

The background of the cover features a dynamic pattern of yellow and orange rays emanating from the top center, creating a sense of energy and warmth. A white rectangular box with a thin dark border is centered on the page, containing the main title and year. Below the white box, the bottom half of the cover is a solid dark blue color.

Summer
CITIZENS™

2022

Program Book

Presented by Event Services at Utah State University®

Thank You!

VIP Sponsors & Partners

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
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Cache Valley Visitors Bureau
Cameron M. Workman, DDS
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Lee's Marketplace
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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	#
All Students Statewide & Distance Education	28,000
All Undergraduate Students	25,000
All Graduate Students	3,000
Logan Campus Only	19,200

The Location

City:	Logan, Utah
Population (2020):	51,958
Elevation:	4,534 feet
USU Elevation:	4,777 feet
County:	Cache County, Utah
Population (2020):	133,154
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

Month	High (°F)	Low (°F)
May	68°	40°
June	78°	47°
July	88°	53°
August	87°	51°



Utah State University has hosted the Summer Citizens Program since 1976

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

435-797-2028
summercitizens@usu.edu
summercitizens.usu.edu

Attendance History – Last 7 Years

Year	Participants
2021	630
2020	Canceled
2019	855
2018	820
2017	713

Demographics of 2021 Participants

Age	% of Total
50–59	1%
60–69	12%
70–79	61%
80–89	25%
90–98	1%

Home State	% of Total
AZ	84%
UT	5%
CA	4%
TX	2%
Other (includes 12 States)	5%

Years Attended	% of Total
First Year	35%
2–4 Years	41%
5–9 Years	12%
10 + Years	12%



Meet new friends and have fun at the Summer Citizens Program!

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
- 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.

Registration Dates & Deadlines

ASAP	Make housing reservations.
February 1	Program registration opens online.
April 30	Last day to register at the 'Early Bird Rate' of \$110 per person.
May 1	Regular registration rates go into effect and the program fee will increase by \$20 per person.
May 13	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).

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.

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
- Coupon Book
- 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

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.

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

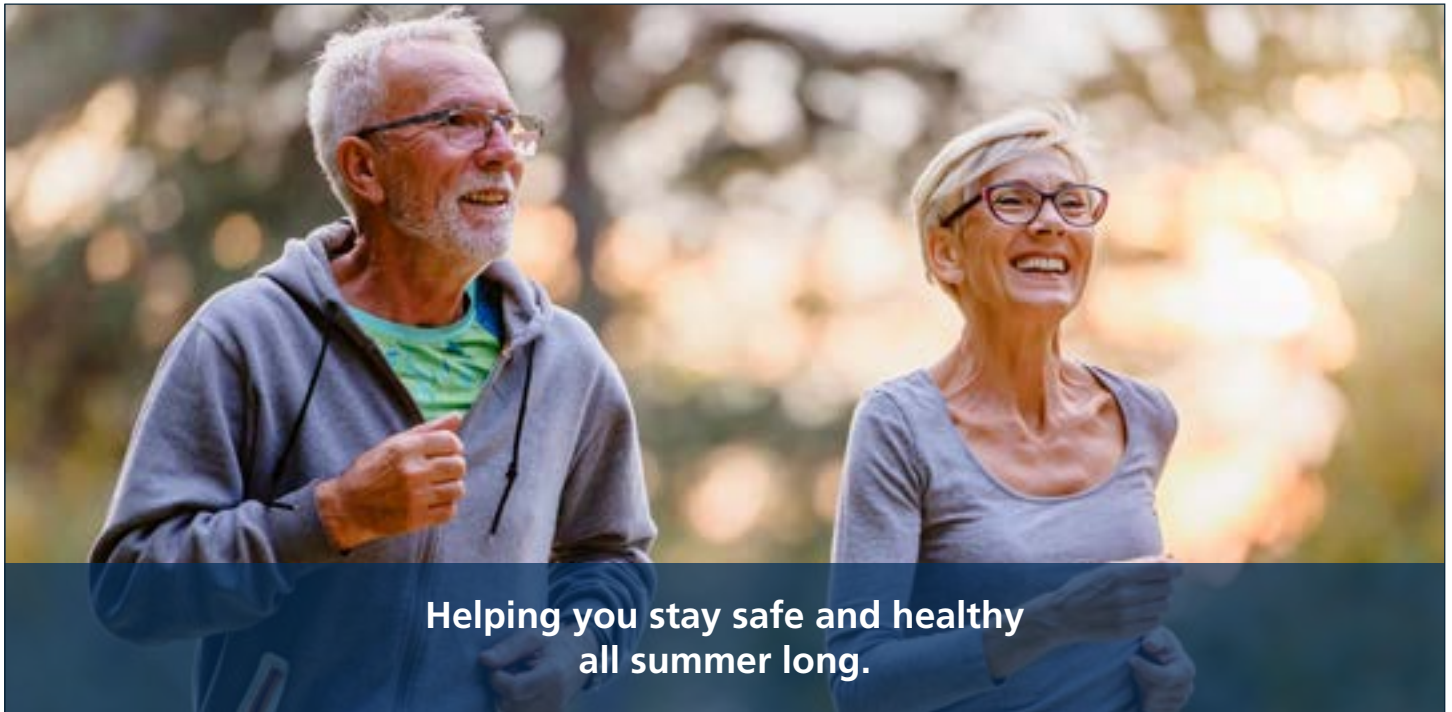


Get your own program card and unlock all the benefits for this summer!

Optional Benefits

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 17)



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LoganRegional.org/SummerCitizens

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MAY 1 THROUGH AUGUST 1**

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

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.



4 hour parking at Big Blue Terrace on Aggie Bull-evard.

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 allows 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.

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.

