REGISTRATION DAY AUGUST 27!  
HERE IS WHAT YOU NEED TO KNOW

Attend the General Membership and Registration Meeting in the Gardner Center Ballroom on the DSU Campus, August 27, 9:00 a.m.—12:00 p.m.

- **FREE** Parking in lot M (300 s 700 e) during registration
- Bring your completed registration form and $50 payment per membership
- There will be separate registration lines according to payment: credit card, checks and cash
- If you are a returning member, you will receive your name badge in the line. If you are a new member, you will go to the new member badge table after you have paid your registration fee and a new badge will be printed for you
- There will be registration forms and badge holders accessible on separate tables
- Sign up for classes. There will be sign-up sheets for all classes. Limited classes will be first-come, first served
- If you attend a computer class, DSU requires a $10 computer lab fee each semester. A computer username and password will be issued to you. Make payment at the Help Desk (Holland Building, 2nd Floor) **before your first computer class**
- Consider contributing to the scholarship fund!
- You will be able to purchase a DSU parking permit for $50 at registration with **cash or check only** (bring license plate number). Or, you can purchase later at the Cashier’s Office, Holland Building, 1st Floor. The Cashier’s Office is open Monday—Friday, 8:15 a.m.—5:00 p.m.
- Post Registration day: You can register in-person at the ICL office at 658 E. 200 S., beginning August 28th
- Registration Day is a social event! Catch up with your member friends, instructors, and the ICL team
Welcome to ICL's new academic year 2018-2019. We have had some major changes in our office recently. Our Director, Maureen Parks, and our Office Manager Carolyn Barnett, both resigned in May. I was elected President of ICL in April and understandably panicked when both notified me. Maureen and Carolyn were so professional and effective. Everyone relied heavily on their abilities to carry out the great programs that have made ICL such an excellent institution.

We are excited to announce that Dr. Robert Kramer, a retired clinical psychologist, has accepted the position of Director. He has vast experience including VP of Strategic Planning for Human Affairs International, and has received numerous awards for his executive abilities.

During the interviews, we met an outstanding woman named Julie Noggle. She is now our new Office Manager. Julie has a degree in business and worked many years as an Administrative Secretary in a Middle School office. We are excited that Rob and Julie are going to be carrying on the fantastic job Maureen and Carolyn did for so many years.

I am humbled to be the new President of such a great organization, but feel confident that, with the help of ICL's new Council, we will continue to grow and expand the learning opportunities for our members. We have already initiated some changes to streamline the registration process that Merrill Palmer (past President) has been working on for a number of years.

We plan to continue the successful evening Lecture Series, which will have Hyrum Smith, the former CEO of Franklin Covey, present again. Also Lyman Hafen, a renowned local author, has agreed to give a lecture. We will repeat the 2-day geology field trip organized by Doug Bowen as well.

ICL offers over 70 classes for only $50 per year. What a bargain! Additionally, we are working with Dixie State University to make some regular college courses available for our members to audit.

This will be an exciting year and we are looking forward to meeting you when you register on August 27 or stop by our office. Tell your friends about our amazing program.

David D. Zundel
NEW COURSES!

You shared your feedback on our course survey. The Curriculum Committee and the ICL Council have been actively engaged in recruiting new instructors and reviewing and approving new courses. We continue to improve our already robust curriculum. Take a look at our new offerings and find more detail in the course catalog:

