# IMPORTANT UPCOMING DATES

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE/TIME</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>Fall Break – no classes</td>
<td>October 11-12</td>
<td>Somewhere fun!</td>
</tr>
<tr>
<td>Thanksgiving Break – no classes</td>
<td>November 21-23</td>
<td>With family!</td>
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<tr>
<td>Holiday Luncheon</td>
<td></td>
<td>Gardner Center Ballroom</td>
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<tr>
<td>Fall Semester ends</td>
<td>December 7</td>
<td></td>
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<tr>
<td>Spring Semester begins</td>
<td>January 7, 2019</td>
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<tr>
<td>Martin Luther King Day – no classes</td>
<td>January 21, 2019</td>
<td></td>
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<tr>
<td>Presidents’ Day – no classes</td>
<td>February 18, 2019</td>
<td></td>
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<tr>
<td>Spring Break – no classes</td>
<td>March 11-15, 2019</td>
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<tr>
<td>Spring Luncheon</td>
<td>March 22, 2019 @ 11:30am-1:00pm</td>
<td>Gardner Center Ballroom</td>
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<tr>
<td>Instructor/Volunteer Appreciation Luncheon</td>
<td>April 9, 2019 @ 11:30am-1:00pm</td>
<td>Gardner Center Ballroom</td>
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<tr>
<td>Spring Semester ends</td>
<td>April 12, 2019</td>
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Why lifelong learning? “When you exercise, you engage your muscles to help improve overall health. The same concept applies to the brain. You need to exercise it with new challenges to keep it healthy,” so says Dr. Ipsit Vahia, director of geriatric outpatient services for Harvard-affiliated McLean Hospital.

ICL provides an opportunity to engage the mind and body by learning something new, acquiring a new skill or learning a new sport. It also keeps us socially involved, which is crucial for avoiding loneliness, which has highly detrimental effects on both mind and body.

A warm welcome to our returning and new members! Julie Noggle, our office manager, and I just completed our first instructor orientation, our first registration day, our first semester launch and our second newsletter. We are in awe of the amazing work of those who came before us and who established a great foundation for us to work from. We received enormous help from Maureen Parks, former ICL director, and Carolyn Barnett, former office manager. Additionally, we have an exceptional dedicated council and committee members and volunteers who expend enormous time and expertise to ensure that ICL thrives.

Thanks to all for your patience and support as we launched the 2018 Fall Semester. Having more classes and fewer classrooms has been a challenge, but it is a good problem to have! We continue to learn, strive to improve and welcome your feedback.

We continue to work closely with DSU to find suitable classrooms and reduce how often classrooms or schedules have to change. A recent survey indicated that the majority of you have a slight preference for afternoon classes. We will work with instructors to see if we can move more classes to the afternoons as well as to Tuesdays and Thursdays. We will benefit from greater room availability and reduce the schedule overlap of popular classes, and hopefully, reduce the frequency of room changes. Also, expect to see new courses added to our curriculum for Spring Semester and next year. ICL’s Curriculum Committee is dedicated to continually enhancing our course offerings.

The ICL Lecture Series has been an enormous success. We will bring back popular lectures and offer new ones. We have a new Lecture Committee to scout out great speakers on interesting and diverse topics. Other important logistical changes are coming. We are pleased to announce that we will offer online registration, hopefully by Spring Semester. Over 75% said that you would prefer online registration, according to a recent survey. With online registration, you will no longer have to complete and deliver a handwritten registration form. However, if online registration doesn’t work for you, we will be happy to register you at the ICL office. More information to come.

We love to hear from you. Share your suggestions and feedback. We are taking on the challenge of continuous growth and enhancement of what has become one of the best Lifelong Learning programs in the nation!

-Rob Kramer

DISCLAIMER
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 their courses, seminars, lectures or field trips. ICL does not endorse any specific content. Members are responsible for: (1) independently evaluating the information given and the opinions expressed, and (2) for acting upon this information and 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 ICL.
NEW COURSE SPOTLIGHT: 
THE HEALING POWER OF PLANT FOODS

Each month we will spotlight one of our many new courses to allow you to become more familiar with the incredible new offerings for ICL members. This month we are featuring “The Healing Power of Plant Foods,” presented by April Ashcroft.