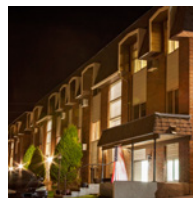
Housing Information

Alpine Flats



Price: 2br \$2,600 / 3br \$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: flats@nelsonpartners.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

Baugh Motel – Surestay by Best Western*



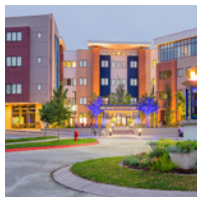
Price: Variable Stay Accommodations
Dates: 5/1/2022 – 9/30/2022
Bedrooms: 1 Room Motel Room
Address: 153 S Main Street, Logan
Phone: 435-881-9936
Email: baughproperties@gmail.com

Millennial Towers



Price: \$3,500
Dates: 5/19/22 – 7/28/22
Bedrooms: 4 & 5
Address: 657 E 1000 N, Logan
Phone: 435-915-6473
Email: tyler@millennialtowers.com

Blue Square



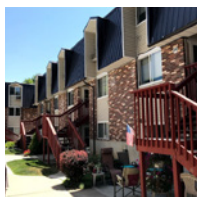
Price: 2br \$3,455 / 4br \$3,900
Dates: 5/19/2022 – 8/8/2022
Bedrooms: 2br/2bath or 4br/4bath
Address: 1111 N 800 E, Logan
Phone: 435-797-3266
Email: anne.spackman@usu.edu

Oakridge



Price: \$2,398 / \$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

Cambridge Court*



Price: \$2596
Dates: 5/23/22 – 8/20/22
Bedrooms: 2
Address: 590 Canyon Rd, Logan
Phone: 435-760-5464
Email: mgdavis_@hotmail.com

Pine View

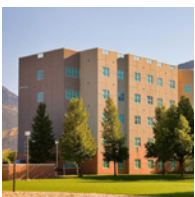


Price: \$2,470 / \$2,595 Remodeled
Dates: 5/19/22 – 8/16/22
Bedrooms: 3
Address: 780 E 1000 N, Logan
Phone: 623-322-1225
Email: support@pineviewlogan.com

* Allows small pets, fees may be applicable

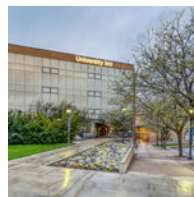


Snow Hall



Price: \$2,700
 Dates: 5/19/22 – 8/8/22
 Bedrooms: 3
 Address: 1000 N 1200 E, Logan
 Phone: 800-863-1085
 Email: anne.spackman@usu.edu

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

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.

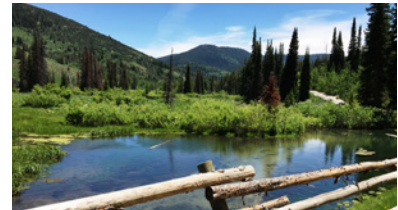
The dramatic canyon provides great fishing, hiking, canoeing, biking, geocaching, and bird-watching. It's a photographer's paradise. Don't miss Tony Grove, a glacial lake surrounded by wildflowers, and a likely spot to spy a moose.



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 and cookies, 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.

Cache Valley Visitors Bureau

199 North Main Street, Logan
explorelogan.com
435-755-1890

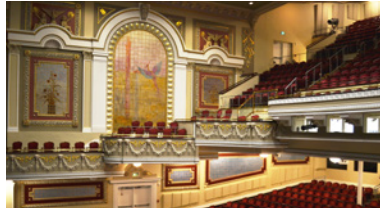


Heart of the Arts

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

Take 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

Gardeners Market
Saturdays, Mid-May–Oct

Cache Valley Cruise-In
June 30, July 1–2

Logan's 50th Annual Summer Sidewalk Sale
July 7–9

Cache Valley Mountain Man Rendezvous
May 27–28, 30

Noon Music Concerts
Tentative

Logan City's Pioneer Day Celebration & Parade
July 23

Summerfest Arts Faire
June 16–18

Independence Day Fireworks
July 2

Preston Famous Night Rodeo
July 28–30

Hyrum Star Spangled Celebration
TBA

Lewiston's 4th of July
July 4

Bear Lake Raspberry Days
August 3–6

Lyric Repertory Theatre
June 17–July 30

Utah Festival Opera & Musical Theatre
July 6–August 6

Cache County Fair & Rodeo
August 10–13

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

30 YEARS



**JULY 6 – AUG 6
2022**
LOGAN, UTAH

CARMEN
SHE LOVES ME
THE MAGIC FLUTE
MAN OF LA MANCHA
*JOSEPH AND THE AMAZING
TECHNICOLOR DREAMCOAT*
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30
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SENTIMENTAL JOURNEY
with OIL BLUE EYES

CARL ORFF'S
**CARMINA
BURANA**

CENTER STREET
CELEBRATION
JULY 11

The Michael
Ballam
VOCAL
COMPETITION

SILENT FILMS
AT THE UTAH

Late Night
CABARET

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.

COMING SUMMER 2022

LYRICREP.ORG

435.797.8022



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1967

 /lyricrepertory

 @lyricrep

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 on Old Main Hill with a beautiful view of Cache Valley

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

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.

Campus Recreation Membership

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.....1:00 pm – 3:00 pm
Friday.....5:00 pm – 7:00 pm

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

All hours and fees are subject to change.



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

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



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

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.

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

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.

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this coming Summer!*

Lee's

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Arts Faire
A UTAH CORPORATION

JUNE 16-18, 2022

**ANY SUMMER CITIZEN WHO VOLUNTEERS
TO HELP AT SUMMERFEST WILL
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CACHE COUNTY
FAIRGROUNDS**

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YOUR NEXT VISIT
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Offer good through 12/31/2022.

Black Bear Diner

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.



my girlfriend's
{ quilt shoppe }

Where friends and fabric make a whole lot of fun!



UNLIMITED CLASSES ALL SUMMER LONG!
BUY ONE SUMMER CLASS PASS
FOR \$59, GET ONE FREE

Some exclusions may apply. Summer Citizen special only: valid May 15-June 31 2022

LOGAN, UT: 1115 N 200 E #230, Logan, UT 84341 435-213-3229
SANDY, UT: 9269 S. Village Shop Drive, Sandy, UT 84094 801-647-7739



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The Forum Café
Merrill-Cazier Library

Shaw's 88
Huntsman Hall

STEEPED/Starbucks
Life Sciences Building

Luke's Family Café on The Quad
Agriculture Science Building

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CAFÉS**

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UtahStateUniversity,
Dining Services

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"

Sign into your USU account

Sign In

Recover/Setup your USU account

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

I don't know my A-Number

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

I don't know my password

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.

Reset my password

A-Number:

A12345678

Select pin delivery method:

☐ RECOVERY EMAIL on file

☐ TEXT MESSAGE (SMS) to mobile number on file

☒ I don't have access to email or text messages

Cancel Submit

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.

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

Change my password

Security Pin

.....

New Password

.....

Retype Password

.....

Cancel Save

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.



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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:

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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!

