WINTER 2015 CLASSES & EVENTS
from the director

A couple of recent articles have drawn the attention of people who think and write about the impact of living in an aging society. Ezekiel Emanuel is director of the clinical bioethics department at the US National Institutes of Health and head of the department of medical ethics and health policy at the University of Pennsylvania; he has been an active opponent of legalized euthanasia and a proponent of universal health care. In a controversial article in the October 2014 issue of The Atlantic, Emanuel (who is now 53 years old) explains why he hopes to die at the age of 75 and why he objects to the American desire to prolong old age. Among other things he writes “By 75 creativity, originality, and productivity are pretty much gone for the vast, vast majority of us.” He acknowledges that there are vital and productive people who live over the age of 75 but suggests that they are “outliers.”

In October the New York Times ran an article by journalist and author Lewis Lapham titled “Old Masters” with the subtitle “After 80, some people don’t retire. They reign.” Lapham (who is 79 years old) includes brief interviews with extraordinary people over the age of 80 who testify to the importance of work to keep them active and vital. Singer Tony Bennett said that he keeps going at age 88 because “I still feel like I have an awful lot to learn, today and tomorrow and the next day and the next day.” Architect Frank Gehry (85) advises that to stay creative and “intuitive,” “You stay in your time. You don’t go backward. I think if you relate to the time you’re in, you keep your eyes and ears open, read the paper, see what’s going on, stay curious about everything, you will automatically be in your time.” Lapham includes a quotation from T.H. White’s The Once and Future King when Merlyn teaches the young prince Arthur that age indeed brings loss and disappointment and decline; in the face of all of that, he says “There is only one thing for it then—to learn. Learn why the world wags and what wags it. That is the only thing which the mind can never exhaust, never alienate, never be tortured by, never fear or distrust, and never dream of regretting.” Lapham himself concludes “the tree of knowledge and the fountain of youth are one and the same.”

Lapham and Emanuel both prompt us to think about the ways that we hope to live and to approach the challenges and opportunities of life’s second half. I feel grateful to be able to spend most of every day here at OLLI in the company of people who are creative, original, and productive. We are all committed to learning and to living in our times but seeing them with the eyes of experience. We have created a community where the tree of knowledge and the fountain of youth both have a home.

Dr. Emanuel and Mr. Lapham are welcome any time.

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 taught by members who have passion and professional expertise as well by UNC Asheville faculty and independent scholars in our area. Courses range from Shakespeare to iPads, political analysis to opera, yoga to mask making. 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 of the sessions in the nine-week program acquaints you with the area’s history, people, institutions, and challenges by providing opportunities to meet with community leaders, activists, and politicians. One of the main goals of the program is to open the door to civic engagement and volunteering for participants eager to bring a lifetime of experience to improve their community.
## Winter 2015 Events Calendar

### November
- **18**: Winter catalog mails and is available on-line
- **19**: Blue Ridge Orchestra Open Rehearsal, 7 pm
- **21**: Symphony Talk with Daniel Meyer, 3 pm
- **22**: Hillbilly Land Lecture, 2:30 pm
- **26-28**: OLLI office and Reuter Center closed for Thanksgiving
- **30**: Brevard Music Center Sunday Concert, 3 pm

### December
- **2**: Winter registration, 8 am
- **5**: Opera Talk, 3 pm
- **8**: Reuter Center Singers Holiday Concert, 7 pm
- **10**: f/32 Photography Group Meeting, 7 pm
- **16-19**: OLLI office and Reuter Center closed for Winter Break (through January 4)

### January
- **1-4**: OLLI office and Reuter Center office closed for Winter Break
- **9**: New Member Welcome, 10 am
- **11**: Carolinas Nature Photographers Association, 6 pm
- **12**: College for Seniors Winter 2015 classes begin
- **14**: f/32 Photography Group, 7 pm
- **16**: Fab Friday Lecture, 11:30 am
- **18**: Blue Ridge Orchestra Open Rehearsal, 7 pm
- **23**: New to Medicare Information Session, 2 pm
- **23**: Opera Talk, 3 pm
- **28**: Blue Ridge Orchestra Open Rehearsal, 7 pm

### February
- **1**: Brevard Music Center Sunday Concert, 3 pm
- **3**: World Affairs Council, 7:30 pm
- **4**: Blue Ridge Orchestra Open Rehearsal, 7 pm
- **5**: Montford Park Players, 2 pm
- **8**: Astronomy Club of Asheville, 7 pm
- **10**: Fab Friday Lecture, 11:30 am
- **11**: Carolinas Nature Photographers Association, 6 pm
- **14**: World Affairs Council, 7:30 pm
- **15**: f/32 Photography Group Meeting, 7 pm
- **18**: Blue Ridge Orchestra Open Rehearsal, 7 pm
- **20**: Fab Friday Lecture, 11:30 am
- **23**: Blue Ridge Orchestra Open Rehearsal, 7 pm

### March
- **1**: Autumn Players Readers Theatre, 2:30 pm
Your gateway to OLLI at UNC Asheville (OLLI) programs and events is annual membership. A fee of $60 covers the period of August 1 to July 31. Member benefits include:

- UNC Asheville parking pass
- UNC Asheville Photo ID (OneCard)
- UNC Asheville Library borrowing privileges
- Quarterly course catalogs
- OLLI at UNC Asheville weekly electronic newsletter
- Rental use of the Reuter Center for personal events after one year of membership

**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.

**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 OneCard 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 Friday, 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

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**registration—winter 2015 term**

**INITIATE or RENEW your Center membership (or proceed to next step if you are a 2014-15 member)**

- Complete membership form, p. 19 or 21
- Pay $60 membership fee and receive membership through July 31, 2015
- 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 December 2, 8 am**

**Note:** Registration forms will be processed in order of date received at the Reuter Center on or after December 2. Forms submitted during registration on December 2 will be processed before registrations mailed or received prior to December 2.

- 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. 12 for details

**RECEIVE registration confirmation to be sent, Monday, December 12, and again on Tuesday, January 5**

- Add/Drop begins Monday, December 15, 8 am, and continues through the second meeting of a course
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, 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; OLLI offers this program 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 Users**
2nd Fridays, 1:30-3:30 pm
Information: Paula Withrow, 350-8406, pvwithrow@aol.com or Bob Mellor, 253-5031, bob.mellor@charter.net

**Beer on Tap**
2nd Wednesdays, 4:30 pm
Information: Debra Benjamin, 650-0311, debrabenjamin100@gmail.com

**Bridge Buddies**
Tuesdays, 2-5 pm
Information: Gary Soldow, 505-0478, garysanta@charter.net

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

**Conversing in Spanish**
1st & 3rd Wednesdays, 4 pm
Information: Gracemarie Warren, grc022412@gmail.com

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

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

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

**Hooks and Needles**
1st & 3rd Mondays, 2-4 pm
Information: Barbara Stein, 505-0736, barb@mbstein.net

**Intermediate Bridge**
Fridays, 1-4 pm
Information: Ruth Hall 541-490-6460, ruth2458@gmail.com

**Making Art Together**
Fridays, 1-4 pm
Information: Diane Chambers, 271-4645, pdchambers@charter.net

**Men’s Wisdom Works**
Call or email for meeting times
Information: Chuck Fink, 513-2112, chuck@mwwasheville.com

**Poetry Lovers**
3rd Fridays, 1:30-3:30 pm
Information: Karen Depew, karen depew@outlook.com

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

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

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

**Wine Tasting**
2nd Sundays, 6 pm at a member’s home
Information: Ulana Mellor, 253-5031, Ulana.Mellor@charter.net

**Wine Tasting II**
3rd Sundays, 7 pm at a member’s home
Information: Kathleen Mainardi, 633-2119, kkmainardi@gmail.com

**Women’s Groups**
Call or email for meeting times
Information: Bobbie Bowen, 693-1523, ravery09@gmail.com

**A Writers’ Gathering**
2nd & 4th Thursdays, 4:15 pm
Information: John Himmelheber, johnhimmelheber@aol.com or Bobbie Rockwell, bobbiemayrockwell@gmail.com
special events—winter 2015

These events are open to the public and most are free. Call 828-251-6140 for additional details

Advance Care Planning Workshop
This advance care planning (ACP) workshop is offered by OLLI and is open to OLLI members and the general public. Held on Thursday, February 19, 3-5 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 and assistance will be provided for anyone wishing to complete a legally valid advance directive, including the notarization required in North Carolina, using the the North Carolina ACP “Short Form.”

Astronomy Club of Asheville
The Astronomy Club of Asheville meets the first Thursday of most months from 7-9 pm, with an interesting lineup of speakers and topics. Please note that there will be no meeting in January. OLLI members may attend the club meetings and star gazes; club members will be on hand to advise and assist 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 on the Astronomy Club of Asheville, visit their website at www.astroasheville.org
• February 5, 2015: “The Path to Mars: The Challenges Getting Humans to Mars”
• March 5, 2015: “NASA’s Mercury Messenger Mission”

Autumn Players Readers Theatre of the Asheville Community Theatre
The Autumn Players is a troupe of seasoned actors dedicated to taking the theatre experience into the community. Readings of great literature by experienced performers can spark deep understanding and kindle lasting interest. As words jump from the page with conviction and emotion, stories come to life. All performances in the Manheimer Room are open to the public. Performances begin at 2:30 pm, and tickets are $6 at the door.
• Sunday, March 1: Any Wednesday by Muriel Resnick, directed by Walter Goodrich. One reviewer describes the play as a “happy comedy with the giddy bubble of champagne.” The play presents a quartet of contentious characters: a wealthy businessman who cheats on his wife, his loyal wife who’s kept in the dark, the husband’s young mistress who longs to get married, and a client who first assumes that the mistress must be a general offering for all those who do business with the firm. All characters get their just rewards as the plot rolls merrily to its end.

Blue Ridge Orchestra
The Blue Ridge Orchestra is dedicated to making fine orchestral music more accessible to more audiences. Led by Music Director Milton Crotts, this orchestra is composed of more than seventy musicians who reside in Western North Carolina. There is plenty of talent in these mountains, and this orchestra’s sound is truly symphonic. Wednesday rehearsals in the Manheimer Room are open to OLLI members, who are particularly encouraged to drop by rehearsals immediately before concert dates. Rehearsals will take place Wednesdays, January 14, 21, 28 and February 4, 11, 18, and 25, 2015 at 7 pm. Details at http://www.blueridgeorchestra.org

Brevard Music Center Sunday Concerts
OLLI now has a partnership with historic Brevard Music Center, a longstanding summer training program and festival. The “Sundays with Brevard Music Center” series will include free hour-long solo and chamber recitals by members of the Brevard Music Center’s faculty, held at the Reuter Center. All performances will be held on Sundays at 3 pm. Concerts are free and open to the public. For more information visit the Brevard Music Center website at www.brevardmusic.org.
• Sunday, November 30, 2014: Bassoonist Susan Barber
• February 1, 2015: Percussionist Gwendolyn Dease

Carolinans Nature Photographers Association
The Carolinans’ Nature Photographers Association (CNPA) was founded in 1992 to promote nature photography in the Carolinas, to help conserve and preserve the diverse natural ecosystems in the Carolinas, and to educate others interested in nature and wildlife photography. The association is divided into regions for more close-at-hand activities. The CNPA-Asheville Region’s goal is to develop a group that will more fully experience the beauty of Western North Carolina through photography. Activities in the Asheville region include monthly meetings, photo outings, seminars, workshops, exhibits, photo contests, and image critiques. The monthly meetings are held at the Reuter Center on the second Sunday of each month. Sessions begin at 5:30 pm with a meet and greet; meetings begin at 6 pm. For more information please go to: www.cnpa-asheville.org
• January 11, 2015: Bill Campbell, former president of the North American Nature Photographers Association, will be speaking about using multiple exposures both in-camera and using post-processing software as a creative technique
• February 8, 2015: Speaker to be announced.
• March 8, 2015: Speaker to be announced

f/32 Photography
f/32 is a diverse group that shares an appreciation and love of photography. Members range from amateurs who like to take point-and-shoot snapshots to working 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, December 10, 2014, January 14, February 11, and March 11, 2015; meet and greet at 6:30 pm, meetings begin at 7 pm. For more information: www.f32nc.com

Hillbilly Land Lecture Series
This lecture series is presented in conjunction with the Asheville History Center’s exhibition Hillbilly Land: Myth and Reality of Appalachian Culture. The exhibition will be on view through December 31, 2014. This program is open to the public. Donations of $5 per person are requested in support of the Center’s exhibition and related programming. Members of the Western North Carolina Historical Association are admitted free. Reservations may be made by calling 828-253-9231 or by emailing smh@wnchistory.org.
• Saturday, November 22, 2 pm: Charlotte Ross, adjunct professor at Appalachian State University will speak on “The Social Function of Narrative in Appalachian Society.”
Member Appreciation Social
On Thursday, February 12, 4:30 pm, share an afternoon of fellowship at our annual Member Appreciation Social. It’s a casual affair organized by the OLLI Membership Committee’s Party Planners. Share food, wine, and music while spending an afternoon with the most delightful folks in Western North Carolina.

