## IMPORTANT UPCOMING DATES

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Break</td>
<td>No Classes March 11-15</td>
<td></td>
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<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>
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<tr>
<td>ICL Office Closed for Summer</td>
<td>April 19</td>
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<tr>
<td>Fall Registration Opens</td>
<td>August 28, 9:00 am</td>
<td>Online. Physical Location</td>
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<tr>
<td>Fall Classes Start</td>
<td>September 9</td>
<td>TBD</td>
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MESSAGE FROM THE PRESIDENT

Dear ICL Members,

As promised, I want to highlight other council members who work behind the scenes, but contribute greatly to the success of ICL. First I want to comment on the current success and enthusiasm that we are experiencing this year. Our membership has exceeded the all time high and is pushing one thousand two hundred and counting! We attribute our growth to our marketing chair Mary Anne Evans and to Gary Sorensen who helped write articles that were published in our local news outlets. Also, the ad placed in the Community Education publication was extremely successful in increasing our numbers.

Mary Anne Evans was appointed chair of the marketing committee last year and has done a fantastic job. Even though Mary Anne said that marketing was not her strong suit, she has performed wonderfully! Ms. Evans was the Director of ICL for years and is one of the reasons ICL has been so stable.

Anne Cloud is our social committee chair and has done a remarkable job this year. We had a successful picnic last September; and those who attended the Christmas social can attest that we all enjoyed a marvelous meal and were wonderfully entertained by an amazing magician, thanks to Frida Audele. Thanks for all you do!

Gary Sorensen has a full time job at Morris-Murdock travel agency, but still takes time to counsel and help with marketing. We appreciated Gary’s invitation for ICL to have a booth at his travel show last month. We know that it was effective in informing many seniors about our program. Thanks, Gary!

Dr. Phil Lee is a new member of the council this year and everyone wants him on their committee. He is the retired Dean of Business at Dixie State University and has been very helpful since his appointment to the board. He has a quiet demeanor, but when he speaks, we all listen. Thanks Phil.

Norma Rae Hemsley, a member of ICL for years, has also served as president in the past. I think of Norma Rae as my loyal opposition because she keeps me in line. Norma Rae is the chair of our scholarship committee, and with her leadership we have been able to award four scholarships to worthy older students for the past two years. She is well respected by the rest of the council and is indispensable to me. We truly appreciate you, Norma Rae.

Merrill Palmer, past president of ICL, and the person who asked me to serve on the council, is amazing! He is the reason that ICL has modernized and has started registering members online. He was persistent in striving to achieve online registration and we finally accomplished this milestone this semester. We are so inspired to see how he cares for his beautiful wife Marilyn. This will be Merrill’s last year on the council. We will miss him greatly. Thanks to all who give of their time so generously. ICL is great because of your efforts!

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.
LECTURE SERIES

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<tr>
<th>Date</th>
<th>Presentation</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/7</td>
<td>Hearing Loss &amp; Music: Overcoming Adversity</td>
<td>Justin Osmond, Musician, Motivational Speaker</td>
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<tr>
<td>3/14</td>
<td>Spring Break – No Lecture</td>
<td></td>
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<tr>
<td>3/21</td>
<td>What We Can Learn About Estate Planning From the Rich &amp; Famous</td>
<td>Michael Dunn, Attorney</td>
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<tr>
<td>3/28</td>
<td>How the Utah Shakespeare Festival Became One of the World’s Best; and Why it Matters</td>
<td>Tyler Morgan, Director of Marketing &amp; Communications, Utah Shakespeare Festival</td>
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SPRING LUNCHEON

March 22, 11:30 am at Gardner Center Ballroom: $15

We are looking forward to our Spring Luncheon event. This is a great opportunity to connect with friends, share a great meal and enjoy wonderful entertainment.

Bob Rhees and his Native American Flute class will entertain us and inspire us with beautiful music performed on Native American style flutes, didgeridoos and the hang drum. You will be impressed with the talent of your fellow ICL members!

We will also be displaying art created by ICL members from many of our art classes.

Coffee and other drinks will be available for individual purchase across the hall at The Market at Dixie (across the lobby). The reason why we don’t provide it as part of the luncheon is because it adds significantly to our luncheon costs.

