



LEARNING IS FOREVER

Spring 2017

Course List and Registration Form

This semester, LIFE will offer many new, exciting adult education opportunities including the premier of “Rock ‘n’ Roll Goes To The Movies” and “The Legacy of Barack Obama’s Presidency,” as well as old favorites like “Armchair Traveler,” “The Book Class” and more!

***Your Invitation to the Challenge
and the Joy of Lifelong Learning***

**Study Abroad and Outreach
Western Illinois University**



ELDERHOSTEL INSTITUTE NETWORK®

The Purpose and Operation of LIFE

Promoting Self-Growth/Building Community

LIFE (Learning Is ForEver) 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 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 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 provides recreational education and 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 e.g., 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 out of 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

David Bormet and David Self, Co-Historians

Jack Schoonover, Treasurer

Pedro Bidegaray, Registrar and University Liaison

Curriculum Committee

Kathy Nichols and Paula Wise, Co-Chairs

Chris Brix

Patti Jones

Carol Sims

Nancy Crossman

Peggy Ma

Nal Smead

John Hallwas

Bill Maakestad

Greg Van Vleet

Steve Hopper

Kelly Shiraki

Social Committee

Garnette Hallwas and Kate Joswick, Co-Chairs

Doris Burton

Phyllis Self

Jean Whitehead

Janna Haworth

Mary Elizabeth Vos

Nancy Wilson

Elaine Hopkins

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

First Christian Church

McDonough District Hospital

First Presbyterian Church

Spoon River College Community Outreach Center

Free Range Yoga and Community Wellness Center

Trinity Lutheran Church

Grand Prairie Senior Center

Wesley United Methodist Church

Lincoln Elementary School

West Central Illinois Arts Center

Macomb Hy-Vee

Western Illinois Museum

Macomb City Hall

Western Illinois University

Macomb Public Library

YMCA Bushnell

McDonough County Genealogical Society

YMCA Macomb

A Letter from the President

Welcome to the LIFE schedule of classes for Spring 2017. We think we have another exciting and diverse lineup of learning opportunities for you.

As I have written before, we have a group of people working hard to provide these classes. I would like to invite even more of you to consider becoming involved.

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 get in touch with me at danwise19@comcast.com, or contact an officer or committee member you may know.

Registration for LIFE courses can now be done all **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 Policy

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.).

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.
- Those with refunds equal to or over \$25 will receive a check for the amount owed.
- Those with refunds less than \$25 will receive a credit toward enrollment in future courses.
- Upon written request, a refund will be issued instead of a course credit.
- Those who have paid for a class that is cancelled, or who are wait listed and no space becomes available, will received a full refund check.

Course Descriptions

Armchair Traveler

Travel to strange and wondrous places around the world without leaving Macomb. Listen to the travel tales of fellow LIFE participants. This semester's presentations include:

- *April 6:* John Bannon, Peace Corps Fellow at WIU, will share his experiences in South Korea and Macedonia.
- *April 13:* Julie Anne Pickett will share how she tasted whiskey, hiked in the mountains, and toured castles while visiting friends and relatives in Scotland.
- *April 20:* Steve Hopper will discuss his post-Seoul Rotary International Convention travels through Thailand, Singapore and Hong Kong.
- *April 27:* George and Trish Russell will share the highlights of a fantastic three-week Eastern Mediterranean cruise in which they embarked in Rome and disembarked in Dubai.
- *May 4:* Marilyn Pastorelli will take us on a photographic safari to South Africa, Zimbabwe and Victoria Falls.

Coordinator: Steve Hopper

Class sessions: Thursdays, April 6, 13, 20, 27 and May 4

Time: 1:30-3 p.m.

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

Parking: At the site

Maximum enrollment: 30

Cost: \$20

Beginning Quilting

This will be a hands-on, learn as you go class for those who want to learn the basics of cutting, piecing, pressing and quilting a small, simple project. We will cover the general techniques of fabric choice, and learn to use a rotary cutter for cutting the pieces. Machine sewing is required; attendees need to bring their own portable machine to class and have a working knowledge of using it. Other than the sewing machine, materials and equipment will be provided. Simple, non-intimidating tips and tricks will get you on your way to creating projects you'll enjoy doing.

Coordinator: Debbie Sullivan

Class sessions: Fridays, Feb. 3, 10, 17 and 24

Time: 8:30-11 a.m.

Place: West Central Illinois Arts Center, 25 East Side Square

Parking: At the site

Maximum enrollment: 8

Cost: \$20

Birding

This course will introduce students to the wondrous sights and sounds of the birds around us. The class will occur during peak bird migration season. Participants will learn how to identify local common birds and more uncommon migrating birds by sight and sound. This course will contain one classroom introduction session and three outdoor birding sessions at various locations. Participants should dress according to the weather for the outdoor sessions. Each participant should bring a pair of binoculars to the outdoor sessions in order to better see the birds. A bird field guide or bird identification app is recommended, and options will be discussed during the classroom session.

