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Lewis-Clark State College

Lewis-Clark Valley • Grangeville • Orofino

*Don't be Afraid
to Try Something New*



INSIDE:

Explore!

Salmon River

Lake Coeur d'Alene

Experience!

Culinary Delights!

Yoga and Reiki

Photography

Create!

Pastel Painting

Sewing

Stained Glass

... and MORE!

Personal Enrichment & Lifelong Learning Community Classes

Brought to you by

Continuing Education Community Events



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with your smart
phone QR code app!



/LCSCCECE

Fall 2012

www.lcsc.edu/ce

Step into the future!

It's 2012, but the world isn't ending. Expand your horizons, learn, grow, and appreciate life by taking a personal enrichment course this Fall! What have you been holding off on learning or experiencing? Are the dancing shows on television making you wish you could bust a move of your own? Do you wish you could prepare meals like a professional chef at home? Do you want to experience the hidden gems and history of your own back yard? Has your family been bugging you to learn new technology skills?

Stop putting off your wishes and dreams for tomorrow. Live for today and take a personal enrichment course with us! It's a fun way to pamper yourself or try something new with friends and family. Our affordable classes are scheduled with busy people in mind. If you can't make one of our face-to-face classes, we also have convenient online options! Give us a call or stop by our office to learn more!

Lisa L. Jones

Director, Continuing Education & Community Events

Continuing Education Units (CEUs)

The Continuing Education Unit (CEU) is a nationally recognized unit of measure for non-credit activities. Lewis-Clark State College is an authorizing unit for granting CEUs for qualifying courses. A CEU is different from an academic credit and is not a professional or academic certification. However, many organization require or recognize the CEU when considering promotions, salary increases, and transfers. Look for this symbol (★) within this catalog for courses we are offering with optional CEUs.

Are you offering a course or workshop that qualifies for CEUs? Contact us to find out!

Our Mission -

Continuing Education & Community Events, a department of Community Programs at Lewis-Clark State College, is dedicated to enriching the lives of individuals through distinctive service and exceptional programs.

SATISFACTION GUARANTEE

Our commitment is to quality and to you. Your satisfaction is our primary goal. We know that our instructors are excellent, and that our programs are solid; but, if your class does not measure up to your expectations, please call us at (208) 792-2447 or (800) 394-4189 and give us the opportunity to do something about it. We want you to be satisfied!

Lewis-Clark State College will not discriminate on the basis of race, religion, color, age, sex, national origin, disability, veteran status or sexual orientation. Idaho State Relay Service for the Deaf and Hearing Impaired TTY# 1-800-377-3529

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**“What a great day! Spending the day
broadening one’s knowledge,
making new acquaintances –
all while enjoying this
lovely area we live in!”**

*– Quote from Diane Fernández,
wife of LCSC President Tony Fernández
and participant of Bill Rember’s
Eagle Cap Wilderness trip, June 2012.*

Lewis-Clark State College Continuing Education & Community Events is a member of



The Learning Resources Network (LERN)



University Professional &
Continuing Education Association

- Schedule at a Glance -

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***Remove this schedule,
highlight the classes you'd love to take,
and give us a call! Don't delay as some classes
fill quickly and have limited enrollment.***

**LEWIS-CLARK VALLEY
CONTINUING EDUCATION &
COMMUNITY EVENTS**
415 Main Street, 2nd Floor
Lewiston, ID 83501

Open to Serve You
Mon. - Fri.: 8:00am - 5:00pm

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800.394.4189

Fax

208.792.2850

Web

lcsc.edu/ce

Email

communityed@lcsc.edu



Alison Oman
Lewis-Clark Valley Coordinator

ARTS & CRAFTS

Multimedia Art-An Exploration

by Judy Parry

Try your hand(s) at several different art forms in just one course! You'll try a new media (or two) each evening with choices that could include colored pencils, collage, pastels, clay, drawing techniques and more. No prior experience is necessary so come and join Judy for a truly exciting artistic exploration. *All materials are supplied by the instructor - materials fee will be collected by instructor during the first class.*

2 Sessions; \$39.00 + \$10.00 Materials Fee
10/3-10/10; Wed 6:30-8:30pm
LCSC Campus



Sewing Techniques - An Introduction

by Patty Cay



Have you always wanted to sew? Do you have a sewing machine gathering dust? Join us for a fun, creative class covering sewing basics. Learn to love your sewing machine while exploring pattern layout, fabrics, and other skills and tips. You will complete one or more items for yourself or gift giving, beginning with a simple tote bag. *Student brings sewing machine and scissors, all materials supplied by the instructor.*

3 Sessions; \$42.00 + \$12.00 Materials Fee
10/4-10/18; Thu 6:30-8:00pm
LCSC Campus

Ultimate Earrings!

by Dorothy Heywood

You'll leave this workshop with 4 pairs of beautiful, finished earrings that YOU designed! You will learn several techniques for linking, looping and wrapping beads and how to use top-drilled stones plus create your own headpins, ear wires and beadcaps! These new techniques can then be used to create many other forms of jewelry - the possibilities are endless! Create designer-style jewelry (at a fraction of the cost!) for that special someone this holiday season. *All tools and materials will be supplied for the class.*

* Single Session \$24.00 + \$5.00 Materials Fee

• 10/4; Thu 6:30-8:00pm

• 11/1; Thu 6:30-8:00pm

HiHoSilver Jewelry and Beads, Clarkston



It's for the Birds!

by Barbara Yochum

A new birdhouse is a wonderful addition to your yard and you'll have a front row seat watching a new family come to life. And this won't be just ANY birdhouse! This will be a one-of-a-kind creation made and decorated by you. You'll construct this 'hinged' birdhouse in class, design and paint it for yourself, or for a special holiday gift, but definitely for the birds! So, if you love to watch birds, then come build and decorate this much needed resting and roosting habitat. *Students should bring old paint brushes (various sizes) as wood is rough cedar. You are also welcome to bring latex paints. Supply fee includes bird house, paints, screws and use of tools.*

2 Sessions; \$28.00 + \$12.00 Materials Fee
10/9-10/16; Tue 6:30-8:00pm
LCSC Campus

Let's Knit Socks

by Johanna MacNee

Socks are the ultimate portable project and, once you've worn handmade socks, you can never turn back. Join us and learn to knit **custom sized** socks for yourself or for that someone special (maybe for the holidays!). You will start at the cuff, work the leg, turn the heel and complete the foot and toe for your very first pair of knitted socks. *Some knitting experience is required using knit and purl stitches. Supplies needed are 2 balls of sock yarn plus a set of 5 double pointed size 2 needles.*

3 Sessions; \$45.00
10/10-10/24; Wed 6:30-8:30pm
LCSC Campus

Visit LCSC's Center for Arts and History and experience the Northwest's best in wood art September 7 through November with "Branching Out: Wood Art from the Inland Northwest".
www.lcsc.edu/museum

Techniques in Pastel Painting

by Jan Perley



The pure pigments of pastels allow artists to layer rich colors to create luminous paintings. This class, for all levels, will focus on various techniques for using color and value to produce strong, vibrant work. You will learn the under-painting process and explore various surfaces, like velour and sanded paper. Subject matter may include animals, landscapes or portraits, depending on class interest and experience. *Some drawing experience is preferred. Soft pastels are best, hard pastels are okay, please bring your supply to class. Different paper types and use of soft pastels for highlighting purposes will be provided by instructor. Supply list provided.*

2 Sessions; \$59.00 + \$36.00 Materials Fee
10/13-10/20; Sat 8:30am-12:30pm
LCSC Campus

Wine, Women and Glass

by Darcy Lodge



Girls! Bring a friend and create a beautiful painted wine glass, a fused glass coaster AND melt a special bottle in the kiln to create a one-of-a-kind cheese tray! Maybe enjoy a glass of wine while being creative and make great gifts for that special friend. *Tools and materials are supplied for the class (except for wine bottle - label removed). Kiln fee (\$5) is to be paid directly to the instructor in the first class.*

1 Session; \$20.00 + \$5.00 Materials Fee
10/18; Thu 6:00-8:30pm
The Stained Glass Company, Lewiston

A Watercolor Workshop with Andy Sewell

Now, here in the LC Valley, you can explore watercolor painting in depth, by taking this class from a watercolor master! Andy will begin the day going over the basics of watercolor techniques, how to draw, and about paper and its stretching. Then you'll explore some exercises where you'll try such techniques as wet on dry, wet on wet, splattering, scratching plus you'll learn additional, more advanced techniques that will challenge and inspire you! After lunch, you will move on to working on a full painting with Andy as your guide. Class is aimed at watercolorists with some experience, but beginners are certainly welcome. *A materials list will be provided prior to class. Andy will post painting references (photos) on his website plus his initial drawings for students to use as guidance.*

You can view Andy's artwork at www.finewatercolors.com. Registration closes one week prior to class date.

