

## Course Schedule, January - April, 2019

### Sensing & Shifting Emotional States

1 Session

Wednesday

January 9

1:00 - 3:00 p.m.

**BRCC - Room 122**

**Continuing Education Building**

Member Fee: \$20

Non-Member Fee: \$30

Emotions influence all aspects of our lives. Yet studies show most people can't clearly sense or accurately identify emotions. The emotional body is a somatic method for sensing emotions and physically transforming emotional states. Emotional effector patterns, discovered by scientists, are central to this method and offer the opportunity to understand the physiology of emotions through breathing, facial expressions, and postural explorations. The emotional body has become a universal approach to physical emotion regulation accessible to all people.

**Laura Bond** is Professor of Interdisciplinary Studies & Drama at UNC Asheville. Her research and teaching specialty is in the emotional effector patterns (EEP) informed by scientific research. Professor Bond holds a rare master teacher certification in the EEPs and applies them to her teaching in UNCA classes, in workshops nationally and internationally. She combined the EEP work with somatic education methods to design a physical approach to expressing and modulating emotions called the Emotional Body® method. She has focused most of her artistic and scholarly activity on the development and dissemination of this method for performers and the general public through workshops in Chile, Mexico, Great Britain, Canada, and throughout the USA.

Professor Bond has a MFA in Acting/Directing, is a master teacher of the Estill Voice system, and has a BFA in the Related Arts. She has served as the UNCA Arts & Ideas Program Director since 2005, and is the author of *TEAM For Actors: A Holistic Approach to Embodied Acting* and *The Emotional Body: A Method for Physical Self Regulation*.

~~~~~

### Myth & Reality: Travels & Developments in North Korea

1 Session

Monday

January 14

1:00 - 3:00 p.m.

**BRCC - Room 213**

**Technology Education Development Center**

Member Fee: \$20

Non-Member Fee: \$30



This presentation will focus on Jonathan's travel to North Korea, one of the world's most isolated locations, as well as on recent developments in the political and military arenas. Jonathan will highlight some of the most interesting aspects of his visit to many locations throughout the country. He will also analyze the current status of negotiations between the US, North Korea and South Korea.

Over the past 30 years, **Jonathan C. Tetzlaff** has worked with the U.S. Government, Merck, BP (Amoco) Corporation and others on a range of foreign affairs, international security, crisis management and business continuity issues.

Jonathan has a master's degree in International Affairs, a bachelor's in International Relations and has also undertaken various post-graduate studies. An engaging and informative speaker, Jonathan has presented to dozens of major audiences over the years, including UNCA, US State Department, the U.S. Army's Worldwide Long-Range Planners' Conference, the Conference Board, CISO Executive Summit, Security 500, National Business Aviation Association, the University of Chicago, the International Security Management Association, and the National Defense University. His travels have taken him to 75 countries on six continents, including North Korea, the Congo and Papua New Guinea.

## Course Schedule, January - April, 2019

### Mountain Meteorology with Jason Boyer (WLOS)

1 Session  
Thursday  
January 31  
10:00 a.m. - Noon  
**BRCC - Cortland Room  
(ground floor)  
Technology Education  
Development Center**

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

This course provides a detailed look at the challenges, diversities and mysteries of weather in Western North Carolina. How is a forecast made? What is our 'climate future'? From blizzards to hurricanes, forecasting across the Western Carolinas is challenging. Jason is up to the challenge, but he says his favorite weather is partly cloudy with a temperature of about 70°.

**JASON BOYER** is the Chief Meteorologist for WLOS and WMYA. With a passion for weather that started in childhood, Jason pursued his dream of becoming a meteorologist and graduated from the University of Illinois while studying Atmospheric Science. During his time in college Jason worked for a local radio station and later a TV station, where he realized that he was well suited to the field of broadcast meteorology. He has won two Associated Press awards for Best Weathercast, one in Colorado and the other in North Carolina. Jason returned to WNC in 2009 after working in Chattanooga and Denver.



