INSTITUTE FOR CONTINUED LEARNING
LIFELONG LEARNING COURSES

Catalog 2021 – 2022
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COURSE CATALOG
2021—2022

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 2021 Fall membership or 2021-2022 annual membership. Enter your membership information, contact information, etc. Create a password (if you haven’t already) and select “Submit Registration.”

3. This will add the “Membership Event” 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 re-enter it each time.

5. Once all the classes you want to attend are in your cart, select “Proceed to Checkout,” then “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.

7. If you want to pay by cash or check, you will need to come by the ICL office where we can process your payment.

If this doesn’t work for you, call the ICL office at 435-652-7670 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 Health and Longevity Program, Sponsored by ICL, DSU, Intermountain Health Care 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 this logo next to course descriptions.
MANY CLASSES CAN NOW BE ATTENDED VIRTUALLY VIA ZOOM
A few classes will be available via Zoom only, but most classes that offer Zoom will also be available in the classroom. If you prefer to physically attend a class, we recommend you also register for the Zoom version of that class. That way, you will have the option of viewing the class in the event you can’t attend in person. You will also be sent links to the Zoom recording after the class.

Attending a class via Zoom is very simple. You will receive an email prior to the class. Click on the link at least five minutes before class starts and follow the Zoom instructions. You can join a class with your smart phone, iPad or computer. You don’t need a Zoom account to join and you don’t need to download the application, but both are recommended and are free. To familiarize yourself with Zoom, go to zoom.us. They have a number of video tutorials that are helpful.

PLEASE NOTE: WE DO NOT HAVE TECHNICAL SUPPORT TO ASSIST YOU WITH ZOOM. GO TO ZOOM.US.

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 shown. 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.)
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CLASSES BY CATEGORY

ARTS & MUSIC APPRECIATION

FEAR NO ART (Classroom & Zoom)
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.

CREATIVE LIVING BEYOND FEAR (Classroom Only)
The course is designed to be a safe environment to unlock individual creativity, a discussion to be Creative Living Beyond FEAR.

Instructor: Melanie Scott is a professional artist and has her own gallery and studio. She is the first president and founder of the Watercolor Society in St. George. She has taught at DSU's Community Education and ICL.

HISTORY OF THE BANDS (Spring Semester Only) (Classroom & Zoom)
The Big Band era actually began in the Roaring 20s. America was coming out of the depression and radio was entering its Golden Age. We begin with the music of Count Basie and Duke Ellington and then explore the works of Benny Goodman. Each week we will feature different bands and talk about the impact of the vocalists and arrangers of this music.

Instructor: Victor Lorch, B.S., Political Science, Monmouth University. Radio Announcer/Founder campus radio station, Monmouth University and KDXI Radio, Dixie State University.
POST WAR ART & DESIGN THROUGH THE EYES OF HARRY BERTOIA (Fall Semester Only)* (Classroom & Zoom)
The affluence after World War II engendered a fresh wave of modernist design in both functional and artistic items. This modernism included mid-century furniture designs and abstract sculptures from such icons as Isamu Noguchi, Alexander Calder and Harry Bertoia. We will examine the designs and art of the era, culminating in a field trip to the Harry Bertoia Foundation gallery where you will see original and touchable examples of the time. This is a 3-week course.
Instructor: Celia Bertoia is the Director and Founder of the Harry Bertoia Foundation and youngest daughter of Harry Bertoia. She has a background in real estate and event production, and created the foundation in 2013. Her biographical book, *The Life and Work of Harry Bertoia* was published in 2015. She lectures internationally on her father and is a fine arts appraiser through the American Society of Appraisers.

CIVICS & CURRENT EVENTS

DEMOCRACY 101* (Classroom Only)
With the drama we witness in public discourse today, it may be time to review the tenets of government that you were taught in your high school or college civics class. In this class, we will revisit the ideas of democracy that form our approach to governing. Subjects we will cover include: Forms of government, political power, democracy vs. authoritarianism, separation of powers, the common good and civic virtue.
Instructor: Clark Layton was inflicted with a lifelong interest in government and politics while a political science/Hinckley Institute of Politics student at the University of Utah in the early 1970s. He worked on a congressional staff as director of federal government relations for the Intermountain Power Agency and is president of PowerPac for the American Public Power Association.
ECONOMIC CHAOS AND DISRUPTION (Fall Semester Only)*
(Classroom & Zoom)
This course will discuss the great events in post WWI History that have wreaked havoc on the world economy. The Great Depression, Dot Com collapse, The Great Recession, COVID Economic downturn, Ponzi schemes, etc. We will discuss recent economic disruptors like Crypto Currencies, Student Debt and recent Millennials’ investment trends.
Instructor: Greg Brim has a B.S. in Mathematics and Computer Science. He was director of Derivatives Trading Technology, Senior Vice President, Global Investment Bank.

