REGISTERING FOR ICL

1. Click on the “Register” button on the ICL website: icl.dixie.edu. If you registered last year, log in with your own email and password.

2. Click on the “Buy Membership” button. Select either 2020 Fall membership or 2020-2021 annual membership. 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 reenter it each time.

5. Once all the classes you want to attend are in your cart, select “Proceed to Checkout” and “Pay Online,” which will take you to a credit card processing site.

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 wait list.

If this doesn’t work for you, call or come in to the ICL office and schedule an appointment. 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 for 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 provide 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.

MANY CLASSES CAN NOW BE ATTENDED VIRTUALLY
If you are uncomfortable with being in a classroom setting or you are on the waiting list, you can now attend most classes via Zoom simultaneously when presented in a classroom setting. We provided five classes via Zoom in April and May and were very satisfied with the success.

When attending a class via Zoom, you will be able to see the instructor and view their presentation. You can display your own image or just have your name show. You will be able to ask questions by holding
down the space bar on your computer while asking your question. Release the space bar when you are done. (Please note: if your speakers are turned on too loud, you will cause echoing or feedback, so adjust your volume if necessary.)

To join a class virtually via Zoom, you will need to register for that class. Once you have registered, you will be emailed a link at least an hour before the class starts. Then all you will need to do is click on the Zoom link, follow the instructions. If it is your first time using Zoom, click the link 30 minutes early in case you need to download the Zoom application and make any adjustments to your computer.

If you miss a class, you can watch the video recording at any time! By mid-August you will know which classes will be available via Zoom by reviewing the class descriptions in Learning Stream or by checking the class, which will be posted in the Learning Link newsletter and online at icl.dixie.edu.

For more information on Zoom, go to support.Zoom.us/hc/en-us.
ALPHABETICAL CLASS LIST

Archaeology,
Archaeology Lab.,
Backgammon Anyone?,
Baking Yeast Bread,
Beginning Colored Pencils,
Bicycle Maintenance,
Big Bands: Beat Continues,
Botany Field Trips,
Brain,
Building Hazards,
Chemistry in Our Lives,
China,
Civil War,
Cooking: Healing Power of Plant Foods,
Cornhole Toss,
Creative Floral Design,
Digital Photography,
Discovering Live, Local Theater,
Discovering Tao Te Ching,
DNA for Ancestral Research,
Drawing Colored Pencils,
Drawing—Graphite,
Edgar Allan Poe,
Einstein’s Life & Science,
Estate Planning,
Evolution of Television,
Expose Yourself to Art,
Favorite Books,
Folklore & Mythology,
Food Fads 2,
French,
Gardener Wonderland,
Geology,
German Unification,
Globalization & Diversity,
Gratitude,
Health for Men,
Hiking,
History of Big Bands,
History of Utah
History of Washington County,
How to Live Retirement,
Introduction to PCs,
Jews & Judaism,
Knitting & Crochet, Beg.,
Knitting & Crochet, Inter.,
Kundalini Yoga
Lawn Bowling,
Live!
Love One Another
Mark Twain,
Mayan History,
Mindset of Happiness,
Music Appreciation,
Native Amer. Flute, Beg.,
Native Amer. Flute, Inter.,
Native American History,
Photography Photo Walks,
Physics and the World,
Piano 3,
Pickleball Basics,
Pickleball Beginners,
Pickleball Lessons,
Pilates Infused Yoga,
Plant Science
Poetry Appreciation,
Reptiles & Amphibians,
Reverse Mortgage,
Revolutionary War,
Roman History,
Russian History,
Shangri-La,
So You Want to Teach,
So You Want to Write a Novel,
Somatic Yoga,
Spanish—Beginning,
Spanish—Advanced,
Spanish Conversation,
Table Tennis, Inter.
Table Tennis, Novice & Inter.,
Tapping for Health,
Tennis,
Torah
Traveling the World,
Unbundling the News,
America Betrays Herself in Vietnam,
Vietnam Generation,
Vietnam War,
Virtues,
Walking for Balance
   With Feldenkrais®,
Woodburning Art,
Writing Your Life Story,
Yahweh Yoga,
CLASSES BY CATEGORY

ARTS & CRAFTS

BEGINNING COLORED PENCIL PORTRAiture*
How can eyes on paintings “follow you” around the room? This Colored Pencil Portraiture class will teach you how! You will learn the correct perspective for facial landmarks, to make skin look alive and vibrant, to draw realistic ears and eyes, and tackle tough problems with drawing hair. You’ve wanted to draw someone and now is your opportunity! Bring a #2 pencil, colored pencils, and 98lb/160g paper to the first class.
**Instructor:** Susan Pouzek, a professional, self-taught artist of acrylics and colored pencils. With over 30 years experience, she has exhibited her work and taught hundreds of people.

