**The Learning Link**

**LIFE LONG LEARNING**

**NOVEMBER 2018 ISSUE**

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**IMPORTANT UPCOMING DATES**

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE/TIME</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>Community Volunteer Fair</td>
<td>November 15 @ 6:30-8:30pm</td>
<td>North Plaza, DSU</td>
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<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>December 7 @ 11:30am-1:00pm</td>
<td>Gardner Center Ballroom</td>
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<tr>
<td>Fall Semester ends</td>
<td>December 7</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>
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<tr>
<td>Presidents’ Day – no classes</td>
<td>February 18, 2019</td>
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<tr>
<td>Spring Break – no classes</td>
<td>March 11-15, 2019</td>
<td>Gardner Center Ballroom</td>
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<tr>
<td>Spring Luncheon</td>
<td>March 22, 2019 @ 11:30am-1:00pm</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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A MESSAGE FROM THE PRESIDENT

Dear ICL Members,

As we start a new year of classes, lectures, picnics, hikes and dinners, I just want to express my appreciation to the many people who make ICL so successful.

I first want to thank the office staff for all they do. Thanks to Dr. Rob Kramer and Julie Noggle for their dedication and commitment to our great organization. I know personally that Rob and Julie put in far more hours each week than they get paid for. Rob, I know, is trying to simplify and systematize the process so that the staff can be more efficient and productive.

I also want to thank those office volunteers who help Rob and Julie accomplish all they do. They greet people pleasantly, sign up new members, and answer multiple questions that take the pressure off of our paid staff. I am deeply appreciative of their unselfish service. We have one volunteer, DeeAnn Bassett, who was the past president of ICL and is now the chair of the strategic planning committee. Another volunteer, Mary Ann Evans, was the director of ICL for many years. Many others have also been volunteering in the office for years. What dedication!

As I visit different classes, I am overwhelmed by how much time the instructors are expending to create and teach such interesting classes. I have been a teacher and know how much preparation goes into classes that are appealing and informative. We have 72 classes this year. I am amazed at the number of hours of preparation that represents. Thank you, instructors, for your dedication and contribution to ICL!

I have been involved in selecting and introducing the LECTURE SERIES speakers for over a year, and I have been very impressed with the caliber of speakers who have agreed to participate. I know some have spent significant time in preparing for their lectures. Thank you, presenters, for contributing to the excellence of ICL! I have appointed a committee to help me select future lectures. If you have suggestions for speakers or topics, please contact the office staff or me and share your recommendations.

Finally, let me express my appreciation to the members of the ICL Council for their dedication and commitment to ICL. The Council is made up of outstanding people who meet monthly to try to improve the ICL product and make the organization attentive to your needs. We are fortunate to have such a professional, dedicated and amazing Council!

David Zundel

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.
CLASSROOM ETIQUETTE

We are so fortunate to have the use of the DSU campus for our classes. This is rare for Lifelong Learning institutions. It is important that we show our appreciation through practicing classroom etiquette. Of course, ICL members are a very considerate group so these reminders may be unnecessary. But it doesn’t hurt to occasionally remind ourselves of these simple guidelines:

• Do not bring dogs, other than certified service dogs, onto the campus.
• Do not enter a classroom if there is a class in session. If you don’t know if a class is in session, wait until ten minutes before your class starts before entering the classroom.
• Always sign the roll. If you bring guests, have them sign the roll as well. Guests are allowed to attend classes once before registering as an ICL member.
• Wear your badge.
• Leave the class at ten minutes before the hour (or half hour) in order to give the next class time to take their seats. For instance, if your class is from 10:00 am – 11:00 am, class members should leave promptly at 10:50.
• Avoid entering a class late, especially meditation and yoga

ABOUT PARKING

DSU requires parking permits in order to park anywhere on the campus, including North Park Plaza. You can purchase a student parking permit at the Holland Building, Cashier’s Window. (Make sure to bring your license plate number!) Parking is not permitted in the Visitors spaces. This is reserved for one-time visitors to the campus.

EVERYTHING YOU WANT TO KNOW ABOUT ONLINE REGISTRATION (ALMOST)

We plan to offer online registration starting Spring Semester, barring unforeseen issues. If you are familiar with the online registration process for Dixie Community Education, this is the system we will be using.

