LIFELONG LEARNING

spring 2022
class catalog

lifelong.utah.edu
how to register

Everyone 18 & over is welcome to register for Lifelong Learning classes. Many classes fill early—avoid disappointment by registering now!

**Online** lifelong.utah.edu

**Phone** 801-587-LIFE (5433)

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

We hate canceling classes, but sometimes there are forces outside of our control. If your class is canceled, we will send an email notice at least 48 hours before it is scheduled to start and issue a full refund. Please keep this in mind as you purchase any supplies and hang onto your receipt. Email our office at lifelong@continue.utah.edu to inquire about the status of a class.
The early evenings and cold weather of winter mean many of us hibernate under blankets and soft lights. It is also a time when depression climbs and people feel isolated—especially when a pandemic is continuing to affect our community. We want you to know that we are here for you. Our mission is to connect you—to each other, to a fabulous expert, to a new passion, and to new knowledge. We strive to open hearts and minds and push you towards your full potential just like Lauri S. experienced:

“I had never tried oil painting before I took this class. [Annalee Wood] had so many fun activities, techniques and projects for us to do that immediately immersed us in painting. She always had several projects and learning experiences at each class, and I was honestly amazed at how decent my pieces started to look! She is a very skilled painter and watching her paint was a great bonus. She gave lots of one-on-one feedback and helped each of us feel confident. I wish she would teach an intermediate class! I’m so going to miss learning each week. Also, I really enjoyed all the members of the class. It was a fun group, and in spite of the challenges [of] covid and face masks, I gained some new friendships and felt I was being kept safe at the same time.”

We 100% believe that trying something new, being guided to success, and enjoying shared interests with other members of the community is the perfect cure for feeling isolated and alone. We hope you find something that sparks your curiosity and connects you to your “people” within the pages of this catalog.

With love,

Christine, Desarae, Kate, Ali, and Maddie
Your Lifelong Learning Family
In the ongoing quest to achieve your greatest potential, there’s a beautiful moment when a spark of curiosity ignites and blooms into a full-blown passion. Lifelong Learning understands. That’s why we launched our new SERIES program that provides a wide array of course options and a structure that allows you to dip your toes into a selected topic and, if inspiration strikes, to dive in deeper.

Each SERIES has three tiers: Beginner, Intermediate, and Advanced.

- Beginner courses teach basic concepts and skills, giving you the opportunity to explore a topic and develop a curiosity.

- Intermediate courses allow you to grow in your abilities and connect with other like-minded knowledge-seekers within the community.

- Advanced courses are for when you’re fully invested in the subject matter, providing you with all you need to master your skill set and carve out your own unique niche.

Your progression through a SERIES is self-paced and self-monitored, but you must complete three classes in each tier to move on to the next level and to receive a Digital Badge that honors your achievement and connects to your social media profiles. Upon completion of three classes in the Advanced tier, you fulfill the requirements of the SERIES and take a giant leap closer to realizing your potential.

To get started on your SERIES or for more information, go to lifelong.utah.edu/series
thank you to all of our partners!

To learn more and register for classes, visit our website at lifelong.utah.edu
BLACKSMITHING: AN INTRODUCTION
Matthew Danielson

Blacksmithing in the modern world is rooted in creating art and tools with fire and force. This is a beginner class designed to give you a taste of what being a blacksmith is all about as you use contemporary and antique equipment to learn the ancient skill of forging steel with hammer and anvil. You will learn hammer control, the different parts and ways to strike an anvil, and how to use them to maximize your effort. All class projects are designed to use the skills you develop to enhance your capabilities.

LLCFT 274-001 | W, Jan 12-Feb 16 | 6:00 PM-9:00 PM
LLCFT 274-002 | Th, Jan 13-Feb 17 | 6:00 PM-9:00 PM

Metalsmithing I (p8)

WELDING: AN INTRODUCTION
Richard Cobbley

Have you ever wanted to work with metal for a garden or art project but didn’t know where to begin? This class will teach you the basic skills necessary for cutting and welding metals for small projects in a fully functioning welding studio. Under the guidance of a welding expert, you will get hands-on experience working with the equipment, metal, and different designs. Build your basic knowledge of welding while completing a project of your choice!

LLCFT 234-001 | W, Jan 12-Feb 16 | 6:00 PM-9:00 PM
LLCFT 234-002 | T, Mar 1-Apr 5 | 6:00 PM-9:00 PM
LLCFT 234-003 | W, Mar 2-Apr 6 | 6:00 PM-9:00 PM
LLCFT 234-004 | T, Apr 26-May 31 | 6:00 PM-9:00 PM
LLCFT 234-005 | W, Apr 27-Jun 1 | 6:00 PM-9:00 PM
8415 S 700 W, #15, Sandy | $274 + $116 special fee

Special fee is for materials and studio rental. Class is limited to 8.

FOSTER ART PROGRAM
John Sproul

Bringing a piece of fine art into your home can provide inspiration, beauty, and moments of deep thinking. But, buying art can be intimidating and expensive. Enter the Foster Art Program. Join us to
meet a curated selection of local contemporary artists face-to-face and learn about how and why they create. Then, select and work with one artist to match a piece of their art to your space—which you get to take home and “foster” for four weeks! During this time, you will be regularly prompted to think deeply about your piece and art in general. Finally, you will meet again with your artist to return (or purchase) your fostered art, then start the process one more time. You will walk away from this experience with a deeper understanding of contemporary fine art, new connections and friendships in the art world, and at least 8 weeks of new and exciting art in your space. Co-sponsored by Nox Contemporary.

LLART 345-001 | Th, Jan 13, Feb 17, Apr 7 | 6:00 PM-7:00 PM
540 Arapeen Dr room 120/154 | $49 + $35 special fee
Special fee is for an artist stipend. Class is limited to 12.

BOTANICAL SKETCHING AND RELIEF PRINTING
Anna Bugbee
Combine your love of plants and printmaking! Start by learning techniques for basic sketching and observation as you draw plants and flowers. Then, you’ll spend the remaining class sessions at Saltgrass Printmakers, where you will learn the basics of relief printing using soft rubber blocks. You’ll learn to create an image that will work well for carving, transfer it to a block, carve it, and roll out ink with a brayer to print the image on paper. The special fee includes everything you’ll need for class, some of which will be yours to keep for your own future printmaking adventures!

LLART 333-001 | S, Jan 15 | 12:00 PM-3:00 PM
AND W, Jan 19-Jan 26 | 6:00 PM-9:00 PM
540 Arapeen Dr room 138/Saltgrass Printmakers, 412 S 700 W, SLC | $229 + $77 special fee

Class meets at the Continuing Education building (540 Arapeen Drive, SLC) on Jan 15 and at Saltgrass Printmakers (412 S 700 W, SLC) on Jan 19 and 26. Special fee is for printmaking materials and print studio rental. Students supply their own drawing materials; find a list online. Class is limited to 6. Students must adhere to Saltgrass’s current Covid guidelines for classes on Jan 19 and 26.

HANDWOVEN EARRINGS: SEED BEADS AND COLOR
Catherine Widner
Learn how to design and weave your own colorful seed bead earrings from a local Utah artist. Using the brick stitch method (a fundamental weaving technique to make earrings using glass seed beads), you will dive in by creating your own simple design on paper, then weaving that design using thread and beads. Patience is key in this art form, but your time and effort will be rewarded with a unique final product that will make you the envy of all your friends.

LLCFT 352-001 | T, Jan 18-Jan 25 | 6:00 PM-8:00 PM
540 Arapeen Dr room 148 | $69 + $29 special fee
Special fee is for all materials needed to create a set of earrings. Class is limited to 8.
create work from the provided exercises. Bring a photo of your pet or any stock photo to use as a reference. This class is intended for students with some introductory drawing experience. Not sure where to start? Try LLART 68 Beginning Drawing Skills and Techniques.

LLART 306-001 | Th, Jan 20-Feb 10 | 6:00 PM-8:00 PM
540 Arapeen Dr room 138 | $119
Class is limited to 12. Students are responsible for their own materials; find a list online.

METALSMITHING I
Amy Schmidt (section 001) & Jan Harris-Smith (section 002)

Learn the fundamentals of metalsmithing and become familiar with the basic tools used in the craft. You will learn the properties of different metals while exploring annealing and basic sawing skills, soldering, and finishing skills. You will leave this class with a simple ring or pendant from the metal of your choice. All levels are welcome.

LLCFT 229-001 | Th, Jan 20-Feb 10 | 6:00 PM-9:00 PM
LLCFT 229-002 | T, Feb 1-Feb 22 | 6:00 PM-9:00 PM
Salt City Smithery, 3450 S Main St, unit 44W | $179 + $48 special fee
Special fee is for tool rental and some supplies; students will purchase more supplies in class or order online with assistance from the instructor. Class is limited to 10.

BEGINNING DRAWING FOR WATERCOLOR
Kim Roush

Studying basic drawing techniques will give you the skills needed to develop accurate drawings while maintaining personal expression. Learning to measure, build forms from basic shapes, and a bit of gesture will give you a lifetime of drawing ability for any pursuit in defining a 3-D form on a 2-D surface. A strong drawing foundation will help you create convincing paintings in any media. You will need to practice, of course, to fully understand and incorporate the techniques into your artmaking. These skills help to prepare you for the Light and Shade in Watercolor class (LLART 338).

LLART 337-001 | S, Jan 22-Jan 29 | 10:00 AM-12:30 PM
Online | $69
Students supply their own materials; find a list online.

LETTER-LOCKING
Janet Faught

What do Queen Elizabeth I, John Donne, and Sir Frances Walsingham have in common? They all used letter-locking! Discover how paper folding techniques such as seals, slits, tabs, holes, and string were used to secure letters in a time before envelopes were mass-produced. Get some hands-on experience by creating your own replicas of this beautiful correspondence art used by musicians, poets, merchants, aristocrats, and spies.

LLART 329-001 | M, Jan 24-Mar 7 | 6:30 PM-8:30 PM
540 Arapeen Dr room 138 | $155 + $35 special fee
Special fee is for all required materials. No class Feb 21. Class is limited to 12.
MOAB COLORS IN WATERCOLOR
Cindy Briggs

Explore the earth hues and rare rock formations unique to Southern Utah, Moab, and Arches National Park. Choose to use your own images or follow reference images and tracings provided by your instructor as you discover how to capture the subtle layering of textures, dramatic values, and local colors to create these powerful forms.

LLART 350-001 | T, Jan 25-Feb 1 | 6:00 PM-8:45 PM
Online | $75
Students are responsible for their own materials; find a list online.

MODERN MACRAME: LARGE MACRAWEAVE WALL HANGING
Becca Dye

Join a local Utah artist to experience the time-tested art of macramé. Perfect for beginning and intermediate students, this course not only covers basic knots and knot combinations, but also incorporates weaving techniques, using different yarn to create color and texture, finishing and trimming, and preparing your piece for hanging. Your instructor will personalize your experience, taking time to answer individual questions and demonstrating requested knots or techniques. You will walk away from this course with a beautiful wall-hanging art piece and the knowledge you need to create more!

LLCFT 346-001 | T, Jan 25-Feb 22 | 6:00 PM-8:30 PM
Online | $169
Students are responsible for their own materials; find a list online.

BEGINNING OIL PAINTING
Annalee Wood

Join us to explore the nuances and beauty of oil painting! If you have little to no experience with oil paint, or if you're looking for a refresher, this class is for you. We'll break down the entire process of painting with oil and learn concepts such as color theory, composition, value, and art history as it applies to your process. You'll also learn what materials are needed and how to get set up. You'll watch demonstrations of the techniques used to apply paint, then put those techniques into practice. Our exercises will become more complex each week, culminating with your choice of painting project to be completed by the end of the course. You will receive individual attention and critique during each class and walk away with a finished piece and the skills and techniques you need to paint a variety of subjects.

LLART 76-001 | T, Jan 25-Mar 1 | 6:00 PM-9:00 PM
540 Arapeen Dr room 152 | $199 + $5 special fee
Students are responsible for their own materials; find the list online. Special fee is for shared supplies. Class is limited to 10.

BEGINNING DRAWING SKILLS AND TECHNIQUES
Eric Erekson

Anyone can learn to draw! This class will encourage you to explore drawing through a variety of materials, methods, and philosophies. You will become familiar with charcoal, ink, graphite, oil pastels, and even alternative drawing materials as you complete exercises and activities to help you see what is in front of you and set your vision down on paper. Gain confidence as you become acquainted with your own unique drawing style.

LLART 76-001 | T, Jan 25-Mar 1 | 6:00 PM-9:00 PM
540 Arapeen Dr room 152 | $199 + $5 special fee
Students are responsible for their own materials; find the list online. Special fee is for shared supplies. Class is limited to 10.
LLART 68-001 | T, Jan 25-Mar 1 | 6:00 PM-9:00 PM
540 Arapeen Dr room 138 | $179 + $20 special fee
Please bring a smock or wear “art clothes,” and bring a large (6x10x4 inch) container for take-home supplies. Special fee covers all materials. Class is limited to 12.

POINTED PEN CALLIGRAPHY
Janet Faught
Known also as Copperplate, English Round Hand, or Engravers Script, this style of pointed pen calligraphy evolved from the French Ronde hand in the seventeenth century. Neat, legible and swift in execution, this writing style is perfect for special cards and invitations, or for adding a special touch to everyday journal entries or lists.

LLART 267-001 | Th, Jan 27-Mar 3 | 6:30 PM-8:30 PM
540 Arapeen Dr room 152 | $155 + $35 special fee
Special fee is for all required materials. Class is limited to 12.

COLOR THEORY AND COLOR MIXING 101
Theresa Otteson
Discover the basics of color theory including temperature, value, and how color schemes create color harmony in your artwork. You’ll create a color wheel, learn tinting and toning, and how to mix paints to match a specific color. This class is perfect for students working in oil, acrylic, and watercolor, as well as those in any discipline wanting to fine-tune their understanding and use of color.

LLART 133-001 | S, Jan 22 | 10:00 AM-2:00 PM
540 Arapeen Dr room 152 | $69
Students are responsible for their own materials; find a list online. Class is limited to 12.

NEW

FABRIC DESIGN USING PROCREATE
Ann Johnson
Fabrics used in clothing, home goods, and art have long been a way for people to express their creativity and communicate what they care about. Join a local SLC artisan and explore how to create continuous design images for fabric using Procreate for iPad. You will examine the history of fabric arts and how textiles have been a common method for conveying values while also discussing the contemporary landscape of fabric design and textile art in self-expression.

LLCFT 342-001 | T, Feb 1-Feb 22 | 6:00 PM-7:30 PM
Online | $89
Students provide their own iPad, Apple Pencil, and purchase the Procreate app. The following optional readings are available for order through The King’s English Bookshop and other online retailers: Threads of Life: A History of the World through the Eye of a Needle by Clare Hunter and This Long Thread: Women of Color on Craft, Community, and Connection by Jen Hewett.

NEW

WATERCOLOR ROSES FOR VALENTINE’S DAY
Cindy Briggs
A symbol of love, roses are gorgeous to paint. You’ll learn how to draw and paint roses using your instructor’s flowing Quick Sketch method. You’ll start by drawing organic shapes and adding mingled color. Then, you can draw or trace a more in-depth version and discover how to layer the soft petals with blended colors. Both paintings make wonderful gifts for Valentine’s Day or for yourself!

