## IMPORTANT UPCOMING DATES

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holiday – no classes</td>
<td>February 18</td>
<td></td>
</tr>
<tr>
<td>Spring Break – no classes</td>
<td>March 11 - 15</td>
<td></td>
</tr>
<tr>
<td>Spring Luncheon</td>
<td>March 22, 11:30 am</td>
<td>Gardner Center Ballroom</td>
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<tr>
<td>Classes End</td>
<td>April 12</td>
<td></td>
</tr>
<tr>
<td>ICL office closed for summer</td>
<td>April 19</td>
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</tbody>
</table>
There were a number of firsts for ICL in January 2019:

- Introduced a new online system for member and class registration.
- Offered a record 83 classes, expanding our history, literature, arts and science offerings. (Unfortunately, we had fewer classrooms, particularly large classrooms.)
- Offered a new monthly brown bag informal social, giving members an opportunity to socialize and get to know one another.
- Over 1700 online class registrations completed.
- Added approximately 250 new members this semester, bringing our membership family to over 1100!
- As a perk for our members who registered online we covered the credit card processing charges.
- A terrific schedule of new presenters for our Thursday evening lecture series.

Multiple system failures (even email) and DSU changing map abbreviations had the ICL office staff wanting to change their names and move to a new country. We've had enormous challenges and yet our incredible members demonstrated patience and kindness as we worked through (and continue to work through) many kinks in the system. It is one of those kinds of systems where you can test and retest but really discover the problems when the system goes live.

Our incredible office volunteers pushed on without complaint, even though they were placed on the front line without training. (Training was scheduled just before Christmas, but of course, the system chose not to function properly, so volunteers were unable to get trained on this very complex system).

As we move beyond the registration rush, we hope you are enjoying your classes, particularly some of the new classes offered for the first time. You have more opportunities to learn, exercise your creativity and engage in health-promoting activities. You also have more opportunities to engage socially.

Also, don’t forget to bring your lunch to the Edith Whitehead Building (WEDU) Room 107 at Noon on February 12th, to socialize with fellow members, ICL staff and instructors. You never know who will show!

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.
ICL CELEBRATES ITS 40TH YEAR!

Back in 1979 a small group was formed to meet the needs of a growing senior community, hungry for education, recreation, enlightenment and social engagement. Now in our 40th year with over 80 classes and over 1100 members, we truly appreciate the ICL founders and the remarkable leaders who have come before, many of whom still volunteer or are members of the council.

Look forward to hearing more about the history of ICL. Join us in our celebratory activities as we introduce them this year.

NOT GETTING OUR EMAILS?

Our new online system sends reminders of classes, confirmations of registration and schedule changes. We also send reminders of the lecture series and information on hikes and other events.

If you are not receiving our emails, please check with us to make sure we have your email listed correctly. Also, please add icl@dixie.edu to your contacts list. Some of you may not be receiving our emails because of your spam protection. Adding us to your contacts should remedy this.

SCHEDULE CHANGES

We apologize for the inconvenience these changes create. We do everything we can to avoid changes but sometimes it is inevitable. With even more limited classroom availability (particularly for larger classrooms) and many more classes to schedule, it is a challenge to accommodate every need.

<table>
<thead>
<tr>
<th>Class</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Armijo's Old Spanish Trail</td>
<td>Time extended: 11:00 – 12:20</td>
</tr>
<tr>
<td>Greek &amp; Roman Mythology</td>
<td>Room changed to North Plaza 138</td>
</tr>
<tr>
<td>Latin American Boom Literature</td>
<td>Room changed to North Plaza 137</td>
</tr>
<tr>
<td>Tai Chi (Tuesdays)</td>
<td>Room changed to Room WEDU 127</td>
</tr>
<tr>
<td>The Vietnam War</td>
<td>Room changed to Taylor 158</td>
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<tr>
<td></td>
<td>Time changed to Wednesday 10:00-11:20</td>
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<tr>
<td>U.S. &amp; Conflict in the Middle East</td>
<td>Room changed to Dunford Auditorium, Browning Bldg.</td>
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<tr>
<td></td>
<td>Time changed to Wednesday 3:00 – 4:20</td>
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<tr>
<td></td>
<td>Dates: 2/6, 2/20, 3/6, 3/20, 4/3, 4/10</td>
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</tbody>
</table>

Last minute change: The 10 Commandments & All 613 of Jewish Laws: Time changed to 12:00 - 1:20 pm
WHAT ARE BLUE ZONES AND WILL ST GEORGE BECOME ONE?

