from the director

We have been working with UNC Asheville’s Communication and Marketing Department to give our print and online communications a makeover. We hope that once you get used to the new format, our catalog proves easy to navigate and reflects the excitement and abundance associated with all of the Center’s programming. We have also given our website a new look, adding more photographs and personal stories of our members, while maintaining access to a great deal of information useful to longtime and new users of the site. We will continue to send out weekly email newsletters which are the best source of up-to-date information about programming and Center events and opportunities. We have instituted monthly sessions when I will be available in the Center to answer questions and listen to suggestions. Watch the weekly email newsletter for information about times and dates.

All of these forms of communication are designed to foster and encourage member involvement and investment in the Center. As we grow in numbers, we want to make sure that our members continue to find and create ways to thrive during this phase of their lives. The methods we use to communicate and the names of our programs may change, but with your help, the spirit of community and the opportunities to enjoy a creative retirement will remain the same.

Sincerely, Catherine Frank
Executive Director, NCCCR

about our programs

**COLLEGE FOR SENIORS** is your opportunity to learn something just for the fun of it. This program draws from members’ experiences and professional expertise as well as from the UNC Asheville faculty and the interests of independent scholars in our area. Courses range from Chaucer to computers, foreign affairs to opera, yoga to history. There are four terms throughout the year, and each one offers different courses.

**LIFE TRANSITION PROGRAMS** include Paths to Creative Retirement (Paths) and Creative Retirement Exploration Weekend (CREW). These programs are structured as thought-provoking seminars and classes designed to challenge and inspire you to make the retirement phase of your life as fulfilling as you had always hoped and to help you find the tools to navigate change.

**WORKSHOPS** provide short-term, concentrated, hands-on learning opportunities for those with busy schedules looking for evening and weekend offerings—whether you want to learn new computer skills or how to make jewelry, there is a workshop for you. You don’t even have to be an NCCCR member to participate.

**LEADERSHIP ASHEVILLE SENIORS** is your chance to become engaged within the Asheville community. This program consists of a series of day-long seminars held at various sites in Buncombe County. Each of the sessions in the 9-week program acquaints you with the area’s history, people, institutions, and challenges by providing opportunities to meet with community leaders, activists, and politicians. One of the main goals of the program is to open the door to civic engagement and volunteering for participants eager to bring a lifetime of experience to improve their community.
### events calendar

#### February
- February 20: College for Seniors Winter 2012 classes end
- February 22: Blue Ridge Orchestra Open Rehearsal, 7 pm
- February 23: College for Seniors Spring 2012 Registration, 8 am
- February 28: World Affairs Council, 7:30 pm
- February 29: Blue Ridge Orchestra Open Rehearsal, 7 pm

#### March
- March 1: Asheville Chamber Music Series Pre-Concert Lecture, 4 pm
- March 1: Astronomy Club of Asheville, 7 pm
- March 2: Medicare Choices Made Easy, 2 pm
- March 6: World Affairs Council, 7:30 pm
- March 7: RSVP Information Session, 9 am
- March 9: Medicare Choices Made Easy, 2 pm
- March 13: World Affairs Council, 7:30 pm
- March 14: Blue Ridge Orchestra Open Rehearsal, 7 pm
- March 14: f/32 Photography Group, 7 pm
- March 15: The Director is In, 11 am
- March 16: Symphony Talk with Daniel Meyer, 3 pm
- March 20: Audubon Society, 7 pm
- March 21: Blue Ridge Orchestra Open Rehearsal, 7 pm
- March 23: New Member Welcome, 10 am
- March 24: Civil War Lecture, 2 pm
- March 26: College for Seniors Spring 2012 classes begin
- March 28: Blue Ridge Orchestra Open Rehearsal, 7 pm
- March 30: Fab Friday Lunch and Learn Lecture, 11:30 am

#### April
- April 1: Autumn Players Readers Theatre, 2 pm
- April 4: Blue Ridge Orchestra Open Rehearsal, 7 pm
- April 5: Astronomy Club of Asheville, 7 pm
- April 6: Fab Friday Lunch and Learn Lecture, 11:30 am
- April 10: NCCCR Town Hall Meeting, 4:30 pm
- April 11: Blue Ridge Orchestra Open Rehearsal, 7 pm
- April 11: f/32 Photography Group, 7 pm
- April 12: Asheville Chamber Music Pre-Concert Lecture, 4 pm
- April 13-15: PATHS Workshop (Reuter Center closed to other activities)
- April 17: Celebrating Life in the Mountains, 7 pm
- April 17: Audubon Society, 7 pm
- April 18: Blue Ridge Orchestra Open Rehearsal, 7 pm
- April 19: The Director is In, 11 am
- April 20: Fab Friday Lunch and Learn Lecture, 11:30 am
- April 25: Blue Ridge Orchestra Open Rehearsal, 7 pm
- April 27: Fab Friday Lunch and Learn Lecture, 11:30 am

#### May
- May 1: World Affairs Council, 7:30 pm
- May 2: Blue Ridge Orchestra Open Rehearsal, 7 pm
- May 3: Astronomy Club of Asheville, 7 pm
- May 4: Fab Friday Lunch and Learn Lecture, 11:30 am
- May 6: Reuter Center Singers Spring Concert, 2:30 pm
- May 9: f/32 Photography Group, 7 pm
- May 11: Summer Catalog Mails and On-line, 8 am
- May 11: Fab Friday Lunch and Learn Lecture, 11:30 am
- May 11: Symphony Talk with Daniel Meyer, 3 pm
- May 14: Y’All Come Course and Teaching Idea Exchange, 4:30 pm
- May 15: Audubon Society, 7 pm
- May 17: The Director is In, 11 am
- May 18: Fab Friday Lunch and Learn Lecture, 11:30 am
- May 22: College for Seniors Summer 2012 Registration, 8 am

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### Center Steering Council 2011–12

Chair, Dick Murray
Chair-elect, Cindy Berryman-Fink
Secretary, Darlene Colmar
Ex officio, Mike Sena
NCCCR director, Catherine Frank
CFS director, Susan Poole
Campus rep, William Spellman

### Committee Chairs

- Civic Engagement, Open
- College for Seniors, Sandra Brown and Charlotte Moore
- Facilities, Nelson Sobel
- Finance, Larry Haas
- Health & Wellness, Sally Mundt
- Life Transitions, Ken Macfarlane
- Marketing, Carol Gillen
- Membership, Babs Guardienier and Kathy Rouse
- Nominating, Cindy Berryman-Fink
- Planning, Barry Mundt
- Research, Steve Schleifer

### 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 membership

Your gateway to North Carolina Center for Creative Retirement programs and events is annual membership. A fee of $60 covers the period of August 1 to July 31. Member benefits include:

- Use of Reuter Center computer lab
- Use of UNC Asheville wireless Internet connection
- Access to:
  - Special Interest Groups (SIGs, p. 5)
  - Activities, Programs and Special Events (p. 5-8)
  - College for Seniors (p. 12-38)
  - UNC Asheville Health & Fitness Center (p. 5)

PARKING: NCCCR members may park in any white-lined space (not marked as visitor parking) on campus, provided they display a current NCCCR parking decal on their rear window. Complete a parking form in the Reuter Center office to obtain your decal.

SHUTTLE: A free UNC Asheville shuttle provides transportation around campus from 7:30 am to 5:30 pm, Monday through Friday, except during university holidays and breaks. There are stops at most parking lots, buildings, and places of interest on campus. There is a shuttle stop outside the Reuter Center upper level entrance; the shuttle typically arrives every 20 minutes.

NAMETAGS: Leave your name on the list at the desk outside the Reuter Center office, and we will make you a nametag. Wearing a nametag at all Center events and classes helps people get to know you.

ONECARDS: NCCCR members may obtain a OneCard, the official UNC Asheville photo ID card, in Highsmith Union, room 120 (ground floor). With a OneCard you may receive UNC Asheville discounts at local businesses and at university special events. You may deposit funds on the One Card either in the OneCard office or in Automatic Deposit Machines in Highsmith Union or Ramsey Library, to be used in any of the campus dining venues, including the Reuter Café. If you obtain an annual sticker through Campus Police, you may ride Asheville Transit at no cost.

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

WIRELESS INTERNET ACCESS: You may use the campus wireless network by stopping by the Reuter Center front desk and asking for instructions and a password. You will have to repeat this procedure each term, because 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 may eat at the dining hall in University Hall, the Highsmith Union Food Court, the Wellness Café in the Sherrill Center, and Ramsey Café in the Library.

NEED MORE INFORMATION? Check out these resources:
- Center Website: www.ncccr.com
- Campus Map: www.unca.edu/campusmap
- UNC Asheville Events: www.unca.edu/calendar
- The Reuter Center Office—Open Weekdays, 8 am to 5 pm
  828-251-6140

registration—spring term

INITIATE or RENEW your Center membership (proceed to next step if you are a 2011-12 member)
- Complete membership form, p. 19 or 21
- Pay $60 membership fee and receive membership through July 31, 2012
- Mail in or drop off at Reuter Center office anytime
  (cash or check payable to NCCCR—we do not accept debit or credit cards)

REGISTER for classes starting Thursday, February 23, 8 am for best availability.
Note: Registration forms will be processed in order of date received at the Reuter Center on or after February 23. Forms submitted during registration on February 23 will be processed before registrations mailed or received prior to February 23.
- View catalog (hard copy or online at www.ncccr.com)
- Complete registration form, p. 19 or 21
- Mail in or drop off at Reuter Center office with payment
  (cash or check payable to NCCCR—we do not accept debit or credit cards)
- To apply for a scholarship for Center program fees, submit scholarship application with your registration form. See p. 12 for details.

RECEIVE registration confirmation around March 9
- Registration and drop/add begins March 12 and continues through first week of classes
Involving yourself with the NC Center for Creative Retirement community 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. In addition to classes we offer through the College for Seniors and Workshops, there are a wide variety of activities that offer the opportunity to learn and socialize.

**Seniors' Health Insurance Information Program**
Older adults need accurate information about Medicare and insurance. If you would like to help seniors in our community with these often confusing and intimidating issues, the Seniors' Health Insurance Information Program needs you. Contact NCCCR member Kenn Haring at kennharing@charter.net for more information; this project is part of NCCCR's Civic Engagement Committee.

**Health and Fitness Center Membership**
NCCCR members are invited to join the UNC Asheville Health and Fitness Center with facilities in the Sherrill Center and the Justice Center on campus. Use the registration form on page 20 or 22 to join. You will be asked to fill out an additional form outlining the terms of the membership, including information about hours of access. Membership is valid for one year from the date of enrollment. For more information, contact Ann Cadle at 828-251-6384 or acadle@unca.edu.

**Artists & Writers Showcase**
NCCCR members are invited to submit writings and art work in the areas of poetry, fiction/nonfiction, art, and photography. The winning entries are published on the Center’s website twice a year. Visit our website and click on Artists & Writers Showcase under “Center Groups” 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 828-251-6873. Participants must be NCCCR members. There is a $40 fee for music, $30 for those registered for CFS courses during the current term, payable to the RC Singers treasurer at your first meeting. Contact Linda Bushar (lindabushar@yahoo.com) for more information.

**special interest groups—SIGs**

**Backgammon**
Tuesdays, 1 pm
Information: Bruce Jones, 338-0265, bruce_e_jones@yahoo.com

**Bridge Buddies**
Wednesdays, 2:15-5 pm
Information: Debra Benjamin, 650-0311, debrabenjamin100@gmail.com

**Bridge Grads**
Thursdays, 2-5 pm
Information: Nina Hansen, 299-7711, hansenn@bellsouth.net

**Creative Singles: Potluck, Movies, Restaurants and More!**
1st Wednesdays, 5:30 pm at Reuter Center; 3rd Wednesdays, 5:30 pm at a restaurant. Information: Linda Lewandowski, 665-1787, themerrywanderer@yahoo.com

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

**Intermediate Bridge**
Fridays, 1:30 pm
Information: Jacque Morgan, 658-9738, myoldmthome@gmail.com

**MAC Users**
2nd Fridays, 1:30-3:30 pm
Information: Paula Withrow, 350-8406, pwithrow@aol.com or Bob Mellor, 253-5031, BM.NCCCR@charter.net

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

**Poetry Lovers**
3rd Fridays, 3-5 pm. Information: Peter Olevnik, 281-0774, olevnik@att.net

**Reuter Center Bowlers**
Mondays, 1 pm at AMF Bowling Center, 491 Kenilworth Road, Asheville. Information: Jan Guichard, 253-8776, lifebegins7001@yahoo.com

**Skeptical Inquirers**
2nd Fridays, 1:30-3 pm
Information: Carl Ricciardelli, 242-3071, cfr666@bellsouth.net

**Spiritual Inquirers**
2nd and 4th Fridays, 2-4 pm
Information: T.S. Pennington, 338-0407, pennints@gmail.com

**Stories for the Third Act**
2nd Wednesdays, 5-6 pm
Information: Sally Gooze, 772-0222, yllasezoog@yahoo.com or Tom Bushar, 254-4108, tbushar@gmail.com

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

**The Wild Bunch**
Meeting times to be announced
Information: Mary Scott, mac8@psu.edu

**Wine Tasting**
2nd Sundays, 7 pm, members’ homes
Information: Ulana Mellor, 253-5031, Ulana.Mellor@charter.net
These events are open to the public, most are free and take place at the Reuter Center unless otherwise indicated. • Call 828-251-6140 for additional details.