Tickets are on sale now. The last day to purchase tickets is March 18.
Purchase online by going to icl.dixie.edu and click on, ”Click this Link” adjacent to, “SPRNG LUNCHEON” You can also purchase tickets at the office.
BOTANY FIELD TRIP

Gold Butte, Nevada; or Tassi Ranch & Pakoon Springs
Monday, March 18, 9:00 am – 5:00 pm
Leader: Lee Hughes  435.229.7253
Requires a high clearance vehicle. Bring lunch and plenty of water
Meet at North Plaza Building, west side of parking lot.

A Little More About the Botany Field Trips and The Man Behind Them
We added a new class this semester, “Native American Plant Uses”, which has been very well received. Feather Robinson, half Blackfeet, who trained under seven different tribal spiritual leaders, has enthralled class members with the numerous ways indigenous tribes use plants.

Feather’s class is an excellent complement to Lee Hughes’ popular botany field trips, which allow members to learn about these plants in their natural environment. Lee’s field trips have been an ICL staple since 1990. He allows us to become more intimately connected to the desert and all it has to offer. Thank you, Lee!

I asked Lee to provide some background on himself and the history of the Botany Field Trip offering. Please enjoy reading below.

Botany Field Trips
By Lee Hughes

The Botany Field Trips began in 1990. I, then, still worked with the Bureau of Land Management (BLM) on the Arizona Strip. When I started Botany with ICL, it was a challenge but an enjoyable one. I had to learn what interested people in those desert plants. At the BLM, we studied or monitored plants to determine what impacts our management was having on them. Management of grazing, mining, off road vehicles, forestry, wildlife, etc, all affected vegetation in some way. But, for ICL, I had to learn what the general public found interesting about desert or high country plants. When desert plants are blooming, there was no doubt about what caught their attention. But, after blooming, it all looked a little boring. So, what to do?

What a lot of people want to know is what the plants were used for in the distant past; food, medicine, clothing, shelter. So, I contacted the Paiute Indians and got information from them. I, also, sought literature on the subject and soon had enough material put together. With that material, as we hiked through the plants, there was a name for the plant and what it was used for as far as humans were concerned. On the field trips, at whatever elevation, are plants that were used for food, medicine, and shelter. Now, not all plants were used by humans, but we still learn their name (both Latin and common name). What animals use plants for is also discussed. Cattle like grasses, forbs, and browse. Deer use browse plants mostly and a little grass. The use of native plants in desert yards is getting a lot of discussion also with water conservation, a current issue. Along the way, I like to include in the field trip a little history and archaeology, when possible.
USING THE DSU LIBRARY
Members who wish to use the many services of the DSU library can do so by filling out an application at the Circulation Desk and paying an annual $25 fee. This allows access to all library services including library loans.

CAMPUS RECREATION DISCOUNTS FOR MEMBERS
Your ICL membership offers great benefits beyond classes, including student discounts for use of campus recreational facilities and outdoor equipment rentals. If interested, drop by the ICL office and we will create an ICL ID for you.

OUTDOOR EQUIPMENT RENTALS
ICL members are eligible for student pricing for outdoor recreation equipment, including mountain bikes, climbing gear, kayaks and much more. To find out more about pricing and availability, visit the Outdoor Recreation Center (ORC), located on the lower level of the Student Activities Center.

CAMPUS RECREATION DISCOUNTS
ICL members can receive student discounts to use the DSU campus recreation facilities.

- Fitness center membership: $40 per semester, day pass: $2
- Locker rental: Large: $15 per semester, Small: $10
- Aquatics Pool pass: $15 per semester, day pass: $1
Visit the Fitness Center, located just north of the football stadium.

FREE THEATER EVENTS
ICL Members can attend DSU theatrical productions for free! Bring your ICL registration receipt or drop by the office and we will print a badge for you. Call the DSU ticket office for more information: 435.662.7800

LIVE LONG. LIVE WELL. LIFE HACKS
Dementia and Alzheimer’s: How to minimize risk.

