



# LEARNING IS FOREVER

## Spring 2020

### Course List and Registration Form

*This upcoming semester, LIFE will offer many new, exciting adult education opportunities, including the premiere of “The Best Concert Films, Ever!,” “Wheel Throwing Basics: Make a Bowl!” and “Tulip Time Festival in Pella, Iowa,” as well as favorites like “On Looking 7,” “Kayaking Tour of Lake Argyle,” and more!*

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

**Study Abroad and Outreach  
Western Illinois University**



# 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 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 that is needed 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 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](http://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](http://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 voluntary participation in this program.**

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

### *Officers*

Dan Wise, President  
Jack Schoonover, Treasurer  
David Self, Historian

Sally Adams and Emily Roberts,  
WIU LIFE Liaisons

### *Curriculum Committee*

Kathy Nichols and Paula Wise, Co-Chairs

Chris Brix  
John Hallwas  
Steve Hopper

Patti Jones  
Bill Maakestad  
Stephanie Crockett

Carol Sims  
Val Smead

### *Social Committee*

Garnette Hallwas and Brenda Allison, Co-Chairs

Janna Haworth  
Phyllis Self

Carol Sims  
Mary Elizabeth Vos

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  
Argyle Lake State Park  
Macomb Park District  
McDonough District Hospital  
Pella  
Rialto Cinemas

Spoon River College Community Outreach Center  
Spring Lake Park  
Trinity Lutheran Church  
Tri States Public Radio  
Wesley United Methodist Church  
Western Illinois Museum  
Western Illinois University

# A Letter from the President

Welcome to the LIFE schedule of classes for Spring 2020. 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 contact me at 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](http://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

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, prices may include course-specific costs, such as food, travel, course materials, etc.

**Please read the LIFE Refund and Waitlist Policies closely as they reflect some changes.**

### 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 that timeframe, it will be absorbed by the LIFE organization for future programing costs.
- Those owed a refund will receive a check directly from WIU.
- Those who have paid for a class that is cancelled, or who are wait listed and no space becomes available, will be issued a refund.

### Refund Policy (specific to registration paid 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 course registration cost, including the transaction fee, will be refunded.
- 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 for which you have been waitlisted, you will be contacted by office staff.
- Please do not plan to attend a course for which you have been waitlisted unless you have been contacted and notified of an available space.

# Course Descriptions

## *Achy, Breaky Back*

This course will focus on the causes of sciatica and other back pain. Treatment options, including physical therapy, will be discussed.

**Coordinators:** Jodi Heller, NP-C and Angelica Hoenig, PT, DPT

**Class Session:** Tuesday, April 7

**Time:** 2-3:30 p.m.

**Place:** McDonough District Hospital Auditorium (lower level), 525 E. Grant St.

**Parking:** At the site

**Maximum Enrollment:** 35

**Cost:** \$5

## *American Nature Writing: The Living Earth as a Spiritual Experience*

The mounting environmental crisis, due especially to global warming, has prompted a record number of articles and books on changes in the natural world that will impact the future of humanity. This class will provide background to our environmental awareness from the great tradition of American nature writing—including some short readings by such figures as Henry David Thoreau, John Burroughs, John Muir, Aldo Leopold, Rachel Carson, Wendell Berry, Virginia Eifert and Annie Dillard. Because nature has also had a profound impact on the inner lives of many people, including these authors, the class will include experiences of, and a sense of connection with, nature and the influence it can have on spirituality. The class coordinator is John Hallwas, who previously taught American Nature Writing classes at WIU, and who has written and spoken about nature writers and spiritual issues for many years.

**Coordinator:** John Hallwas

**Class Sessions:** Wednesdays, May 6, 13, 20 and 27

**Time:** 2-3:30 p.m.

**Place:** Western Illinois Museum, 201 S. Lafayette St.

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$15

## *Armchair Traveler*

April 9: Shades of Ireland: Come along with Cindy Cavett, YMCA Senior Center director, as she joined other Macomb travelers to see many iconic features of Ireland. Travel from Dublin through the countryside with a grand finale at Cabra Castle, and experience fun facts about the region.

April 16: Sandy Shearer-Leath and David Leath will share their unforgettable 14 day safari to Kenya, where they experienced new insight into the wildlife, nomadic peoples, the bush, Mt. Kilimanjaro, Nairobi and African food.

April 23: The Rev. Kelly Ingersoll, of the First Christian Church in Macomb, recently spent part of a sabbatical in Greece. With colleagues in the ministry, he followed in the footsteps of St. Paul to various sites. Their wives joined them for the last week on the island of Santorini. Come see pictures of ancient architecture and beautiful sunsets, and hear about the Apostle Paul's journeys.

