

# *Summer* CITIZENS™ 2023



## Program Book

Event Services  
Utah State University®  
summercitizens@usu.edu  
summercitizens.usu.edu  
435-797-2028

# 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

Katelyn Wamsley – Social Media Coordinator

Kyle Cottam – Copy writer for Summer Scoop

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## **Contact**

435-797-2028

[summercitizens@usu.edu](mailto:summercitizens@usu.edu)

[summercitizens.usu.edu](http://summercitizens.usu.edu)

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

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

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

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

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

## Registration Dates & Deadlines

<b>ASAP</b>	Make housing reservations.
<b>April 30</b>	Last day to register at the 'Early Bird Rate' of \$110 per person.
<b>May 1</b>	Regular registration rates go into effect, and the program fee will increase by \$10 per person.
<b>May 13</b>	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 <b>07</b> for cancellation details).

## 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.



# Summer CITIZENS™ 2023



Get your Official Summer Citizens 2023 T-shirt and enjoy discounts at many local retailers in Cache Valley!

## 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 IT Assistance
- 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

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

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

### 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](http://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](mailto:flats@nelsonpartners.com)



### Alpine Flats

Address: 729 E 900 N, Logan, Utah  
 Phone: 435-258-6011  
 Email: [flats@nelsonpartners.com](mailto:flats@nelsonpartners.com)

## Gold Sponsors



### D's Bridgerland\*

Address: 956 N 600 E, Logan  
 Phone: 435-753-8219  
 Email: [tyler@millennialtowers.com](mailto:tyler@millennialtowers.com)



### Millennial Towers

Address: 657 E 1000 N, Logan  
 Phone: 435-915-6473  
 Email: [tyler@millennialtowers.com](mailto:tyler@millennialtowers.com)

## Tote Bag Sponsors



### Blue Square

Address: 1111 N 800 E, Logan  
 Phone: 435-797-3266  
 Email: [anne.spackman@usu.edu](mailto:anne.spackman@usu.edu)



### Snow Hall

Address: 1000 N 1200 E, Logan  
 Phone: 800-863-1085  
 Email: [anne.spackman@usu.edu](mailto:anne.spackman@usu.edu)

## Bronze Sponsor



### Cambridge Court\*

Address: 590 Canyon Rd, Logan  
 Phone: 435-760-5464  
 Email: [mgdavis\\_@hotmail.com](mailto:mgdavis_@hotmail.com)

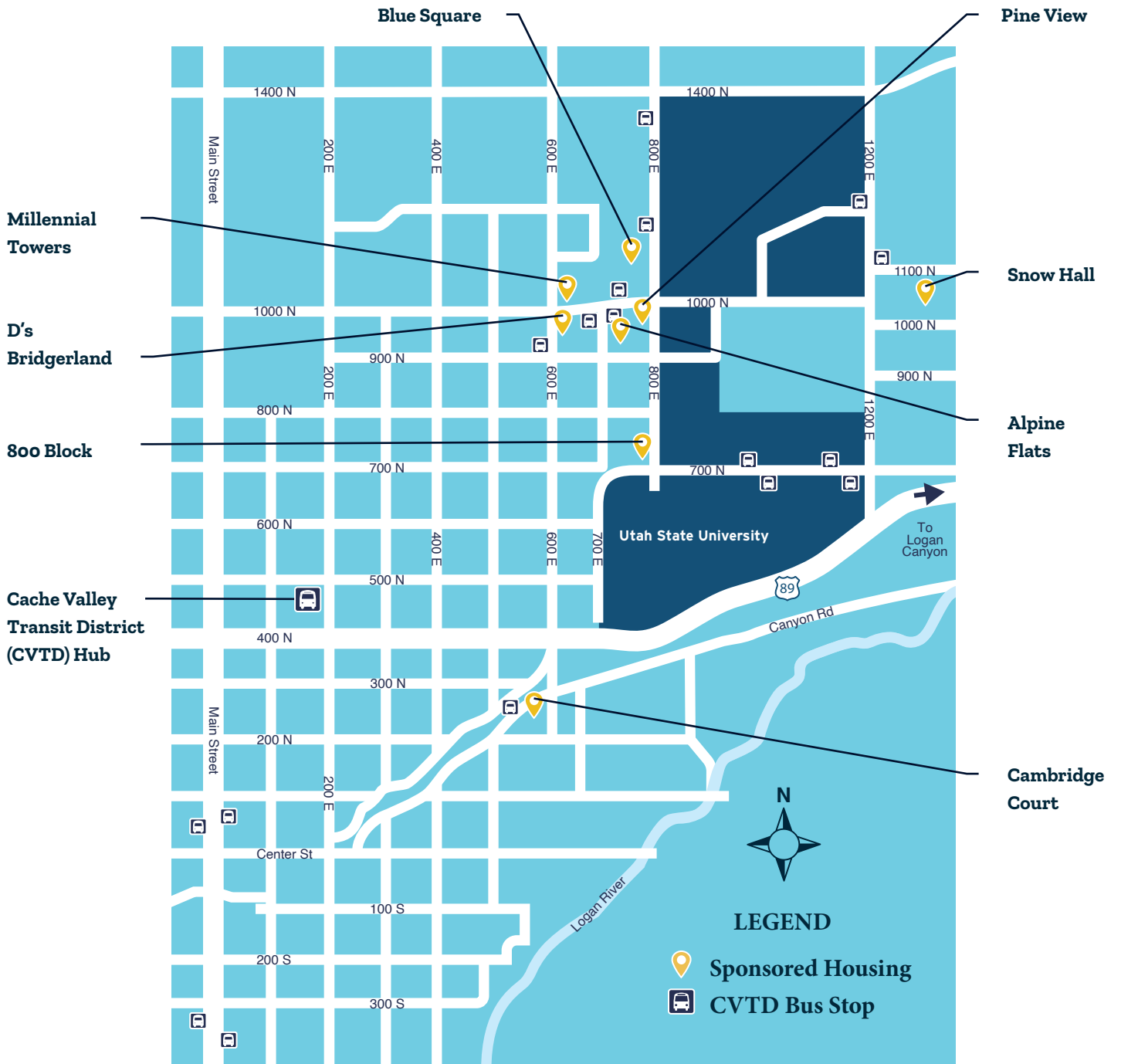
## Housing Only Sponsors

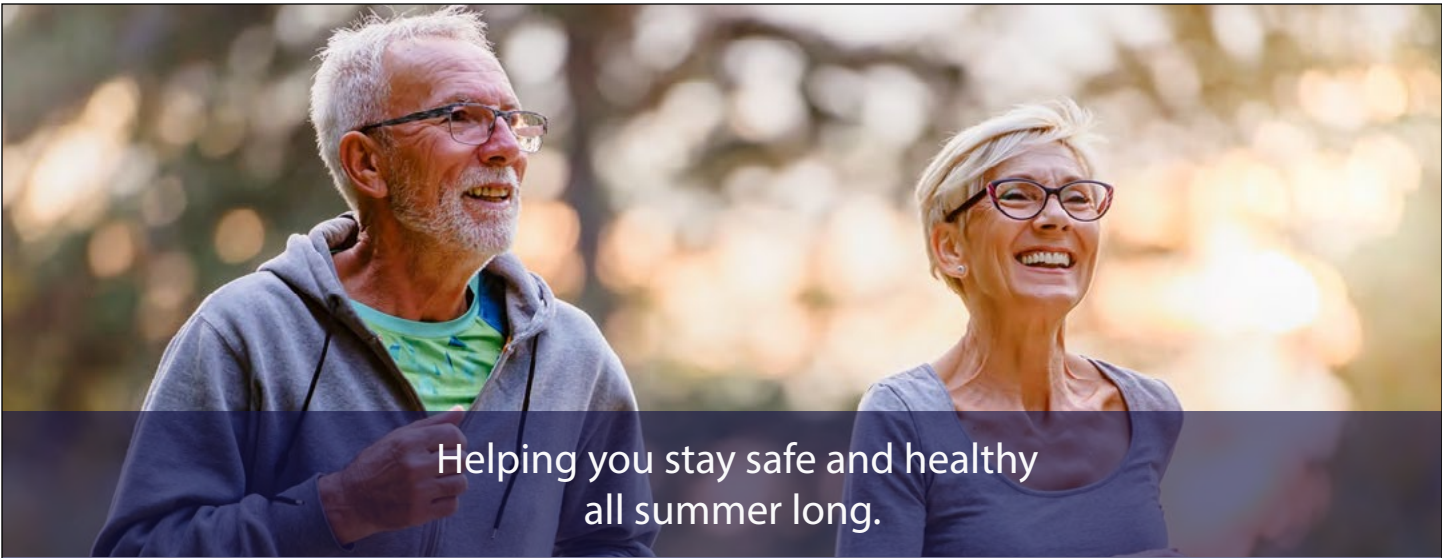


### Pine View

Address: 780 E 1000 N, Logan  
 Phone: 623-322-1225  
 Email: [support@pineviewlogan.com](mailto:support@pineviewlogan.com)

\* Allows small pets, fees may be applicable





Helping you stay safe and healthy  
all summer long.

  
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Logan Regional Hospital

  
**Intermountain<sup>®</sup>**  
Budge Clinic

500 E 1400 N, Logan, UT 84341  
435.716.1000 | 435.752.0422  
[LoganRegional.org/SummerCitizens](http://LoganRegional.org/SummerCitizens)

# Coming to Logan in May 2023!



Record time reservations  
at [UPR.ORG](http://UPR.ORG)



College of Humanities & Social Sciences  
**Utah Public Radio**  
**UtahStateUniversity.**



# 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.



4 hour free parking at Big Blue Terrace on Aggie Bull-levard

## 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 **P** to designate parking pass privileges.

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

# Cancelation Policies

Cancelation fees will apply to all cancelations as outlined below. All cancelations must be sent via email to [register.online@usu.edu](mailto: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.

