

CENTER FOR LIFELONG LEARNING

Expanding minds across the Plateau

SPRING 2020



Center for Lifelong Learning

2567 Cook Road

Crossville, TN 38571

www.time2meet.com/classes

centerforlifelonglearning2020@gmail.com

INFORMATION ABOUT CLL

The Center for Lifelong Learning (CLL), re-launched in Fall 2019, 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, local trips, or other activities. All instructors 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 teachers!

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

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

Membership is required to register for classes (with limited exceptions). For Spring 2020, **new students** must apply online to become a member of CLL and pay the \$40 annual membership dues. **Returning students** need only pay the \$40 dues. *The annual dues allow students to take as many classes as they wish in all three semesters of the 2020 academic year.* There are no individual class fees, but certain courses may require a materials fee (listed in catalog).

REGISTRATION PROCEDURES SPRING 2020

- Go to www.time2meet.com/classes/instructions Use the link at the top of the page to “Become a Member.” Here, new students can become a member, and all students can pay their annual dues.
- Review the course catalog, available through the link on the left side of the page.
- Go to www.time2meet.com/classes/instructions Use the link at the top of the page to “Register for Classes”.

- Classes are filled on a first-come, first-served basis.
- Participants may register for as many classes as they wish.
- Spring 2020 classes run February 17-April 13.
- Unless otherwise noted in the course description, all Spring 2020 classes will be held in the Community Room at Roane State Community College, 2567 Cook Road, Crossville, TN 38571.

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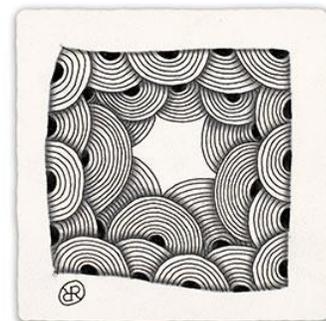
CLASSES

-----ART & CULTURE-----

1000 Introduction to Zentangles Materials fee: \$4.00 (payable day of class)

Learn the Zentangle method of art, an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns, or tangles. Tangles are simple shapes with combinations of dots, lines, simple curves, S-curves, and orbs. Zentangle art is meant for anyone and can be done anywhere.

Linda Farber has spent her life as a teacher, starting with her first piano student at the age of 13 and moving on to share her art/craft love with her own five children. She taught 2nd through 6th grade students for 25 years, incorporating her love of arts and crafts into their daily lessons. Once retired, Linda continued teaching, learning, designing, creating, and publishing; teaching students of all ages at museums, art galleries, shops, and any venue seeking art/craft instruction. Linda obviously has a passion for all art and craft, but her greatest passion is in sharing that knowledge.



One session: Monday, February 17
RSCC, Community Room

Time: 1:30-3:30 p.m.
Class Size—Min: 8 Max: 15

1010 Creating a Season of Live Theater



Each year, patrons of The Cumberland County Playhouse eagerly wait to hear our season announcement. With 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 season's final line-up 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.

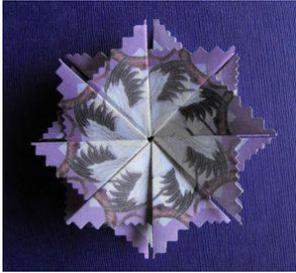
*After ten years in NYC, Producing Director Bryce McDonald is proud to have worked on Broadway and Off-Broadway with Roundabout Theatre Company, Lincoln Center Theater, Manhattan Theatre Club, Second Stage, and Vineyard Theater. Selected CCP directorial credits include: **Ring of Fire, Shrek, Mamma Mia,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

Six sessions: Mondays, March 2, 9, 16, 23, 30, April 6
Cumberland County Playhouse, 221 Tennessee Ave., Crossville, TN 38555

Time: 10:00-11:00 a.m.
Class Size—Min: 6 Max: 25

1021 Tea Bag Folding

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



Tea Bag folding is a craft that began in Holland when Tiny van der Plas remembered that she needed a birthday card after the shops had closed. Learn the rest of Tiny's story while learning to fold beautiful papers into decorative patterns that can be used on cards, tags, ornaments, and even wall art.

Bring a good pair of scissors, a pencil, and a ruler. Class materials will include instructions and decorative papers.

See bio for Linda Farber on previous page.

One session: Monday, February 24
RSCC, Community Room

Time: 1:30-3:30 p.m.
Class Size—Min: 5 Max: 10

1022 Gift Boxes from Greeting Cards

Learn to recycle old greeting cards into gorgeous gift boxes. In this class you will learn the magic of recycling cards into both pillow boxes and small square boxes, both with the professional finish of the original card.

