2022 Course Schedule At-A-Glance
Detailed course information begins on page 26. For information on this year’s tours, see page 46.

<table>
<thead>
<tr>
<th>WK</th>
<th>COURSE</th>
<th>TIME</th>
<th>TITLE &amp; DAYS</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>105</td>
<td>105, 505, 605, 805</td>
<td>8:15 AM - 9:30 AM</td>
<td>Steps to Take Before and When a Loved One Dies (May 31, June 29, July 7, July 21)</td>
<td>Pick One</td>
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<tr>
<td>1000</td>
<td>10:00 AM - 11:00 AM</td>
<td>Chair Yoga (June 1 – 29)</td>
<td>M, W</td>
<td>HPER 102</td>
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<tr>
<td>1200</td>
<td>10:00 AM - 11:00 AM</td>
<td>Tai Chi (June 7 – July 21)</td>
<td>T, Th</td>
<td>TBA Off Campus</td>
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<tr>
<td>1300</td>
<td>1:30 PM - 3:00 PM</td>
<td>Bell Choir I (June 2 – July 28)</td>
<td>Th</td>
<td>ECC 216</td>
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<tr>
<td>1400</td>
<td>3:15 PM - 4:45 PM</td>
<td>Bell Choir II (June 2 – July 28)</td>
<td>Th</td>
<td>ECC 216</td>
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<tr>
<td>1500</td>
<td>10:00 AM - 11:15 AM</td>
<td>Summer Citizen Chorus (June 2 – July 28)</td>
<td>Th</td>
<td>ECC 216</td>
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<tr>
<td>6000</td>
<td>9:00 AM - 10:00 AM</td>
<td>Yoga for Lifelong Well-Being (July 6 – 27, no class July 25)</td>
<td>M, W</td>
<td>HPER 102</td>
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<tr>
<td>7000</td>
<td>1:30 PM - 2:45 PM</td>
<td>Ukulele I for Beginners (July 11 – 22)</td>
<td>M, W, F</td>
<td>ECC 216</td>
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<tr>
<td>7100</td>
<td>3:00 PM - 4:15 PM</td>
<td>Ukulele II for Intermediate (July 11 – 22)</td>
<td>M, W, F</td>
<td>ECC 216</td>
</tr>
<tr>
<td>7200</td>
<td>1:30 PM - 3:00 PM</td>
<td>Beginning Knitting (July 12 - 26)</td>
<td>T</td>
<td>UI 510</td>
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<tr>
<td>7300</td>
<td>1:30 PM - 3:00 PM</td>
<td>Intermediate Knitting (July 14-28)</td>
<td>Th</td>
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<tr>
<td>100</td>
<td>8:15 AM - 9:45 AM</td>
<td>Bringing War Home: Objects, Stories, Memory, and the Vietnam War Experience</td>
<td>T - F</td>
<td>HH 130</td>
</tr>
<tr>
<td>110</td>
<td>10:00 AM - 11:30 AM</td>
<td>Cache Valley Goes Worldwide</td>
<td>T - F</td>
<td>HH 132</td>
</tr>
<tr>
<td>120</td>
<td>1:30 PM - 3:00 PM</td>
<td>Anyone Can Sing!</td>
<td>T - F</td>
<td>HH 130</td>
</tr>
<tr>
<td>130</td>
<td>3:15 PM - 4:45 PM</td>
<td>Indigenous Music of the Americas</td>
<td>T - F</td>
<td>HH 132</td>
</tr>
<tr>
<td>200</td>
<td>8:15 AM - 9:30 AM</td>
<td>To Vote or Not to Vote: That is Not the Question</td>
<td>M - F</td>
<td>EBB 215</td>
</tr>
<tr>
<td>210</td>
<td>9:45 AM - 11:00 AM</td>
<td>How to Optimize Your Android Phone or Tablet</td>
<td>M - F</td>
<td>HH 130</td>
</tr>
<tr>
<td>215</td>
<td>9:45 AM - 11:00 AM</td>
<td>Don't Let Hearing Loss Keep You Out of the Conversation</td>
<td>M - F</td>
<td>SCCE 209</td>
</tr>
<tr>
<td>218</td>
<td>9:45 AM - 11:00 AM</td>
<td>Beyond Cat's Cradle: String Figures from Around the World</td>
<td>M - F</td>
<td>HH 132</td>
</tr>
<tr>
<td>220</td>
<td>1:30 PM - 2:45 PM</td>
<td>Weather &amp; You</td>
<td>M - F</td>
<td>HH 130</td>
</tr>
<tr>
<td>230</td>
<td>3:00 PM - 4:15 PM</td>
<td>Phone Photography &amp; Editing Basics</td>
<td>M - F</td>
<td>HH 132</td>
</tr>
<tr>
<td>300</td>
<td>8:15 AM - 9:30 AM</td>
<td>Naturalism on Public Lands: Being an Aware Tourist</td>
<td>M - F</td>
<td>HH 130</td>
</tr>
<tr>
<td>305</td>
<td>8:15 AM - 9:30 AM</td>
<td>Your New Favorite Word: Finding Buried Treasure in Everyday Language</td>
<td>M - F</td>
<td>HH 132</td>
</tr>
<tr>
<td>310</td>
<td>9:45 AM - 11:00 AM</td>
<td>Maximize Your Use of Gmail and Google</td>
<td>M - F</td>
<td>AGRS 135</td>
</tr>
<tr>
<td>315</td>
<td>9:45 AM - 11:00 AM</td>
<td>Your New Favorite Language</td>
<td>M - F</td>
<td>HH 132</td>
</tr>
<tr>
<td>320</td>
<td>1:30 PM - 2:45 PM</td>
<td>Weird &amp; Wild Weather</td>
<td>M - F</td>
<td>HH 130</td>
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<tr>
<td>330</td>
<td>3:00 PM - 4:15 PM</td>
<td>Best American Short Stories of the 20th Century</td>
<td>M - F</td>
<td>HH 132</td>
</tr>
<tr>
<td>400</td>
<td>8:15 AM - 9:30 AM</td>
<td>Baroque Art History</td>
<td>M - F</td>
<td>HH 130</td>
</tr>
<tr>
<td>410</td>
<td>9:45 AM - 11:00 AM</td>
<td>Ins and Outs of Google Drive</td>
<td>M - F</td>
<td>AGRS 135</td>
</tr>
<tr>
<td>415</td>
<td>9:45 AM - 11:00 AM</td>
<td>Cache Valley and Shoshone History</td>
<td>M - F</td>
<td>HH 132</td>
</tr>
<tr>
<td>420</td>
<td>1:30 PM - 2:45 PM</td>
<td>Comparing &amp; Contrasting Greenland and Iceland</td>
<td>M - F</td>
<td>HH 130</td>
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<tr>
<td>430</td>
<td>3:00 PM - 4:15 PM</td>
<td>Meet Your Neighbors: Insights into the Church of Jesus Christ of Latter-day Saints</td>
<td>M - F</td>
<td>HH 132</td>
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<tr>
<td>500</td>
<td>8:15 AM - 9:30 AM</td>
<td>Impressionism</td>
<td>M - F</td>
<td>HH 130</td>
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<tr>
<td>510</td>
<td>9:45 AM - 11:00 AM</td>
<td>British History: The Edwardians</td>
<td>M - F</td>
<td>HH 132</td>
</tr>
<tr>
<td>520</td>
<td>1:30 PM - 2:45 PM</td>
<td>Amazing Creatures &amp; Volcanoes of the Galapagos Islands</td>
<td>M - F</td>
<td>HH 130</td>
</tr>
<tr>
<td>530</td>
<td>3:00 PM - 4:15 PM</td>
<td>How Explosive was the Cambrian Explosion: Exploring the Slow-Fuse of the Evolution of Animals</td>
<td>M - F</td>
<td>HH 132</td>
</tr>
<tr>
<td>600</td>
<td>8:15 AM - 9:45 AM</td>
<td>World Art</td>
<td>T - F</td>
<td>HH 130</td>
</tr>
<tr>
<td>610</td>
<td>10:00 AM - 11:30 AM</td>
<td>First Ladies from Ellen Wilson through Jill Biden</td>
<td>T - F</td>
<td>HH 132</td>
</tr>
<tr>
<td>700</td>
<td>8:15 AM - 9:30 AM</td>
<td>The Valleys of the Bear and the Cache: Is it all about the Water?</td>
<td>M - F</td>
<td>EBB 215</td>
</tr>
<tr>
<td>710</td>
<td>9:45 AM - 11:00 AM</td>
<td>Famous Historic Loganites</td>
<td>M - F</td>
<td>HH 132</td>
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<tr>
<td>720</td>
<td>1:30 PM - 2:45 PM</td>
<td>JFK Assassination: Warren Commission vs Researchers</td>
<td>M - F</td>
<td>HH 130</td>
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<tr>
<td>730</td>
<td>3:00 PM - 4:30 PM</td>
<td>Storytelling Workshop</td>
<td>M - F</td>
<td>HH 132</td>
</tr>
<tr>
<td>800</td>
<td>8:15 AM - 9:30 AM</td>
<td>Drumming and Rhythm for Fun!</td>
<td>M - F</td>
<td>ECC 205/207</td>
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<tr>
<td>810</td>
<td>9:45 AM - 11:00 AM</td>
<td>Creative Composition: A Fusion of Art and Music</td>
<td>M - F</td>
<td>ECC 205/207</td>
</tr>
<tr>
<td>815</td>
<td>10:00 AM - 11:15 AM</td>
<td>Active and Independent: Successful Aging Mentally, Emotionally and Physically</td>
<td>M - F</td>
<td>HH 130</td>
</tr>
<tr>
<td>910</td>
<td>10:00 AM - 11:30 AM</td>
<td>Utah's Struggle for Statehood</td>
<td>T - F</td>
<td>HH 130</td>
</tr>
</tbody>
</table>

