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. The program has made a comeback and is going strong.

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.

Summer Citizens Team

Melissa Powers – Sponsorship & Housing Coordinator
Jennifer Kottcamp – Registration and Classes
Matt Wheat – Marketing and Graphic Design
Katalyn Wamsley – Social Media Coordinator
Kyle Cottam – Copywriter for Summer Scoop
Mandy Idso – Tour Coordinator
Emma Leukhardt – Event Coordinator Assistant
Alicia Burkey – Event Coordinator Intern

Contact

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

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Program Registration

How to Register

**STEP #1**
Make Housing Reservations ASAP
Secure your housing before moving on to Step 2.
See housing details on page 04.

**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

<table>
<thead>
<tr>
<th>ASAP</th>
<th>Make housing reservations.</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 30</td>
<td>Last day to register at the ‘Early Bird Rate’ of $110 per person.</td>
</tr>
<tr>
<td>May 1</td>
<td>Regular registration rates go into effect, and the program fee will increase by $10 per person.</td>
</tr>
<tr>
<td>May 13</td>
<td>Last day to cancel your program attendance, courses, and travel tours and receive a partial refund. No refunds will be processed after this date (see page 07 for cancellation details).</td>
</tr>
</tbody>
</table>

### Program Fee

- There is a program fee of $120 per person for participation in the Summer Citizens Program. Early Bird Rate of $110 is available until April 30.
- 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.

### 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** (page 18)
- **Coupon Page**
- **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**
- **Year-round Monthly Newsletter**
- **Housing Open House**
- **USU Parking Pass for Select Lots**
- **USU Library Access**
- **USU Computer Lab Access**
- **USU Campus Tours**
- **Health Classes by Bear River Health Department**
- Use your ID Card as a debit card on campus

#### T-Shirt

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

#### Optional Benefits

Additional costs apply

- **Courses & Fitness Classes** (page 34)
- **Guided Travel Adventure Tours** (page 47)
- **USU Campus Recreation Memberships** (page 14)
- **USU Personal Training Programs**
- **USU Outdoor Programs Field Trips** (page 15)
Sponsored Housing

Book your 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.
- Apartments are rented “by the apartment” not by the room.
- All Sponsored Housing properties include basic furniture and appliances.
- Find the most up-to-date information at summercitizens.usu.edu/housing/sponsoredhousing.cfm.

### Platinum Sponsors

**800 Block**
- Address: 777 N 800 E, Logan, Utah
- Phone: 385-460-3025
- Email: flats@nelsonpartners.com

**Alpine Flats**
- Address: 729 E 900 N, Logan, Utah
- Phone: 435-258-6011
- Email: flats@nelsonpartners.com

### Gold Sponsors

**D’s Bridgerland**
- Address: 956 N 600 E, Logan
- Phone: 435-753-8219
- Email: tyler@millennialtowers.com

**Millennial Towers**
- Address: 657 E 1000 N, Logan
- Phone: 435-915-6473
- Email: tyler@millennialtowers.com

### Tote Bag Sponsors

**Blue Square**
- Address: 1111 N 800 E, Logan
- Phone: 435-797-3266
- Email: anne.spackman@usu.edu

**Snow Hall**
- Address: 1000 N 1200 E, Logan
- Phone: 800-863-1085
- Email: anne.spackman@usu.edu

### Bronze Sponsor

**Cambridge Court**
- Address: 590 Canyon Rd, Logan
- Phone: 435-760-5464
- Email: mgdavis_@hotmail.com

### Housing Only Sponsors

**Pine View**
- Address: 780 E 1000 N, Logan
- Phone: 623-322-1225
- Email: support@pineviewlogan.com

* Allows small pets, fees may be applicable
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 (see below) for on-site Program Check In to pick up your T-Shirt and Welcome Packet (beginning May 22).

Program Check In – Opening Week
May 22 – 24, 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
9:00 AM – 4:00 PM, May 25–July 28
Open Monday through Friday, Eccles Conference Center (ECC), Room 103

Check in anytime during the dates and times listed above. You will go to separate locations for a parking pass, new ID cards, and IT assistance.

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

The pass allows parking only in designated areas. See the map on page 22. Parking areas are color-coded and are marked with a ☹ 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.

Record time reservations at UPR.ORG

Cancelation Policies
Cancelation fees will apply to all cancelations as outlined below. All cancelations must be sent via email to register.online@usu.edu.

Cancelation 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.

Cancelation 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.

Cancelation 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.
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 its 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 the three pillars of “Teaching, Research and Service.”

Enrollment

Fall semester 2022
Student body was representative of all 50 states and more than 66 foreign countries.

Breakdown of USU Enrollment*

- All Students Statewide & Distance Education: 27,943
- All Undergraduate Students: 25,124
- All Graduate Students: 2,819
- Logan Campus Only: 20,007

The Location

City: Logan, Utah
Population (2021): 54,436
Elevation: 4,534 feet
USU Elevation: 4,777 feet
County: Cache County, Utah
Population (2021): 137,417
Local Time: MDT March 12 – November 5

Weather

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

Average Monthly Temperatures*

<table>
<thead>
<tr>
<th>Month</th>
<th>High (°F)</th>
<th>Low (°F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>May</td>
<td>68°</td>
<td>41°</td>
</tr>
<tr>
<td>June</td>
<td>80°</td>
<td>48°</td>
</tr>
<tr>
<td>July</td>
<td>89°</td>
<td>55°</td>
</tr>
<tr>
<td>August</td>
<td>88°</td>
<td>53°</td>
</tr>
</tbody>
</table>

**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.

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### 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 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 1854 Logan Tabernacle, the 1891 Logan Tabernacle, the 1914 Bluebird Café (soon to re-open), impressive turn-of-the-century homes and churches, and the beautifully restored Cache County Courthouse, home of the Cache Valley Visitors Bureau.

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

Stop in at the American West Heritage Center, a 160-acre outdoor living history museum, and experience the history of the Old West.

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

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### Small Town Vibe, Big City Options
**Restaurants**—Logan has more than 70 restaurants to choose from, including many unique eateries with their own specialties. From Indian to Chinese to Italian and good old American, we’ve got you covered.

**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. And yes, we have a Costco!

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

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### Cache Valley Visitors Bureau
199 North Main Street, Logan
explorelogan.com
435-755-1890

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### 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 every weekday.

### 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 with a full orchestra. 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 and on campus. 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

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### Calendar of Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gardeners Market</td>
<td>Saturdays, Mid-May–Oct</td>
</tr>
<tr>
<td>Cache Valley Cruise-In</td>
<td>June 29–July 1</td>
</tr>
<tr>
<td>Logan’s 1st Annual Summer Sidewalk Sale</td>
<td>July 3–5</td>
</tr>
<tr>
<td>Cache Valley Mountain Man Rendezvous</td>
<td>May 28–21, 29</td>
</tr>
<tr>
<td>Noon Music Concerts</td>
<td>Every Weekday</td>
</tr>
<tr>
<td>Logan City’s Pioneer Day Celebration &amp; Parade</td>
<td>July 24</td>
</tr>
<tr>
<td>Summerfest Arts Faire</td>
<td>June 15–17</td>
</tr>
<tr>
<td>Independence Day Fireworks</td>
<td>July 3</td>
</tr>
<tr>
<td>Preston Famous Night Rodeo</td>
<td>July 27–29</td>
</tr>
<tr>
<td>Hyrum Star Spangled Celebration, A weakling Patriotic Party</td>
<td>TBA</td>
</tr>
<tr>
<td>Lewiston’s 4th of July</td>
<td>July 4</td>
</tr>
<tr>
<td>Bear Lake Raspberry Days</td>
<td>August 3–5</td>
</tr>
<tr>
<td>Lyric Repertory Theatre</td>
<td>June 16–July 29</td>
</tr>
<tr>
<td>Utah Festival Opera &amp; Musical Theatre</td>
<td>July 5–August 5</td>
</tr>
<tr>
<td>Cache County Fair &amp; Rodeo</td>
<td>August 9–12</td>
</tr>
</tbody>
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Dates subject to change. Visit www.explorelogan.com/calendar.html for the most current calendar information.
Each year, the Summer Citizens Program holds a weekly seminar called Sunday Under the Trees. This seminar series gathers professional speakers from a variety of backgrounds including Community, Government, Higher Education, Industry, Military, and Theatre.

This is the kind of Seminar Series many would purchase tickets to attend; for you it’s included as part of your registration! Look forward for more information regarding the speakers list coming soon.

Sunday Under the Trees will be moving to the grass south of the Eccles Conference Center due to construction on Champ Drive this year.

Bring lawn chairs or blankets for seating. Parking available on Sundays in the Red Lot north of the Eccles Conference Center. See the map on page 22.
Campus Recreation Membership

Membership Fees & Hours

**Summer Citizens Rec Pass**
- $85 for entire summer (prorated daily)
- $30 month-to-month pass
- $8 day/guest pass

Includes full access to the following:

**Aggie Recreation Center**
- Monday–Friday: 6:00 am – 9:00 pm
- Saturday: 10:00 am – 4:00 pm

**Drop-in Group Fitness Classes**
More information on the opposite page.

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

**HPER Pools**
- Lap Swim
  - Monday–Friday: 8:00 am – 1:00 pm
  - Monday–Friday: 4:00 pm – 7:00 pm
- Open Rec Swim
  - Tuesday & Thursday: 1:00 pm – 3:00 pm
- Log Rolling is available during Open Rec Swim times

All hours and fees are subject to change.

Building Amenities

Drop in to one of our Group Fitness classes.