- Exercise! This is the single most effective way to reduce risk. Limit sitting for extended periods of time.
- Use your brain! Learn a new language. Learn to play a new instrument. Take classes. Read. Take new routes.
- Socialize. Socializing requires a lot of brain work! It also helps to prevent isolation and depression, which create greater risk for dementia.
- Take care of your hearing. Recent research suggests individuals with poor hearing that isn’t corrected are at greater risk for dementia.
- Have a positive attitude and a reason for getting up every morning!
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

**Armijo’s Old Spanish Trail**
11:00 am - 12:20 pm Taylor 158
3/4 Old Spanish Trail
Northern Routes
3/11 No Class
3/18 Manon
3/25 Die Walkure

**Globalization & Diversity**
11:00am - 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; 3/11 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 at Brian Head**
8:00am - 4:00 pm

**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

**Pilates Infused Yoga**
10:00-11:10am WEDU 125
Final Session 3/5

**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
Final Session 3/5

**Brown Bag Social**
12:00-1:00 pm WEDU 107
3/5 only

**Tapping For Health and Wellness**
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
3/5: The Zhivago Affair by Finn & Couvee
4/2: A Piece of the World by Christina Baker Kline

**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
3/27 Chickamauga & George Thomas

**French - Conversation**
10:00-11:20 am WEDU 144
Radio: Evolution from “The Shadow” to “Shock Jocks”  
10:00-11:20 am SNOW 150  
Final session: 3/6  
The Vietnam War  
10:00 - 11:20 pm Taylor 158  
Table Tennis - Intermediate  
10:00-11:20 am Gym 206 N balcony  
Traveling the World  
11:30 am-12:50 pm Taylor 158  
3/6: Africa; 3/20: Central America  
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  
3/6 Final Session  
Music Appreciation  
3:00-3:50 pm Hazy 120  
Tax, Finance & Investments  
3:00-3:50 pm WEDU 107  
3/27 Final Session  
Mac, iPhone & iPad Users  
3:00-4:50 pm Hazy 229  
U. S. & Conflict in the Middle East  
3:00-4:20 pm BROWN/DUNFORD  
3/6, 3/20  
The Healing Power of Plant Foods  
6:00-7:20 pm Jennings Kitchen  
3/6 Final Session  

**THURSDAY**  
Somatic Yoga 2  
9:30-10:50 am WEDU 126  
Love One Another  
10:00-11:20 am Taylor 352  
Tai Chi  
11:00-11:50 am WEDU 126  
Final Session 3/7  
Native American Flute - Beginning  
1:00-2:20 pm PAB 124  
Poetry Appreciation & Exploration  
1:50-2:20 pm Hazy 148  
3/28 Final Session  
The Ten Commandments & All 613 of Jewish Laws  
Noon - 1:20 pm SCI 113  
Wood Burning Art  
1:00-2:20 pm SCI 116  
Evolution & Culture Effect on Behavior: Why We Do What We Do  
2:00-2:50 pm BROWN/DUNFORD  
Tapping - Advanced 2.0  
1:00-2:00 pm Taylor 158  
Must have taken Tapping for Health & Wellness  
Dry Pastels: More Fun Than You Can Imagine  
2:00-3:00 pm Arte Gallery, 415 S. Dixie Dr.  
Native American Flute: Intermediate  
2:30-3:50 pm PAB 124  
Geology  
3:00-3:50 pm BROWN/DUNFORD  
Ballroom Social Dance  
3:30-4:50 pm WEDU 126  
Digital Photography  
4:00-4:50 pm HAZY 204  
Flamenco Dance Beginning  
5:00-6:20 pm WEDU 126  
Reverse Mortgages  
5:30-7:00 pm Hazy 105  
3/21 only. Repeat Lecture  
Flamenco Dance Intermediate  
6:30-7:50 pm WEDU 126  

**FRIDAY**  
Compassionate Communication  
10:00-11:20 am Hazy 105  
Introduction to Personal Computers  
10:00-11:50 am Hazy 149  
Final Session 3/8  
Knitting & Crocheting - Beginning  
1:00-2:30 pm WEDU 136  
Knitting & Crocheting - Intermediate  
2:30-3:50 pm WEDU 136
NEW COURSE SPOTLIGHT
China: Its Rise & Impact on the U.S.

