

in cooperation with UW-Extension www.uwmc.uwc.edu/continuing_education

EXPLORE. ESCAPE. EXPAND.

CONTINUUM FALL 2015 Save until December 2015.

CONTINUUM - FALL 2015



Explore the world. Escape the everyday. Expand your horizons.

At UW-Marathon County Continuing Education we have several learning options for you to explore, expand and escape. Check out our business and professional development courses and certificate programs, lecture series, theater trips, youth programs, and health, writing and music courses.

Register now to insure your class spot and start your discoveries.

Vickie Richmond Hawkins

Director, Continuing Education UW-Marathon County

What is a CEU?

Continuing Education Units, where indicated, may be awarded upon completion of a course. Ten hours is equivalent to 1.0 CEU. If you need a CEU certificate, request it at the time of registration.



Online Classes

When you see this computer symbol next to a course – it means the class is offered online, and you will need Internet access to register.

CEUs are also awarded for online classes when requested at time of registration.

Five Easy Ways to Sign Up for Classes

- ONLINE: https://ce.uwc.edu/wausau/catalog
- Phone: (715) 261-6294
- Fax: (715) 261-6333
- Mail: Continuing Education Office, UWMC, 518 S. 7th Ave., Wausau, WI 54401
 - In Person: Continuing Education Office

8 AM – 4:30 PM, M-F Room 202 UW Center for Civic Engagement

International Dinner/Lecture Registrations

An unpaid phone registration will only hold your space until the Tuesday before the dinner. If your fee has not been received by then, your registration will be cancelled.

Class Confirmations/Cancellations

Classes are filled on a first-come, first-served basis. You will be sent a confirmation if you request one or register online. Proceed to your class unless you hear otherwise.

We reserve the right to cancel any course that does not have sufficient enrollment.

Refund Policy

A full refund is automatically processed if you cancel 10 days or more before the first class session, except for theatre trips. A cancellation fee of \$5 will be charged for cancellations nine days or less before the start of a course.

Refunds for limited enrollment courses and theatre trips will be granted only if your space can be filled from a waiting list.

Refunds are not given once the class begins except for Ed2GO ONLINE courses. For online courses, a refund, less \$5, will be given up to four working days after the course has begun.

Weather Conditions Resulting in Class Cancellation

Seldom does the university close due to weather conditions but, should this occur, we will notify those who have provided a daytime phone number and/or e-mail address. Arrangements will be made by the instructor with the class for a make-up session.



Like us on Facebook and find out the latest news on trips and other events.

Looking for Instructors

Instructors interested in teaching for Continuing Education should send a résumé and course proposal to the Continuing Education Office, UWMC, 518 S. 7th Avenue, Wausau, WI 54401 or send an e-mail to vickie.richmondhawkins@uwc.edu.

Equal Opportunity

UW-Extension provides equal opportunities in programming, including Title IX requirements. Please advise at the time of registration if you have physical limitations and need special accommodations.

FINANCIAL SERVICES PROFESSIONALS FALL SYMPOSIUM Thursday, October 1, 2015 8 AM – 4 PM Westwood Conference Center

Topics include: Health Savings Accounts; What Every Planner Needs to Know About IRA and Qualified Plan Beneficiaries in Wisconsin: Reverse Mortgages and

Choices in Paying for Long Term Care. 8 hours of continuing education credits for OCI, State Bar and CFP Brochure at: www.uwmc.uwc.edu/community/continuing-ed



UWMC has partnered with The Center for Legal Studies to offer the following courses online.

► Paralegal Certificate Course

This 14-week Paralegal Certificate Course© is designed to prepare students for jobs in the legal field, giving them the knowledge and skills needed to earn a salary as quickly as possible. Training focuses on providing a comprehensive knowledge of the American judicial system. It will also teach practical skills, including how to assist trial attorneys, interview witnesses, investigate complex fact patterns, create legal documents, research the law, and assist in preparing cases for courtroom litigation.

► Advanced Paralegal Certificate Course

The Advance Paralegal Certificate picks up where the Paralegal course left off. These substantive law classes provide students with more in-depth coverage of specific topics of law. Each topic is completed in one 7-week online session, and students can take up to three topics per session. Students can take as many or as few topics as they choose; however, a certificate is only issued when six topics are completed.

Some of the topics are: Advanced Legal Research, Victim Advocacy, Criminal Law, Bankruptcy Law, Family Law, Water Law, Immigration Law and many more.

► Legal Nurse Consultant Certificate Course

This program prepares medical professionals for careers in the legal field as legal nurse consultants. Building on your medical education and possible clinical experience, this course provides you with the fundamental skills necessary to advise law firms, health care providers, insurance companies and governmental agencies regarding medical issues and provide testimony in court as an expert witness.

This continuing nursing education activity is approved by the Western Multi-State Division, an accredited approver by the American Nurses Credentialing Center's Commission on accreditation.

