

# North Carolina Center for Creative Retirement



*Under construction: The North Carolina Center for Health & Wellness*

## Development of Health and Wellness Programing is Underway

Sometimes a picture is worth a thousand words. So what is this picture about? It shows the construction taking place below the Reuter Center on UNC Asheville campus. Why is this important? Because the pile of dirt you see will become the home of the North Carolina Center for Health and Wellness (NCCHW). Why should the NCCHW matter to you? Keep reading and find out.

The Department of Health and Wellness Promotion, one of UNC Asheville’s fastest growing undergraduate majors, will be supported by this emerging facility, scheduled for completion in 2012.

Programming and research into effective healthy aging are being developed as the facility grows. Collaboration with members of the NCCCR Health and Wellness Committee and university faculty and staff is resulting in a curriculum designed to meet the needs of older adults. Read descriptions of our Health and Wellness Programs on page 9 for evidence of these efforts.

We ask you to influence the design of the health and wellness curriculum in two ways: by participating in at least one health and wellness course in winter 2010, and by evaluating its value to you both in enjoyment and in your increased well being.

UNC Asheville and the North Carolina Center for Creative Retirement serve students and the Asheville community by offering avenues for healthier living and by conducting research to determine which avenues are most effective. We recognize that health is a central factor in our lives and that many people take good health for granted until they lose it. Current thinking puts the greatest emphasis on preventive measures and wellness activities; healthy behavior is considered one of the most important factors in ensuring lasting quality of life.

Participate in health and wellness programs and encourage your friends and neighbors to join you. Together we can create a healthier community.

## Winter 2010



### Contents

- Activities & Programs..... 4-7
- Campus Map ..... 32
- College for Seniors ..... 11-29
- Course Calendar ..... 10-11
- Events Calendar ..... 2
- Fabulous Fridays..... 6
- Health & Fitness Center ..... 4
- Health & Wellness Programs..... 9
- Membership ..... 3
- Mission & Steering Council..... 2
- National Programs ..... 6
- Registration Information ..... 3
- Registration Forms ..... 15-18
- Special Events ..... 5
- Special Interest Groups ..... 4
- Weather Policy ..... 2
- Workshops ..... 7-8
- Thoughts from the Front Burner  
on the Back Page ..... 31

## 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 2009-10

Chair—Sheila Murphy

Chair-elect—Mike Sena

Secretary—Anita Shields

Ex officio—Barry Mundt, Bob Davis

NCCCR interim director—Cissie Stevens

College for Seniors director—Susan Poole

Campus rep—Keith Ray

Community rep—Tom Byers

## Committee Chairs

College for Seniors—Doug Agor,  
Wayne Jewsbury

Community Education—Jacque  
Morgan

Facilities—Gary Schenk

Finance—John Tempelaar-Lietz

Health & Wellness—Sally Mundt

Life Transitions—Mike Sena

Marketing—Nancy Mathewson,  
Shirley White

Membership—Jan Guichard

Nominating—Mike Sena

Planning—Dick Murray

[www.unca.edu/ncccr](http://www.unca.edu/ncccr)

# EVENTS CALENDAR

## November

17 Mountain Area Interfaith Forum

26-27 Thanksgiving holiday—Reuter Center closed

## December

3 Celebrating Life in the Mountains Series

3 Astronomy Club of Asheville

8 Special Event—Smoky Mountain Brass Band

14 Special Event—Holiday Cookie Membership Social

14 Special Event—Reuter Center Singers Holiday Concert

21-31 Winter Break—Reuter Center closed

## January

1 New Year's Day—Reuter Center closed

7 Asheville Chamber Music Series Lecture

7 Astronomy Club of Asheville

8 New Member Orientation

10 Asheville Community Theater's Readers Theatre

19 Mountain Area Interfaith Forum

24 (For) Play Readers Theatre

## February

2 Special Event—Groundhog Day Membership Social

4 Astronomy Club of Asheville

11 Asheville Chamber Music Series Lecture

26 Symphony Talk with Daniel Meyer

## March

2 Astronomy Club of Asheville

4 Asheville Chamber Music Series Lecture

12 Symphony Talk with Daniel Meyer

21 (For) Play Readers Theatre

25 Asheville Chamber Music Series Lecture

## Adverse Weather Policy

UNC Asheville announces weather-related delays or closures through its Snow Line at 259-3050 and on its homepage at [www.unca.edu](http://www.unca.edu), in addition to radio and television announcements. Therefore, the Snow Line and the UNC Asheville website (not the NCCCR office) are the most accurate and direct sources of information about delays or closures.

**If UNC Asheville announces a delayed or late-start schedule**, classes, programs and events normally held at 9 am or earlier will begin at 10 am. Classes, programs and events for the remainder of the day will meet as scheduled.

**If UNC Asheville closes or dismisses classes for the remainder of the day**, then all NCCCR classes, programs and events are cancelled.

# Center Membership

Your gateway to **North Carolina Center for Creative Retirement** programs and events is annual membership. A fee of \$50 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**
- ★ **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 UNCA wireless internet connection**
- ★ **Access to:**
  - Special Interest Groups (SIGs, p. 4)**
  - Activities, Programs and Special Events (p. 4-7)**
  - College for Seniors (p. 12-29)**
  - UNCA Health & Fitness Center (p. 4)**
  - Health & Wellness Programs (p. 9)**

**PARKING:** 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.

**SHUTTLE:** A free UNCA shuttle provides transportation around campus from 7:30 am to 5:30 pm, Monday through Friday, except for holidays and UNCA breaks. It picks up and drops off at all (or most) parking lots, buildings, and places of interest on campus. There is a shuttle stop outside the Reuter Center upper level entrance; the shuttle typically arrives every 20 minutes.

**NAMETAGS:** 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 UNCA photo ID card, in Highsmith Union, room 120 (ground floor). While they are not required, with a OneCard you may receive UNCA discounts at local businesses and at UNCA special events. Note: You will need to get a “membership receipt” from the Reuter Center office to take to the OneCard office.

**RAMSEY LIBRARY:** NCCCR members may obtain a library card at UNCA’s Ramsey Library. Note: You will need to get a “membership receipt” from the Reuter Center office to take to the library.

**WIRELESS INTERNET ACCESS:** If your laptop or PDA is set up for wireless fidelity, 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 semester as the passwords will change.

**EATING ON CAMPUS:** The Reuter Café is open during College for Seniors fall, winter, and spring terms, from mid-morning to mid-afternoon. You are welcome to use the UNCA dining hall, the Highsmith Food Court and Ramsey Café in the Library.

NEED MORE INFORMATION? Check out these resources:

- Center Website: [www.unca.edu/ncccr](http://www.unca.edu/ncccr)
- Membership Handbook: Click on “Membership”
- Campus Map: [www.unca.edu/campusmap](http://www.unca.edu/campusmap)
- UNCA 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 Winter Term

- 1** **INITIATE** or **RENEW** your Center membership (proceed to Step 2 if you’re already a 2009-10 member)
  - Complete membership form on p. 15 or 17
  - Pay \$50 membership fee and receive membership through July 31, 2010
  - Mail in or drop off at Reuter Center office (check payable to NCCCR or cash—we do not accept debit or credit cards)
- 2** **REGISTER** for classes *NOW* for best availability.  
*Note: Registration forms will be processed in order of date received at Reuter Center.*
  - View catalog (hard copy or online at [www.unca.edu/ncccr](http://www.unca.edu/ncccr))
  - Complete registration form, p. 15-18
  - Mail in or drop off at Reuter Center office with payment (check payable to NCCCR or cash—we do not accept debit or credit cards)
- 3** **RECEIVE** registration confirmation by mail around December 8
  - Registration and drop/add continues through first week of classes

# 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 the range of activities and a chance to meet new friends.

## Seniors' Health Insurance Information Program

Senior citizens need accurate information about Medicare and insurance issues. 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) to obtain more information; this project is part of NCCCR's community education committee.

## Health and Fitness Center Membership

August 1, 2009–July 31, 2010  
Fee: \$350

NCCCR members are welcome to join the UNCA Health and Fitness Center. UNCA extends this privilege with the understanding that NCCCR members are enrolled, at a minimum, in NCCCR for-fee classes (such as College for Seniors, workshops, etc.) during a fall or winter term and a spring or summer term. Use the registration form on page 15 or 17, section 2, to join.

## 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.unca.edu/ncccr](http://www.unca.edu/ncccr) and click on Artists & Writers Quarterly under "Membership" for more information.

## Reuter Center Singers

The Reuter Center Singers, directed by Chuck Taft, study and perform classical, popular and show tunes. They rehearse on Mondays, 6:15-8:15 pm and perform regularly. Register by calling Janice Banks at 828-251-6140 (\$40 fee for music) or register through CFS (see p. 23).

## Special Interest Groups—SIGs

NCCCR members 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 on 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).

### Book Review

Meets monthly at Reuter Center  
Information: Jack Ingersoll, 252-2471,  
[jingers1@charter.net](mailto:jingers1@charter.net)

### Bridge Buddies

Wednesdays, 2:30-5:30 pm  
Information: Debra Spencer, 650-0311,  
[debraspencer10@yahoo.com](mailto:debraspencer10@yahoo.com)

### Creative Singles:

#### Potluck, Movies and More!

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 5 pm  
Information: Linda Lewandowski, 665-1787,  
[themerrywanderer@yahoo.com](mailto:themerrywanderer@yahoo.com)

### EQUATE

(The Math Equation Thinking Game)  
Fridays, 2-4 pm  
Information: Jacob Cohen, 691-0320,  
[jacobcohen@charter.net](mailto:jacobcohen@charter.net)

### The Forum

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

### Intermediate Bridge

Fridays, 1-4 pm  
Information: Jacque Morgan, 658-9738,  
[jacquemo@charter.net](mailto:jacquemo@charter.net)

### MAC Users

1<sup>st</sup> Fridays, 1:30-3:30 pm  
Information: Carol Taylor, 628-3506,  
[carol.taylor100@yahoo.com](mailto:carol.taylor100@yahoo.com)

### Men's Wisdom Works

Every other Monday, 5-7 pm  
Information: Chuck Fink, 713-2112,  
[chuck@ascentleadership.com](mailto:chuck@ascentleadership.com)

### Reuter Center Rollers (Lane Bowling)

Mondays, 1:20 pm  
Information: Jan Guichard, 253-8776,  
[lifebegins70001@yahoo.com](mailto:lifebegins70001@yahoo.com)

### Skeptical Inquirers

2<sup>nd</sup> Fridays, 1:15-3 pm  
Information: Greg Schramek, 505-2816,  
[murtledad@aol.com](mailto:murtledad@aol.com)

### 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)

### Tile Clickers (Mah Jongg)

Wednesdays, 3-5:30 pm  
Information: Shirley Rardin, 277-8053,  
[tsrardin@charter.net](mailto:tsrardin@charter.net)

### The Wild Bunch

Meeting times to be announced  
Information: Wilma Durpo, 299-0904,  
[wdurpo@bellsouth.net](mailto:wdurpo@bellsouth.net)

### Wine Tasting

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

# Activities & Programs *continued*

## Special Events—Winter 2010 **These events take place at Reuter Center, are open to the public and most are free • Call 828-251-6140 for additional details**

### Mountain Area Interfaith Forum

Hear panel discussions through an interfaith lens on **Tuesday, November 17 at 7 pm** for a focus on purpose, on **Tuesday, January 19 at 7 pm** for a focus on evolution and on **Tuesday, March 16 at 7 pm** for a focus on marriage.

### Astronomy Club of Asheville

The Astronomy Club of Asheville meets the **1<sup>st</sup> Thursday of each month at 6 pm** and welcomes NCCCR members into the club to advise and assist them in the basics of astronomy and techniques of observing celestial phenomena. Club membership is free.

### Celebrating Life in the Mountains Series

Local restaurateurs and food aficionados will give you insights into their establishments and offer ideas for tasty and healthy holiday food on **Thursday, December 3 at 7 pm**. “Healthy Holiday Dining,” the second in



NCCCR’s new Celebrating Life in the Mountains series, will include a Q & A session to give you an opportunity to learn more about one of your favorite activities. A reception will follow.

