

WITC Continuing Education

ARTS | COMPUTERS | DIY | LEISURE | HEALTH | HOBBIES | SPORTS

LIFE & LEISURE



WISCONSIN
INDIANHEAD
TECHNICAL
COLLEGE

SPRING 2015

Find classes in YOUR area! Details on page 2

WITC Continuing Education

SPRING 2015

ARTS

- Drawing & Painting
- Handcrafts
- Photography
- Textile Arts
- Writing & Literature

COMPUTERS & TECHNOLOGY

- Computer Software

DO-IT-YOURSELF

- Animals
- Automotive
- Machine Shop
- Small Engine Repair
- Welding
- Woodworking

HEALTHY LIVING

- Health & Wellness
- Sports & Fitness

HOME & LEISURE

- Consumer Economics
- Family & Relationships
- Financial Planning
- Food & Drink
- Gardening & Landscaping

LIFELONG LEARNING

- Communication Skills
- History
- Hobbies & Avocations
- Language
- Natural Science
- Reading
- Social Science & Culture

SAFETY & TRANSPORTATION

- Driver/Traffic Safety
- Motorcycle Safety

LIFE & LEISURE

Find classes in your WITC Region:

ASHLAND *pages 4 - 12*

NEW RICHMOND *pages 13 - 23*

RICE LAKE *pages 24 - 37*

SUPERIOR *pages 37 - 45*

It's Easy to Register!

For complete registration information — and the phone and address details for your local campus— please see **page 46**.

ONLINE: Find classes, register and pay at witc.edu/search.

PHONE OR FAX: Provide your registration and credit card payment information by phone or fax.

IN PERSON: Cash, checks and credit cards are accepted. Call or go online to check business hours of your local campus.

MAIL: Send completed registration to the appropriate campus. Your registration must be received before your course begins.

Guide to Course Listings

Class Title

Catalog Number 12-345-678

Class description and class notes. This section will also include information regarding needed supplies and textbooks, as well as prerequisites.

Class ID

12345	Start/End Dates	Day(s) Times	Fee/Senior Fee

Region: Class Location

Class Instructor



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Try your hand at a new hobby

WITC-Rice Lake Campus

Knitting for Beginners #24663
Tuesday & Thursdays, 6 – 8 p.m.
February 3 – 26

Crocheting: Basic #24160
Mondays, 9 – 11 a.m.
January 19 – February 23

Learn the basic stitches, recommended yarns, and following pattern instructions.

See page 25 for details.



Greet Spring with a Plan



Backyard Fruits & Nuts #25542
Saturday, January 24, 10 a.m. – noon
Learn how to grow vertically to increase the food you get out of your small space.

Gardening: Container Gardens # 25541
Saturday, February 7, 9 a.m. – noon
No backyard? Discover how to grow herbs and veggies in containers.

WITC-Ashland Campus
See page 8 for details.

Artistic Welding

Welding with An Artist's Perspective
#24421

WITC-New Richmond Campus
Fridays, 4 – 8 p.m.
January 30 – February 13

Explore welding in a safe environment with a focus on its artistic possibilities.

See page 16 for details.



Ashland Region

ARTS

Art: Drawing Explorations

60-815-605

Drawing is basic to any art form. It can be used as a preliminary or as a finished artwork. Enjoy a casual and friendly atmosphere as you draw using various media such as pencils, paper, charcoal, pen and ink, pastel, and water color. Enhance your observational skills, exercise your brain and join us for this drawing discovery. Please register early so instructor can provide a material list.

24287 Apr 16 – Apr 17 ThF 9a-5p \$72.50/\$38.50
Bayfield: Bethesda Luth Church Joan Einsman

Bringing Spring!

60-815-605

Discover the joy of painting and experimenting with a variety of water-based materials with a focus on flowers. Your instructor will introduce alternative materials to explore varied approaches to painting. Beginning with exercises to introduce fluid media into drawings, we will advance into methods for incorporating drawing materials, collage, and ink pens and stencils into drawn and painted compositions. No experience is required. Please go to: www.witc.edu/supplies for a full supply list or contact Kristen Kelly at 1.800.243.9482 ext. 6800.

24041 Apr 24-25 F 5:30-9p; Sa 10:30a-4p \$47/\$25.75
Washburn: Karlyn's Gallery Tonja Sell

Introduction to Drawing

60-815-605

In this beginner to advanced drawing class we will explore the techniques of drawing, from abstraction to likeness, using a variety of media. Work from personal narrative, imagination, live models, photographs, and from each other. Media used will include: Graphite, charcoal, pastel, ink, colored pencils, collage, fiber, and more. Techniques will be based on the formal elements of art-line, shape, value, color, texture, and space. Please go to: www.witc.edu/supplies for a full supply list or contact Kristen Kelly at 1.800.243.9482 ext. 6800.

24039* Mar 20 – Mar 28 F Sa \$81/\$42.75
Washburn: Karlyn's Gallery Tonja Sell
 *Class meets Mar 20 & 27, 5:30-9p, and Mar 21 & 28, 10:30a-4p.

Merging Watercolor & Pastels

60-815-605

Dramatic and versatile, chalk pastels can be one of the most beautiful of media. When combined with watercolor it transforms your work. Tonja will help remove any inhibitions you may have in regard to mixing media, giving you practical insight into both watercolor and pastel. Through use of your photos, still life, live gestural drawing, demonstrations and critique, learn basic compositional concepts, how to best translate your reference into a drawing and more! You will be encouraged and equipped to use this new technique with confidence, thereby adding a useful tool to your toolbox, and have fun in the process! For beginner and advanced students alike. Please go to: www.witc.edu/supplies for a full supply list or contact Kristen Kelly at 1.800.243.9482 ext. 6800.

24040 Feb 27-28 F 5:30-9p; Sa 10:30a-4p \$47/\$25.75
Washburn: Karlyn's Gallery Tonja Sell

Water Mixed Media

60-815-605

Discover the joy of painting and experimenting with a variety of water-based materials. Your instructor will introduce alternative materials to explore varied approaches to painting. We will begin with exercises to introduce fluid media into drawings. Then advance into methods for incorporating drawing materials, collage, and ink pens and stencils into drawn and painted compositions. No experience is required. Please go to: www.witc.edu/supplies for a full supply list or contact Kristen Kelly at 1.800.243.9482 ext. 6800.

24038* Jan 23 – Jan 31 F Sa \$81/\$42.75
Washburn: Karlyn's Gallery Tonja Sell
 *Class meets Jan 23 & 30, 5:30-9p, and Jan 24 & 31, 10:30a-4p.

Art: Beyond Watercolor

60-815-600

Explore a variety of watercolor techniques as you experiment with different subjects including flowers and landscapes. Your instructor will guide you in finding proper materials to achieve your best work and will adapt instruction for you as a beginner or experienced artist. Please go to: www.witc.edu/supplies for a full supply list or contact Kristen Kelly at 1.800.243.9482 ext. 6800 (all supplies available at Karlyn's Gallery).

24042 Jan 14 – Jan 15 WTh 9:30a-3:30p \$55.50/\$30
Washburn: Karlyn's Gallery Wei Lan Lorber

24088 Jan 28 – Jan 29 WTh 9:30a-3:30p \$55.50/\$30
Washburn: Karlyn's Gallery Wei Lan Lorber

(Cont.)

24089	Feb 18 – Feb 19	WTh 9:30a-3:30p	\$55.50/\$30
	<i>Washburn: Karlyn's Gallery</i>		<i>Wei Lan Lorber</i>
24090	Apr 15 – Apr 16	WTh 10a-4p	\$55.50/\$30
	<i>Washburn: Karlyn's Gallery</i>		<i>Wei Lan Lorber</i>
24091	May 6 – May 7	WTh 10a-4p	\$55.50/\$30
	<i>Washburn: Karlyn's Gallery</i>		<i>Wei Lan Lorber</i>
24092	May 20 – May 21	WTh 10a-4p	\$55.50/\$30
	<i>Washburn: Karlyn's Gallery</i>		<i>Wei Lan Lorber</i>

Pastels: Painting Lakes

60-815-600

Use your own photos as inspiration to capture the atmosphere and various moods of lakes. Explore the new exhibit about lakes at the Cable Natural History Museum for inspiration. By selecting a specific area in your composition as the focal point, you will use contrasting values, colors, and textures to exaggerate what you would like to emphasize. We will use dry pastel sticks, not oil pastels. Your instructor will demonstrate how to make your pastel paintings "sparkle" using various techniques on a variety of papers. This class is for all levels, though basic drawing experience is helpful. You may bring a sack lunch or you may fill out a lunch order form in class from The Brick House Cafe. Please visit www.witc.edu/supplies for your supply list or you may request one to be mailed when you register.

24281	May 6	W 10a-4p	\$30/\$17.25
	<i>Cable: Natural History Museum</i>		<i>Diana Randolph</i>

Pastels: Sunrises & Sunsets

60-815-600

Use your own photos of sunrises or sunsets to create pastel paintings on paper. Begin with a small, 5" x 7" exercise using a limited palette for overall harmony of color. Practice arranging your composition in order to emphasize the vast sky. Lightly layer strokes of pastel sticks (not oil pastels), experimenting with a glazing technique to capture the effect of feathery clouds. Your instructor will demonstrate a variety of techniques on three different types of pastel paper. This class is for all levels, though basic drawing experience is helpful. You may bring a sack lunch or you may fill out a lunch order form in class from The Brick House Cafe. Please visit www.witc.edu/supplies for your supply list or you may request one to be mailed when you register.

24280	Apr 27	M 10a-4p	\$30/\$17.25
	<i>Cable: UCC Church</i>		<i>Diana Randolph</i>



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COMPUTERS & TECHNOLOGY

Comp: Absolute Beg Next Step

42-107-413

Learn about hardware and terminology necessary to use a computer. New users of personal computers will gain an understanding of word processing, spreadsheets, databases and Windows.

24496*	Mar 2 – Mar 23	MW 5-7p	\$42.26/\$4.50
	<i>Ashland: 208</i>		<i>Melissa Weber</i>
	*Class will not meet Mar 18.		

Computers: Absolute Beginner

42-107-413

Learn the basics needed to get started using personal computers. Develop skills in the use of the computer including the mouse and keyboard along with knowledge of terminology. As a new user of personal computers you will be introduced to word processing, the Internet, Windows, and various types of computers and components.

24495	Jan 26 – Feb 11	MW 5-7p	\$42.26/\$4.50
	<i>Ashland: 227</i>		<i>Melissa Weber</i>

Introduction to iDevices

60-107-602

Learn to use Apple's iDevices including: iPad, iPhone, and/or iPod Touch. Interact with your device, access different features, set up and manage your account, and access the Internet. We will discuss the capabilities and limitations of your iDevice and why it may or may not replace your computer. Understand basic troubleshooting tips for when something goes awry.

24568	May 6 – May 13	W 5-7p	\$21.50/\$13
	<i>Ashland: 207</i>		<i>Melissa Weber</i>

Social Media Safety

60-107-602

Keeping Your Kids Safe - The diversity of social networking sites is growing with Twitter, Instagram, Snapchat and others joining the ranks of Facebook in popularity and use. Discover what your child or loved one may be using and understand the monitoring tools available to you. Learn about varying sites, statistics on online usage, safety tips and contracts, profile settings, and resources which every parent or guardian should understand.

24563	Feb 17	Tu 5:30-8:30p	\$21.50/\$13
	<i>Ashland: 207</i>		<i>Melissa Weber</i>

New

Holistic Interpreter Series and Advanced Holistic Interpreter WITC-New Richmond

Instructor Dr. Julie Buckman was born into a long lineage of gifted ancestral family lines; she was born an intuitive. She has the desire to share and teach her knowledge with others to embrace their gifts. She will help others to discover their gift and to use it ethically.

Interpreter Series (24578)

February 9 through March 2, Mondays, 7 to 9 p.m.

Discover, develop, or expand your gifts. Identify your strengths. Topics include: Energy Basics, Crystal What?, and I am a Stoner, Are you?

Interpreter Advanced (24579)

March 16-April 13, Mondays, 7 to 9 p.m. (no class April 6)

A continuation of the Holistic Interpreter class and energy basics will be the focus. Embrace who you are, understand what your purpose is, know there is more in our reality than meets the eye.

MS Excel, Beginning

60-103-601

You will be amazed at what Excel can do for you! Learn how to create worksheets for work and personal use. Understand the basics of navigating through the cells, formatting and setting up a spreadsheet for maximum efficiency. You will see how easy it is to have your numbers calculated for you in just seconds and how to sort through long ponderous lists with absolute ease. Prerequisites: Basic computer skills.

24547 Apr 8 – Apr 29 W 5-7p \$38.50/\$21.50
Ashland: 208 *Melissa Weber*

Windows 7

60-103-601

Learn the basics to effectively use Windows 7. Develop knowledge of the basic features such as desktop layout, create shortcuts, use flash drives for backups, personalize the desktop and much more. Basic computer, keyboard, mouse skills are required.

24545 Apr 13 – Apr 27 M 5-7p \$30/\$17.25
Ashland: 207 *Melissa Weber*

Windows 8

60-103-601

Are you new to Windows 8 or considering this new software? Understand how it is different from Windows 7 and how to navigate the user interface. Maintain productivity as you upgrade, or are migrated, to this new operating system.

24522 Feb 9 – Feb 18 MW 6-8p \$38.50/\$21.50
Ashland: 208 *Keith Hasart*

Windows 8 Intermediate

60-103-601

If you are familiar with Windows 8, learn more about the availability of apps and ways to use them for fun, business, education and adventure. Understand tile workflow management, voice recognition, available Cloud service and how to sync devices.

24526 Feb 24 Tu 5:30-8:30p \$21.50/\$13
Ashland: 207 *Keith Hasart*

Excel for Farmers

47-090-405

Learn basic functions of Excel including how to create worksheets, navigate through cells and format spreadsheets for maximum efficiency. Then understand specific applications of good record keeping related to dates, amounts of pesticide application and documentation. You will see practical examples of working spreadsheets. Basic computer skills required. Please bring a USB drive to work on examples which can be adapted for your farm.

24664 Jan 20 – Feb 10 Tu 6-9p \$59/\$21.24
Ashland: 207 Bradley Harrison

Farm Business, Taxes & Loans

47-090-405

Learn to apply the practical use of a record system in managing the farm through farm and financial analysis. Your instructor will emphasize the establishment of farm business goals; selection and use of farm credit; farm business arrangements, estate planning and income taxes. We will discuss common issues with reporting to prepare you to for the most efficient and economical tax preparation.

24668 Mar 17 – Apr 7 Tu 6-9p \$59/\$21.24
Ashland: 207 Bradley Harrison

QuickBooks for Farmers

47-090-405

Learn the essentials of QuickBooks accounting software from bookkeeping and billing, to payments and payroll. We will emphasize the use of QuickBooks to record farm business transactions and generate reports useful for measuring management and financial performance and for income tax preparation. Your instructor will help you customize an agricultural model and demonstrate the use of the University of Wisconsin Extension AAIMS (Agricultural Accounting Information and Management System). Basic computer skills required.

24665 Feb 17 – Mar 10 Tu 6-9p \$59/\$21.24
Ashland: 208 Bradley Harrison

DO-IT-YOURSELF

Machine Tool

47-420-455

Gain the basic skills necessary to safely operate machine tool equipment at the beginning and intermediate levels. An advanced lab opportunity is available for students already trained to safely operate machine tools. Work independently on selected vocational objectives with assistance from your in-

structor. Safety glasses required; work boots and ear plugs recommended.

24408 Jan 29 – Mar 26 Th 5:30-9:30p \$124.08/\$23.40
Ashland: 119 Bryant Burns

Outboard Motor Servicing

47-461-411

Learn how to maintain and repair your outboard motor. Students will receive personalized instruction related to the repair of their outboard motor. Bring your outboard motor to the first night of class. Please no sterndrive powered boats. Limited space is available for outboard powered boats under 18'. Student should furnish basic hand tools and safety glasses.

24438 Mar 25 – Apr 22 W 5-8p \$56.84/\$6.50
Ashland: 120 Todd Larson

Beg Metal Sculpture

60-442-600

Metal sculpture is easier than you may think. Found objects and scrap metal will set your imagination afire! Learn various ways to cut, form and connect (weld, bolt, etc.) objects into satisfying, unique pieces that will enhance your garden, home and business. No metal working or art experience is necessary - just a desire to create. Leather shoes, gloves and safety glasses are required. Your instructor will discuss required supplies during the first class.

24468* Jan 21 – Mar 4 W 5:30-8:30p \$101.36/\$63.11
Ashland: 118 Barbara Bayuk
*Class will not meet Feb 25.

24471 Mar 5 – Apr 9 Th 5:30-8:30p \$101.36/\$63.11
Ashland: 118 Barbara Bayuk

HEALTHY LIVING

Old Time Group Dancing

60-807-630

If you're looking for an enjoyable way to get some physical exercise this winter, Old Time Group Dancing is the class for you. Under the guidance of our enthusiastic instructor, Donn Christensen, you will learn Appalachian circle dances, square dances, contras and some international dances. All dances are called by the instructor and are accompanied by lively music. Partners are not required. Beginners, singles and all ages are welcome. Expect to have a good time! Wear comfortable shoes and clothing for dancing.

24279* Feb 4 – Mar 18 W 3-5p \$55.50/\$30
Cornucopia: Community Ctr Donnan Christensen
*Class will not meet Feb 25.

Hatha Yoga

60-807-628

Yoga focuses on developing balance, flexibility and strength for body, mind and spirit through mindful movement, mindful breathing practices (pranayama) and meditation. Yoga will help you open your spine, release tension, provide gentle strengthening and stretching for all major muscle groups as well as strengthen the immune system. Pranayama practice (breathing exercises) will strengthen the respiratory system. You will calm your mind with relaxation, centering and meditation. This class is for students of all levels. Students will be encouraged to deepen their own body awareness. Please bring your own mat, a blanket and a towel. As with any new exercise program, please check with your physician.

24327	Jan 12 – Mar 2	M 4-5:30p	\$55.50/\$30
	<i>Cable: Natural History Museum</i>		<i>Joan Shumway</i>
24325*	Jan 13 – Mar 3	Tu 4-5:30p	\$47/\$25.75
	<i>Drummond: Town Hall</i>		<i>Joan Shumway</i>
	<i>*Class will not meet Jan 20 & Feb 10.</i>		
24328	Mar 23 – May 11	M 4-5:30p	\$55.50/\$30
	<i>Cable: Natural History Museum</i>		<i>Joan Shumway</i>
24326*	Mar 24 – May 19	Tu 4-5:30p	\$55.50/30
	<i>Drummond: Town Hall</i>		<i>Joan Shumway</i>
	<i>*Class will not meet Apr 7.</i>		
24329*	Mar 24 – May 19	Tu 1:30-3p	\$55.50/\$30
	<i>Barnes: Town Hall</i>		<i>Joan Shumway</i>
	<i>*Class will not meet Apr 7.</i>		
24330*	Jan 13 – Mar 3	Tu 1:30-3p	\$55.50/\$30
	<i>Barnes: Town Hall</i>		<i>Joan Shumway</i>
	<i>*Class will not meet Jan 20 & Feb 10.</i>		

HOME & LEISURE

ABCDs of Medicare for Consumer

42-162-409

ABCD's of Medicare for Consumers — Are you nearing Medicare age? Do you have questions about Medicare options and enrollment? Are you responsible for someone else's healthcare decisions? If so, this short seminar is for you. Join us to gain a fundamental understanding of the elements of Part A (Hospital Insurance), Part B (Medical Insurance), Part C (Medicare Advantage) and Part D (Medicare Drug Coverage) as it relates to consumers. You will learn about initial enrollment options and additional enrollment periods as they pertain to the Medicare Plan types.

24199	Feb 10	Tu 10a-12p	\$10.79/\$4.50
	<i>Ashland: 007</i>		<i>WITC Non-employee</i>

Wills and Trusts

42-102-404

This course will help you understand what your current estate plan will achieve for you, teach you how to avoid probate of your assets, and reduce or eliminate taxes to the extent possible. You will also learn how to effectively pass on your assets in the way that you desire.

24024	Apr 10	F 10a-12p	\$10.79/\$4.50
	<i>Ashland: 204</i>		<i>Susan Miley</i>

Backyard Fruits & Nuts

60-001-602

Many of us have gardens in our backyard or neighborhood. But we often don't think of food in three dimensions! Realize how you can grow vertically to increase the food you get out of a small space. Learn which fruit and nut trees and shrubs grow well in the northland and how to plant and care for them. Leave knowing how to order them and care for them when they arrive in the spring.

25542	Jan 24	Sa 10a-12p	\$13/\$8.75
	<i>Ashland: 201</i>		<i>Clare Hintz</i>

Gardening: Container Gardens

60-001-602

No backyard to grow a garden? No problem! Discover how to grow herbs and veggies in containers in your house or apartment or on a deck. Learn about good soil, watering, plants that work well in containers, light, and ways to get a lot out of a small space. This is a great workshop for those with mobility challenges. Leave with a potted herb or sprouts to take home for your windowsill.