We also are offering these certificates:

- ► Legal Secretary Certificate Course
- Software Essentials for the Law Office Certificate Course
- Employment Law Certificate Course

Fall Session II begins October 19

To register: Call The Center for Legal Studies at 1-800-522-7737 or Visit www.legalstudies.com/schools/UWMarathon.html

INTERCULTURAL COMMUNICATION \$195

Globalization requires us to adapt our communication skills to be successful in a culturally diverse world. Whether you're in business, education, the social services, or are simply an adventuring globetrotter, understanding intercultural communication will go a long way to ensuring success in navigating the currents of communication across cultures. Delve into the different approaches to cross-cultural communication, and come away with a new perspective on culture. Gain a better understanding of how cultural-worldview shapes and drives communication.

www.yougotclass.org/catalog.cfm/UwcMarathon



CERTIFICATE IN CUSTOMER RESEARCH \$395

Your customers hold the key to the future success of your organization. You can find out what your customers know by engaging and interacting with your customers. Find out how to get feedback, information and even answers from your customers. With our low- and no-cost methods of customer research, you will discover new techniques for collecting information that will improve your organization's products or services, promotion and marketing, and even bottom-line finances.

Whether you work in a for-profit or nonprofit environment, our eight-stage needs assessment model will give you a step-by-step proven approach to researching and selecting new services, products or activities.

Eight-week online course, William A. Draves, lead instructor www.yougotclass.org/catalog.cfm/UwcMarathon

To register for the two courses and certificates above and for information on related courses go to:

www.yougotclass.org/ catalog.cfm/UwcMarathon

THE BUSINESS PLAN

\$195

Whether starting a business or growing the one you have, a business plan serves as a roadmap and can

help secure needed funding. In this course, you evaluate the many aspects and potential hurdles of the business and build a business plan, one step at a time.

This practical, hands-on approach encourages you to immerse yourself in the vision and planning aspects of your business. Focusing on the most critical components of a business plan enables you to uncover hidden risks and assess the business from a marketing, management, and financial vantage point.

One-month online course, Mary Beth Izard, instructor www.yougotclass.org/catalog.cfm/UwcMarathon



Data analysis is guickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio, and make a big difference in the success of your organization by acquiring data analysis skills.

\$195 for each one-month online course or \$495 for all three and the certificate; John Rutledge, Mary Dereshiwsky, and Jeff Kritzer, instructors.



BUSINESS RESEARCH CFRTIFICATE

\$495

\$495

Discover the specific knowledge needed to succeed in researching and utilizing the best and most appropriate data for decision making for your work organization. Get the skills needed to effectively communicate research results to a specific audience for maximum impact and effective decision making. For business professionals, entrepreneurs, and anyone who needs specific information about a business such as market potential, competitive intelligence, standard industry practice, productivity improvement, etc. This course will give you the specific knowledge you need to succeed in your research quest.

Three one-month online courses (only available as a certificate). Mary Dereshiwsky and Cathy Boys, instructors.



MOBILE MARKETING CERTIFICATE

\$595

The way consumers are interacting with brands and connecting to the world is changing because of mobile technologies and applications. Find out about location-based marketing, mobile payments, QR codes, applications, and mobile coupons. You will learn how mobile marketing can increase your capabilities to retain current customers and gain new ones.

Then get step-by-step instructions on how non-technical users can build, deploy and market smartphone applications across Android, iPhone and Blackberry platforms.

Finally, get the knowledge needed to implement a mobile

marketing plan for your organization. Find out about proximity marketing, mobile marketing metrics, and developing a mobile marketing campaign.

Three one-month online courses. Heather Dimitt. Dan Belhassen, Susan Hurrell, and Simon Salt, instructors, www.yougotclass.org/catalog.cfm/UwcMarathon



CYBER SECURITY FOR MANAGERS

\$245

Cyber security issues are all around us and reach nearly every part of our business and work, from online banking and education to Facebook and Wi-Fi. Finally, you can get up-to-date on cyber security basics and fundamentals. Designed for non-technical managers, directors and others in the work place, you will learn about threats and vulnerabilities, safeguards, common attacks, viruses, malware and spyware, disaster recovery planning, intrusion detection/prevention, basic security architecture, introductory forensics, and cyber terrorism.

In this course, you will gain the knowledge needed to practice safer computing and how to safeguard your business and work information.

One-month online course, Stan Waddell, instructor www.yougotclass.org/catalog.cfm/UwcMarathon

To register for the courses and certificates above and for information on related courses go to:

www.yougotclass.org/catalog.cfm/ **UwcMarathon**



REAL ESTATE LAW Fee: \$99

Start on the 3rd Wednesday of the month

Explore the legal issues involved in real estate law, from investing to title examinations. You'll not only master the essentials, but you'll receive hands-on applications and examples that will show you how to use this knowledge in a day-to-day real estate practice or in personal real estate investina.

Each lesson proceeds from an explanation of theory to application, helping you build a strong knowledge base as you discover how legal concepts are put into practice every day. In addition to clearly worded descriptions of real property concepts, we'll identify key words and phrases and define them on the spot to help you comprehend them. You'll also benefit from a wealth of additional materials including extensive real estate forms and practical applications of the lesson material.

