

Go ahead,
satisfy your
curiosity...

Lewis-Clark State College

Lewis-Clark Valley • Grangeville • Orofino

Personal Enrichment & Lifelong Learning Community Classes

INSIDE: Day Trips!

- Boat trips in Hells Canyon
- Biking along Lake Coeur d'Alene
- Gondola ride in Eagle Cap Wilderness

Homebrewing is back!

NEW Culinary
Courses!

Art: Weaving,
painting, drawing,
collage, and clay

... and MORE!



Register online now
with your smart
phone QR code app!



/LCSCCECE

Brought to you by

Continuing Education Community Events

Spring 2012
www.lcsc.edu/ce

Let the Fun Begin!

Life can be stressful, so give yourself a break! We've got classes and workshops that will bring out your inner artist, chef, dancer, musician, culture enthusiast, and more. In just a few hours you can learn how to better your health, speak another language, or navigate Facebook. Explore our region with affordable daytrips in Lewiston and through Hells Canyon. Learning can not only be fun, it can be an adventure!

Can't fit a face-to-face course into your hectic schedule? That's no problem either! We've got hundreds of online courses available in the categories of technology, language & culture, family & life, and more. We've also got convenient registration options available through mobile, online, telephone, mail-in, fax, or in person. Fun, convenient, and affordable. Just a few of the reasons why you should sign up for our classes!

Lisa L. Jones

Director, Continuing Education & Community Events

Continuing Education Units (CEUs)

The Continuing Education Unit (CEU) is a nationally recognized unit of measure for non-credit activities. Lewis-Clark State College is an authorizing unit for granting CEUs for qualifying courses. A CEU is different from an academic credit and is not a professional or academic certification. However, many organizations require or recognize the CEU when considering promotions, salary increases, and transfers. Look for this symbol (★) within this catalog for courses we are offering optional CEUs. Call us at 208-792-2447 for more information.

“Best class ever!”

*Student from Home for the Holidays
class with instructor Bill Jollymore*

Our Mission -

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

SATISFACTION GUARANTEE

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

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

Table of Contents -

Schedule at a Glance.....	3
Lewis-Clark Valley Classes	
Arts & Crafts.....	4
Computers & Technology	5
Culinary Delights	5
Dance & Music	6
Day Trips & Recreation.....	6
Family & Life.....	8
Health & Fitness	8
Home & Garden	9
Language & Culture	9
Money Matters.....	10
Photography & Video.....	10
Meet Our Instructors	11
Grangeville Outreach Center Classes	12
Orofino Outreach Center Classes	15
On-line Classes - ed2go.....	18
Contact Information.....	19
Registration Form	19



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



The Learning Resources Network (LERN)



University Professional &
Continuing Education Association

Fun classes, designed just for you!

Start Date & Class Title..... Page

LEWIS-CLARK VALLEY

2/14	Spanish Language - Level 1	9
2/16	Access 2010 Fundamentals	5
2/16	Belly Dance: An Introduction.....	6
2/16	Stained Glass: An Introduction.....	4
2/18	Private Pilot Ground School.....	6
2/21	Back in Line: An Introduction to Massage.....	8
2/21	Who, Me? Draw?.....	4
2/25	A Watercolor Workshop with Andy Sewell.....	4
2/25	T-bags! Knit 'n Go Green.....	4
2/27	Taking Stock in the Market	10
2/28	Computer and Internet Security	5
3/4	Homebrewing	5
3/5	Retirement has Changed - What's Your Next Move	10
3/6	Buying Rental Property - Tips for Success.....	10
3/6	Massage for Headache Relief	8
3/8	Back to Kitchen Basics 1, 2, 3!	5
3/19	Adobe Elements for the Digital Photographer-Level 1	10
3/19	Ashtanga Yoga - An Introduction.....	8
3/20	Creative Collage Portraiture	4
3/20	Digital Photography - Level 1	10
3/20	Massage Techniques for Hands and Feet.....	8
3/21	German for Travelers and Beginners	10
3/22	Wouldn't You Love a Log Home?.....	9
3/24	Afternoon Spirits" - A Trolley Tour"	7
3/24	Beer! A Sampling Tour	7
3/24	Computers: An Introduction.....	5
3/24	Mastering Mass Mixes - Meals for the Family.....	5
3/26	The Art of Garnishing.....	6
4/2	School's Out! Golf Camp for Youth	7
4/3	Spanish Language - Level 2.....	10
4/5	Drumming for Fun	6
4/13	Yoga: Week-end Retreat.....	8
4/14	Afternoon Spirits" - A Trolley Tour"	7
4/14	Weaving with Natural Materials	4
4/15	Instant Piano for Hopelessly Busy People	6
4/15	Secrets to Gospel Piano	6
4/17	Excel - Level 1	5
4/17	Hand-Building Techniques in Clay	4
4/18	Genealogy and Family History: An Introduction	8
4/18	Golf for Adults: Beginning.....	7
4/19	Celebration! Creation! Cinco de Mayo!.....	5
4/19	Computer and Internet Security	5
4/20	Flavorful Fish!.....	6
4/21	Geology of the Snake River.....	7
4/21	Reflexology for Better Health.....	9
4/22	Stunning Side-Planted Baskets	9
4/23	Adobe Elements for the Digital Photographer-Level 2.....	10
4/23	Retirement has Changed - What's Your Next Move	10
4/24	Digital Photography - Level 2.....	10
4/24	The Art of Garnishing	6
4/26	Taking Stock in the Market	10
4/28	Afternoon Spirits" - A Trolley Tour"	7
4/29	Flower Pounding! Really!.....	9
5/1	Buying Rental Property - Tips for Success.....	10
5/5	Scablands: A Glimpse of Nature's Fury.....	7
5/6	Enchanted Fairy Gardens.....	9
5/10	Home Interior Design for Beginners.....	9

Start Date & Class Title..... Page

5/12	Remembering Hells Canyon: A History of Ranching	7
5/19	Computers: An Introduction.....	5
5/25	The Ultimate Barbecue.....	6
5/26	Biking the Trail of the Coeur d'Alenes	7
6/9	A Geologic Journey to the Eagle Cap Wilderness	7
6/21	Chinese Remembering.....	8

GRANGEVILLE

2/1	Introduction to Internet & Email	12
2/10	Excel for Beginners.....	12
2/13	Knitting Basics I.....	12
2/13	Knitting Basics I.....	12
2/22	Facebook for Beginners	12
2/22	Facebook for Organizations.....	12
2/23	Knitting Basics II	12
2/23	Knitting Basics II	12
2/28	Basic Welding	14
2/28	MS Word for Beginners.....	12
3/6	MS Word - Next Step.....	13
3/13	Make Your Own Tote!.....	12
3/22	Dessert with the Bennetts.....	13
4/10	QuickBooks	13
4/11	Need Bread? Knead Bread!	13
4/17	Drawing Made Simple	12
4/17	Intro to Microsoft PowerPoint 2007	13
5/9	Basic Car Care for Women.....	13
5/17	Understanding Dyslexia	13
5/19	Heavenly Scent - A Soap Making Primer	13
6/2	A Walk in the Woods	13
6/9	Introduction to Herbal Salves and Tonics	13

OROFINO

2/2	6AM Water Aerobics.....	16
2/2	7AM Water Aerobics.....	16
2/2	Valentine Card Creating: For kids!	15
2/8	eBay Trading Essentials	15
2/16	About Face(book), Forward March.....	15
2/18	Maximize Your Garden Production.....	16
2/25	Fruit Tree Production	16
3/1	6AM Water Aerobics.....	16
3/1	7AM Water Aerobics.....	16
3/8	Edible Landscaping	16
3/26	Intermediate MS Excel	15
4/3	6AM Water Aerobics.....	16
4/3	7AM Water Aerobics.....	16
4/12	Introduction to Glass Fusing.....	15
4/23	Street Smart Self-Defense	16
4/28	Dutch Oven Cooking.....	15
5/1	6AM Water Aerobics.....	16
5/1	7AM Water Aerobics.....	16
5/19	From Soil to Sip-Afternoon at Colter's Creek Winery	15

Don't wait to register!
Sign up early and bring a friend!
Classes with low enrollment have to be canceled.