# Connect with Cache Valley


Connect with local stores, shops and businesses.  
Learn more at [cvtdbus.org](http://cvtdbus.org)




## Cambridge Court




- 2 Bedrooms
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**Pricing**  
2023 Summer - \$2700  
Pet Deposit - \$100

[www.cambridgecourt.net](http://www.cambridgecourt.net)  
435-753-8288



Townhome  
Single Level

## Summerfest

Arts Faire  
A UTAH CORPORATION

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**CACHE COUNTY FAIRGROUNDS**

### JUNE 15-17

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435-752-9225

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- FILLINGS
- IMPLANTS
- ROOT CANALS
- DENTURE RELINES
- DENTAL EMERGENCIES

**X-RAYS, CLEANING, EXAM \$65**

Accepting appointments April 30<sup>th</sup> through July 31<sup>st</sup>  
Please call early and book your appointment, space is limited.





Utah State University has hosted the Summer Citizens Program since 1976

# 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

\*USU Enrollment data from the **Office of Analysis, Assessment and Accreditation**. Population data from [census.gov/quickfacts](https://www.census.gov/quickfacts). Temperature data from the National Oceanic and Atmospheric Administration.

## The Location

<b>City:</b>	Logan, Utah
<b>Population (2021):</b>	54,436
<b>Elevation:</b>	4,534 feet
<b>USU Elevation:</b>	4,777 feet
<b>County:</b>	Cache County, Utah
<b>Population (2021):</b>	137,417
<b>Local Time:</b>	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\*

Month	High (°F)	Low (°F)
May	68°	41°
June	80°	48°
July	89°	55°
August	88°	53°

# 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](http://ExploreLogan.com) to find and download a wide selection of Logan and Cache Valley brochures. Once you've arrived in Logan, we encourage you to stop by our office and visit with our friendly staff.



### Logan Canyon

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

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

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



### Downtown Logan

Spend time strolling along our newly remodeled Center Street Block. Wider sidewalks, benches, and outdoor furniture for dining and visiting along with beautiful flower planters and a giant arch over the street await.

Take a walking tour of historic downtown Logan, where you'll find great examples of early Mormon pioneer architecture including the 1891 Logan Tabernacle, the 1914 Bluebird Café (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 and cookies, oh my!

## Small Town Vibe, Big City Options

**Restaurants**—Logan has more than 70 restaurants to choose from, including many unique eateries with their own specialties. From Indian to Chinese to Italian to Japanese 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.



# Cache Valley Visitors Bureau

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



## Heart of the Arts

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

## Noon Music Concerts

Take in a wide variety of fantastic talent at our free Noon Music Concerts 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](http://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](http://www.lyricrep.org)  
 435-797-8022

# Calendar of Events

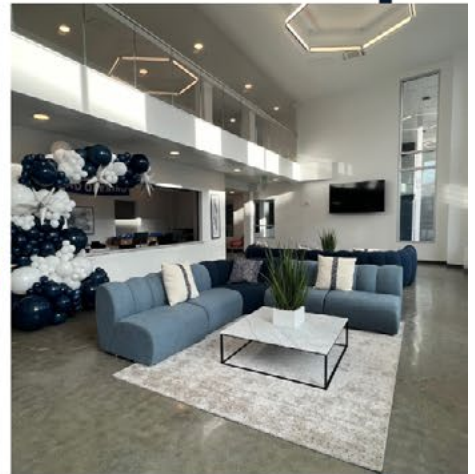
<b>Gardeners Market</b> Saturdays, Mid-May–Oct	<b>Cache Valley Cruise-In</b> June 29–July 1	<b>Logan's 51st Annual Summer Sidewalk Sale</b> July 5–8
<b>Cache Valley Mountain Man Rendezvous</b> May 26–27, 29	<b>Noon Music Concerts</b> Every Weekday	<b>Logan City's Pioneer Day Celebration &amp; Parade</b> July 24
<b>Summerfest Arts Faire</b> June 15–17	<b>Independence Day Fireworks</b> July 3	<b>Preston Famous Night Rodeo</b> July 27–29
<b>Hyrum Star Spangled Celebration, A weeklong Patriotic Party</b> TBA	<b>Lewiston's 4th of July</b> July 4	<b>Bear Lake Raspberry Days</b> August 3–5
<b>Lyric Repertory Theatre</b> June 16–July 29	<b>Utah Festival Opera &amp; Musical Theatre</b> July 5–August 5	<b>Cache County Fair &amp; Rodeo</b> August 9–12

Dates subject to change. Visit [www.explorelogan.com/calendar.html](http://www.explorelogan.com/calendar.html) for the most current calendar information.

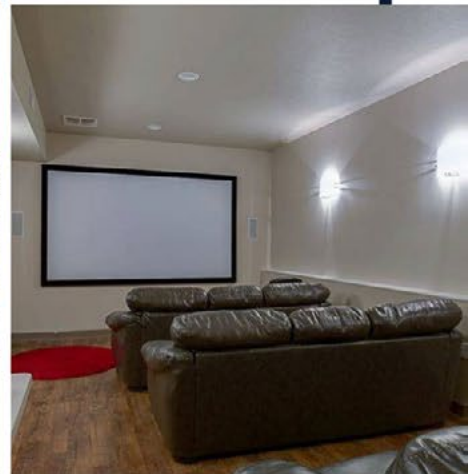
# 800 BLOCK



Spacious 3 and 4 bedroom floor plans only 27 feet from USU!



Cozy apartments you've known and loved for years!



**BOOK NOW**





Renovated and non-renovated units available



NOW PET FRIENDLY!

Contact our office for current pricing and availability



APARTMENT FURNISHINGS

Couch & Luv Seat  
Twin Beds  
Individual Dressers  
Kitchen Table & Chairs  
Desk in Living Space

AREA AMENITIES

Laundromat  
Storage Room  
On-Site Management  
Individual Mailbox  
Tenant Parking  
Close to Campus  
High Speed Internet  
Close to Bus  
Utilities Included  
Bike Rack



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

# Sunday Under The Trees

**Seminar Series, Sundays 1:00 – 2:00 PM on the Eccles Conference Center South Lawn**

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.



The USU Center for Community Engagement has partnered with Event Services to connect Summer Citizens to high-quality, meaningful volunteer opportunities while summering in Logan. Summer Citizens are needed for 8-10 hours per week at organizations like Stokes Nature Center, USU Community Gleaning, Jump the Moon, SNAC student pantry, and Common Ground Outdoor Adventures. If you would like to learn more about volunteering in Logan this summer, please contact the USU Center for Community Engagement at 435-797-9681 or email [kate.stephens@usu.edu](mailto:kate.stephens@usu.edu).



USU Center for Community Engagement

**UtahState University**

# 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

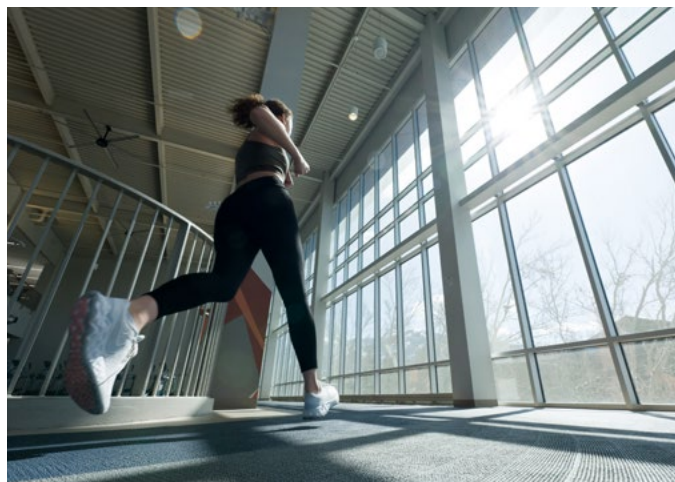
Monday–Friday.....8:00 am – 1:00 pm  
Monday–Friday.....4:00 pm – 7:00 pm

#### 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.



Enjoy amenities like a 1/8 mile indoor track with a Campus Recreation Membership

## 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](http://campusrec.usu.edu)





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

## 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. Rec 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](http://campusrec.usu.edu). Drop-in course offerings are always subject to change.



4 and 5 Bedrooms Available



Contact our office for current pricing and availability

**CALL TODAY!**

857 E 1000 N, Logan  
435-915-6473  
tyler@millennialtowers.com

**AWESOME FEATURES**

- Two Story Gym
- Large Hot Tubs
- Game Room
- Theatre Room
- Study Rooms
- Covered Parking
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- Close to Campus



20% OFF\*

\*Per check with proof of Summer Citizenship

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UtahStateUniversity.



**DINING SERVICES**

View hours of operation at  
[usu.edu/dining/specials-and-events/hours](http://usu.edu/dining/specials-and-events/hours)





Your contribution will help students in Cache Valley start their journey towards higher education.

# Scholarship Fund

Together we have raised over \$60,000 since 1992

## 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 103.

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



Cache Valley really comes together to make your summer amazing!

