

Course Schedule, September - December, 2019

A Veil Thin as Gossamer: Celtic Christianity, Then and Now

1 Session
Wednesday
Sept. 4
1:00 - 3:00 p.m.

**BRCC - Room 213
Technology Education
Development Center**

Member Fee: \$20
Non-Member Fee: \$30

By popular request, more on Scotland! Come and join us in exploring the beginnings of Christianity in Scotland, find out how it all began and step back in time to the 'desert fathers' of Egypt and Asia Minor. Learn how Christianity took hold in sixth century Scotland when an Irish monk and his twelve followers set sail for a tiny isle called Iona and how they established what became known as the 'Cradle of Christianity'. Discover how the monks produced what is now considered one of the greatest treasures of Western Europe, the beautifully illustrated Book of Kells. Study its most famous pages, including the four Gospel writers Matthew, Mark, Luke and John, the Virgin and Child and the Temptation of Christ. Understand what is meant by Celtic Christianity and Spirituality, and learn about the modern day Iona Community and how it has incorporated the ancient forms of Celtic worship so as to be relevant today.



Additional areas of study include a detailed look at several Celtic High Crosses, learning how to embrace your Anam Cara (soul friend) and, finally, touch on the lives of the Celtic Saints: Patrick and Brigid in Ireland, David in Wales and Iona's Columba.

Rich Shader is returning to BRCLL! An authority on all things Scottish, he is an FSA Scot (Fellow, Scottish Antiquaries of Scotland), a member of the Scottish Tartans Authority, former Central Florida commissioner for the Clan MacLeod Society, USA and an Associate Member of the Iona Community. Rich lectures on Scottish/Celtic culture to genealogy groups, schools, churches, civic and historical organizations.

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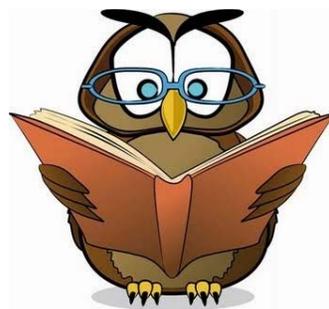
### **Expand Your Intuition and Become an Elder Woman of Wisdom**

1 Session  
Monday  
Sept. 16  
10:00 a.m. - Noon

**BRCC - Room 150  
Patton Building**

Member Fee: \$20  
Non-Member Fee: \$30

Are you an elder woman intrigued by your inner voice - yet also aware that the aging process often affects your decisions, attitudes and choices? You now have the potential to create greater daily wisdom and clearer direction through the powerful and subtle gift of your ever-growing intuition. In this reflective and highly experiential class, you will effectively learn how the intuitive process works in your life, the difference between intuition and ego, how to recognize and access your intuition, and how it is unique to the life changes of elder women. Tap into this inner self, knowing that it expands with age as you cultivate an environment for its growth and align yourself with its possibilities.



**Lucille Ann Meltz** is an experienced instructor of multiple courses on personal growth, intuition and elder women over a period of 20 plus years at senior colleges and university community education programs in Maine and Arizona. She is the author of *The Elder Widow's Walk* ([www.lucilleannmeltz.com](http://www.lucilleannmeltz.com)).

## Course Schedule, September - December, 2019

### Introduction to Functional Medicine

1 Session

Tuesday

Sept. 17

1:00 - 3:00 p.m.

BRCC - Room 122

Continuing Education Building

Join us for a lively conversation with Dr. Marie Andersson regarding the growing field of functional medicine. Learn about an approach to conventional healthcare that avoids drugs as much as possible, focuses on creating an old-fashioned relationship with the doctor which includes the whole person and their families. Functional care includes traditional laboratory testing as well as specialty investigation to get to the root cause of dysfunction and illness, and then uses the information to formulate a treatment plan that aids the body in healing and restoring optimum function.

The discussion will explain how different avenues of testing and evaluation are used to identify the root causes of illness, with a special emphasis on the role of gut health in overall wellbeing.

**Dr. Marie Andersson** has been practicing functional medicine for 22 years. She specializes in autoimmune disorders such as fibromyalgia, chronic fatigue syndrome, psoriasis, irritable bowel syndrome, Crohn's disease as well as hormonal imbalances, overall GI complaints, and other illnesses.



### Trains in Western North Carolina

2 Sessions

Wednesdays

Sept. 18 & 25

10:00 a.m. - Noon

BRCC - Room 213

Technology Education Development Center

The two sessions of this course will focus on the three ways the railroads constructed tracks up and through the mountains of Western North Carolina - creating loops, building straight up and over as at Saluda, and carving shelves above the rivers. We will discuss the three major reasons investors and the State of North Carolina were driven to build the railroads into the region as they sought to access timber and mining products (iron ore, mica, feldspar, zircon, copper, marble) and to encourage tourism. The region was promoted by the railroad as 'The Land of the Sky', the name taken from the title of Christian Reid's 1875 novel set in the mountains of WNC. Ray will also provide an update on current efforts to restore a rail connection to Western North Carolina.

