The opinions and views expressed by ICL instructors or presenters are those of the individual instructor or presenter, who are solely responsible for the content of their courses, seminars, lectures or field trips. The ICL organization does not endorse any specific content. ICL members are responsible for 1) independently evaluating the information given and the opinions expressed and 2) for acting upon this information and these opinions in their own best interests. No ICL instructor or presenter is allowed to solicit business or sell a product in which they have a vested interest through an ICL class.
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REGISTERING FOR ICL

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

2. Click on the “Buy Membership” button. Select either 2022 Fall membership or 2022-2023 annual membership. Enter your membership information, contact information, etc. Create a password (if you haven’t already) and select “Submit Registration.” If you purchased a summer plus annual membership, you are covered.

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 wish to pay by check, choose the “Pay by check (ACH)” and follow instructions.

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.

*New

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.

PURCHASING A UNIVERSITY INTERNET PASS
You can access the internet for free by signing on to the “Trailblazer Guest” option when your device searches for a password. However, if you are taking a class that requires you to use a university computer, you will need to purchase university Trailblazer access, which requires an email address and password. On the registration system, select the Event, “Purchase ICL UT University Internet account (IT Tag).”

LIVE LONG. LIVE WELL—A Health and Longevity Program, Sponsored by ICL, UTAH TECH, Intermountain Health Care and the City of St. George
ICL and its partners offer 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 the course descriptions:
MANY CLASSES CAN 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 that 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 a link via email prior to the class. Click on that 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.)

ICL NOW OFFERS CLUBS

ICL traditionally offers classes that are open to everyone, and all members have an opportunity to register for those classes. Some events are unique and don’t fit cleanly in this structure. This may be for certain reasons, including:

• be self-organizing. In other words, they create their own schedules, agendas and activities.
• have a designated leader or leadership team.
• adhere to ICL rules and have their own set of self-governing rules.
• have the option of different fee structures and may not require an ICL membership but will still be an ICL-sponsored program.
• be able to add events during the summer months when the ICL office is closed.

Our first official club is the ICL Garden Club. It currently is self-governing and has a separate club fee established in addition to ICL membership.

ICL Hiking events now fall under the ICL Hiking Club designation. The Hiking Club already has its own rules, its own leadership and does its own scheduling of events through Meetup.com.

We also hope to encourage the establishment of new clubs. If you have an idea for a club you would like to start, talk to us!

CLUBS

GARDEN CLUB

The ICL Garden Club focuses on learning how to garden in Washington County. Some members have a lot of gardening experience, some have none, but we share an appreciation for wholesome food, nature and the outdoors. The club holds monthly meetings (first Tuesday of the month at 10 a.m., could change seasonally) and members spend time tending the garden on a regular basis. The club shares the backyard with the Utah Tech Garden Club (the ICL beds are the two large ones in the middle). Outdoor activities improve health and happiness. Please come and join us!
HIKING CLUB
Thanks to the efforts of Matt Asai, Frida Audele and Rebecca Chambers, hikes are now listed on Meetup.com to make things easier for everyone. To join the ICL Hiking Group, you must have an ICL membership. Then go to meetup.com and search for ICL Hiking Group or go to this link: https://www.meetup.com/icl-hiking-meetup-group/. Then click on the JOIN US button & allow us a couple of days to process your request. Once that is done, you can sign up for the hikes on the Meetup site. Paid ICL members only!

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*New
**ART & MUSIC APPRECIATION**

**FROM STREET FAIRS TO WORLD CLASS MUSEUMS HOW TO ENJOY THE WORLD OF ART—5TH YEAR (Fall Semester Only, Classroom & Zoom)**

Do you frequently look at a piece of art with a blank stare on your face? Do you question why it is considered “art” at all? Do you long for art to “move” you? Instructor will entertain and enlighten you and you will leave the class with a new pleasure center—the world of art!

**Instructor:** Kim Blackman was uniquely raised by an artist mother within an entrepreneurial extended family and has lived about 20 years in each of New York, Miami and Los Angeles. He has been professionally engaged in the arts for essentially his entire working life. He owned art galleries in Miami for some 17 years, placing their art in are galleries throughout the United States. He has lectured in front of art consultants from London to Beijing.

**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 founder and first president of the Dixie Watercolor Society in St. George. She has taught at Utah Tech Community Education and ICL.

**HISTORY OF THE BANDS (Spring Semester Only, Classroom & Zoom)**

This is a 4-week course. Ever wonder where Henry Mancini, Ray Conniff and Frank Sinatra got their start? All got their start during the Big Band Era (1935—1950). Learn the history of and listen to the music of Benny Goodman, Glenn Miller and Tommy Dorsey.

**Instructor:** Victor Lorch, B.S., Political Science, Monmouth University. Radio Announcer/Founder campus radio station, Monmouth University and KDXI Radio, Utah Tech University. ICL instructor for over 10 years.
POST WAR ART & DESIGN (Classroom & Zoom, Fall Semester Only)
This is a 3-week course. World War II and the Nazi “Degenerate Art” changed the art world forever. The affluence after the war 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 hear, see and touch examples of the time.
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 (Fall Semester Only, Classroom Only)
In this class, we will visit the ideas of democracy that form our approach to governing. We will look at the elements that frame our personal perceptions of politics and guide our actions as we participate in the experiment of democracy including core conservative values and the contributions of Western liberalism. We address democracy as a form of government, particularly in contrast with autocracy. We define the common good and identify the “perks” enjoyed by citizens of a democracy. We address the personal responsibility of living in a democratic society, including the exercise of civic duty and informed citizenship. We examine the ongoing challenge of attaining political literacy and advancing one’s true political interest. Most importantly, we address contemporary challenges to our form of democracy.
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 1970s. He worked on a congressional staff as director of government relations within the public power industry.

ECONOMIC CHAOS AND DISRUPTION (Classroom & Zoom)
This is a 6-week course. The Great Depression, The Great Recession, Dot Com bubble, COVID economic impacts and Ukrainian War impacts will be discussed. Crypto Currencies will be explained and considered along with recent new economic instruments and the potential of inflation to disrupt the economy.
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.

