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**DIRECTIONS**

Annex, Main Campus, Salt Lake City
1901 East South Campus Drive (Annex)

From Foothill Blvd, turn north on Wasatch Dr. Continue on Wasatch Dr. The Annex Building is at the intersection of Wasatch Dr. and South Campus Dr. Important:

Parking information for the Annex Building can be found on the Lifelong home page: www.lifelong.utah.edu.

The Fort Douglas TRAX stop is at the north end of the Annex parking lot. For the most current information on parking, please visit continue.utah.edu/parking.

**HOW TO REGISTER**

Many classes fill early—avoid disappointment by registering now.

1. Online: www.Lifelong.utah.edu
2. By phone: 801-587-LIFE (5433)
3. In person: Monday through Friday, 9:00 AM – 5:00 PM. Annex Building, Room 1169 (wing A), main campus, Salt Lake City.

**REFUNDS**

Lifelong Learning will refund 100 percent of your fee for classes that are dropped if you call at least two business days before the first class session. We regret that no refunds can be given after that time. The refund policy does not apply to some special fees.

**REQUEST FOR REASONABLE ACCOMMODATION**

To request a reasonable accommodation for a disability, please contact the Center for Disability Services at 801-581-5020 or online at: disability.utah.edu. Reasonable notice required.

**DIRECTIONS**

South Towne Mall
One Sandy Center
10011 Centennial Parkway, Suite 100
Sandy, UT 84070

Time from exit: 5 minutes
Exit I-15 at 90th South. Head east. Turn south onto 255 W. Continue for 2 miles; turn east on 10000 S. The University of Utah Sandy Center is located on southeast corner of the intersection of Centennial Parkway and 10000 S.

**LIFELONG LEARNING**

is one of three personal enrichment programs offered by the University of Utah

**Here are Lifelong Learning's Sister Programs to Enrich Your Life**

Join a dynamic community of adults 50 and better in this membership-based program offering a rich and evolving array of courses, lectures, and special activities.

- **continue.utah.edu/osher**
- **continue.utah.edu/golearn**
- **continue.utah.edu/ Perez**

Take your knowledge further as you explore the world with hand-selected U of U faculty on a program that combines education with a vacation. It’s the most intelligent way to travel.

- **continue.utah.edu/GOlearn**

**P R E S S R E L E A S E**

The University of Utah’s Lifelong Learning program has been named as one of the best in the nation by its office of the National Council for Higher Education and Lifelong Learning.

**FOR IMMEDIATE RELEASE**

Richard L. Lifelong Learning chair 100 percent of your fee for classes that are dropped if you call at least two business days before the first class session. We regret that no refunds can be given after that time. The refund policy does not apply to some special fees.

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ART AND CRAFT

Beginning Metalsmithing
Learn the fundamentals of silversmithing and become familiar with the tools used in the craft. Students will learn to use hand tools, a flex shaft, and soldering torch. Working with silver and copper, you will explore jewelry design and fabrication as well as stone setting techniques. You will make a bookmark, a pendant, and a ring with a bezel set cabochon. All levels are welcome. Special fee includes all materials and use of equipment. Materials include: sterling silver and copper sheet metal, sterling silver wire of various shapes and sizes, silver solder, and a semi-precious cabochon. Class is limited to 8. No class Jan 24 and Feb 14 in section 001.

LLCFT 229-001 • W, Jan 10-Feb 28 • 6:00-9:00 PM LOCATION: 3450 S Main St, Unit 28W • SLC FEE: $225 + $120 special fee INSTRUCTOR: Amy Schmidt

LLCFT 229-002 • M, Feb 26-Apr 2 • 6:00-9:00 PM LOCATION: 3450 S Main St, Unit 28W • SLC FEE: $225 + $120 special fee INSTRUCTOR: Mary Lambert

Beginning Watercolor Painting
Watercolor painting is a wonderful way to let go and express yourself. Learn and experiment with various watercolor techniques that you can apply to subject matter of interest to you. This class will encourage explorations of different approaches to watercolor painting to help you discover your own style. Students are responsible for their own materials; find a list online, or call 801-587-5433. This class is limited to 10. No class Feb 19 (section 002). Special fee is for facility rental for section 001.

Blacksmithing - An Introduction
Blacksmithing in the modern world is rooted in creating art and tools with fire and force. This is a beginner class designed to give you a taste of what being a blacksmith is all about, as you use contemporary and antique equipment to learn the ancient skill of forging steel with hammer and anvil. You will learn hammer control, the different parts of the anvil, the different strikes on the anvil and how to use them to maximize your effort. All class projects are designed to use the skills you develop to enhance your capabilities. Wear closed toe shoes and natural fiber clothing. Students must bring their own above-the-wrist leather work gloves and safety glasses (both can be found at home stores). Please bring a large container of water or sports drink - this is hot and thirsty work!

LLCFT 274-001 • Th, Jan 11-Feb 15 • 6:30-9:30 PM LOCATION: Wasatch Forge, 3345 S 300 W, #5A • SLC FEE: $269 + $20 special fee INSTRUCTOR: Matt Danielson

Blacksmithing - Intermediate
Focus the skills you learned in Blacksmithing and grow your knowledge of the craft with a segment on coal forging. Students will be creating a hammer, more advanced tongs, and a bottom tool for your anvil in this project focused course. Wear closed toe shoes and natural fiber clothing. Students must bring their own above-the-wrist leather work gloves and safety glasses (both can be found at home stores). Please bring a large container of water or sports drink - this is hot and thirsty work!

LLCFT 296-001 • S, Mar 3-Apr 7 • 10:00 AM-1:00 PM LOCATION: Wasatch Forge, 3345 S 300 W, #5A • SLC FEE: $269 + $40 special fee INSTRUCTOR: Matt Danielson

More course info on page 4
Intermediate Watercolor Painting
Build on the skills you have achieved in beginning watercolor painting and gain further confidence as you fine tune and master your work in this medium. Students are responsible for their own materials; find a list online, or call 801-587-5433. Special fee is for facility rental.

Spoon Carving
Hand-carved spoons have been given as a token of love throughout history and combined with different motifs symbolize affection or faith. After a quick sharpening and safety lesson, we will carve our own usable wooden spoon out of Butternut or White Walnut. Learn how to read a pattern and safely use carving tools. A carving glove and leather thumb guard are needed for safety. You can bring yours or purchase them the first night of class ($30). All other tools, materials and finishing supplies are included.

Pointed Pen Calligraphy
Known also as Copperplate, English Round Hand, or Engravers Script, this style of pointed pen calligraphy evolved from the French Ronde hand in the seventeenth century. Neat, legible and swift in execution, this writing style is perfect for special cards and invitations, or for adding a special touch to everyday journal entries or lists. The special fee covers the pen, nibs, ink, and guide sheets. Expect to spend another $20 for additional supplies. Find a list online, or call 801-587-5433.

Accessory Fused Glass Plate
Create a gorgeous plate using sheet glass, 1mm glass rods (“stringers”) and powdered glass with stencils. You’ll learn how to design with these different materials and the many fundamental concepts related to creating fused glass objects in the kiln. No previous experience with glass is required. Special fee covers equipment, materials, and firing. Items will be fired after the workshop and available for pick-up 2 weeks following the class.

Watercolor Portraiture
Apply watercolors in fun and expressive ways to create portraits that reveal emotion, tell stories, and create visual identities. You will learn about the structure of the face, how to draw faces accurately, and watercolor techniques specific to portraiture. Students will
need to bring their own watercolor supplies, find a list online, or call 801-587-5433. Previous experience with watercolor painting is recommended prior to this class. No class Feb 27.

LLART 269-001 • T, Jan 30-Mar 27 • 6:30-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $219
INSTRUCTOR: Amelia Davis

Silversmithed Overlay Technique
Bring distinct artistry to your silversmithing with the overlay technique, accomplished when two pieces of metal are soldered together after a design has been cut from the top layer. Class will explore planning in design, sawing, piercing, overlay, sweat soldering, bezel making, stone setting, blackening patinas and finishing techniques. All levels are welcome. Students must purchase their metal and stones for the second class – resources will be provided week 1. Supply fee covers facility and tool rental, plus materials for the first class. Class is limited to 8.

LLART 293-001 • T, Feb 6-Mar 27 • 6:30-9:00 PM
LOCATION: Annex 2223, Campus • SLC
FEE: $219
INSTRUCTOR: Jeanne LaRae

Choose Your Medium Painting Workshop
Choose your own painting adventure in a creative setting that is tailored to the growth of each student’s individual desire to paint with either oils or acrylics. Working with a professional artist, students will be able to choose between painting along with the instructor, or their own subject matter. All levels of students are invited to enroll and experience growth to new personal levels of painting success. The techniques of artists who inspire you will be demystified, and you will be encouraged, but not pushed, to try various ways of painting that are a little outside your comfort zone. Please bring examples of your work and ideas for possible subjects for your paintings to the first class. Students are responsible for their own materials find a list online, or call 801-587-5433.

LLART 293-001 • T, Feb 6-Mar 27 • 6:30-9:00 PM
LOCATION: Annex 2223, Campus • SLC
FEE: $219
INSTRUCTOR: Jeanne LaRae

Beginning Sewing Essentials
Explore the core principles of sewing through a series of bag-making projects. Learn how to use and troubleshoot a sewing machine; customize basic pillow and bag patterns; choose, measure and cut the right fabric for a project; and basic leather working skills. You’ll gain applied knowledge of problem solving, planning ahead, patience, and a greater confidence in making your ideas a reality. Special fee covers specialty fabric and trim. Students can expect to purchase additional supplies depending on their own fabric stash. Students are encouraged to bring their own sewing machine; a limited number are available for use. 48-hour advanced registration required. No class Feb 14.

LLCFT 301-001 • W, Feb 7-Mar 7 • 6:30-9:00 PM
LOCATION: 741 S 400 W • SLC
FEE: $139 + $38 special fee
INSTRUCTOR: Sarah Burroughs

Breaking Through Creative Blocks
Build a resource toolbox to help you tap into your creative side whenever you feel your Muse has left the building. Even the most creative people encounter times when they need new inspiration to get the creative juices flowing. Designed for visual artists, writers, entrepreneurs, or anyone who wants to tap into more creative thinking. Learn about current findings in creativity research, engage in hands-on activities, and practice with take-home exercises as you gain the confidence to be your truly creative self in both work and everyday life. Class is limited to 8. Special fee covers all materials needed for the class.
**Beginning Drawing**

Anyone can learn to draw! This class will encourage you to explore drawing through a variety of materials, methods, and philosophies. You will become familiar with charcoal, ink, graphite, oil pastels, and even alternative drawing materials as you complete exercises and activities to help you see what is in front of you and set your vision down on paper. Gain confidence as you become acquainted with your own unique drawing style. Please bring a smock or wear “art clothes,” and bring a large (6x10x4 inch) container for take-home supplies. Special fee covers all materials. No class Mar 22 (section 001) or May 3 (section 002).

**Modern Embroidery Sampler**

Get a foundation in the fundamentals of traditional embroidery while completing a sampler with a contemporary flair. You’ll learn some of the vast history of embroidery as a craft, which textiles and fibers are best for stitching, and complete a variety of stitches allowing you to create a new heirloom you’ll be proud to hang on the wall. Special Fee includes textile & sampler pattern, fiber and needles. Students are asked to bring their own scissors and any additional task lighting they prefer.

**Rings, Rings, Rings**

The ring as a human adornment is universal. A ring has many associations, can make powerful statements, and can also function solely as an object of beauty. Working with silver, copper or brass you will explore symbolism, design, the four major solder seams of silver smithing, fabrication, and stone setting techniques related to the ring. More advanced students will be encouraged to do overlay techniques. We will explore a ring’s potential to be bold, symbolic, sentimental, and a reflection of beauty and health. Any level of student is welcome to take this workshop. Expect to pay minimum of $60 on supplies; materials will be discussed the first night of class. Cost will vary depending on the type of materials and stones chosen for your design. Class is limited to 8. Special fee is for facility and tool rental.
Mosaic Art: An Introduction
Mosaics are a timeless form of decorative art made from the assemblage of small pieces of colored glass, stone or other materials. Design and create your own original piece as you learn the principles of design that lead to an effective, beautiful work of mosaic art, as well as the tools and techniques required to create mosaics using stained glass, ceramic tile and natural stone. A brief overview of the history and possibilities of this versatile medium will also be discussed. All materials are included.

