

CENTER FOR LIFELONG LEARNING

Expanding minds across the Plateau

SUMMER 2021



Center for Lifelong Learning



2567 Cook Road
Crossville, TN 38571

<https://roanestate.edu/CLL>
centerforlifelonglearning2020@gmail.com

INFORMATION ABOUT CLL

The Center for Lifelong Learning (CLL) was re-launched in Fall 2019 by founding members Judy Wade, Holly Hanson, and John Conrad. CLL seeks to provide an opportunity for all Cumberland County residents and visitors to experience a supportive, community-based environment which enriches the lives of adults, regardless of age, background, or educational level, through continued learning.

CLL is sponsored by Roane State Community College (RSCC). RSCC provides classrooms and administrative support to the program.

CLL programs are designed to reflect the interests of the community, and may include classroom sessions, field work, local trips, or other activities. All presenters are volunteers who are particularly passionate about their subject matter and wish to share their knowledge and experience with others who are curious about the topic.

We are actively seeking suggestions for future classes as well as volunteer presenters!

CLL will hold three semesters per calendar year, each typically lasting 8-12 weeks.

<u>Term</u>	<u>Begins</u>
Spring	February (delayed start April 2021)
Summer	June (delayed start August 2021)
Fall	October

- Classes are filled on a first-come, first-served basis.
- Due to limited class offerings and available seats, students may register for a MAXIMUM of three (3) classes during the first week of registration. If space is available after that time, we will allow additional registrations. Watch your email and Facebook for announcements.*
- Summer 2021 classes run August 2-26.
- Check the course location in the catalog description carefully—Summer 2021 classroom-based courses will be held at both RSCC and The Depot.*

CLL members will register for classes via our automated online registration system. Anyone can browse the class descriptions, but only users who have an account and have paid membership fees may register for a class(es).

Returning students who paid the \$40 membership fee in 2020 but did not create an account must now create an account, send an email to CLL staff, then await confirmation from a CLL volunteer that the previous payment has been assigned in the new system. The following page has detailed instructions. ***Any member who paid membership fees in 2020 is eligible to register for 2021 classes.***

New students will be able to create an account, pay membership fees, and register for classes without waiting for a response from a CLL volunteer.

If you have any questions or problems email us at centerforlifelonglearning2020@gmail.com.

REGISTRATION PROCEDURES

To Open a New Account (Returning students who did not complete this step in 2020)

- Go to <https://roanestate.edu/CLL> (type this directly in browser, not Google)
- Select “Registration and Class Listing”
- At top right of page, select “New User? Start Here”
- Select “Individual” in first field “Type?”
- Enter personal details, including Username and Password (at least 8 characters).
****MAKE NOTE OF THESE, AS CLL DOES NOT HAVE ACCESS TO THIS INFORMATION****
- After submitting the form, you should see a welcome message that your account has been created.
- Send an email to centerforlifelonglearning2020@gmail.com letting us know you’ve created your account
- Wait until you receive an email from CLL confirming your membership before proceeding with class registration.

To Open a New Account and Pay Your Membership Fee (New Students)

- Go to <https://roanestate.edu/CLL> (type this directly in browser, not Google)
- Select “Registration and Class Listing”
- Select “Membership”
- Select “2020/2021 Membership”
- Select “New user? Create an account now.”
- Enter personal details, including Username and Password (at least 8 characters).
****MAKE NOTE OF THESE, AS CLL DOES NOT HAVE ACCESS TO THIS INFORMATION****
- Follow the instructions to pay by credit card
- Proceed with class registration

Class Registration (All paid members with a confirmed account)

- Go to <https://roanestate.edu/CLL> (type this directly in browser, not Google)
- Select “Registration and Class Listing”
- Log in to your account
- Select the semester and the category (or “Any” to see all classes)
- Click on the class title to see the class description.
- Click on the Register button to register for any class.

Online registration for Summer 2021 is scheduled to open July 19, 2021.

Visit the online catalog at <https://roanestate.edu/CLL> for the latest class information. Check your email before leaving home for any class.

IMPORTANT INFORMATION FOR SUMMER 2021

Summer 2021 classes will be held at:

Roane State Community College
2567 Cook Road
Crossville, TN 38571

OR

The Depot
169 N Main Street
Crossville, TN 38555

There is ample parking in the student lots on the EAST side of the building at Roane State Community College. No special parking passes are required. Handicap parking ONLY is allowed in the faculty parking lot on the WEST side of the building—an official DMV hang tag or plate must be displayed.

Parking (including handicap space) is available in the lot in front of The Depot on Main Street. There is additional parking in the lot behind the building, accessed via North Street. Street parking may also be available but be aware of restricted spaces.

Enter the meeting room through the marked door at the back of the building.

****In Response to COVID-19****

We are still following CDC, state, and local guidance in order to maintain the safest possible environment for our volunteers and students. Guidance on social distancing varies from venue to venue, so you will notice that some classes allow fewer students than others.

Seating will be arranged so that social distance requirements for that venue are maintained. *In general, social distancing will be far less for classes held at The Depot than classes at RSCC.* It is up to each individual to decide their comfort level in a group setting and choose classes accordingly.

