

# LIFELONG LEARNING

## 217

UNIQUE CLASSES TO  
CHOOSE FROM *including*

SAY CHEESE!

---

SKATEBOARDING:  
AN INTRODUCTION

---

ROBOTICS FOR GROWN UPS:  
AN INTRODUCTION

---

BOARD GAME ILLUSTRATION  
AND DESIGN





## Letter from the Director

---

---

Hi Lifelong Learners,



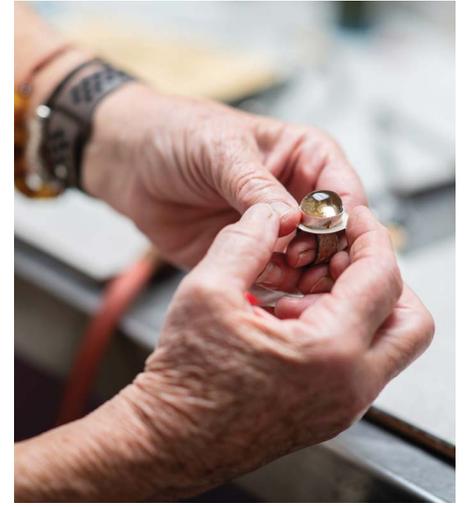
I've dabbled in many hobbies throughout my 30+ years on earth. I find myself always testing things out with a beginner's mind, and pursuing them to a satisfactory level of expertise.

For me, each time I pick up a new skillset I ask myself, am I a (fill in the blank)? Am I a biker? A rock climber? A student? A punk? A gardener? An artist? Inevitably, none feel inclusive enough, they are aspects of me, but not my full identity. What I am comfortable attesting to, is that I am a Lifelong Learner. Here is how I know:

- You're a lifelong learner if your ears perk up when someone shares their special interest.
- You're a lifelong learner if you seek out experiences that help you dig deeper into your passions.
- You're a lifelong learner if you feel fulfilled after hearing someone else's experiences because it helps you understand the world from a new perspective.

So, if you identify as a Lifelong Learner, you're in the right spot. Every semester we work hard to put out and provide quality classes of substance, interest, and benefit to the community. We sincerely hope that you'll be just as excited about our offerings as we here at Lifelong Learning are.

Peruse this catalog's pages for inspiration, exploration, and perhaps a revelation.



**do more.  
be more.  
become more.**

Gain local knowledge from local experts  
so you can grow your local community.



## contents

---

---

- 5 ART & CRAFT
- 19 CAREER & FINANCE
- 22 CULINARY ARTS & LIBATIONS
- 28 CURRENT EVENTS & CONTEXT
- 29 EXPLORE UTAH
- 32 HOME & GARDEN
- 36 LANGUAGE
- 39 PERFORMING ARTS
- 42 PHOTOGRAPHY & DIGITAL MEDIA
- 46 RECREATION
- 49 WELLNESS & RELATIONSHIPS
- 53 WRITING & LITERATURE
- 59 PARTNERS

## registration and student information

---

---

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

**Online** [lifelong.utah.edu](https://lifelong.utah.edu)

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

Students can expect a confirmation email 24-72 business hours after enrolling. Lifelong Learning will also reach out 48-72 business hours before your class begins with details about your course. 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. Email our office at [lifelong@continue.utah.edu](mailto:lifelong@continue.utah.edu) to inquire about the status of a class.

Please note, that course enrollment will close at midnight the day before the course begins, so enroll early!

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](https://disability.utah.edu). Reasonable notice required.

Parking at 540 Arapeen Drive is free and no permit is needed after 5pm.

Special fee designation is no longer listed, please visit our website for a description of what your special fee pays for.

---

## art & craft

---



*Color Theory and Color Mixing, P13*

### **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 | T, Jan 10-Feb 14 | 6:00 PM-9:00 PM  
LLCFT 234-002 | W, Jan 11-Feb 15 | 6:00 PM-9:00 PM  
LLCFT 234-003 | T, Mar 7-Apr 11 | 6:00 PM-9:00 PM  
LLCFT 234-004 | W, Mar 8-Apr 12 | 6:00 PM-9:00 PM  
Cobbley's Studio | \$274 + \$130 special fee

### **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 11-Feb 15 | 6:00 PM-9:00 PM  
LLCFT 274-002 | Th, Mar 2-Apr 6 | 6:00 PM-9:00 PM  
Wasatch Forge | \$270 + \$80 special fee\*

### **BLACKSMITHING: INTERMEDIATE**

*Matthew Danielson*

Focus on the skills you learned in your first level blacksmithing class and grow your knowledge of the craft with a segment on coal forging. You will create a hammer, advanced tongs, and a bottom tool for an anvil in this project-focused course.

LLCFT 296-001 | Th, Mar 2 - Apr 6 | 6:00 PM-9:00 PM  
Wasatch Forge | \$270 + \$90 special fee\*

## 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 that you will then use to create a handled herb chopper and a wearable item of your choice (such as a cuff bracelet, pendant, or belt buckle).

LLCFT 323-001 | Th, Mar 1-Apr 5 | 6:00 PM-9:00 PM  
Wasatch Forge | \$270 + \$135 special fee\*

## WHEEL-THROWN CERAMICS: BEAUTIFUL BOWLS

Lindsey Jensen

Join us for an introduction to pottery class in which you will learn how to make a set of nesting bowls. You will learn basic throwing techniques like centering clay, shaping a bowl, and how to throw varying sizes of clay. We will also learn about decorating our pieces and how to create a matching set. By the end of this class you will have a set of four hand-made nesting bowls to take home. Please wear comfortable clothes you don't mind getting clay on. Co-sponsored with Workshop SLC.

LLCFT 371-001 | W, Jan 11-Feb 1 | 3:30 PM-6:00 PM  
LLCFT 371-002 | W, Feb 8-Mar 1 | 3:30 PM-6:00 PM  
Workshop SLC | \$209 + \$49 special fee

## WHEEL-THROWN CERAMICS: MARVELOUS MUGS

Lindsey Jensen

This class is all about mugs! You'll start by learning basic wheel techniques for forming clay such as centering, making a cylinder, and shaping a piece. Then learn how to create and attach handles and finish your creations by exploring a plethora of decorating techniques. You'll leave class with a set of four mugs and the knowledge you need to create more! Please wear comfortable clothes you don't mind getting clay on. Co-sponsored with Workshop SLC.

LLCFT 370-001 | M, Jan 23-Feb 13 | 3:30 PM-6:00 PM  
LLCFT 370-002 | M, Feb 27-Mar 20 | 3:30 PM-6:00 PM  
Workshop SLC | \$209 + \$49 special fee

## METALSMITHING I

Jan Harris-Smith

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, 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, and no prior experience is required. Special fee is for tool rental and some supplies; students will purchase more supplies in class or order online with assistance from the instructor.

LLCFT 229-001 | Th, Jan 12-Feb 9 | 6:00 PM-9:00 PM  
Salt City Smithery | \$195 + \$55 special fee

## 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. Special fee is for tool rental and some supplies; students will purchase more supplies in class or order online with assistance from the instructor. Prior experience required.

LLCFT 353-001 | Th, Feb 16-Mar 16 | 6:00 PM-9:00 PM

Salt City Smithery | \$195 + \$55 special fee

## METALSMITHING III

Amy Schmidt

Build on the techniques you learned in Metalsmithing I and II to advance your jewelry-making skills to the next level. Guided by a local expert artisan jeweler, you will design and create a more advanced piece from start to finish as you learn sweat soldering, layering, and how to set square, triangular, and odd-shaped forms. Special fee is for tool rental and some supplies; students will purchase more supplies in class or order online with assistance from the instructor. Prior experience required.

LLCFT 282-001 | T, Mar 21-Apr 18 | 6:00 PM-9:00 PM

Salt City Smithery | \$195 + \$55 special fee



## NATURE SKETCHING WITH PEN AND WATERCOLOR

Thomas Dunford

Learn how to capture the world around you with quick, gestural marks in a fun and relaxed atmosphere. You'll overcome your fear of working with permanent media while working from found objects and photographs of nature. Your instructor, a local ink and watercolor artist, will guide you through the foundational principles of sketching with pen then show you how to add color to give your drawings extra life. You'll enjoy a judgment-free zone and leave class with the confidence to sketch and paint nature on your own. No previous art experience required; everyone is welcome!

LLART 385-001 | Th, Jan 12-Jan 26 | 6:00 PM-8:00 PM

540 Arapeen Dr, Room 138 | \$79 + \$25 special fee\*

## 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 12-Feb 16 | 6:30 PM-8:30 PM

540 Arapeen Dr, Room 152 | \$155 + \$40 special fee

---

“Janet loves calligraphy and shares that passion with her students. She is encouraging and supportive all through the classes. She always saves time at the end of class for a little fun project. You complete the class with so much more knowledge.”

- Mary Jahnke, *Beginning Italic Calligraphy*

---

 **ADDING FIGURES TO YOUR WATERCOLOR PAINTING** 

*Cindy Briggs*

Nothing brings your painting to life like adding human figures. From a simplified individual to a complete painting, you'll learn how to mix skin tones, layer color to create fabric, and capture human character. Finally, you'll add figures to a scene to discover how you can add life to your paintings.

LLART 378-001 | T, Jan 17-Jan 24 | 6:00 PM-9:00 PM

Online | \$79\*

 **BOTANICAL SKETCHING AND SCREEN PRINTING**

*Anna Bugbee*

Combine your love of plants and printmaking! Start by learning basic sketching and observation skills by drawing live plants in the first session. Then learn the basics of screen printing, and how to transform your drawing into a silkscreen print with a blended gradient background. We will cover how to coat a screen, how to make a film for exposing the screen, and how to create a beautiful

edition of fine art prints using water-based inks and a squeegee to print your image through the mesh of the screen.

LLART 377-001 | T, Jan 17-Jan 24 | 6:00 PM-8:00 PM AND S, Jan 28 | 11:00 AM-5:00 PM

540 Arapeen Dr, Room 138/Saltgrass | \$139 + \$45 special fee\*

 **SCREEN PRINTING AND PAINTING IN GLASS: AN INTRODUCTION**

*Inez Garcia*

Create stunning and unique works of art by screen printing and painting into glass! You'll learn the basics of screen printing in the studio, working closely with your instructor to incorporate enamels in different textures. Then you'll add layers of meaning and color with organic paints that compliment your print. Finally, you'll learn the firing process and how these parts all come together to make a single distinctive piece of glass art.

LLART 390-001 | T, Jan 17-Jan 24 | 5:30 PM-8:30 PM AND S, Jan 21 | 10:00 AM-4:00 PM

540 Arapeen Dr, Room 138/Saltgrass/Spectrum | \$155 + \$90 special fee

On Sat, 1/21, students will print 1:1 or 2:1 with the instructor for one hour, time slots assigned in class.

**BEGINNING WATERCOLOR PAINTING** 

*Jessika Jeppson*

Prized for its iridescence and simplicity, watercolor is easy to learn but may take years to master. Join us to begin your journey into this delicate and powerful medium. Through observation and application, you will learn the basics of color theory and color mixing, explore a myriad of watercolor techniques, and use observation to improve your work.

LLART 71-001 | W, Jan 18-Feb 8 | 6:00 PM-8:00 PM

540 Arapeen Dr, Room 152 | \$129 + \$57 special fee

---

## BEGINNING DRAWING FOR WATERCOLOR

Kimberly 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. You will need to practice, of course, to fully understand and incorporate the techniques into your artmaking.

LLART 337-001 | S, Jan 21-Feb 4 | 10:00 AM-12:30 PM AND T, Jan 24-Jan 31 | 6:00 PM-7:00 PM  
Online | \$109\*

This class is a recommended precursor to LLART 383 Landscape Techniques in Watercolor and LLART 359 Watercolor: Finding Your Vision. The drawing skills you build will help to prepare you for them



## LANDSCAPE TECHNIQUES IN WATERCOLOR

Kimberly Roush

Perfect your landscape paintings while learning about a wide array of watercolor techniques. Your instructor will break down parts of a landscape and demonstrate basic skills such as graded washes, wet in wet, part wet in wet, atmospheric verses dry brush, and changing one color into another at the appropriate moment. Then you'll get to practice those techniques on a landscape of the instructor's choosing. You'll walk away with at least one beautiful finished landscape painting and all the skills you need to make believable landscapes for years to come!

LLART 383-001 | S, Feb 18-Feb 25 | 10:00 AM-1:30 PM  
Online | \$89\*

## WATERCOLOR: FINDING YOUR VISION

Kimberly Roush

Watercolor allows for a broad range of expressive mark-making. Join us to explore your unique handling of this enthralling medium. You'll begin by searching your artistic soul for what you wish to express, and learn to plan your final watercolor paintings. Explore the types of mark-making that come naturally to you, while studying master watercolor works for inspiration. You'll practice the various techniques associated with your chosen direction as you work toward completing a final piece that incorporates the discoveries you've made. Instead of matching the instructor's work, you will be guided to find your own vision, including painting from your own image. This class includes keynote presentations, work during class, and homework. The mid-week critiques provide very personal attention to each student while learning from each other's work during the critique. Students should have previous experience in watercolor.

