

# 2018–2019 COURSE CATALOG

## **Mission:**

The purpose of the Institute for Continued Learning (ICL) shall be to promote opportunities for lifelong learning, to encourage social interaction, and to provide cultural enrichment for retired and semi-retired persons who desire to continue their intellectual pursuits and activities and participate in events and challenging courses, and that they may have the opportunity to do so at minimal cost and in accordance with their interests.

## **Vision:**

ICL strives for intellectual stimulation, enjoyment, and invigorating learning opportunities in a comfortable, safe, supportive, and congenial environment.

## **Values:**

- We value the joy of learning and recognize the vital relationships among intellectual stimulation, social interaction, creative expression, and healthy aging.
- We value a curriculum of depth and breadth taught by volunteer instructors, and we promote programs that inspire our members to participate in ICL and the broader community.
- We value activities that encourage our members to volunteer their time, talents, skills, and resources.
- We value excellence and measure our success by our members' participation and satisfaction with our curriculum, affordability, social opportunities, staff, and leadership.
- We value the opportunity to offer scholarships to deserving students attending Dixie State University.

## **GENERAL INFORMATION**

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.

**PLEASE SAVE THIS CLASS CATALOG AS YOUR REFERENCE  
FOR FALL AND SPRING CLASSES!**

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## CLASSES LIMITED IN SIZE

Following is a list of classes for the academic year with limited enrollment. Once the class limit is reached, a list of alternate students will be maintained. All other classes are limited to the number of seats in the classroom.

COURSE	FALL LIMIT	SPRING LIMIT
Artist Trading Cards (ATCs)	25	Not Offered
Baking Yeast Breads	20	20
Bicycle Maintenance (Two classes/week)	10 + 10	10 + 10
Books as Art!	Not Offered	25
Drawing- Colored Pencil	Not Offered	20
Drawing: Graphite Pencil	26	26
Foundations of Modern Science	20	Not Offered
Lawn Bowling	12	12
Introduction to PC computers	10	10
Knitting and Crocheting, Beginning	10	10
Knitting and Crocheting, Intermediate	10	10
Piano 2B	16	16
Piano 2-3	16	16
Pickleball: Beginners	18	18
Pickleball Practice	8	8
Spanish Conversation	20	20
Table Tennis - Novice & Intermediate Monday	18	18
Table Tennis - Intermediate	16	16
Tennis	12	12
Watercolor	Not Offered	10
Wood Burning	20	20

## COMPUTER CLASSES

If you plan to attend a computer class, please be aware that Dixie State University charges a computer lab fee of \$10 per person, per semester, for which the student will receive a username and password. The fee is paid at the IT Help Desk, 2nd Floor in the Holland Building, **before the first class**. Members who have a DSU username and password may use the open lab in the Holland Building.

## NEW CLASSES

### **AMAZING RELIGIOUS FIGURES FROM HISTORY (Fall Semester only)**

This 3-session class will cover "Governor Lilburn W. Boggs: From Mormon Extermination Order to Donner Party Captain," "Orson Hyde's 1841 Voyage to Palestine: Mormon Apostle, Jewish Prophet," and "Little Known Facts About the Siblings and Relatives of Jesus of Nazareth."

**Instructor:** L. Dean Marriott, Ed.D., BYU, 1979. BYU, Ancient Scripture Adjunct Professor, 20 years; DSU, American History Adjunct Professor, 4 years; Institute of Religion Director/Instructor, 20 years; tour director to Middle East and American History sites.

### **ANDROID SMARTPHONE BASICS**

Need a little help understanding how to work that Android Smartphone? Bring it to class and let's learn together! In this course we will learn the basics of operating your phone, changing and customizing settings, and some of the fancy features you may not have tried yet. We will cover: setup, apps, email, notifications, texting, video chat, cameras, scheduling, and troubleshooting. This course is not designed to be a complete/in-depth education of every exhaustive option and capability of your phone. Rather, it will help you feel more comfortable with using your device, changing settings to better fit your style of use, and arranging the screens in a manner that fits your taste and personality. Each class period will end with a Q&A for you to get personal help with your device. 5-week course.

**Instructor:** Tyson Pulsipher, Community/Continuing Education Director, DSU.

### **ART AND SCIENCE OF LIFELONG LEARNING (Fall Semester only)**

We will address the problem of today's knowledge explosion; the problems it is creating for both individuals and society in general; and how our ability to recognize, absorb, and utilize relevant knowledge addresses the problem. We will then discuss the practical things we can do to increase our capacity to learn. Classes will include experiential exercises that illustrate the principles and help develop the skills needed to apply them. The course will be highly interactive, drawing on class members' experiences as a basis for testing and adapting the material being discussed.

**Instructor:** Hugh M. Cannon, Ph.D., 1979; M. Phil., 1978; MBA, 1972, New York University; A.B. BYU, 1969. Marketing and advertising consultant to various organizations. Recognized as a leading scholar in the area of advertising media planning and business simulation design/experiential learning in business. Adcraft/Simons-Michelson Endowed Professorship; Associate Professor, Wayne State University; Assistant Professor, Northwestern University; Instructor, Miami University; Director of External Programs, New York Institute of Technology. Taught courses at New York University; BYU; Ludwig Maximilian University, Germany; Sabanci University, Turkey.

### **ARTIST TRADING CARDS (ATCs) (Fall Semester only)**

Students will create Artist trading cards (ATCs), which are miniature pieces of art that are traded around the world. Artists create, trade and collect art at organized "swap" events, either in person or online. The only official rule for ATCs is the size: 2.5" x 3.5". In 1997, M. Vanci Stirnemann, a Swiss artist, created 1200 cards by hand as part of an exhibit. On the last day, he invited others to create their own cards and trade with him during the closing reception. The movement took off, and today, there are ATC swaps in almost every major city around the world. **Class fee of \$5 will be paid to the instructor at the first class session. Class size is limited to 25 students. Class will meet twice a month.**

**Instructor:** Erica Wangsgard, M.F.A., University of Utah, Art; B.A., Brigham Young University, Art. Educator, Granite School District, Granite Education Foundation, University of Utah, Salt Lake City School District. Visual Artist/Instructor, Salt Lake City Arts Council, Oakridge Elementary School, Salt Lake City Corporation. Salt Lake Art Center Board Member and Education Committee Member; Director of Beacon Heights Elementary School Art Space; Utah Art Education Association.

## **BAKING YEAST BREADS FOR BEGINNERS AND EXPERTS! (Fall Semester only)**

Hands-on course to prove that it is fun and easy to make wonderful yeast products at home. We will discuss ingredients and techniques. Ingredients will be provided. Participants will work in pairs or trios and each will take home the day's dough to bake. Participants will be asked to bring either a cookie sheet or 9- or 10-inch square or round baking pan to class in which to take shaped dough home for baking. **Class size will be limited to 20 students. Class fee of \$7 will be paid to the instructor at the first class session.**

Session 1: Explanation of ingredients. Participants will work in pairs or trios to make a simple French bread or no-knead dinner rolls. Instructor will have brought dough to shape and bake during the discussion so that participants can see how to test for doneness. Participants will take shaped dough home to bake.

