

# North Carolina Center for Creative Retirement



## Is It Time for an Adhocracy?

Over the course of the next few months at the NC Center for Creative Retirement (NCCCR), we are going to put together a series of “task forces” or “ad hoc committees” to address ongoing issues of importance to the membership and staff. We want to assess our challenges and options on issues like registration (including pricing, online systems, distributing courses

and other issues), course descriptions in our catalogs, management of our computer software and hardware, the Center Steering Council committee budget process, and revisions to our operating procedures. We want to gather stakeholders from various committees, from our staff and from relevant departments on the UNC Asheville campus to analyze our strengths, minimize our shortcomings and to brainstorm the best possible solutions.

It’s easy to laugh at organizations that assemble groups to “study” issues rather than rolling up their sleeves and getting to work. Sometimes, however, it’s prudent to take a fresh look at recurring difficulties and to convene people from various committees or groups who don’t often have the chance to see how their work overlaps. It’s useful to enlist the help of staff and volunteers and to make sure that we communicate effectively about the things that matter most to us. As we set priorities, work to improve existing programs and undertake new initiatives, we benefit from taking the time to pause, to reflect and plan before we get back to work.

The term “task force” originated as a naval term that designated a gathering of ships from different divisions or squadrons without resulting in a permanent reorganization of the fleet; the purpose of this re-organization was to be more flexible, to respond to an immediate need and to operate most efficiently. The term has the connotation of a clear objective (a “task”) and the impact of work and power (“force”) that suggest that a solution and targeted effort will result. The term “ad hoc committee” is potentially less appealing. “Ad hoc” is a Latin phrase meaning “for this,” implying limits and specificity, a committee that has to be created because no standing committee can cover a certain task.

“Ad hoc” also has negative connotations, implying something thrown together, improvised, or makeshift. On the other hand, there may be something appealing and freeing in the idea of infusing “structure” with something more “ad hoc.” In his 1970 work *Future Shock*, futurist and sociologist Alvin Toffler used the phrase “adhocracy,” which management expert Robert H. Waterman later defined as a method used to “cut across normal bureaucratic lines to capture opportunities, solve problems, and get results.” In a mature organization like NCCCR, we have many effective working committees. We take it for granted that most things at the Center aren’t broken and don’t need to be fixed. Sometimes this assumption leads us to stick to the way we’ve always done things without questioning if there is a new solution. We don’t need to get rid of the things that work to gather new ideas and question old assumptions. We are instituting a planning process to hear from a wide variety of our membership, staff, and other community stakeholders in order to capture new ideas. Before all of that is done, we hope that we will be able to solve some of these ongoing problems by putting our “boats” together in new ways and to create flexibility to solve problems. Since very few of us admit to liking a “bureaucracy,” we might be able to infuse new energy into our thinking with an “adhocracy.” Let us know if you have ways you would like to contribute.

## Summer 2011



### Contents

|                                 |       |
|---------------------------------|-------|
| A Pisgah View .....             | 23    |
| Activities & Programs.....      | 4-5   |
| Campus Map.....                 | 24    |
| College for Seniors.....        | 8-22  |
| Course Calendar .....           | 10    |
| Events Calendar .....           | 2     |
| Health & Fitness Center .....   | 4     |
| Life Transition Programs.....   | 6     |
| Membership .....                | 3     |
| Mission & Steering Council..... | 2     |
| Registration Forms.....         | 11-14 |
| Registration Information .....  | 3     |
| Scholarships.....               | 9     |
| Special Events.....             | 5     |
| Special Interest Groups .....   | 4     |
| Weather Policy .....            | 2     |
| Workshops.....                  | 7-8   |

## Mission

Creating opportunities for people to thrive in life's second half through learning, leadership, service and research, the North Carolina Center for Creative Retirement was established in 1988 as an integral part of UNC Asheville.

Center participants help develop and implement programs and policies through the Center Steering Council in collaboration with NCCCR's professional staff. NCCCR is supported by a combination of participant fees, public funding, consulting services, gifts and foundation grants.

## Center Steering Council 2010 – 2011

|                      |                  |
|----------------------|------------------|
| Chair .....          | Mike Sena        |
| Chair-elect .....    | Dick Murray      |
| Secretary .....      | Nelson Sobel     |
| Ex officio .....     | Sheila Murphy    |
| NCCCR director ..... | Catherine Frank  |
| CFS director .....   | Susan Poole      |
| Campus rep .....     | William Spellman |
| Community rep .....  | Tom Byers        |

## Committee Chairs

|                              |                         |
|------------------------------|-------------------------|
| Civic Engagement.....        | Tom Byers               |
| College for Seniors<br>..... | Doug Agor, Sandra Brown |
| Facilities.....              | Gary Schenk             |
| Finance.....                 | John Tempelaar-Lietz    |
| Health & Wellness.....       | Sally Mundt             |
| Life Transitions .....       | Fred Teach              |
| Marketing .....              | Carol Gillen            |
| Membership .....             | Janet Parkerson         |
| Nominating .....             | Dick Murray             |
| Planning.....                | Barry Mundt             |
| Research.....                | Steve Schleifer         |
| Strategic Alignment .....    | Bob Davis               |

[www.ncccr.com](http://www.ncccr.com)

## EVENTS CALENDAR

### May

- 8 NC Stage Company Readers Theatre, 2 pm
- 9 Y'all Come Course & Teaching Idea Exchange, 4:30 pm
- 10 World Affairs Council, 7:30 pm
- 11 f/32 Photography Group, 7 pm
- 12 Pan Harmonia (Chamber Music) Open Rehearsal, 11:30 am
- 13 Fabulous Fridays Lecture, 11:30 am
- 15 Reuter Center Singers Spring Concert, 3 pm
- 17 Summer Registration, 8 am
- 17 Audubon Society, 7 pm
- 27-29 Creative Retirement Exploration Weekend ("CREW") Program
- 30 Reuter Center Closed for Memorial Day

### June

- 2 Pan Harmonia (Chamber Music) Open Rehearsal, 11:30 am
- 8 f/32 Photography Group, 7 pm
- 9 Celebrating Life in the Mountains Series, 7 pm
- 17 New to Medicare Information Session, 2 pm
- 20 College for Seniors Summer 2011 courses begin
- 21 Audubon Society, 7 pm
- 24 New to Medicare Information Session, 12 pm
- 26 Autumn Players Readers Theatre, 2:30 pm

### July

- 4 Reuter Center Closed for Independence Day
- 7 Astronomy Club of Asheville, 6 pm
- 21 Membership Roundup Barbeque, 4:30 pm

### August

- 3 Most CFS Summer 2011 courses end
- 18 Registration opens for Fall 2011 CFS courses

## Adverse Weather Policy

Call the NCCCR office at 828-251-6140 or 828-251-6188 for a recorded message with information regarding NCCCR program and event time changes, postponements and cancellations. UNC Asheville's adverse weather line, 828-259-3050, also contains information about university closings and delays.

# Center Membership

Your gateway to **North Carolina Center for Creative Retirement** programs and events is annual membership. A fee of \$60 covers the period of August 1 to July 31. Join now and be a member until July 31, 2012. Member benefits include:

- ★ **UNC Asheville Parking Pass**
- ★ **UNC Asheville Photo ID (OneCard)**
- ★ **UNC Asheville Library borrowing privileges**
- ★ **Quarterly course catalogs**
- ★ **NCCCR electronic newsletter—eNautilus**
- ★ **Rental use of Reuter Center for personal events after you have been a member for one year**
- ★ **Use of Reuter Center computer lab**
- ★ **Use of UNC Asheville wireless internet connection**
- ★ **Access to:**
  - Special Interest Groups (SIGs, p. 4)**
  - Activities, Programs and Special Events (p. 4-5)**
  - College for Seniors (p. 8-22)**
  - UNC Asheville Health & Fitness Center (p. 4)**

**PARKING:** From May 1 through August 1, members may park anywhere on campus without a parking hang tag. During UNC Asheville's academic year, NCCCR members may park in any white-lined space on campus, provided they display a parking permit ("hang tag") on their rear view mirror. Complete a parking form in the Reuter Center office to obtain your hang tag.

**NAMETAGS:** Obtain a nametag in the Reuter Center office and wear it at all Center events and classes.

**ONECARDS:** NCCCR members may obtain a OneCard, the official UNC Asheville photo ID card, in Highsmith Union, room 120 (ground floor). With a OneCard you may receive UNC Asheville discounts at local businesses and at UNC Asheville special events.

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

**WIRELESS INTERNET ACCESS:** If your laptop or PDA is set up for WiFi, you may register to use the campus wireless network by stopping by the Reuter Center front desk and asking for instructions and a password. You will have to do this procedure each term, as the passwords will change.

**EATING ON CAMPUS:** The Reuter Café on the Center's lower level is open during College for Seniors Fall, Winter, and Spring terms, from mid-morning to mid-afternoon. You are welcome to use the UNC Asheville dining hall, the Highsmith Food Court and Ramsey Café in the Library.

NEED MORE INFORMATION? Check out these resources:

Center Website: [www.ncccr.com](http://www.ncccr.com)

Membership Handbook: Click on "Membership"

Campus Map: [www.unca.edu/campusmap](http://www.unca.edu/campusmap)

UNC Asheville Events: [www.unca.edu/calendar](http://www.unca.edu/calendar)

Reuter Center Office—Open Weekdays, 8 am to 5 pm  
828-251-6140



## Registration for Summer Term

**1** **INITIATE** or **RENEW** your Center membership (proceed to Step 2 if you're already a 2010-11 member and do not wish to renew)

- Complete membership form on p. 11 or 13
- Pay \$60 membership fee now and receive membership through July 31, 2012
- Mail in or drop off at the Reuter Center office **starting Tuesday, May 17 at 8 am** (check payable to NCCCR or cash—we do not accept debit or credit cards)

**2** **REGISTER** for classes **starting Tuesday, May 17 at 8 am** for best availability.  
*Note: Registration forms will be processed in order of date received at Reuter Center. All forms received at the Reuter Center before May 17 will be processed AFTER forms received in person on registration day, May 17.*

- View catalog (hard copy or online at [www.ncccr.com](http://www.ncccr.com))
- Complete registration form, p. 11-14
- Mail in or drop off at the Reuter Center office with payment (check payable to NCCCR or cash—we do not accept debit or credit cards)
- *To apply for a scholarship for Center program fees, submit a scholarship application with your registration form. See p. 9 for details.*

**3** **RECEIVE** registration confirmation around May 27

- After May 27 courses may be added at any time until the second class period in any course.
- You must drop all classes by June 17 to receive a full refund.