April 30: Join Steve Hopper as he describes a beautiful 10-day cruise on the Danube River from Budapest, Hungary to Nuremberg, Germany. Side excursions were also taken to Vienna, Gottweig Abbey, Salzburg and Munich.

May 7: Alice and Bill Davenport think Utah rocks! They loved the rocky national parks of southeast Utah, as well as scenic Navajo lands—especially Antelope Canyon. A mix of geology, photography and exploration made for a trip worth sharing.

**Coordinator:** Steve Hopper

**Class Sessions:** Thursdays, April 9, 16, 23, 30 and May 7

**Time:** 1-3:30 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 50

**Cost:** \$20

### ***Basic Home Maintenance and Home Improvement***

This class will cover basic home maintenance and improvement projects. The presenter will talk about what tools to have on hand for basic triage in the event of a break or leak. He will cover which tools are best to own and which are better to rent or borrow from a friend. Also, he will discuss which projects professionals should be hired to complete. During the first class period, he will talk about the basics. During the second class period, he will answer questions, as well as examine different tool options for various situations.

**Coordinator:** Ted N. Renner

**Class Sessions:** Thursdays, March 26 and April 2

**Time:** 5:30-6:30 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

### ***Behind the Scenes: A Look at Projection***

This is an opportunity to have a behind the scenes look at how the automated system is designed in a movie theater. You will learn how a projectionist's tasks have evolved from splicing reels to fully digital schemes.

**Coordinator:** Joshman Crockett

**Class Session:** Wednesday, March 4

**Time:** 1-2 p.m.

**Place:** Rialto Cinemas, 1405 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 50

**Cost:** \$5

### ***The Best Concert Films, Ever (Part I)***

Forget Woodstock! Sit back, relax and enjoy two superior films, each featuring some of the finest musicians ever assembled. "The T.A.M.I. Show," filmed in glorious black and white just eight months after The Beatles appeared on Ed Sullivan, introduced rock n' soul youth culture to America in the first concert movie of the rock era. The music and fun explode off the screen in this 1964 film, which features The Rolling Stones, Chuck Berry, The Supremes, The Beach Boys, Smokey Robinson, Lesley Gore, and many other American and British hit-makers in their prime. "Jazz on a Summer's Day," filmed in 1958 at the Newport Jazz Festival, is a feast for both the eyes and the ears—regardless of whether you're a jazz fan or not. Gracing the stage are Louis Armstrong, Mahalia Jackson, Anita O'Day, Thelonious Monk, Big Maybelle and many other legends who knew how to entertain an audience, as well as how to create unforgettable music. Background, opinions and memories will be offered for each film—and class participation, along with popcorn consumption, is encouraged.

**Coordinator:** Bill Maakestad

**Class Sessions:** Mondays, March 16 and 23

**Time:** 6:30-8 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 40

**Cost:** \$10



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### ***The Book Class***

A regular LIFE offering, The Book Class involves leaders and participants who read and discuss a book of current interest. Our book selection is entitled “Human: The Science Behind What Makes Us Unique.” Written by renowned neuroscientist Michael Gazzaniga, it addresses the questions of what it means to be human and what is unique about our species. Although some of the author’s most illuminating and interesting points derive from his expertise in cognitive neuroscience, he draws ably from biology, paleontology, anthropology, sociology and psychology. Gazzaniga displays great skill in clearly explaining scientific findings to the public, and he does it with an engaging writing style. The topics broached range from the significance of walking upright, having free hands, having opposable thumbs and a larynx to the qualitative aspects of our brain that make possible self-awareness, rumination, imagination, learning, language, empathy and inhibition. Moreover, the book offers interesting commentary and speculation about language, art and artificial intelligence. Participants should read part one before the first meeting. The book may be purchased from New Copperfield Book Service or from Amazon.com.

**Coordinators:** Sterling Kernek and Chris Brix

**Class Sessions:** Mondays, March 2, 9, 16 and 23

**Time:** 10-11:30 a.m.

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

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$15

### ***Calling All Knitters***

Get over those winter blahs and learn new knitting tricks. Bring an unfinished project or a new project to class. If you have been thinking of knitting socks, a shawl, a scarf or a sweater, this class is for you. Beginners to advanced knitters are welcome.

**Coordinator:** Phyllis Self

**Class Sessions:** Wednesdays, Jan. 15, 22, 29 and Feb. 5, 12, 19

**Time:** 10 a.m.-Noon

**Place:** Wesley United Methodist Church, lodge parlor, 1212 W. Calhoun St.

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$20

### ***Common Foot Conditions in Active Adults***

Foot pain should not be a normal part of aging. Dr. Idol Mitchell will discuss symptoms and treatment for the most common foot conditions in adults on the go. You will learn about plantar fasciitis, bunions, nail fungus, heel spurs, diabetic wounds and other foot conditions.