LLART 359-001 | S, Mar 4-Mar 25 | 10:00 AM-12:30 PM AND T, Mar 7-Mar 28 | 6:00 PM-7:30 PM  
Online | \$199\*

## 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.

LLART 175-001 | S, Jan 21 | 10:00 AM-1:00 PM  
540 Arapeen Dr, Room 138 | \$49 + \$20 special fee



### ZENTANGLE-INSPIRED ART: WINTER WONDERLAND OF TANGLES

Connie Case

Join us for a fun morning using Zentangle structured patterns for winter inspiration. We'll use various pens, papers and a bit of sparkle. It may look complicated, but by using the Zentangle philosophy of "anything is possible, one stroke at a time" we will break down each step to create a beautiful composition.

LLART 379-001 | S, Jan 28 | 10:00 AM-1:00 PM  
540 Arapeen Dr, Room 138 | \$49 + \$15 special fee

### ZENTANGLE-INSPIRED ART: BOTANICAL TANGLES

Connie Case

Join us to find mindfulness in creativity without fear. We will use structured, botanical-inspired patterns to create an intricate design. It may look complicated but according to Zentangle philosophy, "anything is possible, one stroke at a time." We will break down each step to create a beautiful composition. No art experience is necessary.

LLART 353-001 | T, Mar 21-Mar 28 | 6:00 PM-8:00 PM  
540 Arapeen Dr, Room 138 | \$59 + \$15 special fee



### ZENTANGLE-INSPIRED ART: WHITE INK ON BLACK PAPER

Connie Case

Learn the beauty of black paper using white and colored pens and pencils to create striking works of art. You'll learn how to draw lace effects, gemstones, bold and thin line work, and take inspiration

from the world around us. It may look complicated, but, we will break down each step by using the Zentangle philosophy of "anything is possible, one stroke at a time."

LLART 380-001 | T, Apr 18-Apr 25 | 6:00 PM-8:00 PM  
540 Arapeen Dr, Room 138 | \$59 + \$15 special fee

### BEGINNING KNITTING

Amy Hargraeves-Judzis

Love the idea of knitting but don't know where to start? Join us for an introductory class that will teach you what you need to get going including concepts and vocabulary, yarn basics, how to cast on and bind off, knit and purl stitches, basic pattern reading, and how to sew simple seams. You'll leave class with two easy but impressive projects that you can use as gifts or keep for yourself: a Bitty Bunny and a pair of fingerless mitts.

LLCFT 362-001 | M, Jan 23-Feb 13 | 6:00 PM-8:00 PM  
540 Arapeen Dr, Room 148 | \$109 + \$7 special fee\*

### BEGINNING SEWING

Andrea McCausland

You bought the sewing machine, you watched all of the YouTube videos, but now you just need someone who can answer your questions and give personal guidance. This class is for you! Join us as we take a hands-on approach to learning how to sew. You'll learn about your sewing machine, construction techniques, how to choose the right fabric, and the basics of reading a pattern. No experience necessary!

LLCFT 267-001 | M, Jan 23-Feb 13 | 6:00 PM-9:00 PM  
MAKE Salt Lake | \$189 + \$78 special fee

\*MAKE members receive a 10% tuition discount.



---

## QUILT-MAKING FROM BEGINNING TO END

Tracey Harty

Practiced worldwide, quilting has a unique place in American history and contemporary culture. Learn everything you need to know to make your own quilt as you're introduced to a wide variety of traditional piecing techniques. You'll learn terminology, cutting techniques, a variety of block patterns, basting, binding, machine and hand-quilting basics, and more. Leave class with a finished throw sampler quilt (size 50" x 50") and all the knowledge you need to make your own treasured heirlooms for years to come.

LLCFT 365-001 | M, Jan 23-Mar 20 | 6:00 PM-9:00 PM  
540 Arapeen Dr, Room 120/124 | \$293 + \$10 special fee\*

## 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. Access to an iPad with Procreate app is required.

LLART 344-002 | T, Jan 24-Feb 14 | 6:00 PM-8:00 PM  
Online | \$109 + \$25 special fee



## SKETCHBOOK FOR HEALING

Josephine Munro

Gain a basic introduction to art skills and acquire techniques to help you process life's challenges in this open and sensitive course. You'll learn how art can support you with everything from processing your day-to-day stress to processing past or current experiences. Your instructor, a local Utah artist, is not a licensed art therapist but has taught art to people of all ages and has found amazing ways to cope with stress while developing self-love through the language of art sketchbook and journaling. Please note that this class is not group therapy, but rather an invitation to explore personal healing and wellbeing through art.

LLART 387-001 | T, Jan 24-Feb 14 | 6:00 PM-8:00 PM  
540 Arapeen Dr, Room 146 | \$119\*

## COPTIC BOOKBINDING: AN INTRODUCTION

Janiece Murray

Join a local Salt Lake artist and learn how 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-lying spine as you build your one-of-a-kind book.

LLCFT 356-001 | M, Jan 30-Feb 13 | 6:30 PM-8:30 PM  
540 Arapeen Dr, Room 138 | \$89 + \$10 special fee\*

## **SIMPLE WATERCOLOR ROSES FOR VALENTINE'S DAY**

*Cindy Briggs*

A symbol of love, roses are gorgeous to paint. Learn how to simply and organically draw the shapes and mingled layers, then add flowing watercolors for a splash of blended color. Loosen up and love it as you create beautiful paintings that make wonderful gifts for Valentine's Day or for yourself!

LLART 206-001 | Th, Feb 2 | 6:00 PM-9:00 PM

Online | \$49\*

## **ALCOHOL INKS: AN INTRODUCTION**

*Rachael Bush*

Learn techniques, tools, and tricks to make beautiful, abstract compositions. Alcohol inks are acid-free, fast-drying, transparent, permanent inks that are available in many exciting, vivid colors. Plus, you are able to ink on plastic surfaces that often repel paint. Join us to experiment with this unique medium, create bookmarks, and decorate the face of an IKEA clock. This class is for everyone, no experience is required! Please wear clothes you won't mind getting ink on as it does not come out.

LLART 364-001 | S, Feb 4 | 1:00 PM-4:30 PM

540 Arapeen Dr, Room 138 | \$65 + \$11 special fee

## **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 and 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 every semester and always have a new experience! Participants are encouraged to bring a selection of reference photos and also may use those provided by the instructor.

LLART 304-001 | S, Feb 4-Feb 11 | 12:00 PM-3:30 PM

Online | \$89\*

## **CHILDREN'S BOOK ILLUSTRATION**

*Joshua Petersen*

A picture is worth a thousand words, and nowhere is that truer than in children's literature. Join a local illustrator to learn the entire creative process behind illustrating a children's book, from character design to storyboard to finished illustration. You'll enjoy short lectures, demos, and an exploration of digital tools to enhance your art. Finally, you will learn how to develop your creative style and market your illustrations. Students provide their own drawing materials: either pencils, pens, and sketchbook OR digital drawing software and tools.

LLART 371-001 | M, Feb 6-Mar 20 | 6:30 PM-8:30 PM | No class 2/20

Online | \$179

## **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. Please bring a smock or wear “art clothes,” and bring a large (6x10x4 inch) container for take-home supplies.

LLART 68-001 | T, Feb 7-Mar 14 | 6:00 PM-9:00 PM  
540 Arapeen Dr, Room 138 | \$179 + \$25 special fee

### **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, jointer, 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! Find additional details online.

LLCFT 359-001 | T, Feb 7-Feb 28 | 6:00 PM-9:00 PM  
LLCFT 359-002 | Th, Feb 9-Mar 2 | 6:00 PM-9:00 PM  
MAKE Salt Lake | \$179 + \$156 special fee  
MAKE members receive a 10% tuition discount.

### **THE JOY OF CREATING ART WITH FOUNTAIN PENS AND INK**

*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 | T, Feb 7-Mar 14 | 6:30 PM-8:30 PM  
540 Arapeen Dr, Room 152 | \$155 + \$40 special fee

### **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, Feb 8-Mar 15 | 6:00 PM-9:00 PM  
540 Arapeen Dr, Room 138 | \$239 + \$100 special fee\*

### **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 and learn tinting, 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, Feb 11 | 10:00 AM-2:00 PM  
540 Arapeen Dr, Room 152 | \$69\*

## LOST WAX CASTING FOR JEWELRY

Jan Harris-Smith

Create beautiful metal jewelry using the lost wax casting process. This method allows you to sculpt and carve your project using wax. The wax is then used to make a mold from which you will cast a unique piece of jewelry that you can wear for years to come. Prerequisite: LLCFT 229 Metalsmithing I or take our quiz to self-assess your skill level.

LLCFT 367-001 | Th, Apr 6-Apr 27 | 6:00 PM-9:00 PM

LLCFT 367-002 | T, Feb 14-Mar 7 | 6:00 PM-9:00 PM

Salt City Smithery | \$229 + \$78 special fee



## MAKING COMICS AND ZINES: AN INTRODUCTION

Max Barnewitz

Learn how to make your own comics and zines in this exciting hands-on workshop. You'll explore storytelling with text and images while learning comics basics. Try various techniques for creating fiction, non-fiction, and memoir comics and enjoy making new friends while you work with group prompts. By the end of the class, you'll have copies of your own original comic or zine that you can keep, trade with your classmates, or use as gifts for your friends and family! Please bring a writing utensil and sketchbook or loose paper for sketching.

LLART 384-001 | W, Feb 22-Mar 15 | 6:30 PM-8:30 PM

540 Arapeen Dr, Room 152 | \$119 + \$6 special fee

## 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 | Th, Feb 23-Mar 30 | 6:00 PM-9:00 PM

540 Arapeen Dr, Room 152 | \$199 + \$10 special fee\*

## DRAWING ANIMALS AND SMALL CRITTERS

Patty Schafbuch

You know your pet's face better than anyone else does; why not learn how to draw those adorable features with the guidance of a professional pet portraitist? You'll gain confidence in techniques like drawing fur, recognizing shapes within your subject, and creating realistic features using value and texture. Using materials in both black and white, and color, you'll explore and develop your own personal style. Each class will begin with a short demonstration, after which you'll create work from the provided exercises or from your own photos for reference. Please bring two 5x7" photos to use

---

as references (of your pet or a stock photo), one in black and white, and one in color. This class is intended for students with some introductory drawing experience.

LLART 306-001 | Th, Feb 23-Mar 16 | 6:00 PM-8:00 PM  
540 Arapeen Dr, Room 138 | \$119\*

### **MOSAIC ART: AN INTRODUCTION TO KEYSTONING**

*Angie Re*

Create a geometric piece of mosaic art using glass tile. Your instructor — a SLC local and nationally recognized mosaic artist — will teach you the language and terms unique to this art form, how to use basic hand tools, and a useful mosaic technique called keystoneing. Follow along from concept to completion as you're led step-by-step to a completed artwork that you can take home and enjoy for years to come! Please contact us directly if you require special accommodations for latex allergies.

LLCFT 368-001 | M, Feb 27-Mar 20 | 6:00 PM-8:00 PM  
540 Arapeen Dr, Room 138 | \$129 + \$95 special fee

### **SEW A RANGE BACKPACK**

*Tracey Harty*

A fun and useful backpack you can sew, the Range Backpack has a fold-over top, a pleated front pocket and adjustable straps. You will learn how to make a lining for your bag, make a zippered pocket, work with new fabric types, and add hardware to your project. You'll leave class with a stylish backpack you can use every day, plus lots of new bag-making skills!

LLCFT 369-001 | T, Feb 28-Mar 14 | 6:00 PM-8:30 PM  
540 Arapeen Dr, Room 124 | \$115 + \$8 special fee\*

### **BOARD GAME ILLUSTRATION AND DESIGN**

*Joshua Petersen*

Learn step-by-step how to design art and characters for a board game in this creative and fun class. You'll be illustrating the characters, designing game icons, and completing the final box art for yourself or a client. You'll also explore a variety of board-game types from simple roll-the-dice games to complex card games. We'll even briefly touch on pricing your illustrations and how to find clients. You'll walk away with new concepts, some completed game art, and loads of ideas! Please come prepared to show at least three examples of your own artwork so instructor can gauge your style and skill level. Students provide their own drawing materials: either pencils, pens, and sketchbook OR digital drawing software and tools.

LLART 386-001 | W, Feb 15-Mar 22 | 6:30 PM-8:30 PM  
Online | \$179

### **MULTI-BLOCK PRINTMAKING: BIRDS OF A FEATHER**

*Anna Hansen*

Create your own beautiful bird-themed block prints while learning about the printmaking technique used in Audobon's exquisite *Bird of America*. You'll start at the downtown library, home to a rare Bien edition, learn about its history, and compose sketches of your own ideas. Then, join a local printmaker for an introduction to the basics of block-carving and hand printing, achieving layered results using multiple hand-carved tiles. Learn how to mix colors and play with ink to create an edition of multi-layered bird prints. You'll walk away from this class with an edition of beautiful art worthy of framing and the knowledge and tools you need for your own future printing fun! Please bring writing/sketching utensil and paper to first class meeting in the library.

