



Summer
CITIZENS
Logan, Utah

2019

DISCOVER. ENGAGE. CELEBRATE.

WEB: summercitizens.usu.edu PHONE: 435-797-2028 EMAIL: summercitizens@usu.edu

The Summer Citizens program provides opportunities for the 55+ generation to Discover, Engage, and Celebrate the good life through lifelong learning and activities at Utah State University in Logan, Utah.

EVENT
SERVICES
UtahStateUniversity.



Discover the Fun!



Linda & Sydney



Ice Cream Social



Talent Show



View Beautiful Scenery!
©Mike Bullock



Make new friends!



Take exciting tours!



Play Pickleball!



Try new things!



Enjoy the Outdoors!



© Lyric Repertory Theatre



Attend "Sunday Under the Trees"

WHAT IT'S LIKE TO BE A SUMMER CITIZEN



Contents

The Summer Citizens Card	02
Community Information	04
Campus Map & Parking	06
Common Questions	08
Campus Recreation Pass	10
USU Password Instructions	12
Mark Your Calendars	13
Sunday Under the Trees	14
Course Catalog	15
Culture, Religion, & Science	16
History & World Events	20
Technology	25
Health & Fitness	28
Entertainment & The Arts	34
Travel Adventures (Tours)	38
Registration Information	41
Scholarship Program	42
Cancellation Policy	43
Sponsors	44
Schedule At-a-Glance	Back Cover

The Summer Citizens Card

YOUR COST-SAVING BENEFITS

ID Card Fee Includes:

- Vehicle parking pass—Big Blue Parking Terrace and permitted lots on campus
- Computer lab access and basic IT support
- Merrill-Cazier Library Privileges
- Free T-Shirt
- Free performances—Alumni Band
- Free discount coupon booklet—local merchants
- Free luncheon—End of Summer Celebration
- Free USU Department Tours
- Free Sunday Under the Trees guest lectures
- Free health guest lectures
- Access to numerous club activities including golf, hiking, tennis, photography, cards, cycling, and pickleball

Technology on Campus

- Computer lab access
- Bluezone Wifi Internet on campus
- Aggiemail email with unlimited lifetime online storage
- Basic IT support (IT service desk, JQL building, see map on page 7, #27)
- Additional IT support available (hourly rate applies)

Library Privileges on Campus

- Open access labs; Hours of operation: it.usu.edu/labs
- Books and electronic media

Aggie Express Account on Campus

- USU Meal Plan purchase qualifies for a 10% discount

Exclusive Community Discounts

- Coupon Book with great savings
- 2 Merchant Fair Expos
- Includes discounts to dozens of local businesses

Parking Pass On Campus

(See map on page 7; "P" designates parking pass privileges)

- USU Big Blue Parking Terrace – 4 hrs per day
- Additional unlimited daytime parking in Black, Merrill Hall Gray, Yellow, and Blue lots (see map on page 7)



Additional Options:*

- Educational Courses
- Guided Bus Tours
- Scholarship Fund – tax deductible donations (see page 42)
- Recreation & Fitness Classes – HPER Pass \$25, ARC Pass \$105; see page 10 for more information

*Additional options require an additional fee.





Additional Information

Why is a Summer Citizen ID Card required?

The Summer Citizens Program is a self-support program. The revenue collected from ID Card sales is re-distributed throughout USU campus departments to compensate for services provided to cardholders during the summer months. A small portion of this revenue supports administrative costs of the program. Without the funds from this ID Card, the Summer Citizens Program would cease to operate.

The ID Card and Summer Housing

Housing properties are contracted as sponsors of the program to provide affordable and comfortable apartment housing opportunities to registrants of the Summer Citizens Program. All current housing sponsors collect the ID Card fees with their lease agreements.

ID Card and Performing Arts / Free Events

Local businesses and community events heavily rely on the support of Summer Citizens Program registrants. Through our partnership, the community is able to provide professional high quality musical theatre, opera, local fairs, daily free concerts, and more. Your support in purchasing the ID Card has a direct correlation to the success and future of the amazing entertainment and community events.

ID Card / Discount Coupon Book

Sponsors of the Summer Citizens Program advertise and offer discounts in the Summer Citizen Coupon Book. These discounts for recreation, health care providers, restaurants, and numerous other merchants are a benefit to each program registrant as well as to our sponsors. It's a great way to keep our community growing and to help each Summer Citizen participate in our community recreational opportunities, make medical appointments, shop, dine out, attend events, and explore our community.

ID Card Prices:

\$100 per ID Card

Sponsored housing card fee collected with the lease.

Early Registration Deadline

April 25, 2019

Price increases \$10 per card after April 25, 2019 for persons not residing in sponsored housing. All ID Cardholders **must register** with the Summer Citizens Program.

**DISCOUNTS + BENEFITS
VALUED AT OVER \$600**

The Summer Citizens Card is required to take advantage of all features listed above and must be presented at all program activities.

Enjoy your summer in Logan!

WE'RE EXCITED TO INTRODUCE YOU TO OUR CHARMING COMMUNITY!

Check out our website for area info and a calendar of events. We can't wait to meet you!

www.explorelogan.com

199 N. Main St, Logan, UT
1-435-755-1890

(Located in the historic Cache County Courthouse)



Downtown Logan is only a 5-minute drive from outdoor adventure and beauty in the Wasatch-Cache National Forest.

Logan Canyon National Scenic Byway is a 41-mile spectacular drive past limestone cliffs, the Logan River, and forests to the turquoise-blue waters of Bear Lake.

The dramatic canyon provides great fishing, hiking, camping, canoeing, biking, geocaching, horseback riding, and bird-watching. Don't miss Tony Grove Lake, a glacial lake surrounded by wildflowers, and a likely spot to spy a moose.

www.explorelogan.com

Cache Valley's dramatic landscape represents the rugged struggle to settle the American West. It's the ancestral home of the Northwest Band of the Shoshone, mountain men roamed and traded furs here in the 1820s, and Mormon pioneers settled the area in the 1850s.

Stop in at the American West Heritage Center, a 160-acre outdoor living history center, and experience the history of the Old West. Depending on the day, you'll visit with mountain men, farmers, and pioneers. Check out the bison. Museum open year-round; living history open seasonally.

www.awhc.org

We are Utah's Heart of the Arts, nurtured and thriving since 1856. Logan was so artsy, that in the early 1900s it was known as the Athens of the West.

Take in a wide variety of fantastic talent at our free Noon Music Concerts at the historic Tabernacle Monday through Friday. Concerts last about 45 minutes.

Logan boasts its own historic theatre district with three exquisitely restored theaters in just one block. You'll be impressed by the 1923 Ellen Eccles Theatre, home of Utah Festival Opera and Musical Theatre; the 1913 Caine Lyric Theatre; and The Utah, a 1924 Art Deco masterpiece. All three are bursting with activity all summer long.

www.explorelogan.com



Calendar of Events

Noon Music at the Tabernacle
June – Mid August

Lyric Rep Theatre
Mid June – Early August

Cache Valley Storytelling Festival
June 8th – 9th

Summerfest Arts Faire
June 13th – 15th

Utah Festival Opera & Musical Theatre
June 22rd – August 3rd

Hyrum Star Spangled Celebration
June 30th & July 4th

Freedom Fire Celebration
July 3rd

Lewiston's 4th of July
July 3rd – 4th

Cache Valley Cruise-In
July 4th – July 6th

Logan's 47th Annual Summer Sidewalk Sale
July 11th – 13th

Cache Valley Mountain Man Rendezvous
July 19th – 20th

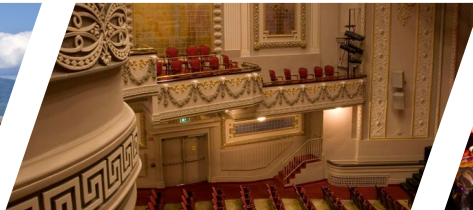
Pioneer Day Festival
July 20th

Logan City's Pioneer Day Celebration
July 24th

Preston Famous Night Rodeo
July 25th – 27th

Bear Lake Raspberry Days
August 1st – 3rd

Cache County Fair & Rodeo
August 11th – 13th



Stroll on the beautiful campus of Utah State University, a major research university founded as an agricultural college in 1888. Old Main is an architectural icon and the A on top stands for the Aggies, the USU mascot.

www.usu.edu

Take a walking tour of historic downtown Logan, where you'll find great examples of early Mormon pioneer architecture, including the tabernacle, the 1923 Ellen Eccles Theatre, the 1914 Bluebird Café (the oldest restaurant in the state), impressive turn-of-the-century homes and churches, and the beautifully restored Cache County Courthouse, home of the Cache Valley Visitors Bureau.

The internationally renowned Utah Festival Opera and Musical Theatre performs opera and Broadway shows along with concerts, classes, backstage tours, and more than 135 events. Performers from the nation's greatest stages showcase a month of spectacular shows. Don't miss *Newsies*, *Mary Poppins*, *Marriage of Figaro*, and *West Side Story*.

www.utahfestival.org or
435-750-0300 ext. 3

The Caine Lyric Theatre opened in 1913 and is home to the Lyric Rep, one of the true remaining repertory companies in the nation. Each summer the talented actors and actresses light up the stage with 4-6 productions and offer a charming view of America's theatre past. You'll enjoy *Mamma Mia!*, *A Raisin in the Sun*, *Murder for Two*, and *Clybourne Park*.

435-797-8022

Restaurants—Logan has more than 70 restaurants to choose from, including many unique restaurants with their own specialties.

Shopping—We've got the chains you're used to like Walmart and Walgreens, a mall with more than 40 stores, and unique shops in the historic downtown area. There are plenty of grocery stores to choose from.

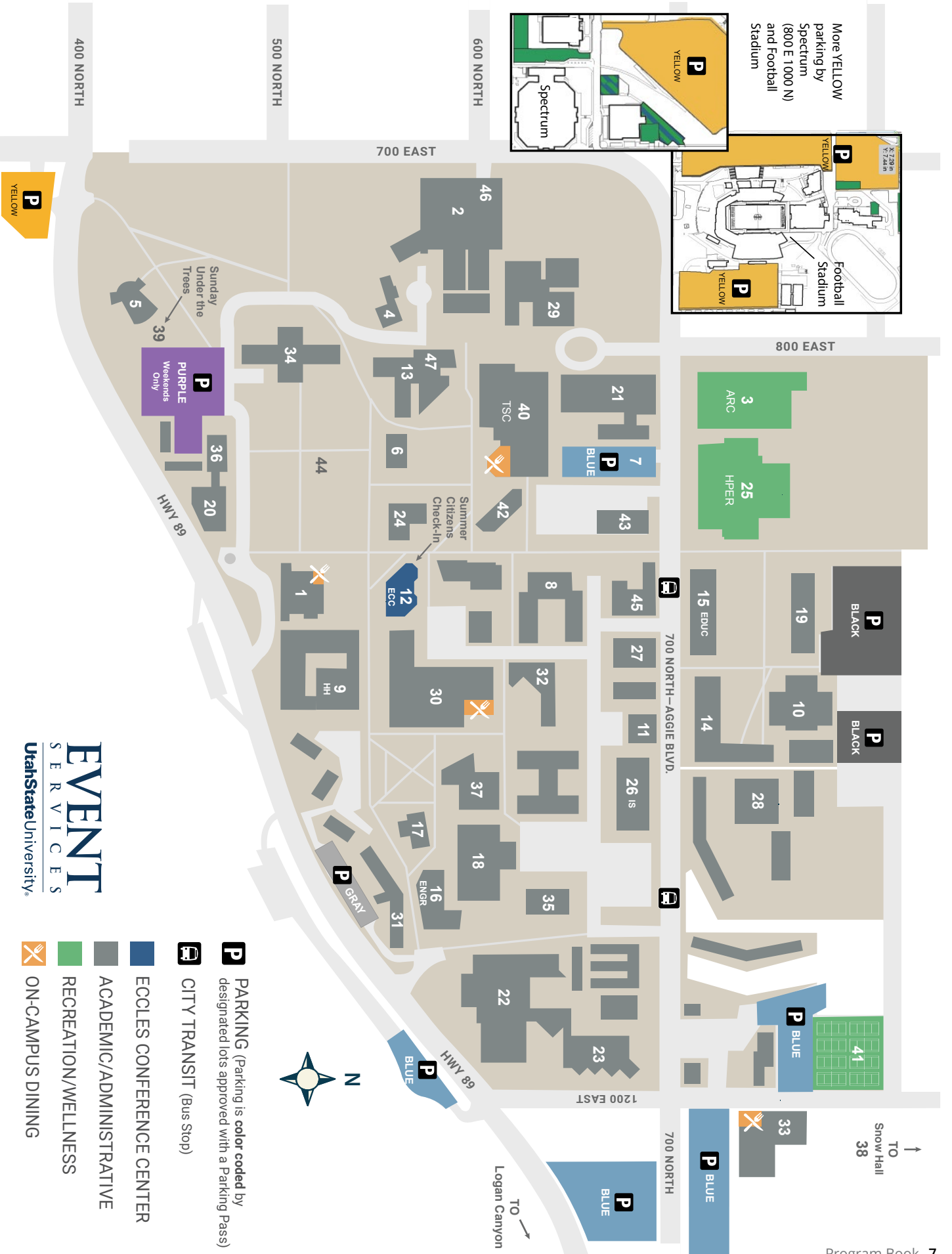
Churches—More than two dozen religious denominations welcome visitors to worship. Yes, we do have lots of members of the Church of Jesus Christ of Latter-day Saints (Mormons) here, but don't worry, they're not out to get you. What you will notice is quiet Sundays with many locally owned businesses closed and larger families than you are probably used to seeing.

Campus Map



PARKING IS COLOR CODED BY DESIGNATED LOTS APPROVED WITH A PARKING PASS.

- | | |
|---|---|
| 1 Agricultural Science | 25 Health, Physical Education and Recreation (HPER) (with pool) |
| 2 Aggie Parking Terrace | 26 Industrial Science (IS) |
| 3 Aggie Recreation Center (ARC) | 27 Janet Quinney Lawson (IT Services) |
| 4 Alumni House (David B. Haight Center) | 28 Junction |
| 5 Amphitheater | 29 LDS Institute |
| 6 Animal Science | 30 Library |
| 7 Big Blue Parking Terrace | 31 Merrill Hall |
| 8 Biology and Natural Resources | 32 Natural Resources |
| 9 Business / Huntsman Hall (HH) | 33 Nutrition & Food Sciences (Aggie Ice Cream) |
| 10 Center for Persons with Disabilities | 34 Old Main |
| 11 Distance Education | 35 Performance Hall |
| 12 Eccles Conference Center / Summer Citizens Office (basement) | 36 Ray B. West |
| 13 Eccles Science Learning Center | 37 Science Engineering Research |
| 14 Edith Bowen Lab School | 38 Snow Hall |
| 15 Education (EDUC) & YETC Lab | 39 Sunday Under the Trees (lawn) |
| 16 Engineering (ENGR) | 40 Taggart Student Center (TSC) |
| 17 Engineering Innovation | 41 Tennis Courts |
| 18 Engineering Laboratory | 42 University Inn |
| 19 Early Childhood Education | 43 USU Credit Union and Alumni Center |
| 20 Family Life | 44 USU Quad |
| 21 Fieldhouse | 45 Veterinary Science |
| 22 Fine Arts Center | 46 Visitor Information Center |
| 23 Fine Arts Visual | 47 Widtsoe Hall |
| 24 Geology | |



More **YELLOW** parking by Spectrum (800 E 1000 N) and Football Stadium

EVENT
SERVICES
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- P** **PARKING** (Parking is color coded by designated lots approved with a Parking Pass)
- Bus icon** **CITY TRANSIT** (Bus Stop)
- Blue square** **ECCLES CONFERENCE CENTER**
- Gray square** **ACADEMIC/ADMINISTRATIVE**
- Green square** **RECREATION/ WELLNESS**
- Fork and knife icon** **ON-CAMPUS DINING**



Common Questions

YOU'VE GOT QUESTIONS. WE'VE GOT ANSWERS.

