

North Carolina Center for Creative Retirement

Registration Changes

A French proverb admonishes: "People count up the faults of those who keep them waiting." We know that many of you waited in long lines for registration in August and that many of you found yourselves counting the faults of the system we use to enroll participants in College for Seniors classes. Over the years we have configured the sign-up process in a variety of ways. While the intent has always been to enroll as many people as possible in as many classes as possible in a reasonable amount of time, that can be a tall order. We are constrained by the database we use to maintain our records that requires time-consuming data entry. As we schedule classes in the building, we are constrained by the number of people we can safely accommodate. We also want to honor the scheduling requests and course designs of the instructors who so generously donate their time to provide a positive learning experience. As we consider change, we have to weigh many different factors and hear a variety of perspectives. Constraints and difficulties aside, we are going to make some changes to our registration system for the winter term in hopes of providing a more positive experience for our members. Among the changes this term:

- We are delaying the time between your receiving the catalog and the opening of registration. We hope that you can read and savor the course descriptions and thoughtfully plan the ways your course schedules complement the many other lectures and activities you can take advantage of at the Center. Recently we have mailed the catalogs on a Friday and opened registration on a Monday. Many people had never had a chance to read the course descriptions before they waited in line to sign up. This term we will mail catalogs on a Tuesday and open registration on the Wednesday eight days later. We will process all registrations of those who "walk in" on the opening day of registration before we process any registrations we receive in the mail before that first day.
- We are going to re-configure our lines to serve more people in a shorter amount of time. We will have staff members and volunteers accepting registrations in the Manheimer room on the first floor to create a more comfortable and efficient line.
- We will communicate more effectively about our "first come, first served" policy. Because of the ways we have used volunteers to enter data, we have only been able to say that we process the registrations we receive on any given day before we move on to the registrations we receive the following day. Having more lines may make it hard for us to preserve a strict "queue" of registration forms, but we hope that by changing the way we sort walk-ins and mail-ins and by modifying the way staff enters data, we will make our reality match our intent of "first come, first served" more closely.

We are investigating the possibilities of using our database in new ways and the possibility of an online registration system (that also meets the needs of those who don't "do computers"). We are assessing the potential for changing our pricing model and modifying the number of "first choice" courses to make sure that more people receive a schedule that matches their priorities. Some changes are easier to institute than others, and we understand that not every change will result in a better system. We want you to know that we have heard the ways you have counted faults in the system and taken you seriously. We have taken steps to try to avoid keeping you waiting. We invite you always to give us constructive ideas for change.

Winter 2011



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Mission

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

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

Center Steering Council 2010-2011

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

Committee Chairs

College for Seniors—Doug Agor, Sandra Brown
Community Education—John Curtis
Facilities—Gary Schenk
Finance—John Tempelaar-Lietz
Health & Wellness—Sally Mundt
Life Transitions—Fred Teach
Marketing—Carol Gillen
Membership—Jan Guichard, Janet Parkerson
Nominating—Dick Murray
Planning—Barry Mundt
Research—Steve Schleifer
Strategic Alignment—Bob Davis

www.unca.edu/ncccr

EVENTS CALENDAR

November

- 10 f/32 Photography
- 11 Veterans Day Observation
- 12 Fabulous Fridays Lecture
- 18 Asheville Chamber Music Series Lecture
- 19 Symphony Talk with Daniel Meyer
- 21 Asheville Community Theatre's *Readers Theatre*

December

- 2 Astronomy Club of Asheville
- 6 Reuter Center Singers Holiday Concert
- 7 World Affairs Council Event
- 8 f/32 Photography
- 22-31 Winter Break—Reuter Center Closed

January

- 7 Winter New Member Welcome & Orientation
- 10 CFS Classes Begin
- 12 f/32 Photography
- 14 Fabulous Friday Lecture
- 17 MLK Holiday—Reuter Center Closed
- 20 Asheville Chamber Music Series Lecture
- 21 Fabulous Fridays Lecture
- 28 Fabulous Fridays Lecture

February

- 1 World Affairs Council Event
- 3 Astronomy Club of Asheville
- 4 Fabulous Fridays Lecture
- 8 World Affairs Council Event
- 9 f/32 Photography
- 11 Fabulous Fridays Lecture
- 11 Symphony Talk with Daniel Meyer
- 14 Y'All Come: Course Ideas and Teaching Exchange
- 15 World Affairs Council Event
- 16 Valentine's Member Appreciation Social
- 18 Fabulous Fridays Lecture
- 22 World Affairs Council Event
- 24 Celebrating Life in the Mountains Series

Adverse Weather Policy

NCCCR classes, events and activities will be cancelled or delayed when UNC Asheville classes are cancelled or delayed for adverse weather. NCCCR members may access the UNC Asheville Website at www.unca.edu to receive the latest information regarding the University Adverse Weather and Emergency Bulletins.

You may also call the university's Snow Line at **828-259-3050** or follow local media like WLOS-TV13 for reports of closings and delays. After 7 am the staff of NCCCR will post information specific to the Center on our outgoing messages at 828-251-6140 or 828-251-6188. We will also, if at all possible, send an e-mail to active members of the Center by 7 am regarding specific NCCCR cancellations, closings and delays.

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. 4-6)**
 - College for Seniors (p. 9-26)**
 - UNCA Health & Fitness Center (p. 4)**

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 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). With a OneCard you may receive UNCA discounts at local businesses and at UNCA special events.

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

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

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

NEED MORE INFORMATION? Check out these resources:

- Center Website: www.ncccr.com
- Membership Handbook: Click on “Membership”
- Campus Map: www.unca.edu/campusmap
- UNCA Events: 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 2010-11 member)
 - Complete membership form on p. 13 or 15
 - Pay \$50 membership fee and receive membership through July 31, 2011
 - Mail in or drop off at Reuter Center office **starting Wednesday, November 17 at 8 am** (check payable to NCCCR or cash—**we do not accept debit or credit cards**)
- 2** **REGISTER** for classes **starting Wednesday, November 17 at 8 am for best availability.**

Note: Registration forms will be processed in order of date received at Reuter Center. All registrations received before Nov. 17 will be processed after those received in person on the first day of registration.

 - View catalog (hard copy or online at www.ncccr.com)
 - Complete registration form, p. 13 or 15
 - 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**)
 - **To apply for a scholarship for Center program fees, submit a scholarship application with your registration form. See p. 10 for details.**
- 3** **RECEIVE** registration confirmation around December 10
 - Registration and drop/add continues through first week of classes

Activities & Programs

Involving yourself with the NCCCR 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. 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 for more information. This project is part of NCCCR's Community Outreach Committee's efforts.

Health and Fitness Center Membership

August 1, 2010–July 31, 2011
Fee: \$350

NCCCR members are welcome to join the UNC Asheville Health and Fitness Center. Use the registration form on page 13 or 15, section 2, to join. For more information, call 828-251-6140.

Artists & Writers Quarterly

NCCCR members are invited to submit writings and art work in the areas of poetry, fiction/nonfiction, art and photography. Three winning entries are published on the Center's website each quarter. Visit www.ncccr.com 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 828-251-6140 (\$40 fee for music) or register through College for Seniors (see p. 22). Those enrolled in CFS classes pay a discounted music fee of \$30 per term.

Special Interest Groups—SIGs

Once you're an NCCCR member, you can join Special Interest Groups (SIGs) as another way to learn and develop friendships based on shared interests. All SIGs are approved and evaluated by the Membership Committee and are member-organized. If you want to initiate a SIG or need additional information on SIGs, call 828-251-6140 or visit the website at www.unca.edu/ncccr/membership/sig.html.

Book Review

Meets monthly at the Reuter Center
Information: RoseLynn Katz, 299-0748,
rosecarol@charter.net

Bridge Buddies

Wednesdays, 2:15-5 pm
Information: Debra Benjamin, 650-0311,
debrabenjamin@rocketmail.com

Creative Singles: Potluck, Movies, Restaurants and More!

