CENTER FOR LIFELONG LEARNING
Expanding minds across the Plateau

SPRING 2022

Center for Lifelong Learning
2567 Cook Road
Crossville, TN 38571

https://roanestate.edu/CLL
centerforlifelonglearning2020@gmail.com
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 6-12 weeks.

<table>
<thead>
<tr>
<th>Term</th>
<th>Begins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring</td>
<td>March</td>
</tr>
<tr>
<td>Summer</td>
<td>June</td>
</tr>
<tr>
<td>Fall</td>
<td>October</td>
</tr>
</tbody>
</table>

— Classes are filled on a first-come, first-served basis.
— Registration remains open, as space allows, after the semester has begun.
— Spring 2022 classes run Mar 1 – April 14.
— Check the course location in the catalog description carefully—some classes are held at a location other than the Community Room at RSCC.

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 class(es).

Returning students who already have an account must log in and pay the $40 membership fee for 2022 before proceeding to class registration. Returning students who did not create an account in 2021 should follow the directions on page 3.

New students will need to create an account and pay membership fees before registering for classes. Instructions are given on page 3.

If you have any questions or problems email us at centerforlifelonglearning2020@gmail.com. Volunteers typically reply in 24-48 hours.
REGISTRATION PROCEDURES

To Open a New Account and Pay Your Membership Fee
(New students and returning students who did not complete this step in 2021)
- Go to https://roanestate.edu/CLL (type this directly in browser, not Google)
- Select “Membership, 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.
- Select “Membership” at top of screen
- Select “2022 Membership”
- 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 “Membership, 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 Spring 2022 is scheduled to open February 15, 2022.

Visit the online catalog at https://roanestate.edu/CLL for the latest class information. Check your email (including SPAM folder) before leaving home for any class.
IMPORTANT INFORMATION FOR SPRING 2022

Unless noted, Spring 2022 classes will be held at:

Roane State Community College
2567 Cook Road
Crossville, TN 38571

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.

It is up to each individual to decide his/her 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 **strongly recommended** for ALL students, presenters, and volunteers, regardless of vaccination status.

Thank you for your cooperation.

INCLEMENT WEATHER POLICY

In case of inclement weather, CLL classes will be **CANCELLED** if Cumberland County Schools are closed.

If Cumberland County Schools are on a 2-hour delay, there will be **NO CHANGE** to the CLL class schedule.

Also listen for any closings at the Roane State, Crossville campus.

Every effort will be made to post cancellations on the CLL website and Facebook page, but it is ultimately your responsibility to **check local radio/TV stations for school closings**.

*You will be contacted if the cancelled course can be rescheduled.*
## CONTENTS

### Art & Culture
- 1010: Creating a Season of Live Theater .................................................. 6
- 1028: John Philip Sousa: The March King ................................................... 7
- 1030: Introduction to Knitting ................................................................. 7
- 1031: Beginning Knitting—First Scarf ...................................................... 8
- 1032: Basics of Making Bead Jewelry ....................................................... 8

### Computer
- 1500: Computer Security—Preventing Fraud & ID Theft ............................. 9
- 1503: Managing Finances with Excel ....................................................... 9
- 1510: iPhone Photography ................................................................. 10
- 1515: Where Did I Save That File? ......................................................... 10

### Finance
- 2021: What’s New in 2021 Personal Income Tax .................................... 11
- 2022: How to Buy Precious Metals ....................................................... 11

### History
- 3024: History & Ecology of the GSMNP ................................................. 12
- 3038: All About the United Fund ............................................................ 12
- 3039: Oak Ridge Manhattan Project ....................................................... 13

### Language
- 3252: Mastering Basic Sign Language .................................................... 13

### Life Experiences and Skills
- 3531: An Overview of the RSCC Maker Space ...................................... 14
- 3532: Addressing Life’s Transitions ....................................................... 15
- 3534: International Travel Dos and Don’ts ........................................... 15

### Medicine & Health
- 4531: Let’s Get Balanced ................................................................. 16
- 4532: Core Basics for Seniors ............................................................ 16

### Outdoor Adventures
- 5266: Trails Over Treadmills ............................................................... 17
- 5270: Bluebird Houses, Poles, & Predator Guards ............................... 18

### Religion
- 6010: What on Earth Is the Orthodox Church? .................................... 18

### Science & Technology
- 6540: Severe Weather—Why and When ............................................. 19

### Social Science and Economics
- 7034: The Challenges & Rewards of Law Enforcement ....................... 20

### Miscellaneous
- 8015: Introduction to Pinochle ........................................................... 21
- 8017: Let’s Roll the Dice for Fun ....................................................... 21

**NOTE CLASS LOCATION IN COURSE DESCRIPTION**

### ***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](https://roanestate.edu/CLL)

Monitor your email (including SPAM folder) for notices of changes or cancellations.

