FALL 2012
CLASSES & EVENTS

Osher Lifelong Learning Institute
at UNC Asheville
from the director

We are now officially the Osher Lifelong Learning Institute at UNC Asheville. In earlier catalogs and on our website, we have tried to describe the many benefits of becoming part of this network. Endowments, which may generate up to $100,000 a year, will produce a potential stream of income to supplement our program fees and state funding. This income will allow us to push ourselves in new directions, while we remain careful stewards of all of our funds. We will maintain fiscal responsibility as a hallmark of our organization. In addition to receiving endowment income, we will become part of a network of other organizations that share our desire to provide opportunities to thrive in life’s second half. We have the opportunity to highlight the many ways that our work represents best practice in the field of adult learning and to learn from other organizations when it comes to difficult issues like registration or course pricing. We will remain an organization dedicated to promoting creative retirement and to defining the potential of this phase of life. We have a new name, but our mission and focus remains the same. Welcome to OLLI at UNC Asheville, your home for creative retirement since 1988.

Catherine Frank
Executive Director, OLLI at UNC Asheville

about our programs

COLLEGE FOR SENIORS is your opportunity to learn something just for the fun of it. Courses in this program are drawn from members’ experiences and professional expertise as well as from the interests of UNC Asheville faculty and independent scholars in our area. Courses range from Chaucer to computers, foreign affairs to opera, yoga to history. We offer four terms throughout the year, each one with different courses and opportunities.

LIFE TRANSITIONS PROGRAMS include Paths to Creative Retirement (Paths), Creative Retirement Exploration Weekend (CREW), and Exploring CCRCs. These programs are structured as thought-provoking seminars and workshops designed to challenge and inspire you to make the retirement phase of your life as fulfilling as you had always hoped and to help you find the tools to navigate change.

WORKSHOPS provide short-term, concentrated, hands-on learning opportunities for those with busy schedules looking for evening and weekend offerings. Whether you want to learn new computer skills or how to make jewelry, there is a workshop for you. You don’t even have to be an OLLI member to participate.

LEADERSHIP ASHEVILLE SENIORS is your chance to become engaged within the Asheville community. This program consists of a series of day-long seminars held at various sites in Buncombe County. Each of the sessions in the 9-week program acquaints you with the area’s history, people, institutions, and challenges by providing opportunities to meet with community leaders, activists, and politicians. One of the main goals of the program is to open the door to civic engagement and volunteering for participants eager to bring a lifetime of experience to improve their community.
### fall 2012 events calendar

#### August
- **August 8**  
  f/32 Photography Group Meeting, 7 pm
- **August 14**  
  Fall 2012 Registration, 8 am
- **August 22**  
  Blue Ridge Orchestra Open Rehearsal, 7 pm
- **August 24**  
  Bill Lepp Storytelling Event, 7 pm
- **August 26**  
  Autumn Players Readers Theatre, 2:30 pm
- **August 29**  
  Blue Ridge Orchestra Open Rehearsal, 7 pm
- **Aug 31-Sept. 2**  
  Paths Workshop (Reuter Center closed to other activities)

#### September
- **September 3**  
  Center Closed for Labor Day
- **September 4**  
  World Affairs Council Meeting, 7:30 pm
- **September 5**  
  Blue Ridge Orchestra Open Rehearsal, 7 pm
- **September 6**  
  Astronomy Club of Asheville Meeting, 7 pm
- **September 8**  
  Civil War Lecture on Zebulon Vance, 2 pm
- **September 11**  
  STEM Lecture by Bernie Arghiere, 4:30 pm
- **September 12**  
  Blue Ridge Orchestra Open Rehearsal, 7 pm
- **September 12**  
  f/32 Photography Group Meeting, 7 pm
- **September 14**  
  New Member Welcome and Orientation, 10 am
- **September 14**  
  Symphony Talk with Daniel Meyer, 3 pm
- **September 17**  
  CFS Fall 2012 Classes begin
- **September 18**  
  Audubon Society Meeting, 7 pm
- **September 19**  
  Blue Ridge Orchestra Open Rehearsal, 7 pm
- **September 21**  
  Fab Friday Lunch and Learn Lecture, 11:30 am
- **September 21**  
  Medicare Info Session, 2 pm (Registration required)
- **September 24**  
  STEM Lecture by Dr. Brian Dennison, 4:30 pm
- **September 26**  
  Blue Ridge Orchestra Open Rehearsal, 7 pm
- **September 28**  
  Fab Friday Lunch and Learn Lecture, 11:30 am
- **September 28**  
  Fab Friday Lunch and Learn Lecture, 11:30 am
- **September 28**  
  New to Medicare Info Session, 12 pm (Registration required)
- **September 30**  
  Autumn Players Readers Theatre, 2:30 pm

#### October
- **October 2**  
  World Affairs Council, 7:30 pm
- **October 3**  
  Blue Ridge Orchestra Open Rehearsal, 7 pm
- **October 4**  
  Astronomy Club of Asheville, 7 pm
- **October 5**  
  Fab Friday Lunch and Learn Lecture, 11:30 am
- **October 10**  
  f/32 Photography Group Meeting, 7 pm
- **October 12**  
  Fab Friday Lunch and Learn Lecture, 11:30 am
- **October 12**  
  Symphony Talk with Daniel Meyer, 3 pm
- **October 14**  
  Asheville Storytelling Circle, 3 pm
- **October 16**  
  RSVP Information Session, 11:30 am
- **October 16**  
  Audubon Society Meeting, 7 pm
- **October 17**  
  Blue Ridge Orchestra Open Rehearsal, 7 pm
- **October 19**  
  Fab Friday Lunch and Learn Lecture, 11:30 am
- **October 24**  
  STEM Lecture by Dr. Marvin Eargle, 4:30 pm
- **October 24**  
  Blue Ridge Orchestra Open Rehearsal, 7 pm
- **October 26**  
  Fab Friday Lunch and Learn Lecture, 11:30 am
- **October 28**  
  Reuter Center Singers Concert with University Chorus, 4 pm
- **October 31**  
  Blue Ridge Orchestra Open Rehearsal, 7 pm

#### November
- **November 1**  
  Astronomy Club of Asheville, 7 pm
- **November 2**  
  Fab Friday Lunch and Learn Lecture, 11:30 am
- **November 6**  
  RSVP Information Session, 11:30 am
- **November 7**  
  Blue Ridge Orchestra Open Rehearsal, 7 pm
- **November 9**  
  Fab Friday Lunch and Learn Lecture, 11:30 am
- **November 11**  
  Autumn Players Readers Theatre, 2:30 pm
- **November 12**  
  STEM Lecture by Dr. Sam Kaplan, 4:30 pm
- **November 13**  
  World Affairs Council Meeting, 7:30 pm
- **November 14**  
  CFS Fall 2012 classes end
- **November 14**  
  f/32 Photography Group Meeting, 7 pm
- **November 16**  
  Symphony Talk with Daniel Meyer, 3 pm
- **November 20**  
  Winter 2013 Catalog mail
- **November 20**  
  Audubon Society Meeting, 7 pm
- **November 21**  
  Fab Friday Lunch and Learn Lecture, 11:30 am
- **November 24**  
  Blue Ridge Orchestra Open Rehearsal, 7 pm
- **November 28**  
  Fab Friday Lunch and Learn Lecture, 11:30 am
- **November 29**  
  Blue Ridge Orchestra Open Rehearsal, 7 pm
- **November 30**  
  RSVP Information Session, 11:30 am

### contents
- Activities & Programs .................................. 5-9
- Campus Map .................................................. 43
- College for Seniors ........................................ 14-42
- Course Calendar ........................................... 16-17
- Events Calendar ............................................ 3
- Fabulous Fridays Lectures .................................. 9
- Health & Fitness Center ..................................... 5
- Leadership Asheville Seniors ............................ 13
- Life Transition Programs .................................. 13
- Membership .................................................... 4
- Mission & Steering Council .................................. 3
- Registration Forms .......................................... 19-22
- Registration Information .................................... 4
- Scholarships .................................................... 14
- Special Events .................................................. 6-8
- Special Interest Groups ...................................... 5
- Weather Policy .................................................. 8
- Workshops ....................................................... 10-12

### Center Steering Council 2012-13
- Chair: Cindy Berryman-Fink
- Chair-Elect: Jim Lenburg
- Secretary: Matt Mengel
- Ex officio: Dick Murray
- OLLI Executive Director: Catherine Frank
- CFS Director: Susan Poole
- Campus Rep: William Spellman

### Committee Chairs
- Civic Engagement: Chuck Rosenblum
- College for Seniors: Sandra Brown & Charlotte Moore
- Facilities: Stan Glickman
- Finance: Larry Haas
- Health & Wellness: Sally Mundt
- Life Transitions: Ken Macfarlane
- Marketing: Carol Gillen
- Membership: Babs Guardener & Kathy Rouse
- Nominating: Jim Lenburg
- Planning: Barry Mundt
- Research: Steve Schleifer

### Mission:
Creating opportunities for people to thrive in life’s second half through learning, leadership, service, and research, the North Carolina Center for Creative Retirement was established in 1988 as an integral part of UNC Asheville. In 2012, we became the Osher Lifelong Learning Institute (OLLI) at UNC Asheville. OLLI participants help develop and implement programs and policies through the Steering Council in collaboration with OLLI’s professional staff. OLLI at UNC Asheville is supported by a combination of participant fees, public funding, consulting services, gifts and foundation grants.
Your gateway to OLLI at UNC Asheville (OLLI) programs and events is annual membership. A fee of $60 covers the period of August 1 to July 31. Member benefits include:

- UNC Asheville parking decal
- UNC Asheville Photo ID (One Card)
- UNC Asheville Library borrowing privileges
- Quarterly course catalogs
- OLLI at UNC Asheville weekly electronic newsletter
- Rental use of the Reuter Center for personal events after one year of membership
- Use of the Reuter Center computer lab
- Use of UNC Asheville wireless Internet connection while in the Reuter Center
- Access to:
  - Special Interest Groups (SIGS, p. 5)
  - Activities, Programs, and Special Events (p. 5-9)
  - College for Seniors (p. 14-42)
  - UNC Asheville Health & Fitness Center (p. 5)

**PARKING:** OLLI members may park in any white-lined space (not marked as visitor parking) on campus, provided they display a current OLLI parking decal on their rear window. Complete a parking form in the Reuter Center office to obtain your decal.

**SHUTTLE:** A free UNC Asheville shuttle provides transportation around campus from 7:30 am to 5:30 pm, Monday through Friday, except during university holidays and breaks. There are stops at most parking lots, buildings, and places of interest on campus. There is a shuttle stop outside the Reuter Center upper level entrance; the shuttle typically arrives every 20 minutes.

**NAMETAGS:** Leave your name on the list at the desk outside the Reuter Center office, and we will make you a nametag. Wearing a nametag at all OLLI events and classes helps people get to know you.

**ONECARDS:** OLLI members may obtain a OneCard, the official UNC Asheville photo ID card, in Highsmith Union. With a OneCard you may receive UNC Asheville discounts at local businesses and at university special events. You may deposit funds on the OneCard either in the OneCard office or in Automatic Deposit Machines in Highsmith Union or Ramsey Library, to be used in any of the campus dining venues, including the Reuter Café. If you obtain an annual sticker for your OneCard through Campus Police, you may ride Asheville Transit at no cost.

**RAMSEY LIBRARY:** OLLI members may receive borrowing privileges at UNC Asheville’s Ramsey Library. The OneCard is your library card.

**WIRELESS INTERNET ACCESS:** You may register to use the campus wireless network by stopping by the Reuter Center front desk and asking for instructions and a password. You will have to repeat this procedure each term, because the passwords will change.

**EATING ON CAMPUS:** The Reuter Café on the Center’s lower level is open during College for Seniors Fall, Winter, and Spring terms, from mid-morning to mid-afternoon, and there are soda and snack vending machines on the Center’s lower level. You may also eat at the dining hall in University Hall, the Highsmith Union Food Court, the Wellness Café in the Sherrill Center, and Ramsey Café in the Library.

**NEED MORE INFORMATION? Check out these resources:**
- Center Website: www.olliasheville.com
- Campus Map: www.unca.edu/campusmap
- UNC Asheville Events: www.unca.edu/calendar
- The Reuter Center Office—Open weekdays, 8 am to 5 pm
  828-251-6140

**registration—fall 2012 term**

**INITIATE or RENEW your Center membership (or proceed to next step if you are a 2012-13 member)**

- Complete membership form, p. 19 or 21
- Pay $60 membership fee and receive membership through July 31, 2013
- Mail in or drop off form and payment at the Reuter Center office anytime
  (cash or check payable to OLLI only—we do not accept debit or credit cards)

**REGISTER for classes starting Tuesday, August 14, 8 am, for best availability**

**Note:** Registration forms will be processed in order of date received at the Reuter Center on or after August 14. Forms submitted during registration on August 14 will be processed before registrations mailed or received prior to August 14.

- View catalog (hard copy or online at www.olliasheville.com)
- Complete registration form, p. 19 or 21
- Mail in or drop off at the Reuter Center office with payment
  (cash or check payable to OLLI only—we do not accept debit or credit cards)
- To apply for a scholarship for College for Seniors tuition, submit a scholarship application with your registration form. See p. 14 for details

**RECEIVE registration confirmation to be sent Friday, August 31**

- Registration and add/drop begins Tuesday, September 4 and continues through the first week of classes
Involving yourself with the OLLI at UNC Asheville community is stimulating, challenging, and fun. In addition to classes we offer through the College for Seniors and Workshops, there are a wide variety of activities that offer the opportunity to learn and socialize.

**Seniors’ Health Insurance Information Program**
Older adults need accurate information about Medicare and insurance. If you would like to help seniors in our community with these often confusing and intimidating issues, the Seniors’ Health Insurance Information Program (SHIIP) needs you. Contact OLLI member Kenn Haring at kennharing@charter.net for more information; this project is part of OLLI’s Civic Engagement Committee.

**Health and Fitness Center Membership**
Fee: $350 annually

OLLI members are invited to join the UNC Asheville Health and Fitness Center with facilities in the Sherrill Center and the Justice Center on campus. Use the registration form on page 19 or 21 to join. You will be asked to fill out an additional form outlining the terms of the membership, including information about hours of access. Membership is valid for one year from the date of enrollment. For more information, contact Ann Cadle at 828-251-6384 or acadle@unca.edu.

**special interest groups—SIGs**

Once you’re an OLLI member, you may join Special Interest Groups (SIGs) as another way to learn and develop friendships based on shared interests. All SIGs are approved and evaluated by the membership committee and are member-organized and managed. To find detailed information about SIGs and information about how to initiate a SIG, call 828-251-6140 or visit our website at www.olliasheville.com and look for SIGs under “Center Groups.”

**Apple SIG**
2nd Fridays, 1:30-3:30 pm
Information: Paula Withrow, 350-8406, pvwithrow@aol.com or Bob Mellor, 253-5031, BM.NCCCR@charter.net

**Backgammon**
Tuesdays, 1 pm
Information: Bruce Jones, 338-0265, bruce_e_jones@yahoo.com

**Bridge Buddies**
Wednesdays, 2:15-5 pm
Information: Debra Benjamin, 650-0311, debrabenjamin100@gmail.com

**Bridge Grads**
Thursdays, 2-5 pm
Information: Nina Hansen, 299-7711, hansenn@bellsouth.net or Kay Harrold, 257-4027, karonharrold@gmail.com

**Creative Singles**
1st Wednesdays, 5:30 pm, potluck at the Reuter Center; 3rd Wednesdays, 5:30 pm at a restaurant.
Information: Linda Lewandowski, 665-1787, themerrywanderer@yahoo.com

**Financial Strategies in Retirement**
1st Fridays, 1:30 pm
Information: Kate Beatty, 231-7710, kkbmom@yahoo.com

**The Forum: Dialogue to Challenge Our Thinking**
Fridays, 1 pm
Information: Lou Millin, 298-3863, lmillin@bellsouth.net

**Intermediate Bridge**
Fridays, 1-4 pm
Information: Catherine Alter, 253-2342, caalter@du.edu

**Making Art Together**
Thursdays, 1-4 pm
Information: Sharon Sandel, 645-5338, sbs787@comcast.net or Barbara Brennen, 505-1544, bbrennan33912@charter.net

**Men’s Wisdom Works**
Call or email for meeting times
Information: Chuck Fink, 713-2112, chuck@ascentleadership.com

**Mountain Dulcimer**
2nd & 4th Mondays, 3-5 pm
Information: Mary Bryant, 505-4747, mj2bryant@gmail.com

**Poetry Lovers**
3rd Fridays, 3-5 pm
Information: Pete Olevnik, 281-0774, olevnik@att.net

**Reuter Center Bowlers (Lane Bowling)**
Mondays, 1 pm
Information: Jan Guichard, 253-8776, lifebegins70001@yahoo.com

**Skeptical Inquirers**
2nd Fridays, 1:30-3 pm
Information: Carl Ricciardelli, 242-3071, crfr666@bellsouth.net

**Spiritual Inquirers**
2nd & 4th Fridays, 2-4 pm
Information: T. S. Pennington, 338-0407, pennints@gmail.com

**Stories for the Third Act**
2nd Wednesdays, 5-6 pm
Information: Sally Gooze, 772-0222, yllasezoog@yahoo.com or Tom Bushar, 254-4108, tbushar@gmail.com

**Texas Hold’Em Poker**
Mondays, 4:15-6 pm
Information: Bruce Jones, 338-0265, bruce_e_jones@yahoo.com

**Tile Clickers (Mah Jongg)**
Wednesdays, 2-5 pm
Information: Rosemary Walton, 667-8979, rh68@bellouth.net

**The Wild Bunch** (Hiking and naturalist programs)
Call or email for meeting times.
Information: Mary Scott, mac8@psu.edu

**Wine Tasting**
2nd Sundays, 7 pm at a member’s home
Information: Ulana Mellor, 253-5031, Ulana.Mellor@charter.net

**A Writers’ Gathering**
2nd & 4th Thursdays, 4:15 pm
Information: John Himmelheber, johnhimmelheber@aol.com or Bobbie Rockwell, bobbiemayrockwell@gmail.com
Asheville Community Theatre’s Autumn Players Readers Theatre
The Autumn Players is a troupe of seasoned actors dedicated to taking the theatre experience into the community. Readings of great literature by experienced performers can spark deep understanding and kindle lasting interest. As words jump from the page with conviction and emotion, stories come to life. All performances are held in the Manheimer Room at the Reuter Center. Tickets are $5 at the door.

