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Institute for Continued Learning  
Lifelong Learning  
658 East 200 South  
St. George, Utah 84770  
435-652-7670  

Register Online at icl.dixie.edu  
$60—Full Year  
$45—Per Semester
Instructors: Wayne Peterson, B.A., Baylor University; M.A., University of Arizona; Attorney at Law. Terry Reid, M.S., Math Education, Idaho State University; National Science Foundation grant winner in Mathematics. Teacher/Coach; Programmer/Analyst; Actuarial Services. Table tennis enthusiast.

**TENNIS**
Drill, match play and player tips for improved play. Must be able to perform the basic strokes of tennis. **Class is limited to 12 students.**

**Prerequisites:** Each student will provide his/her own racquet and one can of tennis balls.

**Instructor:** Garth S. Allen, Utah State University, Cal State Northridge, University of Utah. Physical education, coaching, and recreation management.

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COURSE CATALOG
2019—2020

**REGISTERING FOR ICL**

1. Click on the “Registration Now” button on the ICL website: icl.dixie.edu.
2. Click on the “Buy Membership” button. Enter your membership information, contact information, etc. Create a password and select “Submit Registration.”
3. This will add the “Membership Class” to your cart. You’ll then be able to proceed by either: A. Registering another person for the ICL Membership, B. Returning to the class list to add more classes to your cart, or C. Proceeding to checkout.
4. You’ll see a similar registration page for every class you add, but the system will remember your name/contact info so you don’t have to enter it each time.
5. Once all the classes you want to attend are in your cart, select “Proceed to Checkout” and “Pay Online.”
6. You’re all set! You’ll receive a confirmation email for each class you selected. You will also receive updates about any classes that are full and for which you joined the waitlist.

If this doesn’t work for you, call or come in to the ICL office and we will walk you through the registration process.

**CLASSES LIMITED IN SIZE**
As you register for classes online, you will find that some of the classes will have limited enrollment. Once the class limit is reached, a waiting list will be maintained. All other classes are limited to the number of seats in the classroom.
**COMPUTER CLASSES**
If you plan to attend a computer class, please be aware that Dixie State University charges a computer lab fee of $10 per person, per semester, for the student to receive a username and password. The fee is paid at the IT Help Desk, 2nd Floor in the Holland Building, before the first class. Members who have a DSU username and password may use the open lab in the Holland Building.

**LIVE LONG. LIVE WELL — A New Program, Sponsored by ICL, DSU, Intermountain Health and the City of St. George**
We are introducing a community-wide program to promote longevity and well-being to individuals 50 and over. The goal is to help individuals live long, healthy and happy lives. There are areas in the world where people live into their 90s and 100s and continue to be physically and mentally active. We want to achieve the same in St. George.

We are offering classes and programs to promote cognitive, physical, social and emotional health. All ICL classes and activities support this to some degree. But some are particularly valuable, according to research. For instance, yoga, dance, hiking and sports classes provide enormous longevity and wellness benefits. Learning new languages or learning to play an instrument provides enormous cognitive benefits. Additionally, we will be adding classes specifically designed for the Live Long. Live Well. Program. Look for the 🔴 logo next to course descriptions.

**PICKLEBALL PRACTICE – CONTINUING THE GAME**
Improve your game while having fun with friends. The indoor court is cool in the summer and warm in the winter! Class is limited to 8 students.
Instructors: Marilyn Shirts, Suzuki Piano Teacher Education, Utah State University; Business Associates Degree and Elementary & Early Childhood Education, Southern Utah University; preschool teacher; teacher trainer; and family counselor. Patty Lusby, B.S., Dental Hygiene.

**TABLE TENNIS**
Singles and doubles table tennis. Play for fun with others interested in an hour of enjoyment and exercise. Improve your game; improve your reflexes and response times. Class is limited to 18 students.
Instructor: Larry Puskas, B.A., Mathematics; Software developer and former professional tennis player.

**TABLE TENNIS INTERMEDIATE**
This class will review basic tournament rules for Table Tennis, such as scoring and order of play for doubles games. Students will be encouraged to focus on various skills during each weekly class. Players will be invited to share their own successes regarding stance, service options, ball return, point strategies and etiquette during play. The ultimate goal is to enjoy this sport by knowing how it is played and to have fun practicing and improving skills with other students on a regular basis. Must furnish own paddle. Class is limited to 16 students.
Bring enough food to suit your needs and the length of the hike. Everyone is different, but ALWAYS bring "something" with you. One-time guests are welcome and must sign a waiver. Please arrive at the hike meeting site at least 15 minutes early for checking in and arranging carpools. Class is limited to 30 students.

**Instructor:** Frida Audele, B.S., Dietetics; Certified in Diabetes Education and Management. Tim Obrien, Worked in logistic systems and transportation management for large consumer product paper shipper in Green Bay, WI. Currently enjoying the geology and archeological opportunities the Southwest offers.

**PICKLEBALL—BEGINNERS (Fall Semester Only)**
Beginners learn the basics of Pickleball play, scoring, strokes, strategy, skill level, drills and resources. Classes will be customized to participants’ skill levels. Class will be offered twice per month at Vernon Worthen Park. Participants will provide a Pickleball paddle and ball. Class is limited to 10 students.

**Instructor:** Frank Feltner, 4.0 player, Huntsman Games medal winner; private pickleball instructor.

**PICKLEBALL INSTRUCTION—BEGINNING TO ADVANCED (Fall Semester Only)**
Pickleball is one of—if not the—fastest growing sports in the country. Pickleball is played on a badminton-sized court with special Pickleball paddles, made of wood or composite materials. The course is designed to give students playing time and increase their knowledge of the sport. BRING A WATER BOTTLE AND YOUR OWN PADDLE. There will be a $5 one-time fee to cover the cost of balls, paid to the instructor. Class is limited to 24 students.

**Instructor:** Jim Swaydan, currently teaching Pickleball and other sports at DSU. Adjunct Professor in Health Science.

**PICKLEBALL PRACTICE—NEW TO THE GAME**
Learn or improve your game with practice! Come and enjoy playing with new and old friends. We play on an indoor court, so the weather

**ARTS & CRAFTS**

**DRAWING—BEGINNING GRAPHITE PENCIL (Fall Semester Only)**
This is a very basic art class for those beginning to learn to draw. Bring a #2 pencil and a sketch pad to first day of class. List of additional supplies will be given. Class is limited to 26 students.

**Instructor:** Brenda Rusnell, private art classes for 5 years. Registered Dental Assistant, 35 years in Endodontic field.

**DRAWING—COLORED PENCILS (Spring Semester Only)**
This is a very basic class, learning the techniques of colored pencil, the Prismacolor wheel and how color is applied. A supply list will be handed out the first day of class. A set of at least 72 Premier Prismacolor pencils is required. Class is limited to 26 students.

**Instructor:** Brenda Rusnell, private art classes for 5 years. Registered Dental Assistant, 35 years in Endodontic field.

**FROM STREET FAIRS TO WORLD CLASS MUSEUMS—HOW TO ENJOY YOURSELF IN THE WORLD OF ART (Fall Semester Only)**
Why does a white canvas with a single black square hang in one of the most prestigious museums in the world? Is it wallpaper or art? Can an art print actually improve my daily life? Am I looking at an original painting or a copy? Is this art a good investment? We will attempt to answer these and a myriad of other practical questions that pop up whenever we venture into the art world so you can enjoy your experience more and actually have something (intelligent) to say when you are immersed in an art related experience.

**Instructor:** Kim Blackman, owned art galleries and a picture-framing business for 17 years; raised by a mother-artist and grew up surrounded by paintings, sculptures, jewelry, ceramics, and more; is a “recovering lawyer” who practiced for 7 years before taking a temporary leave to get involved in the art world which lasted more than 3 decades; has represented artists for some 20 years placing their
work in art galleries around the U.S.; selling their work at art festivals, galleries, and online both wholesale and retail; and currently owns a fine art company making inside-painted crystal overseas.

**KNITTING & CROCHETING—BEGINNING**
Learn to knit and crochet, including how to purl, increase and decrease. **Class is limited to 10 students.** Bring paper and pencil for note taking.
**Instructor:** Vera Thomas, A.A. Accounting; taught knitting and crocheting, DSU Continuing Education; completed many classes from designers and master knitters and crocheters.

**KNITTING & CROCHETING—INTERMEDIATE**
Learn tips and tricks to make your knitting projects more handmade than homemade, including fitting your knits. **Class is limited to 10 students.** Bring paper and pencil for note taking.
**Instructor:** Vera Thomas, A.A. Accounting; taught knitting and crocheting, DSU Continuing Education; completed many classes from designers and master knitters and crocheters.