# Activities & Programs

Involving yourself with the Reuter Center community of learners is stimulating, challenging and fun. Some enjoy volunteering to make the programs and activities happen. Others enjoy participating in a variety of programs and a chance to meet new friends.

## Seniors' Health Insurance Information Program

Senior citizens 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 needs you. Contact NCCCR member Kenn Haring at [kennharing@charter.net](mailto:kennharing@charter.net) for more information; this project is part of NCCCR's Civic Engagement Committee.

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## Artists & Writers Quarterly

NCCCR members are invited to submit writings and art work in the areas of poetry, fiction/nonfiction, art and photography. Three winning entries are published on the Center's website each quarter. Visit [www.ncccr.com](http://www.ncccr.com) and click on *Artists & Writers Quarterly* under "Membership" for more information.

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## Health and Fitness Center Membership

February 1–July 31, 2011  
Fee: \$250

NCCCR members are welcome to join the UNC Asheville Health and Fitness Center. Use the registration form on page 12 or 14 to join. You will also be asked to complete a form (available at the Reuter Center office) outlining the terms of HFC membership. For more information, call 828-251-6384.

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## Special Interest Groups - SIGs

Once you're an NCCCR member, you can 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. If you want to initiate a SIG or need additional information about SIGs, call 828-251-6140 or visit the website at [www.unca.edu/ncccr/membership/sig.html](http://www.unca.edu/ncccr/membership/sig.html).

### Backgammon

Thursdays, 2:30 pm  
Information: Bruce Jones, 338-0265,  
[bruce\\_e\\_jones@yahoo.com](mailto:bruce_e_jones@yahoo.com)

### Intermediate Bridge

Fridays, 12:30-3:30 pm  
Information: Jacque Morgan, 658-9738,  
[myoldmthome@gmail.com](mailto:myoldmthome@gmail.com)

### Skeptical Inquirers

2<sup>nd</sup> Fridays, 1:30-3 pm  
Information: Carl Ricciardelli, 242-3071,  
[cfr666@bellsouth.net](mailto:cfr666@bellsouth.net)

### Bridge Buddies

Wednesdays, 2:15-5 pm  
Information: Debra Benjamin, 650-0311,  
[debrabenjamin100@gmail.com](mailto:debrabenjamin100@gmail.com)

### MAC Users

2<sup>nd</sup> Fridays, 1:30-3:30 pm  
Information: Paula Withrow, 350-8406,  
[pvwithrow@aol.com](mailto:pvwithrow@aol.com) or Bob Mellor,  
253-5031, [BM.NCCCR@charter.net](mailto:BM.NCCCR@charter.net)

### Stock Market Investment Study Group

3<sup>rd</sup> Mondays, 3:30 pm  
Information: Malcolm Douglas,  
684-6326, [madmal@charter.net](mailto:madmal@charter.net)

### Creative Singles: Potluck, Movies, Restaurants and More!

1<sup>st</sup> Wednesdays, 5:30 pm at the Reuter Center, 3<sup>rd</sup> Wednesdays, 5:30 pm at a restaurant  
Information: Linda Lewandowski,  
665-1787, [themerrywanderer@yahoo.com](mailto:themerrywanderer@yahoo.com)

### Men's Wisdom Works

Call or email for meeting times  
Information: Chuck Fink, 713-2112,  
[chuck@ascentleadership.com](mailto:chuck@ascentleadership.com)

### Tile Clickers (Mah Jongg)

Wednesdays, 2-5 pm  
Information: Rosemary Walton,  
667-8979, [rh680@bellsouth.net](mailto:rh680@bellsouth.net)

### EQUATE (The Math Equation Thinking Game)

Fridays, 1:15-3:15 pm  
Information: Jacob Cohen, 691-0320,  
[jacobwoodworker@gmail.com](mailto:jacobwoodworker@gmail.com)

### Poetry Lovers

2<sup>nd</sup> Tuesdays, 2-4 pm  
Information: Peter Olevnik, 281-0774,  
[olevnik@att.net](mailto:olevnik@att.net)

### The Wild Bunch

Meeting times to be announced  
Information: Mary Scott, [mac8@psu.edu](mailto:mac8@psu.edu)

### The Forum: Dialogue to Challenge Our Thinking

Fridays, 1 pm  
Information: Louis Millin, 298-3863,  
[lmillin@bellsouth.net](mailto:lmillin@bellsouth.net)

### Reuter Center Bowlers

Mondays, 1:20 pm at AMF Bowling Center, 491 Kenilworth Road, Asheville.  
Information: Jan Guichard, 253-8776,  
[lifebegins70001@yahoo.com](mailto:lifebegins70001@yahoo.com)

### Wine Tasting

2<sup>nd</sup> Sundays, 7 pm, members' homes  
Information: Ulana Mellor, 253-5031,  
[Ulana.Mellor@charter.net](mailto:Ulana.Mellor@charter.net)

# Activities & Programs *continued*

## Special Events—Summer 2011

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

### Asheville Community Theatre's *Autumn Players Readers Theatre*

The Autumn Players is a troupe of seasoned actors dedicated to taking the theatre experience into the community. Readings of great literature by experienced performers can spark deep understanding and kindle lasting interest. As words jump from the page with conviction and emotion, stories come to life. Performances begin at **2:30 pm** and tickets are \$5 at the door.

- **Sunday, June 26** A Trio of One-Act Plays directed by Margaret Sticpewich: *Trifles* by Susan Glaspell, *In The Shadow of the Glen* by J.M. Synge and *Fumed Oak* by Noel Coward



### Astronomy Club of Asheville

The Astronomy Club of Asheville meets the **1st Thursday of each month (June 2 and July 7), from 6-8 pm**. The group welcomes Reuter Center members into the club to advise and assist them in the basics of astronomy and techniques of observing celestial phenomena. Participation in all of the club's events and activities is free to NCCCR members.

### Elisha Mitchell Audubon Society

The mission of the Elisha Mitchell Audubon Society (EMAS) is to promote an awareness and appreciation of nature, to preserve and protect wildlife and natural ecosystems, and to encourage responsible environmental stewardship. EMAS general meetings at the Reuter Center are on **May 17 and June 21 at 7 pm**. For more information, visit their website: [www.emasnc.org](http://www.emasnc.org).

### Celebrating Life in the Mountains

This fascinating series continues on **Thursday, June 9, 7-9 pm**. Constance Williams, president of Asheville's River Arts District, will lead a discussion about "Arts and Crafts in Western North Carolina." A Q&A session and light refreshments will follow.



### f/32 Photography

f/32 is a diverse group that shares an appreciation and love of photography. Members range from amateur to advanced photographers, from those who just like to take pictures to professional photographers. The members of the group meet monthly to share their work, learn new methods, and keep abreast of the latest industry news and equipment. NCCCR members are offered free membership in f/32. Attend on **Wednesdays, May 11 and June 8, 7 pm**. For more information visit their website: [www.f32nc.com](http://www.f32nc.com).

### Pan Harmonia at the Reuter Center

Pan Harmonia, a project of Keowee Chamber Music, allows an inside peek at the creative process with free lunchtime open rehearsals in the Manheimer Room. Bring your lunch for a musical munch! For more information about the group, to find the schedule for the group's formal performances or to order tickets, visit PanHarmonia's website: <http://pan-harmonia.org>



- **Thursday, May 12, 11:30 am – 1:30 pm: *Tapas de Música***: Kate Steinbeck, flute, Gail Ann Schroeder, viola de gamba, Barbara Weiss, harpsichord, and River Guerguerian, percussion, perform the music of Manuel De Falla, Marin Maris, Diego Ortiz and Lou Harrison.

- **Thursday, June 2, 11:30 am – 1:30 pm *Garden Dances***: Kate Steinbeck, flute, Alicia Chapman, oboe, Mary Beth Hussey, cello, and Jacquelyn Bartlett, harp, perform the music of Arvo Pärt, Alan Hovhaness, Henry Cowell and Michael Cohen.

### Symphony Talk with Daniel Meyer

The best way to enjoy the Asheville Symphony Orchestra's Masterworks concerts is to come to the Symphony Talk for the inside scoop on the music, composers and soloists. Asheville Symphony Orchestra's music director and conductor Daniel Meyer will speak.



- **Friday, May 6, 3 pm** Rachmaninoff's Piano Concerto No. 3, Konstantin Soukhovetski, piano; Mussorgsky's *Pictures at an Exhibition* as orchestrated by Ravel.

### World Affairs Council

The World Affairs Council (WAC) holds fascinating lectures and panel discussions that aim to advance international awareness and foster Western North Carolina's global ties. NCCCR members receive a discount on WAC annual membership fee. All non-WAC members pay \$8 per lecture at the door.

- **Tuesday, May 10, 7:30 pm** Hear a first-hand account of the speaker's recent travels in the Middle East.

### New to Medicare?

Are you new to Medicare? Are you confused by the many choices? Unbiased and accurate information is available from trained volunteers from the NC Seniors' Health Insurance Information Program, in partnership with NCCCR's Civic Engagement Committee. The first session on Friday, **June 17, 2-4 pm**, will be an overview of Medicare. The second session, **Friday, June 24, 2-4 pm**, will take place in the Reuter Center computer lab; participants will learn how to use the Internet to compare benefits, answer questions, and enroll when they are ready. Reserve your place in these sessions by calling Sybil French at the Council on Aging, 828-277-8288.