Legend:
- Arts & Entertainment
- Culture & Religion
- Health & Fitness
- History & World Events
- Science
- Technology
- AGRS—Agricultural Sciences Building
- EBB—Eccles Business Building (connected to HH)
- ECC—Eccles Conference Center
- HH—Huntsman Hall (connected to EBB)
- HPER—Health, Physical Education & Recreation
- SCCE—Sorenson Legacy Foundation Center for Clinical Excellence
- UI—University Inn

Visit summercitizens.usu.edu/schedule/claslist.cfm for the most current class information.
Course Catalog

Become a Lifelong Learner

The Summer Citizens program is dedicated to providing educational opportunities for senior citizens. Courses are taught on a wide range of stimulating topics. Instructors include university professors, local experts, and Summer Citizens with specialty backgrounds/qualifications.

Courses are listed on the following pages by topics which are color coded to help you easily find classes of interest.

### Topics

- Arts & Entertainment: pg. 27–33
- Culture & Religion: pg. 34–36
- Health & Fitness: pg. 37–39
- History & World Events: pg. 40–42
- Science: pg. 43–44
- Technology: pg. 45
- Travel Adventures: pg. 46–48

#### Cancellations

There will be a $10.00 cancellation fee for all of the classes, and a $25.00, or more, cancellation fee for guided tours. Please refer to page 27 for more cancellation policies. No refunds or cancellations for classes after May 13, 2022.

Early bird pricing is listed for each course and applies through April 30. Regular pricing will be effective May 1 and will increase by $10.00.

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**Bell Choir I**

<table>
<thead>
<tr>
<th>Course ID #</th>
<th>Date</th>
<th>Time</th>
<th>Days</th>
<th>Price</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1400</td>
<td>June 2 – July 28</td>
<td>1:30 PM – 3:00 PM</td>
<td>Thu</td>
<td>$75</td>
<td>ECC 216</td>
</tr>
</tbody>
</table>

**DESCRIPTION:** This class is an intermediate level bell choir where the skills of simple note reading will be required to participate. The class will be playing more challenging songs than Bell Choir I. During the first two weeks of class the skills and songs will be reviewed and then build upon the skill level of the group. This is an active music making class and members are expected to participate fully which includes singing, playing bells, playing percussion instruments, music assisted relaxation, and sharing thoughts and feelings about your experiences in class. The bell choir experience hopes to increase overall health and wellness through social connection, group cohesion, emotional expression, musical enjoyment, and reducing stress. The bell choir will have at least one performance opportunity during the summer. Class will be taught weekly for 90 minutes during the entire Summer Citizens Program and will be limited to 15 people.

**PREREQUISITES:** Love of music. Instructor will provide all material needed to participate.

**INSTRUCTOR:** Heather Overly has been practicing music therapy for 20 years. Heather received her BS in Music Therapy at Utah State University in 2001 and has been Board Certified to practice since graduation. She is the owner of Overlymusical LLC, which serves a variety of clients such as adults with addictions, elderly people with dementia in retirement communities, Hospice patients, children, teens, and adults with special needs. She also teaches music development classes for parents and children ages 0–5 years old and group guitar for teens and adults. Heather loves music therapy and believes music can assist in healing and growth for many clients. Heather is the mother of four children and resides in Cache Valley with her husband Devin.

**Bell Choir II**

<table>
<thead>
<tr>
<th>Course ID #</th>
<th>Date</th>
<th>Time</th>
<th>Days</th>
<th>Price</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1300</td>
<td>June 2 – July 28</td>
<td>3:15 PM – 4:45 PM</td>
<td>Thu</td>
<td>$75</td>
<td>ECC 216</td>
</tr>
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</table>

**DESCRIPTION:** This class is an intermediate level bell choir where the skills of simple note reading will be required to participate. The class will be playing more challenging songs than Bell Choir I. During the first two weeks of class the skills and songs will be reviewed and then build upon the skill level of the group. This is an active music making class and members are expected to participate fully which includes singing, playing bells, playing percussion instruments, music assisted relaxation, and sharing thoughts and feelings about your experiences in class. The bell choir will have at least one performance opportunity during the summer. The bell choir experience hopes to increase overall health and wellness through social connection, group cohesion, emotional expression, musical enjoyment, and reducing stress. Class will be taught weekly for 90 minutes during the entire Summer Citizens Program and will be limited to 15 people.

**PREREQUISITES:** Students must already understand simple musical note reading. All materials will be provided by the instructors.

**INSTRUCTOR:** Heather Overly has been practicing music therapy for 20 years. Heather received her BS in Music Therapy at Utah State University in 2001 and has been Board Certified to practice since graduation. She is the owner of Overlymusical LLC, which serves a variety of clients such as adults with addictions, elderly people with dementia in retirement communities, Hospice patients, children, teens, and adults with special needs. She also teaches music development classes for parents and children ages 0–5 years old and group guitar for teens and adults. Heather loves music therapy and believes music can assist in healing and growth for many clients. Heather is the mother of four children and resides in Cache Valley with her husband Devin.

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Visit summercitizens.usu.edu/schedule/classlist.cfm for the most current class information.
**Summer Citizen Chorus**

Course #7100  
June 2 – July 28  
10:00 AM – 11:15 AM  
Thu  
$75  
ECC 216

**DESCRIPTION:** Join others who enjoy singing! The Summer Citizen Chorus will consist of sopranos, altos, tenors and basses and will meet once a week. The chorus will have no auditions and will be open to anyone who enjoys singing in a mixed chorus. It will promote growth in singing choral music and provide joy and satisfaction in singing together with others. Previous experience in a high school, college, church or community chorus would be helpful. The repertoire will be taken from show tunes, popular songs, folk melodies or inspirational songs. Rehearsals will culminate in a performance for other Summer Citizens.

**PREREQUISITES:** Previous experience in a high school, college, church or community chorus would be helpful. Singers will pay a materials fee for music which the conductor will provide and which will total under $10. Fee is payable to the instructor on the first day of class.