Asheville Chamber Music Series Lecture
Come to the Reuter Center for these fascinating pre-concert lectures on Thursdays at 4 pm. For more information about the Asheville Chamber Music 2011-12 Series or to find out how to attend performances, please consult the group’s website at www.ashevillechambermusic.org

• Thursday, March 1, Members of the Alexander String Quartet will discuss their upcoming performance of Haydn’s “Emperor” Quartet, Beethoven’s “Serioso” Quartet and Shostakovich’s Preludes and Fugues from op. 87, arranged for quartet and Quartet No. 4

• Thursday, April 12, Members of the Pacifica String Quartet will discuss their upcoming performance of Beethoven’s Quartet in B-flat Major, No. 6, op. 18, Antonin Dvorák’s “American” Quartet, and Beethoven’s Quartet in E minor, No. 2, op. 59.

Astronomy Club of Asheville
The Astronomy Club of Asheville meets the first Thursday of each month, March 1, April 5, and May 3, 7-9 pm, and welcomes Reuter Center members into the club to advise and assist them in the basics of astronomy and techniques of observing celestial phenomena. Participation in all of the club’s events and activities is free to NCCCR members. To find out more about this group, visit their website: www.astroasheville.org

Civil War Lecture
“Guerilla War and Remembrance,” a lecture by Dr. John C. Inscoe, will be offered Saturday, March 24, 2 pm. This is the final lecture in a three-part series co-sponsored by the Western North Carolina History Association (WNCHA), NCCCR, and the Vance Birthplace State Historic Site; topics are loosely based on subjects covered in renowned Appalachian scholar John Inscoe’s War, Race, and Remembrance. WNCHA members may attend free of charge. A $5 donation at the door is suggested.

Elisha Mitchell Audubon Society
The mission of the Elisha Mitchell Audubon Society (EMAS) is to promote an awareness and appreciation of nature, to preserve and protect wildlife and natural ecosystems, and to encourage responsible environmental stewardship. EMAS general meetings will be held at the Reuter Center the third Tuesday of the month, 7 pm. For more information, visit their website: www.emasnc.org

• Tuesday, March 20, Merrill Lynch, a biologist and birder for the Nature Conservancy, will lecture on “Moths of the Southern Appalachians: Strange Behaviors and Unusual Relationships.”

• Tuesday, April 17, Program to be announced.
f/32 Photography
f/32 Photography is a diverse group whose members share an appreciation and love of photography. Members range from the amateur to the advanced, from those who like to just take pictures to professional photographers. At monthly meetings, they share their work, learn new methods, and keep abreast of the latest industry news and equipment. NCCCR members are offered free membership in f/32. Attend on Wednesdays, March 14, April 11, May 9; all meetings begin at 7 pm. For more information: www.f32nc.com

Medicare Choices Made Easy!
Are you new to Medicare? Are you confused by the many choices? Unbiased and accurate information is available from trained volunteers from the North Carolina Seniors’ Health Insurance Information Program. In partnership with the Civic Engagement Committee of NCCCR, free classes will be held on successive Fridays, March 2 and 9, 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 where you will learn how to use the resources on the Internet to compare benefits, answer questions, and enroll when you are ready. Spaces are limited, so reserve your place by calling Sybil French at the Council on Aging of Buncombe County, 828-277-8288.

Retired & Senior Volunteer Program (RSVP)
The Retired & Senior Volunteer Program (RSVP) is a national program of the Corporation of National and Community Service which is locally sponsored by the Land-of-Sky Regional Council. RSVP assists the region’s 55+ population to find meaningful and rewarding volunteer opportunities in Buncombe, Madison, Henderson and Transylvania Counties. Join us Wednesday, March 7 from 9:30-11 am as RSVP holds a monthly information session. Each session will include a short orientation to RSVP and assistance with volunteer placement in addition to a presentation from an area organization in need of volunteers. Attendees are encouraged to contact Vicki Jennings at 828-251-6622 or vicki@landofsky.org to reserve a spot. Please consult the NCCCR online calendar at ncccr.com for information about dates, times, and programs for RSVP’s April and May sessions. For those not able to attend, a personal orientation can be arranged.

Symphony Talks with Daniel Meyer
The best way to enjoy the Asheville Symphony Orchestra’s MasterWorks concerts is to come to the Symphony Talk for the inside scoop on the music, composers, and soloists. Asheville Symphony Orchestra’s music director and conductor Daniel Meyer will speak about:

- Friday, March 16, 3 pm, Brahms’ Symphony No. 1; Rossini’s La Scala di Seta Overture; Glazunov’s Concerto for Alto Saxophone; Piazzolla’s Oblivion with soloist Douglas O’Connor on saxophone
- Friday, May 11, 3 pm, Schumann’s Symphony No. 1, “Spring”; Mendelssohn’s Concerto for Violin and Piano with pianist Benjamin Hochman and violinist, Jennifer Koh; Respighi’s Pines of Rome

NCCCR Town Hall Meeting
Plan to join us Tuesday, April 10, 4:30 pm, to hear about the results of our annual member survey and to learn the latest news about various Center programs. We invite you to ask questions and hear answers from the staff and Center Steering Council. Call 828-251-6188 for more information.

World Affairs Council
Come to the Reuter Center for lectures and panel discussions that aim to advance international awareness and foster Western North Carolina’s global ties. NCCCR members receive a discount on WAC annual membership fee. Meetings are scheduled for Tuesdays, February 28, March 6, 13, April 17, and May 1 at 7:30 pm.

- Tuesday, February 28: “Energy Geopolitics,” a lecture by Grant Gosch, First Light Solar, a company devoted to identifying and implementing sustainable and financially beneficial environmental alternatives
- Tuesday, March 6: “Middle East Realignment,” a lecture by Tom Sanders, professor of religious studies, political science and international studies, who has taught at Brown, Connecticut, Earlham, and Tulsa and in NCCCR’s College for Seniors
- Tuesday, March 13: “The State of the Oceans,” a lecture by Meredith Newman, a Mars Hill College chemist who has taught and conducted research at Idaho National Engineering Lab, the University of Idaho, Clemson University, and Hartwick College
- Tuesday, May 1: A lecture by Mark Bellamy, Director of the African Center for Strategic Studies in Washington, DC
March 30
Blue Ridge Orchestra
Led by music director Milton Crotts, the Blue Ridge Orchestra is a local, volunteer ensemble of over 50 accomplished community musicians who have a passion for the performance of quality symphonic repertoire. The group presents quality concerts throughout the year to the public and to school children throughout the Asheville area. Attend this interesting presentation for an inside peek at the creative process of the orchestra.

April 6
The Continuum of Retirement
When and where to retire and how you will live are big decisions in your early retirement years. But in the continuum that is retirement today, you may find a need to examine living options in your later years. Ann Bass, owner of A Lighter Move and former director of NCCCR’s College for Seniors, will discuss decisions and options available to those contemplating these transitions.

April 20
Stress Management
Larry Cammarata, PhD, offers a view of stress management as an essential self-management skill that encompasses your body, mind, heart, and spirit in relation to self and others. Learn about the association between high emotional levels and physical health.

April 27
Behind the Scenes at NC Stage
North Carolina Stage Company is Asheville’s professional Equity theatre and has been producing award-winning theatre in its downtown space since 2002. Meet Charlie Flynn-McIver, the company’s artistic director, learn about NC Stage’s exciting spring line-up, and get an inside scoop on Asheville’s nonprofit arts industry.

May 4
Physical Therapy
Most of us think of PT as a part of the treatment or recovery process following a traumatic event or surgery. But how can we integrate movements and exercises that will benefit our daily lives? Learn more about how to integrate physical therapy techniques into your daily routine from John McCollum.

May 11
Magnetic Field
The Magnetic Field Theatre is devoted exclusively to the presentation of original works, drawing on the talents of local artists and resources as much as possible. How can and why would a tiny, nonprofit outfit pursue such a costly, risky business, and can they be successful in a city and region with a smaller population base than the few other companies nationwide devoted to a similar agenda? The theatre’s artistic director Steven Samuels has the answers!

May 18
Southern Appalachian Repertory Theatre
The Southern Appalachian Repertory Theatre (SART) is dedicated to presenting theatre of the highest professional quality thereby enriching the Southern Appalachian region through artistic programming, education, and outreach. Come hear from Bill Gregg, the company’s producing artistic director, as he previews the plays for the group’s 38th season that begins June 7 and includes I Love You, You’re Perfect, Now Change; Harvey; The Light in the Piazza; Sweet Water Taste; and Sylvia.
Design Your Creative Retirement

NCCCR Members—Do you know of someone who is planning their retirement or relocation? Please help us spread the word about these unique programs!

Paths to Creative Retirement, held twice each year, helps participants create a meaningful retirement based on their values and priorities. Participants consider:

- When should I retire?
- How will I spend my time after I retire?
- How will I find purpose and meaning?
- How will my identity change in retirement?
- How will retirement affect my relationships?
- How do I investigate work and volunteer opportunities?

Friday, Saturday and Sunday sessions are facilitated by trained Center members in large and small groups.

April 13-15 or August 31-September 2, 2012 • $850 per person

At the Creative Retirement Exploration Weekend, we focus specifically on relocating in retirement—whether to Asheville or anywhere else. Join us to examine:

- What retirement lifestyle suits me?
- Am I ready to relocate?
- Which community is best for me?
- What type of housing will meet my needs now and for years to come?
- How will I find community in my new hometown?
- What do I do with all my stuff?

Our optional Sunday program is for those who are considering Asheville for relocation.

May 25-27, 2012 • $400 per person before May 1 • $450 per person after May 1

www.PathstoCreativeRetirement.com
www.AshevilleCREW.com

For more information:
Michelle Rogers, 828-250-3871
mrogers@unca.edu
Welcome spring with one-day and weekend workshops that fit your interests and schedule. NCCCR membership is not required to register, and workshops are open to the public. Workshops have limited space. Register on catalog page 19 or 21. Refunds are available until 14 days before the workshop; a $10/person fee is non-refundable.

**Make a Splash in Watercolor**
CRN#20002
Friday, March 16
1 – 4 pm
Saturday & Sunday, March 17 and 18
9 am – 4 pm
Fee: $175/member
$185/non-member

Learn a new approach to watercolor painting and release your inner muse! You learn to create a “start” (wet washes of bold color), and you then develop your painting based on imagery that emerges. This is a highly liberating way to work—the painting informs and inspires you to see the next step. **Previous watercolor experience preferred.**

**Jane Snyder** (Janesnyder57@charter.net) has been practicing and studying art for over 15 years. Jane is a passionate teacher and is delighted to share what she knows. She always finds time to focus on the individual needs of each student. For more information visit her website: www.janesnyderart.com

**Vanquishing Evil From Your PC**
CRN#20005
Saturday, March 17
9 am – 12 pm

Fee: $30/person

Finding a virus on your PC is traumatic, but you don’t have to be a victim—and you DON’T have to lose precious data (or sleep). This workshop shows how to remove and, more importantly, prevent viruses and malware from taking over your computer. **Suitable for all users, from beginner to expert.**

**Mike Honeycutt** (mike@mikehoneycutt.com) has worked in all areas of computing for 30 years. He currently helps people in their homes through his “Geek in a Jeep” business.

**Get Big with Painting**
CRN#20003
Friday, March 30
12 – 4 pm
Saturday, March 31
10 am – 4 pm
Fee: $115/member
$125/non-member

Move to a new level of painting and enter the world of BIG canvases! In this exciting hands-on workshop you will learn how to transfer a small picture to a really large canvas. Get ready to overcome the “big canvas fear factor” in a friendly, supportive environment. **Basic painting skills required.**

**Materials Requirements:** Participants should bring their own oil or acrylic paint, brushes (large and some small), pencil/charcoal, palette, containers for water and mixing, 1 to 3 canvases (30”X24” or larger), paper for sketching, ideas and photos for your subject matter.

**Ursula Gullow** (ursulagullow@gmail.com) is an experienced teacher and award-winning painter who has been exhibiting her work nationally for over 10 years. In 2009, the NC Arts Council awarded Ursula a Regional Artists Project Grant. For more information visit her website: www.ursulagullow.com

**Jewelry Construction & Repair**
CRN#20004
Saturday, April 21
9:30 am – 4 pm
Fee: $35/person

Jewelry gets broken sometimes, and here’s your chance to learn to fix it yourself! In the morning, you will learn to examine and repair broken jewelry and learn techniques of jewelry construction and design. In the afternoon, you learn to select and use the correct stringing materials. You will also learn how to use elements from existing jewelry to create a new piece, make a new piece with your own beads, or choose from a selection of beads supplied by the instructor.

**Materials Requirements:** Tools and supplies will be provided for student use.

**Barry Olen** (beadbeyond@mindspring.com) has been creating and teaching jewelry construction and design for 30 years. He has studied lapidary, casting, and jewelry fabrication and enjoys helping others turn an idea into a finished work of wearable art. For more information visit his website: www.beadsandbeyond.com
**Making Better Travel & Vacation Photographs**  
CRN# 20097  
Saturday, April 28  
9 am – 5 pm  
Fee: $95/member  
$105/non-member

Make your travel and vacation photographs come to life. In this workshop you will learn to research and plan your trip with photography in mind. Come to know the best times of day to shoot particular subject matter, working in urban vs. rural environments, shooting in low light and difficult lighting situations, and getting great exposures every time. This is useful whether you are photographing buildings, people, or landscapes. You will also learn to use a camera flash unit to improve your images. **Basic familiarity with your camera is helpful.**

**Tim Barnwell** (barnwellphoto@hotmail.com) is a professional photographer and author of three books of photography: *The Face of Appalachia, On Earth’s Furrowed Brow*, and *Hands in Harmony*. Tim has taught photography for over 30 years. For more information, visit his website: www.barnwellphoto.com

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**Refuse to be a Victim**  
CRN# 20098  
Saturday, May 12  
10 am – 3 pm  
Fee: $40/person

Keep safe, and stay well! This workshop gives you common-sense knowledge and strategies you need to avoid becoming a victim of crime. You will learn to develop an awareness that helps you to develop your own plan to remain safe in virtually any environment (home, work, travel, events, etc.). This is a must-attend workshop; don’t wait until it’s too late!