Go to: www.ed2go.com/uwmcconed

The instructor is obviously very knowledgeable. He approaches the subject of real estate armed with his knowledge but, more importantly, with his great sense of humor and genuineness. He really helped to break down the course material in a way that is easy to digest. I now have a firmer grasp on the subject, and this course will no doubt assist me with future decisions that I need to make regarding my career and personal projects.



Feel a little trepidation before entering your classroom? You're not alone! Whether you're already teaching, a newly credentialed graduate, or a substitute looking to transition to full-time, this course will provide you with proven tools, tips, and tricks to make your early years in the classroom a breeze.

Fee: \$99

Teaching is a balancing act, and it requires a blend of subject expertise and classroom skills to reach all of your diverse learners. In this informational and interactive six-week course, you'll learn the particulars of running a motivational classroom that will feel like home to your students.

You'll find out how to write winning lesson plans, reach diverse learners through differentiated instruction, communicate clearly, plan memorable events and, most important, keep stress at bay so you can feel good about going to work every morning.

Much like a virtual mentoring program, Survival Kit for New Teachers will provide you with benefits gained through many years of first-hand classroom experience.

Go to: www.ed2go.com/uwmcconed

"Thanks for a great course. We've placed a few more pieces into the jigsaw puzzle of my knowledge base. The picture is getting clearer. On to the next course!"

CREATING A CLASSROOM WEBSITE Fee: \$99

Start on the 3rd Wednesday of the month

Learn how to create a classroom website in this fun, easy-to-understand course for teachers. In no time, you'll build a site with text, images, animations, tables, links, and more. Then you'll create a WebQuest and a blog to add to your site.

You'll also learn how students can use site builders to create their own websites in minutes. As we move along, you'll be amazed by how simple creating a classroom website can be and all the ways in which having one can make you a more effective and dynamic teacher.

By the end of this course, you'll have your own published classroom website, and you'll feel energized by your great new teaching tool!

CREATING THE INCLUSIVE CLASSROOM: STRATEGIES FOR SUCCESS Fee: \$99

Start on the 3rd Wednesday of the month

In this professional development course for teachers, you'll get the training you need to reach the diverse mix of students you face every day—learning proven strategies for inclusion that turn diversity into opportunity. With a mix of students with learning disabilities, neurobiological disorders, and physical challenges, the modern classroom requires an efficient and effective teacher who can prioritize under tight deadlines and be creative on demand. Over the next six weeks, you'll learn how to be the kind of super teacher who can guide every student toward academic success. And do you know what the best part is? You don't have to tear your hair out to adapt each lesson so that it makes sense for all your students!

Over the course of 12 lessons, you'll discover creative, low-budget strategies for turning your inclusive classroom into a nurturing, supportive learning environment that helps every student. If you're looking for the right way to get all your students excited about coming to school, this is the course for you!

"The content was practical and useful. I found many ideas I'd like to use in my own teaching...

Graduate credit is available for teachers from Madonna University for these and many other Ed2Go courses.



How to get started with the following Ed2Go ONLINE Individual Courses

1. Go to: www.ed2go.com/uwmcconed

2. Click the Courses link, choose the department and course title you are interested in and select the **Enroll Now** button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail address and choose a password that will grant you access to the Classroom.

3. When your course starts, return to our Online Instruction Center and click the **Classroom** link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

Here are some other business topics available on line at www.ed2go.com/uwmcconed

- Achieving Success with Difficult People....... \$99

- Effective Business Writing \$99
- High Speed Project Management......\$99
- Introduction to Google® Analytics \$99
- Performing Payroll in Quickbooks[®]...... \$99
- Project Management Fundamentals \$99
- Project Management Applications \$99
- PMP Certification Prep 1.....\$105
- PMP Certification Prep 2.....\$105
 Resume Writing Workshop.....\$99
- Writing Effective Grant Proposals \$99

SOCIAL MEDIA FOR BUSINESS

Section A 2 sessions, Wednesdays October 7 & 14 6:30 - 8:30 PM

Room 284

Section B 2 sessions, Mondays November 2 & 9 6:30 - 8:30 PM Instructor: Michael Martens

Room 284

Fee: \$39

Are you currently using social media in your business and looking for that extra edge? This class will help boost your efforts by integrating social media into your marketing plans and providing an exceptional social media experience to your followers. Participants should already be familiar with social channels like Facebook and are looking for new ways to increase their reach and engagement.

OR

- Learn the latest trends and changes in the social media landscape
- Fit social media into your existing marketing plans
- Create a social media strategy that works
- Use online tools to manage your social presence across multiple platforms
- Create advertising campaigns, boosting, and paid promotions
- Track social media's return on investment (ROI)

Michael Martens is the owner/director of Wausau Interactive. He has extensive experience with marketing and communication in the for-profit and non-profit sectors.

INTRODUCTION TO **DIGITAL MARKETING**

2 sessions. Saturdavs October 17 & 24 9 AM - 12 PM Instructor: Stefanie Jaeger

Room 238

Fee: \$59

Explore the world of digital marketing. What is it? Are there different types? Why is it important? How can I apply it to the real world I work in? This course will cover email marketing, analytics, ad words, social media marketing and the basic elements of web design. Learn how all of these are tied together as part of an effective marketing plan.

