## IMPORTANT UPCOMING DATES

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Location</th>
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<tbody>
<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 TBD</td>
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<tr>
<td>Fall Classes Start</td>
<td>September 9</td>
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LETTER FROM THE DIRECTOR

As we near the end of a successful year, we are already looking forward to fall. Most of our popular classes will return and we will add new ones as well. Our curriculum committee is already reviewing new course proposals and looking for instructors for the ideas you submitted to us.

Our Lecture committee will also be finding new and exciting presenters for the free Thursday evening ICL Lecture Series. We also invite you to submit recommendations for this program.

Even though our classes end on April 12 and our office closes to the public, we will still be offering hikes and botany field trips through May. A warm thank you to Frida Audele and Tim O’Brien for their many wonderful hikes. Equal thanks to Lee Hughes for his amazing botany trips!

Over the summer, we will be feeding your intellectual curiosity by offering independent reading events. You can now sign up to receive articles of your choice on a number of topics including, healthy living, geology, history and culture. For more information, check out the article in this newsletter, “Beyond the Classroom”.

We offer a special thanks to you for your patience, feedback and kind words. We rely on many of you for your volunteer efforts. Without that we would not survive!

If you would like to volunteer, teach a class, submit articles or simply provide feedback or ideas, please reach out to us.

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.
INVITE YOUR FRIENDS TO TRY OUT ICL

During the month of April invite your friends who are non-ICL members to join you in class (except for classes that are full). There will be no charge for their attending classes in April. Limited enrollment, hikes and field trips are excluded.

CULTURAL EXPLORATION THROUGH HISTORY, MYTHS & FOLKLORE

ICL members have shown particular interest and enjoyment in learning about other cultures. Popular classes include: U.S. & Conflict in the Middle East; China: Its Rise & Impact on the U.S.; Latin American Boom Literature; Evolution & Culture; Globalization & Diversity; Folklore & Mythology; Greek & Roman Mythology, Native American History, Native American Plant Uses and Russian History.

Our Thursday evening lecture series often provides a glimpse of other cultures and life experiences as well. For example, on April 4th, we have the wonderful opportunity to hear from Dr. Olga Pilkington, DSU professor. Her talk will be Living Through the Dissolution of the Soviet Union – The Life of a Russian Family. Having grown up in Russia, she will share the unique perspectives of a family living through this profound experience.

Dr. Pilkington has published a number of books and articles. She and her husband, renowned Shakespeare scholar and DSU professor Dr. Ace Pilkington, published a book on Russian and other Slavic Fairy tales. These tales offer a window into their culture and values. It allows us to gain insight into a different culture and discover that there are more similarities than differences.

Dr. Olga Pilkington has kindly allowed us to reprint one of the tales from her book.

We present only part of the fairy tale here, but will let you know how you can access the rest.
There once lived an old man and an old woman. They had a daughter and a little son. “Daughter, daughter,” said the mother one day, “we are going to work. When we come back, we will bring you a sweet roll, we will make you a dress, we will buy you a scarf. Be a good girl, take care of your brother, and don’t leave the yard.” However, when the grown-ups had left, the girl forgot all about her duties. She set her little brother on the grass under the window while she, herself, went out into the street. She walked and played, and never worried about her brother at all.

Suddenly, swan-geese appeared. They swooped down and took the little boy away on their wings. When the girl came home, her brother was nowhere to be seen. She looked here and there, but could not find him. She called him, cried, complained that she would be harshly punished by their mother and father when they returned, but the boy didn’t answer. She ran out into the field and there caught sight of swan-geese disappearing above a black forest. She knew that swan-geese were evil birds who kidnapped little children. The girl thought that they had taken her brother. She started chasing them. She ran and ran until she came upon a stove. “Stove, stove, tell me where the swan-geese went,” asked the girl. “Eat my rye pie, and I’ll tell you,” replied the stove. “Oh, at my father’s, we don’t eat even wheat pies, let alone rye!” responded the girl, so the stove wouldn’t tell her anything.