Bring a good pair of scissors, a ruler, and a pencil to class. Feel free to bring any greeting cards you would like to use or share with classmates. Your instructor will also have cards available.



See bio for Linda Farber on previous page.

One session: Monday, March 16
RSCC, Community Room

Time: 1:30-3:30 p.m.
Class Size—Min: 5 Max: 10



INCLEMENT WEATHER POLICY



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

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.

1023 Creative Scrapbooking and Journaling



Have you been appointed to be the family historian? Do you have years of family photos to be preserved? If so, then let's get started and create a scrapbook of family and friends. This class will help you get organized and start those picture projects. Topics will emphasize what tools to use, choice of materials, artistic placement of pictures, creative lettering, and the all-important journaling to capture the details of what is shown in the pictures. Time will be allotted for guided implementation of these techniques.

Mary Lou Janosko has been using her organizational skills for over 30 years by making scrapbooks and greeting cards. She has shared these arts in classes and as donations to various service organizations. She has a degree in elementary education and has taught for almost 20 years. After leaving the teaching field, she spent the next 15 years as an office manager and as an executive meeting planner, which took her to locations across the country and outside of the U.S. Mary Lou and her husband, John, retired to Fairfield Glade six years ago from the Chicago area.

Four sessions: Fridays, February 21, 28, March 6, 13
RSCC, Community Room

Time: 9:30 a.m.-11:00 a.m.
Class Size—Min: 6 Max: 20

-----COMPUTER-----

1501 Introduction to Basic Computing Skills

This is a BASIC computing skills class for those few people who have NO computer experience. During this class, a VERY PATIENT instructor will give a lot of individual attention to a small group of students. The students will be shown how to turn on a computer, the meaning of icons, the use of the mouse, and basic email functions including contacts and address books. There will be no stupid questions in this class. This will be a safe place to take that leap into the world of computers so that students are comfortable communicating electronically with friends and family.



After graduating from the University of Tampa in 1969, Vince D'Alessandro became a U.S. Naval Aviator in October 1970. He was assigned to Attack Squadron 15, based at Cecil Field, FL, as an all-weather, day/night carrier-qualified nuclear delivery pilot flying the A-7 Corsair II. He left the Navy in 1975 and went to work for the family business, from which he retired in 2001. From 2004 until 2009, Vince and his wife Sandy taught basic and intermediate computer classes working with High Seas Computer Services on Celebrity, Oceania, and Holland America Cruise Lines. During that time, they managed the internet cafés on several ships. Vince and Sandy moved to TN from Sarasota-Bradenton, FL, in 2010 and now reside in Fairfield Glade. Vince is also a volunteer at CBI and enjoys working and helping others to master some of the machinery in the Maker Space.

One session: Friday, February 21
RSCC, Room 156

Time: 9:30-11:00 a.m.
Class Size—Min: 3 Max: 6

1502 Word for Beginners



This introductory Word class is for beginners who have never used the Word application. Basic functions of Word such as creating a document, saving the document with a file name, deleting a file, and attaching the file to an email will be covered. If time permits, we will create folders to organize the files.

See bio for Vince D'Alessandro on previous page.

One session: Friday, February 28

RSCC, Room 156

Time: 9:30-11:00 a.m.

Class Size—Min: 3 Max: 6

1503 Manage Your Finances with Excel

Use spreadsheets (Excel or Google Sheets) to manage your finances. Your online banking 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 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: Friday, March 6

RSCC, Room 156

Time: 9:00-10:30 a.m.

Class Size—Min: 6 Max: 18

1504 Manage Your Appointments with Google Calendar



Google Calendar is an application that keeps all your appointments in the cloud and will interface with your smartphone, computer, Google Home, and, with your permission, allow you to share your appointments with your spouse.

See bio for Jim Gries above.

One session: Friday, March 13

RSCC, Room 156

Time: 9:00-10:30 a.m.

Class Size—Min: 6 Max: 18

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.

-----COOKING-----

2501 Soup's On!

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

What better way to break the winter doldrums than by making your own delicious home-made stock! The instructor in this class will demonstrate how easy it is to make a chicken stock, a vegetable stock, and if time permits, a beef stock. Towards the end of class, students will have an opportunity to sample a couple of soups.



Michele Cooke developed her love of cooking at an early age while growing up in rural French Canada. Every summer, her family canned produce from their large vegetable garden and made fruit preserves from an assortment of local berries. There was always a pot of home-made soup on the stove! Michele also credits her career in marketing communications for giving her the opportunity to travel around the world and introduce her to new culinary experiences.