The classrooms—including tables, chairs, and high-touch surfaces—will be disinfected before each class.

Masks are not required for **FULLY VACCINATED** students, presenters, or volunteers.

Thank you for your cooperation.

CONTENTS

Art & Culture

- 1025: Machine Embroidery—Make & Take Tote Bag**6
 1026: A Demonstration of Felt Fiber Art.....6

Computer

- 1506: Overview of Google Docs**7
 1507: Google Word Processing**7

Cooking

- 2510: Sheet Pan Dinners—Encore! **8
 2511: Summer Vegetables—The Best of the Season **8

History

- 3003: The Longest Day—75 Years Later.....9
 3027: History of the Cumberland Homesteads**10
 3034: The Legacies of Famous Women Leaders.....11
 3035: Beginning Genealogy.....11

Language

- 3251: An Overview of Sign Language.....12

Life Experiences and Skills

- 3503: Baboons, Hippos, & Assorted African Adventures**13
 3527: Kansas Farmboy to International Traveler.....14

Literature

- 4002: The Art Circle Public Library from A to Z.....14

Medicine & Health

- 4500: Five Wishes**15
 4530: Managing Stress Through Times of Change.....15

Music

- 5022: Music Basics for Everyone**16

Outdoor Adventures

- 5262: Waterfalls and Other Secrets on the Cumberland Plateau.....16
 5263: Great Smoky Mountains and Beyond—A Guide to GSMNP....17
 5265: International Hiking.....17

Religion

- 6000: Introduction to Judaism.....18

Science & Technology

- 6534: Perseids Meteor Shower and Exploring the Night Sky.....18

Social Science and Economics

- 7032: Diversity—What Is It and Why Is It Important?.....19
 7033: Straight from the Top**20

Miscellaneous

- 8012: Introduction to Canasta**21

**** NOTE CLASS LOCATION IN COURSE DESCRIPTION**

*Due to limited class offerings and available seats, students may initially register for a **MAXIMUM of three (3) classes in Summer 2021. Thank you for your cooperation.***

*****IMPORTANT NOTICE*****

At the time of publication, all class information is correct.

We will continue to follow state and local guidance regarding COVID-19 to ensure the safety of our members and volunteers.

Should class information change, it WILL NOT be updated in this catalog, but WILL be kept current in the online listing at <https://roanestate.edu/CLL>

Thank you for your patience and understanding.

ART & CULTURE

1025 Machine Embroidery—Make & Take Tote Bag

Materials fee: \$15.00 (payable day of class)

In this fun and informative class, we will talk about the elements of a good embroidery design including fabric types, thread, stabilizers, hooping techniques, and how to stitch out the design. The first two sessions of the class will be lecture format on design and machine technique. In the third class, we will divide into groups of three max and stitch out the Center for Lifelong Learning logo on a tote bag. Each student will take home their own souvenir bag.



Marcia Hiltabidle began doing machine embroidery in 1998 when the home embroidery market was in its infancy. She has gradually evolved over the years from a single needle sewing/embroidery machine to a 15-needle commercial machine. She has taught embroidery classes at the Maker Space at Roane State and enjoys helping others get started in machine embroidery. She remembers how frustrating it was to be working on a project, have a question, and have no one to ask for help. So, she's trying to help others avoid that situation by creating a fun, informative lab environment for those just learning the craft.

Three sessions: Mondays, August 2, 9, 16; 1:00-2:30 p.m.

RSCC, CBI Maker Space
Class Size—Min: 3 Max: 6

1026 A Demonstration of Felt Fiber Art



From yurts to fashion runways, industrial insulation to delicate scarves, scratchy mittens to silky soft couch cushions, felted wool can move from utilitarian to fine art. Its versatile and malleable nature has served humankind for thousands of years. In this demonstration, the instructor will share with you a small window into the world of felt. Beginning with combed wool fiber and adding water, soap, and friction, you'll witness the process of turning fluff into fabric. We'll add some silk and a few embellishments and create beautiful art.

Cindy Stroud's creative expression began in earnest after retirement from a career in hospitality followed by business ownership. Her life became an exploration in freedom. She and her husband sold their home, bought an Airstream trailer, and began traveling through the US and Canada. This freedom from place, freedom of movement, expanded into a new sense of self and an appreciation for her unique connection to artistic flow. She found she had a talent for combining color, texture, and pattern. When she discovered the medium of wet-felting, it was an "ah-ha" moment that became the focus of her passion and devotion. Mastery of this craft and gifting its beauty to others gives her great joy.

One session: Tuesday, August 17; 1:30-3:00 p.m.

RSCC, Community Room
Class Size—Min: 6 Max: 18

COMPUTER

1506 An Overview of the Google Documents Application

Google Docs is an alternative to the Microsoft Office Application and can be used on any computer or Chromebook. It is free of charge and allows you and/or your friends/co-workers to access your documents, spreadsheets, PowerPoint presentations from any computer with access to the internet. It can also be accessed by your smartphone to review any documents such as your prescriptions, medical history, etc.



