Start Your Adventure Today!

Lewis-Clark State College

Lewis-Clark Valley

INSIDE:

Explore!
- Hells Canyon
- Lake Pend Oreille
- Eagle Cap Wilderness

Experience!
- Chinese History
- Ghost Tours
- Fossil Hunting

Create!
- Living Art
- "Sand" Castles

... and MORE!

Personal Enrichment & Lifelong Learning Community Classes

Brought to you by

Continuing Education Community Events

Summer 2012

www.lcsc.edu/ce

Register online now with your smart phone QR code app!

/LCSCCECE

Join us for an Adventure!

Gas prices making you weep? Tightening your household budget? No worries - adventure and fun still awaits you! Sit back and let us take you on an adventure through spectacular Hells Canyon, to beautiful Lake Pend Oreille, or to the majestic Eagle Cap Wilderness. Take some time for yourself to learn new skills like summer gardening or coaching strategies. Try something new, like exploring your "intuitive bandwidth" or fossil hunting. Our summer personal enrichment opportunities will allow you to have fun while experiencing or discovering new places, cultures, and skills. Whether you are extending your vacation or simply taking a few hours for yourself, we hope you make every day a learning adventure this summer!

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!

Include your friends and family in on the fun! Gift certificates available.

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

Table of Contents -

Class Name	Start Date	Page
Summer Color for Containers	6/3/12	3
A Geologic Journey to the Eagle Cap Wilderness	6/9/12	3
Ghosts of Lewiston	6/12/12	4
"Afternoon Spirits" - A Trolley Tour	6/12/12	3
How to Broaden Your Intuitive Bandwidth	6/16/12	3
Strategies for Coaching Today's Young Athletes	6/19/12	3
Chinese Remembering	6/21/12	4
Lake Pend Oreille Week-end Getaway	6/23/12	4
Living Art!	6/24/12	4
Ghosts of Lewiston	6/26/12	4
"Afternoon Spirits" - A Trolley Tour	6/26/12	3
Hypertufa "Sand" Castles!	7/14/12	4
Street Smart Self-Defense for Women	7/16/12	5
Messin' About on the River	7/21/12	5
Strategies for Coaching Today's Young Athletes	7/26/12	3
Hand-Building Techniques in Clay	7/28/12	5
Go Fossil Hunting!	7/28/12	5
ed2go Online Classes	Various	6

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

The Learning Resources Network (LERN)

University Professional & Continuing Education Association

Register online at lcsc.edu/ce • Registration Form on page 7

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

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

Phone
208.792.2749
800.394.4189

Fax
208.792.2850

Web
lcsc.edu/ce

Email
communityed@lcsc.edu

Alison Oman,
Lewis-Clark Valley Coordinator

Summer Color for Containers

by Kate Patterson & Carol Church

You don't need a large plot of land to enjoy the colors and textures of beautiful flowers and shrubs this summer - just a pot or two on your patio! Learn how to plant unique color combinations, plant pairings that 'pop' and tips on growing plants in containers. You'll choose a plastic terracotta colored pot in class and take it home full of greenery and summer color, just ready to decorate your patio. *All materials will be supplied by Patt's Garden Center but you may wish to bring a pair of gardening gloves.*

1 Session $20.00 + $30.00 Materials Fee
6/3; Sun 1:00 pm - 3:00 pm
Patt's Valley Garden Center

A Geologic Journey to the Eagle Cap Wilderness

by William Rember

Glacial lakes are plentiful in the northwest but there are few more beautiful than Oregon's Wallowa Lake. Traveling by LCSC van down the Rattlesnake Grade, you'll sit back and see the goosenecks of the Grande Ronde and some of the feeder dikes of the Columbia River basalts. Once in the Wallowa Lake area we'll explore such glacial features as hanging valleys, patterned ground, glacial morraines and kettles and take in the breathtaking views of the Eagle Cap Wilderness from the top of Mt. Howard by riding the Wallowa Lake Tramway. Come enjoy a day in country that makes the northwest so special and learn about its geologic history. *Bring snacks, lunch, plenty of water and dress for any weather.*