25541	Feb 7	Sa 9a-12p	\$21.50/\$13
	<i>Ashland: 201</i>		<i>Clare Hintz</i>

LIFELONG LEARNING

Sign Language-Beginning

42-810-415

Understand basic skills in production and comprehension of American Sign Language (ASL) and Deaf Culture. Learn basic manual alphabet and numbers. Practice both receptive and expressive skills. Develop conversational ability, culturally appropriate behaviors and ASL grammar. Your instructor holds a certificate in Deaf Studies and an AAS American Sign Language Interpreter/Translator degree.

24106	Jan 22 – Feb 26	Th 6:30-8:30p	\$42.26/\$4.50
	<i>Ashland: 427</i>		<i>Janey Mika</i>

Sign Language-Intermediate

42-810-415

This class is designed for individuals who have completed the beginning sign language class. Learn additional vocabulary, progress existing signing skills and continue with instruction on other aspects of sign language structure.

24107 Mar 19 – Apr 23 Th 6:30-8:30p \$42.26/\$4.50
Ashland: 206 Janey Mika

Brule History Series I

42-806-410

Explore the mouth of the Brule along the eastern banks to US Hwy 13, Martinsen and the Sea Lamprey Barrier. Expect to walk short distances over uneven terrain. Meet at the Cornucopia Community Center for carpooling at 9 am or at Bracket's corner on Hwy 13 at 9:30 am. Bring food, beverage, camera, waterproof gear, sun protection and other amenities. Trips may be subject to minor changes based on weather and accessibility so continually check the website for any changes.

24292 Apr 7 Tu 9a-4:30p \$29.67/\$4.50
Cornucopia: Com'ty Ctr Thomas Gerstenberger

Brule History Series II

42-806-410

Explore the lower Brule along the western banks including: Clevedon Colony, the town campground, Harvey and Johnson School sites, May's ledges, Rest Haven Cemeteries and King School. Expect to walk short distances over uneven terrain. Meet at the Cornucopia Community Center for carpooling at 9 am or at Rest Haven Cemetery at 9:45 am. Bring food, beverage, camera, waterproof gear, sun protection and other amenities. Trips may be subject to minor changes based on weather and accessibility so continually check the website for any changes.

24312 Apr 14 Tu 9a-4:30p \$29.67/\$4.50
Cornucopia: Com'ty Ctr Thomas Gerstenberger

Brule History Series III

42-806-410

Explore the Brule from FF to Copper Range Campground, Waino, Pioneer Church, Lenroot Ledges, Pine Tree Canoe Landing, Co-op Park and the memorable Swinging Bridge. Expect to walk short distances over uneven terrain. Meet at the Cornucopia Community Center for carpooling or at Brule River Parking lot on FF at 9:45 am. Bring food, beverage, camera, waterproof gear, sun protection and other amenities. Trips may be subject to minor changes based on weather and accessibility so continually check the website for any changes.

24313 Apr 21 Tu 9a-4:30p \$29.67/\$4.50
Cornucopia: Com'ty Ctr Thomas Gerstenberger

Brule History Series IV

42-806-410

Explore the Brule from FF to Bayfield Trail parking lot, Brule Fire Tower, Brule Valley outlook and historic copper mines. Expect to walk short distances over uneven terrain. Meet at the Cornucopia Community Center for carpooling or at Bayfield trail parking lot at 9:50 am. Bring food, beverage, camera, waterproof gear, sun protection and other amenities. Trips may be subject to minor changes based on weather and accessibility so continually check the website for any changes.

24314 Apr 28 Tu 9a-4:30p \$29.67/\$4.50
Cornucopia: Com'ty Ctr Thomas Gerstenberger

Brule History Series V

42-806-410

Explore the Brule Fish Hatchery, Hoodoo Lake, Angleton Lodge and the Nature Trail. Expect to walk short distances over uneven terrain. Meet at 9 am at the Cornucopia Town Hall or Hwy 2 & 27 in Brule at 9:45 am. Bring food, beverage, camera, waterproof gear, sun protection and other amenities. Trips may be subject to minor changes based on weather and accessibility so check the website for any changes.

24315 May 5 Tu 9a-4:30p \$29.67/\$4.50
Cornucopia: Com'ty Ctr Thomas Gerstenberger

Brule History Series VI

42-806-410

Explore the Gitche Gumees and Winnebougou Clubs. Expect to walk short distances over uneven terrain. Meet at 9 am at the Cornucopia Community Center or Hwy 2 & 27 in Brule at 9:45 am. Bring food, beverage, camera, waterproof gear, sun protection and other amenities. Trips may be subject to minor changes based on weather and accessibility so continually check the website for any changes.

24316 May 12 Tu 9a-4:30p \$29.67/\$4.50
Cornucopia: Com'ty Ctr Thomas Gerstenberger

Brule History Series VII

42-806-410

Explore the Wildcat Lodge and Cedar Island Estate. Discover why five US Presidents came to the Brule for their R&R. Expect to walk short distances over uneven terrain. Meet at 9 am at the Cornucopia Community Center or Hwy 2 & 27 in Brule at 9:45 am. for carpooling. Bring food, beverage, camera, waterproof gear, sun protection and other amenities. Trips may be subject to minor changes based on weather and accessibility so continually check the website for any changes.

24317 May 19 Tu 9a-4:30p \$29.67/\$4.50
Cornucopia: Com'ty Ctr Thomas Gerstenberger

Brule History Series VIII

42-806-410

Explore Stone Chimney Landing, Portage Trail, Valley Farm Lodge, and the Brule Bog Boardwalk. Expect to walk short distances over uneven terrain. Meet at 9 am at the Cornucopia Town Hall or Hwy S at Stone Bridge at 9:50 am. Bring food, beverage, camera, waterproof gear, sun protection and other amenities. Trips may be subject to minor changes based on weather and accessibility so continually check the website for any changes.

24318 May 26 Tu 9a-4:30p \$29.67/\$4.50
Cornucopia: Com'ty Ctr Thomas Gerstenberger

Explore Bayfield Co Forest I

42-806-410

Our Bayfield County Forests abound with opportunities to learn about and appreciate the flora, fauna and waterways of northern Wisconsin. Get out your thermal underwear and winter boots for outdoor adventures. Tentative destinations include the Raspberry River, Spring Creek, Siskiwit River, Schact Creek and Valhalla Fire Tower. Winter survival skills will be emphasized. Be prepared to trek 3-5 miles over uneven terrain. Please bring lunch, water, warm layers of clothing, snacks, hiking pole and hot beverage.

25501 Jan 8 Th 10a-3p \$23.38/\$4.50
Cornucopia: Community Ctr Judith Florence

Explore Bayfield Co Forest II

42-806-410

25502 Jan 22 Th 10a-3p \$23.38/\$4.50
Cornucopia: Community Ctr Judith Florence

Explore Bayfield Co Forest III

42-806-410

25503 Feb 5 Th 10a-3p \$23.38/\$4.50
Cornucopia: Community Ctr Judith Florence

Explore Bayfield Co Forest IV

42-806-410

25504 Feb 19 Th 10a-3p \$23.38/\$4.50
Cornucopia: Community Ctr Judith Florence

Intro to Renewable Energy

47-482-400

Gain an overview of solar energy technologies including solar space heating, solar water heating, and solar electricity (photovoltaic or PV) systems. Understand the use of solar energy for off-grid applications, as well as grid-tied (utility interactive) residential and small business applications. Load analysis, system design, site analysis and site specific concerns will be covered. Instructor Kurt Nelson is owner of SOLutions, a solar energy company located in Cornucopia, Wisconsin, specializing in renewable energy and sustainable systems design. Solar Water Heating by Bob Ramlow and Power from the Sun by Dan Chiras recommended reading and course reference books. Basic computer skills required. Please be prepared to drive to various sites on the last day of class to view renewable energy installations.

24669 Mar 26 – May 14 Th 6-8:30p \$67.81/\$4.88
Ashland: 204 Kurt Nelson

Films - Portray Social Issues

42-809-400

The inquiring minds in our Films - Portray Social Issues course have viewed and discussed more than 125 films since they began the in 2004. We always welcome new faces and voices in our discussion of artistic, cultural, and historic films that affect our families, neighborhoods, and global communities today. As in the past, participants will be expected to read brief introductory materials, research one or more films, and take part in discussion following each viewing. Class meets every other week. Pop and popcorn are available.

25496* Jan 9 – Feb 20 F 1-4p \$42.26/\$4.50
Washburn: Public Library Judith Florence
 *Class meets every other Friday.

25497* Jan 12 – Feb 23 M 1-4p \$42.26/\$4.50
Bayfield: Library Judith Florence
 *Class meets every other Monday.

25500* Jan 12 – Feb 23 M 6-9p \$42.26/\$4.50
Cornucopia: Immanuel Lutheran Ch Judith Florence
 *Class meets every other Monday.

SAFETY & TRANSPORTATION

Safety for Beginner Farmers

47-090-404

Safety matters on small farms too! This is a comprehensive offering including instruction, guidance and life experiences on: Tractor and machinery safety, shop safety, basic equipment maintenance, live line demonstration, pesticide safety (including organics), and fire safety. Field trips to other locations will be announced at the first class. Matt Cogger is a certified tractor safety instructor and the UW-Extension horticulture agent for Ashland and Bayfield Counties. He is also a farmer and has two decades of tractor driving experience.

24377 Apr 20 – May 18 M 6-9p \$76.34/\$26
Ashland: 204 Matt Cogger

Motorcycle - Basic Rider 1

42-816-400

This 16-hour course is approved by the Department of Transportation. It is designed to teach the beginner or experienced rider the safe techniques to riding a motorcycle. It consists of 6 hours of classroom and 10 hours of on-cycle instruction. After Successful completion of this class you would receive a "waiver" to take to the DMV that may waive you from taking the road test in order to obtain your Motorcycle Endorsement.

25330 May 30 – May 31 SaSu 8a-5p \$256.91
 Ashland: 427 Todd Ruprecht

Traffic Safety for Point Reduction

42-812-404

Participants of the Traffic Safety course will examine their driving behavior and review traffic laws and

penalties. Emphasis will be placed on ways to drive responsibly. The Traffic Safety class will show participants how to develop a change plan to reduce their risk of traffic violations and crashes. Students who successfully complete this Traffic Safety class may be eligible to receive a three-point reduction from their driving record. This class also meets the requirements for anyone that has received a "Failure to Yield Right of Way Violation" 2011 Wisconsin Act 173-346.18.

23851 Mar 14 – Mar 21 Sa 8:30a-3p \$65.01/\$27.25
 Ashland: 204 Casey Johnstone

CPR Health Care Provider - AHA

47-531-437

The AHA for Health Care Providers Course is designed to teach the skills of CPR for victims of all ages including ventilation with a barrier device and use of an automated external defibrillator (AED),



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Earning your SHRM Certified Professional (SHRM-CP™) or SHRM Senior Certified Professional (SHRM-SCP™) credential establishes you as a recognized expert in the HR field. This course covers the four knowledge domains, as well as eight behavioral competencies. Students must also register for the CP/SCP Study Group.

*Offered in partnership with
 St. Croix Valley
 Employers Association*

Cost: \$995
 Study materials included

Instructor: Sally Field

March 4 - May 20
Wednesdays, 6-8 pm

For more information,
 call 800.243.9482, ext. 4207
 or dori.marty@witc.edu

and relief of foreign-body airway obstruction (FBAO). It is intended for participants who provide health care to patients in a hospital setting and out-of-hospital settings. This course is for anyone that is required to take a health care provider course for employment. All participants who successfully complete the course, including the written examination and skill demonstrations will receive a BLS for Health Care provider completion card that will certify them for two years (credential.) Book provided at class. Register 1 week before class start .

24166	Jan 12 – Jan 14 Ashland: 427	MW 6-10p	\$44.07/\$18.90 WITC TBD
24167	Feb 2 – Feb 4 Ashland: 427	MW 6-10p	\$44.07/\$18.90 WITC TBD
24168	Apr 13 – Apr 15 Ashland: 427	MW 6-10p	\$44.07/\$18.90 WITC TBD
24169	May 11 – May 13 Ashland: 003	MW 6-10p	\$44.07/\$18.90 WITC TBD

CPR Health Care Provider Renewal - AHA

47-531-439

This course is intended for the biennial renewal of the CPR Healthcare Provider. Students must successfully complete skills testing on one-and two-rescuer CPR (adult, child, infant), foreign body airway obstruction (FBAO) procedures (adult, child, infant), and mask with one-way valve usage. A minimum of 84 percent must be attained on the written test. (PREREQUISITE: CPR Healthcare Provider successful completion within previous two years.)

24170	Jan 19 Ashland: 427	M 6-10p	\$25/\$12.41 WITC TBD
24171	Feb 9 Bayfield: Ambulance Hall	M 6-10p	\$25/\$12.41 WITC TBD
24172	Feb 18 Ashland: 427	W 6-10p	\$25/\$12.41 WITC TBD
24173	Feb 23 Iron River: Ambulance Hall	M 6-10p	\$25/\$12.41 WITC TBD
24174	Mar 16 Ashland: 427	M 6-10p	\$25/\$12.41 WITC TBD
24175	Mar 19 Mason: Ambulance Hall	Th 6-10p	\$25/\$12.41 WITC TBD
24176	Mar 24 Red Cliff: Ambulance Hall	Tu 6-10p	\$25/\$12.41 WITC TBD
24177	Apr 8 Ashland: 427	W 6-10p	\$25/\$12.41 WITC TBD
24178	May 18 Ashland: 427	M 6-10p	\$25/\$12.41 WITC TBD

CPR/AED/Basic First Aid Renewal-ASHI

47-531-459

This course will recertify students in CPR/AED & Basic first aid. Students will renew their skills in CPR/

AED and first aid. PREREQUISITE: Students must have taken the original course within the last 2 years.

24179	Jan 21 Ashland: 427	W 6-10p	\$32.25/\$19.66 WITC TBD
24180	Feb 16 Ashland: 427	M 6-10p	\$32.25/\$19.66 WITC TBD
24181	Mar 9 Ashland: 427	M 6-10p	\$32.25/\$19.66 WITC TBD
24182	Mar 18 Port Wing: Fire Department	W 6-10p	\$32.25/\$19.66 WITC TBD
24183	Apr 20 Ashland: 003	M 6-10p	\$32.25/\$19.66 WITC TBD

CPR/AED/Basic First Aid-ASHI

47-531-419

This course is a combined CPR/AED & Basic first aid program designed specifically for laypeople. The program is good for the community and the workplace setting. This course is designed to teach people the knowledge and skills that they need to recognize emergencies and perform CPR and use an AED and perform first aid until EMS arrives. This course will certify a person for 2 years in CPR/AED/Basic First Aid.

24185	Mar 23 – Mar 25 Ashland: 306	MW 6-10p	\$36.92/\$11.75 WITC TBD
24186	Apr 27 – Apr 29 Ashland: 307	MW 6-10p	\$36.92/\$11.75 WITC TBD

Medic First Aid

47-531-404

This course will help students gain the knowledge, skills, and confidence necessary to manage a medical emergency using CPR, an automated external defibrillator (AED), and first aid until more advanced help is available. This course will certify a student for two years in CPR/AED/1st Aid. Book is provided at the class.

25875	Jan 5 – Jan 7 Ashland: 427	MW 6-10p	\$42.07/\$16.90 WITC TBD
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Pediatric Medic First Aid & CPR Recertification

47-531-477

This course will recertify a student in Pediatric Medic First Aid & CPR. Students will renew their skills in CPR, an automated external defibrillator (AED) and first aid for infants and children. Students must have taken the original course, Pediatric Medic First Aid & CPR 47531464 within the last two years. This course will renew a student's certification for 2 years. Book is provided at class.

25800	Mar 2 Ashland: 427	M 6-10p	\$37.40/\$24.81 WITC TBD
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New Richmond Region

ARTS

Basketry: Muffin/Bread Basket

60-815-620

Your table will be very appealing as family and friends sit for a meal to see your bread in this beautifully woven basket. It will be approximately 5"x10" and woven in the start/stop method. We will weave with smoked reed, a beautiful brown, and choose from accent and handle colors. This is a great class for beginner weavers. Your instructor is a talented, expert weaver and instructor. Please bring: Sharp, heavy scissor or pruning shears, 12-20 clothes pins, plastic measure tape, pencil, dish pan for soaking reeds, spray bottle, old towel, and a supply fee of \$12 payable to instructor.

25448 Apr 9 Th 6-10p \$21.50/\$13
 Amery: Intermed School Phyllis Knutson

Pottery-Handbuild/Throw/Wheel

60-306-685

Curious about clay? Whether you are a beginning or advanced potter, develop your hand-building, wheel-throwing and firing techniques. Join us for inspiration, relaxation, camaraderie and just plain fun. Please bring material fee of \$25 payable to instructor first night of class.

24449 Jan 21 – Mar 25 W 6-8p \$89.50/\$47
 Webster: High School Kim Kriegel

Holiday Heirloom Stockings

60-306-612

The winter season is a great time to work on this project! Knit unique, heirloom stockings for family members to hang by the chimney with care. Learn to personalize each stocking with a name and a choice of many holiday symbols including trees, holly, snowflakes, hearts, and more. Some knitting experience is helpful as this is an advanced beginner project. Contact Luck Community Ed. at 715-472-2152 ext. 103 or amya@lucksd.k12.wi.us for needle and yarn list. Snacks and tea provided.

25433 Jan 27 – Feb 10 Tu 5:30-8:30p \$47/\$25.75
 Luck: High School Barbara Kass

Knit Bracelet

60-306-612

Knit fun and customized bracelets! Supplied embellishments will make yours unique or bring your favorite buttons. Quick and easy project and makes

a great gift! Bring a skein of DK or light-weight yarn and a size 5 or 6 knitting needles and material fee to cover embellishments and supplies. Beginning knitting skills are required for this class. Pre-registration is required.

25517 Mar 16 – Mar 19 MTh 6-8p \$21.50/\$13
 Luck: High School Amy Klous

Knit Headband

60-306-612

Keep your ears warm and your hair looking good: knit a headband! Knit headbands can be embellished with flowers and buttons and make a great gift. Bring a pair of size 7 or 8 circular knitting needles and a skein of worsted (medium) weight yarn. Beginning knitting skills required. Pre-registration is required.

25520 Mar 5 – Mar 12 Th 6-8p \$21.50/\$13
 Luck: High School Amy Klous

Beginner Quilting Workshop

60-304-615

Have you always wanted to learn to quilt? This class for is for the beginner or anyone looking for more quilting time and techniques. Work on a traditional quilting project using easy, modern techniques. Learn the basics and the tools needed along with pattern layout, cutting, sewing, quilting and finishing techniques. Material list will be provided by instructor. Students may use one of their machines, or bring their own.

24452 Jan 10 Sa 9a-3p \$30/\$17.25
 Siren: High School Vicki Tollander

Memory T Shirt Quilt

60-304-615

Do you have a stack of tee shirts that you can't part with? Do you need a unique graduation gift? Are your drawers overflowing with race commemoratives, favorite team tees and the like? Here's a clever way to keep those tees in circulation - make a memory quilt! Please note the first session is longer. Register by Jan. 28 and contact Amery Community Ed. (715-268-9771 x220) for complete supply list. Please bring a \$25 material fee.

25480* Feb 8 – Mar 8 Su \$72.50/\$38.5
 Amery: High School Lisa Ruehlow
 *Class meets Feb 8 1-5 p, and Feb 15- Mar 8 1:30-4:30p.

Quilt: Basics for Beginners

60-304-615

Learn how to make your own quilt! This is a simple, but cute 4 patch quilt pattern for beginner quilters of any age and for anyone who has used a sewing machine. Learn a simple way to cut fabric, design your quilt top, sew the top with an easy technique, and choose from two ways to finish your quilt. Finish your quilt top in three sessions and maybe the entire quilt in time for Mother's Day! Register by April 1 and contact Amery Community Ed. (715-268-9771 x220) for complete supply list. Please bring your own sewing machine, or let us know that you need one, and a \$5 material fee payable to instructor.

25482 Apr 12 – May 3 Su 1:30-4:30p \$55.50/\$30
 Amery: High School Lisa Ruehlow

COMPUTERS & TECHNOLOGY

Comp: For Seniors Beg

42-107-413

Learn the basics needed to get started using personal computers. Develop skills in the use of the computer including the mouse and keyboard along with knowledge of terminology. As a new user of personal computers you will be introduced to word processing, the Internet, Windows, and various types of computers and components.

24492 Apr 1 – May 6 W 3-5p \$42.26/\$4.50
 New Richmond: 215 Tina Nygren

Computers: Absolute Beginner

42-107-413

Learn the basics needed to get started using personal computers. Develop skills in the use of the computer including the mouse and keyboard along with knowledge of terminology. As a new user of personal computers you will be introduced to word processing, the Internet, Windows, and various types of computers and components.

