Learning Is ForEver

Spring 2022
Course List and Registration Form

This upcoming semester, LIFE will offer many new, exciting adult education opportunities, including the premier of “Ramen Anyone? The History of Ramen Noodles in Japan,” “Public Radio 101 - Past, Present and Future,” “Basic Cooking Skills,” “For the Love of Horses,” “Skin Cancer and Eyelid Surgery,” and more.

Your Invitation to the Challenge and Joy of Lifelong Learning

Study Abroad and Outreach

Western Illinois University

wiu.edu/life

an affiliate of the
ELDERHOSTEL INSTITUTE NETWORK®
The Purpose and Operation of LIFE

Promoting Self-Growth/Building Community

LIFE (Learning Is ForEvery) is affiliated with the Road Scholar Elderhostel Institute Network, a national organization of over 150 similar groups devoted to adult education. In the Macomb area, LIFE is sponsored by Western Illinois University’s Study Abroad and Outreach office; however, it is a self-directed organization, composed of retired and semi-retired area residents who develop courses, select the teachers, establish the fees and promote the curriculum. Now in its third decade, the LIFE organization is dedicated to providing high-quality, enjoyable educational experiences for modest fees. The teachers and activity leaders are not paid, but they are all highly competent, engaging and friendly members of the community, who are committed to sharing the joy of lifelong learning.

Any adult is welcome to register for a LIFE course. There are no educational requirements, nor are there any prerequisites or exams. All anyone needs to enroll is an interest in sharing an educational experience. The class members are commonly a mixture of people with varied backgrounds who want to remain intellectually stimulated, learn new skills, or participate in a cultural event—and probably make new friends in the process. Every class functions in an informal, noncompetitive way, fostering lively engagement with the topic, and an enjoyable experience. Designed to be stimulating and fun, the LIFE program champions the cause of lifelong learning in the Macomb area.

Call Sally Adams at WIU’s Study Abroad and Outreach office, (309) 298-1911, for information on transportation or handicapped accessibility. She can also put you on the e-mail list to receive this free, semi-annual course brochure. You can also visit the LIFE website at wiu.edu/life.

Because our costs have increased, and in order to keep your costs affordable, brochures will be sent to your e-mail address. Also, the brochure may be found online at wiu.edu/life. Hard copies will be available at numerous locations, including the YMCA Senior Center, Western Illinois Museum, several senior living centers and some local businesses.

Western Illinois University is not responsible for personal injury or property damage arising from the voluntary participation in this program.

The following LIFE officers and committee members welcome your comments on the LIFE program, your inquiries and participation, and any suggestions you may have for future courses:

**Officers**

Dan Wise, president
Jack Schoonover, treasurer
Sally Adams and Emily Roberts, WIU LIFE liaisons

**Curriculum Committee**

Paula Wise, chair
Steve Hopper
Patti Jones
Bill Maakestad

**Social Committee**

Garnette Hallwas and Brenda Allison, co-chairs
Janna Haworth
Phyllis Self

**The LIFE organization is grateful to our sponsor, Western Illinois University’s Office of Study Abroad and Outreach, and to these community partners, who are also committed to providing lifelong learning opportunities for area residents:**

- First Christian Church
- Free Range Yoga and Community Wellness Center
- McDonough District Hospital
- Spoon River College Community Outreach Center
- Spring Lake Park
- Trinity Lutheran Church
- Tri States Public Radio
- Wesley United Methodist Church
- Western Illinois University
- YMCA
A Letter from the President

Welcome to the LIFE Program for Spring 2022,

We have a great lineup of courses and have been able to return close to our pre-Covid number of courses offering 31 this term. The range of courses, from cooking classes to outdoor courses to book classes, should provide something for everyone. The Curriculum Committee (members are listed on the previous page) put in many hours in brainstorming topics, finding instructors and making the final schedule. Please thank them, as well as the instructors, when you see them around town.

Please help us make the LIFE program even better by getting involved yourself. Do you have a course you would like to take? Is there a course you might like to teach? Would you like to volunteer to serve on one of our committees? If so, please email danwise19@comcast.com, or contact an officer or committee member you may know.

Registration for LIFE courses can now be done completely online. Visit wiu.edu/life for full details. Payments for online registrations can be made via PayPal, credit/debit card or check.

I thank you for your support as we continue to provide a LIFE program that offers wonderful opportunities for educational, cultural and social interaction.

Dan Wise
LIFE president

Course Costs and Refund and Waitlist Policies

Course Costs

Course costs are based upon the number of hours in a course as listed below:

• 1-2 hour class . . . . . . . $5
• 2.1-4 hour class . . . . $10
• 4.1-6 hour class . . . . $15
• 6.1 hours or more . . . $20

In addition, course costs may include course specific costs (e.g., food, travel, course materials, etc.).

If you have provided us with an email, that will be our primary form of communication. Please monitor it daily. Please read the LIFE Refund and Waitlist Policies closely.

