from the director

English poet and critic Edith Sitwell is said to have written “Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.” It is tempting to hibernate during the winter months, but we hope that the many activities and events happening this winter at OLLI at UNC Asheville will tempt you to leave some of the comforts of home to find the warmth, camaraderie, and intellectual stimulation that exists in our community of teachers and learners. The College for Seniors this term is offering more courses than it has ever offered in a winter term, in subjects ranging from race relations in Asheville to US-China relations, from mountain gardening to oceanography, from Poise, Posture, and Presence to Process Theology. Fab Friday lectures will include a presentation on moonshine by UNC Asheville history professor Dan Pierce and a lecture on “Sleep Medicine” by Dr. Jim McCarrick of Asheville Pulmonary and Critical Care Medicine. We will offer an active line-up of special events and presentations by our community partners like the Astronomy Club of Asheville, the Asheville Symphony Orchestra, and the World Affairs Council that supplement the learning opportunities we organize. There will be an opportunity to gather for a membership social on February 14, and the Special Interest Groups enliven the building every day by providing opportunities for learning and friendship outside the classroom. If winter is the time for comfort, food, warmth, friendship and conversation, OLLI at UNC Asheville is the place to find all of those things in abundance. Make OLLI and The Reuter Center your home away from home any season of the year.

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 UNC Asheville faculty and the interests of 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), Exploring CCRCs and The Gift of Time. 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 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 session in the nine-week program offered every fall 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.
### winter 2014 events calendar

#### November
19  Winter catalog mails and is available on-line  
20  Blue Ridge Orchestra Open Rehearsal, 7 pm  
27-29  OLLI office and Reuter Center closed for Thanksgiving

#### December
3  Winter Registration, 8 am  
3  World Affairs Council, 7:30 pm  
4  Blue Ridge Orchestra Open Rehearsal, 7 pm  
5  Astronomy Club of Asheville Meeting, 7 pm  
9  Reuter Center Singers Holiday Concert, 7 pm  
20-31  OLLI office and Reuter Center closed for Winter Break

#### January
1-5  OLLI office closed for Winter Break  
2  Astronomy Club of Asheville, 7 pm  
8  f/32 Photography Group Meeting, 7 pm  
10  New Member Welcome, 10 am  
13  College for Seniors Winter 2014 classes begin  
15  Blue Ridge Orchestra Open Rehearsal, 7 pm  
17  Fab Friday Lecture, 11:30 am  
17  Opera Talk, 3 pm  
20  OLLI office and Reuter Center closed  
   in observance of Martin Luther King, Jr. Day  
22  Blue Ridge Orchestra Open Rehearsal, 7 pm  
24  Fab Friday Lecture, 11:30 am  
29  Blue Ridge Orchestra Open Rehearsal, 7 pm  
31  Fab Friday Lecture, 11:30 am  
31  Medicare Choices Made Easy, 2 pm

#### February
4  STEM Lecture, 4:30 pm  
4  World Affairs Council, 7:30 pm  
5  Blue Ridge Orchestra Open Rehearsal, 7 pm  
6  Astronomy Club of Asheville, 7 pm  
7  Fab Friday Lecture, 11:30 am  
7  Symphony Talk with Daniel Meyer, 3 pm  
11  World Affairs Council, 7:30 pm  
12  f/32 Photography Group Meeting, 7 pm  
12  Blue Ridge Orchestra Open Rehearsal, 7 pm  
13  Advance Care Planning Workshop, 7 pm  
14  Spring catalog mails and is available on-line  
14  Fab Friday Lecture, 11:30 am  
14  Member Appreciation Social, 5:30 pm  
18  World Affairs Council, 7:30 pm  
19  Blue Ridge Orchestra Open Rehearsal, 7 pm  
21  Fab Friday Lecture, 11:30 am  
21  Opera Talk, 3 pm  
25  Spring Registration, 8 am  
25  World Affairs Council, 7:30 pm  
26  Blue Ridge Orchestra Open Rehearsal, 7 pm
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. There is a $20 replacement fee for lost decals and for individual members who need more than one 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. If you have to park in a distant lot and need a ride to the Reuter Center, please call the UNC Asheville police at 828-251-6710, and they will arrange transportation.

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, at the OneCard office 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 One Card either in the OneCard office or in Automatic Deposit Machines in Highsmith Union or Ramsey Library, to be used in many 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 Regional Transit at no cost.

RAMSEY LIBRARY: OLLI members 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.

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 Monday through Thursday, and there are soda and snack vending machines on the Center’s lower level. You may also eat at Argo Tea in Ramsey Library, the Down Under in Overlook Hall, the Highsmith Union Food Court, Lifestyle Dining in Brown Hall, and the Wellness Café with Rosetta’s Kitchenette in the Sherrill Center.

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—winter 2014 term

INITIATE or RENEW your Center membership (or proceed to next step if you are a 2013-14 member)
- Complete membership form, p. 19 or 21
- Pay $60 membership fee and receive membership through July 31, 2014
- 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, December 3, 8 am, for best availability (and please be aware that many people get to the Reuter Center before 8 am)
Note: Registration forms will be processed in order of date received at the Reuter Center on or after December 3. Forms submitted during registration on December 3 will be processed before registrations mailed or received prior to December 3.
- View catalog (hard copy or online at www.olliasheville.com)
- Complete registration form, p. 19 or 21
- Mail in or drop off form and payment at the Reuter Center office (cash or check payable to OLLI only—we do not accept debit or credit cards)
- To apply for a scholarship for CFS program fees, submit a scholarship application with your registration form. See p. 11 for details

RECEIVE registration confirmation to be sent, Monday, December 16, and again on Tuesday, January 7
- Registration and drop/add begins Tuesday, December 17, 8 am, 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, we organize a wide variety of activities that offer the opportunity to learn and socialize.

Reuter Center Singers
The Reuter Center Singers, directed by Chuck Taft, study and perform classical, popular, and show tunes. They rehearse on Monday, 6:15 – 8:15 pm and perform regularly. Register by calling 828-251-6140. Participants must be OLLI members. There is a $40 fee for music, $30 for those registered for CFS courses during the current term, payable to the Reuter Center Singers treasurer at your first meeting. Contact Robert Dutnell (rhdutnell@gmail.com) for more information.

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 in partnership with the Buncombe County Council on Aging.

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. A one week trial membership is available. 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. 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, bob.mellor@charter.net

Backgammon
Tuesdays, 2 pm
Information: Bruce Jones, 338-0265, bruce_e_jones@yahoo.com

Bridge Buddies
Tuesdays, 2:15-5 pm
Information: Gary Soldow, 505-7711, Garysanta@charter.net

Bridge Grads
Thursdays, 2-5 pm
Information: Nina Hansen, 299-7711, hansenn@charter.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 Lewadowski, 665-1787, themerrywanderer@yahoo.com

Financial Strategies in Retirement
1st Fridays, 1:30 pm
Information: Kate Beatty, 231-7710, kkbmorr@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: Ruth Hall, 541-490-6460, ruth2458@gmail.com

Making Art Together
Fridays, 1-4 pm
Information: Barbara Brennan, 505-1544, bbrennan33912@charter.net

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

Nordic Walking
Call or email for meeting times
Information: Joan Lenowitz, 919-302-2548, joanleno@aol.com or Barbara Binder, 299-4944, bbinder42@gmail.com

Poetry Lovers
3rd Fridays, 3-5 pm
Information: Perien Gray, 254-2872, gray.perien090@gmail.com

Reuter Center Bowlers (lane bowling)
Mondays, 1 pm
Information: Jan Guichard, 253-8776, gray.perien090@gmail.com or Joanne Alston, 919-302-2548, slarso@gmail.com

Stories for the Third Act
3rd Tuesdays, 4:30-6 pm
Information: Debbie Curriere, 505-7453, Funtale@aol.com or Sarah Larson, 450-5462, slarso@gmail.com

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

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

Women’s Group
Call or email for meeting times
Information: Bobbie Bowen, 693-1523, ravery09@gmail.com or Joanne Alston, 713-302-8453, joaniealston@aol.com

A Writers’ Gathering
2nd & 4th Thursdays, 4:15 pm
Information: John Himmelheber, johnhimmelheber@aol.com or Bobbie Rockwell, bobbiemayrockwell@gmail.com

WWW.OLLIASHEVILLE.COM | 5
These events are open to the public, and most are free • Call 828-251-6140 for additional details and visit our website (olliasheville.com) to find out about additional events that will go on throughout the term.

Advance Care Planning Workshop
OLLI at UNC Asheville will hold an advance care planning workshop Thursday, February 13, 2014, 7-9 pm, at the Reuter Center. The workshop will feature a panel whose members are experienced in addressing end-of-life issues. Discussion will include communicating your treatment wishes to loved ones and to medical personnel, ethical and legal issues, and the uses of advance directives. Ample time will be reserved for questions. Assistance will be provided for anyone wishing to complete a legally valid advance directive, including the notarization required in North Carolina, using the Five Wishes format. Free and open to the public.

Astronomy Club of Asheville
The Astronomy Club of Asheville meets the 1st Thursday of each month at 7 pm, with an interesting line-up of speakers and topics. OLLI members are welcome to attend the club’s meetings and star gazes with club members on hand to advise and assist them in the basics of astronomy and the techniques of observing celestial phenomena. Participation at club meetings and events is free to OLLI members. For more information: www.AstroAsheville.org.

• Thursday, December 5, 7 pm: Annual Club Social and Auction
• Thursday, January 2, 7 pm: “Astrobiology: The Search for Alien Life,” presented by Michael J. Malaska, PhD, Senior Postdoctoral Fellow at NASA Jet Propulsion Laboratory,
• Thursday, February 6, 7 pm: Topic and speaker to be announced
• Thursday, March 6, 7 pm: “Observatories in Chile,” presented by Judy Beck, lecturer in the UNC Asheville physics department.

Blue Ridge Orchestra
The Blue Ridge Orchestra (BRO) is comprised of over 70 volunteers, nearly half of whom trained for a profession in music. Their passion for performing symphonic music of a high caliber at a high level brings them together at the Reuter Center’s Manheimer Room most Wednesday evenings at 7 pm. OLLI members are encouraged to drop by rehearsals, especially the last in a sequence. Rehearsals for the BRO’s March concerts take place November 20 and December 4, 2013, and January 15, 22, 29, February 5, 12, 19, and 26, 2014. Details at www.blueridgeorchestra.org

f/32 Photography
f/32 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, January 8, February 12, and March 12, 2014; all meetings begin at 7 pm. 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 Civic Engagement Committee of OLLI, a free class will be held Friday, January 31, 2014, 2-4 pm, in the Reuter Center. Spaces are limited, so reserve your space by calling the Council on Aging, 277-8288.

Member Appreciation Social
“Meet Me at the Drive-in!” Mark your calendar for Friday, February 14, 2014, 5:30 pm, to attend this 1950s-inspired social, complete with bobby soxers, poodle skirts, and music of the times. Eat, dance (or tap your toes), and share some smiles with fellow members. There will be great food, wine, and song. See you there!

New Member Welcome
Are you new to OLLI at UNC Asheville and the Reuter Center? Are you returning after being gone awhile? Come to the New Member Welcome on Friday, January 10, 2014, 10 am, to learn about all that OLLI has to offer and about ways to get involved. Meet other members and discover your possibilities at OLLI!

Opera Talk Lecture Series
Asheville Lyric Opera (ALO) brings great stories and music to Asheville’s premiere theatrical stage, the Diana Wortham Theatre. Come enjoy a behind the scenes journey as ALO General Director David Craig Starkey and a cast of industry professionals guide you through their operatic world. The Opera Talk Lecture Series begins on Friday, January 17, 2014, 3 pm, with Opera 101, a crash course on all things opera. On Friday, February 21, 2014, 3 pm, the series continues with The Voice, a discussion on how the human voice operates. In March, ALO provides a special class featuring a lecture with guest artists from their spring opera, Mozart’s Don Giovanni.

Reuter Center Singers Holiday Concert
The Reuter Center Singers, directed by Chuck Taft, study and perform classical, popular, and show tunes and perform regionally. Plan to attend and sing along at their festive Holiday Concert, Monday, December 9, 2013, 7 pm.
activities & programs

special events—winter 2014 continued

STEM Lecture Series
The STEM Lecture Series is interdisciplinary with a focus on science, technology, engineering, and mathematics. This series of lectures is designed to highlight STEM concepts and connect them to issues of personal behavior and public policy. On **Tuesday, February 4, 2014, 4:30 pm**, Dr. Amy Lanou will present “Sifting Through the Hype: Miracle Meal or Dietary Disaster?” On **Tuesday, March 4, 2014, 4:30 pm**, Dr. Kevin Moorhead will lecture on “The Science of Gardening.” These lectures are held in the Reuter Center, Room 206, and are free and open to the public.