**QUILTING—HOW TO—BEGINNING (Fall Semester Only)**
Basic knowledge of quilting terms and notions. Cutting and measuring techniques. Color selections and artistic designs. Students will get hands-on practice and develop skills to be able to start quilting. **Class is limited to 15 students.**
**Instructor:** Kimberly Fee, Associates Degree in Business and Sciences, specialized training on quilting. Previously taught quilting classes for several businesses and individual tutoring on quilting. Extensive knowledge on history, techniques and procedures for quilting.

**QUILTING—9-PATCH (Fall Semester Only)**
Students will learn how to pick colors, cut fabrics, and sew a basic 9-Patch Quilt. Work from start to finish. **Class is limited to 10 students.**

**CORNHOLE TOSS**
A fun game in which small bags filled with dried corn are tossed at a target consisting of an inclined wooden platform with a hole at one end. It is similar to horseshoes, but played indoors. **Class is limited to 10 students**
**Instructor:** Cindy Gilmore, graduated in Recreation Administration from San Diego State University. Was Director of Recreation for the City of Saratoga, CA. Loves games and is good at organizing people and events.

**GOLF SWING FUNDAMENTALS, 18 HOLE MINIATURE GOLF TOURNAMENT (Fall Semester Only)**
A 3-week course, 2 sections in September only. Outdoor golf swing practice; 9-hole Ivins putting course practice; and in the last class, chipping and putting tournaments with prizes and barbecue. Fee of $10 to cover prizes, food and drinks. **Each section is limited to 9 students.**
**Instructor:** Philip Moulton, Vocational Technical College, Las Vegas. Graphic Arts, UNLV, NW College, Wyoming Arts. 22 years gallery owner, professional artist, writer, asst. golf instructor.

**HIKING**
Must sign up for hikes in advance. Each monthly newsletter will list details about the length, difficulty level, duration and geographical description of the hikes. Days and times will vary. Read the hike descriptions carefully and make sure the ones you choose match your physical abilities and skill level so you can keep pace with the group. Help us in our mission of protecting the environment and respecting its native inhabitants. Sturdy hiking shoes with good gripping soles are highly recommended as our Utah trails have uneven slick rock and rubble rock sections. Hiking poles are recommended for balance and stability on slopes. Prepare for changeable weather by dressing in layers. When in doubt, bring more water than you think you require for the length of the hike; 1 quart for every 3 miles is a good rule, more in warm temperatures.
plants, insects, soil, microbes, fungi and diseases.

**Instructor:** Tony McCammon, M.S. in Plant Science from Utah State University, Emphasis in Water Conservation and Native Plants; B.S. from Utah State University, Horticulture, Landscape Design and Construction. Owner of Bloom Horticulture Specialists; Consultant; Garden Writer; Public Speaker; Landscape Designer and Architect; Professor of Horticulture, University of Idaho; Assistant Horticulturist, University of Utah; Nursery Tree and Shrub Expert, Tony’s Grove Greenhouse and Nursery Center, Hyde Park, Utah.

**REPTILES & AMPHIBIANS OF ST. GEORGE AREA (Fall Semester Only)**
This course will examine the reptiles and amphibians that live in Washington County. Some of these creatures we encounter every day. Participants will learn to identify snakes, lizards, tortoises, turtles, frogs and salamanders found in this region. We will examine the life, behavior and habitat of these remarkable creatures as well as their important contributions to our ecosystem. Students may share their experiences and photos with the class. An optional field trip will be held for those who want to experience these creatures in their natural settings.

**Instructor:** Greg Brim, B.S., BYU, Math & Philosophy; Director, Bank of America; Lifelong Member, Chicago Herpetological Society.

**SPORTS ACTIVITIES & FIELD TRIPS**

**BOTANY FIELD TRIPS**
This is a Field Botany Course that is held **one time per month, September—December and March—May.** Students will identify plants in the field at various altitudes and ecosystems. Class will discuss their uses by humankind as is known.

**Instructor:** Lee Hughes, A.S., Forestry, North Dakota School of Forestry; B.S., Range and Fishery Management, Utah State University; 38 years with Bureau of Land Management.

**WATERCOLOR BASICS (Spring Semester Only)**
This class is for all levels of students with emphasis on the basics. Drawing is not required for this course. Each student will paint a basic watercolor using a pattern provided by the instructor, or student may sketch her/his own watercolor pattern. Students will learn how to paint washes, color mixing, masking, sponge and salt use, scoring, negative painting, lifting color, backgrounds, plus water reflections, clouds, and skies. Subjects will include florals and landscapes. Each student will end the class with a finished 9x12 watercolor ready for matting and framing. Class will be given a supply list on the first day of class. **Class is limited to 20 students.**

**Instructor:** Dawn Miner, Utah Valley University, art classes and workshops; Member, Dixie Watercolor Society (board member for four years). Girl Scout staff.

**WOOD BURNING ART FOR BEGINNERS**
Course will be offered Fall Semester and be **repeated for new students** in the Spring Semester. This is a beginning class to create artwork and crafts using a Wood Burning Iron in a safe manner. The instructor will provide a large wooden drawing board for each work station as well as some scrap boards for students to practice with in the first few classes. Students will be given a supply list of suggested items that they might purchase for the class (including a wood burning iron with an adjustable heat controller.) Do not purchase any wood until this is discussed in class as there is a huge difference in the kinds of lumber. Leather Art Burning will be discussed if there is enough interest. **Class is limited to 20 students.**

**Instructor:** Emery Jones, B.A., Western State College of Colorado, M.S.W., Social Work, Denver University. Licensed clinical social worker in Colorado and Utah, 30 years. Taught psychology and sociology classes for 10 years at College of Eastern Utah.
BEHAVIORAL & SOCIAL SCIENCES

▼ DISCOVERING INNER PEACE (Fall Semester Only)
The Peace Education Program (PEP) is a 10-week media-based educational program, created by the Prem Rawat Foundation. The purpose is to help participants explore the possibility of personal peace and discover inner resources — tools for living such as: peace, appreciation, inner strength, clarity, hope, contentment, self-awareness, understanding, dignity, and choice.

**Instructor:** Luigi Persichetti, B.A., Theology, St. Louis University. Spiritual leader and unity minister at Unity Church of Positive Living, retired; hospice chaplain at Southern Utah Home Care and Hospice; member of Interfaith Council of St. George. Studied and practiced tapping (EFT) for eight years and is a Certified Practitioner of Holistic EFT.

EVOLUTION & CULTURE: EFFECT ON BEHAVIOR (WHY WE DO WHAT WE DO) (Spring Semester Only)
This course will be a fun explorative review of what makes us act the way we do, through understanding how evolution and environment affect our thoughts and behavior. You will learn why people do such irrational things that are completely contrary to what they say they want. You will learn how you can use this information to your advantage to replace bad habits with good habits, get along better with others, make smarter decisions and make this world a better place.

**Instructor:** Rob Kramer, Director, ICL. Ph.D., University of Utah, Clinical Psychology. Most of career has been in healthcare leadership positions. He now offers life coaching, meditation and hypnosis to individuals and groups and continues a lifelong study of wellness, positive psychology, evolutionary psychology and personal motivation. Has been a frequent speaker at national conferences.

GLOBALIZATION AND DIVERSITY: GEOGRAPHY OF A CHANGING WORLD AND IMPACTS ON SOUTHERN UTAH
Exploration of global trends in technology, society, economy, politics, environment, demography and human settlement that are driving changes affecting our lives today. Evaluation of the

GE GEOLOGY (Spring Semester Only)
The class will provide a variety of lectures on earth science topics, primarily using PowerPoint presentations. Subjects may include discussions of the history of life on Earth and other aspects of the fossil record; a review of the geological features in and around St. George; topics of current geologic interest, such as plate tectonics, global warming and evolution; explanation of regional geologic features, including those exposed in our national parks and monuments; review of economic resources such as fossil fuels and mineral deposits; and insight about past, current and future geological hazards in and around St. George.

**Instructor:** Rick Miller, Ph.D., UCLA; retired professor of Geology, San Diego University and Dixie State University.

PHYSICS AND THE WORLD AROUND US
This course will allow students to understand the physical world around them. Mathematical skills are not required for this basic course. Topics for discussion will include matter and energy, chemical interactions, motion and force, waves of sound and light, and electricity and magnetism. Demonstrations and experiments will reinforce the principles discussed.