**Materials Fee:** $15/person (payable to the instructor) to purchase *Refuse to Be a Victim Student Book*

**Bob Plyler** (instructor@acumenarms.com) is a UNC Asheville graduate with a BA in psychology; he also attended Western Carolina Graduate School. He is a military and Vietnam veteran, former NC law enforcement officer, and is a certified *Refuse to Be a Victim* instructor. For more information visit his website: www.acumenarms.com

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**Astronomy & Star Gazing**  
CRN# 20096  
Tuesday, May 15  
8:30 – 11:30 pm  
Fee: $35/person

Get intimate with the stars. This three-hour workshop starts with an informative one-hour PowerPoint presentation describing the celestial phenomena, followed by two hours of guided viewing through high-quality telescopes provided for use during the class. The workshop and viewing will focus on three planets (Saturn, Mars, and Venus) plus binary stars and globular clusters.

**Bernard Arghiere and William Roskind** (wlrbus@att.net) have been involved in astronomy for more than a decade and have taught numerous astronomy-related courses at NCCCR and UNC Asheville. For more information visit the Asheville Astronomy Club website: www.astroasheville.org

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**Make a Tablet Portfolio**  
CRN# 20006  
Friday, May 18  
1 – 4 pm  
Fee: $40/person

Learn to make a hard cover portfolio that really tells a story. You will create your own book, bound with book cloth, into which a 5”X7” tablet is inserted. Japanese papers and other decorative papers will be used to cover the books.

**Materials Fee:** $8/person (payable to the instructor). All supplies for the book are provided by the instructor, but you may also bring and use your own papers and embellishments.

**Jean McGrew** (jean@jeanmcgrewtextiles.com) has been making textile art since her grandmother taught her to embroider. She began her interest in book arts while living in Santa Fe, NM, working professionally as a hand-weaver. Jean brought her love of textiles to Asheville and continues to find great joy in making both woven and book art. For more information visit her website: www.jeanmcgrewtextiles.com
The largest program of the NCCCR is College for Seniors (CFS), a lifelong learning program in its 23rd year, offering more than 280 courses to 1600 members annually during four terms:

- **Spring**: March 26 - May 21, 2012
- **Summer**: June 18 - July 30, 2012
- **Fall**: September 17 - November 9, 2012
- **Winter**: January 14 – February 25, 2013

**SPRING 2012**

March 26 – May 21, 2012

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

**Fee: $115 for the term**

This flat fee allows you to register for up to 3 courses, listed on pp. 16-38, during the initial phase of registration. Schedule confirmation will be sent on March 9. After you receive your schedule, you may add additional courses without cost. Courses may be added prior to the start of the second class period in the course.

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

**NCCCR Membership is required**

**REFUNDS:** Cancellation must be received by March 23 for a full refund. This applies to ALL fees for CFS classes.

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**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:

- May 14 - 4:30-6:30 pm
- August 13 – 4:30-6:30 pm

**Guides**

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

**Course Proposal Due Dates:**

- April 15 for Fall 2012
- July 15 for Winter 2013
- October 15 for Spring 2013

Proposal forms are available on the NCCCR website at www.ncccr.com.

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**QUESTIONS ABOUT CFS? SUGGESTIONS?** Contact CFS Director Susan Poole: 828-251-6873
Appalachian Studies

Interest in Appalachian lifestyle, culture, and customs is a natural outgrowth of living in this region. In light of this curiosity, the College for Seniors developed an Appalachian Studies program to present a continuing series of courses and events specifically highlighting the region, its heritage, and its future. To find these courses, look for the tree logo next to listings. Appalachian studies courses offered in Spring 2012 are: Learn to Play the Mountain Dulcimer (p. 29), Threats to Biodiversity and Landscape Integrity in the Southern Appalachians (p. 35), The History of Buncombe County (p. 24), Reconstruction and the Formation of the New South (p. 24), Robert E. Lee and the Army of Northern Virginia (p. 25), Southern Literary Belles (p. 28), Analyzing your Mountain Home Site (p. 30), Spring Wildflower and Bird Identification (p. 34), and Western North Carolina During the Civil War Era (p. 25).

Small Group Learning Circles

Learning Circles are courses designed to encourage participants to share their life experiences in a facilitated conversation group. Each member of a Learning Circle is both a learner and a teacher; the emphasis is on the individual’s experience as it relates to the topic. Learning Circles encourage exploration of different points of view and use dialogue in a format distinct from discussion and debate. To find courses that are Learning Circles (as opposed to those that are lecture and discussion courses), look for the circle logo next to each course. Learning Circles offered in Spring 2012 are: Living with Hearing Loss (p. 31), The Art of Facilitation (p. 30), Life After Loss-Creating Your Plan (p. 31), Men Exploring Meaning During Life Transitions, (p. 31), and Miss Representation (p. 23).

Think Outside the Box!

The College for Seniors is enriched by proposals from many individuals whose areas of expertise cross traditional discipline lines. We want to make sure you are aware of courses that could be listed in multiple disciplines as you search the catalog under a specific curriculum topic. Multidisciplinary courses in Spring 2012 are: Studies in Skepticism (p. 34), State Government: A Citizens’ Toolkit (p. 23), Miss Representation (p. 23), Beer: A Journey through Time (p. 17), Suddenly Single (p. 17), Interpretive Writing About Life’s Experiences (p. 31), Gadgets: Need or Want (p. 31), European Cave Art (p. 32), Creating Photos and Poetry to Explore Wabi-Sabi (p. 32), Positive Psychology at the Movies (p. 33), Profiles in Prophetic Leadership (p. 33), and The History of Anti-Semitism (p. 33).
<table>
<thead>
<tr>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
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<tr>
<td><strong>9 – 11 am</strong></td>
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<td>Cosmic Imagining by Dante and Tolkien</td>
<td>Analyzing Your Mountain Homesite</td>
<td>Embellish It!</td>
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<td>History of Anti-Semitism</td>
<td>Men Exploring Meaning</td>
<td>History of <em>Sports Illustrated</em></td>
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<td>Interpretive Writing About</td>
<td>Persistent Themes in Popular Music</td>
<td>Older, Wiser, Sexually Smarter II</td>
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<td>Life’s Experiences</td>
<td>Eight Brocade Qigong</td>
<td>Piano Lecture Recitals</td>
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<td>Robert E. Lee</td>
<td>Reconstruction and the Formation of the New South</td>
<td>Profiles in Prophetic Leadership</td>
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<td><strong>11:30 am – 1:30 pm</strong></td>
<td>Spring Wildflower and Bird Identification</td>
<td>Vegetarian Macrobiotic Cooking</td>
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<tr>
<td>Everything I Needed to Know I Learned From Fairy Tales</td>
<td>Studies in Skepticism</td>
<td><strong>11:30 am – 1:30 pm</strong></td>
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<td>Idealism, Pragmatism, and Realism</td>
<td><strong>11:30 am – 1:30 pm</strong></td>
<td>Bury the Hatchet</td>
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<td>Intermediate Tap</td>
<td>Acting Toward Performance</td>
<td>Everybody’s Got a Story</td>
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<td>Life After Loss</td>
<td>The Art of Facilitation</td>
<td>Frank Lloyd Wright</td>
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<td>Performing Stand-Up Comedy</td>
<td>Asheville on the Cheap</td>
<td><em>Miss Representation</em></td>
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<td>Varieties of Early Christianity</td>
<td>Post-Holocaust Theology</td>
<td>Scrabble</td>
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<td><strong>2 – 3:30 pm</strong></td>
<td>Saul Bellow’s <em>Seize the Day</em></td>
<td>State Government</td>
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<td>Journey Dance/ Move Your Body</td>
<td>Southern Literary Belles</td>
<td><strong>12:30 – 2 pm</strong></td>
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<td><strong>2 – 4 pm</strong></td>
<td>Wonders of MS Word 2003</td>
<td>Continuing Piano</td>
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<td>American Society in War, Prosperity, and Depression</td>
<td><strong>2 – 4 pm</strong></td>
<td><strong>2 – 3:30 pm</strong></td>
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<td>Exploring PowerPoint</td>
<td>Baseball for the New Fan</td>
<td>Re-Creative Retirement Yoga</td>
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<td>Joseph Conrad’s Best Short Fiction</td>
<td>Beer</td>
<td><strong>2 – 3:30 pm</strong></td>
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<td>Learn to Play the Mountain Dulcimer</td>
<td>Beginning Ballroom</td>
<td>Yoga for the 2nd 50 Years</td>
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<td>Literary Adaptations in the Silent Era</td>
<td>History of Buncombe County</td>
<td><strong>2 – 4 pm</strong></td>
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<tr>
<td>Living with Hearing Loss</td>
<td>James Joyce’s <em>Ulysses</em></td>
<td>Computers – R – Us</td>
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<tr>
<td>Stay Fit</td>
<td>World’s Greatest Short Stories</td>
<td>European Cave Art</td>
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<tr>
<td><strong>4:30 – 6:30 pm</strong></td>
<td><strong>2 – 5 pm</strong></td>
<td>Infinity</td>
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<tr>
<td>Suddenly Single</td>
<td>Met at the Movies</td>
<td>Intermediate Knitting</td>
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<tr>
<td><strong>6:15 – 8:15 pm</strong></td>
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<td>Think on These Things</td>
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</table>

**2012 Calendar**

This is a quick-reference for course days and times; see course listing for details.

For changes that occur after the catalog goes to print, see
"Catalog Updates" at www.ncccr.com
thursdays

9 – 11 am
Awareness Through Movement……... 36
Creating Photos and Poetry
to Explore “Wabi-Sabi”……………… 32
I am Lion, Hear Me Roar……………… 18
Intermediate French E………………… 27
Intermediate Piano…………………... 29
More Drawing for Fun…………...... 16
Play of the Hand: Bridge III……... 37
Threats to Biodiversity……………… 35
Your Grandmother’s Crochet
Wisdom…………………………... 16

11:30 am – 1:30 pm
Beginners’ French B………………... 25
Four Best Short Stories of 2010…… 27
Joyce’s A Portrait of the Artist as
a Young Man……………………... 27
T’ai Chi for Back & Balance………… 38
What We Leave Behind……………… 32
Wild West Road Trip……………………... 25

2 – 4 pm
Advanced Beginner Line Dance……... 35
Advanced French E………………... 25
Free Alternative to Photoshop……... 18
Gadgets…………………………... 31
Western NC During the Civil
War……………………………… 25

fridays

9 – 10:30 am
Optimizing the Whole Self with
the Alexander Technique…………... 37

9 – 11 am
Investing History…………………... 17
The Lure of Central Asia…………... 24
Positive Psychology at the
Movies…………………………... 33
Yoga for Quilters, Crafters, &
Computer Users…………………... 38

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

Fabulous Fridays
Lunches
See page 8 for details.

New Member
Welcome
Friday, March 23, 10 am
Learn about programs & activities.
Find ways to participate in our
community of learners
• Meet new friends
• Ask questions
• Get involved

workshops

Friday, March 16,
1 – 4 pm
Saturday & Sunday, March 17 & 18
9 am – 4 pm
Make a Splash in Watercolor…………... 10

Saturday, March 17
9 am – 12 pm
Vanquishing Evil From Your PC……... 10

Friday, March 30
12 – 4 pm
Saturday, March 31
10 am – 4 pm
Get Big With Painting………………... 10

Saturday, April 21
9:30 am – 4 pm
Jewelry Construction & Repair………... 10

Saturday, April 28
9 am – 5 pm
Making Better Travel & Vacation
Photographs…………………………... 11

Tuesday, May 8
8:30 – 11:30 pm
Astronomy & Star Gazing…………... 11

Saturday, May 12
10 am – 3 pm
Refuse to Be a Victim………………... 11

Friday, May 18
1 – 4 pm
Make a Tablet Portfolio………………... 11
Architecture

Frank Lloyd Wright: America’s Most Famous Architect
CRN# 20007
8 weeks: Mar. 28, Apr. 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 11:30 am - 1:30 pm

Discover Wright’s contributions to architecture through multi-media presentations, lectures, and discussions. What were Wright’s design concepts? How did Wright design and construct his buildings? How did the women in Wright’s life influence him? Which of Wright’s innovations are commonplace today? We’ll explore these and many other topics utilizing six DVDs and over four hundred images of his projects, furniture, and art glass.

Bob Mellor (bm.ncccr@charter.net) has been awed by Wright since visiting Fallingwater many years ago. Since then he’s been collecting stories about Wright and visiting as many of his buildings as possible.

Arts & Crafts

Intermediate Knitting
CRN # 20009
8 weeks: Mar. 28, Apr. 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 2 - 4 pm

Participants should have taken the previous course Learn to Knit or be able to cast on, cast off, knit, and purl. We will use beaded trims, appliqués, crystals, fabric paints, and transfers to embellish T-shirts and sweatshirts. Bring your sewing machines, bobbins, manuals, T-shirts and sweatshirts to class. Let your creativity flow! Materials fee: $2, payable to the instructor at the first class. Please contact the instructor for a materials list before the start of the course.

Barbara Stein (barb@mbstein.net) is a retired high school math teacher, and, as such, has learned to be very patient. She is also a lifelong knitter.

Embellish It!!
CRN # 20008
8 weeks: Mar. 28, Apr. 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 9 - 11 am

This is a fun, hands-on course for the intermediate sewer/quilter. Topics to be covered include altering a T-shirt to make it fit and then embellishing it. We will use beaded trims, appliqués, crystals, fabric paints, and transfers to embellish T-shirts and sweatshirts. Bring your sewing machines, bobbins, manuals, T-shirts and sweatshirts to class. Let your creativity flow! Materials fee: $2, payable to the instructor at the first class. Please contact the instructor for a materials list before the start of the course.

Ulana Mellor (ulanacfs@charter.net) discovered her passion for beading and quilting, especially wearable art, after moving to Asheville.