GLOBALIZATION AND DIVERSITY (ZOOM ONLY)
Fall Semester: Focus on Europe and the Middle East (Including Russia). Spring Semester: Focus on Asia, Latin America and Africa.
Exploration of global trends in technology, society, economy, politics, environment, demography and human settlement that are driving changes affecting our lives today. Lecture and possible field trips supplemented by videos, readings and even in-person presentations by invited speakers. Each course will be taught over an intensive 5-week period with one two-hour session each week.
Instructor: Robert Ford has an M.A. in Social Anthropology, a M.P.H. in Public Health; Ph.D., Earth Science/Geography. He is a conservation scientist; development consultant; photographer; policy analyst & planner, USDZ/USAID; NGO evaluator/consultant; mapper/GIS expert; academic administrator and professor.

UNBUNDLING THE NEWS (Fall Semester Only)
(Classroom & Zoom)
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 ob-
jective will NOT be to resolve the issues, but to understand why intelligent, well informed people of goodwill 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 those of other class members.

Instructor: Hugh M. Cannon has a Ph.D., M.Phil., MBA, A.B. He is a marketing and advertising consultant to various organizations. Professor and an assistant professor at many universities throughout the world.

UNDERSTANDING THE UNITED STATES CONSTITUTION (Fall Semester Only)* (Classroom Only)

We frequently hear about rights or obligations arising from the Constitution, or claims of abuse of those rights or obligations. Often, these claims are argued based on particular constitutional points without understanding of the document as a whole. This course will carefully examine that whole and how the framework established by the founding fathers created a complete and compelling social contract that works for “We, the people…” It will not be a course in constitutional law, but rather a course in structuring governance. It will occasionally compare the American solution with other types and forms of national systems.

Instructor: David Farnsworth has 45 years of legal practice, including being named counsel on a major Supreme Court case. The major elements of his practice were government relations and international law.
COMPUTERS

INTRODUCTION TO PERSONAL COMPUTERS (Classroom Only)
This is an 8-week course. Class is limited to 10 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 (See page 2). Each student must bring a flash drive to class.
Instructor: Salli Brackett has teacher’s credentials. She has worked in administration for various companies, some requiring instruction to staff on computer software.

POWERPOINT - WHAT’S THE POINT* (Fall Semester Only) (Classroom & Zoom)
This is a 5-session class. This series is for those familiar with PowerPoint (PPT), whether an ICL instructor or anyone wanting to improve their skills. We’ll provide a refresher session (basics), do’s and don’ts of using PPT for teaching, integrating and managing media via PPT, and how to integrate PPT with Zoom. You can also bring your own projects, questions, concerns and we’ll try to help and give answers.
Instructor: Read Gilgen has 30 years experience providing technology support for faculty at Universities of Wisconsin and North Carolina and for ICL. He is the author of several technology books and is the PowerPoint and Zoom trainer/coordinator for ICL.

FINANCE, INSURANCE & LAW

ESTATE PLANNING (Classroom Only)
This 5-week course will teach what is needed for a proper estate plan. It will cover 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 - PURCHASE OR REFINANCE?**
(Classroom & Zoom)

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! **This class is one day only. See Learning Link newsletter.**

Instructor: Nanette Glauser, mortgage loan officer for 8 years.

**HEALTH & WELLNESS**

**BETTER BALANCE WITH FELDENKRAIS® (Spring Semester Only) (Classroom & Zoom)**

This is an 8-week course. Improve your balance with instructor-led combinations of gentle movements done walking or lying on the floor. Each class contains different movements (nothing to memorize) and is complete in itself - attend one or all. Bring a blanket or mat to lie on that will be comfortable for you and easy to carry. It must be material that your feet will slide on (not a sticky yoga mat). Mover’s quilts are good in class or at home on a carpeted floor.

Instructor: Ann Guhman has a 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.
HEALING POWER OF PLANT FOODS (Classroom & Zoom)
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.) There will be 3 sessions of this class during the semester. See Learning Link newsletter.
Instructor: April Ashcroft was cooking instructor for the Bridge Recovery Center; taught classes at Bosch Kitchen Center, Kitchen Corner, and different community venues.

HEALTH FOR MEN—AND THE WOMEN WHO LOVE THEM (Fall Semester Only) (Classroom 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 has an 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 on Hospital Governing Board.

KUNDALINI YOGA & MEDITATION (Classroom Only)
Kundalini Yoga is called the Yoga of Awareness. It is a dynamic, powerful tool that is designed to give you an experience of your soul. In Kundalini Yoga, we harness the mental, physical and nervous energies of the body and put them under the domain of the will, which is the instrument of the soul. This technology precisely and consciously combines breath, mudra, eye-focus, mantra, body locks and postures to balance the glandular system, strengthen the nervous system, ex-
pand lung capacity and purify the blood. It brings balance to the body, mind and soul. It is not a religion. When we apply the technology of Kundalini Yoga to our bodies and minds, it has the effect of uplifting the spirit. It is for everyone. It is universal and non-denominational. **Students must provide own yoga mat, water and eye covering for deep relaxation.**

**Instructor: Lisa Stearns** is a Certified Kundalini Yoga teacher, KRI, IKYTA

**MEDICARE - A LAYPERSON’S PERSPECTIVE (Fall Semester Only)* (Classroom & Zoom)**

This is a 4-week course designed to provide Medicare information without the sales pitch. Guest speakers will assist in understanding the ins and outs of Medicare. We will cover: what is Medicare and who qualifies, what is covered and not covered, how to navigate the Medicare website, Prescription Drug Coverage (Part D), using the website and your rights under Medicare.

