CENTER FOR LIFELONG LEARNING

Expanding minds across the Plateau

FALL 2024







Center for Lifelong Learning 2567 Cook Road Crossville, TN 38571 https://roanestate.edu/CLL cllteam@cllcrossville.org The Center for Lifelong Learning (CLL) invites residents of Cumberland County and nearby communities to become members and take part in the joy of lifelong learning. Our goal is to provide opportunities for our members to experience a supportive, community-based environment which enriches the lives of adults, regardless of age, background, or educational level. The Center for Lifelong Learning (CLL) is a 501c3 non-profit organization.

CLL designs the programs to reflect 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. CLL is supported by Roane State Community College (RSCC). RSCC provides classrooms and administrative support to the program.

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

CLL holds three semesters per calendar year, each typically lasting 3 to 4 weeks.

Term Begins
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.
- --- 2024 FALL classes run from October 1st to October 31st.
- —Check the course location in the catalog description carefully—some classes may be 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, <u>but only users who have an account and have paid membership fees may register for classes.</u>

NEW FOR 2024:

You may pay \$20 for a single term, or pay \$40 for a full year (3 terms, savings of \$20.)

Returning students who already have an account and have paid the membership fee for 2024 can log in and proceed directly to class registration. Otherwise, members must log in and pay the annual \$40 membership fee for 2024 or the single term \$20 membership fee 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

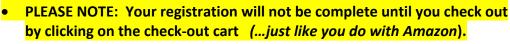
Returning Students: Log into your account & Click Membership on the top Left. Click the blue "Select" button next to 2024 Full Year or Single Semester. Fill in your payment information, agree to the Terms, and click "Submit".

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.
- Click the blue "Select" button next to 2024 Full Year or Single Semester.
 Fill in your payment information, agree to the Terms, and click "Submit".
- 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.





• You will receive a confirmation letter approximately one week before the class.

Online registration for FALL 2024 is scheduled to open SEPTEMBER 23,2024.

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

IMPORTANT INFORMATION FOR FALL 2024

Unless noted, 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.

"Commit yourself to lifelong learning. The most valuable asset you'll ever have is your mind and what you put into it."

-Albert Einstein.

IMPORTANT NOTICE

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

Should class information change, it WILL NOT be updated in this catalog.

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

Questions? Email cllteam@cllcrossville.org

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 cliteam@clicrossville.org.

-ART & CULTURE-----

1041 Alcohol Ink Ornaments



In this class, students will use alcohol inks to transform clear glass bulbs into unique, one-of-a-kind decorations. The process is very simple, and students can select colors to personalize ornaments for either year-round display or for holiday decor. All materials will be provided. *Consider wearing old clothing in case of spills*. There is a \$5.00 material fee payable to the instructor on the day of the class.

Since childhood, Michelle Bayless has loved crafts of all kinds. From print making, to carving, to needlework, to crocheting, to painting, to beading, to jewelry making, there's little she hasn't tried. As a former educator, Michelle loves teaching others how to create unique, one-of-a-kind crafts.

One session: Tuesday, October 15th; 1:00 pm – 2:30 pm RSCC, Crossville Campus

Class Size—Min: 2 Max: 10

1042 Cumberland County Playhouse

Bryce McDonald will share stories about the beginnings of the Playhouse, what it takes for a theater to function, and many theater escapades.

Bryce McDonald began working at the Playhouse in 1996 as an actor and stage manager. After 10 years, he spread his wings in the New York theater scene. He came back to Crossville in 2014 to become the Associate Producing Director. In 2016 Bryce became the Producing Director, subsequently adding CEO to his title.

One session: Tuesday, October 29th; 10:00 am - 11:30 am

Class Size—Min: 5 Max: 40



RSCC, Crossville Campus

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.