Refund Policy

• Requests to withdraw from a class must be received 30 days prior to the first meeting in order to receive a refund. All approved refunds will be issued at the end of the semester.
• Requests to withdraw from a class, received less than 30 days prior to the first class meeting, will be issued an in-house credit to be used for a LIFE course from either the current or next semester. If the credit does not get used in those semesters, it will be absorbed by the LIFE organization for future programing costs.
• Those owed a refund will receive a check directly from WIU.
• Payment from those who have enrolled in a class that is cancelled by LIFE, or who are waitlisted and no space becomes available, will be refunded at the end of the semester.

Refund Policy (specific to registrations paid for by credit card or online)

• Any payment made using a credit card accrues a credit card transaction fee.
• If a course is cancelled by LIFE or a LIFE instructor, the full cost, including the transaction fee, will be refunded at the end of the semester.
• If you cancel your course registration because you are unable to attend, the course registration cost, minus the transaction fee, will be refunded.

Waitlist Policy

• If you have been waitlisted for a course, that information will be included in your registration confirmation email/letter.
• If a space becomes available in the course you have been waitlisted for, you will be contacted by staff from our office.
• Please do not plan to attend a course for which you have been waitlisted, unless you have been contacted by staff from our office who have notified you space is available.
Our Courses

**Armchair Traveler**

April 28: Is Cruising for You? - Through the years, Steve and Janet Hopper have cruised on all sizes of ships, in numerous locations around the world. Steve will share observations on ocean cruising and river cruising, as well as the cruise lines they’ve experienced. Along the way, he’ll offer tips for an enjoyable cruise experience, as well as share their favorite cruise destinations.

May 5: An Autumn Adventure to Acadia National Park - This past fall, Rooney Dively and Janna Haworth spent six days with two other friends in Bar Harbor, Maine, and in Acadia National Park. They drove through scenic parts of the park, took moderate hikes on popular, as well as less-known trails, viewed a lovely sunrise and sunset at notable sites, and enjoyed a cruise to see various islands and creatures. In Bar Harbor, they shopped and enjoyed fine dining experiences. Rooney will present information on the history of the area, and on development of the park.

May 12: Cruising the Greek Isles - Janine Cavicchia is looking forward to presenting about her cruise to the Greek Isles (via Istanbul, Turkey) with her mother in late October/early November 2021, on Regent Seven Seas Luxury Cruise Line. The trip occurred just a few weeks after the cruise industry resumed travel after an 18-month hiatus during the global pandemic. In addition to sharing highlights and photos of the cruise and excursions, Janine will discuss Regent’s SailSAFE Health and Wellness protocols, which made her feel safer.

May 19: (1 p.m: note change in start time) Colorado Family Adventure - In August 2020, Sally Adams traveled with 16 family members to Colorado. Ride along, yes, we said ride, in the 15-passenger van, for 2,155 miles. Travel up 19 miles to the top of Pikes Peak and all the way down to the bottom of the Royal Gorge. Stop at Garden of the Gods. Visit the hometown of President Dwight Eisenhower and climb the steps to the top of the Topeka, KS capitol building.

Coordinator: Steve Hopper

Class Sessions: Thursdays, April 28, May 5, 12 and 19
Time: 1:30 - 3 p.m. except for May 19, 1 - 2 p.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site

Maximum Enrollment: 50
Cost: $15

**Basic Cooking Skills**

If you are tired of microwaved, pre-packaged, frozen food, but are fairly new to meal preparation from scratch, this is the course for you. This course teaches basic cooking skills to prepare some “meat and potato” meals that are tasty, inexpensive and easy to prepare. Topics covered include: Don’t cut your fingers off - peeling, cutting, chopping, slicing • Home on the range - working more than one burner and other stove tricks • Buns in the oven - Using a real oven to your advantage • Spices of Life - basic seasonings to liven things up. In each class we will prepare and eat a “meat and potatoes” (also noodles and rice) meal, which incorporates a variety of cooking techniques and skills taught in the course.

Coordinator: Ken Mietus

Class Sessions: Tuesdays, April 12 and 26
Time: 5 - 7 p.m.
Place: YMCA Senior Center Kitchen, 400 E. Calhoun St.
Parking: At the site

Maximum Enrollment: 10
Cost: $20 Includes food cost

**The Best Rock n’ Roll Biopics Ever: The Early Years!**

Enjoy two films, each based on the life of a seminal rock and roll figure. “American Hot Wax,” a 1978 film, tells the story of pioneering disc jockey Alan Freed who helped introduce and popularize rock and roll—and actually coined the term “Rock ‘n’ Roll.” The film stars Tim McIntyre as Alan Freed, but look for the first motion picture appearances by the very young Jay Leno, Fran Drescher, Laraine Newman and others. The film’s soundtrack — featuring Chuck Berry, Jerry Lee Lewis, Frankie Ford, and Screamin’ Jay Hawkins, among others — climbed the Billboard charts and features some early rock, doo-wop and girl-group songs. In 1959, a small plane crashed killing Buddy Holly, Ritchie Valens, and J.P. (The Big Bopper) Richardson. Don McLean sang about that day in his song “American Pie,” calling it the “day the music died.” Walking out of “The Buddy Holly Story,” you wonder if maybe he wasn’t right. This film, also from 1978, stars Gary Busey.
as Buddy Holly, who was a major influence on later rock musicians, including The Beatles, Bob Dylan, The Rolling Stones, Eric Clapton, The Hollies (who named themselves in his honor), Elvis Costello and Elton John. Background, opinions and memories will be offered for each film—and class participation, along with popcorn consumption, is wholeheartedly encouraged.

