

Summer
CITIZENS

UtahStateUniversity®
EVENT SERVICES

2020

DISCOVER ENGAGE CELEBRATE



phone: 435-797-2028
email: summercitizens@usu.edu
web: 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.

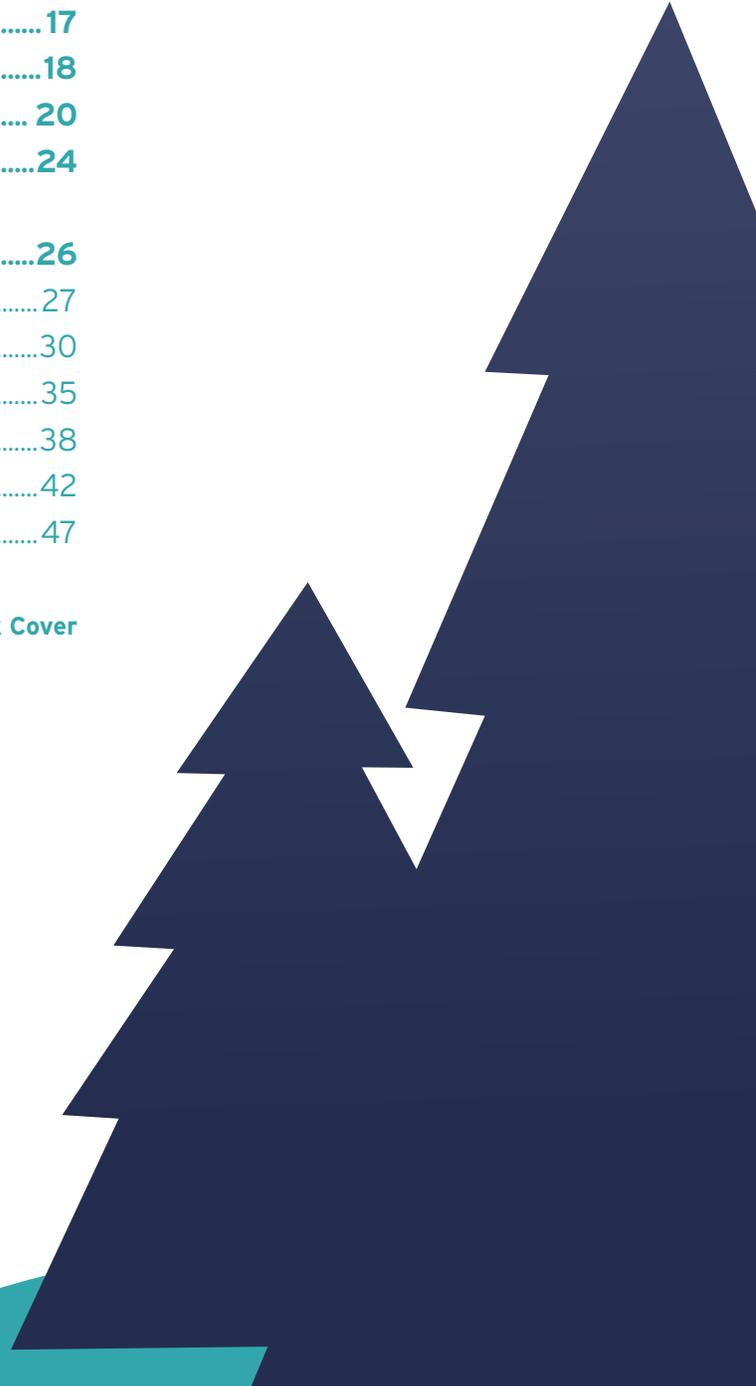


YOUR
Summer
ADVENTURE AWAITS

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Opposite:
Water Aerobics
Animal Science Farm Study
Aggie Chocolate Factory Visit
Tennis Class
Talent Show and Banquet
Jazz Band Concerts
Early Summer Orientation
Talent Show and Banquet
Drone Flying Class
Rhythmic Drumming Class
Talent Show and Banquet
Maximizing Google Class



The Summer Citizens Card

ID Card Fee Includes:

- Vehicle parking pass—Big Blue Parking Terrace, Aggie Terrace, and other 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 and courses
- Access to numerous activities including golf, hiking, tennis, cards, cycling, and pickleball

Your Cost-Saving Benefits

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 24, #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 Special Features to dozens of local businesses



For an additional fee, you can enjoy state-of-the-art fitness centers at USU.



Big Blue Terrace, one of two covered parking areas accessible to you in the heart of campus

Parking Pass On Campus

(See map on page 24; Lots are all color coded with a "P" to designate parking pass privileges)

- USU Aggie Terrace, - 4 hrs per day (elevators available)
- USU Big Blue Parking Terrace - 4 hrs per day
- Additional unlimited daytime parking in Black, Merrill Hall Gray, Orange N Radio/TV, Yellow, and Blue lots (see map on page 24)

Additional Options:*

- Educational Courses
- Guided Bus Tours
- Scholarship Fund - tax deductible donations (see page 15)
- Recreation & Fitness Classes - HPER Pass \$40, 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 Prices:

\$100 per ID Card

Sponsored housing card fee collected with the lease

(Up to two card maximum per unit)

Early Registration Deadline

April 20, 2020

Price increases \$10 per card after April 20, 2020 for persons not residing in sponsored housing. All ID Cardholders **must register** with the Summer Citizens Program.

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 community recreational opportunities, make medical appointments, shop, dine out, attend events, and explore our community.

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!

Welcome to our charming community



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, canoeing, biking, geocaching, and bird-watching. It's a photographer's paradise. Don't miss Tony Grove, a glacial lake surrounded by wildflowers, and a likely spot to spy a moose.



Logan is Utah's Heart of the Arts, nurtured and thriving since 1856.

We boast our 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.

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.



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.

We're proud of our agricultural heritage and the best part is all the foods that are made or grown here and shipped all over the world. Explore the Valley by stopping at any (or all!) of our 20 unique stores on our self-guided Foodie Trek and Signature Products Tour. Ice cream and chocolates and cookies, oh my!

Calendar of Events

Noon Music at the Tabernacle
June - Mid August

Lyric Rep Theatre
June 12th - July 25th

Summerfest Arts Faire
June 18th - 20th

Utah Festival Opera & Musical Theatre
July 6th - August 8th

Hyrum Star Spangled Celebration
June 26th & July 4th

Cache Valley Cruise-In
July 2nd - July 4th

Freedom Fire Celebration
July 3rd

Lewiston's 4th of July
July 3rd - 4th

Logan's 48th Annual Summer Sidewalk Sale
July 9th - 11th

Cache Valley Mountain Man Rendezvous
July 24th - 25th

Logan City's Pioneer Day Celebration
July 24th

Pioneer Day Festival
July 25th

Preston Famous Night Rodeo
July 30th - August 1st

Cache Storytelling Tunnel Tales
July 31st - August 1st

Cache County Fair & Rodeo
August 6th - 8th

Bear Lake Raspberry Days
August 6th - 9th



Check out our website for area info and a calendar of events:

explorelogan.com

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

(Located in the Historic Cache County Court House)

We can't wait to meet you!



Our stunning Wellsville Mountains



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

We can't wait to show off our newly completed and totally redone Center Street block. Wider sidewalks, benches and other outdoor furniture for dining and visiting along with beautiful flower planters and a giant arch over the street await.

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 *Joseph and the Amazing Technicolor Dreamcoat*, *Sweeney Todd*, *The Magic Flute*, *I Do! I Do!*, and *She Loves Me*.

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 *Brighton Beach Memoirs*, *All Shook Up*, *Hudson: A Historical Musical*, *The Thanksgiving Play*, *Murder on the Nile*, and the Vosco Call Spotlight Concert. Some productions will be held at Utah State University.

www.lyricrep.org or
435-797-8022

Community Information

Small Town Vibe, Big City Options

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.



Learn more at explorelogan.com

Common Questions

You've got questions. We've got answers.



Sunday Under the Trees Seminar Series

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 2020.

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. **Early Check-in opens May 18, 2020 - May 22, 2020** at the Taggart Student Center, Ballroom second floor, 8:00 am - 5:00 pm. After May 22, 2020 Check-in will be in the Eccles Conference Center basement room 103.

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 sponsoring 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 26th at 8:30 am** in the TSC Center Colony Room 221. 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 Sierra Benson. 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. Sierra can be contacted at 435-797-2028 or sierra.benson@usu.edu.

What do I do when I arrive on campus?

Park in the Big Blue Parking Terrace located on 700 North, see map on page 24, building #7. Go to the Taggart Student Center for Check-in, see page 24 building #40, Ballroom second floor.

At the Taggart Student Center you will receive a USU Summer Citizens Welcome Packet. If this is your first summer, or if 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 Coupon Book, T-Shirt, and other program and community information.

During the first week of check-in May 18-22, USU Parking representatives will be on-site to issue parking permits. Following this week, program registrants will visit the Parking & Transportation office to receive parking permit and prox card.

Taggart Student Center and Eccles Conference Center hours of operation are **Monday - Friday, 8:00 am-5:00 pm.**

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

Where can I park on campus?

The Summer Citizens Parking pass allows parking in color coded lots including Blue, Black, Gray (Merrill Hall), Orange N Radio/TV and Yellow Lots (designated by "P" on map on page 24). It also allows 4 hours per day in the Big Blue Parking Terrace located on 700 North and Aggie Terrace located on 700 East.

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 **Friday, May 29th 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. Be sure to attend!

How do I register for the Closing Social?

All registered Summer Citizens will receive an email in July 2020, with an invitation to register for the Closing Social Luncheon. The Closing Social is scheduled for **Thursday, July 23th 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 a few 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 2020 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.

"Only my second year in Logan, but already I feel like it's my second home. This year was fabulous!"

— Irene Robinson



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All services performed by students under the supervision of an instructor.
Excludes microdermabrasions, microneedling and hydrafacials

How to Create or Reset Your USU Password

Valid only with ID Card Activation (May 18 - August 16)
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.

USU MyID

Sign into your USU account

Sign In

Recover/Setup your USU account

Lookup your A-Number using personal information such as phone number or street address.

I don't know my A-Number

Create or update your password using your recovery email or text message enabled phone.

I don't know my password

1 new message

Fr: USU MyID
Security Pin: 4126
Enter online at prompt.
(435) 363-3428 • Now via Google Voice

A message containing a security pin has been sent via text message to (###) ###-###33.

Change my password

Security Pin

New Password

Retype Password

Cancel Save

Reset my password

A-Number:

A12345678

Select pin delivery method:

RECOVERY EMAIL on file

TEXT MESSAGE (SMS) to mobile number on file

I don't have access to email or text messages

Cancel Submit

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 24, #27.

Mon-Thu 8am-6pm
Friday 8am-5pm

Please have your Summer Citizens ID card ready.

Campus Rec Pass

Facilities, Hours, and Other Information

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

\$40 for entire summer

Also Included in Both Memberships:

Lap Swim

Monday–Friday.....8:00 am - 1:00 pm

Monday–Friday.....5:00 pm - 7:00 pm

Open Rec Swim

T–Th.....1:00 pm - 3:00 pm

Friday.....5:00 pm - 7:00 pm

Log Rolling Available

M/W/F.....5:00 pm - 7:00 pm

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

Where can I purchase a Campus Rec Membership?