1st and 3rd Wednesdays
Information: Linda Lewandowski, 665-1787,
themerrywanderer@yahoo.com

EQUATE (The Math Equation Thinking Game)

Fridays, 1-3 pm
Information: Jacob Cohen, 691-0320,
jacobwoodworker@gmail.com

The Forum: Dialogue to Challenge our Thinking

Fridays, 1 pm
Information: Louis Millin, 298-3863,
lmillin@bellsouth.net

Intermediate Bridge

Fridays, 12:30-3:30 pm
Information: Jacque Morgan, 658-9738,
myoldmthome@gmail.com

MAC Users

1st Fridays, 1:30-3:30 pm
Information: Carol Taylor, 279-5432,
carol.taylor100@yahoo.com

Men's Wisdom Works

Every other Monday, 5-7 pm
Information: Chuck Fink, 713-2112,
chuck@ascentleadership.com

Poetry Lovers

2nd Tuesdays, 2-4 pm
Information: Peter Olevnik, 281-0774,
olevnik@att.net

Reuter Center Rollers (Lane Bowling)

Mondays, 1:20 pm
Information: Jan Guichard, 253-8776,
lifebegins70001@yahoo.com

Skeptical Inquirers

2nd Fridays, 1:30-3 pm
Information: Perien Gray, 484-9187,
pgray@unca.edu

Stock Market Investment Study Group

3rd Mondays, 3:30 pm
Information: Malcolm Douglas, 684-6326,
madmal@charter.net

Tile Clickers (Mah Jongg)

Wednesdays, 2-5 pm
Information: Shirley Rardin, 277-8053,
tsrardin@charter.net

The Wild Bunch

Meeting times to be announced
Information: Mary Scott, mac8@psu.com

Wine Tasting

2nd Sundays, 7 pm, member's home
Information: Ulana Mellor, 253-5031,
Ulana.Mellor@charter.net

Activities & Programs *continued*

Special Events—Winter 2011 **These events take place at the Reuter Center, are open to the public and most are free • Call 828-251-6140 for additional details**

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 on **2nd Wednesdays at 7 pm**. For more information: www.f32nc.com



Asheville Chamber Music Series Lecture

Come to the Reuter Center for these fascinating pre-concert lectures:

- **Thursday, November 18 at 4:15 pm:** New Zealand String Quartet
- **Thursday, January 20 at 4:15 pm:** Peabody Trio

Symphony Talks with Daniel Meyer

The best way to enjoy the Asheville Symphony Orchestra's Master Works concerts is to come to the Symphony Talk for the inside scoop on the music, composers and soloists. Asheville Symphony Orchestra's music director and conductor Daniel Meyer will speak on **Fridays at 3 pm** about:

- Mendelssohn's *Midsummer Night's Dream Suite*; Finzi's *For St. Cecilia*; Borodin's *Polovtsian Dances* with performance by the Asheville Symphony Chorus on **Nov 19**
- Valentine Delights with Romeo and Juliet; Passacaglia from *Henry V*; Mozart's *Concerto for Piano No. 21*, "Elvira Madigan," with pianist Dudana Mazmanishvili on **Feb 11**

Asheville Community Theatre's Autumn Players Readers Theater

The Autumn Players is a troupe of seasoned actors dedicated to taking the theatre experience into the community. Readings of great literature by experienced performers can spark deep understanding and kindle lasting interest. Performances begin at **2:30 pm** and tickets are \$5 at the door.

- **Sunday, November 21:** *Little Foxes* – Set during Reconstruction in the deep South, this classic American drama explores the breakdown of a family consumed by selfishness and insatiable greed.

Astronomy Club of Asheville

The Astronomy Club of Asheville meets the **1st Thursday of each month from 6-8 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.

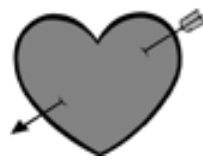


World Affairs Council (WAC)

Enjoy these fascinating lectures and panel discussions that aim to advance international awareness and foster Western North Carolina's global ties on **Tuesdays at 7 pm**. NCCCR members receive a discount on WAC annual membership fee. All non-WAC members pay \$8 per lecture (at the door).



- **Dec 7:** Ori Nir on Israeli and Palestinian issues
- The Great Decisions lecture series will take place the **first four Tuesdays in February and the first two Tuesdays in March**. Topics will include: Rebuilding Haiti, US National security; Horn of Africa; Germany's ascendance; sanctions and nonproliferation, The Caucasus and global governance.



Valentine's Member Appreciation Social

Come share the love...and enjoy the Hershey's Kisses! What better time than Valentine's and Volunteer Appreciation Week to celebrate our 1st Annual Member Appreciation Social. It's a casual affair with great food, wine and music (ok, and chocolate) and a chance to spend an afternoon with the most delightful folks in WNC (or possibly the universe) on **Wednesday, February 16, 3:30 pm – 5:30 pm**.

Celebrating Life in the Mountains Series

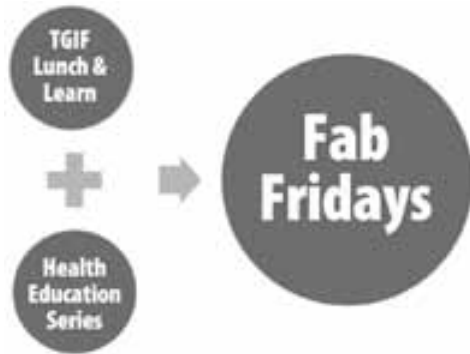
On **Thursday, February 24, 7-9 pm** the Celebrating Life in the Mountains series offers "The History of Asheville in the 20th Century," the second in a series of three lectures on the subject. Enjoy a discussion of Asheville in days gone by with a panel of local experts and historians. A Q&A session and light refreshments will follow.

Medicare Choices Made Easy

Are you new to Medicare? Are you confused by the many choices? Unbiased and accurate information is available from trained volunteers from the NC Seniors' Health Insurance Information Program. In partnership with NCCCR's Community Outreach Committee. Free classes will be held on **Fridays, February 11 and 18, 2-4 pm** at the Reuter Center. 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 the Internet 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.

Activities & Programs *continued*

Fabulous Fridays Members and guests are invited to enjoy stimulating presentations and dynamic question-and-answer sessions from local experts, about everything from music to travel and medications to wellness. Purchase lunch in the Reuter Café or bring your own brown bag. End your week and start your weekend with Fabulous Fridays! **Fridays, 11:30 am-1:15 pm • Reuter Center Manheimer Room • FREE**



January 14

WCQS Today, Tomorrow and Beyond

Join WCQS Executive Director **Jody Evans** as she profiles Asheville's classical music home and local NPR station. Jody's expertise on NPR at the national level will make an especially interesting lunch-time lecture.

January 21

Dumbo's Feather: Uses and Misuses of Psychiatric Medications

Dr. Ed Hamlin returns with a fascinating look at the emerging research and controversies surrounding psychiatric medications. He will explore the impact of pharmaceutical companies on both the science and the practice of psychiatric medicine, growing backlash against over-diagnosing and overmedicating, and promising new developments in the field.

January 28 🌲
Moonshine!

From the backwoods to the big city with a little "popcorn" included. UNC Asheville's Southern culture and NASCAR expert **Dan Pierce** presents his popular talk on the putative joys and evils of white lightning!

February 4

Endocrine Disorders as You Age

Come find out how to avoid developing diabetes, when you should be suspicious that you have thyroid disease, and how disorders can be diagnosed. **Rick Dodd, MD**, of Asheville Endocrinology, has many years of experience studying hormone disorders as a clinician and as a teacher/lecturer.

February 11

Gadgets: Making Life Easier

Starring NCCCR's own **Mike Honeycutt**: Come see a selection of gadgets to make every-day tasks easier. Demonstrations will include smart phones, X-10 devices, electronic books and robotic vacuum cleaners. Surprises are guaranteed!

February 18

Drinking Water and Your Health

Adequate uncontaminated fresh water for drinking, food preparation and washing is perhaps the most important ingredient for health. How can the drinking water affect your health in NC, as well as those living in other countries? What are the threats to our future access to drinkable water? What can you do to help ensure access to adequate water in the USA and around the world? **Hope Taylor, MSPH**, the Executive Director of Clean Water for NC, will present.

Life Transition Programs

Design a Creative and Fulfilling Life in Retirement



Creative Retirement Exploration Weekend May 27-29, 2011

Interested in relocating in retirement? www.AshevilleCREW.com

Paths to Creative Retirement April 15-17, 2011 • September 2-4, 2011

Design your next life stage: www.PathstoCreativeRetirement.com



Center members: Do you have friends or family who would benefit from our Life Transition Programs? Please tell them about Paths and CREW and refer them to our website! Want to help others design a creative and fulfilling retirement for themselves? Willing to share your own journey to retirement with others? Help plan and implement either Paths to Creative Retirement or the Creative Retirement Exploration Weekend. Call Catherine Frank at 828-251-6188 or cfrank@unca.edu for more information.

Life Transition Programs *continued*

Creative Retirement Exploration Weekend

May 27-29, 2011

Location: Reuter Center, UNC Asheville
Fee: \$400 per person
Fee covers all materials and most meals

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

For more information or to register, contact Catherine Frank at 828-251-6188 or cfrank@unca.edu or visit www.AshevilleCREW.com.

Paths to Creative Retirement

April 15-17 or September 2-4, 2011

Location: Reuter Center, UNC Asheville
Fee: \$850 per person
Fee covers all materials and meals

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

For more information or to register, contact Catherine Frank at 828-251-6188 or cfrank@unca.edu or visit www.PathstoCreativeRetirement.com.

Workshops



Workshops will be on *hiatus* during Winter term but will return with an exciting lineup of new workshops in Spring 2011.

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

Interested in teaching a workshop?

Workshops are short-term, hands-on, unique and intensive learning experiences that appeal to members of the Center, the community and beyond. The workshops are fee-based and instructors are paid.

Interested in working with creative people?

Join the Workshop Committee and get involved selecting and planning the annual workshop program.

For more information, to teach a workshop, or to join the Committee, contact Ann Cadle at 828-251-6384 or email acadle@unca.edu.



