

2024 Course Schedule At-A-Glance

Arts & Entertainment Culture & Religion Health & Fitness History & World Events Science Technology

	#	Time	Title	Days		#	Time	Title	Days
Multi-Week Course	900	1:00 PM - 4:00 PM	Beginner Watercolor and Special Effects (May 29-Jun 26)	W	Week 4: June 18-21	400	8:30 AM - 10:00 AM	History of Investing in the US (1926 to the Present)	T-F
	910	9:00 AM - 10:00 AM	Mindful Slow Flow Yoga (May 29-Jun 19)	M,W		410	10:00 AM - 11:30 AM	Self Defense for Women	T-F
	911	9:00 AM - 10:00 AM	Mindful Slow Flow Yoga (Jun 24-Jul 17)	M,W		420	1:30 PM - 3:00 PM	European Folk Music Appreciation	T-F
	920-922	4:00 PM - 5:00 PM	Basic Bicycle Maintenance (Jul 2-16)	T		430	3:00 PM - 4:30 PM	JFK Assassination: Lee Harvey Oswald and the Warren Commission	T-F
	930-936	10:00 AM - 11:00 AM	Partner Cooking Classes (Jun 4-Jul 16)	T		440	3:00 PM - 4:30 PM	Genealogy for Advanced Researchers	T-F
	940	10:00 AM - 11:00 AM	Chair Yoga (Jun 3-26)	M,W	Week 5: June 24-28	500	8:30 AM - 9:30 AM	Basics of Pickleball	M-F
	950	8:00 AM - 9:00 AM	Water Aerobics (May 31-Jun 23)	W,F		510	9:30 AM - 10:30 AM	Exercise in Extreme Environments	M-F
	951	9:00 AM - 10:00 AM	Water Aerobics (Jun 25-Jul 18)	T,TH		520	10:30 AM - 11:30 AM	America's National Parks: Yosemite	M-F
	960-962	8:00 AM - 9:30 AM	Steps to take upon the Death of a Loved One (Jun 3, 11, 20)	M,T,TH		530	1:30 PM - 2:30 PM	Understanding & Improving Communication Skills	M-TH
	970-973	10:00 AM - 11:00 AM	NEHMA Sit and Sketch (Jun 7-28)	F		540	2:30 PM - 3:30 PM	Poetry Writing 101 - Unlocking Your Inner Poet	M-F
Week 1: May 28-31	980-983	7:00 AM - 11:00 AM	Cutler Marsh Canoe Trip (Jun 6 and 13, Jul 16 and 18)	T,TH		550	3:30 PM - 4:30 PM	Meet Your Neighbors: Insights into the Church of Jesus Christ of Latter-day Saints	M-F
	990	1:30 PM - 2:30 PM	Understanding an Increasingly Complex World through Systems Thinking (Jul 8-19)	M-F	Week 6: July 1-5	600	8:00 AM - 11:00 AM	Natural Environment of Cache Valley: Birding, Ethnobotany, and Human History	M-W,F
	995	3:30 PM - 4:30 PM	Socrates & the Examined Life (Jul 8-19)	M-F		610	8:30 AM - 10:00 AM	Romantic and Neoclassical Art	M-W,F
	100	10:00 AM - 11:30 AM	Race, Racism, and You: Building a More Anti-Racist World	T-F		620	10:00 AM - 11:30 AM	East Asian Music Appreciation	M-W,F
	110	1:30 PM - 3:00 PM	Music Fundamentals: A Prelude to Music Appreciation	T-F		630	10:00 AM - 11:30 AM	Cache Valley Goes Worldwide	M-W,F
Week 2: June 3-7	120	3:00 PM - 4:30 PM	Apple iPhone & iPad Tips & Tricks for Summer Citizens	T,W		640	1:30 PM - 3:00 PM	Russia and Ukraine at War	M-W,F
	130	3:00 PM - 4:30 PM	Genealogy for Beginners	T-F	Week 7: July 8-12	650	3:00 PM - 4:30 PM	Heart Pounding, Soul Stirring, Broadway Shows	M-W,F
	200	9:00 AM - 10:30 AM	Apple iPhone & iPad Tips & Tricks for Summer Citizens	MW		660	3:00 PM - 4:30 PM	Personal Genealogical Research	M-W,F
	210	9:00 AM - 10:00 AM	Balance, Mobility and Falls: The Science of Staying Upright	T		700	9:00 AM - 10:00 AM	Middle Age Art	M-F
	220	10:30 AM - 11:30 AM	Fake News?: Becoming an Informed Citizen in a Social Media-Driven World	M-F		710	9:00 AM - 10:15 AM	Maximize Your Use of Gmail and Google	M-F
Week 3: June 10-14	230	1:30 PM - 2:30 PM	Everything You'll Want to Know About Hearing, Hearing Loss, and Hearing Aids to Improve Your Quality of Life	M-F		720	10:30 AM - 11:30 AM	America's National Parks: Grand Canyon	M-F
	240	2:30 PM - 3:30 PM	Creativity and Project Management: Start (and Finish!) Your Passion Projects	M-F		730	10:30 AM - 11:30 AM	Exploring Genre	M-F
	250	3:30 PM - 4:30 PM	iPhone Photography 101	M-F		740	1:30 PM - 2:30 PM	How to Optimize Your Use Of Android Phone or Tablet	M-F
	260	3:30 PM - 5:00 PM	What Happens to Your Estate When You Die?	T-TH		760	2:30 PM - 3:30 PM	Dreams and Their Meanings	M-F
	270	7:00 AM - 1:00 PM	Tennis Tournament	F		780	3:30 PM - 4:30 PM	Anyone Can Sing!	M-F
Week 4: June 15-19	300	8:30 AM - 9:30 AM	Basics of Pickleball	M-F		800	9:00 AM - 10:00 AM	Early Modern Art	M-F
	310	9:30 AM - 10:30 AM	HOW WE SELECT A PRESIDENT: Sixty Times and Counting	M-F		810	10:00 AM - 11:15 AM	Active and Independent	M-F
	320	10:30 AM - 11:30 AM	Classical Music Appreciation (Baroque and Classical Eras)	M-F		820	10:30 AM - 11:30 AM	Ins and Outs of Google Drive	M-F
	330	1:30 PM - 2:30 PM	Chocolate: Food of the Gods	M-F		830	1:30 PM - 2:30 PM	It's Never Too Late To Create A Life You Love	M-F
	340	2:30 PM - 3:30 PM	Saudi Arabian Peninsula: A Rich, Rare Discovery	M-F		850	2:30 PM - 3:30 PM	Panama Canal History, Construction, 100+ Years of Operation and Cloudy Future	M-F
	350	2:30 PM - 3:30 PM	Bitcoins, Cryptocurrencies, and Digital Dollar	M-F					
	360	3:30 PM - 4:30 PM	THRIVALIST: The 7 Steps to Exceptional Emergency Preparedness	M-F					

Stay Up-To-Date

Visit [summercitizens.usu.edu/schedule/classlist.cfm](https://summercitizens.usu.edu/schedule/classlist.cfm) for the most current class information, speaker biographies, and class locations.