**Instructor:** Brock Morris, B.A., Spanish and Math; M.A., Curriculum & Instruction/TESL; Ed.D., Educational Administration & Higher Ed. Challenger School—taught algebra & physics; Colorado—administrator for bilingual program; Las Vegas—taught ESI & Algebra, Title I Coordinator.

▼ PLANT SCIENCE—NATURE AND HUMAN CONNECTIONS (Fall Semester Only)
Plant Science explores a fantastical realm of plant and animal relationships. When we play a positive role in nature’s environment, even individually, we fulfill a core stewardship passed down from our ancestors. Our connections to nature and the many elements of our personal ecosystem are paramount to our survival. In this course, reconnect to your stewardship and discover your relationship to
Instructor: John Harrison, post graduate studies in DNA. Served as a special agent for the U.S. Treasury Department for nearly 33 years. Was a consultant to law enforcement agencies around the world involving the application of forensic and investigative accounting, financial investigative techniques, and later forensic data analytics. These techniques were used to conduct criminal investigations including the use of DNA in missing persons and homicide cases. Public Information Officer for his agency. Emeritus member of American Academy of Forensics Science. Accredited college/agency instructor. Taught courses/presentations on Financial Investigations. Is a Toastmaster, Storyteller and member of the Utah Storyteller’s Guild.

EINSTEIN’S LIFE AND SCIENCE (Fall Semester Only) *
This is a course for non-scientists who have intellectual curiosity and are motivated to think about nature sometimes using abstract concepts. We will study the life of Albert Einstein and through consideration of his scientific contributions, examine some rather bizarre implications for the real universe. We will have lectures, demonstrations and hands-on laboratory exercises to help make the concepts understandable to a general audience. Topics will include special and general relativity, properties of waves and light, quantum concepts and new ideas concerning the structure and origin of the universe. We will explore aspects of nature including black holes, time dilation, the twin paradox, and warping of spacetime, that will stretch the imagination of everyone. It doesn’t take an Einstein to understand modern physics, but it took an Einstein to discover law’s (rules) upon which modern physics is built. The course textbook is “Einstein, His Life and Universe”, by Walter Isaacson, 2007. Please read the first two chapters in preparation for the first class.
Instructor: Andrew Christensen, Ph.D., Space Physics, NASA, Lab Director at the Aerospace Corporation, Northrop Grumman Corp., The National Science Foundation and NOAA.

Instructor: Robert Ford, M.A. Social Anthropology; M.P.H., Public Health; Ph.D., Earth Science/Geography. Conservation scientist; development consultant; photographer; Policy Analyst & Planner, USDZ/USAID; NGO evaluator/consultant; mapper/GIS expert; academic administrator; professor.

** HOW TO FULLY LIVE YOUR RETIREMENT YEARS 
If you are newly retired and wondering what to do; if you are just bored with life; come to this class. Instructor will encourage you to get excited about your life and its many possibilities and start living old and new dreams. She will help you find your gifts and talents, discover your purpose and mission and stop the things which prevent you from fully living your life. Who said we would get old? We are old only when we quit living. Life is not boring!!! Your life can be exciting, too!!!.
Instructor: Eva Fry, college classes in many areas, especially in Speech. After raising her children and helping her husband in their family business, at the age of 60, she began a new and exciting career. She wrote three books, taught herself the guitar and piano, travelled around the United States, and won a national speaking award. She created a program, “Be a Winner in Life”, and has spoken to incarcerated youth for the last 15 years. She began to write music and now is a singer/songwriter and entertains with her own shows.

** LOVE ONE ANOTHER 
Learn to have successful relationships and learn self-care tools for a fulfilling life. This class will use some of the works of Leo Buscaglia. 
Panel: Diane Cook, High School Secretary, substituted for former instructor when needed. Cynthia Schmidt, Human Resources, University of Utah. Certified hypnotherapist; certified in trends by considering regional case studies from around the world and discussing how those trends affect life in Utah today and what the implications are for the next generation. Lecture and possible field trips supplemented by videos, readings and even in-person presentations with invited speakers.
the work of Byron Katie. Retired, telephone company, 33+ years. Retired, Orgill, Human Resources Supervisor. Laura Alldredge, Retired teacher, taught over 35 years. Masters in Education, minor in Behavioral Science. Volunteered for Memory Matters for more than 4 years.

**MINDSET OF HAPPINESS AND JOY**

This course will teach the principles of mind, consciousness, and thought. A new perspective on psychology, mindset, motivation, and how habits are formed and changed. Knowing how these principles work in our everyday lives will help shape our mindsets to live a more fulfilling and joyful life.

**Instructor:** Derek Applegate, Associate Degree, Social Science. Business owner, 25 years; sales and motivational trainer; seminar presenter; personal development coach.

**COMPUTERS**

**BASIC WORD & MORE**

This is a 5-week course, offered once a semester. It is designed only for 2007 or later formats. Learn the basics of word processing. You will learn indenting, changing margins, creating special tabs as well as tips on creating professional looking documents. Also learn how to use columns and tables and inserting pictures and other graphics into your documents. Each student must bring a flash drive to class. Information can be downloaded from ICL’s website onto a flash drive. DSU requires a $10 computer lab fee to be paid at the IT Help Desk, 2nd Floor, in the Holland Building, where you will receive a username and password.

**Class is limited to 10 students.**

**Instructor:** Salli Brackett, B.A., Liberal Arts, teacher’s credentials. Worked in administration for companies in pharmaceutical R&D, electrical engineering, and district attorney, some requiring instruction to staff on computer software.

2020. The balance of the semester will be devoted to encores of some of the best classes from the past 12 years. Richard Wagner’s *Ring of the Nibelung* will be the subject of the entire second semester.

**Instructor:** Allen Jacobi, A.B., Providence College, English Literature; J.D., Villanova University. Trial attorney for 33 years and opera enthusiast.

**PIANO 2-3**

This class will finish our study of Book 2 (from previous semesters). Classes will focus on note identifications, note reading fluency and rhythm. It is anticipated that classwork will advance to a book 3 level during the last part of fall semester. Required: Adult Piano Adventures All-In-One Lesson Book #2 with a gold cover (spiral bound is much preferred!), written by Nancy & Randall Faber. There is a fee of $10 for piano music, paid to instructor. **Class is limited to 16 students.**

**Instructor:** Marilyn Shirts, Suzuki Piano Teacher Education, Utah State University; Business Associates Degree, Southern Utah University; Elementary & Early Childhood Education, Southern Utah University; preschool teacher; teacher trainer, and family counselor.

**SCIENCE**

**DNA AND ANCESTRAL RESEARCH**

Instructor will provide a fascinating and informative look at the world of DNA testing used in family history, including techniques that have been used to conduct criminal investigations. Then, in the Spring semester, the class will cover the basics of Genetic Genealogy and DNA; and some aspects of reconstructing forgotten or unknown identities and relationships, both past and present, covering more than one generation; including adoptive, biological, extramarital and marital family relationships, including family mysteries.

**Class is offered for two weeks each semester.**
NATIVE AMERICAN FLUTE—BEGINNING
Can't read a note? Can't hum a tune? Can't beat time with a stick? Anyone can create sweet soothing sounds using the Native American style flute without any previous musical knowledge or experience. This class welcomes beginning students with an emphasis on fundamentals. Come with a playful attitude and an open heart. You can repeat this class if you have taken it previously.

Prerequisites: Students will need a standard 5 or 6-hole Native American Style Flute by two weeks into the class.

Instructor: Bob Rhees, 2 years of college. Worked in building elevator business. Taken several Native American Flute classes; plays didgeridoo; repairs flutes. Teaches at Zion Flute School and fills in for other instructors as needed and teaches private flute lessons.

NATIVE AMERICAN FLUTE—INTERMEDIATE
If one can play a short melody from the heart on a Native American Flute, one is ready to take this class. The course will briefly review beginning skills and solidify techniques like creating songs and playing duets. The class will then decide where to go. Some suggested topics: developing a personal style, learning circle games playing in harmony, finding the “Hidden” scales in a flute and using backing tracks.

Instructor: Bob Rhees, 2 years of college. Worked in building elevator business. Taken several Native American Flute classes; plays didgeridoo; repairs flutes. Teaches at Zion Flute School and fills in for other instructors as needed and teaches private flute lessons.

OPERA FOR ONE AND ALL
This will be the last year for this class. The first semester will include classes about Turandot, Manon, Madama Butterfly, The Flying Dutchman, Tosca and Maria Stuarda, some of the operas to be presented by The Metropolitan in movie theaters in 2019 and 2020.