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

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- **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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435-265-4138**

www.monsonvision.com

Important Dates

Registration

Beg Date	Event	Location
Tue, 02/01/22	Registration Opens (Early Bird Rate)	—
Sat, 04/30/22	Last Day for Early Bird Rates	—
Sun, 05/01/22	Registration at Regular Rates (through 8/1)	—
Fri, 05/13/22	Last Day to Cancel Program ID Card, Courses and Tours to Receive a Partial Refund	—
Mon, 05/23/22	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 & Setup IT	Taggart Student Center International Lounge
Tue, 05/31/22	First Week of Classes	Various locations
Tue, 05/31/22	Program Check-In Continues through August 1. 9:00 AM – 4:00 PM each day. Pick Up T-Shirt & Welcome Packet.	Eccles Conference Center, Room 103
Fri, 08/05/22	Program Officially Ends	—

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.

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

Holidays

USU is closed and no classes will be taught.

Date	Event
Mon, 01/17/22	Martin Luther King Day
Mon, 02/21/22	President's Day
Mon, 05/30/22	Memorial Day
Mon, 07/04/22	Independence Day
Mon, 07/25/22	Utah Pioneer Day

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

800 EAST

59

48

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03

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700 NORTH-AGGIE BLVD.

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07

4HR PER DAY

51

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Gray

HWY 89

Purple Weekends only

Gray

Summer Citizens Office

Orientations Merchant Fairs Closing Social

Sunday Under the Trees



Map Legend

- P** Summer Citizens Approved Parking
Parking pass must be displayed
- \$** Paid Parking
- City Transit (Bus Stop)
- Academic / Administrative
- Recreation / Wellness
- On-Campus Dining
Visit dining.usu.edu for
up-to-date locations & hours

#	CODE	BUILDING NAME
01		Aggie Blue Bike & Bike Rental
02	AGPT	Aggie Parking Terrace (Fees Apply)
03	ARC	Aggie Recreation Center
04	AGRS	Agricultural Science with Luke's Cafe on the Quad
05	AMP	Amphitheater
06	ANSC	Animal Science
07	BBPT	Big Blue Parking Terrace
08	BNR	Biology and Natural Resources
09	BSH	Blue Square Housing
10	DBHC	David B. Haight Center
11	DE	Distance Education
12	ECC	Eccles Conference Center with Summer Citizens Office (basement)
13	EBB	Eccles Business Business
14	ESLC	Eccles Science Learning Center
15	EBLS	Edith Bowen Lab School
16	EDUC	Emma Eccles Jones Education with YETC Lab
17	ENGR	Engineering
18	ENINV	Engineering Innovation
19	ENLAB	Engineering Laboratory
20	ECERC	Early Childhood Education
21	FL	Family Life Building
22	FH	Nelson Field House
23	FAC	Fine Arts Center with Black Box Theatre, Morgan Theatre, and Newel and Jean Daines Concert Hall Facilities
24	FCLT	Fine Arts Visual
25	FAV	Fine Arts Visual
26	GPT	Gateway Parking Terrace (Fees Apply)
27	GEO	Geology Building
28	HPER	Health, Physical Education and Recreation with Pool
29	HH	Huntsman Hall with Shaw's 88
30	ITS	Information Technology Services with IT Help Desk
31	IS	Industrial Science
32	IDRPP	Institute for Disability Research, Policy & Practice
33	JQL	Janet Quinney Lawson
34	JCTN	Junction
35	AGLF	Legacy Field
36	LDS	LDS Institute
37	LSB	Life Sciences Building with Steepled/Starbucks
38	MAVST	Maverik Stadium
39	LIB	Merrill-Cazier Library
40	MS	Military Science Building
41	NR	Natural Resources
42	NEHMA	Nora Eccles Harrison Museum of Art
43	NFS	Nutrition & Food Sciences with Aggie Ice Cream
44	MAIN	Old Main
45	PERF	Russell/Wanlass Performance Hall
46	RWST	Ray B. West
47	SER	Science Engineering Research
48	SPEC	Spectrum (Dee Glen Smith Spectrum)
49	SCCE	Sorenson Center for Clinical Excellence with Beth's Bistro
50		Sunday Under the Trees lawn
51	TSC	Taggart Student Center with The Hub
52	TECH	Technology Building
53	TENNC	Tennis Courts
54	UI	University Inn
55	UAC	USU Credit Union and Alumni Center
56	QUAD	USU Quad
57	VS	Veterinary Science
58	VIC	Visitor Information Center
59	WEC	Wayne Estes Center
60	WIDT	Widtsoe Hall



Summer Citizens enjoy one of our many interesting courses.

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 17 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.

Course ID #	Date	Time	Days	Price	Location
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Bell Choir I

Course #1300	June 2 – July 28	1:30 PM – 3:00 PM	Thu	\$75	ECC 216
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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: 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 4 children and resides in Cache Valley with her husband Devin.

Bell Choir II

Course #1400	June 2 – July 28	3:15 PM – 4:45 PM	Thu	\$75	ECC 216
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DESCRIPTION: This class 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 4 children and resides in Cache Valley with her husband Devin.

Course ID #	Date	Time	Days	Price	Location
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Summer Citizen Chorus

Course #1500	June 2 – July 28	10:00 AM – 11:15 AM	Thu	\$75	ECC 216
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DESCRIPTION: Join others who enjoy singing! The Summer Citizen Chorus will consist of sopranos, altos, tenors and basses and will meet once a week. The chorus will have no auditions and will be open to anyone who enjoys singing in a mixed chorus. It will promote growth in singing choral music and provide joy and satisfaction in singing together with others. Previous experience in a high school, college, church or community chorus would be helpful. The repertoire will be taken from show tunes, popular songs, folk melodies or inspirational songs. Rehearsals will culminate in a performance for other Summer Citizens.

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

INSTRUCTOR: **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.

Ukulele I for Beginners

Course #7000	July 11 – 22	1:30 PM – 2:45 PM	Mon, Wed, Fri	\$60	ECC 216
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DESCRIPTION: Have you always wanted to play a musical instrument? Are you looking for a creative outlet, a way to relieve stress, a means of emotional expression, and a fun social activity? Then this is the class for you! The ukulele is fun and easy to learn, even if you have no prior musical experience. Come discover the history and timeless appeal of this fascinating instrument while learning foundational skills that will enable you to play a wide variety of songs. Class is limited to 15 people.

PREREQUISITES: Students will need to bring their own good-quality ukulele (soprano, concert, or tenor size) and a clip-on tuner. Guidance on choosing an instrument will be sent to registered students prior to the first day of class.

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.

Ukulele II for Intermediate

Course #7100	July 11 – 22	3:00 PM – 4:15 PM	Mon, Wed, Fri	\$60	ECC 216
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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 beginning 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.

Course ID #	Date	Time	Days	Price	Location
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Beginning Knitting

Course #7200	July 12 – 26	1:30 PM – 3:00 PM	Tue	\$55	UI 510
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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 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 Artisans Guild for 35 years. She spins her own yarn when she wants to take a break from knitting.