Very Important Message:

Program sponsored apartment residents **WILL** need to register to identify the apartment complex they are residing in and for all other events or classes associated with the Summer Citizens program.

What is a Summer Citizens ID Card? Do I need it?

The Summer Citizens Card is mandatory. You will be asked to show your card at all times throughout the summer. It allows you to participate in any on-campus program or event. The card will be used as an identification card for campus services such as recreation facilities, fitness centers, computer labs, parking privileges, and a debit card for dining accounts and select discounts. If you registered with the program in 2015 or later, you must keep your Summer Citizens ID Card. Bring it with you, because the card is a lifetime card that is reactivated each year you register with the program. Everyone who has not registered since 2015 will be issued a new lifetime card in 2019.

What happens once I register for a Summer Citizens Card and Courses?

Once you have registered for a Summer Citizens ID Card and/or courses, a confirmation letter will be emailed to you. When you arrive, check-in at the Eccles Conference Center, where the Summer Citizens Program office is located.

What do I do when I arrive on campus?

Park in the Big Blue Parking Terrace located on 700 North, see map on page 7, building #7. Go to the Eccles Conference Center for check-in, see page 7, building #12.

At the Eccles Conference Center you will receive a USU Summer Citizens Welcome Packet. If this is your first summer, or you have not registered since 2015, you will receive a voucher for the ID card with instructions of where to get the card printed.

Your Welcome Packet includes a USU Parking Pass, Coupon Book, T-Shirt, and other program and community information.

Eccles Conference Center hours of operation are **Monday – Friday, 8:00 am–5:00 pm.**

Call **435-797-2028** for additional information.



Can I just buy one card and share it with my spouse/significant other?

Each Summer Citizen participant must have their own card. Your card is used to identify you as a participant in the program. Therefore, sharing cards is not allowed. Your picture and A# (which is your USU ID number) are on the Summer Citizens ID Card.

How will I know about university and community events throughout the summer?

Each authorized program sponsored apartment complex chooses one or more residents to be Communication Council members. These members receive information/flyers about upcoming events for posting on bulletin boards in your complex. The first communication council meeting will be held **Tuesday, May 28th at 8:30 am** in the University Inn. Event information will also be posted on our website calendar of events at summercitizens.usu.edu.

Who is the coordinator for the Summer Citizens Program?

Linda D'Addabbo is the Summer Citizens Coordinator. The Assistant Coordinator is Katie Sonderegger Smith. Their offices are located in the basement of the Eccles Conference Center. Linda can be contacted by phone at 435-797-0425 or by email at linda.daddabbo@usu.edu. Katie can be contacted at 435-797-2028 or katie.sonderegger@usu.edu.

Where can I park on campus?

The Summer Citizens Parking pass allows parking in Blue, Black, Gray (Merrill Hall), and Yellow Lots (designated by "P" on map on page 7). It also allows 4 hours per day in the Big Blue Parking Terrace located on 700 North.

Is there handicap accessible parking?

You must have a handicap permit or license plate to park in handicap stalls. You may park in any of the stalls located only within the lots as designated by the Parking Pass issued to Summer Citizens.

What is the Welcome Orientation, Merchant Fair, and Silent Auction?

The Welcome Orientation, Merchant Fair, and Silent Auction will be held **Thursday, May 30th at 2:00 pm** in the Taggart Student Center Ballroom. This is the place to learn why the ID Card holds such great value! Summer Citizens will have the opportunity to visit with university and community representatives to learn about benefits and discounts of being a Summer Citizens Cardholder. Donations from program sponsors are presented for bid during the Silent Auction prior to the Orientation. Be sure to attend!

How do I register for the Closing Social?

All registered Summer Citizens will receive an email in July 2019, with an invitation to register for the Closing Social Luncheon. The Closing Social is scheduled for **Thursday, July 25th at 12:00 pm** in the Taggart Student Center Ballroom.

If I'm staying at the University Inn, how will I learn about university and community events during my stay?

The University Inn has a communications representative who provides event information for distribution. You can also find the information posted on the Summer Citizens Announcement web page. Short-term stay orientations may be held for hotel guests. Visit the website for dates & times.

Do I have to stay for the whole summer or can I just stay for a few weeks?

There are some apartment housing sponsors that offer less than a 3-month lease. The University Inn provides a 2-week or 3-week package option. Please see the 2019 Renter's Guide for contract options and cost. To participate in the USU Program an ID Card is required and pro-rating is not an option.

What is the weather like?

Even on a hot day it typically cools down in the evening and stays pleasant through most of the morning. An evening breeze from Logan Canyon cools the temperatures at night.



"MY SECOND SUMMER IN THE PROGRAM WAS EVEN MORE MAGICAL THAN THE FIRST."

DORRIT BRIERE, 2018

Campus Rec Pass

FACILITIES, HOURS, AND OTHER INFORMATION

What workout facilities are available on USU's campus?

ARC—Aggie Recreation Center
Includes access to the HPER Building

Monday–Friday.....6:00 am – 9:00 pm
 Saturday.....10:00 am – 4:00 pm
 \$105 for entire summer (prorated only)
 \$30 month-to-month
 \$5 day/guest pass

HPER—Health, Physical Education, and Recreation Building

Monday–Friday.....6:00 am – 9:00 pm
 \$25 for entire summer

Also Included in Both Memberships:

Lap Swim
 M/W/F.....8:00 am – 1:00 pm
 M/W/F.....5:00 pm – 7:00 pm
 Open Rec Swim
 M/W/F.....11:00 am – 12:00 pm
 Log Rolling Available
 M/W/F.....5:00 pm – 7:00 pm

Where can I purchase a Campus Rec Membership?

Memberships can be purchased at the Aggie Recreation Center and HPER Building Service Desks. This year, there will be no advance registration for these memberships. Once you arrive on campus, come take a tour of both buildings and decide which membership is best for you.



What amenities does each building offer?

Aggie Recreation Center

- Also includes access to the HPER building and pools
- 1/8th mile indoor walking track
- Climbing wall
- Functional training studio
- Spin bike studio
- 3 indoor pickleball/badminton courts
- Unlimited access to summer group fitness classes in the ARC
- Cardio machines, free-weight machines, and plate-loaded machines
- Basketball and volleyball courts
- Locker rentals
- Activity equipment rentals

HPER Building and Pools

- Basketball courts
- 1 indoor pickleball court
- Cardio machines, free-weights, and plate-loaded machines
- Locker rentals
- Activity equipment rentals
- Outdoor lawn game rentals

What other programming will be offered through Campus Recreation?

Cutler Marsh Canoe Trips—Register at the Outdoor Programs Rental Shop located on the north side of the ARC:

- Wednesday, June 12th from 7am–12pm
- Wednesday, July 17th from 6am–11am
- Day hikes—We will also be offering two day hikes up Logan Canyon during the months of June and July. For more information, stop by the Outdoor Programs Rental Shop.

Pickleball Leagues and Tournaments

Bingo & Lawn Games Social Events

Outdoor Rental Equipment—With your summer membership to the ARC, you will receive a 35% discount on all outdoor equipment rentals including hiking/camping equipment, water sport equipment, bikes, and much more. Stop by the Outdoor Programs Rental Shop to reserve equipment for your next adventure.

PICKLEBALL TOURNAMENT

Especially for Active Seniors

The CVM Rotary Club is sponsoring a pickleball tournament to continue its contribution to an orphanage in Cambodia, allowing children to go to a well-organized school.

- Contribution is **\$25 per person**
- Format is **group knockout, doubles teams only:** (Each team will play 3 other teams in its skill category to start—more details to follow)
- **Prizes will be awarded** to winning teams, as well as some prizes drawn at random
- A link will be available for **online registration**

Contact dennis.briscoe@gmail.com or 435-512-3650 for questions.
<https://www.facebook.com/CacheValleyMorningRotary>
<https://www.cicfo-usa.org>

Date.....Saturday June 22, 2019
 Time.....8:00 am Start
 Location.....Bridger Park
 1188 N 400 W, Logan, UT





1940's Hangar Hop & Cache Air Fest '19

FRIDAY, JUNE 28TH
5 - 8 P.M.*

1940s Dress Encouraged



LOGAN-CACHE AIRPORT
USU HANGAR

Live Big Band Music

Heavy Hors D'oeuvres

Logan-Cache Airport

SATURDAY, JUNE 29TH
10 A.M.* - 4 P.M.



AIRPORT OPEN HOUSE
DRONE DEMONSTRATIONS
BARRY HANCOCK SHOW



*REGISTER NOW AT <https://bit.ly/2Ue1GXQ>

*GATES OPEN AT 9 A.M.



How to Create or Reset Your USU Password

Valid only with ID Card Activation (May 15 – August 15)

Visit <https://myid.usu.edu>

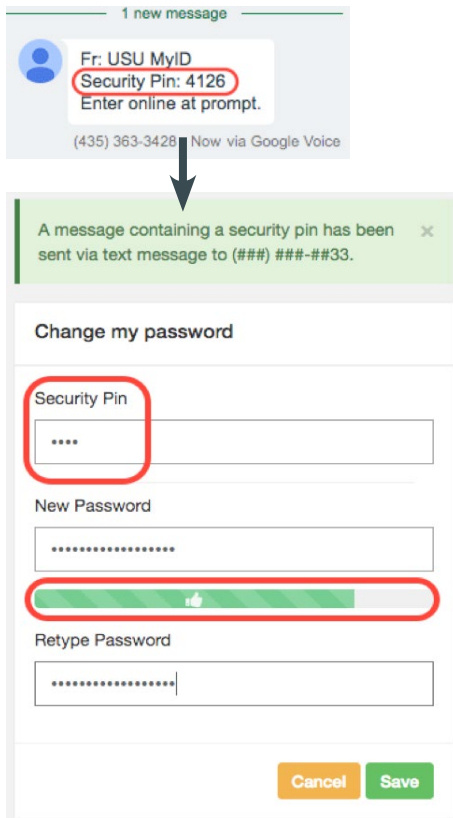
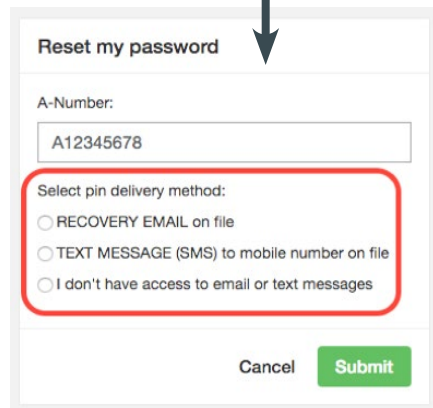
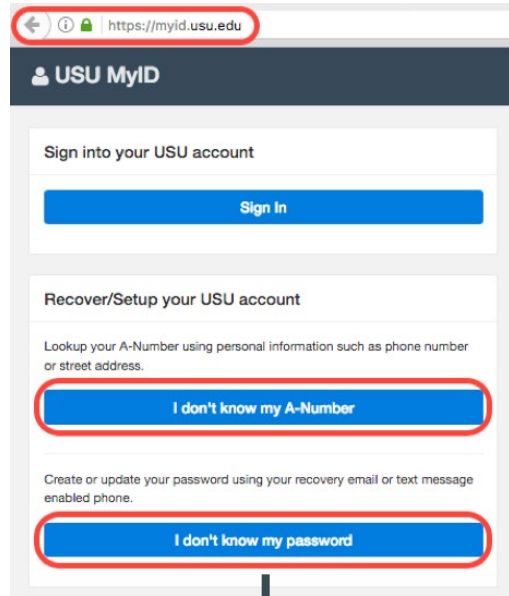
1 Select “I don’t know my password”.

2 Enter your A-Number and choose a recovery method.

You must already have a preferred email or mobile phone on file to receive a PIN.

3 A four-digit PIN will be delivered. Enter the PIN immediately on the next page and enter a new password.

*The password strength bar will turn **green** when your password is strong enough.*



Contact the IT Service Desk if you need additional help.

Call **435.797.HELP** (4357) or visit the Janet Quinney Lawson (JQL) building. See map on page 7, #27.

Mon–Thu 8am–6pm

Friday 8am–5pm

Please have your Summer Citizen ID card ready.

MARK YOUR CALENDARS

WELCOME ORIENTATION, MERCHANT FAIR, + SILENT AUCTION

Thursday, May 30 at 2:00 pm

Taggart Student Center Ballroom

Be sure to attend the Summer Citizens Program Orientation. The first orientation in May will familiarize you with the Summer Citizens Program, USU campus, and current happenings. Also, come to meet other Summer Citizens. This will be a great place to learn about the many benefits a Summer Citizens ID Card provides you. Visit with our community sponsors and learn more about local business offerings at the orientation.

MID-SUMMER ORIENTATION + MERCHANT FAIR

Tuesday, July 2 at 2:00 pm

Taggart Student Center Ballroom

This is a welcome event for new arrivals. The Mid-Summer Orientation in July is an opportunity to receive updates on new events and program information. Visit with our community and housing sponsors and learn more about local business offerings at this orientation.

SUMMER CITIZENS SPONSORED APARTMENTS OPEN HOUSE

Thursday, July 12 from 9:00 am – 3:00 pm

On-site at Sponsored Apartment Housing Units

The Summer Citizens Sponsored Apartments will open a unit for viewing. More information will be available at the July 2 Mid-Summer Orientation.

END OF SUMMER CLOSING SOCIAL + TALENT SHOW

Thursday, July 25 at 12:00 pm

Taggart Student Center Ballroom

RSVP REQUIRED (Invitation Emailed Early July)

Let's close out the summer with a BANG! Our Closing Social Luncheon will be offered free of charge to anyone with a Summer Citizens ID Card with pre-registration for the event. This is an opportunity to enjoy a delicious meal, learn fun facts and recap summer events, and hear from our community leaders. Prize drawings and entertainment make for an exciting time! Reservations required. Talent show performers sign up through the Summer Citizens website; sign-ups begin February 4, 2019.