-COMPUTER-----

1522 Secure/Encrypted Email and Calendar – Do You Need It?



This class will provide information on the benefits, features, and limitations of secure/encrypted email and calendar services. A high-level description of the encryption method used by most providers will be included. A brief introduction to a variety of secure and insecure email/calendar providers with an emphasis on ProtonMail will follow. The process to set up and transition to a new email service will be covered in detail. Time permitting, there will be an introduction to email filters. A detailed handout will be provided.

Dave Korb has a degree in Electrical Engineering and 35 years of experience as an Information Technology professional. He has a passion for privacy and security using reliable and efficient technologies. Dave has worked in the engineering and technology departments for AT&T/Lucent Technologies, Sears Holdings, and a couple of startup companies in roles ranging from support, deployment, development, and architecture.

One session: Wednesday, October 16th; 1:00 pm - 2:30 pm

Class Size—Min: 5 Max: 30

RSCC, Crossville Campus

-----FINANCE-----

2029 Reverse Mortgage 101

This class will cover the basics of the FHA insured reverse mortgage. We will also discuss the variation of that mortgage that is used for a purchase.

After years of conducting closings in the title industry in Florida and seeing the smiling faces of families benefiting from the FHA reverse mortgage, Antoinette Cassavaugh was eager to enter the field to have a part in helping these families. In 2014 she obtained her license. Antoinette believes that it is important to help the retiree,

their family members, and their trusted advisors to understand the workings of the mortgage.

One session: Thursday, October 10th; 10:00 am - 11:30 am

Class Size—Min: 5 Max: 40

RSCC, Crossville Campus

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

-HISTORY-----

3058 The Effects of the French and Indian War on the American Revolution



The French and Indian War put the British Colonies in the crosshairs of two major world empires as they competed for control of North America. The struggles experienced in colonial America during this nearly decade-long war caused colonists to question their bonds with Great Britain. We will survey major events of the French and Indian War and see how the war had reverberations that led to the American Revolution.

Dewayne McGhee is a 1995 graduate of Cumberland County High School, where he fell in love with American History as a student in

JC Davis's American History class. He graduated from Tennessee Technological University (TTU) in 2000 with a B.S. in Business Management. He returned to TTU and graduated in 2005 with his M.A. in Secondary Education. Dewayne taught history in Cumberland County Schools for 20 years. Dewayne accepted the position of Campus Director at Roane State Community College in Cumberland County in August of 2023.

One session: Wednesday, October 2nd; 1:30pm – 3:00 pm

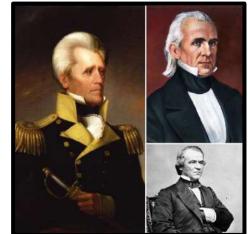
Class Size—Min: 5 Max: 40

RSCC, Crossville Campus

3059 The Three Presidents from Tennessee

Mr. Davis, dressed in period attire, will provide an entertaining look at Presidents: Andrew Jackson, James K Polk, and Andrew Johnson, all hailing from Tennessee. Their lives before and after their presidencies will be discussed, including little known fun facts. As a special treat, Mr. Davis will provide students samples of some of their favorite foods.

J.C. Davis is a graduate of Cumberland County High School. JC achieved degrees from Freed Hardeman College, Harding College,



and Tennessee Tech. He returned to Cumberland County HS as a teacher for 34 years and has been an adjunct professor at Roane State Community College for 30+ years, primarily as a history teacher. JC and his wife of 46+ years have traveled to many historical sites all over America, collecting stories and historical artifacts. He has used these experiences in many historical reenactments and community activities including Pioneer Day.

One session: Wednesday, October 23rd; 1:00 pm - 2:30 pm

Class Size—Min: 5 Max: 40

RSCC, Crossville Campus

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.

-LANGUAGE-----

3254 American Sign Language (ASL) 2



Moving beyond numbers, letters, and single signs learned in ASL 1, students in ASL 2 will begin to put together multiple sentences and have conversations with one another and the instructors. The focus will be on correct hand shapes and placement, proper ASL syntax and conceptual accuracy, and increased vocabulary.