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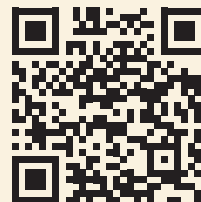
# Utah State University Course Catalog Information

## Become a Lifelong Learner

The Summer Citizen courses at Utah State University are dedicated to providing education opportunities for those that are 55 and older. Courses are taught on a wide range of stimulating topics. Instructors include university professors, local experts, and Summer Citizens with specialty backgrounds and qualifications.

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## Topics

 Arts & Entertainment

 Culture & Religion

 Health & Fitness

 History & World Events

 Science

 Technology

 Campus Tours

## Stay Up-To-Date

Visit [summercitizens.usu.edu/schedule/classlist.cfm](http://summercitizens.usu.edu/schedule/classlist.cfm) for the most current class information, speaker biographies, and class locations.

## Arts & Entertainment

Instructor	Course ID #	Date	Time	Days	Price
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### Music Fundamentals: A Prelude to Music Appreciation

Instructor: Warren Kunz	Course #110	28-May - 31-May	1:30 PM - 3:00 PM	T-F	\$50.00
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**Description:** You will first learn to define sound, how it is made, and when it is considered music. Next you will learn the elements of music – melody, rhythm, form/structure, timbre, harmony, and texture and the roles each play for varied musical styles. Instrument types and their playing methods will also be covered. You'll learn different ways to focus your listening to various instruments and/or musical styles. You will also learn how instrumental music (without the advantage of lyrics) can evoke certain moods and emotions as well as how performers communicate with their audience. We'll also explore how notation and language has been used to represent and distinguish sounds, including common Western time signatures and basic rhythm. If time allows, the basics of reading pitches will be introduced.

### Creativity and Project Management: Start (and Finish!) Your Passion Projects

Instructor: Michelle Dillon	Course #240	3-Jun - 7-Jun	2:30 PM - 3:30 PM	M-F	\$62.50
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**Description:** In this course, the instructor will explain the fundamental steps for successful project management, including defining what a project is (and isn't), mapping the project life cycle, and introducing some of the most important project management tools and techniques that help transform a project from an idea to the desired final outcome. Specific topics will include how to estimate how long a task will take, how to identify dependencies that could make or break your project, how to create and follow a basic project schedule, and how to anticipate and manage changes and risks to accomplishing your project. If desired, students will have the opportunity to share their ongoing projects during or after class sessions to apply what they learn to keep their project moving forward to completion.

### Classical Music Appreciation (Baroque and Classical Eras)

Instructor: Warren Kunz	Course #320	10-Jun - 14-Jun	10:30 AM - 11:30 AM	M-F	\$62.50
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**Description:** From ~1600 to ~1830, Western composers altered musical notation, established opera as a unique genre, and greatly expanded instrumental performance, while performers became nearly as important as the composers. We'll first discuss the Baroque era generally, then explore its unique features, using examples from composers such as Bach, Handel and Vivaldi. Students will then learn how to distinguish between that Baroque era and the Classical era by also hearing selections from composers such as Mozart, Haydn and Beethoven. Much of the classical genre you might hear today comes from this Classical era. The developments that took place during these years influenced Western music possibly more than those of any other era. Put on your powdered wigs and we'll travel back in time together!

**Prerequisites:** No supplies needed. Ideally, those who are unfamiliar with classical music should first take my Music Fundamentals course.

Instructor	Course ID #	Date	Time	Days	Price
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European Folk Music Appreciation					
Instructor: Warren Kunz	Course #420	18-Jun - 21-Jun	1:30 PM - 3:00 PM	T-F	\$50.00

**Description:** After first learning to define folk music, you will experience folk music of several European cultures (Ireland, Spain, Switzerland, Hungary, Georgia, Armenia, and The Balkans). The unique meanings of music in these areas will be covered from historical, religious and political perspectives by examining how music is perceived within its cultural context. Potential fusion of past with present will be explored, using musical examples. This course emphasizes the great value in learning 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 through some of Europe’s amazing folk music cultures together!

**Prerequisites:** No supplies needed. Ideally, those who are unfamiliar with classical music should first take my Music Fundamentals course.

Poetry Writing 101 - Unlocking Your Inner Poet					
Instructor: Jean Tittle	Course #540	24-Jun - 28-Jun	2:30 PM - 3:30 PM	M-F	\$62.50

**Description:** Using a workshop approach, this “beginning” class will introduce participants to poetry writing prompts in order to unlock their inner poet. The class will examine different poetry styles, forms and terms while focusing on creative techniques as well as revision. Each participant will have the opportunity to compose 4-5 poems during the class.

**Prerequisites:** Please bring a pen and notebook as well as a childhood photograph (of you or a family member) that evokes specific memories.

Romantic and Neoclassical Art					
Instructor: Kevan Larsen	Course #610	1-Jul - 5-Jul	8:30 AM - 10:00 AM	M-W,F	\$50.00

**Description:** This is an age of revolution, both on the battlefield and in galleries. Classical, rational revival versus emotionally manipulative imagery. From roughly 1700 to 1850, we will explore the European art of these movements.

East Asian Music Appreciation					
Instructor: Warren Kunz	Course #620	1-Jul - 5-Jul	10:00 AM - 11:30 AM	M-W,F	\$50.00

**Description:** You will learn about the music of the people of East Asia, focusing on China, Japan, and Korea. The unique and changing meanings of music in these areas will be covered from historical, political, and religious perspectives by examining how music is perceived within each culture. As we dive into their spiritual, art, and folk music, we’ll discuss their differences and commonalities. Potential fusion of past with present will be explored, using musical examples. This course emphasizes the great value in learning 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 to East Asia together – musically!

**Prerequisites:** No supplies needed. Ideally, those who are unfamiliar with classical music should first take my Music Fundamentals course.

Instructor	Course ID #	Date	Time	Days	Price
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## Heart Pounding, Soul Stirring, Broadway Shows

<b>Instructor:</b> Gary Greenbaum	Course #650	1-Jul - 5-Jul	3:00 PM - 4:30 PM	M-W,F	\$50.00
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**Description:** For each of the 4 Broadway shows presented by the “Utah Festival Opera & Musical Theatre”, you will learn about the composer, the synopsis, the lead roles, and the history. We will also listen to selected recordings of the best of the best. When this course finishes, you will be able to belt out the hits of CATS, Guys and Dolls, Anything Goes, and Little Shop of Horrors in your own shower. Take the course, experience the Broadway magic, and unleash your joy.

## Middle Age Art

<b>Instructor:</b> Kevan Larsen	Course #700	8-Jul - 12-Jul	9:00 AM - 10:00 AM	M-F	\$62.50
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**Description:** From the fall of Rome to the proto-Renaissance, this course will cover European and African art for almost a thousand years.

