## 40th Anniversary

### IMPORTANT UPCOMING DATES

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Semester Registration Begins</td>
<td>Online now</td>
<td>Go to icl.dixie.edu, click “Register”. Classes will appear as “Events”</td>
</tr>
<tr>
<td>ICL Office Opens</td>
<td>January 2</td>
<td>Registration by appointment, January 2nd and 3rd</td>
</tr>
<tr>
<td>Spring Semester Classes Begin</td>
<td>January 6, 2020</td>
<td></td>
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<tr>
<td>Martin Luther King Day</td>
<td>January 20, 2020</td>
<td>No classes</td>
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</table>
MESSAGE FROM THE PRESIDENT

I’m excited about ICL’s “LIVE LONG – LIVE WELL” (LIVE!) initiative. Dr. Rob Kramer has done an amazing job by coordinating with Intermountain HealthCare, Dixie State University, and the City of St. George to develop this program. The purpose of “LIVE LONG, LIVE WELL” is to transition the Dixie area into one of the communities in the world where people live longer and healthier lives.

In conjunction with this objective, the ICL Lecture Series will continue this Live! theme by having the Thursday evening lectures focus on healthy living. We have booked speakers who will inspire us to eat better, exercise more, become less anxious, and get our hands dirty by learning to garden. Dr. Jared Miner will speak to the subject: “How to Spend Less on Medicine, Supplements, and Unnecessary Procedures in Your Retirement”.

The lectures will also include topics of interest to those of us who are concerned about sleep disorders, cancer, and heart health. We also have an expert on personal safety who will address us in January. Dr. Rob Kramer will start us off with an overview of the “Live Long, Live Well” initiative. Dr. Kramer will also continue teaching his class on living well this semester. If you have not taken his class yet, please consider signing up for it. The class is enjoyable, educational, provocative, and downright fun!

Since this is our 40th anniversary at DSU, ICL wants to make it a special year. We have asked to have the history of ICL written by a seasoned author, we are trying to have a documentary short film produced, and we are planning a 40th anniversary celebrity gala in March.

We have over 80 classes you can take during spring semester. As the sign in front of our building says, “ICL ROCKS!”

Please tell your friends about the wonderful things ICL is doing and what this program can do for them. The ICL Lecture Series on Thursday evenings is free to the public and is a great opportunity to introduce your friends to the opportunity to learn new things, review ideas that they may have forgotten, and make new acquaintances.

Thanks to the many volunteers who add so much to the success of ICL. The office staff are fantastic! The ICL counsel, the executive committee, and the other committees have one objective: to make ICL the very best program for seniors in the West. Thanks to all and have a Happy New Year!

Dave Zundel, President
LIVE! PROGRAM UPDATE

Washington County Health & Lifestyle Survey

The Live! Program is gaining momentum as we approach 2020. The latest initiative is the launching of the Live Long. Live Well Survey. The survey is sponsored by the Live! Executive Committee. It is also a research project being conducted conjointly by BYU and DSU.

The purpose of the survey is to assess the health status and lifestyle practices of residents of Washington County. It also measures residents’ perceptions of the accessibility and quality of health-promoting resources within the county.

The survey only takes about 10 minutes, and it provides a wealth of information that we can use to identify needs within the community. It also allows us to establish a baseline for measuring our progress in improving the health, longevity and quality of life for residents in St George. FOR IT TO BE STATISTICALLY VALID, WE NEED AS MANY PEOPLE AS POSSIBLE TO TAKE THE SURVEY. ANYONE WHO IS A RESIDENT OF WASHINGTON COUNTY AND IS OVER 18 IS ELIGIBLE. PARTICIPANTS WILL BE ENTERED INTO A DRAWING TO WIN ONE OF FIVE $100 APPLE GIFT CARDS OR ONE OF FIVE $50 VISA CARDS!

Access through the Live! website: livelong.dixie.edu. Click on the “Survey” button.

The survey is completely confidential. We collect names and addresses only to compare responses by area, to include participants in the drawing and as an opportunity to link responses to follow up surveys. Identifying information is protected and not accessible to researchers.

Live! Website (livelong.dixie.edu)

The Live! website is currently available, providing information on health-promoting practices, based on the latest research in the areas of cognitive, physical, social and emotional health. The website also has a resource page that provides information on health-promoting resources within the community.

Coming soon: The Live! Pledge Form. This is where you can find and select new habits and a Habit Change Form that will help you to set reasonable goals and stick to them.

Pledge to make changes now! Start small and turn small successes into the impetus to continue making more changes!
ICL LIFE LONG LEARNING LECTURE SERIES

Thursdays, 7:00—8:30 pm, Udvar Hazy, Room 121
Free and open to the public—Bring your friends

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Presenter</th>
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</thead>
<tbody>
<tr>
<td>1/9</td>
<td>What is the Health Status of Washington County? Initial Results of the Live! Survey: What’s next?</td>
<td>Dr. Rob Kramer, Director, ICL; Chair, Live Long, Live Well Initiative; Wellness Expert</td>
</tr>
<tr>
<td>1/16</td>
<td>Personal Safety: Remaining Safe and Avoiding Scams</td>
<td>Chief Don Reid, Director of the Dixie State University Security Police Department.</td>
</tr>
<tr>
<td>1/23</td>
<td>The Healing Power of Plant Foods: The Science Behind the Power of Plants in Preventing and Fighting Disease.</td>
<td>April Ashcroft, Cooking instructor for the Bridge Recovery Center; taught classes at Bosch Kitchen Center and Kitchen Corner, and different community venues</td>
</tr>
<tr>
<td>1/30</td>
<td>Gardening for Health: 300 Days of Gardening in St George, Starting Now!</td>
<td>Casey Jones, horticulturist and manager of the community garden at Tonaquint Nature Center</td>
</tr>
</tbody>
</table>

JAMES ONEIL MINER TO PERFORM AT ICL’S SPRING GALA

Saturday, March 7, DSU Gardner Center Ballroom
Starting at 6:00 pm

James Oneil Miner is a pianist, composer, entertainer, and recording artist. At the age of nine, he started piano lessons with his twin brother. He spent his career in other endeavors, such as management training and public service. Once he started recording in 1997, he has produced numerous CDs and has toured throughout the world. His CDs include instrumental styling of well-loved songs as well as original compositions. His concerts include his impersonations of famous artists such as Marvin Hamlisch, Roger Williams, and Liberace. In 2004, Miner was honored with the prestigious "Instrumentalist of the Year" award from the World Wide Bookseller's Organization.