One session: Tuesday, February 25
RSCC, Community Room

Time: 10:30 a.m.-12:00 p.m.
Class Size—Min: 6 Max: 12

2502 An English High Tea Experience

Materials fee: \$10.00 (payable day of class)



You and your friends are invited to experience a real English High Tea. You will learn about the traditions, menus, and types of teas while sampling sweet and sugar-free desserts customary to a real English High Tea. Bring your own fancy tea cup to the class (optional).

Meg Beato has always loved the traditions, décor, and style of the Victorian age. As a result, she has researched and hosted many English High Teas for her church friends, teaching colleagues, quilting quill, and fellow real estate agents here in the Glade. She is currently working as an agent for Mountaineer Realty and enjoys working with people to assist them in having a successful moving experience. She has a passion for remodeling and decorating homes. Her "happy place" is in the kitchen baking up some new desserts, and she plans to teach some baking courses in the near future.

One session: Thursday, March 19
RSCC, Community Room

Time: 3:00-4:30 p.m.
Class Size—Min: 10 Max: 30

If you find you are unable to attend a class for which you have registered, please contact centerforlifelonglearning2020@gmail.com as soon as possible. This is a courtesy to the instructor and to students on the wait list!

2504 South African Food and Culture

South Africa's culinary trends are a combination of indigenous cookery, Indian, and French influences. For many South Africans, meat is the center of any meal—from wild game in precolonial times to the beef that is a preference of many of today's South Africans, who also enjoy mutton, goat, chicken and other meats. You will enjoy listening to the owner and chef of The Cottage at Fairfield Restaurant as he shares his experiences living and cooking in South Africa.



Martin Kerver was born in South Africa and left in his early twenties to explore the world. After eleven years in England and a few million miles later, he arrived in Chicago in 2001. A self-taught cook with a wide interest in the world's collective culinary palate, Martin started the journey at The Cottage at Fairfield one year ago.

One session: Monday, March 2

The Cottage at Fairfield, exact address will be confirmed week before class

Time: 1:00-2:00 p.m.

Class Size—Min: 6 Max: 40

2505 Sharing the Bounty



In this class you will learn how the East TN Gleaners Co-op helps area residents become more self-sustainable. One-third of all the food produced in the world goes to waste! Gleaners partner with local farms to recover food and provide healthy food to their families. Workshops are also offered to teach members to can, freeze, and preserve these foods. Come learn all about this local non-profit organization and how they help members to share in the bounty of East TN.

Kim McCoy started East Tennessee Gleaners Co-op (ETGC) in 2012 after many years of looking for an organization that worked with farmers to help recover food from their fields. She is employed full time and works much of her free time with ETGC. Kim is a certified master home food preservationist and teaches classes on how to safely preserve the food that is harvested from the fields.

One session: Thursday, February 27
RSCC, Community Room

Time: 9:00-10:00 a.m.
Class Size—Min: 6 Max: 40

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-----HISTORY-----

3001 16 Days in December

During the opening hours of December 7, 1941, the Japanese not only attacked Hawaii, but they also launched operations in Thailand, British Malaya, The Philippines, Guam, Nauru, Ocean Island, the Dutch East Indies, and Wake Island. Yet little Wake Island was a bright beacon of hope. We will see why a Japanese officer made the statement, "This is the worst defeat we have ever suffered."

James Dolan is a fan of human history. He was an instructor at Queens College, Brooklyn College, CW Post, Touro Law School, Nassau Community College, BOCES, and Harmony Heights High School. He has a background in Computer Technology, Computer Graphics, and Photography.



Three sessions: Tuesdays, March 24, 31, April 7
RSCC, Community Room

Time: 1:00-2:00 p.m.
Class Size—Min: 6 Max: 40

3002 Seasons of America's Past, Part 1



Photo Getty Images

This course will start with an overview of life in America over 200 years ago, when existence revolved around the coming of each new season and the phases of the moon. The next three classes, in subsequent semesters, will cover the coming of the new year—not the calendar year, but the farmer's year.

