

2016 Summer Catalog of Programs and Events

In the near future, we will have a webpage, as well as a Facebook page. With such, we are recruiting for a volunteer to support these endeavors. Anyone with these skills, please contact us through our email address: high.country.lifelong@gmail.com.

Most programs are held at the Lois E. Harrill Senior Center
132 Poplar Grove Connector in Boone.

Movies at the Library are held at
Watauga County Public Library, 140 Queen St., Boone.

DUE TO SOME ROOM SCHEDULING ISSUES NOT ALL PROGRAMS ARE AT 2:00 PM. PLEASE CHECK TIMES CAREFULLY.

LIFELONG PAINTERS

WHEN: Every Wednesday: 9:00 am to 12:00 noon

LEADER: JoAnn Pippin, watercolor artist with 20 years of experience

DESCRIPTION: Join JoAnn and others gather every Wednesday for a “paint together” session. Just bring your watercolors and equipment and be inspired by this lively group of painters. All levels are invited, but some experience with watercolor is helpful.

LOCATION: Harrill Senior Center– Classroom 3

MEMOIR-WRITING WORKSHOP

WHEN: Wednesday, June 1st, 12:00pm to 2:00pm

DESCRIPTION: Do you enjoy being in a small group of writers? Do you get energized by being given writing prompts and being turned loose? If so, then this is the group for you. Bring a sack lunch and water, and writing materials.

LOCATION: Harrill Senior Center – Classroom 3

PRICE LAKE LOCAL FLORA WALK WITH JULIE MULLIS

WHEN: Friday, June 3rd, 11:00am to 1:00pm

DESCRIPTION: Join former Blue Ridge Parkway Ranger Julie Mullis for a 2-3 mile saunter around Price Lake to discover the wildflowers, trees, and mushrooms that are found around the lake. This walk will take approximately 2 hours, so bring a snack and water and wear sturdy shoes. We'll meet at the Price Park Amphitheater at Milepost 297

on the Blue Ridge Parkway to do this loop trail. Snacks may be purchased at the canoe rental store at the beginning or end of the hike.

LOCATION: Start at Price Park Amphitheater at Milepost 297 on Blue Ridge Parkway.

Meet at Highlands Shopping Center (Ingles Grocery) on 105 to carpool, far right corner.

MEMOIR-WRITING WORKSHOP

WHEN: June 8th, 12:00pm to 2:00pm

DESCRIPTION: Do you enjoy being in a small group of enthusiastic writers? Do you love being given prompts to get you going writing? If so, then this is the group for you. Bring a sack lunch, water, and writing materials.

LOCATION: Lois Harrill Senior Center – Classroom 3

COGNITIVE BEHAVIORAL THERAPY--IS IT REALLY SO NEW?

WHEN: Wednesday, June 8th, 2:00pm to 3:30pm

DESCRIPTION: Since the mid-1980s cognitive behavioral therapy (CBT) has replaced traditional psychoanalytic psychotherapy techniques in most of the US and other Western countries. Contemporary students of psychology, counseling, social work, and psychiatry are rarely taught the traditional techniques, often called interpersonal approaches, in lieu of more structured and shorter term cognitive techniques. Many insurance companies are reluctant to pay for therapy that is not called cognitive behavior. Joseph Lowman, retired Professor of Psychology, saw these changes up close over his 45 years teaching and supervising graduate students in the clinical psychology program at the University of North Carolina at Chapel Hill. In this talk he will describe the theoretical and empirical basis of the new CBT techniques and address the degree to which they represent new and not so new ways of helping distressed adults.

LOCATION: Harrill Senior Center – 2nd Floor Conference Room

MONDAY AT THE MOVIES: THE THIN MAN (1934)

When: Monday, June 13th, 2:00pm – 4:00pm

DESCRIPTION: The Thin Man (1934) Nick and Nora Charles, a former detective and his rich, playful wife, investigate a murder case mostly for the fun of it. Come see this classic comedy/mystery that is described as still as fast-paced, stylish, sexy, and hilarious as it ever was. Reportedly, author, Dashiell Hammett, based Nick and Nora's banter upon his rocky on-again, off-again relationship with playwright Lillian Hellman. It stars William Powell, Myrna Loy, and Maureen O'Sullivan. It was nominated for 4 Oscars.