### Membership Roundup BBQ Social

Join your Reuter Center friends for our second annual summer BBQ on **Thursday, July 21, 4:30 – 6:30 pm**. Bandanas and cowboy hats optional. Take this opportunity to socialize, enjoy great food, and sign up for your 2011-12 NCCCR membership.

# Life Transition Programs

## Design a Creative and Fulfilling Life in Retirement

### Creative Retirement Exploration Weekend

May 27-29, 2011

Location: Reuter Center, UNC Asheville

Fee: \$400 per person

Fee covers all materials and most meals

Considering moving in retirement? Come to the annual Creative Retirement Exploration Weekend ("CREW"), sponsored by NCCCR, *Where to Retire Magazine* and Biltmore Farms Hotels. This program offers a distinctive learning experience for those considering relocating as their next step, whether to western North Carolina or elsewhere. Lively seminars, stimulating discussions, tours and social events combine to help you discover why you and others like you may choose to move at a time in your life when you have the freedom to make these decisions.

For more information or to register, contact Michelle Rogers at 828-250-3871 or [mrogers@unca.edu](mailto:mrogers@unca.edu) or visit [www.AshevilleCREW.com](http://www.AshevilleCREW.com).

### Paths to Creative Retirement

September 2-4, 2011

Location: Reuter Center, UNC Asheville

Fee: \$850 per person

Fee covers all materials and meals

Discover in a few days what could take years! For many, the question is not whether to retire, but what to do next. What are the best choices? What are potential hurdles? Create a meaningful retirement that matches your values and priorities at the Paths to Creative Retirement workshop ("Paths").

For more information or to register, contact Michelle Rogers at 828-250-3871 or [mrogers@unca.edu](mailto:mrogers@unca.edu) or visit [www.PathstoCreativeRetirement.com](http://www.PathstoCreativeRetirement.com).



**Center members:** Do you have friends or family who would benefit from our Life Transition Programs? Please tell them about Paths and CREW and refer them to our website! Want to help others design a creative and fulfilling retirement for themselves? Willing to share your own journey to retirement with others? Help plan and implement either Paths to Creative Retirement or the Creative Retirement Exploration Weekend. Call Michelle Rogers at 828-250-3871 or email [mrogers@unca.edu](mailto:mrogers@unca.edu) for more information.



## TIME TO RENEW YOUR NCCCR MEMBERSHIP!

A \$60 membership fee covers August 1, 2011-July 31, 2012

Excellent Classes ♦ Informative Lectures ♦ UNC Asheville Perks  
Fellowship Among Peers ♦ Parties & Performances  
Opportunities for Leadership and Service

There are so many reasons to keep coming back to the Reuter Center—  
Renew your membership TODAY!

## Summer 2011 Registration

Registration for CFS Summer 2011 classes begins on Tuesday, May 17, at 8 am in the Manheimer Room on the lower level of the Reuter Center. We will open the doors around 7:30 am or whenever the staff arrives. We will have one line, with six people taking registration forms (something like a bank line where the person at the front gets to work with the next available teller).

For this registration you may select up to three courses during the initial registration in order to make sure that more people receive some courses. We continue to consider new registration and pricing policies to create a system that allows more people to enjoy all the center has to offer.

# Workshops

**Welcome summer with one-day and weekend workshops that fit your needs and schedule.** NCCCR membership is not required to register (although some workshops offer a discounted rate for members), and workshops are open to the public. Workshops have limited space, and you do not have to wait for College for Seniors registration to begin to sign up. For additional information or to register by phone, call 828-251-6384. We accept Visa or Mastercard, cash or checks for Workshop payment. Refunds are available until 14 days before the workshop's scheduled beginning; there is a \$10 per person non-refundable fee for cancellations.

## **Making a Bound Photo Book** CRN#30044

Monday, June 13,  
Wednesday, June 15 & Friday, June 17  
8:30 am – 12:30 pm each day  
Fee: \$120 / member  
\$130 / non-member

You take the pictures that capture events: your grandchildren, your favorite seasons, your dream vacations, your garden. Do something beautiful with your photos and share them with family and friends. Make a Photo Book! This workshop takes you through the process of uploading your pictures from your digital camera, organizing and editing the best shots, and producing your own unique book electronically using Shutterfly.com.

**Materials Fee:** \$40 to \$70 depending on the size of the book chosen. Participants will order and pay for their own books through Shutterfly.com.

**Carrie Wagner** has a BS in environmental and visual design from NCSU. She has practiced photography for 25 years, specializing in portrait photography for the past 10 years. In addition to owning a photography business, Carrie is an author, speaker and educator.

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## **Heritage Crochet in Contemporary Design and Application** CRN#30045

Saturday, June 18, 9 am – 4 pm  
Fee: \$85 / member  
\$95 / non-member

Once you have mastered the basics of crochet, why not kick it up a notch? Explore fun heritage techniques in contemporary applications. Learn the history and techniques of hairpin and broomstick lace. Experiment with Tunisian and Aran crochet, or German and Irish thread patterns. Give yourself the gift of new techniques and inspiration!

**Rita de Maintenon** was raised in Germany and has taught extensive workshops in combining fiber techniques. Rita now concentrates on her favorites, the crochet heritage techniques. Rita is a Blue Ridge National Heritage Artist and a member of the Southern Highland Craft Guild and HandMade in America.

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## **Textures and Special Effects in Watercolor** CRN#30046

Friday, July 15, 3 – 6 pm  
Saturday, July 16, 9 am – 4 pm  
Sunday, July 17, 9 am – 4 pm  
Fee: \$160 / member  
\$170 / non-member

Participants in this workshop will explore the integration of non-traditional materials pertaining to watercolor. We will focus on learning methods that can be applied before, during, and after the typical watercolor sequence. The goal is to have a blast while experimenting with new techniques. Each participant will bring basic watercolor supplies and reference materials. This workshop is experiential and interactive and is **not beginner level**.

**Materials Fee:** \$15 payable to the instructor at the first workshop meeting.

Recommended Reading: Joye Moone, *Exploring Textures in Watercolor*, 2008: \$36 (including tax and shipping). Order directly from the artist at [www.joyemoone.com](http://www.joyemoone.com)

**Jane Snyder** has studied with numerous nationally recognized artists and experiments with various water media techniques. Her art work is displayed at two Asheville galleries. Jane teaches private classes and has taught many art courses and workshops at NCCCR.

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## **Understanding Your Existing Long Term Care Insurance Policy** CRN#30047

Saturday, July 16, 9 am – 12 pm  
Fee: \$40 / person

This course is for you if you own a long term care policy and need a “refresher course” on what you have. Maybe you never really understood it to begin with! Do you know what types of care the policy covers and when? Do you know what your “deductible” is? Is there a “cap” to how much it will cover? Has it grown in value? **Bring your policy to this workshop** and learn how to read the coverage and interpret what you currently have. Learn some of the nuances to the policy language that may be important if you have a claim. You'll go home with a better understanding of the policy you already have.

**Betty Doll**, MBA, CLTC is the principal of Doll and Associates Long Term Care Insurance Services in Asheville, NC. Ms. Doll teaches CLTC (Certification in Long Term Care) classes on a national level and has trained hundreds of advisors across the country on the specifics of long term care insurance.

## Workshops *continued*

**Robots for Beginners—  
You CAN Do It!**  
CRN#30048

Saturday, August 6, 9 am – 4 pm  
Fee: \$50 / member or non-member

Better than *Terminator*, this one is REAL! In this workshop you make your own robot “think” for itself, performing tasks ranging from simple to complex. Under the control of custom programs you create, the robot senses the world around it, makes decisions, and navigates all by itself. The robot is yours to take at the end of the workshop so that you can continue to experiment on your own.

**Materials Fee:** \$125 per person. By July 20, 2011, each participant must purchase a Scribbler II Robot, batteries and USB to Serial Adapter. Please contact the instructor at Neil@vectorr.com for information on the best places to shop.

Recommended Reading: Visit <http://www.parallax.com/go/S2> for more information on the Scribbler II robot and GUI.

**Neil Rosenberg** is a robotics engineer and educator, graduate of MIT and Stanford. Neil is responsible for several unique robotics-based vehicles and has particular interest in machines that think for themselves. He also has a knack for making technology understandable by non-technical persons.

## College for Seniors

### Appalachian Studies



Through the College for Seniors, the Appalachian Studies program offers courses and events during the year that will broaden our knowledge of this wonderful region. To find these courses, look for the tree logo next to listings. Appalachian studies courses offered in Summer 2011 are: *Images of Appalachia in Film* (p. 17), *Southern Literary Belles* (p. 18), *Ecology of the Southern Appalachian Mountains* (p. 20), and *Summer at SART* (p. 21).

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### **Small Group Learning Circles**

Learning Circles are courses designed to encourage participants to share their life experiences in a facilitated conversation group. Each member of a Learning Circle is both a learner and a teacher; the emphasis is on the individual's experience as it relates to the topic. Learning Circles encourage exploration of different points of view and use dialogue in a format distinct from discussion and debate. To find courses that are Learning Circles (as opposed to those that are lecture and discussion courses) look for the circle logo next to each course. Learning Circles offered in Summer 2011 are *Writing, Reading, and Talking About Poetry* (p. 18), *People in Transition* (p. 19), *The States of Spiritual Development* (p. 20), and *Healthy Aging: Looking Outward to See Inward* (p. 20).

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## “Ecology of the Southern Appalachian Mountains” A Unique Opportunity to Experience Western North Carolina in the Classroom and in the Field

NCCCR's College for Seniors is pleased to announce a special opportunity to get to know the biodiversity of the Southern Appalachians from a new point of view, both in the classroom and in the field. In classrooms at the Reuter Center on **Wednesdays from June 22 through July 27** and at locations throughout western North Carolina on **Saturdays from June 25 – July 30**, The Western North Carolina Alliance will provide instructors who will explore the geology, hydrology, climatology, biology, and human ecology of our region.

**Registration is limited to 10 CFS students.** Register through the College for Seniors section of the registration form on pages 11-14; see page 20 for the CFS course number.

