Search for the things that make you happy. Seek experiences that will help you define your life. Find out how to satisfy them as you define your lifelong pursuit of personal enrichment classes by learning the University of Utah. There are many subjects to choose from and class times are flexible to fit any schedule. It's time to expand your horizons, try something new, meet interesting people, and experience life through lifelong learning.

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Take a moment to think about your dreams and aspirations; the things you’d like to accomplish; the activities you have every intention of starting tomorrow. Your intention may be genuine, but without taking the first step, tomorrow turns into next week, and next week turns into next year, and you still haven’t made a move.

Lifelong Learning is here to help nudge you into action with fun and exciting personal enrichment classes in a mind-boggling variety of subjects. With Lifelong Learning, you can learn how to develop your company’s brand or how to develop your own creatively-shot digital photos. You can master techniques that will allow you to compose your own music or help you compose your thoughts as you speak your mind. Discover how to produce sustainably grown organic wine or how to produce your own short film.

The choices are plenty, but you must take the first step. In the end, how you spend your days is how you spend your life. Spend them wisely with Lifelong Learning—because if you don’t change direction soon, you’ll end up where you’re going.

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We appreciate your comments and suggestions about Lifelong Learning.
Please call 801-587-LIFE (5433) or e-mail life@aoce.utah.edu to provide feedback.

Can't find the class/date/time you want? Call 801-587-5433 for info on our custom classes for groups of 6 or more.
Adult & Child African Drumming
Discover the awesomeness and excitement of a drum circle and explore traditional rhythms from Africa and the Diaspora in this fun, user-friendly introduction to hand drumming. Develop your inner rhythms as you learn to blast out the beats with simple and multi-part drumming patterns. We’ll also cover Djembe playing technique and the ensemble-playing skills of rhythmic listening, soloing, and improvisation. Feel the culture come alive as you play on a hand-carved African Djembe drum. No musical experience required! Drums and background instruments are provided. No class October 14. Fee is for Adult & Child pair.

YEMUS 700-010 • Th, Sep 16-Oct 28 • 5:30-6:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $160 + $30 special fee
INSTRUCTOR: Andy Jones

Adult & Child Wilderness Survival Training
Get outside and learn hands-on some of the skills necessary to survive in an emergency wilderness situation. Topics to be covered in the class include: Wilderness navigation (map and compass), first aid, preparation (15 essentials), back-country rescue, and emergency shelter, fire, and stretcher construction. Also lightning, river, slot canyon, and animal and insect hazards will be investigated. Students will learn in a relaxed team environment. Adult & Child pair.

YEEMT 715-001 • Th, Oct 7 • 6:00-7:00 PM AND S, Oct 9 • 9:00 AM-1:00 PM

Adult & Child Indoor Rock Climbing (Age 8-12)
In this four-week class, you’ll learn top rope belay and safety skills as well as the basics of moving up a wall—all in a friendly, non-competitive environment. We’ll practice precise footwork and how to use your feet, how to work with holds and the importance of looking ahead, improving reach with body position, and climbing with your legs as well as your arms. Enjoy this fun and exciting way to get fit! All equipment, including shoes and harness, is included, as well as a one-week pass to Rockreation. Fee is for Adult & Child pair.

700-014 • F, Oct 22-Nov 12 • 5:30-7:00 PM
LOCATION: Rockreation, 2074 E 3900 S • SLC
FEE: $199
INSTRUCTOR: Climbing Professionals

Adult & Child Animal Tracking
Who’s excited to track some critters? Late fall, when the ground is lightly covered with snow, is a perfect time to see animal tracks. 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 tracks of coyote, porcupine, bear, mountain lion, and bobcat. Fee is for Adult & Child pair.

700-012 • S, Nov 13 • 9:00 AM-1:00 PM
LOCATION: Pioneer Craft House
FEE: $60 + $10 special fee
INSTRUCTOR: Bruce Christenson

Adult & Child Behind-the-Scenes Theatre Experience
Experience Youth Theatre at the U’s production of, “A Year with Frog & Toad” before it opens to the public! The first week you and a child in your life will participate in hands-on activities as you learn about the scenery, costuming, and acting that brings this beloved story to life. The second week you’ll head backstage to meet costumed performers up close and personal and learn a song from the production, then, you’ll see the play! Don’t miss this magical experience. Fee includes tickets to “A Year with Frog & Toad” for one child and one adult. Fee is for Adult & Child pair.

700-020 • S, Nov 13 • 2:00-3:00 PM AND S, Nov 20 • 2:00-4:30 PM
LOCATION: Kingsbury Hall, Campus • SLC
FEE: $50 + $15 special fee
INSTRUCTOR: Penelope Marantz Caywood

Adult & Child Holiday Wreath Making
Deck the halls and impress your friends this holiday season with a beautiful wreath you’ve created yourself. We’ll start by making a wire frame in the size and shape of your choice, then we’ll weave fresh pine, holly, and other greens into the wire. Finally, we’ll add a touch of nature to make your wreath truly unique; choose from pine cones, fresh berries, twigs, chilli peppers, and more. Special fee covers all materials for 1 wreath. Fee is for Adult & Child pair.

702-018 • S, Dec 11 • 9:30 AM-12:00 PM
LOCATION: Pioneer Craft House
FEE: $60 + $20 special fee
INSTRUCTOR: Mel Wilkey
Plein-Air Landscape Workshop: Watercolor
Enjoy our Indian summer as you create small-scale landscapes in lovely Red Butte Garden. Students will view demonstrations and receive exercises in washes, blending, wet on wet, lifting, brushstrokes, glazing, and drybrush. Instruction in composition, positive and negative space, value studies, and color theory will round out the offering. Painting topics will include landscapes, still life, and water reflections. You are responsible for your materials; you can find a list online, or call 801-587-5433. Co-sponsored with Red Butte Garden; members pay $161 (call and ask for section 002). This class is limited to 10.

LLART 170-001 • W, Sep 8-Oct 13 • 9:30 AM-12:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $179
INSTRUCTOR: Richard Vroom

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 it 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.

LLART 068-001 • W, Sep 15-Oct 20 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $125 + $15 special fee
INSTRUCTOR: Annie Kennedy

Beginning Oil Painting
Learn the basics of oil painting, including design, color theory, and mixing paints. We'll paint both landscapes and still lifes while working with drawing skills and the correct use of values, color, and shapes. You can then apply this knowledge to plein-air or figure painting. Students are responsible for their own materials; find a list online, or call 801-587-5433. No class November 1.

LLART 076-001 • M, Sep 20-Nov 15 • 6:30-9:00 PM
LOCATION: King’s Cottage, 2233 S 700 E • SLC
FEE: $199
INSTRUCTOR: Susan Gallacher

Beginning Acrylic Painting
Explore the joy of painting with this expressive and forgiving medium. Faster drying and less expensive than oil, water-based acrylics offer both the opacity of oil and the transparency of watercolor. We will focus on the fundamentals of painting, such as color, value, and design, as we familiarize ourselves with this flexible art form. We will also look at color as it relates to emotions and psychology. You are responsible for your own materials; find a list online, or call 801-587-5433.

LLART 129-001 • M, Sep 27-Nov 15 • 6:30-8:30 PM
LOCATION: Art Barn in Reservoir Park, 54 Finch Lane (1325 E 100 S) • SLC
FEE: $165 + $12 special fee
INSTRUCTOR: Chase Leslie

Mixed Media
Break rules, experiment with a variety of alternative techniques, and discover new visual outlets. Designed to challenge artists of all ability levels, this class will encourage creative problem solving, divergent thinking, and exploration of your personal world. Each class will begin with a short discussion of contemporary artists and art practices, followed by the introduction of several new media and creative techniques. We will work with innovative drawing, collage, print making, sculptural relief, painting, found-object, assemblage, and more. Please bring a pair of durable scissors, a small jar for glue, and a large container for take-home materials. Wear a smock and/or clothes that can get stained/dirty. We encourage registrants to gather images and objects that speak to them in advance of the first class.

LLART 104-001 • T, Oct 12-Nov 16 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $125 + $25 special fee
INSTRUCTOR: Annie Kennedy

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
Like many parents, I often struggle to find ways to really connect with my children. While we are pretty good about making time to do things together as a family, but I am always searching for activities that facilitate interaction. Sure we can go to the movies or rent a video, but then we aren’t able to talk; to have a good conversation. What I want are activities that will help me really get to know my kids and for them to get to know me. One of the best things I have found that allows me to bond with my children is to learn something together. I am not talking about me providing instruction, I mean my children and me taking roles as students and learning about something that interests us all. Lifelong learning provides several adult & child classes that give my love children opportunity for shared discovery. The classes are a great way to share new experiences and to learn how to work together. We have fun and now have many fantastic memories. Through these classes, I have learned many things I didn’t know about my children and even a few things I didn’t know about myself. Lifelong learning provides balance and provides the best things I have found. New friends and new experiences have found that allowing me to learn something together. I am not talking about me providing instruction, I mean my children and me taking roles as students and learning about something that interests us all. Lifelong learning provides several adult & child classes that give my love children opportunity for shared discovery. The classes are a great way to share new experiences and to learn how to work together. We have fun and now have many fantastic memories. Through these classes, I have learned many things I didn’t know about my children and even a few things I didn’t know about myself. Lifelong learning provides balance and provides the best things I have found. 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Drawing with Color
Put your palette to paper as you explore the many facets of color in art making. Using watercolor pencils and oil pastels, you’ll gain insight into the amazing properties of color. We’ll start with basic color theory, then explore color hue, value, saturation, and temperature. From realistic, to expressive, to symbolic, this class will unlock the many mysteries of our colorful world. Special fee covers all materials. No class November 24.

LLART 186-001 • W, Oct 27-Dec 8 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $125 + $20 special fee
INSTRUCTOR: Annie Kennedy

PHOTOGRAPHY: GET FOCUSED

Digital Photography: Nuts and Bolts
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. Appropriate for DSLRs and point-and-shoots with manual as well as automatic controls. Please bring your camera and manual to the first class. Special fee includes a take-home CD that includes all course information. Want more guided practice with the basics? Take “Nuts and Bolts” (LLART 193) either before or after this class. Saturday classes are field trips.

LLART 186-001 • W, Oct 27-Dec 8 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $125 + $20 special fee
INSTRUCTOR: Annie Kennedy

Introduction to Digital Photography
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. Saturday classes are field trips.