There are a number of advantages an online registration system provides for ICL and ICL members:

• Eliminates the requirement to fill out paper registration forms and deliver them to ICL.
• You will be able to sign-up for individual classes online.
• If a class is full, you will automatically be waitlisted and will receive an email if there is an opening.
• Once we have entered your membership information, you will never have to re-enter it. You will simply renew your membership and pay your membership fee.
• All class information will be available online. You will be able to use robust search functions to find the information you need.
• You will receive automatic email notifications of class changes.

• Instructors will be able to post reading materials online.
• You will have the option of having class schedules posted to your electronic calendar.
• To find your classroom, you will be able to click on the room location and it will pull up a campus map.
• If you attempt to sign up for two classes that are at the same time or overlap, the system will notify you.
• You will be able to send an invitation to a friend to attend the same class you just signed up for. They will receive a link that will allow them to register for the same class.
• You will receive notifications of events, such as banquets and picnics, and will be able to sign-up online for these events.
• Costs continue to rise. Online registration will help ICL to contain costs and avoid significant membership price increases. ICL will continue to be the best value anywhere!
So, now let’s address some of your questions:

I registered in the Fall. Will I have to re-register in the Spring?
No. We will upload your Fall registration information into the new online system.

What if I don’t do computers – can I still register in person?
Sure. Drop by the ICL office and we will enter the information into the online registration system for you. We may also continue with a scheduled registration day where we have a number of volunteers to help members with online registration. We will let you know if that continues.

Do I make my payments online?
Yes. You can pay by credit card online using a highly secure system.

Can I make my payment in the office instead?
Yes. You will want to make your payment in-person first before signing up for classes because online registration will only hold your class registration for 15 minutes without payment.

Can I sign-up for classes before I pay my membership fee online?
Yes. The system will hold your class registration in the system for 15 minutes, allowing you to see if you can get into the classes you want, before committing to renewing your membership.

Will my current registration information and payment history be lost?
No. We will be uploading all current membership information and payment status into the online system.

How will the online registration program determine who gets into limited classes?
We will announce a date and time that registration will open, both online and in-person. Everyone will have an equal chance to go online and register or come to the office (or the registration day location, if continued) to register at the same time in order to give everyone an equal chance.

Will I be able to make my contribution to the scholarship fund online?
Yes.

Will there be a class fee as well as a membership fee?
Beginning fall 2019, there will be a $5 fee for each limited enrollment class. This fee will discourage members from signing up for classes that they are not sure they will attend. For some limited classes, half of those who signed up never attended, which means others were excluded, or at least delayed, from taking the class, even though room was available.

FALL 2018 LECTURE SERIES

Thursdays 7:00 - 8:30 p.m.
Udvar-Hazy Building 121
Open to the Public - Please invite your friends!

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<thead>
<tr>
<th>DATE</th>
<th>PRESENTER</th>
<th>SUBJECT</th>
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<tbody>
<tr>
<td>November 1</td>
<td>Gerald Gibbs</td>
<td>Music Appreciation: Preparing for the Alto Trio Concert</td>
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<tr>
<td>November 8</td>
<td>Rabbi Ainbinder</td>
<td>History of Israel</td>
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<tr>
<td>November 15</td>
<td>Hyrum Smith</td>
<td>Closing 3 Gaps: How to live according to your personal values</td>
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<tr>
<td>November 29</td>
<td>Matt Ekins</td>
<td>How to Age Legally</td>
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<tr>
<td>December 6</td>
<td>Ron Smith</td>
<td>The Intelligence of Crows and Ravens</td>
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NEW COURSE SPOTLIGHT:
THE ART AND SCIENCE OF LIFE-LONG LEARNING

Do you suffer from information overload? Of course, you do - and you are not alone! We face a new challenge: consuming useful information in a world of information overload. Well, we are very fortunate that Hugh Cannon is here to rescue us!

Participants in his class expand their capacities to learn relevant knowledge. The course is highly interactive and develops skills, not just information. Classes include experiential exercises based on well researched learning theories.