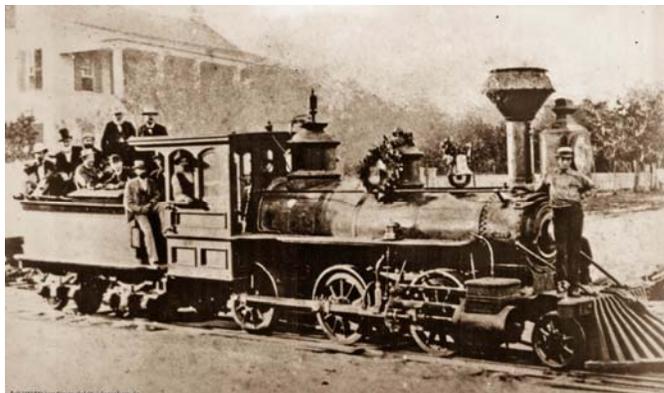
Member Fee: \$30

Non-Member Fee: \$40

**Ray Rapp** is an adjunct faculty member, lecturer and former Dean of the Adult, Continuing Education and Summer Sessions at Mars Hill University. He is currently Co-Chair of the Western North Carolina Rail Committee, Inc. and recently curated the exhibition at the North Carolina Transportation Museum, "How the West Was Won: Trains and the Transformation of Western North Carolina".

Ray is a former Mars Hill Alderman (two terms), Mars Hill Mayor (three terms) and member of the North Carolina House of Representatives (five terms). While in the Legislature from 2003 until 2012, he chaired a number of committees including Education Appropriations Committee and two Committees on and Expanding vice in North

Subcom-Special Improving Rail Service in North Carolina.



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## Course Schedule, September - December, 2019

### China: Economic Growth and the 'Surveillance State'

1 Session  
Wednesday  
October 2  
1:00 - 3:00 p.m.  
**BRCC - Room 122**  
**Continuing Education Building**

Member Fee: \$20  
Non-Member Fee: \$30



China's economic development is one of the world's most extraordinary success stories. Credible sources indicate that China's economy has moved more people into the middle class than any country in history. According to the New York Times, "Eight hundred million people have risen out of poverty. That's two and a half times the population of the United States."



Concurrently with this development, however, is political repression that is not only continuing, but expanding. This two-hour session will examine China's economic growth, the ways in which some of that growth may be 'hollow' or false, and the ways in which the country uses technology to control its population. One key focus will be repression of the Uighur minority in western China, with an emphasis on how the technology is being leveraged throughout China and marketed globally.

**Jonathan Tetzlaff** has a B.A. in International Relations and M.A. in U.S. & Comparative Foreign Policy, as well as a CISSP, CBRM and MBCI. He is a member of the Association of Continuity Professionals, the World Affairs Council, the U.S. State Department's Overseas Security Advisory Council (OSAC), and other organizations. Jonathan has traveled globally throughout his life to locations including North Korea. For more information: [www.TRMRisk.com](http://www.TRMRisk.com).

### The Aging Eye

1 Session  
Thursday  
October 10  
1:00 - 3:00 p.m.  
**BRCC - Room 150**  
**Patton Building**



In this class we will discuss the changes that occur in the eye with age, including cataract formation, glaucoma, macular degeneration, dry eye and others. In addition, we will discuss treatment strategies for these conditions.

**Dr. James Crandall** is a board-certified ophthalmologist who specializes in medical, surgical and laser treatments for glaucoma and other conditions of the eye, including cataracts and intraocular lens implants. After receiving his Master of Science degree and his Medical Degree from the Medical College of Virginia, Virginia Commonwealth University, he completed his internship at the University of Virginia Internal Medicine Program at Carillion Hospital in Roanoke, Virginia. Following a residency in ophthalmology at the Medical College of Georgia, where he served as Chief Resident, Dr. Crandall completed his glaucoma fellowship at Emory University Eye Center in Atlanta, Georgia.



## Course Schedule, September - December, 2019

### Frederick Douglass: Freeman, Freethinker

3 Sessions  
Tuesdays  
October 15, 22 & 29  
10:00 a.m. - Noon  
**BRCC - Room 150  
Patton Building**

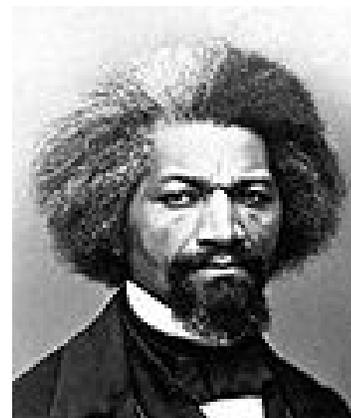
Member Fee: \$40  
Non-Member Fee: \$50

The most photographed person in America during the 19<sup>th</sup> century, former slave Frederick Douglass (1818-1895) was one of our great orators and writers. A friend and colleague of Lucretia Mott, William Lloyd Garrison and others, Douglass' wisdom reaches far beyond abolition to obstacles that still stand in the way of full equality, justice and freedom itself.