Intermediate Knitting

Course #7300	July 14 – 28	1:30 PM – 3:00 PM	Thu	\$55	UI 510
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DESCRIPTION: Go beyond the basics with this colorful striped bag that you may want to use as your go-to knitting bag after you finish knitting it. We will use 100% wool yarn which is feltable. The bag is knitted in the round on circular needles with double-stranded yarn which makes it very sturdy. We will felt (shrink) the bag during the third class period. Students need to bring materials to the first class. 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 Artisans Guild for 35 years. She spins her own yarn when she wants to take a break from knitting.

Course ID #	Date	Time	Days	Price	Location
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Anyone Can Sing!

Course #120	May 31 – June 3	1:30 PM – 3:00 PM	Tue – Fri	\$50	HH 130
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DESCRIPTION: This class is for those who have little or no singing experience, and we will be singing each day. Last year I taught this same class and have made some minor changes. How many of you have heard someone say “I can’t sing” or have even said it yourself? IT’S NOT TRUE! Well, maybe it is at the moment, but that can quickly change. The reality is we can learn how to sing. Very few people sing well from the start, and even those few end up taking voice lessons or being coached along the way to improve. I have worked with students who were “tone deaf,” but they worked hard and ended up singing in recitals 1–2 years later. There are two parts to learning how to sing: 1) ear training and 2) vocal technique. This class will focus on both of these skills. We will also discuss and practice taking good care of your voice. I’m in my 60’s and my voice is the best it’s ever been, so don’t let age stop you!

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

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

Indigenous Music of the Americas

Course #130	May 31 – June 3	3:15 PM – 4:45 PM	Tue – Fri	\$50	HH 132
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DESCRIPTION: In this course we will survey music of the indigenous people of the North, Central and South American continents — from Inuit throat singing in the Arctic, to the Mapudungun music in southern Argentina/Chile. We will cover the unique and changing meanings of American music from historical, political, and religious perspectives, by examining how music is perceived within its sociocultural context. As we dive into their spiritual, art and folk music, basic elements of music such as melody, rhythm, form, timbre, harmony, and texture will be discussed. As time permits, we’ll cover new possible directions of the fusion of past with present. To quote two authors about the diversity of world music: “A deeper exploration of these many different communities can reveal overlaps, shared horizons, and common concerns in spite of, and because of, this very diversity.” (Excursions in World Music) Let’s travel the Americas together musically!

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

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

Course ID #	Date	Time	Days	Price	Location
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Phone Photography & Editing Basics

Course #230	June 6 – 10	3:00 PM – 4:15 PM	Mon – Fri	\$50	HH 132
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DESCRIPTION: Want to learn to capture images right from your phone? Photographer Katelyn 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 photographs. First, she'll walk you through everything you need to know about camera basics. Then, she'll share 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: **Katelyn 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 technology systems and cameras whether that's on your phone or on a DSLR camera. When she isn't working or taking photos she enjoys the arts, petting all the dogs, and reading. Katelyn finds great joy in helping others whether that's learning technology or in everyday matters.

Naturalism on Public Lands: Being an Aware Tourist

Course #300	June 13 – 17	8:15 AM – 9:30 AM	Mon – Fri	\$50	HH 130
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DESCRIPTION: We will read and discuss Naturalist authors and their influence on people and policy. We will discuss conservation limitations and extremism. This course will also cover visiting public lands and learning about advocacy, stewardship, and camp hosting on both recreational and cultural sites.

PREREQUISITES: None

INSTRUCTOR: **Melissa Maughan** has worked various positions in academics for 10+ years. She was previously an employee at USU and now works for Western Governors University. She has a Bachelors in History and Anthropology and a Masters in English. She has lived in Cache Valley her entire life, loves to travel, and holds a special place for National Parks and their preservation.

Best American Short Stories of the 20th Century

Course #330	June 13 – 17	3:00 PM – 4:15 PM	Mon – Fri	\$50	HH 132
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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: Participants will purchase a book for the class. Instructor will provide the name of the book prior to the class.

INSTRUCTOR: **Roberta Klebanoff** received her BA from Hunter College, NY, and MED from the University of Maryland. She has taught English and writing in secondary schools and colleges in Maryland and Mission Viejo, California. In 1997, she ventured to China where she taught Oral English, reading comprehension, and Understanding American Culture. She has also taught in Germany, Alaska, and Italy.

Course ID #	Date	Time	Days	Price	Location
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Baroque Art History

Course #400	June 20 – 24	8:15 AM – 9:30 AM	Mon – Fri	\$50	HH 130
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DESCRIPTION: From 1600 – 1700 the European powers vied for control of trade and ideology. This course will focus on how the art of this age reflects many of the events of their time. This is the century when the Counter Reformation gave rise to fantastic works in Italy by Bernini and Caravaggio. At the same time more humble paintings were produced in the North by artists like Vermeer and Rembrandt. It's an age of contrast and drama.

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
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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
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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 some 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.



Try something new, like *Drumming and Rhythm for Fun!* Course #800

Course ID #	Date	Time	Days	Price	Location
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Drumming and Rhythm for Fun!

Course #800	July 18 – 22	8:15 AM – 9:30 AM	Mon – Fri	\$50	ECC 205/207
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DESCRIPTION: Come have fun and express yourself in a new way as you play to the beat and learn about different instruments.

No previous experience with music necessary in order to enjoy yourself. 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
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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.

Course ID #	Date	Time	Days	Price	Location
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Steps to Take Before and When a Loved One Dies

Course #105, 505, 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
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DESCRIPTION: When a loved one dies there is a tremendous emotional loss and at the same time there is an administrative nightmare. I am 78 years old and my wife is 71 years old. My probability of predeceasing her is over 95%. Approximately ten years ago I started to work on a complete step by step process for my wife to follow when I die. We now have a file, "Steps to Take Upon the Death of a Loved One," which outlines this process and includes things such as pre-addressed and signed letters and a detailed listing of our assets, etc. I have been teaching this class for the last six years and I will share with you how to do this for your loved one. This class is repeated 4 times, you only need to take it once. Each class is \$10 and each is limited to 20 people.

PREREQUISITES: The attendee 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	\$50	HH 132
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DESCRIPTION: Cache Valley is a charming, unique place to live. In spite of poor transportation in and out of the valley, many entrepreneurs choose to make this their home. Amazing nationwide and sometimes worldwide businesses thrive here. Class participants will meet two CEO's each day who will share their secrets with us. Don't miss this exciting opportunity.

