will provide a brief history of AI, specifically, open AI's large language model chatbot “Chat GPT”, expose its technical limitations, and learn how to write more effective prompts. Most of the material will come from an honors project: “Chat GPT: A Study on Effective Prompting to Enhance Learning While Maintaining Academic Integrity.”

Brian Smith is a 41-year-old single father of four, attending Roane State Community College to obtain an AA in general studies. He will be attending the University of Tennessee to complete his undergraduate degree in prelaw through the 3+3 program. He plans to pursue a law degree. He has a background in programming and building computers. He has used Chat GPT since 2022 with over 300 “conversations” during that time.

Three sessions: Wednesdays, 6:00 p.m. - 7:10 p.m., November 5, 12, 19

164 The Oil Game -- Geology, History, and Strategy

This course will hopefully provide a better understanding of many aspects of the oil and gas industry from the perspective of a geologist with 40+ years working in the “oil patch”. It will appeal to people who have an interest in technical aspects of oil and gas but also with discussions of strategic and business issues, with a goal of providing a better perspective of the industry. The course will use PowerPoint slides to explain the following topics.

Topics to be covered:

- History of oil and gas exploration and production
- Petroleum geology 101-basic concepts
- “Conventional” versus “Unconventional” oil and gas
- Components and processes needed for hydrocarbon accumulation
- How do oil companies find oil and gas? The tools used to find and assess accumulations
- Business and strategic aspects of exploration and production
- Global endowment

As we go, if other things of general interest to the group crop up, we can hold free discussions at the end of each weekly session.



Jeff Brown is a geologist who has more than 43 years' experience in the petroleum industry, with a focus on exploration of oil and gas. He has taught the principles of prospect and geological play chance and volume assessment, and other practical exploration topics to more than 2,000 professionals around the world. He has participated in the evaluation of literally hundreds of prospects and plays, and has served as consultant for dozens of oil companies and government agencies on oil and gas exploration methodologies. Jeff holds an MS and PhD in geology from the University of South Carolina and a BA in geology from Duke University. He is an AAPG/DPA Certified Petroleum Geologist. He has recently retired and has resided in Oak Ridge for about 20 years.

Seven sessions: Wednesdays, 6:00 p.m. - 7:10 p.m., September 10, 17, 24; October 1, 15, 22, 29

FINANCE & BUSINESS

200 Savvy Social Security Planning for Women



Social Security is very important especially to women. Women represent 56 percent of all Social Security beneficiaries aged 62 and older and about 66 percent of all beneficiaries aged 85 and older. Whether you are married or single, divorced or widowed, there are certain strategies you can use to give you more benefits over your lifetime. We are going to talk about some of those strategies during this class.

Caroline Friedrich, CFP®, CPA is a financial advisor with a focus on retirement and tax planning. She graduated from the University of Tennessee with an accounting degree and completed the Master of Accountancy with a tax concentration. Caroline spent a decade in Big 4 public accounting where she consulted with high-net-worth clients on tax compliance and planning strategies. Caroline has been a wealth advisor for over 5 years and provides fee-only investment advisory services and comprehensive financial planning as a fiduciary. She lives in Knoxville with her husband and three young daughters.

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

Registration Fees -- Please note: Every person registering for Fall 2025 must pay the \$190 registration fee. We cannot process your paper registration without the accompanying fee; however, please do not pay class fees until you receive your schedule signifying that you are enrolled.

201 Smart Money, Smart Choices: Protecting Your Finances from Scams

In this class, representatives from TNBank will discuss recognizing and mitigating the risk of financial scams that commonly target members of our senior community.

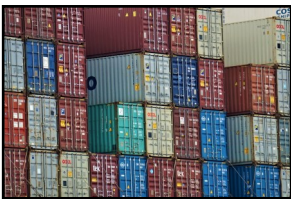
Emily Matthews is a personal banker at TNBank with over 10 years of front-line banking experience. Laura Thurman is an electronic banking specialist at TNBank with more than 15 years of experience in digital banking. Both are passionate about educating their community and safeguarding their assets from potential fraud common in today's technical world.



One session: Tuesday, 9:30 a.m. - 10:40 a.m., October 14

202 Understanding U.S. International Trade in the mid-2020s

This class is for anyone who wants to know more about how international trade works, the consequences for individuals, firms, and the economy, and U.S. international political relationships with the rest of the world. No previous knowledge is required, only interest in the subject.



Millicent Taylor has an MA and PhD from the University of Tennessee with a major in international economics. She has a BA in economics from Vanderbilt University. She has worked as an intelligence analyst at the CIA, working on the financial situation in the USSR. She was an associate professor at Colorado State University, and professor at Carson Newman University. Taylor has taught part time at Pellissippi State Community College, the University of Tennessee, and King University.

Three sessions: Mondays, 9:30 a.m. - 10:40 a.m., September 15, 22, 29

COMMUNITY, GOVERNMENT, CURRENT EVENTS

250 Is Civics Education Necessary?

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



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

One session: Thursday, 9:30 a.m. - 10:40 a.m., October 2

251 How the U.S. Government Works and How It Doesn't

The way the United States government works can be confusing to say the least. In this class will attempt to clear up some of this confusion. We'll explore the origins of the constitutional republic we live under, and the purpose and responsibilities of each branch of government. We will talk about the history of political parties, and the political and economic maneuvers of the past and present that have brought us to where we are now.



David Adkins has been a professor of history at Roane State Community College for the past 7 years, presenting classes and lectures on topics such as general American History, folklore, Halloween, and all things pertaining to war and U.S. culture.

Five sessions: Thursdays, 6:00 p.m. - 7:10 p.m., September 11, 18, 25; October 2, 9

252 Journalism: Past, Present, and Future



Journalism's past is the prologue to journalism's future but alas what is our current reality? Storytelling begins with WHO, WHAT, WHEN, WHERE, WHY and HOW. The instructor has 30 years experience in news media, learning inside tips of the trade and historic tidbits. He will share this knowledge with class participants.

Professor Joseph Bohannon is an award-winning television news producer, with 30 years of experience at all levels of production. He holds an MFA in film and electronic media from American University in Washington DC. He currently teaches at Pellissippi State Community College. He taught at Syracuse University and University of Maryland and he was also a producer at NBC News in Washington, DC.

Three sessions: Wednesdays, 4:00 p.m. - 5:10 p.m., November 5, 12, 19

253 Preserving Your History with the Oak Ridge Public Library's SLAM Space

Learn about the Oak Ridge Public Library's new digitalization equipment! The SLAM (Share Learn and Make) Space has equipment available to help you convert your old media into digital formats. VHS, cassettes, and photographic film are slowly becoming obsolete. The SLAM Space has equipment which allows you to make digital copies of these important memories and view them on any digital device.



This two-part class will present the principles of preservation, ethnography, and hands-on instruction for using the equipment. The first session will be a lecture taught by Emily Curtis and Sarah Fluegel. The second session will be a hands-on class at the Oak Ridge Public Library taught by Sarah Fluegel and will go over how to use the equipment at the library.

Emily Curtis is the Community Outreach Specialist for Oak Ridge Public Library. She has a MA in folklore and several years' experience in museums, cultural education, and historic preservation sites.

