

COURSE DESCRIPTIONS

ACRYLICS FOR BEGINNERS Art is a personal expression of your creativity and anyone who is interested in learning the process can do it. The only requirement for this course is the desire to learn. Knowing how to draw is not a requirement so if you can't, this is the class for you. No sophisticated techniques or special knowledge is required. **Jane Sellier** will show you how to use the "tools of the trade" so you can make your own discovery about how a painting is put together. You will see how easy it is and have the satisfaction of knowing that you can paint too. A supply list will be provided. **Class size is limited.**

THE AMERICAN REVOLUTION SEEN FROM THE GULF COAST AND POINTS WEST *New Course!* Most Americans have come to see the Revolution through the lens of the Declaration of Independence, Thomas Jefferson, George Washington, John Adams, Paul Revere, and Bunker Hill. All are essential elements in the colonists' breaking away from the British Empire. Yet, there are other stories often neglected in textbooks and the popular understanding of the revolution. Our course will explore the American Revolution from the perspective of people and events along the Gulf Coast and the Trans-Mississippi West between 1763 and 1783. We will strive to bring life to the founding of our country by remembering some oft-forgotten people and events that helped shape our country and society. Access to the Internet will enhance your enjoyment of this course. **Rick Byrd** is the instructor.

ANCIENT TRAILS AND TRACES ACROSS COLONIAL AMERICA *New Course!* This course provides an overview of pre-modern land and water routes across the American landscape. How did people travel from place to place, from the earliest arrival of ancestral Native Americans up to the first post and wagon roads of the early 19th century? Evidence for ancient paths and canoe trails comes from written records as well as archaeological explorations. Archaeology professor **Greg Waselkov**'s most recent field project has focused on an ancient canoe canal that once crossed the Fort Morgan Peninsula in the early 7th century AD. The course will use some readily accessible historic sources to begin to piece together the system of paths that crisscrossed Alabama around the time of statehood, two hundred years ago this year.

THE ART OF WRITING FICTION *New Course!* Express yourself writing fiction. This overview of the fundamentals of writing fiction is designed for the beginning writer and those with some writing experience. We will discuss various genres to spark ideas and help you move forward with your writing. Topics include developing believable characters, identifying viable settings, choosing point of view, recognizing your voice, constructing dialogue, forming plot basics, building tension, and pacing the words on the page. In-class exercises will be reinforced by a touch of homework. Before each class, **Mahala Church** will e-mail you worksheets to print and bring to class. These are provided for you to take notes. **Class size is limited.**

BOGS AND BRANCHES: SELECTED HABITATS OF SOUTH BALDWIN COUNTY AT WEEKS BAY RESERVE This course offers participants a close look at selected ecologically important habitats in south Baldwin County, all located at Weeks Bay Reserve. The different environments contribute to the value and function of the Weeks Bay estuary, where freshwater and saltwater meet. Students will learn about the habitats, their different roles in the estuary ecology, and how they influence the plants and animals that live there. In addition, participants will learn about the diverse trees and other native plants that inhabit Baldwin County and Weeks Bay Reserve. This course is comprised of lectures, a pontoon boat trip, and walking tours. Wear sturdy shoes and outdoor attire. Bring bug repellent. **Fred Nation** is the instructor. **Class size is limited.**

THE BRAIN IN LOVE *New Course!* Have you ever wondered what happens inside your body and mind when interacting with your spouse, partner, children, and close friends? Why is it we are drawn to another person with whom we might mate? What makes having children so important to many people, especially women? This presentation describes how our brain, central nervous system, and endocrine system drive us to have close, intimate relationships with other people. It also addresses the concept of “free will”. Does it really exist? From initial attraction, through long term attachment, parenting, and loss of a partner through death or divorce, learn more about the lifespan development of relationships. This presentation has been called “an operators manual for spouses” by several individuals who have attended in the past. The presentation will involve a series of color slides and short videos showing how our brain and endocrine systems drives our behavior. Instructor **Harvey Joanning** will interact with participants and encourages discussion.

