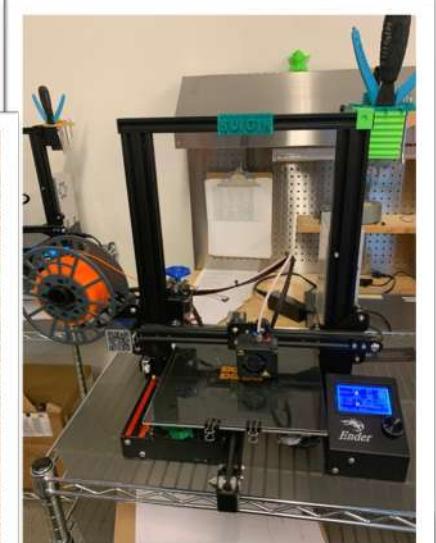


CENTER FOR LIFELONG LEARNING

Expanding minds across the Plateau

SUMMER 2023



Center for Lifelong Learning
2567 Cook Road
Crossville, TN 38571
<https://roanestate.edu/CLL>
cllteam@cllcrossville.org



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 is a 501c3 non-profit organization. It 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 holds three semesters per calendar year, each typically lasting 4 to 8 weeks.

<u>Term</u>	<u>Begins</u>
Spring	March
Summer	June
Fall	October

- Classes are filled on a first-come, first-served basis.
- Registration remains open, as space allows, after the semester has begun.**
- **2023 SUMMER classes run JUNE 1st to AUGUST 10th.**
- Check the course location in the catalog description carefully—some classes maybe held at locations other than the RSCC Crossville campus.

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 and have paid the membership fee for 2023 can log in and proceed directly to class registration. Otherwise, members must log in and pay the annual \$40 membership fee for 2023 before proceeding to class registration. Returning students who did not create an account 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 cllteam@cllcrossville.org.
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)

- Go to <https://roanestate.edu/CLL> (type this directly in browser, not Google)
- Select “Membership, Registration and Class Listing”
 - **Returning Students:** Log into your account and Click Membership on the top Left

New Students: 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 “2023 Membership”
- Follow the instructions to pay annual fee by credit card
- Proceed with class registration

Class Registration (Only 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.
- **PLEASE NOTE: Your registration will not be complete until you check out by clicking on the check-out cart (...just like you do with Amazon).**
- You will receive a confirmation letter approximately one week before the class.



Online registration for SUMMER 2023 is scheduled to open MAY 22, 2023.

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. Generally, registration remains open until 5 days before each class start date. Please do not show up to a class if you do not have a confirmed registration.

IMPORTANT INFORMATION FOR SUMMER 2023

Unless noted, SUMMER 2023 classes will be held at:

Roane State Community College (RSCC)
2567 Cook Road
Crossville, TN 38571

**Your class ROOM assignment
will be displayed in the RSCC lobby.**

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.

*Learn continually - there's always
"one more thing" to learn!
- Steve Jobs*

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>

Monitor your email (including SPAM folder) for notices of changes or cancellations.
Thank you for your patience and understanding.

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

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

Dropping a Class

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:

Go to roanestate.edu/CLL

Click on Registration and Class Listing

Click the Login button at top of screen

Enter your username and password

Click on your name at top right of screen (next to gear symbol)

Click My Account

Scroll to bottom of page and click Registrations tab

Locate the class you wish to drop and click Drop at the right side of the listing

Confirm by clicking OK in the popup window

or email cllteam@cllcrossville.org.

COMPUTER

1507 Google Docs Suite Overview

The Google Docs Suite is a cost-free alternative to the Microsoft Office and Microsoft 360 Applications. It can be used on any computer (Microsoft, Apple or tablet) or Chromebooks. It is free of charge and is compatible with Office formats. This class will provide an overview of the suite, its many capabilities and ways you can take advantage of them. For example, it can allow you and/or your friends/co-workers to access your documents, spreadsheets, and slide 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. Students will not be using a computer for this overview class. (Follow-on classes that are hand-on will be offered in the future).