Memberships can be purchased at the Aggie Recreation Center (ARC) 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.



The ARC is a state-of-the-art exercise facility that was completed in 2015



Come enjoy the pool and other amenities at the HPER and ARC

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 17th from 7am-12pm
- Wednesday, July 15th 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.

"If you had a magic lamp like Aladdin and you wished for a perfect summer, your Genie would transport you to Logan, Utah. You could save the other two wishes because everything you wanted would be available."

— Norene and Fred Stafford

How to Register

Become a Summer Citizen

Register Early

Registration opens on January 27, 2020. Confirmations will be emailed following registration. **Early registration deadline is April 20th. Each course or guided tour price increases by \$10 after the April 20th deadline.** A minimum of 25 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 early check-in May 18-22, 2020 in Taggart Student Center or after May 22 in the Eccles Conference Center, Summer Citizens Program Office. See page 6 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 re-printed 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 20, 2020

Price increases \$10 per card after April 20, 2020 for persons not residing in sponsored housing. All ID Cardholders **must register** with the Summer Citizens Program.

There are 4 Easy Ways to Register!

Online at summercitizens.usu.edu

Call 800-538-2663 and register over the phone

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

Register in person in the Eccles Conference Center Summer Citizens Office

* Register online before April 20, 2020 to avoid late pricing on classes, tours, and non-sponsored housing ID cards.

T-Shirt Exchanges

T-Shirts **will 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.

elements

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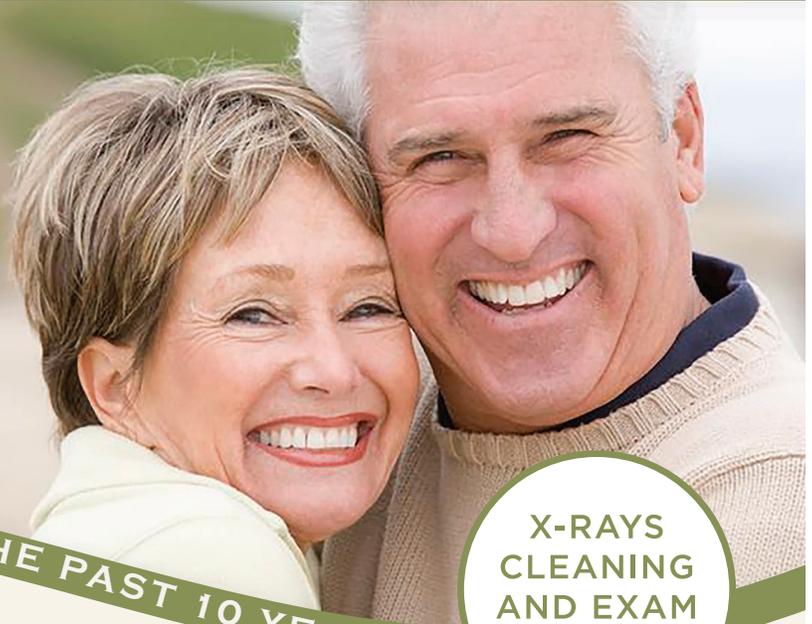
*Must bring in a printed treatment plan
with associated costs listed.

*Refer any new patient
to receive a \$25 credit***

**one credit per account per year

*Flat rates on crowns,
regardless of type or
preparation needed*

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MAY 1 THROUGH AUGUST 1

PLEASE CALL EARLY AND BOOK YOUR APPT. SPACE IS LIMITED.



Don't Let Your Vision Get In The Way Of Your Life

At Monson Vision our goal is to help people see better so they can enjoy life. We have among the most technologically advanced cataract and lens replacement facility in the United States and a surgeon and staff with vast experience utilizing the latest and safest procedures available. Because of our experience and technology, we are able to offer many benefits including:

- **Younger Vision:**

No one can turn back the clock on time, but with today's most advanced intra-ocular lenses, Dr. Monson can help restore your distance, midrange and close vision. How long has it been since you didn't need readers or bifocals? Regain your freedom!

- **Minimal Down Time:**

Patients are generally able to see well within hours of surgery and able to resume most activities within a few days.

- **Safer Procedures:**

Monson Vision is home to some of the world's most advanced cataract surgery technology including more precise and potentially safer computer-guided lasers that replace the hand-held blade traditionally used in the first steps of cataract surgery.

- **Predictable Results**

We stand by our premium laser cataract procedures. In fact, we are so confident in our vision outcomes, premier technology and capability of our surgeons that should your results be less than what we anticipate, we will provide a free laser vision enhancement at no additional cost.*

Schedule a complimentary VIP Vision Correction Evaluation to see if vision correction is right for you.



**SUMMER CITIZENS CALL NOW TO RECEIVE AN
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**810 S 100 W LOGAN, UT 84321
435-265-4138**

www.monsonvision.com

Expires 12/15/20. *Restrictions may apply. Call for details.

Scholarship Endowment Fund

Together we have raised \$52,740 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 2019 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 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.

2019 Scholarship Recipients



Ashley Perez

Ashley recently graduated from Ridgeline High School and is going to school to become a high school Spanish teacher so that she can connect with her students and help them be

successful both in the classroom and outside of it. In addition to helping her future students, Ashley is going to school to set an example to her younger brothers and those around her as she becomes the first person to graduate with a college degree in her family. Throughout high school, Ashley has worked as a Teacher Aide at Ridgeline High School, a reading aide at one of the local elementary schools, and at McDonald's. In her spare time, she is heavily involved in her church youth group and helps plan and schedule lessons and activities for the children's ministry group. She truly cares about those around her and never ceases to show them. She is going to touch so many lives as she meets new people in her classes and on campus.



Kiley Duersch

Kiley recently graduated from Ridgeline High School and will be attending Utah State University in the fall. She plans to major in accounting. She is a good student and is passionate about gaining an

education. During high school, she spent time as the girls' basketball manager and served on the Nibley City Youth Council for three years. Part of her responsibilities on the youth council allowed her to plan some of the big events in Nibley such as the Movie in the Park, Nibley's Heritage Days, and Halloween Boonanza. As the oldest in her family, she is a good example to both her siblings and others around her as she is driven and persistent in the face of opposition. She is a natural leader and is willing to work hard. Kiley is going to be successful in whatever she ends up doing in the future.

Sunday Under the Trees

**Seminar Series
Free Lectures**



Michael Ballam

June 7, 2020 at 1:00 pm
Founder & General Director,
Utah Festival Opera &
Musical Theatre

Richie Call

June 14, 2020 at 1:00 pm
Asst. Professor & Artistic
Director - Lyric Theater

Nick Morrison

June 21, 2020 at 1:00 pm
Executive Assoc. Dean -
Caine College of the Arts

Dr. Cache Pitt

June 28, 2020 at 1:00 pm
Doctor of Audiology

Julie Hollist-Terrill

July 5, 2020 at 1:00 pm
Director, Cache Valley
Visitors Bureau

Kerry Bringhurst

July 12, 2020 at 1:00 pm
USU News Director, Utah
Public Radio

Lucille Hanson

July 19, 2020 at 1:00 pm
Summer Citizens Instructor,
Community Member

Elaine Thatcher

July 26, 2020 at 1:00 pm
Executive Director,
SummerFest Arts Faire

The lectures will be held above the USU Amphitheater. Bring lawn chairs or blankets for seating. Parking available on Sundays in the Purple Lot south of Old Main Hill. See map on page 24, #39.

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 15 and will receive a refund minus a \$25 per person processing fee. No refunds will be given after May 15. 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.

Course Cancellations

Participants wishing to cancel courses must do so **in writing** (through an email) prior to May 15, 2020 and will receive a refund minus a \$10 processing fee per course. No refunds will be given after Friday May 15, 2020. 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).



Mark Your Calendars

Welcome Orientation, Merchant Fair, & Silent Auction

Friday, May 29 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

Thursday, 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 9 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 23 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. Reservations required.





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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.

Thankyou



to our 2020 Summer Citizens
Program Sponsors

We appreciate the 2020
program registrants supporting
Cache Valley businesses
featured in this program book!

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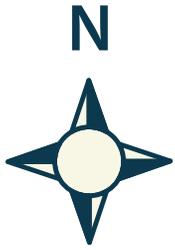
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TO
**Spectrum and
Maverik Football
Stadium**
(see inset below for
more information)

800 EAST

P
BLACK

P
BLACK

19

10

28

3
ARC

25
HPER

15 EDUC

14



700 NORTH-AGGIE BLVD.

Big Blue Terrace
4hrs Per Day

21

7

44

46

27

11

26 Is

600 NORTH

700 EAST

47

2

41
TSC

43

8

33

38

Aggie Terrace
4hrs Per Day
(elevator on NE
& SE side of the
Terrace).