Thank you for your patience and understanding.
1010  Creating a Season of Live Theater

Each year, patrons of The Cumberland County Playhouse eagerly wait to hear our season announcement. After a half-century of successful programming, a reputation for quality, and a mission to uphold, choosing a diverse twelve-month lineup of musicals, plays, concerts, and special events is no simple task. Many would be surprised to learn that months of planning go into this, and that the final season is a result of artistic vision, instinct, economics, risk-taking, data analysis, compromise, and much more. Come and get an inside perspective with Producing Director Bryce McDonald, as he shares the secrets of the composition of a season at CCP.

*After ten years in NYC, Producing Director Bryce McDonald is proud to have worked on Broadway and Off-Broadway with Roundabout Theatre Company, Lincoln Center Theater, Manhattan Theatre Club, Second Stage, and Vineyard Theater. Selected CCP directorial credits include: *Ring of Fire*, *Shrek*, *Mamma Mia*, *The Addams Family*, *Million Dollar Quartet*, *Sister Act*, *The Hunchback of Notre Dame*, and *Sweeney Todd*.*

Six sessions: Mondays, Mar 7, 14, 21, 28, Apr 4, 11; 11:30 a.m.-1:00 p.m.

Cumberland County Playhouse
221 Tennessee Ave., Crossville, TN  38555

Class Size—Min: 3    Max: 15

If you find you will be unable to attend an upcoming class for which you have registered, please sign into your CLL account and cancel your registration (detailed instructions are in the confirmation letter you will receive approximately one week before the class). This will open up the seat for other interested students, and allow the presenter to plan accordingly.

If unforeseen circumstances require you to cancel at the last minute, please send an email to centerforlifelonglearning2020@gmail.com. Repeated “no-shows” without cancellation or notification may limit your future class registrations.

*Thank you for your courtesy and cooperation!*
1028  The March King: John Philip Sousa and His Legacy for Bands

To understand John Philip Sousa's far-reaching impact, and his influence on the musical tastes of people everywhere, one must understand the man, his era, and his philosophy. He felt that the public should be given music they enjoyed, not the prevailing stuffy, uninteresting music offered under the guise of culture.

The presenter will review the facets of Sousa's career, development of his style of music, and the growing prominence of the U.S. Marine Band and Sousa's own band which became an internationally renowned performance ensemble. He will use audio excerpts of Sousa marches and speak to the influence of Sousa's programming philosophy on his selection of music for the Southern Stars Symphonic Brass' concerts and the recruiting of key musicians who are featured soloists with the SSSB.

Dwight Wages is the founder and president of the Southern Stars Symphonic Brass, a professional brass band of 30 musicians which is in its 14th year of existence. He has been playing the trumpet, cornet, and flugelhorn for 64 years in various ensembles and as a soloist. Dwight played a trumpet solo live on the nationally televised Ted Mack’s Amateur Hour and has been involved in brass bands for 20 years. He holds a degree in Chemical Engineering and was a manager in New Product Development for Procter & Gamble before retiring to Fairfield Glade in 2007.

One session:  Wednesday, Mar 23; 1:30-3:00 p.m.  
OR  Wednesday, Mar 30; 1:30-3:00 p.m.
Class Size—Min: 3  Max: 18

1030  Introduction to Knitting

The first session will get you started with the most basic component of knitting – the KNIT stitch. We will learn to cast on and knit, and just keep on knitting. Along the way, we will talk about the different yarns, needles, and patterns. In the second session, we will tackle the PURL stitch and binding off. Once students have mastered those four components, everyone will be ready to take on a small project with their remaining yarn.

Dr. Cheryl Brown, professor emeritus from Marshall University, retired from higher education after teaching political science for 22 years. She has been knitting for more than 20 years. She attends knitting retreats, workshops, and classes as she continues to learn more about yarn and knitting.