CHAIR YOGA – SITTING AND STANDING This course is helpful for anyone who wants to exercise but has difficulty with floor postures (weight on hands and knees or repetitive movement on and off the floor) because of knee pain, extra weight, arthritis, etc. It begins with breath work and seated yoga postures in a chair. We then stand by the chair (or use the wall) to improve balance and strength in standing poses. Participants have the option to stay in their chairs or wheelchairs or lie on the floor for relaxation at the end. Bring a yoga mat. Blocks and straps are provided; they are optional but will help you to perform to your greatest potential. The instructor is **Billie Reinhart**.

CHINA: ANCIENT AND MODERN *New Course!* It is becoming increasingly more important for everyone to know about China. Join University of South Alabama history professor **Harry Miller** as he provides the needed perspective. China: Ancient and Modern is a two-day course. Day One will cover ancient China and will include an exciting survey of the dynasties. It will also focus on China's founding philosophies, such as Daoism, Confucianism, and Legalism, as well as Buddhism. The objective will be to highlight patterns in government and society that remain visible today. Day Two, the modern portion, will narrate China's encounter with the West and its struggle to learn from its competitors. From the Jesuit missions, to the Opium War, unequal treaties, republican revolution, civil war, Great Leap Forward, and Cultural Revolution, the story of modern China is packed with conflict and drama. Prepare to be enthralled!

CONNECTING ART AND MUSIC *New Course!* Get ready for a completely new experience – creating art that relates to a musical style. In each class, using graphite and colored pencil, students will sketch objects in the style of the musical era we will be listening to that day, from recordings or in live performance: Classical, Impressionism, Jazz and Contemporary. There will be discussion of the styles and how the historical setting influenced the arts. Students will produce multiple sketches each week and gain an understanding of the interweaving of all the fine and performing arts. **Anne Brooks** welcomes beginners as well as advanced artists.

CULTURAL DIVERSITY IN BALDWIN COUNTY *New Course!* Providing an overview of the history of at least 20 distinct Baldwin County settlements that were founded by groups of people with common backgrounds, this course will enable students to acquire an understanding of the diverse heritage of the peoples who settled the county. These people shared national, ethnic, religious or cultural heritage, and maintained their identities for at least 100 years. We will look at the Native Americans, earliest explorers, English pioneers and land grant recipients who established the foundation for the multitudes of immigrants who came later. Course topics include Earliest Settlers, Colonial Development, Settlements of Like-Minded Peoples, and Formal Colonies. **Harriet Outlaw** is the instructor.

DEMOCRACY: FROM BEGINNING TO END *New Course!* The course will examine the theoretical and practical foundations of democracy in history. We will discuss the elements of democracy and compare it as a political system to others that are available. The course will be divided into three parts: Democracy's beginning and foundations; American democracy; and democracy in the modern world and beyond. **Michael Darring** will provide a bibliography for those students who wish to participate reading. **Class size is limited.**

ELEMENTS OF MARKETING YOUR BOOK *New Course!* Once you have your book ready to sell, then what? This course will show you the concrete steps you can take to help get the word out that your book is for sale, from simple free things you can do yourself to marketing online. At the conclusion of this course, students will know the specific steps they can implement to help assure readers can find their books.... which can lead to sales. **John O'Melveny Woods** is the instructor. **Class size is limited.**

GROWING AND PROPAGATING AFRICAN VIOLETS African violets have become the favorite houseplant across the world. This course will cover the seven key factors for successfully growing violets: light, watering, feeding, grooming, environment, soil and potting. Your instructor, **Jere Trigg**, will discuss the procedures for propagating violets from leaves and suckers. Hybridizing your violets will result in the development of new and differently colored flowers, some of which can be truly spectacular. You will learn techniques for cross-pollinating flowers, planting the resulting seeds, and caring for the seedlings to adult blooming plants. There will be demonstrations of grooming, repotting, propagation from leaves and suckers, and cross-pollination of two flowers to produce hybrid seed. To see the immense size Jere's violets can grow to, look at his photo in the Instructors tab. Plants will be available for purchase. **Click link on Courses page to see project photos.**

HISTORY AND TOUR OF THE GRAND HOTEL IN POINT CLEAR *New Course!* The history of the Grand Hotel dates back to 1847 with a long and storied past. During the Civil War, the port of Mobile was a popular spot for blockade runners, and in the events leading up to its surrender to the Union, the hotel was actually fired upon by Admiral Farragut. It became a field hospital for Confederate soldiers wounded at the Battle of Vicksburg, of which over 300 died and are buried on the grounds in the Confederate Rest Cemetery in Point Clear. In WWII, the Grand was used as a maritime training school. Our guide will talk about these and other interesting facts about the hotel. At its conclusion, students who wish to stay for lunch can enjoy a fixed-price meal or order from the menu. **Susan Stein**, the hotel's event coordinator, is our guide.