LOCATION: Watauga Public Library, Boone

INSTRUCTIONS: If you like, bring a seat cushion, snack, BYOBeverage and we will have the popcorn.

MEMOIR-WRITING WORKSHOP

WHEN: Wednesday, June 15th, 12:00pm to 2:00pm

DESCRIPTION: Do you enjoy being in a small group of enthusiastic writers? Do you like to be given writing prompts to get you started writing? If so, then this is the group for you. Bring a sack lunch, water, and writing materials.

LOCATION: Harrill Senior Center – Classroom 3

COSTA RICA TOPPING THE LIST OF HAPPIEST COUNTRIES

WHEN: Wednesday, June 15th, 2:00pm – 3:30pm

DESCRIPTION: So what makes Costa Ricans the happiest people? Come hear about Costa Rica's happy people, beaches, ecotourism, food, sloths, surfing, volcanoes, zip-lining adventures, rain-forests, and wildlife. Our guides will be Deb Gooch and Steve Zoufaly.

LOCATION: Harrill Senior Center – 2nd Floor Conference Room

WALK BROOKSHIRE PARK

WHEN: Thursday, June 16th, 8:00am – 9:30am

DESCRIPTION: Well-behaved dogs with responsible owners are welcome to join Lory and Chance on their morning walk at Boone's Brookshire Park. Meet at 8:00 am by the restrooms and begin walking COUNTER-CLOCKWISE around the park at 8:15 am, to include the extra path along the soccer fields. One entire loop is about 1 ½ miles. Participants can walk at their own pace and can do as many loops as they desire. Self-guided. Use your own discretion, if the weather is unpleasant.

LOCATION: Brookshire Park (near Intersection of Hwy 421 with Bamboo Road) in Boone.

A TRAVELOGUE: BEAUTIFUL BHUTAN AND INCREDIBLE INDIA

WHEN: Monday June 20th, 2:00pm – 3:30pm

DESCRIPTION: Carol Neill will share, through her journal and scrapbook of photos and memorabilia, highlights of things her husband, Bob, and she learned about the history and culture of two amazing countries on a 26-day adventure they took in November 2015. Anyone who has been to either of these countries is invited to bring/share anything s/he would like to contribute to the program.

LOCATION: Harrill Senior Center – 2nd Floor Conference Room

ROGER BODO: WHAT YOU SEE IS NOT WHAT YOU GET!

WHEN: Tuesday, June 21st, 2:00pm – 3:30pm

DESCRIPTION: The world of television and modern media has become a tool of de-evolution, propaganda and social control. Since the rise and reign of propagandists in the early 20th century, nearly unlimited resources have applied to understanding how to manipulate the human psyche through television and other forms of mass media. Nowhere is this more evident than in the specialized field of political advertising, as it has evolved beginning in the television era in 1952. This presentation will focus on the “what you see is not what you get” messaging trend and how drama directs decision. Roger Bodo retired from the Department of Communications at ASU, but continues to teach select classes in his specialties, such as Advertising Campaigns. His research interests are in New Media Influence in Advertising Communication.

LOCATION: Harrill Senior Center – 2nd Floor Conference Room

MEMOIR WRITING WORKSHOP

WHEN: Wednesday, June 22nd, 12:00pm – 2:00pm

DESCRIPTION: Do you love to write in a small group of enthusiasts? Do you enjoy being given prompts so you set out exercising your creative imagination? Then this is the group for you. Bring a sack lunch, water, and writing materials.

LOCATION: Harrill Senior Center – Classroom 3

ANNALS OF THE NORTH CAROLINA JEWISH CHRISTMAS TREE GROWERS ASSOCIATION

WHEN: Thursday, June 23rd, 2:00pm -3:30pm

DESCRIPTION: Do you read the print copy of the Watauga Democrat? Do you read the articles by Chuck Lieberman? I do and I laugh and laugh!

