The opinions and views expressed by ICL instructors or presenters are those of the individual instructor or presenter, who are solely responsible for the content of the courses, seminars, lectures or field trips. The organization does not endorse any specific content. Members are responsible for (1) independently evaluating the information given and the opinions expressed, and (2) acting upon this information and these opinions in their own best interests. No ICL instructor or presenter is allowed to solicit business or sell a product in which they have a vested interest through a class.

COMPUTER CLASSES
Please be aware that Dixie State University charges a user lab fee of $10 per person, per semester, to be paid at the Cashier’s Office in the Holland Building before the first class. ICL members who are officially signed up for an ICL class that utilizes a computer and have paid the DSU computer user fee may use the common computer area in the Holland Building outside of the student’s normal class time. Members are to never use any other DSU computers except during normal class time.

CLASSES LIMITED IN SIZE
Registration for Fall Semester classes will begin on August 25, 2016, at the annual in-person ICL Membership and Registration Meeting at the DSU Gardner Center. There will be no pre-registration. Those members who wish to mail their registration to the ICL Office can request they be signed up for limited classes, but those will not be honored until August 25; no telephone registration will be accepted. Once the class limit is reached, a list of alternate students will be maintained. Note: All other classes are limited to the number of seats in the classroom. Registration for Spring semester classes will be open January 3, 2017.

1. 10 Steps to Inner Peace—Class limited to 30 students
2. Archeology—Class limited to 35 students
3. Bicycle Maintenance—Class limited to 10 students
4. Celebrate your Golden Years—Class limited to 20 students
5. Drawing: Graphite—Class limited to 26 students
6. Drawing: Colored Pencils—Class limited to 26 students
7. Excel Basics—Class limited to 10 students, offered twice in the semester
8. French—Class limited to approval of instructor
9. Intro to PC computers—Class limited to 10 students, offered twice in the semester
10. Hiking—Class may be limited to 30 students
11. Horseshoes (Spring)—Class limited to 24 students
12. How to Read Music So You Can Sing It—Class limited to 10 students, offered twice in the semester
13. Knitting and Crocheting: Beginning—Class limited to 10 students
14. Knitting and Crocheting: Intermediate—Class limited to 15 students
15. Love One Another series—Classes limited to 35 students
16. Native American Flute: Beginning (Fall)—Limited to 20 students
17. Native American Flute: Intermediate (Spring)—Limited to 20 students
18. Piano II — Class limited to 24 students
19. Piano III — Class limited to 24 students
20. Pickleball — Class limited to 12 students
21. Pilates Infused Yoga (Spring) — Class limited to 24 students
22. PowerPoint — Class limited to 10 students, offered once in the semester
23. Spanish Conversation (Spring) — Class limited to 20 students
24. Spanish Beginning – Level I — Class limited to 20 students
25. Spanish Beginning – Level II — Class limited to 20 students
26. Storytelling — Class limited to 15 students
27. Table Tennis (Parker) — Classes limited to 12 Students
28. Table Tennis (Puskas) — Classes limited to 18 Students
29. Tennis — Class limited to 12 students
30. Watercolor Painting — Class limited to 20 students
31. Word Basics — Class limited to 10 students, offered twice in the semester

ARTS & CRAFTS

DRAWING – BEGINNING GRAPHITE PENCIL
This is a very basic art class for those beginning to learn to draw. Bring a #2 pencil and a sketch pad to first day of class. List of additional supplies will be given. Class is limited to 26 students.
Instructor: Brenda Rusnell, private art classes for 5 years, Registered Dental Assistant, 35 years in the Endodontic field.

DRAWING - COLORED PENCIL
This is a very basic class, learning the techniques of colored pencil, the Prismacolor wheel and how color is applied. A supply list will be handed out the first day of class. Students will need Prismacolor pencils (such as the 72 Premier Prismacolor pencil set) or a set of 24 Col-Erase pencils. Class is limited to 26 students.
Instructor: Brenda Rusnell, private art classes for 5 years, Registered Dental Assistant, 35 years in the Endodontic field.

KNITTING AND CROCHETING – BEGINNING
Learn to knit and crochet. Will learn to knit, purl, increase, and decrease. Class limited to 10 students.
Instructor: Vera Thomas - Has taught knitting classes for ICL, Continuing Education, Dixie State University, and at the Yarn Shop in St. George.

KNITTING AND CROCHETING – INTERMEDIATE
Learn tips and tricks to make your knitting projects more handmade than homemade. Also learn fitting your knits. Class limited to 10 students.
Instructor: Vera Thomas - Has taught knitting classes for ICL, Continuing Education, Dixie State University and at the Yarn Shop in St. George.

WATERCOLOR PAINTING – ADVANCED
The object of this class is to give students the opportunity to develop skills in watercolor medium with emphasis on color theory. Students will learn how to make a painting sing through composition and color. Materials will be discussed on the first day of class. Class limited to 20 students.
Instructor: Melanie Scott, Graduate of DSU, BFA, Southern Utah University. Has taught at DSU for 6 years, and has been the head of the Art Department and art teacher at Tuacahn High School for 10 years. She has won numerous awards for her watercolors and had paintings in galleries in several states. Studied with Zoltan Szabo, Don Andrews, Carl Purcell, Osrail Allred, Spike Reese, Roland Lee and other well-known artists. Art Educator of the Year in 2005. Founder of the first watercolor society in Southern Utah.
10 STEPS TO INNER PEACE
This class will be experiential and interactive. Participants will have an opportunity to share their own experiences and exercises of inner peace in their daily lives. Class is limited to 30 students.
Instructor: Luigi Persichetti, B.A., Theology, St. Louis University. Spiritual leader and unity minister at Unity Church of Positive Living; hospice chaplain at Southern Utah Home Care and Hospice; member of Interfaith Council of St. George.

CELEBRATE YOUR GOLDEN YEARS – How to Fully Live Your Life to the Very End (FALL SEMESTER ONLY)
If you are newly retired and wondering what to do if you are just bored with life, come to this class. Instructor will encourage you to get excited about your life and its many possibilities and start living old and new dreams. She will help you find your gifts and talents, discover your purpose and mission and stop the things which prevent you from fully living your life. Who said we would get old? We are old only when we quit living. Life is not boring!!! Your life can be exciting, too!!!
Instructor: Eva Fry, College classes in many areas, especially in speech, received a national speaking award for the Phi Rho Pi National Forensic Organization. After raising her children and helping her husband in their family business, at the age of 60 she began a new excitement and career. She wrote three books, taught herself the guitar and piano, travelled around the United States on a college speech team and won a national speaking award. She created a program, “Be a Winner in Life”, and has spoken to incarcerated youth for the last 15 years. She began to write music and now at the age of 75, is a singer/songwriter and entertains with her own shows.