# College for Seniors

The largest program of the NCCCR is College for Seniors (CFS), a lifelong learning program in its 22nd year offering more than 280 courses to 1600 members annually, during four terms:

|               |                          |
|---------------|--------------------------|
| <b>Summer</b> | June 20 - August 3, 2011 |
| <b>Fall</b>   | Sept 19 - Nov 11, 2011   |
| <b>Winter</b> | Jan 9 - Feb 20, 2012     |
| <b>Spring</b> | March 26 – May 18, 2012  |

## Summer 2011

### June 20-August 3, 2011

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

#### **Fee: \$75 for the term**

This flat fee allows you to register for up to **three courses**, listed on pp. 15-22, during the initial phase of registration.

Confirmation will be sent on May 27.

After you receive your schedule, you may add additional courses without cost.

#### **NCCCR Membership is required**

**Refunds: Cancellation must be received by June 17 for a full refund.**

**This applies to ALL fees for CFS courses.**

Refunds normally take 2-4 weeks to process.

Drop/Add period ends July 1

## Course Information

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

[www.unca.edu/ncccr/about/instructors/index.html](http://www.unca.edu/ncccr/about/instructors/index.html)

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

## Class Reps

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

## Scholarships

Scholarships are available to partially cover the expense of the term; the annual NCCCR membership fee is the member's responsibility. Applications are available in Room 208 of the Reuter Center and on the Center's website. For the best choice of courses, scholarship applications should be submitted along with your registration form as early as possible in the registration process. For additional information, call 828-251-6873.

## Teaching in 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. To best orient the first time instructor and to enhance the skills of experienced teachers, a number of guides and programs are available:

### ***Y'All Come: Course & Teaching Idea Exchange***

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

**May 9, 2011- 4:30 - 6 pm**

**August 8, 2011- 4:30 – 6 pm**

### **Guides**

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

### **Course Proposal Due Dates:**

**July 15 for Winter 2012**

**Oct 15 for Spring 2012**

**January 15 for Summer 2012**

Proposal forms are available on the NCCCR website or may be requested by contacting Susan Poole at [spoole@unca.edu](mailto:spoole@unca.edu)

### **QUESTIONS ABOUT CFS? SUGGESTIONS?**

Contact CFS Director Susan Poole: 828-251-6873

## MONDAYS

### 9:00 - 11:00 am

|                                      |    |
|--------------------------------------|----|
| Beginning Mac .....                  | 16 |
| Older, Wiser, Sexually Smarter ..... | 22 |
| The Russian Revolution .....         | 17 |
| Southern Literary Belles.....        | 18 |

### 9:00 am – 12:00 pm

|                                 |    |
|---------------------------------|----|
| Cooking with Mars & Venus ..... | 18 |
|---------------------------------|----|

### 9:00 am - 1:00 pm

|                                    |    |
|------------------------------------|----|
| Summer Soups, Salads & Sides ..... | 19 |
|------------------------------------|----|

### 11:30 am – 1:30 pm

|                    |    |
|--------------------|----|
| Healthy Aging..... | 20 |
|--------------------|----|

### 2:00 – 4:00 pm

|   |    |
|---|----|
| An Art Buffet.....                                | 15 |
| Planning for Financial Success in Retirement..... | 16 |
| Summer at SART.....                               | 21 |

### 2:00 – 4:30 pm

|                                 |    |
|---------------------------------|----|
| Crown & Parliament in Film..... | 17 |
|---------------------------------|----|

### Mondays & Thursdays

### 11:30 am – 1:30 pm

|                            |    |
|----------------------------|----|
| America's Challenges ..... | 16 |
|----------------------------|----|

### 2:00 – 4:00 pm

|                                    |    |
|------------------------------------|----|
| The Mystery of Consciousness ..... | 21 |
|------------------------------------|----|

## TUESDAYS

### 9:00 – 11:00 am

|  |    |
|--|----|
| Investing: Past, Present, and Your Future..... | 15 |
| Lawn Bowling.....                              | 22 |
| The Stages of Spiritual Development.....       | 20 |
| Texts of Power .....                           | 20 |
| Useful Computer Projects.....                  | 16 |
| Yoga for You .....                             | 22 |

### 11:30 am – 1:30 pm

|                                    |    |
|------------------------------------|----|
| Advanced Beginning Line Dance..... | 21 |
| The Faces of Emily Dickinson ..... | 18 |

### 2:00 – 4:00 pm

|                                       |    |
|---------------------------------------|----|
| The Birth, Life & Death of Stars..... | 20 |
| Living Meditation .....               | 18 |

### 2:00 – 4:30 pm

|   |    |
|---|----|
| Needlepoint with Hand-Painted Canvas..... | 15 |
|---|----|

### 2:00 – 5:00 pm

|                                    |    |
|------------------------------------|----|
| Images of Appalachia in Film ..... | 17 |
|------------------------------------|----|

## WEDNESDAYS

### 9:00 - 11:00 am

|   |    |
|---|----|
| Introduction to Photographic Composition..... | 15 |
| Watercolor for Fun .....                      | 15 |
| Yoga for Healthy Backs.....                   | 22 |

### 11:30 am – 1:00 pm

|                    |    |
|--------------------|----|
| JourneyDance ..... | 21 |
|--------------------|----|

### 11:30 am – 1:30 pm

|  |    |
|--|----|
| The Bible & the Psyche .....                     | 19 |
| People in Transition .....                       | 19 |
| The Psychology of Interpersonal Forgiveness..... | 19 |

### 2:00 – 4:00 pm

|   |    |
|---|----|
| The Financial World .....                           | 15 |
| Roger Corman, Vincent Price & Edgar Allan Poe ..... | 17 |
| Writing, Reading, and Talking About Poetry.....     | 18 |

### 2:00 – 4:30 pm

|                           |    |
|---------------------------|----|
| Exploring the Congo ..... | 17 |
|---------------------------|----|

### Wednesdays & Thursdays

### 11:30 am – 1:30 pm

|                 |    |
|-----------------|----|
| Mah Jongg ..... | 22 |
|-----------------|----|

### Wednesdays 9:00 am - 11:00 am & Saturdays 9:00 am - 12:00 pm

|   |    |
|---|----|
| Ecology of the Southern Appalachian Mountains ..... | 20 |
|---|----|

## THURSDAYS

### 9:00 – 11:00 am

|                          |    |
|--------------------------|----|
| TNT: The News Today..... | 16 |
|--------------------------|----|

### 2:00 – 4:00 pm

|                       |    |
|-----------------------|----|
| John C. Fremont ..... | 17 |
|-----------------------|----|

### Mondays & Thursdays

### 11:30 am – 1:30 pm

|                            |    |
|----------------------------|----|
| America's Challenges ..... | 16 |
|----------------------------|----|

### 2:00 – 4:00 pm

|                                    |    |
|------------------------------------|----|
| The Mystery of Consciousness ..... | 21 |
|------------------------------------|----|

### Wednesdays & Thursdays

### 11:30 am – 1:30 pm

|                 |    |
|-----------------|----|
| Mah Jongg ..... | 22 |
|-----------------|----|

## WORKSHOPS

### Monday, Wednesday, & Friday, June 13, 15 & 17

### 8:30 am – 12:30 pm

|                                 |   |
|---------------------------------|---|
| Making a Bound Photo Book ..... | 7 |
|---------------------------------|---|

### Saturday, June 18

### 9:00 am – 4:00 pm

|  |   |
|--|---|
| Heritage Crochet in Contemporary Design and Application..... | 7 |
|--|---|

### Friday, Saturday, & Sunday, July 15, 3:00 – 6:00 pm, & July 16 & 17,

### 9:00 am – 4:00 pm

|  |   |
|--|---|
| Textures & Special Effects in Watercolor ..... | 7 |
|--|---|

### Saturday, July 16

### 9:00 am – 12:00 pm

|  |   |
|--|---|
| Understanding Your Existing Long Term Care Insurance Policy..... | 7 |
|--|---|

### Saturday, August 6

### 9:00 am – 4:00 pm

|   |   |
|---|---|
| Robots for Beginners— You CAN Do It!..... | 8 |
|---|---|

# Summer 2011 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.ncccr.com](http://www.ncccr.com)*

# NCCCR Summer 2011 Registration

OFFICE USE ONLY

Banner ID: \_\_\_\_\_ Enrolled by: \_\_\_\_\_ Verified by: \_\_\_\_\_ Amt: \$ \_\_\_\_\_ Ca/Ck #: \_\_\_\_\_

Check here if your postal or email address has changed

Name \_\_\_\_\_  
Last First MI Name for nametag, if different

Address \_\_\_\_\_  
Street/PO Box City State ZIP

Phone \_\_\_\_/\_\_\_\_/\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_ E-mail address \_\_\_\_\_

Emergency Contact \_\_\_\_\_  
Name Relationship Daytime phone

**College for Seniors (CFS)** NCCCR Membership is required to register for CFS courses. **You may initially register for up to 3 CFS courses.** Submit your registration starting May 17 for best availability. Your schedule will be sent to you on May 27. After you receive your schedule, you may drop or add courses without cost. Complete a Drop/Add Form available in the Reuter Center office.