1 Session $38.00 + $38.00 Transportation & Tram Fee
6/9; Sat 7:30 am - 6:00 pm
Meet at Williams Conference Center

"Afternoon Spirits" - A Trolley Tour

by Gary 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 cemetary, 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.*

1 Session $18.00
• 6/12; Tue 6:00 pm - 7:30 pm, OR
• 6/26; Tue 6:00 pm - 7:30 pm
Meet outside Morgan's Alley

How to Broaden Your Intuitive Bandwidth

NEW!

by Louise Hauck

If you are interested in increasing your understanding of metaphysical principles and gaining new insights into your own intuitive abilities, then plan on spending a day with Louise Hauck, author, international presenter, clairvoyant, intuitive and counselor. Louise will share recent findings involving remote viewing (transmitting images telepathically), peer-to-peer communication (telepathic) and matching frequencies with loved ones in the non-physical dimension. While demonstrating her own gift of 'sight', Louise will describe the process of positioning oneself to receive highly intuitive information - uploading the 'raw footage', decoding the symbols and images, then 'downloading' into a linear format. Through a process of practice and validation, you can learn to expand and utilize your natural abilities in ways that empower and improve your life.

1 Session $53.00
6/16; Sat 10:00 am - 2:00 pm
LCSC Campus

Strategies for Coaching Today's Young Athletes

by Nick Menegas

Are you a coach (or planning on becoming one!) looking to strengthen and enhance your sports program? Are you looking for new, up-to-date methods for working with today's athletes? If you truly want to make a difference in the lives of the young people you mentor and develop, then this seminar is definitely for you. You will learn practical methods to enhance your skills as a coach as Nick shares his coaching methods, philosophies, tips and strategies - learn new team building activities; increase your athletes' motivation; develop consequences and remain consistent with discipline; deal effectively with (sometimes difficult) parents; and teach positive values such as overcoming disappointment, setbacks or injury. You will definitely leave this seminar with new insight and excitement about coaching today's young athletes! *Handouts are included in course fee. Class is available for CEUs.*

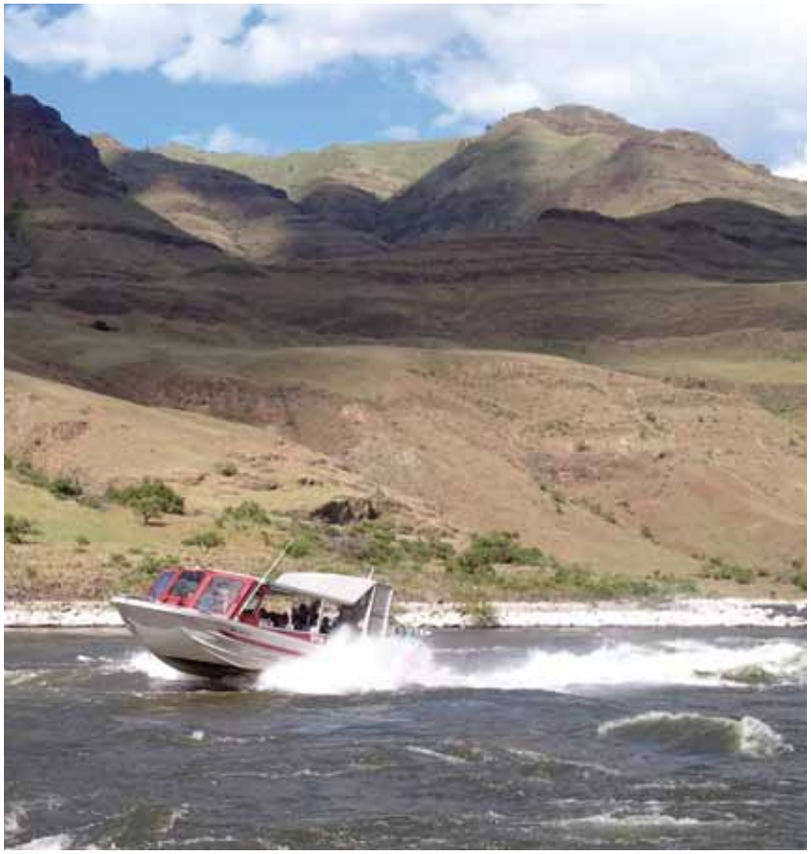
1 Session $79.00 + $5.00 Materials Fee
• 6/19; Tue 8:30 am - 3:00 pm, OR
• 7/26; Thu 8:30 am - 3:00 pm
LCSC Campus