LLART 115-001 • T, Sep 14-Oct 12 • 6:30-9:00 AND S, Oct 6-13 • 1:00-3:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $115 + $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 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. Saturday classes are field trips.

LLART 115-002 • W, Sep 15-Oct 13 • 6:30-9:00 PM AND S, Oct 9 • 1:00-3:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $159 + $8 special fee
INSTRUCTOR: Neil Eschenfelder

Beginning Photography: Artistic Principles
Using either a DSLR, a point and shoot camera with manual controls, or a film camera, learn the basic artistic principles of photography. We will play with composition and look at what happens when we both follow and bend the rules. We’ll observe how composing in B&W is different from composing in color, and see how even subject matter can affect composition. We’ll also explore how lighting and different lenses af-

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
fect your end results. We will examine several important photographers and discuss what makes their work so successful. Through weekly assignments and critique, you will train your eye to bring your work to the next level. Come prepared to share your images with the class. Prerequisite—Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu.

LLART 080-001 • M, Sep 20-Oct 25 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC FEE: $125
INSTRUCTOR: Shalee Cooper

Photoshop for the Amateur
Learn to use Photoshop to download, scan, resize, and enhance digital photos. Enhance your photos with deepened color, better contrast, and touch ups. Learn basic tools to create and save beautiful images. This class is a HomeTech series class.

EDTECH 120-001 • S, Nov 6-13 • 9:00 AM-12:00 PM
LOCATION: Annex 2153, Campus • SLC FEE: $99
INSTRUCTOR: Lynne Bennett

GET DEVELOPED

Outdoor Photography: Boot and Shoot
Join us as we enjoy moderate hikes to scenic locations. We will focus on landscape photography but will also cover issues involved in shooting portraits, wildlife, plants, and other subject matter. Film and digital cameras are welcome. The first and last classes will be inside; come prepared to share your work on the final class. Saturday meetings are field trips; times are shooting times and do not include travel. Locations will be discussed at the first meeting; you are responsible for any entrance fees. Please be familiar with the workings of your camera. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu. Saturday classes are field trips.

LLART 180-001 • Th, Sep 23 AND Oct 7 • 6:30:8:30 PM AND S, Sep 25 AND Oct 2 • 4:00-7:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC FEE: $125 + $2 special fee
INSTRUCTOR: Christine Baczek

Photographing Children
Tired of stilted poses and predictable settings that don’t reflect the personality of your child? Learn the tricks the pros use with camera handling, natural lighting, filters, and other creative techniques. You’ll have photo assignments the first two weeknights and an image critique on week three. Saturday sessions will include child models so you can test your photographic skills with instructor supervision. You may end up with the perfect holiday present for your family! You’ll get the most from class if your camera has zoom or interchange-able lenses and manual control options. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu.

LLART 111-001 • T, Sep 14-28 • 6:00-8:00 PM AND S, Sep 18-25 • 10:00 AM-1:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC FEE: $125
INSTRUCTOR: Lillian Early

Night Photography
Capture the mood and atmosphere of moonlit and street-lighted scenes for stunning and unusual results. Explore the possibilities of low-light photography on either traditional film or digital cameras. You will need a tripod, cable release, stopwatch, and flashlight. Photographers of all abilities are welcome to join us as we explore the many creative possibilities after dark. We will experiment with natural and manmade low-light situations to create stunning compositions and ghostly images. In-class demonstrations and out-of-class experiences will help students develop their skills and utilize the light available to them. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu.

LLART 146-001 • Th, Oct 7-28 • 7:00-9:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC FEE: $89
INSTRUCTOR: Shalee Cooper

Flash Photography
Learn the tricks professionals use to create balanced lighting for both indoor and outdoor photographs. We’ll cover exposing for flash; triggering off-camera flashes; balancing flash with available light; multiple lighting sources; umbrella lighting; controlling light with bounce flash, reflectors, snoots, gels; and more. Focus is on portrait photography, though other applications will be covered. This class is designed for serious amateur and aspiring professional photographers. You will need an SLR camera and at least one external flash designed to fit in the camera hot-shoe. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu.

New Courses -
I remember the exact night I fell hard for the blues. My story may be typical for blues lovers, but I was in a rough patch in my life. I had just been dumped by a long-time girlfriend. To top it off, my boss had just let me go from my job. After staring at a blank wall for hours I decided to go drown my sorrows at a local bar. Upon walking in, I heard the most down-and-out, gritty music that just spoke to my soul. This was music that understood my pain. As much as I wanted to wallow in pity, the music by taking me down, actually lifted me up. From that moment on, I couldn't get enough of the blues. I've been a lifelong fan of the music, but now through Lifelong Learning, I finally get a chance to explore the blues with a group of fellow blues lovers.

I've never been so happy singing the blues. The workshop covers all the instruments, even singing. All styles of music have been influenced by the blues, so the workshop appeals to blues fans with different preferences and tastes. However everyone who loves the blues has one thing in common, a soul that has experienced both joy and sorrow in this life.
mk has experienced both joy and sorrow in this life. The blues has one thing in common, a soul that appeals to blues fans with different preferences and tastes. However, everyone who loves the blues has been influenced by covers all the instruments, even learning, I finally get a chance to explore the blues with a group of lifelong music by taking me down, actually ifted me up. From that moment on, I couldn't get this hands-on class. Topics include cinematography, technological operations (e.g., white balance, frame rate, follow focus), lighting, in-camera image processing, temporal compression, transcoding, video editing, and more. Each student will have his/her own Mac computer with Final Cut Pro software for use during class. Additional demonstrations will take place using a Canon 5D Mark II camera and After Effects software. Please bring your own camera (any model with video capability) and manual to the first class. Appropriate for individuals at all skill levels; class is limited to 12. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu.

LLART 192-001 • M, Oct 25-Nov 22 • 7:00-9:00 PM LOCATION: Annex 2169, Campus • SLC FEE: $179 INSTRUCTOR: John Espinosa

How to Photograph a Wedding
Whether you are a budding professional or stepping up to the plate for a friend or relative who needs your help on the Big Day, you'll benefit from knowing what the pros know about wedding photography. We'll cover getting to know the couple, how to shoot during the ceremony, helping the couple be as comfortable as rock stars in front of the camera, getting great family pictures, and capturing those all-important fleeting moments. We'll also discuss editing software, for that all-important task: editing what you shoot. Push the limits of your camera and your mind as you learn to shoot creatively and with your heart. And remember: Weddings are fun! Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu.

LLART 190-001 • M, Sep 20-Oct 18 • 6:30-8:30 PM LOCATION: Annex (see bldg doors for Rm#), Campus • SLC FEE: $115 INSTRUCTOR: Rich Legg

GET IT OUT THERE

Make Short Films with Your Digital SLR
From independent films to wedding videos, the digital single lens reflex camera (DSLR) is fast becoming the tool of choice for filmmakers and hobbyists. See how you can use your video-capable DSLR to make a high-quality film or video in this hands-on class. Topics include cinematography, technical controls (e.g., white balance, frame rate, follow focus), lighting, in-camera image processing, temporal compression, transcoding, video editing, and more. Each student will have his/her own Mac computer with Final Cut Pro software for use during class. Additional demonstrations will take place using a Canon 5D Mark II camera and After Effects software. Please bring your own camera (any model with video capability) and manual to the first class. Appropriate for individuals at all skill levels; class is limited to 12. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu.

LLART 184-001 • T, Sep 14-Oct 19 • 6:30-8:30 PM LOCATION: Annex (see bldg doors for Rm#), Campus • SLC FEE: $115 + $10 special fee INSTRUCTOR: Stephen Pace

Photographing People
People—as portraits, purveyors of story or emotion, or as design elements in a larger frame—have been a focal point of photography since the medium's inception. In this experiential class, we'll look at ways people have been photographed in journalistic, personal, and environmental genres, then add our own creativity for in-class and between-class shooting. Emphasis is on style and experimentation. During the final class meeting, we will evaluate the images we've created. Please understand the basic operation of your camera. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu.

LLART 130-001 • MTWTh, Oct 25-28 • 7:00-9:00 PM LOCATION: 560 W 200 S (private studio) • SLC FEE: $89 INSTRUCTOR: Michael Schoenfeld

Be Successful in Stock Photography
Have you ever wondered how to parlay your love of photography into a remunerative business or side business? In this class, we will explore microstock photography, a relatively new industry that allows any photographer the opportunity to sell his/her photographs online. We'll take a quick look at the history of microstock photography, then move through the application process, equipment requirements, image editing, and key wording. Reading the market and idea generation—the twin keys to success—will be covered in depth, along with how to manage a microstock business. The final class will be a hands-on photo shoot with professional lighting and models in a photography studio, giving each student a start in his or her microstock adventure. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu.

LLART 140-001 • M, Sep 15-Oct 20 • 6:30-8:30 PM AND S, Oct 9 • 10:00 AM-12:00 PM LOCATION: 5282 S 320 W Ste D110 • Murray FEE: $125 + $4 special fee INSTRUCTOR: Brent Holmes

LLART 190-001 • M, Sep 20-Oct 18 • 6:30-8:30 PM LOCATION: Annex (see bldg doors for Rm#), Campus • SLC FEE: $115 INSTRUCTOR: Rich Legg
Fused Glass from Recyclables
If you love fused glass and love the earth, you’ll love this class! Turn recycled window glass and wine, beer, and sake bottles into artistry by melting them in a kiln, then using the lovely swirled result to create window ornaments, holiday ornaments, magnets, and a large platter. Turn glass that others are throwing away into one-of-a-kind items to keep or give away! Class is limited to 10.

LLCFT 222-001 • T, Sep 14-28 • 6:00-9:00 PM
LOCATION: 3474 S 2300 E (private studio) • SLC
FEE: $115 + $35 special fee
INSTRUCTOR: Amber Debirk

Introduction to Fine Jewelry: Casting
Wish you could shape your jewelry into an intricate or unusual shape? When your jewelry making starts with a wax cast, you can. In this class we will carve wax into a mold of your desired shape for a ring, pendant, or earrings. We will then fill the mold with sterling silver; when it sets (and after a bit of polishing) you will have a wearable piece of original art! Please bring $35 to the first class to cover wax, finishing materials, tools, and safety equipment; you are responsible for your own silver (not needed until the last class). Special fee covers facility use. Class is limited to 8.