COMPASSIONATE COMMUNICATION
What You Say Next Could Change Your Life: An Introduction to Compassionate Communication.
Would you like to be a better listener? Would you like to have closer, more intimate relationships with those in your life? If so, read on. We all grow up learning ways of communicating that all too often lead to resentment, anger and disconnection. We do this through a combination of poor listening skills and a belief that others “make” us feel certain feelings (for example: you make me so angry), which leads us into misunderstanding, blaming and punishment. Compassionate Communication teaches that if we take responsibility for our own feelings, we can avoid the cycle of resentment and anger that leads to disconnection. In this course, students will learn to distinguish between observations and evaluations, feelings and thoughts, needs and strategies, and requests and demands. My sincere hope is that in addition to learning this new language, students will also come to appreciate its spiritual foundations.
Instructor: Bruce A. Campbell, Ph.D., Political Science, University of Michigan; M.A., Political Science, University of Michigan; B.A., Political Science, Oberlin College. Assistant and Associate Professors of Political Science, University of Georgia, 1971-1973; President, CGT & Associates (Marketing Research), 1984-2000; President, Argus Strategies (Corporate Coaching), 1988-Present.

DISCOVERING INNER PEACE
This will help participants discover their own inner resources—inmate tools for living such as inner strength, choice, and hope—and the possibility of personal peace. The curriculum will focus on themes of Peace, Appreciation, Inner Strength, Self-Awareness, Clarity, Understanding, Dignity, Choice, Hope, and Contentment.
Instructor: Luigi Persichetti, B.A., Theology, St. Louis University. Spiritual leader and unity minister at Unity Church of Positive Living; hospice chaplain at Southern Utah Home Care and Hospice; member of Interfaith Council of St. George.

JOURNEY OF THE HERO: The Art of Aging with Grace (SPRING SEMESTER ONLY)
Class is built on the instructor’s experiences as a clinical psychologist. The central belief of this psychologist is that heroes are people who live the life they say they believe. Aging with grace requires wisdom and courage, and is one of the most challenging chapters on life's journey. One must do things that motivate and inspire, and stop doing things that irritate and depress. The backbone of successful aging is found in making good decisions, developing good plans and going forward with unbending intent.

LOVE ONE ANOTHER – Hurricane Education Center
Learn to be nicer to yourself and others. Learn again to praise and appreciate one another. This class will use some works of Leo Buscaglia. Class is limited to 30 students.
Instructor: Patrick Sapio, M.S.W. Social Work and Marriage and Family Counseling. Assistant Professor in the Sociology Dept. at University of Wisconsin.
LOVE ONE ANOTHER I
Learn to be nicer to yourself and others. Learn again to praise and appreciate one another. This class will use some works of Leo Buscaglia. Class is limited to 30 students.
Instructor: Patrick Sapio, M.S.W. Social Work and Marriage and Family Counseling. Assistant Professor in the Sociology Dept. at University of Wisconsin.

LOVE ONE ANOTHER II
Learn to be nicer to yourself and others. Learn again to praise and appreciate one another. This class will use some works of Leo Buscaglia. Class is limited to 30 students.
Instructor: Patrick Sapio, M.S.W. Social Work and Marriage and Family Counseling. Assistant Professor in the Sociology Dept. at University of Wisconsin.

MINDSET OF HAPPINESS AND JOY
This course will teach the principles of mind, consciousness, and thought. A new perspective on psychology, mindset, motivation, and how habits are formed and changed. Knowing how these principles work in our everyday lives will help shape our mindsets to live a more fulfilling and joyful life.
Instructor: Derek Applegate, Associate in Social Science, 25 years as a business owner, sales and motivational trainer, seminar presenter, and personal development coach.

TAPPING FOR HEALTH AND WELLBEING
EFT (Emotional Freedom Technique, aka tapping) is a universal healing tool that is based on the Chinese science of acupuncture. However, EFT does not use needles, but uses tapping with our finger tips on certain meridian points on the body to release blocked energy that hinders health and well-being. This is an educational program for people interested in learning the latest research being done in the mind-body medical sciences in creating health and well-being in the area of energy and alternative medicine. The program will be mainly videos and audio tapes produced by medical doctors, scientists and practitioners in the field of EFT.
Instructor: Luigi Persichetti, B.A., Theology, St. Louis University. Spiritual leader and unity minister at Unity Church of Positive Living; hospice chaplain at Southern Utah Home Care and Hospice; member of Interfaith Council of St. George. Studied and practiced tapping (EFT) for four years and is presently enrolled in an educational program to become at EFT trainer and practitioner.

COMPUTERS

APPLE USER FORUM
This class is designed to help students learn about their iMacs, iPads and iPhones. The instructor will select skills that he thinks are of either basic or general interest. The remainder of the content will be provided by student generated questions such as, “How can I print from my iPad?” “How can I email photos?” “What is the best way to back up my files?” or “How do I run Windows on my Mac?”. The instructor will generate fairly extensive notes and step-by-step instructions which will be provided to students via the internet prior to each class (after the first session).

EXCEL BASICS
This is a 5-week course, offered twice in a semester. It is designed only for 2007 or later format. Learn the concepts of spreadsheets using formulas and functions, create a simple spreadsheet, and learn printing concepts and graphs. DSU requires a computer lab fee to be paid to the Cashier’s Office in the Holland Building. Each class is limited to 10 students.
Prerequisites: Each student must bring a flash drive to class. Information can be downloaded from ICL’s website to flash drive.
Instructor: Salli Brackett, B.A. in Liberal Arts, teacher’s credentials. Worked in administration for companies in pharmaceutical R&D, electrical engineering, and district attorney, some requiring instruction to staff on computer software. Designed and maintains ICL’s database.
INTRODUCTION TO PC COMPUTERS
This is a 6-week course offered twice in a semester. The course is designed for beginners, but also helps others to “fill in the holes.” This course includes basic computer terminology, the understanding of the components of a computer, basic knowledge of Windows 7 and 10, and an introduction to the use of internet and “how to” of email. DSU requires a computer lab fee to be paid to the Cashier’s Office in the Holland Building. Each class is limited to 10 students.
Prerequisite: Each student must bring a flash drive to class. Information can be downloaded from ICL’s website to flash drive.
Instructor: Salli Brackett, B.A. in Liberal Arts, teacher’s credentials. Worked in administration for companies in pharmaceutical R&D, electrical engineering, and district attorney, some requiring instruction to staff on computer software. Designed and maintains ICL’s database.