PREREQUISITES: None

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

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

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

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

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

Course ID #	Date	Time	Days	Price	Location
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Your New Favorite Word: Finding Buried Treasure in Everyday Language

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

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

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

Your New Favorite Language

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

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

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

Cache Valley and Shoshone History

Course a	June 20 – 24	9:45 AM – 11:00 AM	Mon – Fri	\$50	HH 132
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DESCRIPTION: The class will begin with a description of Shoshone culture long before the introduction of the white man. It will include discussions about their hunter gatherer lifestyle. It will also include how that lifestyle changed with the introduction of colonization by the Mormon settlers. The class will also cover how the depletion of natural resources lead to Indian depredations and finally led to the largest massacre of Native Americans in the history of this country. We will discuss what the survivors did following the massacre and how that changed their life including who the Shoshone people are today.

PREREQUISITES: None

INSTRUCTOR: Darren Parry is the former chairman of the Shoshone Nation. He serves on the Board of Directors for the American West Heritage Center, the Utah Humanities Board and the Board of Directors for PBS Utah. He has taught native American history at Utah State University and has given many lectures on Native American culture and Native American issues throughout this country. He is a resident of Cache Valley and is currently working to raise money and awareness for an interpretive center to be built at the site of the Bear River Massacre. He and his wife Melody have 9 children and 14 grandchildren.

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

Course #430	June 20 – 24	3:00 PM – 4:15 PM	Mon – Fri	\$50	HH 132
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DESCRIPTION: Come and learn about the history, doctrines, organization, culture, and quirks of The Church of Jesus Christ of Latter-Day Saints. This is NOT an attempt to convert anyone, just a chance to discover more about your neighbors in your summertime home in a fun and relaxed learning environment. Mark your calendar for a field trip the Sunday after our class. You can attend a church service and have dinner with a family in our congregation.

PREREQUISITES: None

INSTRUCTOR: **Julie Hollist Terrill** is a sixth-generation active member of the Church of Jesus Christ of Latter-Day Saints. She has taught gospel doctrine classes in her congregation for many years and is well-acquainted with the history, 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	\$50	HH 130
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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 Zimbabwe, 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 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.

Tourist German

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



Take an active roll in your Health with a Health & Fitness class offered exclusively to Summer Citizens.

Course ID #	Date	Time	Days	Price	Location
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Chair Yoga (June)

Course #1000	June 1 – 29	10:15 AM – 11:15 AM	Mon, Wed	\$70	HPER 102
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DESCRIPTION: Chair yoga is a gentle form of Hatha yoga utilizing a chair for balance and support. It is a wonderful alternative for individuals that have difficulty getting down or up from the floor. All the poses are done seated in a chair with the option of standing and using the chair to assist with balance. Classes focus on improving joint mobility, flexibility, balance and increasing strength. Breathwork and meditation will also be practiced.

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

INSTRUCTOR: **Haley Hayes** is a faculty member for Utah State University's Yoga Studies minor and teaches privately. In 2019 she completed a Masters in Health & Human Movement and was invited to present her thesis titled "The Effects of a Yoga Intervention on Reactive Balance in Older Adults" at 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.

Tai Chi (June & July)

Course #1200	June 7 – July 21	10:00 AM – 11:00 PM	Tue, Thu	Free	TBA Off Campus
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DESCRIPTION: Benefits of Tai Chi:

1. Movement Control-Tai chi movements are slow, smooth and continuous, helping to strengthen internal muscles, like the deep stabilizers that support and strengthen the spine. Slow and smooth movements calm the mind, helping to reduce falls resulting from sudden movements that lead to significant blood pressure drop, especially in elder people taking medication that can cause change of blood pressure.
2. Weight Transference-Tai Chi practitioners are mindful of transferring weight with each step, helping to improve mobility, coordination and balance.
3. Integration of Mind and Body.
4. Reduction of the burden of chronic diseases.

PREREQUISITES: None

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

Course ID #	Date	Time	Days	Price	Location
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Yoga for Lifelong Well-Being (June)

Course #1050	June 1 – June 29	9:00 AM – 10:00 AM	Mon, Wed	\$70	HPER 102
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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'll 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!

Yoga for Lifelong Well-Being (July)

Course #6000	July 6 – 27 (no class July 25)	9:00 AM – 10:00 AM	Mon, Wed	\$70	HPER 102
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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'll 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!

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

Course #215	June 6 – 10	9:45 AM – 11:00 AM	Mon – Fri	\$60	SCCE 209
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DESCRIPTION: If you have trouble hearing, you probably have trouble communicating, which can adversely affect your relationships. People with hearing loss tend to feel isolated because they can't understand conversations, and will avoid social interactions. Social relationships are the #1 indicator of happiness and longevity. In this class we'll discuss the importance of communication and how hearing loss influences your overall health. We'll discuss the causes and challenges of hearing loss and offer strategies to assist when there are communication breakdowns. We'll discuss hearing aids; what is currently available; how to choose one that will work for you; and how to handle the challenges experienced when wearing them. We'll focus on tinnitus; current research as well as strategies to deal with the ringing. Improving your ability to hear and communicate will enhance your social and personal relationships and improve your overall quality of life.

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

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.

Active and Independent: Successful Aging Mentally, Emotionally and Physically

Course #815	July 18 – 22	10:00 AM – 11:15 AM	Mon – Fri	\$60	HH 130
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DESCRIPTION: Maintaining an active and independent lifestyle as one ages, is desired by all. During this course evidence-based techniques that support successful aging will be discussed and practiced. Focused topics will include: the correlation between cognition and balance, the importance of breathing properly, the numerous benefits of meditation and the individual ways to implement it. Participants will learn and experience: exercises to boost range of motion and help in preventing falls, breathing practices to strengthen the lungs and calm the nervous system, techniques to support cognitive function, 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.

Course ID #	Date	Time	Days	Price	Location
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Bringing War Home: Objects Stories, Memory, and the Vietnam War Experience

Course #100	May 31 – June 3	8:15 AM – 9:45 AM	Tue – Fri	\$60	HH 130
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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** serves as director for the Museum of Anthropology and the Mountain West Center for Regional Studies at USU. Her research and teaching involve understanding life in the Mountain West, she approaches this work through ethnography, archaeology, museum studies, and community engagement. Co-instructor, Susan Grayzel, is professor of History at USU, whose work focuses on modern European history, gender and women's history, and the history of total war. She has published extensively on these topics including her forthcoming book, "The Age of the Gas Mask: British Civilians and the Terrors of Total War," which will be published with Cambridge University Press.