LLART 389-001 | W, Feb 15 | 6:00 PM-8:00 PM AND S, Feb 18-Mar 4 | 1:00 PM-4:00 PM  
540 Arapeen Dr, Room 152/SLC Library | \$129 + \$85 special fee



### **SUMI-E & SHO: JAPANESE BRUSH PAINTING AND CALLIGRAPHY**

*Haruko Sadler*

Explore the Japanese visual arts of sumi-e and calligraphy. Similar to watercolor, sumi-e painting utilizes black ink to convey density and shading. Sho calligraphy also uses a brush but is a form of writing Japanese characters. The goal with both forms of art is to work loosely to find the essence of an object or idea.

LLART 381-001 | S, Mar 4 | 1:00 PM-4:00 PM

540 Arapeen Dr, Room 154 | \$49 + \$26 special fee

### **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 elastics, 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!

LLCFT 341-001 | T, Mar 14-Apr 4 | 6:00 PM-9:00 PM | Sandy | \$169\*

### **TAROT CARDS AND ILLUSTRATION**

*Josephine Munro*

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

LLART 351-001 | M, Mar 20-Apr 17 | 6:00 PM-8:00 PM

540 Arapeen Dr, Room 152 | \$129\*

### **PORTRAIT DRAWING**

*Eric Ereksen*

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.

LLART 218-001 | T, Mar 21-Apr 25 | 6:00 PM-9:00 PM

540 Arapeen Dr, Room 152 | \$189\*



---

## **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 to short texts, gorgeously addressed envelopes, and special inscriptions. Wear an apron to protect your clothes.

LLART 78-001 | W, Mar 22-Apr 26 | 6:30 PM-8:30 PM  
540 Arapeen Dr, Room 152 | \$155 + \$40 special fee

## **UTAH WATERCOLOR LANDSCAPE UNDER THE MILKY WAY**

*Natalia Wilkins-Tyler*

Utah has some of the most uniquely beautiful landscapes in the world and one of the highest concentrations of dark skies to appreciate. Working from photos and using watercolor as your medium, you will use a variety of exciting techniques to capture that unique beauty under the direction of your instructor, a local professional artist and nature enthusiast. You will walk away with a new set of watercolor skills and a finished painting that you can appreciate for years to come. Students should have some previous experience with watercolor.

LLART 332-001 | W, Mar 22-Mar 29 | 6:00 PM-8:30 PM  
540 Arapeen Dr, Room 138 | \$69\*

## **CERAMIC EARRINGS FROM SCRATCH**

*Christina Riccio*

Combine the art of jewelry-making and ceramics to create a pair of earrings. In your first class, you'll learn how to choose color and pattern that is pleasing to the eye while sketching templates for your abstract jewelry designs. From that sketch, bring your vision to life in three dimensions while learning a plethora of ceramic techniques. When your clay has found its final form, add color with underglaze and enjoy an introduction to jewelry hardware. You'll walk away from this class wearing your own unique pieces of art!

LLCFT 364-001 | Th, Mar 23-Apr 13 | 5:45 PM-7:45 PM  
540 Arapeen Dr, Room 138 | \$119 + \$38 special fee

## **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 | S, Mar 25 | 10:00 AM-2:00 PM  
540 Arapeen Dr, Room 146 | \$69 + \$34 special fee



## GEOMETRIC DRAWING

Janiece Murray

Geometric drawing has been around in various forms for centuries and in various cultures all over the world. Join a local artist to explore this form of drawing that can range from perfectly simple to uniquely intricate! You'll start by using various tools to create perfect circles, triangles, squares, pentagons, hexagons, and more. You'll then use these shapes as a basis to create regular and semi-regular grids to build intricate tessellating patterns. Finally, you'll learn about color combinations and how to use color to bring your designs to vivid life.

LLART 382-001 | M, Mar 27-Apr 10 | 6:30 PM-8:30 PM

540 Arapeen Dr, Room 138 | \$79 + \$9 special fee

## BRONZE CLAY JEWELRY: AN INTRODUCTION

Carol Avery

Bronze metal clay can be formed like ceramic clay. It is then fired in a small kiln to create durable jewelry. In the first session of this introductory class, you'll become familiar with working with bronze metal clay. It can be stamped, pressed into silicon molds, or impressed with natural or household objects to create unique patterns and designs. With the metal clay provided, you can make one or more pendants, earrings, and/or several bracelet charms. Learn finishing techniques in the second session and craft your bronze elements into wearable creations.

LLCFT 241-001 | S, Apr 1-Apr 15 | 10:30 AM-1:30 PM | No class 4/8

540 Arapeen Dr, Room 138 | \$99 + \$15 special fee

## INTUITIVE PAINTING: EXPLORATION AND EXPERIMENTATION

Caroline Nilsson

Enjoy a guided journey through the practice of intuitive painting, a method of art creation that centers on connection with self, memory, sensation, and feeling. You will explore how feeling can be prioritized over the fact of how something looks, and how experimentation can be chosen over control. Over time, you will watch your pieces unfold and reveal themselves — a conversation between painter and painting. You will create three or four different pieces while learning tools and processes for creation as well as the relationship between color, form, and perception. Within these processes, endless variation and experimentation will happen.

LLART 372-001 | Th, Apr 6-Apr 27 | 6:30 PM-8:30 PM

540 Arapeen Dr, Room 152 | \$119 + \$30 special fee

## INDIGO DYEING AND SHIBORI BASICS

Anna Bugbee

Join a local SLC artist to make your own shibori-dyed textiles and learn about the fascinating history behind indigo, one of the oldest dyes in the world. For millennia it was the only source of blue for fabric. Shibori (meaning “to wring, squeeze or press”) is an ancient Japanese indigo dyeing technique that produces unique and interesting patterns. Your first classroom session will discuss the history, botany, and chemistry of indigo, as well as shibori techniques for wrapping and tying fabric. Then, join your instructor outside to make your own indigo-dyed creations. In two sessions, you'll gain the context to appreciate the historic value of this craft as well as the skills to continue practicing. See further details online.

LLART 366-001 | T, Apr 11-Apr 18 | 6:00 PM-8:00 PM

540 Arapeen Dr, Room 138/outdoors | \$79 + \$17 special fee



---

### RISOGRAPH PRINTING: AN INTRODUCTION

Brighton and Derek Ballard

Risograph printing is a printing method that has found new life in the hands of artists and designers in the past decade. Originally invented for a more eco-friendly alternative to photocopying, riso printing creates vibrant prints with a texture unique to the machine, and can reproduce work rapidly for a generally low cost. Riso Geist, Utah's only open risograph studio, will teach students the basics of preparing artwork for riso, the ins and outs of the machine, and open the studio doors to see the printing process in action. You'll leave this class with your own piece of risograph art.

LLART 374-001 | W, Apr 12-Apr 19 | 7:00 PM-8:30 PM AND S, Apr 15-Apr 22 | 11:00 AM-2:00 PM  
540 Arapeen Dr, Room 146/RisoGeist | \$149 + \$80 special fee

### COPPER CLAY JEWELRY: AN INTRODUCTION

Carol Avery

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!

LLCFT 355-001 | S, Apr 22-Apr 29 | 10:30 AM-1:30 PM  
540 Arapeen Dr, Room 138 | \$99 + \$20 for special fee

---

## career & finance

---



*Building an Online Platform for Writer and Artists, P20*

### PUBLIC SPEAKING WORKSHOP

Elizabeth Wolfer

Though most of us will have to do it at some point, public speaking is a major fear and can be debilitating for some. Join your instructor – who has years of experience coaching and teaching, including for TEDx Salt Lake City – to address that fear and learn how to build confidence, focus your content, and polish your delivery skills. The best way to improve your skills is to use them, so you'll take part in exercises that give you a safe space to practice your new-found skills. Therefore, students are expected to participate in class exercises.

LLBUS 248-001 | S, Jan 14 | 10:00 AM-1:00 PM  
540 Arapeen Dr, Room 146 | \$49



### **BUILDING YOUR ONLINE PLATFORM FOR WRITERS AND ARTISTS**

*Alex Jay Lore*

Whether you are just starting out or have been in the art scene for a while, digital marketing is a necessary part of every artist's professional life — but tackling it on your own can be overwhelming and may leave you feeling lost and confused. Join us to learn tips and tools that will get you started building your online presence including ways to develop your brand, identify your audience, and use your online platform to add to, rather than detract from, your writing, art, or performances.

LLBUS 247-001 | M, Jan 23-Feb 6 | 6:30 PM-8:00 PM

540 Arapeen Dr, Room 132 | \$65



### **PROFESSIONAL ADVANCEMENT STRATEGIES FOR WOMEN**

*Jessica Brooks*

Society's traditional misperception of women can mean that we face unique challenges in the workplace, but we can overcome and even thrive amidst these challenges. Join us to learn techniques specific to women that will help you advance in your business or career, including how to be assertive in your speaking and writing, how to make your voice heard in a professional setting, and tips for negotiating your salary.

LLBUS 249-001 | M, Jan 30-Mar 13 | 6:00 PM-7:00 PM

540 Arapeen Dr, Room 160 | \$79

### **SMALL BUSINESS SERIES: SALES SKILLS FOR BEGINNERS**

*Jessica Brooks*

Making direct sales to customers can be one of the most difficult aspects of running a small business. You might have the best art, skill, product, or service, but none of that matters without the skills to sell it. Join us to learn how to strategize your sales pitch and how to ask the right questions to overcome objections. You'll learn how to ask for what you want, close the deal, and navigate conversations with decision-makers. This class is perfect for anyone doing direct sales.

LLBUS 246-001 | Th, Feb 2-Feb 23 | 6:00 PM-7:00 PM

540 Arapeen Dr, Room 132 | \$59

### **HOW TO WIN THE INTERVIEW**

*Eli Vega*

The person who wins the interview gets the job - it's that simple. In this essential course, you will learn how to minimize common fears, how to give STAR answers, the WIIFM approach to interviewing, what to ask/not ask, how to handle illegal questions, and other valuable tips to help you stand out from the crowd.

LLBUS 239-001 | T, Feb 14 | 5:30 PM-7:30 PM

Online | \$39



## WRITING A BUSINESS PLAN

Jessica Brooks

Are you just starting a new or small business and ready to map out your plan? Maybe you're well on track to start your business but looking for investors? Get a jump on it by writing a business plan! Join us to explore, research, and write as you get valuable feedback on your work from instructor and classmates. You'll walk away with your completed business plan and the knowledge you'll need to revise or write more!

LLBUS 250-001 | T, Feb 28-Mar 28 | 6:00 PM-7:00 PM  
540 Arapeen Dr, Room 146 | \$69

## NAVIGATING DIVORCE

Ryan Krantz

Divorce can be unpleasant, but being unaware or unprepared for key financial and legal considerations can make the process much worse. Get moving in the right direction with the help of experts in the field of divorce - an attorney and financial advisor - who will provide instruction in the general concerns of the divorce process and answer questions specific to your situation. This class is designed for the individual considering or in the midst of divorce proceedings - it is not couples therapy or mediation, but an informational session with professionals.

LLBUS 161-001 | Th, Mar 2 | 6:00 PM-9:00 PM  
540 Arapeen Dr, Room 160 | \$49

## 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 202-001 | Th, Mar 16 | 6:00 PM-8:00 PM  
540 Arapeen Dr, Room 160 | \$39

---

**“Loved the class. Exactly what we were looking for.”**

**Vince Bracken, Understanding Social Security Retirement Benefits**

---

## culinary arts & libations



*Cake Decorating: Trends and Essentials, P25*

### SCOTCH FOR THE SOPHISTICATE

*James Santangelo*

Curious about scotch? Wonder why the different regions of Scotland produce unique flavors and characteristics? Join us as we discuss scotch from the Highlands, Islay, and other regions. Learn the difference between a blended, 12-year scotch and a single malt Scotch whiskey. Whether you are a food and beverage professional or a casual enthusiast, this class is not to be missed.

LLFW 384-001 | W, Jan 11 | 7:00 PM-9:00 PM

Beehive Distilling | \$39 + \$25 special fee

### **NEW** INTRODUCTION TO NORTHERN ITALIAN WINES

*Sheral Schowe*

Discover the most widely known and traveled wine regions in northern Italy while you taste six different grape varieties and styles of wine. We will begin in Friuli, which is next to Slovenia and continue west across the Italian Alps and conclude in Italy's second largest region Piemonte. Students will be expected to purchase their own dinner from the menu which will pair with the wines presented and tip their server accordingly.