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. Utah Tech 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 and she has worked in administration for various companies, some requiring instruction to staff on computer software.

POWERPOINT - WHAT’S THE POINT (Classroom & Zoom)
This is a 5-week course. This class is for those already familiar with PowerPoint (PPT), whether you’re an ICL instructor or not. Even experienced users are surprised that there’s more to learn. We’ll start with a refresher session (basics) and quickly move to dos and don’ts of using PPT for teaching, transitions, graphics, animations, integrating and managing media via PPT, and how to integrate PPT with Zoom. You can also bring your own projects, questions and concerns and we’ll try to help. We’ll use a workshop, rather than lecture, format and give you plenty of time to practice what you learn.
Instructor: Read Gilgen has 30 years experience providing technology support for faculty at the 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.

CONSUMER CONTRACTS* (Spring Semester Only, Classroom and Zoom)
Have you every signed a contract and thought..."What did I just commit to?" Instructor will break down the key parts of consumer contracts, explain what all that legalese means in understandable English and provide important negotiation techniques.
Instructor: Bruce Pearson is a veteran banking attorney licensed in 6 states. He has drafted numerous consumer contracts including loan documents, purchase and sale agreements, licenses, real estate leases and many more.

HEALTH & WELLNESS

AGING PROACTIVELY* (Classroom & Zoom)
“I didn't get old on purpose, it just happened. If you’re lucky, it could happen to you” - Andy Rooney. If we are lucky enough to be this old, then let's figure out how to deal with it proactively. This course will provide you with professional insight on topics of importance to successful aging. You will learn about nutrition, exercise, brain health, legal and financial preparation and resources to help you gracefully maneuver the aging obstacle course.
Instructor: LuAnn Lundquist has a B.S. in Social and Behavioral Science with a minor in Anthropology. She worked 16 years in the field of dementia services in Southern Utah and is the Founder of Memory Matters, Utah.

EXERCISE FOR BEGINNERS WHILE HAVING FUN WITH FRIENDS* (Classroom Only)
This class is for women only. Need a little fine tuning? Come and have some fun; and get some exercise! Added benefit is a little cross training for Pickleball/Tennis players, light cardio, stretching, arm strengthening, etc. Participants need to be able to walk fast and do other basic movements without risk of falling. It's always a good idea to check with your doctor before starting an exercise program.
Instructor: Marilyn Shirts is an experienced Pickleball teacher for beginning adults and children, and understands the value of improved overall physical fitness for everyone in general.

GET DOWN, GET UP* (Spring Semester Only, Classroom Only)
Maintaining or regaining the ability to get down and get up from the floor is a source of joy for many people. Playing with children, diving for balls, recovering from and preventing falls and gardening all keep life varied and interesting. Even if it's getting out of bed or a chair, finding movements to make them easier adds variety to life. Classes are a sequence of movements from the library of the Feldenkrais® Method of Movement Education. Each class, led by the voice of the teacher, stands alone requiring no memorization or perfect movements. Bring a blanket, towel or pad that will make you comfortable on the floor; not sticky yoga mats.
Instructor: Ann Guhman, Certified Feldenkrais® Practitioner by Feldenkrais® Guild of North America after 4 years training; Masters in Geology, specializing in groundwater, Univ of Nebraska.

HEALING POWER OF PLANT FOODS - Cooking Class(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. This is actually 3 separate events during each semester. You can sign up individually for each one. (There will be a $7 fee or each class, paid to the instructor, to cover the cost of food (which you get to enjoy.)
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 genders. 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 on the 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, expand 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

LONGEVITY: QUALITY AND QUANTITY LIVING* (Fall Semester Only, Classroom Only)
This course will provide information pertaining to health span and lifespan. Medical science processes focusing upon longevity will be offered. Quality of life issues will be addressed. Behavioral changes that support quality and quantity living will be identified and overcoming their possible challenges explored. This course is provided as an opportunity to understand and adapt to daily living practices that support “aging well.”
Instructor: Dwayne Marrott has a Ph.D. in Clinical Psychology. He is currently retired; having previously dealt with quality of life issues over decades. He has enjoyed his personal commitment during the past few years exploring longevity aspects of living.

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.
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 NY 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
ALEXANDER THE GREAT* (Spring Semester Only, Classroom Only)
Claiming to be the son of Zeus, a descendent of Hercules and Achilles, and as the real son of Philip II of Macedon, a powerful leader and military genius, Alexander had much to live up to. As a young teenager, he told his father that he was concerned that there would be nothing left for him to conquer because of all that his father had done. He was wrong. Armed with the teachings of Aristotle and his father’s dream of defeating the Persian Empire, Alexander left Greece to chase the glory that was innately his.
Instructor: Ann Till, B.A., History & Classical Civilization, University of Utah; M.Ed., Westminster College; Fulbright Scholar at the American Academy in Rome and Cumae, Italy; Fulbright-Hays Scholar in Cyprus and Turkey; Study Abroad Program in Greece. Teaching certificate in Latin and History.
THE AMERICAN EXPERIENCE IN CHINA* (Spring Semester Only, Classroom & Zoom)
Based on Barbara Tuchman’s Pulitzer Prize-winning “Stilwell and the American Experience in China” (1970), acclaimed by many as her best book and described by one Harvard scholar as “the most informative book we have ever had on the difficulties and failures of the American relationship with China.” The book combines brilliant narrative history and superb biography and covers American relations with China over three decades, from the fall of the Manchu Dynasty to the rise of Mao Tse-tung. This will be a companion course to “America Betrays Herself in Vietnam” as Tuchman asserts that China is the ultimate reason for American involvement in Vietnam.
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.

AMERICA BETRAYS HERSELF IN VIETNAM (Fall Semester Only, Classroom & Zoom)
In her book The March of Folly, Barbara Tuchman explores one of the most compelling paradoxes of history: the recurring pursuit of governments of policies contrary to their own interests. We will examine a chronicle of self-hypnosis, cynicism and loss of trust in government during the 30 years of America’s involvement in Vietnam.
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.