Coordinator: Bill Maakestad
Location: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Class Sessions: Mondays, April 4 and 11
Time: 6:30 - 8:30 p.m.
Parking: At the site
Maximum Enrollment: 40
Cost: $10

**Cats and Dogs: The State of Our Pets in McDonough County**
Are you confused about the role of the Humane Society of McDonough County (HSMC) and how they work with the McDonough County Animal Shelter? Bonnie Smith-Skripps and Kate Shattuck, long-serving members of the HSMC Board of Directors, will provide an overview of the HSMC’s work in the county, both with homeless animals in the shelter and with needy animals in the community. They will discuss how the pandemic impacted the number of animals available from the shelter, as well as the pet population in the county. They will address issues related to companion cats and dogs, who are loved and residing in forever homes, those that have been released to the shelter, or those that roam the streets and are homeless. Various HSMC initiatives will be discussed as related to current needs identified in the county. Plans for a new animal shelter to replace the existing more than 40-year-old shelter building, and how the proposed construction will serve the community, will also be presented.

Coordinators: Bonnie Smith-Skripps and Kate Shattuck
Class Session: Wednesday, April 20
Time: 2 - 3:30 p.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum Enrollment: 40
Cost: $5

**Christian and Grotesque: Short Stories of Flannery O’Connor**
Considered one of the great American short story writers, Flannery O’Connor’s work is both deeply Southern and universal at the same time. We will discuss several of O’Connor’s works (the exact number is to be determined by the class) as we delve into her world of saints and sinners (more the latter). As we look at the stories, we will continually ask, “What does this story tell us about human nature and about our deepest selves?”

Coordinator: Daniel Colvin
Class Sessions: Mondays, March 21, 28, April 4, 11, 18 and 25
Time: 10 - 11 a.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St
Parking: At the site
Maximum Enrollment: 20
Cost: $15

**Cooking with Harold**
This class is a combination of observation and participation in the kitchen with gourmet chef Harold Schmalfeld. The class focuses on sweet and savory muffins. Due to Harold’s cooking class popularity, this semester he is teaching the same class twice. Sign up for the muffin class on the date of your choice. Recipes will be shared and food will be enjoyed after the preparation has been completed. Because of close proximity in the kitchen, it is requested that all participants be fully vaccinated. If church policy requires masks at the time of the class, that will be requested as well.

Coordinators: Harold Schmalfeld and Patti Jones
Class Session: Thursday, April 7 or Thursday, April 21 – choose one of these dates, not both.
Time: 5 - 7 p.m.
Place: First Christian Church Fellowship Hall/Kitchen, 120 N. McArthur St. (Use the elevator entrance on the southwest side of the building.)
Parking: At the site
Maximum Enrollment: 10
Cost: $10-includes food cost
Exercising with Chronic Disease – Commit to Get Fit
Join MDH staff members Amanda Stracker, a Certified Diabetes Care and Education Specialist, and Alexis Henson, a Licensed Physical Therapy Assistant, as they discuss exercise strategies and considerations for those with chronic diseases. Various chronic diseases will be discussed including hypertension, neuropathy, arthritis, and diabetes.

Coordinators: Amanda Stracker and Alexis Henson
Class Session: Thursday, March 31
Time: 1:30 – 2:30 p.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum Enrollment: 15
Cost: $5

For the Love of Horses
Eugene Mathes has loved horses all his life, and got his first pony when he was 8 years old. He and his wife, Melissa, have seven horses (down from 13) and they trail ride on weekends. They have also taken “horse vacations” to the Black Hills and to Bryce Canyon, the Rocky Mountains and Yellowstone National Park. Eugene, who has shown Morgan horses at the Illinois State Fair, will give a tour of their farm and introduce you to his horses. He will talk about horse breeds and horse psychology. Eugene will demonstrate how to tack, exercise and train a horse through lunging and long lining. Finally, he will show how to groom a horse.

Coordinator: Eugene Mathes
Class Session: Wednesday, May 4; rain date Wednesday, May 11 at the same time
Time: 1 – 3 p.m.
Place: 9950 E. 850th St., Colchester
Parking: At the site
Maximum Enrollment: 15
Cost: $5

Gardening for the Birds
Join Illinois Extension educator and Prairie Land Conservancy board member Chris Enroth to learn about why bird populations are in significant decline. We will look at home gardening and landscape practices that can help our feathered friends. The class will cover designing for birds, plant selection for birds and bird feeding practices. After this class you will know more ways to make your yard a refuge for birds.