INTRODUCTION TO PC COMPUTERS
This is an 8-week course. The course is designed for beginners, but also helps others to “fill in the holes.” This course includes basic computer terminology, the understanding of the components of a computer, basic knowledge of Windows, and an introduction to the use of internet and email. Windows 10 tips will be included. DSU requires a $10 computer lab fee to be paid at the IT Help Desk, 2nd Floor, in the Holland Building, where you will receive a username and password. Each student must bring a flash drive to class. Class is limited to 10 students.

Instructor: Salli Brackett, B.A., Liberal Arts, teacher’s credentials. Worked in administration for companies in pharmaceutical R&D, electrical engineering, and district attorney, some requiring instruction to staff on computer software.

FINANCE, INSURANCE & LAW

ESTATE PLANNING
This is a 5-week course. This class teaches what is needed for a proper estate plan. It covers how to protect one’s estate and minimize estate and other taxes. Topics include wills, trusts, probate, estate taxes, living wills, powers of attorney, asset protection and asset transfer.

Instructor: Michael Dunn, M.A., BYU, J.D., UNLV. Attorney at Law.

TAX, FINANCE AND INVESTMENTS
Students will learn about personal tax, personal finance and personal investing. Topics include: Tax—Basic Form 1040 and Schedules; taxes on Social Security and taxes on investments; Finance—borrowing, mortgages, credit cards, bank accounts, and CDs. Investing—Basic investing from bonds and stocks to mutual funds, ETFs, and hedge funds.

REVERSE MORTGAGE EDUCATION
No other financing type has been praised, criticized, dissected and talked about more than the government-insured Reverse Mortgage program. This class will analyze the program, dispel the myths, and discuss the pros and cons of utilizing a Reverse Mortgage to enhance retirement cash flow. We will discuss actual case studies to review several differing situations and have fun in the process!
Instructor: Nanette Glauser, 3 1/2 years of college. Mortgage loan officer for 5 1/2 years; door and window sales for 10 years.

HEALTH & WELLNESS

*BETWEEN GENDER AND AGING (Fall Semester Only)*
The class will focus on lifespan human development and gender. We will explore, discuss, and evaluate global initiatives to improve well-being for women over 50 and raise awareness about the experience of older women worldwide. Participants will have the opportunity to engage in service projects that benefit aging women locally and abroad.
Instructor: Nancy Hauck, Ph.D., Teacher Education & Leadership, Utah State University; has worked at Dixie State University for the last 25 years; has taught an array of classes and helped construct the elementary education program. Served as Faculty Senate president in 2015 and is now Associate Provost of Community & Global Engagement overseeing a number of student and community outreach programs.

DISCOVERING TAO TE CHING
Lao-Tzu, a prophet who died in 531 B.C. in China, was author of the 81 verses of the Tao Te Ching—Tao as “the way,” Te, as “the shape and power,” and Ching as “the book.” Lao-tzu urges us to see value in being humble. If action seems called for, he asks us to consider non-action. If we feel that grasping will help us acquire what we need or want, he counsels us to let go and be patient. The Tao never begins or ends, does nothing and yet animates everything in the world.

*FLAMENCO DANCE, MUSIC, AND DRUMMING—BEGINNER AND INTERMEDIATE*
We invite everyone interested in flamenco dance, guitar, singing, drumming and playing castanets. Flamenco is a deep art form consisting of song, guitar and occasionally other melodic instruments, percussion and dance. Flamenco rhythms are very complex and are often broken or layered. The dance style is noted for lyrical arm and wrist movements, and very strong and percussive hand clapping and footwork. Song lyrics can be joyful or tragic, but are always intense. Dancers also learn Flamenco-style percussion to accompany the dance. Participants need to be able to move and have good balance and coordination. Class is limited to 20 students.
Instructor: Pamella Asquith, M.S., Library Science and Linguistics. Medical Librarian, Intermountain Healthcare; Artistic Director, Las Palomas Flamenco Dance Troupe.

HISTORY OF THE BIG BAND ERA (Spring Semester Only)*
This is a 4-week course on the History of the Big Bands. Course will include music of the era, biography of the leaders of the big bands, and the rise and fall of the Big Band era from 1935 to 1947. Instructor hosts a weekly radio show on KDXI, Sunday evenings at 6 P.M. on the Big Bands.
Instructor: Victor Lorch, B.S. Political Science, Monmouth University, West Long Branch, New Jersey. Radio Announcer/Founder campus radio station, Monmouth University and KDXI Radio, Dixie State University.

MUSIC APPRECIATION
This course is designed to learn about the most important composers of classical music, their historical significance, and their contributions to world culture.
Instructor: Patricia Ashliman, B. S., Brigham Young University. Advanced studies: University of Göttingen, Germany; Carnegie-Mellon University; University of Pittsburgh. Elementary teacher; operated a music studio for piano students for 30 years.
much they enjoy it.

**Instructors:** Douglas R. Bowen, B.A., German Literature; Firefighter 1 and 2 certifications; Fire Service Instructor certification. Non-profit agency executive, 16 years; Washington County Asst. Fire Warden, 3 years. Currently ICL Treasurer. Renee Hazen, B.S., University of Utah; M.Ed., Utah State University; A.P. English Literature and Composition Teacher.

**SO YOU WANT TO WRITE A NOVEL (Spring Semester Only)**

This class is an introductory novel writing class designed for the non-professional; the recreational writer who has the desire, but not the tools. We will cover the entire spectrum of the novel writing process, including: how to choose a topic, the anatomy of a novel, the mechanics of putting it on paper and the challenges and options of getting it published.

**Instructor:** Warren Stucki, B.S., Zoology; M.D., University of Utah. Board Certified. Practiced urology in St. George for 37 years; also served as hospital Chief of Surgery, Chief of Staff, and served on Hospital Governing Board.

**MUSIC & THEATER**

**DISCOVERING LIVE, LOCAL THEATER**

This class will give you new insights into the live theater experience and a greater enjoyment of the unusual live theater venues in our area. We will cover the history, background, forms and methods of live theater and discuss the current local plays in production. There will be in-class discussions with local producers, directors, actors, and others involved in the dramatic experience. By special arrangement, students can purchase tickets to the plays we discuss at discount prices. Attendance at the plays is not required.

**Instructor:** Carl Rich, History and Political Science, University of Utah; Drama, Utah State University. Worked in radio/TV and stage production. Writer, photographer, and webmaster of dixietoday.com. Has 50 years of experience working in theater.

**HEALTH FOR MEN—AND THE WOMEN WHO LOVE THEM (Fall Semester Only)**

This class is intended to be co-ed. While the class will mainly cover health issues unique to men, some subjects, including erectile dysfunction and testosterone replacement therapy, will be of interest to both sexes. First, the class will briefly review male anatomy and physiology, then systematically progress from organ to organ discussing the diseases and dysfunction associated with each. The class will discuss the pros and cons of the controversial prostate cancer screening blood test (the PSA.)

**Instructor:** Warren Stucki, B.S., Zoology; M.D., University of Utah, Board Certified. Practiced urology in St. George for 37 years; also served as hospital Chief of Surgery, Chief of Staff, and served on Hospital Governing Board.

**LIVE! HOW TO LIVE A LONG & HEALTHY LIFE**

This is St. George’s version of a Blue Zone project. This course will provide evidence-based strategies to help you live a long and healthy life. Rob Kramer and other presenters will discuss the lifestyle habits that help individuals to maximize brain health, body health, social connections and overall happiness and well-being. Topics will include: BJ Fogg method of self-motivation and habit change that will ensure success, ideal diet and eating habits, how to select healthy foods and healthy recipes, keeping the brain healthy and reducing risks of dementia, meditation, micro-mediation and nature bathing for good health happiness and stress reduction, having a life purpose, the easiest happiness hacks, and exercise for the body and the brain.
Instructor: Rob Kramer, Director, ICL. Ph.D., University of Utah, Clinical Psychology. Most of career has been in healthcare leadership positions. He now offers life coaching, meditation and hypnosis to individuals and groups and continues a lifelong study of wellness, positive psychology, evolutionary psychology and personal motivation. Has been a frequent speaker at national conferences.

KUNDALINI YOGA & MEDITATION
Class members will experience how Kundalini Yoga works to balance the nervous and glandular system and awaken one to deeper levels of self and intuition. This works by learning new techniques to slow the breath, and use specific kriyas or exercises for specific purposes. This class will help rejuvenate inner strength, radiance, reach for our potential, find our virtues, reduce stress, increase our vitality, and boost our immune system for overall wellness. The new patterns we create will completely re-wire our brain. This allows us to invite in new experiences even as we let go of old habits. Rather than get caught up in the stress and overwhelm of the times, we can move through the change with grace, strength and balance and embrace each day. As we quiet our emotional self, we begin to attract opportunities and positives into our lives. Students must provide own yoga mat.