****NOTE** This class will provide foundation knowledge helpful for 1507 Google Documents.**

Jim Gries has been involved with Information Technology for over 50 years, beginning as a programmer working his way up to senior management positions in IS and operations. He has taught computer technology classes over 12 years at the college and graduate school levels and provided computer training throughout his career. He holds a BS in Physics and an MBA in Systems Management.

One session: Tuesday, August 3; 2:00-3:30 p.m.

RSCC, Room 152

Class Size—Min: 4 Max: 8

1507 How to Use and Share Google Documents



Google Docs

Google Docs is an alternative to the Microsoft Office Application and can be used on any computer or Chromebook. It is free of charge and allows you and/or your friends/co-workers to access your documents, spreadsheets, PowerPoint presentations from any computer with access to the internet. It can also be accessed by your smartphone to review any documents such as your prescriptions, medical history, etc.

This course will build on the overview information given in class 1506 and will give students hands-on experience in creating and sharing Google Documents, which are the equivalent of Microsoft Word documents.

****NOTE** 1506 Google Docs Overview provides helpful background information for this class.**

See bio for Jim Gries above.

One session: Tuesday, August 24; 2:00-3:30 p.m.

RSCC, Room 152

Class Size—Min: 4 Max: 8

Questions? Email centerforlifelonglearning2020@gmail.com

-----COOKING-----

2510 Sheet Pan Dinners—Encore! Materials fee: \$5.00 (payable day of class)

Back by popular demand! Chef Kitty Philips will offer a second class in sheet pan dinners with new recipes and more helpful tips and techniques.

Kitty Philips grew up on a farm in north Florida. Her family has been in Florida since 1820. She learned her first culinary skills from her grandmother and has expanded on them since that time. Taking classes in Tuscany, Sicily, Sardinia, and Spain, she has honed her skills using fresh ingredients. She worked as a private chef, cooking for families in Palm Beach, FL, Martha's Vineyard, and Mt. Desert, ME. She was the chef for a farm in south Florida, cooking farm-to-table dinners, working with many great chefs, and teaching classes at the farm. Since moving to Tennessee, she has taught many classes as part of the East Tennessee Gleaners Co-op. She believes in shopping local and eating local. Her motto is: Great ingredients simply prepared.



One session: Tuesday, August 24; 10:30 a.m.-12:30 p.m.

The Depot, 169 N Main St, Crossville

Class Size—Min: 6 Max: 30

2511 Summer Vegetables—The Best of the Season

Materials fee: \$5.00 (payable day of class)



Summer always brings the best vegetables and the many ways to prepare. This class will cover some great recipes to capture the freshness and taste of summer veggies.

See bio for Kitty Philips above.

One session: Monday, August 23; 10:30 a.m.-12:30 p.m.

The Depot, 169 N Main St, Crossville

Class Size—Min: 6 Max: 30

Please visit <https://roanestate.edu/CLL> to register for classes.

(See page 3 of this catalog for more information.)

Due to limited class offerings and available seats, students may register for a MAXIMUM of three (3) classes during the first week of registration. If space is available after that time, we will allow additional registrations.

Thank you for your cooperation.

HISTORY

3003 The Longest Day—75 Years Later

A poignant photo collage and historical account of the lead-up to the D-Day invasion of Hitler's Fortress Europe, and subsequent Allied invasion on the beaches of Normandy. Will also examine England under siege; Dunkirk; the Battle of Britain; Churchill's leadership; Operation Overlord; intelligence and deception; breaking the unbreakable German code; surprise airborne attacks; courage and sacrifice behind the lines; scaling the cliffs and taking the strategic bridgeheads and big guns; the greatest armada in the history of the world and its assault against Rommel's Atlantic Wall. Presentation culminates with a visit to the American cemetery above Omaha Beach and celebration of the 75th anniversary on June 6, 2019.



Bob Emrick grew up in Pennsylvania and retired in Tennessee via Baltimore, New Hampshire, and Michigan. He holds a B.S. in Physics and an MBA, leading him to a career path in corporate executive management. He has traveled extensively, visiting and exploring over 60 countries and territories. He revels in leaving the beaten track and encountering the unexpected. Experiences include: trekking the Inca Trail to Machu Picchu, the Tengboche Monastery in Nepal, and Tiger's Nest in Bhutan; shooting rapids in the Grand Canyon; cycling through France, Tuscany, and the Canadian Rockies; horse packing in the High Sierras; climbing Angel's Landing in Zion Park, Ayer's Rock in Australia, and Lion's Head and Table Mt. in Cape Town; zip-lining and bungee jumping at Victoria Falls; paragliding, sky diving, and, most recently, rappelling 16-story Trotter Building in Knoxville. His creative and energetic presentation style never fails to educate and entertain.

One session: Monday, August 16, 1:30-3:00 p.m.

**RSCC, Community Room
Class Size—Min: 6 Max: 18**

CLASS ASSISTANTS NEEDED!