1 Session; \$130.00
10/27; Sat 8:00am-5:00pm
LCSC Campus

A House of Glass

by Darcy Lodge



You've made ginger bread houses for years, so why not branch out and try something new and beautiful and create a lighted stained glass version that can be enjoyed for years? Mounted on a 13 x 10 base, the house and 'yard' will be decorated for the season with colored glass, white 'snow', and all the imagination you can put into it! *Class size is limited, so please register early. Additional supply costs may be incurred depending on the house 'decorations' chosen. Tools are supplied for the class.*

1 Session; \$40.00 + \$15.00 Materials Fee
11/7; Wed 6:00-9:00pm
The Stained Glass Company, Lewiston

COMPUTERS & TECHNOLOGY

Computers: An Introduction

by Lisa Myers

Do you have a computer and don't know how to use it? Do you think Windows are something that need curtains? This is the class for you! Learn the basics of operating your computer in this non-threatening class for anyone that's lost in today's technological age! Learn how to get into email, peruse the internet and create documents, newsletters, and more using Microsoft Word 2010. *Software version used in class is MS Office 2010.*

2 Sessions; \$58.00 + \$9.00 Materials Fee
10/13-10/20; Sat 9:30am-12:30pm
LCSC Campus

Becoming Friends with Facebook- A Hands-On for Beginners

by Lisa Jenkins

From finding old classmates to sharing pictures and sending invites to your barbecue, Facebook can help you keep in touch with family and friends with ease. If you're ready to jump in (or you're already in but feel a little overwhelmed), then this is the class for you! We'll start with a tour of Timeline, touch on privacy and online safety, then get you started with your own Profile. Once you're up and running, you'll learn how to use several of the most popular features of Facebook: status updates, photo uploads, Messages, Chat and Events, find people you know, send and answer Friends Requests and deal with Notifications. We'll finish by learning how to visit other peoples' profiles, and see what it means to Like your favorite brands and businesses. *Requirements for this class include: valid email address, basic computer skills. Please note that this class will not cover Facebook Pages for Business.*

1 Session; \$35.00
11/3; Sat 10:00-11:30am
LCSC Campus

Excel Basics - Level 1

by Lisa Myers

It's time for you to learn Excel fundamentals - how a spreadsheet works, some basic formulas, appearance, print basics, and working with multiple sheets. You'll explore lots of tips, shortcuts and pitfall cautions. This program is a wonderful organizational tool - for tracking time, money, events, and details. AND it is fun to use! The more you know, the more you can do. Get started here! *Basic computer experience & typing skills required; no minors please. Class utilizes MS Office 2010*

2 Sessions; \$42.00 + \$8.00 Materials Fee
11/7-11/14; Wed 6:30-8:30pm
LCSC Campus

CULINARY DELIGHTS

Soups and Stocks

by William Jollymore



Of course you can buy stocks and soups at the grocery store, but making your own is not only healthier (not to mention tastier!) but SO much more economical! By using scraps and leftovers that might otherwise be tossed out, you can save a lot of calories and add **lots** of flavor to everyday foods. Join Chef Bill Jollymore and learn the tips and tricks of preparing tasty soups and stocks - once you've made your own, we predict you'll never go back to the packaged alternatives! *Come hungry and bring a pen and pad to record all Bill's great tips and tricks.*

1 Session; \$40.00 + \$10.00 Materials Fee
10/3; Wed 6:30-8:30pm
Red Lion Hotel - Lewiston

**"Excellent class.
Very knowledgeable.
Made this beginner feel
comfortable."**

**— Student of Watercolor
Workshop with Andy Sewell**

**"This was one of the best
classes I've ever taken.
I will NOT miss any of
his future classes.
I learned so much!"**

**— Participant of
Bill Jollymore's class**



Party Planning and Appetizers

by William Jollymore

Whether you're having just a few friends over, or planning a 'do' for over 100, having new ideas for appetizers that look and taste great is essential! Chef Bill Jollymore will demonstrate the art of preparing and presenting simple yet elegant hot and cold hors d'oeuvres; international cheese boards; and a variety of mouth watering appetizers that will have your friends talking about your party for years to come. You'll also learn which wines and/or beers to serve. *Come hungry and bring a pen and pad to record all Bill's great tips and tricks.*

1 Session; \$40.00 + \$10.00 Materials Fee
10/17; Wed 6:30-8:30pm
Red Lion Hotel - Lewiston

Got Cupcakes?

by Lizette Fife

Cupcakes! No matter your age, **nothing** is better than enjoying

a sweet and delicious cupcake. Unless it's **two** delicious cupcakes! If you ever wonder how they make those swirls, flowers and other designs then join Lizette to learn the basic techniques using a variety of decorating tips, learn frosting recipes, and try some themed decorations for the fall and the coming holidays. You don't need to be a chef (or even experienced in the kitchen!) to celebrate the fall by creating your very own, one-of-a-kind cupcakes. *Please bring 6-12 pre-baked cupcakes to class. All other supplies (including several specialty tips) are included in \$12 supply fee which will be collected in class. Students are also welcome to bring their own decorating supplies.*

1 Session; \$36.00 + \$12.00 Materials Fee
10/27; Sat 10:00am-12:00pm
LCSC Campus

Home for the Holidays

by William Jollymore

Don't let cooking for the holidays get you flustered. Join Chef Bill Jollymore for a holiday extravaganza and learn to buy, prepare and cook delicious main courses of lamb, prime rib, turkey and ham. Surprise your guests with exciting new side dishes - or create delicious 'old' ones with confidence. *Come hungry and bring a pen and pad to record all Bill's great tips and tricks.*

1 Session; \$40.00 + \$10.00 Materials Fee
11/6; Tue 6:30-8:30pm
Red Lion Hotel - Lewiston

DANCE & MUSIC

Sunday Salsa

by Patrick Barnes

Salsa is a Latin American dance, where traditional ballroom posture is forgotten and creativity and flair is added into the movements. Join us and enjoy an afternoon of exercise, fun and the Salsa experience! No prior experience is required. *Partner preferred but not*

required. Registrants may sign up for 3, 6, or 8 classes.

3 Sessions for \$35; 6 for \$65 or 8 for \$85;
9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28 & 11/4;
Sunday 1:00-3:00pm
LCSC Campus

Belly Dance: An Introduction

by Caroline (Yasmin) Edwards

Learn to move with the grace of Middle Eastern women while exploring the history and culture of this exciting dance style. *No previous experience required.*

4 Sessions; \$50.00 + \$15.00 Materials Fee
10/4-10/25; Thu 7:00-8:30pm
LCSC Campus

Classical Guitar for Beginners

by Chase Murphy

Here's a golden opportunity for you to try your hand at classical guitar. This class is designed to familiarize you with fundamental classical guitar techniques as well as basic tuning, posture and right hand picking patterns. The ability to read music is not necessary, just bring your guitar!

4 Sessions; \$52.00 + \$2.00 Materials Fee
10/8-10/29; Mon 7:00-8:15pm
LCSC Campus



With these great prices, why not stay and take both classes with Allen and Kim!

Guitar FUNDamentals!

by Chase Murphy

What better way to spend an evening than to entertain friends with your new found guitar playing ability...a little blues perhaps, or maybe a little folk music? This introductory guitar course is designed to get you started with chords, tuning techniques, strumming and how to use a pick. The ability to read music is not necessary - just bring any guitar (acoustic or electric) and the willingness to learn and have fun!

4 Sessions; \$52.00 + \$2.00 Materials Fee
10/9-10/30; Tue 7:00-8:15pm
LCSC Campus

Foxtrot Friday!

by Allen & Kim Chenoweth

The Foxtrot, the most useful dance worldwide, is the foundation for other social dances. Students will learn framing, leading, following and patterns to move smoothly around the floor. Sinatra rules but the versatile foxtrot also works to pop & country tempos. So bring a partner, wear smooth soled shoes, and let's get 'trotting'!

2 Sessions; \$18.00
11/2-11/9; Fri 6:15-7:15pm
LCSC Campus

East Coast Swing

by Allen & Kim Chenoweth

East Coast Swing, also known as the Triple Step, isn't just danced to the Big Band sound anymore as it can be enjoyed with Contemporary, Country, Pop and more! This is a popular, energetic and exciting dance form where you'll learn partnering (leading and following), framing and turns. No previous experience is necessary, just bring a partner, wear smooth soled shoes, and join us for a fun evening!