Required materials:  (Students must purchase these and bring to class with them)
- 1 ball of worsted weight (4) yarn. Suggestions: Mainstays 100% acrylic, worsted weight (4), or Lion Brand Vanna’s Choice worsted weight (4) acrylic, or Bernat super value worsted weight (4) acrylic. (available at Walmart)
- Set of single point needles, size 8. Suggestions: Clover bamboo or Lion Brand plastic (available at Walmart)

Two sessions:  Mondays, Mar 21, 28; 2:00-4:00 p.m.  
Class Size—Min: 4  Max: 8
1031  Beginning Knitting—First Scarf

If you know how to cast on, knit, purl, and bind off, it’s time for a real project. Students will choose either a ribbed or a basket weave pattern and begin their scarf. Students will complete the project at their leisure on their own time.

See bio for Cheryl Brown on previous page.

Required materials: (Students must purchase these and bring to class with them)

- Worsted weight (4) yarn, 300-400 yds. Suggestions: Mainstays 100% acrylic, worsted weight (4), or Lion Brand Vanna’s Choiceworsted weight (4) acrylic, or Bernat super value worsted weight (4) acrylic. (available at Walmart)
- Set of single point needles, size 8. Suggestions: Clover bamboo or Lion Brand plastic (available at Walmart)
- Stitch markers (small round circles that fit on your needles)
- Tapestry needle (bigger than a regular sewing needle)
- Small scissors

Two sessions: Tuesdays, Apr 5, 12; 2:00-4:00 p.m.  
RSCC, Community Room
Class Size—Min: 4    Max: 16

1032  The Basics of Making Beaded Jewelry

Materials fee: $5.00 (payable day of class)

This two-session class will allow beginners to explore making jewelry from beads. Students will have the supplies and assistance to design and make their own necklace, earrings, bracelet, or sun catcher as time permits. The instructor will provide all supplies; students will choose beads from a wide selection and build their own piece of jewelry. The instructor will assist in finishing off each project with clasps and/or findings as needed. Come and enjoy exploring your creative side!

Barbara Zurhellen has been fascinated with beads since childhood, making jewelry, suncatchers, beaded serving utensils, purse dangles, keychains - you name it! She volunteers at Habitat for Humanity in the craft department creating jewelry pieces, decorated bottles, and shoulder bags for the ReStore. Her passion has always been to share her love of beads with others, which has inspired her to lead classes at senior living facilities, girls’ get-togethers, and at her church. Barbara has been blessed with several large donations of beads over the years which she in turn uses to bless others. She loves working with people who “claim” they have no talent. The most rewarding moment comes at the end of a class when one of these participants, beaming from ear to ear, exclaims, “Look what I made!”

Two sessions: Thursdays, Mar 10, 17; 2:00-3:30 p.m.  
RSCC, Community Room
Class Size—Min: 6    Max: 8
1500  Computer Security—Preventing Fraud & ID Theft

This class will provide tips and how to minimize the risk of fraud and identity theft. Your computer and other electronic devices are particularly vulnerable to hackers, viruses and malware that can steal your personal information. Learn how to protect your electronic devices and what to do if you get a virus or malware.

Bob Willis has been a user of both Windows and Apple products for decades. For the past several years he has been active with AARP’s Fraud Watch Network, a free program to provide information to protect you and your family from scams and ID theft. He has made numerous fraud and scam presentations locally and in other East Tennessee groups, including the Plateau PC User Group here in Crossville, where he is on the Board of Directors.

One session:  Thursday, Mar 17; 11:30 a.m.-1:00 p.m.  
RSCC, Community Room
Class Size—Min: 6   Max: 25

1503  Managing Finances with Excel

Use spreadsheets (Excel or Google Sheets) to manage your finances. Your banks’ on-line websites allow you to download your statements (checking and charge card) into a spreadsheet which will allow you to sort and manipulate your transactions for financial review. This class will show you the steps to keep up to date on your spending habits.