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

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

Phone
208.792.2749
800.394.4189

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208.792.2850

Web
lsc.edu/ce

Email
communityed@lsc.edu



Alison Oman,
Lewis-Clark Valley Coordinator

ARTS & CRAFTS

Stained Glass: An Introduction

by Darcy Lodge

For centuries, stained glass artwork has inspired and awed. Now it's **your** turn to try your hand at creating a one-of-a-kind, beautiful glass piece. You'll learn how to: set up a pattern and cut it out, cut glass safely, grind, foil, solder and frame your project. No experience is necessary. *Please bring a glass cutter to class, all other tools are supplied. Materials fee is paid directly to the instructor in the first class. Students are requested to visit The Stained Glass Company before the class start date and choose glass colors and patterns.*

3 Sessions \$65.00 + \$45.00 Materials Fee
2/16-3/1; Thu 5:30 pm - 9:00 pm
The Stained Glass Company, Lewiston

Who, Me? Draw?

by Judy Parry

Yes! With practice, enthusiasm and a sense of humor! This is a course for a beginner, early intermediate or for those who would like to try it again. You will explore different mediums



such as china markers, oil pastels, charcoal pencils and more. Observational techniques will be emphasized, along with modeling using lights and darks, and various ways of using the drawing instruments. *All materials are supplied by the instructor - materials fee will be collected by instructor during the first class.*

3 Sessions \$41.00 + \$10.00 Materials Fee
2/21-3/6; Tue 6:30 pm - 8:00 pm
LCSC Campus

A Watercolor Workshop with Andy Sewell

by Andy Sewell

Now, here in the LC Valley, you can explore watercolor painting in depth, by taking this class from a watercolor master! You will create your class painting by utilizing some of Andy's personal favorite watercolor techniques. In addition, you will practice such skills as wet on dry, wet on wet, splattering, and scratching plus more advanced techniques that will challenge and inspire you! Class is aimed at watercolorists with some experience, but beginners are certainly welcome. Andy's eight hour video series for the beginner watercolor painter, normally \$80, is available - after signing up for this class, you may purchase the series for just \$50! Please ask for artist's contact information. *A materials list will be provided prior to class. Andy will post painting references (photos) on his website plus his initial drawings for students to use as guidance. You can view Andy's artwork at www.finewatercolors.com. Registration closes one week prior to class date.*

1 Session \$130.00
2/25; Sat 8:00 am - 5:00 pm
LCSC Campus

T-bags!

Knit 'n Go Green

by Nancy Freeman

You can "go green" AND use up old t-shirts at the same time by learning how to make these



beautiful tote bags out of "yarn" cut from those t-shirts! Raid your closets, second hand stores, and yard sales and find colors that you love. Then, each clean t-shirt is cut into "yarn" strands and knitted into a market bag - and the designs are only limited by your "yarn" color and imagination! No knitting experience required. *You'll need just 10 colored t-shirts (no side seams please), one size 13, 29 inch circular knitting needle and a crochet hook (any size). Instructor will supply cutting mat and rotary cutter for class.*

2 Sessions \$44.00
2/25-3/3; Sat 1:00 pm - 4:00 pm
LCSC Campus

Creative Collage Portraiture

by Judy Parry

A portrait can be a painting, photograph, sculpture or other artistic representation in which the face and its expression is predominant. Using collage and painting techniques, emphasizing a likeness, a personality or even mood of your subject, you will complete 2 beautiful and original portraits in this non-representational style (one in black and white, and one in color). Have fun in this relaxed, no pressure art class with a master of collage! *All materials will be provided by the instructor - materials fee will be collected by instructor during first class.*

4 Sessions \$49.00 + \$10.00 Materials Fee
3/20-4/10; Tue 6:30 pm - 8:00 pm
LCSC Campus



Weaving with Natural Materials

by Jenny Williams

Learn to weave a beautiful natural fiber tulle mat from a master weaver using locally grown, natural materials. Jenny has used natural fibers to create baskets, hats, mats and more, and enjoys passing on her techniques to others. *All materials are supplied by the instructor.*

2 Sessions \$45.00 + \$15.00 Materials Fee
4/14-4/21; Sat 2:00 pm - 5:00 pm
LCSC Campus

Hand-Building Techniques in Clay

by Judy Parry

Hand-building may be an ancient pottery making technique, but there is no shortage of exciting works that can be created today. Whether you use the pinch, coil or slab method you will be able to create projects from the simple to more complex ranging from a 2 dimensional mask to a beautiful stylized face vase. *All materials will be supplied by the instructor - materials fee will be collected by instructor during first class.*

3 Sessions \$41.00 + \$10.00 Materials Fee
4/17-5/1; Tue 6:30 pm - 8:30 pm
LCSC Campus

Celebration! Creation! Cinco de Mayo! **NEW!**

by Darcy Lodge

Fused glass is hot! Come create your very own Cinco de Mayo inspired chip and dip bowl with fused glass, PLUS two small plates to match AND paint two margarita glasses! Here's your opportunity to learn the art of fused glass while your pieces make their journey from design to kiln. Be proud to show (and share) your very own creations while celebrating Cinco de Mayo with food and drink.

1 Session \$35.00 + \$25.00 Materials Fee

4/19; Thu 5:30 pm - 8:30 pm

The Stained Glass Company, Lewiston

COMPUTERS & TECHNOLOGY

Access 2010 Fundamentals **NEW!**

by Nora Abbott

Work with an existing system to gain familiarity with tables, queries, forms, reports and record management (sorting, filtering, data entry, record keeping). Then practice what you've learned by building a new database system from scratch. This class provides explanations, practical pointers, and tips on what can go wrong! A workbook is included.

Familiarity with computer use is recommended - this should not be your first computer course.

4 Sessions \$65.00 + \$4.00 Materials Fee

2/16-2/28; Thu, Tue 6:30 pm - 8:30 pm

LCSC Campus

Computer and Internet Security **NEW!**

by Travis Caverhill

If you have a computer at home or at work, then you should be concerned with computer and internet security! Identity theft is the fastest growing crime in the country and the majority of the stolen data is taken online. If you like to purchase items online then this class is a must as you will learn safe buying practices plus you will learn

about scams that hackers use to steal personal information. This class is designed for all levels of computer users, so bring your questions and concerns and learn to be safe out there!

1 Session Each Class \$36.00

• 2/28-; Tue 6:30 pm - 8:30 pm

• 4/19-; Thu 6:30 pm - 8:30 pm

Caverhill Consulting, Clarkston

Computers: An Introduction

by Lisa Myers

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

2 Sessions Each Class \$58.00 + \$9.00 Materials Fee

• 3/24-3/31; Sat 9:30 am - 12:30 pm

• 5/19-5/26; Sat 9:30 am - 12:30 pm

LCSC Campus

Excel - Level 1

by Nora Abbott

It's time for you to learn Excel fundamentals - how a spreadsheet works, some basic formulas, appearance, print basics, and working with multiple sheets. You'll explore lots of tips, shortcuts and pitfall cautions. This program is a wonderful organizational tool - for tracking time, money, events, and details. AND it is fun to use! The more you know, the more you can do. Get started here!

2 Sessions \$42.00 + \$6.00 Materials Fee

4/17-4/19; Tue, Thu 6:30 pm - 8:30 pm

Twin City Square Dance Hall, Lewiston

“Great teacher and comfortable learning atmosphere. Thank you!”

Student from Excel Class
with instructor Nora Abbott

CULINARY DELIGHTS

Homebrewing

by Kyle Schmitt

Do you enjoy good beer?