Jim Gries began as a programmer and worked his way up to senior management positions in both IS and corporate operations. He has taught computer management and 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: Thursday, June 8; 3:00 pm – 4:30 pm

RSCC, Crossville Campus

Class Size—Min: 5 Max: 30

1511 Chromebook vs PC



Jim Gries will inform and guide you through the pros and cons of both the Chromebook and the PC. He will also assist you in determining what would be the best fit for you, both financially and functionally.

See bio for Jim Gries above.

One session: Thursday, June 1; 3:00 pm – 4:30 pm

RSCC, Crossville Campus

Class Size—Min: 5 Max: 15

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

HISTORY

3005 Leaders I've Known

Alan Lowe will share his experiences establishing and working with four Presidential Libraries and the Howard H. Baker Jr. Center at the University of Tennessee in Knoxville. His unique perspective, insights and sense of humor will create an engaging experience.



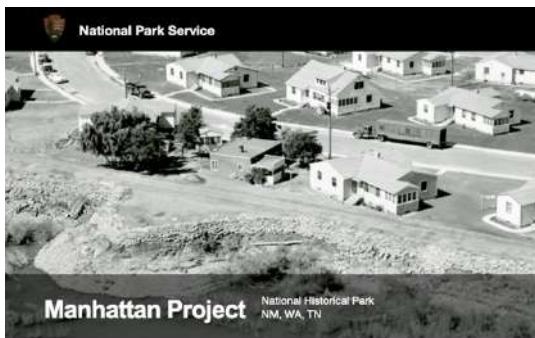
Alan C. Lowe of Oak Ridge, Tennessee, is director of the American Museum of Science and Energy and the K-25 History Center, both located in Oak Ridge. Previously, he held positions at the Ronald Reagan Presidential Library in California and the Office of Presidential Libraries at the National Archives in Washington. He served as director of the Franklin D. Roosevelt Presidential Library in New York and the Howard H. Baker, Jr. Center at the University of Tennessee. From 2009 to 2016, Lowe was the founding director of the George W. Bush Presidential Library in Dallas, Texas, and from 2016 to 2019 was executive director of the Abraham Lincoln Presidential Library in Springfield, Illinois. Currently Lowe serves on the board of Childhelp Tennessee and on the advisory board for the UK Department of History. He co-hosts "American POTUS," a popular podcast about the presidency, and hosts "AMSEcast," a podcast dedicated to science, engineering, and technology.

One session: Wednesday, June 7; 10:30 am – noon

RSCC, Crossville Campus

Class Size—Min: 10 Max: 40

3047 Manhattan Project National Historical Park



Explore the history of America's Secret City, Oak Ridge, Tennessee. Established in 1942, Oak Ridge was the largest city created for a secret government project to develop the first atomic bombs. Manhattan Project National Historical Park tells the story of the war workers who came to Oak Ridge, TN, Hanford, WA and Los Alamos, NM, and their contributions to the American Homefront of World War II.

Ian Wilder is a park ranger at Manhattan Project National Historical Park in Oak Ridge, Tennessee. The National Park Service preserves America's cultural and natural history. Ian has been privileged to tell the story of this area from both perspectives; from the birthplace of a president and from an ecological crossroads thriving with carnivorous plants.

One session: Wednesday, August 9; 10:00 am – 11:30 am

RSCC, Crossville Campus

Class Size—Min: 8 Max: 40

3048 Who Are the Keepers of History?

Joyce Rorabaugh has a wealth of information and experience to share! In this class, Joyce will cover the following questions and many more.

- What is an Archive and what may I find there?
- How can I expand my knowledge of my family at an Archive?
- How can I start my genealogical search if my family lived in other states?
- I keep seeing ads for Ancestry. What is that all about?
- Are there any free websites to help research my family from home?



Joyce Rorabaugh is a Registered Nurse, but her passion is genealogy. She has volunteered in several historical societies and now applies the knowledge she acquired with them to her second career as an archivist with the Cumberland County Archives and Family Heritage Center.

