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 the courses, seminars, lectures or field trips. The organization does not endorse any specific content. Members are responsible for 1) independently evaluating the information given and the opinions expressed, and 2) 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 a class.

COMPUTER CLASSES
Computer classes are held in the Smith Computer Center (SSC) and the Udvar Hazy Building (UHB) and class size is limited. Please be aware that Dixie State University charges a user lab fee of $10 per person, per semester, to be paid at the Smith Computer Center before the first class. ICL members who are officially signed up for an ICL class that utilizes a computer and have paid the DSU computer user fee may use the Smith Computer Center Laboratory computers located in the center of the Smith Computer Center outside of the student’s normal class time. Members should never use any other DSU computers except during normal class time.

CLASSES LIMITED IN SIZE
Registration for all classes will begin on August 25, 2015, at the annual ICL Registration Meeting at the DSU Gardner Center. There will be no pre-registration for any classes. Those members who wish to mail their registration to the ICL Office can request they be signed up for limited classes, but those will not be honored until August 25; no telephone registration will be accepted. Once the class limit is reached, a list of alternate students will be maintained. Note: All other classes are limited to the number of seats in the classroom.

1. Archeology – Class limited to 38 students
2. Bicycle Maintenance—Class limited to 10 students
3. Beginning Photography—Class limited to 12 students
4. Beginning MAC/Apple Computing—Class limited to 12 students
5. Drawing - Beginning—Class limited to 20 students
6. Drawing - Colored Pencils—Class limited to 20 students
7. Excel Basics—Class limited to 10 students, but held twice in each semester
8. French - Intermediate—Class limited to approval of instructor
9. Introduction to the PC (Personal Computer) - Class limited to 10 students, but held twice in the semester
10. Hiking—Class may be limited to 30 students, depending on level of difficulty
11. Horseshoes—Class limited to 24 students
12. Knitting and Crocheting—Beginning & Intermediate - Each class limited to 10 students
13. Love One Another—Class limited to 30 students
14. Microsoft Word Projects—Class limited to 27 students
15. Native American Flute—Beginning & Intermediate—Class limited to 20 students
16. Piano—Class limited to 30 students
17. Pickleball—Class limited to 12 students
18. Pilates Infused Yoga—Class limited to 24 students
19. PowerPoint—Class limited to 15 students, but held 3 times during the semester
20. Spanish I—Class limited to 25 students
21. Table Tennis—Classes limited to 18 Students
22. Tennis—Class limited to 12 students
23. Watercolor Painting—Class limited to 20 students
24. Word - The Basics & Beyond—Class limited to 10 students, but held twice in each semester

FIELD TRIPS
Check The Learning Link, ICL’s monthly newsletter and calendar, for class day, time, and place. While most ICL classes are conducted in the classroom, “Color Country” most certainly beckons, so travel into nature’s classroom, the great outdoors. Depending on your ability and agility, join any field trip for camaraderie and adventure and caravan to scenic locations in Utah, Arizona, and Nevada. If you don’t have a four-wheel drive vehicle and one is needed, you can likely catch a ride with someone who does. You just might see unique desert plants and animals, Anasazi ruins, petroglyphs, pictographs, volcanoes, canyons, ghost towns, abandoned mines, and much, much more. Unless otherwise directed, the meeting place for field trips will be the North Plaza Building parking lot, on the north side of 100 South between 900 East and 1000 East. Bring your own water, lunch, and tire repair equipment.

BEHAVIORAL SCIENCES

ARS MORIENDI: THE CRAFT OF DYING (SPRING SEMESTER ONLY)
This is not a class for those who shy away from their fears, stay silent about the reality of death and dying, or those unwilling to engage in conversations that really matter. We shall begin with the questions: “How shall I live knowing I will die?” and we will end by reaping the great rewards that come with preparing for a conscious transit – fearlessness, increased engagement with life in the here and now, and a sense of gratitude that makes everyone and everything seem almost unbearably precious. “Death is absolutely safe. Nobody fails at it.” – Ram Dass.
Instructor: Susan Ann Stauffer, Ph.D. in Gerontological Social Work; Graduate Certificate, Gerontology, University of Utah; MSW, Social Work, Health, Mental Health and Administration, BS, University Studies, Modern Dance and Exercise & Sport Science. Taught 17 years at the University of Utah, College of Health, presently an associate instructor, St. George Social Work Program, worked long-term care, Alzheimer’s Center, Home Health and Hospice, certified Spiritual Eldering™ Seminar Leader.

DISCOVERING INNER PEACE
This will help participants discover their own inner resources—inmate tools for living such as inner strength, choice, and hope—and the possibility of personal peace. The curriculum will focus on themes of Peace, Appreciation, Inner Strength, Self-Awareness, Clarity, Understanding, Dignity, Choice, Hope, and Contentment.
Instructor: Luigi Persichetti, BA, Theology, St. Louis University. Spiritual leader and unity minister at Unity Church of Positive Living; hospice chaplain at Southern Utah Home Care and Hospice; member of Interfaith Council of St. George.

ELDER TALES – What Do They Tell Us About Growing Old? (SPRING SEMESTER ONLY)
This class will take the discussion of “middle tales” into elder tales – tales that deal with growing old, and most importantly, with growing psychologically and spiritually. Elder tales present an inherent psychological map of the tasks individuals must negotiate in the ever, ever after – warning of the difficulties and dangers, and previewing the promise and potential. The class will be fun, enlightening, magical, and illuminating.
Instructor: Susan Ann Stauffer, Ph.D. in Gerontological Social Work; Graduate Certificate, Gerontology, University of Utah; MSW, Social Work, Health, Mental Health and Administration, BS, University Studies, Modern Dance and Exercise & Sport Science. Taught 17 years at the University of Utah, College of Health, presently an associate instructor, St. George Social Work Program, worked long-term care, Alzheimer’s Center, Home Health and Hospice, certified Spiritual Eldering™ Seminar Leader.
IN THE EVER AFTER—Fairy Tales and What They Tell Us About the Mid-Life Journey (SPRING SEMESTER ONLY)

Fairy tales are not only tales told to children, they are universal in scope and appeal. Long ago, fairy tales were told by adults for adults. We will explore “middle tales” in this course, tales that take up where youth tales end and which contain astonishing insights for men and women who may be or are presently traversing the mid-life journey. This class is more than fun, it will be exciting and illuminating.