Coordinator: David Benson

Class sessions: Tuesday, April 18; Saturdays, April 22, 29 and May 13

Time: April 18: 7-8 p.m.; April 22, 29 and May 13: 8-9:30 a.m.

Place: April 18: Macomb City Hall Community Room

April 22: Glenwood Park Pool parking lot

April 29: Spring Lake parking lot by the dam

May 13: Argyle Lake State Park Sunset Shelter (take the first turn left once inside the park)

Parking: At the sites

Maximum enrollment: 15

Cost: \$15

The Book Class

A regular LIFE offering, The Book Class involves leaders and participants who read and discuss a book of significance and current interest. For Spring 2017, the book selection is “The Road to Character,” by David Brooks, the well-known columnist, TV pundit and best-selling author. At the beginning of this book, Brooks draws a distinction between “résumé virtues” (the kind that contribute to career success) and “eulogy virtues” (the character traits more likely to be talked about at funerals, e.g., kindness, honesty, bravery, integrity, faithfulness). He then focusses on the latter, using biographical sketches of famous and much-admired individuals to explore how inner character has been and can be developed. Participants should read the introduction and chapters one and two before the first meeting. The book may be obtained from New Copperfield Book Service or from Amazon.com.

Coordinators: Sterling Kernek and Chris Brix

Class sessions: Mondays, March 13, 20, 27 and April 3

Time: 10-11:30 a.m.

Place: Trinity Lutheran Church, 123 S. Campbell St.

Parking: At the site

Maximum enrollment: 20

Cost: \$15

Elder Abuse and Neglect

Participants will learn about the five different types of elder abuse, which include financial, emotional/psychological, neglect, physical and sexual. Also, they will learn about self-neglect. The class will teach you how to protect someone from becoming a victim and what signs to look for in a victim suffering from any of these. It will also provide information on getting help for yourself or someone you know who is being abused or neglected. (1 hr)

Coordinator: Officer Denise May of the Macomb Police Department

Class session: Tuesday, May 16

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

Fighting Crime for Our Seniors

Participants will learn about the most recent scams that have been used in the western Illinois area to defraud elders out of money. They will also learn what steps to take to prevent becoming a victim, and they will learn how to act if they happen to become a victim. (1 hr)

Coordinator: Office Denise May of the Macomb Police Department

Class session: Tuesday, May 23

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

Genealogy 101

This introduction to genealogy class is designated to take participants step-by-step through the process of genealogical research. They will be introduced to the resources and techniques needed to track down the information about their family's history and to build a family tree. This class is intended for beginners and for people who have been doing genealogy for a while but need some help putting it all together and keeping it organized. In this class, we will discuss how to get started; the leading computer software available in today's market; how to read census records; websites like Ancestry.com, My Heritage, and Family Search; records available through IRAD; and courthouse holdings. We will also discuss incorporating old photographs of family members to make your family tree come alive, and we will touch on how to date your photos, overseas research, and what the McDonough County Genealogical Library has to offer. This 90-minute session will be packed with information. This class is intended to be small in order to give individual help after the class if needed.

Coordinator: Allen Nemec

Class session: Wednesday, April 26

Time: 2-3:30 p.m.

Place: McDonough County Genealogical Society, 201 S. Lafayette St.

Parking: At the site

Maximum enrollment: 10

Cost: \$5

“Goodnight Moon” to Graphic Novels: Connecting to Children Through Literature

Children’s literature is ever changing and it can be hard for parents and grandparents to keep up with the latest trends. A classic like “Goodnight Moon” by Margaret Wise Brown never goes out of style, but a newer book like “Don’t Let the Pigeon Drive the Bus” by Mo Willems has developed quite a following. If we add to that some adult authors like John Grisham and James Patterson who now write children’s books, then choosing a book to share with a child can be very confusing. This class will break down terms like early literacy, graphic novels, and the many genres of Young Adult fiction. Participants will get book ideas for sharing with children, gift-giving and relating to young readers.

Coordinator: Tiffany Erickson

Class session: Wednesday, March 22

Time: 4-5:30 p.m.

Place: Macomb Public Library, 235 S. Lafayette St.

Parking: At the site

Maximum enrollment: 20

Cost: \$5

Historic Barns of McDonough County

Did you realize that McDonough County has a number of remarkable examples of barn architecture, including round ones, cross-gabled ones, stick-style ones, gambrel-style ones, and more? Barn authority and member of the McDonough County Historic Preservation Society Kent Slater says in the preface to the David Badger book “Barns of McDonough County,” “The barn—once the most important building on the farmstead—is fast becoming a vanishing landmark.” Come to this class to learn about the architecture of our barns, their builders and owners, the uses they were put to, and in the process the rural lifestyle that once predominated and sustained us. A talk will be illustrated by photographs from the Slater-Ausbury photograph collection housed at the WIU Archives. Information will be distributed allowing for a self-guided barn tour.