SUNDAY UNDER THE TREES

The lectures will be held above the USU Amphitheater
(See map on page 7, #39)

MICHAEL BALLAM

June 2, 2019 at 1:00 pm
Founder & General Director, Utah Festival
Opera & Musical Theatre

DENNIS HASSAN

June 9, 2019 at 1:00 pm
Professor of Scenic Design

KYLE H. HANSEN

June 16, 2019 at 1:00 pm
CEO/Administrator Intermountain Logan
Regional Hospital

DARREN PARRY

June 23, 2019 at 1:00 pm
Chief Shoshone Nation, Chairman BOA OGOI

HOLLY DAINES, MAYOR

June 30, 2019 at 1:00 pm
Mayor of Logan, Utah

EDWIN R. STAFFORD, PHD

July 7, 2019 at 1:00 pm
Marketing Professor, Jon M. Huntsman School of
Business, USU

ALEXIS AVLT

July 14, 2019 at 1:00 pm
Associate Professor, Geology Department, USU

THOMAS WESTRE

July 21, 2019 at 1:00 pm
Past President, Cache Valley Astronomical Society

ROSS PETERSON, PHD







July 28, 2019 at 1:00 pm
Professor and Author, USU

**Bring lawn chairs or blankets for
seating. Parking available on Sundays in
the Purple Lot south of Old Main Hill.**

Course Catalog

BECOME A LIFELONG LEARNER

The Summer Citizens program is dedicated to providing educational opportunities for senior citizens. More than 60 courses are taught by university professors, local experts, and Summer Citizens with specialty backgrounds and qualifications, on a wide range of stimulating topics. Below is a listing of the Summer Citizens courses to be offered during 2019. Registration opens February 4, 2019. See page 41 for information on how to register. The courses below are listed by topic and color coded in the following manner:

	Culture, Religion, and Science	pg. 16-19
	History and World Events	pg. 20-24
	Technology.....	pg. 25-27
	Health and Fitness	pg. 28-33
	Entertainment and the Arts.....	pg. 34-37
	Travel Adventures.....	pg. 38-40

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 43 for more cancellation policies.

The pricing for courses and guided tours will increase by \$10.00 each after April 25, 2019.



Visit Intermountain Healthcare this Summer!

- Logan Regional Hospital is a not-for-profit level 3 trauma center
- Multi-Specialty Clinics at Intermountain Budge Clinic - budgeclinic.org
- Three InstaCare locations in Cache Valley - instacare.org
- Intermountain Connect Care - connectcare.org
- Intermountain Cancer Center - World-class oncology care
- Free educational classes at Logan Regional Hospital

Visit www.LoganRegional.org/summercitizens for more information.

Course #	Dates	Time	Days	Price	Location
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Birding 101 (An Introduction to the Bear River Migratory Bird Refuge)

Course #111	3 Jun – 5 Jun	9:00 AM – 10:15 AM	M-W	\$85.00	ENGR 238
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DESCRIPTION: Bird watching is an addicting, life-long passion. Join us to learn the basics of bird identification. Also, just across the mountains from USU is one of the most famous bird refuges in the US. True “birders” make Bear River Migratory Bird Refuge one of their bucket list stops. Every spring and fall thousands of birds stop, rest, and even nest on the Refuge. May and early June are great times to visit not only because of the vernal migration but the rookeries abound with the seasons pre-fledge hatch. Join us on campus to learn the basic skills of birding and then take those skills for a morning, afternoon, or day of resplendent bird watching on the Refuge. To be this close and take the time to visit this world renowned spot is, as the owl would attest...wise. Class includes bus

transportation and lunch on Wednesday, June 5, 9am–4pm at the migratory refuge.

PREREQUISITES: Although binoculars are useful, they are optional. However, an innate curiosity and basic observation skills are essential.

INSTRUCTOR: **Bryce Passey** is the Environmental Education Specialist at the Bear River Migratory Bird Refuge. He retired after thirty years as an environmental educator and naturalist in the public school system. Bryce now finds pleasure in working with groups young and old and enhancing their appreciation for and understanding of the natural world.

People and Cultures of Eurasia

Course #118	10 Jun – 14 Jun	1:30 PM – 2:45 PM	M-F	\$50.00	ENGR 203
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DESCRIPTION: The collapse of the Soviet Union in 1992 resulted in ethnic conflict, flows of international migrants, religious revivals, and the opening up of a vast stretch of the planet that had previously been largely closed to outside influences. Eurasia is home to a wide variety of different ethnic, religious, and linguistic groups. This course will introduce you to a sampling of these diverse groups, focusing on Armenians, Georgians, Kyrgyz, and Turkmen. What do their daily lives look like? What religious traditions do they practice? What challenges and conflicts do they face? Join us for a quick “trip” to a fascinating region of the world.

INSTRUCTOR: **Erin Hofmann** is an Assistant Professor of Sociology. She holds an M.A. in Russian Studies from Georgetown University and a PhD from the University of Texas in Austin. She made her first trip to the former Soviet Union in 1995, and has been studying and traveling in the region ever since. She has published research on Russia, Georgia, Tajikistan, Turkmenistan, and Kyrgyzstan, on topics ranging from economic development to women’s labor migration to bride kidnapping.

How Airplanes Fly: See the Picturesque Cache Valley from the Air! Session 1

Course #122	24 Jun – 28 Jun	9:00 AM – 1:00 PM	M-F	\$75.00	IS 101A (page 6, #26)
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DESCRIPTION: A REDBIRD full motion (3-axis) flight simulator will introduce participants to the exciting life of a pilot. Each participant will be at the controls of a simulator from take-off to landing in preparation for an optional flight in a USU aircraft. Before embarking on the flight, discussions will cover the basic principles of flight, how an aircraft creates lift and the controls of a plane. Optional flight in a DA-40 will cost \$100 and you may have the option to have a back seat passenger (spouse, friend, etc.), depending on weight and balance. Flights will be scheduled around weather and aircraft availability in the early evenings

10:30–1:00 for simulator time. Optional flights, evenings (weather dependent).

INSTRUCTOR: **Baron Wesemann** is an assistant professor and professional practice instructor in the Aviation Technology Program. He arrived at USU in 2015 after more than 27 years in the U.S. Air Force. While serving in the Air Force, Wesemann worked as an instructor pilot in five different aircraft, taught German at the Air Force Academy, and instructed at Specialized Undergraduate Pilot Training. His professional interests are in areas related to aviation, including curriculum development, leadership and ethics in the cockpit, and safety and risk management systems.

PREREQUISITES: Limited to 20 students, enroll early,

Course #	Dates	Time	Days	Price	Location
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How Airplanes Fly: See Picturesque Cache Valley from the Air! Session 2

Course #125	24 Jun – 28 Jun	1:00 PM – 5:00 PM	M–F	\$75.00	IS 101A (page 6, #26)
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DESCRIPTION: A REDBIRD full motion (3-axis) flight simulator will introduce participants to the exciting life of a pilot. Each participant will be at the controls of a simulator from take-off to landing in preparation for an optional flight in a USU aircraft. Before embarking on the flight, discussions will cover the basic principles of flight, how an aircraft creates lift and the controls of a plane. Optional flight in a DA-40 will cost \$100 and you may have the option to have a back seat passenger (spouse, friend, etc.), depending on weight and balance. Flights will be scheduled around weather and aircraft availability in the early evenings.

PREREQUISITES: Class limited to 20 students, register early, 2:30–5:00 for simulator time. Optional Flights, evenings (weather dependent).

INSTRUCTOR: Baron Wesemann is an assistant professor and professional practice instructor in the Aviation Technology Program. He arrived at USU in 2015 after more than 27 years in the U.S. Air Force. While serving in the Air Force, Wesemann worked as an instructor pilot in five different aircraft, taught German at the Air Force Academy, and instructed at Specialized Undergraduate Pilot Training. His professional interests are in areas related to aviation, including curriculum development, leadership and ethics in the cockpit, and safety and risk management systems.

Islam in the Modern World

Course #132	24 Jun – 28 Jun	1:30 PM – 2:45 PM	M–F	\$50.00	ENGR 304
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DESCRIPTION: Where did ISIS come from? What is the difference between Salafism and Wahhabism? How do Muslims see themselves in relation to their non-Muslim neighbors? In this course, we will explore how Islamic thought evolved during the 1800s and the 1900s, as various parts of the Muslim world coped with European colonial rule, rapidly-changing technology, and economic development. Through the writings of Muslim jurists, theologians, journalists, and activists from the French Revolution to the Syrian civil war, we will consider how the fundamentalist turn, rising literacy, and communications technologies from the newspaper to the internet have transformed the ways in which Muslims practice and talk about their faith.

PREREQUISITES: There are no prerequisites for this course. All readings and materials will be provided in class.

INSTRUCTOR: Danielle Ross is an assistant professor of Asian history at Utah State University. She received her PhD in Central Asian history from University of Wisconsin-Madison. She worked as a social media analyst and taught for three years at Nazarbayev University in Astana, Kazakhstan before coming to USU in 2014. She specializes in the history of Islam in Russia and the post-Soviet sphere. Her book, *Russia's Other Colonizers*, is under contract with Indiana University Press. She is also co-editing a volume entitled *Sharia in the Russian Empire*, which is under contract with Edinburgh University Press.



Course #	Dates	Time	Days	Price	Location
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Weather & You

Course #133	24 Jun – 28 Jun	3:00 PM – 4:15 PM	M–F	\$40.00	ENGR 302
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DESCRIPTION: Learn the basics of weather in a fun way from a forecast, research, and TV meteorologist with over 35 years of experience! Many weather subjects will be covered in the class. Understand the cloud types and how/why they form. Learn the different types of precipitation and why they develop or don't develop. Discover and study the different climates around the earth and why they have formed. Why do winds develop? What are the different types of winds? Fronts and air masses: how to find them on a weather map and what they mean to your weather. Also, you will learn how to make your own basic forecast. A lot of fun with experiments and hands-on discussions throughout the class.

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 Superbowl, The Academy Awards, and The Rose Bowl. He also provides forecasts for movies, TV shows, and 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.

Weird & Wild Weather

Course #137	1 Jul – 5 Jul	10:30 AM – 11:45 AM	M, Tu, W, F	\$35.00	ENGR 304
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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!

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 Superbowl, 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.

Meet Your Neighbors: Insights Into the Church of Jesus Christ of Latter-Day Saints

Course #142	8 Jul – 12 Jul	3:00 PM – 4:15 PM	M–F	\$40.00	ENGR 302
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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 Sunday service and have dinner with a family in our congregation.

INSTRUCTOR: Julie Hollist Terrill is a sixth-generation active member of the Church of Jesus Christ of Latter-Day Saints. She has taught gospel doctrine classes in her congregation for many years and is well-acquainted with the history and culture of the LDS Church.

Course #	Dates	Time	Days	Price	Location
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Rocky Mountain Geology Experience

Course #148	15 Jul – 19 Jul	1:30 PM – 2:45 PM	M–F	\$50.00	ENGR 302
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DESCRIPTION: Perhaps nowhere on Earth is geologic history so well understood as the iconic interior-western U.S. Yet, there are still mysteries for geoscientists, residents, and visitors to explore. Northern Utah’s spectacular landscape of mountains and valleys provides examples of geologic processes and history that can be experienced first-hand, but which apply anywhere in the world. In this 5-day course, background concepts and major chapters in the history of the earth will be explored, and basic skills in geologic material identification

will be practiced. The course culminates on the final day with a beautiful hike and exploration of the local Bear River Range. Moderate hiking involved.

INSTRUCTOR: **Katie Potter** is an Instructor in the Department of Geology at Utah State University. She grew up in Colorado, earned degrees in Idaho and at USU, and is an expert in earth materials. She is an avid outdoors woman and loves sharing her enthusiasm for geology with everyone.

Making Sense of Greek Mythology

Course #149	15 Jul – 19 Jul	3:00 PM – 4:15 PM	M–F	\$40.00	ENGR 302
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DESCRIPTION: This course concentrates on a selection of narratives in an attempt to estimate how much of and in what ways the habitual texture of the Western mind has its origins and finds expressive form in Greek myth, e.g., attitudes about creation, power, self, society, gender, death, work, nature, art, and mind. The lectures contain many images drawn from the history of Western art.

INSTRUCTOR: **Jack Peradotto** has had a forty-year academic career, during which he taught classical languages and

literature at Western Washington University, Georgetown University, University of Texas at Austin, and the University at Buffalo, SUNY. He is the author of *Classical Mythology: An Annotated Bibliographical Survey*, and *Man in the Middle Voice: Name and Narration in the Odyssey*, as well as articles and reviews on Greek myth, epic, and tragedy. He was named a Distinguished Teaching Professor by the SUNY Board of Trustees. He has lectured extensively on Smithsonian Study Cruises in the Mediterranean.

Zionism: The Rebirth of a Nation

Course #150	22 Jul – 26 Jul	10:15 AM – 11:45 AM	M, Tu, Th, F	\$40.00	ENGR 302
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DESCRIPTION: Looking at the 3,000 year history of the Jewish people from biblical time to the current modern state of Israel. We will study culture, geography, and demographics. In the end, you will have a better understanding of how the Jewish people not only survived, but are thriving.

INSTRUCTOR: **Rabbi Zuckerman** served twenty years as a professional in community service with experience as a Rabbi/teacher in leadership, chaplaincy, development, public

speaking, and fundraising. He also spearheaded projects with non-profit organizations. His service includes: Congregation Shaarie Torah, Portland, OR; Senior Rabbi, Aug. 2007–present. SRA, International, San Diego, CA. Sr. Analyst Homeland Security, 5/05-5/06. Congregation Beth Am, San Diego, CA: Senior Rabbi, 1991-2004. San Diego High School of Jewish Studies, San Diego, CA: teacher, 8/89-6/04. Congregation Beth El, La Jolla, CA: Assistant Rabbi, 8/89-6/91.

Course #	Dates	Time	Days	Price	Location
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World War II, Key Insights into the Pacific Theater

Course #112	3 Jun - 7 Jun	10:30 AM - 11:45 AM	M-F	\$40.00	ENGR 304
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DESCRIPTION: The United States proved victorious by exploiting the most effective strategic & tactical methods to wage war. Some were well-orchestrated means to harness national power (political, military & economic); others were exploitation of strategic intelligence capabilities, and others were better technology and innovation on the battlefield. Learning objective for this course: how American strategic policies shaped the entire Pacific battlefield and facilitated innovation. The lessons demonstrate how a nation can integrate its strategic and tactical "vision" to dominate a theater of conflict.

INSTRUCTOR: Mark Schwartz received his bachelors degree in political science. He spent twenty-two years in the US Air Force as a Lt. Colonel, aviator and war plans specialist/emergency actions. He taught at SaddleBrooke Institute for Learning in Retirement and Osher Lifelong Learning Institute Lectures at the Pima Air Museum, Friends of the SaddleBrooke Library, SaddleBrooke Great Decisions, and SaddleBrooke Rotary. Mark has published papers on military and political topics. He's experienced the completion of numerous professional military schools, as well as thirty years of experience in the aerospace industry.