- **AMAZING RELIGIOUS FIGURES FROM HISTORY** (Fall Semester only) Instructor: L. Dean Marriott
- **ANDROID SMARTPHONE BASICS** Instructor: Tyson Pulsipher
- **ART AND SCIENCE OF LIFELONG LEARNING** (Fall Semester only) Instructor: Hugh M. Cannon
- **ARTIST TRADING CARDS (ATCs)** (Fall Semester only) Instructor: Erica Wangsgard
- **BAKING YEAST BREADS FOR BEGINNERS AND EXPERTS!** (Fall Semester only) Instructor: Sandy Paige
- **BOOKS AS ART!** (Spring Semester only) Instructor: Erica Wangsgard
- **BUILDING LIFELONG CONNECTIONS THROUGH STORYTELLING** Instructor: Carol Esterreicher
- **EMERGENCY PREPAREDNESS** Instructor: Peter Kuhlmann
- **FOLKLORE AND MYTHOLOGY** (Returning from hiatus) Instructor: D. L. Ashliman
- **FOUNDATIONS OF MODERN SCIENCE** Instructor: Andrew Christensen
- **FRENCH – CONVERSATIONAL** (Returning from hiatus) Instructor: Chris Fee
- **FROM STREET FAIRS TO WORLD CLASS MUSEUMS – HOW TO ENJOY YOURSELF IN THE WORLD OF ART** (Fall Semester only) Instructor: Kim Blackman
- **GLOBALIZATION AND DIVERSITY** (Spring Semester only) Instructor: Robert Ford
- **GRATITUDE – KEY TO A HAPPIER & MORE SATISFYING LIFE** (Fall Semester only) Instructor: Luigi Persichetti
- **HEALTH FOR MEN – AND THE WOMEN WHO LOVE THEM** (Fall Semester only) Instructor: Warren Stucki
- **HISTORY OF UTAH** (Fall Semester only) Instructor: Douglas D. Alder
- **ISRAEL – GO, KNOW** (Fall Semester Only) Instructor: Rabbi Helene Ainbinder
- **JOURNEY OF THE HERO** (Returning from hiatus) Instructor: Dick Harper
- **KUNDALINI YOGA & MEDITATION** Instructor: Lisa Stearns
- **LATIN AMERICAN "BOOM" LITERATURE** (in translation) (Spring Semester only) Instructor: Read Gilgen.
- **LIFE AND MORE LIFE** (Fall Semester only) Instructor: Dean Elquist
- **NATIVE AMERICANS HISTORY** (Fall Semester only) Instructor: Daniel Slaugh
- **SO YOU WANNA WRITE A NOVEL** (Spring Semester Only Instructor: Warren Stucki
- **THE HEALING POWER OF PLANT FOOD COOKING CLASS** Instructor April Ashcroft
- **THE RISE OF CHINA: IMPLICATIONS FOR THE UNITED STATES** (Spring Semester only) Instructors: Frederick Crook, Elizabeth Crook
- **THE TEN COMMANDMENTS: JEWISH LAWS - ALL 613 COMMANDMENTS** (Spring Semester only) Instructor: Rabbi Helene Ainbinder
- **THE VIETNAM WAR** (BROWN/Dunford, Tuesday, 1:30 – 2:50) Instructor: Chris Wangsgard
- **UNPACKING THE NEWS** (Spring Semester only) Instructor: Hugh M. Cannon
- **WOOD BURNING ART FOR BEGINNERS** Instructor: Emery Jones
SEPTEMBER HIKES SCHEDULE

SPRING CREEK TRAIL
Thursday, Sept 13
8:00 AM
Must have dry weather

Spring Creek is a remote canyon located in a BLM Wilderness Study Area, just north of the Kolob section of Zion National Park. The trail is established, but not maintained. That means coming across some overgrowth (tree branches, but mostly bushes). Spring Creek is a pleasant in & out day hike, roughly 6-7 miles total. Hiking is quite easy in the mostly dry streambed. We will have occasional narrow streams to cross.

Just as you think this canyon has lost all of its charm, you will see Sweetwater Gulch towering on the left; a beautifully tall and narrow section of canyon. This is the golden part of the hike and would make a perfect spot to have lunch, chat and take photos. When we have had your fill, we will hike out the way we came.