24491 Mar 2 – Mar 30 M 6-8:30p \$42.26/\$4.50
 New Richmond: 141 Bonnie Cronk

Photobooks Using Shutterfly

60-107-607

Learn how to make a personalized, professionally bound photo book using Shutterfly - a free, privacy-controlled website. Create an account at shutterfly.com and learn how to upload your digital images. The fun begins when we choose page layouts before adding photos, text and embellishments to

design a fabulous album. Choose album sizes, cover, and unique page backgrounds. There is no charge to create an account, store photos, or create an album, but there is a charge to print an album. Bring an email address and 10-20 favorite photos, in JPEG format, saved on a flash drive.

25451 Apr 14 – Apr 23 TuTh 6-8:30p \$47/\$25.75
 Amery: Amery Intermed School Marilyn Averbeck

Intro to Facebook

60-107-602

Facebook - one billion users and growing! Learn how to set up an account, create your profile, and secure your privacy. This is a perfect introduction for the newbie as well as the old pro as you learn how to share stories, photos, and re-connect with family and friends. Pre-registration is required.

25514 Mar 30 M 6-8:30p \$21.50/\$13
 Luck: High School Amy Klous

Pinterest Fun

60-107-602

Pinterest is a social networking site that is set up as a virtual pin board. Pin recipes, crafts, home improvement projects and so much more to virtual boards for easy organizing. We will set up your profile and boards and get you pinning before you leave. Basic computer skills are required. You must have an email or a Facebook account to register for a Pinterest account. Pre-registration is required.

25516 Mar 31 Tu 6-8p \$13/\$8.75
 Luck: High School Amy Klous

Social Media Safety

60-107-602

Keeping Your Kids Safe - The diversity of social networking sites is growing with Twitter, Instagram, Snapchat and others joining the ranks of Facebook in popularity and use. Discover what your child or loved one may be using and understand the monitoring tools available to you. Learn about varying sites, statistics on online usage, safety tips and contracts, profile settings, and resources which every parent or guardian should understand.

24567 Apr 6 M 6-9p \$21.50/\$13
 New Richmond: 141 Tina Nygren

MS Excel, Intro

60-103-601

Join us for a one-night introduction to Excel for those who have never created a spreadsheet. It is the perfect introduction to prepare you for a begin-



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keywords "child care" or "ECE".**

ning Excel class. Basic terminology and data entry will be covered in a relaxed setting. Prerequisite: Basic computer skills.

25445 Mar 12 Th 6-9p \$21.50/\$13
Amery: *Intermed School* Marilyn Averbek

MS Excel, Beginning

60-103-601

Learn to create worksheets for work and personal use, the basics of navigating through the cells, formatting and setting up a spreadsheet for maximum efficiency using Office 2013. See how easy it is to have the numbers calculated in just seconds and how to sort through long lists with ease. Prerequisites: Basic computer skills and some Excel knowledge.

25446 Mar 17 – Mar 26 TuTh 6-8:30p \$47/\$25.75
Amery: *Intermed School* Marilyn Averbek

25510 Apr 30 – May 7 Th 6-8:30p \$30/\$17.25
Luck: *High School* Amy Klous

MS Word Beginner

60-103-601

Learn word processing basics and tips to create, edit and format documents; understand files and folders; check spelling and grammar; change font and font size; create tables, tabs, envelopes, labels, borders and shading and much more for both home and office.. Prerequisite: Absolute Beginner computer class or comparable and/or basic computer and keyboarding skills. Pre-registration required.

25385 Apr 9 – Apr 16 Th 6-8:30p \$30/\$17.25
Luck: *High School* Amy Klous

Windows 8

60-103-601

Are you new to Windows 8 or considering this new software? Understand how it is different from Win-

dows 7 and how to navigate the user interface. Maintain productivity as you upgrade, or are migrated, to this new operating system.

24521 Feb 2 – Feb 23 M 6-8p \$38.50/\$21.50
New Richmond: 141 Tina Nygren

Windows 8 Intermediate

60-103-601

If you are familiar with Windows 8, learn more about the availability of apps and ways to use them for fun, business, education and adventure. Understand tile workflow management, voice recognition, available Cloud service and how to sync devices.

24524 Mar 2 M 6-9p \$21.50/\$13
New Richmond: 143 Tina Nygren



Cosmetology

Continuing Education

The Wisconsin Department of Safety and Professional Services will require four hours of approved continuing education, starting with the March 2015 renewal.

Upcoming classes:

- > Jan. 19 • WITC-Superior
- > Jan. 26 • WITC-Ashland
- > Feb. 2 • WITC-New Richmond
- > Feb. 9 • Ladysmith
- > Feb. 16 • WITC-Superior
- > Feb. 23 • WITC-Rice Lake & WITC-Hayward
- > Mar 2 • WITC-New Richmond
- > Mar 16 • WITC-Rice Lake

**Watch for
information
coming
soon
about NEW
Trends
class!**

\$35, includes continental breakfast

For more information: go online witc.edu/continuing-education/cosmetology or call 800.243.9482, ext. 4212 .

SolidWorks

47-420-445

SolidWorks is 3D solid modeling software for mechanical design, such as machine design, tool and die, sheet metal fabrication and welded structural components. This course will prepare you for the Certified SolidWorks Associate (CSWA) certification test. The test is offered one week after the class completes and is NOT part of this class. The curriculum is designed for SolidWorks beginners. You should have a solid understanding of Microsoft Windows and at least two years (4000 hours) of mechanical CAD experience such as AutoCAD, Inventor, ProE, Cadkey, Solid Edge, IDEAS, Alibre or SolidWorks. The required text is "Introduction to Solid Modeling Using SolidWorks 2014" by William Howard and Joseph Musto, ISMB-13 9780078021244.

24433 Jan 29 – Apr 23 Th 5-8:30p \$178.37/\$33.64
 New Richmond: 215 Brian Lindahl

SolidWorks Exam

47-420-445

Certified SolidWorks Associate Exam.

24435 Apr 30 Th 5-8:30p \$17.09/\$4.50
 New Richmond: 215 Brian Lindahl

DO-IT-YOURSELF

CAD Basics

47-606-425

Whether you are new to AutoCAD, are trained in some previous version or are in need of refresher training, you will benefit from hands-on learning and practice. AutoCAD is computer-aided drafting and design technology. Your instructor will guide you through functions including: Input of geometric entities, rotate, zoom, window and dimension drawing, use of layering and bookkeeping functions, and creation of dimensional drawings.

24680 Feb 19 – Mar 26 Th 6-9p \$61.13/\$4.50
 New Richmond: 213 Trent Fouks

Mobile Refrigerant Service and Handling Seminar

47-404-444

Technicians who service motor vehicle air conditioners must be trained and certified by a US EPA-authorized organization meeting Section 609 regu-

lations, and no longer register with DATCP. This course is based on content in the ASE (National Institute for Automotive Service and Excellence) Refrigerant Recovery and Recycling Program and will cover the use of recycling and regulatory equipment, refrigerant containment, and the effects of ozone depletion. You will receive hands-on, practical experience in our lab and a \$15 voucher to access the ASE Refrigerant Recovery and Recycling Review and Quiz in order to receive certification. This course is not considered acceptable for Section 608 compliance, a separate requirement that applies to the servicing of other types of air conditioning systems. Prerequisite: Prior air conditioning experience or consent of instructor. Please bring lunch.

24458 Apr 10 F 8a-2p \$39/\$20.12
 New Richmond: 151 Lee Fiedler

Welding

47-442-406

Learn oxy-fuel, shielded metal arc, gas metal arc and gas tungsten arc welding processes. This course is designed for beginner or intermediate students who wish to advance their present skills. Individual projects need prior approval from instructor. Please bring a notebook, pliers, safety glasses, work boots, goggles and welding helmet to class. This course meets the 30 hour requirement for apprentices. *Class will not meet Apr 3.

24397* Feb 20 – Apr 17 F4:15-8p \$135.83/\$41.44
 New Richmond: 235 Dan Wilkinson

Artistic Welding

60-442-600

Welding: An Artistic Perspective! Do you have little or no experience with welding? Explore welding in a safe environment with a focus on its artistic possibilities. Collaborative and individual projects are encouraged. For supply list go to www.witc.edu/supplies. No loose clothing and hair must be tied back.

24421 Jan 30 – Feb 13 F 4-8p \$67.58/\$42.08
 New Richmond: 235 Dan Wilkinson

Woodworking: Open Shop

60-442-600

People of all ages and woodworking ability levels will be given a safety-structured environment to use quality, industrial grade equipment and shop

premises to construct self-chosen woodworking projects under the guidance of Chris Chelberg, Amery HS Technology Education instructor. Beginners and advanced woodworkers welcome. Safety glasses are required and you must bring your own materials for your project(s).

25789 Feb 10 – Mar 3 Tu 6-9p \$55.50/\$30
Amery: High School Chris Chelberg

HEALTHY LIVING

Holistic Interpreter Series

60-560-610

Holistic Interpreter Series offered by Dr. Julie Buckman. Discover, develop, or expand your gifts. Identify your strengths. Topics include: Energy Basics, Crystal What?, and I am a Stoner, Are you? Dr. Julie Buckman was born into a long lineage of gifted ancestral family lines she was born an intuitive. She has the desire to share and teach her knowledge with others to embrace their gifts. She will help others to discover their gift and to use it ethically. Embrace who you are, understand what your purpose is, know there is more in our reality than what meets the eye. Trust in who you are, love yourself, to find your inner peace. All levels of knowledge experience or a lack of is welcome in all classes. Reflect back on what you already know. Increase your knowledge on what gifts you have and how to use them. Become familiar with the ethics of the holistic, integrated, and alternative world whether you plan on sharing your gifts with just your family, or with the general public.

24578 Feb 9 – Mar 2 M 7-9p \$38.50/\$21.50
New Richmond: 151 Julie Buckman

Holistic Interpreter Advanced

60-560-610

Advanced Holistic Interpreter class. This class is a continuation of the Holistic Interpreter class and energy basics will be the focus. Dr. Julie Buckman was born into a long lineage of gifted ancestral family lines she was born an intuitive. She has the desire to share and teach her knowledge with others to embrace their gifts. She will help others to discover their gift and to use it ethically. Embrace who you are, understand what your purpose is, know there is more in our reality than what meets the eye. Trust in who you are, love yourself, to find your inner peace.

24579* Mar 16 – Apr 13 M 7-9p \$38.50/\$21.50
New Richmond: 151 Julie Buckman

Herbs to the Rescue

60-560-610

Herbs to the Rescue! Immune System Allies. After a barrage of winter Immune System attacks you may feel wore down, compromised. Herbs to the Rescue offers sundry supports for your immunity to spring into health naturally. Gigi Stafne, MH, ND, MI is an enthusiastic educator, activist and writer in the botanical and natural medicine world, presently the coordinator of Herbalists Without Borders, a national and international non-profit organization addressing issues of natural medicine health care access globally. Earth ethics, ecology, sustainability and environmental health are woven into all the courses that she presents. She teaches through Green Wisdom and operates Wild Earth Eco Tours offering programs on herbalism to cross cultural ethno botany tours. Gigi invites you to join her in a program with open heart, head and hands. This class is offered via ITV to New Richmond, Superior and Tony locations. The instructor is in-person at the Rice Lake location.

24222 Mar 18 W 6-8p \$13/\$8.75
New Richmond: 152 Gigi Stafne

My Gut Aches!

60-560-610

My Gut Aches! Digestive system upset seems to be epidemic in our society. Opt for foods, supplements and herbal remedies to promote health and wellness for the stomach and intestines. This class is offered via ITV to New Richmond, Superior and Tony locations. The instructor is in-person at the Rice Lake location.

24240 Apr 15 W 6-9p \$21.50/\$13
New Richmond: 152 Gigi Stafne

Natural Skin Care

60-560-610

Natural Skin Care. Your skin is one of the main elimination channels of the body, but it sure has to weather a lot! Learn natural and botanical methods to support the skin—inside and out. This class is offered via ITV to New Richmond, Superior and Tony locations. The instructor is in-person at the Rice Lake location.

24243 Apr 29 W 6-9p \$21.50/\$13
New Richmond: 152 Gigi Stafne



Like “WITC Continuing Education” on Facebook and get updates on new classes, conferences, events and more!

Nourishing the Nerves

60-560-610

Nourishing the Nerves. The Nervous System needs extra nourishment by the time winter finally fades and early spring arrives. Foods, herbs and other naturopathic supports are easy and necessary for the nerves now. Join us for this session filled with super ideas for yourself, family or your natural medicine clients. This class is offered via ITV to New Richmond, Superior and Tony locations. The instructor is in-person at the Rice Lake location.

24231 Mar 25 W 6-8p \$13/\$8.75
 New Richmond: 152 Gigi Stafne

Spring into Health

60-560-610

Spring into Health! Get a head start. It has been a long winter and your body could benefit from healthful herbs, foods, juicing and gentle detoxification. Learn how to create an Optimal Spring Health Plan for yourself in this lively session. Herbal formula detox guides included! This class is offered via ITV to New Richmond, Superior and Tony locations. The instructor is in-person at the Rice Lake location.

24234 Apr 1 W 6-8p \$13/\$8.75
 New Richmond: 213 Gigi Stafne

Those Aching Joints!

60-560-610

Those Aching Joints! Feeling stiff, sore, achy? Dietary, health, environmental and genetic factors can build up to rheumatism, arthritis and lack of mobility. Learn about herbs and foods to support a more fluid body. Start feeling better sooner than later! This class is offered via ITV to New Richmond, Superior and Tony locations. The instructor is in-person at the Rice Lake location.

24237 Apr 8 W 6-9p \$21.50/\$13
 New Richmond: 152 Gigi Stafne

Herbal Apprentice

47-560-411

Herbal Apprentice Certificate Course. Do you desire to be more self-sustainable with your health care and home? Dabbled in herbalism and now you're ready to learn more? Combine the intuitive art and solid science of botanical medicine, apprenticing with a national instructor and Master Herbalist. Core components include: foundations in natural & botanical medicine, cross cultural herbalism, herbs for the life cycle, top twenty herbs in North America, botanicals not only for physical health, but for contemporary life stressors—stress, anxiety, depression, and environmental factors. Learn to create your own herbal apothecary and take home handcrafted preparations including teas, tinctures, lotions, oils and flower essences. This course is a special offering certificate level; a strong pathway and prerequisite for those who desire to pursue a future degree in Master of Herbalism. Gigi Stafne, MH, ND, MI is an enthusiastic educator, activist and writer in the botanical and natural medicine world, presently the coordinator of Herbalists without Borders, a national and international non-profit organization addressing issues of natural medicine health care access globally. Earth ethics, ecology, sustainability and environmental health are woven into all the courses that she presents. She teaches through Green Wisdom and operates Wild Earth Eco Tours offering programs on herbalism to cross cultural ethno botany tours. Gigi invites you to join her in a program with open heart, head and hands.

24134 May 8 – May 9 FSa 9a-5p \$149/\$98.66
 New Richmond: 151 Gigi Stafne

Aqua Zumba

60-807-607

Just add water & shake! The natural resistance of water adds a new element to Zumba. Feel your muscles working as you lunge, stretch and twist in the pool. Get a great core workout as you try to stay



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upright and balanced while doing the moves. This is very low impact so suitable for people with joint and bone problems. Join the party. Get wet. Get down. Get fit. Six week sessions, two classes per week. Pay for all 12 or pay for and attend six.

25257	Jan 6 – Feb 12	TuTh 5-6p	\$30/\$17.25
	<i>Balsam Lake: Unity School Michelle Flaherty</i>		
25258	Jan 6 – Feb 12	TuTh 5-6p	\$55.50/\$30
	<i>Balsam Lake: Unity School Michelle Flaherty</i>		
25259	Feb 17 – Mar 26	TuTh 5-6p	\$30/\$17.25
	<i>Balsam Lake: Unity School Michelle Flaherty</i>		
25260	Feb 17 – Mar 26	TuTh 5-6p	\$55.50/\$30
	<i>Balsam Lake: Unity School Michelle Flaherty</i>		
25261	Apr 7 – May 14	TuTh 5-6p	\$30/\$17.25
	<i>Balsam Lake: Unity School Michelle Flaherty</i>		
25262	Apr 7 – May 14	TuTh 5-6p	\$55.50/\$30
	<i>Balsam Lake: Unity School Michelle Flaherty</i>		
25263	May 19 – Jun 25	TuTh 5-6p	\$30/\$17.25
	<i>Balsam Lake: Unity School Michelle Flaherty</i>		
25264	May 19 – Jun 25	TuTh 5-6p	\$55.50/\$30
	<i>Balsam Lake: Unity School Michelle Flaherty</i>		

Water Aerobics

60-807-606

You will feel and see the results of this class. It includes a fun regiment of stretching, cardio, and core strengthening. Weight-resistance training with foam bar bells and noodles helps tone your arms, legs, and abdominals. All skill levels are welcome to try water aerobics. Buoyancy allows for low impact on your body. Ongoing classes every 6 weeks.

25350	Jan 19 – Feb 25	MW 8:30-9:30a	\$55.50/\$30
	<i>Luck: Country Inn Pool Janet Erickson</i>		
25352	Jan 22 – Mar 3	TuTh 8:30-9:30a	\$55.50/\$30
	<i>Luck: Country Inn Pool Janet Erickson</i>		
25353	Jan 22 – Mar 3	TuTh 9:30-10:30a	\$55.50/\$30
	<i>Luck: Country Inn Pool Janet Erickson</i>		
25354	Mar 2 – Apr 8	MW 8:30-9:30a	\$55.50/\$30
	<i>Luck: Country Inn Pool Janet Erickson</i>		
25355	Mar 2 – Apr 8	MW 9:30-10:30a	\$55.50/\$30
	<i>Luck: Country Inn Pool Janet Erickson</i>		
25356	Mar 5 – Apr 14	TuTh 8:30-9:30a	\$55.50/\$30
	<i>Luck: Country Inn Pool Janet Erickson</i>		
25357	Mar 5 – Apr 14	TuTh 9:30-10:30a	\$55.50/\$30
	<i>Luck: Country Inn Pool Janet Erickson</i>		
25359	Apr 13 – May 20	MW 8:30-9:30a	\$55.50/\$30
	<i>Luck: Country Inn Pool Janet Erickson</i>		
25360	Apr 13 – May 20	MW 9:30-10:30a	\$55.50/\$30
	<i>Luck: Country Inn Pool Janet Erickson</i>		
25362	Apr 16 – May 26	TuTh 8:30-9:30a	\$55.50/\$30
	<i>Luck: Country Inn Pool Janet Erickson</i>		
25365	Apr 16 – May 26	TuTh 9:30-10:30a	\$55.50/\$30
	<i>Luck: Country Inn Pool Janet Erickson</i>		

(cont.)

25370	May 27 – Jul 6	MW 8:30-9:30a	\$55.50/\$30
	<i>Luck: Country Inn Pool Janet Erickson</i>		
25372	May 27 – Jul 6	MW 9:30-10:30a	\$55.50/\$30
	<i>Luck: Country Inn Pool Janet Erickson</i>		
25374	May 28 – Jul 7	TuTh 8:30-9:30a	\$55.50/\$30
	<i>Luck: Country Inn Pool Janet Erickson</i>		
25375	May 28 – Jul 7	TuTh 9:30-10:30a	\$55.50/\$30
	<i>Luck: Country Inn Pool Janet Erickson</i>		

Yin & Yang Yoga - Beginner

60-807-628

This class will blend movement (yang) and stillness (yin) to give you the best of both worlds. We'll start with active standing postures to build strength and body awareness - proper alignment will be stressed here to keep your efforts comfortable and efficient. The second half of this class will focus on seated and reclined postures that let gravity do the work for you so you can move your awareness inward to release stress and tension in the body and mind. Movement options will be offered for all experience levels - beginners are invited to attend.

24446	Jan 5 – Feb 9	M 4-5p	\$30/\$17.25
	<i>Siren: High School Lorrie Blockhus</i>		

Yoga/ Weight Loss & Wellness

60-807-628

This popular series will be predominantly in a Core Strength Vinyasa style, which will provide cardio, strength building, and burn some calories; however, the foundation of the class is NOT about counting calories. You'll learn some helpful movement tips, stress relieving techniques including Yin/Restorative yoga, gain valuable body awareness that can translate into healthy lifestyle and food choices, and learn one of the best kept secrets to feeling great about yourself and your body no matter where you are in your wellness journey. Bring your own yoga mat & towel..

24447	Jan 5 – Feb 9	M 5:15-6:15p	\$30/\$17.25
	<i>Siren: High School Lorrie Blockhus</i>		

DID YOU KNOW...

WITC serves the educational and career needs of more than 25,000 residents of Northwestern Wisconsin each year.