Montford Park Players: Is Shakespeare Relevant?
On Thursday, February 5, 2015, 2 pm, The Montford Park Players (MPP) will present a lecture on the modern relevance of William Shakespeare’s works and the continued influence they have on our lives. Led by MPP’s Adrian Suskauer, the lecture will include performances of scenes from several of Shakespeare’s plays. MPP has been entertaining Asheville audiences with free “Shakespeare in the Park” performances for forty-two years. To learn more about MPP, visit their website at www.montfordparkplayers.org

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 9, 2015, 10 am, to learn about all that OLLI has to offer and about ways to get involved. Meet other members and discover your possibilities.

New to Medicare Classes
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 (SHIP). In partnership with OLLI, a free class will be held on Friday, January 23, 2015, 2-4 pm in the Reuter Center. The class will provide important information to assist you in understanding how Medicare works and what you need to do to obtain benefits and save money. Spaces are limited, so reserve your space by registering online at www.coabc.org or calling the Council on Aging, 828-277-8288.

Opera Talks
Asheville Lyric Opera (ALO) brings great stories and music to life on 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. Mark your calendar to attend these lively and informative musical presentations. Scheduled in the Manheimer Room to begin at 3 pm, these lectures are free and open to the public.

- Friday, December 5, 2014: “How to Design an Opera Set.” Learn how the visual components for Asheville Lyric Opera’s productions come together. General and artistic director David Starkey will be joined by guests to talk about designing and creating the set, costumes, and choosing the right hair and makeup.
- Friday, January 23, 2015: “Survey of Opera History.” David Starkey will offer a history of opera based on his work as a professor over the last fifteen years. Highlights will include the beginning roots of opera and discussion about the transition of opera from the 16th through the 20th century.
- Friday, February 20, 2015: “Food, Wine, and Opera.” Performers will join David Craig Starkey as they highlight Asheville Lyric Opera’s season. Guest chefs from around the Asheville region will explain the importance of food and wine in opera.

Reuter Center Singers Concerts
The Reuter Center Singers, OLLI’s in-house choral group directed by Chuck Taft, study and perform classical, popular, and show tunes. While the Reuter Center Singers perform at various venues in the community, this performance will be held in the Manheimer Room and is open to the public. There is no admission, but donations are happily accepted.

- Monday, December 8, 2014, 7 pm: Plan to add a little sparkle to your holiday celebrations with the ever-popular Reuter Center Singers Holiday Concert. Bring the whole family and plan to arrive early to get a seat for this wonderful annual event.

STEM Lecture Series
The STEM Lecture Series is interdisciplinary, with a focus on science, technology, engineering, and mathematics (STEM). The upcoming lectures for winter term are designed around the theme of new developments in STEM disciplines. These lectures are scheduled from 4:30 to 6 pm and are free and open to the public. Upcoming lectures are scheduled as follows:

- Thursday, January 29, 2015, 4:30 pm: “New Developments in Medicine” by Dr. David Mouw, physician and OLLI member.
- Tuesday, February 17, 2015, 4:30 pm: “New Developments in Digital Dentistry” by Dr. Mark Knollman, dentist.

Symphony Talks with Daniel Meyer
The best way to enjoy the Asheville Symphony Orchestra’s Masterworks Concerts is to come on Fridays at 3 pm 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. Asheville Symphony Orchestra’s music director and conductor Daniel Meyer will speak about the performance for the next evening’s concert and local music aficionado Chip Kaufmann will speak about the composers. For more information about the Asheville Symphony Orchestra, or to find out how to purchase tickets for performances at the Thomas Wolfe Auditorium, visit ashevillesymphony.org. Symphony Talks are free and open to the public. Upcoming talks include:

- November 21, 2014: Tchaikovsky’s Symphony No. 4; timpanists Todd Mueller and Mark Yanich to talk about Higdon’s Machine and Oliverio’s Dynasty Timpani Concerto.
- January 16, 2015: Violinist Kyung Ah Oh to talk about Sibelius’ Violin Concerto, Verdi’s Overture to I vespri siciliani and Beethoven’s Symphony No. 5.
- February 13, 2015: Pianist Jeremy Denk to talk about Bartok’s Piano Concerto No. 3, Zhou Tian’s A Thousand Years of Good Prayers, and Dvorak’s Symphony No. 8.

World Affairs Council
Come to the Reuter Center for fascinating lectures and discussions that aim to advance international awareness and foster Western North Carolina’s global ties. All World Affairs Council (WAC) lectures take place Tuesdays at 7:30 pm in the Reuter Center’s Manheimer Room. OLLI members receive a discount on WAC annual membership fee. For more information visit the WAC website: www.main.nc.us/wac/

- Tuesday, December 2, 2014, 7:30 pm: Dorina Bekoe, a senior research associate in the Center for Conflict Analysis and Prevention in Washington, DC presents “Peace Keeping in Africa.”
- The World Affairs Council Great Decisions Lecture Series is scheduled for the winter and spring terms on Tuesdays, February 3, 10, 17, 24 and March 3 and 10, 2015.
activities & programs

fabulous fridays

Members and guests are invited to enjoy stimulating presentations and dynamic question-and-answer sessions from local experts, about everything from music to travel and medications to wellness. Purchase lunch in the Reuter Café or bring your own brown bag to enjoy during the talk. End your week and start your weekend with Fab Fridays! This series is organized by the Health Education Series Committee and the Lunch and Learn Committee. Fridays, 11:30 am – 1:15 pm, Reuter Center Manheimer Room. Free and open to the public.

January 16, 2015
CT, MRI, US – Which Exam is Right for You?
In a healthcare environment of increasing insurance deductibles, it is becoming increasingly important that physicians and patients make well-informed decisions about the use of health care dollars. Evaluating the appropriate imaging exam may cut costs and improve quality of care for the patient. Dr. Byron Dickerson earned his medical degree in diagnostic radiology at Wake Forest University’s Baptist Medical Center in Winston-Salem, NC, and is fellowship-trained in musculoskeletal radiology. He is now president and CEO of Asheville Radiology Associates. He will review the reasons for doing different types of radiology exams and explain the ways that different types of exams yield different information and can be useful in formulating a diagnosis. This presentation is part of the Health Education Series.

January 23, 2015
Pet Nutrition: How to Make Sense of All the Hype
The pet goods and services industry is one of the fastest growing industries in America. Every day a new company appears promising to care for your pet. Products are marketed as “all natural,” “human-grade,” “better and healthier than the poisons the big pet food conglomerates are trying to sell you.” Since the pet food and supplement industry is minimally regulated, how can you tell if companies’ claims about their products are accurate? How do you sort through all that information on the Internet? Who should you trust? Dr. Karel Carnohan of the Cat Care Clinic of Asheville will give you valuable information about pet nutrition, how to read a pet food label, and how to use common sense to do the right thing when taking care of your pet. She will bust some myths and help you make good decisions.

January 30, 2015
Protecting Yourself and Your Loved Ones From Elder Abuse
Elder abuse is a significant health concern for our aging population. Elder abuse includes many forms of mistreatment by caretakers including physical abuse, emotional abuse, exploitation, and withholding necessary care. Pisgah Legal Services attorneys Julie Klipp-Nicholson and Parker Sloan will examine the risk factors and warning signs of elder abuse, outline legal protections available for victims and their families, and explain how to gain access to services if you or someone you love is being abused. You will leave with a better understanding of the legal remedies and protections for individuals and families facing physical and financial elder abuse. This presentation is part of the Health Education Series.

February 6, 2015
An African-American Woman’s Perspective on UNC Asheville
Black History Month, also known as African-American History Month in America, is an annual observance in the United States, Canada, and the United Kingdom for remembrance of important people and events in the history of the African diaspora. Dr. Dee James, a tenured professor in UNC Asheville’s literature and language department, will share her journey at UNC Asheville as an African-American student and a faculty member.

February 13, 2015
Neurology of Aging
Especially as we age, we are concerned about the age-related changes in the nervous system such as a decline in cognitive function, changes in cranial nerve function, changes in the motor system, and much more. We all want to do what we can to avoid or minimize the symptoms of neurological diseases associated with aging, such as Alzheimer’s disease, frontotemporal dementia, Parkinson’s disease, sleep disorders, and more. Dr. James Patton, a graduate of Emory School of Medicine, is board certified with the American Board of Psychiatry and Neurology. He is a founding member of Asheville Neurology Specialists and speaks regularly at the local Parkinson’s support group. This presentation is part of the Health Education Series.

February 20, 2015
The New Renaissance in Florence, Italy
From food to sustainable tourism, Florence is in the midst of remarkable changes. The core culture of the city is confronted with challenges as basic as graffiti and as complex as managing the crush of thousands of tourists the city is ill prepared to manage. Mark Smith has explored different regions of Italy for over thirty-five years and is the author of three books about Italy. He is fluent in spoken Italian and has led many small groups in exploration of Italy. Smith is a popular instructor at OLLI’s College for Seniors.
Workshops will be on hiatus during Winter Term but will return with an exciting lineup of new workshops in Spring 2015.

Workshops are a short term learning experience enhanced by knowledgeable instructors and small class size. The Workshop Program includes offerings in craft, art, technology, photography, writing, and personal development within a creative learning environment.

Workshops are open to the public. Come join the fun!

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

For our Spring lineup, visit www.olliasheville.com/workshops!
OLLI’s Life Transitions Programs

OLLI at UNC Asheville offers programming in addition to College for Seniors courses. Members and staff collaborate to offer unique and innovative programs to help participants navigate major life transitions.

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 19, 26, June 2, 9, 23, 2015  
**Location:** Reuter Center  
**Cost:** $100 member/ $110 non-member  
**More Information:** www.olliasheville.com/gift-of-time

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 21, 28, June 4, 11, 18, 25, 2015  
**Locations:** Reuter Center, and visits to area CCRCs  
**Cost:** $150 per person  
**More Information:** 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. Sessions are facilitated by trained OLLI members in large and small groups.

**Dates:** April 17-19, 2015  
**Cost:** August 28-30, 2015  
**Cost:** $850 per person  
**More Information:** www.PathstoCreativeRetirement.com

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:** June 5-7, 2015  
**Cost:** $400/person before May 15, 2015  
$450/person after May 15, 2015  
**More Information:** www.AshevilleCREW.com

Questions? 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:

• Mission Health CEO Ron Paulus spoke on challenges in healthcare

• MANNA FoodBank Director Cindy Threlkeld explained the problem of food insecurity in WNC

• Superintendents of Asheville City and Buncombe County Schools discussed the current trends in education

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.

