from the director

The American novelist Henry James once said, “Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.” Thanks to the College for Seniors Appalachian Studies curriculum and funding from the Osher Foundation, July Sunday afternoons at the Reuter Center will be filled with beautiful words from five amazing writers who will be featured in the Appalachian Studies Authors Series. You can read more about the lineup on page 19 in the catalog, and we will send full details on the logistics as the time approaches.

College for Seniors director Susan Poole created the Appalachian Studies curriculum in order to celebrate the rich culture, heritage, environment, and history of the mountain region that is home to the Center. Many of our members have relocated here and relish the chance to learn more about their new home. Our members who have lived in the region throughout their lives enjoy the opportunity to envision their region in new ways. All of our members have the chance to see the NCCCR community in the context of the larger regional community we share, through the annual Fall Appalachian Sampler that covers a wide variety of topics with different presenters every week, and through the variety of courses we offer every term to help us understand where the region has been, where it is, and where we are going together.

We hope that the Summer Authors Speakers Series will bring positive attention to all of the rich offerings of the Center, from the varied courses in the College for Seniors to the hands-on workshops that offer an intense evening or weekend learning experience, to our Life Transitions programs that outline the possibilities of a creative retirement, to our Leadership Asheville Seniors, that encourages our members to make a difference, find a purpose, and have a passion in this stage of life. And we look forward to even more innovative programming as we become part of the Osher Lifelong Learning Institutes national network.

See you in July!

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 interest of independent scholars in our area. Courses range from Chaucer to computers, foreign affairs to opera, yoga to history. We offer four terms throughout the year, each one with different courses and opportunities.

LIFE TRANSITIONS PROGRAMS include Paths to Creative Retirement (Paths) and Creative Retirement Exploration Weekend (CREW). These programs are structured as thought-provoking seminars and workshops designed to challenge and inspire you to make the retirement phase of your life as fulfilling as you had always hoped and to help you find the tools to navigate change. This May, we are piloting a course titled “Exploring CCRCs” as we begin to examine new facets of later life transitions.

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

### May
- **May 15**: Audubon Society Meeting, 7 pm
- **May 18**: Fab Friday Lunch & Learn Lecture, 11:30 am
- **May 18**: CFS Spring 2012 Term ends
- **May 22**: Summer Registration, 8 am
- **May 25-27**: CREW Program (Reuter Center closed to other activities)
- **May 28**: Center closed for Memorial Day
- **May 31**: Pan Harmonia Open Rehearsal, 12 pm

### June
- **June 1**: RSVP Information Session, 9 am
- **June 7**: Astronomy Club of Asheville Meeting, 7 pm
- **June 13**: f/32 Photography Group Meeting, 7 pm
- **June 18**: CFS Summer 2012 Term begins, 9 am
- **June 19**: Audubon Society Meeting, 7 pm
- **June 21**: The Director is In, 11 am
- **June 21**: Thoughtful Thursdays Lecture Series, 11:30 am
- **June 24**: Autumn Players Readers Theatre, 2:30 pm
- **June 26**: Celebrating Life in the Mountains, 7 pm
- **June 29**: Thoughtful Thursdays Lecture Series, 11:30 am

### July
- **July 1**: Appalachian Authors Speakers Series, 3 pm
- **July 4**: Center closed for Independence Day
- **July 5**: Astronomy Club of Asheville Meeting, 7 pm
- **July 6**: RSVP Information Session, 9 am
- **July 8**: Appalachian Authors Speakers Series, 3 pm
- **July 11**: f/32 Photography Group Meeting, 7 pm
- **July 12**: Thoughtful Thursdays Lecture Series, 11:30 am
- **July 15**: Appalachian Authors Speakers Series, 3 pm
- **July 19**: Membership Round-Up Barbecue Social, 4:30 pm
- **July 22**: Appalachian Authors Speakers Series, 3 pm
- **July 29**: Appalachian Authors Speakers Series, 3 pm

### August
- **August 1**: CFS Summer 2012 Term ends
- **August 2**: Astronomy Club of Asheville Meeting, 7 pm
- **August 3**: RSVP Information Session, 9 am
- **August 8**: f/32 Photography Group Meeting, 7 pm
- **August 16**: CFS Fall 2012 Registration, 8 am
- **August 26**: Autumn Players Readers Theatre, 2:30 pm

### Center Steering Council 2012-13
- **Chair**: Cindy Berryman Fink
- **Chair-Elect**: Jim Lenburg
- **Secretary**: Matt Mengel
- **Ex officio**: Dick Murray
- **NCCCR Director**: Catherine Frank
- **CFS Director**: Susan Poole
- **Campus Rep**: William Spellman

### Committee Chairs
- **Civic Engagement**: Chuck Rosenblum
- **College for Seniors**: Sandra Brown & Charlotte Moore
- **Facilities**: Open
- **Finance**: Larry Haas
- **Health & Wellness**: Open
- **Marketing**: Carol Gillen
- **Membership**: Babs Guardenier & Kathy Rouse
- **Nominating**: Jim Lenburg
- **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 (NCCCR) programs and events is annual membership. A fee of $80 covers the extended membership period of May 1, 2012 to July 31, 2013. 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. 5-7; 19)
  - College for Seniors (p. 12-29)
  - 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.

NAMETAGS: Leave your name on the list at the table 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. With a OneCard you may receive UNC Asheville discounts at local businesses and at university special events. You may deposit funds on the OneCard either in the OneCard office or in Automatic Deposit Machines in Highsmith Union or Ramsey Library, to be used in 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 your library card.

WIRELESS INTERNET ACCESS: You may register to use the campus wireless network by stopping by the Reuter Center front desk and asking for instructions and a password. You will have to repeat this procedure each term, because the password will change.

EATING ON CAMPUS: The Reuter Café on the Center’s lower level is not open during College for Seniors Summer term, but 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/map/campusmap
- UNC Asheville Events: www.unca.edu/calendar
- The Reuter Center Office—Open Weekdays, 8 am to 5 pm
  828-251-6140

registration—summer term

INITIATE or RENEW your Center membership. For new or lapsed members: Join between May 1 and July 31 for $80, and your membership will run until July 31, 2013. Current 2011-12 members can renew for $60 for 2012-13

- Complete membership form, p. 15 or 17
- Pay $80 membership fee (new /lapsed members) or $60 (current members) and receive membership through July 31, 2013
- Mail in or drop off at the Reuter Center office anytime
  (cash or check payable to NCCCR only—we do not accept debit or credit cards)

REGISTER for classes starting Tuesday, May 22, 8 am for best availability

Note: Registration forms will be processed in order of date received at the Reuter Center on or after May 22. Forms submitted during registration on May 22 will be processed before registrations mailed or received prior to May 22.

- View catalog (hard copy or online at www.ncccr.com)
- Complete registration form, p. 15 or 17
- Mail in or drop off at the Reuter Center office with payment
  (cash or check payable to NCCCR only—we do not accept debit or credit cards)
- To apply for a scholarship for Center program fees, submit a scholarship application with your registration form.
  See p. 12 for details

RECEIVE registration confirmation to be sent June 1

- Registration and drop/add continues through the start of the second meeting of a course.
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 events and 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**
Fee: $350

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 15 or 17 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 www.ncccr.com and click on Artists & Writers Showcase under “Center Programs” for more information.

**special interest groups—SIGs**

Once you’re an NCCCR member, you may join Special Interest Groups (SIGs) as another way to learn and develop friendships based on shared interests. All SIGs are approved and evaluated by the Membership Committee and are member-organized. If you want to initiate a SIG or need additional information on SIGs, call 828-251-6140 or visit our website at www.ncccr.com and look for SIGs under “Center Groups.”

**Apple 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

**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, debraabraham100@gmail.com

**Bridge Grads**
Thursdays, 2-5 pm
Information: Nina Hansen, 299-7711, hansenn@bellsouth.net or Lisa Wester, 423-8614, lisa.wester29@yahoo.com

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

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

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

**Intermediate Bridge**
Fridays, 1-3:30 pm
Information: Jacque Morgan, 658-9738, myoldmthome@gmail.com

**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: Pete Olevnik, 281-0774, olevnik@att.net

**Reuter Center Bowlers (Lane Bowling)**
Mondays, 1 pm
Information: Jan Guichard, 253-8776, lifebegins70001@yahoo.com

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

**Spiritual Inquirers**
2nd & 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 and Tom Bushar, 254-4108, tbushar@gmail.com

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

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

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

**Wine Tasting**
2nd Sundays, 7 pm at a member’s home
Information: Ulana Mellor, 253-5031, Ulana.Mellor@charter.net

**A Writers’ Gathering**
2nd and 4th Thursdays, 4:15 pm
Information: Bobbie Rockwell, bobbiemayrockwell@gmail.com
Asheville Community Theatre’s Autumn Players
The Autumn Players is a troupe of seasoned actors dedicated to taking the reader’s theatre experience into the community. Readings of great literature by experienced performers can spark deep understanding and kindle lasting interest. As words jump from the page with conviction and emotion, stories come to life. All performances are in the Manheimer Room at the Reuter Center. Tickets are $5 at the door.