Instructor: Susan Ann Stauffer, Ph.D. in Gerontological Social Work; Graduate Certificate, Gerontology, University of Utah; MSW, Social Work, Health, Mental Health and Administration, BS, University Studies, Modern Dance and Exercise & Sport Science. Taught 17 years at the University of Utah, College of Health, presently an associate instructor, St. George Social Work Program, worked long-term care, Alzheimer’s Center, Home Health and Hospice, certified Spiritual Eldering™ Seminar Leader.

JOURNEY OF THE HERO: The Art of Aging with Grace

This class will be held during the month of October and again during the month of February only. Class is built on the instructor’s experiences as a clinical psychologist. The central belief of this psychologist is that heroes are people who live the life they say they believe. Aging with grace requires wisdom and courage, and is one of the most challenging chapters on life’s journey. One must do things that motivate and inspire, and stop doing things that irritate and depress. The backbone of successful aging is found in making good decisions, developing good plans and going forward with unbending intent.


LOVE ONE ANOTHER

Learn to be nicer to yourself and others. Learn again to praise and appreciate one another. This class will use some works of Leo Buscaglia. Class is limited to 30 students.

Instructor: Patrick Sapio, MSW Social Work and Marriage and Family Counseling. Assistant Professor in the Sociology Dept. at University of Wisconsin.

COMPUTERS

APPLE USER FORUM

This class will be interactive and will address the operation and management of Apple Mobile devices (iPhone, iPad and iPod) and the current Apple computer (Mac) operating systems. The class will focus on utilizing your Apple devices to their fullest capabilities and how they can interact with the Apple operating system.


BEGINNING MAC/APPLE COMPUTING (SPRING SEMESTER ONLY)

Did you recently get a Mac/Apple computer? This is a basic class for the person who is just starting to use a Mac/Apple computer. The goal of the class is to cover Mac/Apple computer basics ONLY. The class will have 2 sessions per semester of 5 or 6 weeks each. Class limited to 12 students.

Instructor: Bobbi Butka, Ambassador of local Apple Users’ Group.

EXCEL BASICS

This is a 5-week course, offered twice in a semester. It is designed only for 2007 or later format. Learn the concepts of spreadsheets using formulas and functions. Create a simple spreadsheet. Learn printing concepts and graphs. The class is limited to 10 students each session. DSU requires a $10 lab fee to be paid at the Smith Computer Center.

Instructor: Salli Brackett, B.A. in Liberal Arts, Teacher’s Credentials. Worked in administration for companies in pharmaceutical R&D, electrical engineer, and the district attorney, some requiring instruction to staff on computer software. Designed and currently maintains ICL’s database.

INTRODUCTION TO THE PC

This is a 6-week course offered twice in a semester. The course is designed for beginners, but also helps others to “fill in the holes.” This course includes basic computer terminology, the understanding of the components of a computer, basic knowledge of Windows, and an introduction to the use of internet and email. DSU requires a computer lab fee to be paid at the Smith Computer Center. Each
I PHONOGRAPHY & APPLE MOBILE VIDEOGRAPHY – Creating Photos & Videos With Apple’s Mobile Devices (iPhones, iPods & iPads)
Class will focus on learning to use the portability and technology of the Apple mobile devices and IOS apps to create photos and short videos that captivate while having fun. We will concentrate only on these Apple devices and IOS apps to take and edit the photos and videos. Fall Semester will focus on iPhoneography and Street Photography and Spring Semester will cover Apple Mobile Videography.
Prerequisite: Students must have a basic understanding of the operation of the Apple mobile device that we’ll be using and their Apple photo and video apps.
Instructor: Carl Rich - History and Political Science, University of Utah; Drama, Utah State University; worked in radio/TV and stage production, writer, photographer, webmaster of dixietoday.com. Avid MAC user since early 1990s.

MICROSOFT WORD PROJECTS (SPRING SEMESTER ONLY)
Learn to use Microsoft Word while designing your own flyers, greeting cards, calendars and lists. Basic word processing skills will be taught, including copy and paste, spell check, changing text (font, color and size), adding and resizing clip art and your own photos. Class members will complete a short activity at home each week.
Prerequisite: Need basic keyboarding and computer skills. Having a recent version of Microsoft Word on a home computer is desirable. Class size is limited to 27 students.
Instructor: Marie Gyllenskog, B.S., Elementary Ed., Utah State University; M.Lbr., University of Washington; teacher, school librarian; computer lab manager.

POWERPOINT
This is a 4-week course. You will learn to create basic presentations with pictures and text. You will also learn to add movies and sound. To add pizzazz to you presentations, you will learn to add special effects to each slide such as individual transitions and designs. DSU requires computer lab fee to be paid at the Smith Computer Center. Class is limited to 15 students.
Prerequisites: Each student must bring a flash drive to class. Information can be downloaded from ICL’s website onto the flash drive.
Instructor: Salli Brackett, B.A. in Liberal Arts, Teacher’s Credentials. Worked in administration for companies in pharmaceutical R&D, electrical engineer, and the district attorney, some requiring instruction to staff on computer software. Designed and currently maintains ICL’s database.

TRAVELING WITH IPHONE, IPAD, OR IPOD (FALL SEMESTER ONLY)
When traveling, do you take along a map, GPS, or camera? You may be able to replace all of them with an iPhone, iPad, or iPod. This class will (1) Discuss the maps, GPS, and camera capabilities of iPhones, iPads and iPods; (2) Review or provide detailed instruction on how to use select maps, GPS, photos, hiking, and travel-related applications; and (3) help transfer information or photos to and from a computer. Class will include 8 sessions.
Prerequisites: A basic understanding of how to operate an iPhone, iPad, or iPod.
Instructor: Bruce Vandre: B.S. in Civil Engineering and 40 years civil engineering experience.