HOLLYWOOD AND THE OLD WEST: *The Oxbow Incident; The Grey Fox; The Homesman* *New Course!* What was the Old West really like? Many of our impressions of it are based on movies, whose views often differ widely. In this course, we'll see three films from 1942, 1982, and 2014 that give interpretations of life in the west and also shed light on the decades in which they were made. **Brenda Huchingson** will provide an introduction to each movie, and a discussion will follow.

HOW TO PROTECT YOUR FAMILY ASSETS WITH AFFORDABLE TRUST PLANNING

New Course! When students conclude this course, they will feel confident they have a plan for protecting their family assets, at a price they can afford. **Banks Ladd** will explain these important elements:

- Wills v. Trusts: How to decide which ones are right for you and your family
- Avoiding accidental disinheritance caused by simple wills, joint accounts, and payable on death provisions
- How to insure your assets and life insurance benefits will be handled responsibly after you are gone
- How to protect your family assets from your children's divorce, spouse's remarriage, blended family issues, creditors, substance abuse, gambling addictions, lawsuits, reckless spending, and other threats your family will face when you are gone
- How to insure your family's inheritance will be used according to your wishes
- How to avoid the publicity and high cost of probate
- Incapacity Plans: What they do, what they avoid, and why everybody needs one
- Long Term Care Planning: How to pay for long term care without impoverishing your family

INTRODUCTION TO CLAWHAMMER BANJO *New Course!* Have you heard of clawhammer banjo? Clawhammer banjo is a varied banjo playing style and a common component of American old-time music. The principal difference between clawhammer and other styles is the picking direction. Traditional picking consists of an up-picking motion by the fingers and a down-picking motion by the thumb. Clawhammer picking, by contrast, is primarily a down-picking style. You will learn the basic stroke style and a simple song, and we will get you on your way to learning drop thumb. Previous banjo experience is not necessary. You can hear and watch **Emily Richards** singing and playing on her YouTube link, <https://youtu.be/pbiFwWm3FwI>. She will advise you where to acquire a banjo.

ITALIAN FOR BEGINNERS AND TRAVELERS *New Course!* Whether you are planning a trip to Italy or you just want to learn a new language, you are going to enjoy this course. You'll learn basic language, grammar, conversation and a little bit of Italian culture while having fun together. **Manuela Ruggiero** is the instructor. **Class size is limited.**

KNIT 1, PURL 2: HATS IN THE ROUND *New Course!* Do you like staying warm? And stylish? Come learn how to knit a basic hat in the round! Let **Wendy Gosnell** help you expand your knitting skills by teaching you how to use circular needles to knit in the round and decrease in the round by using double point needles. All you need to know is how to cast on, knit, purl and do the knit-two-together decrease. Wendy will provide you a supply list and hopes to see you in class! **Class size is limited.** Click link on Courses page to see project photos.

LIFESTORIES: CREATING A MEMOIR Learn how to start writing life stories for future generations. Students will be provided inspiration, motivation, and organizational tips for beginning the project and staying on track. They will be guided as to what topics to choose, formatting (chronological vs. random stories), and tips to make their writing sparkle and keep readers interested. Students will be shown how to write the text, include some photos and have the pages bound into a simple, inexpensive finished booklet that will be a priceless gift. **Rosanne Gulisano** will provide handouts containing helpful hints and ideas.

LITERARY PERSPECTIVES ON AGING: SHORT STORIES AND A MOVIE In the first two classes, we will analyze and discuss short stories that shed light on various aspects of the aging process—not only the problems and diminishment but also the pleasures and achievements. In the third class, we will view and discuss a film portraying the same themes. The stories for the first class will be available a week in advance so that students can read them before we meet. Small materials fee. The instructor is **Brenda Huchingson**. **Class size is limited.**

MUSICAL MASTERPIECES OF RUSSIAN COMPOSERS *New Course!* Tchaikovsky, Rachmaninoff, Rimsky-Korsakov, Prokofiev, Shostakovich, and Stravinsky are some of the composers this term's classical music appreciation course will highlight. Enhance your knowledge and enjoyment of music by studying selected works by these well-known and exciting composers. The class is conducted in an atmosphere that accommodates both those with little or no knowledge of music and those quite informed. Everyone's input is important!