The girl kept running... [Register online for Beyond the Classroom: History & Culture for the rest of the story!]
LIVE! (LIVE LONG. LIVE WELL.)
APRIL HACK: REPLACE STRESS WITH CONTENTMENT

Based on the Blue Zone® program, ICL, along with its partners, DSU, IHC and St George, will be introducing “Live Long. Live Well.” This is a program designed to help individuals 50 and over to live long and healthy lives. We will use the abbreviate term “Live!” to refer to the program as well. Look for health hacks in the Learning Link newsletters and register to receive articles. (See “Beyond The Classroom” below.)

Stress can take as much time off of your life as smoking. Minimizing stress and maximizing happiness will extend your life and make it much more livable! Although these steps may seem simple, making them an everyday habit will take some conscious effort. So, set aside time every day to perform each action. Pay attention to the subtle changes in your mood over time. They may seem simple and obvious but they are scientifically proven to be effective. Over time, these exercises will change the wiring in your brain to be calmer, kinder and happier!

1. **Express gratitude every morning and every evening.** Write down three things you are grateful for. Express appreciation either directly or via email or text message to three people each day.
2. **Practice meditation,** even if you don’t know how to do it, at least a few minutes every day. Simply focus your attention on breathing while allowing your body to relax. Or practice Human Kindness Meditation by imagining a loved-one standing before you while you silently express or feel love and appreciation for them. Repeat this with a few other loved-ones. For an extra bonus, practice with a subject who is on your naughty list.
3. **Take a meditative walk.** While walking, fill your senses with the pleasant sights, sounds, scents and sensations. Appreciate the beauty you see. Listen for pleasant sounds of birds singing or children playing or even the sound of the wind as it rustles leaves. Be alert to different scents. Sage and creosote have particularly pleasant and calming scents. Feel the sunshine and the refreshing breeze. Our bodies and our minds need sun and nature to thrive!
4. **Don’t take things personally.** Rarely do people intentionally hurt others. Mostly it is misunderstanding. Even when someone mistreats you, just let it go. If you hold the hurt and resentment, you are the one that suffers.
5. **Laugh every day.**
6. **Spend time with friends and family as much as you can.** We are social animals and need relationships - not just to thrive - but event to survive! Spend some time every day socializing with friends and loved-ones.
7. **Treat yourself to a little dark chocolate now and then.** It is a natural mood booster. And besides, you deserve it!
MONDAY

**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
4/1 Le Nozze di Figaro
4/8 Otello

**Armijo’s Old Spanish Trail**
11:00 am - 12:20 pm Taylor 352
4/1 Sightseeing along Nevada/CA Shadow Highways

**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
4-1 No class

**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; 4/8 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

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TUESDAY

**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

**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**
2:00-2:50pm 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 339

4/2: A Piece of the World by Christina Baker Kline
Summer read: The Girl Who Wrote in Silk, by Kelli Estes

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

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WEDNESDAY

**Civil War**
9:00-10:50 am Taylor 349
4/10 Chattanooga & Knoxville

**The Vietnam War**
10:00 - 11:20 am 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
4/3 India

**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

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

**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
4/3, 4/10
<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
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<tr>
<td><strong>THURSDAY</strong></td>
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<tr>
<td>9:30-10:50 am</td>
<td>Somatic Yoga 2</td>
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<tr>
<td>10:00-11:20 am</td>
<td>Love One Another</td>
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<tr>
<td>1:00-2:20 pm</td>
<td>Native American Flute - Beginning</td>
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<tr>
<td>1:50-2:20 pm</td>
<td>Poetry Appreciation &amp; Exploration</td>
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<tr>
<td>Noon - 1:20 pm</td>
<td>The Ten Commandments &amp; All 613 of Jewish Laws</td>
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<tr>
<td>1:00-2:20 pm</td>
<td>Wood Burning Art</td>
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<tr>
<td>2:00-2:50 pm</td>
<td>Evolution &amp; Culture Effect on Behavior: Why We Do What We Do</td>
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<td><strong>FRIDAY</strong></td>
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<tr>
<td>10:00-11:20 am</td>
<td>Compassionate Communication</td>
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<tr>
<td>1:00-2:30 pm</td>
<td>Knitting &amp; Crocheting - Beginning</td>
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<tr>
<td>2:30-3:50 pm</td>
<td>Knitting &amp; Crocheting - Intermediate</td>
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<tr>
<td><strong>THURSDAY</strong></td>
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<td>1:00-2:00 pm</td>
<td>Tapping - Advanced 2.0</td>
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<td>2:00-3:00 pm</td>
<td>Dry Pastels: More Fun Than You Can Imagine</td>
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<tr>
<td>2:30-3:50 pm</td>
<td>Native American Flute: Intermediate</td>
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<td>3:00-3:50 pm</td>
<td>Geology</td>
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<td>3:30-4:50 pm</td>
<td>Ballroom Social Dance</td>
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<td>4:00-4:50 pm</td>
<td>Digital Photography</td>
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<td>5:00-6:20 pm</td>
<td>Flamenco Dance Beginning</td>
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<tr>
<td>6:30-7:50 pm</td>
<td>Flamenco Dance Intermediate</td>
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BEYOND THE CLASSROOM:  
A NEW OPPORTUNITY FOR LIFELONG LEARNING YEAR ROUND:  
INDEPENDENT READING ON VARIOUS TOPICS