- **Sunday, August 26, 2:30 pm**–George Bernard Shaw’s *The Devil’s Disciple*, directed by Hal Hogstrom.
- **Sunday, September 30, 2:30 pm**–Moss Hart’s *Light Up the Sky*, directed by Arnie Sgan
- **Sunday, November 11, 2:30 pm**–Anton Chekov’s *Uncle Vanya*, directed by Anita Chapman

Asheville Storytelling Circle
On **Sunday, October 14, 3-5 pm**, The Asheville Storytelling Circle invites you to celebrate the Chinese year of the Dragon 2012. Come share an afternoon of “Dragon Tales,” original, literary, and traditional stories focusing on the magical, mystical powerful dragon. The Asheville Storytelling Circle (ASC) is a nonprofit organization of folks who love stories. Some of the members are professional tellers, some are amateur tellers, and still others just love listening to stories. For more information: ashevillestorycircle.org

Astronomy Club of Asheville
The Astronomy Club of Asheville meets the **1st Thursday of each month, 7-9 pm, September 6, October 4, and November 1** and welcomes OLLI members into the club to advise and assist them in the basics of astronomy and techniques of observing celestial phenomena. Participation in all of the club’s events and activities is free to OLLI members. For more information about upcoming programs: www.AstroAsheville.org

Blue Ridge Orchestra
Led by music director Milton Crotts, the Blue Ridge Orchestra is a local, volunteer ensemble of accomplished community musicians who have a passion for the performance of quality symphonic repertoire. Comprised of over 50 musicians and continuing to grow, the Blue Ridge Orchestra is committed to presenting a series of quality concerts throughout the year to the public and to school children throughout Western North Carolina. Join this talented group of musicians for an inside peek at the creative process during open rehearsals in the Manheimer Room on **Wednesday evenings, 7-9 pm, August 22, 29; September 5, 12, 19, 26; October 3, 17, 24, 31; November 7, 28**. For more information: www.blueridgeorchestra.org

Civil War Lecture Series
Co-sponsored by the Western North Carolina Historical Association (WNCHA), OLLI, and the Vance Birthplace State Historic Site, the Civil War Lecture Series concludes on **Saturday, September 8, 2 pm**, at the Reuter Center with a lecture by Dr. Gordon McKinney on Governor Zeb Vance and the role he played in North Carolina during and after the Civil War. Dr. McKinney is the former director of the Appalachian Center and professor of history at Berea College in Kentucky and lectures frequently throughout Western North Carolina on topics related to the history and culture of this region and Appalachia. The program is open to the public and is free of charge to WNCHA members. A donation of $5 for non-members is suggested. Reservations are suggested and may be made by calling 828-253-9231 or by emailing smh@wnchistory.org.

Elisha Mitchell Audubon Society
The mission of the Elisha Mitchell Audubon Society (EMAS) is to promote an awareness and appreciation of nature, to preserve and protect wildlife and natural ecosystems, and to encourage responsible environmental stewardship. EMAS holds meetings at the Reuter Center on the **3rd Tuesday of the month, 7 pm**. For more information: emasnc.org

- **Tuesday, September 18, 7 pm**–Marilyn Westphal on “Bird Population Trends in WNC”
- **Tuesday, October 16, 7 pm**–Paul Super on “Recent Scientific Studies in the Great Smoky Mountains National Park”
- **Tuesday, November 20, 7 pm**–Speaker To Be Announced

f/32 Photography Group
f/32 Photography Group is a diverse group that shares an appreciation and love of photography. Members range from the amateur to the advanced, from those who like to just take pictures to professional photographers. At monthly meetings, they share their work, learn new methods, and keep abreast of the latest industry news and equipment. OLLI members are offered free membership in f/32. Attend on **Wednesdays, August 8, September 12, October 10, and November 14; all meetings begin at 7pm**. For more information: www.f32nc.com
**Medicare Choices Made Easy!**
Are you new to Medicare? Are you confused by the many choices? Unbiased and accurate information is available from trained volunteers from the North Carolina Seniors’ Health Insurance Information Program. In partnership with the OLLI Civic Engagement Committee. Free classes will be held on successive **Fridays, September 21, 2-4 pm, and September 28, 12-4 pm**, in the Reuter Center. The first session will be an overview (plans, parts and policies) of Medicare. You must attend this first session to participate in the second session, when we will be in the computer lab learning how to use the resources on the Internet to compare benefits, answer questions, and enroll when you are ready. Spaces are limited, so reserve your place by calling our Council on Aging, 277-8288.

**New Member Welcome**
Are you new to OLLI at UNC Asheville and the Reuter Center? Returning after being gone awhile? Come to the New Member Welcome event on **Friday, September 14, 10 am** to learn about all that OLLI has to offer and ways to get involved. Meet other members and get answers to your questions before the Fall 2012 Term begins.

**Retired and Senior Volunteer Program (RSVP)**
Do you want to volunteer but don’t know where to start? Are you already volunteering but want to try something different? Let RSVP point you in the right direction! We invite you to attend a RSVP Information Session at the Reuter Center in which you will receive a short orientation to RSVP, enjoy a guest speaker, and receive volunteer placement assistance. To reserve your spot at an information session, contact Patti Cameron, RSVP Coordinator, 828-251-6622, rsvp@landofsky.org. For more information: www.landofskyrsvp.org

- **Tuesday, September 18, 11:30 am - 1:30 pm** Food Insecurity
- **Tuesday, October 16, 11:30 am - 1:30 pm** Skilled Volunteer Work
- **Tuesday, November 6, 11:30 am - 1:30 pm** Veterans

**Reuter Center Singers Special Events**
The Reuter Center Singers (RCS), our in-house choral group directed by Chuck Taft, will hold three special events this fall that OLLI members are invited to attend. To find out more about the Reuter Center Singers, turn to page 8 or 33, or call Bob Dutnell (RCS President, 484-8327, rhdutnell@gmail.com) or Jean Boyd (RCS Vice President, 254-3458, jboyd85360@aol.com).

- **Sunday, October 28, 4 pm** in Lipinsky Auditorium on the UNC Asheville campus, a concert of Big Band music performed with the UNC Asheville University Singers
- **Sunday, November 25, 3 pm** at St. Matthias Church, 1 Dundee Street, Asheville, NC 28801, a Messiah Sing-Along
- **Monday, December 10, 7:30 pm** at the Reuter Center, The Reuter Center Singers Annual Holiday Concert

**STEM Series Lectures**
The STEM (Science, Technology, Engineering, and Math) Lecture Series, organized by OLLI member Howard Jaslow, is interdisciplinary and intergenerational, featuring UNC Asheville faculty and OLLI members. All lectures will be held in the Reuter Center and are free and open to the public.

- **Tuesday, September 11, 4:30 – 6 pm**—CFS instructor Bernie Arghiere on construction of the new UNC Asheville observatory
- **Monday, September 24, 4:30 – 6 pm**—Dr. Brian Dennison, UNC Asheville physics department, on planned programs for the new observatory at the UNC Asheville
- **Wednesday, October 24, 4:30 – 6 pm**—Dr. Marvin Eargle on performance analysis for airborne and air defense radars
- **Monday, November 12, 4:30 – 6 pm**—Dr. Sam Kaplan, UNC Asheville mathematics department, on “an eccentric theory of solar system formation”

**Storyteller Bil Lepp**
Come enjoy an evening of storytelling by Bil Lepp, **Friday, August 24, 7 pm**, in the Reuter Center’s Manheimer Room. Bill’s presentations are filled with humor and insights into ways that lies become the truth. Bil is a nationally known speaker who has produced eight audio collections and an award-winning author of three books of stories and one novel. He is five-time champion of the West Virginia Liars Contest and has been a featured storyteller at the National Storytelling Festival in Jonesborough, Tennessee, and a Featured Teller at the Smithsonian Folklife Festival. We have collaborated with the Asheville Buncombe Library and the Friends of the Weaverville Library to bring this program to our members. This program is funded by our grant from the Osher Foundation and is part of our efforts to celebrate Appalachian culture.
Symphony Talk with Daniel Meyer
The best way to enjoy the Asheville Symphony Orchestra’s MasterWorks concerts is to come to the Symphony Talk for the inside scoop on the music, composers, and soloists. Asheville Symphony Orchestra’s music director and conductor Daniel Meyer will speak about:

- **Friday, September 14, 3 pm**, Falla’s *Ritual Fire Dance*, Glazunov’s *Violin Concerto* featuring soloist Chee-Yun on violin; and Berlioz’s *Symphonie fantastique*
- **Friday, October 12, 3 pm**, Takemitsu’s *Funeral Music* from *Black Rain*, Strauss’ *Death and Transfiguration*, Brahms’ *Piano Concerto No. 2* with soloist Valentina Lisitsa on piano.
- **Friday, November 16, 3 pm**, Bizet’s *L’Arlesienne Suite No. 1*; Rachmaninoff’s *Rhapsody on a Theme of Paganini* with soloist Joyce Yang on piano; Beethoven’s *Symphony No. 4*

World Affairs Council
Come to the Reuter Center for these fascinating lectures and panel discussions that aim to advance international awareness and foster Western North Carolina’s global ties. OLLI members receive a discount on WAC annual membership fee. Meetings are scheduled for **Tuesdays, September 4, October 2, November 13, and December 4 at 7:30 pm** in the Manheimer Room at the Reuter Center.

Topics include:
- **Tuesday, September 4**: UNC Asheville professor of political science Bill Sabo on the upcoming presidential election
- **Tuesday, October 2**: Ambassador Jim A. Larocco on the Arab Spring
- **Tuesday, November 13**: Larry Andre on the Sudan conflict
- **Tuesday, December 4**: Consul General He Beom Kim on the Republic of Korea.

Reuter Center Singers
The Reuter Center Singers, directed by Chuck Taft, study and perform classical, popular, and show tunes. They rehearse on **Mondays, 6:15 – 8:15 pm**, on a schedule that follows approximately the College for Seniors Fall, Winter, and Spring terms. The group performs frequently, both at the Center and in the community (see p. 7 for a list of the group’s Fall performances). Participants must be OLLI at UNC Asheville members. There is a $40 per term fee for music; those registered for College for Seniors courses during the current term pay a reduced fee of $30. All fees are payable to the Reuter Center Singers treasurer at the first meeting you attend. Please contact Linda Bushar (lindabushar@yahoo.com) for more information or with any questions.

There’s more!
This catalog is a great source of information about the varied and rewarding programming offered by OLLI, so please hold onto it after registration or consult the catalog online at our website, olliasheville.com. On our website you can also find course web pages that provide information we don’t have room for in the catalog, including photographs and extended biographies of instructors, course outlines and readings, materials lists, and more. You can find the searchable database of course web pages at olliasheville.com/courses and can search by day, time, topic, instructor, or course title. Also remember that all of our members receive a weekly email newsletter that includes additions and changes to the course calendar and schedule. And you can always call or stop by the offices at the Reuter Center with any questions.

Adverse Weather Policy
OLLI classes, events, meetings, and other activities will be canceled or delayed when UNC Asheville classes are canceled or delayed for adverse weather. OLLI members may access the UNC Asheville website at www.unca.edu to receive the latest information regarding the University Adverse Weather and Emergency Bulletins. You may also call the university’s Snow Line at 828-259-3050 or follow local media like WLOS TV13 for reports of closings and delays. By 7 am on bad weather days, the OLLI staff will post specific program information on our outgoing messages at 828-251-6140 or 828-251-6188. We will also, if at all possible, send an email to active members of the Center by 7 am regarding OLLI cancellations, closings, and delays.
Members and guests are invited to enjoy stimulating presentations and dynamic question-and-answer sessions from local experts, about everything from music to travel and medications to wellness. Purchase lunch in the Reuter Café or bring your own brown bag to enjoy during the talk. End your week and start your weekend with Fab Fridays! This series is organized by the Health Education Series committee (part of the OLLI’s Health and Wellness Committee) and the Lunch and Learn Committee. **Fridays, 11:30 am-1:15 pm • Reuter Center Manheimer Room (102A) • Free**

### September 21

**How Asheville Became Beer City**

Tony Kiss, the beer reporter, columnist, and entertainment editor for the *Asheville Citizen-Times*, has been following the local craft brew scene since 1994. He will trace the history of Asheville craft beer from the launch of Highland Brewing Company through this year’s announcements that both New Belgium Brewing and Sierra Nevada Brewing will build east coast expansion breweries here and Oskar Blues Brewing will build an operation in Brevard. With ten craft breweries already operating in Buncombe County, and smaller “nano” breweries continuing to come on line, Asheville is poised to become the east coast craft beer center of the United States.

### September 28

**Predictors of Successful Aging**

Carl Eisdorfer, MD, one of the nation’s foremost experts in aging and health, will address the roles of morbidity and mortality, memory, membership and marriage, mobility, mood, mental health, our macro environment and maybe more - as predictors of successful aging.

### October 5

**Navigating and Integrating Complementary Medicine**

Dr. Mark Hoch, past president of the American Holistic Medical Association, will discuss working definitions of conventional, traditional, complementary, alternative, integrative, and holistic medicine. He will offer very brief introductions to allopathic, osteopathic, naturopathic and traditional Chinese medicine, somatic/body based therapies, energy medicine, and herbal and nutritional medicine. He will outline the importance of addressing all aspects of health (physical, emotional, mental, social, environmental, and spiritual) and explain how to access quality care and find qualified, well trained, ethical health professionals in various fields. Come learn about the importance of having a healthcare team that works together for your best health.

### October 12

**More Nutrition with Soups**

Fall and soup...a great combination. Lenore Baum, a local cooking teacher, will show how soups can be made a nutritious staple in your menu plan. You will discover the best ingredients, kitchen tools, and cook’s tips for making short work of it all. Lenore is the author of *Lenore’s Natural Cuisine* and *Sublime Soups*.

### October 19

**Sneezing & Wheezing**

If you are one of the 35 million Americans who suffer from seasonal allergies, you understand how they can affect the quality of your life. Although most allergies are not life threatening, certain allergies can be. Allergist Leigh Ann Schweitz, MD, will give you the tools to recognize mild versus severe allergic conditions and what can be done about them.

### October 26

**Election Politics**

Dr. Bill Sabo of UNC Asheville’s political science department, will speak about the upcoming election and shed some light on the presidential campaign. Don’t miss this thought-provoking talk only days before the election. Elephants, donkeys and “others”—all are welcome! This talk will examine the challenges the parties face and their potential for winning in 2012 and establishing an enduring governing coalition.

### November 2

**A Healthy Diet**

Many chronic diseases arise largely from our diets. Come and learn practical guidelines for healthier eating from Dr. David Mouw (PhD in human physiology, MD in family practice medicine, with added qualification in geriatrics). Dr. Mouw, an OLLI member who has taught in the College for Seniors and offered seven Health Education Series talks, will answer these important questions: Should you minimize fats or eat them selectively and in moderation? Why are sweets and carbohydrates a major cause of obesity? Should you: take vitamins? eat meat? drink alcohol? The lecture will be evidence-based using physiological principles and the latest research. The audience response system will be used to get your opinions.

### November 9

**Chocolate Dreams**

Close your eyes for a moment and just imagine indulging in a handmade French Broad chocolate truffle melting slowly and sensually on your tongue. French Broad Chocolate Lounge owner Dan Rattigan, can provide you with that chocolate experience on a daily basis. Dan will give a brief history of a Costa Rican vacation which started the whole thing, the creation of the popular eatery, the French Broad Chocolate Lounge, what he has been doing, what he plans to do, and, most importantly, the chocolate experience. We may even have the opportunity to sample!
Welcome fall with one day and weekend workshops that fit your interests and schedule. OLLI membership is not required to register, and all workshops are open to the public. Workshops take place at the Reuter Center unless otherwise listed. Workshops have limited space. Register using catalog page 19 or 21. For additional information or to register by phone call 828-251-6140. Refunds are available until 14 days before the workshop; $10/person fee is non-refundable.

**Around the World in 80 Beers—Beer Tasting & Appreciation: Part A**

CRN#: 60097

Monday, September 10, 3-5:30 pm  
Tuesday, September 11, 3-5:30 pm  
Wednesday, September 12, 3-5:30 pm  
Fee: $80/person  
**Location**: Conference Room at Highland Brewing Company, 12 Old Charlotte Highway, #H, Asheville, NC

Beer lovers take notice! There are 80 internationally recognized styles of beer, and in this workshop you will explore fully half of them, focusing on pale ales, lagers, pilsners, wheat, and rye beers. Through tasting and discussion, you learn how to recognize the different styles and determine their quality using the same criteria Beer Judge Certification Program (BJCP) judges use. You will also discover the ingredients used to make the different beers, their history, and the processes used to produce them. (Please note that a workshop on different varieties of beers is being offered in October. You may take either workshop or may sign up for both).  

**Material Fee**: $50/person estimate. Final fee will be calculated from actual cost of the beers. Payable to the instructor.