• **Sunday, June 24, 2:30 pm**—Arthur Miller’s *The Price*, directed by RoseLynn Katz. What price would you pay for respect and love? By one of our finest playwrights, *The Price* is a deeply moving drama that reunites two estranged middle-aged brothers. Nostalgia and recrimination erupt as they must sell off an attic full of furniture, their last links to parents and a world that no longer exists. The play focuses on difficult family dynamics, the price of material goods, and the price to be paid for the choices we make in life.

• **Sunday, August 26, 2:30 pm**—George Bernard Shaw’s *The Devil’s Disciple*, directed by Hal Hogstrom. Set in Revolutionary-era New England, this is the story of Richard Dudgeon, a local outcast and free-thinker who represents the “devil’s disciple.” When he’s mistaken for a local minister and arrested by the British, he finds himself incapable of passing his pain on to someone else. The surprise ending, with British General Burgoyne in charge of the trial, raises questions about religious faith and who, in fact, can be said to side with the devil.

**Astronomy Club of Asheville**
The Astronomy Club of Asheville meets the 1st Thursday of each month, 7-9 pm and welcomes NCCCR 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. Upcoming programs include:

• **June 7**—Dan Reichart, PhD, UNC Chapel Hill, on “The Drake Equation”

• **July 5**—Chris Mullis, PhD, retired European Space Agency astronomer, “X-Ray Astronomy”

• **August 2**—Joshua Emery, PhD, University of Tennessee, Knoxville, “Water and Organics on Asteroids”

**Celebrating Life in the Mountains**
This fascinating series continues on **Tuesday, June 26, 7 pm**, with “**Wild Things!**” Dan Clere, Western North Carolina Nature Center Education Specialist, will showcase the mission of the Nature Center and some of the animals who are resident there in a talk he calls *Fur, Feathers, and Scales*. The Nature Center houses animals indigenous to these mountains, and Dan plans to bring an animal from the center. Following Dan’s presentation, Mike Carraway, Mountain Regional Supervisor of the NC Wildlife Resources Commission, will educate us about living with bears in Asheville. Mike will discuss the increasing frequency of human-bear encounters in and around Asheville, the steps we can take to keep bears wild, and what we should (and should not) do if we find ourselves face to face with a bear. Enjoy an informative evening with the experts. A Q&A session will follow.

**The Director is In**
Join NCCCR Executive Director Catherine Frank for informal open discussions in the atrium, held on **Thursday, June 21, 11 am – 1 pm**. Take this opportunity to talk about your questions and hopes for the work of the Center in 2012 and beyond.

**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 holds meetings at the Reuter Center on the **3rd Tuesday of the month, 7 pm**. For more information, visit their website: emasnc.org

• **May 15**—Katie Fallon, author of *Cerulean Blues: A Personal Search for a Vanishing Songbird*, on “Saving the Cerulean Warbler”

• **June 19**—John Conners, coordinator of the Naturalist Center at the NC Museum of Natural Sciences, on “Chimney Swifts and People: Past, Present, and Future”

**f/32 Photography**
f/32 is a diverse group that shares 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, June 13, July 11, August 8, 7 pm**. For more information: f32nc.com
Membership Roundup Barbecue Social
Join your NC Center for Creative Retirement friends for our third annual summer barbecue on Thursday, July 19, 4:30 – 6:30 pm. Bandanas and cowboy hats are optional. Take this opportunity to socialize, enjoy great food, and sign up for your 2012-13 NCCCR membership.

Pan Harmonia
Recently awarded a grant from the National Endowment for the Arts, Pan Harmonia, an acclaimed group of chamber musicians, has been nationally recognized for its unique work and superb artistry. Embracing diverse world music from Baroque times to the 21st century, Pan Harmonia often mixes genres, styles and flavors in a single performance. Mark your calendar to join them when they return to the Reuter Center on Thursday, May 31, 12 pm, to offer a “Delicious Musical Lunch Break!” Join flutist/artistic director Kate Steinbeck, violinist Amy Lovinger and pianist Kimberly Cann as they prepare for June concerts, Musique de la Belle Epoque. For more information, visit Pan Harmonia’s website: www.pan-harmonia.org

Retired & Senior Volunteer Program (RSVP)—Your Volunteer Center for the Second Half of Life
Do you want to volunteer but don’t know where to start? Are you already volunteering but want to try something different? Let RSVP point you in the right direction! We invite you to attend a RSVP Information Session at the Reuter Center in which you will receive a short orientation to RSVP, enjoy a guest speaker and receive volunteer placement assistance. To reserve your spot at an information session please contact Patti Cameron, RSVP Coordinator, at 828-251-6622 or rsvp@landofsky.org. Check out the program’s website at www.landofskyrsvp.org.

June 1, 9-11 am—Asheville Area Habitat for Humanity
Volunteers are the heart of Asheville Area Habitat for Humanity. Whether you swing a hammer at the construction site, answer phones in the administrative office, or help customers in the Home Store, you’ll be helping build more safe, decent, and affordable homes for families in need.

July 6, 9-11 am—Council on Aging
The Council on Aging of Buncombe County is dedicated to promoting independence, dignity, and wellness for older adults through education, innovative programming, and coordination of resources. Come out and learn about their many volunteer programs from Call-A-Ride, Home Delivered Meals, Adopt-A-Lawn and SHIIP.

August 3, 9-11 am—Education Day
This month we welcome a guest from an area educational nonprofit, as we prepare for the school year to come.

Thoughtful Thursdays Lecture Series: Today’s Politics — Left and Right or Right and Wrong?
Conservatives and liberals both claim their positions are best for people in a political society. Since these two doctrines are radically opposed to one another, both claims cannot possibly be true. But what is the truth and is it out there to be found? Using real life examples, these three lectures, will explore this question. The conclusions could totally change your thinking. Join us on Thursdays, 11:30 am–1:30 pm for this thought provoking discussion.

• June 21—“The Philosophic Origins of Liberalism and Conservatism”
• June 28—“The Impact of the Two Doctrines on Government and People.”
• July 12—“Our Founding Fathers—Whose Side Were They Really On?”

Holding an advanced degree from the University of Chicago, series presenter Bob Wiley has been an adjunct professor at Northwestern University, a board member of the Chicago Area Great Books Council, and on the faculties of Blue Ridge Community College and here at the College for Seniors. He was asked by both Blue Ridge’s Lifetime Learning and the Road Scholar Program at Montreat College to develop these lectures after they became familiar with his CFS discussion course called, “Is Liberalism a Dirty Word?” However, lecture attendees will find the content covered significantly different than that of the course.
Welcome summer with one-day and weekend workshops that fit your interests and schedule. NCCC membership is not required to register, and workshops are open to the public. Workshops have limited space. Register on catalog page 15 or 17. For additional information or to register by phone call 828-251-6384. Credit cards are accepted for workshop registration. Refunds are available until 14 days before the workshop; $10/person fee is non-refundable.

**Beginning Digital Photography For Those Over 50**
CRN#: 30052

Friday, June 8, 5-8 pm  
Saturday, June 9, 9 am-4 pm  
Sunday, June 10, 2-5 pm  
Fee: $130/member  
$140/non-member

*Beginning Digital Photography for Those Over 50* is a workshop designed for beginning digital photographers who may have just gotten their first digital camera. We will start by touring a compact camera and a digital camera. We will discuss viewing your first photos, some basic techniques, using the flash, and loading your pictures onto your computer. You will have the opportunity to use your camera during a walking tour of Asheville. We will touch briefly on organizing your images, and, time permitting, we will cover some very simple image editing. **This is NOT a Photoshop or Light Room type of workshop.**

**Materials Fee:** None. Bring your camera, manual, extra battery and accessories to the first meeting.

**Bob Walther** (shutterbob@gmail.com) is an active member of Professional Photographers of America, and he holds a Photographic Craftsman degree. His portraits, wedding, and commercial photographs have won national awards and have been shown at the Biltmore Estate, Asheville Area Arts Council, and Black Mountain Center for the Arts. Bob has taught photography at J.C. Campbell Folk School and the NCCC.

**Bridge Wise—Are You Defensive Enough?**
CRN#: 30046

Saturday, June 16, 9 am-1 pm  
Fee: $40/person

While defense is one of the least mentioned topics in a bridge lesson, the fact is that you and your partner are playing defense at least one half of the time. While a declarer can see all 26 cards on offense, you can only see your hand and the dummy and the single cards that your partner plays. **This workshop will focus on aspects of defense—partnership play, leads and signaling, listening to the bidding, trying to figure what a declarer is trying to do, etc. Hands will be played to give you a chance to practice what has been discussed.**

**Materials Fee:** $6/person, payable to the instructor.

**Bob Evans** (mickeybob2@aol.com) earned his PhD in education. He has taught bridge classes for thirty years and has played bridge socially for over fifty years. **Marilyn Evans** taught office administration and information technologies at Cuyahoga Community College in Cleveland, Ohio, for 30 years and has also taught computer classes for NCCC’s College for Seniors (CFS). Bob and Marilyn have been teaching bridge classes at the College for Seniors since 2001.