CREATIVE FLORAL DESIGN (Fall Semester Only)
This is a 5-week class. Class size limited to 10 students. This class will prove that everyone can do flower arrangements. Basically, students will be making arrangements to please no one but themselves. Students will learn how to take good care of fresh cut flowers and live plants. The class will also explore Asian and high styles where the student's creativity flows. There is no “one right way” to create a flower arrangement!
**Instructor:** Mayshu Huang-Delbonis, over 40 years experience in Floral Design. Owned and operated Westford Florist in Westford, MA. A passion for Floral Design has been a big part of her life.

DRAWING, BEGINNER’S ART—GRAPHITE (Fall Semester Only)
Class is limited to 26 students. 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.
**Instructor:** Brenda Rusnell, accomplished artist, taught private art classes for 5 years.
DRAWING—COLORED PENCILS (Spring Semester Only)
Class is limited to 26 students. 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 provided the first day of class. A set of at least 72 Premier Prismacolor pencils is required.
Instructor: Brenda Rusnell, accomplished artist; taught private art classes for 5 years.

EXPOSE YOURSELF TO ART—UNDERSTAND IT, ENJOY IT, AND LIVE BETTER AS A RESULT (Fall Semester Only)
Why does a white canvas with a single black square hang in one of the most prestigious museums in the world? What is art anyway? OK, it’s art, but modern, pop or op, ...what style is it? What makes the world’s most iconic artwork so revered? Am I looking at an original painting or a copy? Can art experiences actually increase my life expectancy? How should the art in my home be hung and lit?
Instructor: Kim Blackman, owned art galleries and a picture-framing business for 17 years; has represented artists for some 20 years placing their work in art galleries around the U.S.; has sold their work at art festivals, galleries, and online both wholesale and retail; and currently owns a fine art company making inside-painted crystal.

KNITTING & CROCHETING—BEGINNING
Class is limited to 10 students. For knitting, learn to cast on, knit, purl, cast off. For crocheting, learn to chain stitch, single crochet, double crochet, slip stitch. We will start simple projects in both knitting and crocheting. Bring paper and pencil for note taking. Class will continue from Fall to Spring semester.
Instructor: Vera Thomas, taught knitting and crocheting, DSU Continuing Education; completed many classes from designers and master knitters and crocheters.

KNITTING & CROCHETING—INTERMEDIATE
Class is limited to 10 students. This class will provide intermediate knitters and crocheters with additional tips and ways of making their projects better and easier; and will help them overcome frustrations with
their projects. Bring paper and pencil for note taking. Class continues from fall to spring semester.

**Instructor:** Vera Thomas, taught knitting and crocheting, DSU Continuing Education; completed many classes from designers and master knitters and crocheters.

**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.

**Instructor:** Emery Jones, M.S.W., Social Work, Licensed clinical social worker in Colorado and Utah, 30 years. Taught psychology and sociology classes for 10 years.

**BEHAVIORAL & SOCIAL SCIENCES**

**GRATITUDE—KEY TO A HAPPIER AND MORE SUCCESSFUL LIFE**
Through various practices of gratitude, we will learn how to appreciate and experience a happier and more satisfying way of being. One of the benefits of practicing gratitude is being more present to the joy in everyday life. Come and learn how to expand your enjoyment of living through gratitude.

**Instructor:** Luigi Persichetti, B.A., Theology, St. Louis University. Spiritual leader and retired Unity minister at Unity Church of Positive Living; hospice chaplain at Southern Utah Home Care and Hospice; member of Interfaith Council of St. George.
BRAIN: THE MYSTERY OF AMAZING HUMAN AND OTHER ANIMAL BRAINS*
This class will explore the evolution of the amazing human brain and its incredible capabilities. We will also compare human to other animal brains and discover just how intelligent many animals are. Topics include: Capability, Perception, Unconscious vs. Conscious Processes, Decision-making, Thinking Errors, Brain Dysfunction, Human Sexuality and the Brain.
Instructor: Rob Kramer, Director, ICL. Ph.D., University of Utah, Clinical Psychology. Most of career has been in healthcare leadership positions. Continues a lifelong study of wellness, positive psychology, evolutionary psychology and personal motivation. Has been a frequent speaker at national conferences.

GLOBALIZATION AND DIVERSITY (Fall Semester Only)
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 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 by invited speakers.
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.

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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, 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 16 years. Singer/songwriter and entertainer.

▼ 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, Substituted for former instructor. Cynthia Schmidt, Certified hypnotherapist; certified in the work of Byron Katie. Laura Allredge, Retired teacher, taught over 35 years. Masters in Education, minor in Behavioral Science. Volunteered for Memory Matters for more than 5 years.