World War 1

Course #113	3 Jun - 7 Jun	1:30 PM - 2:45 PM	M-F	\$40.00	ENGR 304
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DESCRIPTION: World War 1 forever changed the world. This unnecessary conflict wiped out a generation of Europeans, and created the Middleast as we know it today. It fomented the Russian Revolution, destroyed dynasties, significantly changed geographical borders in Europe, and, worst of all, brought us World War II. How and why this happened is the subject matter of this class along with the impact of trench warfare on a generation of young men and the destruction of a beautiful part of Europe and its civilians. Names burned into history, the Marne, the Somme, Verdun, Gallipoli, and Flanders will be placed into context.

INSTRUCTOR: Dick Clark graduated from the USC School of Business in 1960. In 1997, upon retirement, he joined the Palm Springs Air Museum, a World War II air museum, as a docent and served as such until he was nominated to the presidency of that museum in 2010. In addition, he served on their Board of Directors. During those years his responsibilities included touring groups and teaching classes to new docents and lecturing on WWII history. In addition, Dick has taught Summer Citizens classes at USU for the past two years on the subject of World War II.

"THE MORE FAMILIAR I BECOME WITH USU, THE MORE FAVORABLE IS MY OPINION OF THIS FINE SCHOOL. THE SCHOOL AND ITS STAFF ARE PROFESSIONAL AND CARING IN DEALING WITH US SUMMER CITIZENS."

ED RAKER, 2018

Course #	Dates	Time	Days	Price	Location
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Remembering Eights and Nines: What is Great About America in Fifty Year Increments

Course #116	10 Jun – 14 Jun	10:30 AM – 11:45 AM	M-F	\$50.00	ENGR 108
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DESCRIPTION: During the past year, Americans and the world celebrated the 100th anniversary of the end of World War I and in May of 2019, the Sesquicentennial of the completion of the Transcontinental Railroad. This summer we celebrate the 50th anniversary of men walking on the moon. Historians are always seeking an opportunity to review significant events of the past. The course is divided into five lectures that focus on 1818-19; 1868-69; 1918-19; 1968-9; and 2018-19. A thread, even a large rope at times, ties these periods together as the nation faces major issues that shape its future. Monday: 1818-19 Creating borders—the story of Florida acquisition, slave or free states, western expansion, and the border with Canada highlighted by the Monroe, JQ Adams, and Jackson relationship. Tuesday: 1868-69 The aftermath of Civil War—freedom and citizenship, impeachment of Johnson, Transcontinental Railroad, and JW Powell (Cincinnati Red stockings) Wednesday: 1918-19 World War I and its legacy, Red Scare, Race Riots, League of Nations,

and Wilson's stroke (Chicago Black Sox scandal) Thursday: 1968-69 Civil Rights, Vietnam, Assassinations of King and Kennedy, moon landing, and hippies, (Denny McLain and Bob Gibson) Friday: 2018-19 What Hath God Wrought? Climate, Chaos, Confusion, Collusion??? Constant: BASEBALL, Red Sox and 2019-the year of the Braves!!!

INSTRUCTOR: Ross Peterson, a native of Idaho, graduated from Utah State 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 USU degrees.

America's International Political Challenges

Course #119	10 Jun – 14 Jun	3:00 PM – 4:15 PM	M-F	\$40.00	ENGR 203
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DESCRIPTION: Examine critical Asian nations and issues where America must make and execute key foreign policy decisions. The challenges in our foreign relations—some currently at elevated tensions—will: (1) set our international posture for years to come, and (2) determine America's future level of influence in Asia and other international regions.

INSTRUCTOR: Mark Schwartz received his bachelors degree in political science. He spent twenty-two years in the US Air Force

as a Lt. Colonel, aviator and war plans specialist/emergency actions. He taught at SaddleBrooke Institute for Learning in Retirement and Osher Lifelong Learning Institute Lectures at the Pima Air Museum, Friends of the SaddleBrooke Library, SaddleBrooke Great Decisions, and SaddleBrooke Rotary. Mark has published papers on military and political topics. He's experienced the completion of numerous professional military schools, as well as thirty years of experience in the aerospace industry.

Course #	Dates	Time	Days	Price	Location
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Political-Military Events in the 20th Century, America Dominates the World Stage

Course #123	17 Jun – 21 Jun	10:30 AM – 11:45 AM	M–F	\$40.00	ENGR 203
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DESCRIPTION: Illuminate and relate activist events and trends in US foreign policy that impacted world history from World War II thru the Cold War (either good or bad). Some events are well-known (Cuban Missile Crisis), while others are footnotes in history and public awareness (Sinking of the Reuben James). Learning Objective for this course: These significant events demonstrate US activist foreign policy and the belief America could and should be a dominant player on the world stage. Notions of Pax Americana will be explored, along with US political personalities that drove this agenda. This course builds on “World War II, Key Insights of the Pacific Theater.”

INSTRUCTOR: **Mark Schwartz** received his bachelors degree in political science. He spent twenty-two years in the US Air Force as a Lt. Colonel, aviator and war plans specialist/emergency actions. He taught at SaddleBrooke Institute for Learning in Retirement and Osher Lifelong Learning Institute Lectures at the Pima Air Museum, Friends of the SaddleBrooke Library, SaddleBrooke Great Decisions, and SaddleBrooke Rotary. Mark has published papers on military and political topics. He’s experienced the completion of numerous professional military schools, as well as thirty years of experience in the aerospace industry.

Cache Valley Goes Worldwide

Course #128	24 Jun – 28 Jun	9:00 AM – 10:15 AM	M–F	\$40.00	ENGR 304
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DESCRIPTION: Cache Valley is a vibrant, safe place to live and raise a family. Entrepreneurs, authors, and musicians know this and have made it their home while still developing a national and sometimes worldwide business. Some of their trademarks are well known to us; others are not as easily recognizable. Let’s get acquainted with some of these people. They are as excited to tell you their stories as you will be to meet them. Each day two of them will come to class and share their tales. Don’t miss this exciting opportunity. Here is a sample of some of the businesses

you’ll meet: Casper’s Ice Cream, Icon Fitness, Cox’s Honeyland, KUBEX, Stander Inc, Triak Medical, and others.

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.

US Civil-Military Relations in the 20th Century

Course #129	24 Jun – 28 Jun	10:30 AM – 11:45 AM	M–F	\$40.00	ENGR 304
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DESCRIPTION: Civil-Military Relations bridge the gap between political and military sciences, explaining relationships and interactions between politicians and top-level military professionals. It analyzes how decisions on war vs. peace were made, and provides insight beyond the actual decisions—the implications for American foreign policy and military strategy. Learning objective for this course: informed citizens will learn CMR theories and examine case studies to examine their beliefs of good governance and national policy/strategy development. They can become opinion leaders and transcend the shallow news reporting that obscures this critical area. This course builds on “Political-Military Events in the 20th Century, America Dominates the World Stage.”

INSTRUCTOR: **Mark Schwartz** received his bachelors degree in political science. He spent twenty-two years in the US Air Force as a Lt. Colonel, aviator and war plans specialist/emergency actions. He taught at SaddleBrooke Institute for Learning in Retirement and Osher Lifelong Learning Institute Lectures at the Pima Air Museum, Friends of the SaddleBrooke Library, SaddleBrooke Great Decisions, and SaddleBrooke Rotary. Mark has published papers on military and political topics. He’s experienced the completion of numerous professional military schools, as well as thirty years of experience in the aerospace industry.

Course #	Dates	Time	Days	Price	Location
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British History—The House of Hanover

Course #136	1 Jul – 5 Jul	9:00 AM – 10:15 AM	M, Tu, W, F	\$35.00	ENGR 304
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DESCRIPTION: Which Monarch was 52nd in line to the throne? Why were the first 51 ruled out? Which king could not speak English? Which king was the last monarch to lead his troops into battle? Which George was known as “Farmer George”? Whose marriage was annulled because of the religion of his “wife”? Which king was Prince Regent for 18 years before becoming king? Which king was the third son of a king? Who was the last Monarch of the house of Hanover and the first of the house of Saxe-Coburg Gotha?

INSTRUCTOR: **Arthur Clarke** was born and lived in England for 55 years before marrying and coming to live in the U.S. He became a citizen in 2008. He exemplifies the saying, “you can take the man out of England but you cannot take England out of the man.” He holds a B.Ed from Cambridge Institute of Education and taught in English schools for over 33 years. He loves British history and is enthusiastic to share his knowledge with everyone and anyone.

Shoshone History

Course #147	15 Jul – 19 Jul	10:30 AM – 11:45 AM	M–F	\$40.00	ENGR 302
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DESCRIPTION: The course will cover the history of the Shoshone Nation. The hunter/gathering lifestyle and their interaction with not only the first groups of mountain men and trappers but the Mormon pioneers. We will also explore the interaction with the Mormons and how the Shoshone and Mormons, who led two very different lifestyles, tried to get along and coexist. In the end there just weren't enough resources for both groups of people. This eventually led to conflict and a near extinction of a way of life and people. The Bear River Massacre is the largest massacre of Native Americans in the history of the United States and it has largely been forgotten. Ten years later the survivors joined the Mormon Church. Was it out of necessity to survive as a people or did they embrace a new way of life?

INSTRUCTOR: **Darren Parry** is an enrolled member of the Northwestern Band of the Shoshone Nation where he serves as the Chairman of the tribe. He has served his people for more than 10 years. He received his BS in Education from Weber State University and served as an Adjunct Professor at Weber State University. He guest lectures at universities around the country and speaks about his culture to many K-12 schools sharing his knowledge of his people. He is the great-great-grandson of Chief Sagwitch who was the chief during the Bear River Massacre. The Shoshone perspective needs to be heard.

The Assassination of President Kennedy: Warren Commission vs. the Researches

Course #152	22 Jul – 26 Jul	3:00 PM – 4:30 PM	M, Tu, Th, F	\$40.00	ENGR 304
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DESCRIPTION: The assassination of President Kennedy has remained a controversial event for over 50 years. The Warren Commission was the government explanation while over the years, hundreds of independent researchers have challenged the government findings. We will look at both sides, especially looking at the many findings of the researchers. There seems to be strong evidence to doubt the Warren Commission findings. We will go into depth into these findings the Warren Commission failed to investigate.

INSTRUCTOR: **Tom Westre** is a retired public school educator with 37 years of teaching experience at the high school level. Tom received his bachelors and masters degree in education from the University of South Dakota. Tom has taught US History at the high school level for 30 years. Tom was drafted into the US Army in 1967 and served in Vietnam 1968-69 in a field artillery unit. Tom has researched the JFK assassination for over 25 years. He visited Dallas in 2013 talking to important witnesses and researchers of that event.

Course #	Dates	Time	Days	Price	Location
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Famous Historic Loganites

Course #153	29 Jul – 2 Aug	9:00 AM – 10:15 AM	M–F	\$55.00	ENGR 304
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DESCRIPTION: David Eccles, an illiterate Scottish boy with an uncanny drive, was an early Logan Pioneer who made a fortune. He started many successful companies, giving employment to thousands of people. He built the West. He died suddenly in 1912, and his son, Marriner Eccles, managed the family's business interests. Because of Marriner's banking leadership during the Great Depression, Pres. Franklin D. Roosevelt recognized his talent, and brought him into his administration as Chairman of the Federal Reserve. He held

this job for 17 years. We'll learn why the Eccles family can be so generous today. Other important Loganites covered in this class will be Charles Nibley and the Thatcher family. We will take a field trip to see their beautiful homes on Friday.

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.

The American War in Vietnam

Course #154	29 Jul – 2 Aug	10:30 AM – 11:45 AM	M–F	\$40.00	ENGR 304
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DESCRIPTION: The US involvement in Vietnam was and remains controversial. At the time, it was our longest war. We will cover its origins from World War II until the US ended its involvement in 1973. We will look at how the war was fought, its effect on Americans at home, those called to fight the war and those opposed to the war. We will look at tactics and weapons. How the war affected later generations and politicians to the present. We will try to answer the question as to whether the war was winnable, and if it could have been avoided. We will confront the mistakes and the legacy of the war on veterans and how we look at war today. We will also look at the music, movies, and literature relating to the war.

INSTRUCTOR: **Tom Westre** is a retired public school educator with 37 years of teaching experience at the high school level. Tom received his bachelors and masters degree in education from the University of South Dakota. Tom has taught US History at the high school level for 30 years. Tom was drafted into the US Army in 1967 and served in Vietnam 1968-69 in a field artillery unit. Tom has researched the JFK assassination for over 25 years. He visited Dallas in 2013 talking to important witnesses and researchers of that event.

British History—The Victorians

Course #155	29 Jul – 2 Aug	1:30 PM – 2:45 PM	M–F	\$40.00	ENGR 304
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DESCRIPTION: How did the niece to the monarch become Queen? How was she treated before her succession? Why was she referred to as "The Grandmother of Europe"? What happened as a result of Prince Albert's death? Who became her closest confidants?

INSTRUCTOR: **Arthur Clarke** was born and lived in England for 55 years before marrying and coming to live in the U.S. He became a citizen in 2008. He exemplifies the saying, "you can take the man out of England but you cannot take England out of the man." He holds a B.Ed from Cambridge Institute of Education and taught in English schools for over 33 years. He loves British history and is enthusiastic to share his knowledge with everyone and anyone.

Course #	Dates	Time	Days	Price	Location
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iPhone Photography

Course #106	6 Jun – 1 Aug	1:30 PM – 2:30 PM	Th only	\$45.00	ENGR 201
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DESCRIPTION: Move from taking snapshots to creating photos with your iPhone. This year's course will be designed for beginning and intermediate iPhone photographers. We'll explore ways of increasing the creativity in your photos and ways of working with apps and your phone to improve the quality of photos. Weekly shooting recommendations will be made. Student photos will be reviewed weekly. Last year's students are welcomed back. We'll work together to stimulate the creativity of students with all levels of experience. No class July 4 or July 11.

PREREQUISITES: iPhone (and/or iPad) with iOS 12 installed. Working knowledge of iOS 12 and iOS apps. Have BLUEZONE WiFi BEFORE the first class. See USU IT for help.

INSTRUCTOR: Bruce Petrarca began photography when he was in junior high school. Over the years, he has enjoyed photography and videography both on the surface and underwater. His work can be seen on petrarca.com. Ranging from printing black and white photos in his dorm room to editing electronic images, he has kept abreast of the changes in photography. He combines a technical education with hands-on experience. He brings fun and humor to teaching technical subjects. His work experience ranges from being an engineer in the computer and aerospace industries to various entrepreneurial ventures.