**The Art of Digital Photo Painting**
CRN#: 30049

Saturday, June 16, 9 am-4 pm  
Sunday, June 17, 9 am-4 pm  
Fee: $175/member  
$185/non-member

In this course we will explore how to turn photos into masterful paintings with Corel Painter 12 software. No drawing skills are required, only basic computer skills. Learn the premier software for creating beautiful paintings from your own photographs. Learn from a Corel Painter Master with years of teaching experience. You will leave the class knowing your way around the software and be amazed at how naturally the brushes work for you. **Basic computer skills required.**

**Materials Fee:** None. Participants must bring their own laptops loaded with Corel Painter 12 software (available as 30 day free trial) and have Wacom tablets (loaners will be available).

**Marilyn Sholin** (marilynsholin@gmail.com) is a Master Photographer and Corel Painter Master. She has extensive experience in teaching workshops and has written the bestselling book, *Art of Digital Photo Painting*. Marilyn has won many awards and her work, and her articles have been published in international magazines. For more information visit her website, www.marilynsholin.com.
Yin and Yang in Watercolor
CRN#: 30051
Friday, June 22, 1-4 pm
Saturday, June 23, 9 am-4 pm
Sunday, June 24, 9 am-4 pm
Fee: $175/member
$185/non-member

Light cannot exist without dark and vice versa. This philosophy translates directly to learned watercolor techniques. Understanding how to see and then to paint dark on light (positive shapes) and light on dark (negative shapes) will transform any watercolor to a higher level of intricacy, balance, and contrast. **Basic watercolor experience preferred.**

**Materials Fee:** None. Instructor will provide a list of materials and supplies.

**Jane Snyder** (janesnyder57@charter.net) began to study art seriously in 1996. As a perpetual student and passionate teacher, Jane is delighted to share what she knows. While instructing beginner to advanced watercolor classes, she always finds time to focus on the individual needs of each student. She also continues to pursue an ongoing study of water media, caricature and paper art. For more information visit her website, www.janesnyder.com

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Photographic Composition - Learn How to See the World
CRN#: 30050
Friday, July 20, 1-5 pm
Saturday, July 21, 10 am-4 pm
Sunday, July 22, 10 am-4 pm
Fee: $160/member
$170/non-member

This workshop is led by award-winning photographer, David Simchock, providing a perfect balance of lecture instruction, hands-on shooting, and professional critique of each student’s work. David explores the “art of seeing” with participants, starting with the fundamentals of creative design, then applying the “theory” to real-life situations both in the classroom and in the field. **This workshop is suitable for all levels.**

**Materials Fee:** $10/person, payable to the instructor. Bring camera, manual, extra battery, lens, and accessories to first meeting.

**David Simchock** (david@vagabondvistas.com) is an award-winning photographer, instructor and has been a professional freelance artist for over nine years. David now operates his creative and instructional businesses, David Simchock Photography (www.davidsimchock.com) and Vagabond Vistas Photography Instruction (www.vagabondvistas.com) out of his studio/gallery in Asheville’s River Arts District.

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The Wall Pocket with Appalachian Ribbed Basketry
CRN#: 30047
Friday, July 27, 2-5 pm
Saturday, July 28, 10 am-4 pm
Sunday, July 29, 10 am-4 pm
Fee: $165/member
$175/non-member

Learn the basics of Appalachian style ribbed basketry. Make an artful basket for your wall. Class discussion will include tricks of the weaving trade, basketry terms, and safety tips. Good eyesight is necessary, and some hand strength is needed.

**Materials Fee:** $20/person, payable to the instructor. Instructor will provide a variety of beautiful hand dyed reeds, all tools, supplies, and handouts. Students are encouraged to bring pliable vines up to 1” diameter such as grapevine, bittersweet, honeysuckle, or wisteria to form into an interesting handle for their wall pocket.

**Carla Filippelli** (cranberryc@bellsouth.net) delights in sharing her passion for creative basketry with young and old. She has exhibited her baskets and sculpture worldwide for over 30 years. Carla and her husband Greg Filippelli are Exhibiting Artists in the Art in Embassies Program and members of the Southern Highland Handcraft Guild since 1983. For more information visit her website, http://southernhighlandguild.org/cranberry

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Intro to NXT Robot Programming for FIRST Lego League
CRN#: 30048
Saturday, August 18 & 25, 9 am-4 pm
Fee: $25/person

Get in on the robot action the FIRST Lego League way! This workshop is specially designed for students aged 9 to 14 along with their mentors and coaches who want a quick hands-on introduction to programming the Lego NXT robots in preparation for the 2012 FLL Robot Competition. **No prior experience required.** For more information visit http://www.rocwnc.org

**Materials Fee:** None. Attendees must bring pre-built NXT Robot (building instructions to be provided prior to workshop), USB cable and batteries--no fewer than 1 robot per two participants. For more information please contact Neil at 828-484-4444 or email contact@rocwnc.org

**Neil Rosenberg** (neil@vectorr.com) is a robotics engineer and educator and a graduate of MIT and Stanford. Neil is responsible for several unique robotics-based vehicles and has particular interest in machines that think for themselves. He also has a knack for making technology understandable.
Leadership Asheville Seniors 2012
Wednesdays, September 12-November 7, 8:30 a.m-3:30 p.m.

Every fall, NCCCR offers this learning and civic engagement program, planned and led by its graduates and community members, providing a multi-faceted view of Asheville and Buncombe County. Through hands-on service projects and discussions with community leaders in distinctive venues, newcomers and longtime residents alike can gain new perspectives and consider ways to contribute their diverse experiences and talents for the good of the community. Join our 26th class!

To receive information about LAS26, contact program director Michelle Rogers at mrogers@unca.edu with your name, mailing address and email address. Registration begins in June 2012.
In our Winter 2012 catalog we answered some questions about becoming part of the Osher Lifelong Learning Institutes national network. As we assessed the results of our Annual Member Survey, conducted in Fall 2011, we found that many of you continued to want to know more about our relationship with the Osher Foundation. We will continue to provide answers.

**How is the $100,000 grant being used?**

With the initial grant funding from the Osher foundation

- We purchased two additional smart podiums and a smart board. Once they are installed, every one of our classrooms will have integrated technology.
- CFS Director Susan Poole and Ulana Mellor have created a successful new faculty appreciation event.
- CFS director Susan Poole and CFS Appalachian Studies chair Doug Agor have put together an amazing Appalachian Studies Authors series, with appearances planned by Tommy Hays, Charles Frazier, Ron Rash, Wayne Caldwell, and Erica Abrams Locklear.
- We have also supported Appalachian programming by supporting “Stories on Asheville’s Front Porch,” the brainchild of Sarah Larson, a College for Seniors instructor and Leadership Asheville Seniors graduate and an appearance by storyteller Bil Lepp to be held here at the Reuter Center.
- In the fall, we will host a series of speakers who are experts in the field of active aging and purposeful retirement, including Civic Ventures founder Marc Freedman and AARP’s Director of Academic Affairs Harry R. Moody.
- On a more local note, we will host a gathering of regional organizations that provide learning and service opportunities for older adults to see how we might work together more effectively.

These programs and other initiatives funded by our initial Osher grant will call positive attention to the work we do and will inspire our members and staff to continue to provide thought-provoking and economically sustainable programming. This $100,000 grant gives us a taste of the ways that we can use this funding to supplement our ongoing programs and augment the kinds of offerings we make.

**What do we have to give up?** **No one gives money for nothing. What does Osher expect in return? What are the restrictions and changes? What is the impact on the Center, the programs, or College for Seniors?**

The Osher Foundation expects us to change our name from NC Center for Creative Retirement to the Osher Lifelong Learning Institute at UNC Asheville. We will report to the foundation every year about our programs and specifically how we are using the money earned by their endowment. They expect us to focus our programming on meeting the needs of older adults.

Other than that, they want each of the organizations funded by the Osher Foundation to meet the needs and use the resources of their members in ways that best suit their community. The name of the Reuter Center and everything about the building except the name “NC Center for Creative Retirement” will remain the same. The College for Seniors may retain that name (or change it if they like) and will continue to offer the varied and balanced curriculum our members value so highly. Our Life Transitions programs (Paths to Creative Retirement, Creative Retirement Exploration Weekend, Exploring CCRCs), Leadership Asheville Seniors, Workshops and all of our special interest groups and partnerships with local organizations will continue.