Have you always wondered if

you could make a homebrew like your favorite ale or lager beer? YES YOU CAN! Discover the science and secrets of brewing a first-class beer! We will cover basic extract brewing techniques, through advanced all-grain processes. *Supply fee includes ingredients for 3 batches of beer and some basic equipment; adults 21 & older welcome.*

4 Sessions \$40.00 + \$32.00 Materials Fee

3/4-3/25; Sun 2:00 pm - 5:00 pm

Riverport Brewery, Clarkston

Back to Kitchen Basics

1, 2, 3!

by William Jollymore

Even if you love good food and enjoy time in the kitchen, wouldn't you love some basic tips from a real professional? So, come join Chef Bill Jollymore for a hands-on 'tool time' in the kitchen! Learn about the knives that are found in his kitchen, and perfect the skills to use them; hear about his choices for 'must have' tools that make food preparation so much easier; and

**Back by
popular
demand!**

NEW!

learn your skills while creating delicious recipes! *Bring a pen and pad to record all Bill's great tips and tricks.*

1 Session \$40.00 + \$10.00 Materials Fee

3/8; Thu 6:30 pm - 8:30 pm

Red Lion Hotel - Lewiston

Mastering Mass Mixes - Meals for the Family **NEW!**

by Tamera Lewis

Students! Moms! Anyone who likes to cook and eat! Whether you live alone or feed a family of ten, in today's economy these mixes will help you make ends meet while creating great meals! Mass mixes are base mixes of ingredients that are stored in air tight containers and help you create healthy and inexpensive meals. Then, by just changing up the additional ingredients, you can use them for several different recipes. With one mix you can make fantastic cookies, or a cake, or a dessert, or breakfast for just pennies on the dollar. Kids can use the mixes to learn how to cook or you can create yummy gifts for friends and family. *Several recipes in a "cookbook" is included in class fee plus a sample mix... and, oh yes, come hungry! Materials fee will be collected in class by the instructor.*

1 Session \$29.00 + \$15 Materials Fee

3/24; Sat 10 am - 12:00 pm

LCSC Campus



The Art of Garnishing



by Jill Koch

Food art is all about food display, garnishing and presentation. Join us and learn how to create beautiful and edible displays that are just perfect for any time of the year. Explore how with ordinary ingredients and easy to learn techniques your dishes can become extraordinary! Please note that one date is for savory dishes, and one date for desserts! Take them both and REALLY dress up your table!

1 Session Each Class \$32.00 + \$12.00 Materials Fee

• 3/26-; Mon 6:30 pm - 8:30 pm (savory dishes)

• 4/24-; Tue 6:30 pm - 8:30 pm (desserts)

LCSC Campus

Flavorful Fish!

by William Jollymore

We all know that fish is good for us, so why not join Chef Bill Jollymore and learn the very best ways to choose, prepare and cook several kinds of fish. Learn (and savor) which sauces go best with fish and try new side dishes that compliment its delicate flavor.

Come hungry and bring a pen and pad to record all Bill's great tips and tricks.

1 Session \$40.00 + \$10.00 Materials Fee

4/20; Fri 6:30 pm - 8:30 pm

Red Lion Hotel - Lewiston

The Ultimate Barbecue

by William Jollymore

You've got the deck, the barbecue and the fancy

tongs so NOW you're ready for some special barbecuing tips from the chef who really knows barbecues! In this demonstration class, you'll learn about rubs, sauces, steak cuts, other meats, and vegetables that are best suited to barbecuing and what to serve with your grilled foods while sampling recipes in class. *No minors please. Bring pen and paper to class to record all Bill's great tips and tricks.*

1 Session \$40.00 + \$10.00 Materials Fee

5/25; Fri 6:30 pm - 8:30 pm

Red Lion Hotel - Lewiston

DANCE & MUSIC

Belly Dance: An Introduction

by Caroline Edwards

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

4 Sessions \$50.00 + \$12.00 Materials Fee

2/16-3/8; Thu 7:00 pm - 8:30 pm

LCSC Campus

Drumming for Fun



by Caroline Edwards

Bought that drum on your last trip as a souvenir and don't know how to play it? Join us in this relaxed, informal class and have fun drumming and learning the exotic beats of the Middle East. Rock and Roll,

Pop, Salsa, Rap, Rhythm and Blues, American and Mexican Country and Western music have their roots in Middle Eastern rhythms. *Bring a drum to class - even a tupperware bowl with a lid will work! Some drums are available from the instructor on a first come, first served basis.*

2 Sessions \$42.00

4/5-4/12; Thu 7:00 pm - 9:00 pm

LCSC Campus

Instant Piano for Hopelessly Busy People

by Gladys Wentland

Music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just an afternoon you can learn enough secrets of the trade to give you years of musical enjoyment. The difference is regular piano teachers teach note reading, but piano pros use chords. Learn all the chords you'll need to play any song-both hands-in this one session. Any song, any style, any key. In class learn to create songs from sheet music. At home, follow the exclusive CD - it's easy, fun, and musically correct!

Basic understanding of treble and bass clef, sharps and flats is advisable - if you're unsure, please ask for instructor contact information. Youth 16 and above welcome.

1 Session \$35.00 + \$25.00 Materials Fee

4/15-; Sun 9:00 am - 12:20 pm

LCSC Campus

Secrets to Gospel Piano

by Gladys Wentland

Would you like to play gospel music with ease? With just a few secrets you can join your praise team or play gospel tunes for your own enjoyment. Learn all the chords you'll need to play along - both hands - in this one session. At home you can then follow the exclusive CD provided with the class materials. *Basic understanding of treble and bass clef and chords is advisable - if you are unsure, please ask for*

instructor contact information.

Youth 16 and above welcome.

1 Session \$35.00 + \$25.00 Materials Fee

4/15; Sun 1:30 pm - 5:00 pm

LCSC Campus

DAY TRIPS & RECREATION



Private Pilot Ground School

by Mark Chmieleski

Flying offers endless possibilities and this class is your very first step to explore the joy of flying. Let us help prepare you to take (and pass) the FAA Knowledge Exam for the Private Pilot license by covering such topics as Federal Aviation requirements, weather theory, aerodynamics and aircraft systems, among others. Each week culminates in your taking at home an online quiz so after successfully completing the course and tests, you will receive an endorsement ready to take the FAA written test.

Materials include Private Pilot Knowledge Test book, 2011 FAR/AIM, navigational plotter, E6B flight computer and online testing. Materials fee paid in first class directly to instructor.

8 Sessions \$225.00 + \$65.00 Materials Fee

2/18-4/14; Sat 9:00 am - 12:00 pm

No class 3/17

LCSC Campus



“Afternoon Spirits” - A Trolley Tour

by Garry Bush

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

1 Session Each Class \$18.00

- 3/24; Sat 1:00 pm - 2:30 pm
- 4/14; Sat 1:00 pm - 2:30 pm
- 4/28; Sat 1:00 pm - 2:30 pm

Meet outside Morgan's Alley, Lewiston

Beer! A Sampling Tour

Do you love all things beer? Are you tired of your traditional domestic beer? Join us for a tour of the Palouse and LC Valley breweries and let LCSC do the driving while you are chauffeured to Paradise Creek Brewery, Palouse Falls Brew Company, Riverport Brewery, and MJ Barleyhoppers. Hear from the masters how the different beers are brewed and taste the differences. Lederhosen optional! *Adults 21 & over welcome. As you will be enjoying many different beers, we encourage participants to have a designated driver for when the class is over.*

1 Session \$20.00 + \$28.00 Materials/Transp. Fee

3/24; Sat 12:30 pm - 6:00 pm

Meet at Williams Conference Center, LCSC

School's Out! Golf Camp for Youth

by Scott Manyon

Here's a chance for you to have fun on your days off and learn this great game. You'll be introduced to the rules and etiquette of the game while

learning to putt, pitch, chip, get out of the bunkers and use irons, and even drivers! Come have fun with a buddy!! *Ages 7 & up welcome. Clubs provided if necessary.*

4 Sessions \$30.00

4/2-4/5; Mon - Thu 9:30 am - 11:00 am

Bryden Canyon Golf Course, Lewiston

Golf for Adults: Beginning

by Scott Manyon

Take your lunch hour and learn a sport that you will enjoy for a lifetime! This is a class for people who are interested in learning the basics of golf, from how to address the ball to the basic swing. We will also be learning the fundamentals of the rules and proper etiquette while on the course. We will keep it simple and fun for beginners and people interested in the basics of golf.

3 Sessions \$42.00

4/18-4/25; Wed, Fri 11:45 am - 1:00 pm

Bryden Canyon Golf Course, Lewiston

Geology of the Snake River

by Keegan Schmidt

Learn the geological history of Hell's Canyon firsthand on a guided tour by jet boat. We will boat through the lower canyon of North America's deepest gorge to the confluence of the Salmon or Imnaha Rivers, discussing the incredible geologic story and examining the spectacular rock exposures along the way.

Registration includes lunch, refreshments, and all taxes and fees; dress for any weather; youth 16 & above welcome.

1 Session \$89.00

4/21; Sat 8:30 am - 6:00 pm

Meet at Hell's Gate Marina, Lewiston

“Keegan was incredibly knowledgeable. Great information. Great tour.”