LLART 206-001 | Th, Feb 3-Feb 10 | 6:00 PM-8:30 PM
Online | $69
Students are responsible for their own materials; find a list online.
BEGINNING WOODWORKING
Jonathan Harman
Join us to learn the basic skills of woodworking through two in-class building projects. Perfect for people who are brand new to woodworking, this class will start at the very beginning. We will discuss common hand tools such as a hammer, measuring tape, and level; power tools such as an impact driver, drill press, joiner, router, and four kinds of saw; the best tool to use for your desired outcome; and how to operate it all safely. You'll walk away from class with a hand-built charcuterie board and self-made step-stool as well as the knowledge you need to continue making projects on your own! Co-sponsored with MAKE Salt Lake; members pay $143 + $120 special fee (enroll in section 002).
LLCF 359-001 | S, Feb 5-Feb 26 | 4:00 PM-7:00 PM
MAKE SALT LAKE, 663 W 100 S, SLC | $159 + $120 special fee
No class on Feb 19. Please wear comfortable, long-sleeved shirts and long pants combined with a closed toe work boot or shoe. Please do not wear loose articles of clothing or jewelry that can easily become entangled in a power tool. A shop apron, safety glasses, and hearing protection are advisable.

LIGHT AND SHADE IN WATERCOLOR
Kim Roush
The values in your painting (lights and darks) define dimensional form on a flat surface. Watercolor painters say “shadows build form” since we need to save the whites as untouched paper by building and connecting shadows around the light areas. Learning to see these values and apply them in watercolor is the sole focus of this class. Building this skill will enable you to tackle the things you desire to paint and give you more interesting and realistic paintings. We recommend you have some basic drawing skills and experience with watercolor for this class. Try Beginning Drawing for Watercolor (LLART 337) first.
LLART 338-001 | S, Feb 5-Mar 5 | 10:00 AM-12:30 PM
Online | $139
No class on Feb 19. Students supply their own materials; find a list online.

QUICK SKETCH WATERCOLORS
Cindy Briggs
Capture your travels and daily life with flowing lines and flowing colors. Using fine-point markers and transparent watercolor, you will see how quickly you can create exciting, spontaneous small paintings with a range of selected subjects—from still-life and architecture to landscapes and beautiful skies. This class is great for all levels of experience. Subjects change each time the class is taught so you can sign up as often as you’d like! Participants are encouraged to bring a selection of reference photos or use those provided by the instructor.
LLART 304-001 | S, Feb 5 | 10:00 AM-3:00 PM
LLART 304-002 | S, Feb 12 | 10:00 AM-3:00 PM
Online | $69
Students are responsible for their own materials; find a list online.

CREATE YOUR OWN SHADOW BOX PAINTING
Cyane Kramer
Join us for a fun and creative class where you will plan and execute your own wooden layered shadow box art! You will start by choosing your subject from a selection of laser cuts provided by

the instructor. Then you will learn about color theory, planning your design, and basic painting and texture techniques so you can paint, finish, and assemble your unique piece. No art or painting experience is required; all are welcome!

LLCFT 358-001 | W, Feb 9-Feb 16 | 6:30 PM-9:00 PM
540 Arapeen Dr room 152 | $79 + $45 special fee
Special fee is for the shadow box kit and all art supplies. Class is limited to 12.

DIY ACRYLIC MEDIUMS AND TEXTURE
Samantha da Silva

Did you know that the art store is not the only place to find art supplies? Empower yourself by learning how to make acrylic texture mediums using common items and tools found in your kitchen cupboard, backyard, and neighborhood hardware store! Learn the secrets for thinning, thickening, glazing, molding, pouring, and texturing acrylic to create stunning paintings that tell a story and are authentic to you. The world is full of possibility when you are fearless!

 “[Samantha da Silva] was phenomenal. She was knowledgeable, present, helpful, and engaged us with one another and with her teaching. I learned about abstract art [which] I had been wanting to know and have begun to overcome my fear of painting.”  - Sherilyn W.

LLART 141-001 | S, Feb 12 | 10:00 AM-3:00 PM
540 Arapeen Dr room 152 | $89 + $53 special fee
Special fee is for art supplies. Please bring a lunch and an apron or smock to protect your clothing. Class is limited to 10.

HAND-BUILT CERAMIC MUG
Braidee Kolendrianos

Construct your own unique ceramic mug with the guidance of a local Utah ceramicist! Through demonstration, instruction, and hands-on experience, you will build your mug using the pinch and coil methods. You will then return after two weeks to select and apply a glaze using the paint-on method. You don’t have to have a pottery wheel to make personalized, beautiful ceramics!

LLCFT 357-001 | S, Feb 26-Mar 12 | 10:00 AM-12:30 PM
540 Arapeen Dr room 152 | $89 + $55 special fee
No class on March 5. Special fee is for all materials and kiln rental. Class is limited to 14.

FOLKSY FLORALS: ILLUSTRATION IN PROCREATE
Chelsea Ekberg

Are you interested in creating colorful designs that pop? Do you love the Procreate app on your iPad, but wish you could utilize more of its potential? Learn to digitally create beautiful floral designs and take your drawings to the next level with tips and tricks to streamline your process. Create complementary color palettes, take advantage of the symmetry feature, effectively manipulate brushes to help your drawings sing, and follow in the footsteps of your instructor by designing eye-catching contemporary folk art flower designs. Students provide their own iPad and should have a basic working knowledge of Procreate.
ALTERATIONS AND REPAIRS: MAKE YOUR CLOSET GO FURTHER
Tracy Graham

Is your closet full of clothes you love, but they just don’t fit you anymore? Are you tired of throwing out clothes because you don’t know how to do a simple repair? Or maybe you want to get creative and make new clothes from the old? Then this class is for you. Come learn how to alter and repair your clothes with an expert in the field. We’ll start slow by dusting off the sewing machine to get it working efficiently and smoothly. Then you will learn how to hem sleeves and pants, change waist size, repair elastic, add darts for better fit, take inside seams, patch holes, repair seams, change necklines, replace zippers, and more. Class is flexible according to your needs, so bring in your projects. Let’s learn how to make our wardrobes go further! Co-sponsored with MAKE Salt Lake; members pay $134 + $85 special fee (enroll in section 002).

CHALKBOARD ART... WITHOUT THE CHALK!
Sarah Beth Timmons

You walk into your favorite coffee shop, and there it is—the lusciously illustrated chalkboard menu with vibrant colors and new designs that make you swoon every week. Join a local sign artist and discover how to create your own changeable chalkboard art. You’ll learn how to create an attention-grabbing design, how to map out your canvas using specialized pencils, and how to bring your art to life with acrylic paint pens, color, and shading.

COPPER CLAY JEWELRY: AN INTRODUCTION
Carol Avery

Copper has a long history with artisans having formed magnificent jewelry thousands of years ago. In a modern version, copper metal clay can be formed like ceramic clay, then fired in a small kiln to create durable jewelry. It can be stamped, pressed into silicon molds, or impressed with natural or household objects to create unique patterns and designs. In the first session of this introductory class, you’ll learn how to work with copper metal clay by making one or more pendants, earrings, and/or several bracelet charms with the clay we provide. Learn finishing techniques in the second session, completing your wearable creations!
ZENTANGLE METHOD: AN INTRODUCTION
Connie Case

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images and increase focus by drawing structured patterns. You will use a combination of dots, lines, c-curves, s-curves, and orbs to construct your work. And, because it is non-representational, there are no mistakes! Taught by a Certified Zentangle Teacher, you will learn to create beautiful art with gratitude and appreciation.

TRADITIONAL ARTS OF JAPAN: AN INTRODUCTION
Haruko Sadler

The traditional arts of Japan are a fascinating and beautiful way to discover Japanese culture. Students will have the opportunity to try their hand at basic Japanese language, Sumi-e and calligraphy, the art of the Kimono, and finally a Tea Ceremony presented by the highest-ranking tea mistress of the Urasenke school in the state of Utah. This course is a unique opportunity for those preparing to visit Japan to build a foundational knowledge of the culture, or those wanting to gain a deeper appreciation for the art and customs of the Land of the Rising Sun.

GOTHIC HAND CALLIGRAPHY
Janet Faught

Popular throughout the medieval period, the Gothic alphabet evolved as a method of saving space on a written page, thus making books and manuscripts more affordable. In this uniform script, the design of the word takes precedence over the individuality of the separate letters. Through step-by-step instruction and practice, gain confidence in this ornamental and methodical style of calligraphy, which is perfectly suited for short texts, gorgeously addressed envelopes, and special inscriptions. Bring an apron to wear to protect your clothes.

TAROT CARDS AND ILLUSTRATION
Josephine Munro

Explore a variety of art techniques and learn about composition and the elements and principles of design as you create and execute Tarot Cards in your own unique style! You’ll join a local art educator and illustrator as she walks you through the concepts of theme, mood, integrating text
and symbolism, line quality, and value/contrast. You’ll also learn to express the true characters often seen in Tarot decks like Death, The Sun, The Moon, The Fool, and more!

LLART 351-001 | T, Mar 15-Apr 5 | 6:00 PM-8:00 PM
540 Arapeen Dr room 138 | $109
Students are responsible for their own supplies; find a list online. Class is limited to 12.

METALSMITHING II
Jan Harris-Smith

Build on the skills you learned in Metalsmithing I and create a ring or pendant with a set stone. You will use hand tools, a flex shaft, and a soldering torch to create decorative embellishments, a bezel stone setting, and a bail for your pendant. Finally, you will learn more advanced finishing techniques to take your jewelry to the next level. Prerequisite: LLCFT 229 Metalsmithing I or take our quiz online to self-assess your skill level.

LLCFT 353-001 | T, Mar 15-Apr 5 | 6:00 PM-9:00 PM
Salt City Smithery, 3450 S Main St, unit 44W | $179 + $48 special fee
Special fee is for tool rental and some supplies; students will purchase more supplies in class or order online with assistance from the instructor. Class is limited to 10.

STAINED GLASS WITH COPPER FOIL: AN INTRODUCTION
Tara Foster

Construct a glass panel from beginning to end using the copper foil method. You will learn to shape the colored sheets of glass by cutting, grinding, and wrapping each piece with copper foil to prepare for solder. Finally, you will solder the glass together into a finished stained glass panel that you can hang and enjoy for years to come!

LLCFT 186-001 | W, Mar 2 - Apr 6 | 6:00 PM-9:00 PM
540 Arapeen Dr room 152 | $239 + $149 special fee
Students must purchase some of their own supplies and can expect to spend around $155; find a list online. Special fee is for shared classroom materials. Class is limited to 10.

FOUNTAIN PEN AND INK ART
Janet Faught

Immerse yourself in the world of ink as you learn to match a variety of inks (color and black) and papers while experimenting with both fountain and dip pens. Create your own ink catalog as you learn testing techniques such as making an ink swab ring, creating ink chromatography samples, and doing small ink paintings. This class is great for everyone, from absolute beginners to advanced “ink geeks” from any artistic background!

LLART 178-001 | Th, Mar 17-Apr 21 | 6:30 PM-8:30 PM
540 Arapeen Dr room 152 | $155 + $35 special fee
Special fee is for all required materials. Class is limited to 12.

DRAWING AND WATERCOLOR: LIVING RAPTORS
Natalia Wilkins-Tyler

Drawing a live bird of prey is a fantastic creative challenge. We will start with a lesson in bird anatomy and learn why raptors, in particular, are such engaging subjects. Then, in cooperation with the non-profit HawkWatch International, you’ll have the opportunity to draw and paint with a living model as your reference. This class is intended for artists with previous drawing and watercolor experience. Please bring your own art materials.

To learn more and register for classes, visit our website at lifelong.utah.edu
BLACKSMITHING: INTERMEDIATE
Matthew Danielson
Focus on the skills you learned in Blacksmithing: An Introduction and grow your knowledge of the craft with a segment on coal forging. We will create a hammer, advanced tongs, and a bottom tool for our anvil in this project-focused course. Prerequisite: LLCFT274 Blacksmithing: An Introduction, or equivalent.

NERD KNITTING: KNIT AND MANIPULATE IN 3-D
Amy Hargreaves-Judzis
Join us to learn three simple knits that we will then manipulate into something unexpected! We’ll start with the Bitty Bunny, then make our way to the Origami Slippers, and finish with your choice of baby booties, small purse, or knitted knockers in the round. We’ll try our hand at seaming and felting, but students should be at least “advanced beginner” or “intermediate” level knitters and come to class already comfortable with casting on, knit and purl stitch, and binding off.

PORTRAIT DRAWING
Eric Erekson
Demystify the process of depicting a realistic likeness. Through careful observation, we’ll focus on the fundamental mechanics of blocking in the head and face, using essential techniques and concepts of the picture plane, measuring, proportion, line, positive and negative space, value, volume, basic anatomy, and composition. We’ll work primarily in charcoal, as well as pastel, launching on an adventure that for many is a lifetime pursuit.

BLACKSMITHING: LAMINATED STEEL WORKSHOP
Matthew Danielson
Laminated steel—also known as Damascus steel—is created by combining strips of steel and iron through hammer-welding, repeated heating, and forging. The process creates distinctive layered patterns that are intrinsic to the steel. Join local blacksmiths to create two 3lb “billets” of laminated steel which will be used to create a handled herb chopper and a wearable item of your choice (such as a cuff bracelet, pendant, or belt buckle). Prerequisite: LLCFT274 Blacksmithing: An Introduction, or equivalent.
LLART 349-001 | S, Mar 26 | 10:00 AM-3:00 PM
Online | $69
Students are responsible for their own materials; find a list online.

BEGINNING FLORAL EMBROIDERY
Lindsey White

Despite being thousands of years old, the craft of embroidery is a fun and relaxing way to create exciting and contemporary designs. Join us for a beginning embroidery class and learn the basic stitches and techniques of embroidery. Then, you’ll use your new skills to design and stitch your own floral embroidery hoop.

LLCFT 288-001 | T, Apr 12-Apr 26 | 5:30 PM-7:30 PM
540 Arapeen Dr room 146/Online | $109 + $23 special fee
The first class (Apr 12) meets at the Continuing Education building (540 Arapeen Drive, SLC), but subsequent classes take place online. Special fee is for all required materials.
Class is limited to 12.

COPTIC BOOKBINDING: AN INTRODUCTION
Janiece Murray

Join a local Salt Lake artist and learn to create your own unique journal or sketchbook. Coptic is one of the oldest bookbinding techniques in existence and is prized for its practicality and beauty. You will learn how to make a text block, create your own book covers, and sew a flat-laying spine as you build your one-of-a-kind book.

LLCFT 232-001 | S, Mar 26-Apr 2 | 10:30 AM-1:30 PM
540 Arapeen Dr room 138 | $109 + $55 special fee
Special fee is for silver clay, beads, and all jewelry-making materials. Class is limited to 12.

PARK CITY BARN WITH WATERCOLOR
Cindy Briggs

Let’s paint an icon of Park City, Utah: McPollin Barn! You’ll discover how to create colorful shadows and luminescent light to define its historical architecture. We’ll explore painting foliage and trees, how to simplify a sky, and choose from flowers, cattails, or wild grasses in the foreground. This lesson builds on your understanding of the importance of values in painting with watercolors.