In 2005, two gerontologists, Gianni Pes and Michael Poulain, began a world-wide demographic study to identify communities with unusual health and longevity. The first community they identified was the Neuro Province of Sardinia, Italy, determined to have the largest concentration of male centenarians. Dan Buettner, a writer for National Geographic, collaborated with Pes and Poulain in identifying four additional communities with extraordinary health and longevity. Then they identified the common characteristics of these communities that apparently contribute to their exceptional outcomes.

The authors argue that lessons learned from these communities can be applied to any willing residents. In fact, Buettner has trademarked the term, “Blue Zones” (referring to the blue circles they drew around the five communities identified) and has created a consulting business. His Blue Zones organization is currently working with forty communities in the United States. These communities may not be Blue Zones yet, but they are making remarkable progress in improving the health and life satisfaction of their respective residents.

These are the original five Blue Zones: Sardinia, Italy; Okinawa, Japan; Nicoya Peninsula, Costa Rica; Icaria, Greece and Loma Linda, California. These communities boast the highest number of centenarians per capita, have substantially fewer incidents of chronic illness, and have healthy and active residents in their 90s and 100s.

The demographics of these communities are remarkable. Sardinia, for instance, holds the record for the place where people live the longest in the world. Okinawa similarly produced long-lived and healthy residents. Icaria has the highest percentage of 90-year-olds on the planet, with nearly 1 out of every 3 people making it into their 90s. They also have half the cancer rate and almost no dementia.

In contrast, the U.S. has an average lifespan of 78.6 years, which has actually declined over the last few years. Even though the change is slight, the trend is worrisome. The exception is Loma Linda, California, where the lifestyles of the Seventh Day Adventists contribute to a healthy lifestyle. But the forty American communities participating in the blue zone project are beginning to see improvements.

ICL has proposed a health and longevity program for St George and the surrounding communities, similar to but independent from the Blue Zone organization. Dixie State University, the City of St George and Intermountain Health have expressed strong interest in supporting such a program. We expect many public and private organizations within the community to lend support to the program as well. We have initiated preliminary discussions and are formulating initial concepts. We will keep you posted as we move from concept to implementation. We welcome your input and look forward to your active participation!
WHAT DO ALL BLUE ZONES HAVE IN COMMON?

All Blue Zones have unique characteristics that contribute to its health and longevity. The St George project we propose will also have some unique characteristics that exploit the advantages of our community. It is interesting, however, that all Blue Zones have these in common:

- Avoidance of tobacco
- Diets consisting mostly of whole plant foods
- High consumption of legumes
- Moderate physical activity integrated into daily life
- Family is a priority
- Social engagement

BOTANY FIELD TRIPS

No trips scheduled in February. Look forward to new field trips in March when the critters return from vacation.

SPRING 2019 LECTURE SERIES
THURSDAYS 7:00 - 8:30 P.M.
Udvar-Hazy Building (UHB) 121
Open to the Public. Bring your friends!

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/7</td>
<td>Preserving Utah History Through Art</td>
<td>Roland Lee, Nationally Renowned Artist</td>
</tr>
<tr>
<td>2/14</td>
<td>Life in My Country &amp; Life as a Foreign Student in St George</td>
<td>DSU International Students</td>
</tr>
<tr>
<td>2/21</td>
<td>Africa Remembered in Wood Art and Drums</td>
<td>Djibril N'Doye, Internationally Acclaimed Artist</td>
</tr>
<tr>
<td>2/28</td>
<td>Brains &amp; Books: Reading Makes a Difference</td>
<td>Kathleen Pope, Former DSU English Professor</td>
</tr>
</tbody>
</table>

SKIING AT BRIAN HEAD

Join your fellow ICL members on weekly ski trips to Brian Head!