**INSTRUCTOR:** Tessa Buck, has been knitting and selling her knitted creations since taking a class in 1974 when urged by her mother to learn to knit. She seldom is seen without her knitting bag and needles in her hands. The best part for her is combining colors and searching for just the right pattern for what she has envisioned. She loves teaching others to enter this fascinating world with her. She has taught knitting at 3 yarn shops and for Logan City Schools. Currently she teaches classes and private lessons in her home. She has been a member of Northern Utah Fibers Artisans Guild for 35 years. She spins her own yarn when she wants to take a break from knitting.

**Intermediate Knitting**

Course #7300  
July 14 – 28  
1:30 PM – 3:00 PM  
Thu  
$55  
UI 510

**DESCRIPTION:** Go beyond the basics with this colorful striped bag that you may want to use as your go-to knitting bag after you finish knitting it. We will use 100% wool yarn which makes it very sturdy. We will felt (shrink) the bag during the third class period. Students need to bring stranded yarn which makes it very sturdy. We will felt (shrink) the bag during the third class period. Students need to bring stranded yarn which makes it very sturdy. We will felt (shrink) the bag during the third class period. Students need to bring stranded yarn which makes it very sturdy. We will felt (shrink) the bag during the third class period. Students need to bring stranded yarn which makes it very sturdy. We will felt (shrink) the bag during the third class period. Students need to bring stranded yarn which makes it very sturdy. We will felt (shrink) the bag during the third class period. Students need to bring stranded yarn which makes it very sturdy. 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### Anyone Can Sing!

<table>
<thead>
<tr>
<th>Course ID #</th>
<th>Date</th>
<th>Time</th>
<th>Days</th>
<th>Price</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course #120</td>
<td>May 31 – June 3</td>
<td>13:00 PM – 3:00 PM</td>
<td>Tue – Fri</td>
<td>$50</td>
<td>HH 130</td>
</tr>
</tbody>
</table>

**DESCRIPTION:** This class is for those who have little or no singing experience, and we will be singing each day. Last year I taught this same class and have made some minor changes. How many of you have heard someone say “I can’t sing” or have even said it yourself? IT’S NOT TRUE! Well, maybe it is at the moment, but that can quickly change. The reality is we can learn how to sing.

Very few people sing well from the start, and even those few who end up taking voice lessons or being coached along the way to improve. I have worked with students who were “tone deaf,” but they worked hard and ended up singing in recitals 1-2 years later. There are two parts to learning how to sing: 1) ear training and 2) vocal technique. This class will focus on both of these skills. We will also discuss and practice taking good care of your voice. I’m in my 60’s and my voice is the best it’s ever been, so don’t let age stop you!

**PREREQUISITES:** No prerequisite other than a desire to sing. Bring water to drink, a notebook and pen, and a little bravery.

**INSTRUCTOR:** Warren Kunz
With his college degree and his great love of music and teaching, Warren created a music studio near Seattle teaching piano and voice lessons to 500+ students. He taught music “Ear Training” at a community college, was active in two music teachers’ associations, and received a State Hall of Fame teaching honor. Warren’s fascination with world music led him to collect and learn to play instruments from across the globe. In Logan, he began building his local studio and is completing a graduate degree in World Music Pedagogy from Northern Illinois Univ. Warren now studies and plays many wind and percussion world instruments. Visit kunzmusicstudio@comcast.net - Teaching music to facilitate cultural awakening in our communities.

### Indigenous Music of the Americas

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<tr>
<th>Course ID #</th>
<th>Date</th>
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<th>Days</th>
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<tbody>
<tr>
<td>Course #130</td>
<td>May 31 – June 3</td>
<td>3:15 PM – 4:45 PM</td>
<td>Tue – Fri</td>
<td>$50</td>
<td>HH 132</td>
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**DESCRIPTION:** In this course we will survey music of the indigenous people of the North, Central and South American continents — from Inuit throat singing in the Arctic, to the Mapudungun music in southern Argentina/Chile. We will cover the unique and changing meanings of American music from historical, political, and religious perspectives, by examining how music is perceived within its sociocultural context. As we dive into their spiritual, art and folk music, basic elements of music such as melody, rhythm, form, timbre, harmony, and texture will be discussed. As time permits, we’ll cover new possible directions of the fusion of past with present.

To quote two authors about the diversity of world music: “A deeper exploration of these many different communities can reveal overlaps, shared horizons, and common concerns in spite of, and because of, this very diversity.” (Excursions in World Music)

Let’s travel the Americas together!

**PREREQUISITES:** A prerequisite is an open mind. To listen to musical examples at home, it would be best to have a laptop, tablet, or desktop computer with audio.

**INSTRUCTOR:** Warren Kunz
With his college degree and his great love of music and teaching, Warren created a music studio near Seattle teaching piano and voice lessons to 500+ students. He taught music “Ear Training” at a community college, was active in two music teachers’ associations, and received a State Hall of Fame teaching honor. Warren’s fascination with world music led him to collect and learn to play instruments from across the globe. In Logan, he began building his local studio and is completing a graduate degree in World Music Pedagogy from Northern Illinois Univ. Warren now studies and plays many wind and percussion world instruments. Visit kunzmusicstudio@comcast.net - Teaching music to facilitate cultural awakening in our communities.

### Naturalism on Public Lands: Being an Aware Tourist

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<tr>
<th>Course ID #</th>
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<tr>
<td>Course #230</td>
<td>June 6 – 10</td>
<td>8:15 AM – 9:30 AM</td>
<td>Mon – Fri</td>
<td>$50</td>
<td>HH 132</td>
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</table>

**DESCRIPTION:** We will read and discuss Naturalist authors and their influence on people and policy. We will discuss conservation limitations and extremism. This course will also cover visiting public lands and learning about advocacy, stewardship, and camping on both recreational and cultural sites.

**PREREQUISITES:** None

**INSTRUCTOR:** Katelyn Wamsley
Katelyn has lived in Cache Valley her entire life, loves to travel, and holds a special place for National Parks and their preservation. She has worked various positions in academics for 10+ years. She was previously an employee at USU and now works for Western Governors University. She has a Bachelors in History and Anthropology and a Masters in English. She has been the content specialist and lead photographer for Utah State Dining Services for over a year. Before coming to Utah State she was a wedding and couples photographer for 6 years. She has extensive knowledge in technology systems and cameras whether that’s on your phone or a DSLR camera. When she isn’t working or taking photos she enjoys the arts, petting all the dogs, and reading. Katelyn finds great joy in helping others whether that’s learning technology or in everyday matters.

### Best American Short Stories of the 20th Century

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<tr>
<th>Course ID #</th>
<th>Date</th>
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<th>Days</th>
<th>Price</th>
<th>Location</th>
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<tr>
<td>Course #330</td>
<td>June 13 – 17</td>
<td>3:00 PM – 4:15 PM</td>
<td>Mon – Fri</td>
<td>$50</td>
<td>HH 132</td>
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</table>

**DESCRIPTION:** Adventure into the world of literature told by some of the best contemporary short story writers. A short story is quality fiction, but it is short, unlike a novel. It’s always been America’s own typical form of literary expression. We’ll study the “best” from the book “Best American Short Stories of the Century” edited by John Updike & Katrina Kenison purchased on Amazon. Each of us will bring our unique experiences & our intellectual interpretation of the stories, resulting in some lively discussion. Please let me know of a story that interests you and I will consider it for one of our group discussions. Stories to be studied will be confirmed later. Class is limited to 25 people.

**PREREQUISITES:** Participants will purchase a book for the class. Instructor will provide the name of the book prior to the class.

**INSTRUCTOR:** Melissa Maughan
Melissa has worked various positions in academics for 10+ years. She was previously an employee at USU and now works for Western Governors University. She has a Bachelors in History and Anthropology and a Masters in English. She has lived in Cache Valley her entire life, loves to travel, and holds a special place for National Parks and their preservation.
Impressionism
Course #500  June 27 – July 1  8:15 AM – 9:30 AM  Mon – Fri  $50  HH 130
DESCRIPTION: Emerging from the era of Realism, a group of rejected artists create their own show and form a new movement. The impressionist's goals, styles, and stories will be shared. For those who are curious about what inspired the paintings that are frequently displayed, this course is recommended.
PREREQUISITES: None
INSTRUCTOR: Kevan Larsen is a sculptor, painter, and designer from Wyoming. He leads group tours to various countries each summer before teaching here at USU. Kevan has been teaching art and art history for over 23 years. He attended USU where he received his BFA in Art and his commission as an officer in the U.S. Army. So far, he has been to 17 countries to explore museums and other art sites in person and loves to share those experiences with his students. He is fluent in sarcasm.

