The Summer Citizens Program is grateful for our VIP Sponsors and partners who contribute their time and resources to make Summer Citizens a success each year. The Program would not be possible without their help. Please look for their ads in this book and support them when you get to Logan.

VIP Sponsors
Black Bear Diner
Cache Valley Hospital – MountainStar Health Care
Cache Valley Transit District (CVTD)
Cache Valley Visitors Bureau
Cameron M. Workman, DDS
Intermountain Logan Regional Hospital
Lee’s Marketplace
Lyric Repertory Theatre
Monson Vision
My Girlfriend’s Quilt Shoppe
Summerfest Arts Faire
The Worx Physical Therapy & Fitness
USU Dining Services
Utah Festival Opera & Musical Theater

Partners
Cache County RAPZ and Restaurant Taxes
Logan City
USU Event Services

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The Summer Citizens Program is presented by Event Services at Utah State University.

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.
Utah State University Extends a Warm Welcome to Summer Citizens

Utah State University (USU) welcomes our summer residents with open arms. We are proud to host this program and offer this wonderful opportunity. Summer Citizens bring a fun and unique presence to the community and it’s wonderful to see you around campus and around town. We hope you are made to feel welcomed as friends wherever you go.

Utah State University

USU was founded in 1888 as the land-grant institution of Utah. Since it’s humble beginnings as the Agricultural College of Utah, the “Aggie” family has transformed it into a world-class institution of higher education. USU’s foundation rests on three pillars of “Teaching, Research and Service.”

Enrollment

Fall semester 2020
Student body was representative of all 50 states and more than 66 foreign countries.

Breakdown of USU Enrollment

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Students Statewide &amp; Distance Education</td>
<td>28,000</td>
</tr>
<tr>
<td>All Undergraduate Students</td>
<td>25,000</td>
</tr>
<tr>
<td>All Graduate Students</td>
<td>3,000</td>
</tr>
<tr>
<td>Logan Campus Only</td>
<td>19,200</td>
</tr>
</tbody>
</table>

The Location

City: Logan, Utah
Population (2020): 133,164
Elevation: 4,334 feet
USU Elevation: 4,777 feet
County: Cache County, Utah
Population (2020): 133,164
Local Time: MDT March 13 – Nov. 6

Weather

Logan boasts mild temperatures, but even on a hot day it typically cools down in the evenings and stays pleasant through the morning. An evening breeze from Logan Canyon cools the temperatures at night so a light sweater may be needed.

Average Monthly Temperatures

<table>
<thead>
<tr>
<th>Month</th>
<th>High (°F)</th>
<th>Low (°F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>May</td>
<td>68°</td>
<td>40°</td>
</tr>
<tr>
<td>June</td>
<td>78°</td>
<td>47°</td>
</tr>
<tr>
<td>July</td>
<td>88°</td>
<td>53°</td>
</tr>
<tr>
<td>August</td>
<td>87°</td>
<td>51°</td>
</tr>
</tbody>
</table>

Summer Citizens Program

The Summer Citizens Program has run continuously at USU since 1976 with the exception of 2020 when it was canceled due to the COVID-19 virus outbreak. In 2021 the program made a strong come-back and is looking forward to a banner year in 2022.

Our Mission

The Summer Citizens program provides opportunities for the 55+ generation to discover, engage and celebrate life through lifelong learning activities at Utah State University in Logan, Utah and throughout the greater Cache Valley area.

Lisa Anderson
Summer Citizens Program Coordinator

Contact
435-797-2038
summercitizens@usu.edu
summercitizens.usu.edu

Attendance History – Last 7 Years

<table>
<thead>
<tr>
<th>Year</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>2021</td>
<td>630</td>
</tr>
<tr>
<td>2020</td>
<td>Canceled</td>
</tr>
<tr>
<td>2019</td>
<td>825</td>
</tr>
<tr>
<td>2018</td>
<td>820</td>
</tr>
<tr>
<td>2017</td>
<td>723</td>
</tr>
</tbody>
</table>

Demographics of 2021 Participants

<table>
<thead>
<tr>
<th>Age</th>
<th>% of Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>50–59</td>
<td>1%</td>
</tr>
<tr>
<td>60–69</td>
<td>12%</td>
</tr>
<tr>
<td>70–79</td>
<td>61%</td>
</tr>
<tr>
<td>80–89</td>
<td>25%</td>
</tr>
<tr>
<td>90–98</td>
<td>1%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Home State</th>
<th>% of Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>AZ</td>
<td>84%</td>
</tr>
<tr>
<td>UT</td>
<td>5%</td>
</tr>
<tr>
<td>CA</td>
<td>4%</td>
</tr>
<tr>
<td>TX</td>
<td>2%</td>
</tr>
<tr>
<td>Other (includes 12 States)</td>
<td>5%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Years Attended</th>
<th>% of Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Year</td>
<td>35%</td>
</tr>
<tr>
<td>2–4 Years</td>
<td>41%</td>
</tr>
<tr>
<td>5–9 Years</td>
<td>12%</td>
</tr>
<tr>
<td>10+ Years</td>
<td>12%</td>
</tr>
</tbody>
</table>
Program Registration

How to Register

**Step 1 Make Housing Reservations ASAP**
See housing details on page 08.

**Step 2 Register for the Program Online**
- Go to the website [summercitizens.usu.edu](http://summercitizens.usu.edu)
- PLEASE NOTE: Each person must register with a unique email address to receive a t-shirt and all program benefits.
- There is not a maximum capacity for the program overall. Tours, courses and special events will have a maximum.
- If you are not staying in sponsored housing, you will pay the program fee online.
- You will need to enter your housing location, emergency contact and vehicle information.
- Credit or debit card payment is required.

### Program Fee

- There is a program fee of $110 per person for participation in the Summer Citizens Program.
- This fee provides you with a valid ID card and all the benefits listed on the next page.
- Card must be presented when attending sponsored events.
- If you are staying in sponsored housing, your rent/lease includes this fee for two people.

### Registration Dates & Deadlines

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASAP</td>
<td>Make housing reservations.</td>
</tr>
<tr>
<td>February 1</td>
<td>Program registration opens online.</td>
</tr>
<tr>
<td>April 30</td>
<td>Last day to register at the ‘Early Bird Rate’ of $110 per person.</td>
</tr>
<tr>
<td>May 1</td>
<td>Regular registration rates go into effect and the program fee will increase by $20 per person.</td>
</tr>
<tr>
<td>May 13</td>
<td>Last day to cancel your program attendance, courses, and travel tours and receive a partial refund. No refunds will be processed after this date (see page 7 for cancellation details).</td>
</tr>
</tbody>
</table>

### T-Shirt

- T-shirt sizing – T-shirts are unisex cut and are cotton/poly blend that shouldn’t shrink. Lay a favorite t-shirt flat and measure the front chest area from seam to seam and compare it to the chart on the right.

<table>
<thead>
<tr>
<th>Size</th>
<th>Chest</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>18&quot;</td>
</tr>
<tr>
<td>M</td>
<td>20&quot;</td>
</tr>
<tr>
<td>L</td>
<td>22&quot;</td>
</tr>
<tr>
<td>XL</td>
<td>24&quot;</td>
</tr>
<tr>
<td>2XL</td>
<td>26&quot;</td>
</tr>
</tbody>
</table>

### Program Benefits

The program ID Card is your ticket to receive all the benefits below. It is an individual card and cannot be shared with another person. Your picture and ID number are printed on the card.

- The ID card is a lifetime card that is reactivated each year you register for the program. So, if you already have a card, bring it with you for reactivation. If you have lost your card, you may obtain another one from the USU Card Office for a replacement fee of $15 per card.