Encaustic Painting on Photos
Encaustic is the application of heated beeswax containing colored pigments to a surface. This wonderfully manipulative technique dates back to Egyptian portraits from 100-300CE and can be used to create eerily beautiful works of contemporary art. Learn about grounds, application and color, scraping and incising, masking, photo application and collage, stenciling and much more. Special fee includes all supplies except the photographs to be used, these will be discussed during the first workshop. Class is limited to 8.

Hollow Form “Pillow” Pendant
Create a one-of-a-kind 3 dimensional hollow form pendant with a “puffed” or “pillowy” appearance that may be used to hold tiny mementos or drops of essential oil. Using silver and/or copper, hand cut dies, sand bags, hammers, dapping tools, and a jeweler's torch, you’ll shape sheet metal into an artistic piece you design and create. All levels are welcome. Special fee includes all materials, facility and tool rental. Please bring a bag lunch. Class is limited to 8. I have worked in the fashion industry for 20 years and while I love the process of draping a soft fabric to fit the curves of the human body, I am even more intrigued by coaxing hard metal into nearly any shape. A few simple bends in a piece of metal can transform it into what looks like a cloth ribbon.

Hand Piecing Contemporary Quilts
Learn traditional hand piecing while making contemporary quilts. This class is a marriage of traditional quilt making techniques with up-to-date patterns and fabrics. You’ll learn marking, two different cutting techniques, easy-to-learn
stitches, piece joining, block construction, unusual settings unique to modern quilts, and how to finish your quilt top. We’ll also explore color, composition and design. Then we’ll mark your quilt top and prepare it for quilting. There will be a discussion on modern quilting patterns using stencils, and a demonstration on marking and preparing the quilt sandwich. Students will complete a quilt top. Interested in a hand quilting class? Please see LLCFT 310 - Hand Quilting and Finishing. Perfect for novices and experienced quilters. No experience necessary. Supplies will be discussed during the first class meeting and should be purchased prior to 2nd class.

LLCFT 287-001 • T, Mar 13-Apr 17 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $145
INSTRUCTOR: Susan Madden

Illustration - An Introduction
The art of Illustration transcends drawing to become a form of visual communication that is infused with one’s own personal spirit. A unique blend of art and design, illustrations can be used for brand imaging, advertising, graphic storytelling, journalism, comic books and personal or small business use on greeting cards and stationary. Use a variety of materials including Indian ink, acrylic, and colored pencil in a variety of exercises to develop your illustrator’s eye and help you discover your own style. This is not an introductory drawing course, and students must have some previous drawing experience to enroll. Students are responsible for their own materials, find a list online, or call 801-587-5433. Special fee is for some shared supplies.

LLART 288-001 • T, Mar 13-Apr 17 • 6:30-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $159 + $5 special fee
INSTRUCTOR: Kylie Millward

Coiled Rope Bowl
Using ancient techniques and modern fibers, transform a coil of fiber into a bowl. Learn the weaving process that has been used since prehistoric times to turn fiber into functional and decorative objects. Connect to cultures from around the world as you make a unique and useful art object of your very own. Special fee includes all materials needed for the class. Please bring a lunch.

LLCFT 321-001 • S, Mar 24 • 10:00 AM-4:00 PM
LOCATION: Annex, Campus • SLC
FEE: $75 + $25 special fee
INSTRUCTOR: Elizabeth Peterkort

Travel Journaling
Whether it’s a trip of a lifetime, or the day-to-day journey of normal life, journaling is a special way to record your experiences, hang on to precious souvenirs, and even create an heirloom document for generations to come. Above all, journaling should be fun - a chance to become child-like again, and to not be afraid of doing something the right way. Create your own one-of-a-kind travel journal using watercolors, pen and ink, and items saved from a past (or collected for a future) journey. Special fee covers supplies used for making a journal in the first class, and additional materials will be discussed the first night of class.

LLCFT 303-001 • M, Mar 26-Apr 9 • 6:00-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $115 + $30 special fee
INSTRUCTOR: Charlotte England

Tree of Life Pendant
The image of a tree can represent protection, family, and strength. Explore your own connection to this powerful symbol as you create a Tree of Life pendant using wire working techniques to encase a stone cabochon. The special fee covers a kit containing the wire needed for the project, and cabochons will be available to purchase from the instructor (or you can bring your own).
wire-working skills are recommended for students taking this class. Jewelry pliers and cutters will be available to use or bring your own.

LLCFT 318-001 • S, Mar 31 • 9:00 AM-12:00 PM
LOCATION: Annex, Campus • SLC
FEE: $59 + $8 special fee
INSTRUCTOR: Carol Avery

Mosaic Stepping Stones
With spring just around the corner, now is the perfect time to create some one-of-a-kind works of art for your garden. Create a pair of weather-proof stepping stones, while learning two distinct mosaic processes—designing with flat items, like porcelain, which are laid in wet concrete, and creating a “pebble mosaic” with bumpy materials, like marbles, which are laid in dry concrete to be activated at the end of class. You’ll leave class with 2 molds to keep for future use, along with your stepping stones which will be fully cured and ready to display in just a couple weeks.

PHOTOGRAPHY

Preserve Your Memories - Digitizing Family Photos
Do you have boxes of family photographs, negatives and slides that you don’t know what to do with? Learn how to preserve cherished moments captured on film before they are lost forever. You will learn how to scan and organize photos so you can save those prized images forever and can easily access them. No equipment is needed for this class, but please collect some of your photos and slides to scan in the first session of class.

LLART 263-001 • T, Jan 9-23 • 6:30-8:30 PM
LOCATION: Pictureline, 305 W 700 S, SLC
FEE: $75
INSTRUCTOR: Jens Nielsen

Digital Photography: An Introduction
Take an in-depth look at mega-pixel counts, white balance, shutter speed, lens opening, and other digital camera functions and learn how to use them to your advantage. We’ll also cover traditional photographic imaging skills such as use of shutter speeds and lens openings, composition, and portraiture; so you can spend more time making great images and less time fixing them in your computer. You will get the most out of class if your camera features manual as well as automatic controls. Please bring your camera and manual to the first class. Want more guided practice with the basics? Take Nuts and Bolts (LLART 193) either before or after this class. Saturday class is a field trip.

LLART 115-001 • W, Jan 10-Feb 7 • 6:30-9:00 PM
AND S, Feb 3 • 1:00-3:00 PM
LOCATION: Annex, Campus • SLC
FEE: $169 + $8 special fee
INSTRUCTOR: Neil Eschenfelder

Digital Photography II
Have you mastered shutter speed, lens opening, and ISO? Want to explore the unique features of your digital camera such as white balance, contrast, image sharpening, resolution, noise tests, and black and white? If you have mastered the basics and are ready to go deeper, this is the class for you. We’ll use a combination of field and classroom sessions to make the most of the immediacy of digital feedback. Learn to understand and benefit from the unique...
To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu

controls your digital camera gives you. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433. Saturday classes are field trips.

LLART 131-001 • W, Mar 21-Apr 4 • 7:00-9:00 PM
AND S, Mar 24-31 • 10:00 AM-12:00 PM
LOCATION: Annex, Campus • SLC
FEE: $129 + $5 special fee
INSTRUCTOR: Neil Eschenfelder

Digital Photography: Nuts and Bolts for DSLR
Ready to break out of auto mode on your digital camera? Working indoors and out, we’ll decode the mysteries of digital cameras in a friendly and fun way as we see how to make properly exposed and focused images, identify and select white balance settings appropriate to the subject, and figure out how the focal length of lenses affects final images. You’ll also create a set of reference images that demonstrate the workings of various controls on your camera. Please bring your DSLR or Mirrorless System camera and manual to class; post-it flags and/or a highlighter to annotate your manual are also recommended. Want more guided practice with the basics? Take Digital I (LLART 115) either before or after this class.

LLART 193-001 • T, Jan 16-23 • 6:00-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $99
INSTRUCTOR: Ben Kuhns

LLART 193-002 • Th, Feb 15-22 • 6:00-9:00 PM
LOCATION: Studio o2o, 584 E 12300 S, Ste 10 • Draper
FEE: $99
INSTRUCTOR: Rich Legg

The Art of iPhoneography
‘The best camera is the one you have with you’ is becoming a common phrase in this era of ever-improving smartphone cameras. The high-quality camera in the iPhone has become increasingly popular and, more important, the photographs they produce can be amazing. No longer do you have to carry around a heavy SLR and a bag full of lenses to enjoy photography. We will explore both advantages and current limitations in these tiny cameras and go over a variety of techniques to improve your photos. We will also explore a number of popular apps that allow you to customize both your shooting experience and the resulting photos. Last but not least, we will look at several options for sharing your photos online. Please expect to spend about $10 on apps. Open to all levels.

Photoshop for Photographers
Considered the leader in professional photo editing software, Photoshop allows users to create, manipulate, crop, resize and correct digital images. Begin to get a handle on this massive program from a Photoshop expert with an introduction to the tools and settings that can have an immediate impact on your photographic workflow. Become comfortable with user interfaces through lectures, demos, and projects. This course is intended for students with a working knowledge of photography and its basic terms. Please bring USB thumb drive to the first class. Not sure if it’s the right class for you? Take our quiz: go to www.lifelong.utah.edu or call 801-587-5433. No class Feb 14.

LLART 228-001 • T, Jan 23-Feb 6 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $75
INSTRUCTOR: Clint Erekson

LLART 286-001 • W, Jan 24-Mar 7 • 6:30-8:30 PM
LOCATION: Annex 2182, Campus • SLC
FEE: $179
INSTRUCTOR: John Craigle
Introduction to Studio Lighting

Learn the basics of studio lighting in this hands-on class. Beginning with a simple and affordable one-light setup that can be used in a home studio, instruction will advance to a complex, multiple-light set. In the process, you will gain an understanding of the differences in lighting modifiers (umbrellas, softboxes, reflectors, grids, etc.) and when to use them. The first two meetings will be demonstrations; week three, you will have the opportunity to photograph a model in the studio using your own camera. Prerequisite: A film or digital SLR and Mirrorless System cameras equipped with a hot shoe, and Nuts and Bolts (LLART 193), Digital Photography I (LLART 115) or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433. Please be familiar with the workings of your camera. Special fee covers studio space.

LLART 174-001 • T, Feb 6-27 • 7:00-9:00 PM
LOCATION: Studio o2o, 584 E 12300 S, Ste 10, Draper, UT (private studio)
FEE: $99 + $10 special fee
INSTRUCTOR: Rich Legg

Copyright and Intellectual Property Issues for Photographers

As a photographer, your images are the most important intellectual property that you own. Depending on your business or hobby, you may be generating thousands of “original works of authorship” per year and you want to trust that your photographs will be used only after you’ve given permission. What happens when you find one has been misused or passed off as being created by someone else? Learn your rights and how to protect yourself in both digital and analog domains from an attorney who specializes in copyright and intellectual property law. Topics include: ownership and authorship of intellectual property, online enforcement and defense of copyrights, and the Digital Millennium Copyright Act (DMCA). Free parking is available.

LLART 290-001 • Th, Feb 22 • 6:30-8:30 PM
LOCATION: Workman Nydegger, 11th Floor WTC City Creek, 60 E South Temple • SLC
FEE: $39
INSTRUCTOR: Timothy Nichols

Photographing Portraits with Personality

Whether it be editorial, commercial, bridal, for stock, or for fun, capturing personality is both an exciting challenge and the key to creating a successful portrait. This “advanced beginner” portrait photography class will address lighting, managing backgrounds, attire/costume and how to connect with your model, friend or family member in order see, and photograph the essence of their unique

Certificate details including registration, fee, required classes, and electives can found at lifelong.utah.edu/wh
personality. Please have a camera with manual as well as automatic controls. Prerequisite: Nuts and Bolts (LLART 193) or Digital Photography, Introduction (LLART 115) or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433.

LLART 295-001 • M, Feb 26-Mar 12 • 6:30-8:30 PM LOCATION: Blackburn Studios, 385 W 700 S • SLC FEE: $99 INSTRUCTOR: Chris Blackburn

Winter Landscape Photography
Utah has an abundance of natural beauty which reveals itself in different ways during each of the four seasons. Learn and apply new photographic techniques to capture the beauty of the winter landscape while embracing the unique creative challenges that winter has to offer. Technical and aesthetic approaches to shooting in winter and cold weather camera gear will be discussed as well as sharing and learning from your images. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433. Saturday classes are field trips: March 3rd will be in the evening, and March 10th in the morning. Meeting locations will be discussed in class.