▼ MINDSET OF HAPPINESS AND JOY
Happiness, peace of mind, and well-being are the foundation of everything. This course will teach you the principles behind happiness and how we can find peace of mind and happiness regardless of our circumstance. 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.

UNBUNDLING THE NEWS (Fall Semester Only)
This is a virtual remote class (via Zoom ONLY!). You will receive login information via email prior to the class. Questions and discussions will be encouraged. Make sure you have a good internet connection and, preferably, a computer with a camera and microphone. The course will address
controversies arising out of current news stories or other topics of interest, seeking to understand them from various different perspectives. In doing so, our objective will NOT be to resolve the issues, but to understand why intelligent, well informed people of good will might take one position versus another. The class will be heavily discussion oriented, with occasional interludes to address key concepts relating to the topics under discussion. The discussion will provide an opportunity to hone your critical thinking skills by applying them to a variety of different and complex situations, with an opportunity to compare your analyses to with those of other class members.

**Instructor:** Hugh M. Cannon, Ph.D., M.Phil., MBA; A.B. Marketing and advertising consultant to various organizations. Professor and an assistant professor at many universities throughout the world.

**COMPUTERS**

**INTRODUCTION TO PERSONAL COMPUTERS**

This is an 8-week course. Class is limited to 15 students. The course is designed for beginners, but also will help 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 the 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.

**Instructor:** Salli Brackett, has teacher’s credentials. Worked in administration for various companies, 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.

❖ REVERSE MORTGAGE—THE PROS, CONS & DETAILS
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, mortgage loan officer for 5½ years.

HEALTH & WELLNESS

❖ 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 of form and boundaries.
Instructor: Cynthia Schmidt, Certified hypnotherapist; certified in the work of Byron Katie. Retired, telephone company, 33+ years. Retired, Orgill, Human Resources Supervisor.
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, 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! (LIVE LONG.LIVE WELL.) (Fall Semester Only)
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. We will discuss the lifestyle habits that help individuals maximize brain health, body health, social connections and overall happiness and well-being.

Instructor: Rob Kramer, Director, ICL. Ph.D., Clinical Psychology. Most of career has been in healthcare leadership positions. Continues a lifelong study of wellness, positive psychology, evolutionary psychology and personal motivation.

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. 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

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

**PILATES INFUSED YOGA (Spring Semester Only)**

**This is a 5-week class.** The course will incorporate 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.

**Instructor: Betty Marianetti,** Yoga Alliance certified for 200 hours; RYT 200 hrs.; IM=X certified in Pilates. Extensive hours of training at workshops and on retreats for yoga asanas, philosophy and meditation.

**TAPPING FOR HEALTH, HAPPINESS AND WELL-BEING**

Want to learn how to let go of pain and stress? Come and see how to use EFT (Emotional Freedom Technique, aka Tapping) on yourself. Tapping is an energy healing tool based on the Chinese science of acupuncture. EFT does not use needles. Instead it uses our finger tips by tapping on certain nerve endings or meridian points to release blocked energy in the body. Once the blocks are removed, the body can heal itself. This program is for people who want to let go of physical pain and stress by applying this easily learned health tool for themselves and enjoy greater health and well-being in golden years.

**Instructor: Luigi Persichetti,** B.A., Theology. Hospice chaplain at Southern Utah Home Care and Hospice. 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 focuses on posture and alignment as well as breathing, with the goal being improved
range of motion, relaxation and mental clarity. **There will be two classes per week.**

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

**COOKING: THE HEALING POWER OF PLANT FOODS**

Instructor 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. She will demonstrate delicious and easy dishes. (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, Kitchen Corner, and different community venues.

**WALKING FOR BALANCE WITH FELDENKRAIS® (Spring Semester Only)**

This is an 8-week course. Walking is balancing on one foot and then the other. Finding better balance and ease 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.

**Instructor:** Ann Guhman, B.S., Botany; M.S., Geology and Hydrogeology. Guild Certified Feldenkrais® Practitioner (4-year training and continuing education). Current teachers—a mule and a donkey.

**YAHWEH YOGA FOR SENIORS**

Beginning level yoga focusing on stretching, breathing and alignments, ending with meditation.

**Instructor:** Pam Karakas, B.A., Psychology. Advocate for people with disabilities.
HISTORY

AMERICA BETRAYS HERSELF IN VIETNAM—SEMINAR BASED ON THE WRITINGS OF BARBARA TUCHMAN (Spring Semester Only)*

America should never have been involved in a war with Vietnam. Barbara Tuchman shows how one mistake after another led successive U.S. administrations deeper and deeper into a Southeast Asian quagmire, mirroring mistakes made by the British government 200 years earlier. Is it possible for governments to learn from their mistakes?

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 Vice Treasurer.