### Free Benefits

- T-shirt – a new design every year
- ‘T-shirt Tuesday’ Discounts at many local retailers
- Welcome Packet
- Program Orientations
- Merchant Fairs
- Closing Social Luncheon and Talent Show
- Ice Cream Social with the Mayor
- Sunday Under the Trees Lecture Series
- Connection to Special Interest Groups
- Email Updates Through the Summer
- Weekly Email about Local Events
- E-Newsletters for May, June, July
- Housing Open House
- USU Parking Pass for Select Lots
- USU IT Assistance
- USU Library Access
- USU Computer Lab Access
- USU Campus Tours
- Health Classes by Bear River Health Department
- Ability to use your ID Card as a debit card on campus

### Additional costs apply

- Courses & Fitness Classes (page 26)
- Guided Travel Adventure Tours (page 46)
- USU Campus Recreation Memberships (page 16)
- USU Personal Training Programs
- USU Outdoor Programs Field Trips (page 27)
On-site Check In and Parking

On-site Program Check In

Pick Up Welcome Packet
When you arrive in Logan:
1. Go to your housing property, complete Housing Check In and move in.
2. Go to the USU campus for on-site Program Check In to pick up your T-Shirt and Welcome Packet (beginning May 23).

Program Check In – Opening Week
May 23 – 27, 9:00 AM – 4:00 PM each day
Taggart Student Center, International Lounge
This is the first week of on-site Program Check In. All USU Staff will be in one location so you can easily obtain parking passes, ID cards and IT assistance in one place.

Program Check In – All Summer
May 31 – August 1, 9:00 AM – 4:00 PM each day
Open Monday through Friday, Eccles Conference Center (ECC), Room 103
Check in anytime during the dates and times listed above. You will go to separate locations for a parking pass, new ID Cards and IT assistance.

Parking
Summer Citizens Program participants will be given a USU Campus Parking Pass. This pass will hang in your car’s front window and must be displayed clearly while parked on campus.

The pass allowing parking only in designated areas. See the map on page 24. Parking areas are color-coded and are marked with a P to designate parking pass privileges.

- USU Big Blue Parking Terrace (pictured above) allows up to 4 hours per day without charge.
- Open surface lots provide unlimited daytime parking to Summer Citizens. Lots available: Black, Orange, Blue, Gray, Yellow.

Cancellation Policies
Financial Commitments require that cancellation fees will apply to all cancellations as outlined below.
All cancellations must be sent via email to register.online@usu.edu.

Cancellation of Program Registration
• Cancel via email by May 13 in order to receive a refund less a $30 processing fee. No refunds after May 13.

Cancellation of Courses
• Cancel up to 7 days prior to the first day of class and get a refund for the full price (no penalty fee).
• If you cancel within 6 days of the first day, no refund will be given.

Cancellation of Travel Adventure Tours
If a tour price is over $20:
• Cancel by May 13 and get a refund for the full price (no penalty fee).
• You may cancel the tour up to 7 days prior to the tour date and get a refund, less a $25 processing fee.
• If you cancel within 6 days of the tour date, no refund will be given.

If a tour price is under $20:
• Cancel up to 7 days prior to the tour date and get a refund for the full price of the tour (no penalty fee).
• If you cancel within 6 days of the tour date, no refund will be given.

On-site Check In and Parking

On-site Program Check In

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If a tour price is under $20:
• Cancel up to 7 days prior to the tour date and get a refund for the full price of the tour (no penalty fee).
• If you cancel within 6 days of the tour date, no refund will be given.
Sponsored Housing

Book your 2022 housing accommodations as soon as possible.

- Make housing reservations directly with the property.
- You are not required to stay in one of the properties below. You may stay elsewhere and still participate in the program upon payment of the program fee.
- Rates listed below are for the entire length of stay, they are not per month.
- Apartments are rented "by the apartment" not by the room.
- All Sponsored Housing properties include basic furniture and appliances.
- More details at summercitizens.usu.edu/housing/sponsoredhousing.cfm.

Housing Information

**Alpine Flats**
- Price: $2,600 / $3,000
- Dates: 5/18/2022 – 8/7/2022
- Bedrooms: 2br/1bath or 3br/2bath
- Address: 729 E 900 N, Logan, Utah
- Phone: 435-258-6011
- Email: flato@nelsonpartners.com

**Baugh Motel – Surestay by Best Western***
- Price: Variable Stay Accommodations
- Dates: 5/1/2022 – 9/30/2022
- Bedrooms: 1 Room Motel Room
- Address: 153 S Main Street, Logan
- Phone: 435-881-9936
- Email: baughproperties@gmail.com

**Blue Square**
- Price: $1,455 / $1,900
- Dates: 5/19/2022 – 8/8/2022
- Bedrooms: 2br/2bath or 4br/4bath
- Address: 1111 N 800 E, Logan
- Phone: 435-797-3266
- Email: anne.spackman@usu.edu

**Cambridge Court***
- Price: $2,598
- Dates: 5/20/22 – 8/6/22
- Bedrooms: 4
- Address: 1355 N 800 E, Logan
- Phone: 435-753-6555
- Email: oakridge@tritoninv.com

**D’s Bridgerland***
- Price: $2,500
- Dates: 5/19/22 – 7/28/22
- Bedrooms: 2
- Address: 956 N 600 E, Logan
- Phone: 435-753-8219
- Email: tyler@millennialtowers.com

**Millennial Towers**
- Price: $3,500
- Dates: 5/19/22 – 7/28/22
- Bedrooms: 4 & 5
- Address: 657 E 1000 N, Logan
- Phone: 435-753-6515
- Email: tyler@millennialtowers.com

**Oakridge**
- Price: $2,398 / $2,595 Remodeled
- Dates: 5/19/22 – 8/16/22
- Bedrooms: 3
- Address: 1355 N 800 E, Logan
- Phone: 623-322-1225
- Email: support@pineviewlogan.com

**Pine View**
- Price: $2,470 / $2,995 Remodeled
- Dates: 5/19/22 – 8/16/22
- Bedrooms: 3
- Address: 780 E 1000 N, Logan
- Phone: 623-322-1225
- Email: support@pineviewlogan.com

**University Inn**
- Price: Variable Stay Accommodations
- Dates: 5/1/2022 – 9/30/2022
- Bedrooms: 1 Room Hotel Room
- Address: 650 N 875 E, Logan, Utah
- Phone: 435-797-1439
- Email: melanie.klein@usu.edu

* Allows small pets, fees may be applicable

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* Images of the map showing the locations of the properties.

---

**Legend:**
- Sponsored Housing
- CVDT Bus Stop
- Blue Square
- Oakridge
- University Inn
- Snow Hall
- Alpine Flats
- Cambridge Court
- Millennial Towers
- D’s Bridgerland
- Pine View
- Snow Hall
- Blue Square
- Oakridge
- University Inn
- Snow Hall
- Alpine Flats
- Cambridge Court
- Millennial Towers
- D’s Bridgerland
- Pine View

---

* Additional notes or details about the properties can be added here.*

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* Return to the Table of Contents
Enjoy your summer in Logan!
Welcome to our charming community

Our mild mountain valley climate is the perfect setting for our stellar summer season of events and outdoor activities. Visit ExploreLogan.com to find and download a wide selection of Logan and Cache Valley brochures. Once you’ve arrived in Logan, we encourage you to stop by our office and visit with our friendly staff.

Logan Canyon
Outdoor adventure and scenic views of the Uinta-Wasatch-Cache National Forest are only a 5-minute drive from downtown Logan. 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, and birdwatching. 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.

Downtown Logan
Spend time strolling along our newly remodeled Center Street Block. Wider sidewalks, benches, and 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 1891 Logan Tabernacle, 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.

Local History
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 museum, and experience the history of the Old West.

Local Food Tour
We’re proud of our agricultural heritage, and many foods made or grown here are shipped all over the world. Explore more than 20 unique stores on our self-guided Foodie Trek. Ice cream and chocolates, oh my!

Small Town Vibe, Big City Options
Restaurants—Logan has more than 70 restaurants to choose from, including many unique eateries with their own specialties.

Shopping—Featuring unique shops and boutiques in the historic downtown area as well as most national chains and plenty of grocery stores to choose from.

Churches—More than two dozen religious denominations welcome visitors to worship. You will notice Sundays are less busy with many locally owned businesses closed.

Downtown Logan
Heart of the Arts
Logan is Utah’s Heart of the Arts, nurtured and thriving since 1856. Our historic theatre district boasts three exquisitely restored theatres in just one block. They are bursting with activity all summer long.