MONDAYS

9:00 – 11:00 am

Custer, Sitting Bull & the Battle of the Little Bighorn p. 20
English Folk Dance p. 25
A History of Aircraft Carriers p. 21
PowerPoint 2003.....p. 18
Spring Forest Qigong for Health..... p. 26

11:30 am – 1:30 pm

Books that Shaped My Thinkingp. 19
Health & Happiness - Chinese View p. 25
A Legacy of Shadows p. 20
Understanding Real Estate Transactions.....p. 17

2:00 – 4:00 pm

Advanced Home Computingp. 18
Emerson & the Transcendentalists in Concord..... p. 20
What's Next? – A Passionate Life..... p. 23
Yoga for the Second 50 Years..... p. 26

2:00 – 4:30 pm

Drawing for People Who Think They Can't Draw.....p. 11

6:15 – 8:15 pm

Reuter Center Singers p. 22

TUESDAYS

9:00 – 11:00 am

Beginning Digital Camera.....p. 11
Beginning Line Dance.....p. 24
From Eternity to Here.....p. 24
How to Play Backgammon..... p. 25
Introduction to Form in Classical Music p. 21

11:30 am – 1:30 pm

Achieving the UN Millennium Development Goalsp. 19
Conversations with Mortimer Adler p. 23
I Beg to Differ.....p. 19
Learn to Knitp. 12

2:00 – 3:30 pm

Continuing Yoga Flow.....p. 24

2:00 – 4:00 pm

The Joy of Drawingp. 12
Quilted Jacket.....p. 12
Searching for Wisdom Across Belief Systems.....p. 24
Science & Tech: In-depth Lectures...p. 24
Shakespeare's *Merchant of Venice* ... p. 21

4:00 – 5:00 pm

Pilates..... p. 26

4:30 – 6:30 pm

A Journey of Vision.....p. 11

WEDNESDAYS

9:00 – 11:00 am

The Joys and Challenges of Grandparenting p. 23
Intro. to Music Theory (Wed. & Fri.)p. 21
Long Term Care & Medical Crisis Planning.....p. 17
Quilting: Appliquép. 12

11:30 am – 1:30 pm

The Kurds & the Kurdish Issuep. 19
Niebuhr, Niebuhr and Tillich..... p. 23
Studio Drawing.....p. 17

2:00 – 4:00 pm

Frame Your Ancestorsp. 18
Ignite Delight – Open to Joy p. 22
Nutrition for the Second 50 Years of Life p. 25
Still Life Painting.....p. 12

2:00 – 5:00 pm

The Met at the Movies..... p. 22

THURSDAYS

9:00 am – 11:00 am

Disciplining Ourselves: Understanding Law & Moralityp. 17
Financial Topics for Individual Investorsp. 17
Intermediate Bridge p. 25
Tai Chi Chih p. 26
A Woman's Guide to Financial and Estate Planningp. 18

11:30 am – 1:30 pm

Active Ashevilleians p. 22
Before I Die p. 22
Food: Policy, Politics & Practical Eatingp. 19
Road Trip Through Medieval Europe p. 21
Women in Transition..... p. 23

2:00 – 3:30 pm

Diets Don't Work – Thin Within Does!..... p. 25

2:00 – 4:00 pm

Free Alternative to Microsoft Officep. 18
The Great Smoky Mountains National Park p. 20
Swing with the Bag Ladies.....p. 17
Turning the Mind into an Ally p. 23

FRIDAYS

9:00 – 11:00 am

Improvisational Beading on Fabric...p. 11
Intro. to Music Theory (Wed. & Fri.)..... p. 21
Transition Town p. 20
Yoga for You..... p. 26

WEEKENDS

9:00 am – 4:00 pm

Basic Jewelry Making Saturday (Jan 15).....p. 11
Pearl & Bead Knotting Sunday (Jan 16).....p. 12

New Member Welcome & Orientation Friday, January 7, 10 am

Learn about programs & activities.

Find ways to participate in our community of learners

- Meet new friends
- Ask questions
- Get involved



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

Fabulous Fridays Lunches

See page 6 for details.



Winter 2011 Calendar

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

Appalachian Studies



Through the College for Seniors, the Appalachian Studies program offers courses and events during the year that will broaden our knowledge of this wonderful region.

To find these courses, look for the tree logo next to each listing.

Courses and lectures for Winter 2011 are: “The Great Smoky Mountains National Park” (p. 20), and “Moonshine”, a Fabulous Friday Lecture on January 28 with Dr. Dan Pierce (p. 6).

Small Group Learning Circles

Learning Circles are courses designed to encourage participants to share their life experiences in a facilitated conversation group. Each member of a Learning Circle is both a learner and a teacher; the emphasis is on the individual’s life experience as it relates to the topic. Learning Circles encourage exploration of different points of view and use dialogue in a format distinct from discussion and debate. To find courses that are Learning Circles (as opposed to those that are lecture and discussion courses) look for the circle logo next to each course.



“Literary Classics of the Twenty-First Century” A Unique Intergenerational Learning Opportunity

NCCCR’s College for Seniors is pleased to announce a special opportunity to join an intergenerational literature course taught by former UNC Asheville Chancellor Dr. Sam Schuman. The course, “Classics of the Twenty-First Century,” will be offered **Thursdays, January 13 through April 21, 6:00 – 8:30 pm in Karpen Hall 127**. This course is a cross-generational offering for four UNC Asheville undergraduate honors students, four MLA students and four College for Seniors students. Participants will read 12 novels, all written since 2000, and ask which stand a chance of becoming classics . . . and why. Works under consideration will include Kent Meyers’ *The Work of Wolves*, John Irving’s *Last Night at Twisted River*, David Mitchell’s *Cloud Atlas*, Louise Erdrich’s *A Plague of Doves*, Yann Martell’s *Life of Pi*, Ann Patchett’s *Bel Canto*, Junot Diaz’s *The Brief Wondrous Life of Oscar Wao*, Arthur Phillips’ *The Egyptologist*, and Khalid Hosseini’s *The Kite Runner*. **Please note that course enrollment is limited to four CFS students.** Register through the College for Seniors section of the registration form on page 13-15; see page 21 for the CFS course number. For additional information about the course, please contact Dr. Schuman at sschuman@unca.edu.

College for Seniors

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

Winter	Jan 10- Feb 21, 2011
Spring	Mar 21- May 13, 2011
Summer	June 20- July 29, 2011
Fall	Sept 19- Nov 11, 2011



Winter 2011

January 10-February 21, 2011

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. 11-26, as you are able to schedule.

Confirmation will be mailed on December 10

NCCCR Membership is also required

Refunds: Cancellation must be received by January 7 for a full refund. This applies to ALL fees for CFS classes.

Refunds normally take 2-4 weeks to process.

Drop/add period ends January 14

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

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

Class Reps

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

Scholarships

Scholarships are available to partially cover tuition; 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 the registration form as early in the registration process as possible. For additional information, call 828-251-6140.

Teaching in the College for Seniors

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

Y'All Come: Course & Teaching Idea Exchange

The Faculty Development Subcommittee of the 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 14, 2011	4:30-6 pm
May 9, 2011	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 resources: 828-251-6198.

Course Proposal Due Dates:

December 15	for Summer 2011
April 1	for Fall 2011
July 1	for Winter 2012

Proposal forms are available on the NCCCR website or may be requested by emailing Perien Gray at pgray@unca.edu



QUESTIONS ABOUT CFS? SUGGESTIONS?

CFS Director Susan Poole: 828-251-6873

College for Seniors

Arts & Crafts

A Journey of Vision

CRN # 10001

1st 4 weeks: Jan 11, 18, 25, Feb 1
Tuesdays, 4:30-6:30 pm

If you ever said that you can't draw a straight line but are really intrigued with the thought of drawing, or if you are finally getting to the art you wished you had had time to do earlier in life this class is for you. Learn visual arts fundamentals and how to decipher what you see by enjoying a number of drawing and color exercises in each class meeting. Develop a good springboard for future forays into drawing, painting, photography and other visual arts. Unleash your creative juices!

Ann Bass (acbass@charter.net) earned an MA in related arts education at Truman University. Costume and house design, watercolor, drawing, floral arranging, stained glass and sewing are her favorite visual art pursuits.

Basic Jewelry-Making

CRN #: 10002

1 week: Jan 15
Saturday, 9 am-4 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: \$40, payable to the instructor at the first class meeting.

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.

Beginning Digital Camera

CRN #: 10003

4 weeks: Jan 11, 18, 25, Feb 1
Tuesdays, 9-11 am

This is a course for first-time owners of a digital camera who want to use the darn thing! You will learn about the camera's buttons, dials, icons and other features and have the opportunity for a one-on-one session with the instructor to learn the specifics of your camera. Bring your camera and manual to each session; you'll use the camera during the course.

Dennis Murphy (dwmur@frontier.com) has been involved in photography for decades and has experienced the culture shock of giving up film and having to learn a whole new technology just to take a photograph.

Drawing for People Who Think They Can't Draw

CRN #: 10004

6 weeks: Jan 10, 24, 31, Feb 7, 14, 21
(no class Jan 17)
Mondays, 2-4:30 pm

Drawing is absolutely an attainable skill, if you think you can do it. Cultivate your talent and acquire new skills in pencil, ink and charcoal. Document your progress with BEFORE and AFTER drawings. Learn how to get started when you don't know what to draw. Start a sketchbook and complete assignments in a fun, supportive and fast-paced class.