ANCIENT ISRAEL TO MODERN ERA: THE PEOPLE AND THE LAND* (Fall Semester Only, Classroom & Zoom)
A brief history of the Jewish people in Israel from ancient times (circa 1900 B.C.E.) through the ages to the Modern Era. Review of the demographic, social, cultural, historical and religious situation of the Jews in the Middle East and Israel. An examination of the dynamics of relationships of the Jewish People with other nations in the region. Discussion of the multi-dimensional aspects of the Jewish existence in the Middle East, and the State of Israel.

CIVIL WAR IN THE WEST (Classroom Only)
Course is a chronological review of battles, personalities and events in our nation’s greatest internal conflict. We will focus on activity in the Western Theater and Trans-Mississippi.
Instructor: Bob Echols, auditor, Federal Highway Admin., 10 years; auditor/accountant, U.S. Navy, 19 years.

FROM MILTON BERLE TO HBO - EVOLUTION OF TELEVISION (Fall Semester Only, Classroom Only)
This is a 5-week course. 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: 1960-2010 (Fall Semester Only, Classroom Only)
This is a 4-week course. Learn how historic events, inventions, television and the internet impacted what we ate over the past 50 years. This course picks up where “Food Fads: 1890-1950” left off, whisking you from Julia Child to Bobby Flay. We will look at the history of iconic treats like Tunnel of Fudge Cake and watch video clips
from some early television cooking shows. There may be treats!

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

**EXPLORING SOUTHERN UTAH, NORTHERN ARIZONA AND SOUTHEASTERN NEVADA** (Fall Semester Only, Classroom & Zoom)

Find out about local places to explore in southern Utah, northern Arizona (the Arizona Strip) and southeastern Nevada. The class will emphasize historical and archaeological sites and trails and include some hiking and scenic areas as well as state parks, national parks and monuments. Class will include background information and tips for visitors.

**Instructor:** Diana Hawks is a retired archaeologist (BS and MA in Archaeology from BYU) who was fortunate to have worked in the Mayan portion of southern Mexico and Guatemala early in her career. She worked for the New World Archaeological Foundation in Chiapas, Mexico; the El Mirador Project in Guatemala; and with the University of New Mexico at the site of Sayil in the Yucatan.

**THE GREAT DEPRESSION** (Spring Semester Only, Classroom & Zoom)

The economy leading up to the crash, some major causes, what was done to restart the economy, did the efforts help or hinder recovery, what finally worked, the lasting effects today. Can it happen again?

**Instructor:** Charles Perkins, B.S. in Business Administration, majoring in accounting. Graduate degree in Banking and Finance.

**HISTORY OF UTAH** (Fall Semester Only, Classroom & Zoom)

A study of Utah generally with attention given to the exploration, settlement and development of the state. The course will use as its text, *Utah, the Right Place* by eminent Utah historian Thomas G. Alexander, along with other sources. Topics will include Explorers, Entrepreneurs and Emigrants, Building a New Kingdom, Confrontation and Compromise, Progressive Utah, The Great War and the Little Depression, World War II and the Transformation of Utah, and an American Commonwealth. One voluntary field trip is tentatively planned for either Mountain Meadows or Silver Reef.

**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 retirement in 2020. He was also a staff writer for The Spectrum.

**HISTORY OF WASHINGTON COUNTY** (Spring Semester Only, Classroom & Zoom)

A course of study that discusses Utah generally, but then focuses special attention on the exploration, settlement and development of Utah’s Dixie (Washington County). The course will use as its text, *A History of Washington County, From Isolation to Destination* by Douglas D. Alder and Karl E. Brooks. Students will gain a better understanding of the people and the events that have shaped the history of Southwestern Utah, including the land and its early inhabitants, settlement, isolation and the Americanization of Washington County and Utah. One field trip will be included with the site yet to be determined.

**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 retirement in 2020. He was also a staff writer for The Spectrum.

**INTRODUCTION TO MESOAMERICAN ARCHAEOLOGY** (Spring Semester Only, Classroom & Zoom)

This is a 7-week course. This course will cover the archaeology, civilizations and indigenous peoples of Middle America (Mesoamerica) including central and southern Mexico, Guatemala, Honduras, and El Salvador.

**Instructor:** Diana Hawks is a retired archaeologist (BS and MA in Archaeology from BYU) who was fortunate to have worked in the Mayan portion of southern Mexico and Guatemala early in her career. She worked for the New World Archaeological Foundation in Chiapas, Mexico; the El Mirador Project in Guatemala; and with the University of New Mexico at the site of Sayil in the Yucatan.
KNIGHTS TEMPLAR (Spring Semester Only, Classroom Only)
The Knights Templar were an order of Papal Knights working in me-
dieval times. They quickly rose from a poor rag-tag order with skin-
and-bone horses to the fiercest, richest, most loved order of all.
Instructor: Emery E. Jones, B.A.; M.S.W. Clinical social worker for 30 years and taught college classes for 8 years. Knights Tem-
plar has been a hobby for many years.

NATIVE AMERICAN HIDDEN HISTORY (Spring Semester Only, Classroom & Zoom)
Feather Robinson has trained under seven elders from seven different tribes. She tells the history from the viewpoint of Native Americans and challenges the notions we have from text books and films. What really happened to Native Americans? What happened to their great cities? How were their many civilizations so devastated? What is their present state? Course will study the origins, contributions, hidden history and boarding school programs and their impact on Native Americans.
Instructor: Kaye “Feather” Robinson has studied archaeology for the past 30 years and is now a researcher and teacher of archeoastronomy, archaeology, native plant usage and Native American traditions. She is an archaeology teaching assistant at Utah Tech. Archeoastronomy 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 ROCK WRITING - UNDERSTANDING THE SIGNIFICANCE AND MEANING OF PETROGLYPHS* (Fall Semester Only, Classroom Only)
Class will discuss the importance of symbols and their significance for daily life, spirituality and communicating history. You will gain an understanding of the sacred meanings of some of the petro-
glyphs and pictographs we find all around us. You will discover who created them, how they were created and how long ago. You will be in for a few surprises!
Instructor: Kaye “Feather” Robinson has studied archaeology for the past 30 years and is now a researcher and teacher of archeoastronomy, archaeology, native plant usage and Native American traditions. She is an archaeology teaching assistant at Utah Tech. Archeoastronomy 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.