The ARC
- 1/8th mile indoor walking track
- Climbing wall
- Functional training studio
- Spin bike studio
- 3 indoor pickleball/badminton courts
- Variety of Drop-in Group Fitness Classes
- Unlimited access to summer group fitness classes
- Cardio machines, free-weight machines, and plate-loaded machines
- Basketball and volleyball courts
- Locker rooms and locker rentals
- Activity equipment rentals
- Outdoor lawn game rentals

HPER Building
- Basketball courts
- 6 Racquetball courts
- 1 indoor pickleball court
- Cardio machines, free-weights, and plate-loaded machines
- Locker rooms
- 6 lane lap pool with high & low diving boards
- 6 lane open recreation & leisure pool

How to Purchase Campus Recreation Memberships?

Memberships can be purchased while Registering for the Summer Citizens Program or in person at the Aggie Recreation Center Service Desk.

For more details about our programs: campusrec.usu.edu

Programs Offered Through Campus Recreation

**Available to all Summer Citizens**

**Cutler Marsh Tour**
Come and join Outdoor Programs for a few weekday morning hours canoeing on Cutler Marsh. We will meet bright and early to travel to Cutler Marsh to enjoy the quiet morning hours on the water accompanied by a Master Naturalist from Stokes Nature Center. Bring your binoculars and bird book and see what you can spot. We will return back to campus before lunch, but be sure to pack some snacks, sunscreen, and clothing appropriate for being on the water. Transportation and canoeing equipment will be provided. You must be able to swim.

**Additional Activities**
More details on these activities will be provided in a handout at the Welcome Merchant Fair, May 25.
- Pickleball Leagues and Tournaments
- Bingo
- Lawn Games
- Social Events

**Nutrition Consultation Services**
For a separate fee, you can meet one-on-one with a Registered Dietitian who will help you assess your dietary needs and come up with changes to support your nutrition goals.

**Fitness Classes by Offering**
Want to secure a spot in a fitness class now? There are a limited number of registration based courses available via the Summer Citizens Registration Portal.

Registration for a Fitness Class by Offering limits the user to those offerings at those times/locations. Arc pass membership is required for facility access outside of Fitness Class by Offering times/locations.

**Available to Summer Citizens with an ARC 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.

**Drop-in Group Fitness Classes**
Attend any drop-in group fitness classes offered through Campus Recreation at no additional charge. These offerings may include classes such as Yoga, HIGH Fit, Spin, Zumba, and other great offerings. The drop-in group fitness schedule will be released later in the spring and will be posted online at campusrec.usu.edu. Drop-in course offerings are always subject to change.
History
In September of 1985 leaders of the Summer Citizens Program initiated a scholarship fund at Utah State University. The intent was to provide an enduring expression of gratitude to USU and to the people of Cache Valley for their hospitality. The scholarship is a symbol of the wonderful relationships between the Summer Citizens, the University, and the community.

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

How to Donate
You can donate to the scholarship fund when you register 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 109.

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

Scholarship Fund
Together we have raised over $60,000 since 1992
Thank you to our 2023 Summer Citizens Sponsors

Please support the Cache Valley businesses featured in this Program Book. Many will have special opportunities specific to Summer Citizens throughout the summer.

T-Shirt Tuesday™ Sponsors

Each sponsor has a special offer for Summer Citizens only. On Tuesdays, wear your 2023 Summer Citizens T-Shirt to any of the following locations.

- **Caffe Ibis**: Buy one 12-ounce bag of coffee, buy a second 12-ounce bag for 50% off
- **Logan Regional Hospital Gift Shop**: 20% off an entire purchase.

Cache Valley really comes together to make your summer amazing!
How to Create or Reset Your USU Password

Valid only with active ID Card

1. Visit: myid.usu.edu
2. Select “I don’t know my password”
3. Enter your A-Number and choose a recovery method. You must already have a preferred email or mobile phone on file to receive a PIN.
4. A four-digit PIN will be delivered. Enter the PIN immediately on the next page and enter a new password.
5. The password strength bar will turn green when your password is strong enough.

Contact the IT Service Desk if you need help.

Call 435.797.HELP (4357)
Visit the IT building.
See map on page 22, #31.
Mon–Thu: 8am–6pm
Friday: 8am–3pm

Please have your Summer Citizens ID card ready.

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2023 Program Dates and Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Wed, 02/01/23</td>
<td>Registration Opens (Early Bird Rate)</td>
<td>–</td>
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<tr>
<td>Sun, 04/30/23</td>
<td>Last Day for Early Bird Rate</td>
<td>–</td>
</tr>
<tr>
<td>Mon, 05/01/23</td>
<td>Registration at Regular Rate (through 7/28)</td>
<td>–</td>
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<tr>
<td>Sat, 05/13/23</td>
<td>Last Day to Cancel Program ID Card</td>
<td>–</td>
</tr>
<tr>
<td>Mon, 05/22/23</td>
<td>Opening Week</td>
<td>Taggart Student Center International Lounges</td>
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<tr>
<td>Thu, 05/25/23</td>
<td>Welcome Orientation &amp; Merchant Fair</td>
<td>Taggart Student Center Ballroom</td>
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<tr>
<td>Thu, 06/19/23</td>
<td>Juneteenth National Freedom Day</td>
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<tr>
<td>Thu, 06/29/23</td>
<td>Mayor’s Ice Cream Social</td>
<td>Taggart Student Center Ballroom</td>
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<tr>
<td>Mon, 07/04/23</td>
<td>Independence Day</td>
<td>–</td>
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<tr>
<td>Thu, 07/13/23</td>
<td>Sponsored Housing Open House</td>
<td>On-site at Sponsored Apartment Housing Units</td>
</tr>
<tr>
<td>Thu, 07/20/23</td>
<td>Closing Social, Luncheon &amp; Talent Show</td>
<td>Taggart Student Center Ballroom</td>
</tr>
<tr>
<td>Mon, 07/24/23</td>
<td>Utah Pioneer Day</td>
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</tr>
<tr>
<td>Fri, 07/28/23</td>
<td>Program Officially Ends</td>
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</tbody>
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Course Catalog Information

Become a Lifelong Learner

The Summer Citizen program is dedicated to providing education opportunities for those that are 55 and older. Courses are taught on a wide range of stimulating topics including Arts & Entertainment, Culture & Religion, Health & Fitness, History & World Events, Science, Technology, and Travel Adventures. Instructors include university professors, local experts, and Summer Citizens with specialty backgrounds/qualifications.

Please refer to page 07 for cancellation policies. 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.

Topics

<table>
<thead>
<tr>
<th>Topic</th>
<th>Pages</th>
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</thead>
<tbody>
<tr>
<td>Arts &amp; Entertainment</td>
<td>25–29</td>
</tr>
<tr>
<td>Culture &amp; Religion</td>
<td>30–33</td>
</tr>
<tr>
<td>Health &amp; Fitness</td>
<td>34–39</td>
</tr>
<tr>
<td>History &amp; World Events</td>
<td>40–41</td>
</tr>
<tr>
<td>Science</td>
<td>42–44</td>
</tr>
<tr>
<td>Technology</td>
<td>45–46</td>
</tr>
<tr>
<td>Travel Adventures</td>
<td>47–49</td>
</tr>
</tbody>
</table>

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

Course Topic

Arts & Entertainment

Watercolor Basics and Special Effects—Weeks 4-7

Course ID: #1200  Date: 21-Jun – 12-Jul  Time: 1:30 PM – 4:00 PM  Days: W  Price: $50.00  Location: FAV 209

Description: Watercolor Basics and Special Effects introduces the student to tools and techniques necessary to successfully enjoy the art of watercolor. In this class you will learn color mixing, choosing the best brush for the job, the importance of good paint, preparing your watercolor paper, blending color on paper, seeing nature and color from a watercolor perspective, and having fun learning something new surrounded by others just like you. The instructor will lead the group in a different technique each class and will be available to help each person individually. The outcome for this course is to complete a major painting that we will work on in every class plus a smaller painting focused on a special effect every session.

Instructor: Deborah Lasser For over two decades, I have taught communications, coaching, leadership in many countries. I also have taught aerobics and yoga classes. Awarded Best Teacher of the Year at SDSU College of Continuing Education “Business of Wine”. I teach Beginner Watercolor and Special Effects in Sun City West PORA. Last year I taught watercolor basics at the Millennial Towers. I completed my Adult Education program at Saint Francis Xavier University. I also hold a degree in Management Sciences from Saint Mary’s University; both are in Halifax, Nova Scotia, Canada.
Learn about the history of art or music, or unleash your own creativity with a course in Arts & Entertainment.

**The History of the Arts in Cache County**

**Course #140**  
30-May – 2-Jun  
1:00 PM – 2:00 PM  
T-F  
$50.00  
Thatcher Young Mansion  
Description: Come discover the story behind Cache Valley’s diverse arts landscape. Boasting six magnificent theatres, two semi-professional theatre companies, a ballet school, a modern dance company, an orchestra, four amateur musical theatre companies, two youth theatre companies and dozens of visual artists, we are still earning our early nickname “the Athens of the West.” Learn about the early pioneers who built performance halls as they were carving out homes and streets, the leaders and politicians who supported visual artists, the vaudeville performers who brought big city color (if often “a brevity of attire”), and the community visionaries who have built on the traditions of the past.

Instructor: Wendi Hassan is Executive Director of the Cache Valley Center for the Arts, which includes three Logan-City owned cultural facilities that are used by more than 50 organizations each year. In 2009, she was commissioned to conduct some research on the history of the “Capital Theatre” (now the Ellen Eccles Theatre) and promptly went down the rabbit hole. She hasn’t emerged since. Wendi has degrees in theatre, arts administration, and public policy and business administration from USU and The Ohio State University.