Storytelling Workshop
Course #730  July 11 – 15  3:00 PM – 4:30 PM  Mon – Fri  $50  HH 132
DESCRIPTION: The author Isak Dinesen wrote that, “All sorrows can be born if put into a story.” In this day and age, we are acknowledging one another’s challenges and seek therapy to share their story and others find a larger audience and some of us do both! In this class we will learn about storytelling and how and where we might go to share our craft. We will discuss techniques and venues, whether it be continuing the stories that started with our ancestors or a delightful tale for grandchildren or to share with friends. Everyone has a story and some of them even begin with, “Once upon a time…”
PREREQUISITES: None
INSTRUCTOR: Diane Francom has been a life-long educator and storyteller. She has taught all ages in a variety of subjects in public, private and charter schools, including many years as an instructor of teachers for Utah State University. She has participated in storytelling events in Europe, on the East coast, Hawaii, and is currently a member of the Timpanogos Storytellers Guild, which comprises people from all over Utah and other western states.
Learn about the world or the people around you with one of our Culture & Religion classes.

Steps to Take Before and When a Loved One Dies

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<tr>
<th>Course ID #</th>
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<th>Time</th>
<th>Days</th>
<th>Price</th>
<th>Location</th>
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<tbody>
<tr>
<td>Course #105</td>
<td>May 31, June 29, July 7, July 31</td>
<td>8:15 AM – 9:30 AM</td>
<td>One-time class, Select 1 date</td>
<td>$10</td>
<td>UI 510</td>
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DESCRIPTION: When a loved one dies there is a tremendous emotional loss and at the same time there is an administrative nightmare. I am 78 years old and my wife is 71 years old. My probability of predeceasing her is over 95%. Approximately ten years ago I started to work on a complete step by step process for my wife to follow when I die. We now have a file, "Steps to Take Upon the Death of a Loved One," which outlines this process and includes things such as pre-addressed and signed letters and a detailed listing of our assets, etc. I have been teaching this class for the last six years and I will share with you how to do this for your loved one. This class is repeated 4 times, you only need to take it once. Each class is $10 and each is limited to 20 people.

PREREQUISITES: The attendees will need to bring a pencil or pen.

INSTRUCTOR: Mel Parker retired as Executive Vice President of Bankers Life Insurance company in St. Petersburg, Florida in the summer of 2013. In 2014, he moved to The Villages, Florida where he has been teaching this class monthly for the last six years. He has 50 years of experience in insurance company management, holds a BA in Economics and Insurance from University of Nebraska and completed the John Hancock Life Insurance Company Marketing and Management Program in Boston, Massachusetts.

Cache Valley Goes Worldwide

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<tr>
<th>Course ID #</th>
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<tr>
<td>Course #110</td>
<td>May 31 – June 3</td>
<td>10:00 AM – 11:30 AM</td>
<td>Tue – Fri</td>
<td>$50</td>
<td>HH 132</td>
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DESCRIPTION: Cache Valley is a charming, unique place to live. In spite of poor transportation in and out of the valley, many entrepreneurs choose to make this their home. Amazing nationwide and sometimes worldwide businesses thrive here. Class participants will meet two CEO's each day who will share their secrets with us. Don't miss this exciting opportunity.

PREREQUISITES: None

INSTRUCTOR: Lucille Hansen has lived in many places and chooses Cache Valley as her home. Lucille taught in the public school system for 31 years. Her favorite classes to teach were history, especially Utah History.

Beyond Cat’s Cradle: String Figures from Around the World

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<th>Course ID #</th>
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<tr>
<td>Course #218</td>
<td>June 6 – 10</td>
<td>9:45 AM – 11:00 AM</td>
<td>Mon – Fri</td>
<td>$50</td>
<td>HH 132</td>
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DESCRIPTION: Most of us are familiar with “Cat's Cradle,” the children's game played with a loop of string in which patterns are made and passed between players. But did you know that there are thousands of other patterns you can make with just a loop of string? Or that cultures around the world have been doing just that for hundreds—if not thousands—of years? Anthropologists of the 19th and early 20th centuries studied the string figures of cultures around the world, but you don’t need to be a scientist to appreciate their beauty and magic. Class is limited to 20 people.

PREREQUISITES: Loops of string will be provided for all participants. Making these patterns will require a certain degree of manual dexterity, but even if you are not able to make your fingers perform the necessary movements, you’ll enjoy the glimpses of ancient cultures and what their stories tell us about how they viewed their world.

INSTRUCTOR: Jamis Buck. As a computer programmer, Jamis loves algorithms—descriptions of processes—like recipes, directions, computer programs, and yes, string figures. He’s fascinated by the ways in which a simple loop of string can be manipulated to produce elaborate patterns, tell stories, share experiences, and make friends.

Your New Favorite Language

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<tr>
<th>Course ID #</th>
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<tr>
<td>Course #305</td>
<td>June 13 – 17</td>
<td>8:15 AM – 9:30 AM</td>
<td>Mon – Fri</td>
<td>$50</td>
<td>HH 132</td>
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DESCRIPTION: Jamis and Tessa Buck Come join language lovers Jamis and Tessa as they help you see everyday words through new eyes. Gain an appreciation for the fascinating “genealogies” of seemingly ordinary words and phrases, discover unexpected connections between ideas, and gain intriguing insights into various eras and cultures. You’ll never see words the same way again!

PREREQUISITES: For the best experience, bring a smartphone or laptop. If you don’t have one, come anyway!

INSTRUCTOR: Jamis and Tessa Buck hosted a weekly podcast in 2020 called “Your New Favorite Word,” where they playfully explored the captivating landscape of words and word histories. Jamis, who has studied Korean, German, and French, has always been fascinated by languages and etymology. Tessa, who has a background in Spanish, Russian, and Chinese, holds a Bachelors degree in Linguistics and a Masters in Teaching English to Speakers of Other Languages.

Your New Favorite Language

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<tr>
<td>Course #315</td>
<td>June 13 – 17</td>
<td>9:45 AM – 11:00 AM</td>
<td>Mon – Fri</td>
<td>$50</td>
<td>HH 132</td>
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DESCRIPTION: Every language is a window into a unique way of seeing the world. Come explore a sampling of some of the most fascinating aspects of real languages both natural and constructed. We will dig into facets of languages like Korean, Russian, and Chinese as well as more exotic (or even invented) tongues. You will come away with a new appreciation for the connections between words, ideas, and cultures.

PREREQUISITES: Bring a smartphone or laptop for the best experience (but not required).

INSTRUCTOR: Jamis and Tessa Buck hosted a weekly podcast in 2020 called “Your New Favorite Word,” where they playfully explored the captivating landscape of words and word histories. Jamis, who has studied Korean, German, and French, has always been fascinated by languages and etymology. Tessa, who has a background in Spanish, Russian, and Chinese, holds a Bachelors degree in Linguistics and a Masters in Teaching English to Speakers of Other Languages.

INSTRUCTOR: Jamis and Tessa Buck have lived in many places and choose Cache Valley as their home. Lucille taught in the public school system for 31 years. Her favorite classes to teach were history, especially Utah History.
### Chair Yoga (June)

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<tr>
<th>Course ID #</th>
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<tr>
<td>#1000</td>
<td>June 1 – 29</td>
<td>10:30 AM – 11:30 AM</td>
<td>Mon, Wed</td>
<td>$70</td>
<td>HPER 102</td>
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**DESCRIPTION:** Chair yoga is a gentle form of Hatha yoga utilizing a chair for balance and support. It is a wonderful alternative for individuals who have difficulty getting down or up from the floor. All the poses are done seated in a chair with the option of standing and using the chair to assist with balance. Classes focus on improving joint mobility, flexibility, balance and increasing strength. Breathwork and meditation will also be practiced.