Through discussions with community leaders in distinctive venues, newcomers and longtime residents alike can gain new perspectives and consider ways to contribute their diverse experiences and talents for the good of the community.

**Dates:** Wednesdays, 8:30 am - 3:30 pm  
September 9 - November 4, 2015

**Cost:** $400 (scholarships available)

**Payment:** Cash, checks payable to OLLI, Visa or MasterCard

**Registration:** Begins Spring 2015. Open to OLLI members only. Visit the website at www.olliasheville.com/LAS for details or contact Laurel Jernigan at ljerniga@unca.edu / 828-250-3871.

www.olliasheville.com/LAS
The largest program of OLLI at UNC Asheville is College for Seniors (CFS), a lifelong learning program offering more than 280 courses to over 2000 members annually, during four terms:

**Winter:** January 12 – February 23, 2015 (registration begins December 2)
**Spring:** March 23 - May 15, 2015 (registration begins February 24)
**Summer:** June 15 - July 24, 2015 (registration begins May 19)
**Fall:** September 21 – November 13, 2015 (registration begins August 18)

---

**Winter 2015**

**January 12 – February 23**

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. 15-38 during the initial phase of registration.
Confirmation will be mailed on December 12.
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 Monday, December 15.

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 classes

**REFUNDS:** Cancellation must be received by 3 pm, January 9, for a full refund.
This applies to ALL fees for CFS classes.

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**Teaching at the 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.

**Instructor Guide**

An instructor guidebook has been prepared to orient the first time instructor and to enhance the skills of experienced teachers.
To access the instructor guide, visit:
http://olliasheville.com/college-seniors-1

**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 Marge Campbell at 828-254-3354.

**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.

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**Course Proposal Due Dates:**

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<thead>
<tr>
<th>Date</th>
<th>Term</th>
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<tbody>
<tr>
<td>January 26</td>
<td>for Summer 2015</td>
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<tr>
<td>April 15</td>
<td>for Fall 2015</td>
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<tr>
<td>July 15</td>
<td>for Winter 2016</td>
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<tr>
<td>October 15</td>
<td>for Spring 2016</td>
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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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### Adverse Weather Policy
OLLI classes, events, meetings, and other activities will be canceled or delayed when UNC Asheville classes are canceled or delayed. OLLI members should consult the OLLI website at www.olliasheville.com to receive the latest information regarding closings, cancellations, and delays. By 8 am on challenging weather days we will post information on our outgoing message at 828-251-6140. We will also, if at all possible, send an email to active members of OLLI by 8 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 will meet on a regular schedule.
**mondays**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9 – 11 am</td>
<td>The Basics of Saving &amp; Investing</td>
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<td></td>
<td>Beginning Photography</td>
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<td>Explorations of Northern &amp; Central Italy</td>
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<td>Vintage Costume Jewelry</td>
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<td>The War of 1812</td>
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<td></td>
<td>Where Does English Come From?</td>
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<tr>
<td>11:30 am – 12:30 pm</td>
<td>Groove Dance</td>
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<tr>
<td>11:30 am – 1:00 pm</td>
<td>MELT for Well-Being &amp; Better Health</td>
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<table>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9 – 11 am</td>
<td>God in the Gilded Age</td>
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<td>Mississippi Stories: Faulkner &amp; Welty: Section 1</td>
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<td>The Waves of Feminism in the US</td>
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<tr>
<td>2 – 3 pm</td>
<td>Pilates for Seniors: Mat 2</td>
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<td>2 – 4 pm</td>
<td>Beginning Needlepoint</td>
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<td>Meeting Mozart</td>
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<td>Middle East in Turmoil</td>
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<td>Mississippi Stories: Faulkner &amp; Welty: Section 2</td>
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<td></td>
<td>Science &amp; Technology: In-Depth Lectures</td>
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<td>2 – 4:30 pm</td>
<td>Thinking Fast &amp; Slow</td>
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<td>Sports History Stories from a Master Documentary Maker</td>
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**wednesdays**

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9 – 11 am</td>
<td>Advanced Photography</td>
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<td>A Brief History of Law</td>
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<td>Intermediate Bridge</td>
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<td>Road Maps to Increase Self-Awareness</td>
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<td>Understanding Poverty</td>
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<td>11:30 am – 1:30 pm</td>
<td>Asheville on the Cheap</td>
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<td>The Federalist Papers: Section 2</td>
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<td>Intermediate Mah Jongg</td>
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<td>Share Your Genealogy Research</td>
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<td>2 – 4 pm</td>
<td>Awakening Into Your Deepest Self</td>
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<td>East Coast Swing</td>
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<td>Genealogy: Review, Restart, Restore</td>
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<td>How to Solve Sudoku Puzzles</td>
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<td>Navigating Window 8</td>
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<td>Wine Essentials</td>
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<tr>
<td>2 – 5 pm</td>
<td>The Met at the Movies</td>
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**thursdays continued**

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<th>Time</th>
<th>Activity</th>
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<tr>
<td>9 – 10 am</td>
<td>Pulp Magazines: The Evolution of Crime Fiction</td>
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<td>11:30 am – 12:45 pm</td>
<td>Gyrokinesis</td>
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<tr>
<td>11:30 am – 1:30 pm</td>
<td>Beginning Line Dance</td>
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<td>The History of Lighthouses</td>
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<td>Meeting Mozart</td>
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<td>2 – 4:30 pm</td>
<td>Sexuality: A Movie &amp; Discussion Course</td>
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<td>Beginning Oil Painting: Especially for Men!</td>
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**fridays**

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<th>Time</th>
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<tbody>
<tr>
<td>9 – 10:30 am</td>
<td>Expanding Beginning T’ai Chi</td>
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<tr>
<td>9 – 11 am</td>
<td>Therapeutic Yoga</td>
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**New Member Welcome**

Friday, January 9, 10 am

Learn about programs & activities

Find ways to participate in our community of learners

- Meet new friends
- Ask questions
- Get involved

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**Winter 2015 Calendar**

*This is a quick-reference for course days and times; see course listing for details. For changes that occur after the catalog goes to print, see “Catalog Updates” at [www.olliasheville.com](http://www.olliasheville.com)*
Don’t forget to add Fabulous Fridays programs to your schedule . . .
Every Friday, January 16 – February 20
11:30 am – 1:15 pm in the Manheimer Room
See page 9 for details.

The Basics of Saving and Investing
CRN # 10001
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 9-11 am
This course is focused on investor education and protection. The course is divided into four units beginning with an in-depth introduction to how to get started saving and investing, followed by an introduction to financial markets, making a financial/investment plan, and ending with investment fraud recognition and defense. Course material comes directly from the Department of the Secretary of State in the state of North Carolina.
Laura McCue (laura@wofm.us) and Kevin Martin (kevin@wofm.us) have taught retirement/finance/investing courses in multiple venues over twenty-five years in our area, including UNC Asheville, AB Tech, and Blue Ridge Community College, and have worked with corporations. Their focus is to be sure participants are able to grasp concepts from the most sophisticated to those less complicated, so that everyone benefits.

Beginning Photography
CRN # 10002
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 9-11 am
This course is designed for the beginning photography student. We will cover both film and digital photography. Participants will learn the fundamentals of photography and learn how to get the most out of their camera. Topics covered include camera controls, shutter speed, aperture, ISO, quantity and quality of light, camera flash, composition and content, editing and post processing, and printing fundamentals. Please bring your camera to class.
Robert Elias (elias1@att.net) was a professional advertising photographer for over forty years. Based in Los Angeles, Bob produced work for national advertising clients. He is a former instructor at the Art Center College of Design, in Pasadena CA. Working out of his Los Angeles studio, he produced assignments for national advertisers. His work has been recognized and awards given by both the New York and Los Angeles Art Directors Club.

Explorations of Northern and Central Italy
CRN # 10003
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 9-11 am
This course will focus on explorations across Italy north of Rome, provinces well known and not so well known, the Lake District, and beyond, to the frontiers of the country. We, will discuss logistics of travel, hotels, and restaurant recommendations for some locations, as well as the lesser-known corners of many villages, towns, and cities: Ascoli Piceno, Montefalco, Santa Maria Maggiore, Montepulciano, Siena, Livorno, Bologna, Florence, and Bergamo, to name just a few. Join us for an interesting and enjoyable journey across northern Italia!
Mark Smith (mgordonsmith@hotmail.com) has lived in and traveled across Italy for over thirty-five years. He has led over forty- seven small groups and has written several books about Italy. In addition to teaching, he has written extensively about traveling in Italy in several international and United States travel publications.

Vintage Costume Jewelry
CRN # 10004
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 9-11 am
Learn the history of costume jewelry from the Victorian era to Woodstock and why the items are collectible and fashionable. During this six-week course, your jewelry will be assessed for value as well as transformation possibilities. This course will also feature two class sessions of a workshop transforming student’s own vintage costume jewelry items into fresh design. Learn about and transform the sentimental jewelry that you have inherited from loved ones in your family.
Shelley Johnston (smj1@me.com) is an Asheville-based jewelry designer specializing in transforming vintage costume jewelry. She sells her one-of-a-kind creations at local arts and fine craft festivals including the Art Festival in Highlands, the Sourwood Festival in Black Mountain, and the Cashiers Valley Annual Leaf Festival.
The War of 1812
CRN # 10005
4 weeks: Jan. 12, 26, Feb. 2, 9
(no class on Jan. 19)
Mondays, 9-11 am

The War of 1812 is a perfect example of how a war should NOT be conducted and is worthy of study. Why is the war so obscure? Although the war was supposedly fought for “Freedom of the Seas,” in reality, Manifest Destiny played a major role. Congress failed to supply sufficient revenue to support the ill-equipped, poorly trained militia. There was little effective coordination of the war effort from Washington. The American people were sharply divided over the nation’s involvement, and many states failed to mobilize their militias, declaring the Federal demands unconstitutional. The only decisive battle was fought two weeks after the war was over. The war did give us the burning of the White House, The Star Spangled Banner, “Old Ironsides,” and several memorable apothegms. We will explore the causes, battles, and lasting legacy of this early war in our history.

Bert Lockwood (kelockwood@mindspring.com) served in the United States Army, working with Dr. Wernher von Braun in the army’s missile and space program, the secretary of the army at the Pentagon, as associate professor of engineering at the US Military Academy, and commander of Picatinny Arsenal. He later worked in the defense industry. He attended the US Military Academy, the University of Michigan, and Columbia University. He has taught numerous history courses at the College for Seniors.

Where Does English Come From, and Where’s It Going?
CRN # 10006
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 9-11 am

This course will be a survey of our English language from its ancient roots, through its historical highpoints to its current (and future) state. What has English been—and why so? Where’s it going—and why? The course will feature a lecture format with plenty of opportunity for questions, comments, and participation in exercises.

Peg Downes (pegdownes@gmail.com) retired in 2011 from UNC Asheville’s department of literature and language, taught several dozen different courses in English and in interdisciplinary humanities, including for the master of liberal arts program for adult learners. She also directed many university programs and served twice as associate vice chancellor for academic affairs. This century, she’s consulted frequently at universities in many parts of Asia.

Groove Dance
CRN # 10007
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 11:30 am-12:30 pm
Location: 351 Sherrill Center

Groove Dance is a form of dance that is simple and fun, and that students can do at their own level. The instructor provides music with an infectious beat and offers two-to-three steps per song, encouraging students to add their own personality and style. No previous dance experience is necessary.