## 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.





## Platinum Sponsors



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College of Humanities & Social Sciences  
**Utah Public Radio**  
**UtahStateUniversity.**

## Silver Sponsors

DINING SERVICES  
**UtahStateUniversity.**



## Bronze Sponsors



## Additional Sponsors

Big Deal Outlet  
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LazyOne  
Pine View Apartments  
Cache Pioneer Museum  
SE Needham Jewelers  
Sol Speak Yoga  
USU Center for Community Engagement  
USU Housing

# 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"

Sign into your USU account

**Sign In**

Recover/Setup your USU account

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

**I don't know my A-Number**

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

**I don't know my password**

3. Enter your A-Number and choose a recovery method. You must already have a preferred email or mobile phone on file to receive a PIN.

**Reset my password**

A-Number:

A12345678

Select pin delivery method:

RECOVERY EMAIL on file

TEXT MESSAGE (SMS) to mobile number on file

I don't have access to email or text messages

**Cancel** **Submit**

4. A four-digit PIN will be delivered. Enter the PIN immediately on the next page and enter a new password.
5. The password strength bar will turn green when your password is strong enough.

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

**Change my password**

**Security Pin**

....

**New Password**

.....

**Retype Password**

.....

**Cancel** **Save**

Contact the IT Service Desk if you need help.

Call **435.797.HELP** (4357)  
Visit the IT building.  
See map on page **22**, #31.  
Mon–Thu: 8am–6pm  
Friday: 8am–5pm

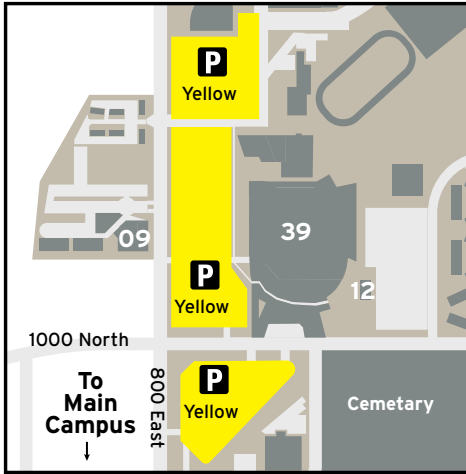
**Please have your Summer Citizens ID card ready.**

# 2023 Program Dates and Events

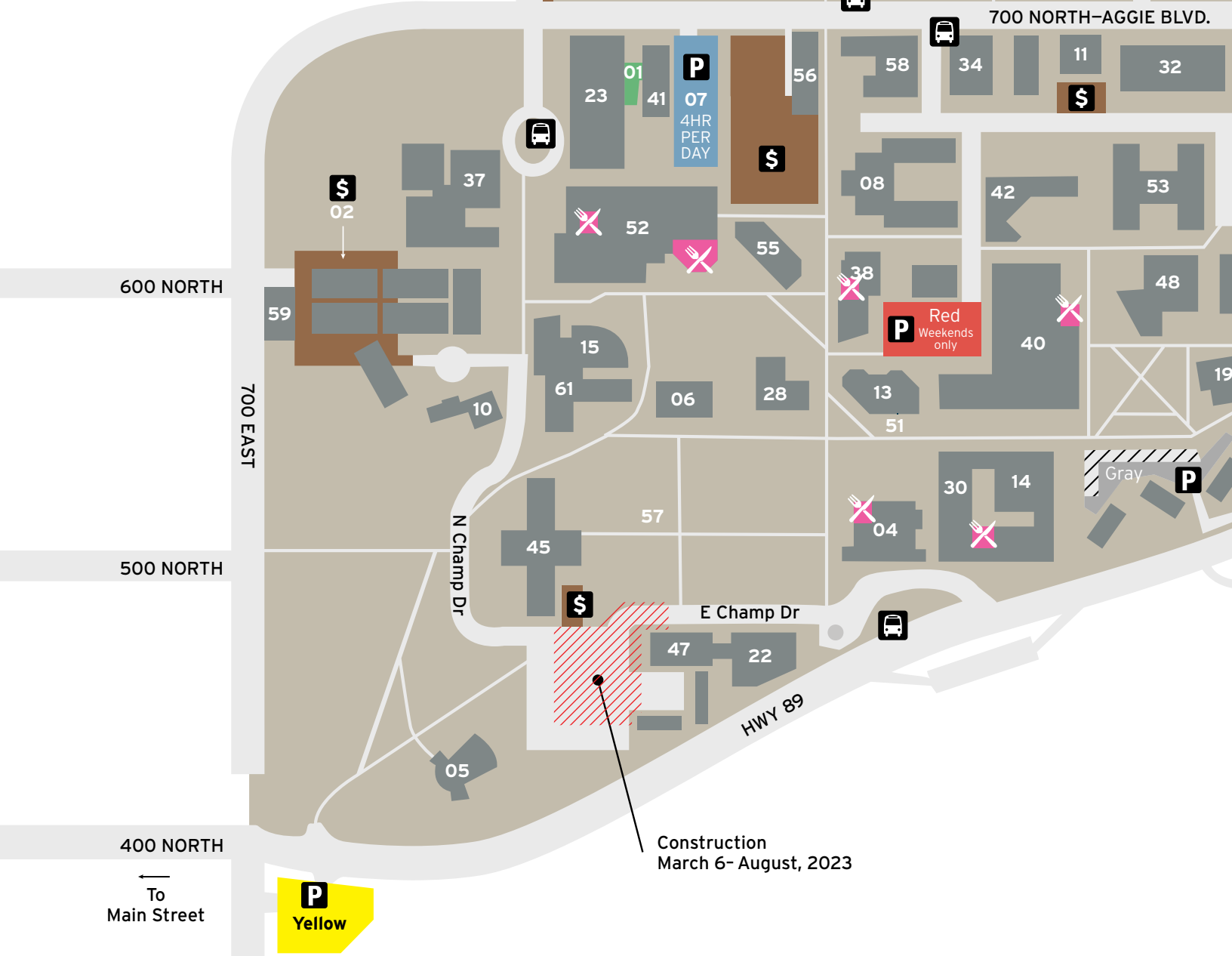
Date	Event	Location
Wed, 02/01/23	<b>Registration Opens</b> (Early Bird Rate)	–
Sun, 04/30/23	<b>Last Day for Early Bird Rate</b>	–
Mon, 05/01/23	<b>Registration at Regular Rate</b> (through 7/28)	–
Sat, 05/13/23	<b>Last Day to Cancel Program ID Card</b> Courses and Tours to Receive a Partial Refund	–
Mon, 05/22/23	<b>Opening Week</b> Program Check In, 9:00 AM – 4:00 PM Mon–Wed. Pick Up T-Shirt, Welcome Packet, Parking Pass, ID Card & Setup IT	Taggart Student Center International Lounge
Thu, 05/25/23 2:00 PM– 4:30 PM	<b>Welcome Orientation &amp; Merchant Fair</b> Be sure to attend the Summer Citizens Program Welcome Orientation. This first orientation is open to all Summer Citizens with an ID card and will familiarize you with the Summer Citizens Program, USU campus, and current happenings. Also, it's a great time to meet other Summer Citizens and make new friends for the summer. This will be a great place to learn about the many benefits a Summer Citizens membership provides. Visit with community sponsors and learn more about local business offerings at the merchant fair following the orientation. Reservations are required. An invitation will be emailed to all Summer Citizens in early May.	Taggart Student Center Ballroom
Mon, 05/29/23	<b>Memorial Day</b>	–
Tue, 05/30/23	<b>First Week of Classes</b>	Various locations
Tue, 05/30/23	<b>Program Check In Continues through July 28</b> 9:00 AM – 4:00 PM each day. Pick Up T-Shirt & Welcome Packet.	Eccles Conference Center, Room 103
Mon, 06/19/23	<b>Juneteenth National Freedom Day</b>	–
Tue, 06/20/23 2:00 PM – 4:30 PM	<b>Mid-Summer Orientation &amp; Merchant Fair</b> The Mid-Summer Orientation is open to all Summer Citizens with an ID card and is a welcome event for those who arrived in June. It is an opportunity to receive updates on July events and hear any new program information. Visit with community and housing sponsors and learn more about local business offerings at the merchant fair following the orientation. Reservations are required. An invitation will be emailed to all Summer Citizens in early June.	Taggart Student Center Ballroom
Thu, 06/29/23 3:00 PM – 4:00 pm	<b>Mayor's Ice Cream Social</b> Join Logan Mayor, Holly Daines, as she treats Summer Citizens to a relaxing afternoon in the park with USU's Famous Aggie Ice Cream. The Mayor will talk about city operations and take your questions. Attendance is limited to 150. Reservations are required. An invitation will be emailed to all Summer Citizens in early June.	Location To Be Announced
Tue, 07/04/23	<b>Independence Day</b>	–
Thu, 07/13/23 9:00 AM – 3:00 PM	<b>Sponsored Housing Open House</b> The Summer Citizens Sponsored Housing properties will have an apartment open for touring. A list and map will be emailed to Summer Citizens in late June.	On-site at Sponsored Apartment Housing Units
Thu, 07/20/23 12:00 PM – 1:30 PM	<b>Closing Social, Luncheon &amp; Talent Show</b> Let's close out the summer with a BANG! Our Closing Social is offered free of charge to all Summer Citizens with an ID card who have pre-registered for the event. This is an opportunity to say farewell to friends, enjoy lunch, learn fun facts, recap summer events and hear from program and community leaders. Prize drawings and entertainment make for an exciting event! Reservations are required. An invitation will be emailed to all Summer Citizens in early July.	Taggart Student Center Ballroom
Mon, 07/24/23	<b>Utah Pioneer Day</b>	–
Fri, 07/28/23	<b>Program Officially Ends</b>	–