When: Tuesdays, 8:00 am
Meet at North Plaza parking lot (100 S 1000 E). We will carpool from there. (Pay the driver $10 for gas.)
Cost: $30 for an all-day pass. We will have the opportunity to enjoy lunch and activities as a group.
Call Pam Karakas 435-703-0404 for more information.
No need to sign up – just show up!
ICL CLASS CALENDAR

MONDAY

Tennis
8:30 - 9:50 am
600 E 520 S
Mon. & Wed.

Corn Hole Toss
9:00 - 9:50 am Gym 206 (N Balcony)

Discovering the Tao Te Ching
10:00 - 11:20 am Taylor 349

Table Tennis
10:00 - 11:20 am Gym 206
(N Balcony)

Opera for One and All
10:00 - 11:50 am Taylor 352
2/4 Elektra
2/11 Tosca
2/25 LaFille Du Regiment

Armijo’s Old Spanish Trail
11:00 am - 12:20 am Taylor 158
2/4 Finding Water in the Desert
2/11 Landscape Geology along the way
2/25 Travelway Forensics

Globalization & Diversity
11:00 am - 12:20 pm Hazy 230

Pickleball Practice
Session 2
11:00 am-12:20 pm
Gym 201 S Balcony
Bring paddle

Russian History
1:00 - 2:20 pm Taylor 349

Piano 2B
1:00 - 2:50 pm PAB 111

Spanish - Conversation
1:30 - 2:50 pm N Plaza 137

Pickleball - Beginners
2:00 - 2:50 pm V Worthen Park
Bring paddle and ball; 2/11 only

Bicycle Maintenance
Intermediate
2:00 - 4:00 pm
70 W. St George Blvd

Watercolor Basics
2:00 - 4:50 pm N Plaza 138

History of Washington County
3:00 - 3:50 pm
Brown/Dunford
TUESDAY

Skiing
8:00am - 4:00 pm at Brian Head
More information on page 3

Pickleball Practice Session 1
9:30-10:50 am GYM 201 (S balcony)
Bring paddle

Somatic Yoga
9:30-10:50 am WEDU 126

China: Its Rise & Impact on U.S.
10:00-10:50 am SCI 113

Mindset of Happiness & Joy
10:00-11:20 am WEDU 205

How to Fully Live Your Retirement Years
10:00-11:50 am INNOV 110

So You Want to Write a Novel
11:00 am-12:20 pm Hazy 119

Tai Chi
11:30 am-12:20 pm WEDU 127

Brown Bag Social
12:00-1:00 pm WEDU 107
2/12 only

Tapping
2:00 - 2:50 pm Taylor 150

Greek & Roman Mythology
1:30-2:50 pm N Plaza 138

Latin American BOOM Literature
2:00-2:50 pm N Plaza 137

Folklore & Mythology
3:00-3:50 pm Hazy 204

Latin is Fun - Really!
3:00-4:20 pm N Plaza 138

Favorite Books
3:00-4:20 pm Taylor 158
2/5: Salt to the Sea by Ruta Sepetys
3/5 The Zhivago Affair by Finn & Couvee