**Coordinator:** Dr. Idol Mitchell, D.P.M.

**Class Session:** Wednesday, April 15

**Time:** 1-2 p.m.

**Place:** McDonough District Hospital Auditorium (lower level), 525 E. Grant St.

**Parking:** At the site

**Maximum Enrollment:** 35

**Cost:** \$5

### ***Connecting with Social Media: Facebook, Twitter, Instagram and Pinterest***

Social media is a way to connect family, friends and the world. This introductory course will cover the basics of Facebook, Twitter, Instagram and Pinterest. You will learn about privacy and security, how to have control of what you share and how to add photos and content, events and messages.

**Coordinator:** Brenda Allison

**Class Session:** Tuesday, March 24

**Time:** 9:30-11:30 a.m.

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

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

### ***Cooking with Harold***

Join gourmet chef Harold Schmalfeld in the kitchen. Both classes will feature savory soups and additional accompaniments. Recipes will be shared and food will be enjoyed after the preparation is completed.

**Coordinator:** Harold Schmalfeld and Patti Jones

**Class Session:** Wednesdays, April 8 and 15

**Time:** 5-7 p.m.

**Place:** First Christian Church fellowship hall/kitchen, 120 N. McArthur St.

**Parking:** At the site

**Maximum Enrollment:** 13

**Cost:** \$20

### ***Dementia Q and A***

Kelly Shiraki, CHES and Personal Approach to Care certified independent trainer, has worked in the field of dementia and Alzheimer's for many years. She is director of Memory Care Services for Petersen Health Care and oversees five specialized memory care communities called Betty's Garden Memory Care. She has both personal and professional experience as a caregiver. This program is for anyone with questions about memory loss and dementia. Instead of a planned program, your questions will be the program. If you want to send questions in advance, email them to [kshiraki@petersenhealthcare.net](mailto:kshiraki@petersenhealthcare.net).

**Coordinator:** Kelly Shiraki

**Class Session:** Wednesday, March 11

**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

### ***Exploring Headwater Streams in Western Illinois***

Historically, efforts have focused on the study of large river channels. However, there is growing recognition of the important role played by headwater streams – those streams that form the upper most reaches of river networks. To provide attendees with an understanding of the relationships between headwater streams and larger river channels, an overview of key ecological, hydrologic and geomorphic characteristics of headwater streams will be provided. This will be followed by an excursion to a local site that has both natural and restored streams with a walk on the trails. Attendees will see a variety of aquatic and terrestrial conservation and restoration projects. Environmental Science Ph.D. candidates will also demonstrate the experience they have with a variety of tools and techniques used to study water quality and land forms. Please wear appropriate shoes for field conditions.

**Coordinator:** Roger C. Viadero, Jr., Ph.D., CSE, BCEEM

**Class Session:** Friday, April 3

**Time:** 9 a.m.-12:30 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 14

**Cost:** \$10

### ***Fall Prevention and Balance: How Can I Stay on My Feet?***

Hear tips and suggestions on how to make your home safer for mobility, how to reduce fall risks and how to get up after a fall. The course will then focus on the vestibular system and your inner ear and how these affect your balance or can cause dizziness and vertigo.

**Coordinator:** Jen Wagoner, MPT, CVR

**Class Session:** Monday, March 23

**Time:** 10-11:30 a.m.

**Place:** McDonough District Hospital Auditorium (lower level), 525 E. Grant St.

**Parking:** At the site

**Maximum Enrollment:** 35

**Cost:** \$5

### ***Forgotten Founders***

Have you ever wondered what is behind the well-known stories of our nation's founding? We will look beyond the contributions of such familiar figures as Washington, Jefferson, Adams, Madison, Hamilton and Franklin, to consider some of the ways others helped shape our nation's early history and subsequent development. What vital contributions did other signers (of the Declaration of Independence) and framers (of the U.S. Constitution) make? How did immigrants redirect the course of the War for Independence? How did precedents set by Native Americans influence the shape of both our first and final national governments? How did slaves in Massachusetts change the course of slavery in the North? How did an outspoken woman help spur the adoption of the Bill of Rights? What role did a free African American play in the creation of our nation's new capital city? We will explore the contributions of these and other less familiar figures who helped create the country we live in today.