MICROSOFT WORD – Discover the Possibilities (SPRING SEMESTER ONLY)
Learn to use Microsoft Word while designing your own flyers, greeting cards, calendars and lists. Basic word processing skills will be taught, including copy and paste, spell check, changing text (font, color and size), adding and resizing clip art and your own photos. Class members will complete a short activity at home each week.
Prerequisite: Need basic keyboarding and computer skills. Having a recent version of Microsoft Word on a home computer is desirable.
Instructor: Marie Gyllenskog, B.S., Utah State University; M.S., Library Science, University of Washington. Teacher, Librarian, Computer lab manager.

POWERPOINT
This is a three-week course offered once per semester. Students will learn to create basic presentations with pictures and text and will also learn to add movies and sound. To add pizzazz to your presentations, you will learn to add special affects to each slide such as individual transitions and designs. DSU requires a computer lab fee to be paid to the Cashier’s Office in the Holland Building.
Prerequisites: Each student must bring a flash drive to class. Information can be downloaded from ICL’s website to flash drive.
Instructor: Salli Brackett, B.A. in Liberal Arts, teacher’s credentials. Worked in administration for companies in pharmaceutical R&D, electrical engineering, and district attorney, some requiring instruction to staff on computer software. Designed and currently maintains ICL’s database.

WORD- The Basics and Beyond
This is a 5-week course, offered twice in a semester. It is designed only for 2007 or later format. Learn the basics of word processing, indenting, changing margins, creating special tabs as well as tips on creating professional looking documents. Also learn how to use columns and tables and inserting pictures and other graphics into your documents. Each class is limited to 10 students. DSU requires a computer lab fee to be paid to the Cashier’s Office in the Holland Building.
Prerequisites: Each student must bring a flash drive to class. Information can be downloaded from ICL’s website to flash drive.
Instructor: Salli Brackett, B.A. in Liberal Arts, teacher’s credentials. Worked in administration for companies in pharmaceutical R&D, electrical engineering, and district attorney, some requiring instruction to staff on computer software. Designed and maintains ICL’s database.

FINANCE

ESTATE PLANNING
This is a five-week course. This class teaches what is needed for a proper estate plan. It covers how to protect one’s estate and minimize estate and other taxes. Topics include wills, trusts, probate, estate taxes, living wills, Powers of Attorney, asset protection and asset transfer.

TAX, FINANCE, AND INVESTMENTS
Students will learn about personal tax, personal finance and personal investing. Topics include: Tax – Basic Form 1040 and Schedules; taxes on Social Security and taxes on investments. Finance – borrowing, mortgages, credit cards, bank accounts, and CDs. Investing – Basic investing from bonds and stocks to mutual funds and hedge funds.
Instructor: Dustin Woodbury, B.A. and M.A. in Accounting, BYU; CPA and Financial Advisor.
FITNESS & HEALTH

BALLROOM SOCIAL DANCE (SPRING SEMESTER ONLY)
Learn the most common dances you can use everywhere – waltz, foxtrot, swing, cha cha and rhumba. We will teach two dances in 10 weeks. Learn form and lead-and-follow techniques that will enhance your ability. Sign up with a partner, or come alone – it always works out. This is not a formal class, but a fun class. Please come and play. We will begin mid-January and end the last week of March.

Instructors: Carol A. Martin, Master NLP Practitioner; certified ballroom instructor. Business management, national contracting business for 28 years. Bill W. Collins, Educational background in electronics and metrology, as well as three years of dance lessons. Professional background in pharmaceuticals for 32 years.

BETTER BALANCE WITH THE FELDENKRAIS® METHOD (SPRING SEMESTER ONLY)
Each class is a different 45 minutes of gentle movements designed to increase participants’ awareness and give them new ideas for better balance. There is no routine to memorize, no experience required and no equipment needed. Other benefits may include improved flexibility, increased rotation, more erect posture, and more patience with life’s challenges. Wear comfortable clothing. Each class stands alone, attend one or all. This class will be held in January and February only.

Instructor: Ann Guhman, certified in the Feldenkrais® Method of Movement Education - a 4-year training. Had private Feldenkrais® practice in Madison, WI.

FLAMENCO DANCE AND MUSIC
We invite everyone interested in flamenco dance, guitar, singing, drumming and playing castanets. Flamenco is a deep art form consisting of song, guitar and occasionally other melodic instruments, percussion and dance. Flamenco rhythms are very complex and are often broken or layered. The dance style is noted for lyrical arm and wrist movements, and very strong and percussive hand clapping and footwork. Song lyrics can be joyful or tragic but are always intense. Dancers also learn Flamenco-style percussion to accompany the dance.

Prerequisites: Participants need to be able to move and have good balance and coordination.

Instructor: Pamella Asquith, M.S. in Library Science and Linguistics; Medical Librarian, Intermountain Healthcare.

LAUGHTER YOGA (FALL SEMESTER ONLY)
Laughter is very healing for bodies as it reduces pain and stress. It helps improve blood flow and releases “feel good” hormones in the brain. Started by a doctor in India, laughter clubs are now popular throughout the world. Be prepared to laugh and have fun. Visit YouTube to see laughter clubs in action.

Instructor: Valerie Juechke, Master’s in Education; Teacher (elementary and secondary).

PICKLEBALL
Beginners learn the basics of Pickleball play, scoring, strokes, strategy, skill level, drills and resources. Classes will be customized to participants’ skill levels. Class will be offered once per month. Participants will need a Pickleball paddle and ball. Class is limited to 12 students.

Instructor: Brad Johnsen, BYU, Certified Huntsman Referee, USAPA Ambassador and USAPA rated 4.5 skill level. Nationally ranked and has won 100+ medals.

PILATES INFUSED YOGA (SPRING SEMESTER ONLY)
This class will incorporate the Pilates focus of movement from a strong, supported core and work to strengthen the center, which is the needed foundation for safety and ease in flowing and held yoga poses, as well as the movements of daily life. The class will also focus on the yogic principles of conscious deep breathing, body extension and correct structural alignment that can aid in the release of both body and mental tension. Please bring a mat, water bottle, and a yoga block, if you have one.