Sarah Fluegel is the Technology Specialist at the Oak Ridge Public Library. She has a BA in graphic design and has worked in libraries since 2018. She currently helps manage computers and technology owned by the library while also helping patrons overcome obstacles to using their own devices.

Two sessions: Tuesday, 2:30 p.m. – 3:40 p.m., September 16 (ORICL classroom)

A: Tuesday, 10:00 a.m., September 23 (Oak Ridge Public Library)

B: Thursday, 10:00 a.m., September 25 (Oak Ridge Public Library)

Everyone will attend the session in the ORICL classroom, then please choose one session at the library.

254 Fire Safety in the Community

This class will discuss general safety precautions in the home and community with an emphasis on fire safety. Topics will include fire department updates, falls in the home, smoke detector program, fire extinguishers, upcoming events, and questions from the audience.



Travis Solomon is the Fire Chief of the Oak Ridge Fire Department and has over 25 years of experience in emergency services. Chief Solomon has served with the Oak Ridge Fire Department since February 2016, first as Fire Marshal and was promoted to Chief in December 2020. He earned his BS in fire science from Columbia Southern University, and his Associates of Science in fire protection from Walters State Community College.

David Cantu is one of two full-time fire codes inspectors employed with the City of Oak Ridge and has over 20 years' experience in emergency services. Inspector Cantu has served with the Oak Ridge Fire Department since September 2021, first as Fire Engineer/EMT and was promoted to inspector in September 2022. He began his career in public service with the United States Army where he completed the Primary Leadership Development Course at the top of his class and continued to earn certificates and recognition for excellence in displaying the core values of military service.

One session: Wednesday, 9:30 a.m. - 10:40 a.m., September 24

255 CarFit

CarFit provides drivers with information to get the most safety, comfort, and confidence from their own cars. The program is all-volunteer and free of charge. This program is supported by national partners AARP and the America Occupational Therapy Association.

Drivers come to the event in their own vehicles and go through three stations set up in the parking lot.

- Check in Station: drivers will be greeted, given a waiver to sign, then given a checklist provided by the national partners. Drivers will then drive to the Checkup station.
- Checkup: trained volunteers will go through the checklist with the drivers, suggesting possible adjustments the driver might make to the car. The volunteers will not make the adjustments – only the driver can make those.
- Checkout: a volunteer will go through the remainder of the checklist, offering additional information or providing help with issues not resolved at the Checkup station, and give the driver a copy of the completed checklist.

CarFit is not a mechanical checkup of the vehicle, nor is it in any way a “test” or measurement of driving competence.

For more information, please visit: www.car-fit.org

Don Lindsey retired in 2016 from AAA in Tennessee after more than 39 years conducting traffic safety, public affairs and public relations efforts. During those years, he worked with local, state, and national groups doing scores of traffic safety programs and earning the Lifetime Achievement Award from the Volunteer Chapter of the Public Relations Society of America and the Director's Award from the Tennessee Highway Safety Office. Don lives in Knoxville and is active in the Optimist Club, AARP, the Front Page Foundation, and other community service organizations.

One session: Wednesday, 1:00 p.m. - 5:00 p.m., October 15

This class will take place in the parking lot of the Goff Building.



HISTORY

301 Folklore and Legends of Appalachia



The Appalachian Mountains are the oldest mountain range in the world, and in its relative isolation the region developed a unique set of legends and folklore. From indigenous legends, chilling settlers, to the coal miners that gave the regions its identity in the late 19th and 20th centuries the stories arose. Join us for an exploration of the legends and culture of this fascinating region.

David Adkins is an award-winning historian and honors graduate of the University of Tennessee. He has taught college classes on a wide variety of topics for Roane State Community College and across the state of Tennessee, with a particular focus on cultural and economic history. He occasionally runs the Mercenary Historian YouTube channel and appears on various gaming and interview channels around the internet.

Three sessions: Thursdays, 6:00 p.m. - 7:10 p.m., October 16, 23, 30

302 The History of Ancient Greece

Ancient Greece is often called the cradle of western civilization and the birthplace of democracy, but is this true or just a cliché? This class will explore the origins and culture of the incredibly diverse factions that were present in the Greek region of the Mediterranean. Politics, philosophy, and military actions, we will touch on all of them all over the duration of this class.

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

Four sessions: Thursdays, 6:00 p.m. - 7:10 p.m., November 6, 13, 20; December 4

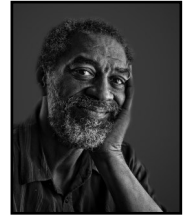


ORICL Class Disclaimer

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.

303 Race Relations - Good and Bad: The Oak Ridge History

The “secret history” of African Americans in the Oak Ridge area, well before and after it was first called the Secret City, will be presented in this course. You will learn compelling stories about enslaved and free Black individuals and a Black Civil War veteran who lived in Robertsville; what life was like for Black adults and later their children who lived under Jim Crow segregation laws for 20 years during and after the Manhattan Project; how Black and white Oak Ridgers collaborated to desegregate the first two public schools in the Southeast and a cafeteria, lunch counter, barbershop, laundromat, and swimming pool; how housing for Black people has improved (from hutments to Scarboro houses to homes in integrated neighborhoods), as well as have job opportunities (from common laborer to engineer, scientist, government executive, business owner, and professional sports athlete or coach). The course will include stories of progress and pushback in Oak Ridge up to the present after civil rights laws were passed in the 1960s.



Carolyn Krause is a volunteer journalist for The Oak Ridger and writer of many articles for the newspaper's Historically Speaking column. A native of Pittsburgh, PA, she is the former editor of the Oak Ridge National Laboratory Review, a science magazine. She has a MA in journalism from Northwestern University, where she specialized in science writing. A member of the Friends of ORNL and ORICL boards of directors, she has previously taught ORICL courses on Peru (Machu Picchu), Ecuador (Galapagos Islands), Australia, and New Zealand, “the cost of racism”, and “Unsung Scientific Heroes in 20th Century Oak Ridge History.”

Ruby Miller is a native of Spartanburg, SC. In 1968, after graduating from Livingstone College in Salisbury, NC, she was recruited by Union Carbide Nuclear Division to work at their Oak Ridge facilities. She held several positions, including associate director of Public Relations and manager of Small Business Programs for Martin Marietta Energy Systems (MMES). In 1990, Ruby left MMES to open a State Farm Insurance agency, which she owned and managed until July 2024. She taught part-time in the College of Communications at the University of Tennessee. She is the past president of the Oak Ridge Breakfast Rotary Club and serves on the ORICL board of directors.

Ray Smith has been the Oak Ridge historian since 2015; Tennessee historical commissioner for east Tennessee since 2017; cohost for Hidden History: Stories from the Secret City; and editor and writer of the weekly Historically Speaking column for The Oak Ridger and Morgan County Today newspapers. He has been a documentary film producer, photographer, and ORICL instructor for the past several years. He is co-author of Critical Connections: The University and Oak Ridge from the Dawn of the Atomic Age to the Present.