2 Sessions; \$18.00
11/2-11/9; Fri 7:45-8:45pm
LCSC Campus

DAY TRIPS & RECREATION

Biking the Trail of the Coeur d'Alenes

Join us for a beautiful day of cycling around the shores of Lake Coeur d'Alene. We'll start our adventure in the park at Chatcolet and bike 15-20 miles along the shores of the lake and across the long, sleek new cycling bridge to the small town of Harrison on the east side of the lake. We'll stop for lunch in Harrison and then head back watching for ospreys and their nests full of youngsters, plus other local birdlife and, of course, the resident turtles! *You may purchase lunch in Harrison or bring food and drink with you. Meet outside the Williams Conference Center on 4th Street at 7:50am with your bike and gear. Travel will be in LCSC van (with trailer).*

1 Session; \$20.00 + \$19.00 Transportation Fee
9/29; Sat 8:00am-5:00pm
Meet at Williams Conference Center, LCSC Campus

Geology of the Salmon River

by William Rember ★
Sit back, relax, and let someone else drive you through the beautiful Salmon River area and unravel its complex geological history. During the drive you'll have the opportunity to see many of the Columbia River Basalt flows from the oldest to some of the youngest. You'll examine landslides and an unconformity along the Little Salmon River near Riggins as well as metamorphic rocks and minerals in a 200 million-year-old collision zone of two continents. You will see some of the fossils associated with the Columbia River Basalt near Whitebird; plus there's an optional 1/4 mile steep hike up to Lucile 'caves' - solution cavities in Triassic limestone. *Class size is limited so please call early. Travel by LCSC van. Bring a lunch & beverages, wear sturdy shoes and dress for any type of weather.*

1 Session; \$40.00 + \$16.00 Transportation Fee
10/6; Sat 7:30am-5:30pm
Meet at Williams Conference Center, LCSC Campus

Afternoon Spirits" - A Trolley Tour"

by Garry Bush

What could be better? Exploring old downtown Lewiston and Normal Hill **and** seeing it all from a beautiful trolley! You will enjoy the open-air experience of riding on board a replica trolley car while visiting historic downtown buildings, Lewiston's original cemetery, and numerous sections of historic Normal Hill. Expect to walk one block viewing Victorian houses that have 'ghostly stories'. *Please call us, 792-2749 for reduced youth and senior rates, as these are not available online! Trolley leaves from west entrance of Morgan's Alley on Main and 3rd in beautiful, downtown Lewiston.*

* Single Session \$18.00

• 10/20; Sat 2:00-3:30pm

• 10/27; Sat 2:00-3:30pm

Meet outside Morgan's Alley, Lewiston

Ghosts of Lewiston

by Garry Bush

Take a walking tour of Historic Downtown Lewiston and learn how the previous residents affected our local history. Visit areas where life in the 1890's will come alive and encounter spirits from days gone by. Walk under the sidewalks and listen for the voices of the past. Each historic building you enter has been documented with paranormal activity!

* Single Session \$20.00

• 10/20; Sat 12:00-1:30pm

• 10/27; Sat 12:00-1:30pm

Meet outside Morgan's Alley, Lewiston



Falconry in the Field- A Photo Opportunity

by Mason Calvert

Falconry is an art that requires long hours, constant devotion, finesse, subtlety and skill as the falconer must become a partner with the bird as it flies free, hunts with and returns to the falconer. Join us and see the falconer's art in the field (weather permitting), up close and personal. We'll begin the day in the classroom for orientation and camera preparation and then move to the Waha area where you'll witness (and photograph) the close relationship between the hunting dog, the hawk and their handler. You'll learn about the history of falconry, identification of hawks, training of the birds and bird dogs, and how falconry has been depicted in artwork through the ages. *Class will travel in van provided by LCSC. Please note that this class will not be teaching photographic techniques, but offering opportunities for once-in-a-lifetime photos!*

1 Session; \$44.00 + \$9.00 Transportation Fee

11/3; Sat 8:00am-1:00pm

LCSC Campus

"Spirits of LCSC" - A Trolley Tour

by Garry Bush

Do you know the 1893 location of the very first LCSC building? Have you heard the history of the President's House on 6th Street? Tour the oldest building in the LC Valley, LCSC's own Center for Arts and History. Explore LCSC's past and enjoy old downtown Lewiston while experiencing it all from a beautiful trolley! You will enjoy the open-air experience of riding on board a replica trolley car while visiting Lewiston's original cemetery, and numerous sections of historic Normal Hill and the beautiful LCSC campus. Walk one block viewing Victorian houses that have 'ghostly stories'. *Please call us, 792-2749 for reduced youth and senior rates, as these are not available online! But wait there's more! If you are staff, faculty or a student at LCSC you can receive an even bigger discount!! Trolley leaves from downtown near LCSC's Center for Art and History, on 5th and Main, Lewiston.*

1 Session; \$18.00

11/3; Sat 12:00-1:30pm

Meet at LCSC's Center for Arts & History, on Main & 5th St.

FAMILY & LIFE

Etiquette: What is It?

by Cindi Mader

Do you have good etiquette? Are you unsure what that even means, but would like to know? If you would like to learn more about manners and etiquette, come enjoy a fun evening of discovering how they are NOT a thing of the past. Learn how to respect others, gain tips on being a gentleman/lady and how to treat other people. Plus we'll learn all about dining etiquette. Come join us as we explore how manners NEVER go out of style.

1 Session; \$31.00

10/10; Wed 6:30-8:00pm

LCSC Campus

Medicare 101: A Beginner's Guide

by Paul Lowry

If you find Medicare confusing, you are NOT alone. Learn about the benefits and regulations surrounding Medicare, allowing you to maximize your participation in the program. In this two hour course we will discuss Original Medicare (Parts A & B), Medicare enrollment guidelines, premiums, Part D and supplements (including Medigap and Medicare Advantage plans). Come with all your questions!

1 Session; \$12.00
10/23; Tue 6:30-8:30pm
LCSC Campus

Genealogy and Family History: An Introduction

by Dana Elliott

Tracing your family's history is a fascinating journey. Let Dana guide you through the genealogy research process and interpret the information that you find. You will discover where to look, who to contact, and how to make your family history come alive. *Helpful handouts included in class fee.*

4 Sessions; \$32.00 + \$2.00 Materials Fee
10/24-11/14; Wed 6:00-8:00pm
LCSC Campus

Modern Board and Card Games- **NEW!** What's New?

by Sherri Haight

Maybe you know of Monopoly, Uno and Backgammon - - but have you heard of Settlers of Catan, Ticket to Ride or 7 Wonders? New 'designer' games offer many exciting and unique options for a wealth of cost effective enjoyment. Youth and adults can explore expanded themes, mechanics, and play-style features not seen in the more 'traditional' games. So join us and explore the world of current board gaming with hands-on samples and learn resources on how to enjoy this fast growing trend.

1 Session; \$15.00
11/4; Sun 2:00-4:00pm
LCSC Campus

HEALTH & FITNESS

Ashtanga Yoga - An Introduction

by Joanna Alford

Astanga Yoga, a challenging, physical practice for moral, physical, mental and spiritual development, is a high-energy form of yoga designed to be done at ever increasing levels of difficulty. In fact, headstands and backbends are two common postures! We will concentrate on a basic introduction to the first series of poses, or asanas. If you are a beginner, you will need to be in good physical shape and health and definitely come prepared to sweat! *Wear stretchable, workout clothing. Please bring a yoga mat and towel to class.*

10 Sessions; \$59.00
9/24-10/24; Mon, Wed 5:30-6:30pm
Ashtanga Yoga Studio, Lewiston

"As a 'newbie' to yoga, I was very nervous and embarrassed coming to class. But all the instructors were so great, helpful, and non-judgemental! I learned so much and am glad I signed up for the class!"
- Student of Yoga class

Reiki for Everyday- Level 1 **NEW!**

by Meghan Pierce

Reiki, founded in Japan in the early 1920's, is a safe, energy balancing practice used to restore health and balance to the mind, body and spirit. You will experience Reiki-Level 1 training and attunement so you'll immediately be able to utilize the techniques on yourself and others. Along with plenty of practice time, you will receive a helpful Reiki manual and certificate. *No prior experience necessary, all materials are provided. You may buy lunch locally or bring your own.*

2 Sessions; \$85.00
9/29-10/6; Sat 11:00am-5:00pm
Tap Intuit Massage Therapy, Clarkston

Are You S.A.D.?

by Brooke Lounsbury

As winter approaches and the days get shorter, do you feel blue, anxious, depressed, listless, and unhappy? If so, you may have a common Northwest condition known as Seasonal Affective Disorder (S.A.D.). Learn the difference between winter blues and SAD symptoms, when to seek medical help, various treatment options and the newest therapies. You'll hear about what help is available through light treatments, alternative therapy, nutrition, pharmaceuticals, exercise and how these may be covered through your insurance company.

1 Session; \$19.00
10/2; Tue 6:30-8:30pm
LCSC Campus

Yoga: Week-end Retreat

by Meredith Robbins

Come join us at the beautiful and serene St Gertrude's Monastery! Retreat is a potent yogic practice that allows you to explore yoga for the first time or, for those with prior knowledge, deepen your yoga practice. Retreat fee includes meals, double occupancy room, and all yoga instruction. *Friday (10/5) supper will be provided through lunch on Sunday (10/7). It is highly recommended that students attend the planning meeting for the retreat on Thursday, 9/27, 4:30-6pm in Activity Center West 128. For information on the one credit option, please contact the Registrar's office, 792-2223.*

3 Sessions; \$244.00
10/5-10/7; Fri 5:00-9:00pm; Sat 9:00am-5:00 pm;
Sun 9:00am-1:30pm
Monastery of St. Gertrude, Cottonwood



Massage for Back, Neck & Shoulders

by Becky Olinger

Stressed out by work, or family pressures or planning for the holidays? Come learn some basic massage techniques for lessening neck, shoulder and back tension, and reducing pain and headaches. Join us for a fun, relaxing evening while learning to massage away tension, stress and pain. *Class size is limited, so please register early. No experience necessary; participants must be in good general health and have had no major surgeries or illness within the last six months.*

1 Session; \$35.00
10/16; Tue 6:00-8:45pm
LCSC Campus

Gluten Free Living - An Introduction **NEW!**

by Sherri Haight

What is gluten? What are the health reasons to go gluten free? And how do you avoid it when cooking at home or eating out? How can you grocery shop safely and within your budget? Whether you are just curious about the fuss, or starting the task of avoiding gluten for yourself or a loved one, join us and learn some of the tools necessary to tastefully survive without gluten!! Families are welcome!!