Instructor: Betty J. Marianetti, BFA Madonna College, Detroit, MI. Art consultant/artist. Yoga/Pilates instructor for many years. Certification with Yoga Alliance. IM=X Pilates Certified.

PLAYGROUND GAMES
Did you enjoy four square, hit the bat, volleyball, kickball, etc. just a few years ago in elementary school? Come join us for a great hour of fun, movement, exercise and smiles!

Instructors: Patti Lusby, B.S., dental hygiene. Marilyn Shirts, Assoc. Degree and an additional 2 years of Elementary Early Childhood from SUU and three levels of Suzuki Piano Teacher Education at USU. Taught Preschool, worked in elementary school and
SOMATIC YOGA
Basic Iyengar Yoga, Somatic Yoga at any age, focusing on posture and alignment as well as breathing, with the participant’s goal resulting in improved range of motion, relaxation and mental clarity. There will be two classes per week.
Instructor: Sondra Fraleigh, B.A. in Dance, M.A. in Dance and Somatic Therapy. Professor of Dance and Somatic Therapy, State University of New York; Founding Director – Eastwest Institute for Dance and Movement Studies.

TABLE TENNIS (BEGINNING)
This class will review basic tournament rules for Table Tennis, such as scoring and order of play for doubles and singles games. Students will be encouraged to focus on various skills during each weekly class. Players will be invited to share their own successes regarding stance, service options, ball return, point strategies, and ethical etiquette during play. We will offer occasional informal tournaments for those who wish to participate. The ultimate goal is to enjoy this sport by knowing how it is played and to have fun practicing and improving skills with other students on a regular basis. Class limited to 12 students.
Instructor: Patricia C. Parker, B.S., Elementary Education, University of Utah; Legal Secretary.

TABLE TENNIS
Single and doubles Ping Pong. Play for fun and recreation with others interested in an hour of enjoyment. Improve your game; improve your reflex and response times. Class limited to 18 students.
Instructor: Larry Puskas, software developer and former professional tennis player.

TAI CHI / QIGONG
Tai Chi is an exercise that is made to order for modern life; it is an expanded version of a more ancient exercise called Qigong, which may be at least 2,000 years old. In modern terms, Tai Chi and Qigong are ancient systems of biofeedback and classical conditioning. Traditional Chinese doctors of long ago noted that our natural tendency is to hold on to stress, which bogs down the brain. They, therefore, created exercises that would train the mind and the body not only to continually dump stress, but also to actually change the way the body handles future stress. Unlike other martial arts, Tai Chi avoids use of external strength. Making Tai Chi practice a part of your daily life will lead the way to super health and longevity. Wear loose clothing and please, no cell phones.
Instructor: Barbara J. Mathison, Certified health coach, 2nd level Reiki master, Tai Chi instructor for over 6 years. Lecturer, Business Woman of the Year. Travelled the world performing and speaking for Fortune 500 companies.

TENNIS
Drills, match lay, and player tips for improved play. Must be able to perform the basic strokes of tennis. Class size is limited to 12 students.
Prerequisites: Students will provide their own racquets.
Instructor: Garth S. Allen, B.S., Utah State University; Certified Professional Tennis Instructor (USNTA). Over 50 years of playing and teaching tennis to youth and adults. Was Tennis Director for Sandy City Parks and Recreation and Community Tennis Coordinator for Utah Tennis Association.

HISTORY, PHILOSOPHY & SOCIAL SCIENCES

ARCHEOLOGY – The Southwest’s First People
“What ever became of the Anasazi” you ask? A Zuni, Hopi or Tewa will tell you “I AM HERE.” Over the course of 15 weeks students will hear from a number of informed enthusiasts and professionals in this field. Course will begin by exploring speculations about where the first people came from, with a comparison to the emergence stories that Puebloans have told each other for centuries and how this relates to the petroglyphs and pictographs that are so abundant where we live. Then there are their migration stories that parallel what archeologists are now discovering. In the midst of this, students will take an honest look at the dramatic rise and fall of a centralized civilization bound by trade, religion, economics, but most of all – by water. Pottery designs, habitation construction techniques and what it meant to switch from hunter-gathers to farmers and traders will bring out the richness of the culture. Students will take away a sense of kinship and reverence as well as learn how to participate in the preservation of artifacts and glyphs that are on our very doorsteps. Class is limited to 35 students.
Instructor: Dennis L. Wignall, Ph.D. – B.A., M.A., Ph.D., Professor, DSU, Dept. of Communications.
ARCHAEOLOGY OF MESOAMERICA
Mesoamerica designates a culturally unique zone of the Americas in pre-Columbian times reaching southward from central Mexico into upper Central America. Here, a “mother” culture known as the Olmec, evident from around 1200 B.C., was the impetus of distinctive cultural expression including a complex cosmic iconography, elaborate ceremonial centers, intensive agriculture, urban living, and writing. Class will focus on Mesoamerican archaeology covering developments primarily northward in central Mexico, southward among the Maya and in between the Isthmian region.
Instructor: Andrew McDonald, B.A., Archaeology/Geology, BYU; M.A., Anthropology, La Universidad de las Americas, Mexico; Ph.D., Latin American Studies, the University of Texas, Austin. Director, archaeological excavations and instructor, Department of Anthropology, Southwest Texas State University.

CIVIL WAR
Students will focus on general topics related to the Civil War period, covering such areas as the great armies, great gambles, blunders and strange battles, prisons and what became of the key participants after the war. Course will cover other topical subjects that relate to the conflict that helped define the national character.

EASTERN PHILOSOPHY
This course will provide an introduction to the philosophy of Hinduism and the growth of Buddhism from India to Japan. The course will also deal with religious insight into the nature of one’s existence or being in the world.
Instructor: Patrick Lee McKenna, M.A., Philosophy, San Jose State University with a minor in US History. Taught philosophy at Chapman College, Moffett Field, NASA, Sunnyvale, California.