Bernard Osher may be one of those rare individuals who give up money with only the expectation that people will use it for the kind of good work they do already. In 2006 *Forbes* reported he was the 746th wealthiest person in the world; in 2007 *BusinessWeek* reported he was the 11th most philanthropic, at that time having given away $805 million and having signed the Giving Pledge, a commitment (initiated by Bill Gates and Warren Buffet) to give most of one’s wealth to philanthropic and charitable organizations. Mr. Osher made his fortune in banking (Golden West and World Savings Bank) and fine art auction houses (Butterfield and Butterfield). He founded the Osher Foundation in 1977, funding arts and education organizations and programs in integrative medicine.

The Osher Lifelong Learning Institutes are a relatively recent object of the Osher Foundation’s philanthropy. Mr. Osher is in his 80s. About 12 years ago, he was visiting southern Maine where he had grown up. He found that some of his childhood friends were withdrawn and “retired” in the worst sense of the word, while others were active and engaged. Those who were active were participating in the University of Southern Maine’s “Senior College,” very much like NCCCR’s College for Seniors. When he realized the positive impact of lifelong learning on the lives of older adults, he began to fund programs like ours across the country. There is now an Osher Lifelong Learning Institute (OLLi) in every state. There are three OLLIs in North Carolina: the other two are at Duke University and UNC Wilmington.

The foundation is near the end of its operations, and the NC Center for Creative Retirement is one of the last programs that will be funded. We bring great value to the network because of our history of innovation and leadership in this field; we have a great lifelong learning program in the College for Seniors, and with our life transitions and leadership programs, we offer something that many OLLIs can emulate. There are not many other foundations like the Osher Foundation, able and willing to fund the kinds of programs we foster. The opportunity to have this kind of support will most likely not come again. In an era of financial uncertainty, it seems prudent to add endowment income to our potential stream of financial resources. Moreover, we benefit by being part of a nation-wide network of programs that face similar struggles and opportunities. We can learn from one another and help to guide the way to more programming innovation.

*If you have any questions we have not answered, please feel free to contact the Center’s director, Catherine Frank (828-251-6188 or cfrank@unca.edu). She will work to answer your questions and will share concerns and answers in our weekly e-mail newsletter.*
The largest program of the NCCCR is College for Seniors (CFS), a lifelong learning program in its 24th year offering more than 280 courses to 1600 members annually, during four terms:

**Summer:** June 18 – August 1, 2012 (registration begins May 22)
**Fall:** September 17 - November 9, 2012 (registration begins Aug. 16)
**Winter:** January 14 – February 25, 2013 (registration begins Nov. 29)
**Spring:** March 25 – May 17, 2013 (registration begins Feb. 27)

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**SUMMER 2012**

**June 18-August 1, 2012**

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

**Fee: $75 for the term**

This flat fee allows you to register for up to 3 courses, listed on pp. 20-29 during the initial phase of registration. Confirmation will be mailed on June 1.

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 enroll 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 June 15 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:

- **August 13** – 4:30-6:30 pm
- **November 12** – 4:30-6:30 pm

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**Course Information**

In addition to the course descriptions in this catalog, there are details for many CFS courses on course web pages on the NCCCR web site. To reach a searchable database of courses with web pages, go to: ncccr.unca.edu/courses. From there you may search by topic, instructor’s name, or title to learn more about courses.

**Class Reps**

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

**Scholarships**

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

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**Guides**

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

**Course Proposal Due Dates:**

- **July 15** for Winter 2013
- **October 15** for Spring 2013
- **January 15** for Summer 2013

Proposal forms are available on the NCCCR website at ncccr.unca.edu/forms

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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 offers the 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 Summer 2012 are: *An Architectural Memoir of Western North Carolina* (p. 20) and *Ecology of the Southern Appalachian Mountains* (p. 27). Also, be sure to note information about the *Celebrating Life in the Mountains* lecture series (p. 6) and the *Appalachian Studies Summer Authors Series* (p. 19).

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 debate. To find courses that are Learning Circles (as opposed to those that are lecture and discussion courses), look for the circle logo next to each course. Learning Circles offered in Summer 2012 are: *Being Jewish in South Africa* (p. 23), *Relationships in the Senior Years* (p. 25), and *Stages of Spiritual Development* (p. 26).

Think Outside the Box!

College for Seniors is enriched by proposals from so 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 Summer 2012 are:

- Omnibus (p. 27)
- Ideas on Trial (p. 24)
- Being Jewish in South Africa (p. 23)
- Cinematic Liberties: The Book of Exodus Goes to Hollywood (p. 23)
- Stage to Screen: Six Modern Plays (p. 23)
- Introduction to Yin Yoga and Guided Meditation (p. 29)
### Mondays

- **9:00 – 10:30 am**
  - Beginning Tap ........................................ 28
  - American Stars of the Silent Era II ....................... 22
  - America’s Political Dilemma .......................... 22

- **9:00 – 11:00 am**
  - Fast & Healthy Cooking for Non-Cooks ................. 25
  - Fish for the Summer .................................. 25

- **11:30 am – 1:30 pm**
  - An Architectural Memoir of Western NC ................. 20
  - Being Jewish in South Africa .......................... 23
  - The Lincoln Conspiracy ................................ 24
  - Readers Theater ......................................... 27

- **2:00 – 3:30 pm**
  - Continuing Yoga ........................................ 28

- **2:00 – 4:00 pm**
  - Four Episodes in French History ......................... 23
  - Omnibus .................................................. 27

- **2:00 – 5:00 pm**
  - PC Basics and Shortcuts ............................... 22

### Tuesdays

- **9:00 – 10:30 am**
  - Continuing T’ai Chi for Arthritis ....................... 28
  - T’ai Chi for Back & Balance ........................... 29

- **9:00 – 11:00 am**
  - Dualism & Dis-Integration ............................. 26
  - Stocks, Bonds, & Investing ............................ 21

- **11:30 am – 1:30 pm**
  - Doodling as Artful Expression .......................... 20
  - Facebook for Newbies .................................... 21
  - How to Get the Income You Need in Retirement ........ 21
  - Politics, Left & Right ..................................... 22
  - Trinities & Other Triads ................................. 27

### Wednesdays

- **9:00 – 11:00 am**
  - Acupressure for Well-Being ............................ 28
  - Creativity of Collage .................................... 20
  - Ecology of the Southern Appalachians ................. 27
  - Lawn Bowling ............................................. 29

- **11:30 am – 1:30 pm**
  - Brief History of Disbelief ............................... 26
  - Facebook Refresher Course ............................. 22
  - Mah Jong .................................................. 29
  - Victorian Lady Travelers ................................ 24

- **2:00 – 4:00 pm**
  - Current Events & the Financial World .................. 21

- **2:00 – 4:30 pm**
  - Stage to Screen: Six Modern Plays ..................... 23

- **2:00 – 5:00 pm**
  - PC Basics and Shortcuts ............................... 22

### Thursdays

- **9:00 – 10:15 am**
  - Intro to Yin Yoga & Guided Meditation ................. 29

- **9:00 – 11:00 am**
  - Worlds of the Maya ..................................... 24

- **11:30 am – 1:30 pm**
  - Beginner Line Dance ..................................... 28
  - Corps of Discovery: Lewis & Clark ..................... 23
  - Facebook for Newbies ................................. 21
  - Mah Jong .................................................. 29

### Workshops

- **Friday, Saturday, & Sunday, June 8, 5-8 pm, June 9, 9 am – 4 pm & June 10, 2-5 pm**
  - Beginning Digital Photography for Those Over 50 ........................................ 8

- **Saturday, June 16**
  - 9 am – 1 pm
    - Bridge Wise—Are You Defensive Enough? ............... 8

- **Saturday, June 16 & Sunday, June 17**
  - 9 am – 4 pm
    - The Art of Digital Photo Painting ........................ 8

- **Friday, Saturday, & Sunday, June 22, 1-4 pm, June 23 & 24, 9 am – 4 pm**
  - Yin and Yang in Watercolor ................................ 9

- **Friday, Saturday & Sunday, July 20, 1-5 pm, July 21 & 22, 10 am – 4 pm**
  - Photographic Composition: Learn How to See the World ......... 9

- **Friday, Saturday & Sunday, July 27, 2-5 pm, July 28 & 29, 10 am – 4 pm**
  - The Wall Pocket with Appalachian Ribbed Basketry .......... 9

- **Saturdays, August 18 & 25, 9 am – 4 pm**
  - Intro to NXT Robot Programming for FIRST Lego League ....... 9

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**Summer 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

14 | SUMMER 2012
**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 May 22** for best availability. Your schedule will be sent to you on **June 1.** 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>
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I am listing several options above and want to take this number of courses (up to 3): ☐

**STOP**

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

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

**Summer 2012 College For Seniors Fee – $75**

(Carry forward your CFS SUBTOTAL to the next page)
Summer 2012 College For Seniors Registration Fee – $75
(From previous page)

Workshops, NCCCR Membership NOT required (see p. 8-9)
30052_____Beginning Digital Photography for Those Over 50 ($130/members, $140/non-members)
30046_____Bridge Wise—Are You Defensive Enough? ($40/person)
30049_____The Art of Digital Photo Painting ($175/members, $185/non-members)
30051_____Yin and Yang in Watercolor ($175/members, $185/non-members)
30050_____Photographic Composition ($160/members, $170/non-members)
30047_____Wall Pocket with Appalachian Ribbed Basketry ($165/members, $175/non-members)
30048_____Intro to NXT Robot Programming ($25/person)

Workshop SUBTOTAL $__________

Become a 2012-13 NCCCR Member for $80 or renew for $60
Membership SUBTOTAL $__________

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

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 $__________

Cash or checks only
Make checks payable NCCCR

Get Involved! BECOME A CENTER VOLUNTEER

One of the unique strengths of NCCCR is the involvement of its members in every aspect of programming and operations. We need you – your time, talent and enthusiasm.