**Renaissance Art**

**Course #520**  
20-Jun – 23-Jun  
10:30 AM – 11:45 AM  
M-F  
$62.50  
MAIN 115  
Description: Learn about the mighty Roman civilization’s art, politics, and culture. This course will cover the nearly 1,000-year dominance of Rome from the early Roman Republic to the Imperial Roman Empire.

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

**Aida - Broadway musical or Grand Opera?**

**Course #600**  
3-Jul – 7-Jul  
10:00 AM – 1:00 PM  
M-W-F  
$50.00  
HH 220  
Description: During the 2023 summer session, Summer Citizens attendees will be able to enjoy performances of both Giuseppe Verdi’s Aida (the opera) and also of Elton John’s Aida (the Broadway musical). This course will compare and contrast the two synopses, the librettists, the lyrics, the staging, the absolutely gorgeous music, and the composers. Taking this course will amplify their enjoyment when they see each of the real deals, and should result in a larger number of ticket sales, too.

Instructor: Gary Greenbaum is on the Board of Directors of the AZ Opera, sits on its Finance committee, and is involved with its “Operatunity” program. AZ Opera’s Operatunity program brings kid friendly 40-minute opera performances into Tucson’s public schools, through music teachers and through live performances. Gary teaches classes for many of the operas presented by AZ Opera, covering the composer, the librettist, the synopsis, the glorious music, describing the lead singing roles, playing the best arias, and relating fun details about the history of the opera's various performances.
### Exploring Literary Genre

<table>
<thead>
<tr>
<th>Course ID #</th>
<th>Date</th>
<th>Time</th>
<th>Days</th>
<th>Price</th>
<th>Location</th>
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<tbody>
<tr>
<td>#610</td>
<td>3-Jul – 7-Jul</td>
<td>8:45 AM – 10:15 AM</td>
<td>M-W-F</td>
<td>$50.00</td>
<td>HH 220</td>
</tr>
</tbody>
</table>

**Description:** This course will cover 4 different literary genres: mystery, science fiction, non-fiction, and biography. Genre titles include - Mystery - All This I Will Give You, Deborah Redondo; Science Fiction - An Absolutely Remarkable Thing, Hank Green; Non-Fiction - The Tipping Point, Malcom Gladwell; Biography - Educated, Tara Westover  

**Instructor:** Brenda McBride is a teacher of English and Writing for more than 30 years. As an English teacher, Brenda is more than aware of the many aspects in the different genre in writing. This class will be an exploration of the facets of each genre, using the books in the list as the basis for the discussions.

### Greek Art

<table>
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<tr>
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<tr>
<td>#630</td>
<td>3-Jul – 7-Jul</td>
<td>8:45 AM – 10:15 AM</td>
<td>M-W-F</td>
<td>$50.00</td>
<td>HH 222</td>
</tr>
</tbody>
</table>

**Description:** Journey through time as we encounter Archaic stylistic figures to the idealism of Classical Greece and end the week with the drama of Hellenistic Art. The Greek culture, history, and art will be on full display.  

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

### Summer Citizen Chorus

<table>
<thead>
<tr>
<th>Course #</th>
<th>Date</th>
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<tbody>
<tr>
<td>#710</td>
<td>10-Jul – 14-Jul</td>
<td>1:30 PM – 2:45 PM</td>
<td>M-F</td>
<td>$62.50</td>
<td>ECC 216 (Auditorium)</td>
</tr>
</tbody>
</table>

**Description:** Join others who enjoy singing! The Summer Citizen Chorus will meet for two weeks (#710 and #820). The Chorus will have no auditions and will be open to anyone who would enjoy singing in a mixed chorus. Previous experiences in a high school, college, or church choir would be helpful, but not required. The repertoire will be taken from show tunes, folk, popular, or inspirational songs. Singers will be asked to pay $10 for music, which the conductor will supply. The Chorus will perform a selection for the Summer Citizen Closing Luncheon.  

**Instructor:** Ann Beaucage is the recipient of the NY State Choral Director Award, the Rochester Philharmonic Award for Choral Conducting, and the Helen Hosmer Award for Music Education.

### Basic Oil Painting

<table>
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<th>Days</th>
<th>Price</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>#810</td>
<td>17-Jul – 21-Jul</td>
<td>9:00 AM – 10:15 AM</td>
<td>M-F</td>
<td>$62.50</td>
<td>FAV 209</td>
</tr>
</tbody>
</table>

**Description:** The objective of this workshop is to develop basic oil painting skills. This course will focus primarily on the technical aspect of oil painting and thus focus primarily on painting from observation. Students will learn and explore basic aspects of painting such as brush techniques, mixing paint, color, value, composition, use of soft and hard edges and many other fundamental principles in painting.  

**Prerequisites:** Supplies to purchase and bring  

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

### Summer Citizen Chorus

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**Instructor:** Ann Beaucage taught high school choral music for 40 years and Conducting and Choral Teaching Techniques at the college level for 10 summers. Ann has been a guest conductor for many NY State Choral Festivals and has given college lecture/demonstrations at Ithaca College, Crane School of Music, and Eastman School of Music. She currently conducts the Province Chorale, a senior choral group in Maricopa, Arizona. She is the recipient of the NY State Choral Director Award, the Rochester Philharmonic Award for Choral Conducting, and the Helen Hosmer Award for Music Education.
I have been teaching this class for the last seven years and I will share with you how to do this for your loved one.

Steps to Take Before and When a Loved One Dies

Description: When a loved one dies there is a tremendous emotional loss and at the same time there is an administrative nightmare. I am 79 years old and my wife is 72 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.

Saudi Arabian Peninsula: A Rare, Rich Discovery!

Description: A 4000 year-old history is waiting to you pull back the covers to learn what a remarkable, unique place the Saudi Arabian Peninsula is! Three modern countries are on the Peninsula: Saudi Arabia, Yemen, and Oman; although neighbors, their governments, infrastructures, and economies vary significantly. These differences are fascinating to discover. Photographs, stories, artifacts, and games will help you gain an appreciation, and understanding of a little known, and less-travelled place on our planet. The people, their culture, their history, and the geography are topics that are covered in this course. You’ll have the opportunity to create your own Tabouris and Hummus, and learn about the Queen of Sheba’s connection to the Frankincense Trail. You may even pick up a few words of Arabic!

Instructor: Lucille Hansen

I am becoming trained to give other Utah teachers tools to teach about Islam. She has traveled extensively in the Middle East and spent a summer living in a mosque in Abiquiu, New Mexico on an NEA Grant. She was learning and training with experts from Saudi Arabia. She has given many workshops on this subject. It’s time for her to share this information with you.
What Happens to Your Estate When You Die?

Course #360 13-Jun – 15-Jun 12:00 PM – 2:30 PM M-F $62.50 HH 270

Description: Class will be held Tuesday, Wednesday and Thursday only. How an estate is administered upon death and steps to take today to make things as easy as possible for your loved ones. What will be covered: 1. Necessary steps to take when a loved one passes away 2. What legal documents are necessary to administer an estate 3. People that will need to be contacted when death does occur 4. What needs to happen with all of the assets when death occurs 5. How a Living Trust is administered 6. How a Will is administered 7. What is Probate and how do we avoid it? 8. Steps you can take today to make things as easy as possible for your loved ones when death or incapacity does occur 9. The Legal docs everyone over the age of 18 should have in place 10. What happens to my retirement accounts upon my passing?

Instructor: David Eastman

For nearly 20 years David has exclusively focused his law practice in Estate Planning. David is affiliated with Wealth Counsel, the top estate planning organization in the United States. He is proud to be affiliated with such a distinguished group of estate planning attorneys both nationally and locally. David’s true skill is communicating complex principles in a way that is easy for clients to understand. Often told he should have been an educator; David enjoys speaking to various public and private audiences about the importance of establishing a personalized estate plan.

Understanding Islam and the Muslims

Course #430 20-Jun – 23-Jun 2:30 PM–4:00 PM M-F $50.00 MAIN 117

Description: For a fifth of the world’s population, Islam is both a religion and a complete way of life. Muslims follow a religion of peace, mercy and forgiveness. The majority have nothing to do with the extremely grave events which have come to be associated with their faith. Let’s learn more about Islam and have a chance to visit with some of the members.

Instructor: Lucille Hansen

Lucille Hansen is a retired history teacher. While teaching, she spent years working with the University of Utah’s Middle East Center being trained to give other Utah teachers training to teach about Islam. She has traveled extensively in the Middle East and spent a summer living in a mosque in Abiquiu, New Mexico on an NEA Grant. She was learning and training with experts from Saudi Arabia. She has given many workshops on this subject. It’s time for her to share this information with you.

Meet Your Neighbors: Insights into the Church of Jesus Christ of Latter-day Saints

Course #510 26-Jun – 30-Jun 12:00 PM – 3:30 PM M-F $62.50 MAIN 117

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.

Instructor: Julie Hollist-Terrill

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.

Genealogy for Advanced Researchers

Course #520 26-Jun – 30-Jun 2:30 PM – 4:00 PM M-F $62.50 HH 222

Description: Are you stuck or wondering what to do next in your genealogical journey? Don’t give up now because the fun can continue! Learn about more research materials and strategies for discovering the amazing life and stories of your ancestors.