LLCFT 203-001 • M, Sep 20-Oct 4 • 6:00-9:00 PM
AND T, Oct 5 • 6:00-9:00 PM
LOCATION: Pioneer Craft House, 500 E 3300 S • SLC
FEE: $145 + $10 special fee
INSTRUCTOR: Laura Besterfeldt

Fused Glass Jewelry and Gifts
Learn the basic concepts of cutting, design, safety, firing, and glass compatibility as you create a variety of projects. The possibilities for unique gifts are endless, and the results will be stunning! Project ideas include, but are not limited to:

- Pendant necklaces
- Earrings
- Wine/beer/sake bottle ornaments
- Window ornaments
- Magnets
- Large platter

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
limited to: jewelry, slumped round plate, hair accessories, night light, and wall sculpture. Each student will leave class with several completed projects and the knowledge to begin fusing on his/her own. No previous experience required. Special fee covers equipment and materials. Class is limited to 10.

LLCFT 214-001 • T, Nov 2-23 • 6:00-9:00 PM
LOCATION: 3474 S 2300 E (private studio) • SLC
FEE: $145 + $65 special fee
INSTRUCTOR: Amber Debirk

Native American Flute Making
Working from precut wood, carve a Native American flute that is as lovely to look at as it is to listen to. In this 14-hour workshop, you will carve the flute, finish it inside and out, add carved or inlaid ornamentation, and tune your flute. You will leave class with a completed flute and the knowledge to create others on your own. Special fee covers all tools and materials (except turquoise, should you decide to use this as your inlay material). Class is limited to 6.

LLCFT 212-001 • S, Nov 6-13 • 9:00 AM-4:00 PM
LOCATION: Pioneer Craft House, 500 E 3300 S • SLC
FEE: $159 + $32 special fee
INSTRUCTOR: Bill Hughes

FINANCE AND BUSINESS

Branding for Entrepreneurs: Concept to Completion
When a concept works, your viewer remembers it. They think about it while jogging the next day, and they have a little chuckle. You’ve done it! You’ve married your brand to an emotional response. In an evening of show-and-tell, you’ll see numerous examples of how companies, small and large, went from an initial idea to a concept, and then to a completed campaign. Learn why the concept comes first and how to stop your campaign from wandering off the mark.

LLBUS 187-001 • W, Sep 29 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $39
INSTRUCTOR: Sharon Stasney

Tax-Free Investments
Whether you are looking for a way to reduce your taxes, a reliable income source in retirement, or a less volatile investment vehicle, tax-free investments have a place in your portfolio. Learn how certain investments can deliver tax-free income—and possibly keep you in a lower tax bracket—through this workshop. We’ll also cover the differences between a traditional IRA and a Roth IRA, the benefits and tax consequences of converting from a traditional IRA to a Roth, and the tax law change that benefits those making a conversion in 2010.

LLBUS 179-001 • W, Sep 22-29 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $79
INSTRUCTOR: Susanne Thalman

Investment Strategies for a Lifetime
Young or old, strong economy or weak—variables such as these have no effect on the principles of sound investing. Learn investment basics as well as more advanced strategies as we cover a fundamental and technical analysis of stocks, bonds, options, IPOs, mutual funds, annuities, retirement plans, minimizing taxes, international investing, and using the internet as an investment resource. Tuition includes text.

LLBUS 112-001 • W, Oct 27-Nov 10 • 5:45-7:45 PM
LOCATION: Downtown Campus, 175 E 400 S Rm 102 • SLC
FEE: $79 + $5 special fee
INSTRUCTOR: Sterling Hanson

Plan Your Retirement
Approximately 76 million baby boomers are of the age to retire—but only the ones who have planned ahead will actually be doing so. Whether retirement is a future dream or a current reality, it’s never too soon—or too late—to develop a plan that will allow you to enjoy the activities you love. This multi-faceted evening will cover retirement income and investment strategies, retirement government programs, and general retirement planning. A retirement income planning worksheet will be mailed to all registered participants; if you return the completed form to the instructor by Friday, November 12, he will...
Digital cameras take much of the guesswork out of photography, but that doesn’t mean there’s nothing left to learn. Lifelong Learning’s Photographer’s Toolbox is the perfect place to start learning how to master your camera’s functions and to understand the art of composition. With your newfound knowledge and creativity, you will be shooting like a pro in no time.

GET STARTED TODAY!
Digital Photography: Nuts and Bolts – page 5
Introduction to Digital Photography – page 5  Digital Photography II – page 5
Beginning Photography: Artistic Principles – page 5
provide you with a personalized report the night of class. (Late registrants will receive their analysis at a later date.) Tuition includes text.

LLBUS 171-001 • W, Nov 17 • 5:45-7:45 PM
LOCATION: Downtown Campus, 175 E 400 S Rm 103 • SLC
FEE: $39 + $5 special fee
INSTRUCTOR: Sterling Hanson

**Introduction to Personal Trading and Investing**

Would you like to make your own decisions about stock market investments, without relying on an advisor? Would you like a chance to turn market volatility to your advantage rather than simply riding it out? Get started in the exciting world of personal trading with this workshop. You’ll be introduced to technical analysis of stock charts so you can easily determine if a stock is over- or undervalued. You’ll also learn how to track the events that move financial markets on a daily, weekly, and monthly basis; understand the basics of money management and position sizing so you know how much of your portfolio is at risk at all times; discover the proper risk-to-reward ratio for traders and investors; and learn the most popular trading strategy to earn income on portfolio positions. Finally, we’ll discuss other market opportunities, including advanced option strategies and foreign currencies.

LLBUS 180-001 • Th, Oct 7-28 • 6:30-8:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $99 + $3 special fee
INSTRUCTOR: Brian Kahn

**Option Markets; What, Why and How**

An important vehicle for growth, income, or protection, option trading is actually less expensive and less risky than stock trading. Discover which strategy is right for your investment style as we learn key concepts such as what an option premium is, what “In the Money,” “At the Money,” and “Out of the Money” mean for an option trader, buying versus selling options, and more. See how simple option trading is, and how it can become a valuable part of your investment portfolio.

LLBUS 180-001 • Th, Nov 4-11 • 6:30-8:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $59
INSTRUCTOR: Brian Kahn

**Forex: Trading Foreign Currencies**

Do you have the time, interest, and nerves for day trading? Dip your toe in by participating in this seminar. We’ll cover the fundamental and technical factors that drive foreign currency markets, including leverage, “pip” movement, major and minor pairs, and money management for this very fast, opportunistic market. Class will include live trade demonstrations, as the market is open 24-7!

LLBUS 180-001 • Th, Nov 18 • 6:30-8:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $35
INSTRUCTOR: Brian Kahn

**Paying for Education**

Is there a child in your life whom you would like to offer a head start toward being a financially sound adult? Assisting with educational expenses is a great place to start. Whether you have 18 years to save or just one, this seminar will help you see the value and importance of preparing for a loved one’s future education costs. You’ll get a realistic overview of these costs and see various options for financing education, including 529 plans, Coverdell Education Savings Accounts, and financial aid. We’ll cover what each plan means by “education,” variances in state versus federal laws, and what happens if the targeted child is not able to use the money that has been set aside.

LLBUS 180-001 • T, Oct 26 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $39
INSTRUCTOR: Susanne Thalman

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

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 a photo ID that indicates your age to class.

LLFW 384-001 • F, Oct 15 • 6:00-7:30 PM
LOCATION: Donovan’s Steakhouse, 134 Pierpont • SLC
FEE: $39 + $15 special fee
INSTRUCTOR: Jim Santangelo

Mastering Martinis
Refreshing, sophisticated, and downright tasty, the martini is well established in our entertainment and cultural worlds. Learn how to make the perfect martini as we explore both martinis and martini cocktails, taste the difference between gin and vodka martinis, answer the age-old question “What is vermouth?”, and understand the ins and outs of serving martinis. Along the way, we’ll talk about James Bond, debate shaken or stirred, and marvel at the current trend of martini bars. Please bring a photo ID that indicates your age to class.

LLFW 299-001 • S, Oct 23 • 3:30-5:00 PM
LOCATION: Kristauf’s Martini Bar, 16 W Market St (340 S) • SLC
FEE: $39 + $15 special fee
INSTRUCTOR: Jill Christoffersen

Cocktails for the Holidays
Ready to move beyond beer and wine for personal pleasure and entertaining? Looking for variety from a few basic liquors so you don’t have to break the bank compiling a full cabinet? Join us as we demonstrate techniques for making holiday favorites such as Pumpkin Martini and a variety of Cosmos. You will leave with printed recipes. Please bring a photo ID that indicates your age to class.

LLFW 379-001 • F, Nov 5 • 6:00-7:30 PM
LOCATION: Donovan’s Steakhouse, 134 Pierpont • SLC
FEE: $39 + $15 special fee
INSTRUCTOR: Jim Santangelo

Artisan Cheeses
Ever wonder why some cheeses taste like heaven on earth while others resemble wax or wood? The differences start with the animal and move right on through the production process. In this class, we will focus on American and Southern European farmstead cheeses created from the milk of small herds of animals whose breed and diet are fully controlled by the producer. These animals are not given hormones or antibiotics, and the cheese is not injected with stabilizers or preservatives, practices that greatly enhance both the health benefit of the cheese and its flavor. We will discuss raw versus pasteurized milk and offer a brief history of certain cheeses as we taste 9 to 10 cheeses, cleansing our palette with bread in between.

LLFW 402-001 • M, Sep 20-27 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $59 + $10 special fee
INSTRUCTOR: Melissa Chappell

Raw Desserts
Think a raw food diet precludes rich and yummy desserts? Think again! Fresh, organic, whole food includes items such as chocolate, shredded coconut, fresh fruit, cold-pressed oils, and natural sweeteners which, when artfully combined, create desserts that add nutrition to your diet, help you feel energized, and taste good enough to satisfy even the most persistent sweet tooth. Each participant will get samples of eight desserts and leave with recipes, raw chocolate chip cookies, and raw fudge.