Chinese Remembering

by Lyle Wirtanen & Garry Bush

Now in its fifth year, Chinese Remembering 2012 brings together scholars, teachers and the public to discuss and understand the history and impact of the Chinese in Idaho and the Northwest. This event will also discuss tolerance and intolerance. Take this unique opportunity and hear the story from experts, walk the sites where history was made; and experience a historically interpreted full day jet boat trip in Hells Canyon to sites once occupied by the Chinese. The highlight of this year's event is the dedication of a granite memorial along with a brief healing ceremony at Chinese Massacre Cove where up to 34 Chinese miners were murdered for their gold. *Lectures on Thursday, June 21, will feature historians and presenters from around the Northwest. The cost is $30. An evening reception at the Center for Arts and History is included along with access to the restored Beuk Aie Temple and many Chinese artifacts. Friday, June 22, will consist of a full-day jet boat ride into Hells Canyon. The cost is $135 including lunch and refreshments. Participation on the trip is limited to 100. Total cost of the two days is $165. You may choose to attend one or both days but it is recommended that you attend both. Please call 792-2749 if you wish to take only part of the conference as only the full conference price is available online. For an additional walking tour (on Thursday morning) of historic downtown Lewiston emphasizing its Chinese heritage, call Garry Bush, 208-746-3119. One LCSC credit for teachers is available by contacting Jack Peasley at 792-2443.*

2 Sessions $165.00
6/21-6/22; Thu 12:30 pm - 9:00 pm; Fri 8:00 am - 6:00 pm
LCSC Campus



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!

1 Session $20.00
- 6/12; Tue 8:00 pm - 9:30 pm, OR
- 6/26; Tue 8:00 pm - 9:30 pm

Meet outside Morgan's Alley

Lake Pend Oreille Week-end Getaway

NEW!

Voted the Most Beautiful Small Town in the USA by USA Today and Rand McNally, Sandpoint sits on the shore of spectacular Lake Pend Oreille. So, treat yourself and join us for a week-end getaway in Sandpoint - we'll do the driving and you can relax and enjoy North Idaho's scenery! You will stay overnight in a quaint, welcoming Bed and Breakfast, Sweet Magnolia, where rooms are ensuite and the breakfast is truly wonderful! Whether you like to swim and enjoy the beautiful vistas across the lake, walk, ride the gondola up Schweitzer Mountain (from where you can see Canada, Montana, Idaho and Washington too!), shop the unique stores (including the nation's only marketplace on a bridge!), or just relax in the many fine restaurants and cafes, you'll love this friendly place filled with small town charm. *Class price is listed per person, double occupancy, and includes transportation to and from Sandpoint, overnight stay at Sweet Magnolia B & B, and breakfast on Sunday morning, plus all taxes. We must have all registrations by June 8th in order to hold the overnight accommodations.*

$145.00 per person double occupancy
6/23-6/24; Leave Sat. at 8:00 am, return Sun. by 5:00 pm
LCSC Campus

Living Art!

by Kate Patterson & Carol Church

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
6/24; Sun 1:00 pm - 3:00 pm
Patt's Valley Garden Center

Hypertufa "Sand" Castles!

by Kate Patterson & Carol Church

What's lighter and stronger than concrete and looks like stone? Hypertufa! This mixture of cement, peat moss and different aggregates can be formed into any shape, weighs only a third of concrete, and can be left outside in all weathers, so it won't disappear when the rain falls (or the tide comes in!). So instead of going to the beach, bring your buckets, spades, indeed, any small form-making containers, to Patt's Garden Center and they will supply the surface for you to build on, the hypertufa and the know-how to build your one-of-a-kind castle. *Feel free to bring any embellishments like colored stones, agates, etc. Wear work clothes and bring gloves if you wish. Children are definitely welcome!*