**David Keller** (batdave@blueridge.net) has been a certified beer judge since 2002 and home brewer for 14 years. He is multiple winner of Carolina’s Brewer of the Year and Master Brewer of the Year awards and winner of the National Masters Championship of Amateur Brewing (MCAB). David has judged in five American Homebrewers Association national finals and the Great Alaskan Barleywine Competition. He is a graduate of the Sieble Institute Advanced Homebrewing Program. For more information visit the BJCP website, www.bjcp.org

**Discovering Your Creative Voice with Paint**

CRN#: 60098  
Friday, September 14, 12-4 pm  
Saturday, September 15, 12-4 pm  
Fee: $115/member; $125/non-member

Break away from formulaic approaches to painting, and breathe new life into your creations. You will be encouraged to set your creative voice free while exploring brushwork techniques, color mixing, and compositional principles. Discover your unique creative expression through a variety of fun and dynamic paint exercises.  

**Basic painting experience is required.**

**Materials**: Students should bring oil or acrylic paint supplies with them, particularly assorted paints, brushes (medium), and palette. Bring 4-8 canvases (or canvas boards) 11” x 14” or bigger.

**Ursula Gullow** (ursulagullow@gmail.com) is an experienced teacher and award-winning painter who has been exhibiting her work nationally for over 10 years. In 2006 she traveled to Iceland for a painting residency with the Gil Society and in 2009 was awarded a Regional Artists Project Grant through the North Carolina Arts Council. For more information visit her website, www.ursulagullow.com

**Marketing: The Art of Positioning**

CRN#: 60099  
Saturday, September 15, 9 am – 12 pm  
Fee: $25/person

Improve your personal and business success by projecting the right message. Highly successful individuals, companies, and nonprofit organizations all utilize the concept of “positioning”; they make themselves meaningfully different from the competition. Come to this informative and engaging workshop to learn how it’s done. Those who attend will learn to:

- Define the term “positioning” and give examples.
- Relate the concept to your particular field of interest.
- Apply the Four-mula 4 Success and develop an action plan to use it.

**Blaine Greenfield** (bginbc@aol.com) is a retired professor of marketing who, in his life prior to moving to the Asheville area, ran his own small business consulting firm. He now serves on the Board of Directors for both Biltmore Lake and Southern Appalachian Repertory Theatre (SART) and is a volunteer mentor for Senior Corps of Retired Executives (SCORE). In addition, he publishes an online newsletter, BLAINESWORLD, that can be viewed at his website, www.blainesworld.net.
See the Light
CRN#: 60105
Friday, September 21, 5-8 pm
Saturday, September 22, 9 am – 4 pm
Sunday, September 23, 2-5 pm
Fee: $140/member; $150/non-member

Improve your photography by learning to SEE the light. Techniques will be discussed and demonstrated with outdoor and indoor available light, window light, some studio lighting basics, and on- and off- camera flash. We will discuss and photograph landscapes, people, and flowers – and even include a special feature on how to photograph your items for on-line auctions. Also learn a few tricks to make lighting enhancers with household items. **This workshop is for beginning and intermediate students.**

Bob Walther (shutterbob@gmail.com) is an active member of Professional Photographers of America and holds a Photographic Craftsman degree. His portraits and wedding and commercial photographs have won national awards and have been shown at the Biltmore Estate, Asheville Area Arts Council, and Black Mountain Center for the Arts. Bob has taught photography at J.C. Campbell Folk School and at the Reuter Center.

Poetry as Healing Art
CRN#: 60100
Saturday, October 6, 10 am – 4 pm
Sunday, October 7, 10 am – 4 pm
Fee: $100/member; $110/non-member

Have you always wanted to write poetry? Would you like to explore writing while also improving your sense of well-being? Give yourself the gift of permission to explore and expand your poetry and at the same time experience greater connection with your physical self. See how this process can help bring a revitalized perspective while you find your muse. In this two day workshop you will interweave innovative writing exercises and learn easy yoga poses and guided meditation. Share your writing if you choose. Benefit from two instructors who are connected, adventurous experts!

Mike Ross, PhD, (ubifil@charter.net) has published poems in *Potomac Review* and other literary journals. He has studied with Sharon Olds and Robert Bly, as well as poetry therapists. He has taught at UNC Asheville and the University of Michigan. Fran Ross, PhD, (franiji@charter.net) is a registered expressive arts therapist and certified yoga instructor. She has taught at UNC Asheville, the Great Smokies Writing Program, and the Penland School of Crafts.

Astronomy and Star Gazing: The October Sky
CRN#: 60101
Monday, October 8, 8:30-11:30 pm
(backup October 15)
Fee: $35/person

Haven’t you always wanted to discover the heavens above? In this workshop you will start by viewing a one-hour PowerPoint presentation that introduces you to interesting heavenly objects and phenomena. In the next two hours you get to actually see them through provided telescopes. The workshop and viewing will focus on three planets (Saturn, Mars, and Venus), binary stars, and globular clusters.

Bernard Arghiere and William Roskind (wlrbus@att.net) have been involved in astronomy for more than a decade and have taught numerous astronomy-related courses at the Reuter Center. For more information visit the Asheville Astronomy Club website at www.astroasheville.org.

Around the World in 80 Beers–
Beer Tasting & Appreciation: Part B
CRN#: 60102
Monday, October 8, 3-5:30 pm
Tuesday, October 9, 3-5:30 pm
Wednesday, October 10, 3-5:30 pm
Fee: $80/person
**Location:** Conference Room at Highland Brewing Company, 12 Old Charlotte Highway, #H, Asheville, NC

There are 80 internationally recognized styles of beer, and we will explore half of them, focusing on the **stronger ales, porters, stouts, Belgian and specialty beers.** By tasting and discussion, we will learn how to recognize these different styles and determine their quality, using the same criteria Beer Judge Certification Program (BJCP) judges use. We will describe ingredients used to make the different beers, their history, and the processes used to produce them. (Please note that a workshop on different varieties of beers is being offered in September. You may take either workshop or may sign up for both.)

**Material Fee:** $50/person estimate. Final fee will be calculated from actual cost of the beers. Payable to the instructor.

David Keller (batdave@blueridge.net) has been a certified beer judge since 2002 and home brewer for 14 years, multiple winner of Carolina’s Brewer of the Year and Master Brewer of the Year awards and winner of the National Masters Championship of Amateur Brewing (MCAB) . David has judged in five American Homebrewers Association national finals and the Great Alaskan Barleywine Competition. He is a graduate of the Sieble Institute Advanced Homebrewing Program. For more information visit the BJCP website, www.bjcp.org.
Family History Research: Beyond the Basics
CRN#: 60103
Saturday, October 13, 9 am – 4 pm
Fee: $50/person

Find out where you came from! In this workshop you get tips on Internet sites to visit, how to avoid fraudulent information and how to use other people’s research to your advantage. In the second part of the workshop you learn how to use historic photos to identify persons of interest, locations, and dates. Lastly you will learn about several kinds of documentation (land deeds, probate records, wills) that can help you trace your heritage. This workshop is designed for attendees who already have some experience researching ancestors. If you want to attend but have not started your research, we recommend you use the free website www.familysearch.org to conduct searches for specific ancestors. While experimenting with this site, get acquainted with the census records, death certificates, and other vital records that may turn up in your search as we will be discussing them beyond the basics. Basic computer ability is required.

Material Fee: $10/person. Payable to the instructor.

Edith Garrett (edith@edithgarrett.com) has been researching her family’s history and working on other clients’ projects since 2004. She is currently a volunteer at the Old Buncombe County Genealogical Society Library (OBCGS) and is the secretary/treasurer for the Hawkins Family Association (HFA). For more information visit her website, www.edithgarrett.com.

Playing Your Bridge Hand
CRN#: 60104
Saturday, October 20, 1-4:30 pm
Fee: $40/person

Bridge players are always seeking ways to win more games and become more in control at the table. This workshop is intended to help advanced beginning bridge players improve their declarer play, analyze each hand, and plan appropriate strategies to maximize winning tricks. This is an enjoyable hands-on learning experience.

Rory Novell (rorynov@gmail.com), a retired educator, has been an American Contract Bridge League director since 1996. She achieved the bridge Bronze Life Master rank playing in local and national bridge tournaments. She enjoys mentoring new players.

New Service Learning Program in Winter 2013

During listening sessions conducted for our strategic planning process, we learned that some people would like more opportunities to work in groups for hands-on service projects. We have heard from Leadership Asheville Seniors participants that they want to dig deeper into local issues covered during the 9-week program. To respond to these requests, OLLI’s Civic Engagement Committee is organizing a series of projects and service learning experiences for members to focus on the issues of food and food insecurity in Western North Carolina. If the program is a success, we will focus on a different issue every year to create new avenues for engagement for our members. The commitment to civic engagement has always been a hallmark of the Center’s programming, and we look forward to launching this new project. Full details will be included in the Winter 2013 catalog, available near the end of November.
Design Your Creative Retirement

OLLI members—Do you know of someone who is planning retirement or relocation? Please help us spread the word about these unique programs.

**Paths to Creative Retirement**, held twice each year, helps participants create a meaningful retirement based on their values and priorities. Friday, Saturday, and Sunday sessions are facilitated by trained Center members in large and small groups.

- **August 31 – September 2, 2012**
- **April 12-14, 2013** - $850 per person

At the **Creative Retirement Exploration Weekend** we focus specifically on relocating in retirement—whether to Asheville or anywhere else. Our optional Sunday program is for those who are considering Asheville for relocation.

- **May 24-26, 2013** - $400 per person before May 1 · $450 per person after May 1


For more information call 828-251-6140 or email olliprograms@unca.edu

**Leadership Asheville Seniors**

9 weeks
Wednesdays, September 12 – November 7, 2012
8:30 am – 3:30 pm
Fee: $400
Fee covers all materials and lunches during the nine program days.

Every fall, OLLI offers this learning and civic engagement program, planned and led by its graduates and community members, providing a multi-faceted view of Asheville and Buncombe County. Through hands-on service projects and discussions with community leaders in distinctive venues, newcomers and longtime residents alike can gain new perspectives and consider ways to contribute their diverse experiences and talents for the good of the community.

For more information call 828-251-6140 or email olliprograms@unca.edu

We are planning a new service learning program focused on hunger and food insecurity in Western North Carolina for our Winter 2013 term. Please consult our website and Winter 2013 catalog for more details.
The largest program of OLLI is College for Seniors (CFS), a lifelong learning program in its 24th year, offering more than 280 courses to 1600 members annually, during four terms:

**Fall:** September 17 - November 14, 2012 (registration begins Aug. 14)
**Winter:** January 14 – February 25, 2013 (registration begins Nov. 27)
**Spring:** March 25 – May 17, 2013 (registration begins Feb. 26)
**Summer:** June 17 – July 29, 2013 (registration begins May 21)

---

**FALL 2012**

**September 17- November 14, 2012**

NOTE: Be sure to check dates listed for each course.

**Fee:** $115 for the term

This flat fee allows you to register for up to 3 courses, listed on pp. 18-42 during the initial phase of registration. Schedules will be sent on August 31. After you receive your schedule, you may add additional courses without cost. Courses may be added prior to the start of the second class period in the course.

If you cannot attend a course that you enroll in, please work with office staff to drop the course so someone else can attend.

**OLLI Membership is required to enroll in CFS**

**REFUNDS:** Cancellation must be received by September 14 for a full refund. This applies to ALL fees for CFS classes.

---

**Course Information**

In addition to the course descriptions in this catalog, there are details for many CFS courses on course web pages on the OLLI web site. To reach the listing of courses with web pages, go to: olliasheville.com/courses.

From here you can click on an instructor’s name and find information such as course outlines, reading lists, materials lists, and instructor’s background.

**Class Reps**

If you are interested in helping newer members get acclimated, assisting instructors in class, and insuring that classes operate smoothly, consider being a Class Rep. Check the spot for being a Rep in the CFS section on the registration form. For more information contact Anita Shields at 828-253-5624 or Jacque Morgan at 828-658-9738.

**Scholarships**

Scholarships are available to partially cover the expense of the term; the annual OLLI membership fee is the member’s responsibility. Applications are available in Room 208 of the Reuter Center and on the Center’s website. For best choice of courses, scholarship applications should be submitted along with the registration form as soon as possible. For additional information, call 828-251-6140.

---

**Teaching in College for Seniors**

At the heart of the College for Seniors program are dedicated volunteer instructors. While many instructors are retired academics, others with no formal teaching background have successfully facilitated learning experiences centered on their areas of passionate interest or expertise. To best orient the first time instructor and to enhance the skills of experienced teachers, a number of guides and programs are available:

---

**Volunteering to Teach: Course & Teaching Idea Exchange**

The Curriculum Subcommittee of CFS hosts a meeting each quarter to provide information for potential instructors and to hear their ideas for new courses. Members of the Curriculum Committee are on hand to discuss course topics and to advise on course proposal preparation and related matters. Upcoming meetings are scheduled:

**August 13 – 4:30-6:30 pm**
**November 12 – 4:30-6:30 pm**

---

**Guides**

An instructor guidebook and a facilitator handbook have been prepared by CFS committees. For information or a copy of the guide, contact Anne Mock at 828-251-6198.

**Course Proposal Due Dates:**

- **October 15** for **Spring 2013**
- **January 15** for **Summer 2013**
- **April 15** for **Fall 2013**

Proposal forms are available on the OLLI website at: olliasheville.com/forms

---

**QUESTIONS ABOUT CFS? SUGGESTIONS?** Contact CFS Director Susan Poole: 828-251-6873
Appalachian Studies

Interest in Appalachian lifestyle, culture and customs is a natural outgrowth of living in this region. In light of this curiosity, the College for Seniors developed an Appalachian Studies program to present a continuing series of courses and events specifically highlighting the region, its heritage, and its future. To find these courses, look for the tree logo next to listings. Appalachian studies courses offered in Fall 2012 are: Appalachian Sampler III (p.26), Appreciating Asheville’s Acoustic Music (p.32), and Exploring Asheville on Foot (p.34).

Small Group Learning Circles

Learning Circles are courses designed to encourage participants to share their life experiences in a facilitated conversation group. Each member of a Learning Circle is both a learner and a teacher; the emphasis is on the individual’s experience as it relates to the topic. Learning Circles encourage exploration of different points of view and use dialogue in a format distinct from debate. They also help develop good listening (focusing) skills, leading to what we call “transformative learning.” Because participants in a Learning Circle quickly form a cohesive unit where individual experiences are shared with the group, it is strongly recommended that participants enroll in a Learning Circle only if they can commit to attending each class. To find courses that are Learning Circles (as opposed to those that are lecture and discussion courses), look for the circle logo next to each course. Learning Circles offered in Fall 2012 are: Angels in America (p. 33), Living With Hearing Loss (p. 34), Surviving the 1960s: Learning From Our Stories (p. 25), and Transitioning into Wise Women (p. 35).

Think Outside the Box!

College for Seniors is enriched by proposals from individuals whose areas of expertise cross traditional discipline lines. We want to make sure you are aware of courses that could be listed in multiple disciplines as you search the catalog under a specific curriculum topic. Mutidisciplinary courses in Fall 2012 are:

- The Abortion Debate (Updated) (p. 26)
- Angels in America (p. 33)
- Attentiveness in a Creative and Spiritual Life (p. 28)
- Being Part of Today’s Online Communities (p. 38)
- Help! I Can’t Afford My Medications (p. 23)
- Museums in American Life (p. 27)
- Successfully Single (p. 24)
- Surviving the 1960’s: Learning from Our Stories (p. 25)
- Yiddish: History, Anatomy, Music (p. 28)
<table>
<thead>
<tr>
<th>mondays</th>
<th>tuesdays</th>
<th>wednesdays</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9 – 10 am</strong></td>
<td><strong>9 – 10:30 am</strong></td>
<td><strong>9 - 11 am</strong></td>
</tr>
<tr>
<td>Beginning Guitar</td>
<td>Self-Defense for Older Adults</td>
<td>Attentiveness in a Creative</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&amp; Spiritual Life</td>
</tr>
<tr>
<td><strong>9 - 11 am</strong></td>
<td><strong>9 am in Transition</strong></td>
<td>Beyond Psyche &amp; Matter</td>
</tr>
<tr>
<td>Art Crime</td>
<td>Beginning Bridge</td>
<td>Dialogue about Contemporary</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Issues</td>
</tr>
<tr>
<td>Continuing Tap II</td>
<td><strong>Coming Apart: American Life in the ’60s</strong></td>
<td>Elder Law &amp; the Elder Team</td>
</tr>
<tr>
<td>Creating the Garden of Your Dreams</td>
<td>Dancing on the Edge of the Abyss</td>
<td>iWork ’09 Overview</td>
</tr>
<tr>
<td></td>
<td><strong>Successfully Single</strong></td>
<td>Renewable Energy for a Sustainable World</td>
</tr>
<tr>
<td></td>
<td>Turning Your Life into Literature</td>
<td><strong>11:30 am – 1:30 pm</strong></td>
</tr>
<tr>
<td><strong>9 am – 12 pm</strong></td>
<td><strong>11:30 am – 1:30 pm</strong></td>
<td>Appalachian Sampler III</td>
</tr>
<tr>
<td>Fish for Fall/Winter</td>
<td>Acting Up &amp; Acting Out</td>
<td>Every Picture Tells a Story</td>
</tr>
<tr>
<td></td>
<td>Being Part of Today’s Online Communities</td>
<td>Shakespearean Tragedy</td>
</tr>
<tr>
<td></td>
<td>Performing Stand-Up Comedy</td>
<td>Tell Me a Story</td>
</tr>
<tr>
<td></td>
<td>Presidential Elections</td>
<td>Traffic and Transit</td>
</tr>
<tr>
<td><strong>11:30 am – 1:30 pm</strong></td>
<td>A Survey of Art History</td>
<td>Transitioning into Wise Women</td>
</tr>
<tr>
<td>Appreciating Asheville’s Acoustic Music</td>
<td></td>
<td><strong>2 – 4 pm</strong></td>
</tr>
<tr>
<td>Clowning Around</td>
<td>Twenty-Four Posture T’ai Chi</td>
<td>The ’50s Rock ‘n’ Roll Revolution</td>
</tr>
<tr>
<td>Macbeth and Othello</td>
<td></td>
<td>Beginner’s French C</td>
</tr>
<tr>
<td>Middle East: Awakening to Uprising</td>
<td></td>
<td>Chicago: Before and Between the Fairs</td>
</tr>
<tr>
<td>Museums in American Life</td>
<td></td>
<td>International Folk Dancing</td>
</tr>
<tr>
<td>Therapeutic Yoga for Healthy Backs</td>
<td></td>
<td>“My Religion is Kindness</td>
</tr>
<tr>
<td>Yoga With Wrinkles</td>
<td></td>
<td>Re-Creative Retirement Yoga</td>
</tr>
<tr>
<td><strong>2 – 3:30 pm</strong></td>
<td><strong>2 – 4 pm</strong></td>
<td><strong>2 – 4:30 pm</strong></td>
</tr>
<tr>
<td>Zumba for Zeniors</td>
<td>Beginning Ballroom Dancing</td>
<td><strong>Angels in America</strong></td>
</tr>
<tr>
<td></td>
<td>From the Ground Up: Building Better Poetry</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Navigating Your Way to Cheaper Travel</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Paper Flair</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Plato for the Uninitiated</td>
<td></td>
</tr>
<tr>
<td><strong>2 – 4 pm</strong></td>
<td><strong>2 – 4:30 pm</strong></td>
<td></td>
</tr>
<tr>
<td>Continuing Piano</td>
<td>Exploring Asheville on Foot</td>
<td></td>
</tr>
<tr>
<td>Poetry of Alfred, Lord Tennyson</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Principal Teachings of Buddhism</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sounds of Silents</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Views of God, Views of Man</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2 – 5 pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Get Naughty With Books!</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>6:15-8:15 pm</strong></td>
<td>Reuter Center Singers</td>
<td></td>
</tr>
</tbody>
</table>