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. Come early to get a seat; this popular series is very well attended. Free and open to the public. Asheville Symphony Orchestra’s Music Director and Conductor Daniel Meyer will speak about the performances of the next evening concerts and local music aficionado Chip Kaufmann will speak about the composers. Symphony Talks this winter will be on

- **Friday, February 7, 2014, 3 pm**, Golijov’s *Muertes des Angel*, Barber’s *Violin Concerto* with violin soloist Elena Urioste, Ravel’s *Pavane*, and Tchaikovsky’s *Swan Lake*
- **Friday, March 14, 2014, 3 pm**, Beethoven’s Piano Concerto No. 2 with piano soloist Alon Goldstein and Bruckner’s *Symphony No. 4, “Romantic”*

World Affairs Council of Western North Carolina
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. The World Affairs Council (WAC) will offer their popular Great Decisions Series in February and March with topics that range from political Islam in Africa to China’s foreign policy, from energy independence to economic statecraft and trade, and the rise of new technologies to food security and climate change. OLLI members receive a discount on WAC annual membership fee. The cost of individual lectures is $8. Meetings are scheduled for **Tuesdays, December 3, 2013 and February 4, 11, 18, 25, and March 4, 11, 2014, 7:30 pm.**

Workshops will be on hiatus during Winter Term but will return with an exciting lineup of new workshops in Spring 2014.

Workshops are open to the public, so you don’t have to be an OLLI member to participate. Come join the fun!

For more information, to teach a workshop, or to join the Committee, contact Laurel Jernigan at 828-250-3871 or email ljerniga@unca.edu.

Visit www.olliasheville.com/workshops
**January 17, 2014**

**Moonshine and More**

“Moonshine” is a word that paints a thousand pictures. In fact, according to author and UNC Asheville history professor Dan Pierce, life in the Smoky Mountain region for many often brings to mind a vivid image of the lowly moonshiner holding his XXX-labeled stoneware jug, passed out beside his cooper pot still. Pierce, the son of a Southern Baptist preacher and teetotaling mother, came upon the world of illegal liquor when researching his 2010 book *Real NASCAR: White Lightning, Red Clay, and Big Bill France*. Pierce says, “For me the story of moonshine is a story of how people of little, and often worsening, means tried to find ways to cope with the difficulties of life. For many individuals and families, making moonshine, for at least part of their lives, was a logical act.” Come find out more about this interesting aspect of Appalachian culture.

**January 24, 2014**

**What is a Physiatrist?**

Dr. Margaret Burke, of the Carolina Spine and Neurosurgery Center, will explain the specialty of physical medicine and rehabilitation. Physiatrists are experts in nerve, muscle, and bone. They help restore function, whether lost from a sore back, an arthritic knee, or a stroke. Physiatrists work with a team including physical and occupational therapists, anesthesiologists, neurologists, and orthopedists. They hope to get people back to their daily routines without surgery. They work with patients through a thorough exam, and explanation of medical problems and treatment/prevention plans to let them stay as active as possible at any age. This lecture is part of the Health Education Series.

**January 31, 2014**

**Going Giddily**

*Going Giddily* is an interactive performance, providing an honest and light hearted reflection of a full life, including its lemons and lemonade. In this part of our lives we face our own mortality, and we can explore new possibilities, discover something new about ourselves, and celebrate our true, creative nature. Nels Arnold is a Northwestern University graduate, earned a masters in education at Georgia State, and studied at the Royal Academy of Dramatic Arts in London. She has performed with the Asheville Community Theatre and Asheville Playback Theatre and The Autumn Players. She was a NC Arts Council artist-in-residence in clay and drama for 15 years, and is a potter and sculptor who has taught many College for Seniors classes.

**February 7, 2014**

**Adult Immunizations**

Dr. David McClain, of Asheville Infectious Disease Consultants, will explain that we vaccinate older adults because of greater risk of morbidity and mortality from specific infectious diseases, such as influenza and pneumococcal pneumonia. In addition, “herd immunity” is an important concept within families and residential communities. However, there are challenges in vaccinating older adults who have immune responses that decline with age. Furthermore, there are barriers to vaccination, including myths and misperceptions (e.g., “I got the flu from my influenza vaccination”), vaccine shortages, and medical system issues (e.g., cost reimbursement or fragmented health records). Dr. McClain will explore these problems in addition to specific characteristics of vaccines recommended for adult administration. This lecture is part of the Health Education Series.

**February 14, 2014**

**The Presidents’ Sweethearts**

With the exception of a handful of bachelors or widowers, few men have gone through the presidency alone. Most have had a wife to share the responsibility of leading the nation, performing social protocols and acting as world ambassador. Unelected and unpaid, First Ladies have brought varying talents, backgrounds, and desires to an unscripted job at America’s First House; some have loved it, others couldn’t wait to leave. This Valentine’s Day Melinda Stuart will take a fond look at some love stories covering the 214 years that presidents and their sweethearts have called the White House home. During 35 years as a museum historian and educator, Stuart worked with the Smithsonian Institution, the White House, and other museums. In 1980 she organized an exhibit on White House history and art visited by First Lady Rosalynn Carter. At OLLI, Stuart teaches about museums, first ladies, and women’s history.

**February 21, 2014**

**Overview of Sleep Medicine:**

**From Insomnia to Snoring**

Dr. Jim McCarrick of Asheville Pulmonary and Critical Care Medicine, will cover the concept of normal sleep and the effects of aging on our sleep, as well as several sleep problems such as leg movements, sleep disordered breathing like snoring and sleep apnea, narcolepsy, insomnia, and things that go bump or scream out at night. Bring your questions. This lecture is part of the Health Education Series.
2014 Life Transitions Programs

The Gift of Time program encourages participants to think about how to plan and communicate end of life wishes to spouses, partners, children and parents. Trained facilitators and expert speakers combined with the support of a group of peers make this program truly unique.

**Dates:** May 20, 27, June 3, 10, 24, 2014  
**Cost:** $100 per person  

Exploring Continuing Care Retirement Communities (CCRCs) helps participants assemble the relevant information and ask the right questions to see whether the CCRC is a living option that meets their needs and to help choose among the available options. The course includes expert speakers and site visits to local CCRCs.

**Dates:** May - July, 2014 (8 weekly sessions)  
**Cost:** $150 per person  
**More Information:** [www.olliasheville.com/exploring-ccrcs](http://www.olliasheville.com/exploring-ccrcs)

Paths to Creative Retirement (Paths), 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 OLLI members in large and small groups.

**Dates:** April 11-13, 2014 & August 29-31, 2014  
**Cost:** $850 per person  

The Creative Retirement Exploration Weekend (CREW) focuses specifically on relocating in retirement—whether to Asheville or anywhere else. Our optional Sunday program is for those who are considering Asheville for relocation.

**Dates:** May 23-25, 2014  
**Cost:** $400/person before May 1, 2014  
$450/person after May 1, 2014  
**More Information:** [www.AshevilleCREW.com](http://www.AshevilleCREW.com)

TELL A FRIEND about OLLI’s nationally recognized retirement programs, Paths and CREW!  
For brochures, call Laurel Jernigan 828-250-3871/ ljerniga@unca.edu
Leadership Asheville Seniors

CONNECT  ENGAGE  LEARN

Did you miss Leadership Asheville Seniors last fall? Here are some highlights from the class:

• MAHEC CEO **Jeff Heck** spoke on changes in healthcare
• MANNA FoodBank Director **Cindy Threlkeld** explained the problem of food insecurity in WNC
• The group met at NC Stage during the world premier run of *Stalking the Boogeyman*, and heard from its star, **Charlie Flynn-McIver**

Every fall, OLLI offers this learning and civic engagement program, planned and led by its graduates and community members. It provides participants with a multi-faceted view of Asheville and Buncombe County.

**Dates:** Wednesdays
September 10 - November 5, 2014

**Cost:** $400

**Registration:** Begins in Spring, 2014. Open to OLLI members only.

www.olliasheville.com/LAS

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**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 should consult 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. 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 OLLI by 7 am regarding OLLI cancellations, closings, and delays. If there is a delay, 9 am classes will begin at 10 am and run until 11 am. All other classes would meet on a regular schedule.
The largest program of OLLI at UNC Asheville is College for Seniors (CFS), a lifelong learning program offering more than 280 courses to almost 2000 members annually, during four terms:

**Winter:** January 13 - February 24, 2014 (registration begins December 3)
**Spring:** March 24 - May 16, 2014 (registration begins February 25)
**Summer:** June 16 - July 28, 2014 (registration begins May 20)
**Fall:** September 15 – November 7, 2014 (registration begins August 13)

### WINTER 2014

**January 13 – February 24**

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

**Fee:** $90 for the term

This flat fee allows you to register for up to three courses, listed on pp. 14-38, during the initial phase of registration. Confirmation will be mailed on December 16. 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. Add/drop begins Tuesday, December 17, 8 am.

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

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

**REFUNDS:** Cancellation must be received by 3 pm, January 10, 2014, for a full refund. This applies to ALL fees for CFS classes.

### 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. If you are interested in exploring opportunities to teach, please contact Susan Poole at 828-251-6873.

**Instructor Guide**

An instructor guidebook has been prepared to best orient the first time instructor and to enhance the skills of experienced teachers. For information, contact Anne Mock at 828-251-6198.

### Course Information

In addition to the course descriptions in this catalog, there are details about 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.

On this page you can type in an instructor’s name and find information such as course outlines, reading lists, materials lists, and instructor background.

### Class Reps

If you are interested in helping newer members become acclimated, assisting instructors in class, and ensuring 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 OLLI’s website. To ensure the best choice of courses, scholarship applications should be submitted along with the registration form as early in the registration period as possible. For additional information, call 828-251-6140.

### Course Proposal Deadlines:

- **January 15** for Summer 2014
- **April 15** for Fall 2014
- **July 15** for Winter 2015

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

### Questions about CFS? Suggestions?

Contact CFS Director Susan Poole, 828-251-6873
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- Environmental Economics & Policy ..................... 35
- Handling Life Changes Both Legally and Financially ........................................ 14
- Revisiting Your Retirement Plan .......................... 38
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- The US & China: Conflict or Cooperation? ........ 15
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- Quilted Patchwork Sweatshirt ......................... 24
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- Six Historic Presidential Elections .................. 14
- Sports History Stories from a Master Documentary Maker ........................................ 37
- The Supreme Court ..................................... 24
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- The Western Mind ...................................... 36

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- Three Building Blocks for Writing Fiction .......... 24
- Writing Fiction .......................................... 30
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- Your Favorite Poems ................................... 29

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- Building a Life That Matters ........................ 31
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- Handling Life Changes Both Legally and Financially ........................................ 14
- The Heart & Mind of Dementia ....................... 28
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- Living with Hearing Loss .............................. 25
- Sexuality: A Movie & Discussion Course .......... 37
- Southern Belles in Mountain Gardens ............ 15
- “What Did You Mean by That?” ..................... 33
- Women in Transition .................................. 34
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- Six Historic Presidential Elections ............... 14

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- Introduction to Great Books .......................... 25
- Process Theology ......................................... 16
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### New Member Welcome

**Friday, January 10, 10 am**

Learn about programs & activities
- Find ways to participate in our community of learners
  - Meet new friends
  - Ask questions
  - Get involved
mondays

9 – 11 am
Asheville Master Builders .......... 14
Handling Life Changes Both Legally & Financially ............. 14
Six Historic Presidential Elections .......... 14
Southern Belles in Mountain Gardens ........................................ 15
Stocks, Bonds, & Investing ......... 15
US & China: Conflict or Cooperation ............. 15

11:30 am – 1 pm
Chair Yoga for a Vital Life .......... 16
Poise, Posture & Presence ......... 16
Process Theology ..................... 16
Puritanism ............. 16
Tell Me Your Story .......... 16
Understanding Real Estate Transactions ..................... 17

2 – 3 pm
Authentic Pilates ..................... 17

2 – 3:30 pm
Yoga for Strength & Vitality .......... 17

2 – 4 pm
Adobe Photoshop Touch ............ 17
A Brooch for Every Celtic Season .... 18
Elementary iPad ............. 18
Let’s Dance Latin! ............. 18

2 – 4:30 pm
Weimar II: German Silent Films .......... 18

9 – 10 am
Chair Yoga for a Vital Life .......... 23

9 – 11 am
Apple Devices ..................... 23
Elder Law & the Elder Team .......... 23
English Folk Dance ..................... 23
Good Science, Bad Science, & Fun Science ..................... 23
Learn to Knit ..................... 24
Quilted Patchwork Sweatshirt .......... 24
The Supreme Court ............. 24
Three Building Blocks for Writing Fiction ..................... 24

11:30 am – 1:30 pm
Beginning Spanish (sec.1) .......... 25
Introduction to Great Books .......... 25
Living with Hearing Loss .......... 25
Science & Technology Lectures ........... 25

2 – 3:30 pm
Move Your Body ..................... 26
Qigong for Health & Well-Being .......... 26

2 – 4 pm
Dante’s Inferno ..................... 26
Facebook 101 ..................... 26
The Fork & the Bishop: Two Geniuses of 19th Century Copenhagen .......... 26
The Mathematics of Democracy .......... 27

2 – 4:30 pm
Mixed Up Water Media .......... 27
On the Sidewalks of New York .......... 27

