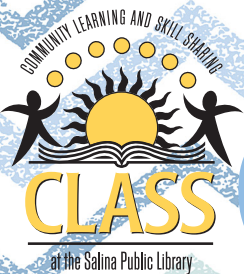


CLASS

Spring 2014

Community Learning And Skill Sharing

Wise
up!



Registration begins January 7
www.salinapubliclibrary.org



Welcome!

Drizzly weather makes me want to do something fun! I am excited again this semester to offer unique learning opportunities for you, whether you share my interest in fun, want to acquire a new skill or hope to meet new friends.

Returning favorites include Tai Chi for Your Health (Page 28), Bridge Basics (Page 24), Stained Glass for Beginners (Page 16) and Intro to Self Defense (Page 29). Some of our exciting new courses meet the needs you've shared with us: Fitness & Conditioning (jump start your New Year's Resolution, Page 29), ... And Man Made Dog (learn about the evolution of man's best friend, Page 21), and Remembering the Kirby House (let's just add to the nostalgia of the holidays, Page 9)!

Many lifelong friendships and even local businesses have begun at CLASS, so come discover all that lifelong learning has to offer. Join us at the Community Learning Center or online Tuesday, Jan. 7, from 8 a.m. - 5:30 p.m. to kick off registration season. Then, we'll be here during our regular hours and happy to help you get signed up for all of the fun this spring semester.

Please stop in to say "hi" and let me know how I can help to make this the best semester of CLASS yet!



In service,

A handwritten signature in dark ink that reads "Morgan".

Morgan Davis
Community Learning Coordinator
(785) 825-4624, ext. 218
mdavis@salpublib.org










Our favorites!

We've highlighted some tried and true CLASS offerings. Look for the feather!

Photo by robin_24 | flickr.com

Inside CLASS ...

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Volume 10, Issue 1

○ Try something new ...

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Look for the monocle to find more new courses!



Conflict Management New!

Any workplace is tension-filled because differences persist, based on values, perceived goals, expectations for change and experiences. Studies show that 30-40 percent of any executive's time is spent dealing with conflicts, resulting in lower organizational output. Family life can also be full of conflict, which sometimes results in breakups and divorce. During this one-time, interactive course, you will learn about a helpful tool from PersonalStrengths™: Strengths Development Inventory (SDI). Using this tool can help to eliminate conflict and stress, resulting in good communication. The SDI tool has been used extensively by countless companies from around the world.

Feb. 2 (Su) 9 a.m.-1 p.m.

Register by Jan. 26
Community Learning Center,
308 W. Elm
\$29

Instructor S M Mumtaz Ahmad holds a bachelor's degree in engineering. He is a graduate of Project Management Institute's Leadership Institute and a practitioner of project management. Mumtaz is SDI Qualified and SDI Certified from PersonalStrengths, USA. Tasneem Ahmad Mumtaz is a Certified Project Manager for development projects.

Enhancing Your Relationship New!

Our intimate relationships are one of the most important aspects of our lives. Solid, fruitful and fulfilling relationships provide us with great joy. They support our careers, inspire us and provide a deeper sense of both physical and spiritual well being. Many of us don't quite understand what goes into creating an ideal relationship. Relationships take work – even the best ones. Learn simple and practical ways to increase connectedness, communicate effectively, and build on positives to help your relationship flourish for years to come. This brief course is an introduction to practical techniques that may be used to enhance your new relationship or “seasoned” marriage.

April 16 & 23 (W) 6:30-8:30 p.m.

Register by April 9
Community Learning Center,
308 W. Elm
\$19

Instructor Stella Fernandez has worked with individuals and couples on relationship issues, and children, teens and adults with ADD/ADHD for more than 15 years, and holds a doctoral degree in clinical psychology. Stella also teaches Weight Loss & Management: When Diet & Exercise Fail, Page 30.

ABCs of Healthy Grieving

You never get over grief, but you can learn to live with it. This course will focus on finding the new normal: how to manage anniversaries, holidays, birthdays, special days, feelings, regrets, guilt, fear, other people, and your own family and friends. It is okay to continue to love those who have died? Methods of meditation, use of the arts, and other forms of healthy grieving will be presented. As part of the course, you will receive six books on grieving.

March 12 & 19 (W) 6-8 p.m.

Register by March 5

Community Learning Center,
308 W. Elm

\$19

Instructor Gerry R. Cox, Ph.D., is a Professor Emeritus of Sociology at University of Wisconsin-La Crosse. He served as the Director of the Center for Death Education & Bioethics. He has more than 90 publications, including 16 books. Gerry has served as editor of Illness, Crisis, and Loss and The Midwest Sociologist. He is a member of the International Work Group on Dying, Death, and Bereavement, and numerous sociological societies.

Right Sizing ^{New!}

This course is for anyone who is considering downsizing from a larger house to a smaller, more convenient one. Over three weeks, we will cover three basic areas of concern for anyone planning to “right size.” First, we’ll discuss making the decision to downsize, what to do during the beginning of your search, how to look for a new place, and what financing opportunities are available. Next, the move: learn about what to do to your house before you sell it, decluttering, where to find packing materials and how to choose movers. Finally, we’ll cover settling into your new place and learning the next steps after the big move. Bring your questions to this informative course.

March 24, 31, April 7 (M)

6:30-7:30 p.m.

Register by March 10

Community Learning Center,
308 W. Elm

\$19

Instructor Larry Pankratz has made numerous moves in his life and the last one was from a large house to a smaller one. He wanted less space to deal with and more time to travel. Larry ran Salina Housing Authority for five years and worked with more than 500 families each year, meeting their housing needs. He currently works as a realtor and enjoys assisting families and individuals with their housing needs.

Turn the page ...

**Honoring Childhood:
A SoulCollage
Adventure,**
Page 6



Photo by KeddyO | flickr.com

Honoring Childhood: New! A SoulCollage® Adventure

SoulCollage® is the soul-tending, playfully artistic practice of cutting, tearing and pasting your way into self-awareness. SoulCollage® has become a healing path for many, enriching faith journeys and providing opportunities to recognize, validate and honor the many particularities of Self. Hazel will share how SoulCollage® unexpectedly grabbed her attention and gave voice to an often stifled childhood. You will be introduced to the possibility of honoring childhood with simplicity, creativity and power. As a facilitator, Hazel encourages you to listen with an open heart to your own inner wisdom, inviting you to freely jump into the process without judgment or criticism from others or your own inner critic. Time will allow for the creation of 3 or 4 personal SoulCollage® cards. Abundant supplies will be provided and all are welcome.