LLFW 402-002 • M, Oct 11 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $59 + $10 special fee
INSTRUCTOR: Melissa Chappell

48 Hour Registration Cutoff - ❌

More course info on page 15
Beer Tastings and Pairings

Ever wonder what the difference between a German Pilsner and a classic American Pale Ale is? Whether you think all beer tastes like bitter water or you’re the one ordering a Belgian-inspired craft brew, join us for an intoxicating journey into civilization’s oldest libation. We’ll begin by examining America’s rich history and diverse beer culture, then briefly explore how beer is produced, both large and small scale. Next we’ll immerse ourselves in beer styles, as we develop our palette and learn to identify different flavor components. Finally, we’ll delve into the world of beer and food pairings, sipping the best ales and lagers as we nibble fine cheeses, sumptuous chocolates, and savory grilled meats. Please bring photo ID that indicates your age.

LLFW 273-001 • T, Oct 5 • 6:00-9:00 PM
LOCATION: 8805 Blue Jay Lane (3650 E. private home) • Sandy
FEE: $49 + $15 special fee
INSTRUCTOR: Ken Kiss & Julie Daily

Artisan Bread Baking

Inspire your senses with the aroma, taste, and texture of freshly baked, whole-grain, artisan breads. But beware! Store-bought bread will never satisfy you again. We’ll make three European breads: a lemon rye batard crafted from a fermented sponge with a citrus scented crumb and dark crust; a french epi with a seeded crust shaped into a sheaf of wheat; and currant orange rolls with a hint of anise, shaped into elegant scrolls. We will show you a foolproof, step-by-step process, from the grinding of whole grains and fermentation to the shaping and baking of the dough. We will mix and knead using a bread machine as well as a stand mixer, and bake using multiple steam techniques for crisp crusts. We’ll demonstrate a variety of practices for both lean and enriched dough and discuss variations for each recipe so you can craft your own signature loaf. See how easy it is to make fresh bread at home regularly! We’ll sample all we make, so arrive hungry. Class is limited to 10 students.

LLFW 273-002 • Th, Oct 21 • 6:00-9:00 PM
LOCATION: 8805 Blue Jay Lane (3650 E. private home) • Sandy
FEE: $49 + $15 special fee
INSTRUCTOR: Ken Kiss & Julie Daily

A Taste of Italy

Italian food is much more then pasta. In this class we will prepare a start-to-finish Italian meal you can share with friends. Bring your sense of humor, a few stories, and your favorite knife, since you’ll be learning knife skills as well. The menu for this interactive class: antipasto: bruschetta con pomadoro, pepperoni, e olives (bruschetta with tomato, roasted peppers, and olives); primo piatto/ zuppa: minestrone con pancetta; secondo piatto: pollo al pinot grigio, risotto alla parmigiana, carote al marsala, and finocchio gratinato (chicken in pinot grigio sauce, risotto with cheese, marsala carrots, and baked fennel with parmesan cheese). And there’s always room for dolce: pesche alla Piemontese con zabaglione (peaches with amaretti stuffing and zabaglione sauce). Buon appetito! This hands-on class requires 48-hour advanced registration.

More course info on page 17
When I found yoga, I found what I had been seeking my entire life. I found my self. I love exploring how my body moves, rediscovering my true nature and living quietly with my mind. Yoga has become a lifestyle; it has become a way of being—whether I’m on or off my mat. When I am in class, I love to look around and watch my fellow yoga devotees. We balance like trees, arm stretched upward as branches. We sink like warriors into fighting poses. We stretch chests upward from the ground like cobras. We arch backs like cats. Sometimes we sweat. We breathe in and out, sometimes audibly. I am devoted to yoga; for fitness and for relaxation. Yoga helps me become stronger, more flexible, and better balanced. Yoga increases the feel good experience in my body and is a great way to restore health. The muscles are contracted and released, which increases circulation and lymphatic detoxification. As a result, the muscles become more supple, and yet, are strengthened. There are so many stress-inducing situations that occur on a daily basis, practicing yoga is truly an oasis in my life. As I see it, the crazier this world becomes, the more yoga will continue to grow. Yoga helps to slow you down. It is the perfect way to quiet the mind, which is absolutely vital in this go-
To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
The Tantalizing World of Tea
Fragrant, healthy, uplifting, and refreshing, tea is enjoyed by more people around the world than any other beverage besides water. Expose yourself to the tantalizing tastes of some of the world’s finest teas in this two-hour class. We’ll complement the tastings with brewing secrets, a look at how tea is processed, a description of its many health benefits, and resources to help you find the elusive, palette-pleasing teas aficionados crave.

Value Wines: Great Affordable New World Wines
Tour the terroir of Australia, South Africa, New Zealand, Chile, Argentina, and the US as we taste and compare six wines under $12. Experience the richness and nuance of these excellent and wonderfully affordable offerings, all of which can be found at your friendly local wine store. Please bring a photo ID that indicates your age to class. Special fee covers all tastings.

Value Wines: Great Affordable Old World Wines
Yes, Old World wines have cache, but as any connoisseur will tell you, values abound the world over. We’ve uncovered those values for you in wines from Portugal, Italy, Spain, Germany, and France. Join us as we taste and compare six wines under $12, all of which can be found at your friendly local wine store. Please bring a photo ID that indicates your age to class. Special fee covers all tastings.

HOME AND GARDEN
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. You will leave with a fresh arrangement each week.

Seed Collecting Workshop
Spend a morning collecting seeds from Red Butte Garden plants to take home and plant. You’ll be shown a variety of plants that are easily propagated from seed, and given tips on best times to collect, how to handle seeds after collection, how and where to store seeds, and where to plant them for best results. You’ll receive a list of plants and envelopes for seed collection. Please bring sharp hand pruners. Co-sponsored with Red Butte Garden; members pay $15 + special fee (ask for section 002 or 004).

Containers for Fall Gardens
Spend a morning at the Garden creating a striking fall container planting. After reviewing plants suitable for fall container gardening, including cool-season annuals, perennials, shrubs, and trees, we will each create a container masterpiece that will hold up through Thanksgiving, and potentially through winter. You’ll receive a 16-inch terra cotta container, soil, plants, and design suggestions. Please meet at the Garden greenhouse. Cosponsored with Red Butte Garden; members pay $25 + special fee (ask for section 002 or 004).

New Courses - 

More course info on page 21
You’re the type of person who likes to move quickly. When others walk, you sprint. When you turn out the lights, you’re under the covers before it gets dark. You like to get in, get out, and get on with your life and your Life-long Learning. That’s why you’ll love our one- or two-day classes. Choose from a wide variety of subjects that will provide you with just the jolt of learning you need in a fast format you’ll love.
Designing With Fresh Flowers
Nothing gets rid of the blues like colorful fresh flowers. In this hands-on workshop, you’ll design and create beautiful arrangements from a variety of flowers, then take your creations home to enjoy each week. Please bring scissors, wire cutters, and a paring knife to the first class. Class is limited to 10.

LLHG 500-001 • T, Oct 12-Nov 16 • 6:30-8:30 PM
LOCATION: Ensign Wholesale Flowers, 461 S 600 E • SLC
FEE: $125 + $72 special fee
INSTRUCTOR: Doreane Corrin

Fall Garden Maintenance
Get a jump on spring gardening this fall. Simple garden clean-up along with dividing, transplanting, pruning, and mulching will leave you ahead of the game come spring. We’ll discuss which perennials to cut back and which to leave until spring, tips for healthy fall transplanting, dividing irises and bulbs, which trees and shrubs can be pruned in fall, and how to protect your garden through mulching. Join us in the Garden as we get hands-on experience cutting back perennials, dividing, transplanting, and pruning. Cosponsored with Red Butte Garden; members pay $63 + special fee (ask for section 002).

LLHG 551-001 • S, Oct 16-30 • 10:00 AM-12:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $69 + $3 special fee
INSTRUCTOR: Camilla Dahl

Homeowner Basics
Tired of paying a pricey professional every time you have a leaky faucet or broken sprinkler head? In this class, we’ll look at common problems with easy fixes: 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. Class is limited to 10.

LLHG 450-001 • M, Oct 18-Nov 8 • 7:00-9:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $89
INSTRUCTOR: Tom Arnold

Furniture Refinishing
Learn how to restore the beauty and function of any piece of furniture in this hands-on class. We’ll cover evaluation, stripping, patching and other repairs; sanding, staining or coloring; touch-ups; and finishing. Turn your old favorites or thrift store bargains into pieces you can be proud of. You may bring a small project if you wish; those without projects will receive hands-on experience with the class project. Class is limited to 8.

LLHG 465-001 • S, Oct 23-Nov 13 • 9:30 AM-12:00 PM
LOCATION: Alonzo’s Refinishing, 154 Navajo Street • SLC
FEE: $119 + $10 special fee
INSTRUCTOR: Alonzo Durrant

Holiday Wreath Making
Welcome your guests this holiday season with a beautiful wreath you’ve created. We’ll start by making a wire frame in the size and shape of your choice, then we’ll weave fresh pine, holly, and other greens into the wire. Finally, we’ll add natural embellishments to make your wreath truly unique; choose from pine cones, fresh berries, twigs, chile peppers, and more. Special fee covers all materials.

LLHG 474-001 • M, Dec 6 • 6:00-9:00 PM
LOCATION: Pioneer Craft House, 500 E 3300 S • SLC
FEE: $39 + $20 special fee
INSTRUCTOR: Mel Wilkey

HEALTHY LIVING

Gentle Yoga
Massage your body with movement as you work through all the major joints of the body, beginning with the feet and toes, then moving through the meridians and connective tissue of the hands, wrists, shoulders, back, neck, and other areas that long to feel more alive. Drawing upon Feldenkrais techniques, and with the help of props, this class will gently improve your balance and range of motion and cultivate a greater sense of ease from within. Excellent for injury prevention as well. This class is for all levels; beginners welcome. Registration for this class buys you a 10-punch card, good for Basic, Gentle, Power I, or All Levels Flow Yoga. You may purchase or renew a punch card at any time during the term by calling 801-587-5433; cards will be honored for six months. Co-sponsored with Avenues Yoga.

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Yoga Basics

The beauty of yoga is that once you learn the basics, you can enter any class and practice safely and effectively at your own level. In this class, you will be introduced to the primary yoga poses with an emphasis on form, function, and the development of breath work--all essential to a good yoga practice. Great for beginners or those who would like to move more slowly, relieve stress, or refine their foundation. This class embodies the truth that yoga is for every body, no matter what age, shape, size, or fitness level. Registration for this class buys you a 10-punch card, good for Basic, Gentle, Power I, or All Levels Flow Yoga. You may purchase or renew a punch card at any time during the term by calling 801-587-5433; cards will be honored for six months. Co-sponsored with Avenues Yoga.

