WOMEN WRITING ABOUT WOMEN AROUND THE WORLD | FAC 824
Dr. Ana Maria Wiseman
MONDAYS, 10 – 11:30 A.M. | UPPER ROOM, CUMC*
This course will be a study of selected multicultural fiction, three novels, a novella and four short stories by female authors of the past 20 years. In exploring the works of writers from the United States, Latin America, Europe, Northern Africa and Asia, the class will consider gender and culture as “lines” of definition that have important implications for the themes and structure of the literature itself and for the world in which they live. A tentative reading list may include such novels as “Pigs in Heaven” by Barbara Kingsolver, “How the Garcia Girls Lost Their Accents” by Julia Alvarez and “Johanna” by Claire Cooperstein. “Dear Diego,” a novella by Elena Poniatowska, also may be included, as well as multiple short stories from various authors, such as Isak Dinesen, Fatima Mernissi, Jhumpa Lahiri and Maxine Hong Kingston.
Class limit: 20

YOGA BASICS FOR STRENGTH AND FLEXIBILITY | EFB 800
Catherine Querin
MONDAYS, 10:30 – 11:30 A.M. | FELLOWSHIP HALL, CUMC*
This one-hour beginner’s yoga class will focus on improving balance, strength and flexibility. Find a few moments of calm on Monday mornings with this gentle class designed to help students feel more grounded and relaxed, regardless of age, flexibility or fitness level. All poses may be modified for comfort and safety. Taught by an instructor who has almost 20 years of experience, students in this class will learn to honor their bodies and take what they learn on the mat out into the world around them. Students will need to bring their own yoga mats. Comfortable clothing and any other personal necessities (bottle of water, small towel if needed, etc.) are encouraged. This class will not be held April 2.
Class limit: 15

EAT TO LIVE, EAT TO THRIVE! | EFB 850
Brenda Lytle
MONDAYS, 11 A.M. – 1:30 P.M. | LOCATION PROVIDED AFTER REGISTRATION
» THIS CLASS WILL TAKE PLACE ON MARCH 5, 12, 19 AND 26.
Brenda Lytle will lead this four-week nutritional cooking course based on Dr. Joel Fuhrman’s book “Eat to Live.” Participants will learn the benefits of eating enough nutrient-rich produce to protect themselves from a number of diseases and conditions that currently challenge our society’s health. Each week, participants will prepare and eat two nutrient-rich recipes. Participants also will discuss and learn exercises to improve bone density, prevent osteoporosis and increase overall body agility. Participants should bring a three-ring binder to class for recipes and notes. This course will require an extra $5 per class per participant ($20 total) to cover food costs, which will be due to the instructor at the beginning of the course.
Class limit: 8 (Space in this class is very limited, and registration will be on a first-come, first-served basis.)

WORLD CULTURES AND DETECTIVE FICTION | LTW 870
Dr. Dennis Wiseman
MONDAYS, 2 – 3:30 P.M. | UPPER ROOM, CUMC*
Noted ethnographer Clifford James sketched the concept of the “native informant,” a literary character through whom a reader might more accurately perceive (and believe) culture and how people live in it. For this course, participants will focus on detectives and detective fiction in which the detective character serves as the reader’s doorway into a variety of international and domestic cultural contexts. The curriculum may include “Inspector Imanishi Investigates” (Japan, Seicho Matsumoto), “The Will of the Tribe” (Australia, Arthur Witfield), “The Blessing Way” (Tony Hillerman and the Navajo Mysteries), Easy Rawlins in “Devil in a Blue Dress” (Walter Mosley), “The Draining Lake” (Arnuldur Indridason, Iceland), Precious Ramotswe in “The Number 1 Ladies Detective Agency” (Botswana, Alexander McCall Smith) and others. If possible, the class also will consider some television and film stories portrayed through Netflix and PBS, and a strong focus will be given to course participants’ own reading and living experiences.
Class limit: 15
*CUMC - Central United Methodist Church (see map on page 16)
A MATTER OF BALANCE | EFB 801  

Julie Ward  
MONDAYS, 2 – 3:30 P.M. | FELLOWSHIP HALL, CUMC*  
Fitness instructor Julie Ward will lead this gentle movement course designed to build muscles, strengthen bones, improve posture and balance, and increase core strength. Learn easy movements that increase flexibility and strengthen the body from head to toe. In this interactive class, participants will discuss overall body health designed for adults before participating in multiple movement exercises that may be done sitting down or standing up. Discussions will include topics such as diet, nutrition and the pursuit of lifelong well-being. Participants of all fitness levels are welcome. Movements will be tailored individually to each learner’s comfort level. Loose, comfortable clothing is encouraged along with a pair of sturdy shoes.  
Class limit: 30