LLCFT 355 | Th, Mar 24-Apr 28 | 6:00 PM-9:00 PM
Wasatch Forge, 3390 W 8600 S, SLC | $319 + $125 special fee
Special fee is for supplies and studio rental. Class is limited to 8. Wear closed-toe shoes and natural fiber clothing. Students must bring their own above-the-wrist leather work gloves and safety glasses (both can be found at home stores). Bring a large container of water or sports drink—this is hot and thirsty work!

METAL CLAY: SILVER RING
Carol Avery

Combine silver clay and beads to create one or more distinctive, ready-to-wear rings. In this 2-part design, we will create, embellish, and fit a U-shaped silver band, then learn how to string small beads on a wire across the band to complete the ring. The bands will be fired from clay to silver between the two sessions. The special fee is for the cost of all supplies needed for the class (including beads) but students are welcome to bring glass, ceramic, or stone beads of their own to complete their pieces. Beads should not be wider than the finger and must have holes to accommodate the wire. Previous experience with metal clay required. Try Copper Clay Jewelry: An Introduction (LLCFT 355).

LLCF 323-001 | S, Mar 26-Apr 2 | 10:30 AM-1:30 PM
540 Arapeen Dr room 138 | $109 + $55 special fee
Special fee is for silver clay, beads, and all jewelry-making materials. Class is limited to 12.

To learn more and register for classes, visit our website at lifelong.utah.edu
Go beyond the basic techniques with metal clay. First, we’ll learn how to combine bronze and copper clay using a variety of techniques to create marbled effects and other surface designs. During the second session, we’ll explore how to enhance the color contrast between the two metal clay types and learn, or build upon wire-wrapping finishing techniques. The class fee includes sufficient metal clay to make several pendants, earring sets, and/or bracelet charms so that you walk away from class with your own unique wearable art. Previous experience with metal clay required. Try Copper Clay Jewelry: An Introduction (LLCFT 355).

“This class was small and allowed [Carol Avery] to provide each individual appropriate attention. It was a unique art form I hadn’t heard of before, but the instructions were clear. Using the clay in a variety of ways (stamping, using a mold and a natural item for shaping) allowed for a variety of beautiful results. I have worn 2 of the 3 necklaces I made in class already and have received many compliments!”  -Deb B.
career & finance

UNDERSTANDING SOCIAL SECURITY RETIREMENT BENEFITS
Tyler Petersen

The economic landscape is constantly fluctuating, and planning for retirement means navigating those changes. With the help of a financial expert, you’ll learn when and how to access your Social Security, and the strengths and weaknesses of the current program. Explore your benefits and options, such as taking benefits early/late, working and reduced benefits, and taxation of benefits. You’ll have a chance to ask questions regarding your specific situation and leave with a workbook to help you make the most of your Social Security trust funds.

LLBUS 202-002 | Th, Feb 24 | 6:00 PM-8:00 PM
540 Arapeen Dr room 124 | $39
Class is limited to 16.

PERFORMANCE CHANGES YOU: A PERFORMING ARTS APPROACH TO PERSONAL AND PROFESSIONAL DEVELOPMENT
Derek Strong

Need to make a change in your life? Feeling disconnected from the things you once enjoyed? This course can help! This four-week class is designed for students who want to develop their emotional, social, and professional skills in a creative and fun way. Throughout the course, students will be introduced to a variety of leadership techniques that are combined with various performing art disciplines, such as music, acting, dance, comedy (improv and stand-up), and writing. Each lesson is designed to push the student beyond their comfort zone and into a space that allows for personal growth and professional development.

LLBUS 241-001 | W, Mar 9-Mar 30 | 6:30 PM-8:30 PM
540 Arapeen Dr room 120 | $99
Class is limited to 15.

THE HOME STRETCH: SEVEN THINGS YOU NEED TO DO IN THE DECADE BEFORE YOU RETIRE
Andreas Harkort

Start preparing now for your retirement. Join us to learn the seven things you need to do in the decade before you retire, including determining when the time is right, aiming at your retirement target, maximizing your nest egg, getting a portfolio checkup, creating a social security strategy, building a retirement income stream, and looking beyond the money.

LLBUS 211-001 | W, Mar 23 | 6:00 PM-7:30 PM
540 Arapeen Dr room 124 | $39
Class is limited to 16.
8,000 DAYS: THE FOUR PHASES OF RETIREMENT
Andreas Harkort

For decades, retirement had a clear definition: life after work. Today, retirement can mean many different things, including continuing to work in reduced capacity or even changing careers. The array of options can be overwhelming, so effective retirement preparation is crucial in reducing the stress of uncertainty. Join us for a class in which we’ll learn about the four phases of retirement—The Honeymoon, The Big Decision, Navigating Longevity, and Solo Traveler—and how we can better prepare for what lies ahead.

LLBUS 244-001 | W, Mar 30 | 6:00 PM-7:30 PM
540 Arapeen Dr room 124 | $39
Class is limited to 16.

5 WAYS TECHNOLOGY WILL CHANGE THE WAY WE AGE
Andreas Harkort

Thanks to advancements in technology, growing older is now a vibrant period of life that’s as much about living better as it is about living longer. Join us to learn how accessible and available digital tools such as technology-driven transportation, connected homes and apps, online social networks, and more can help you live an adventurous and independent life for many more years to come. Ultimately, the more familiar you are with what technology is available, the more comfortable you’ll be using this new technology to improve your or your loved one’s life.

LLBUS 245-001 | W, Apr 27 | 6:00 PM-7:30 PM
540 Arapeen Dr room 154 | $39
Class is limited to 16.

culinary arts & libations

AT THE FOOT OF THE ALPS: EXPLORING THE WINE REGIONS OF NORTHEAST ITALY
Sheral Schowe

Explore the regions of Veneto, Alto Adige, and Friuli Venezia Giulia through a tasting that represents each region’s most interesting, delicious, and highly regarded wines. The impact of the Eastern Alps, the recent changes in winemaking techniques, and grape varieties will be discussed as we taste our way from region to region. You will order an Italian-inspired dinner from the restaurant menu (this is in addition to tuition and fees).

LLFW 256-001 | Th, Jan 13 | 6:30 PM-8:30 PM
Fratelli Ristorante, 8612 S 1300 E, Sandy | $39 + $30 special fee
Special fee is for wine and space rental; students are expected to purchase their own food. Please bring an ID to verify that you are 21 or older. Class is limited to 20.
BEGINNING COOKING: KNIFE SKILLS WITH WINTER BEEF STEW

Eric "Ed" Heath

Winter is the perfect time to cozy up with a classic French beef stew, and with this step-by-step class, you'll be cooking and chopping like a pro in no time. You'll acquire cooking skills like braising, the Maillard Effect, appropriate seasoning (acid and salt), blanching, and reduction. You'll also have the chance to "sharpen" your knife skills (sorry, couldn’t resist), learning styles of cuts like brunoise; small, medium, and large dice; baton; and oblique cut.

LLFW 600-001 | Th, Jan 20 | 5:30 PM-7:30 PM
Online | $39 + $5 special fee
Students must provide their own materials and supplies; find a list online. Course readings, including recipe prep instructions, will be provided one week before class; please complete the readings well before class time.

MEDITERRANEAN AND EGYPTIAN DISHES: A HEALTHY COOKING CLASS

Abdul Elsaqa

If you are looking to spice up your home-cooking repertoire, look no further than this class on cooking the Mediterranean and Egyptian way! We'll explore some of the healthiest traditional Egyptian recipes along with instructions on how to prepare them. Learn about spices that have been used for hundreds of years and discover how to incorporate them into your own recipes. Learn how to make dolmas (grape leaves stuffed with rice and vegetables), musakka (an eggplant dish), and hawawshi (Egyptian meat pie)!

LLFW 320-001 | S, Jan 22-Feb 12 | 2:00 PM-5:00 PM
Online | $155
Students are responsible for buying their own ingredients; find a list online.

TASTING WINE LIKE A PRO

James Santangelo

How would you describe your favorite wine? Does it have a decadent or opulent body? Are the tannins soft or aggressive? Is the acidity creamy or juicy? Learn the terminology and techniques used by the pros to describe and assess the traits of fine wines. You’ll join one of Utah’s foremost wine experts and experience four different varieties (two white and two red) to learn the building blocks of tasting.

LLFW 588-001 | T, Jan 25 | 7:00 PM-8:30 PM
Beehive Distilling, 2245 S W Temple, South Salt Lake | $39 + $25 special fee
Must be 21 or over to attend; please bring an ID. Special fee is for tasting samples. Class is limited to 20.

LOW ABV & VALENTINE’S COCKTAILS SERIES

Andrea Latimer

Join us for this fun 3-part cocktail series in which we will learn three unique ways to use a single flavor of bitters. Each week we will make two drinks using the same bitters. Week 1: zero-proof cocktails (AKA non-alcoholic drinks with bitters); Week 2: low ABV cocktails (we’ll add alcohol, but keep it low-proof); Week 3: Valentine’s Day-inspired full-proof cocktails! During this virtual course, we will learn the basics behind crafting a well-balanced drink, the captivating history of bitters, instruction on how to master tasting bitters, and information on other uses for bitters such as cooking and baking.
BEGINNING COOKING: WINTER POTATO GNOCCHI  
Eric “Ed” Heath

Gnocchi, also known as “Little Pillows,” is a beautiful and impressive dish that, with just a little bit of guidance, you can easily make from scratch. We’ll start our recipe with potatoes and winter squash then spice it up with spiced pecans and a little bit of bleu cheese. Come ready to try some new techniques and leave with a recipe that will make you the envy of all your friends and family.

BAKING PRETZELS: AN INTRODUCTION  
Matthew Trone

The pretzel. You might know it as the ideal snack, the perfect accompaniment to a beer, or a symbol of German baking. But, have you ever tried your hand at making one of your own? Join a local SLC baker to learn how to make your own version of this traditional, twisted treat from the comfort of your own kitchen.

THE ART OF CHARCUTERIE PLATTERS  
Nicole Simper

Enjoy an evening of cheese and creativity with a local SLC foodtrepreneur! Join us to learn food styling techniques, ingredient curation, and step-by-step coaching on your instructor’s approach to platter design. Let’s platter together!
TOURING AND TASTING THE CRUS OF THE SOUTHERN RHÔNE VALLEY OF FRANCE
Sheral Schowe

Out of the Rhône Valley’s 300 villages, only 17 have the prestigious designation of “Cru.” Nine of the Crus are in the southern portion of the valley with different climates, soils, and grape varieties than in the north. We will take a virtual tour from Cru to Cru, tasting the wines and hearing the stories of the wineries that represent this region’s incredible diversity. You will order a French-inspired dinner from the restaurant menu (this is in addition to tuition and fees).

LLFW 252-001 | Th, Feb 24 | 6:30 PM-8:30 PM
La Gourmandise Draper, 725 E 12300 S, Draper | $39 + $30 special fee
Special fee is for wine and space rental; students are expected to purchase their own food. Please bring an ID to verify that you are 21 or older. Class is limited to 20.

VEGAN BRUNCH FROM START TO FINISH!
Rachel Smith

Join the founder of SLC Chow for a brunch experience like none other! After receiving a delivery of fresh local ingredients from nearby markets and farms, you will cook along in your own kitchen to make a full brunch meal including a sweet dish, a savory dish, and some side dishes. You’ll walk away from this class with new recipes to try on your family and friends, and with new knowledge about vegan substitutes for classic brunch favorites.

LLFW 599-001 | S, Feb 26 | 9:00 AM-12:00 PM
Online | $49 + $26 special fee
Special fee is for meal kit and delivery. Enter the address you would like your kit delivered to when registering. Students are responsible for their own tools: a blender or immersion blender, a skillet, a medium or large pot, a knife, two small ramekin dishes, and a cutting board.

FOOD TRUCK 101
Abdul Elsaqa

We see food trucks everywhere these days. What does it take to own and operate one of these unique kitchens on wheels? Local truck owner Chef Abby will present a behind-the-scenes look at the food truck industry, covering a variety of topics such as finding and outfitting the right vehicle; working with a commissary; local laws and requirements for food truck operation; and more. Then, take a tour of (and enjoy food from) Abby’s award-winning truck, the Falafel Tree. This introductory class is great for every student, from the merely curious to those that might want to try their hand at the food truck game.

LLFW 517-001 | M, Feb 28 | 6:00 PM-8:00 PM
540 Arapeen Dr room 132 | $39 + $15 special fee
Special fee is for food from The Falafel Tree food truck. Part of the class will take place outdoors; please dress appropriately for the weather. Class is limited to 16.

THE MANHATTAN COCKTAIL: A TASTE OF HISTORY
James Santangelo

There is no substitute for a perfectly crafted Manhattan cocktail. Walk into any bar worth its salt and you’ll find countless variations on this historical drink. But where did it all start, and what are some of the best variations? Join us for an informative (and tasty!) class on the rich history of The Manhattan and learn how to make three different versions, review the fact and lore, acquire techniques on how to mix, and enjoy small bites to pair with each libation.

LLFW 594-001 | T, Mar 1 | 7:00 PM-9:00 PM
Beehive Distilling, 2245 S W Temple, South Salt Lake | $39 + $25 special fee
Must be 21 or over to attend; please bring an ID. Special fee is for tasting samples. Class is limited to 20.
VEGAN COOKING FUNDAMENTALS
Rachel Smith

Join the founder of SLC Chow for a beginning course in vegan cooking. You’ll start by receiving a delivery of fresh local ingredients from nearby markets and farms. Then, you’ll cook along in your own kitchen, learning new vegan recipes and common vegan substitutes. By the end of class, you’ll have cooked four different dishes that can be used individually as dinners or served in courses for a full vegan meal.

LLFW 598-001 | T W, Mar 1-Mar 9 | 6:00 PM-7:30 PM
Online | $89 + $105 special fee
This class takes place online on Tuesdays and Wednesdays. Special fee is for meal kit and delivery. Enter the address you would like your kit delivered to when registering. Students are responsible for their own tools: a blender or immersion blender, a skillet, a medium or large pot, a knife, two small ramekin dishes, and a cutting board.

BEER SENSORY EVALUATION AND OFF-FLAVOR TRAINING
Cody McKendrick

Have you ever had a beer that didn’t taste quite right but you couldn’t put your finger on the flavor? Do you homebrew and want to better diagnose the success of your next batch? Come refine your palate and learn to evaluate beer flavors and aromas like a pro. Using a sensory spike kit, we will learn about basic off-flavors including diacetyl, oxidation, DMS, infection, and acetaldehyde. Please refrain from wearing any strong perfume or cologne the night of the class.

LLFW 529-001 | Th, Mar 3 | 6:30 PM-8:30 PM
Bewilder Brewing, 445 S 400 W, SLC | $39 + $25 special fee
Please have an ID ready to verify you are 21 or over. Special fee is for beer and light appetizers.
Class is limited to 16.

SIMPLE SNACKS WITH A HEALTHY TWIST
Christy Armbuster

Join this online class where we will make some delicious (and secretly nutritious) snacks at home. By incorporating various food groups, your body will enjoy more energy, your taste buds will ask for more, and your wallet will thank you. These three quick homemade recipes will become new favorites!

LLFW 577-001 | T, Mar 8-Mar 22 | 5:30 PM-6:30 PM
Online | $49
Students will supply their own ingredients; find a list online.