Student of Geology of the Snake with instructor Keegan Schmidt



Scablands: A Glimpse of Nature's Fury

by William Rember



Come on a trip through time and see the results of the Great Missoula Flood, the largest flood this world has known.

The scablands of Eastern Washington formed when an ice dam broke in the Clark Fork River Valley and drained Glacial Lake Missoula. See dry falls and huge erosional features, among others, left behind by the Pleistocene catastrophe. Bill will share the history and background you need to appreciate the trip's spectacular sights. *Children 12 & above welcome with an adult. Optional 1/2 mile hike through sand dunes. Travel is by LCSC van. Bring a lunch and beverage.*

1 Session \$36.00 + \$15.00 Program Fee

5/5; Sat 8:00 am - 5:00 pm

LCSC Campus

Remembering Hells Canyon: A History of Ranching

by Patricia Keith



Travel the scenic Snake River by jet boat and step back into an era when Hells Canyon was home to cattle and sheep ranches reaching from river's edge to the high ridges. We will visit former ranches, one of which is the largest ranch house ever built in Hells Canyon, plus a sheep shearing shed, root

cellar and small museum. You'll also experience Native American pit houses, petroglyphs, and an old mine. We will watch a new film featuring the Hells Canyon ranching era, followed by an opportunity for discussion with filmmaker Patricia Keith. Spring wildflowers, birds, and other wildlife should be abundant, so bring camera and binoculars. *Lunch and beverages will be provided.*

1 Session \$85.00

5/12; Sat 8:00 am - 5:30 pm

Meet at Hell's Gate Marina, Lewiston

Biking the Trail of the Coeur d'Alenes

Join us for a beautiful day of cycling around the shores of Lake Coeur d'Alene. We'll start our adventure in the park at Chatcolet and bike 15-20 miles along the shores of the lake and across the long, sleek new cycling bridge to the small town of Harrison on the east side of the lake. We'll stop for lunch in Harrison and then head back watching for ospreys and their nests full of youngsters, plus other local birdlife and, of course, the resident turtles!

1 Session \$20.00 + \$17.00 Program Fee

5/26; Sat 8:00 am - 5:00 pm

LCSC Campus

A Geologic Journey to the Eagle Cap Wilderness

by William Rember



Glacial lakes are plentiful in the northwest but there are few

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

1 Session \$38.00 + \$12.00 Program Fee
6/9-; Sat 7:30 am - 6:00 pm
Meet at Williams Conference Center

Chinese Remembering

by Lyle Wirtanen

Now in its fifth year, Chinese Remembering 2012 brings together scholars, teachers and the public to discuss and understand the history and impact of the Chinese in Idaho and the Northwest. This event will also discuss tolerance and intolerance. Take this unique opportunity and hear the story from experts, walk the

sites where history was made; and experience a historically interpreted full day jet boat trip in Hells Canyon to sites once occupied by the Chinese. The highlight of this year's event is the dedication of a granite memorial along with a brief healing ceremony at Chinese Massacre Cove where up to 34 Chinese miners were murdered for their gold. *Lectures on Thursday, June 21, will feature historians and presenters from around the Northwest. The cost is \$30. An evening reception at the Center for Arts and History is included along with access to the restored Beuk Aie Temple and many Chinese artifacts. Friday, June 22, will consist of a full-day jet boat ride into Hells Canyon. The cost is \$135 including lunch and refreshments. Participation on the trip is limited to 100. Total cost of the two days is \$165. You may choose to attend one or both days but it is recommended that you attend both. Please call 792 2749 if you wish to take only part of the conference as only the full conference price is available online. For an additional walking tour (on Thursday morning) of historic downtown Lewiston emphasizing its Chinese heritage, call Garry*



Bush, 208-746-3119. One LCSC credit for teachers is available by contacting Jack Peasley at 792-2443.

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

FAMILY & LIFE

Genealogy and Family

History: An Introduction

by Dana Elliot

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

4 Sessions \$32.00 + \$2.00 Materials Fee
4/18-5/9; Wed 6:00 pm - 8:00 pm
LCSC Campus

HEALTH & FITNESS

Back in Line: An Introduction to Massage

by Becky Olinger

Do you wish someone could help you ease the tension you have been carrying in your back and shoulders? Learn helpful and easy techniques for a basic, seated back massage to relieve pain and muscle stiffness. Please wear loose, comfortable clothing. *Helpful handouts included. Please bring 2-3 pillows to class.*

1 Session \$35.00 + \$2.00 Materials Fee
2/21-; Tue 6:00 pm - 8:45 pm
LCSC Campus

Massage for Headache Relief

by Becky Olinger

If you are a headache sufferer, you will find this class a relief! Whether you have migraines or tension headaches, the instructor will give you alternative ideas to help you deal with them. *Helpful hand-*

out included. Please bring 2-3 pillows and a blanket to class.

1 Session \$30.00
3/6; Tue 6:00 pm - 8:00 pm
LCSC Campus

Ashtanga Yoga - An Introduction

by Joanna Alford

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

12 Sessions \$69.00
3/19-4/25; Mon, Wed 5:30 pm - 6:30 pm
Ashtanga Yoga, 106 New 6th St., Lewiston

Massage Techniques for Hands and Feet

by Becky Olinger

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

1 Session \$35.00 + \$1.00 Materials Fee
3/20; Tue 6:00 pm - 8:45 pm
LCSC Campus

Yoga: Week-end Retreat

by Meredith Robbins

Yoga retreat is a potent yogic practice that allows you to explore yoga for the first time or, for those with prior knowledge, deepen your yoga practice. You need no previous yoga or meditational experience. *Friday (4/13) supper will be provided, weekend meal options will be discussed that evening. It is highly*

recommended that students attend the planning meeting for the retreat on Thursday, 3/29, 4:30-5:30pm in Activity Center West 128. For information on the one credit option, please contact the Registrar's office, 792-2223.

3 Sessions \$79.00

4/13-4/15; Fri 5:00 pm - 9:00 pm;

Sat 9:00 am - 5:00 pm; Sun 9:00 am - 1:30 pm

LCSC Campus

Reflexology for Better Health

by Hartini Woodbury

Reflexology is the science of applying pressure to the feet and hands in order to stimulate the reflex areas that correspond to the glands, organs and other parts of the body. Stimulating these reflexes can help many problems in a natural way - a type of preventative maintenance so you can enjoy relief of stress and tension, improve blood supply, help achieve a natural balance, get revitalized, and be cleansed of toxins. Learn from a master how to work on your own reflex areas or pamper someone special! Please bring a towel to class.

1 Session \$32.00

4/21; Sat 9:30 am - 12:00 pm

LCSC Campus

HOME & GARDEN

Wouldn't You Love a Log Home?

by Douglas Ahrendsen



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



\$15 optional book fee paid to instructor

1 Session \$34.00

3/22; Thu 6:00 pm - 9:00 pm

LCSC Campus

Stunning Side-Planted Baskets

by Kate Patterson

Are you ready to plant the most beautiful hanging basket ever? Side-planting is the new technique that gives you spectacular floral displays all season long. You will stuff a 14 inch heavy duty basket and fiber liner with over 15 colorful annuals to keep your patio or front porch looking spectacular all spring and into the summer. All supplies and plants are included in class price. Bring gloves! See www.sideplanting.com for more information.

1 Session \$25.00 + \$50 Materials Fee

4/22; Sun 1:00 pm - 3:00 pm

Patt's Valley Garden Center, Clarkston

Flower Pounding! Really!

by Kate Patterson



Flower pounding is a cool, eco-friendly way to transfer flower petals to fabric - literally by pounding petals and leaves

onto fabric. Using a variety of fresh flowers and leaves, you can create lasting floral images on fabric by hammering or pounding flowers onto it. When you remove the pounded flower, you reveal the colors and shapes transferred to your piece. You will create your own beautiful floral design and pound it into a canvas tote bag - the possibilities are endless! Flowers and leaves will be provided, but feel free to bring any favorites you may have at home. Tote bag is included in class supply fee.