Chuck, his professor/wife and two year old son, Justin, moved to Boone in 1979. Lacking employment, he moved to a farm in Deep Gap where he made a “foolish and unsuccessful effort to grow Christmas trees, about which he knew nothing. That effort continues to this day.”

Lieberman said that at a certain point, his wife left him, his son had problems, and he got a job as a rural mail carrier.

HOWEVER, his wife must have returned, he writes about her frequently. His son now lives in Europe with his German wife. He’s retired from the postal service and hasn’t **gone postal!** AND, he switched from selling to wholesalers to “choose and cut” which he says is much more enjoyable!

He does know something about growing trees, but maybe not Christmas trees. He has a master's degree in fruit crops from the University of Florida. In addition to his Christmas trees, he grows u-pick blueberries and rhododendron, and has an orangery—a greenhouse-like structure that during winter months protects citrus trees growing in containers—at the farm's 3,200-foot elevation.

He carries a few titles as well: President of the Jewish Christmas Tree Farmers Association and serving as President of another Jewish organization, a larger one—Temple of the High Country, located in nearby Boone. At the synagogue he has taught Hebrew, and officiated as a lay leader at 21 bar and bat mitzvahs, including that of his own son, Justin. "By teaching all those children, I've learned a lot more,"

LOCATIOIN: Harrill Senior Center - Room to be announced in June.

THE STORY OF THE ENGLISH BIBLE, PART III, DR. ALAN HAUSER

WHEN: Tuesday, June 28th, 2:00pm – 3:30pm

DESCRIPTION: This is a study of how the English Bible came to be, from the first translation of the OT into Greek in 250 BCE, down to the various contemporary versions in English. Part I and II covered the Chronology of the English Bible up through the 1500s. Join us as we complete our study the creation of the King James Bible of 1611 on to the newest English Bibles of today. Dr. Alan J. Hauser is Professor of Biblical Studies at Appalachian State University. He is co-editor of *Art and Meaning: Rhetoric in Biblical Literature* and co-author of *From Carmel to Horeb: Elijah in Crisis and Rhetorical Criticism of the Bible: A Comprehensive Bibliography with Notes on History and Method*. Dr. Hauser has published or released items in the *History of Biblical Interpretation Series* and the *Library of Hebrew/Old Testament Studies*.

LOCATION: Harrill Senior Center - Classroom 3

CAMPAIGN FINANCE REFORM: A THREAT TO DEMOCRACY OR A NECESSARY EVIL?

WHEN: Wednesday, June 29th, **3:00pm – 4:30pm**

DESCRIPTION: Dr. Phillip Ardoin, Chair, Department of Government and Justice Studies, ASU, will join us to discuss this timely subject. More than 2 billion dollars will be spent on campaigns throughout the 2016 election cycle. It is estimated that nearly 50% of these funds will be provided by fewer than 100 individuals with the remaining contributions coming primarily from activists on the far left and far right of the political spectrum. Is the high cost of modern campaign finance reforms a threat to our democracy or simply a necessary evil? This lecture will provide a brief history of campaign finance reforms in the United States, discuss the challenges to reforming our campaign finance system, examine what political scientist know (or think we know) about the impact of campaign contributions on elections and governing, and finally consider some of the alternatives to our current campaign finance system.

LOCATION: Harrill Senior Center – 2nd Floor Conference Room

THE DEVIL YOU KNOW: THE SURPRISING LINK BETWEEN CONSERVATIVE CHRISTIANITY AND CRIME

WHEN: Wednesday, July 6th, 2:00pm – 3:30pm

DESCRIPTION: Criminologist, Dr. Elicka Sparks, author of “The Devil You Know: The Surprising Link Between Conservative Christianity and Crime” (Prometheus/Penguin), and Professor, Government and Justice Studies, ASU, will discuss the impact of Christian nationalism on crime in the United States. This belief system receives little attention, but is a powerful force shaping the cultural and political identity of our country.

