



THE Summer Scoop

November 2018

Happy Thanksgiving!



“After participating in the Summer Citizens Program for 16 years, we feel that it is one of the best experiences we’ve ever had. The classes we’ve attended and the friendships we’ve made have been unbelievable.

GO USU!!!”

~Helen and Bruce Posey

November is here! What a great time of year to think about gratitude and all our blessings. During this festive season, we want to say how grateful we are for YOU! Thank you for your friendship and participation in our program. We love working with such wonderful people!

Life is great in Logan, although our temperatures are rapidly dropping and we’ve already seen snow in the mountains. Winter has no problem waiting when it comes to Cache Valley.

Meanwhile, we’ve planned our Arizona trip and the times are on [page 3](#) of this newsletter. We’re excited to see many of you in February! Please come and bring your friends. Course submissions are in, and we have a great lineup of classes and instructors for 2019.

We hope each of you have a great month and a fun start to the holiday season. No matter how you celebrate Thanksgiving, we hope it includes fun, food, family, and friends.



USU in Fall



In This Issue

- Happy Thanksgiving
- Benefits of Gratitude
- November News
- We’re Coming to Visit You!
- A little update
- Thanksgiving Corner



BENEFITS OF GRATITUDE

Thanksgiving is a time for gratitude and counting your blessings. Did you know that gratitude has multiple health benefits?

Gratitude opens the door to new relationships. Thanking a new acquaintance makes them more likely to pursue a lasting friendship.

Gratitude improves physical health. Grateful people feel better physically and they take better care of their bodies.

Gratitude improves psychological health. Studies have shown that gratitude can reduce feelings of envy, resentment, frustration, and regret.

Gratitude enhances empathy and reduces aggression. Grateful people are more sensitive to others and are less likely to retaliate.

Grateful people sleep better. Writing in a gratitude journal for just 15 minutes can improve sleep.

Gratitude improves self-esteem. Gratitude has been shown to reduce social comparisons.

Gratitude increases mental strength. Grateful people tend to be more resilient and can deal with challenges more easily.

[Click here to read the full article.](#)

NOVEMBER NEWS

Sep 16 - Dec 9 - The Art and Science of Arachnids exhibit - Swaner Eco Center 10 am - 4 pm

Nov 3 - American Festival Chorus & Orchestra - Daines Concert Hall - 7:30 pm

Nov 6 - 8 Fry Street Quartet - Russell/Wanlass Performance Hall - 7:30 pm

Nov 10 - USU football vs San Jose State - Maverik Stadium - 2:00 pm

Nov 11 - American Festival Chorus Daines Concert Hall - 7:30 pm

Nov 15 - Utah Symphony performance - Daines Concert Hall - 8:00 pm

Nov 16 - November Physics Demo Show - ESLC - 7 pm

Nov 17 - Cache Symphony Orchestra - Daines Concert Hall - 7:30 pm

Nov 22 - THANKSGIVING

Nov 29 - Winter Songs - St. Thomas Aquinas Church - 6 pm



WE'RE COMING TO VISIT YOU!

ARIZONA FEBRUARY 2019 PRESENTATION DATES:

Monday, February 4, 2019

- 9:00 - Saddlebrooke (HOA 2 - Ballroom East)
38759 S Mountain View Blvd, Tucson, AZ 85739
- 1:00 - Sun City Oro Valley (Activity Center - Navajo Room)
1495 E Rancho Vistoso Blvd - Oro Valley, AZ 85755
- 4:30 - Green Valley (Desert Hills Auditorium)
2980 S Camino del Sol - Green Valley, AZ 85622

Tuesday, February 5, 2019

- 9:00 - Sun City Anthem & Merrill Ranch (Ballroom)
3925 N Sun City Blvd - Florence, AZ 85132
- 1:00 - Fountain of the Sun (Fireside and Poolside Rooms)
540 S 80th St - Mesa, AZ 85208
- 4:30 - Sun Lakes Country Club (Arizona Room)
25601 S Sun Lakes Blvd - Sun Lakes, AZ 85248

Wednesday, February 6, 2019

- 9:00 - Pebble Creek (Eagle's Nest Clubhouse - Ballroom)
3645 Clubhouse Drive - Goodyear, AZ 85395
- 1:00 - Trilogy at Vistancia (Kiva Clubhouse Tewa Ballroom) *
27980 N Trilogy Blvd - Peoria, AZ 85383

***Trilogy members only**

Thursday, February 7, 2019

- 9:00 - The Colonnade (Ballroom)
19116 N Colonnade Way - Surprise, AZ 85374
- 2:00 - Sun City Festival (Celebration Hall West)
25601 W Desert Blvd - Buckeye, AZ 85396

Friday, February 8, 2019

- 9:00 - Sun City American Lutheran Church (Fellowship Hall)
17200 N Del Webb Blvd - Sun City, AZ 85373
- 1:00 - Sun City West - Desert Palms Presbyterian (Fellowship Hall)
13459 W Stardust Blvd - Sun City, AZ 85375





A LITTLE UPDATE...

We're continuing our football update from last month. What better time of year than Thanksgiving to talk about football?

Our Aggies are still making us proud! They played BYU on October 5th and won 45-20 at BYU's home field!

We also had our homecoming game and beat UNLV 59-28 in our home stadium!

Our next game was against Wyoming, and it was on their home field. We still pulled out a win with a score of 24-16.

To wrap up our October games, we played New Mexico on our home turf. We won this game, too! The final score was 61-19.

Our Aggies are doing great things on the football field, and we're already guaranteed a bowl game this season. It's always a good time to cheer for the Aggies, but it's especially good this year!



The Caine Dairy Teaching and Research Center at USU was ranked **number one college dairy herd**. This group is working to improve the genetics and productivity of their cows and to give the students valuable hands-on experience. This is a real honor for the Aggies.

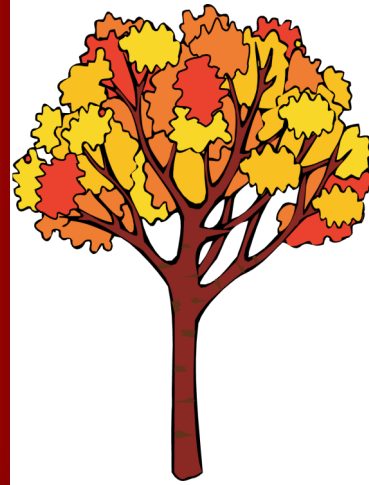
[Click here to read more!](#)

THANKSGIVING CORNER



"When it comes to life, the critical thing is whether you take things for granted or take them with gratitude."

- G K Chesterton



Q: What's a turkey's favorite dessert?

A: Peach Gobbler!

Q: What sound does a turkey's phone make?

A: Wing, wing!

Q: What do you get if you divide the circumference of a pumpkin by its diameter?

A: Pumpkin pi!

Q: How did the Pilgrims bring their cows to America?

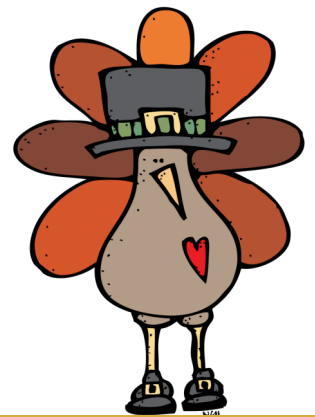
A: On the Mooooooo-flower!

Q: Why did the scarecrow win the Nobel Prize?

A: Because he was outstanding in his field!

Q: What always comes at the end of Thanksgiving?

A: The letter G!



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