April 6 (Su) 1-5 p.m.

Register by March 30

Community Learning Center, 308 W. Elm

\$29

Instructor Hazel Smith Hutchinson was captured by the SoulCollage® process in 2003. In 2007 she became a Trained SoulCollage® Facilitator, joining facilitators worldwide who feel called to assist others on their path to inner harmony. Hazel facilitates workshops and retreats with joy and passion, empowering others to live with authenticity, self-awareness, compassion and gratitude.

Beginning Spanish Plus

Don't stop with just one Spanish class! This class is for those who have taken a beginning Spanish course and want to continue to progress in understanding, reading and speaking Spanish. You will build on what you have learned and move toward increasing vocabulary, using verbs and developing your skill and comfort with Spanish. If you have taken Beginning Spanish with CLASS, the "Silabario" book you already have will be your workbook. If not, we have copies available for you. Also bring your Spanish-English dictionary, notebook and pen. Please remember that learning a new language requires practice and dedication. For fastest progress through Beginning Spanish Plus, set aside 20 minutes twice a week to practice outside of class. Attendance at all 10 class sessions is important!

Feb. 3-March 6 (M & Th)

5:30-7:30 p.m.

Register by Jan. 27

Community Learning Center, 308 W. Elm

\$89

Instructor Dina Girón is a Human Relations Specialist with the Salina Human Relations Department. She deals daily with people who don't speak English, as well as serving as liaison between City of Salina personnel and Spanish-speaking customers. Born and raised in El Salvador, Dina has been a citizen of Salina since 1997. She has made it her purpose to provide the chance for all to learn a second language, English or Spanish.

Chinese Language for Beginners

Whether you plan to visit China or simply want to learn a new language, this course is designed for you. You will learn pronunciation, practical vocabulary and basic grammar, including reading and writing. If you are an absolute beginner, this class is a great introduction. This class is also appropriate for those who have taken a Chinese class before and want a review. At the last session, you will share some authentic Chinese cooking prepared by your instructor as you learn the words for foods. Bring a notebook and pen to class.

March 15-April 19 (Sa)

10-11:30 a.m.

Register by March 8

Community Learning Center,
308 W. Elm

\$39

Instructor SingIng Carter grew up speaking Chinese in Malaysia. She taught kindergarten for four and a half years there, so she understands how to help beginners feel comfortable with new challenges. SingIng also teaches Tai Chi for Your Health, Page 28.

Turn the page ...

Culinary Journey to India, Page 8

Fine Wines From Around the World, Page 11



Culinary Journey ^{New!} to India

Engage your senses on this culinary journey to learn about Indian cuisine. Familiarize yourself with the jewels of the Indian pantry: its unusual ingredients, spices and cooking utensils. You will learn how to use them to make satisfying, delicious Indian meals. Kamila will share how geography, history, religion and culture have combined to influence the food of India. Toward the end of the course, you will taste a complete Indian meal prepared by Kamila. Enjoy murg makhani (butter chicken), rice biryani, chana masala (chick pea curry), Indian flatbread, samosas and a lassi drink.

March 13 (Th) 6-8 p.m.

Register by March 6
Community Learning Center, 308
W. Elm
\$29

Kamila Dandu is a popular instructor for CLASS and has offered a variety of fun and delicious culinary experiences. She has lived in and traveled to many different countries, allowing her the opportunity to experiment and adapt to various culinary styles. She enjoys sharing her knowledge and experiences.

Indian Snacks ^{New!}

Whether you are looking for new Indian foods and cooking techniques to try, or you are interested in finding healthy alternatives for snacking, this class is for you! During this evening demonstration, you will have the opportunity to try some optional hands-on cooking as you sample samosas, fruit and chana chaat, green chutney and sweet halwa of suji. Everything we make can be served as appetizers or as a snack in between meals. If you are particularly interested in healthy choices, these snacks pair well with salad to make a meal. These Indian snacks will not be too hot or too mild; just mouth-watering!

Feb. 20 (Th) 6-8:30 p.m.

Register by Feb. 13
Crestwood, 601 E. Water Well Road
\$39

Instructor Tasneem Ahmad Mumtaz has a passion for cooking and believes that food reflects culture. A native Pakistani, she now lives in Salina and will be teaching with CLASS for the first time this semester.

She has already hosted an International Night dinner at Seoul USA Korean Restaurant here in Salina.



Bread Making 101 New!

You'll be rolling in the dough with this comprehensive class as you make Old-Fashioned Cracked Wheat Berry Bread and Beef 'n Pepper Braid. The first uses a traditional yeast method and traditional loaf shaping techniques. You will create this dough from scratch, knead it, let it rise, and then create a free form loaf to take home with you. Then, you will learn a "rapid mix, cool rise" yeast method refrigerator dough that can be used for rolls, traditional loaves or even cinnamon rolls, and an easy braiding technique. You will team up with others to make this dough and then shape it into sandwich bread, and enjoy your efforts as part of lunch, provided at the end of class. We will also learn about various types of bread flours, ways to proof yeast, the differences between mixing methods, different types of pans, and how to determine if breads are baked all the way through.

March 1 (Sa) 10 a.m.-1 p.m.

Register by Feb. 22

Kitchen4Hire, Salina Masonic

Temple, 336 S. Santa Fe

\$39

Instructors Barry & Meta Newell West both taught in the public school system: Barry taught art for 28 years and Meta taught family and consumer science for 33 years. The couple has attended workshops and classes at The School of Culinary Arts of the Colorado Institute of Art. Barry was a chef at Abilene Country Club and The Kirby House Restaurant. Meta was the catering manager of The Kirby House Restaurant for eight years and wrote "The Kirby House Cookbook." Both enjoy working together and presenting cooking classes around the state.

Remembering the Kirby House

Signature dishes from The Kirby House are on the menu! The Victorian-era house is gone, but the memories and the recipes still live on. Barry and Meta both worked at the restaurant and will share some of the stories and favorite signature dishes of the well-known dining establishment. Our first course will be a variation of the house's famous Celebration Salad, with celery seed dressing and served with a slice of coconut walnut bread. For the entrée, Barry will be preparing country fried steak, served with mashed potatoes and cream gravy. And, for dessert: Miss Ellie's three-layer carrot cake. Bring your memories and your appetite as we reminisce about the foods, flavors and dining experiences at the Kirby House.

April 14 (M) 6-9 p.m.

Register by April 7

Crestwood, 601 E. Water Well Road

\$39

Beef, Bites & Beyond New!