ENTERING THE MODERN ERA – A History (SEMINAR) (FALL SEMESTER ONLY)
An historical overview of the transition from the Middle Ages (age of empire and kings, divine right monarchy, and serfdom) into modernity (the age of nation states and philosophies of “isms”). Focus will be on the 18th century – “the Enlightenment,” “the Industrial Revolution,” and “the French Revolution.” This overview will take place in a single three-hour seminar class.
Instructor: Bob Stone, B.A., English Literature, University of Pennsylvania; J.D., University of Miami. Attorney – specialty in business litigation.

HISTORY OF WASHINGTON COUNTY (SPRING SEMESTER ONLY)
Course begins by examining the Native Americans in the region – the Anasazi, Paiutes, Hopis, and Navajos. The early explorers are discussed, then the arrival of American settlers and their importation of European/American institutions. The great leaders and the great buildings are described. The massacre at Mountain Meadows is dealt with and its continuing impact. Medicine from herbalism to modernity, the many water projects from the Washington Fields dam to the present are considered. Schools, farming and ranching are examined, then the transition to modernity with Highway 91 and eventually I-15. We conclude with challenges for the future.
Instructor: Douglas D. Alder, B.S. and M.S., Ph.D., Professor of History, Dixie College; Professor of History, Dixie College; Adjunct Professor, Dixie State University.

ISLAM – YESTERDAY & TODAY (SPRING SEMESTER ONLY)
This course covers the rise of Islam and its evolution over 1400 years. Emphasis will be given to understanding developments within Islam during the past 200 years, particularly with regard to 18th—20th Century reform movements within Islam, the emergence and development of Islam in the United States and the role of Islam in the increase of terrorism during the past forty years.
Instructor: Preston Hughes, B.S., United States Military Academy, West Point; M.A., Mideast Studies, University of Utah; Ph.D., Political Science, University of Mississippi. Retired Army Officer, 27-year career, retired as Colonel.

STUDY OF THE TORAH/OLD TESTAMENTS – The People, Stories and History Through a Jewish Lens (FALL SEMESTER ONLY)
A discussion through the Jewish lens of the people, stories and historical events in the Torah/Old Testaments.
Prerequisites: The learners will bring their Bibles to class with the Old Testaments or the Five Books of Moses.
the regional hospital and is an active member of the Interfaith Council of St. George. Authored *A Novice's Guide Through the Jewish Holidays*.

**WOMEN'S VOICES IN THE BIBLE AND MEGILLOT ESTHER AND RUTH – A Study of the Matriarchs Sarah, Rebecca, Rachel, Leah, Judges and Prophetess Deborah and Dinah (SPRING SEMESTER ONLY)**

A study of the Matriarchs, Prophetess Deborah, Dinah. The Megillah Ester and the Megillah Ruth will also be discussed. **Prerequisites:** The learners will bring their Bibles to class with the Old Testaments or the Five Books of Moses. **Instructor:** Rabbi Helene Ainbinder, B.A., Hofstra University, Judaic Studies, minor in Art. Touro College, licensed Jewish Family Educator, Ordination from the Esoteric Interfaith Theological Seminary. Over 25 years teaching experience in the diverse Jewish movements. Educational director of a religious school K-7 grades. Affiliated with Beit Chaverim in St. George. Serves as a chaplain at the regional hospital and is an active member of the Interfaith Council of St. George. Authored *A Novice's Guide Through the Jewish Holidays*.

**THE WAY IT “WUZ” – GROWING UP AND LIVING IN SOUTHERN UTAH (SPRING SEMESTER ONLY)**

There have been LOTS of changes in Southern Utah since the 50’s, 60’s, and 70’s. Back then it was hard to make a living without leaving the area. People knew all about their neighbors and everyone else 50 miles away. Communities had to pull together to make things happen. Come and hear true, provoking, peculiar, and funny stories told by Southern Utah natives, or those with enough red sand in their shoes that they’ve become natives, the way they remember them while growing up and living in Southern Utah. **Instructors:** Marilyn & Keith Davis. Marilyn: Graduated from Dixie College and attended University of Utah. Keith: Attended University of Utah. Marilyn: Chair, St. George Winter Bird Festival; Presentation Coordinator and Educational Chair, Red Cliffs Audubon. Writes articles for *Spectrum* and *Senior Sampler*. Worked at DSU, University of Utah, Zion National Park, Five-County Association of Governments, and BLM. Keith: Retired from U.S. Postal Service.

**HOBBIES & INTERESTS**

**BICYCLE MAINTENANCE AND REPAIR**

Class will cover bicycle repairs, adjustment and maintenance for beginning to intermediate cyclists. Students will learn by doing, hands-on, easy-to-learn repairs that will keep bicycles ready to ride. Items that will be covered are brakes, shifters, derailleurs, tires, tubes, bottom brackets, wheels, hubs, pedals, seats, steering and bicycle safety. Course will be taught using *Park Tool Big Book of Bicycle Repair*. This is handy to have, but not required. Contact instructors for more details. Class will begin in October and is limited to 10 students. **Prerequisites:** A desire to keep the bicycles tuned and ready to ride with skill and confidence. **Instructors:** Tom Flowers, two years college, Air Force Pilot Training, Air Traffic Control School, Squadron Officers School, Command and Staff School. Recently completed Professional Bicycle Technician Training with the United Bicycle Institute in Oregon. Air Traffic Controller for 3 years, USAF for 24 years, Check Airman for 32 years. Ray Olson, Social Work Certification Program, Certified Addiction Counselor. Trained by professional bicycle mechanic; bike mechanic at Ironman, Station #2.

**COIN COLLECTING**

Students will continue with the Introduction to Coin Collecting Series and be introduced to the world of numismatics, beginning with a general discussion of the history, minting process, and values of US coins. The course will give students the knowledge necessary to research, examine, and value coin collections. Students will learn how to recognize and differentiate varieties and errors, counterfeit, copied, and doctored (altered) coins, and how coins are graded by the major Third Party Grading companies. All US Mint coins, 1793-present, will be discussed, with an emphasis on the Morgan Silver dollar, the most collected silver coin in US history, and the Lincoln penny, the most collected non-silver coin in US history. It will be an interactive class with ample opportunity to ask questions and share findings/discoveries. Class participants are encouraged to bring in coins they would like to share, discussion wise, of course, with others. **Instructor:** William G. Fulton, Computer Technology, US Air Force. Self-study courses in Morgan dollars, Lincoln cents, coin forensics, etc. Advanced Grading classes at the ANA Summer Seminar. Member of the ANA, past member of the National Collectors Association of Die Doubling, member of Combined Organizations of Numismatic Error Collectors of America, and Diamond Member of PCGS Collectors Club.
DSU AND YOU (FALL SEMESTER ONLY)
Learn more about Dixie State University, what besides ICL is available through DSU for ICL members, and how ICL members can participate and contribute. The first class will be a class overview including a schedule of class topics and a discussion of DSU athletics, then pick and choose which classes to attend as DSU administrative staff and department and program representatives present information about such topics as campus orientation and DSU history and strategic vision; athletics; visual and performing arts; DocUtah; Celebrity Concert Series; Community Education; President's Colleagues and Dixie Forum; admission, costs, and financial aid; ICL library privileges and HB60 auditing of classes; and mentoring opportunities.
Instructor: L. Merrill Palmer, B.S., Electrical Engineering, BYU; M.S., Electrical Engineering, Arizona State University; professional certificate in Systems Engineering, UCSD. 46 years as an engineer and manager in Microelectronics Engineering and Systems Engineering.