9 – 11 am
Acting Shakespeare 101 ..................... 27
The Amazing Maya ..................... 27
Bloomers & Suffragists: The Early Struggle For Woman’s Rights .......... 28
Documenting Your World ......... 28
The Heart & Mind of Dementia .......... 28
Intermediate Bridge ............. 28
Your Favorite Poems ............. 29

11:30 am – 1:30 pm
Aging Well ..................... 29
Genealogy Research for Western Europe .......... 29
Intermediate Mah Jongg .......... 29
Oceanography ..................... 30
Photographing Your Hometown .......... 30
Shootin’ Hoops ............. 30
Writing Fiction ............. 30

2 – 3 pm
Authentic Pilates ..................... 17

2 – 4 pm
Asheville in Black & White: Race Relations in Asheville .......... 30
Awakening Into Your Deepest Self ...... 31
Building a Life That Matters .......... 31
Gentle Yoga ............. 31
Moth Storytelling .......... 31
The World of Hawthorne’s Tales .......... 32

2 – 4:30 pm
Running Wild: Pre-Code Hollywood Movies .......... 32

9 – 10 am
Yin Yoga ............. 32

9 – 10:30 am
T’ai Chi Chih ..................... 32

9 – 11 am
Art & History of Renaissance Italy .......... 33
The Food We Eat ..................... 33
History of Lighthouses .......... 33
“What Did You Mean By That?” .......... 33
Women in Transition .......... 34
You Can’t Take it With You .......... 34

11:30 am – 1:30 pm
Around the World in Eighty Days .......... 34
Beginning Spanish (sec. 2) .......... 34
Environmental Economics & Policy ..................... 35
Great Operatic Voices of the 1950s, 35
Intriguing Topics in Mathematics .......... 35
Stained Glass Mosaics ..................... 35

2 – 4 pm
History of Buncombe County .......... 36
Improve Your Line Dancing .......... 36
Is Sustainability Still Possible? .......... 36
Living Well in Winter .......... 36
The Western Mind ..................... 36

2 – 4:30 pm
Sexuality: A Movie & Discussion Course .......... 37
Sports History Stories from a Master Documentary Maker .......... 37

2 – 5 pm
Beginning Oil Painting .......... 37

9 – 10:30 am
Short Stick T’ai Chi ..................... 37
Yoga for the Second Fifty Years .......... 38

9 – 11 am
A Gem of Southern France .......... 38
Improvisational Beading on Fabric .......... 38
Long Distance Hiking for Seniors .......... 38
Revisiting Your Retirement Plan .......... 38

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

Fabulous Fridays Lunch and Learn Lectures

See page 8 for details.
**Mondays, 9-11 am**

**Asheville Master Builders**  
CRN # 10001  
4 weeks: Jan. 13, 27, Feb. 3, 10  
(no class on Jan. 20)  
Mondays, 9-11 am

This will be a course on the master builders who gave Asheville its claim to fame as an Art Deco masterwork. Our subjects will be some of the lesser known gems around town and in Hendersonville, their design and construction, and the personal stories of their creators. Featured personalities are Erle Stillwell, Charles Parker, James Vester Miller, and Ronald Green. This course is a reincarnation of *An Architectural Memoir of Western North Carolina*, given in the summer of 2012.

Connie Mitchell (cmgm050@gmail.com) grew up in New York, attended Catholic University in Washington, DC, first as an art major, then transferring to architecture. After graduation and the standard three-year internship, she became the eighth woman architect to be registered in North Carolina. Connie has lived and worked in Asheville since 1968.

**Handling Life Changes Both Legally and Financially**  
CRN # 10002  
4 weeks: Jan. 13, 27, Feb. 3, 10  
(no class on Jan. 20)  
Mondays, 9-11 am

In this course we will address various life stages: the legal and financial transitions for those who are handling life alone resulting from death or divorce, those who need assistance planning for incapacity due to chronic illness or dementia, and those who need assistance locating resources in a new community. Content in the course will be delivered by an integrated team of professionals who are well qualified to provide practical advice regarding financial, tax, and legal aspects of various life transitions.

Carole Spainhour (elderlegal@att.net) is the owner of ElderLaw Carolina and practices elder law and estate planning law. Named to *The Best Lawyers in America* in the field of elder law each year since 2008, Ms. Spainhour is a past chair of the elder law section of the North Carolina Bar Association and is licensed in both North and South Carolina. Since 2002 George Gabler (gabler@gmg-cpa.com) has been the chief executive officer of Gabler Molis and Company, PA, a full service firm of certified public accountants. George has over thirty years of tax, auditing, and consulting experience. He is a former senior tax manager with KPMG Peat Marwick in Stamford, CT. George is a member of the American Institute of Certified Public Accountants and is licensed as a CPA in both North Carolina and Connecticut. John Sterritt (jsterritt@bellsouth.net) is a senior vice president for investments at UBS Financial Services and the senior member of a team that combines over forty years’ experience at Merrill Lynch and UBS Financial Services. John joined Merrill Lynch in 1990 and served as the resident director of the Asheville office for seven years.

**Six Historic Presidential Elections**  
CRN # 10003  
6 weeks: Jan. 13, 27, Feb. 3, 10, 17, 24  
(no class on Jan. 20)  
Mondays, 9-11 am

In this course we will examine the background and historical significance of six presidential elections that took place in 19th century America—from the beginning of democratic republicanism and the growth of a market economy to western expansionism, the Civil War, and Reconstruction. We will focus on the elections of 1800, 1824, 1828, 1844, 1860, and 1876, and their legacy for the nation and its citizens.

Dennis Winner (dwinner329@gmail.com), 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.
### Mondays 9-11 am continued

**Southern Belles for Mountain Gardens**
CRN # 10004
5 weeks: Jan. 13, 27, Feb. 3, 10, 17
(no class on Jan. 20)
Mondays, 9-11 am

The instructors will teach how to select, grow, and enjoy the sumptuous blooming woody plants—shrubs, vines, and small trees—that star in mountain gardens across the growing season. Each class will include varieties for shade and sun, wet and dry sites. Each class will also focus on a group of plants: the Shady Ladies (rhododendrons and azaleas), the Working Girls (viburnums and hydrangeas), the Divas (finicky roses, camellias, daphnes), The Social Climbers (clematis, honeysuckles, wisteria, climbing hydrangeas, and some surprises), and the Debutantes (small trees with showy blooms in spring or summer). This course is in a participatory lecture format (participation and questions generally welcomed throughout the course).

After retiring to an Asheville mountainside from flat Michigan in 1995, **Linda Alford** (lalford@colourfield.com) had to relearn much of what she thought she knew about gardening. She has been an Extension Master Gardener (EMG) since 2007 and a frequent presenter in Master Gardener programs. This course is presented by a team of Master Gardener volunteers, all members of the EMG speakers bureau. Joining Linda are **Judy Deutsch** (jdeutsch60@gmail.com), retired physician and immediate past president of the Blue Ridge Rose Society; **Debbie Breck** (breckde@gmail.com), a semi-retired lawyer who has conducted seminars for the public as well as for estate planning and tax professionals; and **Laurie Bell** (laurie.v.bell@gmail.com), also a retired physician, who is a frequent presenter at Master Gardener garden schools and seminars.

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**Stocks, Bonds & Investing: Oh My!**
CRN # 10005
6 weeks: Jan. 13, 27, Feb. 3, 10, 17, 24
(no class on Jan. 20)
Mondays, 9-11 am

Investing today is more challenging than ever. Stop worrying and gain the confidence necessary to create a personalized investment plan. The instructor will demystify investing and give you the tools you need to achieve your financial goals. We’ll talk about how to build your nest egg, protect your assets, generate income, and invest appropriately given your situation.

**David McMahan** (david.mcmahan2@gmail.com) is a native of Asheville who spent many years serving diverse and affluent investors in California. A financial advisor since 1993, he has shared his insights by teaching classes since 2008.

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**The United States and China: Conflict or Cooperation**
CRN # 10006
6 weeks: Jan. 13, 27, Feb. 3, 10, 17, 24
(no class on Jan. 20)
Mondays, 9-11 am

Most experts agree that the United States/China relationship is the most important in today’s world. This course will explore the relationship focusing on three factors: the history of the relationship, the major issues that have divided the two nations, and the issues that may lead to more cooperation in the future.

**Jim Lenburg** (jlenburg@mhc.edu) retired from Mars Hill University 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.

### Mondays 11:30 am-1 pm

**MELT for Well Being and Better Health**
CRN # 10007
6 weeks: Jan. 13, 27, Feb. 3, 10, 17, 24
(no class on Jan. 20)
Mondays, 11:30 am – 1 pm

Learn simple techniques to help free yourself of chronic pain, ease tension, and improve range of motion, which lead to decreasing signs of aging by minimizing inflammation, stiffness, and strain. In this six-week series geared to novice MELTers, we will explore the basic principles of using MELT roller and balls to rehydrate the connective tissue in your body. Hydrated connective tissue provides better support for muscles, bones, joints, organs, and nerves, so the body naturally works more efficiently from the inside out. Body awareness, balance, alignment, and relaxation should all improve almost immediately when you tap into this powerful tissue in the body. MELT balls and rollers will be provided for use during the sessions by the instructor. **Please bring a yoga mat to class.**

**Terry Peters** (terryptrs@yahoo.com), a life-long educator, is a certified MELT instructor, training directly with Sue Hitzmann, MELT founder and author of *The MELT Method – A Breakthrough Self Treatment System*. Terry is also a 300-hour Yoga Alliance certified instructor in the Krishnamacharya tradition, with advanced certification from world-renowned yoga educator and author of *Yoga Anatomy*, Leslie Kaminoff.
Mondays 11:30 am-1:30 pm

Asheville on the Cheap
CRN # 10008
6 weeks: Jan. 13, 27, Feb. 3, 10, 17, 24
(no class on Jan. 20)
Mondays, 11:30 am – 1:30 pm

We’ll talk about fun things to do that are free or almost free, as well as less expensive ways to be involved in the arts, outdoors, shopping, and eating. Everyone will be able to add to the discussion. This course will be in a participatory lecture format (participation and questions generally welcomed throughout the course). Participants must be able to access and use the Internet.

Linda Orowitz (ashevilledeals@gmail.com) volunteers at the Asheville Visitor Center and offers a walking tour of Asheville. She is on the board of the River Arts District Artists and writes an email on what to do in Asheville which goes to over 1000 people. She loves sharing ideas about all of the wonderful things to do in Asheville and how to do them for less money.

Poise, Posture, and Presence
CRN # 10009
6 weeks: Jan. 13, 27, Feb. 3, 10, 17, 24
(no class on Jan. 20)
Mondays, 11:30 am – 1:30 pm
Location: 351 Sherrill Center

$20


Theta Michele Drivon (consciousalignment@gmail.com) aspires to illuminate the vitality and inspiration we all possess by reminding students how they can DO less and BE more. She is certified by international standards to teach the Alexander Technique.

Process Theology
CRN # 10010
6 weeks: Jan. 13, 27, Feb. 3, 10, 17, 24
(no class on Jan. 20)
Mondays, 11:30 am – 1:30 pm

As change has come to be seen as a process to be embraced, philosophy and theology are being rethought. The basic ideas of Christian theology are being restated, and contemporary movements and issues given a new perspective. All of this will be presented against the backdrop of the achievements of Alfred North Whitehead, Charles Hartshorne, and John Cobb, among others.

Farley Snell (snellfarleyw@netscape.net) has taught courses in religion at the College for Seniors since Winter 2009. His PhD is from Union Theological Seminary in New York City.

Puritanism
CRN # 10011
6 weeks: Jan. 13, 27, Feb. 3, 10, 17, 24
(no class on Jan. 20)
Mondays, 11:30 am – 1:30 pm

“There’s now a complete consensus that the popular image of the Puritans is almost totally inaccurate.” –Mary Beth Norton, Cornell University Department of History. This course will deal with “orthodox” and “leftwing” Puritanism in England and America, its theologies, how its views and activities made New England the most democratic place in the seventeenth century world and Rhode Island (founded by that extremist Puritan Roger Williams) a haven of religious freedom, and how it spawned religious, political, and social radicalism during and after the English Civil War.

Tom Sanders (tsanders.avl@gmail.com) holds an AB in history from Duke University and a PhD in religion from Columbia University. A former tenured associate professor at Brown University, he has taught numerous courses at the College for Seniors in history, political science, and international studies.

Tell Me Your Story
CRN # 10012
6 weeks: Jan. 13, 27, Feb. 3, 10, 17, 24
(no class on Jan. 20)
Mondays, 11:30 am – 1:30 pm

The dynamics of storytelling will be introduced for archetypal stories as well as personal stories, following the model of internationally recognized storytellers like Donald Davis and Jay O’Callahan. Members will participate in strategies for internalizing, not memorizing, stories. Fun exercises will be offered to encourage effective storytelling. Participants will voluntarily present their personal stories during the last two sessions of the course.