DIVING INTO BEER: ENGLISH ALES
Cody McKendrick

Whether you think all beer tastes alike or you wait in line for your favorite brewery’s limited seasonal releases, you’ll enjoy this intoxicating journey into civilization’s oldest libation. With the help of the head brewer of Bewilder Brewing, you will explore the history and taste of the English Ale. From the sweet and nutty brown to the hoppy malty English IPA, you’ll develop your palate, learn to identify different flavor components, and discover a new appreciation for this classic beverage.

LLFW 591-001 | Th, Mar 17 | 6:30 PM-8:30 PM
Bewilder Brewing, 445 S 400 W, SLC | $39 + $25 special fee
Please have an ID ready to verify you are 21 or over. Special fee is for beer and light appetizers.
Class is limited to 16.
BEYOND BARCELONA, DISCOVERING THE WINE REGION OF CATALUÑA
Sheral Schowe

The autonomous community of Cataluña is a popular tourist designation, located along the Mediterranean coastline. Wine production can be traced back to the Phoenicians and as a result, some of Spain's oldest wine-producing areas are located here. We will discuss some of the most important sub-regions, wine styles, and history of this extremely diverse area as we taste the wines that gave Cataluña award-winning popularity. You will order a Spanish-inspired dinner from the restaurant menu (this is in addition to tuition and fees).

LLFW 296-001 | Th, Mar 24 | 6:30 PM-8:30 PM
La Cafe Madrid, 5244 Highland Dr, Holladay | $39 + $30 special fee
Special fee is for wine and space rental; students are expected to purchase their own food.
Please bring an ID to verify that you are 21 or older. Class is limited to 20.

CAKE DECORATING: TRENDS AND ESSENTIALS
Muyly Miller

Don't wait for a special occasion to create a beautifully decorated cake that's sure to impress your friends and family! Create an eye-popping 3-layer cake and learn basic techniques such as stacking, applying the buttercream crumb coat, and getting smooth sides on the final buttercream layer. You will learn and practice two designs that use the same tools and decorate baked cakes with live instruction to help you along the way. We’ll also discuss transporting and freezing your cake (if needed), and how to best slice and serve your sweet confection.

LLFW 241-001 | S, Mar 26 | 10:00 AM-12:00 PM
540 Arapeen Dr room 152 | $49 + $50 special fee
Special fee is for all needed supplies. Class is limited to 12.

PIPING WITH TIPS: BEGINNING CAKE DECORATING
Muyly Miller

Did you know that a single piping tip can offer several different styles of design by changing pressure, positioning, and release? Join us to learn these techniques with piping and frosting. We’ll cover proper ways to attach piping tips, fill piping bags, and hold your filled bags. You’ll get hands-on experience with cupcakes before tackling the big cake. By the end of class, you will have one dozen uniquely decorated cupcakes using three different popular piping tips. Finally, the instructor will demonstrate how to incorporate your new knowledge on a large cake and how to troubleshoot issues that cake decorators often run into. Prerequisite: LLFW 241 Cake Decorating: Trends and Essentials.

LLFW 267-001 | S, Mar 26 | 1:00 PM-3:00 PM
540 Arapeen Dr room 152 | $49 + $25 special fee
Students provide some of their own materials; find a list online. Special fee is for a dozen cupcakes, frosting, bags, boxes, and shared supplies. Class is limited to 12.

BAKING NAAN: AN INTRODUCTION
Matthew Trone

Naan is a traditional bread from south and central Asia that often comes baked in the form of a teardrop. But, you don't need a tandoor oven to create your own delicious naan. Join us from the comfort of your kitchen to perfect your naan-making skills!

LLFW 593-001 | T, Mar 29 | 6:00 PM-8:00 PM
Online | $39
Students are responsible for materials and ingredients; find a list online.
current events & context

LET’S TALK ABOUT RACE
Lani Clough Moon

Current events have brought race and race relations to the forefront of our social and political dialogues, but the taboos around talking about race leave many of us unprepared to engage with these topics in an informed manner. The aim of this course is to be better prepared to engage in productive and meaningful conversations about race and racism. This will require a willingness to be uncomfortable, even disturbed, as we challenge our deeply held beliefs and systems of thought, but we will be rewarded by learning to create inviting spaces to engage in conversations about race.

WHISKIES OF THE WORLD
James Santangelo

Did you know that whiskey is one of the most popular—and fastest-growing—spirits? Learn about how the broad range of whiskies being made worldwide has made this drink even more popular. We will discuss four distinct styles of whiskey, learn how to describe the aromatic and flavor profile of each, and understand drink development with each style. Join us for this fun and interactive class that will make you a whiskey expert in no time!

LLFW 489-001 | T, Apr 5 | 7:00 PM-9:00 PM
Beehive Distilling, 2245 S W Temple, South Salt Lake | $39 + $25 special fee
Must be 21 or over to attend; please bring an ID. Special fee is for tasting samples. Class is limited to 20.

THE FRENCH REVIVAL OF LEBANESE WINE CULTURE
Sheral Schowe

Lebanon’s winemaking history dates back at least 5,000 years, but 400 years of Ottoman rule pushed it into obscurity. Under the French mandate of the 1920s, the wine industry was revived. We will learn more about the French connection with Lebanon as we taste the wines of Bekka Valley and Galilee. You will order a Lebanese-inspired dinner from the restaurant menu (this is in addition to tuition and fees).

LLFW 541-001 | Th, Apr 21 | 6:30 PM-8:30 PM
Mazza Cafe, 1515 S 1500 E, SLC | $39 + $30 special fee
Special fee is for wine and space rental; students are expected to purchase their own food. Please bring an ID to verify that you are 21 or older. Class is limited to 20.
by emphasizing respect, humility, and forgiveness. The ultimate goal of this course is to enable us to recognize systems of inequalities and foster productive dialogue in order to change them.

LLPOT 952-001 | T, Feb 1-Feb 15 | 6:00 PM-7:30 PM
540 Arapeen Dr room 120 | $59
Class is limited to 12.

**HISTORY OF RACISM IN THE UNITED STATES OF AMERICA**

*Lani Clough Moon*

This course offers the opportunity to explore the historical development of racist and anti-racist ideas in the United States so that we may better understand contemporary issues. Our focus will be on historical narratives that oversimplify and obscure the complexities of racial discrimination. We will examine the driving forces behind the production of racist ideas, not born of hate and ignorance, but motivated by the economic, political, and cultural self-interests of those in power. Our ultimate goal is to understand how our history has shaped racist ideas and how we can then produce anti-racist ideas in our future.

LLPOT 953-001 | T, Mar 1-Apr 5 | 6:00 PM-7:30 PM
540 Arapeen Dr room 148/Online | $89
First two class sessions are in person at the Continuing Education building (540 Arapeen Drive, SLC). Subsequent class sessions meet online. Class is limited to 12.

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**explore utah**

Utah’s Onaqui Wild Horse Herd (p28)

**ROCK ART HOT SPOTS**

*Troy Scotter*

Utah is home to some of the nation’s most spectacular archaeological sites—from the famed rock art galleries of Nine Mile Canyon to the spectacular ruins of Cedar Mesa. But there are hundreds of other localities—lesser-known places with names like Sego Canyon and Buckhorn Wash—where the public can experience the remnants of thousands of years of human occupation. Participants will receive a handout describing the location of over twenty fantastic public rock art sites in Utah that can be reached by car. You’ll walk away with a better understanding of these sites and the people who created them.

To learn more and register for classes, visit our website at lifelong.utah.edu
Class is limited to 16.

**MURALS BUILD COMMUNITY WALKING TOUR**  
Lesley Allen

Over the past few years, our city has blossomed into an outdoor gallery of exciting murals by local and international artists. What better way to experience this creative explosion than a walking tour to visit the murals of South Salt Lake's Creative Industries Zone? You’ll join one of the brains behind SSL's annual Mural Fest to learn about the mural process, including how artists are selected, the techniques they use to paint large-scale works, and fun facts about key muralists. You’ll also gain a unique insight into how the property owner plays a role in mural-making and the power of public art to build community. There’s so much more to it than just painting walls!

**UTAH’S ONAQUI WILD HORSE HERD**  
Samantha Couper and Theresa Orison

View Utah’s wild horses in their natural habitat with the Onaqui Catalogue Foundation. You’ll learn about Utah’s most iconic wild horse herd and how community-based citizen science is being used to document and share information about individual horses, behavior, social structures, foal births, and herd management. We'll start with a two-hour classroom session, then on Saturday, we'll meet at the entrance of the Onaqui Herd Management Area (HMA) located near Dugway, UT on a quest to observe and catalogue the horses in the wild.

**TOUR THE AVENUES CEMETERY**  
Paul Wheeler

Visit the largest municipal cemetery in the United States: The Salt Lake City Cemetery. The cemetery is 250 acres of beauty with historically and visually interesting headstones. We will wander among the graves of the famous and infamous as we discuss the development of the land, the challenges it has faced over the years, who died when and why, headstone symbols, burial customs, and more. Please meet at the Sexton’s building, 4th Avenue at N Street.
MIGRATING BIRDS OF UTAH AUTO TOUR
Natalia Wilkins-Tyler & Ben Tyler

Bear River Migratory Bird Refuge is a critical habitat that provides abundant food and shelter for millions of birds making their long journey across North America. This unique auto-tour course will give you a front-row view of the birds of Utah during spring migration as they make their way north for the summer. You will receive a checklist of common species you can expect to see, including shorebirds, raptors, ducks, and more. Communicating with each car through the power of technology, your instructors will point out unique birds, share interesting facts and identification markers, and answer your birding questions. Tuition is per car, so join up with your family or friends and come see your local birds in their native habitat.

LLPOT 948-001 | S, Apr 30 | 8:00 AM-1:00 PM
Bear River Migratory Bird Refuge | $156 + $5 special fee
Tuition price is per car. Special fee is for class booklets. Class is limited to 5 cars.

“The instructors [Natalia Wilkins-Tyler and Ben Tyler] were knowledgeable and patient. We saw many birds - amazing sights. Want to go in the Spring!” - Irene O.

RESIDENTIAL LANDSCAPE DESIGN I: CONCEPT AND PLANNING
Stephanie Duer

Take your landscape from average to fabulous by learning the techniques and tricks of professional designers! We’ll show you how to draw a plan; analyze your site; and use landscape design principles for laying out paths, patios, and garden beds. You’ll have the opportunity to work on your landscape plan with the help of a landscape designer who will teach you design concepts, assessment, and project phasing. We will focus on all areas of the landscape (including front, back, and side yards) to create inspired and functional spaces.
FABULOUS FRUIT TREES
Kim Eden

Fresh, home-grown fruit always tastes best, and pulling them straight from your yard is an amazing convenience. How do you make that happen? Join us to learn recommended varieties, pruning, pollination needs, and maintenance tips for apple, pear, plum, cherry, peach, and apricot trees. We will practice the techniques we discuss in the instructor’s working garden. Please come in weather-appropriate clothing and bring your own loppers and pruners.

COOPS DE VILLE: HOW TO RAISE BACKYARD CHICKENS
Celia Bell

There is a world of difference between a farm-fresh, right-from-the-hen egg and those that come from the store. Sounds good, but where there are eggs, there are chickens; and where there are chickens, there is responsibility. Find out how to do it right from start to finish in this class. We’ll cover preparation; breed selection; housing, food, and water; chickens and your garden; legalities and your neighborhood; hazards and health management; raising chicks; and collecting and storing eggs. We’ll also review the age-old question: Which came first?

BACKYARD BIRDS: WINTER CARE AND FEEDING
Kelli Frame

Winter can be a difficult time for Utah’s birds, but we can make a difference in their potential for survival by supplying high-quality, high-fat food and clean, unfrozen water. In this class, we’ll learn what birds we may see at our feeders in the winter, as well as which foods are best for helping birds survive the cold winter months. Most importantly, we’ll talk about maintaining a clean, clear supply of water all year round.

HOUSEPLANTS 101
Cactus & Tropicals

Houseplants add life to your home and they cannot be equaled by any other home furnishing. But, just like your outdoor plants, your indoor plants need a little TLC. In this class, students will learn how to identify, select, and properly care for houseplants. Light, water, space, and fertilizer requirements will be discussed and design tips will be shared. Co-sponsored with Cactus & Tropicals.

LLHG 512-001 | W, Jan 12-Feb 16 | 6:00 PM-8:30 PM
540 Arapeen Dr room 138 | $169 + $10 special fee
Special fee is for design materials. Class is limited to 14.

LLHG 554-001 | M, Feb 7-Feb 14 | 7:00 PM-8:30 PM AND S, Feb 19 | 10:00 AM-1:00 PM
Bluffdale, UT | $75
This class takes place in the instructor’s garden in Bluffdale, UT. Students will receive the address one week before the first class session. Class is limited to 16.

LLHG 558-001 | T, Feb 8-Feb 22 | 6:00 PM-8:30 PM
540 Arapeen Dr room 160 | $75 + $5 special fee
Special fee is for class handouts. Class is limited to 16.

LLHG 555-001 | M, Feb 7-Feb 14 | 7:00 PM-8:30 PM AND S, Feb 19 | 10:00 AM-1:00 PM
Bluffdale, UT | $75
This class takes place in the instructor’s garden in Bluffdale, UT. Students will receive the address one week before the first class session. Class is limited to 16.

LLHG 556-001 | T, Feb 8-Feb 22 | 6:30 PM-8:30 PM
540 Arapeen Dr room 160 | $75 + $5 special fee
Special fee is for class handouts. Class is limited to 16.

LLHG 926-001 | S, Jan 22 | 10:30 AM-12:30 PM
Wild Birds Unlimited, 1967 E Murray Holladay Rd, SLC | $39 + $15 special fee
Special fee is for a kit of birding supplies. Class is limited to 20.

LLHG 523-001 | T, Jan 25 | 6:30 PM-8:00 PM
Cactus & Tropicals, 2735 S 2000 E, SLC | $49
Class is limited to 16.
RESIDENTIAL LANDSCAPE DESIGN II: A DEEPER LOOK AT PLANTS
Stephanie Duer

Have you ever walked into the garden store only to be overwhelmed by the sheer volume of plants available? How do you know which one is right for you and your landscape? Join us for this deep dive into plants. You’ll learn how form, texture, and seasonality impart design characteristics, and how to use them to your advantage. You’ll discover that a plant can create a focal point, scale, and perspective. We’ll cover plants that are specifically appropriate for Utah and how to maintain your landscape properly to optimize plant health and increase the effectiveness of your labors. This class will focus on building on a design you already have. If you’re looking to start from scratch, try Residential Landscape Design I.

LLHG 925-001 | W, Feb 23-Mar 16 | 6:00 PM-8:00 PM
540 Arapeen Dr room 138 | $99 + $10 special fee
Special fee is for design materials. Class is limited to 14.

TERRARIUM WORKSHOP
Cactus & Tropicals

Terrariums are a great way to grow plants in small spaces. A miniature garden in a glass container makes for a fun and visually appealing way to satisfy your inner gardener, all year long! In this hands-on class, we will teach you how to select plants, build a sustainable landscape, and maintain your very own miniature ecosystem. Co-sponsored with Cactus & Tropicals.

LLHG 922-001 | W, Feb 23 | 6:30 PM-8:00 PM
Cactus & Tropicals, 2735 S 2000 E, SLC | $49 + $40 special fee
Special fee is for a terrarium kit. Class is limited to 16.