MY LIFE AS A SMALL-TOWN NEWSPAPER EDITOR *New Course!* Back by popular demand is Fairhope's irrepressible editor of *The Courier*, **Cliff McCollum**. Want to know the ups and downs of being a small-town newspaperman? Come enjoy stories and anecdotes that range from curious interviews to alleged death threats.

THE NUTS AND BOLTS OF ESTATE PLANNING **John Brown's** goal for this course is to provide attendees with a solid understanding of the five basic estate planning documents: Will, Trust, Power of Attorney, Health Care Directive, and the (oft over-looked) Beneficiary Form, including the advantages and disadvantages of each document. Some of the topics we will discuss are:

- The four primary ways to pass along assets to heirs, addressing their advantages and disadvantages
- Nine common mistakes people make when naming their beneficiaries that can damage their estate plan
- The difference between your estate and your probate estate and why this is important
- How to choose your attorney-in fact, and whom not to choose
- How to choose your health care agent, and whom not to choose
- Why persons named on your Beneficiary form take precedent over beneficiaries named in your will or trust
- The Special Needs Trust, and when setting one up is vital
- An inexpensive and efficient way to organize your estate, and to keep it organized
- Making your death, or disability, as non-stressful to your loved ones as possible. Handouts will be provided on what your Letter of Instructions should contain (18-items), duties of your Personal Administrator (50 items) and must-do's after the death of a spouse.

PHOTOSHOP® ELEMENTS Photoshop® Elements is a powerful, low cost photo editing software package that meets the needs of most photographers. This course will provide you with the tools to produce great-looking images for either electronic or print media. We will also cover topics such as restoring old photos, producing slide shows, videos from still photos, cards, photo books and other subjects. *Students need to bring their own computer loaded with a recent version of Photoshop® Elements to get the most benefit from this course.* The instructor is **Gene Sellier**. **Class size is limited.**

POWERPOINT® POINTERS *New Course!* PowerPoint® software is the acknowledged leader in presentation software worldwide. This three-hour workshop will help you produce interesting PowerPoint presentations in short order. We will cover inserting various media types, making a free-running, kiosk-style presentation, how to export presentation as video, PDF or other formats as well as helpful hints for design. **Gene Sellier** is the instructor. **Class size is limited.**

READING THE NEW SOUTH THROUGH THE STORIES OF MARY WARD BROWN *New Course!* The publishing house New South Books describes Brown's collection this way: "These beautifully crafted stories depict the changing relationships between black and white southerners, the impact of the civil rights movement, and the emergence of the New South." Along with instructor **Margaret Davis** we will read and discuss these wonderful stories by Alabama author Mary Ward Brown. Readers can purchase the paperback of the stories, Tongues of Flame, from Page and Palette for \$19.95.

SAILING FUNDAMENTALS There are many dimensions to sailing, and this course will give you a little exposure to what it is like, to see if it is something you might enjoy. This basic how-to-sail course will include nautical terms, points of sail, sail trim, steering, right-of-way rules and safety in three classroom sessions, followed by a three-hour, hands-on sail, to be scheduled later. **John Helmstadter** is your captain. **Class size is limited.**

SPANISH FOR BEGINNERS *New Course!* Whether you plan to travel, or want to learn a new language, or are just looking for something to challenge your brain (!), you will enjoy this course. Taught by native speaker **Dina van Campe**, the goal of this course is to enable you to communicate in accurate pronunciation as quickly as possible. We will cover vocabulary, sentence structure and grammar, and you will acquire "survival Spanish": asking for and giving directions; using appropriate greetings, introductions, and courtesy expressions; and being able to communicate in different situations such as visiting a bank, restaurant, or other public places. As the course progresses you will become confident conversing in growing detail about your activities, preferences, etc. You may wish to purchase a Spanish-English dictionary. **Class size is limited.**