Coordinator: Chris Enroth
Class Session: Wednesday, March 23
Time: 2 – 3 p.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum Enrollment: 20
Cost: $5

Hearing Compassion in Debussy, Bernstein and Poulenc
Bring your sense of breath and pulse while listening to music (while sitting far apart) in the spacious sanctuary of Macomb’s First Presbyterian Church. We welcome back Austrian pianist, Anna Wagner, from Vienna, both as soloist and musical collaborator with mezzo-soprano WIU Professor Emerita Marietta Dean. We also welcome Eric Ginsberg, professor of clarinet, and a member of the WIU Professor Camerata Quintet. This will be a live concert with informational handouts and commentary. As soloist, Anna will play, “The Children’s Corner” of Debussy (1862-1918) and four of the “Anniversaries” of Leonard Bernstein (1918-1990) from a collection honoring persons he knew. As a collaborator with Marietta, Anna will perform "melodies" of Debussy and Francis Poulenc (1899-1963), set respectively to poems of Paul Verlaine and G. Apollinaire. Concluding the program, Anna will join Eric for Poulenc’s Sonata in B flat Major.

Class members are encouraged to bring guests, and are asked to wear masks and leave space between rows and seats.

Coordinator: Marietta Dean
Class Session: Friday, Feb. 25
Time: 1:30 – 3 p.m.
Place: First Presbyterian Church (elevator available), 400 E Carroll St.
Parking: At the site
Maximum Enrollment: 50
Cost: $5
High Value Nut Crop
Come out to Thistle Creek Orchard, see the Dallmeyers' chestnut trees and learn about the history, development and operations of their orchard. Find out what they do with the chestnuts once they are harvested. Wear comfortable shoes and bring a lawn chair if you like.

**Coordinators:** Jim and Marti Dallmeyer  
**Class Session:** Wednesday, June 1; rain date Wednesday, June 8 at the same time  
**Time:** 10 - 11 a.m.  
**Place:** Thistle Creek Orchard, 57 90th St., Roseville (15 miles north of Macomb)  
**Parking:** At the orchard  
**Maximum Enrollment:** 20  
**Cost:** $5

Let's Get Graphic: An Introduction to Graphic Novels
Although the word novel normally refers to longer fictional works, the term graphic novel is applied broadly and includes fiction, non-fiction and anthologized work. It is, at least in the United States, distinguished from the term comic book, which is generally used for comic periodicals and trade paperbacks. The term gained popularity in the comics community after the publication of Will Eisner’s “A Contract with God” (1978), and became more familiar to the general public following the commercial (and critical) success of such graphic novels as Art Spiegelman’s “Maus” I and II (1986/1991), which received a Pulitzer Prize in 1992, and Alan Moore and Dave Gibbons’ “Watchmen” (1987). Though I had read both volumes of Maus several years ago, my introduction to the larger world of graphic novels came about rather serendipitously during a visit to a comic book store in Chicago with my 14-year-old “little brother” (from Macomb’s Big Brothers/Big Sisters program). One graphic novel led to another, so I am now the owner of a tidy and growing collection, which I will bring to this casual and highly-personal introduction to some of the best known, most notable and creative graphic novels from the past four decades.

**Coordinator:** Bill Maakestad  
**Class Session:** Monday, April 25  
**Time:** 6:30 – 8 p.m.  
**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.  
**Parking:** At the site  
**Maximum Enrollment:** 20  
**Cost:** $5

Life Without Finger Sticks: Exploring Continuous Glucose Monitors
Tired of sticking your fingers every day to check your glucose levels? Do you have trouble with your hands or vision that makes using finger sticks impossible? There may be a solution. Join Amanda Stracker, a Certified Diabetes Care and Education Specialist with McDonough District Hospital, to explore the modern technology of Continuous Glucose Monitors (CGMs) for diabetes management.

**Coordinator:** Amanda Stracker  
**Class Session:** Wednesday, March 9  
**Time:** 2:30 – 3:30 p.m.  
**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.  
**Parking:** At the site  
**Maximum Enrollment:** 15  
**Cost:** $5

Living Lightly on the Earth: Developing a Sustainable Lifestyle
Climate change, declining biodiversity, plastic pollution and many other environmental problems are all evidence that humanity’s way of life is unsustainable. While attention is often focused on governmental policy and business practices, this course will explore what we each can do to modify our lifestyles to reduce environmental impacts. Sessions will address key concepts relating to sustainability and their applications to energy (in buildings and transportation), materials (including solid waste and recycling), food, water and home landscapes. Bring your questions and tips and learn from others who are in various points on their sustainability journeys.

**Coordinator:** Gordon Rands  
**Class Sessions:** Wednesdays, Feb. 2, 9, 16, 23, March 2 and 9  
**Time:** 5 - 6 p.m.  
**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.  
**Parking:** At the site  
**Maximum Enrollment:** 20  
**Cost:** $15
Perspectives on ‘The New Old Age’ in Modern Fiction
This is a sequel to two previous LIFE courses exploring innovative, insightful portrayals of aging characters. Rather than seeing the last phase of life as a time merely of retirement, withdrawal, decline, loss and preparedness for death, these stories view it as offering new challenges and opportunities, as well as new possibilities for growth and fulfillment in terms little understood by the young—even by the protagonists themselves during their own youth and middle age. Among the literary works that have presented the last stage of life insightfully rather than according to stereotypes are “A Man Called Ove,” by Swiss writer Fredrik Backman (2012), and “Carry Me Across the Water,” by Ethan Canin (2001). One class will be devoted to each novel. Sessions will be conducted as group discussions, with all enrollees encouraged to participate. Study questions will be distributed in advance. The novels may be purchased at New Copperfield Book Service on the Macomb square; contact them at (309) 837-3052 to reserve copies.
Coordinator: Ron Walker  
Class sessions: Tuesdays, April 12 and May 10  
Time: 2 - 3:30 p.m.  
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.  
Parking: At the site  
Maximum Enrollment: 10  
Cost: $10