Photographing Youth Sports
You may be your child/grandchild’s biggest sports fan, but are you getting great images of them in action on the field or court? Gain confidence in creating more compelling sports images, and get the photos that make memories to last a lifetime. We’ll explore what makes a great sports image, emphasize basic techniques, and learn how to get the most out of the equipment you already have, while exploring more advanced equipment and techniques for when you’re ready to take your photography to the next level. Class includes a field trip to a local sporting event giving you an opportunity to practice your new knowledge. Please have a camera with manual as well as automatic controls. Prerequisite: Nuts and Bolts (LLART 193) or Digital Photography, Introduction (LLART 115) or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433.
then have the opportunity to “get personal” and work on images of your own. Leave with a digital file of a restored photograph that is print-ready and preserved for future generations. This is not an introductory level Photoshop class, and students must have a working familiarity with Photoshop before enrolling. Special fee is for image scanning.

LLART 292-001 • W, Mar 14-Apr 4 • 6:30-8:30 PM
LOCATION: Annex 2182, Campus • SLC
FEE: $109 + $10 special fee
INSTRUCTOR: John Craigle

Explorations in Abstract Photography
Explore a new path in photography that bypasses the expected rules and goes straight to the heart of personal expression. You’ll approach subjects in unexpected ways, and begin to use color, texture, and space in ways inspired by your imagination. Discussion of examples, techniques and sharing images and ideas with classmates will excite you to push your own images even further. Challenge yourself to see the world differently. Saturday’s class will be a field trip.

LLART 243-001 • W, Apr 4-25 • 6:30-8:30 PM
AND S, Apr 7 • 10:00 AM-12:00 PM
LOCATION: Annex, Campus • SLC
FEE: $129
INSTRUCTOR: Niel Franti

Cyanotype Printing
The Cyanotype was invented in 1852 and to this day is a very popular alternative printing technique. Students will learn a brief history of the cyanotype, as well as best practices for creating unique prints and troubleshooting techniques to help make their images look even better. Topics will include: choosing the right medium (paper, fabric, glass, etc); how to mix the chemistry; how to apply the chemistry (emulsion); sunning & developing the print; and bleaching & toning. Connect with the history of photography while creating contemporary works of art! Special fee covers all chemistry, brushes, paper and miscellaneous supplies.

LLART 256-001 • S, Apr 7-21 • 10:00 AM-1:00 PM
LOCATION: Blackburn Studios, 385 W 700 S • SLC
FEE: $109 + $50 special fee
INSTRUCTOR: Chris Blackburn

COOKING, TASTINGS & TOURS

An Evening with Laziz Kitchen
Gather around the table at Laziz Kitchen for an evening of storytelling, cooking demonstrations, and, of course, tasting delicious Middle Eastern Cuisine. Co-owner and Chef Moudi Sbeity will familiarize you with the spices and dishes of the Middle East, as he prepares a menu of Tabbouleh Salad, Fattet Hummus, Stuffed Onions with Ground Beef and Feta and a Tahini Honey fruit dip.

LLFW 552-001 • M, Jan 22 • 6:30-8:30 PM
LOCATION: Laziz Kitchen, 912 S Jefferson St • SLC
FEE: $89
INSTRUCTOR: Moudy Sbeity

Scotch for the Sophisticate
Curious about Scotch? Wonder why the different regions of Scotland produce unique flavors and characteristics? Join us as we taste Scotch from the Highlands, Islay, and other regions. Learn the difference between a blended, 12-year Scotch and a single malt Scotch whiskey. Whether you are a food and beverage professional or a casual enthusiast, this class is not to be missed. Please bring photo ID that indicates your age to class.
LLFW 384-001 • Th, Feb 1 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $21 special fee
INSTRUCTOR: Jim Santangelo

All About Coffee
Walk through the process of ‘seed to cup’ - the many steps coffee takes from harvest, through processing, roasting, and brewing. Week one we discuss origins, history, trade and the coffee industry. Week two, we taste, cupping and evaluating five different coffees.

LLFW 271-001 • S, Feb 17-24 • 10:00 AM-12:00 PM
LOCATION: La Barba Coffee, 3340 S 300 W, #2 • SLC
FEE: $45 + $15 special fee
INSTRUCTOR: Levi Rogers

Easy Flatbreads
Discover soft warm pita, rustic crispbreads, and treats out of your own oven! In this class you will learn the secrets to fool-proof quick, easy, and healthy flatbreads. We will start with the basics of whole grain doughs using pre-ferments and sourdough for complex flavors and nutrition. Instead of sophisticated shaping, we will have fun rolling and patting. The variety is endless with nuts, seeds, herbs and of course, cheese. These baked goods make great pairings with soups to salads and are fun for the whole family. Class is limited to 10.

LLFW 516-001 • S, Feb 17 • 2:00-5:00 PM
LOCATION: 8805 Blue Jay Lane (3650 E), SLC (private home)
FEE: $65 + $10 special fee
INSTRUCTORS: Julie Daily & Ken Kiss

Red Wines of Northern Italy
No other wine country has the abundance of native grape varieties as Italy. Italian wine producers are able to offer unique and distinctive wines that cannot be replicated in any other country. Focusing on the Northern section of Italy, you will taste six red wines from Piemonte and surrounding regions to discover the difference in aromas and flavors of indigenous grape varieties. Please bring photo ID that indicates your age.

LLFW 489-001 • Th, Mar 8 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $25 special fee
INSTRUCTOR: Jim Santangelo

Whiskies of the World
Learn about the fastest growing category in spirits today. Whiskey! In this class, we review the broad range of whiskies being made throughout the world. You can expect to assess 4 distinct styles of whiskey, learn how to describe the aromatic and flavor profile of each, and discuss and understand drink development with each style. A fun and interactive class making you a whiskey expert in no time! Please bring a photo ID that indicates your age to class.

Beer Sensory Evaluation and Off Flavor Training
Have you ever had a beer that didn’t taste quite right, but couldn’t put your finger on the flavor? Do you homebrew and want to better diagnose the success of your next batch? Come refine your pallet and learn to evaluate beer flavors and aromas like a pro. Using a sensory spike kit, students will be learn about basic off flavors including diacetyl, oxidation, DMS, infection, and acetaldehyde. Please refrain from wearing any strong perfume or cologne the night of the class. Please bring your photo ID that indicates your age to class!
Sourdough Artisan Bread

Discover the magic of whole grain sourdough and your baking will never be the same! Naturally leavened bread is not only a remarkable medley of flavor and texture, but is more nutritious than bread baked with commercial yeast. We will start with a wild yeast starter crafted from two simple ingredients: flour and water. The care and feeding will be demystified to ensure your starter is packed with flavor, leavening power and beneficial enzymes. Next, we will dive into whole grains with techniques to properly ferment wheat gluten. Then, we will craft an amazing dark country sourdough boule and explore variations for chocolate and olive loaves. You will handle the dough throughout the process to understand the time/temperature balance for optimal fermentation. Steam baking completes the process for an unforgettable crisp crust and moist and chewy crumb. Previous experience baking yeasted breads recommended. Fee includes a bread scoring tool. Class is limited to 10.

Global Baking Tradition - Easter Breads

Learn about the origin and symbolism of traditional and classic Easter breads from around the world. Create sweet yeasted buns and breads deeply rooted in the heritage and culture of Eastern Europe, Italy and Great Britain. Basic baking skills recommended but not required. Class limited to 10 students and requires 48-hour advanced registration.

Red Wines of Spain

The number of wine regions in Spain seems to increase every year, as does the selection of Spanish wines available in Utah’s wine stores. From elegant and complex to robust and rustic, there are so many wines to discover and experience. Learn about six major wine producing regions of Spain as you taste the most popular grape variety from each region. Food pairings will be suggested for each of the wines tasted. Please bring photo ID that indicates your age.

How to Brew Beer

Lagers, ales, and everything in between. Learn how to create refreshing beer right in your own home from beer making enthusiasts and professionals. Take microbrewing to a whole new homespun level as you learn what equipment you need to start homebrewing, the recipes to get you started and how to troubleshoot. Please bring a photo ID that indicates your age to class.
Global Foods Market Tour
Do you want to travel the world without leaving the city? Be a part of an intrepid group of eaters and home cooks setting out to explore several of Salt Lake City’s amazing global food markets. Discover produce, spices, dry goods, and other foods used in various Asian, Indian, Middle Eastern, and Eastern European cuisines, how to store foodie finds, and simple ways to use these amazing ingredients. Whether you are a vegetarian or meat-lover, whole-food fan or short-cut cook, and are looking for ways to add flavor to your meals and save money on great food, there will be plenty to tempt you and your taste-buds. Come equipped with a tote bag, a pen and paper, and possibly a camera. Participants will carpool to various local markets.

LLFW 426-001 • S, Apr 14 • 10:00 AM-3:00 PM
LOCATION: Annex, Campus • SLC
FEE: $55
INSTRUCTOR: Craig Hadorn

Festive Cookies with Alternative Flours
Explore the flavors, techniques and proper use of a variety of alternative flours to give your traditional cookies a gluten-free twist. You will make, sample and take home 5 tasty varieties including: Cinnamon Shortbread (almond, brown rice and white rice flours), Jam Bars (oat and almond flours), Crunchy Coconut Cookies (coconut flour), Chocolate Chip (oat and brown rice flours) and finally Chewy Fresh Ginger Orange Cookies (almond, brown rice, sweet rice and tapioca flours). Please dress comfortably, wear flat shoes, and bring a snack to get you through the lunch hour. Please note that while the flours used in this class are all gluten free, we will not be working in a gluten free kitchen.

LLFW 548-001 • W, Apr 25 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $25 special fee
INSTRUCTOR: Sheral Schowe

Italian White from Top to Bottom of the Boot
The white wines of Italy are high in quality with a great degree of diversity. They show the character and distinction of their origin based on the climate and the soils in which they are grown. As you learn about the major wine producing regions from north to south, you will taste six wines from six indigenous grape varieties. Food pairings will be suggested for each of the wines, based on the local cuisine of the regions. Please bring a photo ID that indicates your age to class.

LLFW 521-001 • W, May 9 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $25 special fee
INSTRUCTOR: Sheral Schowe

FINANCE AND BUSINESS
Investments 101, Discovering Your Investment Choices
From defense to offense, this class will take you through important investment vehicles. Starting with a myriad of insurance products to protect, and moving on to opportunities in various investments, learn how these financial products inter-relate to create a diversified portfolio. Regardless of where you fit in the ‘investor personality profile’, gain a better understanding of various investment choices and their attributes.
**LLBUS 216-001 • W, Mar 14 • 6:30-8:30 PM**  
**LOCATION:** Annex, Campus • SLC  
**FEE:** $39  
**INSTRUCTOR:** Brian Kahn

**Facebook Ads - An Introduction for Small Businesses and Non-Profits**
Harness the marketing power of Facebook ads for your small business or non-profit. Get familiar with the Facebook business manager, learn how to track the results of your ads, and see how your Facebook content translates to other Social Media platforms like Instagram. Students should be comfortable in the Facebook platform, and would benefit from having their business/non-profit page set up prior to the class. Please bring a laptop if you would like to follow along in your own account during class. Attendance to the first class is required.

**LLBUS 225-001 • T, Feb 6-20 • 6:30-8:30 PM**  
**LOCATION:** Annex, Campus • SLC  
**FEE:** $89  
**INSTRUCTOR:** Andrew Stone

**Principles of Investing**
Gain insight into the basics of investing, and how to incorporate them into your own personal investment plan. You’ll be introduced to principles like Time Value of Money, the stock and bond markets, and investment vehicles like mutual funds and ETF’s. We’ll discuss what to look for in your personal finances before you start investing, like consumer debt, home ownership, etc. Leave the course with a basic understanding of investing - what it means, how to do it successfully and the common pitfalls to avoid.

**LLBUS 228-001 • W, Jan 17-Feb 7 • 6:30-8:30 PM**  
**LOCATION:** Annex, Campus • SLC  
**FEE:** $99  
**INSTRUCTOR:** James Sweeney

**Professional Speaking - A Performance Based Approach**
Most careers are largely determined by how well you speak, how well you write, and the quality of your ideas…. in that order. Whatever your level of public speaking experience is, learning verbal and nonverbal techniques used by theatre professionals to confidently speak to the hearts and minds of any audience, will take your speaking to another level. You’ll gain a wide range of visual, vocal, and verbal expressiveness that lets your personality come through and makes all of your communications a conversation. No class Feb 14.

