

LIFE@ WESTERN CAROLINA

2021 Spring Schedule
Cullowhee & Biltmore Park Groups
Wednesdays, 10am – 12pm

1/19/2021 (TUESDAY)

Jim Stokely, “Wilma Dykeman”

Biography:

Jim Stokely was born in Asheville, North Carolina, and grew up in Newport, Tennessee. He graduated Phi Beta Kappa from Yale University with exceptional distinction in American Studies. He later received an MBA from Stanford University, then embarked upon a 25-year corporate career in Human Resources for The Hay Group, Brown-Forman Corporation, and Sylvania. In 2011 Jim and his wife Anne moved back to the southern mountains and now live in Weaverville, North Carolina. As President of the Wilma Dykeman Legacy, Jim produces local lecture series and other events in order to sustain the values of his mother Wilma Dykeman. With Wilma, he wrote Mountain Home: A Pictorial History of the Great Smoky Mountains National Park. Jim also edited Wilma’s memoir of her first 14 years entitled Family of Earth: A Southern Mountain Childhood, published by The University of North Carolina Press.

Presentation Outline:

- PowerPoint entitled "Who Is Wilma Dykeman?" - 40 minutes
- Q and A - 15 minutes
- Break
- Readings from a selection of Wilma's books (30 minutes, if read as one) + discussion following each reading (5 minutes following each reading or 30 minutes total)

1/27/2021

Erin Adams, “The Truth About Downsizing: Living the Dream in a Tiny Home”

Biography:

Erin E. Adams is a Full Professor and Program Coordinator for Interior Design at Western Carolina University. Her research areas of interest include historic preservation and sustainable design/ construction methodologies, specifically focusing on preserving natural resources, reducing carbon emissions and providing affordable, healthy and downsized housing options. In further support of her own research agenda, Professor Adams sold her traditional 1200 square foot home in 2018 and downsized to a 265 square foot tiny home that she custom-designed to fit her individual needs.

Presentation Outline:

In the presentation entitled, The Truth About Downsizing: Living the Dream in a Tiny Home, Adams will discuss the benefits of downsizing, the challenges encountered and the reality of day-to-day living in a space that could fit inside most people’s traditional living rooms.

2/3/2021

Dr. David Moore, “Hernando de Soto and Juan Pardo: Sixteenth Century Spanish Expeditions in North Carolina”

Biography:

David G. Moore teaches archaeology at Warren Wilson College in Asheville, North Carolina. He received his BA from the University of California at Berkeley and his MA and Ph.D. in anthropology from the University of North Carolina at Chapel Hill. He has conducted archaeological research in western North Carolina since 1978.

Presentation Outline:

1. A very brief introduction to 16th-century European invasion of North America.
2. Why is it so difficult to know exactly where Hernando de Soto and other Spanish entradas actually travelled in the southeastern US.
3. Brief discussion of de Soto’s likely route in NC.
4. More lengthy discussion of the 2 expeditions by Juan Pardo from the coast of South Carolina through South and North Carolina and into east Tennessee 1566-1568.
5. Talk about the discovery of Pardo’s Fort San Juan, the earliest European settlement in the interior of the United States. Located at the Native town of Joara (at the Berry site outside of modern-day Morganton, NC) Fort San was built in January 1567 and destroyed by the natives in the spring of 1568.
6. Discuss the interactions between Native Americans and the Spanish, especially diplomacy and resistance.

2/10/2021

Mike Gillen, “Camino de Santiago, Iberia and Morocco: Travels March and April, 2019”

Biography:

I retired April, 2017 from Travelers Insurance where I managed a claim team that handled professional liability claims for architects, engineers and design professionals. After law school I was in private practice for about 10 years before working in insurance. We retired to the Franklin area to enjoy hiking and nature.

2/17/2021

Dr. Kevan Frazier, “Asheville’s Resilience”

Biography:

Dr. Kevan Frazier is an Asheville native and the Executive Director for Western Carolina University’s Asheville programs located at Biltmore Park. Prior to WCU, Kevan was a member of the History faculty and an administrator at UNC Asheville. He is also the founder of Asheville by Foot, a local walking tour company. Recently featured on C-Span, Kevan gives dozens of talks on Asheville history each year, and published a book in 2014 on Asheville history called *Legendary Locals of Asheville*.

Presentation Outline:

From floods to plagues, Asheville has suffered a number of setbacks over the past 220+ years, but each time Asheville came back strong. Dr. Kevan Frazier will walk us through 6 major calamities that Asheville has faced over the centuries and look at how the city not only survived but thrived. In particular, we will take a deep look into Asheville’s Renaissance (1985-2015) and its current preparations for recovery after Covid-19.

2/24/2021

David Madden

3/3/2021

Emiko Suzuki, “Traditional Japanese Tea Ceremony and Ikebana”

Biography:

Emiko Suzuki is a Senior Professor 2nd Grade of Ikenobo School of Ikebana and has Bonten certificate of Omote-Senke both headquartered in Kyoto, Japan. She taught ikebana and the tea ceremony to students of all ages in Japan before she came to Western North Carolina in August 2007. She began studying the tea ceremony and Ikenobo ikebana in 1986 Japan.

Emiko graduated from Western North Carolina University with a Masters of Art Teacher in May 2011 and with Master of Fine Art in December 2014.