More Drawing for Fun: Landscapes and Portraits
CRN # 20010
1st 4 weeks: Mar. 29, Apr. 5, 12, 19
Thursdays, 9 - 11 am

This course continues teaching participants to draw basic subjects. Simple materials are used to reduce concerns with technique. Landscapes and portraits are covered. Emphasis is placed on seeing and a five-step process. 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 twelve years.

Your Grandmother’s Basic Crochet Wisdom
CRN # 20011
2nd 4 weeks: Apr. 26, May 3, 10, 17
(note late start date)
Thursdays, 9 - 11 am

Learn as we discover basic chains, single, half double, and double crochet for a simple starter project, and receive inspiration for further application of those basics.

Rita de Maintenon (ritadeheirloomtreasures@yahoo.com) is a retired educator, trained in all fiber arts while growing up in Europe. She is a member of the Southern Highland Craft Guild, HandMade in America, a Blue Ridge National Heritage Artist, and a Craft Yarn Council certified instructor. Her goal is to practice the preservation and heritage of heirloom, vintage and Victorian designs and techniques.
**Business, Law and Finance**

**Beer: A Journey Through Time**  
CRN # 20012  
2nd 4 weeks: Apr. 24, May 1, 8, 15  
(note late start date)  
Tuesdays, 2 - 4 pm

This course will review both the world’s and United States’ history of the brewing industry, explain beer styles, economics of distribution, societal impact, both negative and positive, and provide a tour of an actual working brewery.

**Gerry Sigmon** (Gerry@highlandbrewing.com) has been involved with the United States brewing industry since 1969. He has held positions with major brewers on all levels. A graduate of Marshall University, he currently works as a consultant to the Southeast’s craft brewing industry. **Oscar Wong** (Oscar@highlandbrewing.com) is the founder of Highland Brewing, Western North Carolina’s first legal brewery since prohibition. He is a graduate of the University of Notre Dame and prior to starting Highland Brewing in Asheville, owned and managed an engineering firm in the nuclear energy industry.

**Investing History: Past, Present and Your Future**  
CRN # 20013  
7 weeks: Mar. 30, Apr. 6, 20, 27, May 4, 11, 18  
(no class on Apr. 13)  
Fridays, 9 - 11 am

We will gain a better understanding of today’s investment choices by seeing how much the past affects the present. We will follow the first stock through history, wars, and ever present corruption. Together we will finish with a clear understanding of where investments originated and how best they might be used today.

A financial advisor and native of London, England, **Stephen Herbert** (Stephen.herbert@edwardjones.com) has provided financial advice to individual investors in the United States and the United Kingdom for the past twenty years.

**Suddenly Single**  
CRN # 20014  
1st 4 weeks: Mar. 26, Apr. 2, 9, 16  
Mondays, 4:30 - 6:30 pm

This program is developed to address key areas of dealing with becoming “suddenly single,” delivered by an integrated team of professionals who are well qualified to provide practical advice regarding the emotional, financial, tax, and legal aspects of this life transition. Participants will learn which issues require immediate attention to ensure that they and their families remain secure.

**John Sterritt** (John.Sterritt@ubs.com) is a senior vice president for investments for UBS Financial Services. **Beth Starling** (bstarling@charter.net) is a licensed marriage and family therapist, as well as a licensed professional counselor. **Carole Spainhour** (cspainhour@ltatlaw.com) practices elder law and estate planning law and chairs the elder law section of the North Carolina Bar Association. **George Gabler** (george@gablermolis.com) is the chief executive officer of Gabler Molis and Company, PA, a firm of certified public accountants, and is a member of the American Institute of Certified Public Accountants.

<table>
<thead>
<tr>
<th>Computing</th>
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**Please note that following the description of each course, there are Minimum Requirements listed. You must meet the requirements in order to participate in the course. If you enroll in the course and do not meet the 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.**

**Computers-R-Us**  
CRN # 20015  
1st 4 weeks: Mar. 28, Apr. 4, 11, 18  
Wednesdays, 2 - 4 pm

This course will show students how to deal with the most common computer issues facing PC users every day. Students will learn how a computer works, how to work with files and folders, how to speed it up, how to protect their PC, surf the web and email safely, safeguard their computer data, and how to buy a new PC. **Minimum Requirements:** Must have owned and operated a PC (desktop or laptop) for at least a year.

**Richard Feeman** (rlfeeman@gmail.com) is a technology professional with thirty-seven years of experience. He has been working with personal computers for twenty-five years. He helps others resolve computer problems around Asheville.
Exploring PowerPoint
CRN # 20016
8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14
Mondays, 2 - 4 pm

This course is an opportunity to learn to go from making PowerPoint slides to delivering your PowerPoint. Learn how to put in bullets, vary backgrounds, design templates, graphics, animations, transitions, links, and sounds. Please bring a flash drive to the first class. Minimum Requirements: Familiarity with a word processing program like Microsoft Word.

Gail Sobel (gnsobes@charter.net) has taught PowerPoint for over fifteen years in various educational settings. She has also been called upon to make and give PowerPoint presentations for several nonprofit organizations.

Free Alternative to Photoshop
CRN # 20017
6 weeks: Mar. 29, Apr. 5, 12, 19, 26, May 3
Thursdays, 2 - 4 pm

GIMP (GNU Image Manipulation Program) is a free, open source application that has the same advanced functionality as Photoshop and is available for Windows, Mac OS, and Linux. This course will provide an overview of GIMP, its features and functions, and examples of using it instead of Photoshop. It will be a lecture-discussion with examples to be worked at home after each class. This is NOT a hands-on course. Minimum Requirements: Familiarity with using a computer to view and/or edit photos.

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

I am Lion, Hear Me Roar!
CRN # 20018
6 weeks: Mar. 29, Apr. 5, 12, 19, 26, May 3
Thursdays, 9 - 11 am

A major revision (10.7 named Lion) of OSX, the operating system of Apple computers, has been available since July 2011. Are you still pondering whether you can or want to upgrade to take advantage of more than two hundred new features? Have you upgraded and are still challenged in using Lion? Are you roaring right along and would like to share your successes in taming Lion? If your answer is YES to any of these questions, join us in exploring the future of Lion in the new era of iCloud computing. Recommended text: Take Control of Using Lion Version 1.1, Matt Neuberg, ISBN: 978-1-61542-391-0. Cost: $2 group purchase.

A Macster since 1987, Larry Fincher (larryfincher@me.com) has taught many Macintosh computer courses at the College for Seniors. Joe Baum (baumjoe@me.com) has used Macs for over twenty years and has taught Mac classes and given Mac SIG demonstrations.

Wonders of Microsoft Word 2003
CRN # 20019
1st 4 weeks: Mar. 27, Apr. 3, 10, 17
Tuesdays, 11:30 am - 1:30 pm

What you always wanted to know about Microsoft Word (but didn’t know whom to ask!). The topics covered in this class will be determined by what you as a student want to know. Possible explorations may include graphics, tables, tabs, sorting, and printing envelopes and labels. Before the first class, you will be asked to submit three questions, and we’ll take it from there. Minimum Requirements: Successful completion of the Introduction to Word class and/or at least six months of using Word proficiently is required.

Barbara Jaslow (barbjas@aol.com) was a corporate trainer in New York City, specializing in PC software applications. She has a degree in English from UCLA, a master’s degree in education, and has done post-graduate work in computer programming.
NCCCR Spring 2012

Banner ID: __________________________________________________________ Enrolled by: _______ Verified by: _______ Amt: $_______ Ca/Ck #: _______

Check here if your postal or email address has changed  ❑

Name __________________________________________ Last First MI Name for nametag, if different

Address __________________________________________ Street/PO Box City State ZIP

Phone _______/_______ Birth Date _______/_____/_____/ E-mail address __________________________________________

Emergency Contact __________________________________________ Name __________________________ Relationship __________________________ Daytime phone __________

College for Seniors (CFS): NCCCR Membership is required to register for CFS classes. You may initially register for up to 3 CFS courses. Submit your registration starting February 23 for best availability. Your schedule will be sent to you on March 9. After you receive your schedule, you may drop or add as many courses as you can schedule. Complete a Drop/Add Form available in Reuter Center office or call 251-6140.

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

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<tr>
<th>Priority</th>
<th>Course Name</th>
<th>5-Digit CRN #</th>
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If any of the above courses are not available, try these alternates:

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6. ______________________________ | ___ ___ ___ ___ ___ | 6. E N |

I am listing several options above and want to take this number of courses (up to 3): ❑

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

Add $20 to your $115 CFS fee for each CFS Wellness & Recreation course marked with a $20

Spring 2012 College For Seniors Fee – $115 (Carry forward your CFS SUBTOTAL to the next page)
Spring 2012 College For Seniors Registration Fee – $115.  
(From previous page)

Workshops, NCCCR Membership NOT required (see p. 10 – 11)
20002_____Make a Splash in Watercolor ($175/member; $185/non-member)  
20005_____Vanquishing Evil From Your PC ($30/person)  
20003_____Get Big with Painting ($115/member; $125/nonmember)  
20004_____Jewelry Construction & Repair ($35/person)  
20097_____Making Better Travel & Vacation Photographs ($95/member; $105/nonmember)  
20098_____Refuse to be a Victim ($40/person)  
20096_____Astronomy & Star Gazing ($35/person)  
20006_____Make a Tablet Portfolio ($40/person)

Workshop SUBTOTAL $_________

Become a 2011-12 NCCCR Member for $60
Membership year is August 1-July 31.

Health and Fitness Center Membership - $350
NCCCR Membership REQUIRED. This is an annual membership and runs from the date of purchase for 365 days.

Add SUBTOTALS and enter TOTAL PAYMENT

• Bring or mail this form with your payment (cash or check only)  
• Attach your scholarship application  
  (if applicable)

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

TOTAL PAYMENT ENCLOSED $_________

Cash or checks only
Make checks payable NCCCR

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☐ Short term/events (<month)  
☐ Ongoing (3-12 months)  
☐ Marketing  
☐ Strategic planning  
☐ Membership  
☐ Teaching  
  (subject:____________________)  
☐ Office work  
☐ Finance  
☐ Planning programs  
☐ Civic Engagement  
☐ Planning events  
☐ Health & Wellness  
☐ Reuter Center facility  
☐ Other interests or expertise:  
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## NCCCR Spring 2012

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### Emergency Contact
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- Relationship: ____________________________
- Daytime phone: ____________________________

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### College for Seniors (CFS):
NCCCR Membership is required to register for CFS classes. You may initially register for up to 3 CFS courses. Submit your registration starting February 23 for best availability. Your schedule will be sent to you on March 9. After you receive your schedule, you may drop or add as many courses as you can schedule. Complete a Drop/Add Form available in Reuter Center office or call 251-6140.

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

### Priority

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

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I am listing several options above and want to take this number of courses (up to 3):

- ☐

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

Add $20 to your $115 CFS fee for each CFS Wellness & Recreation course marked with a S20.

### Spring 2012 College For Seniors Fee – $115
(Carry forward your CFS SUBTOTAL to the next page)

CFS SUBTOTAL $ ________
Spring 2012 College For Seniors Registration Fee – $115.  
CFS SUBTOTAL $ ________

(From previous page)

Workshops, NCCCR Membership NOT required (see p. 10 – 11)
20002_______Make a Splash in Watercolor ($175/member; $185/non-member)
20005_______Vanquishing Evil From Your PC ($30/person)
20003_______Get Big with Painting ($115/member; $125/non-member)
20004_______Jewelry Construction & Repair ($35/person)
20097_______Making Better Travel & Vacation Photographs ($95/member; $105/nonmember)
20098_______Refuse to be a Victim ($40/person)
20096_______Astronomy & Star Gazing ($35/person)
20006_______Make a Tablet Portfolio ($40/person)

Workshop SUBTOTAL $__________

Become a 2011-12 NCCCR Member for $60
Membership SUBTOTAL $__________

Membership year is August 1-July 31.

Health and Fitness Center Membership - $350  
HFC SUBTOTAL $ _________

NCCCR Membership REQUIRED. This is an annual membership and runs from the date of purchase for 365 days.

Add SUBTOTALS and enter TOTAL PAYMENT
• Bring or mail this form with your payment (cash or check only)
  • Attach your scholarship application
  (if applicable)

TOTAL PAYMENT ENCLOSED $ ________

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☐ Marketing                    ☐ Planning programs
☐ Strategic planning       ☐ Civic Engagement
☐ Membership                   ☐ Planning events
☐ Teaching                     ☐ Health & Wellness
   (subject:____________________) ☐ Reuter Center facility
☐ Other interests or expertise:

____________________________________________

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State Government: A Citizen’s Toolkit
CRN # 20020

8 weeks: Mar. 28, Apr. 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 11:30 am - 1:30 pm

The success of democratic institutions is directly related to citizens’ active participation. Effective participation in these institutions requires knowledge of their functions, obligations, and constraints as well as how to successfully interact with them. Participants will learn the functions of the various state government entities, contact information for unelected officials, and to whom they are responsible within that system. The accomplishments achieved and the challenges to these entities will be discussed where appropriate. Methods of effective advocacy will be explored and include the role of lobbyists. Guest speakers include secretaries of the North Carolina Department of Health and Human Services and of the Insurance Commission, chair of the State Board of Elections, a former Supreme Court Justice, a former member of the North Carolina House of Representatives, and the legislative director of the Office of the Governor. Also presenting together will be a free-lance lobbyist and a nonprofit lobbyist for lobby and government reform.

Co-coordinator Jane Whilden (jane.whilden@gmail.com) is a former representative of the North Carolina House of Representatives and a former director of the Governor’s Western Office. Co-coordinator Tom Coulson (tomcoulson@aol.com) is currently a board member of North Carolina Voters for Clean Elections, where he formerly served as president. He has also served as the chair of the Buncombe County Aging Consortium and board member of Common Cause of North Carolina.