* Single Session \$15.00
• 10/20; Sat 2:00-4:00 pm
• 11/10; Sat 2:00-4:00 pm
LCSC Campus

Massage Techniques for Hands and Feet

by Becky Olinger

How about treating those poor 'work-horses' you use and abuse every day? Your hands and feet need love too! Treat yourself (and others) to massage techniques that help ease the tension, pain and general wear and tear on your hands and feet. No experience is necessary. *Helpful handouts included.*

1 Session; \$35.00 + \$1.00 Materials Fee
10/30; Tue 6:00-8:45pm
LCSC Campus



HOME & GARDEN

Flower Pounding! Really!

by Carol Church & Kate Patterson

Put the metal to the petal in this workshop by literally *pounding* flower petals and leaves into fabric to create a lasting image. When you remove the pounded flower, you reveal the colors and shapes transferred to your piece. You will create your own beautiful floral design and pound it into a canvas tote bag - the possibilities are endless! Stop by Patt's to see their examples before class! *Flowers and leaves will be provided, but feel free to bring any favorites you may have at home. Tote bag is included in class supply fee.*

1 Session; \$25.00 + \$10.00 Materials Fee

9/23; Sun 1:00-3:00pm

Patt's Valley Garden Center, Clarkston

Reclaim Your Space! Declutter Now!

by Wendie Kause

NEW!
This fun and fast paced class will help you to remove the clutter and take control of your home and home workspace! Learn how to organize and then **stay** organized. Be ready for the holidays and show off your newly organized, beautiful space in your home! *Handouts included in course fee.*

2 Sessions; \$39.00 + \$2.00 Materials Fee

10/4-10/11; Thu 6:30-8:00pm

LCSC Campus

Holiday Fairy Gardens

by Carol Church & Kate Patterson

It's time to think tiny and delve into the big world of miniatures. You've seen Fairy Gardens with miniature tables and chairs and whimsical fairies, so why not get into the holiday spirit and craft a festive holiday fairy garden? Try out some spooky spiders and wicked witches alongside succulents and grasses in a Halloween themed garden! Or tuck some elf shoes and reindeer between some miniature evergreens and winter-blooming Helleborus! Turn your usual table centerpiece into a living conversation piece! *All supplies are included in the class fee, but feel free to bring tiny additions to personalize your garden - and by all means, before class, stop by Patt's and get inspiration from their examples!*

1 Session; \$25.00 + \$20.00 Materials Fee

10/7; Sun 1:00-3:00pm

Patt's Valley Garden Center, Clarkston

Living Art!

by Carol Church & Kate Patterson

Come and plant a living piece of art work! Planting a variety of succulents, flowering plants, ferns and herbs you can choose a wire wreath ring, or a picture frame (like in all the magazines!), or any other 'found object' you may bring (crates, boots, buckets, etc). Patt's Garden Center will provide all the materials unless you have a particular container

that you would like to use (materials fee will change if so). It's time to let your inner artist shine, so join us and create a living work of art. *You may wish to bring gardening gloves. Class materials fee is reduced by \$10 if you bring your own container; discount not available online, so please call 792 2447 to register.*

1 Session; \$20.00 + \$45.00 Materials Fee

10/14; Sun 1:00-3:00pm

Patt's Valley Garden Center, Clarkston

"Kate was very helpful and very knowledgeable. Really enjoyed the class and have a beautiful hanging basket to show."

— Student of Patt's Valley Garden Center class

A Holiday Centerpiece

by Carol Church & Kate Patterson

Come join the gang at Patt's for a hands-on afternoon turning your fall yard trimmings into beautiful, long-lasting holiday arrangements. We will show you how to transform evergreen boughs, limbs from redbud dogwoods and crabapples and more into festive centerpieces. You'll add baubles and bows for finishing touches and take home a centerpiece that you can be proud of! Patt's Garden Center will provide greenery but feel free to bring trimmings from a favorite shrub or tree to include in your design. *Patt's Garden Center will supply all materials but you are welcome to bring trimmings of your own. Please bring gloves and pruning shears.*

1 Session; \$20.00 + \$15.00 Materials Fee

11/10; Sat 1:00-3:00pm

Patt's Valley Garden Center, Clarkston

LANGUAGE & CULTURE

Basic Travel Spanish

by Caroline Edwards

This class is for the beginner who wishes to learn Spanish and it is ideal for those who travel to Spanish-speaking countries. We will cover the alphabet, vowels, Spanish sounds, basic grammar, structure and vocabulary. Also covered are Mexican Spanish and Castilian Spanish. On the last day, we will play a simple game and prizes will be awarded. *Bring a Spanish/English-English/Spanish dictionary, paper and pen for notes. Youth 16 & above welcome.*

4 Sessions; \$65.00 + \$7.00 Materials Fee

11/7-12/5; Wed 6:30-8:30pm, No Class 11/21

LCSC Campus

MONEY MATTERS

Buying Rental Property - Tips for Success

by Jan Koal

Are you thinking of buying a rental property? Learn how experienced investors increase their rental property success rates. We will focus on residential rental properties (1-4 units), and the topics will include: the pros and cons of rental property; common buyer mistakes; management; how to analyze and prioritize properties to buy; legal, tax and financial considerations; and much more. If you are considering a rental purchase, this class will give you the tools you need to be successful.

2 Sessions; \$41.00

10/9-10/11; Tue, Thu 6:30-9:30pm

LCSC Campus





PERSONAL FOCUS

Speaking From the Pen

by Jordan Chaney

Back by popular demand, we are excited to offer an interactive spokenword workshop which covers different aspects of performing in front of live audiences. You'll explore: how to develop the written word into a live performance; the fundamentals of body language and facial expressions; several word and improv games for overcoming stage fright; performing in front of a live audience with confidence; and communicating the right emotion for the right written piece. Come learn how to speak from your own pen! You are encouraged to bring in your original works to share.

1 Session; \$10.00

9/28; Fri 2:00 -4:00pm

LCSC Campus

Visit beautiful,
downtown Lewiston,
Friday, September 28
for the annual Art Walk
and listen to Jordan
Chaney perform at the
Blue Lantern Coffee
House at 6:30 pm.

Becoming A Powerful, Intuitive Receiver

by Louise Hauck



Our consciousness is timeless. It is only in this physical plane that we are bound by time and by space. Join Louise as she presents an overview of her unique metaphysical style and perspective, while taking you through exercises that will help you 'flip-the-switch' - move from left-brain, concrete, intellectual thinking, to the more intuitive, right-brain way of perceiving and receiving highly intuitive information. Topics will include:

streaming consciousness where you may learn to access this universal connection where information is available to everyone, beyond time and in the physical and non-physical dimensions; **the doors**, a fun way to pull highly intuitive information through another person; **telepathy**, telepathic communication with All Living Things and Higher Selves of Others; **remote viewing**, where the 'sender' focuses on an image while the 'receiver' records impressions; **time travel**, where you learn to perceive beyond the illusion of linear time. Join Louise as she uses her intuitive skills for the purpose of helping others to evolve and heal while pointing them in the direction of their best, most probable, positive future!

3 Sessions; \$79.00

10/16-10/30; Tue 6:30-9:00pm

LCSC Campus

What's Next for Women

by Kris Sal Dana

Are you wondering what's next in your 40's, 50's or 60's? Are you an empty nester looking at a virtual stranger across the dinner table? Do you spend time asking yourself "Is there more out there for me?" Let Kris share some wonderful ideas to make this stage of your life more joyful, mindful and meaningful. Please wear your favorite color to class and bring a picture or photograph that makes you smile.