**Instructor: Victor Lorch** has over 35 years insurance experience. He held insurance licenses in California and Utah in Property & Casualty and Life & Health. He previously taught “Insurance for the Lay-Person” at ICL.

**MIDDLE EASTERN BELLYDANCE* (Classroom Only)**

This is a beginning class and students will learn basic skills of Bellydance to be used in a short dance routine.

**Instructor: Colleen Moore** has worked as a clinical social worker for 31 years. She has studied and practiced dance for 27 years. She studied under Kismet in Salt Lake City and was a member of Troupe Zarifa for 19 years. She is a current member of the troupe, Daughters of Ishtar.

**SOMATIC YOGA (Classroom Only)**

Basic Iyengar Yoga, Somatic Yoga, at any age, focuses on posture and alignment as well as breathing, with the participant’s goal of improved range of motion, relaxation and mental clarity. **There will be two classes per week.**
Instructor: Sondra Fraleigh has a B.A. in Dance and an M.A. in Dance and Somatic Therapy. She was Professor of Dance and Somatic Therapy, State University of New York and Founding Director, Eastwest Institute for Dance and Movement Studies.

YAHWEH YOGA FOR SENIORS (Classroom Only)
Yoga for seniors focuses on breathing, balance, alignment, strength and flexibility.
Instructor: Pam Karakas, B.A., Psychology. Advocate for people with disabilities.

HISTORY

ANTI-SEMITISM, RACISM AND THE HOLOCAUST
(Spring Semester Only) (Classroom & Zoom)
Anti-Semitism, Racism and the Holocaust: Origins and development; an historical chronology from early eras, pre-Holocaust, post-Holocaust to our modern times. Facing new challenges of Anti-Semitism, racism, and intolerance in the modern world.

ARCHAEOLOGY - INTRODUCTION TO THE SOUTHWEST
(Spring Semester Only) (Classroom & Zoom)
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. 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 areas of Yucatan and Chiapas, Mexico and in Guatemala.
ARCHAEOLOGY LABORATORY - LOCATING AND RECORDING ARCHAEOLOGICAL SITES (Spring Semester Only) (Classroom Only)
Class is limited to 25 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 and completing site forms. Learn how to locate and record archaeological sites in southwestern Utah and northwestern Arizona. 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.

CIVIL WAR—TOPICAL (Classroom Only)
We will continue our focus on general topics related to the Civil War period covering such areas as: great gambles and blunders, prisons, how the armies were organized and best and worst generals. We will also cover topical subjects that preceded the war such as slavery, religion, the Mexican War and West Point's contribution to the conflict that helped define our national character; plus subjects like the Lost Cause that live with us even today.
Instructor: Bob Echols, auditor, Federal Highway Admin., 10 years; auditor/accountant, U.S. Navy, 19 years.

A DISTANT MIRROR - THE CALAMITOUS 14TH CENTURY* (Fall Semester Only) (Classroom & Zoom)
This course is based on the writing of Barbara Tuchman - a look at Europe in the 14th century, when the whole world seemed to be spinning to its doom, and yet when our modern world was
being born. The 14th century gives us two conflicting images: On the one hand, a glittering time of crusades, castles, cathedrals and chivalry. On the other, a dark time of ferocity and spiritual agony, a world plunged into the chaos of the Black Death and the Hundred Years’ War.

**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 President.**

**EVOLUTION OF TELEVISION—FROM MILTON BERLE TO HBO (Spring Semester Only)* (Classroom 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: 1960-2000 (Fall Semester Only) (Classroom Only)**

What was President Nixon’s favorite meal? What prompted the oat bran craze of the 80s? Who hated nouvelle cuisine? You’ll learn the answers in part two of the popular Food Fads course. This lighthearted **two-day class** includes an era-appropriate treat.

**Instructor: Saimi Bergmann** was a food writer, restaurant reviewer and travel writer for an Ohio newspaper for 20 years. She taught communications, speech and journalism at two universities and currently is the owner of a culinary tour company called Foodie Field Trips.

*New
GERMAN UNIFICATION AND BUILDUP TO WWI: KEY MOMENTS IN 19TH CENTURY HISTORY* (Spring Semester Only) (Zoom Only)

In its second year, this course on 19th Century European history will maintain its focus on the unification of Germany, a key pre-condition for WWI, with a new lecture on the first twenty years of the German Empire from 1870-1890. It will also add new lectures on the wider European context, both at the start of the century during the Napoleonic Wars and at the end of the century when colonial tensions among the British, French and Russian Empires were at their peak.

Instructor: Emily Adler, 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) (Classroom & Zoom)

This course will utilize Thomas G. Alexander’s text, “Utah, the Right Place”. The course will cover the following topics: The land; Utah’s earliest people, explorers, entrepreneurs, and emigrants; Building a new kingdom; Conflict and culture; Confrontation and compromise; Mining cooperation and challenge; Change and creativity in the age of Woodruff; Progressive Utah: Economics and Society, Progressive Utah: Politics and Culture; The Great War and the Little War II; and the transformation of Utah, an American Colony, an American Commonwealth and Reflections on Utah’s Kingdom, Colony and Commonwealth.