Fran Ross (franiji@charter.net) has completed certification in Groove Dance this year. She believes dance is energizing, fun, and essential to a sense of creative health and well-being.
MELT for Well-Being and Better Health
CRN # 10008
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 11:30 am-1:00 pm

MELT is a simple technique that helps you take better care of your connective tissue. Connective tissue is the fluid-based, flexible scaffolding of your body. Daily living causes connective tissue to become dehydrated and less supportive, ultimately leading to pain and inflammation. In this course you will learn the basic principles of using rollers and balls to improve hydration. Your hydrated connective tissue will provide better support for muscles, bones, joints, organs, and nerves. Body awareness, alignment, and relaxation will improve almost immediately when you tap into this powerful tissue in the body. MELT balls and rollers will be provided for your use during the session by the instructor. Students must be able to get up and down off the floor. Wear yoga-type clothing and 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.

Can Seniors Fly Sailplanes?
CRN # 10009
4 weeks: Jan. 12, 26, Feb. 2, 9
(no class on Jan. 19)
Mondays, 11:30 am-1:30 pm

Can seniors learn to fly airplanes? Can seniors fly airplanes without engines? What approaches make it feasible? We will consider the elements that make this pursuit fun and worthwhile, with examples, pictures, and videos. We will examine techniques and other requirements and show ways to fly gliders using local resources. We will learn through lectures, discussion, slides, and videos, and with invited speakers whose expertise far exceeds the instructor’s.

Hermann Gucinski (hermann66@earthlink.net) is a retired scientist who recently became a glider pilot and loves soaring. He soars with the Carolina Soaring Association (CSA) out of Spartanburg, SC, the nearest glider club, and wants to become a very good cross-country glider pilot.

Contemporary Issues in Women’s Health
CRN # 10010
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 11:30 am-1:30 pm

This course will focus upon contemporary issues of women’s health, especially mature and geriatric-aged women. Those issues include current hot and controversial topics, cardiovascular disease, lipid disorders, hypertension, diabetes, bowel problems, urogynecologic issues, sexuality and preventive health exams, and maintenance and screening tests.

Bob Henderson (roberthcender@gmail.com) is a practicing gynecologist who specializes in women’s health, geriatric gynecology, and urogynecology. His practice of almost thirty years includes academic appointments and private practice. He is a fellow of the American College of Obstetricians and Gynecologists and a member of the American Geriatric Society.

Drawing for People Who Think They Can’t Draw
CRN # 10011
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 11:30 am-1:30 pm

If you think you might be able to learn to draw, you can! Re-think what you can and can’t do. Rediscover or uncover a forgotten part of yourself. Attain skills in pencil, pen, and charcoal. Draw portraits and abstracts, and learn shading and perspective. “Before” and “after” projects document your progress. There will be many demonstrations in a fun, supportive, fast-paced class. Plan on drawing outside of class each week. Materials fee: $10, payable to the instructor at the first class. Beginning students may need to spend an additional $20 to $30 on basic supplies and a sketchbook.

Inspiring a wide range of creativity, Robin Krupp (rrkrupp@hotmail.com) taught college art and painted for over forty-five years. She has illustrated seven children’s books, three of which she wrote. Currently she madly sews quilts for Project Linus.
History of Astronomy
CRN # 10012
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 11:30 am-1:30 pm

History of Astronomy is an introductory course that does not require a previous background in astronomy or general science. Rather than focusing on specific dates and people, the course will look at the development of our understanding of the universe in the context of the society and religion of the time and the forces, sometimes technological, that influenced that development.

Mark Whipple (mark.whipple77@gmail.com) has been a science teacher for his entire adult life and fascinated with astronomy for even longer. Having recently moved here from Maryland, he also has served internships at the National Air and Space Museum and the Goddard Space Flight Center.

Learn to Knit
CRN # 10080
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 11:30 am-1:30 pm

This course is for beginners only. Students will learn basic knitting skills that will culminate in a simple project. These skills include knit, purl, cast on, cast off, increase, decrease, and following basic pattern instructions. Students will be shown examples of more complex projects that can be completed using these skills and will be shown how various yarns and needle sizes can produce creative and beautiful items. Participants should bring size 9 knitting needles, scissors, and any size crochet hook. The instructor will provide practice yarn.

A lifelong knitter, having learned from family members as a child, Barbara Stein (barb@mbstein.net) is also a retired math teacher. As a teacher, she has learned to be very patient.

The Lunatics Have Taken Over the Asylum
CRN # 10013
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 11:30 am-1:30 pm

In this six-week course we will examine the founding of the movie company, United Artists, in 1919. We will see four films from co-founders D.W. Griffith, Charlie Chaplin, Mary Pickford, and Douglas Fairbanks, as well as one from William S. Hart, who turned down the opportunity to join. Movies will include The Gold Rush, The Love Light, and Tumbleweeds.

Chip Kaufmann (jjk44@bellsouth.net) is a member of the Southeastern Film Critics Association and reviews movies for Rapid River Magazine. He is also an announcer for public radio station WCQS and lectures on composers for the Asheville Symphony.

Mondays 2-4 pm

Advanced Home Computing
CRN # 10014
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 2-4 pm

Through lecture, discussion, and real-time examples, we will gain a more in-depth understanding of using a Windows-based personal computer at home. The focus will be a working understanding of the PC, use of the Internet and email, information security, connections, and networking. Bring your favorite or current question to class to discuss and troubleshoot. Minimum requirements: This course is not intended for inexperienced users. Basic Internet access and email experience is required.

Bob Davis (bdavisit@swbell.net) is a former chief information officer with many years in technology, business, and management consulting.

Creating a Needle-Felted Landscape
CRN # 10015
4 weeks: Jan. 12, 26, Feb. 2, 9
(no class on Jan. 19)
Mondays, 2-4 pm

Explore the pre-Celtic landscape features such as dolmens (tomb graves) and standing stones, as well as sites such as Newgrange and the White Horse of Uffington, learning the belief and mythology of these early peoples. We will use all this inspiration in creating a needle-felted landscape. Participants will learn the basic skills, how to use the tools and embellishments, as well as how to frame their piece of art. Materials fee: $24, payable to the instructor at the first class.

Jude Lally (celticsoulcraft@gmail.com) is a local artist and writer, originally from Scotland. Both her art and workshops combine her passion of the roots of Celtic spirituality, combined with creative techniques allowing participants to create meaningful works of art.
OLLI Winter 2015

Check here if your postal or email address has changed  

Name __________________________________________________________________________________________

Last   First   MI   Phone   Birth Date

Address __________________________________________________________________________________________

Street/PO Box   City   State   ZIP

Email Address ____________________________________________________________________________________  I don't use email

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

Name __________________________________________________________________________________________

Last   First   MI   Phone

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

I will 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#   Course has fee $20 additional   Staff use only

1. ___________________________________________   ___  ___  ___  ___   Y   1. E  N
2. ___________________________________________   ___  ___  ___  ___   Y   2. 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 TOTAL CFS $_________

Total # of classes desired

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

Staff use only / Comments _________________________________________________________________
Become a 2014-15 OLLI Member or renew for $60
Membership year is August 1, 2014 - July 31, 2015

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 is required for CFS registration.
• Initial registration is limited to a maximum of three CFS courses.
• Please fill out your form as completely as possible and double-check that the CRN numbers listed in the course descriptions match the title of the course you wish to take.
• Wellness and Recreation courses with this symbol require a $20 fee in addition to your CFS fee of $90. Because of topic popularity, you may register for one yoga or t’ai chi course during initial registration. You may be asked to sign a liability waiver for some courses. Check with your physician before you begin any new physical activity.
• Submit your registration starting December 2, 2014 for best availability. During registration at the Reuter Center, you may submit a form for yourself and up to two additional people for a total of three registration forms.
• If you will be away or if you have trouble standing in line, you may send a registration form with a friend, or you may contact OLLI director Catherine Frank (cfrank@unca.edu or 828-251-6188) to discuss your options for submitting registration in a timely way. If you know someone who may have a challenge standing in line, offering to deliver a registration form is a meaningful way to promote our sense of community.
• If we are able to register you in the number of courses, up to three, that you request, we will not put you on a wait list for other courses.
• Your schedule will be sent on Friday, December 12, 2014 and Monday, January 5, 2015.
• Add/Drop begins on Monday, December 15, 2014 at 8 am. At this time, you may add as many courses as your schedule will allow.
registration form

OLLI Winter 2015

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

Email Address ____________________________________________________________ □ I don’t use email

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

Name ____________________________________________________________
  Last          First          MI          Phone

College for Seniors (CFS) Course Registration – See back of sheet for important information.
□ I will volunteer to be a CLASS REP in one of my CFS courses □ Go Green/Paperless – no longer receive a paper catalog.

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Total CFS Fees: Term fee plus course fees  CFS Winter Term Fee $90  TOTAL CFS $ __________

Total # of classes desired □

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

Staff use only / Comments ____________________________________________
Become a 2014-15 OLLI Member or renew for $60
Membership fee total $__________

Health and Fitness (H&F) Center Membership - $350
Membership year is August 1, 2014 - July 31, 2015

HFC Fee $__________

TOTAL FROM PAGE 1 $__________

TOTAL PAYMENT ENCLOSED $__________

Registration Information:

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• Initial registration is limited to a maximum of three CFS courses.

• Please fill out your form as completely as possible and double-check that the CRN numbers listed in the course descriptions match the title of the course you wish to take.

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• Add/Drop begins on Monday, December 15, 2014 at 8 am. At this time, you may add as many courses as your schedule will allow.
Mondays 2-4 pm continued

**Gentle Yoga**
CRN # 10016
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 2-4 pm
**Location:** Sherrill Center
**Meditation Room**

Stretch, breathe, strengthen, balance, and relax, all within your own abilities. This course is intended to keep you as active as possible by managing stress, finding stillness, and increasing awareness of the mind-body connection. Our emphasis will be on the process, not the end point, of poses, allowing yoga to be an expression of gratitude for what we can do.

Please bring a yoga mat and any other yoga props (e.g., blankets, non-elastic strap, blocks) to class. Due to topic popularity, participants may take only one yoga course at initial registration.

Fran Ross (franjiji@charter.net) has been teaching yoga since 2001, having been certified in Kripalu and Anusara forms of hatha yoga. Recent trainings have led her back to basics – the biomechanics of movement – in an atmosphere that encourages exploration, awareness, and self-acceptance.

**Long-Distance Hiking for Seniors**
CRN # 10017
4 weeks: Jan. 12, 26, Feb. 2, 9
(no class on Jan. 19)
Mondays, 2-4 pm

Can seniors do more than day hikes? What approaches make it feasible? What is long-distance hiking, and 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; trudging along is NOT required. We will learn through lectures, discussion, slides, and videos, and we'll take 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. Other instructors include Tom Sanders (tsanders.avl@gmail.com) and Don Walton (donwalton7074@me.com).

**Oceanography**
CRN # 10018
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 2-4 pm

We will first cover properties of sea water, early ocean explorers, and marine meteorology. The second class will cover ocean circulation and oceanographic instruments. In the third class we will discuss climate change and El Niño. The fourth class will consider waves, tides, and tsunamis. We will next focus on the geology of the ocean including sea-floor spreading and continental drift. In the final class, we will introduce the biology of the ocean. This is a repeat of the course taught in Winter 2014.

Richard W. Reynolds (richard.william.reynolds@gmail.com) received his PhD in physical oceanography from the University of Hawaii in 1975. He worked for the National Oceanic and Atmospheric Administration for twenty-nine years. He has published over seventy-five papers and has given many international presentations.