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

One session:  Tuesday, Apr 12; 1:00-2:30 p.m.  
RSCC, Room 156
Class Size—Min: 6   Max: 25

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.
1510 iPhone Photography

In the 14 years since the iPhone was introduced, it has become one of the most popular cameras in the world. It is handy, it is with you almost all the time, it gives instant access to the photo you just took, and it is an excellent camera. In this class we will go over iPhone camera settings and options, as well as how to take, view, edit, store, and share your photos quickly and accurately. You will learn how to use features such as HDR, live photos, panoramas, burst mode, and selfies. We will also discuss some basic concepts of composition, how to hold the iPhone for sharp photos, popular accessory gear, and other tips. You do not need the latest, greatest iPhone for this class—any iPhone is fine. Bring your phone to class for the best experience. If you are considering an iPhone and want to learn more about mobile phone photography, you are welcome to join the class. This class is for anyone with an interest in iPhone photography, especially beginners and intermediate users.

Russ Schubert grew up just down the road in Harriman. He has a B.S. in Agriculture from Tennessee Tech in Cookeville, and a master's degree in counseling from Stephen F. Austin State University in Texas. After college, his first career was in the Army. After retiring from the Army, he spent 17 years as a faculty member and administrator at Roane State Community College before moving to the Crossville area in 2010. Photography has been a hobby for over 20 years, and Russ studied with several professional landscape photographers in locations such as Nashville, Yosemite, Yellowstone, Arches, Acadia, Smoky Mountains, and Olympic National Parks. His primary interests are landscape and travel photography. Other interests include dogs, cats, and cars. He lives in Fairfield Glade with his wife, Virginia; their dog: Kaylee; and cat, Miss Kitty.

Two sessions: Tuesdays, Mar 8, 15; 2:00-3:30 p.m. RSCC, Community Room
Class Size—Min: 6 Max: 25

1515 Where Did I Save That File?—Tips for Organizing Your Computer Files

Unless you want to continue "losing" documents on your PC or Chromebook, you must understand how folders work and the best way to set up your filing system on the computer. This class will explain what folder structure is, why it is important, and will suggest some filing structures that will fit your situation.

See bio for Jim Gries on page 9.

One session: Wednesday, Mar 30; 10:00-11:30 a.m. RSCC, Community Room
Class Size—Min: 6 Max: 25

Visit the online catalog at https://roanestate.edu/CLL for the latest class information. Check your email (including SPAM folder) before leaving home for any class.
2021  What’s New in 2021 Personal Income Tax

While there are no major federal tax changes for 2021, there are more significant future changes being debated in Congress. Tax rates are unchanged for 2021, but brackets and standard deductions change annually. The Required Minimum Distribution (RMD) for IRAs has returned, and your tax return can make up missed 2021 stimulus payments. Also, we will discuss potential tax deductions for assisted living expenses. The Tennessee (Hall) Tax on investment income was completely phased out in 2021.

Bob Willis has been a volunteer tax preparer in Tennessee for more than 20 years. He has made numerous tax presentations locally and in other East Tennessee groups, including the Plateau PC User Group here in Crossville, where he is on the Board of Directors.

One session: Thursday, Mar 10; 11:30 a.m.-1:00 p.m.  
Class Size—Min: 6  Max: 25  
RSCC, Community Room

2022  How to Buy Precious Metals

The scariest part of attempting to buy precious metal is not knowing the nomenclature or who to trust. This course gives the attendee a basic knowledge of buying, selling, taxes, and most importantly the language used in the precious metal industry. The course includes a handout with precious metal nomenclature, what to expect in the buying/selling process, information on securing precious metal, as well as a general acquaintance with available products. The presenter does not sell precious metal and has no bias to influence attendees into purchasing. Unfettered by any business advantage, the attendees can relax and learn the skills needed to understand the precious metals market and make informed decisions for themselves. This course is designed to assist with the physical acquisition of precious metal. IRAs and ETFs are not part of this course.

Nationally known numismatist and author, Dennis Fortier, is also the vice president of The Liberty Seated Collectors Club. The LSCC is the second largest series-related coin club in the country with over 600 members. He is an award-winning author who has taught this course to many people from all walks of life who have since gone on to protect their families with confidence in the precious metal market.

One session: Tuesday, Mar 8; 10:30-11:30 a.m.  
Class Size—Min: 6  Max: 25  
RSCC, Community Room

Questions? Email centerforlifelonglearning2020@gmail.com
3024  History & Ecology of the Great Smoky Mountains

Topics to be covered in this presentation include the geological history, the flora and fauna, and the early people of the Smoky Mountains. Come and see stunning pictures and hear engaging stories of the beautiful plants and creatures as told by a person raised in the Great Smoky Mountains.