There will also be a Silent Auction at the Gala. If you have anything you could donate, please contact: Michelle Dooley at michelledooley7@gmail.com or call her at 617-851-4103.

Some ideas for donations: Gift cards or cash, Vacation Rentals, Craft Items, Spa Packages, jewelry, Theater Tickets, Health Assessments, and Landscaping Services.
JANUARY HIKES

Rim Reaper Circuit
Saturday, January 11, 9:30 am
Leader: Tim O’Brien 920. 445.1313
Moderate, 5.5 to 6.5 miles, 700 feet elevation gain. Approximate 3 hours hiking time
Meet at Lin’s Parking Lot, west end of the lot, Sunset & Dixie Drive
Limit: 20 Hikers
Consolidate vehicles at Lin’s and take 10-minute drive to Cove Wash Trailhead in Santa Clara Reserve. 1 mile of rough road but 2-wheel drive is okay with good clearance unless roads are wet, then 4-wheel drive is preferred. Trail drops through Cove Wash then climbs steadily onto the mesa top. From that stem trail, there are several loop trails on the mesa top where we will do most or all of our hike, totaling 5.5 to 6.5 miles. The hike affords fantastic vistas in all directions from the mesa top. Return to stem trail through cove wash. Should return to Lin’s about 1:30 pm.

The “Tin Can” Loop Trail
Saturday, January 18, 10:00 am
Leader: Frida Audele
Moderate, 4.5 miles, less than 100 feet elevation gain
Meet at Hampton Inn on Southern Parkway
Limit: 15 Hikers
From the Hampton Inn, we will carpool to the trailhead just a short distance south. The trail is part of the hike/bike trail system in the developing Desert Canyon subdivision. The trail is mostly packed dirt with minor elevation changes, and on the easy side of moderate. This hike will require dry weather.

White Rocks above Snow Canyon—”Jones Bones”
Saturday, January 25, 9:30 am
Leader: Tim O’Brien 920. 445.1313
Strenuous 3.5 to 5 miles depending on Cinder Cone Loop. 900 feet elevation gain. Approximate 3 hours hiking time
Meet at north entrance of Snow Canyon Parking lot at Highway 18 (No park pass required)
Hike starts across Highway 18 from parking lot. Some sand and lots of steep slick rock as we gain 600 feet in the next 1.25 miles. That is why this is listed as a strenuous hike. At a trail junction we can decide if the group, or part of the group, wants to proceed another 1.5-mile loop to top of the renowned cinder cone, or to proceed to the overlook. The overlook is astounding, which both groups will enjoy. Bring hiking poles for balance, support and sand stretches.

NO BOTANY FIELD TRIPS UNTIL MARCH
NEW CLASSES FOR SPRING SEMESTER

Some classes were added after the publication of the Course Catalog. Here is a brief description of those classes. For a longer description, see ICL website.

**Acrylic Painting for Beginning & Experienced**—This is a fun way to meet & discover your own creative talents. Fee is $10.00 per class paid to the instructor for supplies and refreshments.

**Archaeology Laboratory**—See Course Catalog

**China: Its Rise & Impact on the U.S.**—See Course Catalog

**Creative Floral Design**—This class will prove that everyone can do flower arrangements. We will work with fresh cut flower design, dish gardens, corsages and boutonnieres and centerpieces.

**Drawing—Colored Pencils**—See Course Catalog

**English as a Second Language**—Each session will cover pronunciation, vocabulary and language.

**Evolution & Culture: Effect on Behavior (Why We Do What We Do)**—See Course Catalog

**Food for A Centenarian’s Life**—Explore what the longest living people in the world eat. Various diets will be discussed as well as what you need to do to successfully implement changes in your eating habits.

**Gardener Wonderland**—Winter and early spring months in Southern Utah offer the perfect climate for gardeners to get a head start on veggies and herbs. Learn how to manage the light and water for your plants.

**Geology**—See Course Catalog

**Gratitude—Key to a Happier & More Satisfying Life**—Formerly “Inner Peace”—See Course Catalog

**History of the Big Band Era**—4 week course on the History of the Big Bands. Course will include music of the era, biography of band leaders and the rise and fall of the Big Band Era from 1935-1947.

**History of Washington County**—See Course Catalog

**Latin American Literature in Translation**—See Course Catalog

**Mark Twain—An American Original**—See Course Catalog

**Pilates Infused Yoga**—See Course Catalog

**Prepping 1,2,3**—See Course Catalog

**Reflections on the Life of the Spirit**—This is a fully interactive course on three subjects; (1) Understanding the Baha’i writings, (2) Prayer, and (3) Life and death.

**Russian History**—See Course Catalog

**So You Want to Write a Novel**—See Course Catalog

**Spanish Beginning Level II**—Pre-requisite Spanish Beginning Level I. Habla un poco de espanol? You will improve your skills by listening and reading short stories. Some singing, too!

**Tapping for Health, Happiness and Well-Being**—Formerly “Retiring Pain Free”—See Course Catalog

**Walking for Better Balance with Feldenkrais®**—See Course Catalog

**Watercolor Basics**—See Course Catalog

**Women’s Voices in the Bible (Torah/Old Testament and Women’s Voices in Modern Times)**—This course will examine the evolution of Women’s voices in the Bible of the Torah/Old Testaments and their voices in modern times.