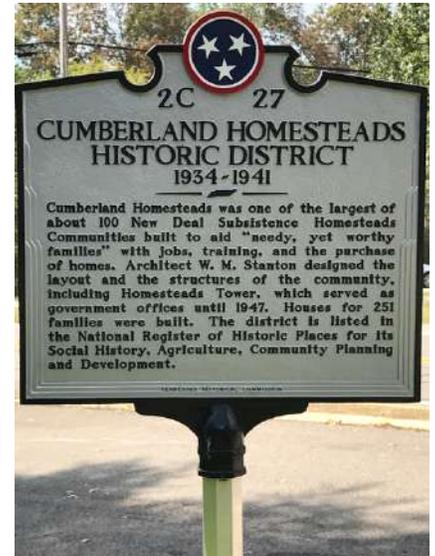
Please consider volunteering to be a class assistant for one or more classes. Responsibilities include taking attendance, assisting with audio-visual equipment (training provided), taking candid photos during the class, and distributing/collecting post-course survey forms. If interested, please send your name and phone number via email to:

centerforlifelonglearning2020@gmail.com

3027 A History of the Cumberland Homesteads

Session 1

The Cumberland Homesteads in Cumberland County is an enduring community, originating from President Franklin D. Roosevelt's legislative efforts to provide relief through housing resettlement projects for people in regional clusters affected by severe economic circumstances during the throes of The Great Depression. The local project, 1934-1938, survives as one of the very few of the original 250 federal efforts. The history of the Cumberland Homesteads is rich in details about the stability gained through the perseverance and accomplishments of families who benefitted from the hand-up rather than a hand-out through the New Deal. The overview will support two succeeding sessions, offering interpretive details about our history in national context during a remarkable period of economic recovery.



Session 2

The Cumberland Homesteads and the Civilian Conservation Corps (CCC) shared coincident histories for a limited time and place in the 1930s, when the New Deal legislation targeted the two missions for Cumberland County, Tennessee. Simultaneously, the two projects completed iconic structures and generated friendly rivalries among the locals. Related CCC jobs were assigned to the corps in nearby regions.

Session 3

This session will review the lives of the original homesteaders, with particular attention to details of how families and neighbors resolved challenges of learning new skills and wrestling with new and improved lifestyles. Their model of trials and successes survives for comparison in contemporary times. Architecture and artifacts are referenced in the Homestead House Museum (2611 Pigeon Ridge Road, TN 419).

Anne Looney Cook grew up in the Homesteads community in the early years after the project ended and attended Homestead School. She earned degrees, including a PhD, in Family and Consumer Sciences from UT-Knoxville. After a 30-year teaching career, she retired as professor emerita from The University of Tennessee at Martin. She is a memoirist and storyteller and now serves on the board of directors of the Cumberland Homestead Tower Association.

Charles Tollett grew up in Cumberland County and was grounded in the subtleties of the local school system before he earned a doctorate in education and achieved status in various positions in higher education administration, from which he is now retired. He has served on the board of directors of the Cumberland Homesteads Tower Association and is a major interpreter of legislative history, local impacts, and characterizations of the original families of the Cumberland Homesteads project.

Three sessions: Thursday-Saturday, August 12, 13, 14; 8:30-10:00 a.m.

Homesteads Tower Museum, 96 TN Hwy 68

Class Size—Min: 3 Max: 10

Visit the online catalog at <https://roanestate.edu/CLL> for the latest class information. Check your email before leaving home for any class.

3034 Let's Talk About Famous Women Leaders—What Were Their Legacies?



The class will be a discussion group based on the lives of women who have influenced our world in very lasting and dynamic ways. Leaders who have left a legacy. Class will run for 4 weeks; each week a famous woman leader will be discussed. Handouts will be given in the first session with questions for a discussion on each person. You will get to know these women, find out things you never knew, and be invited to discuss your thoughts on each of them. Plan to join us and bring your curiosity and knowledge to the group. Wikipedia will serve as a source, as well as other books written on these women.

- August 4—First Lady Eleanor Roosevelt
- August 11—Princess Margaret of Sweden
- August 18—Julia Morgan, American architect and engineer
- August 25—Angela Merkel, Chancellor of Germany

Kathy Cass has a background in art, interior design, and business. Her career was in commercial lighting sales and design, she spent over 35 years working with engineers, architects, contractors and lighting designers. She also owned a design business and continues to consult in design and lighting. She enjoyed the ability to use art and science in her field. She loves to travel, read, get involved in hearty discussions, and continue to grow and learn.

Four sessions: Wednesdays, August 4, 11, 18, 25; 1:30-3:30 p.m.

**RSCC, Community Room
Class Size—Min: 6 Max: 18**

3035 Beginning Genealogy



Start your journey into your past. Beginning with you, we will go back through time as we visit our ancestors in their lifetimes. Materials will be furnished. Bring information about your parents and grandparents to start your tree.

Joyce Rorabaugh started exploring genealogy about 40 years ago before the information was available by computer. She was an RN by profession. After retirement, she worked in several historical societies including as Cumberland

County Archivist for 10 years.

Two sessions: Mondays, August 2, 9; 9:00-10:30 a.m.