At the end of this course, you will be able to:

- Complete an assessment of your clients' needs
- Put together a proposal tailored to your client
- Effectively connect the dots from digital marketing

Stefanie Jaeger is a consultant with small businesses on digital marketing. She lives in Ashland, WI

CLOUD COMPUTING

4 sessions, Mondays & Wednesdays October 5, 7, 12, & 14 6:30 - 8:30 PM Instructor: Brad Schmicker

Room 145

Fee: \$69 College of Emeriti Fee: \$49

It used to be that you needed to be in a hot air balloon or on a plane to be in a cloud. With today's Internet, anyone can learn to compute in the clouds. In this course, you'll learn the basic skills of cloud computing. Learn how to store, share and collaborate using simple to understand programs that run in the Cloud. Two sessions are devoted to Google® Drive. If you don't have a free Google® account, we'll show you how to set up one. Dropbox and iCloud are two of the many "cloud storage" services available. Bring your files, including photos, on CD, DVD, or flash drive to get started with the safe way to store your files. This no-pressure course is designed to teach you what your kids are learning in school.

PHOTOSHOP® ELEMENTS 1

6 sessions, Mondays & Wednesdays October 19, 21, 26, 28, November 2 & 4

Room 145

6:30 - 8:30 PM Instructor: Brad Schmicker Fee: \$89 includes flashdrive

Learn the basic tools of Photoshop®. Create artwork from sample images using layers and filters. Learn how the enhancing tools can improve your photos. Bring your photos into the last session to practice repairing or improving their final print form.

You'll use Photoshop[®] Elements 11.0. You will gain enough confidence to make this photo editing program a favorite on your desktop.

Prerequisite: Computer basics or equivalent experience.

Brad Schmicker is a library media specialist in the Wausau School District. He also teaches Photoshop[®] classes for College for Kids.



MICROSOFT EXCEL® 2013

Fee: \$99

Start on the 3rd Wednesday of the month

Do you work with numbers? Then you need to master Microsoft Excel 2013[®]—and this is the place to do it. Even "non-techie" beginners will find it easy to learn Excel in this fun, step-by-step online course.

These lessons will teach you dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently. You'll also learn the secrets behind writing powerful mathematical formulas and discover how to use the function wizard to guickly and automatically calculate statistics, loan payments, future value, and more.

In addition, you'll get tips on sorting and analyzing data, designing custom charts and graphs, creating three-

.

dimensional workbooks, building links between files, endowing your worksheets with decision-making capabilities, and automating frequently-repeated tasks with macros and buttons. This informative course covers the new Quick Analysis. Flash Fill, and charting capabilities available in Excel® 2013.

This is not a tutorial, but an in-depth class where you'll get training, help, and personal support from an experienced instructor as you're learning Excel[®] basics step-by-step. By the time you're done, you'll be using this vital Office[®] 2013 application like a pro.

Go to: www.ed2go.com/uwmcconed

PHOTOGRAPHIC BOTANICAL SAFARI 2 sessions, Tuesday & Thursday September 15 & 17 5:30 - 8 PM **Room 238** Session 2 will be at the Monk Botanical Gardens Instructor: Scott Savage

Fee: \$49

0.8 CEU

Learn to take more exciting close-up photographs! In the classroom you will learn about the camera's macro mode, use of auxiliary lenses and tripods, compositional concerns and lighting tips. Then you will travel to an outdoor site to practice what you have learned.

In case of rain, a mutually agreed upon rain date will be set for the outdoor part of the class.

Material & equipment needed: A camera and its manual, clothing and footwear for a walk in the woods and fields, full water bottle and snack, and transportation to the Monk Botanical Gardens.

DIGITAL SLR PHOTOGRAPHY PART 1

Section A 3 sessions, Tuesdays September 29, October 6 & 13 6:30 - 9 PM OR

Room FH112

Section B 3 sessions, Wednesdays October 21, 28 & November 4 Page 7 6:30 - 9 PM Instructor: Scott Savage Fee: \$69

Room FH112

0.8 CEU

This course is designed for the digital SLR camera user who would like to take the camera off "auto" and learn to get the most from the camera's features. Through hands-on and visual instruction you will learn many key functions of the digital SLR camera, including camera functions and digital lingo, f-stops and shutter speeds, lens selection and perspective, equipment recommendations, camera settings, and lots more.

Materials: A digital SLR camera or digital camera with manual overrides and its manual.

DIGITAL SLR PHOTOGRAPHY Part 2

3 sessions. Tuesdays November 10, 17 & 24 6:30 - 9 PM

Room FH112

Instructor: Scott Savage Fee: \$69

0.8 CEU

This course is designed for the digital SLR camera user who would like to "put it all together." Using your knowledge of SLR camera controls and the introduction of image crafting techniques, you will learn to create truly exceptional digital images. Through hands-on and visual instruction, you will learn composition, use of graphic elements, lighting for mood and impact, depth of field and scenery photography, use of camera filters, portrait tips, and pitfalls.

Prerequisite: Digital SLR Photography Part 1 or comparable experience.

Materials: A digital SLR camera or digital camera with manual overrides and its manual.