LOCATION: Harrill Senior Center: 2nd Floor Conference Room

MONDAY AT THE MOVIES – CABARET – 1971

WHEN: Monday, July 11th, 2:00pm – 4:00pm

DESCRIPTION: Cabaret (1972) won 8 Oscars. It stars Liza Minelli, Michael York, and Joel Grey. It was directed by Bob Fosse. A female girlie club entertainer in Weimar Republic era Berlin romances two men while the Nazi Party rises to power around them.

LOCATION: Watauga Public Library, Boone

INSTRUCTIONS: If you like, bring a seat cushion, snack, BYOBeverage and we will have the popcorn.

THE GLOBAL POLITICS OF POPE FRANCIS

WHEN: Wednesday, July 13th, 2:00pm to 3:30pm

DESCRIPTION: Dr. Laura Ammon, Associate Professor of Religion, will discuss Pope Francis' engagement with social, environmental, and political issues from poverty to global warming to U.S. political candidates. Pope Francis started out as a Jesuit priest. How and when were the Jesuits founded and what do they stand for today? How did Francis' early involvement shape his current policies such as naming 2016 The Year of Forgiveness, his encyclical on the environment, and his pursuit of sexual misconduct by priests as well as those living lavishly? Dr. Ammon will enlighten us on these related topics!

LOCATION: Lois Harrill Senior Center - Room to be announced in June.

DISCOVERING ANCIENT APPALACHIA: THE ARCHEOLOGY OF THE BLUE RIDGE MOUNTAINS

WHEN: Monday, July 18th, 2:00pm – 3:30pm

DESCRIPTION: The Blue Ridge Mountains have been home to Native American communities for thousands of years. To tell their stories, we rely on Archeology – the

scientific study of the things left behind. In this talk, archeologist, Alice Wright (ASU) will take us on a grand tour of WNC's prehistory, highlighting recent archaeological discoveries about ancestral Cherokee communities, including their encounters with the region's earliest European explorers.

LOCATION: Harrill Senior Center – 2nd Floor Conference Room

BOOK TALK

WHEN: Tuesday, July 19th, 2:00pm – 3:30pm

DESCRIPTION: Readers! Time for a Roundtable discussion of your summer/recent reading. Come share your best picks. Have you had a chance yet to read the novel for the August 15th program, "The Invitation of Wings" by Sue Monk Kidd?

LOCATON: Harrill Senior Center - 2nd Floor Conference Room

INVISIBLE THEATER PRESENTS MAUZY, A WORLD PREMIER: ADAPTING AN 800 YEAR OLD JAPANESE PLAY INTO A NEW APPALACIAN STORY

WHEN: Wednesday, July 20th, 2:00pm – 3:30pm

DESCRIPTION: *Mauzy* is a new play commissioned by An Appalachian Summer Festival. During this talk Davidson will discuss his methods of adapting and directing this new play which deconstructs storytelling. Join the founders of In/Visible Theatre to learn about this independent theater, and their plans for making great and innovative theater in Boone.

Derek Davidson is the Artistic Director and Karen Sabo is the Artistic producer of In/Visible Theater, Boone's new Theatre startup. Davidson is on faculty in the Theatre and Dance Department at Appalachian State University, and has also taught at numerous other schools including Carnegie Mellon University.

Sabo was a resident actor at three regional theatres, including Barter Theatre where she was also a resident director, dialect coach, and eventually Director of Education.

In/Visible Theatre began in 2012 with its production of *Bumbershoot*, an original work that as named one of the 'best of the fest' in the New York International Fringe Festival.

LOCATION: Harrill Senior Center - Room to be announced in June.

WALK BROOKSHIRE PARK

WHEN: Thursday, July 21st, 8:00am – 9:30am

DESCRIPTION: Well-behaved dogs with responsible owners are welcome to join Lory and Chance on their morning walk at Boone's Brookshire Park. Meet at 8:00 am by the restrooms and begin walking COUNTER-CLOCKWISE around the park at 8:15 am, to include the extra path along the soccer fields. One entire loop is about 1 ½ miles.