Sarah Larson (sarahlarso@gmail.com) has taught over 3,300 persons to be storytellers and was a delegate in the People to People Storytelling Delegation to South Africa. She is the founder/director of Stories on Asheville’s Front Porch and a member of The Asheville Storytelling Circle and the OLLI Special Interest Group Stories for the Third Act.
**Understanding Real Estate Transactions**
CRN # 10013
6 weeks: Jan. 13, 27, Feb. 3, 10, 17, 24
(no class on Jan. 20)
Mondays, 11:30 am – 1:30 pm

Learn how to control the process and minimize the frustrations of buying and/or selling your home. Topics include choosing an agent, pricing, financing, negotiation, home inspections, reverse mortgages, and settlement. Instructors include an attorney, a mortgage lender, a home inspector, and the course coordinator who is and has been a real estate agent/consultant since 1978.

**Binna Green** (binnag@bellsouth.net), course coordinator, has worked in all aspects of residential and commercial real estate since 1978. Other presenters will be **David Cartner** (david@cartnerlaw.com), **David Kanis** (davidk@fairwaymc.com), and **James Davis** (james@hawkandivy.com).

**Authentic Pilates: Mat 1**
CRN # 10014
6 weeks (12 sessions): Jan. 13, 15, 22, 27, 29, Feb. 3, 5, 10, 12, 17, 19, 24
(no class on Jan. 20)
Mondays and Wednesdays, 2-3 pm

This beginning level class in Pilates is for all those new to Pilates or wishing to review basic principles of the Pilates method and body conditioning. The concepts of core strength, alignment, stretch, breath, and control will be learned, as well as all the beginning mat exercises. No prior knowledge of Pilates is required. **Participants must bring an exercise mat to class.**

**Meagan Witkus** (Meagan@purepilatesasheville.com) has successfully completed two comprehensive certification programs in the study of Pilates. Her first certification program was from Core Dynamics with Kevin Bowen; she additionally completed the 700+ hour PURE Authentic Pilates teacher certification program with second generation teacher Penelope Barrow. In addition to Pilates, Meagan has also completed the TRX suspension group training program with Leigh Crews, 2011 IDEA fitness instructor of the year.

**Yoga for Strength and Vitality**
CRN # 10015
6 weeks: Jan. 13, 27, Feb. 3, 10, 17, 24
(no class on Jan. 20)
Mondays, 2-3:30 pm
Location: Sherrill Center Meditation Room

This all-levels yoga class will increase your inner and outer strength, enhance your energy and vitality, and fill you with inner peace. Foundational yoga poses taught with clear alignment will increase your flexibility and strengthen your body. Simple yet powerful breathing techniques and meditations will be practiced to strengthen your vitality and mind. **Please bring a yoga mat to class. Due to topic popularity, participants may take only one yoga course per term.**

**Timothy Burgin** (timothy@yogabasics.com) has over twenty years of experience in the practice of yoga, pranayama, and meditation, and has completed over 500 hours of advanced yoga training. Timothy is the founder of YogaBasics.com and the author of *Yoga for Beginners*.

**Adobe Photoshop Touch on the iPad**
CRN # 10016
6 weeks: Jan. 13, 27, Feb. 3, 10, 17, 24
(no class on Jan. 20)
Mondays, 2-4 pm

Photoshop Touch for the iPad is unique among device photo editors, because one can work in layers just as if you were working on a desktop computer in Photoshop CS or Photoshop Elements. Photoshop Touch is not as robust as its larger brethren, but still supports core Photoshop tools. Touch can combine multiple layers in an image file, make selections, add blend modes, adjust opacity, apply filters and effects, and much more. Basic photo editing will be covered, as well as techniques such as fixing distracting backgrounds, combining images, creating special effects, and, unique to Photoshop Touch, using Camera Fill. For this course, participants must own a tablet and have installed the latest version of Adobe Photoshop Touch software on the device, about $10. The Photoshop Touch application is also available for Android devices as well as smartphones, but this course will be taught and demonstrated on the Apple iPad only. A tablet stylus is very helpful in working with the application but not mandatory. **Minimum Requirements:** Participants must own and bring to class a tablet with Adobe Photoshop Touch, a stylus if desired, and have some previous experience image-editing, preferably with Photoshop CS/Elements.

**Judy Piotrowski** (piotrowski@mac.com) has taught Photoshop courses at the College for Seniors for the past few years and has presented workshops for CFS faculty.
A Brooch for Every Celtic Season

CRN # 10017
4 weeks: Jan. 27, Feb. 3, 10, 17
(note late start date)
Mondays, 2-4 pm

Learn the basics of needle felting and make your own Celtic brooches. Each week we will explore the meaning and symbolism of each great Celtic festival—Samhain, Imbolc, Beltane and Lughnasadh—as our inspiration. This course is suitable for beginners. Participants will also learn about different types of wool, different types of felting, and receive a handout and the tools to take your new skills onto future projects. To view the instructor’s work, please visit her website at www.celticsoulcraft.com. 

Materials fee: $18, payable to the instructor at the first class.

Jude Lally (judelally@gmail.com) is an artist and published writer. Originally from the west coast of Scotland, she moved to Asheville in 2009. Her goal through art, writing, and teaching is creating a deep connection to nature through Celtic spirituality.

Elementary iPad

CRN # 10018
6 weeks: Jan. 13, 27, Feb. 3, 10, 17, 24
(no class on Jan. 20)
Mondays, 2-4 pm

Are you a beginning iPad user and find it a little confusing? Come learn the basics in a slow-paced course (hands-on, but not one-on-one). Each skill will be presented with lecture/demonstration material followed by exercises to practice what you have learned. We will navigate screens, increase keyboard skills, connect to the Internet, use the Safari browser, compose mail, use the calendar, contacts, and more. Participants will be encouraged to complete short homework assignments and practice operations learned in class. Minimum requirements: Each participant must bring an iPad with iOS 7 installed to class and have been using it for at least two months.

Lenore Baum (lenore@lenoresnatural.com) has been an educator for the past forty years and been using iPad daily for several years. Joe Baum (baumjoe51@gmail.com) has taught a number of Apple courses at the College for Seniors and lectures at the Apple Special Interest Group.

Let’s Dance Latin! Beginning Salsa, Merengue, and Bolero

CRN # 10019
6 weeks: Jan. 13, 27, Feb. 3, 10, 17, 24
(no class on Jan. 20)
Mondays, 2-4 pm
Location: 351 Sherrill Center

Get your Latin on! Salsa is fun and energetic. Merengue is fast but very easy. We’ll end with the Bolero, one of the most romantic dances. We’ll spend two weeks on each dance, giving you just enough skills to get out on that dance floor to show off your Latin moves!

Please wear smooth-soled (preferably leather) shoes. Rubber-soled shoes, especially sneakers (unless they’re designed for dancing), and sandals are not recommended. Appropriate shoes ensure that feet can be placed precisely, eliminating a potential joint injury. So join the instructor on January 13th and vamos a bailar (let’s dance)!

Sherry Lubic (lubic@msn.com) worked as a certified ballroom dance instructor in Florida before moving to Asheville with her husband. Among her varied career choices, teaching dance was her favorite. Dancing is joyful for her, and inspiring that sense of joy in others is one of her greatest pleasures.

Weimar II: Blockbusters from German Silent Cinema, 1919-1929

CRN # 10020
6 weeks: Jan. 13, 27, Feb. 3, 10, 17, 24
(no class on Jan. 20)
Mondays, 2-4:30 pm

This six-week, two-and-a-half hour offering is designed as a follow up to last spring’s German Cinema During the Weimar Republic course, only this time we will focus exclusively on the major films produced during that era. Movies to be screened will include The Cabinet of Dr Caligari (1919), The Last Laugh (1924), Metropolis (1926), and Pandora’s Box (1928), with background commentary for each provided by the instructor.

Chip Kaufmann (thataw@hotmail.com) is an announcer at public radio station WCQS and a voting member of the Southeastern Film Critics Association. He lectures on composers for the Asheville Symphony and has been an instructor at the College for Seniors since 2008.
OLLI Winter 2014

Banner ID: ______________________________ C   N   R   WNM   Registrar_____ Data entry:_____ Verified by:_____ Amt: $_______ Ca/Ck #:_____

C-Current Member / N-New Member / R-Renewing Member / WNM-Workshop NonMemb Amt: $_______ Ca/Ck #:_____

Check here if your postal or email address has changed  

Name ________________________________ Last   First   MI   Phone   Birth Date

Address ____________________________________________________________ Street/PO Box   City   State   ZIP   E-mail address   I / don’t use email

College for Seniors (CFS) Course Registration – See back of sheet for important information.

I volunteer to be a CLASS REP in one of my CFS courses  Go Green/Paperless – no longer receive a paper catalog.

Priority | CFS Course Name | 5-Digit CRN# | $20 additional fee | Staff use only
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1. | ________________________________ | ___ ___ ___ ___ | Y | 1. E N
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Alternates if any course above is not available

4. | ________________________________ | ___ ___ ___ ___ | Y | 4. E N
5. | ________________________________ | ___ ___ ___ ___ | Y | 5. E N
6. | ________________________________ | ___ ___ ___ ___ | Y | 6. E N

Total CFS Fees: Term fee plus course fees  

CFS Winter Term Fee $90.00  TOTAL CFS $___________

Total # of classes desired [ ]

Things to Remember:

• You may list six course choices above, but you will initially be enrolled in only three courses.

• Your classes are entered in the order you list them. If Preference 1 is closed, we go to your first alternate choice until you are enrolled in the number of courses you indicate you want, up to a maximum of three. If you are enrolled in the number of courses you request, you are not added to any wait lists.

• If we cannot get you into your maximum number of desired courses (up to three) you will be placed on the wait lists to any selected courses that are closed, in order to meet your maximum at a later date.

• Remember that when the Add/Drop process begins on December 17, 2013, you may add as many courses as you can schedule.

See back page for further information, membership renewal, H&F membership, etc.

Staff use only / Comments ________________________________
registration form

**TOTAL FROM PAGE 1** $_________

**Membership fee total** $_________

**HFC Subtotal** $_________

**TOTAL PAYMENT ENCLOSED** $_________

**Become a 2013-14 OLLI Member for $60**
Membership year is August 1-July 31 (not prorated).

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

Registration Information:
- OLLI membership required
- Initial registration is limited to a maximum of three CFS courses
- Submit your registration starting December 3, 2013 for best availability
- Your schedule will be sent on December 16, 2013, and January 7, 2014.
- Add/Drop begins on December 17, 2013.
  At this time, you may add as many courses as your schedule will allow.
- Wellness & Recreation courses: Courses with this symbol require a $20 fee in addition to your CFS fee of $90. Because of topic popularity, you may take only one yoga or t'ai chi course per term. You may be asked to sign a liability waiver for some courses. Check with your physician before you begin any new physical activity.

**Do you have a friend interested in our programs?**
Please provide the name and address of someone you know who would be interested in our programming, and we will send them pertinent information. Check all boxes below that apply to indicate what programs might be of interest to them.

Name _______________________________________________________________________________________________________

Last First MI Phone Birth Date

Address _____________________________________________________________________________________________________

Street/PO Box City State ZIP E-mail address

Program of interest: ☐ CFS ☐ Workshops ☐ Paths ☐ CREW ☐ LAS ☐ Life Transitions

**In case of an emergency, please list your EMERGENCY CONTACT:**

Name _______________________________________________________________________________________________________

Last First MI Phone

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

Cash or checks only, payable to OLLI:

20 | WINTER 2014
## OLLI Winter 2014

### Registration Form

**Banner ID:**

- Current Member (C)
- New Member (N)
- Renewing Member (R)
- Workshop NonMember (WNM)

**Registrar:**

Data entry: ______

Verified by: ______

Amt: $______

Ca/Ck #: ______

**OLLI Winter 2014 Office Use Only**

Check here if your postal or email address has changed: 

Name: _________________________________________________________________

Last: ______  First: ______  MI: ______  Phone: ______  Birth Date: ______

Address: ______________________________________________________________

Street/PO Box: ______  City: ______  State: ______  ZIP: ______  E-mail address: ______

I don’t use email: ______

**College for Seniors (CFS) Course Registration**

- See back of sheet for important information.

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

- Go Green/Paperless – no longer receive a paper catalog.

### Priority

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**Total CFS Fees: Term fee plus course fees**

CFS Winter Term Fee $90.00 TOTAL CFS $________

**Total # of classes desired**: ______

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Bring or Mail to
OLLI, Reuter Center
UNC Asheville, CPO #5000
One University Heights
Asheville, NC 28804-8516
Cash or checks only, payable to OLLI:
Want to increase your strength and flexibility? Reduce stress? This six-week chair yoga course can be enjoyed by everyone, no matter the age or physical limitation. Each class is approximately one hour in length and includes both seated and standing postures. Variations of the movements will be suggested according to ability. Students will learn several stress reducing breathing techniques as well as hand and foot reflexology self care. Please wear comfortable clothing to class. **Due to topic popularity, participants may take only one yoga course per term.**

**Paula Hanke** (pshanke@aol.com) is the creator of *Chair Yoga for a Vital Life* DVD and holds a 500-hour national certification in Kripalu yoga teacher training. She created and conducted a *Chair Yoga for Seniors* program for the Office for the Aging in New York.