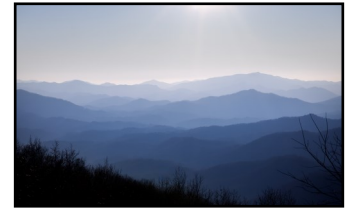
Katatra Vasquez is an award-winning author of children's books, environmental scientist, and heritage preservationist passionate about revealing the contributions of the historically unknown or overshadowed people in American history. A Dayton, Ohio, native and graduate of Tuskegee University, Katatra has lived in Oak Ridge for more than 20 years. She has safeguarded America's historic and cultural resources through her federal work. She is the founder of Atomic Hope, a heritage education and experiential tourism company.

Eight sessions: Tuesdays, 6:30 p.m. - 8:00 p.m., September 16, 23, 30; October 7, 14, 21, 28; November 4

**It is a new academic year. Your membership fee is now due.
The fee of \$190 covers all three terms in the year —
fall, winter/spring and summer.
Please pay online with a credit card OR
pay with a check via first class mail.
Your support of ORICL is appreciated. Thank you!!!!**

304 More . . . Appalachia on our Minds, Part I

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



Part one of this course will focus exclusively on depictions of Appalachia in documentaries and movies. Some of the films we will watch won considerable acclaim. Others never gained much attention, were forgotten almost as soon as they appeared, and are rarely known today except among regional specialists. Among the topics we will address in the fall term: the Cherokee removal story, the issue of slavery and race in pre-Civil War Appalachia, the devastating impact of the Civil War throughout the region (and particularly East Tennessee). Overlapping the two terms, we will watch films that explore the era c. 1870-1920 and how capitalist investors in extractive industries, missionaries, local color writers, tourists and the like "discovered *Appalachia*" and created regional images that persist today.

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

Eight sessions: Mondays, 11:00 a.m. - 1:00 p.m., September 8, 15, 22, 29; October 6, 13, 20, 27

305 The Rise of NASCAR



This class is based on my book *NASCAR's Wild Years*, American stock car racing from its early decades through the 1980s.

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

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

306 The Sunbeam Story - Once Upon a Time

The ultimate in high performance since 1899, Sunbeams held land speed records. Sunbeams had Grand Prix wins and aero engines. Sunbeams were the fastest cars of their time.

Alex Gabbard is a lifelong auto enthusiast. He owned a 1966 Sunbeam Alpine and two Sunbeam Tigers.

One session: Monday, 9:30 a.m. - 10:40 a.m., November 17



307 The Civil War and the English Language

If metal and lead were the heart of the Civil War, then the English language was its soul. The rich vocabulary of the language ignited the emotions on both sides of the Mason-Dixon Line and was used to get men into the ranks, sustain them while they were there and was the instrument they used to try and make sense of the carnage. Soldiers, in turn, longingly waited for letters from loved ones at home to know if someone still cared, while generals used words to move armies, develop strategies, and cover their backsides when they lost battles. A tall man from Illinois perhaps used it to its fullest potential when describing the meaning of the war at the dedication of a small portion of a battlefield in Pennsylvania. The English language, in all its splendor, went to war as surely as the armies did between 1860-1865.



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

One session: Wednesday, 11:00 a.m. - 12:10 p.m., December 3

308 Wounded at Chickamauga

The Civil War battle near Chattanooga in which a Union soldier was shot through the head and survived. This is the story of my grandfather.

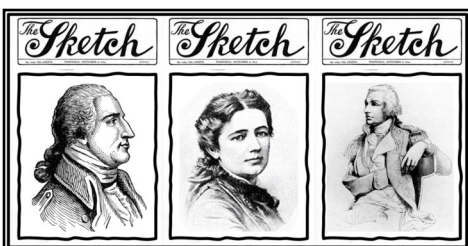
Alex Gabbard, see biographical information listed under class #305 on the previous page.

One session: Monday, 9:30 a.m. - 10:40 a.m., November 24



309 Tabloid History: Three Trans-Atlantic Adventures

Three fascinating individuals reside in the shadows of our collective memories: Benedict Arnold – he who committed treason; Victoria Woodhull – first female candidate for the American presidency; and Horatio Nelson – “defender” of English civilization. All are connected to both sides of the Atlantic Ocean, England and the Americas; and all have stories epic in the telling. But do we really know them? This is an invitation to experience history drawn from the tabloids: to encounter intrigue, scandal, and naughty stuff. Think of it as a learning experience fraught with “guilty pleasures.” Relish information you might never wished you had known.



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

Four sessions: Tuesdays, 11:00 a.m. - 12:10 p.m., October 7, 14, 21, 28

310 American Indian Cultures

This eight-session class will cover various American Indian Cultures – Northeastern, Southwestern, and Great Plains. Some topics to be discussed will include languages, medicine, food, life rituals, spirituality, Eurocentric views vs. American Indian views of time, and American Indian male and female stereotypes.

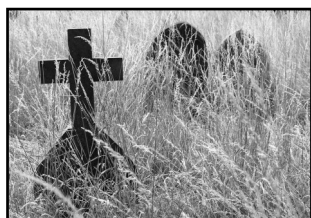
Long Dog Road by Kent Nerburn is recommended but not required. At the first-class session students will receive a prepared booklet of related American Indian articles and a bibliography.



Karen NoLand came from a modest American Indian family and was the first of her family to finish high school. She completed a BA in Spanish, an MA in bicultural-bilingual studies, and an MA in women's studies from Ohio State University. She holds an MA in ESL from Carson-Newman and a PhD in cultural anthropology from University of Wisconsin. She is a past instructor/assistant professor at Ohio State University, University of Wisconsin, University of Minnesota, Florida's Rollins College, California State University-Northridge, University of Tennessee, and Tusculum University.

Eight sessions: Wednesdays, 4:00 p.m. - 6:00 p.m., September 10, 17, 24; October 1, 8, 15, 22, 29

311 Oak Ridge Cemeteries: A History (Halloween edition)



In late 1942 the U.S. government acquired the land that was to become Oak Ridge. Eighty small cemeteries were left behind. Mike Stallo will discuss the histories of the cemeteries as well as a few spooky stories related to them.

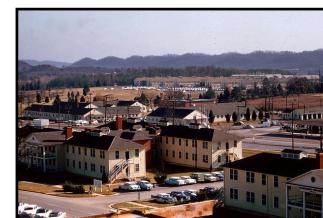
Mike Stallo's career in records management at DOE transitioned into a reputation as a historian for Oak Ridge and then a staff position at the Oak Ridge Public Library.

Mike currently manages the library's "Oak Ridge Room." He also contributes to Ray Smith's popular Historically Speaking column on occasion. The Oak Ridge Room digital collection includes photographs, documents, and letters. In the physical collection at the library are primary and secondary resources on Oak Ridge, the Manhattan Project. Atomic history including documents, letters, reports, articles, photographs, artifacts, maps, school annuals, newspapers, and books. Stallo was president of the Oak Ridge Heritage & Preservation Association the founding year of Oak Ridge History Museum and continues his board membership.

One session: Tuesday, 9:30 a.m. - 10:40 a.m., October 28

312 Yet Even More Stories from the Secret City (online - ZOOM)

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



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

Three sessions: Mondays, 9:30 a.m. – 10:40 a.m., September 8, 15, 22

This class meets online via ZOOM.