“Beyond the Classroom” Brings Great Articles to You Register for “Beyond the Classroom” events and you will receive periodic articles, based on availability. They come via email. We offer: Geology, Journey of the Hero, Live! (Wellness and Longevity) and History.
Badges: They’re Back!

People like badges. We like badges. With our new online system, members were required to print their own paper badges or they would need to come into the office to request a badge. Paper badges don’t hold up well. But, wearing badges to class is a good idea. It helps members and instructors to get to know each other. It also helps to ensure people who are registered get seats. It is also important for hike leaders to keep track of participants.

Now that we’ve established agreements with local merchants to offer discounts to ICL members, some merchants may require member verification before they apply the ICL discount. Another important reason for a badge!

We have a new solution that we know everyone will appreciate. We have printed permanent badges! They are plastic, the size of a credit card and carry the ICL logo. There is a place for you to write your name in pen or permanent marker on the front of the badge. The back of the badge leaves a space for a validation sticker. We will provide new stickers each semester to registered members. The sticker will verify you are registered for the current semester and are eligible to attend classes and receive merchant discounts.

If you purchased an annual membership or Spring/Winter membership, we have included a badge with a validation sticker on the back.

For those who haven’t purchased a membership before the mailing, badges can be picked up at the ICL office when you purchase a membership. We will also have lanyards available at the office. (No charge for the first one.)

Remember your badges are permanent so don’t bend, fold or mutilate! If you lose your badge, you can pick up a replacement at the ICL office for a small fee. Doesn’t it feel good to be validated?
CLASS SIGN-UP, A REFRESHER

For those who need help signing up for classes on your personal computer, here are step by step instructions.

1. Go to ICL’s website, icl.dixie.edu.
2. Click on “Register”
3. Click on “Login” on far right of your screen
4. Type in your email and password. If you’ve forgotten your password, click on “Forgot Password or ID” and wait for an email to show you how to reset your password. Then go back in and login with new password.
5. Classes (and membership purchases) are referred to as “events.” Search for or Scroll down to the class you want to sign up for and click on the name. It will take you to the class description.
6. Click on “Register Now”. The name of the class will come up and you’ll need to click on “Register” by your name. A screen will pop with your account information. Scroll down and click on “Submit Registration”.
7. At this point you have a choice of registering another individual (a person tied to your account), returning to all events to register for another class, or proceeding to checkout.
8. If you didn’t buy an annual membership and haven’t purchased a Winter/Spring Membership, select that event, just as you did with the classes (numbers 5-7 above)
9. IMPORTANT: YOU MUST CLICK ON, “PROCEED TO CHECKOUT” AS YOUR LAST ACTION! All of your registration information will be lost if you don’t do this, even if you have an active membership.
10. If you are purchasing a membership, you will be redirected to credit card payment. If you want to pay by cash or check, you will need to come to the ICL office. The office is currently closed but will reopen on January 2nd. We will be available to assist by appointment only. Email or call for an appointment: icl@dixie.edu or 435-652-7670.
ATTENTION!

A LOTTERY SYSTEM FOR LIMITED ENROLLMENT CLASSES

In order to give everyone the same chance to get into a limited enrollment class, we will be using a lottery system. If you register for one of these classes before 10:00 pm, January 2nd, you will be placed on the wait list. If you are registering as a couple, you will both be entered into the drawing together.

On January 3rd, we will randomly select from the wait list. If you are selected you will get an email notification. If you are not selected you will remain on the wait list in the event that a space opens up.

Some classes that are not classified as "Limited Enrollment" may still fill up and have a wait list, simply because we exceed the capacity of the classroom. Those classes will be first come first served.

These are the limited enrollment classes:

- Acrylic Painting, Limit 12
- Backgammon, Limit 12
- Bicycle Maintenance—Intermediate, Limit 10
- Drawing—Colored Pencil, Limit 26
- Gardener Wonderland, Limit 30
- Knitting & Crochet, Beg. & Inter., Limit 10 each
- Pilates Infused Yoga, Limit 20
- Quilting/Binding, Limit 10
- Table Tennis— Inter. (Peterson), Limit 16
- The Healing Power of Plant Food, Limit 30
- Wine for the Novice, Limit 24
- Archaeology-Lab , Limit 30
- Baking Yeast Bread, Limit 30
- Creative Floral Design, Limit 10
- Food Fads, Limit 25
- Introduction to PCs, Limit 15
- All Pickleball classes, Limit 6 each
- Quilt Top Making—Basic, Limit 10
- Table Tennis, (Puskas), Limit 18
- Tennis, Limit 12
- Watercolor—Beginning, Limit 20
- Woodburning—Limit 20
Read Gilgen, instructor for the new class, Latin American Literature in Translation, earned his Ph.D. in Latin American Literature at the University of California, Irvine. But after eight years of teaching, and since 1983, he was a language learning technology administrator at the University of Wisconsin-Madison. After retirement, he moved to St. George with his wife, Sue. It was almost like coming home for him because he also lived here when St. George was just a speck on the map. Having lived so long in Wisconsin, it was also nice to come to a place where “snow shovel” isn’t even in the vocabulary!

One of the great things about working at a university was the opportunity to continuously learn. Discovering ICL was exciting for Gilgen, because he would be able to continue his life-long learning. As he began to prepare for his class at ICL he realized how happy he was to read, prepare and share his love and knowledge of some of the great Latin American literature of the past century.

The reading and class discussion are all in English! Although translation has its own challenges, translated editions did bring this literature to the attention of the rest of the world. The popularity of the Latin literature became known as the “Boom.” Some of Latin America’s outstanding, popular, and even Nobel-prize winning authors, including Borges, Cortazar, Garcia Marquez, Carpentier, Rulfo, Arreola, Fuentes, Bombal, and others from the “Boom” period (1950-1980).