ARCHAEOLOGY—INTRODUCTION TO THE SOUTHWEST (Fall Semester Only)

An introduction to the archaeology of the Southwestern U.S. with emphasis on the prehistory and history of Southwestern Utah and northwestern Arizona including the Paleoindian, Archaic, Formative (Ancestral Puebloan and Fremont cultures), Protohistoric and Historic periods. Discussion will include the native tribes in the area today and their history. Learn about the legal background of protecting archaeological sites and local projects conducting archaeological research in the St. George Basin today. The class will include two optional field trips to local archaeological sites.

Instructor: Diana Hawks, M.A. and B.S., Archaeology, Associates Degree, Geology. Worked as an archaeologist for various private companies and universities in the western U.S. and in the Mayan area of Yucatan and Chiapas, Mexico and in Guatemala.
ARCHAEOLOGY LABORATORY: LOCATING AND RECORDING ARCHAEOLOGICAL SITES (Spring Semester Only) *
Class is limited to 30 students. 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. Learn how to locate and record archaeological sites in southwestern Utah and northwestern Arizona, taught by a professional archaeologist. Find out about local volunteer projects or groups that investigate, record or dig archaeological sites. Optional field trip to a local archaeological site.
Prerequisite: Archaeology: Introduction to the Southwest.
Instructor: Diana Hawks, M.A. and B.S., Archaeology; Associates Degree, Geology. Worked as an archaeologist for various private companies and universities in the western U.S. and in the Mayan area of Yucatan and Chiapas, Mexico and in Guatemala.

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 U.S. Citizens likely feel uneasy about the rise of China, the class will weigh China's strengths and weaknesses in future decades, will assess U.S. strengths and vulnerabilities and suggest what pathways with China the U.S. might take in the future.
Instructor: Frederick Crook, Ph.D., B.A., China Director, LDS Charities; President of the China Group; Agricultural Economist, USDA. Elizabeth Crook, Ph.D., B.A., Organizer of the China Rural Education Foundation; Humanitarian Service Volunteer, LDS Charities; Vice President of The China Group.

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CIVIL WAR—TOPICAL
We will return to focusing on general topics related to the Civil War period covering such areas as: great gambles and blunders, strange battles, the War in the Movies, medicine and twenty reasons you should study the Civil War. We will cover other topical subjects that relate to the conflict that helped define our national character, including Lincoln’s assassination.
Instructor: Bob Echols, auditor, Federal Highway Admin. 10 years; auditor/accountant, U.S. Navy 19 years.

EVOLUTION OF TELEVISION—FROM MILTON BERLE TO HBO (Spring Semester Only)*
Who can forget those classic shows from TV’s early years? Shows like Gunsmoke, I Love Lucy and Dick Van Dyke. But wait, there’s more! Television also brought major news events, like the presidential debates and the moon landing, right into our living rooms. This multi-media course will explore the rich and dynamic history of television. Through the use of video clips, we will learn about the people and programs that built this influential medium.
Instructor: Mark Bergmann, 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.

FOOD FADS PART 2: MORE CRAZY CULINARY HISTORY (Fall Semester Only)*
Food Fads Part 1 covered 1890 through the 1950s. This course picks up with the 1960s and whisks you from Julia Child to Bobby Flay; from oat bran to truffle oil. Learn how presidents, historic events, television and the internet impacted what we ate. At the end of each workshop, enjoy an era-appropriate treat.
Instructor: Saimi Bergmann, food writer, restaurant reviewer and travel writer for an Ohio newspaper for 20 years. Taught communications, speech and journalism at two universities. Currently is the owner of a culinary tour company called Foodie Field Trips.
GERMAN UNIFICATION AND BUILDUP TO WWI—KEY MOMENTS IN 19TH CENTURY HISTORY (Spring Semester Only)*
Did your European history course jump straight from the French Revolution to World War I? The 19th century saw revolutions across Europe, shifting power balances and wars involving all the major European powers. This course will cover some of the key events of the century through the lens of Germany, a country which didn’t even exist in 1800, but which by the eve of World War I was a major European power and 50% larger than contemporary Germany.
Instructor: Emily Alder, Emily’s interest in Germany dates from a year abroad during her university years; she has since spent almost 20 years living, studying, working and traveling in Europe.

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. Utah became the 45th member of the Union on Jan. 4, 1896, with Salt Lake City as its capital.
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

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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.

JEWS AND JUDAISM IN THE ARAB WORLD* (Fall Semester Only)
A brief history of Jews in Muslim countries since the seventh century. Review of the demographic, economic, social, educational and religious situation of Jews in the Middle East and North Africa, under Islam. An examination of the dynamics of the relationship between Islam and Judaism. Arab-Israeli conflict viewed against the multidimensional aspects of Jewish existence in the Middle East and North Africa.