Instructor: Loren Webb has a B.A. in Journalism Education, M.A. in Communications and has teacher certification in Utah and Nevada. Taught history, geography, English and journalism until his retirement in 2020. He was also a staff writer for The Spectrum.
HISTORY OF WASHINGTON COUNTY (Spring Semester Only) (Classroom & Zoom)
We will explore the history of the land and its early inhabitants, the settlement of the county, how the people sank roots in a harsh desert climate, how settlement stabilized, and how isolation continued due to the absence of trains in the county. The course will also cover the county’s end of isolation from 1930 to 1960; the escalation of Americanization; new pioneers and modernization; along with current events between 2006 and 2016 and debate over future growth.
Instructor: Loren Webb has a B.A. in Journalism Education, M.A. in Communications and has teacher certification in Utah and Nevada. Taught history, geography, English and journalism until his retirement in 2020. He was also a staff writer for The Spectrum.

HOW THE BIBLE CAME TO US* (Fall Semester Only) (Zoom Only)
Most people have little understanding of how the Bible (specifically the New Testament) came to exist. This class will help participants have a better understanding of 1) the canonization process (how it was decided which documents would come to be regarded as authoritative scripture); 2) what lies behind the translations (existent source documents of the New Testament) and 3) Ways that it has been and continues to be read.
Instructor: Joseph Doherty has degrees in Philosophy and Psychology from the University of Utah and a Masters of Divinity from Luther Seminary in St. Paul, Minnesota. Has been a Lutheran Pastor for 22 years and currently serves as the Lead Pastor of New Promise Lutheran Church in St. George.

KNIGHTS TEMPLAR PART II (Classroom & Zoom)
This is an 8-week, “advanced” continuation of the course taught last year. Topics will include Mysteries, Myths and...
Secrets of the Knights Templar, including their wealth, their several trips to the early America plus relationships with the Vikings and Christopher Columbus.

Instructor: Emery E. Jones has a B.A.; M.S.W.; clinical social worker for 30 years and taught college classes for 8 years. Knights Templar has been a hobby for many years.

NATIVE AMERICAN HISTORY (Fall Semester Only) (Classroom & Zoom)
What really happened to Native Americans? What happened to the great cities? How were their many civilizations so devastated? What is their present state? Course will study the origins, contributions and hidden history of Native Americans.

Instructor: Kaye "Feather" Robinson has studied archaeology for the past 30 years and is now a researcher and teacher of archaeoastronomy, archaeology, native plants usages and Native American traditions. She is an archaeology teaching assistant at DSU. Archaeoastronomy is her passion. She likes to introduce Native Science to others and show that ancient cultures had wisdom and knowledge we have yet to discover.

NATIVE AMERICAN STORIES AND PLANT USES (Spring Semester Only) (Classroom Only)
Ancient indigenous people learned to adapt in the harsh and fragile Southwest desert by using plants for everything in their lives. This wisdom was handed down to current Native Americans. The class will show the plant uses for food, medicine, ceremony, baskets, cooking tools, and clothing as well as cradleboards, hunting tools, musical instruments and dwellings. This will cover the Anasazi (Ancestral Puebloans), Hopi, Navajo, and Paiute through archaeological studies and current interviews.

Instructor: Kaye "Feather" Robinson has studied archaeology for the past 30 years and is now a researcher and teacher of archaeoastronomy, archaeology, native plants usages, Native
American traditions and all the stories attached to those worlds. She is a teaching assistant at DSU.

ROMAN HISTORY - A SURVEY OF THE FIRST 700 YEARS
(Spring Semester Only) (Classroom Only)
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.

A STUDY OF THE TORAH—FIVE BOOKS OF MOSES IN THE OLD TESTAMENT PART 2 (Fall Semester Only) (Classroom & Zoom)
The Five Books of Moses/Torah/Old Testament will continue to be explored. Genesis, Exodus, Leviticus, Numbers and Deuteronomy. The history and people will be discussed.


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

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

WORLD WAR I HISTORY SEMINAR (Spring Semester Only)* (Classroom & Zoom)
Based on the writings of Barbara Tuchman, who achieved prominence with “The Zimmermann Telegram” and international fame with “The Guns of August.” Her combination of scholarship and descriptive writing (which won two Pulitzer Prizes) gives us a view of one of the neglected periods in U.S. History—the years between 1890 and 1918. Join us as we discuss the drama and intrigue of the Great War that forever changed our world. We will start out with material not covered in a previous semester, namely a portrait of the world during the two decades leading up to the war.

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. Has taught many classes for ICL and is currently ICL Vice President.

HOBBIES & INTERESTS

ART - COLORED PENCILS 1 (Fall Semester Only) (Classroom Only)
Class will explore beginning techniques of that medium. Students should have at least basic drawing skills. During the course, the students should expect to learn the properties of
colored pencils and about the surfaces they draw on. Color theory will be studied and applied for several art projects during the semester. On the first day, we will discuss supplies needed for the course so bring something with which to take notes. **Class is limited to 25 students.**

**Instructor:** Susan Pouzek, a professional, self-taught artist of acrylics and colored pencils. With over 40 years experience, she has taught large groups and privately for 13 years.