ROMAN HISTORY - A SURVEY OF THE FIRST 700 YEARS (Fall 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, University of Utah; M.Ed., Westminster College; Fulbright Scholar at the American Academy in Rome and Cumae, Italy; Fulbright-Hays Scholar in Cyprus and Turkey; Study Abroad Program in Greece. Teaching certificate in Latin and History.

WOMEN’S VOICES IN THE BIBLE (TORAH/OLD TESTAMENT) AND WOMEN’S VOICES IN MODERN TIMES (Spring Semester Only, Classroom & Zoom)
This course will examine the evolution of women’s voices in the Torah/ Old Testament and their voices in modern times. Specific attention will be paid to the specific cultural and historical conditions as well as to the events that helped shape women in society in ancient times and their relevance to shaping women in modern life.
HOBBIES & INTERESTS

ART - BEGINNING COLORED PENCILS PORTRAITURE (Fall Semester Only, Classroom Only)
You’ve always wanted to draw a portrait but haven’t? Bring a #2 pencil and a piece of unlined paper for taking notes. Instructor will gently lead you down the path to creating the portrait you always knew you could! Supplies are discussed and a list is given on the first day of class. **Class is limited to 20 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 - BEGINNING DRAWING (Spring Semester Only, Classroom Only)
You’ve always wanted to draw but didn’t have the time. Now is the time! Instructor will gently lead you down the path to understanding shapes, light and shadow, form and perspective. Ideas presented will help you to be successful and spark your creativity! On the first day, bring #2, #4 and #6 graphite pencils and a sketch pad with at least 80# paper. **Class is limited to 20 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 - BEGINNER’S BASIC DRAWING (Fall Semester Only, Classroom Only)
This course is for the very beginner, for those who have always wanted to learn how to draw but never had the chance. Very basic skills will be taught. To the first class, bring a Strathmore Sketch 9” x 12” pad, 70 or 80 lb., and a #2 pencil. Instructor will provide a list of additional supplies during the first class.
**Instructor:** Brenda Rusnell has taught drawing for ICL and private classes for many years. Registered Dental Assistant, 35 years.

BASIC JEWELRY MAKING* (Fall Semester Only, Classroom Only)
Class is limited to 6 participants. Learn the basics of making jewelry and creating your own unique pieces. You will be using a variety of beads (glass, wood, metal), cords (silk thread, metal wire and nylon cords) and center pieces.
**Instructor:** Frida Audele has designed and created her personal line of jewelry. Her hand-crafted pieces have been sold at local boutiques, public events and private holiday gift shows. She has been commissioned to create jewelry for special occasions.

CHESS FOR FUN AND COMPETITION (Classroom Only)
This is a 10-week course. **Fall Semester** we will learn the basics of chess for beginners and those that just want to improve their game to be able to “hold your own” in a casual or club game. The last 2 weeks will be a friendly tournament where the instructor can better help you to evaluate your progress and potentially win prizes! **Spring Semester** will be an intermediate course as a continuation of Fall, but other intermediate players can join without requiring that they have attended the fall course first.
**Instructor:** Greg Nelson has a B.A. in Psychology from Weber State University, where he was President of the Chess Club. He played in the Utah Chess Open where he took 3rd place in his division with an effective rating of 2100+ at that time. He has coached a National High School Chess Champion as well as served as a Chess Merit Badge Advisor for the Boy Scouts of America. Besides chess, he enjoys piano and helping others.

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 to and options for getting it published.
**Instructor:** Warren Stucki has several 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. He is currently the Vice President of ICL.
DIGITAL PHOTOGRAPHY (Spring Semester Only, Classroom & Zoom)
This course covers the basics of taking better photos, then organizing and editing them on a computer. The level is appropriate for users of all types of cameras from sophisticated DSLRs, to “point and shoot” iPhones. Organizing and editing demonstrations will include the popular applications Photoshop, Lightroom and Photoshop Elements, with emphasis on the easy-to-use application Photoshop Elements.
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. Certificate Program in Digital Photography, Cornell University.

FAMOUS ETHNIC CHEFS OF ST. GEORGE SHARE THEIR EXPERIENCE* (Fall Semester Only, Classroom Only)
The concept of this course involves three parts per class: (1) Introduction of local chefs, specializing in ethnic foods (Hungarian, Italian, Thai, Jewish and others) who will engage us in a short history of their culture and the kinds of foods that have uniquely sprung from the native geography of that culture. (2) A full cooking lesson on how to make an iconic dish of their choosing together with a step by step, printed recipe and ingredient list. (3) VIP recognition when you dine at one of their local restaurants.
When you finish this course, you should be able to wow family and friends with an authentic meal and a short, but intimate background of the food you are serving. Throughout the semester, each chef will share tips and tricks that you will be able to use to make cooking faster, easier and more fun. There will be an additional charge for the cooking event to cover the cost of the food. You will be alerted to the cost prior to each cooking event.
Instructor: Kim Blackman, grew up in a close, extended restaurant family in New York City. Working in those restaurants and dining around Manhattan with his uncle year in and year out sparked a critical interest in food. This course arose from that interest in, and love for, what we eat, how we create it, and the history behind it.

LET'S DO A MELODRAMA (Classroom Only)
This course will introduce you to, and give you the opportunity to experience stage directions, basic acting techniques, as well as most of the other aspects of creating a stage production. We will not delve into any of these areas too deeply because the outcome of this class will be the production of and participation in a melodrama. Class members will be expected to participate, be imaginative and a little creative. In this course, we will concentrate on the fundamentals, involve a lot of student participation, move beyond our comfort zones and have fun.
Instructor: Russ Stevenson has a B.S. in Psychology, a M.S. in Public Administration and a M.S. in Healthcare Administration. He has been involved in all aspects of theater from high school through college and on to community theater. He attended his first college on an acting scholarship. He has been a radio Disc Jockey and sports announcer. He owned a small cable television station and was the catalyst in starting The Edge of the Seaters community theater.