Kundalini Yoga
7:00-8:20 pm WEDU 125
Bring mat
WEDNESDAY

**Tennis**
8:30-9:50 am 600 E 520 S
Mon. & Wed.

**Civil War**
9:00-10:50 am Taylor 349
2/13 Gettysburg - Day 2
2/27 Gettysburg - Day 3 & Retreat

**Better Balance with the Feldenkrais Method**
10:00-10:50 am WEDU 126

**French - Conversation**
10:00-11:20 am WEDU 144

**Radio: Evolution from “The Shadow” to “Shock Jocks”**
10:00-11:20 am SNOW 150
 Begins 2/6. 4 sessions only

**The Vietnam War**
10:00 - 11:20 pm Taylor 158

**Table Tennis - Intermediate**
10:00-11:20 am Gym 206 N balcony

**Lawn Bowling**
10:30 am-12:00 pm SG Rec Ctr
285 S 400 E

**Traveling the World**
11:30 am-12:50 pm Taylor 158
2/6: Scandinavia & Baltic
2/20: Greece & Turkey

**Discovering Live Local Theatre**
1:00-1:50 pm Hazy 219

**Physics & World Around Us**
1:00-1:50 pm WEDU 107

**Unpacking the News**
1:00-1:50 pm Taylor 158

**Piano 2-3**
1:00-2:50 pm PAB 111

**Drawing - Colored Pencils**
1:30-3:50 pm N Plaza 138

**Spanish - Advanced**
1:30-2:50 pm N Plaza 137

**History of Christianity: First 500 Years**
2:00-3:20 pm Taylor 158

**Estate Planning**
3:00-3:50 pm WEDU 107
2/6, 2/20

**Music Appreciation**
3:00-3:50 pm Hazy 120

**Tax, Finance & Investments**
3:00-3:50 pm WEDU 107
2/13, 2/27

**Mac, iPhone & iPad Users**
3:00-4:50 pm Hazy 229

**U. S. and Conflict in the Middle East**
3:00 - 4:20 pm
Brown/Dunford
2/6, 2/20

**The Healing Power of Plant Foods**
6:00-7:20 pm Jennings Kitchen
No demo in February Next: 3/6
### THURSDAY

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Somatic Yoga 2</td>
<td>9:30-10:50 am</td>
<td>WEDU 126</td>
</tr>
<tr>
<td>Love One Another</td>
<td>10:00-11:20 am</td>
<td>Taylor 352</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>11:00-11:50 am</td>
<td>WEDU 126</td>
</tr>
<tr>
<td>Digital Photography</td>
<td>1:00-1:50 pm</td>
<td>HCC 471</td>
</tr>
<tr>
<td>Native American Plant Uses</td>
<td>1:00-1:50 pm</td>
<td>BROWN/DUNFORD</td>
</tr>
<tr>
<td>Native American Flute - Beginning</td>
<td>1:00-2:20 pm</td>
<td>PAB 124</td>
</tr>
<tr>
<td>Poetry Appreciation &amp; Exploration</td>
<td>1:00-1:50 pm</td>
<td>Hazy 148</td>
</tr>
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<td></td>
<td>2/14, 2/28</td>
<td></td>
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<tr>
<td>The Ten Commandments &amp; All 613 of Jewish Laws</td>
<td>12:00-1:20 pm</td>
<td>SCI 113</td>
</tr>
<tr>
<td>Wood Burning Art</td>
<td>1:00-2:20 pm</td>
<td>SCI 116</td>
</tr>
<tr>
<td>Evolution &amp; Culture Effect on Behavior: Why We Do What We Do</td>
<td>2:00-2:50 pm</td>
<td>BROWN/DUNFORD</td>
</tr>
<tr>
<td>Tapping - Advanced 2.0</td>
<td>1:00-2:00 pm</td>
<td>Taylor 158</td>
</tr>
<tr>
<td>Dry Pastels: More Fun Than You Can Imagine</td>
<td>2:00-3:00 pm</td>
<td>Arte Gallery, 415 S. Dixie Dr</td>
</tr>
<tr>
<td>Native American Flute: Intermediate</td>
<td>2:30-3:50 pm</td>
<td>PAB 124</td>
</tr>
<tr>
<td>Android Smart Phone Basics</td>
<td>3:00-3:50 pm</td>
<td>N Plaza 137</td>
</tr>
<tr>
<td>Geology</td>
<td>3:00-3:50 pm</td>
<td>BROWN/DUNFORD</td>
</tr>
<tr>
<td>Ballroom Social Dance</td>
<td>3:30-4:50 pm</td>
<td>WEDU 126</td>
</tr>
<tr>
<td>Flamenco Dance Beginning</td>
<td>5:00-6:20 pm</td>
<td>WEDU 126</td>
</tr>
<tr>
<td>Reverse Mortgages</td>
<td>5:30-7:00 pm</td>
<td>Hazy 105</td>
</tr>
<tr>
<td>Flamenco Dance Intermediate</td>
<td>6:30-7:50 pm</td>
<td>WEDU 126</td>
</tr>
</tbody>
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### FRIDAY