If you like to read great and entertaining literature, and want to participate in lively class discussions, be sure to join this class. For further information go to http://gilgens.org/icl

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Sign up for a Garden Plot!

St George offers garden plots for lease to members of the community. These plots are leased on a first come, first served basis, and can be renewed annually. Guidance, water and tools are available. For more information call Shane Moore at 435-627-4535.

St George plans to add more gardens and ICL is investigating the opportunity of adding garden plots behind the ICL office.

Gardening provides extraordinary benefits, including: mood elevation, improvement of immune system, strength and balance, greater natural absorption of vitamins and minerals. Researchers have even found a 36% lower risk of dementia for those who gardened!
ICL MEMBER DISCOUNTS

We are pleased to announce the following merchants are offering exclusive discounts for ICL Members! Please make sure you have your ICL badge (If you didn’t receive one in the mail, come by the ICL office and pick up your personal, permanent badge) Sometimes managers forget to inform their servers, so ask to speak with the manager if necessary.

**Affogato West:** Excellent coffee, smoothies and special events. Buy any drink, any size and receive 10% off.

**Chili’s:** Great food at great prices! Free chips and salsa or one non-alcoholic beverage

**Durango’s Mexican Grill:** Your meal is prepared fresh as you watch and direct the preparation. 10% discount (cannot be combined with any other promotion or discount.)

**Hash House:** Purchase 2 entrées and 2 drinks and get 2nd entrée at 1/2 price.

**Morty’s Cafè:** Free signature dessert, scone or fries

**Feellove Coffee:** 25% off entire purchase ongoing for all ICL members. FeelLove Coffee is more than just a coffee shop, it’s an example of a European Café with fresh baked in-house pastries, breakfast served all day and just as many non-coffee options as coffee options are available. Many Vegan +GF items on our menu including Keto. Come experience FeelLove Coffee today and look for their 2nd location in downtown Ancestor Square opening soon!

**Roy’s Pizza:** Free soda with entrée

**Twisted Noodle Café:** 20% off entire purchase

**25 Main:** Buy any item, get 2nd item of equal or lesser value for free.

**Celebrity Concert Series,** $10 off full price on tickets. Go to **celebrityconcertseries.com** to view the line-up. Tickets can be bought at the DSU ticket office. You must have your ICL badge to show. If you don’t have a badge with a valid sticker, pick one up at the ICL office. (Call to make sure the office is open. We are closed most days until January 3.)

Thanks to Carl Rich, instructor of "Discovering Live Local Theater" and Tyler Morgan, USF Marketing Director, we have discounts to one of the top Shakespeare festivals in the world, The Utah Shakespeare Festival. Need more information? Go to bard.org or email Carl Rich at: stgtheatre@gmail.com