Hugh offers a complementary class Spring semester: Unpacking the News. “This course will address the problem of gleaning useful knowledge from the news, as opposed to being manipulated by political, commercial and sensationalistic forces that shape the various sources of news,” says Hugh.

As with his Fall class, this class will also be highly interactive. It will focus on analyzing current news reports. Class participants will come away with the ability to extract actual content from the barrage of information and mis-information that assails us all.

Hugh is highly qualified to teach these classes. He has a PhD from New York University and has taught at serveral prestigious universities in the United States and abroad. He has also served as a marketing consultant to major corporations. As part of his 40-year academic career, he has published more than 200 scholarly papers, over 50 of which focused specifically on topics related to learning efficiency. Hugh is a 32-year-long member of the Association for Business Simulation and Experiential Learning (ABSEL). This global association is dedicated to the study of experiential learning.

HOLIDAY LUNCHEON

Tickets are on Sale Now for the Holiday Luncheon! Can you believe we are talking about the Holiday Luncheon already? It will be here sooner than you think.

Time: December 7th at 11:30 am in the Gardner Center Ballroom.
Price: $20
Deadline to buy tickets is November 29th.

The Holiday Luncheon is one of ICL’s most popular events. It is a great opportunity to spend time with your ICL friends and make new friends as well.

The entertainment is something you won’t want to miss - Max the Magician will fascinate us with his illusions! Max has loved magic from a very early age. As a teenager Max was president of the Intermountain Magicians Association 2 years in a row. He has taken home first place in Stage, Parlor and Close Up categories in magic contests.

Check out the incredible menu; then stop by the ICL office to buy your tickets.

Menu

- **Hors d’oeuvres**: Hot wassail, relish tray and dip
- **Salad**: Tossed green salad with Ranch or Lemon Vinaigrette Dressing; or Cranberry Fluff Salad
- **Starch**: A variety of dinner rolls with butter
- **Vegetables**: Candied baby carrots and baby red potatoes
- **Meat**: Carved roast baron of beef and carved pork tenderloin
- **Dessert**: Homemade carrot cake with cream cheese frosting; and pumpkin pie

Please let the ICL office know if you have any special dietary needs.
Once considered “new age fluff”, Eastern practices, including meditation, tai chi, and yoga, are now widely accepted in the U.S. by eager participants and the scientific community. ICL has seasoned instructors who teach these techniques, geared for the ICL population. If you aren’t actively involved in any of these classes, it is never too late to join and reap the physical and mental health benefits. Three different offerings are described below:

**TAI CHI**
Tai Chi and Qigong are ancient Chinese practices that combine slow, deliberate movements, meditation and breathing to bring healing and calmness to your mind, body and spirit. Tai Chi is a graceful and holistic system of coordinated body postures and movements. Because it puts little stress on the body, it is well-suited for most people.

Sue Davidson is our Tai Chi instructor. She has enjoyed a lifetime of active participation and eight years of on-and-off instructing while raising three sons. With her sons raised, Sue has been able to devote more time to Tai Chi in addition to Qigong, Yoga and Pilates. Sue’s students appreciate the calming influence as well as the physical benefits they get from the class.

Sue is also now offering a more vigorous workout class, Strength, Tone and Stretch.

**KUNDALINI YOGA**
Kundalini Yoga is a yoga for householders, for people who have to cope with the daily challenges and stresses of holding jobs, raising families, and managing businesses. It is a path for everyone who wants the skills to cope successfully with the challenges of our times.

Kundalini Yoga is unique in that it teaches individuals new slow breathing techniques and yoga exercises (kriyas) that target specific wellness objectives. Kriyas may focus on stress, the adrenal system, improving sleep, boosting the immune system, increasing vitality and reaching one’s higher potential.

Kundalini Yoga is not as physically challenging as many yoga techniques, so don’t let the name scare you. It combines focused, gentle movements with meditation and breathing exercises. The class typically starts with tuning into the “Adi Mantra” calling us to a place of stillness. A Mantra is a word or sound repeated to aid concentration. This is followed by deep breathing exercises (pranayam). Then members participate in a brief guided meditation, which may focus on a mantra, kindness, forgiveness, connecting with positive energies or other topics, according to the interests of the class. This is followed by a kriya yoga set, then with a gentle deep relaxation in a lying down position called Corpse Pose. The class finishes with the Long Time Sun Song, which actually is an Irish Chant adopted by Yogi Bhajan.