48

13

6

24

30

12
ECC

31

17

Summer Citizens
Early Check-In
May 18 - 22

Summer
Citizens
Check-In
After
May 22

No Parking

500 NORTH

35

45

1

HH

9
EBB

P

400 NORTH

Sunday
Under the
Trees

40

5

P

PURPLE
Weekends
Only

37

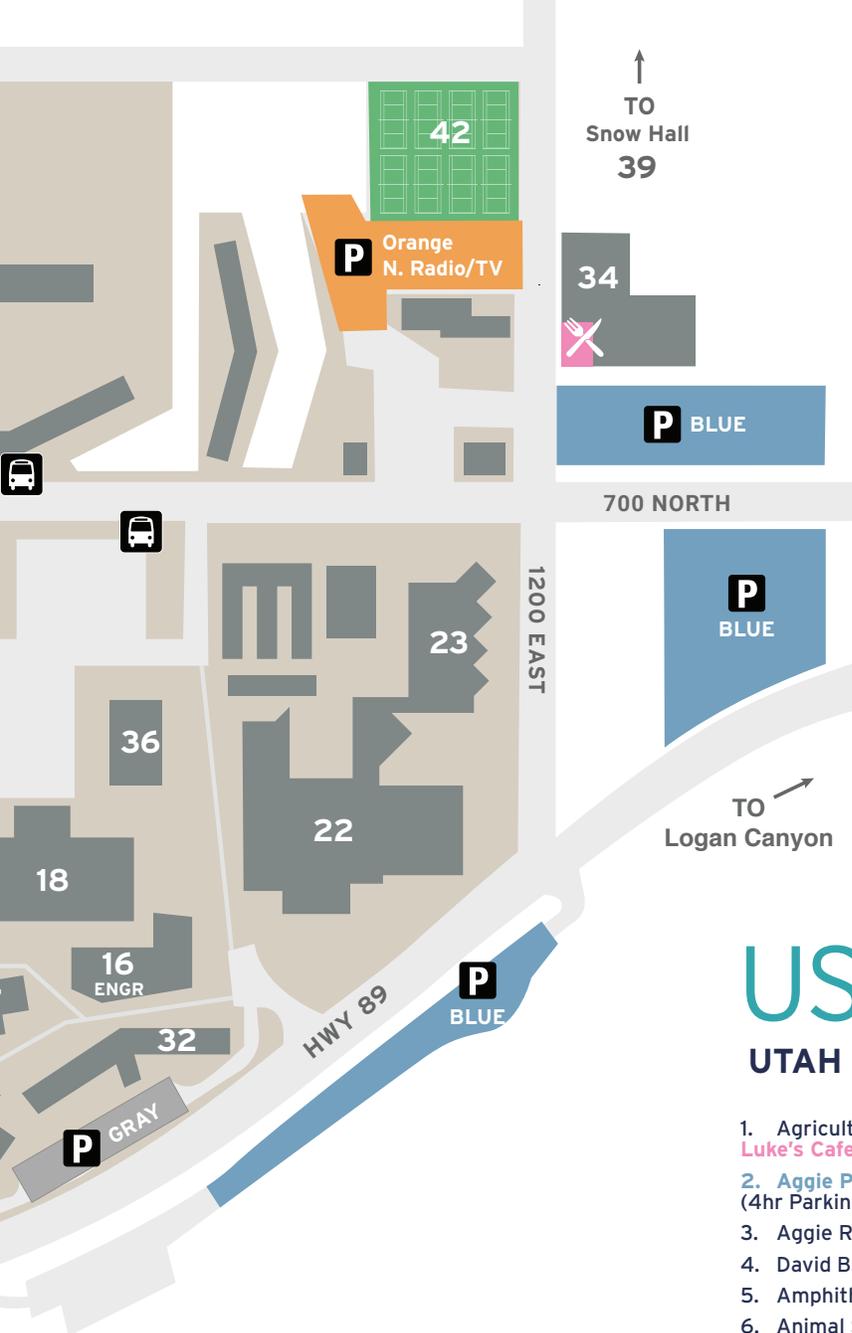
20

HWY 89

P
YELLOW

EVENT SERVICES

UtahStateUniversity



MAP LEGEND

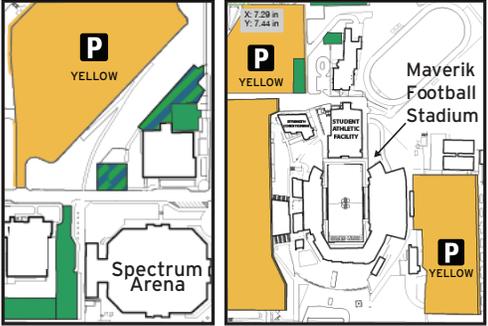
- P** PARKING
(Parking is **color coded** by designated lots approved with a Parking Pass)
- CITY TRANSIT (Bus Stop)
- ECCLES CONFERENCE CENTER
- ACADEMIC/ADMINISTRATIVE
- RECREATION/WELLNESS
- ON-CAMPUS DINING
(To view each Dining location, hours and menus visit dining.usu.edu, or call (435) 797-1701)

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

USU Campus Map

UTAH STATE UNIVERSITY CAMPUS MAP

- | | |
|---|---|
| 1. Agricultural Science with Luke's Cafe on the Quad | 25. Health, Physical Education and Recreation (HPER) (with pool) |
| 2. Aggie Parking Terrace (4hr Parking Per day) | 26. Industrial Science (IS) |
| 3. Aggie Recreation Center (ARC) | 27. Janet Quinney Lawson (IT Services) |
| 4. David B. Haight Center | 28. Junction |
| 5. Amphitheater | 29. LDS Institute |
| 6. Animal Science | 30. Life Sciences Building with Steeped |
| 7. Big Blue Parking Terrace | 31. Library with The Quadside Cafe |
| 8. Biology and Natural Resources | 32. Merrill Hall |
| 9. Business (EBB) / Huntsman Hall (HH) with Shaw's 88 Kitchen | 33. Natural Resources |
| 10. Center for Persons with Disabilities with Beth's Bistro | 34. Nutrition & Food Sciences with Aggie Ice Cream |
| 11. Distance Education | 35. Old Main |
| 12. Eccles Conference Center Summer Citizens Office (basement) | 36. Performance Hall |
| 13. Eccles Science Learning Center | 37. Ray B. West |
| 14. Edith Bowen Lab School | 38. Science Engineering Research |
| 15. Education (EDUC) | 39. Snow Hall |
| 16. Engineering (ENGR) | 40. Sunday Under the Trees (lawn) |
| 17. Engineering Innovation | 41. Taggart Student Center (TSC) with The Skyroom Restaurant and The Hub |
| 18. Engineering Laboratory | 42. Tennis Courts |
| 19. Early Childhood Education | 43. University Inn |
| 20. Family Life | 44. USU Credit Union and Alumni Center |
| 21. Fieldhouse | 45. USU Quad |
| 22. Fine Arts Center | 46. Veterinary Science |
| 23. Fine Arts Visual | 47. Visitor Information Center |
| 24. Geology | 48. Widtsoe Hall |



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

Course Catalog



Shoshone Culture, Course #142

Become a Lifelong Learner

The Summer Citizens program is dedicated to providing educational opportunities for senior citizens. More than 50 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 2020. Registration opens January 27, 2020. See page 12 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. 27-29
- History and World Events..... pg. 30-34
- Technology.....pg. 35-37
- Health and Fitness.....pg. 38-41
- Entertainment and the Artspg. 42-46
- Travel Adventures.....pg. 47

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 17 for more cancellation policies. No refunds or cancellations for classes after May 15, 2020.

The pricing for courses and guided tours will increase by \$10.00 each after April 20, 2020.

Course ID #	Date	Time	Days	Price	Location
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Lightning Moments

Course #120	10 Jun – 12 Jun	1:30 PM – 2:45 PM	W, Th, F	\$0.00	HH 370
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DESCRIPTION: Lightning Moments is a three part course. Learners will find value in each individual segment of this course, even if they are unable to attend all three sessions. Lightning Moments: A Lightning Survivor's Story-Learn why and how life's past experiences continue to control our actions today and how to incorporate the simple steps of Productive Thinking to focus thought. Purposeful Moments: Live a "Life of Purpose" Identify beliefs that keep you stuck, find courage to step out of your comfort zone "Let go" of fear or past failure and live a life of no regrets. LIVE in the Moment: Daily Action Determines Success whether retired, going to school or working, discover how to focus energy, overcome depression or anxiety, and facilitate personal growth through daily action.

PREREQUISITES: Copies of all system handouts provided by educator.

INSTRUCTOR: Devri Ficklin Author, Speaker, Business Consultant, Life Coach, Makeup Team Lead, and Paul Mitchell School Owner/ Director are just a few of the titles held over a successful 18 year career. After overcoming a devastating divorce, family suicide and financial issues, lightning struck and within seconds Devri's life changed, once more. Facing the difficult challenge of learning to walk, talk and even think again, Devri navigated life's storm and discovered greatness. Devri shares her motivating story of "Triumph within Trials" to inspire others who are on their own journey to greatness.

Being Comfortable in the Uncomfortable

Course #121	8 Jun	3:00 PM – 4:15 PM	M only	\$0.00	HH 370
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DESCRIPTION: Get Comfortable in the Uncomfortable!! Life came crashing down: A friend's death, betraying divorce, and diagnosis of a rare skin disease. Cassandra did everything she could to avoid the heartache by changing her focus from humiliation, and hurt to discovering, and learning. She now shares with you the stories and tools that she strives to use everyday. Learners will engage with her in the uncomfortable scenarios life sometimes throws our way and discover new ways to accept those head on and to grow in the uncomfortable.

INSTRUCTOR: Cassie Galloway is a Paul Mitchell enrollment team lead, speaker, coach, and trainer. She loves mentoring in Social Media, overcoming and growing through trials and communication. She has overcome dark emptiness hitting rock bottom in: death, divorce, sickness, depression; and now pursues helping others to grow and succeed through the hardships in life. She strives to live being comfortable in the uncomfortable and shares her stories of growing and becoming the best version of oneself no matter what is thrown their way.

Cache Valley Goes Worldwide

Course #127	15 Jun – 19 Jun	3:00 PM – 4:15 PM	M - F	\$45.00	HH 360
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DESCRIPTION: Cache Valley is a charming, unique place to live. Many famous entrepreneurs, authors, and musicians know this and choose to make it their home. Airline transportation into the valley is poor, but that has not slowed them down. They still have developed national and/or worldwide businesses. We'll introduce many new businesses and people. Each day two CEO's will come to class and tell us how they started their exciting jobs. Famous local authors will also spend time with us. Don't miss this exciting opportunity!

INSTRUCTOR: Lucille Hansen has lived many other places, but loves Cache Valley. She is amazed at the worldwide businesses here and is anxious to introduce the CEO's to you. She loves the Summer Citizens Program and looks forward to greeting old friends and making new ones.

Course ID #	Date	Time	Days	Price	Location
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Galapagos Islands Ecosystem

Course #130	22 Jun – 26 Jun	10:30 AM – 11:45 AM	M - F	\$45.00	HH 380
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DESCRIPTION: This course will teach about the following: How volcanic activity, ocean currents and winds combine to shape the Galapagos Islands and their unique ecosystems. Galapagos turtles from Lonesome George, to Stud Diego & their successful population restoration on several islands. Galapagos iguanas, sea cucumbers, penguins, finches & flightless cormorants. How Darwin's observations on the islands in 1835 and the submersible Alvin cruise at seafloor nearby in 1967 totally changed two fundamental views of biological systems on earth. Threats to Galapagos biological systems including El Niños and climate change.

INSTRUCTOR: Roy Carpenter completed his PhD in environmental chemistry and oceanography at the University of California San Diego and Scripps Institution of Oceanography in 1968, later joining the University of Washington Seattle oceanography faculty where he taught and did ocean chemical research for 38 years. He was recognized with the first UW Alumni Association Award for Distinguished Teaching given to an assistant professor. Roy Carpenter led 3 different classes on study cruises to the Galapagos, climaxing his career leading 40 UW students and Ecuadorian scientists on a joint study cruise among the Galapagos.

Weather Forecasting

Course #133	22 Jun – 26 Jun	1:30 PM – 2:45 PM	M - F	\$45.00	HH 370
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DESCRIPTION: Learn to be your own forecaster from a meteorologist and climatologist that has professionally forecast weather for agriculture and other special events for over 25 years! Learn the most important parts of making a forecast. Understand the equipment that meteorologists use to gather weather data. Learn the web sites that you can use to gather free information to make your own forecast. A very fun and easy class to learn the basics of making a good forecast from your home!

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 & 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 #134	22 Jun – 26 Jun	3:00 PM – 4:15 PM	M - F	\$45.00	HH 322
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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 in a fun and casual environment. 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 relaxing learning environment. Reserve June 28 for a field trip to visit Julie's congregation and have dinner with a family.

INSTRUCTOR: Julie Hollist-Terrill is a sixth-generation 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.

Supervolcanoes and Lava Fountains: The Geology of the Snake River Plain

Course #135	29 Jun – 2 Jul	9:00 AM – 10:30 AM	M - Th	\$55.00	HH 322
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DESCRIPTION: This course introduces Summer Citizens to the exciting, diverse geology of the Snake River Plain of Idaho. As one of the youngest and best-preserved examples of hotspot volcanism in the world, the Snake River Plain has hosted numerous supervolcano eruptions and is covered in lava erupted from Hawaii-like shield volcanoes. Although it is ~100 miles from USU, geologic processes occurring on the Snake River Plain have impacted the landscape in and around Cache Valley. Snake River Plain volcanism also has the potential to cause far-reaching and devastating effects on North America and the world. Summer Citizens will learn about this unique area from a geologist who has spent her career researching the Snake River Plain (and dodging rattlesnakes).