LLFW 621-001 | Th, Jan 12 | 6:30 PM-8:30 PM

Carmine's | \$39 + \$36 special fee

### 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 14-Feb 4 | 2:00 PM-5:00 PM

Online | \$129\*

### **NEW** ZERO PROOF & AMARO COCKTAILS SERIES

*Andrea Latimer*

Join us for this fun two-part cocktail series in which we will learn how easy it is to craft simple and balanced zero-proof cocktails (AKA non-alcoholic drinks with bitters). We'll also talk about low-ABV

---

cocktails (we'll add alcohol, but keep it low-proof). You'll learn the basics behind crafting a well-balanced drink, the captivating history of bitters, and instructions on how to master tasting bitters. As a bonus, we'll touch on other uses for bitters in cooking and baking. See further details online.

LLFW 615-001 | T, Jan 17-Jan 24 | 7:00 PM-8:30 PM  
Online | \$49 + \$24 special fee

### **COFFEE: FROM CROP TO CUP**

*John Bolton*

Join us for an afternoon of delicious coffee comparisons with the owner of Salt Lake Roasting Co. We'll start with an overview of where coffee comes from geographically and the culture behind it — including the people who grow it. Then we will cup coffees together, comparing both degrees of roast and varietal characteristics of coffee from around the world. We will discuss different brewing methods and enjoy coffee-related light sweet and savory food snacks to accompany our brews.

LLFW 578-001 | Su, Jan 29 | 1:00 PM-3:00 PM  
LLFW 578-002 | Su, Apr 16 | 1:00 PM-3:00 PM  
Salt Lake Roasting Co | \$39 + \$43 special fee

### **BEGINNING COOKING: WINTER POTATO GNOCCHI**

*Eric 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.

LLFW 601-001 | T, Feb 7 | 5:30 PM-7:30 PM  
Online | \$39 + \$5 special fee\*

### **THE ART OF CHARCUTERIE PLATTERS**

*Nicole Simper*

Enjoy an evening of cheese and creativity with a local SLC foodpreneur! 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!

LLFW 514-001 | T, Feb 7 | 6:30 PM-8:00 PM  
Online | \$39 + \$8 special fee\*

### **WINE AND GOURMET POPCORN PAIRING**

*James Santangelo*

You heard that right! Join us as we combine two of your favorite things: wine and popcorn. Your instructor, a local wine expert, will guide you on this fun and flavorful adventure as you learn the ultimate comfort food pairing. You'll sample three wines paired with different popcorns by a local SLC gourmet popcorn shop. Come learn all the secrets in this unique pairing class!

LLFW 604-001 | W, Feb 8 | 7:00 PM-9:00 PM  
Beehive Distilling | \$39 + \$25 special fee



### **WINES OF SOUTHERN FRANCE**

*Sheral Schowe*

This class will feature the wines of three regions including Provence, Southern Rhone, and Languedoc Roussillon. We'll start in Provence next to Italy, traveling the coast of the Mediterranean Sea to conclude in the Languedoc Roussillon which borders Spain. Students will be expected to purchase their own dinner from the menu which will pair with the wines presented and tip their server accordingly.

LLFW 622-001 | Th, Feb 16 | 6:30 PM-8:30 PM  
Fratelli | \$39 + \$36 special fee

## JIAOZI: TRADITIONAL CHINESE DUMPLINGS

Qin Li

China has a rich food culture with many different regions that specialize in their own unique cuisine. Jiaozi, however, is a signature dish that is found across the country. These traditional Chinese dumplings are made to celebrate special occasions or to treat visiting friends or family. Compared to other food, Jiaozi may seem time-consuming and laborious to make, but in China people see it as a fun activity to enjoy the company of loved ones. Join us and explore this unique way to express and share love to your family and friends through the activity of cooking Chinese dumplings.

LLFW 603-001 | S, Feb 18 | 9:00 AM-12:30 PM

Online | \$55 + \$2 special fee\*

## BEER SENSORY EVALUATION AND OFF-FLAVOR TRAINING

Jonathan “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 | W, Feb 22 | 6:30 PM-8:30 PM

Bewilder Brewing | \$39 + \$30 special fee

## 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, Feb 28 | 6:00 PM-8:00 PM

Online | \$39 + \$4 special fee\*



## TEQUILAS AND MEZCAL

James Santangelo

Join us for this Agave spirits tasting featuring Tequila and Mezcal. You’ll try many different styles, starting with a salty and crisp Blanco to a soft wood and vanilla Reposado Tequila, to the roasted Piña of Mezcal. This tasting is accompanied with small bites of citrus fruit and various seasoned salts. It’s a tasting not to be missed!

LLFW 625-001 | W, Mar 8 | 7:00 PM-9:00 PM

Eight Settlers | \$39 + \$26 special fee

## LOOSE LEAF TEA: AN INTRODUCTION

Brad Heller

Singular in species and near infinite in varieties, tea is one of the world’s most cherished beverages. Join us for a hands-on workshop while you discover the taste and subtleties of some of China’s finest teas. You will start with the purest white tea, exploring a full spectrum of oxidation to end with entirely oxidized blacks and fermented tea (pu-erh). You will leave class with a greater understanding of tea so you can continue to explore and enjoy this healthy and refreshing beverage.

LLFW 611-001 | T, Mar 14 | 5:30 PM-7:30 PM

Tea Grotto | \$39 + \$5 special fee



### DISCOVER THE WINES OF RIOJA, SPAIN

*Sheral Schowe*

The wine-producing region of Rioja was one of Spain's first and ranks as one of today's most popular. Students will experience Rioja wines that showcase the many levels of quality and ageability of wine from Spain's most recognizable wine region by consumers around the world. Students will be expected to purchase their own dinner from the menu which will pair with the wines presented and tip their server accordingly.

LLFW 623-001 | Th, Mar 16 | 6:30 PM-8:30 PM

Cafe Madrid | \$39 + \$36 special fee

### JAPANESE TEA CEREMONY: AN INTRODUCTION

*Haruko Sadler*

Step into another culture and another time as you participate in the ancient ritual of the Japanese Tea Ceremony. The Tea Ceremony ritual began in seventh-century China and still plays a significant role in Japanese culture today. Your tea master will explain the history and philosophy of the ceremony, its relationship to Zen Buddhism, demonstrate the rules and use of utensils, and have you practice some steps of the ceremony. Then she will conduct the ceremony, serving you a steaming bowl of tea and Japanese sweets to savor. You will leave class with a new perspective and your own Japanese tea kit to practice what you've learned.

LLFW 617-001 | S, Mar 18 | 1:00 PM-4:00 PM

540 Arapeen Dr, Room 138 | \$49 + \$49 special fee



### THE DECADENT WORLD OF SEAFOOD STEWS: BOUILLABAISSÉ MARSEILLES AND FRIENDS

*Eric Heath*

Join us to discover the amazing world of seafood stews. Every country with a shoreline has their own version of a seafood stew. Most of them tend to be tomato based, some of them cream based (Billi Bi stew and chowder), some of them are chilled and "raw" (ceviche is actually cooked, not with heat but with acid and salt!), and all of them are decadent. We'll focus on one main seafood stew called Bouillabaisse Marseillaise, a southern French version that uses an Anise-based spirit. Then we'll discuss several other versions like the San Francisco-based cioppino, the Italian original cacciucco, all of the ceviches of the world (almost every Spanish speaking country has a slightly different version), and some super-decadent creamy fish stews!

LLFW 616-001 | T, Mar 21 | 6:15 PM-7:45 PM

Online | \$39 + \$5 special fee\*

### 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 25 | 9:30 AM-11:30 AM

540 Arapeen Dr, Room 152 | \$49 + \$55 special fee

## 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 25 | 1:00 PM-3:00 PM

540 Arapeen Dr, Room 152 | \$49 + \$30 special fee\*

## HOW TO BREW BEER

Jonathan "Cody" McKendrick

Lagers, ales, and everything in between. Learn how to create refreshing beer right in your own home from beer-making enthusiasts and professionals. Take microbrewing to a whole new homespun level as you learn what equipment you need to start homebrewing, the recipes to get you started and how to troubleshoot.

LLFW 236-001 | S, Mar 25 | 12:00 PM-2:30 PM

Salt City Brew Supply | \$45 + \$5 special fee

## 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 | W, Apr 5 | 7:00 PM-9:00 PM

Eight Settlers | \$39 + \$26 special fee



## APRIL IN PARIS AND THE WINES THAT SURROUND IT

Sheral Schowe

The closest major wine region to Paris is the Loire Valley, which is known for its large, diverse, and high-quality production of wine. The Loire River stretches more than 620 miles from central France to the Atlantic coast. Along its length there are many appellations to discover including Sancerre, Chinon, Vouvray, and Muscadet. Students will be expected to purchase their own dinner from the menu which will pair with the wines presented and tip their server accordingly.

LLFW 624-001 | Th, Apr 13 | 6:30 PM-8:30 PM

Carmine's | \$39 + \$36 special fee



### **ORGANIC VS. LOCAL FOOD: WHICH DO I CHOOSE?**

*Liberty Heights Fresh*

When it comes to shopping for food, we all want to make good choices but it can be hard to know exactly how and why. Join your instructor, an anthropology and gastronomy studies graduate, for an informative class that will help you make informed choices. You'll start with a brief history of American agriculture including the rise of industrial farms and organic farming. You'll examine plant growth, pesticides in agriculture, monocrops, genetically modified foods, and the true cost of food – including what it takes to be a farmer in our contemporary world! Then explore local economies and the impact of modern conventional agriculture on climate. You'll walk away from this class with a new, broadened perspective on your food, where it comes from, and why the choices you make are important to your health, your local economy, and the environment.

LLFW 618-001 | M, Apr 17-Apr 24 | 6:00 PM-7:30 PM

Liberty Heights Fresh | \$49 + \$12 special fee



### **OLIVE OIL 101**

*Liberty Heights Fresh*

Learn what it takes not just to make olive oil, but to make a great olive oil. You'll explore different growing, harvesting, and milling methods that are practiced in the olive oil industry across the globe, and what makes some bottles of olive oil different from others. You'll learn how to determine tasting notes in different oils and how certain varieties pair better with some foods than others. Students will walk away from this class with a better understanding of what makes a “great” olive oil and how to appreciate and pair the flavors of certain olive oils with different dishes. Co-sponsored with Liberty Heights Fresh. Students will be seated on an outdoor covered patio, please dress appropriately.

LLFW 619-001 | T, Apr 18 | 6:00 PM-8:00 PM

Liberty Heights Fresh | \$39 + \$12 special fee

### **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, Apr 22 | 9:00 AM-12:00 PM

Online | \$49 + \$5 special fee\*



### **SAY CHEESE!**

*Liberty Heights Fresh*

Join us for a fun and informative class about everyone's favorite subject – cheese! Learn about the different categories (aged, fresh, washed rind, blue), how cheese is made, and the tasting notes of different types of animal milk (cow, goat, sheep, mixed). We'll briefly touch on the history of cheese-making and contemporary trends but most importantly, you will – of course – enjoy tasting many different varieties of cheese!

LLFW 620-001 | T, Apr 25 | 6:00 PM-8:00 PM

Liberty Heights Fresh | \$39 + \$12 special fee

---

## current events & context

---



*Resolving Conflict: How to Live and Work with People of Differing Backgrounds, Perceptions, and Beliefs, P28*

**NEW** **RESOLVING CONFLICT: HOW TO LIVE AND WORK WITH PEOPLE OF DIFFERING BACKGROUNDS, PERCEPTIONS, AND BELIEFS**

Irene Ota

Why are we surrounded by so much conflict? Is it possible that we have come to prize our suffering – the problems that others are creating around us and the conflicts we remain embroiled in – so that this “mistreatment” from others can justify our view of them? The heart of the conflict that divides us is mutual objectification and blame of each other. Until we can see conflict partners as people – with their own hopes, dream, cares, and fears as real as our own – the justification will remain more important than the needed resolution. Join us to examine your own belief about the “other” and how to overcome that fear to find mutual respect and understanding.

LLPOT 967-001 | S, Mar 4 | 10:00 AM-1:00 PM

540 Arapeen Dr, Room 120 | \$45

---

## **RACE AND REPRESENTATION IN PICTURE BOOKS**

Julianne Harmon

Through their simple words and appealing illustrations, picture books provide “mirrors and windows” that reflect readers’ identities and open their eyes beyond their own experiences. Join an elementary school librarian for a look at the diversity gap in children’s books and how disparities in representation impact a child’s sense of self. In this class you’ll explore recent titles, examine key criteria for selecting diverse picture books, and engage the potential of stories in conversations about race with children and grandchildren.