**Coordinator:** Ginny Boynton

**Class Sessions:** Wednesdays, Feb. 5, 12, 19 and 26

**Time:** 1-2:30 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 50

**Cost:** \$10

### ***Forgotten Gospels and the Lost Way***

Well-respected biblical scholar Professor Stephen Patterson has provided a guide to the fascinating and provocative results of the past century of scholarship in his field. His 2014 book is entitled "The Lost Way: How Two Forgotten Gospels are Rewriting the Story of Christian Origins." Patterson writes that the empire of God, dreamed of by the Galilean peasants of the early Jesus movement, was about meeting their basic human needs. It was an alternative regime that radically opposed the colonization of the Roman Empire that was confiscating their means of survival—first their produce and then their land. Recognizing this puts the treasured sayings and parables of their revered sage in a whole new light. We invite you to join us as we read through and discuss this book. Your co-leaders will provide their own versions of the background needed for interpreting the two early gospels, Q and Thomas, and for understanding the insights they afford into the situations, beliefs, and practices of the earliest adherents of the Jesus movement. Patterson's book may be out of print, so we strongly recommend that as soon as possible you order a used copy, either from your customary used book supplier or from [betterworldbooks.com](http://betterworldbooks.com). Please read chapters one, two and three before the first meeting.

**Coordinators:** Bryant Keeling and Bill Davenport

**Class Sessions:** Tuesdays, Feb. 25 and March 3, 10, 17 and 24

**Time:** 4-5 p.m.

**Place:** Wesley United Methodist Church, lodge parlor, 1212 W. Calhoun St.

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$15

### ***Impeachment and the Presidency***

Impeachment, as defined and described in the U.S. Constitution, is and has been a seldom used, but always controversial procedure. This class will consider and evaluate impeachment and its relationship to four presidents: Andrew Johnson, Richard Nixon, Bill Clinton and Donald Trump.

**Coordinators:** Larry T. Balsamo and Keith Boeckelman

**Class Sessions:** Mondays, Feb. 17, 24 and March 2, 9

**Time:** 4-5:30 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 75

**Cost:** \$15



### ***Issues and Debates in the History of Medicine and Public Health***

We will explore major issues and debates in the global history of medicine and public health, with a case study of the U.S. colonial government's anti-leprosy campaign in the Philippines during the early twentieth century. We will examine two controversial and highly contested issues: criminalization of disease, and tensions between individual rights and the protection of public health through forced isolation and confinement. These issues remain relevant today as seen in the criminalization of HIV/AIDS, and the imposition of travel restrictions and quarantines in cases related to the Ebola virus epidemic in West Africa.

**Coordinator:** Febe Pamonag

**Class Session:** Thursday, Feb. 27

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

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

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

### ***Kayaking Tour of Lake Argyle***

Enjoy a beautiful afternoon on the scenic waters of Lake Argyle, located at Argyle Lake State Park. This program is perfect for kayakers of any ability/experience level as instruction will be provided for the entire group. Kayaks, paddles and life jackets will be provided. Dress for the weather and wear shoes that can get wet. Bring a hat, water and sunscreen. At the discretion of the instructor, in the event of inclement weather, the program will be postponed until the provided rain date. Participants will be notified by email or phone with as much advance notice as possible.

**Coordinator:** Bridget Hinchee

**Class Session:** Saturday, June 20 (Rain date: Sunday, June 21)

**Time:** 1:30-3:30 p.m.

**Place:** Lake Argyle, Argyle Lake State Park, Colchester

**Parking:** At the parking lot by the concession/bait shop (first right at the bottom of the hill as you approach the lake; look for the white park truck and kayak trailer)

**Maximum Enrollment:** 10

**Cost:** \$5

### ***Marvelous Monikers***

What's in a name? And why is a name called a "moniker?" Come hear about "charley horse," "Round Robin" and other name-related stories. Learn about your own name, and about the importance of naming and of being named.

**Coordinator:** Alice Davenport

**Class Sessions:** Mondays, March 2, 9 and 16

**Time:** 2-3 p.m.

**Place:** Wesley United Methodist Church, lodge parlor, 1212 W. Calhoun St.

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$10

### ***Nature Hike at Spring Lake***

We will take a nature hike around the lake and discuss points of interest such as the flora and fauna, and talk specifically about area animals, birds and fish.

**Coordinator:** Katharine Pawelko

**Class Session:** Saturday, April 25 (Rain date: Saturday, May 2)

**Time:** 10 a.m.-noon

**Place:** Spring Lake office/bait office

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

### *The 'New Old Age' on Film*

Previously offered a decade ago, this LIFE class focuses on films exploring innovative portrayals of aging characters. Far from being the helpless prisoners of a life-phase dominated by retirement, withdrawal, physical and mental decline and preparation for death, such characters face the challenge of discovering that growing old can still involve significant growth. It can offer new and transformative experiences and insights to which the young are often oblivious—and which some elders may recoil from. We will watch these films: The Ingmar Bergman classic “Wild Strawberries” (1957, B&W); “The Straight Story” (1999), David Lynch’s powerful and uplifting depiction of disability transcended; the recent adaptation of Horton Foote’s award-winning play, “The Trip to Bountiful” (2014), starring Cicely Tyson and directed by Michael Wilson; Walter Salles’ brilliant Brazilian film, “Central Station” (1998); and “About Schmidt” (2002), Alexander Payne’s amusing parody of the “elderquest” theme, starring an aging Jack Nicholson. Following each film will be a discussion.