She always tries to bring the Japanese cultural spirit to local organizations through ikebana, tea ceremony and other aspects of Japanese culture. She continues to teach Ikenobo ikebana lessons and tea ceremony.

Emiko is a president of Blue Ridge Chapter of Ikenobo Ikebana Society.

3/8/2021 (MONDAY)

Chancellor Kelli R. Brown and Ricardo Nazario-Colon

Biography for Chancellor Brown

(See full biography on page 5)

Kelli R. Brown is Chancellor of Western Carolina University, a regional comprehensive university that serves more than 12,000 students. Dr. Brown took office as the 12th Chancellor of WCU in July 2019, becoming the University’s first permanent woman chancellor. She has previously served as provost and senior vice for academic affairs at Georgia College and State University, and interim president of Valdosta State University. In addition, she has taught and served in academic leadership roles at University of Florida, University of South Florida, Illinois State University, and Western Illinois University.

Since her arrival, Chancellor Brown has highlighted several priorities that continue to enrich Western Carolina University’s profile and reputation: an institutional emphasis on quality and excellence; a commitment to diversity and inclusive excellence; and a focus on the University’s role as an engine of economic development for its communities.

Under Chancellor Brown’s stewardship, WCU will continue to capitalize on the opportunity to be a thought leader in regards to how regionally engaged universities can maintain a student-centered focus, with high levels of teaching innovation.

She is originally from the Midwest, and she and her husband of 31 years, Dennis, live in Cullowhee.

3/17/2021

NC DOT

3/24/2021

Jamie Ager, “Hickory Nut Gap Farm”

Biography:

Jamie Ager is a fourth-generation farmer at Hickory Nut Gap Farm. Jamie, in partnership with his wife Amy, built Hickory Nut Gap into a well-established regional brand and created a destination farm that welcomes visitors to learn about agriculture. The farm currently raises organic cattle, pasture raised hogs and poultry, as well as a variety of fruits and vegetables. In addition to the farming production, the Agers built and oversee an on farm store and butcher shop.

Jamie and his wife Amy have three sons, Cyrus, Nolin, and Levi and live in at Hickory Nut Gap Farm in Fairview, North Carolina. In his spare time he enjoys working on the farm, swimming in the farm pond, learning, and spending time with his family.

3/31/2021

Debbie Pusateri, “Joseph Pilates: His words, methods and exercises”

Biography:

Debbie Pusateri is a graduate of Loyola University of Chicago and University of New Orleans. She obtained her degree in Chemistry and worked in Basic Science Research while obtaining her MBA. She taught Physical and Environmental Sciences at Ursuline Academy and then worked at an IRB in clinical science research. She began Pilates after knee surgery at the recommendation of her orthopedic surgeon. She credits Pilates for preventing further need for surgery. Debbie also has Reiki Level II attunement. After taking for many years under many different teaching methods, Debbie entered the Power Pilates Mat training classes becoming certified in Core Mat I and Core Mat II. She is now in the Comprehensive training program which requires 600 hours of training. She is under the mentorship of Andree Khalaf.

Presentation Outline:

This seminar will be an interactive session in which we discuss Joseph Pilates’ exercises, his reasonings for his method, and do basic exercises. Joseph Pilates methods are meant for everyone so do not be intimidated about moving and breathing. As Joseph Pilates says, “Change happens through movement, and movement heals.” No special attire or equipment needed.

4/7/2021

Dr. AJ Grube

Chancellor Kelli R. Brown

Full Biography

Kelli R. Brown is Chancellor of Western Carolina University, a regional comprehensive university that serves more than 12,000 students with a wide range of bachelor's degrees across the spectrum of arts and sciences disciplines and professional programs in business, education, health care, and engineering; more than 30 master's degree and certificate programs; and five professional doctoral programs.

Dr. Brown took office as the 12th Chancellor of WCU in July 2019, becoming the University's first permanent woman chancellor. She previously served as provost and senior vice president for academic affairs at Georgia College & State University. In July 2016, Chancellor Brown was appointed interim president of Valdosta State University, a regional comprehensive university in southern Georgia. She served in that capacity until a permanent president took office in January 2017, after which she then returned to her position at Georgia College. In addition to her leadership at Georgia College, she has taught undergraduate and graduate students and has served in academic leadership roles at the University of Florida, University of South Florida, Illinois State University, and Western Illinois University.

Since her arrival, Chancellor Brown has highlighted several priorities that continue to enrich Western Carolina University's profile and reputation: an institutional emphasis on quality and excellence; a commitment to diversity and inclusive excellence; and a focus on the University's role as an engine of economic development for its communities. Under Chancellor Brown's stewardship, WCU will continue to capitalize on the opportunity to be a thought leader in regards to how regionally engaged universities can maintain a student-centered focus, with high levels of teaching innovation.

Chancellor Brown has received awards for her leadership. She is the former editor of the Journal of School Health and has served on five other editorial boards, including as an inaugural member of the Pedagogy in Health Promotion: The Scholarship of Teaching and Learning editorial board. A published and funded author, she has written extensively on school and community partnerships, school health, and the use of community-based prevention marketing.

Chancellor Brown earned her doctorate in education from Southern Illinois University at Carbondale; a master of science and education in public health degree and bachelor of science degree in public health services, both from the University of Toledo; and an associate in applied sciences degree in dental hygiene from Michael J. Owens Technical College in Toledo, Ohio.

She is originally from the Midwest, and she and her husband of 31 years, Dennis, live in Cullowhee.