LLPOT 965-001 | T, Apr 11 | 6:00 PM-8:00 PM

540 Arapeen Dr, Room 160 | \$39

---

**“I think everyone in the room expanded their knowledge and skills to better understand and communicate in sensitive situations. Instructor showed authentic and long-standing passion for the content. She shared her life experiences and inspired all of us to learn and unlearn important skills, just as advertised in the course title. I hope more folks will take this course (and others like it) with open hearts and minds. - Diane Bradford, *The Power of Bias and Microaggressions: Awareness and Intervention*”**

---

---

## explore utah

---



*Hovenweep: Village of the Ancients, P31*

### **BACK ROADS UTAH**

*Tom Wharton*

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

LLPOT 732-001 | T, Mar 21 | 6:30 PM-8:30 PM

540 Arapeen Dr, Room 154 | \$39\*

---

### **OUR GREAT GREAT SALT LAKE**

*Tom Wharton*

The largest salt water lake in the Western Hemisphere, Great Salt Lake is an important part of Utah's economy and wildlife population while also providing recreational opportunities. Join us on an adventure to explore this incredible natural resource and habitat. You will start in the classroom learning about interesting places to explore as well as the lake's industrial value, natural and human history, and current threats. Later, you will join your instructor in a drive through the Bear River Migratory Bird Refuge scenic loop to view the lake and its wildlife up close. Students drive themselves through the bird refuge.

LLPOT 944-001 | T, Mar 28 | 6:30 PM-8:30 PM AND S, Apr 1 | 9:00 AM-12:00 PM

540 Arapeen Dr, Room 154/Outdoors | \$69

### **DRONE OPERATION AND TECHNIQUES**

*Douglas Manifold*

Do you own a drone but need guidance on how and where to fly it? Join a licensed drone pilot who will teach you the ins and outs of piloting your flying machine. This class includes classroom discussions of the FAA Part 107 program, explanations of important hardware and software systems, and, most importantly, time to fly drones under controlled conditions. See further details online.

LLPOT 629-001 | S, Apr 1-Apr 29 | 11:00 AM-2:00 PM

Stillwell Field | \$149 + \$45 special fee

---

## 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.

LLPOT 687-001 | S, Apr 1 | 10:00 AM-12:00 PM  
540 Arapeen Dr, Room 160 | \$39

## WALKING TOUR OF SLC'S UNSEEN HISTORY

*Rachel Quist*

The history of Salt Lake City can be weird, heartbreaking, and surprising. Join us to learn about the unseen history of our beautiful city by exploring the places and lives of everyday people at the turn of the last century. In this course, we will focus on two neighborhoods that illustrate the economic and racial diversity of our city's past. See further details online.

LLPOT 961-001 | S, Apr 1 | 10:00 AM-12:00 PM AND S, Apr 15 | 10:00 AM-12:00 PM | No class 4/8  
LLPOT 961-002 | S, Apr 1 | 1:00 PM-3:00 PM AND S, Apr 15 | 1:00 PM-3:00 PM  
Outdoors | \$59

## WALKING TOUR OF SLC'S UNSEEN HISTORY

*Rachel Quist*

The history of Salt Lake City can be weird, heartbreaking, and surprising. Join us to learn about the unseen history of our beautiful city by exploring the places and lives of everyday people at the turn of the last century. In this course, we will focus on two neighborhoods that illustrate the economic and racial diversity of our city's past. See further details online.

LLPOT 961-002 | S, Apr 1 | 1:00 PM-3:00 PM AND S, Apr 15 | 1:00 PM-3:00 PM  
Outdoors | \$59 | No class 4/8.

## MURALS BUILD COMMUNITY WALKING TOUR

*Lesly 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! See further details online.

LLPOT 958-001 | S, Apr 15 | 3:00 PM-5:00 PM  
Outdoors | \$39

---

## 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 come prepared to walk up and down inclines and move over uneven ground.

LLPOT 693-001 | S, Apr 22 | 10:00 AM-12:00 PM

Outdoors | \$45



## HOVENWEEP: VILLAGES OF THE ANCIENTS

Ray Cannefax

Explore one of Utah's great mysteries: the ancient Anasazi villages of Hovenweep. Located in the Four Corners region of southeastern Utah, these villages were built and occupied between 700 AD and 1300 AD, at which time they seem to have been abruptly abandoned. Join a local enthusiast to discuss the culture of the ancient people who called this area home, and to explore via photograph the architectural remains of the incredible stone structures – some with multiple levels! – of the Hovenweep villages.

LLPOT 968-001 | Th, Apr 27 | 6:00 PM-8:00 PM

540 Arapeen Dr, Room 120 | \$39

## UTAH'S ONAQUI WILD HORSE HERD

Samantha Couper

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. See further details online.

LLPOT 957-001 | Th, Apr 27 | 6:00 PM-8:00 PM AND S, Apr 29 | 10:00 AM-2:00 PM

540 Arapeen Dr, Room 148/Outdoors | \$89

## MIGRATING BIRDS OF UTAH AUTO TOUR

Natalia Wilkins-Tyler and 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 29 | 8:00 AM-1:00 PM

Bear River Bird Refuge | \$156 + \$5 special fee

## home & garden



*Fundamentals of Fun Beekeeping, P33*

### **RESIDENTIAL LANDSCAPE DESIGN III: LANDSCAPE AND TOOL MAINTENANCE**

*Stephanie Duer*

Now that you have a landscape plan and you've started planting, what's next? Join us and learn to maintain your landscape with basic tasks, timing, and tricks. You'll learn when to plant, prune, divide, dead-head, and when to leave it be. We'll cover uninvited plants and bugs: which ones you want and how to get rid of the ones you don't. You'll also learn about how to take care of your gardening tools so they will work harder for you. Not only do poorly-maintained tools not function well, they may be damaging the plant and making gardening harder on your body so we'll fix up those dirty, dull gardening tools to improve their life and performance.

LLHG 933-001 | W, Jan 11-Feb 1 | 6:00 PM-8:00 PM

540 Arapeen Dr, Room 138 | \$119 + \$15 special fee

Precursors to this course are: LLHG 512 and LLHG 925, Residential Landscape Design I and II

### **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.

LLHG 488-001 | Th, Feb 2-Feb 16 | 6:30 PM-8:30 PM

540 Arapeen Dr, Room 138 | \$79

### **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.

LLHG 512-001 | Th, Feb 9-Mar 16 | 6:00 PM-8:30 PM

540 Arapeen Dr, Room 124 | \$179 + \$15 special fee

## 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. This class will focus on building on a design you already have. If you're looking to start from scratch, try level I.

LLHG 925-001 | W, Apr 5-Apr 26 | 6:00 PM-8:00 PM

540 Arapeen Dr, Room 138 | \$119 + \$15 special fee

LLHG 512 Residential Landscape Design I: Concept and Planning is a recommended precursor to this course.

## FUNDAMENTALS OF FUN BEEKEEPING

*Richard Homer and Jim Harris*

Come experience the fundamentals of fun beekeeping as you learn the benefits of bees, bee anatomy, bee social structure, common concerns of bees in suburbia, cost estimating, and assembling hive components. You'll learn how and where to get your bees, how to install bees into your hive and how to keep your bees healthy. You'll gain confidence in disease prevention, treatment, and overwintering your bees successfully. You'll leave with knowledge and a hands-on experience with bees and the option to receive month-by-month reminders of key beekeeping activities.

LLHG 934-001 | W, Feb 22-Mar 8 | 7:00 PM-9:00 PM AND S, Apr 15 | 1:00 PM-3:00 PM

540 Arapeen Dr, Room 124/Outside | \$119 + \$15 special fee

## DIY MOSS TERRARIUM

*Rachael Bush*

There's nothing more enjoyable than creating your own little world and watching it thrive. Join us to learn how to build a self-contained terrarium, including what supplies you need and why. Then put that knowledge to use and walk away with your own mason jar starter terrarium!

LLHG 932-001 | S, Mar 4 | 12:00 PM-2:00 PM

540 Arapeen Dr, Room 138 | \$39 + \$15 special fee

## 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 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, Mar 11 | 1:00 PM-4:00 PM

540 Arapeen Dr, Room 152 | \$49 + \$65 special fee\*

## 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?

LLHG 558-001 | T, Mar 14-Mar 28 | 6:30 PM-8:30 PM  
540 Arapeen Dr, Room 120 | \$75 + \$5 special fee

### 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.

LLHG 615-001 | T, Mar 14-Mar 21 | 6:30 PM-8:30 PM  
540 Arapeen Dr, Room 160 | \$59 + \$5 special fee

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

*Katie Lawson*

Have you ever wondered how a forest can sustain itself without fertilizers, pesticides, or tractors? Or how soil can purge itself of toxins? Spoiler alert- it's the fungi! In this class, we will use forest ecology as a template for exploring methods of fungal-friendly farming for healthy soils and crops. We will look at common agricultural problems, the shortcomings of current methods for addressing these

problems, and then consider the fungal alternatives. We will also look at common contaminants in urban areas and how fungi might help us remediate our soils.

LLHG 480-001 | M, Mar 20-Mar 27 | 6:30 PM-8:30 PM  
540 Arapeen Dr, Room 154 | \$59

### 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, Apr 3-Apr 10 | 6:30 PM-8:30 PM  
540 Arapeen Dr, Room 154 | \$59 + \$25 special fee

### 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 beginners 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 | T, Apr 4-Apr 25 | 6:30 PM-8:30 PM AND S, Apr 29 | 10:00 AM-12:00 PM  
540 Arapeen Dr, Room 120/Outdoors | \$125 + \$5 special fee

---

## 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.

LLHG 450-001 | W, Apr 5-Apr 26 | 6:00 PM-8:30 PM  
540 Arapeen Dr, Room 120 | \$145

## 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.

LLHG 609-001 | Th, Apr 13 | 6:00 PM-8:00 PM AND S, Apr 15 | 10:00 AM-12:00 PM  
154/Outdoors | \$59 + \$5 special fee

## 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 take the 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 in mycology.

LLHG 484-001 | M, Apr 17-Apr 24 | 6:30 PM-8:30 PM  
540 Arapeen Dr, Room 154 | \$59 + \$30 special fee

## BACKYARD BIRDING

Kelli Frame

Utah is a unique environment with a wide variety of beautiful backyard birds to observe and enjoy. Join us for this fun and informative class that will teach you how to make your yard bird-friendly by creating a helpful habitat with ample water, food, native plants, and shelter. We'll cover how to solve the problems of birds feeding including window strikes, weeds, attracting unwanted critters, and controlling mess around your feeders. You'll also learn what sorts of foods attract different kinds of birds and which avian beauties you can expect to see in your own backyard. You will receive a kit of supplies to get you started in your own birding adventures.

LLHG 911-001 | S, Apr 22 | 11:00 AM-1:00 PM  
Wild Birds Unlimited | \$39 + \$20 special fee

# language



*Sign Language and Music, P36*

## 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 17-Feb 21 | 6:00 PM-9:00 PM

540 Arapeen Dr, Room 120 | \$219

## MANDARIN CHINESE II

Dai Cui

Join us to build on what you learned in Mandarin Chinese I (or a different basic Chinese-speaking class). We will review and expand the topics covered in level 1 including greetings, family, dates and money, hobbies, and visiting friends. For the new materials we will focus on the topics related to food and eating out, as well as learn conversations about shopping and transportations. One class period will be conducted in a local Chinese restaurant where you will have an opportunity to practice what you learned in a Chinese-speaking setting.

LLLAN 365-001 | Th, Jan 19-Feb 23 | 6:00 PM-9:00 PM

540 Arapeen Dr, Room 160 | \$219

Prerequisite LLLAN 364 Mandarin Chinese I or equivalent experience



## SIGN LANGUAGE AND MUSIC

Ben Brinton

Join us for a unique class that explores the relationship between American Sign Language, interpretation, and music. You'll learn basic signs and delve into the history, structure, and process of interpreting, performing, and making songs. Explore deaf and hard-of-hearing culture, study poetic devices, and examine the creative gaps found in interpretation and communication. Taught by local performing artists, this class will give you a behind-the-curtain view of using sign language in performance and song structure while offering opportunities to improve your communication skills. You'll walk away from class with a new understanding of sign language and deaf culture and your own ASL interpretation of your chosen song.

LLLAN 432-001 | T, Jan 17-Jan 24 | 6:00 PM-8:00 PM AND T, Feb 14-Mar 7 | 6:00 PM-8:00 PM

No class on 1/31 and 2/7 | 540 Arapeen Dr, Room 160 | \$149

---

## 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 18-Feb 22 | 6:00 PM-8:00 PM  
540 Arapeen Dr, Room 132 | \$149 + \$5 special fee

## CONVERSATIONAL FRENCH II

*Catherine Thorpe*

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 course is intended as a continuation of our beginner Conversational French I class and is designed to be repeated as often as you wish.

LLLAN 351-001 | W, Mar 15-Apr 19 | 6:00 PM-8:00 PM  
540 Arapeen Dr, Room 132 | \$149 + \$5 special fee

Prerequisite LLLAN 350 Conversational French I or equivalent experience.

## FRENCH FOR TRAVELERS

*Catherine Nalder*

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 7-Mar 14 | 7:00 PM-9:00 PM  
540 Arapeen Dr, Room 154 | \$149 + \$5 special fee

## 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 | Th, Jan 26-Mar 2 | 7:00 PM-9:00 PM  
540 Arapeen Dr, Room 120 | \$149  
Students must purchase two texts: *Italian: A Self-Teaching Guide (Second Edition)* by Edoardo A. Lebrano and any Italian to English dictionary.