Session 2: Participants will work in pairs or trios to make dinner rolls in various shapes, white loaves, or wholegrain bread. Instructor will bring prepared dough and demonstrate shaping. The dough will rise and bake while participants are working on their products.

Session 3: Participants will again work in pairs or trios to make cinnamon rolls, filled braids, or specialty bread. Instructor will again bring prepared dough to shape and it will bake while students are working on their products.

**Instructor: Sandy Paige**, M.Ed., University of Nebraska (Lincoln); B.A., Wayne (Nebraska) State College; education, business, home economics. Business/English instructor at three high schools, a community college, and a business college; USO tour guide in Germany for military and their families, 8 years.

**BOOKS AS ART! (Spring Semester only)** Students will learn to create their own hand crafted book with wet on wet watercolor techniques (more than one technique) on watercolor paper for their beautiful book cover. Students will then cut and fold paper pages for inside the (dry) book. More than one book can be made. **Class fee of \$5 will be paid to the instructor at the first class session. Class size is limited to 25 students. Class will meet twice a month.**

**Instructor: Erica Wangsgard**, M.F.A., University of Utah, Art; B.A., Brigham Young University, Art. Educator, Granite School District, Granite Education Foundation, University of Utah, Salt Lake City School District. Visual Artist/Instructor, Salt Lake City Arts Council, Oakridge Elementary School, Salt Lake City Corporation. Salt Lake Art Center Board Member and Education Committee Member; Director of Beacon Heights Elementary School Art Space; Utah Art Education Association.

## **BUILDING LIFELONG CONNECTIONS THROUGH STORYTELLING**

We are all storytellers at some time in our lives. We tell to children. We tell to each other. What kinds of stories do we tell and where do we find these stories? Attend this introductory course and "jump start" your storytelling experience. Join others who are developing their storytelling talents. Learn about the new Dixie Tellers Chapter of the Utah Storytelling Guild. **Class will be two times a week for two consecutive weeks. (Sept. 24-Oct. 4)**

**Instructor: Carol Esterreicher**, M.A., University of Maryland, 1973, Speech/Language Pathology; Ed.S., University of Utah, 1981, Educational Specialist/Ed Admin; Weber State University Neuro-Linguistic Programming Practitioner and Coach certification.

## **EMERGENCY PREPAREDNESS**

Our mission is to save lives, prevent injury, and protect property during disasters and potentially catastrophic events within Washington County. We accomplish this by establishing community readiness through public education, risk assessment, planning, exercise, and interagency cooperation.

**Instructor: Peter Kuhlmann**, Director, Emergency Services, Washington County. Attended Ricks College, Weber State University, and Dixie College. Graduate of Utah POST, Utah Fire Academy, Emergency Management Institute. Law enforcement officer, instructor, supervisor; firefighter, fire officer, instructor, inspector. Former EMT, instructor. Former Undersheriff, fire chief.

## **FOLKLORE AND MYTHOLOGY (Returning after hiatus)**

This course examines “The Uses of Enchantment,” to borrow a phrase from Bruno Bettelheim. Fairy tales, legends, proverbs, superstitions, and myths reflect the values, the fears, and the hopes of those who first create them and then pass them on to future generations. The traditional stories that we will read and discuss together illuminate such universal issues as conception and childbirth, sibling rivalry, coming-of-age, courtship and marriage, aging, and – the last chapter – death.

**Instructor: D. L. Ashliman**, Ph.D., Professor Emeritus, University of Pittsburgh; guest professor, University of Augsburg, Germany; author of five books on folklore.

## **FOUNDATIONS OF MODERN SCIENCE**

The fundamental understanding of modern science, the basic underpinning of science and technology today was ushered in by a series of papers written by A. Einstein in 1905. This course traces the experiments and thought experiments that influenced his work. We will have, lectures, demonstrations and hands-on laboratory exercises to help make the concepts understandable for non-experts. Topics will include special and general relativity, properties of waves and light, quantum concepts and new ideas concerning the structure and origin of the universe.

**Instructor: Andrew B. Christensen**, Ph.D., Space Physics, NASA, Lab Director at the Aerospace Corporation, Northrop Grumman Corp., The National Science Foundation and NOAA.

## **FRENCH – CONVERSATIONAL (Returning after hiatus)**

Course will be conducted mostly in French, with some help in English, as needed. It will involve reading and discussion of articles on a variety of subjects, including exposure to culture of approximately 25 French-speaking countries of the world. Students will learn to prepare and read or present from notes, short presentations to the class on a subject of students' choice, leading to class discussions. Treatment of grammar and written French will be minimal with practice in speaking emphasized. Students will learn to overcome their fears of speaking French. More advanced speakers are also welcome as this class will assist students in growing and not losing what French they have, but more advanced students are not to dominate class discussions.

Prerequisites: Students will have the equivalent of about one year of French study. Must have at least minimal ability to form sentences and hold basic conversations.

**Instructor: Chris Fee**, M.S., The American University; B.A., BYU, French. Human resource management, language instruction (Spanish, French, English-ESL).

## **FROM STREET FAIRS TO WORLD CLASS MUSEUMS – HOW TO ENJOY YOURSELF IN THE WORLD OF ART (Fall Semester only)**

Why does a white canvas with a single black square hang in one of the most prestigious museums in the world? Is it wallpaper or art? Can an art print actually improve my daily life? Am I looking at an original painting or a copy? Is this art a good investment? We will attempt to answer these and a myriad of other practical questions that pop up whenever we venture into the art world so you can enjoy your experience more and actually have something (intelligent) to say when you are immersed in an art related experience.

**Instructor: Kim Blackman**, owned art galleries and a picture-framing business for 17 years; raised by a mother-artist and grew up surrounded by painting, sculptures, jewelry, ceramics, and more; is a “recovering lawyer” who practiced for 7 years before taking a temporary leave to get involved in the art world which lasted more than 3 decades; has represented artists for some 20 years placing their work in art galleries around U.S; selling their work at art festivals, galleries, and online both wholesale and retail; and currently owns a fine art company making inside-painted crystal overseas.

## **GLOBALIZATION AND DIVERSITY: Geography of a Changing World and Impacts on Southern Utah (Spring Semester Only)**

Description: Exploration of global trends in technology, society, economy, politics, environment, demography and human settlement that are driving changes affecting our lives today. Evaluation of the trends by considering regional case studies from around the world and discussing how those trends affect life in Utah today and what the implications are for the next generation. Lecture and possible field trips supplemented by videos, readings and even in-person presentations with invited speakers.