- Scott Savage has an associate degree in photography
- from MATC. For 18 years he was the staff photographer
- for Marshfield Clinic and has taught classes in Marshfield.
- He currently is a freelance photographer and artist.



Fee: \$99

TRAVEL PHOTOGRAPHY FOR THE DIGITAL PHOTOGRAPHER

Start on the 3rd Wednesday of the month

The lure of travel is surpassed only by the inevitable desire to bring home pictures and share your adventures. Since the late 1800s when George Eastman produced the first traveling camera with the slogan, "You press the button, we do the rest," travel and photography have been eternally joined. With the added benefits of digital photography so readily available to consumers today, the field is full of new opportunities and new challenges.

Join us and discover this fascinating world through a photographer's eye. This course will address the special needs and techniques digital photographers need to capture scenes from around the world and bring them home. We'll focus on specific tips for digital photographers, and how to use both traditional techniques as well as those unique to digital equipment.

We'll look at subjects such as wildlife on land and at sea, and how to get the best shots of animals in captivity as well as those in the wild. We'll discuss ways to blend in with nature for this popular area of photography and the best kind of equipment for specialized shooting.

Go to: www.ed2go.com/uwmcconed

Beverly Richards Schulz is a graduate of the New York Institute of	
Photography and an award-winning photographer. She has been	
teaching photography for more than 15 years.	

Complete your business degree



Enroll in courses at UNIVERSITY OF WISCONSIN Marathon County

Start Now! www.uwsp.edu/uwmc

> Contact Lori Brandt 715-261-6229



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For more information, contact Patti Thwaits: 715-261-6235 or email: patti.thwaits@uwc.edu



COLLEGE OF THE EMERITI

MEMBERSHIP BENEFITS!

January 5, 6 & 7, 2016

school year.

Fine Arts events.

prerequisites are met.

The College of the Emeriti, started in 1987, is an economical plan with several benefits to meet the educational needs of adults age 50 and over.

We are proud to pledge the university's resources to this program,

member you have the opportunity to enhance your personal growth in a

which supports the concept of learning as a lifelong pursuit. As a

stimulating, intellectual and friendly campus atmosphere.

Free admission to one continuing education

class per year (certain courses are excluded)

and reduced rates on several other courses.

Free tuition for the "Good Ideas" symposium.

faculty lectures held monthly throughout the

Reduced admission to all UWMC Lecture &

Free use of the UWMC pool and library during

UWMC Fitness Center for a small fee and if

scheduled hours, and access to the cafeteria.

Free admission to the "Soapbox Series,"

ANNUAL MEMBERSHIP FEE-\$69

The Wisconsin Academy of Arts and Sciences Linda Ware

Monday, September 21 ◆ 4:30 – 5:30 PM Sonnentag Hall, UW Center for Civic Engagment Lecture & Light Refreshments

SOAPBOX LECTURES are scheduled at the beginning of each month during the academic year. Days and times may vary. This year all lectures will be in the **Terrace Room**, **Main Academic Building**.

Wednesday, October 7 ◆ 10 AM Antibiotic Resistance Kristine Prahl

Tuesday, November 3 ◆ 10 AM The Historical Geography of Wisconsin Jim McCluskey

Thursday, December 3 ◆ 10 AM The Future of the UW Colleges Keith Montgomery

This Fall the UWMC Lecture & Fine Arts Series coordinator would like to see you . . .

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September 10, 12:10 pm UWMC Music Faculty

Showcase September 24, 25 & 26, 7:30 pm September 27, 2 pm UWMC Theatre presents THE LION IN WINTER

October 5–23 University of Minnesota Graduate Art Student Lecture & Exhibit October 5 ARTIST LECTURE October 5–23 EXHIBIT

October 15, 7 pm UWMC Music Dept. Preview Concert

October 23 – 24 24 Hour Arts Challenge October 24 Art-Silent Auction, 6:30 pm Arts Festival Showcase, 7 pm

November 11, 6:30 pm Ghost Army November 9 – 12 LUCI KANDLER, Textile Artist Residency WORK-IN-PROGRESS On Display in the Ahrnsbrak Gallery

November 9, 5 pm SCREEN PRINTING WORKSHOP for the Public at the Center for the Visual Arts

To register, please visit www.cvawausau.org November 12, 12:15 pm

ARTIST TALK November 12, 7 pm

ARTIST TALK

Support for this project was provided through the Community Arts Grant Program of the Community Foundation of North Central Wisconsin, with funds provided by the Wisconsin Arts Board, a stage agency, the Community Foundation, and the B.A. & Esther Greenheck Foundation.

November 17, 18, 19, 20, 21 & 22, 6 pm & 8 pm November 22, 2 pm & 4 pm *UWMC Theatre presents a* SHORT PLAY FESTIVAL A Community Conversation December 3, 7 pm Winter Instrumental Music Concert

December 4, 7 pm Ballroom Dance Event

December 6, 7 pm Winter Choral Music Concert

December 7, 7 pm Music Majors Recital

December 9 – 17 UWMC Student Drawing and Painting Exhibit–Hours: 8 am - 5 pm

BROWN BAG LECTURE SERIES: September 24: Reef Madness Spetember 29: Summer Research Grant Recipients October 8: The Theatrical Process October 29: Psychology of Attraction November 5: Music & Maps November 19: Journey to the Center of the Earth - Palmitopamba, Ecuador Admission for Brown Bags: \$1 for public UWMC Students - Free

INTERNATIONAL FILMS: See page 11.