INSTRUCTOR: Dr. Katie Potter is an Instructor in the Department of Geosciences at Utah State University. She grew up in Colorado, earned degrees in Idaho and at USU, and is an expert in Snake River Plain volcanism. She is an avid outdoors woman and loves sharing her enthusiasm for geology with everyone.

Course ID #	Date	Time	Days	Price	Location
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Peter Sinks, the Coldest Location in the U.S.

Course #138	29 Jun – 2 Jul	3:00 PM – 4:30 PM	M - Th	\$45.00	HH 360
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DESCRIPTION: Zane Stephens has never taught a full class explaining the history of his research, how he and a friend Mike Boman discovered the cold locations around northern Utah and the history and interesting stories of hiking up into the “Sinks” at 5 in the morning when temperatures can drop colder than -60F. The class will also explain the findings of the research and how it is important to weather forecasting and climatology studies today.

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 & 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.

Shoshone Culture

Course #142	6 Jul – 10 Jul	3:00 PM – 4:15 PM	M - F	\$50.00	HH 322
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DESCRIPTION: This course will cover the Native Americans that live in Cache Valley for the last few centuries. We will cover the hunter-gatherer lifestyle that we live, our religious practices how we interacted with the first group of Mormon pioneers, and how that changed our lifestyle. We will also go in depth about the Bear River Massacre and the impact that this one event had on a group of people. We will also discuss some of the Shoshone people’s conversion to the LDS Church and who we are today. We will also discuss plans for a future cultural interpretive center to be built at the Massacre Site.

INSTRUCTOR: **Darren B. 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 Great Grandson of Chief Sagwitch who was the Chief during the Bear River Massacre. The Shoshone perspective needs to be heard.

Astronomy: All About Stars

Course #154	27 Jul – 31 Jul	2:15 PM – 3:30 PM	M - F	\$55.00	ESLC 046
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DESCRIPTION: We will briefly discuss constellations and how stars appear to move through the sky as viewed from Earth and the different types of stars that we see. Then we will talk about how stars form, what makes them shine and how they change with time. Next we will investigate exotic stellar remnants: white dwarfs, neutron stars and black holes. We will conclude with a look at groups of stars called open clusters, globular clusters and galaxies.

INSTRUCTOR: **James Coburn** is the USU Observatory Manager and has been teaching astronomy at USU since 2005. As an undergraduate physics student at USU, he ran the old observatory, located near the football stadium, for three years. He attended graduate school at Oregon State University, where he earned a masters degree in physics education. In 2000 he returned to USU and took the job of Teaching Laboratory Supervisor and Demonstration Specialist for the Department of Physics. A highlight of his career was to help design and oversee the construction of the USU Observatory that was built in 2009.

Course ID #	Date	Time	Days	Price	Location
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Banned Books: A discussion of time and context

Course #110	1 Jun – 5 Jun	9:00 AM – 10:15 AM	M - F	\$50.00	HH 380
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DESCRIPTION: This course examines the politics of literature banned across several centuries and continents. Books that been classified as taboo, seized, and burned and their creators fined, jailed, tortured, and killed throughout history under many different political regimes. Incorporating a range of systems of censorship across the globe we will examine differences in the modes of repression and the sometimes surprising connections between church and monarchy, fascism and democracy.

PREREQUISITES: *A Study in Scarlet* by Sir Arthur Conan Doyle, *Animal Farm* by George Orwell, and *Adventures of Huckleberry Finn* by Mark Twain.

INSTRUCTOR: **Melissa Maughan** is a Staff Assistant in the Utah State University's History department. She graduated with a BA in History from USU in 2013 with a specialization in US History 1900-1945 with an emphasis in Japanese Internment. She has an MA in English from USU with a specialization in rhetoric. She has a special interest in naturalism and classic literature, both fiction and nonfiction.

Naval Battles of the Pacific War

Course #114	1 Jun – 5 Jun	1:30 PM – 2:45 PM	M - F	\$45.00	HH 360
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DESCRIPTION: Naval Battles covers the historic times beginning with the growth of Japan from its feudal days to world prominence as a major power committed to expansion. Their attack on Pearl Harbor and the subsequent Battles of the Coral Sea, Midway, Leyte Gulf and others. The counter movements by MacArthur in his "return" to the Philippines and the US Navy & Marines in their heroic challenges taking the islands across the Pacific. Finally the ultimate weapon used on Hiroshima and Nagasaki to end World War II. This class will put into context the names Iwo Jima, the Marianas, Guadalcanal, the B29 Superfortress and the gull-winged Corsair. Contributions from The Black Sheep Squadron, The Flying Tigers and The Silent Service to winning this war are integral to the discussion.

INSTRUCTOR: **Dick Clark** graduated from the USC School of Business 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. He has also taught Summer Citizens classes at USU in the past three years on the subject of World War II.

Edward Abbey: Inspiration or Eco Terrorist

Course #117	8 Jun – 12 Jun	10:30 AM – 11:45 AM	M - F	\$50.00	HH 380
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DESCRIPTION: This course will discuss the life of Edward Abbey and his works. We will begin with the life of Edward Abbey and his history with the National Parks. We will then discuss his works and how they influence people, parks, and views on National Park Lands. We will also discuss any underlying themes in his writing.

PREREQUISITES: *Desert Solitaire*, *Monkey Wrench Gang*, *Confessions of a Barbarian*. All by Edward Abbey

INSTRUCTOR: **Melissa Maughan** is a Staff Assistant in the Utah State University's History department. She graduated with a BA in History from USU in 2013 with a specialization in US History 1900-1945 with an emphasis in Japanese Internment. She has an MA in English from USU with a specialization in rhetoric. She has a special interest in naturalism and classic literature, both fiction and nonfiction.

Course ID #	Date	Time	Days	Price	Location
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In Search of the Recent Past - Making Sense of Our Times

Course #119	8 Jun – 12 Jun	1:30 PM – 2:45 PM	M - F	\$55.00	EBB 215
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DESCRIPTION: Many researchers and educators document that current high school and college students are most uninformed about our recent past. The class will focus on how historians attempt to teach US institutions and develop respect for the past while also being critical. We will discuss some of the most controversial issues that occur since World War II and review the textbook approach as well as how the historians have tried to interpret the events and how that changes in time. Included is an examination of McCarthyism, the Cold War, the Civil Rights movement, anti-war and Vietnam, the role of the Presidency, and how citizens become informed.

INSTRUCTOR: Ross Peterson A native of Idaho, Ross 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.

Utah's Struggle for Statehood

Course #122	15 Jun – 19 Jun	9:00 AM – 10:15 AM	M - F	\$45.00	HH 380
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DESCRIPTION: Why did it take 47 years for Utah to become a State? The people living here asked Congress for statehood 6 times. The request wasn't just denied, major penalties were inflicted by Washington DC after each request. Why was the largest pre-Civil War US Army deployed to Utah? What did the citizens do before the army arrived? What did the army do when they got here? Why was Col. Patrick Connor sent here and what did he start? These questions and others will be answered in this fascinating class. The class will be enriched with videos about the Mountain Meadows Massacre and life at Camp Floyd where Johnston's Army was based.

INSTRUCTOR: Lucille F. Hansen thinks everything makes more sense if history is understood. Her favorite classes to teach were history – especially Utah History. Shes loves the Summer Citizens Program and looks forward to greeting everyone.

The Edwardians

Course #124	15 Jun – 19 Jun	1:30 PM – 2:45 PM	M - F	\$45.00	HH 370
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DESCRIPTION: Edward was known as "Edward the Caresser..." Who took Edward's virginity? How was Edward linked to his father's death? How many mistresses did he have? Who did he marry and what was the reason? Why was his childhood unhappy?

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 ID #	Date	Time	Days	Price	Location
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History's Mysteries and Ironies

Course #136	29 Jun – 2 Jul	10:30 AM – 12:00 PM	M - Th	\$45.00	HH 370
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DESCRIPTION: This class will surprise and inform you with little known facts of the past, including: how did Cleopatra, a plain looking woman, seduce two Roman rulers? How did the ancients use birth control? How did an ancient inventor create temple robotics? How did one liar save ancient Greece from annihilation? How did the rise of Islam stimulate American slavery? What ever happened to the Knights' Templar after the French king attempted to exterminate them? What is the myth about Christopher Columbus and 1492? What event saved the American Revolution from an untimely end? How did the opium trade help build America? Who were the real people many famous movie characters were modeled after? How did Nikola Tesla get the last laugh on Thomas Edison? What was America's most extravagant restaurant?

INSTRUCTOR: **C. Wayne Dawson** has taught one day informal classes at UT Austin since the spring of 2018 to present, focusing on a variety of out-of-the-ordinary historical themes. He has taught World and American History courses for nine to ten years at Mt. San Antonio, Chaffey, and Moreno Valley colleges. Currently, he writes for the Williamson County Sun. From 2017 to the present, he has chaired the Georgetown Community Forum, a committee of Democrats and Republicans that selects controversial topics, and invites expert speakers from both sides to converse in a polite and respectful atmosphere.

Political-Military Events in the 20th Century, America Dominates the World Stage

Course #137	29 Jun – 2 Jul	1:30 PM – 3:00 PM	M - Th	\$45.00	HH 370
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DESCRIPTION: Illuminate and relate activist events & 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). These significant events demonstrate US activist foreign policy and the belief America could & 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. Lessons Sinking of the Reuben James Operation BLACKLIST The formation of NATO Cuban Missile Crisis Vietnam, the almost-resignation of the JCS Nuclear Weapons, Fail Safe & Dr. Strangelove

INSTRUCTOR: **Mark R. Schwartz** has a Bachelor's degree in Political Science and twenty-two years in US Air Force, Lt. Colonel as an aviator and war plans specialist/emergency actions. He taught at SaddleBrooke Institute for Learning in Retirement and Osher Lifelong Learning Institute and taught courses at Utah State University Summer Citizen Program in 2019. He lectures at the Pima Air Museum, Friends of the SaddleBrooke Library, SaddleBrooke Great Decisions and SaddleBrooke Rotary. He has published papers on military and political topics. Has completed numerous professional military schools and thirty years experience in the aerospace industry.

Early First Ladies of the US

Course #141	6 Jul – 10 Jul	1:30 PM – 2:45 PM	M - F	\$45.00	HH 370
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DESCRIPTION: Early First Ladies starts with the first First Lady, Martha Washington. Information of many succeeding First Ladies in chronological order provides details of their lives and families, their highlights and tragedies and how they performed in the developing role of First Lady.

INSTRUCTOR: **Joan Elder** has been a life-long teacher. Her 30 year career in Los Angeles Unified School District included elementary and middle schools and staff development. Upon "retirement" Joan also conducted mathematics education workshops for teachers throughout the US for Create-A-Vision. Recently, Joan has taught in her community of SaddleBrooke and nearby Sun City in Tucson, AZ, in a senior program in San Diego, and many previous summers here in Logan. Joan has update her First Ladies class for the many Summer Citizens who have not had the opportunity to enjoy this informative, entertaining class.