Danny and Angie are back with a cooking class using fresh, new and inventive ways to cook with beef and other meats. They will give you a new perspective on how to think about your protein source. They will also show you some ideas on how to stretch your food dollar further. We encourage everyone to come hungry as there will be lots of sampling.

March 22 (Sa) 11 a.m.-2 p.m.

Register by March 15

Krehbiels Specialty Meats

1636 Mohawk Road, McPherson

\$19

Danny Williamson and Angie Krehbiel will instruct this course. Krehbiels Specialty Meats started on the family farm in 1978 by Homer Krehbiel. He started a small store in his garage that sold frozen ground beef, raw honey and raw milk from his dairy. Since then, it has further grown and expanded into a large USDA inspected plant with 30 employees. Krehbiels is now managed by the second generation of family. Homer's son Jeff and his wife Angie have taken over the day to day running of the company. Many different species are processed on a regular basis, including ostrich, hogs, buffalo, chickens, turkeys, rabbits, beef, elk, and deer. Danny is the store manager and has added a large assortment of seasonings, rubs and sauces to accompany all types of meat, including fish.



your connection to culture

301 W. Elm • (785) 825-4624 • www.salinapubliclibrary.org



Fine Wines from Favorite! Around the World

Our certified sommelier, Chad, will offer a unique wine tasting experience for those who would like to taste smaller production, higher quality wines from estates around the globe. Wines from California, Oregon, Italy, France and Spain will be included in this entertaining and educational course. Food pairings will be provided to sample with each wine. Participants must be at least 21 years of age.

Feb. 12 (W) 6-7:30 p.m.

Register by Feb. 5

Crestwood, 601 E. Water Well Road

\$49

An Ale of a Favorite! Good Time

Taste and evaluate various styles from around the world: pale ales, Belgian tripel and barleywine, just to name a few. Learn about pale and dark beer, and what role geography plays in how it tastes. Food pairings will be provided to sample with each beer. Participants must be at least 21 years of age.

Jan. 29 (W) 6-7:30 p.m.

Register by Jan. 22

Crestwood, 601 E. Water Well Road

\$39

Instructor Chad Bowman earned dual degrees in entrepreneurship and marketing from Kansas State University, where he now teaches wine courses offered through hospitality management and dietetics. Chad works for LDF Distributors, a wine and spirits distribution company based in Wichita, with a focus on handmade, organic, and sustainably farmed wineries.



An Ale of a Good Time, Fall 2013



Intro to AutoCAD Software

Computer-aided design (CAD) is the use of computer technology for the process of technical drawing design and design-documentation. In this three-week course you will learn basic drawing and modifying commands to create two-dimensional drawings of objects, through instructor-led demonstrations. Basic computer knowledge will be helpful, but click-by-click instructions will be given to complete drawings. Whether you have no drafting experience or have done drafting by hand, this class is for you.

Feb. 11, 18 & 25 (Tu) 6-8 p.m.

Register by Feb. 4

Salina Area Technical College, 2562 Centennial Road, Building A,
Room 241

\$29

Instructor Ryan Weber is in his fourth year as Computer Aided Drafting Instructor at Salina Area Technical College. He earned an associate's degree in mechanical engineering technology from Kansas State University and a bachelor's degree in business management from Kansas Wesleyan University. He is currently pursuing a Master's Degree in Career and Technical Education from Pittsburg State University and has obtained the Certified SolidWorks Associate (CSWA) software credential. His practical work experience spans six years as a drafter for a local manufacturing company.



Sewing Favorite! Machine 101

Sewing machine problems can make any sewing project a nightmare. Join Shawn for this one-time session that will cover the very basics and help you to better understand your machine. We will cover the difficult and frustrating problems with tension, along with basics of using accessories, cleaning and oiling, and other routine maintenance. Bring your questions and frustrations, so Shawn can help you with the problems you are having. Also bring your machine and power cord, all attachments, instruction booklet, bobbins, and some fabric and thread for experimenting.

Session 1: Jan. 28 (Tu) 6-7:30 p.m.

Register by Jan. 21

Session 2: Feb. 4 (Tu) 6-7:30 p.m.

Register by Jan. 28

Community Learning Center, 308
W. Elm

\$9 each session

String Quilts: The New! Ultimate Scrap Quilt

When you begin the sewing journey, it doesn't take long to acquire a huge pile of scraps, most of which don't seem to go together. A string quilt is your scrap pile solution! Forget the "color rules;" everything goes together in this quilt. They are fun and easy to make, a great beginner project, and so very scrappy that the more colors of fabric you have, the more fun the quilt looks. Really! Bring your sewing machine, a rotary cutter and mat, an acrylic ruler, pencil, scissors, thread of any color and all those scraps you have no idea what to do with. Even those two-inch squares can be used. This quilt can be made in any size you like, with any size blocks you like.

Feb. 11 & 18 (Tu) 6-8 p.m.

Register by Feb. 4

Community Learning Center, 308
W. Elm

\$19



Photo by BruceTurner | flickr.com

Instructor Shawn Delker has been teaching quilting for more than 10 years and never tires of exploring new quilting techniques. She started her first quilt in 1976 during the bicentennial. After learning quilting techniques, she became hooked on quilting and finds that there is always more to learn about it. Shawn has been exploring art quilts for the past two years and has taken numerous workshops from well-known quilt artists.



Simply Created Cards New!

Do you enjoy making greeting cards for the holidays and special occasions? Add some personal flair this season as you work to create your own cards. You will leave with 15 completed cards: congratulations, thank you and birthday. Use the latest color trends and embellishments: banners, die-cut accents, baker's twine and buttons. Pam will share ideas and provide everything you need.

Feb. 10 (M) 6-8 p.m.

Register by Feb. 3

Community Learning Center, 308

W. Elm

\$29

Instructor Pam Wells has been employed by the State of Kansas as a district court reporter for more than 20 years. She primarily does stamping as a hobby, but enjoys hosting classes and workshops to share her love of the craft with others. She has been demonstrating cardmaking and crafts since 2005.



Burlap and Blooms New! Wreath Making

Make your own burlap wreath in this one-time course! Pam will provide you with all the materials you need, including designer printer paper for creating 15 flowers, designer buttons, burlap ribbon and natural linen thread. Take your treasure home to keep or give as a gift!

April 7 (M) 6-8 p.m.

Register by March 31

Community Learning Center, 308

W. Elm

\$29

Turn the page ...