WORD – The Basics and Beyond
This is a 5-week course, offered twice in a semester. It is designed only for 2007 or later format. Learn the basics of word processing. You will learn indenting, changing margins, creating special tabs as well as tips on creating professional looking documents. Also learn how to use columns and tables and inserting pictures and other graphics into your documents. Each class is limited to 10 students. DSU requires computer lab fee to be paid at the Smith Computer Center.
Prerequisites: Each student must bring a flash drive to class. Information can be downloaded from ICL’s website onto flash drive.
Instructor: Salli Brackett, B.A. in Liberal Arts, Teacher’s Credentials. Worked in administration for companies in pharmaceutical R&D, electrical engineer, and the district attorney, some requiring instruction to staff on computer software. Designed and currently maintains ICL’s database.
FINANCE

ESTATE PLANNING
This class teaches what is needed for a proper estate plan. It covers how to protect your estate and minimize estate and other taxes. Topics include wills, trusts, probate, estate taxes, living wills, Powers of Attorney, asset protection and asset transfer.


INSURANCE FOR THE LAY PERSON
This class is not a sales presentation, but a class designed to educate the layperson on what they need to know about purchasing insurance to protect themselves or their business. TV and print media ads advertise saving money at the expense of having limited coverage or no coverage when a claim is submitted. Class will cover personal lines of insurance (auto and homeowners) coverage and commercial lines of insurance for the small business, including businesses operating from home. Program will cover the various types of insurance companies and producers (captive agents, independent agents, and insurance brokers). Part of the program will be an in-depth discussion on how the claims process works and review of various types of coverage. Protect yourself and your business by being an informed consumer, now, rather than later, when a claim is presented. Class also covers Medicare and Social Security.

Instructor: Victor Lorch, ARM, ARPM, AINS, B.A. Monmouth University, West Long Branch, NJ. Licensed Property/Casualty Agent and Broker in Utah and California. Instructor for the Insurance Education Association, Orange, California and Rancho Domingo College, Santa Ana, California. Over 35 years as a Risk Manager and Claims Supervisor for several major insurance carriers. Published several articles on Insurance Pooling. Awarded Outstanding Instructor Level 4 by the Insurance Institute of America.

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

Instructor: Dustin Woodbury, B.A. and M.A. in Accounting, BYU; CPA and Financial Advisor

FINE ARTS

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

Instructor: Carl Rich - History and Political Science, University of Utah; Drama, Utah State University; worked in radio/TV and stage production, writer, photographer, webmaster of dixietoday.com. Has 50 years’ experience working in the theatre.

DRAWING – BEGINNING (FALL SEMESTER ONLY)
This is a very basic art class for those just beginning to learn to draw. Bring a #2 pencil and a sketch pad to first day of class. List of additional supplies will be given. Class is limited to 20 students.

Instructor: Brenda Rusnell, private art classes for 5 years, Registered Dental Assistant, 36 years in the Endodontic field.

DRAWING - COLORED PENCILS (SPRING SEMESTER ONLY)
This is a very basic class, learning the techniques of colored pencil, the prismacolor wheel and how color is applied. A supply list will be handed out the first day of class. Students will need Prismacolor pencils or a set of 24 Col-Erase pencils. Class is limited to 20 students.

Instructor: Brenda Rusnell, private art classes for 5 years, Registered Dental Assistant, 36 years in the Endodontic field.
NATIVE AMERICAN FLUTE – BEGINNING (FALL SEMESTER 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. Class will begin in late October and runs for 7 sessions. Class limited to 20.

NATIVE AMERICAN FLUTE – INTERMEDIATE (SPRING SEMESTER ONLY)
If you can play a short melody from the heart on your Native American Flute, you are ready to take this class. We will briefly review beginning skills and solidify techniques like creating songs and playing duets. Then as a class we will decide where to go. Some suggested topics: developing your personal style, learning circle games playing in harmony, finding the “hidden” scales in your flute, and using backing tracks. Class limited to 20.
Instructor: Christine Oravec, Ph.D., Communication Arts; 3 Certificates of Completion for the Zion Canyon Flute School at the intermediate and advanced levels; chair of and participant in many Native Flute workshops.

MUSIC APPRECIATION
The Music Appreciation class is designed to introduce students to the great works and composers of classical music from the Renaissance through the twentieth century. Whether a beginner or a seasoned listener, you will enjoy learning more about music.

OPERA FOR ONE AND ALL
The survey of French opera will continue during the Fall Semester along with some classes of topical interest. Operatic M&Ms (Mozart, Meyerbeer, and Mussorgsky) will be the subject for the Spring Semester. All classes will include audio and video excerpts and examples from studio and live performances.
Instructor: Allen S. Jacobi, Jr., A.B., English Literature, Providence College, J.D. Villanova University; trial attorney for 33 years and opera enthusiast.

PIANO
In this class we’ll go back and review or learn the things you may have forgotten or didn’t understand as a child. Starting at the very beginning, we’ll cover counting, musical symbols and terms, simple chords, a little beginning theory and of course, help with the notes of the treble and the bass clef. Don’t worry about what you don’t know or can’t do. This is a very beginning class where we welcome mistakes and laughter. We’ll enjoy re-learning a few of those old piano book tunes from way back when and add some new ones, too.
Instructors: Eileen P. Baker, BYU graduate in Psychology & Sociology. Masters in Ed.S. Took piano lessons for 7 years and studied with other pianists for 2 years. School Psychologist in Elementary & Secondary Schools; taught piano lessons for 20 years. Member of Heritage Choir. Marilyn Shirts, Assoc. Degree and an additional 2 years of Elementary Early Childhood from SUU. Taught Preschool, worked in elementary school and Five County Assoc. of Governments. Accomplished Pianist. David Mark Gibbons, Bachelor of Music at BYU; 33 years teaching music, K-12.