Bob Tolich has been a certified ASL interpreter for over 25 years, with interpreting experience in the legal, law enforcement,

medical, church, and military arenas. One of his passions is teaching others American Sign Language. Kathy Tolich has been an ASL interpreter for over 25 years, interpreting in medical, military, and church settings.

Four sessions: Mondays: October 7, 14, 21, and 28th; 9:00 am — 11:00 am RSCC, Crossville Campus

Class Size—Min: 5 Max: 25

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

4550 What Does Healthy Aging Look Like?

Shehla Rooney will discuss daily strategies and exercises to facilitate healthy aging including suggestions for home safety. She'll demonstrate how functional assessments are conducted and perform assessments for participants as time permits.

Shehla Rooney, born in England and raised in Canada, is a distinguished physical therapist with over 26 years of experience. She graduated from Dalhousie University in Halifax, Nova Scotia,



with Degree in Physical Therapy in 1997. After moving to the U.S. in 1998, she quickly established herself as a leader in the field. She has been a clinical instructor to hundreds of students, shaping the next generation of physical therapists with her passion and expertise. Shehla is a board-certified specialist in Geriatric Physical Therapy, a testament to her deep commitment to empowering older adults with the knowledge and tools they need to age gracefully.

One session: Thursday, October 17th; 9:30 am – 11:00 am RSCC, Crossville Campus

Class Size—Min: 10 Max: 40

Questions? Email cllteam@cllcrossville.org

4551 Herbal Healers



This course will cover a wide variety of information about herbs. The basic terminology of herbs, their safe usage, how to harvest, dried versus fresh, herbs for cooking, preservation techniques, and creative usage of herbs will be discussed.

Melody Rose received a BS in Agriculture with an emphasis in Agronomy from Berea College and a MS in Agriculture Leadership, Education and Communications from UTK. She is currently a UT Extension agent and Master Gardener Coordinator. Her professional affiliations and awards are too numerous to mention. Melody's personal extensive garden is primarily dedicated to native Appalachian herbs and just for fun she is a certified wine enthusiast.

One session: Thursday, October 24th;

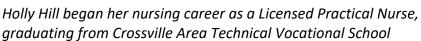
Class Size—Min: 5 Max: 40

10:00 am - 11:30 am

RSCC, Crossville Campus

4552 Women and Heart Disease

In this program, participants will identify the differences in men and women related to the development and outcome of cardiovascular disease, become familiar with the differences in symptoms of a heart attack between women and men and discuss why women have poorer outcomes than men. In addition, strategies to prevent heart disease in women will be reviewed. Time will be made available to answer questions.





(now TCAT) in 1981. She earned a Bachelor of Science in Nursing from Tennessee Technological University in 1988 and a Master's Degree in Acute Critical Care Nursing from Vanderbilt University School of Nursing in 1990. She started the Cardiac Rehabilitation Program at Cumberland Medical Center in 1993 and the Cardiac Rehabilitation Program at HCA Tristar Summit Medical Center in 1995, where she spent 21 years as the Director of Cardiac and Diabetes Services.

One session: Thursday, October 10th; 1:00 pm - 2:30 pm

Class Size—Min: 5 Max: 40

RSCC, Crossville Campus

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

-OUTDOOR ADVENTURES-

5276 Tales of Tragedy, Adventure and Interesting Characters from the Smoky Mountains



The Great Smoky Mountains National Park is one of the largest wilderness areas in the Eastern United States. More than 12 million visitors a year enter the park. Most visits are joyous adventures but some end in tragedy. John McArthur will talk about some of the more notorious events. He will also tell you about some very interesting characters from the Smokies and their adventures.

John McArthur is a native of Blount County and grew up near the Smokies. He is a retired lawyer and lived near the Smokies virtually his entire life. John has camped in all the developed and primitive campgrounds in the Smokies, hiked over 1500 miles of Park trails including the 71 miles of the Appalachian Trail in the Park. Trout fishing, hiking, and camping are some of his favorite pursuits.