1 Session \$25.00 + \$10.00 Materials Fee

4/29; Sun 1:00 pm - 3:00 pm

Patt's Valley Garden Center, Clarkston

Enchanted Fairy Gardens

by Kate Patterson

It's time to get your wings on, think tiny, and delve into the small world of fairy gardens. Patt's Garden staffer Mary Lou Wayne will help you craft a whimsical fairy garden centerpiece that looks wonderful indoors or out. Choose from a large variety of interesting plants with varying textures

and colors so that your garden is as unique as its designer! All supplies are included in class fee, but bring tiny additions to personalize your garden - and by all means, before class, stop by Patts and get inspired by their examples! All ages welcome, children under 12 accompanied by an adult.

1 Session \$25.00 + \$20.00 Materials Fee

5/6-; Sun 1:00 pm - 3:00 pm

Patt's Valley Garden Center, Clarkston

Home Interior Design for Beginners

by Jeanine Bennett

It can be bewildering when planning or updating your home's interior design. The Six Keys to Good Design will be the starting point for this lively interactive class. You will discover the interaction of color and texture as well as learn of the myriad of surface products that can transform your design vision. Space planning will be also included when you select a room in your current home, or your dream home as your space planning project. Materials include a color wheel, space planning template, workbook, and tape measure. Join CornerStone Interiors in their newly remodeled & relocated Design Studio for this fun fast paced class that will leave you ready to tackle your first summer project.

3 Sessions \$50.00 + \$20.00 Materials Fee

5/10-5/24; Thu 6:30 pm - 8:30 pm

CornerStone Interiors, Lewiston

LANGUAGE & CULTURE

Spanish Language - Level 1

by Caroline Edwards

This class is for the beginner who wishes to learn Spanish and it is ideal for those who travel to Spanish-speaking countries. We will cover the alphabet, vowels, Spanish sounds, basic grammar, structure and vocabulary. Also covered are Mexican Spanish and Castilian Spanish. On the last day, we will play a simple game and

prizes will be awarded. *Bring a Spanish/English-English/Spanish dictionary, paper and pen for notes. Youth 16 & above welcome.*

4 Sessions \$65.00 + \$7.00 Materials Fee

2/14-3/6; Tue 6:30 pm - 8:30 pm

LCSC Campus

Spanish Language - Level 2

by Caroline Edwards

If you already have the basics of the Spanish language, don't stop now, this class is for you. We will practice the basics and will cover more Spanish grammar, structure and vocabulary. *Bring a Spanish/English-English/Spanish dictionary; paper and pen for notes. Youth 16 & above welcome.*

4 Sessions \$65.00 + \$2.00 Materials Fee

4/3-5/1; Tue 6:30 pm - 8:30 pm

No Class 4/24

LCSC Campus



German for Travelers and Beginners

by Dana Elliot



With an estimated 100 million individuals speaking the language, German is considered one of the major languages of the world. You will learn basic grammar, pronunciation and useful expressions, as well as information on culture and customs. No text is required, printed material will be provided. For beginners (or folks who need a little refresher!), come enjoy this language in a relaxed, informal atmosphere.

4 Sessions \$42.00 + \$2.00 Materials Fee

3/21-4/11; Wed 6:00 pm - 7:30 pm

LCSC Campus

MONEY MATTERS

Taking Stock in the Market

by Sherrie Beckman

Investing in stocks can be easier than you think. The key is understanding long-term strategies for success. This seminar will explain basic stock terminology, as well as time-proven strategies created to help you reach your financial goals.

1 Session Each Class \$22.00

• 2/27; Mon 7:00 pm - 8:15 pm

• 4/26; Thu 7:00 pm - 8:15 pm

LCSC Campus

Retirement has Changed - What's Your Next Move?

by Sherrie Beckman

Here's an educational program geared for investors 5 to 15 years from retirement where we'll discuss how to take inventory of current assets and determine how much money you need during retirement. You will learn how to organize and record your financial assets; how to set realistic goals for retirement spending; how to determine if you're on track to reach your goals; and what to do if you're not where you'd like to be!

1 Session Each Class \$23.00

• 3/5; Mon 7:00 pm - 8:15 pm

• 4/23; Mon 7:00 pm - 8:15 pm

LCSC Campus

Buying Rental Property - Tips for Success

by Jan Koal

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

2 Sessions Each Class \$41.00

• 3/6-3/8; Tue, Thu 6:30 pm - 9:00 pm

• 5/1-5/3; Tue, Thu 6:30 pm - 9:00 pm

LCSC Campus

PHOTOGRAPHY & VIDEO

Adobe Elements for the Digital Photographer - Level 1

by Eric Hill

Do you have computer files full of photos? Are your photos pretty good but could be great with a little editing? Come learn how to easily edit your photos with cropping; sizing, lighting, color balance; changing resolution; preparing images for printing and web viewing; and much more. *Students should be comfortable using MS Windows and have familiarity with basic Windows-related programs.*

Youth 14 & older welcome.

5 Sessions \$58.00

3/19-4/16; Mon 6:00 pm - 8:00 pm

LCSC Campus

Adobe Elements for the Digital Photographer - Level 2

by Eric Hill

Now you know a little, but you have SO many questions and ideas! So move on with Level 2 and learn even more about this powerful program - learn cloning and about the healing brush; layering; selective coloring; combining photos; creating actions and other special effects.

4 Sessions \$50.00

4/23-5/14; Mon 6:00 pm - 8:00 pm

LCSC Campus

Digital Photography - Level 1

by Eric Hill



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

5 Sessions \$51.00

3/20-4/17; Tue 6:00 pm - 7:30 pm

LCSC Campus

Digital Photography - Level 2

by Eric Hill



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

5 Sessions \$51.00

4/24-5/22; Tue 6:00 pm - 7:30 pm

LCSC Campus



Meet Our Instructors

Abbott, Nora - Nora Abbott, owner of Software Assistants, has worked with hundreds of organizations and individuals to increase computer skills. She teaches, tutors, and creates applications tools.

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

Alford, Joanna - Joanna Alford and members of Ashtanga Yoga Lewiston, a private studio, has been devoted to daily practice since 2008 and have studied with a variety of professional yogis known worldwide.

Beckman, Sherrie - Sherrie Beckman, an investment representative for Edward Jones, creates a fun learning environment for a sometimes intimidating subject.

Bennett, Jeanine - Jeanine Bennett, who started working in the design industry in 1989, has personally worked on many commercial and residential projects and is a co-Owner of CornerStone Interiors and Erb Hardware.

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

Caverhill, Travis - Travis Caverhill, a graduate from LCSC, owns and operates Computer Security Consulting in Clarkston, WA.

Chmielecki, Mark - Mark Chmielecki, a past helicopter pilot in the US Army who served in Korea, Egypt and Afghanistan, has been a FAA certified flight instructor since 1991 and has over 4500 flight hours and 1500 instructor hours to his name!

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

Elliott, Dana - Dana Elliott, with roots older than the Constitution, has had a passion for unearthing her ancestors since 2007 and invites you to join her in learning how! In addition, Dana is a fluent German speaker who lived in Germany for over 3 years, is an English teacher with an M.A. in Language and Linguistics.

Freeman, Nancy - Nancy Freeman, an LC Valley resident, has been knitting for over 55 years and loves to share her love of the craft.

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

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

Keith, Patricia - Patricia Keith, a retired LCSC English teacher, has made many documentaries set in such places as Ecuador, Burma, Tibet and two featuring Hells Canyon's mining and ranching history.

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

Koch, Jill - Jill Koch, a culinary artist, chef, and licensed caterer, has 18 years experience in the food service industry and has a passion for creating food artistry.

Lewis, Tamera - Tamera Lewis has learned from three generations of women how to stretch her food budget and create tasty, economical meals.

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

Manyon, J. Scott - Scott Manyon, who has been in the golf business for over 10 years working with programs in Hawaii and Idaho, enjoys teaching golf at all levels.

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

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

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

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

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

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

Schmidt, Keegan - Dr Keegan Schmidt, who has taught geology for over seven years, focuses his research on the geologic history of Hell's Canyon and the region around it.

Schmitt, Kyle - Kyle Schmitt, President of the local homebrewing club the Wizards of Ale, and home brewing aficionado, is assistant brewer at Riverport Brewing in Clarkston.

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

Wentland, Gladys - Gladys Wentland, has 15 years' experience teaching piano privately but also loves to give people the tools to 'make music in a hurry' as these seminars teach.

Williams, Jenny - Jenny Williams (Omaha/Nez Perce) uses fibers to create baskets, hats, mats, and other traditional Plateau works of art and is considered a master weaver.