One session: Monday, August 7; 10:30 am – noon

Class Size—Min: 5 Max: 40

RSCC, Crossville Campus

-----LIFE EXPERIENCE AND SKILLS-----

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 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. Holly is a serial entrepreneur, having started 16 successful businesses. Since 2013, Holly has served a client community of over 600 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, June 19; 9:30 am – 11:30 am

Class Size—Min: 2 Max: 12

RSCC, CBI Maker Space

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

4500 Five Wishes

Materials fee: \$1.00 (payable day of class)

This two-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, June 20; 1:00 pm – 3:00 pm

RSCC, Crossville Campus

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!

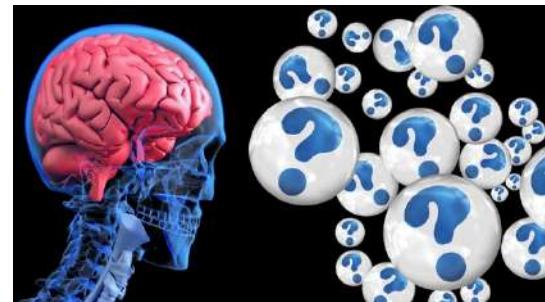
All presenters are volunteers who have discovered the joy of sharing their knowledge in a meaningful and fulfilling way.

Please email cllteam@cllcrossville.org if you'd like to consider sharing your passion or life experiences to further expand our course offerings.

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

4505 Where Did I Leave My Keys? Alzheimer's Dementia vs Healthy Aging -- Assessing Symptoms and Seeking Help.

Tom Piech will help deepen your understanding of the behaviors that are a natural part of life and those that have proven to be early indicators of dementia. He will speak about risk factors, mild cognitive impairment, diagnosis, recently discovered early biomarkers, and the new FDA approved treatments for Alzheimer's.



Tom Piech is a retired pharmacist residing in Livingston. His wife died at age 66 from Younger-Onset Alzheimer's disease. Tom is an Alzheimer's Association volunteer Congressional Ambassador. He spends his time traveling, spending time with his grandchildren, and advocating for those with Alzheimer's Disease and their caregivers.

One session: Monday, June 5; 10:00 am – 11:30 am

Class Size—Min: 1 Max: 40

RSCC, Crossville Campus

4506 A Caregiver's Mantra: "I Promise to Keep You Safe."



Early acceptance of memory loss can reduce anxiety and improve outcomes. There are steps a dementia caregiver can use to visualize the path forward. Tom Piech will use his personal experiences and observations to help you set realistic caregiver goals and expectations. He will explain tips and strategies for dealing with today's challenges and an uncertain tomorrow. Links to caregiver support will be provided. Attendees are encouraged to ask questions.

See Tom Piech's Bio Above.

One session: Monday, June 12; 10:00 am – 11:30 am

Class Size—Min: 5 Max: 40

RSCC, Crossville Campus

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), and taking candid photos during the class.

If interested, please send your name and phone number via email to:

cllteam@cllcrossville.org.

4507 Stress Isn't Fun – but Kicking It to the Curb Is!

Sue Kizer will share breathing techniques to break the cycle of anxiety. Christine Lister will use a variety of engaging activities to demonstrate how to release tension in the moment as well as for overall stress relief.

Sue Kizer is a retired educator from New Mexico. In her final position as a consultant to private school students and faculty, she taught breathing techniques to help with test anxiety and behavior regulation.



Christine Lister is a CA licensed marriage and family therapist who recently moved to Crossville. Christine shows ways to de-stress the distress in your life so you can live stress-free! Her specialties include grief and trauma, Love & Logic parenting, and navigating major transitions of life. Christine uses a balance of education and humor to propel her clients into emotional well-being.

One session: Monday, July 31; 10:30 am – noon

Class Size—Min: 5 Max: 20

RSCC, Crossville Campus

4539 Strength and Stretch with Chair Yoga



Chair Yoga is a practice that modifies yoga poses to be done while seated or using a chair for support. It is accessible to anyone who wants to enjoy the benefits of yoga, such as reducing stress and improving strength, flexibility, and balance. It is especially helpful for those who have mobility limitations, injuries, or conditions that affect their movement.