**ART - DRAWING 1 - GRAPHITE (Fall Semester Only) (Classroom Only)**
This is a class for those who want to learn to draw. We will study line, shape, form, light, shadow, value and perspective. Bring a #2 pencil and a sketchbook of at least 70lb paper. A supply list will be given the first day of class. **Class is limited to 26 students.**

**Instructor:** Susan Pouzek, a professional, self-taught artist of acrylics and colored pencils. With over 40 years experience, she has taught large groups and privately for 13 years.

**ART - DRAWING 2 (Spring Semester Only) (Classroom Only)**
This drawing course is a continuation of Drawing 1 from Fall Semester. The students will learn about 2-point perspective and continue to fine-tune those skills learned in Drawing 1. **Class is limited to 25 students.**

**Instructor:** Susan Pouzek, a professional, self-taught artist of acrylics and colored pencils. With over 40 years experience, she has taught large groups and privately for 13 years.

**BAKING YEAST BREADS FOR BEGINNERS AND EXPERTS (Fall Semester Only) (Classroom Only)**
This course consists of 3 sessions of 2 hours each. You will learn that it is fun and easy to make wonderful yeast products at home. Instructor will discuss ingredients, equipment and techniques while preparing various recipes. Session 1: The basics of making yeast bread. Session 2: Shaping and baking loaves, dinner
rolls and cinnamon rolls. Session 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.

CHESS FOR FUN AND COMPETITION* (ZOOM ONLY)
How do I do better at chess? This course is for beginners and novice chess players. Teaching all the rules and basics of chess; being successful in the 3 parts of the game: Opening, middle-game, and ending; and introducing you to more advanced topics such as winning tactics and strategies. Those who complete this course will be ready to start playing and winning chess games over-the-board, online and in tournaments.

Instructor: Greg Nelson has a B.A. in Psychology, Chartered Financial Consultant from American College, Certified Employee Benefit Specialist from The Wharton School of Business, and Disability Income Fellow from AHIP. Insurance Broker for 30 years and former President of the Utah Society for Financial Service Professionals and International DI Society.

CREATIVE WRITING: YOUR FIRST NOVEL (Spring Semester Only) (Classroom 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, has six published novels, Boys Pond, Hunting for Hippocrates, Hemorrhage, Mountain Mayhem, The Reluctant Carnivore and Gross Anatomy: A Cadaver’s Tale. He also has two published short stories, Borch Rosenkranz and Kismet.
DIGITAL PHOTOGRAPHY (Classroom & Zoom)
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 smartphone cameras can also benefit from the course. Adobe Photoshop Elements software is recommended but not required.

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.

GREAT PHOTOGRAPHERS (Fall Semester Only) (Classroom & Zoom)
We will study important photographers and their work: Dorothea Lange, Walker Evans, Robert Capa, Sebastio Salgado, Marion Post Walcott, Gordon Parks, Diane Arbus, Brett and Edward Weston, Jerry Uelsmann and Ansel Adams. The course is about the photos, but we will include short bios of these compelling people.

Instructor: Chris Wangsgard is a really bad golfer because he put the time he could have used to learn golf into learning about photography. He took classes from Utah’s best photographers and took a week-long seminar from Eliot Porter. He attended many exhibits at art museums and art galleries in New York, San Francisco and Santa Fe. His photos are in the collections of the Utah Museum of Fine Arts and the Salt Lake Art Center.

KNITTING & CROCHETING - BEGINNING (Classroom & Zoom)
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 (Classroom & Zoom)**

Class is limited to 15 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.

**NATIVE AMERICAN FLUTE - BEGINNING (Classroom Only)**

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:** 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.
NATIVE AMERICAN FLUTE - INTERMEDIATE (Classroom Only)
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.

PARANORMAL INVESTIGATION (Fall Semester Only)* (Classroom & Zoom)
Engage with paranormal investigators as they recount their ghost hunting adventures over the past decade in an attempt to separate folklore and stories from genuine paranormal activities. Learn the protocols and fundamentals of conducting an investigation, the theories behind ghostly manifestations and the equipment used to capture evidence of the paranormal. Audio and visual evidence from the investigations will be presented and discussed, allowing you to come to your own conclusions - Is it real or just your imagination?
Instructor: Todd Prince has a Masters in Archaeology, and a B.A. in History. He served 30 years with Utah State Parks as an archaeologist, museum curator and park manager. Joined Southern Utah Paranormal in 2010. Was a team leader 2016-2020.

PIANO GROUP LEVEL 3 (Classroom Only)
Class is limited to 15 students. Piano Group, Level 3 will continue on for students enrolled the previous semester in the Piano Group, Level 3 class. We will use a variety of Level 3 course materials to be handed out in class, as well as working in the Alfred’s Basic Adult All-in-One Course Book 3.
Pre-requisite: For students enrolled in the previous semester’s Piano Group Level 3 class.

*New
Instructors: Mark Gibbons has a B.A. in Music, and is a Songwriter and performer. He has taught piano, guitar and music in high school for 30 years. Judy Berrie is an accomplished pianist; has been involved in teaching the ICL piano class for several years. Marilyn Shirts is a piano teacher and has been a pre-school teacher and family counselor. She has taught numerous classes for ICL, including table tennis, basic computers and pickleball.