Pickleball for Beginners
Pickleball is now considered the fastest growing sport in the United States among older adults. It continues to be increasingly popular, although it has been played at WIU for over 25 years. It is sort of a cross between tennis and ping pong, played with a paddle and wiffle ball hit over a net on a badminton-size court indoors or outdoors. No experience is necessary! You will be introduced to the sport, and will learn the basic rules, skills and techniques, as well as some basic strategies. At each session you will play doubles, both for recreation and for competition. Learn to play here and be ready to play wherever you travel. The equipment to play with will be provided by the YMCA. Wear athletic shoes and comfortable lightweight clothes.
Coordinator: Roy Johlf  
Class Sessions: Tuesday, March 22 and Thursday, March 24  
Time: 9 – 10 a.m.  
Place: YMCA gym, 400 E. Calhoun St.  
Parking: At the site  
Maximum Enrollment: 12  
Cost: $5

The Power of Praise
This course is for parents or grandparents who are looking for effective ways to improve prosocial skills and reduce challenging behavior in young children. With the increased prevalence rate of autism (1:54) and other neurodevelopmental disabilities, direct and explicit strategies are essential, but helpful for all children. This two-part series will provide resources on how to increase the use of praise and reinforcement, how to use planned ignoring, and how to provide child choice in creating a more positive parent/grandparent-child relationship. Examples: practice, modeling and feedback will be available to participants to navigate how to respond to specific behavior challenges. Dr. Leigh Ann Fisler is an associate professor of school psychology.
Coordinator: Leigh Ann Fisler  
Class Sessions: Wednesday, Feb. 23 and Wednesday, March 9  
Time: 2 – 3:30 p.m.  
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.  
Parking: At the site  
Maximum Enrollment: 20  
Cost: $10

Public Radio 101 – Past, Present and Future
Join us for a review of the history of Tri States Public Radio and the National Public Radio system. We will discuss how public radio has changed through the years, the challenges it faces today, and what it might look like in the future in the rapidly-changing media landscape.
Coordinator: Heather Norman and Staff  
Class Session: Wednesday, March 2  
Time: 1 - 2 p.m.  
Place: Tri States Public Radio Station, 320 W, University Dr.  
Parking: At the site  
Maximum Enrollment: 30  
Cost: $5
Ramen, Anyone? The History of Ramen Noodles in Japan
Nissin, Maruchan, Nongshim and Indomie are popular brands of instant ramen that are available in local stores. Also known as instant noodles or cup noodles, instant ramen is a go-to-food for many people, including college students. Ramen is both affordable and convenient. Instant noodles are considered a “Japanese invention.” But what is the history of ramen in Japan? Dr. Febe Pamonag, a who professor specializing in Asian history, will explore the history of ramen, from its roots in China to its evolution as a national food in Japan during the late twentieth century, and as a global food in the twenty-first century. This class is on Zoom.
Coordinator: Febe Pamonag
Class Session: Friday, February 11
Time: 2 - 3:30 p.m.
Place: On Zoom
Parking: Not applicable
Maximum Enrollment: 20
Cost: $5

Reading the Rosetta Stone: A True-Life Mystery
In his latest book, “The Writing of the Gods: The Race to Decode the Rosetta Stone” (Scribner, 2021), Edward Dolnick gives us an account of the decipherment of the writing of ancient Egypt, which is as engaging and readable as a good novel, using his skills honed over decades of explaining science to a general audience. The central mystery is why a decipherment that after the discovery of the Rosetta Stone was expected to take only two weeks instead became a lifelong challenge for two competing geniuses, Englishman Thomas Young and Frenchman Jean-Francois Champollion. As with any good book, Dolnick’s provokes many further questions that we want to pursue on our own initiative — such as the nature of the literature of ancient Egyptian civilization that has become accessible with the decipherment of their writing systems, the origins of fully alphabetic writing systems, and the conditions needed for scientific discovery in archaeology and other fields.
Join us as we read and discuss this intriguing book and related topic. Please read the Prologue and Chapters 1 - 11 before our first meeting on Tuesday, Feb. 8.
Coordinator: Bill Davenport
Class Sessions: Tuesdays, Feb. 8, 15 and 22
Time: 4 - 5 p.m.
Place: Wesley United Methodist Church, Lodge Parlor, 1212 W Calhoun St.
Parking: At the site
Maximum Enrollment: 20
Cost: $10