Coordinator: Kent Slater

Class session: Wednesday, May 10

Time: 7-8 p.m.

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

Parking: At the site

Maximum enrollment: 30

Cost: \$5

How to Attract Beneficial Insects to Your Garden

Learn how to recognize common beneficial insects and what plants to include in the landscape to attract them.

Coordinator: Chris Enroth, Horticulture Education, University of Illinois Extension

Class session: Friday, April 21

Time: 10-11 a.m.

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

Parking: At the site

Maximum enrollment: 30

Cost: \$5

Introduction to Astronomy

How did our solar system form, why is Pluto no longer a planet, and what are those beautiful objects we love to admire in Hubble Space Telescope images? Learn about our solar system, deep space objects, constellations, telescopes and astrophotography (photography of space) in this three-part session. Explore our universe through photos, animations and video and go on a virtual tour of the Miami Astronomical Society’s Winter Star Party in the Florida Keys. Also, learn how backyard astronomers image the wonders of space using digital equipment, telescopes and computer processing. An optional observing night (weather permitting) will be available at a local park for those interested in viewing planets and deep space objects through the coordinator’s 11-inch Schmidt-Cassegrain telescope.

Coordinator: Larry Knicl

Class sessions: Wednesdays March 8, 15 and 22

Time: 10-11:30 a.m.

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

Parking: At the site

Maximum enrollment: 25

Cost: \$15

Introduction to Pickleball

Pickleball is becoming increasingly popular, although it has been played at WIU for over 25 years. It is now considered the fastest growing sport in the United States among older adults. It is sort of a cross between tennis and ping pong, played with a paddle and whiffle ball hit over a net on a badminton-size court indoors or outdoors. All equipment to play will be provided by the YMCA. Participants should wear athletic shoes and comfortable lightweight clothes. You will be introduced to the sport and will learn the basic rules, skills and techniques, and basic strategies. You will play doubles at each session for recreation with a competitive spirit. Learn to play here and be ready to play wherever you travel. Register for **either** session location.

Coordinator: Roy Johlfs

Class sessions: Tuesday, Feb. 7 and Thursday, Feb. 9 (Macomb)

or Wednesday, Feb. 8 (Bushnell)

Time: 9-10 a.m. (Macomb) **or** 4-6 p.m. (Bushnell)

Place: Macomb YMCA, 400 E. Calhoun St. **or** Bushnell YMCA, 300 Miller St.

Parking: At the site

Maximum enrollment: 12 in Macomb **or** 8 in Bushnell

Cost: \$5

The Legacy of Barack Obama's Presidency

This course will consider the legacy of Barack Obama's presidency. The impact of his domestic and foreign policy initiatives, as well as his long-term legacy in areas such as race relations and the future of the party system will also be covered. The coordinator is a scholar who has co-authored a book about President Obama.

Coordinator: Keith Boeckelman

Class sessions: Tuesdays, Jan. 31, Feb. 7 and 21

Time: 3:30-4:30 p.m.

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

Parking: At the site

Maximum enrollment: 40

Cost: \$10

Looking at Artwork

Participants will learn how to look at artwork. The first session will focus on the analysis of "La Grande Jatte," by George Seurat. The second session will be viewing the exhibit in the WIU Art Gallery. This class will coincide with a performance by the Camerata Quintet. The third session will include discussions about the current exhibition in the West Central Illinois Art Center. *Participants will need to bring a pencil and small ruler to class.*

Coordinators: Fred and Nancy Jones

Class sessions: Tuesday, Feb. 7, 1-3 p.m., Spoon River College Community Outreach Center, 2500 E. Jackson St.

Wednesday, Feb. 8, noon-1 p.m., University Art Gallery (north of Sherman Hall)

Thursday, Feb. 9, 1-3 p.m., West Central Illinois Arts Center, 25 East Side Square

Parking: At the sites

Maximum enrollment: 12

Cost: \$15

Managing Victory and Defeat: The U.S. Occupation of Japan and the Tokyo Military Tribunal, 1945-52

No other occupation of a defeated nation in history quite compared to the U.S. occupation of Japan in 1945. Instead of looting or crushing a conquered country, the American victors briskly set about to peacefully change an entirely alien society from top to bottom in the name of achieving future peace. It would be difficult to find another cross-cultural moment more intense, unpredictable, ambiguous and confusing. This historical episode opens an opportunity for us to judge the mindsets and problem solving capabilities of the U.S. and Japan as they traveled down the tangled path full of failure and success from defeated devastation to the hope of a successful future.

Coordinator: D.G. Egler

Class sessions: Wednesdays, March 1, 8, 15 and 22

Time: 3-4:30 p.m.