SINGING FOR FUN
Come and sing for the joy of singing. We will be singing harmony and a wide range of musical styles. Some musical experience is good, but not required. We will have fun!
Instructor: David Mark Gibbons, Bachelor of Music at BYU; 33 years teaching music, K-12.

WATERCOLOR PAINTING– BEGINNING
The object of this class is to give students the opportunity to develop skills in watercolor medium with emphasis on color theory. We will learn how to make a painting sing through composition and color. For beginning students or those with little experience. Materials will be discussed on the first day of class.
Instructor: Melanie Scott, Graduate of DSU, BFA, Southern Utah University. Has taught at DSU for 6 years, and has been the head of the Art Department and art teacher at Tuachan High School for the last 10 years. She has won numerous awards for her watercolors and had paintings in galleries in several states. Studied with Zoltan Szabo, Don Andrews, Carl Purcell, Osrall Allred, Spike Reese, Roland Lee and other well-known artists. Art Educator of the Year in 2005. Founder of the first watercolor society in Southern Utah.
WHAT TO LISTEN FOR IN MUSIC
In this class, students will improve their listening skills by becoming more aware of the elements of music, melody, rhythm, harmony, structure, etc. There will be guided listening with examples taken from the time-tested classical repertoire.

Prerequisites: A love for music and desire to learn more.
Instructor: Helen Stringham, Master’s Degree in Music Composition and Theory. Taught 14 years at Salt Lake Community College and founded the music program, developing the courses in appreciation, history and theory and conducted a bell choir. Won teaching excellence award and inspirational teacher award. Wrote original music for theater at Salt Lake Community College and University of Utah.

FITNESS & HEALTH

BALLROOM SOCIAL DANCE (SPRING SEMESTER ONLY)
Learn the most common dances you can use everywhere – waltz, foxtrot, swing and cha cha. This year classes will total eight weeks. We will vote on two dances you want to learn and apply four weeks to each dance. Learn form and lead-and-follow techniques that will surprise you in how well they work. Invite a friend to join you or show up and see how many singles are there. It always works out. Come and play! This is not a formal class, but a fun class. Couples or singles are welcome.

Instructor: Carol A. Martin, Masters in Business Management; NLP Practitioner; certified Ballroom Dance Instructor. Bill Collins, in the Pharmaceutical Industry, 3 years dance lessons.

BETTER BALANCE WITH THE FELDENKRAIS® METHOD (SPRING SEMESTER ONLY)
Each class is a different 45 minutes of gentle movements designed to increase participants’ awareness and give them new ideas for better balance. There is no routine to memorize, no experience required and no equipment needed. Other benefits may include improved flexibility, increased rotation, more erect posture, and more patience with life’s challenges. Wear comfortable clothes. Each class stands alone, attend one or all. This class will be held in January and February only.

Instructor: Ann Guhman, certified in the Feldenkrais-Method of Movement Education - a 4-year training. Had private Feldenkrais practice in Madison, WI.

LAUGHTER YOGA (SPRING SEMESTER ONLY)
Laughter is very healing for our bodies by reducing pain and stress. It helps improve blood flow and releases "feel good" hormones in our brain. Started by a doctor in India, laughter clubs are now popular throughout the world. Be prepared to laugh and have fun.

Instructor: Anne Murphy, M.A. in Telecommunications Management; sales and engineer at Century Link.

PICKLEBALL
Learn the basics of Pickleball play, scoring, strokes, strategy, rankings, drills and resources. Classes will be customized to participants’ skill levels. Four 50 minute classes will be taught during the semester, once each month. Participants will need a Pickleball paddle and ball. Class is limited to 12 students.

Instructor: Brad Johnsen, Certified Huntsman Referee, USAPA Ambassador and USAPA rated 4.5 skill level. He is nationally ranked and has won 95 medals.

PILATES INFUSED YOGA (SPRING SEMESTER ONLY)
This class will incorporate the Pilates focus of movement from a strong, supported core and work to strengthen the center, which is the needed foundation for safety and ease in flowing and held yoga poses, as well as the movements of daily life. The class will also focus on the yogic principles of conscious deep breathing, body extension and correct structural alignment than can aid in the release of both body and mental tension. Please bring a mat, water bottle, and a yoga block, if you have one.

Instructor: Betty J. Marianetti, BFA Madonna College, Detroit, MI. Art consultant/artist. Yoga/Pilates instructor for many years. Certification with Yoga Alliance. IM+X Pilates Certified.
SOMATIC YOGA
Basic Iyengar Yoga, Somatic Yoga at any age, focusing on posture and alignment as well as breathing, with the participant’s goal resulting in improved range of motion, relaxation and mental clarity. There will be two classes per week.
Instructor: Sondra Fraleigh, B.A. in Dance, M.A. in Dance and Somatic Therapy. Professor of Dance and Somatic Therapy, State University of New York; Founding Director – Eastwest Institute for Dance and Movement Studies.

TABLE TENNIS (PING PONG)
Single and doubles Ping Pong. Play for fun and recreation with others interested in an hour of enjoyment. Improve your game; improve your reflex and response times. Class limited to 18 students.
Instructor: Larry Puskus, software developer and former professional tennis player. Dan Brown, played many table tennis tournaments for over 30 years. Trains twice a year with Stellan Bengtsson, former world champion in table tennis.