Crystal Blankenship has a Bachelor's Degree from TN Tech University in Human Ecology and a Master's Degree from UT Martin in Family and Consumer Sciences. She has been an Extension Agent for 16 years and resides in Cumberland County with her husband and two kids. Crystal's responsibilities include programming in areas of 4-H and Family and Consumer Sciences.

Four sessions: Tues. June 13 & 20 and Thurs. June 15 & 22; 9:00 am – 10:00 am **RSCC, Crossville Campus**
Class Size—Min: 6 Max: 20

CLASSROOM ASSIGNMENTS

*If your class is given at the RSCC, Crossville Campus,
go directly to the lobby on the day of your class.*

You will find a sign indicating the room in which your class is being held.

4540 Chinese Medicine and Body Energy

Terry Owens will introduce the Principles of Traditional Chinese Medicine and how it addresses the energy systems of the body and seeks to help the body to return to a state of balance.

Terry Owens became a Licensed Massage Therapist in 2004. He is a graduate of the Somatic Therapy program at Roane State Community College, Oak Ridge. His post-graduate training is in Reflexology, Healing Arts, Traditional Chinese Acupuncture, MPS Therapy and Taoist Medicine. Terry became an instructor at Genesis Career College, Cookeville. Terry is founder of Well by Nature, Dreamtime Coaching and owner/manager of Nature's Way Massage.



One session: Tuesday June 6; 9:00 am – 10:30 am

RSCC, Crossville Campus

Class Size—Min: 2 Max: 12

-----OUTDOOR ADVENTURES-----

5274 Hiking at Big South Fork National River and Recreation Area and Obed Wild and Scenic River



Both the Big South Fork National River and Recreation Area and the Obed Wild and Scenic River have some incredible hiking opportunities. This program will introduce participants to some of the most popular hiking destinations in the Big South Fork and the Obed and will include photos, maps and best practices.

Dustin Russel is an Educational Specialist for the Big South Fork National River and Recreation Area and Obed Wild and Scenic River.

One session: Wednesday, August 2; 10:30 am – 12:30 pm

RSCC, Crossville Campus

Class Size—Min: 4 Max: 12

IS A CLASS YOU WANT FULL?

If a class is full, please register anyway. You will be put on the wait list in case a seat becomes available. The number of students on a wait list also helps the CLL team determine which classes should be offered again in a future semester.

-----RELIGION-----

6011 Cultural Practices of the Mennonites



George and Janie Pinkham will explain cultural and religious applications of Mennonites and share their personal experiences as Mennonites.

George Pinkham taught at Salem College for 12 years. His interests include the cultural life, crafts, history, language, and music of West Virginia. He is also interested in log cabin construction and early pioneer life. He and Janie joined a Mennonite church when they were 35 years old. They have been Volunteer Chaplains at the Morgan County Correctional facility for 30 years.

One session: Thursday, June 15; 10:30 am – noon
Class Size—Min: 5 Max: 30

RSCC, Crossville Campus

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.

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

-----SCIENCE & TECHNOLOGY-----

6531 Adventures In 3D Printing

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

This class will be a hands-on experience in the 3 major steps of 3D printing: design, slice and print. Participants will learn about the 3D printing process and see examples of additive manufacturing. Students will operate machines and produce a takeaway item. They will also have a chance to design their own object using CAD tools. Participants will come away with a good understanding of the basic workflow of this increasingly popular technology.

Tom McDunn is a mechanical engineer by schooling and an electrical engineer by practice. He likes automation, connecting software, mechanical devices and computers into systems like robotics and 3D printing. He offers a Build Your Own 3D Printer class that over 80 builders have attended. An alumni club has formed to continue learning, and discussing applications and improvements. Tom maintains the CBI maker space units and uses them for hands-on activities, tours, and STEM camp. Tom volunteer teaches classes in Inkscape, TinkerCAD, On shape, CAM packages and Arduino.