313 The Past, Present, and Future of K-25**Fee: \$5**

The K-25 gaseous diffusion plant in Oak Ridge played a vital role in our nation's history from the beginnings in the Manhattan Project through the Cold War. That plant and associated facilities processed uranium and helped usher our nation and the world into the atomic age. Today that site, called The Heritage Center, is the location of the K-25 Atomic History Center, the K-25 Wilcox Interpretative Center, and an impressive and growing collection of businesses, many tied to the nuclear renaissance. The first day of this course will first look at that critical history, from the beginnings of the plant up

through the successful remediation of the site, the largest effort in the United States. Part of this history discussion will focus on and utilize resources and programs offered by the AMSE Foundation through the History Center and the Interpretive Center. The second day of the course will examine the companies that have located at the Heritage Center, companies like Kairos Power and LIS Technologies. The class will be held in the new K-25 Wilcox Interpretive Center and will include a tour of that center as well as the K-25 Atomic History Center and, if completed, the new Portal #4 visitor facility that is on the site as well.

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

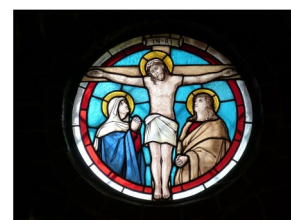
Two sessions: Fridays, 11:00 a.m. - 12:10 p.m., September 12, 19

This class will be held at the K-25 Wilcox Interpretive Center, 652 Enrichment Street, Oak Ridge.

PHILOSOPHY & RELIGION

350 Early Christianity: Counterculture to Christendom (HYBRID)

The birth of Jesus (6-4 BCE) is set in the Gospel of Luke (2:1-2) during the reign of Emperor Augustus when Quirinius was governor of Syria, and in Matthew (2:1) in the time of King Herod, who died in 4 BCE. As reported in the Gospels, Jesus died some thirty-five years later by crucifixion, a particularly heinous form of torture. It was borrowed from the Phoenicians and reserved by Rome for slaves and foreigners, mostly political enemies. Neither Jesus nor the religion named for the Christ emerged from a cultural vacuum. Beginning with Christian documents in the New Testament, the story is immersed in the Roman culture and cannot be understood apart from Roman political, social, and religious history.



In the first three centuries of the common era, Christianity exploded from a small, sometimes persecuted, Jewish sect to become the dominant religion of Rome. Starting from a counter-culture movement to becoming the imperial religious establishment. It's the story Michael Walsh wrote, *The Triumph of the Meek* (1986). The role of religion in the Roman system, the unique character of Christianity among Roman religions, the effect of Roman persecution on Christian expansion, the political history of Rome, and the rationale for religious establishment are necessary issues in understanding Christian beginnings.

Larry Dipboye is a graduate of Baylor University and Southwestern Baptist Theological Seminary in Texas. He received his PhD from Southern Baptist Seminary in Louisville, Kentucky. Since 1962 he served as pastor in six churches in Texas, Missouri, Kentucky, and Tennessee. He retired as co-pastor from Grace Covenant Church in 2019.

Five sessions: Thursdays, 11:00 a.m. - 12:10 p.m., October 16, 23, 30; November 6, 13

351 Learning About Jews and Judaism (Judaism 101)

Come explore Judaism as a religion, as a communal identity, and as a cultural influence on contemporary society. This course considers the variety of answers to the question "Who is a Jew?" and looks at the way Jewish values and culture inform the lives of both religious and non-religious Jews. Learn about Jewish holidays, from the joy of Simchat Torah and Passover to the solemnity of Yom Kippur and Tisha B' Av. Find out the difference between different branches of Judaism and look at some texts Jews and Christians have in common. Jewish contributions to literature, comedy, film, and science will be considered in the light of Jewish culture and history. Every class will include a Jewish joke and some discussion of what makes Jewish humor Jewish.



Dale Rosenberg is a Jewish educator who teaches in a variety of academic and religious settings. She and her wife, Rabbi Ahuvah Loewenthal, moved to Oak Ridge in January 2024 when Ahuvah began her role as spiritual leader of the Jewish Congregation of Oak Ridge (JCOR). Dale completed her bachelor's degree in quantitative psychology at McGill University, a master's in library and information science at SUNY Albany, and master's degrees in Jewish studies and Jewish education at Hebrew College.

Eleven sessions: Thursdays, 1:00 p.m. - 2:10 p.m., September 11, 18, 25; October 9, 16, 23, 30; November 6, 13, 20; December 4

352 Orthodox Christianity



The Orthodox Christian Church is one of the three major branches of Christianity. It traces its origins back to the time of the Apostles. Father Basil Biberdorf of St. Anne Orthodox Church will give a brief overview of the beliefs, history, and practices of the Orthodox Church (Christian).

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

One session: Monday, 4:00 p.m. - 5:10 p.m., September 29

353 Yeshua, A Light to Both Jews and Gentiles

Jesus' Hebrew name is Yeshua. He is the Lion of the tribe of Judah, the Son of God sent to both His own people and all the other nations of the earth, to seek and save what was lost. What was lost in the Garden of Eden is relationship with God due to the rebellion (the disobedience of Adam and Eve). That relationship is restored through the Son of God for both Jews and Gentiles as is seen through modern Messianic Judaism.



Rabbi Michael Weiner was raised, Bar Mitzvahed, and later confirmed in the conservative congregation, B'nai Israel in Pensacola, FL. He became a follower of Yeshua at the Ohev Yisrael Messianic Congregation in northern Virginia where he served as a Shamas (deacon) for 10 years. After relocating to Knoxville in 1995, Michael was set in by Dan Juster as senior leader of Shomair Yisrael in 1998 and later fully ordained as a Messianic Rabbi by Tikkun America. Today, Michael is Rabbi Emeritus at Shomair and serves on the Tikkun American Apostolic Team.

One session: Monday, 11:00 a.m. - 12:10 p.m., November 10

354 The United Church, Chapel on the Hill

The United Church, Chapel on the Hill, is a progressive, non-denominational Christian church. It began as a military chapel in World War II and served as a church home to Catholic, Protestant, and Jewish congregations during that time. Since, the church has remained a non-creedal Christian church that continues its legacy of bringing people together from various denominations.



Suzanne Blokland is a summa cum laude graduate of Belmont University, with degrees in philosophy and religion. She completed her post-graduate work at Vanderbilt University, earning an MA in religion, with a specialization in medical ethics. She was ordained by the United Church in August 2019. At the United Church, she served as minister of education before being selected as the full-time minister for the congregation.

One session: Tuesday, 2:30 p.m. - 3:40 p.m., November 18

355 Methodism and Ministry in Oak Ridge



First United Methodist Church of Oak Ridge co-lead pastors Ken and Clair Sauer will share about the beginnings of Methodism, the history of Methodism in the United States and Oak Ridge. They will share the Christian symbolism in the sanctuary of First United Methodist Church.

Ken and Clair Sauer are ordained elders in the United Methodist Church. Prior to their appointment as co-lead pastors of First UMC of Oak Ridge in July 2024, they served churches in the Chattanooga area for 18 years. Clair is an Oak Ridge native, while Ken hails from upstate New York. They are the parents of a daughter and a son.

One session: Monday, 1:00 p.m. - 2:10 p.m., October 20

This class will meet at the First United Methodist Church, 1350 Oak Ridge Turnpike.