**Stay Fit**
CRN # 10019
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 2-4 pm

This course will be focused on preventive medicine. Participants will learn how to stay healthy longer, applying principles learned in the course. In the lecture part of the course, we will discuss changes that come with aging, principles you can apply when you exercise, and overall lifestyle choices which can make the transition into aging easier. We will also learn different types of exercises, from floor exercise, chair aerobics, exercises using rubber bands, and exercises using an exercise ball.

Born and raised in Japan, Keiko Merl (keikomerl@att.net) was on the Japanese national downhill skiing team. Keiko has been active in sports medicine and emergency medical services, and has worked on Mission Health’s ambulance service for the last four-and-a-half years.

**Your Medical Care: What You Don’t Know Can Hurt You**
CRN # 10020
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 2-4 pm

In this course we will explore how to select and develop a collaborative relationship with your physicians, medical staff, and clinic. We will examine the “inner workings” of a medical practice and a hospital and explore how you can advocate for yourself and others. We will learn about patient safety initiatives, avoiding medical errors, disclosure, transparency, medical ethics, and other topics.

Lori Postal (loripostal@gmail.com) has worked in nursing administration in hospital and ambulatory settings for the past thirty years. She is currently the executive director for the Southern Pain Society and works at Mission Health System in Patient Safety and Accreditation. Ms. Postal is a graduate of Columbia University and has a master’s degree in health care administration.
Mondays 2-4:30 pm

**Six Japanese Women’s Films:**
**1949-60**
CRN # 10021
6 weeks: Jan. 12, 26, Feb. 2, 9, 16, 23
(no class on Jan. 19)
Mondays, 2-4:30 pm

Japan has one of the oldest and largest film industries in the world and experienced a Golden Age in the 1950s. Some of the finest films of this period were stories of women’s lives. They starred distinguished actresses in works of Japan’s most accomplished directors. We’ll see and discuss two period actresses in works of Japan’s most accomplished directors.

**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.

Tuesdays 9-10 am

**Authentic Pilates: Mat 1**
CRN # 10022
6 weeks: Jan. 13, 15, 20, 22, 27, 29,
Feb. 3, 5, 10, 12, 17, 19
Tuesdays and Thursdays, 9-10 am
(12 sessions)
**Location: 213 A Student Recreation Center**

This beginning level class in Pilates mat is for all those new to Pilates or those 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. Due to topic popularity, participants may take only one Pilates course at initial registration.**

**Elise Beckstett** (ebeckstett@me.com) has successfully completed the 700+ hour PURE Authentic Pilates teacher certification program with second generation teacher Penelope Barrow. In addition, she has attended numerous instructor training workshops with some of the foremost Authentic Pilates instructors in the US. Elise conducts an ongoing program for seniors, which is her primary focus.

Tuesdays 9-11 am

**The Accidental Universe**
CRN # 10023
4 weeks: Jan. 13, 20, 27, Feb. 3
Tuesdays, 9-11 am

We will read and discuss topics in *The Accidental Universe: The World You Thought You Knew.* Reviewers have used terms like “big ideas...heavy questions...deep questions” to describe “essays that elucidate complex scientific thought in the context of everyday experiences and concerns.” Bring your thinking caps. **Strongly suggested text:** *The Accidental Universe: The World You Thought You Knew*, Alan Lightman, ISBN: 10: 1482955954 or 13: 978-1482955958. Cost: $18; $10.99 (Kindle edition).

**Larry Fincher’s** (larryfincher@mac.com) career in academia included study in science, math, computing, philosophy, social science, and management. He has taught courses at the College for Seniors in computing, science, and philosophy.

Examining Recent Supreme Court Decisions
CRN # 10024
6 weeks: Jan. 13, 20, 27, Feb. 3, 10, 17
Tuesdays, 9-11 am

Eight significant Supreme Court opinions decided in the October 2013 term (concluded in June 2014) or decided thereafter will be examined from the perspective of the arguments of the appellants that were presented to the Court and from the perspective of the arguments of the appellees that were presented to the Court. A description of the majority opinion, as well as a description of dissenting opinions, will be presented, and an opportunity given to the class for discussion.

**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 *Pretrial Motion Practice in Iowa.*
Making Change: How Social Movements Happen  
CRN # 10025  
6 weeks: Jan. 13, 20, 27, Feb. 3, 10, 17  
Tuesdays, 9-11 am  

Americans born in the 1930s and ‘40s have seen social movements such as civil and human rights vastly change their nation’s and world’s landscape in their lifetimes. Some of these movements are well known, but there have been others that have had more impact in our lives today than one might suspect. This course is an exploration of how and why social change happens. Topics include the hospice and victim assistance movements, changes in primary health care, farming, and civil rights. We will also consider small scale aid to devastated areas, using Haiti as an example.

Tom Plaut (tplaut3@gmail.com) began his career as a reporter for the Baltimore Sun, served on the Peace Corps’ staff in Latin America and Washington, and has worked with Asheville’s Consider Haiti, a non-profit organization, since 2006. He helped establish area hospice and victim assistance programs in the early 1980s. He taught sociology at colleges in Washington, DC and Appalachia for thirty-five years.

T’ai Chi Chih  
CRN # 10026  
6 weeks: Jan. 13, 20, 27, Feb. 3, 10, 17  
Tuesdays, 9-11 am  
Location: 351 Sherrill Center  

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 centering and sharing. Recommended text: Tai Chi Chih! - Joy through Movement, Third Edition, ISBN 1-882290-12-7. Cost: $15.95 (Good Karma Publishing, www.gkpub.com). Due to topic popularity, participants may take only one t’ai chi course per term at initial registration.

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 course at the College for Seniors three years ago and has been practicing t’ai chi chih ("joy through movement") ever since.

A Workshop Approach to Writing  
CRN # 10027  
6 weeks: Jan. 13, 20, 27, Feb. 3, 10, 17  
Tuesdays, 9-11 am  

We’ll explore elements of imaginative writing—imagery, voice, character, setting, narration—in the participant’s choice of genre. We’ll examine the value and methods of keeping a writer’s journal. Each class will include a writers’ workshop, developing constructive, critical responses toward each other’s writing and devising revision strategies. After experiencing the writers’ workshop, participants may wish to continue the workshop portion of the course in the Special Interest Group “A Writers’ Gathering.” Recommended text: Imaginative Writing: The Elements of Craft (3rd edition), Janet Burroway, ISBN: 978-0-205-750354. Cost: $38.65 new; about $15 used on Amazon.

John Himmelheber (jxhimmelheber@gmail.com) is a practicing writer who has taught creative writing for over thirty years. He holds an MA in English with a concentration in poetry writing. He currently facilitates the Special Interest Group “A Writers’ Gathering,” and edits Smoky Blue Literary and Arts Magazine.
Tuesdays 11:30 am-12:45 pm

Gyrokinesis  
CRN # 10028  
6 weeks: Jan. 13, 15, 20, 22, 27, Feb. 3, 5, 10, 12, 17, 19  
(12 sessions)  
Tuesdays and Thursdays, 11:30 am-12:45 pm

Gyrokinesis exercises work the entire body through spinal motions and other joint articulation. The exercises are performed while seated on a stool, on the floor, and standing. This approach systematically works the joints and muscles through rhythmic movements. These movements stimulate the body’s internal organs while integrating different breathing patterns, help build strength in the nervous system, and feel great. A specialized stool and mat will be provided.

Deanna Chilian (artiscool@gmail.com) has been teaching Gyrotonic and Gyrokinesis since 2006 and the Pilates method since 2002. She is a certified Gyrokinesis Level 1 instructor. Deanna’s teaching style is fun and motivating, and she encourages students to work deeply and with intention.

Tuesdays 11:30 am-1:30 pm

Classical Yoga  
CRN # 10029  
6 weeks: Jan. 13, 20, 27, Feb. 3, 10, 17  
Tuesdays, 11:30 am-1:30 pm  
Location: 213 A Student Recreation Center

This course will explore the classical yoga style of the Sivananda lineage. This repetitious style has five points of practice: proper breathing, relaxation, exercise, diet, and positive thinking—in other words, meditation. Each class will include this traditional routine to some degree with a special focus on different aspects of our practice. Those areas include the five points of practice, mobility and flexibility, balance, and emotional awareness. The course is open to all levels. **Please bring a yoga mat to class. Due to topic popularity, participants may take only one yoga course per term at initial registration.**

Wes Sparks attained his yoga teaching certification in 2006 at the Sivananda Ashram Yoga Ranch in Woodbourne, New York. He holds the title of Yoga Siromani from The International Sivananda Yoga Vedanta Centre. His class encourages mindfulness: being aware of the breath, the body, the mind, and the present moment.

Tuesdays 11:30 am-1:30 pm

The Eldest Years  
CRN # 10030  
4 weeks: Jan. 13, 20, 27, Feb. 3  
Tuesdays, 11:30 am-1:30 pm

In this course we will take a look at a stage of life that is rarely discussed. Characterized by physical or mental decline and increasing dependency, this is uncharted territory for those who have not witnessed it up close. We will see how others have coped or copped out and discuss techniques worth adopting or those you may wish to avoid. Two sources will be used for their ideas and to spark discussion. The first is New Yorker cartoonist Roz Chast’s book *Can’t We Talk About Something More Pleasant* about helping her parents through their oldest age. Like so many, they refused to consider the possibility of “losing it” until it happened. Second is David Solie’s *How to Say It to Seniors*. If you are curious about one of the least examined stages in an American life, or want help in dealing with your aging parent, join us. **Recommended texts:** *Can’t We Talk About Something More Pleasant? A Memoir*, Roz Chast, ISBN: 10-1608198065. Cost: $23. *How to Say It to Seniors*, David Solie, ISBN: 0735203806. Cost: $15.

Carole Spainhour (elderlegal@att.net) assists clients with estate planning, asset preservation planning, veterans’ and Medicaid benefits, health care surrogate decision making, and estate administration. A member of the National Academy of Elder Law Attorneys since 1999, Carole has been named to the Best Law Firms in America Tier Two list for the past six years.
The Federalist Papers, authored by James Madison, Alexander Hamilton, and John Jay, are the most informed interpretation of the American Constitution and the most significant American contribution to political theory. The course will include lectures on the context and discussions on the content of the Papers. Participants will be expected to read about ten papers or fifty pages a week and be prepared to analyze them. Please note that this course is also offered on Wednesdays, 11:30 am-1:30 pm. Required text: *The Federalist Papers* (Clinton Rossiter, editor), Alexander Hamilton, James Madison, and John Jay. Signet Classic. New American Library, ISBN: 0451528816. Cost: under $10.

Tom Sanders (tsandersavl@gmail.com) holds an AB in history from Duke University and a PhD in religious studies from Columbia University. A retired professor of religious studies and international studies, he has taught several courses in American history at the College for Seniors.

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**God in the Gilded Age**
CRN # 10032
6 weeks: Jan. 13, 20, 27, Feb. 3, 10, 17
Tuesdays, 11:30 am-1:30 pm

This course will be a study of the way movements in American religion addressed the human dislocations and disorientations that resulted from the social and intellectual developments in the United States during the period between the Civil War and World War I that has been termed the “Gilded Age.”

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

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**Mississippi Stories: Faulkner and Welty, Section 1**
CRN # 10033
6 weeks: Jan. 13, 20, 27, Feb. 3, 10, 17
Tuesdays, 11:30 am-1:30 pm

This course will take you “way down South” where the living is easy and the writing is great. Focusing on the short story, we will explore the acclaimed works of two Mississippi writers, William Faulkner and Eudora Welty. Emphasis will be on the social and historical contexts of the stories, as well as the individual styles and innovations of each author. Together we will discuss the unforgettable characters created by Faulkner and Welty through the power of their storytelling. Please note that this course is also being taught on Tuesdays, 2 - 4 pm. Recommended texts: *The Collected Stories of Eudora Welty*, ISBN: 0156189216. Cost: $3.99-13.99. *The Collected Stories of William Faulkner*, ISBN: 0679764038. Cost: $9.94-16.98. *Unvanquished*, William Faulkner, ISBN: 0679736322. Cost: $4.00-$12.00.