Instructor: Jane Johnson

Jane Johnson became interested in history after she found out her great-great-grandfather died in a Civil War prison camp. She then got interested in genealogy after her mother died. While interviewing a few people, doing some research, and organizing it, for family members, this casual interest turned into a hobby and later a profession. She graduated with a library degree from the University of South Carolina and worked for over 20 years as a librarian and later manager in the genealogy and history department in a very large public library. She provided programs on a variety of historical and genealogical topics to library customers and civic groups. Jane believes knowing your family and their stories helps people understand themselves better. It also makes family reunions more fun when people gather for more than just food and fellowship!

Colorful Characters of Cache Valley

Course #720 10-Jul – 14-Jul 9:00 AM – 10:15 AM M-F $62.50 ENGR 108

Description: Explore the colorful characters who have helped shape the Bear River Region’s culture then and now. The fabric of Cache Valley and the surrounding area was influenced by a diverse group: from Shoshone Indians to Bear Lake trader Peg Leg Smith; from Dr. Pierce, the millionaire quack, to a multitude of musicians; and from settlers who were saints and some who were sinners. They all played a part. This class highlights some classic contributions of historical figures and residents who are making history today.

Instructor: Julie Hollist-Terrill

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.

What Will USU Become-Aggies and the Future

Course #730 10-Jul – 14-Jul 3:00 PM – 4:15 PM M-F $62.50 ENGR 108

Description: From the Foundation established throughout the week, Peterson will discuss how the Land Grant Concept has great relevance in the future. USU’s commitment to solving problems through research, practical experience, and contact with the public. Through a statewide presence as well as continual partnerships with federal agencies and foundations, the university will play a major role in sustaining the value and results of education.

Instructor: Ross Peterson

Ross Peterson graduated from Utah State in 1965. He then completed a PhD at Washington State University in 1968. After three years at the University of Texas-Arlington, he returned to USU in 1971. He served as Department Head from 1976-1981. 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.
### Health & Fitness

#### Course Topic

**Course #1400**

**30-May – 22-Jun**

9:00 AM – 10:00 AM

T, TH

**HPER Small Pool**

**Aqua BackHab**

**Description:** This is slow movement in waist to arm pit deep water, head does not go under water, body in standing position. The BackHab program focuses on relaxing functional movement patterns with carryover to activities of daily living. Progressions are included to further challenge qualities such as balance, coordination, endurance, trunk stability and gait. Benefits include increased strength and mobility. Working through water with prompted positioning and alignment, proper form and not speed is important. Maureen Murphy, PhD, is a certified instructor of BackHab through ATRI, Aquatic Therapy Rehabilitation Institute.

**Instructor:** Dr. Maureen Murphy

Dr. Maureen Murphy has a doctorate degree in Applied Technology from University of North Texas (UNT) in Denton, Texas. She has worked at YMCAs and recreation centers as well as private facilities since 2008. Dr. Murphy had the following fitness certifications: Ai Chi for Aqua, Aquatic Therapy Rehab Institute (01/02/2023), BackHab, Aquatic Therapy Rehab Institute (09/14/2022), AEA Group Exercise (09/22/2022), AEA Dynamic Deep-Water Designs (10/01/18), AFAA Fitour Group Exercise (01/14/18), AFAA Fitour Aqua Instructor (01/14/18), AEA Healthways Silver Sneakers ® Group Exercise (06/08), AEA Healthways Silver Sneakers ® Muscular Strength and Range of Motion (06/08), AEA Healthways Silver Sneakers ® Cardio Circuit (06/08), American Heart Association CPR & AED (02/08/08).

Dr. Murphy has served on the Board of Directors of the Glastonbury Connecticut YMCA.

Sneakers ® Cardio Circuit (6/6/08), American Heart Association CPR & AED (5/28/08)

Sneakers ® Group Exercise (6/6/08), AEA Healthways Silver Sneakers ® Muscular Strength and Range of Motion (6/6/08), AEA Healthways Silver Sneakers ® Cardio Circuit (6/6/08), American Heart Association CPR & AED (6/6/08), American Healthways Silver Sneakers ® Cardio Circuit (6/6/08), American Heart Association CPR & AED (6/6/08)

Dr. Murphy specializes in aqua fitness, following an instructional design class format progressing from (1) warm-up to (2) rhythmic limbering building to (3) cardio followed by (4) resistance and muscle conditioning and ending the class with (5) stretching. As a teen she was a lifeguard and WSI certified. She is an activist for fun fitness and recognizes the importance of member socialization during class. She has taught at over twenty aquatic facilities primarily leading water aerobics.

**Course #1500**

30-May – 22-Jun

8:00 AM – 9:00 AM

T, TH

**HPER Small Pool**

**Aqua Ai Chi**

**Description:** This is slow movement in waist to arm pit deep water, head does not go under water, body in standing position. Swimming skills are not required. It is a water movement and relaxation program that has been created to help aquatic practitioners and clients enjoy the water in a flowing yet powerful progression. It is an efficient exercise program that increases oxygen and caloric consumption simply with correct form and positioning in the water. Ai Chi is a form of aquatic exercise used for recreation, relaxation, fitness, and physical rehabilitation. Clinical Ai Chi is distinguished as a specialized, active form of aquatic therapy. Ai Chi uses breathing techniques and progressive resistance training in water to relax and strengthen the body, based on elements of yoga and Tai Chi. Instructor: Maureen Murphy, PhD, is a certified instructor of Ai Chi through ATRI, Aquatic Therapy Rehabilitation Institute.

**Instructor:** Maureen Murphy

Instructor: Maureen Murphy

Dr. Maureen Murphy has a doctorate degree in Applied Technology from University of North Texas (UNT) in Denton, Texas. She has worked at YMCAs and recreation centers as well as private facilities since 2008. Dr. Murphy had the following fitness certifications: Ai Chi for Aqua, Aquatic Therapy Rehab Institute (01/02/2023), BackHab, Aquatic Therapy Rehab Institute (09/14/2022), AEA Group Exercise (09/22/2022), AEA Dynamic Deep-Water Designs (10/01/18), AFAA Fitour Group Exercise (01/14/18), AFAA Fitour Aqua Instructor (01/14/18), AEA Healthways Silver Sneakers ® Group Exercise (06/08), AEA Healthways Silver Sneakers ® Muscular Strength and Range of Motion (06/08), AEA Healthways Silver Sneakers ® Cardio Circuit (06/08), American Heart Association CPR & AED (02/08/08).

Dr. Murphy has served on the Board of Directors of the Glastonbury Connecticut YMCA.

Sneakers ® Cardio Circuit (6/6/08), American Heart Association CPR & AED (5/28/08)

Sneakers ® Group Exercise (6/6/08), AEA Healthways Silver Sneakers ® Muscular Strength and Range of Motion (6/6/08), AEA Healthways Silver Sneakers ® Cardio Circuit (6/6/08), American Heart Association CPR & AED (6/6/08), American Healthways Silver Sneakers ® Cardio Circuit (6/6/08), American Heart Association CPR & AED (6/6/08)

Dr. Murphy specializes in aqua fitness, following an instructional design class format progressing from (1) warm-up to (2) rhythmic limbering building to (3) cardio followed by (4) resistance and muscle conditioning and ending the class with (5) stretching. As a teen she was a lifeguard and WSI certified. She is an activist for fun fitness and recognizes the importance of member socialization during class. She has taught at over twenty aquatic facilities primarily leading water aerobics.

#### Water Aerobics

**Course #1600**

31-May – 23-Jun

8:00 AM – 9:00 AM

W, F

$100.00

**HPER Small Pool**

**Course #1700**

26-Jun – 19-Jul

8:00 AM – 9:00 AM

W, F

$100.00

**HPER Small Pool**

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

**Prerequisites:** Participants must possess range of motion sufficient to move through the pool and engage in various exercise activities. Pool Clothing required.

**Instructor:** Kathy Obuszewski

**Chair Yoga**

**Course #1800**

5-Jun – 28-Jun

10:00 AM – 11:00 AM

MW

$75.00

**HPER 102**

**Description:** Chair yoga is a gentle form of Hatha yoga utilizing a chair for balance and support. It is a wonderful alternative for individuals who have difficulty getting down or up from the floor. All the poses are done seated in a chair with the option of standing and using the chair to assist with balance. Classes focus on improving joint mobility, flexibility, balance and increasing strength. Breathwork and meditation will also be practiced.