### Smoky Mountain Brass Band

Attend the fourth annual Reuter Center concert of the Smoky Mountain Brass Band on **Tuesday, December 8 at 7:30 pm**. This group of musicians, directed by Dr. John Entzi of the UNC Asheville music department, always provides interesting, enjoyable, inspiring and toe-tapping music.

### Holiday Cookie Social and Reuter Center Singers Holiday Concert

Enjoy socializing along with yummy cookies at this social on **Monday, December 14, 6-7 pm**. Bring your favorite holiday cookies to share with others! The social takes place just before the Reuter Center Singers holiday concert that evening at **7 pm**.

### (For) Play Readers Theatre

NC Stage Company, Asheville’s professional theatre, offers a series of readings of plays in their 2009-10 season, just for play. Actors will do a public reading at NCCCR just before going into rehearsals for the staged production. Enjoy a ‘sneak peek’ of *Beauty Queen of Leenane* by Martin McDonagh on **Monday, January 4 at 2 pm** and *Dead Man’s Cellphone* by Sarah Ruhl on **Sunday, March 21 at 2 pm**.

### Asheville Chamber Music Series Lectures

Attend these fascinating pre-concert lectures:

- **Thursday, January 7 at 4:15 pm:** La Catrina Quartet
- **Thursday, February 11 at 4:15 pm:** Piano Trio: Wu Han, David Finkel, Philip Setzer
- **Thursday, March 4 at 4:15 pm:** Chiara Quartet
- **Thursday, March 25 at 4:15 pm:** Borodin Quartet

### New Member Orientation

Come learn about NCCCR programs, membership benefits, and ways to get involved. Meet new members of the Center and expand your circle of friends on **Friday, January 8 at 10 am**.

### Asheville Community Theatre’s Readers Theater

Enjoy a performance of *The Rivals*, Richard Sheridan’s classic comedy introducing Mrs. Malaprop at the Reuter Center on **Sunday, January 10 at 2:30 pm**. Tickets are \$5 at the door.

### f/32 Photography

NCCCR members are offered free membership in f/32, a club of amateur to advanced photographers who share their work, learn new methods, and keep abreast of the latest industry news and equipment. Attend meetings on 2<sup>nd</sup> Wednesdays at 7 pm. For more information: [www.f32nc.com](http://www.f32nc.com)



### Groundhog Day Social

Move over Punxsutawney Phil and make way for Nibbles D. Groundhog, our Appalachian harbinger of spring! Come and enjoy delicious confections and libations with old friends and new as we find out whether or not we’re in for an early spring on **Tuesday, February 2, 4-5:30 pm**.

### Medicare Information Sessions

Unbiased and accurate information is available from trained volunteers from the NC Seniors’ Health Insurance Information Program (SHIIP). In partnership with NCCCR’s Community Outreach Committee, free classes will be held **Fridays, February 19 & 26 from 2-4 pm**. The first session will be an overview (plans, parts and policies) of Medicare. The second session will be in the computer lab learning how to use internet resources to compare benefits, answer questions and enroll when you are ready. *Reserve your place by calling Sybil French at the Council on Aging, 277-8288.*



### 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 music, composers and soloists. Music director and conductor Daniel Meyer will speak about:

- *Handel’s Overture to the Royal Fireworks* including works by Gershwin and Shostakovich with soloist Di Wu on piano on **Friday, February 26 at 3 pm**
- *Ives’ Three Places in New England* including works by Mozart, Bartok, Brahms with soloist Caroline Goulding on violin on **Friday, March 12 at 3pm**.

# Activities & Programs *continued*

**Fabulous Fridays** If you've enjoyed our TGIF Lunches and Health Education Series lectures in the past, you will love our "new" Fabulous Fridays, a combination of general and health-related topics. Members and guests are invited to enjoy stimulating presentations and dynamic question-and-answer sessions with local experts, about everything from music to travel and medications to wellness. Purchase lunch in our Reuter Café or bring your own brown bag. End your week and start your weekend with Fabulous Fridays! **Fridays, 11:30 am-1 pm** • **Reuter Center Manheimer Room** • **FREE**



## January 15

### **Sense and Nonsense About Memory Loss**

**Larry Reeves**, Mountain Area Program Manager for Western Carolina Chapter of the Alzheimer's Association, will present information defining dementia, with emphasis on criteria used by physicians for diagnosis; causes of memory loss, the difference between normal age-related forgetfulness and memory loss. He will describe symptoms and what to do if/when these symptoms occur, treatment options, how to prevent or delay the onset of dementia and what is being done to find a cure for Alzheimer's disease.

## January 22

### **It's More Than Just the Parkway**

The Blue Ridge National Heritage Area (BRNHA), recognized by President Bush and Congress in 2003 as one of only 27 similar districts nationwide, encompasses 25 North Carolina counties and the Qualla Boundary – some of the most beautiful real estate on earth. Program Director **Rob Bell's** illustrated talk and film will introduce BRNHA and its mission to preserve, showcase, celebrate and share our vibrant heritage, environment and culture.

## January 29

### **What You Need To Know About High Blood Pressure**

**David Mouw, MD, PhD**, board certified in family practice and geriatrics, will review the causes of high blood pressure (hypertension), and how hypertension is harmful to body organs. The lecture will also include ways to lower your blood pressure with and without medications, and discussion of some common side effects of the usually-used medications.

## February 5

### **Asheville Storytelling Circle**

Join us for an engaging program on a winter afternoon: folk tales, fairy tales, historical stories and even a little improv. Of the "tellers" who visit Reuter Center, some will be seniors, but some will be much younger. We will include personal stories and possibly a "Jack Tale" or two with a puppet. The improv? Be thinking of a word for our teller to spin into a five-minute story!

## February 12

### **Patient Advocacy Concerns - Enable Yourself**

**George Karl, M.Div., MA**, Director of Service Excellence at Mission Hospital Systems, will explain the Patient Bill of Rights and discuss patient satisfaction issues as well as proactive patient advocacy choices in today's health care environment.

## February 19

### **Understanding WNC Mountains**

Many are familiar with the major highways in WNC, but this program is designed to get a geographical picture, with slides, of what's off the highways—mountains. Beloved College for Seniors instructor **Tom Sanders** will present the region in terms of mountain groups, discover where the 40 peaks over 6000 feet in our region are and look at major trails like the Appalachian and Mountains-to-Sea, how to access them, and how to hike them.

# National Programs

While many Center programs primarily serve residents of western North Carolina and greater Asheville, we also offer opportunities for visitors from other areas to become part of our community of learners, at least for a weekend. Center participants continue to contribute their time and expertise in the development and presentation of these programs. Call now to reserve your spot for one of these events – it could be the highlight of your year!

## Design a Creative and Fulfilling Life in 2010



### **Paths to Creative Retirement**

April 16-18, 2010 • September 3-5, 2010

Explore your options and plan your future in a creative atmosphere.  
[www.pathstocreativeiretirement.com](http://www.pathstocreativeiretirement.com) or 828-250-3871 for details

### **Creative Retirement Exploration Weekend**

May 28-30, 2010 Interested in relocating in retirement?

[www.unca.edu/ncccr/programs/crew/index.html](http://www.unca.edu/ncccr/programs/crew/index.html) or 828-250-3871 for details



# Activities & Programs *continued*

**Special Classes** From inside the Reuter Center to locations throughout the county, the Center offers special programs to appeal to a variety of interests, schedules, and learning styles. Those looking for innovative ways to connect with the community at large and intergenerational learning activities will find that these special classes offer stimulating opportunities.

**Early College: Share Rites of Passage with High School Students**

January 14-February 18  
Thursdays, 10:20 am-12:20 pm

Location: Reuter Center; FREE

Want to explore how rites of passage into adulthood have changed or stayed the same across the generations? Then consider joining a six-week class facilitated by **John Curtis, Ph.D.** that brings a small group of 10<sup>th</sup> grade students to the Reuter Center to compare notes with NCCCR members. For a third year, the Center continues its intergenerational program with Early College, Buncombe County School's alternative high school (five-year combined HS diploma and AA degree program). The course is free but requires a brief application that can be obtained by emailing [jcurtis@iodinc.net](mailto:jcurtis@iodinc.net).

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## UNC Asheville Courses at the YMI Cultural Center

**Science and Technology for Global Citizens**

January 19-May 11  
Tuesdays, 5-7:30 pm

Location: YMI Cultural Center,  
Downtown Asheville  
Fee: \$452.82 + \$50 application fee

This interdisciplinary course, taught by Dr. Larry Wilson, former Vice-Chancellor for Academic Affairs at UNC Asheville, and former Provost at Zayed University in the UAE, will include discussion of and readings on topics such as Evolution of the Universe, Energy and Matter, Weapons of Mass Destruction and Terrorism, Global Climate Change, Bio-engineering and Technology, Promise of New Technologies, and Sustainability and Limits. This graduate-level course is open to students already admitted as UNC Asheville "Graduate Specials", or will require application approval. Download an application at <http://www.unca.edu/mla/>. Contact Peg Downes at 251-6577 or [downes@unca.edu](mailto:downes@unca.edu) for more information.

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**Cultures of Childrearing**

January 19-May 11  
Tuesdays, 5-7:30 pm

Location: YMI Cultural Center,  
Downtown Asheville  
Fee: \$267.30 + \$20 application fee

This course, taught by Molly Rouse, MA, UNC Asheville adjunct sociology professor, intersects biological and cultural anthropology and examines cultural practices surrounding childrearing. Because our children have such a long period of dependency, human parents have much to do, but there are many ways to do it. Using ethnographies, case studies, and fieldwork, this course focuses on different ways that cultures approach raising children. Download an application at <http://www.unca.edu/agc/yml.asp>. Contact Elaine Fox at 232-5122 or [fox@unca.edu](mailto:fox@unca.edu) for more information.

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**Community Approaches to Achieving Racial & Ethnic Health Equity**

January 19-May 11  
Tuesdays, 5-7:30 pm

Location: YMI Cultural Center,  
Downtown Asheville  
Fee: \$267.30 + \$20 application fee

In 1970, people in racial and ethnic minority groups accounted for 16% of the US population. By 2050, that percentage will reach nearly 50%. Racial and ethnic minorities bear a greater proportion of poor health as compared to the general population of the US. Interventions to eliminate health inequalities are essential. This course, taught by Jeff Bachar, MPH, UNC Asheville adjunct health and wellness professor, will strengthen students' knowledge of the history and causes of health disparities and inequalities in the US and will discuss practical solutions to eliminate health disparities. The intent is to enable course participants to apply lessons learned to health issues in their community. Download an application at <http://www.unca.edu/agc/yml.asp>. Contact Elaine Fox at 232-5122 or [fox@unca.edu](mailto:fox@unca.edu) for more information.

## Workshops

Ease into winter with one-day and weekend workshops that fit your schedule. NCCCR membership is not required to register; workshops are open to the public. Workshops have limited space, register on p. 15 or 17, or call Janice Banks at 828-251-6140 for more information. Refunds available until two weeks before workshop; \$10 per person of fee is non-refundable.

**Bravo Concerts**

Fri, Jan 22; Sat, Feb 20; Sat, Mar 20  
CRN #: 10080 Fee: \$108  
or  
CRN #: 10081 Fee: \$150  
No refunds after Jan 8

NCCCR is teaming up with Asheville Bravo Concerts for three of the most exciting concerts with a pre-concert lecture before each concert. *Les Ballet Trockadero* on January 22 is an all-male dance company in drag that presents a many-layered masterpiece of parody. The Moscow Festival Ballet will present *Swan Lake* on February 20, bringing together the highest classical elements of the great Bolshoi and Kirov ballet companies. *Porgy & Bess* on March 20 is Gershwin's only opera, which melded classical music, popular song, jazz, blues and spirituals in the quintessential American masterpiece. Leave your car at the Reuter Center and a van will take you to the Civic Center for a pre-concert lecture and the concert. The same van will pick you up after the concert and bring you back to the Reuter Center for your car. All three concerts, pre-concert lectures and transportation total \$108 or \$150 depending on seat selection. Tickets are limited, so register early.