1 Session $20.00 + $5.00 Materials Fee
7/14; Sat 10:00 am - 12:00 pm
Patt's Valley Garden Center

Register online at lcsc.edu/ce • Registration Form on page 7

Street Smart Self-Defense for Women

by Kimberly Sturre

While many of us believe it can't happen to me", every woman, regardless of age, should learn and practice precautions against assault. Join us and you'll see how little brute strength is needed to defend yourself and that it does not take extensive martial arts training either. Learn how to get away from grabs, chokes and temporary restraining holds, releases/locks, take downs, weapons, rape defense plus much more. Moms and daughters! Best friends! Here's an opportunity for you to learn something vital..... together!" *Wear comfortable clothing and shoes (sweats are perfect!)*

2 Sessions $44.00
7/16-7/18; Mon, Wed 7:00 pm - 8:30 pm
LCSC Campus

NEW!

Messin' About on the River

NEW!

by Butch Odegaard

Where can you find America's deepest river gorge, exciting white water adventure, an amazing abundance of wildlife, and a 'heaven on earth' for you to enjoy a home cooked dinner? Right here in your own backyard! Join us and enjoy an afternoon and evening in Hells Canyon riding the waves in a spacious jet boat while hearing about the canyon's history, geology and wildlife. Along the way we'll make frequent stops so you may explore ancient rock formations and Indian pictographs. Then, when we arrive at Garden Creek for dinner there are opportunities for you to swim, explore 3 acres of orchards (where local wild deer and turkey love to hang out too!), or just plain relax and enjoy the breathtaking views. *Please dress casual - a swimsuit under shorts, hat, deck shoes, plus sunscreen and a camera are highly recommended.*

1 Session $115.00
7/21; Sat 1:00 pm - 8:00 pm
Meet at Hell's Gate Marina

Hand-Building Techniques in Clay

by Judy Parry

Hand-building may be an ancient pottery making technique, but there is no shortage of exciting works that can be created today. Whether you use the pinch, coil or slab method you will be able to create projects from the simple to more complex ranging from a 2 dimentional mask to a beautiful stylized face vase. *All materials will be supplied by the instructor - material fee will be collected by instructor during class. Be* ***sure*** *to check out Judy's art exhibit at the Sage Bakery in July!*

1 Session $31.00 + $12.00 Materials Fee
7/28; Sat 1:00 pm - 4:00 pm
LCSC Campus

Go Fossil Hunting!

by William Rember

Come dig for fossils in the 18 million year-old fossil beds near Clarkia, Idaho. Using a knife and hammer, you'll unearth and take home specimens of plant fossils, and maybe, if you're really lucky, a fish fossil! Then paleobotanist Bill Rember will help you interpret your finds. Plus, weather and time permitting, we'll visit the nearby Hobo Cedar Grove, an area containing old growth Western Red Cedar estimated to be 500 years old. *Bring a lunch, beverage, cheap pocket knife and hammer, as well as a take-home bag for your finds. Class size is limited, so register early. Travel is by van from LCSC. Accompanied youth 8 and above welcome.*

1 Session $22.00 + $14.00 Transportation Fee
7/28; Sat 9:00 am - 5:00 pm
LCSC Campus

Meet Our Instructors

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

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*.

Menegas, Nick - Nick Menegas, whose coaching career spanned 31 seasons, with 23 as head football coach, retired after 33 years in education and now has a weekly sports article in the Lewiston Morning Tribune and works as a motivational speaker presenting "*Innovative, Cutting Edge Strategies to Enhance Your Skills as a Coach of Today's Athletes*".

Odegaard, Butch - Butch Odegaard, owner/operator of RiverQuest Excursions, enjoys sharing his love of the canyon and its history, geology and wildlife.

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.

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

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

Sturre, Kimberly - Kim Sturre, a 2nd degree black belt in Taekwondo and secretary of the Montana Taekwondo Association Women's Council, enjoys teaching and sharing her knowledge of self defense techniques.

Wirtanen, Lyle - Lyle Wirtanen, past Director of the Historical Museum at St. Gertrude, has an extensive knowledge of the historical significance of the Chinese involvement in the Snake River canyon area.

Have a special skill that you can share? Teach for us!

Call 208-792-2749 for more information.