## Exploring Genre

<b>Instructor:</b> Brenda McBride	Course #730	8-Jul - 12-Jul	10:30 AM - 11:30 AM	M-F	\$62.50
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**Description:** In this class we will look at different genre in writing, focusing on historical fiction, literary fiction, classic writing, non-fiction ... and if time allows, true crime writing and banned books. Characteristics and examples of each genre will help to define that type of writing. Titles that reference the different genre include - All The Light We Cannot See, Anthony Doerr; To Kill A Mockingbird, Harper Lee; The Scarlet Letter, Nathaniel Hawthorne; Silent Spring, Rachel Carson; In Cold Blood, Truman Capote; Fahrenheit 451, Ray Bradbury. While it is not necessary to have read the selections, they will serve as a basis for class discussion.

## Anyone Can Sing!

<b>Instructor:</b> Warren Kunz	Course #780	8-Jul - 12-Jul	3:30 PM - 4:30 PM	M-F	\$62.50
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**Description:** This class is for those who have little or no singing experience and we will be singing each day. How many of you have heard someone say “I can’t sing” or 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 end up taking voice lessons or being coached along the way to improve. I have worked with “tone deaf” students, but they worked hard and ended up singing in recitals 1-2 years later. You will learn about and focus on two parts of singing: 1) ear training and 2) vocal technique. We will also discuss and practice taking 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:** Bring room-temperature water to drink, a notebook and pen, and a little bravery. No prerequisite other than a desire to sing.

## Early Modern Art

<b>Instructor:</b> Kevan Larsen	Course #800	15-Jul - 19-Jul	9:00 AM - 10:00 AM	M-F	\$62.50
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**Description:** “How can a urinal be called art?” Questions like this will be discussed as we recount tales of famous artists like Picasso, Dali, and Matisse.





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Instructor	Course ID #	Date	Time	Days	Price
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## Beginner Watercolor and Special Effects

<b>Instructor:</b> Deborah Lazear	<b>Course #</b> 900	<b>29-May - 26-Jun</b>	<b>1:00 PM - 4:00 PM</b>	<b>W</b>	<b>\$75.00</b>
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**Description:** Watercolor Basics and Special Effects introduces the student to tools and techniques necessary to successfully enjoy the art of watercolor. You will learn color mixing, the best brush and paper for the job, the importance of good paint, seeing nature from a watercolor perspective, and having fun learning something. We will work on a different painting and technique in each class with the result of four completed paintings ready for our art show at the end of the Summer Citizen program in July. This program is aimed at beginners to watercolor and experienced alike.

**Prerequisites:** Watercolor paint, 140 lb watercolor Cold Press Paper, Dynasty Black Gold 311 Quill Brush size 4. Detailed supplies list to follow registration

## NEHMA Sit and Sketch

<b>Instructor:</b> Museum Staff	<b>Course #</b> 970	<b>7-Jun</b>	<b>10:00 AM - 11:00 AM</b>	<b>F</b>	<b>\$10.00</b>
<b>Instructor:</b> Museum Staff	<b>Course #</b> 971	<b>14-Jun</b>	<b>10:00 AM - 11:00 AM</b>	<b>F</b>	<b>\$10.00</b>
<b>Instructor:</b> Museum Staff	<b>Course #</b> 972	<b>21-Jun</b>	<b>10:00 AM - 11:00 AM</b>	<b>F</b>	<b>\$10.00</b>
<b>Instructor:</b> Museum Staff	<b>Course #</b> 973	<b>28-Jun</b>	<b>10:00 AM - 11:00 AM</b>	<b>F</b>	<b>\$10.00</b>

**Description:** The Nora Eccles Harrison Museum of Art invites Summer Citizens to enjoy a relaxing Museum experience on Friday mornings in the month of June. Join a knowledgeable guide for a tour featuring select artworks from NEHMA's exciting collection. Our slow-looking exercise helps fine-tune meditation and discovery thought processes. Following the tour, all skill levels are invited to practice observation skills through the tradition of sketching from original works of art. Please bring your own sketchbook. We look forward to hosting you at the Nora Eccles Harrison Museum of Art! Visiting the art museum is free and open to the public.

## Culture & Religion

Instructor	Course ID #	Date	Time	Days	Price
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### Race, Racism, and You: Building a More Anti-Racist World

Instructor: Cree Taylor	Course #100	28-May - 31-May	10:00 AM - 11:30 AM	T-F	\$50.00
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**Description:** Race is one of the most powerful factors influencing the way we live; however, its origins as a social construct are often misunderstood, and folks often do not have the background knowledge or vocabulary to engage in meaningful conversations about the impact of race in our lives. This course will provide folks with a broad overview of race, ethnicity, and Indigeneity in the United States. Participants will gain an increased understanding of the ways in which race and racism have been, and continue to be, powerful social, cultural, and political forces in society today. In short, this course is about humans and power, and the responsibility we all have to use our power to help all humans access the American ideals of equity and justice.

### Genealogy for Beginners

Instructor: Jane Johnson	Course #130	28-May - 31-May	3:00 PM - 4:30 PM	T-F	\$50.00
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**Description:** Is there a family mystery you are trying to solve or maybe just want to get to know about your family's heritage? Researching your history is one of the most popular hobbies in the country. Anyone can do it, and the stories can be fascinating. Whether you want to find lots of relatives or just follow your surname, this class will get you on the research road!

**Prerequisites:** This is a class to teach the basics of genealogy, so nothing is required except a writing instrument for taking notes.

### Fake News?: Becoming an Informed Citizen in a Social Media-Driven World

Instructor: Cree Taylor	Course #220	3-Jun - 7-Jun	10:30 AM - 11:30 AM	M-F	\$62.50
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**Description:** We live in the age of social media where anyone - regardless of their qualifications - can write, share, and re-share information instantly. While being able to communicate with folks across the globe through social media has helped us build meaningful connections, keep up with loved ones, and learn more about what is happening in the world; it has also lead to an increase in the spread of misinformation and disinformation online. How do we know what is true? How can we distinguish fact from opinion? In this course, participants will learn about the spread of disinformation and misinformation online and learn strategies to help them sift through the noise in their quest to become well-informed citizens.

Instructor	Course ID #	Date	Time	Days	Price
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## What Happens to Your Estate When You Die?

<b>Instructor:</b> David Eastman	<b>Course #260</b>	4-Jun - 6-Jun	3:30 PM - 5:00 PM	T-TH	\$38.00
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**Description:** How an estate is administered upon death and steps to take today to make things as easy as possible for your loved ones. What will be covered: 1. Necessary steps to take when a loved one passes away 2. What legal documents are necessary to administer an estate 3. People that will need to be contacted when death does occur 4. What needs to happen with all of the assets when death occurs 5. How a Living Trust is administered 6. How a Will is administered 7. What is Probate and how do we avoid it? 8. Steps you can take today to make things as easy as possible for your loved ones when death or incapacity does occur 9. The Legal docs everyone over the age of 18 should have in place 10. What happens to my retirement accounts upon my passing?