# Workshops *continued*

## The Family Photo Portrait

CRN #: 10082

Sat, Jan 23: 9 am-3 pm & Sat, Jan 30  
9-12 am

Fee: \$125 (member)

\$135 (non-member)

No refund after Jan 6



What makes a good family photo? Join us for a study of what makes good creative pictures. This workshop will concentrate on how to pose children and families for the ultimate picture. Live models will be available for shoots and there will be several demonstrations of group posing. The second session will place emphasis on the photos you have taken and discuss the challenges you encountered. Bring your digital camera with you. The one requirement is that you have a familiarity with your digital camera. This workshop will step beyond the usual and discover how to create an heirloom masterpiece from baby to graduation and on.

**Wendy Newman** is a professional photographer and has taught similar workshops for families and children of all ages in Florida and North Carolina. She specializes in unique, on-location photography and heirloom pictures of babies, their families and children of all ages.

## Animal Portraits

CRN #: 10083

Feb 5-7

Fri, 5-8 pm

Sat, 9 am-4 pm

(1 hour lunch)

Sun, 9 am-4 pm

(1 hour lunch)

Fee: \$245 (member)

\$260 (non-member)

No refund  
after Jan 22



This is not your everyday art class. The primary focus of this workshop is on developing accurate drawing skills, tips on getting the most out of the medium of choice and rendering facial features, fur and feathers by layering to darker values. Students will use a combination of their preferred mediums such as: graphite, colored pencil, crayons, pen & ink and watercolor. All skill levels are welcome. A complete materials list will be available in the Reuter Center office.

**Jane Snyder** has studied with numerous nationally recognized artists and experiments with various media. Her art work is displayed at local galleries. "My primary focus is rendering faces, figures and landscapes in watercolors and teaching others what I have learned."

## Cartooning Art for Children— Ages 8-12

Sat, Feb 20, 3 sections:

CRN #: 10084

9:30-11 am

or

CRN #: 10085

11:30 am-1 pm

or

CRN #: 10086

2-3:30 pm

Fee: \$25

No refund  
after Feb 6



Cartoons are a powerful form of communication where the message is more important than the drawing. This workshop will channel children's natural interest and enjoyment into greater confidence in their abilities to express themselves through graphic arts. Art and drawing fundamentals are covered. Emphasis is given to communicating feelings and imagination instead of only achieving likeness. All skill levels are welcomed. There is limited enrollment for this workshop. Sign up early. Supplies will be provided by the instructor.

**Bill LaRocque** has been a professional cartoonist and illustrator for over 40 years. He has taught at Montgomery College, Rockville, MD; Sidwell Friends School, Washington, DC; and Anne Arundel Community College, Arnold, MD, and CFS. Over the past 8 years he has taught classes to both youngsters and adults in community outreach programs and private school summer and adult education programs.

## Writing From The Body (A Writing and Movement Workshop)

CRN #: 10087

Sat, Mar 6

10 am-4 pm

(1 hour lunch)

Fee: \$45 (member)

& \$55 (non-member)

No refund  
after Feb 19



Explore a new path to your creative writing muse: through the body. The student will experiment with the connection between simple yoga and writing. Discover how to cultivate spontaneity, playfulness and imagination used in writing. Gain insight into how simple yoga, stretching and the meditative moment can enhance the writing experience. Previous writing experience is helpful, but not necessary. Bring writing materials, comfortable clothes, yoga mat and an open mind.

**Fran Ross** has a PhD in expressive arts from the European Grade School, is a certified yoga instructor and a published writer. She teaches in the UNCA Arts & Ideas Program, the Great Smokies Writing Program and the NCCCR College for Seniors.

# Health and Wellness Programs

**Lifetime Fitness Courses** These Lifetime Fitness Courses and Lecture/Discussion Courses are offered to NCCCR members at the UNC Asheville Health and Fitness Center; cost is \$50 per class, dates run January 11-April 30, 2009. Register on p. 15 or 17, section 2.

Beginning Swimming	Mon & Wed, 9-9:50 am	HFC Pool
Water Games	Mon & Wed, 10-10:50 am	HFC Pool
Walk for Health	Mon & Wed 5-5:50 pm	HFC 212 (indoor track)
Frisbee/Disc Golf	Tues & Thurs, 10:50-11:40 am	Multipurpose Ct 1
Tae Kwon Do	Tues & Thurs 9:25-10:40 am	Dance Studio
Weight Training	Tues & Thurs, 10:50-11:40 am	Fitness Center
Tai Chi	Tues & Thurs, 8-8:50 am	Dance Studio
Aerobics	Mon & Wed, 4:10-5 pm	Dance Studio
Yoga	Mon & Wed, 8-8:50 am	Dance Studio
Yoga II	Fri, 8-9:40 am	Dance Studio
Ballroom Dance II	Tues, 7-8:40 pm	Dance Studio

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## Lecture/Discussion Courses

These Lecture/Discussion Courses are offered to NCCCR members on the UNC Asheville campus; cost is \$50 per class, dates run January 11-April 30, 2009. Register on p. 15 or 17, section 2.

### Health and Sexuality

Tues, 6-8:30 pm

Location: 140 Zageir Hall,  
UNC Asheville campus

An introduction to reproductive anatomy, sexual response, conception, family planning, pregnancy and childbirth, sexuality throughout the life cycle, prevention of HIV/AIDS and other sexually transmitted diseases, contraception, homosexuality, atypical sexual behavior and sexual victimization. Instructor: **Kelley Wolfe**

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### Women's Health

Mon & Wed, 8:30-9:45 am

Location: 140 Zageir Hall,  
UNC Asheville campus

The study of how women can understand, gain control over, and take responsibility for their bodies and their health. Course includes a comprehensive fitness development experience. Instructor: **Kelley Wolfe and Amy Lanou**

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### Complementary and Alternative Healing Therapies

Mon & Wed, 10-11:15 am

Location: 140 Zageir Hall,  
UNC Asheville campus

Serves as an introduction and overview of complementary and alternative healing therapies. Students will have an opportunity to experience a variety of healing therapies such as herbal medicine, massage, Reiki, Ayurveda, and Chinese medicine, among others. Instructor: **Kelley Wolfe**

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### Wellness Activities for Seniors in Asheville (WASA)

Mon, Mar 15, 2:15-3:15 pm  
Wed, Mar 17-Apr 28, 2-4 pm  
(no class Apr 4)



The WASA program is designed to positively affect the health, well-being and health knowledge of older adults while providing a service-learning opportunity for UNCA students. Trained students and other volunteers will work together with older adults to learn about safe and effective exercises, proper nutrition, stress management and other important health topics. Each adult will be paired with a student for personal fitness assessments, exercise sessions and special classroom sessions. Scholarships are available for qualified participants. Register on page 15 or 17, section 2. No refunds after March 13. Contact Jade Frank at 828-250-3856 or [ojfrank@unca.edu](mailto:ojfrank@unca.edu) for more information.

## MONDAYS

- 8:00 – 8:50 am**  
H&W-Yoga .....p. 9
- 8:30 – 9:45 am**  
H&W-Women’s Health.....p. 9
- 9:00 – 9:50 am**  
H&W-Beginning Swimming .....p. 9
- 9:00 – 11:00 am**  
CFS-Let’s Face It! .....p. 14  
CFS-German Emigration  
to America .....p. 21  
CFS-Growing Old Gratefully .....p. 24  
CFS-Sailing into Word .....p. 20  
CFS-Winston Churchill,  
Greatest Leader .....p. 22
- 10:00 – 10:50 am**  
H&W-Water Games .....p. 9
- 10:00 – 11:15 am**  
H&W-Comp. & Alt.  
Healing Therapies .....p. 9
- 11:30 am – 1:30 pm**  
CFS-Meditation for  
the Marketplace .....p. 25  
CFS-Financial Security for the  
Long Term .....p. 14  
CFS-Rise & Fall of Yugoslavia.....p. 22  
CFS-Social Justice in America .....p. 26
- 2:00 – 3:00 pm**  
CFS-Gyrokinesis Mat Class .....p. 28
- 2:00 – 4:00 pm**  
CFS-Four Centuries of Piano Music ..p. 23  
CFS-The Great Remembering .....p. 20  
CFS-Is Liberalism a Dirty Word?.....p. 25
- 2:00 – 5:00 pm**  
CFS-Exploring the “Coenesque” .....p. 20
- 4:10 – 5:00 pm**  
H&W-Aerobics .....p. 9
- 5:00 – 5:50 pm**  
H&W-Walk for Health .....p. 9
- 6:15 – 8:15 pm**  
CFS-Reuter Center Singers .....p. 23

## TUESDAYS

- 8:00-8:50 am**  
H&W-T’ai Chi .....p. 9
- 9:00 – 10:30 am**  
CFS-A Balancing Act .....p. 27
- 9:00 – 11:00 am**  
CFS-Basic Digital Theory .....p. 26  
CFS-Macintosh iWeb.....p. 19  
CFS-Major Mental Illness .....p. 25  
CFS-The Supreme Court and  
Landmark Decisions .....p. 22
- 9:25 – 10:40 am**  
H&W-Tae Kwon Do.....p. 9
- 10:50 – 11:40 am**  
H&W-Frisbee/Disc Golf .....p. 9  
H&W-Weight Training .....p. 9
- 11:30 am – 1:00 pm**  
CFS-T’ai Chi for Back & Balance .....p. 29
- 11:30 am – 1:30 pm**  
CFS-The Chinese View of Health &  
Wellness .....p. 27  
CFS-The Mexican Revolution .....p. 21  
CFS-Surviving the Crisis .....p. 19
- 2:00 – 4:00 pm**  
CFS-Circle of Women: Sixties, Single  
and Still Spunky .....p. 24  
CFS-Free Alternative to  
Microsoft Office .....p. 19  
CFS-Shakespeare’s *The Tempest* .....p. 22
- 2:00 – 5:00 pm**  
CFS-Beginning Digital  
Photo Editing .....p. 19  
CFS-Follow the Design.....p. 13
- 5:00 – 7:30 pm**  
YMI- Science and Technology for  
Global Citizens .....p. 7  
YMI- Cultures of Childrearing .....p. 7  
YMI- Community Approaches to  
Achieving Racial & Ethnic  
Health Equity .....p. 7
- 6:00 – 8:30 pm**  
H&W-Health & Sexuality .....p. 9
- 7:00 – 8:40 pm**  
H&W-Ballroom Dance II .....p. 9

## WEDNESDAYS

- 8:00 – 8:50 am**  
H&W-Yoga .....p. 9
- 8:30 – 9:45 am**  
H&W-Women’s Health.....p. 9
- 9:00 – 9:50 am**  
H&W-Beginning Swimming .....p. 9
- 9:00 – 11:00 am**  
CFS-Intermediate Bridge.....p. 28  
CFS-Intro to Form in  
Classical Music .....p. 23  
CFS-Natural Medicine for a  
Long Healthy Life .....p. 28  
CFS-Quilting: Appliqué .....p. 14  
CFS-Solving Cryptic Crossword  
Puzzles .....p. 24  
CFS-Traversing Conversing.....p. 25
- 10:00 – 10:50 am**  
H&W-Water Games .....p. 9
- 10:00 – 11:15 am**  
H&W-Comp. & Alt. Healing  
Therapies .....p. 9
- 11:30 am – 1:30 pm**  
CFS-Books That Shaped  
Our Thinking.....p. 20  
CFS-Mah Jongg .....p. 28  
CFS-Pony Express & Overland Trail..p. 21  
CFS-The Yoga Sutra.....p. 26
- 2:00 – 4:00 pm**  
CFS-Continuing Yoga Flow .....p. 28  
CFS-Hollywood to Bollywood.....p. 24  
CFS-Making Memories Last .....p. 13  
CFS-Making Sense of  
Investment-Related News .....p. 14  
CFS-Shakespeare: *The Taming of  
the Shrew* .....p. 22  
CFS-Studio Painting in Oils  
& Acrylics.....p. 14
- 4:10 – 5:00 pm**  
H&W-Aerobics .....p. 9
- 5:00 – 5:50 pm**  
H&W-Walk for Health .....p. 9

**Don't forget to add these programs to your schedule...**

**Fabulous Fridays**

Fridays, 11:30 am – 1 pm

**See p. 6 for details.**



## THURSDAYS

**8:00 – 8:50 am**  
H&W-Tai Chi .....p. 9

**8:45 – 11:15 am**  
CFS-From Cabiria to Metropolis:  
European Masterpieces  
of Silent Film .....p. 21

**9:00 – 11:00 am**  
CFS-Entry into War & its Lessons .....p. 21  
CFS-People in Transition .....p. 25  
CFS-Play of the Hand .....p. 29  
CFS-Powerpoint .....p. 20