This is both a nutrition and cooking class, where April prepares healthy meals in the classroom (which is actually a studio with a kitchen) and delivers evidence-based information about the enormous health benefits.

This class is presented only four times a year, so be sure not to miss a single one. Her first class was held on September 5th. April created a chocolate smoothie, a vegan sloppy joe (with barbeque sauce), a super-healthy salad with oil-free dressing and an amazing peach cobbler. The best part is that the entire audience got to sample the food and were delighted at how good healthy food can taste.

The next class is scheduled for November 7 from 6:00 pm to 7:30 pm in the Jennings Kitchen (Room 164, Jennings Communications Building). This class will focus on holiday recipes including Thanksgiving Chickpea Loaf and Pumpkin Pie! Just in time for Thanksgiving! And, of course, the class will not only get to observe the creation of these healthy meals but will get to sample them as well. Members who participated in the first class were surprised at how easy to prepare and delicious the meals are. And, the November class will not disappoint!

April offers this course to help individuals incorporate more whole natural plant foods into their meal plans. “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,” says April.

Class participants receive copies of the recipes. Furthermore, each class is video-taped and is available for viewing on You-Tube. This link will take you directly to the recording of the September 5th class: https://youtu.be/ZUDug97NNCc

April has 13 years of teaching experience and a certificate in plant-based nutrition from Cornell University. She has taught courses for the Bosch Kitchen Center and Kitchen Corner, and is currently offering classes for the Bridge Recovery Center and Dixie State Community Education.
SHOW OFF YOUR ICL PRIDE!

Purchase ICL lapel pins, bumper stickers, mugs and windbreakers – all with the ICL logo. Or, better yet, donate to the scholarship fund and receive an item for free! (If you made a donation and didn’t receive a free item, please stop by the ICL office.)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Free with:</th>
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<tbody>
<tr>
<td>Lapel Pin</td>
<td>$5</td>
<td>$10 donation</td>
</tr>
<tr>
<td>Bumper Sticker</td>
<td>$5</td>
<td>$10 donation</td>
</tr>
<tr>
<td>Mug</td>
<td>$15</td>
<td>$25 donation</td>
</tr>
<tr>
<td>Windbreaker</td>
<td>$25</td>
<td>$100 donation</td>
</tr>
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OCTOBER HIKES SCHEDULE

A GORGEOUS CANYON IN WASHINGTON

Thursday, October 4
9:00 am
Easy paved path, 5-6 miles round trip.
Meet at parking lot on the west side of North Plaza Building 900 E. 100 S.

This is an easy walk on a paved path with a few spots of minor incline and decline. There are benches for resting along the way. The paved surface will allow us to admire Mother Nature’s handy work without the risk of tripping on rocks, bumps and dips, usually encountered on dirt trails. We will access the trail from Sullivan Ball Park and follow it into a beautiful canyon.

PRECIPICE TRAIL, SANTA CLARA

Thursday, October 18
9:00 am
Easy, paved path, 5-6 miles round trip.
Meet at Lin’s Market on Sunset Blvd. (west side of parking lot)

The Precipice Trail offers beautiful views with alternating ups & downs, and occasional elements of exposure. (Hiking poles will be helpful.)

We will start the hike at the Barrel Roll Trail Head, immediately pick up the Precipice Trail and follow it to Sidewinder Trail for about 2.5 miles before we turn around and return to the cars via the Barrel Roll Trail that parallels the Precipice Trail. We will keep a steady pace - fast enough to get our heart rates up - slow enough to enjoy the surroundings.
The Metropolitan Opera began broadcasting live HD Saturday matinees in movie theaters 12 years ago. Since then, many ICL members and St. George residents have made the trip to Las Vegas to see these performances. That will no longer be necessary because the Pineview Stadium 10 (2376 Red Cliffs Drive) will air the first live broadcast in St. George on Saturday, October 6th, at 11:00 am. The first opera will be Verdi’s *Aida*. An additional 9 operas will be shown through May, 2019.