Noon Music Concerts
Tales in a wide variety of fantastic talent at our free Noon Music Concerts. We are hopeful this season will happen. Details to come.

Utah Festival Opera & Musical Theatre
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 a single one.
www.utahfestival.org
435-750-0300 ext. 3

Lyric Repertory Company
Produced by USU’s Caine College of the Arts, the Lyric Rep is one of the true remaining repertory companies in the nation. Performances are held in the beautifully restored Caine Lyric Theatre. Each summer talented professional actors and actresses light up the stage with 4–6 productions and offer a charming view of America’s theatre past.
www.lyricrep.org
435-797-8022

Calendar of Events
Full Calendar at ExploreLogan.com

Visit www.explorelogan.com/calendar.html for the most current calendar information.
Special Events

Welcome Orientation & Merchant Fair
Friday, May 27  2:00 – 4:30 pm   Taggart Student Center Ballroom
Be sure to attend the Summer Citizens Program Welcome Orientation. This first orientation is open to all Summer Citizens with an ID card and will familiarize you with the Summer Citizens Program, USU campus, and current happenings. Also, it’s a great time to meet other Summer Citizens and make new friends for the summer. This will be a great place to learn about the many benefits a Summer Citizens membership provides. Visit with community sponsors and learn more about local business offerings at the merchant fair following the orientation. Reservations are required. An invitation will be emailed to all Summer Citizens in early May.

Mid-Summer Orientation & Merchant Fair
Wednesday, June 29  2:00 – 4:30 pm   Taggart Student Center Ballroom
The Mid-Summer Orientation is open to all Summer Citizens with an ID card and is a welcome event for those who arrived in June. It is an opportunity to receive updates on July events and hear any new program information. Visit with community and housing sponsors and learn more about local business offerings at the merchant fair following the orientation. Reservations are required. An invitation will be emailed to all Summer Citizens in early June.

Mayor’s Ice Cream Social
Tuesday, June 21  3:00 – 4:00 pm   Location To Be Announced
Join Logan Mayor, Holly Daines, as she treats Summer Citizens to a relaxing afternoon in the park with USU’s Famous Aggie Ice Cream. The Mayor will talk about city operations and take your questions. Attendance is limited to 150. Reservations are required. An invitation will be emailed to all Summer Citizens in early June.

Sponsored Housing Open House
Tuesday, July 12   9:00 am – 3:00 pm   On-site at Sponsored Apartment Housing Units
The Summer Citizens Sponsored Housing properties will have an apartment open for touring. A list and map will be emailed to Summer Citizens in late June.

Closing Social, Luncheon & Talent Show
Wednesday, July 27  12:00 – 1:30 pm   Taggart Student Center Ballroom
Let’s close out the summer with a BANG! Our Closing Social is offered free of charge to all Summer Citizens with an ID card who have pre-registered for the event. This is an opportunity to say farewell to friends, enjoy lunch, learn fun facts, recap summer events and hear from program and community leaders. Prize drawings and entertainment make for an exciting event! Reservations are required. An invitation will be emailed to all Summer Citizens in early July.

Visit summercitizens.usu.edu/schedule/calendar.cfm for the most current calendar information.

Mark Your Calendars
Visit summercitizens.usu.edu/schedule/calendar.cfm for the most current calendar information.
THE FOX ON THE FAIRWAY
by KEN LUDWIG
Caine Lyric Theatre

DISNEY’S FREAKY FRIDAY, THE MUSICAL
Book by BRIDGET CARPENTER
Music by TOM KITT
Lyrics by BRIAN YORKEY
Morgan Theatre

FENCES
By AUGUST WILSON
Black Box Theatre

INTO THE BREECHES!
By GEORGE BRANT
Caine Lyric Theatre

interACT
Black Box Theatre

4TH ANNUAL VOSCO CALL SPOTLIGHT CONCERT
Morgan Theatre

Sunday Under The Trees
Seminar Series, Sundays 1:00 – 2:00 PM

Michael Ballam
June 5, 2022
Founding General Director
Utah Festival Opera & Musical Theatre

Kara Bachman-Einfeldt
June 19, 2022
Food Security Program Coordinator
USU Center for Community Engagement

DJ Bott
July 10, 2022
Owner
DJ Bott & Sons Monument

Les Patterson
July 24, 2022
Staff Sergeant, Retired
Utah Army National Guard

Marvin Hull
June 12, 2022
Director & Actor
Old Barn Community Theater

John Crocker
June 26, 2022
Actor
Old Barn Community Theater

Monica Holloway
July 17, 2022
Director
Box Elder County Chamber of Commerce

TBA
July 31, 2022
Space Dynamics Lab Utah State University

Sunday Under the Trees on Old Main Hill with a beautiful view of Cache Valley.

The free lectures will be held on the lawn south of USU’s Old Main building. Bring lawn chairs or blankets for seating. Parking available on Sundays in the Purple Lot south of Old Main Building.
Membership Fees & Hours

**Aggie Recreation Center (ARC)**
- Includes access to the HPER Building
- Monday–Friday: 6:00 am – 9:00 pm
- Saturday: 10:00 am – 4:00 pm
- $115 for entire summer (prorated daily)
- $40 month-to-month pass
- $5 day/guest pass

**Health, Physical Education, and Recreation Building (HPER)**
- Monday–Friday: 6:00 am – 9:00 pm
- $50 for entire summer

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**
- Tuesday–Thursday: 11:00 am – 3:00 pm
- Friday: 5:00 pm – 7:00 pm

**Log Rolling Available**
- Monday/Wednesday/Friday: 5:00 pm – 7:00 pm

Building Amenities

**The ARC**
- Membership 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 rooms and locker rentals
- Activity equipment rentals

**HPER Building and Pools**
- Basketball courts
- 1 indoor pickleball court
- Cardio machines, free-weights, and plate-loaded machines
- Locker rooms and locker rentals
- Activity equipment rentals
- Outdoor lawn game rentals

How to Purchase Campus Recreation Memberships?

Memberships can be purchased at the service desk in either the ARC or HPER Buildings. 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.

For more details and photos visit [campusrec.usu.edu](http://campusrec.usu.edu)

Programs Offered Through Campus Recreation

**Available to all Summer Citizens**

**Cutler Marsh Canoe Trips**
Outdoor Programs will host guided canoe trips to the marshes west of Logan. You can register at the Outdoor Programs Rental Shop located on the north side (back side) of the ARC when you arrive in Logan.

Wednesday, June 8, 7:00 am – 12:00 pm
Thursday, June 16, 6:00 am – 11:00 am
Wednesday, July 6, 7:00 am - 12:00 pm

**Day Hikes**
Outdoor Programs will offer two guided day hikes up Logan Canyon during the months of June and July. More information will be sent out in late spring.

**Available to Summer Citizens with a Recreation Membership**

**Outdoor Equipment Rental**
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.

**Group Fitness Classes**
Attend any group fitness classes offered through Campus Recreation at no additional charge. The group fitness schedule will be released later in the spring and will be posted online at: [campusrec.usu.edu](http://campusrec.usu.edu)

Additional Activities

More details on these activities will be provided in a handout at the Welcome Merchant Fair, May 26.
- Pickleball Leagues and Tournaments
- Bingo
- Lawn Games
- Social Events
ANY SUMMER CITIZEN WHO VOLUNTEERS TO HELP AT SUMMERFEST WILL RECEIVE A T-SHIRT!

CONTACT JOAN AT 435-770-1531

LOCATION:
490 S 500 W, LOGAN
CACHE COUNTY FAIRGROUNDS

LOGANSUMMERFEST.COM

JUNE 16-18, 2022

ANY SUMMER CITIZEN WHO VOLUNTEERS TO HELP AT SUMMERFEST WILL RECEIVE A T-SHIRT!

CONTACT JOAN AT 435-770-1531

LOCATION:
490 S 500 W, LOGAN
CACHE COUNTY FAIRGROUNDS

LOGANSUMMERFEST.COM

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leesmarketplace.com
We look forward to seeing you this coming Summer!

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BLACK BEAR DINER

June 16-18, 2022

ANY SUMMER CITIZEN WHO VOLUNTEERS TO HELP AT SUMMERFEST WILL RECEIVE A T-SHIRT!