**9:25 – 10:40 am**  
H&W-Tae Kwon Do .....p. 9

**10:20 am – 12:20 pm**  
Early College-Rites of Passage .....p. 7

**10:50 – 11:40 am**  
H&W-Frisbee/Disc Golf .....p. 9  
H&W-Weight Training .....p. 9

**11:30 am – 1:30 pm**  
CFS-The Artist's Way .....p. 24  
CFS-Beginning Line Dance .....p. 27  
CFS-Mah Jongg .....p. 28  
CFS-Science & Technology .....p. 26  
CFS-Varieties of Early Christianity .....p. 26

**2:00 – 4:00 pm**  
CFS-PhotoShop: Photo Fixes &  
Restorations .....p. 19  
CFS-Statistics for Self-Defense .....p. 27  
CFS-Two Great Battles of WW II .....p. 22  
CFS-Word Origins .....p. 23

**2:00 – 5:00 pm**  
CFS-The Remarkable Career  
of Paul Newman .....p. 21

**4:00 – 5:00 pm**  
CFS-Pilates Mat .....p. 29

## FRIDAYS

**8:00 – 9:40 am**  
H&W-Yoga II .....p. 9

**9:00 – 11:00 am**  
CFS-Collections & Obsessions .....p. 13  
CFS-Improvisational Beading .....p. 13  
CFS-Tin Pan Alley, Jazz & Swing .....p. 23

## SATURDAYS

**9:00 am – 1:00 pm**  
CFS-Basic Jewelry Making .....p. 13

**1:00 – 4:00 pm**  
CFS-Beat the Wintertime Blues .....p. 27

### NEW!

#### Saturday Matinee Series featuring

### "Beat the Wintertime Blues"

**Saturdays,  
January 16, 23 & 30  
1-4 pm**

**Warm up at the  
Reuter Center!**

See p. 27  
for details



## WORKSHOPS

**Fri, Jan 22; Sat, Feb 20; Sat, Mar 20**  
Bravo Concerts .....p. 7

**Sat, Jan 23 & 30**  
The Family Photo Portrait .....p. 8

**Fri-Sun, Feb 5-7**  
Animal Portraits .....p. 8

**Sat, Feb 20**  
Cartooning Art for Children—  
Ages 8-12 .....p. 8

**Sat, Mar 6**  
Writing From The Body  
(A Writing and  
Movement Workshop) .....p. 8

## SAVE THE DATES!

**Membership Socials**

**Holiday Cookie Social,  
Monday, Dec 14, 2-3 pm**

**Groundhog Day Social,  
Tuesday, Feb 2, 4-5:30 pm**

*Enjoy fun, fellowship and  
refreshments with your Reuter  
Center friends!*

## SAVE THE DATE!

**New Member Orientation  
Friday, January 8, 10 am**

**Learn about programs &  
activities. Find new ways  
to participate in our  
community of learners!**

- **Meet new friends**
- **Ask questions**
- **Get involved**



**CFS**=College for Seniors courses, pp. 12-29

**H&W**=Health and Wellness courses, p. 9

**YMI**=Special Classes at YMI Cultural Center, p. 7

# Winter 2010 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.unca.edu/ncccr](http://www.unca.edu/ncccr)*

# 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 1700 members annually during four terms:

<b>Winter</b>	Jan 11- Feb 22, 2010
<b>Spring</b>	Mar 15- May 14, 2010
<b>Summer</b>	June 21- July 30, 2010
<b>Fall</b>	Sept. 20- Nov. 12, 2010



## Winter 2010

### January 11-February 22

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

### Fee: \$90 for the term

This flat fee allows you to register for as many courses, listed on pp. 13-29, as you are able to schedule. Confirmation will be mailed on Dec. 8.

### NCCCR Membership is also required

**Refunds: Cancellation must be received by Jan. 8 for a full refund.**

**This applies to ALL fees for CFS classes.**  
Refunds normally take 2-4 weeks to process.

**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 ensuring that classes operate smoothly, consider being a class rep! Check the spot for being a Rep in the CFS Section on the registration form. For more information contact Anita Shields at 828-253-5624 or Jacque Morgan at 828-658-9738.

### Financial Assistance

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

## Teaching in College for Seniors

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

### *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:

**February 8 – 4:30-6 pm**

### Guides

An instructor guidebook and a facilitator handbook have been prepared by CFS committees. Anne Mock can provide information on these: 251-6198.

### Course Proposal Due Dates:

<b>December 15</b>	<b>for Summer 2010</b>
<b>April 1</b>	<b>for Fall 2010</b>
<b>July 1</b>	<b>for Winter 2011</b>

Proposal forms are available on the NCCCR website or may be requested by emailing Perien Gray at [pgray@unca.edu](mailto:pgray@unca.edu)



### QUESTIONS ABOUT CFS? SUGGESTIONS?

CFS Director Susan Poole: 828-251-6873

# College for Seniors

## Arts & Crafts *For related topics, see p. 19*

### Basic Jewelry-Making

CRN #: 10001

2 weeks: Jan 23, 30  
(note late start)  
Saturdays, 9 am – 1 pm

Explore your creativity through the art of jewelry-making. Choose from a cornucopia of semi-precious stones, freshwater pearls, pendants, Czech glass, crystals and sterling silver. You will learn to “listen” to what design is present in the moment and let this influence your creation. You’ll make two sets of necklaces and earrings or a matching set with a bracelet. No experience necessary. Cost of materials is \$40, payable at first class.

**Tiffany Bussard** (bussardt0910@yahoo.com) has worked in all facets of the performing arts. She has been a costumer and designer for theatre and opera productions, an opera singer, vocal instructor, and CPA.

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### Collections & Obsessions

CRN #: 10014

6 weeks: Jan 15, 22, 29, Feb 5, 12, 19  
Fridays, 9-11 am

What is a collection? What is the difference between an “obsession” and a “collection” or “acquirer” and “collector”? How might private collections differ from collections held for the public trust? Together we will explore these questions while studying in depth personal collections, current Asheville Art Museum exhibitions, and selected film and books. Includes a tour of the Museum. Recommended text: William Davies King, *Collections of Nothing*, ISBN-10: 0226437000, cost \$20.

**Nancy Sokolove** (nsokolove@ashevilleart.org) is the Adult Programs Manager at the Asheville Art Museum and has taught a number of classes for the College for Seniors and UNC Asheville.

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### Making Memories Last

CRN #: 10007

4 weeks: Jan 27, Feb 3, 10, 17  
(note late start)  
Wednesdays, 2-4 pm

Create lasting archives with your old images. Digitize photographs, drawings and clippings and create an affordable glossy, bound book and archival CD. Books are custom-published “on demand” – that is, you may print as few or as many as you wish. They make wonderful gifts for anniversaries and birthdays. Please bring photo albums, boxes of clippings, and any other images; we’ll scan and enhance your pictures.

**Jeffrey Kinzel** (jeffreykinzel@gmail.com) is an artist and teacher based in Asheville. He is the founder of the custom book publishing company Digital Shelf Life.

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### Follow the Design

CRN #: 10011

5 weeks: Jan 12, 19, 26, Feb 2, 9  
Tuesdays, 2-5 pm

This course is for experienced needlepointers. Participants must be able to follow a diagram and directions. You must know other stitches beyond basketweave. You will have a kit with thread, pattern and directions (each kit is different). You will learn specific stitches to use in your design. Cost of kit is \$30, payable at first class.

**Sheila Murphy** (murphysh@verizon.net) 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.

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### Improvisational Beading

CRN #: 10015

4 weeks: Jan 15, 22, 29, Feb 5  
Fridays, 9-11 am

Explore creativity with bead embroidery. In this basic course, participants will prepare a sampler of basic bead embroidery stitches to use as a reference for future design work. You will need a pair of small, sharp scissors. If you wish to complete a small project of encrusted beading you’ll need to purchase beads from a local retailer at a cost of approximately \$10. There is a \$6 materials fee for a kit that the instructor will provide, payable at the first class.

**Elaine Zinn** (ezbeads@yahoo.com) enjoys creating wearable art and art quilts. An experienced educator, she has taught people of all ages in formal and informal settings.

## Arts & Crafts *continued*

### Let's Face It!

CRN #: 10008

6 weeks: Jan 11, 25, Feb 1, 8, 15, 22  
(no class Jan 18)  
Mondays, 9-11 am

Create faces and loosen up with art. Anyone and everyone, no matter what your artistic experience, are invited. Explore our fascination with human and animal faces. In a supportive environment, we'll experiment with charcoal, collage, masks and watercolor for the first four weeks, then discuss, mat, and exhibit the last two weeks. You will need to purchase three mats and a frame, approximate cost \$20.

Artist **Robin Rector Krupp** (rrkrupp@hotmail.com) paints WILD! ANIMALS! Watercolors at the Warehouse Studio in the River Arts District. She has illustrated seven children's books, three of which she wrote. She encourages creativity whenever possible.

### Quilting: Appliqué

CRN #: 10003

6 weeks: Jan 13, 20, 27, Feb 3, 10, 17  
Wednesdays, 9-11 am

The emphasis in this course will be on hand appliqué and will include design transfer, several appliqué techniques, some three-dimensional effects, and final quilting design. You may work on a design of your choice or select from three designs provided by the instructor for a small project. Required materials: fabrics, thread and needles. Cost: \$20, payable at first class.

**Mary Field** (jdfield36@hotmail.com) earned a BS in textiles and clothing from Iowa State and did postgraduate study in textiles and related art at Michigan State. Active in the Asheville Quilt Guild, she has exhibited locally and nationally.

### Studio Painting in Oils & Acrylics

CRN #: 10004

6 weeks: Jan 13, 20, 27, Feb 3, 10, 17  
Wednesdays, 2-4 pm  
For beginners through advanced.

Work at your own pace on your own project. Materials list available in the office and on instructor's web page; estimated cost around \$75.

**Gloria Gaffney** (streetartist@netzero.net) earned her MA at the University of Illinois and studied at the Art Students League in New York City, Art Institute of Chicago and Woodstock School of Art. An active Asheville artist, she has exhibited nationally and internationally.

## Business, Finance & Law *For related topics, see p. 22*

### Financial Security for the Long Term

CRN #: 10041

6 weeks: Jan 11, 25, Feb 1, 8, 15, 22  
(no class Jan 18)  
Mondays, 11:30 am-1:30 pm

Learn how to prevent situations that can derail a person's financial security once retired, or even ten years away from retirement. We'll look at various types of investments and their risks, guaranteed investments, income strategies, tax reduction, Medicare, Medicaid, medical crisis planning and end of life planning. Learn how to improve your quality of life.

**Ron J. Miller** (rjmfinancial@yahoo.com) has been helping people achieve financial security for over twenty years. His firm's mission is to improve quality of life by finding solutions to the many problems pre-retirees and retirees face.

### Making Sense of Investment-Related News

CRN #: 10042

6 weeks: Jan 13, 20, 27, Feb 3, 10, 17  
Wednesdays, 2-4 pm

Do news segments about the Fed, the dollar, deficits, yield curves and inflation leave you feeling a bit lost? Would you like to be able to interpret the financial news rather than just react emotionally to some ill-defined vibe? If so, join us as we demystify some topics that are essential to understanding the economic environment and investment climate.

**Glenn Wessel** (GWessel@WesselInvestment.com) is a licensed CPA and Certified Financial Planner™. He holds the Chartered Financial Analyst® designation, a leading credential among investment analysts and portfolio managers.

# NCCCR Winter 2010 Registration

## OFFICE USE ONLY

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

Check  here if your address has changed

Name \_\_\_\_\_  
Last First MI Name for Nametag if different

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

Phone \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Email \_\_\_\_\_  
\*for internal campus use \_ I don't use email

Emergency Contact \_\_\_\_\_  
Name Relationship Daytime Phone

**"Get Involved!"**  I currently volunteer at NCCCR

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

**I like:**

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

**My skills include:**

- Teaching (subject: \_\_\_\_\_ )
- Planning events, programs
- General office support

- Finance
- Marketing
- Writing

Other interests or expertise: \_\_\_\_\_



**Become a 2009-10 NCCCR Member for \$50**

- Membership year is August 1-July 31.