TAI CHI / QIGONG
Tai Chi is an exercise that is made to order for modern life; it is an expanded version of a more ancient exercise called Qigong, which may be at least 2,000 years old. In modern terms, Tai Chi and Qigong are ancient systems of biofeedback and classical conditioning. Traditional Chinese doctors of long ago noted that our natural tendency is to hold onto stress, which bogs down the brain. They, therefore, created exercises that would train the mind and the body not only to continually dump stress, but also to actually change the way the body handles future stress. Unlike other martial arts, Tai Chi avoids use of external strength. Making Tai Chi practice a part of your daily life will lead the way to super health and longevity. Wear loose clothing and please, no cell phones.
Instructor: Barbara J. Mathison, Certified health coach, 2-level Reiki master, Tai Chi instructor for over 6 years. Lecturer, Business Woman of the Year, Travelled the world performing and speaking for Fortune 500 companies.

TAKE CHARGE OF YOUR HEALTH CARE (SPRING SEMESTER ONLY)
This course will cover what factors are affecting health care today and how you can assist your health care team in providing the best health care to you and your loved ones. Topics will include navigating through the complex systems and providers of your health care; informed consent - risks, benefits and alternatives; giving a good health history and keeping good personal records; understanding basic medical terminology; what you need to know about drugs, foods, and herbal treatments; legal and financial factors affecting health care; understanding the various different types and levels of training health care practitioners have; and learn skills in choosing and talking to your health care team members to obtain optimal care. Material covered will be by lecture, audiovisuals (DVD and PowerPoint), and in-class assignments and discussions.
Instructors: Marjorie Atkinson, R.N., BSN, MSN, MSHR. Professional Background is in Nursing, Human Resources, and Disaster Preparation. Charles Atkinson, Licensed Master Social Worker, Certified Social Worker in Health Care, Advance Certified Hospice and Palliative Social Worker. Asst. Administrator, Independent & Assisted Living Facility; director, Social Services, Red Cliffs Rehabilitation Center; Faculty, New Mexico State University; Life Skills and Crisis Intervention Counselor.

TEENIES
Class will cover drills, match play, and player tips for improved play. Must be able to perform the basic strokes of tennis. Class size is limited to 12 students. Prerequisites: Students will provide their own racquets.
Instructor: Garth S. Allen, B.S., Utah State University; Certified Professional Tennis Instructor (USNTA). Over 50 years of playing and teaching tennis to youth and adults. Was Tennis Director for Sandy City Parks and Recreation and Community Tennis Coordinator for Utah Tennis Association.

YAHWEH YOGA FOR SENIORS
Beginning level yoga focusing on stretching, breath and alignment, ending with meditation.
Instructor: Pam Karakas, B.A. in Psychology; advocate for people with disabilities.
HISTORY & PHILOSOPHY

A HISTORY OF MODERNITY (FALL SEMESTER ONLY)
This is a 2 to 3 hour seminar occurring once during the semester. It is an historical overview of the transition from the Middle Ages (age of empire and kings, the right of kings, and serfdom) into modernity (the age of nation states and philosophies of "isms"). Focus will be on the 18th century – “the Enlightenment,” “The Industrial Revolution,” and “The French Revolution.”

ARCHEOLOGY – The Southwest’s First People
“What ever became of the Anasazi” you ask? A Zuni, Hopi or Tewa will tell you “I AM HERE.” Over the course of 15 weeks you will hear from a number of informed enthusiasts and professionals in this field. We will begin our adventure exploring speculations about where the first people came from, with a comparison to the emergence stories that Puebloans have told each other for centuries and how this relates to the petroglyphs and pictographs that are so abundant where we live. Then there are their migration stories that parallel what archeologists are now discovering. In the midst of this we will take an honest look at the dramatic rise and fall of a centralized civilization bound by trade, religion, economics, but most of all – by water. Pottery designs, habitation construction techniques and what it meant to switch from hunter-gathers to farmers and traders will bring out the richness of the culture. Your take-away will be a sense of kinship and reverence. Moreover, you will learn how you can participate in the preservation of the artifacts and glyphs that are on our very doorsteps. Class is limited to 38 students.
Instructors: Brian Murphy – B.A. at Michigan State University; M.B.A at Wayne State University. GPA and Partner in regional firm, Las Vegas, Nevada. Dennis L. Wignall, Ph.D. – B.A., M.A., PhD, Professor, DSU, Dept. of Communications

HISTORY AND LITERATURE OF THE HOLOCAUST
An historical overview of the years prior to and after the Holocaust. Holocaust literature which will encompass a variety of literary genres including novels, short stories, poetry, diaries and memoirs will be read, examined and discussed, i.e., Anne Frank’s Diary, Elie Wiesel’s, Night and Dawn, to name a few.
Instructor: Rabbi Helene Ainbinder, Fashion Designer; Hofstra University, Hempstead, NY; Morasha-Touro College, Huntington, NY; Esoteric Seminary, Gainesville, FL. Taught 28 years in synagogues and religious institutions. Director of Education, Manetto Hill Jewish Center, Plainview, NY. Worked for eight years with USA and Israel on a grant transforming Synagogues and Schools in Education/Environment (TEVA). Author of A Novice’s Guide Through the Jewish Holidays.

CIVIL WAR
This will be a chronological review of the battles, personalities and other events in our nation’s greatest internal conflict. This year we will return to the events occurring in the Eastern Theatre of Virginia, Pennsylvania and Maryland. We will follow Lincoln’s ongoing search for a general who can confront Robert E. Lee until he finally brings Ulysses S. Grant east.