Literary Adaptations in the Silent Era
CRN # 20021

8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14
Mondays, 2 - 4 pm

This is an eight-week course that showcases silent film treatments of celebrated literary works. Films include Carmen, Faust, Oliver Twist, and Blood and Sand. Stars to be featured will include Ronald Colman, Emil Jannings, Geraldine Ferrar, and Rudolph Valentino.

Chip Kaufmann (jjk44@bellsouth.net) is currently a member of the Southeastern Film Critics Association, provides pre-concert lectures for the Asheville Symphony Orchestra, and is an announcer at WCQS-FM.

Gender Studies

Miss Representation
CRN # 20022

1st 4 weeks: Mar. 28, Apr. 4, 11, 18
Wednesdays, 11:30 am - 1:30 pm

The documentary Miss Representation explores the portrayal of women in the United States media. Women are typically valued for their youth, beauty and sexuality. We will view the film in its entirety and break into small groups to discuss the impact of the media on our lives, raising our awareness of what has been done, and consider how our voices can be heard to have women represented for their talents, abilities and capacities.

Darlene Colmar (darlenecolmar@gmail.com) has been following the making of the documentary Miss Representation for over a year and is excited to be able to explore its message in a learning circle format.

American Society in War, Prosperity and Depression
CRN # 20023

8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14
Mondays, 2 - 4 pm

This course begins on the eve of the First World War, focusing on the various reform movements of America’s social and political institutions. Using lecture, slides, and film, we’ll explore how the rapid rise of industrialization, a huge surge in immigration, and an unparalleled growth of cities brought complex social problems, political corruption, and a concentration of corporate economic power which continued through war, prohibition, prosperity, and economic depression.

Renée Melchiorre (reeneelacio@yahoo.com) has a BA from the University of Michigan and an MA from the University of Kansas, where she taught classes on the rise of industrial America and the Great Depression.
The History of Buncombe County
CRN # 20024
1st 4 weeks: Mar. 27, Apr. 3, 10, 17
Tuesdays, 2 - 4 pm

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

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

The History of Sports Illustrated
CRN # 20025
1st 4 weeks: Mar. 28, Apr. 4, 11, 18
Wednesdays, 9 - 11 am

Travel back to the 1950s when the worlds of sports and mass media were very different than they are today, and learn why America’s premier magazine publisher nearly failed when they launched a sports weekly. This will also explain Sports Illustrated’s history with the Olympics, and how a decision made about coverage of the 1956 Games led to the person who saved the magazine.

Larry Griswold (si54guy@gmail.com) sold advertising for three decades in New York, concluding with nineteen years at Sports Illustrated. He was known throughout the staff for his thorough knowledge of the magazine.

Idealism, Pragmatism, and Realism in the Foreign Policies of Three Democratic Presidents
CRN # 20026
8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14
Mondays, 11:30 am - 1:30 pm

A study of the foreign policies of Wilson, FDR, and Truman demonstrates the strengths and weaknesses of three ways of conducting foreign policy: idealism, pragmatism and realism. We will explore the policies of these three presidents who happen to be Democrats and assess their effectiveness.

Jim Lenburg (jlenburg@mhc.edu) taught history at Mars Hill College for thirty-three years before retiring. He has been teaching courses at the College for Seniors for the past three years. His interests are American foreign relations, modern China, and United States history since the end of World War II.

The Lure of Central Asia
CRN # 20027
8 weeks: Mar. 30, Apr. 6, 20, 27, May 4, 11, 18, 21
(no class on Apr. 13)
Fridays, 9 - 11 am

If there is a whit of romanticism in your psyche, you will be whooshed away by the exotic lore of Central Asia. On a virtual magic carpet, we will look back centuries ago at the Great Game, the fabled Silk Road, legendary Bohhara and Samarkand, fierce Kyrgyz horsemen, Kabul (the rooftop of the world), and lifestyles and lore of the people. In a jolting conclusion, we will discuss the harsh reality of today’s geopolitics in Central Asia.


Mary Lasher (mlelasher.avl@gmail.com) has visited three Central Asian states to pursue her historical interest in the area. She has taught 25 history and world affairs courses at the College for Seniors, including many on the non-Western world.

Reconstruction and the Formation of the New South
CRN # 20028
1st 4 weeks: Mar. 27, Apr. 3, 10, 17
Tuesdays, 9 - 11 am

Interpreting post-Civil War Reconstruction has often been controversial, but excellent historical studies over the past fifty years have established a consensus on what happened. After Reconstruction, the South charted a new path of economic development. However, the underside was poverty for small farmers that produced the Populist movement and restrictions on blacks which annulled their Reconstruction achievements.


Tom Sanders (tsanders.avl@gmail.com) holds an AB in history from Duke University and a PhD in religion from Columbia. He has taught a number of courses on American history at the College for Seniors.
### History

**Robert E. Lee and the Army of Northern Virginia**  
CRN # 20029  
8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14  
Mondays, 9 - 11 am  
The outstanding military leader in the American Civil War was unquestionably Robert E. Lee. Lee organized and commanded the army of Northern Virginia from the Peninsula Campaign in 1862 until his surrender at Appomattox in 1865. Lee had to take many disparate individuals and mold them into an army. Always outnumbered and “out supplied,” Lee nevertheless earned the deep and abiding admiration of his army and the people of the South. He also inspired a great awe in the minds of his opponents. This will be the story of how he shaped that army and how he led it through those very difficult times.  
**Bert Lockwood** ([kelockwood@mindspring.com](mailto:kelockwood@mindspring.com)), an automotive engineering graduate of the University of Michigan, has been a long-time student of military history.

**Western North Carolina During the Civil War Era**  
CRN # 20030  
8 weeks: Mar. 29, Apr. 5, 12, 19, 26, May 3, 10, 17  
Thursdays, 2 - 4 pm  
Participants in the course will share an understanding of mountain culture, society, and economic systems. They will document how new government policies, military events, and social and political tensions changed mountain communities and people. We will also explore the long-term effects of this experience on the region and its population.  
**Gordon McKinney** ([gordon_mckinney@berea.edu](mailto:gordon_mckinney@berea.edu)) was a professor of history at Western Carolina University and director of the Appalachian Center and professor of history at Berea College.

### The Wild West Road Trip

CRN # 20031  
2nd 4 weeks: Apr. 26, May 3, 10, 17  
(note late start date)  
Thursdays, 11:30 am - 1:30 pm  
This course will take the participant on a four-week virtual journey through the land known as the Wild West. Through lectures and slides, we will cover routes, attire, survival strategies, and just have fun touring places such as Tombstone, Dodge City, Virginia City, Deadwood, and Leadville. We will meet men such as Cody, Earp, and Masterson and women who brought arts and entertainment to their lives.  
**Paula Withrow** ([paula66vw@gmail.com](mailto:paula66vw@gmail.com)) has an MA in history from Colorado State University and loves sharing historical facts and fiction with others. Western American history is one of her passions.

### Language and Literature

**Advanced French: Tresors du Temps E**  
CRN # 20032  
8 weeks: Mar. 29, Apr. 5, 12, 19, 26, May 3, 10, 17  
Thursdays, 2 - 4 pm  
This course will include readings in French history and literature as well as a comprehensive grammar review, listening, speaking, and writing activities. It is intended for those who have previously taken *Advanced French* or who have similar advanced skills. If in doubt, email the instructor. Both the textbook and workbook will be provided by the instructor.  
**Betty Carver** ([bcarver1@charter.net](mailto:bcarver1@charter.net)) taught French at Spartanburg High School for thirty years and has traveled and lived in France.

**Beginner’s French B**  
CRN # 20033  
8 weeks: Mar. 29, Apr. 5, 12, 19, 26, May 3, 10, 17  
Thursdays, 11:30 am - 1:30 pm  
This beginning level course is a continuation of *Beginner’s French A*, which was taught during the Winter 2012 term. The course focuses on communication through practice of listening, speaking, reading, and writing. Pronunciation exercises and formal and informal cultural topics will be integrated through readings, songs, and film clips. *Beginner’s French A* is not a requirement to take level B. Those interested in taking the course may contact the instructor to discuss appropriate placement and course content.  
For over thirty-five years, **Ivy Dyckman** ([ivydy620@aol.com](mailto:ivydy620@aol.com)) has taught French and Spanish at secondary and post-secondary institutions in the United States and abroad. She earned a PhD in French from Florida State University.
Language and Literature  
continued

**Cosmic Imagining by Dante and Tolkien**  
CRN # 20034  
8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14  
Mondays, 9 - 11 am

This course will be an introduction to Dante’s fourteenth-century *Divine Comedy* and Tolkien’s twentieth-century *Lord of the Rings* (with its closely related narratives). Optional readings listed on the instructor’s website are not required, but participants will be strongly encouraged to start reading one of these narratives at their own pace. The emphasis is on these writers’ similar efforts to build by means of their fantasy universes, a literary treatment of everything in human knowledge and experience, including the latest science known to them.

**Bill Moore** (srwmoore@comporium.net) is Professor Emeritus of Humanities, Austin College, and has a PhD from Harvard. He is a teacher of literature (especially medieval and Renaissance), writing, and western cultural history who retired to Brevard in 2002.

**Crime Fiction: Books and Movies**  
CRN # 20035  
8 weeks: Mar. 28, Apr. 4, 11, 18, 25, May 2, 9, 16  
Wednesdays, 2 - 4:30 pm

This will be a discussion course focusing on eight crime fiction books and movies made from the books. At least four of the books and movies will be from the ‘40s and ‘50s. The instructor will provide a context for each book and movie. Participants will read the book in advance of the class, watch the movie, and then engage in a guided critical discussion of both book and movie. A list of the books and movies will be made available before the beginning of the term. Some of the books may be found in local libraries; others will be available at used book stores or online.

**Elizabeth Pou** (elizpou@gmail.com) is a retired lawyer, human resources executive, consultant, and Peace Corps volunteer with a lifelong interest in crime fiction and a collection of over 5000 first edition hardback books. She is a big fan of the “noir” genre of books and films. A North Carolina native, she spent most of her adult life in New York City where at one point she was a pay-free intern at The Mysterious Bookshop, the oldest surviving mystery book store in the United States (and probably the world).

**Everybody’s Got a Story:**  
Writing the Personal Essay  
CRN # 20036  
6 weeks: Mar. 28, Apr. 4, 11, 18, 25, May 2  
Wednesdays, 11:30 am - 1:30 pm

Stuff happens. Don’t keep it to yourself. Put it in writing each week with exercises that make your experience come alive, focusing on characterization, sense of place, description, and dialogue. By the end of the course, we’ll develop one or a combination of these exercises into a complete first-person essay—a mini-memoir—to be shared with the group...or with the world.

**Marjorie Klein** (magicklein@frontier.com) is a novelist and free-lance writer for several publications. She has taught at the University of Miami, Florida International University, Warren Wilson College, and UNC Asheville’s Great Smokies Writing Program.

**Everything I Ever Needed to Know I Learned from Fairy Tales**  
CRN # 20037  
8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14  
Mondays, 11:30 am - 1:30 pm

If you ever wondered why Jack climbed the beanstalk the third time or why Beauty went back to the Beast, this course might be for you. Sixteen fairy tales and folk tales from around the world will be read in class and discussed. All selections come from the Junior Great Books elementary level curriculum. No outside reading is required. Other selections will include Tolstoy fables, “Thank You Ma’am” by Langston Hughes, “All Summer in a Day” by Ray Bradbury, “The Fisherman and his Wife” by the Brothers Grimm, and “The Nightingale” by Hans Christian Andersen, as well as several folk tales from around the world.

**Bobbie Rockwell** (bobbiemayrockwell@gmail.com) has been leading literature discussion groups using her training from the Great Books Foundation for more than forty years. She focuses her discussion groups around interpretive thinking and shared inquiry techniques.
Four Best Short Stories of 2010  
CRN # 20038  
1st 4 weeks: Mar. 29, Apr. 5, 12, 19  
Thursdays, 11:30 am - 1:30 pm  
This is a lecture/class discussion course, using stories of different styles and points of view. The emphasis is on how to read a short story and how to appreciate the craft of the author. It is necessary to read the story before class to prepare for class discussion. For the first class, please read Ron Rash’s “The Ascent” on page 279 of the text. Other authors covered will be Marlin Barton, Lori Ostlund, and Joshua Ferris. **Required text:** *The Best American Short Stories 2010*, edited by Richard Russo, ISBN: 978-0-547-05532-9 (paperback). Cost $7.78.

Lynne Diehl (jandiehl@charter.net) has been a college instructor in English literature in Maryland, Pennsylvania, and Bermuda. She has been an instructor at the College for Seniors since 2004.

Intermediate French E  
CRN # 20039  
8 weeks: Mar. 29, Apr. 5, 12, 19, 26, May 3, 10, 17  
Thursdays, 9 - 11 am  
This course will be a continuation of Intermediate French D and is intended for those who have taken that course or have a similar background in French (approximately equivalent to high school French II or College French 102). If in doubt about your ability to participate, email the instructor. We will continue to develop listening, speaking, reading and writing skills. A textbook will be provided. You may wish to buy the accompanying workbook. **Recommended text:** *Discovering French Blanc Activity Book*, ISBN: 0-669-23939-9. Cost: $15.

Betty Carver (bcarver1@charter.net) taught French at Spartanburg High School for thirty years and has traveled and lived in France.

James Joyce’s *Ulysses*  
CRN # 20040  
8 weeks: Mar. 27, Apr. 3, 10, 17, 24, May 1, 8, 15  
Tuesdays, 2 - 4 pm  
Joyce’s great comic novel narrates one day (June 16, 1904: “Bloomsday”) in Dublin in three lives: Ulysses/Everyman/Jew-Outsider (Leopold Bloom); Penelope/Earth Mother (Molly Bloom); and unformed cocky Telemachus (Stephen Daedalus). Its eighteen chapters are set in various styles and various locales. The final chapter, Molly Bloom’s 18-page interior monologue, virtually unpunctuated, is a knockout. **Required text:** *James Joyce, ULYSSES: The Corrected Text*, edited by Hans Walter Gabler, ISBN: 0-394-55373-X. Cost: $14.