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



**Register immediately for best availability.**

**→ Health and Fitness Center Membership, NCCCR Membership REQUIRED (\$350) \_\_\_\_\_**

August 1-July 31. Requires enrollment in for-fee Center programs. See p. 4 for details.

**→ Health & Wellness Courses, NCCCR Membership REQUIRED, \$50 each (see p. 9)**

- |                                |                                            |
|--------------------------------|--------------------------------------------|
| 10066 _____ Beginning Swimming | 10073 _____ Aerobics                       |
| 10067 _____ Water Games        | 10074 _____ Yoga                           |
| 10068 _____ Walk for Health    | 10075 _____ Yoga II                        |
| 10069 _____ Frisbee/Disc Golf  | 10076 _____ Ballroom Dance                 |
| 10070 _____ Tae Kwon Do        | 10077 _____ Health & Sexuality             |
| 10071 _____ Weight Training    | 10078 _____ Women's Health                 |
| 10072 _____ T'ai Chi           | 10079 _____ Comp. & Alt. Healing Therapies |

**Health & Wellness SUBTOTAL \$ \_\_\_\_\_**

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

- 10080 \_\_\_\_\_ Bravo Concerts (\$108)
- 10081 \_\_\_\_\_ Bravo Concerts (\$150)
- 10082 \_\_\_\_\_ The Family Photo Portrait (\$125 for members, \$135 for non-members)
- 10083 \_\_\_\_\_ Animal Portraits (\$245 for members, \$260 for non-members)
- 10084 \_\_\_\_\_ Cartooning Art for Children—Section 1 (\$25)
- 10085 \_\_\_\_\_ Cartooning Art for Children—Section 2 (\$25)
- 10086 \_\_\_\_\_ Cartooning Art for Children—Section 3 (\$25)
- 10087 \_\_\_\_\_ Writing from the Body (\$45 for members, \$55 for non-members)

**Workshops SUBTOTAL \$ \_\_\_\_\_**

**→ College for Seniors, NCCCR Membership REQUIRED (see pp. 13-29)**

You may register for up to 5 CFS courses. After you receive your schedule, you may add additional courses without cost. Complete an Add/Drop Form (available in Reuter Center office) or call 828-251-6140.

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

I volunteer to be a CLASS REP for any class below, if registered. .... Check here:

Priority	College for Seniors Course Name	5-Digit CRN #	Staff use only
1.	_____	___ _ _ _ _	1. E N
2.	_____	___ _ _ _ _	2. E N
3.	_____	___ _ _ _ _	3. E N
4.	_____	___ _ _ _ _	4. E N
5.	_____	___ _ _ _ _	5. E N

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

6.	_____	___ _ _ _ _	6. E N
7.	_____	___ _ _ _ _	7. E N
8.	_____	___ _ _ _ _	8. E N

Although I may be listing several options above, I actually want to take this # of courses (final number):

Winter CFS Fee – for any number of courses – is \$90. CFS SUBTOTAL \$\_\_\_\_\_

(REMEMBER TO INCLUDE \$20 FOR EACH WELLNESS & RECREATION COURSE, MARKED WITH A **\$20**, IN ADDITION TO YOUR \$90 CFS FEE.)

 **Yes!** Make the planet a little greener by not sending me a printed catalog by mail in the future. (You will be notified by email when each catalog is available on the NCCCR website.)



**Add subtotals from sections above**

- Bring or mail this form with your payment
- CFS faculty – attach vouchers
- Make checks payable to UNCA

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

Your registration confirmation will be mailed to you on December 8.

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

# NCCCR Winter 2010 Registration

## OFFICE USE ONLY

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

Check  here if your address has changed

Name \_\_\_\_\_  
Last First MI Name for Nametag if different

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

Phone \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Email \_\_\_\_\_  
\*for internal campus use \_I don't use email

Emergency Contact \_\_\_\_\_  
Name Relationship Daytime Phone

**"Get Involved!"**  I currently volunteer at NCCCR

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

**I like:**

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

**My skills include:**

- Teaching (subject: \_\_\_\_\_ )
- Planning events, programs
- General office support

- Finance
- Marketing
- Writing

Other interests or expertise: \_\_\_\_\_



**Become a 2009-10 NCCCR Member for \$50**

- Membership year is August 1-July 31.

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



**Register immediately for best availability.**

**→ Health and Fitness Center Membership, NCCCR Membership REQUIRED (\$350) \_\_\_\_\_**

August 1-July 31. Requires enrollment in for-fee Center programs. See p. 4 for details.

**→ Health & Wellness Courses, NCCCR Membership REQUIRED, \$50 each (see p. 9)**

- |                                |                                            |
|--------------------------------|--------------------------------------------|
| 10066 _____ Beginning Swimming | 10073 _____ Aerobics                       |
| 10067 _____ Water Games        | 10074 _____ Yoga                           |
| 10068 _____ Walk for Health    | 10075 _____ Yoga II                        |
| 10069 _____ Frisbee/Disc Golf  | 10076 _____ Ballroom Dance                 |
| 10070 _____ Tae Kwon Do        | 10077 _____ Health & Sexuality             |
| 10071 _____ Weight Training    | 10078 _____ Women's Health                 |
| 10072 _____ T'ai Chi           | 10079 _____ Comp. & Alt. Healing Therapies |

**Health & Wellness SUBTOTAL \$ \_\_\_\_\_**

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

- 10080 \_\_\_\_\_ Bravo Concerts (\$108)
- 10081 \_\_\_\_\_ Bravo Concerts (\$150)
- 10082 \_\_\_\_\_ The Family Photo Portrait (\$125 for members, \$135 for non-members)
- 10083 \_\_\_\_\_ Animal Portraits (\$245 for members, \$260 for non-members)
- 10084 \_\_\_\_\_ Cartooning Art for Children—Section 1 (\$25)
- 10085 \_\_\_\_\_ Cartooning Art for Children—Section 2 (\$25)
- 10086 \_\_\_\_\_ Cartooning Art for Children—Section 3 (\$25)
- 10087 \_\_\_\_\_ Writing from the Body (\$45 for members, \$55 for non-members)

**Workshops SUBTOTAL \$ \_\_\_\_\_**

**→ College for Seniors, NCCCR Membership REQUIRED (see pp. 13-29)**

You may register for up to 5 CFS courses. After you receive your schedule, you may add additional courses without cost. Complete an Add/Drop Form (available in Reuter Center office) or call 828-251-6140.

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

I volunteer to be a CLASS REP for any class below, if registered. .... Check here:

Priority	College for Seniors Course Name	5-Digit CRN #	Staff use only
1.	_____	___ _ _ _ _	1. E N
2.	_____	___ _ _ _ _	2. E N
3.	_____	___ _ _ _ _	3. E N
4.	_____	___ _ _ _ _	4. E N
5.	_____	___ _ _ _ _	5. E N

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

6.	_____	___ _ _ _ _	6. E N
7.	_____	___ _ _ _ _	7. E N
8.	_____	___ _ _ _ _	8. E N

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## Business, Finance & Law *continued*

### Surviving the Crisis

CRN #: 10040

6 weeks: Jan 12, 19, 26, Feb 2, 9, 16  
Tuesdays, 11:30 am-1:30 pm

Retirement funds and home values are shrinking. Other prices are soaring. We are told that Social Security and Medicare are sound but a trillion dollars is needed for the financial system. Is this crisis merely a normal cycle, or is it the "big one?" Is the US bankrupt or the strongest economy in the world? Should you be taking extraordinary steps to protect your family? We'll use historical data and economic analysis to answer these and similar questions.

**Lawrence McLean** (larrymclean@charter.net) has over 25 years experience as a corporate executive and ten years college teaching experience. He has AB, MBA and PhD degrees in Finance and Economics from Duke University, the University of Chicago and Syracuse University.

## Computing *For related topics, see p. 13*

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 Digital Photo Editing Using PhotoShop Elements

CRN #: 10012

5 weeks: Jan 12, 19, 26, Feb 2, 9  
Tuesdays, 2-5 pm

In this hands-on course participants will learn to crop, size, adjust color balance, work with layers, re-touch and add special effects for printing, emailing or publishing images on the web. **MINIMUM REQUIREMENTS:** Participants must have basic computer skills and be comfortable working with Windows applications. Participants will work on their own digital images in addition to images provided by the instructor.

**Dennis Murphy** (dwmur@verizon.net) has been involved in photography for decades and has experienced the culture shock of giving up film and having to learn a whole new set of skills to produce a photograph. He has been using Photoshop Elements over 5 years and has taken many workshops and courses on the use of Elements to improve digital images.

### Free Alternative to Microsoft Office

CRN #: 10017

6 weeks: Jan 12, 19, 26, Feb 2, 9, 16  
Tuesdays, 2-4 pm

There is a free alternative to Microsoft Office! OpenOffice is a free software suite for word processing, spreadsheets, presentations, graphics, databases and more. It works on all common computers. It reads and writes files from Microsoft Office. We will explore OpenOffice through lecture, discussions and real-time examples. This is not a hands-on course, but the class will participate in the examples. **MINIMUM REQUIREMENTS:** Some Microsoft Office experience is useful.

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

### MacIntosh iWeb

CRN #: 10019

4 weeks: Jan 12, 19, 26, Feb 2  
Tuesdays, 9-11 am

Have a Mac? Wanna website? Learn what you can do with the iWeb application. Students will need a flash drive to develop a website. **MINIMUM REQUIREMENTS:** A Macintosh with iWeb installed so that a website can be created.

**Larry Fincher** (laryfincher@aol.com) has been using Macintosh computers and applications for decades.

### PhotoShop: Photo Fixes & Restorations

CRN #: 10021

6 weeks: Jan 14, 21, 28, Feb 4, 11, 18  
Thursdays, 2-4 pm

This will be an intermediate course (no beginners!) in Photoshop. The practice of work flow and file organization will be emphasized as we go through the steps of digitally fixing and/or restoring photographs, both new and heritage. Time permitting, we will also cover portrait retouching. **MINIMUM REQUIREMENTS:** Students must have experience using Photoshop and be able to use adjustment layers and masks readily. Must have access to the software outside of class and be able to download files from the internet onto a flash drive.

An interest in genealogy and restoring heritage photographs led **Judy Piotrowski** (judypiotrowski@me.com) to Photoshop. A student of Photoshop for over ten years, she is eager to share with others the miracle of "Photoshopping."

## Computing *continued*

### PowerPoint

CRN #: 10020

6 weeks: Jan 14, 21, 28, Feb 4, 11, 18  
Thursdays, 9-11 am

Enter the wonderful world of creating computer-generated presentations you can show to an audience. Using the software program PowerPoint, you can learn to relate slide presentations with multimedia slides, charts, outlines, graphs, clipart, hypertext links and special effects. PowerPoint 2003 will be our software. Note: the course is intermediate level – not for inexperienced computer users. **MINIMUM REQUIREMENTS:** Students must have a working knowledge of MS Office Suite, principally Word. A \$5 charge for handouts will be collected at the first class.

**Dick Hansley** (hansley@aol.com) has lived in the Asheville area for more than 40 years and has taught at Asheville High School. He holds graduate and undergraduate degrees from Western Carolina University.

### Sailing into Word

CRN #: 10018

6 weeks: Jan 11, 25, Feb 1, 8, 15, 22  
(no class Jan 18)  
Mondays, 9-11 am

An introductory course on Word '07, exploring some of the most useful parts of the program. Join us and we'll sail through Word without any major shipwrecks! Familiarity with the computer and word processing software is a necessity. Please bring a flash drive to class to save documents that you will be creating. **MINIMUM REQUIREMENTS:** Familiarity with Microsoft Word and how to key documents.

**Marilyn Evans** (Mickeybob2@aol.com) has taught Microsoft Word for the last thirty years as an assistant professor in the Information Technologies Department at Cuyahoga Community College in Cleveland, Ohio before moving to Weaverville.