MAYAN HISTORY (Fall Semester Only)*
Historical studies of Mesoamerica from the Archaic Period through the Post Classic Period. Students will learn the various historical periods of development in Mesoamerica and become familiar with Mayan society and government. They will study the religion, cosmology and art development of the Mayans and basic Maya calendrics and mathematics.

Instructor: Dan Strobell, Ph.D. in Mayan Studies, M.S., Administration for Nonprofits, B.S., History. Was chief financial officer in banking.
NATIVE AMERICAN HISTORY (Fall Semester Only)
Course will cover the history of the indigenous peoples in North and South America from pre-Columbian to modern times.
Instructor: Daniel Slaugh, M.Ed.; 52 years of teaching secondary education.

REVOLUTIONARY WAR—SEMINAR BASED ON THE WRITINGS OF BARBARA TUCHMAN (Fall Semester Only)*
This course is based on Tuchman’s books “The March of Folly” and “They First Salute.” This course will explore little-known aspects of the Revolutionary War as well as avoidable mistakes committed by the British government, without which this war need never have been fought.
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

ROMAN HISTORY— A SURVEY OF THE FIRST 700 YEARS*
Needless to say, the study of Roman history is a vast undertaking that covers a period of over 2000 years. With that in mind, in this class we will touch on the historical highlights and the principal characters from the founding of Rome until the end of the Republic. To better understand the Romans, we will discuss their societal structure and their somewhat complicated political system. Much of this class will be about the wars fought by the Romans in their rise to power and domination of the known world.
Instructor: Ann Till, B.A., History/Classical Civilization; M.Ed.; certified in History and Latin; Fulbright Scholar at the American Academy in Rome and Cumae, Italy; Fulbright-Hays Scholar in Cyprus and Turkey.

*New
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.; 52 years of teaching secondary education.

Shangri-La is more than the exotic image of the Orient. It is an imaginary land where people are almost immortal. 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. 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 finally ask the question, “Why do they hate us?” There will be a total of 3 classroom sessions.
Instructor: Shadman Bashir, L.L.B and L.L.M. Former Professor of Law and Global Affairs, Dixie State University.

A STUDY OF THE TORAH—FIVE BOOKS OF MOSES IN THE OLD TESTAMENT (Spring Semester Only) *
This course will examine the people, stories and history through a Jewish lens.
VIETNAM GENERATION AND THE DRAFT (Fall Semester Only)*

Twenty-seven million men registered for the draft during the Vietnam war. How did the war and the draft impact their lives? 60% of those who registered avoided military service. How did that happen? Why were college students allowed to avoid serving until the war was almost over? How did draft boards work? What happened to draft resisters? Only one quarter of those who served in the military during Vietnam served there. How did serving in certain parts of the military keep men out of Vietnam? How did the draft shape who got killed or wounded?

Instructor: Chris Wangsgard, B.S., US Military Academy; J.D. University of Utah; US Army Infantry Officer; Third armored division, Germany; Special forces school, Ft. Bragg; Fifth Special Forces, Vietnam; Ft. Leonard Wood Training Center; Practicing Attorney.

VIETNAM WAR—REALITIES, MYTHS, LEGACIES

How did the US get involved in the French war? Why did the US undermine the 1954 Geneva Accords which should have ended the war? Why did the US anoint Diem as South Vietnam’s leader and then have him assassinated? Why did JFK send tens of thousands of US advisors to Vietnam? Why did LBJ send half a million ground troops? How did Westmoreland and then Abrams fight the US war? Why did Nixon prolong the war? What deals did Nixon and Kissinger make with our enemies? What lessons did the U.S. learn and fail to learn in Vietnam? How did the lessons not learned impact US intervention in Iraq and Afghanistan?

Instructor: Chris Wangsgard, B.S., US Military Academy; J.D. University of Utah; US Army Infantry Officer; Third armored division, Germany; Special forces school, Ft. Bragg; Fifth Special Forces, Vietnam; Ft. Leonard Wood Training Center; Practicing Attorney.
VIRTUES—COMMON GROUND OF RELIGIONS
This class will compare scriptures about select virtues from around
the world and across time to see how the teachings compare. We
will look at the value of the virtues in our lives and in our communi-
ties; and implications of common ground. This will be an interactive
class including quotes from Hindu, Buddhist, Zoroastrian, Indige-
nous peoples, Jewish, Christian, Islamic, and Baha’i scriptures.
Instructor: Laura Lee Fairchild, Certified Virtues Project teacher,
a Toastmasters silver achievement award recipient.