**Coordinator:** Ron Walker

**Class Sessions:** Tuesdays, April 14, 21, 28 and May 5, 12

**Time:** 1-4:30 p.m. (End times vary depending on film length)

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

**Parking:** At the site

**Maximum Enrollment:** 22

**Cost:** \$20

### *Nobody Expects the Spanish Inquisition: Iberian Jews and Religious Persecution*

Historically distant in our memory, the inquisition was the most traumatic episode for Iberian Jews until the tragic events of the Second World War. This class is an exploration of how the Spanish Inquisition, its actions and methods, affected the lives of hundreds of thousands of Iberian Jews, and later, crypto Jews, especially during the sixteenth and seventeenth centuries, in Europe and beyond.

**Coordinator:** Luciano Picanco

**Class Session:** Wednesday, April 29

**Time:** 1:30-3 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

### *On Looking 7*

This course involves walking a path on the WIU campus with various experts who will highlight sounds and sights along the way. The class is loosely based on the book “On Looking: Eleven Walks with Expert Eyes,” by Alexandra Horowitz, which describes how taking a walk with a variety of people opened her eyes and allowed her to see her surroundings in a new way. We will walk somewhere between a half mile and one mile.

**Coordinators:** Paula Wise, coordinator; Ed Franks, ornithologist; Morris Vos, tree specialist; Leslie Melim, geologist; and Ted Renner, deputy director of WIU’s Facilities Management.

**Class Session:** Thursday, April 23 (Rain date: Thursday, April 30)

**Time:** 9:30-11 a.m.

**Place:** University Union (Murray Street entrance)

**Parking:** At the site (A no-ticketing request will be submitted to WIU’s Parking Services)

**Maximum Enrollment:** 15

**Cost:** \$5



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### ***Pella Tour***

We will see the processes that a window goes through from the placement of an order to its final construction. For safety reasons, no open toed shoes or sandals may be worn. Be sure to wear comfortable shoes because there will be a lot of walking.

**Coordinator:** Larry Zigler

**Class Session:** Tuesday, April 21

**Time:** 1-2:30 p.m.

**Place:** Pella, 111 Pella Place

**Parking:** At the site. Meet in the parking lot.

**Maximum Enrollment:** 20

**Cost:** \$5

### ***Preparing Your Home for Sale in a Challenging Market***

Lorraine Epperson, a lifelong Macomb/McDonough County resident and managing broker/owner of Century 21 Purdum-Epperson, will share tips for optimizing success in selling your home and maximizing your return from the sale. She will answer any questions you have about the home sale process.

**Coordinator:** Lorraine Epperson

**Class Session:** Wednesday, April 15

**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

### ***Public Radio 101—Past, Present and Future Public Radio***

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.

**Coordinators:** Rich Egger and Heather Norman

**Class Session:** Wednesday, April 8

**Time:** 2-3 p.m.

**Place:** Tri States Public Radio, 320 W. University Dr.

**Parking:** At the site

**Maximum Enrollment:** 50

**Cost:** \$5

### ***Safeguarding Yourself in Your Home and Online***

This class will take a holistic approach to protecting your house, your property and your identity. The instructor will share experiences on public safety from his work as a community policing supervisor, as well as from his work as a computer crime's investigator with the LAPD, Secret Service and FBI. This will include security practices, especially if you live alone or travel abroad. Time will also be devoted to securing electronic and intellectual property/ID. Parting tips, along with a question and answer session, will provide a sound foundation for participants to create a safe environment in and out of their homes.

**Coordinator:** Frank Schweitzer

**Class Session:** Wednesday, Feb. 19

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

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

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Shift Hits the Fan: Changes in Newspapers, Press Ownership and the Web***

Newspapers today are struggling with changes. This program will include discussion of the impact on journalism of such contemporary matters as the operation of the Internet, current business models and political polarization. It will also deal with the impact of such matters on local news in particular. The developer of this program is Bill Knight, a former environmental reporter, critic and assistant editor at the Peoria Journal Star, who now writes a syndicated column and does freelance writing for newspapers. Decades ago, Knight worked in the newspaper industry in western Illinois, Washington, D.C. and San Diego, CA, and then taught journalism at Western Illinois University for 21 years.