## Contemporary Issues *For related topics, see p. 25 & 26*

### Books That Shaped Our Thinking

CRN #: 10026

6 weeks: Jan 13, 20, 27, Feb 3, 10, 17  
Wednesdays, 11:30 am-1:30 pm

Books powerfully affect the worldwide community of readers and thinkers, more so today than in the past because of accessibility. Occasionally one book changes the way we think, opens doors, shakes our ideas about the social or natural world. Six presenters will share how a particular book has shaped their intellectual perspectives. They represent history, biological sciences, fiction, political science, poetry and philosophy.

Course coordinator **Mary Lasher** (tomary.avl@gmail.com) has taught 25 courses for CFS in history and contemporary issues. She has an MA in history from Duke University and has taught at universities. She is a book-lover. Other lecturers: **Nelson Sartoris, LaDean Peterson, Tom Sanders, Eve Miller** and **Bob Wiley**.

### The Great Remembering

CRN #: 10024

6 weeks: Jan 11, 25, Feb 1, 8, 15, 22  
(no class Jan 18)  
Mondays, 2-4 pm

For about 99% of human history our race lived in small, egalitarian communities with complex, meaningful cultures that were ecologically adapted to their locality. Most of these cultures have disappeared and been erased from our collective memory. Using science, storytelling, personal experience and discussion, we'll take a new perspective on human history to uncover who we *mostly* are and why and how we have forgotten.

**Kevin Bose** (Kevin\_bose@hotmail.com) has an MA in Culture, Ecology and Sustainable Community. He wrote his thesis on tribal cultures and eco-villages. He is a graduate of the Regenerative Design and Nature Awareness program in which students and teachers embodied the Native American-given cultural elements of a tribal village.

## Film *For related topics, see p. 23*

### Exploring the "Coenesque"

CRN #: 10036

6 weeks: Jan 11, 25, Feb 1, 8, 15, 22  
(no class Jan 18)  
Mondays, 2-5 pm

Explore the world of Joel and Ethan Coen, brothers who have produced some of the most original, visionary, and idiosyncratic films of the past two decades. We'll view films including "Fargo," "Raising Arizona," and "No Country for Old Men," considering recurring themes and the juxtaposition of thoughtful eccentricity with brutal violence, dark humor, and irony. NOTE: Some films are rated 'R' for adult content, language, and violence.

**Alice Doner** (adoner@verizon.net) earned degrees in the humanities at Rice University and the University of Texas and studied film at Northwestern and Hampshire College. She directed the Media Arts Department at Houston High School for Performing and Visual Arts. Throughout her career she has maintained a passion for film.

## Film *continued*

### **The Remarkable Career of Paul Newman**

CRN #: 10037

6 weeks: Jan 14, 21, 28, Feb 4, 11, 18  
Thursdays, 2-5 pm

This course spans four decades in Newman's acting career, from his youth in the 1950's through his elder years in the 1990's. Scenes from more than a dozen films will be shown, along with TV and stage roles, as well as a televised interview with Newman about his acting.

**RoseLynn Katz** (Rosecarol@charter.net), an actor and writer, wrote and appeared in *The Devil Touched My Tongue: The World and Wit of Dorothy Parker*. She has taught a course on Dorothy Parker and another on the career of Meryl Streep.

### **From Cabiria to Metropolis: European Masterpieces of Silent Cinema**

CRN #: 10038

6 weeks: Jan 14, 21, 28, Feb 4, 11, 18  
Thursdays, 8:45-11:15 am

An opportunity to view and discuss six silent movies produced during the years 1914 to 1928. We will see one film each from Italy, Sweden, France, Russia, Germany and England. Films include *Battleship Potemkin*, *La Terre*, and *The Lodger*.

**Chip Kaufmann** (jjk44@bellsouth.net) is an announcer for WCQS, a reviewer for *Rapid River*, president of the Hendersonville Film Society, and a previous CFS instructor.

## History *For related topics, see p. 20*

### **Entry into War & Its Lessons: From WWI to Vietnam**

CRN #: 10027

6 weeks: Jan 14, 21, 28, Feb 4, 11, 18  
Thursdays, 9-11 am

The course will explore the events leading to American entry into the First, Second, Korean and Vietnam wars. It will focus on the reasons for entering the war and the legacy or lessons learned from those wars. Do we really learn appropriate lessons from the past? And if we do, do we apply them wisely?

**Jim Lenburg** (jlenburg@mhc.edu) taught the history of American foreign relations and courses on East and Southeast Asian history at Mars Hill College for 33 years until he retired in 2006. He is a past president of the World Affairs Council of Western North Carolina.

### **History of German Emigration to America in the 19th Century**

CRN #: 10032

5 weeks: Jan 11, 25, Feb 1, 8, 15  
(no class Jan 18)  
Mondays, 9-11 am

This course will describe the migration of around five million German people to the United States in the nineteenth century. It will examine the reasons for their emigration, who they were and from what regions they came. The experience of their travel to and settlement in the New World will be described. The format will be lecture and discussion. Visuals will include maps, charts, pictures, and two DVDs.

**Barbara Weatherall** (bwweather@bellsouth.net) has a degree in German language and literature and has been researching her family's German genealogy for several years.

### **The Mexican Revolution**

CRN #: 10031

5 weeks: Jan 12, 19, 26, Feb 2, 9  
Tuesdays, 11:30 am-1:30 pm

Americans know surprisingly little about Mexican history. The Revolution of 1910-1917 overturned an old order and set the pattern for the rest of the century. The course will deal with the battles, but much more with the background of the Revolution, political and social conflicts during it, and the chief features of the post-Revolution institutionalization, that is, modern Mexico. Recommended text: Mariano Azuela, *The Underdogs*, ISBN-10: 0143105272, cost \$8.

**Tom Sanders** (tomary.avl@gmail.com) has taught courses on Understanding Mexico and Mexico: An Historical Approach at CFS. He has written fifty in-depth articles on Mexican politics, population, economics, and other subjects.

### **Pony Express & Overland Trail: Historical Events**

CRN #: 10033

6 weeks: Jan 13, 20, 27, Feb 3, 10, 17  
Wednesdays, 11:30 am-1:30 pm

Our intention is to cover the development, history and famous and not so famous events occurring along the Pony Express and Overland Trails. The Pony Express was in operation from April 1860 to October 1861. The Overland Trail had its heyday from about 1840 until 1869, when the Transcontinental Rail Road stole the glory. These may not be long historical periods, but there are wonderful stories to tell.

**Paula Withrow** (pvwithrow@aol.com) has taught history for seven years, researched history for forty years, and loved sharing history with others for 45 years.

## History *continued*

### **The Rise & Fall of Yugoslavia**

CRN #: 10030

5 weeks: Jan 11, 25, Feb 1, 8, 15  
(no class Jan 18)  
Mondays, 11:30 am-1:30 pm

Yugoslavia is an important example for understanding the relationship of multiple ethnicity to national integration. The course will combine the outstanding BBC documentary, "Yugoslavia: Death of a Nation" with lectures and discussion.

**Tom Sanders** (tomary.avl@gmail.com) has taught many courses at CFS on history and international studies.

### **The Supreme Court and Landmark Decisions**

CRN #: 10029

6 weeks: Jan 12, 19, 26, Feb 2, 9, 16  
Tuesdays, 9-11 am

Who are these people and what have they done to our Constitution? A view of significant members of the Supreme Court and their influence on developments of constitutional law decisions in the US.

**Carl Peterson** (cpeterson162@charter.net) received his BA and JD degrees at Drake University. He practiced law and served as a trial judge.

### **Two Great Battles of WWII**

CRN #: 10025

6 weeks: Jan 14, 21, 28, Feb 4, 11, 18  
Thursdays, 2-4 pm

We will study the planning, execution and impact of the Battle of Britain (sometimes called The Blitz) and the Battle of the Atlantic regarding the importance of these Allied efforts toward final victory over Germany in WWII. This will include the strategy used by the Royal Air Force in responding to German attacks in the air war against Great Britain, as well as the Royal Navy's and the US Navy's actions taken to thwart Germany's U-boat threat in the Atlantic.

**Alan Cohlmeier** (sbperry@bellsouth.net) is an engineering graduate of the US Naval Academy and served as a nuclear submarine officer on a Polaris submarine and the prototype for a fast attack nuclear submarine. **Jim Tyson** (jjimtyson@aol.com) is a graduate of the Navy's test pilot school followed by R&D flying and a degree in engineering, plus experience in civilian manufacturing and a 30-year career as a naval aviator.

### **Winston Churchill, Greatest Leader of the 20th Century**

CRN #: 10028

6 weeks: Jan 11, 25, Feb 1, 8, 15, 22  
(no class Jan 18)  
Mondays, 9-11 am

Sir Winston Churchill—distinguished British statesman, soldier and author—served as First Lord of the Admiralty in World War I and Prime Minister during Britain's darkest hours in World War II. Throughout his career, his leadership inspired the nation. He was a successful politician and statesman, a military innovator with an intimate understanding of war and a successful author who won the Nobel Prize for Literature.

**Bert Lockwood** (kelockwood@mindspring.com), in addition to being an automotive engineering graduate of the University of Michigan, has been a long-time student of military history.

## Language & Literature

### **Shakespeare's *The Tempest***

CRN #: 10034

6 weeks: Jan 12, 19, 26, Feb 2, 9, 16  
Tuesdays, 2-4 pm

One of Shakespeare's shortest plays, written at the end of his career, this is his most famous, but also most challenging, romance. It fuses a conventional love story with a wizard abandoned on but now presiding over a magical island, his servant, Ariel (and other spirits) with the memorable savage Caliban. We'll view two vastly different film interpretations: the BBC-TV version with nearly complete text and the stunning *Prospero's Books*. Required text: any good edition of the play.

**Mario DiCesare** (dicesare1@mindspring.com) is retired Distinguished Professor of English and Comparative Literature (SUNY-Binghamton) and author/editor of about 20 books and many articles. He has taught Shakespeare courses at CFS since 1998.

### **Shakespeare's *The Taming of the Shrew***

CRN #: 10035

6 weeks: Jan 13, 20, 27, Feb 3, 10, 17  
Wednesdays, 2-4 pm

This is a hilarious knockabout comedy that has provoked sharp questions in recent decades because of what looks like its harsh treatment of the lead character, the "shrew." Interpretations of the play by John Cleese (in the BBC TV series) and by Elizabeth Taylor and Richard Burton will allow us to consider that question in some depth. Required text: any good edition of the play.

Instructor is **Mario DiCesare**.

## Language & Literature *continued*

### Word Origins

CRN #: 10039

4 weeks: Jan 14, 21, 28, Feb 4  
Thursdays, 2-4 pm

We will tell the fascinating stories

behind the origin of words, idioms and nursery rhymes. We'll include two videos of the PBS program *The Story of English*. You will be encouraged to find your own stories about your favorite words or phrases. The new edition of the *Oxford English Dictionary* will be available on the UNCA library website.

**Tom Niehaus** (tomniehaus@gmail.com) taught Spanish language and Latin American history at the University of Texas and Tulane University. He has been a storyteller for 40 years.

## Music

### Four Centuries of Piano Music

CRN #: 10009

4 weeks: Feb 1, 8, 15, 22  
(note late start)  
Mondays, 2-4 pm

Enjoy live performance of keyboard music of the Baroque, Classical, Romantic and 20th Century periods with accompanying historical and other commentary from the performer. Compositions performed will differ entirely from prior offerings in this course.

Instructor/pianist **Bill Mandle** (w.mandle@buncombe.main.nc.us) taught music and music education for over 50 years in public schools and at the college level. He has a doctorate from Case Western Reserve University.

### An Introduction to Form in Classical Music

CRN #: 10010

6 weeks: Jan 13, 20, 27, Feb 3, 10, 17  
Wednesdays, 9-11 am

You will enjoy serious music more if you know the rudiments of form. Using examples from J.S. Bach, Mozart, Beethoven, Mendelssohn and from the 20th century, the instructor will "decompose" music to show what makes music tick. The structure of a fugue, a sonata allegro, various rondos and dance movements will be discussed and demonstrated.

**Edward C. (Ted) McIrvine** (McIrvine@aol.com) is a writer, music and arts critic who publishes Arts Spectrum ([www.ArtsSpectrum.blogspot.com](http://www.ArtsSpectrum.blogspot.com)) and reviews concerts for Classical Voice of North Carolina ([www.cvnc.org](http://www.cvnc.org)).