The instructor, Lisa Stearns, uses a gong and crystal bowls as sound therapy to the delight of her students. She also will introduce other instruments, including hand pan, drum, chimes and more.

Lisa is state certified in Kundalini, KRI and IKTA.

**SOMATIC YOGA**
The Somatic Yoga class is a unique form offered by Sondra Fraleigh. She developed Land to Water Yoga as a restorative somatic form, which she describes in her book, Land to Water Yoga: Shin Somatics Moving Way. This creative yoga, that anyone can do, is the foundation for the Somatic Yoga class she offers through ICL.

Sondra is certified in several somatic therapies, including Feldenkrais and Alexander, and has evolved her own somatic studies school, EastWest Somatics International. She has taught yoga for ICL for 12 years, and several students have been attending her class since the beginning.

Sondra is a Fulbright Scholar and Professor Emeritus of dance, having taught for 40 years at State University of New York. She trains students to become registered yoga teachers through Yoga Alliance and is the award-winning author of nine books.
NOVEMBER HIKES SCHEDULE

BOWTIE & TUTU HIKE: TURTLE WALL & ELEPHANT TRUNK LOOP IN SNOW CANYON
Monday, November 5  10:00 AM
Leader: Frida Theros 435.632.1552
Easy, 4-mile loop at a “social” pace.
Meet at Chuckwalla trailhead (off Highway 18)

The trailhead is off of Bluff Street (State Route 18) just north of the Snow Canyon Pkwy interchange. The trail head is on the west side of 18.

Doing this hike has become a tradition for Frida. Make it your yearly tradition as well!

"Tutus, bowties and tiaras are optional. Wear one. Wear all three. Wear none. Think of something you want to celebrate and wear whatever puts you in the mood. Hiking clothes always put me in a great mood," says Frida.

We will pick up the trail right off the Chuckwalla parking lot and continue on it to Beck Hill, then up to Gila Trail and across to the view point, where we will take a break to enjoy the panoramic views. We will then head back via the Turtle Wall Trail where we will see sandstone turtles and the elephant trunk.

The trail is roughly a 4 mile loop and mostly flat, with occasional mildly inclined stretches and some short sandy sections. On this trail, we will be treated to views of beautiful red rock formations and scenic vistas. We may also spot cottontail rabbits, roadrunners, hawks, and a variety of reptiles. There is also a rock climbing area less than .1 miles from the trailhead, where we are often treated to a bit of entertainment by climbers.

OWENS LOOP (IN ST. GEORGE)
Sunday, November 18  10:00 AM
Leader: Frida Theros 435.632.1552
Moderate, 4-4.5 miles at a “social” pace. Minor elevation changes with less than 350 ft total gain.
Meet at Brooks Nature Park (North end of Main Street in St George)

We will start the hike at Brooks Nature Park. We will take the Brooks Nature trail, which begins with a bit of a rough climb. The trail becomes more “user friendly” as it continues on to Owens Loop at the top of the bluff above the city. Expect some loose rocks and soft dirt.

This trail offers scenic views of the city center and Dixie Red Hills. We will get our heart rates up while enjoying our surroundings and the company of our fellow hikers. The trail is good for all skill levels and primarily used for hiking, mountain biking & trail running.

We will have lunch at the picnic tables where we started the hike.
Thursday, November 29  9:00 AM
Leader: Tim O’Brien 920.445.1313
Moderate. 5.5 miles total, elevation loss/gain 400 feet.
Meet Frida at 9 am on the west side of North Plaza Bldg. Alternatively, for those living near Hurricane, meet Tim at 9:30 am at the parking lot of Hurricane Heritage Park, 50 South Main, Hurricane. (The parking lot is behind Heritage Park Museum on the west side of Main St.)

This hike is located east of Hurricane on Hwy 59 just across from the Jem Trail turnoff.