INSURANCE FOR THE LAYPERSON (SPRING SEMESTER ONLY)
Class is not a sales presentation, but a class designed to educate layperson s on what they need to know about purchasing insurance to protect themselves and/or their businesses. TV and print media ads will advertise saving money at the expense of having limited coverage or no coverage when a claim is submitted. Class will cover personal lines of insurance (auto and homeowners) coverage and commercial lines of insurance for the small business, including businesses operating from home. Program will cover the various types of insurance companies and producers (captive agents, independent agents, and insurance brokers). Part of the program will be an in-depth discussion on how the claims process works and review of various types of coverage. Protect yourself and your business by being an informed consumer, now, rather than later, when a claim is presented.
Instructor: Victor Lorch, ARM, ARPM, AINS, B.A.; Licensed Property/Casualty Agent and Broker in Utah; Insurance Instructor for the Insurance Education Association, Orange, CA and Rancho Domingo College, Santa Ana, CA. Over 35 years as a Risk Manager and Claims Supervisor for several major insurance carriers. Published several articles on Insurance Pooling. Awarded Outstanding Instructor Level 4 by the Insurance Institute of America.

LAW AND THE LAYMAN (FALL SEMESTER ONLY)
Whether you watch KSL News, Fox News, CNN, MSNBC, the Daily Show, or listen to NPR, Rush Limbaugh, or Progressive Talk, each media source focuses on legal issues. This course will give you an overview of government systems and laws that govern various legal disciplines such as constitutional law, civil procedure, contract formation, property law (HOA communities and landlord tenant laws), injuries and medical malpractice, criminal procedure and law, family law, and various other topics. Each class will focus on one area of the law, how it was developed, and current legal issues.
Instructor: Todd Sheeran, Bachelor's, Integrated Studies: Business and English, DSU; Juris Doctor, University of Utah; attorney.

REAL ESTATE
Class will cover real estate topics such as the differences between regular communities and 55+ communities, the truth about reverse mortgages, investment opportunities, protecting investments, loan options, transfer of property at death, and what to expect from a real estate agent.
Instructor: Melinda Goodwin, Licensed Realtor, Associates in Applied Science (Nursing), real estate agent, professional writer, nurse, educator.

TRAVELING THE WORLD
Have fun with discussing worldwide travel with a travel expert. Learn about destinations, share your experiences, listen to guest speakers, learn travel tips, talk about different ways to travel, travel rules, ask travel questions and more!
Instructor: Gary Sorensen, Certified Travel Consultant, Certified Travel Associate and Destination Specialist from the Travel Institute, Wellesley, MA. Worked over 25 years in the travel industry, Traveled to over 40 countries, has local radio travel talk show, host of the St. George Travel Club with monthly travel seminars. Writes a travel column and weekly travel quiz for the Spectrum.

WHAT TO DO WITH GRANDPA'S COINS
Don't know what to do with that assortment of coins? Don't know the value is in US dollars? Uneasy about taking them to a coin dealer? This class is designed to give information and tools to allow informed decisions when liquidating coin collections. The class will be two sessions per semester and will encompass the care and handling of coins, recommended supplies, recommended books that allow evaluation of coins, and how to use the internet to determine the base value of coins.
Instructor: William Fulton, US Air Force, Computer Technologist, ANA certified in coin forensics, counterfeit and altered coin detection, grading of circulated and circulated coins. Extensive study in Lincoln cents, Morgan dollars. American Numismatic Association Life Member, American Numismatic Society Associate Member, Combined Organizations of Numismatic Error Collectors of America Member, PCGS Collectors Club Platinum Member, NGC Collectors Society Associate Member.
LANGUAGES

FRENCH – BEGINNING TO COMPLETE MASTERY
This course is for those students who have completed a Beginning French class. Class is limited to 12 students and will be held in the instructor's home. Students will contact the instructor at (435) 673-8775 for an interview to determine placement and materials. Class will be scheduled according to students' needs.
Prerequisites: Should have had some French study.
Instructor: Joann Crider, B.A., BYU; Graduate work at Université de Poitiers in Tours, France; French teacher for 28 years.

SPANISH - ADVANCED LEER ES APRENDER
Si puedes leer este párrafo sin dificultad (o con un diccionario sin mucho trabajo), quizás quisieras asistir a esta clase. Leemos cuentos cortos escritos por autores españoles y latinos (por ejemplo: Isabel Allende, Gabriel García Márquez y otros). Al principio la maestra tendrá copias de algunos cuentos. Hablaremos en español acerca de los cuentos y de la gramática, y de cosas en general. También jugaremos el juego “Scrabble” en español para aumentar el vocabulario. Si tienes preguntas, llama a la maestra, por favor.
Prerequisites: Prior knowledge of Intermediate Spanish II and must have basic Spanish speaking skills that need refining and building. Beginning Spanish students may audit and listen but will not participate extensively.
Instructor: Germana Chuba, B.A. and M.A. in mathematics; taught college level mathematics for 40 years, studied Spanish for 4 years in high school and 2 years in college.

SPANISH – BEGINNING LEVEL I
This class is for beginners or those in need of an elementary review. Reading and translation of simple stories, vocabulary words, grammar with simple sentence construction and simple conversations are taught. Class participation and interaction are encouraged. Spanish Beginning Level I is a year-long course and will be using the book, Spanish Made Simple, by Eugene Jackson and Antonio Rubio, which can be purchased online. Class limited to 25 students.