After earning her PhD in English literature, Ronna Bloom (ronnalbloom@gmail.com) taught in Denver for many years. Returning to her Southern roots, she now makes her home in Asheville. Her love of literature has never wavered.

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**The Waves of Feminism in the United States**
CRN # 10034
6 weeks: Jan. 13, 20, 27, Feb. 3, 10, 17
Tuesdays, 11:30 am-1:30 pm

The waves of feminism delineate movements in the United States that focused on gaining equality for females. This course will cover these historical movements -- the personal, the political, and the legal aspects of each “wave.” The implications of the work in the United States toward gender equality will be discussed. We will also review where we are today, what has happened in the United States since Seneca Falls, NY, in 1848, and if we are now in a “fourth wave.”

Patricia Robertson (robertpe0530@gmail.com) is professor emeritus at East Tennessee State University. She has been a mental health clinician, administrator, and educator for forty years. She has taught courses and led workshops on diversity with part of the focus being on sexism and the oppression of females. Curry First (cfirst@mac.com) practiced civil rights law in Milwaukee for forty years. His practice included representing women in various discrimination lawsuits.
Pilates for Seniors: Mat 2
CRN # 10035
6 weeks: Jan.13, 15, 20, 22, 27, 29, Feb. 3, 5, 10, 12, 17, 19
(12 sessions)
Tuesdays and Thursdays, 2-3 pm
Location: 351 Sherrill Center

Targeted toward older adults and focused on building strength, increasing flexibility, and improving balance, Pilates for Seniors improves the mind-body connection and physical well-being through a series of gentle low-impact movements. The goal is to develop a balanced and aligned body that feels revitalized and moves with ease. Emphasis is on improving posture by strengthening abdominal, back, and gluteal muscles. Benefits include decreased aches and pains, improved balance, and increased mobility. This course highlights the key principles of concentration, centering, control, precision, breath, and flow and requires a basic knowledge of Pilates movements. Each class includes a short discussion of the key principles followed by practical application of these principles through a series of movements done on a mat. The instructor employs verbal, tactical, and visual cueing to ensure proper technique. Please bring a yoga mat (at least ½” thick) to class. Due to topic popularity, participants may take only one Pilates course at initial registration.

An avid student of the Pilates method for the last decade, Nikki Fine (pilatesnikki@charter.net) received her first PowerPilates instructor mat certification in 2009, completed her SilverSneakers Classic training in 2013, SilverSneakers Yoga training in 2014, and earned her YMCA group fitness instructor certification in 2014. Nikki has led Pilates and other group fitness classes for people of various ages, ability levels, and fitness levels all over Western North Carolina since 2009.

Meeting Mozart
Section 1
CRN # 10037
1 week: Feb. 10, 12
(note late start date)
Tuesday and Thursday, 2-4 pm
OR

Section 2
CRN # 10038
1 week: Feb. 17, 19
(note late start date)
Tuesday and Thursday, 2-4 pm

This course takes an inside look at the genius of Mozart. How can we better know Mozart as composer and performer? Where did his travels take him and what influences did he carry forward? Who was Mozart the child? What were the Vienna years? What was his last year like? The aim of this course is to explore Mozart’s life through historical background and selected works from the many musical genres of this extraordinary composer, performer, and entrepreneur. Highlights will include listening to musical examples by way of audio, video, and live performances by guest musicians from the Asheville Symphony. This course is a great primer for the Asheville Symphony’s very own “Asheville Amadeus Festival,” featuring renowned pianist Emanuel Ax, March 17 – 22, 2015.

Course coordinator Alicia Chapman (chapmanam@appstate.edu) is principal oboist with the Asheville and Harrisburg (PA) Symphonies and plays English horn with the Greensboro Symphony. She also plays the 18th century oboe with Harmonia Baroque and the North Carolina Baroque Orchestra. She is on the faculties of the Hayes School of Music at Appalachian State University, the Western Carolina University School of Music, and the Asheville Music School. You may visit her webpage at: http://music.appstate.edu/faculty-staff/dr-alicia-chapman.
Middle East in Turmoil
CRN # 10039
6 weeks: Jan. 13, 20, 27, Feb. 3, 10, 17
Tuesdays, 2-4 pm

This course will focus on the Middle East and North Africa from ancient times up to the present, covering history, people, cultures, religions, clashes, enemies, leaders, and governments. We will examine how past influences have triggered the current upheavals in Tunisia, Libya, Egypt, Syria, Iraq, Iran, and Israel, and look at what is ahead for the rest of the region.

Bahia Abrams (bahia@bahiaabrams.com) is an author and speaker on the Middle East, Islam, and Judaism. She received a degree in journalism from the University of Maryland. For thirty years, she made her home in the Washington, DC, area working with Congress, government departments and agencies, and corporate America.

Mississippi Stories: Faulkner and Welty, Section 2
CRN # 10040
6 weeks: Jan. 13, 20, 27, Feb. 3, 10, 17
Tuesdays, 2-4 pm

This course will take you “way down South” where the living is easy and the writing is great. Focusing on the short story, we will explore the acclaimed works of two Mississippi writers, William Faulkner and Eudora Welty. Emphasis will be on the social and historical contexts of the stories, as well as the individual styles and innovations of each author. Together we will discuss the unforgettable characters created by Faulkner and Welty through the power of their storytelling. Please note that this course is also being taught Tuesdays, 11:30 am - 1:30 pm. Recommended texts: The Collected Stories of Eudora Welty, ISBN: 0156189216. Cost: $3.99-13.99. The Collected Stories of William Faulkner, ISBN: 0679764038. Cost: $9.94-16.98. Unvanquished, William Faulkner, ISBN: 0679736522. Cost: $4-12.

After earning her PhD in English literature, Ronna Bloom (ronnalbloom@gmail.com) taught at the University of Denver for many years. Returning to her Southern roots, she now makes her home in Asheville. Her love of literature has never wavered.

Science and Technology: In-Depth Lectures
CRN # 10041
4 weeks: Jan. 13, 20, 27, Feb. 3
Tuesdays, 2-4 pm

This is the thirteenth annual Science and Technology: In-Depth Lectures series. The subjects to be covered are: “Astronomy in Chile”; “Count Rumford: Brilliant Physicist and Lothario”; “New Developments in Our Understanding of Climate Change”; and “Space Elevator: A New and Revolutionary Pathway to Space.”

Howard Jaslow (innovalg@aol.com) is a retired engineer who has conducted this course for the last twelve winter sessions.

Thinking Fast and Slow
CRN # 10042
6 weeks: Jan. 13, 20, 27, Feb. 3, 10, 17
Tuesdays, 2-4 pm

We will cover the basics of Daniel Kahneman’s two-system idea of thought and information processing as described in his 2011 best seller Thinking Fast and Slow. Emphasis will be placed on intuitive versus “problem solving” thinking and how each plays a role in our daily decision making. Prospect theory will be explored in regard to investment decisions and its role in “risk taking” and “risk aversion.” Some discussion will be around the concept of risk itself and attempting an operational definition. Recommended text: Thinking Fast and Slow, Daniel Kahneman, ISBN: 10:0374533555. Cost: From $5.41 (used)

Patrick Chitwood (pat4956@gmail.com) has been an independent investment advisor for thirty-four years. He holds a PhD in psychology and a BA in accounting. He also is a certified public accountant, a personal financial specialist, and a chartered financial consultant. He has taught experimental psychology and statistics at the University of Alabama, as well as courses at the College for Seniors.
**Tuesdays 2-4:30 pm**

**Sports History Stories from a Master Documentary Maker, Round IV**  
CRN # 10043  
6 weeks: Jan. 13, 20, 27, Feb. 3, 10, 17  
Tuesdays, 2-4:30 pm

Ross Greenburg has been recognized for consistently superb sports documentaries, and we will watch one or more documentaries, not previously shown in this course, each week and then discuss them. These were originally aired between 2003 and 2014, and topics include baseball (teams and individuals), broadcasting, football, and golf.

As an advertising sales manager for *Sports Illustrated*, **Larry Griswold** (sis54guy@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.”

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**Wednesdays 9-11 am**

**Advanced Photography**  
CRN # 10044  
6 weeks: Jan. 14, 21, 28, Feb. 4, 11, 18  
Wednesdays, 9-11 am

This course is designed for people who have a foundation in basic photography concepts covered in the previously taught *Photography I* course. Participants will explore more advanced photographic concepts: color (RGB & CYMK) and how to manipulate it; photographic filters and how and when to use them; composition; lighting (both natural and flash); controlling dynamic range; ISO and aperture; image file formats; and post processing and print output. If participants are unsure as to their skill level, it is strongly suggested that they contact the instructor prior to enrolling in the course.

**Robert Elias** (elias1@att.net) was a professional advertising photographer for over forty years. Based in Los Angeles, Bob produced work for national advertising clients. He is a former instructor at the Art Center College of Design, in Pasadena CA. Working out of his Los Angeles studio, he produced assignments for national advertisers. His work has been recognized and awarded by both the New York and Los Angeles Art Directors Club.

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**A Brief History of Law**  
CRN # 10045  
6 weeks: Jan. 14, 21, 28, Feb. 4, 11, 18  
Wednesdays, 9-11 am

Legal practices, rules, and philosophies will be discussed from an historical perspective. Periods covered will run from the ancient Middle East, Greece, and Rome through post classical Europe to contemporary times. The course will weigh toward Anglo-American and some European law, with a bit of reference to other systems. Much discussion will focus on crimes, ideas of property rights, commercial regulation, personal rights, social control, and international law, including issues of war and “crimes against humanity.” Lectures will include specific examples, anecdotes, and some time for discussion as well as questions.

**Bill Utz** (sendalittlebill@gmail.com) practiced law in Missouri from the mid-1960s to the mid-1980s, primarily commercial, property, and estate law. From law school forward, he has had an avocational interest in the history of law. He served on a commission which drafted and proposed a county charter, as president of the board of a quasi-governmental assisted living facility, and as a member of a city board of zoning appeals.

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**Intermediate Bridge**  
CRN# 10046  
6 weeks: Jan. 14, 21, 28, Feb. 4, 11, 18  
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. In this course we will use the point count method with upgrades—known as Standard American—used 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. *Contract Bridge Point Count Bidding Guide*. Cost: $8 for both, to be collected in 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. His wife, **Marilyn Evans** (mickeybob2@aol.com), taught in the office administration and information technologies departments at Cuyahoga Community College in Cleveland, Ohio, for thirty years. She has co-taught this course with her husband for a number of years, as well as having taught computer courses at the College for Seniors.
Road Maps to Increased Self-Awareness  
CRN # 10047  
6 weeks: Jan. 14, 21, 28, Feb. 4, 11, 18  
Wednesdays, 9-11 am

This course consists of a series of models and interactive exercises that will increase self-awareness and coping strategies for better utilization of personal energy in a stressful world. Participants will leave with new tools to fine-tune daily living skills, enhanced achievements of personal goals, and an appreciation for core values in their lives. Each member will develop a personal life mission statement.

Richard Boyum (boyumrk@uwec.edu) worked for thirty-one years at the University of Wisconsin, Eau Claire, as a counseling psychologist. He taught courses in applied psychology and gave numerous workshops on wellness and behavioral aspects of health. He was a frequent guest on both television and public radio.