Course ID #	Date	Time	Days	Price	Location
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US Civil-Military Relations in the 20th Century

Course #143	6 Jul – 10 Jul	3:00 PM – 4:15 PM	M - F	\$45.00	HH 360
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DESCRIPTION: Civil-Military Relations bridges 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. 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. Lessons Foundations of Civil-Military Relations 19th Century through World War II Korean War 1950s & Cold War 1980s Doctrines, Gulf War & 1990s

INSTRUCTOR: Mark R. Schwartz has a Bachelor’s degree in Political Science and twenty-two years in US Air Force, Lt. Colonel as an aviator and war plans specialist/emergency actions. He taught at SaddleBrooke Institute for Learning in Retirement and Osher Lifelong Learning Institute and taught courses at Utah State University Summer Citizen Program in 2019. He lectures at the Pima Air Museum, Friends of the SaddleBrooke Library, SaddleBrooke Great Decisions and SaddleBrooke Rotary. He has published papers on military and political topics. Has completed numerous professional military schools and thirty years experience in the aerospace industry.

World War II, Key Insights into the Pacific Theater

Course #148	13 Jul – 17 Jul	1:30 PM – 2:45 PM	M - F	\$45.00	HH 380
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DESCRIPTION: America 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. 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. Lessons: Strategic Plans in the Pacific Theater The Samurai’s Peace: Admiral Isoroku Yamamoto Joint Intelligence Committee: Japanese Strategy 1943 The Fork-Tailed Devil – P-38 Lightning Operation BLACKLIST & Occupation of Japan

INSTRUCTOR: Mark R. Schwartz has a Bachelor’s degree in Political Science and twenty-two years in US Air Force, Lt. Colonel as an aviator and war plans specialist/emergency actions. He taught at SaddleBrooke Institute for Learning in Retirement and Osher Lifelong Learning Institute and taught courses at Utah State University Summer Citizen Program in 2019. He lectures at the Pima Air Museum, Friends of the SaddleBrooke Library, SaddleBrooke Great Decisions and SaddleBrooke Rotary. He has published papers on military and political topics. Has completed numerous professional military schools and thirty years experience in the aerospace industry.

Terrorism Awareness: Global and Domestic from a Politically Incorrect Perspective

Course #149	13 Jul – 17 Jul	3:00 PM – 4:15 PM	M - F	\$45.00	HH 380
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DESCRIPTION: The definition of Terrorism depends on the person speaking, religion, history, political situation and society. The objective of this class is to understand what motivates the International Terrorist as well as the Domestic Terrorist. Starting with the history and gathering information bringing the topic up to modern times. One cannot speak about Terrorism if political discourse ties their hands. Students attending the course may disagree with what may be said, that’s life! Anything presented in this class will be factual and backed by documentation. The last class will be spent presenting what you will need for a 72hr Emergency Preparedness kit.

INSTRUCTOR: Rabbi Arthur Zuckerman served twenty years as a professional in community service with experience as a Rabbi/teacher in leadership, chaplaincy, development, public speaking, fundraising, and spearheaded projects with nonprofit 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 ID #	Date	Time	Days	Price	Location
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America's International Political Challenges

Course #150	20 Jul – 23 Jul	2:15 PM – 3:45 PM	M - Th	\$45.00	HH 370
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DESCRIPTION: Examine critical Asian nations and issues where America must make & 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. The selected nations/regions and issues that challenge us will affect our ability to influence world events and exert our policies. Notions of Pax Americana will be explored, along with US political goals and our ability to be politically dominant. Lessons: India Changes Course, Two Koreas, Conflict in the South China Sea, Pax Americana: How Real? How Effective? How Enduring?, Defense Spending, Endless Wars, and The US Taxpayer.

INSTRUCTOR: Mark R. Schwartz has a Bachelor's degree in Political Science and twenty-two years in US Air Force, Lt. Colonel as an aviator and war plans specialist/emergency actions. He taught at SaddleBrooke Institute for Learning in Retirement and Osher Lifelong Learning Institute and taught courses at Utah State University Summer Citizen Program in 2019. He lectures at the Pima Air Museum, Friends of the SaddleBrooke Library, SaddleBrooke Great Decisions and SaddleBrooke Rotary. He has published papers on military and political topics. Has completed numerous professional military schools and thirty years experience in the aerospace industry.

The Israeli-Palestinian Conflict

Course #153	27 Jul – 31 Jul	10:30 AM – 11:45 AM	M - F	\$55.00	EBB 215
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DESCRIPTION: Among the oldest continuously settled regions in the world and home to holy sites venerated by three major religions, Israel-Palestine has played an important role in human history. Sadly, it is also the site of an ongoing conflict between Israeli Jews and Palestinian Arabs that has shaped politics across the Middle East and as far away as the U.S. and western Europe. At present, this conflict shows no signs of coming to a close. This course will explore the history of the Israel-Palestinian conflict from its roots in the late Ottoman era and the British Mandate period to the present. We will examine different perspectives on the history of the region through lectures, short readings and video clips, and consider the interconnectedness between a local crisis and international politics.

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, then, 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, Tatar Empire, will be released by Indiana University Press in 2020. Her co-edited volume, Sharia in the Russian Empire, will be released by Edinburgh University Press in 2020.

American Lighthouse History Tour

Course #155	27 Jul – 31 Jul	3:00 PM – 4:45 PM	M, W, F	\$45.00	HH 380
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DESCRIPTION: For over 300 years, lighthouses have guarded our coasts and kept mariners safe from hazardous peril. With over 700 lighthouses still remaining today, many accessible to the public, it is important to preserve not only the historic buildings, but also the stories and legacies of those keepers and their families who tended the lights before the days of automation. This course will take you on a visual tour of lighthouses across the country using hundreds of historic and modern images from the vast archives of Lighthouse Digest Magazine while giving the fascinating details of events, people and places that have shaped our coastal heritage.

INSTRUCTOR: Dr Debra Baldwin has served as historian for Lighthouse Digest Magazine for the past five years and taught history at USU for 14 years. Lighthouse Digest is a national publication in its 29th year that focuses on preserving and promoting lighthouse history across the USA. Debra has traveled the country interviewing lighthouse keeper families, archiving over 100,000 photos, and giving presentations at Maritime conferences and museums. She authored the Arcadia Images of America book, "Tillamook Rock Lighthouse" in 2018 and also does research for the Lighthouse History Research Institute.

Course ID #	Date	Time	Days	Price	Location
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BITCOINS, Cryptocurrencies and Block Chain

Course #112	1 Jun – 5 Jun	1:30 PM – 2:45 PM	M - F	\$45.00	HH 322
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DESCRIPTION: The History, Myths, Magic, and Mystery of this new class of “currencies” -- We hear about them on the news, see them for sale in grocery stores, hear about fortunes made and LOST, and now they have made it into the comics - “Dilbert.” We will explore what they are or represent, where they come from, who regulates them, how they are taxed and their future. This class is for the non-technical person who wants to better understand cryptocurrencies and their underlying technology. Note: Mr. Coad does not offer any financial recommendations or advice for the purchase or sale of these items.

INSTRUCTOR: Fred A. Coad is a retired CPA, and earned his MBA from Tulane University and his Master of Science in Accounting from Bentley College. He was a certified instructor for several accounting software programs, spreadsheet programs and contact management programs.. He also co-authored a training and support guide for a major accounting software. As a lifelong student, his interest lies in exploring new technologies, disruptive businesses and tipping point ideas.

Social Media Basics (For Beginners)

Course #115	1 Jun – 5 Jun	3:00 PM – 4:15 PM	M - F	\$50.00	HH 322
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DESCRIPTION: We all have people with whom we want to stay connected and be updated. Social media makes that easier than ever before. We can share memories, stories, photos, videos, quotes, and thoughts oftentimes from the palm of our hands. If you are a beginning user of social media platforms like Facebook, Twitter, Instagram, or Pinterest, then this course is for you. That is, if you do not know a “hash tag” from a “hash brown,” then this course will empower you with that knowledge. Due to its overwhelming pervasiveness, Facebook will be the main focus of this course, and we will discuss how what we learn in Facebook can be applied to other platforms. Our time together will be a non-threatening environment where you can gain practical experience in how you can best meet your needs, whatever they are.

PREREQUISITES: Mobile device (s) or laptop, preferred, but not required.

INSTRUCTOR: Dr. Preston Parker received his formal education in Business Management at Utah State University (Bachelor), in Mass Communication at Indiana University (Master), and in Instructional Technology at Utah State University (Doctorate). During the last 15 years, he has created and taught university courses in social media, management, marketing, public relations, entrepreneurship, professional communication, and new venture marketing. He has a passion for social media. But really, he would just like to be known as a good husband to his wife of 21 years, and a good father to his six young children.

How to Optimize Your Android Phone or Tablet

Course #128	22 Jun – 26 Jun	9:00 AM – 10:15 AM	M-F	\$55.00	HH 380
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DESCRIPTION: We will cover in class how to get your email, contacts, calendar, and documents on your device. We will also talk about 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, Wi-Fi, 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. No iPhone or Apple Devices for this class.

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 7 years. She also teaches at her church and at other nonprofit organizations in her hometown of New Braunfels, TX where she now resides.

Course ID #	Date	Time	Days	Price	Location
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Introduction to Drones

Course #129	22 Jun – 26 Jun	9:00 AM – 10:45 AM	M - F	\$55.00	TECH 108
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DESCRIPTION: Drone Camp! Fly your own personal drone! This week-long course will review the basic rules and regulations of Unmanned Aerial Systems, a short history, a little weather information, and of course how to fly your drone. EVERYONE who wishes to purchase their drone will leave the course READY TO FLY their drone, and surprise their families with hours of fun! (We fly the “Holy Stone Mini Drone”, a very stable and great drone for the beginner flyer!) We’ll also do a couple of drone demos and show you some of the vast possibilities in the exciting world of drones. We’ll even give you some pointers when it comes to shooting photos or videos with drones! Come have fun with us!

PREREQUISITES: The cost per drone is \$30.00 via check or cash, payable to the instructor and due the first day of class. Please RSVP via email to ensure we have enough inventory.

INSTRUCTOR: Shawn “BW” Barstow is an adjunct instructor in the School of Applied Sciences, Technology and Education. He is also a student in the Professional Pilot program! He recently transitioned from a 21-year career in the United States Air Force and now lives here in Logan. The majority of his time in the Air Force was working radios and as an Air Traffic Controller. He has been around the world, controlling aircraft in some unusual places, loving every bit of it. He hopes to continue here at USU teaching and sharing with others his passion of this wondrous world of aviation!

Maximize Your Use of Gmail and Google

Course #140	6 Jul – 10 Jul	10:30 AM – 11:45 AM	M - F	\$55.00	EDUC 170 - E/F Lab
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DESCRIPTION: You will learn and practice how to: use Gmail email, contacts, calendars and Google Drive; Label, Delete & Archive your Gmail, report spam and receive email from all your accounts in one Inbox; cleanup, merge, and create contacts and groups; create calendar events, invite others and share calendars; create documents, spreadsheets, and presentations in Google Drive; and share and collaborate with others on these e-files. Google Drive is FREE and is the only office suite software you will ever need. You can access Google Drive from any computer with Internet access. This class is held in the computer lab on campus, limited enrollment.

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 7 years. She also teaches at her church and at other nonprofit organizations in her hometown of New Braunfels, TX where she now resides.

Ins and Outs of Google Drive

Course #146	13 Jul – 17 Jul	10:30 AM – 11:45 AM	M - F	\$55.00	EDUC 170 - E/F 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. Google Drive will work on PCs; Android phones and tablets; iPhones, iPads and Macs. This class is held in the computer lab on campus, limited enrollment.