**Entrepreneurship - Finding Structure for Your Small Business Idea**
The Entrepreneur is “An individual who organizes and operates a business, taking on greater than normal risk to do so…” Reduce that small business entrepreneurial risk by learning how to build a sound and manageable structure around your business idea. Learn from a start-up savvy business woman as you explore practical business planning, operational structure, financial basics, marketing, and pitching your great idea. Whether you’re just exploring the idea of becoming an entrepreneur, or have started a business and need help with all the things you’ve tried to teach yourself along the way, this course is right for you.

**LLBUS 230-001 • W, Jan 31-Feb 28 • 6:00-8:00 PM**  
**LOCATION:** Annex, Campus • SLC  
**FEE:** $109  
**INSTRUCTOR:** Valerie Kittel

**LLBUS 231-001 • Th, Mar 1-Apr 5 • 6:00-8:00 PM**  
**LOCATION:** Annex, Campus • SLC  
**FEE:** $145 + $5 special fee  
**INSTRUCTOR:** Celeste Royal

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Cracking the Credit and Funding Code
Credit is the hub around which all significant financial transactions occur in this country. Savvy consumers and entrepreneurs need good credit to grow their businesses and obtain the big ticket items necessary to modern life. Equally important however is knowing how to avoid the pitfalls and mistakes that can haunt your credit rating - and thus your borrowing and purchasing power - for years. Take the mystery out of credit and get with the knowledge you need to be and stay financially flexible.

HEALTHY LIVING
Bar Method Exercise
This class is for students NEW to The Bar Method. The Bar Method is an hour-long total body workout that combines isometrics, interval training, dance conditioning, and sports rehabilitation to quickly and safely burn fat and carve muscle. Classes are high intensity, non-impact, and composed of eight to nine exercises that work muscles to total exhaustion, followed by stretches to change the shape of the muscle. With regular practice students can expect to firm muscles, increase flexibility, reduce body fat, improve posture, and increase stamina and energy. Workout pants to the knee and socks are required. Cost of class buys an unlimited 30 day pass. Activation starts the day of the first class and is for students NEW to the Bar Method.

Bar Method Exercise, 90 Day Pass
For returning students to the Bar Method, this pass gives you unlimited classes for 90 days and is activated on the first day of class. Continue the great work out you have come to love with the Bar Method. Visit saltlakecity.barmethod.com to see a list of classes and times. You need to reserve space for classes in advance. A no-show or late cancellation will result in a subtraction of one day from your pass.

New Courses
Certificate of Western Horticulture Class
Certificate of Digital Photography Class
Repertory Dance Theatre Class Pass

Repertory Dance Theatre, the nation’s oldest and most successful repertory dance company, is dedicated to the creation, performance, perpetuation, and appreciation of modern dance. In keeping with this mission, RDT’s Dance Center on Broadway offers a wide range of “drop-in” classes on evenings and weekends, including: Modern I, Hip Hop, Contemporary, Beginning Flamenco, Modern II, Ballet, Bollywood, African and Prime Movement (a class specifically for adults 40+). RDT and Lifelong Learning have partnered to offer you a 10-class pass, good for any RDT class. Instructors work with students at every level, and no previous dance experience is expected. Visit www.rdtutah.org to see a complete schedule. You may purchase or renew card at any time during the term; cards will be honored for six months

LLHL 209-001 • MTWThFSSu, Jan 2-May 6 • TBA LOCATION: Rose Wagner Performing Arts Center, 138 W 300 S • SLC FEE: $99 INSTRUCTOR: RDT Staff

Soap Making

Have you read the ingredients on a bar of soap, and found you didn’t know what most of them are? Homemade soap is natural, customizable to your skin’s specific needs, and good for your wallet. Learn how to safely handle lye, identify the tools and types of oils used in basic cold process soap making, and leave with 8-10 bars of long lasting soap (approximately 1 liquid pound). You’ll also learn how to transform your bars at home into specialty gifts with recommendations on molds, essential oils and exfoliants for future batches. Please bring a pair of safety glasses or goggles. Protective gloves are included in the special fee.

LLHL 184-001 • S, Jan 27 • 10:00 AM-1:00 PM LOCATION: Annex 1210, Campus • SLC FEE: $50 + $25 special fee INSTRUCTOR: Carrie Roberts

Eastern Medicinal Theory and the Energetics

In Traditional Eastern Medicine, food is viewed as medicinal and is used to nourish the body, mind, and spirit. All foods have distinct energetic properties that either help to balance our bodies and make us healthy, or that create imbalances which ultimately result in sickness. Discover an Eastern perspective on food – one which emphasizes the quality of what we eat, rather than the Western obsession of quantity as represented by caloric intake – and understand how ancient theories can help you make more healthful choices in your everyday life.

LLHL 212-001 • M, Jan 29-Feb 12 • 6:00-8:00 PM LOCATION: Annex, Campus • SLC FEE: $79 INSTRUCTOR: Karena Luttmer

Kickstart Your Health

Whole-food plant-based nutrition — it’s a mouthful! Increase your health through weight management, regulation of blood pressure and the promotion of good digestion. Each class will include a cooking demonstration and a tasting of delicious, satisfying, easy to make at home dishes. All of the information included in this course is backed by scientific research that has been published in peer reviewed journals.

LLHL 204-001 • T, Jan 30-Mar 6 • 6:00-8:00 PM LOCATION: Annex, Campus • SLC FEE: $139 + $20 special fee INSTRUCTOR: Alisha Barker

FLOW

Flow is a psychological state where your brain and body work together toward ultimate health and mental well-being. Similar to being “in the zone,” this theory of positive psychology is infinitely applicable to your life. Best of all, Flow is something you can easily
increase once you know the basic principles. We’ll cover the theory, and provide out-of-class exercises for further exploration.

**Qigong Practice**
Qi (chee) is defined as life force energy; gong is defined as exercise. Put it together and Qigong is a Chinese practice that exercises your life force energy. The practice is the precursor to Tai Chi and uses movements and postures to integrate Chinese acupressure points, meridians, and internal organs in a mindful and meditative way. The gentle, rhythmic movements of Qigong reduces stress, builds stamina, increases vitality, and enhances the immune system. Students of any age or ability level can take this class and they can do it seated or standing.

**Aromatherapy for Seasonal Wellness**
Aromatherapy is the practice of using natural oils to enhance psychological and physical well-being. Explore a variety of essential oils, their multitude of uses, important safety precautions, and how to incorporate them into your daily life for the winter and spring seasons. Create a basic aromatherapy blend you can use to help with seasonal ailments and explore other ideas to stay healthy and happy this season!

**Strategies for Parenting Teens Through Liftoff and Into Their 20’s**
Today, many college age adults rely on their parents financially and emotionally well past what was the norm in previous decades. Parents often find themselves in challenging circumstances while a teen navigates the transition into adulthood. Designed to help parents be successful during this unique period, we will focus on the work of researchers in the field of psychology, social work, and attachment theory; highlight educational topics in brain and emotional development; and teach practical parenting skills that can be easily applied in most homes.

**Acupressure for Anxiety and Depression**
Traditional Chinese Acupressure techniques have been shown to relieve depression and anxiety, as well as improve your overall health and vitality. Join us as we show you how to use acupressure to improve the flow of Qi throughout your body and bring health and well-being back into your life.

**Mindfulness Based Stress Reduction - 6 Week Techniques and Practice**
Experience meditation techniques which can be used to gain both the physical and mental health benefits of mindfulness. This expansion of our 2 week MBSR workshop will introduce methods that are taught in the full 8-week course, and provide support for continuing practices in one’s everyday life including: body scan meditation, sitting meditation, mindful movement prac-
tice, and the science of the stress response as it impacts the body/heart/mind. No prior experience with MBSR is required to take this class.

LLHL 207-001 • M, Mar 5-Apr 9 • 6:30-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $179 + $5 special fee
INSTRUCTOR: Bonnie Edwards

**Successful Surgery and Healing**

No matter where you are in the surgical process - beginning, middle or end - there are steps you can take to be prepared for both your procedure and your recovery. Through checklists, worksheets and informative discussion you will create a personal plan for a successful surgery, with information that is also applicable for anyone taking on a supportive, caregiving or advocacy role for a spouse, partner, family member, relative or friend. No medical advice will be given in this class. Special fee covers the cost of the book "Successful Surgery and Healing: A Practical Guide for Patients, Caregivers and Advocates”.

LLHL 213-001 • T, Mar 6 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $35 + $20 special fee
INSTRUCTOR: Lori Mertz

**The Meditation Experience**

Meditation is becoming increasingly popular, its physical, emotional and spiritual benefits are widely appreciated. But what is meditation? This class provides an opportunity to experience meditation and to learn some essential skills that will enable you to develop your own practice. Explore meditation with an authorized Zen Buddhist teacher with decades of Zen practice. Classes include instruction and discussion. Beginners and people of all (or no) religious or philosophical backgrounds welcome. Attendance is required to the first class.

LLHL 181-001 • W, Mar 21-Apr 4 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $79
INSTRUCTOR: Mark Esterman

**Reflexology**

Reflexology is the application of firm but gentle pressure to specific areas on the feet, hands, or ears. These areas contain reflex points which correspond to different body organs and systems, and working with them can promote relaxation, reduce pain and improve overall health and well-being - Plus, it feels good! Come learn the points and receive hands-on instruction from a Holistic Health Practitioner. Please come with clean feet, ready to relax and help others.

LLHL 110-001 • Th, Mar 29-Apr 5 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $59
INSTRUCTOR: Blayne Wiley

**Walking Meditation - An Introduction**

Expand your meditation beyond the cushion with this exploration of walking and standing meditation forms. You’ll be introduced to four types of walking meditation and the history, practical aspects, breathing methods and mantras associated with each. Class will include time to practice each form and some practice will be conducted outside. Please wear clothing appropriate to the season and wear comfortable shoes suitable for walking or standing.

LLHL 179-001 • Th, Apr 5-26 • 6:00-7:30 PM
LOCATION: Annex, Campus • SLC
FEE: $79
INSTRUCTOR: David Keyes

**Yoga Experiential Retreat**

Relax, renew, and treat yourself to an afternoon of yoga and meditation at Snowbird’s Cliff Spa. We will start slowly and quietly, viewing the mountains and setting an intention for the practice. Our asana practice will grow from the ground to standing poses, into twists, and into refreshing inversions for all levels of practitioners, and

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu

More course info on page 25
finish on the ground again with restorative poses, relaxation, and quiet seated meditation. Ahhh! Three hours goes by in a flash! Finish with a visit to Cliff Lodge Spa and the rooftop pool; access included in retreat fee, so you may come early or stay late to enjoy them. Please bring yoga mat and plan to be in the studio 15 minutes before class start time.

LLHL 102-001 • Su, Apr 8 • 1:00-4:00 PM
LOCATION: Cliff Lodge Spa, Snowbird Resort, Little Cottonwood Canyon
FEE: $65
INSTRUCTOR: Dana Levy

Nature and Wellbeing: Experiential Ecopsychology
Spending unstructured time in Nature evokes an authentic experience of our own unconditioned self, which brings us deep feelings of peace and freedom. Experience a contemporary form of the ancient practice of walking in Nature as a means to unearth wisdom, engage in self-healing, and practice mindfulness. A classroom session after a guided day out in the mountains will help unpack and integrate the experience. Students will be notified where to meet before class.

LLHL 194-001 • S, Apr 21 • 9:00 AM-2:00 PM
AND Th, Apr 26 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $65
INSTRUCTOR: Kinde Nebeker

HOME AND GARDEN

Fabulous Fruit Trees
Apples, cherries, apricots, pears, plums—how do you get the best from your fruit tree each year? Learn to care for your existing trees and give new ones a healthy start as we cover planting, pruning, thinning, pollination needs, recommended varieties, and common insects and diseases. Saturday’s class will meet outside; please bring loppers and pruners to this class. Co-sponsored with Red Butte Garden; members pay $76 + special fee (register for section 002).