**RSCC, Community Room
Class Size—Min: 6 Max: 18**

REGISTRATION CONTINUES AFTER THE SEMESTER BEGINS

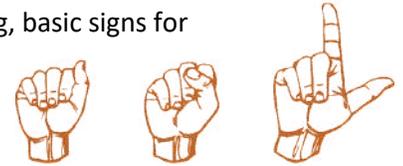
You may register for a class after the semester has begun as long as that class has not yet reached maximum capacity. In general, registration remains open until 5 days before each class's start date.

Please do not show up to a class if you do not have a confirmed registration.

-----LANGUAGE-----

3251 An Overview of Sign Language

Students will learn a brief history of American Sign Language, the deaf alphabet, spelling, basic signs for communication, and some 'dos and don'ts' for sign language. There will be a time for questions and answers as well as the instruction.



Bob and Kathy Tolich moved to Tennessee from California in 2013. They have been married for 36 years and have two grown, married children, and one grandson. Both Bob and Kathy have been sign language interpreters for 20+ years. Kathy's passion is signing music for the deaf. She has interpreted music at military bases, religious venues, and concerts as well as teaching sign language for beginners in a classroom setting. She enjoys sharing the enjoyment that comes with communicating with the deaf. Bob is a certified sign language interpreter with a 29-year law enforcement career. During his career, Bob interpreted in law enforcement, medical, church, community, and military environments.

Two sessions: Thursdays, August 5, 12; 1:00-2:00 p.m.

RSCC, Community Room
Class Size—Min: 6 Max: 17

Who Are the Class Presenters at CLL?

The retired Navy pilot in your neighborhood, a doctor from the local hospital, a home cook passionate about Chinese food, someone who loves to play card games, and just maybe **you**, too.

All presenters are volunteers who have discovered the joy of sharing their knowledge in a meaningful and fulfilling way.

Please email centerforlifelonglearning2020@gmail.com if you'd like to consider sharing your passion or life experiences to further expand our course offerings.

Please visit <https://roanestate.edu/CLL> to register for classes.
(See page 3 of this catalog for more information.)

Due to limited class offerings and available seats, students may register for a MAXIMUM of three (3) classes during the first week of registration. If space is available after that time, we will allow additional registrations.

Thank you for your cooperation.

LIFE EXPERIENCE AND SKILLS

3503 Baboons, Hippos, and Assorted African Adventures



This course will entertain and educate the class through the presenter's pictorial travelogue. Roam around Cape Town, South Africa -- picturesque coastline and mountains, wharf, wine country, and panoramas rivaling San Francisco and Vancouver, complete with San Diego weather. Climb to the lighthouse on Cape Point after an unexpected greeting from baboons. Next, to Zimbabwe and Botswana -- safari in Chobe Elephant Reserve, ride elephants, walk with lions, paddle the Zambezi River, and escape from an irate hippo. Risk crazy zip-line crossings over raging waters and hungry crocs

of the Victoria Falls river and 350 ft. chasm. Top it off with a breath-taking bungee plunge through a rainbow off the famous VF bridge.

Bob Emrick grew up in Pennsylvania and retired in Tennessee via Baltimore, New Hampshire, and Michigan. He holds a B.S. in Physics and an MBA, leading him to a career path in corporate executive management. He has traveled extensively, visiting and exploring over 60 countries and territories. He revels in leaving the beaten track and encountering the unexpected. Experiences include: trekking the Inca Trail to Machu Picchu, Tengboche Monastery in Nepal, and Tiger's Nest in Bhutan; shooting rapids in the Grand Canyon; cycling through France, Tuscany, and the Canadian Rockies; horse packing in the high Sierras; climbing Angel's Landing in Zion Park, Ayer's Rock in Australia, and Lion's Head and Table Mt. in Cape Town; zip-lining and bungee jumping at Victoria Falls; paragliding, sky diving and, most recently, rappelling 16-story Trotter Building in Knoxville. His creative and energetic presentation style never fails to educate and entertain his audiences.

One session: Monday, August 9; 1:30-3:00 p.m.

RSCC, Room 104/105

Class Size—Min: 6 Max: 20

If you find you are unable to attend a class for which you have registered, please sign into your CLL account and **cancel** your registration.

This will open up the seat for other interested students, and allow the presenter to plan accordingly.

Thank you for your cooperation!

3527 Kansas Farm Boy to International Traveler

Bob Schneider and his wife Virginia (Ginny) will share their experiences of growing up on a very rural Kansas farm and then moving to Nigeria to participate in two tours of an Agricultural Engineering International Development Program. They will share pictures of their living quarters and campus in Nigeria and discuss how this career decision impacted their young family. Bob and Ginny will discuss how they were able to visit every continent but Antarctica and travel Europe extensively.



Bob Schneider earned his bachelor's and master's degrees in agricultural education from Kansas State University and his EdD from Michigan State University. He and his wife Virginia (Ginny) lived abroad teaching in an International Development Program and completed their world travels to retire in 1995 to Fairfield Glade. They now reside at Good Samaritan Society in the Glade.

One session: Thursday, August 12; 2:30-4:00 p.m.