HOBBIES & INTERESTS

BAKING YEAST BREADS FOR BEGINNERS AND EXPERTS
Class is limited to 30 students. This course consists of 3 ses-
sions of 2 hours each. You will learn that it is fun and easy to
make wonderful yeast products at home. Instructor will discuss in-
gredients, equipment and techniques while preparing various reci-
pes. Session 1: The basics of making yeast bread. Session 2:
Shaping and baking loaves, dinner rolls, and cinnamon rolls. Ses-
sion 3: Holiday breads - bread with dried fruit and nuts; shaping and
making filled braids.
Instructor: Sandy Paige, M.Ed.; B.A. education, business, home
economics. Business/English instructor at three high schools, a
community college, and a business college.

BACKGAMMON ANYONE?
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 12 participants. The remaining sessions are play and prac-
tice with open attendance. There will be a new registration sign
up each month for the first session only, allowing new partici-
pants to learn the game. Once you have learned how to play the
game, you will be eligible to join the weekly play and practice games.

Instructor: Frida Audele, B.S. degree; long-term player of backgammon.

BICYCLE MAINTENANCE & REPAIR—BASIC (Fall Semester Only)

This is a 4-week class and is limited to 10 students. 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.


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.
GARDENER WONDERLAND (Spring Semester Only)
The winter and early spring months of Southern Utah offer the perfect climate for gardeners to get a head start on veggies and herbs. Also, you will learn how to manage the light and water for your indoor friends, including succulents, citrus, and tropicals. Includes a propagation workshop...free plants anyone? **There will be a fee of $65 for workshop propagation kits.**

**Instructor:** Tony McCammon, Masters' in Plant Science, Landscape Design and Maintenance, Water Conservation, Floriculture; Professor in Horticulture at University of Idaho, 15 years. Owns Bloom Horticulture Specialists, 2 Dads and a Rope; and Ethno, a native plant nursery specializing in plants historically used by Native Americans.

NATURAL BUILDING HAZARDS
Building hazards can be associated with landscape features such as geologic formations and topography. Hazard identification involves observations, measurements and experience. Identified hazards may be avoided, mitigated, or accepted. The purpose of this class is to train observations and stimulate thinking. Recommendations will not be provided.

**Instructor:** Bruce Vandre, B.S., Geological Engineering. Worked in civil engineering for more than 40 years. Was a registered professional civil engineer and professional geologist. Was a member of St. George City Hillside Review Board.

PHOTOGRAPHY PHOTO WALKS*
Photo walks will be conducted at Snow Canyon State Park, Red Cliffs Preserves and other St. George locations. Class will consist of four walks. Students will learn how to use their adjustable cameras to improve their photography. They will learn the basics of aperture, shutter speed and ISO to capture light creatively. Pertinent reading materials will be emailed to students prior to each walk. The class is geared towards beginning photographers who use their cameras only in the auto mode to take pictures. Students will learn how to stop or blur ac-
tion, how to change depth of field and how to take pictures in low light or dark conditions.

**Instructor:** Matthew Asai, Contracting officer for the Federal Government; worked for the Department of the Army, IRS and the Federal Aviation Administration.

**SO YOU WANT TO TEACH A CLASS/PRESENT A WORKSHOP** *(Fall Semester Only)*

**Class is limited to 20 students.** Have you ever thought about presenting a workshop or teaching a class but you didn’t know where to begin? In this course, you will learn all you need to put together a workshop and/or a class and present it in a dynamic, engaging way; from focusing on generating and researching ideas, identifying your target audience, setting objectives, marketing, promotion, finding locations and much more!! By the end of this course, you will have all you need to begin that process.

**Instructor:** Sharon Shores, for the last 25 years has been providing education to business, nursing and other areas. Graduate studies in Adult Education and Curriculum Development.

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

This course 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, MD, University of Utah; published author.

**TRAVELING THE WORLD**

Have fun with discussing worldwide travel with a travel expert. Learn about incredible destinations around the world and share your insights. Learn about history, cultures, travel tips,
different ways to travel and have the opportunity to ask all of your travel questions. Have fun learning about our spectacular world! 

**Instructor: Gary Sorensen,** has worked in the travel industry for nearly 40 years and is currently a vice president in his firm. Holds the highest travel agent designation and has travelled to nearly 40 countries. Hosts a weekly travel radio program.

**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. In the final class, we 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, preschool to adult.

**LANGUAGES**

**FRENCH—CONVERSATIONAL**

This course will be 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.

Instructor: Chris Fee, M.S., The American University; B.A., BYU, French. Language instructor (Spanish, French, English-ESL).

SPANISH—BEGINNING LEVELS I & II (Spring 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! (Books used in the class: “Spanish In 10 Minutes” by Kristine Kershul; “Read & Think Spanish”, Third Edition, by McGraw Hill Education.) It might be helpful for students to have one of these sources to assist them in class.