LLHG 554-001 • Th, Feb 22 - Mar 8 • 6:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $85 + $5 special fee
INSTRUCTOR: Heidi Anderson

Botany for Gardeners
Don’t go dormant this winter! Join us as we learn basic plant morphology and terminology—knowledge that will help you better understand plant growth and take some of the guesswork out of gardening. In this hands-on class, you’ll learn why some shrubs are pruned immediately after flowering while others are pruned in late winter/early spring; how to tell a pine from a spruce and why it matters; the reasons behind the differing watering practices for turf and trees, and other common gardening questions. Co-sponsored with Red Butte Garden; members pay $69 + special fee (register for section 002).

Designing With Fresh Flowers
Learn the elements of floral design in this hands-on workshop. Each week, we’ll discuss floral design principles and elements and create beautiful arrangements from a variety of flowers, then take your creations home to enjoy. Please bring a floral knife, floral snips, ribbon scissors, wire cutters, an apron, and a hand towel to each class. All materials are provided. If you

- New Courses
- 48-hour advance registration required
- Certificate of Western Horticulture Class
- Certificate of Digital Photography Class
Intermediate Floral Design - Wedding Flowers
Flowers play a major role in the overall look and feel of a wedding. Floral selection sets the color scheme and the tone of the wedding whether formal or more casual. Learn floral arranging skills specific to weddings, seasonal availability of flowers, and different bouquet styles that will help personalize wedding flowers. We will cover flowers choices for different arrangements, centerpiece/tablescape styles, boutonniere and corsage, bridal bouquets, and bow tying for personal flowers. Class is limited to 9. Prerequisite: Designing with Fresh Flowers or similar class/experience.

Intermediate Floral Design - Wedding Flowers
Would like to purchase snips or knife the first day of class some will be available. Class is limited to 9.

LLHG 500-001 • T, Feb 20-March 13 • 6:00-8:00 PM
LLHG 500-002 • T, March 20-April 10 • 6:00-8:00 PM
LOCATION: Native Flower Company, 1448 E 2700 S • SLC.
FEE: $119 + $80 special fee
INSTRUCTOR: Jenna Weischedel

Backyard Birding Maintenance and Prepping for Spring
Discover quick, easy ways to survey, clean, maintain, and prep for birds that overwinter in your yard, and develop a plan to draw migrating birds and other desired species with plants, feeders, and shelters. Gain tips on how to maintain your winter and spring feeding areas and prepare future nesting spots. Learn to recognize the top 10 most common birds by sight and song, and get started on your own backyard birding adventure!

LLHG 511-001 • W, Feb 21-28 • 6:00-8:00 PM
LOCATION: Annex, Campus • SLC
FEE: $49
INSTRUCTOR: Laurie Jones

Sprouts and Microgreens - Growing in Winter
Just because it is cold outside doesn’t mean you can’t be growing and eating fresh healthy greens. Go beyond the familiar alfalfa sprout as we cover different sprouting methods and introduce you to other great seed sprouts that are sure to spice up your winter diet. We will also explore the world of MicroGreens - those tiny flavorful items adorning your food at high end restaurants. These greens are immensely flavorful versions of their fully grown counterparts and allow opportunities to harvest things you can’t grow as a sprout - like Cilantro, Lettuce, Basil and many more. Come learn the basic tips and tricks and turn your kitchen into a powerful Micro Farm.

LLHG 558-001 • W, Feb 21-March 7 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $69 + $15 special fee
INSTRUCTOR: Celia Bell

D.I.Y. - Basic Repairs for Homeowners
Don’t pay a pricey professional every time you have a leaky faucet or broken sprinkler head. In this class, you’ll
More Home and Garden

learn how to be a DIY pro and maintain your home or property. We'll look at common problems with easy fixes you can do yourself: leaky faucets and toilets, basic electrical, repairing sheetrock holes and divots, removing and applying wallpaper, and more. We’ll also cover maintenance of major appliances and seasonal systems such as heaters/air conditioners, swamp coolers, and irrigation.

LLHG 450-001 • Th, Mar 1-22 • 6:30-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $119
INSTRUCTOR: Tom Arnold

Soils: Dig Deeper into Gardening
They get enough water. They get enough light. So why aren’t your plants as healthy or as big as you think they should be? It could be the soil. Did you know approximately 90% of plant problems are soil related? Soil is where it all begins and this course is where you begin learning about it. We will cover the physical, biological, and chemical properties of soils as well as basic plant nutrition and fertilization that will help you achieve an optimum planting and growing environment. Discussion will include soil, soil structure, how to work with different types of soils, and how to improve it. Understanding what is going on underground is your first step in creating a healthy and beautiful garden. Co-sponsored with Red Butte Garden; members pay $44 + special fee (register for section 002).

LLHG 615-001 • M, Mar 5-12 • 6:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $49 + $8 special fee
INSTRUCTOR: Katie Wagner

Pruning 101 Workshop
Proper pruning enhances the beauty of almost any landscape tree and shrub. It is an art and science, and when done well, pruning can turn a landscape plant into a thing of beauty. This is a pruning basics class and intended for those with limited pruning experience and will address basic pruning concepts associated with flowering trees and shrubs, vines, and groundcovers, as well as the shaping of hedges. Classroom session is lecture and will cover pruning tools, when and why to prune, and the differences between thinning and heading back. The Saturday class will be in the field getting hands-on experience so please wear appropriate clothing and bring gloves and hand pruners. If you are interested in focused pruning techniques for roses, wisteria, or fruit trees, please see additional classes. Co-sponsored with Red Butte Garden; members pay $69 (register for section 002).

Vegetable Propagation
While it’s possible to have a fine vegetable garden by buying young plants, starting your own veggies from seed is less expensive, offers more varieties, and allows you to harvest your favorite edibles over a longer period of time. Come explore the world of seed propagation as we learn which vegetables to start indoors, why some do better outdoors, when to start them, and how to nurture particular types of seedlings for maximum success. Factors such as lighting, heat, day length, soil, hardening off, seed sources, varieties, germination and timing will be addressed in the first class. During the second class, students will practice specialized techniques such as scarifying, transplanting, pinching and take home a tray of vegetable seeds to get a jump on the growing season. Co-sponsored with Red Butte Garden; members pay $53 + special fee (register for section 002).

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu

More course info on page 29
**LLHG 609-001 • W, Mar 7 • 6:30-8:30 PM**
**AND S, Mar 10 • 10:00 AM-12:00 PM**
**LOCATION: Red Butte Garden, 300 Wakara Way • SLC**
**FEE: $59 + $15 special fee**
**INSTRUCTORS: Briana Blamires & Susan Kohler**

**Vegetable Gardening Basics**
Would you like to grow tender lettuce and spinach; juicy tomatoes; and flavorful carrots, zucchinis, and more? Learn the tricks to a successful vegetable garden in this informative beginner class. Focusing on a variety of easy-to-grow vegetables, we’ll cover soil texture, soil amendments, composting, cool- and warm-season crops, planting dates, and ways to grow vegetables all year long. We’ll also discuss common garden insects and diseases. Saturday’s class is hands-on and will meet at Grateful Tomato Garden (800 S 600 E) giving you a chance to practice some of the concepts learned in class.

**LLHG 529-001 • Th, Mar 8-29 • 6:30-8:30 PM**
**AND S, Mar 24 • 10:00 AM-12:00 PM**
**LOCATION: Annex, Campus • SLC**
**FEE: $125 + $5 special fee**
**INSTRUCTOR: Carly Gillespie**

**Ikebana: Japanese Flower Arranging**
Practice the art of Ikebana—the simple yet rich Japanese style of plant arranging. Working with fresh materials in special containers, you’ll learn the balance, design, and form used by historic and contemporary masters to create works of art. Special fee covers a kenzan (flower ‘frog’), vases, and all plant materials. There will be a one hour break for lunch and bringing your own is suggested.

**LLHG 518-001 • S, Mar 10 • 10:00 AM-12:00 PM**
**AND 1:00-3:00 PM**
**LOCATION: 3450 S Main St, Unit 66W-B • SLC**
**FEE: $49 + $35 special fee**
**INSTRUCTOR: Theresa Sueoka**

** Irrigation - Switch to Drip**
A step by step guide on how to change your sprinklers from spray to drip. We will take you through how to retrofit an existing sprinkler zone to drip or add another zone for drip. Topics covered include how to decide where Drip Irrigation is better than Spray watering, understanding the basic principles of drip applied water, and how to design and layout a drip system. Get a jump on this gardening season by retrofitting your sprinkler system early spring while plants are still dormant. Special fee covers drip tool and some emitters. Co-sponsored with Red Butte Garden; members pay $89 + special fee (register for section 002).

**LLHG 908-001 • T, Mar 13-Apr 3 • 6:00-8:00 PM**
**LOCATION: Red Butte Garden, 300 Wakara Way • SLC**
**FEE: $99 + $20 special fee**
**INSTRUCTOR: Cate Casson**

**Hydroponics - An Introduction**
Growing plants hydroponically means utilizing nutrients in water instead of soil. This self-contained system is a great way to grow herbs and edible plants indoors, or get seeds started for outdoor gardens. You’ll learn about nutrient management and grow lights, get recommendation of plants that do well in a hydroponic system, discover tips for maintaining your home system, and receive a brief introduction to aquaponics. Special fee covers the cost of a hydroponic kit that will be assembled in class so you can go home ready to grow.

**LLHG 912-001 • W, Mar 14 • 6:00-9:00 PM**
**LOCATION: Moonlight Garden Supply, 1572 State St • SLC**
**FEE: $45 + $30 special fee**
**INSTRUCTOR: Moonlight Garden Supply Staff**
**Rose Pruning Workshop**

Roses are among the most loved and versatile of garden plants, yet many gardeners are intimidated by the enormous range of species and hybrids with their varying requirements for pruning. Join us as we demystify rose pruning in this hands-on workshop designed to help you get the very best out of your roses. Wear appropriate clothing and bring gloves and hand pruners. Limited to 12. Co-sponsored with Red Butte Garden; members pay $40 (register for section 002 or 004).

LLHG 606-001 • S, Mar 10 • 10:00 AM-12:30 PM
LLHG 606-003 • S, Mar 17 • 10:00 AM-12:30 PM
LOCATION: Red Butte Garden 300 Wakara Way • SLC
FEE: $45
INSTRUCTOR: Cheryl Underwood

**Bee Keeping**

Healthy, happy, easy-to-maintain honey bees not only reward their keepers with delicious honey, they provide a wonderful pollination service to neighborhood gardens. Learn how to select, house, and manage these beneficial insects as we look at hive components, costs, assembly, and location; use of a smoker; what to wear when working with bees; when to purchase bees; and from whom; how to install bees into the hive; and how to keep your bees healthy. Along the way we’ll discuss bee anatomy and social structure, and provide you with a month-by-month schedule of bee keeping activities. The last class is a field trip to the instructor’s apiary and will include discussion and demonstrations on how to manage overwintered bees and setting them up for the Spring season. Special fee covers the text.

LLHG 557-001 • M, Mar 19-Apr 9 • 6:30-8:30 PM
AND S, Apr 21 • 11:00 AM-1:00 PM
LLHG 557-002 • W, Mar 21-Apr 11 • 6:30-8:30 PM
AND S, Apr 21 • 11:00 AM-1:00 PM
LOCATION: Annex, Campus • SLC
FEE: $119 + $10 special fee
INSTRUCTOR: Natalee Thompson

**Pruning Japanese Maples**

Japanese maples are elegant trees and when properly pruned can be transformed into living sculpture and garden art. Don’t let the fragile branching structure of your Japanese maples intimidate you anymore. This hands-on class will focus on the finer points of pruning and give you the confidence to successfully prune your Japanese maples. Focus is on Japanese maples but techniques can be applied to other specimen trees. One classroom session followed by two hands-on field days will give you the knowledge, practice, and confidence to prune your own trees. Wear appropriate clothing and bring gloves and hand pruners to Saturday classes. Prerequisite Pruning 101 or other pruning basics class. Co-sponsored with Red Butte Garden; members pay $89 (register for section 002).