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

My interests include:
☐ 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:
  ________________________________

Cash or checks only

Check box at left to go paperless and no longer receive a printed catalog in the mail.
We’ll email you when the catalog is available on the NCCCR website- www.ncccr.com

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

Stop
NCCCR Summer 2012

| Banner ID: ___________________________ | Enrolled by: ______ | Verified by: ______ | Amt: ______ | Ca/Ck #: ______ |

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E-mail address ______________________________________________________________________

for internal use only

I don't use email

Emergency Contact ________________________________ ________________________ ________________________

Name __________________________ Relationship __________________________ Daytime phone ______ / ___________

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☐ Civic Engagement  
☐ Planning events  
☐ Health & Wellness  
☐ Reuter Center facility  
☐ Other interests or expertise:  

(subject:____________________)
Great Southern authors are coming to speak at the Reuter Center this summer! The Appalachian Studies Program of the College for Seniors is sponsoring the Summer Authors Speakers Series. The Series will be held on Sunday afternoons in July from 3 – 4:30 pm in the Manheimer Room. This series is free and open to the public. For more information, watch the weekly email newsletter or contact Susan Poole at spoole@unca.edu or Doug Agor at agridgl@aol.com.

**July 1, 2012**
**Tommy Hays** is executive director of the Great Smokies Writing Program and a lecturer in the Master of Liberal Arts Program at UNC Asheville. His latest book, *The Pleasure Was Mine*, was published in 2006 and deals with a man’s journey in caring for his wife as she declines due to Alzheimer’s. It was a 2006 Southern Independent Booksellers Alliance Fiction Finalist and was read on National Public Radio’s “Radio Reader.”

**July 8, 2012**
A native of Asheville, **Charles Frazier** won the National Book Award in 1997 for *Cold Mountain*, which was later adapted to the screen in 2003. The idea for the novel came from stories Frazier’s father handed down to him about his great-great uncle during the Civil War. His most recent novels, *Thirteen Moons* (2006) and *Nightwoods* (2011), also use the Appalachian Mountains as a backdrop.

**July 15, 2012**
**Wayne Caldwell** is noted for his novel *Cataloochee*, a post-Civil War saga of three generations of families, their dreams, their downfalls, and their faith. His follow-up novel, *Requiem by Fire*, tells the story of a close-knit mountain village and its inhabitants’ fight to keep the land they have spent their lives cultivating. Caldwell is the winner of the 2010 Thomas Wolfe Memorial Literary Award.

**July 22, 2012**
**Ron Rash** is the Parris Distinguished Professor in Appalachian Cultural Studies at Western Carolina University. A poet and short story author, his 2008 novel *Serena* was a 2009 PEN/Faulkner Award Finalist. Twice the recipient of the O. Henry Prize, his short story collection *Burning Bright* won the 2010 Frank O’Connor International Short Story Award. His latest novel *The Cove* takes place during World War I in Western North Carolina.

**July 29, 2012**
**Erica Abrams Locklear**, author of *Negotiating a Perilous Empowerment: Appalachian Women’s Literacies*, is an assistant professor of literature and language at UNC Asheville. Her book explores how mountain writers portray the identity conflicts literacy attainment can cause for Appalachian women. Her interests are Appalachia, literacy, the South, and gendered issues within each of these categories.
**Architecture**

**An Architectural Memoir of Western North Carolina**  
CRN # 30001  
6 weeks: June 18, 25, July 2, 9, 16, 23  
Mondays, 11:30 am-1:30 pm  

We will take an insider’s look at the restoration of some of Western North Carolina’s treasured buildings and use them as a starting point for discussion of their individual histories, the design process with its aesthetic, technical, and emotional components, and an exploration of the idea of architecture as art. Our subjects will include Asheville’s Municipal Building, the North Carolina School for the Deaf’s Main Building in Morganton, Hendersonville’s City Hall, and Asheville’s Grove Arcade.

**Constance Mitchell** (cmgm050@gmail.com) grew up in New York, attended Catholic University in Washington, DC, first as an art major, then transferring to architecture. After graduating and completing a three-year internship, she became the eighth woman architect to be registered in North Carolina. Since 1968, Ms. Mitchell has lived, worked, and reared two children in Asheville.

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**Arts & Crafts**

**The Creativity of Collage**  
CRN # 30005  
6 weeks: June 20, 27, July 11, 18, 25, August 1  
(no class on July 4)  
Wednesdays, 9-11 am  

Search . . . discover . . . rip . . . cut . . . place . . . glue! Collage is simple, fun, and immediate. It gets you going, and can keep you going. Explore a different technique each week—faces, poetry, art cards, thumbnail sketches, vision collages. Laugh, be inspired, see things in a new way. You cannot fail in this course! Absolute beginners welcome. **Cost of materials:** $5, to be paid to the instructor at the first class.

**Robin Rector Krupp** (rrkrup@hotmail.com) loves collage. She used collage to illustrate two of her seven children’s books. A veteran teacher, Robin helps you get started and encourages your creativity.

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**Doodling as Artful Expression**  
CRN # 30002  
4 weeks: June 19, 26, July 3, 10  
Tuesdays, 11:30 am-1:30 pm  

A “doodle” is an informal term that describes a loose, freeform design characterized by loops, lines, shapes, scribbles, and patterns. Doodling can awaken creativity and connect you to your inner artist. Doodles are a means of self-expression that get your hands moving and let your imagination run wild. No drawing skills are needed. Contact the instructor for a list of materials. **Cost of materials:** $15-20.

**Karen Noel** (karengillennoel@yahoo.com) taught at a community college in San Diego until she moved to Asheville. She has always been involved in creative activities. Her work can be viewed at her website: www.KarenNoelArt.com.

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**Intermediate Watercolor Exploration**  
CRN # 30003  
6 weeks: June 19, 26, July 3, 10, 17, 24  
Tuesdays, 2-4:30 pm  

This course is for watercolor artists who know the basics of drawing and watercolor and can paint on their own. Instruction will be guided by the needs, desires, and interests of the participants. As participants work in groups, they will explore some new ideas that may take their painting to the next level.

**Susan Kibler** (susankibler1@frontier.com) is a member of the National Association of Women Artists, the Pen & Brush Club, the Art Students League in New York City, the Columbia County Council of the Arts, and The Art Safari in Weaverville.

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**Sewing Alterations**  
CRN # 30004  
6 weeks: June 19, 26, July 3, 10, 17, 24  
Tuesdays, 2-5 pm  
**Location:** Instructor’s home  

Here is your opportunity to clean out your closet and find those favorite outfits that you have been ignoring. Why? Don’t fit any more; need repair? Do you have a tablecloth that hangs too long? Or maybe it’s square and the table is round? Gather up those misfits and join me as we laugh, talk, and accomplish! This course will be taught in the instructor’s home, a twenty-minute drive northeast from the Reuter Center.

**Jan Guichard** (lifebegins70001@yahoo.com) has been sewing almost all her life. She had a successful sewing practice at one time where she also performed alterations. Jan has been teaching sewing classes at the College for Seniors for the last four years.
Business, Law and Finance

Current Events & the Financial World
CRN # 30006

6 weeks: June 20, 27, July 11, 18, 25, August 1
(no class July 4)
Wednesdays, 2-4 pm

We will examine the impact of current events on financial markets and some ways you might defend against them. We’ll analyze how current events, here (e.g., spending cuts, tax changes) and abroad (e.g., European debt, emerging market inflation, states like Iran), affect financial markets. We will assess what has been corrected since the financial debacle of 2008 and what may still lurk on the horizon. In the course we will discuss principles; i.e., no specific investing recommendations can or will be given.

Sheila Jamison (sjamison@investorscapital.com) is managing director of the Jamison Financial Group. She had twenty-four years’ experience in large firms before cofounding an independent financial group. Rich Jamison (rjamison@investorscapital.com) has been a financial advisor since 2001 and a corporate senior executive.