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

Course #200	June 6 – 10	8:15 AM – 9:30 AM	Mon – Fri	\$60	EBB 215
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DESCRIPTION: This course examines the history of voting in the United States and then evolves into the contemporary problems that arose from the last two elections. We will focus on perception, context, and try to find reality. The many movements and amendments that expanded participation are examined as well as the leading advocates for expansion, reform, or contraction. Finally, how is trust a major part of the process?

PREREQUISITES: None

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

British History: The Edwardians

Course #510	June 27 – July 1	9:45 AM – 11:00 AM	Mon – Fri	\$50	HH 132
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DESCRIPTION: The class will involve learning and discussions of questions like these: Who were Edward VII parents? What was the connection between Edward VII and the Churchills? Who did Edward VII marry? How did his second son become King? Who did George marry? How did George's second son become King? Why did George change the family name?

PREREQUISITES: None

INSTRUCTOR: **Arthur Clarke** was born and lived in England for 55 years before marrying and coming to live in US. He became a citizen in 2008. Arthur received a Bachelor of Education from Cambridge Institute of Education and taught in English schools for over 33 years. The saying, "You can take the man out of England but you cannot take England out of the man" holds true for Arthur. He is enthusiastic about sharing his knowledge and love of British History with everyone and anyone and tries to make his classes interesting, factual and FUN.



History has never been closer, *The Valleys of Bear and Cache: Is it all about the Water?* Course #700

Course ID #	Date	Time	Days	Price	Location
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First Ladies from Ellen Wilson through Jill Biden

Course #610	July 5 – 8	10:00 AM – 11:30 AM	Tue – Fri	\$50	HH 132
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DESCRIPTION: Although mostly lecture, there are photos of every First Lady and perhaps a video highlighting a variety of First Ladies.

PREREQUISITES: None

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

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

Course #700	July 11 – 15	8:15 AM – 9:30 AM	Mon – Fri	\$60	EBB 215
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DESCRIPTION: The Bear River meanders over 400 miles on its journey from the north slope of the Uinta mountains to the bay in the Great Salt Lake. The river, and the valleys that are impacted by its presence, have a long and significant history. Native Americans, fur trappers, Oregon bound pioneers, Mormon settlers and their descendants all share this history. It has served as a magnet to gather people back for family, religious, educational, and geographic remembrance. Why is that so?

PREREQUISITES: None

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

Course ID #	Date	Time	Days	Price	Location
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JFK Assassination: Warren Commission vs Researchers

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

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

INSTRUCTOR: Tom Westre received his MA in Education in 1973. He taught US History and several other subjects at the high school level for 33 years before retiring in 2008. Tom was a high school senior the year President Kennedy was killed. In the 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 Loganites

Course #710	July 11 – 15	9:45 AM – 11:00 AM	Mon – Fri	\$50	HH 132
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DESCRIPTION: David Eccles, an illiterate Scotsman, lived in Logan. He started many companies in the West, made a fortune and employed thousands of men, including my grandfather. He died unexpectedly in 1912, without a will, leaving his two wives and 21 children in chaos. Marriner Eccles outwitted his older half brothers, becoming the family leader. Marriner later caught the eye of Franklin Roosevelt who appointed him Chairman of the Federal Reserve. He held his job for 17 years. He was instrumental in helping the USA recover from the Great Depression. We’ll learn why the Eccles family can be so generous today. Other important Loganites 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 #910	July 26 – 29	10:00 AM – 11:30 AM	Tue – Fri	\$50	HH 130
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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.



Get a new perspective on the world with *Amazing Creatures & Volcanoes of the Galapagos Islands*, Course #520

Course ID #	Date	Time	Days	Price	Location
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Weather & You

Course #220	June 6 – 10	1:30 PM – 2:45 PM	Mon – Fri	\$50	HH 130
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DESCRIPTION: Learn the basics of weather in a fun way from a forecast, research, and TV meteorologist with over 35 years of experience! Many weather subjects will be covered in the class. Understand the cloud types and how/why they form. Learn the different types of precipitation and why they develop or don't develop. Discover and study the different climates around the earth and why they have formed. Why do winds develop? What are the different types of winds? Fronts and air masses: how to find them on a weather map and what they mean to your weather. Also, you will learn how to make your own basic forecast. A lot of fun with experiments and hands-on discussions throughout the class.

PREREQUISITES: None

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

Weird & Wild Weather

Course #320	June 13 – 17	1:30 PM – 2:45 PM	Mon – Fri	\$50	HH 130
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DESCRIPTION: There is a lot of weird and wild weather taking place around the world. We will have fun learning about extreme weather events around the world. From cold to hot temperatures and their locations on the globe to heavy rainfall areas and deserts. Learn about thunderstorms and lightning and why they develop. Understand what conditions are necessary for the formation of strong storms such as tornadoes, hurricanes, and mid-latitude cyclones. Why do some winds become more damaging with certain storms? Also learn why winds in certain areas become extreme and dangerous! Learn about Mr. Stephens' research at Peter Sinks and details about how it was discovered and what has been found over the last 35 years. Come prepared to have fun but also to learn a lot about weird and wild weather!

PREREQUISITES: None

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

Course ID #	Date	Time	Days	Price	Location
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Comparing & Contrasting Greenland and Iceland

Course #420	June 20 – 24	1:30 PM – 2:45 PM	Mon – Fri	\$50	HH 130
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DESCRIPTION: Presentations will compare & contrast these islands in their

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

PREREQUISITES: None

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

Amazing Creatures & Volcanoes of the Galapagos Islands

Course #520	June 27 – July 1	1:30 PM – 2:45 PM	Mon – Fri	\$50	HH 130
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DESCRIPTION: This course will teach about the following: How volcanic activity, ocean currents and winds combine to shape the Galapagos Islands and their unique ecosystems. Galapagos turtles from Lonesome George, to Stud Diego & their successful population restoration on several islands. Galapagos iguanas, sea cucumbers, penguins, finches & flightless cormorants. How Darwin's observations on the islands in 1835 and the submersible Alvin cruise at seafloor nearby in 1967 totally changed two fundamental views of biological systems on earth. Threats to Galapagos biological systems including El Niños and climate change.

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
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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.

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

Course #210	June 6 – 10	9:45 AM – 11:00 AM	Mon – Fri	\$60	HH 130
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DESCRIPTION: This class will cover how to get your email, contacts, calendar, and documents on your Android smartphone or tablet. We'll cover how to star frequently used contacts and quickly find them and how to view your call log and save the numbers to your contacts. We'll learn about apps and widgets and customizing your home screen. We'll review the settings and learn to set ringtones, volume, wifi, bluetooth, and GPS, including checking your data usage. We'll also discuss battery monitoring and management, security apps, locking your phone, and other popular apps. You must bring your own Android phone or tablet to this class.