MIDDLE EASTERN BELLYDANCE (Classroom Only)
Course attendees will learn the history of Middle Eastern Bellydancing. In each class session, at least two new bellydance techniques will be taught and practiced. By the end of each semester, students will have been taught dance choreography.
Instructor: Colleen Moore has studied Cabaret-style bellydance since 1994 in Salt Lake City and St. George. She is currently dancing with the troupe Daughters of Ishtar.

NATIVE AMERICAN FLUTE - BEGINNER AND/OR NOVICE (Classroom Only)
No previous musical knowledge or experience is required for this class. We will focus on the fundamentals: what to look for in your first flute, how to care for your flute, how to create a soothing sound, some exercises to reinforce muscle memory in your fingers, simple solos, how to play with others and discover your own voice.
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: Orville Chigbrow has a Master of Fine Arts from University of
Montana and former Adjunct Professor. Attended workshops at Zion Flute School and with R.C. Nakai, as well as online classes with Scott August. Attended ICL Native American Flute classes since 2016.

**NATIVE AMERICAN FLUTE - INTERMEDIATE (Classroom Only)**
For Native American Flute (NAF) players who have had Beginning Native American Flute or know NAF basics. We use outside resources and resources of class members to improve our skills.

**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.

**THE NEW SPACE RACE (Classroom & Zoom)**
The original Space Race was incredible! The new Space Race is shaping up and it may be even more exciting. From Elon Musk and Spacex to Jeff Bezos, NASA, Russia, China and more. We will review the history of and preview the future of space exploration.

**Instructor:** Dustin Woodbury has a B.A. and M.A from BYU in Accounting. Is a CPA and Financial Advisor.

**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 Bachelor’s 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.

**GROUP PIANO LEVEL 2-3 (Classroom Only)**
Class is limited to 15 students. This class is a continuation of last year’s Group Piano. The Fall classwork will be on intermediate levels 2 and 3. Explore and develop specific skills, concepts and repertoire. There will be new ideas, a fresh approach, engaging teaching techniques, individual instruction options and lots of group enjoyment! Class work will begin with a review in: “Alfred’s Adult All-in-One Course, Level 2.”

**Instructor:** Kathy Black is a Piano performance major, B.A. University of Utah, Student of Gladys Gladstone, experienced piano teacher (40 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.

**REVITALIZE YOUR WARDROBE** (Spring Semester Only)
This is a 6-week course. Class is limited to 5 participants. Revamp your closet. Breathe new life into humdrum pieces. Turn ordinary articles into new chic outfits without leaving your house. This class is the grown up version of “dress up” you played as a child. We will rotate meeting at each participant’s home. We will go through each closet, sorting out what to keep, what to toss and what needs reincarnation. In the process, you will learn how to choose clothes that highlight your best features. It is not what size and shape we are. It is the color, pattern, cut and fit of what we put on that brings out our best look.

**Instructor:** Frida Audele has experience with upscale retail stores as a personal shopper (Neiman Marcus & Chicos). She started decorating T-shirts and sewing at an early age of 10 or 11.

**TEACH, FACILITATE, SHARE YOUR KNOWLEDGE WITH OTHERS** (Fall Semester Only, Zoom Only)
Class is limited to 15 students. This course will help you put together your course/presentation from beginning to end including how to market your class to the public!

**Instructor:** Sharon Shores is a business owner, healthcare practitioner and educator. Her teaching experience spans 30 years.
TRAVELING THE WORLD (Classroom & Zoom)
The world is an incredible place with so many great destinations. This course will take you to places around the world learning about their history, culture, amazing natural sites and people. Instructor will make this class fun and interesting by having Travel Quizzes and encouraging people to share their own travel experiences.

Instructor: Gary Sorensen has worked in the travel industry for nearly 40 years and is currently a vice president in his firm. He has had over 400 of his travel articles published. He holds the highest travel agent designation and has travelled to nearly 40 countries. Hosts a weekly travel radio program.

LANGUAGES

JAPANESE - BEGINNING (Fall Semester Only, Classroom Only)
This class is an introduction to speaking and writing Japanese. The course will include basic grammar, pronunciation and simple writing of the phonetic alphabet.

Instructor: David Brinley has, in addition to an LDS Mission to Japan, taught high school in Japan and later worked for five years as an Attorney in Tokyo.

LITERATURE

BIBLICAL LITERATURE: BOOK OF REVELATIONS (Fall Semester Only, Classroom Only)
This is a 6-week course. The last book of the Bible has largely been read through the lens of popular writers like Tim Lehay and Jerry Jenkins of the Left Behind Series. These books present Revelations as a prophecy of the last days and have been so influential that they have had a profound impact not only on Christianity but on politics and policy as well. But there is another way to read Revelations that is more faithful to the authors’ intent and the context in which it was written. This class will take a look at Revelations from an alternative perspective, challenging some of the popular assumptions and misconceptions.

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. He has been a Lutheran Pastor for 22 years and currently serves as the Lead Pastor of New Promise Lutheran Church in St. George.

EDGAR ALLAN POE, HIS LIFE AND LITERATURE (Fall Semester Only, Classroom 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, Jordan and Canyon school districts.

EXPLORING LATIN AMERICAN CULTURE THROUGH THE SHORT STORY (Spring Semester Only, Classroom Only)
One of the most significant phenomena of the mid-20th century in Latin America was the emergence of writers who propelled Latin American literature to the international scene. Many of their works became household names even among English speakers. This course will explore the “Boom” and its historical/literary context from about 1960 to 1980. We will read two novels and several short stories. In addition to being great literature, these works also help us understand some of the cultural bases of today’s Latin America.

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. Did a dissertation on Short Story of the Absurd in Latin America.