A native of Blount County, TN, John McArthur 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 the developed campgrounds and many back country sites in the park. John is a 2014 graduate of “Experience Your Smoky Mountains” and a member of the Great Smoky Mountain Association. He is a retired attorney who practiced in Maryville, TN, for 34 years. His mother was born in the Smokies in 1920; his maternal grandfather sawed lumber in many logging camps throughout the Smokies before the park was established. John and his family moved to Fairfield Glade three years ago to be closer to his grandkids who live in the Homesteads.

One session:  Tuesday, Mar 1, 10:30 a.m.-12:00 p.m.  
RSCC, Community Room
Class Size—Min: 6   Max: 25

3038  All About the United Fund and Its Community Contributions

How long has the Cumberland United Fund been in existence and what contributions has it made to this community? How has its work affected people’s lives? What is the difference in United Fund and United Way? These questions and many more will be covered in this informative presentation. The presenter will describe the valuable work of the United Fund’s community partners. Students will also learn how they can help to achieve even more success in the future by volunteering or donating their time and talents.

Holly Neal has been a resident of Cumberland County for 37 years. Most of these years she has been involved in fundraising and the work of non-profits through the United Methodist Church, local school Parent Teacher Organizations, the United Fund (years before being hired), the American Cancer Society (she was the committee chair who brought Relay for Life to Crossville), Special Olympics and the Arc, and the Salvation Army as a bell ringer and bus driver taking kids to summer camp. Who would have believed that volunteering at so many non-profits would have led to the job of her dreams? In 2021, Holly celebrated 20 years as the Executive Director of the Cumberland County United Fund.

One session:  Wednesday, Mar 9; 2:00-3:30 p.m.  
RSCC, Community Room
Class Size—Min: 6   Max: 25
3039  The Oak Ridge Manhattan Project Story

The story of the Oak Ridge Manhattan Project will be told by an Oak Ridge historian. Key points will range from the first shovel of dirt, to the building of the four plants, to life in the city of Oak Ridge, to the dropping of the bomb in 1945. You don’t want to miss the retelling of a story that changed the world but also stopped a world war.

Don Hunnicutt was born in the Oak Ridge Hospital, delivered by a military doctor in Sept 1944. He grew up in Oak Ridge and has become an Oak Ridge Historian and a tour guide for the Oak Ridge History Museum. His wife, Emily, is the daughter of Ed Westcott, the official photographer for the Manhattan Project in Oak Ridge.

One session:  Wednesday, Mar 9; 9:00-10:30 a.m.  
RSCC, Community Room

Class Size—Min: 6   Max: 25

3252  Mastering Basic Sign Language

Do you have trouble communicating with a friend, family member, or person in your community because he/she is deaf? In this four-week class, students will learn basic American Sign Language (ASL) conversation skills, vocabulary, sentence structure, and signs for around the home and store. Each class will include video, handouts, and time for practice. The instructors will get you motivated, laughing, and very comfortable using ASL.

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. Kathy has been a sign language interpreter for 20+ years. Her passion is signing music for the deaf. She has interpreted music at military bases, religious venues, and concerts, in addition to teaching sign language for beginners in a classroom setting. She enjoys sharing the enjoyment that comes from communicating with the deaf. Bob is a certified sign language interpreter and has a 29-year law enforcement career. During his career, Bob interpreted in law enforcement, medical, church, community, and military environments.

Four sessions:  Mondays, Mar 7, 14, 21, 28; 9:00-11:00 a.m.  
RSCC, Community Room

Class Size—Min: 6   Max: 25

Visit the online catalog at https://roanestate.edu/CLL for the latest class information. Check your email (including SPAM folder) before leaving home for any class.
3531 An Overview of the RSCC Maker Space

Materials fee: $5.00 (payable day of class)

This class will take a walking tour of the areas in the Cumberland Business Incubator (CBI) Maker Space. We will learn about the tools, software, and expertise that will support “Makers” who utilize the Maker Space for woodworking, 3D printing, laser cutting/engraving, vinyl cutting and heat press, computer graphic designing, and fabric art and machine embroidery. Have you ever wanted to try out a new creative hobby without having to invest in expensive equipment? Now is the time to come learn how the Maker Space can help you explore new and fun hobbies or make prototypes or products for your business.

* Closed-toe shoes are REQUIRED.