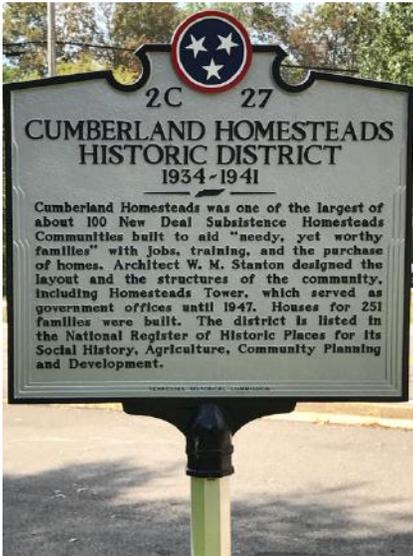
John P. McMenamin taught history and government classes for over 40 years before retiring from Fairfax County Schools in Virginia in 2005. He moved to Mobile, Alabama, where he was an adjunct instructor for 10 years before moving to Fairfield Glade. While teaching in VA, he was awarded Teacher of the Year three times and Fairfax County Teacher Historian one year. While teaching at the University of South Alabama, he received the "Top Professor" award in 2011.

Four sessions: Mondays, February 17, 24, March 2, 9
RSCC, Community Room

Time: 9:00-10:00 a.m.
Class Size—Min: 5 Max: 40

Questions? Email centerforlifelonglearning2020@gmail.com

3021 A Lifelong Resident of Cumberland County Shares Its History



A lifelong resident of Cumberland County, the instructor will talk about the early settlement of Cumberland County, the Cumberland County Homestead Project, the building of the Cumberland Mountain State Park, and Camp Crossville. Dressed as a frontiersman coming into the area, the instructor will help us to see Cumberland County through the eyes of those early settlers coming to the area to find their fortune and build a new community.

A graduate of Cumberland County High School, JC Davis 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 41 years have traveled to many historical sites all over America, collecting stories and historical artifacts. He has used this experience in many historical reenactments and community activities including Pioneer Day.

One session: Wednesday, April 8
RSCC, Community Room

Time: 10:00-11:30 a.m.
Class Size—Min: 6 Max: 40

3022 The Common Soldier in the American Civil War

Dressed in period costume, this entertaining and informative instructor will explain the common soldier in the American Civil War. The discussion will include but not be limited to, who the soldiers were, their clothing, weapons, food, and medicine. The main focus will be what daily life was like for the soldiers.

See bio for JC Davis above.



One session: Monday, April 13
RSCC, Community Room

Time: 9:30-11:30 a.m.
Class Size—Min: 6 Max: 40

***The capacity to learn is a gift;
the ability to learn is a skill;
the willingness to learn is a choice.***

~Brian Herbert

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

3501 Dogs That Serve

An instructor with over 20 years' experience with professional dog training will explain and discuss the differences between 'titled' dogs, such as service dogs vs. therapy dogs. Dog owners will learn to comfort dogs with phobias, including thunder, lightning, and fireworks. Techniques to address behavioral problems such as barking and "stealing" will be shared, as will basic home 'manners', such as getting off or staying off furniture. Pet owners' specific questions will also be answered.



JoAnne Poppie has been in some aspect of the dog business since childhood: training neighbors' dogs to do tricks, walking them, even bathing or brushing them. Her first paying job was with a veterinarian, then she worked for Animal Control, and eventually trained her first dog to compete professionally in the obedience ring. When Petsmart's first stores opened in the southwest suburbs of Chicago, she became their first obedience instructor, working there from 1994 until 2006, when she left to train privately in owners' homes. JoAnne was diagnosed with multiple sclerosis in 1993, and self-trained her own service dog at that time. While still training dogs for home obedience, she launched her service dog training business, and still does both today. There are very few questions she hasn't at least some experience with, and is at ease speaking to classes for the very young as well as older owners.

One session: Thursday, February 20
RSCC, Community Room

Time: 10:30 a.m.-12:00 p.m.
Class Size—Min: 6 Max: 40

3502 The Fun of Coin and Currency Collecting



This 5-session class will explore all aspects of coin and currency collection:

- Session 1: What do you want to collect? What is a numismatist? What is "toning," "grading," and "counterfeiting"? How does one start collecting?
- Session 2: Why do most people collect "Morgan silver dollars"?
- Session 3: Visiting/studying the history of the US Mint System
- Session 4: Studying American paper money (Civil War to present)
- Session 5: Studying foreign paper money and polymer (plastic) money

Ronald Macfarlane is a Canada/US citizen who served 7 years in the US Air Force. He has a degree in history from the University of Connecticut. As a professional numismatist and member of American Numismatic Association (ANA) for 10 years, he has taught classes to share his knowledge and expertise with others. In his capacity as a volunteer and district representative for all TN for the ANA, he has developed and taught classes on coin and currency collecting.