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, B.S., Southern Utah University. Taught English and Drama in the Ogden, 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)
This semester, we will discuss the stages of life (birth, childhood, coming-of-age, adulthood, old age and death) as depicted in folklore and mythology. Our texts will include examples from the sacred writings of Buddhism, 1001 Nights, Hebrew scriptures, Aesop’s fables, Greek mythology, European folktales and Nordic sagas. The texts can be found online by googling “Ashliman Folklore ICL.”
Instructor: D.L. Ashliman has a 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.

SHAKESPEARE FOR GROUNDLINGS I (Fall Semester Only, Classroom Only)
This class is an introduction to understanding and enjoying Shakespeare. First, we look at the beginnings of theater in Ancient Greece and briefly at the fundamentals of theater. Next, we will survey the plays of Shakespeare: Histories, Tragedies, Comedies and Romances for better enrichment of our lives. In short, how to enjoy Shakespeare; how Shakespeare can be FUN! In Shakespeare’s day, “groundlings” were attendees who paid one penny to stand on the ground in front of the stage and watch the play.
Instructor: Carl Rich, History and Political Science, University of Utah; Drama, Utah State University. Worked in radio/TV and stage production. He is a writer, photographer and webmaster of dixietoday.com.

CULTivating A COMPASSionate MIND* (Fall Semester Only, Classroom Only)
Life is challenging and often very hard. And, we seem to be living in a very difficult time on planet Earth. A growing body of evidence suggests compassion is a natural and automatic response that has ensured human survival in the midst of struggle and hardship. Thus, in this course we will endeavor to harness that natural capacity and cultivate a mind that dwells in compassion. We will explore the latest findings about the value of compassion and how it works; and then we will practice basic mind training exercises to enhance the capacity for and use of compassion. The older mind is perfectly suited for this endeavor.
Instructor: Susan Ann Stauffer has a Ph.D. in Gerontological Social Work and is a trauma-specific clinical therapist. She has previously
taught courses at ICL: “Women’s Ways of Knowing,” “Seasons of a Woman’s Life,” “From Age-ing to Sage-ing,” “The Art and Craft of Dying” and “Middle Tales and Elder Tales: What Fairy Tales Have to Tell Us About Mid-Life and Old Age.”

**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 has a Human Resource Certification; is a Certified Hypnotherapist and certified in *The Work of Byron Katie*. She is retired from Orgill as Human Resources Supervisor.

**LET ME SAY THIS ABOUT THAT** *(Classroom Only)*

We all have acquired years of experiences and a vast knowledge over our lifetimes which give us understanding, direction, and confidence in our life decisions. This course will provide a platform, in an intimate setting, for class members to share their opinions, feelings, observations, philosophy and views relating to various subjects and topics. The objective of this class is not to just share with other class members but to learn from them as well. We will experience differing, and sometimes opposing, points of view. Hopefully, in the end, we will more fully understand and appreciate the views of others.

**Instructor:** Russ Stevenson has a B.S. in Psychology, a M.S. in Public Administration and a M.S. in Healthcare Administration. He served 4 1/2 years in the US Navy as a Research Psychologist doing Human Factors Engineering. He has been the Director of two mental health centers, the Health Director for the Utah portion of the Navajo reservation, the Director of the Health Division of the Utah Department of Corrections and served as a Veterans’ Representative, where he counseled Vietnam era war veterans.

**LET’S TALK ABOUT TRAUMA** *(Spring Semester Only, Classroom Only)*

Today, in our culture, the word “trauma” has become part of our everyday language. Trauma is a complex phenomenon. So, let’s come together and talk about trauma: What is it? How does it manifest? What makes an experience traumatic? What are the core symptoms associated with “becoming traumatized?” This will be an informational and educational course to understand the dynamics of trauma and post-traumatic states. It is not therapy or intervention. We will simply shine a light on a field of scientific research that did not begin until the 1980s. Amazing progress has been made in the intervening years. We’ll make sense of and understand why, in this era, the word “trauma” has become a common aspect of our daily conversations.

**Instructor:** Susan Ann Stauffer has a Ph.D. in Gerontological Social Work and is a trauma-specific clinical therapist. She has previously taught courses at ICL: “Women’s Ways of Knowing,” “Seasons of a Woman’s Life,” “From Age-ing to Sage-ing,” “The Art and Craft of Dying” and “Middle Tales and Elder Tales: What Fairy Tales Have to Tell Us About Mid-Life and Old Age.”

**LIVING UNTETHERED** *(Classroom & Zoom)*

This year we will be studying Michael A. Singer’s new book “Living Untethered—Beyond the Human Predicament.” It’s time to let your spirit soar, stop struggling and start experiencing. This miraculous book will show you how to put the spiritual teachings of Michael A. Singer into practice every day; and propel you toward a life of liberation, serenity, openness and self-knowledge. Isn’t it time you started Living Untethered?

**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 Resources Supervisor.

**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. Volunteer for Memory Matters for more than 5 years.
MEDITATION FOR EVERYONE* (Spring Semester Only, Classroom Only)
Meditation - when one hears the word it often conjures an image of a robed monk or nun sitting cross-legged, eyes closed, with a peaceful face. That’s true for some in this world, but for most of us, it’s not reality. Even though most of us can’t devote our lives to a meditation practice, with a little effort we can still integrate moments of awareness into our daily routines and enjoy the benefits meditation has to offer. Just as food is necessary for the body to maintain health, a calm, clear mind is vital to our mental and emotional well-being.

Instructor: Timothy Todd Prince has a Masters degree in Archaeology. He began training in Eastern philosophy and the martial art of Jeet Kune Do at the age of 13. He has studied with numerous meditation teachers for the past 30 years. His formal training was in Vipassana, Tonglen and Zen.

SOCRATES CAFÉ 1 AND 2 (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. Due to the popularity of this class, two sections will be held, one with morning sessions and the other with afternoon sessions.

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.

SCIENCE

THE AMAZING BRAIN* (Spring Semester Only, Classroom & Zoom)
We will explore the wonder and workings of the human brain. We will explore everything from instincts to consciousness to creativity, appreciation of art, hate, love, personality, neurological and mental disorders and how they all emanate from the brain. We will learn about brain fitness—how to maximize intelligence and adaptive behavior, minimize fear and aggression while maximizing love and interpersonal and social success.