**Instructor:** Haley Hayes

Instructor: Haley Hayes is a faculty member for Utah State University’s Yoga Studies minor and teaches privately. In 2019, she completed a Masters year and is certified instructor through the Aquatic Exercise Association. In addition to being a water aerobics instructor, she has an extensive background in swimming, including being a certified US Swimming Masters coach, Red Cross Water Safety Instructor, Red Cross Lifeguard and Lifeguarding Instructor, Red Cross CPR/AED/First Aid & Red Cross CPR/AED/First Instructor and Instructor Trainer.
Yoga Class
Course ID: #1200
Date: 5-Jun – 28-Jun
Time: 9:00 AM – 10:00 AM
Location: HPER 102
Description: This course 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. Meditation techniques to manage daily stressors will be integrated throughout.
Prerequisites: Athletic Clothing & Shoes. Personal Yoga Mats are encouraged.
Instructor: Cammy Adair
Description: 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: #1600
Date: 3-Jul – 19-Jul
Time: 9:00 AM – 10:00 AM
Location: HPER 102
Description: Cammy 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!
Instructor: Kaitlyn Roberts
Description: Kaitlyn Roberts is the Coordinator of Fitness & Wellness for USU Campus Recreation. She has been teaching group fitness for 8 years. She loves the atmosphere and energy that comes with group fitness classes.
Course ID: #2100
Date: 31-May – 28-Jun
Time: 3:30 PM – 4:15 PM
Location: HPER 215
Description: This effective fitness system features aerobic training that is a fusion of slow and fast rhythms to tone and sculpt your body.
Prerequisites: Athletic Clothing & Shoes
Instructor: Campus Rec Instructor
Description: Self Defense for Women is the Coordinator of Fitness & Wellness for USU Campus Recreation. She has been teaching group fitness for 8 years. She loves the atmosphere and energy that comes with group fitness classes.
Course ID: #220
Date: 5-Jun – 9-Jun
Time: 10:00 AM – 11:15 AM
Location: HH 220
Description: This course is for female identifying individuals only. It is taught as a partnership with USU PD and USU Campus Recreation. Please note, at this time, this course is for female identifying individuals only.
Instructor: Tiffany Shilton
Description: Tiffany Shilton is an assistant clinical professor in audiology at USU. Tiffany received her Bachelor’s and Master’s Degrees in Communication Disorders and Deaf Education at USU and her Doctorate of Audiology at A.T. Still University, Arizona School of Health Sciences and has worked with individuals of all ages with all degrees of hearing loss. She has been an audiologist for over 25 years and has worked in university settings, as well as in ENT and private practices. Her specialties are hearing diagnostics with emphasis in amplification, auditory processing, tinnitus, and counseling.
Course ID: #230
Date: 5-Jun – 9-Jun
Time: 130 PM – 3:30 PM
Location: HPER Room 211
Description: Designed to develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked. Students learn how to use personal weapons against abduction. We follow the curriculum of Rape, Aggression, Defense (R.A.D). R.A.D. is the largest network of its kind with over 11,000 instructors receiving training in our systems to date. These instructors teach at various colleges, universities, and municipal law enforcement agencies as well as various other community organizations internationally. R.A.D. has trained more than 500,000 women since the program began in 1989. This program is taught as a partnership with USU PD and USU Campus Recreation. Please note, at this time, this course is for female identifying individuals only.
Instructor: Heidi Bullock
Description: Heidi Bullock will be the moderator for this course. She is the President and CEO of The Bullock Agency, an insurance brokerage focused on helping seniors onboard onto Medicare and providing Employee Benefits for businesses. The course instructors will be different each day: Casey Major, Mike Tisdale, Charles Jennings, Shane Bullock, and Brett Bullock.
Course ID: #240
Date: 5-Jun – 9-Jun
Time: 10:00 AM – 11:15 AM
Location: HH 220
Description: Everything You’ll Want to Know About Hearing, Hearing Loss, and Hearing Aids
Instructor: Tiffany Shelton
Description: Tiffany Shelton is an assistant clinical professor in audiology at USU. Tiffany received her Bachelor’s and Master’s Degrees in Communication Disorders and Deaf Education at USU and her Doctorate of Audiology at A.T. Still University, Arizona School of Health Sciences and has worked with individuals of all ages with all degrees of hearing loss. She has been an audiologist for over 25 years and has worked in university settings, as well as in ENT and private practices. Her specialties are hearing diagnostics with emphasis in amplification, auditory processing, tinnitus, and counseling.
Course ID: #250
Date: 5-Jun – 9-Jun
Time: 130 PM – 3:30 PM
Location: HPER Room 211
Description: Designed to develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked. Students learn how to use personal weapons against abduction. We follow the curriculum of Rape, Aggression, Defense (R.A.D). R.A.D. is the largest network of its kind with over 11,000 instructors receiving training in our systems to date. These instructors teach at various colleges, universities, and municipal law enforcement agencies as well as various other community organizations internationally. R.A.D. has trained more than 500,000 women since the program began in 1989. This program is taught as a partnership with USU PD and USU Campus Recreation. Please note, at this time, this course is for female identifying individuals only.
Instructor: Katie Burns, Amanda Bray
Description: Katie Burns and Amanda Bray work in USU Campus Recreation and both are certified R.A.D. instructors. They are extremely passionate about their class. They believe that engaging with this course content is one way that we can help all women to feel more powerful and confident. They have been teaching this class in partnership with USU Police Department for 4 years and look forward to interacting with a new group of participants this summer. USU Police Department has been offering the R.A.D. at Utah State University for approximately 10 years and are excited to offer this program to Summer Citizens in 2023.
Prerequisites: Participants must be female identifying and should show up to class ready to engage in conversations around self-defense. Participants should wear clothes they can actively move in.
Instructor: Casey Major, Mike Tisdale, Charles Jennings, Shane Bullock, and Brett Bullock.
Description: Katie Burns and Amanda Bray work in USU Campus Recreation and both are certified R.A.D. instructors. They are extremely passionate about their class. They believe that engaging with this course content is one way that we can help all women to feel more powerful and confident. They have been teaching this class in partnership with USU Police Department for 4 years and look forward to interacting with a new group of participants this summer. USU Police Department has been offering the R.A.D. at Utah State University for approximately 10 years and are excited to offer this program to Summer Citizens in 2023.
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Prerequisites: Participants must be female identifying and should show up to class ready to engage in conversations around self-defense. Participants should wear clothes they can actively move in.
Instructor: Casey Major, Mike Tisdale, Charles Jennings, Shane Bullock, and Brett Bullock.
### Pickle Ball

**Course #570**  
**Date:** 26-Jun – 30-Jun  
**Time:** 12:00 PM – 1:00 PM  
**Days:** M-F  
**Price:** $15.00  
**Location:** ARC, Multi-Activity Court

**Description:** Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. It is a game that is appropriate for players of all ages and skill levels. Rules for pickleball are simple, making it a great introductory sport. This class will teach you different types of strokes, serving, returning, and engagement in volleys. Come and join us for some Pickleball instruction & fun!

**Prerequisites:** A fun spirit and curiosity to learn the game. Other important skills that could be helpful include one's ability to work in pairs and a little bit of a competitive edge. No formal knowledge of the game, rules, or scoring will be necessary.

**Instructor:** Cathy Oberkampf has been teaching at Utah State University for over 10 years in its Summer Citizens Program. She has taught health insurance, emergency contact information, and signed Risk Waiver.

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### Cutler Marsh Canoe Trip

**Course #380**  
**Date:** 13-Jun  
**Time:** 7:00 AM – 11:00 AM  
**Days:** T  
**Price:** $35.00  
**Location:** DIST 100

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

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

**Instructor:** Cutler Marsh Canoe Employee

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### See, Move and Manage Your Life

**Course #420**  
**Date:** 20-Jun – 23-Jun  
**Time:** 10:30 AM – 12:00 PM  
**Days:** T-F  
**Price:** $50.00  
**Location:** AGRS 141

**Description:** Distinguish the people and things you love. Identify these people and things as the conversations of your life. Use a variety of tools to bring forth these conversations. Put these conversations in existence in a powerful new way. Put them together in a way that calls you forward.

**Prerequisite:** Mind Mapping. Cloud Computing. Android Phones & Tablets. Google Drive and about what she calls Google Heaven and all there is to have for FREE. Before that, Cathy Oberkampf used some of her many gifts to teach at the University of Texas Medical Branch and at Habitat for Humanity International and other non-profits along the way.

**Instructor:** Cathy Oberkampf has been teaching at Utah State University for over 10 years in its Summer Citizens Program. She has taught Mind Mapping, Cloud Computing, Android Phones & Tablets, Google Drive and about what she calls Google Heaven and all there is to have for FREE. Before that, Cathy Oberkampf used some of her many gifts to teach at the University of Texas Medical Branch and at Habitat for Humanity International and other non-profits along the way.

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### Challenge Course - Teambuilding, Personal Growth and Experiential Learning

**Course #750**  
**Date:** 10-Jul – 14-Jul  
**Time:** 10:00 AM – 11:15 AM  
**Days:** M-F  
**Price:** $62.50  
**Location:** HH 280

**Description:** Students will participate in experiential learning activities that will encourage personal growth and teambuilding. Each teambuilding activity will be followed by a small group debrief where students will have a chance to share what they have learned and how it can be applied to their lives. Before arriving to class, students will fill out a form highlighting what areas they would like to see growth in. Each experiential learning activity will be chosen based on what students would like to learn. Everyone will spend time on the high ropes course, going through multiple high elements. Each day will build off the previous day. Multiple facilitators will be with the class the whole time guiding them through the experience.

**Prerequisites:** Please see the planning guide so you know what to expect from the Challenge Course. Please print and sign the waiver and bring it with you to the class.

**Instructor:** Ashley Brown is an Outdoor Programs Coordinator for the Campus Recreation department. She is originally from VA and graduated from Utah State University in 2021 in Recreation Administration. Ashley started working at the USU Challenge Course in 2019 as a student and two years later was offered a full-time position. This will be her 5th summer season at the Challenge Course. Along with Ashley will be multiple student facilitators who have been trained in Challenge Course learning, safety, and facilitation.

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### Active and Independent

**Course #770**  
**Date:** 10-Jul – 14-Jul  
**Time:** 10:00 AM – 11:15 AM  
**Days:** M-F  
**Price:** $62.50  
**Location:** HH 280

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

**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.
History & World Events

The Tudors
Course #230 5-Jun – 9-Jun 8:30 AM – 9:30 AM M-F $62.50 HH 220
Description: What was the cousin's war? Who was the King maker? Where was Henry 7th crowned? Who were the imposters? What was Henry 8th trained for? How long did Henry court Anne? Why was John de la pope a threat to Henry?
Instructor: Arthur Clarke was born and lived in England for 55 years before marrying and coming to live in the U.S. He became a citizen in 2008. He exemplifies the saying "you can take the man out of England but you cannot take England out of the man." He holds a B.Ed from Cambridge Institute of Education and taught in English schools for over 33 years. He loves British history and is enthusiastic to share his knowledge with everyone and anyone.