CONTACT JOAN AT 435-770-1531

LOCATION:
490 S 500 W, LOGAN
CACHE COUNTY FAIRGROUNDS

LOGANSUMMERFEST.COM

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Scholarship Endowment Fund
Together we have raised over $55,000 since 1992

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

Recipients
Scholarship recipients are known as Summer Citizens Scholars. They are students who demonstrate personal integrity, academic achievement and future career goals. Recipients must be high school graduates from Logan City School District or Cache County School District. They must be legal residents of the county and citizens of the United States. Special consideration is given to recipients who would be unable to pursue a higher education without financial assistance.

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

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

Past Summer Citizens Scholars

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.
How to Create or Reset Your USU Password
Valid only with ID Card Activation

1. Visit: myid.usu.edu
2. Select "I don’t know my password"
3. 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.
4. A four-digit PIN will be delivered. Enter the PIN immediately on the next page and enter a new password.
5. The password strength bar will turn green when your password is strong enough.

Contact the IT Service Desk if you need help.
Call 435.797.HELP (4357)
Visit the IT building.
See map on page 24, #30.
Mon–Thu: 8am–6pm
Friday: 8am–5pm
Please have your Summer Citizens ID card ready.
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.

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**SUMMER CITIZENS CALL NOW TO RECEIVE AN EXCLUSIVE $300 TOWARDS ANY PREMIUM LENS UPGRADE.**

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435-265-4138

www.monsonvision.com

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**Important Dates**

**Registration**

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, 05/23/22</td>
<td>Opening Week: Program Check-In, 9:00 AM – 4:00 PM each day, Mon.–Fri. Pick Up T-Shirt, Welcome Packet, Parking Pass, ID Card &amp; Setup IT</td>
<td>Taggart Student Center International Lounge</td>
</tr>
<tr>
<td>Mon, 05/31/22</td>
<td>First Week of Classes</td>
<td>Various locations</td>
</tr>
<tr>
<td>Mon, 05/31/22</td>
<td>Program Check-In Continues through August 1, 9:00 AM – 4:00 PM each day, Pick Up T-Shirt &amp; Welcome Packet.</td>
<td>Eccles Conference Center, Room 103</td>
</tr>
<tr>
<td>Fri, 08/05/22</td>
<td>Program Officially Ends</td>
<td></td>
</tr>
</tbody>
</table>

**Travel Adventure Tours**

The first number of the tour indicates the week it is held in. There are no tours during week 1. Details on page 46.

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, 06/07/22</td>
<td>Tour 2A: This is the Place State Park, Utah Natural History Museum &amp; Salt Lake City</td>
<td>Salt Lake City, Utah</td>
</tr>
<tr>
<td>Thu, 06/09/22</td>
<td>Tour 2B: USU Robotic Milking Barn</td>
<td>Wellsville, Utah</td>
</tr>
<tr>
<td>Thu, 06/09/22</td>
<td>Tour 2C: Aggie Chocolate Factory #1</td>
<td>Logan, Utah</td>
</tr>
<tr>
<td>Thu, 06/14/22</td>
<td>Tour 3A: Utah Olympic Park, Park City Main Street and Museum</td>
<td>Park City, Utah</td>
</tr>
<tr>
<td>Thu, 06/16/22</td>
<td>Tour 3B: USU Animal Science Farm</td>
<td>Wellsville, Utah</td>
</tr>
<tr>
<td>Thu, 06/18/22</td>
<td>Tour 3C: Aggie Chocolate Factory #2</td>
<td>Logan, Utah</td>
</tr>
<tr>
<td>Mon, 06/20/22</td>
<td>Tour 4A: USU Greenville Research Farm</td>
<td>Logan, Utah</td>
</tr>
<tr>
<td>Mon, 06/27/22</td>
<td>Tour 5A: Sportman’s Paradise-Fresh Trout Dinner</td>
<td>Paradise, Utah</td>
</tr>
<tr>
<td>Fri, 07/01/22</td>
<td>Tour 5B: Brigham City, Bear River Bird Refuge, Old Barn Theater production of “Big River”</td>
<td>Brigham City, Utah</td>
</tr>
<tr>
<td>Thu, 07/07/22</td>
<td>Tour 6A: Virtual Reality Roller Coaster</td>
<td>Old Main, USU Campus</td>
</tr>
<tr>
<td>Thu, 07/07/22</td>
<td>Tour 6B: Aggie Chocolate Factory #3</td>
<td>Logan, Utah</td>
</tr>
<tr>
<td>Thu, 07/14/22</td>
<td>Tour 7A: Sportman’s Paradise-Fresh Trout Dinner (repeat)</td>
<td>Paradise, Utah</td>
</tr>
<tr>
<td>Thu, 07/19/22</td>
<td>Tour 8A: Aggie Chocolate Factory #4</td>
<td>Logan, Utah</td>
</tr>
</tbody>
</table>

**Holidays**

USU is closed and no classes will be taught.

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

Become a Lifelong Learner

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

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

Topics

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

Cancellations

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

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

Visit summercitizens.usu.edu/schedule/classlist.cfm for the most current class information.

Bell Choir I

Course #1100 June 2 – July 28 1:30 PM – 3:00 PM Thu $75 ECC 216

DESCRIPTION: This is a class designed to teach basic bell choir skills such as rhythm, harmony, following the conductor and ensemble skills. No musical skills are needed to participate in the bell choir, only a love for music and a desire to participate in a fun ensemble. Each week the group will participate in a group percussion (drum circle) experience. This is an active music making class and members are expected to participate fully which includes singing, playing bells, playing percussion instruments, music assisted relaxation, and sharing thoughts and feelings about your experiences in class. The bell choir experience hopes to increase overall health and wellness through social connection, group cohesion, emotional expression, musical enjoyment, and reducing stress. The bell choir will have at least one performance opportunity during the summer. Class will be taught weekly for 90 minutes during the entire Summer Citizens Program and will be limited to 15 people.

PREREQUISITES: A love of music. Instructor will provide all material needed to participate.

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

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

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

Bell Choir II

Course #1200 June 2 – July 28 3:15 PM – 4:45 PM Thu $75 ECC 216

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

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

INSTRUCTOR: Heather Overly has been practicing music therapy for 20 years. Heather received her BS in Music Therapy at Utah State University in 2001 and has been Board Certified to practice since graduation. She is the owner of Overlymusical LLC, which serves a variety of clients such as adults with addictions, elderly people with dementia in retirement communities, Hospice patients, children, teens, and adults with special needs. She also teaches music development classes for parents and children ages 0–5 years old and group guitar for teens and adults. Heather loves music therapy and believes music can assist in healing and growth for many clients. Heather is the mother of children and resides in Cache Valley with her husband Devin.
DESCRIPTION: Join others who enjoy singing! The Summer Citizen Chorus will consist of sopranos, altos, tenors and basses and will meet once a week. The chorus will have no auditions and will be open to anyone who enjoys singing in a mixed chorus. It will promote growth in singing choral music and provide joy and satisfaction in singing together with others. Previous experience in a high school, college, church or community chorus would be helpful. The repertoire will be taken from show tunes, popular songs, folk melodies or inspirational songs. Rehearsals will culminate in a performance for other Summer Citizens.

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

INSTRUCTOR: Ann Beaucage taught high school Choral Music, AP Music Theory, and Music History for 40 years. She taught college level Conducting and Choral Techniques at the Saratoga-Potsdam Choral Institute for ten summers. Ann has been a guest conductor for numerous NY State Choral Festivals and has given choral lecture demonstrations at the Eastman School of Music, Ithaca College School of Music and the Crane School of Music. She has taught senior choruses for over 15 years. She currently conducts the Province Chorale, a senior chorus in Maricopa, Arizona. Ann is the recipient of the NY State Outstanding Choral Director Award and the Rochester Philharmonic Award for Choral Conducting.

DESCRIPTION: Have you mastered the basics of ukulele and feel ready to learn more skills? Come join in the fun of group music-making as we learn more chords, additional strums, basic fingerpicking patterns, percussive techniques, and simple melodic riffs to spice up your playing. Class is limited to 15 people.