Place: Trinity Lutheran Church, 123 S. Campbell St.

Parking: At the site

Maximum enrollment: 25

Cost: \$15

The Moon

We all look at the night sky and see the moon and often take it for granted. But we should ask WHY: Do we have a moon in the first place—some planets have none, others have over a dozen? Does it appear at night but also during the day? Does it appear as a full disc, quarter disc, or sometimes not at all? Does it appear larger sometimes? Also, the moon impacts our tides. Why and how? What is an eclipse of the moon? Why does an eclipse happen? How does the moon impact an eclipse of the sun? And what is a harvest moon, a blue moon, and a host of others?

Coordinator: Dan Wise

Class sessions: Mondays, March 20 and 27

Time: 1-2:15 p.m.

Place: Grand Prairie Senior Living Center, 1307 Meadowlark Ln.

Parking: At the site

Maximum enrollment: 25

Cost: \$10

Newspapers in the Internet Era

A look at newspapers' struggles to adapt to the digital/Internet era, touching upon monetization challenges, reliability of reporting and a landmark adjustment effort by the New York Times. The discussion may also lead into issues involving other mass media.

Coordinator: Deckle McLean

Class sessions: Thursdays, March 2, 9, 16 and 23

Time: 1-2 p.m.

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

Parking: At the site

Maximum enrollment: 12

Cost: \$10

On Looking 4

This class involves walking a familiar path on campus with various experts who will highlight sights and sounds along our way. This year, we will walk from Sherman Hall to Lake Ruth and over to Simpkins Hall, pausing frequently to observe birds, plants, trees, buildings and the land itself. The class is based loosely upon the book "On Looking: Eleven Walks with Expert Eyes" by Alexandra Horowitz, in which the author describes how taking a walk with a variety of other people, opened her eyes and allowed her to see things in a new way. Parking will be available on the WIU campus.

Coordinators: Paula Wise, Tara Beal (plants), Ed Franks (birds), Leslie Melim (geology), Ted Renner (buildings and facilities) and Morris Vos (trees)

Class session: Thursday, April 20 (Rain date of Thursday, April 27)

Time: 8:30-10 a.m.

Place: Front (South) door of Sherman Hall

Parking: Behind Sherman Hall, by Tillman Hall, behind Corbin and Olson dorms

Maximum enrollment: 15

Cost: \$5

Opioid Use and Abuse

Opioid use and its subsequent abuse has recently become a huge problem in the United States and even locally in McDonough County. Jennifer Balka, regional manager of the pain management group in Macomb, will discuss epidemiologic trends of opioid use and abuse and examine causes. Joining her is Anthony Gould from the National Guard, who will discuss local resources and responses to this epidemic.

Coordinators: Jennifer Balka and Anthony Gould

Class session: Monday, Feb. 6

Time: 4-5 p.m.

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

Parking: At the site

Maximum enrollment: 25

Cost: \$5

A Path to Balance

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, and provide a review of different 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 the

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.

Coordinators: Phyllis McLouth, director of the McDonough District Hospital Physical Therapy Department and MDH therapists Katie Webb and Jen Wagoner; Dawn Piper, owner of Free Range Yoga and Community Wellness Center; Tim Piper of the WIU Kinesiology Department, and Bill Maakestad.

Class sessions: Wednesdays, April 19 and 26

Times: April 19: 5-6:30 p.m.; April 26: 1-2:30 p.m.

Places: April 19: McDonough District Hospital Physical Therapy Department (third floor), 515 E. Grant St.; April 26: Free Range Yoga and Community Wellness Center (south wing), 118 S. Lafayette St.

Parking: At the sites

Maximum enrollment: 20

Cost: \$10

A Philosophical Biologist: E.O. Wilson on the Meaning of Life

“Does humanity have a special place in the Universe? What is the meaning of our personal lives? I believe that we’ve learned enough about the Universe and ourselves to ask these questions in an answerable, testable form.” Renowned biologist and author Edward O. Wilson invites us to explore these issues in his recent book, “The Meaning of Human Existence” (Liveright, 2014, 200 pp, \$15 paperback). We will read Wilson’s book and discuss his provocative views. How powerful are the facts, concepts, and theories of evolutionary biology, in enabling us to understand ourselves and control our fate? Humans are but one species among millions in Earth’s biosphere and yet in a crucial respect perhaps unique—“In a nutshell, individual selection favors what we call sin and group selection favors virtue. The result is the internal conflict of conscience that afflicts all but psychopaths, ... a biological trait necessary for survival of [our] species” (p. 179). Participants will learn what difference that makes, according to Wilson, as well as what use he finds for the biological concept of “the tolerable parasite load,” and much else. Please read chapters one-three for the first meeting on Tuesday, March 14, and join us for five engaging discussions.