A lifelong artist, **Robin Rector Krupp** (rrkrupp@hotmail.com) illustrated seven and authored three children's books. She has taught at six colleges and sketched worldwide. She spent 1-1/2 years working in the River Arts District.

Improvistional Beading on Fabric

CRN #: 10005

1st 4 weeks: Jan 14, 21, 28, Feb 4
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 the kit that the instructor will provide.

Elaine Zinn (ezbeads@yahoo.com) has a BS degree in home economics from Kansas State University and a MEd from the University of Hawaii . She has been an extension home economist, owner of a sewing school, teacher of wearable art, and an avid beader for more than 25 years.

The Joy of Drawing

CRN #: 10016

1st 4 weeks: Jan 11, 18, 25, Feb 1
Tuesdays, 2-4 pm

This course will teach and guide the student to draw from within. Simple materials are used to reduce stress and concerns about technique. Emphasis is placed on thought and seeing. Daily rough sketching is emphasized. Feedback is positive to reduce the inner critic. Drawing must be enjoyable. Only then will the student continue to practice and improve.

Bill LaRocque (boomrbill@yahoo.com) is a lifelong cartoonist, caricaturist and illustrator. His work has appeared in the *Washington Post*, *Asheville Citizen-Times* and *Mountain Xpress*. He has taught art courses for 11 years.

Learn to Knit

CRN #: 10009

6 weeks: Jan 11, 18, 25, Feb 1, 8, 15
Tuesdays, 11:30 am - 1:30 pm

Participants will learn basic knitting skills that will culminate in a simple project. These skills include casting on and off, knitting and purling, increasing and decreasing, and following basic pattern instructions. You will be shown examples of more complex projects that can be completed using these skills, and you'll see how varying yarns and needle sizes can produce creative, beautiful items. Materials cost: approximately \$15 for needles, yarn and scissors.

Barbara Stein (barb@mbstein.net) is a lifelong knitter, having learned from family members. She is a retired high school math teacher and assists students in the UNC Asheville math lab, where she has learned to be very patient.

Pearl & Bead Knotting

CRN #: 10010

1 week: Jan 16
Sunday, 9 am - 4 pm

Explore the creative and meditative aspects of bead and pearl knotting. Students will create single and/or multiple strand hand-knotted necklaces using freshwater pearls, semi-precious stones, Czech glass, and crystals. No prior experience necessary. Materials: There is a \$40 fee for beads and materials, payable to the instructor at the first class meeting. You may also wish to purchase a beading awl, available at craft stores for about \$4.

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.

Quilted Jacket

CRN #: 10011

6 weeks: Jan 11, 18, 25, Feb 1, 8, 15
Tuesdays, 2-4 pm

Create your own jacket using a sweatshirt. Some sewing experience is necessary. Your sewing machine must have a zigzag stitch. Some instruction on quilting, mitering and button loops will be included. Bring your own sewing machine and supplies.

Materials cost is \$25-35, depending on fabric selection. Please call instructor before purchasing supplies (645-3921).

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

Quilting: Appliqué

CRN #: 10012

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

The course will explore various appliqué techniques, both traditional and modern, with an emphasis on handwork. Participants may work from patterns of their choice or from those provided by the instructor. You will make a small quilt, wall hanging or pillow top.

A quilter for 25 years and quilting teacher for 20, **Mary Field** (jdfield36@hotmail.com) has a degree in textiles and clothing from Iowa State University and graduate study at Michigan State.

Still Life Painting

CRN #: 10013

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

If you haven't attempted to create a still life painting, you are in for a treat! Prepare to be absorbed and challenged by the effort to paint a simple grape, cloth, vase or pot. We will talk about composition, lighting, color, drawing, and painting techniques. For all levels. See instructor's web page for materials list or call Gloria at 828-253-4443.

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.

NCCCR Winter 2011 Registration

OFFICE USE ONLY

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

Check here if your postal or email address has changed

Name _____
Last First MI Name for nametag, if different

Address _____
Street/PO Box City State ZIP

Phone ____ / ____ Birth Date* ____ / ____ / ____ / E-mail address _____
**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 (please complete below)

I like:

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

My skills include:

- Teaching
- Planning
- Writing
- Computer applications
- Finance
- Marketing
- Arts
- General office support

Other interests or expertise: _____

1

Become a 2010-11 NCCCR Member for \$50

Membership SUBTOTAL \$ _____

- Membership year is August 1-July 31.

2

Submit your registration starting Wednesday, Nov 17 for best availability!

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

August 1-July 31. See p. 4 for details.



PLEASE NOTE:

We understand that parking has been difficult on campus and near the Reuter Center during the fall and winter term. We hope that when the parking deck at the NC Center for Health and Wellness opens in Spring 2011 the parking crunch will ease. Until then, we must cooperate with campus officials in the enforcement of parking regulations in order to preserve the safety of our members and other members of the campus community.

If you have outstanding parking tickets, we will notify you before the beginning of the registration period. You must pay or clear all fines BEFORE we process your registrations.

Thanks for your cooperation and understanding.

→ College for Seniors, NCCCR Membership REQUIRED (see p. 3)

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.	<i>Example course name</i>	<u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>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):
(If you fail to fill out this box, we cannot process your registration.)

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.)

\$ For information on Scholarships for Center programs, see p. 10 **\$**

3

Add subtotals from sections above

- Bring or mail this form with your payment
- CFS faculty – attach vouchers
- Make checks payable to NCCCR
- Attach your scholarship application if applicable

Your registration confirmation will be sent to you on Dec 10.

Bring to the Reuter Center or Mail to:

NCCCR
Reuter Center, CPO #5000
UNC Asheville, One University Heights
Asheville, NC 28804-8516

TOTAL PAYMENT ENCLOSED \$ _____

NCCCR Winter 2011 Registration

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

Check here if your postal or email address has changed

Name _____
Last First MI Name for nametag, if different

Address _____
Street/PO Box City State ZIP

Phone ____ / ____ Birth Date* ____ / ____ / ____ / E-mail address _____
*for internal campus use _____ I don't use email

Emergency Contact _____
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★ I volunteer to be a CLASS REP for any class below, if registered.

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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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NCCCR
Reuter Center, CPO #5000
UNC Asheville, One University Heights
Asheville, NC 28804-8516

TOTAL PAYMENT ENCLOSED \$ _____

Arts & Crafts *continued*

Studio Drawing

CRN #: 10014

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

This course is designed to give students more confidence in their ability to draw, perhaps as a foundation for painting, or just for the pleasure of drawing. We will practice line drawing, negative space drawing, creative volumes, using light and dark, shades and shadows in drawing, creating textures and mastering basic perspective.

Susan Kibler (susankibler@frontier.com) has taught watercolor classes at the CFS. She teaches using the Art Student League approach, which is loosely structured, putting an emphasis on one-on-one teaching.

Swing with the Bag Ladies

CRN #: 10015

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

Too many bags? Never! Not when they are as easy to make as the ones we've planned. Start with a simple 4-patch, then move on to create reversible, quilted, and decorated bags. Make some to keep and some for gifts. **Need to be an intermediate level sewer.** Bring sewing machine to class. Call instructors for list of supplies.

Sheila Murphy (murphysh@frontier.com) earned a BS in home economics from California Polytechnic Institute. She taught high school and university extension courses and worked at the Singer Sewing Machine Company and Stretch and Sew. **Ulana Mellor** (Ulanacfs@charter.net) discovered beading and quilting, especially contemporary quilting and wearable art, after moving to Asheville. Those are now her passions.

Business, Finance & Law

Disciplining Ourselves: Understanding Law & Morality

CRN #: 10038

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

This course raises issues implied by the workings of law and morality in the contemporary US. We will begin with a historical/theoretical approach to understanding Western law and then look at the ways in which both law and morality are intertwined with issues of power and control. We will have readings, discussion, in-class exercises and film clips.

Melissa Burchard (mburchar@unca.edu) has taught ethics, applied ethics, feminist theory, ancient philosophy and queer theory for twelve years at UNC Asheville. She has also occasionally taught the philosophy of law.

Financial Topics for Individual Investors

CRN #: 10039

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

This course is designed to provide clarity and understanding on a wide range of financial topics that affect the individual investor. On completion of this course you will have an in-depth understanding of investments such as stocks, bonds, annuities and mutual funds, and how these subjects may relate to you.

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

Long Term Care & Medical Crisis Planning

CRN #: 10040

1st 4 weeks: Jan 12, 19, 26, Feb 2
Wednesdays, 9-11 am

Learn to prepare yourself for a medical crisis and living to age 85+ by knowing your options for the best way to fund the care you will eventually need. The longer we live, the more medical attention we will need, and planning ahead can save you money and reduce stress for you and your family.

Starting in 1975 with John Hancock and recognizing the financial and health needs of people aged-50+, **Ron Miller** (rjmfinancial@yahoo.com) opened his independent practice in 1992 as a retirement counselor and tax preparer.

Understanding Real Estate Transactions

CRN #: 10041

5 weeks: Jan 24, 31, Feb 7, 14, 21
Mondays, 11:30 am - 1:30 pm

Learn how to control the process and minimize the frustrations of buying and/or selling your home. Topics will include choosing a broker, financing, pricing, negotiation, and closing, as well as reverse mortgages and acquisition of vacant land. Instructors include a residential real estate sales consultant, an attorney, a mortgage lender and a home inspector.