**Coordinator:** Bill Knight

**Class Session:** Thursday, April 16

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

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

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Spring Wildflowers at Argyle Lake State Park***

Join the park's natural resources coordinator on a morning hike, exploring one of the many hiking trails found at Argyle Lake State Park, and searching for the first blooms of spring while enjoying the peace, serenity and rebirth of nature. This hike will be about one-mile on moderate terrain, beginning and ending at the park's visitor center. Participants should dress for the weather and wear shoes appropriate for hiking. A hat, insect repellent and bottle of water are recommended. This hike will be cancelled in the event of inclement weather. Contact information will be provided by the instructor closer to the program date.

**Coordinator:** Bridget Hinchee

**Class Session:** Saturday, April 18

**Time:** 10-11:30 a.m.

**Place:** Argyle Lake State Park Office, Colchester (First building on left, before road curves to lake)

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$5

### ***Tour of Historic Sherman Hall***

This tour of Western Illinois University's most historic building, which is on the National Register of Historic Places, will focus both on some of its historic features today and on the changes that have occurred as the University developed. Designed by a Chicago architect, the 325 foot-long, three-story, classical-style building was constructed starting in 1900, was opened for use in September 1902, and was completed in 1906. Participants will see a variety of historical locations, including the president's office (once the student lounge) and the third floor auditorium, which contains paintings of Illinois history by artist Herbert Connors. The tour will also take in "The Hall of Presidents," on the second floor. The tour guide is John Hallwas, author of the extensive history of WIU, "First Century" (1999), as well as dozens of articles on the institution. His personal recollections of Sherman Hall extend back more than half a century, to the early 1960s. He will also talk about the building's functions over the years.

**Coordinator:** John Hallwas

**Class Session:** Tuesday, May 19

**Time:** 11 a.m.-noon

**Place:** Sherman Hall, WIU campus, 1 University Circle. Meet inside the main door.

**Parking:** At the site (A no-ticketing request will be submitted to WIU's Parking Services)

**Maximum Enrollment:** 25

**Cost:** \$5

### ***Tulip Time Festival in Pella, IA***

Travel back in time as Pella transforms into a European village full of tulips. The group will leave the Spoon River College Outreach Center at 7 a.m. and return about 8 p.m. Registration cost covers festival entrance fee and transportation. Participants are responsible for food expenses.

**Coordinator:** Larry Zigler

**Class Session:** Thursday, May 7

**Time:** 7 a.m.-8 p.m.

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

**Parking:** At the site

**Maximum/Minimum Enrollment:** 45/35

**Cost:** \$100

### ***Truman: The Man and His Career***

Harry Truman is a unique figure in U.S. political history. He was a man of humble background who first entered public life as an administrative judge in Jackson County (Kansas City). He was accused of corruption as part of the Pendergast machine, but was personally honest. He lived in his mother-in-law's house and investigated corruption in war contracting during WWII. He was nominated for vice president in 1944, when FDR was very ill. He was expected to be a caretaker president, but was remarkably active and successful. He continued to engage the U.S. in world affairs. The Truman Doctrine led to the containment of Soviet expansion. The Marshall Plan and the Point Four Program led to the revival of western European economic and mutual cooperation. NATO provided for organized common defense. Under domestic attack and with two other factions of the Democratic Party fielding candidates, Truman was not expected to win re-election in 1948. His victory over Thomas Dewey may have been the greatest upset in American presidential elections.

**Coordinator:** Chris Brix

**Class Sessions:** Tuesdays, March 24, 31 and April 7, 14, 21, 28

**Time:** 10-11:30 a.m.

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

**Parking:** At the site

**Maximum Enrollment:** 24

**Cost:** \$20

### ***'Twenty-One Lessons for the 21st Century'***

Yuval Harari, the author of "Sapiens," has written a thought-provoking book about our future. The rapid changes in biotech and artificial intelligence seem to overwhelm the capacity of the socio-political structures to deal with them. The nature of work and the workplace, as well as the rapid obsolescence of job classes, will be addressed. The influence of Cloud computing and instant movement of data is already changing the political processes. Improvements in the delivery of medical services, if accessible, could greatly improve our lives. In the future how will education be defined and how will it be delivered? How can a "liberal" grounding be protected from increasingly ad hoc demands? Will environmental problems be exacerbated or solved? Will the nature of religion be changed? Can representative democracy continue? These and other questions will be addressed. Attendees will read one section per class.

Book: "21 Lessons for the 21st Century" by Yuval Noah Harari

**Coordinators:** DuWayne Furman and Chris Brix

**Class Sessions:** Thursdays, April 23, 30 and May 7, 14, 21

**Time:** 10-11:30 a.m.

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

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$20

### ***U.S. Military History 1607-1865***

This class will survey the military policies and engagements of significance in America's independence, expansion and present world position. Included in this class will be the principals of war, such as the total war concept and overwhelming use of force, as well as fundamental concepts and terms. The major issues include policies and trends in the development of the U.S. military as an institution, the creation of military academies such as West Point and Annapolis, and the implementation of the militia as well as the draft to fulfill military obligations. The major battles, campaigns and wars fought by the U.S. military and their impact are covered. Finally, we will see how major figures in American military history, such as George Washington, Winfield Scott, Robert E. Lee, Ulysses S. Grant and others made an impact on military strategy and doctrine development in war. This class will cover the period from the founding of the British Colonies through the Civil War. Early struggles such as the Seven Years War (AKA the French and Indian War), the American Revolution, the War of 1812, the Mexican War, and finally the war between the north and south are considered.