Coordinators: Bill Davenport and Bryant Keeling

Class sessions: Tuesdays, March 14, 21, 28 and April 4, 11

Time: 4-5 p.m.

Place: Wesley United Methodist Church, Lodge Parlor

Parking: At the site

Maximum enrollment: 20

Cost: \$15

The Play’s the Thing

WIU’s Department of Theatre and Dance will again host this long-time favorite LIFE program. The class will meet an hour before curtain for the Sunday matinee performance of the two mainstage shows. The director and/or other members of the production team will join us for a pre-show discussion, and we will then attend the performance at 2 p.m. The 2017 spring season includes, first of all, “Picasso at the Lapine Agile,” by Steve Martin. This absurdist comedy places Albert Einstein and Pablo Picasso in a Parisian café in 1904, just before the renowned scientist transformed physics with his theory of relativity and the celebrated painter set the art world afire with cubism. In his first comedy for the stage, popular actor and screenwriter Steve Martin plays fast and loose with fact, fame and fortune as these two geniuses muse on the century’s achievements and prospects. The second production is “Peter and the Starcatcher,” by Rice Elise, music by Wayne Barker. This Tony-winning musical upends the century-old story of “The Boy Who Would Not Grow Up” (a.k.a. Peter Pan) in a wildly theatrical adaptation of Dave Barry and Ridley Pearson’s best-selling novels. With everything from marauding pirates and jungle tyrants to unwilling comrades and unlikely heroes, “Peter and the Starcatcher” playfully explores the depths of greed and despair...and the bonds of friendship, duty, and love.

Coordinator: Nancy Crossman

Class sessions: Sunday, March 5 (“Picasso and the Lapine Agile,” Horrabin Theatre); Sunday, April 9 (“Peter and the Starcatcher,” Hainline Theatre)

Time: 1 p.m.

Place: Horrabin and Hainline theatres, WIU campus

Parking: At the sites

Maximum enrollment: 25

Cost: \$20 (Covers admission to the performances)

PowerPoint for Beginners: Creating a Basic Digital Presentation

Participants will start by learning the program's interface, then build their own presentation, adding slides, formatting text, graphical elements and finalizing their presentation for delivery.

Coordinator: Brenda Allison

Class sessions: Tuesdays, March 21 and 28, April 4 and 11

Time: 9-10:30 a.m.

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

Maximum enrollment: 20

Cost: \$15

Preparing for Health Emergencies

What would happen if circumstances prevent you from being able to communicate your medical wishes? How can you legally prepare in advance to prevent arguments and spare those close to you the anxiety of having to guess your wishes? Advocacy Services staff will provide information regarding advance directives, living wills and medical power of attorney. The Secretary of State's office will provide information on organ donation and answer questions about this often difficult topic.

Coordinator: Kelly Shiraki

Class session: Tuesday, March 28

Time: 2-3 p.m.

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

Parking: At the site

Maximum enrollment: 25

Cost: \$5

Read to Succeed

A student who can't read on grade level by third grade is four times less likely to graduate by age 19 than a child who does read proficiently by that time. Add poverty to the mix, and a student is 13 times less likely to graduate on time than his or her proficient, wealthier peer. The Macomb Community Unit School District #185 has developed Read 100, with the goal of having all students reading at grade level as they enter the fourth grade. Community outreach and participation can be a decisive resource in assisting the families of students living in poverty to succeed. This course will provide an overview of the research and the planning underway to achieve this daunting goal. This community/school approach to learning underscores the old adage, "It takes a village to raise a child."

Coordinators: Dr. Patrick M. Twomey and Bill Jacobs

Class session: Tuesday, May 9

Time: 3:30-5:30 p.m.

Place: Lincoln Elementary School Library, 315 N. Bonham St.

Parking: Lot on the south side of the building or on North Bonham Street

Maximum enrollment: 40

Cost: \$5

Reading and Writing Memoirs

This class has two related purposes. First, participants will read and discuss some short memoirs (distributed as handouts) that emphasize personal experience in small-town and rural settings. Of course, those will prompt comments on cultural and social changes that we and earlier people have experienced. Second, those reading selections will also foster awareness of the opportunities for our own memoir writing—as well as the qualities that make such nonfiction effective. So, the class will also be partly devoted to insights and advice for those who are, or may soon be, writing about their own past experience—whether for general readers today, family members, or future people looking back at our era. The teacher for "Reading and Writing Memoirs" is John Hallwas, who has taught university classes in American autobiography, written extensively on Illinois nonfiction, and presented workshops on writing personal nonfiction in several states. As he has said to many audiences over the years, "All lives are worth writing about. The central issue for each person is depicting experiences, at a particular time and place, that had a personal impact—and helped to shape the writer's identity." He will also provide some handouts on the writing process.

Coordinator: John Hallwas

Class sessions: Wednesdays, May 3, 10, 17 and 24

Time: 2-3:30 p.m.