**PREREQUISITES:** Attendees should bring a yoga mat, a yoga block and a yoga strap.

**INSTRUCTOR:** Haley Hayes is a faculty member for Utah State University’s Yoga Studies minor and teaches privately. In 2019 she completed a Masters in Health & Human Movement and was invited to present her thesis titled “The Effects of a Yoga Intervention on Reactive Balance in Older Adults” at JAYT’s Yoga Research Symposium in Massachusetts. Pulling from different disciplines, Haley designs practices that promote healthy aging focusing on cognition, balance and neurodegenerative disorders.
Cammy Adair found yoga 7 years ago and was hooked. Her husband also began a consistent yoga practice to help deal with his chronic pain. Yoga helped him more than anything else he had tried over 30+ years! Since then, Cammy has completed her 200 hour + 300 hour yoga training.

**Yoga for Lifelong Well-Being (July)**

**INSTRUCTOR:** Emily Jewkes

**PREREQUISITES:** None

**DESCRIPTION:** This class is science based and will explore why yoga works to strengthen, calm and create overall well-being.

- Exercise to boost range of motion and help in preventing falls
- Breathing techniques that support successful aging will be discussed and practiced.
- Focused topics will include: the correlation between change of blood pressure, implementation of aerobic exercises, and social and personal relationships and improve your overall quality of life.

**Course #6000**  
**Date:** July 6 – July 21  
**Time:** 8:00 AM – 9:00 PM  
**Days:** Tue, Thu  
**Price:** $70  
**Location:** HPER 102

**Don’t Let Hearing Loss Keep You Out of the Conversation**

**INSTRUCTOR:** Haley Hayes  

**PREREQUISITES:** Handouts provided. Participants requested to bring note-taking materials.

**DESCRIPTION:** If you have trouble hearing you probably have trouble communicating, which can adversely affect your relationships. People with hearing loss tend to feel isolated because they can’t understand conversations, and will avoid social interactions. Social relationships are the #1 indicator of happiness and longevity. In this class we’ll discuss the importance of communication and how hearing loss influences your overall health. We’ll discuss the causes and challenges of hearing loss and offer strategies to assist when there are communication breakdowns. We’ll discuss hearing aids; what is currently available; how to choose one that will work for you; and how to handle the challenges experienced when wearing them. We’ll focus on tinnitus; current research as well as strategies to deal with the ringing. Improving your ability to hear and communicate will enhance your social and personal relationships and improve your overall quality of life.

**Course #215**  
**Date:** June 6 – 10  
**Time:** 9:45 AM – 11:00 AM  
**Days:** Mon – Fri  
**Price:** $60  
**Location:** SCCE 209

**Course #815**  
**Date:** July 18 – 22  
**Time:** 10:00 AM – 11:15 AM  
**Days:** Mon – Fri  
**Price:** $60  
**Location:** HH 130

**Active and Independent: Successful Aging Mentally, Emotionally and Physically**

**INSTRUCTOR:** Dr. Tiffany Shelton  

**PREREQUISITES:** If you choose to take notes, bring a writing tool to class (e.g., pen & paper, laptop, etc.). Also bring an open mind for learning new things and interesting discussions.

**DESCRIPTION:** Maintaining an active and independent lifestyle as one ages, is desired by all. During this course evidence-based techniques that support successful aging will be discussed and practiced. Focused topics will include: the correlation between cognition and balance, the importance of breathing properly, the numerous benefits of meditation and the individual ways to implement it. Participants will learn and experience: exercises to boost range of motion and help in preventing falls, breathing techniques to strengthen the lungs and calm the nervous system, techniques to support cognitive function, meditation practices for anxiety, memory and recall.

**Course #6000**  
**Date:** July 6 – 27 (no class July 25)  
**Time:** 9:00 AM – 10:00 AM  
**Days:** Mon, Wed  
**Price:** $70  
**Location:** HPER 102
**Course #200**  
**June 6 – 10**  
**8:15 AM – 9:30 AM**  
**Mon – Fri**  
**$60**  
**HH 130**

**DESCRIPTION:** This course examines the history of voting in the United States and then evolves into the contemporary problems that arose from the last two elections. We will focus on perception, context, and try to find reality. The many movements and amendments that expanded participation are examined as well as the leading advocates for expansion, reform, or contraction. Finally, how is trust a major part of the process?

**PREREQUISITES:** None

**INSTRUCTOR:** Ross Peterson is a native of Idaho and graduated from Utah State University in 1965. He then completed a PhD at Washington State University in 1968. After three years at the University of Texas-Arlington, he returned to USU in 1971. He served as Department Head from 1976–1984. He returned to USU as Vice President of Advancement from 2007–2011. Peterson teaches Recent American History as well as courses in African American Studies. His publications include a biography of Idaho Senator Glen H. Taylor and histories of Idaho, Cache County, and Ogden, Utah. His wife Kay, and all three of his sons have USD degrees.

**Course ##100**  
**June 30 – July 4**  
**8:45 AM – 9:30 AM**  
**Mon – Fri**  
**$60**  
**HH 132**

**DESCRIPTION:** The class will involve learning and discussions of questions like these: Who were Edward VII’s parents? What was the connection between Edward VII and the Churchills? Who did Edward VII marry? How did his second son become King? Who did George marry? How did George’s second son become King? Why did George change the family name?

**PREREQUISITES:** None

**INSTRUCTOR:** Arthur Clarke was born and lived in England for 35 years before marrying and coming to live in US. He became a citizen in 2008. Arthur received a Bachelor of Education from Cambridge Institute of Education and taught in English schools for over 33 years. The saying, “You can take the man out of England but you cannot take England out of the man” holds true for Arthur. He is enthusiastic about sharing his knowledge and love of British History with everyone and anyone and tries to make his classes interesting, factual and FUN.

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**To Vote or Not to Vote: That is Not the Question**

**Course #200**  
**June 6 – 10**  
**8:15 AM – 9:30 AM**  
**Mon – Fri**  
**$60**  
**EBB 215**

**DESCRIPTION:** A shell casing with an image of the Statue of Liberty etched on it with a nail; a postcard from Saigon. While many of us have little or no direct experience of the battlefields of modern war, we often live with their material remains. Some objects collected by relatives who have participated in the wars of the last century linger on as memorials for families that help us tell the stories of how our individual beloved fathers, grandfathers, mothers and grandmothers, cousins and siblings contributed to the larger history of the waging of war. In this interactive course, we explore how objects can be used to understand the range of experiences related to the Vietnam War. We will explore the Vietnam War through narrative accounts, oral history, and material culture. You will work on developing your own writing and storytelling of a personal or family account through prose and object essay.

**PREREQUISITES:** Participants will need to bring an object whose story they want to document. This object could relate to the Vietnam War (something from either a combatant or a civilian) but does not need to in order to participate in the course. The object and its story may be included in the digital archive for the Bringing War Home Project.

**INSTRUCTOR:** Molly Cannon serves as director for the Museum of Anthropology and the Mountain West Center for Regional Studies at USU. Her research and teaching involve understanding life in the Mountain West, she approaches this work through ethnography, archaeology, museum studies, and community engagement. Co-instructor, Susan Grayzel, is professor of History at USU, whose work focuses on modern European history; gender and women’s history, and the history of total war. She has published extensively on these topics including her forthcoming book, “The Age of the Gas Mask: British Civilians and the Terrors of Total War,” which will be published with Cambridge University Press.

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**First Ladies from Ellen Wilson through Jill Biden**

**Course #610**  
**July 5 – 8**  
**10:00 AM – 11:30 AM**  
**Tue – Fri**  
**$50**  
**HH 132**

**DESCRIPTION:** Although mostly lecture, there are photos of every First Lady and perhaps a video highlighting a variety of First Ladies.

**PREREQUISITES:** None

**INSTRUCTOR:** Joan Elder is a lifelong educator. After a 30 year career in Los Angeles Unified School District, Joan traveled the country presenting math workshops for teachers as a consultant for Create-A-Vision, a staff development company. Joan has taught adult classes in the Summer Citizen Program in Logan, at her home community of SaddleBrooke in Tucson, Sun City also in Tucson and in other senior education programs.