All-Levels Flow Yoga

Love to move, but wish you could warm up, cool down, and hold the poses in between long enough to fully experience the pose? Then All-Levels Flow is for you. This sun-salutation-based class builds strength, balance, coordination, and flexibility by giving you enough time to reach your full expression of every pose—and it keeps you moving, too. Perfect for all levels except never-evers. Registration for this class buys you a 10-punch card, good for Basic, Gentle, Power I, or All Levels Flow Yoga. You may purchase or renew a punch card at any time during the term by calling 801-587-5433; cards will be honored for six months. Co-sponsored with Avenues Yoga.

Basics of Back Care

Do you want to maintain your healthy back or rehab your painful one? Did you know that osteoarthritis is a leading cause of back pain? Join us as we discuss the causes of back pain, then explore the lifestyle issues that contribute to this epidemic health issue. We will look at simple neuro-anatomy, spinal structure, and the muscle patterns and weakness that contribute to back pain, then explore a three-prong wellness model that will enhance and promote spinal health and help alleviate nagging pain. We will also see how posture, core strength, exercise, nutrition, and mind-body relate to back pain, and provide insight into dealing with these issues.

Yoga Experiential Retreat

Relax, renew, and treat yourself to an afternoon of yoga and meditation in the mountains. This workshop includes a bit of everything: pranayama (breathing techniques), flow yoga, LSD (long, strong, deep stretches), inversions, restorative, and meditation. Ahhh! Fee includes access to Cliff Lodge Spa; arrive early or stay late to take advantage of the facilities. Please bring yoga mat, blanket, and a bolster if you have one. Please arrive 15 minutes before class start time.

New Courses -
Help Yourself to Happiness
Many people chase after ideals or material possessions they think will make them happy, only to be left disappointed. You do not need to be younger, richer, married, single, more beautiful, powerful, or prestigious to be happy. Instead, scientific research has shown that through exercises, thought patterns, and practice, anyone has the ability to shift his or her mindset away from disappointment and toward becoming a happier person. Learn to break your unhappy habits in this practical, fun, results-oriented class. Start being happier now. No class October 12.

LLHL 125-001 • T, Sep 21-Nov 2 • 9:00-11:00 AM
LOCATION: 5282 S 320 W Ste D110 • Murray
FEE: $125
INSTRUCTOR: Frank Clayton

Health and Beauty Products: The Good, Bad, and Ugly
Did you know that the Food & Drug Administration does not require companies to test health and beauty products for safety before they hit store shelves? That means it’s up to you to understand if harmful ingredients are in the personal care products you use every day. Chemicals, additives, fragrances, and dyes wouldn’t be an issue if our skin weren’t so good at absorbing stuff. But it is, and if you use several personal care products each day, toxic exposure can add up quickly. In this class, we’ll learn which are the major ingredients to avoid and why, which beneficial ingredients you should look for instead, tips for reading and understanding labels, and how to determine if an ingredient is harmful on an on-going basis. Students are encouraged to bring one personal product to class for analysis.

LLHL 116-001 • M, Sep 27 • 7:00-9:30 PM
LOCATION: Art Barn in Reservoir Park, 54 Finch Lane (1325 E 100 S) • SLC
FEE: $79 + $10 special fee
INSTRUCTOR: Janet Peacock

Couples Massage One-Evening Workshop
Massage can be both pleasurable and relaxing; it can also deepen intimacy and connection with a partner. In this class we will explore the healing benefits of massage by learning some basic techniques. We will also look at how to set up a space at home to practice massage, and how to use skillful body mechanics while giving massage to another. Bring playfulness and curiosity as we delve into the rich world of touch. We will be working on the floor, so please bring three blankets and two towels per couple. Bring a water bottle, and wear clothes that leave room for skin contact (e.g. shorts and a sports bra or tank top.) This class is limited to 8 couples.

LLHL 116-002 • F, Oct 29 • 7:15-10:00 PM
LOCATION: Avenue’s Yoga Studio, 68 K St • SLC
FEE: $79 + $10 special fee
INSTRUCTOR: Carl Rabke

Zen Meditation
The essence of Zen is a direct personal experience that will enable you to relax and manage stress and may also deepen and enrich your life. Zen meditation practices date back 2,500 years to the Buddha himself, but are not confined to any culture or religious tradition. You will learn the traditional postures and breathing techniques as well as the most up-to-date Big Mind Western Zen practice. Please bring a firm cushion or blanket; you may also sit in a chair if the floor doesn’t work for you. Class will include both instruction and discussion.

LLHL 107-001 • W, Oct 6-20 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $79
INSTRUCTOR: Mark Esterman

Balanced Eating for Healthy Weight Loss
Dieting doesn’t work. Take the weight off with food—not by omitting it from your life, but by discovering how it affects your body and incorporating that knowledge into lasting changes. We’ll cover key weight-loss and health-promoting concepts including how to balance your blood sugar, how to decipher what food labels really say, and why you must emphasize whole foods over refined and processed ones. This class isn’t about willpower, it’s about rebalancing your body’s chemistry to get cravings under control. Rather than forbidding favorite foods, we explain the reasons to make healthy choices, educate away doubts and frustrations, and teach you how to keep weight off for good. Feel the difference eating well brings to your mood, energy level, and life as a whole.

LLHL 113-001 • Th, Oct 21-Nov 11 • 7:00-8:30 PM
LOCATION: 5282 S 320 W Ste D110 • Murray
FEE: $69 + $15 special fee
INSTRUCTORS: Michelle Larson & Kari Moe-Hoffman

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
Theta Healing Workshop
Theta healing is a self-empowering system that is spiritually grounded in the state of unity consciousness. Theta healing teaches you how to step into your own strength and take control of your thoughts, beliefs, emotions, and your personal world. In this 3-day workshop, you will be trained in the internationally recognized ThetaHealing® technique. You will learn to open your own natural abilities and trust yourself, and to make the life changes you want by connecting and holding a deeply relaxed state of consciousness. Please dress comfortably; class is experiential. Your fee includes a manual, book, and various handouts; with successful completion of this workshop, you will receive certification as a ThetaHealer®.

LLHL 111-001 • F, Nov 5 • 6:30-9:30 PM AND SSu, Nov 6-7 • 11:00 AM-4:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $385 + $20 special fee
INSTRUCTOR: Kathy Scott

All About Chakras
Eastern tradition teaches that we have wheels of energy that unite and balance our spiritual and physical aspects. Understanding the body’s seven basic chakras will help you balance this energy within yourself. In this experiential workshop, we’ll use real-life situations and introspective activities to see how chakras levels of awareness work. Join us as we work to clear your chakras and keep them running smoothly and energetically!

LLHL 124-001 • S, Oct 16 • 9:00 AM-4:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $85
INSTRUCTOR: Kathy Scott

LANGUAGE
Walk and Talk Spanish
Stretch your legs while you talk Spanish and meet other folks with whom to practice your language skills. We’ll head to a different destination each week, speaking in Spanish as we go (examples might be a cafe or restaurant, the zoo, an art gallery, a market, a park), or perhaps we’ll take a foothills hike. At each location, you’ll practice vocabulary specific to the destination. Open to novice through advanced speakers (no complete beginners, please). You will be notified where to meet each week. Admissions or food or beverage purchases are not included. This class is limited to 10.

LLHL 398-001 • Th, Sep 9-Oct 7 • 5:30-7:00 PM
LOCATION: SLC
FEE: $99 + $5 special fee
INSTRUCTOR: Amparo Escorcia

Conversational Spanish I
Learn conversational Spanish in a relaxed atmosphere. Class covers the language skills needed for travel, everyday situations, and communication with Spanish-speaking employees. Please expect about two hours of homework each week. No class November 25 (section 002).

LLLAN 354-001 • T, Sep 14-Oct 19 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $135 + $15 special fee
INSTRUCTOR: Shauna Mayer

Conversational Spanish II
For students who have had beginning Spanish or equivalent. You’ll learn new vocabulary, practice pronunciation, and explore actions and speaking in the future. Please expect approximately two hours of homework each week. No class November 23. If you do not own the text from Spanish I, you will be asked to purchase it in class ($15).

LLLAN 355-001 • T, Oct 26-Dec 7 • 6:30-8:30 PM
LOCATION: 5282 S 320 W Ste D110 • Murray
FEE: $135 + $3 special fee
INSTRUCTOR: Shauna Mayer

Conversational Spanish II
For students who have had beginning Spanish or equivalent. You’ll learn new vocabulary, practice pronunciation, and explore actions and speaking in the future. Please expect approximately two hours of homework each week. No class November 23. If you do not own the text from Spanish I, you will be asked to purchase it in class ($15).

French for Foodies
Love practicing French? Love to cook and eat? Combine your passions as we explore vocabulary for les cuisines, the culture of food of France, and the very essence of French cooking—all with a native speaker. See how food is integral to get-togethers, why food shopping in France is such a great experience, and which dishes make guests say “oo-la-la”. You will also be treated to homemade French treats. This class will be conducted primarily in French; no complete beginners, please.

More course info on page 25
Conversational French I
For students with little or no background in French. Learn to speak authentic conversational French in a relaxed atmosphere. Class covers the basic conversational skills needed to prepare students for travel and everyday situations in French-speaking countries. Emphasis is on speaking with a correct accent and syntax.

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. No class November 25.

Italian for Foodies
Love practicing Italian? Love to cook and eat? Combine your passions as we explore vocabulary for cuochi, the culture of food of Italy, and the very essence of Italian cooking—all with a native speaker. See how food is integral to get-togethers, why food shopping in Italy is so much fun, and which seasonings make guests say che bonta. You will also be treated to homemade Italian desserts. This class will be conducted primarily in Italian; no complete beginners, please.

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.

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.

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. Special fee covers The New Practical Chinese Reader and its workbook.

Mandarin Chinese II
Continue working on pronunciation, syntax, and simple characters as we learn numbers; express likes and dislikes; and address the polite behavior and language for meeting people, making an appointment, accepting or declining an invitation, and conversing about your family and occupation. Chinese manners and culture will continue to be an integral part of our study. If you do not own the texts referenced in Mandarin I, you will be asked to purchase them ($35).