POLLINATORS AND THEIR HABITAT
Amy Sibul

Join us as we explore the diversity of pollinators that live in Utah and why they are so important. We’ll learn about the conservation status of these essential animals and what you can do to protect them and provide habitat for them in our own yards and our collective open spaces. We’ll talk about the types of plants that serve as food resources for pollinators and the specific habitat components that help them produce young and survive through winter. On the last day of class, we’ll construct nest boxes for Utah’s native bees that you can take home and install in your own yard or nearby open space.

LLHG 923-001 | Th, Feb 24-Mar 17 | 6:30 PM-7:30 PM
540 Arapeen Dr room 138 | $59 + $28 special fee
Special fee is for materials to make a nesting box. Class is limited to 12.

SPRING CLEAN YOUR GARDEN AND YOUR GARDENING TOOLS
Stephanie Duer

Temperatures are warming and you are anxious for the gardening season. It’s too early to plant but now is prime time for spring cleaning the garden. Learn what clean-up is best done in late winter/early spring, how/when to cut back ornamental grasses, how/when to prune shrubs, dividing and transplanting perennials, and what to do with daffodil and tulip foliage after your bulbs finish blooming. You’ll also get a chance to learn about some of the instructor’s favorite gardening tools to make your spring clean-up a bit easier. One classroom session followed by a hands-on Saturday class in the field will give you the knowledge and skills to get the gardening season off to a good start.
The first class, Feb 26, meets at the Continuing Education building (540 Arapeen Drive, SLC). The second class meets outdoors on Mar 5 (location TBD). Class is limited to 10.

PRUNING 101 WORKSHOP
Kim Eden

The health of a plant sometimes depends on good pruning. Join us to learn useful techniques to improve the success of the shrubs and trees in your landscape. We will practice what we learn in the instructor’s working garden. Please come in weather-appropriate clothing and bring your own loppers and pruners.

GARDENING IN THE WASATCH
Cactus & Tropicals

Every region has unique growing conditions, such as climate and soils, that impact locally relevant gardening choices, and Utah is no exception. Whether you’re a longtime resident or relatively new to the area, understanding the unique conditions along the Wasatch Front will better prepare you to make the right decisions for your garden. Topics discussed will include landscape planning, amending the soil, pruning and planting techniques, and plant selection. Co-sponsored with Cactus & Tropicals.

FUNGAL ECOLOGY: FROM FOREST TO FARM (OR GARDEN!)
Katie Lawson

Ever wonder how a forest can sustain itself without fertilizers, pesticides, or tractors? Better yet, have you considered if this is possible in your farm or garden? Learn how fungi operate in a forest and how to apply these concepts to a farm or garden with the goal of reducing dependence on soil additives and machinery.

BOTANY FOR GARDENERS
Michelle Cook

Join us as we learn basic plant morphology and terminology—knowledge that will help you better understand plant growth and take some of the guesswork out of gardening. In this hands-on class, you’ll learn why some shrubs are pruned immediately after flowering while others are pruned in late winter/early spring; how to tell a pine from a spruce and why it matters; the reasons behind the differing watering practices for turf and trees; and other common gardening questions.
MYCOLOGY FOR BEGINNERS
Katie Lawson

Fungi are all around us playing critical roles in nearly every terrestrial ecosystem—but how much do you really know about mycology? Explore the world of fungi, including the many ways we can partner with fungi to improve our planet. We’ll learn about fungal biology, ethnomycology, and oyster mushroom cultivation in the hot desert climate.

LLHG 477-001 | M, Mar 21-Mar 28 | 6:30 PM-8:30 PM
540 Arapeen Dr room 124 | $59 + $30 special fee
Special fee is for a mycology kit. Class is limited to 12.

YUMMY YARD EDIBLES
Kim Eden

We are all familiar with the traditional garden vegetables, but did you know there are a larger number of edibles you can plant (or possibly already have) in your yard? Join us in your instructor’s working garden to learn 30 plants that will brighten and individualize your landscape and kitchen repertoire!

LLHG 921-001 | M, Mar 28-Apr 4 | 6:00 PM-8:00 PM
Bluffdale, UT | $59
This class takes place in the instructor’s garden in Bluffdale, UT. Students will receive the address one week before the first class session. Class is limited to 20.

BASICS OF WATERWISE LANDSCAPING
Stephanie Duer

Looking to reduce your water consumption while keeping your garden attractive? Do you want to improve the ecological quality of your landscape? Interested in low-water plants, but not sure where to start? If so, please join us for a primer on water-wise landscaping. We will cover the basics of water-wise landscaping, including site selection, soil preparation, passive water harvesting techniques, irrigation systems, hydro-zoning, low-water lawn alternatives, design styles and plant selection.

LLHG 521-001 | W, Mar 30-Apr 6 | 6:00 PM-8:00 PM
540 Arapeen Dr room 154 | $59
Class is limited to 16.

SOILS: DIG DEEPER INTO GARDENING
Michelle Cook

They get enough water. They get enough light. So why aren’t your plants as healthy or as big as you think they should be? It could be the soil. Did you know approximately 90% of plant problems are soil-related? Soil is where it all begins, and this course is where you begin learning about it. We will cover the physical, biological, and chemical properties of soils as well as basic plant nutrition and fertilization that will help you achieve an optimum planting and growing environment. We will discuss soil, soil structure, how to work with different types of soils, and how to improve it. Understanding what is going on underground is the first step in creating a healthy and beautiful garden.

To learn more and register for classes, visit our website at lifelong.utah.edu
BEE KEEPING
Douglas Harper

Healthy, happy, easy-to-maintain honey bees not only reward their keepers with delicious honey but also provide a wonderful pollination service to neighborhood gardens. Learn how to select, house, and manage these beneficial insects as we look at hive components, costs, assembly, and location. We’ll also learn how to use a smoker; what to wear when working with bees; when to purchase bees and from whom; how to install bees into the hive; and how to keep your bees healthy. Along the way, we’ll discuss bee anatomy and social structure, and you’ll receive a month-by-month schedule of bee-keeping activities. There is a field trip to the instructor’s apiary that will include a discussion and demonstrations.

DIY ALL-NATURAL CLEANSERS FOR YOUR HOME
Christy Armbruster

Did you know that homemade cleaners can be safer to use around children and pets, save you money, and reduce the aroma of chemicals? Join us to make a soft cleanser, an all-purpose powder, and foaming hand wash. All of these refillable items will be useful in each room of your home.

DIY BASIC REPAIRS FOR HOMEOWNERS
Thomas Arnold

Don’t pay a pricey professional every time you have a leaky faucet or broken sprinkler head. In this class, you’ll learn how to be a DIY pro and maintain your home or property. We’ll look at common problems with easy fixes you can do yourself: leaky faucets and toilets, basic electrical, repairing sheetrock holes and divots, painting tips and tricks, mold remediation, and more. We’ll also cover maintenance of major appliances and seasonal systems such as heaters/air conditioners, swamp coolers, and irrigation.

VEGETABLE GARDENING BASICS
Celia Bell

Would you like to grow tender lettuce and spinach, juicy tomatoes, flavorful carrots, zucchinis, and more? Learn the tricks to a successful vegetable garden in this informative beginner class. Focusing on a variety of easy-to-grow vegetables, we’ll cover soil texture, soil amendments, composting, cool- and warm-season crops, planting dates, and ways to grow vegetables all year long. We’ll also discuss common garden insects and diseases.
LLHG 529-001 | W, Apr 6-Apr 27 | 6:30 PM-8:30 PM AND S, Apr 30 | 10:00 AM-12:00 PM
540 Arapeen Dr room 124 | $125 + $5 special fee
Saturday’s class on Apr 30 is a field trip to the instructor’s garden. Special fee is for class handouts. Class is limited to 16.

IKEBANA: JAPANESE FLOWER ARRANGING
Haruko Sadler
Practice the art of Ikebana—the simple yet rich Japanese style of plant arranging. Translated as “bringing flowers to life,” creating Ikebana can quiet the mind, provide clarity and renewed energy, and become its own spiritual experience. Working with fresh materials in special containers, you’ll learn the balance, design, and form used by historic and contemporary masters to create floral works of art.

LLHG 518-001 | S, Apr 9 | 1:00 PM-4:00 PM
540 Arapeen Dr room 138 | $49 + $60 special fee
Special fee is for Ikebana supplies. Class is limited to 12.

PERMACULTURE PLANTS FOR SUSTAINABLE YARDS
Kim Eden
Is pest control one of your least preferred garden tasks? Do you wish to move to a more organic approach to your yard maintenance? In part, permaculture is a sustainable technique that uses plants to maintain your pest control. Join us in your instructor’s working garden to learn 30 helpful plants that will keep your yard healthy with minimal effort.

LLHG 920-001 | M, Apr 11-Apr 18 | 6:00 PM-8:00 PM
Bluffdale, UT | $59
This class takes place in the instructor’s garden in Bluffdale, UT. Students will receive the address one week before the first class session. Class is limited to 20.

SUCCULENT GARDEN WORKSHOP
Cactus & Tropicals
Succulents are drought-resistant plants that come in a wide variety of shapes, textures, and color—each one more unique than the last. They are perfect for planting in groups, and the plethora of varieties ensures endless composition possibilities! In this hands-on class, we will teach you the basics of succulent care, as well as design concepts for creating a beautiful succulent garden that’s unique to you. Co-sponsored with Cactus & Tropicals.

LLHG 595-001 | T, Apr 12 | 6:30 PM-8:00 PM
Cactus & Tropicals, 2735 S 2000 E, SLC | $49 + $40 special fee
Special fee is for a succulent garden kit. Class is limited to 16.

VEGETABLE PROPAGATION
Celia Bell
Are you interested in having a wide variety of garden edibles and harvesting them for a longer period of time? Then it’s time for you to explore vegetable propagation and seed starting! We’ll talk about when, where, and how to start our plants and learn different types so we can nurture them to their fullest potential. The first session will cover basic techniques, with more advanced techniques taught in our Saturday field trip.

To learn more and register for classes, visit our website at lifelong.utah.edu
Fungi Inside and Out
Katie Lawson

Once we start to understand fungi, we begin to see them hard at work nearly everywhere. In the first part of this course, we will take a detailed look at how fungi interact with plants and animals to shape the world around us. In the second half, we will look at the world within and explore how fungi interact with the human body as food and their potential medical benefits. This is not a medical course and should not be taken place of any treatments prescribed by your doctor, but it is a good way to understand the nutritional and health benefits of certain mushrooms. This class includes a mushroom medicinals kit and full instructions for how to prepare it. While all are welcome, this course may be best suited for folks with some background information on mycology.

101 Plants to Know
Kim Eden

Planting the right plant in the right place is greatly important in beautiful Utah landscapes. Join us for a 3-part series to learn 101 plants that will grow best in the Salt Lake area, what they need to be a success, and where to plant them in your yard. Each session includes a semi-guided tour through local gardens to view the plants we will learn about in class. Class meets once per season.

Outdoor Container Gardening Workshop
Cactus & Tropicals

Container gardens are a great way to add ambiance to your garden or porch. Join us as we cover basic design principles, how to select container-appropriate plants, and how to maintain and adapt your design throughout the growing season. Co-sponsored with Cactus & Tropicals.
To learn more and register for classes, visit our website at lifelong.utah.edu

CONVERSATIONAL FRENCH I
Catherine Thorpe

This condensed beginning course will teach you conversational French used in travel and everyday situations. French games, group readings of French comic strips, and helpful handouts will quickly familiarize you with the language. The best part: learning the correct accent from a native Parisian! This class is designed to be repeated as often as you wish.

LLLAN 350-001 | W, Jan 19-Feb 23 | 6:00 PM-8:00 PM
540 Arapeen Dr room 132 | $149 + $5 special fee
Special fee is for handouts. Class is limited to 16.

SURVIVAL SPANISH II: BEYOND THE BASICS
Kathy Pham

You may know how to say "hola" and ask where the bathroom is, but do you know how to talk about your family, your hobbies, and your weekend plans? Build on the skills you gained in Survival Spanish I (LLLAN 452) to continue your understanding of basic Spanish language skills. You will leave this class with the knowledge you need to confidently communicate in the present tense about a variety of topics.

LLLAN 431-001 | S, Jan 22-Mar 5 | 10:00 AM-11:30 AM
Online | $125
No class Feb 19.

SURVIVAL SPANISH I: COMMUNICATION BASICS
Wyatt Merrill

Trying to communicate in a new language can be tough, especially if all you’ve been taught are things like colors and sounds of the alphabet. How about a Spanish class that shows you how to talk about food, travel, family, your own interests, and crucial vocabulary for surviving in a Spanish-speaking country? We’ll focus on key verbs such as "to want," "to like," "to go," and "to do" as you build a firm foundation in the language. You won’t need a textbook; instead your instructor will respond to your needs, creating writings and readings tailored specifically to you and your classmates. Expect two fun homework assignments per week. This class is for students with little
to no prior knowledge of Spanish. If you have had 2-4 years of high school or college Spanish (or equivalent), please consider LLLAN 354 Conversational Spanish I.

LLLAN 452-001 | M, Jan 24-Mar 7 | 7:00 PM-9:00 PM  
One Sandy Center, 10011 Centennial Parkway, Sandy | $149  
No class Feb 21. Class is limited to 16.

MANDARIN CHINESE I  
Dai Cui

This course is designed to teach students who do not speak Chinese how to function in Chinese culture and communicate with native Chinese speakers. More than knowing the right words, communication involves understanding what to say, how to say it, and with whom it is appropriate to use certain words, gestures, etc. Thus, in this course, we will learn not only vocabulary but also how to speak and behave in a culturally appropriate way in a Chinese context. The primary emphasis in the course is the oral language (speaking and listening skills), while the secondary emphasis is the written language (reading and writing skills).

LLLAN 364-001 | T, Jan 25-Mar 1 | 6:00 PM-9:00 PM  
540 Arapeen Dr room 154 | $219  
Students may choose to purchase the book Integrated Chinese, Textbook Simplified Characters, Level 1, part 1 but it is not required. Class is limited to 16.

CONVERSATIONAL ITALIAN I  
Jason Cox

Learn the language of warmth and passion. We’ll cover the basic conversational skills you’ll need to travel to Italy while learning about the people, art, and culture of this fabulous country. This class is designed to be repeated as often as you wish.

LLLAN 362-001 | T, Feb 3-Mar 17 | 7:00 PM-9:00 PM  
540 Arapeen Dr room 132 | $149  
No class Feb 17. Students must purchase two texts: Italian: A Self-Teaching Guide (Second Edition) by Edoardo A. Lebano and any Italian to English dictionary (you will use this a lot so purchase one you feel comfortable using). Class is limited to 16.

FRENCH FOR TRAVELERS  
Catherine Naider

Tackle a French vacation fearlessly with an all-inclusive approach to travel to francophone countries. Learn the phrases and vocabulary necessary for shopping, reading a metro plan, and ordering the ever delicious pain au chocolat. In addition to terminology, this course will provide insight into French culture and customs—how a tourist acts can greatly enhance their vacation. Get tips for traveling abroad with information that can transfer from France to the rest of Europe. This class is perfect for beginners, but all levels are welcome.