STORYTELLING AND YOU! TIPS AND TECHNIQUES Learn the storytelling techniques of choosing a story, learning how to tell it, and prompting enjoyable interaction with your audience. In this course, **Irene Wegner** will discuss the different types of stories there are, and you will discover what you like best - fables, fairytales, history, original stories, Jack tales or other kinds. The techniques Irene will provide will help you to bring language, people, cultures and expression to the stories you select. The course includes an optional sharing of stories. **Class size is limited.**

SUNRISE YOGA: AWAKENING YOUR INNER AND OUTER SELF *New Course!* Sunrise Yoga is designed to help participants find balance, both physically and mentally. By using traditional yoga poses the course provides the means to improve strength and balance as well as mental equanimity. As we age, we begin to lose muscle mass which can lead to poor balance, decreased stamina and overall loss of functional fitness (the ability to maintain the activities of daily living and independence). Although designed as a yoga course, there will be additional focus on strengthening and balance work geared toward maintaining and/or increasing functional fitness to improve quality of life. This course is appropriate for any level yoga student, including beginners, and requires only basic ability to sit/stand/balance. Modifications can be made for some poses by using props or chairs. Taught by **Maggie Cunningham**, a certified yoga instructor as well as group exercise specialist in functional exercise, the course is a mixture of serious concentration combined with a lighted-hearted approach toward life. It is, after all, our internal mindset that will help us approach life's challenges with an attitude of anticipation and joy as we age graciously and gratefully. Bring a yoga mat.

SYMBOLISM IN THE ARTS, MUSIC AND LITERATURE Discovering intuitive wisdom with self-taught Jungian **Ronald Hunt**, students will gain greater insight into the secret language of symbolic communication conveyed in artistic and cultural expression. We will discuss the symbolism of Superman, Coleridge's *The Rime of the Ancient Mariner*, Tiepolo's frescos, Emerson's *Uriel*, Andrew Lloyd Webber's musicals, including *Joseph and the Amazing Technicolor Dream Coat*, *Cats*, and *Phantom of the Opera*, and even Celine Dion's music videos. An optional text students might read is *Symbols and Their Meanings: The Illustrated Guide to More Than 1,000 Symbols -- Their Traditional and Contemporary Significance*, by Jack Tresidder, available on Amazon.

A TIME TO STAND: SIEGE OF THE ALAMO *New Course!* On March 6, 1836, a battle was fought that didn't involve many men, had no grand maneuvering of a Napoleon, and lasted less than two hours. But the Battle of the Alamo acquired a significance that transcended its tangible military impact. In the end, the battle's value lay not in land gained or lost, or in men killed or captured, but in inspiration. The Alamo defenders had taught the world an enduring lesson about courage in the face of impossible odds. **Tony Rhodes** is the instructor.

THE UNRECOGNIZED DANGERS OF RETIREMENT: IT'S NOT ONLY RUNNING OUT OF MONEY! Most people spend more time planning a three-week vacation to Europe than how they will spend their retirement years. In fact, our ideas about successful retirement are not only outdated, but also counter-productive. This course will explore why this is so and how to plan for (or begin) a happy and purposeful retirement, rather than a boring one. The course is geared to people already retired or planning to retire within the next five years. It is based on Mitch Anthony's book *The New Retirementality: How to Plan Your Life and Live Your Dreams At Any Age You Want*, which one reviewer called "enormously inspirational and immensely practical." Students will be provided a methodology to guide them to a great retirement, no matter their present or future circumstances. **John Brown** is the instructor.

A VISIT TO CHERNOBYL, 38 YEARS ON *New Course!* In April 1986, the breakdown of a reactor in the Chernobyl Nuclear Power Plant near the now-abandoned town of Pripyat, in the northern Ukrainian Soviet Socialist Republic, caused a catastrophic nuclear accident. During a late-night safety test which simulated a station blackout power failure, in the course of which safety systems were intentionally turned off, a combination of inherent design flaws and the reactor operators improperly executing the safety check list produced uncontrolled reaction conditions that resulted in a meltdown. For nine days plumes of radioactive fission products were lofted into the atmosphere, precipitating onto parts of the western USSR and other European countries. The decontamination efforts ultimately involved over 500,000 workers and cost an estimated 18 billion rubles. **Thelma Topper** will give us a good look at the events of the Chernobyl explosion and relate to us her experience on her visit to the Exclusion Zone last June.