PREREQUISITES: Students should be familiar with basic ukulele skills such as tuning, strumming, and basic chords. Each participant will need to bring their own good-quality ukulele (soprano, concert, or tenor) and a clip-on tuner.

INSTRUCTOR: Tessa Buck, MA, MT-BC is a board certified music therapist who has worked with children, adults, and seniors in many different settings. Tessa plays piano, guitar, and ukulele, and loves learning new things. She has witnessed the power of music and rhythm to promote wellness and loves sharing them with others.

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. Class is limited to 8 people.

PREREQUISITES: Student Furnished Materials: 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 provided.

INSTRUCTOR: Peggy Neuber has been knitting and selling her knitted creations since taking a class in 1974 when urged by her mother to learn to knit. She seldom is seen without her knitting bag and needles in her hands. The best part for her is combining colors and searching for just the right pattern for what she has envisioned. She loves teaching others to enter this fascinating world with her. She has taught knitting at 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 Artsisans Guild for 35 years. She spins her own yarn when she wants to take a break from knitting.

DESCRIPTION: Learn to knit while making a pair of slippers using an updated vintage pattern. You will learn the basic techniques of cast on, knit stitch, purl stitch, decreasing, binding off, weaving in tails and sewing up seams using the mattress stitch. This class will give you the skills needed to give you a good introduction to the world of knitting. 3 Sessions, each session is 2 hours of instruction. Instruction fee: $50. Class is limited to 8 people.

PREREQUISITES: Materials fee $20 payable to instructor on first day of class. Instructor will provide: 1 skein Lamb’s Pride bulky yarn (85% wool, 15% mohair), set of bamboo size 10 knitting needles, tapestry needle, stitch markers, and pattern for slippers.

INSTRUCTOR: Peggy Neuber has been knitting and selling her knitted creations since taking a class in 1974 when urged by her mother to learn to knit. She seldom is seen without her knitting bag and needles in her hands. The best part for her is combining colors and searching for just the right pattern for what she has envisioned. She loves teaching others to enter this fascinating world with her. She has taught knitting at 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 Artsisans Guild for 35 years. She spins her own yarn when she wants to take a break from knitting.
### Indigenous Music of the Americas

**Course ID:** #310  
**Date:** May 31 – June 3  
**Time:** 3:15 PM – 4:45 PM  
**Days:** Tue – Fri  
**Price:** $50  
**Location:** HH 132

**DESCRIPTION:** In this course we will survey music of the indigenous people of the North, Central and South American continents — from Inuit throat singing in the Arctic, to the Mapuchean music in southern Argentina/Chile. We will cover the unique and changing meanings of American music from historical, political, and religious perspectives, by examining how music is perceived within its sociocultural context. As we dive into their spiritual, art and folk music, basic elements of music such as melody, rhythm, form, timbre, harmony, and texture will be discussed. As time permits, we’ll cover new possible directions of the fusion of past with present. To quote two authors about the diversity of world music: “A deeper exploration of these many different communities can reveal overlaps, shared horizons, and common concerns in spite of, and because of, this very diversity.” (Excursions in World Music)

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

**DESCRIPTION:** This course is for those who have little or no singing experience, and we will be singing each day. Last year I taught this same class and have made some minor changes. How many of you have heard someone say “I can’t sing” or have even said it yourself? IT’S NOT TRUE! Well, maybe it is at the moment, but that can quickly change. The reality is we can learn how to sing. Very few people sing well from the start, and even those few end up taking voice lessons or being coached along the way to improve. I have worked with students who were “tone deaf,” but they worked hard and ended up singing in recitals 1–2 years later. There are two parts to learning how to sing: 1) ear training and 2) vocal technique. This class will focus on both of these skills. We will also discuss and practice taking good care of your voice. I’m in my 60’s and my voice is the best it’s ever been, so don’t let age stop you!

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

### Phone Photography & Editing Basics

**Course ID:** #230  
**Date:** June 6 – 10  
**Time:** 3:00 PM – 4:15 PM  
**Days:** Mon – Fri  
**Price:** $50  
**Location:** HH 132

**DESCRIPTION:** Want to learn to capture images right from your phone? Photographer Kate Wamsley is here to show you how. In this class she’ll share everything you need to know about using the power of your phone’s camera to take stunning photos. First, she’ll walk you through everything you need to know about camera basics. Then, she’ll show best practices for lighting and composition to use while you’re shooting to create truly unique photos. She’ll also teach you techniques in editing and finish off with a live editing session using the free editing app VSCO to show you how to quickly make your final product shine. Class is limited to 20 people.

**PREREQUISITES:** Attendees should bring a smartphone with a working camera application and have VSCO downloaded on their phone. If VSCO is not downloaded, instructor will help. Participants should know how to open camera and galleries on their phone. Instructor will provide a workbook for notes and additional information to take home with you.

**INSTRUCTOR:** Kate Wamsley has been the content specialist and lead photographer for Utah State Dining Services for over a year. Before coming to Utah State she was a wedding and couples photographer for 6 years. She has extensive knowledge in photography and writing. She has worked with students who were “toned deaf,” but they worked hard and ended up singing in recitals 1–2 years later.

**PREREQUISITES:** Open mind. Bring water to drink, a notebook and pen, and a little bravery.

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

**Course ID:** #330  
**Date:** June 13 – 17  
**Time:** 3:00 PM – 4:15 PM  
**Days:** Mon – Fri  
**Price:** $50  
**Location:** HH 132

**DESCRIPTION:** Adventure into the world of literature told by some of the best contemporary short story writers. A short story is quality fiction, but it is short, unlike a novel. It’s always been America’s own typical form of literary expression. We’ll study the “best” from the book “The Norton Anthology of SHORT FICTION,” edited by Richard Bausch and R.V. Cassill. Please note: it is the shorter Seventh Edition. Each of us will bring our unique experiences & our intellectual interpretation of the stories, resulting in some lively discussion. Please let me know of a story that interests you and I will consider it for one of our group discussions. Stories to be studied will be confirmed later. Class is limited to 25 people.

**PREREQUISITES:** None
Baroque Art History
Course #400  June 20 – 24  8:15 AM – 9:30 AM  Mon – Fri $50  HH 130

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.

PREREQUISITES: None

INSTRUCTOR: Kevan Larsen is a sculptor, painter, and designer from Wyoming. He leads group tours to various countries each summer before teaching here at USU. Kevan has been teaching art and art history for over 23 years. He attended USU where he received his BFA in Art and his commission as an officer in the U.S. Army. So far, he has been to 17 countries to explore museums and other art sites in person and loves to share those experiences with his students. He is fluent in sarcasm.

Impressionism
Course #500  June 27 – July 1  8:15 AM – 9:30 AM  Mon – Fri $50  HH 130

DESCRIPTION: Emerging from the era of Realism, a group of rejected artists create their own show and form a new movement. The impressionist’s goals, styles, and stories will be shared. For those who are curious about what inspired the paintings that are frequently displayed, this course is recommended.

PREREQUISITES: None

INSTRUCTOR: Kevan Larsen is a sculptor, painter, and designer from Wyoming. He leads group tours to various countries each summer before teaching here at USU. Kevan has been teaching art and art history for over 23 years. He attended USU where he received his BFA in Art and his commission as an officer in the U.S. Army. So far, he has been to 17 countries to explore museums and other art sites in person and loves to share those experiences with his students. He is fluent in sarcasm.

Storytelling Workshop
Course #730  July 11 – 15  3:00 PM – 4:30 PM  Mon – Fri $50  HH 132

DESCRIPTION: The author Isak Dinesen wrote that, “All sorrows can be born if put into a story.” In this day and age, we are acknowledging one another’s challenges and seek therapy to share their story and others find a larger audience and some of us do both! In this class we will learn about storytelling and how and where we might go to share our craft. We will discuss techniques and venues, whether it be continuing the stories that started with our ancestors or a delightful tale for grandchildren or to share with friends. Everyone has a story and some of them even begin with, “Once upon a time...”