Instructor: Lisa Stearns, certified Kundalini Yoga, KRI, IKYTA

PILATES INFUSED YOGA (Spring Semester Only)
This course incorporates the Pilates focus of movements originating from a strong and stable core into a flowing vinyasa yoga practice. Mindfulness as well as body awareness will be stressed to help flow through the poses in a safe, relaxed and supported way. Approaching yoga in this way can help to strengthen our body and mind. Please bring a mat, water bottle and a yoga block, if you have one. The class will run for 4 weeks, starting in January.

Instructor: Betty Marianetti, B.F.A. from Madonna University, Associates Degree in Medical Technology from Rochester Institute of Technology; Yoga Alliance certified for 200 hours; RYT 200 hrs.;

LATIN AMERICAN LITERATURE IN TRANSLATION: ANOTHER ROUND (Spring Semester Only)
Reading short stories and novels from Latin America and from the literary “boom” period (1960-1980 and some before and after.)

Instructor: Read Gilgen, Ph.D., University of California, Irvine, Latin American Literature. Taught 5 years at University of North Carolina, Chapel Hill; and 3 years at University of Wisconsin, Madison. 26 years as language technology director at Wisconsin.

MARK TWAIN—AN AMERICAN ORIGINAL (Spring Semester Only) - (Returning after Hiatus) *
An introduction to the life and works of America’s preeminent humorist. We will take a close look at Twain’s family life as well as his views on humor, Europe, religion, war, and human nature. The class will include PowerPoint presentations, readings and student participation. Come find out why this 19th Century author remains relevant today while so many of his contemporaries are long forgotten. While learning new things about this amazing man, we will also be strengthening our immune systems with laughter.

Instructor: Douglas R. Bowen, B.A., German Literature; Firefighter 1 and 2 certifications; Fire Service Instructor certification. Non-profit agency executive, 16 years, Washington County Asst. Fire Warden, 3 years. Currently ICL Treasurer.

POETRY APPRECIATION AND EXPLORATION
Goethe wrote “A man should hear a little music, read a little poetry, and see a fine picture every day of his life.” Poetry heals, consoles, brings comfort. This course is designed to make poetry’s benefits accessible to all, by providing a forum to share poems from any source. First-rate poetry deepens our experience and makes life richer. In this class we explore how poetry illuminates life—beauty, death, love, war, loneliness, faith, and joy. Some poems will be funny, some will be sad. All will be important and worthwhile. This class is especially for people who don’t know much about poetry and are about to discover how
LITERATURE

EDGAR ALLAN POE: HIS LIFE & WRITINGS (Fall Semester Only)

This course examines the life of Edgar Allan Poe. We will explore a few of Poe's short stories and poems. Poe wrote several kinds of stories, and we will discuss one or more from each genre: (1) Stories of the psychotic personality, (2) The Gothic Story, (3) The Horror Story, (4) The Satirical or Humorous Story, (5) Tales of the Evil or Double Personality, (6) The Detective Story, and (7) The Science Fiction Story. Poe had hoped to support himself by writing poetry. We will talk about several of his poems.

Instructor: Nancy Kramer, B.S., Southern Utah University. Taught English and Drama in the Ogden City, Jordan and Canyon school districts until retirement. Also ran her own preschool for eight years.

FAVORITE BOOKS

Members select a “book-a-month” to be read by all. At a subsequent class, a discussion of the book is led by a member of the class.

Instructors: Ann Broadbent, studied English, speech and dramatic arts in college; Box Office Manager, DSU, 2 years. Office Manager, Utah Shakespeare Festival, 11 years. Janet Cramer, A.B., Bryn Mawr College; M.A., Boston University; Technical and Manufacturing Manager, Polaroid; Realtor.

FOLKLORE AND MYTHOLOGY

The cycle of life in Indo-European fairy tales, legends, and superstition. This year we will investigate “voices from the past” as they define and address the most important milestones of life: conception, birth, childhood, coming-of-age, courtship, marriage, mature adulthood, aging, and death.

Instructor: D.L. Ashliman, B.A., University of Utah; M.A., Ph.D., Rutgers University. Post-doctoral studies, University of Göttingen and University of Bonn, Germany; Professor Emeritus, University of Pittsburgh; Guest Professor, University of Augsburg, Germany, 5 semesters.

IM=X certified in Pilates. Extensive hours of training at workshops and on retreats for yoga asanas, philosophy and meditation.

PREPPING 1,2,3 (Spring Semester Only)

An introductory course to prepare you to be reasonably self-sufficient when faced with a 24-hour power outage, a 3-day fuel/transportation stoppage, food delivery interruption, or a much longer crisis situation. Topics include water, food, fuel, location, medical, sanitation, protection, food storage, gardening and developing community.

Instructor: Angela Rohr, B.S. in Biology, Trinity Univ., San Antonio, TX; 1 year post-grad in medical technology, St. Luke’s Hospital, Houston, TX. Worked 6 years as a Medical Biochemist; 25+ years Public Speaker on health education in middle and high schools and detention centers; 8 years Leeds Town Councilman/Mayor for one year. An active “prepper” since 1999 and attended many presentations and courses on ways to be prepared; spent 4 days sheltering through Katrina.

RETIRING PAIN FREE—THE ULTIMATE SENIOR HEALTH PROGRAM (Fall Semester Only)

This program is for seniors who want to let go of physical pain and stress by using an easily learned health tool and process for themselves. Come and see how (EFT) Emotional Freedom Technique/Tapping can help you release pain and stress and bring more joy and freedom to your golden years.

Instructor: Luigi Persichetti, B.A., Theology, St. Louis University. Spiritual leader and unity minister at Unity Church of Positive Living, retired; hospice chaplain at Southern Utah Home Care and Hospice; member of Interfaith Council of St. George. Studied and practiced tapping (EFT) for eight years and is a Certified Practitioner of Holistic EFT.
**SOMATIC YOGA**

Basic Iyengar Yoga, Somatic Yoga at any age, focusing on posture and alignment as well as breathing, with the participant's goal resulting in improved range of motion, relaxation and mental clarity. **There will be two classes per week.**

**Instructor:** Sondra Fraleigh, B.A., Dance; M.A., San Jose State University, Dance and Somatic Therapy. Professor of Dance and Somatic Therapy, State University of New York; Founding Director, Eastwest Institute for Dance and Movement Studies.

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**THE HEALING POWER OF PLANT FOODS**

April Ashcroft will demonstrate how to incorporate more whole natural plant foods into your meal plan. Plant foods such as fruits, vegetables, beans, whole grains, nuts and seeds have tremendous power to heal your body, achieve and maintain your ideal weight and reduce your risk of our most common diseases. April will demonstrate delicious and easy dishes and provide samples and recipes. Come and taste how delicious healthy can be! In the September class, she will demonstrate fabulous fall favorites using the season’s best; and in her November class, she will demonstrate some healthy alternatives to your holiday traditions. Both classes will include a delicious dessert! (There will be a $7 cooking fee paid to the instructor.)

**Instructor:** April Ashcroft, cooking instructor for the Bridge Recovery Center; taught classes at Bosch Kitchen Center and Kitchen Corner, and different community venues.

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**WALKING FOR BETTER BALANCE WITH FELDENKRAIS®**

(Spring Semester Only)

Walking is balancing on one foot and then the other. Finding better balance in your walk can help with other balance activities. Each class will be a sequence of instructor-led movements (nothing to memorize) that explores a different aspect of balance in walking—for example vision, twisting, swinging arms and legs, or moving the head. Each lesson is different and stands alone. Attend one or all. Besides walking, there are movements in

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**SPANISH—BEGINNING (Fall Semester Only) (Returning after Hiatus) * **

Habla Espanol? Join us to learn basic skills such as greetings, the alphabet and pronunciation. You will also learn how to use the verbs “ser” and “estar” and how to construct sentences with gender agreement of nouns and adjectives. As you progress, you will build your vocabulary, learn how to say the time, how to form questions and much more!

**Instructor:** Emily Kozierowski, Born in Chile and immigrated to US in 1982. B.S., B.S.B.M. from University of Phoenix; worked for USPS for 30 years; real estate sales person, New Jersey; Licensed Cosmetologist.