For detailed information go to: www.uwmc.uwc.edu/arts/LFA

STRENGTH TRAINING BASICS FOR THOSE 50+



8 sessions, Tuesday & Thursday

September 15, 17, 22, 24, 29, October 1, 6 & 8 9 – 10:15 AM Room: UWMC Fitness Center Instructor: Paula Inger

Fee: \$79

Limited enrollment

Recommended text: *The Great Dumbbell Handbook*, ISBN: 0-9696773-1-6 available online at

www.productivefitness.com

Expand your fitness horizons. Strength training past 50 years of age makes you realize how valuable this training is for the aging human body. You'll learn about specific strength tests, nine safety essentials, many age-appropriate exercises and how to develop a workout plan that works for you.

Those who complete this course will receive a temporary pass to the UWMC Fitness Center for the remainder of the semester and be eligible for future use of the Fitness Center.

Paula Inger is a lecturer in health & exercise science at UWMC.

LAUGHTER YOGA 5 sessions, Wednesdays

CE

Room 193

October 7, 14, 21, 28 & November 4 5:30 – 6:30 PM Instructor: *Bernie Corsten* Fee: \$39

Laughter is the best medicine! This introduction to laughter yoga and its origin will help you change your perception of reality so that you can relax, let go and heal. Laughter is a stress buster and it strengthens the immune system. Laughter increases the levels of endorphins, the body's natural painkillers. Learn how to put the benefits of laughter to work for you.

Wear comfortable clothing. You can stand or you can sit, whatever works for your body.

Bernie Corsten is a certified Laughter Yoga instructor. She leads a laughter club in Wausau.

BENEFITTING FROM LOCAL PLANT HELPERS: Ethnobotany Traditions in Central Wisconsin

8 sessions, Wednesdays

September 16, 23, 30, October 7, 14, 21, 28 and November 4 7 - 9 PM Room 241

Instructor: Stephanie W. Aleman, Ph.D.

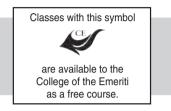
Fee: \$89 Discounted for Master Gardeners and College of the Emeriti \$59

This is a survey course and introduction to various central Wisconsin plants and how they have been integrated into various cultural practices among residents both historically and in the present day.

• Learn the history of some of our most common, local plants.

- Discover the ways in which fieldwork among people using plants is done and what fruits this can yield.
- Explore your favorite plant by working with a professional ethobotanist on a short, guided project.

Dr. Stephanie Aleman recently returned to central Wisconsin and has just completed a two-year National Science Foundation research position at the University of Florida. She previously taught at UW-Stevens Point.



These instructor-facilitated online courses are informative, convenient and highly interactive. Go to **www.ed2go.com/uwmcconed** to get started.

INTRODUCTION TO NATURAL HEALTH AND HEALING \$99

Learn how to promote wellness, balance, and health in all aspects of your daily life.

ASSISTING AGING PARENTS

\$99

Are your parents in their golden years? Learning how to help parents or other loved ones through their transition can prepare us for our own. You will learn what to expect, what to watch for, how to deal with physical and emotional challenges, and where to find resources to help. You'll learn how to handle most of the challenges you will face while coming to appreciate and cherish the privilege of the journey.

CERTIFICATE IN COMPLEMENTARY AND ALTERNATIVE MEDICINE \$210

(27 contact hours) Enhance your professional marketability by recognizing the impact spiritual values and beliefs have on health and healing.

CERTFICATE IN END OF LIFE CARE

\$205

(26 contact hours) Earn a certificate proving you understand the needs of individuals living with debilitating, chronic or terminal illnesses.

ALLEGRA Learning Solutions, LLC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

INTRODUCTION TO RUSSIAN LANGUAGE & CULTURE

10 sessions, Mondays & Wednesdays October 6, 8, 13, 15, 20, 22, 27, 29 and November 3 & 5 6:30 – 8 PM

Room 241

Instructor: *Olga Cotey* Fee: \$89 College of Emeriti Fee: \$49

This course is an introduction to the Russian language and Russian speaking cultures. It includes the fundamentals of Russian pronunciation and grammar, as well as the development of listening, speaking, reading, and writing with emphasis on communicative skills.

You will learn to speak in Russian in a number of everyday situations. This means you'll be able to ask and answer simple questions, as well as participate in short conversations relying heavily on learned phrases. Finally, you will learn about some cultural peculiarities that make life in Russia special.

Olga Cotey is a native Russian speaker. She has a master's

- degree in English and linguistics and has been a resident of the
- United States for the past eight years.

THE FORGOTTEN ALLY: POLAND IN WORLD WAR II

3 sessions, Mondays October 12, 19 & 26 7 – 8:30 PM Instructor: *Barry Dexter* Fee: \$29

Room 243

In September 1939 England and France declared war on Germany after Germany invaded Poland, and so began World War II. The Polish campaign effectively ended in September, but Poland's contribution to Allied victory had hardly begun. Learn about Poland's contribution to that victory and the aftermath of the war.