Five sessions: Tuesdays, February 18, 25, March 3, 10, 17
RSCC, Community Room

Time: 1:00-2:00 p.m.
Class Size—Min: 6 Max: 30

3503 Baboons, Hippos, and Assorted African Adventures

This course will entertain and educate the class through the instructor's pictorial travelogue. Roam around Cape Town, South Africa -- picturesque coastline and mountains, wharf, wine country, and panoramas rivaling San Francisco and Vancouver, complete with San Diego weather. Climb to the lighthouse on Cape Point after an unexpected greeting from baboons. Next, to Zimbabwe and Botswana -- safari in Chobe Elephant Reserve, ride elephants, walk with lions, paddle the Zambezi River, and escape from an irate hippo. Risk crazy zip-line crossings over raging waters and hungry crocs of the Victoria Falls river and 350 ft. chasm. Top it off with a breath-taking bungee plunge through a rainbow off the famous VF bridge.



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

One session: Friday, March 27
RSCC, Room 104/105

Time: 9:00-10:00 a.m.
Class Size—Min: 6 Max: 35



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3520 Standing Tall – Life Skills Using Horse Sense



The Standing Tall Program provides a safe and caring environment designed to nourish the physical, cognitive, emotional, and social health of at-risk youth in the community. In addition to the five-week course, we offer two-hour workshops for adults, individuals, and groups who are experiencing social or emotional issues. The program combines yoga, meditation, interactive life skills exercises, and horse-assisted activities to integrate body, mind and spirit. The life skills focus on:

- Communication, verbal, non-verbal, listening, and following directions.
- Relationships, trust, caring for self and others, assertiveness, and empathy.
- Teamwork, interpersonal skills, conflict resolution, problem solving, and critical thinking.
- Independence, self-awareness, self-confidence, and leadership skills.

Michelle Salazar is the visionary and president of Standing Tall Life Skills Program, a 501(c)3 corporation. She retired from the Federal Bureau of Prisons, where she trained correctional workers and volunteers how to be safe working with inmates. Michelle is owner of Wildwood Stable, a member of the Write Touch Inspirational Writer's Group, and the Fairfield Glade Rotary Club. She enjoys cooking, writing, painting, and working with children.

John Cannon is owner of Wildwood Stable. He retired from the Federal Bureau of Prisons where he was an Associate Warden. John is a volunteer with Fairfield Glade Resident Services and is an Ombudsman with the Tennessee Long-Term Care Program. He shares his love of football as a coach with the Junior Jets football team. John is a member of the Write Touch Inspirational Writer's Group, and the Fairfield Glade Rotary Club.

Two sessions: Wednesdays, March 11, 18

Wildwood Stable, 1450 Westchester Dr., Crossville, TN 38558

Time: 10:00-11:30 a.m.

Class Size—Min: 6 Max: 30

CLASS ASSISTANTS NEEDED!

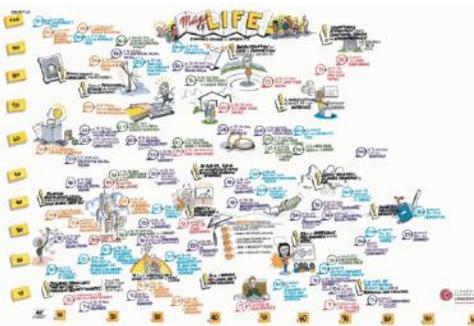
Please consider volunteering to be a class assistant for one or more classes. Responsibilities include taking attendance, assisting with audio-visual equipment (training provided), taking candid photos during the class, and distributing/collecting post-course survey forms.

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

centerforlifelonglearning2020@gmail.com

MEDICINE AND HEALTH

4501 A New Map of Life



This course will explore the Stanford Center on Longevity's project to create a New Map of Life™ so that people can be mentally sharp, physically fit, and financially secure throughout century-long lives filled with belonging, purpose, and worth. We will view a video of a talk from Chautauqua 2019 where Laura Carstensen, Stanford University professor and founding director of the Stanford Center on Longevity, discusses the New Map of Life™ project and the reasons behind it. Class members will then discuss their thoughts on the project as well as the impact of expanded life expectancy.

Having spent her entire career in Information Technology, Judy Wade had to constantly be learning new material as technology quickly changed. That was great because Judy's preferred career would have been to be a professional student. Judy has a degree in Quantitative Methods of Management from University of Memphis and a Masters Certificate from George Washington University in Information Technology Project Management. She earned the Project Management Professional (PMP) certification in 1994.

One session: Thursday, April 2
RSCC, Community Room

Time: 1:00-2:30 p.m.
Class Size—Min: 6 Max: 40

4502 Vitality: Today's Fountain of Youth

What exactly is living and embracing a life of vitality? Are there ways to bring more vitality into our lives? How do we raise and sustain the vitality we already have? How does feeling vital differ from feeling energetic? These are all valid questions. Yet, most of us have no idea how to raise our vitality levels. This presentation explores the five areas of vitality in our lives that must be addressed if we hope to sustain and build upon our life-enhancing vitality: physical, emotional, intellectual, social, and spiritual. This, my friends, is the fountain of youth that we have all been looking for!