RED MT TRAIL TO WEST WEST SNOW OVERLOOK
Thursday, September 27
8:00 AM
Rocky terrain with stretches of deep sand, roughly 5 miles in total, alternating sun and shade.
The hike begins with a stretch of uneven sandstone scattered on the trail (not suitable for unsteady walkers) and enter the Red Mountain Wilderness within ½ mile. The trail eventually becomes less rocky with some areas of deep sand. We will have an elevation gain of about 600 feet, which we will achieve in the first 1.2 mile of the trail.
We will make our way through a thick high-desert pinion and juniper forest, and up the steadily inclining Red Mountain Trail, to one of the most spectacular views, even by Southern Utah’s standards. While not overly challenging, this trail may not be suitable for the none-hiker. Hiking poles/sticks will prove very helpful. We will take a break here, before heading back to the cars. There are a number of viewpoints in this area, but this one is the most spectacular. There are also different ways to get to it, but we will be taking the most straight forward way with the biggest bang for our bucks/stumps.

POTLUCK IN THE PARK!
Tonaquint Park September 18th, 2018 at 6:30 p.m.

This marks the return of the annual Fall Potluck Celebration for ICL members. The potluck event was discontinued a number of years ago and it’s now time to revitalize social aspects for ICL members. This year’s event will be held at Tonaquint Park in the south shelter just off Dixie drive (near Moto Zoo & the golf course) at: 1851 S. Dixie Drive, St. George. There will be plenty of parking, shade, food and comradery for all.

Bring a prepared dish of your choice: salad, fruits/veggie tray, casserole, dessert. A grill will be available for cooking your own meat. Water & paper goods will be furnished. Picnic tables are available but if you wish, bring a camp chair for more comfort. Come early & stay late!

Please RSVP by email at icl@dixie.edu or call our office at 435-652-7670!
### FALL 2018 LECTURE SERIES

**Thursdays 7:00 - 8:30 p.m.**

**Udvar-Hazy Building 121**

Open to the Public

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<td>Terry Hutchinson, Attorney, Radio Personality</td>
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### CAMPUS RECREATION DISCOUNTS FOR MEMBERS

ICL members are welcome to use the Campus Recreation Department facilities at a reduced cost (student pricing) by showing their ICL name badge, which includes the following:

- **Fitness Center Membership:** Semester $40, Day Pass $2
- **Fitness Center Locker Rental:** Semester $15 large, $10 small
- **Aquatics Pool Pass:** Semester $15, Day Pass $1

To use these facilities, purchase passes, get more information, etc., please visit the Fitness Center, located just north of the football stadium.

### Outdoor Recreation Rentals

Everything from mountain bikes and kayaks to climbing gear and tents! Student pricing is available for ICL members. To see equipment and inquire about rental fees, please visit the Outdoor Recreation Center (ORC) located on the lower level of the Student Activities Center. There is also an outside entrance into the ORC which is visible from the Holland Centennial Commons building.
### ICL CLASS CALENDAR

#### September 2018

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### MONDAY

**Botany Field Trips**
- **Time:** 9:00 am - 3:00 pm
- **Location:** Off Campus
- **Details:** Meet on the west side of North Plaza Building (900 E 100 S).
- **Access:** High clearance vehicle is required.
- **Contact:** Lee Hughes

**Pickleball Practice Session 1**
- **Time:** 9:30 - 11:00 am
- **Location:** GYM 201 (5th balcony)
- **Details:** Bring paddle

**Somatic Yoga 1**
- **Time:** 9:30 - 10:00 am
- **Location:** WEDU 126

**Mindset of Happiness & Joy**
- **Time:** 11:00 am - 12:30 pm
- **Location:** ECCLES 155

**Pickleball Practice Session 2**
- **Time:** 11:00 am - 12:30 pm
- **Location:** GYM 201 (5th balcony)
- **Details:** Bring paddle

**Health for Men & the Women Who Love Them**
- **Time:** 11:15 am - 12:15 pm
- **Location:** INNOV 110
- **Sessions:** 9/4 - 10/30

**Tai Chi - Qigong**
- **Time:** 11:30 am - 12:30 pm
- **Location:** WEDU 126

**Baking Yeast Breads**
- **Time:** 1:00 - 3:00 pm
- **Location:** PAB 112
- **Details:** Sessions: 9/4, 9/9, 9/18, $7 fee, bring pan-sheet; 9" or 10" round pan