EASTERN PHILOSOPHY
This course will provide an introduction to the philosophy of Hinduism and the growth of Buddhism from India to Japan. The course will also deal with religious insight into the nature of one’s existence or being in the world.
Instructor: Patrick Lee McKenna, M.A. in Philosophy, San Jose State University with a minor in US History. Taught philosophy at Chapman College, Moffett Field, NASA, Sunnyvale, California

HISTORY OF WASHINGTON COUNTY (SPRING SEMESTER ONLY)
This course begins by examining the Native Americans in the region – the Anasazi, Paiutes, Hopis, and Navajos. The early explorers are discussed, then the arrival of American settlers and their importation of European/American institutions. The great leaders and the great buildings (the Tabernacle, the Temple, etc.) are described. The massacre at Mountain Meadows is dealt with and its continuing impact. Medicine from herbalism to modernity, the many water projects from the Washington Fields dam to the present are considered. Schools, farming and ranching are examined, then the transition to modernity with Highway 91 and eventually I-15. We conclude with challenges for the future.
Instructor: Douglas D. Alder, B.S. and M.S., PhD, Professor of History, Utah State University; President of Dixie College, Professor of History, Dixie College; Adjunct Professor, Dixie State University.
ISLAM: YESTERDAY AND TODAY (SPRING SEMESTER ONLY)
This course covers the rise of Islam and its evolution over 1400 years. Emphasis will be given to understanding developments within Islam during the past 200 years, particularly with regard to 18th—20th Century reform movements within Islam, the emergence and development of Islam in the United States and the role of Islam in the increase of terrorism during the past forty years.
Instructor: Preston Hughes, B.S., United States Military Academy, West Point 1965; M.A. Mideast Studies, University of Utah 1972; Ph.D. Political Science, University of Mississippi, 1993. Retired Army Officer, 27 year career, 1965-1992, retired as Colonel. Currently teaching Islam at DSU

THE AMERICAN POLITICAL EXPERIENCE Part II – From the Reconstruction Era to Vietnam, Watergate and the Resignation of President Nixon (SPRING SEMESTER ONLY)
This course has five parts: (1) Reconstruction, Plessy v. Ferguson and the fate of Black Americans in the 19th Century, including peonage and Jim Crow. (2) The Frontier, discussing westward migration and the fate of the Indians, from Lewis and Clark to Wounded Knee. (3) The Progressive Movement, including political reform, women’s rights, the rights of labor, and Prohibition, from 1870 to 1920. (4) The Depression, the Second World War and the New Deal. (5) The Civil Rights Movement from about 1955 through the Civil Rights Act of 1964 and the Voting Rights Act of 1965, to the death of Martin Luther King, Jr.
Instructor: Bruce A. Campbell, M.A. and Ph.D. in Political Science, University of Michigan, B.A. in Political Science at Oberlin College. Professor of Political Science at the University of Georgia and was President of CGT and Associates Marketing Research.

LANGUAGES

FRENCH – INTERMEDIATE
This course is for those students who have completed a Beginning French class. Class is limited to 12 students and will be held in the instructor’s home. Students will contact the instructor at (435) 673-8775 for an interview to determine placement and materials. Class will be scheduled according to students’ needs.
Prerequisites: Should have had some French study.
Instructor: Joann Crider, B.A., BYU; Graduate work at Université de Poitiers in Tours, France; French teacher for 28 years.

THE HEBREW LANGUAGE – Learn to Read and Understand (SPRING SEMESTER ONLY)
This is a beginner’s class. Learn the ancient Semitic holy language of the Jewish people. We will learn letters in block and script and grammar.
Instructor: Rabbi Helene Aynbinder, Fashion Institute of Technology, New York City, Fashion Designer; Hofstra University, Hempstead, NY; Morasha-Touro College, Huntington, NY; Esoteric Seminary, Gainesville, FL. Taught 28 years in synagogues and religious institutions. Director of Education, Manetto Hill Jewish Center, Plainview, NY. Worked for eight years with USA and Israel on a grant transforming Synagogues and Schools in Education/Environment (TEVA). Author of A Novice’s Guide Through the Jewish Holidays.

SPANISH - ADVANCED LEER ES APRENDER
Si puedes leer este párrafo sin dificultad (o con un diccionario sin mucho trabajo), quizás quisieras asistir a esta clase. Leemos cuentos cortos escritos por autores españoles y latinos (por ejemplo: Isabel Allende, Gabriel García Márquez y otros). Al principio la maestra tendrá copias de algunos cuentos. Hablaremos en español acerca de los cuentos y de la gramática, y de cosas en general. También jugaremos el juego “Scrabble” en español para aumentar el vocabulario. Si tengas preguntas, llama a la maestra, por favor.
Prerequisites: Prior knowledge of Intermediate Spanish II and must have basic Spanish speaking skills that need refining and building. Beginning Spanish students may audit and listen but will not participate extensively.
Instructor: Germana Chuba, B.A. and M.A. in mathematics; taught college level mathematics for 40 years, studied Spanish for 4 years in high school and 2 years in college.
SPANISH – BEGINNING I
This class is for beginners or those in need of an elementary review. Reading and translation of simple stories, vocabulary words, grammar with simple sentence construction and simple conversations are taught. Class participation and interaction are encouraged. Spanish Beginning I continues on in the Spring Semester. Class will be using the book, *Spanish Made Simple* by Eugene Jackson and Antonio Rubio, which can be purchased online. Class limited to 25 students.
**Instructors:** Linda Escoto, B.A. in Management; Human Relations generalist for City of Los Angeles; spent 18 months in Mexico speaking the language. Patricia Healey, Masters in Education, minor in English & Philosophy, Creighton Univ. Taught Elementary School for 30 years. Studied Spanish for many years and living and studied Spanish in Spain.

SPANISH – BEGINNING II
This class will be for students who have had beginning Spanish. Instructor will provide her own printed material. Class will try to use Spanish only during class.
Prerequisites: Students should know pronunciation of vowels and consonants, construction of a Spanish sentence, and be able to conjugate some present tense verbs.
**Instructors:** Blanca Mercadillo-Wasden, 3 years of college after high school. Studied legal and medical interpretation. Worked as a legal and medical interpreter. Ester Bargar, M.A. in Chemistry, State University of New York; courses in Spanish, High School & College.

LITERATURE
FAVORITE BOOKS
This class meets once a month. 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.
**Instructor:** Ann B. Goddard, Studied English, Speech and Dramatic Arts in college, Box Office Manager at DSU for 2 years, Office Manager at Utah Shakespearean Festival for 11 years. Janet Cramer, A. B. Boston University, worked as Technical & Manufacturing Manager, Polaroid; realtor.