Understanding an Increasingly Complex World through Systems Thinking
Course #250 5-Jun – 9-Jun 10:00 AM – 11:15 AM M-F $62.50 HH 222
Description: The challenges facing the globe in 2023 are multidimensional and fast-evolving as technology progresses, climate patterns shift, and governments try to reckon with the unprecedented capacities of tech titans, lone-wolf actors, great-power states, and natural disasters. In a time graced with spectacular opportunities, systems at the global, national, corporate, and community levels are also confronting significant new security challenges. Alongside a high-level examination of complex and emergent world issues, this course is primarily oriented toward giving you a toolset to understand some of the world’s complex system dynamics and identify what can be done to help build more resilient communities, organizations, and societies.
Instructor: Jeffrey Taylor is a professor in the Center for Anticipatory Intelligence and with USU Extension. He has coached and taught complex systems analysis and threat and resilience analysis to students from a wide variety of disciplinary and experiential backgrounds. Dr. Taylor has a background in aerospace engineering.

Early First Ladies #1
Course #620 3-Jul – 7-Jul 10:30 AM – 12:00 PM M, W-F $50.00 HH 220
Description: This class will give information of the First Ladies of the United States from Martha Washington to early 1900s. The remaining First Ladies will be presented in the second class called First Ladies #2.
Instructor: Joan Elder has been a life-long teacher. Her 30-year career in Los Angeles Unified School District. Upon "retirement" Joan also conducted mathematics education workshops for teachers throughout the US. Recently, Joan has taught in her community of SaddleBrooke and nearby Sun City in Tucson, AZ, and many previous summers here in Logan. This NEW CLASS will appeal to many of her former students!

First Ladies #2
Course #700 10-Jul – 14-Jul 10:30 AM – 11:45 AM M-F $62.50 ENGR 104
Description: This course will begin with First Ladies from the early 1900s through the present. The previous class on Early First Ladies is NOT a prerequisite for this class.
Instructor: Joan Elder has been a life-long teacher. Her 30-year career in Los Angeles Unified School District. Upon "retirement" Joan also conducted mathematics education workshops for teachers throughout the US. Recently, Joan has taught in her community of SaddleBrooke and nearby Sun City in Tucson, AZ, and many previous summers here in Logan. This NEW CLASS will appeal to many of her former students!

The sequential classes of First Ladies #1 and #2 provide the following and all previous First Ladies.

JFK Assassination: The Warren Commission vs the Researchers
Course #740 10-Jul – 14-Jul 2:30 PM – 3:45 PM M-F $62.50 ENGR 104
Description: The assassination of President Kennedy in November 1963 was a shock to the entire nation. It came at the height of the Cold War. In the days after the event a national commission, so called the Warren Commission named after Supreme Court Chief Justice Earl Warren, was established by President Johnson to assure the nation that no foreign or domestic conspiracy was behind the assassination. However questions were left unanswered. Over the past 50 years independent researchers have uncovered massive amounts of information not fully investigated by the Warren Commission. This course will look into the origins of the Warren Commission, and look into key findings of the researchers that contradict the Commission and its basic findings. We will look at the state of the event 60 years after.
Instructor: Tom Wietzke is a retired public-school educator with 37 years of teaching experience at the high school level. Tom received his bachelor's and master's degree in education from the University of South Dakota. Tom has taught US History at the high school level for 30 years. Tom has researched the JFK assassination for over 25 years. He visited Dallas in 2013 talking to important witnesses and researchers of that event. Tom has taught several courses on the JFK assassination.
**Science**

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**Investing in Retirement**

**Course #295**  
5-Jun – 9-Jun  
1:30 PM – 3:00 PM  
M-F  
$62.50  
HH 260  

**Description:** As a senior I am often asked what investment strategies are appropriate in retirement. Having designed spreadsheets to analyze cash needs and overlaid that with the appropriate strategy, this class will cover how seniors invest in retirement.  

**Instructor:** William Clarkin has spent over 40 years in the investment business and an additional 10 years in Accounting and Finance. He graduated from Loyola University Chicago with a BS in Psychology and an MBA in Finance. He is a Chartered Financial Analyst (CFA) and has taught in the Loyola GSB (Portfolio Management).

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**Financial Markets Overview**

**Course #320**  
12-Jun – 16-Jun  
10:30 AM – 11:45 AM  
M-F  
$62.50  
HH 222  

**Description:** Having over 40 years of experience I have analyzed in many different markets, incl. Stocks, Fixed, Real Estate, private equity, and international securities. This class will provide extensive research on the history of returns and applied that to investment process. Course overview of markets, risk definition and how it impacts investment decisions and market activity. We will touch on how to understand stocks, bonds, international and risks. The course includes overview of statistics—necessary to understand market risks. Some accounting.  

**Instructor:** William Clarkin has spent over 40 years in the investment business and an additional 10 years in Accounting and Finance. He graduated from Loyola University Chicago with a BS in Psychology and an MBA in Finance. He is a Chartered Financial Analyst (CFA) and has taught in the Loyola GSB (Portfolio Management).

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**What is USU-Aggies and the Space Dynamics Lab**

**Course #340**  
12-Jun – 16-Jun  
9:00 AM – 10:15 AM  
M-F  
$62.50  
HH 220  

**Description:** This course with inform the attendees of one of USU’s most unique achievements. For over six decades, USU has been engaged as a primary research entity for experiments in space as well as manufacturing equipment for exploration. SDL's accomplishments are both innovative and successful. The SDL teams pioneered numerous experiments with the Space Shuttle program. Prof. Hinton will feature the projects that are open for discussion. The class will also have an opportunity to tour the facility.  

**Instructor:** Prof. Scott Hinton is the former USU Engineering Dean of the Space Dynamics Lab. Hinton began his tenure at USU when he was appointed dean of the College of Engineering in 2002. In 2013, Hinton was tapped as SDL's president, responsible for leading the laboratory as a government-sponsored University Affiliated Research Center. His successful tenure as SDL president was marked by exponential growth in employment, program revenue, and new facility construction. In addition, he led SDL to national prominence as a trusted partner of the U.S. government, with the organization providing a range of applied research capabilities to NASA and the Department of Defense.

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**Antarctica- The South Polar Frozen (So Far) Continent**

**Course #300**  
20-Jun – 23-Jun  
1:30 PM – 3:00 PM  
T-F  
$52.00  
MAIN 115  

**Description:** Compare & contrast Antarctica with the north polar arctic region, most polar explorers, understand the international treaty that regulates activities in the Antarctic. Discuss its immense ice cap, its future in this warming age; potential effects of its melting on sea level & coastal communities; & what cores drilled through it have revealed about changes in air chemistry. Discuss how discovery of warm climates in rocks under the ice reveal changes in the continents position and/or its climate in geological past. Learn how the frigid edges can sustain such high populations of krill, whales, seals, penguins and other potentially harvestable biological resources. Review new techniques used to reduce costs & hazards of conducting studies in such harsh environments far from home bases.  

**Instructor:** Roy Carpenter retired after completing a 38-year career teaching and doing coastal oceanography research with the University of Washington Seattle School of Oceanography. He took several students on 10-day trips around the Galapagos Islands and 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 in Surprise, AZ playing sports and continuing to teach.

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

**Course #350**  
26-Jun – 30-Jun  
8:15 AM – 11:00 AM  
M-F  
$62.50  
Off Campus-Field Trip  

**Description:** This field course will have Summer Citizens exploring Cache Valley each day through the lenses of birding, ethnobotany, and human history. Course will include trips to different ecosystems within Cache Valley, including up Logan Canyon, with expert staff from Stokes Nature Center. No experience necessary, all skill levels welcome.  

**Instructor:** Patrick Kelly is the current Facilities Director and former Director of Education at the local Stokes Nature Center. No experience necessary, all skill levels welcome.  

**Prerequisites:** Ability to walk on National Forest trails up to 2 miles each day required.  

**Instructor:** Brian Sted is the current Facilities Director and former Director of Education at the local Stokes Nature Center. He received his bachelor's degree in Political Science in 1997, staying on to earn a master's degree, also in Political Science, in 1999. He returned to USU's Political Science in 2009 to teach Political Science courses until 2011. His other professional experiences at USU as a grant writer for the Jon M. Huntsman School of Business.

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**What is USU-Aggies and the Space Dynamics Lab**

**Course #400**  
20-Jun – 23-Jun  
1:30 PM – 3:00 PM  
T-F  
$52.00  
MAIN 115  

**Description:** This course will inform the attendees of one of USU’s most unique achievements. For over six decades, USU has been engaged as a primary research entity for experiments in space as well as manufacturing equipment for exploration. SDL's accomplishments are both innovative and successful. The SDL teams pioneered numerous experiments with the Space Shuttle program. Prof. Hinton will feature the projects that are open for discussion. The class will also have an opportunity to tour the facility.  

**Instructor:** Prof. Scott Hinton is the former USU Engineering Dean of the Space Dynamics Lab. Hinton began his tenure at USU when he was appointed dean of the College of Engineering in 2002. In 2013, Hinton was tapped as SDL's president, responsible for leading the laboratory as a government-sponsored University Affiliated Research Center. His successful tenure as SDL president was marked by exponential growth in employment, program revenue, and new facility construction. In addition, he led SDL to national prominence as a trusted partner of the U.S. government, with the organization providing a range of applied research capabilities to NASA and the Department of Defense.
We'll bring the stars to you with courses in the Science topic. Credit: NASA, ESA, M. Robberto (Space Telescope Science Institute/ESA) and the Hubble Space Telescope Orion and Demonstration Specialist for the Department of Physics. A highlight of his career was to help design and oversee the construction of the USU University, where he earned a masters degree in physics education. In 2000 he returned to USU and took the job of Teaching Laboratory Supervisor student at USU, he ran the old observatory, located near the football stadium, for three years. He attended graduate school at Oregon State.