This course will engage his personal story of liberation as a template for addressing contemporary issues with critical reasoning and free thought.

Readings will be posted on the class website:  
[www.frederickdouglassfreethinker.wordpress.com](http://www.frederickdouglassfreethinker.wordpress.com).

**Chris Highland** has a master's degree in the areas of philosophy and religion, as well as 30 years of experience in interfaith work. He has taught in various schools and given presentations for many years. Chris was an ordained minister until 2001 and is now a humanist celebrant and freethinker. The author of eleven published books, he writes a weekly column for the Asheville Citizen-Times.



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Story-Telling Styles In Film

4 Sessions
Mondays
Oct. 28 & Nov. 4, 18, 25
(Note, class does not meet on November 11, Veteran's Day)
1:00 - 4:00 p.m.
**BRCC - Room 150
Patton Building**

Member Fee: \$50
Non-Member Fee: \$60

Films tell stories through a visual medium. Most films use a straightforward approach to storytelling with a beginning, middle and an end told in chronological order. However, in this course we will study examples of unique styles of storytelling, ones that could be told only with the magic of editing. In each class we will view a film and then discuss its unique qualities and plot structure.

Course objectives include:

- To explore how films tell stories;
- To appreciate the impact of plot structure;
- To analyze the singular characteristics of film as a medium; and
- To have fun!

Films include *The Usual Suspects*, *Lone Star*, *Strictly Ballroom* and one other to be announced. (All films are subject to change.)

After a career in public health, **Beth Ellers**, MPH returned to school at Boston University to receive an MFA in Film Studies. She has retired from an Adjunct Faculty position at Warren Wilson College, where she taught film studies.

Beth has taught classes here at BRCLL for a number of years and we are very pleased that once again we will have the opportunity to enjoy and understand films with her.



Course Schedule, September - December, 2019

Between a Rock and a Hard Place

2 Sessions

Wednesdays

October 30 & Nov. 6

1:00 - 3:00 p.m.

Room - 122

Continuing Education Building

Member Fee: \$30

Non-Member Fee: \$40



The conflict between Israel and the Palestinians is impossible to understand unless one knows how both the Palestinians and the Israelis view their history. This course begins with information on the conflict from a Palestinian point of view and continues with an Israeli point of view. This is followed with information about the work of Palestinians and Israelis who are trying to get to a peaceful resolution of the conflict. The final part of the course is a brief lesson in the Compassionate Listening approach to peace-making.

Rabbi Philip Jay Bentley served the pulpit at the Agudas Israel Congregation in Hendersonville from 2005 until his retirement in 2010, since when he has been its Senior Rabbinic Scholar. Philip was ordained as a rabbi in 1973 and moved to this area in 2005. With him, he brought great experience in the world of Judaism, having served in many parts of the country as well as in Curaçao, Netherland Antilles.

Philip's service includes leadership as a JCC group worker, a campus Hillel director, a rabbinic school administrator and a college instructor. He has also been involved in community affairs and Jewish organizations throughout his life and has served on diverse boards such as the Compassionate Listening Project, Jewish Peace Fellowship, the Social Action Commission of Reform Judaism, the Synagogue Relations Commission of the Federation of Jewish Philanthropies of New York, the Jewish Labor Committee and the Long Island Council on Labor and Religion.

Introduction to Writing Personal Poetry

3 Sessions

Thursdays

Oct. 31 & Nov. 7, 14

1:00 - 3:00 p.m.

BRCC - Room 137A

General Studies Building*

Member Fee: \$40

Non-Member Fee: \$50

***Please check the map on page 16 for the location of the General Studies building.**

In this course, we will hear from our instructor, Richard Morgan, that there is poetry in everyone. Poetry can be found in the celebratory words one writes on a birthday card or in the careful words written in a condolence letter. Poetry can also be the scream of rage at an injustice or the most intimate of notes between lovers. Once written, words make feelings more real. These words are poetry, personal poetry.

Richard, who has been writing poetry for 60 years, is enthusiastic about giving encouragement and guidance to the personal poet in each of us. His poetry books are illustrated with watercolors by his wife, Pat Morgan, and he will include these illustrations in his sessions with us, and will encourage us to react, make comments and ask questions. Come join Richard to learn to turn words into your own personal poem.