Skin Cancer and Eyelid Surgery (Blepharoplasty)
This class will focus on different kinds of skin cancer — what the symptoms are, how to treat skin cancer and how to prevent it. We will also discuss what meets the criteria for blepharoplasty and why this surgery is performed.
Coordinator: Dr. Jeff Sparks, McDonough District Hospital Ear, Nose and Throat physician
Class Session: Wednesday, March 23
Time: 1 - 2 p.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum Enrollment: 20
Cost: $5

Social Media…..Web Pages….So Many Choices
Learn what is currently being used by all ages to communicate, and the basics on how to set up and where to get help. What do I want to use and why? Web page, Facebook, Twitter, Instagram, Google Hangouts, Facetime, Zoom, Snapchat, Tik-Tok? We will explore which device works best…. smart phone, tablet or PC. The first class will explore what is available, and the second class will be basic setup and where to get help.
Coordinator: Brenda Allison
Class Sessions: Tuesdays, March 22 and 29
Time: 9 - 10:30 a.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum Enrollment: 15
Cost: 10
Some Famous and Other Interesting Love Letters: A Dramatic Reading

This class will offer Tim and Emily Roberts briefly contextualizing, and then expressively reading 10 pairs of love letters exchanged between couples over the ages. Famous exchanges include letters of Antony and Cleopatra, John and Abigail Adams, Napoleon and Josephine, Queen Victoria and Prince Albert and Marlena Dietrich and Ernest Hemingway. Other exchanges reveal the passions of more ordinary lovers, including a slave’s love letter, selected correspondence between an Illinois Civil War soldier and his wife, and even Tim’s and Emily’s reflections on their first kiss.

Tim is the author of the book “This Infernal War: The Civil War Letters of William and Jane Standard,” (2018), a compilation of letters between a feisty wife and a devoted soldier husband, of Lewistown, exchanged while William was fighting with General Sherman in the Union army. The book is available at New Copperfield’s Book Service.

Coordinators: Tim and Emily Roberts
Class Session: Wednesday, Feb. 9
Time: 2 - 3:30 p.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum Enrollment: 30
Cost: $5

Spring Lake Pontoon Ride

Come enjoy a relaxing pontoon ride around beautiful Spring Lake, north of Macomb. Look for local wildlife and bring any questions you may have about fish, plants and local wildlife – as well as about services that the Spring Lake facility offers.

Coordinator: Ryan Hansen
Class Session: Tuesday, June 7; rain date Wednesday, June 8 at the same time
Time: Noon – 1 p.m.
Place: Spring Lake Park, 620 Spring Lake Park Rd., Macomb
Parking: At the bottom of the hill by the bait shop
Maximum Enrollment: 10
Cost: $5

Steady on Your Feet: A Path to Balance and Fall Prevention

Loss of balance and the risk of falling is a serious issue for many people, especially older adults. The first session of this course will focus on causes and disease processes related to balance loss, in addition to a review of different balance and dizziness treatment options and fall prevention tips. The information provided is not meant to be a substitute for individual professional advice, which should be initiated with your physician.

The second session will focus on principles of stability-developing exercises and programs. Key concepts will be explored, and a variety of safe, simple and beneficial exercise options will be presented for future training at home or as part of a more structured program.

Note: This class meets two times, at different locations.
First Session
Coordinators: McDonough District Hospital Sports Medicine and Rehabilitation staff Angelica Hoenig, PT, DPT and Amy F. Milas, PTA, BS, ACE, Certified Fitness Instructor, Evergreen Certified Fall Prevention Specialist
Class Session: Tuesday, March 15
Time: 10 - 11:30 a.m. (90 minutes)
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Second Session
Coordinators: Dawn Piper (Free Range Owner/Yoga instructor) and Bill Maakestad (Free Range Tai Chi instructor)
Class Session: Tuesday, March 22
Time: 11:30 a.m. - 12:30 p.m. (60 minutes)
Place: Free Range Yoga and Community Wellness Center (South Wing), 118 S. Lafayette St.
Parking: On the street
Maximum Enrollment: 20
Cost: $10

A Tour of Oakwood Cemetery, Focused on Selected Female Figures

This tour of Oakwood Cemetery, now an official state historic site, will visit the grave sites of fascinating women. Some made social contributions during their lives, while others struggled — one was even accused of murder. The tour will begin with a brief history of the cemetery, then moved to the stories of some marvelous women. Matilda Jane Randolph, along with her husband, William, founded the cemetery. Adeline Wilson, the wife of Macomb’s first mayor, was celebrated by the community and known as “Grandma
Wilson." Rebecca Montague, a pioneer woman, was convicted of murder, despite no evidence. Josie Westfall, matron of the county orphanage for decades, also foster parented over 500 children. Ruth Tunnicliff, a bacteriologist, discovered the cause of measles and developed the first serum to prevent the disease. The wonderful historic quality of Oakwood Cemetery and the great local tradition of female struggle for justice and social commitment will be two emphases of the program. Note: Wear shoes for walking on the gravel lane and cemetery lawn.


Coordinator: John Hallwas

Class Session: Saturday, May 28; rain date Sunday, May 29 at the same time

Place: It begins by the Illinois historic site marker, across from the sexton's office.