**The Vietnam War**
- **Time:** 1:30 - 3:00 pm
- **Location:** BROWN Dunford

**Gratitude - Key to a Happier & Satisfying Life**
- **Time:** 2:00 - 3:00 pm
- **Location:** WEDU 205

**Greek and Roman Mythology**
- **Time:** 2:00 - 3:30 pm
- **Location:** NPZ 137
- **Starts:** 9/11

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### TUESDAY

**Spanish - Conversational**
- **Time:** 1:00 - 2:30 pm
- **Location:** NPZ 138
- **Details:** No class 10-1-18

**Pickleball**
- **Time:** 2:00 - 5:00 pm
- **Location:** V Worthen Park
- **Details:** Bring paddle and ball; 9/10 ONLY

**Building Lifelong Connections through Storytelling**
- **Time:** 7:00 - 9:00 pm
- **Location:** UHB 121
- **Details:** 9/24 & 10/1; 2x per week for 2 consecutive weeks

**Foundation of Modern Science**
- **Time:** 7:00 - 8:00 pm
- **Location:** SNOW 208

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### BOTANY FIELD TRIP

**BROWSE, WHIPPLE TRAIL OR SOME OTHER HIGH ALTITUDE LOCALE**

**Monday, September 24**
- **Time:** 9 am to 3 pm
- **Location:** Meet in parking lot on the west side of North Plaza Building (900 E 100 S).

High clearance vehicle is required but you may be able to car pool with another party. May be limited to 30 individuals. ICL badge required.

**Contact:** Lee Hughes
**WEDNESDAY**

- **Tennis**  
  8:00-10:00 am  
  Tonaquint Courts  
  Mon. & Wed.

- **Eastern Philosophy**  
  9:00-11:00 am  
  TLR 349

- **Insurance for the Layperson**  
  10:00-11:00 am  
  WEDU 106

- **Table Tennis - Intermediate**  
  10:00-11:30 am  
  Gym 206 (Nth Balcony)

- **Lawn Bowling**  
  10:30 am-12:00 pm  
  SG Rec Center  
  6 Sessions: 9/5-10/10

- **Emergency Preparedness**  
  11:00 am-12:00 pm  
  WEDU 205

- **Civil War - The Middle Months**  
  11:30 am-1:30 pm  
  TLR 349  
  2x per month; 2nd & 4th Wed.  
  9/12: Seven Days/ R.E. Lee  
  9/26: Cedar Mountain/Second Manassas

- **The Art and Science of Life Long Learning**  
  11:30 am-12:30 pm  
  WEDU 135

- **Reptiles & Amphibians of St. George Area**  
  12:00-1:00 pm  
  NPZ 113B  
  Includes field trips

- **Piano 2-3**  
  1:00-3:00 pm  
  PAB 111  
  Book required (Adult Piano Adventures All-In-One Lesson Book #2)

- **Tapping to Health & Wellbeing**  
  1:00-2:30 pm  
  WEDU 205

- **Drawing - Beginners Art (Graphite)**  
  1:30-3:30 pm  
  NPZ 138

- **Spanish - Advanced**  
  1:30-3:00 pm  
  NPZ 137

- **Artist Trading Cards (ATCs)**  
  2:30-4:00 pm  
  WEDU 144  
  $5.00 fee

- **Tennis**  
  Off Campus  
  Varies  
  2x per month

- **Introduction to PCs**  
  10:00 am-12:00 pm  
  UHB 148  
  8 Sessions: starting 9/28-11/30

- **Knitting & Crocheting - Beginning**  
  1:00-2:30 pm  
  WEDU 136  
  Bring paper & pencil for notes

- **Knitting & Crocheting - Intermediate**  
  2:30-4:00 pm  
  WEDU 136  
  Bring paper & pencil for notes

**FRIDAY**

- **Introduction to PCs**  
  10:00 am-12:00 pm  
  UHB 148  
  8 Sessions: starting 9/28-11/30