SO YOU WANT TO TEACH A CLASS/PRESENT A WORKSHOP (Fall Semester Only) (Zoom Only)
Class is limited to 10 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 is a business owner, healthcare practitioner and educator. Her teaching experience spans the past 30 years.

TRAVELING THE WORLD (Classroom & Zoom)
Have fun 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. He holds the highest travel agent designation and has travelled to nearly 40 countries. Hosts a weekly travel radio program.
WILD WORLD ADVENTURES* (Fall Semester Only) (Classroom Only)
Take a ride to adventure in places you would like to learn about or maybe visit but were too afraid to go. Explore countries such as Lebanon, Cuba, Vietnam and Myanmar with your guide to show you the way. Learn how to travel to these places, what to be aware of and how to make the most of your journey. This virtual tour will get the travel bug in you excited!
Instructor: John Smith is a world traveler, photographer and writer. He has traveled to over 140 countries and all 7 continents.

WOODBURNING ART (Spring Semester Only) (Classroom Only)
This is a basic course on woodburning. No artistic background is required. We will learn how to make very nice woodburned pictures. The instructor will supply your practice wood for the first few classes. Costs will be limited to the iron, wood beyond practice, other items you may purchase or borrow from the instructor. The instructor will provide you with a drawing board, wood and other supplies. A $5 contribution for materials is welcome but not required.
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.

WRITING YOUR LIFE STORY (Fall Semester Only) (Zoom 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 10-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.
LITERATURE

EXPLORING LATIN AMERICAN CULTURE THROUGH THE SHORT STORY* (Spring Semester Only) (Zoom Only)
We will be reading short stories and novels from Latin America and from the literary “boom” period (1960-1980) and some before and after.
Instructor: Read Gilgen, Ph.D., University of California, Irvine, Latin American Literature. Taught 5 years at University of North Carolina, Chapel Hill; and 3 years at University of Wisconsin, Madison. 26 years as language technology director at Wisconsin.

FAVORITE BOOKS (Classroom Only)
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: Nancy Kramer has a B.S. from Southern Utah University. She taught English and Drama in the Ogden City, Jordan and Canyon school districts. Kathy McNeil worked in Logistics (domestic and international) for Dyno Nobel, Inc, a commercial explosives company, for over 30 years and is an avid reader.

FOLKLORE AND MYTHOLOGY (Spring Semester Only) (Classroom & Zoom)
Together we will explore the background of familiar stories, jokes, superstitions, nursery rhymes and beliefs. We will ask (and sometimes answer) questions such as: Who was Aesop? Why are there no cabins numbered 13 on cruise ships? Was Red Riding Hood eaten by a wolf or rescued by a huntsman? Do you remember any jump-rod rhymes? How many steps are there in the “Cat’s Cradle” string game? Do eastern cities in the U.S. actually have alligators in their sewers? Why are the Grimms’ fairy tales so grim?
Instructor: D.L. Ashliman has a B.A., University of Utah; M.A., Ph.D., Rutgers University. Post-doctoral studies, University of Göt-
tingen and University of Bonn, Germany; Professor Emeritus, University of Pittsburgh; Guest Professor, University of Augsburg, Germany, 5 semesters.

MARK TWAIN—AN AMERICAN ORIGINAL  (Fall Semester Only)  
(Classroom & Zoom)
During this fourth and final semester of a two-year curriculum on Mark Twain, we will be taking a look at his business dealings, his autobiography and several modern fables, as well as Twain’s views on the “Supreme Art” and Satan. We will look at several of his obscure writings and discuss his tragic life. A brand new lecture based on Twain’s “Following the Equator”, will round out the semester.

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 President.

MACBETH: THE ORIGINAL BREAKING BAD (Spring Semester Only)*  (Classroom & Zoom)
A brief history of William Shakespeare. An analysis of “Macbeth” including studying each character in depth, deciphering the language, and discussing each scene thoroughly.

Instructor: Nancy Kramer has B.S., Southern Utah University. Taught English and Drama. She has been a performer in the Green Show at Utah the Shakespeare Festival. She was an actor in several Shakespeare’s plays and an actor at the Greek Festival in Ogden and various theaters throughout Utah. She also has been director, set, costume and lighting designer for several plays.

PHILOSOPHY & PERSONAL GROWTH

ADDITION RECOVERY TIPS* (Fall Semester Only)  
(Classroom & Zoom)
Do you or someone you love suffer from addiction? This introductory 3-week course will offer tips on how recovery programs work. We
will look at various ways to recover from addiction by improving our spirituality, emotional responses, and connections to others. The course briefly covers Alcoholics Anonymous, the original 12-step recovery program for alcoholism; Alanon, a 12-step program for friends and families of alcoholics; and touches on other 12-step recovery programs. This course is NOT a recovery program and does not replace any recovery or spiritual program.

**Instructor:** Diana Hawks has been active in addiction recovery for 28 years and is familiar with the programs of Alcoholics Anonymous and Alanon. She has facilitated workshops for individuals and groups using the 12-step process.

**DISCOVERING TAO TE CHING** (Classroom & Zoom)
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 Holman-Schmidt, Certified hypnotherapist; certified in the work of Byron Katie. Retired, telephone company, 33+ years. Retired, Orgill, Human Resources Supervisor.