The ICL Course, Opera for One and All, will mark this momentous occasion by having classes designed to provide you with a better understanding of each opera. **In light of the broadcast on October 6th, there will be a special class on Aida, Monday, September 24th at 10:00 am in room 339 in the Taylor building.** Regularly scheduled classes in October (Taylor Room 352) will be as follows:

- October 15th - Samson et Dalila (Met broadcast October 20th)
- October 22nd - La Fanciulla del West (Met broadcast October 27th)
- October 29th - Andrea Chenier
Do you want to know if your house was built on blue clay? Do you want to know why that matters? Do you want to know if you live on the St. George fault line? If yes, then you’ll want to take Rick Miller’s Geology course next spring.

Each newsletter will highlight one of our very popular courses that has attracted many members and continues to delight and inform. This month we are featuring the Geology class that Dr. Rick Miller has taught since 2004. His class has enjoyed the highest attendance of any ICL class, year after year.

Every year, Rick updates his material, so there is always something new to learn, and the classes are always entertaining. The iconic Rick Miller humor will keep you laughing and wanting more. The courses have focused primarily on the southwest, particularly St George, the Grand Canyon and surrounding areas. “The local region around St. George, has some truly amazing geological features, including a few that are “world class,” Rick remarks. He will also include related topics, including Plate Tectonics and Evolution.

Rick will present new material in his class next spring, based on articles he published in The Independent. We will reprint one of his articles every month. (Reprinted with permission from Rick Miller and The Independent). This month: St. George: A Geological Wonderland, Part 1.

Rick moved from San Diego to St. George in 2001. He was professor of Geology at San Diego State University, then taught at Dixie State University for five years. Rick lives in St. George with a menagerie of pets, including birds, snakes, a turtle and tarantulas.

ST GEORGE: A GEOLOGICAL WONDERLAND (PART 1)

By: Rick Miller
02/17/18

The local region around St. George, Utah has some truly amazing geologic features, including a few that are “world class.” For the most part though, you won’t find out much about these features from our Chamber of Commerce literature, so we have to explore other sources for such features. An interesting place to start our explorations is with that not so subtle bump on the landscape called Pine Valley Mountain.

View of the Pine Valley Mountain Laccolith taken from Foremaster/Eastridge. Elevation of highest point is 10,365 feet (3,159 m).
Pine Valley Mountain is known in geology as a laccolith. Laccoliths are distinctive mushroom-shaped bodies of crystalline igneous rocks. When in a molten state such molten liquids push their way into pre-existing rocks below the Earth’s surface and then may spread out along a zone of weakness (see diagram below). For a crude, but fun experiment on how this process works take a tube of toothpaste, loosen the screw cap and then give the tube a nice strong squeeze (image below).

Many laccoliths have formed in this manner in Utah and in other areas around the world. Of significance to us southern Utah dwellers is the fact that Pine Valley Laccolith is considered the largest such structure in the United States, and possibly the largest in the world. Pretty cool for St. George!

Approximately 22 million years ago this region was underlain by a heat source as indicated by a number of known laccoliths and other igneous bodies in Utah, Colorado and New Mexico. In some locations the molten material, known as magma, worked its way into the overlying sedimentary rocks and formed a variety of uplifted structures, including our laccolith. The resulting uplifted area subsequently underwent erosion, which has continued to the present time, thereby removing some of the overlying rocks and exposing the crystalline rocks of the laccolith. That a source of heat still underlies the area is indicated by many volcanic cones and lava flows in the area which are less than 2 million years old.