---

**Fall 2012 Calendar**

This is a quick-reference for course days and times; see course listing for details. For changes that occur after the catalog goes to print, see “Catalog Updates” at www.oli.com
thursdays

9 - 10 am
Beginning Guitar ................................32

9 – 10:30 am
Optimizing the Whole Self with the Alexander Technique .......41

9 – 11 am
19th Century Europe...........................25
The Fiction of Philip Roth ....................29
Help! I Can’t Afford My Medications ..........23
Intermediate French F ..........................30
The Magic of iDevices ........................38
Vegetarian Cooking in the Macrobiotic Style ..........36

11:30 am – 1 pm
Beginning Piano ................................32

11:30 am – 1:30 pm
Beginning Genealogy ..........................33
The Earliest English Poems ....................29
Low Impact Ball Aerobics ....................40
Racy and Righteous ............................28
Surviving the 1960s ............................25
Two by Virginia Woolf ........................31
Yiddish ............................................28

2 – 3:30 pm
Journey Dance ..................................40

2 – 4 pm
The Abortion Debate—
Updated ........................................26
Advanced French ..............................28
Basic Drawing ..................................18
High Beginner Line Dance ....................18
Yiddish ............................................28

2 – 5 pm
The Met at the Movies .........................33

friadays

9 – 10:30 am
T’ai Chi for Back & Balance .................42

9 – 11 am
Basic Quilting ..................................18
Better Balance ....................................39
Computers - R- Us .............................24
Intermediate Piano .............................32
Invention & the Rise of the West ..............26
Living With Hearing Loss .....................34
Mexico: An Historical Approach ..............27
Seeking a Voice: Developing Style in Poetry ........30

workshops

Monday, September 10 - Wednesday, September 12
3 – 5:30 pm
Around the World in 80 Beers:
Part A ..............................................10

Friday, September 14 & Saturday, September 15, 12-4 pm
Discovering Your Creative Voice with Paint .........................10

Saturday, September 15, 9 am – 12 pm
Marketing: The Art of Positioning ...............10

Friday, September 21, 5 – 8 pm,
Saturday, September 22, 9 am – 4 pm,
Sunday, September 23, 2 – 5 pm
See the Light ....................................11

Saturday & Sunday, October 6 & 7, 10 am – 4 pm
Poetry as Healing Art ..........................11

Monday, October 8, 8:30 -11:30 pm
Astronomy & Star Gazing: The October Sky .........................11

Monday, October 8 – Wednesday, October 10, 3 – 5:30 pm
Around the World in 80 Beers:
Part B ..............................................11

Saturday, October 12, 9 am – 4 pm
Family History Research: Beyond the Basics ......................12

Saturday, October 20, 1 – 4:30 pm
Playing Your Bridge Hand ........................12

New Member Welcome
Friday, September 14, 10 am
Learn about programs & activities.
Find ways to participate in our community of learners

  • Meet new friends
  • Ask questions
  • Get involved

Don’t forget to add these programs to your schedule...

Fabulous Fridays Lunch and Learn Lectures
See page 9 for details.
### Art & Art History

#### Art Crime: Fakes, Forgeries & History
CRN # 60001

2nd 4 weeks: Oct. 15, 22, 29, Nov. 5
(note late start date)
Mondays, 9-11 am

Art crime is a six to ten billion dollar a year criminal enterprise, presently ranked fourth in dollar value by Interpol behind arms trafficking, drugs, and money laundering. This course will cover famous art thefts and forgeries, both old and new. We will explore the motivation for and techniques used to commit art crimes and misconceptions held by the public that have been formed by novels and the motion picture industry. We will conclude with a presentation on the use of art and high value collectibles to launder and/or transfer capital. **Recommended text:** *Priceless: How I Went Undercover to Rescue the World’s Stolen Treasures*, Robert K. Wittman, ISBN: 978-0-307-46147-6. Cost: $12.

Last summer, **Alex Bond** (jb2992@nyu.edu) completed a 250-hour masters degree in art crime and a cultural heritage preservation course in Amelia, Italy. This past summer he took an art crime investigation seminar taught by Robert Wittman (who founded the FBI’s art crime unit) and an art and auction crime seminar taught by Dick Ellis (who founded Scotland Yard’s art and antiquities squad).

#### A Survey of Art History
CRN # 60002

8 weeks: Sept. 18, 25, Oct. 2, 9, 16, 23, 30, Nov. 6
Tuesdays, 11:30 am-1:30 pm

We will study art history beginning with ancient cave paintings and ending in 2010. Using images gathered from many institutions throughout America, England, and Europe, there will be ample illustration of the various art forms that have predominated in the Western world. We’ll also study photography and delve into the history of the Japanese print.

**Peter Loewer** graduated from the Albright Art School of the University of Buffalo with a degree in graphics and a minor in art history and received the Max Beckmann Fellowship to the Brooklyn Museum Art School.

### Arts & Crafts

#### Basic Drawing
CRN # 60003

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8
Thursdays, 2-4 pm

This course is designed to give students more confidence in their ability to draw, i.e., to get images down on paper as a foundation for painting, or just to draw. We will practice line drawing, creating volume using light and dark, the importance of shading and shadows, creating textures, basic perspective, and basics in drawing the human head.

**Susan Kibler** (susankibler@frontier.com) has taught watercolor classes at the College for Seniors. She teaches using the loosely structured Art Student League approach, putting the emphasis on one-on-one teaching.

#### Basic Quilting
CRN # 60004

8 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26, Nov. 2, 9
Fridays, 9-11 am

This is a hands-on course in which students will make a small wall hanging or a child’s quilt using traditional quilting techniques. All skill levels are welcome. A supply list is available on the course web page. **Materials fee:** Participants will be required to purchase materials for their project; estimated cost: $30-40.

A quilter for over twenty-five years, **Mary Field** (jdfield36@hotmail.com) has a BS in textiles and clothing from Iowa State University. She has been teaching quilting for over twenty years.

#### Get Naughty with Books!
CRN # 60005

8 weeks: Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5
Mondays, 2-5 pm

Forget about the days when you were told not to color or write in your books, much less tear out pages! Join us as we break all the rules by painting, collaging, stitching, cutting, making niches and drawers and more to create an “altered book,” a hot new art form. You can have fun whether you draw or not and whether you are a beginner or have advanced skills. Please bring a sturdy hard-bound book to the first class that can be creatively altered. **Materials fee:** $15, payable to the instructor at the first class.

**Catherine Battle** (catherinethattle@earthlink.net) is a national board certified art instructor and a juried artist. She has taught at all levels including a recent year teaching in London as a Fulbright teacher. **Jan Schwartz** (blucottage@bellsouth.net) is a retired “want-to-be” artist with years of teaching a variety of art classes. Since arriving in Asheville, she loves making soft sculpture dolls and a variety of handmade books.
College for Seniors (CFS) OLLI membership is required to register for CFS classes. You may initially register for up to 3 CFS courses. Submit your registration starting Tuesday, August 14, for best availability. Your schedule will be sent to you on August 31. After you receive your schedule, you may add or drop as many courses as you can schedule. Complete an Add/Drop Form available in the Reuter Center office.

I volunteer to be a CLASS REP in one of my CFS courses

<table>
<thead>
<tr>
<th>Priority</th>
<th>CFS Course Name</th>
<th>5-Digit CRN#</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Example course name</td>
<td>1 2 3 4 5</td>
</tr>
<tr>
<td>2.</td>
<td>__________________</td>
<td>___ ___ ___ ___ ___</td>
</tr>
<tr>
<td>3.</td>
<td>__________________</td>
<td>___ ___ ___ ___ ___</td>
</tr>
<tr>
<td>4.</td>
<td>__________________</td>
<td>___ ___ ___ ___ ___</td>
</tr>
<tr>
<td>5.</td>
<td>__________________</td>
<td>___ ___ ___ ___ ___</td>
</tr>
<tr>
<td>6.</td>
<td>__________________</td>
<td>___ ___ ___ ___ ___</td>
</tr>
</tbody>
</table>

If any of the above courses are not available, try these alternates:

<table>
<thead>
<tr>
<th>Priority</th>
<th>CFS Course Name</th>
<th>5-Digit CRN#</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.</td>
<td>__________________</td>
<td>___ ___ ___ ___ ___</td>
</tr>
<tr>
<td>5.</td>
<td>__________________</td>
<td>___ ___ ___ ___ ___</td>
</tr>
<tr>
<td>6.</td>
<td>__________________</td>
<td>___ ___ ___ ___ ___</td>
</tr>
</tbody>
</table>

I am listing several options above and want to take this number of courses (up to 3): 

Your registration will not be processed without your final number of courses written in box above.

Add $20 to your $115 CFS fee for each CFS Wellness & Recreation course marked with a $20.

Fall 2012 College For Seniors Fee – $115
(Carry forward your CFS SUBTOTAL to the next page)
Fall 2012 College For Seniors Registration Fee – $115.  
(CFS SUBTOTAL $ __________)

Workshops – OLLI membership is not required

<table>
<thead>
<tr>
<th>Workshop ID</th>
<th>Workshop Description</th>
<th>Fee (Members)</th>
<th>Fee (Non-Members)</th>
</tr>
</thead>
<tbody>
<tr>
<td>60097</td>
<td>Around the World in 80 Beers: Part A ($80/person)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>60098</td>
<td>Discovering Your Creative Voice with Paint ($115/member, $125/non-member)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>60099</td>
<td>Marketing: The Art of Positioning ($25/person)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>60105</td>
<td>See The Light ($140/members, $150/non-members)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>60100</td>
<td>Poetry as Healing Art ($100 /members, $110/non-members)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>60101</td>
<td>Astronomy &amp; Star Gazing: The October Sky ($35/person)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>60102</td>
<td>Around the World in 80 Beers: Part B ($80/person)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>60103</td>
<td>Family History Research: Beyond the Basics ($50/person)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>60104</td>
<td>Playing Your Bridge Hand ($40/person)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Workshop SUBTOTAL $ __________

Become a 2012-13 OLLI Member for $60
Membership year is August 1-July 31.

Membership SUBTOTAL $ __________

Health and Fitness Center Membership - $350
(OLLI Membership REQUIRED. This is an annual membership and runs from the date of purchase for 365 days.)

HFC SUBTOTAL $ __________

Add SUBTOTALS and enter TOTAL PAYMENT
• Bring or mail this form with your payment (cash or check only)
• Attach your scholarship application
  (if applicable)

Bring or Mail to:
OLLI, Reuter Center
UNC Asheville, CPO# 5000
One University Heights
Asheville, NC  28804-8516

TOTAL PAYMENT ENCLOSED $ __________

Cash or checks only
Make checks payable to OLLI

☐ Check box at left to go paperless and no longer receive a printed catalog in the mail.
We’ll email you when the catalog is available on the OLLI website- www.olliasheville.com

Get Involved! BECOME A CENTER VOLUNTEER

One of the unique strengths of OLLI is the involvement of its members in every aspect of programming and operations. We need you – your time, talent, and enthusiasm.

☐ I currently volunteer at OLLI  ☐ Yes, I would like to volunteer at OLLI (complete below)

I like:
☐ Committee/group work  ☐ Civic Engagement  ☐ Planning events
☐ Short term/events (<month)  ☐ Finance  ☐ Planning programs
☐ Ongoing (3-12 months)  ☐ Health & Wellness  ☐ Reuter Center facility

My interests include:
☐ Marketing  ☐ Strategic planning
☐ Membership
☐ Office work
☐ Other interests or expertise: ________________________________
registration form

OLLI Fall 2012

OFFICE USE ONLY

Banner ID: __________________________ Data entry: __________ Verified by: ________ Amt: $ _______ Ca/Ck #: __________

Check here if your postal or email address has changed □

Name __________________________________________

Last First MI Name for nametag, if different

Address __________________________________________

Street/PO Box __________ City __________ State __________ ZIP __________

Phone _______/___________ Birth Date _______/_____/_____/ E-mail address ____________________________ □ I don’t use email

Emergency Contact __________________________________________

Name __________________________________________ Relationship __________________________________________ Daytime phone ____________________________

College for Seniors (CFS) OLLI membership is required to register for CFS classes. You may initially register for up to 3 CFS courses. Submit your registration starting Tuesday, August 14, for best availability. Your schedule will be sent to you on August 31. After you receive your schedule, you may add or drop as many courses as you can schedule. Complete an Add/Drop Form available in the Reuter Center office.

☑ I volunteer to be a CLASS REP in one of my CFS courses

<table>
<thead>
<tr>
<th>Priority</th>
<th>Course Name</th>
<th>5-Digit CRN #</th>
<th>PRINT CLEARLY!</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Example course name</td>
<td>1 2 3 4 5</td>
<td>DOUBLE CHECK CRN #</td>
</tr>
</tbody>
</table>

If any of the above courses are not available, try these alternates:

<table>
<thead>
<tr>
<th>Priority</th>
<th>CFS Course Name</th>
<th>5-Digit CRN#</th>
<th>Staff use only</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td>1. E N</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td>2. E N</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td>3. E N</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td>4. E N</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td>5. E N</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td></td>
<td>6. E N</td>
<td></td>
</tr>
</tbody>
</table>

I am listing several options above and want to take this number of courses (up to 3): □

Your registration will not be processed without your final number of courses written in box above.

Add $20 to your $115 CFS fee for each CFS Wellness & Recreation course marked with a $20

Fall 2012 College For Seniors Fee – $115 (Carry forward your CFS SUBTOTAL to the next page)

CFS SUBTOTAL $ ________
Fall 2012 College For Seniors Registration Fee – $115.  
(From previous page)

**Workshops** – OLLI membership is not required

- 60097. Around the World in 80 Beers: Part A ($80/person)
- 60098. Discovering Your Creative Voice with Paint ($115/member, $125/non-member)
- 60099. Marketing: The Art of Positioning ($25/person)
- 60105. See The Light ($140/members, $150/non-members)
- 60100. Poetry as Healing Art ($100 /members, $110/non-members)
- 60101. Astronomy & Star Gazing: The October Sky ($35/person)
- 60102. Around the World in 80 Beers: Part B ($80/person)
- 60103. Family History Research: Beyond the Basics ($50/person)
- 60104. Playing Your Bridge Hand ($40/person)

**Workshop SUBTOTAL $ ____________**

**Become a 2012-13 OLLI Member for $60**

Membership year is August 1-July 31.

**Membership SUBTOTAL $ ____________**

**Health and Fitness Center Membership - $350**

OLLI Membership REQUIRED. This is an annual membership and runs from the date of purchase for 365 days.

**HFC SUBTOTAL $ ____________**

**Add SUBTOTALS and enter TOTAL PAYMENT**

- Bring or mail this form with your payment (cash or check only)
- Attach your scholarship application
  (if applicable)

**TOTAL PAYMENT ENCLOSED $ ____________**

*Cash or checks only*

Make checks payable to OLLI

Bring or Mail to:
OLLI, Reuter Center
UNC Asheville, CPO# 5000
One University Heights
Asheville, NC 28804-8516

☐ Check box at left to go paperless and no longer receive a printed catalog in the mail.

We’ll email you when the catalog is available on the OLLI website-www.olliasheville.com

---

**Get Involved! BECOME A CENTER VOLUNTEER**

One of the unique strengths of OLLI is the involvement of its members in every aspect of programming and operations. We need you – your time, talent, and enthusiasm.

☐ I currently volunteer at OLLI  ☑ Yes, I would like to volunteer at OLLI (complete below)

I like:
- Committee/group work
- Short term/events (<month)
- Ongoing (3-12 months)

My interests include:
- Civic Engagement
- Finance
- Health & Wellness
- Marketing
- Membership
- Office work
- Other interests or expertise:__________________________________________

☒ Planning events
☒ Planning programs
☒ Reuter Center facility
☒ Strategic planning
☒ Teaching (subject:____________________)
**Arts & Crafts continued**

**Paper Flair**  
CRN # 60006  
8 weeks: Sept. 18, 25, Oct. 2, 9, 16, 23, 30, Nov. 6  
Tuesdays, 2-4 pm  

Come join the fun as we play with paper, paint, alcohol inks, bleach, glitter, lumiere paints and MORE! We’ll complete almost thirty projects, including a gift bag, a small gift to go inside it, a Halloween candy jar, lots of cards for lots of occasions, gift card holders, gift tags, a canvas picture frame, and more. Almost all materials are provided; a small list of supplies will be sent to each participant before class begins. **Materials fee:** $25, payable to the instructor at the first class.  