Retired Distinguished Professor of Literature at the State University of New York, Mario DiCesare (dicesare1@mindspring.com) has taught courses at the College for Seniors every term since 1998. His particular interests include Homer, Vergil, Dante, Shakespeare, Milton, George Herbert, Joyce, poetry, and fiction.

James Joyce’s *A Portrait of the Artist as a Young Man*  
CRN # 20041  
1st 4 weeks: Mar. 29, Apr. 5, 12, 19  
Thursdays, 11:30 am - 1:30 pm  
This is a course in the second work of published fiction by James Joyce, the autobiographical novel *A Portrait of the Artist as a Young Man*. We will read and discuss the work during the four-week period of the course. Participants should read chapter one of the novel before the first class meeting. **Required text:** Any edition of *Portrait of the Artist as a Young Man*.

Jim Ward has a PhD in English and taught on the college and university level for twenty-eight years. He retired in 2006 as professor of English at Methodist College in Fayetteville, North Carolina.

Joseph Conrad’s Best Short Fiction  
CRN # 20042  
2nd 4 weeks: Apr. 23, 30, May 7, 14 (note late start date)  
Mondays, 2 - 4 pm  
Conrad’s dramas of psychology and intrigue - set in South-East Asia, Africa, the Indian Ocean, and England - anticipate modernism with their ambiguities and narrative strategies. We’ll read and discuss two novellas and four short stories. Copies of two novellas not in the text are available free online and will be distributed by email as PDFs. Participants will need to read “Amy Foster” before the first class. **Required text:** *Selected Short Stories*, Joseph Conrad, ISBN:853261904. Cost: $4.99 (new); from $.01 (used).

Doug Cooper (cdoug38@gmail.com) has taught college English courses in his native Michigan as well as in Missouri, Louisiana, Pennsylvania, Turkey, and China.
Saul Bellow's *Seize the Day* and *The Adventures of Augie March*  
**CRN # 20043**  
8 weeks: Mar. 27, Apr. 3, 10, 17, 24, May 1, 8, 15  
Tuesdays, 11:30 am - 1:30 pm  

Students in this course will read and discuss two of Saul Bellow's novels. Three weeks will be devoted to *Seize the Day*, including viewing a DVD, and the last five weeks will focus on discussing *The Adventures of Augie March*. It has been said that Bellow's characters learn to find what they need in the quiet of their deepest souls. We will examine this concept.  


**Paul Spivey** (jspivey20@charter.net) has a BA in history from Northwestern University. He has nine years' experience leading Great Books discussion groups prior to his long-time work teaching literature courses at the College for Seniors.

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**Southern Literary Belles**  
**CRN # 20044**  
1st 4 weeks: Mar. 27, Apr. 3, 10, 17  
Tuesdays, 11:30 am - 1:30 pm  

The Southern literary tradition includes several notable “belles” whose works have endured and portrayed the Southern Appalachians and surrounding area. This course highlights Katherine Anne Porter, Lee Smith, Harriet Arnow, and Gail Godwin. Biographical background, literary criticism, and reading some of their shorter works will be combined with class discussion to enhance understanding and appreciation of these “belles” of the Southern women’s literary tradition.  

**Required text:** Readings will be assigned for each author. Students are expected to read and be prepared for class discussion. The assigned readings will be on the instructor’s website before the class begins.  

**Doug Agor** (agrdgl@aol.com), course coordinator and presenter, is a retired English instructor who has been involved in NCCCR activities for over four years as student, instructor, committee member, as well as in leadership. Other presenters include **Gayle Miller** (ghm@charter.net), **Carol Boggess** (cboleggess@mhc.edu), **Barbara Bates Smith**, and **Catherine Frank** (cfrank@unca.edu).

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**The World’s Greatest Short Stories**  
**CRN # 20045**  
8 weeks: Mar. 27, Apr. 3, 10, 17, 24, May 1, 8, 15  
Tuesdays, 2 - 4 pm  

Great stories are delightfully fascinating. More, they help increase our understanding of ourselves and our world. We’ll carry on a conversation with the authors of these stories — from the United States, United Kingdom, Europe, South America and the Far East — Great Books style in an exploration of the human condition.  


Holding an advanced degree from the University of Chicago and with formal training as a Great Books leader, **Robert Wiley** (rlw303@bellsouth.net) teaches at the College for Seniors, Blue Ridge Community College, and Montreal’s Road Scholar program.

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**Music**

**Beginning Piano II**  
**CRN # 20046**  
8 weeks: Mar. 28, Apr. 4, 11, 18, 25, May 2, 9, 16  
Wednesdays, 2:30 - 4 pm  

This course is a continuation of the Fall 2011 *Beginning Piano* course. If you have never played the piano, this is not the course for you. However, if you have played the piano, then you are welcome to join. Please contact the instructor prior to registration. **Materials fee:** $10 for new students to cover the cost of a three-ring binder of materials provided by the instructor. Other materials used in this course can be purchased at SoliClassica, 1550 Hendersonville Road, 277-4111. Participants are expected to play between class meetings; access to a piano/keyboard is required.  

**Marla Woeckener** (marla4musi@aol.com) has been teaching piano classes at the College for Seniors since the fall of 1999. She is a graduate of the University of Colorado.

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**Continuing Piano**  
**CRN # 20047**  
8 weeks: Mar. 28, Apr. 4, 11, 18, 25, May 2, 9, 16  
Wednesdays, 12:30 - 2 pm  

This is a continuation of the Fall 2011 *Continuing Piano* course as well as a course for those students who have experience playing the piano or have taken a previous beginning course. New students must get the approval of the instructor before registration. A keyboard, preferably one with eighty-eight keys, is required in order to take this course. Books that are used in this course may be purchased at SoliClassica at 1550 Hendersonville Road, 828-277-4111. **Materials fee:** $10 for new students to cover the cost of a three-ring binder of materials provided by the instructor.  

**Marla Woeckener** (marla4musi@aol.com) has been teaching piano classes at the College for Seniors since the fall of 1999. She is a graduate of the University of Colorado.
Music  continued

Intermediate Piano I
CRN # 20048
8 weeks: Mar. 29, Apr. 5, 12, 19, 26, May 3, 10, 17
Thursdays, 9 - 11 am
This course is for students who have completed the Beginning and Continuing Piano courses. Any new student who would like to take this course must have the approval of the instructor before registering for this course. A keyboard, preferably one with eighty-eight keys, is required in order to take this course. Books that are used in this course may be purchased at SoliClassica at 1550 Hendersonville Road, 828-277-4111. Materials fee: $10 for new students to cover the cost of a three-ring binder provided by the instructor.

Marla Woeckener (marla4musi@aol.com) has been teaching piano classes the College for Seniors since the fall of 1999. She is a graduate of the University of Colorado.

Learn to Play the Mountain Dulcimer
CRN # 20049
8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14
Mondays, 2 - 4 pm
Learn to play this sweet, gentle, easy Appalachian instrument (lap dulcimer) and discover why traditional mountain dulcimer circles are still popular in this region. No musical training is required; modern choral style and simple tunes will be demonstrated and learned. Minimum Requirements: Please contact the instructor for information regarding a DAD-tuned instrument, case, waist strap, electronic tuner, pick, and music stand. Participants must be willing to commit to practicing thirty minutes per day.

Estimated cost of required materials: $365.00

Janet Parkerson (janetparkerson@att.net) has a long history of playing with symphony strings, but since 2007 has “come home” to Western North Carolina as a passionate teacher of hammered and mountain dulcimers.

The Met at the Movies
CRN # 20050
8 weeks: Mar. 27, Apr. 3, 10, 17, 24, May 1, 8, 15
Tuesdays, 2 - 5 pm
We will explore the operas to be presented at the HiDef “Live from the Met” performances during the spring – Massenet’s Manon and Verdi’s La Traviata. Four of the sessions will be devoted to these operas. The remaining four classes will be divided between three classes on musical theatre – Rodgers and Hammerstein; Gershwin (Porgy and Bess); Bernstein (West Side Story and Candide), and one class on contemporary American opera (Menotti, Carlyle Floyd, Aaron Copland and Douglas Moore).

Patricia Heuermann (patruschka@charter.net), a graduate of the Curtis Institute of Music, has directed opera, musical theatre, and cabaret performances throughout the United States and Europe. She has taught at New York University, the Manhattan School of Music, Hofstra University, and the American Institute of Musical Studies in Graz, Austria. Ms. Heuermann is currently the president of the Asheville Opera Guild and is past president of the National Opera Association. In February 2012, she is directing Asheville Lyric Opera’s production of Mozart’s Cosi fan Tutte.

Persistent Themes in Popular Music 2.0
CRN # 20051
1st 4 weeks: Mar. 27, Apr. 3, 10, 17
Tuesdays, 9 - 11 am
This course surveys topics that appear in twentieth century recorded music. Themes addressed will include alcohol, animals, death, families, love, tributes, and more. Students will listen to selected recordings, identify and analyze topics, determine different performing styles and musical genres, reflect on personal musical experiences, and hone listening skills by spotting key words or phrases within lyrical contexts.

B. Lee Cooper (ashevillecats1@charter.net) is an award-winning author in the field of popular music. He enjoys rock ‘n’ roll, blues, doo-wop, R&B, and soul music, and collects recordings by B. B. King, Bonnie Raitt, Chuck Berry, Stevie Ray Vaughan, and Aretha Franklin.

Piano Lecture Recitals: Classical, Jazz, and Popular Music
CRN # 20052
8 weeks: Mar. 28, Apr. 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 9 - 11 am
The lecture-recital format will be used to present piano works in the genres of classical, jazz, and popular music. Presentations will include analysis of structure, harmony, and the rich meaning conveyed through music. Material will be suitable for a general audience and compositions will be performed by the instructor.

Michael Ruiz (ruiz@uncsa.edu) is a pianist/composer who orchestrated three piano concertos performed by the Winston-Salem Symphony. He is also a theoretical physicist and professor of physics at UNC Asheville.
**Music continued**

**Reuter Center Singers**  
CRN # 20053  
8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14  
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 College for Seniors courses pay a discounted music fee of $30 per term. See additional information on page 5.  
**Chuck Taft** (cwstaff@aol.com) is director for the Asheville Lyric Opera and Haywood Arts Repertory Theatre.

**Personal Development**

**Analyzing Your Mountain Home Site: First Steps to Landscaping**  
CRN # 20054  
2nd 4 weeks: Apr. 24, May 1, 8, 15 (note late start date)  
Tuesdays, 9 - 11 am  
Landscaping in our mountains means addressing steep slopes, storm water runoff, invasive plants, wildfires, wildlife, and more. During this course, participants will produce a site map of their property that may be used in development of a landscape design. This course integrates science, common sense, and practical information of interest to those actively involved in creating or maintaining a mountain landscape.  
**Glenn Palmer** (magalm@att.net) is a retired engineer and president emeritus of the Asheville Botanical Gardens. A Master Gardener, now in his twenty-third season, he is also creator of a weekly gardening column in the *Asheville Citizen-Times*.

**The Art of Facilitation**  
CRN # 20055  
8 weeks: Mar. 27, Apr. 3, 10, 17, 24, May 1, 8, 15  
Tuesdays, 11:30 am - 1:30 pm  
Have you ever been frustrated during a group discussion? This course will identify ways to become an effective discussion leader, with each participant taking a turn leading the group. Designed for learning circle facilitators, it also is for anyone wanting to be a better discussion leader and better class participant. Participants will learn and practice active listening, question-crafting, and orchestrating the flow of discussion.  
**Ann Karson** (akarson57@gmail.com) has a background in clinical social work and has facilitated a wide variety of groups. **Perien Gray** (gray.perien090@gmail.com) has been facilitating learning circles at the College for Seniors since 2003 and teaches group facilitation skills.

**Asheville on the Cheap**  
CRN # 20056  
2nd 4 weeks: Apr. 24, May 1, 8, 15 (note late start date)  
Tuesdays, 11:30 am - 1:30 pm  
In this course we will discover the best sources, both web and published, to find “what to do in Asheville.” We’ll emphasize things that are either free or a good deal. The course will be discussion-based, offering everyone a chance to participate.  
**Linda Orowitz** (ashevilledeals@gmail.com) is a volunteer at the Asheville Visitor Center. She writes an email newsletter about many of the great things to do in our city, which goes out to over five hundred people each week.

**Bury the Hatchet: Doing Conflict Constructively**  
CRN # 20057  
2nd 4 weeks: Apr. 25, May 2, 9, 16 (note late start date)  
Wednesdays, 11:30 am - 1:30 pm  
Conflict pervades even the closest, most loving relationships and families. Nonetheless, fear, panic, anxiety, dread, and feelings of helplessness are often evoked at the very idea of conflict. How we view conflict can influence how we “do” conflict. Participants will learn about different conflict styles, anger management, power, mediation, forgiveness, and ways to remove the weeds to cultivate a garden that grows and flourishes. Tools will be offered to help start planting while “doing” this learning experience. Begin to see the rose and not the thorns.  
**Linda Devenish** (llydevenish@gmail.com) received her PhD in speech communication. She has taught classes in conflict management, persuasion, gender, communication theory, as well as organizational, intercultural, interpersonal, and family communication. She received training in both general and family mediation at Hamline University Law School.
Personal Development

Gadgets: Need or Want
CRN # 20063
1st 4 weeks: Mar. 29, Apr. 5, 12, 19
Thursdays, 2 - 4 pm
Is it time to upgrade from a cell phone to a smart phone? My computer has a webcam: what can I do with it? Why would I want to have a tablet such as an iPad? How does the Cloud figure into my computing future? Do I need a Blu-ray player? Should I be replacing my TV? If you’ve asked yourself these questions, then this course is for you! Personal technology grows and changes, so come and find out ways to make your life more productive and enjoyable.