**Instructor: Robert Ford**, MA (Social Anthropology), MPH (Master's Public Health), PhD (Earth Science/Geography) Conservation scientist, development consultant, photographer, Policy Analyst & Planner (USDA/USAID), NGO evaluator/consultant, mapper/GIS expert, academic administrator, professor.

## **GRATITUDE – KEY TO A HAPPIER & MORE SATISFYING LIFE (Fall Semester only)**

Through the various practices of gratitude, we will learn how to appreciate and experience a happier and more satisfying way of being. One of the benefits of practicing gratitude is being more present to the joy of everyday life. Come and learn how to expand your enjoyment of living through gratitude.

**Instructor: Luigi Persichetti**, B.A., Theology, St. Louis University. Spiritual leader and unity minister at Unity Church of Positive Living, retired; hospice chaplain at Southern Utah Home Care and Hospice; member of Interfaith Council of St. George. Studied and practiced tapping (EFT) for eight years and is a Certified Practitioner of Holistic EFT.

## **HEALTH FOR MEN – AND THE WOMEN WHO LOVE THEM (Fall Semester only)**

This class is intended to be co-ed. While the class will mainly cover health issues unique to men, some subjects, including erectile dysfunction and testosterone replacement therapy, will be of interest to both sexes. First, the class will briefly review male anatomy and physiology, then systematically progress from organ to organ discussing the diseases and dysfunction associated with each. The class will discuss the pros and cons of the controversial prostate cancer screening blood test (the PSA).

**Instructor: Warren Stucki**, M.D., BS, Zoology; MD, University of Utah, completed Urology Residency 1979, Board Certified 1982. Practiced Urology in St. George for 37 years, also served as hospital Chief of Surgery, Chief of Staff, and served on Hospital Governing Board.

## **HISTORY OF UTAH (Fall Semester Only)**

Originally called Deseret by its Mormon founders, the territory stretched across much of the West. A suspicious Congress cut the state down to size, removing any areas, like Nevada's silver mines and Colorado's gold deposits, it considered valuable. Mountains, high plateaus and deserts form most of Utah's landscape. At Four Corners, in the southeast, Utah meets Colorado, New Mexico and Arizona at right angles, the only such meeting of states in the country. Utah became the 45th member of the union on Jan. 4, 1896, with Salt Lake City as its capital. Utah is known for having some of the best skiing in the country, and the mountains near Salt Lake City receive an average of 500 inches of snow per year.

**Instructor: Douglas D. Alder**, B.S., M.S., Ph.D. Professor of History, Utah State University; President of Dixie College, Professor of History, Dixie College; Adjunct Professor, Dixie State University.

## **ISRAEL – GO, KNOW ANCIENT TIMES TO MODERN ERA (Fall Semester Only)**

A brief history of the Jewish people in Israel from ancient times (c. 1600 B.C.E.) through the ages to the Modern Era. Review of the demographic, social, cultural, historical and religious situation of the Jews in the Middle East and Israel. Also, an examination of the dynamics of the relationships of the Jewish People with other nations of the region. The multi-dimensional aspect of the Jewish existence in the Middle East and the State of Israel.

**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. Educational director of religious school, grades K-7. Over 25 years teaching experience in the diverse Jewish movements; affiliated with Beit Chaverim in St. George; serves as a chaplain at the regional hospital; vice president of Interfaith Council of St. George; authored A Novice's Guide Through the Jewish Holidays.

## **JOURNEY OF THE HERO (Returning after hiatus)**

The course will focus on the general theme of "Aging with Grace." To be fulfilling, the aging process requires wisdom and courage, as it is one of the most challenging legs on life's journey. Each of us must find things that motivate and inspire us, and we must stop doing things that irritate and depress us. Likely areas to be covered include The Aging Brain, Decision Making, Happiness, and the Psychology of Money.

**Instructor: Dick Harper**, Ph.D. 50+ years of experience as a clinical psychologist working with individuals, families, and businesses.

## **KUNDALINI YOGA & MEDITATION**

Class members will experience how Kundalini Yoga works to balance the nervous and glandular system and awaken one to deeper levels of self and intuition. This works by learning new techniques to slow the breath, and use specific kriyas or exercises for specific purposes. This class will help rejuvenate inner strength, radiance, reach for our potential, find our virtues, reduce stress, increase our vitality, and boost our immune system for overall wellness. The new patterns we create will completely re-wire our brain. This allows us to invite in new experiences even as we let go of old habits. Rather than get caught up in the stress and overwhelm of the times, we can move through the change with grace, strength and balance and embrace each day. As we quiet our emotional self, we begin to attract opportunities and positives into our lives. **Students must provide own yoga mat.**

**Instructor: Lisa Stearns**, certified Kundalini Yoga, KRI, IKYTA.

**LATIN AMERICAN "BOOM" LITERATURE (in translation) (Spring Semester only)** One of the most significant phenomena of the mid-20th century in Latin America was the emergence of writers who propelled Latin American literature to the international scene. Many of their works became household names, even among English speakers. This course will explore the "Boom" and its historical/literary context from about 1950 to 1980. We will read two novels and several short stories. In addition to being great literature, these works also help us understand some of the cultural bases of today's Latin America. Students will need to obtain copies of the following three novels, either in Spanish or English (class discussions will be in English):

- Blow Up and Other Stories (Julio Cortazar, Argentina)
- The Death of Artemio Cruz (Carlos Fuentes, Mexico)
- 100 Years of Solitude (Gabriel Garcia Marquez, Colombia)

(There are several sources for the above books. Search online stores, or even local libraries, college libraries, etc.)

**Instructor: Read Gilgen**, Ph.D., Latin American Literature. Professor, University of North Carolina and University of Wisconsin.



### **LIFE AND MORE LIFE (Fall Semester only)**

Students will engage in discussions on the history and characteristics of near-death and out-of-body experiences and their reported after effects. Accounts from various “travelers” who have visited the afterlife will be shared, compared, and considered in order to expand students’ awareness of life after life. Questions such as “Where do we go after death?”, “Why do some come back?”, and “How did the experience change us?” will be explored.

**Instructor: Dean Elquist**, USAF veteran; A.A., Electrical Generation and Power Control, University of Washington. Worked for over 40 years in various technical, maintenance, and electrical operations.

### **NATIVE AMERICAN HISTORY (Fall Semester Only)**

Course covering through lectures, videos and handouts:

- Native American History, pre-Columbian through modern times
- Different tribes
- Relationship between European settlers and various tribes of this hemisphere

**Instructor: Daniel Slauch**, Masters in Education; 50 years of teaching secondary education

**SO YOU WANNA WRITE A NOVEL (Spring Semester Only)** This class is an introductory novel writing class designed for the non-professional; the recreational writer who has the desire, but not the tools. We will cover the entire spectrum of the novel writing process including how to choose a topic, the anatomy of a novel, the mechanics of putting it on paper, and the challenges and options of getting it published.