Binna Green (binnag@bellsouth.net), course coordinator, has worked in all aspects of residential and commercial real estate since 1978.

Business, Finance & Law *continued*

A Woman's Guide to Financial and Estate Planning

CRN #: 10037

1st 4 weeks: Jan 13, 20, 27, Feb 3
Thursdays, 9-11 am

Women face unique challenges when planning and investing for the future. At some point in their lives 9 out of 10 women will be solely responsible for their finances. Women typically live longer than men and often make estate planning decisions for the family. This course is a basic investment and estate planning seminar for women who wish to understand the complexities of financial and estate planning.

Linda Saylor, (linda.saylor@wfadvisors.com) a Certified Financial Planner, specializes in helping women plan and understand their finances. **Susan Taylor Rash** (strash@adamsfirm.com) is an estate planning attorney at Adams, Hendon, Carson, Crow & Saenger, P.A.

Computing

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

Advanced Home Computing

CRN #: 10018

6 weeks: Jan 10, 24, 31, Feb 7, 14, 21
(no class Jan 17)
Mondays, 2-4 pm

Through lecture, discussion and real-time examples we will gain a more in-depth understanding of using a Windows-based personal computer at home. The focus will be a working understanding of the PC, use of the Internet and e-mail, information security, connections and networking. Bring your favorite or current questions to class to discuss and troubleshoot. **MINIMUM REQUIREMENTS:** **NOT** intended for inexperienced users. Prerequisite: Basic Internet access and e-mail or equivalent experience. **NOT** hands-on.

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

Frame Your Ancestors

CRN #:10019

7 weeks: Jan 12, 19, 26, Feb 2, 9, 16, 23
Wednesdays, 2-4 pm

In this class for INTERMEDIATE users of Photoshop (no beginners!), we will explore techniques to restore our precious vintage photographs. In addition, we will take our restorations and create a pictorial genealogy chart suitable for framing.

An interest in genealogy was the impetus for **Judy Piotrowski** (piotrowski@mac.com) to learn Photoshop. She has learned restoration techniques from online courses as well as classes at A-B Tech.

Free Alternative to Microsoft Office

CRN #: 10020

6 weeks: Jan 13, 20, 27, Feb 3, 10, 17
Thursdays, 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, discussion 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 the instructor.

PowerPoint 2003

CRN #: 10022

6 weeks: Jan 10, 24, 31, Feb 7, 14, 21
(no class Jan 17)
Mondays, 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. **MINIMUM REQUIREMENTS:** The course is intermediate level – not for inexperienced computer users. There will be a \$5 charge for handouts.

Richard 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.

Contemporary Issues

Achieving the United Nations (UN) Millennium Development Goals

CRN #: 10025

6 weeks: Jan 11, 18, 25, Feb 1, 8, 15
Tuesdays, 11:30 am - 1:30 pm

We will assess the progress made in achieving the eight Millennium Development Goals (MDGs) approved in 2000 by the UN for achievement by 2015. We will compare progress made by different world regions and analyze successes and shortfalls. We will analyze the UN General Assembly's 2010 review of MDG progress and evaluate any General Assembly conclusions.

James Roush (jlrush@aol.com), course coordinator, served 25 years with the U.S. Agency for International Development (13 of those years overseas), consulted in international development for 20 years in 55 countries, and has been a UN Association member since 1960.

Books that Shaped My Thinking

CRN #: 10026

6 weeks: Jan 10, 24, 31, Feb 7, 14, 21
(no class Jan 17)
Mondays, 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 or 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** (tomaryavl@gmail.com) has taught 25 courses at 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. Lecturers: **Bill LaRoque** on a Bill Mauldin biography, **David Mouw** on *The Immense Journey*, **Vera Mulnix** on *The Help*, **LaDean Peterson** on *Till We Have Faces*, **Tom Sanders** on *Christ and Culture*, and **Martha Marshall** on *The Feminine Mystique* and *Small is Beautiful*.

Food: Policy, Politics & Practical Eating

CRN #: 10029

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

Eating: necessary, enjoyable, sacred. But we often eat industrially-produced "food derivatives," and in the process degrade both the environment and our health. What can thoughtful eaters do? Discuss possible answers with health professionals, sustainable food producers and advocates of thoughtful eating styles (vegetarian, local, slow, etc.) Each session includes two 40-minute presentations, a 20-minute panel discussion and participation using an audience response system.

Amy Lanou (alanou@unca.edu) has been an associate professor in nutrition at UNC Asheville since 2005. She has worked in health promotion, health advocacy, and for three years owned and operated a café. **David Mouw** (davidmouw@charter.net) is a retired MD with a PhD in physiology. He currently volunteers at New City Grade School in Asheville, teaching and tutoring; he obviously loves teaching students of any age.

I Beg to Differ

CRN #: 10030

6 weeks: Jan 11, 18, 25, Feb 1, 8, 15
Tuesdays, 11:30 am - 1:30 pm

Among the thousands of theories, philosophies, interpretations, decisions, and assumptions that are generally accepted by the public, many arouse disagreement. This course will present six particular disagreements with six accepted ideas.

Mary Lasher, course coordinator (tomaryavl@gmail.com), has an MA in history from Duke University, has taught over 20 courses at CFS, and is a lover of ideas. The speakers will be **Bob Davis**, **John Clarke**, **Owen Neff**, **Carl Peterson**, **Nelson Sartoris**, **Bill Utz** and **Mary Lasher**.

The Kurds & the Kurdish Issue

CRN #: 10031

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

The Kurds are the largest ethnic group in the Middle East without a national state. This reality makes them an issue in the principal countries where they live: Turkey, Iran, Iraq and Syria. This course will deal with the characteristics, history, national struggle and current status of the Kurds and will also provide a useful approach to past and current developments in the Middle East.

Tom Sanders (tomaryavl@gmail.com) holds an AB from Duke and a PhD from Columbia. Since retiring in 1992 he has read about and traveled widely in the Middle East, especially Turkey, where he has had numerous conversations with Kurds.

Contemporary Issues *continued*

Transition Town

CRN #: 10034
Learning Circle



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

Based on *The Transition Handbook*, this course shows how we can move from anxiety and fear in the face of “peak oil” to “developing a positive vision and taking practical action to create a more self-reliant existence.” Asheville is among a number of towns in the US and England which are actively engaged in becoming more resilient, self-reliant and closer-knit. Discover how *your* interests and passions can contribute to this vibrant initiative. Required text: *The Transition Handbook*, ISBN 978-1-900322-18-8, cost \$25.

The coordinators of the course, **Susan Bird** (birdsusanmn@gmail.com), **Maureen Linneman** (reenielin@gmail.com) and **Chas Jansen** (cjansen@mtsu.edu), have a deep interest in sustainable community living.

Film

A Legacy of Shadows: The 1940s Films of Val Lewton

CRN #: 10035

6 weeks: Jan 10, 24, 31, Feb 7, 14, 21
(no class Jan 17)
Mondays, 11:30 am - 1:30 pm

This course will focus on six films from 1940s producer Val Lewton, whose shadowy horror films proved that what you don't see can be scarier than what you do see. Movies to be screened include *Cat People*, *The Body Snatcher*, and *The Seventh Victim*.

Chip Kaufmann (jjk44@bellsouth.net) is president of the Hendersonville Film Society, a film reviewer for *Rapid River* magazine, and a classical music announcer at WCQS. This is his 8th course for NCCCR.

History

Custer, Sitting Bull & the Battle of the Little Bighorn

CRN #: 10027

6 weeks: Jan 10, 24, 31, Feb 7, 14, 21
(no class Jan 17)
Mondays, 9-11 am

Generations of Americans have sought to find the true story of the Battle of the Little Bighorn. Did Custer have presidential ambitions? Why did President Grant arrest Custer before the battle? The final blood-soaked encounter between George Armstrong Custer and Sitting Bull is an unforgettable story of bravery, cowardice, chaos and brutality. We will explore the events leading to the battle, the battle itself and the aftermath.

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

Emerson & the Transcendentalists in Concord

CRN #: 10028

6 weeks: Jan 10, 24, 31, Feb 7, 14, 21
(no class Jan 17)
Mondays, 2-4 pm

This course will focus on the lives, theology and anti-slavery activities of the Transcendental Circle – Emerson, Thoreau and Margaret Fuller – in Concord, Massachusetts from the 1830s through the Civil War. Lectures will be supplemented by DVDs and CDs.

Paula Robbins (Kalmia13@bellsouth.net) lived in Concord for 20 years and was a licensed Concord guide. She is the author of *The Royal Family of Concord* and has lectured on Emerson at a number of Unitarian Universalist congregations.

The Great Smoky Mountains National Park

CRN #: 10033



4 weeks: Jan 20, 27, Feb 3, 10
Thursdays, 2-4 pm

This course will cover the development of the park, its history, the culture of the people who lived in the major communities before it was a park and the bio-diversity of its environment, including the wild life and wildflowers. With pictures, maps, lectures and discussion, we will take a classroom tour of the park.