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 7 years. She also teaches at her church and at other nonprofit organizations in her hometown of New Braunfels, TX where she now resides.

Course ID #	Date	Time	Days	Price	Location
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Social Media Platforms And Mobile Applications (For Beyond Beginners)

Course #152	27 Jul – 31 Jul	9:00 AM – 10:15 AM	M - F	\$50.00	HH 380
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DESCRIPTION: If you are a step or two above a beginning user of social media platforms like Facebook, Twitter, Instagram, or Pinterest, then this course is for you. That is, if you have profiles already set up in several platforms, or if you have downloaded social media applications onto your mobile device, then this course will build upon that knowledge, in a non-threatening environment. We will cover how to edit, upload, and organize photos in Facebook; how to tag people we want to be connected with in those photos; how to properly use hash tags and handle tags; how to share other peoples' posts; and what are the strengths and weaknesses of each social media platform. This course will be a fun, active course, with plenty of examples and time for discussion and to have your questions answered!

PREREQUISITES: Mobile device(s) or laptop, preferred, but not required.

INSTRUCTOR: **Dr. Preston Parker** received his formal education in Business Management at Utah State University (Bachelor), in Mass Communication at Indiana University (Master), and in Instructional Technology at Utah State University (Doctorate). During the last 15 years, he has created and taught university courses in social media, management, marketing, public relations, entrepreneurship, professional communication, and new venture marketing. He has a passion for social media. But really, he would just like to be known as a good husband to his wife of 21 years, and a good father to his six young children.



Introduction to Drones, Course #129

Course ID #	Date	Time	Days	Price	Location
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Water Aerobics

Course #101	1 Jun – 31 Jul	8:00 AM – 8:45 AM	M, W, F	\$125.00	HPER Small Pool
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DESCRIPTION: Water aerobics consists of fundamental and low-weight movements in an environment intended to foster motion, flexibility, and health. Water aerobics can optimally be applied to those with weak joints, chronic injuries, and fatigue as well as other issues as the water allows for a near-weightless experience for more motion through the water. The main form of resistance will be resistance of the water to increase physical fitness of participants. The motions incorporated into class sessions include jumping, crunching, twisting, kicking, pushing and pulling. The primary goal of this course is to improve overall physical fitness and health of class participants.

INSTRUCTOR: Jordan C Jensen (JJ) is a personal trainer and water aerobics instructor for Utah State University's Employee Wellness program. JJ has group facilitator experience both in and out of the pool. He has led groups through physically challenging activities at the USU Challenge Course on top of his many sessions instructing water aerobics. JJ has a background in many different sports including football, wrestling and weightlifting. He incorporates these sports' training techniques to create a unique and powerful experience.

Yoga

Course #102	2 Jun – 26 Jun	9:00 AM – 10:00 AM	Tu, Th	\$65.00	HPER 102
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DESCRIPTION: This yoga practice focuses on respiration, 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. All teaching is offered in a staged way, making the class appropriate for a variety of levels of abilities.

PREREQUISITES: Yoga mat. Additional props as desired: blocks, strap, bolster, and/or eye pillow.

INSTRUCTOR: April Bosworth, E-RYT200 & "Teaching Yoga for Seniors" certified, 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 for Lifelong Well-Being

Course #103	7 Jul – 30 Jul	9:00 AM – 10:00 AM	Tu, Th	\$65.00	HPER 102
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DESCRIPTION: A mindful yoga practice can teach you how to safely age with greater flexibility, strength, balance, and grace, both physically and psychologically. Studies have shown that yoga can help prevent much of the ill health, disability, and suffering that has been associated with aging. Mindfulness in posture and alignment, and awareness of these factors in daily living activities, along with critically important breathing and meditation tools will be emphasized within our practice. Relevant information about the body, the science of yoga, will also joyfully be taught and incorporated. Ability to get up and down from lying, seated and standing positions is essential to this mixed-level class where modifications for various needs will be given.

PREREQUISITES: Please bring a yoga mat, 2 yoga blocks (4" high is preferable) and a yoga strap, if possible. Some blocks and straps will be available.

INSTRUCTOR: Cammy Adair has a Bachelors degree in Health Education & Exercise Science from Utah State University. She is a Yoga Alliance certified RYT500 Instructor, a certified Senior Instructor and a certified ACE Group Fitness Instructor. Cammy has over 800 hours teaching yoga classes for students ranging from seniors with disabilities and/or age-related health conditions to rock climbers for strength, balance & injury prevention. She's been teaching seniors for over 4 years and loves watching them experience the positive effects of yoga on their mental & physical well-being.

Course ID #	Date	Time	Days	Price	Location
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Tai Chi

Course #104	1 Jun – 22 Jul	10:00 AM – 11:00 AM	M, W	\$0.00	Bear River Health Dept. 153 & 154
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DESCRIPTION: Tai chi movements are slow, smooth and continuous, helping to strengthen internal muscles, like the deep stabilizers that support and strengthen the spine. Additionally, tai chi practitioners move against a gentle resistance to build full muscular strength. Slow and smooth movements calm the mind, helping to reduce falls resulting from sudden movements that lead to significant blood pressure drop, especially in elder people taking medication that can cause change of blood pressure. Tai chi practitioners are mindful of transferring weight with each step, helping to improve mobility, coordination and balance. This, in addition to emphasis on upright and supple posture, further strengthens muscles. Additional benefits are reduced pain and stiffness due to arthritis.

PREREQUISITES: Wear comfortable shoes and clothes that will be easy to move in. Limited enrollment.

INSTRUCTOR: **Emily Jewkes**, Tai chi Instructor, from Logan, UT, was trained by Bill Pickett, a tai chi Master Trainer from Knoxville TN. Bill 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.

Chair Yoga

Course #105	1 Jun – 29 Jul	10:00 AM – 11:00 AM	M, W	\$100.00	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 that have difficulty getting down or up from the floor. All the poses are done seated in a chair with the option of standing and using the chair to assist with balance. Classes focus on improving joint mobility, flexibility, balance and increasing strength. Breathwork and meditation will also be practiced.

PREREQUISITES: Yoga mat, yoga strap and 2 yoga blocks.

INSTRUCTOR: **Haley M Hayes** is a 500hr RYT and Level 1 Yoga therapist. 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 2019, Haley received her Master's in Exercise Science at USU. Her thesis was on the effects of a yoga intervention on reactive balance and cognition in an older adult population which she presented at the Symposium on Yoga Research at the Kripalu Institute. Along with teaching privately, Haley is an adjunct instructor for the Yoga Studies minor at USU.

Drumming and Rhythm For Fun!

Course #108	2 Jun – 18 Jun	10:30 AM – 11:45 AM	Tu, Th	\$65.00	HPER 209
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DESCRIPTION: Come have fun and express yourself in a new way as you play to the beat and learn about different instruments. No previous experience with music necessary in order to enjoy yourself. There are many benefits to participating in a group rhythm exercise such as stress relief, self-esteem boost, emotional expression, fostering relationships with others and many more. The instructor provides a variety of drums and rhythm instruments for participants to try and facilitates the group so that everyone feels successful. Participants play while seated.

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 ID #	Date	Time	Days	Price	Location
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Don't Let Hearing Loss Keep You Out of the Conversation

Course #111	1 Jun – 5 Jun	10:30 AM – 11:45 AM	M - F	\$55.00	HH 380
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DESCRIPTION: Approximately 48 million Americans report some degree of hearing loss. In this class we'll talk about the different types and importance of communication and how hearing loss affects your ability to communicate and thereby influences your overall health. We'll discuss the causes and challenges of hearing loss and offer several strategies to assist when there are communication breakdowns. We'll also talk about hearing aids; what is currently available; how they work, how to choose one that will work for you; and how to handle the challenges people experience when wearing them. We'll also focus on tinnitus; current research on the causes as well as strategies to deal with the ringing. Improving your ability to communicate will enhance and improve your social and personal relationships.

PREREQUISITES: Notebook and writing utensil to take notes. Bring a desire to learn and discuss concepts.

INSTRUCTOR: Tiffany Shelton is an assistant clinical professor in Audiology at USU. Tiffany received her Bachelor's and Master's Degrees in Communicative Disorders and Deaf Education at USU and her Doctorate of Audiology at A.T. Still University, Arizona School of Health Sciences and has worked with individuals of all ages with all degrees of hearing loss. She has been an audiologist for over 25 years and has worked in university settings, as well as in ENT and private practices. Her specialties are hearing diagnostics with emphasis in amplification, auditory processing, tinnitus, and counseling.

Nutrition Mysteries

Course #118	8 Jun – 11 Jun	10:30 AM – 11:45 AM	M - Th	\$40.00	HH 322
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DESCRIPTION: Nutrition-the key to health in every stage of life! This field of science is constantly being updated, and the foods we love have changed more in the last 100 years than the last 100,000. Amid this change, the leading topics seem to remain a mystery-is fat good or bad? What about salt? How do we know what to eat, and what not to eat? This four-day class is designed to clear up the confusion surrounding fat, salt, food labels, and more: so you can make well-informed decisions to support a happy, healthy life!

PREREQUISITES: No prerequisites required; students should have a basic interest in nutrition and science! Paper materials will be supplied at each class.

INSTRUCTOR: Karlie Mountjoy, MScN, 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.

Low Back Pain Treatments

Course #126	15 Jun	3:00 PM – 4:30 PM	M only	\$0.00	HH 322
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DESCRIPTION: Learn about causes, diagnosis of low back pain, knee joint pain. and non-surgical treatment options. Learn more about STEM cells.

PREREQUISITES: Bring your questions on STEM cells, low back pain, MRIs of friends and yours.

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 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.

Course ID #	Date	Time	Days	Price	Location
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Experience the Relaxation of Tibetan Singing Bowls

Course #145	13 Jul – 14 Jul	9:00 AM – 10:15 AM	M, Tu	\$25.00	HH 370
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DESCRIPTION: Tibetan singing bowls have been around for centuries. They have been used in many cultures for healing and meditation. In this class we will spend time understanding the benefits of Tibetan singing bowls as well as experience your own meditation and relaxation to a bowl session. They are known to: promote deep relaxation, reduce stress and anxiety, balance the systems of the body, and aid the immune, nervous, and circulatory systems.

INSTRUCTOR: **Debbi Spendlove** is a Spiritual, Life Celebration Coach, and Energy Practitioner working in the field of Alternative Health and Healing for 18 years. She is certified in Rapid Eye Technology, Reiki, Foot Zoning, and facilitates classes in Personal Development, Leadership Training, Inner Child work, Reiki, Chakra instruction, and facilitates Family Matrix realignments.



Water Aerobics, Course #101



Drumming and Rhythm For Fun!, Course #108

“This was my first year and it was wonderful. Only took me two weeks to make a deposit to come back next year.”

– Kenny Moss

Course ID #	Date	Time	Days	Price	Location
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Summer Citizen Chorus

Course #106	1 Jun – 27 Jul	10:30 AM – 11:30 AM	M only	\$55.00	TBD
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DESCRIPTION: The Summer Citizen Chorus will meet once a week. The Chorus will have no auditions and will be open to anyone who will enjoy singing in a mixed chorus. Previous experience in a high school, college, or church choir would be helpful but not required. The repertoire will be taken from show tunes, folk, popular, or inspirational songs. Rehearsals will culminate in performing a selection for the Summer Citizen Closing Luncheon. Join others who enjoy singing!