LLLAN 353-001 | T, Feb 8-Mar 15 | 7:00 PM-9:00 PM  
540 Arapeen Dr room 124 | $149 + $5 special fee  
Special fee is for handouts. Class is limited to 16.
JAPANESE FOR TRAVELERS
Bryan Nalder

Learning the basics of the language and customs of any foreign country is a great start to your vacation abroad. Gain an understanding of essential Japanese words and phrases to make your travels to Japan more pleasurable. We will cover the common greetings, vocabulary, and Kanji necessary for navigating Japan, purchasing a train ticket, and ordering sushi. We will also spend time learning about the unique culture and customs of Japan.

LLLAN 411-001 | W, Feb 9-Mar 16 | 7:00 PM-9:00 PM
540 Arapeen Dr room 124 | $149 + $5 special fee
Special fee is for handouts. Class is limited to 16.

CONVERSATIONAL SPANISH I
Rory Haglund

Speaking Spanish in a relaxed atmosphere helps you overcome the first language-learning hurdle: the fear of making mistakes. Gain confidence in meeting new people and sharing personal anecdotes by practicing with others. Conversations in Spanish with your classmates will strengthen your ability to communicate. This course is intended for those with 2-4 years of high school or college Spanish or equivalent. You should have a working Spanish vocabulary of roughly 200 words and be able to hold a simple conversation in Spanish. The class is designed to be repeated as often as you wish. Complete beginners should consider Survival Spanish I: Communication Basics (LLLAN 452).

LLLAN 354-001 | W, Mar 16-Apr 20 | 6:00 PM-7:30 PM
One Sandy Center, 10011 Centennial Parkway, Sandy | $125
Class is limited to 18.

CONVERSATIONAL ITALIAN II
Jason Cox

Build upon the skills you've learned in Conversational Italian I (LLLAN 362) or your general background in Italian. Expand the basic conversational skills used in travel and everyday situations as we practice with present and future tense verbs. This class is designed to be repeated as often as you wish.

LLLAN 363-001 | T, Mar 24-Apr 28 | 7:00 PM-9:00 PM
540 Arapeen Dr room 132 | $149
Students must purchase two texts: Italian: A Self-Teaching Guide (Second Edition) by Edoardo A. Lebano and any Italian to English dictionary (you will use this a lot so purchase one you feel comfortable using). These are the same texts used in Conversational Italian I. Class is limited to 16.

CONVERSATIONAL FRENCH II
Catherine Thorpe

This class is a continuation of Conversational French I (LLLAN 350) or for students with some background in French. Expand the basic conversational skills used in travel and everyday situations as you work with verbs in the present and future tenses. Emphasis is on speaking with a correct accent and syntax. This class is designed to be repeated as often as you wish.

LLLAN 351-001 | W, Mar 9-Apr 13 | 6:00 PM-8:00 PM
540 Arapeen Dr room 132 | $149 + $5 special fee
Special fee is for handouts. Class is limited to 16.

To learn more and register for classes, visit our website at lifelong.utah.edu
performing arts

BEGINNING GUITAR I
Bruce Christenson

Learn the basic techniques—chords, rhythm, note reading, fingerpicking, scales, and music fundamentals—that will put a solid foundation under new players and apply to most styles of guitar music. This course is also great for guitar players needing a refresher. We will learn in a relaxed and fun environment. Acoustic or electric guitar with an amp is fine.

LLMT 382-001 | W, Jan 12-Feb 16 | 7:00 PM-8:00 PM
540 Arapeen Dr room 156 | $119
Students are responsible for their own guitar. Class is limited to 12.

FLAMENCO DANCE: AN INTRODUCTION
Katie Sheen-Abbott

Flamenco is a graceful dance of expression characterized by intricate hand, foot, and body movements. Join us for a fun and insightful class in which we will gain a broad understanding of this traditional Spanish dance and its music. We will focus on flamenco rhythms; the interaction between the guitarist, singer, and dancer; and a brief history of flamenco dance. We will also learn about flamenco dance technique, which includes rhythmic footwork (zapateado), arm (braceo) and hand placement, and overall body placement. We will focus on a Tangos choreography that builds each week.

LLMT 478-001 | S, Jan 15-Feb 19 | 11:00 AM-12:00 PM
Studio Zamarad, 2607 S State St, SLC | $89 + $30 special fee
Special fee is for the studio rental fee. Class is limited to 12.

COMEDY IS A JOKE: AN INTRODUCTION TO STAND-UP
TJ Taylor

Join a local SLC comedian as you learn the skills it takes to become successful at stand-up. You will explore joke writing and structure, gain the confidence needed to build your stage presence, and learn how social media is affecting comedy.

LLMT 482-001 | S, Jan 29-Feb 12 | 10:00 AM-12:00 PM
540 Arapeen Dr room 146 | $89
Class is limited to 8.
VOICE ACTING: AN INTRODUCTION  
Michelle Ortega

As the voice-over industry continues to grow, more and more people are becoming curious about the fascinating world of voice acting. Reading out loud for a living does sound easy and fun, but what qualities distinguish the voice actors who rise to the top? Join this class to learn and practice the basics you'll need to get started in voice acting, including your own voice quality, interpretation of scripts, and preparing for auditions. You'll leave class with a wealth of knowledge and your own short demo recording. Who knows? Becoming a successful voice talent might just be within you.

LLMT 459-001 | Th, Feb 3-Feb 17 | 6:30 PM-8:00 PM AND Th, Feb 24 | 6:00 PM-8:00 PM  
540 Arapeen Dr room 124/Marriott Library audio studio, 295 S 1500 E, SLC | $109 + $3 special fee  
Class meets at the Continuing Education building (540 Arapeen Drive, SLC) on Feb 3-17. The last session on Feb 24 meets at the Marriott Library audio studio (295 S 1500 E, SLC). Class is limited to 10.

SOUNDWALKS  
Katie Porter

Enjoy three evenings of immersive “soundwalks” and listening practices that will deepen your connection to yourself, your community, and your environment. Join a local SLC experimental clarinetist and curator who will guide you through Pauline Oliveros’ Deep Listening exercises, Hildegard Westerkamp’s Soundwalks, and Marianne Amacher’s Conceptual Music among other thoughtful listening. Learn how deep listening can change the way you experience the world. No music experience required; open to all. Please dress appropriately for the weather.

LLMT 474-001 | W, Feb 23-Mar 9 | 6:00 PM-8:00 PM  
540 Arapeen Dr room 120 | $79  
Students will spend time outdoors; please dress appropriately for the weather. Class is limited to 12.

BEGINNING GUITAR II  
Bruce Christenson

We will build on the basics of playing guitar learned in Beginning Guitar I (LLMT 382). Rhythm, scales, fingerpicking, bass lines, riffs, and more chords and exercises will be explored through a variety of musical styles. We will learn in a relaxed and fun environment. Prerequisite: Beginning Guitar I or knowledge of basic chords, rhythm, tablature reading, and tuning.

LLMT 383-001 | W, Mar 2-Apr 6 | 7:00 PM-8:00 PM  
540 Arapeen Dr room 160 | $119  
Students are responsible for their own guitar. Class is limited to 12.

CLASSIC ROCK RHYTHM GUITAR  
Randin Graves

If you’ve taken Beginning Guitar I and are ready for the next step of playing with other people, here’s your chance! By learning a selection of classic rock songs—from folk-rock to hard rock—you will improve basic skills and try more advanced techniques such as fingerpicking and alternate tuning. Prerequisite: Beginning Guitar I (LLMT 382) or knowledge of basic chords, rhythm, tablature reading, and tuning.

LLMT 465-001 | Th, Mar 10-Apr 14 | 6:30 PM-8:00 PM  
540 Arapeen Dr room 120 | $135  
Students must bring their own instrument. Acoustic is preferred for week one. Class is limited to 12.
**IMPROV COMEDY WORKSHOP**  
Clint Erekson

Ready for some fun and games after work? Improv is spontaneous, creative, and lots of laughs. Improvisational comedy is theatrical humor made up on the spot using your imagination. Discover how to bring your creative ideas to life in real-time through brain teasers, games, and other forms of play; learn the rules of improvisation; develop your own unique characters; and most importantly, emotionally invest in your work. In this improv series, you’ll get to be the writer, performer, and audience! This is an excellent class for anyone interested in trying improv comedy for the first time, as well as for seasoned performers who want to expand their skills.

**LLMT 396-001 | W, Mar 9-Mar 30 | 6:15 PM-7:45 PM**
540 Arapeen Dr room 146 | $119

*Class is limited to 12.*

**BEGINNING MANDOLIN**  
Rex Flinner

Expand your music repertoire with the lovely and versatile mandolin. Originally popular as an instrument for light classical music, the mandolin is used in the United States today primarily for country, bluegrass, and folk music. In this class, we will focus on the basics—chords, flatpicking techniques, and reading skills—as you learn a variety of tunes and styles.

**LLMT 436-001 | W, Mar 23-Apr 27 | 6:00 PM-7:30 PM**
540 Arapeen Dr room 120 | $155

*Class is limited to 6. Students must bring their own instrument.*

**HAWAIIAN DANCE AND CULTURE**  
Kahealani Blackmon

Aloha kakou. Come take a “trip” to the Hawaiian Islands where you will learn how to hula dance the traditional way, gain an understanding of the Hawaiian culture, and learn a fun hula dance. You will exercise your mind and your body while working up a sweat with low-impact movement. You will leave this course with new knowledge and a little bit of paradise in your heart.

**LLMT 479-001 | M, Apr 4-Apr 11 | 7:00 PM-9:00 PM**
540 Arapeen Dr room 124 | $59

*Class is limited to 12.*

**AFROTEMPO I: INTRODUCTION TO AFRODANCE**  
Liz Oyeneyin-Liadi

Enjoy moving to the beat and making new friends while experiencing modern dance styles from countries around the African continent. With the guidance of an experienced dance professional, you’ll explore Makossa from Camaroon, Coupé-décalé and Ndombolo from Ivory Coast, and Afro House/Kuduro from South Africa and Angola. The dances, which merge traditional movements with modern street-style, will offer a greater understanding of the cultures from which they originate. No dance experience required; all are welcome.

**LLMT 477-001 | W, Apr 6-Apr 20 | 7:15 PM-8:45 PM**
Studio Zamarad, 2607 S State St, SLC | $79 + $12 special fee

*Special fee is for the studio rental. Please wear shoes with non-skid soles and bring your own water bottle.*

*Class is limited to 15.*
photography & digital media

DIGITAL PHOTOGRAPHY: AN INTRODUCTION
Neil Eschenfelder

Take an in-depth look at megapixel 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 on your computer. You will get the most out of this class if your camera features manual as well as automatic controls. Please bring your camera and manual to the first class.

LLART 115-001 | W, Jan 12-Feb 9 | 6:30 PM-9:00 PM AND S, Feb 5 | 1:00 PM-3:00 PM
540 Arapeen Dr room 154 | $159 + $5 special fee

STOP-MOTION VIDEO WITH YOUR SMARTPHONE
Sandra Cerna

In today’s social media world, video is king. Whether you’re showcasing your creativity, generating interest in your products, or sharing your sense of humor, stop-motion video is one of the most eye-catching visuals. In this animation technique, objects (or people!) are moved in tiny increments and photographed in sequence so they appear to be moving on their own. You will learn how to prepare for a shoot, set up lighting, and utilize stop-motion techniques with Life Lapse App. Walk away from this class with two completed animation projects and the knowledge and tools you need to continue creating time-lapse videos at home.

LLART 347-001 | Th, Jan 20-Feb 3 | 6:00 PM-8:00 PM
540 Arapeen Dr room 146 | $95
Students are responsible for their own supplies; find a list online. Class is limited to 10.

BEGINNING VIDEO EDITING WITH PREMIERE PRO
Ali Akbari

Have you ever wondered how to make your own professional-looking video using just your camera or phone? In this introductory course, learn how to craft raw footage into polished videos using Adobe Premiere Pro. Get comfortable with file management, cutting and trimming, resizing, and much more. Come practice how to tell a story with Premiere Pro!

LLART 115-002 | Th, Jan 20-Feb 17 | 6:30 PM-9:00 PM AND S, Feb 12 | 1:00 PM-3:00 PM
One Sandy Center, 10011 Centennial Parkway, Sandy | $159 + $5 special fee
Special fee is for handouts. Class will meet for a field trip outdoors on Saturdays (location TBD).
Students will share photos via Google; please come to the first class prepared with a Gmail address. Class is limited to 16.

Landscape and Adventure Photography: An Introduction (p44)
LANDSCAPE AND ADVENTURE PHOTOGRAPHY: AN INTRODUCTION
Jonathan Duncan

Learn how to capture breathtaking images of your adventures in the natural world during this workshop that introduces you to the skills and techniques used by professionals. Topics include exposure control and light metering, the principles of visual communication, the qualities of natural light, advanced digital techniques, and the philosophy and tradition of the artist in nature. You will learn through slide-illustrated lectures and group discussions/critiques. This class is intended for photographers of all levels; no experience is required.

RIGHT BRAIN PHOTOGRAPHY
Eli Vega

In this highly interactive course, we will explore two significant paradigms through which to view photography. We will further learn the importance of composition; how to see with your imagination and not your eyes; how to see something before you see it; creative in-camera techniques; Impressionism through photography; the application of Eastern philosophy to photography; and much more!
System camera and manual to class. Post-it flags and/or a highlighter to annotate your manual are also recommended. Want more guided practice with the basics? Take Digital Photography: An Introduction (LLART 115) either before or after this class.

LLART 193-003 | S, Feb 5-Feb 12 | 10:00 AM-2:00 PM
540 Arapeen Dr room 154 | $99
Students provide their own camera. Class is limited to 12.

PODCASTING: AN INTRODUCTION
Christopher Holifield

Do you want to start your own podcast? Then this is the perfect course for you! This class has been created to show the beginning podcasters everything they need to record, edit, publish, and grow their own podcasts. Join us to learn the entire process of creating a podcast, from idea to launch. Learn how to choose the subject matter, what equipment you need to create a quality podcast, and how to record, edit, find sponsors, and publish to Apple Podcasts, Spotify, Pandora, Stitcher, and tons of other audio outlets. No more piecing together information from the Internet, throwing away money on outdated podcasting books, or buying the wrong equipment.

LLART 297-001 | T, Feb 1-Feb 22 | 5:30 PM-8:00 PM
Online | $169
Students will be given access to a licensed version of Lightroom before class begins.

DIGITAL PHOTOGRAPHY II
Neil Eschenfelder

Have you mastered shutter speed, lens opening, and ISO? Want to explore the unique features of your digital camera such as white balance, contrast, HDR, resolution, RAW shooting, metering modes, 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: Digital Photography: Nuts and Bolts for DSLR (LLART 193), Digital Photography: An Introduction (LLART 115), or take our quiz online.

To learn more and register for classes, visit our website at lifelong.utah.edu
PHOTOSHOP FOR PHOTOGRAPHERS  
**John Craigle**

Considered the leader in professional photo editing software, Adobe Photoshop allows users to create, manipulate, crop, resize, and correct digital images. In this class, a Photoshop expert will begin familiarizing you with this extensive program with an introduction to the tools and settings that can have an immediate impact on your photographic workflow. Become comfortable with user interfaces through lectures, demos, and projects. This course is intended for students with a working knowledge of photography and its basic terms. Please bring a USB thumb drive to the first class. Not quite ready for Photoshop? Beginning Photo Editing (LLART 346) is a great precursor to this class.