Holly Hanson’s corporate career was in the aerospace, machine tool, and cutting tool industries. She is a licensed business coach, certified executive coach, and certified retirement coach, and currently serves as the Director of the Cumberland Business Incubator and the Director of the Cumberland Campus of Roane State Community College. Her education includes a BS in Mathematics, MS in Management, and PhD work in Community College Leadership. In addition, Holly is a serial entrepreneur, having started 16 successful businesses.

Since 2013, as the Director of the Cumberland Business Incubator, Holly has served a client community of over 500 entrepreneurs, businesses in their growth stage, and start-ups. She develops curriculum and delivers classes and workshops, and also utilizes subject matter experts in specific topics of business development and entrepreneurship. Holly developed the CBI Maker Space, funded through an SBA grant, where community members and entrepreneurs learn and utilize 3D printing, laser engraving, CNC machining, woodworking, vinyl cutting and application, and fiber arts in their businesses.

One session: Monday, Mar 21; 9:00-11:30 a.m. OR Monday, Mar 21; 1:30-4:00 p.m.

Class Size—Min: 4 Max: 8

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
3532  Addressing Life’s Transitions

For many seniors today, it becomes evident that it is no longer reasonable, safe, or affordable to stay in their current homes. This sometimes happens with the loss of a loved one, an illness or injury, financial changes or disruption. These changes can happen gradually, but more often, suddenly and unexpectedly. Life changing events can be overwhelming and stressful for family, particularly when those who are directly impacted live distances away. Are we prepared to face the challenges of life’s transitions from one aging stage to another? Have we planned? What comes first? Who needs to know what and when? How do we keep control of what we have and what we do need or don’t need, to move forward without worry and building stress? This session helps attendees understand the process of evaluating options as time moves forward; relocation services, adult family homes, adult day care, downsizing, right-sizing, clean-outs/reorganization, move-in services, move-out services, estate sales, and more.

Louise Goodman is a Certified Relocation & Transition Specialist, a professional mark of ethics and excellence in the field of move management. Her experience is enhanced by the experience of a previous 30-year profession as a real estate broker.

One session: Monday, Apr 4; 9:00-11:00 a.m.  RSCC, Community Room
Class Size—Min: 6  Max: 25

3534  International Travel Dos and Don’ts

This class will share many dos that will make your international travel more pleasurable and some don’ts that may save you many headaches. A successful international trip begins with good planning. The presenter, an experienced traveler herself, will share what planning to do yourself and what to put in the hands of a trusted travel agent. She will share tips on how to skirt the long lines in airport and how to navigate customs. Too much luggage will use up energy that you could be spending on sightseeing! Learn how to travel light and pack smart.

Kathy Wheale became in international traveler right out of college and made her first trip to England in 1970. Many years later, after working in sales, she began a career in the travel industry, first as an independent travel agent specializing in cruises, and later with Trafalgar Tours, calling on travel agencies. She was fortunate to get a regional sales position with Orient Lines Cruise-tours, her dream job, calling on high-end agencies that specialized in trips for adventurous customers. She has traveled to most of the popular destinations in Europe, the Caribbean (including Cuba), Antarctica, and New Zealand, and has been on more than 35 ships.

One session: Thursday, Mar 3; 1:00-2:30 p.m.  RSCC, Community Room
Class Size—Min: 6  Max: 25
4531  Let’s Get Balanced

Every year, 1 in 3 adults over 65 falls. The risk of falling increases each decade for seniors and often results in long-term consequences. This class will focus upon learning the body's systems contributing to balance and stability, older adult risk factors contributing to balance changes, and exercises that may have a positive effect upon improving balance. Some very basic balance exercises will be offered if participants wish to try. Come join the fun.

Nancy King is a retired physical therapist, spending the final 15-20 years of her career in home health and out-patient areas of care. She has taught Silver Sneakers group fitness classes for the past 10 years in Roane County. Nancy is a certified Group Fitness Instructor and Personal Trainer through the American College of Sports Medicine. She has two sons and four grandchildren and has lived in Crossville for just over a year.

One session:  Thursday, Apr 7; 1:00-2:30  
Class Size—Min: 6  Max: 25  
RSCC, Community Room

4532  Core Basics for Seniors

For the past several years, "core" has been a word indicating an area of the body of utmost importance. This class will focus on what the core is and where it’s located, why the core is so important in everyday function, as well as a little basic anatomy of the core. Students will have the opportunity to try a few basic sitting and/or standing exercises emphasizing different areas of the core if they choose.