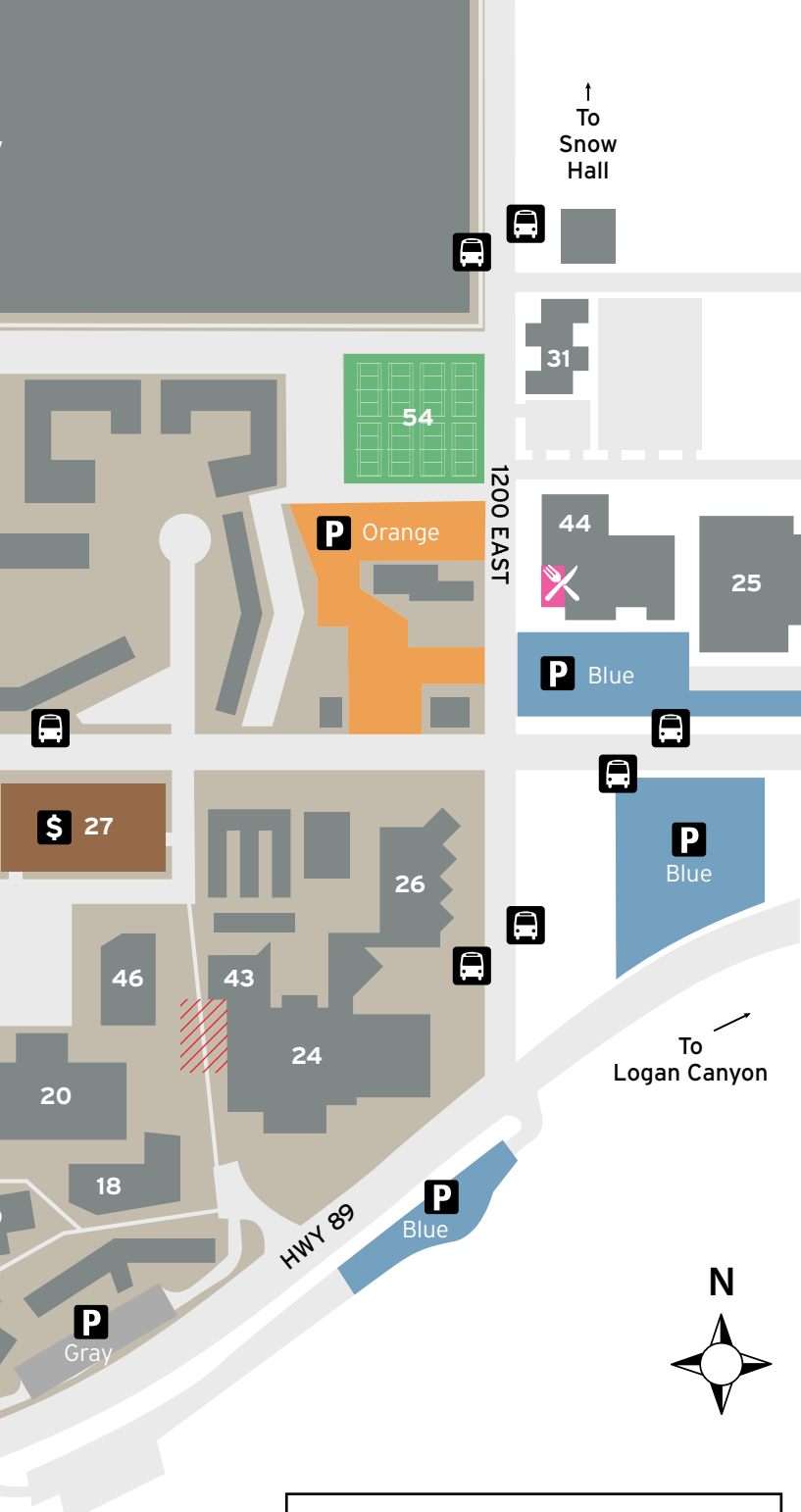


Blue Square Housing and Parking around Maverik Stadium



↑  
To  
Blue  
Square





### Map Legend

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

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



Summer Citizens enjoy one of our many interesting courses

# 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

	Arts & Entertainment.....	pg. 25–29
	Culture & Religion.....	pg. 30–33
	Health & Fitness.....	pg. 34–39
	History & World Events .....	pg. 40–41
	Science .....	pg. 42–44
	Technology .....	pg. 45–46
	Travel Adventures .....	pg. 47–49

Visit [summercitizens.usu.edu/schedule/classlist.cfm](http://summercitizens.usu.edu/schedule/classlist.cfm) for the most current class information.



Course Topic

# Arts & Entertainment

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# DINING SERVICES

## UtahStateUniversity®

Course ID #	Date	Time	Days	Price	Location
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### Bell Choir—Every Week

Course #1000	31-May – 26-Jul	9:00 AM – 10:15 AM	W	\$112.50	UI 510
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**Description:** This is a class designed to teach basic bell choir skills such as rhythm, harmony, following the conductor and ensemble skills. No musical skills are needed to participate in the bell choir, only a love for music and a desire to participate in a fun ensemble. Each week the group will participate in a group percussion (drum circle) experience. This is an active music making class and members are expected to participate at their comfort level. The class will be singing, playing bells, and playing percussion instruments. The bell choir experience hopes to increase overall health and wellness through social connection, group cohesion, emotional expression, musical enjoyment, and reducing stress. The bell choir will have at least one performance opportunity during the summer.

**Instructor: Heather Overly** received her BS in Music Therapy at Utah State University in 2001. She owns her own music therapy practice, Overlymusical LLC, where she serves a variety of clients. Heather loves music therapy and believes music can assist healing and growth for many people. Heather is the mother of four children and resides in Cache Valley with her husband Devin.

### Watercolor Basics and Special Effects—Weeks 4-7

Course #1200	21-Jun – 12-Jul	1:30 PM – 4:00 PM	W	\$50.00	FAV 209
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**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 Lazear** 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.

Course ID #	Date	Time	Days	Price	Location
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## Music of Africa and the Middle East

Course #120	30-May – 2-Jun	2:45 PM – 4:15 PM	T-F	\$50.00	HH 260
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**Description:** We will survey music of the people of Africa and the Middle East – from pygmy polyphonic singing to elaborate improvisation on Middle Eastern maqamat. Objectives: to lead students to realize most music & musical instruments in the U.S. had origins in these two areas, to introduce them to less known music cultures and to facilitate the appreciation/honoring of those music traditions/people. The class will cover the unique & changing meanings of music in these areas from historical, political, & religious perspectives, by examining how music is perceived within its sociocultural context. As we dive into their indigenous spiritual, art and folk music, we'll also cover new possible directions of the fusion of past with present. Let's travel Africa and the Middle East together – musically!

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

Course ID #	Date	Time	Days	Price	Location
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## 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 35 W 100 S
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**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 “Capitol 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 #410	20-Jun – 23-Jun	9:00 AM – 10:30 AM	T-F	\$50.00	MAIN 115
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**Description:** Roam through the amazing rebirth of classical culture. Gain contextual perspective beyond the “ninja turtles”. Marvel at the innovations or just enjoy the recounting of artist’s stories.

**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.

## Roman Art

Course #520	26-Jun – 30-Jun	10:30 AM – 11:45 AM	M-F	\$62.50	HH 220
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**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	1:00 PM – 2:30 PM	M,W–F	\$50.00	HH 220
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**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.



Course ID #	Date	Time	Days	Price	Location
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## Exploring Literary Genre

Course #610	3-Jul – 7-Jul	8:45 AM – 10:15 AM	M,W–F	\$50.00	HH 220
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**Description:** This course will cover 4 different literary genre: mystery, science fiction, non-fiction, and biography. Genre titles include - Mystery - All This I Will Give You, Delores 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

Course #630	3-Jul – 7-Jul	8:45 AM – 10:15 AM	M,W–F	\$50.00	HH 222
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**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

Course #710	10-Jul – 14-Jul	1:30 PM – 2:45 PM	M-F	\$62.50	ECC 216 (Auditorium)
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**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 experience in a high school, college, or church choir would be helpful, but not required. The repertoire will be taken from show tunes, folk, popular, or inspirational songs. 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** 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.

## Summer Citizen Chorus

Course #820	17-Jul – 21-Jul	1:30 PM – 2:45 PM	M-F	\$62.50	ECC 216 (Auditorium)
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**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 experience in a high school, college, or church choir would be helpful, but not required. The repertoire will be taken from show tunes, folk, popular, or inspirational songs. 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.

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Course ID #	Date	Time	Days	Price	Location
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## Basic Drawing

Course #440	20-Jun – 23-Jun	1:30 PM – 3:00 PM	T-F	\$50.00	FAV 201
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**Description:** The objective of this workshop is to develop basic drawing skills. This course will focus primarily on drawing from observation. The first 2 days will be spent on drawing a simple still life in graphite and the final 2 days will be spent drawing a portrait from life with charcoal. This course is just as much about learning how to see and sharpening visual awareness as it is about drawing.

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

## Basic Oil Painting

Course #810	17-Jul – 21-Jul	9:00 AM – 10:15 AM	M-F	\$62.50	FAV 209
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**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 free-lance illustrator, doing digital concept illustrations for Frito-Lay, Walmart, Hershey’s, and Deans Foods. He’s had award-winning paintings in the ‘Arts for the Parks’ in Jackson Hole, Wyoming, and the United States Olympic Committee National Art Contest.



DINING SERVICES

View hours of operation at  
[usu.edu/dining/specials-and-events/hours](http://usu.edu/dining/specials-and-events/hours)

UtahStateUniversity.