Priority **Course Name** **5-Digit CRN #** **PRINT CLEARLY!**  
 1. Example course name 1 2 3 4 5 **DOUBLE CHECK CRN #!**

| Priority | College for Seniors Course Name | 5-Digit CRN# | Staff use only |
|----------|---------------------------------|--------------|----------------|
| 1.       | _____                           | _____        | 1. E N         |
| 2.       | _____                           | _____        | 2. E N         |
| 3.       | _____                           | _____        | 3. E N         |

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

|    |       |       |        |
|----|-------|-------|--------|
| 4. | _____ | _____ | 4. E N |
| 5. | _____ | _____ | 5. E N |
| 6. | _____ | _____ | 6. E N |

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

I am listing several options above and want to take this final number of courses:



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

Add \$20 to your \$75 CFS fee for each CFS Wellness & Recreation course marked with a **\$20**

**Summer CFS Fee – for any number of courses – is \$75.**  
 (Carry forward your CFS SUBTOTAL to the next page)

**CFS SUBTOTAL \$ \_\_\_\_\_**

Summer CFS Fee – for any number of courses – is \$75.  
(From previous page)

CFS SUBTOTAL \$ \_\_\_\_\_

**Workshops, NCCCR Membership NOT REQUIRED (see p. 7-8)**

- 30044 \_\_\_\_\_ Making A Bound Photo Book (\$120/members, \$130/non-members)
- 30045 \_\_\_\_\_ Heritage Crochet in Contemporary Design (\$85/members, \$95/non-members)
- 30046 \_\_\_\_\_ Textures & Special Effects in Watercolor (\$160/members, \$170/non-members)
- 30047 \_\_\_\_\_ Understanding Your Existing Long Term Care Insurance (\$40/members/non-members)
- 30048 \_\_\_\_\_ Robots for Beginners (\$50 members/non-members)

Workshop SUBTOTAL \$ \_\_\_\_\_

**Become a 2011-12 NCCCR Member for \$60**

Membership year is August 1-July 31.

New members enroll now and receive membership good through July 31, 2012

Membership SUBTOTAL \$ \_\_\_\_\_

**Health and Fitness Center Membership - (\$250)**

NCCCR Membership REQUIRED February 1-July 31

HFC SUBTOTAL \$ \_\_\_\_\_

**Add SUBTOTALS and enter TOTAL PAYMENT**

Bring or mail this form with your payment

CFS faculty: attach vouchers

Attach your Scholarship application  
(if applicable)

TOTAL PAYMENT ENCLOSED \$ \_\_\_\_\_

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

**Cash or checks only**  
Make checks payable NCCCR

Check box at left to go paperless and no longer receive a printed catalog in the mail.  
We'll email you when the catalog is available on the NCCCR website-[www.unca.edu/ncccr](http://www.unca.edu/ncccr)



**Get Involved! BECOME A CENTER VOLUNTEER**

- I currently volunteer at NCCCR       Yes, I would like to volunteer at NCCCR (complete below)

My interests include:

- Committee/group work
- Short term/events (<month)
- Ongoing (3-12 months)
- Marketing
- Strategic planning
- Membership

- Teaching  
(subject: \_\_\_\_\_)
- Office work
- Finance
- Planning programs
- Civic Engagement
- Planning events

- Health & Wellness
- Reuter Center facility
- Other interests or expertise:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Phone \_\_\_\_ / \_\_\_\_ Birth Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / E-mail address \_\_\_\_\_

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

|    |       |       |        |
|----|-------|-------|--------|
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- Marketing
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- Membership

- Teaching  
(subject: \_\_\_\_\_)
- Office work
- Finance
- Planning programs
- Civic Engagement
- Planning events

- Health & Wellness
- Reuter Center facility
- Other interests or expertise:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Arts & Crafts

### **An Art Buffet**

CRN #: 30001

6 weeks: Jun 20, 27, Jul 11, 18, 25,  
Aug 1 (no class July 4)  
Mondays, 2-4 pm

Join us as we explore a different drawing medium each week: pencil, colored pencil, pen and ink, charcoal, oil pastel and pastels. This course is for the novice who would like to experiment and have fun discovering the advantages and limitations of different media. Basic drawing techniques will be explored, including shading, showing distance, mixing colors and creating textures.

**Catherine Battle** (catherinebattle@earthlink.net) is a National Board Certified Art Instructor and a juried artist. She has taught at all levels including a recent year teaching in London's Latymer School as a Fulbright teacher.

### **Introduction to Photographic Composition**

CRN #: 30002

5 weeks: Jun 22, 29, Jul 6, 13, 20  
Wednesdays, 9-11 am

This introductory course in photo composition is intended for beginners who want to take photos that don't require apologies or excuses. The instructor will demonstrate simple techniques that will improve the quality of your photographs. A number of examples will be described and shown, and you'll have an opportunity to use the newly learned techniques in the classroom and see the results.

**Bill Roskind** (wlrbus@att.net) is a professional and award-winning photographer with more than 50 years of experience. He has taught many photography composition courses (as well as other courses) at the College for Seniors.

### **Needlepoint with Hand-Painted Canvas**

CRN #: 30003

6 weeks: Jun 21, 28, Jul 5, 12, 19, 26  
Tuesdays, 2-4:30 pm

This course is for people who have experience in needlepoint. Learn which threads to use, depending on canvas size. Stitches will be determined by the area of each design on hand-painted canvas. Learn about background and laid filling stitches. Please contact the instructor before purchasing a hand-painted canvas.

**Sheila Murphy** (murphysh@frontier.com) earned a BS in home economics from California Polytechnic Institute. She taught high school and university extension and worked at the Singer Sewing Machine Company and Stretch and Sew.

### **Watercolor for Fun**

CRN #: 30005

6 weeks: Jun 22, 29, Jul 6, 13, 20, 27  
Wednesdays, 9-11 am

This course is designed to accommodate beginners as well as those with some watercolor experience and those returning to watercolors after many years. The instructor follows the teaching style of the Art Students League, so instruction is individually targeted but not highly structured.

**Susan Kibler** (susankibler1@frontier.com) has taught watercolor workshops at NCCCR and Columbia Greene Community College in Hudson, NY. She is a member of the National Association of Women.

## Business, Law & Finance

### **The Financial World: Impact of News Events & an Autopsy of the Financial Meltdown**

CRN #:30025

6 weeks: Jun 22, 29, Jul 13, 20, 27,  
Aug 3 (no class Jul 6)  
Wednesdays, 2-4 pm

We will evaluate the impact of current events on financial markets and autopsy the causes of the financial meltdown. We'll examine how current European challenges, emerging market inflation, and rogue states like North Korea affect world financial markets, assess what has been corrected since the financial debacle of 2008 and what may still lurk on the horizon, and consider ways to prevent what has happened from happening again.

**Sheila Jamison** (sjamison@investorscapital.com) is managing director of the Jamison Financial Group. She had 24 years of experience in large firms before cofounding a firm championing the "little guy" in 1981. She has won numerous awards. **Rich Jamison** (rjamison@investorscapital.com) has been a corporate senior executive.

### **Investing: Past, Present, and Your Future**

CRN #: 30023

5 weeks: Jun 21, 28, Jul 5, 12, 19  
Tuesdays, 9-11 am

In order to come up with some sense of the present investment climate, we will delve into the past. Why, when and how did investing first come about? As we gain an understanding of the origins of stocks, bonds, annuities and mutual funds, we will learn when and when not to use them for income, growth or legacy.

A native of London, **Stephen Herbert** (stephen.herbert@edwardjones.com) has provided financial advice to individual investors in the US and the UK for the past 20 years.

## Business, Law & Finance *continued*

### Planning for Financial Success in Retirement

CRN #: 30024

5 weeks: Jun 20, 27, Jul 11, 18, 25  
(no class July 4)  
Mondays, 2-4 pm

We'll cover everything that affects you financially: investments, insurance, estate planning, banking, annuities and retirement spending strategies, with the goal of minimizing risks and maximizing rewards. Learn how to deal with stock market and interest rate volatility, charitable giving – in short, everything you want to know about money and retirement.

**Bart Boyer** (bboyer@parsecfinancial.com), CEO of Parsec Financial, was selected by *Worth* (2002) and *Medical Economics* (2000-2007) magazines as one of the country's best financial advisors. Parsec manages over \$1 billion in assets.

## Computing

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

### Beginning Mac

CRN #: 30008

6 weeks: Jun 20, 27, Jul 11, 18, 25,  
Aug 1 (no class July 4)  
Mondays, 9-11 am

Is your Mac intimidating you? This course is a slow paced, hands-on exploration of the best computer in the world for the new owner. Learn the user-friendly interface, practice Mac keyboard and mouse operations while sampling the joys of word processing with Text Edit, email with Apple Mail, web surfing with Safari and, finally, iTunes. Recommended text: Robin Williams, *The Little Mac Book, Snow Leopard Edition*, ISBN 978-0-321-64691-0; price about \$20. **Minimum Requirements:** Participants must own a Mac.

**Paul Williamson** (pbwill01@gmail.com) is a long time Mac user with a strong interest in teaching the fun of using the Mac.

### Useful Computer Projects

CRN #: 30009

6 weeks: Jun 28, Jul 5, 12, 19, 26,  
Aug 2 (note late start)  
Tuesdays, 9-11 am

If you mainly use your computer to send e-mail and search the Net, consider taking this course to expand your skills. Learn how to make a greeting card plus flyer in MS Publisher, a photo album in MS PowerPoint, and an address/membership list in MS Excel. You will learn by using Microsoft Office 2003 or 2007. **Minimum Requirements:** Some basic experience with e-mail and word processing.

**Gail Sobel** (gnsobes@charter.net) is a former high school computer applications teacher and, for the past five years, a teacher of computer applications at the College for Seniors with an emphasis on Microsoft PowerPoint.

## Contemporary Issues *For related topics, see p. 15 & 20.*

### America's Challenges

CRN #: 30012

4 weeks: June 20, 23, 27, 30  
Mondays & Thursdays,  
11:30 am-1:30 pm

This course analyzes why the combination of unethical behavior, ideological polarization and irrational political decisions has caused America's global competitiveness to decline in recent years. The global competitiveness concept is explained and used to evaluate the current status of the US, China, India and Russia and to predict their competitiveness in 2021. Ample class time is provided for questions.

**George Yates** (gcyates104@gmail.com), UNC Asheville Associate Professor Emeritus, taught management for 10 years after spending 20 years in corporate management (manufacturing and finance). He has considerable experience in international business.

### TNT – The News Today

CRN #: 30013

6 weeks: Jun 23, 30, Jul 7, 14, 21, 28  
Thursdays, 9-11 am

This course centers on international events and foreign policy issues of the day. In each class the instructors will present information on a specific topic in the first half of the class and handle Q&A in the second half. The instructors have deep interests and experience in foreign policy issues.