**Free Theater Events:** ICL Members can attend DSU theatrical productions for free! Bring your ICL registration receipt or show your ICL badge. Call the DSU ticket office for more information: 435.652.7800
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<tr>
<th>Alphabetic Class Listing</th>
<th>Location</th>
<th>Day(s)</th>
<th>Dates</th>
<th>Time</th>
<th>Instructor</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acrylic Painting - Beginners &amp; Intermediate</td>
<td>Arte Gallery, 415 So. Dixie Dr.</td>
<td>Wednesday</td>
<td>1/15</td>
<td>6:00 - 7:30p</td>
<td>Phil Moulton</td>
<td>2/12 &amp; 3/4 $10 Fee for supplies &amp; Refreshments</td>
</tr>
<tr>
<td>Archaeology-Laboratory</td>
<td>HCC 477</td>
<td>Friday</td>
<td>Weekly</td>
<td>12:00 - 1:20p</td>
<td>Diana Hawks</td>
<td>Ends 2/14</td>
</tr>
<tr>
<td>Archaeology-Intro to the Southwest</td>
<td>HAZY 121</td>
<td>Friday</td>
<td>Weekly</td>
<td>10:00 - 11:20</td>
<td>Diana Hawks</td>
<td>Ends 3/6</td>
</tr>
<tr>
<td>Backgammon Anyone?</td>
<td>NPLAZA 137</td>
<td>Friday</td>
<td>Weekly</td>
<td>2:00-3:20p</td>
<td>Frida Audele</td>
<td>Bring game board if you have one. Some will be provided.</td>
</tr>
<tr>
<td>Baking Yeast Bread</td>
<td>JEN Kitchen</td>
<td>Wednesday</td>
<td>Begins Feb.</td>
<td>5:30 - 7:20p</td>
<td>Sandy Paige</td>
<td>2/19, 2/26 &amp; 3/4</td>
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<tr>
<td>Bicycle Maintenance Intermediate</td>
<td>Bicycle Collective 70 W. St. George Blvd</td>
<td>Monday</td>
<td>Weekly</td>
<td>2:00-4:00p</td>
<td>Bud Flowers/Ray Olson</td>
<td>Book is Optional</td>
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<tr>
<td>Botany Field Trip:</td>
<td>Meet at North Plaza Parking Lot</td>
<td>Monday</td>
<td>9:00-5:00p</td>
<td></td>
<td>Lee Hughes</td>
<td>High clearance vehicle; Bring lunch, water</td>
</tr>
<tr>
<td>Civil War - The End</td>
<td>TAYLOR 349</td>
<td>Wednesday</td>
<td>1/8 &amp; 1/22</td>
<td>10:00 - 11:50a</td>
<td>Bob Echols</td>
<td>2nd &amp; 4th Wed.</td>
</tr>
<tr>
<td>China - It's Rise &amp; Impact on the U. S.</td>
<td>HAZY 121</td>
<td>Tuesday</td>
<td>Weekly</td>
<td>12:00 - 12:50p</td>
<td>Fredrick &amp; Elizabeth Crook</td>
<td></td>
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<tr>
<td>Digital Photography</td>
<td>HAZY 204</td>
<td>Thursday</td>
<td>Weekly</td>
<td>4:00-4:50p</td>
<td>D. L. Ashliman</td>
<td></td>
</tr>
<tr>
<td>Discovering Live Local Theater</td>
<td>Varies</td>
<td>Wednesday</td>
<td>Weekly</td>
<td>1:00-1:50p</td>
<td>Carl Rich</td>
<td>Schedule to be Determined</td>
</tr>
<tr>
<td>Discovering the Tao Te Ching</td>
<td>HCC 477</td>
<td>Wednesday</td>
<td>Weekly</td>
<td>2:00 - 3:20p</td>
<td>Cynthia Holman-Schmidt</td>
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<tr>
<td>DNA &amp; Ancestral Research</td>
<td>HAZY 121</td>
<td>Tuesday</td>
<td>Begins 3/3</td>
<td>6:00 - 8:00p</td>
<td>John Harrison</td>
<td>3/3 &amp; 3/10 only</td>
</tr>
<tr>
<td>Drawing - Colored Pencils</td>
<td>NPLAZA 138</td>
<td>Wednesday</td>
<td>Weekly</td>
<td>1:30-3:20p</td>
<td>Brenda Rusnell</td>
<td></td>
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<tr>
<td>Einstein's Life &amp; Science</td>
<td>SNOW 208</td>
<td>Friday</td>
<td>Weekly</td>
<td>3:00 - 3:50p</td>
<td>Andrew Christensen</td>
<td></td>
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<tr>
<td>English as a Second Language</td>
<td>HAZY 220</td>
<td>Friday</td>
<td>Weekly</td>
<td>11:00 - 12:20p</td>
<td>Marvin Hanson</td>
<td></td>
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<tr>
<td>Estate Planning</td>
<td>NPLAZA 138</td>
<td>Wednesday</td>
<td>1/15 &amp; 1/29</td>
<td>11:00 - 11:50a</td>
<td>Michael Dunn</td>
<td>Ends 3/4</td>
</tr>
<tr>
<td>Evolution &amp; Culture</td>
<td>Brown/Dunford</td>
<td>Thursday</td>
<td>Weekly</td>
<td>2:00 - 2:50p</td>
<td>Rob Kramer</td>
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<tr>
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<tr>
<td>Folklore &amp; Mythology</td>
<td>HAZY 220</td>
<td>Tuesday</td>
<td>Weekly</td>
<td>4:00-4:50p</td>
<td>D. L. Ashliman</td>
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<tr>
<td>Food Fads: 100 Years of Crazy Culinary History</td>
<td>HCC 477</td>
<td>Wed/Fri</td>
<td>1/29 &amp; 1/31</td>
<td>10:00 - 11:20a</td>
<td>Saimi Bergmann</td>
<td>1/29 &amp; 1/31 only</td>
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<tr>
<td>Food For A Centenarian's Life</td>
<td>HAZY 204</td>
<td>Wednesday</td>
<td>1/8 &amp; 1/15</td>
<td>5:00 - 5:50p</td>
<td>Dr. Donald Vradenburg</td>
<td>1/8 &amp; 1/15 only</td>
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<tr>
<td>French Conversational</td>
<td>TAYLOR 349</td>
<td>Thursday</td>
<td>Weekly</td>
<td>10:30 - 11:50a</td>
<td>Chris Fee</td>
<td></td>
</tr>
<tr>
<td>Gardener Wonderland</td>
<td>NPLAZA 138</td>
<td>Monday</td>
<td>Weekly</td>
<td>3:00 - 3:50p</td>
<td>Tony McCammon</td>
<td>$65 for the Propagation Workshop Kit</td>
</tr>
<tr>
<td>Geology</td>
<td>BROWN/Dunford</td>
<td>Thursday</td>
<td>Weekly</td>
<td>3:00 - 3:50p</td>
<td>Rick Miller</td>
<td></td>
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<tr>
<td>Gratitude - Key to a More Satisfying Life</td>
<td>NPLAZA 137</td>
<td>Thursday</td>
<td>Weekly Starts 1/16</td>
<td>2:30 - 3:20p</td>
<td>Louigi Perschetti</td>
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<tr>
<td>Hiking</td>
<td>Various</td>
<td>Varies</td>
<td>Varies</td>
<td></td>
<td>Frida Audele, Tim O'Brien</td>
<td>See Newsletter Article for Details</td>
</tr>
<tr>
<td>History of the Big Band Era</td>
<td>SNOW 208</td>
<td>Tuesday</td>
<td>Starts 2/4</td>
<td>10:00 - 10:50a</td>
<td>Victor Lorch</td>
<td>2/4, 2/11, 2/18 &amp; 2/25 Only</td>
</tr>
<tr>
<td>History of Washington County</td>
<td>BROWN/Dunford</td>
<td>Monday</td>
<td>Weekly</td>
<td>2:00 - 2:50p</td>
<td>Doug Alder</td>
<td></td>
</tr>
<tr>
<td>How to Fully Live Your Retirement Years</td>
<td>Jennings 191</td>
<td>Wednesday</td>
<td>Weekly</td>
<td>11:00 - 12:50p</td>
<td>Eva Fry</td>
<td>Ends 2/26</td>
</tr>
<tr>
<td>Introduction to PCs</td>
<td>HAZY 149</td>
<td>Friday</td>
<td>Weekly Starts 1/17</td>
<td>10:00-11:50a</td>
<td>Salli Brackett</td>
<td>Ends 3/13, No class 2/7</td>
</tr>
<tr>
<td>Knitting &amp; Crocheting - Beginning</td>
<td>WEDU 107</td>
<td>Friday</td>
<td>Weekly</td>
<td>1:00-2:20p</td>
<td>Vera Thomas</td>
<td>Bring paper &amp; pencil for notes</td>
</tr>
<tr>
<td>Knitting &amp; Crocheting - Intermediate</td>
<td>WEDU 107</td>
<td>Friday</td>
<td>Weekly</td>
<td>2:30-3:50p</td>
<td>Vera Thomas</td>
<td>Bring paper &amp; pencil for notes</td>
</tr>
<tr>
<td>Kundalini Yoga and Meditation</td>
<td>WEDU 126</td>
<td>Wednesday</td>
<td>Weekly</td>
<td>4:30 - 5:50p</td>
<td>Karambir Khalsa</td>
<td>Bring mat</td>
</tr>
<tr>
<td>Kundalini Yoga and Meditation</td>
<td>WEDU 126</td>
<td>Tuesday</td>
<td>Weekly</td>
<td>5:00 - 5:50p</td>
<td>Lisa Stearns</td>
<td>Bring mat</td>
</tr>
<tr>
<td>Latin American Literature in Translation</td>
<td>WEDU 150</td>
<td>Tuesday</td>
<td>Weekly</td>
<td>1:30 - 2:20p</td>
<td>Read Gilgen</td>
<td></td>
</tr>
<tr>
<td>Live! How to Live a Long &amp; Healthy Life</td>
<td>Brown/Dunford</td>
<td>Thursday</td>
<td>Weekly</td>
<td>1:00 - 1:50p</td>
<td>Rob Kramer</td>
<td></td>
</tr>
<tr>
<td>Love One Another</td>
<td>TAYLOR 158</td>
<td>Thursday</td>
<td>Weekly</td>
<td>10:00-11:20a</td>
<td>Cook, Schmidt, Aldredge</td>
<td></td>
</tr>
<tr>
<td>Mark Twain - An American Original</td>
<td>HAZY 121</td>
<td>Wednesday</td>
<td>Weekly Starts 1/15</td>
<td>2:00 - 2:50p</td>
<td>Doug Bowen</td>
<td></td>
</tr>
</tbody>
</table>