Instructor: Rob Kramer is the Director of ICL. He has a Ph.D. in Clinical Psychology and most of his career has been in healthcare leadership positions. He continues a lifelong study of wellness, positive psychology, evolutionary psychology and personal motivation.

ASTRONOMY: A JOURNEY INTO SPACE* (Spring Semester Only, Classroom Only)
Explore the Universe and understand the night sky. This is an introductory course about Astronomy, which includes learning about planets, stars, constellations, space travel and the impact light pollution has on our night sky. We will take a fun look at different views of Greek and Roman Mythology, along with Native American beliefs and how the various cultures interpreted the night sky. A local field trip will be included so we can all experience the night sky in person.

Instructor: Alison Holland is a Park Ranger (seasonal) with the National Park Service. She completed the Master Astronomy program through the park service and teaches Astronomy at the parks, including conducting evening constellation tours. Kay “Feather” Robinson will offer a viewpoint about the Native American culture and their connection to the night sky.

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; was 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 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 (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 circumstances 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)
This is an 8-week course. We will explore some basic geological concepts and use them to interpret the amazing geological features that occur in Southwestern Utah and surrounding areas.

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

GLOBAL WARMING OR CLIMATE CHANGE: WHAT DO WE KNOW* (Classroom Only)
Climate change may be the greatest challenge for humanity in the 21st century; yet misunderstanding and confusion abound in this arena. This course addresses and attempts to clarify the issue of climate change (global warming) by examining records of historic and prehistoric climate before considering the scientific prognosis for climate change as summarized in current scientific literature.

This course will examine the impacts of climate change on both society and the physical environment. It will then explore options to mitigate and adapt to the impacts of climate change. In particular, there will be an intensive examination of how climate change and its impact on the environment can be managed.

Instructor: Marshall R. Topham has a B.S. and M.S. degree with a major in Zoology and minors in Botany and Chemistry. He has another Master’s degree in Education Administration. He is an educator who taught AP Biology and AP Human Anatomy and Physiology. He has served as Assistant Principal and Principal of Pine View High School and as Associate Superintendent of secondary schools in Washington County. He has also been very active in community affairs.

HUMAN EVOLUTION* (Fall Semester Only, Classroom & Zoom)
This class takes a fun and insightful journey to the origin of our species and the many challenges, complications and competing hominid species found along the way. We will discuss how our evolution still affects much of our behavior, often to our detriment in our post-industrial culture. We will explore the origin of music, language, eating habits, aggression, fear, motivation, love—everything that makes us human and that have evolved to perpetuate our species. We will even explore how our mating with Neanderthals, Denisovans and other ghost species modified our genetic structure, our bodies and our brains.

Instructor: Rob Kramer is the Director of ICL. He has a Ph.D. in Clinical Psychology and most of his career has been in healthcare leadership positions. He continues a lifelong study of wellness, positive psychology, evolutionary psychology and personal motivation.

READING THE GEOLOGIC LANDSCAPE—WHAT DO YOU SEE?* (Fall Semester Only, Classroom & Zoom)
Geology can explain and add value to what we see. It can entertain or instruct us. The ability to identify geologic features can lead to searching and the thrill of the hunt. Also, landscapes can instruct us to be cautious where building. The origin of landmark names can add history to the sight-seeing experience.

Instructor: Bruce Vandre has worked in the Civil Engineering profession for over 40 years. He received a B.S. degree in Geological Engineering
and had professional licenses in both Civil Engineering and Geology. His engineering experience included evaluating geologic hazards. His hobby after retirement includes writing landscape sightseeing guides.

**REPTILES & AMPHIBIANS OF ST. GEORGE AREA (Classroom & Zoom)**

This course will examine the reptiles and amphibians that live in Washington County. Some of these creatures we encounter every day. Some are remarkable when compared to creatures across the globe. 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.

**Instructors:** Greg Brim, lifelong member and 10-year Board member, 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 Utah Tech University.

**SPORTS ACTIVITIES**

**LAWN BOWLING (Classroom Only)**

This is a 4-week class. Lawn Bowling is a fun and challenging game which can be played on grass or carpet. We will be playing on carpet in the St. George Recreation Center located at 285 South 400 East. The bowls we use are designed to turn slightly as they roll toward a small white jack. Every game presents different challenges. No prior experience is needed. All equipment will be provided.

The St. George Lawn Bowling Club will pay the Rec Center for 4 class sessions. Participants are encouraged to continue bowling with the club after the 4 weekly sessions are completed and pay their own fee.

**Instructor:** Mark Nilsson has been enjoying lawn bowling for 15 years. He has won several medals while competing in the Huntsman World Senior Games. He would like to introduce the people of St. George to the game of lawn bowling.

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

*Class is limited to 16 participants.* This class will review basic tournament rules for Table Tennis. Students will be encouraged to focus on various skills during each weekly class and will be invited to share their own successes. Class will be held at the St. George Active Life Center (245 N. 200 West), which has certain requirements:

1. Players must be 60 or over.
2. Players must pay $1.00 to the Center each week.
3. The Center will post the dates and times and allow non-ICL members to participate.

**Instructor:** Wayne Peterson has a B.A., Baylor University; M.A., University of Arizona; and is an Attorney at Law.

**TENNIS (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.

**Instructors:** 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. Roland J. Chambers has an Associate Degree, Ricks College, B.A. and Masters Degree, BYU. He served as Mental Health Administrator, State of Illinois, Department of Human Services, Office of Mental Health. Avid Tennis Player.
TOURS AND FIELD TRIPS

ARCHAEOLOGY & ANTHROPOLOGY FIELD TRIP (Spring Semester)
In this trip, we will visit Canyon de Chelly; Farmington, New Mexico; Salmon Ruins; Aztec Ruins; Mesa Verde; Cortez, Colorado and Navajo National Monument. Guides will be Feather Robinson and Diana Hawks. Registration will open the first week of December. Price will be announced later. See Learning Link newsletter and emails.
Tour Leader: Doug Bowen has led several tours for ICL members to various places.

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.