**Mary Lasher** (mlelasher.avl@gmail.com) has an MA in history from Duke University with an emphasis on the US in the 20<sup>th</sup> century. She has taught history courses at the University of Alabama Huntsville and Furman University and numerous courses at CFS. Retired Brigadier General **Jerome Jones** (cjerome@mindspring.com) served in the US Air Force 29 years and was involved in development of national military strategy and nuclear weapons policy. He lives in Asheville and has taught several courses with Ms. Lasher.

## Film *For related topics, see p. 17 below*

### **Crown & Parliament in Film**

CRN #: 30017

6 weeks: Jun 20, 27, Jul 11, 18, 25,  
Aug 1

Mondays, 2-4:30 pm

The British House of Windsor, its colorful history and its relations with Parliament and the prime minister, supply the subject for some outstanding films that are not documentaries. Based on the period from the middle of Queen Victoria's reign up to the present day, some of these films were made for the big screen, some the small. We'll watch a few of the best.

**Doug Cooper** (cdoug38@gmail.com) has taught college English courses in his native Michigan as well as in Missouri, Louisiana, Pennsylvania, Turkey and China.

### **Images of Appalachia in Film**



CRN #: 30018

6 weeks: Jun 21, 28, Jul 5, 12, 19, 26  
Tuesdays, 2-5 pm

Over the decades, films have portrayed Appalachia in various ways – sometimes flattering, often not. We will view six films that present distinct images of the region and discuss what images each film creates, how (and how well) it creates them, and how accurate we believe those images to be. Films will include *Songcatcher*, *Matewan*, and *Deliverance*. Additional films will be chosen from such classics as *Last American Hero*, *October Sky*, *Cold Mountain*, *Coal Miner's Daughter*, and *The Journey of August King*.

**Carol Taylor** (carol.taylor100@yahoo.com) has taught communications at the University of Oregon, Indiana University, and Florida Atlantic University.

### **Roger Corman, Vincent Price & Edgar Allan Poe**

CRN #: 30019

6 weeks: Jun 22, 29, Jul 6, 13, 20, 27  
Wednesdays, 2-4 pm

Between 1960 and 1966, director Roger Corman and actor Vincent Price collaborated on a series of films based on the stories of Edgar Allan Poe. In weekly 2-hour meetings we will examine how their creative use of color, imaginative cinematography, and stylized performances conveyed the psychological state of Poe's characters. Films include *House of Usher* and *Tales of Terror*.

**Chip Kaufmann** (jjk44@bellsouth.net) is currently president of the Hendersonville Film Society, a regular contributor to *Rapid River* magazine, and a classical music announcer at WCQS. This is his ninth course for NCCCR.

## History

### **Exploring the Congo with Facts, Fiction & Film**

CRN #: 30014

6 weeks: Jun 22, 29, Jul 6, 13, 20, 27  
Wednesdays, 2-4:30 pm

We start our exploration with early exotic portrayals and a historical-political overview; next, we follow famous journeys down the Congo River; then, we'll examine the Congo's exploiters from colonization to the present. We'll test perceptions shaped by fiction (*Heart of Darkness*, *Poisonwood Bible*) and films (*African Queen*, *Apocalypse Now*) with facts (Stanley & Livingstone, Leopold II, Lumumba, Mobutu, and Kabila).

**Sallie Hightower** (sallie\_hightower@mac.com) is a lifelong learner and teacher in academic and corporate settings, traveling widely to teach in many cultures. She is an avid reader and researcher. She holds a doctorate in literature and adult learning.

### **John C. Fremont: Peaks of Glory to Deserts of Despair**

CRN #: 30015

4 weeks: Jun 23, 30, Jul 7, 14  
Thursdays, 2-4 pm

This course will explore the contradictions that describe John C. Fremont (1813-1890). He has been called the "Conquerer of California." He was court-martialed for actions during the Mexican War; there are even charges of cannibalism. Was the pathfinder, explorer, first Republican presidential candidate and Union general a national hero, self-promoter, or both? Hopefully we can find the answers.

**Paula Withrow** (pvwithrow@aol.com) has taught a number of courses at the College for Seniors but feels she has much to learn. The history of the Western US is a favorite area for her to share.

### **The Russian Revolution**

CRN #: 30016

6 weeks: Jun 20, 27, Jul 11, 18, 25,  
Aug 1  
Mondays, 9-11 am

We will examine the old regime in Russia, considering conditions from the turn of the century until World War I. We will also discuss the revolution, the civil war that followed, and the creation of the one-party state.

**Rubin Feldstein** (rubinf@att.net) is a retired educator who enjoys teaching. He was born in Poland and has familial attachments to Yiddish culture and Eastern Europe.

## Language & Literature *For related topics, see p. 17*

### The Faces of Emily Dickinson

CRN #: 30020

6 weeks: Jun 21, 28, Jul 5, 12, 19, 26  
Tuesdays, 11:30 am-1:30 pm

Original artistic and interpretive portraits inspired by selected Emily Dickinson poems offer a springboard for discussion that aims to clarify this unique poet's personality, life and significance. Discussion will center around the recent popularity of Dickinson and her work. Class participation (including some writing of essays and poetry) is encouraged.

**Ellen Beinhorn** (lbeinhorn@yahoo.com) is an artist, sculptor, writer, poet and educator with BA, MA and B.Litt degrees from Oxford University. She teaches poetry at OLLI at the University of South Carolina, Beaufort.

### Southern Literary Belles

CRN #: 30021



4 weeks: Jun 20, 27, Jul 11, 18  
Mondays, 9-11 am

The Southern literary tradition includes several notable "belles" whose works have portrayed the southern Appalachians and surrounding area. This course highlights Flannery O'Connor, Eudora Welty, Kate Chopin and Wilma Dykeman. Biographical background, literary criticism and reading some of their shorter works will be combined with class discussion to enhance understanding and appreciation of these "belles" of the Southern women's literary tradition.

**Doug Agor** (agrdgl@aol.com), course coordinator, is a retired English instructor who has been involved in NCCCR activities for over four years as student, instructor, committee member and leader. **Doug Cooper** (cdoug38@gmail.com) holds a PhD in English and American literature from the University of Missouri and teaches courses on 19<sup>th</sup> and 20<sup>th</sup> century American writers. **Catherine Frank**, (cfrank@unca.edu) Director of NCCCR, holds a PhD in English from UNC Chapel Hill. **Gayle Miller** (ghm@charter.net) is professor emeritus at Western Carolina University.

### Writing, Reading, and Talking About Poetry

CRN #: 30022

Learning Circle



6 weeks: Jun 22, 29, Jul 6, 13, 20, 27  
Wednesdays, 2-4 pm

Participants are invited to bring at least one poem each week to share and discuss. We will give at least half of our time to your own work, but we'll also examine some of our favorite poems by published poets, considering their meaning, style and the characteristics that make them powerful poems and not just sentences arbitrarily divided into long and short lines.

**Perien Gray** (gray.perien090@gmail.com) and **Pat Harvey** (patricia\_harvey@bellsouth.net) are devoted to reading and writing poetry and sharing it with other poets.

## Personal Development

### Cooking with Mars & Venus

CRN #: 30026

4 weeks: Jun 20, 27, Jul 11, 18  
Mondays, 9 am-noon

Location: Instructors' home, about 5 miles from UNC Asheville

Mars and Venus have been cooking together for over 40 years and have attended cooking classes in the US, Spain, northern Italy and Sicily. Via demonstrations and hands-on practice, students will learn all about food safety, basic knife skills, slicing/dicing/chopping, brining, olive oils, vinegars, cheeses and more. We'll prepare menus, learn to adapt them to our lifestyles and enjoy our healthful and nutritious lunches together. Students must be able to stand for long periods of time and move about in tight quarters and must be able to attend all four classes.

Food Fee: \$75, payable to the instructor at first class.

**Dennis Murphy** (dwmur@frontier.com) worked two years at the Central Market Cooking School in Houston. **Sheila Murphy** (murphysh@frontier.com) has a BS in home economics from California Polytechnic Institute. She has taught high school and university extension classes in foods, nutrition and catering.

### Living Meditation

CRN #: 30027

6 weeks: Jun 21, 28, Jul 5, 12, 19, 26  
Tuesdays, 2-4 pm

If we choose to believe our thoughts and feelings, we often become afraid to meet the moment as it is. This class offers a way to deepen awareness so that we can peacefully and compassionately attend to whatever happens in our daily life. The class includes silence, guided meditation and dialogue. A meditation CD is available for \$20, payable to the instructor.

**Georgette Cressend** (compassionatejoy@yahoo.com) has taught meditation for 23 years. A writer and minister, she has a great love and honor for the totality of who we all are.

## Personal Development *continued*

### People in Transition

CRN #: 30028

Learning Circle



6 weeks: Jun 22, 29, Jul 6, 13, 20, 27  
Wednesdays, 11:30 am-1:30 pm

The years after 50 are a time of major transition for many of us. Children move on, careers change or end, and relationships often need adjusting. This Learning Circle will allow us to share concerns, thoughts, ideas and feelings with others, discussing highlights, low points, regrets and successes. We can learn from each other as we reflect on our lives.

**Betty Mack** (mackbetty8@yahoo.com) taught a similar course when she was Director of the Center for Group Counseling in Boca Raton, Florida. **Stan Glickman** (stanthe1949man@yahoo.com) left Florida for Asheville promptly upon retirement and has been enjoying the College for Seniors since 2002. He has been a facilitator for The Forum SIG and other discussion groups.

### Summer Soups, Sides & Salads

Section 1: Monday July 25, 9 am-1 pm  
CRN #: 30029

Section 2: Monday Aug 1, 9 am-1 pm  
CRN #: 30030

Location: Instructors' home, about 5 miles from UNC Asheville

We will be making 7-9 recipes using many different vegetables. We will add certain meats, fish and poultry plus grains to create dishes to satisfy both vegetarians and meat eaters. We will make 3 soups, 2-3 sides and 2-3 salads, all suitable for the warm weather. We will cover sanitary cleaning and health and safety standards in the kitchen. Participants must be able to stand for long periods of time.