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Compassionate Communication</td>
<td>10:00-11:20 am</td>
<td>Hazy 105</td>
</tr>
<tr>
<td>Introduction to Personal Computers</td>
<td>10:00-11:50 am</td>
<td>Hazy 149</td>
</tr>
<tr>
<td>Basic Word &amp; Beyond</td>
<td>12:30-1:20 pm</td>
<td>Hazy 149</td>
</tr>
<tr>
<td>Knitting &amp; Crocheting - Beginning</td>
<td>1:00-2:30 pm</td>
<td>WEDU 136</td>
</tr>
<tr>
<td>Knitting &amp; Crocheting - Intermediate</td>
<td>2:30-3:50 pm</td>
<td>WEDU 136</td>
</tr>
<tr>
<td>Journey of the Hero</td>
<td>3:00-4:50 pm</td>
<td>SCI 137</td>
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LIFE LONG LEARNING · 7
FEBRUARY HIKES

Make sure you have the physical capabilities and proper gear to participate in any hike you choose. If in doubt, call the hike leader. Hats, windbreakers, sunblock and sturdy hiking shoes are essential. Bring plenty of water. We recommend you bring hiking poles and snacks.

Arrive at the meet up location 15 minutes early. No need to sign up. Just show up!

**Paradise Rim to Turtle Wall Loop - Red Cliffs Preserve**
Friday February 1st 1:30 PM
Leader: Tim O’Brien 920.445.1313
Moderate, 3 to 4 mile hike, 200 feet elevation, 2.5 to 3 hours
Meet at SW corner of Home Depot parking lot on Sunset Blvd

Because parking is limited at the trailhead, we will carpool from Home Depot and take a short drive to “The Gap” trailhead in a residential area north of Snow Canyon drive.

Bring sturdy hiking shoes and plenty of water and energy snack. Hiking poles are optional. Dress in layers and bring sun protection. An extra pair of shoes to change into to keep your cars clean on your way home is advisable.

**Santa Clara Lava Gardens & Petroglyphs**
Friday February 8, 1:30 pm
Leader: Tim O’Brien 920.445.1313
Moderate, 3.5 miles combined hikes, 300 feet elevation, 3.5 hours
Meet at SW corner of Home Depot Parking Lot on Sunset Blvd

We are doing two short hikes. First is a walk around the Santa Clara Botanical Park in the Lava fields just off Lava Cove Drive. This is rugged lava terrain on a maze of trails, so bring sturdy hiking shoes and hiking pole(s). About 1 hour hiking time.

We will then drive 5 minutes to the Tukupetsi Trailhead in the Santa Clara Preserve. We will view some petroglyphs along the trails. About 2.5 miles and 300 feet of elevation gain. There are some short steep climbs to view petroglyphs, so hiking poles are advised as are sturdy shoes. As always, bring plenty of water, snacks and sun protection. We should be back to our cars by 5pm.
**Scout Caves in Snow Canyon (No park pass needed)**

Sunday February 17, 10:00 am  
Leader: Frida Audele, 435.632.1552  
Moderate approximately 5 miles. Social Pace  
Meet at SW corner of Lin’s parking lot on Sunset Blvd.

We will start the hike with a short and easy trail through Jenny’s Canyon, past Johnson’s Arch to the amphitheater. Then we will trace our path back and pick up the Scout Caves trail. There are some sandy sections and short sections where we are hiking in the wash. At the caves, there is a very short steep climb, which is made easier by natural and man-made steps.

Once at the caves, we will take time to explore, enjoy a restful break and appreciate the panoramic view before heading back to our cars.

**Kayenta Gulch Hike**

Friday February 22, 12:30pm  
Leader: Tim O’Brien 920.445.1313  
2 miles, 150 feet elevation  
Meet on the east side of Harmons Grocery Store parking lot on Pioneer Pkwy in Santa Clara.

We will carpool from Harmons as parking is limited at trailhead. It’s only a 10 minute drive to the trailhead. This short 2-mile hike takes us down and back through an interesting and colorful gulch in Kayenta on a new trail carved out in the canyon. Two short descents on dry falls make it a fun short hike. About 3pm. We will be back to the cars before 3pm. Sturdy hiking shoes are required, poles are optional. Bring plenty of water, snacks and sun protection.
Purpose of Life Long Learning

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 event 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 Noggle
DSU Representative: Dr. Nancy Hauck, Associate Provost

Hours: 9:30 am – 2:30 pm
Monday Through Thursday
Phone: 435.652.7670
Email: icl@dixie.edu
Learn more at: https://icl.dixie.edu/