CHARTER TOUR OF KANAB: FABULOUS FOOD, STUNNING SCENERY, HOLLYWOOD HISTORY - AND KITTENS!
Hop aboard our comfortable motorcoach for a fun-filled day trip to Kanab. This tiny town earned the moniker “Little Hollywood” because so many movies and TV shows were filmed there. More recently, Kanab has become known for its gourmet offerings, from artisan pizza to vegetarian delights. Guests will enjoy two lunches (yes, two!), sweet treats and a surprise. In addition to other stops, will visit a historic home and tour the nationally famous Best Friends Animal Sanctuary, the country’s largest no-kill sanctuary with more than 1600 adoptable cats, dogs, pigs, horses, parrots and bunnies. Games and hijinks on the bus will make the 90-minute trip to Kanab fly by. The $110 ticket includes the bus, tour guides, admissions, all food and server tips. We will load passengers at 7:30 am at the Red Cliffs Mall on Thursday, September, 22. Once you register and pay via Learning Stream, you will receive more information by email. The deadline for registering is September 16. For questions, contact tour leader Saimi Bergmann at 330-206-9681.
Tour Leader: Saimi Bergmann is a retired newspaper food writer and restaurant reviewer. After retiring, she co-founded Foodie Field Trips Ohio, a culinary bus tour company. She sold that company, moved to this area and with her husband Mark, started Foodie Field Trips Utah. They offer walking tours in St. George and bus tours to Springdale and Kanab. Saimi also teaches “Food Fads,” a food history course for ICL.

UTAH TECH TRAILBLAZER CENTER EXERCISE CLASSES

ARTHITIS FOUNDATION EXERCISE* (Fall Semester Only, Classroom Only)
This is offered through a collaboration with the Area Agency on Aging Five County. The Arthritis Foundation Exercise Program (AFEP) is a low-impact physical activity program proven to reduce pain and decrease stiffness. It also incorporates a brief educational component. A variety of exercises are included that can be performed while sitting or standing, including endurance, balance, strength, flexibility, relaxation and health education topics. There is a $65 per semester fee.
Instructor: Utah Tech Students

ARTHITIS FOUNDATION WALK WITH EASE* (Fall Semester Only, Classroom Only)
This is offered through a collaboration with the Area Agency on Aging Five County. The Arthritis Foundation Walk With Ease class is geared to those with various forms of arthritis who need to start a gentle walking program. It also incorporates a brief educational component. Class will meet inside with the option to stay in or walk outside when weather permits. Class is offered free of charge.
Instructors: Utah Tech Students
BARRE FITNESS* (Fall Semester Only, Classroom Only)
A gentle and low-impact workout that is focused on improving strength, balance and stability. Wonderful for fall prevention and for those who get bored with gym workout routines. Classes are designed for people of all ages and fitness levels. Very beginner-friendly. There is a $65 per semester fee.
Instructors: Utah Tech Students

DEEP WATER EXERCISE* (Fall Semester Only, Classroom Only)
This 45-minute class offers instruction in aerobic exercise, strength training and stretching. No swimming skills are required or taught, the focus is on exercise. Flotation belts (Aquajoggers) are provided for all participants. This class will meet in the HPC building. You will need to take the elevators to the lower level and check in before proceeding to the pool with the students. Please do not try to use the stairs as you need a Utah Tech ID to get past the desk. There is a $65 per semester fee.
Instructor: Utah Tech Students

FUNCTIONAL EXERCISE/BALANCE* (Fall Semester Only, Classroom Only)
This 45-minute class offered twice per week offers a mix of cardiovascular, strength training, stretching and balance exercises. Included are exercises to build good bone health and reduce the risk of a fall. There is a $65 per semester fee.
Instructor: Utah Tech Students

LABLAST DANCE FITNESS* (Fall Semester Only, Classroom Only)
This 45-minute class teaches basic ballroom steps in a partner-free and easy-to-follow line dance format. This program provides a great aerobic workout while having fun. No previous dance skills required. Learn basic steps from dances like Waltz, Rumba, Fox Trot, Tango, Swing, Salsa, Cha Cha and Samba. Variations to all steps are provided to accommodate a wide range of abilities. There is a $65 per semester fee.
Instructors: Utah Tech Students

SHALLOW WATER EXERCISE* (Fall Semester Only, Classroom Only)
This 45-minute class offers instruction in aerobic exercise, strength training and stretching. No swimming skills are required or taught; the focus is on exercise. This class is held in the shallow end which is approximately 4-5 feet deep. This class will meet in the HPC building. You will need to take the elevators to the lower level and check in before proceeding to the pool with the students. Please do not try to use the stairs as you need a Utah Tech ID to get past the desk. There is a $65 per semester fee.
Instructor: Utah Tech Students

STRENGTH TRAINING FOR DAILY FUNCTION* (Fall Semester Only, Classroom Only)
In this class, we will build and tone muscles to improve your overall daily function. We will focus on different muscle groups by using resistance bands and hand weights. This class will meet in the HPC building. You will need to take the elevators to the 3rd floor and check in before proceeding to the classroom with the students. Please do not try to use the stairs as you need a Utah Tech ID to get past the desk. There is a $65 per semester fee.
Instructor: Utah Tech Students

WORKSHOPS

WATERCOLOR WORKSHOP FOR FIRST-TIME WATERCOLOR PAINTERS - ANYONE CAN DO IT!* (SIX-HOUR WORKSHOP (One-Day, Classroom Only)
This is a class to introduce students to the joy of watercolor painting. The day will expose students to the supplies and techniques that are used in this exciting medium. Materials will be supplied. This one-day workshop will be from 10:00 am to 4:00 pm with a break for lunch, in an easy-going, supportive environment. Students will leave with a small “masterpiece” to take home. This workshop is specifically designed for those who have never painted with watercolor.
Instructor: Daphne Schroth has a B.S. in Education. She is Past President of the Summit County Arts Council, Past President of the Dixie Watercolor Society (DWS), and the current DWS Community Liaison. Her works are on display at the Show and Exhibit at Gallery 35, St. George, Utah.