Gail Sobel (gnsobes@charter.net), course coordinator, is a former high school business and computer applications teacher. She has been an instructor at the College for Seniors, mainly in PowerPoint.

Interpretive Writing About Life’s Experiences
CRN # 20058
8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14
Mondays, 9 - 11 am
Participants will write about what has been most important in their lives, for their grandchildren and future generations. Your writing could take the form of memoir, narrative, or poetry, highlighting reflections on life, significant and/or humorous events, lessons learned, values, or beliefs. We will use collaborative exercises to stimulate individual reflection and group discussion, to identify what you want to say and how to say it, with one or more finished pieces of writing as the goal.

Stephen Kaagan (skaagan@msu.edu) has two decades of teaching experience at the university and secondary levels and has written five books on leadership and organizational development. He is an ardent environmentalist and journeyman mountaineer.

Life After Loss: Creating Your Plan
CRN # 20059
8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14
Mondays, 11:30 am - 1:30 pm
This course is for those who have experienced grief and loss but are no longer in the initial stages. It is for those now wanting to move forward. It is a well-facilitated workshop style course in which participants will be guided to outline and share their life stories and unique plans for moving on. Class members will grow from the process of discovery, dialogue, partnering, planning, and accountability.

Sherry Spendlove (sisom4@aol.com) is passionate about the power and energy of small groups. She is a teacher, facilitator and life coach with a love for encouraging and guiding people to find new meaning for moving ahead with their lives.

Living with Hearing Loss
CRN # 20060
1st 4 weeks: Mar. 26, Apr. 2, 9, 16
Mondays, 2 - 4 pm
How did we discover our own or a loved one’s hearing loss? What solutions have we attempted? We’ll share experiences and ideas for recognizing hearing loss and coping with it, focusing on different settings (home, restaurants, driving), relationships, and challenges. We’ll discuss our experiences with aids and assistive gadgets, and ways we can enlist any assistance we may need.

Ann Karson (akarson57@gmail.com) has lived with hearing loss for many years, first, that of her husband, and then with her own. She has a background in clinical social work.

Men Exploring Meaning During Life Transitions: From Doubt to Self-Confidence and Optimism
CRN # 20062
2nd 4 weeks: Apr. 24, May 1, 8, 15 (note late start date)
Tuesdays, 9 - 11 am
Men face many challenges as they enter retirement. Some of these include aging (especially at decade points), illness (family or self) or death in family, loss of career, diminished power, diminished libido, distance from family and friends, as well as other changes. Just bring your life circumstances and stories.

Chuck Fink (chuck@ascentleadership.com) was a corporate trainer-facilitator. Upon moving to Asheville, he dealt with issues related to changes in life. After researching men in transition, he developed this course, and a special interest group (SIG), Men’s Wisdom Works. The SIG now has three groups meeting.
Vegetarian Cooking in the Macrobiotic Style  
CRN # 20064  
2nd 4 weeks: Apr. 25, May 2, 9, 16  
(note late start date)  
Wednesdays, 9 - 11 am  
Location: Sherrill Center

This course will consist of four classes where we will plan menus, prepare healthy dishes and meals using whole grains, beans, vegetables from both land and sea, seeds, nuts and fruits. These are all foods recommended by the American Cancer Society and Heart Association and included in the “Nutrition Plate” replacing the “Food Pyramid” adopted by the US Department of Agriculture in its dietary guidelines. We will emphasize energetics of food, seasonal cooking, preparing balanced menus, and cooking for one’s condition. This is a hands-on class limited to twelve students who will sample the dishes prepared. We will learn knife skills and use of miso, tofu, tempeh and healthy sweeteners. It is required that students bring a knife that can be used in the preparation of foods.  
Food fee: $80, payable to the instructors at the first class.  
Warren Wepman (warrenwep@hotmail.com) and Marquita Wepman (macrogoddess@hotmail.com) have practiced the macrobiotic lifestyle for thirty-five years and are certified cooking teachers, having taught macrobiotic cooking classes since the 1980s. They operated a certified organic farm and a macrobiotic bed and breakfast. They are members of the Kushi Institute Macrobiotic Educators’ Association and served as advisors to the kitchen of the Ritz-Carlton Hotel for the gala honoring Michio and Aveline Kushi by the Smithsonian Institution.

What We Leave Behind: Making Our Mark  
CRN # 20065  
2nd 4 weeks: Apr. 26, May 3, 10, 17  
(note late start date)  
Thursdays, 11:30 am - 1:30 pm

As we enter our reflective years, what experiences have most defined us? In this youth-oriented society, it is we elders who give hope, wisdom, and perspective to the world. This class will help you decide how to pass on your hard-earned values, using the technology now available such as tapes, videos, and digital storage. We’ll discuss story-telling, grandparenting, self-publishing, documents such as the Ethical Will, and how to go about preparing your own personal life legacy.  
Speaker and personal historian Mary Harper (marylharper2005@yahoo.com) thinks everyone has a story worth telling. For the past eight years she has been helping people tell their stories and preserve them for future generations.

Religion, Philosophy, and Psychology

European Cave Art: Earliest Evidence of Religion, Culture and Science  
CRN # 20066  
8 weeks: Mar. 28, Apr. 4, 11, 18, 25, May 2, 9, 16  
Wednesdays, 2 - 4 pm

Viewing ice age art of French sites such as Chauvet and Lascaux, we will discuss recent interpretations of these earliest records of human culture, religion, and scientific knowledge, which have revolutionized our understanding of human development. In the process, we hope to share in discerning how we have changed during the past 35,000 years and how we have stayed the same.  
Steve Schmeiser (sschmeiser@bellsouth.net) received his MA and PhD from Cornell University. He became interested in paleolithic European cave art when traveling in France three years ago. He has visited seven of the major cave and shelter sites since, representing the majority of those open to the public in France.

Creating Photos and Poetry to Explore “Wabi-Sabi”: the Japanese Art of Everyday Life  
CRN # 20067  
2nd 4 weeks: Apr. 26, May 3, 10, 17  
(note late start date)  
Thursdays, 9 - 11 am

*Wabi* and *sabi* are Japanese concepts that underlie a mindful approach to everyday life. There is reverence for impermanence, perfection, ageing – beauty which is simple, unpretentious, austere-elegant, natural and unpolished, tranquil. First we’ll explore what *wabi-sabi* means through readings and published artwork. Then we’ll experiment with creating our own photographs to illustrate *wabi-sabi* and write simple haiku-like verses to go with the photos.  
Jacquelyn Schechter (jjschech@earthlink.net), PhD, is a contemplative-trained psychologist and photographer who became interested in traditional Japanese Zen cultural influences, especially the *wabi-sabi* life-path, following a trip to Japan in 1991.
The History of Anti-Semitism
CRN # 20068
8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14
Mondays, 9 - 11 am

Anti-Semitism is a paradigm for ideologically motivated hatred and social injustice. We shall examine its causes and nature from the New Testament to modern times and discuss measures to insulate ourselves and our society from its poison. These measures will include exploration of the positive aspects of Jewish culture and the contributions Jews have made to many human societies.

Morgan Phillips (mlphilli@charter.net) has a BA from Ohio Wesleyan, a master of divinity from Yale University, and a PhD in Biblical studies from Drew University. He taught at Ohio Wesleyan for thirty-seven years.

Positive Psychology at the Movies
CRN # 20069
7 weeks: Mar. 30, Apr. 6, 20, 27, May 4, 11, 18
(no class on Apr. 13)
Fridays, 9 - 11 am

Positive psychology studies the nature and development of positive human strengths and experiences. In this course we will use the concepts of positive psychology as a lens through which to interpret several full-length films and a wide range of film clips. Discussion will focus on what constitutes the good and meaningful life and on ways to enhance our personal life experiences.

Dale Wachowiak (dalegw@gmail.com), PhD, is a retired professor and counseling psychologist with an ongoing interest in positive psychology and its applications in a variety of settings.

Post-Holocaust Theology
CRN # 20070
5 weeks: Mar. 27, Apr. 3, 10, 17, 24
Tuesdays, 11:30 am - 1:30 pm

The incomprehensible industrialized genocide of the Jews of Europe left millions of people, Jewish and Christian, with this question: What happened to the God of History during the Holocaust? Jewish and Christian theologians have attempted to answer this question by seeking to reconsider the God of Monotheism who supposedly participates in human affairs. The results: seven redefinitions of the Judeo-Christian deity. One of them might be yours. Required text: The Impact of the Holocaust on Jewish Theology, Steven Katz, ISBN: 0814748066 or 978-0814748060. Cost: $25.00 (new), $17 used, $9.99 (Kindle).

Ron Manheimer (ronaldmanheimer@gmail.com), who holds a PhD in philosophy from University of California at Santa Cruz, is the author of several books on philosophy including Kierkegaard As Educator and A Map to the End of Time (works that have been translated into Korean and Chinese). He is currently writing a book on philosophers’ autobiographies. He is the founding director of the NC Center for Creative Retirement.

Profiles in Prophetic Leadership
CRN # 20071
2nd 4 weeks: Apr. 25, May 2, 9, 16
Wednesdays, 9 - 11 am

This course examines the lives of five incontestably great twentieth century visionaries whose remarkable leadership and writings still provide deep wells of prophetic wisdom, nurture, and hope for our times: Gandhi, Dietrich Bonhoeffer, Pearl Buck, Reinhold Niebuhr, and Martin Luther King, Jr.

Dean Thompson (drdeankthompson@gmail.com) received his PhD in history and is President Emeritus of Louisville Presbyterian Theological Seminary. He has served four pastorates. He is co-author/editor of three volumes of work, and has published over sixty articles.

Think on These Things:
Exploring Big Questions and J. Krishnamurti
CRN # 20072
8 weeks: Mar. 28, Apr. 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 2 - 4 pm

This course will center on the philosophy of Jiddu Krishnamurti, a twentieth-century secular Indian thinker who challenged the world to wake up and become conscious: to discover the true meaning of such concepts as “education,” “freedom,” “love,” “intelligence,” “religion,” “confidence,” “character,” “revolution,” and “truth.” All classes will begin with a meditation period, as Krishnamurti deemed meditation essential. Required Text: Think on These Things, Krishnamurti, ISBN: 0-06-091609-5 or 978-0-06-091609-1. Cost: $14.

Bill Walz (healing@billwalz.com) has evolved from a career as a clinical psychologist into teaching meditation and evolving consciousness as a path to personal healing and growth. He has taught meditation and consciousness at UNC Asheville, in public forums and with a private clientele. He also writes a consciousness column for Rapid River Magazine.
Varieties of Early Christianity

Modern scholarship and discoveries of texts during the last century have demonstrated a rich variety of forms in early Christianity—and that there never was a single and normative version. We will give careful attention to the letters of Paul and the four canonical gospels, as well as the gospels of Thomas, Mary Magdalene and Judas, and the Secret Revelation of John.

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

Infinity

This course presents a historical and mathematical introduction to infinity. We will start with the ancient Greeks and examine the controversial role of infinity in classical mathematics. Special attention will be paid to the remarkable (and controversial) discoveries in the late nineteenth and twentieth centuries. Very little mathematical technique or skills will be required.

Mel Hausner (hausner@cims.nyu.edu) is an Emeritus Professor of Mathematics at New York University. He has taught a course on the history of mathematics and a course on Bob Dylan at the College for Seniors.

Spring Wildflower and Bird Identification

This course will consist of one classroom session on bird identification and five field trips that will include both wildflower and bird identification. Participants will visit a variety of habitats that are especially good for birds and wildflowers. Members will become familiar with the most common birds and spring wildflowers of our area. Good walking ability is required. The field trip classes will begin at 8 am, will be three-and-a-half hours in length, and end an hour away from the Reuter Center.

Recommended texts:

Marilyn Kolton (ldwmkd@aol.com) and Lou Dwarshuis (ldwmkd@aol.com) have completed the Blue Ridge Naturalist certification program, have been Audubon board members and presidents, and have taught a variety of nature oriented courses.

Studies in Skepticism

We’ll contrast skepticism and cynicism, cover the scientific method, control groups, and deal with the post-hoc, pragmatic, and recessive fallacies. We’ll examine prayer, Jung’s synchronicity/apophenia, out-of-body and near-death experiences, the Forer and placebo effects, astrology, sacred geometry, and the enneagram. Also discussed will be confirmation and positive outcome bias, the argument from ignorance, the law of truly large numbers, and the film What the Bleep.

After majoring in mathematics and a forty-year career in insurance company management, Carl Ricciardelli (cfr666@bellsouth.net) had college level courses in each of the several cities in which he had lived, none related to math or insurance. Carl received an MS in counseling psychology at age sixty-four and, upon retirement and after moving to Asheville, discovered what he was meant to do by inclination and aptitude: study and teach intellectual history, Greek drama, skepticism, and critical thinking. He is fascinated by the confrontation of ideas.
Performing Stand-Up Comedy  
**CRN # 20079**  
8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14  
Mondays, 11:30 am - 1:30 pm  

So your friends think you’re funny! They say, “You should be on stage!” Here’s your chance to be in the spotlight, perhaps live out a long-held dream. Together, in a relaxed atmosphere, we will develop your own personal routine by honing your performance skills and writing the material that’s right for your unique stage character. The culmination will be a real stage performance before an audience of your family and friends. **Materials fee:** $10, payable to the instructor at the first class.  

Randall Robins (robnest09@yahoo.com) has performed stand-up comedy in New York City and Long Island since 1998. He is a retired New York City teacher who has recently relocated to Asheville and mentors/coaches comics in the Western North Carolina area.  