Richard Morgan grew up in Newburgh, New York, where he was encouraged to write poems and plays by his tenth grade English teacher. He attended SUNY-Albany, where he was the lone physics major in his creative writing class. Richard's semester-long stint as a columnist for his college newspaper ended in his being fired! The imagination that drove him then has led to six published poetry books. After forty years in education, Richard retired to the New Jersey shore and then to Hendersonville, where he continues to write, lecture, and encourage budding poets.



Course Schedule, September - December, 2019

Political Demography

4 Sessions

Tuesdays

November 19, 26 and
December 3, 10

10:00 a.m. - Noon

BRCC - Room 150

Patton Building

Member Fee: \$50

Non-Member Fee: \$60



The field of political demography analyzes the political and economic consequences of population change at regional, national and international levels. This class will consider demographic impacts on the United States and Europe, the influence of demographic change on current populist movements and potential public policy responses to future demographic challenges.

Session 1: Introduction: the importance of the growing field of political demography, including societal aging, rapidly changing national demographic profiles and their impact on national power and security.

Session 2: It's All About Numbers: the calculus of demography, including the census as a political tool in history, dependency ratios, calculations of fertility and demographic transitions.

Session 3: The Political Impacts of Demographic Change in America: demographically, the future and the past are foreign countries.

Session 4: Demography and Populism: why is demography an important component in the global rise of populist movements?

Dr. John Plant received his Ph.D. from George Mason University's Shar School of Policy and Government. He is currently a principal partner with Kriticos Solutions Group, LLC, a company that assists businesses in developing proposals to meet government requirements. Dr. Plant served in the United States Army from 1972 until 2001, retiring with the rank of Colonel. Following retirement, he served as a defense advisor to the government of the Czech



Looking for more personal enrichment classes? Be sure to check out the wide variety of Learning for Leisure offerings from Blue Ridge Community College.

Visit:

Course Registration, September - December, 2019

ONE FORM PER PERSON. NOTE - CLASS CONFIRMATIONS ARE NOT SENT.

Name: _____ Phone: _____

Address: _____
Last First MI

_____ Street City State/ZIP

Email: _____

The following information required by NC State Board of Community Colleges:

Employment Status: Full Time Part Time Retired Do Not Work

Highest Level of Education: High School 2-Year College 4-Year College Higher

*Please mark circles to indicate your course registration choices. If you need to drop a course, all requests must be in writing (email or mail) and received **PRIOR TO** the start of the course.*

○083 57566	Celtic Christianity 9/4 1-3 p.m.	Member Non-Member	\$20 \$30	○089 57571	Frederick Douglass 10/15, 22, 29 10 a.m.-noon	Member Non-Member	\$40 \$50
○084 57567	Elder Woman Wisdom 9/16 10 a.m.-noon	Member Non-Member	\$20 \$30	○090 57579	Story-Telling Styles in Films 10/28, 11/4, 18, 25 1-4 p.m.	Member Non-Member	\$50 \$60
○099 57689	Functional Medicine 9/17 1-3 p.m.	Member and Non-Member	\$20 \$30	○091 57581	Rock and A Hard Place 10/30, 11/6 1-3 p.m.	Member Non-Member	\$30 \$40
○086 57569	Trains in WNC 9/18, 9/25 10 a.m. - noon	Member Non-Member	\$30 \$40	○092 57580	Writing Personal Poetry 10/31, 11/7, 11/14 1-3 p.m.	Member Non-Member	\$40 \$50
○087 57570	China 10/2 1-3 p.m.	Member Non-Member	\$20 \$30	○093 57582	Political Demography 11/19, 26, 12/3, 10 10 a.m.-noon	Member Non-Member	\$50 \$60
○088 57578	The Aging Eye 10/10 1-3 p.m.	Member Non-Member	\$20 \$30				

FOR OFFICE USE ONLY

Student ID # _____ Receipt # _____

Please make checks payable to "BRCC"

PLEASE NOTE, COURSE CONFIRMATIONS ARE NOT SENT.

of courses _____ Total \$ _____ Check # _____

Return to: Blue Ridge Center for Lifelong Learning, 180 West Campus Drive, Flat Rock NC 28731

For courses, each member must enroll individually, **one form per person**. You may write one check for all courses made payable to "**BRCC**." Unless you are notified to the contrary, your registration has been accepted. Refunds must be requested in writing *before a course begins*. No refunds will be issued after a course begins. Pursuant to College Procedure 8.1.1 Blue Ridge Community College reserves the right to use photographs, motion pictures and electronic images of students who are age 18 or older for marketing and promotional purposes. Objection to the use of an individual's photograph in such a manner may be made in writing to the BRCC Director of Public Relations.