Food Fee: \$25 for materials due at first class.

**Dennis Murphy** (dwmur@frontier.com) worked two years at the Central Market Cooking School in Houston. **Sheila Murphy** (murphysh@frontier.com) has a BS in home economics from California Polytechnic Institute. She has taught high school and university extension classes in foods, nutrition and catering.

## Psychology, Philosophy & Religion *For related topics, see p. 21*

### The Bible & the Psyche: Individuation Symbolism in the Old Testament

CRN #: 30036

6 weeks: Jun 22, 29, Jul 6, 13, 20, 27  
Wednesdays, 11:30 am-1:30 pm

In this course we'll consider how the psyche understands archetypal imagery, symbols and metaphors through a Jungian interpretation of the Old Testament. We will examine various biblical stories such as Adam and Eve, Eden, and the Flood, among others, to explore the relevance of these images in our individual experience of the Bible as a guide to the soul's journey.

**Ricki Tannen**, JD, LLM, PhD (rickitannen@gmail.com) is a Jungian-oriented psychologist, attorney, author and former professor of psychology, law and gender studies. She has taught this course to national and international audiences.

### The Psychology of Interpersonal Forgiveness

CRN #: 30034

6 weeks: Jun 22, 29, Jul 6, 13, 20, 27  
Wednesdays, 11:30 am-1:30 pm

Interpersonal forgiveness is a cognitive, emotional and spiritual process. We will explore models of this process. We will learn what forgiveness is, what it is not, and ways to forgive our wrongdoers. What is the relationship of forgiveness and reconciliation? Is forgiveness compatible with justice? These two questions will guide our discussion of the South African experiment of political forgiveness. Recommended text: Solomon Schimmel, *The Wounds Not Healed by Time: The Power of Repentance and Forgiveness*, ISBN10: 9517612X; ISBN-13: 978-0195176124, cost \$30.

**Earl Thompson** (jetmlm@gmail.com) is a semi-retired professor at Andover Newton Theological School, where he taught history and psychology for 36 years and for which he continues to teach online courses.

## Psychology, Philosophy & Religion *continued*

### The Stages of Spiritual Development



CRN #: 30035  
Learning Circle

6 weeks: Jun 21, 28, Jul 5, 12, 19, 26  
Tuesdays, 9-11 am

Approximately 30% of adults in the United States describe themselves as spiritual but not religious and are searching for ways to explore spirituality. Using James W. Fowler's model of Stages of Faith and material from other authors, this course encourages the participants to participate in a dialogue about their journey so far and to experiment with practices to enhance their development toward a mystical viewpoint.

**T.S. Pennington** (pennints@gmail.com) is a retired community college teacher, an ordained interfaith minister, a member of the Mountain Area Interfaith Forum, and is completing his Doctorate of Ministry degree from Wisdom University. **Perien Gray** (gray.perien090@gmail.com) has been facilitating learning circles at the College for Seniors since 2003 and teaching facilitation skills for the last five years.

### Texts of Power

CRN #: 30050

4 weeks: Jun 21, 28, Jul 5, 12  
Tuesdays, 9-11 am

Some professing a belief in popular Christianity have tortured the Bible, treating it either as religious voodoo or as rigid moralism. LOOK AGAIN! The Bible speaks rich perspectives on life today, telling us about who we are, the world we live in, and transcendence among us. This course will present the richness and power offered by several biblical texts. Suggested reading: James O. Chatham, *Creation to Revelation*, ISBN 978-0-8028-6322-5, cost \$16.

**Jim Chatham** (jamesochatham@gmail.com) has spent a career exploring the Bible and human life with classes of laypeople. He was pastor of Highland Presbyterian Church, Louisville, KY, for 25 years and led a yearly Bible course at Louisville Presbyterian Seminary throughout that time.

## Science

### The Birth, Life & Death of Stars

CRN #: 30011

4 weeks: Jun 21, 28, Jul 5, 12  
Tuesdays, 2-4 pm

Learn how, when, where and why stars are born and how their size and color can tell you how long they will live and how and when they will die. Stars come in many colors, and you'll observe them through the telescope eyepiece – variable stars, binary stars, star clusters, white dwarfs, red dwarfs, blue giants and red giants. This class will meet for four classroom sessions and two night observing sessions.

**Bernard Arghiere** (barghiere@charter.net) has been observing the heavens using telescopes and studying the stars for 39 years. Now he will share his knowledge of the stars obtained both at the eyepiece and in the textbook.

### Ecology of the Southern Appalachian Mountains



CRN #: 30049

6 weeks: Jun 22, 25, 29, Jul 2, 6, 9, 13, 16, 20, 23, 27, 30  
Wednesdays, 9-11 am &  
Saturdays, 9 am-noon

Explore the uniqueness of the southern Appalachian Mountains, the oldest and most bio-diverse mountains in the world. Each week an instructor will present on his/her area of expertise in the classroom and then lead a related field trip the following Saturday. We will cover the geology, hydrology, climatology, biology, and human ecology of our region.

**The Western North Carolina Alliance (WNCA)** (info@wnca.org), the region's oldest environmental advocacy group, empowers citizens to be advocates for livable communities and the natural environment of Western North Carolina.

### Healthy Aging: Looking Outward to See Inward



CRN #: 30010  
Learning Circle

5 weeks: Jun 27, Jul 11, 18, 25, Aug 1  
(note late start)  
Mondays, 11:30 am-1:30 pm

Do you want to learn more about those "senior moments" and other aspects of aging? This class will help you gain a better understanding of the current science of aging, relate the science to your own experience, and discuss successful coping strategies that could be shared with the larger community at NCCCR. **We request that only participants who have taken our previous course, A Guided Tour Through Your Brain, sign up for this course.**

**Carl Eisdorfer** (carlandsusan@gmail.com) and **Dorothy Routh** (routhdk@gmail.com) co-taught the CFS course *A Guided Tour Through Your Brain*. Carl was one of the founders of the National Alzheimers Association and directed Centers for Aging at Duke, the University of Washington, and the University of Miami. Dorothy has extensive experience facilitating groups.

## Science *continued*

### The Mystery of Consciousness

CRN #: 30033

4 weeks (8 sessions): Jun 20, 23, 27, 30,  
Jul 7, 11,  
14, 18 (no class July 4)  
Mondays & Thursdays, 2-4 pm

We'll explore the salient features of consciousness and its implications for dualist and materialistic metaphysical views of the universe. Setting the study of consciousness in the philosophy and science of mind, we'll develop the modern argument that, despite centuries of philosophic effort, the underlying nature of consciousness is not only unknown but unknowable for humans at our current evolutionary stage.

**Carl Ricciardelli** (cfr666@bellsouth.net) holds an undergraduate degree in mathematics and a masters in counseling psychology and has been fascinated for many years with the impact of new ideas on his own changing views of the world.

## Theatre Arts

### Summer at SART

CRN #: 30004



Location: Reuter Center and  
Mars Hill College's Owen Theatre

See life behind the scenes at Southern Appalachian Repertory Theatre! Participants may choose up to 10 activities, including meeting with performers, directors, costume, set and lighting designers and viewing a first reading or rehearsal of any show, as your interests and schedule dictate.

First class meets at the Reuter Center Monday, June 20, 2-4 pm. Thereafter classes and activities will meet at Mars Hill College in the Owen Theatre. Elective activities take place during the summer season, which runs June 8 to August 28. Carpooling to the Mars Hill campus will be available. For more information call Pat Heuermann at 828-484-8181.

Course coordinators: **Blaine Greenfield** (BGinBC@aol.com) is a member of the Board of Directors at SART. He is VP of Marketing for Asheville SCORE and has taught at the community college, university and graduate school levels for 35 years. **Patricia Heuermann** (patrushka@charter.net) has directed opera and musical theatre throughout the US and Europe. She has taught at NYU, the Manhattan School of Music, and Hofstra University.

## Wellness & Recreation *For related topics, see p. 18*

Wellness & Recreation courses with this symbol **\$20** require a \$20 fee, in addition to your College for Seniors fee of \$75, remitted with your registration form. Failure to pay this fee when you submit your registration form will result in delayed processing of your course requests. These fees offset the cost of paid CFS instructors who must be certified to teach. **Note:** You may be asked to sign a liability waiver at the first class for some of the courses listed below. It is recommended that you check with your physician before you begin any new physical activity.

### Advanced Beginning Line Dance

CRN #: 30040

**\$20**

6 weeks: Jun 21, 28, Jul 5, 12, 19, 26  
Tuesdays, 11:30 am -1:30 pm

If you have taken a beginner line dance class previously, you will enjoy this class. We will review the fundamentals and learn more fundamental steps associated with a higher level of beginner dances. Line dancing is great for the mind and body – lots of fun, too!

**Denna Yockey** (denna.yockey@yahoo.com) teaches line dance at Givens Estates and Harvest House. She has taught line and partner dancing for about thirteen years and had her own dance club in Kansas for eight years.

### JourneyDance – Move Your Body

CRN #: 30037

6 weeks: Jun 22, 29, Jul 6, 13, 20, 27  
Wednesdays, 11:30 am-1 pm

A freeing, experiential, transformative movement class. We start with a short sharing, visualization and warm-up movements. At times you may choose to softly follow easy movements, guiding you to then move intuitively on your own. We end with a delicious relaxation. Have fun, visualize, be playful, soulful and creative. Accept yourself and connect with others. All body types and energy levels are celebrated. No dance experience required.

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

## Wellness & Recreation *continued*

### Lawn Bowling

CRN #: 30038

6 weeks: Jun 21, 28, Jul 5, 12, 19, 26  
Tuesdays, 9-11 am

Location: Reuter Center and  
Carrier Park

Lawn bowling is popular in most English-speaking countries. A 3-lb. bowl with a built-in bias is rolled 80-100 feet on grass to its target. The game is competitive and social and provides physical exercise. You'll learn the rules of lawn bowling and how to use the equipment and gain lots of hands-on practice. Equipment will be provided by the Asheville Lawn Bowling Club. The first class will be held at the Reuter Center; subsequent classes will be held at Carrier Park.