How to Get the Income You Need in Retirement
CRN # 30007

6 weeks: June 19, 26, July 3, 10, 17, 24
Tuesdays, 11:30 am-1:30 pm

For many retirees, the over-riding and crucial investment objective is getting the income they need in retirement—without risking they will outlive their assets. This course will provide a framework participants can use for making critical investment decisions. We will develop a superior “distribution strategy”: a practical and realistic solution to the problem of how to get sustainable income from your investment portfolio.

Jonathan Sackson (jonathan.sackson@gmail.com) is currently senior vice president/financial advisor at Morgan Stanley Smith Barney, and has worked in the investment business since 1992. Jonathan has his MBA in finance from Wharton Business School.

Stocks, Bonds & Investing: Oh My!
CRN # 30008

6 weeks: June 19, 26, July 3, 10, 17, 24
Tuesdays, 9-11 am

Investing today is more challenging than ever. Stop worrying and gain the confidence necessary to create a personalized investment plan. This class will demystify investing and give you the tools you need to achieve your financial goals. We’ll talk about how to build your nest egg, protect your assets, generate income, and invest appropriately given your situation.

David McMahan (david.mcmahan@gmail.com) is a native of Asheville with many years spent serving diverse and affluent investors in California. A financial advisor since 1993, he has shared his insights by teaching classes since 2008.

Computing

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.

Facebook for Newbies
CRN # 30009

2 weeks: June 19, 21, 26, 28
Tuesdays and Thursdays, 11:30 am-1:30 pm

This course is designed to be taught in a hands-on learning environment to students who have little to no experience using Facebook. There will be minimal lecture. Students will be instructed on how to use Timeline and all the basic features of the Facebook program and, time permitting, some of the more advanced popular features. The student should feel very comfortable using the program by the course’s end, and will have had some fun along the way. Minimum Requirements: Strong basic computer knowledge is necessary; participants must have an email account.

A graduate of the University of Florida with an MBA from the University of North Florida, Deborah Bohan (bohan12@me.com) has trained people on software, written documentation, and designed software marketing campaigns.
Computing continued

**Facebook: A Refresher Course**
CRN # 30010

2 weeks: June 20, 27
Wednesdays, 11:30 am-1:30 pm

This course is for those who already have an account and some experience using the social network program Facebook. This is a refresher course to revisit areas you are having difficulty with or would like to have more understanding of, to enhance your use of the program. This will be a hands-on learning experience, reviewing Timeline and all the basic features of the program. **Minimum requirements:** Participants must have an active Facebook account and some experience using it.

A graduate of the University of Florida with an MBA from the University of North Florida, **Deborah Bohan** (bohan12@me.com) has trained people on software, written documentation, and designed software marketing campaigns.

**PC Basics and Shortcuts for Microsoft Windows**
CRN # 30011

2 weeks: June 18, 20, 25, 27
Mondays and Wednesdays, 2-5 pm

Do you know little or nothing about computers? This course will give you tips and slow-paced hands-on practice with PC computers, using Microsoft Windows XP as the operating system. You’ll learn easy ways to navigate and search the Internet, create and use folders, do simple word processing, and email documents with attachments. We’ll also have very brief introductions to PowerPoint and Facebook. **Minimum Requirements:** Access to a computer.

**Beth Pilz** (bethunca@gmail.com) and **Marguerite Manicone** (MRM123go@yahoo.com) were system programmers for IBM; both have done volunteer work to teach low-income seniors how to use computers. Over the years, Beth has taught many computer courses at the College for Seniors.

Contemporary Issues

**America’s Political Dilemma: Paranoia, Big Money and Anti-humanism**
CRN # 30012

4 weeks: June 18, 25, July 2, 9
Mondays, 9-11 am

In recent years, America has been afflicted by the worst political polarization since the Civil War. This course addresses three of the major contributors to what has become a pervasively dysfunctional political system. They include the political paranoia of some voters, the impact of big money contributions on democracy, and the anti-humanist attitude exhibited by various politicians.

**George Yates** (gcyates104@gmail.com) is an associate professor emeritus of UNC Asheville. Prior to earning his PhD in management, he was a corporate manager for twenty years in manufacturing, finance, and senior management.

**Politics, Left and Right**
CRN # 30013

6 weeks: June 19, 26, July 3, 10, 17, 24
Tuesdays, 11:30 am-1:30 pm

Politics today is dominated by two opposing “isms,” each of which claims to be the blueprint for the good of society: conservatism and liberalism. But both cannot be true. In this course we will discuss, “Great Books” style, the seminal thinkers responsible for the origination and development of these two views while assessing their impact and validity on political thinking today.

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 Montreat’s Road Scholar program.

Film

**American Stars of the Silent Era II**
CRN # 30015

6 weeks: June 18, 25, July 2, 9, 16, 23
Mondays, 9-11 am

This course will feature six silent era superstars in fully restored and/or upgraded editions of some of their greatest movies. The films will be featured alphabetically by performer, including those by Clara Bow, Lon Chaney, William S. Hart, Mary Pickford, Norma Talmadge, and Rudolph Valentino.

**Chip Kaufmann** (jjk44@bellsouth.net) is a member of the Southeastern Film Critics Association, engages in pre-concert talks for the Asheville Symphony, and is an announcer at public radio station WCQS-FM.
Film continued

Cinematic Liberties: The Book of Exodus Goes to Hollywood
CRN # 30014
3 weeks: June 19, 21, 26, 28, July 3, 5
Tuesdays and Thursdays, 2-4:30 pm

We’ll view and discuss various cinematic treatments of the Exodus, including DeMille’s The Ten Commandments (1923 and 1956 versions), more recent made-for television versions, a 2006 musical, and animated versions. Our focus will be on what liberties filmmakers took with the original biblical story and what those liberties have to say about contemporary culture. Participants are encouraged to bring their own Bibles to class so that different translations can be examined.

Jay Jacoby (jbjacoby@uncc.edu) has taught English and literature for over forty years. He retired from UNC Charlotte in 2004 and has been an adjunct professor at UNC Asheville.

Stage to Screen: Six Modern Plays
CRN # 30016
6 weeks: June 20, 27, July 11, 18, 25, August 1
(no class on July 4)
Wednesdays, 2-4:30 pm

We’ll watch films adapted from six plays by celebrated modern British and American playwrights, tentatively those by Harold Pinter, Caryl Churchill, David Mamet, August Wilson, Alan Bennett, and John Patrick Shanley—chosen for playwright status, film length, and availability. Brief introductory comments will address themes, adaptation, and career and status of the playwrights. Discussion will follow each film, as time allows.

Doug Cooper (cdoug38@gmail.com) has taught college English courses in his native Michigan as well as in Missouri, Louisiana, Pennsylvania, and overseas. He has also taught a number of College for Seniors courses.

Being Jewish in South Africa
CRN # 30017
5 weeks: June 25, July 2, 9, 16, 23
Mondays, 11:30 am-1:30 pm
(note late start date)

The history of the Jewish community in South Africa is a fascinating and complicated story in its own right. It is also a valuable context from which to examine and discuss our own comparable lifetime experiences, actions, choices and values. The first part of each class will consist of a lecture; the second part will be discussion.

As an anthropology professor, Pat Harvey (patricia_harvey@bellsouth.net) spent a sabbatical year in South Africa researching this topic and continues to find it valuable for introspection and as Jewish history.

Corps of Discovery: Lewis & Clark, a Dog, a Slave, and an Indian Guide
CRN # 30018
4 weeks: June 21, 28, July 5, 12
Thursdays, 11:30 am-1:30 pm

This lecture format course will cover the highlights of the Lewis and Clark expedition: its historical background and the individuals who made the round trip across much of North America in 1804-06. Because most people are aware of the main aspects of the trek, this course will focus on lesser known facts or controversies and the results of the expedition’s discoveries.

Paula Withrow (paula66vw@gmail.com) has an MA in history from Colorado State University and an enthusiasm for sharing historical facts and fiction. Western United States history and the people who made it are one of her passions.

Four Episodes in French History: From Joan of Arc to Charles de Gaulle
CRN # 30019
4 weeks: June 18, 25, July 2, 9
Mondays, 2-4 pm

Through the use of lecture, slides, and film clips, this course will provide a meaningful understanding of French history and culture by exploring four important episodes of the French experience: the story of Joan of Arc in the fifteenth century; the reign of Louis XIV in the seventeenth century; the Belle Epoque at the turn of the twentieth century; and the image of the French Resistance during World War II.

John Sweets (johnsweets@yahoo.com) is professor emeritus of modern European history at the University of Kansas in Lawrence, Kansas, where he taught history for thirty-five years. He earned a PhD from Duke University. Renée Melchiorre (reneeclio@yahoo.com) earned an MA in contemporary United States history from the University of Kansas where she taught classes in early twentieth-century American history.