See bio for Nancy King above.

One session:  Tuesday, Apr 5; 12:00-1:30 p.m.  
Class Size—Min: 6  Max: 25  
RSCC, Community Room

USE OF PHOTOS AND VIDEOS

CLL reserves the right to use photographs and/or videos taken in any CLL class or at any sponsored activity, without the expressed written consent of those included in the photograph/video. Photographs may be used in any CLL publication, including but not limited to: newsletters, brochures, course catalogs, emails, websites, Facebook pages, and/or other print or online media designed to help the organization meet its goals.
5265  Trails Over Treadmills

Many people start hiking as a pastime with no preparation. Some people want to make hiking part of their exercise routine. New hikers learn from others or learn from mistakes. This class shows how to get the best health benefit out of a walk in the woods and will prepare new hikers for an enjoyable experience. Three sessions focus on health benefits, preparation, practical application and hiking safety.

Session 1 in the classroom looks at the emotional and physical benefits of hiking. Hiking improves balance, lowers blood pressure, improves circulation and contributes to your overall well-being. Covers the Ten Essentials and discusses clothing choices, what to take, footwear, poles and trail safety. Two hours.

Session 2 is a guided one-mile hike to put the fundamentals into practice. Expands on hiking techniques that give the maximum benefit to heart, lungs, and muscles. Proper use of poles, pack adjustment, and pacing. Included is an appreciation for trail design and construction, offering an understanding of sustainable trail building. Plan on three hours.

Session 3 is a guided 2.9-mile hike building on Session 2. Mental benefits of hiking are discussed along the way, including a “Forest Bath.” Trail first aid, using maps, food for energy, and dealing with emergencies including staying overnight on the trail are covered. Plan on three hours.

Mark Richie is a Certified Master Trail Builder with over 2,500 hours trail building experience. A long-time hiker, he is wilderness first aid trained and has experience as a wildfire volunteer. For the past six years he has conducted disaster preparation classes for the Fairfield Glade Police. Mark has degrees in History, Information Science, and a Master’s in Public Relations. He is a published author and taught for nine years at Rowan University (NJ).

Three sessions:  Thursday, Mar 10; 9:00-11:00 a.m.  
                    Thursdays, Mar 17, 24; 9:00 a.m.-12:00 p.m.

Class Size—Min: 6     Max: 18

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

Visit the online catalog at https://roanestate.edu/CLL for the latest class information. Check your email (including SPAM folder) before leaving home for any class.
5270  Latest Updates on Bluebird Houses, Poles, and Predator Guards

This class will discuss how to make your bluebirds grow bigger and stronger as fledges in this new house concept and how to attract bluebirds so you get more babies. The presenter will also cover the latest research on predator guards tested on a 200-box trail, which were shown to work against snakes, possums, squirrels, raccoons, and others. Learn how to guard against house sparrows, hawks, and owls. Learn how to install poles and predator guards for best results. We will review the website that you can join for free that has most of this information ready for file sharing. This will be a fun class where participants will be encouraged to share their bluebirding experiences.

Gary Hahn has a BS in Chemical Engineering from the University of Cincinnati with Honors, and a MS in Chemical Engineering from Ohio State University. He has more than 50 years of food formulation and process development experience with 12 patents and over 50 food products developed which are sold now in the grocery store.

One session: Monday, Apr 4; 1:00-2:30 p.m.  
Class Size—Min: 6  Max: 25

6010  What on Earth Is the Orthodox Church?

The Eastern Orthodox Church is largely unknown in Tennessee. This course will give an introduction to the Orthodox Church's history and way of thinking. Fr. Daniel Greeson, priest at St. Anne's in Oak Ridge, TN, will outline the basic history of the Orthodox Church, the worship of the Orthodox Church, and teachings of the Orthodox Church.

Father Daniel Greeson holds an M.T.S. from Vanderbilt Divinity School at Vanderbilt University and an M.Div. from Saint Vladimir’s Orthodox Theological Seminary. He has been a priest for over three years and serves as the rector of St. Anne’s Orthodox Church (OCA) in Oak Ridge, Tennessee.