**Coordinator:** Jeff Paisley

**Class Sessions:** Wednesdays, March 11, 18, 25 and April 1, 8, 15

**Time:** 1:30-3 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$20

### ***Walking Without Aches and Pains***

Learn how to start or enhance your current walking program. We will discuss the benefits walking has on your overall health. Joint preservation is key in everyday life activities. Learn tips and tricks to preserve your joints into the future.

**Coordinators:** Amy Fansler Milas, PTA and Becky Watson, OTR

**Class Session:** Tuesday, March 31

**Time:** 2-3:30 p.m.

**Place:** McDonough District Hospital Auditorium (lower level), 525 E. Grant St.

**Parking:** At the site

**Maximum Enrollment:** 35

**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 the eye and ear can learn to discriminate and develop new resources for looking at visual art and for listening to music. 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:** Thursday, April 2, Tuesday, April 7 and Thursday, April 9

**Time:** 6-7:30 p.m.

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

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$15

### ***Wheel Throwing Basics: Make a Bowl***

Curious about throwing on the wheel and looking for a fun introduction to clay? This playful and creative evening will focus on the basic skills needed to throw a simple bowl. No previous skills in clay are necessary, but a willingness to get messy is encouraged. Satisfy your curiosity and create a sweet treasure for your home. Course includes clay, glaze, use of tools and brushes, bisque and glaze kiln firings, and a single participant-made bowl that will be ready for pick-up about three weeks after the course. Be sure to wear clothes that can get messy.

**Coordinator:** Natalie Shelly

**Class Session:** Thursday, Feb. 13

**Time:** 5:30-7:30 p.m.

**Place:** Macomb Park District, 1406 N. Randolph St.

**Parking:** The ceramics studio parking/entrance is at the back of the building

**Maximum Enrollment:** Eight

**Cost:** \$5

### ***Yoga for Strength Plus Self-Care***

Back pain, neck pain, headaches—your body is talking to you, but are you listening? Join Dawn Piper, certified yoga therapist with the International Association of Yoga Therapists as she takes you on a journey through your body—teaching you how to move better and get stronger as you decode the messages your body is giving you. As you move your body and breathe better you will find an inner reserve of strength to help you be your best self every day. Chairs are available so you do not have to get on the floor for class.

**Coordinator:** Dawn Piper

**Class Session:** Wednesday, April 8

**Time:** 1:30-2:30 p.m.

**Place:** Free Range, South Wing, 118 N. Lafayette St.

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

## Chronological Course Listing

<b>Beginning in January</b>	
Calling All Knitters	Wednesdays, Jan. 15, 22, 29 and Feb. 5, 12, 19
<b>Beginning in February</b>	
Forgotten Founders	Wednesdays, Feb. 5, 12, 19 and 26
Wheel Throwing Basics: Make a Bowl	Thursday, Feb. 13
Impeachment and the Presidency	Mondays, Feb. 17, 24 and March 2, 9
Safeguarding Yourself in Your Home and Online	Wednesday, Feb. 19
Forgotten Gospels and the Lost Way	Tuesdays, Feb. 25 and March 3, 10, 17, 24
Issues and Debates in the History of Medicine and Public Health	Thursday, Feb. 27
<b>Beginning in March</b>	
Marvelous Monikers	Mondays, March 2, 9 and 16
The Book Class	Mondays, March 2, 9, 16 and 23
Behind the Scenes: A Look at Projection	Wednesday, March 4
Dementia Q and A	Wednesday, March 11
U.S. Military History 1607-1865	Wednesdays, March 11, 18, 25 and April 1, 8, 15
The Best Concert Films, Ever (Part I)	Mondays, March 16 and 23
Fall Prevention and Balance: How Can I Stay on My Feet?	Monday, March 23
Connecting with Social Media: Facebook, Twitter, Instagram and Pinterest	Tuesday, March 24
Truman: The Man and His Career	Tuesdays, March 24, 31 and April 7, 14, 21, 28
Basic Home Maintenance and Home Improvement	Thursdays, March 26 and April 2
Walking Without Aches and Pains	Tuesday, March 31
<b>Beginning in April</b>	
What to Look and Listen for in Visual Art and Music	Thursday, April 2, Tuesday, April 7 and Thursday, April 9
Exploring Headwater Streams in Western Illinois	Friday, April 3
Cooking with Harold	Wednesdays, April 8 and 15
Achy, Breaky Back	Tuesday, April 7
Yoga for Strength Plus Self-Care	Wednesday, April 8
Public Radio 101—Past, Present and Future Public Radio	Wednesday, April 8
Armchair Traveler	Thursdays, April 9, 16, 23, 30 and May 7
The ‘New Old Age’ on Film	Tuesdays, April 14, 21, 28 and May 5, 12
Common Foot Conditions in Active Adults	Wednesday, April 15
Preparing Your Home for Sale in a Challenging Market	Wednesday, April 15
Shift Hits the Fan: Changes in Newspapers, Press Ownership and the Web	Thursday, April 16
Spring Wildflowers at Argyle Lake State Park	Saturday, April 18
Pella Tour	Tuesday, April 21