STAY & PLAY IN THE LC VALLEY!

Accommodations for:

- Daytime Guests
- Conferences & Meetings
- Receptions & Parties
- Including Catering Services
- Overnight Guests
- Including low price rooms with laundry and internet services

Lewis-Clark State College is in close proximity to:

- Jet Boat Excursions
- Hot Air Balloon Rides
- Helicopter Rides
- Historical Downtown Shopping & Galleries
- Local Parks & Historical Sites
- Clearwater & Snake Rivers
- Family Attractions
- Entertainment & Dining

208.792.2060

www.lcsc.edu/summerstays

Be Our GUEST

JOIN US FOR AN OVERNIGHT STAY OR A DAYTIME ACTIVITY

Summer at LC

Personal Enrichment Courses That Fit *Your* Schedule!

- Family
- Technology
- Finances
- Language & Culture … and more!

Affordable ONLINE 6 Week Courses

Start Dates: June 20, July 18, Aug 15

ed2go®

For more information:

208.792.2447

www.lcsc.edu/ce

Summer School & Special Programs

Beat the heat with...

- Summer School Classes
- Summer Concerts
- Kids' College

For more information:

www.lcsc.edu/cp/sssp

208.792.2207

REGISTER and Experience for Yourself

REGISTER ONLINE or WITH OUR FRIENDLY OFFICE STAFF TODAY
415 Main Street, Lewiston ID 83501

ONLINE FAX MAIL PHONE IN PERSON

Visit www.lcsc.edu/ce for more information and additional registration forms.

COURSE INFORMATION

Class Title | Class Start Date | Class Fee + Supply Fee (if applicable) = Total Fees

Class Title | Class Start Date | Class Fee + Supply Fee (if applicable) = Total Fees

Class Title | Class Start Date | Class Fee + Supply Fee (if applicable) = Total Fees

Class Title | Class Start Date | Class Fee + Supply Fee (if applicable) = Total Fees

Total Registration Fees

CONVENIENT PAYMENT OPTIONS

Enclosed is my CHECK or MONEY ORDER #_____ in the amount of $_____ made payable to LCSC.

Charge my ◯ VISA ◯ MASTERCARD ◯ DISCOVER ◯ AMERICAN EXPRESS

_____ _____ _____ _____ Account Number

_____/_____ Exp. Date

_____ V-Code last three digits on signature strip

_____ Name as shown on card

_____ Signature

STUDENT INFORMATION

First Name | Middle Initial | Last Name

Email

Birth Date _____-_____-_____

Address | City | State | Zip Code

Day Phone | Evening Phone | Cell Phone

Your satisfaction is guaranteed.

With our no-risk registration, you can sign up with the knowledge that if you are not satisfied with the quality of your learning experience, we will happily issue your choice of a refund, transfer to another class, or credit.

Refund Policy

If you need to cancel your registration before the first meeting of your class, we understand. You may cancel by phone or e-mail. Withdraw no later than 7 days prior to start date of class to receive a full refund; withdraw 6 to 1 day prior to start date of class to receive your choice of either a refund minus a $10 administrative fee, or a full credit for use toward a future class. Your birth date is required to process a refund.

Office Use Only
Date Received_____Deposit_____Registered_____Other_____

This institution is an equal opportunity provider. TTY 1-800-377-3529

/LCSCCECE

Stay up to the minute with updates about upcoming courses, events, and special offers through Continuing Education & Community Events!

- CONTACT US -

208-792-2447
800-394-4189

cece@lcsc.edu

415 Main St.
2nd Floor
Lewiston, ID 83501

Continuing Education Community Events

Lewis-Clark State College
Continuing Education & Community Events
500 8th Avenue
Lewiston, ID 83501

Continuing Education
Community Events

Nonprofit Org.
US Postage
PAID
Lewiston, ID
Permit No. 16

Year-Round Personal Enrichment Classes

Silverthorne Artist's Series - *Performing Arts*

Dogwood Festival of the Lewis-Clark Valley

Art Under the Elms - *Artisans Fair*

Continuing Education Units (CEUs)

Road Scholar

Lewis-Clark State College

CECE Continuing Education & Community Events

www.lcsc.edu/**ce**