356 Unitarian Universalism 101

You may be surprised to learn the Unitarian Universalism has its roots as one of the oldest religions in America. What began as two separate Christian heresies, Unitarianism and Universalism, merged in the 1960s to become the welcoming, interfaith, international movement of today. This class will teach the attendees a bit about one of Oak Ridge's original and perhaps most unusual faith communities.

Lóre Stevens is the new minister of Oak Ridge Unitarian Universalist Church. She is from Powell, TN originally. She worked at the Nashville Public Library before discerning a call to ministry and receiving her MDiv from Harvard Divinity School.

One session: Wednesday, 2:30 p.m. - 3:40 p.m., November 12

Schedule Changes

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

357 Lovingkindness and Unbounded Friendliness (online - ZOOM)

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

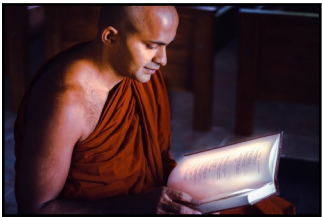


Fred Martinson is an art historian (PhD, University of Chicago) who taught at the University of Tennessee for 30 years. He has a special interest in the iconology of Buddhist Art (“meaning” as well as style and context.) After specializing in the meaning of Buddhist subjects in Asian art for decades,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

Twelve sessions: Mondays, 11:00 a.m. – 12:10 p.m., September 8, 15, 22, 29; October 6, 13, 20, 27; November 3, 10, 17, 24

This class will meet online via Zoom.

358 Reading the Dhammapada Out Loud



The Dhammapada, or “Words of the Doctrine,” is a book of Buddhist aphorisms composed in 423 verses. The words ascribed to the Buddha himself. The entire work is, in essence, a call to rouse oneself from the thoughtless life and achieve that greatest of all conquests, the conquest of self. Recorded by an unknown author, the verses are arranged in short chapters. In Reading the Dhammapada out loud, we will read, contemplate and discuss the verses. Those who do not enjoy reading aloud are welcome to join the class and ‘pass’ on reading aloud.

We will use the beautiful F. Max Muller translation. A paperback edition published by Frugal Reads is available on Amazon for under \$5.00.

Martha de la Garza Fowler is a native Oak Ridger, graduate of both the University of Virginia, Charlottesville and the University of Tennessee. Not a Buddhist scholar, she offers Reading the Dhammapada out loud as facilitator rather than instructor.

Five sessions: Wednesdays, 2:30 p.m. - 3:40 p.m., September 17, 24; October 1, 8, 15

Registration Reminders - Online and Paper

Please remember that online registration opens August 5. Paper registrations will be input, in the order received, beginning August 6. Paper registrations are accepted in the ORICL office as soon as the catalogs are printed. The earlier you register the better chances you have for getting the classes you request!

HEALTH, WELLNESS & MEDICINE

400 Positive Psychology, Gratitude, and Purposeful Aging

In the first session of this class we will define Positive Psychology and how it differs from “positive thinking”. We will explore the five core elements of well-being, the science of happiness and how it is related to gratitude, and talk about happiness as we age. We will also look at the science of gratitude and gratitude practices that work.

We will discuss the importance of meaning and purpose in our lives for well-being, as well as explore strategies for building resilience, an important element of positive aging. We will put the information from these two classes together and talk about practices to integrate into your life, as well as resources to consider learning more about this interesting topic.



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

Two sessions: Tuesdays, 9:30 a.m. - 10:40 a.m., October 21, 28

401 What's in Your Medicine Cabinet?



Are all your nonprescription drugs safe and effective? Maybe you are taking too much medication? How about all those billions of dollars spent on supplements? Do they live up to the hype of social media influencers? Grandma consumed tablespoons of Lydia Pinkham #49 for her PMS, extract of asafoetida for her digestion, and made all her children take a spoonful of cod liver oil at breakfast and she lived to be over 100 years old. She was probably a social “influencer”, too! Your federal government through the FDA is watching out for you...right?

Norman Barrett worked as a hospital pharmacist in Orlando, FL from 1969 to 1997. During this time, he became a residential contractor working in two professions. After two years of traveling in a motor home to Alaska and beyond, Knoxville became home. He worked at CVS and Kroger as a retail pharmacist until 2011. He has traveled to 50 countries where his travel photography blossomed to over 7500 images on Alamy.com. His interests include hiking, travel writing, and publishing a new book on a well-lived life.

One session: Monday, 9:30 a.m. - 10:40 a.m., September 8

Class Cancellations

Thank you for contacting the ORICL office when you cancel a class or trip. It is a courtesy to the class instructors, the office staff, and especially to those on the waiting list.

402 Vaccine Update

This class will cover the purpose of vaccines, types of vaccines, and who and when to get these vaccines. Vaccines for travel, side effects, effectiveness, and current recommendations for adults.



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

One session: Wednesday, 9:30 a.m. - 10:40 a.m., September 17

403 Thriving with Vision Loss



Classes will cover information and resources to maintain independence with vision loss. Subjects that will be covered will include adapting the home and daily activities, technology, transportation and mobility, cooking, reading, entertainment and recreation, age related eye disease and treatment. The instructor is blind and leads a low vision group in Oak Ridge. Guest speakers will provide specialized information.

Marian Wildgruber was born in Seattle with two eye diseases. She learned to adapt to her low vision from birth. She has two degrees from the University of Washington and worked for the US Forest Service for 12 years in California, Oregon, Washington and Washington DC. She then married her husband and moved to Munich for seven years. The next move was to Oak Ridge where she has raised her two sons and worked as a volunteer and advocate for children's disability programs. Losing her sight gradually, Marian learned many of the different tools and techniques for living a full and independent life with a vision impairment through friends, workshops, online, and organizations. She is now passionate about sharing what she has learned with others who are experiencing vision loss. Marian loves to read, travel, cook, and spend time with friends and family. For over 2 years, Marian and Marty Adler-Jasny have led a Low Vision Resource Group that meets on the third Monday of each month at the Oak Ridge Senior Center with guest speakers, demonstrations, and fellowship.

Twelve sessions: Wednesdays, 11:00 a.m. - 12:10 p.m., September 10, 17, 24; October 1, 8, 15, 22, 29; November 5, 12, 19; December 3

404 Death and Dying: Exploring Hospice

This class offers a compassionate and thought-provoking exploration of the complex and deeply personal decision to enter hospice care. Students will engage with real-life stories, medical and ethical considerations, and the emotional dimensions of end-of-life choices. Through discussions, readings, and reflective exercises, the class examines what it means to face death with dignity, how individuals and families cope with terminal illness, and the role of hospice in providing comfort rather than cure. The course delves into cultural, spiritual, and psychological perspectives on death and dying, aiming to foster a deeper understanding of mortality and the human experience at life's end.



Blake Morris has been an RN for 12 years and worked in home and residential hospice in Appalachia. She currently teaches nursing at Roane State and incorporates death and dying in the lectures whenever possible. Her other RN experience includes the emergency department at University of Tennessee hospital, acute care neurology, and acute care oncology. She received her BSN from Tennessee Wesleyan and a doctorate in nursing education from the University of West Georgia.