Place: Western Illinois Museum

Parking: At the site

Maximum enrollment: 30

Cost: \$15

Reformation 500: Martin Luther and His Historical Moment

In 1517, Martin Luther published his “Ninety-Five Theses,” a criticism of the church that had incendiary results, plunging Europe into a reconsideration of institutional religion and personal faith we call the Reformation. The Reformation’s success stemmed from the first truly modern multimedia campaign leading to the creation of a powerful new force whose ramifications shape our world: public opinion. Theology, once the preserve of the intellectual elite, became the object of new forms of personal reflection and public declaration, propounded from the pulpits and streets to the alehouses and battlefields. This course will consider the ways Luther’s challenge to the papal church initiated a turning point in history. We will study the texts, images, and sounds produced by the Reformation as it disrupted, altered, and reordered the rhythms and rituals of daily life in early modern Europe. In addition to facilitator presentations, these course sessions will use a trio of Martin Luther’s own writings as common reading for participants to examine the contexts and consequences of Luther’s challenge. (The course text, “Three Treatises,” is available from bookstores and Amazon.com, as well as through interlibrary loan. ISBN: 9780800616397).

Coordinator: Jennifer McNabb

Class sessions: Thursdays, April 6, 13 and 20

Time: 3-4:30 p.m.

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

Parking: At the site

Maximum enrollment: 50

Cost: \$15

Rock ‘n’ Roll Goes to the Movies

Sit back, relax, and enjoy an eclectic, highly personal survey of films from the 1950s to the present that possess the kind of music, attitude and fun only Rock ‘n’ Roll can bring. Clips from famous (and not-so-famous) feature films in the following categories will be screened:

- Movies about Rock ‘n’ Roll
- Movies with influential rock soundtracks
- Musicals with rock scores
- Rockumentaries and concert films
- Movies with rock stars as lead actors

The common denominator for the films is that Rock ‘n’ Roll (or its predecessor, Rhythm ‘n’ Blues) must be an essential and indispensable element. If you’re looking for an erudite and sophisticated lecture class on rock music and its role in the decline and fall of western civilization, this most assuredly is not that class. However, the instructor will offer context, opinions and memories for each film—and class participation, along with popcorn consumption, is wholeheartedly encouraged.

Coordinator: Bill Maakestad

Class sessions: Mondays, April 3, 10 and 17

Time: 7-8:15 p.m.

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

Parking: At the site

Maximum enrollment: 40

Cost: \$10

The Scoop on Sugar

This will be an interactive class in which we will discuss amounts of sugar hidden in various common foods and drinks and why sugar has received so much attention. We will also review substitution ideas and sample a selection of foods.

Coordinator: Registered Hy-Vee dietician Andrea Thompson

Class session: Wednesday, April 12

Time: Noon-1 p.m.

Place: Hy-Vee conference room

Parking: At the site

Maximum enrollment: 20

Cost: \$15

Top Down Knitting Class

This class is intended for individuals interested in making sweaters which require a minimal amount of sewing in the finishing process. Participants will be able to make top down sweaters for infants, children and adults. They also must be able to cast on and knit. Students will need to join Ravelry.com and purchase supplies, i.e., pattern (if not free on Ravelry.com), yarn and needles.

Coordinator: Phyllis Self

Class sessions: Wednesdays, Jan. 25, Feb. 8, 22 and March 8

Time: 10 a.m.-noon

Place: West Central Illinois Arts Center, 25 East Side Square

Parking: At the site

Maximum enrollment: 10

Cost: \$20

Turkish Cooking

This class is centered on two nights of cooking typical Turkish food, which is considered both delicious and healthy. One night will concentrate on stuffed vegetables with yoghurt and garlic. The other will focus on lentil soup with homemade hummus and pita bread. There will be a chance to taste everything that is prepared.

Coordinators: Muruvvet Tasdan and Patti Jones

Class sessions: Thursdays, Feb. 16 and 23

Time: 5-7 p.m.

Place: First Christian Church Fellowship Hall, 120 N. McArthur St.

Parking: At the site

Maximum enrollment: 10

Cost: \$15

Understanding the Supreme Court

Whether intended or not, the Supreme Court has evolved into a significant co-equal branch of American government. It has become the guardian of the Constitution and the rights it ensures the people. Unfortunately, the Supreme Court remains a mystery for most Americans. What did the framers intend the role of that body to be? What was it like in the formative years? How has it evolved? What historical events and people helped shape it? These are just some of the myriad oft-asked questions that will be addressed in this class. The coordinator, Richard J. (Rick) Hardy, is professor of political science and director of the Centennial Honors College at Western Illinois University. He has taught a wide range of courses in American politics, U.S. Constitutional law, the U.S. Supreme Court and related matters.

Coordinator: Rick Hardy

Class sessions: Wednesdays, Feb. 15, 22, March 1, 15, 22, 29 and April 5

Time: 7-8:30 p.m.