## Saudi Arabian Peninsula: A Rich, Rare Discovery

<b>Instructor:</b> Sheree Benson	<b>Course #340</b>	10-Jun - 14-Jun	2:30 PM - 3:30 PM	M-F	\$62.50
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**Description:** A 4000-year-old history is awaiting you to pull back the covers to learn what a remarkable, unique place the Saudi Arabian Peninsula is! Three modern countries are on the Peninsula: Saudi Arabia, Yemen, and Oman; although neighbors, their governments, infrastructures, and economies vary significantly. These differences are fascinating to discover. Photographs, stories, artifacts, and games will help you gain an appreciation, and understanding of a little known, and less-travelled place on our planet. The people, their culture, their history, and the geography are topics that are covered in this course. You'll have the opportunity to create your own Tabouli and Hummus and learn about the Queen of Sheba's connection to the Frankincense Trail. You may even pick up a few words of Arabic!

**Prerequisites:** Great zeal for learning!

## Genealogy for Advanced Researchers

<b>Instructor:</b> Jane Johnson	<b>Course #440</b>	18-Jun - 21-Jun	3:00 PM - 4:30 PM	T-F	\$50.00
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**Description:** Are you stuck or wondering what to do next in your genealogical journey? Don't give up now because the fun can continue! Learn about more research materials and strategies for discovering the amazing life and stories of your ancestors.

**Prerequisites:** Only need a writing instrument for taking notes.

## Understanding & Improving Communication Skills

<b>Instructor:</b> Candice Steelman	<b>Course #530</b>	24-Jun - 27-Jun	1:30 PM - 2:30 PM	M-TH	\$50.00
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**Description:** What part do you play in a communications model? What are your communication responsibilities? To understand this we have to know what type of listener we are, understand "red flag" words, and learn about (and have fun with) denotative and connotative communications. We'll dissect some hilarious marketing mistakes, then get serious to study aspects of conflict resolution.

**Prerequisites:** Bring paper and pen/pencil.





Learn about cultures from around the world, or get in touch with your own family history with one of our courses in Culture & Religion

Instructor	Course ID #	Date	Time	Days	Price
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## Meet Your Neighbors: Insights into the Church of Jesus Christ of Latter-day Saints

Instructor: Julie Hollist-Terrill	Course #550	24-Jun - 28-Jun	3:30 PM - 4:30 PM	M-F	\$62.50
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**Description:** Come and learn about the history, doctrines, organization, culture, and quirks of The Church of Jesus Christ of Latter-Day Saints. This is NOT an attempt to convert anyone, just a chance to discover more about your neighbors in your summertime home in a fun and relaxed learning environment. Mark your calendar for a field trip the Sunday after our class. You can attend a church service and have dinner with a family in our congregation.

## Cache Valley Goes Worldwide

Instructor: Lucille Hansen	Course #630	1-Jul - 5-Jul	10:00 AM - 11:30 AM	M-W,F	\$50.00
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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. Don't miss this exciting opportunity.

Instructor	Course ID #	Date	Time	Days	Price
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## Personal Genealogical Research

Instructor: Jane Johnson	Course #660	1-Jul - 5-Jul	3:00 PM - 4:30 PM	M-W,F	\$50.00
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**Description:** This class is for those who want individualized help with genealogical research. They must provide their own laptop and previously installed genealogical program, such as Ancestry.com, Family Tree Maker, Family Search, My Heritage, etc. Due to the personal quest of each student, the class will be very limited in number, and individual participation welcomed. Participants must have some prior knowledge of basic genealogical principals of research. Students may bring their computer “trees” with populated data. They need to be curious and looking for methods of research to help further their genealogical journey.

**Prerequisites:** Students must bring a laptop & downloaded program that allows them to research, i.e. Ancestry.com, Family Tree Maker, Family Search, My Heritage, etc.

## Socrates & the Examined Life

Instructor: Mike Ashfield, Michael Otteson	Course #995	8-Jul - 19-Jul	3:30 PM - 4:30 PM	M-F	\$100.00
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**Description:** The philosopher Socrates (469-399 B.C.) is considered one of the handful of figures who forever changed how philosophy itself was to be conceived. His trial and death at the hands of the Athenian democracy is the founding myth of the academic discipline of philosophy, and his influence has been felt far beyond philosophy itself, and in every age. His life is widely considered paradigmatic not only for the philosophic life but, more generally, for how anyone ought to live an examined and contemplative life. This class will review some of the key literature surrounding the death of Socrates and consider whether it was worthwhile for Socrates to pursue wisdom, even though it led to his death.

**Prerequisites:** Purchase and read before class: Five Dialogues (Second Edition): Euthyphro, Apology, Crito, Meno, Phaedo Plato (Trans. G. M. A. Grube; Rev, John M. Cooper) ISBN: 978-0-87220-633-5

## Steps to take upon the Death of a Loved One

Instructor: Melvin Parker	Course #960	3-Jun	8:00 AM - 9:30 AM	M	\$20.00
Instructor: Melvin Parker	Course #961	11-Jun	8:00 AM - 9:30 AM	T	\$20.00
Instructor: Melvin Parker	Course #962	20-Jun	8:00 AM - 9:30 AM	TH	\$20.00

**Description:** My wife has spasmodic dysphonia, which will eventually result in her loss of speech. I am 80 years old, and she is 73 years old. My probability of predeceasing her is over 95%. Approx. 10 years ago I began work on a complete process to handle my death administration for my wife when I die. We have a “Death File” which contains 21 pre-addressed and signed letters in which she inserts death certificates, dates the letters and takes them to the Post Office and mails them. In addition, she has a complete 14-page typed Susan’s Steps to Take Upon My Death and a detailed listing of all our assets etc. The one-hour class that I give and have been giving for the last seven years in The Villages, Florida, explains how to do what I have done for my loved one in the event of my death.

**Prerequisites:** Bring a pencil or pen.

## Health & Fitness

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Relationships  
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Instructor	Course ID #	Date	Time	Days	Price
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### Everything You'll Want to Know About Hearing, Hearing Loss, and Hearing Aids to Improve Your Quality of Life

<b>Instructor:</b> Tiffany Shelton	<b>Course #</b> 230	<b>Date</b> 3-Jun - 7-Jun	<b>Time</b> 1:30 PM - 2:30 PM	<b>Days</b> M-F	<b>Price</b> \$62.50
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**Description:** All the information about hearing loss and hearing aids can be confusing. In this class we'll discuss why hearing matters and the importance of communication, including the impact hearing loss can have on your mental and physical health. We'll discuss the causes and challenges of hearing loss and offer strategies to improve your communication. We'll discuss and answer all your questions about hearing aids, including OTC devices; 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 discuss 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.