Increasing Personal Creativity in Photography

Course #107	6 Jun – 1 Aug	10:00 AM – 11:30 AM	Th only	\$45.00	ENGR 201
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DESCRIPTION: Two objectives—to have fun and to end the summer confident that we can take better pictures from more creative perspectives. Each class will contain a short segment on a topic important to the understanding of good photography and will constructively and collaboratively critique 2-3 photos submitted by participants. A famous photographer once said that pictures are taken with a camera, but made in the darkroom. Never has that been more true than in the digital age. Images are taken with some type of device, but made better with software. Several levels of software will be demonstrated during the classes. Participants will not end the summer with a mastery of any type of software, but will better understand what software can do and know what they would like to do with software. No class July 4.

PREREQUISITES: Participants need a digital camera with understanding of basic controls. Smart phones are welcome, although they may be occasionally restrictive.

INSTRUCTOR: Richard Horn has had a lifelong interest in photography which was firmly established by a course taken while a graduate student in chemistry at the University of Kansas. It was taught by several of the masters of the profession at the time. For the next 35 years he worked for E.I. DuPont and Eastman Kodak in a variety of Research and Marketing assignments. During this time the profession changed from photography and film to imaging and digital capture. Prior to retiring from Kodak, he led the group responsible for the "system quality" of digital output paper prints.

"I ENJOYED LEARNING THIS SUMMER BY TAKING MANY DIFFERENT COURSES. IT HELPED ME EXPLORE TOPICS THAT I WOULD NEVER HAVE GONE OUT OF MY WAY TO LEARN ABOUT."

Course #	Dates	Time	Days	Price	Location
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How to Optimize Your Android Phone or Tablet

Course #110	3 Jun – 7 Jun	9:00 AM – 10:15 AM	M–F	\$40.00	ENGR 304
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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 change 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.

PREREQUISITES: Personal Android smartphone and/or tablet.

INSTRUCTOR: **Cathy Oberkamp** 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 6 years, and has taught at Utah State University in their Summer Citizens Program for 6 years. She also teaches at her church and at other nonprofit organizations in her hometown of New Braunfels, TX where she now resides.

Beginner iOS

Course #114	3 Jun – 7 Jun	3:00 PM – 4:15 PM	M–F	\$50.00	ENGR 304
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DESCRIPTION: Beginner iOS is a introductory course for anyone who has an iPhone, iPad, or iPod touch. We will learn the basics of the iOS device such as how to turn on and off your phone, how to adjust settings, how to navigate your phone, and how to use the most basic apps such as calling with the phone app or texting with the messages app. We will also look at some of the standard apps that come with the iOS device such as Notes, Reminders, Maps, Calendars, and others. By the end of the week, you will feel comfortable using all the basic and necessary features of your iOS device.

INSTRUCTOR: **Nathan Blaylock** is a Multimedia Developer for the Emma Eccles Jones College of Education and Human Services at Utah State University. He recently earned his Master's degree in Instructional Technology and Learning Sciences at USU, where he focused his studies in design thinking. Nathan has a deep interest in the subjects of graphic design, UX design, and front end web development. As a result of his education, he has become a successful designer and continues to share and develop his talents.

Maximize Your Use of Gmail and Google

Course #121	17 Jun – 21 Jun	9:00 AM – 10:15 AM	M–F	\$55.00	YETC Computer Lab
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DESCRIPTION: You will learn and practice how to: use Gmail email, contacts, calendars and Google Drive; label, delete and 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 the computer lab on campus.

INSTRUCTOR: **Cathy Oberkamp** 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 6 years, and has taught at Utah State University in their Summer Citizens Program for 6 years. She also teaches at her church and at other nonprofit organizations in her hometown of New Braunfels, TX where she now resides.

Course #	Dates	Time	Days	Price	Location
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All About iOS Apps

Course #124	17 Jun – 21 Jun	10:30 AM – 11:45 AM	M-F	\$50.00	ENGR 304
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DESCRIPTION: Ever heard the phrase, “There’s an app for that?” Well, that pretty much describes the day and age that we live in. In this course, we will go over many apps that will help you get the most out of your Apple device. Be prepared to learn new apps and share your favorite and most productive apps.

INSTRUCTOR: **Nathan Blaylock** is a Multimedia Developer for the Emma Eccles Jones College of Education and Human

Services at Utah State University. He recently earned his Master’s degree in Instructional Technology and Learning Sciences at USU, where he focused his studies in design thinking. Nathan has a deep interest in the subjects of graphic design, UX design, and front end web development. As a result of his education, he has become a successful designer and continues to share and develop his talents.

Ins and Outs of Google Drive

Course #139	8 Jul – 12 Jul	9:00 AM – 10:15 AM	M-F	\$55.00	YETC Computer Lab
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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

the computer lab on campus. Google Drive will work on PCs; Android phones and tablets; iPhones, iPads, and Macs.

INSTRUCTOR: **Cathy Oberkamp** 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 6 years, and has taught at Utah State University in their Summer Citizens Program for 6 years. She also teaches at her church and at other nonprofit organizations in her hometown of New Braunfels, TX where she now resides.

Intermediate iOS

Course #141	8 Jul – 12 Jul	3:00 PM – 4:15 PM	M-F	\$50.00	ENGR 205
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DESCRIPTION: Intermediate iOS is for anyone who has an iPhone, iPad, or iPod touch. This class will take your iOS knowledge to the next level as we look at more advanced features. Every year, Apple comes out with a new operating system for these devices, so we will look at some of the major changes in iOS 11. We will look at advanced settings to help you personalize your device, and help you understand iCloud and some alternatives. We’ll look at connecting your device to your computer, where you can speedily manage your content and save space on your device. This year we will also be focusing more on accessibility features.

INSTRUCTOR: **Nathan Blaylock** is a Multimedia Developer for the Emma Eccles Jones College of Education and Human Services at Utah State University. He recently earned his Master’s degree in Instructional Technology and Learning Sciences at USU, where he focused his studies in design thinking. Nathan has a deep interest in the subjects of graphic design, UX design, and front end web development. As a result of his education, he has become a successful designer and continues to share and develop his talents.

Course #	Dates	Time	Days	Price	Location
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Water Aerobics

Course #101	10 Jun - 2 Aug	8:00 AM - 8:45 AM	M, W, F	\$90.00	HPER Small Pool
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DESCRIPTION: A 45-minute workout taught in the shallow end of the pool, with option to adapt to the deep end. Water weights, noodles, and paddles are provided. Routine includes warm up, aerobic workout, and HIIT training, arm work, abdominal toning, and cool down. In 2018 we added some Water Zumba and will continue with this fun dance element in the 2019 classes!

PREREQUISITES: Swimsuit and water shoes for foot protection.

INSTRUCTOR: Jennifer Benson has been practicing water aerobics for over 20 years as both a student and teacher. She is a FiTour Certified Instructor. She focuses on exercise for well-being, body toning, and strength at all ages. She's seen success in the discipline, losing 107 lbs to date. She enjoys performing and leading others, having worked as a musician, conductor, vocalist, pianist, and as a daily talk show reporter on KSL radio. She lives in Hyde Park with her husband and is the mother of 3 children and a darling granddaughter. Jennifer works as an interior designer and vocalist in her community.

Chair Yoga

Course #102	3 Jun - 31 Jul	10:00 AM - 11:00 AM	M, W	\$70.00	HPER 215
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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: Bring a yoga strap and yoga block.

INSTRUCTOR: Haley Hayes completed her 200hr RYT in 2001. Since 2012 Haley has been a private yoga instructor specializing in teaching yoga to individuals that have limited mobility due to injury, neurodegenerative disorders, or advanced age. In 2016, Haley graduated with her BA from USU. For her senior project, she designed a yoga practice specifically for individuals with Parkinson's Disease and Multiple Sclerosis. Haley is currently pursuing a Master's degree in Exercise Science at USU. Her thesis is on the effects of a yoga intervention on reactive balance and cognition in an older adult population.

Flexibility and Strengthening for Seniors

Course #103	4 Jun - 25 Jul	8:00 AM - 9:00 AM	Tu, Th	\$65.00	HPER 215
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DESCRIPTION: This course is designed as a progressive, mild-to-moderate stretching and strengthening program for core and extremities with balance, stability, and flexibility exercises. The goal is for participants to continue independently after class sessions end. Participants must be able to kneel and rise from the floor using a physio-ball. Closet available for equipment storage. Participants of this class may register for Course #127, Arthritis Education for Non-Medical Personnel, free of charge. While registering for the courses, follow the promo code instructions for credit.

PREREQUISITES: A physio-ball and yoga mat are required.

INSTRUCTOR: Donna Borden received her physical therapy degree from the University of Kentucky and specialized in orthopedic and geriatric physical therapy practices in multiple settings. She taught numerous physical therapy educational programs and is now retired in Arizona.

Course #	Dates	Time	Days	Price	Location
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Yoga

Course #104	4 Jun - 27 Jun	9:00 AM - 10:00 AM	Tu, Th	\$45.00	HPER 102
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DESCRIPTION: Move through your golden years with grace and ease. This yoga practice focuses on breathing, balance, body awareness, functional movement, and clear thinking. Each class will include breath work, balance challenge, functional movement practice, meditation, and strength and flexibility building. (Occasional philosophy and mythology, too!) All teaching is offered in a staged way, making the class appropriate for a variety of abilities. Yoga practice brings awareness to the relationship of mind, body, and breath. Scientific evidence shows yoga practice can improve walking, balance, muscle strength, cardiovascular health, and sleep. Join April to explore the possibilities of yoga practice and discover its benefits.

PREREQUISITES: Yoga mat. May want block(s), strap, or blanket.

INSTRUCTOR: April Bosworth, E-RYT200, began teaching yoga for goldeners in 2013. She offers, a variety of asana (posture) options, encouraging students to follow their own innate wisdom. She is deeply inspired by the PranaFlow™ style of yoga created by Shiva Rea. She offers joyful movements to find strength, flexibility, and balance in body, mind, and breath. Students describe April's classes as inclusive, accessible, and authentic.

Yoga Vitals

Course #108	1 Jul - 31 Jul	9:00 AM - 10:00 AM	M, W	\$65.00	HPER 102
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DESCRIPTION: The most basic definition of yoga is the practice of bringing awareness to the relationship between mind, body, and breath. Recent studies have found that yoga can help reduce pain and insomnia, improve stability and function, reduce hypertension, relieve anxiety and depression, and more. The intention of this class is not just to receive a "workout" but to learn ways to insert healthy long term changes into daily life. In this class students must be able to get up and down from floor in lying, seated, and standing positions. Some mats and blocks are available, but if you have your own mat/strap/block/blanket feel free to bring them.

INSTRUCTOR: Reina Forsythe began a consistent yoga practice 21 years ago. After 11 years of practice, she certified as an instructor through InBody Yoga Academy's 500 hr Certification Program, and has been teaching ever since. Reina's teachings are a mix of traditional hatha, restorative, flow, and current movement science. When Reina isn't teaching classes at a studio, a private session, or corporate event she helps facilitate Yoga teacher training's throughout the state.

Aging Gracefully: Nutrition Health Hacks to Support Longevity of the Mind and Body

Course #115	10 Jun - 14 Jun	9:00 AM - 10:15 AM	M-F	\$30.00	Natural Grocers Logan Store
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DESCRIPTION: Wondering how food and supplements can support optimal health at all ages? This 1 week course will focus on different aspects of the aging process that we are able to support through a healthy diet and lifestyle, with an emphasis on brain health. Classes 1-4 will be educational lectures, and will emphasize attention, memory, mood, and muscle mass. Class 5 will be a cooking demonstration of several relevant recipes, so students can see how to put their new knowledge to work in the kitchen! General nutrition tips, tricks, and literature will be provided at each class.

INSTRUCTOR: Karlie Mountjoy, MSn, is a Nutritional Health Coach at Natural Grocers. She received her M.S in Naturopathic nutrition at the University of Natural Medicine in Portland, OR, where she graduated in 2017. Her work with Natural Grocers focuses on nutrition education through individual coaching sessions and community classes. Karlie's goal is to empower individuals to take charge of their health by 1) providing education on the nutritional needs and functions of the human body, and 2) helping them to be more comfortable preparing wholesome foods that support optimal health.

Course #	Dates	Time	Days	Price	Location
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Low Back Pain: Treatment Options without Medications

Course #117	12 Jun	1:30 PM – 2:45 PM	W only	\$0.00	ENGR 302
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DESCRIPTION: Will discuss causes of back pain, diagnostic studies, and possible treatment options. Students can bring their questions.

INSTRUCTOR: **Vikas Garg**, MD, MSA is a pain management physician practicing in Logan, UT. He has done residency in family practice and anesthesiology and is board certified. He

completed his fellowship in pain management from nationally recognized University of Washington, Seattle and he is board certified in pain management also. He has been in Logan, UT for about the last 15 years. His main expertise has been in: migraine and other headaches, low back and neck pain, bulging and herniated disc, degenerative disease, spinal stenosis, and whiplash injury, and face joint arthritis.

Navigating the Storm

Course #120	12 Jun	3:00 PM – 4:15 PM	W only	\$0.00	ENGR 302
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DESCRIPTION: We all experience them—Lightning Moments—the pivotal events of life that change us forever—sometimes it happens in an instant, often... Lightning Moments are a process of events we experience over a period of years. Lightning Moments can represent both rewarding events and those really tough challenges of life—such as... divorce, death or suicide of a loved one, the birth of a baby, graduation, retirement, health or financial issues, or even a marriage. Greatness comes from how—YOU—navigate the storm and growth begins with your thoughts. In this presentation you will develop personal systems that will add value to your life daily. Learn to navigate the storms of life—and discover your personal greatness. Never allow the beautiful experiences in life to pass you by. LIVE in the moment and LIVE every moment. Never waste a day focusing on the nonproductive thought—Change it! Manage your time, manage your tasks, do your top 3 things—every day. Daily CONSISTENT achievement determines success.

INSTRUCTOR: **Devri Ficklin**—Surviving a lightning strike is only one the many storms author, motivational speaker, business coach and Paul Mitchell School owner Devri Ficklin has successfully navigated in her life. After overcoming a devastating divorce, family suicide and financial challenges, lightning struck and within seconds Devri's life changed, forever. Facing the difficult challenge of learning to walk, talk, and even think again, Devri navigated the storm to discover true greatness. For over 16 years, Devri has worked for Paul Mitchell Schools inspiring teams across the nation as the Director of Admissions, Director of Product Development, Business Coach and Paul Mitchell Advanced Academy Makeup Leader. Devri currently leads Paul Mitchell the School Logan as Owner/Director. In her spare time, she enjoys spending time with family and 15 grandchildren, and traveling with her husband Don as they explore the world and share their message of motivation.

Arthritis Education for Non-Medical Personnel

Course #127	17 Jun – 21 Jun	3:00 PM – 4:15 PM	W only	\$0.00	ENGR 304
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DESCRIPTION: A two-hour basic information class for non-medical personnel in anatomy, types of arthritis, and the effects on our joints and spines as we age. We will discuss modes of treatment and care of our spine and joints. This class is free for those enrolled in Course #103, Flexibility and Strengthening for Seniors. While registering for the courses, follow the promo code instructions for credit.