HOME & LEISURE

How to Start Your Own Business

47-102-416

This three hour course will explain the ins and outs of starting your own business. Do you have what it takes to be an entrepreneur? This course provides you with the resources of starting your own business. We will guide you through some state law requirements and show you how to obtain an EIN. This course helps you make the decision on what business entity you should be. S-Corp, C-Corp. or L.L.C. We will also give you helpful tips on creating and presenting a business plan. This fast paced high energy course will have you walking away energized and with ample knowledge on the subject of starting your own business.

24135 Mar 3 Tu 6-9p \$25/\$12.41
New Richmond: 203 Jim Traeger

24136 Mar 26 Th 6-9p \$25/\$12.41
New Richmond: 203 Jim Traeger

Cast-Iron Cooking

60-303-610

Don't throw away that old cast iron frying pan. Learn how to clean, season, and enjoy it for a lifetime of fat free cooking. Cast iron is an ideal heat conductor that heats evenly and consistently, is inexpensive and will last several lifetimes with proper care. You can use a cast iron frying pan or skillet to bake a cake, sear a filet, roast or fry a chicken, fry potatoes, stir-fry vegetables and more. Come hungry and leave happy as you learn and eat your way through several delicious recipes. Please bring a \$7 material fee payable to instructor. Pre-registration is required by Jan. 26.

25377 Feb 2 M 6-8p \$13/\$8.75
Luck: High School Barbara Kass

Great Stir Fry & Skillet Meals

60-308-601

Stir fry and skillets may be the answer to the ongoing question "What can we make for supper that's both easy and good?" Start with a few basic ingredients, then modify to use just about anything in the refrigerator. Make a meat and potato skillet, an Asian stir fry, and take home recipes for many variations on both. Come to class hungry and leave with a happy tummy! Please bring a \$7 material fee payable to instructor. Pre-registration is required by Jan. 12; contact Luck Community Ed. at 715-472-2152 ext. 103 or amya@lucksd.k12.wi.us.

25379 Jan 19 M 6-8p \$13/\$8.75
Luck: High School Barbara Kass

Grilling Great Meals

60-303-610

Grilling season is coming! Brush up or learn new techniques to grill delicious outdoor meals. Impress your family and friends with mouth-watering recipes. Roll up your sleeves and have fun chopping, chatting and enjoying grilled pizza, a mouth-watering main dish, and sides. Please bring an \$8 material fee payable to instructor. Pre-registration is required by April 20.

25378 Apr 27 M 6-8p \$13/\$8.75
Luck: High School Barbara Kass

Foods: Sanitation for Restaurant Managers

47-303-405

This course provides the background information needed for the National Restaurant Association's Certification exam for sanitation. This exam meets state certification requirements for restaurant managers effective January 1, 1995 and is given at the last class. Topics include: Microorganisms and food-borne diseases, safe food handling and storage, and standards for cleanliness and sanitation. Students are strongly encouraged to review the information at this website prior to registering for class. <https://www.servsafe.com/downloads/pdfs/handbooks/ssfs-examinee-handbook> Purchase book "ServSafe Manager" 6th edition by contacting the WITC-Rice Lake Bookstore at 800.243.9482, extension 5474. You MUST bring your textbook to class.

24116 Apr 11 - Apr 18 Sa 9a-4p \$42.26/\$4.50
New Richmond: 203 Marsha Stoerber

Responsible Beverage Service

47-311-400

Learn responsible beverage service techniques. Local and state laws will be discussed. Techniques for creating a more profitable business environment by preventing negative and/or unsafe situations in the serving of alcoholic beverages are included. Content will also include implications for legal action against owners and operators of beverage service facilities from inappropriate patron behavior. In general the course is designed to increase the awareness of alcoholic beverage service techniques for owners/operators and the potential for increasing profits through responsible management practices. This course was jointly developed by the Wisconsin Restaurant Association and the Wisconsin Technical College System and may fulfill or partially fulfill local municipal ordinance requirements for beverage servers.

24052 Jan 26 M 6-10p \$25/\$12.41
New Richmond: 203 Kristin Samp

(Cont.)

24060	Mar 23 <i>New Richmond: 203</i>	M 6-10p	\$25/\$12.41 <i>Kristin Samp</i>
24053	May 18 <i>New Richmond: 203</i>	M 6-10p	\$25/\$12.41 <i>Kristin Samp</i>

project and for inspiration and encouragement from other listeners/readers/writers.

25296	Jan 20 – Feb 24 <i>Frederic: High School</i>	Tu 4-6p	\$42.26/\$4.50 <i>Carolyn Wedin</i>
25349	Jan 22 – Feb 26 <i>Luck: High School</i>	Th 4-6:30p	\$54.84/\$4.50 <i>Carolyn Wedin</i>
25772	Apr 7 – May 12 <i>Frederic: High School</i>	Tu 4-6p	\$42.26/\$4.50 <i>Carolyn Wedin</i>
25348	Apr 9 – May 14 <i>Luck: High School</i>	Th 4-6:30p	\$54.84/\$4.50 <i>Carolyn Wedin</i>

LIFELONG LEARNING

Write Right Now!

42-801-402

Whether you are creating short stories, a novel, memoir, play, or a piece for your local newspaper, this is a place to come for hints to improve your

Health Care Continuing Education

Nurses Professional Day
April 10 in Rice Lake

Nursing Assistant Conference
April 29 in Ashland

CMA Conferences
March 21 in Rice Lake
April 11 in New Richmond

**WISCONSIN
INDIANHEAD
TECHNICAL
COLLEGE**

witc.edu

Lawn Mushrooms

42-806-410

Find out which mushrooms grow in your yard! From delicious edibles to poisonous look-a-likes, we will concentrate on mushrooms that grow on the lawn. Leave with a full understanding of six common edibles and six toxic species that grow exclusively in grass. Bring home printed handouts for reference. Instructor Lynch is a 30-year veteran of wild mushroom foraging in northern Wisconsin. A certified expert by the MN Dept. of Agriculture, he has been harvesting over 40 varieties of wild fungus and bringing hundreds of pounds safely to the public. He focuses public education on safe, ethical harvest of wild, edible mushrooms and on cultivation of exotic mushrooms.

25442 Feb 24 – Feb 26 TuTh 5:30-8:30p \$23.38/\$4.50
Amery: High School Tavis Lynch

25344 Mar 17 – Mar 19 TuTh 5:30-8:30p \$23.38/\$4.50
Luck: High School Tavis Lynch

Wild Mushrooms 101

42-806-410

Join us for this great opportunity to learn from a 30-year veteran of wild mushroom foraging! This is a classroom session covering the ‘three rules + one’ and the ‘safe six’: Morels, shaggy manes, hen of the woods, chicken mushrooms, oyster mushrooms and puffballs. Topics include tree identification, ethics, safety, storage and preparation. Poisonous mushrooms will also be discussed. Your instructor is a certified expert by the Minnesota Department of Agriculture and owns Tavis’s Mushrooms.

25440 Feb 10 – Feb 12 TuTh 5:30-8:30p \$23.38/\$4.50
Amery: High School Tavis Lynch

25345 Mar 3 – Mar 5 TuTh 5:30-8:30p \$23.38/\$4.50
Luck: High School Tavis Lynch

Wild Mushrooms 201

42-806-410

Discover the easily identified, but lesser known edible mushrooms not covered in Wild Mushrooms 101. Discover more accurate identification techniques and an accurate map of mushroom seasons. You will make a spore print and identify trees associated with different mushroom species. Mushrooms covered include: Hericium, Lobster Mushrooms, Leccinum, Hedgehog, Black Trumpet, Entoloma and Elm Oysters. Your instructor is a certified expert by the Minnesota Department of Agriculture and owns Tavis’s Mushrooms. Pre-requisite: Wild Mushrooms 101.

25416 Feb 17 – Feb 19 TuTh 5:30-8:30p \$23.38/\$4.50
Amery: High School Tavis Lynch

25346 Mar 10 – Mar 12 TuTh 5:30-8:30p \$23.38/\$4.50
Luck: High School Tavis Lynch

Wild Mushrooms: Spring Edibles

42-806-410

Learn to identify, harvest and prepare wild morel mushrooms. Identify all forms of true and false morels and how to prepare them. We will also discuss Oyster mushrooms and Pheasants Black mushrooms along with several edible spring plants. Emphasis on safety and ethical harvest. Tavis Lynch is a 30-year veteran of harvesting wild mushrooms and is a certified expert by the Minnesota Department of Agriculture. He also owns Tavis’s Mushrooms, an exotic mushroom farm near Cumberland.

25444 Apr 14 – Apr 16 TuTh 5:30-8:30p \$23.38/\$4.50
Amery: High School Tavis Lynch

25347 Apr 21 – Apr 23 TuTh 5:30-8:30p \$23.38/\$4.50
Luck: High School Tavis Lynch

Drama in the Northwoods

42-808-401

Read, discuss and see productions of two Shakespeare plays at the Guthrie Theater in Minneapolis: the comedy A Midsummer Night’s Dream and the tragedy of Macbeth. We will also study a dramatized version of Mark Twain’s 1889 novel, A Connecticut Yankee in King Arthur’s Court. Of course our finale will include good eating.

25295 Jan 19 – Feb 23 M 6:30-8:30p \$42.26/\$4.50
Frederic: High School Carolyn Wedin

25771 Apr 6 – May 11 M 6:30-8:30p \$42.26/\$4.50
Frederic: High School Carolyn Wedin

SAFETY & TRANSPORTATION

Motorcycle - Basic Rider 1

42-816-400

A16-hour course approved by the Department of Transportation, designed to teach the beginner or experienced rider safe techniques to riding a motorcycle. It consists of 6 hours of classroom and 10 hours of on-cycle instruction. After Successful completion of this class you will receive a “waiver” to take to the DMV that may waive you from taking the road test to get a Motorcycle Endorsement.

25334 Apr 25 – Apr 26 SaSu 8a-5p \$256.91
New Richmond: 604 William Shaffer

25335 May 2 – May 3 SaSu 8a-5p \$256.91
New Richmond: 604 Gregory Lane

25336 May 9 – May 10 SaSu 8a-5p \$256.91
New Richmond: 604 William Shaffer

25337 May 16 – May 17 SaSu 8a-5p \$256.91
New Richmond: 604 Gregory Lane

25338 May 30 – May 31 SaSu 8a-5p \$256.91
New Richmond: 604 William Shaffer

Traffic Safety for Point Reduction

42-812-404

Traffic Safety course will examine driving behavior and review traffic laws and penalties. Emphasis will be placed on ways to drive responsibly. The Traffic Safety class will show participants how to develop a change plan to reduce their risk of traffic violations and crashes. Students who successfully complete this Traffic Safety class may be eligible to receive a three-point reduction from their driving record. This class also meets the requirements for anyone that has received a "Failure to Yield Right of Way Violation" 2011 Wisconsin Act 173-346.18.

23848	Jan 27 – Feb 5	TuTh 6-9p	\$65.01/\$27.25
	<i>New Richmond: 210</i>		<i>Eric Lockwood</i>
23849	Apr 14 – Apr 23	TuTh 6-9p	\$65.01/\$27.25
	<i>New Richmond: 210</i>		<i>Eric Lockwood</i>

ASHI Pedia 1st Aid/CPR Renewal

47-531-417

ASHI Pediatric CPR, AED, and First Aid training is an ideal training solution for schools, child care providers, youth sports coaches, and others required to respond to medical emergencies involving children. This versatile program is based upon the 2010 CPR and First Aid Guidelines, Caring for Our Children, 3rd Ed; and other evidence-based treatment recommendations. No book required as book available on-line at successful completion of course.

22148	Jan 13	Tu 6-10p	\$32.25/\$19.66
	<i>New Richmond: 217</i>		<i>WITC TBD</i>
22149	May 4	M 6-10p	\$32.25/\$19.66
	<i>New Richmond: 217</i>		<i>WITC TBD</i>

CPR and AED - ASHI

47-531-471

CPR and AED is a combined program designed specifically for laypeople. This program is good for the community and the workplace. Students will learn about sudden Cardiac Arrest. How to perform CPR and use the AED and how to perform the Heimlich maneuver. This course will certify a person for 2 years in CPR and AED.

25650	May 12	Tu 6-10p	\$24.34/\$11.75
	<i>New Richmond: 217</i>		<i>WITC TBD</i>

CPR and AED Renewal: ASHI

47-531-472

This course will recertify students in CPR and AED. PREREQUISITE: Students must have taken the original course within the last 2 years.

25652	Feb 24	Tu 6-10p	\$29/\$16.41
	<i>Amery: High School</i>		<i>WITC TBD</i>
25653	Mar 19	Th 6-10p	\$29/\$16.41
	<i>New Richmond: 217</i>		<i>WITC TBD</i>

CPR Health Care Provider - AHA

47-531-437

The AHA for Health Care Providers Course is designed to teach the skills of CPR for victims of all ages including ventilation with a barrier device and use of an automated external defibrillator (AED), and relief of foreign-body airway obstruction (FBAO). It is intended for participants who provide health care to patients in a hospital setting and out-of-hospital settings. This course is for anyone that is required to take a health care provider course for employment. All participants who successfully complete the course, including the written examination and skill demonstrations will receive a BLS for Health Care provider completion card that will certify them for two years (credential.) Book provided at class. Textbook required - AHA BLS for Health Care Providers.

25629	Jan 19 – Jan 21	MW 6-10p	\$44.07/\$18.90
	<i>New Richmond: 217</i>		<i>WITC TBD</i>
25630	Apr 14 – Apr 16	Tu 6-10p	\$44.07/\$18.90
	<i>New Richmond: 217</i>		<i>WITC TBD</i>

CPR Health Care Provider Renewal - AHA

47-531-439

Intended for the biennial renewal of the CPR Healthcare Provider. Students must successfully complete tests on one-and two-rescuer CPR (adult, child, infant), foreign body airway obstruction (FBAO) procedures (adult, child, infant), and mask with 1-way valve usage. A minimum of 84% must be attained on the written test. (PREREQUISITE: CPR Healthcare Provider successful completion within previous 2 years.) Access to book required.

22146	Dec 18	Th 6-10p	\$25/\$12.41
	<i>New Richmond: 217</i>		<i>WITC TBD</i>
22147	Feb 5	Th 6-10p	\$25/\$12.41
	<i>New Richmond: 217</i>		<i>WITC TBD</i>
25637	Mar 3	Tu 6-10p	\$25/\$12.41
	<i>New Richmond: 217</i>		<i>WITC TBD</i>

CPR/AED/Basic First Aid-ASHI

47-531-419

This course is a combined CPR/AED & Basic first aid program designed specifically for laypeople. The program is good for the community and the workplace setting. This course is designed to teach people the knowledge and skills that they need to recognize emergencies and perform CPR and use an AED and perform first aid until EMS arrives. This course will certify a person for 2 years in CPR/AED/Basic First Aid.

25627	Feb 24 – Feb 26	TuTh 6-10p	\$36.92/\$11.75
	<i>Amery: High School</i>		<i>WITC TBD</i>

Rice Lake Region

ARTS

Drawing in Color

60-815-605

Playing with color in a whimsical manner will be the focus of this class. Create several small, fun, warm-up exercises using your imagination. You'll practice using monochromatic colors (tones and tints of the same color) to create a warm or cool mood. We'll then expand our palette by using several analogous colors (which are next to one another on the color wheel). We'll explore how colors affect each other dramatically by using only complementary colors. Then, we'll slow down, interpreting our own photos vividly, emphasizing the focal point/center of interest, by exaggerating textures and color/value contrasts. This class is for all levels, including beginners. View a supply list at: www.witc.edu/supplies or have it mailed to you.

24258 Apr 13 M 9:30a-3:30p \$30/\$17.25
Hayward: WITC-Hayward Diana Randolph

Beaded Wind Chimes

60-815-640

No ordinary mini windchimes for your yard! Make this uniquely yours by personalizing the hanger, clapper, and wing with paint and design. String beads randomly or in planned colors and patterns

for harmonious tones to enjoy year-round. Please bring a \$24 material fee payable to instructor along with towels, small container/lid and working clothes. Registration Deadline: April 8.

25381 Mar 16 M 6-9p \$21.50/\$13
Spooner: High School Peggy Ingles

Building a Willow Trellis

60-815-640

Create a willow trellis or experiment with other outdoor, garden or patio furniture. Learn about types of trellises, bending techniques and construction. Please bring work gloves, pruning shears (if you have them) and a \$10 material fee for instructor.

25495 May 7 Th 6-9p \$21.50/\$13
Chetek: C-W High School Sydney Tanner

Natural Dyes

60-815-640

You may bring your own natural fabric or yarn to dye. Please bring a \$5 material fee to instructor.

25530 Mar 31 Tu 6-9p \$21.50/\$13
Chetek: C-W High School Sydney Tanner

Mosaic Bird Bath

Recycle a thrift store table lamp into a one-of-a-kind birdbath or use hangers to make a 'swinging-spa' for your feathered friends. Using colorful opaque glass, decorate a 9 inch terra cotta saucer with your design or a simple pattern provided. Bring a hollow based lamp that measures about 15 inches from the bottom of the light socket to the table. We will help you fit the saucer to the

Healthy Living with Master Herbalist Gigi Stafne

From keeping your kids healthy this cold and flu season to creating a home natural medicine cabinet, Master Herbalist Gigi Stafne will teach you about the medicinal, edible and cultural uses of plants.

Gigi also offers an Herbal Apprentice certificate and Community Herbalist course.



lamp using fittings provided (for a small additional fee). Custom fit chain hangers will also be available for purchase. Apply pre-cut glass first night, grout and protect it the next for beautiful results! Please bring a \$20 material fee payable to instructor along with base or hanging fittings, towels, small container/lid and working clothes. Registration deadline: March 12.

25380 Mar 19 – Mar 26 Th 6-9p \$30/\$17.25
Spooner: High School Peggy Ingles

25860 Mar 24 – Mar 31 Tu 5:30-8:30p \$30/\$17.25
Hayward: WITC-Hayward Peggy Ingles

Crocheting: Basic

60-306-600

If you are brand new to crochet, the vast array of available hooks, yarns, stitches, and patterns can seem overwhelming. Explore the possibilities as you learn about yarn recommendations, crochet supplies, knots and stitches. Your instructor is a 4-H and Open Class judge for knitting and crocheting.

24160 Jan 19 – Feb 23 M 9-11a \$55.50/\$30
Rice Lake: 214 Constance Townswick

Knitting for Beginners

60-306-612

Whether you are new to knitting, want to brush up on your skills, or gain incentive to complete an unfinished project, your instructor will guide the way. Learn about some knitting history and terminology, basic knitting stitches, equipment, materials and how to read a pattern. Many beginner patterns are available or bring a project of your choice.

24663 Feb 3 – Feb 26 TuTh 6-8p \$72.50/\$38.50
Rice Lake: 212 Debra Tetzlaff

Beginners Log Cabin Quilt

60-304-615

Have you always wanted to learn to quilt? If so, this is the class for you. We will be working on a traditional log cabin quilt using easy, modern techniques. This class is for the beginner or anyone looking for a better way to make this fabulous quilt. You will receive a supply list at class.

24320 Jan 19 – Feb 9 M 6-8:30p \$47/\$25.75
Rice Lake: 225 Diann Raymond

Bags and Organizers

60-301-605

Sew a great, roomy professional looking tote bag and learn loads of tricks and tips for easy construction. The projects in this class will be different than previous purse and bag classes, so join as a new or repeat student. Basic sewing knowledge is neces-

sary. You will receive a supply list at the first class.

24319 Feb 16 – Mar 2 M 6-8:30p \$38.50/\$21.50
Rice Lake: 225 Diann Raymond

Writing Your Life Story

60-801-601

Develop effective and concise writing styles and techniques as you write about the different stages of your life. You will have the opportunity to share your memorable stories in class and with loved ones.

24159 Apr 13 – May 18 M 9:30-11:30a \$55.50/\$30
Rice Lake: 214 Patricia Brewer

COMPUTERS & TECHNOLOGY

Comp: Absolute Beg 1st Step

42-107-413

Understand the most basic features of operating a computer and keyboard including starting and shutting down; creating, saving, retrieving and printing a document. Become more comfortable managing and storing your documents and files.

24121 Jan 28 – Feb 18 W 1-4p \$42.26/\$4.50
Hayward: WITC-Hayward Patti Rumler

Comp: Absolute Beg Next Step

42-107-413

This is an extension of the Absolute Beginners 1st Step class. Pick up where you left off and learn more skills and practice within the programs.

24339 Mar 4 – Mar 25 W 1-4p \$42.26/\$4.50
Hayward: WITC-Hayward Patti Rumler

Comp: Facebook Basics

60-107-602

Facebook has one billion users and growing! Learn how to set up an account, create your profile and secure your privacy. This class will be a perfect introduction to key social networking concepts and terms, for the newbie as well as the old pro, as participants learn how Facebook helps share stories, photos, and re-connect with family and friends. If you do not have an email account, you will learn how to create and manage an email account. The second class offers more tips and tricks about on-line social networking features and functions. Specific time is devoted to uploading content, securing your privacy and creating lasting relationships online.