THE FILMS OF SIDNEY POITIER | FAC 887  
Dr. Omanii Abdullah  
TUESDAYS, 10 – 11:30 A.M. | SHEPHERD ROOM, CUMC*  
Led by Dr. Abdullah, a public speaker, poet and professor at Syracuse University, this course will take a varied approach at the diverse films of the first African-American to be awarded an Academy Award as a lead actor in the 1960s. Students will see the growth of Sidney Poitier as an actor during the course of his career and discuss topics such as stereotyping, racism and cultural enrichment during the years of the Civil Rights movement. Class activities will include lively discussions of each film, brief written exercises and informational lectures.  
Class limit: 20

LET YOUR VOICE CRY OUT IN A ONE-ACT PLAY | FAC 850  
K.G. McAbee and Dr. Richard Spencer  
TUESDAYS, 10 – 11:30 A.M. | GARRETT ROOM, CUMC*  
This fingers-on-keys, interactive workshop is designed to help class participants write their own 10-minute play. Led by author K.G. McAbee and writer and director Dr. Richard Spencer, the class will learn to create engaging dialogue, fascinating characters and inspiring plots. The first part of the course will focus on crafting written material, while the second part will focus on editing and polishing the content. Those interested may focus on refining their work for possible submission to numerous playwriting contests. Learners will write new material for this class in order to benefit from the environment of comradery, creativity and peer support. Each student must have access to a computer and the Internet as all turned-in materials must be typed.  
Class limit: 10

FOLKTALES, FOLK MEDICINES AND FOLK MUSIC | HGP 815  
Dr. Maxine Appleby  
TUESDAYS, 10 – 11:30 A.M. | UPPER ROOM, CUMC*  
This course will consist of a compilation of the stories, folktales and folk music of the Appalachian region. Participants will explore the ways with which people used herbs and plants for medicinal healing before organized medical facilities existed. Preparation of some tinctures, poultices and other herbal medicines will be demonstrated.  
Class limit: 30

INTRODUCTION TO IPHONES | CIT 825  
Marshall Wicker  
TUESDAYS, NOON – 1:30 P.M. | UPPER ROOM, CUMC*  
» NOTE: THIS CLASS WILL BE HELD OVER SIX SESSIONS ON THE FOLLOWING DATES: MARCH 6, 13, 20, 27 AND APRIL 9 AND 16.  
Marshall Wicker, a computer science and math major at Wofford College, will lead this class focused entirely on navigating and using iPhones. Topics to be covered include text messaging, managing contacts, sending and receiving emails, accessing information, downloading and using applications and more. This is a beginner course designed to be a detailed introduction to iPhones.  
Class limit: 20

*CUMC - Central United Methodist Church (see map on page 16)
STORIES FROM BEFORE, DURING AND AFTER THE WAR BETWEEN THE STATES |
FAC 822
James Crocker
TUESDAYS, NOON – 1:30 P.M. | SHEPHERD ROOM, CUMC*
Lifelong Upstate resident and local history expert James Crocker will lead this course focused on the lesser-known stories of a famous era of American history. Stories examined will range in the decades from 1840 to 1890, and emphasis will be placed on those told within the South Carolina and North Carolina regions.
Class limit: 30

SPEAKING WITH SHADOWOLF: THE ART OF COMMUNICATING WITH CANINES |
FAC 843
Dr. Gregory Boeshaar
TUESDAYS, 2 – 3:30 P.M. | UPPER ROOM, CUMC*
Dr. Greg Boeshaar will lead this class that will examine a further element of the human/canine connection: communication. Boeshaar points out that dogs carry within them both the imprint of their wolf origins and the effects of their domestication by humans. From this inheritance, we can start to understand how dogs think and communicate. Participants in this course will learn to effectively build relations with our four-footed friends and teach them how to thrive in our human world. This humans-only class will be taught with a series of lectures, videos and the occasional take-home lesson.
Class limit: 30

CALLIGRAPHY FOR BEGINNERS | FAC 800
Bill Barrick
TUESDAYS, 2 – 3:30 P.M. | FELLOWSHIP HALL, CUMC*
Calligraphy (beautiful writing) is a skill that can be learned with desire, practice and proper instruction. Master calligrapher Bill Barrick will take the mystery out of learning this craft with easel-sized demonstrations, individual instruction, stroke-by-stroke diagrams, tracing sheets and plenty of encouragement. Class will be a mix of guided practice and several personal projects. Barrick has more than 25 years of experience with his craft. Under his instruction, both beginning and intermediate calligraphers will learn the skills needed to write beautiful invitations, thank-you cards and personal letters. Supplies for this class may all be bought for under $20 and will include a size 3.8 Pilot Parallel Pen, a few extra ink cartridges, a simple yellow legal pad and a pad of calligraphy parchment.
Class limit: 10