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**The Valleys of the Bear and the Cache: Is it all about the Water?**

**Course #700**  
**July 11 – 15**  
**8:15 AM – 9:30 AM**  
**Mon – Fri**  
**$60**  
**EBB 215**

**DESCRIPTION:** The Bear River meanders over 400 miles on its journey from the north slope of the Uinta mountains to the bay in the Great Salt Lake. The river, and the valleys that are impacted by its presence, have a long and significant history. Native Americans, fur trappers, Oregon bound pioneers, Mormon settlers and their descendants all share this history. It has served as a magnet to gather people back for family, religious, educational, and geographic remembrance. Why is that so?

**PREREQUISITES:** None

**INSTRUCTOR:** Ross Peterson is a native of Idaho and graduated from Utah State University in 1965. He then completed a PhD at Washington State University in 1968. After three years at the University of Texas-Arlington, he returned to USU in 1971. He served as Department Head from 1976–1984. He returned to USU as Vice President of Advancement from 2007–2011. Peterson teaches Recent American History as well as courses in African American Studies. His publications include a biography of Idaho Senator Glen H. Taylor and histories of Idaho, Cache County, and Ogden, Utah. His wife Kay, and all three of his sons have USD degrees.
### JFK Assassination: Warren Commission vs Researchers

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<tr>
<td>#720</td>
<td>July 11 – 15</td>
<td>1:30 PM – 2:45 PM</td>
<td>Mon – Fri</td>
<td>$50</td>
<td>HH 130</td>
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**DESCRIPTION:** The assassination of President Kennedy happened nearly 60 years ago and yet many questions still remain unanswered regarding what happened that day. Who was Lee Harvey Oswald and Jack Ruby? What actions did our new president, Lyndon Johnson, take in the hours and days following the assassination that appear to be quite unusual? Questions also surround the “umbrella man,” the “three tramps,” the mysterious Secret Service “man on the grassy knoll,” the highly irregular autopsy that was performed on President Kennedy, the ongoing debate regarding the “magic bullet,” introduced to us by the Warren Commission, The motivations of key figures in and out of government to remove Kennedy from the Presidency. Other failed assassination attempts of the President that same month. The Zapruder film. The CIA and FBI connection. These and other topics will be examined and discussed as we try to make sense of the tragic events of November 22, 1963.

**PREREQUISITES:** The only prerequisite is a desire to learn about what happened and why on November 22, 1963.

**INSTRUCTOR:** Tom Westre received his MA in Education in 1973. He taught US History and several other subjects at the high school level for 33 years before retiring in 2008. Tom was a high school senior the year President Kennedy was killed. In the 1950’s when the Oliver Stone movie, JFK, came out it renewed his interest in that event. He has been an avid researcher of the assassination since that time and has a library of nearly 40 books on the assassination. He visited Dallas in 2013 on the 50th anniversary and talked with people who witnessed that event and visited a number of locations related to that event. His views of that event have changed over the years.

### Famous Historic Loganites

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<tr>
<td>#710</td>
<td>July 11 – 15</td>
<td>9:45 AM – 11:00 AM</td>
<td>Mon – Fri</td>
<td>$50</td>
<td>HH 132</td>
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**DESCRIPTION:** David Eccles, an illiterate Scotsman, lived in Logan. He started many companies in the West, made a fortune and employed thousands of men, including my grandfather. He died unexpectedly in 1912, without a will, leaving his two wives and 21 children in chaos. Marriner Eccles outwitted his older half brothers, becoming the family leader. Marriner later caught the eye of Franklin Roosevelt who appointed him Chairman of the Federal Reserve. He held his job for 17 years. He was instrumental in helping the USA recover from the Great Depression. We’ll learn why the Eccles family can be so generous today. Other important Logancies covered will be the Charles Nibley family and the Thatcher Family. We’ll take a field trip on Friday to see their beautiful Logan Homes.

**PREREQUISITES:** None

**INSTRUCTOR:** Lucille Hansen has lived in many places and chooses Cache Valley as her home. Lucille taught in the public school system for 33 years. Her favorite classes to teach were history — especially Utah History.

### Utah’s Struggle for Statehood

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<tbody>
<tr>
<td>#810</td>
<td>July 26 – 29</td>
<td>10:00 AM – 11:30 AM</td>
<td>Tue – Fri</td>
<td>$50</td>
<td>HH 131</td>
</tr>
</tbody>
</table>

**DESCRIPTION:** People living in the Utah Territory begged congress to grant statehood 6 times. Each time they were denied and harsh penalties were inflicted. Why did it take 47 years for their goal to be granted? Why was 1/3 of the US Army deployed to Utah? The conflict between Col. Patrick Connor and Brigham Young was fierce. Who won? Answers to these questions and more will be discussed. This class is for the brave in heart.

**PREREQUISITES:** None

**INSTRUCTOR:** Lucille Hansen has lived in many places and chooses Cache Valley as her home. Lucille taught in the public school system for 33 years. Her favorite classes to teach were history — especially Utah History.

### Weird & Wild Weather

<table>
<thead>
<tr>
<th>Course ID #</th>
<th>Date</th>
<th>Time</th>
<th>Days</th>
<th>Price</th>
<th>Location</th>
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<tbody>
<tr>
<td>#520</td>
<td>June 13 – 17</td>
<td>1:30 PM – 2:45 PM</td>
<td>Mon – Fri</td>
<td>$50</td>
<td>HH 130</td>
</tr>
</tbody>
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**DESCRIPTION:** There is a lot of weird and wild weather taking place around the world. We will have fun learning about extreme weather events around the world. From cold to hot temperatures and their locations on the globe to heavy rainfall areas and deserts. Learn about thunderstorms and lightning and why they develop. Understand what conditions are necessary for the formation of strong storms such as tornadoes, hurricanes, and mid-latitude cyclones. Why do some winds become more damaging with certain storms? Also learn why winds in certain areas become extreme and dangerous! Learn about Mr. Stephens’ research at Peter Sinks and details about how it was discovered and what has been found over the last 35 years. Come prepared to have fun but also to learn a lot about weird and wild weather!

**PREREQUISITES:** None

**INSTRUCTOR:** Zane Stephens has a BS & MS from Utah State University & has his own company forecasting weather conditions for agriculture & special events around the world. His more well-known clients are Disney, The Super Bowl, The Academy Awards, and The Rose Bowl. He also provides forecasts for movies, TV shows & commercials. Mr. Stephens discovered Peter Sinks meteorologically in 1982 as a Freshman at USU & has studied this very cold valley for over 35 years. He is an expert in inversion (cold air) meteorology. He was an on-camera meteorologist for 3 years & chases tornadoes in his spare time.
Comparing & Contrasting Greenland and Iceland

Course #420  June 20 – 24  1:30 PM – 2:45 PM  Mon – Fri  $50  HH 130

DESCRIPTION: Presentations will compare & contrast these islands in their (1) inhabitants—Inuits in Greenland and Vikings in Iceland; (2) geology—Iceland with volcanic activity which produces new basaltic rocks as it splits the island in two, while Greenland has some of oldest granites on earth, with economically valuable minerals; (3) economies—Iceland is well integrated into modern international commerce & computer age, while Greenland is still trying to emerge from geographic isolation & has a limited economy dependent on subsidies from Denmark; (4) both are highly dependent on harvest of marine resources from their frigid coastal waters, but differ in terrestrial crops & creatures; (5) both are likely to be highly affected by climate change.

PREREQUISITES: None

INSTRUCTOR: Roy Carpenter retired after completing a 38 year career teaching and doing coastal oceanography research while on the faculty of the University of Washington Seattle School of Oceanography. Highlights of his career included the several 10 day trips he took students around the Galapagos Islands; the 3 week cruise he led oceanography majors on a research ship in the Galapagos with Ecuadorian scientists, and receiving the UW Alumni Association Award for Distinguished Teaching. He also enjoyed sports fishing in Alaskan waters. He & his wife now spend ~ 7 months each year in Surprise, AZ, where he plays shortstop in a senior softball league and gives environmental enrichment talks on large cruise ships (to Alaska and the Panama Canal so far).