~~~~~

### Coal Ash in North Carolina: Past, Present & Future

1 Session  
Thursday  
February 7  
10:00 a.m. - Noon  
**BRCC - Room 150  
Patton Building**

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

This course will examine the history of coal ash disposal at power plants across NC, the environmental impacts and risk posed by coal ash, the changing regulatory framework that governs coal ash management, advocacy and litigation efforts across the state aimed at stopping coal ash pollution, and what's on the horizon for coal ash management in the future. The course will be led by Julie Mayfield and Gray Jernigan, local environmental advocates with the nonprofit organization MountainTrue.

**Julie Mayfield** came to MountainTrue in June 2008. In 2015, she was elected to the Asheville City Council. From 2003 to early 2008, Julie was Vice President and General Counsel for the Georgia Conservancy, prior to which she directed the Turner Environmental Law Clinic at Emory University School of Law. Before attending law school, Julie worked for Amnesty International. She received her law degree in 1996 from Emory University School of Law.

**Gray Jernigan** earned his undergraduate degree at UNC-Chapel Hill and his law and master's degrees from Vermont Law School and is currently MountainTrue's Southern Regional Director. He is the Green Riverkeeper and works to identify pollution sources, advocates for and enforces environmental laws, and engages in restoration.



## Course Schedule, January - April, 2019

### A Historical Lottery

1 Session

Monday

February 11

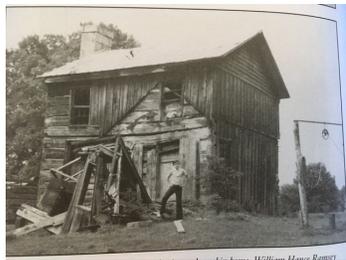
1:00 - 3:00 p.m.

**BRCC - Room 150**

**Patton Building**

Member Fee: \$20

Non-Member Fee: \$30



This course provides a brief introduction to the cultural legacy which the settlers of Appalachia brought from Europe, followed by a fuller presentation of their journey from arrival on the American continent into Appalachia and how the settlers adjusted to a rugged frontier. It will highlight tragedies, the challenges of the Civil War, successes and industrialization, as well as numerous humorous incidents uncovered, many of which were emblematic, at least in part, of those experienced by all Appalachian pioneer families.

**Richard Childress**, a son of Appalachia, holds a bachelor's in Psychology, a master's in Asian Studies and has carried out further post-graduate studies in ethnology and the politics and problems in developing nations. During a 24-year military career, he specialized in Asian Affairs and retired as a Regular Army Colonel. Highly decorated, Mr. Childress received 24 awards and decorations for valor and service in the US, Korea, Vietnam, Thailand and Germany.

Mr. Childress served eight years on the White House National Security Council staff under President Reagan, and received commendations from President Reagan (for whom he was a designated surrogate speaker), the Secretaries of State and Defense and each white House National Security Advisor from 1982-89. After leaving government he pursued a successful career in the private sector, representing clients from Fortune 500 companies to small and mid-cap firms seeking opportunities in Asia.