SOUTH CAROLINA IN THE 19TH CENTURY | HGP 806
Dr. Phillip Stone
TUESDAYS, 3 – 4:30 P.M. | CONFERENCE ROOM, SANDOR TESZLER LIBRARY, WOFFORD COLLEGE
In this course led by Wofford archivist and professor Dr. Phillip Stone, learners will look at the history of the Palmetto State from the end of the Revolution through the 19th century, exploring the ways the state grew and developed as a part of the new nation. Topics to be covered include South Carolina’s emergence from the American Revolution, its divisions over politics, economics, religion and slavery, the state’s involvement in the Civil War and the changes brought about after Reconstruction.
Class limit: 20

*CUMC - Central United Methodist Church (see map on page 16)
CREATIVITY FOR DUMMIES | FAC 810
Dr. Carol Augthun
WEDNESDAYS, 10 – 11:30 A.M. | SHEPHERD ROOM, CUMC*
Don’t be fooled, this course may have the word “dummies” in it, but it will teach participants to appear anything but at cocktail parties, art viewings, galleries and social dinners. Dr. Carol Augthun, art history teacher and recipient of the Fulbright Memorial Fellowship, will fuse art history and appreciation with a dash of creative writing and expression to allow participants to view the world around them with various lenses. Learn to analyze a Jackson Pollack painting one week and discuss elements and principles of art the next. Whether you are a current art enthusiast or an enthusiastic beginner, this class will illuminate the creativity in the world around us as well as within ourselves. A $3 charge will be due to the instructor at the beginning of this class for semester supplies.
Class limit: 25

MYTHS AND REALITIES IN HEALTH AND PREVENTION | EFB 860
Tom Barnet, moderator
WEDNESDAYS, 10 – 11:30 A.M. | UPPER ROOM, CUMC*
Much of what we practice in prevention of ill health is rooted in myths that have been long-refuted by medical science. Working from those myths into the true facts, a rotating group of health care professionals will address what you might want and definitely need to know. Each week will introduce a different topic chosen from a number of health-related issues. Such topics may include heart health and strokes, diabetes, nutrition, substance abuse, autism, stress, trauma prevention, etc. This class is free of charge to Lifelong Learning members and their guests, but registration is needed.
Class limit: 40

FROM COMMANDMENTS TO THE COURTROOM: A HISTORY OF THE LAW | HGP 820
Jim Badger
WEDNESDAYS, 2 – 3:30 P.M. | UPPER ROOM, CUMC*
Jim Badger, a retired North Carolina magistrate and special assistant district attorney, will lead participants through this course that explores the laws by which we live. Learners will examine how the early behavior of mankind led to the development of rules such as the commandments, common law and the current legal system.
Class limit: 25

ESSENTIAL (CHRISTIAN) THEOLOGY FOR GROWN-UPS | RPE 881
James Ellis Griffeth
THURSDAYS, 10 – 11:30 A.M. | UPPER ROOM, CUMC*
The theologically curious are encouraged to participate in this class taught by James Ellis Griffeth. Developed for the open-minded learner eager to explore new understandings of Christian theology, this course will offer "grown-up" understanding of eight basic topics: (1) the grace and sovereignty of God, (2) faith, (3) hope, (4) love, (5) salvation, (6) justice and mercy, (7) forgiveness and (8) eternal life. The course will be taught utilizing a mixture of lectures, PowerPoint presentations, class discussion and Q&A. Participants are requested to bring to class a contemporary translation of the Bible.
Class limit: 40

*CUMC - Central United Methodist Church (see map on page 16)
THE SHORT STORIES OF RAY BRADBURY | FAC 830

David Grote
THURSDAYS, 10 – 11:30 A.M. | GARRETT ROOM, CUMC*

Book lovers and Ray Bradbury fans are invited to join David Grote for this class focused entirely on the short stories of one of the most prolific American authors. Explore Bradbury’s style of crafting fantasy, science fiction, horror and mystery with in-depth class discussions held each week. Participants should bring a copy of “The Best of the Short Stories” by Ray Bradbury to class. Copies may be purchased online or at favorite booksellers, often for less than $5. Class members also should bring $1.50 to the first class to cover the cost of additional short story copies provided the first week. Week 1 stories will include “A Piece of Wood,” “Punishment without Crime,” “Promise, Promises” and “Free Dirt.”
Class limit: 15