Course Topic

# Culture & Religion

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Course ID #	Date	Time	Days	Price	Location
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## What Was Utah State-Aggies Chart a Course

Course #130	30-May – 2-Jun	9:00 AM – 10:30 AM	T-F	\$50.00	ENGR 103
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**Description:** This course is a description of the role of the Land Grant concept as part of Public Education. From 1888 to 1957, Utah State gradually prepared for University status as they established powerful reputations in dry farming, dam building, engineering, rural sociology, education, and art. Through two World Wars and the Great Depression, Utah State provided access to an educational opportunity for the common citizen. In the process, they shaped the development of the American West.

**Instructor:** A native of Idaho, **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 1976-1984. He returned to USU as Vice President of Advancement from 2007-2011. Peterson teaches Recent American History as well as courses in African American Studies. His publications include a biography of Idaho Senator Glen H. Taylor and histories of Idaho, Cache County, and Ogden, Utah. His wife Kay, and all three of his sons have USU degrees.

## Steps to Take Before and When a Loved One Dies

Course #205	6-Jun	8:15 AM–9:30 AM	T	\$15.00	ENLAB 109
Course #206	6-Jun	10:15 AM–11:30 AM	T	\$15.00	ENLAB 109
Course #305	13-Jun	8:15 AM–9:30 AM	T	\$15.00	ENLAB 109
Course #306	13-Jun	10:15 AM–11:30 AM	T	\$15.00	ENLAB 109
Course #405	20-Jun	8:15 AM–9:30 AM	T	\$15.00	ENLAB 109
Course #406	20-Jun	10:15 AM–11:30 AM	T	\$15.00	ENLAB 109
Course #505	27-Jun	8:15 AM–9:30 AM	T	\$15.00	ENLAB 109
Course #506	27-Jun	10:15 AM–11:30 AM	T	\$15.00	ENLAB 109

**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.

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.

**Instructor: Melvin Parker** Approximately eleven years ago I started to work on a complete step-by-step process for my wife, Susan, to follow when I die. We now have a file, "Steps to take upon the Death of a Loved One," which is a detailed handout that outlines this process and includes things such as pre-addressed and signed letters and a detailed listing of assets, banks, contact procedures, etc. 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.



Course ID #	Date	Time	Days	Price	Location
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## Cache Valley Goes Worldwide

Course #240	5-Jun – 9-Jun	10:00 AM – 11:15 AM	M-F	\$62.50	HH 226
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**Description:** Cache Valley is a charming, unique place to live. In spite of poor transportation in and out of the valley, many entrepreneurs choose to make this their home. Amazing nationwide and sometimes worldwide businesses thrive here. Class participants will meet two CEO's each day who will share their secrets. Don't miss this exciting opportunity.

**Instructor: 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 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.

## Genealogy for Beginners

Course #260	5-Jun – 9-Jun	2:00 PM – 3:30 PM	M-F	\$62.50	HH 220
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**Description:** Are you curious if you have royalty or pirates hiding in your family tree? Is there a family mystery you are trying to solve? Researching your family history is one of the most popular hobbies in the country. Anyone can do it, and the stories can be fascinating. If you want to find lots of relatives or just follow your surname, this class will get you on the road!

**Instructor: 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!

## Saudi Arabian Peninsula: A Rare, Rich Discovery!

Course #310	12-Jun – 16-Jun	3:00 PM – 4:15 PM	M-F	\$62.50	ASTE 106
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**Description:** A 4000 year-old history is awaiting you to 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 Tabouli 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: Sheree Benson** is a world-wide traveler and loves to learn about new cultures, peoples, languages, religion and geography. She has had the unique opportunity to travel to the Saudi Arabian Peninsula and has many wonderful experiences to relate using photographs, stories, artifacts, and interactive games. Sheree has shared her Middle Eastern knowledge with many groups over the last 20 years. Her career as a software consultant enabled her to instruct many employees at large American corporations like Boeing, and Cisco. She also has enjoyed teaching software courses at USU.

Course ID #	Date	Time	Days	Price	Location
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## What Happens to Your Estate When You Die?

Course #360	13-Jun – 15-Jun	1:00 PM – 2:30 PM	T,W,TH	\$62.50	HH 270
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**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	T-F	\$50.00	MAIN 117
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**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** 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 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.

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

Course #510	26-Jun – 30-Jun	3:00 PM – 4:15 PM	M-F	\$62.50	ENGR 104
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**Description:** Come and learn about the history, doctrines, organization, culture, and quirks of The Church of Jesus Christ of Latter-Day Saints. This is NOT an attempt to convert anyone, just a chance to discover more about your neighbors in your summertime home in a fun and relaxed learning environment. Mark your calendar for a field trip the Sunday after our class. You can attend a church service and have dinner with a family in our congregation.

**Instructor: Julie Hollist-Terrell** 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 #560	26-Jun – 30-Jun	2:30 PM – 4:00 PM	M-F	\$62.50	HH 222
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**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** 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!

Course ID #	Date	Time	Days	Price	Location
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## Colorful Characters of Cache Valley

Course #730	10-Jul – 14-Jul	3:00 PM – 4:15 PM	M-F	\$62.50	ENGR 108
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**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** 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 #720	10-Jul – 14-Jul	9:00 AM – 10:15 AM	M-F	\$62.50	ENGR 108
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**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: A native of Idaho, 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 1976-1984. He returned to USU as Vice President of Advancement from 2007-2011. Peterson teaches Recent American History as well as courses in African American Studies. His publications include a biography of Idaho Senator Glen H. Taylor and histories of Idaho, Cache County, and Ogden, Utah. His wife Kay, and all three of his sons have USU degrees.

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# Health & Fitness

Course ID #	Date	Time	Days	Price	Location
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## Aqua BackHab

Course #1400	30-May – 22-Jun	9:00 AM – 10:00 AM	T, TH		HPER Small Pool
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**Description:** This class is slow water movement in waist deep water, head does not go under water, body in standing position. The BackHab program focuses on relearning 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 increase in mobility with safe positioning in water, improved balance, and strength, improve core stability and flexibility and improve range of motion. Walking 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** 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/s 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 (09/23/2022), AEA Dynamic Deep-Water Designs (10/11/18), AFAA Fitour Group Exercise (6/14/18), AFAA Fitour Aqua Instructor (6/14/18), AEA Healthways Silver 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 (5/28/08)

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

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.

## Aqua Ai Chi

Course #1500	30-May – 22-Jun	8:00 AM – 9:00 AM	T, TH		HPER Small Pool
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**Description:** This class 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 qigong and Tai chi. Instructor: Maureen Murphy, PhD, is a certified instructor of Ai Chi through ATRI, Aquatic Therapy Rehabilitation Institute.

**Instructor: 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/s 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 (09/23/2022), AEA Dynamic Deep-Water Designs (10/11/18), AFAA Fitour Group Exercise (6/14/18), AFAA Fitour Aqua Instructor (6/14/18), AEA Healthways Silver 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 (5/28/08)

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

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.



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

Course ID #	Date	Time	Days	Price	Location
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### 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	M,W	\$100.00	HPER Small Pool

**Description:** Water aerobics is a group exercise program that is designed to foster motion, 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** is the Coordinator of Aquatics for USU Campus Recreation. She has been teaching academic water aerobics for a 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.

### Chair Yoga

Course #1800	5-Jun – 28-Jun	10:00 AM – 11:00 AM	M,W	\$87.50	HPER 102
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**Description:** Chair yoga is a gentle form of Hatha yoga utilizing a chair for balance and support. It is a wonderful alternative for individuals that have difficulty getting down or up from the floor. All the poses are done seated in a chair with the option of standing and using the chair to assist with balance. Classes focus on improving joint mobility, flexibility, balance and increasing strength. Breathwork and meditation will also be practiced.

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

Course ID #	Date	Time	Days	Price	Location
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## Yoga Class

Course #1900	5-Jun – 28-Jun	9:00 AM – 10:00 AM	M, W	\$87.50	HPER 102
Course #2000	3-Jul – 19-Jul	9:00 AM – 10:00 AM	M, W	\$75.00	HPER 102

**Description:** This class is science-based and will explore why yoga works to strengthen, calm and create overall well-being. As a class, we will focus on the fundamentals of yoga to build strength, improve flexibility and balance, and increase joint range of motion. We will emphasize breath and alignment to improve self-awareness. We'll encourage students to respect their bodies' unique histories and challenges. Yoga poses will be adapted to help students safely achieve their individual goals. Meditation techniques to manage daily stressors will be integrated throughout.

**Prerequisites:** Athletic Clothing & Shoes. Personal Yoga Mats are encouraged.

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

## Zumba

Course #2100	31-May – 28-Jun	3:30 PM – 4:15 PM	M, W	\$70.00	HPER 215
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**Description:** Zumba classes combine latin and international music and dance to create a dynamic calorie-burning form of workout for people of all fitness levels and age groups. 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**

## Balance & Weights

Course #2200	26-Jun – 19-Jul	8:00 AM – 9:00 AM	M, W	\$70.00	HPER Room 215
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**Description:** Participants will exercise from the safety of their chair or ball as they strengthen the body, build balance and increase coordination skills. Using low impact resistance and stability training, you will leave feeling stronger in body and more confident in activities throughout your everyday life.

**Prerequisites:** Athletic Clothing & Shoes

**Instructor: Tayler Davis** 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.

## Doubles Pickle Ball Tournament

Course #2300	7-Jul	3:00 PM – 5:00 PM	F	\$10.00	ARC, Multi-Activity Court
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**Description:** Grab your partner and put your pickleball skills to the test! You will be guaranteed two games of play and could play up to 4 games in this Pickleball Tournament showdown! All games will be played best two out of three (if necessary), and played to 11 points, win by 2. We hope to see you there!