### Reuter Center Singers

CRN #:

Weekly through February 22  
Mondays, 6:15-8:15 pm

The Reuter Center Singers is the resident choral ensemble of NCCCR. No audition is required, but singing a wide array of musical styles and public performance is on the agenda. Those enrolled in CFS classes pay a discounted music fee of \$30 per term. See additional information on page x.

**Chuck Taft** is music director for the Haywood Arts Regional Theater and owner of the Asheville Arts Center.

### Tin Pan Alley, Jazz & Swing

CRN #: 10013

6 weeks: Jan 15, 22, 29, Feb 5, 12, 19  
Fridays, 9-11 am

Experience the beauty of song from colonial American music to the heyday of Tin Pan Alley through sound clips, video, and live piano performance. Learn what makes a song distinctly American on a journey through ragtime, jazz, the roaring twenties, swing and beyond.

**Michael Ruiz** (ruiz@unca.edu) is a UNCA professor of physics and former department chair, as well as a pianist and composer, with three piano concertos performed by the Winston-Salem Symphony.

## Music *continued*

### Hollywood to Bollywood

CRN #: 10005

6 weeks: Jan 13, 20, 27, Feb 3, 10, 17  
Wednesdays, 2-4 pm

A survey of music written for film, including functions of music in films and the film music industry from 1894 to the 21st century. Although foreign films and composers are mentioned, the main focus will be on Hollywood (with a brief overview of the development of cinema in India). We'll examine symphonic scores and view movie clips from a variety of films. Recommended text: Roger Hickman, *Reel Music: 100 Years of Film Music*, ISBN 0-393-93574-9, price \$55).

**Melodie Galloway** (mgallowa@unca.edu) holds a masters degree from Florida State University in vocal performance and a doctor of Musical Arts in conducting from the University of North Carolina at Greensboro. An assistant professor in music at UNCA, she directs the University Singers, the Chamber Symphony, and Studio 18, an advanced vocal jazz ensemble.

## Personal Development

### The Artist's Way

Learning Circle  
CRN #: 10048

6 weeks: Jan 14, 21, 28, Feb 4, 11, 18  
Thursdays, 11:30 am-1:30 pm

Jump-start your creative flow in this workshop based on Julia Cameron's *The Artist's Way*. It isn't too late or too selfish to explore and unblock your imagination. You need to commit to keep a journal and have artist's dates. *New students are welcome* but we highly recommend that you read and practice the first six lessons before the first class. Required text: Julia Cameron, *The Artist's Way: A Spiritual Path to Higher Creativity*, ISBN 13: 9781585421466, cost \$16.95.

**Beth Pilz** (bethunca@gmail.com) facilitated quality-improvement teams as a programmer and technical writer at IBM Corporation. **Sandra Ullerup** is a psychotherapist who helps clients make positive changes in their lives.

### Circle of Women: Sixties, Single and Still Spunky

Learning Circle  
CRN #: 10049

6 weeks: Jan 12, 19, 26, Feb 2, 9, 16  
Tuesdays, 2-4 pm

An exploration of the experience of being an older single woman in today's world. We'll look at the unprecedented opportunities as well as the challenges posed by the limiting beliefs and stereotypes we encounter, inside and outside us. Each woman's experience will be valued and respected as all participate in forging a new path toward maturity and wisdom.

**Leah Song** (leahsong@verizon.net) is a psychotherapist and certified life coach, a mother, grandmother, financial advisor and lifelong student of personal development, now forging a new path toward maturity and wisdom.

### Growing Old Gratefully

Learning Circle  
CRN #: 10046

6 weeks: Jan 11, 25, Feb 1, 8, 15, 22  
(no class Jan 18)  
Mondays, 9-11 am

A learning circle to explore, and share with one another, the events and circumstances throughout our lives for which we have reason to be grateful; to define the ways in which they have bettered us; and to take stock of our current situations and the resources with which we may realistically and positively face them.

**Pat Harvey** (patricia\_harvey@bellsouth.net) is a retired anthropologist, still in love with learning and doing; a realist, with much to be grateful for.

### Introduction to Solving Cryptic Crossword Puzzles

CRN #: 10043

6 weeks: Jan 13, 20, 27, Feb 3, 10, 17  
Wednesdays, 9-11 am

Cryptic crosswords enliven conventional crosswords! In addition to straightforward clues, cryptics include wordplay (anagram, hidden word, reversal, homophone, two meanings, deletion, container, charade, or a combination). Cryptic clues look cryptic! Clue: Cat sees I am mad (7). Answer- SIAMESE ("sees I am" -anagram). We'll learn how to decode all types which will make you chuckle each time you solve one - Guaranteed! Recommended puzzle books (not required): *101 Cryptic Crosswords* edited by Fraser Simpson, ISBN-13-978-0-8069-0186-2; *102 Cryptic Crosswords* edited by Fraser Simpson, ISBN-10-1402754892; *Mensa Cryptic Crosswords* by Emily Cox & Henry Rathvon, ISBN-13-978-1-2138-2; *Mensa Cryptic Crosswords 2* by Emily Cox & Henry Rathvon, ISBN-13-978-1-4027-4506-5; cost \$7.95 each.

**Jacob Cohen** (jacobcohen@charter.net) is a retired teacher and principal with emotionally disturbed and gifted students K-12. He taught educational psychology at UNCA. He loves wordplay, found a goldmine in cryptic crosswords and wants to share his enthusiasm.

## Personal Development *continued*

### **Meditation for the Marketplace**

CRN #: 10044

6 weeks: Jan 11, 25, Feb 1, 8, 15, 22  
(no class Jan 18)  
Mondays, 11:30 am-1:30 pm

Learn to experience a steady quality of peace throughout your day. Your day can flow calmly and naturally, even in the midst of turmoil. The marketplace (your home, car, the supermarket, your workplace) can now be friendly and inviting, not something to avoid. Each circumstance and mood becomes a benefit. Of all forms of meditation, this is the most natural and practical.

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

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### **People in Transition**

Learning Circle  
CRN #: 10047

6 weeks: Jan 14, 21, 28, Feb 4, 11, 18  
Thursdays, 9-11 am

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) has been facilitating groups since college. She was director of a group counseling center in Boca Raton, FL before moving to Asheville. She has been with the Center since 2002. **Stan Glickman** (stanthe1949man@yahoo.com) left Florida for Asheville promptly upon retirement and has been enjoying the College for Seniors since 2002. He learned and now teaches lawn bowling for CFS and has been a facilitator for The Forum and other discussion groups.

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### **Traversing Conversing: The Art of Conversation**

CRN #: 10045

6 weeks: Jan 13, 20, 27, Feb 3, 10, 17  
Wednesdays, 9-11 am

How good are you at starting and ending a conversation? Ever find yourself tongue-tied? Effective conversing is an art. In this class we will cover some of the following topics: striking up a conversation, expressing emotions, communicating during conflict, dealing with interrupters, and sculpting conversations. You will learn to create a colorful conversation palate for many canvasses. Required text: *The Art of Conversation: A Guided Tour of a Neglected Pleasure*, ISBN 978-1-592-40419-3, cost \$22.50.

**Linda Devenish** (lydevenish@gmail.com), a professor and consultant, has taught communication courses such as interpersonal, organizational, intercultural, family, and conflict communication. She is trained in conflict mediation. She enjoys swimming, reading, traveling, laughing, and conversing.

## Religion, Philosophy, & Psychology

### **Is Liberalism a Dirty Word?**

CRN #: 10054

6 weeks: Jan 11, 25, Feb 1, 8, 15, 22  
(no class Jan 18)  
Mondays, 2-4 pm

Is liberalism a dirty word or a blueprint for the good of man? Liberal values were critical to our founding fathers. Now they are under attack. What's changed? Using the Great Books Shared Inquiry Method, we'll search the roots of Liberalism and Conservatism and then explore how they've evolved to impact political thinking today. All readings may be downloaded from instructor's website.

**Bob Wiley** (rlw303@bellsouth.net) is a formally trained Great Books discussion leader and has led Great Books discussion groups for more than 30 years.

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### **Major Mental Illness**

CRN #: 10050

6 weeks: Jan 12, 19, 26, Feb 2, 9, 16  
Tuesdays, 9-11 am

We will gain an understanding of the personal and societal issues facing persons with mental illness and their families. We'll examine historical perspectives, diagnostic issues, treatment options, and genetic and environmental factors. Depression in the elderly will also be addressed. A list of suggested resources and readings will be provided, and active participation is appreciated.

**John Clarke** (jgclar@aol.com) is a retired clinical psychologist who taught college level courses. He has worked in community mental health and in private practice.

## Religion, Philosophy, & Psychology *continued*

### **Social Justice in America**

CRN #: 10052

6 weeks: Jan 11, 25, Feb 1, 8, 15, 22  
(no class Jan 18)  
Mondays, 11:30 am-1:30 pm

Although social justice underlies all humanitarian legislation and traditions in advanced democratic industrial countries, there is comparatively little discussion of the meaning of social justice and its implications. This course will deal with the origin, development and future of social justice, with an analysis of why social justice is either absent or deficient in the United States.

**S. Samuel Shermis** (ssamuelshermis@bellsouth.net) has a masters degree and PhD from Kansas University. He has taught at various universities for 34 years and is currently writing a book on social justice.

### **Varieties of Early Christianity**

CRN #: 10053

6 weeks: Jan 14, 21, 28, Feb 4, 11, 18  
Thursdays, 11:30 am-1:30 pm

An originally uniform Christianity is rejected by modern scholarship. Divergent views in texts both in and out of the New Testament reflect a variety of Christian movements among early followers of Jesus. We will look at these texts, the way recent scholarship reads them, and how all this is causing a rethinking of the origins of Christianity.

**Farley Snell** (snellfarleyw@netscape.net) taught religion at Southwestern University in Georgetown, Texas and in the Senior University there. His PhD is from Union Theological Seminary in New York.

### **The Yoga Sutra: Meditation and the Path to Liberation**

CRN #: 10051

6 weeks: Jan 13, 20, 27, Feb 3, 10, 17  
Wednesdays, 11:30 am-1:30 pm

Explore the classical roots of yoga in teachings on the nature of consciousness and spiritual liberation. Understand asana practice within the coherent structure of all eight limbs (ashta-anga) of yoga. Learn the meditative program yogis and yoginis use to realize the full capability of mind, thereby seeing things as they actually exist and achieving freedom from suffering. Recommended text: *The Yoga Sutra of Patanjali*, ISBN 978-1-59030-023-7, cost \$14.95.

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

## Science & Math

### **Basic Digital Theory**

CRN #: 10016

6 weeks: Jan 12, 19, 26, Feb 2, 9, 16  
Tuesdays, 9-11 am

This course is designed to give the attendee a basic understanding of how voice is transmitted over metallic cables and fiber optics. Some of this same theory can be translated into how information is sent from one computer to another many miles away. Although information is technical in nature, down-to-earth analogies make it easy to understand.

**Ann Cadle** (acadle@unca.edu) is a chemist by degree with fifteen years experience in digital/fiber optic engineering for the telecommunications industry.

### **Science & Technology: In-depth Lectures**

CRN #: 10022

4 weeks: Jan 14, 21, 28, Feb 4  
Thursdays, 11:30 am-1:30 pm

This is the 8th annual Science & Technology In-Depth Lecture Series. This year's lectures include:

- 1) What are Hybrid-Powered Automobiles, and Where Did They Come From? – Don Siegla
- 2) Conserve Energy and Improve Your Health - Marcus Renner
- 3) The Science and Technology of Oil and Gas Development - Bob Davis
- 4) Spatial Disorientation and Aviation Safety – Howard Jaslow

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

## Science & Math *continued*

### Statistics for Self-Defense

CRN #: 10023

6 weeks: Jan 14, 21, 28, Feb 4, 11, 18  
Thursdays, 2-4 pm

Advertisers, politicians, and special interest groups all use and misuse statistics to influence their opinions and actions. How do we determine which uses of statistics are appropriate, or misleading – or simply numerical garbage? Open discussion is intended to apply the probability and statistics developed in class to analyze topics of interest. Do the statistics actually support the claims made, or are they being abused for nefarious purposes?

**Mike Kennedy** (mjkbkp@verizon.net) has a background in mathematics and has taught several courses for CFS in recent years.