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

**Piano: Play by Ear**
Have you ever longed to sit at the piano and play without the aid of the written page? Whether a relative beginner or a seasoned musician, you can learn the skills needed to play by ear. Playing by ear is not just for the gifted few. In this course you will learn to test and train your ear to find a melody on the piano, then choose and construct the chords to accompany it. We will explore the secret language of chords and how to vary them according to style. Did you know there are many different ways to play the same chord? And that a family of chord substitutions exists to achieve the particular result you desire? You will take home a study guide with accompanying CD to use for your ongoing practice and reinforcement; these include weeks or months of lessons that will allow you to continue your learning from this practical and enjoyable class.

LLMT 426-001 • Th, Sep 16-Oct 30 • 7:00-8:30 PM
LOCATION: West Institute, 290 S University • SLC FEE: $65 + $40 special fee
INSTRUCTOR: Rhonda Bennett

**Composing Music**
Do you have a song running through your head, but not sure how to write it down? Do you have dynamite lyrics but no music to accompany them? Writing music is not as hard as you may think. In this class, we will learn to compose by scale and chord progression frameworks, giving us a guide to develop melodies, harmonies, and chordal foundations. Song form, style of music, rhythm, and music theory will also be presented to help us with our craft. Appropriate for those who have never written music, have lyrics that need music, or have songs that could use refining. You’ll leave class with the tools and processes to compose music more easily and efficiently. This class is limited to 10 students.

LLMT 382-001 • T, Sep 28-Nov 2 • 7:00-8:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC FEE: $99 + $10 special fee
INSTRUCTOR: Michael Lucarelli

**Blues Music Workshop**
Join us for a group musical experience as we explore The Blues! We’ll cover rhythm, melody, harmony, chords, scales, improvisation, and music theory as we practice together. We will also explore Blues in relation to folk, country, rock, jazz, and other styles of music. All instruments are welcome, including voice, guitar, bass, drums, fiddle, harmonica, keyboard, brass, woodwinds, and strings. Please bring your instrument to the first class. Appropriate for advance beginners through advanced players. Class is limited to 10.

LLMT 375-001 • Th, Sep 16-Oct 7 • 7:00-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC FEE: $99 + $10 special fee
INSTRUCTOR: Bruce Christenson

**African Drumming**
Experience the community and excitement of a drum circle and explore traditional rhythms from Africa and the Diaspora in this fun, user-friendly introduction to hand drumming. Develop your inner rhythms as you learn to understand and follow a beat with simple and multi-part drumming patterns. We’ll also cover Djembe playing technique and the ensemble-playing skills of rhythmic listening, soloing, and improvisation. Feel the culture come alive as you play on a hand-carved African Djembe drum. No musical experience required. Drums and background instruments are provided. No class October 14.

LLMT 415-001 • Th, Sep 16-Oct 28 • 7:00-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC FEE: $109 + $15 special fee
INSTRUCTOR: Andy Jones

**Guitar: Beginning**
No experience necessary. Learn the basic techniques—note reading, chords, rhythm, and music fundamentals—that will put a solid foundation under new players and be applicable to all styles of guitar music.

LLMT 382-001 • T, Sep 28-Nov 2 • 7:00-8:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC FEE: $99 + $10 special fee
INSTRUCTOR: Michael Lucarelli

**Back-Country Car Camping**
Want the solitude of backpacking, but with fresh food, luxury items, and no effort? Would you like to explore remote areas far from services but don’t know where to spend the night? Utah and many areas of the West are full of scenic back roads with areas perfect for car camping. In this class you’ll learn...
how to find a campsite, how to protect the environment in which you are camping, essential gear for comfortable car camping, where is the bathroom?, safe traveling tips for isolated back roads, where to find detailed maps, and how to prepare for emergencies. We’ll also suggest areas that are particularly rich in car camping opportunities and provide access to rock art, wilderness hiking, and Western ruins.

LLPOT 686-001 • W, Sep 15 • 6:30-9:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $35 + $2 special fee
INSTRUCTOR: Marjorie McCloy

Italy on a Shoestring
Love to travel, but mindful of the economy? See how to visit Italy this summer without breaking the bank. We’ll look at cutting costs on travel within the country, lodging, food, and more. We’ll also discuss when it’s worth it to splurge. Focus is on Tuscany, Umbria, and Rome.

LLPOT 692-001 • Th, Sep 9 • 7:00-9:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $35
INSTRUCTOR: Giuliana Marple

Tour the Avenues Cemetery
Many of us walk the cemetery to enjoy its peaceful nature and its historically and visually interesting headstones. But how many know the fascinating details of this lovely piece of land and its residents? In this class, we will wander among the graves of the famous and infamous as we discuss the development of the land and the challenges it has faced over the years, who died when and why, headstone symbols, burial customs, and more. We will also look at the botany of the cemetery, as well as the birds and animals that frequent this urban refuge.

LLPOT 693-001 • Th, Sep 16 • 6:00-8:30 PM
LOCATION: Sexton’s building, Salt Lake Cemetery, 4th Avenue and N Street • SLC
FEE: $35
INSTRUCTOR: Doug Alley

Shamanism I: Seeing with the Eyes of the Shaman
Shamanic cosmology has been passed down from student to teacher for millennia and offers a map to awaken human consciousness. Explore this ancient cosmology and learn to perceive the world through the eyes of a Shaman as we learn to walk between the “worlds” of our conscious, unconscious, and super conscious mind. We will learn specific techniques to travel beyond time and space and work with unseen energy. We will shift our literal stories and the psychology of our mind and dance with the Shaman at the level of the mythic through ritual, ceremony, and other journeying techniques. By shifting our perception to the mythic, we can gain knowledge and heal our lives on the essential energetic, blueprint level of existence.

LLPOT 702-001 • W, Oct 20-Nov 17 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $119
INSTRUCTOR: Andrea Bernstein

Reading the Tarot
Develop insights that serve your personal development and the development of those around you by learning to read tarot cards. Working with an array of spreads and decks, students will learn the meanings of cards in the major and minor arcanas along with techniques and exercises to help you read for yourself and others. Drawing upon the best array of Tarot authors, experts, and resources available, this course will help you develop your own individual talents and strengths, enhance your intuition, and expand your own creative possibilities—the very best way to learn Tarot! Please bring either a Waite-based or Crowley-based tarot deck to the first class; go to www.margaretruth.com/ Tarot/decks to see deck suggestions for beginners. Special fee includes text.

LLPOT 703-001 • T, Sep 21-Oct 5 • 6:30-9:30 PM
LOCATION: 5282 S 320 W Ste D110 • Murray
FEE: $115 + $18 special fee
INSTRUCTOR: Margaret Ruth

How Our Life Stories Shape Us
We experience our lives through the stories we tell. It’s our story of an event, not the sensations themselves, that we remember. But what shapes our stories? Is there a formative period during which an overarching narrative gels? Through in-class exercises, you can uncover the story beneath your life events and see how it shapes your ongoing experience of life. We’ll look at how autobiographical memory works, why we sometimes lie to ourselves, how to identify significant themes in our life’s narrative, and much more. By the end of the course, you’ll have tools for analyzing your narrative structure and will
see how radically your life story filters your perceptions, forms your expectations, and guides your path.

**LLPOT 705-001 • M, Oct 18-Nov 22 • 6:30-8:30 PM**
**LOCATION: Annex (see bldg doors for Rm#), Campus • SLC**
**FEE: $125**
**INSTRUCTOR: Sharon Stasney**

**Historic Tour of Fort Douglas**
The US Army played a pivotal role in the settlement and development of Utah Territory. Join Ft. Douglas’ museum curator for a discussion of the history of Fort Douglas and a walking tour of the post grounds and historic buildings. Learn more about the early conflicts between the army and Mormon authorities and how the officers attempted to recreate Victorian society on the post.

**LLPOT 710-001 • W, Sep 29 • 6:30-8:30 PM**
**LOCATION: Ft Douglas Museum, 31 Potter St • SLC**
**FEE: $29**
**INSTRUCTOR: Ephriam Dickson**

**Traditions in Native American Jewelry**
Learn the jewelry styles, meanings, and traditions of Native American tribes from the Southwest in this fascinating class. We will explore the origins of Native American jewelry, including that made with metals, stone, shells, and other objects, and discuss how the artistry reflects individual tribes and their beliefs. We’ll then see how the art evolved and how it is continuing to do so, and view examples of original, handcrafted jewelry.

**LLPOT 713-001 • Th, Nov 4 • 6:30-8:30 PM**
**LOCATION: Annex (see bldg doors for Rm#), Campus • SLC**
**FEE: $29**
**INSTRUCTOR: Winston Mason**

**Green Living Simplified**
You want to be Green, you believe in it, and most of the time, you walk the talk. Or do you? Sometimes habits, lack of information, or perceived inconveniences get in the way of the best intentions. In this class, you’ll learn how to get the biggest bang from your Green buck as we answer questions such as: is plastic sometimes the best choice? is it best to idle or restart my car? what’s the best way for my food to travel? and many more. Along the way we’ll discuss why habits are so hard to break and how opportunities to be Green—without sacrificing comfort or convenience—are abundant in your home and office. Don’t spend your valuable time researching answers that are incredibly hard to find. We’ll point you in the right direction, and motivate you to make a difference.

**LLPOT 715-001 • Th, Sep 30 • 6:30-8:30 PM**
**LOCATION: Annex (see bldg doors for Rm#), Campus • SLC**
**FEE: $29**
**INSTRUCTOR: Lori Van Rum**

**Oral Tradition: Preserve Your Loved Ones’ Stories**
Everyone has a story to tell, whether it’s the hilarious back story of how your grandparents met, the remarkable immigration voyage of a favorite uncle, or the heartbreaking yet inspiring lessons learned by a brother serving his country. In this course, you’ll learn how to collect and preserve the oral histories of your loved ones and capture cherished memories for generations to come. Find out how to prepare for your interview, ask the right questions, and listen.