**Prerequisites:** If you choose to take notes bring a pen and notebook to class. Also bring an open mind for learning new things and interesting discussions.

### Tennis Tournament

<b>Instructor:</b> Campus Recreation Staff	<b>Course #</b> 270	<b>Date</b> 7-Jun	<b>Time</b> 7:00 AM - 1:00 PM	<b>Days</b> F	<b>Price</b> \$20.00
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**Description:** -Single day doubles and single tennis tournament. Register as a single or with your partner. We will facilitate a single elimination best of 3 tennis tournament. The tournament will take place at the outdoor USU Tennis Courts. Refreshments and tennis balls are included.

Instructor	Course ID #	Date	Time	Days	Price
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## Basics of Pickleball

<b>Instructor:</b> Jones Wong	Course #300	10-Jun - 14-Jun	8:30 AM - 9:30 AM	M-F	\$65.00
<b>Instructor:</b> Jones Wong	Course #500	24-Jun - 28-Jun	8:30 AM - 9:30 AM	M-F	\$65.00

**Description:** Come see why 36 million people are playing the fastest growing sport in the nation. Pickleball is a paddle sport that combines elements of tennis, badminton and ping pong. Usually in a doubles format, players use a paddle to strike a plastic ball with holes over a net. This introductory class will provide all participants with safety tips, basic strokes, serving, game rules, etiquette, scoring and game strategies. Rental Paddles and a limited number of loaner paddles will be available.

**Prerequisites:** Comfortable/loose fitting clothes, pickleball paddle (if you have one), court shoes (NO sandals/flip flops), willingness to learn, make new friends and to have fun.

## THRIVALIST: The 7 Steps to Exceptional Emergency Preparedness

<b>Instructor:</b> Marcello Surjopolos	Course #360	10-Jun - 14-Jun	3:30 PM - 4:30 PM	M-F	\$62.50
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**Description:** The Thrivalist Course is an easy-to-follow program that takes you through 7 sequential steps designed to help you achieve exceptional emergency preparedness within months rather than years. If you understand the principles of preparedness and know the essential skills and supplies you and your family need, you'll save yourself years of research and thousands of dollars in mistakes. More importantly, you'll be able to prepare yourself and your loved ones quickly and effectively before a crisis happens. As the saying goes, "It's better to be prepared a year early than even one day too late." Whether you're just getting started in preparedness or have been doing it for decades, you'll be glad you learned the 7 Steps to Emergency Preparedness. They will help you thrive (not just survive) in a crisis.

## Self Defense for Women

<b>Instructor:</b> Katie Burns, Amanda Bray	Course #410	18-Jun - 21-Jun	10:00 AM - 11:30 AM	T-F	\$50.00
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**Description:** Designed to develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked. Students learn how to use personal weapons against abduction. We follow the curriculum of Rape, Aggression, Defense (R.A.D.) R.A.D. is the largest network of its kind with over 11,000 Instructors receiving training in our systems to date. These Instructors teach at various colleges, universities, and municipal law enforcement agencies as well as various other community organizations internationally. R.A.D. has trained more than 900,000 women since the program began in 1989. This program is taught as a partnership with USU PD and USU Campus Recreation. Please note, at this time, this course is for female identifying individuals only.

## Dreams and Their Meanings

<b>Instructor:</b> Glenda Chistiaens	Course #760	8-Jul - 12-Jul	2:30 PM - 3:30 PM	M-F	\$62.50
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**Description:** Dreams are filled with metaphors and symbolism. We all dream while sleeping and often wonder what our dreams mean. In this course we'll talk about types of dreams, the purpose of dreams, and how to remember our dreams. We'll share our dreams and work together in small groups to explore the meanings and messages embedded in our mysterious, exciting, and sometimes scary nighttime adventures.

**Prerequisites:** Students should come prepared to share their dreams and fully participate in this interactive small group discussion class.





Take your health into your own hands with a course in Health & Fitness

Instructor	Course ID #	Date	Time	Days	Price
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## Active and Independent

Instructor: Haley Hayes	Course #810	15-Jul - 19-Jul	10:00 AM - 11:15 AM	M-F	\$62.50
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**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 practices to strengthen the lungs and calm the nervous system, techniques to support cognitive function, and meditation practices for anxiety, memory, and recall.

## It's Never Too Late To Create A Life You Love

Instructor: Cathy Oberkamp	Course #830	15-Jul - 19-Jul	1:30 PM - 2:30 PM	M-F	\$62.50
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**Description:** This is a fun, interactive and introspective class that will give you many tools and resources to help you Create a Life You Love and keep you moving in this direction. You will distinguish the people and things you love, identify these people and things as the conversations of your life, put these conversations in existence in powerful new ways, help you know when, why & how to say YES or NO, distinguish/upgrade your Self Care practices.

**Prerequisites:** Pen and paper. Bound journal preferable. Electronic devices optional. Devices must be able to access USU networks or have their own internet access.

## Mindful Slow Flow Yoga

Instructor: Delia Lucatero	Course #910	29-May - 19-Jun	9:00 AM - 10:00 AM	MW	\$75.00 (6 Sessions)
Instructor: Delia Lucatero	Course #911	24-Jun - 17-Jul	9:00 AM - 10:00 AM	MW	\$100.00 (8 Sessions)

**Description:** Experience tranquility in our mindful slow flow yoga class. Immerse yourself in deliberate, graceful movements synchronized with deep, conscious breaths. Cultivate inner calmness, enhance flexibility, and strengthen mobility while embracing the present moment as you flow through each pose with mindful intention. This class is a sanctuary for relaxation and self-discovery, promoting both physical and mental well-being.



Instructor	Course ID #	Date	Time	Days	Price
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## Partner Cooking Classes

Instructor: Brooke Lister					
Legumes	Course #930	4-Jun	10:00 AM - 11:00 AM	T	\$33.00
Quinoa	Course #931	11-Jun	10:00 AM - 11:00 AM	T	\$33.00
Vegetarian Dishes	Course #932	18-Jun	10:00 AM - 11:00 AM	T	\$33.00
Heart Healthy Recipes	Course #933	25-Jun	10:00 AM - 11:00 AM	T	\$33.00
Meals in Minutes	Course #934	2-Jul	10:00 AM - 11:00 AM	T	\$33.00
Single Serving or Small Batch Recipes	Course #935	9-Jul	10:00 AM - 11:00 AM	T	\$33.00
Desserts	Course #936	16-Jul	10:00 AM - 11:00 AM	T	\$33.00

**Description:** Do you ever feel like you get stuck eating the same meals week to week? Or do you love to learn how to cook new dishes? These cooking classes are designed to give you the skills and knowledge to be able to increase the variety in your diet. Each week will feature a different line up of recipes depending on the theme or food being highlighted. You will be paired up with a partner and together you will prepare & cook the recipes and then enjoy your finished product!