**Deb Waterman** (debbywaterman@yahoo.com) taught middle school art for over twenty years and has been a serious paper crafter for the past fifteen years.

**Business, Law and Finance**

**Elder Law and the Elder Team**  
CRN # 60007  
8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7  
Wednesdays, 9-11 am  

This course will address the complex issues facing elders and caregivers. Specifically, it will cover the documents necessary to protect the elder’s interests, living arrangements and how to pay for them, scams and other ways elders are exploited, care giving, and legislative issues involving elders.  

Attorney **Cathie St. John-Ritzen** (cathie@asheville-elderlaw.com), whose primary practice area is elder law, was a registered nurse and family caregiver. She is an active member in local/state elder law/care organizations.

**Help! I Can’t Afford My Medications**  
CRN # 60008  
8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8  
Thursdays, 9-11 am  

Have you ever considered not buying one of your prescribed medications because you can’t afford it or decide the benefits are not worth the expense? In this course you will learn how to compare the costs and benefits of your medications and gain some tools to help reduce your costs. Explore alternatives (and be able to discuss them with your physician) when the medications you have been prescribed are so expensive that you are considering not purchasing them or taking them less frequently to make them last longer. You will have chances to discuss specific medication questions that affect you or your family.  

**Lorne Basskin** (lbasskin@hotmail.com) is the regional dean for Wingate University College of Pharmacy at the Hendersonville Campus. A graduate with a BA in commerce from the University of Toronto, he received his degree in pharmacy from the University of the Pacific. Lorne did his post graduate residency in pharmacy at the Valley Medical Center in Seattle, Washington.

**Modern Portfolio Theory**  
CRN # 60009  
2nd 4 weeks: Oct. 16, 23, 30, Nov. 6  
(note late start date)  
Tuesdays, 2-4 pm  

This course is based on the principle that all investments within the main asset classes are defined by two basic elements, expected return and variances. You will learn how to create, monitor, and update a portfolio of investments using modern portfolio theory. This course is designed to provide clarity around the “numbers behind the numbers.”  

**C. Bruce Strum** (cbstrum@gmail.com) is a financial professional with a degree in economics from UNC Chapel Hill and is an MBA candidate at Wake Forest University. Mr. Strum holds the designations of chartered retirement planning specialist, Eagle Scout, husband, and father.

**The Price of Emotional Investing… How to Avoid It**  
CRN # 60010  
1st 4 weeks: Sept. 17, 24, Oct. 1, 8  
Mondays, 9-11 am  

This course is an overview of the most important elements of investing which are based in emotional decision making. We will discuss how to avoid investing from the heart instead of from the head, as well as how to deal with loss and control feelings of greed. Also covered in the course will be how to evaluate your emotional investment personality. **Recommended text:** Extraordinary Popular Delusions and the Madness of Crowds, Charles MacKay, ISBN:0-517-53919-5. Cost: $3.99

Certified public accountant **Patrick Chitwood** (pat4956@gmail.com) received his PhD in psychology from the University of Alabama. The owner of Chitwood Advisory Group, he is also a chartered financial consultant. He has been published in several financial journals such as The Journal of Accountancy, Psychonomic Science, The Investment Advisor, and The Financial Planner.

WWW.OLLIASHEVILLE.COM | 23
Successfully Single
CRN #60011
2nd 4 weeks: Oct. 16, 23, 30, Nov. 6 (note late start date)
Tuesdays, 9-11 am

This program was developed to address key areas of dealing with becoming “successfully single” and will be delivered by an integrated team of professionals who are well qualified to provide practical advice regarding the emotional, financial, tax, and legal aspects of this life transition. Participants will learn which issues require immediate attention to ensure that they and their families remain secure.

John Sterritt (John.Sterritt@ubs.com) is a senior vice president for investments for UBS Financial Services. Beth Starling (bstarling@charter.net) is a licensed marriage and family therapist, as well as a licensed professional counselor. Carole Spainhour (elderlegal@att.net) practices elder law and estate planning law, and chairs the elder law section council of the North Carolina Bar Association. George Gabler (george@gablermolis.com) is the chief executive officer of Gabler Molis and Company, PA, a firm of certified public accountants, and is a member of the American Institute of Certified Public Accountants.

Computing

Please note that following the description of each course, there are **minimum requirements** listed. You must meet those requirements in order to participate in the course. If you enroll in the course and do not meet those requirements, the instructor has the prerogative to ask you to drop the course so that a qualified person can attend. If you have any questions about your skill level, please contact the instructor before registration.

Computers-R-Us
CRN # 60012
2nd 4 weeks: Oct. 19, 26, Nov. 2, 9 (note late start date)
Fridays, 9-11 am

This course will show you, in everyday language, how to solve the most common problems facing average computer users every day. You will learn how a computer works, how to work with files and folders, how to speed it up, how to surf the Web safely, how to get the most out of your computer and how to buy a new computer if you need to. **Minimum Requirements:** Must have owned and operated a PC (desktop or laptop) for at least a year.

Richard Feeman (rfffeeman@gmail.com) is a retired technology professional with over thirty-seven years of experience. He has done everything there is to do in the world of technology, from building and repairing computers to programming, managing computer operations, and implementing small and large scale technology projects. He has spent the last twenty years helping friends and customers with their personal computer and technology issues.

iWork ‘09 Overview
CRN # 60013
6 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24
Wednesdays, 9-11 am

Extend your creativity to use Mac’s answer to Office for the Mac. Learning the basics of Pages, Numbers, and Keynote software will enable you to quickly create and edit documents, flyers, etc., develop spreadsheets, and create dynamic presentations. Also, we will share files with MS Office users and use the iPad. **This is a demo/lecture class, not hands-on. Minimum Requirements:** Basic computer skills and familiarity with Mac usage are required. **Recommended text:** iWork ’09: The Missing Manual, Josh Clark, ISBN: 978-0-596-15758-6. Cost: About $27.

Art Keller (arthurkeller@charter.net) has a strong interest in how people learn and in teaching. Paul Williamson (pbwill01@gmail.com) is a longtime Mac user with a strong interest in teaching the fun of using the Mac.
Contemporary Issues

Dialogue about Contemporary Issues
CRN # 60014

2nd 4 weeks: Oct. 17, 24, 31, Nov. 7
(note late start date)
Wednesdays, 9-11 am

We will discuss eight contemporary issues in United States society: media credibility, United States policy in the Middle East, public education reform, sustainable energy, alternative/traditional medicine, federal government reform, improving the United States economy, and the justice system. Suggested short readings will guide discussion.

Both Cindy Berryman-Fink (berrymanfink@gmail.com) and Chuck Fink (charlesfink1@gmail.com) are trained facilitators who have led discussion groups in higher education, corporate, and nonprofit organizations.

Surviving the 1960s: Learning From Our Stories
CRN # 60015

6 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25
Thursdays, 11:30 am-1:30 pm

The ’60s were both a turbulent time and a formative time for many OLLI members. We will reflect on our experiences, on the impact they had on our life decisions, and how “60s issues” continue to influence public discourse. What did we learn that might be useful today? Please Note: This is a companion course to Jim Lenburg’s course, Coming Apart: The United States in the ’60s. Those wishing to register for this course must also be registered for the Lenburg course. Recommended text: Time It Was: American Stories from the Sixties, edited by Karen Manners Smith and Tim Koster, ISBN: 10:0-13-184077-0. Cost: $10 (used).

Jim Lenburg (jlenburg@mhc.edu) taught history and humanities at Mars Hill College before retiring in 2005. He has been teaching courses at the College for Seniors for the past two years. Dorothy Routh (dotjack@aol.com) is a retired educator who has taught numerous courses at the College for Seniors.

Traffic and Transit
CRN # 60016

2nd 4 weeks: Oct. 17, 24, 31, Nov. 7
(note late start date)
Wednesdays, 11:30 am-1:30 pm

This course will present basic concepts and current trends in urban passenger transportation. We will cover all modes of travel within metropolitan areas: highways and streets, including traffic engineering; transit modes, including light rail and bus rapid transit; walking and bicycling. We will describe the process for planning future transportation projects. Asheville examples will be used where applicable.

Bruce Emory (emory22@charter.net) is a retired transportation planner with engineering degrees from Princeton and Georgia Tech. He helped plan and operate Atlanta’s transit system, MARTA, and worked as a consultant to transit systems nationwide.

Film

Sounds of Silents: Silent Movies in the Sound Era
CRN # 60017

8 weeks: Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Oct. 5
Mondays, 2-4 pm

This eight-week course will offer the opportunity to view silent films made after the advent of sound. Films include Charlie Chaplin’s City Lights (1931), the Cold War thriller The Thief (1952), Le Bal (1981), a French film told entirely through music, and the recent Oscar and Golden Globe Best Picture winner The Artist (2011).

Chip Kaufmann (jjk44@bellsouth.net) is a member of the Southeastern Film Critic’s Association, engages in pre-concert talks for the Asheville Symphony, and is an announcer at public radio station WCQS-FM.

History

19th Century Europe: The Road to Now
CRN # 60027

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8
Thursdays, 9-11 am

The French and the Industrial Revolutions cataclysmically transformed 19th century Europe’s economy, politics, and society, laying foundations for today’s Europe. Among the revolutionary changes was the rise of political “isms” that engaged masses of people over a long period for the first time in history. Course participants will consider key events from the perspectives of monarchists, conservatives, nationalists, liberals, socialists, and radical republicans.

Mary Lasher (mlelasher.avl@gmail.com) has both AB and MA degrees in history from Duke University and has taught at the University of Alabama and Furman University. Since retirement, she has taught twenty-five courses at the College for Seniors.
## History continued

### The Abortion Debate – Updated
CRN # 60018

| 8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8 |
| Thursdays, 2-4 pm |

In this course we will explore many aspects of the abortion debate, such as constitutional questions, Roe v. Wade, personal privacy, when life begins, ethics and morals vs. law, moral sense theory, and the prospects for overturning Roe v. Wade. We will view the film *Roe vs. Wade*, hearing the actual Supreme Court argument of Sarah Weddington, Jane Roe’s attorney. One class will be a session with the only abortion provider in Western North Carolina and a pro-life minister from a local church.

After majoring in mathematics and a forty-year career in insurance company management, **Carl Ricciardelli** (cfr66666@gmail.com) discovered what he was meant to do by inclination and aptitude: study and teach intellectual history, Greek drama, skepticism, and critical thinking. Carl received an MS in counseling psychology at age sixty-four and, upon retirement, moved to Asheville.

### Appalachian Sampler III
CRN # 60019

| 8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7 |
| Wednesdays, 11:30 am-1:30 pm |

Appalachian Sampler III continues the study of the Southern Appalachian region. This eight-week course will look at the Biltmore Estate and its impact, the African-American influence on Asheville, shape note and gospel singing, “Beer City USA,” the Jewish community’s influence, coal mining, folk art, and the Blue Ridge Parkway.

**Doug Agor** (agrdgl@aol.com), the course coordinator, is a retired teacher, having taught both high school and college English classes. He has been a member of the College for Seniors for six years. He has taught classes and served on several committees.

### Chicago: Before and Between the Fairs
CRN # 60020

| 8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7 |
| Wednesdays, 2-4 pm |

Chicago has been thought by many to be the prototypical American metropolis. We will look at the city’s development as an economic center, as the home of Chicago architecture, as a magnet for European immigrants, the development of neighborhoods, urban religion and politics, organized crime, the scene of ethnic and class struggles, two world fairs, and a lot more.

While at Southwestern University in Georgetown, Texas, **Farley Snell** (snellfarleyw@netscape.net) team-taught a six-hour interdisciplinary course on Chicago ten times over twenty years, always taking the students to Chicago for a four-day field trip. He has taught religion courses at the College for Seniors since the winter term of 2009.

### Coming Apart: American Life in the ’60s
CRN #60021

| 6 weeks: Sept. 18, 25, Oct. 2, 9, 16, 23 |
| Tuesdays, 9-11 am |

The ’60s were a tumultuous decade marked by violence and assassination, conflict over the Vietnam War, challenges to both traditional racial policies and middle-class values, and the emergence of modern conservatism that defended those values. We will explore these and other issues of the decade. **Recommended text:** *Time it Was*, edited by Karen Manners Smith and Tim Koster, ISBN: 10:0-13-184077-0. Cost: $10 (used).

**Jim Lenburg** (jlenburg@mhc.edu) retired from Mars Hill College in 2005 after teaching history and humanities courses for thirty-three years. His interests are the history of American foreign relations, China, and modern American history.

### Invention and the Rise of the West
CRN # 60022

| 6 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26 |
| Fridays, 9-11 am |

This course will examine some of the inventions that contributed to Europe’s success as a civilization, identify the sources of certain ones of them in other societies, and attempt to discover the nature of those European conditions which seemed to facilitate the growth of its world-wide dominance. Topics to be covered include: from bloodletting to antisepsis, putting power to work, the stuff that shaped us, conquering distance, factory-made instruments of slaughter, and knowledge.

**Hal Hogstrom** (melbvic1@yahoo.com) received his PhD in theater history. He is Professor Emeritus at the College of New Jersey, with a forty-six year career in academia. He received the Best Actor of the Year award from the Asheville Community Theatre, and has directed over 100 theatrical productions.
History continued

Mexico: An Historical Approach
CRN # 60023

8 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26, Nov. 2, 9
Fridays, 9-11 am

Most Americans know little about Mexican history, though they sense it is different. This course will deal with major themes beginning with pre-conquest and continuing through the colonial period, independence, the early Republic, Juarez and the Civil War, Diaz and modernization, the Revolution, the post-Revolutionary system, and contemporary political, economic, and social developments and problems.

For twenty years Tom Sanders (tsanders.avl@gmail.com) was Latin American Associate of Universities Field Staff International, a consortium of American universities. He has authored over fifty in-depth articles on numerous Mexican topics.

The Middle East: Awakening to Uprising
CRN # 60024

8 weeks: Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5
Mondays, 11:30 am-1:30 pm

A once thriving glorious civilization, invaded, trampled over, traumatized by hordes and ruled over by Turkic sultans for six centuries, the Middle East as we know it today became the victim of new sophisticated European Imperialist rivalry. In the aftermath of World War I, Britain and France rearranged the Middle East to suit dogmatic and imperial influences and interests. Black gold (oil) revenue, coupled with corruptive politics, endowed Bedouin tribal chiefs and unscrupulous military commanders with entrenched dictatorial oppressive powers. Are we now seeing an awakening from just a long slumber or an uprising to promising change?

Ahmad Amara (aamara@bellsouth.net) was born in Jaffa, Palestine, and maintains keen interest and constant contact with family and friends over developments in the Middle East and internationally. He holds degrees from the University of Edinburgh, American University of Beirut, Colegio Oficial de Idiomas in Madrid, and the University of London (Portsmouth).

A Military and Diplomatic History of the United States
CRN # 60025

8 weeks: Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5
Mondays, 9-11 am

Today, the United States is recognized as the most powerful nation on earth. This was not always the case. In 1776, the weak and sparsely populated colonies seemed incapable even of maintaining their newly declared independence, let alone achieving great power status. In this course we will explore how, through wars and diplomacy, the United States was able to shift from its early weakness and peripheral world status to its current position of global power and influence.

Bert Lockwood (kelockwood@mindspring.com) served thirty years in the United States Army, working for Dr. Wernher von Braun in the Army’s Missile and Space Program, the Secretary of the Army at the Pentagon, as associate professor of engineering at The United States Military Academy, and Commander of Picatinny Arsenal. He later worked in the defense industry. He attended West Point, the University of Michigan, and Columbia University. He has taught numerous history courses at the College for Seniors.

Museums in American Life
CRN # 60026

8 weeks: Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5
Mondays, 11:30 am-1:30 pm

Together we will trace the cultural history of museums in America from the early nineteenth century to today. Through lectures, slides, videos, and discussion, we’ll be examining the philosophies, functions, and educational reach of public institutions of art, history, and natural science. Particular emphasis will be given to modern challenges, as museums seek to remain sustainable in light of new audience demands.

Melinda Stuart (mystuart@me.com) has thirty-five years’ experience as a curator, educator, and museum consultant in Washington, DC, and the San Francisco Bay area, and as a staff member at the Smithsonian Institution, Oakland Museum of California, and the United States Capitol. She holds an MA degree in American Studies and has taught at the University of California and John F. Kennedy University.
History  continued

Presidential Elections of 1800, 1824, 1828, 1844
CRN #60028
1st 4 weeks: Sept. 18, 25, Oct. 2, 9
Tuesdays, 11:30 am-1:30 pm

In this course you will learn about four early Presidential elections that helped make America what it is today: 1800 - Thomas Jefferson vs. John Adams; 1824 - John Q. Adams vs. Andrew Jackson, William Crawford and Henry Clay; 1828 - John Q. Adams vs. Andrew Jackson; 1844 - James Polk vs Henry Clay.

Dennis Winner (dwinner329@charter.net), an Asheville native, received his AB in economics and his law degree from UNC Chapel Hill. He is a retired lawyer, judge, and state senator and has had a passion for American history his entire adult life.

Racy & Righteous: The Women Who Followed the Gold Rushes
CRN # 60029
6 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25
Thursdays, 11:30 am-1:30 pm

This lecture format course will cover the Gold Rush to California, Alaska, and Colorado. The focus will be on the women who helped make the western frontiers the racy towns they became as well as the righteous places they aspired to become. What made the women go west, what were their lives like, and how did they prepare for the adventures?