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

Parking: At the site

Maximum enrollment: 30

Cost: \$20

The Unification of Italy: 1931-1970

This fascinating period in European history will start with Mazzini and the “Young Italy Movement.” A response to the post-Napoleonic reaction and a seminal phase in the growth of Italian nationalism. Eventually Count Cavour, the Italian Bismark, gains control of events and forms alliances with other European powers in the wars against Austria and by participating in the Crimean War. Several fantastic characters—Garibaldi and the French emperor Napoleon III—play significant roles. “Il Risorgimento” is truly underway, and Italy is unified in several stages. The struggle between the secular government and Pope Pius IX (Pio Nono) is also crucial.

Good book (not required): “The Red Shirt and the Cross of Savor” by George Martin.

Coordinator: Chris Brix

Class sessions: Tuesdays, March 14, 21, 28, (skip April 4), April 11, 18 and 25

Time: 10-11:30 a.m.

Place: Trinity Lutheran Church, 123 S. Campbell St.

Parking: At the site

Maximum enrollment: 24

Cost: \$20

Vienna: Musical Crossroads—East/West, North/South

In two class sessions, we will listen to music from the famously musical city of Vienna—now the capital of Austria, but formerly, until 1918, the royal seat of the vast and diverse Hapsburg Empire under the legendary Kaiser Franz Joseph. We will utilize CDs, DVDs and YouTube, and we will talk about the significance of Vienna while we view projections of a new set of relevant photos taken by our Austrian guest pianist Anna Wagner.

We will begin with the three great composers, Haydn, Mozart and Beethoven, “The Viennese Classicists,” even though none of them was actually born in Vienna. Then we will turn to Franz Schubert, the composer of early Romanticism who epitomizes “Old Vienna” and was factually born in what was then a suburb of Vienna. We will discuss the role of cafes and waltzes in Viennese society and listen to the melodies of the legendary “Waltz King” Johann Strauss II, who held his popularity right up to Emperor Franz Josef’s Jubilee Celebration of 1898.

Our second session will continue to intertwine historical context and fast forward to the waning twilight years of Franz Joseph’s Austro-Hungarian Empire past the last quarter of the 19th century. We will hear music that is both delicate and robust from the North German Johannes Brahms, who moved to Vienna in 1863, and died there in 1897. We will encounter Hugo Wolf, who carried on Schubert’s genius of masterful poetic settings to music. We will also experience the colossal post Wagnerian orchestral forces of Gustav Mahler and hear premonitions of modernism and the downfall of the old order. And we will discuss the Viennese-born Arnold Schoenberg and how he and his circle, who began as late Romantics, eventually revolutionized the old rules of writing music. We will find out how Schoenberg chose a different path from the highly successful Richard Strauss and how the atonalist’s influence was felt in Europe and later on in America.

The third meeting will be a live music presentation with commentary drawn from or relating to the music heard in the classes. Viennese guest pianist, Anna Wagner, will play works by Schonthal, Schubert and Mozart and will accompany songs at the piano performed by Mezzo-soprano Marietta Dean. This concert will be free and open to the general public.

Coordinator: Marietta Dean

Class Sessions: Wednesdays, Feb. 8, 15 and 22

Time: 1:30-3 p.m.

Place: February 8, 15: Spoon River College Community Outreach Center, 2500 E. Jackson St.
February 22: First Presbyterian Church, 400 E. Carroll St.

Parking: At the sites

Maximum enrollment: 25/Presbyterian Church no maximum

Cost: \$15

Where Am I?, and What Time Is It?

In 2017, the questions of where we are and what time it is are easy to answer. All we have to do is to click on a device, and we will know. But, does the satisfaction of knowing why? ever come to mind? Why is where I am defined that way, and why does that impact the time it is? Our location on Earth can be defined many different ways. The way the Earth moves in space determines our location and the time, which relates to illumination conditions, calendar date, and season. We live on and in a world where we are “connected” by a web that makes all of the above different in the moment. The farther apart we are in space and time, the more these factors come into play, impacting the human experience.

Coordinator: Tom Van Heuklon

Class sessions: Tuesdays, April 11 and 18

Time: 7-8:30 p.m.