INSTRUCTOR: Ann Beaucage taught Choral Music at the high school level for 40 years and Conducting and Choral Teaching Techniques at the college level at the Saratoga-Potsdam Choral Institute for 10 summers. Ann has been a guest conductor for many NY Choral Festivals and has given college lecture/demonstrations at Ithaca College, Crane School of Music, and Eastman School of Music. She currently conducts the Province Chorale, a senior choral group in Maricopa, Arizona. She is the recipient of the NY State Choral Director Award and the Rochester Philharmonic Award for Choral Conducting.

Beginning Knitting

Course #107	2 Jun – 16 Jun	2:00 PM – 4:00 PM	Tu only	\$50.00	HH 380
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DESCRIPTION: Learn to knit while making a pair of adult-sized slippers. You will learn the basic starting techniques of cast on, knit stitch, purl stitch, decreasing, binding off, weaving in tails, and sewing up seams. This class will give you a good start for years of pleasant knitting.

PREREQUISITES: Materials fee \$20 payable to instructor on first day of class: (includes: 1 skein Lamb's Pride Bulky Yarn 85% wool, 15% mohair, Set of bamboo Size 10 knitting needles, Stitch markers, Tapestry needle, Pattern for slippers). Limited enrollment.

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 spins her own yarn when she wants to take a break from knitting.

Intermediate Knitting - Felted Wool Bag

Course #109	23 Jun – 7 Jul	2:00 PM – 4:00 PM	Tu only	\$50.00	HH 380
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DESCRIPTION: Go beyond the basics with this colorful striped bag that you may want to use as your go-to knitting bag after you finish knitting it. We will use 100% wool yarn which is feltable. The bag is knitted in the round on circular needles with double-stranded yarn which makes it very sturdy. We will felt (shrink) the bag during the third class period. Students need to bring materials to the first class.

PREREQUISITES: Student Furnished Materials List: 350 yards each of three compatible colors of 100% worsted weight wool yarn (Paton's worsted wool works well or any other worsted weight which is all wool), Size 11 circular needle (bamboo preferred) 36 inches long, 4 stitch markers to fit on your needle, Tapestry needle for sewing in yarn tails, Pattern will be provided. Limited enrollment.

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 spins her own yarn when she wants to take a break from knitting.

Course ID #	Date	Time	Days	Price	Location
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Create Custom Greeting Cards - Beginning and Intermediate levels

Course #113	1 Jun – 5 Jun	1:30 PM – 4:30 PM	M, W, F	\$50.00	HH 370
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DESCRIPTION: Create your personalized cards for family and friends. Show off your new talent. You will be amazed at your creations. Beginners will have a few cards to take home on the first day. Intermediate part of class will be in die cutting and design. The newest way to create is with die cuts. There will be many dies to choose from as well as embellishments. We will make box cards, easel cards, legacy and memory cards, tri fold and mini book cards. These techniques are also used for scrapbooking. Extravagant embellishments will be at student's expense. There will be enough supplies to make many, many cards. We may also discuss starting your own business. Come prepared to create and have FUN!

PREREQUISITES: Material cost for this class is \$14.00 payable to the instructor first day of class. Some tools will be furnished. Bring scissors, tape runners, cutters, any tools you have. Make sure your name is on them. Be prepared to amaze yourself.

INSTRUCTOR: Paulette Duda Paulette 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 Lyric Theatre: From Page to Stage

Course #116	8 Jun – 12 Jun	9:00 AM – 10:15 AM	M - F	\$55.00	HH 322
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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 larger. Tour the Morgan Theatre and Black Box Theatre on USU's campus. Students are encouraged to attend the Lyric Productions.

INSTRUCTOR: Dennis Hassan 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.

Japanese Brush Painting - Traditional Asian Water Color Course

Course #123	15 Jun – 19 Jun	10:30 AM – 12:30 PM	M - F	\$45.00	FAV TBD
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DESCRIPTION: The art of Asian watercolor painting will be taught in this class and how it differs from Western style painting. Basic techniques are using only Japanese brush sume-ink, few basic watercolor paints and rice papers. Focus is on painting as a meditative process. With a few strokes of the brush capture the "Essence of the Subject". Class Includes brush techniques, color blending, composition, and traditional subjects. Japanese painting is an ancient tradition, but is new to many people. Suitable for beginning and & experienced painters.

PREREQUISITES: Supplies and materials paid to instructor, not included in course fee. Any questions please contact 435-881-5304.

INSTRUCTOR: Eiko Anderson Eiko was born in Osaka, Japan & 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) & Asian Watercolor. With many years of experience she teaches both adults & children. Eiko is a member of the Sumi-e Society of America & the Utah Water Color Society. She has received recognition & awards for her talent. Her paintings are on exhibit in various locations & featured on her website at eikosart.com.

Course ID #	Date	Time	Days	Price	Location
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Create Custom Holiday Cards

Course #125	15 Jun – 19 Jun	1:30 PM – 4:30 PM	M, W, F	\$50.00	HH 380
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DESCRIPTION: You will create extraordinary holiday cards using die cuts and embellishments. How about a haunted house or Christmas ornaments for your tree? We will also have cards for birthdays, anniversaries, weddings, Easter, Mother's and Father's days, etc., and dies and cutting machines will be available for use. Papers and embellishments will allow you to create many, many cards. If you have a special request, email me ahead so I can prepare what we will need. Bring your favorite project to share with the class. Tools will be provided but you can bring yours also. Make sure your name is on your tools. Come join us for some fun times!

PREREQUISITES: Material cost for this class is \$15.00 payable to the instructor first day of class. Some tools will be furnished. Bring scissors, tape runners, cutters, any tools you have. Make sure your name is on them. Be prepared to amaze yourself.

INSTRUCTOR: Paulette Duda Paulette 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.

Baroque Art History

Course #131	22 Jun – 26 Jun	10:30 AM – 11:45 AM	M - F	\$45.00	HH 370
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DESCRIPTION: From 1600 - 1700 the European powers vied for control of trade and ideology. This course will focus on how the art of this age reflects many of the events of their time. This is the century when the Counter Reformation gave rise to fantastic works in Italy by Bernini and Caravaggio. At the same time more humble paintings were produced in the North by artists like Vermeer and Rembrandt. It's an age of contrast and drama.

INSTRUCTOR: Kevan Larsen Kevan Larsen is an AP Art History teacher at Weber High School. He attended USU where he received his BFA in Art and his commission as an officer in the U.S. Army. Kevan has been teaching art history at Weber High for over 20 years. He leads summer tour groups for students each summer. So far he has been to 17 countries to explore museums and other art sites in person and share that experience with his students.

Discover the Joy and Magic of Watercolor

Course #132	22 Jun – 26 Jun	1:00 PM – 4:00 PM	M - F	\$45.00	FAV TBD
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DESCRIPTION: The secret is out. Watercolor is EASY and FUN!! Whether you've never picked up a brush before or you've been painting for a while, you will love this class and have fun in the process. So make room on your walls because you'll soon be hanging your own masterpieces. We will cover the fundamentals of making a good painting; how to transfer your image, what makes a good composition, how to mix your own colors, effective use of hard & soft edges for visual impact, and how to let your materials work for you. Sue is passionate about painting and wants you to become passionate, too. Demonstrations, class and individual help will combine to help you discover the joy and magic of watercolor.

PREREQUISITES: \$20 per student supplies and materials paid to instructor, not included in course fee.

INSTRUCTOR: Sue Nuhn Sue Nuhn is a full time artist equally comfortable in all mediums. She especially loves to paint anything with a face: portraits, animals, flowers or the face of a mountain or barn. Her pet portraits are in high demand. Sue teaches various painting classes and workshops in the Sun Cities and is an active member of the Utah and Arizona Watercolor Societies, Vanguard Artists and the Contemporary Women Artists of Arizona.

Course ID #	Date	Time	Days	Price	Location
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Beginning Drawing

Course #139	6 Jul – 10 Jul	9:00 AM – 11:00 AM	M - Th	\$55.00	FAV TBD
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DESCRIPTION: The objective of this workshop is to develop basic drawing skills. This course will focus primarily on drawing from observation. The first 2 days will be spent on drawing a simple still life in graphite and the final 2 days will be spent drawing a portrait from life with charcoal. This course is just as much about learning how to see and sharpening visual awareness as it is about drawing.

PREREQUISITES: Paper: 18"x 24" pad, Board w/clips, Graphite Pencils-3B - 8B (Faber Castell, Turquoise, Ebony drawing pencils) Charcoal Pencils 4B - 8B, Compressed charcoal sticks (soft), White Eraser, Kneaded Eraser, Stumps or Smudge sticks*, Worable matt fixative Aquanet hairspray, Pen eraser*, Roll of paper towels (Viva preferred), Sheet of medium-course sandpaper, Lab coat or apron*

***OPTIONAL**

INSTRUCTOR: Shane Larson received his BA and MFA degrees in illustration from USU. Shane has taught courses in Basic and Advanced Illustration, Drawing for Illustration, Graduate Illustration Studio, and Children's Storybook Illustration. He is currently teaching Drawing I and II and 2-D Design at USU. He has worked as a free-lance illustrator, doing digital concept illustrations for Frito-Lay, Walmart, Hershey's, and Deans Foods. He's had award-winning paintings in the 'Arts for the Parks' in Jackson Hole, Wyoming, and the United States Olympic Committee National Art Contest.

The Beatles 'From Liverpool to Abbey Road'

Course #144	13 Jul – 23 Jul	9:00 AM – 11:00 AM	M - Th	\$80.00	HH 380
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DESCRIPTION: This 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 concert performances, and films, thru their creative ground breaking studio albums (Rubber Soul, Revolver, Sgt. Peppers) 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.

INSTRUCTOR: Vincent Bruno has recently retired as Director of First Year Programs for the Center of Counselling, 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.

The Sixties: The British Invasion

Course #147	13 Jul – 23 Jul	2:00 PM – 4:00 PM	M - Th	\$80.00	HH 370
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DESCRIPTION: This two week 8-session course will focus on the phenomenon rise of the British pop and rock acts that invaded our shores in the 60's. From pop groups (The Beatles, The Dave Clark 5, The Animals, The Kinks) to the psychedelic and progressive bands (The Who, Pink Floyd, Cream, Traffic). We will explore highlights from landmark recordings that clearly defined this British pop renaissance era. Our journey will also include aspects of British popular culture (cinema, fashion, TV and UK underground) whose influence added to the impact of this remarkable decade. (Each session is 2 hours).

INSTRUCTOR: Vincent Bruno has recently retired as Director of First Year Programs for the Center of Counselling, 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.

Course ID #	Date	Time	Days	Price	Location
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Beginning Oil Painting

Course #151	20 Jul – 23 Jul	3:00 PM – 5:00 PM	M - Th	\$55.00	FAV TBD
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DESCRIPTION: The objective of this workshop is to develop basic oil painting skills. It will focus primarily on the technical aspect of oil painting and thus focus primarily on painting from observation. Students will learn and explore basic aspects of painting such as brush techniques, mixing paint, color, value, composition, use of soft and hard edges and many other fundamental principles in painting.