LLHG 907-001 • W, Mar 21 • 6:30-8:30 PM
AND S, Mar 24-31 • 10:30 AM-12:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $99
INSTRUCTOR: Darrell Griggs

**Residential Landscape Design**

Save time and money by making informed landscaping choices before you plant. We’ll show you how to draw a plan; analyze your site; and use landscape design principles for laying out paths, patios, and garden beds suitable for your site. We’ll use Red Butte Garden to look at plants appropriate for the Utah landscape and learn about plant characteristics to consider when choosing plants for your garden design. You’ll have the opportunity to work on your personal landscape plan throughout class with the help of a landscape designer. Co-sponsored with Red Butte Garden; members pay $180 + special fee (register for section 002).
LLHG 512-001 • W, Mar 28-Apr 25 • 6:00-9:00 PM
AND S, Apr 14 • 10:00 AM-1:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $199 + $10 special fee
INSTRUCTOR: Rosie Cobbley

Gardening in the Wasatch
Every region has unique growing conditions, such as climate and soils, that impact locally relevant gardening choices, and Utah is no exception. Whether you’re a longtime resident or relatively new to the area, understanding the unique conditions along the Wasatch Front will better prepare you to make the right gardening choices. Topics discussed will include climatic zones, soil amendments, watering strategies, and plant selection. Co-sponsored with Red Butte Garden; members pay $62 (register for section 002).

LLHG 608-001 • M, Apr 2-16 • 6:00-8:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $69
INSTRUCTOR: Lynsey Nielson

101 Plants to Know
Do you wander the aisles of the garden center and become overwhelmed by all of the choices? Before spending hundreds of dollars, would you like to know what that tree will look like in ten years? This class is for you. Join us for this three season course as we look at 101 truly remarkable plants suited for the Wasatch Front garden. We will cover plants starting with spring bulbs and concluding with trees and shrubs with great fall color. Each class will focus on identification, cultural requirements, and how plants are best used in the garden. We will walk the Garden each class to take an up close and personal look at the plants as they are discussed. Perfect for novice gardeners and plant enthusiasts alike, the course is sure to widen your plant palette and introduce you to some truly amazing plants! All but the first class meets on 2nd Thursday of the month. Co-sponsored with Red Butte Garden; members pay $162 + special fee (register for section 002).

LLHG 586-001 • Th, Apr 5 – Oct 11 • 6:00-8:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $179 + $5 special fee
INSTRUCTOR: Jason Baker

Organizing and Minimalism - Ideas for Your Home
Find the balance between Spartan and comfortable with two professional organizers who are ready to help you add a touch of minimalism to your environment. The idea of minimalism in home organizing may inspire confusion, or even resistance, if you want to live a more organized life but don’t want to clear-out possessions to do so. Learn proven tips for organizing each area of your home, decide if a minimalist method like Kon Mari is right for you, and understand how to move past being overwhelmed when it comes to “stuff” in order to live in harmony with the things you truly love.

LLHG 910-001 • Th, Apr 12-26 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $79
INSTRUCTORS: Sarah Hansen & Mary Wood

Trees and Shrubs for Residential Landscapes
Evergreen and deciduous trees and shrubs are the backbone of the landscape and making the right selections for your garden is key to being successful and creating the look you are hoping to achieve. We will focus on 60 trees and shrubs suited for the Utah landscape discussing plant characteristics, size, growth pattern, and maintenance requirements so you can make appropriate choices for your garden. Class includes Garden walks that will inspire and educate you about the trees, shrubs best suited to Utah’s environment. We’ll also cover where to purchase and best times to plant. Co-sponsored with Red Butte Garden; members pay $107 + special fee (register for section 002).
Beneficial Bats - A Friend in Your Garden
Bats help maintain a healthy ecosystem in your home garden, and with the guidance of a bat expert from the Hogle Zoo, learn how to invite them into your own residential landscape. Class will be held at the zoo, and students will have the opportunity to visit the bat enclosure, listen to bat echolocation, and build a bat house to take home. Special fee covers the cost of the bat house kit.

Irrigation Basics
Whether your landscaping involves waterwise plantings, plants that require regular water, or a combination of the two, using the right irrigation for your landscape can substantially reduce water use while helping your garden flourish. Explore smart irrigation practices that give plants the water they need to thrive (no more, no less) and deliver that water in the most efficient way possible. Class will focus on maintenance of existing irrigation systems and troubleshooting common problems, and other topics to enhance your home irrigation system. Interested in learning how to convert overhead to drip irrigation, register for Drip Irrigation – How to Switch to Drip. Co-sponsored with Red Butte Garden; members pay $45 + special fee (register for section 002).

Waterwise Landscaping
Want to save water in your landscape but not sure how to begin? Join us as we look at plant varieties and landscaping techniques that help conserve water and make your yard the envy of the neighborhood. Learn which water-wise perennials to combine for continual bloom; how to group plants according to water needs, color, and texture; and the unique design and maintenance requirements of water-wise gardening. Co-sponsored with Red Butte Garden; members pay $53 (register for section 002).
**LANGUAGE**

**Conversational French I**
This condensed beginning course will teach you conversational French used in travel and everyday situations. French games, group reading of French comic strips, and helpful handouts will quicken the process and provide hands-on experience. The best part: Learning the correct accent from a native Parisian. This class is designed to be repeated as often as you wish.

LLLAN 350-001 • W, Jan 10-Feb 14 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $135 + $5 special fee
INSTRUCTOR: Catherine Thorpe

**Conversational French II**
A continuation of French I or for students with some background in French. Expand the basic conversational skills used in travel and everyday situations as you work with verbs in the present and future tenses. Emphasis is on speaking with a correct accent and syntax. This class is designed to be repeated as often as you wish.

LLLAN 351-001 • W, Mar 7-Apr 11 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $135 + $5 special fee
INSTRUCTOR: Catherine Thorpe

**French for Travelers**
Tackle a French vacation without fear with an all-inclusive approach to travel in francophone countries. Learn the phrases and vocabulary necessary to be successful while shopping, reading a metro plan, and ordering the ever delicious pain au chocolat. In addition to terminology, this course will provide insight on French culture and customs - how a tourist acts can greatly enhance their vacation. Get tips to traveling abroad with information that can transfer from France to the rest of Europe. Open to all levels.

LLLAN 353-001 • T, Feb 27-Apr 3 • 7:00-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $135 + $5 special fee
INSTRUCTOR: Catherine Nalder

**Basic Spanish I Condensed**
Learn the basics of Spanish vocabulary and grammar skills from the very beginning. Starting with the sounds of the alphabet, you’ll learn numbers, time and the calendar; how to make a sentence and ask a question; and the conjugation of present tense verbs that are useful in everyday life. Create a solid linguistic foundation that can be built upon in other Conversational Spanish classes. Expect two hours of homework weekly. This class is for students with little to no prior knowledge of Spanish. If you have had 2-4 years of high school or college Spanish or equivalent, please consider LLLAN 354 Conversational Spanish I. Special fees includes textbook. Please note this class meets twice a week for 3 weeks.

LLLAN 426-001 • MW, Jan 22-Feb 7 • 6:00-8:00 PM
LOCATION: Annex, Campus • SLC
FEE: $135 + $20 special fee
INSTRUCTOR: Amy Johnson

**Conversational Spanish I**
Learn conversational Spanish in a relaxed atmosphere. Become familiar with basic grammar structures and verb tenses, pronounce Spanish words correctly, build vocabulary, and begin communicating with confidence. Class covers the language skills needed for travel, everyday situations, a business trip, and to communicate with Spanish-speaking staff and employees. Expect two hours of homework weekly. This course is intended for those with 2-4 years of high school or college Spanish or equivalent. Complete beginners should consider LLLAN 452 Basic Spanish I. Special fees includes textbook. No class Feb 19.
To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu

LLLAN 354-001 • M, Jan 22-Mar 5 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $135 + $20 special fee
INSTRUCTOR: Shauna Mayer

Conversational Spanish II
For students who have completed Conversational Spanish I or equivalent. You'll learn new vocabulary, practice pronunciation, and become comfortable speaking in cases beyond present tense. Organized around everyday themes such as meeting people, making plans, and talking on the phone, the course allows you to work at your own pace as you are guided through the fundamentals. Expect two hours of homework weekly. If you do not own the textbooks from Conversational Spanish I, purchase workbook ($20) from Lifelong Learning staff prior to start of class. This class is designed to be repeated as often as you wish. No class Feb 14.

LLLAN 362-001 • W, Jan 31 - Mar 14 • 7:00-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $135 + $20 special fee
INSTRUCTOR: Jason Cox

Conversational Italian II
Build upon the skills you've learned in Italian I or your general background in Italian. Expand the basic conversational skills used in travel and everyday situations as we practice with present and future tense verbs. This class is designed to be repeated as often as you wish. If you do not own the text from Italian I, purchase ($20) from Lifelong Learning staff prior to start of class. Students are responsible for bringing an Italian-English dictionary. This class is designed to be repeated as often as you wish. No class April 2.

LLLAN 355-001 • M, Mar 12-Apr 23 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $135 + $5 special fee
INSTRUCTOR: Shauna Mayer

Conversational Italian I
Learn the language of warmth and passion. We'll cover the basic conversational skills you'll need to travel in Italy while learning about the people, art, and culture of this fabulous country. Special fee includes textbook. Students are responsible for bringing an Italian-English dictionary. This class is designed to be repeated as often as you wish. No class Feb 14.

LLLAN 363-001 • W, Mar 28-May 2 • 7:00-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $135
INSTRUCTOR: Jason Cox

Mandarin Chinese I
Learn to speak the language that's spoken by more people as a native tongue than any other language in the world. Focus is on fundamental tones, the usage of Chinese pinyin, and Chinese syntax as we communicate in basic conversational phrases. Discussions of Chinese culture will be integral to our study. We'll also talk about Chinese characters and how they are constructed. Students are responsible for buying text “Discover Chinese” which is available on Amazon, price varying from $28 - $50. Co-sponsored with Confucius Institute.

LLLAN 364-001 • M, Feb 26-Apr 16 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $189
INSTRUCTOR: Lisha Guo

Japanese for Travelers
Learning the basics of the language and customs of any foreign country is a great start to your vacation abroad. Essential Japanese words and phrases will be learned to make your travels to Japan more pleasurable. Class will cover common greetings, vocabulary and Kanji necessary to navigate, purchase a train ticket, and order sushi. We'll also learn about the culture and customs of Japan.

LLLAN 411-001 • Th, Mar 1-Apr 5 • 7:00-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $135 + $5 special fee
INSTRUCTOR: Bryan Nalder
MUSIC AND THEATRE

Beginning Pop/Rock Ukulele
Starting with basic chords and strumming, learn all the basics of the ukulele by jamming together on songs by the Rolling Stones, Neil Young, Taylor Swift, Janis Joplin and other Rock and Pop icons. Class time will be spent learning new chords and strumming patterns, and most importantly, playing together. Please bring a soprano, concert, or tenor ukulele with standard tuning (GCEA). No experience necessary. No class Feb 14.

LLMT 460-001 • W, Jan 31-Mar 14 • 6:00-7:00 PM
LOCATION: Annex, Campus • SLC
FEE: $89 + $10 special fee
INSTRUCTOR: Rio Sabella

Guitar: Beginning
Learn the basic techniques—chords, rhythm, note reading, finger picking, scales, and music fundamentals—that will put a solid foundation under new players and be applicable to all styles of guitar music. This course is also great for guitar players needing a refresher. Students will learn in a relaxed and fun environment. Acoustic or electric guitar with amp is fine. No class Mar 21.

LLMT 464-001 • M, Feb 26 • 6:30-8:00 PM
LOCATION: Annex, Campus • SLC
FEE: $39 + $20 special fee
INSTRUCTOR: Randin Graves

Australian Didgeridoo - Introductory Workshop
Simply stated, the didgeridoo is a tube that amplifies what the player does with their lips, breath, voice, tongue, and entire body. Learn everything you need to know to get comfortable and start playing this incredible instrument in just one night. The origins of the didgeridoo will be briefly discussed, but this evening is all about the music. No prior musical experience is required, and the special fee includes the cost of a simple didgeridoo.

LLMT 464-002 • M, Apr 23 • 6:30-8:00 PM
LOCATION: Annex, Campus • SLC
FEE: $39 + $20 special fee
INSTRUCTOR: Randin Graves

Beginning Blues Harmonica
Learn to play blues harmonica, one lick at a time. We'll cover tongue blocking, the straw method, breath control, bending notes, octaves, and articulation as we isolate specific blues riffs. Thrill your friends with tunes by traditional blues greats and songs from the 60’s British invasion. Please bring a key of C and a key of A, 10-hole diatonic harmonicas to the first class. Special fee includes a text and a play-along blues jam CD. Class is limited to 8. Jim founded Salt Lake City’s Acoustic Music in 1974. He has authored more than a dozen music books, including a 12-book series entitled “The Complete 10-Hole Diatonic Harmonica Series” (Mel Bay Publishing).