## Chronological Course Listing

On Looking 7	Thursday, April 23 (Rain date: Thursday, April 30)
'Twenty-One Lessons for the 21st Century'	Thursdays, April 23, 30 and May 7, 14, 21
Nature Hike at Spring Lake	Saturday, April 25
Nobody Expects the Spanish Inquisition	Wednesday, April 29
<b>Beginning in May</b>	
American Nature Writing: The Living Earth as a Spiritual Experience	Wednesdays, May 6, 13, 20 and 27
Tulip Time Festival in Pella, IA	Thursday, May 7
Tour of Historic Sherman Hall	Tuesday, May 19
<b>Beginning in June</b>	
Kayaking Tour of Lake Argyle	Saturday, June 20 (Rain date: Sunday, June 21)

# LIFE Registration Form

## Spring 2020 Semester

Please feel free to duplicate this registration form. Couples should submit separate registrations. **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):

- Achy, Breaky Back – \$5
- American Nature Writing: The Living Earth as a Spiritual Experience – \$15
- Armchair Traveler – \$20
- Basic Home Maintenance and Home Improvement – \$5
- Behind the Scenes: A Look at Projection – \$5
- The Best Concert Films, Ever (Part I) – \$10
- The Book Class – \$15
- Calling All Knitters – \$20
- Common Foot Conditions in Active Adults – \$5
- Connecting with Social Media: Facebook, Twitter, Instagram and Pinterest – \$5
- Cooking with Harold – \$20
- Dementia Q and A – \$5
- Exploring Headwater Streams in Western Illinois – \$10
- Fall Prevention and Balance: How Can I Stay on My Feet – \$5
- Forgotten Founders – \$10
- Forgotten Gospels and the Lost Way – \$15
- Impeachment and the Presidency – \$15
- Issues and Debates in the History of Medicine and Public Health – \$5
- Kayaking Tour of Lake Argyle – \$5
- Marvelous Monikers – \$10
- Nature Hike at Spring Lake – \$5
- The 'New Old Age' on Film – \$20
- Nobody Expects the Spanish Inquisition: Iberian Jews and Religious Persecution – \$5
- On Looking 7 – \$5
- Pella Tour – \$5
- Preparing Your Home for Sale in a Challenging Market – \$5
- Public Radio 101—Past, Present and Future Public Radio – \$5
- Safeguarding Yourself in Your Home and Online – \$5
- Shift Hits the Fan: Changes in Newspapers, Press Ownership and the Web – \$5
- Spring Wildflowers at Argyle Lake State Park – \$5
- Tour of Historic Sherman Hall – \$5
- Tulip Time Festival in Pella, IA – \$85
- Truman: The Man and His Career – \$20
- 'Twenty-One Lessons From the 21st Century' – \$20
- U.S. Military History 1607-1865 – \$20
- Walking without Aches and Pains – \$5
- What to Look and Listen for in Visual Art and Music – \$15
- Wheel Throwing Basics: Make a Bowl – \$5
- Yoga for Strength Plus Self-Care – \$5

**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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- Calling All Knitters – \$20
- Common Foot Conditions in Active Adults – \$5
- Connecting with Social Media: Facebook, Twitter, Instagram and Pinterest – \$5
- Cooking with Harold – \$20
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- Exploring Headwater Streams in Western Illinois – \$10
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- Forgotten Founders – \$10
- Forgotten Gospels and the Lost Way – \$15
- Impeachment and the Presidency – \$15
- Issues and Debates in the History of Medicine and Public Health – \$5
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- Marvelous Monikers – \$10
- Nature Hike at Spring Lake – \$5
- The 'New Old Age' on Film – \$20
- Nobody Expects the Spanish Inquisition: Iberian Jews and Religious Persecution – \$5
- On Looking 7 – \$5
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- Public Radio 101—Past, Present and Future Public Radio – \$5
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