## CONVERSATIONAL ITALIAN II

*Jason Cox*

Build upon the skills you've learned in Conversational Italian I or your general background in Italian. Expand the basic conversational skills used in travel and everyday situations as we practice with present and future tense verbs. This class is designed to be repeated as often as you wish. Students must purchase two texts: *Italian: A Self-Teaching Guide (Second Edition)* by Edoardo A. Lebrano and any Italian to English dictionary.

LLLAN 363-001 | Th, Mar 16-Apr 20 | 7:00 PM-9:00 PM  
540 Arapeen Dr, Room 120 | \$149  
Prerequisite LLLAN 362 Conversational Italian I or equivalent experience.

## 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.

LLLAN 354-001 | Th, Feb 2-Mar 9 | 6:00 PM-7:30 PM

Sandy | \$125

## 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 8-Mar 15 | 7:00 PM-9:00 PM

540 Arapeen Dr, Room 160 | \$149 + \$5 special fee

## BEGINNING ARABIC-FAST!

Abdul Elsaqa

Come learn about the magic and culture of the East and a language spoken in more than 58 countries—Arabic! Have you always thought learning Arabic to be like rocket science? Well, think again. Learning through a unique teaching method from our native Arabic-speaking instructor, you will be able to write, read, and even Google many basic words after the first 15 minutes of class! Come join this condensed language course to develop your Arabic basic language skills—fast!

LLLAN 394-001 | S, Feb 18-Mar 25 | 2:00 PM-5:00 PM

540 Arapeen Dr, Room 160 | \$219



## BEGINNING GERMAN

Joachim Dreier

Have fun while learning a language spoken by more than 150 million people worldwide: German! Learn the basic conversational skills you need to work, travel, or even live in Germany. You'll focus on pronunciation, vocabulary, reading, and writing. Taught by a native German-speaking instructor, this class will be filled to the brim with examples of contemporary conversation and culture. Students are required to purchase their own copy of *The Everything Learning German Book* by Edward Swick (ISBN 978-1598699890).

LLLAN 433-001 | W, Mar 15-Apr 19 | 6:00 PM-9:00 PM

540 Arapeen Dr, Room 124 | \$219

## performing arts



*How to Sing and Perform Like a Pro, P39*



### HOW TO SING AND PERFORM LIKE A PRO

Megan Blue

Do your friends say you have a good singing voice but you just haven't had the time to develop your talent? Maybe you loved singing and choir classes in school but life got in the way of pursuing your passion? Then join us for a class that will teach you how to develop your singing voice and perform like a professional! You'll start with the basics including breath control, vocal placement, vocal mechanics, and vocal health. While learning how to sing, you'll also acquire performing skills such as how to connect to the audience, what to do with your hands, pacing, movement, and facial expressions. Finally, you'll learn tips and tricks to deal with nervousness as a performer. See further details online.

LLMT 483-001 | W, Jan 11-Feb 1 | 7:00 PM-8:30 PM

540 Arapeen Dr, Room 160 | \$89 + \$10 special fee

### 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 14-Jan 28 | 10:00 AM-12:00 PM

540 Arapeen Dr, Room 132 | \$89

### 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 | M, Jan 23-Feb 13 | 6:00 PM-7:30 PM

540 Arapeen Dr, Room 154 | \$119

## INTERMEDIATE IMPROV COMEDY

Clint Erikson

Delve into the technique that helped launch the careers of Will Ferrell, Tina Fey and Steve Carrell. Longform Improv Comedy performers use one suggestion to create scenes that are interrelated by story or characters or theme, and may last up to 25 minutes or more. We'll explore different types of Longform structures, including Harlod's and Armando's.

LLMT 463-001 | M, Feb 27-Mar 20 | 6:00 PM-7:30 PM

540 Arapeen Dr, Room 148 | \$119

Prerequisite LLMT 396 Improv Comedy Workshop or similar experience.



## FLAMENCO APPRECIATION WORKSHOP

Katie Sheen-Abbott

Flamenco is a complicated art form characterized by intricate hand, foot, and body movements. Listen to flamenco music and rhythms while you learn the difference between various flamenco styles (palos). You'll study the history of flamenco and the evolution of the guitar, singing and dance. You'll engage in conversation about modern flamenco versus traditional flamenco and talk about the Tablao setting, which is the small club setting where a language is spoken between the musicians and the dancers and where improvisation is key.

LLMT 484-001 | S, Feb 4 | 11:00 AM-1:00 PM

Studio Zamarad | \$39 + \$4 special fee

## BEGINNING BANJO

David "Rex" Flinger

What do Steve Martin, Rhiannon Giddens, and Taylor Swift have in common? They all play the banjo! Thought to have evolved from similar instruments on the African continent, the banjo has become a mainstay of contemporary American music. In this class, you will focus on the basics as you learn a variety of tunes and styles. Students must bring their own instrument as well as a banjo strap, finger picks and tuner.

LLMT 429-001 | W, Feb 8-Mar 15 | 6:00 PM-7:30 PM

540 Arapeen Dr, Room 120 | \$155 + \$5 special fee

## 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. Students are responsible for their own guitar.

LLMT 382-001 | Th, Mar 16-Apr 27 | 6:30 PM-7:30 PM | No class on 4/13

540 Arapeen Dr, Room 154 | \$119

---

## BEGINNING GUITAR II

*Bruce Christenson*

We will build on the basics of playing guitar learned in Beginning Guitar I. Rhythm, scales, fingerpicking, basslines, riffs, and more chords and exercises will be explored through a variety of musical styles. We will learn in a relaxed and fun environment. Students are responsible for their own guitar.

LLMT 383-001 | Th, Mar 16-Apr 27 | 7:45 PM-8:45 PM

540 Arapeen Dr, Room 154 | \$119

No class on 4/13. Prerequisite LLMT 382 Beginning Guitar I or equivalent knowledge of basic chords, rhythm, tablature reading, and tuning.

## AUSTRALIAN DIDGERIDOO: PLAYING AND CULTURE

*Randin Graves*

A soulful instrument that has been played on every continent (and even in space!), the didgeridoo can be played by anyone with a little practice. It is simply a tube that creates unique sounds through the control of the lips, breath, tongue, voice, and stomach muscles. Learn to play this unusual instrument and go in-depth with the culture of Aboriginal Australia that invented it — from someone who lived in a remote Aboriginal community for years. This course will be taught using a simple plastic didgeridoo. Due to the variety in traditional wooden didgeridoos, their use is discouraged for this class. Students will learn in the classroom and practice outdoors.

LLMT 389-001 | M, Mar 20-Apr 24 | 6:30 PM-8:00 PM

540 Arapeen Dr, Room 160 | \$119 + \$25 special fee

## VOICE ACTING: AN INTRODUCTION

*Michelle Ortega*

As the voice over industry continues to grow, more and more people are becoming curious about it. Reading out loud for a living does sound easy and fun, but how exactly do you break into this ever-growing industry? We'll be starting with the basics: reading and interpreting scripts, setting up a home studio, joining talent agencies, and auditioning for roles. Then you'll get to a professional recording studio on campus where you'll have the opportunity to get behind the mic! You'll leave class with a wealth of knowledge and a clear guide to your path in the fascinating world of voice overs.

LLMT 459-001 | T, Apr 4-Apr 18 | 6:30 PM-8:00 PM AND T, Apr 25 | 6:00 PM-8:00 PM

LLMT 459-002 | Th, Apr 6-Apr 20 | 6:30 PM-8:00 PM AND Th, Apr 27 | 6:00 PM-8:00 PM

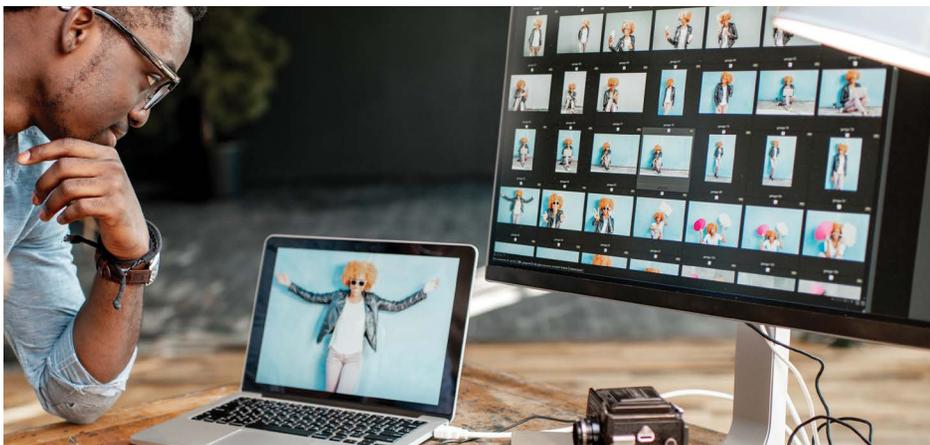
540 Arapeen Dr, Room 148/Marriott Library | \$119 + \$3 special fee

---

**“A great, energetic, passionate instructor. It was obvious she had success in the topic and loved to talk about it and educate others about it.” - Aaron Young, Voice Acting**

---

## photography & digital media



*Beginning Photo Editing, P44*

### **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. See further details online.

LLART 115-001 | W, Jan 18-Feb 15 | 6:30 PM-9:00 PM AND S, Feb 11 | 1:00 PM-3:00 PM

Sandy/Outdoors | \$159 + \$5 special fee

LLART 115-002 | Th, Jan 26-Feb 23 | 6:30 PM-9:00 PM AND S, Feb 18 | 1:00 PM-3:00 PM

540 Arapeen Dr, Room 154/Outdoors | \$159 + \$5 special fee

### **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: An Introduction (LLART 115), or take our quiz.

LLART 131-001 | W, Mar 1-Mar 15 | 6:30 PM-8:30 PM AND S, Mar 4-Mar 11 | 1:00 PM-3:00 PM

540 Arapeen Dr, Room 154/Outdoors | \$129 + \$5 special fee

### **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. Please come prepared with your own camera.

LLART 168-001 | T, Jan 24-Feb 28 | 6:30 PM-8:00 PM  
540 Arapeen Dr, Room 246 | \$119

---

**“Jonathan is a thoughtful, engaging instructor with a great deal of experience to share. He creates a positive learning environment, very enjoyable!” -Bruse W. Quaglia, Landscape and Adventure Photography: An Introduction**

---

### PHOTOGRAPHY AS ACTIVISM

*Jeri Gravlin*

Do you want to use your time and photography to make a difference in your community? Join us to explore the photographs and photographers that have created social change and discover how you can incorporate concepts of activism into your own work. You will learn skills and principles to get your photos noticed in the activism space. This course is perfect if you are interested in photo journalism, storytelling through imagery, or just want to make a difference. Please come prepared with your own camera.

LLART 357-001 | T, Jan 24-Jan 31 | 6:00 PM-7:30 PM  
540 Arapeen Dr, Room 154 | \$49

### 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 fundamental concepts of image design and composition, explore photographic styles, master your optics, develop better positioning and timing skills, and improve your post-processing. Move beyond the technical hassles and learn to think and see like a photographer.

LLART 245-001 | W, Jan 25-Feb 15 | 6:00 PM-8:30 PM  
540 Arapeen Dr, Room 146 | \$139

### PODCASTING: AN INTRODUCTION

*Christopher Holifield*

Do you want to start a podcast? Then this is the perfect course for you! 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, and find sponsors. Your instructor will also cover publishing 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. With this class under your belt, you will be prepared to record, edit, publish, and grow your podcast.

LLART 342-001 | W, Feb 1-Feb 22 | 6:30 PM-8:30 PM  
540 Arapeen Dr, Room 154 | \$109

## PHOTOSHOP: AN INTRODUCTION

*John Craigle*

Considered the leader in professional photo editing software, Adobe Photoshop allows users to create, manipulate, crop, resize, and correct digital images. Join a local Photoshop expert and familiarize yourself with this exciting and extensive program. Gain knowledge of the tools and settings that will have an immediate impact on your photographic workflow. Become comfortable with user interfaces through lectures, demos, and projects. Please come to class with a working knowledge of photography and its basic terms, and a USB thumb drive for the first class.

LLART 286-001 | S, Feb 11-Mar 4 | 11:00 AM-2:00 PM  
Marriott Library | \$169

## BEGINNING PHOTO EDITING

*David Argyle*

Are you ready to get serious about editing your photos but not sure where to start? Join us to learn the basics of editing and which program will work best for you. We'll talk about things like how images are represented and stored, the pros and cons of RAW and JPEG, how to use histograms, and recommended workflows. We'll explore the types and levels of image editing software—from the free utilities that come with your device, to intermediate programs like Adobe Lightroom, and heavyweights like Adobe Photoshop and its competitors.

LLART 346-001 | W, Feb 22-Mar 8 | 6:00 PM-8:30 PM  
540 Arapeen Dr, Room 249 | \$109

## 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 learn 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. Please come prepared with your own camera.