INSTRUCTOR: **Donna Borden** received her physical therapy degree from the University of Kentucky and specialized in orthopedic and geriatric physical therapy practices in multiple settings. She taught numerous physical therapy educational programs and is now retired in Arizona.

Course #	Dates	Time	Days	Price	Location
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Tennis Instruction for Intermediate Players—Session 1

Course #134	2 Jul – 11 Jul	8:30 AM – 9:30 AM	Tu, Th	\$60.00	USU Tennis Courts
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DESCRIPTION: Classes are limited to no more than four players per class. Classes will cover the fundamentals of proper stroking for the forehand, backhand, serve, and net game. Doubles play/tactics will be incorporated into each class. Players must be capable of keeping the ball in play on medium paced shots and have played regularly in the past year. Clinics are organized so each player may work at their own desired pace.

PREREQUISITES: Tennis Racket and proper tennis attire and tennis shoes. Balls are supplied.

INSTRUCTOR: **Ray Yost** is a member of the United States Professional Tennis Association with a Pro I Elite ranking. He is a certified ITA and USTA National & Sectional Official, and a former Owner/Operator of tennis clubs in Erie, PA, Albany, NY, Jamestown, NY, Syracuse, NY, Williamsport, PA, and Warren, OH. Yost spent 18 years as the head men’s / women’s tennis coach and Associate Athletic Director at NCAA D II Mercyhurst University, in Erie, PA. He is also the owner/operator of Spring Break Tennis—Hilton Head, Island, SC and Tampa, FL. He is currently offering instruction at Sun City Grand, Surprise, AZ and Sun City Festival in Buckeye, AZ.

Tennis Instruction for Advanced Players—Session 1

Course #135	2 Jul – 11 Jul	9:30 AM – 10:30 AM	Tu, Th	\$60.00	USU Tennis Courts
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DESCRIPTION: Classes are limited to no more than four players per class. Classes will cover the fundamentals of proper stroking for the forehand, backhand, serve, and net game. Doubles play/tactics will be incorporated into each class. Players must be capable of keeping the ball in play on medium paced shots and have played regularly in the past year. Clinics are organized so each player may work at their own desired pace.

PREREQUISITES: Rackets and proper tennis attire and tennis shoes. Balls are provided.

INSTRUCTOR: **Ray Yost** is a member of the United States Professional Tennis Association with a Pro I Elite ranking. He is a certified ITA and USTA National & Sectional Official, and a former Owner/Operator of tennis clubs in Erie, PA, Albany, NY, Jamestown, NY, Syracuse, NY, Williamsport, PA, and Warren, OH. Yost spent 18 years as the head men’s / women’s tennis coach and Associate Athletic Director at NCAA D II Mercyhurst University, in Erie, PA. He is also the owner/operator of Spring Break Tennis—Hilton Head, Island, SC and Tampa, FL. He is currently offering instruction at Sun City Grand, Surprise, AZ and Sun City Festival in Buckeye, AZ.

Don't Let Hearing Loss Keep You Out of the Conversation

Course #138	1 Jul – 5 Jul	1:30 PM – 2:45 PM	M, Tu, W, F	\$50.00	ENGR 304
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DESCRIPTION: This course is to provide an overview of the problem of hearing loss in communication, the causes of hearing loss, and available solutions to assist with communication when you have or know someone with hearing loss. Topics include communication strategies to help communicate when there is a breakdown, hearing aids and technology to help when you can't hear, tinnitus (ringing or buzzing in the ears), and other topics related to the ear and hearing. The course is very interactive, and spouses and significant others of people who have hearing loss are encouraged to attend as there is valuable information to help them as well.

PREREQUISITES: A notebook, pen, good attitude, and a willingness to participate.

INSTRUCTOR: **Jeffery Larsen**, PhD, is an audiologist certified by the American Speech and Hearing Association and is a clinical assistant professor in the Communicative Disorders and Deaf Education Department at USU. He works in the adult audiology clinic here on campus. Jeff received his PhD in Speech and Hearing Science at the University of Illinois and has practiced clinical audiology in the public schools, at a hospital, in a university clinic, and several other settings. Jeff's specialties are amplification, aural rehabilitation, speech perception, acoustics, and balance problems related to concussion.

Course #	Dates	Time	Days	Price	Location
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Tennis Instruction for Advanced Players—Session 2

Course #143	16 Jul – 25 Jul	8:30 AM – 9:30 AM	Tu, Th	\$60.00	USU Tennis Courts
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DESCRIPTION: Classes are limited to no more than four players per class. Classes will cover the fundamentals of proper stroking for the forehand, backhand, serve, and net game. Doubles play/tactics will be incorporated into each class. Players must be capable of keeping the ball in play on medium paced shots and have played regularly in the past year. Clinics are organized so each player may work at their own desired pace.

PREREQUISITES: Tennis Racket and proper tennis attire and tennis shoes. Balls are supplied.

INSTRUCTOR: Ray Yost is a member of the United States Professional Tennis Association with a Pro I Elite ranking. He is a certified ITA and USTA National & Sectional Official, and a former Owner/Operator of tennis clubs in Erie, PA, Albany, NY, Jamestown, NY, Syracuse, NY, Williamsport, PA, and Warren, OH. Yost spent 18 years as the head men's / women's tennis coach and Associate Athletic Director at NCAA D II Mercyhurst University, in Erie, PA. He is also the owner/operator of Spring Break Tennis—Hilton Head, Island, SC and Tampa, FL. He is currently offering instruction at Sun City Grand, Surprise, AZ and Sun City Festival in Buckeye, AZ.

Tennis Instruction for Intermediate Players—Session 2

Course #144	16 Jul – 25 Jul	9:30 AM – 10:30 AM	Tu, Th	\$60.00	USU Tennis Courts
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DESCRIPTION: Classes are limited to no more than four players per class. Classes will cover the fundamentals of proper stroking for the forehand, backhand, serve, and net game. Doubles play/tactics will be incorporated into each class. Players must be capable of keeping the ball in play on medium paced shots and have played regularly in the past year. Clinics are organized so each player may work at their own desired pace.

PREREQUISITES: Tennis Racket and proper tennis attire and tennis shoes. Balls are supplied.

INSTRUCTOR: Ray Yost is a member of the United States Professional Tennis Association with a Pro I Elite ranking. He is a certified ITA and USTA National & Sectional Official, and a former Owner/Operator of tennis clubs in Erie, PA, Albany, NY, Jamestown, NY, Syracuse, NY, Williamsport, PA, and Warren, OH. Yost spent 18 years as the head men's / women's tennis coach and Associate Athletic Director at NCAA D II Mercyhurst University, in Erie, PA. He is also the owner/operator of Spring Break Tennis—Hilton Head, Island, SC and Tampa, FL. He is currently offering instruction at Sun City Grand, Surprise, AZ and Sun City Festival in Buckeye, AZ.



Course #	Dates	Time	Days	Price	Location
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What is 'Tai Chi for Arthritis and Fall Prevention?'

Course #165	12 Jun - 2 Aug	10:00 AM - 11:00 AM	W, F	\$0.00	Bear River Health Dept. rooms 153 & 154
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DESCRIPTION: The Tai Chi for Arthritis (TCA) for Fall Prevention (FP) program was designed by Australian family physician Paul Lam and a team of Tai Chi and medical experts. It is based on Sun style Tai Chi. TCA for FP is easy to learn, effective, safe, and has much depth for more advanced learners. It gently increases flexibility, muscle strength, mental activity, and heart/lung capacity, aligns posture, improves balance, and integrates the mind and body. Clinical and research studies show this program to be safe and effective for anyone to practice. It is endorsed by the Center for Disease Control (CDC) as one of their recommended Fall Prevention programs and is a Tier 3 level evidence based program of the Agency on Aging. Benefits: Better balance and coordination, builds muscle strength and stamina, fall prevention, improves circulation, enhances immune system, enhances flow of energy, promotes flexibility, improves stress management.

PREREQUISITES: Starting June 12 through August 2 From 10:00-11:00 a.m. Located at the Bear River Health Department rooms 153 and 154 Enter through the Health Promotion doors.

INSTRUCTOR: Emily Jewkes is a Tai Chi Instructor from Logan, UT. She was trained by Bill Pickett, a Tai Chi Master Trainer from Knoxville, TN, who is one of Dr. Paul Lam's Master Trainers. Emily was recently certified in May of 2018 and has been teaching an ongoing class in Brigham City since June of 2018. Emily conducts classes in Tai Chi for Arthritis, Tai Chi, Fall Prevention, And Seated Tai Chi for Fall Prevention. She is also a member of the Wisconsin Institute for aging and is also a certified Fall Prevention Specialist.

"WHAT A FABULOUS WAY TO ESCAPE THE SUMMER HEAT IN ARIZONA. LOGAN HAS SO MANY WONDERFUL THINGS TO ATTEND: OPERA, THEATRE, CONCERTS, AND CLASSES, PLUS LOADS OF SHOPPING, GREAT RESTAURANTS AND PICKLEBALL! I WILL DEFINITELY BE BACK."

IRENE ROBINSON, 2018

Course #	Dates	Time	Days	Price	Location
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Beginning Knitting

Course #105	4 Jun – 25 Jun	2:00 PM – 4:00 PM	Tue only	\$30.00	ENGR 206
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DESCRIPTION: Knitting is a satisfying and portable art. Whether you've never touched a knitting needle or if you just need a refresher, this is the class for you. We will learn the basic stitches while making stylish fingerless gloves.

PREREQUISITES: Instructor will furnish a kit with all materials to complete the class. Kit additional cost \$16.00 paid directly to instructor.

INSTRUCTOR: Peggy Neuber learned to knit in the 1970s at an adult education class and hasn't stopped since. She has taught knitting at 2 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 also spins her own yarn when she wants to take a break from knitting.

Knit a Baby Sweater for Intermediate Knitters

Course #109	11 Jul – 25 Jul	2:00 PM – 4:00 PM	Th only	\$30.00	ENGR 238
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DESCRIPTION: Baby things are fun to knit and work up reasonably fast. There's always a sweet baby to knit for. We will knit a baby cardigan from a vintage pattern using sock yarn. Students need to have beginning skills: cast on, knit stitch, purl stitch, bind off. This will be 3 sessions, 2 hours each. Student must furnish own supplies.

PREREQUISITES: 150 grams of sock weight yarn, Size 3 circular needles either 24" or 29" long, 28" of narrow ribbon to match OR 1 half inch button to match safety pin.

INSTRUCTOR: Peggy Neuber learned to knit in the 1970's at an adult education class and hasn't stopped since. She has taught knitting at 2 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 also spins her own yarn when she wants to take a break from knitting.

Introductory Japanese Brush Painting—Traditional Asian Watercolor Techniques

Course #126	20 Jun – 26 Jun	1:30 PM – 3:30 PM	Th, F, M, Tu, W	\$80.00	HH 122 (page 6, #9)
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DESCRIPTION: Introductory and Intermediate classes are offered. They teach the art of Asian watercolor painting & how it differs from Western style painting. Basic techniques are using only brush, Sumi ink, few basic watercolor paints and rices. Focus is on painting as a meditative process. With a few strokes of the brush, capture the "Essence of the Subject". Classes include brush techniques, color blending, and composition, and traditional subjects, the "Four Gentleman", Bamboo, Plum, Orchid, & Chrysanthemum. Asian watercolor painting is an ancient tradition, but is new to many people. Suitable for beginning and experienced painters. Supplies and materials paid to instructor, not included in course fee.

INSTRUCTOR: Eiko Anderson was born in Osaka, Japan and studied calligraphy since childhood with various teachers including cursive form of kanji & kana with the Master, Zuiun Kobayashi. Inspired by her father's paintings, she began the study of Sumie (Japanese brush painting) and Asian Watercolor. With many years of experience she teaches both adults and children. Eiko is a member of the Sumi-e Society of America and the Utah Water Color Society. She has received recognition and awards for her talent. Her paintings are on exhibit in various locations and featured on her website at eikosart.com.

Course #	Dates	Time	Days	Price	Location
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The Lyric Theatre—From Page to Stage

Course #130	27 Jun – 3 Jul	10:30 AM – 11:45 AM	Th, F, M, Tu, W	\$55.00	ENGR 302
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DESCRIPTION: Get a glimpse behind the scenes of the Lyric Repertory Company. Examine the process of mounting a stage production with a series of guest lectures from the Lyric Rep's creative team including directors, actors, and designers. Hear what it's like to be a professional actor. Learn about the past 100 years of the Caine Lyric Theatre's history and take a tour of the new scenic and costume studios as well as the backstage area. Discover how the creative team transforms the tiny Lyric stage to make it seem much larger. Tour the Morgan Theatre and Black Box Theatre on USU's campus. Students are encouraged to attend the Lyric Productions.

INSTRUCTOR: **Dennis Hassan** is Professor of Scenic Design at Utah State University and former Artistic Director for the Lyric Repertory Company. He has designed over 150 productions for theatres across the United States. Dennis started working for the Lyric Repertory Company nearly 30 years ago first as a performer, then as a technician, and scenic designer. He teaches period styles, scenic design, scene painting, and contemporary theatre.

Create Custom Greeting Cards—Beginning and Intermediate Levels

Course #131	24 Jun – 28 Jun	1:30 PM – 4:30 PM	M, W, F	\$55.00	ENGR 238
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DESCRIPTION: This year we have combined beginning and intermediate levels since the beginners advance so quickly. We will create beautiful and powerful cards for friends and family. Much prettier and better than store bought because you personalize them. Enough supplies provided to create many cards. Supplies include papers, embellishments, cards and envelopes, and tools to use. You will learn to use die cutting machines to emboss and cut and learn intricate cutting techniques. You will learn box cards, easel cards, and pop-ups. Extravagant designs may require extra embellishments at student's expense. Bring cutters, scissors, tape runners and scorers if you have them. We will have some available to use. Come be amazed at your creations and have FUN!! Student samples were a hit at luncheon last year.

PREREQUISITES: Tools available to use. Bring your own, too. Bring samples of your work to admire or projects you wish to do.

INSTRUCTOR: **Paulette Duda** has been involved in many art adventures from oil paintings to stained glass. Her current passion is custom card design covering all seasons and venues. She sells her art at Art and Craft Shows, vendor sales, and has even sold at our Gardener's Market in Logan. Her cards can also be found at Bob's Variety in Sun City West. She teaches at several facilities in Arizona as well as in her home studio. She is very excited to be a part of the Summer Citizen's Teaching Staff. Her class will teach you to make cards that are so special that they will be treasured keepsakes.



This summer, you can learn new artistic skills—such as creating your own custom greeting cards—while also making new friends.