**Instructor: Warren Stucki**, M.D., BS, Zoology; MD, University of Utah, completed Urology Residency 1979, Board Certified 1982. Practiced Urology in St. George for 37 years, also served as hospital Chief of Surgery, Chief of Staff, and served on Hospital Governing Board. Self-taught author with six published novels and one short screen play made into a short movie.

### **THE HEALING POWER OF PLANT FOODS-COOKING CLASS** (There will be a \$7 cooking fee)

The instructor will demonstrate how to incorporate more whole natural plant foods into your meal plan. Plant foods such as fruits, vegetables, beans, whole grains, nuts and seeds have tremendous power to heal your body; achieve and maintain your ideal weight and reduce your risk of our most common diseases. She will demonstrate delicious and easy recipes; will provide samples and recipes to try. Come and taste how delicious “healthy” can be!

**Instructor: April Ashcroft**, Cooking instructor for the Bridge Recovery Center, taught classes at Bosch Kitchen Center and Kitchen Corner, and different community venues.

### **THE RISE OF CHINA: IMPLICATIONS FOR THE UNITED STATES (Spring Semester only)**

The class will examine the key elements underpinning China’s rise as the world’s second largest economy and its status as a great power. The instructors will introduce students to basic facts of China’s hard and soft power. Because U.S. citizens likely feel uneasy about the rise of China, the class will weigh China’s strengths and weaknesses in future decades, will assess U.S. strengths and vulnerabilities and suggest what pathways with China the U.S. might take in the future. Suggested textbook: Martin Jacques. When China Rules the World: The End of the Western World and the Birth of a New Global Order. New York, Penguin Books, 2nd ed., 2012, 812 pages, cost ~\$20.

**Instructors: Frederick Crook**, Ph.D., Fletcher School of Law & Diplomacy, Medford, MA, 1970; B.A., BYU, 1964. China Director, LDS Charities, October 2010-2013; President of The China Group, January 2000-October 2010; Agricultural Economist, USDA, July 1980-December 1999. **Elizabeth Crook**, Ph.D., Fletcher School of Law & Diplomacy, Medford, MA, 1971; B.A., BYU, 1964. Organizer of the China Rural Education Foundation, 2000-Present; Humanitarian Service Volunteer, LDS Charities, 2010-2013; Vice President of The China Group, 2000-2010.

## **THE TEN COMMANDMENTS: JEWISH LAWS - ALL 613 COMMANDMENTS (Spring Semester only)**

This course will survey the evolution of Jewish basic beliefs and commandments. Special attention will be paid to the main laws specific to the culture and historical conditions that helped shape these Jewish laws as well as their relevance to modern life.

**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. Educational director of religious school, grades K-7. Over 25 years teaching experience in the diverse Jewish movements; affiliated with Beit Chaverim in St. George; serves as a chaplain at the regional hospital; vice president of Interfaith Council of St. George; authored A Novice's Guide Through the Jewish Holidays.

## **THE VIETNAM WAR**

The "Vietnam War" did not just happen. Five U.S. administrations made decisions which escalated the war and made it an American war. The course will examine in greater depth the decisions which kept the U.S. pursuing stalemate at escalating cost for thirty years. Our examination will be guided by the excellent research and journalism done during the war and after. The instructor has spent decades studying this literature and will share what it can tell us. He will also share his experiences from his tour in Vietnam with the 5th Special Forces Group.

**Instructor: Chris Wangsgard**, B.S., U.S. Military Academy, 1963; J.D., University of Utah College of Law, 1972. U.S. Army Infantry Officer, 1963-69; 5th Special Forces Group - Vietnam; 3rd Armored Division - Germany. Attorney 1972-present.

## **UNPACKING THE NEWS (Spring Semester only)**

Addresses the problem of today's knowledge explosion, the problems it is creating for both individuals and society in general, and how our ability to recognize, absorb, and utilize relevant knowledge addresses the problem. We will then discuss the practical things we can do to increase our capacity to learn. Classes will include experiential exercises that illustrate the principles and help develop the skills needed to apply them. The course will be highly interactive, drawing on class members' experience as a basis for testing and adapting the material being discussed.

**Instructor: Hugh M. Cannon**, Ph.D., 1979; M. Phil., 1978; MBA, 1972, New York University; A.B. BYU, 1969. Marketing and advertising consultant to various organizations. Recognized as a leading scholar in the area of advertising media planning and business simulation design/experiential learning in business. Adcraft/Simons-Michelson Endowed Professorship; Associate Professor, Wayne State University; Assistant Professor, Northwestern University; Instructor, Miami University; Director of External Programs, New York Institute of Technology. Taught courses at New York University; BYU; Ludwig Maximilian University, Germany; Sabanci University, Turkey.

## **WOOD BURNING ART FOR BEGINNERS**

**Class is limited to 20 students.** Course will be offered for Fall Semester. It will be repeated for new students in the Spring Semester. This is a beginning class to create art work and crafts using a Wood Burning Iron in a safe manner. The instructor will provide a large wooden drawing board for each work station as well as some scrap boards for students to practice with in the first few classes. Students will be given a supply list of suggested items that they might purchase for the class (including a wood burning Iron with an adjustable heat controller. Do not purchase any wood until this is discussed in class as there is a huge difference in the kinds of lumber. Leather Art Leather Burning will be discussed, if there is enough interest this might also be taught.

**Instructor: Emery Jones**, B.A., Western State College of Colorado; M.S.W., Social Work, Denver University. Licensed Clinical Social Worker in Colorado and Utah, 30 years. Taught psychology and sociology classes for 10 years at College of Eastern Utah.

## ARTS & CRAFTS

### **DRAWING - BEGINNING GRAPHITE PENCIL (Fall and Spring Semesters)**

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 in Fall, 20 students in Spring.**

**Instructor:** Brenda Rusnell, private art classes for 5 years, Registered Dental Assistant, 35 years in Endodontic field.

### **DRAWING - COLORED PENCILS (Spring Semester only)**

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. A set of at least 72 Premier Prismacolor pencils is required. **Class size is limited to 20 students.**

**Instructor:** Brenda Rusnell, private art classes for 5 years, Registered Dental Assistant, 35 years in Endodontic field.

### **KNITTING & CROCHETING - BEGINNING**

Learn to knit and crochet, including how to purl, increase, and decrease. **Class size is limited to 10 students.** Bring paper and pencil for note taking.

**Instructor:** Vera Thomas, A.A., Accounting; taught knitting and crocheting, DSU Continuing Education; completed many classes from designers and master knitters and crocheters.

### **KNITTING & CROCHETING - INTERMEDIATE**

Learn tips and tricks to make your knitting projects more handmade than homemade, including fitting your knits. **Class size is limited to 10 students.** Bring paper and pencil for note taking.

**Instructor:** Vera Thomas, A.A., Accounting; taught knitting and crocheting, DSU Continuing Education; completed many classes from designers and master knitters and crocheters.