**Stained Glass for
Beginners**, Page 16

**Add New Pizzazz to Your
Photographs**, Page 17

Lavender courses,
Pages 18-19

Introductory ^{New!} Painting I

Join this very basic painting class to learn from the beginning. Using acrylic paint, paper and brushes, you will have the opportunity to explore how much fun it is to paint! Ample handouts and instructions, examples and books will be available. Playing with colors, tones, brushes and surfaces, you can examine how water and paint bloom on various papers to create luscious colors and shapes.

Feb. 8 (Sa) 9 a.m.-1 p.m.

Register by Feb. 1

Prescott Room, Salina Public
Library

\$19

Introductory ^{New!} Painting II

Build on what you have learned in Introductory Painting I or from your own experience. Come experiment with acrylic paint using a range of brushes on a variety of papers. You will learn about mixing colors, a variety of composition exercises, and have on view a wealth of library books. Examples and demonstrations of various techniques will be described. You will enjoy taking risks in this friendly environment with plenty of information to inspire!

April 12 (Sa) 9 a.m.-1 p.m.

Register by April 5

Prescott Room, Salina Public
Library

\$19

Instructor Andrea Fuhrman earned her MFA from Washington University and her BFA from the School of the Art Institute of Chicago. Her work has been exhibited all over the country, including the Salina Art Center, Birger Sandzén Gallery, Lawrence Art Center, and Strecker-Nelson Gallery. Andrea lives and works in Abilene and has a studio and gallery in process.

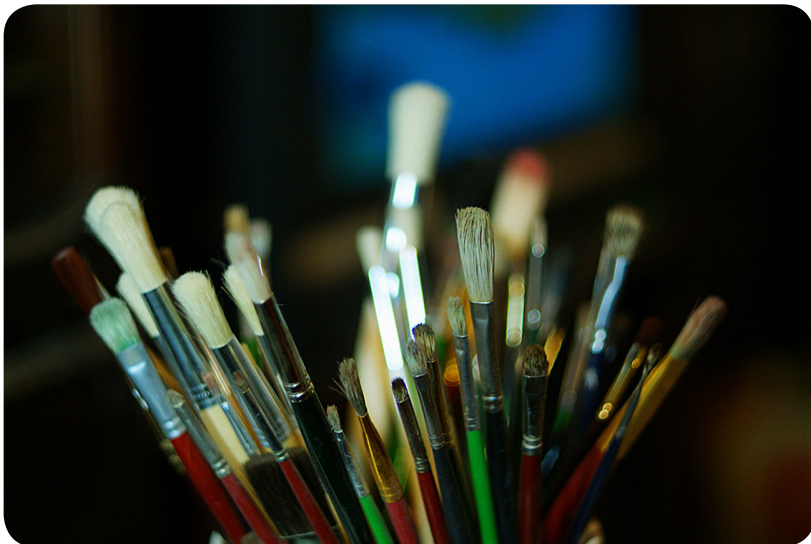


Photo by HumanSeeHumanDo | flickr.com

Stained Glass for Beginners ^{Favorite!}

If you are seriously considering learning stained glass for a hobby, this is the course for you! You will make a 12-inch diameter window project – from start to finish. Begin by choosing a pattern and glass, preparing your pattern and cutting the glass. You will learn how to fit the pieces together using a grinder, then apply copper foil to the edges and solder it all together. Finish by cleaning and polishing your take-home piece. This course will focus on technique, terminology and safety. This art does require accuracy in using the tools and working on the glass, and the end result will be stunning. An ability to do finely detailed work is very important. Be sure to bring safety glasses if you do not wear prescription glasses. Each session can only accommodate 3 participants, so register early!

Please note: All classes are held at Janell's studio in Lincoln. It is located on the second floor of her historic home and there is no elevator. You will also be joined by friendly cats.

Session 1: March 8, 15 & 22 (Sa) 12:30-5 p.m.

Register by March 1

Session 2: April 5, 12 & 19 (Sa) 12:30-5 p.m.

Register by March 29

Janell's Studio, 403 S. Second, Lincoln

\$79 each session

Instructor Janell Flores has been designing and building windows and lampshades for more than 25 years. A Salina native, she has called Lincoln home for almost 20 years, most of that time spent restoring and renovating her 1906 home. Now far enough along to have

a finished studio, she recently started her small business, Stained Glass Artistry.

Janell is inspired by color and believes "there is always more to learn and be excited about in this medium."



Photo by Janell Flores

Add New Pizzazz to Your Photographs

Don't come home from vacation or a drive in the country with the same old photos. This single session will help you put something special into your pictures. You'll see a variety of great photos and discuss photographic concepts like point of view, angle, focal point, lighting, camera angle, and best times of day to take photos. This class is for you whether you have a digital or film camera, but it is not a "How does my camera work?" session. You will leave with ideas and inspiration for making great pictures yourself.

Feb. 18 (Tu) 6:30-8 p.m.

Register by Feb. 11

Community Learning Center, 308 W. Elm

\$9

Dale Cole has nearly 30 years of photographic experience. Many of his photographs have been selected for exhibition at the annual Hays Arts Council Five-State Photography Competition. He is a past winner of the Kansas City Star's Travel Photo contest and is a recipient of a Horizons Grant from Salina Arts and Humanities.



Photo by Free Photo Fun | flickr.com

Cold Process (Old-Fashioned) Soap Making Essentials

Cold process, a traditional way of making soap, is fun and easy. More and more people are going back to using handmade bars of soap. They are mild and moisturize the skin, with very little packaging, making them even more eco-friendly. This course teaches the basics of soap making with a simple recipe and demonstrates how to make an all-natural herbal soap. We will cover various processes. Included in your course fee is a copy of "The Soapmaker's Companion," an equipment list, and four handmade soaps from Prairie Lavender Farm.

March 8 (Sa) 9 a.m.-noon

Register by March 1

Prairie Lavender Farm, 69 Alpine Ridge, Bennington

\$49

Learn to Make a Lavender Wreath

Wreaths are a simple and beautiful way to bring a touch of lavender into your home. Learn what goes into creating a lavender wreath, and watch your wreath bloom as you complete each step in the process. Your class fee includes all supplies, including lavender from Prairie Lavender Farm. You will leave with a boxed, decorative 12-inch circular lavender wreath to give as a gift or enjoy for years to come.

Feb. 8 (Sa) 10 a.m.-noon

Register by Feb. 1

Prairie Lavender Farm, 69 Alpine Ridge, Bennington

\$49



Make Your Own Lavender Products New!