**HOW TO ORGANIZE YOUR DIGITAL PHOTOS**  
**Daniel Cureton**

"I have so many photos on my computer but I don't know how to organize them!" If you're approaching that 100,000 digital photo mark, should you just delete them all? Give them to a company to sort? No! This course will help you understand key processes in organizing, naming, and arranging your digital photos so you can easily find, retrieve, and sort them. You will learn how to use metadata to search for photos and how to use file systems to archive them, then present your own newly organized collections. This is not a beginning-level computer class; students should be comfortable using their computer operating system and know the basics of where and how their image files are stored.

**ADVENTURE MEDIA AND PHOTOGRAPHY**  
**Jonathan Duncan**

The rapid change in technology over the last decade has enabled us to share our experiences as travelers and adventurers like never before. Join a local photographer and examine the latest tools of the storyteller including digital cameras, video, filters, editing software, and how to use these tools to develop compelling and creative stories. You will develop technical skills in digital photography and videography, practice building project outlines and storyboards, and have the opportunity to create your own unique blog, website, or other digital storytelling platform.

**CYANOTYPES: PRINTMAKING WITH THE SUN**  
**Haylee Canonico**

Did you know the first photographically illustrated book was made using cyanotype? Cyanotype is a traditional, photographic process that creates a blue (cyan!) image using a chemical solution and ultraviolet rays from the sun. Contemporary photographers, printmakers, painters, and all sorts of
creators love this method for its deep blue tones. Join a local artist and printmaker to learn how to create a cyanotype print by using objects, drawings (hand-drawn or digital), or photographic negatives. Your instructor will demonstrate how the process works and show you how to experiment with a variety of materials. Next, you will learn how to process and develop your image into a final work of art. You will not only leave with a uniquely beautiful set of prints but also a new method to use in your art practice!

LLART 256-001 | W, Mar 30-Apr 6 | 6:00 PM-8:30 PM AND S, Apr 2-Apr 9 | 9:00 AM-2:00 PM Saltgrass Printmakers 412 S 700 W, SLC | $199 + $84 special fee
Special fee is for all materials and print studio rental. Class is limited to 8. Students must adhere to Saltgrass Covid guidelines.

INTRODUCTION TO STUDIO LIGHTING: OFF-CAMERA FLASH
John Craigle
Sometimes you need a little extra lighting to achieve a properly exposed image, but using electronic flash units mounted on top of your DSLR can produce contrasty, stark, or flat photos. Luckily, it’s easy to vastly improve your results by moving the flash off of the camera. Learn how to use off-camera lighting and light modifiers (umbrellas, softboxes, grids, etc.) that will give your images a professional look. Speedlights can give you the same look as pro studio lighting and have the added advantage of no cables or cords to manage. Through demonstrations of off-camera lighting techniques and hands-on applications of lessons learned, you’ll bring your photography to a whole new level... in a flash! Prerequisite: A DSLR or mirrorless system camera equipped with a hot shoe, a memory card, and either Nuts and Bolts for DSLR (LLART 193), Digital Photography: An Introduction to Digital Photography (LLART 115), or take our quiz online. Please be familiar with the workings of your camera.

LLART 96-001 | T, Apr 5-Apr 26 | 6:00 PM-8:00 PM
540 Arapeen Dr room 154 | $129 + $20 special fee
Special fee is for the use of equipment. Class is limited to 12.

NATURAL LIGHT PORTRAIT PHOTOGRAPHY
Jeri Gravlin
Using the beauty of natural light, develop your skills at portrait photography. We’ll work indoors and out, playing with shadow and light to add mood and texture to your work. Take your portraiture to a whole new level! Open to point-and-shoot, DSLR, or film photographers. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz online.

LLART 94-001 | W, Apr 6-Apr 27 | 6:00 PM-7:30 PM
540 Arapeen Dr room 146 | $75
Students provide their own camera. Class is limited to 12.

DEVELOP YOUR PHOTOGRAPHIC EYE
David Argyle
With today’s digital cameras, just about anyone can take a snapshot. But, it usually takes more than the casual click of a button to create a compelling and artistic photographic image. While most photography classes focus on the technical aspects of photography, this class is all about the art of photography. Learn how to best position your camera, master your optics, go beyond the rule of thirds, develop patience and timing, and improve your post-processing skills. Move beyond the technical hassles and learn to think and see like a photographer.

LLART 245-001 | Th, Apr 7-Apr 28 | 6:00 PM-8:30 PM
One Sandy Center, 10011 Centennial Parkway, Suite 100, Sandy | $139
Class is limited to 12.

To learn more and register for classes, visit our website at lifelong.utah.edu
Experience the mystical feeling of the moonlight on snowshoes as we travel within the scenic Wasatch Mountains. You will receive tips on snowshoe technique, instruction in winter emergencies, and hot cocoa and snacks. Please bring snowshoes (rent at the U’s Campus Recreation Services or from your local sporting goods location), and wear boots suitable for snowshoeing. Students will be notified of where to meet.

Students will receive a list of supplies to bring on the hike. Class is limited to 12.

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

Class meets at Round Valley in Park City. Students are responsible for their own skate skis. Class is limited to 10.

Want the solitude of backpacking but with fresh food, luxury items, and a lot less effort? Would you like to stay socially distanced by exploring 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 (think bathrooms), safety considerations, where to find detailed maps, and how to prepare for emergencies. While most time will be spent on how to plan and prepare, we'll also (begrudgingly!) give up a few secrets about areas that are particularly rich in car camping opportunities and provide access to wilderness hiking, easy getaways, and ruins of ancient communities.

LLREC 800-001 | T, Mar 1 | 6:30 PM-8:30 PM  
540 Arapeen Dr room 120 | $39  
Class is limited to 16.

BEGINNING BICYCLE MAINTENANCE I  
Jonathan Harman

This course is designed with the beginning hobbyist or mechanic in mind and will cover basic maintenance, from repairing a flat tire to tightening your headset. We will discuss the difference between using tubes and going tubeless, the correct tire pressure to run on your bike, and tips and tricks to set up your bike to make riding as safe and comfortable as possible. We will also cover derailleur indexing and tips to keep your bike shifting perfectly. Finally, we will discuss emergency trailside maintenance, the best tools to carry for trailside repairs, and different strategies to get your bike home if something breaks on the trail.

LLREC 915-001 | S, Mar 5-Mar 12 | 2:00 PM-4:00 PM  
One Sandy Center, 10011 Centennial Parkway, Suite 100, Sandy | $59  
Class is limited to 12.

“[Jonathan Harman] was very knowledgable about all types of bikes. He was patient and able to explain everything very clearly.”  
- Sarah R.

ENJOYING NATURE RESPONSIBLY: A BEGINNER’S GUIDE TO OUTDOOR ETHICS AND LNT  
Michael Fagerstrom

Are you a responsible person who is concerned about preserving the pristine wilderness that Utah has to offer? Then join your fellow outdoor-lovers for a fun and informative class that will introduce you to the seven principles of LNT (Leave No Trace) outdoor ethics. You’ll learn to plan, properly dispose of waste, minimize campfire impacts, and respect others you meet in the wild—human and non-human!

LLREC 913-001 | T, Mar 8 | 6:00 PM-8:00 PM  
540 Arapeen Dr room 154 | $39  
Class is limited to 12.

DISC GOLF: AN INTRODUCTION  
Michael Fagerstrom

Disc golf is one of the fastest-growing sports in the US, and it’s easy to see why! With its combination of mental and physical challenges, it’s a great way to keep your body and mind in shape. Join us and learn the different styles of discs, popular throws, and rules of the game. You will start by
INTRO TO TENKARA FLY FISHING
ERik Ostrander

Tenkara is a traditional Japanese method of fly fishing utilizing just a rod, a line, and a fly. No reels and no hassle. The simplicity of Tenkara is perfect for fly fishers of all levels, yet holds a subtle complexity that can engage you for years. The lightweight gear and intuitive methods apply well in Utah’s rivers and backcountry. Participants will enjoy an evening of in-class discussion about history, gear, and techniques with a local fishing expert from the first exclusive Tenkara guide company outside of Japan. Saturday, join us on the river to be taught by the true experts of fly fishing—the trout. You are responsible for providing your fishing license, sack lunch, polarized sunglasses (essential for eye protection), and either waders and boots or clothes and shoes that can get wet. The day on the river is physical and requires wading with slippery rocks and strong currents. Some fly-fishing experience is required; true beginners should start with LLREC 671 Beginning Fly Fishing.

LLREC 924-001 | T, Mar 15, 29, Apr 12, 26 | 5:30 PM-7:30 PM
540 Arapeen Dr room 148/Outdoors | $109
The first session meets at the Continuing Education building (540 Arapeen Drive, SLC). Locations for subsequent meetings will be discussed in the first session. Class is limited to 12.

BEGINNING HORSEMANSHIP I
Giuliana Marple

Horses are amazing animals with a deep sense of intuition and an exacting judgment on trust and partnership. They are connected to the land and their surroundings innately, but because they are such powerful creatures we forget about their sensitivity. Join us for this clinic in which you will not only learn how to read a horse’s body language, but also develop a deeper awareness of your own. You’ll learn about horse behavior, how horses communicate with one another, and how to help them see you as a leader. The focus of this clinic is on groundwork and connection, so we won’t be riding. This course is perfect for those who may have felt nervous around horses and for those who have always wanted to form a deep connection with a horse. Beginners and experienced riders are welcome.

LLREC 923-001 | S, Mar 26 | 10:00 AM-1:00 PM
Hunstville Spring Creek Ranch | $89 + $70 special fee
Students must purchase their own copy of How to Think Like a Horse by Cherry Hill and read the first chapter before class. Special fee is for use of the venue and horses (please do not bring your own horse). Class is limited to 8.

BEGINNING FLY FISHING
ERik Ostrander

Immerse yourself in the outdoors and join us for a basic introduction to fly fishing. You’ll start with an evening of in-class discussion about gear, techniques, knots, and fly selection with a local fishing expert and guide. On Saturday, join your guide for a day on the river to be taught by the true experts of fly fishing—the trout. Not sure you’re ready to invest in fly fishing gear? Don’t worry,
your instructor will have rental equipment available for an extra fee. For the day on the river, you are responsible for providing your fishing license, sack lunch, polarized sunglasses (essential for eye protection), and either waders and boots or clothes and shoes that can get wet. The day on the river is physical and requires wading with slippery rocks and strong currents.

LLREC 671-001 | Th, Apr 7 | 6:00 PM-9:00 PM AND S, Apr 9-Apr 16 | 9:00 AM-5:00 PM
540 Arapeen Dr room 148/Outdoors | $155 + $25 special fee
Class meets at the Continuing Education building (540 Arapeen Drive, SLC) on Thursday and on the river Saturday (location TBD). Equipment and extra flies ($2) will be available to rent/purchase from the instructor at additional cost. Class is limited to 10.

wellness & relationships

Botanical Remedies for Every Body (p52)

THE FOUR NOBLE TRUTHS: BUDDHIST PRINCIPLES FOR A HAPPY LIFE
Joseph Evans

Learn practical methods for increasing happiness and well-being through The Four Noble Truths—the foundational principles of Buddhism. Taught by Buddha Shakyamuni nearly 3,000 years ago, these universal, non-sectarian principles are still relevant to the challenges and stresses of our modern world. In this class, we will look at unique approaches to happiness and suffering, thinking and karma, and how to apply these principles for a happier and more beneficial life. No prerequisites are needed.

LLHL 232-001 | T, Jan 18 | 6:30 PM-8:30 PM
540 Arapeen Dr room 120 | $39
Class is limited to 12.

BOTANICAL REMEDIES FOR DOGS
Rachael Bush

Does your dog have cracked pads or a crusty nose? In this class we’ll make a balm to heal damaged toes, a butter to soothe dry noses, and sunblock cream. You’ll make one of each and learn what you need to continue production at home. Keep your pup covered from head to toe with these all-natural recipes made with easy-to-find ingredients.

LLHL 225-001 | S, Jan 29 | 2:00 PM-4:00 PM
540 Arapeen Dr room 152 | $39 + $8 special fee
Special fee is for materials. Class is limited to 12.
SUGAR AND A HEALTHY DIET
Kathy Hoggan

When thinking about sugar and the role it plays in your diet and its impact on your health, it is essential to understand the difference between sugars that are natural (glucose and fructose) and those that are man-made (sucrose and high-fructose corn syrup). Learn how to identify different sugars, how to use nature’s sugars in your diet and cooking, and how to begin to break an attachment to man-made sugars. You will learn to work with a food diary to track your sugar and overall eating habits.

LLHL 108-001 | T, Feb 1-Feb 22 | 6:30 PM-8:30 PM
540 Arapeen Dr room 148 | $99 + $15 special fee
Special fee covers food samples. Please bring a journal or notebook to the first class. Class is limited to 12.

BOTANICAL REMEDIES FOR EVERY BODY
Rachael Bush

Damaged skin is something we all have issues with from time to time. Learn how to make natural balms to treat bruises and rashes, and sunblock to help keep you at your best. These healing recipes are formulated for all types of skin and use natural ingredients with vegan options available upon request. You’ll be infusing oil with herbs, making a colloidal solution, and learning the skills and techniques to continue production at home.

LLHL 106-001 | S, Feb 5 | 10:00 AM-1:00 PM
540 Arapeen Dr room 152 | $49 + $10 special fee
Special fee is for materials. Class is limited to 12.

I LOVED this class!! Rachael [Bush] is an extremely thorough instructor, teaching everything about the project from the health benefits of the products we used, to details about printing labels for the containers, to tips on how and where to buy all the supplies needed. She is fun and patient and very knowledgeable. - Monica S.

RADIANT RELAXATION
Kat Dickinson

Recommit to self-care while connecting with the power of rest in this class that is perfect for anybody. Yoga nidra, also known as “yogic sleep,” is a form of meditation that draws attention inwards as one learns to surf between states of wakefulness and sleep. Typically practiced lying down, it can have immense value for those working with anxiety, trauma, depression, and insomnia. Come satisfy your curiosity about the deep states of meditation you’ve heard of or stumbled across but have never been able to recreate.

LLHL 233-001 | W, Jan 12-Feb 16 | 7:00 PM-8:00 PM
Centered City Yoga, 920 E 900 S, SLC | $79 + $35 special fee
Please bring comfortable yoga clothing, bare feet, yoga mat, any props you may need (blocks, cushions, strap, bolster), and water to drink. Special fee is for space rental. Class is limited to 8.
AIKIDO: AN INTRODUCTION
Benjamin Tyler

Aikido—translated as “the way of harmony with universal energy”—is a Japanese martial art that focuses on self-defense while protecting your attacker from injury. Engage in an overview of the history and philosophy of Aikido from its roots in the ancient samurai fighting arts to the modern practice enjoyed today. Then, experience the philosophy in motion as you participate in movement practice, learning introductory techniques as well as how to safely fall out of those techniques.

LLHL 240-001 | W, Feb 23-Mar 30 | 7:30 PM-8:30 PM
Aikido Mountain West, 370 W Ironwood Dr, SLC | $85 + $35 special fee
Students must adhere to the venue’s current health policies, which require that students are vaccinated against Covid-19. Special fee is for space rental. Please wear clothing that allows for movement.
Class is limited to 8

MUSIC FOR HEALTH AND WELLNESS
Raymond Uy with guest speaker Meg Lyding

Learn to employ a wide range of music to enrich the mind, body, and spirit. We will explore sound healing, classical music, popular songs, and enduring standards that warm hearts and evoke nostalgia. Experience sound healing techniques, live performance demonstrations, and recorded examples. Diving deeper, we will learn about therapeutic songwriting strategies that can be practiced at home. Please join us for this course that promises to be informational, enlightening, and entertaining.