Parking: At the site

Maximum Enrollment: 35

Cost: $5

Volunteer Opportunities in Town

Are you interested in volunteering but you're just not sure what opportunities are available? Would you like to hear about ways to serve without having to make an instant or long-term commitment? This session, coordinated by Paula Wise, will bring together people from a variety of local organizations to explain what they do and what volunteers could add to their organizations. Friends of the Macomb Public Library, Good Food Collaborative, the Macomb Beautiful Association, Big Brothers/Big Sisters, the Macomb Art Center, Habitat for Humanity, the Western Illinois Museum, Sleep in Heavenly Peace and Macomb Rotary are among the groups that will be represented. Come see how you can give back to your community.

Coordinator: Paula Wise

Class Session: Wednesday, March 16

Time: 10 a.m. - noon

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 35

Cost: Bring a nonperishable food item to donate

The We Need to Talk Book Club

This book club will give us a chance to join in conversation and to connect with others. Perhaps we’ll find a new perspective, a different reality or just an enjoyable reading experience. Brief descriptions of our books for discussion are below. We will continue to use Zoom for our discussions.

“The Lincoln Highway” by Amor Towles is an adventure of an American Road Novel set in 1954, as three young men and an 8-year old wind their way from Nebraska to New York. The unfolding story of those 10 days is the focus of this unique tale. It’s a lengthy book but an easy read. On Zoom, March 1.

Oh William! By Elizabeth Strout. Pulitzer Prize winner Elizabeth Strout explores the mysteries of marriage and the secrets we keep, as a former couple reckons with where they’ve come from—and what they’ve left behind. On Zoom, May 3.

Coordinator: Connie LaRue

Class Sessions: Tuesdays, March 1 and May 3 on Zoom

Time: 1 – 2:15 p.m.

Place: On Zoom

Parking: Not applicable

Maximum Enrollment: 20

Cost: $10

What Services the ENT (MDH Otolaryngology Services) Office Has to Offer the Community

Want to know more about our specialty clinic and what they have to offer? We will discuss the basic ear, nose and throat services offered along with providing information on skin lesions, allergies, Botox and sleep apnea.

Coordinator: Kamie McKee, FNP-C, McDonough District Hospital Ear, Nose and Throat

Class Session: Thursday, March 10

Time: 1 – 2 p.m.

Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.

Parking: At the site

Maximum Enrollment: 20

Cost: $5
What to Look and Listen for in Visual Art and Music

The course will present, from the perspective of a painter and composer, the way in which the eye and ear can learn to discriminate and develop new resources for looking at visual art and listening to music. The act of looking at visual art or listening to music involves a willingness to step into the unknown. The starting point is our ability and capacity to look, listen, navigate and engage with a work of art on various levels. It is not necessary that one become an artist or a musician to develop and cultivate this capacity. It involves the ability to identify, discriminate and evaluate the fundamental elements of a visual or sonorous field. Although different skills are required of both visual art and music, much can be learned from an exposure to and comparison of the different strategies involved in their unique processes.

Coordinators: Paul Paccione and Michael Mahoney
Class Sessions: Fridays, April 22, 29 and May 6
Time: 3 - 4:30 p.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum Enrollment: 16
Cost: $15

What They Saw Then and How We Feel About It Now: Art and Photography During the American Civil War

We are now more than 150 years after the Civil War, but for many Americans the legacy of that war is still with us. For some it's a poignant and cautionary legacy; for others it's a troubling and even an oppressive one. How do we understand and respond to what is a multi-layered legacy? There are no easy answers, but in this class we will consider the art and photography that depicted the events and characters of the war and that offered ways for viewers to understand those events and characters. Do we respond in ways similar to the ways of viewers back then, or not? Do the images still have pertinence for how we understand our history and, just as important, our present? We will discuss how landscape art and photography reflected the turmoil of war as well as the values considered sacred that were threatened by the war. We will look at how widely available photographs of the human face – black, brown and white – might have offered ways of promoting equality and overcoming racial biases . . . and might have failed at achieving those ideals. Finally, we will look at the maturing art of a young Winslow Homer during the war – his development from a magazine illustrator of the war to an independent artist whose iconic paintings of the war offered "an enlarged vision of universal humanity."

Coordinator: Tom Joswick
Class Sessions: Wednesdays, March 23, 30 and April 6
Time: 3:30 - 4:45 p.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum Enrollment: 30
Cost: $10

Windows 11 Has Launched. Now What?

Find out essential information about the new Microsoft Windows 11 operating system, including price, compatibility, release date, how to download it and its new features. We will start with the very basics and guide you through how to make the most of the Windows 11 operating system.

Coordinator: Brenda Allison
Class Session: Thursday, Feb. 17
Time: 10 - 11:30 a.m.
Place: Spoon River College Community Outreach Center, 2500 E. Jackson St.
Parking: At the site
Maximum Enrollment: 15
Cost: $5

Learning Is ForEver

Call (309) 298-1911 for more information.