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In this course we will review four trials of ideas central to our culture, from 399 BC to 2005 AD. The focus of the course will be on the ideas in historical context and on personalities rather than legal procedure. Three of the figures are famous: Socrates (teaching new fangled philosophy), Giordano Bruno (publishing very un-Catholic speculations), and Galileo Galilei (publishing science forbidden by the Church). We will examine the Kitzmiller v. Dover School District trial, the Pennsylvania “Evolution” or “Intelligent Design” trial, in context with others back to the Scopes trial. All of these trials involve politics and intrigue as well as “ideas.” Lecture discussion will be the format.

Bill Utz (sendalittlebill@gmail.com) is a retired college librarian and attorney. Two of his strong avocational interests are the history of the book and intellectual history.

Lincoln was assassinated by John Wilkes Booth at Ford’s Theater on 14 April 1865. In this course we will examine the many conflicting assassination theories. Was it a simple conspiracy by Booth? Was he a pawn of higher ups? Was it a United States’ government grand conspiracy led by Lincoln’s secretary of war? Or was it a Confederate grand conspiracy in retaliation for the Dahlgren Raid? Was it a papal or Masonic plot? Was Dr. Mudd wrongly accused? Was Mary Surratt wrongly convicted? Did Booth escape to freedom and die an old man forty years later? We will investigate these possibilities and others.

Bert Lockwood (kelockwood@mindspring.com) served thirty years in the United States Army, working for Dr. Wernher von Braun in the Army’s Missile and Space Program, the Secretary of the Army at the Pentagon, as associate professor of engineering at the United States Military Academy and commander of Picatinny Arsenal. He later worked in the defense industry. He attended West Point, the University of Michigan, and Columbia University. He has taught numerous history courses at the College for Seniors.

You may have heard of Gertrude Bell’s explorations, but what about the travels of her contemporaries: scandalous Jane Digby and her Bedouin Sheikh; spinster Mary Kingsley alone in the Congo; devoted wife Isabel Burton; Aimée du Buc de Rivéry captured by Barbary pirates; or Isabella Bird in the Colorado Rockies? Come learn about these unconventional and fascinating women. Recommended text: An optional reading list will be sent prior to the first class.

Sallie Hightower (shtower@me.com) is an experienced teacher with eclectic interests (e.g. literature, crime fiction, the Congo). Her current research focuses on fascinating but little known nineteenth-century women travelers to exotic places.

During the first millennium BC, the Maya of present-day Mexico and Central America created one of the most brilliant civilizations of world antiquity in the highlands and lowlands of the Yucatan Peninsula. This course examines the story of that civilization from its shadowy beginnings three thousand years ago to the lives of its six million descendents who occupy that area today.

George Stuart (maya84@mac.com), president of the Center for Maya Research, served forty years as chief archaeologist of the National Geographic Society. His contributions include six books and some forty articles. He received his PhD in anthropology from the University of North Carolina Chapel Hill.
Personal Development

Fast and Healthy Cooking for Non-Cooks
CRN # 30024
2 weeks: July 2 and 9
Mondays, 9 am-12 pm
Location: Instructors’ home
This course will focus on teaching techniques for people who hate to cook to produce fast and healthy food. Learn how to plan and execute meals without spending hours in the kitchen. We will cover all food groups and learn how to prepare a complete meal with several variations each session, and enjoy the results afterwards. We will cover sanitary cleaning and health and safety standards in the kitchen. Participants must be able to stand for long periods of time. The course will meet at the instructors’ home, five minutes from the Reuter Center. Food fee: $50, payable to the instructors at the first class.
Sheila Murphy (murphysh@frontier.com) and Dennis Murphy (dwmur@frontier.com) have been cooking together for over forty years and enjoy teaching others to enjoy healthy nutritious foods.

Fish for the Summer
CRN # 30025
2 weeks: July 16 and 23
Mondays, 9 am-12 pm
Location: Instructors’ home
This course will focus on preparing fish for warm weather. We will poach, sauté, grill, marinate, and roast fresh and salt water fish and prepare shellfish recipes. We will be making appetizers, salads and main dishes with fish and will enjoy them together. We will cover sanitary cleaning and health and safety standards in the kitchen. Participants must be able to stand for long periods of time. The course will meet at the instructors’ home, five minutes from the Reuter Center. Food fee: $50, payable to the instructors at the first class.
Sheila Murphy (murphysh@frontier.com) and Dennis Murphy (dwmur@frontier.com) have been cooking together for over forty years and enjoy teaching others to enjoy healthy nutritious foods.

Relationships in the Senior Years
CRN # 30026
6 weeks: June 21, 28, July 5, 12, 19, 26
Thursdays, 2-4 pm
As we grow older, our relationships change. Both long term and new relationships need care and maintenance. In this learning circle, we’ll share experiences and ideas to gain understanding and increase our ability to meet our own and others’ needs within relationships. We’ll use concepts by Donald Winnicott and Eric Berne to help us do this. We’ll look at marriage and its equivalents, friendships, grand-parenting, and other family relationships in today’s world.
Ann Karson (akarson57@gmail.com) has a background in clinical social work in psychiatry. In this capacity, she worked with people of all ages and their families. She has taught this and related topics to cruise ship audiences and in the early days of the College for Seniors. Perien Gray (gray.perien090@gmail.com) facilitates learning circles and teaches facilitation skills at the College for Seniors. Among other skills, her background includes crisis intervention, suicide prevention, and counseling.

Vegetarian Cooking in the Macrobiotic Style
CRN # 30027
4 weeks: June 21, 28, July 5, and 12
Thursdays, 2-4 pm
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 the American Heart Association and included in the “Nutrition Plate” replacing the “Food Pyramid” adopted by the federal government 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 12 students. We will learn knife skills, and use of miso, tofu, tempeh, and healthy sweeteners. It is required that students bring a knife. Food fee: $80, payable to the instructors at the first class. Recommended text: A Man in the Kitchen, Warren Wepman, ISBN:1-88294-41-2. Cost: $19.95.
Warren Wepman (warrenwep@hotmail.com) and Marquita Wepman (macrogoddess@hotmail.com) have practiced the macrobiotic lifestyle for 35 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.
Photography

Picasa, NOT Picasso
CRN # 30028

6 weeks: June 21, 28, July 5, 12, 19, 26
Thursdays, 2-4 pm

This is a beginning level course on how to get your photos from camera to computer, organize photos for retrieval, perform basic editing to enhance photos, and create and share photo albums in print and on-line, using Google’s Picasa and Picasa Web Albums (free software). This is NOT a hands-on course, but students will have take-home assignments. **Minimum Requirements:** Must know how to use a flash drive, access the Internet and use an Internet browser; must have Google Picasa on their Mac/PC computer.

**Dennis Murphy** (dwmur@frontier.com) has been involved in photography for decades and has experienced the culture shock of giving up film and having to learn a whole new set of skills to produce a photograph. He has taken many workshops and courses on how to use various photo editing tools (Photoshop, Lightroom, Picasa) to enhance and improve digital photographs.

Religion, Philosophy, and Psychology

A Brief History of Disbelief
CRN # 30029

5 weeks: June 20, 27, July 11, 18, 25
Wednesdays, 11:30 am-1:30 pm

We’ll view the 2005 acclaimed three-part BBC series “A Brief History of Disbelief” by Jonathan Miller. “This series is about the disappearance of something: religious faith,” Miller says. “It’s the story of what is often referred to as ‘atheism,’ the history of the growing conviction that God doesn’t exist.” We will also view the film “The God Who Wasn’t There.”

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.

Dualism and Dis-Integration
CRN # 30030

5 weeks: June 19, 26, July 3, 10, 17
Tuesdays, 9-11 am

This course will trace the roots of false and dysfunctional dualisms including: objective and subjective; matter and spirit; real and ideal; reason and emotion; progress and cyclicality; pain/loss and joy; existence and essence; good and evil; life and death. We’ll include Plato, Aristotle, the Early Christians, the Renaissance, The Scientific Revolution, The Enlightenment, Romanticism, Freud, World War I, Heisenberg, Bohr, Gödel, and the Existentialists.

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.

Stages of Spiritual Development
CRN # 30031

6 weeks: June 19, 26, July 3, 10, 17, 24
Tuesdays, 2-4 pm

We will use poetry, James W. Fowler’s *Stages of Faith*, and Susan Cook-Grueter’s *Nine Levels of Increasing Embrace* as a backdrop to explore spirituality, to participate in a dialogue about our personal journeys so far, and to envision what adventures may still lie before us.

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

The Trinities and Other Triads  
CRN # 30032

4 weeks: June 19, 26, July 3, 10  
Tuesdays, 11:30 am-1:30 pm

Long before Freud adopted the concept of id, ego, and superego to illuminate human personality, threeness-in-oneness persisted in Western thought. This concept was a way of dealing with the multiplicity of singularity and the complexity of the simple. We will look at two ancient trinities, Hegel, Schleiermacher, Kierkegaard, and Freud to get a glimpse of how this worked out.