One session: Wednesday, October 30th; 1:00 pm – 2:30 pm

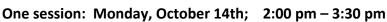
Class Size—Min: 10 Max: 40

RSCC, Crossville Campus

5277 An Overview of the Art of Falconry

Mike Faircloth will explain the workings of training and hunting with wild caught raptors. He'll share the gear required for both the raptors and the handlers. He has videos to accompany his presentation and invites an open questioning time.

Mike Faircloth is a State and Federally licensed Master falconer and served over 20 years on the board of the California Hawking Club. He wrote and published the 2nd Edition of the California Apprentice Manual for Falconry that was accepted for nature talks and programs with the San Diego School system for 12 years.



Class Size-Min: 20 Max: 40



RSCC, Crossville Campus

CLASSROOM ASSIGNMENTS

If your class is given at the RSCC, Crossville Campus, look in the lobby for a sign indicating the room in which your class is being held.

5278 Protecting the Obed Watershed



Everything we put in, or on, the ground ends up in the water somewhere! This course will present information about the Obed Watershed and its impact on the water in Cumberland County. The need to protect the watershed and methods to do that will be discussed. Ways to reduce erosion of stream banks by slowing stormwater run-off, encouraging biodiversity, especially the reintroduction native plants and clearing pollutants and trash will be covered. The functions of the Obed Watershed Community Association (OWCA) will be mentioned.

Bill Morgan taught at the University of Texas Health Sciences

Center for 40 years, retiring as a Professor Emeritus. His passion now is educating those living on the Cumberland Plateau about the Obed Watershed and the importance of erosion protection provided by native plants. He is a member of the Cumberland County Master Gardeners and the Obed Watershed Community Association (OWCA).

One session: Wednesday, October 9th;

Class Size—Min: 4 Max: 40

9:00 am - 10:30 am

RSCC, Crossville Campus

-RELIGION-

6015 Sacred Journey

Do you yearn for a deeper connection with God? Are you spiritually curious and open to uncommon methods? Using selections from the Tanakh (Jewish scriptures), the New Testament and additional inspired writings, we will explore ways to interact with the text for a personal encounter with the Creator. Each of the three class meetings will highlight different spiritual practices designed to help you communion with God.



Continuity of attendance will make the concepts easier to grasp. Time during class will be allocated for meditation, journaling, and small group sharing. Journals and some art supplies will be provided but you are welcome to bring your own. After the last class, an optional field trip to walk a prayer labyrinth located 6.5 miles away from Roane State campus will be offered.

Christine Lister has used these spiritual practices for over 20 years to enhance her connection with her Savior, Jesus. She has a deep reverence for sacred texts found in the Bible. Christine is a licensed marriage and family therapist who seamlessly blends psychological and spiritual elements as appropriate in her counseling practice. She delights in helping others in their spiritual journey to find meaningful connection with the God of the universe.

Three sessions: Mondays: October 7, 14 and 28th; 11:00 am – 12:30 pm

Class Size-Min: 5 Max: 40

RSCC, Crossville Campus

-SOCIAL STUDIES-

7054 The Articles of Confederation, America's First Constitution



This session of the "Learn About Your Government" series focuses on the Articles of Confederation. Following the Declaration of Independence, this document was created in 1777 to establish an enduring friendship between the 13 colonies (now known as states). The founding fathers adopted the Articles to form a national government in which the states could govern themselves. The "enduring friendship" was shaky from the beginning and did not last beyond 1789 when the present Constitution was adopted. We will discuss the Articles of Confederation and the problems that arose, along with how the US Constitution was meant to correct for those problems. *This class will NOT be a discussion of current political issues.*

Dr. Cheryl Brown, professor emeritus of Marshall University, has taught political science courses for years. Her favorite classes have always centered around basic American government and history. Cheryl has developed a series for the Center for Lifelong Learning titled "Learn About Your Government". Having a fundamental grasp of how our government works and its history benefits everyone.