This course is for users of Apple, Inc. devices. Course content will be set by student identification of agonizing matters they want to ameliorate, as well as examples of the joy of using Apple devices. This course is geared to both the beginner as well as long-time users of Apple products. Participants may bring their Apple devices to the course if desired, but it is not necessary.

Since 1987, **Larry Fincher** (larryfincher@mac.com) has used numerous Apple hardware and software products. He is a frequent presenter at the OLLI Apple Special Interest Group and has taught numerous courses at the College for Seniors.

This course will address the complex issues facing elders and caregivers. Specifically, the course will cover long-term care insurance, investment strategies to pay for long term care, and government benefits to pay for long-term care (Medicare, Medicaid, and Veterans Administration Pensions). We will also discuss the role of the geriatric/private care manager, memory care tips, and how to recognize and assist with adult abuse, neglect, and exploitation, including scams.

**Andrew D. Atherton** (ada@psrmlaw.com) practices elder law with Patla, Straus, Robinson, and Moore, PA. Mr. Atherton is licensed to practice law in Kentucky and North Carolina. He is the 2012-2013 chair of the North Carolina Bar Association, elder law section.

This course is an introduction to English folk dance. In addition to traditional English “barn dances,” we will learn seventeenth and eighteenth century historical dances (from the Jane Austen era). To enjoy this class you should be able to walk at a brisk pace and have the stamina for a two-hour dance class. You do not have to register with a partner.

**Bob Thompson** (juiceofbarley@hotmail.com) has been dancing and teaching English and American folk dance for over thirty years. He has worked with dance groups and community groups in Asheville and throughout the southeast.

We will examine the basis and evolution of science, with historical examples. With this grasp, we will look at science gone wrong, with examples. We will stress the biological and medical sciences, and using global climate change as a case study, examine where science communication helped and failed us. We will then survey fun science, based on experiences of the instructor and the participants.

**Hermann Gucinski** (hermann66@earthlink.net), now retired, has studied physical oceanography, estuarine science, surface science of porpoise skin, effects of ozone depletion, and the effects of climate change. He holds a PhD in biophysics.
Learn to Knit
CRN # 10026
6 weeks: Jan. 14, 21, 28, Feb. 4, 11, 18
Tuesdays, 9-11 am
Participants will learn basic knitting skills that will culminate in a simple project. These skills include knit, purl, cast on, cast off, increase, decrease, and how to follow basic pattern instructions. Participants will be shown examples of more complex projects that can be completed after much practice with these skills, and will be shown how varying yarn weights and needle sizes can produce creative and beautiful items. Those with knitting experience are asked not to register for this course, because they tend to ask more advanced questions which can intimidate the true beginner. The instructor will provide a materials list.

Barb Stein (barb@mbstein.net) is also a retired high school mathematics teacher. Currently, she assists students in the UNC Asheville mathematics laboratory and has learned to be very patient.

Quilted Patchwork Sweatshirt
CRN # 10027
4 weeks: Jan. 14, 21, 28, Feb. 4
Tuesdays, 9-11 am
Create your own colorful patchwork sweatshirt jacket. Sewing experience is necessary. We will do machine quilting, mitering, and button loops. This course will teach you a great way to use up remnants. Bring your own sewing machine (it must have a zig-zag stitch) and supplies. **Materials fee: $20-$40 depending on fabric and sweatshirt selections.** Please call the instructor (828-645-3921) before purchasing supplies.

Sheila Murphy (murphysh@frontier.com) taught high school and university extension classes, and worked for Stretch and Sew and the Singer Sewing Machine Company.

The Supreme Court
CRN # 10028
6 weeks: Jan. 14, 21, 28, Feb. 4, 11, 18
Tuesdays, 9-11 am
In this course we will explore the Supreme Court through its chief justices from Justice John Marshall, whose opinions propelled the Court into a position of prominence in the shape of the federal government, through issues of slavery and civil rights viewed through the eyes and minds of Justices Roger Taney and Melville Fuller, with a recognition of the power of dissents throughout the years of Justice John Harlan. The stirring opinion of Justice Hugo Black in Brown v. Board of Education must be a part of this discussion. Also explored will be the intellectual contributions of Justices Felix Frankfurter and Lewis Brandeis and the power of the language of Justice Oliver Wendell Holmes. It will be impossible to avoid a few remarks about the shenanigans of one of the longest serving justices, William O. Douglas. After examining the court justices in the FDR era and their influence on the decisions that had an impact on the economic development of the country, time will be spent recognizing the influence of Justice Earl Warren on the changing philosophy of the Court. The changing directions of the Court influenced by the legal attitudes of Justice William Rehnquist and his successors will be explored, concluding with a reflection on the possible future direction of the Court.

Carl Peterson (cpeterson162@charter.net) graduated from Drake University and Drake University Law School in 1957. He served as special assistant attorney general for Iowa for three years. He was a prosecuting attorney for four years, and in private law practice for twenty-five years. He served as a trial judge for seventeen years and was assigned as a senior judge to the Iowa Court of Appeals for three years. A former president of the Iowa Judges Association, he has been an adjunct instructor at Buena Vista University, AB Tech, and South College. He is the author of the publication, *Prettrial Motion Practice in Iowa.*

Three Building Blocks for Writing Fiction
CRN # 10029
4 weeks: Jan. 28, Feb. 4, 11, 18
(note late start date)
Tuesdays, 9-11 am
How do writers begin stories? Create engaging details? Make their characters come alive? Of the many building blocks in writing good fiction, we’ll explore three: getting started, showing and telling, and characterization. Participants will complete exercises in and out of class, discuss writing theory and procedure, and share their writing experience. This course will focus on process as opposed to product; it will not include a writers’ workshop. **Required text:** *Writing Fiction: A Guide to Narrative Craft* (7th edition) Janet Burroway and Elizabeth and Ned Stuckey-French, ISBN: 0-321-27736-8. Price: $5-15 (used)

John Himmelheber (jxhimmelheber@gmail.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.
Living with Hearing Loss
CRN # 10033
4 weeks: Jan. 14, 21, 28, Feb. 4
Tuesdays, 11:30 am -1:30 pm
How did we discover our own or a loved one’s hearing loss? What solutions have we attempted? We’ll share experiences and ideas for recognizing hearing loss and coping with it, and we’ll address tinnitus. We’ll look at current technologies for hearing aids, cochlear implants, phones, and assistive listening, as well as training in speech-reading (lip-reading) and better listening. Much of our focus will be on coping with everyday life inside and outside the home. We’ll look at ways we can help ourselves and enlist the assistance we may need. This is a learning circle—a small facilitated dialogue group whose members share thoughts and experiences on the course topic. In order to develop trust for mutual learning, members commit to attend each session, actively participate, and maintain confidentiality. 

Ann Karson (akarson57@gmail.com) has lived with hearing loss for many years. For a long time, her husband was the one with the loss. Now she has hearing loss herself. Ann has a background in clinical social work. She facilitated learning circles on this topic at the College for Seniors in 2012.

Science and Technology In-depth Lectures
CRN # 10034
4 weeks: Jan. 28, Feb. 4, 11, 18
(note late start date)
This is the twelfth annual Science and Technology In-depth Lectures series. The lectures to be covered are “The Science in Psychology,” “Terrestrial and Solar Magnetism,” “Experiencing Taste: Sugar, Spice and Not So Nice,” and “Triton, the Misfit Moon.”

Course coordinator Howard Jaslow (inoovalg@aol.com) is a retired engineer who has conducted this course for the last eleven winter sessions. Instructors include Rusty Bryant (rbyant1122@gmail.com), Mark Whipple (mark.whipple77@gmail.com), Bill Hatt (bill.hatt@gmail.com), and Bill Roskind (wlrwlr@att.net).
# Move Your Body

**CRN # 10035**  
6 weeks: Jan. 14, 21, 28,  
Feb. 4, 11, 18  
Tuesdays, 2-3:30 pm

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, power, creativity, and the healing experience of music. All body types and energy levels are celebrated. No dance experience is required.

**Cynthia Greenfield** (cgreenfield1001@aol.com) is a certified Move Your Body, JourneyDance and Kripalu Dancekinetics instructor. She has extensive experience in the areas of yoga, meditation, and breathing techniques. She is a retired guidance counselor.

# Qigong for Health and Wellbeing

**CRN # 10036**  
6 weeks: Jan. 14, 21, 28,  
Feb. 4, 11, 18  
Tuesdays, 2-3:30 pm  
**Location: 351 Sherrill Center**

Learn and practice twenty-six posture therapeutic qigong and shibashi, an eighteen-posture qigong form. Benefits of both of these forms include improved health, increased energy, agility, and flexibility. Techniques learned will also help to loosen and strengthen joints and muscles, as well as rejuvenate the body, mind, and spirit. We will practice in comfortable clothes accompanied by music especially for t’ai chi. Both forms – especially the shibashi – can be done seated. Experience relaxed euphoric feelings while being physically stimulated.

**Elizabeth Ridley** (lizridley@hotmail.com) has taught senior exercise and t’ai chi for twenty years. She has trained in the twenty-four form with Sifus Mark Small and Bob Feerer and Master Wen-Ching Wu. This will be Sifu Liz’s second year teaching at the College for Seniors.

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# Dante’s Inferno: Exploring Humanity

**CRN # 10037**  
6 weeks: Jan. 14, 21, 28,  
Feb. 4, 11, 18  
Tuesdays, 2-4 pm

Dante’s *Commedia* became famous soon after it was first circulated; the most popular part has always been the first, the *Inferno*, the pilgrim Dante’s descent, with the assistance and guidance of Vergil, to the center of the earth and the figures of Lucifer, Brutus, and Cassius. The moral organization of hell is remarkably human, even humane in some respects. The tales of the souls confined there have become world famous—Paolo and Francesca and the last journey of Ulysses, to mention just two. **Required text:** Dante’s *The Inferno*, any good modern translation.

**Mario DiCesare** (dicesare1@mindspring.com) is a retired distinguished professor of literature from the State University of New York. He has taught courses at the College for Seniors every term since 1998. His particular interests include Homer, Dante, Shakespeare, Milton, George Herbert, James Joyce, poetry, and fiction.

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# Facebook 101

**CRN # 10094**  
6 weeks: Jan. 14, 21, 28,  
Feb. 4, 11, 18  
Tuesdays, 2-4 pm

Facebook 101 is a hands-on course where students will set up and learn how to use their own Facebook account. We will cover what Facebook is and how it works, privacy and security issues, how to connect with (and discreetly filter out) friends and groups, how to upload and manage photos, chat, navigate pages, and much more. To participate in this course, students must have an email account that they can access in the classroom and have basic computer skills such as keyboarding and familiarity with Internet browsing.

**Cynthia Gallinger** (Cynthia.gallinger@gmail.com) recently earned a master’s degree from Western Carolina University in English with a concentration in technical writing. While there, she completed an internship in the Coulter Faculty Commons, providing software and technical support to faculty and staff. She now volunteers at the Jackson County Library presenting classes and offering tutoring services in adult computer literacy.

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# The Fork and the Mad Bishop: Two Geniuses of Nineteenth Century Copenhagen

**CRN # 10039**  
6 weeks: Jan. 14, 21, 28,  
Feb. 4, 11, 18  
Tuesdays, 2-4 pm

Kierkegaard’s sharp tongue earned the Danish Christian existentialist the nickname *Gaflen*, “The Fork.” His contemporary, Bishop N.F.S. Grundtvig, suffered bouts of insanity. Unappreciated in his homeland, Kierkegaard became a world-renowned philosopher, theologian, and social critic. Grundtvig, little known outside Denmark, transformed the church and Danish society. The course will include short, online accessible readings, portions of a film, and a live lecture from Denmark. Join us as we stroll the cobbled streets of Copenhagen to meet these two contending minds. Hans Christian Andersen may be coming around the corner.

**Ron Manheimer** (ronaldmanheimer@gmail.com) is the author of *Kierkegaard As Educator* and lived and taught in Denmark in the 1970s. Ron holds a PhD in the history of consciousness (philosophy) from the University of California, Santa Cruz.
Ron Manheimer (ronaldmanheimer@gmail.com) is the author of *Kierkegaard As Fork.* His contemporary, Bishop N.F.S. Grundtvig, suffered bouts of insanity. Unappreciated Kierkegaard’s sharp tongue earned the Danish Christian existentialist the nickname, “The Gaflen Milton, George Herbert, James Joyce, poetry, and fiction.

We’ll begin by looking at various voting methods – plurality, weighted ballots, instant runoff – and arrive at the disconcerting conclusion that none of them is perfect. We will then consider various apportionment schemes, comparing the advantages and disadvantages of each. We will end with a look at the twin evils of American politics, gerrymandering, and the electoral college. No mathematics beyond elementary arithmetic is required for this course.

Dave Bates (davebates95@yahoo.com) has a master’s degree in mathematics from Ohio State University and for many years taught mathematics and computer science at the college level. He currently works as a musician.

This course will be taught using non-traditional materials combined with watercolor or acrylics to create new abstract or less representational pieces. Participants will choose their own inspirations for a piece after the instructor gives a demonstration. This is NOT your mother’s watercolor class! **Materials fee:** $50. Please contact the instructor for a materials list.