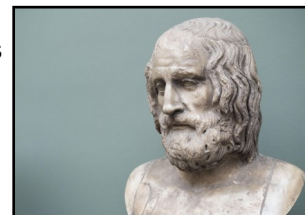
Two sessions: Fridays, 2:30 p.m. - 3:40 p.m., October 3, 10

LITERATURE

450 Three Dramas by Euripides: *Andromache*, *Hecuba*, *Trojan Women* (online - ZOOM)

"It's a woman's nature to take delight in having on our lips and on our tongues the troubles that beset us." From *Andromache*, translated by Diane Arnson Svarlien (lines 98-100)

"Raise your head from the ground, lift your neck from the dirt; rise now, consider your fate! It is bleak." From *Hecuba* (A. S. translation, lines 100-101)



This fall we are reading aloud three famous tragedies by Euripides: *Andromache*, *Hecuba*, and *Trojan Women*. Euripides was one of the greatest authors of Greek tragedy. His dramas are distinguished by clever dialogue, fine choral lyrics, and gritty realism. The three plays we will read are all set in the aftermath of the Trojan War and show the fates of the women of the royal family of Troy.

All three plays will be read and discussed in class. The group reads orally in a round-robin manner. Mispronunciations are considered creative. Required text: Students in this class must obtain a copy of *Euripides: Andromache, Hecuba, Trojan Women*, translated by Dian Arnson Svarlien (Hackett Publishing Company, Inc. 2012). Other fine translations are available but because we read aloud, everyone must use the same translation. We have used Ms. Arnson Svarlien's translations in the past and our group found her versions accessible and lively. She uses contemporary English-language to approximate what Euripides' plays are in Greek. Supplemental materials are provided for the participants' enjoyment and enlightenment but are unnecessary for in-class participation.

Nancy Burwell and Tom Tague are not classicists. They started their educational paths with degrees in English and now enjoy the group fun of reading classical literature aloud.

Nine sessions: Thursdays, 11:00 a.m. – 12:10 p.m., September 11, 18, 25; October 2, 9, 16, 23, 30; November 6

This class will meet online via ZOOM.

451 How to Write a Poem

In this class students will be encouraged to play with words while crafting their poems. This class is open to beginners and practiced poets. Students will study tools poets use in shaping their work. Poems of Robert Frost, Mary Oliver, and other modern poets will be examined as examples of inspiration. Sharing is encouraged, but not required.

Sylvia Woods is a retired high school English teacher and poet. Her work has been published in a variety of journals. Her collection of poetry, "What We Take With Us", was published by EastOver Press in 2021.

Five sessions: Mondays, 9:30 a.m. - 10:40 a.m., September 29; October 6, 13, 20, 27



452 Jews and Comic Books

A multi-media presentation on the intersection between the development of the American comic book and the American Jewish community. Come to find answers to these burning questions and more:



- In the 1930s, did Goebbels denounce Superman as a Crypto-Jew?
- What comic book supervillain is not only a Jew but a Holocaust survivor?
- Was the crackdown on comic books in the 1950s an anti-Semitic movement, or was it started by Jews or both?
- With so many Jews involved in comic book writing and publication since the 1930s, why were there no Jewish characters in mainstream comic books until the 1970s and why did it take a guy named Chris to create some?
- Which of the X-Men are Jews? Which of the Fantastic Four?
- What Jewish-themed comic book won a Pulitzer Prize?

Whether you think comics foster truth, justice, and the American way or believe that comics cause seduction of the innocent, you will learn something about the influence American Jews have had and continue to have on this quintessentially American art form.

Dale Rosenberg, for biographical information see under class #351 on page 22.

One session: Monday, 4:00 p.m. - 6:00 p.m., November 3

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

"We know what we are but know not what we may be."
Ophelia, in Hamlet. Act 4, Scene 5

"Though this be madness, yet there is method in't."
Polonius, Act 2, Scene 2

Although the original Shakespeare Out Loud group completed its goal of reading all 38 of Shakespeare's plays in summer 2025, many of the group wished to continue meeting together, so it is time for Take 2.



Whether revisiting, continuing, or starting anew, we have the same goal: read aloud the Bard's plays. We will begin with *Hamlet*.

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

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

Eleven sessions: Tuesdays, 1:00 p.m. – 2:10 p.m., September 16, 23, 30; October 7, 14, 21, 28; November 4, 11, 18, 25

This class will meet online via ZOOM.

Curriculum Committee

The Curriculum Committee works hard to come up with new ideas for classes. When you see committee members be sure to thank them for their hard work! We are always looking for additional volunteers to serve on the committee.

454 The Traditional Ballad in America

This four-session class will investigate the various traditional ballads found in America. These include the Child Ballads (named for Francis Child and have nothing to do with children), American Balladry from British Broad-sides, and Native American Ballads, whose compositions are native to America and have nothing to do with actual Native Americans. The format will be lecture, Q&A, and listening to a selection of ballads.



Michael A. Lofaro is Emeritus Professor of American Studies and American Literature at the University of Tennessee, past president of the Tennessee Folklore Society, and has taught classes in folksongs and ballads for over 40 years.

Four sessions: Wednesdays, 11:00 a.m. – 12:10 p.m., October 22, 29; November 5, 12

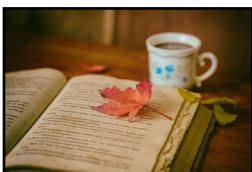
455 Another Look at Grady Hendrix: *Horrorstor* and *How to Sell a Haunted House*

During this course, we will discuss the work of Grady Hendrix. We will look specifically at the novels, *Horrorstor* and *How to Sell a Haunted House*. For our first meeting, please read chapters 1-8 of *Horrorstor* in preparation for the class.

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

Six sessions: Fridays, 9:30 a.m. - 10:40 a.m., September 12, 19, 26; October 3, 10, 17

456 Classic Literature Revisited (online - ZOOM)



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

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

September 8: *Bleak House* by Charles Dickens

October 13: *The Narrow Road to the Deep North* by Basho Masuo

November 10: *Mrs. Bridge* by Evan S. Connell

December 8: *Mr. Bridge* by Evan S. Connell

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

Five sessions: Mondays, 1:30 p.m. – 2:40 p.m., September 8; October 13; November 10; December 8; January 12

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

Why do we love a mystery? For some it is the process of watching something so artfully concealed be slowly revealed. Many of us like a genuine surprise, something we didn't see coming; yet something, once it is revealed, we realize is inevitable. We appreciate an interesting crime that needs resolution. We crave the intellectual challenge of solving a puzzle. We enjoy being caught up in the cat-and-mouse game between the "good guys" and the "villains" in a thriller. We appreciate 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!



September 23: *Down the River unto the Sea* by Walter Mosley

October 28: *Old Habits* by Steve Higgs

November 25: *A Violin Conspiracy* by Brendan Slocumb

December 23: *All the Sinners Bleed* by S. A. Cosby

January 27: *Stripped Bare* by Shannon Baker

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

Five sessions: Tuesdays, 4:00 p.m. – 5:10 p.m., September 23; October 28; November 25; December 23; January 27

458 Fiction Book Group (HYBRID)



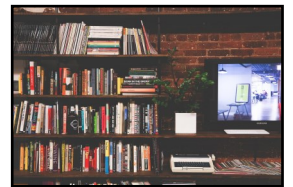
The fiction book group encourages its members to read and discuss the fiction of the last several decades. We read the recent winners of the National Book Award, the Pulitzer Prize, the Booker Prize, the PEN/Faulkner Award, and other literary winners. Members recommend books they have read, and the final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

Class coordinator is Kay Moss. This group is a hybrid class (both in-person and online via ZOOM).