- **Journey of the Hero**  
  2:00-4:00 pm  
  BROWN Dunfrd  
  5 Sessions: 9/7-10/5

**THURSDAY**

- **Somatic Yoga 2**  
  9:30-11:00 am  
  WEDU 126

- **Amazing Religious Figures from History**  
  10:00-11:30 am  
  TLR 339  
  3 Sessions: 9/6 & 1/1 & 12/6

- **From Street Fairs to World Class Museums**  
  11:00 am-12:00 am  
  TLR 349

- **Israel: Go-Know! Ancient Times to Modern Era**  
  11:00 am-12:30 pm  
  SCI 115

- **Native American Flute - Beginning**  
  11:00 am-12:30 pm  
  ECCLES 155

- **Native American Flute - Intermediate**  
  12:30-2:00 pm  
  ECCLES 155

- **Favorite Books**  
  1:00-2:30 pm  
  SNOW 208  
  1x per month except twice in Sept; 9/6 & 9/1

- **Love One Another**  
  1:00-2:30 pm  
  TLR 158

- **Traveling the World**  
  1:00-2:30 pm  
  SCI 115  
  9/6- Travel Tips  
  9/20 Germany, Austria, Switzerland

- **Android Smartphone Basics**  
  2:00-3:00 pm  
  NPZ 137  
  5 Sessions: 9/6-10/4

- **Discovering Live Local Theater**  
  2:00-3:00 pm  
  SNOW 150

- **Wood Burning Art**  
  2:00-3:30 pm  
  SCI 116

- **Digital Photography**  
  3:00-4:00 pm  
  UHB 121

- **Lecture Series**  
  7:00-8:30 pm  
  UHB 121

- **Building Lifelong Connections through Storytelling**  
  7:00-9:00 pm  
  UHB 220  
  9/27 - 10/4, 2x per week for 2 consecutive weeks

- **Hiking**  
  Varies: Off Campus  
  2x per month

- **Estate Planning**  
  3:00-4:00 pm  
  PAB 124  
  5 Sessions: 9/5-10/5; 1st & 3rd Wed.

- **Mac, iPhone & iPad User Class**  
  3:00-5:00 pm  
  UHB 230

- **Music Appreciation**  
  3:00-4:00 pm  
  UHB 220

- **Physics and the World Around Us**  
  3:00-4:00 pm  
  WEDU 107

- **Tax, Finance & Investments**  
  3:00-4:00 pm  
  PAB 124  
  5 Sessions: 9/12-11/7; 2nd & 4th Wed.

- **Flamenco Dance Level I - Beginning**  
  5:00-6:30 pm  
  WEDU 126

- **The Healing Power of Plant Food**  
  6:00-7:30 pm  
  WEDU 107

- **Insurance for the Layperson**  
  9:00-10:00 am  
  WEDU 106

- **Long Learning**  
  10:30 am-12:00 pm  
  WEDU 135

- **The Healing Power of Plant Food**  
  6:00-7:30 pm  
  WEDU 107

- **Insurance for the Layperson**  
  9:00-10:00 am  
  WEDU 106

- **Long Learning**  
  10:30 am-12:00 pm  
  WEDU 135

- **The Healing Power of Plant Food**  
  6:00-7:30 pm  
  WEDU 107
INSTITUTE FOR CONTINUED LEARNING

Office Hours
The ICL office will open August 28
Hours: 9:30 – 2:30
Monday Through Thursday
Office Phone: 435.652.7670

Learn more at: https://icl.dixie.edu/

ICL PURPOSE
To provide a community of study and learning within the college community wherein retired and semi-retired persons desiring to continue their intellectual pursuits and activities and participate in college courses and special events may have the opportunity to do so at minimal cost and in accordance with their special needs and interests.

ICL Executive Officers
President: David Zundel
Vice President: Doug Bowen
Treasurer: Dean Barker
Director: Rob Kramer
Office Manager: Julie Noggles
DSU Representative: Dr. Nancy Hauck, Associate Provost