**Prerequisites:** You must have a partner for this tournament.

**Instructor: Kaitlyn Roberts** is the Graduate Assistant of Facility Operations for USU Campus Recreation. Historically, Kaitlyn has officiated many collegiate recreation sports for non-varsity athletes. She loves providing a fun, inclusive, and safe environment for all, and likes a little competition every now and then too! This is her first summer working with the Summer Citizens Program and she is excited to share her knowledge and work with a fun new group of people!



Course ID #	Date	Time	Days	Price	Location
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## Everything You'll Want to Know About Hearing, Hearing Loss, and Hearing Aids

Course #100	30-May – 2-Jun	10:45 AM – 12:15 PM	T-F	\$50.00	SCCE 310
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**Description:** All the information about hearing loss and hearing aids can be confusing. In this class we'll discuss why hearing matters and the importance of communication including the impact hearing loss can have on your mental and physical health. We'll discuss the causes and challenges of hearing loss and offer strategies to improve your communication. We'll discuss and answer all your questions about hearing aids, including OTC devices; what is currently available; how to choose one that will work for you; and how to handle the challenges experienced when wearing them. We'll discuss tinnitus; current research as well as strategies to deal with the ringing. Improving your ability to hear and communicate will enhance your social and personal relationships and improve your overall quality of life.

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

## Medicare 101: How to Maximize Your Senior Benefits and Other Cool Stuff!

Course #220	5-Jun – 9-Jun	10:00 AM – 11:15 AM	M-F	\$62.50	HH 220
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**Description:** We know Medicare can be boring, but our entertaining instructors will teach you about the basics of Medicare, which include the differences between Medicare Advantage and Medicare Supplements and which one best fits your situation. We'll talk about Part D as well as Veterans Benefits and Disability Benefits. We'll also have a session on Estate Planning. You'll learn strategies on how to deal with mass mail and phone calls, as well as many extra benefits that are available to seniors that you don't know about! This is a great review and we promise a good time! There will be time before and after class for personal questions. We look forward to seeing you in 2023!

**Instructor:** **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.

## Self Defense for Women

Course #280	5-Jun – 9-Jun	1:30 PM – 3:30 PM	M-F	\$20.00	HPER Room 211
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**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 900,000 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.

**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:** **Katie Burns, 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.

Course ID #	Date	Time	Days	Price	Location
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## Pickle Ball

Course #290	5-Jun – 9-Jun	12:30 PM – 1:30 PM	M-F	\$15.00	ARC, Multi-Activity Court
Course #570	26-Jun – 30-Jun	12:00 PM – 1:00 PM	M-F	\$15.00	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: Kaitlyn Roberts** is the Graduate Assistant of Facility Operations for USU Campus Recreation. Historically, Kaitlyn has officiated many collegiate recreation sports for non-varsity athletes. She loves providing a fun, inclusive, and safe environment for all, and likes a little competition every now and then too! This is her first summer working with the Summer Citizens Program and she is excited to share her knowledge and work with a fun new group of people!

## Cutler Marsh Canoe Trip

Course #380	13-Jun	7:00 AM – 11:00 AM	T	\$50.00	DIST 100
Course #390	15-Jun	7:00 AM – 11:00 AM	TH	\$50.00	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 of 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 contact information, and signed Risk Waiver

**Instructor: Cutler Marsh Canoe Employee**

## See, Move and Manage Your Life

Course #420	20-Jun – 23-Jun	10:30 AM – 12:00 PM	T-F	\$50.00	AGRS 141
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**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. Calls you forward even when you don't feel like it. Especially when you don't feel like it.

**Instructor: Cathy Oberkamp** 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 Oberkamp 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.

Course ID #	Date	Time	Days	Price	Location
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## Challenge Course - Teambuilding, Personal Growth and Experiential Learning

Course #478	20-Jun – 23-Jun	8:30 AM – 10:30 AM	T-F	\$60.00	Challenge Course 1483 Canyon Rd Logan, UT 84321
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**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

Although activities will range in physical impact levels, and each student can choose to opt out at any time, it is recommended that students are prepared for higher levels of physical intensity (climbing, jumping, pulling, lifting)

Please contact [ashley.brown@usu.edu](mailto:ashley.brown@usu.edu) if you have any health concerns that we need to be aware of, and visit the website to see pictures and videos of the Challenge Course.

**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.

## Active and Independent

Course #750	10-Jul – 14-Jul	10:00 AM – 11:15 AM	M-F	\$62.50	HH 280
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**Description:** Maintaining an active and independent lifestyle as one ages, is desired by all. During this course, evidence-based techniques that support successful aging will be discussed and practiced. Focused topics will include: the correlation between cognition and balance, the importance of breathing properly, the numerous benefits of meditation and the individual ways to implement it. Participants will learn and experience: exercises to boost range of motion and help in preventing falls, breathing practices to strengthen the lungs and calm the nervous system, techniques to support cognitive function, 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

Course ID #	Date	Time	Days	Price	Location
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## The Tudors

Course #230	5-Jun – 9-Jun	8:15 AM – 9:30 AM	M-F	\$62.50	HH 220
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**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
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**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
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**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
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**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!



Learn from the past or study the present with a course in History & World Events.

Course ID #	Date	Time	Days	Price	Location
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### U.S. Senators from Arizona

Course #800	17-Jul – 21-Jul	10:30 AM – 11:45 AM	M-F	\$62.50	ENGR 104
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**Description:** This class will start with the first 2 US Senators elected when Arizona became a state in 1912 and all those who followed. Most of us are familiar with Barry Goldwater and John McCain, but this is an opportunity to learn about all the rest!

**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!

### 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
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**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 Westre** is a retired public-school educator with 37 years of teaching experience at the high school level. Tom received his bachelors 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.

Course Topic

# Science

Course ID #	Date	Time	Days	Price	Location
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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
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**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).

## Financial Markets Overview

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

## 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
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**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.



Course ID #	Date	Time	Days	Price	Location
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## Antarctica- The South Polar Frozen (So Far) Continent

Course #400	20-Jun – 23-Jun	1:30 PM – 3:00 PM	T-F	\$50.00	MAIN 115
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**Description:** Compare & contrast Antarctica with the north polar arctic region, meet 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 climate fossils 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.

## What is USU-Aggies and the Environment

Course #500	26-Jun – 30-Jun	9:00 AM – 10:15 AM	M-F	\$62.50	HH 220
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**Description:** Prof. Steed, whose father was intimately involved with the Space Dynamics Lab, recently returned from serving as the Governor's advisor on public lands as well as the Director of the federal bureau of Land Management. During this week the students will learn of USU's long commitment to sustaining quality air, land, and water use. As with space, USU is an innovative problem solver on earth. The programs at the Water Lab, the Ecology Center, and land management are under the umbrella of this new institute. Prof. Steed's week will also include touring these facilities.

**Instructor: Brian Steed** whose father was intimately involved with the Space Dynamics Lab, recently returned from serving as the Governor's advisor on public lands as well as the Director of the federal bureau of Land Management. 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 experience at USU was as a grant writer for the Jon M. Huntsman School of Business.

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

Course #530	26-Jun – 30-Jun	8:15 AM – 11:00 AM	M-F	\$62.50	Off Campus-Field Trip
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**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.

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

**Instructor: Patrick Kelly** is the current Facilities Director and former Director of Education at the local Stokes Nature Center with over 15 years of experience working in outdoor education from all over the country. Before coming to Stokes, he was Youth Programs Manager and Lead Naturalist at the Denali Education Center in Denali National Park in Alaska, a science educator specializing in working with indigenous Alaska Native youth, an adventure trips director in Maine, and a professional backpacking guide in New Mexico. He is also an instructor at Utah State University specializing in experiential and environmental education, nonprofit management, and science communication. He is former Chair for the Northwest Region for the Association for Experiential Education. He earned his BA in Middle Eastern Studies from Florida State University, his MS in Outdoor and Environmental Education from Alaska Pacific University and is a current PhD student in Environment and Society at Utah State University. He is also a regular contributor to Utah Public Radio's Wild About Utah show.



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 Treasury Project Team

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

Course #540	26-Jun – 30-Jun	1:30 PM – 2:45 PM	M-F	\$62.50	HH 220
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**Description:** Presentations will compare & contrast these islands in their: (1) inhabitants--Innuits in Greenland and Vikings in Iceland; (2) geology--Iceland with volcanic activity which produces new basaltic rocks as it splits the island in two, while Greenland has some of the oldest granites on earth, with economically valuable minerals; (3) economies--Iceland is well integrated into modern international commerce & computer age, while Greenland is still trying to emerge from geographic isolation & has a limited economy dependent on subsidies from Denmark; (4) both are highly dependent on harvest of marine resources from their frigid coastal waters, but differ in terrestrial crops & creatures; (5) both are likely to be highly affected by climate change.

**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 sport fishing in Alaskan waters. He & his wife now spend 7 months in Surprise, AZ playing sports and continuing to teach.

## Search for Life in the Universe

Course #760	10-Jul – 14-Jul	3:00 PM – 4:15 PM	M-F	\$62.50	ESLC 046
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**Description:** This 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 intelligence. The course will conclude with a trip to the USU Observatory.

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

# Technology

Course ID #	Date	Time	Days	Price	Location
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## Apple iOS Tips & Tricks (1 Day Class)

Course #110	30-May	10:45 AM–12:15 PM	T	\$30.00	HH 280
Course #111	31-May	2:00 PM–3:30 PM	W	\$30.00	HH 280
Course #112	1-Jun	10:45 AM–12:15 PM	TH	\$30.00	HH 280
Course #113	2-Jun	2:00 PM–3:30 PM	F	\$30.00	HH 280

**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.

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

**Instructor: Mike Andrews's** military and professional career offer the qualifications necessary to lead a class on Apple related programs that could benefit many Summer Citizens. While in the Navy, Mike served in numerous training and operations positions that lent themselves to a teaching position. Upon his Navy retirement, Mike worked at Cincinnati Bell and Intuit during which time he wrote articles and made presentations for the Society of Workforce Planning Professionals. Mike has also worked as a Real Estate agent and has made many client presentations for both buyers and sellers.