THE IMPORTANCE OF NAMES IN POLISH GENEALOGY 1 sessions, Monday



November 2 7 – 9 PM Instructor: *Barry Dexter* Fee: \$19

Room 243

As Shakespeare wrote "What's in a name?" It turns out a lot especially if you are trying to find family among historical or church documents. Find out how to unravel the mystery of names in Central and Eastern Europe to help find your ancestors or members of your family who still live there.

Barry Dexter attended the Catholic University of Lublin, Poland and the Jagiellonian University in Cracow, Poland. He has a bachelor's degree in history from UW-Stevens Point.

INTERNATIONAL DINNERS

Laos After the Bombing: An Eternal Harvest

with Jim and Marty Harris Friday, October 23

5:30 – 6:15 PM, Social, Terrace Room 6:15 – 7:15 PM, Lecture, Auditorium 7:15 – 9:00 PM, Dinner, Dining Room

Guyana–Land of Many Waters

with Stephanie Aleman Friday, November 6

5:30 – 6:15 PM, Social, Student Union 6:15 – 7:15 PM, Lecture, Room 233 7:15 – 9:00 PM, Dinner, Dining Room

Fee: \$25 per person





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Another Program for Retirees!

LEARNING IN RETIREMENT (LIR)

Learning in Retirement (LIR) at UWMC is a membership organization of retired adult learners providing an opportunity to share learning experiences and discover new joys. It is sponsored by UWMC Continuing Education, but governed and programmed by an all-volunteer steering committee. New volunteers are welcome for the steering committee.

Programming will expand as members suggest programs. All instructors and moderators are volunteers.

A LIR membership includes two sessions, Fall and Winter/Spring. The membership year runs from September 1 to June 30.

Membership Fee: \$25 LIR offerings for this fall are listed below. To participate in these, you do need to be a <u>current member</u> of the *Learning in Retirement* program. Membership in the *College of the Emeriti* is separate from this program.

Fall Schedule including TED Talks

This fall we've added a couple of local experts' presentations and a field trip to the lineup as well as the *Ted Talks* that are moderated by people familiar with the topic. Come and explore the world of *TED Talks*, share the experience with others and expand your knowledge. Join us in the **Terrace Room** (Main Building) or **Sonnentag Room** (UW CCE 210) on **Thursdays from 2:30 – 4 PM** unless noted otherwise.

September 24 – Who's Running for President? CCE 210 Eric Giordano, political scientist October 1 - Field Trip to The High Ground, Nielsville Carpool & Leave UWMC Parking Lot G at 1 PM Return about 5 PM Pre-register for this one! With Kay Meyer & High Ground tour guide October 8 - Jimmy Carter: Why Mistreatment of CCE 210 Women is #1 Human Rights Abuse October 15 - 2015 Winter Weather Projections TERRACE RM With local meteorologist. Chad Franzen October 22 – Nick Hanauer: Beware Fellow **TERRACE RM** Plutocrats, the Pitchforks are Coming! October 29 – Donald Hoffman: Do We See Reality **CCE 210** As It Is? November 5 – Todd Humphrey: How to Fool a GPS CCE 210 November 12 - Gregg Caruso: The Dark Side of TERRACE RM Free Will November 19 – Sean Carroll: Cosmology and Arrow CCE 210 of Time

MAXIMIZING SOCIAL SECURITY

Session A, Tuesday, September 15 Session B: Tuesday, September 22 6 – 9 PM

Room 241

Instructor: Navi Dowty, CFA

Fee: \$19 Plus material fee: \$5 per couple

Learn how to maximize your Social Security benefits, reduce taxes on them, and how the wrong Social Security decision can cost you money. Discover how two little known strategies could increase your family income and survivor benefits.

PRINCIPLES OF RETIREMENT PLANNING

3 sessions, Tuesdays September 29, October 6 & 13 6 – 9 PM Instructor: *Navi Dowty, CFA*

Room 238

. . . .

Fee: \$49 Plus material fee: \$10 per couple

This course provides a fundamental working knowledge of the principles of conservative investing as they apply to retirement planning. The materials cover varied aspects of conservative investing, such as changes in investing paradigms, history of markets, impact of bear markets, retirement budgeting, aspects of financial decisions, and more, while highlighting the ABC Model of Investing. You will increase your awareness of the overall risk in the markets, as well as possible asset allocation models to help manage exposure to risk. This course also covers conservative investing, income planning, asset allocation, and appropriate financial decisions. It is not designed to give specific solutions to individual needs.

This is not a financial seminar. This is a financial course where you gain the knowledge and confidence to make financial decisions suited to your level of risk and in-line with the investment goals and objectives you establish.