**LLPOT 716-001 • Th, Nov 4-11 • 7:00-8:30 PM**
**LOCATION: Annex (see bldg doors for Rm#), Campus • SLC**
**FEE: $39**
**INSTRUCTOR: Jennifer Napier-Pearce**

**Dressing Well Over Fifty**
When you go shopping, does it seem like all the cute clothes were designed with 30 somethings in mind? Are you finding it harder and harder to wear the old standbys in your closet, as your figure and coloring changes? Are you wanting to look as stylish as you did 10 years ago without seeming like you’re grasping for youth? Do you want to avoid turning into your mother? Join us as we look at solutions for post-menopausal problem areas; experiment with colors and styles; look at shoes, hair, and make-up; and talk fashion sense in general. Students are encouraged to bring problem clothes with them to class for advice on tossing or refurbishing.

**LLPOT 717-001 • Th, Nov 4-18 • 6:30-8:00 PM**
**LOCATION: Annex (see bldg doors for Rm#), Campus • SLC**
**FEE: $69**
**INSTRUCTOR: Auretha Callison**

**Good Donorship: How to Vet an Aid Organization**
Which organization should you give to after a disaster? How can you tell if a nonprofit will use your money wisely or waste it? With more than 1.5 million nonprofits in the US competi-
PUT YOUR BESTSELF FORWARD
A Better You

Pick one thing you’d like to improve about yourself. Would it be to eat better, to get more exercise, to practice green living, or maybe even to dress in a more stylish fashion? There are many things you can do to put your best self forward. One way to start is by enrolling in a Lifelong Learning class that focuses on personal improvement. Because when you make a commitment to be a better you, happiness follows.

Balanced Eating/Weight Loss — page 23
Help Yourself to Happiness — page 23
Flow Yoga — page 22
Zen Meditation — page 23
Dress Well Over 50 — page 28
Good Donorship: How to Vet an Aid Organization — page 28
Green Living Simplified — page 28
Boot Camp Fitness — page 33
Be a Bike Commuter — page 33
There is no shortage of need in the world today. From sudden catastrophes to ongoing struggles, there are many worthy causes. So it seems like it should be simple to pick a charity to support with your time, money, or resources, right? Yet, in reality there are many different questions you should ask before you make your decision. Are you concerned with the organization's overhead? In other words, does your money go to the cause or does the majority of it cover organizational expenses? What about where a charity works? Many people prefer to support charities that work in their own communities, so they can see the results firsthand. What about tax implications and fraud protection? Of course, the most important question and the one most difficult to answer relates to an organization's effectiveness. In my own life, I want to give, and I definitely want my donations to really make a difference.

The first step is by taking the good donorship class through Lifelong Learning at the University of Utah. The class covers the ins and outs of charitable giving, answering all your questions. By the end of the class, you will know how to support organizations effectively and in a way that proves what you do really makes a difference in your community and in the world.
proves what you are doing is really making a difference in your community and in the world. The class covers the ins and outs of charitable giving, answering all your questions. By the end of the class, you will know how to support organizations effectively and in a way that is by taking the good donorship class through Lifelong Learning at the University of Utah.

The answer relates to an organization’s effectiveness. In my own life, I want to give, and I definitely want my donation to that my charitable contributions really make a difference.

Earthquake: Why, When and What You Can Do
Recent earthquakes in Haiti and Chile have shown us, once again, the devastation a powerful earthquake can cause. Yet few of us fully embrace the fact that a strong earthquake could occur right here. In this workshop, we will show you where Utah’s fault lines lie, which ones are considered most active, and which parts of the Wasatch Front are most likely to be severely impacted when a strong quake occurs. We’ll also discuss the risk factors of various types of home construction and steps you can take to protect your home, you, and your loved ones.

Private Investigation for Non-professionals
Learn the basic methodology private investigators use for conducting background investigations for personal or business needs, locating a missing person, and investigating suspicious or unusual deaths. We’ll discuss the legalities present with each form of investigation, then offer techniques and resources that are both legal and fully accessible to the public. For each type of investigation, actual cases will be presented. At the end of the course, you’ll have the ability to conduct your own basic investigation, saving you hundreds or even thousands of dollars.

RECREATION

Off the Couch: A Walking Tour of Salt Lake Treasures
Need some inspiration to get you walking? Our off-the-couch crew will provide just that. Each week we’ll meet at a different spot in Salt Lake City and head toward a surprise destination. It might be a viewpoint; it might be a hidden garden; it might be a piece of sculpture, a unique piece of architecture, or even an outdoor patio for a cup of decaf and dessert! Regardless of where we go, you’ll get an hour to an hour-and-a-half of moderate to brisk walking, the companionship of others, and a surprise. Three good reasons to leave the couch! Please wear comfortable walking shoes and bring water. You will be notified where to meet before the first class. No class Sep 23.

Intermediate Golf for Women
Refine the skills you learned in Beginning Golf in this small, women-specific class. We will continue with our focus on finesse over power as we work with grip, stance and posture, aim, and swing. All equipment is provided; your fee includes a voucher for 9 holes of golf. Prerequisite: Beginning Golf for Women or equivalent experience. Class is limited to 8.

Barefoot Running
Want to up your performance while reducing your chance of injury? Barefoot running dates from prehistory; it is drawing attention today because runners recognize that it offers increased efficiency and perfor-

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
mance at a lower injury rate. In this class you will learn the fundamentals of correct running form suitable for any distance; we will then focus on the natural adaptation of correct form that occurs when one runs barefoot. Learn how modern shoe design actually promotes incorrect running form. Please come prepared to run the first day of class; we will gather in a classroom, then head directly outdoors.

**LLREC 772-001 • MW, Sep 13-22 • 5:30-6:30 PM**
**LOCATION: Annex (see bldg doors for Rm#), Campus • SLC**
**FEE: $49**
**INSTRUCTOR: Ryan Cannon**

**Be a Bike Commuter**
Toned legs and lungs; beautiful scenery; a healthier you. If these aren’t reason enough to become a bike commuter, how about the high price of gas, air quality alerts, and limits to our natural resources? In this class, we’ll look at perceptions that surround bike commuting (both good and bad), then get down to practicalities: commute clothing; making your bike commute friendly; carrying your stuff; roads, routes, and paths; rules of the road/safety; storing/parking your bike; and making yourself presentable when you arrive. We’ll also cover emergency kits and repairs, conflicts with drivers and other road users, and first aid for common bike injuries. Please bring a day pack with binoculars, camera, warm layer, rain coat, snacks, and water. You will be notified where to meet.

**LLREC 774-001 • S, Sep 25 • 9:00 AM-1:00 PM**
**LOCATION:**
**FEE: $49 + $3 special fee**
**INSTRUCTOR: Bruce Christenson**

**Wildlife of the Wasatch**
Wildlife is everywhere in the Wasatch, but your chances of seeing wild creatures are greatly enhanced if you know the habitat—and habits—of the moose, elk, deer, bear, cougar, mountain goat, coyote, eagle, hawk, and other wildlife that call the Wasatch home. Join us as we hike to areas where we are likely to see animals. Along the way we will explore the habitat of many of our other wild friends as we learn where and when we have the best chance of observing these animals. Safety issues regarding surprise wildlife encounters will also be covered. Please bring a day pack with binoculars, camera, warm layer, rain coat, snacks, and water. You will be notified where to meet.

**LLREC 775-001 • W, Sep 29-Nov 17 • 7:00-9:00 PM**
**LOCATION: Universal Swell Gym, 910 E 3300 S • SLC**
**FEE: $99**
**INSTRUCTOR: Missy Jones-Orr**

**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, Oct 19-Nov 16 • 7:30-9:00 PM**
**LOCATION: SLC**
**FEE: $85**
**INSTRUCTOR: Larry Smith**

**Aerial Dance: Silks and Trapeze**
Want to fly? Experience gravity in a new way through aerial dance. You will develop greater strength, flexibility, and connectivity as we focus on the basics of aerial silks and trapeze. Open to all ages and abilities; class will be tailored to suit the bodies in the room. No aerial or dance experience necessary. Class is limited to 8.

**LLREC 768-001 • W, Oct 20-Nov 17 • 5:30-6:55 PM**
**LOCATION: Sugar Space, 616 E Wilmington Ave (2190 S) • SLC**
**FEE: $89 + $15 special fee**
**INSTRUCTOR: Jennifer Raun**

**Indoor Rock Climbing**
You don’t have to be a hardcore adventure junkie to get the fitness and fun benefits of climbing. In this four-
week class, you’ll learn to properly belay and safety skills as well as the basics of moving up a wall—all in a friendly, non-competitive environment. We’ll practice precise footwork and how to use your feet, how to work with holds and the importance of looking ahead, improving reach with body position, and climbing with your legs as well as your arms. Enjoy this fun and fascinating way to get fit! All equipment, including shoes and harness, is included, as well as a one-week pass to Rockreation. Class is limited to 10.

LLREC 739-001 • F, Oct 22-Nov 12 • 7:00-9:00 PM
LOCATION: Rockreation, 2074 E 3900 S • SLC
FEE: $120
INSTRUCTOR: Climbing Professionals

**Animal Tracking**

Late fall, when the ground is lightly covered with snow, is a perfect time to see animal tracks—and the conditions also allow for easy walking. 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 tracks of coyote, porcupine, bear, mountain lion, and bobcat. We’ll investigate the particular characteristics, size, age, and direction 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.

LLREC 718-001 • S, Nov 20 • 9:00 AM-1:00 PM
LOCATION: TBA
FEE: $49 + $5 special fee
INSTRUCTOR: Bruce Christenson

**Full Moon Lunar Eclipse Snowshoe Hike**

Celebrate the winter solstice on snowshoes in the scenic Wasatch Mountains and experience a full lunar eclipse! You will receive tips on snowshoe technique, instruction in winter emergencies, and hot cocoa and snacks. Please bring boots suitable for snow and snowshoes (rentable at REI or through the U’s Outdoor Program, among others). Students will be notified where to meet.

LLREC 652-001 • T, Dec 21 • 7:00-9:30 PM
LOCATION: TBA
FEE: $29 + $3 special fee
INSTRUCTORS: Climbing Professionals

**WRITING/CREATIVE GET STARTED**

**Read Like a Writer**

We are readers before we are writers, and reading continues to shape, to fill, and to drive our work once we become writers. In this one-day session we will explore the act of writerly reading: how does it differ from other kinds of reading? What do writers notice in the writing of others that the average reader might not, and how do they use what they find in their own work, without becoming imitative? Show up prepared to read, mark, and discuss. Please bring a sack lunch.