Wilma Durpo's (wdurpo@bellsouth.net) enthusiasm for hiking, study of wildflowers and photography within the Great Smoky Mountains National Park has led to the creation of a program showcasing the Park in order to inspire people to explore it themselves.

History *continued*

A History of Aircraft Carriers CRN #: 10024

6 weeks: Jan 10, 24, 31, Feb 7, 14, 21
(no class Jan 17)
Mondays, 9-11 am

The mightiest warships in service are US Navy (USN) aircraft carriers. With its embarked air wing, a carrier group can provide assault, defense or humanitarian aid. Let's learn how this weapon came to be and how it has helped ensure the security of the USA over many decades. What is the future of carriers? We will talk about that, too.

With a 30-year career as a Naval aviator fighter/attack pilot, a graduate of the Navy's test pilot school, and experience on USN ships, **Jim Tyson** (jjimtyson@aol.com) brings a passion for aviation to this course.

Road Trip Through Medieval Europe CRN #: 10032

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

We start with a brief history of Europe, touching on events from the fall of the Roman Empire to the age of Chaucer. The remainder of the course will be a tour of daily Medieval life (castle, convent, manor, village, town) which we will experience as we dwell for a time in each locale.

Paula Withrow (pvwithrow@aol.com) is a fan of all things historical. She has an MA in history with emphasis on research and special affection for the Middle Ages (in humans and history).

Language & Literature *For related topics,, see pp. 19-20*

Classics of the 21st Century CRN# 10066

15 weeks: Jan 13-April 21
Thursdays, 6-8:30 pm

Participants in this course, open to 4 CFS students, will read 12 novels, all written since 2000, to ask which could possibly become classics...and why. See pg. 9 for more details.

Sam Schuman (sschuman@unca.edu) is a past chancellor of the University of Minnesota, Morris, and of UNC Asheville. He has taught courses in colleges and universities every year since the late 1960s. He is the author of several books and several dozen articles on literature and on American higher education.

Shakespeare's Merchant of Venice CRN #: 10036

6 weeks: Jan 11, 18, 25, Feb 1, 8, 15
Tuesdays, 2-4 pm

We will study and discuss *The Merchant of Venice* in conjunction with two film interpretations – one starring Warren Mitchell, the other Laurence Olivier. It is classified as a comedy – is it? or a tragedy? How does the Jewish-Christian conflict work itself out? How just is the law of the Christians' society? or its most prominent lawyer, Portia?

Mario DiCesare (dicesare@mindspring.com), retired Distinguished Professor of English & Comparative Literature, SUNY, is the author or editor of about twenty books. He has taught courses in classical, Renaissance (especially Shakespeare), and modern literature at the CFS since 1998.

Music

Introduction to Form in Classical Music CRN #: 10006

6 weeks: Jan 11, 18, 25, Feb 1, 8, 15
Tuesdays, 9-11 am

You will enjoy classical 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, rondos and various dance movements will be discussed and demonstrated.

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

Introduction to Music Theory CRN #: 10007

4 weeks, twice weekly: Jan 12, 14, 19, 21, 26, 28, Feb 2, 4
Wednesdays & Fridays, 9-11 am

Music theory is very structured and logical. The course is very basic and aimed at those with little or no theory background. The subject is taught in increments and skills are developed through application. We will use the text/workbook *Practical Theory Complete* by Sandy Feldstein, Alfred Publishing, which can be purchased at Soli Classica, 1550 Hendersonville Rd., Asheville, for under \$20.

Manuel (Manny) Medeiros (mvmedeiros@charter.net) holds a masters degree from the New England Conservatory of Music. He has taught vocal, choral and instrumental music in the public schools for over 30 years and was on the music faculty at SUNY-Cortland. 21

Music *continued*

The Met at the Movies

CRN #: 10017

1st 4 weeks: Jan 12, 19, 26, Feb 2
Wednesdays, 2-5 pm

We will explore the operas to be presented at the Hi-Def Live from the Met performances during the winter: "La Fanciulla del West" by Puccini, "Nixon in China" by John Adams and "Iphigenie en Tauride" by Gluck.

Patricia Heuermann (patruschka@charter.net) is a stage director, founder of the Atlanta Opera and former president of the National Opera Association. She has taught at NYU, the Manhattan School of Music, Hofstra University and the American Institute of Musical Studies in Graz, Austria.

Reuter Center Singers

CRN #: 10008

Mondays, 6:15 – 8:15 pm
Weekly through February 21
(no class Jan 17)

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). Those not enrolled in CFS classes pay a music fee of \$40 per term.

Chuck Taft (cwstaf@aol.com) is music director for the Haywood Arts Regional Theater and owner of the Asheville Arts Center.

Personal Development *For related topics,, see p. 20*

Active Ashevilleians

Thursdays, 11:30 am - 1:30 pm
Section 1: 3 weeks, Jan 13, 20, 27
CRN #: 10042

We'll ferret out the best of Asheville's offerings, using printed material, websites, and the discoveries of fellow participants. The emphasis will be on free (and almost free) venues and great deals. All will be encouraged to share their tips on arts and crafts, music festivals, restaurants, day trips, museums, outdoor activities, and everything else. Come help us uncover Asheville's best-kept secrets!

Section 2: 3 weeks, Feb 3, 10, 17
CRN # 10043

Linda Orowitz (llorowitz@yahoo.com) moved from Pennsylvania to Asheville in January 2010. Since arriving, she has devoted some of her considerable energies to researching Asheville's resources and volunteering at NCCCR and the Chamber of Commerce Visitors Center.

Before I Die

CRN #: 10044
Learning Circle



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

In the supportive environment of a learning circle, we'll examine our thoughts and expectations about life's only certainty and greatest unknown: dying. Based on the video seminar "Before I Die," we'll discuss issues around and attitudes toward death and the documents needed to enforce our last wishes. Find out now how to plan for yourself "a good death."

Sandi Taylor (sandronx@mindspring.com) is a retired teacher and supervisor in the field of education. As a long-time student of esoteric studies she has received training in the Transitions for the Dying process and in Death Midwifery. **Darlene Colmar** (darlenecolmar@gmail.com) has facilitated learning circles at the CFS since Spring 2007 and continues to be delighted at the wealth of information and insight we have to share with each other.

Ignite Delight – Open to Joy

CRN #: 10045

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

What would it be like to live in a world based on joy rather than fear? When the media offers "experts" telling us how dangerous the world is, it's hard to ignore the "False Evidence Appearing Real." But JOY can come about by just opening yourself to the evidence available within your own heart, mind and spirit. Come take that journey!
Materials fee: \$1.00.

Laurel Reinhardt (InnerLandscaping@aol.com) began as a psychologist but became aware of how little joy was encouraged by her training and the healthcare industry, so she reinvented herself as a joy coach.

Personal Development *continued*

The Joys and Challenges of Grandparenting

CRN #: 10046

1st 4 weeks: Jan 12, 19, 26, Feb 2
Wednesdays, 9-11 am

Being a grandparent comes with many surprises. Come and share your experiences. Learn why our roles are so important; ways of staying connected with your grandchildren; how birth order influences their behavior; why praise often backfires; why grandchildren act the way they do; why life is often difficult for our bright grandchildren. The second half of each of the last two sessions will be "For Grandmothers Only" or "For Grandfathers Only."

With two master's degrees (education and social work), **Dianne Rebbin** (dianne@rebbin.com) was a teacher, an elementary school counselor, a preschool director, social worker and an assistant principal. She has conducted seminars for parents and teachers and more recently for grandparents on cruise ships.

Turning the Mind into an Ally

CRN #: 10047

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

This course introduces a Tibetan school of meditation, *Shamatha*, or Peaceful Abiding Meditation, intended to open participants to a transformative relationship with their own minds, deepening personal peacefulness and effectiveness. The course will contain lecture, discussion and meditation practice. Required text: Sakyong Mipham, *Turning the Mind into an Ally*, ISBN 1-57322-206-2, cost \$14.

Bill Walz (healing@billwalz.com) teaches meditation and evolving consciousness as a path to personal healing and growth at UNC Asheville, in public forums and with a private clientele. He also writes a column about consciousness for *Rapid River Magazine*.

What's Next? – A Passionate Life

CRN #: 10048

6 weeks: Jan 10, 24, 31, Feb 7, 14, 21
(no class Jan 17)
Mondays, 2-4 pm

Let's look at what's next in your life; what will give you focus, energy, and delight? Passion, of course! Find yours and help others find theirs through stories, exercises and listening. Now is the time to grow, flourish, and leave a significant legacy. Declare your potential, discover your passion and uncover your purpose...and have fun in the process!

Lisa Oberreuter's (lisaob1@charter.net) passion for developing potential is the thread running throughout her employment history, ranging from a church environment to the corporate world as a training manager responsible for ten manufacturing plants.

Women in Transition

CRN #: 10049

Learning Circle



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

The years after 50 are a time of major transition for many women. Children move on, careers change or end, and relationships often need adjusting. Share concerns, thoughts, ideas and feelings with other women discussing highlights, low points, regrets and successes in terms of past, present and future. We can learn from each other as we reflect on our lives.