LLMT 411-001 • T, Mar 13-Apr 17 • 6:30-8:00 PM
LOCATION: Annex, Campus • SLC
FEE: $109 + $22 special fee
INSTRUCTOR: Jim Major

Beginning Ukulele
Ukulele is one of the simplest instruments to play - learn the basics then quickly dive into playing tunes. You’ll learn chords, fretting, and strumming techniques, as well as how to convert tunes from guitar songbooks to ukulele. Please bring a soprano, concert, or tenor ukulele with standard tuning (GCEA) and a 3-ring binder. The instructor will inspect your instrument for playability and make any recommendations. Transcriptions and a chord chart are included.

LLMT 433-001 • W, Mar 14-Apr 11 • 6:30-7:30 PM
LOCATION: Annex, Campus • SLC
FEE: $79 + $10 special fee
INSTRUCTOR: Jim Major
**Improv Comedy Workshop**  
Ready for some fun and games after work? Improv is spontaneous, creative, and lots of laughs. Improvisational comedy is theatrical humor made up on the spot, using your imagination. Discover how to bring your creative ideas to life, in real time, through brain teasers, games, and other forms of play; learn the rules of improvisation; develop your own unique characters; and most important, emotionally invest in your work. In this improv series you’ll get to be the writer, performer, and audience! This is an excellent class for anyone interested in trying improv comedy for the first time, as well as for seasoned performers who want to expand their skills.

**LLMT 396-001 • T, Mar 27-Apr 17 • 6:15-7:45 PM**  
**LOCATION: Annex, Campus • SLC**  
**FEE: $79**  
**INSTRUCTOR: Clint Erekson**

**Wordpress Basics - Websites for Business and Blogging**  
Whether you are writing for family, sharing recipes, creating a portfolio, or marketing a business, the internet is your friend. Wordpress is a free online publishing platform that can catapult you into a world where sharing content is simple and rewarding. In this class you will create your own fully functioning Wordpress website and learn professional tips for managing it. Prerequisite: Students should be comfortable with using computers and desktop web browsers Special Fee covers 6 months of site hosting fees.

**LLPOT 924-001 • W, Jan 17-Feb 7 • 6:00-8:00 PM**  
**LOCATION: Annex 2214, Campus • SLC**  
**FEE: $149 + $20 special fee**  
**INSTRUCTOR: Jenn Blum**

**Teach Your Passion**  
Has the thought “I’m not a teacher!” ever stopped you from sharing your expertise or passion with others? Banish your preconceived notions and learn tools and resources designed to give you confidence when teaching adult learners through continuing education programs or in your own community groups. Learn how to shape and pitch a class idea, create effective materials, appeal to different types of learners, incorporate active learning into your class, deal with “challenging” students, and effortlessly edit or stretch a class if time becomes an issue. Students will have the opportunity to do some practice teaching in a supportive environment designed to give positive and useful feedback.

**LLPOT 940-001 • M, Jan 22-Feb 12 • 6:30-8:30 PM**  
**LOCATION: Annex, Campus • SLC**  
**FEE: $99 + $5 special fee**  
**INSTRUCTOR: Mia Vollkommer**

**Introduction to Podcasting**  
Podcasting is a unique style of broadcasting, an interesting form of citizen journalism or entertainment accessible to all. But what about a podcast on things that are most important to you? Learn what it takes to get started, from content and hosting, recording and editing, legal considerations and marketing, and more! With guidance and advice from someone who has hosted his own popular podcasts, you’ll leave this class ready (and able!) for your voice to be heard.

**LLPOT 931-001 • T, Feb 20-Mar 6 • 6:30-8:30 PM**  
**LOCATION: Annex, Campus • SLC**  
**FEE: $79**  
**INSTRUCTOR: Clint Erekson**

**Beginning Astrology Workshop**  
Go to almost any astrology website and you can download your chart by typing in your birth date information. But what’s the use if you don’t know how to read it? This comprehensive and user friendly workshop will begin with...
a brief introduction to Astrology, its history and lore, then progress to exercises in which you'll learn about the 12 zodiac signs, four elements, and twelve houses. By the end of the course, you'll be ready to read the Sun, the Moon, and the Rising Sign in any given horoscope. This course is perfect for those interested in learning about Astrology and perhaps even in becoming astrologers themselves.

LLPOT 938-001 • W, Feb 21-Mar 14 • 6:30-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $129 + $10 special fee
INSTRUCTOR: Christopher Renstrom

The Shamanic World: Past and Present
Shamans were the first healers and spiritual guides in human communities, but is shamanism still relevant today? Learn about the universal nature of the shamanic cosmology and the resurgence of shamanism in the West. Together, we’ll explore the role and practice of shamanic healing from an anthropologic and personal perspective and through practical exercises consider the role shamanic cosmology and healing play in our own lives and community groups.

LLPOT 939-001 • W, Feb 21-Mar 21 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $119
INSTRUCTOR: Shelly Braun

Palmistry for Fun and Insight
An icebreaker at a party. A fun way to interact with family or friends. A tool for personal insight. Whatever your reasons for studying beginning palmistry, you’ll find it accessible, entertaining, complex, and endlessly interesting. We will cover the major and minor palm markings plus traditional and intuitive palm-reading techniques. In-class practice (starting with your own hand!) and practical exercises will have you reading palms by the course’s finish.

LLPOT 911-001 • Th, Mar 1-22 • 6:30-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $129 + $10 special fee
INSTRUCTOR: Margaret Ruth

Rock Art Hot Spots
Utah is home to some of the nation’s most spectacular archaeological sites, from the famed rock art galleries of Nine Mile Canyon to the spectral ruins of Cedar Mesa. But there are hundreds of other localities—lesser known places with names like Sego Canyon and Buckhorn Wash—where the public can experience the remnants of thousands of years of human occupation. Participants will receive a handout describing the location of over 20 fantastic public rock art sites in Utah which can be reached by car and most of these sites will be discussed in class. The rock art will be put in context of what we know of the people who created it.

LLPOT 687-001 • S, Mar 3 • 10:30 AM-12:30 PM
LOCATION: Annex, Campus • SLC
FEE: $35
INSTRUCTOR: Troy Scotter

Back Roads Utah
Ever heard of Utah’s oldest hotel, in Marysvale, where Zane Gray once wrote some of his Western classics? Want to buy honey, socks, pajamas, and cheese straight from their Logan factories? Did you know that Utah’s West Desert is home to a pet cemetery? How about golfing on a five-hole course in Milford known as the Windy Five—for $3 a round? Learn about these and other out-of-the-way Utah sights and adventures in this celebration of the quirky—and bring your own to share!

LLPOT 732-001 • T, Mar 20 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $35
INSTRUCTOR: Tom Wharton

10 Steps to Building a Better Relationship with Your Dog
Build a relationship with your dog based upon mutual respect and understanding to enrich both of your lives! Learn the fundamentals of canine behavior, motivation, cognition and body language, to improve your understanding of your canine companion. We
will delve into human behavior, including that of children’s, and how the things that you do affect your relationship with your dog. Discuss different approaches to training and equipment use, their effect on dog behavior, and what the science of animal learning really brings to the table. This is a human only class, please do not bring your dog.

LLPOT 928-001 • Th, Mar 29-Apr 19 • 6:00-8:00 PM
LOCATION: Annex, Campus • SLC
FEE: $99
INSTRUCTOR: Lynne Gilbert-Norton

Google Drive Basics
Discover how to use Google Drive to store documents, spreadsheets, slides, and forms in the “Cloud”. Access your files on Drive anywhere using your mobile devices or desktop computers. Learn how to create, organize, and store your files about family events, travel, business, social activities, and much more. Please create a Google Account before class if you do not already have one. Bring your phone or tablet to class. Let’s have fun and get organized!

LLPOT 941-001 • W, Apr 11 • 6:00-9:00 PM
LOCATION: Annex 2180, Campus • SLC
FEE: $45
INSTRUCTOR: Pat Lambrose

RECREATION

Introduction to Skate Skiing
Skate skiing, also known as freestyle, is a high-intensity winter sport that uses a unique technique for an aerobic, full-body, low-impact workout. This workshop introduces you to basic skate-ski technique, including weight transfer, edging, and timing, V1, V2, and V2-alternate styles, and poling. We will also review equipment, waxing, training, trails and trail etiquette, first aid, and safety. You are responsible for your own equipment (rent skate skiing packages at the U’s Outdoor Recreation Center or other local sporting goods stores).

LLREC 731-001 • S, Jan 6-13 • 10:00 AM-1:00 PM
LLREC 731-002 • S, Jan 20-27 • 10:00 AM-1:00 PM
LOCATION: Round Valley, Park City
FEE: $89
INSTRUCTOR: Patricia Winterer

Avalanche Workshop
Skiers, boarders, snowshoers, and snowmobilers—get the practical information and hands-on practice you need to be ready for a safe winter of backcountry travel. Topics to be covered in class and field include snow pack, weather and terrain evaluation, safe route finding, and avalanche rescue. We will also practice transceiver search. Suitable for beginners or for those wanting a refresher.

LLREC 909-001 • M, Jan 22-Feb 12 • 6:00-8:00 PM
LOCATION: Annex, Campus • SLC
FEE: $99
INSTRUCTOR: Celeste Royal

Winter Hiking for Beginners
Once summer/fall picnic and hiking weather is over, many people retreat indoors until spring. The Wasatch is a Winter Wonderland and, with a little bit of planning, preparation, and education, students can enjoy the mountains year round. Winter in the mountains isn’t just for extreme sports enthusiasts or avalanche certified guides. Learn about gear and safety basics, how to use avalanche safety resources for “Go or Don’t Go” planning, and explore ideal winter trails.

LLREC 650-001 • W, Jan 17 • 7:00-9:00 PM * Annex
AND S, Jan 20 • 9:00 AM-3:00 PM * SLC
FEE: $99 + $10 special fee
INSTRUCTOR: Bruce Christenson

Beginning/Intermediate Squash
Squash has been rated the number one healthiest sport by Forbes magazine! Excellent for increased mobility and fitness while having fun and getting aerobically fit. Instructors with 20+ years’ experience in playing and teaching will guide you through the fundamentals of
the sport. Special fee includes equipment rental. Please wear workout attire and non-marking sports shoes/ sneakers. No class Feb 19.

LLREC 905-001 • M, Jan 29-Mar 12 • 7:00-8:30 PM
LOCATION: SquashWorks, 225 S 500 E, SLC
FEE: $109 + $25 special fee
INSTRUCTOR: Craig Bennett

Indoor Rock Climbing
Tired of the treadmill and looking for a new adventure? Learn to rock climb! During this four-week introductory course, students will learn how to be safe, successful climbers. A qualified instructor will introduce students to indoor climbing and climbing equipment. Students will master belaying, communicating with a partner, and moving their bodies efficiently. Come try this interesting and challenging activity. Have fun, meet new people, and push yourself! No experience necessary. Equipment and shoes provided. Class is limited to 8.

LLREC 739-001 • M, Jan 29-Feb 19 • 7:00-9:00 PM
LLREC 739-002 • M, Mar 5-26 • 7:00-9:00 PM
LOCATION: Momentum Millcreek, 3173 E 3300 S • SLC
FEE: $189
INSTRUCTOR: Momentum Staff

Introduction to Target Archery
Strength, grace, focus, precision—experience the beauty of archery as you learn the basic techniques and etiquette of this Olympic sport. All equipment is provided. Class is limited to 10.

LLREC 766-001 • T, Jan 30-Feb 27 • 7:30-9:00 PM
LLREC 766-002 • T, Mar 6-Apr 3 • 7:30-9:00 PM
LOCATION: Class meets at Salt Lake Archery, 1130 East Wilmington Ave (2200 S), SLC
FEE: $99
INSTRUCTOR: Larry Smith

Snowshoe Hike by Moonlight
Experience the mystical feeling of the moonlight on snowshoes as we travel within the scenic Wasatch mountains. You will receive tips on snowshoe technique, instruction in winter emergencies, and hot cocoa and snacks. Please bring snowshoes (rent at the U’s Outdoor Recreation Center or from your local sporting goods location), and wear boots suitable for snowshoeing. Students will be notified where to meet.