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**SPANISH—ADVANCED: LEER ES APRENDER**

Si puedes leer este párrafo sin dificultad (o con un diccionario sin mucho trabajo), quizás quieras asistir a esta clase. Leemos cuentos cortos escritos por autores españoles y latinos (por ejemplo: Isabel Allende, Gabriel García Márquez y otros). Al principio la maestra tendrá copias de algunos cuentos. Hablaremos en español acerca de los cuentos y de la gramática, y de cosas en general. También jugaremos el juego “Scrabble” en español para aumentar el vocabulario. Si tienes preguntas, llama a la maestra, por favor.

**Prerequisites:** Prior knowledge of Intermediate Spanish II and basic Spanish speaking skills that need refining and building. Beginning Spanish students may audit and listen.

**Instructor:** Germana Chuba, B.A., M.A., Mathematics; taught college level mathematics for 40 years. Studied Spanish for 4 years in high school and 2 years in college.

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**SPANISH—INTERMEDIATE AND CONVERSATIONAL**

This class will concentrate on grammar, reading skills and conversation.

**Instructor:** Blanca Mercadillo-Wasden, 3 years of college. Studied legal and medical interpretation. Worked as a legal and medical interpreter; owner and general manager of travel agency.
**LATIN IS FUN, REALLY—LATIN I (Fall Semester Only)**

Did you know that more than 65% of the English language consists of Latin and Greek: Even though English is originally Germanic in origin, words of two or more syllables in English are usually based on Latin and/or Greek, e.g. television—tele—far off (Greek), videre—to see (Latin.) Learning Latin utilizes the same skills as math: deductive reasoning and critical thinking. Or, if you just love learning about words and building new vocabulary, as I do, come join us for some fun and exercise Latin style! For Beginners Only!

**Instructor:** Ann Till, University of Utah, B.A., History Classical Civilization; Westminster College, M.Ed. Fulbright Scholar at the American Academy in Rome and Cumae, Italy; Fulbright-Hays Scholar in Cyprus and Turkey. Teaching certificate in Latin and history. Teacher in Salt Lake City.

**LATIN II (Fall Semester Only)**

Latin Two is a continuation of Latin One. This is a basic/intermediate course in Latin. We are building the foundation for a basic understanding of Latin and how it works as a language. This foundation should allow the student to move into a more intense study of the language, if desired; OR to just enjoy the mental exercise of learning a timeless, relevant and fascinating language. This semester we will be studying the case uses in Latin, personal and demonstrative pronouns and adjectives, prepositions and prefixes, interrogative pronouns, the numbering system in Latin, 3rd and 4th declension nouns, the passive voice in all six verb tenses, new vocabulary and much, much more! If you have had the Latin One course, please join us for Latin Two for more mental gymnastics.

**Instructor:** Ann Till, University of Utah, B.A., History Classical Civilization; Westminster College, M.Ed. Fulbright Scholar at the American Academy in Rome and Cumae, Italy; Fulbright-Hays Scholar in Cyprus and Turkey. Teaching certificate in Latin and history. Teacher in Salt Lake City.

**AMAZING RELIGIOUS FIGURES FROM HISTORY (Fall Semester Only)**

This 4-session class will cover “Governor Lilburn W. Boggs: From Mormon Extermination Order to Donner Party Captain,” “Orson Hyde’s 1841 Voyage to Palestine: Mormon Apostle, Jewish Prophet,” and “Little Known Facts About the Siblings and Relatives of Jesus of Nazareth.”

**Instructor:** L. Dean Marriott, Ed.D., BYU, Ancient Scripture Adjunct Professor, 20 years; DSU, American History Adjunct Professor, 4 years: Institute of Religion Director/Instructor, 20 years; tour director to Middle East and American history sites.

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**HISTORY**

**ANTI-SEMITISM, RACISM AND THE HOLOCAUST—ORIGINS AND DEVELOPMENT (Fall Semester Only)**

An historical chronology from early eras, pre-Holocaust, post-Holocaust to our modern times. Facing new challenges of anti-Semitism and intolerance in the modern world.
Instructor: Rabbi Helene Ainbinder, B.A., Hofstra University, Judaic Studies, minor in Art, Touro College, licensed Jewish Family Educator. Ordination from the Esoteric Interfaith Theological Seminary. Educational director of religious school, grades K-7. Over 25 years teaching experience in the diverse Jewish movements; affiliated with Beit Chaverim in St. George; serves as a chaplain at the regional hospital; vice president of Interfaith Council of St. George; authored “A Novice’s Guide Through the Jewish Holidays.”

ARCHAEOLOGY OF SOUTHWESTERN UTAH AND NORTHWESTERN ARIZONA (Fall Semester Only) *
An introduction to the archaeology of Southwestern Utah and Northwestern Arizona through study of the prehistory and history of these areas: the Paleoindian, Archaic, and Formative (Ancestral Puebloan and Fremont) cultures; and historic periods including tribes in the area today.

Instructor: Diana Hawks, M.A. and B.S., BYU, Archaeology major, Associates Degree, Ricks College, Geology major. Present owner of Desert Trek; Travel Management Planner/Senior Cultural Resource Specialist. Experienced certified Contracting Officer’s Representative and Program Officer for Assistance Agreements; Trained Facilitator; BLM Diversity Change Agent and AZ BLM DIART Member.

ARCHAEOLOGY LABORATORY: LOCATING AND RECORDING ARCHAEOLOGICAL SITES (Spring Semester Only) *
This laboratory course includes an introduction to archaeological survey methods and information on recording archaeological sites in the field. The course includes topographical map reading, completing site forms, identifying artifacts and features, and mapping and photographing archaeological resources. Learn how to locate and record archaeological sites in southwestern Utah and northwestern Arizona, taught by professional archaeologists. Class is limited to 20 students. 
Prerequisite: Archaeology of Southwestern Utah and Northwestern Arizona.

WRITING YOUR LIFE STORY (Fall Semester Only) *
Everyone has a story to tell, and there are many ways to tell it; long and short versions; as a memoir or an autobiography. You can even write your story as a novel. During this 8-week course, we will discuss each of these, and if you choose, respond to writing prompts that will get you on your way. The final class will talk about how to get your story published – online or in print.

Instructor: Marilyn Richardson, retired dance professor, South Dakota State University. Has a collection of life stories, some of her own and some from others. She continues to write books for all ages, pre-school to adult. B.A. from Brigham Young University, M.A. from Penn State University.

LANGUAGES

FRENCH—CONVERSATIONAL (Fall Semester Only)
Course is conducted mostly in French, with some help in English, as needed. It will involve reading and discussion of articles on a variety of subjects, including exposure to cultures of approximately 25 French-speaking countries of the world. Also, students will learn to prepare and read or present from notes, short presentations on a subject of students’ choice, leading to class discussions. Treatment of grammar and written French will be minimal, with practice in speaking emphasized. Students will learn to overcome their fear of speaking French.

Prerequisites: Students should generally have the equivalent of about one year of French study. Must have at least minimal ability to form sentences and hold basic conversations. More advanced speakers are also welcome as this class will assist them in growing and not losing what French they have, but more advanced students are not to dominate class discussions.

(commentary or perspectives.) Each week, the class will analyze a current news event, seeking to understand it from various different perspectives. Our objective will NOT be to determine which perspective is correct, but to understand why intelligent people might take one perspective versus another. The premise of the class is that most of the current controversy regarding the news results from trying to promote a preferred perspective rather than trying to objectively understand conflicting perspectives and reconcile the differences. The class will be heavily discussion oriented, with occasional interludes to address key principles relating to the topics under discussion.

**Instructor:** Hugh M. Cannon, Ph.D., M.Phil., MBA, New York University; A.B., BYU. Marketing and advertising consultant to various organizations. Recognized as a leading scholar in the area of advertising media planning and business simulation design/experiential learning in business. Adcraft/Simons-Michelson Endowed Professorship, Associate Professor, Wayne State University; Assistant Professor, Northwestern University; Instructor, Miami University; Director of External Programs, New York Institute of Technology. Taught courses at New York University; BYU; Ludwig Maximilian University, Germany; Sabanci University, Turkey.

**WINE FOR THE NOVICE ***

An introduction to wine grape varietals, vineyard management, wine making, and wine and food pairing. The course will provide an overview of major global wine regions and wines they produce, how wine is made and how to pair wine and food.

**Instructor:** Douglas Hamilton, B.S., Life Sciences, NAU, Flagstaff, AZ; Secondary Teaching Certificate, Weber State University. 6 years teaching life sciences; 15 years hotel food and beverage management, including wine purchasing; 14 years corporate food service management.