PREREQUISITES: None

INSTRUCTOR: Diane Francom has been a life-long educator and storyteller. She has taught all ages in a variety of subjects in public, private and charter schools, including many years as an instructor of teachers for Utah State University. She has participated in storytelling events in Europe, on the East coast, Hawaii, and is currently a member of the Timpanogos Storytellers Guild, which comprises people from all over Utah and other western states.

Drumming and Rhythm for Fun!
Course #800  July 18 – 22  8:15 AM – 9:30 AM  Mon – Fri $50  ECC 205/207

DESCRIPTION: Come have fun and express yourself in a new way as you play the beat and learn about different instruments. No previous experience with music necessary in order to enjoy yourself. Those who have participated in past years will enjoy new activities as well.

There are many benefits to participating in group rhythm activities, such as stress relief, increased self-esteem, emotional expression, fostering relationships with others, and many more. The instructor will provide a variety of drums and rhythm instruments for participants to try and will facilitate the group so that everyone feels successful. Participants play while seated.

PREREQUISITES: None

INSTRUCTOR: Tessa Buck, MA, MT-BC is a board certified music therapist who has worked with children, adults, and seniors in many different settings. Tessa plays piano, guitar, and ukulele, and loves learning new things. She has witnessed the power of music and rhythm to promote wellness and loves sharing them with others.

Creative Composition: A Fusion of Art and Music
Course #810  July 18 – 22  9:45 AM – 11:00 AM  Mon – Fri $50  ECC 205/207

DESCRIPTION: Come join in the creative fun as we explore new and unexpected ways to combine art and music. Experiment with elements such as color, line, and shape as a basis for original musical compositions. Enjoy benefits including emotional expression, cognitive stimulation, and stress relief in this unique workshop. No prior artistic or musical experience necessary! Class is limited to 20 people.

PREREQUISITES: An art materials kit will be provided to each student. The fee for this kit, payable to the instructor on the first day of class, will be calculated and sent to each registered student prior to the first session.

INSTRUCTOR: Tessa Buck, MA, MT-BC is a board certified music therapist who has worked with children, adults, and seniors in many different settings. Tessa plays piano, guitar, and ukulele, and loves learning new things. She has witnessed the power of music and rhythm to promote wellness and loves sharing them with others.
Steps to Take Before and When a Loved One Dies
Course #105, 305, 605, 805
May 31, June 29, July 7, July 21 8:15 AM – 9:30 AM One-time class, select 1 date $10 UI 510

DESCRIPTION: When a loved one dies there is a tremendous emotional loss and at the same time there is an administrative nightmare. I am 78 years old and my wife is 71 years old. My probability of predeceasing her is over 95%. Approximatly ten years ago I started to work on a complete step by step process for my wife to follow when I die. We now have a file, “Steps to Take Upon the Death of a Loved One,” which outlines this process and includes things such as pre-addressed and signed letters and a detailed listing of our assets, etc. I have been teaching this class for the last six years and I will share with you how to do this for your loved one. This class is repeated 4 times, you only need to take it once. Each class is $10 and each is limited to 20 people.

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

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

Cache Valley Goes Worldwide
Course #110
May 31 – June 3 10:00 AM – 11:30 AM Tue – Fri $30 HH 132

DESCRIPTION: Cache Valley is a charming, unique place to live. In spite of poor transportation in and out of the valley, many entrepreneurs choose to make this their home. Amazing nationwide and sometimes worldwide businesses thrive here. Class participants will meet two CEO’s each day who will share their secrets with us. Don’t miss this exciting opportunity.

PREREQUISITES: None

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

Beyond Cat’s Cradle: String Figures from Around the World
Course #218
June 6 – 10 9:45 AM – 11:00 AM Mon – Fri $30 HH 132

DESCRIPTION: Most of us are familiar with “Cat’s Cradle,” the children’s game played with a loop of string in which patterns are made and passed between players. But did you know that there are thousands of other patterns you can make with just a loop of string? Or that cultures around the world have been doing just that for hundreds—if not thousands—of years? Anthropologists of the 19th and early 20th centuries studied the string figures of cultures around the world, but you don’t need to be a scientist to appreciate their beauty and magic. Class is limited to 20 people.

PREREQUISITES: Loops of string will be provided for all participants. Making these patterns will require a certain degree of patience and fine motor skills. Students will also need to be able to perform a simple loop of string because this is what all string figures are built upon. Some simple prior experience in making string figures will be helpful.

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

Your New Favorite Language
Course #315
Course a June 13 – 17 9:45 AM – 11:00 AM Mon – Fri $30 HH 132
Course b June 20 – 24 9:45 AM – 11:00 AM Mon – Fri $30 HH 132

DESCRIPTION: Every language is a window into a unique way of seeing the world. Come explore a sampling of some of the most fascinating aspects of real languages both natural and constructed. We will dig into facets of languages like Korean, Russian, and Chinese as well as more exotic (or even invented) tongues. You will come away with a new appreciation for the connections between words, ideas, and cultures.

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

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

Culture & Religion
35
Meet Your Neighbors: Insights into the Church of Jesus Christ of Latter-day Saints

Course #420  June 20 – 24  3:00 PM – 4:15 PM  Mon – Fri  $90  HH 132

DESCRIPTION: Come and learn about the history, doctrines, organization, culture, and quirks of The Church of Jesus Christ of Latter-Day Saints. This is NOT an attempt to convert anyone, just a chance to discover more about your neighbors in your summertime home in a fun and relaxed learning environment. Mark your calendar for a field trip the Sunday after our class. You can attend a church service and have dinner with a family in our congregation.

PREREQUISITES: None

INSTRUCTOR: Julia Hollist Terrill is a sixth-generation active member of the Church of Jesus Christ of Latter-Day Saints. She has taught gospel doctrine classes in her congregation for many years and is well-acquainted with the history, doctrine and culture of the Church. You will recognize her from her position as director of the Cache Valley Visitors Bureau.

World Art

Course #600  July 5 – 8  8:15 AM – 9:45 AM  Tue – Fri  $90  HH 130

DESCRIPTION: Participants will see non-Western art. The history, culture, and religions of each part of the world will be discussed. This will include Asia, Africa, Oceania, and the Americas. From Machu Picchu, Todai Ji, Angkor Wat, and The Great Zimbabwes, participants will participate in a virtual world tour. This course will visually take you to Africa, Asia, Oceania, and the Americas.

PREREQUISITES: None

INSTRUCTOR: Kevan Larsen is a sculptor, painter, and designer from Wyoming. He leads group tours to various countries each summer before teaching here at USU. Kevan has been teaching art and art history for over 23 years. He attended USU where he received his BFA in Art and his commission as an officer in the U.S. Army. So far, he has been to 72 countries to explore museums and other art sites in person and loves to share those experiences with his students. He is fluent in sarcasm.

Tourist German

Course #620  July 5 – 8  1:30 PM – 3:00 PM  Tue, Wed  $70  HPER 102

DESCRIPTION: The students will learn typical phrases useful for a tourist in Germany. We will emphasize on ordering food in a restaurant, asking for directions, asking for the cost of attractions, and greetings. I will use TPRS (total physical response storytelling) to teach the material. It is a very interactive approach that teaches complete phrases and allows the students to communicate in complete sentences without having to worry about grammar. It will be a constant back and forth between me and the students (I ask a question, they answer, I repeat the answer). Because of the constant repetition, the students will memorize a lot of the material and will feel comfortable communicating in German restaurants and tourist attractions. We will also touch on culture and spend a day talking about me growing up in former East Germany (presentation from me with Q&A session afterwards).

PREREQUISITES: No knowledge of German is necessary. Bring writing material and paper. Instructor will provide print outs of the vocabulary.