SPANISH – BEGINNING LEVEL II
This class will be for students who have had Spanish Beginning Level I. Instructor will provide printed material. Class will use Spanish only during class.
Prerequisites: Students need to know pronunciation of vowels and consonants, construction of a Spanish sentence, and be able to conjugate some present and past tense verbs. Class limited to 20 students.
Instructors: Blanca Mercadillo-Wasden (Fall Semester Instructor), 3 years of college. Studied legal and medical interpretation. Worked as a legal and medical interpreter; owner and general manager of a travel agency. Patricia Healey (Spring Semester Instructor), M.Ed, minor in English & Philosophy, Creighton University. Taught elementary school for 30 years. Studied Spanish for many years and lived in Spain.

SPANISH – CONVERSATION (SPRING SEMESTER ONLY)
This is an advanced Spanish course for those students who have asked for a conversation class. Students will learn reading comprehension and conversation and be given handouts of text to read and discuss in class, which will increase vocabulary and ability to speak Spanish in public.
Instructor: Blanca Mercadillo-Wasden, 3 years of college. Studied legal and medical interpretation. Worked as a legal and medical interpreter; owner and general manager of a travel agency.

LITERATURE

FAVORITE BOOKS
This class is a reading/discussion group with a long history in ICL. It meets once a month. Members collectively select a book-a-month to be read by all. At a subsequent meeting, there is a discussion of the book and author, led by one of the class members.
Instructors: Ann Broadbent, studied English, speech & dramatic arts and music in College; Box Office Manager at DSC for 2 years; Office Manager at The Utah Shakespeare Festival for 11 years; Janet Cramer, AB Bryn Mawr College; MA Boston University, Technical and Manufacturing Manager, Polaroid (29 years), Realtor (12 Years).
MARK TWAIN – An American Original
An introduction to the life and works of America's preeminent humorist. The class will explore the nature of humor and why this 19th Century author remains relevant today while so many of his contemporaries are long forgotten. We will take a closer look at Twain’s views on politics, religion, war, sex, human nature and cats. This course will involve student participation, PowerPoint presentations and readings. Come learn things about Mark Twain you never knew, while strengthening your immune system with laughter.
Instructor: Douglas R. Bowen, B.A., German Literature, BYU; Firefighter 1 and 2 certifications; Fire Service Instructor Certification. Non-Profit Agency Executive for 16 years. Washington County Asst. Fire Warden for 3 years.

STORYTELLING (FALL SEMESTER ONLY)
This course is designed to involve students in the art of storytelling through listening to and sharing stories with others. The objective of the class is for each person to see the value of storytelling in his/her everyday life. Central to this objective is building the desire to find, create and share stories. All storytelling events have two things in common – the teller and the listener. What happens when a story is told well is truly magic! Come and learn and experience storytelling together.
Prerequisites: Students must have a writing pad and a pencil. Students may want to make copies of stories.
Instructor: Lee William Russell – M.A., Theatre; and 30 years as an instructor at the college level.

MUSIC & THEATER

DISCOVERING LIVE, LOCAL THEATER
This class will give you new insights into the live theatre experience and a greater enjoyment of the unusual live theatre venues in our area. We will cover the history, background, forms and methods of live theatre and discuss the current local plays in production. There will be in-class discussions with local producers, directors, actors, and others involved in the dramatic experience. By special arrangement, students can purchase tickets to the plays we discuss at discount prices. Attendance at the plays is not required.
Instructor: Carl Rich - History and Political Science, University of Utah; Drama, Utah State University; worked in radio/TV and stage production; writer, photographer, and webmaster of dixietoday.com. Has 50 years of experience working in the theatre.

HOW TO READ MUSIC SO YOU CAN SING IT
Music is a mathematical, international language. Course will cover the piano keyboard, alphabetic keys A-G and middle C, the scale (half-step/whole-step counting, white keys, black keys, sharps and flats, octaves), pitch written with notes (whole, half, quarter 8th and 16th, dotted notes, tied notes, triplets, rests, key signatures, time signatures, staff lines, staff spaces, line endings, measures, treble and bass clefs, bass tenor, alto and soprano), timing and how all of these things fit together to produce recognizable, readable musical sound. This class is limited to 10 students, and consists for two four-week classes each semester.
Instructor: Richard Graf, B.A, Denver University; actor for 25 years; administrator at Southern California Superior Court for 20 years.

MUSIC APPRECIATION
The Music Appreciation class is designed to introduce students to the great works and composers of classical music from the Renaissance through the twentieth century. Whether a beginner or a seasoned listener, students will enjoy learning more about music.
Instructor: Patricia Ashliman, B.S., Music - Piano and Organ Performance, BYU; graduate studies in piano performance, Göttingen and Carnegie Mellon Universities, Musicology at University of Pittsburgh. Operated music studio in Pittsburgh, PA for 30 years.

NATIVE AMERICAN FLUTE – BEGINNING (FALL SEMESTER ONLY)
Can't read a note? Can't hum a tune? Can't beat time with a stick? Anyone can create sweet soothing sounds using the Native American style flute without any previous musical knowledge or experience. This class welcomes beginning students with an emphasis on fundamentals. Come with a playful attitude and an open heart. You can repeat this class if you have taken it previously. Class will begin in mid-October and run for 7 sessions. Class limited to 20 students.
Prerequisites: Students will need a standard 5- or 6-hole Native American Style Flute by two weeks into the class session.
Instructor: Christine Oravec, Ph.D., Communication Arts, University of Wisconsin-Madison; Certificates of completion, Zion Canyon Flute School; Chair of and participant in Native Flute workshops at Zion Canyon Flute Festival. Professor Emerita, Department of Communication, University of Utah; Volunteer, Alternative (Music) Therapy, Zion’s Way Home Health and Hospice; guest speaker and substitute teacher in Native American Flute offered through DSU Community Education program; continuing member of the St. George and Salt Lake City Native American Flute Circle; teaches private lessons.
NATIVE AMERICAN FLUTE – INTERMEDIATE (SPRING SEMESTER ONLY)
If one can play a short melody from the heart on a Native American Flute, one is ready to take this class. The course will briefly review beginning skills and solidify techniques like creating songs and laying duets. The class then will decide where to go. Some suggested topics: developing a personal style, learning circle games playing in harmony, finding the “hidden” scales in a flute, and using backing tracks. Class limited to 20 students.
Instructor: Christine Oravec, Ph.D., Communication Arts, University of Wisconsin-Madison; Certificates of Completion, teacher, Zion Canyon Flute School; Chair of and participant in Native Flute workshops at Zion Canyon Flute School. Professor Emerita, Department of Communication, University of Utah; Volunteer, Alternative (Music) Therapy, Zion’s Way Home Health and Hospice; guest speaker and substitute teacher in Native American Flute offered through DSU Community Education program; continuing member of the St. George and Salt Lake City Native American Flute Circle; teach private lessons.