**Instructor:** Diana Hawks, M.A. and B.S., BYU, Archaeology major, Associates Degree, Ricks College, Geology major. Present owner of Desert Trek; Travel Management Planner/Senior Cultural Resource Specialist. Experienced certified Contracting Officer’s Representative and Program Officer for Assistance Agreements; Trained Facilitator; BLM Diversity Change Agent and AZ BLM DIART Member.

**CHINA: ITS RISE & IMPACT ON U.S. (Spring Semester Only)**

This class will examine the key elements underpinning China’s rise as the world’s second largest economy and its status as a great power. The instructors will introduce students to basic facets of China’s hard and soft power. Because US Citizens likely feel uneasy about the rise of China, the class will weigh China’s strengths and weaknesses in future decades, will assess US strengths and vulnerabilities and suggest what pathways with China the US might take in the future.

**Instructor:** Frederick Crook, Ph.D., Fletcher School of Law & Diplomacy, Medford, MA; B.A., BYU; China Director, LDS Charities; President of the China Group; Agricultural Economist, USDA. Elizabeth Crook, Ph.D., Fletcher School of Law & Diplomacy, Medford, MA; B.A., BYU; Organizer of the China Rural Education Foundation; Humanitarian Service Volunteer, LDS Charities; Vice President of The China Group.

**CIVIL WAR—THE END**

We will conclude our three-year chronological journey through the Civil War era beginning in the Spring of 1864 to the spring of 1865. After a brief review of the first three years of the war, we will examine the major battles in the east as Grant moves south through to completion at Appomattox. In the west, we will cover the Red River Campaign, Sherman’s move to Atlanta and his march to the sea, concluding with all Confederate surrenders. Topical subjects will also include significant naval activity and the assassination.

**Instructor:** Bob Echols, B.A., Accounting; Auditor and Accountant.
FOOD FADS: 100 YEARS OF CRAZY CULINARY HISTORY (Fall Semester Only) *
Why was Salisbury steak invented? What was President Harding’s favorite meal? Which invention saved Jell-O? During this lighthearted 2-day workshop, you’ll learn about fascinating food fads, from mock apple pie to trendy truffles. Learn how presidents, wars and other historic events directly impacted what we ate. Then, at the end of each workshop, enjoy an era-appropriate treat.

Instructor: Saimi Bergmann, B.S. in Radio/TV Journalism, Butler University, Indianapolis, IN; graduate studies in Journalism, Kent State University, Kent, OH. Food writer and restaurant reviewer for an Ohio newspaper for 20 years. She is the current owner of a culinary tour company called Foodie Field Trips. Saimi has been a professional public speaker for more than 30 years, and has taught communications, speech and journalism at two universities.

HISTORY AND PRINCIPLES OF THE BAHÁ’Í FAITH
This class will study the Introduction, History of the central figures and Key principles of the faith.

Instructor: Laura Lee Fairchild, B.S., Food Science and Nutrition, San Diego State University; M.S., Nutrition, Barnes Hospital, St. Louis, MO; Silver Toastmaster, Adelante Toastmasters, Campbell, CA; Biotechnology product development for 20 years; Biotechnology quality assurance for 10 years.

HISTORY OF UTAH (Fall Semester Only)
Originally called Deseret by its Mormon founders, the territory stretched across much of the west. A suspicious Congress cut the state down to size, removing any areas, like Nevada’s silver mines and Colorado’s gold deposits, it considered valuable. Mountains, high plateaus and deserts form most of Utah’s landscape. At Four Corners, in the southeast, Utah meets Colorado, New Mexico and Arizona at right angles, the only such meeting of states in the country. Utah became the 45th member of the union on Jan. 4, 1896, with Salt Lake City as its capital. Utah is known for having some of the best skiing in the country, and the mountains near Salt Lake City

SURPRISING SIDES FOR THANKSGIVING (Fall Semester Only) *
Turkey and gravy? Check. Stuffing? Check. Pumpkin Pie? Check. Much of the Thanksgiving menu is set in stone, but there is one place creative cooks are allowed some freedom: side dishes. In this one time, 2-hour cooking class, you will learn to make three satisfying sides that will make your family say, “Now THAT’S what I’m thankful for!” At the end of the cooking demonstration, class participants will have the opportunity to sample the three side dishes.

Instructor: Saimi Bergmann, B.S. in Radio/TV Journalism, Butler University, Indianapolis, IN; graduate studies in Journalism, Kent State University, Kent, OH. Food writer and restaurant reviewer for an Ohio newspaper for 20 years. She is the current owner of a culinary tour company called Foodie Field Trips. Saimi has been a professional public speaker for more than 30 years, and has taught communications, speech and journalism at two universities.

TRAVELING THE WORLD
Have fun with discussing worldwide travel with a travel expert. Learn about destinations, share your experiences, listen to guest speakers, learn travel tips, talk about different ways to travel, travel rules, ask travel questions and more! A different travel destination will be discussed each class session and how to enjoy the scenery, culture, history, and people of that region.

Instructor: Gary Sorensen, has worked in the travel industry for over 30 years and is currently a vice president in his firm. Holds the highest travel agent designation and has travelled to nearly 50 countries. Has written over 400 travel columns that have been published in newspapers, online, and in magazines; and hosts a weekly travel radio program.

UNBUNDLING THE NEWS (Fall Semester Only)
What we commonly refer to as “news” is actually a combination of two things: (1) objective reporting of events (actual news) and (2) discussion of the context and underlying assumptions that enable us to assign significance to the news events
you complete the class!

**Instructor:** Alan Cohn, Associates in Electronics. Senior Engineer for Propulser Technology, retired engineering tech for Department of the Navy. Museum Docent, National Atomic Testing Museum and Silver Reef Museum (Board Member.)

**RADIO—EVOLUTION FROM “THE SHADOW” TO SHOCK JOCKS (Fall Semester Only)**

Do you remember Fibber McGee and "The Shadow?" Or was your era Wolfman Jack and Casey Kasem? Perhaps you listen now to the Grand Ole Opry or "Wait, Wait, Don't Tell Me." For nearly 100 years, radio has been entertaining, informing and helping in times of crisis. This multimedia course will explore the rich and dynamic history of the world’s first electronic medium. You will travel through the birth and occasional growing pains of radio and enjoy audio clips of famous radio shows.

**Instructor:** Mark Bergmann, B.A., Communications, Mount Union College; M.A. in Media Management from Kent State University. Taught in the Communications department at the University of Mount Union for 20 years. Former university radio station manager and former news director for commercial radio station.

**STORYTELLING—BUILDING LIFELONG CONNECTIONS (Fall Semester Only)** *

We all are storytellers at some time in our lives. We tell to children. We tell to each other. What kinds of stories do we tell and where do we find these stories? Attend this introductory course and "jump start" your storytelling experience. Join others who are developing their storytelling talents. Learn about the new Dixie Tellers Chapter of the Utah Storytelling Guild. Class will be **two times a week for two consecutive weeks. Class is limited to 10 students.**

**Instructor:** Carol Esterreicher, M.A., University of Maryland, Speech/Language Pathology; Ed.S., University of Utah, Educational Specialist/Ed Admin; Weber State University, Neuro-Linguistic Programming Practitioner and Coach certification.

receive an average of 500 inches of snow per year.

**Instructor:** Douglas D. Alder, B.S., M.S., Ph.D., Professor of History, Utah State University; President of Dixie College; Professor of History, Dixie College; Adjunct Professor, Dixie State University.

**HISTORY OF WASHINGTON COUNTY (Spring Semester Only)**

This class will include the following: examination of the landscape in Utah's Dixie area; Native Americans and American explorers; Mormon settlements up to 1910; the village system; great pioneer structures; water and its challenges; the story of Zion National Park and other federal parks and projects; education; fine arts; industry; medicine; urbanization; transition from agricultural society to consumer society, including golf, tourism, and growth; and future challenges of water and growth and environmental problems and diversity. The leaders of these periods will be discussed as well as the laborers.

**Instructor:** Douglas D. Alder, B.S., M.S., Ph.D., Professor of History, Utah State University; President of Dixie College; Professor of History, Dixie College; Adjunct Professor, Dixie State University.

**NATIVE AMERICAN HISTORY (Fall Semester Only)**

Course covering through lectures, videos and handouts: Native American History, pre-Columbian through modern times; Different tribes; Relationship between European settlers and various tribes of this hemisphere.