Glen Baja is a passionate adventurer, nature and travel photographer, certified High-Performance Coach, personal trainer/group fitness instructor and founder of ThriveAfter50.com, a website whose theme is "Bold, Vibrant, Passionate Living." His mission is to help others express and discover their own direction and purpose in life.

One session: Wednesday, April 8
RSCC, Community Room

Time: 1:00-2:30 p.m.
Class Size—Min: 6 Max: 40

-----MUSIC-----

5020 All That Brass!

The instructor will discuss the uniqueness of a brass band, the high quality **Southern Stars Symphonic Brass** has added to the entertainment culture of the Crossville area, and what it takes to keep a fine arts ensemble viable and thriving. Detailed topics that will be covered include:

- History of Brass Bands (from the UK to North America) and specifically, the **Southern Stars Symphonic Brass (SSSB)** of Crossville, TN
- What makes a brass band unusual as an instrumental ensemble of 30 musicians?
- What is unique about the SSSB locating in a small city like Crossville?
- What are the key elements to organize and keep a professional group of musicians viable over the years? eg. selection of conductor; economics to remain financially stable; promotion/advertising; concert music selection; etc.



*Dwight Wages is the founder and president of the **Southern Stars Symphonic Brass**, a professional brass band of 30 musicians which is in its 12th year of existence. He has been playing the trumpet, cornet, and flugelhorn for 64 years in various ensembles and as a soloist. Dwight appeared on the nationally televised The Original Amateur Hour hosted by Ted Mack, 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: Thursday, March 12
RSCC, Community Room

Time: 1:00-2:30 p.m.
Class Size—Min: 6 Max: 40

5021 Intermediate Acoustic Guitar



Instruction in using the acoustic guitar as an accompanying instrument for singing and performing. Introduction to ear training, tempo and rhythm, chording structure and transposing songs. Class would be well suited for those who already have a guitar and know a few chords and songs and want to accelerate their playing and learning ability. Music or tablature reading not required and won't be used. For acoustic guitar only, no amplifiers. **STUDENTS MUST BRING AN ACOUSTIC GUITAR AND A CLIP-ON CAPO TO CLASS.**

Don Ruetenik is a lifelong guitar player who has played professionally and taught others to play. He also plays steel guitar, bass guitar, keyboard synthesizers, and various folk instruments.

Three sessions: Thursdays, March 26, April 2, 9
RSCC, Community Room

Time: 10:00 a.m.-12:00 p.m.
Class Size—Min: 3 Max: 7

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

5250 100 Fun Things to Do Outdoors in East TN

Materials Fee: \$2.00 (payable day of class)

This class will discuss places to go and things to see in Eastern Tennessee and nearby. You will leave the class with a list of 100 adventures to explore on your own. We will include categories such as train rides, festivals, sporting events and activities, biking, animals, towns to visit, scenic drives, even a few excellent outdoor restaurants, and more. It doesn't matter if you just moved to Eastern Tennessee, or have lived here for years, you will discover new adventures.

Don Hazel has lived in Tennessee for the last 14 years. Previously, he lived in Texas, Indiana, Ohio, Pennsylvania, and West Virginia. He was either just staying ahead of the law or working for a major corporation. Don often teaches classes on wildlife, plants, bluebirds, and other subjects when he is not exploring Tennessee and nearby states.



One session: Wednesday, March 25
RSCC, Community Room

Time: 10:00 a.m.-12:00 p.m.
Class Size—Min: 15 Max: 75

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

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

5251 Intro to Trail Construction

Ever wonder how hiking trails are created? Want to help your community or church build trails but don't know how to start? This six-hour construction class is the same course offered to Cumberland Trail volunteers: a hands-on, in-the-field, learning and doing experience. Participants will be coached through the entire trail building process; corridor clearing, removing organic layers, building the tread, and final grooming. Students will learn about the use of trail building tools, construction techniques, terminology, techniques for different ground conditions, trail safety, and what makes a sustainable trail. The location should give a variety of experiences including climbing turns, grade reversals, and step-over construction. Surface water management issues, creek crossings, and some simple rock work are covered. Although not a design class, students will learn about the placement of trails and how they are built to resist the effects of water and foot traffic. Although principally aimed at construction for hiking trails, the contrasting requirements for mountain biking and horse trails are also covered. Tools are provided. ***Participants need to bring lunch, water, gloves, sturdy shoes, hat, bandana, and bug spray. Dressing in layers for the weather is essential.**



Mark Richie is a Certified Master Trail Builder with over 2,500 hours trail building experience and Lead Trail Trainer for the Cumberland Trail. 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. After earning degrees in history, information science, and a Masters in public relations, Mark taught for nine years at Rowan University (NJ). Courses included management, public speaking, publication design, cyber research, and presentation technologies. His book on quality management was used as a text at several universities and as a reference at NASA. He was also certified as a Baldrige Quality Award Trainer.