Amazing Creatures & Volcanoes of the Galapagos Islands

Course #520  June 27 – July 1  1:30 PM – 2:45 PM  Mon – Fri  $50  HH 130

DESCRIPTION: This course will teach about the following: How volcanic activity, ocean currents and winds combine to shape the Galapagos Islands and their unique ecosystems. Galapagos turtles from Lonesome George, to Stud Diego & their successful management, security apps, locking your phone, and other popular apps. You must bring your own Android phone or tablet to this class.

PREREQUISITES: None

INSTRUCTOR: Roy Carpenter retired after completing a 38 year career teaching and doing coastal oceanography research while on the faculty of the University of Washington Seattle School of Oceanography. Highlights of his career included the several 10 day trips he took students around the Galapagos Islands; the 3 week cruise he led oceanography majors on a research ship in the Galapagos with Ecuadorian scientists, and receiving the UW Alumni Association Award for Distinguished Teaching. He also enjoyed sports fishing in Alaskan waters. He & his wife now spend ~ 7 months each year in Surprise, AZ, where he plays shortstop in a senior softball league and gives environmental enrichment talks on large cruise ships (to Alaska and the Panama Canal so far).

How Explosive was the Cambrian Explosion: Exploring the Slow-Fuse of the Evolution of Animals

Course #320  June 27 – July 1  3:00 PM – 4:15 PM  Mon – Fri  $60  HH 132

DESCRIPTION: Charles Darwin saw the sudden appearance of all major animal phyla at the beginning of the Cambrian period as a considerate problem for his theory about evolutionary change. However, recent fossil discoveries of early animals have shed new light on the seemingly explosive appearance of animals in the fossil record. This course will explore the questions: (1) How explosive was the Cambrian Explosion; (2) Was Darwin’s mistrust of the fossil record justified; and (3) What is the current understanding of why animal life evolved in the Cambrian.

PREREQUISITES: None

INSTRUCTOR: Michael Strange retired after completing a 38 year career teaching and doing coastal oceanography research while on the faculty of the University of Washington Seattle School of Oceanography. Highlights of his career included the several 10 day trips he took students around the Galapagos Islands; the 3 week cruise he led oceanography majors on a research ship in the Galapagos with Ecuadorian scientists, and receiving the UW Alumni Association Award for Distinguished Teaching. He also enjoyed sports fishing in Alaskan waters. He & his wife now spend ~ 7 months each year in Surprise, AZ, where he plays shortstop in a senior softball league and gives environmental enrichment talks on large cruise ships (to Alaska and the Panama Canal so far).

How to Optimize Your Android Phone or Tablet

Course #210  June 6 – 10  9:45 AM – 11:00 AM  Mon – Fri  $60  HH 130

DESCRIPTION: This class will cover how to get your email, contacts, calendar, and documents on your Android smartphone or tablet. We’ll cover how to star frequently used contacts and quickly find them and how to view your call log and save the numbers to your contacts. We’ll learn about apps and widgets and customizing your home screen. We’ll review the settings and learn to set ringtones, volume, wifi, bluetooth, and GPS, including checking your data usage. We’ll also discuss battery monitoring and management, security apps, locking your phone, and other popular apps. You must bring your own Android phone or tablet to this class.

PREREQUISITES: Bringing an Android smartphone or tablet to class for use for hands on practice.

INSTRUCTOR: Cathy Oberkampf has taught for 25+ years. She was a trainer/training manager at the University of Texas Medical Branch in Galveston, TX for 5 years, taught at Habitat for Humanity International for 5 years and has taught at Utah State University in their Summer Citizens Program for 7 years. She also teaches at her church and at other non profit organizations in her hometown of New Braunfels, TX where she now resides again.

Maximize Your Use of Gmail and Google

Course #310  June 13 – 17  9:45 AM – 11:00 AM  Mon – Fri  $60  AGRS 135

DESCRIPTION: You’ll learn how to: use Gmail, contacts, calendars, and Google Drive; label, delete, and archive your Gmail, report spam, and receive email from all your accounts in one inbox. You’ll also learn to: cleanup, merge, and create contacts and groups; create calendar events, share calendars; create documents, spreadsheets, and presentations in Google Drive; and share and collaborate with others on these e-files. Google Drive is FREE and the only office suite software you’ll ever need. You can access Google Drive from any computer with internet connection. This class is in the computer lab on campus.

PREREQUISITES: To have a Gmail email address and know the password.

INSTRUCTOR: Cathy Oberkampf has taught for 25+ years. She was a trainer/training manager at the University of Texas Medical Branch in Galveston, TX for 5 years, taught at Habitat for Humanity International for 5 years and has taught at Utah State University in their Summer Citizens Program for 7 years. She also teaches at her church and at other non profit organizations in her hometown of New Braunfels, TX where she now resides again.

Ins and Outs of Google Drive

Course #410  June 20 – 24  9:45 AM – 11:00 AM  Mon – Fri  $60  HH 130

DESCRIPTION: Google Drive is an office suite software. You can create documents and spreadsheets on any computer with Internet access. You aren’t tied to one computer, and you get it FREE with a Gmail account! Google Drive is the cornerstone of the Google Cloud and provides you access to other perks from Google. You’ll learn to create, edit, and share Google Docs, Sheets, and Slides, and share these files and collaborate with others. There will be hands-on activities in class. This class is held in the computer lab on campus. Google Drive works on PCs, Android phones and tablets, iPhones, iPads, and Macs.

PREREQUISITES: Have a Gmail email address and know the password.

INSTRUCTOR: Cathy Oberkampf has taught for 25+ years. She was a trainer/training manager at the University of Texas Medical Branch in Galveston, TX for 5 years, taught at Habitat for Humanity International for 5 years and has taught at Utah State University in their Summer Citizens Program for 7 years. She also teaches at her church and at other non profit organizations in her hometown of New Braunfels, TX where she now resides again.
**Course ID # | Date | Time | Days | Price | Location**

| **This is The Place Heritage Park & Natural History Museum of Utah** Tour 2A | June 7 | 8:00 AM – 6:00 PM | Tue | $15 | Salt Lake City, Utah |

**DESCRIPTION:** Celebrate Utah’s Pioneer Heritage by touring This is The Place Heritage State Park located high on the East Bench of Salt Lake City. The Heritage Park is one of the premier attractions west of the Mississippi featuring a Native American Village, trains with guided tour, Utah’s Heritage Quilt Display, panning for gold, arts & crafts projects, historical homes with live Interpreters, a blacksmith, tramsmith, spinner and weaver. Following a box lunch our next stop is the Natural History Museum of Utah. This museum is an architectural marvel and a case study in “green” design. Our visit to the museum includes a museum tour guide to cover weather, climate, astronomy, native voices, ecosystems, first people, gems & minerals. Great Salt Lake, past worlds and our backyard. Per person price includes bus transportation, ticket prices, lunch, and tour guides.

**INSTRUCTOR:** Julie Hollist Terrill is the director of the Cache Valley Visitors Bureau. She holds a masters degree in journalism and communications from Utah State University, loves new adventures and is a sought-after speaker and instructor. She has taught and our backyard. Per person price includes bus transportation, ticket prices, lunch, and tour guides.

| **USU Caine Dairy Robotic Milking Tour** Tour 2B | June 9 | 3:00 – 4:30 PM | Various | $10 | Wellsville, Utah |

**DESCRIPTION:** In 2018 the Utah Agricultural Experiment Station opened a new barn with robotic features. The facility, used by the USU dairy program, exposes students and other producers to modern technology. Come learn how we are using technology to increase our milk production and watch our automated milkers in action. The dairy is a 15–20 minute drive south of Logan on Hwy 89/91 and transportation to the dairy is on your own. If standing is a problem, please bring a camp chair.