**Instructor:** James Coburn

**Description:**

Enjoying sport fishing in Alaskan waters. He & his wife now spend 7 months in Surprise, AZ playing sports and continuing to teach. Currently works at USU as a content creator in social media. Before coming to USU she was a full time wedding photographer for 7+ years. She is passionate about teaching and helping others. When she isn't working you can find her playing with her dog Ivy, napping or cracking a joke with friends & family.

**Courses**

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<th>Course ID #</th>
<th>Date</th>
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<th>Days</th>
<th>Price</th>
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<td>M-F</td>
<td>$62.50</td>
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**Description:**

Comparing & Contrasting Greenland and Iceland

**Instructor:** Roy Carpenter

**Description:**

This course is an astronomy course focused on searching for life beyond Earth. Topics will include: the requirements for life and the variety of life forms found on our own planet, planets and moons in our solar system where life is most likely to be found, finding life among the stars including a look at the types of extrasolar planets that have been discovered and which seem most habitable, the search for extraterrestrial variety of life forms found on our own planet, planets and moons in our solar system where life is most likely to be found, finding life among the stars including a look at the types of extrasolar planets that have been discovered and which seem most habitable, the search for extraterrestrial intelligence.

**Instructor:** Mike Andrews

**Description:**

Attendees must have upgraded/installed latest iOS on iPhone and/or iPad.

**Prerequisites:**

Attendees must have upgraded/installed latest iOS on iPhone and/or iPad.

**Description:**

Learn how to edit images from Apple's in-phone settings - Confidently share your images via text, email & social media channels. iPhones are next level when it comes to photography and editing.

**Instructor:** Katelyn Wamsley

**Description:**

Attendees must have upgraded/installed latest iOS on iPhone and/or iPad.

**Prerequisites:**

Attendees must have upgraded/installed latest iOS on iPhone and/or iPad.

**Description:**

Mike will provide a few tips & tricks for iPhone and iPad users. We will take a look at Shortcuts, Notes, Reminders as well as the iPhone and iPad for tips and tricks on essentials, photography, entertainment, safety, and more.

**Instructor:** Cathy Oberkampf

**Description:**

We’ll bring the stars to you with courses in the Science topic. Credit: NASA, ESA, M. Robberto (Space Telescope Science Institute/ESA) and the Hubble Space Telescope...
Ins and Outs of Google Drive—Mini-Sessions

Description: There are no handouts for these but bring your own paper and pen to take notes.

Prepare the following before you come to your Mini-Session:
1. Register your laptop and/or devices on one of the USU networks at guest.usu.edu so you have Internet access in the classroom, or go to the Information Technology Building near Aggie Ice Cream to register your devices BEFORE YOUR MINI-SESSION begins.
2. Bring your power cord for your laptop and smartphones or iPad/iPads to your Mini-Session.
3. Bring the smartphone or iPhone that is linked to your Google account in case Google wants to send you a notification to log in. That could be your spouse’s Android smartphone or iPhone/iPad.
4. Know how to get to Google Drive, Calendar, Contacts or Photos before you come to your Mini-Session. If you are using an Android smartphone in your MS or iPhone you must be sure you have downloaded the appropriate Google APP on your device before the MS session so you can find it on your device.

If you have not done these things, the teacher will not slow down for you or your issues. She will, however, schedule a time to help you after the Mini-Session is over or send you to the correct place to have you solve your own problem.

Instructor: Cathy Oberkampf has been teaching at Utah State University for over 10 years in its Summer Citizens Program. She has taught Mind Mapping, Cloud Computing, Android Phones & Tablets, Google Drive and about what she calls Google Heaven and all there is to have for FREE. Before that, Cathy Oberkampf used some of her many gifts to teach at the University of Texas Medical Branch and at Habitat for Humanity International and other non-profits along the way.

Pick sessions that best fit your needs in the following Table

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<thead>
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<th>PC or Mac Laptop</th>
<th>Android Smartphone, Tablet or iPhone/iPad</th>
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Get an exclusive peak behind the curtains with one of our Adventure Tours.

**Cox Honeyland Tour**

<table>
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<tr>
<th>Date</th>
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**USU Observatory Tour**

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<td>4:30 PM – 5:15 PM</td>
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<td>SDL2</td>
<td>15-Jun</td>
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<td>19-Jul</td>
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**#1 Space Dynamics Lab Tour**

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**Instructor:** Cox Honeyland Employee

**Description:** You surely know what honey is, but do you actually know how it’s made?

Come to the Cox Honeyland Warehouse and see the bees do their work under a plexiglass surface to marvel over the intricate work they perform. Bees are some of the most efficient manufacturers in the world. They do a lot of work and are very organized, using pheromones to communicate with one another. One bee makes about one twelfth of a teaspoon of honey in its entire life. In order to make just one pound of honey, bees travel around 55,000 miles, gathering pollen and nectar from over two million flowers.

With over 100 years of local honey producing experience, Cox Honeyland and its staff is proud to provide high-quality pure honey products to Cache Valley locals and customers around the world. Since the beginning, our goal at Cox Honeyland has been to make life a little sweeter.

Instructor: Cox Honeyland Employee

**#1 Space Dynamics Lab Tour**

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<tr>
<td>SDL4</td>
<td>19-Jul</td>
<td>4:30 PM – 5:15 PM</td>
<td>$0.00</td>
<td></td>
</tr>
</tbody>
</table>

**Description:** The Space Dynamics Lab at USU offers tours to educate all ages from the community about our contributions to society, innovative technology, core capabilities, and state-of-the-art facilities. Tours are designed to help engage visitors about the exciting possibilities the science disciplines provide.

The USU Space Dynamics Laboratory (SDL) is passionate about educating people of all ages about some of the exciting work and innovation that is happening right here in our community. SDL’s public tour introduces you to their specialized capabilities, satellites, mission systems in support of science and national security, and to see some of their state-of-the-art facilities.

The tour route at the North Logan facility includes visits to three buildings. Along this route please be prepared to walk, climb up and down stairs, and stand for anywhere from 20-30 minutes.

Please arrive 15 minutes early to sign in. All participants 16 years and above will need to show valid photo ID (usually a driver’s license), and sign in.

Instructor: SDL Employee

**#1 Sportsman’s Paradise & Fresh Trout Dinner**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Price</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trout1</td>
<td>26-Jun</td>
<td>5:00 PM – 9:00 PM</td>
<td>$85.00</td>
</tr>
<tr>
<td>Trout2</td>
<td>6-Jul</td>
<td>5:00 PM – 9:00 PM</td>
<td>$85.00</td>
</tr>
<tr>
<td>Trout3</td>
<td>13-Jul</td>
<td>5:00 PM – 9:00 PM</td>
<td>$85.00</td>
</tr>
</tbody>
</table>

**Description:** Transportation will be provided.

Located in the north end of Cache Valley Sportsman’s Paradise, was settled in 1868 by Bernard 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 & fine dining too.

On this night you will get to hear from Colonel Grant White tell the history of this wonderful ranch, enjoy the quiet peacefulness of the outdoors and feast on the evening meal, featuring fresh, boneless trout fillets, new potatoes, fresh green salad, warm rolls and for dessert, a slice of cheesecake. Music will fill the night air featuring Jeffrey Tingy & his live band.

Instructor: Grant 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 Masters 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 fourth generation from the original Barnard White Family.
### 2023 Course Schedule At-A-Glance