**Instructor:** Daniel Slaugh, M.Ed.; 50 years of teaching secondary education.

**NORSE-VIKING HISTORY—RAIDERS, TRADERS, EXPLORERS AND COLONIZERS—THE SCANDINAVIANS FROM MYTHS TO HASTINGS (Fall Semester Only)** *

The course will examine Norse history and activity during what is called the Viking period, 783 to 1066 C.E. Classes will include: (1) Intro—Why this class, who and when are we talking about and why we care. (2) The Scandinavians, where they came from. The rise of the “Viking” (It’s all about ships.) (3) In the Beginning—Myths, Sagas,
Chronicles; how they arose and why they matter. (4) Vikings and the Anglo-Saxons, (and Celts, Picts, and Franks, just to cover the area.) Why our DNA is all mixed up. (5) Going South, the Dnieper, Volga and other ways the Vikings didn’t conquer Russia and points south. (6) Go West, Young Man. The Northern Islands, Iceland, Greenland and Vineland. (7) Icelanders and (8) The Kingdoms and the end of Vikinging it.

**Instructor:** David Farnsworth, B.A. in European Studies and Political Science, J.D., special reading in pre-Tudor British history and European history. International Law practice, living in Europe for 15 years; worked in 80 countries including extensive work and tourist experience in Scandinavia, Iceland, Russia and the UK. General Counsel, Ancestry.com

**RUSSIAN HISTORY (Spring Semester Only)**
This course will include lectures, videos, and discussions covering Russian history from 862 C.E. to the Cold War.

**Instructor:** Daniel Slaugh, M.Ed.; 50 years of teaching secondary education.

**THE QUEST FOR SHANGRI-LA, TWO THOUSAND YEARS OF FIGHTING FOR PEACE (Fall Semester Only)**
Shangri-La is more than the exotic image of the Orient. It is an imaginary land where people are almost immortals. Throughout history people have searched, fought and sacrificed everything to find their Shangri-La. The lecture series is a two thousand year journey through the eastern world or the Orient. Peoples and cultures, wars and peace, religions and faiths from Alexander the Great to ISIS will be covered during the series. Our differences make us unique, but they make us vulnerable too. The barbarians gave us women’s rights and the civilized world gave us genocide, all part of the quest for Shangri-La. We will travel with Alexander’s armies, search for civilization in the Muslim world, learn from the Mongols, study Anglo Afghan wars, understand the lives of colonial soldiers in WWI, watch the Iranian Revolution unfold and witness the Russian invasion of Afghanistan. Walk with the NATO forces in Afghanistan, figure out how good wars turned bad and bies, interests, skills and talents to promote long lasting relationships. There will be a great deal of freedom giving each person at the table an opportunity to share their stories in a 10-minute fashion. A number of questions will be drawn up at each table to help people answer from their life experiences. If you are looking to make friends here, Community Connection is the class for you.

**Instructor:** Dave Bartosiewicz, B.A. in Communication and Marketing from Brigham Young University. Entrepreneur/Owner of several different businesses.

**DIGITAL PHOTOGRAPHY**
How to get the best photographs from your digital camera, then how to make them even better using basic and intermediate editing techniques. Students should have access to a photo-editing program, preferably Photoshop Elements or Photoshop CC plus Lightroom. Some of our discussions will deal with camera settings (presuming that you have an adjustable camera), although students using smart-phone cameras can also benefit from the course.

**Instructor:** D. L. Ashliman, B.A., University of Utah; M.A, Ph.D., Rutgers University. Post-doctoral studies, University of Göttingen and University of Bonn, Germany; Professor Emeritus, University of Pittsburgh; Guest Professor, University of Augsburg, Germany, 5 semesters.

**HOW TO BE A MUSEUM DOCENT (Fall Semester Only)**
Have you ever dreamed of being a museum docent or tour guide? Are you interested in the Old West, geology or acting? This class will give you the training and confidence to be a skillful docent for the historic Silver Reef Museum in Leeds, just north of St. George. Class is held next to the museum in the rebuilt 1870s Cosmopolitan Restaurant. Course topics will include history of the Silver Reef mining camp and its culture, silver mining basics and how to effectively engage an audience and lead a tour group. The museum depends on volunteers to preserve the history of this slice of 19th century southern Utah. There will be opportunities to engage your talents once...
BICYCLE MAINTENANCE & REPAIR—BASIC
Class will cover removing and replacing wheels, tires and tubes, patching tubes and tires; minor brake adjustments and replacing pads. We will cover adjusting and replacing seats, pedals and bar grips. We will check most components for wear and damage. Class will be 2 hours including demonstrations and hands-on experience. **Class is limited to 10 students.**
Instructor: Bill Vincent, Self-employed in Real Estate in Washington State; volunteered with St. George Bicycle Collective; attended bike mechanic school in Colorado.

BICYCLE MAINTENANCE—INTERMEDIATE
Class will cover intermediate bicycle repair skills, usually alternating weeks of class between explanation and demonstrations; then a full lab class the following week to work on things learned previously or on whatever is needed or wanted by the class. **Prerequisites:** A desire to keep bicycles tuned and ready to ride with skill and confidence. **Class is limited to 10 students.**

COMMUNITY CONNECTION: NETWORKING CLASS *
This is a "new friendship" class being offered at ICL. Knowing that many retirees who come from all over the world have limited contacts in St. George, Community Connection will provide a class to help people meet and establish long term relationships. We know now that "community and relationships" is a contributing part of living healthier and longer lives. The class will provide a facilitator, round table discussions and a moderator to group those with similar hobb-
years teaching experience in the diverse Jewish movements; affiliated with Beit Chaverim in St. George; serves as a chaplain at the regional hospital; vice president of Interfaith Council of St. George; authored “A Novice’s Guide Through the Jewish Holidays.”

WORLD WAR I HISTORY SEMINAR (Fall Semester Only) *
Based on the research of Barbara W. Tuchman, who achieved prominence as a historian with “The Zimmermann Telegram” and international fame with “The Guns of August.” Her rare combination of rigorous scholarship and creative writing (which won two Pulitzer Prizes) gives the reader an unparalleled view of one of the most neglected periods in US History—the years between 1890 and 1918. Join us as we discuss the drama and intrigue of the Great War that forever changed our world.

Instructor: Douglas R. Bowen, B.A., German Literature; Firefighter 1 and 2 certifications; Fire Service Instructor certification. Non-profit agency executive, 16 years; Washington County Asst. Fire Warden, 3 years. Currently ICL Treasurer.

HOBBIES & INTERESTS

ARTISAN NO-KNEAD BREADS (Fall Semester Only) *
In this short course, you will learn how to easily make hard-crusted no-knead artisan breads. We will discuss artisan bread flavors as well as ways for raising and storing your dough, and methods of baking your bread. Please bring with you: 3 1/2 cups of white flour, (you can add your favorite seeds or nuts) medium-large mixing bowl, and a stiff wooden spoon or spatula to mix the dough. You will bake your bread at home and amaze your friends! Class is limited to 10 students.

Instructor: Mick Batt, College classes in business; worked as an Air Traffic Controller.

BAKING YEAST BREADS FOR BEGINNERS AND EXPERTS (Fall Semester Only)
This is a 3-session course to prove that it is fun and easy to make wonderful yeast products at home. Session 1, Will cover the basics of making yeast bread. While preparing dough for bread and rolls, instructor will discuss ingredients, equipment, and techniques. Session 2, Those who wish may prepare dinner rolls, cinnamon rolls or shape bread loaves to be baked at home. Others will observe. Session 3, Those who wish may prepare Holiday breads with dried fruit and nuts, shaping and making filled braids to be baked at home. Others will observe. Class is limited to 30 students.

Instructor: Sandy Paige, M.Ed., University of Nebraska; B.A. Nebraska State College; education, business, home economics. Business/English instructor at three high schools, a community college, and a business college; USO tour guide in Germany for military and their families. 8 Years.

BACKGAMMON ANYONE? *
This is our first board game class! This is a game that is easy to learn, but continues to challenge the mind and promote strategic thinking. The first session of each month will include instructions on how to play the game and is limited to 8 participants. The remaining sessions are play and practice with open attendance. There will be a new registration sign up each month for the first session only, allowing new participants to learn the game. Once you have learned how to play the game, you will be eligible to join the weekly play and practice backgammon games. (This course contributes to the Live! Program by promoting cognitive regeneration and social engagement.)

Instructor: Frida Audele, B.S. degree, unrelated to class. Many hours of healthcare experience. unrelated to class. Long term player of Backgammon.

BALLROOM DANCE
This course will teach the basics, tips and techniques for ballroom dancing. You will learn enough to be confident on the dance floor. This includes waltz, foxtrot, swing, cha cha and rumba. Class is limited to 20 students.

Instructor: Carole Berg, Trained by commercial dance studio. Professional Dance Instructor in Hollywood, CA.