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

Woodbury, Hartini - Hartini Woodbury, a certified Reflexologist with over 20 years experience, believes that reflexology is a surefire way to relaxation and better health.

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

Call 208-792-2749 for more information.

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

Open to Serve You
Mon. - Thu. 8:00 am - 3:00 pm

Phone
208.983.2164

Fax
208.983.2368

Email
cnwilkins@lsc.edu

Web
lsc.edu/cp/gville



Carla Nuxoll Wilkins,
Grangeville Outreach Coordinator

ARTS & CRAFTS

Knitting Basics I

by Myrna DeHaas

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

1 Session Each Class \$15.00 + \$6.00 Materials Fee
• 2/13; Mon 1:00 pm - 3:00 pm
• 2/13; Mon 6:30 pm - 8:30 pm
Church of the Nazarene, Grangeville

Knitting Basics II

by Myrna DeHaas

Learn to knit a purse to be felted. This is a quick, fun project for those who have completed Basic Knitting I, or can do the basic knit & purl stitches. With wool yarn, you'll knit a rectangle base with double yarn, then pick up stitches and knit the body of the bag with single thread. You'll also learn how to decrease and work shaping. This is a great project to help master basic stitches. *You'll need to bring*

#11 and #13, 24 inch circular needles, stitch markers, scissors and 3 skeins of worsted weight feltable wool yarn. Supplies furnished: Sewing needle & pattern.

1 Session Each Class \$15.00 + \$4.00 Materials Fee
• 2/23; Thu 1:00 pm - 3:00 pm
• 2/23; Thu 6:30 pm - 8:30 pm
Church of the Nazarene, Grangeville

Make Your Own Tote!

by Krista Green

Learn how to turn that drawer full of plastic grocery sacks into "yarn" and crochet a unique, earth-friendly shopping tote. No crocheting experience? No problem! You'll learn the basic stitch and be on your way in no time! *Students will supply scissors, size K crochet hook and at least 10 plastic grocery sacks to get started.*

2 Sessions \$30.00
3/13-3/20; Tue 6:00 pm - 8:00 pm
Grangeville Elementary/Middle School



Drawing Made Simple

by Patricia Gehring

If you can draw a box, you can draw anything! You will learn how that can be done and will practice drawing a wooden elephant or a ceramic tiger based on that box. Learn how to look at an object or photo and choose the major pencil marks to create an illusion. Pat will also show you fun ways to practice the elements of drawing. If you're a first time artist, or are already enjoying the skills, this class will show you the way to enjoy and improve your drawing skills. *Students should bring a white*

vinyl eraser, a #2 yellow pencil and an unlined drawing pad that is larger than 8 1/2 x 11 inches.

2 Sessions \$35.00
4/17-4/19; Tue, Thu 1:00 pm - 3:00 pm
Prairie Community Library, Cottonwood

COMPUTERS & TECHNOLOGY

Introduction to Internet & Email

by Patricia Moody

Don't be afraid of the internet! This hands-on class teaches you how to create a free web-based e-mail account you can access anywhere. Learn to send, receive and forward messages, attach files, and manage your e-mail account. Also learn to access the internet, use a search engine to find specific web sites, shop safely online, delete unwanted files, and more. *Adults only please.*

2 Sessions \$35.00 + \$7.50 Lab Fee
2/1-2/2; Wed, Thu 6:00 pm - 8:30 pm
Grangeville Outreach Center

Excel for Beginners

by Angela Morrow

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

1 Session \$40.00 + \$7.50 Lab Fee
2/10; Fri 8:30 am - 2:30 pm
Grangeville Outreach Center

"Instructor was very informative and well prepared. I really appreciated the additional handout given for guidance at home. Also, Angela gave us her e-mail address if we had additional questions."

-Student of Excel Class
with Instructor Angela Morrow

Facebook for Beginners

by Anna Holden

If you feel left out because you haven't been 'friended' lately, then this class is for you! Even if you don't know what that means, join us and learn how Facebook can connect you with everyone in your life from family -- especially those grandkids -- to friends and business associates. Facebook is fun and easy to use for anyone, at any age. Learn to create an e-mail account (if needed), then learn the Facebook basics, including privacy setting options, plus how to upload and share photos, videos and links.

2 Sessions \$30.00 + \$6.00 Lab Fee
2/22-2/29; Wed 2:00 pm - 4:00 pm
Grangeville Outreach Center

Facebook for Organizations

by Anna Holden

Balancing your organization's needs with social media efforts can be challenging! Learn the core components to building an organization page on the fastest growing on-line social network. Facebook for organizations and associations is easy to use for anyone, at any age. If you have an e-mail account, you're ready to go!

1 Session \$20.00 + \$3.00 Lab Fee
2/22; Wed 5:30 pm - 7:30 pm
Grangeville Outreach Center

MS Word for Beginners

by Patricia Moody

New to word processing? It's a necessity for a job in the business world and a wonderful convenience at home. Learn to make professional-looking documents and letters in just a few hours. This class moves at a comfortable pace with clear instructions and one-on-one help from a patient instructor with a sense of humor. You'll feel comfortable right away in this easy learning environment.

2 Sessions \$35.00 + \$7.50 Lab Fee
2/28-3/1; Tue, Thu 6:00 pm - 8:30 pm
Grangeville Outreach Center

MS Word - Next Step

by Patricia Moody

Want to learn what else Word has to offer? Become familiar with Word Art, pictures, clip art, and cut, copy, and paste. Learn how to print envelopes and labels, work with Mail Merge, use tabs, columns and tables, and much more.

2 Sessions \$40.00 + \$7.50 Lab Fee
3/6-3/8; Tue, Thu 6:00 pm - 8:30 pm
Grangeville Outreach Center

QuickBooks

by Tami Fehlman

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

Basic bookkeeping and computer skills required.

2 Sessions \$50.00 + \$8.00 Lab Fee
4/10-4/12; Tue, Thu 5:30 pm - 8:30 pm
Grangeville Outreach Center

Intro to Microsoft PowerPoint 2007

by Bruce Wassmuth

Do you need help creating a presentation? Do you worry that after class, you won't remember enough to apply what you learned? If so, this class will help. It will cover the basic options available from PowerPoint 2007 followed by tutorial exercises for each student to be completed throughout the five hour course. Students may work on specific topics of interest at the end of each night's class.

2 Sessions \$40.00
4/17-4/19; Tue, Thu 5:30 pm - 8:00 pm
Grangeville High School

CULINARY DELIGHTS

Dessert with the Bennetts

by John and Susan Bennett

In this hands-on class in the Bennett home, you will learn the techniques to make fabulous desserts with garnishes such edible flowers, chocolate curls and easy

pipings that set your desserts a step above the others. Warning: This is NOT a calorie-counting class; we will be sampling the results, which will be complemented by wines from the Bennett's cellar. *The Bennetts are donating their instructor fees to benefit GHS Dual-Credit Scholarships.*

1 Session \$25.00 + \$5.00 Materials Fee
3/22; Thu 6:00 pm - 9:00 pm
Grangeville Residence

Need Bread? Knead Bread!

by Joyce Forsmann

Bake tender, moist bread from scratch at home. Don't know how? Join this class and learn the whys and wherefores of bread baking. Learn how to incorporate less than perfect loaves into other recipes. Both hand kneading and making bread with a Kitchen Aid Mixer will be taught. Bake a beautiful loaf of bread in class to take home! *Participants are invited to bring their Kitchen Aid mixers & dough hook if they prefer not to hand knead.*

1 Session \$10.00 + \$10.00 Materials Fee
4/11; Wed 6:00 pm - 9:00 pm
Grangeville High School

DAY TRIPS & RECREATION

A Walk in the Woods

by Sr. Carol Ann Wassmuth OSB

Treat your senses to a forest ecosystem as you take an educational walk through the woodlands adjacent to the Monastery of St. Gertrude. Wildflowers will be blooming in June and learn to identify them, as well as other plants and trees. Learn what we can do to help the vitality of our forests and protect them for future generations.

You'll return home with a set of tree ring coasters as a memento of your woodland experience! *Wear sturdy shoes and weather-appropriate clothing; involves some uphill walking. Dinner at noon (included in the fee) is in the Monastery dining room.*

1 Session \$20.00 + \$11.00 Materials Fee
6/2; Sat 9:30 am - 1:30 pm
Monastery of St. Gertrude, Cottonwood

FAMILY & LIFE

Basic Car Care for Women

by Jeff Kutner

Get to know your car! Learn how to check your oil and other fluids, tire pressure, window wipers and more. Pick up valuable tips and learn what questions you should ask when you take your car in for repair. Bring your own car if you want. Be ready for a fun-filled auto education!