Four sessions: Thursdays, 1:00 p.m. – 2:10 p.m., September 25; October 23; December ??; January 22

459 Nonfiction Book Group (online - ZOOM)

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



September 18: *The Last Gunfight: The Real Story of the Shootout at the O.K. Corral – And How It Changed the American West* by Jeff Guinn

October 16: *The Trial of Lizzie Borden* by Cara Robertson

November 20: *Bad Law: Ten Popular Laws That Are Ruining America* by Elie Mystal

January 15: *The Mind Map Book: How to Use Radiant Thinking to Maximize Your Brain's Untapped Potential* by Tony Buzan

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

Four sessions: Thursdays, 10:00 a.m. – 11:10 a.m., September 18; October 16; November 20; January 15

460 Speculative Fiction Book Group (online - ZOOM)

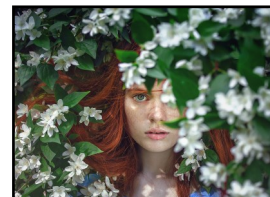
This class is for those who love sci-fi and fantasy books and want to share their enthusiasm and discover good new reads. This group will meet via ZOOM once a month to discuss a book chosen by majority vote.

September 25: *The Phoenix Feather 1 Fledglings* by Sherwood Smith

October 23: *The Hexologists* by Josiah Bancroft

December 4: *Dies the Fire* by S. M. Stirling

January 22: *The Invention of Hugo Cabret*, by Brian Selznick

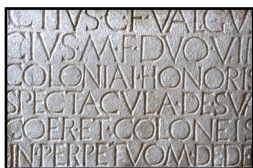


Class coordinator is Lalia Wilson. This book groups meets online via ZOOM.

Four sessions: Thursdays, 10:00 a.m. – 11:10 a.m., September 25; October 23; December 4; January 22

LANGUAGE

500 Latin II - Intermediate



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

Class coordinator is Nancy Basford.

Eleven sessions: Thursdays, 1:00 p.m. – 2:10 p.m., September 11, 18, 25; October 2, 9, 16, 23, 30; November 6, 13, 20; December 4

501 Russian I

This will be a continuation of Russian I offered in the summer 2025 term. 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.



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

Past and present tenses and aspects of verbs; accusative, prepositional, genitive, and dative cases of nouns and adjectives; reflexive verbs; and numbers will have already been covered. If you are comfortable with those, you are welcome to join this class.

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

Twelve sessions: Mondays, 1:00 p.m. - 2:10 p.m., September 8, 15, 22, 29; October 6, 13, 20, 27; November 3, 10, 17, 24

502 Russian II

This course will be a continuation of Russian 2 offered in the summer term of 2025. We will continue to use *The New Penguin Russian Course* by Nicholas J. Brown (ISBN140-12041-7); it is available online at Amazon, Barnes & Noble, and Books A Million, and the local BAM can order it. We will have covered past and present tenses and aspects of verbs; accusative, prepositional, genitive, and instrumental cases of nouns and adjectives; reflexive verbs; relative clauses and ordinal numbers. If you are comfortable with those topics, you are welcome to join us. There will be homework of around an hour or two per week.



Karen Davis, see biographical information under class #501 on previous page.

Eleven sessions: Wednesdays, 1:00 p.m. - 2:10 p.m., September 10, 17, 24; October 1, 8, 15, 22, 29; November 5, 12, 19; December 3

503 Russian IV (online - ZOOM)



This course is an intense, intermediate-level review for students who are well-grounded in Russian; it will be a continuation of Russian 4 offered in the summer term of 2025. We will be reading authentic texts (written by Russians for Russians) from various sources, mostly news and opinion, but also some fiction and memoirs. Texts will be provided to the students.

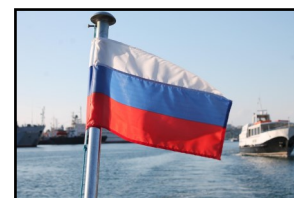
Karen Davis, see biographical information under class #501 on previous page.

Twelve sessions: Thursdays, 4:00 p.m. - 5:10 p.m., September 11, 18, 25; October 2, 9, 16, 23, 30; November 6, 13, 20; December 4

This class meets online via ZOOM.

504 Russian V

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



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

Karen Davis, see biographical information under class #501 on previous page.

Twelve sessions: Mondays, 2:30 p.m. - 3:40 p.m., September 8, 15, 22, 29; October 6, 13, 20, 27; November 3, 10, 17, 24

Donation Levels

There are four categories of ORICL membership.

- **Regular memberships** are currently \$190 per year.
- **Friends** contribute a minimum of \$25 more than the otherwise applicable membership fee.
- **Sustaining Memberships** are available for \$50 or more above regular memberships.
- **Sponsoring Memberships** are available for \$100 or more above the regular memberships. The additional donation above the regular membership amount is tax deductible.

505 Ukrainian I

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



Karen Davis, see biographical information under class #501 on page 31.

Twelve sessions: Tuesdays, 1:00 p.m. - 2:10 p.m., September 9, 16, 23, 30; October 7, 14, 21, 28; November 4, 11, 18, 25

506 Ukrainian II

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



Karen Davis, see biographical information under class #501 on page 31.

Twelve sessions: Tuesdays, 11:00 a.m. - 12:10 p.m., September 9, 16, 23, 30; October 7, 14, 21, 28; November 4, 11, 18, 25

HOBBIES & HOW-TO

550 Shopping for Technology - to the Holidays and Beyond

Shopping for relatives, friends, or yourself can be stressful, especially with the rise of technology! Where is the best place to shop for a great experience? It's not about the price – it's easy to buy more than you need or something overly complex. Even though I speak the "language of tech", I have found myself overwhelmed.



We will talk about how to shop – taking the mystery out of technology shopping. We will talk about how to find a good PLACE to shop – making sure that you get the support you need AFTER the sale is done. So come and relax as we learn that the journey can be fun – and how to make sure that you avoid buyer's remorse or at least how to get a refund.

Jennifer Davis spent 40 years working with computers and information security. Now that she is retired, she spends time helping neighbors, friends and local nonprofit organizations with the challenges of technology. She is a Microsoft alumnus – but is always looking for the next great thing. If it beeps or blinks, she probably has it in her home.

One session: Thursday, 11:00 a.m. - 12:10 p.m., October 9

551 The Great American Christmas Light Hunt

It's that time of year again – and whether you love seeing outdoor Christmas lights, or want to do them yourself, this is the class for you!

We will start by talking about the types of displays and how you can “keep it simple” or go all out. We will discuss the different types of light shows and how you can have an outdoor display without spending a fortune. We will look at some of the winners of ABC's Great American Light Fight, and where you can find their videos online. Finally, we will look at some of the displays here in the east Tennessee area and where to find the most exciting shows in the area.