LLHL 239-001 | Th, Mar 10-Mar 24 | 6:00 PM-7:00 PM
Online | $49
Headphones are recommended but not required.

IMAGINING LIFE: CREATIVITY, COMMUNICATION, AND CONSCIOUSNESS
Jonathan Duncan

This workshop offers an exploration into the nature of human happiness and combines the varied fields of mindfulness, positive psychology, flow, Eastern philosophy, and the classics including Aristotle and Epicurus. The goal of the course is to help you learn to live with a conscious awareness of how you are using and developing your mind and to become an inspired communicator capable of expressing your unique reality through your creativity and imagination.

LLHL 231-001 | Th, Mar 17-Apr 21 | 6:30 PM-8:00 PM
Online | $129

LET’S TALK: BREAKING DOWN COMMUNICATION BARRIERS
Rebecca McCarthy

Have you ever been unsure of how to respond to an extended family member’s comment at a holiday dinner? Or maybe you’ve struggled to defuse a co-worker’s combative attitude? It often feels like we are living in a divided world; even though “connecting” with one another is easier than ever, technology has also created barriers to effective communication. Break down and understand these roadblocks by rediscovering what communication is, how it works, and how to practically promote stronger connections in your personal and professional lives. With the knowledge you’ll gain in this course, you can lead by example to become an agent of change in your community and help people learn how to communicate better.

LLHL 234-001 | M, Mar 21-Apr 11 | 6:00 PM-8:00 PM
540 Arapeen Dr room 146 | $99
Class is limited to 12.
SOAP MAKING
Carrie Roberts

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

LLHL 184-001 | S, Apr 2 | 2:00 PM-5:00 PM
540 Arapeen Dr room 152 | $49 + $25 special fee
Special fee is for materials, including protective gloves. Please bring a pair of safety glasses or goggles. Class is limited to 12.

THE SEVEN RELATIONSHIP UNITIES: A BUDDHIST PERSPECTIVE ON RELATIONSHIPS
Joseph Evans

Learn practical tools for creating meaningful and lasting connections between couples, family members, friends, co-workers, and even challenging people. The Seven Relationship Unities is a simple but profound and effective practice that comes from the centuries-old tradition of the Dzogchen Lineage of Tibetan Buddhism. Despite its age, the practice is still perfectly suited for our modern way of life. Come to this workshop by yourself, or register with a friend, sibling, parent, partner, or spouse. It is recommended but not required that students first attend The Four Noble Truths (LLHL 232) or Tibetan Buddhist Meditation (LLHL 143).

LLHL 131-001 | T, Apr 5 | 6:30 PM-8:30 PM
540 Arapeen Dr room 120 | $39
Class is limited to 12.

HOMEMADE LOTION AND CREAMS
Carrie Roberts

Learn tips and tricks for combining natural oils and emulsifying wax to make your own silky-smooth lotion! Explore the benefits of homemade lotion compared to commercial products, and discover which oils help with different skin types. We will also learn how lotions compare to body butters and the differences between preservatives and antioxidants. Bring an apron and your favorite essential oil!

LLHL 223-001 | S, Apr 9 | 2:00 PM-5:00 PM
540 Arapeen Dr room 152 | $49 + $35 special fee
Special fee is for materials. Please bring an apron and your favorite essential oil. Class is limited to 12.

BEING WITH HORSES
Nicole Tomlin

Join us for a fun and interactive class to learn about joy and connection while being with horses. This class offers a guided experience that aims to expand your knowledge of horses and horse culture. By focusing on horse behavior, we will gain an understanding of body language and connection that will help us relate to and understand the humans and animals in our daily lives. We will observe horses in a herd and spend time in one-on-one scenarios with individual horses. This class does not involve horseback riding. Students meet during two sessions: a classroom session to prepare, and a horse field day at High Star Ranch in Kamas, Utah!

LLHL 131-001 | T, Apr 5 | 6:30 PM-8:30 PM
540 Arapeen Dr room 120 | $39
Class is limited to 12.
THE AFRICAN AMERICAN HAIR EXPERIENCE
Alyssha Dairsow & LaTonya Jackson

From the earliest footprint of enslaved Africans, the African American people in the USA have had a royal yet traumatizing, uplifting yet politicized love with their hair. As our country continues to evolve, join us for a classroom session to dive into the insightful history and experience of African American hair in the United States. Then, enjoy a day at the salon and eliminate the guesswork behind caring for your kid’s hair. Promoting love, positivity, and appreciation for the culture around naturally curly and tight coiled hair, you’ll gain more than just a few styling tips and product recommendations. You will also receive a full demonstration of styling tight curls to help you and your loved ones confidently wear their natural hair down and free-flowing.

LLHL 220-001 | Th, Apr 21 | 6:30 PM-8:00 PM AND S, Apr 23 | 9:00 AM-1:00 PM
540 Arapeen Dr room 146/Highstar Ranch, Kamas | $75 + $50 special fee
Class meets on Apr 21 at the Continuing Education building (540 Arapeen Drive, SLC) and on Apr 23 at High Star Ranch in Kamas. Class is limited to 10. Special fee is for facility and horse rental.

writing & literature

CREATIVE WRITING
Johnny Worthen

How do we tell stories? What do we include in writing, and what remains unsaid? Build your voice as we focus on a group of specific techniques for shaping and informing your creative skills, including character, plot, point of view, description, dialogue, and setting. You will read short selections of writing to see what techniques to beg, borrow, and steal. You will experiment with in-class writing exercises and read and discuss each other’s work. Writing can be inventive, illogical, chaotic, unexpected, strange, and wonderful. In this class, you will practice seeing the world in new ways and then recreating that experience on the page.

LLHL 241-001 | S, Apr 23 | 1:00 PM-3:00 PM AND M, Apr 25 | 6:00 PM-9:00PM
540 Arapeen Dr/LaMia Beauty Lounge, 4484 South 1900 West Ste 4, Roy, UT | $79 + $30 special fee
Class meets at the Continuing Education building (540 Arapeen Drive, SLC) on Apr 23 and at LaMia Beauty Lounge (4484 South 1900 West Ste 4, Roy, UT) on Apr 30. Class is limited to 10. For demonstration purposes, students may choose to bring one child for whom they are the legal guardian to the salon session.
9 STEPS TO SELF-PUBLISHING YOUR BOOK

Stacy Dymalski

Unearthing the secrets of self-publishing does not have to be a time-consuming, research-laden mission. If you want to get your book out quickly, this class is for you. It tells you only what you need to know by systematically walking you through the self-publishing process, using practical examples you can apply to your own manuscript. By the end of the workshop, you will know exactly what it takes, and how much it costs, to self-publish your own book.

LLWRC 803-001 | Th, Jan 13-Jan 20 | 6:30 PM-8:30 PM
Online | $69
Students must purchase their own copy of The Memoir Midwife: Nine Steps to Self-Publishing Your Book by Stacy Dymalski.

SHORT STORIES FROM AROUND THE WORLD: MIGRATION, IDENTITY, AND HOME

Scott Black

Join us for an eye-opening exploration into some of the ways writers from around the world have used stories to think about identity and belonging in a rapidly changing world. We’ll read short stories from a broad variety of cultures and narrative traditions to explore how contemporary fiction uses narrative structure, perspective, voice, and tone to capture the social, political, and ethical challenges of the modern world. Art and stories, these writers suggest, help us make sense of complex social realities, giving us new ways to understand ourselves and our worlds, and offering insight into the experiences of people who may seem different from us. But though these works often raise serious concerns, they exhibit a narrative exuberance, ironic wit, and playful glee in their storytelling, reminding us that the pleasure of stories is as important as the work we do with them.

LLWRC 876-001 | Th, Jan 20-Mar 3 | 6:00 PM-7:30 PM
540 Arapeen Dr room 148 | $119
No class on Feb 3. Students must purchase their own copy of One World Two, ed. Ovo Adagha & Chris Brazier. Class is limited to 12.

ZEN LESSONS FOR WRITERS

Johnny Worthen

Join a published author as he shares his discoveries in Eastern philosophy and their applications to the life of a writer. We will focus on overcoming writer’s block, the nature of the Muse, and the nature of the work. This is a class about wellness and art, philosophy and creation, work, success, and existence. Sessions include directed mindfulness meditations, lectures on basic Buddhist concepts, and explorations of how these can be successfully applied to the author’s journey. You will experience creative writing, discussions, homework, and camaraderie.

LLWRC 873-001 | S, Jan 22-Feb 12 | 11:00 AM-1:00 PM
540 Arapeen Dr room 132 | $119 + $5 special fee
Special fee is for class handouts and packets. Class is limited to 15.

WRITING THROUGH GRIEF

Debbie Leaman

Writing can help guide us toward a deeper understanding of the pain and suffering of loss. Whatever the reason for grieving—death of a loved one, the pandemic, divorce, illness, job loss—this workshop is designed to provide a supportive environment for participants to explore and honor all feelings of grief. Writing prompts and short readings will offer new ways to express thoughts. Putting pen
to paper gives us the opportunity to change perspective and transform suffering into healing. One optional goal of the class is to write a personal essay. All writing levels are welcome and no writing experience is necessary. Please keep in mind this is not group therapy.

LLWRC 875-001 | S, Jan 22-Mar 5 | 10:00 AM-12:00 PM
Online | $159
No class Feb 19.

SCREENWRITING
Bryan Young

Join an award-winning screenwriter as he takes you through the steps of writing your own screenplay. Learn the form and structure of screenplays that sell in addition to best practices to help you avoid the pitfalls that often trap new screenwriters.

LLWRC 826-001 | W, Jan 26-Mar 2 | 6:00 PM-9:00 PM
540 Arapeen Dr room 146 | $219
Class is limited to 12.

LOVE AT FIRST WRITE: WRITING ROMANCE
Monica Simons

Join us to explore the history and impact of romance novels to anticipate where the genre goes next. Then we’ll plan our own, touching on theme, tension, conflict, characterization, and many other aspects of writing as they apply to romance novels. We’ll go from editing and revision, to a brief overview of markets, querying, and submissions. From sweet to spicy, a short story to a series, we’ll find our Mister Write!

LLWRC 766-001 | Th, Feb 10-Mar 3 | 6:30 PM-8:30 PM
540 Arapeen Dr room 146 | $119
Class is limited to 12.

“I WANT TO WRITE, WHERE DO I START?”
Kimberly Justesen

Have you ever said, “I’d love to write, but I don’t know where to begin”? If so, you’ve found the right place. This workshop introduces you to ways you can get started on your writing adventure. We’ll look at ways to find the space and time for writing, warm-up exercises you can use to jump-start your ideas, and local and national resources to keep you on your path. Whether you are looking for personal fulfillment or to write the next great American classic, you’ll find valuable insights and tools to get you going.

LLWRC 872-001 | S, Feb 26-Feb 26 | 10:00 AM-2:00 PM
540 Arapeen Dr room 132 | $59
Class is limited to 12.

“The exercises were fun to do, and Kim [Justesen] has a lot of knowledge about the writing process, and about working as a writer. She was friendly, engaging, and made the class a fun and safe place to be. It was a great way to spend my Saturday morning.” - Jeffrey S.
CREATIVE WRITING II  
Johnny Worthen

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

LLWRC 825-001 | T, Mar 1-Apr 5 | 6:30 PM-9:00 PM  
540 Arapeen Dr room 146/132 | $179 + $5 special fee  
Special fee is for class handouts and packets. Class is limited to 12.

FREELANCE WRITING WORKSHOP  
Bryan Young

Writing journalistic, informational pieces can be a lucrative path for writers looking to make a living by plying their art. This class will go over how to pitch stories to editors, how to write them, and how to get them to come back and hire you again. We will also cover industry standards, making contacts, finding a niche, and where to pitch your stories—all taught by a professional freelance writer.

LLWRC 823-001 | S, Mar 5 | 12:00 PM-2:30 PM  
540 Arapeen Dr room 132 | $45  
Class is limited to 12.

READ LIKE A WRITER  
Kimberly Justesen

An important and often neglected part of writing is reading. We are readers before we are writers, and reading continues to shape, fill, and drive our work once we become writers. In this class, we will explore the act of writerly reading: how does it differ from other kinds of reading? What do writers notice in others’ work that the average reader might not, and how do they use it in their own work without becoming imitative? Show up prepared to read, mark, and discuss.

LLWRC 779-001 | T, Mar 8-Mar 29 | 6:30 PM-8:30 PM  
540 Arapeen Dr room 132 | $119  
Class is limited to 12.

CREATIVE WRITING BOOTCAMP  
Johnny Worthen

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

LLWRC 842-001 | S, Mar 12-Mar 19 | 10:00 AM-2:00 PM  
540 Arapeen Dr room 132 | $119 + $5 special fee  
Special fee is for class handouts and packets. Class is limited to 12.
JAPANESE POETRY WORKSHOP
Estee Crenshaw
Witness the influence of the four seasons on Japan's culture and poetry in this thoughtful and informative workshop. You will learn about classical Japanese poetry, known as waka, and how to write your own based on established seasonal tropes (plants, animals, weather, colors, etc.). The course will be a mixture of informative discussion and hands-on workshop so you can develop a strong understanding of the subject matter and create your own meaningful writing.

LLWRC 874-001 | Th, Apr 7-Apr 14 | 6:00 PM-8:00 PM
540 Arapeen Dr room 146 | $59
Class is limited to 12.

NOVEL WRITING WORKSHOP
Bryan Young
Join an award-winning author in this intensive, one day workshop. You will learn everything you need to start writing your novel. Expect to leave with a synopsis and outline for a book you'll be able to embark upon after the class is completed.

LLWRC 868-001 | S, Apr 9 | 12:00 PM-4:00 PM
540 Arapeen Dr room 132 | $59
Class is limited to 12.

“[Bryan Young] was excellent and spent extra time and effort to answer questions and ensure everyone had a clear understanding.” Candace H.

JOURNALING: NURTURING A DAILY WRITING PRACTICE
Monica Simons
Journaling has become productivity’s new darling. We’ll explore beyond the hype and learn how and why journaling can be a fulfilling practice. Take a look at how different types of journals meet different needs, as well as how journaling can help with goal-setting, becoming unblocked, time management, creativity, and searching for inner peace. Let’s make a record of the incredible adventures of our lives.

LLWRC 858-001 | Th, Apr 14-Apr 28 | 6:30 PM-8:30 PM
540 Arapeen Dr room 120 | $89
Students are responsible for their own supplies; find a list online. Class is limited to 12.

SHORT STORY WORKSHOP
Bryan Young
Join an award-winning author in this intensive writing workshop as you’re guided through several exercises to generate ideas for your short stories. By the end of class, you’ll have a piece of flash fiction ready to submit to publications.

LLWRC 871-001 | S, Apr 30 | 12:00 PM-4:00 PM
540 Arapeen Dr room 132 | $59
Class is limited to 12.

To learn more and register for classes, visit our website at lifelong.utah.edu
Register for classes today at lifelong.utah.edu