## Chair Yoga

Instructor: Haley Hayes	Course #940	3-Jun - 26-Jun	10:00 AM - 11:00 AM	MW	\$87.50
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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 that 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.

## Water Aerobics

Instructor: Campus Recreation Staff	Course #950	31-May - 21-Jun	8:00 AM - 9:00 AM	WF	\$87.50
Instructor: Campus Recreation Staff	Course #951	25-Jun - 18-Jul	9:00 AM - 10:00 AM	TTH	\$87.50

**Description:** Water aerobics is a group exercise program that is designed to foster motion, flexibility and overall health in a low-impact environment. Water aerobics allows for a near-weightless experience while in the water and is ideal for those who wish to strengthen their joints and/or are overcoming injuries and acts as a great form of exercise to improve overall health. Will be featuring principles of both Aqua Backhab and Aqua Ai Chi.

Instructor	Course ID #	Date	Time	Days	Price
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## Cutler Marsh Canoe Trip

<b>Instructor:</b> Cutler Marsh Canoe Employee	Course #980	6-Jun	7:00 AM - 11:00 AM	TH	\$55.00
<b>Instructor:</b> Cutler Marsh Canoe Employee	Course #981	13-Jun	7:00 AM - 11:00 AM	TH	\$55.00
<b>Instructor:</b> Cutler Marsh Canoe Employee	Course #982	16-Jul	7:00 AM - 11:00 AM	T	\$55.00
<b>Instructor:</b> Cutler Marsh Canoe Employee	Course #983	18-Jul	7:00 AM - 11:00 AM	TH	\$55.00

**Description:** Come join Outdoor Programs for a few morning hours canoeing on Cutler Marsh. We will meet bright and early at the OP building and travel to Cutler Marsh to enjoy the quiet morning hours on the water. You will be accompanied by a Master Naturalist from Stokes Nature Center who will help you learn about the native flora and fauna of the marsh. Bring your binoculars and bird book and see what you can spot. We will return back to campus before lunch but be sure to pack some snacks, sunscreen, and clothing appropriate for being on the water. Transportation, canoes, paddles, and PFDs will be provided. You must be able to swim.

**Prerequisites:** Strongly encouraged to be fully vaccinated, must be able to swim as well as enter/exit a canoe on shore under own power, proof of health insurance, emergency contact information, and signed Risk Waiver.



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## SMART STEPS FOR STEPFAMILIES

### FREE WORKSHOP FOR CO-PARENTS AND STEPFAMILIES

For couples or individuals who have children from a previous relationship or stepchildren through a current relationship.



**JUNE 10-21, MONDAY-FRIDAY 3:30-4:45 PM**  
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## History & World Events

Instructor	Course ID #	Date	Time	Days	Price
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### HOW WE SELECT A PRESIDENT: Sixty Times and Counting

Instructor: Ross Peterson	Course #310	10-Jun - 14-Jun	9:30 AM - 10:30 AM	M-F	\$62.50
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**Description:** In 2024, for the 60th time in United States History, a President will be selected. This course will examine what the Authors of the Constitution envisioned for the Executive and how they proposed to select the best MAN. Few articles of the Constitution have changed more than how a person is selected, but one specific aspect remains: THE ELECTORAL COLLEGE. We will discuss the various changes that happened since 1788. Political parties, which did not exist in 1787, altered the process of candidate selection as did popular voting. Why does the country remain tied to a concept that distrusted democracy, balanced the role of small and large states, and often allows a person who did not win the popular vote to become President. Specific elections, 1800, 1824, 1828, 1860, 1876, 1912, 1988, 2000, 2016, and 2020 will receive special attention.

### Chocolate: Food of the Gods

Instructor: Silvana Martini	Course #330	10-Jun - 14-Jun	1:30 PM - 2:30 PM	M-F	\$80.00
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**Description:** This course blends science, history, and society to uncover the secrets of cocoa farming and chocolate making. Dive into the wonders of chocolate production, uncover its intriguing history, and discover its impact on economics, culture, and society. From its origins in ancient civilizations to its role in today's confectionery world, you'll gain a complete picture of chocolate's enchanting journey. Join us to unlock the full story of Theobroma cacao, "Food of the Gods", and deepen your appreciation for the fascinating realm of chocolate. ... and of course, we will have a daily taste of the world's finest chocolate. Please register early. Space in this course is limited.

### History of Investing in the US (1926 to the Present)

Instructor: William Clarkin	Course #400	18-Jun - 21-Jun	8:30 AM - 10:00 AM	T-F	\$50.00
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**Description:** This course will provide students with an overview of investment markets from 1926 to the present. Students will gain insight into market types, returns, variability and interaction of one asset to another. Consideration will be given to economic conditions and their influence on various return trends. Students do not need to be proficient in statistics and statistical analysis. The course is intended to provide historical context as to market uptrends and downtrends. Students may find implications that may influence corporate retirement plans and individual retirement planning.

Instructor	Course ID #	Date	Time	Days	Price
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## JFK Assassination: Lee Harvey Oswald and the Warren Commission

Instructor: Tom Westre	Course #430	18-Jun - 21-Jun	3:00 PM - 4:30 PM	T-F	\$50.00
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**Description:** The assassination of President Kennedy in Dallas, Texas, on November 22, 1963, is an event that changed America. Within days, the Warren Commission was established by President Johnson, with the results of that investigation coming nine months later. Critics began to find fault with the Commission almost immediately. Sixty years later the conclusions of the Commission are still being challenged. This course will look at the reasons President Kennedy went to Dallas, what happened that day and in the days that followed, how the Warren Commission was established and how it came to its conclusions. We will look into the findings of hundreds of researchers over the past 60 years that have challenged those findings, why documents are still being kept from the public and why he was assassinated.

## America's National Parks: Yosemite

Instructor: Katie Burns	Course #520	24-Jun - 28-Jun	10:30 AM - 11:30 AM	M-F	\$62.50
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**Description:** This course will provide an overview of the creation and on-going expansion of America's National Parks. Specifically, we will take a closer look at the people and stories of Yosemite National Park. We will explore some of the more well-known narratives of Yosemite (stories of John Muir and Theodore Roosevelt) and we will learn the stories of "forgotten" people and pioneers whose stories we may not often hear but whose impacts we still experience.

## Russia and Ukraine at War

Instructor: Mike Boll	Course #640	1-Jul - 5-Jul	1:30 PM - 3:00 PM	M-W,F	\$50.00
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**Description:** Russia launched an ill-conceived and unprovoked attack on Ukraine on February 24, 2022. Much to the world's surprise, Ukraine resisted this invasion and continues to fight back with grit and determination. They have the support of much of the world in this effort, at enormous costs to their country and their citizens. Dr. Boll will examine the roots of this conflict, the international response to it and the personality of the prime mover--Vladimir Putin. He will examine the claims Putin has put forth to justify his actions, discuss the history of the region and the antagonists. He will also consider what possibilities exist for ending this protracted conflict.