Betty Mack (Mackbetty8@yahoo.com) has taught at Stetson University, FSU, and various adult education institutions. Her specialty is group communication. **Pat Harvey** (patricia_harvey@bellsouth.net) is a retired anthropologist, still in love with learning and doing; she is also a realist, with much to be grateful for.

Psychology, Religion & Philosophy *For related topics, see p. 20.*

Conversations with Mortimer Adler

CRN #: 10050

4 weeks: Jan 25, Feb 1, 8, 15
(note late start)
Tuesdays, 11:30 am - 1:30 pm

Mortimer Adler, one of the most influential philosophers of our time, was asked a series of questions about some of the most enduring problems we face today. We will read and discuss his practical yet penetrating short answers to these questions — the nature of duty, the meaning of success, natural law, ends and means and more.

Bob Wiley (rlw303@bellsouth.net) is a formally trained Great Books discussion leader and has led Great Books discussion groups for more than 40 years.

Niebuhr, Niebuhr and Tillich: Major Challengers to American Religious Thought, 1918-1971

CRN #: 10051

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

As religion responded to American life from World I through the Viet Nam War, liberal Protestant thought was redefined by Reinhold Niebuhr, his brother Richard, and his colleague Paul Tillich. We will look at the issues they addressed, what they shared and how they differed.

Farley Snell (snellfarleyw@netscape.net) has been teaching courses in religion for the CFS since Winter 2008. His PhD degree is from Union Theological Seminary in New York City.

Psychology, Religion & Philosophy *continued*

Searching for Wisdom Across Belief Systems

CRN #: 10052

6 weeks: Jan 11, 18, 25, Feb 1, 8, 15
Tuesdays, 2-4 pm

This class will include an overview of what a belief system is and then an exploration of five belief systems (Christianity, Judaism, Islam, Atheist/Secular, New Thought/New Age) of which the average citizen in the United States should have a basic understanding. These studies will cover some essential teachings, experience of spiritual practices within that system and a search for wisdom from each particular framework.

T. S. Pennington (nccrtp@gmail.com) is a retired community college teacher, an ordained interfaith minister, member of the Mountain Area Interfaith Forum, and completing his Doctorate of Ministry degree from Wisdom University.

Science

From Eternity to Here

CRN #: 10021

6 weeks: Jan 11, 18, 25, Feb 1, 8, 15
Tuesdays, 9-11 am

Do you want to take time to ponder time? The instructor will base lectures and discussion on the book *From Eternity to Here: The Quest for the Ultimate Theory of Time*. One reviewer says, "For anyone who ever wondered about the nature of time and how it influences our universe, this book is a must read. It is beautifully written, lucid, and deep."

Larry Fincher (laryfincher@aol.com) has taught Chaos Theory; Basic Nothing; Advanced Nothing; and A Quest for Everything at the CFS.

Science & Technology: In-depth Lectures

CRN #: 10023

1st 4 weeks: Jan 11, 18, 25, Feb 1
Tuesdays, 2-4 pm

This is the 9th annual Science & Technology In-Depth Lecture Series. This year's lectures will be:

- 1) Patterns in Nature
- 2) Transit Technology: Urban Public Transportation
- 3) (a) Pythagorean Triples
(b) Mapmaking from a Reconnaissance Perspective
- 4) DNA: Past, Present & Future

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

Wellness & Recreation

Wellness & Recreation courses with this symbol **\$20** each require a \$20 fee, in addition to your College for Seniors fee of \$90, remitted with your registration form. Failure to include the fee with the registration form will result in delayed processing of your course requests. These fees offset the cost of paid CFS instructors who must be certified to teach. **Note:** You may be asked to sign a liability waiver at the first class for some of the courses listed below. It is recommended that you check with your physician before you begin any new physical activity.

Beginning Line Dance

CRN #: 10053

6 weeks: Jan 11, 18, 25, Feb 1, 8, 15
Tuesdays, 9-11 am

\$20

Learn the fundamentals of line dance and some popular beginner dances, old and new, that can be done socially. Line dancing is great exercise, stimulates your brain, and best of all – it's easy! **Note: Remit \$20 additional fee with registration form. Liability waiver required at first class.**

Denna Yockey (denna.yockey@yahoo.com) has taught line and partner dancing for 14 years in clubs, schools, and retirement centers.

Continuing Yoga Flow

CRN #: 10054

6 weeks: Jan 11, 18, 25, Feb 1, 8, 15
Tuesdays, 2-3:30 pm

\$20

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: Due to topic popularity, participants may take only one yoga course per term. Remit \$20 additional fee with registration form. Liability waiver required at first class.**

Fran Ross (franiji@charter.net) has taught hatha yoga from a blend of several traditions since 2001. She is certified by the Kripalu Yoga Teachers Association and by the National Yoga Alliance.

Wellness & Recreation *continued*

Diets Don't Work – Thin Within Does!

CRN #: 10055

5 weeks: Jan 13, 20, 27, Feb 3, 10
Thursdays, 2-3:30 pm

Share this 30-day journey of self-revealing, participatory exercises through the book *Thin Within*, geared to lead you to the behavior and mentality of the naturally thin person. This inspirational method, which allows favorite foods and does not prescribe a specific food plan, is more a way of reshaping the reader's life than merely offering a diet. People of all sizes welcome. Required text: Judy Wardell, *Thin Within*, cost \$8 (used) or \$13 (new), to be purchased from instructor at first class.

Cynthia Greenfield (cgreenfield1001@aol.com) has found great personal value in the Thin Within program and has shared it successfully in group programs at Biltmore Lake. She is a retired guidance counselor.

English Folk Dance

CRN #: 10056

6 weeks: Jan 10, 24, 31, Feb 7, 14, 21
(no class Jan 17)
Mondays, 9-11 am

This class is an introduction to English folk dance. In addition to traditional English "barn dances," we will learn 17th and 18th century historical dances (from the Jane Austen era). To enjoy this class you should be able to walk at a brisk pace and have stamina for a two-hour dance class. You do not need to register with a partner.

Note: Liability waiver required at first class.

Bob Thompson (dancebob44@bellsouth.net) has been dancing and teaching English and American folk dance for over 30 years. He has worked with dance groups and community groups in Asheville and throughout the southeast.

Health & Happiness – The Chinese View

CRN #: 10057

4 weeks: Jan 24, 31, Feb 7, 14
(note late start)
Mondays, 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.

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

How to Play Backgammon

CRN #: 10058

6 weeks: Jan 11, 18, 25, Feb 1, 8, 15
Tuesdays, 9-11 am

This course will explain all the rules of how to play backgammon. Additionally, various strategies will be covered in detail. The use of the doubling cube will also be covered. Finally, considerations for money games and tournament play will be discussed. Recommended text: Chris Bray, *Backgammon for Dummies*, ISBN 978-0-470-77085-6, \$11 from Amazon.

Bruce Jones (bruce_e_jones@yahoo.com) has been playing backgammon for more than 40 years. He has played in many local and regional tournaments and has taught the game to dozens of new players.

Intermediate Bridge

CRN #: 10059

6 weeks: Jan 13, 20, 27, Feb 3, 10, 17
Thursdays, 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 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, *Intermediate Bridge Five-Card Majors Revised*, ISBN 093946067X. *Card: Contract Bridge Point Count Bidding Guide*. Cost: \$7 for both, to be collected in class.

Bob Evans (mickeybob2@aol.com) 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.

Nutrition for the Second 50 Years of Life

CRN #: 10060

1st 4 weeks: Jan 12, 19, 26, Feb 2
Wednesdays, 2-4 pm

Join us as we learn about the profound relationships among foods, vitamins, minerals and our long term health. We'll explore basic nutritional principles to apply to help each person age well. We'll learn together, share stories, sample foods, and more. Bring your questions. Required text: Gary Null, *Ultimate Anti-Aging Program*, ISBN 0-7679-0436-2, cost \$20.

During her 27 years as a holistic nutritionist, **Elizabeth Pavka, PhD, RD, LD/N** (drpavka@elizathpavka.com) has done individual and family nutritional counseling. She has worked in hospitals, nursing homes, health departments and doctors' offices and has taught at UNC Asheville and A-B Tech.

Wellness & Recreation

Pilates

CRN #: 10061

\$20

6 weeks: Jan 11, 18, 25, Feb 1, 8, 15
Tuesdays, 4-5 pm

Pilates is more than just core strength. You will learn about proper body alignment, posture, back care, breathing and more. You'll gain strength, flexibility and balance. This class is appropriate for anyone comfortable sitting or lying on the floor. Please bring a mat. **Note: Remit \$20 fee with registration form. Liability waiver required at first class.**

Dianne Rose (rosepilates@aol.com) has been a fitness and bodywork professional for over 25 years. She has been a certified Pilates instructor since 1998, a member of the American College of Sports Medicine since 1990 and a licensed massage therapist since 1992. Her senior fitness program was featured on *Good Morning America*.