**RSCC, Community Room
Class Size—Min: 6 Max: 17**

LITERATURE

4002 The Art Circle Public Library from A (Application) to Z (Zoology)



Join us to learn in depth about your Library. We'll start with a brief history and proceed with an examination of the items available. Then we'll review the process for obtaining a Library card. Finally, we will discuss all the services available both in the Library and from outside sources.

Wayne Schobel, Administrative Assistant to the Director, has been involved with the Art Circle Public Library in various capacities for the last ten years. Wayne was born in Brooklyn, NY. After many years as an International Credit Manager for Mobil Oil and Pactiv, Wayne and his wife, Mary-Jo, retired to Crossville, the best place ever.

Two sessions: Monday, August 2 & Wednesday August 4; 11:00 a.m.-12:30 p.m.

**RSCC, Community Room
Class Size—Min: 6 Max: 18**

Please bring a sweater to class, as the heating and cooling at RSCC is controlled by a computer at the Harriman campus.

Visit the online catalog at <https://roanestate.edu/CLL> for the latest class information. Check your email before leaving home for any class.

-----MEDICINE AND HEALTH-----

4500 Five Wishes

Materials fee: \$5.00 (payable day of class)

This three-hour class will begin with the viewing of the documentary based on the book *Being Mortal*. This video makes it very clear how important it is for every individual, no matter their age or health, to have a legal advance directive prepared. *Five Wishes* is an easy-to-use legal advance directive document written in everyday language. It helps all adults, regardless of age or health, to consider and document how they want to be cared for at the end of life. An interactive discussion will walk you through the completion of a *Five Wishes* document that each participant will be given. At the end of the class, you can walk away with a completed advance directive to share with your health care providers and your family.



Kathy Wheale graduated from Columbia College in SC and began her career as a buyer with a large group of department stores based in SC, then TN. After 15 years she became an independent sales representative for Hanes Hosiery, Fox Premier Sales, then Orient Lines Cruises. Her love of travel found her in many countries, including her favorites: Antarctica, New Zealand, and Africa. She moved to the Cumberland Plateau in 2013 and spends her time kayaking and volunteering with Habitat for Humanity, The Playhouse, and the Center for Lifelong Learning.

One session: Tuesday, August 10; 1:00-4:00 p.m.

The Depot, 169 N Main St, Crossville
Class Size—Min: 6 Max: 30

4530 Managing Stress Through Times of Change



Stress is a part of life, but during times of change, such as we have experienced during the COVID pandemic, stress can have a negative impact on our mental health if we do not manage it! One way to manage stress is to learn everyday relaxation techniques while sharing with others who are experiencing similar life struggles. Come join us for this one-hour class as we share together how to overcome the negative impact of stress on daily living. We will perform simple breathing exercises, learn about positive self-talk, and also explore aroma therapy and other simple stress reduction techniques. Please come dressed comfortably and wear walking shoes. All physical abilities welcome; this class does not contain any strenuous movement.

Donna Cielma is the Executive Director of C5 Christian Counseling Center located in Crossville and is also semi-retired. After a 30+ year career in non-profit management, Donna and her husband, Jim retired from Michigan to the beautiful community of Crossville in 2018 and love southern living. Of course, Donna grew up in Manchester, TN, so moving to Crossville is coming back to her roots. Donna and Jim are the proud dog-parents of Max, an 11-pound furbaby, and also have two grown children and three grandchildren still living in MI.

One session: Monday, August 16; 10:00-11:30 a.m.

RSCC, Community Room
Class Size—Min: 6 Max: 18

MUSIC

5022 Music Basics for Everyone

Chances are there is a piece of music that moves you in a profound way. *Music Basics for Everyone* is about figuring out what makes music work and how it speaks to us. Somewhere in the notes or silence of the music is the reason why it makes you cry, gives you chills, or reminds you of home. This course covers the basics of music, reviews what you already know, and demystifies the lingo so you can better enjoy the music in your life.



Three consecutive ninety-minute sessions launch you into the wide world of written music. Whatever your musical interest, this course is for you. Participants listen to all varieties of music and play along with percussion instruments. Guest artists join the instructor to help you get the most out of the three sessions. You'll finish the course with practical knowledge that will open the world of written music to you.

Instructor Dana Beal welcomes all music lovers. She has 35 years of music teaching experience, a Master of Music (Southwestern Baptist Theological Seminary) and a Bachelor of Music Education (Old Dominion University). Mrs. Beal was teacher of the year for the Monroe Florida School District and is the founder and artistic director of the Plateau Women's Chorus. Professional memberships include the Music Educators Association, American Choral Directors Association, and Choristers Guild.

Three sessions: Monday-Wednesday, August 23-25; 1:30-3:00 p.m.

The Depot, 169 N Main St, Crossville

Class Size—Min: 6 Max: 30

OUTDOOR ADVENTURES

5262 Waterfalls and Other Secrets on the Cumberland Plateau



This presentation will highlight waterfalls, vistas, and structures on the Cumberland Plateau. It will include photos of these features, their location, and how to get to them with commentary on the degree of difficulty in visiting them. An introduction discussing the geological history of the Cumberland Plateau will also be provided.