1 Session; \$30.00

10/17; Wed 6:30-9:00pm

LCSC Campus



PHOTOGRAPHY & VIDEO

Digital Photography - Level 1

by Eric Hill



This introductory class will cover the basics of camera function and operation, the principles of photography, printing, and introductory software use. Students may take on special projects and maintain personal contact via email with the instructor during the class. *Please bring your camera to class; cameras with manual settings are preferred, but not required.*

5 Sessions; \$51.00

9/25-10/23; Tue 6:00 -7:30pm

LCSC Campus



Digital Photography - Level 2

by Eric Hill



This course continues exploring the principles covered in Level 1. You will gain a more detailed understanding of how your camera works (f-stop, shutter speed and sensor speed), and learn more about color theory, advanced composition, lighting, and flash photography. *This class is not for the novice photographer. Bring your camera to class; cameras with manual settings are preferred though not required.*

5 Sessions; \$51.00

10/30-12/4; Tue 6:00 -7:30pm

No Class 11/20

LCSC Campus

Falconry in the Field- A Photo Opportunity

by Mason Calvert



Falconry is an art that requires long hours, constant devotion, finesse, subtlety and skill as the falconer must become a partner with the bird as it flies free, hunts with and returns to the falconer. Join us and see the falconer's art in the field (weather permitting), up close and personal. We'll begin the day in the classroom for orientation and camera preparation and then move to the Waha area where you'll witness (and photograph) the close relationship between the hunting dog, the hawk and their handler. You'll learn about the history of falconry, identification of hawks, training of the birds and bird dogs, and how falconry has been depicted in artwork through the ages. *Class will travel in van provided by LCSC. Please note that this class will not be teaching photographic techniques, but offering opportunities for once-in-a-lifetime photos!*

1 Session; \$44.00 + \$9.00 Transportation Fee

11/3; Sat 8:00am-1:00pm

LCSC Campus

Meet Our Lewis-Clark Instructors

Alford, Joanna - Joanna Alford, a licensed Physical Therapist in outpatient orthopedics for over 10 years, is certified in Mat Pilates and has 3 years experience.

Barnes, Patrick - Patrick Barnes, a teacher of Latin Dance at both Washington State University and University of Idaho, has been teaching for over 8 years and enjoys sharing his passion for salsa dance!

Bush, Garry - Garry Bush is a certified First-Person Living History presenter with degrees in Geography, History and Photography.

Calvert, Mason - Mason Calvert, a master falconer with over 25 years experience and a federal propagation permit, has bred falcons and worked with several species of raptors.

Cay, Patty - Patty Cay, a past teacher and retiree from ATK, has been an avid sewer for over 50 years, and looks forward to sharing her tips and tricks!

Chaney, Jordan - Jordan Chaney, a poet, wordsmith, philanthropist and community leader, writes hard-hitting, determined, creative verse which leaps cultural, political and spiritual boundaries.

Chenoweth, Allen & Kim - Allen and Kim Chenoweth share their love of ballroom wherever they go. Hours of lessons and practice have honed their skills. They make dancing fun!

Edwards, Caroline (Yasmin) - Caroline Edwards, a native Spanish speaker, relocated to Seattle, and taught with the ASUW, University of Washington, for 32 years. In addition, Yasmin has been performing and teaching dance for 30 years. Appearing at nightclubs, street fairs, festivals, private parties and community functions, she has also traveled to North Africa to extensively learn dances. Yasmin plays in 2 bands and has been drumming for 20 years and holds a Middle Eastern Dance Certification.

Elliott, Dana - Dana Elliott, with roots older than the Constitution, has had a passion for unearthing her ancestors since 2007 and invites you to join her in learning how!

Fife, Lizette - Lizette Fife, an Idaho Commission on the Arts Teaching Artist, holds a Masters of Architecture (minor in Art and Interior Design) and Bachelors of Environmental Design and enjoys sharing her love of cake decorating!

Haight, Sherri - Sherri Haight, with degrees in Journalism, Secondary Education and Special Education, is a proud self-proclaimed Geek who enjoys reading, crafting, gaming and learning about history and science.

Hauck, Louise - Louise Hauck is a 'time travelling' clairvoyant, intuitive spiritual counselor, and is the author of Beyond Boundaries, the Adventure of a Seer, Heart-Links, and Fearless Future.

Heywood, Dorothy - Dorothy Heywood, co-owner and manager of HiHoSilver Jewelry and Beads in Clarkston, has been designing jewelry and teaching wire wrapping for 10 years.

Hill, Eric - Eric Hill, a middle and high school teacher for 4 years, also enjoys a professional photography career.

Jenkins, Lisa - Lisa Jenkins, a Marketing and Public Relations professional, is a recognized leader on the use of social networks for business and personal use. Learn more at lisadjenkins.com.

Jollymore, William - Chef Bill Jollymore has been the executive chef at the Red Lion Hotel since 1998. Jollymore has been in the food and beverage business for over thirty years.

Kause, Wendie - Wendie Kause, with over two decades of experience in developing and executing highly successful sales and organization strategies for entrepreneurs, small and medium businesses, now wants to assist you in getting organized!

Koal, Jan - Jan Koal is a residential, commercial and investment real estate agent and is certified as a real estate instructor.

Lodge, Darcy - Darcy Lodge, owner of The Stained Glass Company in Lewiston, is fascinated by every kind of glass, and loves to see the amazement on students' faces when they see what THEY can create.

Lounsbury, Brooke - Brooke Lounsbury, an RN who suffers with SAD, has learned coping strategies that work and lives a productive life during 'the other half of the year' when light is low.

Lowry, Paul - Paul J. Lowry, who has worked for Regence Blue Shield since 1999, enjoys Idaho's outdoor life and teaching about the benefits of Medicare.

MacNee, Johanna - Johanna MacNee, a member of several fiber guilds, has been knitting since she was 5 and loves to share her tips and tricks with future knitters.

Mader, Cindi - Cindi Mader is a former poise and etiquette instructor, cosmetics consultant, and modeling school graduate.

Murphy, Chase - Chase Murphy, a regular performer around the valley, has studied both classical and jazz guitar at LCSC.

Myers, Lisa - Lisa Myers, working towards a BS at LCSC in Information Systems Analysis, currently holds many computer and networking related certifications and works on campus as a tutor and lab monitor.

Olinger, Becky - Becky Olinger, a licensed Massage Practitioner for 3 years, specializes in Swedish Massage, Deep Tissue Massage, Manual Lymphatic Drainage, Pregnancy Massage and chair/seated massage. Becky also has 11 years experience with ergonomic assessments.

Parry, Judy - Judy Parry, an LCSC Kids' College instructor for many years, has taught classes for women and children in the LC Valley as well as Seattle, New York, Europe, Asia, Africa and Central America.

Patt's Valley Garden Center - Carol Church and Kate Patterson, both long-time employees of Patt's Valley Garden Center, are avid gardeners who enjoy experimenting.

Perley, Jan - Jan Perley, an award-winning pastel and watercolor artist, enjoys portraying animals, portraits and landscapes while exploring how light exposes the essence of her subject. Check her artwork online.

Pierce, Meghan - Meghan Pierce, owner of Tap Intuit Massage Therapy in Clarkston, is a state licensed and nationally certified massage practitioner and independent Reiki master.

Rember, William - Bill Rember, a paleobotanist at the University of Idaho, enjoys sharing his knowledge and enjoyment of the fossil and geological world.

Robbins, Meredith - Meredith Robbins, has been practicing meditation daily for over 20 years and teaching for over 15 years.

Sal Dana, Kris - Kris Sal Dana, a life-long learner who enjoys the outdoors, is a social worker with 16 years of diverse experience in the helping profession.

Sewell, Andy - Andy Sewell, a lifetime lover of the great outdoors, enjoys the moods that can be created and captured in watercolor while painting old barns, trucks, country churches, wildlife, flowers and beautiful landscapes. View Andy's artwork on his website, www.finewatercolors.com.

Yochum, Barbara - Barbara Yochum, a long-time native and retired 30 year employee of the local school district, has been building and decorating birdhouses for many years.... in fact, 16 houses just this spring!

*Do you have expertise
in - and a passion for -
a topic you would like
to share with others?*

**Contact Alison
@ 208-792-2749**

**GRANGEVILLE
LCSC OUTREACH CENTER**
Avista Building, 201 E. Main St.
Grangeville, ID 83530

Open to Serve You
Mon. - Thu. 7:30 am - 3:00 pm

Phone
208.983.2164

Fax
208.983.2368

Email
cnwilkins@lsc.edu

Web
lsc.edu/cp/gville



Carla Nuxoll Wilkins
Grangeville Outreach Coordinator

ARTS & CRAFTS

Beeswax Balms & Candles

by Carol McAdams

Join Little Carol and Jo at the Gospel View Retreat for a fun evening making three different natural lip balms and rolled tapered candles out of beeswax from Selkirk Honey Farm. You will take home a pair of rolled beeswax candles and your favorite choice of lip balm.