One session: TBD based on availability of majority of registered students

Time: 9:00 a.m.-3:00 p.m.

TBD Class Size—Min: 8 Max: 16

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 its maximum capacity.

In general, registration for each class remains open until 5 days before the class's start date.

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

5252 Getting Started with Hiking

Many people start hiking as a pastime with no preparation. They learn from others or learn from mistakes. This class is aimed at new hikers and those who want to benefit from the experience of others. Three sessions focus on preparation, practical application and hiking safety.

Session 1 looks at the emotional and physical benefits of hiking. Covers the Ten Essentials and discusses clothing choices, what to take, footwear, poles, and trail safety.

Session 2 is a guided one-mile hike to put the fundamentals into practice.

Proper use of poles, pack adjustment and pacing. Included is an appreciation for trail design and construction offering an understanding of sustainable trail building.

Session 3 is a guided 2.4-mile hike building on session 2. Covers trail first aid, using maps, food for energy and dealing with emergencies including staying overnight on the trail.



See bio for Mark Richie on previous page.

Three sessions: Wednesdays, February 26, March 4, 11
RSCC, Community Room

Time: 9:00-11:00 a.m.
Class Size—Min: 8 Max: 18

5253 15 Great Fresh Regional Restaurants

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

If you ever travel outside of Cumberland County to places like Asheville, Knoxville, Chattanooga, Nashville, Lexington, etc., and want to find, fresh, unique, restaurants with excellent food, great service and moderate prices, then this class is for you. These are places that you will want to return to over and over. If you rarely go beyond Ruby Tuesday's or Olive Garden, then this is the class to expand your horizons.



Don Hazel has lived in Tennessee for the last 14 years. Previously, he lived in Texas, Indiana, Ohio, Pennsylvania, and West Virginia. He was either just staying ahead of the law or working for a major corporation. Don often teaches classes on wildlife, plants, bluebirds, and other subjects when he is not exploring Tennessee and nearby states.

One session: Tuesday, April 7
RSCC, Community Room

Time: 10:00 a.m.-12:00 p.m.
Class Size—Min: 15 Max: 70

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

5254 Introduction to Multi-Day to Multi-Month Hiking on the Appalachian Trail

Have you ever wanted to hike the Appalachian Trail (AT), either all the way or just a portion? Are you curious about a hiker's life on the AT even though you may never get to enjoy the Trail yourself? This introduction can give you details on what is required to hike the Trail and also give you a taste of the AT hiking culture. Training, planning, necessary equipment, and helpful aids will be discussed. We will also talk about Trail experiences, lingo, hiker relationships and challenges. Bring your questions and curiosity.



Charles Pulse is a retired engineer who only took up hiking after he retired. He is a “section hiker” on the Appalachian Trail and has hiked approximately 1,100 miles of the AT in the last three years. That is, he started on the Approach Trail to the AT at Amicalola Falls in Georgia, hiked through Georgia, North Carolina, Tennessee, Virginia, and West Virginia to Harpers Ferry. He plans on completing the full 2,190 miles of the AT in the next two years. He claims he is “not young”—when he gets back on the trail in 2020 he will be 72. He has enjoyed other hiking in the eastern part of the US, including The Big South Fork, Linville Gorge, South Mountain, and Baker’s Mountain.

Two sessions: Wednesdays, February 26, March 4
RSCC, Community Room

Time: 1:00-2:00 p.m.
Class Size—Min: 6 Max: 40

RELIGION

6000 Welcome to Judaism 101

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



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

One session: Thursday, February 20
RSCC, Community Room

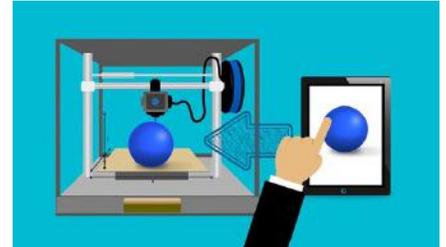
Time: 1:00-3:00 p.m.
Class Size—Min: 6 Max: 40

Questions? Email centerforlifelonglearning2020@gmail.com

-----SCIENCE AND TECHNOLOGY-----

6531 Introduction to 3D Printing

Participants will be immersed into 3D printing with hands-on launching of a sample workpiece. While the printers are doing their thing the participants will review the 3-step process or workflow for 3D printing. Participants will learn the nomenclature of the FFF style printers. Various design technologies will be demonstrated. Participants will be able to take their workpieces home once completed.