### **WATERCOLOR (Spring Semester Only)**

This class is for all levels of students with emphasis on the basics. Drawing is not required for this course. Each student will paint a basic watercolor using a pattern provided by the instructor, or student may sketch her/his own watercolor pattern. Students will learn how to paint washes, color mixing, masking, sponge and salt use, scoring, negative painting, lifting color, backgrounds, plus water reflections, clouds, and skies. Subjects will include florals and landscapes. Each student will end the class with a finished 9x12 watercolor ready for matting and framing. **Class fee of \$30 will be payable to the instructor at the first class session. Class size is limited to 10 students.**

**Instructor:** Dawn Miner, Utah Valley University, art classes and workshops. Member, Dixie Watercolor Society (board member for four years). Girl Scout staff.

## BEHAVIORAL & SOCIAL SCIENCES

### COMPASSIONATE COMMUNICATION (Spring Semester Only)

As we age, we often encounter new kinds of problems in our relationships. If one spouse is slowing down and the other wants to stay active, how is this conflict resolved? How do we create and maintain the intimate relationships with our adult children that we crave? How do we say and hear “no” in a way that preserves connection with the other person? How do we grieve in a way that is nurturing? How do we find rewarding new friendships if our spouse has passed? This course teaches a way of communicating that is designed to overcome the habits that we have learned that make it difficult to have connection and intimacy in our relationships. We will learn what it takes to be a good listener and how this can enhance relationships. We will explore our feelings and needs and discover where the responsibility lies for getting our needs met. We will work on changing our habit of focusing on responsibility, blame, demands and punishment into a vocabulary of observations, feelings, needs, and requests.

**Note:** Instructor recommends the purchase of the book, *Nonviolent Communication: A Language of Life*, 3rd edition, by Marshall Rosenberg.

**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 Professor of Political Science, University of Georgia, 1971-1973; President, CGT & Associates (Marketing Research), 1984-2000; President, Argus Strategies (Corporate Coaching), 1988-Present.

### DISCOVERING THE TAO TE CHING

Lau-tzu, a prophet who died in 531 B.C. in China, was the author of the 81 verses of the Tao Te Ching – Tao as “the way,” Te as “the shape and power,” and Ching as “the book.” Lao-tzu urges us to see value in being humble. If action seems called for, he asks us to consider non-action. If we feel that grasping will help us acquire what we need or want, he counsels us to let go and be patient. The Tao never begins or ends, does nothing and yet animates everything in the world of form and boundaries.

**Instructor:** Cynthia Schmidt, Human Resources, University of Utah. Certified hypnotherapist; certified in the work of Byron Katie. Retired, telephone company, 33+ years. Retired, Orgill, Human Resource Supervisor.

### HOW TO FULLY LIVE YOUR RETIREMENT YEARS HAPPILY AND SUCCESSFULLY (Spring 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 and exciting 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 is a singer/songwriter and entertains with her own shows.

### LOVE ONE ANOTHER

Learn to have successful relationships and self-care tools for a fulfilling life. This class will use some of the works of Leo Buscaglia.

**Panel:** Diane Cook, Cynthia Schmidt, Laura Alldredge

## **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 Degree, Social Science. Business owner, 25 years; sales and motivational trainer; seminar presenter; personal development coach.

## **WHY DID I DO THAT? UNDERSTANDING THE INFLUENCE OF EVOLUTION AND CULTURE ON BEHAVIOR (Spring Semester only)**

Many things we feel, think and do are the result of early human evolution. Not all of this works in our best interests even though it may have worked very well for our caveman ancestors. Sometimes we don't even know what is influencing our behavior and decisions. Our memories are often more fiction than fact. The brightest individual may confidently disregard irrefutable facts and make bad decisions. This course will be a fun explorative review of what makes us act the way we do through understanding how evolution and environment affect our thoughts and behavior. You will learn why people do irrational things that are completely contrary to what they say they want. You will learn how you can use this information to your advantage to replace bad habits with good habits, get along better with others, and make smarter decisions.

**Instructor: Rob Kramer**, Ph.D., University of Utah, Clinical Psychology. Most of career has been in healthcare leadership positions. He now offers life coaching, meditation and hypnosis to individuals and groups and continues a lifelong study of wellness, positive psychology, evolutionary psychology and personal motivation. Has been a frequent speaker at national conferences.

## **COMPUTERS**

### **INTRODUCTION TO PC COMPUTERS**

This is an 8-week course. 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, and an introduction to the use of internet and email. Windows 10 tips will be included. **DSU requires a \$10 computer lab fee** to be paid at the IT Help Desk, 2nd Floor, in the Holland Building, where a student will receive a username and password. **Class size is limited to 10 students.** Prerequisite: Each student must bring a flash drive to class.

**Instructor: Salli Brackett**, B.A., 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.

**MAC, IPHONE, & IPAD USER CLASS** (formerly Apple User Forum Class) This is a multi-level class intended to help members use their iMacs, Macbooks, iPhones and iPads. Every semester we have participants who have been attending for years and others who are completely new to Apple products. The class members generate most of the curriculum by submitting questions. I generate step-by-step tutorials designed to answer the questions and suggest solutions. All questions are encouraged from the simple to the complex.

**Instructor: Robert E. Allen**, B.A., Psychology; M.A., Education Research. 35 years in secondary alternative education.

## MUSIC & THEATER

### DISCOVERING LIVE, LOCAL THEATER

This class will give you new insights into the live theater experience and a greater enjoyment of the unusual live theater venues in our area. We will cover the history, background, forms and methods of live theater 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 theater.

### FLAMENCO DANCE, MUSIC, and DRUMMING - Beginning & Intermediate

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. Drummers are welcome and can join in the dancing or not. Prerequisites: Participants need to be able to move and have good balance and coordination.

**Instructor: Pamella Asquith**, M.S. Library Science and Linguistics. Medical Librarian, Intermountain Healthcare; Artistic Director, Las Palomas Flamenco Dance Troupe.

### MUSIC APPRECIATION

This course is designed to help students understand how the great pieces of classical music developed. The styles of music, the cultures, the composers, the related arts and architecture, and the instruments used are all explained in this class.

**Instructor: Patricia Ashliman**, B.S., BYU, Music - Piano and Organ Performance; graduate studies in piano performance, Göttingen University, Germany, and Carnegie Mellon University; Musicology, University of Pittsburgh. Operated music studio in Pittsburgh, PA, 30 years.

### NATIVE AMERICAN FLUTE - BEGINNING

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.

**Prerequisites: Students will need a standard 5- or 6-hole Native American Style Flute by two weeks into the class session.**

**Instructor: Bob Rhees**, 2 years of college. Worked in building elevator business. Taken several Native American Flute classes; plays didgeridoo, repairs flutes. Teaches at Zion Flute School and fills in for other instructors as needed and teaches private flute lessons.