LLART 348-001 | T, Mar 14-Apr 18 | 6:30 PM-8:00 PM  
540 Arapeen Dr, Room 246 | \$119

## BEGINNING VIDEO EDITING WITH PREMIERE PRO

*Ali Akbari*

Have you ever thought about doing something with the hundreds of videos you've taken? 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 telling a visual story with sophisticated tools! Students are eligible to install, activate, and use Adobe Premiere Pro while attending the class.

LLART 310-001 | M, Mar 20-Apr 24 | 6:30 PM-8:00 PM  
540 Arapeen Dr, Room 156 | \$119

---

## SMART SMARTPHONE PHOTOGRAPHY

David Argyle

Your smartphone is an advanced photo-taking device, but do you know how to take advantage of everything it has to offer while avoiding its weaknesses? We'll cover settings and techniques for landscape, portrait, motion, nighttime, and macro photography. Come learn how to create breathtaking photos in this fun and informational class. Students must bring their own smartphone.

LLART 277-001 | W, Mar 22-Apr 12 | 6:00 PM-8:00 PM  
540 Arapeen Dr, Room 148 | \$119



## ROBOTICS FOR GROWN-UPS: AN INTRODUCTION

Jay Jayaseelan

You've seen robotics classes for kids and teenagers, but why should they get to have all the fun? Join us for an entertaining class that will introduce you to the exciting world of Mindstorm robotics. You'll tackle engineering problems and create designs using Legos, then assemble mini-robots and use micro-controllers to program them. You'll be introduced to coding and learn the interactive EV3-G programming language to engage in competitions and teamwork. No previous robotics experience is required (students should have a basic working knowledge of computers) and you don't need to bring anything but your sense of adventure and curiosity. Join us to make new friends, strengthen your mind, and learn a new skill!

LLART 388-001 | S, Mar 25-Apr 29 | 9:00 AM-12:00 PM  
540 Arapeen Dr, Room 124 | \$199 + \$50 special fee

## SIMPLE AND AFFORDABLE LIGHTING FOR PORTRAITURE

John Craigle

Your on-camera flash, or even an external flash unit that mounts on top of your DSLR, can make a huge difference for proper photo exposure. However, portraits lit by on-camera flash are pretty grim: stark, flat, and unpleasantly contrasty. Improve your portrait photography and bring your lighting to the next level by just moving the flash off-camera onto a light stand or even a shelf or table! Join us and experience the many uses and modifiers for off-camera lighting including umbrellas, soft boxes, and reflectors that you can use to make your images look more professional. More affordable than studio lighting, speedlights can get the same look as the pros with the added advantage of no cables or cords. You'll learn via demonstration of techniques and then enjoy practical application using the instructor's equipment. Don't forget to bring your camera and your creativity! Students should have a working knowledge of photography and its basic terms.

LLART 96-001 | T, Apr 4-Apr 25 | 6:00 PM-8:00 PM  
540 Arapeen Dr, Room 154 | \$119 + \$20 special fee

---

## recreation

---



*Beginning Roller Skating: Agility, Stability, and Skills, P47*

### **AVALANCHE WORKSHOP**

*Bruce Christenson*

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

LLREC 650-001 | Su, Jan 22 | 8:00 AM-2:00 PM

Outdoors | \$95 + \$6 special fee\*

---

### **SKATE SKIING: AN INTRODUCTION**

*Patricia Winterer*

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 Outdoor Adventures Program or other local sporting goods stores).

LLREC 731-001 | S, Jan 28-Feb 4 | 10:00 AM-12:30 PM

Outdoors | \$89

### **SNOWSHOE HIKE BY MOONLIGHT**

*Bruce Christenson*

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

LLREC 910-001 | S, Feb 4 | 7:00 PM-9:00 PM

Outdoors | \$45 + \$5 special fee\*

---

## BEGINNING SQUASH

Michael Bastiani

Squash has been rated the number one healthiest sport by Forbes magazine! It's an excellent sport for increased mobility and fitness while having fun and getting aerobically fit. Join instructors with 20+ years of experience playing as well as teaching and learn the fundamentals of this classic sport! See further details online.

LLREC 905-001 | M, Feb 6-Mar 20 | 7:00 PM-8:30 PM

Squashworks | \$119 + \$25 special fee

## BEGINNING ROLLER SKATING: AGILITY, STABILITY, AND SKILLS

Jenne Parsons

Have you always wanted to learn to skate, but didn't know where to start? Or maybe you skated when you were a kid, then bought skates during the pandemic and found it's not as easy as it used to be to stay upright? Join skaters from Salt Lake Roller Derby and learn how to skate safely and have fun on eight wheels. You'll learn about S.A.S.S. — Skating: Agility, Stability, and Skills — as well as roller skates and their components, safety equipment and proper fit, and how to gain speed and stop. Along the way, you'll learn a little about the history of roller derby, get to know the rules of play, pick your own derby name, and have the chance to visit a live roller derby bout! See further details online.

LLREC 927-001 | S, Feb 11-Mar 4 | 2:00 PM-4:00 PM

The Derby Depot | \$109 + \$24 special fee

---

**“The instructors were so nice and fun, I can't believe there was so much about skating to learn!..I saw everyone in our class improved by the end of the classes! Thanks for reminding me how fun skating is!” - Holly L McAtee, Beginning Roller Skating: Agility, Stability, and Skills**

---



## EXPLORING UTAH'S POWDER PARADISE: AN INTRODUCTION TO SIDECOUNTRY SKIING

Michael Fagerstrom

Join us for a day of fun and exploration in discovering virtually untouched powder nestled amongst majestic aspen groves, expansive bowls, and incredible mountain steepes. You'll head off-piste to find the secret stashes of snow hidden in plain sight at one of Utah's legendary resorts. Your instructor, a veteran professional ski instructor with almost two decades of experience and a certified Wilderness First Responder, will share tips and tricks for finding the, "fresh," and moving through ungroomed territory. You'll leave class knowing where to locate the best areas on the mountain and acquire a new group of friends to enjoy it with. See further details online.

LLREC 931-001 | Su, Mar 5 | 9:30 AM-3:30 PM

Snowbasin | \$109 + \$169 special fee

## MERMAID SWIMMING AND DIVING

Ani Ferguson

Join one of Utah's foremost mermaiding experts for a mind-body experience that gives technical skills, an imaginative playground, and physical exercise that is unparalleled! You will start in the classroom and learn the basics of mermaid swimming with a monofin and freediving. You'll then split into small groups for a pool session where you will practice stretches, self-rescue skills, the basics of safe breath-hold techniques, weighting, surface diving, how to enter and exit the water, and how to float. Mermaiding is for everyone no matter your gender, shape, background, or age — it's never too late to transform into a mermaid!

LLREC 929-001 | W, Mar 15-Mar 22 | 6:30 PM-7:30 PM AND S, Mar 18-Mar 25 | 4:30 PM-7:30 PM  
540 Arapeen Dr, Room 146/Dive Utah | \$189 + \$85 special fee\*

## 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 using tubes versus going tubeless, the correct tire pressure to run on your bike, and how 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 | T, Mar 21-Mar 28 | 6:00 PM-8:00 PM  
LLREC 915-002 | Th, Mar 23-Mar 30 | 6:00 PM-8:00 PM  
540 Arapeen Dr, Room 124 | \$59 + \$5 special fee

## 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. See further details online.

LLREC 671-001 | Th, Apr 13 | 6:00 PM-9:00 PM AND S, Apr 15 | 9:00 AM-5:00 PM  
LLREC 671-002 | Th, Apr 13 | 6:00 PM-9:00 PM AND S, Apr 22 | 9:00 AM-5:00 PM  
540 Arapeen Dr, Room 146/Outdoors | \$155 + \$25 special fee\*



## SKATEBOARDING: AN INTRODUCTION

SJ Johnson

Skateboarding began in the 1950's and has slowly made its way into the spotlight of mainstream culture. Join us at All Together Skate park to learn about the history of skateboarding alongside the skaters that helped evolve the sport to what it is today. We'll go over the basic anatomy/maintenance of a skateboard, set personal goals, and just have fun! Come join us and face your fears, whether that be pushing on a board, dropping in, or learning more intermediate tricks. Rental skateboards and protective gear will be provided.

LLREC 930-001 | T, Apr 11 - Apr 25 | 5:00 PM - 7:00 PM  
All Together Skate Park | \$119 + \$8 special fee

---

## OUTDOOR SURVIVAL SKILLS: AN INTRODUCTION

Michael Fagerstrom

We all love to watch outdoor survival shows, but would you know what to do if you were left alone in the wilderness? Join us to learn what it takes to survive in the outdoors, including how to build various shelters using just a tarp and twine, starting a fire without matches, and various methods of water filtration (including a solar still). Your instructor, a certified wilderness first responder who has logged 10,000+ miles of through-hiking and 400+ field days as a wilderness guide, will answer all your questions and share the ten essential items you should always keep handy. With your newfound skills, you can venture outdoors with the confidence of knowing you are fully prepared!

LLREC 928-001 | T, Apr 18-Apr 25 | 5:30 PM-7:30 PM

Outdoors | \$55 + \$19 special fee

## TENKARA FLY FISHING: AN INTRODUCTION

Erik Ostrander

Tenkara is a traditional Japanese method of fly fishing utilizing just a rod, line, and 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. 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 own 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. See further details online.

LLREC 902-001 | Th, Apr 27 | 6:00 PM-9:00 PM AND S, Apr 29 | 9:00 AM-5:00 PM

LLREC 902-002 | Th, Apr 27 | 6:00 PM-9:00 PM AND S, May 6 | 9:00 AM-5:00 PM

540 Arapeen Dr, Room 146/Outdoors | \$155 + \$35 special fee

---

## wellness & relationships

---



*Qigong: An Introduction, P51*

## 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 prior experience needed.

LLHL 232-001 | T, Jan 17 | 6:30 PM-8:30 PM

540 Arapeen Dr, Room 124 | \$39

---

## HEALTHY HEART AND YOU

*Le Ann Stamos*

Are you interested in learning about heart health and cardiac disease? Then join us for this course that is designed for non-professionals. You'll be introduced to basic cardiac anatomy and how the heart works, then review some cardiac diseases and available treatments. Finally, you will participate in a discussion about how to maintain heart-healthy living including diet, exercise, stress reduction, and living with chronic conditions. See further details online

LLHL 247-001 | S, Jan 21-Jan 28 | 10:00 AM-11:30 AM  
540 Arapeen Dr, Room 120 | \$49 + \$5 special fee

## INTEGRATING INTUITIVE EATING AND MINDFULNESS

*Lo Jones*

Feeling stuck in the cycle of yo-yo dieting and strict workout regimes? Do you find yourself longing for a more sustainable, enjoyable, and less restrictive way of eating and moving your body? This class is for you! Join a local dietitian and yoga teacher to learn the basic principles of Intuitive Eating and practical ways to turn your attention inward to connect with - and listen! - to your intuition through simple yoga practices. You will explore how to incorporate gentle movement (yin/restorative yoga), meditation, breathwork, and journaling/reflection into your intuitive eating journey, as well as participate in lecture and discussions. This class is for everyone — no yoga experience required!

LLHL 246-001 | M, Jan 30-Mar 6 | 6:00 PM-8:00 PM |  
540 Arapeen Dr, Room 152 | \$129 + \$6 special fee\*

## TIBETAN BUDDHIST MEDITATION: AN INTRODUCTION

*Joseph Evans*

Learn to reduce stress, anxiety, and traumas as well as increase well-being and happiness through Tibetan Buddhist Meditation. Explore calm abiding meditation (shamatha), The Four Noble Truths, developing compassion (tonglen practice), the 12 Wisdoms, and fundamentals of Buddhist view according to the Dzogchen Lineage of Tibetan Buddhism. No previous meditation experience is required.

LLHL 143-001 | T, Jan 31-Feb 28 | 6:30 PM-8:30 PM  
540 Arapeen Dr, Room 148 | \$139

## 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.

LLHL 223-001 | S, Feb 4 | 1:00 PM-4:00 PM  
540 Arapeen Dr, Room 152 | \$49 + \$35 special fee\*

## NATURALLY CURLY HAIR CARE FOR TIGHT CURLS AND COILS

*Latonya Jackson*

Join us and learn from an expert on the proper cleansing, conditioning, and management of naturally curly and tight, coily hair. Promoting love, positivity, and appreciation for the culture around natural

---

hair, you will also receive a full demonstration of styling curls to help you, your kids, and your friends or family members confidently wear their hair down and free. See further details online.

LLHL 241-001 | M, Feb 13 | 6:00 PM-9:00 PM  
LaMia Beauty Lounge | \$49 + \$50 special fee

 **QIGONG: AN INTRODUCTION**

*Emily Yeates*

Come enjoy a gentle yet effective form of exercise using qigong. Learn the fundamentals of a qigong practice including movement, gentle stretching, breath-work, and mediation to increase energy in the body, all while calming the mind. The flowy, repetitive movements of qigong are enjoyably easy to learn and will teach you how to let go of your tension and just go with the flow.