Participants can walk at their own pace and can do as many loops as they desire. Self-guided. Use your own discretion, if the weather is unpleasant.

LOCATION: Brookshire Park (near Intersection of Hwy 421 with Bamboo Road) in Boone.

NEW OPPORTUNITY SCHOOL AT LEES-MCRAE COLLEGE, BANNER ELK, NC

WHEN: Monday July 25th, 2:00pm – 3:30pm

DESCRIPTION: Come hear Jennie Harpold, Director of the New Opportunity School for Women at Lees-McRae College share the wonders of this organization which seeks to improve the educational, financial, and personal circumstances of low-income women in the Appalachian region. These women spend three-week in a residential program that offer them the opportunity to explore career options, educational goals, leadership development, and participate in a self-esteem boosting curriculum. The program is offered at no cost to the participant.

LOCATION: Harrill Senior Center – 2nd Floor Conference Room

INTERNATIONAL STUDIES

WHEN: Thursday, July 26th, 2:00pm – 3:30pm

DESCRIPTION: Lindsay Pepper, Outreach Coordinator, International Student and Scholar Services & Outreach, at Appalachian State University will share with us which Departments request international students, how international students are recruited, and how they are integrated into the University and the Boone community. Last semester we had the opportunity one of these students from Belgium.

LOCATION: Harrill Senior Center – Room to be announced in June.

UNDERSTANDING THE NUANCE OF POVERTY IN AMERICA FROM A RACIAL PERSPECTIVE

WHEN: Tuesday, August 2nd, 2:00pm – 3:30pm

DESCRIPTION: Dr. Cameron Lippard focuses on the hidden impacts of economic disparity on various groups in the 21st century, particularly Mexican immigrants, African Americans, and poor Whites. Dr. Lippard is an Associate Professor in the Department of Sociology and the Director of Undergraduate Studies at ASU. He teaches courses on Social Problems in American Society, Constructions of Gender, Race and Ethnic Relations, Social Stratifications and the Sociology of War. His research interests include Latino Incorporation into the American South, Latino Barriers to Health Care, Nativism and Racism in Post-Race America.

LOCATION: Harrill Senior Center – 2nd Floor Conference Room

THE ORIGINAL TWEETSIE RAILROAD – FROM JOHNSON CITY, TN TO BOONE, NC

WHEN: Wednesday, August 10th, 2:00pm – 3:30pm

DESCRIPTION: Since coming to Boone 24 years ago, Dr. David Spiceland has developed an intense interest in the story of the little train that came to town and left too soon. The Linville River Railway, known popularly as the “Tweetsie” brought people and supplies from the outside world. After a devastating hurricane and flood in 1940, the Tweetsie left the High Country and is remembered today in faded photographs and distant memories. Dr. Spiceland is a Professor in the Department of Communications at ASU.

LOCATION: Harrill Senior Center – 2nd Floor Conference Room

THE INVENTION OF WINGS, A NOVEL – DR. GRACE MC ENTEE

WHEN: Monday, August 15th, 2:00pm – 3:30pm

DESCRIPTION: The Invention of Wings by Sue Monk Kidd is a story about the relationship between Sarah Gimke and her slave Hetty (aka Handful) who was given to, just turned eleven, Sarah as a birthday present. The novel follows the lives of these two over the next 35 years. The novel was inspired and loosely based on the lives of Sarah and Angelina Gimke, two sisters who defied the Charleston, SC culture to become noted abolitionists, The Washington Post reviewed the novel and called it “Exhilarating and powerful. By humanized these formidable women, The Invention of Wings, furthers our essential understanding of what has happened among us as Americans – and why it still matters.”