THE EPIC OF GILGAMESH IN WESTERN THOUGHT | FAC 950

Dr. James F. Joyner III
THURSDAYS, 10 – 11:30 A.M. | SHEPHERD ROOM, CUMC*

Dr. James (Jim) F. Joyner III will lead participants in this class on an epic journey of their own through an intensive study of “The Epic of Gilgamesh.” Explore the archeology, history, stories and development of the world of Gilgamesh and Uruk. By referencing materials spanning the world from London to Harvard, participants are encouraged to expand their own understanding of friendship, loyalty, love, death, grief and hope from this famous work.
Class limit: 20

THE ROAD LESS TRAVELLED: MEDIEVAL CHRISTIAN MYSTICS | EFB 811

Dr. Tom Norrell
THURSDAYS, NOON – 1:30 P.M. | UPPER ROOM, CUMC*

This class will offer participants an in-depth look at the truth behind the Christian mystics and common misconceptions about mysticism. Dr. Tom Norrell will lead seminars and discussions based on a number of works famous throughout the world. Class members should obtain a copy of “Mysticism” by Evelyn Underhill for the course and also should be prepared to read one of the following selections: “The Cloud of Unknowing, Showings” by Julian of Norwich, “Scivias” by Hildegard of Bingen, “Selected Writings by John of the Cross” and “The Dialogues” by Catherine of Sienna.
Class limit: 20

SHORT STORIES: PLANNING, WRITING, PUBLISHING YOUR SHORT FICTION | FAC 820

K.G. McAbee
THURSDAYS, NOON – 1:30 P.M. | GARRETT ROOM, CUMC*

This small, intimate class is geared toward the experienced and beginning writer looking to explore plot, conflict, characters and style. Taught in a workshop manner by an author of more than 20 books and 100 short stories, this course will challenge participants to build their own storytelling and writing abilities with in-class exercises, editing assignments and group critiques. Publication options also will be discussed for those students looking to share their work with the world.
Class limit: 10

*CUMC - Central United Methodist Church (see map on page 16)
U.S. 20TH-CENTURY DIPLOMATIC AND MILITARY HISTORY PART I: 1900 - 1921
HGP 852
Bob Perrin
THURSDAYS, 2 – 3:30 P.M. | UPPER ROOM, CUMC*
This course will offer a layman’s look at how the United States emerged into the 20th century and laid the initial groundwork for a New World Order. From guerilla warfare in the Philippines to incursions in Central America, returning instructor Bob Perrin will guide the class on a journey through the years and through the world. Class members will study the many ways the world changed in that short span of 21 years that defined nations for decades to follow.
Class limit: 30

BEGINNER AND INTERMEDIATE KNITTING | PAC 860
Gail Jones
THURSDAYS, 2 – 3:30 P.M. | GARRETT ROOM, CUMC*
This comprehensive knitting course is the perfect opportunity for beginning and intermediate knitters to sharpen their skills. Learn in a casual, no-pressure environment from an instructor who has completed more than 100 knitting projects. Beginning knitters should expect to start with a small project, such as a dishcloth, in order to learn the basic stitches needed for larger, more intricate projects. Advanced students may expect to complete more challenging projects such as scarves, handbags, hats and blankets. Students will shape their learning around their comfort level and experience. Beginner students should bring a skein of 100 percent cotton yarn and a size 8, 29 inch-long circular knitting needle to class on the first day.
Class limit: 12

STAR TREK OF THE MIND: A JOURNEY THROUGH THE UNIVERSE | EFB 810
Dr. Greg Boeshaar
THURSDAYS, 2 – 3:30 P.M. | SHEPHERD ROOM, CUMC*
This course will examine how mankind’s early fascination with the starry sky led in many stages to our current understanding of the universe – from the early focus on telling time and anticipating seasons to exploring the relationship between the sun, moon, stars and planets. Learners will see how the physics of gravity, light and telescopes, and relativity extended our vision through our solar system and the stars of our Milky Way to an expanding universe of galaxies. Throughout this venture, the science of “Star Trek” (J.M. Krauss, revised edition) will lead the way to logging the wonders of space and time.
Class limit: 20

EXPLORING ASIA THROUGH ART AND CULTURE | LTW 806
Dr. Youmi Efurd
THURSDAYS, 2:30 – 4 P.M. | ROOM 125, ROSALIND SALLINGER RICHARDSON CENTER FOR THE ARTS, WOFFORD COLLEGE
Led by Dr. Youmi Efurd, curator and cultural arts coordinator at Wofford College, this course will offer participants an introduction to Asian art and culture by exploring distinctive styles, forms and aesthetics of many artists. The class will explore such topics as monumental landscapes in the Chinese painting tradition, Korean genre painting of the 18th century, early Buddhist cave sites, Japanese woodblock prints and the Japanese tea ceremony. A field trip to the Furman University Asian Garden will be held on the last day of class. Participants should plan their own transportation to and from the site.
Class limit: 32