MARK TWAIN—An American Original
A continuation of last year’s class on the life and works of America’s preeminent humorist. Find out why this 19th Century author is still relevant today while so many of his contemporaries have long been forgotten. We will look at Twain’s thoughts on art and music, business, lying, monarchy, pornography, race, religion, sex, and Shakespeare. We will read his poetry, study his drawings, and discuss a number of his books. We will explore his autobiography and some of the dark writings of his final years. The course will involve student participation, PowerPoint presentations and readings. Come find out more about this extraordinary American who at the same time was a world citizen, read and revered by millions around the globe.
**Instructor:** Douglas R. Bowen, B.A. German Literature, BYU; Firefighter 1 and 2 certification; Fire Service Instructor Certification. Senior District Executive, BSA, for 16 years. Washington County Asst. Fire Warden for 3 years.

POETRY READINGS IN ENGLISH AND AMERICAN POETRY
Class will read poems of major English and American poets and discuss the poems and lives of poets. Participants will be invited to bring and read poems of their choosing.
**Instructors:** Ron Swenson, B.S. English Literature. Renee Hazen, B.S., University of Utah; M.Ed., Utah State University; teacher for 20 years of A.P. English Literature and Composition.

OUTDOOR ACTIVITIES
BOTANY FIELD TRIPS
This is a Field Botany Course. We will identify plants as they look in the field at various altitudes and ecosystems. We will discuss their uses by humankind, as is known.
**Instructor:** Lee Hughes, A.S., Forestry, North Dakota School of Forestry; B.S., Range and Fishery Management, Utah State University; 38 years Bureau of Land Management.
HIKING
The course will provide two hikes each month. The hikes will be 3-5 miles. We will strive to make the hikes fun and enjoyable. The hiking facilitator will provide a short presentation of the history and/or topographical information about the hike. There will be time at the midpoint of the hike for lunch or snacks. (Bring your own lunch). The participants should be moderately fit; have good hiking boots that provide ankle support; light backpack or fanny pack with water bottles is essential. Hiking sticks are strongly recommended. The class may be limited to 30 with preference given to ICL members.


HORSESHOES – BEGINNING
The game of horseshoes has been popular since the ancient Greeks and Romans and is considered a lifetime sport – one which can be enjoyed at any age or level of ability. Class will cover playing rules, scoring (does close really count?), calling scores, conduct on the court, and most importantly, pitching practice. So whether you're looking for a recreational sport that will provide a moderate amount of exercise with a great deal of camaraderie, or just wish to impress everyone at the next family picnic, this is your opportunity.

Class limited to 24. Horseshoes will be available.

Instructor: Dennis Duszynski, B.S., Accounting, Marquette University. City of Milwaukee Property Appraiser for 33 years. Wisconsin Assessors Association, Personal Property Standards Board – 18 years. 2013 Horseshoe World Class Champion.

PHOTOGRAPHY
BEGINNING PHOTOGRAPHY
Course will consist of creating an eye for composition, making friends with your camera and post processing using Photoshop CS5 or Elements 11. Each class will consist of approximately 3/4 lecture, camera demonstration and/or video, and 1/4 of the time for defining an assignment, questions and answer discussion and/or critiquing assignments from previous class. There will be in-class workshops with demonstration of camera settings and suggested compositional techniques. We will have local field trips with discussion on camera settings and suggest compositional techniques regarding methods for shooting waterfalls, different ways of capturing seasonal fall colors and street photography concentrating on point of view (camera angle).

Students will be expected to bring their camera (complete with owner’s manual) to the focusing methods class, all workshops and field trips.

Instructor: Raymond Muzzy, M.S.P.M. and M.B.A. at City University, Bellevue, Washington. Courses at DSU Community Ed., online and Boeing-sponsored studies & certificates. Taught Click Photography, Color Country Camera Club, ICL Guest Speaker, and Boeing Organizational Development Trainer. Member of the Southern Utah Art Guild, Click Photography of St. George, Color Country Camera Club and Photoshop Elements User Group.

DIGITAL PHOTOGRAPHY
Class will involve developing basic photography skills with a digital camera. Students will learn how to load the camera pictures into the computer, organize files, send emails, and make prints. Also included will be basic and intermediate photo editing (cropping, color adjustment, etc.) with Photoshop Elements. Class will continue into Spring Semester. It is recommended that students have a digital camera (any model) and Adobe Photoshop Elements computer software.

Instructor: D. L. Ashliman, Ph.D., retired professor and university administrator.

PHOTO FIELD TRIPS AND CRITIQUES
Sites within proximity of St. George will be chosen to provide experience shooting primarily landscape images. The time and duration of the shoot will depend on weather, subjects, and time of day. Shoot information will be provided one week before the shoot. Carpooling is encouraged with shared expenses. Shooting techniques, such as composition, exposure, focal length and non-automatic camera operation will be discussed during the shoots. An SLR with interchangeable lenses is desirable, but not required. Image processing will be discussed with emphasis on Lightroom and Photoshop. Critiques from a given shoot will be held either after the shoot or on an alternate Monday. Each participant is required to provide their best image from a shoot for critique. The idea is that we learn from each other’s perspective. Participants are expected to stay with the group so information can be shared.

Prerequisites: Participants should have knowledge of camera functions such as shutter speed, aperture and ISO, and have reasonable computer skills with knowledge of file transfers, some posting processing skills, and presentation methods. Their
photography skill level should be intermediate or above. Reasonable hiking may be required to access sites.  
**Instructor:** Duke Breitenbach, B.S. and M.S., Electrical Engineering; Ph.D., Ocean Acoustics; Navy Research Engineer  

**SCIENCES**  

**GEOLOGY (SPRING SEMESTER ONLY)**  
The history of earth is written in rock. Examine the dynamic forces that are constantly shaping and reshaping our planet: earthquakes, volcanism, plate tectonics, and continental drift. Learn about faults, calderas, rift valleys, subduction, anticlines, and synclines.  
**Instructor:** Rick Miller, Ph.D., retired professor of Geology, San Diego State College.  