**Stan Glickman** (stanthe1949man@yahoo.com) retired to Asheville after surviving more than thirty years with the postal service. He has been lawn bowling for five years and has played in state and local tournaments.

### Mah Jongg

CRN #: 30039

4 weeks (8 sessions): Jun 22, 23, 29, 30,  
July 6, 7, 13, 14  
Wednesdays & Thursdays,  
11:30 am-1:30 pm

If you can play gin rummy, you can play mah jongg. You will learn the background of this ancient game, become familiar with pieces and terms, learn to play by the Wright-Patterson rules and how to score the game. Then you can join us in the Tile Clickers SIG every Wednesday! There is a \$10 fee for books, payable to the instructor at the first class.

**Shirley Rardin** (tsrardin@charter.net) and **Rosemary Walton** (rh68@bellsouth.net) have been playing mah jongg for more years than they care to mention.

### Older, Wiser, Sexually Smarter

CRN #: 30041

6 weeks: Jun 20, 27, Jul 11, 18, 25,  
Aug 1  
Mondays, 9-11 am

We'll discuss the major sexual concerns facing older adults. After a lifetime of learning about sexual attitudes, values and beliefs, we'll identify information that is no longer appropriate or useful. We will explore sexual communication and the idea of a pleasure-oriented focus. And we'll identify ways to give and receive pleasure throughout your life span. We will also identify resources associated with sexuality and aging.

**Kelley Wolfe** (drkelleywolfe@gmail.com) has been a health educator since 1989 and an instructor at UNC Asheville between 1995 and 2010. She holds a BS in clinical nutrition, a masters in public health education, and a PhD in human sexuality.

### Yoga for Healthy Backs

\$20

CRN #: 30042

6 weeks: Jun 22, 29, Jul 6, 13, 20, 27  
Wednesdays, 9-11 am

If you experience occasional aches or chronic back pain, get back in action with Bluebird Yoga for Healthy Backs. Practice therapeutic postures, breathing techniques, self-massage and energy medicine to develop core abdominal strength for back support, improve posture and balance, renew energy and alleviate pain. Gain lifelong tools for overall well-being and keep your back strong for graceful, active aging. Bring a yoga mat and a bolster and blanket as needed. **Due to topic popularity, you may take only one yoga course per term.**

**Ann Mundy** (bluebirdyoga@att.net) has studied yoga since 1970. Healing a traumatic injury, she developed Bluebird Yoga -- a therapeutic practice for healthy backs. She is also an award-winning TV documentary producer-director.

### Yoga for You

\$20

CRN #: 30043

6 weeks: Jun 21, 28, Jul 5, 12, 19, 26  
Tuesdays, 9-11 am

This moderately-paced yoga class focuses on body awareness, breathing, and modifications to suit the individual student. Improve your strength, flexibility and balance in a non-competitive atmosphere. Learn how to personalize your practice and make yoga a fun, ongoing part of your wellness routine—in class, at home, and while traveling. Bring a yoga mat. **Due to topic popularity, you may take only one yoga course per term.**

**Fran Fedor** (franfedor@gmail.com) took her first yoga class at age 55 and became certified to teach three years later. She is a certified Kripalu yoga teacher and registered with Yoga Alliance.



## A Pisgah View

Since January 2008, the Gallup Organization has almost daily surveyed 1,000 Americans in order to compile the Gallup-Healthways Well-Being Index. Questions cover Americans' "physical and emotional health, financial and workplace wellbeing, and access to basic necessities." Recently, reporters at *The New York Times* asked the pollsters to "come up with a statistical composite of the happiest person in America, based on what demographic characteristics are most closely correlated with higher levels of well-being." The pollsters determined that the happiest person in the country would be a "tall, male, Asian-American, religious Jew, self-employed, living in Hawaii, married, with children, receiving a household income of at least \$120,000." He would also be over 65, since the Gallup surveys found that "seniors" rank themselves as happier than all other groups.

The reporters then found Alvin Wong, who is "5 feet 10 inches tall, 69 years old, Chinese American, Kosher-observing Jew, owns a health care management business, is married with children and lives in Honolulu" and is indeed a very contented person. *The Asheville Citizen Times* also reports that Wong's wife is the former Trudy Schandler, whose family operated Schandler's Pickle Barrel, a gourmet grocery and delicatessen that operated right here in Asheville. Although he initially thought that the title of "happiest person in America" was a practical joke, Mr. Wong has been prompted to explain the secret to his happiness and has obliged by saying, "You don't do things just for money. You do them because you want to do them and you love to do them." Further he says that he and his wife "communicate well together; they have surrounded themselves with young people; he always looks to a higher power, and he has kept a good sense of humor." He says, "My life philosophy is, if you can't laugh at yourself, life is going to be pretty terrible for you."

For years we have witnessed centenarians on the local news being asked the secret for a long life and giving answers that sound very much like Mr. Wong's. More recently books have proliferated that use demographic information to summarize the characteristics of geographic "blue zones" where people live long and fulfilling lives. Gerontologists outline "longevity prescriptions" and offer analyses of what leads to successful and healthy aging. Although there is a fair amount of agreement that we have to eat well, move more, stay connected to a community of friends and family, and keep our minds engaged as we age, these positive images have not completely crowded out the image of old age as a time of loss, something that we don't like to confront head-on. For every person who gives us a prescription for staying "ageless," we have someone who reminds us that "Old age is no place for sissies."

Walker Smith and Anne Clurman of the Yankelovich social and marketing research firm, in *Generation Ageless: How Baby Boomers are Changing the Way We Live Today and They're Just Getting Started*, rely on extensive polling of people born between 1946 and 1964 to depict a rosy future for Boomers who "believe they will live longer and better than generations before them and they intend to remake the world into a better place." They imply that the hopes of boomers for their "immortality and morality" will all come true. Susan Jacoby, on the other hand, author of the sobering book *Never Say Die: The Myth and Marketing of the New Old Age*, rails against the "longevity-worshipping hucksters" who peddle "anti-aging supplements" and computer games to exercise the brain to try to convince us that longer life will be happier life. She doggedly reminds us that we must face the trauma of Alzheimer's disease, poverty, and isolation that are still the reality of "old old age" for many people.

The truth about age for the Baby Boomers will of course be somewhere in the middle, with "80 being the new 60" for those who have some luck with genetics and take some care to follow common wisdom. Among us we indeed find skydiving Grannies and Iron Man Grandpas, energetic octogenarian volunteers leading nonprofits, vibrant crones, spry codgers and those who appear "forever young." We also find people who manage with grace the very real difficulties and losses that come with greater regularity the longer we live. NCCCR provides us with opportunities and inspiration to "change the way we live today" and provides us with the community to manage the unexpected curves that life throws us. Like Mr. Wong, we recognize that avocation, communication, inspiration, and a sense of humor constitute happiness at any age, even for those of us who never see ourselves as changing the world. I also suspect that those of us who live in Western North Carolina (even though it did not rate as high as we might have expected in the Gallup poll) are probably convinced that Mr. Wong could not possibly be the "happiest man in America" without an Asheville connection. Demographically we may not fit the bill of being the "happiest" people in the US, but the energy that animates the Center everyday gives evidence that we are in the running.

Catherine Frank

# Don't Use Email?



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## CAMPUS MAP KEY

### CAMPUS BUILDINGS

1. Campus House
2. Carmichael Hall (CH)
3. Carol Berk Theatre (CBT)
4. Glasshouse (G)
5. Highsmith University Union (HU)
6. Humanities Lecture Hall (HLH)
7. Justice Gym (JG)
8. Karpen Hall (KH)
9. Lipinsky Hall (LH)
10. New Hall (NH)
11. Owen Hall (OH)
12. Phillips Hall (PH)
13. Pisgah House (PGH)
14. Ramsey Library (RL)
15. Reuter Center (RC)
16. Rhoades/Robinson Hall (RH)
17. Sam Millor Facilities Mgmt. Complex (SM)
18. Student Recreation Center (SRC)
19. University Hall (Dining Hall) (UH)
20. University Communication & Marketing (CM)
21. Vance Hall (VH)\*
22. Weizenblatt Health Center (WHC)
23. Wilma M. Sherrill Center (SC)
24. Zogair Hall (ZH)
25. Zeis Hall (ZSH)

### CAMPUS OPEN SPACES

26. A. C. Reynolds Green
27. Botanical Gardens
28. Greenwood Field
29. Mullen Park
30. Ropes Course
31. Road Plaza
32. Strauss Track
33. University Quadrangle

### RESIDENCE HALLS

34. Ashe Hall\*
35. Founders Hall
36. Gardner Hall\*
37. Governors Hall
38. Governors Village
39. Hoey Hall\*
40. Mills Hall
41. Moore Hall\*
42. Scott Hall\*
43. South Ridge
44. West Ridge

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

## PARKING INFORMATION

**VISITORS & VENDORS:** Obtain parking permit from University Police (see 21); 7:30 a.m. to 5 p.m. Monday-Friday except holidays and breaks

**NON-RESIDENTIAL STUDENTS:** Lots 5, 7b, 9, A, C, D; Vivian St. Lot; ZH parking deck

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

**FACULTY/STAFF:** Lots 4, 6, 7a, 11, 12, 14, 16, A, B, C, D, I; UH parking deck (see 19)

### KEY LOCATIONS

- 1 Admissions
- 2 Bookstore
- 3 Campus Information
- 5, 10, 11 Dining
- 12 Human Resources
- 21 University Police

### Campus Information

(828) 251-6600

**University Police**

(828) 251-6710

**For more information**

www.unca.edu

### MAP KEY SYMBOLS

- Buildings
- Residence Halls
- Faculty/Staff Lot
- Non-Residential Student Lot
- Residential Student Lot
- Construction Zone
- Campus Information
- Kiosk/Campus Map
- University Police
- Emergency Phone
- Bus/Shuttle Stop

**Parking permits are required on all vehicles. Visitors may register vehicles at the Reuter Center reception desk, room 208.**