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

Parking: At the site

Maximum enrollment: 25

Cost: \$10



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

Beginning in January	
Top Down Knitting Class	Wednesdays, Jan. 25, Feb. 8, 22 and March 8
The Legacy of Barack Obama's Presidency	Tuesdays, Jan. 31, Feb. 7 and 21
Beginning in February	
Beginning Quilting	Fridays, Feb. 3, 10, 17 and 24
Opioid Use and Abuse	Monday, Feb. 6
Introduction to Pickleball	Tuesday, Feb. 7 and Thursday, Feb. 9 Wednesday, Feb. 8
Looking at Artwork	Feb. 7, 8 and 9
Vienna: Musical Crossroads—East/West, North/South	Wednesdays, Feb. 8, 15 and 22
Understanding the Supreme Court	Wednesdays, Feb. 15, 22, March 1, 15, 22, 29 and April 5
Turkish Cooking	Thursdays, Feb. 16 and 23
Beginning in March	
Managing Victory and Defeat	Wednesdays, March 1, 8, 15 and 22
Newspapers in the Internet Era	Thursdays, March 2, 9, 16 and 23
The Play's the Thing	Sundays, March 5 and April 9
Introduction to Astronomy	Wednesdays March 8, 15 and 22
The Book Class	Mondays, March 13, 20, 27 and April 3
The Unification of Italy: 1931-1970	Tuesdays, March 14, 21, 28, (skip April 4), April 11, 18 and 25
A Philosophical Biologist: E.O. Wilson on the Meaning of Life	Tuesdays, March 14, 21, 28 and April 4, 11
The Moon	Mondays, March 20 and 27
PowerPoint for Beginners: Creating a Basic Digital Presentation	Tuesdays, March 21, 28 and April 4, 11
“Goodnight Moon” to Graphic Novels	Wednesday, March 22
Preparing for Health Emergencies	Tuesday, March 28
Beginning in April	
Rock ‘n’ Roll Goes to the Movies	Mondays, April 3, 10 and 17
Armchair Traveler	Thursdays, April 6, 13, 20, 27 and May 4
Reformation 500: Martin Luther and His Historical Moment	Thursdays, April 6, 13 and 20
Where Am I?, and What Time Is It?	Tuesdays, April 11 and 18
The Scoop on Sugar	Wednesday, April 12
Birding	Tuesday, April 18; Saturday, April 22, 29 and May 13
A Path to Balance	Wednesdays, April 19 and 26
On Looking 4	Thursday, April 20
How to Attract Beneficial Insects to Your Garden	Friday, April 21
Genealogy 101	Wednesday, April 26
Beginning in May	
Reading and Writing Memoirs	Wednesdays, May 3, 10, 17 and 24
Read to Succeed	Tuesday, May 9
Historic Barns of McDonough County	Wednesday, May 10
Elder Abuse and Neglect	Tuesday, May 16
Fighting Crime for Our Seniors	Tuesday, May 23

LIFE Registration Form

Spring 2017 Semester

Please feel free to duplicate this registration form. Couples should submit separate registrations. **Register early to ensure your place in class.**

Please print.

Name _____

Address _____

City/State/Zip Code _____

Phone _____ E-Mail _____

I want to sign up for the following course(s):

- _____ Armchair Traveler - \$20
- _____ Beginning Quilting - \$20
- _____ Birding - \$15
- _____ The Book Class - \$15
- _____ Elder Abuse and Neglect - \$5
- _____ Fighting Crime for Our Seniors - \$5
- _____ Genealogy 101 - \$5
- _____ "Goodnight Moon" to Graphic Novels - \$5
- _____ Historic Barns of McDonough County - \$5
- _____ How to Attract Beneficial Insects to Your Garden - \$5
- _____ Introduction to Astronomy - \$15
- _____ Introduction to Pickleball - \$5
- _____ The Legacy of Barack Obama's Presidency - \$10
- _____ Looking at Artwork - \$15
- _____ Managing Victory and Defeat - \$15
- _____ The Moon - \$10
- _____ Newspapers in the Internet Era - \$10
- _____ On Looking 4 - \$5
- _____ Opioid Use and Abuse - \$5
- _____ A Path to Balance - \$10
- _____ A Philosophical Biologist: E.O. Wilson on the Meaning of Life - \$15
- _____ The Play's the Thing - \$20
- _____ PowerPoint for Beginners: Creating a Basic Digital Presentation - \$15
- _____ Preparing for Health Emergencies - \$5
- _____ Read to Succeed - \$5
- _____ Reading and Writing Memoirs - \$15
- _____ Reformation 500: Martin Luther and His Historical Moment - \$15
- _____ Rock 'n' Roll Goes to the Movies - \$10
- _____ The Scoop on Sugar - \$15
- _____ Top Down Knitting Class - \$20
- _____ Turkish Cooking - \$15
- _____ Understanding the Supreme Court - \$20
- _____ The Unification of Italy: 1931-1970 - \$20
- _____ Vienna: Musical Crossroads—East/West, North/South - \$15
- _____ Where Am I, and What Time Is It? - \$10

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. Those with refunds less than \$25 will receive a credit toward enrollment in future courses. All approved refunds will be issued at the end of the semester. For full refund policy please refer to page 2.

Other Information

- ☐ I would like to teach a course on _____.
- ☐ I would be interested in taking a course on _____.
- ☐ I would like to be added to the email list.
- ☐ I would like to donate to LIFE. Donation Amount: \$ _____

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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