One session: Thursday, Apr 7; 10:30 a.m.-12:00 p.m.  
Class Size—Min: 6  Max: 25

Please bring a sweater to class, as the heating and cooling at RSCC is controlled by a computer at the Harriman campus.
Ever wonder what weather and environmental conditions are needed to create severe weather conditions? How does climate change encourage more frequent and more severe weather conditions? What causes a tornado to touch down and destroy a section of land and then rise back up into the sky only to touch down in another area? What should your severe weather survival plan include? Meteorologist Mark will answer these and other questions about severe weather in this educational and entertaining class.

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. He currently teaches adult education classes at the Crossville Career Center and at the Fentress County jail.

One session: Tuesday, Mar 1; 1:00-2:30 p.m.  
RSCC, Community Room

Class Size—Min: 6  Max: 25

“The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live.”

~Mortimer Adler
7034  The Challenges and Rewards of Law Enforcement

This introduction to law enforcement exposes students to several critical issues and provocative problems, including a treatment of the human dimension of policing. Students will develop a better understanding of policing as one of the most difficult, demanding, and stressful forms of 'people work' in modern society. Participants will examine the nature of social life and the need for order, the evolution of the police function, modern patrol functions, specialized activities, and supporting services such as communications and criminalistics. The class will then look at how police serve as the beginning of the flow of cases into the criminal justice system, their roles within systems of social control, and their relationships within governmental systems.

*Chief Michael Williams is a veteran of the United States Marine Corps and has been in law enforcement for more than 20 years. Chief Williams has served with the Robertson County Sheriff’s Office, The Tennessee Highway Patrol, and as the Chief of the Fairfield Glade Police Department. He holds a Bachelor of Science in Criminal Justice and is a graduate of Northwestern University Police and Staff Command.*

*After earning her BS in Criminal Justice in 2011, Lieutenant Katelyn Self began her law enforcement career with the Roane County Sheriff’s Office, working as a supervisor for the detention center until graduating the Tennessee Law Enforcement Training Academy in 2012. She then served as a patrol deputy with supervisor responsibilities until 2014. Lt. Self joined the Fairfield Glade Police Department in 2014 as a patrol officer. After several promotions, she is currently an Administrative Lieutenant and serves as the Accreditation Manager and Patrol Commander for the FGPD, assisting in the development and management of various community outreach programs, as well as the integration of modern law enforcement software programs. Under her leadership, FGPD has become accredited with the internationally recognized Commission on Accreditation for Law Enforcement Agencies (CALEA). Lt. Self is the recipient of numerous law enforcement and community awards.*

One session: Wednesday, Apr 6; 2:30-4:00 p.m.  
RSCC, Community Room

Class Size—Min: 6  Max: 25

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.
8015  Introduction to Pinochle

Single Deck Pinochle is a card game using a 48-card deck and is designed to be played by two to four players. Points are earned by forming combinations of cards, or “melds,” and scoring points during the card play. Students will learn for three and four player (partner) games:

- The three phases of the game: bid, meld, and tricks
- How to bid meld
- Designating trump suit
- Point value of meld
- How to take tricks
- Rules of card play
- Strategies for taking points

By the last class meeting, students will play a game of pinochle.

*Steven Brown has played pinochle since he was 16 years old. He served 20 years in the US Army and has worked in higher education for 18 years. His last position was as an academic dean in West Virginia.*

Four sessions: Tuesdays & Thursdays, Mar 22, 24, 29, 31; 2:30-4:00 p.m.
Class Size—Min: 3  Max: 16

8017  Let’s Roll the Dice!

If you're looking for a fun, leisurely way to pass some time, or interested in learning how to play a new game, this may be the class for you! We will play a different dice game each week. We can even be flexible and revisit a previously played game, if time permits and students are in agreement.

Week 1 - LRC
Week 2 - You Blew It
Week 3 - Farkle
Week 4 - Variations of Yahtzee

*Sharon Bernhoft grew up playing games with her family as a child. She raised her own family playing games together and even continued the tradition with her grandkids. Dice, cards, board games...she played everything!*

Four sessions: Tuesdays, Mar 8, 15, 22, 29; 12:00-1:30 p.m.
Class Size—Min: 4  Max: 18

Visit the online catalog at [https://roanestate.edu/CLL](https://roanestate.edu/CLL) for the latest class information. Check your email (including SPAM folder) before leaving home for any class.
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.