## America's National Parks: Grand Canyon

Instructor: Katie Burns	Course #720	8-Jul - 12-Jul	10:30 AM - 11:30 AM	M-F	\$62.50
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**Description:** This course will provide an overview of the creation and on-going expansion of America's National Parks. Specifically, we will take a closer look at the people and stories of Grand Canyon National Park. We will overview the fascinating geological, flora and fauna stories of this park. We will explore, through story, with some of the early explorers of the Grand Canyon and we will, hear stories of "forgotten" peoples. We will also attempt to further understand many perspectives of the environmental battle that wages so clearly within the Canyon.

## Understanding an Increasingly Complex World through Systems Thinking

Instructor: Jeffrey Taylor	Course #990	8-Jul - 19-Jul	1:30 PM - 2:30 PM	M-F	\$100.00
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**Description:** In this class, students will walk through current world challenges from a systems thinking perspective to understand the complex dynamics at play and think through potential solution strategies. Students will be introduced to system thinking and system modeling techniques and participate in engaging and broad-ranging topics about current and emerging events, technologies, and trends.

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## Science

Instructor	Course ID #	Date	Time	Days	Price
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### Balance, Mobility and Falls: The Science of Staying Upright

Instructor: Dave Bolton	Course #210	4-Jun	9:00 AM - 10:00 AM	T	\$20.00
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**Description:** In this presentation, I'll discuss the latest insights into how we control balance and avoid falls. This will include a general background into the importance of balance and mobility in daily life and how certain disease states affect the seemingly easy task of staying upright. Furthermore, I'll provide an overview of recent advances in how fall risk is detected and treated and explore potential ways that each of us can be proactive in lessening our own future risk of falls and fall- related injury.

### Bitcoins, Cryptocurrencies, and Digital Dollar

Instructor: Fred Coad	Course #350	10-Jun - 14-Jun	2:30 PM - 3:30 PM	M-F	\$62.50
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**Description:** The History, Myths, Magic, and Mystery of this new class of "currencies" -- We hear about them on the news, see them for sale in grocery stores, hear about fortunes made and LOST, and now they have made it into the comics - "Dilbert." We will explore what they are or represent, where they come from, who regulates them, how they are taxed and their future. This class is for the nontechnical person who wants to better understand cryptocurrencies and their underlying technology. Note: Mr. Coad does not offer any financial recommendations or advice for the purchase or sale of these items.

### Exercise in Extreme Environments

Instructor: Dale Wagner	Course #510	24-Jun - 28-Jun	9:30 AM - 10:30 AM	M-F	\$62.50
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**Description:** This seminar covers how your body responds to different environmental stressors, with a different stressor covered each day (heat, cold, water immersion, high altitude). Example topics include, "What are the physiological responses to falling into cold water, and what strategy is best for surviving until rescue?" or "How do you avoid getting mountain sickness while hiking Mt. Kilimanjaro?". On the final day, Dr. Wagner will share travel and expedition stories about climbing to the highest points on each continent.

### Natural Environment of Cache Valley: Birding, Ethnobotany, and Human History

Instructor: Kendra Penry	Course #600	1-Jul - 5-Jul	8:00 AM - 11:00 AM	M-W,F	\$50.00
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**Description:** This field course will have Summer Citizens exploring Cache Valley each day through the lenses of birding, ethnobotany, and human history. Course will include trips to different ecosystems within Cache Valley, including in Logan Canyon, with a variety of expert staff from Stokes Nature Center. No experience necessary, all skill levels welcome. Ability to walk on National Forest trails up to 2 miles each day required.

**Prerequisites:** Please bring hiking shoes, day pack, at least 2L of water daily, sun screen and/or large brimmed cap. Binoculars and trekking poles encouraged.





Learn how things work, or learn a new skill with one of our courses in Science

Instructor	Course ID #	Date	Time	Days	Price
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## Panama Canal History, Construction, 100+Years of Operation and Cloudy Future

Instructor: Roy Carpenter	Course #850	15-Jul - 19-Jul	2:30 PM - 3:30 PM	M-F	\$62.50
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**Description:** U.S. construction of the Panama Canal began in 1904, but little actual progress was made until Pres. Theodore Roosevelt placed railroad builder John Stevens in charge. William Gargas led a crucial mosquito removal program and a Chagras river dam ended frequent flash flooding, created lakes to form much of the passage between locks and provided hydroelectric power. Engineers cut through the mountainous continental divide & completed the canal in 1914. The original gates & hinge systems still operate smoothly. Most ships today use the original locks, but larger oil tankers and container cargo ships required a larger adjacent second set of locks of different design. Climate changes are already causing delays and limiting canal traffic, and may open competing northwest passage routes.

## Basic Bicycle Maintenance

Instructor: Avery Cronyn	Course #920	2-Jul	4:00 PM - 5:00 PM	T	\$30.00
Instructor: Avery Cronyn	Course #921	9-Jul	4:00 PM - 5:00 PM	T	\$30.00
Instructor: Avery Cronyn	Course #922	16-Jul	4:00 PM - 5:00 PM	T	\$30.00

**Description:** Are you interested in learning basic bicycle maintenance? Are you interested in helping a local bike shop repair and donate bicycles to refugees in the valley? Then come to Aggie Blue Bikes! We are hosting a class teaching basic bicycle maintenance to anyone who is interested! There are 3 opportunities, come to just 1 or all 3! No previous experience of any kind is necessary, the only thing we ask is that you bring a positive attitude and a willingness to learn.

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## Technology

Instructor	Course ID #	Date	Time	Days	Price
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### Apple iPhone & iPad Tips & Tricks for Summer Citizens

<b>Instructor:</b> Mike Andrews	Course #120	28-May - 29-May	3:00 PM - 4:30 PM	TW	\$30.00
<b>Instructor:</b> Mike Andrews	Course #200	3-Jun - 5-Jun	9:00 AM - 10:30 AM	MW	\$30.00

**Description:** This 2-day course (3 hours) will offer iPhone & iPad users IOS Tips & Tricks that will cover Reminders, Notes, Siri, Shortcuts, ChatGPT/AI, iPhone settings, camera tips and more! Attendees should have latest iOS installed on their device. Note: Older iPhones/iPads may not have all the functionality of newer models.

### iPhone Photography 101

<b>Instructor:</b> Katelyn Wamsley	Course #250	3-Jun - 7-Jun	3:30 PM - 4:30 PM	M-F	\$62.50
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**Description:** Have you wanted to document and share your vacation with those back home but don't know how to truly capture it? If so, then this course is for you. iPhone Photography 101 will walk you through how to take captivating images right from your iPhone. After taking iPhone Photography 101 you will leave understanding how to use each setting your iPhone camera offers, understand the power of lighting and how to use it in your favor, learn how to edit images from Apple's in-phone settings, confidently share your images via text, email & social media channels. Required: MUST have an iPhone 8 or above to participate in this course. Newer models encouraged.