On the Sidewalks of New York

CRN # 10042
4 weeks: Jan. 14, 21, 28, Feb. 4
Tuesdays, 2-4:30 pm

“East Side, West Side, All Around the Town…” The sidewalks of New York City have often been a favorite location site for filmmakers. We will view four classic movies by four different directors where the streets of New York City are as important to the success of the film as the story and stars. Films to be shown include *On the Town, Breakfast at Tiffany’s, Barefoot in the Park,* and *Manhattan.*

Barbara Jaslow (barbjas@aol.com), a native New Yorker, jumped, hopped, and skipped on the sidewalks of New York and enjoys reminiscing about her youth when viewing these classic films.

This course is a highly participatory, experimental acting class for twelve Shakespearean devotees interested in studying and acting out some of the many familiar monologues and short scenes from *Hamlet* and *Macbeth* to *The Tempest* and *A Midsummer Night’s Dream.*

Bring your favorite characters from Shakespeare’s plays to *Acting Shakespeare 101;* the course will be structured around participants’ preferences. Participants will be responsible for individual photocopying of particular speeches/ scenes. **Required text:** Please bring your own Shakespeare anthology to class.

Nels Arnold (pikwik@bellsouth.net) received a BS from the School of Speech at Northwestern University. She also studied at the Royal Academy of Dramatic Art in London. She has performed in community theaters in Atlanta and Asheville, with the Autumn Players, and in a one-woman piece, *Going Giddily.* She has co-facilitated acting courses at the College for Seniors since 2007.

In this course we will examine Maya culture and history from around 1000 BC to the present. We will learn of the Maya calendar and hieroglyphs, of relations with neighbors, of mythology, art, and iconography, of the great cities and royal courts, and of everyday life. We will follow the Spanish Conquest of the early 1500s and end with the cultures of the six million modern Maya living in the highlands and lowlands of the Yucatan peninsula.

George Stuart (maya84@mac.com) has spent his life studying all aspects of Maya culture, including forty years as staff archaeologist for the National Geographic Society. Now president of the Boundary End Archaeology Research Center, he edits two journals on Maya art and archaeology.

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### Bloomers and Suffragists: The Early Struggle for Woman's Rights

CRN # 10045  
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19  
Wednesdays, 9-11 am

Two hundred years ago, pioneering American women led their sisters from a position of legal and educational powerlessness to new opportunity, ultimately achieving the right to vote. We’ll meet many of that struggle’s leaders, including Lucretia Mott, Amelia Bloomer, Elizabeth Cady Stanton, Susan B. Anthony, Lucy Stone, Sojourner Truth, and Jane Addams, and we’ll see how their accomplishments made possible the twentieth century’s women’s movement. Guest lecturers will include Paula Withrow and Renée Melchiorre.

**Melinda Stuart** (mystuart@mac.com) was a curator of American history in California, Michigan, and Washington, DC. In 1972, she organized a major exhibit on women’s history and women’s dress at the Oakland Museum of California. Melinda holds an MA in American studies and has taught at the University of California and George Washington University.

### Documenting Your World

CRN # 10046  
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19  
Wednesdays, 9-11 am

Documentary photography is generally classified as photo-journalism that involves theme-oriented photographs plus supportive text. This class approaches “documenting” as personal story-telling around topics meaningful to the student. We will cover photography basics (especially composition) and explore “expository” writing. Field trips are likely. Class size is small to encourage sharing of ideas and work produced. Any type of camera is acceptable. **Materials fee:** Cost will vary depending on purchase of possible presentation materials (poster boards, cost to print photographs, e.g.).

**Jacquelyn Schechter** (jjschech@earthlink.net), PhD, wears at least two overlapping professional hats: photographer and psychologist. She completed the documentary program at the Center for Documentary Studies at Duke University in 2002 and began teaching College for Seniors classes in 2010.

### The Heart and Mind of Dementia

CRN # 10047  
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19  
Wednesdays, 9-11 am

*The Heart and Mind of Dementia* will draw upon the wisdom of those who are living with a diagnosis of dementia, their caregivers and friends, to explore what dementia is, what it means in our culture where the gifts of cognition mean so much, how it makes us feel, and how we might change our fear into friendship for those walking that journey. This will not be a data-driven class but one that looks beyond the diagnosis of a brain disease to the heart and mind of living with dementia to see how it might inform how we can become a more understanding and engaged community. This course will be in a participatory lecture format (participation and questions generally welcomed throughout the course).

**Jane Sherman** (janeshermanllc@mac.com) facilitates the early memory loss collaborative support groups for those with a diagnosis of dementia in Asheville. She was the major gifts officer at the Taub Institute for Research on Alzheimer’s Disease at Columbia University Medical Center in New York City and ran a long-term assisted living residence for those with dementia. She launched six memory cafés in Western North Carolina and initiated The Sacred Journey of Dementia conference in April 2013.

### Intermediate Bridge

CRN # 10048  
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19  
Wednesdays, 9-11 am

If you loved *Beginning Bridge* so much that you’d like to continue playing or if bridge has been your game for a while, here’s the perfect opportunity to upgrade your skills. The class uses the point count method with upgrades—known as Standard American by current bridge professionals. Each session will feature a lecture and discussion of the assigned topic, followed by play of the appropriate hands. **Required text:** *Intermediate Bridge Five-Card Majors Revised*, Shirley Silverman, ISBN: 093946067X. Card: *Contract Bridge Point Count Bidding Guide*. Cost: $8 for both, to be paid to the instructors at the first class.

**Bob Evans** (mickeybob2@aol.com) earned his PhD in education. He has taught bridge classes for over thirty years, and has played socially for over fifty years. **Marilyn Evans** (mickeybob2@aol.com) taught in the office administration and information technologies departments at Cuyahoga Community College in Cleveland, Ohio, for thirty years, as well as computer courses in the College for Seniors. The Evanses have been teaching bridge courses at the College for Seniors since 2001.
Genealogy Research for Western Europe
CRN # 10051
4 weeks: Jan. 15, 22, 29, Feb. 5
Wednesdays, 11:30 am-1:30 pm

In order to locate ancestors in Western Europe (Britain, Ireland, Scandinavia, France, Italy, and German-speaking nations), we will learn about the impact of the Reformation, boundary changes, and the Napoleonic Code on record keeping from around 1500. We will explore surname distribution and migration patterns within Europe and to America. Other important topics include how to do research in these countries, cultural and linguistic considerations, deciphering European handwriting, and major resources for research. We will also address the question of who is likely to have left records and what they were. This course will be in a participatory lecture format (participation and questions generally welcomed throughout the course). **Recommended text:** *Successful Aging*, John W. Rowe and Robert L. Kahn, ISBN: 0-440-50863-0. Cost: $12.95

A marriage and family therapist, **Earl Thompson** (jetmlm@gmail.com) taught the psychology of relationships, family studies, bereavement studies, and counseling at Andover Newton Theological School for thirty-six years. He has continued to teach online courses since retirement. He has also taught many courses at the College for Seniors.

Intermediate Mah Jongg
CRN # 10052
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19
Wednesdays, 11:30 am-1:30 pm

Most people who play Mah Jongg lean toward certain hands of play, thus limiting their options of achieving Mah Jongg. This class is for participants to broaden their horizons and open up new avenues for other hands to play. Selection of more diverse hands to play will become easier, leading to more competitive play and more fun playing the game. Please note that this is **NOT** a course for beginners. **Materials fee:** $10 for purchase of the rulebook, to be paid to the instructors at the first class.

**Rosemary Walton** (rh68@bellsouth.net) has been playing Mah Jongg for forty-five years and has taught the Wright Patterson rules for sixteen years. **Kenn Haring** (kennharing@charter.net) has been playing for five years and instructing for three years.
In this introductory course we will examine the physical, chemical, geological, and biological aspects of the ocean. First, we will discuss early ocean exploration and describe the ocean basins. We will then investigate the properties of sea water, ocean circulation, waves, and tsunamis. An important component of the course will be a discussion of the impact of climate change on the oceans, including sea level rise and El Niño. We will also study the geology of the ocean, including sea-floor spreading and continental drift. Finally, marine biology will be examined. No advanced mathematical or scientific skills are required for the course.

Richard Reynolds (richard.william.reynolds@gmail.com) received his PhD in physical oceanography from the University of Hawaii in 1975. He did a postdoctorate at the Max Planck Institute for Meteorology in Germany and worked for the National Oceanic and Atmospheric Administration for twenty-nine years. He has published over seventy-five peer-reviewed scientific papers and has given many national and international presentations.

This course is designed to inspire participants to make better, more meaningful photographs of what is familiar, neglected, or even over-looked. In weekly lectures, class assignments, and critiques, participants will learn methods and techniques to make better pictures of what is right in front of them. Participants will need to bring their cameras to class.

Michael Carlebach (michael.carlebach@gmail.com) received his PhD from Brown University in 1998 in American studies. He has published and exhibited photographs for over four decades. He is professor emeritus at the University of Miami and the author of five books on the history of American photography and one monograph, Sunny Land: Pictures from Paradise. For more information see: michaelcarlebach.com.

Using lecture, class discussion, and visual aids, course participants will learn some of the basics of basketball that apply to all levels of the game. Whether you’re new to the sport or wish to brush up on the rules and regulations of the game, come join us as we make our way around the court.

Chuck Schultz (chuck.schultz1@gmail.com) played and coached high school and college basketball for more years than he would like to remember.

Does fiction originate in imagination, in reality, or a combination of the two? Explore making your fiction leap off the page and live in this lively four-week course. Students who have “words (yes, words) in progress” should bring their writing to class.

Cynthia Drew (seedee@charternet) is the author of two best-selling novels and an award-winning children’s book. Her short stories have appeared in numerous literary journals and magazines.

This course will look at the settlement of the African-American community in Asheville through slavery, segregation, and desegregation, exploring historic economic, educational, and health disparities between blacks and whites. Using documented historical events and oral histories, we will explore contemporary issues that continue to maintain the division. Recommended text: Race Matters, Cornel West, ISBN: 0-8070-0918-0. Cost: $11.51 (new); $3.77 (used).

Carol Rogoff Hallstrom (crhesq@gmail.com), a graduate of the Boston University School of Law, has been actively involved in civil rights matters since the 1960s, first as a staff member of the Student Non-Violent Coordinating Committee (SNCC). She has practiced as a public interest attorney and served as the executive of and volunteer with national and regional civil rights and human relations organizations since her admission to the bar in 1973. She retired from the Department of Homeland Security and remains active with inter-racial and inter-faith initiatives in Asheville. Darin Waters (dwaters@unca.edu) received his PhD from the University of North Carolina at Chapel Hill. His dissertation, Life Beneath the Veneer, focuses on the post-emancipation experiences of African Americans in the Appalachian mountains of North Carolina. As an accomplished researcher, writer, and speaker, he has the unique ability to inspire and engage audiences on the importance of history in our lives.
Awakening Into Your Deepest Self: A Meditation on the Purpose of Being Human
CRN # 10058
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19
Wednesdays, 2-4 pm

This course will be built around original writings by the instructor from his long-standing consciousness column in Asheville’s Rapid River Magazine and videos of remarkable consciousness teachers of worldwide stature. Through meditation instruction, practice, and discussion, we will explore the true purpose of meditation as a vehicle of human evolution into full realization of conscious living.

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 has taught meditation and consciousness at UNC Asheville, in public forums, and with a private clientele. He writes a consciousness column for Rapid River Magazine.

Building a Life That Matters: Starting A New Day
CRN # 10059
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19
Wednesdays, 2-4 pm

Inspired by the uniquely human characteristic of choice and the philosophy that each of us contains within us a “teacher,” this course will expose participants to methods of discovering their authentic lives and fostering the development of peak experiences with which to live it fully. Our inner voice or “teacher” is a connection to a source of knowledge that resonates with our purpose and invites and inspires us to act, even if we don’t know how. Using the works of local authors, this course explores the possibilities of building and living a life that matters regardless of our age. This course is in a participatory lecture format (participation and questions generally welcomed throughout the course). Recommended text: Callings: Finding and Following an Authentic Life, Gregg Levoy, ISBN: 0-60980370-0. Cost: $10.52. Take It From The Top: What To Do With a Peak Experience, Edward M. O’Keefe, ISBN: 10-0615665586 or ISBN: 13:9780615665580. Cost: from $9.98 (used).

After managing people and processes for more than thirty years in four of the largest corporations in America, Bruce Noll (bruce.noll@yahoo.com) heard the call to transform his experience solving problems and interacting with people into a new avocation and practice. Using his imagination, collaborative spirit, and innate ability to encourage change, Bruce helps people discover a wider array of possibilities for living a life that matters, and coaches them to actions that manifest new opportunities.

Gentle Yoga
CRN # 10060
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19
Wednesdays, 2-4 pm

Gentle Yoga is for those who are interested in beginning or continuing a yoga practice. We will focus on comfort, breath, flexibility, balance, and strength, as well as meditation practice and body-mind awareness. Please bring a yoga mat, yoga blanket or towel, and a yoga strap or old necktie to class. Due to topic popularity, participants may take only one yoga course per term.