Jennifer Davis, see biographical information under class #550 on previous page.

One session: Tuesday, 7:30 p.m. - 8:40 p.m., December 2

552 Cooking for One or Two

Fee: \$10



This is a cooking class designed to prepare meals for just one or two people. We will have hands-on demonstrations, tips for cooking smaller portions, and education on freezing meals.

*If you have already taken this class, please don't sign up again. Please allow others a chance to take the class.

Patricia Paden is the University of Tennessee Extension Family & Consumer Sciences Agent for Anderson County. She conducts educational programs throughout the county in the following areas: nutrition and food safety, community health, human development, and consumer economics. A Knoxville native, Patricia has enjoyed working in Anderson County and getting to know its residents.

One session: Thursday, 11:00 a.m. - 1:00 p.m., October 2

This class will be held at the Unitarian Universalist Church, 809 Oak Ridge Turnpike.

553 Dining with Diabetes

Fee: \$15

Dining with diabetes is a lecture and hands-on style learning course in three sessions. The course covers research and evidence-based recommendations for meal planning to prevent and manage type 2 diabetes.

Patricia Paden, see biographical information under class #552 listed above.

Three sessions: Thursdays, 11:00 a.m. - 1:00 p.m., October 30; November 6, 13

This class will be held at the Unitarian Universalist Church, 809 Oak Ridge Turnpike.



554 Cold Press Soapmaking



If you have ever wanted to learn about the soapmaking process, join Jenny Mayton as she demonstrates how to make soap using the cold process method. During this demonstration you will learn lye safety and a little chemistry behind the soap making process. She will use all-natural plant-based oils to show you a basic recipe for making soap.

Jenny Mayton learned how to make soap from her grandmother. She enjoyed the chemistry behind soap making and learning which oils and fatty acids lend different properties to soap.

Jenny began her soap making business in 2023 and enjoys sharing her knowledge and skills of simple soap making that you can do right in your own kitchen.

One session: Friday, 1:00 p.m. - 3:00 p.m., November 7

555 Bath Teas and Sugar Scrubs**Fee: \$30**

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



Jenny Mayton, see biographical information under class #554 on previous page.

One session: Friday, 11:00 a.m. - 1:00 p.m., September 12

556 Understanding the Enneagram

Curious about the enneagram? This interactive class offers a beginner friendly introduction to the 9 types and how they shape our motivations, behaviors, and relationships. Learn core traits, and tools to improve your communication, reduce conflict, and support personal growth.

Naomi Asher is a leadership speaker and coach with over 18 years guiding teams to greater effectiveness. She is a certified enneagram educator and PhD candidate studying leadership and burnout. She brings insights and real-world application to her workshops.

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

557 Using Native Plants to Cultivate a Thriving Wildlife Community

Plants and animals depend on each other in remarkable ways. Learn how to foster pollinators, increase biodiversity, and make your garden a functional part of the ecosystem through the use of native plants.

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

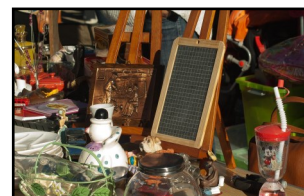
Ten sessions: Thursdays, 6:00 p.m. - 7:10 p.m., September 11, 18, 25; October 2, 9, 16, 30; November 6, 13, 20

558 Estate, Moving, and Consignment Sales - Are They Right for Me?

We will review how estate sales, online or live auctions all work and answer questions about which ones are right for which circumstance. We will also talk about how to evaluate items in your home for value and how to sell gold, silver, coins and other precious metals with confidence.

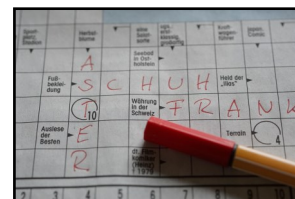
Will Kidd and his wife Jeanne have run Seven Seas Estate Sales for 15 years. They pioneered online auctions at estate sales and liquidated the contents of over 600 homes with hundreds more consultations.

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



559 Cryptic Varietal Crossword Puzzles (online - ZOOM)

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



Elane Streets began learning to solve cryptic crosswords as a newlywed in England in the early 70s and the shock was severe in the beginning, she has learned to treasure them much more than even the toughest U.S. regular puzzles.

Twelve sessions: Tuesdays, 2:30 p.m. – 3:40 p.m., September 9, 16, 23, 30; October 7, 14, 21, 28; November 4, 11, 18, 25.

This class will meet online via ZOOM.

560 Crochet and Conversation



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

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

Twelve sessions: Mondays, 4:00 p.m. – 6:00 p.m., September 8, 15, 22, 29; October 6, 13, 20, 27; November 3, 10, 17, 24

LECTURE SERIES

600 Friday Lecture Series

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



The class moderator is Carol Plasil.

Eight sessions: Fridays, 11:00 a.m. – 12:10 p.m., October 3, 10, 17, 24, 31; November 7, 14, 21

E-mail Addresses

Please make sure the ORICL office has your up-to-date e-mail address. E-mail communication is the primary way information is disseminated to the collective group and individual members.

ADDITIONAL INFORMATION

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.

Updated Parking Information

Roane State Security will NO LONGER issue a parking ticket if you don't have a parking permit and you park in staff lots "A" or "B". HOWEVER, ORICL will still issue parking permits for the use of our members. The main reason -- if an accident happens in the parking lot, and it has in the past, the security officer by observing someone's parking permit will know to contact the ORICL office for assistance in locating a vehicle's owner or the name of a member's emergency contact. If you are new to ORICL, come by the office to pick up a hang tag. Your parking permit sticker (that affixes to the hang tag) will be mailed with your class schedules in August. The permit will be valid until the beginning of fall semester 2026.

Wait Lists - Notifications

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

Schedule Changes

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

Registration Fees -- Please note:

Every person registering for Fall 2025 must pay the \$190 registration fee. We cannot process your paper registration without the accompanying fee; however, please do not pay class fees or trip fees until you receive your schedule signifying that you are enrolled.

PICTURES FROM THE ARCHIVES - 2010



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Susan Perry & Melanie Neal, Class Schedule
Harriett McCurdy, Volunteer Assistant Coordinator

Karen Davis
Betty Anne Domm
Judi Gray
Debi Harrell
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Susie Stooksbury
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THANK YOU!!

Eagle-eyed proofreaders of the preprinted catalog are Nancy Basford, Sue Lasky, Marti Salk, and Vickie Reddick. Graphics in this issue were obtained from *pixabay* and the internet. Susan Perry and Melanie Neal typed in all the data and formatted and edited the catalog. Front cover photos were taken from the years 2001 and 2010.

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ORICL - Enriching Lives Through Continued Learning

ORICL/RSCC
701 Briarcliff Ave.
Oak Ridge, TN 37830

ORICL Office: Room F-111
Roane State Community College

Office phone: 865-481-8222

Email: oricl@roanestate.edu

Web page:

Roanestate.edu/oricl

Office Hours:

Monday – Thursday
9 a.m. to 12 p.m.; leave a
message at other times.

Susan Perry, Administrator
Melanie Neal, Assistant Administrator



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Registration
Opens For
Fall 2025
Classes on
August 5