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

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

Maximize Your Use of Gmail and Google

Course #310	June 13 – 17	9:45 AM – 11:00 AM	Mon – Fri	\$60	AGRS 135
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DESCRIPTION: You'll learn how to: use Gmail, contacts, calendars, and Google Drive; label, delete, and archive your Gmail, report spam, and receive email from all your accounts in one Inbox. You'll also learn to: cleanup, merge, and create contacts and groups; create calendar events, share calendars; create documents, spreadsheets, and presentations in Google Drive; and share and collaborate with others on these e-files. Google Drive is FREE and the only office suite software you'll ever need. You can access Google Drive from any computer with internet access. This class is in the computer lab on campus.

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

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

Ins and Outs of Google Drive

Course #410	June 20 – 24	9:45 AM – 11:00 AM	Mon – Fri	\$60	AGRS 135
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DESCRIPTION: Google Drive is an office suite software. You can create documents and spreadsheets on any computer with Internet access. You aren't tied to one computer, and you get it FREE with a Gmail account! Google Drive is the cornerstone of the Google Cloud and provides you access to other perks from Google. You'll learn to create, edit, and share Google Docs, Sheets, and Slides, and share these files and collaborate with others. There will be hands-on activities in class. This class is held in the computer lab on campus. Google Drive works on PCs, Android phones and tablets, iPhones, iPads, and Macs.

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

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

Course ID #	Date	Time	Days	Price	Location
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This is The Place Heritage Park & Natural History Museum of Utah

Tour 2A	June 7	8:00 AM–6:00 PM	Tue	\$95	Salt Lake City, Utah
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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

Tour 2B	June 9	9:00–11:00 AM	Thu	\$10	Wellsville, Utah
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DESCRIPTION: In 2018 the Utah Agricultural Experiment Station opened a new barn with robotic features. The facility, used by the USU dairy program, exposes students and other producers to modern technology. Come learn how we are using technology to increase our milk production and watch our automated milkers in action. The dairy is a 15–20 minute drive south of Logan on Hwy 89/91 and transportation to the dairy is on your own. If standing is a problem, please bring a camp chair.

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

USU Aggie Chocolate Factory

Tour 2C, 3C, 6B, 8A	Choose one: June 9, June 16, July 7, July 19	3:00 – 4:30 PM	Various	\$10	Logan, Utah
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DESCRIPTION: Don't miss this opportunity to learn how the Aggie Chocolate Factory makes the world's finest single origin bean-to-bar chocolate. This tour will walk you through the entire process of how cacao is grown, harvested, and processed into delicious chocolate. The tour will conclude with a special tasting session lead by Dr. Silvana Martini, a world leading food scientist in the College of Agriculture and Applied Sciences. Taste the flavors of single origin chocolates made at the Aggie Chocolate Factory and compare them to commodity chocolates. Identify the flavors that you prefer and become a chocolate snob!

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

Utah Olympic Park & Historic Park City

Tour 3A	June 14	8:00 AM – 6:00 PM	Tue	\$85	Park City, Utah
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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.



Utah Olympic Park & Historic Park City, Tour 3A in June.

Course ID #	Date	Time	Days	Price	Location
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USU Animal Science Farm

Tour 3B	June 16	8:30 –11:30 AM	Thu	\$15	Wellsville, Utah
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DESCRIPTION: The USU College of Agriculture and Applied Sciences looks forward to showcasing a few of our research projects. It will include five stations where you will learn about the science of cloning and what the future holds, learn about the dynamic of the equine and human bond, see callipyge sheep and do DNA testing, learn what ivermectin is and what it really does, and learn how to select an affordable cut of beef and taste samples. The tour will conclude with our world-famous Aggie Ice Cream. The farm is a 15–20 minute drive south of Logan on Hwy 89/91 and transportation to the dairy is on your own. If standing is a problem, please bring a camp chair. Carpooling is recommended due to limited on-site parking. If standing is a problem, please bring a camp chair.

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

Course ID #	Date	Time	Days	Price	Location
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USU Greenville Research Farm

Tour 4A	June 20	9:00 – 11:00 AM	Mon	\$10	Logan, Utah
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DESCRIPTION: Come learn how agricultural scientists are helping farmers get better and more diverse food and flowers for your table! Learn how they help expand the plant palette for your home landscape. See what is being done to conserve water and care for those in the most sustainable ways. The Greenville Farm is the first irrigated research farm in the country and it has evolved along with agriculture in the West. We will introduce you to the many projects ongoing there that may help you better take care of your lawn, gardens and bring better products to the stores where you live. The farm is a short drive from USU and transportation is on your own. Carpooling is recommended due to limited on-site parking. If standing is a problem, please bring a camp chair.

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

Sportsman's Paradise & Fresh Trout Dinner

Tour 5A, 7A	June 27 or July 14	5:00 – 9:00 PM	Various	\$60	Paradise, Utah
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DESCRIPTION: Located in the south end of Cache Valley, Sportsman's Paradise was settled in 1868 by Barnard White, an immigrant from England. This 56,000 acre homestead was one of the first settlements in the beautiful Cache Valley. This working ranch is known not only for all the wonderful outdoor sports, but for great hospitality and fine dining too. On this night you will get to hear Colonel Grant White tell the history of this wonderful ranch, enjoy the quiet peacefulness of the outdoors and feast on an evening meal, featuring fresh, boneless trout fillets, au gratin potatoes, fresh green salad, warm rolls and for dessert, a slice of cheesecake. Music will fill the night air featuring Jeff Tingey & his live band.

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

Brigham, a Bird Refuge & The Old Barn Theatre

Tour 5B	July 1	12:00 PM – 10:00 PM	Fri	\$90	Brigham, Utah
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DESCRIPTION: Brigham City has an exciting, hidden history. Co-ops were being tried in the late 1800's across the USA. The most successful one was located in Brigham City. This town was completely independent. They even had their own money. Our local guide (now the Brigham City Mayor), will tell us this fascinating story and show us evidence of that era. Next, we'll visit the Bear River Migratory Bird Refuge and watch the birds strut their stuff. An early supper will be enjoyed at Maddox, then we'll make our way to the historic "Old Barn" located next to the best preserved Stage Coach Inn in Utah. We'll see a production of "Big River." We should arrive back at USU about 10:00 PM. What an exciting day!!