Fran Ross (franjii@charter.net) is a registered yoga instructor, and has taught at the College for Seniors for the past five years. Her philosophy of yoga? Be kind to yourself, find your edge, and explore the possible. She is certified in Kripalu yoga as well as Anusara yoga, and has a PhD in expressive arts in therapy, teaching, and social action.

Moth Storytelling: Chapter Two
CRN # 10061
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19
Wednesdays, 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 (without notes). This six-week course will begin with a first class incorporating 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 three classes will be taken up with class members voluntarily delivering their own true stories to other members of the workshop. This course is an exercise in learning, sharing, and hoist-the-anchor self-discovery.

Jay Fields (jay.fields@att.net) is a writer/artist/creative director with thirty-five years’ experience and 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 the Biltmore Estate, and later for the University of Tennessee. He has been a guest lecturer on writing and creative problem-solving at Appalachian State University and UNC Asheville.

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Nathaniel Hawthorne is one of the first and most original of all American writers of short stories. Some of his stories look back to the history of Puritan New England, and some anticipate modern narrative techniques. Witchcraft, dreams, enchantment, separation from life, and diabolic possession may all be found in his tales. We’ll read and discuss some of his best—marvels of economy, imaginative richness, psychological depth, and moral and aesthetic subtlety. **Required text:** *Young Goodman Brown and Other Tales*, Nathaniel Hawthorne, ISBN: 0192836005 ($7.99) or ISBN:019955515X ($9.63).

**Doug Cooper** (cdoug38@gmail.com) 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 since 2003.

In 1967, sex and violence roared back into Hollywood when *Bonnie and Clyde* blasted what was left of the Motion Picture Production Code. But between 1930 and the Code’s strict enforcement in 1934, Hollywood made adult films, frankly sexual and brutally violent, that served as incubators for some of the biggest stars, writers, and directors of the next few decades. We’ll look at the political and cultural context that spawned the pre-Code era and also at the Code itself. And we’ll screen a range of pre-Code films like *Scarface* (1932), *The Bitter Tea of General Yen* (1933), and *Cleopatra* (1934).

**Lesley Gaspar** (lgaspar@me.com) spent thirty-eight years in New York City—a movie lover’s paradise—where she was afforded countless opportunities to watch, read about, and think way too much about films and film history. She has worked at a number of publications, including *O, The Oprah Magazine*, *Variety*, *Time*, and *Entertainment Weekly*.

Yin yoga is often called “the quiet practice.” Yin consists of poses specially designed to stretch the connective tissue that binds joints to bone. As we age, connective tissue “shrinks,” often restricting range of motion and creating stiffness in the large joints of the body. Holding these poses for longer periods of time can gradually stretch our connective tissue, making us feel more flexible. Breathing exercises will also be taught and practiced. All levels are welcome; no experience with yin yoga is necessary. Students should be able to get down to the floor and up again without assistance. **Please bring a yoga mat to class. Due to topic popularity, participants may take only one yoga course per term.**

**Susan Kaagan** (skaagan@gmail.cm) believes deeply in the transformational power of yoga and loves sharing its gifts with her students. She is a registered yoga teacher, nationally certified with The Yoga Alliance. Her classes have a calming, centering effect, opening body and mind through the practice of breathing and well-designed asana (postures) sequences.

T’ai chi chih is a moving meditation, not a martial art or exercise program. The practice of nineteen slow movements and one pose brings healing, reduces stress, improves balance and flexibility, and can even lower blood pressure. Regular practice of t’ai chi chih brings a sense of clarity, centering, and joy. Each class begins with review and includes time for a brief meditation and sharing of the day’s practice. **Recommended text:** *T’ai Chi Chih: Joy Through Movement*, Justin Stone, ISBN: 1-882290-12-7, Third Edition. Cost: $15.95. **Due to topic popularity, participants may take only one t’ai chi course per term.**

**Steve Stevens** (stevens9757@bellsouth.net) is a retired public school teacher and newly accredited t’ai chi chih instructor. He took his first t’ai chi chih class at the College for Seniors three years ago and has been practicing t’ai chi chih—“Joy Through Movement”—ever since.
Thursdays 9-11 am

Art and History of Renaissance Italy: Florence, Rome and Siena
CRN # 10065
6 weeks: Jan. 16, 23, 30, Feb. 6, 13, 20
Thursdays, 9-11 am

In this course we will focus on the thirteenth through the eighteenth centuries in Florence, Siena and Rome. The course will include information about the architecture, art, politics, and cultural developments in these cities. The course is designed for those who love Italian art, history, and culture. Presented in very informal style, the instructor’s extensive experience with the arts in Italy adds unique perspective to a very enjoyable and informative course.

Mark Smith (mgordonsmith@hotmail.com) has traveled across all of Italy for over forty years. In addition to authoring two books about Italy, he has lead over forty-three small groups in explorations of the country. He has studied at the Accademia delle Belle Arti in Florence and has studied the history of Renaissance Italian art.

The Food We Eat: Sustainability and Ethics in Agriculture
CRN # 10067
6 weeks: Jan. 16, 23, 30, Feb. 6, 13, 20
Thursdays, 9-11 am

In this course we will examine the economic, environmental, social, and ethical dimensions of agriculture as it is currently practiced in the United States. We will address the questions: “What difference does it make what I eat?” “Why should I care?” “What can I do about these issues?” Each class session will include sharing of pertinent information by the instructor regarding the weekly topic, suggested readings, and discussion of new, confusing, and/or controversial ideas. The instructor will provide relevant articles to class participants accessible via an e-mail link or posted on the course webpage. It is necessary to have access to a computer to fully benefit from the content of the course.

Patricia Grace (pegrace@vt.edu) received her master of agriculture degree from the University of Florida in 1997 and her PhD in agricultural education from Virginia Tech University in 2011. Her areas of expertise include sustainable agriculture, agricultural ethics, sustainable living, and facilitating social change.

The History of Lighthouses (Bon Fires to Satellites)
CRN # 10068
6 weeks: Jan. 16, 23, 30, Feb. 6, 13, 20
Thursdays, 9-11 am

This course will be an overview of lighthouses of the world, as well a history of United States lighthouses. We will look at the lighthouse keeper’s life, the architecture and technical aspects of lighthouses such as lens and fog signals, and lighthouse administration. We will also examine the creative re-use of light stations, lightships, and minor aids to navigation, all told with humor, music, and visuals.

Wayne Wheeler (wswheeler3@yahoo.com) is a retired Coast Guard officer and president and founder of the United States Lighthouse Society.

“What Did You Mean by That?”: Communicating Better
CRN # 10069
6 weeks: Jan. 16, 23, 30, Feb. 6, 13, 20
Thursdays, 9-11 am

Refining our ability to communicate authentically and effectively with each other when inevitably human interaction is for the most part pure “improv”: this is the ground we will till. This course explores some of the reasons “we can’t just all get along” and uncovers in response many of the facets of effective communication. Methods employed include role play, experiential activities, and reflective discussions. Those who take the course will hopefully be both brave and playful. This course will be in a discussion format with whole and small group interaction facilitated by the instructor.

Steve Kaagan (skaagan@msu.edu) has held leadership positions, taught organizational development at a major university, and consulted widely in both public and private sectors on a variety of concerns, including effective communication.
Women in Transition
CRN # 10070
5 weeks: Jan. 16, 23, 30, Feb. 6, 13
Thursdays, 9-11 am

Life transitions involve separating ourselves from how life was before, being open to possibilities, and integrating new ways of living. As aging women, we are thrust into transitions through changes in our bodies, roles, residences, and relationships with others and ourselves. In this course, we will reflect on our experiences, share our concerns, and reinforce our wisdom and strength for facing current challenges and opportunities. This course will be in a learning circle format (a confidential interactive small group learning experience guided by instructors with facilitation skills and content knowledge). Please enroll only if you intend to be present for each session, listen to peers, and contribute your thoughts.

Nancy Bragg (njbragg1@gmail.com) is an educator and life coach, who supports people in enhancing their lives. Her interests include yoga, Nia (dancing), and connecting with family and friends. She is transitioning from prioritizing other people’s lives to prioritizing her own life. Judith Young (jayoung10@gmail.com) is a mostly retired psychotherapist who had a private practice for over thirty-five years in New York City treating individuals and leading groups. In addition, she was the education director of a psychoanalytic institute, The Institute for Expressive Analysis. Her interests include socializing, oil painting, gardening, and keeping fit. She has worked in some form or another since age seventeen and is enjoying retirement immensely.

You Can’t Take It With You
CRN # 10072
4 weeks: Jan. 16, 23, 30, Feb. 6
Thursdays, 9-11 am

Is every closet in your house filled, but you’re not sure with what? Is there a door in your house you’re scared to open for fear of what you’ll find behind it? If you’ve been thinking of downsizing your “stuff” but are overwhelmed or don’t know where to start, then this class is for you. You’ll leave with the tools and motivation to start sorting through your belongings—keeping what’s meaningful and letting go of what’s no longer necessary. This course will be in a participatory lecture format (participation and questions generally welcomed throughout the course).

Rebecca Gallo (rebecca@clutterclearingcompanion.com) assists people who would like to scale down their belongings. She helps people determine which items have meaning to them and what to do with those items they no longer need or value.

Around the World in Eighty Days: The Women
CRN # 10073
4 weeks: Jan. 16, 23, 30, Feb. 6
Thursdays, 11:30 am-1:30 pm

Phileas Fogg may have been the first to circumnavigate the world in eighty days or less, but his tale was fiction. In 1889, two women—Nellie Bly and Elizabeth Bisland—going in opposite directions—race each other around the world. They also intended to beat Fogg’s time. This four-week lecture format course with visuals will take the trip with each woman, moving back and forth over their routes. We will also cover the era, their lives, and the long-term outcomes of their adventures.

Paula Withrow (pwithrow@aol.com) has an MA in history from Colorado State University and an enthusiasm for sharing little known historical facts as well as historical controversies. She enjoys teaching history, especially about the ancient past, medieval era, wild American west, and wild people (some tamer ones, too).

Beginning Spanish (Section 2)
CRN # 10074
6 weeks: Jan. 16, 23, 30, Feb. 6, 13, 20
Thursdays, 11:30 am-1:30 pm

This course is an introduction to Spanish with emphasis on oral proficiency (conversational speaking and listening comprehension), but instruction will also cover grammar, vocabulary, and reading comprehension. The course will be supplemented with CDs to further listening comprehension and correct pronunciation. Homework is expected. Required text: Spanish Now-Level 1, Ruth Silverstein, Seventh Edition, ISBN: 978-0764177743. Cost: $17.65 - $20.

Margarita McGuire (margaritamcguire@gmail.com) is from Quito, Ecuador, but has lived most of her life abroad, in Venezuela, Brazil, England, and Denmark. She is a certified public accountant who has worked for Texaco, Swiss Bank Corporation, and Inter American Development Bank. She has tutored students privately in Spanish.
Thursdays 11:30 am-1:30 pm continued

Environmental Economics and Policy
CRN # 10075
6 weeks: Jan. 16, 23, 30, Feb. 6, 13, 20
Thursdays, 11:30 am -1:30 pm

The environment, air pollution, water pollution, industrial waste, ground contamination, climate control, global warming. These terms have recently become politically charged with governmental policy changing with the political tide. In this course we will describe the nature of environmental issues from an economics perspective. We shall examine the range of governmental policies available to address these issues. We will also discuss how personal and business behavior can be modified through implementation of these policies.

A Kentucky native, Shirley Browning (scbrowning@bellsouth.net) received his BS and MS degrees from the University of Kentucky, and his PhD from the University of Connecticut. He taught a wide range of economics and humanities courses at UNC Asheville for forty-two years. Shirley is an active Rotarian, a Paul Harris Fellow, and a Paul Harris Society member. He also collects old Volvos.

Great Operatic Voices of the 1950s
CRN # 10076
6 weeks: Jan. 16, 23, 30, Feb. 6, 13, 20
Thursdays, 11:30 am -1:30 pm

In this course we will focus on the major opera stars of the 1950s, using excerpts from various operas from the instructor’s large collection of operatic CDs as well as operatic excerpts from YouTube.com. Comparisons and contrasts among various singers in similar roles will be presented, and participants will be asked to discuss their own impressions of various performances. In most cases, students will be provided with the texts of the music being heard. There will be an effort made to listen to some less familiar operatic music. Materials fee: $5, payable to the instructor at the first class.

Steve Kutay (skutay1@gmail.com) began attending the Metropolitan Opera in the 1950s and heard most of the great voices of that period. He has had a life-long love of opera and a desire to share this love with others. For several years he was a docent at the Santa Fe Opera in New Mexico and gave frequent lectures for the Opera Guild there.

Intriguing Topics in Mathematics
CRN # 10077
4 weeks: Jan. 16, 23, 30, Feb. 6
Thursdays, 11:30 am -1:30 pm

Through discussions, presentations, and activities we will investigate the following somewhat unresolved topics in mathematics:

- Mathematical Intuition—It’s not all it’s cracked up to be. But it is essential.
- Paradoxes—What is going on?
- Proof—What does a proof really do? Is a theorem true? What else is true?
- Science and Math—How are they related? Does math make science better?