Learn more about the practical uses of lavender. We will begin by learning about using essential oils, then we will make several products during class. Creations will include a solid perfume, insect repellent, two room sprays, a general purpose cleaner and lip balm. You will learn about two clean, environmentally safe and healthy choices for adding useful products to your life and home.

April 19 (Sa) 10 a.m.-noon

Register by April 12

Prairie Lavender Farm, 69 Alpine Ridge, Bennington

\$49

Making Lavender Crafts New!

Learn all about the different uses for lavender and how you can create projects at home. You will learn how to strip lavender buds and make your own sachet. Learn by doing as you create a tincture and linen spray that you can take home with you. Mike will share various craft ideas for additional projects using this great herb, including how to use it as an ingredient in cooking.

March 29 (Sa) 10 a.m.-noon

Register by March 22

Prairie Lavender Farm, 69 Alpine Ridge, Bennington

\$39

Instructor Mike Neustrom is the owner and operator of Prairie Lavender Farm, just north of Salina. Mike established his farm in 2002 and has taught classes for more than 100 students. He is a founding member and current treasurer for the United States Lavender Growers Association.





Intermediate ^{New!} Guitar Playing

Are you ready to move beyond the basics in guitar playing? This class will build on what you already know, whether you took Guitar Playing for Beginners through CLASS or have begun to learn somewhere else. You will learn intermediate techniques using chords and scales. New skills include fingerpicking, improvisation and bar chords. You will also use popular songs to practice your new-found skills and techniques. Bring only your guitar and stand to class. All other materials will be provided.

Feb. 1-March 8 (Sa) 12:30-1:30 p.m.

Register by Jan. 25
Community Learning Center, 308
W. Elm
\$39

Instructor Dru Davis is the guitar instructor at Midwest Music here in Salina. He has taught hundreds to play rock, pop, jazz, country, and blues guitar. Dru's students have become professional musicians, music teachers, and published songwriters.

How to Join ^{New!} a Jam Session

A jam session is a musical act where musicians come together and enjoy playing tunes they have learned over the years, sharing them with other performers. If you have always wanted to be a part of a jam session, this class is for you. Bill will share with you the format of a jam session and you will be on your way to having great fun. Grab your favorite acoustic instrument and have fun playing music, surrounded by new friends!

March 26-April 9 (W) 7-8:30 p.m.

Register by March 19
Community Learning Center, 308
W. Elm
\$19

Instructor Bill Burrows has been playing in bands since he was 16 years old. He was a music teacher for 26 years. He has also toured and performed in Kansas, Missouri, Nebraska and Texas. His belief is that music must be fun!





... And Man ^{New!} Made Dog

Many scientists believe that man's best friend was the first wild animal to be domesticated. Follow the history of canines and compare the differences and similarities between those that sleep at the foot of your bed and the wild ones. Then, we will visit the African Painted Dogs and the Maned Wolves for a demonstration of their training by their keepers.

March 29 (Sa) 10 a.m.-noon

Register by March 22
Rolling Hills Zoo, 625 N. Hedville
Road
\$19

Instructor Cynthia Woodard is the education coordinator at Rolling Hills Zoo. Before becoming a staff member in early 2009, she volunteered in all areas of the zoo. Her degree is in journalism from the University of Southern California.

Plains Indians ^{Favorite!} of Central Kansas

Have you ever wondered who lived in the Salina area before the first homesteaders arrived? In this course, we will explore the various Native American tribes who inhabited North-Central Kansas for hundreds of years: the Cheyennes, Pawnees and Kansas, to name a few. We will discuss their culture and histories, and also talk about the local landmarks the Indians left behind.

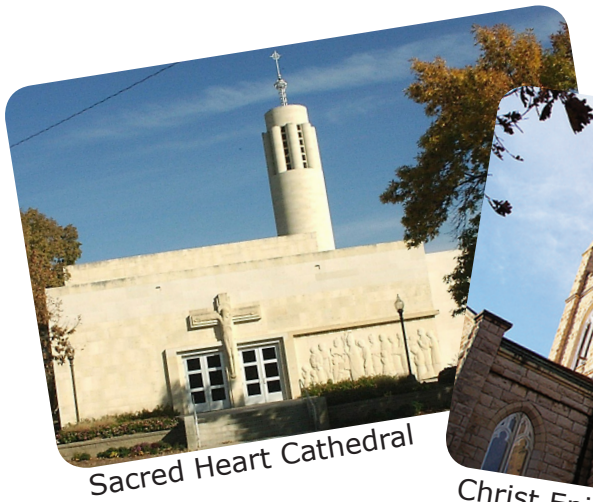
April 10 (Th) 7-8:30 p.m.

Register by April 3
Community Learning Center, 308
W. Elm
\$9

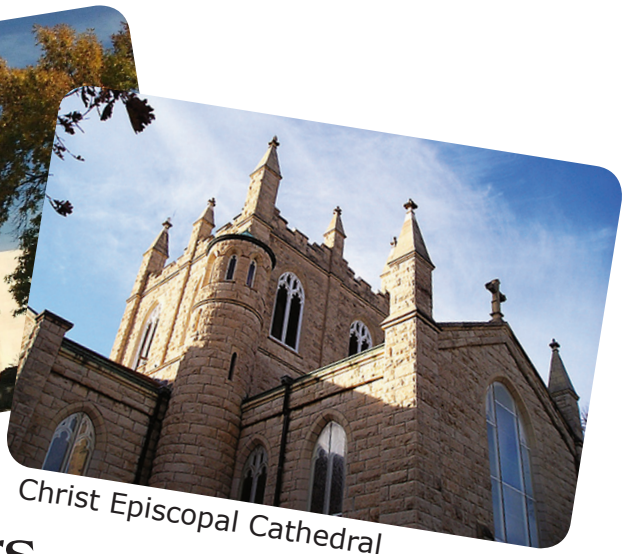
Instructor Tom Fleming has written extensively about the homesteader period in central Kansas. He earned his Master of Arts from the University of Texas at Austin, and is currently a professor at Bethany College in Lindsborg.



Photo courtesy of Rolling Hills Zoo



Sacred Heart Cathedral



Christ Episcopal Cathedral

Church Tours

Salina's historic downtown is fortunate to have two cathedral churches, Sacred Heart Cathedral (Roman Catholic) and Christ Cathedral (Episcopal). Each is a unique testament to architectural beauty inspired by religious devotion.