1 Session; \$15.00 + \$10.00 Materials Fee
9/18; Tue 6:30-8:30pm
Gospel View Retreat, Grangeville

Painting by the River's Edge

by Gloria Teats

All levels of painters will benefit from this two day oil/acrylic/watercolor outdoor workshop which will be held on the edge of the Salmon River. There will be a short lecture & demonstration each day and then students will be working along the river's edge with one-on-one help from the instructor. *Students must bring a lunch, jacket, hat, water bottle, easel, palette, paint & brushes, two 9 by 12 inch canvasses, paper towels, rags, paint thinner and view finder.*

2 Sessions; \$60.00
9/21-9/22; Fri, Sat 9:00am-3:30pm
Swiftwater RV Park, White Bird

Italic Calligraphy & Handwriting

by Don Fluharty

Would you like to make one-of-a-kind gift tags, thank you notes and holiday cards? Discover the pleasure of writing words in a beautiful, relaxing and ancient historical art form. Learn the basics of letter formation that lead to other letter styles in a hands-on class with demonstrations and practice. Calligraphy can enhance signs, name plates, poetry, and any written word. You will create a project, including layout and design, with skills learned. *Bring with you to class a broad-sized, metal Shafer pen nib and plain unlined paper.*

5 Sessions; \$50.00
9/26-10/24; Wed 6:00-8:00pm
Grangeville Elementary/Middle School

Knitting Basics I

by Myrna DeHaas

Here's a knitting class for both those who have never picked up a pair of needles and those who have tried and become frustrated. Learn the technique of SEEING what you're doing. Right or left handed - no problem. Let knitting become easy and relaxing, like it's supposed to be! *You need to bring scissors and size 11 - 24 inch needles. Included in the materials fee are the printed instructions and yarn.*

2 Sessions; \$20.00 + \$4.00 Materials Fee
10/4-10/11; Thu 1:00-3:00pm
Church of the Nazarene, Grangeville



**"Very enjoyable class.
A confidence builder!
Myrna is a terrific teacher!"**
- Former student of
Myrna DeHaas

Knitting Cables

by Myrna DeHaas



Are you looking for a new stitch to jazz up your next project? Learn to knit cables! In this class, you will knit three samples of cable patterns; a basic, a combination and a fun mock cable. These patterns are fairly simple, but you must have a basic knowledge of knitting. New knitters must take the Beginning class first. The instructor is equally comfortable teaching right and left handed knitters and teaches both the English and Continental methods. *Bring scissors, size 7 or 8 straight or circular needles, a medium cable needle & markers. Your supply fee will cover yarn and patterns.*

2 Sessions; \$20.00 + \$4.00 Materials Fee
10/16-10/18; Tue, Thu 1:00-3:00pm
Church of the Nazarene, Grangeville

COMPUTERS & TECHNOLOGY

Excel - Beginning

by Angela Morrow

Want to customize data entry or accounting? Need a resume booster? Learn the basics and begin to analyze an assortment of information and numbers. Cover data entry, formatting, and basic calculations. The little time you spend learning this program will go a long way toward increasing your effectiveness in organizing and presenting numbers and data. *Class will break for lunch from 11:00 to 12:00.*

1 Session; \$40.00 + \$7.50 Lab Fee
9/21; Fri 8:30am-2:30pm
Grangeville Outreach Center

"Carol's knowledge, enthusiasm and creativity made this class fun, interesting and an outstanding learning session. It was a very awesome atmosphere. You felt so free to ask questions."

- Former student of Carol McAdams

QuickBooks

by Tami Fehlman

Learn the basics of QuickBooks for use in your home or business. Set up a company, work with lists, handle accounts payable and receivable, write checks, make deposits, do bank reconciliations, generate financial reports, etc. *Basic bookkeeping & computer skills required.*

2 Sessions; \$50.00 + \$8.00 Lab Fee
1/15-1/17/13; Tue, Thu 5:30-8:30pm
Grangeville Outreach Center

CULINARY DELIGHTS

A Canning Retreat

by Carol McAdams



Grab your apron and spend an enjoyable day preserving fresh produce with Little Carol and Jo at the Gospel View Retreat. Learn the basic techniques to water bath can fruits, sauces, pickling and relishes. Learn how to make jam using Selkirk Farm honey, instead of sugar, and taste the results! Everyone will take home a half pint of jam as well as a pint of two other products.

1 Session; \$25.00 + \$15.00 Materials Fee
9/15; Sat 9:30am-2:00pm
Gospel View Retreat, Grangeville

Under Pressure: Soups, Stews & More!

by Carol McAdams



Join Little Carol & Jo at the Gospel View Retreat, and learn how to stock your pantry the old fashioned way! Learn how to use a pressure canner to preserve fresh homemade soups, stews, sauces, salsas and broths. Bring your apron, plan to do some snacking and you'll take home two pints of product.

1 Session; \$25.00 + \$15.00 Materials Fee
9/22; Sat 9:30am-2:00pm
Gospel View Retreat, Grangeville

Your Fondant Fantasy

by Beth Sturdevant

Tap into your inner artist in the kitchen! Rolled fondant allows you to turn an ordinary cake into a work of art. Learn how to make fondant, the rules for using it, and how to apply it to a round cake which you will take home. *Bring a rolling pin. Beth is donating her instructor fees to support GHS Dual-Credit Scholarships.*

1 Session; \$20.00 + \$10.00 Materials Fee

11/14; Wed 6:00-8:30pm

Pizza Factory, Grangeville



DANCE & MUSIC

YOU Can Dance the East Coast Swing!

by Allen & Kim Chenoweth

The East Coast Swing, also known as The Triple Step, can be enjoyed with contemporary, country, and pop music! This is a popular, energetic and exciting dance form where you'll learn partnering, framing and turns. No previous experience is necessary, wear smooth



soled shoes, and join us for a fun evening! *Must register as a couple. The Chenoweths are donating their instructor fees to benefit GHS dual credit scholarships.*

2 Sessions; \$15.00

11/1-11/8; Thu 7:30-8:30pm

Grangeville High School

YOU Can Dance the Foxtrot!

by Allen & Kim Chenoweth

The Foxtrot, the most useful dance worldwide, is the foundation for other social dances. Students will learn framing, leading, following and patterns to move smoothly around the floor. Sinatra rules but the versatile foxtrot also works to pop & country tempos. Smooth soled shoes suggested and you must register as a couple. Let's get 'trotting! *The Chenoweths are donating their instructor fees to support GHS dual credit scholarships.*

2 Sessions; \$15.00

11/1-11/8; Thu 6:15-7:15pm

Grangeville High School

HEALTH & FITNESS

Heavenly Scent - A Soap Making Primer

by Sister Carlotta Fontes OSB

Create beautiful cold-process soap the way Grandma made it. Use updated methods and ingredients, learn safety & allergy tips, and how to compose your soap. Learn how to mix, stir, fragrance, mold, and trim the finished product. Make bars of soap to take home for yourself or to give as gifts. *Bring a towel, long sleeve shirt, wooden spoon, candy thermometer and rubber gloves. Dinner at noon (included in fee) is in the Monastery dining room. Adults only please*

1 Session; \$42.00 + \$12.00 Materials Fee

11/3; Sat 9:00am-2:30pm

Monastery of St. Gertrude, Cottonwood

From Plants to Tinctures, Tonics, and Salves

by Sister Agnes Reichlin OSB

In this class you will pick rose hips, prepare them and begin the process of making a tincture rich in Vitamin C that you can take home with you. We will also discuss other herbs, gifts of the earth, that can enhance health and well-being. Salve-making will be discussed as time allows. *Dinner at noon (included in fee) is in the Monastery dining room. Wear warm clothes and shoes for walking in the woods and snow. Remember, rose bushes have lots of thorns. Open to those 12 years and older.*

1 Session; \$25.00 + \$15.00 Materials Fee

11/17; Sat 9:00 am - 2:30 pm

Monastery of St. Gertrude, Cottonwood

"Terrific day -- I enjoyed the walk in the woods to gather rosehips and the sharing of a LOT of knowledge."

- Participant of Salves Class

HOME & GARDEN

Log Home Dreaming

by Douglas Ahrendsen

Know the steps to take to plan and build your very own log home, from the planning stages to its construction. You'll leave this class knowing what a usable floor plan looks like and how to compare packages from log home companies. This workshop could save you thousands of dollars by planning your house and budget ahead of time. Come learn from Doug who has already been through the process, built his home AND helped others plan their dream home project. *A \$15 optional book fee can be paid to instructor.*

1 Session; \$25.00

9/19; Wed 6:00-9:00pm

Grangeville Elementary/Middle School

LANGUAGE & CULTURE



Signs of the Times:

An Intro to Sign Language

by Mallory Henry

Did you know that babies can learn to sign their needs well before they can talk? Teaching your baby sign language will help develop their language skills as well as eliminate a lot of frustration! Do you want to learn the basics of a new language for yourself? This four session class for teens & adults, taught by a teacher with a BA in American Sign Language, will open new horizons!