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

Science

Ecology of the Southern Appalachian Mountains  
CRN # 30033

6 weeks: June 20, 27, July 11, 18, 25,  
August 1  
(no class on July 4)  
Wednesdays, 9-11 am

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

Western North Carolina Alliance (WNCA), the region’s oldest environmental advocacy group, empowers citizens to be advocates for livable communities and the natural environment of Western North Carolina.

Omnibus  
CRN # 30034

6 weeks: June 18, 25, July 2, 9, 16, 23  
Mondays, 2-4 pm

This course consists of lectures based on several diverse subjects, based on science, logic and art. Lectures will cover “Critical Thinking”; “Are We Alone in the Universe?”; “Climate Change and Its Causes”; “The Relation Between Art and Science”; “Decisions, Decisions”; and “Evolution Theory.” Time will be reserved for questions and answers.

John Fishwick (jon.fishwick1722@att.net) has a degree in geology and chemistry from Liverpool University in the United Kingdom. He studied Russian in British Intelligence, is a member of Mensa, and has twice been president of the Everglades Astronomical Society. John teaches at colleges in North Carolina and Florida and has also taught on cruise ships around the world.

Theatre Arts

Readers Theater  
CRN # 30035

6 weeks: June 18, 25, July 2, 9, 16, 23  
Mondays, 11:30 am-1:30 pm

Readers Theater is a course that will teach reading correctly and well for an audience, with energy, enthusiasm and variety. Participants will also experience reading aloud poetry, monologues, and scenes from plays. No experience is necessary, and if there’s time we may include theater games and improvisations.

An Equity actor since 1966, Kermit Brown (kermitbrown@bellsouth.net) has taught acting courses at the College for Seniors since 2008. He has appeared in “Twelve Angry Men” for Flat Rock Playhouse in Summer 2010 as well as “Witness for the Prosecution” and “Mousetrap,” also for Flat Rock Playhouse in Summer 2011.
Wellness & Recreation courses with this symbol each require a $20 fee, in addition to your College for Seniors fee of $75, remitted with your registration form. Failure to include the fee with the registration form will result in delayed processing of your course requests. These fees offset the cost of paid CFS instructors who must be certified to teach. Please 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.

**Acupressure for Well-Being and Better Health**
CRN # 30036
4 weeks: June 20, 27, July 11, 18
Wednesdays, 9-11 am

Are you curious about how to activate the acupuncture points through acupressure (no needles) to improve your sleep, memory, digestion and other ailments? In this course you will learn not only acupressure, but also daily tapping and breathing exercises to enhance the body’s natural energy flow for overall health. In the end, you will gain a basic understanding of how Oriental medicine’s energetic system works. Please wear comfortable clothing.

Su Shen Huang (myneedle47@hotmail.com) has, over the course of forty-plus years, integrated her passion for science, psychology, and spirituality into a wholistic healing service. Her love of world travel and exploration of diverse cultures has enhanced her skills as an inspiring teacher and compassionate healer. She has a BA in psychology, an MA in counseling, and was a licensed acupuncturist.

**Beginner Line Dance**
CRN # 30037
6 weeks: June 21, 28, July 5, 12, 19, 26
Thursdays, 11:30 am-1:30 pm
**Location: Sherrill Center**

Line dancing is a great activity to keep your mind and body sharp. We will learn the fundamental steps for beginner dances and be able to perform many dances by the end of the course. Line dancing is a great way to have fun dancing to all genres of music.

Denna Yockey (denna.yockey@yahoo.com) teaches line dance at Givens Estates, Harvest House, and AB Tech. She has taught line dancing for about fifteen years and had her own dance club in Kansas for eight years. Denna hosts a monthly line dance party at the Asheville Ballroom.

**Beginning Tap**
CRN # 30038
6 weeks: June 18, 25, July 2, 9, 16, 23
Mondays, 9-10:30 am
**Location: Sherrill Center**

This class is for those who have never taken tap. We’ll learn basic tap steps and combinations of these steps, and finally develop a tap routine. Emphasis will be on having fun and getting exercise. Tap shoes, or shoes with leather soles, are required.

Mary Walker (dougw1930@yahoo.com) has been teaching tap and performing with two groups since 1990. She is a graduate of Ohio University and has taught English in Japan, China and Slovakia.

**Continuing T’ai Chi for Arthritis**
CRN # 30039
6 weeks: June 19, 26, July 3, 10, 17, 24
Tuesdays, 9-10:30 am
**Location: Sherrill Center**

This course is designed for students who have taken a *T’ai Chi for Arthritis* class previously. In the first half of the course we will review the principles and first six moves of the program. In the second half we will introduce the more advanced forms. We will discuss and apply the basic t’ai chi principles in more depth than in the beginning course. **NOTE: Due to topic popularity, participants may take only one t’ai chi course per term.**

Nancy Chatham (taichichatham@gmail.com) has taught arthritis exercise classes for twelve years and is a nationally certified Tai Chi for Arthritis instructor. She loves sharing the beauty, depth, and gentle power of T’ai Chi for Arthritis with others.

**Continuing Yoga**
CRN # 30040
6 weeks: June 18, 25, July 2, 9, 16, 23
Mondays, 2-3:30 pm
**Location: Sherrill Center**

This is a course for people who have had some yoga experience. It will include instruction in basic poses and sequences, breath work, and meditation. Please bring your own yoga mat and any other yoga props you own. **NOTE: Due to topic popularity, participants may take only one yoga course per term.**

Fran Ross (franjii@charter.net) is certified by the National Yoga Alliance, and has taught yoga for the past ten years. She has increasingly focused her learning on yoga for seniors. She also completed a PhD from the European Graduate School in arts in therapy and social change.
### Wellness and Recreation continued

#### Introduction to Yin Yoga and Guided Meditation

CRN # 30041

- **Cost:** $20
- **Duration:** 4 weeks: June 21, 28, July 5, 12
- **Time:** Thursdays, 9-10:15 am
- **Location:** Sherrill Center

This is a 75 minute course, beginning with short guided meditations, moving into yin yoga (restorative postures held for several minutes at a time) to stretch the connective tissues that bind our bones and joints, and ending with deep relaxation practices. Students learn methods for continuing to meditate on their own and gain greater elasticity in the large joints of the body. All levels are welcome; students should be able to get down to the floor and back up again without assistance. Please bring yoga mats or blankets if you have them. **NOTE: Due to topic popularity, participants may take only one yoga course per term.**

Susan Kaagan ([susan-bpcusa@att.net](mailto:susan-bpcusa@att.net)) is a registered yoga teacher, nationally certified through the Yoga Alliance. She loves sharing the gift of yoga, and delights in the exchange of energy between teacher and student.

#### Lawn Bowling

CRN # 30042

- **Duration:** 6 weeks: June 20, 27, July 11, 18, 25, August 1
- **Time:** (no class July 4) Wednesdays, 9-11 am
- **Location:** Carrier Park

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

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

#### Mah Jongg

CRN # 30043

- **Duration:** 4 weeks: June 20, 21, 27, 28, July 11, 12, 18, 19
- **Time:** (no class July 4 or 5) Wednesdays and Thursdays, 11:30 am-1:30 pm
- **Location:** Carrier Park

If you can play gin rummy, you can play mah jongg. You will learn the background of this ancient game, become familiar with pieces and terms, and learn to play by the Wright-Patterson rules and score the game. Then you can join us in the Tile Clickers SIG every Wednesday! **Materials fee:** $10 fee for books, payable to the instructors.

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

#### T’ai Chi for Back and Balance

CRN # 30044

- **Cost:** $20
- **Duration:** 6 weeks: June 19, 26, July 3, 10, 17, 24
- **Time:** Tuesdays, 9-10:30 am
- **Location:** Sherrill Center

This course introduces students to t’ai chi principles as embodied in the Simplified Yang Form of Professor Chen, Man-Ching. Through the practice of a series of exercises and a mini-form, we will strengthen the lower body, increase the flexibility of the upper body, relieve lower back stress, and improve balance. The class will also include some standing meditation. **NOTE: Due to topic popularity, participants may take only one t’ai chi course per term.**

Terry Call ([tfcall@gmail.com](mailto: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 You

CRN # 30045

- **Cost:** $20
- **Duration:** 6 weeks: June 21, 28, July 5, 12, 19, 26
- **Time:** Thursdays, 2-4 pm
- **Location:** Sherrill Center

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

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

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

**Campus Map Key**

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

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

**RESIDENCE HALLS**
33. Ashe Hall (ASH)*
34. Founders Hall (FOU)
35. Gardner Hall [GAR]*
36. Governors Hall [GOV]
37. Governors Village*
38. Hoey Hall [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
email: ncccr@unca.edu
www.ncccr.com

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