**GROWING THROUGH GRIEF WORKSHOP** (Fall Semester Only) (Classroom Only)
This is a 6 consecutive week program, ninety minutes per session, will utilize experiential learning, a text book (“Good Grief” by Granger Westberg) and director instruction to enable people in grief to process feelings and gain insight about their
journey through grief.

**Instructor:** Dr. Michael Curd has been recognized by the U.S. Army and U.S. Air Force as a Subject Matter Expert in Trauma Resolution, PTSD, Grief Resolution, Critical Incident Stress Management and Health Care Ministry providing training to both internationally.

**How to Fully Live Your Retirement Years (Classroom & Zoom)**

If you are newly retired and wondering what to do or if you are just bored with life, come to this class. The instructor will encourage you to get excited about your life and its many possibilities and start living old and new dreams. She will help you find your gifts and talents, discover your purpose and mission and stop the things which prevent you from fully living your life. Who said we would get old? We are old only when we quit living. Life is not boring!!! Your life can be exciting, too!

**Instructor:** Eva Fry, 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 (Classroom Only)**

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 and took over class after his retirement. Student of Leo Buscaglia’s works. Laura Alldredge, 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 (Classroom & Zoom)**

Happiness, peace of mind and well-being are the foundation of everything. This course will teach you the principles behind happi-
ness 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.

**SOCRATES CAFÉ (Classroom Only)**
What does it mean to be free? What is truth? What is morality and who defines it? These are examples of some of the questions that ordinary people discuss in Socrates Café. Based on the book of the same name by Christopher Phillips, Socrates Café seeks to revive the tradition of questioning our beliefs in an open and respectful environment.

**Instructor: Kim Borgmeyer** is retired and interested in philosophy and discussing the big questions with fellow seekers. She has a B.S. in Applied Mathematics.

**UNTETHERED SOUL - A LOOK AT MICHAEL SINGER’S WORDS IN HIS POWERFUL BOOK* (Classroom & Zoom)**
The chapters in this book *The Untethered Soul*, are nothing but mirrors for seeing your “self” from different angles. And though the journey we are about to embark on is an inner one, it will draw upon every aspect of your life. The only requirement asked of you is the willingness to honestly look at yourself in the most natural, intuitive manner. Remember, if we are seeking the root of “self”, what we are actually seeking is you.

**Instructor:** Cynthia Holman-Schmidt has a Human Resource Certification; is a Certified Hypnotherapist and certified in *The Work of Byron Katie*. She is retired from Orgill, as Human Resource Supervisor.
SCIENCE

CHEMISTRY IN OUR DAILY LIVES (Fall Semester Only) (Classroom Only)
This class is a study of matter, which is sometimes called the “Central Science.” It is the instructor’s intention for students to gain an appreciation of how chemistry greatly impacts our daily lives. The course will begin with a discussion of the history and chemistry of the elements. It will then focus on how chemistry has improved our lives with food production and the 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 has an MS in Chemistry, UCLA; is a research chemist at the Aerospace Corporation and an Adjunct Professor in Chemistry at El Camino College and California State University.

DNA FOR ANCESTRAL RESEARCH - BEGINNING (Fall Semester Only) (Classroom Only)
This 4-week course 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 solve 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 (Spring Semester Only) (Classroom Only)
This is a course for non-scientists who desire an insight into Einstein’s life and his use of deductive logic that radically changed our scientific understanding of nature. We will discuss the circumstanc-
es in his life and his intense curiosity that led to one of the greatest intellectual achievements in human history: General Theory of Relativity. His contributions in other fields of physics have become foundations for our technological society. The course textbook is “Einstein, His Life and Universe”, by Walter Isaacson. 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.

**GEOLOGY—OUR GEOLOGIC WONDERLAND (Spring Semester Only) (Classroom & Zoom)**
We will explore some basic geological concepts and use them to interpret the amazing geological features that occur in Southwestern Utah and surrounding areas. This is an 8-week course.

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

**PSYCHOLOGY: AN OVERVIEW OF THE SCIENCE* (Classroom & Zoom)**
We will explore the history of the field of psychology and talk about some of the experiments in the past that would be a crime today. We will explore theories of behavior, personality and intelligence. We will discuss why humans are prone to irrational behavior and mental disorders. We will share the latest treatments and what you can do to be rational and mentally healthy. Oh, yeah, we’ll talk about Freud, too.

Instructor: Rob Kramer is the Director of ICL. He has a Ph.D. in Clinical Psychology and most of career has been in healthcare leadership positions. He continues a lifelong study of wellness, positive psychology, evolutionary psychology and personal motivation.
REPTILES & AMPHIBIANS OF ST. GEORGE AREA  (Classroom & Zoom)
We will discuss the reptiles: lizards, snakes, turtles and tortoises found around us. There are some remarkable behaviors found in the lizards in your own yard. We will discuss how to identify the snakes that are found in our area and we will leave the class knowing how to identify the 50+ species we will discuss. We will also talk about the amphibians found in the area and the remarkable behaviors they exhibit. If you are fearful of rattlesnakes, we will teach you how to deal with them.
Instructors:  Greg Brim, lifelong member, and 10 year member of the Board of Directors, Chicago Herpetological Society. Frederick Morris was an engineer for E.I Dupont Co. with various assignments in design, construction, computer modeling and plant operation.