We will start at the top and descend gradually into the canyon on a cow path (approximately 150 feet), then navigate several wash crossings down canyon, walking on sand and limestone, to a waterfall at 2.5 miles. We will keep our eyes out for fossils imbedded in the rock.

We will have lunch above the pour-off then return the way we came. Well-seasoned hikers, may wish to scale the north cliff to hike the bike trail on our return. Either way, it is about 5.5 miles round trip.

Elevation loss/gain is approximately 400 feet and mostly gradual. Of course, scaling the cliff to return on the bike trail is much steeper.

Take only pictures and leave the fossils for others to enjoy.

Hiking shoes mandatory.

ICL MEMBERSHIP FUNDRAISING CRUISE!
7 day West Coast Cruise March 10, 2019 from Los Angeles to Monterey and San Francisco on the Ruby Princess Escorted by Gary Sorensen

HURRY AND RESERVE YOUR PLACE BEFORE CABINS FILL UP!
To Book call Morris Murdock Travel 628-3633 • 595 South Bluff Street, St George
Our Geological Wonderland: The Navajo Sandstone

There sure are a lot of red rocks in and around St. George, Utah. Geologists like to call such rocks “red beds”. Of particular interest are those red beds which occur with scenic splendor in Zion Canyon and Snow Canyon, and also other areas in southern Utah, northern Arizona and Southern Nevada. The red color is due to small amounts of iron-bearing minerals which were incorporated into these rocks as they were forming in the geological past. Subsequently, those iron minerals have been exposed to the atmosphere and have become oxidized (literally rusted) over time, thereby producing the red color. The cemented grains making up the rock formation, which is known as the Navajo Sandstone, makes it more resistant to weathering and erosion than other rocks in the area; so the sandstone tends to remain as vertical cliffs many hundreds of feet or more in height. This makes for some spectacular scenery. What is also spectacular is the geologic and paleontologic information preserved within the rocks themselves. Trying to recognize and understand this information is much like a CSI study. However, these rocks have not given up all their secrets easily, and over the years continuous study has resulted in numerous re-interpretations based on new discoveries. Geologists now have a reasonably accurate interpretation about the history of these colorful rocks, but some details will certainly change as new evidence is discovered and reported.

Sedimentary rock formations are widespread in the southwestern United States, and may range in thickness from a few hundred feet to over 2000 feet. Although the predominant color is red, many variations occur, such as white, yellow, buff and tan. Except for the white rocks, the various colors are due to the presence of trace amounts of different minerals.

In many locations within the boundaries of Zion, Snow Canyon and other areas the layers of sandstone are tilted with respect to one another, a feature which is termed cross-bedding or cross-stratification (images below). In fact, this cross-bedding is one of the most distinctive features of the formation and has provided a major clue in how the rocks originally formed.
By comparing these features with sand deposited in modern environments, it becomes evident that we are looking at windblown sand dune deposits which formed back in geologic time. These sand dunes and other features within the sediments were gradually buried and then the grains became cemented together to form the rocks we call Navajo Sandstone.

Determination of the relative geologic age for these rocks has been difficult to pin down, although in recent years some new fossil discoveries have narrowed the geologic age down a bit. Many fossils found in the Navajo rocks are termed trace fossils. That is, they provide a record of organism activity, but not the organism itself. Think “footprints in the sands of time”. Invertebrate burrows occur in some areas, and reptile and dinosaur footprints and trackways are found in other areas. Recently some skeletal material (bones of vertebrates and shells of invertebrates) have been recovered. Collectively these fossils and the known ages of underlying and overlying rocks have narrowed the age range to the Latest Triassic – Early Jurassic Periods. This time interval indicates a numerical range of 190-175 million years old.