Spring Forest Qigong for Health

CRN #: 10062

\$20

6 weeks: Jan 10, 24, 31, Feb 7, 14, 21
(no class Jan 17)
Mondays, 9-11 am

Spring Forest Qigong is comprised of gentle movements, breathing, visualization and sound. It's easy to learn, simple to remember, and helps you take control of your own healing. You will learn information about Qigong, eight movements and a meditation. Just spending ten minutes a day will help you reduce stress, improve flexibility and feel better. **Note: Remit \$20 fee with registration form. Liability waiver required at first class.**

Laura Nelson (laura@crystalMoonReflections.com) has practiced Qigong for 15 years and used it to recover from chronic fatigue and depression. She has studied Taoism, Medical Qigong, and is a certified Level 1 Spring Forest Qigong instructor.

Tai Chi Chih

CRN #: 10063

\$20

6 weeks: Jan 13, 20, 27, Feb 3, 10, 17
Thursdays, 9:30-11 am

Tai Chi Chih is a moving meditation, not a martial art. The practice of 19 movements and one pose brings healing – stress relief, better balance and flexibility, and even lowers blood pressure. It brings a sense of clarity, centering, and joy. Each class begins with review and includes time for meditation and personal sharing. **Note: Remit \$20 fee with registration form. Liability waiver required at first class.**

Stan Corwin (colnstash@charter.net) is an accredited Tai Chi Chih instructor who has been practicing Tai Chi Chih for five years and teaching for three years.

Yoga for the Second 50 Years

CRN #: 10064

\$20

6 weeks: Jan 10, 24, 31, Feb 7, 14, 21
(no class Jan 17)
Mondays, 2-4 pm

Focusing on preparatory stretches and strengthening poses that build confidence, improve coordination, and develop a sense of inner peace. Move at your own speed to learn more about yoga and about yourself. This class is designed for those with little or no experience with yoga and those resurrecting from patterns of inactivity or from injury. Required materials: Yoga mat, cost about \$20. Recommended text: Liliás Folan, *Yoga Gets Better with Age*, ISBN 1-59486-070-X, cost \$22.95. **Note: Due to topic popularity, you may take only one yoga course per term. Remit \$20 fee with registration form. Liability waiver required at first class.**

Charles Jansen (cjansen@mtsu.edu) holds certification from the Southern Institute for Yoga Instructors with a focus on Iyengar methods.

Yoga for You

CRN #: 10065

\$20

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

This moderately-paced yoga class focuses on body awareness, breathing and modifications to suit the individual student. Improve your strength, flexibility and balance in a non-competitive atmosphere. Learn how to personalize your practice and make yoga a fun, ongoing part of your wellness routine—in class, at home and while traveling. Bring a yoga mat. **Note: Due to topic popularity, you may take only one yoga course per term. Remit \$20 fee with registration form. Liability waiver required at first class.**

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



A Pisgah View

On July 4 this year, the gerontologist Robert Butler passed away at the age of 83. Most obituaries credited him with helping to create a new image of aging as a time of possibility and growth rather than loss and decline. In 1968 he coined the term “ageism” to describe the “process of systematic stereotyping of and discrimination against people because they are old.” In his 1976 Pulitzer Prize winning book *Why Survive?: Being Old in America* Butler painted a bleak picture of old age in America, but he also cited evidence to show that as we age we can be engaged and productive, that we can continue to learn.

Butler’s work is particularly important to those of us involved in working together to create opportunities for people to thrive in life’s second half. He stressed the importance of education as a way to create “an appropriate national response to the challenge of increased survival” and argued that “education, work and leisure ought to be distributed throughout the life span rather than concentrated at the three distinct periods of childhood, middle life and later life.” He urged that “Students of all ages should not only be ‘taught’ but should be encouraged to extract from within themselves what they have already learned from life.” Dr. Butler encouraged what he called “life review,” a form of written and oral reminiscence designed to help participants create “emotional and material legacies.”

Memoir writing is one form of life review, and it is no coincidence that memoir writing classes are important components of many lifelong learning programs. I had the good fortune to teach a memoir writing class at Duke’s lifelong learning institute. I witnessed the joy and benefit of extracting and expressing “what we have already learned from life” and of sharing the process with a group of friends engaged in the same transformational work. My “memoirists” had been TV executives, musicians, ambassadors, neurosurgeons and neuroradiologists, lawyers, librarians, economists, caterers, nurses, entrepreneurs, and teachers. We found consistently, however, that the richest writing was not the record of an important career but the vivid evocation of the everyday and the attempt to create patterns of meaning in our lives, the hard and satisfying work of exploring the past and of finding the best ways to communicate our insights.

Some members of the group were creating legacies for children and grandchildren, a record of lives that would be forgotten if no one wrote them down. Some wrote to express their philosophy or to share their wisdom. Some wrote for the sheer pleasure of putting words together, and others wrote to discipline themselves to produce four pages every week. As members walked into our crowded classroom they would begin a litany of doctors visited or medicines taken, but they ended two hours of laughter and tears later anxious to write and read the next chapters in their stories. They held one another accountable as writers and never excused themselves as simply reliving the good old days.

In his final book *The Longevity Prescription*, Butler “prescribes” maintaining “mental vitality” as critical to living a long full life, and he notes that life review “can be a cause for genuine celebration in the very old, the old, and the aging-but-not-so-old alike.” As you peruse the many wonderful offerings of the NCCCR Winter 2011 catalog, take a moment to reflect on the legacy of Dr. Butler and the people who have given us a hopeful and celebratory image of aging. Throughout the term take advantage of the many opportunities NCCCR offers to maintain your mental vitality, to learn something new and share your wisdom with others.

Catherine Frank

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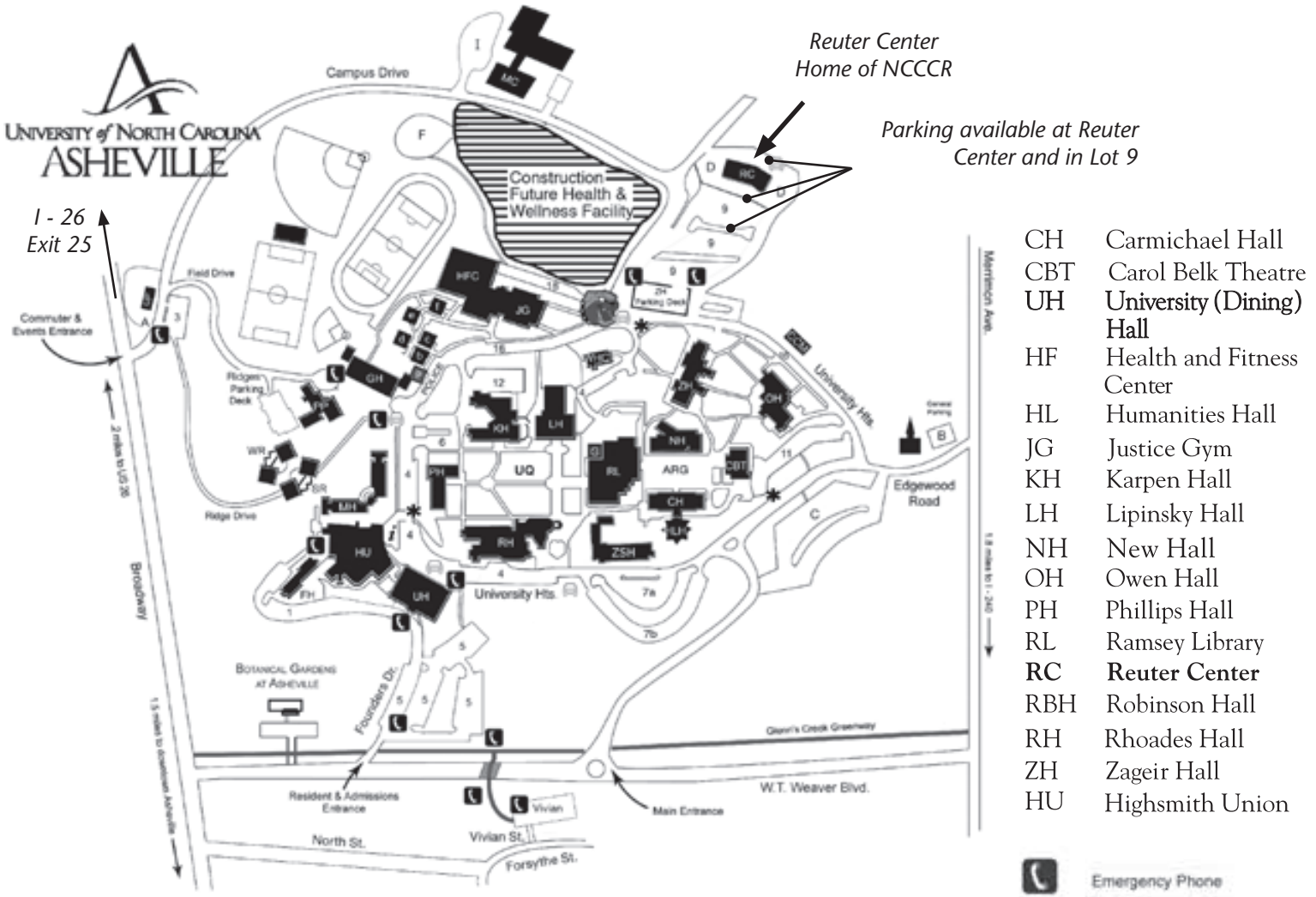


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