**INSTRUCTOR:** John Wallentine is the Farm Manager at the USU Caine Dairy and a Manager III in the USU Animal, Dairy and Veterinary Sciences Department.

| **USU Aggie Chocolate Factory** Tour 2C, 3C, 6B, 8A | Choose date: June 9, June 16, July 7, July 19 | 3:00 – 4:30 PM | Various | $10 | Logan, Utah |

**DESCRIPTION:** Don’t miss this opportunity to learn how the Aggie Chocolate Factory makes the world’s finest single origin bean-to-bar chocolate. This tour will walk you through the entire process of how cocoa is grown, harvested, and processed into delicious chocolate. The tour will conclude with a special tasting session lead by Dr. Silvana Martini, a world leading food scientist in the College of Agriculture and Applied Sciences. Taste the flavors of single origin chocolates made at the Aggie Chocolate Factory and compare them to commodity chocolates. Identify the flavors that you prefer and become a chocolate snob!

**INSTRUCTOR:** Silvana Martini is the Factory Director for the Aggie Chocolate Factory and a Principal Investigator with the Western Dairy Center in the USU Nutrition, Dietetics and Food Sciences Department.

| **Utah Olympic Park & Historic Park City** Tour 3A | June 14 | 8:00 AM – 6:00 PM | Tue | $15 | Park City, Utah |

**DESCRIPTION:** Our first stop will be the Utah Olympic Park where the 2002 Winter Olympics were held. An expert guide will give us a bus tour of this spacious venue then you’ll have time to browse through the Olympic Museum and possibly watch ski jumpers practice on the steep slopes by landing in a deep pool of water. Next we head to Park City where you can meander on Historic Main Street and grab lunch on your own. Then we’ll gather for a self-guided tour of the Park City Museum, which provides a fascinating glimpse of the area’s colorful and rowdy past.

**INSTRUCTOR:** Julie Hollist Terrill is the director of the Cache Valley Visitors Bureau. She holds a Master’s degree in Journalism and Communications from Utah State University, loves new adventures and is a sought-after speaker and instructor. She has taught as an adjunct professor at Utah State University and you’re just as likely to find her at the rodeo as at the opera. She loves summer citizens and can’t wait to share some of the area’s history with you.

| **USU Animal Science Farm** Tour 3B | June 16 | 8:30 – 11:30 AM | Thu | $15 | Wellsville, Utah |

**DESCRIPTION:** The USU College of Agriculture and Applied Sciences looks forward to showcasing a few of our research projects. It will include five stations where you will learn about the science of cloning and what the future holds, learn about the dynamic of the equine and human bond, see callipyge sheep and do DNA testing, learn what ivermectin is and what it really does, and learn how to select an affordable cut of beef and taste samples. The tour will conclude with our world-famous Aggie Ice Cream. The farm is a 15–20 minute drive south of Logan on Hwy 89/91 and transportation to the dairy is on your own. If standing is a problem, please bring a camp chair. Carpooling is recommended due to limited on-site parking. If standing is a problem, please bring a camp chair.

**INSTRUCTOR:** Each section of this tour will be hosted by different professors and researchers from the USU Animal, Dairy and Veterinary Sciences (ADVSS) Department. Rusty Stott is a Clinical Assistant Professor; Sarah Pierce is a Research Technician and Researcher Assistant; Irina Polikova is a Professor; Misha Bogoski is a Researcher; Tracy Halfield is a Researcher II; DJ Anderson is the Equine Education Center Manager and a Farm Manager; Brett Bowman is a Lecturer; and Judy Smith is a Professional Practice Assistant Professor.
### Cache Valley Hospital

**Welcome to Logan, UT**

Whether you need a routine checkup, or want to schedule a specialty surgery, Cache Valley Hospital is here for you. And just in case, our ER is open 24/7 and is staffed with board-certified emergency physicians.

Visit cachevalleyhospital.com/summer to:

- **Find a doctor** - Browse our full physician list by specialty to find the right doctor for you.
- **Sign up for a free seminar** - Our physician led seminars are interactive and free. Visit us online for a list of seminars!
- **Explore our services** - Looking for something specific? Check out the services we offer!

Have a question?

Want to talk to someone about our services, insurance coverage, or get connected with the right doctor? Call the number below and ask to speak with “The Healthcare Liaison.” Give us a call, we’re happy to help.

**Healthcare Liaison: (435) 713-9700**

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### Hello Summer Citizens!

**Cache Valley Hospital**

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### Course ID # | Date | Time | Days | Price | Location
---|---|---|---|---|---
USU Greenville Research Farm | Tour A | June 20 | 9:00 – 11:00 AM | Mon | $10 | Logan, Utah

**DESCRIPTION:** Come learn how agricultural scientists are helping farmers get better and more diverse food and flowers for your table! Learn how they help expand the plant palette for your home landscape. See what is being done to conserve water and care for those in the most sustainable ways. The Greenville Farm is the first irrigated research farm in the country and it has evolved along with agriculture in the West. We will introduce you to the many projects ongoing there that may help you better take care of your lawn, gardens and bring better products to the stores where you live. The farm is a short drive from USU and transportation is on your own. Carpooling is recommended due to limited on-site parking. If standing is a problem, please bring a camp chair.

**INSTRUCTOR:** Paul Johnson is the Department Head and a Professor for the USU Plants, Soils and Climate Department. He is also a professor for the Center for Water Efficient Landscaping through USU Extension.

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### Sportsman’s Paradise & Fresh Trout Dinner

**DESCRIPTION:** Located in the south end of Cache Valley, Sportsman’s Paradise was settled in 1868 by Barnard White, an immigrant from England. This 56,000 acre homestead was one of the first settlements in the beautiful Cache Valley. This working ranch is known not only for all the wonderful outdoor sports, but for great hospitality and fine dining too. On this night you will get to hear Colonel Grant White tell the history of this wonderful ranch, enjoy the quiet peacefulness of the outdoors and feast on an evening meal, featuring fresh, tomatoes, trout fillets, au gratin potatoes, fresh green salad, warm rolls and for dessert, a slice of cheesecake. Music will fill the night air featuring Jeff Tracy & his live band.

**INSTRUCTOR:** Grant L. White is the President and Owner of Trout of Paradise, Inc. Asb Sportsman’s Paradise. Grant received his Bachelor of Science degree from Utah State University in Business Administration and his Master’s degree from the Army War College in Strategic Studies. Besides building the fishing business he spent 30 years in the Army both active duty and the Reserves retiring at the rank of Colonel in 2004. Since leaving active duty in 1979 he has worked in the trout business. He is the fourth generation from the original Barnard White Family.

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### Brigham, a Bird Refuge & The Old Barn Theatre

**DESCRIPTION:** Brigham City has an exciting, hidden history. Co-ops were being tried in the late 1800’s across the USA. The most successful one was located in Brigham City. This town was completely independent. They even had their own money. Our local guide (now the Brigham City Mayor), will tell us this fascinating story and show us evidence of that era. Next, we’ll visit the Bear River Migratory Bird Refuge and watch the birds strut their stuff. An early supper will be enjoyed at Maddox, then we’ll make our way to the historic “Old Barn” located next to the best preserved Stage Coach Inn in Utah. We’ll see a production of “Big River.” We should arrive back at USU about 10:00 PM. What an exciting day!!

**INSTRUCTOR:** Lucille Hansen thinks everything makes more sense when we understand history. She taught in the public school system for 31 years. Her favorite classes to teach were history—especially Utah History. She loves the Summer Citizen program and looks forward to greeting all who come.

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### USU Virtual Reality Roller Coaster

**DESCRIPTION:** Explore a mountain top, ride a roller coaster around Old Main and see how virtual reality is used to understand the environment and our interactions within it. The USU Department of Landscape Architecture and Environmental Planning is using virtual to better understand our reality. Come and participate in ongoing research, experience how we understand our environment and learn about virtual reality as a tool for planning and designing strong communities.

**INSTRUCTOR:** Keith Christensen is the Department Head and Professor in the Landscape Architecture and Environmental Planning Department. Dave Anderson is a Professional Practice Associate Professor for the USU Landscape Architecture and Environmental Planning Department.