4 Sessions; \$35.00 + \$5.00 Materials Fee

9/25-10/4; Tue, Thu 6:00-8:00pm

Grangeville Elementary/Middle School

Spanish I

by Caroline Edwards

Join this fun class whether you are a beginner who wishes to learn Spanish or plan to travel to Spanish-speaking countries. Learn the alphabet, vowels, Spanish sounds, basic grammar structure and vocabulary. Also covered are Mexican Spanish and Castilian Spanish. On the last day, we will play a simple game with a prize awarded. *Children 8 & up welcome if accompanied by an adult.*

4 Sessions; \$65.00 + \$5.00 Materials Fee

10/9-11/6; Tue 6:00-8:00pm

No Class 10/30

Grangeville Elementary/Middle School

Selecting Wines **NEW!** with the Bennetts

by John and Susan Bennett

Do you feel bewildered when you peruse the wine section of a store? Help is on the way! This class will take the mystery out of selecting appropriate wines for holidays and special dinners. You will learn the basic wine varieties and how to select wines that are affordable and enjoyable. The Bennetts will share samples from their personal wine cellar, teach you how to match wines to food, explain labels of European and other imported wines, and share their ideas for purchasing, storing and enjoying wines. *The Bennetts are donating their instructor fees to support GHS Dual Credit Scholarships.*

1 Session; \$20.00 + \$12.50 Materials Fee

11/7; Wed 6:30-8:30pm

Grangeville Residence

MONEY MATTERS

Your Business: **NEW!** Strategy & Marketing

by Barbara Leachman

Too many small businesses fail. This Idaho Small Business Development Center (SBDC) workshop will increase your chances for success by showing you how to develop a business plan, obtain research, make predictions, clarify your strengths, and analyze feasibility. In the afternoon, you will learn how to increase profits with effective marketing, customer service, pricing, sales success, and action plans. Keep your customers coming back without spending a fortune. *Class will break one hour for lunch.*

1 Session; \$30.00

11/9; Fri 10:00am-3:00pm

Grangeville Adult Learning Center

Your Business: Key Financial Reports & Decisions **NEW!**

by Barbara Leachman

Making profitable business decisions can depend on understanding key financial reports. Even if you have an accountant, owners & managers must know the basics of accounting to check for problems to operate successfully. This SBDC workshop starts with setting up your bookkeeping system and helps you understand the three key financial reports:

break even analysis, reducing taxes and what lenders want to see. In the afternoon, you will learn what it takes to be a successful entrepreneur. Determine if you are headed in the right direction by reviewing the complexities of your team, business structures, risks, regulations, taxes, credit and capital. *Class will break one hour for lunch.*

1 Session; \$30.00

11/16; Fri 10:00am-3:00pm

Grangeville Adult Learning Center



Meet Our Grangeville Instructors

Ahrendsen, Douglas - Douglas Ahrendsen has been researching properties and building options for years and has built his own dream log home.

Bennett, John and Susan - John and Susan Bennett have been collecting and enjoying wines for over twenty years. They've traveled many of the wine regions of Europe.

Chenoweth, Allen & Kim - Allen and Kim Chenoweth share their love of ballroom wherever they go. Hours of lessons and practice have honed their skills. They make dancing fun!

DeHaas, Myrna - Myrna DeHaas has been knitting for over 50 years and still loving it! She's taught in many settings from beginning to advanced, and has taken classes from world-renowned designers and teachers.

Edwards, Caroline - Caroline Edwards, a native Spanish speaker, relocated to Seattle, and taught with the ASUW, University of Washington, for 32 years.

Fehlman, Tami - Tami Fehlman has an Associates Degree with an emphasis in Accounting, has worked in the accounting field since 1983 and with Quickbooks since 2000. She is the office manager for Idaho Sewing for Sports.

Fluharty, Don - Don Fluharty has taught many calligraphy classes for LCSC and others since 1974. He trained under Lloyd Reynolds, Calligrapher Laureate of Oregon, and his protégé Bill Gunderson. He belonged to the WAB Society for Italic Handwriting and attended numerous retreats. He also taught public school for 29 years.

Fontes OSB, Sister Carlotta - Sister Carlotta Maria Fontes is a Master Herbalist and tender of the Monastery gardens. She makes salves, soaps, and balms among other healing items.

Henry, Mallory - Mallory Henry graduated from Kent State University in Ohio with a BA in American Sign Language and Sociology.

Leachman, Barbara - Barbara Leachman has a BS in Agricultural Economics and a Master's in Business Education from the U of I. She has experience in lending, management, sales, bookkeeping, real-estate development, and business consulting. She is the Region II Director of the Small Business Development Center at LCSC.

McAdams, Carol - Carol McAdams is a retired recreation director with a passion for growing healthy organic food. Her belief that it's important to know where her food comes from and exactly what's in it makes canning a perfect choice for her. She is owner

of Lil Carol's Bee Products", a business specializing in raw, local honey and honey bee products. She never passes up the opportunity to share her knowledge, experience, and library of health information."

Morrow, Angela - Angela Morrow graduated from LCSC with an Administrative Assistant degree. She's used MS Excel & QuickBooks for 15 years on the job and for various committees. In the mid 1990's she taught the Administrative Assistant program to displaced millworkers. Today, Angela has a data input business.

Reichlin OSB, Sister Agnes - Sister Agnes Reichlin is an RN and has taken several herb and essential oil classes. She uses oils and herbs in many healing environments.

Sturdevant, Beth - Beth Sturdevant has always loved to bake and owned a bakery for two years. She learned the art of rolled fondant eight years ago in order to decorate her daughter's wedding cake. Since then, she has been decorating cakes for others.

Teats, Gloria - Gloria Teats has studied under many, well-known contemporary artists such as David Leffel and Delbert Gish. She has been painting since 1977 and has taught painting workshops and classes for 25 years. She is well-known for her landscape paintings, especially those of Hell's Canyon and the Salmon River.

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Amber Hanes-Miller
Orofino Outreach Coordinator



ARTS & CRAFTS

Falling for Art:

**Autumn art
for Kids!**



by Kelly Cummins-Brumley

Students will enjoy two days of fun, making two crafts and two cards! Your child will bring home an autumn handprint tree that will be treasured forever and a fun, interactive Thanksgiving paper doll puppet set. In addition, your child will be having fun with leaves and leaf printing and incorporating these techniques into two handmade cards. This is a beautiful season to celebrate and your children's works of art will add to your autumn decor.

2 Sessions; \$10.00 + \$5.00 Materials Fee
11/2-11/9; Fri 9:30-11:00am
ManiYAC Teen Center, Orofino

**Fresh Holiday Wreath
Making**

by Beth Miller



A fun opportunity to learn how to create unique, fresh, holiday wreaths for your home. The versatility of this type of wreath will allow you to display in or outside the home. The perfect gift for a neighbor, friend, or relative!

1 Session; \$10.00 + \$5.00 Materials Fee
12/6; Thu 5:30-7:30pm
Orofino Outreach Center

**Christmas Card Creations
for Kids**

by Kelly Cummins-Brumley

Join us for this fun course designed for kids! We will stamp, paint, glitter, and glue. You will take home four fun Christmas cards for giving that will make anybody's holiday a little more magical! Participants will also take home a hand-crafted Christmas ornament that will last a lifetime!

2 Sessions; \$10.00 + \$5.00 Materials Fee
12/7-12/14; Fri 9:30-11:00am
ManiYAC Teen Center, Orofino

COMPUTERS & TECHNOLOGY

Introduction to MS Excel

by Lee Woolsey

Learn the basics of this popular spreadsheet program with topics such as data entry, spreadsheet formatting, basic calculations, and an assortment of tools to use to crunch numbers. Learn basic graphing techniques and how to use functions to get Excel 2010 to perform complex math and professional looking spreadsheets.

2 Sessions; \$35.00 + \$5.00 Lab Fee
9/19-9/26; Wed 6:00-7:30p
Orofino Outreach Center

**Beginning Robotics
Workshop
for Adults**

by Kenneth Hengen



Are you curious what the new robotics craze is all about? Learn the basics of robot design, building, and programming using the Lego Mindstorms programming! This workshop is perfect for parents, K-12 teachers, and anybody who has an interest in learning more about engineering, technology, and programming!

3 Sessions; \$15.00
10/9-10/11; Tue, Wed, Thu 6:00-8:30pm
ManiYAC Teen Center, Orofino



Don't wait to register!

Sign up early and bring a friend to ensure your class is a "go!"



DANCE & MUSIC

Beginning Tap & Ballet:

Ages 6-9

by Lara Morrison

NEW!

Join Lara Morrison from Footnotes Dance for a fun introduction to dance! The Beginning Ballet & Tap class is perfect for any student who has had little or no dance training and who is between the ages of 6 and 9. Ballet and tap are taught in combination because each offers something important that will help the student be more well-rounded and grow as a dancer. More emphasis is placed on technique, precision and building the muscular strength needed to hold correct placement. The ballet syllabus is based on a progression of exercises, preparing the body and mind for technique that develops good placement, proper breathing, co-ordination, strength, grace, and musicality. Students will be allowed to progress at their own rates. At the same time dancers will be encouraged to push themselves to build on their strengths. *There will be a dance recital after the 12 dance classes, time and date to be determined based on student availability.*

12 Sessions; \$90.00 + \$8.00 Bldg Fee

9/7-12/7; Fri 1:00-1:45pm

No Class 11/2 & 11/23

Barnett Thompson Building, Orofino

Intermediate Ballet:

Ages 9+

by Lara Morrison

NEW!