24123 Mar 12 – Mar 19 Th 1-4p \$30/\$17.25
Hayward: WITC-Hayward Patti Rumler

Facebook Marketing

60-107-602

Social media is a powerful tool to market your organization or business! You can reach out to customers, clients and volunteers by creating your own Facebook page for your non-profit or business. Once done, you can send short updates to those contacts in MINUTES! Your customers can even SHARE your good news with others, thus increasing your exposure. Attend this short class to learn about power of Facebook marketing!

24125 Mar 26 – Apr 2 Th 1-4p \$30/\$17.25
Hayward: WITC-Hayward Patti Rumler

Intro to Blogging with Blogger

60-107-602

Introduction to Blogging through the use of the app and/or website Blogger. Learn the process of creating and updating your own blog. As part of the course, we will build a basic blog by choosing a unique name (url), learn how to choose and design a basic template or background, learn how to take or import pictures to your blog, add titles and text to your page and publish your blog to the web. Blogger is a Google related site. Each participant will create a Google email account to participate. This will not need to remain your primary email account but will be used as a username and password for accessing Blogger. You may use, access and update Blogger through multiple devices including pc laptops, mac computers and ipads.

24649 Apr 29 – May 6 W 5:30-7:30p \$21.50/\$13
Hayward: WITC-Hayward David Viner

Pinterest Fun

60-107-602

Pinterest is where you go to discover new things and collect stuff you love—and it's free. If you find something online you want to build, cook, buy or do, just Pin It to your personal Pinterest site and you can easily access it any time. It's a great place to save recipes, building projects, crafting ideas, travel sites, and any kind of wish list you can envision! You MUST be able to access your e-mail account from the WEB for this class.

24124 Apr 15 – Apr 22 W 1-4p \$30/\$17.25
Hayward: WITC-Hayward Patti Rumler

Saving Docs/Organizing Your PC

60-107-602

You will learn how to move/organize & rename your documents & photos into folders that are manageable and recognizable. You will also learn how to back up your most valuable files for safekeeping.

24122 Apr 1 – Apr 8 W 1-4p \$30/\$17.25
Hayward: WITC-Hayward Patti Rumler

Social Media Safety

60-107-602

Keep Your Kids Safe - The diversity of social networking sites is growing with Twitter, Instagram, Snapchat and others joining the ranks of Facebook in popularity and use. Discover what your child or loved one may be using and understand the monitoring tools available to you. Learn about various sites, statistics on online usage, safety tips and contracts, profile settings, and other useful resources.

24562 Feb 10 Tu 5:30-8:30p \$21.50/\$13
Rice Lake: 160 Cheryl Maki

MS Excel, Beginning

60-103-601

Be amazed at what Excel can do for you! Learn how to create worksheets for work and personal use. Get the basics of navigating through the cells, formatting and setting up a spreadsheet for maximum efficiency. See how easy it is to have numbers calculated for you in seconds and how to sort through long lists with ease. Prereq: Basic computer skills.

24546 Mar 25 – Apr 1 W 6-9p \$30/\$17.25
Rice Lake: 160 Cheryl Maki

MS Excel, Intermediate

60-103-601

Are you ready for the next level of Excel? Dig into the more advanced functions and formulas including date and finance functions. Explore how to customize charts, create customized formatting, and protect your workbooks, worksheets or cells. Work with multiple workbooks and named ranges. Prerequisites: Beginning Excel or equivalent skills including how to create, open, save, format and print a worksheet, use formulas and the SUM function.

24548 Apr 8 – Apr 15 W 6-9p \$30/\$17.25
Rice Lake: 160 Cheryl Maki

MS Products Overview

47-103-410

Maximize your MS Office tools for your job or business! This short course will teach you some of the best time-saving features available in your MS Office software. The instructor will survey interests on the first night to determine where practice time will be spent. Expect these topics at a minimum: Word-- The basics of mail merge including labels, envelopes, and form letters; PowerPoint--create a slide show and share as slides, online movie, or printed format; Access-- create a database, form, report, and learn how to sort and query information. Other topics will be based on student need. Some previous computer experience is required.

25254* Feb 11 – Mar 11 W 5-8p \$42.26/\$4.50
Hayward: WITC-Hayward Julie Thompson

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Ready . . . or Not?

2nd Annual Final Affairs Conference

A Guide to Arranging your Personal and Legal Affairs

Thursday, May 7, 2015, 8 a.m. to 3:30 p.m.
 WITC-New Richmond

Learn about personal and legal decisions to address as people age. Designed for elders, caregivers, friends, loved ones, community members and professionals.

- Consider options
- Ask questions
- Explore Issues

No charge. Includes complimentary light breakfast and lunch, vendors and door prizes for participants. Sponsored by WITC, Adoray Home Health and Hospice, and New Richmond Community Education.

Space is limited. Register by **Friday, May 1** at New Richmond Community Education, 715.243.7494, or newrichmond.k12.wi.us

Windows 7

60-103-601

Learn the basics to effectively use Windows 7. Develop knowledge of the basic features such as desktop layout, create shortcuts, use flash drives for backups, personalize the desktop and much more. Basic computer, keyboard mouse skills required.

24549 Mar 9 – Mar 13 MWF 1-4p \$47/\$25.75
Rice Lake: Senior Citizens Ctr Ronald Gehler

Windows 8

60-103-601

Are you new to Windows 8 or considering this new software? Understand how it is different from Windows 7 and how to navigate the user interface. Maintain productivity as you upgrade, or are migrated, to this new operating system.

24520 Feb 16 – Mar 2 M 6-9p \$47/\$25.75
Rice Lake: 211 Cheryl Maki

24550 Mar 23 – Mar 27 MWF 1-4p \$47/\$25.75
Rice Lake: Senior Citizens Ctr Ronald Gehler

Windows 8 Apps

60-103-601

Discover the many Windows 8 computer applications (Apps) available? Learn at a comfortable pace as you explore Microsoft Store, Internet Explorer, Photos, Games, Mail and others. You will receive handouts to help you practice on your computer. Knowledge of mouse and keyboard are required.

24551 Apr 13 – Apr 17 MWF 1-4p \$47/\$25.75
Rice Lake: Senior Citizens Ctr Ronald Gehler

Windows 8 Intermediate

60-103-601

If you are familiar with Windows 8, learn more about the availability of apps and ways to use them for fun, business, education and adventure. Understand tile workflow management, voice recognition, available Cloud service and how to sync devices.

24523 Mar 18 W 6-9p \$21.50/\$13
Rice Lake: 160 Cheryl Maki

Get Smart with Your Smartphone

60-107-608

Smartphones aren't just for phone calls! Join us to learn how to organize your contacts, take photos and send them in e-mail, surf the web, add social network accounts, customize your device and much more. Bring your instruction booklet and fully charged phone to class.

24126 Apr 9 – Apr 16 Th 1-4p \$30/\$17.25
Hayward: WITC-Hayward Patti Rumler

iPad Basics

60-107-609

Bring your iPad and charger to this one-day class for hands-on practice with essential iPad skills! You will learn essential "settings" features like searching for wi-fi connections, anchoring your most used apps, and adjusting key settings commands. You'll also practice communicating via e-mails (with attachments), skype or facetime, move apps across screens, and investigate the "messaging" app. In addition, you will spend time using your camera and video features, surfing the internet, loading apps, and organizing your schedule with the calendar. Your iPad is your mobile personal assistant; join us to learn how to make it work to its potential! Prerequisite requirement: complete the preparatory tasks on the instructor's worksheet located at: <http://www.witc.edu/supplies> before you attend class.

24127 Feb 14 Sa 9a-3p \$30/\$17.25
Hayward: WITC-Hayward David Viner

Must Have Apps

60-107-609

After a brief review of the iPad Basics class, you'll spend time learning about additional great iPad apps and customizing of your device. Prepare to share your best finds with the class!

24128 Mar 3 – Mar 10 Tu 6-8p \$21.50/\$13
Hayward: WITC-Hayward David Viner

DO-IT-YOURSELF

Welding

47-442-406

Learn oxy-fuel, shielded metal arc, gas metal arc and gas tungsten arc welding processes. This course is designed for beginner or intermediate students who wish to advance their present skills. Individual projects need prior approval from instructor. Please bring a notebook, pliers, safety glasses, work boots, goggles and welding helmet to class. This course meets the 30 hour requirement for apprentices.

24398* Feb 13 – Apr 10 F 5-9p \$144.88/\$44.20
Rice Lake: 188 Jesse Novak
 *Class will not meet Apr 3.

Woodworking: Open Shop

60-409-601

Whether you are a novice or advanced wood carver, your instructor will guide you to complete a project of your choice. Gain an understanding of the properties of wood, hand and power tools, safety and

how to market your wood products. Be prepared to provide your own materials and safety glasses. Class is held at the old Weyerhaeuser School's shop room.

25532	Mar 4 – Mar 25	W 5-8p	\$55.50/\$30
	<i>Weyerhaeuser School</i>		<i>Richard Manor</i>
25531	Apr 1 – Apr 22	W 5-8p	\$55.50/\$30
	<i>Weyerhaeuser School</i>		<i>Richard Manor</i>

Woodworking

60-409-601

Work on your own woodworking projects in this open shop atmosphere. You will have the opportunity to work with Robert Hardy, a local shop teacher of over 31 years. Beginners welcome. Please bring your own material. Winter High School's tools and equipment are available for use.

24461	Mar 4 – Apr 8	W 5-7p	\$55.50/\$30
	<i>Winter: High School</i>		<i>Robert Hardy</i>

HEALTHY LIVING

Herbs to the Rescue

60-560-610

Herbs to the Rescue! Immune System Allies. After a barrage of winter Immune System attacks you may feel wore down, compromised. Herbs to the Rescue offers sundry supports for your immunity to spring into health naturally. Gigi Stafne, MH, ND, MI is an enthusiastic educator, activist and writer in the botanical and natural medicine world, presently the coordinator of Herbalists without Borders, a national and international non-profit organization addressing issues of natural medicine health care access globally. Earth ethics, ecology, sustainability and environmental health are woven into all the courses that she presents. She teaches through Green Wisdom and operates Wild Earth Eco Tours offering programs on herbalism to cross cultural ethno botany tours. Gigi invites you to join her in a program with open heart, head and hands. This class is offered via ITV to New Richmond, Superior and Tony locations. The instructor is in-person at the Rice Lake location.

24218	Mar 18	W 6-8p	\$13/\$8.75
	<i>Rice Lake: 128</i>		<i>Gigi Stafne</i>
24846	Mar 18	W 6-8p	\$13/\$8.75
	<i>Tony: Flambeau High School</i>		<i>Gigi Stafne</i>

Herbs: Backyard Herbal

60-560-610

Learn how to grow and safely use medicinal herbs to enhance your health and treat various conditions naturally.

25494	Apr 30	Th 6-8p	\$13/\$8.75
	<i>Chetek: C-W High School</i>		<i>Sydney Tanner</i>

My Gut Aches!

60-560-610

My Gut Aches! Digestive system upset seems to be epidemic in our society. Opt for foods, supplements and herbal remedies to promote health and wellness for the stomach and intestines. This class is offered via ITV to New Richmond, Superior and Tony locations. The instructor is in-person at the Rice Lake location.

24239	Apr 15	W 6-9p	\$21.50/\$13
	<i>Rice Lake: 128</i>		<i>Gigi Stafne</i>
24850	Apr 15	W 6-9p	\$21.50/\$13
	<i>Tony: Flambeau High School</i>		<i>Gigi Stafne</i>

Natural Skin Care

60-560-610

Natural Skin Care. Your skin is one of the main elimination channels of the body, but it sure has to weather a lot! Learn natural and botanical methods to support the skin—inside and out. This class is offered via ITV to New Richmond, Superior and Tony locations. The instructor is in-person at the Rice Lake location.

24242	Apr 29	W 6-9p	\$21.50/\$13
	<i>Rice Lake: 128</i>		<i>Gigi Stafne</i>
24851	Apr 29	W 6-9p	\$21.50/\$13
	<i>Tony: Flambeau High School</i>		<i>Gigi Stafne</i>

Nourishing the Nerves

60-560-610

Nourishing the Nerves. The Nervous System needs extra nourishment by the time winter finally fades and early spring arrives. Foods, herbs and other naturopathic supports are easy and necessary for the nerves now. Join us for this session filled with super ideas for yourself, family or your natural medicine clients. This class is offered via ITV to New Richmond, Superior and Tony locations. The instructor is in-person at the Rice Lake location.

24230	Mar 25	W 6-8p	\$13/\$8.75
	<i>Rice Lake: 128</i>		<i>Gigi Stafne</i>
24847	Mar 25	W 6-8p	\$13/\$8.75
	<i>Tony: Flambeau High School</i>		<i>Gigi Stafne</i>

Spring into Health

60-560-610

Spring into Health! Get a head start. It has been a long winter and your body could benefit from healthful herbs, foods, juicing and gentle detoxification. Learn how to create an Optimal Spring Health Plan for yourself in this lively session. Herbal formula detox guides included! This class is offered via ITV to New Richmond, Superior and Tony locations. The instructor is in-person at the Rice Lake location.

24233 Apr 1 W 6-8p \$13/\$8.75
Rice Lake: 128 Gigi Stafne

Those Aching Joints!

60-560-610

Those Aching Joints! Feeling stiff, sore, achy? Dietary, health, environmental and genetic factors can build up to rheumatism, arthritis and lack of mobility. Learn about herbs and foods to support a more fluid body. Start feeling better sooner than later! This class is offered via ITV to New Richmond, Superior and Tony locations. The instructor is in-person at the Rice Lake location.

24236 Apr 8 W 6-9p \$21.50/\$13
Rice Lake: 128 Gigi Stafne

24849 Apr 8 W 6-9p \$21.50/\$13
Tony: Flambeau High School Gigi Stafne

Herbal Apprentice

47-560-411

Herbal Apprentice Certificate Course. Do you desire to be more self-sustainable with your health care and home? Dabbled in herbalism and now you're ready to learn more? Combine the intuitive art and solid science of botanical medicine, apprenticing with a national instructor and Master Herbalist. Core components include: foundations in natural & botanical medicine, cross cultural herbalism, herbs for the life cycle, top twenty herbs in North America, botanicals not only for physical health, but for contemporary life stressors—stress, anxiety, depression, and environmental factors. Learn to create your own herbal apothecary and take home handcrafted preparations including teas, tinctures, lotions, oils and flower essences. This course is a special offering certificate level; a strong pathway and prerequisite for those who desire to pursue a future degree in Master of Herbalism.

24133 Mar 19 – Mar 20 ThF 9a-5p \$149/\$98.66
Rice Lake: 223 Gigi Stafne

Motorcycle Basic Rider

WITC's Motorcycle-Basic Rider class is approved by the Department of Transportation. It is designed to teach the beginner or experienced rider the safe techniques for riding a motorcycle. It consists of six hours of classroom and ten hours of on-cycle instruction.

New requirement!

In addition to registering for this WITC course, students must pay for and take the MSF Basic eCourse available through www.msf-usa.org/students. Students are required to print completion certificate and bring to first class.

Watch for announcements of spring classes coming soon.



Cardio Kickboxing

60-807-607

Burn calories and build endurance while conditioning your body in this high intensity cardio class with kickboxing moves. Learn easy-to-follow moves that will make you sweat, yet leave you energized. Please bring a towel and water bottle. Mats will be provided. As always, consult with your physician before starting this or any other exercise program.

24374* Feb 4 – Mar 25 W 4:30-5:30p \$38.50/\$21.50
Rice Lake: Pure Energy LLC Veronica Tennant
 *Class will not meet Feb 25.

Adult Swimming Basics

60-807-645

For ages 16 and up. Basic swimming strokes will be taught. After attending this class, you will have confidence about being in the water and knowing basic lifesaving swimming strokes.

24714 Apr 14 – May 7 TuTh 6:30-7p \$21.50/\$13
Hayward: LCO Casino Adrienne Graese

Level 1 Swimming

60-807-645

To begin developing positive attitudes, good swimming habits and safe practices in and around the water. Level 1 introduces fundamental strokes, with support, to practice being independent in the water. Suggested for age 6 or after completing Preschool 2. Bring your own towel to each class.

24713 Apr 14 – May 7 TuTh 5:45-6:15p \$21.50/\$13
Hayward: LCO Casino Adrienne Graese

Pre-School 1 Swimming

60-807-645

Preschool 1 is meant to orient preschool-age children, ages 3-4, to the aquatic environment and help them acquire rudimentary levels of basic aquatic skills. Primarily focuses on comfort in an aquatic environment and learning how to safely enjoy being in and around water. Bring towel to each class.

24711 Apr 14 – May 7 TuTh 4:30-4:50p \$21.50/\$13
Hayward: LCO Casino Adrienne Graese

Pre-School 2 Swimming

60-807-645

Preschool 2 is meant to orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills. This course extends from the focus of Preschool 1, introducing more basic aquatic skills to prepare for Level 1. Suggested for ages 4 and 5 or after completing Preschool 1. Bring towel to each class.

24712 Apr 14 – May 7 TuTh 5-5:30p \$21.50/\$13
Hayward: LCO Casino Adrienne Graese

Aquatics

60-807-606

The Aquatic Program is a water exercise program shown to reduce pain and improve overall health. Suitable for every fitness level, the classes are held in a friendly and supportive environment that encourages social interaction among participants. Led by a certified instructor, the classes are designed to be a fun, safe way to exercise and stay fit. The buoyancy of the water means less stress on your body. No swimming skills are required.

24652 Mar 17 – Apr 9 TuTh 12:40-1:30p
\$38.50/\$21.50
Ladysmith: High School Colleen Peters

24653 Apr 21 – May 14 TuTh 12:40-1:30p
\$38.50/\$21.50
Ladysmith: High School Colleen Peters

Gentle Yoga

60-807-628

Gentle Yoga focuses on developing balance, flexibility and strength for body, mind and spirit through mindful movement, mindful breathing practices (pranayama) and meditation. Yoga will help you open your spine, release tension, provide gentle strengthening and stretching for all major muscle groups as well as strengthen the immune system. Pranayama practice (breathing exercises) will strengthen the respiratory system. You will calm your mind with relaxation, centering and meditation. Important Class Notes: This class is for beginning students and students seeking gentle movement. Focus is on breathing and moving with awareness through specific warm-ups to open the body in preparation for the yoga poses being taught. Students will be encouraged to deepen their own body awareness. Please bring your own mat, a blanket and a towel. As with any new exercise program, please check with your physician.

24131 Jan 14 – Mar 4 W 2-3:30p \$55.50/\$30
Hayward: Northwoods Fitness Ctr Joan Shumway

24132 Mar 25 – May 13 W 2-3:30p \$55.50/\$30
Hayward: Northwoods Fitness Ctr Joan Shumway

Zumba Fitness

60-807-631

Zumba® is a fun and exciting dance workout set to Latin- and International-inspired music (Arabic, African, Bhangra and others). The routines and dance steps (salsa, samba, cha cha, merengue and more) are basic and easy to learn. Bring water and a small towel to class and wear comfortable, breathable clothing and shoes with a smoother sole like court or dance shoes. As always, consult with your physician before starting this or any other exercise program.

23912 Dec 29 – Jan 19 M 5-6p \$21.50/\$13
Hayward: Veteran's Ctr Lynn Fitch

25271* Jan 21 – Mar 18 W 4:15-5p \$30/\$17.25
Hayward: Primary School Lynn Fitch
*Class will not meet Feb 25.

23908 Jan 26 – Feb 23 M 5-6p \$30/\$17.25
Hayward: Intermed School Lynn Fitch

23910 Mar 2 – Mar 30 M 5-6p \$30/\$17.25
Hayward: Veteran's Ctr Lynn Fitch

23911 Apr 13 – May 11 M 5-6p \$30/\$17.25
Hayward: Veteran's Ctr Lynn Fitch



Zumba Gold

60-807-631

Zumba Gold targets baby boomers and those just starting their fitness journey. It takes the Zumba formula and modifies the moves and pace to suit the needs of those starting their journey to a fit and healthy lifestyle. The Zumba Fitness Party is known for its zesty music, easy-to-follow dance steps, and invigorating atmosphere. Bring water and a small towel to class. Wear comfortable clothes and shoes. As always, consult a physician before starting this or any other exercise program.

24093	Jan 5 – Feb 9	M 5:10-6:10p	\$30/\$17.25
	<i>Ladysmith: Middle School</i>		<i>Kathryn Elling</i>
24094	Feb 23 – Mar 30	M 5:10-6:10p	\$30/\$17.25
	<i>Ladysmith: Middle School</i>		<i>Kathryn Elling</i>
24095	Apr 13 – May 18	M 5:10-6:10p	\$30/\$17.25
	<i>Ladysmith: Middle School</i>		<i>Kathryn Elling</i>

HOME & LEISURE

Food Storage 101

60-308-601

Learn what your family can do to be prepared for hard times or emergencies. Save time and money by having items on hand when you need them. Each family has different needs. This workshop is meant to help yours.