The rocks of the laccolith itself contain minerals such as feldspar, hornblende and a little quartz. It is this combination of minerals that is used to provide an identification of the rocks as a monzonite, which is similar to the more familiar rock type called granite. On a fresh, unweathered surface you can see the individual crystals, and their size indicates that the original molten liquid must have cooled slowly so that the various crystals had time to grow. This crystal size provides the evidence that cooling must have occurred well below the surface which allowed the heat to dissipate slowly, hence the term intrusive. This is in contrast to lava flows which form on the surface, cool much faster, have very tiny crystals and are called extrusive rather than intrusive.
Before we become too snooty about our big lovely laccolith, let's put it in perspective with other known igneous features. A fine example would be a comparison with the Sierra Nevada in eastern California (image below). This mountain range represents one of the largest types of igneous intrusions, and because of its immense size and elongated shape, it is known as a batholith. It also happens to represent a much older geologic event than our laccolith. Numerous studies indicate that the granitic rocks making up the Sierra Nevada Batholith were formed over an interval of about 30 million years, episodically between 120-90 million years ago. Over the last 60+ million years the older rocks overlying the batholith and part of the batholith itself have been eroded away, leaving us with a view of igneous rocks that formed from a molten liquid originally at a depth between 5 and 10 miles below the Earth's surface. That is a lot of rock to have been eroded.

A portion of the Sierra Nevada looking southwest along the Owens Valley. This is a 400+ mile long example of a much larger igneous intrusive body termed a batholith. Kind of like a very big brother to our Pine Valley laccolith.

Returning to St. George with a final comment. The Pine Valley area is the site of multiple use, including a residential community and a variety of recreational activities (see references). So, go visit one of our prized St. George area geological treasures.

On line references:
https://en.wikipedia.org/wiki/Pine_Valley_Mountains
https://en.wikipedia.org/wiki/Sierra_Nevada_Batholith

A WORD FROM OUR SCHOLARSHIP COMMITTEE CHAIR

It was wonderful to see many old friends and to make new friends at the ICL registration on August 27. We greeted you with smiles, assistance and also an invitation to donate to our scholarship fund. On Registration Day, we added $1100 to the ICL Scholarship Fund, bringing the total to over $88,000!

I love working with the scholarship program. We offer scholarships to non-traditional students, many of whom are returning to complete their education. Their stories are varied and interesting. This year we were able to offer scholarships to five great students. We will introduce them to you at our holiday luncheon in December. We are happy to accept donations throughout the year. Please contact me personally or stop by the office during business hours to make your donation. We appreciate all donations, large or small.

See you in class!
-Norma Rae Hemsley
anorma@bajabb.com
ALERT! SCHEDULE & CLASSROOM CHANGES (EFFECTIVE IMMEDIATELY)

- **Android Smartphone Basics**: NPZ 137 No CLASS 10/4
- **Building Lifelong Connections Through Storytelling**: CANCELLED
- **Discovering Live Local Theater**: Moved to UHB (Hazy) 243
- **Drawing - Beginning Graphite Pencil**: Now starts at 1:00 pm
- **Folklore & Mythology**: Moved to UHB (Hazy) 220
- **Life & More Life**: Moved to INNOV 110 (Innovations Plaza)
- **MAC, iPhone & iPad Users**: Moved to UHB (Hazy) 220
- **Mindset of Happiness & Joy**: Moved to PAB (Performing Arts) 124
- **Music Appreciation**: Moved to UHB (Hazy) 230
- **Native American Flute - Beginning**: 10:30 - Noon, moved to PAB (Performing Arts) 124
- **New Class! Strength, Tone, & Stretch**: Tuesday 12:30 to 1:30 in WEDU 126
- **Spanish - Conversational**: NPZ 138 No instructor 10/1 and 10/8 (student led)
MONDAY

**Botany Field Trips**
9:00 am-5:00 pm
10/15
Meet at 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. Refer to hiking guidelines in the ICL Catalog.
Contact: Lee Hughes
Email: lee.e.hughes@gmail.com