<table>
<thead>
<tr>
<th>Wk</th>
<th>#</th>
<th>Time</th>
<th>Title</th>
<th>Location</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>205</td>
<td>309</td>
<td>8:15 AM–9:30 AM</td>
<td>Steps to Take Before and When a Loved One Dies (Weekly Month of June)</td>
<td>ENLAB 109</td>
<td>T</td>
</tr>
<tr>
<td>206</td>
<td>306</td>
<td>10:15 AM–11:30 AM</td>
<td>Steps to Take Before and When a Loved One Dies (Weekly Month of June)</td>
<td>ENLAB 109</td>
<td>T</td>
</tr>
<tr>
<td>1000</td>
<td>1200</td>
<td>9:00 AM–10:15 AM</td>
<td>Bell Choir (Every Week)</td>
<td>UI 510</td>
<td>W</td>
</tr>
<tr>
<td>1400</td>
<td>1500</td>
<td>9:00 AM–10:00 AM</td>
<td>Aqua BackHab (30 May–22 Jun)</td>
<td>HPER Small Pool</td>
<td>T, TH</td>
</tr>
<tr>
<td>1600</td>
<td>1700</td>
<td>8:00 AM–9:00 AM</td>
<td>Water Aerobics (31 May–23 Jun)</td>
<td>HPER Small Pool</td>
<td>T, TH</td>
</tr>
<tr>
<td>1800</td>
<td>1900</td>
<td>10:00 AM–11:00 AM</td>
<td>Chair Yoga (5 Jun–28 Jun)</td>
<td>HPER 102</td>
<td>M,W</td>
</tr>
<tr>
<td>2000</td>
<td>2100</td>
<td>9:00 AM–10:00 AM</td>
<td>Yoga Class (5 Jun–28 Jun)</td>
<td>HPER 102</td>
<td>M,W</td>
</tr>
<tr>
<td>2200</td>
<td>2300</td>
<td>3:30 PM–4:15 PM</td>
<td>Zumba (31 May–28 Jun)</td>
<td>HPER 215</td>
<td>M,W</td>
</tr>
<tr>
<td>2400</td>
<td>2500</td>
<td>8:00 AM–9:00 AM</td>
<td>Balance &amp; Weights (26 Jun–19 Jul)</td>
<td>HPER 215</td>
<td>M,W</td>
</tr>
<tr>
<td>2600</td>
<td>2700</td>
<td>3:00 PM–5:00 PM</td>
<td>Doubles Pickle Ball Tournament (7 Jul)</td>
<td>ABC</td>
<td>F</td>
</tr>
<tr>
<td>100</td>
<td>110</td>
<td>10:45 AM–12:15 PM</td>
<td>Everything You’ll Want to Know About Hearing, Hearing Loss, and Hearing Aids</td>
<td>SCC 310</td>
<td>T-F</td>
</tr>
<tr>
<td>111</td>
<td>121</td>
<td>2:00 PM–3:30 PM</td>
<td>Apple iOS Tips &amp; Tricks</td>
<td>HH 280</td>
<td>T</td>
</tr>
<tr>
<td>112</td>
<td>122</td>
<td>2:00 PM–3:30 PM</td>
<td>Apple iOS Tips &amp; Tricks</td>
<td>HH 280</td>
<td>W</td>
</tr>
<tr>
<td>113</td>
<td>123</td>
<td>2:00 PM–3:30 PM</td>
<td>Music of Africa and the Middle East</td>
<td>HH 260</td>
<td>T-F</td>
</tr>
<tr>
<td>130</td>
<td>140</td>
<td>9:00 AM–10:30 AM</td>
<td>What Was Utah State-Aggies Chart a Course</td>
<td>ENGR 103</td>
<td>T-F</td>
</tr>
<tr>
<td>145</td>
<td>150</td>
<td>8:30 AM–10:30 AM</td>
<td>Challenge Course - 1 day class</td>
<td>Challenge Course</td>
<td>T-F</td>
</tr>
<tr>
<td>200</td>
<td>201</td>
<td>2:30 PM–3:45 PM</td>
<td>Smartphone, Tablet or iPhone</td>
<td>HH 220</td>
<td>M-F</td>
</tr>
<tr>
<td>202</td>
<td>210</td>
<td>10:00 AM–11:15 AM</td>
<td>Medicare 101: How to Maximize Your Senior Benefits and Other Cool Stuff!</td>
<td>HH 220</td>
<td>M-F</td>
</tr>
<tr>
<td>230</td>
<td>240</td>
<td>8:15 AM–9:30 AM</td>
<td>The Tudors</td>
<td>HH 220</td>
<td>M-F</td>
</tr>
<tr>
<td>250</td>
<td>260</td>
<td>10:00 AM–11:15 AM</td>
<td>Understanding an Increasingly Complex World through Systems Thinking</td>
<td>HH 222</td>
<td>M-F</td>
</tr>
<tr>
<td>270</td>
<td>280</td>
<td>2:00 PM–3:30 PM</td>
<td>Genealogy for Beginners</td>
<td>HH 220</td>
<td>M-F</td>
</tr>
<tr>
<td>290</td>
<td>295</td>
<td>1:30 PM–2:30 PM</td>
<td>Pickle Ball</td>
<td>ARB</td>
<td>M-F</td>
</tr>
<tr>
<td>300</td>
<td>310</td>
<td>10:30 AM–11:45 AM</td>
<td>Ins and Outs of Google Drive</td>
<td>HH 260</td>
<td>M-F</td>
</tr>
<tr>
<td>320</td>
<td>330</td>
<td>10:30 AM–11:45 AM</td>
<td>Financial Markets Overview</td>
<td>ASTE 106</td>
<td>M-F</td>
</tr>
<tr>
<td>340</td>
<td>350</td>
<td>9:00 AM–10:15 AM</td>
<td>What is USU-Aggies and The Space Dynamics Lab</td>
<td>HH 220</td>
<td>M-F</td>
</tr>
<tr>
<td>360</td>
<td>370</td>
<td>1:00 PM–2:30 PM</td>
<td>What Happens to Your Estate When You Die?</td>
<td>HH 270</td>
<td>T-F</td>
</tr>
<tr>
<td>380</td>
<td>390</td>
<td>7:00 AM–11:00 AM</td>
<td>Cutler Marsh Canoe Trip</td>
<td>DIST</td>
<td>T or TH</td>
</tr>
<tr>
<td>400</td>
<td>410</td>
<td>1:30 PM–3:00 PM</td>
<td>Antarcticas: The South Polar Frozen (So Far) Continent</td>
<td>MAIN 115</td>
<td>T-F</td>
</tr>
<tr>
<td>420</td>
<td>430</td>
<td>9:00 AM–10:30 AM</td>
<td>Renaissance Art</td>
<td>MAIN 115</td>
<td>T-F</td>
</tr>
<tr>
<td>440</td>
<td>470</td>
<td>2:30 PM–4:00 PM</td>
<td>See, Move and Manage Your Life</td>
<td>AGRS 141</td>
<td>T-F</td>
</tr>
<tr>
<td>450</td>
<td>480</td>
<td>1:30 PM–3:00 PM</td>
<td>Understanding Islam and the Muslims</td>
<td>MAIN 117</td>
<td>T-F</td>
</tr>
<tr>
<td>460</td>
<td>477</td>
<td>3:00 PM–4:15 PM</td>
<td>Basic Drawing</td>
<td>FAV 201</td>
<td>T-F</td>
</tr>
<tr>
<td>480</td>
<td>490</td>
<td>8:30 AM–10:30 AM</td>
<td>Challenge Course - Teambuilding, Personal Growth and Experiential Learning</td>
<td>Challenge Course</td>
<td>T-F</td>
</tr>
<tr>
<td>500</td>
<td>510</td>
<td>9:00 AM–10:15 AM</td>
<td>What is USU-Aggies and the Environment</td>
<td>HH 220</td>
<td>M-F</td>
</tr>
<tr>
<td>520</td>
<td>530</td>
<td>10:30 AM–11:45 AM</td>
<td>Meet Your Neighbors: Insights into the Church of Jesus Christ of Latter-day Saints</td>
<td>ENGR 104</td>
<td>M-F</td>
</tr>
<tr>
<td>540</td>
<td>550</td>
<td>8:15 AM–11:00 AM</td>
<td>Natural Environment of Cache Valley: Birthing, Biodiversity, and Human History</td>
<td>Off Campus-Field Trip</td>
<td>M-F</td>
</tr>
<tr>
<td>560</td>
<td>570</td>
<td>1:00 PM–2:15 PM</td>
<td>Comparing &amp; Contrasting Greenland and Iceland</td>
<td>HH 220</td>
<td>M-F</td>
</tr>
<tr>
<td>580</td>
<td>590</td>
<td>2:30 PM–4:00 PM</td>
<td>iPhone Photography 101</td>
<td>MAIN 117</td>
<td>M-F</td>
</tr>
<tr>
<td>600</td>
<td>610</td>
<td>12:00 PM–1:00 PM</td>
<td>Pickle Ball</td>
<td>ARB</td>
<td>M-F</td>
</tr>
<tr>
<td>620</td>
<td>630</td>
<td>12:00 PM–1:00 PM</td>
<td>Aids - Broadway musical or Grand Opera?</td>
<td>HH 220</td>
<td>M-F</td>
</tr>
<tr>
<td>640</td>
<td>650</td>
<td>8:45 AM–10:15 AM</td>
<td>Exploring Literary Genre</td>
<td>HH 220</td>
<td>M-F</td>
</tr>
<tr>
<td>660</td>
<td>670</td>
<td>8:45 AM–10:15 AM</td>
<td>Early First Ladies #1</td>
<td>HH 220</td>
<td>M-F</td>
</tr>
<tr>
<td>680</td>
<td>690</td>
<td>8:45 AM–10:15 AM</td>
<td>Greek Art</td>
<td>HH 222</td>
<td>M-F</td>
</tr>
<tr>
<td>700</td>
<td>710</td>
<td>10:30 AM–11:45 AM</td>
<td>First Ladies #2</td>
<td>ENGR 104</td>
<td>M-F</td>
</tr>
<tr>
<td>720</td>
<td>730</td>
<td>1:30 PM–2:45 PM</td>
<td>Summer Citizen Chorus</td>
<td>ECC 216</td>
<td>M-F</td>
</tr>
<tr>
<td>740</td>
<td>750</td>
<td>9:00 AM–10:15 AM</td>
<td>What Will USU Become-Aggies and the Future</td>
<td>ENGR 108</td>
<td>M-F</td>
</tr>
<tr>
<td>760</td>
<td>770</td>
<td>3:00 PM–4:15 PM</td>
<td>Colorful Characters of Cache Valley</td>
<td>ENGR 108</td>
<td>M-F</td>
</tr>
<tr>
<td>780</td>
<td>790</td>
<td>2:30 PM–3:45 PM</td>
<td>JFK Assassination: The Warren Commission vs the Researchers</td>
<td>ENGR 104</td>
<td>M-F</td>
</tr>
<tr>
<td>800</td>
<td>810</td>
<td>10:00 AM–11:15 AM</td>
<td>Active and Independent</td>
<td>HH 280</td>
<td>M-F</td>
</tr>
<tr>
<td>820</td>
<td>830</td>
<td>1:30 PM–2:45 PM</td>
<td>Summer Citizen Chorus</td>
<td>ECC 216</td>
<td>M-F</td>
</tr>
</tbody>
</table>

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

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