LLHL 250-001 | W, Feb 15-Mar 8 | 6:30 PM-8:00 PM  
Studio Zamarad | \$79 + \$20 special fee\*

**BOTANICAL BEAUTY: NATURAL PERFUME**

*Rachael Bush*

Do you want to smell nice without using synthetic fragrances? Learn natural perfumery basics in this fun, hands-on class! You'll find out what top, middle, and base notes are, the difference between absolutes, CO2 extracts, steam distillation, cold-pressed methods, and why fixatives are so important. In this class, you'll make a personalized perfume with natural, easy-to-find ingredients (vegan options available upon request).

LLHL 243-001 | S, Feb 25 | 12:00 PM-4:00 PM  
540 Arapeen Dr, Room 138 | \$59 + \$15 special fee

 **INHERITING THE PAST: HOW TO ARCHIVE FAMILY TREASURES**

*Betsey Welland*

Learn how to preserve your family records for current and future generations. Led by a Marriott Library archivist, you'll acquire the skills to handle and organize a variety of items you may encounter such as photographs, diaries, correspondence, scrapbooks, news clippings, and more. We will discuss which items to keep, helpful supplies, preservation techniques, providing access to others, and digital archiving. You'll walk away from class with the confidence you need to tackle all of your family's records. Students may bring photographs or paper materials to work on during class.

LLHL 249-001 | T, Mar 14-Apr 4 | 6:00 PM-8:00 PM  
540 Arapeen Dr, Room 132 | \$119

**ENERGY CULTIVATION USING TAI CHI: AN INTRODUCTION**

*Emily Yeates*

Discover how to relax, strengthen, and cultivate energy in the body using tai chi. This class will introduce qi gong and tai chi principals using movement, visualization, self-massage, breath work, and meditation to enhance energy, awareness, healing, and strength. Each week you will learn a few new postures and how to integrate them together, moving seamlessly from one movement to the next in a beautiful form of moving meditation. Once the form is memorized you can practice tai chi anytime and anyplace. All ages and fitness levels welcome!

LLHL 248-001 | W, Mar 15-Apr 5 | 6:30 PM-8:00 PM  
Studio Zamarad | \$79 + \$20 special fee\*

## ZEN MIND: CREATIVITY, COMMUNICATION, AND CONSCIOUSNESS

Jonathan Duncan

Join us for an exploration of zen philosophy and what it has to teach us about the nature of human happiness. This course combines the varied fields of mindfulness, positive psychology, flow, and eastern philosophy. Learning about these philosophies opens the door to living with a conscious awareness of how you are using and developing your mind. We will direct this awareness to become inspired communicators, capable of expressing our unique reality through our imagination and creativity.

LLHL 231-001 | W, Mar 15-Apr 19 | 6:30 PM-8:00 PM  
540 Arapeen Dr, Room 246 | \$119



## THE POWER OF SLEEP: A PLAYBOOK FOR QUALITY ZZZ'S

Tara Meade

We live in a fast-paced world that yields very little time to take care of ourselves. There are thousands of, “self-care,” practices out there but during times of stress or uncertainty, these practices are the first things to go. So how about one practice we all do that is a pillar of self-care? Sleep!! Quality sleep is essential for physical, mental, and emotional balance. Without sleep, our systems break down and our risk of illness is increased. Join your instructor, a Certified Sleep Science Coach, to learn how to add more sleep to your life and reap the massive benefit of quality Zzz’s. Like the ingredients in your favorite recipe, there is no ONE magic element to sleep. Rather than turning to “quick-fix” sleep aids, you’ll learn to adopt day, night, and wake-up routines to create your own mouth-watering recipe of sleep hygiene, giving yourself the benefits of a healthier, happier, and more-rested you.

LLHL 251-001 | Th, Mar 16 | 6:00 PM-8:00 PM  
540 Arapeen Dr, Room 146 | \$39 + \$6 special fee

## 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 elevate future soap bars into specialty gifts with recommendations on molds, essential oils, and exfoliants for future batches. Please bring a pair of safety glasses or goggles.

LLHL 184-001 | S, Mar 18 | 1:00 PM-4:00 PM  
540 Arapeen Dr, Room 152 | \$49 + \$25 special fee

## 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, Mar 25 | 1:00 PM-4:00 PM  
540 Arapeen Dr, Room 138 | \$49 + \$15 special fee



---

## HORSES AND WELLNESS: THE HEALING POWER OF HORSES

Giuliana Marple

Slow down and improve how you connect with yourself and others through the power of horses. Come experience a day of meditation with these generous and brave animals. Through breathing exercises and mindfulness practice with the horses, you'll learn the importance of self-awareness and living in the present moment. No horse experience is necessary, just an open heart! This is not a horseback riding class. See further details online.

LLHL 138-001 | S, Mar 25 | 10:00 AM-2:00 PM  
Huntsville Spring Creek Ranch | \$69 + \$45 special fee

## 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.

LLHL 131-001 | T, Apr 4 | 6:30 PM-8:30 PM  
540 Arapeen Dr, Room 160 | \$39

---

## writing & literature

---



*Exploring Your Life Through Poetry, P57*

## 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 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. This class will explore adult themes, language, and content.

LLWRC 780-001 | T, Jan 17-Feb 21 | 6:30 PM-9:00 PM  
540 Arapeen Dr, Room 132 | \$219 + \$5 special fee

To learn more and register for classes, visit our website at [lifelong.utah.edu](https://lifelong.utah.edu) **53**

## 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. This class will explore adult themes, language, and content.

LLWRC 825-001 | T, Mar 7-Apr 11 | 6:30 PM-9:00 PM

Online | \$179

Prerequisite LLWRC 780 Creative Writing or instructor invitation.



## LET'S WRITE ABOUT SEX

Alex Jay Lore

Romance and intimacy are a ton of fun to write – but how do you spice up your intimate and/or sex scenes without heaping on the purple prose? This workshop will go over why sex and intimacy can be important to your story (even if you aren't writing romance!) and how to make these scenes not only vivid and fresh, but inclusive of diverse characters across all genders, sexualities, backgrounds, and ability levels. This class will explore adult themes, language, and content.

LLWRC 893-001 | S, Jan 28 | 1:00 PM-3:00 PM

540 Arapeen Dr, Room 146 | \$39



## CONTEMPORARY JAPANESE NOVELLAS BY WOMEN

Scott Black

Join one of the U's leading English professors to explore four influential, fascinating, and award-winning novellas from prominent Japanese writers: Banana Yoshimoto's *Kitchen* (1988), Kawakami Hiromi's *Strange Weather in Tokyo* (2001), Ogawa Yoko's *The Housekeeper and the Professor* (2003), and Murata Sayaka's *Convenience Store Woman* (2016). All are quirky, strange, and sweet by turn, and all offer insight into contemporary Japanese culture as well as superb examples of the arts of prose and storytelling. You'll read each work in translation so no background in Japanese language or culture is necessary, though a curious imagination and sense of humor will be helpful.

LLWRC 896-001 | W, Feb 1, Feb 15, Mar 1, Mar 15 | 6:00 PM-7:30 PM

540 Arapeen Dr, Room 148 | \$79\*

## 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, Feb 4 | 12:00 PM-2:30 PM

540 Arapeen Dr, Room 132 | \$45

---

## 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 | M, Feb 6-Feb 13 | 6:30 PM-8:30 PM  
540 Arapeen Dr, Room 146 | \$59



## TAKE THE DREAD OUT OF EDITING

Alex Jay Lore

Once they have finished the first draft of a manuscript, many authors become intimidated by the editing process. Join us to take the dread out of editing and instead come to love editing – because this is where the magic happens! We will break down the different types of edits including what they are when they should happen, and how to approach them; different ways of getting and working with feedback; and how to prioritize long lists of edits and changes to make the process not just effective, but fun to do!

LLWRC 894-001 | S, Feb 11 | 1:00 PM-3:00 PM  
540 Arapeen Dr, Room 146 | \$39

## ZEN LESSONS FOR WRITERS

Johnny Worthen

Join a published author as he shares his discoveries in Eastern philosophies 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, Feb 11-Feb 25 | 10:00 AM-1:00 PM  
540 Arapeen Dr, Room 132 | \$119 + \$5 special fee

## 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, Feb 18 | 12:00 PM-4:00 PM  
540 Arapeen Dr, Room 120 | \$59

---

## 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, Feb 25-Apr 1 | 10:00 AM-12:00 PM  
540 Arapeen Dr, Room 124/Online | \$159

## 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, Mar 4 | 12:00 PM-4:00 PM  
540 Arapeen Dr, Room 132 | \$59

## WRITING INCLUSIVELY: AVOIDING CLICHES AND HARMFUL STEREOTYPES

*Alex Jay Lore*

Our world is much bigger and more diverse than white, straight, cisgender farm boys destined to save the planet. Join us and learn why representation is important, what including diversity in your writing

looks like, and how to truly write inclusively without using tokenism and harmful stereotypes. Join us for discussion and writing exercises to make your characters and worlds more complex and diverse to reflect our community and world.

LLWRC 888-001 | M, Mar 6-Mar 20 | 6:30 PM-8:00 PM  
540 Arapeen Dr, Room 132 | \$65

## BEYOND DIALOG

*Kimberly Justesen*

Readers understand a story through the conversations held by the characters. Take a look at the many ways people share information including verbal and nonverbal communication, how culture and society affect human interactions, and the role of metacommunication. You will use in-class writing activities, peer and instructor critique, and homework assignments to create a more realistic dialog for your characters.

LLWRC 883-001 | M, Mar 20-Mar 27 | 6:30 PM-8:30 PM  
540 Arapeen Dr, Room 146 | \$59

## 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 | Th, Mar 23-Apr 27 | 6:00 PM-9:00 PM  
540 Arapeen Dr, Room 132 | \$219

---

## CREATIVE NON-FICTION: CAPTURING MOMENTS WITH MEMOIR

Caitlin Erickson

All experiences in life, no matter how small or seemingly inconsequential, are stories waiting to be told. One way a person can tell these stories is through the genre of memoir—taking life experiences and turning them into narratives. Join us to learn about the memoir genre, read and write to explore it, and ultimately create a narrative that represents a time or theme in your life. There will be an opportunity for discussion, workshop, and sharing your final work with your newfound writing community at the end of the course. All writing levels are welcome!

LLWRC 878-001 | M, Mar 27-Apr 17 | 6:00 PM-7:30 PM  
540 Arapeen Dr, Room 120 | \$89

## USING SCRIVENER TO OUTLINE, DRAFT, AND EDIT YOUR NOVELS AND SHORT STORIES

Alex Jay Lore

Scrivener is an amazing writing software that can do seemingly everything all in one place but for many, it also has a steep learning curve. Whether you're a total beginner or have dabbled with Scrivener, join us and learn how to make the most out of this extensive tool. We will go over ways to organize your manuscript, build an outline, gather research, make drafts, and share and edit your work all in one place, all free from technological intimidation. Students must come to class prepared with a laptop with Scrivener downloaded and ready to use.

LLWRC 892-001 | M, Apr 10-Apr 24 | 6:30 PM-8:00 PM  
540 Arapeen Dr, Room 132 | \$65

## EXPLORING YOUR LIFE THROUGH POETRY

Estee Crenshaw

Poetry is an imaginative form of writing that can be used to explore the textures and paradoxes of everyday experience. In this course, you will learn to develop a poetic sensibility, or way of seeing the world, which will serve as a catalyst for poetic composition. You will also learn how to manipulate the natural rhythms and aesthetic qualities of language to produce poems full of vivacity and emotion. You will become familiar with poetic terms and concepts that will help you articulate what makes a poem work, and you will use this knowledge to practice giving and receiving feedback on poems in a workshop setting. By the end of this course, you will be able to confidently discuss the poetic art and continue producing your own meaningful poetry.

LLWRC 895-001 | T, Apr 18-Apr 25 | 6:00 PM-8:00 PM  
540 Arapeen Dr, Room 132 | \$59

## JOURNALING: NURTURING A DAILY WRITING PRACTICE

Sky 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 | T, Apr 4-Apr 18 | 6:30 PM-8:30 PM  
540 Arapeen Dr, Room 146 | \$89

# lifelong learning **SERIES** Curiosity Becomes Passion

**Our SERIES program 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.

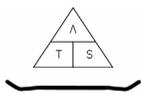
Progression through a SERIES is self-paced and self-monitored. Complete three classes in a tier to move on to the next level and receive a Digital Badge that honors your achievement and connects to your social media profiles.

**Find these icons to see which classes are part of your series**    

Get started on your SERIES at [lifelong.utah.edu/series](https://lifelong.utah.edu/series)



thank you to all of our partners!





Lifelong Learning  
540 Arapeen Drive #210  
Salt Lake City, Utah 84108

Nonprofit Organization  
U.S. Postage  
PAID  
Salt Lake City, Utah  
Permit Number 1529

Want to teach the community your passion? Come teach with us!  
[lifelong.utah.edu/course-proposal](https://lifelong.utah.edu/course-proposal)

Register for classes today at  
[lifelong.utah.edu](https://lifelong.utah.edu)