Paula Withrow (paula66vw@gmail.com) has an MA in history from Colorado State University and an enthusiasm for sharing historical facts and fiction. Western United States history and the people who made it are one of her passions.

Yiddish: History, Anatomy, Music, Humor, Warmth
CRN # 60030
8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8
Thursdays, 11:30 am-1:30 pm

We will study the history of the Yiddish language and the culture that contained it. We will enjoy samples of music, literature, humor, theater, influence and its current situation. Lecture and discussion will be used for the material; experience-sharing will be encouraged.

Rubin Feldstein (rubinf@att.net) was born in Poland and until he was six years old spoke Yiddish only. He treasures the cultural gift he was given and likes to share it. At an earlier age he was an educator and still enjoys teaching.

Language and Literature

Advanced French: Allons au Cinéma!
CRN # 60031
8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8
Thursdays, 2-4 pm

This course will make use of two recent French films, Le Petit Nicolas and Le Hérisson, as a springboard for conversation and language study. Class activities will include viewing, discussion, and analysis of vocabulary, structures, and culture. To participate fully, students should have completed at least an intermediate level of French. All materials will be supplied by the instructor.

Betty Carver (bcarver1@charter.net) taught French at Spartanburg High School for thirty years and has traveled and lived in France.

Attentiveness in a Creative and Spiritual Life
CRN # 60032
1st 4 weeks: Sept. 19, 26, Oct. 3, 10
Wednesdays, 9-11 am

The goal of this course is to harvest the energy present in attentiveness. Paying attention is central to creativity and spirituality. Writing exercises will emphasize stillness, solitude, sanctity, silence, long looking, and deep listening. This course will provide opportunities to generate new work in response to writing, reading, and discovery, with writing taking place both in and out of class. Essays, poetry, and memoir selections will be read from a variety of authors, including E.M. Forster, William Stafford, and Madeline L’Engle. Recommended text: Nine Gates: Entering the Mind of Poetry, Jane Hirshfield, ISBN: 0-06017456-0. Cost: $22.00.

Carol Pearce Bjorlie (bjorlie.carol@yahoo.com), received a BM in cello performance from East Carolina University and an MFA in writing from Hamline University. She taught poetry/creative process at the Loft Literary Center in Minneapolis, MN. Her work is published in The Southern Poetry Review, Water~Stone, and in other journals.
**Language and Literature continued**

**Beginner’s French C**  
CRN # 60033  
8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7  
Wednesdays, 2-4 pm  
This beginning level course continues Beginner’s French B. It focuses on communication through listening, speaking, reading, and writing practice. Participants will hone pronunciation skills. Formal and informal cultural topics will be incorporated through readings, songs, and film clips. Beginner’s French A and/or B are not requirements for level C. Contact the instructor for appropriate placement and course content. **Required text:** Discovering French-Bleu, Valette and Valette, ISBN: 0-669-23919-4. **Recommended text:** Discovering French-Bleu Activity Book, Valette and Valette, ISBN: 0-669-23921-6. Cost: About $16 or less for both.

For over thirty-five years, **Ivy Dyckman** (ivyd620@aol.com) has taught French and Spanish at secondary and post-secondary institutions in the United States and abroad. She earned a PhD in French from Florida State University.

**The Earliest English Poems**  
CRN # 60034  
1st 4 weeks: Sept. 20, 27, Oct. 4, 11  
Thursdays, 11:30 am-1:30 pm  
These poems recreate the life and thought of the medieval Anglo-Saxon world. We’ll look at archeological discoveries and read a few brief translated pieces – elegies, riddles, and runes - which are unlike most other poetry. Then we’ll watch an exciting solo stage performance of Beowulf with bardic harp (a subtitled film). Our text succinctly explains historical contexts and literary style for the common reader. **Required text:** The Earliest English Poems, Third Edition, ISBN: 0140-44594-3. Cost $8.20 (new), from $.01 (used).

**Every Picture Tells a Story**  
CRN # 60035  
1st 4 weeks: Sept. 19, 26, Oct. 3, 10  
Wednesdays, 11:30 am-1:30 pm  
Photo albums hold more than pictures; they are storehouses for memories. From faded sepia-tone portraits of nearly-forgotten ancestors to digital shots posted on Facebook, the photographs we treasure the most are precious because of the stories they tell. Inspired by the photos that have meaning for us, we will write about those people, places and things that have comprised the mosaic of our lives.

**Marjorie Klein** (magicklein@frontier.com) is a novelist, a freelance writer for several publications, and has taught creative writing at the University of Miami, Florida International University, Warren Wilson College, and UNC Asheville’s Great Smokies Writing Program.

**The Fiction of Philip Roth**  
CRN # 60036  
8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8  
Thursdays, 9-11 am  
Although his writing has often perplexed and/or repulsed readers, there is little question that Philip Roth is one of America’s most gifted authors. Since he broke onto the literary scene in the ’50s, Roth has garnered many prizes for his work. We’ll consider his six decades of writing, especially Roth’s early and late fiction. **Required texts:** Goodbye, Columbus and Other Stories, Philip Roth, ISBN: 055326365X. Cost: $4.95. The Human Stain, Philip Roth, ISBN: 0375726349. Cost: $10.88. Nemesis, Philip Roth, ISBN: 030747500X. Cost: $10.20.

**Jay Jacoby** (jbjacoby@uncc.edu) has taught college English courses in his native Michigan as well as in Missouri, Louisiana, Pennsylvania, and overseas. He has taught at the College for Seniors for the last ten years.

**From the Ground Up: Building Better Poems**  
CRN# 60037  
8 weeks: Sept. 18, 25, Oct. 2, 9, 16, 23, 30, Nov. 6  
Tuesdays, 2-4 pm  
Do you want to write poems that have impact? This course will help. You will analyze what makes a poem work and write poems that make use of these techniques. You will explore editing strategies to reconfigure and rework first drafts. You will be asked to write a poem a week. Both accomplished and neophyte poets are welcome.

**Mike Ross**’s (ubifil@charter.net) poems have appeared in Potomac Review, The Evansville Review, Emrys Journal, and others. He has studied with Sharon Olds, Joan Murray, Eamon Grennan, and Robert Bly, among others.
Intermediate French F
CRN # 60038
8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8
Thursdays, 9-11 am

This course will be a continuation of Intermediate French E and is intended for those who have taken that course or have a similar background in French (approximately equivalent to high school French II or College French 102). If in doubt email the instructor. We will continue to develop listening, speaking, reading and writing skills. A textbook will be provided. You may wish to buy the accompanying workbook. **Recommended text:** Discovering French Blanc Activity Book, ISBN: 0-669-23939-9. Cost: $15

*Betty Carver* (bcarver1@charter.net) taught French at Spartanburg High School for thirty years and has traveled and lived in France.

Macbeth and Othello:
Studies in Power
CRN # 60039
8 weeks: Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5
Mondays, 11:30 am-1:30 pm

By studying the tragedies of Shakespeare, we can discover ageless truths which relate to our current problems. This course will focus on *Macbeth* and *Othello*, comparing their stories to political events of the twenty-first century. **Required texts:** Any good texts of Shakespeare’s plays.

*Norris Orbach’s* interest in Shakespeare began when he attended Shakespearean plays as a child. He has taught courses on Shakespeare at the college level, including doctoral seminars at the University of Tennessee. His idea of relating Shakespeare’s plays to modern events is not unique but should create new and useful perspectives for class participants.

Moth Storytelling
CRN # 60040
8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8
Thursdays, 2-4 pm

Moth Storytelling is based on the well-known New York improvisational “true stories told live” storytelling evenings in which participants are given twelve minutes (or so) to captivate their audience with tales from their lives, delivered extemporaneously. This eight-week course will begin with a first class crammed with recorded Moth stories (audio and video versions) and a second and third class led by storytellers from the city and region who will talk about and present the art and alchemy of making stories unforgettable. The last four classes will involve course participants voluntarily delivering their own true stories of the heart to other members of the course.

*Jay Fields* (jay_fields@att.net) is a writer/creative director with thirty-five years experience and is the author of *The Craft Heritage Trails of Western North Carolina*. He served as creative director for over ten years shaping communications for the City of Asheville, for Biltmore Estate, and later for Grandfather Mountain. He has been a guest lecturer at Appalachian State University, Mars Hill College, and UNC Asheville.

The Poetry of Alfred, Lord Tennyson
CRN # 60041
8 weeks: Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5
Mondays, 2-4 pm

Students will engage with the major poems of the great Victorian Poet Laureate, Alfred, Lord Tennyson. They will understand how these poems came to be written, what they meant when written, and what they might mean for us now. The course will be lecture/discussion, and participants may volunteer to read aloud in class. **Required text:** *The Major Works*, Alfred, Lord Tennyson, ISBN: 0199572763. Cost: $15.

*David Barratt* (dandjbarratt@netscape.net) has taught for a number of years at the College for Seniors. Previously he was senior lecturer in English at the University of Chester, England. He is author of *C.S.Lewis and his World*.

Seeking a Voice: Developing Style in Your Poetry
CRN # 60042
8 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26, Nov. 2, 9
Fridays, 9-11 am

Every writer wants to develop a unique voice. But what is voice, exactly? We will define voice in poetry and examine voice in contemporary writers. After discussing aspects of the poet’s craft, we’ll write from a number of suggested ideas for each and will share the results in class with the goal of developing our own unique voice or style. **Required text:** *The Poet’s Companion: A Guide to the Pleasures of Writing Poetry*, Kim Addonizio and Dorianne Laux, ISBN: 978-0-393-31654-4. Cost: $16.95 (new), from $4.70 (used).

*John Himmelheber* (jxhimmelheber@aol.com) is a practicing writer who taught creative writing for over thirty years. He holds an MA in English with a concentration in poetry writing.
Language and Literature continued

**Shakespearean Tragedy: Experiencing Hamlet and Lear**  
CRN # 60043

8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7  
Wednesdays, 11:30 am-1:30 pm

In this course we will inquire into the nature and power of Shakespearean tragedy through the experience of his two greatest plays. The plays have remarkably different tragic heroes. Lear is a disappointed father, old, disoriented, playing favorites, emotionally blind; Hamlet is a deprived son, young, emotionally lucid, pushing away friends. Yet they are also remarkably similar in their experience and their tragedy. Though desirable, prior experience of Shakespeare is not necessary; the aim of this course is to help people read and enjoy Shakespeare. **Recommended text:** Any good text of Shakespeare’s plays, preferably the New Folger Library editions.

Retired Distinguished Professor of Literature at the State University of New York, **Mario DiCesare** (dicesare1@mindspring.com) has also taught at Rutgers University, Brooklyn College, New York University, and the University of Pittsburgh. He has taught courses at the College for Seniors every term since 1998. His particular interests include Homer, Vergil, Dante, Shakespeare, Milton, George Herbert, Joyce, poetry, and fiction.

---

**Tell Me a Story**  
CRN # 60044

8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7  
Wednesdays, 11:30 am-1:30 pm

Together we will acquaint ourselves with the history of storytelling here in the mountains and around the world, noting motifs and archetypes. We will learn strategies for internalizing stories and hear from other tellers in preparation for telling our own stories at the end of the course as we demonstrate the use of voice and gestures to spin a tale.

**Sarah Larson** (gvgcinternational@yahoo.com) has been a teller of Stories for the Global Village for twenty-five years and is the founder director of Stories on Asheville’s Front Porch, assisted by members of Leadership Asheville Seniors 24. She has taught over 3,320 persons to be storytellers.

---

**Turning Your Life into Literature**  
CRN # 60045

8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7  
Wednesdays, 11:30 am-1:30 pm

The purpose of this course is to motivate you to search your memory and begin writing the best stories you find there. You’ve said for years you want to do it; start here. With a 750-word limit, we will write at home, then read our work in class. There will be story-writing pointers, but the main object is to motivate you to write!

**Jim Chatham** (jamesochatham@gmail.com) has been leading story-writing seminars for seven years, writing his own stories much longer. His published works include *Sundays Down South* (1999) and *Matching and Dispatching* (2012).

---

**Two by Virginia Woolf**  
CRN # 60046

2nd 4 weeks: Oct. 18, 25, Nov. 1, 8  
(note late start date)  
Thursdays, 11:30 am-1:30 pm

This is a course on two of Virginia Woolf’s most well-known and highly praised works, *Mrs. Dalloway* and *To the Lighthouse*. We will spend two weeks reading and discussing each novel. Participants should read the first half of *Mrs. Dalloway* before the first class meeting. **Required text:** Any edition of the two novels.

**Jim Ward** (jxcmward@att.net) is a retired English professor who has taught several College for Seniors courses in the past two years.

---

**Music**

**America in Transition, 1945-1975: Recordings That Reflect These Changing Times**  
CRN # 60047

1st 4 weeks: Sept. 18, 25, Oct. 2, 9  
Tuesdays, 9-11 am

In this course we will survey selected popular recordings that address three decades (1945-1975) of changes in American life. General areas to be addressed include teenage culture and musical preferences, financial and technological situations, and social and political changes. Specific topics examined will include censorship of lyrics, civil rights, dance styles, materialism, occupational activities, rejection of authority, reactions to the Vietnam War, and women’s images in music. Students will listen to a variety of recordings from the period, suggest additional songs that relate to the specific topics, and reflect on their own life experiences at the intersection of social change and popular music.

**B. Lee Cooper** (ashevillecats1@charter.net) holds a PhD in American history from Ohio State University. He is also an award-winning author in the field of popular music, with fifteen books and more than 200 articles. He enjoys recordings by Curtis Mayfield and The Impressions, Nina Simone, Sly and The Family Stone, Sam Cooke, and Phil Ochs.
Appreciating Asheville’s Acoustic Music
CRN # 60048

8 weeks: Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5
Mondays, 11:30 am-1:30 pm

Celtic, old-time, and bluegrass musicians abound in Asheville. How can you tell the difference when each genre sounds similar and uses many of the same instruments? Through film, musical examples, and live performances, this course will enhance your appreciation of each genre and help you understand which type of music is being played.

Lewis Wills (lewismills2011@gmail.com) has a PhD in education from Georgia State University and an MA in folklore and mythology from UCLA. He also plays old-time and Irish music.

Beginning Guitar
CRN # 60049

8 weeks: Sept. 17, 20, 24, 27, Oct. 1, 4, 8, 11, 15, 18, 22, 25, 29, Nov. 1, 5, 8
Mondays and Thursdays, 9-10 am

In this eight-week course in basic guitar playing, the instructor will introduce you to chords to use while accompanying familiar songs and teach simple music reading. You will also learn how to write your own lead sheet for copyrighting your original songs. Required text: Guitar Method Book One, Hal Leonard, ISBN: 0-7935-3392-9. Cost: $6.95. Materials fee: $3, payable to the instructor at the first class.

Owen Middleton (owenmiddleton@gmail.com) has taught guitar for decades, privately and in colleges and universities. He is a published author and composer, and his music is performed worldwide.

Beginning Piano
CRN # 60050

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8
Thursdays, 11:30 am-1 pm
Location: Lipinsky Piano Lab

This is a beginning piano course for those students who have always wanted to play the piano or want to renew their relationship to the piano. Participants are expected to play between class meetings; access to an acoustic piano or electronic keyboard is required.

Materials fee: $10 payable to the instructor at the first class, that covers the cost of a three-ring binder of materials. All books for this course may be purchased at Soli Clissica, 1550 Hendersonville Road, 828-277-4111.

Marla Woeckener (marla4musi@aol.com) has been teaching piano classes at the College for Seniors since the fall of 1999. She is a graduate of the University of Colorado.

Continuing Piano
CRN # 60051

8 weeks: Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5
Mondays, 2-4 pm
Location: Lipinsky Piano Lab

This is a continuation of the Spring 2012 Continuing Piano course as well as a course for those students who have experience playing the piano or have taken a previous beginning course. New students must get the approval of the instructor before registration. A keyboard, preferably one with eighty-eight keys, is required in order to take this course. Books that are used in this course may be purchased at SoliClissica at 1550 Hendersonville Road, 828-277-4111. Materials fee: $10 for new students, payable to the instructor at the first class, that covers the cost of a three-ring binder of materials provided by the instructor.

Marla Woeckener (marla4musi@aol.com) has been teaching piano classes the College for Seniors since the fall of 1999. She is a graduate of the University of Colorado.

The ’50s Rock ‘n’ Roll Revolution
CRN # 60052

8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7
Wednesdays, 2-4 pm

The course will provide an in-depth historical account of the various forces that led to the birth and growth of rock ‘n’ roll music in the 1950s. The course examines the cities, producers and recording studios, record labels and owners, songwriters, artists, and songs that revolutionized the music industry.

Joe Sasfy (jsasfy@gmail.com) spent thirty-eight years in the Washington, DC area, working first as a social scientist and then as a music journalist and consultant. He contributed regularly to the Washington Post, taught rock history at the Smithsonian Institute, and served as a consultant to Time Life Music. He graduated with a PhD in psychology from Pennsylvania State University.

Intermediate Piano
CRN # 60053

8 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26, Nov. 2, 9
Fridays, 9-11 am
Location: Lipinsky Piano Lab

This is an ongoing course that will start where the course left off in the Spring 2012 term. Any new student who would like to take this course must have the approval of the instructor before registering. A keyboard, preferably one with eighty-eight keys, is required in order to take this course. Books that are used in this course may be purchased at SoliClissica at 1550 Hendersonville Road, 828-277-4111. Materials fee: $10 for new students, payable to the instructor at the first class, that covers the cost of a three-ring binder of materials provided by the instructor.

Marla Woeckener (marla4musi@aol.com) has been teaching piano classes the College for Seniors since the fall of 1999. She is a graduate of the University of Colorado.
The Met at the Movies
CRN # 60054
8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8
Thursdays, 2-5 pm

We will explore the operas to be presented at the HiDef “Live from the Met” performances during the fall of 2012. They are as follows: Verdi’s Otello, Aida, and Ballo in Maschera; Mozart’s La Clemenza di Tito; Donizetti’s Elixir of Love and The Tempest by Thomas Ades. Two additional sessions will deal with the operas to be presented by Asheville Lyric Opera during their season.