## iPhone Photography 101

Course #200	5-Jun – 9-Jun	2:30 PM – 3:45 PM	M-F	\$62.50	MAIN 117
Course #550	26-Jun – 30-Jun	1:00 PM – 2:15 PM	M-F	\$62.50	MAIN 117

**Description:** Have you wanted to document and share your vacation with those back home but don't know how to truly capture it? This course is for you. iPhone Photography 101 will walk you through how to take captivating images right from your iPhone. After taking iPhone Photography 101 you will leave understanding: - How to use each setting your iPhone camera offers - Understand the power of lighting and how to use it in your favor - 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** 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.

## Ins and Outs of Google Drive

Course #300	12-Jun – 16-Jun	10:30 AM – 11:45 AM	M-F	\$62.50	HH 260
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**Description:** Google Drive is an office suite of software similar to Microsoft Office. You can create and edit Documents, Spreadsheets, & PowerPoint type documents on any computer that has Internet access. You are no longer handcuffed to one computer. If you have a Gmail account, you already have it for FREE! Nothing to buy or update...EVER! Google Drive is the cornerstone of the Google Cloud and provides you access to other goodies from Google. You will learn how to create, edit and share Google Docs, Sheets and Slides and share these files and collaborate with others. There will be lots of hands-on activities in class. **New for 2023:** You will bring your own PC laptop, Chromebook or MAC laptop to this class. Other Mini-Sessions are being offered for Android Smartphones/Tablets and/or iPhone/iPad users (found on the following page).

**Instructor: Cathy Oberkamp** 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 Oberkamp 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.



Course ID #	Date	Time	Days	Price	Location
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## 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](http://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 make 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 Oberkamp** 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 Oberkamp 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

### PC or Mac Laptop

Google Calendar—Course #370	12-Jun	1:15 PM – 2:30 PM	M	\$20.00	HH 260
Google Contacts—Course #372	13-Jun	1:15 PM – 2:30 PM	T	\$20.00	HH 260
Google Photos—Course #376	15-Jun	1:15 PM – 2:30 PM	TH	\$20.00	HH 260
Google Photos—Course #470	20-Jun	1:15 PM – 2:30 PM	T	\$20.00	AGRS 141
Google Gmail—Course #374	14-Jun	1:15 PM – 2:30 PM	W	\$20.00	HH 260
Google Drive—Course #378	16-Jun	1:15 PM – 2:30 PM	F	\$20.00	HH 260

### Android Smartphone, Tablet or iPhone/iPad

Google Calendar—Course #371	12-Jun	3:00 PM – 4:15 PM	M	\$20.00	HH 260
Google Calendar—Course #473	21-Jun	3:00 PM – 4:15 PM	W	\$20.00	AGRS 141
Google Contacts—Course #373	13-Jun	3:00 PM – 4:15 PM	T	\$202.00	HH 260
Google Contacts—Course #475	22-Jun	3:00 PM – 4:15 PM	TH	\$20.00	AGRS 141
Google Gmail—Course #375	14-Jun	3:00 PM – 4:15 PM	W	\$20.00	HH 260
Google Photos—Course #377	15-Jun	3:00 PM – 4:15 PM	TH	\$20.00	HH 260
Google Photos—Course #471	20-Jun	3:00 PM – 4:15 PM	T	\$20.00	AGRS 141
Google Drive—Course #477	23-Jun	3:00 PM – 4:15 PM	F	\$20.00	AGRS 141

# Adventure Tours

Course ID #	Date	Time	Days	Price	Location
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## Aggie Chocolate Factory Tour

Choc1	26-May	4:00 PM – 5:00 PM	F	\$10.00	Aggie Chocolate Factory
Choc2	8-Jun	4:00 PM – 5:00 PM	TH	\$10.00	
Choc3	22-Jun	4:30 PM – 5:30 PM	TH	\$10.00	
Choc4	7-Jul	4:00 PM – 5:00 PM	F	\$10.00	
Choc5	21-Jul	4:00 PM – 5:00 PM	F	\$10.00	

**Description:** Don't miss this opportunity to learn how the Aggie Chocolate Factory makes the world's finest single origin bean-to-bar chocolate. This tour will walk you through the entire process of how cacao is grown, harvested, and processed into delicious chocolate. The tour will conclude with a special tasting session.

Taste the flavors of single origin chocolates made at the Aggie Chocolate Factory and compare them to commodity chocolates.

Identify the flavors that you prefer and become a chocolate snob!

**Instructor:** Aggie Chocolate Factory Employee

## Maverik Stadium Tour

Stadium1	2-Jun	2:00 PM–3:00 PM	F	\$0	Maverik Stadium
Stadium2	7-Jun	2:00 PM–3:00 PM	W	\$0	
Stadium4	21-Jun	4:00 PM–5:00 PM	W	\$0	
Stadium5	30-Jun	9:00 AM–10:00 AM	F	\$0	
Stadium6	10-Jul	11:00 AM–12:00 PM	M	\$0	
Stadium3	13-Jul	4:00 PM–5:00 PM	TH	\$0	
Stadium7	18-Jul	3:00 PM–4:00 PM	T	\$0	

**Description:** Come take a tour of the Utah State University Maverik Stadium! Merlin Olsen Field at Maverik Stadium is an outdoor football stadium on the campus of Utah State University. It opened in 1968 and currently has a seating capacity of 25,513. Its FieldTurf playing field, installed prior to the 2022 season, runs in the traditional north-south configuration, and sits at an elevation of 4,710 feet above sea level.

This is a walking guided tour of the West Stadium Center, the President's Suite, the National Broadcast booth, and the Coaches box.

There are elevators in the building but come prepared to walk around the building with some periods of standing for 45 minutes to an hour.

**Instructor:** Brandon Hansen attended Utah State University and earned a degree in Recreation Management and completed the Graduate Institute for Venue Management through International Association of Venue Managers (IAVM). He is a certified sports official (referee) in three different high school sports and is working on certification for two more sports. Brandon is currently an Associate Director with Event Services, where he has worked in one capacity or another for 13 years. Brandon has worked in the athletic buildings, with student events, green spaces across campus and commencement. He also serves as the current Staff Employee Association President for the USU campus system (Logan and all extension campus sites across Utah). He enjoys spending time with his family, camping, hiking, and 4-wheeling.



Get an exclusive peak behind the curtains with one of our Adventure Tours.

## Cox Honeyland Tour

Honey1	30-May	1:00 PM – 2:00 PM	T	\$0.00	Cox Honeyland 1780 S Hwy 89 Logan, UT 84321
Honey2	13-Jun	1:00 PM – 2:00 PM	T	\$0.00	
Honey3	27-Jun	1:00 PM – 2:00 PM	T	\$0.00	
Honey4	6-Jul	3:00 PM – 4:00 PM	TH	\$0.00	
Honey5	13-Jul	1:00 PM – 2:00 PM	TH	\$0.00	
Honey6	18-Jul	1:00 PM – 2:00 PM	T	\$0.00	

**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 Gifts 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 Sportsman's Paradise & Fresh Trout Dinner

Trout1	26-Jun	5:00 PM – 9:00 PM	M	\$85.00	Sportsman's Paradise 399 W 900 S Paradise, Utah 84328
Trout2	6-Jul	5:00 PM – 9:00 PM	TH	\$85.00	
Trout3	13-Jul	5:00 PM – 9:00 PM	TH	\$85.00	

**Description:** Transportation will be provided

Located in the south end of Cache Valley Sportsman's Paradise, was settled in 1868 by Barnard White, an immigrant from England. This 56,000-acre homestead was one of the first settlements in the beautiful Cache Valley.

This working ranch is known not only for all the wonderful outdoor sports, but for great hospitality & 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, au gratin 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.

Course ID #	Date	Time	Days	Price	Location
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## USU Observatory Tour

Course #	Observatory	Date	Time	Days	Price	Location
	Observatory	30-Jun	10:00 PM – 11:00 PM	F	\$5.00	USU Observatory

**Description:** Come gaze at the stars, moon and planet with the USU Physics department. Our primary targets for this visit will be the Moon (nearly full), Venus (crescent), Hercules Globular Cluster, Wild Duck Cluster and more! There will be 4-5 telescopes set up and pointed at these various heavenly bodies for you to view.

The Observatory is located on the roof of USU's Science Engineering Research (SER) building, the observatory houses a 20-inch reflecting telescope on a computerized mount that yields clear, crisp images of faraway planets and deep space objects. The observatory's unique half-circle building, designed and constructed by USU Facilities, features a circular staircase that leads to the telescope gallery topped with a metal dome measuring 16.5 feet in diameter.

The observatory's telescope is accessible by stairs only from the SER building's rooftop deck.

Parking for the event is available near the Caine Performance Hall at 1090 E. 675 North on the USU campus and in the Gateway Parking Terrace at 1070 East 700 North in Logan. The SER building is southwest of the Caine Performance Hall.

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

## #1 Space Dynamics Lab Tour

SDL	Date	Time	Days	Price	Location
SDL1	24-May	4:30 PM – 5:15 PM	W	\$0.00	Space Dynamics Lab 416 N Innovation Ave Logan
SDL2	15-Jun	4:30 PM – 5:15 PM	TH	\$0.00	
SDL3	27-Jun	4:30 PM – 5:15 PM	T	\$0.00	
SDL4	19-Jul	4:30 PM – 5:15 PM	W	\$0.00	

**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. Due to the nature of our work, if a valid identification is not presented, they will not be allowed to go on the tour.