This class is an instant success and for good reason. It is taught by a very qualified husband and wife team who have extensive experience with China. Both Elizabeth and Frederick Crook received their doctorate degrees from the Fletcher School of Law & Diplomacy at Tufts University. Since the mid-1960s, they have collected and donated to the BYU library 70,000 photos and 40,000 reports on rural China which comprise the “F.W. Crook China Collection.” This collection supports their weekly lectures for the class.

Frederick served as the China Director, LDS Charities for three years, President of the China Group for ten years, and agricultural economist for the US Department of Agriculture for 30 years. Frederick taught courses at Maryland, BYU, and Utah Valley University; and delivered lectures on developments in China at Harvard, USU, BYU, BYU-I, and DSU. He has authored nine books and 185 articles. Elizabeth worked as a Senior Analyst for the U.S. Department of State for 20 years. In that capacity, she wrote papers and gave briefings to high level government officials. She traveled to more than 25 countries, including Libya, Azerbaijan, and Afghanistan to give courses on analytic writing and research. She organized “The China Rural Education Foundation,” an organization to support poor rural children in Shaanxi Province. She was a humanitarian service volunteer for LDS Charities for three years. If that hasn't kept them busy enough, they have six children and 24 grandchildren!

Living and working in Asia have afforded them an intimate perspective on the country and its people that few others could offer. They are keenly aware of the history and current status of China; and its influence on the world and the U.S. Their knowledge offers class members a unique perspective on the country’s history and rise to power. They discuss China’s relationship with the U.S. and the potential directions this relationship may take. As the second largest economy, China’s influence on the world cannot be ignored.

Elizabeth Crook offers, “Our passion for China has three components. First, we have lived in greater China, (China, Taiwan, and Hong Kong) for a total of 15 years and have hundreds of friends and colleagues in the area. Second, we especially admire and respect the families we have met in the rural areas, due to our work with the US Department of Agriculture, consulting work for US companies and international organizations, and LDS Charities. Third, we feel a responsibility to share our concern for and love of this most important part of the world with our ICL friends, as we believe the future of US-China relations will largely determine the future of peace in the world.”
MARCH HIKES

The hikes, provided by our hike leaders, Frida and Tim, have been very popular and well-attended. Members are taking advantage of a variety of hikes offered at different times. We now offer as many as five hikes a month and we will offer them through May!

We will now be listing our hikes as events in our online registration program. We are doing this for a number of reasons:

- Some hikes may require a restriction on the number who can attend
- It is helpful for purposes of planning that the leaders know how many are attending
- When hikes need to be changed or cancelled, we will be able to notify by email those who are registered for the hike

Our leaders are going to slow the pace down a bit to make sure everyone is accommodated. For those wishing to forge ahead of the group, you are welcome to do so, but you will be on your own.

Always come prepared! That means:

- Hiking shoes with good grip
- Plenty of water
- Walking sticks (recommended)
- Snacks or lunch, depending on the hike
- Arriving on time
- Optionally, bringing a camera and submitting your best pictures to icl@dixie.edu Your pictures may be featured in a newsletter!

How to Register for a Hike

1. Go to icl.dixie.edu (or directly to Learning Stream if you have a link saved)
2. On the icl.dixie.edu site, on the main page at the top center, click on “CLICK HERE: REGISTER”. This will take you to the List of events.
3. Scroll down or search for “Hike”. Click on the hike you are interested in and click on “Register Now”. Your membership information will pop up (which is really annoying). Scroll to the bottom and click on “Submit”. If you are not signed on, you will need to enter your ID and password. Your ID should be your email address. (If you don’t remember your password, Click “forgot password” or call the ICL office.)
4. Click on, "Click Here to Proceed to Checkout". You should see your confirmation at this point.
Snow Canyon Gila Trail to Amphitheater  
Friday March 1, 1:30 PM  
Leader: Tim O’Brien 920.445.1313  
Moderate, 3.5 to 4 miles, 400-500 feet elevation gain, 2.5 to 3 hours  
Meet at Snow Canyon Entrance Parking Lot, Highway 18 (Approximately 3 miles north of Ledges exit). If you have a State Park Pass, please bring it.