Instructor: Emily Kozierowski, born in Chile and immigrated to US in 1982. B.S., B.S.B.M. from University of Phoenix.

SPANISH—ADVANCED: LEER ES APRENDER

Si puedes leer este párrafo sin dificultad (o con un diccionario sin mucho trabajo), quizás quisieras 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 tengas 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.
SPANISH—CONVERSATIONAL (Fall Semester Only)*
This Spanish course will be a full immersion experience. We will grow your current conversational understanding through role plays, presentations, Q/As and other activities where you have to listen and speak. The class will be done 100% in Spanish. Learning to listen is as important as speaking. There will be some homework assignments but mostly we will try to have fun while we are learning. The class is for people with a basic conversational understanding.
Instructor: Grant Hacking, B.A., Spanish, USU. General Manager over Latin America for U.S. company. Responsibilities included presentations to individuals/groups in Spanish. Traveled continually throughout Latin America.

LITERATURE

EDGAR ALLAN POE—HIS LIFE & WRITINGS (Fall Semester Only)
This course will examine 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.

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; Office Manager, Utah Shakespeare Festival, 11 years. Janet Cramer, A.B., Bryn Mawr College; M.A., Boston University; Technical and Manufacturing Manager.

FOLKLORE AND MYTHOLOGY
Myths and legends of India, Europe and North America. Topics will include: Buddhist birth stories; Europe’s legendary heroes (King Arthur, Siegfried, etc.) and America’s “urban legends” (the disappearing hitchhiker).
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.

MARK TWAIN—AN AMERICAN ORIGINAL
A continuation from last year of the life and works of America’s pre-eminent 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. This class is especially for people who don’t know much about poetry and are about to discover how 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.

MUSIC & THEATER

BIG BANDS: THE BEAT CONTINUES—OTHER BANDS OF THE BIG BAND ERA (Fall Semester Only)*
Class will pick up where “History of Big Bands” left off in Spring, 2020. There were other bands, not as famous as the Dorsey, Glenn Miller, Harry James, Artie Shaw, and Benny Goodman. These bands, some known as the “Mickey Mouse Bands” and the Movie and Radio Bands, include Henry Mancini, LeRoy Anderson, Ray Conniff, Les Baxter, and more.

Instructor: Victor Lorch, B.S., Political Science, Monmouth University. Radio Announcer/Founder campus radio station, Monmouth University and KDXI Radio, Dixie State University.

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.

**HISTORY OF THE BIG BANDS (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 the Big Bands on KDXI, Sunday evenings at 6 P.M.

Instructor: Victor Lorch, B.S., Political Science, Monmouth University. Radio Announcer/Founder campus radio station, Monmouth University and KDXI Radio, Dixie State University.

**MUSIC APPRECIATION**
In this course, you will 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. Operated a music studio for piano students for 30 years.

**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. It is
recommended that you attend the first class before purchasing the flute.

**Instructor:** Bob Rhees, has taken several Native American Flute classes; plays didgeridoo; repairs flutes. Teaches at Zion Flute School and offers private flute lessons.

**NATIVE AMERICAN FLUTE—INTERMEDIATE**
If you can play a short melody by heart on a Native American flute, you are 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, has taken several Native American flute classes; plays didgeridoo; repairs flutes. Teaches at Zion Flute School and offers private flute lessons.

**PIANO LEVEL 3 (GROUP PIANO)**
Class is limited to 15 students. This class continues on from last year’s group piano class. Course guide will be “Alfred’s Basic Adult All-In-One Course, Lesson Theory, and Solo Level 3 Book”. Additional delightful, inspirational, entertaining pieces composed and/or arranged will be supplied by the instructor.

**Instructor:** Mark Gibbons, Bachelor of Music, BYU. Songwriter, performer. Taught piano, guitar and music in high school for 30 years. Judy Berrie, Accomplished pianist; has been involved in teaching the ICL piano class for several years.

**SCIENCE**

**BRAIN: THE MYSTERY OF AMAZING HUMAN AND OTHER ANIMAL BRAINS**
This class will explore the evolution of the amazing human brain and its incredible capabilities. We will also compare human to
other animal brains and discover just how intelligent many animals are. Topics include: Capability, Perception, Unconscious vs. Conscious Processes, Decision-making, Thinking Errors, Brain Dysfunction, Human Sexuality and the Brain.

Instructor: Rob Kramer, Director, ICL. Ph.D., University of Utah, Clinical Psychology. Most of career has been in healthcare leadership positions. Continues a lifelong study of wellness, positive psychology, evolutionary psychology and personal motivation. Has been a frequent speaker at national conferences.