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

USU Virtual Reality Roller Coaster

Tour 6A	July 7	10:00 AM – 12:00 Noon	Thu	\$10	USU Old Main Building
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DESCRIPTION: Explore a mountain top, ride a roller coaster around Old Main and see how virtual reality is used to understand the environment and our interactions within it. The USU Department of Landscape Architecture and Environmental Planning is using virtual to better understand our reality. Come and participate in ongoing research, experience how we understand our environment and learn about virtual reality as a tool for planning and designing strong communities.

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

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.

WK	COURSE	TIME	TITLE	DAYS	LOCATION	WK	COURSE	TIME	TITLE & DAYS	DAYS	LOCATION
Multi-week classes	105, 505, 605, 805	8:15 AM - 9:30 AM	Steps to Take Before and When a Loved One Dies (May 31, June 29, July 7, July 21)	Pick One	UI 510	Week 4 (June 20 - 24)	400	8:15 AM - 9:30 AM	Baroque Art History	M - F	HH 130
	1000	10:0 AM - 11:00 AM	Chair Yoga (June 1 - 29)	M, W	HPER 102		410	9:45 AM - 11:00 AM	Ins and Outs of Google Drive	M - F	AGRS 135
	1050	9:00 AM - 10:00 AM	Yoga for Lifelong Well-Being (June 1 - June 29)	M, W	HPER 102		415	9:45 AM - 11:00 AM	Cache Valley and Shoshone History	M - F	HH 132
	1200	10:00 AM - 11:00 AM	Tai Chi (June 7 - July 21)	T, Th	TBA Off Campus		420	1:30 PM - 2:45 PM	Comparing & Contrasting Greenland and Iceland	M - F	HH 130
	1300	1:30 PM - 3:00 PM	Bell Choir I (June 2 - July 28)	Th	ECC 216		430	3:00 PM - 4:15 PM	Meet Your Neighbors: Insights into the Church of Jesus Christ of Latter-day Saints	M - F	HH 132
	1400	3:15 PM - 4:45 PM	Bell Choir II (June 2 - July 28)	Th	ECC 216	Week 5 (June 27 - July 1)	500	8:15 AM - 9:30 AM	Impressionism	M - F	HH 130
	1500	10:00 AM - 11:15 AM	Summer Citizen Chorus (June 2 - July 28)	Th	ECC 216		510	9:45 AM - 11:00 AM	British History: The Edwardians	M - F	HH 132
	6000	9:00 AM - 10:00 AM	Yoga for Lifelong Well-Being (July 6 - 27, no class July 25)	M, W	HPER 102		520	1:30 PM - 2:45 PM	Amazing Creatures & Volcanoes of the Galapagos Islands	M - F	HH 130
	7000	1:30 PM - 2:45 PM	Ukulele I for Beginners (July 11 - 22)	M, W, F	ECC 216		530	3:00 PM - 4:15 PM	How Explosive was the Cambrian Explosion: Exploring the Slow-Fuse of the Evolution of Animals	M - F	HH 132
	7100	3:00 PM - 4:15 PM	Ukulele II for Intermediate (July 11 - 22)	M, W, F	ECC 216	Week 6 (July 5 - 8)	600	8:15 AM - 9:45 AM	World Art	T - F	HH 130
	7200	1:30 PM - 3:00 PM	Beginning Knitting (July 12 - 26)	T	UI 510		610	10:00 AM - 11:30 AM	First Ladies from Ellen Wilson through Jill Biden	T - F	HH 132
Week 1 (May 31 - June 3)	7300	1:30 PM - 3:00 PM	Intermediate Knitting (July 14-28)	Th	UI 510		620	1:30 PM - 3:00 PM	Tourist German	T - F	HH 130
	100	8:15 AM - 9:45 AM	Bringing War Home: Objects Stories, Memory, and the Vietnam War Experience	T - F	HH 130		700	8:15 AM - 9:30 AM	The Valleys of the Bear and the Cache: Is it all about the Water?	M - F	EBB 215
	110	10:00 AM - 11:30 AM	Cache Valley Goes Worldwide	T - F	HH 132	Week 7 (July 11 - 15)	710	9:45 AM - 11:00 AM	Famous Historic Loganites	M - F	HH 132
	120	1:30 PM - 3:00 PM	Anyone Can Sing!	T - F	HH 130		720	1:30 PM - 2:45 PM	JFK Assassination: Warren Commission vs Researchers	M - F	HH 130
Week 2 (June 6 - 10)	130	3:15 PM - 4:45 PM	Indigenous Music of the Americas	T - F	HH 132		730	3:00 PM - 4:30 PM	Storytelling Workshop	M - F	HH 132
	200	8:15 AM - 9:30 AM	To Vote or Not to Vote: That is Not the Question	M - F	EBB 215	Week 8 (July 18 - 22)	800	8:15 AM - 9:30 AM	Drumming and Rhythm for Fun!	M - F	ECC 205/207
	210	9:45 AM - 11:00 AM	How to Optimize Your Android Phone or Tablet	M - F	HH 130		810	9:45 AM - 11:00 AM	Creative Composition: A Fusion of Art and Music	M - F	ECC 205/207
	215	9:45 AM - 11:00 AM	Don't Let Hearing Loss Keep You Out of the Conversation	M - F	SCCE 209		815	10:00 AM - 11:15 AM	Active and Independent: Successful Aging Mentally, Emotionally and Physically	M - F	HH 130
	218	9:45 AM - 11:00 AM	Beyond Cat's Cradle: String Figures from Around the World	M - F	HH 132	Week 9 (July 26 - 29)	910	10:00 AM - 11:30 AM	Utah's Struggle for Statehood	T - F	HH 130
	220	1:30 PM - 2:45 PM	Weather & You	M - F	HH 130						
	230	3:00 PM - 4:15 PM	Phone Photography & Editing Basics	M - F	HH 132						
Week 3 (June 13 - 17)	300	8:15 AM - 9:30 AM	Naturalism on Public Lands: Being an Aware Tourist	M - F	HH 130						
	305	8:15 AM - 9:30 AM	Your New Favorite Word: Finding Buried Treasure in Everyday Language	M - F	HH 132						
	310	9:45 AM - 11:00 AM	Maximize Your Use of Gmail and Google	M - F	AGRS 135						
	315	9:45 AM - 11:00 AM	Your New Favorite Language	M - F	HH 132						
	320	1:30 PM - 2:45 PM	Weird & Wild Weather	M - F	HH 130						
	330	3:00 PM - 4:15 PM	Best American Short Stories of the 20th Century	M - F	HH 132						

Legend

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

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