24599	Mar 26	Th 6-8p	\$13/\$8.75
	<i>Rice Lake: 221</i>		<i>Sydney Tanner</i>

Ultimate Babysitter

47-307-495

Do you know how to calm a crying baby? Or how to handle a conflict between two children? What do we do if a child has a tummy ache? Learn how to help kids have fun, while keeping them safe and following household rules with Babysitter’s Training from the American Red Cross. Designed for students ages 11 and older, this training provides the knowledge and skills necessary to safely and responsibly care for infants and children up to the age of 10, as well as to manage a babysitting business. Skills taught include how to respond to emergencies with first aid and rescue breathing; making good decisions under pressure; communicating effectively with parents; and feeding, diapering and caring for infants. A materials fee of \$17 must be paid to the instructor at the beginning of the class.

24215	Apr 18	Sa 9a-3:30p	\$29.67/\$4.50
	<i>Hayward: WITC-Hayward</i>		<i>Susan Thurn</i>

Wills and Trusts

42-102-404

Learn what your current estate plan will achieve for you, teach you how to avoid probate of your assets, and reduce or eliminate taxes to the extent possible. You will also learn how to effectively pass on your assets in the way that you desire.

24654	Apr 16	Th 10a-12:30p	\$17.09/\$4.50
	<i>Hayward: WITC-Hayward</i>		<i>Susan Miley</i>
24655	Apr 16	Th 10a-12:30p	\$17.09/\$4.50
	<i>Ladysmith: WITC-Ladysmith</i>		<i>Susan Miley</i>
24025	Apr 17	F 10a-12p	\$10.79/\$4.50
	<i>Rice Lake: 212</i>		<i>Susan Miley</i>

ABCDs of Medicare for Consumer

42-162-409

ABCD’s of Medicare for Consumers — Are you nearing Medicare age? Do you have questions about Medicare options and enrollment? Are you responsible for someone else’s healthcare decisions? If so, this short seminar is for you. Join us to gain a fundamental understanding of the elements of Part A (Hospital Insurance), Part B (Medical Insurance), Part C (Medicare Advantage) and Part D (Medicare Drug Coverage) as it relates to consumers. You will learn about initial enrollment options and additional enrollment periods as they pertain to the Medicare Plan types.

24191	Feb 10	Tu 10a-12p	\$10.79/\$4.50
	<i>Hayward: WITC-Hayward</i>		<i>WITC Non-employee</i>
24197	Feb 10	Tu 10a-12p	\$10.79/\$4.50
	<i>Rice Lake: 122</i>		<i>WITC Non-employee</i>
24198	Feb 10	Tu 10a-12p	\$10.79/\$4.50

24201	Mar 18	W 10a-12p	\$10.79/\$4.50
	<i>Hayward: WITC-Hayward</i>		<i>WITC Non-employee</i>

24202	Mar 18	W 10a-12p	\$10.79/\$4.50
	<i>Ladysmith: WITC-Ladysmith</i>		<i>WITC Non-employee</i>

24203	Apr 23	Th 10a-12p	\$10.79/\$4.50
	<i>Hayward: WITC-Hayward</i>		<i>WITC Non-employee</i>

24204	Apr 23	Th 10a-12p	\$10.79/\$4.50
	<i>Ladysmith: WITC-Ladysmith</i>		<i>WITC Non-employee</i>

24205	May 19	Tu 10a-12p	\$10.79/\$4.50
	<i>Hayward: WITC-Hayward</i>		<i>WITC Non-employee</i>

24206	May 19	Tu 10a-12p	\$10.79/\$4.50
	<i>Ladysmith: WITC-Ladysmith</i>		<i>WITC Non-employee</i>

Artisan Breads

60-314-600

Dig right in to dough, learn to bake various Artisan breads. Please bring a \$10 material fee payable to the instructor, take home containers and an apron!

24597	Feb 26	Th 6-9p	\$21.50/\$13
	<i>Rice Lake: High School</i>		<i>Sydney Tanner</i>

Mmm-Muffins!

60-314-600

Mmmmm muffins! Bake sweet and savory home-made muffins. Please bring your own muffin tins and a container to take home your creations. Please bring a material fee of \$10 payable to instructor. Gluten and sugar free participants may register, but let us know at time of registration.

24600 Apr 28 Tu 6-9p \$21.50/\$13
Rice Lake: High School Sydney Tanner

Cake Decorating-Beginning

60-303-607

Fay Olson, owner of Fay's Fantasy Cakes, will teach you her secrets to flowers, frosting stacked and character cakes, border work, colors, and cake themes. Register early to ensure you get the opportunity to experience the excitement of successfully decorating your first cake. For a complete supply list and the instructor's information go to: www.witc.edu/supplies.

24078 Apr 14 – May 5 Tu 6-8p \$42.45/\$25.45
Rice Lake: High School Fay Olson

Cooking: Jams & Jellies

60-303-610

In a jam? Join us to make jams and jellies of many flavors! Please bring your own half pint/pint jars, lids and a \$10 material fee payable to instructor.

25486 Apr 23 Th 6-9p \$21.50/\$13
Chetek: C-W High School Sydney Tanner

Eggsactly Eggs

60-303-610

Don't be hard boiled! Join us for an eggsciting time discovering different ways to cook and prepare

tasty recipes for eggs. Please bring an apron and \$7 material fee payable to instructor.

24608 May 12 Tu 6-9p \$21.50/\$13
Rice Lake: High School Sydney Tanner

Gluten Free Eats for Health

60-303-610

Want to try gluten-free, but don't know how to start? Learn about ingredients and cooking techniques. Please bring take-home containers and a \$10 material fee payable to instructor.

25485 Feb 24 Tu 6-9p \$21.50/\$13
Chetek: C-W High School Sydney Tanner

Let's Get WOK-ing

60-303-610

You will be doing less Chinese takeout and more wok-ing after this discovery. Whip up simple, tasty and nutritious stir-fries. Please bring a \$10 material fee payable to the instructor, take home containers and an apron!

24610 May 14 Th 6-9p \$21.50/\$13
Rice Lake: High School Sydney Tanner

Mexican Cooking

60-303-610

Join us to learn how to combine the spices and ingredients which make Mexican food unique and delicious. Please bring take-home containers and a \$10 material fee payable to instructor.

25487 Mar 10 Tu 6-9p \$21.50/\$13
Chetek: C-W High School Sydney Tanner



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Foods: Sanitation for Restaurant Managers

47-303-405

This course provides the information needed for the National Restaurant Association’s Certification exam for sanitation. This exam meets state certification requirements for restaurant managers effective January 1, 1995. The exam will be given at the last class. Topics include: Microorganisms and food-borne diseases, safe food handling and storage, and standards for cleanliness and sanitation.

Students are strongly encouraged to review the information at this website prior to registering for class. <https://www.servsafe.com/downloads/pdfs/handbooks/ssfs-examinee-handbook> Students may purchase book by contacting the WITC Rice Lake Bookstore at 800.243.9482, extension 5474. You MUST bring your textbook to class. Book: “ServSafe Manager” 6th edition.

24115	Feb 21 – Feb 28 <i>Rice Lake: 225</i>	Sa 9a-4p	\$42.26/\$4.50 <i>Marsha Stoeberl</i>
24117	May 2 – May 9 <i>Rice Lake: 225</i>	Sa 9a-4p	\$42.26/\$4.50 <i>Marsha Stoeberl</i>

Responsible Beverage Service

47-311-400

Students will learn responsible beverage service techniques. Local and state laws will be discussed. Techniques for creating a more profitable business environment by preventing negative and/or unsafe situations in the serving of alcoholic beverages are included. Content will also include implications for legal action against owners and operators of beverage service facilities from inappropriate patron behavior. In general the course is designed to increase the awareness of alcoholic beverage service techniques for owners/operators and the potential for increasing profits through responsible management practices. This course was jointly developed by the Wisconsin Restaurant Association and the Wisconsin Technical College System and may fulfill or partially fulfill local municipal ordinance requirements for beverage servers.

24058	Feb 2 <i>Hayward: WITC-Hayward</i>	M 5:30-9:30p	\$25/\$12.41 <i>Elaine Schuck</i>
24054	Feb 23 <i>Rice Lake: 156</i>	M 5:30-9:30p	\$25/\$12.41 <i>Elaine Schuck</i>
24055	Apr 20 <i>Rice Lake: 156</i>	M 5:30-9:30p	\$25/\$12.41 <i>Elaine Schuck</i>
24051	May 4 <i>Hayward: WITC-Hayward</i>	M 5:30-9:30p	\$25/\$12.41 <i>Elaine Schuck</i>

Gardening: Going Native

60-001-602

A natural garden isn’t complete without native plants. Native trees provide important shelter and food for birds. Native shrubs can attract wildlife and provide several seasons of interest. In this course you will learn what, when and where to cultivate native plants that provide food for butterflies, song birds, hummingbirds and beneficial insects. Also learn about phenology and using your observations so you can know the best time for planting, the blooming cycles of plants, and the emergence of insect pests. All will help you become a more natural gardener.

24137	May 7 <i>Hayward: WITC-Hayward</i>	Th 1-3p	\$13/\$8.75 <i>Susan Reinardy</i>
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No Weed Gardening

60-001-602

Learn some new “old” methods of gardening: Strawbale, square foot and lasagna gardening. These no weed, no till methods are fun and easy, and no... there is no tomato sauce involved!

24598	Mar 12 <i>Rice Lake: 165</i>	Th 6-8p	\$13/\$8.75 <i>Sydney Tanner</i>
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Summer Bulbs

60-001-602

Add something exotic to your gardens this year with summer bulbs. Get details on the many bulbs that grow well such as Allium, Caladium, Calla Lily, Canna, Crocus, Dahlia, Elephant Ear, Gladiolus, Iris, Lily and Tuberous Begonia. Many are tubers, corms, and rhizomes. Learn when to plant, how to grow and maintain, and for those tender ones how to over-winter successfully. Many of these plants will provide color late into the summer and early fall that compliment your other perennials.

24140	May 7 <i>Hayward: WITC-Hayward</i>	Th 10a-12p	\$13/\$8.75 <i>Susan Reinardy</i>
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Timing Peak Performance

60-001-602

Select and cultivate plants so you can enjoy them whether that is the right season, time of day, or find some that will fill in when your garden is in a lull. Plant lists will be provided for early, mid, and late blooms. There will be tips on extending the season, ideas to solve common garden problems, and add plants that will help your garden have interest during each season. Your garden will be at peak performance using these techniques and plant ideas.

24138	May 14 – May 31 <i>Hayward: WITC-Hayward</i>	Th 1-3p	\$13/\$8.75 <i>Susan Reinardy</i>
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LIFELONG LEARNING

Sign Language-Beginning

42-810-415

In this beginning course students will learn to communicate on a basic level using common phrases, questions, negatives, the manual alphabet, signs of greeting, family signs, pronouns, numbers, etc. Instruction will also include information on facial affect, sentence structure, yes/no responses, pluralizing, proper terminology related to deafness, and much more. By communicating with Deaf guests, students will gain a greater appreciation for their language and culture.

24276* Mar 2 – Apr 13 M 6:30-9:30p \$61.13/\$4.50
 Rice Lake: 212 Betsy Wolford Phillips
 *Class will not meet Apr 6.

Sign Language-Intermediate

42-810-415

This intermediate course is designed for students who have completed a beginning sign language class. This may include individuals who possess a demonstrated knowledge of sign language. This course will provide students with additional vocabulary, polish existing signing skills, and continue with instruction on other aspects of sign language structure. As students begin to develop conversational skills they will learn to construct dialogues based on common situations. Deaf guests will be available for communication.

24277 Mar 3 – Apr 7 Tu 6:30-9:30p \$61.13/\$4.50
 Rice Lake: 212 Betsy Wolford Phillips

Wild Mushrooms 101

42-806-410

Join us for this great opportunity to learn from a 30-year veteran of wild mushroom foraging! This is a classroom session covering the 'three rules + one' and the 'safe six': Morels, shaggy manes, hen of the woods, chicken mushrooms, oyster mushrooms and puffballs. Topics include tree identification, ethics, safety, storage and preparation. Poisonous mushrooms will also be discussed. Your instructor is a certified expert by the Minnesota Department of Agriculture and owns Tavis's Mushrooms.

25526 Jan 6 – Jan 8 TuTh 5:30-8:30p \$23.38/\$4.50
 Shell Lake: High School Tavis Lynch

Wild Mushrooms 201

42-806-410

Discover the easily identified, but lesser known edible mushrooms not covered in Wild Mushrooms 101. Discover more accurate identification techniques and an accurate map of mushroom seasons.

You will make a spore print and identify trees associated with different mushroom species. Mushrooms covered include: *Hericium*, Lobster Mushrooms, *Leccinum*, Hedgehog, Black Trumpet, *Entoloma* and Elm Oysters. Your instructor is a certified expert by the Minnesota Department of Agriculture and owns Tavis's Mushrooms. Pre-requisite: Wild Mushrooms 101.

25528 Jan 13 – Jan 15 TuTh 5:30-8:30p \$23.38/\$4.50
 Shell Lake: High School Tavis Lynch

Wild Mushrooms: Spring Edibles

42-806-410

Learn to identify, harvest and prepare wild morel mushrooms. Identify all forms of true and false morels as well as how to prepare them for the table. We will also discuss Oyster mushrooms and Pheasants Back mushrooms along with several edible spring plants. Emphasis will be put on safety and ethical harvest. Tavis Lynch is a 30 year veteran of harvesting wild mushrooms and is a certified expert by the Minnesota Department of Agriculture. He also owns Tavis's Mushrooms, an exotic mushroom farm near Cumberland, Wisconsin.

25529 Apr 28 – Apr 30 TuTh 5:30-8:30p \$23.38/\$4.50
 Shell Lake: High School Tavis Lynch

SAFETY & TRANSPORTATION

Motorcycle - Basic Rider 1

42-816-400

This 16-hour course is approved by the Department of Transportation. It is designed to teach the beginner or experienced rider the safe techniques to riding a motorcycle. It consists of 6 hours of classroom and 10 hours of on-cycle instruction. After Successful completion of this class you would receive a "waiver" to take to the DMV that may waive you from taking the road test in order to obtain your Motorcycle Endorsement.

25339 Apr 25 – Apr 26 SaSu 8a-5p \$256.91
 Rice Lake: 401 Judith Anderson

25340 May 2 – May 3 SaSu 8a-5p \$256.91
 Rice Lake: 401 John Wright

25341 May 9 – May 10 SaSu 8a-5p \$256.91
 Rice Lake: 401 Ernest Kolumbus

25342 May 16 – May 17 SaSu 8a-5p \$256.91
 Rice Lake: 401 Peggy Wood

25343 May 30 – May 31 SaSu 8a-5p \$256.91
 Rice Lake: 401 John Wright

SAVE THESE DATES!

Emergency Services Conference
 CMA Conference
 Safety Day
 Nurses Professional Day
 SHRM Essentials of HR Mgmt.
 CMA Conference
 Preparing a Capital Campaign
 Nursing Assistant Conference
 Final Affairs Conference
 Caregiver Conference

March 12-14
 March 21
 April 7
 April 10
 April 10 & 17
 April 11
 April 20
 April 29
 May 7
 September 25

Rice Lake
 Rice Lake
 New Richmond
 Rice Lake
 New Richmond
 New Richmond
 New Richmond
 Ashland
 New Richmond
 New Richmond

Traffic Safety for Point Reduction

42-812-404

Participants of the Traffic Safety course will examine their driving behavior and review traffic laws and penalties. Emphasis will be placed on ways to drive responsibly. The Traffic Safety class will show participants how to develop a change plan to reduce their risk of traffic violations and crashes. Students who successfully complete this Traffic Safety class may be eligible to receive a three-point reduction from their driving record. This class also meets the requirements for anyone that has received a "Failure to Yield Right of Way Violation" 2011 Wisconsin Act 173-346.18.

23846	Feb 14 – Feb 21	Sa 8a-2p	\$65.01/\$27.25
	<i>Rice Lake: 208</i>		<i>Timothy Smith</i>
23847	May 9 – May 16	Sa 8a-2p	\$65.01/\$27.25
	<i>Rice Lake: 212</i>		<i>Timothy Smith</i>

CPR Health Care Provider - AHA

47-531-437

The AHA for Health Care Providers Course is designed to teach the skills of CPR for victims of all ages including ventilation with a barrier device and use of an automated external defibrillator (AED), and relief of foreign-body airway obstruction (FBAO). Intended for those who provide health care to patients in a hospital setting and out-of-hospital settings. This course is for anyone that is required to take a health care provider course for employment. All participants who successfully complete the course, including the written examination and skill demonstrations will receive a BLS for Health Care provider completion card that will certify them for two years (credential.) Book provided at class.

23374	Jan 10	Sa 8:30a-4:30p	\$44.07/\$18.90
	<i>Rice Lake: 165</i>		<i>WITC TBD</i>
23376	Feb 16 – Feb 17	MTu 6-10p	\$44.07/\$18.90
	<i>Rice Lake: 221</i>		<i>WITC TBD</i>
23427	Mar 7	Sa 8:30a-4:30p	\$44.07/\$18.90
	<i>Hayward: WITC-Hayward</i>		<i>Matthew Fitch</i>

(cont)

23410	Mar 21	Sa 8:30a-4:30p	\$44.07/\$18.90
	<i>Rice Lake: 165</i>		<i>WITC TBD</i>
23435	Apr 27 – Apr 28	MTu 6-10p	\$44.07/\$18.90
	<i>Rice Lake: 165</i>		<i>WITC TBD</i>
23437	May 30	Sa 8:30a-4:30p	\$44.07/\$18.90
	<i>Rice Lake: 221</i>		<i>WITC TBD</i>

CPR Health Care Provider Renewal - AHA

47-531-439

Course is intended for the biennial renewal of CPR Healthcare Provider. Students must successfully complete tests on one-and two-rescuer CPR (adult, child, infant), foreign body airway obstruction (FBAO) procedures (adult, child, infant), and mask with one-way valve usage. A minimum of 84% must be attained on the written test. (PREREQ: CPR Healthcare Provider successful completion within previous two years.)

23375	Jan 10	Sa 12:30-4:30p	\$25/\$12.41
	<i>Rice Lake: 165</i>		<i>WITC TBD</i>
23377	Feb 17	Tu 6-10p	\$25/\$12.41
	<i>Rice Lake: 221</i>		<i>WITC TBD</i>
23430	Mar 7	Sa 12:30-4:30p	\$25/\$12.41
	<i>Hayward: WITC-Hayward</i>		<i>Matthew Fitch</i>
23419	Mar 21	Sa 12:30-4:30p	\$25/\$12.41
	<i>Rice Lake: 165</i>		<i>WITC TBD</i>
23436	Apr 28	Tu 6-10p	\$25/\$12.41
	<i>Rice Lake: 165</i>		<i>WITC TBD</i>
23439	May 30	Sa 12:30-4:30p	\$25/\$12.41
	<i>Rice Lake: 221</i>		<i>WITC TBD</i>

Medic First Aid

47-531-404

Gain knowledge, skills, and confidence to manage a medical emergency using CPR, an automated external defibrillator (AED), and first aid until more advanced help arrives. Course certifies a student for two years in CPR/AED/1st Aid. Book is provided.

25876	Feb 7	Sa 8:30a-4:30p	\$42.07/\$16.90
	<i>Rice Lake: 221</i>		<i>WITC TBD</i>

cont.

25877	Mar 21	Sa 8:30a-4:30p	\$42.07/\$16.90
	<i>Hayward: WITC-Hayward</i>		<i>Matthew Fitch</i>
25878	Apr 7 – Apr 8	TuW 6-10p	\$42.07/\$16.90
	<i>Rice Lake: 221</i>		<i>WITC TBD</i>
25879	Apr 18	Sa 8:30a-4:30p	\$42.07/\$16.90
	<i>Ladysmith: WITC-Ladysmith</i>		<i>Janet Thompson</i>
25880	May 16	Sa 8:30a-4:30p	\$42.07/\$16.90
	<i>Rice Lake: 165</i>		<i>WITC TBD</i>

Medic First Aid Recertification

47-531-405

This course will recertify students in Medic First Aid. Renew skills in CPR, automated external defibrillator (AED) and first aid. PREREQUISITE: the original course, 47531404 Medic First Aid within the last two years. This course will renew your certification for two years. Book is provided at class.