Sacred Heart Cathedral with Nancy Jaquay

The classic architecture of ancient Greece and the functional forms of the Kansas Grain elevator and silo are combined in the modern eclectic style church and rectory of the Sacred Heart Cathedral, erected 1951-1953. Major additions in 2000 included an expanded large gathering space and large parish hall with full kitchen. Fourteen traditional Stations of the Cross are etched into the walls of the Cathedral, fostering prayerful meditation on the passion, death and burial of Christ.

April 5 (Sa) 10-11 a.m.

Register by March 25
Sacred Heart Cathedral, 118 N. 9th
\$5

Christ Episcopal Cathedral with Father Benjamin Thomas

Christ Cathedral was designed by renowned Philadelphia architects Charles Burns and Henry Maccomb. Completed in 1908, it was listed on the National Register of Historic Places in 2010. Christ Cathedral is a rare example of the English Gothic style in Kansas. The style is characterized by its cruciform layout, pointed arches, and central tower. Some of the most notable interior features of the cathedral include its extensive use of stained glass, numerous original oak and marble details, as well as a complete carillon.

April 5 (Sa) 1-2 p.m.

Register by March 25
Christ Episcopal Cathedral,
138 S. 8th
\$5

Firearms Safety New!

This is your opportunity to learn from the professionals. Lieutenant Anderson will share firearms safety rules, accidents and how to avoid them. We will discuss types of firearms and learning to deal with the unfamiliar. We will learn about the different types of safety for home, kids, range and carry. Finally, ask all of your questions as you learn about concealed carry and state law, including what is required, the process, positive and negative aspects of carrying and dealing with law enforcement.

March 4 (Tu) 6-7:30 p.m.

Register by Feb. 25

Community Learning Center, 308 W. Elm

\$9

Instructor Lieutenant Scott Anderson, of the Saline County Sheriff's Office, is CCH (Concealed Carry Handgun) certified. He educates local groups about CCH, general gun safety, guns and children, and hunting safety.



The collage features several elements: a laptop with an open book, the Zinio logo, the TumbleBook Library logo with a cartoon book character, a field of sunflowers with the text 'Sunflower eLibrary', the OneClickdigital logo, and a Kindle e-reader displaying a page of text.


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Social Dancing 101

Have you always thought you had two left feet? This fun social dancing course is for everyone! During a 90-minute crash course, you will learn how to dance to a variety of music, including country, rock 'n' roll, and contemporary – fast and slow. Gentlemen will learn how to lead and ladies will learn how to follow. You will learn basic turns and realize that it is not as hard as you think it is to have fun dancing with a partner. Be sure to wear comfortable shoes that stay on your feet – no backless shoes! No Partner Required.

Session 1: Feb. 1 (Sa)

10:30 a.m.-noon

Register by Jan. 25

Session 2: March 1 (Sa)

10:30 a.m.-noon

Register by Feb. 22

Community Learning Center,
308 W. Elm

\$9 each session

Instructor Audrey Umekubo trained and was certified while at the Fred Astaire Dance Studios in Los Angeles, where she taught and won various competitions in American style ballroom dancing. She has been teaching for 35 years and prides herself on making it fun and easy for everyone. She owns a studio in town, where she continues to teach ballroom aerobics.

Bridge Basics

Learn about the game and have fun practicing in this six-week course. Bill will begin by introducing the mechanics of the game in a clear, organized manner and fun environment. You will learn the fundamentals of bidding, play and defense as recommended by Audrey Grant, internationally recognized bridge educator. You will also have the opportunity to study between classes on a free computer software program.

Please note: If you have never played bridge before, please contact Community Learning Coordinator Morgan Davis about attending a few introductory classes prior to the start of this course.

March 18-April 22 (Tu)

6:30-8:30 p.m.

Register by March 11
Community Learning Center, 308
W. Elm
\$29

Instructor Bill Knox is an American Contract Bridge League (ACBL) Accredited Teacher and has completed the Better Bridge Teacher's Seminar. He is an ACBL Life Master, Bronze Life Master and ACBL Certified Club Director.

Turn the page ...

**Evening Yoga & Chair
Yoga, Page 27**

Tai Chi, Page 28

**Fitness &
Conditioning,
Page 29**

Learn How to Juggle

Anyone can juggle! Learning how is easy and fun if you simply follow some basic rules. This one-time course will give you all the tools you need to get started and become a confident juggler. Larry will show you how to start with the basics and coach you along the way. Your course fee includes three juggling balls you can take home to continue practicing.

Feb. 22 (Sa) 10-11:30 a.m.

Register by Feb. 15

Community Learning Center, 308 W. Elm

\$9

Instructor Larry Pankratz has been performing juggling shows and teaching juggling for more than 30 years. He has taught more than 1,000 people to juggle and is excited to teach you, too!





Landscaping: ^{New!} Conventional vs. Sustainable

Surely, you've been hearing more and more about sustainable options and landscaping has been a part of that conversation. Join Darrin for a one-time session all about the differences between traditional and sustainable gardening, reasons to change and installation methods. He will share three principles that you can use to design a new landscape or retrofit an existing landscape. Bring your questions and join us!

April 3 (Th) 6:30-8 p.m.
Register by March 27
Community Learning Center, 308 W. Elm
\$9

Rain Barrels & ^{New!} Rain Gardens

Rain barrels and rain gardens are tools you can use to reduce water waste and use what nature provides. Learn everything you need to know to build and maintain your own! Darrin will demonstrate how to make a rain barrel as you learn what they are and how they can help you maintain your landscaping at home. He will also provide step-by-step instructions for installing a rain garden.

March 20 & 27 (Th) 6:30-8 p.m.
Register by March 13
Community Learning Center, 308 W. Elm
\$19

Instructor Darrin Wright has worked in the horticulture field for 23 years and in the arboriculture field for 15 years. He is a certified nurseryman and landscaper. He serves as a board member of the Kansas Nursery and Landscape Association and is a Kansas Certified Arborist and member of the Kansas Arborist Association. Darrin has seen a need to share his knowledge and experience with others and enjoys doing so.



Photo by Metropolitan Planning Council | flickr.com

Turn the page ...
Weight Loss & Management: When Diet & Exercise Fail,
Page 30



Evening Yoga Favorite!

Balance and center yourself with an evening yoga asana class. Build a strong foundation in body awareness and alignment by allowing yourself to explore your own personal experience of yoga through inner focus and surrender. Creative hatha and vinyasa make this class great for beginning to intermediate levels. If needed, most poses can be modified to make your yoga practice rewarding. Be sure to wear comfortable clothing and bring a yoga mat.

Mondays

Session 1: Feb. 3-March 10 (M)

5:30-6:30 p.m.