We are offering a new program to our valued members. You can now sign up to have articles on different topics emailed to you. Articles will be provided by our instructors, DSU professors, ICL staff and even you, our ICL members. To start with, topics will include:

- **Live!** Part of our new Live Long. Live Well. program, based on Blue Zones research. You will receive articles on how to live a long, healthy and happy life. Articles will focus on mind, body, social and emotional health.
- **Geology:** Articles on the unique geologic characteristics of St George and surrounding areas. Rick Miller will provide most of the articles in this popular series.
- **History and Culture:** This topic will include articles on history, culture, folklore and mythology. (*Here is where you will find the rest of the Swan-Geese Russian folk tale.*)

We will add other topics as we identify contributors and areas of interest. Send us an email with your suggestions. If you would like to contribute, let us know.

To sign up to receive articles on any of the topics:
1. Go online as if you are registering for any ICL class. (Go to icl.dixie.edu and click on the **Register Here** link (main page).
2. Scroll down to find the **Beyond The Classroom** events, or type “Beyond the Classroom” in the search field.
3. Click on the topic of interest.
4. Click on **Register** and follow the registration process all the way through to clicking on **Proceed to Checkout**. Once you receive confirmation of your registration, you are done! Please go online to cancel or call the leader or ICL office.
5. Articles will be sent intermittently to your email address of record. If you do not receive emails, look in your spam folder. You may need to change your email settings to accept emails from ICL. Emails come from icl@dixie.edu and icl@learningstream.com.
6. You will receive most articles in pdf format, which requires a download of the free Adobe Acrobat Reader. Go to: https://get.adobe.com/reader/
7. Links to articles will also be posted in the Event Description.
8. If online is not your thing, we will print a copy for you at the ICL office. There may be a small copy charge for longer articles or to print in color.
Hikes

Please remember to register online for your hikes. Due to the increased interest and for safety reasons, we will have to limit hikes to 25 individuals, sometimes lower limits for specific hikes. If you need to reach your hike leader, call or text at least two hours prior to the hike.

We will be offering additional hikes in May and June! Look for email notifications.

Anasazi Ridge Petroglyphs: 2 Options LIMITED TO 15 HIKERS DUE TO REGULATIONS
Thursday April 4th 9:30 AM
Leaders: Frida 435.632.1552
Tim O’Brien 920.445.1313
Special Guest Interpreters: Feather Robinson, Archaeo-astronomer; Sarah Thomas, Director, Conserve, Southwest Utah
Easy or Moderate, 4 miles total, social pace, minor elevation change, 3-4 hrs
Meet at the SW corner of Lin’s Market parking lot on Sunset Blvd.

We will have Sarah Thomas, Director of Conserve Southwest Utah accompany us on the hike. She will explain opportunities for participating in the BLM Site Steward program that helps to preserve and protect archeological sites in the area. Also we will have Feather Robinson, President of Dixie Archeology Society, help us interpret the petroglyphs. The trail climbs gradually up the slope of Anasazi Ridge, also known as Land Hill, offering us beautiful views of the surrounding landscape. Here, we will visit an ancestral Puebloan farmstead before we get to the petroglyphs. Most of the hike is on an easy graded gravel path accessible to hikers of all abilities. A lot of rock art can be seen from the trail. However, some of the petroglyphs are only seen by climbing around large boulders that may be difficult for some. Once at the ridge, we will split into 2 groups. One group will hike along the ridge with Frida. The other group will navigate the boulders down below with Tim (Bring gloves to protect the rock art when you need to rest your hands on the boulders).