### NATIVE AMERICAN FLUTE - INTERMEDIATE

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 playing 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.

**Instructor: Bob Rhees**, 2 years of college. Worked in building elevator business. Taken several Native American Flute classes; plays didgeridoo, repairs flutes. Teaches at Zion Flute School and fills in for other instructors as needed and teaches private flute lessons.

## OPERA FOR ONE AND ALL

Each class in the fall and spring semesters will be devoted to an analysis of a single opera. The classes will include an introductory lecture placing the work in the context of the history of music followed by viewing and listening to selected scenes from live performances. The range of operas will be from comic to dramatic and will include works in Italian, German, French, and English. **Fall semester class will begin October 15.**

**Instructor: Allen Jacobi**, A.B., Providence College, English Literature; J.D., Villanova University. Trial attorney for 33 years and opera enthusiast.

## PIANO 2B

This class will study in Book 2 beginning at approximately the middle of the book. There will be guided individual and group instruction covering scales, key signatures, primary triads, and inversions. Students will use complex rhythm patterns: triplets, dotted quarter, and 6/8 time signatures. We will have fun in theory and in practice! **Class size is limited to 16 students.**

**Required: Adult Piano Adventures All-In-One Lesson Book #2 (gold cover), by Nancy & Randall Faber.**

**Instructors: Mark Gibbons**, B.A., BYU, Music. Thirty-three years as music educator K-12, college. (Instructor of Record). **Marilyn Shirts**, Associate Degree, Southern Utah University; 2 years, Elementary Early Childhood, Southern Utah University; completed three levels of Suzuki Piano Teacher Education, Utah State University. Preschool teacher; teacher trainer and family counselor. **Judy Berrie**, B.S., University of Utah, Accounting; M.B.A., University of Utah. CPA; Controller; Finance Director, Riverton City; Adjunct Professor, Salt Lake Community College.

## PIANO 2-3

In this course, students will study approximately 6-8 weeks in final part of Book 2. The next approximately 5-6 weeks, students will work on level 3 pieces. Course work includes major and minor key signatures, inversions, intervals, augmented and diminished chords. Laughter and fun definitely make this an up-beat class! **Class size is limited to 16 students.**

**Required: Adult Piano Adventures All-In-One Lesson Book #2 (gold cover), by Nancy & Randall Faber.**

**Instructor: Mark Gibbons**, B.A., BYU, Music. Thirty-three years as music educator K-12, college. (Instructor of Record). **Marilyn Shirts**, Associate Degree, Southern Utah University; 2 years, Elementary Early Childhood, Southern Utah University; completed three levels of Suzuki Piano Teacher Education, Utah State University. Preschool teacher; teacher trainer and family counselor. **Judy Berrie**, B.S., University of Utah, Accounting; M.B.A., University of Utah. CPA; Controller; Finance Director, Riverton City; Adjunct Professor, Salt Lake Community College.

## FINANCE, INSURANCE & LAW

### ESTATE PLANNING

This is a 5-week session. 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.

**Instructor: Michael Dunn**, B.A., BYU; Law Degree, UNLV. Attorney at Law.

### HOW TO RETIRE LEGALLY

Topics will include Advanced Planning for Dementia, Elder Care at Home, Legal Protections for the Elderly and Vulnerable, Second Marriage – Enjoy the Bliss and Avoid the Pitfalls.

**Instructor: Matt Ekins**, B.A., Utah State University, 2003; J.D., Indiana School of Law – Indianapolis, 2008.

## **INSURANCE FOR THE LAYPERSON (Fall Semester Only)**

Course is designed to provide the student with a non-technical knowledge of the insurance industry and become a better-informed consumer of insurance products. Course is designed for 12 weeks, with discussions of various insurance topics. Guest speakers will be included as part of the program. Topics to be covered include: Medicare, Medicaid, Prescription Drug Coverage, Your Rights Under Medicare, Auto Insurance, Homeowners Insurance, Earthquake and Flood Insurance, Dental/Vision Insurance, Umbrella Liability Insurance, and Life Insurance Coverages.

**Instructor: Victor Lorch**, Insurance Institute of America ARM (Associate in Risk Management Designation), 1994; AINS (Associate in Insurance Services, (2002); Insurance Education Association ARPM (Associate in Risk Pool Management). Thirty-five years insurance and risk management; licensed insurance broker (ret.) State of Utah and California.

**TAX, FINANCE & 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., M.A., BYU, Accounting, CPA and Financial Advisor.

## **HEALTH & WELLNESS**

### **BETTER BALANCE WITH THE FELDENKRAIS® METHOD (Spring Semester only)**

Improve balance with combinations of gentle movements done sitting in a chair or lying on the floor. Each class contains different movements (nothing to memorize) and is complete in itself – attend one or all. If you wish to lie on the floor, bring a mat or cloth. Wear comfortable clothing.

**Instructor: Ann Guhman**, B.S., M.S., Geology, University of Nebraska – Lincoln; B.S., Botany, University of Washington, Seattle; 4-year Feldenkrais® certification training. Seasonal work for U.S. Parks & Forest Service; U.S. Geological Survey; volunteered for BLM, U.S. Fish & Wildlife, and Park Services.

### **PILATES INFUSED YOGA (Spring Semester Only)**

This course incorporates the Pilates focus of movements originating from a strong and stable core into a flowing vinyasa yoga practice. Mindfulness as well as body awareness will be stressed to help flow through the poses in a safe, relaxed and supported way. Approaching yoga in this way can help to strengthen our body and mind. Please bring a mat, water bottle, and a yoga block, if you have one.

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

### **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., Dance; M.A., San Jose State University, Dance and Somatic Therapy. Professor of Dance and Somatic Therapy, State University of New York; Founding Director – Eastwest Institute for Dance and Movement Studies.

### **TAI CHI/QIGONG**

This is a body, mind and spirit workout, sometimes called a meditation in motion. It is a holistic system of coordinated body posture and movement, breathing, and meditation used for health, toning, relaxation, flexibility and focus. Please wear clothing that will allow flexibility.

**Instructor: Sue Davidson**, practicing Tai Chi/Qigong for 8 years; taught 5 years, most recently at Green Valley Spa.



## TAPPING FOR HEALTH, HEALING, & WELLBEING

Want to learn how to let go of pain and stress? Come and see how to use EFT (Emotional Freedom Technique, aka Tapping) on yourself. Tapping is an energy healing tool based on the Chinese science of acupuncture, but does not use needles. Instead, it uses our fingertips by tapping on certain nerve endings or meridian points to release blocked energy in the body. Once the blocks to the body's energy are released, the body can heal itself. This program is for people who want to let go of physical pain and stress by applying this easily learned health tool and enjoy greater health and well-being in their golden years.