John Martin is trained as a physicist with a graduate degree from the California State University system. After completing graduate school, he began work with Northrop Grumman Corporation and worked for them for the next 40 years, with assignments in California, Illinois, and Maryland. John retired at the end of 2012 and he and his wife, Deborah, moved from Maryland to Tennessee with the idea of building a home someplace in the state. They lived in Nashville and Chattanooga before deciding to settle in Fairfield Glade. Once settled, they connected with two local hiking groups, Friends of the Trails and Tennessee Trails Association.

One session: Thursday, August 26; 10:00-11:30 a.m.

**RSCC, Community Room
Class Size—Min: 6 Max: 18**

5263 The Great Smoky Mountain National Park and Beyond

Topics covered in this class include: Must-see places, best times to visit, crowds and how to avoid them, my favorite places that aren't well-known, best hiking trails (for all levels, easy to difficult), best road trips, best wildlife viewing, best wildflower areas, old growth forests, best fishing and streams, my favorite areas outside the park, camping, lodging, and places to eat.



John T. McArthur, a retired attorney, is a native of Blount County, TN. His mother was born in the Smokies in 1920, and his maternal grandfather sawed lumber in many logging camps throughout the Smokies before the park was established. He grew up hiking, fishing, and camping in the Smoky Mountains and over the years has hiked more than 1500 miles in the park. He has camped in all of the developed campgrounds and many of the backcountry sites in the park. John is a 2014 graduate of Experience Your Smoky Mountains and a member of the Great Smoky Mountain Association.

One session: Wednesday, August 11; 9:00-10:30 a.m.

**RSCC, Community Room
Class Size—Min: 6 Max: 18**

5265 International Hiking Adventures, Opportunities, and Planning



The class will discuss different options for international hiking adventures. The class will cover how to plan an international hike, considerations on what to bring, the use of hiking apps in the planning process, and pre-training based on the planned adventure.

See bio for John Martin on previous page.

One session: Thursday, August 19; 10:00-11:30 a.m.

**RSCC, Community Room
Class Size—Min: 6 Max: 18**

The course content provided in these classes is for informational purposes only. CLL and its committee members provide no warranty about the content or accuracy of the subject matter presented. Information provided is subjective. As a student, you are advised to verify all relevant representations, statements, and information. If you need specific advice (i.e. medical, legal, or financial), please seek a professional licensed in that area, outside of the classroom setting.

Please contact CLL at centerforlifelonglearning2020@gmail.com if you have any questions or concerns.

RELIGION

6000 Welcome to Judaism 101

Judaism has been present for 4,000 years. This informative 90-minute class will give the basic information about Judaism and the major Jewish holidays. We will explore parallels with other faiths' traditions with the aim of understanding how Judaism was able to survive 40 centuries and be part of our present world.



Robbin Diciacco studied in all orthodox Jewish schools from kindergarten through high school and spent six summers at orthodox sleep-away camps. She speaks Hebrew, although is no longer fluent. Robbin traveled to Israel twice, once for three months on an orthodox kibbutz and the second time for 11 days on a nurses' tour.

One session: Thursday, August 26; 1:00-2:30 p.m.

RSCC, Community Room
Class Size—Min: 6 Max: 18

SCIENCE AND TECHNOLOGY

6534 Perseids Meteor Shower and Exploring the Night Sky



Mid-August will be a very exciting time to explore the skies over the Plateau. The new moon will be located on the same side of the Earth as the sun and will not be visible in the night sky. But the ringed planet, Saturn, will be at its closest approach to Earth. The Perseids meteor shower is one of the best meteor showers to observe, producing up to 60 meteors per hour at its peak. Join Mark the Meteorologist as he explains the history of the Perseids meteor shower and all the other points of interest in the sky that will make this a fantastic night viewing experience. Matt Daugherty, an experienced night sky watcher, will provide a telescope and instruct us on how to make the meteor shower up close and personal. After a classroom session on August 10, we will meet at a designated spot on August 11 to view this spectacular heavenly event.

Mark Baldwin earned his bachelor's degree in journalism from Tennessee Tech in 2003. He then earned his master's degree in meteorology from Western Kentucky University and immediately went to work for the Tennessee Emergency Management Agency in Nashville. After a few years, he accepted a position at Mississippi State University, where he taught for several years. He then moved back home to work for weatherTAP in downtown Crossville.

Matt Daugherty holds a Certified Professional Photographer designation from the Professional Photographer's Association since 2015 and has photographed over 250 weddings. For fun, Matt enjoys chasing and capturing the nighttime sky using a combination of telescopes, tracking mounts, and various optic cameras. Professionally, Matt is a career banker and business entrepreneur.

Two sessions: Tuesday, August 10; 1:00-2:30 p.m.
Wednesday, August 11; 7:00-9:00 p.m. (location TBD)

RSCC, Community Room
Class Size—Min: 6 Max: 17

-----SOCIAL SCIENCES AND ECONOMICS-----

7032 Diversity—What It Is and Why It Is Important



Are you exhausted and disappointed in the divisiveness in the world? Promoting diversity is the first step to not just “tolerance” but true inclusion and acceptance. During this class, John and Wilson will share with you their reasons for joining the Upper Cumberland Diversity Advocates, a newly formed non-profit in Crossville, and what this organization hopes to accomplish in our community.