LLREC 718-001 • S, Nov 20 • 9:00 AM-1:00 PM
LOCATION: TBA
FEE: $49 + $5 special fee
INSTRUCTOR: Bruce Christenson

**Read Like a Writer II**

Love to read, but want to read “better”? Need help choosing, among the plethora of books, ones that will capture your heart and soul? Ready to move beyond reading to escape, and into reading to discover, learn, question, and connect? Join us as we read selected short stories from masters of the art, then convene to discuss, not only the context, imagery, and meaning of the work, but also how each author employs the craft of writing to develop characters, move plot forward, and touch readers? lives. This course is designed (but not required) to be taken in conjunction with “Read Like a Writer” (LLWRC 779).

LLWRC 816-001 • W, Sep 22-Oct 6 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $75 + $4 special fee
INSTRUCTOR: Nicole Robinson

**Toolbox Basics**

This course will focus on a group of specific techniques for shaping and informing your writing, including voice, tone, and point of view; use of tense; and use of detail. Through analysis and discussion of sample texts and numerous in-class exercises, we will work toward achieving vivid precision. Each session will focus on a different tool or group of related tools; come prepared to read, write, and talk. As preparation for this class, we suggest you take “Read Like a Writer” (WRC 779). No class November 24.

LLWRC 780-001 • W, Oct 20-Dec 1 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $149 + $5 special fee
INSTRUCTOR: Jennifer Gibbs

More course info on page 35
GET SERIOUS

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.

LLWRC 760-001 • Th, Sep 9-Oct 14 • 6:30-9:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $179 + $15 special fee
INSTRUCTOR: Dawn Marano

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 at least 10 double-spaced pages in draft form 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, Oct 19-Dec 7 • 6:30-9:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $199 + $15 special fee
INSTRUCTOR: Dawn Marano

The Personal Essay
What question burns inside you? What have you seen or experienced that you must share? What real story do you need to tell? Have you always wanted to explore the subject in writing but haven’t been sure where to begin? Launch into writing the essay in this 6-week course and explore the world in a whole new way. An intensive search for understanding of a particular topic, the essay usually takes on a subject outside the self, though the writer often explores it through the lens of personal experience. We’ll use Tracing the Essay by Doug Atkins and On Writing Well by William Zinsser as guides (please bring your own copies to class.) We’ll mine essay material from the top down, starting with the “haunting topic,” bringing to light its supporting details, exploring what we don’t know about it, and tapping into its universal themes. Supplemental readings will include essays by Dennis Covington, Terry Tempest Williams, Ron Carlson, and Kim Barnes. We’ll discuss, write, and share our essays in a mini-workshop on revision. Open to writers of all levels of experience who are confident with basic sentence structure and composition.

LLWRC 782-001 • T, Sep 14-Oct 19 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $149
INSTRUCTOR: Dorothy Solomon

Boot Camp for Writers
Do you need to jumpstart your writing? Are you working on a project, but need feedback as you go? With weekly prompts and guided in-class critiques, this class will help you get writing, stay writing, or improve the writing you already have. All genres are welcome. Note: This class is not designed to teach creative writing fundamentals. You will benefit the most if you have previously taken “Toolbox Basics,” “Creative Nonfiction I,” or “Fiction Fundamentals,” or have equivalent experience.

LLWRC 805-001 • W, Oct 13-Nov 17 • 7:00-9:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $149 + $5 special fee
INSTRUCTOR: Nicole Robinson

Grammar & Punctuation
This workshop succinctly explains the logic of rules, identifies the exceptions, and emphasizes the skills needed to write and edit with accuracy. Topics include spotting and correcting run-on sentences, sentence fragments, dangling modifiers, reference and agreement errors, and inappropriate use of punctuation.

LLWRC 812-001 • M, Sep 27-Nov 1 • 6:30-9:00 PM
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC
FEE: $149
INSTRUCTOR: Barbara Bannon

Crisis Memoir
Have you been searching for words to articulate your life’s stranger-than-fiction twists and turns? Do you suspect you might be able to write your way through a difficult passage? In this creative nonfiction course, we will draw on personal experience

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as well as on readings from Mark Doty’s memoir *Heaven’s Coast*, about losing a partner to AIDS; Gretel Ehrlich’s *A Match to the Heart*, about being struck by lightning; and Craig Childs’ *The Way Out*, about facing both inward and outward wilderness. You will be guided toward your most authentic expression, addressing questions of personal honesty, narrative cohesion, metaphorical resonance, and literary ethics. No class November 25.

**LLWRC 817-001 • Th, Oct 21-Dec 2 • 6:30-8:30 PM**  
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC  
FEE: $149  
INSTRUCTOR: Heidi Hart

### GET PUBLISHED

#### Publish Your Book
Have a book in the bottom drawer? Find out how to get it out there from Gibbs Smith. Discussion includes how the publishing business works, the pros and cons of agents, how to submit a manuscript, what to expect from a contract, and what’s hot in the fiction and nonfiction markets.

**LLWRC 806-001 • Th, Nov 11 • 7:15-9:00 PM**  
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC  
FEE: $49  
INSTRUCTOR: Gibbs Smith

### Op Eds: The Craft of Speaking Your Mind
Have an opinion to share but need help putting it down on paper? In this one-day workshop, you’ll learn how to craft an attention-grabbing lead, build your case, refute your critics, and wrap up your argument. We’ll look at a variety of op-ed pieces from national and local newspapers (print and online) and learn how and where to submit your pieces. Come to class with several topics you feel passionate about and want to explore.

**LLWRC 818-001 • S, Oct 23 • 9:00 AM-1:00 PM**  
LOCATION: Annex (see bldg doors for Rm#), Campus • SLC  
FEE: $55 + $2 special fee  
INSTRUCTOR: Michelle Morris

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KUER enriches the lives of people with award-winning news and information programming in a balanced, non-commercial context. KUER represents an invaluable connection between The University of Utah and the greater community.
I took three years of French in high school and became what I consider to be fluent. But since I graduated, I haven’t had much chance to use the language. French is such a beautiful language. The cadences and phrases sound so melodic. Whenever the opportunity comes up to speak French, I jump at the chance. I have had a couple of boyfriends that have appreciated a few sweet nothings whispered in French, but it seems like that has been the extent of my French-speaking for the last two or three years. I am definitely planning on an extended visit to Paris, but that is probably still a few years away. In the meantime, I found a great way to practice French in tandem with another newly discovered love—cooking.

There’s nothing better than the opportunity to combine my passions of speaking French and French cooking. I know French food has the reputation of being decadent, but once you get into it, there’s nothing better than properly prepared French cuisine. French for Foodies is the perfect way to learn more about French cooking and discover my passion for both languages. So, in addition to being able to practice my French, I get treated to fabulous homemade French treats. Ooo-la-la!
I took three years of French in high school and became what I consider to be fluent. But since I graduated, I haven't had much chance to use the language. French is such a beautiful language. The cadences and phrases sound so melodic. Whenever the opportunity comes up to speak French, I jump at the chance. I have had a couple of boyfriends that have appreciated a few sweet nothings whispered in French, but it seems like that has been the extent of my French-speaking for the last two or three years. I am definitely planning on an extended visit to Paris, but that is probably still a few years away. In the meantime, I found a great way to practice French in tandem with another newly discovered love—cooking. I know French food has the reputation of being decadent, but once you get into it, there's nothing better than properly prepared French cuisine. Gives me the opportunity to combine all types of French cuisine Lifelong Learning discovered my passions of speaking French and French cooking. French for Foodies is the perfect way to learn more about French cooking in a class where we only speak French. So, in addition to being able to practice my French vocabulary, I get treated to fabulous homemade French treats. Ooo-la-la, I think I'm in heaven.
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A & C = Adult & Child
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Great Salt Lake Boat Harbor  SmartSpace
Green Building Center  Squatters Brew Pub
Gygi’s Culinary Solutions  Squatters Roadhouse Grill, Park City
Kanzeon Zen Center  Sugar Space
King’s Cottage  The Rose Shop, Sandy
Kristauf’s Martini Bar  The Tea Grotto
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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 1175 (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 four days before the first class session. We regret that no refunds can be given after that time. The refund policy does not apply to overnight classes or to some special fees.
D I R E C T I O N S

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

Exit I-15 at 600 South. Head east to 1300 East; turn left (north) to 500 South. Turn right (east), to Mario Capecchi Drive (formerly Wasatch Dr.); turn left. The Annex Building is at the intersection of Mario Capecchi Drive and South Campus Drive. Time from exit: 15 minutes

The Fort Douglas TRAX stop is at the north end of the Annex's parking lot. Parking at the Annex is free after 6 PM. Course room locations are posted on building entrances.

Murray/Cedar Park
5282 South 320 West,
Building D, Suite 110
Time from exit: 2 minutes

Exit I-15 at 5300 South. Head east to Commerce Drive (the Frontage Road); then turn north. At 320 West, turn west into the Cedar Park Complex. Murray U of U is at the north end of the complex.

Bountiful
75 East 200 South
Time from exit: 5 minutes

Exit I-15 at 500 South (Exit 320). Go east to Main Street; turn left (north) to 200 South; turn right (east). Bountiful U of U is on the left.

Sandy
9875 South 240 West
Time from exit: 5 minutes

Exit I-15 at 90th South. Head east. Make a right onto the frontage road. Continue for about one mile; the Sandy U of U is on the left, just north of the Sandy City Hall.

Downtown Site
175 East 400 South
Time from exit: 5 minutes

Exit 1-15 at 600 South. Go east to 200 East; turn left (north) on 200 East; turn left (west) on 400 South. Enter parking lot between State Street and 200 East on the right.

Eligible University of Utah employees receive a 50% tuition discount!

Annex Map

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New for Fall 2010

The curriculum of Lifelong Learning is constantly evolving. Take a look at some of the new courses on tap for Fall.

* Piano: Play by Ear
* Earthquake: Why When Where
* Wildlife of the Wasatch
* Boot Camp for Fitness
* Help Yourself to Happiness
* Paying for Education
* Sustainably Grown Organic Wine
* Fused Glass from Recyclables
* Option Markets; What, Why and How

If you have any suggestions for courses you’d like to see in the future, please e-mail us at life@aoc.e.utah.edu

E-News:

Stay up to the minute with the latest course offerings and special events by signing up for Lifelong Learning’s monthly e-mail blast. Just go to lifelong.utah.edu and follow the link titled E-News, or call 801-587-5433 for more information.