25881	Feb 7	Sa 8:30a-12:30p	\$36.30/\$23.71
	<i>Rice Lake: 221</i>		<i>WITC TBD</i>
25882	Mar 21	Sa 8:30a-12:30p	\$36.30/\$23.71
	<i>Hayward: WITC-Hayward</i>		<i>Matthew Fitch</i>
25883	Apr 7	Tu 6-10p	\$36.30/\$23.71
	<i>Rice Lake: 221</i>		<i>WITC TBD</i>
25884	Apr 18	Sa 8:30a-12:30p	\$36.30/\$23.71
	<i>Ladysmith: WITC-Ladysmith</i>		<i>Janet Thompson</i>
25889	May 16	Sa 8:30a-12:30p	\$36.30/\$23.71
	<i>Rice Lake: 165</i>		<i>WITC TBD</i>

Pediatric Medic First Aid & CPR

47-531-464

Gain the knowledge, skills and confidence necessary to respond to and manage medical emergencies involving children and infants until more advanced help is available. A student will be taught the updated guidelines of CPR, and an automated external defibrillator (AED), and first aid for children and infants. This course will certify a student for 2 years in CPR/AED/1st AID. Book is provided at class.

25812	Feb 21	Sa 8:30a-4:30p	\$42.07/\$16.90
	<i>Rice Lake: 165</i>		<i>WITC TBD</i>
25814	Feb 28	Sa 8:30a-4:30p	\$42.07/\$16.90
	<i>Ladysmith: WITC-Ladysmith</i>		<i>Janet Thompson</i>
25817	Apr 11	Sa 8:30a-4:30p	\$42.07/\$16.90
	<i>Hayward: WITC-Hayward</i>		<i>Matthew Fitch</i>
25819	May 9	Sa 8:30a-4:30p	\$42.07/\$16.90
	<i>Rice Lake: 221</i>		<i>WITC TBD</i>

Pediatric Medic First Aid & CPR Recertification

47-531-477

This course will recertify a student in Pediatric Medic First Aid & CPR. Students will renew their skills in CPR, an automated external defibrillator (AED) and first aid for infants and children. Students must have taken the original course, Pediatric Medic First Aid & CPR 47531464 within the last two years. This

course will renew a student's certification for 2 years. Book is provided at class.

25821	Feb 21	Sa 8:30a-12:30p	\$37.40/\$24.81
	<i>Rice Lake: 165</i>		<i>WITC TBD</i>
25824	Feb 28	Sa 8:30a-12:30p	\$37.40/\$24.81
	<i>Ladysmith: WITC-Ladysmith</i>		<i>Janet Thompson</i>
25827	Apr 11	Sa 8:30a-12:30p	\$37.40/\$24.81
	<i>Hayward: WITC-Hayward</i>		<i>Matthew Fitch</i>
25829	May 9	Sa 8:30a-12:30p	\$37.40/\$24.81
	<i>Rice Lake: 221</i>		<i>WITC TBD</i>

Superior Region

ARTS

Art: Water Color

60-815-600

Want to learn how to use the natural beauty of watercolors and learn the key elements of art to enhance and exhilarate your paintings? Then this class is for you! Your instructor, Stephen Staurseth, will demonstrate basic techniques as you work through 3 paintings. Subject areas are landscapes, still-life, flowers, farm scenes, etc. Bring your own supplies (instructor will also give out a list the first day of class) and come enjoy the fun with other students as they encourage you along the way.

24263	Feb 12 – Apr 16	Th 6-9p	\$132.38/\$68.63
	<i>Superior: 310</i>		<i>Stephen Staurseth</i>

Art: Beginning Watercolor

60-815-600

Discover the joy and challenge of working with watercolors. Learn various techniques, color mixing and some sketching. Go to witc.edu/supplies for a list of supplies, or contact Kristen Kelly, 800.243.9482 ext. 6800.

26130	March 20-May 18	M 1-4p	\$72.50/\$38.50
	<i>Solon Springs Twisted Twig Studio</i>		<i>Kathy M Maas</i>

Rosemaling/Folk Art

60-306-606

The Norwegian folk art of Rosemaling, which is decorative painting on wood or woodenware, will be taught in this course. Instruction in brush handling, application and mixing of colors, planning and painting the design will be covered.

24375*	Feb 4 – Mar 11	W 9a-3p	\$132/\$68.25
	<i>Superior: Richard I Bong Vet Ctr</i>		<i>June Nyberg</i>
	<i>*Class will not meet Feb 25.</i>		
24376	Feb 5 – Mar 5	Th 9a-3p	\$132/\$68.25
	<i>Superior: Richard I Bong Vet Ctr</i>		<i>June Nyberg</i>

Seagrass Market Basket

60-815-620

This is a large market basket which you will find very useful. It's perfect near the front door for mittens and scarves or to carry to your next basket class. Please bring a pan to soak reed, heavy duty scissors, tape measure, pencil, towel and a \$35 material fee payable to instructor. You must register at least one week in advance to allow instructor time to prepare materials. For pictures of basket email instructor: pziburski@aol.com.

24454 Mar 16 M 5-10p \$30/\$17.25
Superior: 134 Patricia Ziburski

Towel Basket

60-815-620

This is a unique basket that will look great in your bathroom or anywhere you have hand towels. It mounts on the wall allowing two towels to hang from its handle with room for six more towels in the basket! Take it off the wall and put it on the counter as a catch all basket. Please bring a pan to soak reed, heavy duty scissors, tape measure, pencil, towel and a \$35 material fee payable to instructor. You must register at least one week in advance to allow instructor time to prepare materials. For pictures of basket email instructor: pziburski@aol.com.

24455 Apr 13 M 5-10p \$30/\$17.25
Superior: 134 Patricia Ziburski

Wine Basket

60-815-620

This is a beautiful wine basket that will look great sitting on your counter or used as a gift. Be prepared for a new wine basket weaving experience. Please bring a pan to soak reed, heavy duty scissors, tape measure, pencil, towel and a \$35 material fee payable to instructor. You must register at least one week in advance to allow instructor time to prepare materials. For pictures of basket email instructor: pziburski@aol.com.

24453 Feb 16 M 5-10p \$30/\$17.25
Superior: 134 Patricia Ziburski

Needle Felting

60-815-640

Learn the fundamentals of needle felting including the difference between raw fleece and roving, batts, and prefelt. You will create a needle felted decoration or two in class using a cookie cutter. Felting is a wonderful stress reliever! Please bring a \$5 material fee payable to instructor for needle and wool roving.

24156 Jan 24 Sa 10a-12p \$13/\$8.75
Superior: 134 Geraldine Hughes

Needle Felting: Spring Animals

60-815-640

Learn the art of needle felting by creating a spring chick, lamb, sheep, or bunny using a felting needle and wool roving. Using basic techniques, assemble your adorable animal. Please bring a \$5 material fee payable to instructor for needle and wool roving.

24157 Jan 31 Sa 10a-12p \$13/\$8.75
Superior: 134 Geraldine Hughes

Beginning Bluegrass Banjo

60-805-605

Learn to play banjo using the Scruggs three-finger style. Understand string and pick selection, alternate tuning, tablature and more. Beginner and intermediate students welcome. Your instructor grew up learning to play in Virginia, has toured the US with Lawrence Welk Show regular Ava Barber, holds his Bachelor of Music Education degree and was a band director for 15 years.

25272 Feb 12 - Apr 2 Th 7-8p \$38.50/\$21.5
Superior: 206 Alan Copenhaver

Writing Your Life Story

60-801-601

Give your friends and family a lasting treasure by recording your memories - your life story. Your instructor, Mary Beth Frost, is a Personal Historian and published writer who will show you how to tackle this daunting task by breaking it down into simple, fun, creative writing exercises. You will have the opportunity, and the option, to share your memories with classmates in a safe, friendly environment. Be ready to laugh and even shed tears together as you take this incredible journey. Writing experience/expertise is not required.

24271 Mar 17 - Apr 28 Tu 5:30-7:30p \$64/\$34.25
Superior: 206 Mary Beth Frost

Writing Your Life Story II

60-801-601

Personal historian Mary Beth Frost offers this class to students looking for further assistance in completing and publishing the memoir they began in Writing Your Life Story. Add stories, tributes, and a legacy letter to your collection, and will explore various methods for organizing your writings into a smooth narrative. A variety of editing, layout, design, printing, and self-publishing options will be presented. Completion of Writing Your Life Story is a prerequisite for attending this class.

25245 Jan 13 - Feb 17 Tu 5:30-7:30p \$55.50/\$30
Superior: 206 Mary Beth Frost

COMPUTERS & TECHNOLOGY

Comp: For Seniors Adv

42-107-413

If you have previous computer experience, advance your skills. Understand downloading, podcasts, Internet research and more advanced features of MS Office, Windows, and other programs.

24479	Jan 13 – Feb 17	Tu 9:30-11:30a	\$42.26/\$4.50
	<i>Superior: Senior Citizen Ctr</i>		<i>Roberta Grube</i>
24481	Jan 13 – Feb 17	Tu 12-2p	\$42.26/\$4.50
	<i>Superior: Senior Citizen Ctr</i>		<i>Roberta Grube</i>
24482	Jan 15 – Feb 19	Th 9:30-11:30a	\$42.26/\$4.50
	<i>Superior: Senior Citizen Ctr</i>		<i>Roberta Grube</i>
24486	Mar 3 – Apr 7	Tu 9:30-11:30a	\$42.26/\$4.50
	<i>Superior: Senior Citizen Ctr</i>		<i>Roberta Grube</i>
24488	Mar 3 – Apr 7	Tu 12-2p	\$42.26/\$4.50
	<i>Superior: Senior Citizen Ctr</i>		<i>Roberta Grube</i>
24489	Mar 5 – Apr 9	Th 9:30-11:30a	\$42.26/\$4.50
	<i>Superior: Senior Citizen Ctr</i>		<i>Roberta Grube</i>

Comp: For Seniors Beg

42-107-413

Learn the basics needed to get started using personal computers. Develop skills in the use of the computer including the mouse and keyboard along with knowledge of terminology. As a new user of personal computers you will be introduced to word processing, the Internet, Windows, and various types of computers and components.

24483	Jan 15 – Feb 19	Th 12-2p	\$42.26/\$4.50
	<i>Superior: 318</i>		<i>Roberta Grube</i>
24478	Feb 27 – Mar 20	Th 1-4p	\$42.26/\$4.50
	<i>Superior: Senior Citizen Ctr</i>		<i>Vicki Garro</i>
24490	Mar 5 – Apr 9	Th 12-2p	\$42.26/\$4.50
	<i>Superior: 318</i>		<i>Roberta Grube</i>

Genealogy Internet Research

60-107-602

Learn about the vast and varied ways to use the internet for genealogical research. Explore some of the government archival sites, historical societies, university websites (both domestic and abroad) as well as free and subscription databases. Learn to use web forums, message boards and library sites to help solve specific family research problems. Get familiar with Google and other search engines, computer-generated maps, podcasts and translation websites.

24559	Jan 30 – Feb 13	F 1-4p	\$47/\$25.75
	<i>Superior: Senior Citizen Ctr</i>		<i>Vicki Garro</i>

Google Apps

60-107-602

Use your current Google account, or create a new, free Google account, and learn how to access Gmail, photos, documents, presentations, and more from any device. Talk, chat, share, schedule, store, organize, collaborate, discover, and create. Use Google products from Gmail to Google+ to YouTube. View your search history, all with one username and password, all backed up all the time and easy to find at Google.com. Course location is Northwestern High School library computer lab.

24569	Jan 28 – Feb 11	W 6-8p	\$30/\$17.25
	<i>Maple-Northwestern: High School Marsha Scherz</i>		
24570	Apr 15 – Apr 29	W 6-8p	\$30/\$17.25
	<i>Maple-Northwestern: High School Marsha Scherz</i>		

Intro to Facebook

60-107-602

Facebook - one billion users and growing! Learn how to set up an account, create your profile, and secure your privacy. This is a perfect introduction for the newbie as well as the old pro as you learn how to share stories, photos, and re-connect with family and friends.

24560	Mar 4	W 5-8p	\$21.50/\$13
	<i>Superior: 304</i>		<i>Amy Pozniak</i>

Mobile Devices

60-107-602

Hand held computer devices have changed how we connect to our world. Whether you are considering a purchase or already own one, have fun exploring how various devices and computer tablets work. Discover the many applications available and how to install them. Learn how to send email, use the camera and share photos. Understand Cloud storage, security and how to sync files between your mobile device and computer.

24561	Mar 26	Th 6-9p	\$21.50/\$13
	<i>Superior: 304</i>		<i>Venessa Osborne</i>

Social Media Safety

60-107-602

Keeping Your Kids Safe - The diversity of social networking sites is growing with Twitter, Instagram, Snapchat and others joining the ranks of Facebook in popularity and use. Discover what your child or loved one may be using and understand the monitoring tools available to you. Learn about varying sites, statistics on online usage, safety tips and contracts, profile settings, and resources which every parent or guardian should understand.

24565	Feb 12	Th 5:30-8:30p	\$21.50/\$13
	<i>Superior: 304</i>		<i>Venessa Osborne</i>

Comp: Internet Research

42-107-490

Internet Resources, Searching and Tips: Get the most from your computer by taking advantage of resources on the Internet. Learn search strategies to find the information you need. Discover great online resources including, BadgerLink, Northern Waters Library Service, and many tools in Google. Course location is Northwestern High School library computer lab.

24497 Feb 25 – Mar 4 W 6-8p \$17.09/\$4.50
 Maple-Northwestern: High School Marsha Scherz

Windows 8

60-103-601

Are you new to Windows 8 or considering this new software? Understand how it is different from Windows 7 and how to navigate the user interface. Maintain productivity as you upgrade, or are migrated, to this new operating system.

24519 Feb 16 – Feb 25 MW 5:30-7:30p \$38.50/\$21.50
 Superior: 304 Amy Pozniak

Windows 8 Intermediate

60-103-601

If you are familiar with Windows 8, learn more about the availability of apps and ways to use them for fun, business, education and adventure. Understand tile workflow management, voice recognition, available Cloud service and how to sync devices.

24525 Mar 2 M 5-8p \$21.50/\$13
 Superior: 304 Amy Pozniak

Computers: Microsoft Office

60-103-601

Learn to make the most of Microsoft Office: Word, Power Point, Excel, and Publisher. You will have hands-on practice and create projects using these four Microsoft applications. Class held in the Northwestern High School library computer lab.

24554 Mar 18 – Apr 8 W 6-8p \$38.50/\$21.50
 Maple-Northwestern: High School Marsha Scherz

iPad Essentials

60-107-609

Bring your iPad and charger to this one-day class for hands-on practice with essential iPad skills! Your iPad is your mobile personal assistant. Join us to learn how to make it work to its potential. Learn "settings" features like searching for Wi-Fi connections, anchoring your most used apps and adjusting key settings commands. Practice communicating via e-mail (with attachments), skype or FaceTime. Move apps across screens and investigate the

messaging app. Use your camera and video features, surf the Internet, load apps, and organize your schedule with the calendar. Prerequisite: Create an Apple ID using the guide located at <http://www.witc.edu/supplies> before you attend class.

24571 Jan 31 Sa 9a-3p \$30/\$17.25
 Superior: 304 Venessa Osborne

DO-IT-YOURSELF

Dog Obedience

60-091-620

Learn to train your dog the basic commands of sit, stay, down, come, swing and around, and heel. Please bring your dog's favorite treats, a 4-6 foot leash (no flexi leads) and a training collar. Also bring a copy of your dog's rabies vaccination which we can keep on file.

24476 Mar 18 – Apr 22 W 6:30-7:30p \$31.35/\$18.60
 Superior: Maranatha Academy Vicki Garro

Home Interior Painting

60-410-600

Painting does not have to be a chore! Learn tips and techniques to make home interior painting easy and fast. Understand wall preparation and repair; choosing paint, primer, color and finishes; techniques for rolling and painting on different surfaces and final cleanup. Bring your questions from past or current projects.

24261 Feb 24 Tu 5-8p \$21.50/\$13
 Superior: 134 Molly Martens

Air Conditioning Fundamentals

47-614-401

Fundamentals and Advanced Component and Trouble Shooting Training - Refrigeration and air conditioning continue to grow in importance in our day-to-day living. Learn the fundamental concepts of refrigeration and air conditioning. Gain a thorough understanding of the more complex aspects of these systems from component function, to troubleshooting principles and use of test instruments, to diagnosing air conditioning and refrigeration components and system problems.

24037 Apr 8 – May 13 W 6-9p \$89/\$32.37
 Superior: 127 Frank Vidas

Basic Hydraulics

47-461-404

Explore the fundamentals of hydraulics which include basic components, basic circuits, and the principles of speed control and pressure control.

This is a suitable introductory or refresher class. Please bring safety glasses as they are required.

24439 Mar 12 – Mar 19 Th 6-8p \$29/\$16.41
Superior: 111 Steven Miller

Machine Tool

47-420-455

Gain basic skills necessary to safely operate machine tool equipment at beginning and intermediate levels. An advanced lab opportunity is available for students already trained to safely operate machines. Work independently on selected vocational objectives with assistance. Safety glasses required; work boots and ear plugs recommended.

24410 Jan 29 – Apr 16 Th 6-9p \$139.60/\$26.33
Superior: 119 Steven Merling

24412* Jan 30 – Apr 24 F 5-8p \$139.60/\$26.33
Superior: 119 Steven Merling
 *Class will not meet Apr 3.

Mobile Refrigerant Service and Handling Seminar

47-404-444

Technicians who service motor vehicle air conditioners must be trained and certified by a US EPA-authorized organization meeting Section 609 regulations, and no longer register with DATCP. Course is based on content in the ASE (National Institute for Automotive Service and Excellence) Refrigerant Recovery and Recycling Program and will cover the use of recycling and regulatory equipment, refrigerant containment, and the effects of ozone depletion. You will receive hands-on, practical experience in our lab and a \$15 voucher to access the ASE Refrigerant Recovery and Recycling Review and Quiz in order to receive certification. This course is not considered acceptable for Section 608 compliance, a separate requirement that applies to the servicing of other types of air conditioning systems. Prerequisite: Prior air conditioning experience or consent of instructor. Please bring lunch.

24459 Apr 11 Sa 8a-2p \$39/\$20.12
Superior: 111 Scott Bartley

Small Engine Repair

47-461-401

Troubleshoot and repair small engines such as lawn equipment, rototillers, weed trimmers, chainsaws and more. Your instructor will provide direct and individual attention. Please bring your project, safety glasses and rubber gloves to each class.

24405* Jan 28 – Apr 8 W 6-9p \$106.58/\$12.19
Superior: 117 Terrance Tucker
 *Class will not meet Feb 25.

24406 Jan 29 – Apr 2 Th 6-9p \$106.58/\$12.19
Superior: 117 Terrance Tucker

Welding

47-442-406

Learn oxy-fuel, shielded metal arc, gas metal arc and gas tungsten arc welding processes. Designed for beginner or intermediate students who wish to advance their present skills. Individual projects need prior approval from instructor. Please bring a notebook, pliers, safety glasses, work boots, goggles and welding helmet to class. Meets the 30-hour requirement for apprentices.

24395* Jan 16 – May 1 F 6-9p \$208.27/\$63.54
Superior: 118 Jerry Thompson
 *Class will not meet Apr 3.

HEALTHY LIVING

Balance Your Loaded Life

60-560-610

A pressure-free, yet extremely productive setting to discover the potential for balance in your personal and professional life. While incorporating real-life routines, situations and demands, we will focus on time management, organization and efficiency. Will consider subject matters and real-life events including job responsibilities, family obligations, academic schedules, daily life maintenance, self-care and unexpected or periodic events to help each student individually. Your instructor holds a BS degree in Technical and Creative Writing and a MS in Communication, and works as a university Early Warning Program Coordinator, test proctor and public speaking instructor.

24113 Jan 29 – Mar 5 Th 5-7p \$55.50/\$30
Superior: 111 Kim Kelly

Herbs to the Rescue

60-560-610

Immune System Allies. After a barrage of winter Immune System attacks you may feel wore down, compromised. Course offers supports for immunity to spring into health naturally. Gigi Stafne, MH, ND, MI is an enthusiastic educator, activist and writer in the botanical and natural medicine world, presently the coordinator of Herbalists without Borders, a national and international non-profit organization addressing issues of natural medicine health care. Earth ethics, ecology, sustainability and environmental health are woven into all her courses. She teaches through Green Wisdom and operates Wild Earth Eco Tours. Gigi invites you to join her in a program with open heart, head and hands. Class via ITV to New Richmond, Superior and Tony locations. Instructor in-person at the Rice Lake location.

24225 Mar 18 W 6-8p \$21.50/\$13
Superior: 217 Gigi Stafne

My Gut Aches!

60-560-610

My Gut Aches! Digestive system upset seems to be epidemic in our society. Opt for foods, supplements and herbal remedies to promote health and wellness for the stomach and intestines. This class is offered via ITV to New Richmond, Superior and Tony locations. Instructor is in-person at the Rice Lake.

24241 Apr 15 W 6-9p \$21.50/\$13
Superior: 200 Gigi Stafne

Natural Skin Care

60-560-610

Your skin is one of the main elimination channels of the body, but it sure has to weather a lot! Learn natural and botanical methods to support the skin—inside and out. This class is offered via ITV to New Richmond, Superior and Tony locations. The instructor is in-person at the Rice Lake location.