**Favorite Books**

1/9 - "The Pioneers" by David McCullough. Louise Kingsbery will lead the discussion.

**Folklore & Mythology**

HAZY 220

Tuesday

Weekly

4:00-4:50p

D. L. Ashliman

**Food Fads: 100 Years of Crazy Culinary History**

HCC 477

Wed/Fri

1/29 & 1/31

10:00 - 11:20a

Saimi Bergmann

**Food For A Centenarian's Life**

HAZY 204

Wednesday

1/8 & 1/15

5:00 - 5:50p

Dr. Donald Vradenburg

**French Conversational**

TAYLOR 349

Thursday

Weekly

10:30 - 11:50a

Chris Fee

**Gardener Wonderland**

NPLAZA 138

Monday

Weekly

3:00 - 3:50p

Tony McCammon

$65 for the Propagation Workshop Kit

**Geology**

BROWN/Dunford

Thursday

Weekly

3:00 - 3:50p

Rick Miller

**Gratitude - Key to a More Satisfying Life**

NPLAZA 137

Thursday

Weekly Starts 1/16

2:30 - 3:20p

Louigi Perschetti

**Hiking**

Various

Varies

Varies

Frida Audele, Tim O'Brien

See Newsletter Article for Details

**History of the Big Band Era**

SNOW 208

Tuesday

Starts 2/4

10:00 - 10:50a

Victor Lorch

2/4, 2/11, 2/18 & 2/25 Only

**History of Washington County**

BROWN/Dunford

Monday

Weekly

2:00 - 2:50p

Doug Alder

**How to Fully Live Your Retirement Years**

Jennings 191

Wednesday

Weekly

11:00 - 12:50p

Eva Fry

Ends 2/26

**Introduction to PCs**

HAZY 149

Friday

Weekly Starts 1/17

10:00-11:50a

Salli Brackett

Ends 3/13, No class 2/7

**Knitting & Crocheting - Beginning**

WEDU 107

Friday

Weekly

1:00-2:20p

Vera Thomas

Bring paper & pencil for notes

**Knitting & Crocheting - Intermediate**

WEDU 107

Friday

Weekly

2:30-3:50p

Vera Thomas

Bring paper & pencil for notes

**Kundalini Yoga and Meditation**

WEDU 126

Wednesday

Weekly

4:30 - 5:50p

Karambir Khalsa

Bring mat

**Kundalini Yoga and Meditation**

WEDU 126

Tuesday

Weekly

5:00 - 5:50p

Lisa Stearns

Bring mat

**Latin American Literature in Translation**

WEDU 150

Tuesday

Weekly

1:30 - 2:20p

Read Gilgen

**Live! How to Live a Long & Healthy Life**

Brown/Dunford

Thursday

Weekly

1:00 - 1:50p

Rob Kramer

**Love One Another**

TAYLOR 158

Thursday

Weekly

10:00-11:20a

Cook, Schmidt, Aldredge

**Mark Twain - An American Original**

1/15 Introduction to Mark Twain/Samuel Clemens - his family, life in Hannibal, apprenticeship, leaving home, importance to American Literature.