Course #	Dates	Time	Days	Price	Location
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Create Custom Holiday Greeting Cards

Course #140	8 Jul – 12 Jul	1:30 PM – 4:30 PM	M, W, F	\$55.00	ENGR 304
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DESCRIPTION: Find out why Halloween and Christmas are the most fun holiday cards to create. We will make specialty cards for all holidays, including girlfriends, Mother's Day, Easter, Thanksgiving, etc. You will make many die cuts and stamped embellishments. Supplies include paper, cards and envelopes, stamps, stamp pads, die cutting machine, dies, embossing folders, etc.... Bring your tools or use mine. Bring ideas you wish to try and projects you wish to share. Have FUN and be prepared for all upcoming holidays and birthdays. Words for the inside of the cards will also be available for you to copy and use.

PREREQUISITES: Your ideas are your most important tool. Bring finished projects that we can admire (and copy)!

INSTRUCTOR: Paulette Duda has been involved in many art adventures from oil paintings to stained glass. Her current passion is custom card design covering all seasons and venues. She sells her art at Art and Craft Shows, vendor sales, and has even sold at our Gardener's Market in Logan. Her cards can also be found at Bob's Variety in Sun City West. She teaches at several facilities in Arizona as well as in her home studio. She is very excited to be a part of the Summer Citizen's Teaching Staff. Her class will teach you to make cards that are so special that they will be treasured keepsakes.

The Beatles 'From Liverpool to Abbey Road'

Course #145	15 Jul – 26 Jul	9:00 AM – 11:00 AM	M, Tu, W, Th, M, Tu, Th, F	\$75.00	ENGR 203
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DESCRIPTION: This two week, 8-session, course will follow in the footsteps of The Beatles as they embark on their historic journey starting from their early days as a cover band in Liverpool and Hamburg, into the excitement of Beatlemania, including their early recordings, concert performances, and films, through their creative ground breaking studio albums (Rubber Soul, Revolver, Sgt. Peppers Lonely Hearts Club Band, The White Album), to the formation of Apple Corps and finally to their remarkable final recordings at Abbey Road Studios. Coming full circle, we will explore the highlights of each individual's post Beatles work. The course is enhanced by a power point presentation for visual backgrounds and audio tracks.

INSTRUCTOR: Vincent Bruno has recently retired as Director of First Year Programs for the Center of Counseling, Advising and Academic Support at LaGuardia Community College (City University of New York). He holds an MPA from Baruch College and as an Adjunct Professor for the 25 years he has taught courses in numerous disciplines including Humanities, Business, Mathematics and Cooperative Education. In addition, for the past 20 years he has lectured extensively on The Beatles and The sixties at universities, colleges, libraries and community centers. He currently lives in Arizona and New Jersey.

Drumming and Rhythm for Fun and Stress Relief

Course #146	16 Jul – 1 Aug	10:30 AM – 11:45 AM	Tu, Th	\$60.00	HPER 209
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DESCRIPTION: All skill levels can benefit from participating in this drumming and rhythm group from beginner to advanced. Reap some of the many benefits that a steady beat can provide, including relief from stress and anxiety, and pure enjoyment. Instruments are provided by the instructor, and participants will be seated as they play.

INSTRUCTOR: Natalie Burningham, NMT, SCMT, MT-BC has been a board certified music therapist since 2010 and has facilitated and worked with numerous drumming and rhythm wellness groups as well as practiced music therapy with children, adults, and seniors with a wide range of diagnosis. Natalie is also a seasoned musician and performs yearly in the Tabernacle Concert Series as a vocalist as well as other venues.

Course #	Dates	Time	Days	Price	Location
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Intermediate Japanese Brush Painting—Traditional Asian Water Color

Course #151	22 Jul – 26 Jul	2:30 PM – 4:30 PM	M, Tu, Th, F	\$80.00	HH 122 (page 6, #9)
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DESCRIPTION: Introductory and Intermediate classes are offered. They teach the art of Asian watercolor painting & how it differs from Western style painting. Basic techniques are using only brush, Sumi ink, few basic watercolor paints and rices. Focus is on painting as a meditative process. With a few strokes of the brush capture the “Essence of the Subject”. Classes Include brush techniques, color blending, and composition, and traditional subjects, the “Four Gentleman”, Bamboo, Plum, Orchid, & Chrysanthemum. Asian watercolor painting is an ancient tradition, but is new to many people. Suitable for beginning and & experienced painters. Supplies and materials paid to instructor, not included in course fee.

INSTRUCTOR: **Eiko Anderson** was born in Osaka, Japan and studied calligraphy since childhood with various teachers including cursive form of kanji & kana with the Master, Zuiun Kobayashi. Inspired by her father’s paintings, she began the study of Sumie (Japanese brush painting) and Asian Watercolor. With many years of experience she teaches both adults and children. Eiko is a member of the Sumi-e Society of America and the Utah Water Color Society. She has received recognition and awards for her talent. Her paintings are on exhibit in various locations and featured on her website at eikosart.com.



"THE SUMMER CITIZENS PROGRAM AND CLASSES COMBINED WITH UFOMT AND CAINE COLLEGE OF THE ARTS...MAKE LEARNING SO ENJOYABLE. IT IS ALL ABSOLUTELY STIMULATING! WE ALMOST FEEL YOUNG AGAIN!"

JIM AND JULIE SCHMIESING, 2018



Soothe your stress this summer by taking an enjoyable drumming or Japanese brush painting class.

Course #	Dates	Time	Days	Price	Location
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Gold Medal Park City, Heber Valley Adventure Tour

Course #157	12 Jun – 13 Jun	7:00 AM – 5:00 PM	W, Th	See Description	Off-Campus
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DESCRIPTION: Join us for an exciting and enlightening adventure to Park City! Our trip will be jam-packed with a variety of memorable experiences. First, we'll visit Olympic Park where the 2002 Winter Olympics were held. Tour the museum or watch ski jumping. An expert guide will give us a bus tour of this spacious venue. Next we head to Park City where you can meander on 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. Next, we travel to beautiful Midway for an overnight stay at the Homestead Resort (\$198 value). Optional activities include golfing at a championship 18 hole golf course (\$30 w/cart for 9 holes – 4:54 pm tee time) or a swim in the famous Crater (\$13 per person), with it's 95-degree mineral water. Dinner on your own. Tennis courts, shuffleboard, and a beautiful garden walk are also available that evening. After

a lovely night stay we'll enjoy a classy continental breakfast before heading off to ride the historic Heber Valley Railroad traveling past the dramatic Mt. Timpanogos and through beautiful Provo Canyon. Entertainment and lunch will be served on board the "Heber Creeper". Upon our return we'll head home to Logan. Price is \$240 double occupancy and \$300 single occupancy.

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 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.

Grand Targhee, Bar J Wranglers, Jackson WY

Course #158	24 Jun – 26 Jun	7:00 AM – 5:00 PM	M, Tu, W	See Description	Off-Campus
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DESCRIPTION: Come away to beautiful Alta, Wyoming for an intimate summer getaway at Grand Targhee Resort on the western slope of the Teton Mountains. Monday we'll visit the Oregon/California Trail museum with lunch included. Monday evening features dinner and entertainment at the Bar J Chuckwagon taking you back to the spirit of the old west in a relaxing atmosphere with rib stickin' meal and authentic cowboy entertainment. Tuesday morning following breakfast at Grand Targhee enjoy a scenic boat trip on Jackson Lake with lunch on your own at Jackson Lodge. Tuesday afternoon and evening is spent exploring historic Jackson Wyoming with dinner on your own. After the breakfast banquet Wednesday morning we'll travel to the Famous Idaho Potato Museum and Fort Hall Museum in Pocatello before returning to

Logan Wednesday evening. Per person price includes bus transportation, hotel lodging, museum tickets, lunch & dinner with entertainment on Monday, breakfast on Tuesday & Wednesday, and Jackson Lake scenic boat cruise on Tuesday. Price is \$465 double occupancy and \$595 single occupancy.

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 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.

Course #	Dates	Time	Days	Price	Location
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The Best of Amazing Brigham City

Course #159	9 July	8:30 AM – 3:00 PM	Tue	\$75.00	Off-Campus
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DESCRIPTION: Northern Utah has an exciting, hidden history. Co-ops were a new idea during the late 1800's in many places in the Eastern United States, but the most successful one was located right here in Brigham City. Lorenzo Snow founded it. Our local expert Co-op guide has agreed to tell us this fascinating story and show us the evidence of that era. We'll get a better idea of their lives when we go to the Brigham City Museum. While we're there we can also view the famous

International Quilt Show. Lunch at Maddox Restaurant will also be included. Come along for a stimulating, educational 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.

Tabernacle Choir and Temple Square

Course #160	14 July	7:00 AM – 4:00 PM	Sun	\$90.00	Off-Campus
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DESCRIPTION: Join us for an adventure you'll never forget as we head to Salt Lake City for a performance by the world-renowned Mormon Tabernacle choir. Their international broadcast is seen around the world, and this 300-member volunteer choir has been heralded as "America's Choir". Their broadcast initiates in the Conference Center, a beautiful building that holds 21,000 people. We'll have some free time and a tour of Temple Square with its beautiful museums, family history center, and gardens before we head for a delicious lunch and then finish with a short driving tour of the city. Bus transportation, tour guide, bottled water, snacks, and a

wonderful brunch/lunch are included. Please park at the Big Blue Parking Terrace.

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 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.

This is the Place Heritage Park, U of U Natural History Museum

Course #161	23 July	7:00 AM – 5:00 PM	Tue	\$110.00	Off-Campus
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DESCRIPTION: Celebrate Utah's Pioneer Heritage by touring the This is the Place Heritage State Park located high on the East Bench of Salt Lake City. The Place Heritage Park is one of the premier attractions west of the Mississippi featuring Native American Village, trains with guided tour, Utah's Heritage Quilt Display, Panning for Gold, Arts & Crafts Projects, Historical homes with live Interpreters, Blacksmith, Tinsmith, Spinner and Weaver. Following our Apple Spice boxed lunch our next stop is the University of Utah Natural History Museum. This museum is an architectural marvel and a case study in "green" design. Our visit to the museum includes a museum tour guide to weather, climate, astronomy, native voices, ecosystems,

first people, gems & minerals, Great Salt Lake, past worlds, our backyard, and special exhibition for summer 2019 Yellowstone Ecosystem. 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 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.

Course #	Dates	Time	Days	Price	Location
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USU Caine Dairy Tour

Course #162	5 June	10:00 AM – 12:00 PM	Wed	\$0.00	USU Caine Dairy
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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're using technology to increase our milk production and watch our automated

milkers in action. Transportation to the dairy is on your own. If standing is a problem, please bring a camp chair, etc.
Caine Dairy Teaching and Research Center, 4310 South Hwy 89-91, Wellsville, UT 84339.

USU Animal Science Farm Tour

Course #163	11 June	8:30 AM – 11:30 AM	Tue	\$5.00	Matt Hillyard Animal, Teaching & Research Center
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DESCRIPTION: The College of Agriculture and Applied Sciences looks forward to showcasing a few of our research projects. This will be the same tour that we did in 2017. It will include five stations where you will view parasites in a cow, learn about the science of cloning and what the future holds, the basics of animal handling and behavior, see callipyge sheep, and learn how to select a premium cut of beef. The tour will conclude

with our world famous Aggie Ice Cream. Transportation to the farm is on your own and carpooling is recommended due to limited on-site parking. If standing is a problem, please bring a camp chair, etc.
USU Equine Equestrian Center, 3580 South Hwy 89-91, Wellsville, UT 84339.

USU Aggie Chocolate Factory Tour

Course #164	17 June	2:00 PM – 4:00 PM	Mon	\$0.00	Blue Square Apartments
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DESCRIPTION: For the past three years, the department of Nutrition, Dietetics and Food Sciences has taught students about the history and science behind chocolate-making. In 2018, we added a lab section to give our students hands-on experience. Come watch the process through our glass walls as we take a cacao bean and turn it into a chocolate bar and

other delicious confectioneries. Then taste our chocolate and have your questions answered by our experts. Transportation to the factory is on your own. Chocolate bars will be available for purchase.
Aggie Blue Square Aggie Chocolate Factory Learning & Research Center, 1111 North 800 East #140, Logan, UT 84321.



The Summer Citizens Travel Adventures—such as the ones shown here from past years—are a great way to experience the wonders of northern Utah.

There are 4 Easy Ways to Register!

- 1 Online at summercitizens.usu.edu
- 2 Call 800-538-2663 and register over the phone
- 3 Download and print the registration form on the Summer Citizens website (summercitizens.usu.edu), complete, and mail with full payment to:

Utah State University
University Event Services
PO Box 413135
Salt Lake City, UT 84141-3135
- 4 Register in person in the Eccles Conference Center Summer Citizens Office

**Register online before April 25th to avoid late pricing on classes, tours, and non-sponsored housing ID cards.*

How to Register

AND BECOME A SUMMER CITIZEN

Register Early

Registration opens on February 4, 2019. Confirmations will be emailed following registration. **Early registration deadline is April 25th. Each course or guided tour price increases by \$10 after the April 25th deadline.** A minimum of 20 participants is required to keep most courses going. In some cases, class size is limited. Don't delay...register today!

Summer Citizens Card and Courses

Participants must purchase a Summer Citizens ID Card to participate in the program. Refer to page 2 for Summer Citizens Card amenities.

Registration Confirmations

Once you have registered for a Summer Citizens ID Card and/or Summer Citizens courses, a confirmation will be emailed to you. Information about Utah State University and Cache Valley, including a coupon book offering discounts to local vendors, will be provided at check-in on campus in the Eccles Conference Center, Summer Citizens Program Office. See page 8 for more information regarding your check-in upon arrival to campus.

USU Summer Citizens Program ID Cards

Anyone who registered with the Summer Citizens Program since 2015 was provided a lifetime ID Card. You must retain the ID Card, which is reactivated each year with your registration. New registrants in the program will be provided with an ID Card, which becomes their permanent ID. Lost cards can be reprinted in the USU Card Office at a cost of \$15 per ID Card paid by the cardholder.

ID Card Prices:

\$100 per ID Card

Sponsored housing card fee collected with the lease.

Early Registration Deadline

April 25, 2019

Price increases \$10 per card after April 25, 2019 for persons not residing in sponsored housing. All ID Cardholders **must register** with the Summer Citizens Program.

"THE SUMMER CITIZENS PROGRAM IS THE DRIVING FORCE FOR ALL OF THE WONDERFUL EXPERIENCES THAT AWAIT US HERE IN CACHE VALLEY."

JUDY HODGINS, 2018

Scholarship Endowment Fund

TOGETHER WE HAVE RAISED \$51,415 SINCE 1992

In September of 1985, leaders of the Summer Citizens Program initiated a scholarship endowment fund at Utah State University. The purpose of this fund is to provide an enduring expression of gratitude to USU and to the people of Cache Valley for their hospitality. The Fund is a symbol of the satisfying relationships among those persons who make their summer homes in Cache Valley, the university, and the community. Recipients of awards from this Fund are known as Summer Citizens Scholars. Summer Citizens Scholars typically are those students who demonstrate financial need, personal integrity, and academic achievement.