OPERA FOR ONE AND ALL
The Fall Semester (Operatic Odds and Ends, Part II) will be composed of classes which have specific themes such as lawyers, letter scenes, crime and punishment, and great bel canto arias. The Spring Semester (Hallmarks of Italian Opera) will track the development of opera in Italy with each class dedicated to a specific work by composers including, but not limited to Bellini, Rossini, Donizetti, Verdi and Puccini.
Instructor: Allen S. Jacobi, Jr., A.B., English Literature, Providence College; J.D., Villanova University; trial attorney for 33 years and opera enthusiast.

PIANO II
This class continues on from the beginning piano classes taught previously and for students who already have some beginning piano skills. Using Book 1, we will continue into the 2nd half of the book, learning more pieces as we discuss and study the fundamentals of piano. If you can play in Book 1, you will enjoy this class in a group setting with lots of laughter, supplemental pieces, and friends. Class is limited to 24 students.
Prerequisites: Required Book: Adult Piano Adventures All-In-One Lesson Book #1 (green cover), by Nancy & Randall Faber.
Instructors: Marilyn Shirts, Associate Degree and an additional 2 years of Elementary Early Childhood from SUU and three levels of Suzuki Piano Teacher Education at USU. Taught preschool, worked in elementary school and Five County Assoc. of Governments. Mark Gibbons, B.A., Music, BYU; 33 years teaching music, K-12.

PIANO III
This is a comprehensive course continuing through the 2nd half of Book 2. Some review of basics, with new and exciting materials to explore. New skills will be modeled and guided practice provided to help students learn advanced skills together in a fun group setting. It covers music theory, inversions, chord progressions, and additional note reading. If you can play in Book 2, you will have fun in this class. This class is limited to 24 students.
Prerequisites: Required Book: Adult Piano Adventures All-In-One Lesson Book #2 (gold cover), by Nancy & Randall Faber.
Instructors: Marilyn Shirts, Associate Degree and an additional 2 years of Elementary Early Childhood from SUU and three levels of Suzuki Piano Teacher Education at USU. Taught preschool, worked in elementary school and Five County Assoc. of Governments. Mark Gibbons, B.A. Music, BYU; 33 years teaching music, K-12.

WHAT TO LISTEN FOR IN MUSIC
Students will improve listening skills by becoming more aware of elements of music, melody, rhythm, harmony, structure, etc. There will be guided listening with examples taken from the time-tested classical repertoire.
Prerequisites: A love for music and desire to learn more.
Instructor: Helen Stringham, Master’s Degree in Music Composition and Theory. Taught 14 years at Salt Lake Community College and founded the music program, developing the courses in appreciation, history and theory. Began and conducted a bell choir. Won teaching excellence award and inspirational teacher award. Wrote original music for theater at Salt Lake Community College and University of Utah.

OUTDOOR ACTIVITIES & FIELD TRIPS

BOTANY FIELD TRIPS
This is a Field Botany Course. Students will identify plants in the field at various altitudes and ecosystems. Class will discuss their uses by humankind, as is known.
Instructor: Lee Hughes, A.S., Forestry, North Dakota School of Forestry; B.S., Range and Fishery Management, Utah State University; 38 years Bureau of Land Management.
HIKING
The course will provide two hikes each month of 3-5 miles. The instructor will provide a short presentation of the history and/or topographical information and lead the hikes. The participants will be moderately fit; have good hiking boots that provide ankle support; and light backpacks or fanny packs. Two water bottles are recommended, as well as hiking sticks. The class may be limited to 30 participants with preference given to ICL members. Visitors will be required to sign an indemnity agreement before going on the hike. 

HORSESHOES – BEGINNING (SPRING SEMESTER ONLY)
The game of horseshoes has been popular since the ancient Greeks and Romans and is considered a lifetime sport – one which can be enjoyed at any age or level of ability. Class will cover playing rules, scoring (does close really count?), calling scores, conduct on the court, and most importantly, pitching practice. So whether one is looking for a recreational sport that will provide a moderate amount of exercise with a great deal of camaraderie, or just wish to impress everyone at the next family picnic, this is the opportunity. Class limited to 24 students. Horseshoes will be available.
Instructor: Dennis Duszynski, B.S., Accounting, Marquette University. City of Milwaukee Property Appraiser for 33 years. Wisconsin Assessors Association, Personal Property Standards Board, 18 years. 2013 Horseshoe World Class Champion.

NATIONAL PARK SCENERY & ROCK ARCHITECTURE (FALL SEMESTER ONLY)
Information adds value to what one sees. Students will go to national parks in the vicinity of St. George to look at rocks and topography. The class will identify rock structures, features and formations creating the scenery in the parks. Brief accounts of the park history and origin of names on topographic maps will be discussed. The tentative schedule for the eight classes are Geologic Setting, Zion, Capital Reef, Bryce Canyon, Arches, Canyonlands, the Grand Canyon, and Park Comparisons.
Instructor: Bruce Vandre, B.S., Geological Engineering, over 40 years in civil engineering.

PHOTOGRAPHY

DIGITAL PHOTOGRAPHY
Class will develop basic photography skills with a digital camera. Students will learn how to load the camera pictures into the computer, organize files, send emails, and make prints. Also included will be basic and intermediate photo editing (cropping, color adjustment, etc.) with Photoshop Elements. Class will continue into Spring Semester. It is recommended that students have a digital camera (any model) and Adobe Photoshop Elements or Photoshop CC computer software.
Instructor: D. L. Ashliman, Ph.D., retired professor and university administrator.

SCIENCE

GEOLOGY (SPRING SEMESTER ONLY)
The history of earth is written in rock. Examine the dynamic forces that are constantly shaping and reshaping our planet: earthquakes, volcanism, plate tectonics, and continental drift. Learn about faults, calderas, rift valleys, subduction, anticlines, and synclines.
Instructor: Rick Miller, Ph.D., retired professor of Geology, San Diego State College.