PREREQUISITES: Full Palette or Limited Palette oil paints, 1 qty. stretched canvas or canvas panel 9x12" to 16x20", Brushes=Brights, Flats, & Filberts preferred. MISC: Rags or "Viva" paper towels, brush cleaner or liquid dish soap, odorless mineral spirits, Protective Clothing or apron*, Surgical gloves*, portable container to carry supplies, 1 metal or glass container for mineral spirits, Comfortable camp chair (to sit in)* Portable/field easel* Limited enrollment.

*OPTIONAL

INSTRUCTOR: Shane Larson received his BA and MFA degrees in illustration from USU. Shane has taught courses in Basic and Advanced Illustration, Drawing for Illustration, Graduate Illustration Studio, and Children's Storybook Illustration. He is currently teaching Drawing I and II and 2-D Design at USU. He has worked as a free-lance illustrator, doing digital concept illustrations for Frito-Lay, Walmart, Hershey's, and Deans Foods. He's had award-winning paintings in the 'Arts for the Parks' in Jackson Hole, Wyoming, and the United States Olympic Committee National Art Contest.



Japanese Brush Painting, Course #123

Course ID #	Date	Time	Days	Price	Location
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Tabernacle Choir and Temple Square

Course #156	21 Jun	7:00 AM – 4:00 PM	Sun only	\$95.00	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, bottles of water, snacks, and a wonderful brunch/lunch are included. Please park at the Big Blue Parking Terrace.

INSTRUCTOR: Tour Guide **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 6 years and is well-acquainted with the history and culture of the LDS church.

Warriors Over the Wasatch Hill Air Force Base Airshow 2020

Course #157	27 Jun	8:30 AM – 4:30 PM	Sat only	\$45.00	Off-Campus
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DESCRIPTION: Do you like military aircraft, watching death defying aerobatics and enjoying interacting with like minded aviation enthusiasts? Join us for a bus trip to the Utah Air Show on Saturday, June 27th. Bus transportation and water will be provided, just bring your own sunscreen, hat and emergency rain poncho if needed.

PREREQUISITES: The airshow is free but there is a cost for the bus transportation...save time parking and walking.

INSTRUCTOR: **Baron Wesemann** Andreas "Baron" Wesemann is an assistant professor 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.

Thanksgiving Point and Kennecott Copper Mine

Course #158	16 Jul	8:00 AM – 6:30 PM	Thu only	\$115.00	Off-Campus
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Description: Join us for a great adventure to two of Utah's most impressive attractions. We begin at Thanksgiving Point in Lehi and you choose between the Museum of Ancient Life or Ashton Gardens. Roam among the dinosaurs, explore a Carboniferous Forest, and dive deep into a Cretaceous Ocean at the Museum of Ancient Life. They have one of the world's largest displays with 60 complete dinosaur skeletons, along with more than 50 hands-on exhibits. An oasis in the desert, Ashton Gardens features 55 acres of stately gardens, grand lawns, and the largest manmade waterfall in the Western Hemisphere. Rejuvenate yourself and enjoy nature's beauty by strolling through 15 themed gardens. Then we're off to the award-winning Goodwood BBQ for a delicious lunch. Next we head to Kennecott Copper Mine, the world's largest open pit mine - so big it can be seen from the moon! You'll marvel at the magnitude of this impressive enterprise. Bus transportation, tour guide, bottles of water, snacks, and a wonderful lunch are included.

Instructor: **Julie Hollist-Terrill** is the director of the Cache Valley Visitors Bureau. She holds a masters degree in journalism and communications from USU, loves new adventures and is a sought-after speaker and instructor. She is excited to share some of northern Utah's greatest highlights with you. Julie is the hostess with mostest and you'll have a great time!

Hello Summer Citizens!

*Cache Valley Hospital
Welcomes you to Logan, UT*



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

Visit cachevalleyhospital.com/summer to:

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

Have a question?

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

Healthcare Liaison: (435) 713-9700

cachevalleyhospital.com/summer
2380 N 400 E, Logan, UT 84341



MOUNTAINSTAR

Cache Valley Hospital



From top Left to Bottom:

- Japanese Brush Painting
- Wyoming Tour
- Wyoming Tour
- Mayor's Ice Cream Social
- USU Animal Science Farm Tour
- Sunday Under the Trees
- Drone Flying Class
- Rhythmic Drumming Class
- Aggie Chocolate Factory Tour
- Animal Science Farm Visit
- Talent Show and Banquet

2020 Course Schedule At-A-Glance

Detailed course information begins on page 26. For information on this year's tours, see page 47.

WK	COURSE	TIME	TITLE & DAYS	LOCATION
Multi-week classes	101	8:00-8:45	Water Aerobics & (June 1 - July 31, M,W,F)	HPER Small Pool
	102	9:00-10:00	Yoga & (June 2-June 25 T,Th)	HPER 102
	103	9:00-10:00	Yoga for Lifelong Well-Being & (July 7 -30 T,Th)	HPER 102
	104	10:00-11:00	Tai Chi & (June 1 - July 22, M,W)	BRH 153 & 154
	105	10:00-11:00	Chair Yoga & (June 1 - July 29 M,W)	HPER 215
	106	10:30 - 11:30	Summer Citizen Chorus & (M only excluding 7/7-7/14)	TBD
	107	2:00 - 4:00	Beginning Knitting & (T (3 wks) (6/2 - 6/16))	HH 380
	108	10:30-11:45	Drumming and Rhythm For Fun! & (Wks 1,2,3 T/Th wk 1 (June 2 - June 18))	HPER 209
	109	2:00-4:00	Intermediate Knitting - Felted Wool Bag (June 23 - July 7)	HH 380
Week 1 (June 1-5)	110	9:00-10:15	Banned Books: A discussion of time and context & (M-F)	HH 380
	111	10:30 - 11:45	Don't Let Hearing Loss Keep You Out of the Conversation & (M-F)	HH 380
	112	1:30 - 2:45	BITCOINS, Cryptocurrencies, and Block Chain & (M-F)	HH 322
	113	1:30 - 4:30	Create Custom Greeting Cards - Beginning and Intermediate levels (3 - 3 hour classes=9 sessions) & (M,W,F)	HH 370
	114	1:30-2:45	Naval Battles of the Pacific War & (M-F)	HH 360
	115	3:00 - 4:15	SOCIAL MEDIA BASICS (FOR BEGINNERS) & (M-F)	HH 322
Week 2 (June 8-12)	116	9:00-10:15	The Lyric Theatre: From Page to Stage & (M-F)	HH 322
	117	10:30-11:45	Edward Abbey: Inspiration or Eco Terrorist & (M-F)	HH 380
	118	10:30-11:45	Nutrition Mysteries & (M-Th)	HH 322
	119	1:30-2:45	In Search of the Recent Past-Making Sense of Our Times & (M-F)	EBB 215
	120	1:30-2:45	Lightning Moments & (W, Th, F)	HH 370
	121	3:00 - 4:15	Being Comfortable in the Uncomfortable & (Monday)	HH 370
Week 3 (Jun 15-19)	122	9:00-10:15	Utah's Struggle for Statehood & (M-F)	HH 380
	123	10:30-12:30	Japanese Brush Painting - Traditional Asian Water Color Course & (M-F)	FAV TBD
	124	1:30-2:45PM	The Edwardians & (M-F)	HH 370
	125	1:30 - 4:30	Create Custom Holiday Cards (3 - 3 hour classes = 9 sessions) & (M,W,F)	HH 380
	126	3-4:30PM	Low Back Pain Treatments & (Monday)	HH 322
	127	3:00-4:15	Cache Valley Goes Worldwide & (M-F)	HH 360
Week 4 (Jun 22-26)	128	9:00 - 10:15	How to Optimize Your Android Phone or Tablet & (M-F)	HH 380
	129	9:00- 10:45	Introduction to Drones & (M-F)	TECH 108
	130	10:30 - 11:45	Galapagos Islands Ecosystems & (M-F)	HH 380
	131	10:30-11:45	Baroque Art History & (M-F)	HH 370
	132	1:00 - 4:00	Discover the Joy and Magic of Watercolor & (M-F)	FAV TBD
	133	1:30-2:45	Weather Forecasting & (M-F)	HH 370
	134	3:00 - 4:15	Meet Your Neighbors: Insights Into the Church of Jesus Christ of Latter-Day Saints & (M-F)	HH 322

WEEK	COURSE	TIME	TITLE & DAYS	LOCATION
Week 5 (Jun 29-July 2)	135	9:00-10:30	Supervolcanoes and Lava Fountains: The Geology of the Snake River Plain & (M-Th)	HH 322
	136	10:30-12:00	History's Mysteries and Ironies & (M-Th)	HH 370
	137	1:30-3:00	Political-Military Events in the 20th Century: America dominates the World Stage & (M-Th)	HH 370
	138	3:00-4:30	Peter Sinks, the Coldest Location in the U.S. & (M-Th)	HH 360
	139	9:00-11:00	Beginning Drawing & (M - Th)	FAV TBD
Week 6 (Jul 6-10)	140	10:30-11:45	Maximize Your Use of Gmail and Google & (M-F)	EDUC 170 E/F Lab
	141	1:30-2:45	Early First Ladies of the US & (M-F)	HH 370
	142	3:00-4:15	Shoshone Culture & (M-F)	HH 322
	143	3:00-4:15	US Civil-Military Relations in the 20th Century & (M-F)	HH 360
Week 7 (Jul 13-17)	144	9:00-11:00	The Beatles 'From Liverpool to Abbey Road' - 2 weeks (8 sessions per week) & (M-Th wk 1)	HH 380
	145	9:00-10:15	Experience the Relaxation of Tibetan Singing Bowls (2 day class) & (M-T)	HH 370
	146	10:30-11:45	Ins and Outs of Google Drive & (M-F)	EDUC 170 E/F Lab
	147	2:00 - 4:00	The Sixties: The British Invasion & (M - Th wk 1)	HH 370
	148	1:30 - 2:45	World War II: Key Insights into the Pacific Theater & (M-F)	HH 380
	149	3:00-4:15	Terrorism Awareness: Global and Domestic from a Politically Incorrect Perspective & (M-F)	HH 380
	Week 8 (Jul 20-23)	cont'd	9:00-11:00	The Beatles 'From Liverpool to Abbey Road' - 2 weeks (8 sessions per week) & (M-Th wk 2)
cont'd		2:15 - 4:15	The Sixties: The British Invasion & (M - Th wk 2)	HH 370
150		2:15 - 3:45	America's International Political Challenges & (M-Th)	HH 370
151		3:00-5:00	Beginning Oil Painting & (M-Th)	FAV TBD
Week 9 (Jul 27-31)		152	9:00 - 10:15	SOCIAL MEDIA PLATFORMS AND MOBILE APPLICATIONS (FOR BEYOND BEGINNERS) & (M-F)
	153	10:30-11:45	The Israeli-Palestinian Conflict & (M-F)	EBB 215
	154	2:15 - 3:30	Astronomy: All About Stars & (M-F)	ESLC 046
	155	3:00 - 4:45	American Lighthouse History Tour & (M,W,F)	HH 380

Legend

BRH-Bear River Health Department (off campus)
 EBB-Eccles Business Building
 EDUC-Education Building
 ESLC-Eccles Science Learning Center
 FAV-Fine Arts Visual
 HH-Huntsman Hall
 HPER-Health, Physical Education & Recreation
 IS-Industrial Science Building

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