INSTRUCTOR: Ramona (Rami) Heers is a native German (born in former East Germany). She was an exchange student in Virginia, returned to Germany to finish her high school degree, and moved back to Virginia to pursue her BA in German and International Affairs. After completing her MA in German Literature at the University of Utah, she taught high school German for several years until she was hired by USU to teach beginners German. Her classes are very interactive with constant back and forth between the students and her. Rami and her husband (from Mendon, Utah) have been married since 2004. They have two athletic, smart and wonderful boys. Rami's wonderful boys. Rami and her husband (from Mendon, Utah) have been married since 2004. They have two athletic, smart and wonderful boys. Rami and her husband (from Mendon, Utah) have been married since 2004. They have two athletic, smart and wonderful boys. Rami's
DESCRIPTION: This class is science based and will explore why yoga works to strengthen, calm and create overall well-being. As a class, we will focus on the fundamentals of yoga to build strength, improve flexibility and balance, and increase joint range of motion. We will emphasize breath and alignment to improve self-awareness. We encourage students to respect their bodies’ unique histories and challenges. Yoga poses will be adapted to help students safely achieve their individual goals. In addition, we’ll use Yoga Tune Up® Therapy Balls to teach self-massage, a wonderful complement to yoga to relieve tightness and pain. Meditation techniques to manage daily stressors will be integrated throughout. Class is limited to 25 people.

PREREQUISITES: Students should bring to class: Yoga mat; 2 yoga blocks, 4” high is preferred (instructor has extras, if needed); and Yoga strap. Yoga Tune Up Therapy Balls will be provided and offered at a discount for Summer Citizens to purchase (optional).

INSTRUCTOR: Cammy Adair loves yoga and sharing yoga! It’s an important part of her overall health and allows her to do all the other things she loves. She earned a Bachelor’s degree in Exercise Science & Health Education from Utah State University, but just found yoga 7 years ago and was hooked. Her husband also began a consistent yoga practice to help deal with his chronic pain. Yoga helped him more than anything else he had tried over 30 years! Since then, Cammy has completed her 200 hour - 300 hour yoga teacher training certifications, and her Yoga Tune Up® + Roll Model Method® certifications. She has over 1200 hours of teaching to all ages and levels. Her favorite is teaching active seniors to feel and live better in their bodies!

Handouts provided. Participants requested to bring note-taking materials.

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

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

INSTRUCTOR: Dr Tiffany Shelton is an assistant clinical professor in audiology at USU. She 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 types 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. In her free time Tiffany enjoys gardening, mystery movies with popcorn, and playing all sorts of board and card games with her family.

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

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

INSTRUCTOR: Haley Hayes is a faculty member for Utah State University’s Yoga Studies minor and teaches privately. In 2019 she completed a Masters in Health & Human Movement and was invited to present her thesis titled “The Effects of a Yoga Intervention on Reactive Balance in Older Adults” at IAYT’s Yoga Research Symposium in Massachusetts. Pulling from different disciplines, Haley designs practices that promote healthy aging focusing on cognition, balance and neurodegenerative disorders.

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

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

PREREQUISITES: None

INSTRUCTOR: Ross Peterson

British History: The Edwardians

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

PREREQUISITES: None

INSTRUCTOR: Arthur Clarke

Bringing War Home: Objects Stories, Memory, and the Vietnam War Experience

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

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

INSTRUCTOR: Molly Cannon

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

DESCRIPTION: History has never been closer. The Valleys of Bear and Cache: Is it all about the Water?

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First Ladies from Ellen Wilson through Jill Biden

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

PREREQUISITES: None

INSTRUCTOR: Joan Elder

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

DESCRIPTION: The course will examine the history of the Bear River and the Cache Valley and the various stories that have been told about them. We will look at how these stories have been used to promote tourism and economic development. We will also explore how these stories have been used to shape the identity of the people who live in these valleys.

PREREQUISITES: None

INSTRUCTOR: Ross Peterson

British History: The Edwardians

DESCRIPTION: This course examines the history of Edward VII and the Edwardian era, focusing on the lives of the Edwardian royal family and their influence on society. We will explore the connection between the Edwardian royalty and the Churchills and other prominent figures of the time. The course aims to provide a deeper understanding of the Edwardian era and its impact on modern-day society.

PREREQUISITES: None

INSTRUCTOR: Arthur Clarke

First Ladies from Ellen Wilson through Jill Biden

DESCRIPTION: This course is designed to provide a comprehensive overview of the history of First Ladies in the United States. We will explore the lives of Ellen Wilson, the wife of the 28th President; Florence Harding, the wife of the 29th President; and Dolley Madison, the wife of James Madison, the 4th President. We will also discuss the roles and responsibilities of First Ladies throughout history, as well as their impact on domestic policy and cultural trends.

PREREQUISITES: None

INSTRUCTOR: Joan Elder

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

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PREREQUISITES: None

INSTRUCTOR: Ross Peterson
## JFK Assassination: Warren Commission vs Researchers

**Course #720** July 11 – 15 1:30 PM – 2:45 PM Mon – Fri $50 HH 130

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

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

**INSTRUCTOR:** Tom Westre received his MA in Education in 1973. He taught US History and several other subjects at the high school level for 12 years before retiring in 2008. Tom was a high school senior the year President Kennedy was killed. In the 1990’s when the Oliver Stone movie, JFK, came out it renewed his interest in that event. He has been an avid researcher of the assassination since that time and has a library of nearly 40 books on the assassination. He visited Dallas in 2013 on the 50th anniversary and talked with people who witnessed that event and visited a number of locations related to that event. His views of that event have changed over the years.

## Famous Historic Loganiates

**Course #710** July 11 – 15 9:45 AM – 11:00 AM Mon – Fri $50 HH 132

**DESCRIPTION:** David Eccles, an illustrious Scotman, lived in Logan. He started many companies in the West, made a fortune and employed thousands of men, including my grandfather. He died unexpectedly in 1912, without a will, leaving his two wives and 21 children in chaos. Marriner Eccles outwitted his older half brothers, becoming the family leader. Marriner later caught the eye of Franklin Roosevelt who appointed him Chairman of the Federal Reserve. He held his job for 17 years. He was instrumental in helping the USA recover from the Great Depression. We’ll learn why the Eccles family can be so generous today. Other important Loganiates covered will be the Charles Nibley family and the Thatcher Family. We’ll take a field trip on Friday to see their beautiful Logan Homes.

**PREREQUISITES:** None

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

## Utah’s Struggle for Statehood

**Course #510** July 26 – 29 10:00 AM – 11:30 AM Tue – Fri $50 HH 130

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

**PREREQUISITES:** None

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

## Weather & You

**Course #220** June 13 – 17 1:30 PM – 2:45 PM Mon – Fri $50 HH 130

**DESCRIPTION:** Get a new perspective on the world with Amazing Creatures & Habitats of the Galapagos Islands, Course #520.

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

## Weird & Wild Weather

**Course #320** June 13 – 17 1:30 PM – 2:45 PM Mon – Fri $50 HH 130

**DESCRIPTION:** There is a lot of weird and wild weather taking place around the world. We will have fun learning about extreme weather events around the world. From cold to hot temperatures and their locations on the globe to heavy rainfall areas and deserts. Learn about thunderstorms and lightning and why they develop. Understand what conditions are necessary for the formation of strong storms such as tornadoes, hurricanes, and mid-latitude cyclones. Why do some winds become more damaging with certain storms? Also learn why winds in certain areas become extreme and dangerous! Learn about Peter Sinks and details about how it was discovered and what has been found over the last 35 years. Come prepared to have fun but also to learn a lot about weird and wild weather!

**PREREQUISITES:** None

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Comparing & Contrasting Greenland and Iceland

Course #510 June 27 – July 1 1:30 PM – 2:45 PM Mon – Fri $50 HH 130

DESCRIPTION: This course will teach about the following: How volcanic activity, ocean currents and winds combine to shape the Galapagos Islands and their unique ecosystems. Galapagos turtles from Lonesome George, to Stow Island & 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 submarine Alvin cruise at seafloor nearby in 1987 totally changed two fundamental views of biological systems on earth. Threats to Galapagos biological systems including El Nino's and climate change.

PREREQUISITES: None

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

Amazing Creatures & Volcanoes of the Galapagos Islands

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

DESCRIPTION: This course will teach about the following: How volcanic activity, ocean currents and winds combine to shape the Galapagos Islands and their unique ecosystems. Galapagos turtles from Lonesome George, to Stow Island & 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 submarine Alvin cruise at seafloor nearby in 1987 totally changed two fundamental views of biological systems on earth. Threats to Galapagos biological systems including El Nino's and climate change.