**Instructor: SDL Employee**



# 2023 Course Schedule At-A-Glance

Wk	#	Time	Title	Location	Days	Wk	#	Time	Title	Location	Days
Multi-Week Course	205 305 405 505	8:15 AM–9:30 AM	<b>Steps to Take Before and When a Loved One Dies</b> (Weekly Month of June)	ENLAB 109	T	Week 3 June 12–16	300	10:30 AM–11:45 AM	<b>Ins and Outs of Google Drive</b>	HH 260	M-F
							310	3:00 PM–4:15 PM	<b>Saudi Arabian Peninsula: A Rare, Rich Discovery!</b>	ASTE 106	M-F
	206 306 406 506	10:15 AM–11:30 AM	<b>Steps to Take Before and When a Loved One Dies</b> (Weekly Month of June)	ENLAB 109	T		320	10:30 AM–11:45 AM	<b>Financial Markets Overview</b>	HH 222	M-F
							340	9:00 AM–10:15 AM	<b>What is USU-Aggies and The Space Dynamics Lab</b>	HH 220	M-F
	1000	9:00 AM–10:15 AM	<b>Bell Choir</b> (Every Week)	UI 510	W	360	1:00 PM–2:30 PM	<b>What Happens to Your Estate When You Die?</b>	HH 270	T-TH	
	1200	1:30 PM–4:00 PM	<b>Watercolor Basics and Special Effects</b> (Weeks 4-7)	FAV 209	W		1:15 PM–2:30 PM	<b>Google Mini Sessions: PC or Mac Laptop</b>	HH 260	M-F	
	1400	9:00 AM–10:00 AM	<b>Aqua BackHab</b> (30 May–22 Jun)	HPER Small Pool	T, TH	370 -378	3:00 PM–4:15 PM	<b>Google Mini-Sessions: Android Smartphone, Tablet or iPhone</b>	HH 260	M-TH	
	1500	8:00 AM–9:00 AM	<b>Aqua Ai Chi</b> (30 May–22 Jun)	HPER Small Pool	T, TH	380	7:00 AM–11:00 AM	<b>Cutler Marsh Canoe Trip</b>	DIST	T or TH	
	1600	8:00 AM–9:00 AM	<b>Water Aerobics</b> (31 May–23 Jun)	HPER Small Pool	W, F	Week 4 June 19–23	400	1:30 PM–3:00 PM	<b>Antarctica- The South Polar Frozen (So Far) Continent</b>	MAIN 115	T-F
	1700	8:00 AM–9:00 AM	<b>Water Aerobics</b> (26 Jun–19 Jul)	HPER Small Pool	M,W		410	9:00 AM–10:30 AM	<b>Renaissance Art</b>	MAIN 115	T-F
	1800	10:00 AM–11:00 AM	<b>Chair Yoga</b> (5 Jun–28 Jun)	HPER 102	M,W		420	10:30 AM–12:00 PM	<b>See, Move and Manage Your Life</b>	AGRS 141	T-F
	1900	9:00 AM–10:00 AM	<b>Yoga Class</b> (5 Jun–28 Jun)	HPER 102	M, W		430	2:30 PM–4:00 PM	<b>Understanding Islam and the Muslims</b>	MAIN 117	T-F
	2000	9:00 AM–10:00 AM	<b>Yoga Class</b> (3 Jul–19 Jul)	HPER 102	M,W		440	1:30 PM–3:00 PM	<b>Basic Drawing</b>	FAV 201	T-F
	2100	3:30 PM–4:15 PM	<b>Zumba</b> (31 May–28 Jun)	HPER 215	M,W		470 -477	1:15 PM–2:30 PM	<b>Google Mini-Sessions: PC or Mac Laptop</b>	AGRS 141	T
2200	8:00 AM–9:00 AM	<b>Balance &amp; Weights</b> (26 Jun–19 Jul)	HPER 215	M, W			3:00 PM–4:15 PM	<b>Google Mini-Sessions: Android Smartphone, Tablet or iPhone/iPad</b>	AGRS 141	T	
2300	3:00 PM–5:00 PM	<b>Doubles Pickle Ball Tournament</b> (7 Jul)	ARC	F	478		8:30 AM–10:30 AM	<b>Challenge Course - Teambuilding, Personal Growth and Experiential Learning</b>	Challenge Course	T-F	
Week 1 May 30–June 2	100	10:45 AM–12:15 PM	<b>Everything You'll Want to Know About Hearing, Hearing Loss, and Hearing Aids</b>	SCCE 310	T-F	Week 5 June 26–June 30	500	9:00 AM–10:15 AM	<b>What is USU-Aggies and the Environment</b>	HH 220	M-F
	110	10:45 AM–12:15 PM	<b>Apple iOS Tips &amp; Tricks</b>	HH 280	T		510	3:00 PM–4:15 PM	<b>Meet Your Neighbors: Insights into the Church of Jesus Christ of Latter-day Saints</b>	ENGR 104	M-F
	111	2:00 PM–3:30 PM	<b>Apple iOS Tips &amp; Tricks</b>	HH 280	W		520	10:30 AM–11:45 AM	<b>Roman Art</b>	HH 220	M-F
	112	10:45 AM–12:15 PM	<b>Apple iOS Tips &amp; Tricks</b>	HH 280	TH		530	8:15 AM–11:00 AM	<b>Natural Environment of Cache Valley: Birding, Ethnobotany, and Human History</b>	Off Campus-Field Trip	M-F
	113	2:00 PM–3:30 PM	<b>Apple iOS Tips &amp; Tricks</b>	HH 280	F		540	1:30 PM–2:45 PM	<b>Comparing &amp; Contrasting Greenland and Iceland</b>	HH 220	M-F
	120	2:45 PM–4:15 PM	<b>Music of Africa and the Middle East</b>	HH 260	T-F		550	1:00 PM–2:15 PM	<b>iPhone Photography 101</b>	MAIN 117	M-F
	130	9:00 AM–10:30 AM	<b>What Was Utah State-Aggies Chart a Course</b>	ENGR 103	T-F		560	2:30 PM–4:00 PM	<b>Genealogy for Advanced Researchers</b>	HH 222	M-F
Week 2 June 5–9	140	1:00 PM–2:00 PM	<b>The History of the Arts in Cache County</b>	Thatcher Young Mansion	T-F	570	12:00 PM–1:00 PM	<b>Pickle Ball</b>	ARC	M-F	
	150	8:30 AM–10:30 AM	<b>Challenge Course - 1 day class</b>	Challenge Course	TH	Week 6 July 3–7	600	1:00 PM–2:30 PM	<b>Aida - Broadway musical or Grand Opera?</b>	HH 220	M,W-F
	200	2:30 PM–3:45 PM	<b>iPhone Photography 101</b>	MAIN 117	M-F		610	8:45 AM–10:15 AM	<b>Exploring Literary Genre</b>	HH 220	M,W-F
	220	10:00 AM–11:15 AM	<b>Medicare 101: How to Maximize Your Senior Benefits and Other Cool Stuff!</b>	HH 220	M-F		620	10:30 AM–12:00 PM	<b>Early First Ladies #1</b>	HH 220	M,W-F
	230	8:15 AM–9:30 AM	<b>The Tudors</b>	HH 220	M-F	630	8:45 AM–10:15 AM	<b>Greek Art</b>	HH 222	M,W-F	
	240	10:00 AM–11:15 AM	<b>Cache Valley Goes Worldwide</b>	HH 226	M-F	700	10:30 AM–11:45 AM	<b>First Ladies #2</b>	ENGR 104	M-F	
	250	10:00 AM–11:15 AM	<b>Understanding an Increasingly Complex World through Systems Thinking</b>	HH 222	M-F	710	1:30 PM–2:45 PM	<b>Summer Citizen Chorus</b>	ECC 216	M-F	
	260	2:00 PM–3:30 PM	<b>Genealogy for Beginners</b>	HH 220	M-F	Week 7 July 9–14	720	9:00 AM–10:15 AM	<b>What Will USU Become-Aggies and the Future</b>	ENGR 108	M-F
	280	1:30 PM–3:30 PM	<b>Self Defense for Women</b>	HPER 211	M-F		730	3:00 PM–4:15 PM	<b>Colorful Characters of Cache Valley</b>	ENGR 108	M-F
	290	12:30 PM–1:30 PM	<b>Pickle Ball</b>	ARC	M-F		740	2:30 PM–3:45 PM	<b>JFK Assassination: The Warren Commission vs the Researchers</b>	ENGR 104	M-F
295	1:30 PM–3:00 PM	<b>Investing in Retirement</b>	HH 260	M-F	750		10:00 AM–11:15 AM	<b>Active and Independent</b>	HH 280	M-F	
					760		3:00 PM–4:15 PM	<b>Search for Life in the Universe</b>	ESLC 046	M-F	
Week 8 July 17–21						800	10:30 AM–11:45 AM	<b>U.S. Senators from Arizona</b>	ENGR 104	M-F	
						810	9:00 AM–10:15 AM	<b>Basic Oil Painting</b>	FAV 209	M-F	
						820	1:30 PM–2:45 PM	<b>Summer Citizen Chorus</b>	ECC 216	M-F	

## Legend

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

Visit [summercitizens.usu.edu/schedule/classlist.cfm](http://summercitizens.usu.edu/schedule/classlist.cfm) for the most current class info.