**Prerequisites:** iPhone 8 or above

### Maximize Your Use of Gmail and Google

<b>Instructor:</b> Cathy Oberkamp	Course #710	8-Jul - 12-Jul	9:00 AM - 10:15 AM	M-F	\$62.50
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**Description:** You will learn and practice how to: use Gmail email, contacts, calendars and Google Drive; Label, Delete & Archive your Gmail, report spam and receive email from all your accounts in one Inbox; cleanup, merge, and create contacts and groups; create calendar events, invite others and 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 is the only office suite software you will ever need. You can access Google Drive from any computer with Internet access. This class is held in a PC computer lab on campus.

**Prerequisites:** Need your USU Aggie number and password and Gmail email address and password. Bring a cell phone tied to your Google account for log in confirmation.



Take control of the tech in your life and make it work for you with one of our courses in Technology

Utah State University-Technology

Instructor	Course ID #	Date	Time	Days	Price
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How to Optimize Your Use Of Android Phone or Tablet					
Instructor: Cathy Oberkampf	Course #740	8-Jul - 12-Jul	1:30 PM - 2:30 PM	M-F	\$62.50

**Description:** What we'll cover in the class is how to get your email, contacts, calendar, and documents on your device. How to star frequently used contacts and quickly find these and view your call log and save these numbers to your contacts. You'll learn about apps and widgets and how to customize your home screen including changing your wallpaper. We'll review the settings screen 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 and your power charger.

**Prerequisites:** Bring your own Android Phone or Tablet and a power supply for your device.

Ins and Outs of Google Drive					
Instructor: Cathy Oberkampf	Course #820	15-Jul - 19-Jul	10:30 AM - 11:30 AM	M-F	\$62.50

**Description:** Google Drive is an office suite of software similar to Microsoft Office. You can create and edit Documents, Spreadsheets, and PowerPoint type documents on any computer that has Internet access. You are no longer handcuffed to one computer. If you have a Gmail account, you already have it for FREE! Nothing to buy or update...EVER! Google Drive is the cornerstone of the Google Cloud and provides you access to other goodies from Google. You will learn how to create, edit and share Google Docs, Sheets and Slides and share these files and collaborate with others. There will be lots of hands-on activities in class. This class is held in a computer lab on campus. Google Drive will work on PCs; Android phones and tablets; iPhones, iPads and Macs.

**Prerequisites:** Need to have your USU Aggie number & password and Gmail email address & password. Bring a cell phone tied to your Google account for log in issues.

## Campus Tours

Instructor	Course ID #	Date	Time	Days	Price
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### Aggie Creamery Tour

Instructor: Creamery Staff	Course # Creamery1	30-May	3:00 PM - 4:00 PM	TH	\$3.00
Instructor: Creamery Staff	Course # Creamery2	13-Jun	4:00 PM - 5:00 PM	TH	\$3.00
Instructor: Creamery Staff	Course # Creamery3	26-Jun	4:00 PM - 5:00 PM	W	\$3.00

**Description:** This is your chance to see where USU has been making famous Aggie Ice Cream. From the cow to the cone since 1922, Aggie Ice Cream has been a Utah State tradition for over 100 years! Aggie Ice Cream serves as a research and learning facility for USU's Department of Nutrition, Dietetics and Food Sciences where food science students gain real-world experience in dairy production with delicious results. This tour includes one scoop of Aggie Ice Cream!

### Aggie Chocolate Factory Tour

Instructor: Chocolate Factory Staff	Course # Choc1	7-Jun	4:00 PM - 5:00 PM	F	\$12.00
Instructor: Chocolate Factory Staff	Course # Choc2	21-Jun	4:00 PM - 5:00 PM	F	\$12.00
Instructor: Chocolate Factory Staff	Course # Choc3	12-Jul	4:00 PM - 5:00 PM	F	\$12.00

**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 cacao is grown, harvested, and processed into delicious chocolate. The tour will conclude with a special tasting session. 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!

### Idea Factory and Metal Factory Tour

Instructor: Factory Staff	Course # IDEA	TBD	TBD	TBD	\$5.00
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**Description:** This tour will show the USU College of Engineering Makerspaces. Showing equipment such as 3d printers, laser engravers, CNC machinery and other metal fabrication equipment. You will also see past and some current projects being created in these spaces.





Join one of the Campus Tours for an exclusive look behind the scenes of the world class resources and services at Utah State University.

Instructor	Course ID #	Date	Time	Days	Price
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Maverik Stadium Tour					
Instructor: Brandon Hansen	Course # Stadium1	31-May	2:00 PM - 3:00 PM	F	Free
Instructor: Brandon Hansen	Course # Stadium2	6-Jun	9:00 AM - 10:00 AM	TH	Free
Instructor: Brandon Hansen	Course # Stadium3	20-Jun	10:00 AM - 11:00AM	TH	Free
Instructor: Brandon Hansen	Course # Stadium4	25-Jun	2:00 PM - 3:00 PM	T	Free
Instructor: Brandon Hansen	Course # Stadium5	16-Jul	10:00 AM - 11:00 AM	T	Free

**Description:** Come take a tour of the Utah State University Maverik Stadium! Merlin Olsen Field at Maverik Stadium is an outdoor football stadium on the campus of Utah State University. It opened in 1968 and currently has a seating capacity of 25,513. Its FieldTurf playing field, installed prior to the 2022 season, runs in the traditional north-south configuration, and sits at an elevation of 4,710 feet above sea level. This is a walking guided tour of the West Stadium Center, the President's Suite, the National Broadcast booth, and the Coaches box.

There are elevators in the building but come prepared to walk around the building with some periods of standing for 45 minutes to an hour





Your contribution will help students in Cache Valley start their journey towards higher education.

# Utah State University Summer Citizens Scholarship Fund

Together we have raised over \$62,000 since 1992

## History

In September of 1985 leaders of the Summer Citizens Program initiated a scholarship fund at Utah State University. The intent was to provide an enduring expression of gratitude to USU and to the people of Cache Valley for their hospitality. The scholarship is a symbol of the wonderful relationships between the Summer Citizens, the University, and the community.

## Recipients

Scholarship recipients are known as Summer Citizens Scholars. They are students who demonstrate personal integrity, academic achievement and future career goals. Recipients must be high school graduates from Logan City School District or Cache County School District. They must be legal residents of the county and

citizens of the United States. Special consideration is given to recipients who would be unable to pursue a higher education without financial assistance.

## How to Donate

You can donate to the scholarship fund when you register for USU Summer Citizens classes online. We appreciate donations of any amount, from a few dollars to larger donations. The amount of your donation will be paid with your registration fees. You can also donate throughout the summer at the Summer Citizens Office in the Eccles Conference Center, room 103.

If every Summer Citizen donated just \$10 each, we could add at least \$6,000 every year! Please donate what you can this year!