1 Session \$10.00
5/9; Wed 6:00 pm - 8:00 pm
Alpine Motors, Grangeville

Understanding Dyslexia



by Dena Jones

Do you know someone who is smart but struggles with reading, writing and spelling? Dyslexia is an inherited condition that interferes with learning to read and write. This presentation will include information from recent research to help you understand dyslexia and find out how to get the right kind of help.

1 Session \$15.00
5/17; Thu 6:00 pm - 8:00 pm
Grangeville Elementary/Middle School



“Sr. Wassmuth was very informative about forest management, tree identification and forestry practices. Enjoyed learning of the tools used to measure diameter and height (of trees).”

-Student of Walk in the Woods Class

Keep a good class going!

Nothing kills a program faster than waiting until it's too late to register. Reserve your spot and make sure your favorite classes continue.

HEALTH & FITNESS

Heavenly Scent - A Soap Making Primer

by Sister Carlotta Fontes OSB

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

1 Session \$42.00 + \$12.00 Materials Fee
5/19; Sat 9:00 am - 2:30 pm
Monastery of St. Gertrude, Cottonwood

Introduction to Herbal Salves and Tonics

by Sister Agnes Reichlin OSB

Local herbs can enhance your health and well-being. In this hands-on class, learn how you can benefit from their use in a setting where herbs and fruits of the earth are revered and honored for their gifts to us. Students will make their own salves and taste tonics. *Field trip if weather allows; wear sturdy walking shoes. Dinner at noon (included in fee) in the Monastery dining room.*

1 Session \$25.00 + \$10.00 Materials Fee
6/9; Sat 9:00 am - 2:30 pm
Monastery of St. Gertrude, Cottonwood

HOME & GARDEN

Basic Welding

by Jaysa Fillmore

Have you ever paid someone to fix something you thought you could do yourself? Do you have a welder that you have no idea how to use? Are you interested in learning how to weld basic joints for your hobbies or for basic household fixes? If you answered yes to any of these questions, this class is for you. You will learn safety, set up,

and operation of SMAW (arc) or GMAQ (wirefeed) welding. *Welding gloves, safety glasses & welding helmets are available to borrow, although students may bring their own. Students must wear non-flammable long sleeves and long pants (non-insulated shop coveralls recommended) and wear closed-toe leather shoes. Long hair should be tied up. No jewelry or neckties.*

2 Sessions \$40.00 + \$20.00 Materials Fee
2/28-2/29; Tue, Wed 6:00 pm - 9:00 pm
Grangeville High School



*Have a special skill that you can share?
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Call 208-983-2164 for more information.

Meet Our Instructors

Bennett, John and Susan - are local Grangeville business owners. In their spare time, they enjoy trying out new and interesting desserts for charity auctions and special dinners.

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

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

Fillmore, Jaysa - is the current ag science and technology instructor at Grangeville High. Jaysa graduated from the University of Idaho in 2009 with a Bachelors of Science in Agricultural Education.

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

Forsmann, Joyce - has a BS in Family & Consumer Sciences from the University of Idaho. She cooks at the Senior Citizen Center and also does some event cooking.

Gehring, Patricia - is a member of the Prairie Art Association, has drawn all of her life and has been teaching classes since 1997. She's won ribbons at shows and has sold a number of paintings.

Green, Krista - has been sewing, quilting and crafting most of her life. She just recently taught herself to crochet and has made a number of earth-friendly tote bags.

Holden, Anna - Anna, a marketing professional who opened her personal Facebook account in Dec. 2009, has since learned the ins and outs of this social network, and shared that knowledge through webinars. Anna administers Facebook accounts for 7 businesses and organizations.

Jones, Dena - has a BA in Elementary Education from Idaho State University, a Masters in Education from the University of Idaho and is currently the reading specialist at Lapwai Elementary School. She has been a certified dyslexia testing specialist since 2007.

Kutner, Jeff - has operated his own auto repair business for 30 years. When he doesn't have his head under the hood, he's active with the Grangeville Chamber of Commerce, Ida-Lew, and multiple community projects.

Moody, Patricia - has taught computer classes since 1994. She has been an LCSC instructor since 2001 and was raised on computers.

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

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

Wassmuth OSB, Sister Carol Ann - has actively managed the Monastery's 1000 acres of forest land the past 20 years. She's attended numerous workshops/conferences on aspects of forestry and in 2009 graduated from the Idaho Master Forest Steward Program through the U of I Extension. She now uses the skills acquired during her earlier teaching career to share her passion for the forest with others.

Wassmuth, Bruce - earned a BS in Business Education, and a MA in Industrial Technology Education from the University of Idaho. He is currently the Business and Technology instructor at GHS and has more than 15 years of experience teaching Microsoft PowerPoint.

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Amber Hanes-Miller,
Orofino Outreach Coordinator



ARTS & CRAFTS

Valentine Card Creating: For kids!

by Kelly Cummins-Brumley

Are your kids tired of giving out the same old store bought Valentines Day cards? This is a fun hands on class that gives kids the tools and techniques to design and create 3 unique Valentines Day cards that are guaranteed to please!

1 Session \$8.00 + \$5.00 Materials Fee
2/2; Thu 4:00 pm - 6:00 pm
Orofino Outreach Center

Introduction to Glass Fusing

by Anthony Riccomini



You've seen those beautiful, multi-layered earrings and necklaces of colored glass - well here's your opportunity to learn the art of fused glass and create some of your own. During this class you will learn basic techniques of making fused glass pieces. Once made, these glass pieces, "cabochons," can be turned into jewelry, belt buckles, wine glass stoppers, and more. The first day you will learn to cut glass and build the cabochons. At the end of the first day you will

see a demonstration of how you can fuse your own glass at home using a microwave kiln process. The second day your cabochons will have been fired and fused and you will be making them into things like jewelry, wine stoppers, door pulls, belt buckles and more. Students will have a chance to order discounted materials and equipment to fuse your own glass at home. *All tools will be supplied during the class. Materials fee (which includes the frings) will be paid directly to the instructor during the first class.*

2 Sessions \$30.00 + \$25.00 Materials Fee
4/12-4/13; Thu, Fri 5:30 pm - 7:00 pm
Orofino Outreach Center

COMPUTERS & TECHNOLOGY



eBay Trading Essentials

by Charlene Douglas



eBay Trading Essentials will teach you the basics of buying and selling on eBay. You will actually place an item on eBay for sale and then follow through closing the deal when the item sells. *Please bring an item to sell (or a digital image of an item you wish to sell); if you*

do not already have an eBay account, you will need to bring your checkbook (or at least your checking account number) and a credit card in order to create your eBay buyer and seller accounts

2 Sessions \$18.00 + \$2.00 Lab Fee
2/8-2/15; Wed 6:00 pm - 8:30 pm
Orofino Outreach Center

About Face(book), Forward March



by Claudine Zender

Feel like the world is marching forward into the future of social media, but you've been left behind? In this class you will open a Facebook account, post a photo and comments, and send messages. Learn best practices for social media, business use, underage users, and privacy settings (so the whole world won't know you've blown your diet again). *Students must have an e-mail account and basic familiarity with computers.*

1 Session \$11.00 + \$2.00 Lab Fee
2/16; Thu 6:00 pm - 7:30 pm
Orofino Outreach Center

Intermediate MS Excel

by Lee Woolsey

Now you can build on the basics as you learn to use charts, more functions and formulas, and database basics. While the tools covered in this workshop are powerful, the concepts are easy to understand. These two down-to-earth workshop sessions will help you feel confident and capable. Come join us and see!

2 Sessions - \$35.00 + \$5.00 Lab Fee
3/26-3/28; Mon, Wed 6:00 pm - 7:30 pm
Orofino Outreach Center

CULINARY DELIGHTS

Dutch Oven Cooking

by Marge Kuchynka

During this hands-on class, learn the basics of Dutch Oven cooking, from buying and seasoning the ovens, charcoal use, and preparation through cooking. Bread, a main course,

and a dessert will be prepared, with lunch to follow for participants. Come enjoy a great meal and learn a new skill, just in time for the Camas Festival Dutch Oven Cook-Off!