**MISCELLANEOUS**  

**FENG SHUI WESTERNIZED (FALL SEMESTER ONLY)**  
This course covers a basic, common sense, westernized version of Black Hat Feng Shui (literally meaning wind and water), and the ancient Chinese art of arranging buildings, rooms, furniture and landscape in the most beneficial way to achieve maximum harmony with nature. Thoughtful placement of living arrangement and furnishings creates an unobstructed positive flow of energy, thus maintains a consistent rhythm that enhances and balances our lives. No compass or expertise required; simply bring a copy of your floor plan and outdoor space.  
**Instructor:** Mary Louise, M.A., B.A. in Humanistic Psychology and M.A. in Human Behavior. Myriads of conferences, workshops and courses on historical, holistic health, metaphysical, philosophical, and psychological topics spanning 40 years. From 1988 to 2011, directed Holistic Arts, a 501(c) (3) dedicated to education and enlightenment. Consulted, lectured and entertained; taught astrology, Feng Shui, tarot, art therapy, tools for self-discovery, dreams, handwriting analysis and palmistry in community education and privately.  

**BICYCLE MAINTENANCE AND REPAIR**  
Class will cover bicycle repairs, adjustment and maintenance for beginning to intermediate. We’ll learn by doing, hands-on, easy-to-learn repairs that will keep those bicycles ready to ride. This is for all bikes including those of the grandkids. Some items that we’ll cover are brakes, shifters, derailleurs, tires, tubes, bottom brackets, wheels, hubs, pedals, seats, steering and bicycle safety. Class will begin in October and is limited to 10 students.  
**Prerequisites:** A desire to keep the bicycles tuned up and ready to ride with skill and confidence. Some fixing skills would be helpful, but not necessary, as we will be doing lots of hands-on and going slowly.  
**Instructors:** Tom Flowers, two years college, Air Force Pilot Training, Air Traffic Control School, Squadron Officers School, Command and Staff School. Recently completed Professional Bicycle Technician Training with the United Bicycle Institute in Oregon. Air Traffic Controller for 3 years, USAF for 24 years, Check Airman for 32 years. Ray Olson, Social Work Certification Program, Certified Addiction Counselor. Trained by professional bicycle mechanic; bike mechanic at Ironman, Station #2  

**CELEBRATE YOUR GOLDEN YEARS – How to Fully Live Your Life to the Very End**  
If you are newly retired and wondering what to do if you are just bored with life, come to this class. Instructor will encourage you to get excited about your life and its many possibilities and start living old and new dreams. She will help you find your gifts and talents, discover your purpose and mission and stop the things which prevent you from fully living your life. Who said we would get old? We are old only when we quit living. Life is not boring!!! Your life can be exiting, too!!! Come to class and see what you can get excited about.  
**Instructor:** Eva Fry, college classes in many areas, especially in Speech, received a national speaking award for the Phi Rho Pi National Forensic Organization. After raising her children and helping her husband in their family business, at the age of 60 she began a new excitement and career. She wrote three books, taught herself the guitar and piano, travelled around the United States on a college speech team and won a national speaking award. She created a program, “Be a Winner in Life”, and has spoken to incarcerated youth for the last 15 years. She began to write music and now at the age of 75, is a singer/songwriter and entertains with her own shows.
COIN COLLECTING (SPRING SEMESTER ONLY)
We will continue with the Introduction to Coin Collecting Series. This class will introduce you to the world of numismatics, beginning with a general discussion of the history, minting process, and values of US coins, and hopefully, give you the knowledge necessary to research, examine, and value your collection. You will learn how to recognize and differentiate between varieties and errors. We will discuss the differences between counterfeit, copied, and doctored (altered) coins. We will also discuss how coins are graded by the major TPG’s (Third Party Grading companies). All US Mint coins, 1793-present, will be discussed, with an emphasis on the Morgan Silver dollar, the most collected silver coin in US history, and the Lincoln penny, the most collected non-silver coin in US history. It will be an interactive class with ample opportunity to ask questions and share findings/discoveries. Class participants are encouraged to bring in coins that they would like to share, discussion wise, of course, with others.
Instructor: William G. Fulton, Computer Technology, US Air Force. Self-study courses in Morgan dollars, Lincoln cents, coin forensics, etc. Advanced Grading classes at the ANA Summer Seminar. Member of the ANA, past member of the National Collectors Association of Die Doubling, member of Combined Organizations of Numismatic Error Collectors of America, and Diamond Member of PCGS Collectors Club.

KNITTING AND CROCHETING – BEGINNING
Learn to knit and crochet, make gifts for others or yourself. Will learn to knit, purl, increase, and decrease. Class limited to 10 students.
Instructor: Vera Thomas - Has taught knitting classes for ICL, Continuing Education, Dixie State University and at the Yarn Shop in St. George.

KNITTING AND CROCHETING – INTERMEDIATE
Learn tips and tricks to make your knitting projects more handmade than homemade. Also learn fitting your knits. Class limited to 10 students.
Instructor: Vera Thomas - Has taught knitting classes for ICL, Continuing Education, Dixie State University and at the Yarn Shop in St. George.

TRAVELING THE WORLD
Have fun with discussing worldwide travel. Learn about destinations, share your own experiences, listen to guest speakers, learn travel tips, talk about different ways to travel, travel rules, ask travel questions and more!
Instructor: Gary Sorensen, Certified Travel Consultant (highest Travel Manager/Agent Designation), Certified Travel Associate and Destination Specialist from the Travel Institute, Wellesley, Mass. Worked over 25 years in the travel industry. Traveled to 35 countries, has his own local radio travel talk show, host of the St. George Travel Club with monthly travel seminars. Travel columnist in the Spectrum, Daily News, Provo Herald and five other newspapers.

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