1/29 The Innocence Abroad - Twain's first major work, an unlikely travel book based on the world's first luxury cruise.
<table>
<thead>
<tr>
<th>Alphabetic Class Listing</th>
<th>Location</th>
<th>Day(s)</th>
<th>Dates</th>
<th>Time</th>
<th>Instructor</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mindset of Happiness &amp; Joy</td>
<td>HAZY 230</td>
<td>Friday</td>
<td>Weekly</td>
<td>3:00-4:20p</td>
<td>Derek Applegate</td>
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<tr>
<td>Music Appreciation</td>
<td>HAZY 219</td>
<td>Wednesday</td>
<td>Weekly</td>
<td>3:00-3:50p</td>
<td>Patricia Ashliman</td>
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<tr>
<td>Native American Flute - Beginning</td>
<td>SAC GYM 115</td>
<td>Tuesday</td>
<td>Weekly</td>
<td>1:00-2:20p</td>
<td>Bob Rhees</td>
<td></td>
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<tr>
<td>Native American Flute - Intermediate</td>
<td>SAC GYM 115</td>
<td>Tuesday</td>
<td>Weekly</td>
<td>2:30-3:50p</td>
<td>Bob Rhees</td>
<td></td>
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<tr>
<td>Opera for One and All</td>
<td>HAZY 230</td>
<td>Thursday</td>
<td>Weekly</td>
<td>11:00 - 12:50p</td>
<td>Allen Jacobi</td>
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<tr>
<td>Richard Wagner's Ring of the Nibelung will be the subject of</td>
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<td>the entire semester with the exception of the last class,</td>
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<tr>
<td>which will be a special treat as Opera for One and All comes</td>
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<td>to an end after 13 years</td>
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<tr>
<td>Physics and the World Around Us</td>
<td>WEDU 144</td>
<td>Wednesday</td>
<td>Weekly</td>
<td>11:00 - 11:50a</td>
<td>Brock Morris</td>
<td>$10 fee and book required, Adult Piano Adventures All-In-One Lesson Book #2</td>
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<tr>
<td>Piano 2:3</td>
<td>COX 221</td>
<td>Friday</td>
<td>Weekly</td>
<td>10:00 - 11:50a</td>
<td>Marilyn Shirts</td>
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<tr>
<td>Pickleball Practice - Beginning A</td>
<td>SAC GYM 201</td>
<td>Tuesday</td>
<td>Weekly</td>
<td>10:30 - 11:20a</td>
<td>Marilyn Shirts</td>
<td>South Balcony. Bring paddle</td>
</tr>
<tr>
<td>Pickleball Practice - Beginning A</td>
<td>SAC GYM 201</td>
<td>Tuesday</td>
<td>Weekly</td>
<td>11:30 - 12:20p</td>
<td>Marilyn Shirts</td>
<td>South Balcony. Bring paddle</td>
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<tr>
<td>Pickleball Practice - Beginning A</td>
<td>SAC GYM 201</td>
<td>Tuesday</td>
<td>Weekly</td>
<td>9:30-10:20a</td>
<td>Marilyn Shirts</td>
<td>South Balcony. Bring paddle</td>
</tr>
<tr>
<td>Pickleball Practice - Beginning B</td>
<td>SAC GYM 201</td>
<td>Monday</td>
<td>Weekly</td>
<td>1:00 - 2:20p</td>
<td>Patti Lusby</td>
<td>South Balcony. Bring paddle</td>
</tr>
<tr>
<td>Pilates Infused Yoga</td>
<td>WEDU 127</td>
<td>Wednesday</td>
<td>Weekly</td>
<td>11:00 -12:20p</td>
<td>Betty Marianetti</td>
<td>1/8, 1/15, 1/22 &amp; 1/29</td>
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<tr>
<td>Poetry Appreciation &amp; Exploration</td>
<td></td>
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<td></td>
<td>Bowen/Hazen</td>
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<tr>
<td>1/16 - Introduction to the new semester, followed by a look</td>
<td>WEDU 150</td>
<td>Thursday</td>
<td>1/16 &amp; 1/30</td>
<td>2:00 - 2:50p</td>
<td>Bowen/Hazen</td>
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<td>at the poetry of Rudyard Kipling, one of Britain’s most</td>
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<tr>
<td>loved and influential poets and close friend of Mark Twain.</td>
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<tr>
<td>1/30 - Poetry appropriate for those of us entering our &quot;</td>
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<tr>
<td>Golden Years.&quot; Please bring your favorite poems to share,</td>
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<td>both to this and all other classes.</td>
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<tr>
<td>Prepping 1,2,3</td>
<td>HAZY 218</td>
<td>Monday</td>
<td>Weekly</td>
<td>11:00 - 11:50a</td>
<td>Angela Rohr</td>
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<tr>
<td>Quilt Top Making - Basic</td>
<td>SMITH 117</td>
<td>Tuesday</td>
<td>Weekly</td>
<td>9:00 - 10:50a</td>
<td>Kimberly Fee</td>
<td></td>
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<tr>
<td>Quilting/Binding</td>
<td>SMITH 117</td>
<td>Tuesday</td>
<td>Weekly</td>
<td>11:00 - 12:20p</td>
<td>Kimberly Fee</td>
<td></td>
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<tr>
<td>Radio: Evolution from “The Shadow” to Shock Jocks</td>
<td>SMITH 117</td>
<td>Thursday</td>
<td>Weekly Starts</td>
<td>10:00 - 11:20a</td>
<td>Mark Bergmann</td>
<td>Ends 2/13</td>
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<tr>
<td>Alphabetic Class Listing</td>
<td>Location</td>