WALKING THE JEWISH BIBLE SERIES: THE DEAD SEA SCROLLS *New Course!* Discovered in 1947, the Dead Sea Scrolls provide a window into the ancient past. Come enjoy with **Rabbi Steven Silberman** an exploration of these texts, which lend insight into the formation of traditional Judaism and the beginning of Christianity. Bring your own version of the Bible.

WATERCOLOR: BEGINNERS AND INTERMEDIATE In *Watercolors for Beginners*, you will gain confidence in watercolor basics using a limited palette. The course concentrates on types of washes, paint, paper, and brushes, and all their uses. You will practice such techniques as dry brushing, masking, lifting, washes, glazes, bubbles, and more. You will create and complete paintings on your own, taking home a paint palette, paper, and four brushes. In the *Intermediate* course, you will take your watercolors further than you ever imagined with new techniques and tips, and you will work more with masking, using fluid, fabric and paper, bruising the paper, multiple layers, Chinese white as a resist, wax, nails, and more. See what you can do with this wonderful medium we call watercolor! The Beginners course or a working knowledge of the basics of watercolor is a prerequisite for this course. **Loran Chavez** is the instructor. **Class sizes are limited.**

WOODCARVING: BEGINNERS AND INTERMEDIATE *New Courses!* In the *Woodcarving for Beginners* course, students will learn woodcarving "in-the-round". Using a basic carving knife, you will learn basic shaping with a paring cut and how to interpret the grain of the wood as you carve. Each class will start a new carving project to help you practice and gain skill with the previously-taught carving techniques while learning new knife cuts, blocking, rounding and how and when to add detail. Projects will be taken home to be completed before the next class. As our carving projects progress, hand woodcarving gouges will be introduced. There will be four carving projects: Whale, Cowboy Boot, Santa Ornament and Comfort Bird. The materials fee for this course includes the basic carving knife. In the *Intermediate* course, instructor **Chip Smith** will help you take your carving further than you ever imagined with new techniques and tips, and you will work with progressively more difficult projects as your skill set improves. Relief carving and chip carving projects will fill out your repertoire of carving styles. More advanced woodcarving gouges, wood burning, and power carving will be introduced and demonstrated. Planned projects for this course include three carving projects: Flower in Relief, Chip Carved Pattern, and the student's choice of either Simple Human Figure or Spirit Face; and two skills projects: how to sharpen your knife, and finally, painting our projects. The Beginners' course is a prerequisite. **Class sizes are limited. Click link on Courses page to see project photos.**

WORD MAGIC Explore the rhythm of words to strengthen your writing! The wizardry of untangling dialogue conundrums, utilizing word tools (alliteration, parallelism, metaphors, dialects, idioms) to make your words glow on the page, creating moods using the five senses, and painting word pictures that spark the reader's imagination are discussed. This course is for moderately experienced writers who wish to stretch their creativity. Be prepared for a fun experience. In-class exercises and a touch of homework assist you to merge class information into practical application. Before each class, **Mahala Church** will e-mail you worksheets to print and bring to class. These are provided for you to take notes. **Class size is limited.**

YOGA FOR FITNESS AND STRESS MANAGEMENT Find balance between getting a workout tensing all the major muscles in your body and releasing them into relaxing poses – from upright, forward, backward and sideways to twisting and inverted. As you practice yoga with emphasis on your breath and alignment, you become naturally more active and fit. And as you do yoga, you will feel better about yourself in body, mind and spirit. Explore your limits without feeling exhausted. You will feel refreshed, full of energy and ready for anything, with a calmer outlook on life. Bring a yoga mat and towel. The instructor is **Christina Caprez**.

ZUMBA GOLD® You might have heard of Zumba®, the Latin-inspired dance fitness program for active adults. Zumba Gold®, which features the basics, is a low-impact, easy-to-follow and effective exercise program for anyone at any age. It is designed so that beginners and de-conditioned or physically-limited participants can learn at their own speed and physical level in a fun, party-like atmosphere. Chairs are available – *even seated, you will get a great cardio workout!* Bring a towel and water, and dress in comfortable workout clothes with proper shoes (cross-trainers or dance sneakers). **Rebecca La Nasa** is the instructor.