John McArthur is a native of Blount County and has lived near the Smoky Mountains nearly all his life. He is a retired attorney and President of Upper Cumberland Diversity Advocates. He has served on the boards of several non-profit organizations. Trout fishing, hiking, and camping are some of his favorite pursuits.

Wilson Jackson graduated from Johnson C. Smith University with a major in economics. He was in management with a major oil company. He was also a Big Ten football official and is presently a supervisor of football officials for TSSAA. He has been a Rotarian for 15 years, using his professional expertise giving back to the community. He feels very strongly about advocating for acceptance and inclusion of minorities in our community.

One session: Thursday, August 5; 9:00-10:30 a.m.

**RSCC, Community Room
Class Size—Min: 6 Max: 17**

USE OF PHOTOS AND VIDEOS

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Visit the online catalog at <https://roanestate.edu/CLL> for the latest class information. Check your email before leaving home for any class.

7033 Straight from the Top

In this two-session class, our county and city mayors will discuss the opportunities and challenges facing our community. In the first session, County Mayor Allen Foster will share his thoughts on the county government process and the challenges of governing during a pandemic. During the second session, Crossville City Mayor James Mayberry will offer his thoughts on why “it’s just better here” on the Cumberland Plateau. Both mayors will have time for questions and answers. Come prepared to learn how we as residents can contribute to make this an even stronger community.



Mayor Allen Foster was born and raised in Cumberland County. His background includes everything from working on an assembly line during college, to owning a small business, to being the IT Manager at one of Cumberland County’s largest manufacturing employers. He started his career in Nashville working for the Treasury Department. Mayor Foster began dabbling in local government in 2002 when he was elected to the Board of Education. Soon after, he tried his hand and was elected to serve as a County Commissioner. After some consideration, he decided to enter the mayoral race, and was elected Cumberland County Mayor in the fall of 2018. He resides in Cumberland County with his wife, Rebecca. They share two children—Brooke is currently pursuing her grad degree in pediatric nursing, and Shade was recently sworn in as a City of Crossville Police Officer.

Mayor James Mayberry was born and raised in Crossville. He is the third-generation owner and operator of Mayberry’s Complete Home Furnishings, serving the area in home furnishings from Main Street Crossville for seventy-five years. Mayor Mayberry is presently in his second term as the mayor of the city of Crossville.

**Two sessions: Wednesday, August 11; 1:00-2:30 p.m.
Wednesday, August 25; 10:30 a.m.-12:00 p.m.**

**The Depot, 169 N Main St, Crossville
Class Size—Min: 6 Max: 30**

**Please visit <https://roanestate.edu/CLL> to register for classes.
(See page 3 of this catalog for more information.)**

**Due to limited class offerings and available seats, students may register for a
MAXIMUM of three (3) classes during the first week of registration.**

If space is available after that time, we will allow additional registrations. Watch your email for updates.

Thank you for your cooperation.

**“A lifelong learner is a lifelong winner.”
~African philosopher**

MISCELLANEOUS

8012 Having Fun with Canasta



Canasta originated in 1939 in South America. It spread rapidly to the United States and Europe and in the 1950's threatened Contract Bridge as the pre-eminent card game. It is a very enjoyable game with numerous variations both in the US and Europe. Locally, here in Crossville, it is usually played as Hand and Foot which is only slightly related the game we will be playing. We will be teaching the variation of the game that Carol and I learned from our brother-in-law, Malcolm, in England, and have played for many years. We think it is a fun but challenging game that causes much less stress and dissent than Bridge.

If you are hoping to learn the rules and strategies of the game with a view to entering tournaments, you are in the wrong class. We expect to make new friends and have some laughs while teaching a straightforward card game with some subtle strategies.

We will learn the basics of this two-deck game in the first session and then play practice games during the remaining sessions, stopping frequently to discuss the reasons for the different tactics employed by your sometimes devious opponents.

John & Carol Conrad were raised in England and have always enjoyed playing card games. They played family card games growing up and have played contract and duplicate bridge for many years. After moving to the United States in 1984, they looked forward to return trips to the UK where they had intense games of Canasta with Carol's sister and her husband. They have never been professional teachers or instructors but enjoy the game and enjoy sharing their talents and experiences. They have found Canasta to be more sociable and relaxing than playing bridge though still providing a reasonable level of competition.

**Four sessions: Tuesday & Wednesday, August 3 & 4; 10:00-11:30 a.m. The Depot, 169 N Main St, Crossville
Tuesday & Wednesday, August 10 & 11; 10:00-11:30 a.m. Class Size—Min: 4 Max: 16**

**“Wisdom is not a product of schooling but
of the lifelong attempt to acquire it.”
~Albert Einstein**

Questions? Email centerforlifelonglearning2020@gmail.com

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A tremendous thank you to all of the volunteers behind the scenes who are making it possible to bring together eager students with talented presenters.

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