Mathematical curiosity and mental playfulness are the only prerequisite for participants. Patience, attention and participation, however, are required, even essential.

Cyril Fefer (feferc@bellsouth.net) has taught logic, mathematics, and programming since 1948. He received a BA and an MA from the University of Illinois in mathematics in 1947 and an MA from Cornell University in philosophy in 1950. From 1950 to 1951, he was a statistician for the city of Chicago. In 1977, he moved to North Carolina and taught mathematics at the Asheville School for nineteen years.

Stained Glass Mosaics for Beginners
CRN # 10078
6 weeks: Jan. 16, 23, 30, Feb. 6, 13, 20
Thursdays, 11:30 am -1:30 pm

Using small stained glass tiles and common household products (all provided), the participant will learn how to convert almost any object into a brilliant mosaic piece. No prior art, drawing, or stained glass experience is necessary. Participants will complete three projects: one two-dimensional, one three-dimensional (objects provided), and something personal they wish to convert. A demonstration on simple glass cutting will also be provided. Flexible, rubber dishwashing gloves and old clothing are recommended. Materials fee: $40, payable to the instructor at the first class. All additional materials are included in the fee. Please contact the instructor for more information.

Bill Kort (monkomania@hotmail.com) has been working in stained glass for seventeen years. He has sold many of his pieces through New York galleries. His work is in the collections of President Jimmy Carter, His Holiness The Dalai Lama, Kelly Ripa, Sam Champion, Marc Consuelos, and many other cultural notables.
### The History of Buncombe County
**CRN # 10080**  
5 weeks: Jan. 16, 23, 30, Feb. 6, 13  
Thursdays, 2-4 pm

This survey course about Buncombe County begins with the Native American presence in the area and continues through the twentieth century. The course will include discussion of significant personalities, social and political trends, with emphasis on events leading up to the Great Depression, its impact in the area, and slow recovery.

An Asheville native and practicing attorney with Roberts & Stevens, PA, **Jack Stevens** (jstevens@roberts-stevens.com) is a 1952 graduate of Christ School in Arden, North Carolina. Jack received his AB degree in 1956 and his LLD degree in 1961 from UNC Chapel Hill, where he was Phi Beta Kappa. He served four terms in the North Carolina General Assembly.

### Improve Your Line Dancing
**CRN # 10081**  
6 weeks: Jan. 16, 23, 30, Feb. 6, 13, 20  
Thursdays, 2-4 pm  
**Location: 351 Sherrill Center**

Line dancing is a great activity to keep your mind and body sharp. This class is designed for the dancer who wants to improve her/his line dancing skills. Dance choreography in this course is a step above beginner dance choreography. Participants will learn line dances to various rhythms such as waltz, swing, tango, night-club, and two-step. Dances will be done to all genres of music.

**Denna Yockey** (denna.yockey@yahoo.com) teaches line dance at Givens Estates, Highland Farms Retirement Center, Harvest House Recreation Center, and AB Tech. She has taught line dancing for sixteen years and had her own dance club in Kansas for eight years. Denna hosts a monthly line dance party at the Asheville Ballroom and Dance Centre.

### Is Sustainability Still Possible?
**CRN # 10082**  
6 weeks: Jan. 16, 23, 30, Feb. 6, 13  
Thursdays, 2-4 pm

Based on the book *Is Sustainability Still Possible?* published by WorldWatch Institute, this course will focus on current issues related to sustainability and its obstacles, including topics of agriculture, water resources, energy, population, education, and climate change.  


**Leah Karpen** (lrkarpen@bellsouth.net) has taught courses on women’s issues and political concerns at the College for Seniors. She has master’s degrees in management and liberal arts. **Lenny Bernstein** (lennybernstein41@gmail.com) earned a PhD in chemical engineering from Purdue University in 1969. He worked in industry for forty years; the last twenty were devoted to climate change and sustainability.

### Living Well in Winter
**CRN # 10083**  
4 weeks: Jan. 16, 23, 30, Feb. 6  
Thursdays, 2-4 pm

In this multi-faceted class, we will explore the wisdom of Oriental medicine to restore and support energy naturally. Participants will learn to choose food items and spices according to their colors and tastes and learn how to best prepare them to help restore and balance internal organ systems. In this course, we will also learn about the winter element of water and the associated meridians of kidney and bladder and their acupuncture points. We will also enjoy simple qigong and other physical activities to enhance energy for the winter months.

**Su shen Huang** (myneedle47@hotmail.com) has, over the course of forty-plus years, integrated her passion for science, psychology, and spirituality into a holistic healing service. Her love of world travel and exploration of diverse cultures has enhanced her skills as an inspiring teacher and compassionate healer. She has a BA in psychology, an MA in counseling, and was a licensed acupuncturist. She also completed a three-year postgraduate degree in acupuncture and Oriental medicine.

### The Western Mind: An Archetypal Perspective
**CRN # 10084**  
6 weeks: Jan. 16, 23, 30, Feb. 6, 13, 20  
Thursdays, 2-4 pm

This course, inspired by the work of Richard Tarnas and the new field of archetypal cosmology, can be experienced on several levels. We will explore some key phases in the development of the Western mind—the ancient Greeks, Christianity, the scientific worldview, our postmodern era—with special focus on important figures. On another level, the course will show how these phases express deeper archetypal forces which correlate with certain planetary cycles. An important goal is an understanding of our present moment in history and our connections with it. Classes will consist of lecture, visual presentations, and discussion. **Recommended text:** *The Passion of the Western Mind,* Richard Tarnas, ISBN: 0-345-36809-6. Cost: from $.99 (used).

With a doctoral degree in history, **Grigsby Wotton** (grigsbyw@gmail.com) has taught at the University of South Carolina and recently for five years at a Chinese university. His interests include ideas in history and the underlying forces that have shaped them.
**Subscriptions 2-4:30 pm**

**Sexuality: A Movie and Discussion Course**
CRN # 10085  
6 weeks: Jan. 16, 23, 30,  
Feb. 6, 13, 20  
Thursdays, 2-4:30 pm

In this course, we will view documentary films where the subject matter is sexuality. We will view the film, then hold a discussion about the sexual topics covered in the film. Most films are less than an hour, giving us about one hour for the viewing and one hour for the discussion. **Please note:** Some films include nudity.

**Kelley J. Wolfe** (mountainsexology@bellsouth.net), PhD, has spent her entire career as a sexuality educator, practitioner, and advocate. Kelley’s passion is to make the world a more sex-positive place. She works towards this goal by consulting with individuals and couples, educating people of all ages about sexuality, and training professionals and parents. She is a highly sought after speaker and an authority on sexuality and aging.

**Sports History Stories from a Master Documentary Maker – Round III**
CRN # 10086  
6 weeks: Jan. 16, 23, 30,  
Feb. 6, 13, 20  
Thursdays, 2-4:30 pm

HBO and Ross Greenburg have been recognized for consistently superb sports documentaries, and we will watch one documentary, not previously shown in this course, each week, and then discuss it. These documentaries were originally aired between 1991 and 2012, and include baseball, horse-racing, football, tennis, the Olympics, and college basketball.

As an advertising sales manager for *Sports Illustrated*, **Larry Griswold** (si54guy@gmail.com) worked closely with HBO, the most frequent winner of Sports Emmy Awards, and Ross Greenburg, described as “one of television’s most successful guiding hands for documentaries.”

**Subscriptions 2-5 pm**

**Beginning Oil Painting with a Limited Palette**
CRN # 10087  
6 weeks: Jan. 16, 23, 30,  
Feb. 6, 13, 20  
Thursdays, 2-5 pm

The instructor in this course teaches students to translate what they “see” into an oil painting on canvas. Color value, composition, lighting, and accurate limited palette color mixing will be covered. This course will also cover different painting materials such as brushes, oil paint, mediums, and preparing painting surfaces. Participants will work from photographs and be introduced to the concept of *plein air* painting. This course is open to true beginners only. **Materials fee:** Approximately $100 for purchased supplies (the instructor will provide a materials list). Additional fee of $40, payable to the instructor at the first class (for materials furnished by the instructor).

**Nancy Nehls Nelson** (n3carolina@gmail.com) is a self-taught Weaverville artist who has painted using a limited palette for over fifteen years.

**Fridays 9-10:30 am**

**Short Stick T’ai Chi**
CRN # 10088  
6 weeks: Jan. 17, 24, 31,  
Feb. 7, 14, 21  
Fridays, 9-10:30 am  
**Location:** 351 Sherrill Center

Short stick t’ai chi is a form of twenty-eight movements in the Yang style which promotes balance, flexibility, and coordination. It can be practiced with walking sticks, canes, and even umbrellas. This practice helps to center the mind and improve focus and concentration. It has an element of self-defense which can be practiced by all. Some prior exposure to t’ai chi principles is desirable but not necessary. **Materials fee:** $3, for bamboo sticks, payable to the instructor at the first class. **Due to topic popularity, participants may take only one t’ai chi course per term.**

**Terry Call** (tfcall@gmail.com) has been studying and teaching t’ai chi for sixteen 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 an exercise and lifestyle for active seniors.
Yoga for the Second Fifty Years
CRN # 10089
6 weeks: Jan. 17, 24, 31, Feb. 7, 14, 21
Fridays, 9-10:30 am

Focusing on preparatory stretches and strengthening poses that build confidence, improve coordination, and develop a sense of inner peace, move at your own speed to learn more about yoga and about yourself. This class is designed for those with little or no experience with yoga and those resurrecting from patterns of inactivity or from injury. Please bring a yoga mat to class. Due to topic popularity, participants may only take one yoga course per term.

Chas Jansen (chas.jansen@mtsu.edu) earned a 1,000 hour yoga certification in 2002, and has taught older adults since 2005, drawing upon the alignments of lyengar methods and the adaptability of Viniyoga practices.

A Gem of Southern France
CRN # 10090
6 weeks: Jan. 17, 24, 31, Feb. 7, 14, 21
Fridays, 9-11 am

During this course we will reach beyond the stereotype of France and its capital of Paris to explore the landscape, culture, and heritage of the Drôme region in the Southeastern portion of France. We will briefly cover the geography and the evolution of the area over time, as well as its place in the history and economy of France. We will discover the secret beauty of the region, its people, their livelihood, and their stories.

Sylvie Delaunay (france26120@gmail.com) was born and raised in southern France. She has a BS in child, family, and community development. She has been a teacher for twenty-five years, including a teacher of French in elementary and high school. She has organized several trips to France for students and friends. Sylvie has a passion for sharing information and stories of her native land.

Improvisational Beading on Fabric
CRN # 10091
4 weeks: Jan. 17, 24, 31, Feb. 7
Fridays, 9-11 am

Participants will explore creativity with bead embroidery. In this basic course, members will prepare a sampler of basic bead embroidery stitches to use as a reference for future beadwork. A small project of encrusted beading will be created by everyone in the course. This course is for all skill levels; a knowledge of hand embroidery is helpful, but not necessary. Materials fee: $10, to be paid to the instructor at the first class.

Elaine Zinn (zinnbeads@yahoo.com) received her bachelor of science degree from Kansas State University and her master’s degree in education from the University of Hawaii. She has had various careers in the textile and clothing industries and has also worked as an arts education manager. An avid beader, she currently teaches clothing construction at AB Tech and is a sewing coach for private clients.

Long-Distance Hiking for Seniors
CRN # 10092
4 weeks: Jan. 17, 24, 31, Feb. 7
Fridays, 9-11 am

Can seniors do more than day hikes? What approaches make it feasible? What is long-distance hiking? What techniques make this not only possible, but fun and worthwhile? We will consider the joys of wilderness exploration and examine techniques of drastically reducing pack weight to make walking fun. The instructor will offer lectures, discussion, slides, and videos, and a careful look at gear.

Hermann Gucinski (hermann66@earthlink.net) is a retired scientist who loves long-distance hiking. He and his wife have section-hiked the entire Appalachian Trail, the Pacific Crest Trail, and have completed over 1,400 miles of the Continental Divide Trail.

Revisiting Your Retirement Plan: Finance and Health
CRN # 10093
4 weeks: Jan. 17, 24, 31, Feb. 7
Fridays, 9-11 am

In this course, participants will learn the basics of collecting information for a retirement plan, how to build a plan, and the role of Social Security, Medicare, and Medicare Supplement plans. We will also cover which assumptions should be part of a retirement plan and how to test them. The instructors will identify significant retirement risks and will dispel common financial retirement myths. Participants should have basic spreadsheet skills and basic investment knowledge.

Bob Rietz (dbactuary@hotmail.com) is a retired pension actuary who consulted with private pension plan sponsors for over thirty years. George Wagoner (gswagoner@gmail.com) has a similar background, but in health care consulting. They both have been frequent speakers at national actuarial meetings.
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. Millar 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. Zager 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.
Don’t use email? Please call us or visit the Center frequently to stay informed.