Pat Heuermann (patruschka@charter.net), a graduate of the Curtis Institute of Music, has directed opera and theatre throughout the United States and Europe. She has taught at New York University, Manhattan School of Music, Hofstra University, and the American Institute of Musical Studies in Graz, Austria. She is president of the Asheville Lyric Opera Guild and former president of the National Opera Association.

Reuter Center Singers
CRN # 60055
8 weeks: Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5
Mondays, 6:15-8:15 pm

The Reuter Center Singers is the resident choral ensemble of OLLI at UNC Asheville. No audition is required, but singing a wide array of musical styles and public performance is on the agenda. Those enrolled in College for Seniors courses pay a discounted music fee of $30 per term, payable to the Reuter Center Singers treasurer. See additional information on page 8.

Chuck Taft (cwstaft@aol.com) is director for the Asheville Lyric Opera and Haywood Arts Repertory Theatre.

Personal Development

Angels in America
CRN # 60056
7 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31
Wednesdays, 2-4:30 pm

After seeing a live performance of Angels in America at NC Stage here in Asheville and then viewing the film as originally shown on HBO in six one-hour segments, instructors Perien Gray and Carl Ricciardelli consider it a masterpiece of writing and film-making that raises a multitude of ethical, moral, and psychological issues. This class will be conducted as a learning circle, with the first hour of each class devoted to watching one of the six segments and the period after the break in a learning circle format, with primary emphasis on personal responses to the film and the questions it raises and secondary focus on the story, characters and cinematography.

After a forty-year career in insurance company management, Carl Ricciardelli (cfr66666@gmail.com) discovered what he was meant to do: study and teach intellectual history, Greek drama, skepticism, and critical thinking. Over the past nine years Perien Gray (gray.perien090@gmail.com) has offered classes and learning circles at the College for Seniors in facilitation skills, poetry writing, philosophical issues, widowhood, and other topics.

Beginning Genealogy and Family History
CRN # 60057
8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8
Thursdays, 11:30 am-1:30 pm

In this course you will be introduced to basic techniques used to research ancestors. The focus will be on United States census, marriage, cemetery, and other records. Internet websites and computer programs used for researching will be demonstrated. During one session we will visit the Old Buncombe County Genealogical Society. Participants should be comfortable with Internet search engines and navigating websites.

Mark Speer (mspeer8@yahoo.com) has been researching his family since 1994. Along the way he has attended genealogy conferences, searched the Internet, interviewed relatives, and visited many cemeteries.

Creating the Garden of Your Dreams
CRN # 60058
8 weeks: Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5
Mondays, 9-11 am

Create beauty and function in your yard! We’ll use planning worksheets and questionnaires to customize a garden plan for your outdoor spaces. See great styles, elements, and plant options, even if your yard has steep slopes, forested areas, or invasive plants. This fun and interactive course shows you how to get the gardens you love, with minimal maintenance.

Sheila Dunn (sdunn@charter.net) has turned her steep, rocky Weaverville yard into an edible landscape, producing more than half of everything she eats. She became a Master Gardener in 2008. Other Master Gardeners presenting will be Linda Alford, Diane Almond, Linda Blue, Judy Deutsch, Katie Doan, Debbie Green, Lyn McNab, and Debbie Wood.
Dancing on the Edge of the Abyss  
CRN # 60059
2nd 4 weeks: Oct. 16, 23, 30, Nov. 6  
(note late start date)  
Tuesdays, 9-11 am

“In a dark time the eye begins to see” (Theodore Roethke). Dying can be a time not only of darkness, but also of insight, transformation, and even humor. Hear what employees of CarePartners Hospice have learned from dying patients, how to live until you die, and how to make peace with dying. Participants will explore their own thoughts on mortality and what gives life meaning.

Debbie Ward (dwardbsn@hotmail.com), course coordinator, is an RN certified in hospice and palliative care nursing and is a case manager for CarePartners Hospice. Other instructors are Debbie Aiton, former Executive Director, and Hospice staff members Cindy Coleman, MDiv, Lauren Dimaio, music therapist, Tyra Goodman-Levine, MSW, Dr. John Langlois, Marie Langlois, MSW, and John Snell, MSW.

Exploring Asheville - on Foot  
CRN # 60060
1st 4 weeks: Sept. 18, 25, Oct. 2, 9  
Tuesdays, 2-4:30 pm

Want to get exercise while learning some highlights of the history and many interesting opportunities in this area? We’ll take walks to explore the UNC Asheville and AB Tech campuses, plus downtown Asheville and the River Arts District. We’ll meet rain or shine. Participants will arrange their own transportation. Participants must be able to walk 2 ½ hours.

Beth Pilz (bethunca@gmail.com) has enjoyed exploring Western North Carolina since she moved here sixteen years ago. She has taught several courses on exploring the Asheville area. Linda Orowitz (lorowitz@yahoo.com) moved to Asheville several years ago. Both Beth and Linda volunteer at the Asheville Visitor Center.

Fish for Fall/Winter Meals  
CRN # 60061
2 weeks: Oct. 15, 22  
Mondays, 9 am-12 pm  
Location: Instructors’ home

We will be making appetizers, soups, chowders, salads, and main dishes with fish and will sit down and partake of our labors. Time will be spent on food safety, health, and knife use via lecture and hands-on demonstration. Menus will be different from the summer fish course. Participants must be able to stand for 2 ½ hours at a time and move about in tight quarters. Participants must commit to attend the two classes. The course will meet at the instructors’ home, five minutes from the Reuter Center. Food fee: $50, payable to the instructors at the first class.

Dennis Murphy (dwmur@frontier.com) and Sheila Murphy (murphysh@frontier.com) have been cooking together for over forty-five years. They have taken courses all over the world and just finished a fish course in Lucca, Italy, in April 2012.

Living with Hearing Loss  
CRN #60062
1st 4 weeks: Sept. 21, 28, Oct. 5, 12  
Fridays, 9-11 am

How did we discover our own or a loved one’s hearing loss? What solutions have we attempted? We’ll share experiences in coping and dealing with the challenges to our relationships and our lives in and out of the home. We’ll look at issues involved in getting hearing aids and in using other assistive listening devices. And, whether we’re new to this or have long wrestled with it, we’ll discuss how it feels.

Ann Karson (akarson@aol.com) has lived with hearing loss for many years, first that of her husband, and then with her own. She has a background in clinical social work. She facilitated a learning circle on this topic in spring this year.
Navigating Your Way to Cheaper and Easier Travel  
CRN # 60063  
8 weeks: Sept. 25, Oct. 2, 9, 16, 23, 30, Nov. 6, 13  
(note late start date)  
Tuesdays, 2-4 pm

With the growth of book-your-own air travel via the Internet, finding the cheapest fares and best connections is a challenge for anyone regularly traveling by air, especially from Asheville. While taking this course won’t guarantee you’ll always find the lowest price, it will teach you how to navigate airline and non-airline websites as well as hotel and car rental sites to locate available options. We will also review current airfare ground rules, puncture myths, and provide numerous travel tips to make your travel less expensive and more comfortable. While extensive knowledge of the Internet is not required, we will be looking at many websites. The course will not meet in the computer lab, however participants should be comfortable using Internet search engines and navigating web sites.

Margaret W. Davis (margaretwd@charter.net) is currently an independent consultant who develops and conducts training around the country to staff involved in the juvenile justice system. Her travel knowledge comes from years “on the road.” She received an MS from the State University College at Oneonta, New York, and a BS from Brooklyn College. Bob Weinberg (rweinberg@rwconsulting.net) spent more than thirty-five years as a consultant helping a diverse array of companies to analyze and improve their database marketing programs. He moved to Asheville in 2003 where he continues to travel extensively for work and pleasure. He recently started volunteering to assist farm groups in the developing world improve their marketing and planning practice. Bob has taught at Northwestern and DePaul Universities and conducts seminars on mathematical and financial applications in direct marketing.

One Entrée = Two Entrées  
CRN # 60064  
2 weeks: Oct. 1, 8  
Mondays, 9 am-noon  
Location: Instructors’ home

We will show you how to be in the kitchen for one meal and reap the benefits for not having to spend all day in the kitchen for one or more meals. This course is ideal for people who do not like to cook or are single and hate cooking for one person. We will make soups, salads, main dishes, and vegetables that can be used very easily for the next meal during the week. Participants must be able to stand for a period of time and move around in crowded quarters. The course will be taught at the instructors’ home, about five miles from UNC Asheville. Food fee: $50, payable to the instructors at the first class.

Sheila Murphy (murphysh@frontier.com) and Dennis Murphy (dwmur@frontier.com) have been cooking together for over forty-five years. They have pursued cooking classes in many countries besides the United States. They have been teaching cooking classes for over five years at the College for Seniors.

Transitioning into Wise Women  
CRN # 60065  
8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7  
Wednesdays, 11:30 am-1:30 pm

Women in the second half of life face common challenges, including retirement, aging bodies, leaving a legacy, and mortality. To adjust to shifts in external circumstances, women re-orient internally or emotionally. We deepen our wisdom by integrating our external and internal lives. Highly encouraged are regular attendance and active participation in class, plus reading, reflective journaling, and practicing outside class.


Nancy Bragg, EdD (njbragg1@gmail.com) supports people as they explore, experiment, and reflect on their lives. Before completing life coach training five years ago, Nancy was an educator. She enjoys yoga, Nia, and learning. Betty Mack (MackBetty8@yahoo.com) has a background in counseling and has facilitated many different kinds of groups. She has co-facilitated several learning circles at the College for Seniors over the last five years.
Vegetarian Cooking in the Macrobiotic Style for Fall and the Holidays
CRN # 60096

4 weeks: Sept. 20, 27, Oct. 4, 11
Thursdays, 9-11 am
Location: Sherrill Center

Cooking for the colder seasons and holidays will be emphasized in these four “hands-on” cooking classes. Together we will prepare and enjoy delicious vegetarian dishes using whole cereal grains, land and sea vegetables, beans, seeds, nuts and fruits. These are foods recommended by the American Cancer Society, American Heart Association, and included in the “Nutrition Plate” (replacing the “Food Pyramid”) adopted by the Federal Government in their dietary guidelines. Knife skills, the energetics of food, preparing balanced menus, and cooking for one’s condition will be emphasized. It is recommended that participants bring a knife and an apron. Participants must be able to stand for long periods of time. Food fee: $60, payable to the instructors at the first class. Recommended text: A Man In the Kitchen, Warren Wepman, ISBN: 1-88294-41-2. Cost $19.95.

Warren Wepman (warrenwep@hotmail.com) and Marquita Wepman (macrogoddess@hotmail.com) have practiced the macrobiotic lifestyle for thirty-five years, and are certified cooking teachers, having taught macrobiotic cooking classes since the 1980s. They operated a certified organic farm and a macrobiotic bed and breakfast. They are members of the Kushi Institute Macrobiotic Educators’ Association and served as advisors to the kitchen of the Ritz-Carlton Hotel for the Smithsonian Institution gala honoring Michio and Aveline Kushi.

Religion, Philosophy, and Psychology

Beyond Psyche and Matter
CRN # 60067

8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7
Wednesdays, 9-11 am

This lecture discussion course illuminates challenges to religion raised by science and psychology. Religion’s role in fulfilling the human desire for powerful spiritual meaning is too often negated. Many who identify as spiritual but not religious are challenged by current scientific and technological genius and are finding it difficult to maintain adherence to religious dogma and tradition. Can a balance among science, psychology, and spirituality lead to greater meaning? Recommended text: The Great Transformation, Karen Armstrong, ISBN: 0-375-41317-0. Cost: $11.53.

Rex Snodgrass (rjsnodgrass@gmail.com) has a PhD in physics and held positions in government, industry, and academia. He now pursues interests in science, theology, and psychology and enjoys teaching and learning. Jim DeLeo (jvdspsy@aol.com) has a PhD in psychology and is a clinical psychologist and emeritus professor of psychology and humanities. He has a private professional practice here in Asheville and is on the medical staff at Mission Hospital.

“My Religion is Kindness”– The Contemporary Buddhism of The Dalai Lama and Thich Nhat Hanh
CRN # 60066

8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7
Wednesdays, 2-4 pm

In this course we will explore important teachings by the two most influential spokespersons for Buddhism in the modern age. We will explore how these teachings point us in the West towards a new way of living as individuals and a society based on the principles the Dalai Lama calls, “true human values”: kindness, compassion, interdependence, and interconnectedness. Meditation and mindfulness are essential skills that will be explored. Required text: An Open Heart, The Dalai Lama, ISBN: 0-316-09079-7. Cost: $10.95. Peace is Every Step, Thich Nhat Hanh, ISBN: 0-553-35139-7. Cost: $10.95.

Bill Walz (healing@billwalz.com) has evolved from a career as a clinical psychologist into teaching meditation and evolving consciousness as a path to personal healing and growth. He teaches meditation and consciousness at UNC Asheville, in public forums, and with a private clientele. He also writes a consciousness column for Rapid River Magazine.
Plato for the Uninitiated
CRN # 60068
8 weeks: Sept. 18, 25, Oct. 2, 9, 16, 23, 30, Nov. 6
Tuesdays, 2-4 pm

If you’ve promised yourself that one day you will read Plato, now is your chance. The most engaging and accessible of all philosophers, Plato, through the Dialogues, explores the nature of such topics as desire, excellence, selfhood, justice, knowledge and wisdom. In two Dialogues, Meno and The Symposium, we will delve into “virtue” or human excellence and love and desire. So grab your toga and come on down. **Required text:** Great Dialogues of Plato (Signet Classics), W.H.D. Rouse translation, ISBN: -10: 0451527453 or 13: 978-0451527455. Cost: About $7.

**Bob Wiley** (rlw303@bellsouth.net) has taught at Northwestern University, leads discussion courses at the College for Seniors, and lectures for Blue Ridge Lifetime Learning and the Road Scholar program.

The Principal Teachings of Buddhism
CRN # 60069
8 weeks: Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5
Mondays, 2-4 pm

Lama Tsongkapa (14th c.) is widely considered the greatest Buddhist master and author of the ancient Middle Asia. Among his prolific writings is a fourteen verse poem, The Three Principal Paths, that conveys the essence of the steps on the path to enlightenment. This scripture, together with the nineteenth-century commentary by Pabongka Rinpoche, provide an excellent introduction to Buddhist thought. **Required text:** The Principal Teachings of Buddhism, Tsongkapa, ISBN: 0-918753-09-0. Cost: about $9.

**John Muecke** (jcmuecke@gmail.com) holds an MA in religious studies from Stanford University, a BA from the University of Tennessee, and is a graduate of the geshe studies (Master of Buddhist Studies) program of the Asian Classics Institute.

Views of God, Views of Man
CRN # 60070
8 weeks: Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5
Mondays, 2-4 pm

For centuries people have asked. “What is God and how does the Bible reveal him? Who is man and how are we motivated?” Utilizing Great Books “shared inquiry” techniques, participants in this course will closely read and discuss selections from the Bible and four seminal social scientists to show that neither our relationship to God nor man can be simply explained.

Holding a master’s degree from the University of Chicago, Bob Wiley (rlw303@bellsouth.net) has taught at Northwestern University, leads discussion courses at the College for Seniors, and lectures for Blue Ridge Lifetime Learning and the Road Scholar program.

Science and Math

Renewable Energy for a Sustainable World
CRN # 60071
8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7
Wednesdays, 9-11 am

We will study the affordability and sufficiency of different types of renewable energy: solar, wind, geothermal, biomass, algae, tidal, wave, microhydro, and others. We will also look at the possibility of electricity from fusion.

**Dot Sulock** (dsulock@unca.edu) has been teaching at UNC Asheville for thirty-five years. She is a mathematics instructor who also teaches in the Humanities, Master of Liberal Arts, and International Studies programs.
**Being Part of Today’s Online Communities**  
CRN # 60073

8 weeks: Sept. 18, 25, Oct. 2, 16, 23, 30, Nov. 6, 13  
(no class on Oct. 9)  
Tuesdays, 11:30 am-1:30 pm

Explore how to interact in today’s virtual landscape and have an impact. What is the role of individual and community online? Explore purposeful communication in the twenty-first century. Connect, reconnect, maintain, and sustain a lifetime of relationships. Some computing skills and an interest in community and communication are essential. Class format will include presentation, discussion, and online participation.  

**Bill Cosgrove** (billcosgrove@charter.net) has been an active member of NC Center for Creative Retirement / OLLI at UNC Asheville for nearly ten years. Before moving to Asheville, he did online marketing, was an independent publisher’s representative and a longtime bookseller.

**The Magic of iDevices**  
CRN # 60072

6 weeks: Oct. 4, 11, 18, 25, Nov. 1, 8  
(note late start date)  
Thursdays, 9-11 am

In this lecture/demonstration course, you will become close friends with the iOS5 operating system and Apple iDevices: iPod Touch, iPhone, and iPad. Topics include: settings, emailing, browsing, reading, gestures, sharing photos and media, favorite apps, and connecting to iCloud and other computing services. **This is not a hands-on course, though participants may bring their devices to class.**

**Joe Baum** (baumjoe@me.com) has used Macs over twenty years and has taught several Mac classes and Apple SIG demonstrations. He is a member of the Apple SIG steering committee.

---

**Acting Up, Acting Out, and Reacting**  
CRN # 60074

1st 4 weeks: Sept. 18, 25, Oct. 2, 9  
Tuesdays, 11:30 am-1:30 pm  
Or  
CRN # 60075

2nd 4 weeks: Oct. 16, 23, 30, Nov. 6  
Tuesdays, 11:30 am-1:30 pm

Have you ever wanted to be on the stage? Here’s your chance to learn some acting techniques without having to memorize a single line. We’ll study scenes and practice character development. The course will include theater games and staged readings of dialogues and monologues. No acting experience is required.  