**Instructor:** Luigi Persichetti, Retired Unity Minister and hospice chaplain of Southern Utah Home Care and Hospice; member of St. George Interfaith Council; certified EFT Practitioner; studied and practiced tapping for the last 8 years. He has taught tapping for health for ICL for the last 3 years.

## YOGA FOR SENIORS (Spring Semester Only)

Beginning level yoga focusing on stretching, breath and alignments, ending with meditation.

**Instructor:** Pam Karakas, B.A., Psychology. Advocate for people with disabilities.

## LANGUAGES

### 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 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., M.A., Mathematics; taught college level mathematics for 40 years, studied Spanish for 4 years in high school and 2 years in college.

### SPANISH - CONVERSATIONAL

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. **Class size is limited to 20 students.**

**Pre-requisite:** Students must have knowledge of present, past, and future tenses in Spanish.

**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 travel agency.

## HISTORY & PHILOSOPHY

### CIVIL WAR - THE MIDDLE MONTHS

We will continue our three-year chronological journey through the Civil War era from the rise of Robert E. Lee (June 1862) and his year of success to the last significant Confederate victory at Chickamauga (September 1863). In between, we will see the important campaigns of Gettysburg and Vicksburg and Lincoln's issuance of the Emancipation Proclamation, thus changing the nature of the war.

**Instructor:** Bob Echols, B.A., Accounting; Auditor and Accountant.

## **EASTERN PHILOSOPHY**

Eastern philosophy includes some of the oldest ideas on record about the nature of human beings, the cosmos, and the purpose of existence. Thanks to modern philosophy, we can look at these Eastern traditions with new perspectives and clear insights. This class will cover these new perspectives in understanding the nature of human existence. Eastern philosophy, from a Western point of view, has its pros and cons, but the instructor will attempt to find a center point to view the subject and guide the path of effortless effort. Instructor's goal is to impart insight, not ideology.

**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.

## **HISTORY OF WASHINGTON COUNTY (Spring Semester Only)**

This class will include the following: examination of the landscape in Utah's Dixie area; Native Americans and American explorers; Mormon settlements up to 1910; the village system; great pioneer structures; water and its challenges; the story of Zion National Park and other federal parks and projects; education; fine arts; industry; medicine; urbanization; transition from agricultural society to consumer society, including golf, tourism, and growth; and future challenges of water and growth and environmental problems and diversity. The leaders of these periods will be discussed as well as the laborers.

**Instructor: Douglas D. Alder**, B.S., M.S., Ph.D. Professor of History, Utah State University; President of Dixie College, Professor of History, Dixie College; Adjunct Professor, Dixie State University.

**RUSSIAN HISTORY (Spring Semester only)** This course will include lectures, videos, and discussions covering Russian history from 862 C.E. to the Cold War.

**Instructor: Daniel Slaugh**, B.S., M.S., BYU. Attended Idaho State and Weber State Universities.

Educational instruction, 50 years, high school and college, social studies, biology, ancient and modern history.

## **HOBBIES & INTERESTS**

**BALLROOM SOCIAL DANCE (Spring Semester only)** Learn the most common dances you can use everywhere – waltz, foxtrot, swing, cha-cha, rhumba, and more. Students will learn two dances in 10-12 weeks. Learn form and lead-and-follow techniques that will enhance your ability. Sign up with a partner or come alone – it always works. This is not a formal class, but a fun class. **We will begin mid-January and end the last week of March.**

**Instructor: Carol A. Martin**, Master NLP Practitioner; certified ballroom instructor. Business management, national contracting business for 28 years.

## **BICYCLE MAINTENANCE & 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. **Class size is limited to 10 students. Two sections offered each semester.**

**Prerequisites:** A desire to keep bicycles tuned and ready to ride with skill and confidence.

**Instructor: 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, commercial pilot, Check Airman for 32 years.

## 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. 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., Professor Emeritus, University of Pittsburgh.

## TRAVELING THE WORLD

Have fun 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! A different travel destination will be discussed each class session and how to enjoy the scenery, culture, history, and people of that country.

**Instructor:** Gary Sorensen, has worked in the travel industry for over 30 years and is currently a vice president in his firm. Holds the highest travel agent designation and has travelled to nearly 50 countries. Has written over 400 travel columns that have been published in newspapers, online, and in magazine, and hosts a weekly travel radio show.

## LITERATURE

### FAVORITE BOOKS

Members select a “book-a-month” to be read by all. At a subsequent class, a discussion of the book is led by a member of the class.

**Instructors:** Ann Broadbent, studied English, speech and dramatic arts in college; Box Office Manager, DSC, 2 years. Office Manager, Utah Shakespeare Festival, 11 years. Janet Cramer, A.B., Bryn Mawr College; M.A., Boston University. Technical and Manufacturing Manager, Polaroid; Realtor.

### GREEK AND ROMAN MYTHOLOGY (Fall Semester only)

Have you ever wondered why an Atlas is called an Atlas? From where does the word “tantalize” come? Why would Nike name their products, “Nike?” Do you know someone who has the Midas touch? What is a Sisyphean task? We are exposed daily through brands, advertisements, literature, and other cultural cues to ancient Greek and Roman mythology. Learn the difference between myth, legend, and folktales. How was the world created according to the ancient Greeks? Why are these stories relevant to us today—or are they? Come have some fun with us as we explore these ancient gods and the myths that surround them. Class must have at least 10 students for the class to be held.

**Instructor:** Ann Till, B.A., History & Classical Civilization; M.Ed., Westminster College. Teaching certificate in Latin and history. Teacher in Salt Lake City, UT.

### POETRY APPRECIATION AND EXPLORATION

Poetry has remarkable and unique powers. It can heal, console, bring comfort, and enhance appreciation of life. This course is designed to make poetry’s benefits accessible to all, regardless of literary skill, by providing a nonjudgmental forum to share poems from any source, including students’ own writing. First-rate poetry, properly presented, deepens our experience and makes life richer. In this class we explore how good poetry illuminates life—beauty, death, love, war, loneliness, faith, and joy. In the process, we also investigate poetry itself, its art, craft, and history. Some of the poems will be funny, some will be sad. All will be important and worthwhile. This class is especially for people who don’t know much about poetry and are about to discover how much they enjoy it.