Western Illinois University is not responsible for personal injury or property damage arising out of voluntary participation in this program.
### Chronological Course Listing

<table>
<thead>
<tr>
<th>Course</th>
<th>Dates</th>
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<tbody>
<tr>
<td><strong>Beginning in February</strong></td>
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<tr>
<td>Living Lightly on the Earth: Developing a Sustainable Lifestyle</td>
<td>Wednesdays, Feb. 2, 9, 16, 23, March 2 and 9</td>
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<tr>
<td>Reading the Rosetta Stone: A True-Life Mystery</td>
<td>Tuesdays, Feb. 8, 15 and 22</td>
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<tr>
<td>Some Famous and Other Interesting Love Letters: A Dramatic Reading</td>
<td>Wednesday, Feb. 9</td>
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<td>Ramen, Anyone? The History of Ramen Noodles in Japan</td>
<td>Friday, Feb. 11</td>
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<td>The Power of Praise</td>
<td>Wednesdays, Feb. 23 and March 9</td>
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<td>Hearing Compassion in Debussy, Bernstein and Poulenc</td>
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<td>Public Radio 101 - Past, Present and Future</td>
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<td>Life Without Finger Sticks: Exploring Continuous Glucose Monitors</td>
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<td>Steady on Your Feet: A Path to Balance and Fall Prevention</td>
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<td>Christian and Grotesque: Short Stories of Flannery O’Connor</td>
<td>Mondays, March 21, 28, April 4, 11, 18 and 25</td>
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<td>Pickleball for Beginners</td>
<td>Tuesday, March 22 and Thursday, March 24</td>
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<td>Social Media… Web Pages…So Many Choices</td>
<td>Tuesdays, March 22 and 29</td>
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<td>Gardening for the Birds</td>
<td>Wednesday, March 23</td>
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<td>Skin Cancer and Eyelid Surgery (Blepharoplasty)</td>
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<td>What They Saw Then and How We Feel About It Now: Art and Photography During the American Civil War</td>
<td>Wednesdays, March 23, 30 and April 6</td>
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<td>Exercising with Chronic Disease - Commit to Get Fit</td>
<td>Thursday, March 31</td>
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<tr>
<td><strong>Beginning in April</strong></td>
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<tr>
<td>The Best Rock n’ Roll Biopics Ever: The Early Years.</td>
<td>Mondays, April 4 and 11</td>
</tr>
<tr>
<td>Cooking with Harold</td>
<td>Thursday, April 7 or Thursday, April 21 (you choose one of these dates)</td>
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<tr>
<td>Basic Cooking Skills</td>
<td>Tuesdays, April 12 and 26</td>
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<tr>
<td>Perspectives on ‘The New Old Age’ in Modern Fiction</td>
<td>Tuesdays, April 12 and May 10</td>
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<tr>
<td>Cats and Dogs: The State of Our Pets in McDonough County</td>
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<td>Let’s Get Graphic: An Introduction to Graphic Novels</td>
<td>Monday, April 25</td>
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<tr>
<td>Armchair Traveler</td>
<td>Thursdays, April 28, May 5, 12 and 19</td>
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<td>For the Love of Horses</td>
<td>Wednesday, May 4; rain date Wednesday, May 11</td>
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<td>Saturday, May 28; rain date Sunday, May 29</td>
</tr>
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<td><strong>Beginning in June</strong></td>
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<tr>
<td>High Value Nut Crop</td>
<td>Wednesday, June 1; rain date Wednesday, June 8</td>
</tr>
<tr>
<td>Spring Lake Pontoon Ride</td>
<td>Tuesday, June 7; rain date Wednesday, June 8</td>
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LIFE Registration Form
Spring 2022
Please feel free to duplicate this registration form. Couples should submit separate forms. Register early to ensure your place in class.

Please print your information below:

Name _____________________________________________________________________

Address ___________________________________________________________________

City/State/Zip Code __________________________________________________________

Phone __________________________ e-mail _______________________________________

I want to sign up for the following course(s):
__ Armchair Traveler - $15
__ Basic Cooking Skills - $20
__ The Best Rock n’ Roll Biopics Ever: The Early Years. - $10
__ Cats and Dogs: The State of Our Pets in McDonough County - $5
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__ Gardening for the Birds - $5
__ Hearing Compassion in Debussy, Bernstein and Poulenc - $5
__ High Value Nut Crop - $5
__ Let’s Get Graphic: An Introduction to Graphic Novels - $5
__ Life Without Finger Sticks: Exploring Continuous Glucose Monitors - $5
__ Living Lightly on the Earth: Developing a Sustainable Lifestyle - $15
__ Perspectives on ‘The New Old Age’ in Modern Fiction - $10
__ Pickleball for Beginners - $5
__ The Power of Praise - $10
__ Public Radio 101 - Past, Present and Future - $5
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__ Reading the Rosetta Stone: A True-Life Mystery - $10
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Total Amount: $ __________________________

Refund Policy: Requests to withdraw from a class, and for a related refund must be received 30 days prior to the first class meeting. All approved refunds will be issued at the end of the semester. For full refund policy please refer to page two.

Please return your completed form and check, made payable to Western Illinois University, to the Office of Study Abroad and Outreach, Horrabin Hall 8, Western Illinois University, 1 University Circle, Macomb, IL 61455-1390.
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