**Kermit Brown** (kermitbrown@bellsouth.net) is an Equity actor with forty years’ experience as a professional actor. He has worked with the Alabama Shakespeare Festival and toured with Jackie Gleason, Helen Hayes, and Louis Jourdan. **Nels Arnold** (pikwik@bellsouth.net) has performed in theater and improvisational theater in Asheville since 1985.

**Clowning Around**  
CRN # 60076

8 weeks: Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5  
Mondays, 11:30 am -1:30 pm

Here’s your chance to be a clown—a real clown. Learn the history of clowning, how to develop your clown character, apply makeup, twist balloons, apply face paint, and perform simple comedy magic. Be a clown for parties or a caring clown for hospital visits and other volunteer or employment opportunities. **Materials fee: $25,** payable to the instructor at the first class.  

Before she found her inner clown, **Karen Rubin** (karenrubin1@gmail.com) trained thousands of employees and managers on a variety of topics such as conflict resolution, productivity, diversity, safety, and health and wellness. She has studied clowning at Clown Camp in LaCrosse, Wisconsin, taught clowning to an Elderhostel group in Ashland, Oregon, and has experience clowning in theatre, street, social, and institutional settings. More recently, she led workshops using clowning to enhance communication skills and personal awareness for corporate groups in California. She has a psychology degree from San Francisco State University and a masters in business administration.

**Performing Stand-Up Comedy**  
CRN # 60077

8 weeks: Sept. 18, 25, Oct. 2, 9, 16, 23, 30, Nov. 6  
Tuesdays, 11:30 am-1:30 pm

So your friends think you’re funny! They say, “You should be on stage!” Here’s your chance to be in the spotlight, perhaps live out a long held dream. Together, in a relaxed atmosphere, you will develop your own personal routine by honing your performance skills and writing the material that’s right for your unique stage character. The culmination will be a real stage performance (optional) before an audience of your family and friends. Class content may include adult material and language. No one will be compelled to use such material in their performance. Randy taught this course in the CFS Spring 2012 term. **Materials fee: $10,** payable to the instructor at the first class.  

**Randy Robins** (robnest09@yahoo.com) has performed stand-up comedy in New York City and Long Island since 1998. He is a retired New York City teacher who has relocated to Asheville and performs and mentors/coaches comics in the Western North Carolina area. He is a member of the 2nd Stage of Life Comedy troupe.
Wellness and Recreation

Wellness & Recreation courses with this symbol $20 each require a $20 fee, in addition to your College for Seniors fee of $115, remitted with your registration form. Failure to include the fee with the registration form will result in delayed processing of your course requests. These fees offset the cost of paid College for Seniors instructors who must be certified to teach. **Please Note:** You may be asked to sign a liability waiver at the first class for some of the courses listed below. It is recommended that you check with your physician before you begin any new physical activity.

<table>
<thead>
<tr>
<th>Course</th>
<th>CRN</th>
<th>Dates</th>
<th>Location</th>
<th>Fee</th>
<th>Instructor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beginning Ballroom Dancing:</strong></td>
<td>CRN</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Waltz and Cha Cha</td>
<td>60078</td>
<td>8 weeks: Sept. 18, 25, Oct. 2, 16, 23, 30, Nov. 6, 13 (no class on Oct. 9) Tuesdays, 2-4 pm</td>
<td>Sherrill Center</td>
<td>$20</td>
<td>Sherry Lubic (<a href="mailto:lubic@msn.com">lubic@msn.com</a>) is a professional ballroom, Latin, and rhythm instructor. Dancing is her passion, and her desire is to instill that same passion for dance in those who teach.</td>
</tr>
<tr>
<td><strong>Beginning Bridge</strong></td>
<td>60079</td>
<td>8 weeks: Sept. 18, 25, Oct. 2, 9, 16, 23, 30, Nov. 6</td>
<td>Sherrill Center</td>
<td>$20</td>
<td>Bob Evans (<a href="mailto:Mickeybob2@aol.com">Mickeybob2@aol.com</a>) earned his PhD in education. He has taught beginning, intermediate, and play of the hand bridge classes for over twenty years and played bridge for over fifty years. Marilyn Evans (<a href="mailto:mickeybob2@aol.com">mickeybob2@aol.com</a>) has had various careers in education at all levels and has enjoyed playing bridge for over fifty years. The Evanses have been teaching bridge courses at CFS since 2001.</td>
</tr>
<tr>
<td><strong>Better Balance: Developing Skill &amp; Confidence</strong></td>
<td>60080</td>
<td>8 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26, Nov. 2, 9</td>
<td>Sherrill Center</td>
<td>$20</td>
<td>A certified yoga instructor teaching older adults since 2003, Chas Jansen (<a href="mailto:cjansen@mtsu.edu">cjansen@mtsu.edu</a>) understands balance as a set of skills. Recently upgrading his knowledge, he offers a practical program for better balance.</td>
</tr>
<tr>
<td><strong>Continuing Tap II</strong></td>
<td>60081</td>
<td>8 weeks: Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5</td>
<td>Sherrill Center</td>
<td></td>
<td>This is a course for those with some knowledge of basic tap steps. Emphasis will be on having fun and developing a tap routine. Tap shoes, or shoes with leather soles, are necessary. Mary Walker (<a href="mailto:mwalkertap@yahoo.com">mwalkertap@yahoo.com</a>) is a graduate of Ohio University, with thirty years' experience as a teacher/librarian. For six years she taught English in Japan, China, and Slovakia. She has had extensive experience as a tap dancing teacher, and has performed with two groups since 1990.</td>
</tr>
</tbody>
</table>
High Beginner Line Dance
CRN # 60082
If you have taken a beginner line dance class previously, you will enjoy this class. We will review the fundamentals and learn more fundamental steps associated with a higher level of dances. Line dancing is great for the mind and body – lots of fun too!
Denna Yockey (denna.yockey@yahoo.com) teaches line dance at Givens Estates, Highland Farms Retirement Center, Harvest House, and AB Tech. She has taught line and partner dancing for about fourteen years and had her own dance club in Kansas for eight years.

International Folk Dancing
CRN # 60083
Learn international folk dancing in a friendly, relaxed atmosphere. Beginners and intermediates are both welcome. Dancing has been described as one of the best ways to keep both mind and body active while having lots of fun! Please wear comfortable clothing and shoes (not slip-offs).
Barbara Wallk (melbawallk@hotmail.com) fell in love with folk dancing over fifty years ago, and the romance continues. She taught folk dancing to children at a New Jersey YM & WHA camp and now leads dances at Harvest House. Marcia Gottlieb (marciagottlieb@gmail.com) has been folk dancing for over thirty years and is currently enjoying two folk dance groups at Harvest House. She has a master’s degree in education.

Journey Dance: Move Your Body
CRN # 60084
This course is a freeing movement experience. We start with a short sharing, visualization, and stress melting stretches. As you are led into easy movements, you are then guided to move intuitively on your own. End with delicious relaxation. Feast upon safety, connection, joy, release, and the healing experience of music. All body types and energy levels are celebrated. No dance experience required.
Cynthia Greenfield (cgreenfield1001@aol.com) is a certified Journey Dance and Kripalu Dancekinetics instructor. She has extensive experience in the areas of yoga, meditation, and breathing techniques. She is a retired guidance counselor.

Low Impact Ball Aerobics Based on the Feldenkrais Method
CRN # 60085
Participants will develop increased flexibility while improving dynamic sitting posture, as the first half of each class will be directed to kinesthetic learning while sitting on a therapy ball. After the break, we will move into a low impact aerobic workout, again, while sitting on the therapy ball. This course in NOT recommended for people with moderate to marked balance dysfunction. Materials fee: Participants must have or purchase a therapy ball (about $25).
Jacquie Wollins (jwollins@netzero.net) has developed many forms of movement classes throughout her career. The Feldenkrais Method is a piggyback to her initial license as a physical therapist which she received in the ‘60s. And, she is proud to say, that she has improved the quality of movement and function for the very young and the not so young, bringing smiles to many faces.

Older, Wiser, Sexually Smarter
CRN # 60086
This course encourages participants to identify the sexual issues that present themselves, re-think their old scripts, and consider how to create new and positive ways of being sexual as they age. Topics covered include: intimacy and communication, self pleasuring, body image, cyber sex and the Internet, and much more. Topics in this course differ from previous courses taught.
Kelley J. Wolfe (mountainsexology@bellsouth.net), PhD and a faculty member at UNC Asheville in the Department of Health and Wellness for fifteen years, is an authority on sexuality and aging.
Optimizing the Whole Self with the Alexander Technique
CRN # 60087

Explore functional anatomy, unravel assumptions about movement and posture, and gain more freedom in your reactions to life. Whatever condition you’re in, you can learn to direct your thoughts and movement to experience more ease, enjoyment, and stamina in everyday activities, as well as rest more effectively. Included in the course is one thirty-minute semi-private consultation outside of class; bring your calendar to the first class to choose your week. The course material is cumulative; please only register for the course if you are able to attend regularly. **Recommended text:** Body, Breath and Being: A New Guide to the Alexander Technique, Carolyn Nicholls, ISBN 978-1-904468-42-4. Price: $24

Theta Michele Drivon (consciousalignment@gmail.com) and Jack Fischer (jacksknack@gmail.com) are certified Alexander Technique teachers who enthusiastically explore grace and ease with gentle hands-on guidance and inspired instruction.

---

Re-creative Retirement Yoga
CRN # 60088

Enjoy a synthesis of gentle physical postures (*asana*), breathing techniques (*pranayama*), and self reflection to awaken optimal physical, mental and emotional capacity for living well. Regular participants should notice increased strength, muscle tone and bone density, improved flexibility, balance and coordination, better respiratory efficiency, decreased blood pressure, and a strengthened immune system. Benefits also include an increase in overall sense of well being. Self reflection techniques will be used to engender curiosity about exploring re-creative ways of BEing in retirement. **Please bring a yoga mat and large towel to class.**

Kelly McKibben (goodyoga@charter.net) is a certified professional Kripalu Yoga instructor and integrative yoga therapist. Her commitment to physical, emotional, and mental well-being has been inspired by a seventeen-year practice and teaching of hatha yoga, creative self-expression, wilderness hiking, and ongoing personal and spiritual growth.

---

Scrabble: Become a Family Champ and Beyond!
CRN # 60089


Jacob Cohen (jacobwoodworker@gmail.com) is a retired teacher and principal. He is co-director of the Asheville Scrabble Club. Playing competitively since 2009, he is the webmaster/statistician for the club’s website, www.ashevillescrabble.com

---

Self-Defense for Older Adults
CRN # 60090

This course is designed for older adults interested in learning techniques for defending themselves against various types of physical attacks. Content will include defense against grabbing, choke holds, and striking instruments (knives, blunt instruments, kicks, punches, etc.). Emphasis will be on practical techniques for real-life settings tailored to the age and physical capabilities of the participants. Participants will learn how to use commonly available items such as keys, canes/walking sticks/umbrellas, pens, etc. for self-defense. We will also cover how to fall safely. Please wear loose-fitting clothes and rubber soled shoes.

Master instructor Wayne Kirby (Kirby@unca.edu) is ranked as a fourth degree black belt. He began his practice of martial arts in 1962. He currently teaches taekwondo to undergraduates at UNC Asheville, where he also chairs the music department.
T'ai Chi for Back and Balance
CRN # 60091
$20
8 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26, Nov. 2, 9
Fridays, 9-10:30 am
Location: Sherrill Center
This course introduces students to t’ai chi principles as embodied in the simplified Yang Form of Professor Cheng, Man-Ching. Through the practice of a series of movements, postures, and a mini-form, we will strengthen the lower body, increase the flexibility of the upper body, relieve back stress, and improve balance. The class will also include some standing meditation.
Terry Call (tfcall@gmail.com) has been studying and teaching t’ai chi for fifteen years. He has trained in several styles of hand form, push hands, and weapons forms. He has a special interest in t’ai chi as exercise for active seniors.

Therapeutic Yoga for Healthy Backs
CRN # 60092
$20
8 weeks: Sept. 17, 24, Oct. 1, 15, 22, 29, Nov. 5, 12
(no class on Oct. 8)
Mondays, 11:30 am-1:30 pm
Location: Sherrill Center
If you experience occasional aches or chronic pain, get back in action with therapeutic yoga. This course will include evidenced-based yoga for chronic low-back pain as proven in the National Institutes of Health study published in Annals of Internal Medicine. Alleviate pain, gain strength and flexibility, improve posture and balance, learn breathing and meditation techniques to enhance the cardio-vascular system, improve mood, lessen anxiety, and renew energy for overall well being. Please bring a yoga mat to class.
Ann Mundy (ann@bluebirdyoga.net) began yoga at age twenty-three. Healing a traumatic injury and chronic pain, she developed Bluebird Therapeutic Yoga for Healthy Backs. She is also an award-winning television documentary producer-director.

Twenty-Four Posture T’ai Chi, Yang Style
CRN # 60093
$20
8 weeks: Sept. 18, 25, Oct. 2, 9, 16, 23, 30, Nov. 6
Tuesdays, 2-3:30 pm
Elizabeth Ridley (lizridley@hotmail.com) has taught senior exercise and t’ai chi for twenty years. She has trained in the twenty-four posture form with Sifus Mark Small, Bob Feeser and Master Wen-Ching Wu.

Yoga with Wrinkles
CRN # 60094
$20
8 weeks: Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5
Mondays, 11:30 am-1:30 pm
This class offers a cheerful curriculum for stiff bodies, aching backs and necks, creaking knees, poor posture, and wobbly balance. The medical emphasis on the importance of “movement as medicine” is loud and clear. This class will help fill that prescription, motivate students to “use it or lose it,” and bring fresh wind into our sails. The course is based on the principles of viniyoga, a therapeutic system especially suited to the needs of older participants. Recommended text: Yoga for Your Life, Margaret and Martin Pierce, ISBN: 0-915801-60-4. Cost:$23 (new), from $3 (used). Please bring a yoga mat to class.
Renate Rikkers (rerikkers@gmail.com) brings forty years of teaching experience to her classes at the College for Seniors. She lived, taught, and wrote a weekly health column in Amherst, MA, before moving to Asheville in 1993. She is the author of Seniors On The Move, a teaching guide for instructors.

Zumba for Zeniors
CRN # 60095
$20
8 weeks: Sept. 17, 24, Oct. 1, 15, 22, 29, Nov. 5, 12
(no class on Oct. 8)
Mondays, 2-3:30 pm
Location: Sherrill Center
Zumba is a form of aerobic exercise based on simple, lively dance and movement done to infectious Latin and world music. No experience is necessary. Bring soft-soled shoes and comfortable clothing.
Fran Ross (franiji@charter.net), licensed this year as a Zumba instructor, is dedicated to fitness that is fun. She has taught yoga at the College for Seniors for several years, and is a registered expressive arts therapist who loves music and dance.
Parking permits are required on all vehicles.
Visitors may register vehicles at the Reuter Center reception desk, room 208.

Campus Map Key

**CAMPUS BUILDINGS**
1. Belk Theatre (BEL)
2. Brumit Pisgah House (BPH)
3. Carmichael Hall (CAR)
4. Communication & Marketing (COM)
5. Glasshouse (GLA)
6. Highsmith Union (HIG)
7. Humanities Lecture Hall (HLH)
8. Justice Center (JUS)
9. Karpen Hall (KAR)
10. Lipinsky Hall (LIP)
11. Mallar Facilities Complex (MFC)
12. New Hall (NEW)
13. Owen Hall (OWE)
14. Phillips Hall (PHI)
15. Ramsey Library (RAM)
16. Reuter Center (REU)
17. Rhoades/Robinson Hall (RRO)
18. Sherrill Center (SHE)
19. Student Recreation Center (SRC)
20. University Hall (Dining Hall) (UNI)
21. Vance Hall (VAN)
22. Weizenblatt Hall (Health Center) (WEI)
23. Zaiger Hall (ZAG)
24. Zeis Hall (ZEI)

**CAMPUS OUTDOOR SPACES**
25. A.C. Reynolds Green
26. Botanical Gardens
27. Greenwood Fields
28. Mullen Park
29. Ropes Course
30. Reed Plaza
31. Strauss Track
32. University Quadrangle

**RESIDENCE HALLS**
33. Ashe Hall (ASH)*
34. Founders Hall (FOU)
35. Gardner Hall (GAR)*
36. Governors Hall (GOV)
37. Governors Village*
38. Hoey Hall (HOE)*
39. Mills Hall (MIL)
40. Moore Hall (Moo)*
41. Scott Hall (SCO)*
42. South Ridge (SOU)
43. West Ridge (WES)

*Governors Village includes: Ashe, Gardner, Hoey, Moore and Scott Halls.

**PARKING INFORMATION**

**VISITORS:** Visitors may park in Lot 6 or lower level of Sherrill Center parking deck.

**NON-RESIDENTIAL STUDENTS:**
Lots 3, 5, 7b, 9, A, B, C, D; Vivian St. Lot; ZAG parking deck; upper level of Sherrill Center parking deck.

**RESIDENTIAL STUDENTS:**
Lots 1, 3, A, B; Vivian St. Lot; Ridges parking deck; Ridge Drive.

**FACULTY/STAFF:**
Lots 4, 7a, 11, 12, 14, 16, B, C, I; UNI parking deck (see 20); lower level of Sherrill Center parking deck.

**KEY LOCATIONS**
- Admissions
- Alumni Office
- Bookstore
- Dining
- Human Resources
- Information
- Student Health Center
- University Police

**MAP KEY SYMBOLS**
- Buildings
- Residence Halls
- Faculty/Staff Lots
- Non-Residential Student Lots
- Residential Student Lots
- Visitor Parking
- Information (6)
- Kiosk/Campus Map
- University Police (21)
- Emergency Phone
- Bus/Shuttle Stop

**For more information**
www.unca.edu