**Instructors:** Douglas R. Bowen, B.A., German Literature; Firefighter 1 and 2 certifications; Fire Service Instructor Certification. Non-profit agency executive, 16 years; Washington County Asst. Fire Warden, 3 years. Renee Hazen, B.S., University of Utah; M.Ed., Utah State University. A.P. English Literature and Composition Teacher

## SPORTS ACTIVITIES & FIELD TRIPS

### BOTANY FIELD TRIPS

This is a Field Botany Course that is held **one time per month, September – December and March – May. No classes in January and February.** 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

Course description, rules & expectations: Each monthly newsletter will list a full explanation about the length, difficulty level, hike duration and a geographical description of the hike so everyone understands the expectations of the hike. Choosing your hike: Read the hike descriptions carefully & make sure the one you choose to go on matches your physical abilities & skill level so you can keep a steady pace with the group. Hikes will start at 8:00 am in September. As weather becomes cooler, we will change to 9:00 am or 10:00 am. On trails: Help us in our mission of protecting the environment & respecting its native inhabitants while enjoying the trails. Footwear: Sturdy hiking shoes with good gripping soles are highly recommended as our Utah trails have uneven slick rock and rubble rock sections. Hiking poles are recommended for balance and stability on slopes. Prepare for changeable weather with windbreakers or hats for both wind and sun protection that you can tuck into your packs. Sunscreen protection is highly recommended year round. Water: When in doubt, bring more water than you think you require for the length of the hike; 1 quart for every 3 miles is a good guide, more for temps above 65. Food: Bring enough food to suit your needs & the length of the hike. Everyone is different, but ALWAYS bring "something" with you. ICL Badges or confirmation of ICL membership is required. Onetime guests are welcome & must sign a waiver. **Please arrive at the hike meeting site at least 15 minutes early.** Be prepared to consolidate riders into fewer cars, as the trip to the trailhead may restrict some vehicles. So prepare your hiking gear for potential transfer. **Some Hikes may be limited to 30 students.**

**Instructor: Frida Theros**, B.S. in Dietetics, Certified in Diabetes Education and Management.

### LAWN BOWLING

The game of Lawn Bowling is played on a RINK within the GREEN. The general object of the game is for participants to roll each of their BOWLS as close as possible to a single small white ball called the JACK. Games are played between opposing teams. A game is started by flipping a coin to see which team will bowl first. The team that wins the end starts the next end by positioning the mat and rolling the jack. Sound intriguing? Make new friends while learning the game of Lawn Bowling. All equipment is furnished. **Class limited to 12 students.** First four sessions will be free of charge (September 5, 12, 19, 26), sponsored by the St. George Lawn Bowls Club. Beginning with the fifth session (October 3), there will be a class fee of \$3.50 per class (\$3 for those over 65 years of age) payable to the St. George Rec Center, 285 S 400 E, where class will be held.

**Instructor: Ron Whitney**, Harley Davidson sales.

### 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 at Vernon Worthen Park.** Participants will provide a Pickleball paddle and ball. **Class size is limited to 18 students.** **Instructor: Brad Johnsen**, BYU. Certified Huntsman Pickleball referee; USAPA Ambassador; USAPA rated at 4.5 skill level; nationally ranked; won 100+ medals.

## **PICKLEBALL PRACTICE**

Learn or improve your game with practice! Come and enjoy playing with new and old friends. Inside court, always great weather conditions! **Class size limited to 8. Bring your own paddle.**

**Instructor: Marilyn Shirts**, Suzuki Piano Teacher Education, Utah State University; Associate Degree, Southern Utah University; Elementary and Early Childhood Education, Southern Utah University; preschool teacher; teacher trainer and family counselor.

## **SKIING AT BRIAN HEAD (Spring Semester only)**

**Instructor: Pam Karakas**, B.A., Psychology. Advocate for people with disabilities

## **TABLE TENNIS**

Singles and doubles table tennis. Play for fun and recreation with others interested in an hour of enjoyment. Improve your game; improve your reflex and response times. **Class size is limited to 18 students.**

**Instructor: Larry Puskas**, B.A., Mathematics. Software developer and former professional tennis player.

## **TABLE TENNIS INTERMEDIATE**

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. 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 size is limited to 16 Students Student.** Must furnish own paddle.

**Instructor: Wayne Peterson**, B.A., Baylor University; Masters Degree, University of Arizona, J.D. Attorney-at-Law.

**TENNIS** (TONAQUINT, Monday and Wednesday, 8:00 – 9:50) Drills, match play, and player tips for improved play. Must be able to perform the basic strokes of tennis. **Class size is limited to 12 students.**

**Prerequisites:** Each student will provide his/her own racquet and one can of tennis balls.

**Instructor: Garth S. Allen**, Utah State University, Cal State Northridge, University of Utah. Physical education, coaching, and recreation management.

## **SCIENCE**

### **GEOLOGY (Spring Semester Only)**

The class will provide a variety of lectures on earth science topics, primarily using PowerPoint presentations. Subjects may include discussions of the history of life on Earth and other aspects of the fossil record; a review of the geological features in and around St. George; topics of current geologic interest, such as plate tectonics, global warming, and evolution; explanation of regional geologic features, including those exposed in our national parks and monuments; review of economic resources such as fossil fuels and mineral deposits; and insight about past, current, and future geological hazards in and around St. George.

**Instructor: Rick Miller**, Ph.D., UCLA, 1975; retired professor of Geology, San Diego State University.

## **PHYSICS AND THE WORLD AROUND US**

This course will allow students to understand the physical world around them. Mathematical skills are not required for this basic course. Topics for discussion will include matter and energy, chemical interactions, motion and force, waves of sound and light, and electricity and magnetism. Demonstrations and experiments will reinforce the principles discussed.

**Instructor: Brock Morris**, B.A., Spanish and Math; M.A., Curriculum & Instruction/TESL; Ed.D., Educational Administration & Higher Ed. Challenger School – taught algebra & physics; Colorado – Administrator for bilingual program; Las Vegas, NV – Taught ESL & Algebra, Title I Coordinator.

## **REPTILES AND AMPHIBIANS OF ST. GEORGE REGION (Fall Semester Only)**

This course will examine the reptiles and amphibians that live in Washington County. Some of these creatures we encounter every day. Participants will learn to identify snakes, lizards, tortoises, turtles, frogs, and salamanders found in this region. We will examine the life, behavior, and habitat of these remarkable creatures as well as their important contribution to our ecosystem. Students may share their experiences and photos with the class. An optional field trip will be held for those who want to experience these creatures in their natural settings.

**Instructor: Greg Brim**, B.S., BYU, Math & Philosophy. Director, Bank of America. Lifelong Member, Chicago Herpetological Society.

## **UNDERSTANDING YOUR DNA RESULTS AND MATCHES**

Instructor will provide a fascinating and informative look at the world of DNA testing used in family history. He served as a special agent for the U.S. Treasury Department for nearly 33 years and was a consultant to law enforcement agencies around the world involving the application of Forensic and Investigative Accounting and Financial Investigative Techniques; and later specialized in Forensic Data Analytics. These techniques were used to conduct criminal investigations, including the use of DNA, in missing persons and homicide cases. **Class is offered for two weeks each semester.**

**Instructor: John Harrison**, post graduate studies in DNA, Public Information Officer for his agency, emeritus member of American Academy of Forensic Science, accredited college/agency instructor, taught courses/presentations on Financial Investigations, is a Toastmaster, Storyteller, and member of the Utah Storyteller's Guild.

**For more information about course location and times refer to our course listing.**



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