Over the decades, Mr. Childress has conducted research, gathered oral histories, traveled through Appalachia and traced European cultural influences on Appalachian residents. Using both his academic background and his family background, beginning in 1770s Appalachia, he produced a comprehensive work entitled *A Historical Lottery*, which traced the political, religious, economic and cultural legacy of Appalachia that shaped common values and choices.

~~~~~

### An Overview of Social Media Apps

2 Sessions

Mondays

February 18 & 25

1:00 - 3:00 p.m.

**BRCC - Room 150**

**Patton Building**

Member Fee: \$30

Non-Member Fee: \$40

There are many available social media applications to choose from. It's an alphabet soup of names and mnemonics – enough to overwhelm anyone. Some will work on all your devices, but some won't. And why would you want to use them? What do they do for you? These may be the key questions to know before embarking/continuing in social media.



This course will provide an overview of the most popular social media apps, what they do, what devices/operating systems they work with, and what you need to know to understand the risks involved in using them. Your takeaway should be information enabling you to pick and/or use social media apps that fit your needs.

**Bob Davis** is a former chief information officer with many years in technology, business and management consulting. He has taught courses in the Asheville College for Seniors program since 2006 and lately with BRCLL.

## Course Schedule, January - April, 2019

### **Docent's Journey: Spanish Art Masterpieces in Painting & Architecture**

4 Sessions

Thursdays

February 28 and

March 7, 14 & 21

1:00 - 3:00 p.m.

**BRCC - Room 150  
Patton Building**

Member Fee: \$50

Non-Member Fee: \$60

This will be a study of the vast and rich heritage of Spanish art, which began 35,000 years ago with the Altamira cave paintings and continues through modern art with master artists including Pablo Picasso, Salvador Dalí, Juan Gris, Joan Miró and Antonio Gaudí. The Muslim conquest of Spain in the 8th century brought with it seven centuries of exceptional Islamic art in religious works, architecture and the sciences. Spain's 17th century Golden Age of Art included foreign artists like El Greco, Peter Paul Rubens and Titian as well as native painters such as Juan Sánchez Cotán, Diego Velázquez, José de Ribera, Francisco Zurbarán, Bartolomé Esteban Murillo and Francisco Goya. This course will include such Spanish architectural masterpieces as El Escorial, the Cathedral of Santiago de Compostela, Toledo Cathedral, Seville Cathedral, the Alcázar, and the Alhambra.



**Dr. Ari Landau** received his Bachelor of Science in History Education from the University of Colorado, his Master in Art from the University of Northern Colorado, and his Juris Doctor cum laude at Gonzaga University. He completed formal instruction and received his certification as a docent from the Dallas Museum of Art. Dr. Landau has led hundreds of museum guided tours in European and American museums. His recent trip to Spain will add personal insight to the study of Spain's greatest art treasures.

~~~~~

### **America's Relations with Russia and China: Dangerous Politics**

1 Session

Monday

March 4

1:00 - 3:00 p.m.

**BRCC - Cortland Room  
(ground floor)  
Technology Education  
Development Center**

Member Fee: \$20

Non-Member Fee: \$30

This lecture will address the reasons why US relations with Russia and China are headed towards mounting geopolitical trouble, and how the US can best respond by choosing wisely from among the national security policy options at its disposal. The lecture will begin by portraying how Russia and China are endeavoring to increase their economic strength, military power, and political influence in their neighboring regions. In Europe, Russia is increasingly pursuing an assertive geopolitical strategy aimed at dominating Ukraine, the Baltics, Poland, and other nearby countries. In Asia, China is pursuing a geopolitical agenda aimed at asserting influence and control over the South China Sea, the East China Sea, and other western Pacific regions. The result is a growing Chinese threat to close US allies and to America's presence in the western Pacific. In both Europe and Asia those trends menace American security interests and regional security.



**Dr. Richard L. Kugler** is one of our most popular speakers. He is an internationally known, heavily published writer, policy innovator, scholar, lecturer, and educator on US national security affairs and global politics. He holds a Ph.D. from the Massachusetts Institute of Technology where he studied defense economics and strategic planning. During his long career, Dr. Kugler spent many years serving in the U.S. Department of Defense, at the RAND corporation, at National Defense University and as a consultant to the Pentagon, the State Department and the White House. *A Search for Strategic Wisdom: Guiding the Twists and Turns of U.S. National Security Strategy* is his twentieth book in this critical field.

## Course Schedule, January - April, 2019

### Sharing Food in Literature

2 Sessions

Tuesdays

April 9 & 16

1:00 - 3:00 p.m.

**BRCC - Room 122  
Continuing Education  
Building**

Member Fee: \$30

Non-Member Fee: \$40



The ritual of sharing food in literature is fascinating - what and when you serve food, seating arrangements, when do fights break out, wine or not. Food can be the catalyst for the most profound, even disturbing, insight, as in a certain dinner party hosted by two piano teachers (James Joyce, *The Dead* in the 1914 short story collection, *Dubliners*). How significant is sharing a meal, even the most humble offerings, as when sharing dinner with a murderer (Albert Camus, *The Guest*) or, for a positive mood change, when food alters puritan parishioners to transcend pettiness (Isak Dinesen, *Babette's Feast*)? What happens when food is withheld, as from an African Chief's people by the white land owner, whose son happens to be that family's cook (Doris Lessing, *The Old Chief Mshlanga*)?