Pioneer Park Exploration and the Botanical Garden
Monday April 8th, 10:00 AM
Leader: Frida 435.632.1552
Easy, 3.5 Miles, Minor elevation change, Social pace, 3-4 hours
Meet at the park on Red Hills Pkwy in the large parking lot on the east side of Dixie Rock where the big gazebo is.

We will be meandering, exploring the “wedding” cave, a pioneer home, some slots and miniature arches. Those who wish a closer look at the arches will scramble up a short path (moderate part of the hike), while those who don’t will take a short break at the nearby picnic table. We will then make our way to the Botanical Garden for a restful lunch, followed by visiting the garden before heading back to the cars.

Bathroom facilities are available at the trailhead and the Garden.
Poles will be helpful. Gloves will be helpful when needing to use the boulders for support.
Zen Trail (above Green Valley off Dixie Drive)
Friday April 12, 1:00 PM
Leader: Tim O’Brien 920.445.1313
Moderate to strenuous, 5 miles, 800-foot elevation change, 4 hours
Meet at Albertson’s Parking lot, Dixie Drive and Sunset Blvd- east side of lot near Dixie Drive.

From Albertson’s, we will consolidate vehicles and drive to West Canyon View Drive, off Dixie Drive, and proceed to the end of the road and down the hill on a dirt road to a BLM parking lot at the wash bottom. 4-wheel drive is not required. This is a Loop trail with a steady up-hill climb along the edge of a mesa. There are fantastic vistas all along the way with caves at the apex of the loop. We will explore the caves and a cliff-side overlook above the caves. Here we will take our break prior to our long gradual descent. All hikers must commit to doing entire loop with the group and stay close together on the trails as there are many confusing junctions and alternate routes.

Black Brush Loop (Santa Clara)
Saturday April 18, 1:30 PM
Leader: Frida Audele 435.632.1552
Moderate, 4 miles, 500-foot elevation change, 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.

Yant Flat Wonderland
Thursday April 25 10 AM
Leader: Tim O’Brien 920.445.1313
Strenuous, with steep sections on slick rock and sand, 5 miles, 700-foot elevation change, all day
Meet in strip mall parking lot of Cafe Y (formerly Gus’s BBQ) on west side of Main St at north end of Leeds

Directions to the meeting point: Travel northbound on I-15 to exit 22 and proceed north all the way through Leeds, past the post office to the strip mall containing Cafe Y. We will consolidate cars there and move parked cars to an adjacent lot along the road as we cannot park in strip mall lot. The drive to the trail head is 11 miles one way on steep and narrow dirt mountain roads with drop offs, so remaining drivers must be comfortable driving such roads. High clearance vehicles are required. We will cancel if roads are wet that day. Plan on a full day as round trip drive time is two hours with a 4-5hour hike.. This is a strenuous hike with steep sandy & slick rock ascents and descents into a slickrock wonderland. After a 1.75 mile gradual uphill hike through pinyon juniper forest, we will descend sharply on sand and rubble 1000 feet into a slickrock wonderland. We will wander through this sandstone wonderland for about 2 hours to find the petrified tortoise and other formations before we ascend and return the way we came in. Bring a lunch. All hikers must commit to doing the entire trip into the bowl and stay close together on the trails as there are many confusing junctions and alternate routes. Call me the morning of the hike with any late cancellations. We will return to the trailhead by around 3:30 and Leeds by 4pm
BOTANY FIELD TRIPS

For all trips: meet at North Plaza Building, west side of parking lot.

Leader: Lee Hughes  435.229.7253

Monday April 8
Beaver Dam Slope, Arizona/Utah Border or Whitney Pocket, Nevada
(Location depends on where flowers are in bloom)
10:00 am – 4:00 pm
Bring lunch, water and a high-clearance vehicle

Monday April 22
St George Basin, Warner Ridge and Black Rock Gulch
10:00 am – 4:00 pm
Bring lunch, water and a high-clearance vehicle

Monday May 6
Lime Kiln Canyon and Red Rock Spring
10:00 am – 4:00 pm
Bring lunch, water and a high-clearance vehicle
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
April 20: closed for the summer
Phone: 435.652.7670
Email: icl@dixie.edu

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