Register by Jan. 20

Session 2: March 17-April 28 (M)

5:30-6:30 p.m. (No class April 21)

Register by March 10

Webster Conference Center,

2601 N. Ohio

\$29 each session

Wednesdays

Session 1: Feb. 5-March 12 (W) 5:30-6:30 p.m.

Register by Jan. 22

Session 2: March 19-April 23 (W)

5:30-6:30 p.m.

Register by March 12

Prescott Room, Salina Public Library

\$29 each session

Chair Yoga

Are you looking for more low-impact yoga? In this weekly course, Melanie Back will teach you how you can breathe properly, stretch, strengthen and twist, all while seated. Not just for seniors, these yoga moves can also be done at your office desk. Explore the benefits of yoga while sitting in a chair. Bring an old tie or strap, at least 4 feet long, to this afternoon course.

Session 1: Feb. 5-March 12 (W)

12:15-12:45 p.m.

Register by Jan. 29

Session 2: March 19-April 23 (W)

12:15-12:45 p.m.

Register March 12

Community Learning Center,

308 W. Elm

\$19

Instructor Melanie Back began her study of yoga through the CLASS program! She is a certified 200 hour Registered Yoga Teacher through Yoga Alliance and received her certification at the Shambhava School of Yoga in Rollinsville, Colo.

Tai Chi for Arthritis

This session of tai chi, taught by Leslie, will include 16 forms that are specific to health concerns you may have, including lower back pain, insomnia and high blood pressure. In addition, this course will feature some animal forms (introduction to a slower and calmer way of being). If you have enjoyed the benefits of a typical tai chi class, or have been interested in learning about how tai chi can help with muscle strength, balance and coordination, join this specialized session.

Feb. 3-March 10 (M) 6:45-7:45 p.m.

Register by Jan. 27

Prescott Room, Salina Public Library

\$19

Instructor Leslie Hargis first took a tai chi class in 2000 and has been studying the forms since then. She has focused on Qigong forms and is certified in Tai Chi for Arthritis.

Tai Chi for Favorite! Your Health

Enhance your health, healing and relaxation in these slow and gentle once-weekly classes. Tai chi chuan is a 2,000-year-old form of exercise. Studies done on people who practice tai chi indicate that it reduces blood pressure and episodes of anxiety and depression, boosts the immune system, builds bone mass and improves chronic pain, mobility, balance and coordination. It also can be used as a spiritual discipline or moving meditation. Because it is not aerobic, it is an excellent class for older adults or those with health challenges, though everyone can benefit from tai chi. You will need to get down on the floor for some stretches during this class. Please wear loose, comfortable clothing and flat-soled shoes to class.

One-hour Monday class taught by Leslie

Feb. 3-March 10 (M) 7:45-8:45 p.m.

Register by Jan. 27

Prescott Room, Salina Public Library
\$19

Two-hour Saturday class taught by SingIng

Feb. 1-March 8 (Sa) 10 a.m.-noon

Register by Jan. 25

Church of the Cross gym, 1600 Rush
\$39

SingIng Carter is a popular CLASS instructor. She learned tai chi chuan in Malaysia from the Miri Tai Chi Association. She has experienced the health benefits of tai chi and is eager to share her training.

Turn the page ...

**Monday Night Book
Discussion, Page 32**

**Genealogy Club,
Page 33**

Introduction to Self-Defense

Robin will cover a variety of self-defense scenarios. Participants younger than 18 must be accompanied by a parent for the entire first class. No particular physical skills are required, but we will stand or sit on the floor to practice. We will spend time stretching and moving with each class. Participants will learn how to navigate dangerous situations that cannot be avoided or diffused. Each week will focus on a different type of attack and a defense skill, so attendance at each class is important.

Feb. 3-March 31 (M) 7:30-8:30 p.m.
(No class March 17)

Register by Jan. 27
Shinzenkan Dojo, 911 W. Crawford
\$29

Beginning Jujutsu

Jujutsu is a Japanese martial art consisting of striking, blocking, joint controls and throwing techniques. In this introductory course, Robin will focus on training for self-defense only. The course is ideally suited to teens and smaller adults. We will spend two weeks each looking at basic ukemi (falling), joint controls, nage (throwing) techniques and striking. We will train in uniforms. You may wear your own or one provided by the dojo. No base knowledge or fitness is required.

Feb. 21-April 18 (F) 10-11 a.m.
(No class March 21)

Register by Feb. 14
Shinzenkan Dojo, 911 W. Crawford
\$29

Fitness & Conditioning

Got New Year's fitness goals? Robin is here to help. This course is designed for anyone who is interested in improved fitness, which can be achieved through the use of body weight conditioning, group support and some martial arts-related activities. You will also receive a personalized fitness plan. Class will begin with simple warm-ups and flexibility exercises. We will spend a few minutes during each class talking about fitness and diet, then spend 40 minutes on body weight conditioning. Robin will share basic judo and jujutsu techniques, along with fitness concepts and some competition drills. No base knowledge or fitness is required. For those interested in competition judo or jujutsu, an additional 30 minutes of hard drilling will be offered at the conclusion of our hour together.

Jan. 29-March 26 (W)
7:30-8:30 p.m. (No class March 19)

Register by Jan. 22
Shinzenkan Dojo, 911 W. Crawford
\$29

Instructor Robin Hamerdinger is the owner of Shinzenkan Dojo. She is a native of Salina and has been studying martial arts for more than thirty years. She has trained in a number of systems and expects to continue this training, learning and teaching for the rest of her life. It is a part of who she is and she hopes to share it with as many people as possible.

Weight Loss & Management: When Diet & Exercise Fail

Sometimes the strongest cravings for food happen when you're at your weakest point emotionally. You may turn to food for comfort – consciously or unconsciously – when you're facing a difficult problem, stress or just looking to keep yourself occupied. Emotional eating can sabotage your weight loss efforts and often leads overeating, especially too much of high-calorie, sweet, fatty foods. But the good news is that you can take steps to regain control of your eating habits and get back on track with your weight loss goals. Learn how you can control triggers and cravings and maintain a new, healthy lifestyle.

Feb. 19 & 26 (W) 6:30-8:30 p.m.

Register by Feb. 12

Community Learning Center, 308 W. Elm

\$19

*Instructor Stella Fernandez has worked with individuals and couples on relationship issues, and children, teens and adults with ADD/ADHD for more than 12 years and holds a doctoral degree in clinical psychology. Stella also teaches *Enhancing Your Relationship, Page 4*.*




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The following classes and services are offered by Salina Public Library in addition to the CLASS program. These services are free and some require registration. Please contact the department or person listed to find out more information or to reserve a spot.