We will begin with the food rituals in the Scriptures as well as the ones in Homer's *The Odyssey*; particularly fascinating is what happens when the rituals involved with the banquet are broken, either by the host or the guest. Then we will focus on more contemporary stories. Time permitting, we will examine Laura Esquivel's *Like Water for Chocolate* regarding the concept of 'magic realism'. **Please review these texts/short stories/movies online, or at the library, to obtain more enjoyment from our discussions.**

**Susanne Kimball** has a Master of Arts and a Doctorate in German and Comparative Literature from the University of California in San Diego. Before retiring to Asheville in 2014, she taught research writing and literature on all levels in California as well as the University of Texas at San Antonio. She is widely published in a variety of literature journals and has reviewed new publications for several publishing houses.

~~~~~

Oil and gas have helped fuel our transportation and power generation for over one hundred years, a situation that we now take for granted. However, many people are unfamiliar with where in the world hydrocarbons are found and the techniques used to explore for them.

Colorful charts, maps and pictures will be used to illustrate global production and location, US production and location, what an oil and gas prospect looks like, how hydrocarbons are used and their alternatives, as well as an introduction to climate effects via the carbon cycle.

**Mike Harbin** holds a master's degree in Geological Sciences from the State University of New York at Buffalo, and has worked on various oil and gas exploration projects during his 36 year career with several companies. Mike has been involved in successful wells in the Gulf of Mexico, Mississippi and Egypt.

~~~~~

This course will teach the basic rules of chess, including piece movement, opening principles, the elements of chess, notation and the art of checkmate. The historical evolution of the royal game will also be discussed. Chess is a pure game in that there is no luck involved; it's a game of wit that keeps the mind sharp. Attendees will be able to play following a lecture period. Chess sets will be provided and class size will be limited to **14** players.



### Oil and Gas

1 Session

Wednesday

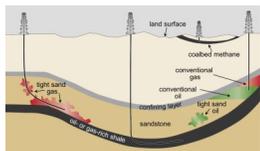
April 10

1:00 - 3:00 p.m.

**BRCC - Room 150  
Patton Building**

Member Fee: \$20

Non-Member Fee: \$30



### Learn to Play Chess

2 Sessions

Monday & Wednesday

April 15 & 17

10:00 a.m. - Noon

**BRCC - Room 122  
Continuing Education  
Building**

Limited to **14** players.

Member Fee: \$30

Non-Member Fee: \$40

**Wayne Spon** is the President of the Hendersonville Chess Club and Secretary/Treasurer of the NC Chess Association. He is a life member in the US Chess Federation and a tournament director. Wayne is passionate about the game, which he has been playing for over 50 years. He has taught locally at the Hendersonville Boys & Girls Club, Atkinson, Bruce Drysdale schools, and the Hendersonville Public Library.

# Course Registration, January - April, 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

**SIGNATURE:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**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.**

○052 55545	<b>Sensing/Shifting Emotions</b> 1/9 1-3 p.m.	Member Non-Member	\$20 \$30	○045 54986	<b>Docent's Spanish Art</b> 2/28 & 3/7, 14 & 21 1-3 p.m.	Member Non-Member	\$50 \$60
○040 54981	<b>North Korea</b> 1/14 1-3 p.m.	Member Non-Member	\$20 \$30	○046 55171	<b>China &amp; Russia: Politics</b> 3/4 1-3 p.m.	Member Non-Member	\$20 \$30
○041 54982	<b>Mountain Meteorology</b> 1/31 10 a.m.-Noon	Member Non-Member	\$20 \$30	○047 54987	<b>Sharing Food in Literature</b> 4/9 & 16 1-3 p.m.	Member Non-Member	\$30 \$40
○042 54983	<b>Coal Ash</b> 2/7 10 a.m.-Noon	Member Non-Member	\$20 \$30	○048 54993	<b>Oil and Gas</b> 4/10 1-3 p.m.	Member Non-Member	\$20 \$30
○043 54984	<b>Historical Lottery</b> 2/11 1-3 p.m.	Member Non-Member	\$20 \$30	○049 54994	<b>Learn to Play Chess</b> 4/15 & 17 10 a.m.-Noon	Member Non-Member	\$30 \$40
○044 54985	<b>Social Media Apps</b> 2/18 & 25 1-3 p.m.	Member Non-Member	\$30 \$40				

**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.