LOCATION: Harrill Senior Center – 2nd Floor Conference Room

THE DEVIL’S IN THE DETAILS: WHY HAVING A “FUZZY” MEMORY MIGHT PROMOTE HAPPINESS

WHEN: Tuesday, August 16th, 2:00pm – 3:30pm

DESCRIPTION: Dr. Lisa Emery, Department of Psychology, ASU will share with us her recent research findings regarding aging and memory. When it comes to fears about aging, near the top of many peoples’ list is memory loss. Although the abnormal losses found in people with dementia are indeed to be feared, the more typical age-related memory changes may be actually have a beneficial “side effect”. The ability to see the “big picture”, rather than getting lost in the details of past events that cant’s be changed, is often a marked of good mental health. In this talk, Dr. Emery will discuss some of the research her student and she are doing to investigate these relationships between mood and memory.

LOCATION: Harrill Senior Center – 2nd Floor Conference Room

MEMOIR WRITING WORKSHOP

WHEN: Wednesday, August 17th, 12:00pm – 2:00pm

DESCRIPTION: Do you love to write in a small group of enthusiasts? Do you enjoy being given prompts so you set out exercising your creative imagination? Then this is the group for you. Bring a sack lunch, water, and writing materials.

LOCATION: Harrill Senior Center – Classroom 3

WALK BROOKSHIRE PARK

WHEN: Thursday, August 18th, 8:00am – 9:30am

DESCRIPTION: Well-behaved dogs with responsible owners are welcome to join Lory and Chance on their morning walk at Boone’s Brookshire Park. Meet at 8:00 am by the restrooms and begin walking COUNTER-CLOCKWISE around the park at 8:15 am, to include the extra path along the soccer fields. One entire loop is about 1 ½ miles. Participants can walk at their own pace and can do as many loops as they desire. Use your own discretion, if the weather is unpleasant.

LOCATION: Brookshire Park (near Intersection of Hwy 421 with Bamboo Road) in Boone.

INSIDE CUBA: A VIRTUAL ISLAND JOURNEY

WHEN: Monday, August 22th, 2:00pm – 3:30pm

DESCRIPTION: Journey with Sally Anderson across the Island from Santiago de Cuba (in the East) to Havana (in the West). Along the way we will learn a bit about Cuban history, including the Cuban Revolution and life on the island today.

LOCATION: Harrill Senior Center – 2nd Floor Conference Room

A PEACEFUL WRITING TRIP

WHEN: Wednesday, August 23rd, 2:00pm – 3:30pm

DESCRIPTION: What better way to spend part of a quiet summer day than going on a beautiful, restful writing trip in the High Country? We will travel to three spots in nature and be given a writing challenge in each. After writing in the third spot we will share some of our work and have refreshments. Sue Spirit will be our guide. Bring notebook and pen.

LOCATION: Leave from Harrill Senior Center parking lot.

NEO-NAZISM IN EUROPE TODAY

WHEN: Monday, August 29th, 2:00pm – 3:30pm

DESCRIPTION: Dr. Rennie Brantz, retired Professor of History, ASU. Seventy years ago the world celebrated the end of Hitler and Nazism. Most people believe the scourge of racism and anti-Semitism has been eliminated forever. Yet today one sees neo-Nazi groups espousing the same hateful slogans and racism throughout Europe from Germany to France and Eastern Europe. This presentation will examine the

emergence of these neo-Nazi voices today and their impact on European and global society.

The following organizations offer programs that members of High Country Lifelong Learners enjoy:

Lois E. Harrill Senior Center –

http://www.wataugacounty.org/main/App_Pages/Dept/Aging/Newsletter/

Blue Ridge Hiking Club – www.blueridgehikingclub.com

Watauga County Public Library – www.wataugacountylibrary.com

High Country Audubon Society – www.highcountryaudubon.org

Watauga County Arts Council - www.watauta-arts.org

Blowing Rock Art and History Museum (BRAHM) – www.blowingrockmuseum.org

Mountain Friends – marysunshinetza@aol.com

Blue Ridge Chapter Native Plant Society - blueridgencnps@yahoo.com