1 Session \$20.00 + \$10.00 Materials Fee
4/28; Sat 10:00 am - 1:00 pm
Weippe Discovery Center

DAY TRIPS & RECREATION

"From Soil to Sip" An Afternoon at Colter's Creek Winery and Vineyards

by Melissa Sanborn & Mike Pearson

Join owners Mike and Melissa for an afternoon at Colter's Creek Winery and Vineyards. The workshop will begin with a walking tour in the vineyard where students will learn about growing a variety of wine grapes in the Clearwater Valley. The tour will then move into the winery to explore the wine making process followed by a lesson in wine tasting, that includes both bottle and barrel tastings. An excellent opportunity to learn about the art and science of winemaking and to experience local LC Valley wines! Adults 21 and over welcome. *As you will be enjoying wine, we encourage participants to plan accordingly for when the class is over.*

1 Session \$20.00
5/19; Sat 10:30 am - 1:30 pm
Colters Creek Winery and Vineyards



HEALTH & FITNESS

6AM Water Aerobics

by Vikki Landmark

Water Aerobics is an excellent low-impact way to build strength and muscle. Reduce body fat by burning calories more efficiently and increase flexibility. Working out in the water supports the body and reduces risk of muscle and joint injury. Everyone, from beginning exercisers to elite athletes are welcome! Have fun and get fit!

8 Sessions Each Class \$35.00

- 2/2-2/28; Thu, Tue 6:00 am - 6:55 am
- 3/1-3/29; Tue, Thu 6:00 am - 6:55 am
- 4/3-4/24; Tue, Thu 6:00 am - 6:55 am
- 5/1-5/31; Tue, Thu 6:00 am - 6:55 am

Best Western Lodge at River's Edge, Orofino

7AM Water Aerobics

by Helen Savage



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

8 Sessions Each Class \$35.00

- 2/2-2/28; Thu, Tue 7:00 am - 7:55 am
- 3/1-3/29; Tue, Thu 7:00 am - 7:55 am
- 4/3-4/24; Tue, Thu 7:00 am - 7:55 am
- 5/1-5/31; Tue, Thu 7:00 am - 7:55 am

Best Western Lodge at River's Edge, Orofino



Street Smart Self-Defense



by Hugh Miller & Lee Woolsey
of When to Fight, LLC

Current estimates are that one in seven women will be assaulted in her lifetime. Every woman, regardless of age, should learn and practice precautions. You'll learn how little brute strength is needed to defend yourself and that it does not take extensive martial arts training either. Using a 'tried and true' Japanese system of movements you'll learn how to get away from grabs, chokes, and temporary restraining holds, plus much more. A Clearwater County Sheriff's Deputy will join the instructors to share some "crucial street smarts". Moms and daughters! Best friends! Here's an opportunity for you to learn something vital.....together!

2 Sessions \$20.00

4/23-4/25; Mon, Wed 6:00 pm - 8:00 pm
Barnett Thompson Building

HOME & GARDEN

Maximize Your Garden Production

by Joan & Mike Mount



Do you plant but not get back as much as you'd like? Wondering what kind of environment is better for your garden? This class will provide you with the key essentials to identify regional issues and overcome them. The instructors will provide an analysis of amendments that improve your soil performance, such as fertilizers, composts, manures, mulches, seed crops, and much more. The class will also provide an overview of symptoms, nutrient deficiencies, and corrections. Bring your dampened soil samples in a 6 deep container for a free pH test!

1 Session \$15.00 + \$3.00 Materials Fee

2/18; Sat 9:30 am - 12:00 pm
Orofino High School

Fruit Tree Production

by Joan & Mike Mount



It's not well known that you can plant a healthy, vibrant apple tree and never grow a ripe apple at certain elevations! This class will teach you how to ensure your selections are suited for your needs and environment, providing a wealth of information on varietal selections for your elevation and area, blooming and ripening periods, and regional root stock compatibility. We'll discuss the easy, safe, and most affordable way to control insects and diseases. Pruning tips and diagrams will be included.

1 Session \$15.00 + \$3.00 Materials Fee

2/25; Sat 9:30 am - 12:00 am
Orofino High School

Edible Landscaping



by Joan & Mike Mount

Part I, Small Fruits and Edible Landscaping: Let's have fun with hardy seedless grapes, strawberries, blueberries, raspberries, and more. Improve your production, taste, and storability of small shrub and ground cover fruits. Then we'll teach you how to incorporate edibles into a useful and pleasurable home landscape. This class will close with a take-home assignment to create a diagram of your yard. Part II, Edible Landscaping and Q & A session: We'll help you fill in your landscape design with edibles of your preference and needs. For example, you may plant blueberries rather than Burning Bush for fall color, plant a hardy almond for your flowering tree, or a small fruited crabapple for wildlife. Question and answer session will focus on dispelling myths, old wife's tales, and new product review.

2 Sessions \$20.00 + \$3.00 Materials Fee

3/8-3/15; Thu 5:30 pm - 8:00 pm
Orofino High School

“Instructor does a great job and gives us a good workout. I can't wait till the next class!”

-Student of Water Aerobics Class

Meet Our Instructors

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

Douglas, Charlene - Charlene has been an eBay Trader since January 15, 1999 and has sold thousands of items on eBay. She and her husband, Joe, own and operate Madhagglers, an eBay Trading Company which lists and sells items on eBay for individuals and/or companies. Charlene's feedback score is 100% based on 848 unique feedbacks. Charlene has a Bachelor's degree in Elementary Education, a Masters in Counseling and an EdD in Educational Psychology.

Kuchynka, Marge - Marge and her husband own and operate The Retreat Bed & Breakfast on their ranch near Weippe. She chairs the volunteer efforts of the Weippe Camas Festival, the Retreat to Weippe Fun Run, Deyo Reservoir Recreation Area, and is Treasurer of the Weippe Friends of Library / Discovery Center. Marge earned her B.S. in Business Management from Lewis Clark State College.

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

Miller, Hugh - Hugh began studying Chung Moo Quan karate at a young age and later transitioned to Akito. He took third place honors in wrestling at the Illinois state level while in high school. Hugh boxed at Chicago Valentine Club and was employed at Al's Gym in Chicago, where he further advanced his training in grappling.

Mount, Mike and Joan - Joan and her husband, Mike, have been in the nursery business for 35 years. Joan began working in theater arts in New York, Germany, and Hollywood. Mike and Joan are both past presidents of the Idaho Nursery and Landscape Association and are Idaho Certified Nurserymen. Mike holds a B.S. in Forestry from Northern Arizona University, an M.S. in Forest Products Marketing from UI, and has additional training from Yavapai College in Arizona in Horticulture, Arboriculture, Turf Management, and Landscape design. He has taught classes in Horticulture, Arboriculture, and Turf Management at Yavapai College

Riccomini, Anthony Tony has been a glass artist for over 15 years. He started with stained glass and later progressed into glass etching, glass fusing and painted glass. He opened his business in Tehachapi California, after leaving a job that wasn't quite satisfying, and never looked back. Teaching his craft to others has always been another passion of his. Now, in beautiful Idaho, he still does all the things that he loves but in an area that offers much beauty and inspiration.

Sanborn, Melissa - Melissa studied wine chemistry and sensory science at Washington State University. As the owner of Colters Creek Winery and Vineyards. Her goal as a winemaker is to produce outstanding wine from locally produced grapes, to involve the community in the process, and to engage a wide range of wine drinkers.

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

Woolsey, Lee - Lee is a local business owner who uses the tools he teaches in his own businesses and has been teaching various software programs for more than 18 years. In addition, Lee began studying Kyokushin-Kai, a style of stand-up, full contact karate, in 1989 and received a brown belt in 1999. Kyokushin employs a belt system that gives very few belts, requiring a commitment in order to build rank. Lee has performed in open-karate competitions in Salt Lake City and Boise that included self-defense, kata, and full contact sparring.

Zender, Claudine - Claudine Zender provides support for teen programming as a staff member of the University of Idaho Extension 4-H Youth Development program. She holds a master's degree in Educational Technology from Boise State University and is a reluctant participant in the social media revolution.

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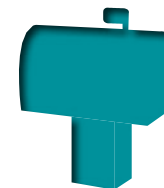
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