CHEMISTRY IN OUR DAILY LIVES*
Chemistry is the study of matter, which is sometimes called “Central Science.” Students will learn an appreciation for how chemistry greatly impacts our daily lives. The course will begin with a discussion of the history and chemistry of the elements, then focus on how chemistry has improved our lives with food production, development of plastics, clothing, cleaning products, cosmetics, and energy. The course will finish with a special emphasis on the chemistry of foods and cooking.

Instructor: Thomas Stewart, M.S., Chemistry, UCLA; research chemist at the Aerospace Corporation; Adjunct Professor in Chemistry at El Camino College and California State University.

DNA FOR ANCESTRAL RESEARCH - BEGINNING (Fall Semester Only)
The class will cover the following six topics: What DNA tests are available? Which test should I take? What kind of sample do I need to provide for testing? What will I get from the test? Will it help? Solving adoption issues and other family mysteries. The course will include the latest advances in DNA analysis for beginners.

Instructor: John Harrison, post graduate studies in DNA. 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. Emeritus member of American Academy of Forensics Science. Accredited college/agency instructor.
EINSTEIN’S LIFE AND SCIENCE
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. It doesn’t take an Einstein to understand modern physics, but it took an Einstein to discover laws (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.

GEOL OGY—OUR GEOLOGIC WONDERLAND (Spring Semester Only)
The class will provide lectures about geologic subjects in and around St. George, discussions about major geologic concepts of the Earth’s history, and a self-guided geologic field trip 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 and the principles that govern it. Topics will include matter and energy, chemical interactions, motion and force, waves of sound and light, and electromagnetic waves and magnetism.

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, re-connect to your stewardship and discover your relationship to plants, insects, soil, microbes, fungi and diseases.

**Instructor:** Tony McCammon, M.S., Plant Science; B.S., Horticulture, Landscape Design and Construction. Owner of Bloom Horticulture Specialists; Landscape Designer and Architect; Professor of Horticulture, University of Idaho; Assistant Horticulturist, University of 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, lifelong member, Chicago Herpetological Society.

**SPORTS ACTIVITIES & FIELD TRIPS**

**BOTANY FIELD TRIPS**

This is a Field Botany Course that is held **once per month, September to December and March to May.** Students will identify plants in the field at various altitudes and ecosystems. Class will discuss their uses by humankind.

**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.
CORNHOLE TOSS
Class is limited to 12 students. A fun game, most popular in the Midwest, 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.
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.

HIKING
Must register for each hike in advance. Each hike has specified limits of hikers. 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. Tim O’Brien will lead 2-4 hikes each month November 2020 thru April 2021. Frida Audele will lead all September and October 2020 hikes and supplement Tim’s hikes through April.
Instructors: Frida Audele, certified in Diabetes Education and Management. Long-time hike leader in Washington County. Tim Obrien, worked in logistic systems and transportation management for large consumer product paper shipper. Currently enjoying the geology and archaeological opportunities the Southwest offers.

LAWN BOWLING
Class is limited to 12 students. The general object of the game is for participants to roll each of their “Bowls” as close as possible to the target “Jack”. We play indoors on up to 3 lawn bowling rinks approximately 90’ long. The game provides great camaraderie and mild exercise. Almost anyone can play. There is some walking, but the game provides great camaraderie and mild exercise. Classes will be held at the St. George Recreation Center, 285 South 400 East, St. George. We are part of the St.
George Lawn Bowls Club. The club will pay the City Fee for all students for the first 5 weeks of the class and also provide all necessary equipment and instruction. If students want to continue through the rest of the semester, they will be responsible for the nominal fee charged by the city.

**Instructor: Ronald Whitney, retired, lawn bowling instructor.**

**PICKLEBALL—BEGINNERS (Fall Semester Only)**

*Class is limited to 10 students.* Students will learn the basics of pickleball play, scoring, strokes, strategy, skill levels, drills and resources. Classes will be customized to participants’ skill levels. Class will be offered twice per month at Vernon Worthen Park. **Participants must provide their own pickleball paddle and ball.**

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

**PICKLEBALL—BEGINNERS TO ADVANCED**

*Class is limited to 24 students.* 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.

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

**PICKLEBALL BASICS FOR BEGINNERS**

*Class is limited to 7 students.* A fun beginning for new Pickleball players. Not designed for those who have played in leagues or tournaments. **Participants must provide their own pickleball paddle.**

**Instructors: Marilyn Shirts and Patti Lusby, longtime pickleball instructors.**

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*New*
TABLE TENNIS - NOVICE AND INTERMEDIATE
Class is limited to 20 students. 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. 
Instructor: Larry Puskas, B.A., Mathematics; Software developer and former professional tennis player.

TABLE TENNIS INTERMEDIATE
Class is limited to 16 students. 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.
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
Class is limited to 12 students. Drill, match play and player tips for improved play. Must be able to perform the basic strokes of tennis. 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.
Notes