Understanding Poverty  
CRN # 10048  
6 weeks: Jan. 14, 21, 28, Feb. 4, 11, 18  
Wednesdays, 9-11 am

Since the end of World War II, the economic demographics of our country have been changing. After the last recession, this change has greatly accelerated. Because poverty is the fastest growing cultural segment in the United States, it will be the focus of this course, but we will also touch on the middle-class and wealthy cultures. Our objective will be to achieve a better understanding of economic changes and how our three distinct cultures interact with each other. This is designed to be an eye-opening course that will help us better understand and live in our ever evolving country. The classes will consist of short lectures, some media, and class discussion. Recommended text: A Framework for Understanding Poverty, Ruby K. Payne, ISBN: 13: 978-1-929229-48-2. Cost: $25.

John Wood (jjddwood@aol.com) is a second-career professional. After a successful commercial career in manufacturing, he left to pursue helping the disadvantaged in our society. This journey has taken him from coast to coast. His experience ranges from being the director of development of a crisis pregnancy home in San Jose, CA, to being the president of an inner city mission in Sanford, FL.

Asheville on the Cheap  
CRN # 10049  
6 weeks: Jan. 14, 21, 28, Feb. 4, 11, 18  
Wednesdays, 11:30 am-1:30 pm

We’ll talk about fun things to do, many of which are free or almost free, as well as less expensive ways to be involved in the visual and performing arts, outdoors, shopping, and eating. Everyone is encouraged to bring ideas to the class. Participants will be shown great places to find information on things to do; they also must be able to use the Internet.

Linda Orowitz (ashevilledeals@gmail.com) volunteers at the Asheville Visitors Center, is a Friend of the River Arts District, and offers walking tours of Asheville. She 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.

The Federalist Papers, Section 2  
CRN # 10050  
6 weeks: Jan. 14, 21, 28, Feb. 4, 11, 18  
Wednesdays, 11:30 am-1:30 pm

The Federalist Papers, authored by James Madison, Alexander Hamilton, and John Jay, are the most informed interpretation of the American Constitution and the most significant American contribution to political theory. The course will include lectures on the context and discussions on the content of the Papers. Participants will be expected to read about ten papers or fifty pages a week and be prepared to analyze them. Please note that this course is also offered on Tuesdays, 11:30 am - 1:30 pm. Required text: The Federalist Papers (Clinton Rossiter, editor), Alexander Hamilton, James Madison, and John Jay. Signet Classic. New American Library, ISBN: 0451528816. Cost: under $10.

Tom Sanders (tsanders.avl@gmail.com) holds an AB in history from Duke University and a PhD in religious studies from Columbia University. A retired professor of religious studies and international studies, he has taught several courses in American history at the College for Seniors.
Wednesdays 11:30 am-1:30 pm  

**Intermediate Mah Jongg**  
CRN # 10051  
6 weeks: Jan. 14, 21, 28, Feb. 4, 11, 18  
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 course will help you to broaden your horizons and open up new avenues for other hands to play. Selection of more diverse hands to play will become easier, and you will be more competitive in playing and have more fun playing the game. **A Wright Paterson rule book is required.**

Rosemary Walton (rhe68@bellsouth.net) has been playing Mah Jongg for forty-six years and has taught the Wright Patterson rules for eighteen. **Kenn Haring** (kennharing@charter.net) has been playing for six years and teaching for four.

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**Share Your Genealogy Research**  
CRN # 10052  
6 weeks: Jan. 14, 21, 28, Feb. 4, 11, 18  
Wednesdays, 11:30 am-1:30 pm  

In order to fully appreciate this course, participants should have research information, including documents and family lore, for at least three consecutive generations of one family. Classes will cover organizing material, various formats for presentation, determining where and how much to share, the importance of citing sources, and dealing with sensitive issues and ethics of publishing family information. Some case studies will be included. The final class will allow students to review classmates’ work and generate a checklist of key points. **Recommended texts:** *Producing a Quality Family History*, Patricia Law Hatcher, ISBN: 10: 0916489647 or ISBN: 13: 978-0916489649. Cost: $13.21. *Genealogical Proof Standard*, Christine Rose, ISBN: 10: 0929626192 or ISBN: 13: 978-0929626192. Cost: $8.96

A high school teacher, technical writer, and configuration manager, **Leslie Bouvier** (luv.ncmts@gmail.com) has been a genealogist for over twenty-five years and a professional genealogist for over ten. She specializes in Colonial American, German, and Scandinavian research and has created various genealogy projects for clients and family.

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**This I Believe**  
CRN # 10053  
4 weeks: Jan. 21, 28, Feb. 4, 11  
(note late start date)  
Wednesdays, 11:30 am-1:30 pm  

Using the guidelines and curriculum from the National Public Radio *This I Believe* series, participants will use reflective exercises and personal sharing to clarify personal beliefs which influence their thoughts and actions. On the last day, participants will share their three-minute personal belief essays of 350-500 words. 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 in this course only if you intend to be present and take part in each session.**

**Nancy Bragg** (njbragg1@gmail.com) supports people as they explore, experiment, and reflect on their lives. Before completing life coach training six years ago, Nancy was an educator. She enjoys yoga, Nia, and learning. **Kathy Rouse** (kabbyrouse@gmail.com) supported new OLLI members as co-chair of the membership committee. As a retired educator, Kathy now connects OLLI volunteers with Asheville City Schools volunteer opportunities. Kathy enjoys playing the piano, volunteering as a teacher’s assistant, and taking classes at the College for Seniors.

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**Awakening Into Your Deepest Self**  
CRN # 10054  
6 weeks: Jan. 14, 21, 28, Feb. 4, 11, 18  
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. We will explore the true purpose of meditation as a vehicle of human evolution into full realization of conscious living through meditation instruction, practice, and topic discussion.

**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 and currently teaches in public forums as well as with a private clientele. He also writes a consciousness column for *Rapid River Magazine.*
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**East Coast Swing**
CRN # 10055
6 weeks: Jan. 14, 21, 28, Feb. 4, 11, 18
Wednesdays, 2-4 pm
**Location:** 351 Sherrill Center

Let’s swing! East Coast Swing is traditional, triple-step swing. We’ll cover basics of timing and footwork and progress through as many patterns as possible. No partner is required, as we will switch partners. Please wear dance shoes, leather-soled street shoes, or dance sneakers. Sherry loves creating an environment where it’s fun for everyone and hopes her joy of dancing will inspire in others a passion to dance.

**Sherry Lubic** (lubic@msn.com) was a full-time ballroom dance instructor in Florida before she and her husband moved to Asheville. Dancing is her passion and teaching dance is a way to share that passion with others.

**Frédéric Chopin: His Life and Music**
CRN # 10056
6 weeks: Jan. 14, 21, 28, Feb. 4, 11, 18
Wednesdays, 2-4 pm

Enjoy live performances of the deeply romantic music of Chopin, often characterized by bittersweet melancholy captured in the Polish word zal. The course will include an overview of Chopin’s life and lecture/recitals featuring samplings from his wonderful music: ballades, études, mazurkas, nocturnes, preludes, polonaises, scherzos, sonatas, and waltzes.

**Michael Ruiz** (ruiz@unca.edu), a seasoned instructor at the College for Seniors, is a pianist/composer who studied classical piano with Stewart Gordon and jazz with Ron Elliston at the University of Maryland. Ruiz’s “day job” is professor of physics at UNC Asheville.

**Genealogy: Review, Restart, Restore**
CRN # 10057
4 weeks: Jan. 14, 21, 28, Feb. 4
Wednesdays, 2-4 pm

Perhaps you have taken a beginning genealogy class, tried a subscription to Ancestry.com, or bought a genealogy computer program. You are still interested but can’t seem to make progress, take it to the next level, or overcome frustration at the inability to find a missing ancestor. In this course, we will briefly review basic research concepts and then expand into more advanced techniques and resources to keep you winning. We will explore the expanding and changing array of genealogy resources available on the Internet. The course requires students to have basic computer and Internet navigation skills. This is NOT a beginning genealogy course.

**Mark Speer** (mspeer8@yahoo.com) has been researching his family since 1994. Along the way he has participated in genealogy webinars and conferences, researched his family on the Internet, interviewed relatives, and visited genealogy libraries and many cemeteries.

**How to Solve Sudoku Puzzles**
CRN # 10058
4 weeks: Jan. 14, 21, 28, Feb. 4
Wednesdays, 2-4 pm

The instructor for this course will demonstrate a very systematic method for solving all but the most difficult puzzles. The solving techniques that will be discussed, in order of complexity, are naked singles, hidden singles, naked doubles, hidden doubles, pointing cells, X wing, XY wing, and XYZ wing.

**Bruce Jones** (brucejonesinavl@gmail.com) has been playing games and solving puzzles of all sorts for over forty years. He has been solving Sudoku puzzles for about six years.

**Navigating Windows 8**
CRN # 10059
6 weeks: Jan. 14, 21, 28, Feb. 4, 11, 18
Wednesdays, 2-4 pm

Windows 8 is the latest release of the Microsoft Windows family and has an entirely new premise for navigation and applications. Thus most users have to re-learn how to use Windows. This class provides an overview of using Windows 8 on both touch screen and mouse-driven computers/tablets, including real time examples based on student questions. This is NOT a hands-on course. **Minimum requirements:** Familiarity with using a computer.

**Bob Davis** (bdavisit@swbell.net) is a former chief information officer with many years in technology, business, and management consulting.
**Wine Essentials**
CRN # 10060
6 weeks: Jan. 14, 21, 28, Feb. 4, 11, 18
Wednesdays, 2-4 pm
**Location: 169 Charlotte Street**

In this course you will learn about wine history and vintner techniques and how they affect what is in your glass. We will explore the major wine-producing regions and grapes to learn which wines you like best and examine wine flavor components so that you can pair wine with any meal. These wine secrets will make any wine taste better. This course will be taught at Metro Wines, 169 Charlotte Street. **Course fee: $60**, payable to the instructors at the first class.

**Andy Hale** (andy@metrowinesasheville.com) joined Metro Wines to combine his expertise in wine and teaching. Andy was a sommelier at Jasmine Porch and the Ocean Room on Kiawah Island. He began his teaching career at Appalachian State University. **John Kerr** (john@metrowinesasheville.com) grew up in wine country and moved his wine business to Asheville in 2013. John has taught classes on wine and finance for over twenty years.

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**The Met at the Movies**
CRN # 10061
4 weeks: Jan. 14, 21, 28, Feb. 4
Wednesdays, 2-5 pm

We will explore the operas to be shown this winter at The Met: Live in HD series. The productions are Lehár’s *The Merry Widow*, Offenbach’s *Tales of Hoffmann*, Tchaikovsky’s *Iolanta* and Bartok’s *Bluebeard’s Castle*.

**Patricia Heuermann** (patruschka@charter.net), a graduate of the Curtis Institute of Music, has directed opera, theatre, and cabaret performances throughout the United States and Europe. She has taught at New York University, the Manhattan School of Music, Hofstra University, and the American Institute of Musical Studies in Graz, Austria. Since moving to Asheville, she had directed productions for Asheville Lyric Opera, Opera Creations, and Asheville Community Theatre. **Bill Heuermann** (whitwill@charter.net) filmed, edited, and created DVDs of Patricia Heuermann’s many opera productions from 1996 to 2008 – including sub-titles in many cases. He has co-taught *The Met at the Movies* from 2009 to the present. He assists in planning the materials to be shown in class and provides the technical support.

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**The Art of Curve Stitching: Follow That Thread**
CRN # 10062
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19
Thursdays, 9-11 am

Curve stitching is a practical activity that creatively melds math and art. Using just a needle, string, patterns, and enthusiasm, participants will be able to make greeting cards, gift tags, and art suitable for framing. **Materials fee: $3**, payable to the instructor at the first class. Please see the course webpage for a materials list.