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<td>Dates</td>
<td>Time</td>
<td>Instructor</td>
<td>Details</td>
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<tr>
<td>Reflections on the Life of the Spirit</td>
<td>HCC 477</td>
<td>Monday</td>
<td>Weekly</td>
<td>10:00 - 11:50a</td>
<td>Laura Lee Fairchild</td>
<td></td>
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<tr>
<td>Reverse Mortgage</td>
<td>NPLAZA 138</td>
<td>Thursday</td>
<td>1/30</td>
<td>5:00-6:30p</td>
<td>Nanette Glauser</td>
<td>1/30 &amp; Wed. 3/25</td>
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<tr>
<td>Russian History</td>
<td>HAZY 204</td>
<td>Monday</td>
<td>Weekly</td>
<td>11:00 - 11:50a</td>
<td>Daniel Slaugh</td>
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<tr>
<td>So You Want to Write a Novel</td>
<td>NPLAZA 137</td>
<td>Tuesday</td>
<td>Weekly</td>
<td>1:30 - 2:50p</td>
<td>Dr. Warren Stucki</td>
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<tr>
<td>Somatic Yoga</td>
<td>WEDU 126</td>
<td>Tue. &amp; Thurs.</td>
<td>Twice Weekly</td>
<td>9:30-10:50a</td>
<td>Sondra Fraleigh</td>
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<tr>
<td>Spanish Advanced</td>
<td>HAZY 120</td>
<td>Wednesday</td>
<td>Weekly</td>
<td>2:00-3:20p</td>
<td>Germana Chuba</td>
<td>Prerequisites: Spanish Intermediate and basic Spanish speaking skills</td>
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<tr>
<td>Spanish – Beginning - Level I</td>
<td>HAZY 242</td>
<td>Wednesday</td>
<td>Weekly Starts 1/15</td>
<td>1:00 - 2:20p</td>
<td>Emily Kozierowski</td>
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<tr>
<td>Spanish – Beginning - Level II</td>
<td>HAZY 242</td>
<td>Wednesday</td>
<td>Weekly Starts 1/15</td>
<td>2:30 - 3:20p</td>
<td>Emily Kozierowski</td>
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<tr>
<td>Spanish – Intermediate &amp; Conversational</td>
<td>HAZY 218</td>
<td>Tuesday</td>
<td>Weekly Starts 2/4</td>
<td>1:00 - 1:50p</td>
<td>Mercadillo-Wasden</td>
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<td>Table Tennis: Intermediate, Novices</td>
<td>SAC Gym 206</td>
<td>Monday</td>
<td>Weekly Starts 1/15</td>
<td>1:00 - 11:20a</td>
<td>Larry Puskas</td>
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<tr>
<td>Table Tennis: Intermediate</td>
<td>SAC Gym 206</td>
<td>Wednesday</td>
<td>Weekly</td>
<td>10:00-11:20a</td>
<td>Peterson/Reid</td>
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<tr>
<td>Tapping for Health, Happiness &amp; Well-Being</td>
<td>NPLAZA 138</td>
<td>Tuesday</td>
<td>Weekly Starts 1/14</td>
<td>2:00 - 3:20p</td>
<td>Luigi Perschetti</td>
<td></td>
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<tr>
<td>Tax, Finance &amp; Investments</td>
<td>NPLAZA 138</td>
<td>Wednesday</td>
<td>1/8 &amp; 1/22</td>
<td>11:00 - 11:50a</td>
<td>Dustin Woodbury</td>
<td>2nd &amp; 4th Wed.</td>
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<tr>
<td>Tennis</td>
<td>DSU Courts</td>
<td>Monday</td>
<td>Weekly</td>
<td>8:30 - 9:50a</td>
<td>Garth Allen</td>
<td></td>
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<tr>
<td>The Healing Power of Plant Foods</td>
<td>JEN Kitchen</td>
<td>Tuesday</td>
<td>1/15</td>
<td>6:00-7:30p</td>
<td>April Ashcroft</td>
<td>1/15 &amp; Wed. 3/3 - $7 fee for food</td>
</tr>
<tr>
<td>The Quest for Shangri-La: 2000 Years of</td>
<td>Brown/Dunford</td>
<td>Tuesday</td>
<td>1/7, 1/14 &amp; 1/21</td>
<td>1:00 - 2:20p</td>
<td>Shadmin Bashir</td>
<td>January only</td>
</tr>
<tr>
<td>Fighting for Peace</td>
<td>HAZY 220</td>
<td>Tuesday</td>
<td>1/14 &amp; 1/21</td>
<td>2:30 - 3:50p</td>
<td>Gary Sorenson</td>
<td></td>
</tr>
<tr>
<td>Traveling the World 1/14 - Great Britain and</td>
<td>HAZY 230</td>
<td>Monday</td>
<td>Weekly</td>
<td>1:00 - 2:20p</td>
<td>Hugh Cannon</td>
<td></td>
</tr>
<tr>
<td>Ireland 1/21 - Eastern US, Canada</td>
<td>WEDU 126</td>
<td>Wednesday</td>
<td>Weekly</td>
<td>10:00 - 10:50a</td>
<td>Ann Guhman</td>
<td>Ends 2/26</td>
</tr>
<tr>
<td>Unbundling the News</td>
<td>WEDU 126</td>
<td>Wednesday</td>
<td>Weekly</td>
<td>10:00 - 10:50a</td>
<td>Ann Guhman</td>
<td>Ends 2/26</td>
</tr>
<tr>
<td>Watercolor Beginning</td>
<td>NPLAZA 137</td>
<td>Monday</td>
<td>Weekly Starts 1/27</td>
<td>2:00 - 4:50p</td>
<td>Dawn Miner</td>
<td></td>
</tr>
<tr>
<td>Wine for the Novice</td>
<td>DiFiore Center, 307 No. Main St.</td>
<td>Monday</td>
<td>Weekly</td>
<td>6:30 - 8:00p</td>
<td>Doug Hamilton</td>
<td>Ends 3/9. $50 fee for wine, snacks and rental of building</td>
</tr>
<tr>
<td>Women's Voices from the Bible/Torah/Old</td>
<td>SCI 115</td>
<td>Thursday</td>
<td>Weekly</td>
<td>12:00 - 1:20p</td>
<td>Rabbi Helene Aine-</td>
<td></td>
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<tr>
<td>Testament and Women's Voices in Modern Times</td>
<td>SCI 116</td>
<td>Wednesday</td>
<td>Weekly</td>
<td>3:00 - 4:20p</td>
<td>Emery (Slim) Jones</td>
<td></td>
</tr>
<tr>
<td>Woodburning Art</td>
<td>WEDU 126</td>
<td>Monday</td>
<td>Weekly</td>
<td>10:00 - 11:20a</td>
<td>Pam Karakas</td>
<td></td>
</tr>
</tbody>
</table>

15 LIFE LONG LEARNING