Reference USA Tutorials

One-on-one assistance is offered for this business database. It provides both business and residential information for the United States and can be used to meet many research needs including marketing. It's like having a city directory to the whole country.

Contact Nancy Jo Leachman at 825-4624 or nancyjo@salpublib.org to arrange a session.

Searching for Grants Tutorial

One-on-one assistance is offered for an introduction to using the Foundation Directory Online Professional database. Invaluable in aiding nonprofit organizations looking for funds, it provides detailed profiles for more than 98,000 foundations, corporate donors and grantmaking public charities.

Contact Nancy Jo Leachman at 825-4624 or nancyjo@salpublib.org to arrange a session.

Virtual Library

Salina Public Library is your gateway to numerous resources, many of them available from your home computer. From foreign languages to automobile repair, from writing research papers to lists of the best books to read, from e-books to audio books, let an Information Services librarian teach you how to take advantage of all your library has to offer.

To make an appointment call the library at 825-4624 and ask for the Information Services Department.



One-on-One Tech Help

Get personal help with all your computer and tech gadget questions. This hands-on session will help you master your devices. Patrons can schedule one session per week.

Helen Gregg is the tech trainer at Salina Public Library. Contact Helen at 825-4624 or hgregg@salpublib.org to schedule a session.

Technology classes

Salina Public Library offers a range of technology classes every month. There are classes designed for beginner to advanced computer users. They cover the newest technology, as well as basic computing. For the latest schedule of classes, visit salinapubliclibrary.org or come to the library. No registration is required and classes are free.



Monday Night Book Discussions

This book group is a place to discuss great reads with others who share your passion for reading. We want your point of view. Several copies of each book are available for two-week checkout on a special shelf near the circulation desk.

Jan. 13: “The Water is Wide” by Pat Conroy

Feb. 10: “Think of a Number” by John Verdon

March 10: “Bleeding Kansas” by Sara Paretsky (Kansas Reads selection)

April 14: “Guernsey Literary and Potato Peel Society” by Mary Ann Shaffer

May 12: “Memoirs of a Geisha” by Arthur Golden

June 9: “The Glory of Their Times” by Lawrence Ritter

Meetings of the book group will be from 7-9 p.m. in the Technology Center Conference Room, except for the March 10 meeting. The discussion of “Bleeding Kansas” will be in the Prescott Room and will be led by guest facilitator Bill Brown in conjunction with the Kansas Center for the Book’s Kansas Reads program.

Contact Nancy Jo Leachman at 825-4624 or nancyjo@salpublib.org for more information.

Genealogy Club

Join in the fun by attending Salina Public Library's Genealogy Club! We meet informally each month to share knowledge of genealogy research and resources. There will be presentations on topics of interest by experienced genealogists. Beginning and experienced genealogists are welcome.

The group meets on the third Thursday of each month from 6:30-8:30 p.m. in the Technology Center Training Lab. Desktop computers are available for Genealogy Club members to use during club sessions. Members also can bring their own laptop computers. WiFi access and electrical outlets are available. The club has access to books, databases and printing. Computer skills are helpful.

Guest Genealogists:

Jan. 16: Judy Lilly, former Kansas Librarian at Salina Public Library, will present a case study entitled "Finding Allen Brown". This program shows how Judy used both technology and old fashioned research in order to solve a genealogical mystery.

Feb. 20: Genealogist Susan Hatfield will speak on how what is happening in history at any given time affects genealogical research for that period.

Mar. 20: Genealogist Cloie Brevik will speak on English genealogy and the importance of vital records in genealogical research.

April 17: Lisa Upshaw, Curator of Collections and Research at Smoky Hill Museum, will speak on preservation and dating of old photographs. Members are encouraged to bring photographs for discussion.

May 15: Brag Session! During this club meeting, members are invited to bring the most WAY COOL genealogical find they've ever had in order to share with the group. A drawing for a door prize will be held for all who are interested and have attended the club for any of the Fall 2013-Spring 2014 meetings.

Contact *Barbara Mulvihill* at 825-4624 or bmulvihill@salpubliclib.org for more information.

Genealogy Tutorials

Need some assistance with genealogy databases and websites? An Information Services librarian is available, by appointment only, for a brief one-on-one introduction to several databases and websites.

Tutorials available include:

- Ancestry Library Edition
- Heritage Quest Online
- FamilySearch.org
- Google for Genealogy

Contact *Barbara Mulvihill* at 825-4624 or bmulvihill@salpubliclib.org to sign up for a session.

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In House: 308 W. Elm

Bring your completed registration form and payment to the Community Learning Center (north of the library) 8 a.m.-5:30 p.m. Jan. 7. After Jan. 7, we will be open 8 a.m.-5 p.m. Monday-Friday. Your payment guarantees your registration.

Dropbox: 308 W. Elm

You may leave your registration and payment in our secure drop box, located on the front of the building, and we will process registrations every morning. Your payment guarantees your registration.

Satisfaction guaranteed

If you are dissatisfied for any reason with a course you have attended, we will gladly offer you a CLASS gift certificate for the cost of the course. Refunds are not issued for non-attendance.

A 100 percent refund will be issued if you cancel your enrollment in a course one week before the course begins or if the course is cancelled by the library, unless otherwise stated in a course description. Refunds may require up to 10 days to process.

If a course is cancelled due to inclement weather, every effort will be made to reschedule the course.

Want to know more about CLASS?

Thank you for your support of this program! If you want to learn more about CLASS and Salina Public Library, please visit us online at www.salinapubliclibrary.org/class.

Questions

Morgan Davis
Community Learning Coordinator
(785) 825-4624, ext. 218
mdavis@salpublib.org



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Liability release

The undersigned agrees and does hereby release from liability and to indemnify and hold harmless Salina Public Library, and any of its agents representing or related to the library as regards to CLASS activities. This release is for any and all liability for personal injuries (including death) and property losses or damage occasioned by, or in connection with any activity or accommodations for this event. The undersigned further agrees to abide by all the rules and regulations promulgated by Salina Public Library and/or its affiliate groups and vendors throughout the CLASS activity.

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 Thanks to participants who donate to Pass the Buck for supporting the scholarship fund for the library. Fee reductions are available to all who need financial help in order to participate in a class. Contact Morgan Davis to arrange a fee reduction if you want to take a class but are unable to pay the entire fee.

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