Tom McDunn is a volunteer at the CBI Maker Space and has a number of 3D printers of his own. Tom has been interested in 3D printing since SLA hit the market in the 1990s. He has commercial experience in rapid prototyping centers and has been involved in 3D printing since 2005. He has taught 3D printing classes for the summer STEM camp for middle school girls. He initiated a build-your-own 3D printer class at the Maker Space and to date, 14 people have built and taken their printers home. The class participants have started a club to share best practices.

One session: Tuesday, February 18

RSCC, Maker Space

Time: 9:00-11:00 a.m.

Class Size—Min: 6 Max: 10

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

7001 Introduction to the Criminal Justice System

The first session provides an overview of the criminal justice system and describes the environment in which specific agencies carry out their tasks. The second session covers the history of law enforcement in the United States, including its origins in Great Britain; discusses the range of police services offered at federal, state, and local levels; and analyzes developing trends with regard to delivery of these services.



Chief Mike Williams is a veteran of the United States Marine Corps and has been in law enforcement for over 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.

Two sessions: Thursdays, February 27, March 5

RSCC, Community Room

Time: 1:00-2:00 p.m.

Class Size—Min: 6 Max: 40

MISCELLANEOUS

8001 Introduction to American Mah Jongg

This is an introduction to the game we call American Mah Jongg based on an old Oriental game of chance. Students will discover the history, terminology, rules, and the FUN of playing American Mah Jongg. And some exasperation! Come play with your friends. Students may register as a single, pair, or group of four (every individual must be registered with the Center for Lifelong Learning). Mah Jongg sets and game cards will be supplied.



With over 30 years of experience in academics and training & development, Christine Schneider will guide students on the road to discovering this age-old game. An avid player with over 25 years of game playing, she loves the game. A resident of the Glade, she has been introducing friends to this game for the last four years. If you enjoy patterns and are good with puzzles and numbers, this may be the new game you are looking to learn.

Four sessions: Tuesdays, March 3, 10, 17, 24
RSCC, Community Room

Time: 9:30-11:00 a.m.
Class Size—Min: 4 Max: 16

8010 Introduction to Line Dancing



Come have fun while getting great exercise! A very experienced instructor will teach basic line dancing steps and dances each week. This class is for beginners.

Mary Ann Rood has been living in Fairfield Glade for 29 years and over the last six years she has introduced many beginners to line dancing. Everyone has a good time, good exercise, and leaves with a smile on their face and a new bounce in their step.

Five sessions: Mondays, March 16, 23, 30, April 6, 13
Cumberland County Complex, 1398 Livingston Rd., Crossville, TN 38571

Time: 9:00-10:30 a.m.
Class Size—Min: 6 Max: 60

Who Are the Teachers 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 instructors are volunteers who have discovered the joy of sharing their knowledge in a meaningful and fulfilling way. Please consider sharing your passion or life experiences to further expand our course offerings.

8011 Finding Beauty in People, Places, and Things

Seeing, feeling, and experiencing natural beauty is one of the most important, yet neglected, parts of our lives. Beauty is how the earth communicates with us. It gives us promise and hope. It is life-giving and life-honoring. Beauty relentlessly softens fear and heals disconnection without exception. It welcomes and keeps us in the here and now. This inspirational digital photo presentation of people, places, and things will change the way you view this magnificent earth and give you a new appreciation of the importance that beauty plays in all our lives



Glen Baja is a passionate adventurer, nature and travel photographer, certified High-Performance Coach, personal trainer/group fitness instructor and founder of ThriveAfter50.com, a website whose theme is “Bold, Vibrant, Passionate Living.” His mission is to help others express and discover their own direction and purpose in life.

One session: Wednesday, March 11
RSCC, Community Room

Time: 1:00-2:00 p.m.
Class Size—Min: 6 Max: 40

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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.



***“Live as if you were to die tomorrow.
Learn as if you were to live forever.”
~Mahatma Gandhi***

Center for Lifelong Learning

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A tremendous thank you to all of the volunteer registration coordinators and class assistants who are making it possible to bring together eager students with talented instructors.

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