## Wellness & Recreation

Wellness & Recreation courses with this symbol **\$20** require a \$20 fee, in addition to your College for Seniors fee of \$90, remitted with your registration form. Failure to pay fee with 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.

### A Balancing Act

CRN #: 10058

6 weeks: Jan 12, 19, 26, Feb 2, 9, 16  
Tuesdays, 9-10:30 am

Do we have to lose our balance as we age? This course describes what balance is and why losing it is simply a matter of communication to the brain. Each course participant will receive a balance evaluation as well as exercises easily done anywhere – from the home to the park – that will improve balance and posture.

A West Virginia native, **Dr. Katrina Eakle** (thebrightsidehealth@gmail.com) is happily back in Appalachia after several years in Virginia and Texas. She believes that aligning the spine and self-awareness are fundamental facets of health.

### Saturday Matinee Series: Beat the Wintertime Blues

CRN #: 10002

3 weeks: Jan 16, 23, 30  
Saturdays, 1-4 pm

NCCCR is launching a new and ongoing Saturday Matinee Series with three classes to beat the wintertime blues! We will have a movie class with popcorn and drinks, a line dance class with warm cookies, and a combined storytelling and sing-along class with chocolate desserts. All classes are at 1 pm on three Saturdays—lots of afternoon fun!

**Beth Ellers** has an MFA in film studies and loves teaching at the College for Seniors. **Denna Yockey** teaches line dance at Givens Estates and Harvest House. She has taught line and partner dancing for about twelve years and had her own dance club in Kansas for eight years.

### Beginning Line Dance

CRN #: 10065

6 weeks: Jan 14, 21, 28, Feb 4, 11, 18  
Thursdays, 11:30 am-1:30 pm

**\$20**

Easy, fun and great exercise. It's not just country anymore! Dances are done to all types of music. **Note: Remit \$20 fee with registration form.** **Denna Yockey** (denna.yockey@yahoo.com) is the instructor.

### The Chinese View of Health & Wellness

CRN #: 10057

4 weeks: Jan 12, 19, 26, Feb 2  
Tuesdays, 11:30 am-1:30 pm

This course will relate the ancient concepts of Qi, Yin and Yang, Taoism, the Meridians and the Five Elements to our 21st century lives. We will explore Chinese medicine's diagnosis and its treatments, including acupuncture, herbs and diet. And we will practice Qi Gong together. Recommended text: H. Beinfield & E. Korngold, *Between Heaven and Earth, a Guide to Chinese Medicine*. ISBN 0-345-37974-8, cost \$5 (used).

**Barbara Demeter** (barbarademeter@yahoo.com) is an acupuncturist in Asheville, a former registered nurse and a practitioner of Kundalini yoga.

## Wellness & Recreation *continued*

### Continuing Yoga Flow \$20 CRN #: 10064

4 weeks: Jan 27, Feb 3, 10, 17  
Wednesdays, 2-4 pm

This is a class for people who have had some yoga experience. It will include instruction in basic poses and sequences, breath work, and meditation. It will be helpful to bring your own yoga mat and any other props you own, although CFS can supplement these. **Note: Remit \$20 fee with registration form.**

**Fran Ross** (frani@charter.net) is a National Yoga Alliance certified instructor with studies in Kripalu and Anusara yoga. She introduces elements from many forms of yoga, as appropriate, and emphasizes a gentle, person-centered approach.

### Gyrokinesis Mat Class \$20 CRN #: 10061

5 weeks: Jan 25, Feb 1, 8, 15, 22  
(note late start)  
Mondays, 2-3 pm

A unique three-dimensional workout that marries the elements of tai chi, yoga, swimming and gymnastics. The body is taken through seven natural elements of spinal movement. Gyrokinesis gently works the joints, muscles and stimulates the internal organs through rhythmic and undulating exercises. Fluidity is the key. **Note: Remit \$20 fee with registration form.**

**Jennifer Gianni** (studio@fusionpilatesasheville.com) is a certified Instructor in Gyrotonic® and Gyrokinesis® and is a Master Pilates Instructor.

### Intermediate Bridge CRN #: 10060

6 weeks: Jan 13, 20, 27, Feb 3, 10, 17  
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 afternoon treat. The class uses the point count method with upgrades (known as Standard American) by current bridge professionals. Each session will feature a lecture and discussion of the assigned topic, followed by play of appropriate hands. Required text: Shirley Silverman, *Elementary Bridge Five-Card Majors Revised*, ISBN 093946067X. Card: Contract Bridge Point Count Bidding Guide. Cost: \$7 for both, to be collected at first class.

**Bob Evans** earned his PhD in education. He has taught beginning and intermediate bridge for 25 years and played bridge socially for more than 47 years. His wife **Marilyn Evans** received her bachelors and masters degrees in vocational education from Kent State University and has taught in the office administration and information technologies departments at Cuyahoga Community College in Cleveland, Ohio for thirty years.

### Mah Jongg CRN #: 10062

4 weeks: Jan 13, 14, 20, 21, 27, 28, Feb 3, 4  
Wed & Thurs, 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!

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

### Natural Medicine for a Long and Healthy Life CRN #: 10056

5 weeks: Jan 13, 20, 27, Feb 3, 10  
Wednesdays, 9-11 am

We'll explore the foundational components of a healthy lifestyle and introduce participants to medicinal systems that can help them get and stay well. You'll learn about diet, exercise, mood and mindset, and relaxation as tools to keep you well. You'll also learn about homeopathy and other healing systems. Recommended text: Jon Robbins, *Healthy at 100*, ISBN 9780345490117, cost \$10.17.

**Steven Coward** (drcoward@earthlink.net) is a naturopathic doctor and classical homeopath. He owns Asheville Natural Health & Homeopathy, where he specializes in the treatment of people with chronic disease.

## Wellness & Recreation *continued*

### **Pilates Mat**

CRN #: 10063

\$20

6 weeks: Jan 14, 21, 28, Feb 4, 11, 18  
Thursdays, 4-5 pm

This is a beginner level class, no prior experience is necessary. Pilates Mat is done on the floor, using small props such as rubber bands, Pilates rings and small exercise balls. You must be comfortable lying and sitting on the floor. Required: a Pilates mat (these are thicker than yoga mats; can also be used for yoga.) **Note: Remit \$20 fee with registration form.**

**Diane Rose** (RosePilates@aol.com) began dancing when introduced to Pilates in northern California thirty years ago. She has been certified by the American College of Sports Medicine since 2002 and has had her massage license since 1992. She owns Rose Pilates Studio in Asheville.

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### **Play of the Hand**

CRN #: 10059

6 weeks: Jan 14, 21, 28, Feb 4, 11, 18  
Thursdays, 9-11 am

Have you taken intermediate bridge? Want to improve your skills? We will address: playing the hand by declarer and defending by the opposition to get more out of your cards, when and where to better use "bridge maxims," and other topics such as hold-up plays and attitude signals. Lectures will be followed by play of the hands illustrating the topic. Required text by Shirley Silverman, *Play of the Hand as Declarer and Defender*, ISBN 0-939460-69-6, plus point count bidding guide, will be available in class, cost \$8.

Instructor is **Bob Evans** (Mickeybobev2@aol.com).

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### **T'ai Chi for Back & Balance**

CRN #: 10055

\$20

6 weeks: Jan 12, 19, 26, Feb 2, 9, 18  
Tuesdays, 11:30 am-1 pm

The principles and movements of T'ai Chi have evolved over the centuries to improve health and balance. Practice gentle, meditative movements that relax and strengthen. You can incorporate these exercises into a daily routine to develop flexibility, integration and stability. **Note: Remit \$20 fee with registration form.**

**Crayton Bedford** (cbtaichi@charter.net) holds a master's degree in somatic psychology and has been teaching T'ai Chi since 1999 and practicing since 1994 under the guidance of teachers descended directly from Professor Cheng Man-Ching, who introduced T'ai Chi to the western world in the 20th century.

**NEW!**

## **SATURDAY MATINEE SERIES**

**"BEAT THE WINTERTIME BLUES"**



**SATURDAY AFTERNOONS, 1-4 PM  
JANUARY 16, 23 & 30**

Enjoy a movie & popcorn, line dancing & cookies,  
and storytelling & desserts.  
Get out and have fun!

See page 27 for details; Register on page 16 or 18



Stay Fit this Winter with

## **Health and Wellness Programs**

on UNC Asheville Campus

Swimming • Walking • Frisbee •  
Tae Kwon Do • Weight Training • Tai Chi •  
Aerobics • Yoga • Ballroom Dance  
and more!

See page 9 for details;  
Register on page 15 or 17

-Mark Your Calendar-

## **Reuter Center Singers Holiday Concert**

Directed by Chuck Taft

Monday, December 14  
7-8 pm

in Reuter Center Manheimer Room

*Enjoy cookies and camaraderie before the  
concert at 6 pm for the Holiday Cookie  
Social for NCCCR members and their  
guests in the Lower Atrium!*



## **WE NEED YOU**



**to contribute your time and expertise  
to Center programs and operations.**

**"It's Our Center!"**

**Have an idea for a great class, program or  
lecture? Want to meet interesting people?  
The Center relies on the talents of over  
400 involved members like YOU.**

**Contact volunteer coordinator Michelle  
Rogers to find your niche at the Center  
250-3871 or mrogers@unca.edu**

# Thoughts from the Front Burner on the Back Page

Recently I received the latest edition of Elderhostel's International Programs only to discover that they aren't called Elderhostel but "Exploritas." The rationale for this name change is that the number of people participating in Elderhostel international programs has been declining since 1999 and the average age of participants has grown from the upper 60's to around 72 years of age. Leaders of Elderhostel feel that the name "Elderhostel" may be keeping active and engaged people in their late 50's and 60's (Baby Boomers) away from these programs because they feel that the word "elder" doesn't describe who they are. In addition to changing the name, Elder hostel has also eliminated the age requirement for participation.

Will adopting a new name and opening the doors to travelers of all ages attract more and younger participants? Or will the cure make the problem worse? When I was director of the College for Seniors (1990-2002), we had an age requirement of 55 which later changed to 50. Several years later I see that now there is no age requirement to be a member of NCCCR or participate in College for Seniors or any of the programs we offer. According to the 2008 Fall Member Survey, half of our members are 60-69 years of age while 18% are 75+. 16% are under 60 years of age. Is this age range a result of changing our age requirements?

In light of the name change to Exploritas by Elderhostel, I find it interesting to consider how a word can compel some and repel others. I don't happen to like to be labeled as a "crone" but I don't mind being considered a "wise older woman." Just as I personally don't like the word "crone" (it means witch to me), many Baby Boomers don't like the word "elder" or "retirement." If this is accurate, then what should we do about our name, North Carolina Center for Creative *Retirement*?

Retirement is a word that has many connotations. Perhaps younger people don't relate to it because it sounds like a withdrawal from life. That might have been okay for our grandparents who welcomed a chance to rest from life's labors and statistically would not live for many years after retiring at 65. However, at this time people reaching 65 years of age can expect to have a good chance of living 15 to 20 more years. Resting from life's labors may not be enough of an occupation for 20 years. So what's a good word for someone who is not working at a job full time but isn't ready to be "put out to pasture"?

I welcome suggestions as to whether or not we should change the word "retirement" in our Center's name. If we decide to go that route, surely some of you "creative retirees" can come up with a new word that more closely describes what we do.



Interim NCCCR Director

# Don't Use Email?



**Correct email addresses save trees and money.**

**If you don't use email, please call or visit the Center frequently to stay informed about Center happenings.**



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CH	Carmichael Hall
CBT	Carol Belk Theatre
UH	University (Dining) Hall
HF	Health and Fitness Center
HL	Humanities Hall
JG	Justice Gym
KH	Karpen Hall
LH	Lipinsky Hall
NH	New Hall
OH	Owen Hall
PH	Phillips Hall
RL	Ramsey Library
<b>RC</b>	<b>Reuter Center</b>
RBH	Robinson Hall
RH	Rhoades Hall
ZH	Zageir Hall
HU	Highsmith Union

- Emergency Phone
- Kiosk/Campus Map
- Bus Stop
- POLICE Campus Police (Vance Hall)

**Parking permits are required on all vehicles. Obtain visitor permits at the Reuter Center reception desk, room 208.**