One session: Thursday, October 3rd; 10:00 am – 11:30 am RSCC, Crossville Campus

Class Size—Min: 5 Max: 40

Who Are the Class Presenters at CLL?

The retired Navy pilot in your neighborhood, a doctor from the local hospital, 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.

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.

-MISCELLANEOUS-

8024 Mah Jongg Made Easy

In this class you will learn the basics of American Mah Jongg, including recognition of tiles, suits, how to read the Mah Jongg cards, rules of the game and strategies. A packet including a course syllabus and handouts will be provided on the first day.

Originally from Michigan, Nita Hawes moved to Fairfield Glade 23 years ago. She had never heard of Mah Jongg until she met some ladies who wanted to start a beginner class. They weren't sure how much interest there would be in playing Mah Jongg.

That was 14 years ago and today, there are many groups of Mah Jongg players in the Crossville area. Nita has taught many classes on the basics of Mah Jonga both privately, and in a classroom environment. Nita loves to play Mah Jongg!

Four sessions: Mondays & Wednesdays: Oct. 7, 9, 21, & 23rd; 2:30 pm - 4:30 pm RSCC, Crossville Campus Size—Min: 4 Max: 8

8025 Playing Bridge for Beginners



We will start by defining and illustrating basic terms. You'll learn how to "value" your hand (13 cards), and bid your hand. You'll play with your 'partner' against another pair of players. We will discuss two styles of bidding, but will concentrate on the newer convention, American Standard. You'll spend time playing games and analyzing your play. We will also discuss the scoring and some basic playing strategies. As in every group, some people will be quicker to pick-up the concepts. They will be asked to help those others who might be struggling a bit. You should leave at the end of the last class feeling comfortable playing with others.

Stuart Napear has been playing bridge on and off for 52 yrs. He has played in small groups and large groups. Stuart has played "party bridge", Chicago scoring version, and duplicate bridge. He enjoys taking part in games where no one takes themselves too seriously. Stuart's philosophy is that if you are <u>not</u> "enjoying playing bridge", then why not be doing something else?

Five sessions: Wednesdays: October 2, 9, 16, 23, & 30th; 9:00 am - 11:00 am **RSCC, Crossville Campus**

Class Size—Min: 4 Max: 20

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

8026 Home Maintenance 101

This class will present a wide range of basic information for the novice handy person. Topics will include basic maintenance, troubleshooting and repair of drywall, plumbing, electrical features, doors and windows, flooring, masonry, and others. Also, an explanation of basic hardware, fasteners, adhesives, and sealers will be presented.

Richard Morawski started his own property maintenance business after completing a 25-year career in the Navy where he specialized in

engineering and repair. He built a home in Florida acting as the general contractor, and has renovated numerous others. In between Navy duty stations, Richard attained an Associates of Applied Science in Industrial Management.

Two sessions: Tuesdays: October 1st and 8th; 10:30 am - noon RSCC, Crossville Campus

Class Size—Min: 5 Max: 40



8027 Interior Design Bootcamp



Jessica Barbara Schatz can't teach you everything about color and interior design in a couple of hours, but she can teach you how to have confidence in your own design flair and creativity.

Jessica Barbara Schatz attended art school in Colorado and Boston School of Interior Design. She has worked with premier home builders designing Parade (show homes). Jessica is still very involved locally with design, and many of her clients commission paintings and photographs. Jessica's more than thirty-years of experience as an interior designer have brought her great joy in bringing client's design visions for their homes to fruition.

One session: Thursday, October 3rd; 1:00 pm – 2:30 pm RSCC, Crossville Campus

Class Size—Min: 4 Max: 40

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.

Center for Lifelong Learning

2567 Cook Road Crossville, TN 3857 https://roanestate.edu/CLL cllteam@cllcrossville.org

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Barb Korb

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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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.

Contact CLL at cliteam@cllcrossville.org if you have any questions or concerns.