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

**Botany Field Trips**
9:00 am-5:00 pm Off Campus
10/15

**Discovering the Tao Te Ching**
10:00-11:30 am TLR 349

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

**Bicycle Maintenance (session 1)**
10:00 am-12:00 pm 70 W St. George Blvd.

**Bicycle Maintenance (session 2)**
10:00 am-12:00 pm

**Piano 2B**
1:00-3:00 pm TLR 349
Book required (Adult Piano Adventures All-In-One Lesson Book #2)

**Poetry Appreciation & Exploration**
1:00-2:00 pm WEDU 205
10/8 & 10/22

**Spanish - Conversational**
1:00-2:30 pm NPZ 138
10/15: Carol leads
10/8: Marvin leads
10/15: Bianca returns

**Pickleball**
2:00-3:00 pm V Worthen Park
Bring paddle and ball; 10/8 ONLY

**History of Utah**
2:00-3:00 pm BROWN Dunford

**Bicycle Maintenance (session 2)**
2:00-4:00 pm 70 W St. George Blvd.

**Foundations of Modern Science**
7:00-8:00 pm SNOW 208

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TUESDAY

**Pickleball Practice Session 1**
9:30-11:00 am GYM 201 (S balcony)
Bring paddle

**Somatic Yoga 1**
9:30-11:00 am WEDU 126

**Mindset of Happiness & Joy**
11:00 am-12:30 pm PAB 124

**Pickleball Practice Session 2**
11:00 am-12:30 pm GYM 201 (S balcony)
Bring paddle

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

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

**Strength, Tone & Stretch**
12:30-1:30 pm WEDU 126

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

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

**Greek and Roman Mythology**
2:00-3:30 pm NPZ 137

**Folklore & Mythology**
3:00-4:00 pm UHB 220

**French - Conversational**
3:30-5:00 pm WEDU 133
req. 1 year of French

**Understanding Your DNA Results & Matches**
6:30-8:30 pm UHB 121
10/2

**Kundalini Yoga**
7:00-8:30 pm WEDU 125
Bring mat

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**BOTANY FIELD TRIP**

**BLACK ROCK MOUNTAIN OR MT. LOGAN ARIZONA STRIP**
Monday, October 15
Time: 9:00 am. Plan to return between 4:00 and 5:00 pm.
Meet at 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. Refer to hiking guidelines in the ICL Catalog.
Contact: Lee Hughes
Email: lee.e.hughes@gmail.com
**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 Cym 206 (N Balcony)

**Lawn Bowling**
10:30 am-12:00 pm SC 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
10/10: Antietam/Emancipation Proclamation
10/24: Perryville/Stone’s River

**Drawing - Beginners Art**
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 WEDU 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)**
1:00-3:30 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

**Estate Planning**
3:00-4:00 pm PAB 124
10/3 & 10/17

**Mac, iPhone & iPad User Class**
3:00-5:00 pm UHB 220

**Music Appreciation**
3:00-4:00 pm UHB 230

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

**Tax, Finance & Investments**
3:00-4:00 pm PAB 124
10/10 & 10/24

**Flamenco Dance Level I - Beginning**
6:30-8:00 pm WEDU 126

**Flamenco Dance Level II - Intermediate**
6:30-8:00 pm WEDU 126

**The Art and Science of Life Long Learning**

**Native American Flute - Beginning**
10:30 am-12:00 pm PAB 124

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

**Favorite Books**
1:00-2:30 pm SNOW 208
10/4 Book: Little Fires Everywhere By Celeste Ng

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

**Traveling the World**
1:00-2:30 pm SCI 115
10/4 Australia & New Zealand
10/18 Great Britain & Ireland

**Android Smartphone Basics**
2:00-3:00 pm NPZ 137
10/11, 10/18

**Discovering Live Local Theater**
2:00-3:00 pm UHB 243

**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
10/18, 10/25

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**THURSDAY**

**Hiking**
9 am Off Campus
10/4, 10/18

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

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

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

**Native American Flute - Beginning**
10:30 am-12:00 pm PAB 124

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

**Favorite Books**
1:00-2:30 pm SNOW 208
10/4 Book: Little Fires Everywhere By Celeste Ng

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

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**FRIDAY**

**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

**Journey of the Hero**
2:00-4:00 pm BROWN Dunford
5 Sessions: 9/7-10/5
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
Secretary: Daphne Schroth
Office Manager: Julie Noggle
DSU Representative: Dr. Nancy Hauck, Associate Provost

Office Hours:
9:30 – 2:30
Monday Through Thursday
Phone: 435.652.7670

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