24244 Apr 29 W 6-9p \$21.50/\$13
Superior: 206 Gigi Stafne

Nourishing the Nerves

60-560-610

The Nervous System needs extra nourishment by the time winter fades and early spring arrives. Foods, herbs and other naturopathic supports are easy and necessary for the nerves now. Course provides super ideas for yourself, family or your natural medicine clients. Class is ITV to New Richmond, Superior and Tony locations, instructor in-person at Rice Lake.

24232 Mar 25 W 6-8p \$13/\$8.75
Superior: 216 Gigi Stafne

Spring into Health

60-560-610

Spring into Health! Get a head start. It has been a long winter and your body could benefit from healthful herbs, foods, juicing and gentle detoxification. Learn how to create an Optimal Spring Health Plan for yourself in this lively session. Herbal formula detox guides included! This class is offered via ITV to New Richmond, Superior and Tony locations. The instructor is in-person at the Rice Lake location.

24235 Apr 1 W 6-8p \$13/\$8.75
Superior: 110 Gigi Stafne

Those Aching Joints!

60-560-610

Those Aching Joints! Feeling stiff, sore, achy? Dietary, health, environmental and genetic factors can build up to rheumatism, arthritis and lack of mobility. Learn about herbs and foods to support a

more fluid body. This class is offered via ITV to New Richmond, Superior and Tony locations. The instructor is in-person at the Rice Lake location.

24238 Apr 8 W 6-9p \$21.50/\$13
Superior: 200 Gigi Stafne

Youth Archery-Beginning

60-891-630

Learn the basics of archery, and open the door to a new recreational activity and skill for your child. No students under age 6. Students are not required to bring equipment, but bring it if you have it. Please bring a \$5 supply fee payable to the instructor,

24027 Jan 24 – Feb 21 Sa 9-10a \$30/\$17.25
Superior: Custom Archery & Outdr M. Jaszczak

24028 Jan 24 – Feb 21 Sa 10:15-11:15a \$30/\$17.25
Superior: Custom Archery & Outdr M. Jaszczak

24075 Feb 28 – Mar 28 Sa 9-10a \$30/\$17.25
Superior: Custom Archery & Outdr M. Jaszczak

24076 Feb 28 – Mar 28 Sa 10:15-11:15a \$30/\$17.25
Superior: Custom Archery & Outdr M. Jaszczak

Youth Archery-Intermediate

60-891-630

Course is designed for students who are familiar with the recreational sport of archery. Come brush up on your skills. No students under age 8. Students are not required to bring equipment, but bring it if you have it. Please bring a \$5 supply fee payable to the instructor the first day of class.

24029 Jan 24 – Feb 21 Sa 11:30a-12:30p \$30/\$17.25
Superior: Custom Archery & Outdr M. Jaszczak

24077 Feb 28 – Mar 28 Sa 11:30a-12:30p \$30/\$17.25
Superior: Custom Archery & Outdr M. Jaszczak

Strong Seniors

60-807-607

Get strong, get fit and learn to maintain a healthy lifestyle! This popular fitness class is helping adults and seniors alike get in the best shape of their lives. You'll use hand weights and incorporate exercise for arms, legs, abs and buns, including cardio exercises utilizing the step. Come join our friendly group. Please bring your preferred set of hand weights to class.

24321* Feb 2 – Mar 9 MW 9:30-10:30a \$47/\$25.75
*Superior: Central Assembly of God Judith Azmitia
 Class will not meet Feb 25.

24322* Mar 18 – Apr 22 MW 9:30-10:30a \$47/\$25.75
*Superior: Central Assembly of God Judith Azmitia
 Class will not meet Apr 6.

24323* May 4 – Jun 8 MW 9:30-10:30a \$47/\$25.75
*Superior: Central Assembly of God Judith Azmitia
 Class will not meet May 25.

Tai Chi

60-807-640

Tai Chi is a great way to improve your balance and coordination, strength and vitality, and to rehabilitate and regain lost conditioning. You'll learn the Simplified 24 Forms involving movement and breathing techniques to enhance your overall health by releasing toxins and bringing in more oxygen to your cells. This course is open to people of all ages. This class is subject to minor changes due to the locations availability so continually check the website for any changes.

24266 Jan 5 – Mar 9 M 5:15-6:15p \$47/\$25.75
Superior: North Star Health & Fitness Thomas Ross

24267* Jan 7 – Mar 18 W 10-11a \$47/\$25.75
Superior: Cntry Peace Presb Ch Thomas Ross
 *Class will not meet Feb 25.

24269* Mar 23 – Jun 8 M 5:15-6:15p \$47/\$25.75
Superior: North Star Health & Fit Thomas Ross
 *Class will not meet Apr 6 and May 25.

24268 Mar 25 – May 27 W 10-11a \$47/\$25.75
Superior: Cntry Peace Presb Ch Thomas Ross

Yoga After 50

60-807-628

Reclaim your body! Gain strength, flexibility and health during this gentle yoga course. Learn basic yoga postures, breath awareness and relaxation. Please bring a yoga mat to class or you may purchase one the first class.

24457 Jan 20 – Apr 9 TuTh 9:30-10:30a
 \$106.50/\$55.50
Superior: Yoga Tree Catherine Anderson

Yoga

60-807-628

Treat yourself to everlasting mobility whether you are new or experienced. In this gentle yoga class students will learn basic yoga postures, breath awareness and relaxation. You will need a yoga mat or one can be purchased at the Yoga Tree studio.

24484 Jan 22 – Apr 9 Th 5-6:15p \$72.50/\$38.50
Superior: Yoga Tree Catherine Anderson

HOME & LEISURE

ABCDs of Medicare for Consumer

42-162-409

ABCD's of Medicare for Consumers — Are you nearing Medicare age? Do you have questions about Medicare options and enrollment? Are you responsible for someone else's healthcare decisions? If so, this short seminar is for you. Join us to gain a fundamental understanding of the elements of Part A

(Hospital Insurance), Part B (Medical Insurance), Part C (Medicare Advantage) and Part D (Medicare Drug Coverage) as it relates to consumers. You will learn about initial enrollment options and additional enrollment periods as they pertain to the Medicare Plan types.

24200 Feb 10 Tu 10a-12p \$10.79/\$4.50
Superior: 0115A WITC Non-employee

Wills and Trusts

42-102-404

This course will help you understand what your current estate plan will achieve for you, teach you how to avoid probate of your assets, and reduce or eliminate taxes to the extent possible. You will also learn how to effectively pass on your assets in the way that you desire.

24026 Apr 24 F 10a-12p \$10.79/\$4.50
Superior: 110 Susan Miley

Delectable Chinese Dumplings

60-303-610

A mixture of specific meat, choice of seasonings and carefully selected vegetables sing melodies when wrapped up and steamed or pan fried. Learn the art of making three different dumplings, each with its own distinct delectable taste. Impress yourself and your guests with this preparation technique. Please bring an apron, dinner plate, utensils, leftover container and a supply fee of \$6 payable to instructor at class.

24333 Mar 14 Sa 10a-2p \$21.50/\$13
Superior: Middle School May Joseph

Easy Asian Noodles

60-303-610

Learn everyday noodle dishes from Asia that can be whipped up in a jiffy. Using a variety of dried noodles, these recipes make great go-to dishes when you have unexpected guests. Your instructor grew up along the Thai/Malaysia borders and has traveled the world to experience a variety of taste palates from Chinese, Indian, Malay, Thai and Japanese. She enjoys bringing these flavors to the table and looks forward to sharing them with you. Please bring an apron, dinner plate, utensils, leftover container and a supply fee of \$6 payable to instructor at class.

24331 Jan 17 Sa 10a-2p \$21.50/\$13
Superior: Middle School May Joseph

Introduction to Indian Food

60-303-610

Turn up the heat and make room for new spices on your spice rack! If you love cinnamon, cardamom, curries and hot chili peppers, join us to create authentic Indian food. Sample healthy and wholesome dishes bursting with dimension and flavor! Please bring a plate, eating utensils and to go containers for any leftovers and a supply fee of \$8 payable to instructor at class.

24332 Apr 18 Sa 10a-2p \$21.50/\$13
 Superior: Middle School May Joseph

The Art & Science of Beer

60-319-600

Beer and pizza anyone? Whether you've tried Thirsty Pagan microbrews or not, you have the opportunity to delve into the details of their beer brewing process from mashing to fermentation. It truly is an art and a science as the Brewmaster adds flare to the conversion of grains into each uniquely flavored beer. Participants of drinking age will get to sample each brew and then clear their palate with homemade gourmet pizza.

24158 Mar 14 Sa 10a-12p \$13/\$8.75
 Superior: Thirsty Pagan Brewing Brewery Staff

Responsible Beverage Service

47-311-400

Students will learn responsible beverage service techniques. Local and state laws will be discussed. Techniques for creating a more profitable business environment by preventing negative and/or unsafe situations in the serving of alcoholic beverages are included. Content will also include implications for legal action against owners and operators of beverage service facilities from inappropriate patron behavior. In general the course is designed to increase the awareness of alcoholic beverage service techniques for owners/operators and the potential for increasing profits through responsible management practices. This course was jointly developed by the Wisconsin Restaurant Association and the Wisconsin Technical College System and may fulfill or partially fulfill local municipal ordinance requirements for beverage servers.

24056 Mar 7 Sa 9a-1p \$25/\$12.41
 Superior: 136 Patrick Harrison

24057 May 30 Sa 9a-1p \$25/\$12.41
 Superior: 136 Patrick Harrison

LIFELONG LEARNING

Establishing Employment

47-801-411

Understand the detailed aspects of establishing employment in a non-intimidating and extremely informal setting. Real-time job opportunities will be integrated in order to help each student individually. Topics include: Qualifications and resumes, letters of reference, academic pursuits, self-marketing, job research, networking, interviews, attitudes and approaches. Your instructor holds a BS degree in Technical and Creative Writing and a MS in Communication. She works as a university Early Warning Program Coordinator, test proctor and public speaking instructor.

24114 Mar 18 - Apr 22 W 5-7p \$42.26/\$4.50
 Superior: 206 Kim Kelly

Sign Language-Beginning

42-810-415

This course is for individuals who want to learn about American Sign Language and the culture of deaf and hard of hearing people. We will learn signs and conversations conducted in sign language. Participation is required in the class. Come have some fun and learn about a new language and new culture. Bring a notebook and pen to each class.

24378* Feb 4 - Apr 15 W 6-8p \$67.43/\$4.50
 Superior: 112 Natalie Stanley
 *Class will not meet Feb 25.

Spanish II

60-802-600

Join a group of dedicated participants who enjoy a variety of interactive learning activities which build comprehension, vocabulary, oral and written skills. An equally wide variety of learning materials including visual aids, videos, Internet and written exercises lends dynamism to the class. If you have a special interest for professional, business, travel or other purposes, these can usually be integrated into class content. Because instruction is totally in Spanish, having at least a basic skill level will make the class more rewarding.

24324 Jan 26 - Mar 16 M 6-9p \$106.50/\$55.50
 Superior: 112 Gary Valley



Like "WITC Continuing Education" on Facebook and get updates on new classes, conferences, events and more!

SAFETY & TRANSPORTATION

Motorcycle - Basic Rider 1

42-816-400

This 16-hour course is approved by the Department of Transportation. It is designed to teach the beginner or experienced rider the safe techniques to riding a motorcycle. It consists of 6 hours of classroom and 10 hours of on-cycle instruction. After Successful completion of this class you would receive a "waiver" to take to the DMV that may waive you from taking the road test in order to obtain your Motorcycle Endorsement.

25331	May 9 – May 10	SaSu 8a-5p	\$256.91
	<i>Superior: 136</i>		<i>Todd Ruprecht</i>
25333	May 16 – May 17	SaSu 8a-5p	\$256.91
	<i>Superior: 136</i>		<i>Richard Richter</i>

Traffic Safety for Point Reduction

42-812-404

Participants of the Traffic Safety course will examine their driving behavior and review traffic laws and penalties. Emphasis will be placed on ways to drive responsibly. The Traffic Safety class will show participants how to develop a change plan to reduce their risk of traffic violations and crashes. Students who successfully complete this Traffic Safety class may be eligible to receive a three-point reduction from their driving record. This class also meets the requirements for anyone that has received a "Failure to Yield Right of Way Violation" 2011 Wisconsin Act 173-346.18.

23850	Apr 1 – Apr 22	W 6-9p	\$65.01/\$27.25
	<i>Superior: 111</i>		<i>Casey Johnstone</i>

READY. SET. GO. Preschool



Looking for a preschool program
for your 3-1/2 to 5-year old?

Contact New Richmond
Community Education,

715.243.7421 or

Miss Maureen, 715.246.6310

Career classes to consider



WITC offers additional online classes through UGotClass:

- Attend from anywhere – your couch, your kitchen table or a coffee house.
- Readings, video lectures, and discussion are all housed online on the UGotClass website.
- Class time is seven days a week, whenever you have time or want to learn.
- Most courses are offered four times a year.
- Classes start the first Monday of the month.

Online at: witc.edu/continuing-education/ce-online

It's Easy to Register!

- ONLINE** Register and submit your credit card payment online at witc.edu/search.

- PHONE/FAX** You may fax your registration or register by phone. Only credit card payments will be accepted by fax or phone.

- IN PERSON** Please go online to witc.edu or call ahead to check business hours of your local campus. Cash, checks and credit cards are accepted.

- MAIL** Fill out the registration and mail it with your payment to the appropriate campus. Your registration must be received before you begin courses.

Registration Locations

WITC-Ashland

2100 Beaser Ave, Ashland, WI 54806
715.682.4591, x 3170 / fax: 715.682.8040

WITC-New Richmond

1019 S. Knowles Ave, New Richmond, WI 54017
715.246.6561, x 4221 / fax: 715.246.2777

WITC-Rice Lake

1900 College Drive, Rice Lake, WI 54868
715.234.7082, x 5045 / fax: 715.234.5172

WITC-Superior

600 N. 21st Street, Superior, WI 54880
715.394.6677, x 6269 / fax: 715.394.3771

REGISTRATION POLICIES

Nondiscrimination Notice

Wisconsin Indianhead Technical College does not discriminate on the basis of race, color, religion, sex, national origin, age, disability or status in any group protected by state or local law in employment, admissions or its programs or activities. The following person has been designated to handle inquiries regarding the College's nondiscrimination policies: Cher Vink, AA/EEO Officer/Associate Vice President, Human Resources & Employee Relations, Administrative Office, 505 Pine Ridge Drive, Shell Lake WI 54871, 715-468-2815 ext. 2225, cher.vink@witc.edu. Wisconsin Relay System TTY:711

Accommodations for Persons With Disabilities

Reasonable accommodations for persons with disabilities will be made to ensure access to academic programs, activities, services and employment in accordance with 504 of the Rehabilitation Act of 1973, the Americans With Disabilities Act of 1990 and the Americans with Disabilities Act (ADA) Amendments Act of 2008. If accommodations are needed, the student should contact the campus Accommodations Specialist or Cher Vink, WITC Affirmative Action Officer/Title IX, Section 504 and Title VII Coordinator, at 715.468.2815, TTY 711, 30 days in advance of needed assistance.

Senior Fees

WITC has implemented a waiver for students ages 62 plus. This waiver is for personal enrichment courses only (the catalog number begins with 60) and provides up to a 50% discount. (Amount varies based on material fees.) Student's age must be 62 plus at the start of the term (6/1 for summer, 9/1 for fall and 1/1 for spring). Students ages 62 plus who are enrolled in professional courses (catalog number begins with 42 or 47) are still exempt from program fees under State Statute 38.24 (1)(b) and only required to pay material fees, which is approximately \$4.50 for many courses.

REGION INDEX

ASHLAND

Ashland
Barksdale
Butternut
Cable
Drummond
Glidden
Hurley
Iron River
Mason
Mellen
Montreal
Port Wing
Washburn

RICE LAKE

Almena
Barron
Barronett
Birchwood
Bruce
Cameron
Chetek
Conrath
Couderay
Cumberland
Dallas
Exeland
Glen Flora
Haugen

NEW RICHMOND

Amery
Baldwin
Balsam Lake
Centuria
Clear Lake
Deer Park
Dresser
Farmington
Frederic
Glenwood City
Grantsburg
Hammond
Hudson
Luck
Milltown
New Richmond
Osceola
Roberts
St. Croix Falls
Siren
Somerset
Star Prairie
Webster
Wilson
Woodville

Hawkins
Hayward
Ingram
Ladysmith
Prairie Farm
Radisson
Rice Lake
Sarona
Sheldon
Shell Lake
Spooner
Tony
Trego
Turtle Lake
Weyerhaeuser
Winter

SUPERIOR

Dairyland
Gordon
Lake Nebagamon
Maple
Minong
Oliver
Poplar
Solon Springs
Superior



REGISTRATION FORM

for Continuing Education (non-credit) Courses

WITC is an equal opportunity employer/educator.

Last Name _____ First Name _____ M.I. _____ Former Last Name (if applicable) _____ Date of Birth _____ Age 62+?

WITC Student ID No. _____ Social Security No. _____

I've taken classes at WITC in the past.

Email address (required for WITC alerts and important communication) _____

Home phone _____ Cell phone _____

Home address _____

City _____ State _____ ZIP Code _____

Resident of (check one): Township Village City _____ County _____ School District _____

Last high school attended: _____

Highest grade COMPLETED (K-12): _____

The information below and right is required for state and federal reporting purposes and will be kept confidential.

Gender: Male Female

Ethnicity: Hispanic/Latino origin? Yes No

Race (check all that apply):

- American Indian/Alaska Native
- Asian Black/African American
- Native Hawaiian/Other Pacific Islander
- White

OFFICE USE ONLY

Term: _____

38.14 Contract # _____

Employer # _____

Course Fees \$ _____

Senior Fees \$ _____

Other _____

Received By/Ext. _____

Date/Time _____

Highest Credential Earned

- 01 = No Credential
- 02 = GED
- 03 = HSED
- 04 = High School Diploma
- 05 = Some college credit
- 06 = Short-term diploma or certificate
- 07 = 1yr Diploma
- 08 = 2yr Diploma
- 09 = Associate Degree
- 10 = Associate Degree
Plus Additional Credential
- 11 = Baccalaureate
- 12 = More than Baccalaureate
- 99 = Student Declined/Unknown

It is your responsibility to contact WITC to officially drop a class. If you decide to drop, you should do so immediately as a single day can affect your refund amount. A full refund will be given if you notify WITC prior to the first scheduled class meeting.

CLASS NO.	CATALOG NO.	CLASS TITLE	LOCATION	START DATE	CLASS FEE
Once registered for a course(s), you have created a liability with WITC and a promise to pay.					TOTAL

PAYMENT METHOD: Check or money order payable to WITC Cash MasterCard Visa Discover Exp. Date: _____ Security Code: _____
 Agency bill - attach required written authorization Month / Year

Credit Card No.: _____ Name on Card: _____ Signature: _____

Traffic-Related Registration: Motorcycle, Traffic Safety, Group Dynamics, Multiple Offender

Driver's License Number _____ Assessment Agency and Date _____

Youth Registration: With parent/guardian approval, WITC courses are open to students age 16 or younger when the course meets outside student's normal school hours. Some courses may have minimum age prerequisites.

Signature of Parent/Legal Guardian _____ Date _____

Sponsored Registration: If an agency or employer has agreed to pay your tuition, complete the section below and attach written authorization.

Name of Business/Agency: _____ EMS/Fire Sponsor: _____

I authorize WITC to forward information regarding the completion of this course to the sponsor listed on the line above. _____
Student Signature

New!

Safety for Beginner Farmers

April 20-May 18
WITC-Ashland

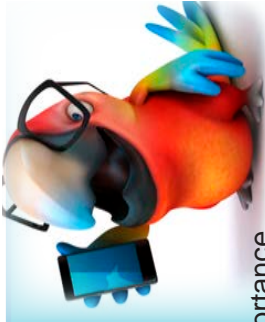
Mondays, 6-9pm

Safety matters on small farms too! Gain instruction, guidance and life experience on:

- tractor, machinery and shop safety
- basic equipment maintenance
- live line demonstration
- pesticide safety (including organics)
- fire safety
- field trips

See page 10 for details.

Led by instructor Matt Cogger, certified tractor safety instructor and UW-Extension horticulture agent for Ashland and Bayfield counties. Call WITC 800.243.9482 to enroll.



WHEW Baby!

It's **HOT** outside! Call repair!

Refrigeration and A/C continue to grow in importance. Learn the fundamentals and understand refrigeration and A/C from component function to troubleshooting to diagnosing system problems.

Air Conditioning Fundamentals

April 8-May 13
WITC-Superior

Wednesdays, 6-9pm
Instructor: Frank Vidas

See page 40 for details.



WISCONSIN
INDIANHEAD
TECHNICAL
COLLEGE

Wisconsin Indianhead Technical College
505 Pine Ridge Drive
Shell Lake, WI 54871

WITC Continuing Education | January-May 2015