One session: Thursday, June 8; 10:00 am – noon

RSCC, CBI Maker Space

Class Size—Min: 6 Max: 8

6545 Starry, Starry Night



One small step by each of us can have a large collective effect. Artificial light at night from human activities has grown to be a major impact on both humans and wildlife. Because much of the light is wasted, this is also called light pollution. We will learn the type and scope of light pollution in Tennessee and the United States as well as what the impacts are on the night environment and specific species. Recent research will be presented along with ways that everyone can limit the largely unnecessary spread of excessive light at night.

Theo Wellington has a lifelong interest in the stars, earning a BS in Astronomy from Case Western Reserve University in 1981. She moved to Tennessee in 1986. Raising four kids, she helped coach high school Science Olympiad, and worked 11 years at the Sudekum Planetarium. Theo has been a member of the Barnard-Seyfert Astronomical Society since 2004, serving on the board and as president for four years. She became involved in the International Dark Sky Association in 2014 during Pickett State Park's successful application to be an IDA Dark Sky Park, and has continued as an advocate for starry skies ever since. She enjoys public outreach and time with a telescope under the skies.

One session: Thursday, June 15; 3:00 pm – 4:30 pm

Class Size—Min: 6 Max: 40

RSCC, Crossville Campus

Economics

7050 Global Trade & Imports: How Does Amazon Get All That Stuff We Buy?

Beth Wedgworth will discuss how she landed in the complex field of global trade compliance, her background experience, federal Customs Broker License, and how she worked daily with U. S. Customs to clear import shipments for a large, multinational corporation, from overseas origins to various U.S. ports of entry in the United States. The emphasis will be on how goods are imported into the United States. Importing is very relevant to most Americans, because we are all consumers of imported products, and many of us purchase goods directly from various U.S. importers, manufacturers, and online retailers (like Amazon).



Beth Wedgworth began her career in international banking in Nashville after graduating from UT. Opportunities lead to certification as a paralegal through Vanderbilt and then onto achieving a federal license as a U.S. Customs Broker—the highest certification in the Trade Compliance industry. Beth served on various corporate committees regarding global trade compliance, as well as produced professional papers on importing and exporting

One session: Tuesday, August 8; 11:00 am – 12:30 pm
Class Size—Min: 10 Max: 40

RSCC, Crossville Campus

Miscellaneous

8001 Mahjong



This class is designed for beginners and those who haven't played Mahjong for a while and need a refresher. Participants will receive handouts during the classes. This is a 4 sessions course.

Anita Lawrence has been playing Mahjong for 7 years and currently serves on the Board of Directors for the Fairfield Glade Ladies' Club.

Four sessions: Mon. July 31 & Aug. 7, and Thurs. Aug. 3 & 10; 1:00 pm – 3:00 pm **RSCC, Crossville Campus**
Class Size—Min: 4 Max: 8

8015 Learn to Play Pinochle

New to the card game of pinochle? Played a long time ago and feeling a little rusty? Join Duane Kessler and have some fun learning a new skill or brushing up on an old one.

Duane Kessler has been playing pinochle since his teens. He enjoys sharing his love of the game with others.

Three sessions: Wed. June 7 & 14; and Monday June 12; 1:00 pm – 3:00 pm

Class Size—Min: 4 Max: 12



RSCC, Crossville Campus

8023 Let's Play Euchre!



Whether you're new to the card game of euchre or just need a refresher – this is the class for you. Join Duane Kessler and learn more about this friendly and fast-paced card game.

Duane began playing euchre in high school. He enjoys sharing his love of the game with others.

Three sessions: Tues. June 13, Mon. June 19, & Wed. June 21; 1:00 pm – 3:00 pm

Class Size—Min: 4 Max: 12

RSCC, Crossville Campus

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 cllteam@crossville.org
if you have any questions or concerns.*

Questions?? Email cllteam@cllcrossville.org

Center for Lifelong Learning

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Crossville, TN 38571
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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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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.