Recipients are graduates of a Cache County or City of Logan high school, 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. Thanks to the Summer Citizens' support, in 2018 two students were awarded the Summer Citizens Scholarship to pursue an education at Utah State University.

You can donate to the scholarship fund at the time of registration. When you register online, there is an option to add a donation to your registration. If you mail, fax, or call in your registration, just indicate that you want to make a donation and the amount. This will be charged to you at the time of registration. You can also donate throughout the summer at the Summer Citizens Office in the lower level of the Eccles Conference Center, room 103.

2018 Scholarship Recipients



Amanda Mansell

Growing up, Amanda always wanted to be an English teacher. Throughout school, she excelled in English and became passionate about it. High school wasn't just great because she continued to

learn about something she loved, that was just part of it. She loved being a part of various clubs such as Hope Squad, FCCLA (Family Career and Community Leaders of America), and even the Harry Potter club. She was involved in choir and orchestra, peer tutor, and peer court.

However, she made English a priority because she was always craving more. She is pretty sure she took every English class offered at her school. She is grateful to the teachers and school counselor who helped her get where she is today. She hopes to make an impact on her students as her teachers have done for her. Even if some classes were hard, she was pushed, she grew, and she was taught to strive to make the world a better place.



Dylan Olson

Dylan Olson recently graduated from Ridgeline High School and will attend Utah State this fall. He plans to major in accounting and has a love for business. He loves being outdoors and

having fun. In high school, he was on the baseball team and also enjoyed playing basketball and any other sport with his friends in his free time. He loves camping and spending time with his friends in the outdoors.

Some of his goals for the future are to graduate college with a degree in accounting and start his own business. He would like to complete his master's degree in accounting and perhaps human resources. He would like to start a family after he graduates from college and become a father one day. He is excited to receive the Summer Citizens Scholarship and appreciates everyone who contributed to the program.

Cancellation Policies

Due to financial commitments made by the organization for meeting space and instructor scheduling, there are cancellation fees that apply to cards, courses, and tours.

Card Cancellations

Participants wishing to cancel their Summer Citizens Card prior to check-in will receive a refund minus a \$25 processing fee per ID Card cancelled. No refunds on the ID cards after check-in.

Day Tour Cancellations

Participants withdrawing from a day tour must do so **in writing** (through an email) by May 18 and will receive a refund minus a \$25 per person processing fee. No refunds will be given after May 18. A "no show" on the day of the tour will result in a loss of all fees paid with no refund. Substitutions are acceptable up to 3 days prior.

Overnight Tour Cancellations

Participants withdrawing from an overnight tour to Park City & Heber Valley or to Grand Targhee & Jackson, Wyoming must do so **in writing** (through an email) by March 10, 2019 for the June 12th Park City tour, and by March 20th for the June 24–26th Jackson, Wyoming tour to receive a refund minus a \$90 per person processing fee. A "no show" the day of departure will result in a loss of all fees paid with no refund. Substitutions are acceptable up to 3 days prior.

Course Cancellations

Participants wishing to cancel courses must do so **in writing** (through an email) prior to May 17, 2019 and will receive a refund minus a \$10 processing fee per course. No refunds will be given after Friday May 17, 2019. You do have the option to trade courses; if you attend the first day and are not satisfied, a refund will not be given, but you can trade for another course of equal or lesser value without penalty. (If trading to a course of higher value, difference must be paid immediately after trade. If trading to course of lower value, no credit will be given).

T-Shirt Exchanges

T-Shirts **may not** be exchanged for a different size. Please visit the Summer Citizens website for T-Shirt sizing, or see the chart below. The shirt will most likely shrink after they are washed. Shirts are **not** available for purchase.

T-Shirt Sizing & Measurements

Measure and compare a favorite t-shirt to determine the best fit. T-Shirts are unisex, measured in inches.

Shirt Size	S	M	L	XL	2XL
Chest	18"	20"	22"	24"	26"

Note: Chest is measured on the front, seam to seam.

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The Summer Citizens program book is based on information available at the time of publication. All information, including statements of course fees, descriptions, and designation of instructors is subject to change without notice or obligation. Moreover, all announcements in this publication are subject to change without notice and do not constitute an agreement between Utah State University Summer Citizens Program and the participant.

The Summer Citizens Program reserves the right to take photos and/or video during the program to be used for marketing purposes. Please see the photo release clause on your hard copy registration form and on the Summer Citizens website.

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- **Explore our services** - Looking for something specific? Check out the services we offer!

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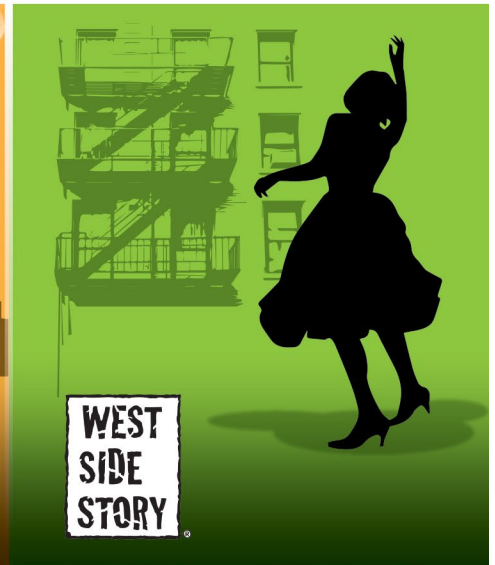
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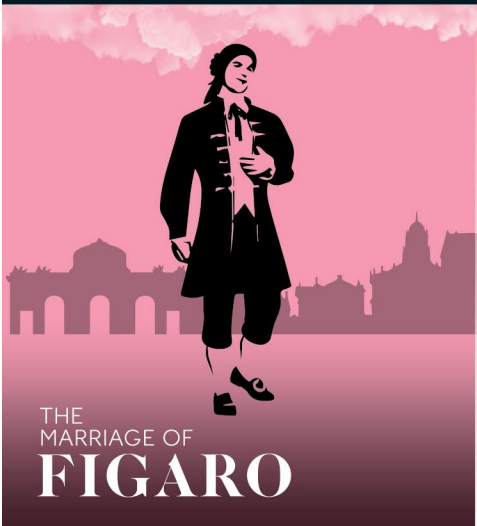
Disney **MARY POPPINS**
THE BROADWAY MUSICAL



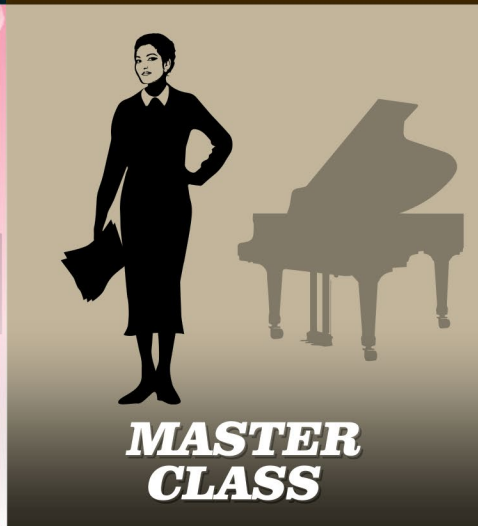
Disney **NEWSIES**
THE BROADWAY MUSICAL



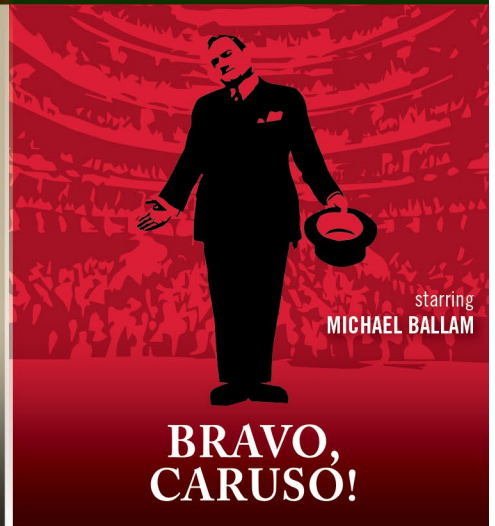
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2019 Course Schedule At-A-Glance

Detailed course information begins on page 15. For information on this year's tours, see page 38.

WEEK	COURSE	TIME	TITLE & DAYS	LOCATION
Multi-Week Classes	101	8:00 AM	Water Aerobics (M, W, F) (Jun 10 – Aug 2)	HPER Small Pool
	102	10:00 AM	Chair Yoga (M, W) (Jun 3 – Jul 31)	HPER 215
	103	8:00 AM	Flexibility and Strengthening for Seniors (T, Th) (Jun 4 – Jul 25)	HPER 215
	104	9:00 AM	Yoga (T, Th) (Jun 4–27)	HPER 102
	105	2:00 PM	Beginning Knitting (Tue only) (Jun 4–25)	ENGR 206
	106	1:30 PM	iPhone Photography (Th only) (Jun 6 – Aug 1)	ENGR 201
	107	10:00 AM	Increasing Personal Creativity in Photography (Th only) (Jun 6 – Aug 1)	ENGR 201
	165	10:00 AM	What is Tai Chi for Arthritis and Fall Prevention? (W,F) (Jun 12 – Aug 2)	Bear River Health Dept. Rooms 153 & 154
	108	9:00 AM	Yoga Vitals (M, W) (Jul 1–31)	HPER 102
	109	2:00 PM	Knit a Baby Sweater for Intermediate Knitters (Th only) (Jul 11–25)	ENGR 238
Week 1 June 3–7	110	9:00 AM	How to Optimize Your Android Phone or Tablet (M–F)	ENGR 304
	111	9:00 AM	Birding 101 (An Introduction to the Bear River Migratory Bird Refuge) (M–W)	ENGR 238
	112	10:30 AM	World War II, Key Insights into the Pacific Theater (M–F)	ENGR 304
	113	1:30 PM	World War I (M–F)	ENGR 304
	114	3:00 PM	Beginner iOS (M–F)	ENGR 304
Week 2 June 10–14	115	9:00 AM	Aging Gracefully: Nutrition Health Hacks to Support Longevity of the Mind and Body (M–F)	Natural Grocers Logan Store
	116	10:30 AM	Remembering Eights and Nines: What is Great About America in Fifty Year Increments (M–F)	ENGR 108
	117	1:30 PM	Low Back Pain: Treatment Options without Medications (W only)	ENGR 302
	118	1:30 PM	People and Cultures of Eurasia (M–F)	ENGR 203
	119	3:00 PM	America's International Political Challenges (M–F)	ENGR 203
	120	3:00 PM	Navigating the Storm (W only)	ENGR 302
Week 3 June 17–21	121	9:00 AM	Maximize Your Use of Gmail and Google (M–F)	YETC Computer Lab
	123	10:30 AM	Political-Military Events in the 20th Century, America Dominates the World Stage (M–F)	ENGR 203
	124	10:30 AM	All About iOS Apps (M–F)	ENGR 304
	126	1:30 PM	Introductory Japanese Brush Painting—Traditional Asian Watercolor Techniques (Th, F, M, T, W)	HH 122
	127	3:00 PM	Arthritis Education for Non-Medical Personnel (W only)	ENGR 304
Week 4 June 24–28	122	9:00 AM	How Airplanes Fly: See the Picturesque Cache Valley from the Air! Session 1 (M–F)	IS 101A
	125	1:00 PM	How Airplanes Fly: See Picturesque Cache Valley from the Air! Session 2 (M–F)	IS 101A

WEEK	COURSE	TIME	TITLE & DAYS	LOCATION
Week 4 June 24–28 (cont.)	128	9:00 AM	Cache Valley Goes Worldwide (M–F)	ENGR 304
	129	10:30 AM	US Civil-Military Relations in the 20th Century (M–F)	ENGR 304
	130	10:30 AM	The Lyric Theatre—From Page to Stage (Th, F, M, T, W) (Jun 27 – Jul 3)	ENGR 302
	131	1:30 PM	Create Custom Greeting Cards—Beginning and Intermediate levels (M, W, F)	ENGR 238
	132	1:30 PM	Islam in the Modern World (M–F)	ENGR 304
	133	3:00 PM	Weather & You (M–F)	ENGR 302
	Week 5 July 1–5	134	8:30 AM	Tennis Instruction for Intermediate Players—Session 1 (T, Th) (Weeks 5 & 6)
135		9:30 AM	Tennis Instruction for Advanced Players—Session 1 (T, Th) (Weeks 5 & 6)	USU Tennis Courts
136		9:00 AM	British History—The House of Hanover (M, T, W, F)	ENGR 304
137		10:30 AM	Weird & Wild Weather (M, T, W, F)	ENGR 304
138		1:30 PM	Don't Let Hearing Loss Keep You Out of the Conversation (M, T, W, F)	ENGR 304
Week 6 July 8–12	139	9:00 AM	Ins and Outs of Google Drive (M–F)	YETC Computer Lab
	140	1:30 PM	Create Custom Holiday Greeting Cards (M, W, F)	ENGR 304
	141	3:00 PM	Intermediate iOS (M–F)	ENGR 205
	142	3:00 PM	Meet Your Neighbors: Insights Into the Church of Jesus Christ of Latter-Day Saints (M–F)	ENGR 302
Week 7 July 15–19	143	8:30 AM	Tennis Instruction for Advanced Players—Session 2 (T, Th) (Weeks 7 & 8)	USU Tennis Courts
	144	9:30 AM	Tennis Instruction for Intermediate Players—Session 2 (T, Th) (Weeks 7 & 8)	USU Tennis Courts
	145	9:00 AM	The Beatles 'From Liverpool to Abbey Road' (M, T, W, Th, M, T, Th, F) (Jul 15–26)	ENGR 203
	146	10:30 AM	Drumming and Rhythm for Fun and Stress Relief (T, Th) (Weeks 7, 8, & 9)	HPER 209
	147	10:30 AM	Shoshone History (M–F)	ENGR 302
	148	1:30 PM	Rocky Mountain Geology Experience (M–F)	ENGR 302
	149	3:00 PM	Making Sense of Greek Mythology (M–F)	ENGR 302
	150	10:15 AM	Zionism: The Rebirth of a Nation (M, T, Th, F)	ENGR 302
Week 8 July 22–26	151	2:30 PM	Intermediate Japanese Brush Painting—Traditional Asian Water Color (M, T, Th, F)	HH 122
	152	3:00 PM	The Assassination of President Kennedy: Warren Commission vs. the Researches (M, T, Th, F)	ENGR 304
Week 9 Jul 29–Aug 2	153	9:00 AM	Famous Historic Loganites (M–F)	ENGR 304
	154	10:30 AM	The American War in Vietnam (M–F)	ENGR 304
	155	1:30 PM	British History—The Victorians (M–F)	ENGR 304

EDUC—Education Building
ENGR—Engineering Building
HH—Huntsman Hall

HPER—Health, Physical Education & Recreation
IS—Industrial Science Building
YETC—Young Education Technology Center (inside EDUC Building)

- Culture, Religion, and Science
- History and World Events
- Technology
- Health and Fitness
- Entertainment and the Arts

Summer
CITIZENS
Logan, Utah