Wellness and Recreation  

Wellness & Recreation courses with this symbol **$20** each require a $20 fee, in addition to your College for Seniors fee of $115, 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 College for Seniors instructors who must be certified to teach. **Note:** You may be asked to sign a liability waiver at the first class for some of the courses listed below. It is recommended that you check with your physician before you begin any new physical activity.  

**Advanced Beginner Line Dance**  
**CRN # 20080**  
8 weeks: Mar. 29, Apr. 5, 12, 19, 26, May 3, 10, 17  
Thursdays, 2 - 4 pm  
**Location: Sherrill Center**  

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

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

### Awareness Through Movement

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<th>CRN # 20081</th>
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<td>7 weeks: Apr. 5, 12, 19, 26, May 3, 10, 17 (note late start date)</td>
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<td>Thursdays, 9 - 11 am</td>
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<td>Location: Sherrill Center</td>
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This course is designed to increase your kinesthetic awareness to know what you are doing so that you can make changes in your movement plans, whether to be more comfortable behind the wheel in your car or out on the courts. Designed for couch potatoes and jocks, men and women, lessons are movement-based with personal growth expected session to session. Please bring a yoga mat if you have one.

**Jacquie Wollins** (jwollins@netzero.net) has been a certified Feldenkrais teacher since 1992. She has worked with people from two weeks to ninety-six years of age, in private practice, at Rutgers University, the YMCA, and with children in public schools.

### Baseball for New or Fairly New Fans

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<th>CRN # 20082</th>
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<td>1st 4 weeks: Mar. 27, Apr. 3, 10, 17</td>
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<td>Tuesdays, 2 - 4 pm</td>
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We will cover some of the basics of baseball including pitching, defense, offense, rules, the playing field, and strategies. We'll look at salaries, how players get to the major leagues, and other topics of interest.

**Chuck Schultz** (chuck.schultz1@gmail.com) has taught and coached at the high school and junior college level and is an avid baseball fan. He has also taught courses at the College for Seniors.

### Beginning Ballroom Dancing: Foxtrot and Swing

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<th>CRN # 20083</th>
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<td>8 weeks: Mar. 27, Apr. 3, 10, 17, 24, May 1, 8, 15</td>
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<td>Tuesdays, 2 - 4 pm</td>
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This course will cover four weeks of foxtrot lessons and four weeks of swing lessons. No partner is required. The goal is to provide students with enough basic skills to enable them to feel comfortable getting out on the dance floor. Please wear shoes with soft soles.

**Sherry Lubic** (lubic@msn.com) is a professional ballroom, Latin, and rhythm instructor. Dancing is her passion, and her desire is to instill that same passion for dance in those she teaches.

### Eight Brocade Qigong: Gentle Movement for Longevity

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<th>CRN # 20084</th>
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<td>6 weeks: Mar. 27, Apr. 3, 10, 17, 24, May 1</td>
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<tr>
<td>Tuesdays, 9 - 11 am</td>
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<td>Location: Sherrill Center</td>
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The Eight Brocade Qigong consists of eight movements done in time with the breath. By exploring these gentle movements we will increase coordination, confidence and fullness of breath. We will use short periods of meditation to decrease the mind’s chatter, and learn the movements slowly to help us remember how they fit together. The instructor will provide optional hands-on assistance to help clarify the Eight Brocade series of movements. Participants will also explore T’ai Chi walking (“cloud-walking”) as a way to connect the Eight Brocade to a T’ai Chi practice. Qigong is an act of self-healing, so students will be encouraged to practice the Eight Brocade at home between classes.


**Jack Fischer** (jacksknack@gmail.com) learned Eight Brocade Qigong from Paulus Berensohn, formerly a professional modern dancer with the Martha Graham Dance Company. From Berensohn, he learned the important skill of improvising in the moment, and for the next six years he practiced the Eight Brocade daily. This Qigong course will be a blend of dance, mindfulness and breathing rhythms.

### Intermediate Tap

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<td>8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14</td>
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<td>Mondays, 11:30 am - 1:30 pm</td>
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<tr>
<td>Location: Sherrill Center</td>
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This course is for those with some knowledge of basic tap steps. Emphasis will be on having fun and developing a tap routine. Tap shoes or shoes with leather soles are necessary. If in doubt about necessary skill levels, please contact the instructor.

**Mary Walker** (mwalkertap@yahoo.com) is a graduate of Ohio University, with thirty years’ experience as a teacher/librarian. For six years she taught English in Japan, China, and Slovakia. She has had extensive experience as a tap dancing teacher, and has performed with two groups since 1990.
Journey Dance/Move Your Body
CRN # 20086
8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14
Mondays, 2 - 3:30 pm
Location: Sherrill Center

Journey Dance is a freeing movement experience. We start with a short sharing, followed by visualization and stress-melting stretches. As you are led into easy movements, you are then guided to move intuitively on your own. End with a delicious relaxation. Feast upon safety, connection, joy, release, and the healing experience of music. All body types and energy levels are celebrated. No dance experience is required.

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

Older, Wiser, Sexually Smarter II
CRN # 20087
6 weeks: Apr. 11, 18, 25, May 2, 9, 16 (note late start date)
Wednesdays, 9 - 11 am
Location: Sherrill Center

This course encourages participants to re-think their old scripts and consider how to create new and positive ways of being sexual as they age. Participants openly discuss sexuality, culture, and the influence of aging on intimate relationships. Topics covered include intimacy, communication, history of sexuality, self pleasuring, body image, cyber sex and the Internet, and much more.

Kelley J. Wolfe, (mountainsexology@bellsouth.net), PhD, taught at UNC Asheville from 1995 to 2010, teaching human sexuality and women’s health. Her current practice, Mountain Sexuality, promotes personal growth through education and advocacy.

Optimizing the Whole Self with the Alexander Technique
CRN # 20088
8 weeks: Mar. 30, Apr. 6, 13, 20, 27, May 4, 11, 18
friday, 9 - 10:30 am
Location: Sherrill Center

Learn practical steps to prevent and decrease pain, improve balance, and increase enjoyment in every activity, whatever your condition. Expand your understanding of anatomy and mental focus to improve posture, stamina, vitality, and rest/recovery. Each class is ninety minutes; participants will have the opportunity to schedule one thirty-minute private consultation with a teacher at the end of a class. So bring your calendar to the first class to schedule your session! The course material is cumulative; please only register for the course if you are able to attend regularly. Recommended text: The Body in Motion, Ted Dimon, ISBN: 978-1-55643-970-4. Cost: $18.95

Theta Michele Drivon (consciousalignment@gmail.com) and Jack Fischer (jacksknack@gmail.com) are certified Alexander Technique teachers who help people stand taller, breathe easier, and feel more at home in their own skin.

Play of the Hand: Bridge III
CRN # 20089
8 weeks: Mar. 29, Apr. 5, 12, 19, 26, May 3, 10, 17
Thursdays, 9 - 11 am
Location: Sherrill Center

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: Play of the Hand as Declarer and Defender, Shirley Silverman, ISBN 0-939460-69-6, plus point count bidding guide, (which will be available in class). Cost: $8.

Bob Evans (Mickeybob2@aol.com) earned his PhD in education. He has taught beginning, intermediate, and play of the hand bridge classes for over twenty years and played bridge for over fifty years.

Re-creative Retirement Yoga
CRN # 20090
8 weeks: Mar. 28, Apr. 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 2 - 3:30 pm
Location: Sherrill Center

Enjoy a synthesis of gentle physical postures (asana), breathing techniques (pranayama) and self reflection to awaken optimal physical, mental, and emotional capacity for living well. Regular participants will notice increased strength, muscle tone and bone density, improved flexibility, balance and coordination, better respiratory efficiency, decreased blood pressure, and strengthened immune system. Benefits also include an increase in overall sense of well being. Self reflection techniques will be used to engender curiosity about exploring re-creative ways of BEing in retirement. Please bring a yoga mat and large towel to class. Due to topic popularity, you may take only one yoga course per term.

Kelly McKibben (goodyoga@charter.net) is a certified professional Kripalu Yoga Instructor and integrative yoga therapist. Her commitment to physical, emotional, and mental well-being has been inspired by a seventeen-year practice and teaching of hatha yoga, creative self-expression, wilderness hiking, and ongoing personal and spiritual growth.

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Wellness and Recreation

Scrabble: Become a Family Champ and Beyond!
CRN # 20091
8 weeks: Mar. 28, Apr. 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 11:30 am - 1:30 pm

Become a better Scrabble player, perhaps the family champ! If you are interested, join the fun world of competitive Scrabble, locally and at tournaments throughout the country and world. Participants will improve their scores, learn strategy and how to manage their racks, see board opportunities, and find fifty-point “bingos” using all seven letters. We will have fun with lots of guided practice. Bring a Scrabble set to class if you have one.

Jacob Cohen (jacobwoodworker@gmail.com) is a retired teacher and principal. He is co-director of the Asheville Scrabble Club. Playing competitively since 2009, he is the webmaster/statistician for the club’s website, www.ashevillescrabble.com

Stay Fit
CRN # 20092
6 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30
Mondays, 2 - 4 pm

This course will address some of the key factors in maintaining a high quality of life in your senior years. We will focus on the physical changes of aging, medical concerns, diet and nutrition, and fitness. You will learn innovative exercises for improving balance, flexibility and strength. If you have an exercise mat and/or beach towel, please bring them.

Keiko Merl, originally from Japan, holds advanced degrees in health science and sports medicine, is a certified athletic trainer and emergency medical technician. She was a member of the Japanese national ski team and has worked in professional sports and with private clients across the United States.

T’ai Chi for Back and Balance
CRN # 20093
8 weeks: Mar. 29, Apr. 5, 12, 19, 26, May 3, 10, 17
Thursdays, 11:30 am - 1 pm

The principles and movements of T’ai Chi have evolved over the centuries to improve health and balance. The movements are gentle and meditative, relaxing and strengthening for the body. You will learn exercises that you can incorporate into a daily routine to develop flexibility, integration, and stability. You will have the opportunity to purchase an optional CD.

Terry Call (tfcall@gmail.com) has been studying and teaching T’ai Chi for fifteen years. He has trained in several styles of hand form, push hands, and sword form. He has a special interest in T’ai Chi as an exercise for active seniors.

Yoga for Quilters, Crafters, & Computer Users
CRN # 20094
2nd 4 weeks: Apr. 27, May 4, 11, 18
Fridays, 9 - 11 am

Hours spent quilting, working on crafts, or sitting at a computer take a toll on the body. Yoga can help relieve tension, relax muscles, and counteract the effects of repetitive movements. Learn simple yoga poses and stretches that can be done sitting in a chair or standing in your crafting or computer area. No yoga experience is necessary. A yoga mat is not required. Please wear loose, comfortable clothing and supportive, non-slip shoes. Due to topic popularity, you may take only one yoga course per term

Fran Fedor (fran fedor@gmail.com) is a certified yoga instructor who likes sewing, quilting, and crocheting and spends many hours in front of her computer.

Yoga for the Second Fifty Years
CRN # 20095
8 weeks: Mar. 28, Apr. 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 2 - 3:30 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.


Charles Jansen (cjansen@mtsu.edu) earned a one-thousand hour certification in 2002, and has taught older adults since 2005, drawing upon the alignments of iyengar methods and the adaptability of Viniyoga practices.

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. By 7 am on bad weather days 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 email to active members of the Center by 7 am regarding specific NCCCR cancellations, closings and delays.
PARKING INFORMATION

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

NON-RESIDENTIAL STUDENTS: Lots 3, 5, 7b, 9, A, B, C, D; Vivian St. Lot; ZAG parking deck; upper level of Sherrill Center parking deck.

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

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

KEY LOCATIONS

1. Admissions
2. Alumni Office
3. Bookstore
4. Dining
5. Human Resources
6. Information
7. Student Health Center
8. University Police
9. Information (6)
10. Kiosk/Campus Map
11. University Police (21)
12. Emergency Phone
13. Bus/Shuttle Stop

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

Campus Map Key

CAMPUS BUILDINGS
1. Belk Theatre (BEL)
2. Brumit Pisgah House (BPH)
3. Carmichael Hall (CAR)
4. Communication & Marketing [COM]
5. Glasshouse (GLA)
6. Highsmith Union (HIG)
7. Humanities Lecture Hall (HLH)
8. Justice Center (JUS)
9. Karpen Hall (KAR)
10. Lipinsky Hall (LIP)
11. Millar Facilities Complex (MFC)
12. New Hall (NEW)
13. Owen Hall (OWE)
14. Phillips Hall (PHI)
15. Ramsey Library (RAM)
16. Reuter Center (REU)
17. Rhoades/Robinson Hall (RRO)
18. Sherrill Center (SHE)
19. Student Recreation Center (SRC)
20. University Hall (Dining Hall) (UNH)
21. Vance Hall (VAN)
22. Weizenblatt Hall (Health Center) (WEI)
23. Zager Hall (ZAG)
24. Zeis Hall (ZEI)

CAMPUS OUTDOOR SPACES
25. A.C. Reynolds Green
26. Botanical Gardens
27. Greenwood Fields
28. Mullen Park
29. Ropes Course
30. Reed Plaza
31. Strauss Track
32. University Quadrangle

RESIDENCE HALLS
33. Ashe Hall (ASH)*
34. Founders Hall (FOU)
35. Gardner Hall (GAR)*
36. Governors Hall (GOV)
37. Governors Village*
38. Hoey Hall (HOE)*
39. Mills Hall (MIL)
40. Moore Hall (MOO)*
41. Scott Hall (SCO)*
42. South Ridge (SOU)
43. West Ridge (WES)

*Governors Village includes: Ashe, Gardner, Hoey, Moore and Scott Halls.
828/251-6140
e-mail: ncccr@unca.edu
www.ncccr.com

Don’t Use Email?
Please call or visit the Center frequently to stay informed.