Join us to visit a beautiful, less visited section of a state park that, in my estimation, should have National Park status. We will hike through the NE segment of Snow Canyon State Park, west of Highway 18 on Gila Trail, then connect to the White Rocks Trail and take it to Amphitheater. The hike has a lot of lava stubble and a steep sand ascent of 100 feet to the sandstone rock amphitheater. We will break at Amphitheater for a snack and to wander around the amphitheater's rock bowl. Following the same route back, we should reach our cars by about 4:15 pm.

Sturdy hiking shoes are required! Poles are advised to assist on a steep sand ascent and for added support while navigating the lava stubble.

Black Brush Loop (Santa Clara)  
Saturday March 9, 1:30 PM  
Leader: Frida Audele 435.632.1552  
Moderate, 4 miles, 500 foot elevation gain, social pace, 2.5 hours  
Meet at the SW corner of Lin’s Market parking lot on Sunset Blvd.

From Lin’s, we will carpool a short, bumpy ride up to the trailhead. If you have a 4X4, it will be great, but your sedan will do just fine if you drive slowly. The trail is packed dirt and sits above the Santa Clara River, allowing for views of town and the lovely colored mountains. A good portion of the trail follows the path of the river. We can walk close to the edge and look down the gorge at the Santa Clara River. We will stop here to rest, have a snack and take pictures. Through binoculars, you can see some of the petroglyphs on the opposite side of the gorge, along Anasazi Ridge.

Quail Creek Reservoir Scout’s Trail & Petroglyphs  
Wednesday March 13, 10:00 am  
Leader: Tim O’Brien 920.445.1313  
Moderate, 3 to 4 miles, 600-800 feet of elevation gain, 3-4 hours  
Meet at North Plaza Building, west side of parking lot.

We will carpool from North Plaza due to limited parking at the trailhead. We will caravan to Quail Creek Reservoir Scout’s Trail trailhead. We will follow the trail east of the concrete dam and over the earthen dam, offering fantastic vistas of the lake and the Pine Valley Mountain. We will visit petroglyph sites along the way. We may have a short but
steep scramble up slick rock if I’m unable to get permission from the property owner for a shortcut, so bring hiking poles just in case. They will also help to visit the petroglyphs on rocky slopes. There are no exposure issues, but the trails have a lot of black lava nubs that require your constant attention, so sturdy hiking shoes are highly recommended.

Dress in layers as that area can be windy even when it’s calm in St. George.

**Yellow Knolls Trail**
Saturday March 23, 1:30 PM  
Leader: Frida Audele  435.632.1552  
Moderate, 4 miles (out & back), 500 feet elevation gain, social pace, 3 to 3.5 hours  
Meet at North Plaza Building, west side of parking lot.

The trail starts with an easy section leading towards the knolls, and continues in a combination of packed dirt, rocky sections and sandy stretches. Along the way, we will leave the trail for close encounters with sandstone formations, where you can explore the colors and patterns in the sandstone, examine protruding dinosaur bones, rest, eat and drink. We will continue on to where the Yellow Knolls Trail ends at a junction with the High Point Trail. Along this trail, we may see wildlife tracks in the sand and may be treated to globe mallow and cacti in bloom. We may even have a rare sighting of the desert shaggy mane (inky cap) mushroom if we have had a good rain. So, keep your eyes peeled, watch where you step and have your cameras and cell phones handy.

**Red Cliffs Recreation Area**  
Friday March 29, 1:00 pm  
Leader: Tim O’Brien  920.445.1313  
Moderate, approximately 3 miles, minimal elevation gain, 3 to 4 hours  
Meet at North Plaza Building, west side of parking lot.  
Bring your National Park Pass to park for free.

We will drive to exit 22 in Leeds and consolidate vehicles at the Cottonwood Trailhead parking lot, adjacent to Red Cliffs Recreation Area. This will include three glorious hikes:
- Quail Creek with its several waterfalls (about 1 mile round trip)  
- Dino tracks (about 1/10th mile)  
- Ancient Village (about 1.5 miles round trip)

Enjoy an afternoon walk through geological history, Native American settlements and footprints from 180 million years ago.
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 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

Office 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/