PREREQUISITES: None

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

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

Course #530 June 27 – July 1 3:00 PM – 4:15 PM Mon – Fri $60 HH 132

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

PREREQUISITES: None

INSTRUCTOR: DR. Michael Strange is a professional paleontologist who holds paleontological collection permits throughout Utah and Nevada. His research focuses on the earliest appearance of animals in the fossil record—known as the Cambrian Explosion—and the processes behind the preservation of soft-tissue fossils in Utah and Nevada. Michael has expertise in Geoscience laboratory methods such as Scanning Electron Microscopy, from which he has analyzed samples ranging from microbes to lab-grown diamonds.
This is The Place Heritage Park & Natural History Museum of Utah

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

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

USU Caine Dairy Robotic Milking Tour

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

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

USU Aggie Chocolate Factory

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

INSTRUCTOR: Silvana Martini is the Factory Director for the Aggie Chocolate Factory and a Principal Investigator with the USU College of Agriculture and Applied Sciences.

Utah Olympic Park & Historic Park City

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

INSTRUCTOR: Julie Hollist Terrill is the director of the Cache Valley Visitors Bureau. She holds a Master’s degree in journalism and communications from Utah State University, loves new adventures and is a sought-after speaker and instructor. She has taught as an adjunct professor at Utah State University and you’re just as likely to find her at the rodeo as at the opera. She loves Summer Citizens and can’t wait to share some of the area’s history with you.
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
## 2022 Course Schedule At-A-Glance

Detailed course information begins on page 26. For information on this year’s tours, see page 46.

<table>
<thead>
<tr>
<th>WK</th>
<th>COURSE</th>
<th>TIME</th>
<th>TITLE</th>
<th>DAYS</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>105, 505, 605, 805</td>
<td>8:15 AM - 9:30 AM</td>
<td>Steps to Take Before and When a Loved One Dies (May 31, June 29, July 7, July 21)</td>
<td>Pick One</td>
<td>UI 510</td>
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<tr>
<td>1000</td>
<td>10:00 AM - 11:00 AM</td>
<td>Chair Yoga (June 1 - 29)</td>
<td>M, W</td>
<td>HPER 102</td>
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<td>1050</td>
<td>9:00 AM - 10:00 AM</td>
<td>Yoga for Lifelong Well-Being (June 1 - June 29)</td>
<td>M, W</td>
<td>HPER 102</td>
<td></td>
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<tr>
<td>1200</td>
<td>10:00 AM - 11:00 AM</td>
<td>Tai Chi (June 7 - July 21)</td>
<td>T, Th</td>
<td>TBA Off Campus</td>
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<tr>
<td>1300</td>
<td>1:30 PM - 3:00 PM</td>
<td>Bell Choir I (June 2 - July 28)</td>
<td>Th</td>
<td>ECC 216</td>
<td></td>
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<tr>
<td>1400</td>
<td>3:15 PM - 4:45 PM</td>
<td>Bell Choir II (June 2 - July 28)</td>
<td>Th</td>
<td>ECC 216</td>
<td></td>
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<tr>
<td>1500</td>
<td>10:00 AM - 11:15 AM</td>
<td>Summer Citizen Chorus (June 2 - July 28)</td>
<td>Th</td>
<td>ECC 216</td>
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<td>6000</td>
<td>9:00 AM - 10:00 AM</td>
<td>YoGa for Lifelong Well-Being (July 6 - 27, no class July 25)</td>
<td>M, W</td>
<td>HPER 102</td>
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<td>7000</td>
<td>1:30 PM - 2:45 PM</td>
<td>Ukulele I for Beginners (July 11 - 22)</td>
<td>M, W, F</td>
<td>ECC 216</td>
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<tr>
<td>7100</td>
<td>3:00 PM - 4:15 PM</td>
<td>Ukulele II for Intermediate (July 11 - 22)</td>
<td>M, W, F</td>
<td>ECC 216</td>
<td></td>
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<tr>
<td>7200</td>
<td>1:30 PM - 3:00 PM</td>
<td>Beginning Knitting (July 12 - 26)</td>
<td>T</td>
<td>UI 510</td>
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<tr>
<td>7300</td>
<td>1:30 PM - 3:00 PM</td>
<td>Intermediate Knitting (July 14-28)</td>
<td>Th</td>
<td>UI 510</td>
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<tr>
<td>100</td>
<td>8:15 AM - 9:45 AM</td>
<td>Bringing War Home: Objects, Stories, and the Vietnam War Experience</td>
<td>T - F</td>
<td>HH 130</td>
<td></td>
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<tr>
<td>110</td>
<td>10:00 AM - 11:30 AM</td>
<td>Cache Valley Goes Worldwide</td>
<td>T - F</td>
<td>HH 132</td>
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<tr>
<td>120</td>
<td>1:30 PM - 3:00 PM</td>
<td>Anyone Can Sing!</td>
<td>T - F</td>
<td>HH 130</td>
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<tr>
<td>130</td>
<td>3:15 PM - 4:45 PM</td>
<td>Indigenous Music of the Americas</td>
<td>T - F</td>
<td>HH 132</td>
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<tr>
<td>200</td>
<td>8:15 AM - 9:30 AM</td>
<td>To Vote or Not to Vote: That is Not the Question</td>
<td>M - F</td>
<td>EBB 215</td>
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<tr>
<td>210</td>
<td>9:45 AM - 11:00 AM</td>
<td>How to Optimize Your Android Phone or Tablet</td>
<td>M - F</td>
<td>HH 130</td>
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<tr>
<td>215</td>
<td>9:45 AM - 11:00 AM</td>
<td>Don't Let Hearing Loss Keep You Out of the Conversation</td>
<td>M - F</td>
<td>SCCE 209</td>
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<td>218</td>
<td>9:45 AM - 11:00 AM</td>
<td>Beyond Cat's Cradle: String Figures from Around the World</td>
<td>M - F</td>
<td>HH 132</td>
<td></td>
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<tr>
<td>220</td>
<td>1:30 PM - 2:45 PM</td>
<td>Weather &amp; You</td>
<td>M - F</td>
<td>HH 130</td>
<td></td>
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<tr>
<td>230</td>
<td>3:00 PM - 4:15 PM</td>
<td>Phone Photography &amp; Editing Basics</td>
<td>M - F</td>
<td>HH 132</td>
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<tr>
<td>300</td>
<td>8:15 AM - 9:30 AM</td>
<td>Naturalism on Public Lands: Being an Aware Tourist</td>
<td>M - F</td>
<td>HH 130</td>
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<tr>
<td>305</td>
<td>8:15 AM - 9:30 AM</td>
<td>Your New Favorite Word: Finding Buried Treasure in Everyday Language</td>
<td>M - F</td>
<td>HH 132</td>
<td></td>
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<tr>
<td>310</td>
<td>9:45 AM - 11:00 AM</td>
<td>Maximize Your Use of Gmail and Google</td>
<td>M - F</td>
<td>AGRS 135</td>
<td></td>
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<tr>
<td>315</td>
<td>9:45 AM - 11:00 AM</td>
<td>Your New Favorite Language</td>
<td>M - F</td>
<td>HH 132</td>
<td></td>
</tr>
<tr>
<td>320</td>
<td>1:30 PM - 2:45 PM</td>
<td>Weird &amp; Wild Weather</td>
<td>M - F</td>
<td>HH 130</td>
<td></td>
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<tr>
<td>330</td>
<td>3:00 PM - 4:15 PM</td>
<td>Best American Short Stories of the 20th Century</td>
<td>M - F</td>
<td>HH 132</td>
<td></td>
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</tbody>
</table>

**Legend**

- **A** — Arts & Entertainment
- **C** — Culture & Religion
- **H** — Health & Fitness
- **S** — History & World Events
- **S** — Science
- **T** — Technology

- **AGRS** — Agricultural Sciences Building
- **EBB** — Eccles Business Building (connected to HH)
- **ECC** — Eccles Conference Center
- **HH** — Huntsman Hall (connected to EBB)
- **HPER** — Health, Physical Education & Recreation
- **SCCE** — Sorenson Legacy Foundation Center for Clinical Excellence
- **UI** — University Inn

Visit summercitizens.usu.edu/schedule/classlist.cfm for the most current class information.