SCIENTIFIC CONTROVERSIES - RECORDED YOUTUBE LECTURES*  (YouTube Only)
This class will cover a series of topics including Evolution, Climate Change, Measuring the Age of the Earth, The Great Flood and other topics of interest. When you sign up for this class, you will receive links to the Youtube lectures.
Instructor: Rick Miller, Ph.D., UCLA; retired professor of Geology, San Diego State University and Dixie State University.

SPORTS ACTIVITIES & FIELD TRIPS
ARCHERY - BEGINNING  (Classroom Only - Off Campus)
Participants will receive basic instruction in target and 3D archery, covering the different types of equipment used. Safety and beginning shooting, from practice range through the shooting of field course and 3D course, will be taught. Equipment provided by local archery club, the Red Rock Bowman. Personal archery equipment is okay, but must pass safety standards (No crossbows). Class will run 2 hours each week at archery range at Southern Utah Sport Shooting Park (next to fair grounds).
Instructors: Mel Langness is a Certified National Field Instructor, Class 2 (There are 3 classes of instructor with Class 3 being Olympic class). Marie Langness is an archery champion with gold medals from the Huntsman World Senior Games and numerous state championships.

**BOTANY FIELD TRIPS (Classroom Only - Off Campus)**
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 has an A.S. in Forestry and a B.S. in Range and Fishery Management. He served for 38 years with Bureau of Land Management.

**CORNHOLE TOSS (Classroom Only)**
Class is limited to 16 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. This is a 5-week course.
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 (Classroom Only - Off Campus)**
Must register for each hike in advance. Each hike has specified limits of hikers. The hikes are now listed on "Meetup", offering you a much easier way to sign up, cancel or get updates. In our registration stream, find the "Hikes" event. There you will find a link to the meetup site. Hikes are offered all year long and vary in length, difficulty level, location and group size. They may be scheduled on any day of the week, with start times varying (morning, midday, afternoon), depending on the time of year. Always come prepared by choosing a hike suited...
to your skill level, ability and needs; and wear proper clothing and hiking shoes with good support and traction.

**Instructors:** Frida Audele is certified in Diabetes Education and Management. Long-time hike leader in Washington County. Tim Obrien has worked in logistic systems and transportation management for a large consumer product paper shipper. Currently enjoying the geology and archaeological opportunities the Southwest offers.

**KICKSTART - WOMEN’S KICKBALL & EXERCISE CLASS**
* (Fall Semester Only) (Classroom Only)
Kickstart is Kickball, beginning, with some easy warmup exercises for 15 minutes and then 35 minutes of non-competitive, fun Kickball. Participants should be steady on their feet and able to walk quickly with no previous history or risk of tripping or falling. This is an active class. Expect lots of fun and laughter with new friends. The ball is a medium size, easy to catch and kick, soft vinyl ball. Checking with your doctor is always a good idea before starting any exercise program. **This is a 6-week course starting in October. Class limit is 12 women.**

**Instructor:** Marilyn Shirts is a piano teacher and has been a pre-school teacher and family counselor. She has taught numerous classes for ICL, including table tennis, basic computers and pickleball.

**PICKLEBALL - BEGINNERS**
* (Classroom Only)
Class is limited to 6 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 at Vernon Worthen Park. **Participants must provide their own pickleball paddle and ball.**

**Instructor:** Frank Feltner is a 4.0 player; Huntsman Senior Games medal winner and private pickleball instructor.

**PICKLEBALL 1A**
* (Classroom Only)
Class is limited to 6 students. Learn how to play Pickleball, the
rules, beginning strokes and strategies in a small group indoors. Not designed for players already in leagues or experienced or advanced players. **Participants must provide their own pickleball paddle.**

**Instructor: Marilyn Shirts** is a piano teacher and has been a pre-school teacher and family counselor. She has taught numerous classes for ICL, including table tennis, basic computers and pickleball.

**PICKLEBALL 1B (Classroom Only)**

**Class is limited to 6 students.** Learn how to play pickleball, the rules, beginning strokes and strategies in a small group indoors. Not designed for players already in leagues or experienced or advanced players. **Participants must provide their own pickleball paddle.**

**Instructor:** Patti Lusby is a long-time pickleball instructor.

**TABLE TENNIS - INTERMEDIATE (Classroom Only)**

**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. **Must furnish own paddle.**

**Instructors:** Wayne Peterson has a B.A., Baylor University; M.A., University of Arizona; Attorney at Law. Terry Reid has an M.S., Math Education. He is a teacher, coach and a table tennis enthusiast.

**TABLE TENNIS - NOVICE AND INTERMEDIATE (Classroom Only)**

**Class is limited to 18 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. Must furnish own paddle.
Instructor: Larry Puskas has a B.A., Mathematics and is a former professional tennis player.

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ENNIS (Classroom Only)
 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. Each student must provide his/her own racquet and one can of tennis balls.
 Instructor: Kelly Beaumont has played tennis for many years and understands the rules and fundamentals of the game. He practiced as a Physician's Assistant for forty years.
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