LLREC 910-001 • T, Jan 30 • 7:00-9:00 PM
LOCATION: Wasatch Mountains
FEE: $39 + $5 special fee
INSTRUCTOR: Bruce Christenson

Bikepacking - Adventure Camping by Mountain Bike
Bikepacking is a great way to explore Utah’s diverse landscapes, from deserts to high mountains. Mountain bike camping enables you to cover more ground than backpacking while enjoying the peaceful experience of non-motorized travel. This course, taught by the lead organizer of the SLC Bikepacking Meet-up, will provide you with an overview of essential gear and organization, bike selection, route finding/map making, carrying water (for desert trips), and safety/preparedness getting you ready for your next backcountry adventures. No class April 5th.

LLREC 903-001 • Th, Mar 15-Apr 12 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $99
INSTRUCTOR: Becka Roolf

Animal Tracking
Springtime, when the ground is moist or lightly covered with snow, is a perfect time to see animal tracks and the conditions also allow for easy hiking. There’s a good chance of finding moose, elk, deer, rabbit, squirrel, and other small rodent tracks as we explore stream banks and meadows. If we’re lucky, we could also spot coyote, porcupine, bear, mountain lion, and bobcat. We’ll investigate the particular characteristics, size, age, and direc-

More course info on page 41
tion of travel of the tracks we see, as well as look at scat and how it relates to the animal identification process. Students will be notified where to meet before class.

**LLREC 718-001 • S, Mar 31 • 9:00 AM-1:00 PM**
LOCATION: Wasatch Mountains
FEE: $49 + $5 special fee
INSTRUCTOR: Bruce Christenson

**Bicycle Repair Workshop I**
Learn basic repair skills to keep your bike running smoothly in this hands-on class. We will cover fixing flats, cleaning the chain, adjusting gears, and contents of a basic tool kit and other supplies to keep your bike in excellent shape. All tools and supplies are provided. Please bring your road or mountain bike to each class.

**LLREC 663-001 • Th, Apr 19-26 • 6:00-8:30 PM**
LOCATION: Annex, Campus • SLC
FEE: $69 + $5 special fee
INSTRUCTOR: Stephen Wasmund

**Geology of the Wasatch Front**
The Wasatch Range forms one of the West’s grand scenic backdrops, but what stories do the rocks have to tell? And what clues do geologists use to unravel the mysteries of the Earth’s distant past? We’ll learn to recognize telltale signs of the origins of different rock layers and explore how the face of the Wasatch has changed dramatically through time. We’ll see how glaciers, Lake Bonneville, and the Wasatch fault have shaped the modern landscape. A half-day field trip along the foot of the mountains will provide an opportunity to get our hands on the rocks. Saturday class is a field trip.

**LLPOT 622-001 • MW, May 7-9 • 6:30-9:00 PM AND S, May 12 • 9:00 AM-1:00 PM**
LOCATION: Annex, Campus • SLC
FEE: $109 + $5 special fee
INSTRUCTOR: Michael Hylland

**WRITER’S TOOLBOX**

**A Study in Mystery**
Look behind the curtain of the formulaic, but eternally popular genre: the Mystery Story. Learn about the constructions, tropes, types and methods that make the modern whodunit. Designed for both writers and fans of the mystery genre, class will include assignments and activities on plot, character web, record keeping, suspense, tension and conflict. Refine your work as you’re asked the questions: Did you hide the clue well enough? Does the audience care about the victim? Is the suspense tight enough? By the end of the course, if the crime is writing a mystery story, the “Whodunit” will be you!

**LLWRC 837-001 • T, Jan 16-Feb 27 • 6:30-9:00 PM**
LOCATION: Annex, Campus • SLC
FEE: $199 + $5 special fee
INSTRUCTOR: Johnny Worthen

**Revision and Intro to Querying Class**
Have you written a book or have an almost complete manuscript? Are ready to move on to the next steps? Regardless of the genre, learn how to spit-shine your novel. Join this interactive group of critical readers and dedicated writers to improve those first crucial pages, spotlight your hook, tweak your dialogue, and rev up those action/romantic scenes. We’ll spend some time on query letters and talk a bit about the query process. Although the emphasis in this class will be on fiction, many of the same revision techniques may be used for works of narrative non-fiction and memoir. Taught by a two time (and another on the way) traditionally published author, the class is limited to 10 to allow ample feedback for each student.
Creative Writing

How do we tell stories? What do we include in writing, and what remains unsaid? Build your voice as we focus on a group of specific techniques for shaping and informing your creative skills, including character, plot, point of view, description, dialogue, and setting. In class, we will read short selections of writing to see what techniques we can beg, borrow, and steal from them. We will experiment with in-class writing exercises and read and discuss each other’s work. Writing can be inventive, illogical, chaotic, unexpected, strange, and wonderful. In this class, we will practice seeing the world in new ways and then recreating that experience on the page. No class Feb 19.

Creative Writing II

Taught in a workshop format, this course will get your creative juices flowing as we expand on topics covered in Creative Writing: voice, tone, point of view and use of tense along with journeying into literary elements such as metaphor and simile, symbolism, structure, and others. This class is a fun way to build and develop the skills in an encouraging and supportive environment. Come prepared to read, write, and talk. This course is designed and required to be taken following Creative Writing (LLWRC 780).

Self-Publishing Your Children’s Book

Take your children’s book from words on a page to a completed project by learning the basics of self-publishing. From how to find an illustrator, to working with a printer, and even navigating the confusing world of book layout - you’ll get the ABC’s from a local children’s author who has successfully self-published three children’s books. Join us, and get the introductory information you need to get started on your own children’s book publishing adventure.

Creative Nonfiction I

Explore this multi-faceted and popular genre, which ranges in scope from literary journalism to personal narrative and memoir, in this interactive 6-week course. Through sample readings, discussion, in-class writing exercises, and writing assignments, we will learn to use the narrative devices—narrator stances, characterization, verb tenses, dialogue, and scene and setting—that make this form of prose especially fascinating and appealing. Open to writers of all levels of experience who are confident with basic sentence structure and composition.

Creative Nonfiction II

Continue to expand the skills presented in Creative Nonfiction I in this 8-week class. We will be looking, and then looking again, at our own work in order to...
see, as author Lillian Hellman put it, what was there for [you] once, what is there for [you] now. Writers who have a work in progress will most benefit from the class, a large percentage of which will be devoted to meaningful critique and revision of student work. Prerequisite: Creative Nonfiction I or equivalent experience. This class offers ongoing support in a productive and nurturing environment and is designed to be repeated as often as you desire.

**LLWRC 787-001 • T, Mar 27-May 15 • 6:30-9:00 PM**
LOCATION: 9875 S 240 W • Sandy
FEE: $249 + $10 special fee
INSTRUCTOR: Meg Kinghorn

**Food Writing - An Introduction**
Take your inner food writer off the back burner! Whether you want to write for memoir, restaurant reviews, or blogging/social media, explore the vast territory of food writing and find your voice within it. Through discussion and writing exercises, led by a writer for Devour Utah magazine, gain insight into resources for culinary writers and gain confidence in your ability to express the sublime details of one of life’s greatest pleasures - food!

**LLWRC 813-001 • T, Feb 20-Mar 13 • 6:00-8:00 PM**
LOCATION: Annex, Campus • SLC
FEE: $119 + $5 special fee
INSTRUCTOR: Levi Rogers

**Writing Fantastic Fiction: Fantasy and Sci-Fi**
Explore ways to use familiar language and reality to create the new or transformed worlds of fantastic fiction—including fantasy, science fiction, fabulist, surrealist, speculative, or fairy tales. We’ll look at folk and fairy tales to teach us about designing the shape of a story; read different published fictions to ponder why and how we might weave magic into the reality of a world; experiment with exercises that will help us describe imaginary cultures, unlikely geography, and impossible technologies, and, of course, we’ll write. Throughout the class, you’ll draft, discuss, and revise your own fantastic fiction. What new ways of seeing will you discover in order to bypass the limits of space and time to visit foreign worlds of your own creation? No class Mar 20.

**LLWRC 855-001 • T, Feb 27-Apr 10 • 6:30-8:30 PM**
LOCATION: Annex, Campus • SLC
FEE: $149 + $5 special fee
INSTRUCTOR: Camie Schaefer

**Literary Querying**
So you’ve written a book. Now what? Approaching the publishing world can be a lonely and daunting task. This class will give you a jump start by providing the knowledge and skill required to navigate the world of agents and publishers. It is recommended (but not necessary) that you bring a finished piece of work you are trying to place. This is a workshop heavy class, where we’ll polish your pages and develop a plan to give you the best chance in the great publishing hunt.

**LLWRC 844-001 • T, Mar 6-Apr 10 • 6:30-9:00 PM**
LOCATION: Annex, Campus • SLC
FEE: $179 + $5 special fee
INSTRUCTOR: Johnny Worthen

**Creative Writing Bootcamp**
Have you always wanted to write creatively but never had the chance to start? Or is your writer-self blocked and unable to finish anything? In Creative Writing Bootcamp, we’ll launch into a series of generative exercises designed to give you plenty of material for your own stories. In between exercises, we’ll share our work in an open and joyous environment, discuss craft, and explore how to incorporate writing into daily life. You’ll leave class with a series of flash fictions ready to be polished or expanded in your writing practice.
Romance Writing Workshop

Are you a fan of romance novels? Have you ever thought of writing one of the best-selling genres of all time? Join author Lisa Bingham for a hands-on, intensive workshop that will explore the methods and nuances of writing this fan-favorite. Topics will include classic tropes, hooking the reader, deep point of view, layered characterization, interior and exterior conflicts, creating “worlds”, and writing that satisfying happily-ever-after. Although the primary focus of the workshop will center on contemporary romance, participants will also be exposed to other romantic sub-genres. Participants will be given tools and the time to work on their individual projects and plenty of opportunities to interact with the instructor.

Writing Dynamic Characters

Our ability to create resonant characters on the page measures us as writers in both fiction and nonfiction. This workshop focuses on equipping you with a toolkit to summon dynamic characters in short stories, personal essays, novels, memoirs, blogs, and graphic arts. Tap into divergent sources including psychology, screenwriting, meditation, interviews, and imagery. Learn how to birth, shape, and craft dialogue and action. Melt your writer’s block by falling in love with your characters and learn how to listen to their voices as you write.

COME TEACH WITH US.

Does teaching come naturally to you? Do you constantly get asked to tell other people how you do the things that you do? Teaching for Lifelong Learning may be just what you are looking for. Contact us or fill out a course proposal, let us help you share your passion!

continue.utah.edu/lifelong/courseproposal_intro
ANCHORS AWAY

I wish I’d learned a second language.
Back in the day, I had a real knack for photography.
I should have learned about investing when I was younger.
My schoolteachers all said I had a talent for drawing.
I guess I never really developed any hobbies.

If you’ve ever uttered any of the above phrases or thought something similar, you could use a big dose of Lifelong Learning. There’s no time like the present to engage with your life and develop a long dormant talent or dive into something new. Lifelong Learning has so many subjects and classes to choose from, you will definitely find something that perks your interest.

Mark Twain spun many pearls of wisdom in his lifetime, but maybe none so perceptive as this: “Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did. So throw off the bowlines, sail away from the safe harbor, catch the trade winds in your sails. Explore. Dream. Discover.”

Don’t look back with regret. Explore your passions today through Lifelong Learning.

COMMUNITY PARTNERS

We gratefully acknowledge these friends of Lifelong Learning and encourage you to support the following organizations:

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<td>Laziz Kitchen</td>
<td>Salt City Brew Supply</td>
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<td>Bohemian Brewery and Grill</td>
<td>Mindful Cuisine Kitchen</td>
<td>Salt Lake Archery</td>
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<tr>
<td>Café Trio Cottonwood</td>
<td>Momentum Indoor Climbing</td>
<td>SmARTspace Studio</td>
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Eligible University of Utah faculty, staff, and spouses receive a 50% discount on tuition.
How to Register

Many classes fill early—avoid disappointment by registering now.

1. Online
   www.lifelong.utah.edu

2. By phone
   801-587-LIFE (5433)

3. In person
   Monday through Friday, 9:00 AM – 5:00 PM. Annex Building, Room 1169 (wing A), main campus, Salt Lake City.
# MAKE THE MOST OUT OF YOUR SPRING CLASS PLANNER

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<th>Class Name</th>
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**Lifelong Learning**

1901 E South Campus Drive, Rm. 1175
Salt Lake City, Utah 84112-9359

**A PROGRAM OF**

Blacksmithing Classes PG 2

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**SHAKE UP YOUR ROUTINE**

New classes start weekly.

Jan - May 2018