The Intermediate ballet class is designed for those students with prior dance experience. Dancers will be placed in this class based on previous dance experience. More focus will be placed on technique, strengthening muscles and appreciating the aesthetics of good dance. Students will learn to express themselves when performing and present themselves with a positive self image in all areas of life. *There will be a dance recital after the 12 dance classes, time and date to be determined based on student availability.*

12 Sessions; \$90.00 + \$8.00 Bldg Fee

9/7-12/7; Fri 3:00-4:00pm

No Class 11/2 & 11/23

Barnett Thompson Building, Orofino

Jazz & Hip Hop:

Ages 6+

by Lara Morrison

NEW!

Join instructor Lara Morrison of Footnotes Dance for this lively class! Students will learn jazz and hip hop technique. Instruction will focus on coordination, musicality, flexibility, and expression through jazz dancing as well as rhythm and coordination through age-appropriate hip hop choreography. They will also explore basic beats and musical styles through clapping, snapping, and stomping. This class is great for kids who like

to move and make their own music. *This is an introductory level class. If necessary, an additional, intermediate Jazz/Hip Hop class will be added. Students will be placed in either the beginning or intermediate jazz/hip hop class based on their previous experience and level of ability shown in class. There will be a dance recital after the 12 dance classes, time and date to be determined based on student availability.*

12 Sessions; \$90.00 + \$8.00 Bldg Fee

9/7-12/7; Fri 12:00-12:45pm

No class 11/2 & 11/23

Barnett Thompson Building, Orofino

Twinkle Toes:

Ages 3-5

by Lara Morrison

NEW!

Activities are aimed at cultivating body awareness, such as the ability to identify and isolate body parts. There will be singing and clapping exercises to help develop the musical side and movement skills such as shaking, kicking, walking on different levels, etc. Other activities will focus on using imagination to cultivate creativity. A wonderful class for both boys and girls. *There will be a dance recital after the 12 dance classes, time and date to be determined based on student availability.*

12 Sessions; \$90.00 + \$8.00 Bldg Fee

9/7-12/7; Fri 2:00 -3:00pm

No Class 11/2 & 11/23

Barnett Thompson Building, Orofino

DAY TRIPS & RECREATION

Fly Tying and More:

Mastering the Art and the Water

by Mike Powell

NEW!

Give a man a fish and he'll eat for a day, teach a man to fish and he'll eat for a lifetime. This course is designed to cover all the basic aspects of fly tying and will offer fishing instruction and insight as well; it's the essential one-stop-shop package deal for the aspiring fly-fisherman! You will be introduced to standard fly tying techniques and will assemble five flies: a streamer, a nymph, and three dry flies. You'll learn about the very different stream structures in our three local rivers, effective fishing style, and the secrets behind why 10% of the water holds 90% of the fish. This class will include an outing with details to be announced by the instructor. Come learn how to make fly-fishing a rewarding hobby, while saving money on flies and reaping the rewards of your own work! *Materials / tool list provided upon registration; pre-constructed class kits also available from the Red Shed Fly Shop in Peck. Cost of materials is approximately \$18; if student needs tools, cost of tools is approximately \$42. The \$15 materials fee paid with the registration covers the cost of hackle only. Students are welcome to bring tools and materials from home. High school students receive an additional discount at the Red Shed. Instructor has asked that students call him with questions or for discussion, 208-476-8110. Class size is limited to afford each student one-on-one time with the instructor. Students must register by Monday, September 17th.*

4 Sessions; \$40.00 + \$15.00 Materials Fee

9/25-10/4; Tue, Thu 6:00-8:00pm

Orofino Outreach Center



Parents, check this out!
Dance classes have a new instructor and much lower prices!

HEALTH & FITNESS

6AM Water Aerobics

by Vikki Landmark

Water Aerobics is an excellent low-impact way to build strength and muscle. Reduce body fat by burning calories more efficiently and increase flexibility. Working out in the water supports the body and reduces risk of muscle and joint injury. Everyone, from beginning exercisers to elite athletes are welcome! Have fun and get fit! *Please bring your towel and a water noodle. King's keeps noodles in stock.*

\$35.00 per month; Tues & Thu 6:00-6:55am

• 10/2-10/30

• 11/1-11/29 (no class 11/22);

• 12/4-12/27 (no class 12/25)

Best Western Lodge at River's Edge, Orofino

7AM Water Aerobics

by Helen Savage

Enjoy a work-out that is easy on the joints and good for any age or fitness level. Like our 6AM class, this is a non-weight bearing work-out which is great for strength, conditioning, cardiovascular and respiratory improvement, flexibility and fun! *Please bring your towel and*

a water noodle. King's keeps noodles in stock.

\$35.00 per month; Tues & Thu 7:00-7:55am

• 10/2-10/30

• 11/1-11/29 (no class 11/22)

• 12/4-12/27 (no class 12/25)

Best Western Lodge at River's Edge, Orofino

MONEY MATTERS

Growing Your Business: Strategy & Marketing

by Barbara Leachman

Too many small businesses fail. This Idaho Small Business Development Center (SBDC) workshop will increase your chances for success by showing you how to develop a business plan, obtain research, make predictions, clarify your strengths, and analyze feasibility. In the afternoon, you will learn how to increase profits with effective marketing, customer service, pricing, sales success, and action plans. Keep your customers coming back without spending a fortune. *There will be a one hour break for lunch.*

1 Session; \$30.00

10/19; Fri 10:00am-3:00pm

Orofino Outreach Center

Growing Your Business: Key Financial Reports & Decisions

by Barbara Leachman

Making profitable business decisions can depend on understanding key financial reports. Even if you have an accountant, owners & managers must know the basics of accounting to check for problems to operate successfully. This SBDC workshop starts with setting up your bookkeeping system and helps you understand the three key financial reports: break even analysis, reducing taxes and what lenders want to see. In the afternoon, you will learn what it takes to be a successful entrepreneur. Determine if you are headed in the right direction by reviewing the complexities of your team, business structures, risks, regulations, taxes, credit and capital. *There will be a one hour break for lunch.*

1 Session; \$30.00

10/26; Fri 10:00am-3:00pm

Orofino Outreach Center

PHOTOGRAPHY & VIDEO

Photo editing for the Digital Photographer



by Lee Woolsey

Do you have computer files full of photos? Are your photos pretty good but could be great with a little editing? Come learn how to easily edit your photos with cropping, sizing, lighting, color balance, changing resolution, preparing images for printing and web viewing, and much more. The program the instructor will use is free so you can easily download it to your home computer and apply what you have learned immediately. *Students should have familiarity with basic computer operation.*

2 Sessions; \$30.00 + \$3.00 Lab Fee

11/7-11/14; Wed 6:00-7:30pm

Orofino Outreach Center

Meet Our Orofino Instructors

Cummins-Brumley, Kelly - Kelly Brumley has been teaching paper arts for 10 years. She has taught at various craft fairs and stores including her own papermaking store. Her work has been published both online and in print. Kelly believes that one of the most important things is expressing creativity.

Hengen, Kenneth - Kenneth Hengen has been a 4-H leader in Clearwater County for eight years and started the local 4-H robotics program five years ago. Active in many youth organizations, Ken brings a fun attitude to learning for youth and adults.

Landmark, Vikki - No one loves the water better than this Idaho native. Vikki Landmark grew up swimming in the rivers of Idaho, spending time as a lifeguard and practicing synchronized swimming in college. Vikki's true passion is scuba diving. She is a dive master and teaches diving classes during the summer months. Vikki has been teaching water aerobics several years at the pool in her hometown of Kamiah, Idaho where she and her husband own Landmark Insurance Agency.

Leachman, Barbara - Barbara Leachman has a BS in Agricultural Economics and a Master's in Business Education from the U of I. She has experience in lending, management, sales, bookkeeping, real-estate development, and business consulting. She is the Region II Director of the Small Business Development Center at LCSC.

Miller, Beth - Beth Miller was born into an artistically talented family, growing up painting, drawing, and sculpting. She enjoys creating unique gift items and has hosted wreath making classes for her church and local school. She and her family enjoy living in the country, where she finds much of her inspiration.

Morrison, Lara - Lara Morrison is a parent and native of the Lewiston area who has danced her whole life. She is a certified Zumba instructor and teaches both dance and Zumba at Footnotes Dance in Lewiston. Additionally, for the past eight years she has been involved in acting and dancing through her church. In November 2012 Lara is accompanying the Footnotes Dance Team to Disneyland to perform in the Holiday Spectacular Parade; we are excited to bring her talent to Orofino!

Powell, Mike - Mike Powell has been tying flies and catching fish in the Clearwater region for over 20 years. Born and raised in Billings, MT, he tied commercially for 1 year and fished and guided on the famed Big Horn river. He has found few things in life that bring more personal gratification than catching fish on his own tied flies.

Savage, Helen - Helen has been employed as a Physical Therapist Aide at Riverside Physical Therapy for over five years. She also holds her personal training certification. Having had a fun and positive experience in the 6AM Swim Aerobics class, she decided to teach water aerobics herself!

Woolsey, Lee - Lee Woolsey is a local business owner who uses the tools he teaches in his own businesses and has been teaching various software programs for more than 18 years.

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