**Barbara Mueller** (bmueller66@yahoo.com), retired teacher, spent her career preparing to teach this class by instructing elementary special education students to be creative and enjoy beauty. Barbara loves the challenge of creating beauty from things around her.

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**Energy Resources, Petroleum Exploration, and Hydraulic Fracturing (Fracking)**
CRN # 10063
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19
Thursdays, 9-11 am

This course will use a scientific approach to help elucidate the following: 1) distribution and consumption of global energy resources, 2) origin, exploration, and production of oil and gas deposits, and 3) hydraulic fracturing (fracking) to extract oil and gas as well as its energy, economic, and environmental impacts.

**Richard Wiener** (richwiener@gmail.com) has a PhD in geology with thirty years’ technical geoscience experience at ExxonMobil. He has taught geology courses at the College for Seniors for two years, and previously at SUNY Oneonta for two years. He has numerous geologic publications to his credit.
**English Folk Dance**  
CRN # 10064  
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19  
Thursdays, 9-11 am  
**Location:** 351 Sherrill Center

This course is an introduction to English folk dance. In addition to traditional English “barn dances,” we will learn 17th and 18th century historical dances (from the Jane Austen era). To enjoy this class you should be able to walk at a brisk pace and have 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.

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**Good Science, Bad Science, Fun Science**  
CRN # 10065  
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19  
Thursdays, 9-11 am

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

**Hermann Gucinski** (hermann66@earthlink.net), now retired, has studied physical oceanography, estuarine science, surface science of porpoise skin, effects of ozone depletion, and effects of climate change. He holds a PhD in biophysics.

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**Pulp Magazines: The Evolution of Crime Fiction**  
CRN # 10066  
4 weeks: Jan. 22, 29, Feb. 5, 12  
(note late start date)  
Thursdays, 9-11 am

Pulp magazines from the late 19th century to the mid-20th century were the breeding ground for modern detective fiction. Crime stories have evolved for as long as there have been stories shared within cultures. We will explore early crime fiction and the emergence of the hard-boiled detective stories. From *The Arabian Nights* to *The Black Mask* magazine, meet the detectives who gave rise to a genre.

**Bill Cosgrove** (olli.billcosgrove@gmail.com) has been an active member of OLLI at UNC Asheville for over ten years. Before moving to Asheville, he did online marketing, was an independent publisher’s representative and a longtime bookseller.

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**Beginning Line Dance**  
CRN # 10067  
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19  
Thursdays, 11:30 am-1:30 pm  
**Location:** 213 A Student Recreation Center

Line dancing is a great activity to keep your mind and body sharp. We will learn the fundamental steps for beginner dances and learn many new dances. Line dancing is lots of fun, and we will dance to all genres of music.

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

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**Dream Catcher Design**  
CRN # 10068  
4 weeks: Jan. 15, 22, 29, Feb. 5  
Thursdays, 11:30 am-1:30 pm

Dream catcher design is a fun art project using many natural products. Red willow sticks cut from the banks of the East Fork of the Bitterroot River in Sula, Montana, will be provided by the instructor and used for the ring of the dream catcher. The instructor will also provide sinew for the webbing and an assortment of beads, leather, feathers, and other artifacts for use in this art project. Each participant will make two dream catchers during the four-week session. The second dream catcher will be a metal ring wrapped in leather, again using the sinew for webbing and decorated with beads and feathers. **Materials fee:** $40, to be paid to the instructor during the first class.

**Judy Nelson** (heyjude51445@gmail.com) learned the art of Native American Indian dream catcher design in Montana where she resides during the summer months. Judy has been taking classes in Native American Indian art forms for fourteen years.
The Economic Approach to Issues
CRN # 10069
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19
Thursdays, 11:30 am-1:30 pm

Economics offers an approach to analyzing and proposing solutions to various social issues. We will consider issues “du jour.” Class members may also propose topics which may be addressed. Reference will be made to Steven D. Levitt and Stephen J. Dubner, authors of *Freakonomics*, *Superfreakonomics*, and *Think Like a Freak*. We will also cover media articles as well as theories from other writers/economists. The course will be a combination of presentation and discussion.

Shirley Browning (scbrowning@bellsouth.net) taught at UNC Asheville for over forty-two years. He holds a PhD from the University of Connecticut and a BS and MS from the University of Kentucky. He retired from UNC Asheville in 2013.

The Heart and Mind of Dementia
CRN # 10070
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19
Thursdays, 11:30 am-1:30 pm

*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 a new perspective might inform how we can become a more empathetic and engaged community.

Jane Sherman (janeshermanllc@mac.com) facilitates the 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 memory cafés in Western North Carolina and initiated The Sacred Journey of Dementia conferences that were held in Asheville in 2013 and 2014. She taught *The Heart and Mind of Dementia* at the College for Seniors during the 2014 winter and summer sessions. Her website, JaneSherman.org, focuses on giving voice to those living with dementia.

Introduction to English Art Song
CRN # 10071
4 weeks: Jan. 15, 22, 29, Feb. 5
Thursdays, 11:30 am-1:30 pm

This course aims to introduce a rich tradition of English classical song writers, covering the period from Edward Elgar in the late 19th century to the post World War II period. In its way, the English art song rivals the German *lieder* tradition, with composers such as Vaughan Williams, Benjamin Britten, John Ireland, and Armstrong Gibbs. In this introductory course, a husband and wife team deeply experienced in poetry and musical analysis will provide some basic knowledge of composers, songs, and styles of music by listening, talking, and analysis. No prior knowledge of the subject matter will be assumed. An attentive ear is all that is required.

David Barratt (dandjbarratt@netscape.net) has taught literature for over forty years, including numerous poetry courses at the College for Seniors. Janet Barratt (dandjbarratt@netscape.net) has taught singing for as long, always encouraging her students to include English art song in their repertoire. She trained in piano teaching at the Royal Academy of Music in London and in singing at the Birmingham Conservatoire and the Royal Northern College, Manchester, England. As a singer, she won many competitions in the United Kingdom. As a still active voice teacher, she has taught in England, Pakistan, and the United States.
### Thursdays 11:30 am-1:30 pm continued

**The Pony Express and the Overland Trail**  
CRN # 10072  
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19  
Thursdays, 11:30 am-1:30 pm

The Pony Express and the Overland Trail were the forerunners of the transcontinental railroad. During the years they were in operation, there were numerous travelers with stories to tell. This lecture format course will explore the routes, the events, and the people who created and rode into history. We will hear from the survivors who kept journals and the historians who described the non-survivors and revisit the saga of western migration.

**Paula Withrow** (pwwithrow@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 - any history. As an intern with the Bureau of Land Management and the US Geological Society, she mapped and explored many of the areas along the Overland Trail.

**Wittgenstein: A Study of Philosophy**  
CRN # 10073  
4 weeks: Jan. 15, 22, 29, Feb. 5  
Thursdays, 11:30 am-1:30 pm

This course will introduce the life and thinking of arguably the most influential 20th century philosopher. He began as a conventional philosopher and then discarded both his immense wealth and his own writings and challenged nearly all traditional ideas on the connections between language, thought, and so called philosophical problems; for example, why certain questions cannot be asked and therefore cannot be answered.

**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.

### Thursdays 2-4 pm

**The History of Lighthouses**  
CRN # 10074  
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19  
Thursdays, 2-4 pm

This course will be an overview of lighthouses of the world, as well as 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 examine the creative re-use of light stations, lightships, and minor aids to navigation, all told with humor, music, and visuals. We will also spend time on the seven lighthouses that dot the coast of North Carolina. Although not as grand as the “coastal ladies,” we’ll tiptoe among the “little guys” (or gals) on the inland waters.

**Wayne Wheeler** (wswheeler3@yahoo.com) is a retired Coast Guard officer and president and founder of the United States Lighthouse Society. He has talked to groups all over the nation and has appeared in numerous radio and television shows, including National Public Radio, CBS This Morning, and the Public Broadcasting System, to name but a few. In addition, he has published articles in The San Francisco Chronicle, Smithsonian Magazine, and Life magazine. He recently spoke in New York City at the opening of the new National Lighthouse Museum, where he was presented with a Modern Day Keeper award and a citation from the New York City Council and the New York State Assembly.

### Thursdays 2 -4:30 pm

**Sexuality: A Movie and Discussion Course**  
CRN # 10076  
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19  
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 ample time for viewing and discussion. Topics covered include aging and sexuality, health issues, current sexual trends, law and sexuality, and culture and sexuality. Some films contain 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.
**Thursdays 2-5 pm**

**Beginning Oil Painting: Especially For Men!**
CRN # 10077
6 weeks: Jan. 15, 22, 29, Feb. 5, 12, 19
Thursdays, 2-5 pm

This course teaches students to translate what they “see” into an oil painting on canvas. Although not limited to male participants, emphasis will be on how men and women work with different priorities in terms of creating art. 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). There will be an 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**

**Expanding Beginning T’ai Chi: The Next Step**
CRN # 10078
6 weeks: Jan. 16, 23, 30, Feb 6, 13, 20
Fridays, 9-10:30 am
Location: 351 Sherrill Center

Studies at Emory University School of Medicine and the Oregon Research Institute as well as ten-year studies at Harvard and Yale Universities determined that t’ai chi reduced the risk of falling by 48% to 55%. As we age, stability issues and the chance of falling increase. This can limit our freedom of movement and activity, resulting in unwanted complications. T’ai chi is an ancient system of simple, graceful movements that develops flexibility and strength while improving one’s health and balance. In this course, we will explore basic moves that are common to all t’ai chi forms so that you, too, can improve your balance and thus reduce the chance of falling. We will do so in a relaxed, fun manner, linking the moves together to form a simple, easy to learn routine. We will also explore breathing techniques for stress reduction, relaxation, health, and longer life. **Due to topic popularity, participants may take only one t’ai chi course per term at initial registration.**

Bill Muerdter (bobag@charter.net) has been practicing and studying t’ai chi (Yang style) and qigong (an ancient Chinese practice combining breathing and movement for health and healing) since the 1980s. He has also studied the yoga tradition of pranayama and the present day breathing program of Dr. Andrew Weil and others in the field.

**Fridays 9-11 am**

**Therapeutic Yoga**
CRN # 10079
6 weeks: Jan. 16, 23, 30, Feb 6, 13, 20
Fridays, 9-11 am
Location: 213 A Student Recreation Center

This course will provide a gentle introduction to yoga using standing and chair poses (no floor work). Please wear loose comfortable clothing that is easy to move in. A yoga mat is preferred for the standing poses (or if you have no mat, you may wear secure closed-toe shoes with good grip). This course is great for those who want to work on balance, flexibility, mobility, and relaxation. As long as you can stand up and sit in a chair, this class is for you! No prior yoga experience is necessary. **Due to topic popularity, participants may take only one yoga course per term at initial registration.**

Ellen Morrissey (LNMyogatherapy@gmail.com) is a certified yoga instructor who specializes in gentle and therapeutic yoga. She has received her 500-hour certification in therapeutic yoga, and has been practicing yoga since 2000. You can learn more about her and therapeutic yoga at www.LNMyoga.com.
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. Zageir 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 (HOOE)*
39. Mills Hall (MIL)
40. Moore Hall (MOO)*
41. Scott Hall (SCO)*
42. South Ridge (SOU)
43. West Ridge (WES)

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

**PARKING INFORMATION**

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

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

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

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

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

**Information**
(828) 251-6600
University Police
(828) 251-6710

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

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

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Cartography By Steve Parker 2009
Don’t use email? Please call us or visit the Center frequently to stay informed.