Tracks and a trackway in the Navajo Sandstone. Visualize these animals walking along the sand surface, which may have been damp from a rain storm. A surprisingly large number of varied reptile and dinosaur tracks and footprints have been found in the rocks, indicating the area had significant vertebrate fauna. Most such trackways have been found in the lower portions of the formation, suggesting that the climate may have become more arid as time progressed, and fewer animals were present in the area.

http://eas2.unl.edu/~dloope/NavajoTracks&BurrowsWeb/NavajoTracks&Burrows.html

As it turns out the Navajo Sandstone found in the Snow Canyon and Zion Canyon areas represents only a small portion of geologically similar rocks known from portions of surrounding states including Nevada, Arizona, New Mexico, Colorado and Wyoming (images below). In previous research studies some of these rocks have been given different formation names but they are now recognized to have formed in similar environments and are all of similar geologic age. https://en.wikipedia.org/wiki/Navajo_Sandstone
The Aztec Sandstone is exposed in Red Rock Canyon State Park (left) and Valley of Fire State Park (right). Both parks are located in southern Nevada. These rocks are considered to have formed at the same time as the Navajo Sandstone, and in similar wind controlled depositional environments. These formation names have been undergoing revisions by the US Geological Survey, but most online sources still use the traditional names.

To fit this together into a big picture, what we have here in the St. George area and surrounding regions is literally an ancient sea of sand, which has been named the Navajo Erg (image below). For comparison, a modern example of a sea of sand, the Sarhara Desert Erg.

Known geographic distribution of the Navajo Sandstone and its equivalent rocks in the southwestern United States. The arrow indicates estimated prevailing wind direction. From evidence described above, and much more from other sources, these rocks represent an ancient sea of sand, which is called an erg. It is estimated that what we see today is only a small portion of the original area covered by this immense sea of sand. (Diagram modified from a National Park Service image).

A visit to Snow Canyon State Park, or Zion National Park, the two noted state parks in Nevada, and some of the other National Parks and Monuments such as Capitol Reef, Canyonlands, Escalante or Glen Canyon provides some lovely scenery, with a great bonus of understanding the geologic history of the rocks themselves. An expanded trip to all these locations offers the possibility of viewing a regional picture of a nearly 200 million year ago time in the southwestern United States when a very large portion of area was mostly covered by a sea of wind-blown deposits of sand. Although fossils are rare at any of these specific locations, much of the physical evidence described in this brief article can easily be seen with even minimal observation and a little hiking.

Rick Miller 03/15/18
**MONDAY**

**Life & More Life**
CANCELLED

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

**Botany Field Trips**
9:00 am-4:00 pm Off Campus
11/12- Bitter Ridge

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

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

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

**Opera for One and All**
10:00 am-12:00 pm TLR 352
11/5: Peter Grimes
11/1: Don Pasquale
11/19: Don Carlo
11/26: Hansel and Gretel

**Native American History**
1:00-2:30 pm TLR 349

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

**Poetry Appreciation & Exploration**
1:00-2:00 pm WEDU 205
11/12: Lousy Poetry
11/26: Holiday/Christmas Poetry

**Spanish - Conversational**
1:00-2:30 pm NPZ 138

**Pickleball**
2:00-3:00 pm V Worthen Park
Bring paddle and ball; 11/12 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

**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

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

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**BOTANY FIELD TRIP**

**BITTER RIDGE (FALLING MAN AREA)**
Monday, November 12
Time: 9:00 am – 4:00 pm
Meet at parking lot on the west side of North Plaza Building 900 E. 100 S.

A high clearance vehicle is required, but you may be able to car-pool with another party. ICL badge is required.
Refer to hiking guidelines in the ICL Catalog.
Contact: Lee Hughes  Email: lee.e.hughes@gmail.com
WEDNESDAY

**Artist Trading Cards**
CANCELLED

**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
11/7: Flood Ins., Earthquake
11/14: Umbrella class, Life Ins. (last class)

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

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

**Civil War - The Middle Months**
11:30 am-1:30 pm TLR 349
11/14: Fredricksburg & Ambrose Burnside
11/28: Chancellorsville & Joseph Hooker

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

**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)**
1:00-3:30 pm NPZ 138

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

**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
11/7 Last class

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

**The Healing Power of Plant Foods**
6:00-7:30 pm JEN Kitchen
11/7- Holiday Foods

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**Thursday**

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

**Amazing Religious Figures from History**
9:30-11:00 am TLR 339

**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-1:30 pm TLR 349

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**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
11/1 Americas First Daughter

**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

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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
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Monday Through Thursday
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