Navi Dowty is a Chartered Financial Analyst the owner of Navi
Dowty & Associates, Inc. and Associated Retirement Planners,
Inc. He has been working in the financial services industry for
over 40 years.
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RETIREWISE

4 sessions, Thursdays October 15, 22, 29 & November 5 5:30 – 7 PM Room 238 Instructor: *William Spear, CLU®, ChFC®, MSFS®, CASL*®

Fee: \$10 per session or all 4 for \$29; 30% per person discount for employee groups of 6 or more

SESSION 1 - Building the Foundation

You will envision the retirement you want and how you will finance it based on current and future retirement trends. You will start to see how what you already have will contribute to the retirement you want.

SESSION 2 - Creating and Managing Wealth

You will begin to look at how to prepare before retirement to generate income during retirement.

SESSION 3 – Establishing Your Retirement Income Stream

Building on what you have learned so far, you will learn how to structure a retirement income stream to address your retirement wants and needs

SESSION 4 - Making the Most of What You Have

You will review the benefits your employer offers, together with other benefits for a clear understanding of how they fit into your retirement plan. You will also look at the basics of estate planning, will and trusts.

- William Spear has 25 years experience in the financial services &
- insurance industry. He is the owner of Spear Financial Group.

WRITE ON! Write Artfully, Edit Skillfully, Share

6 Sessions, Tuesdays

October 20, 27, November 3, 10, 17 & 24 6:30 - 8:30 PM Instructor: Victoria Lindsay Fee: \$69

Room 243

Have you started to write your thoughts and memories? Would you like to? Learn creative techniques that will draw

readers in and keep them interested and surprised.

- Briefly review writing basics.
- Discover and use creative elements that increase momentum and depth in your piece.
- Build strong, unique sentences.
- Using guidelines, edit your own piece.
- Receive helpful feedback and share your work aloud.

This class is designed to help you move beyond writing basics into the world of creativity, clarity and confidence. There are short assignments: additional information if relaved via e-mail. You will turn in work, so the instructor can assist you individually. And you will read and print brief e-mailed material. Students say: Writing is work ... and fun! Come, join us.

Victoria Lindsav is a professional educator and professional writer. She also writes for her own pleasure. She has written works for all ages. An award-winning journalist, poet, writer of fiction, nonfiction, historical fiction and memoir, Lindsay has often performed her pieces. She serves as a judge for forensics and poetry slams.

FROM THE LOVE OF WISDOM: A NEW VIEW OF BEING HUMAN

4 sessions, Thursdays

October 29, November 5, 12 & 19

7 – 9 PM **Room 193** Instructor: Loretta Ulmschneider, C.P.K. Fee: \$59

There is nothing more profound, yet practical than discerning truth. Come and grow in your understanding of that power each person has to take action in life. Explore the power of

will, intention, attention; the tools of intuition, inspiration, vision, thought, dream; what guides us in relationships. Reflect on your unique, irreplaceable contribution in this world. (This course is based on the work of Kinlein.)

Loretta Ulmschneider has a bachelor's degree from Antioch University, Washington, D.C. and was certified in the practice of Kinlein in 1984. She is a faculty member of the Institute of Kinlein.

and take all three music SAVE appreciation classes for \$100

THE VIRTUOSO: Legendary Soloists 3 sessions. Mondays

Room 238

September 28, October 5 & 12 7:45 - 9:15 PM Instructor: Jacob Roseman Fee: \$39

Horowitz, Caruso, Callas, Paganini, Rubenstein, Gould - all sound familiar? That's because these are some of the greatest musical icons that ever lived. Join us to explore the art of the virtuoso and what makes them the great artists that they are.

THE GENIUS OF BEETHOVEN

3 sessions, Mondays October 19. 26 & November 2 7:45 - 9:15 PM Instructor: Jacob Roseman Fee: \$39



Ludwig van Beethoven is known as one of The Three B's in classical music, and there is clearly a reason why. Beethoven not only left us with a wealth of great music, but was also a crucial bridge between the Classical and Romantic eras. This class will survey the composer's most popular works and explore his great talent.

THE GREAT CONCERT HALLS

3 sessions, Mondays November 9, 16 & 23 7:45 - 9:15 PM Instructor: Jacob Roseman Fee: \$39

Room 238

A great concert hall brings all the more justice to great music in every way, and is one of the crucial elements in a great performance. Come and explore with us the great concert venues throughout the world and what makes them the musical monuments they are. No ticket purchases or advance bookings needed - all of this insight from the comfort of the classroom.

Dr. Jacob Roseman has degrees from the Philadelphia College of the Arts, the Eastman School of Music, Florida State University and a certificate from the Mozarteum (Salzburg). He has taught at the Eastman School of Music, Florida State University, UW-Stevens Point, UW-Oshkosh, UWMC Continuing Education and Morehead State University.

ACT Prep Course Saturday, October 10

8:30 AM - 3:30 PM **Room 233** Fee: \$30

Registration deadline:

Friday, October 2

This prep session is designed to assist the student in preparing for the ACT assessment. Areas to be covered are:

- test-taking strategies
- English usage/mechanics & rhetorical skills
- math problem-solving strategies
- algebra, geometry and trigonometry reviews
- science data representation, analysis and interpretation of research summaries and conflicting hypotheses

Enrollment is limited. Register early!

Confirmation notices are not sent.

You will only be notified if this course is cancelled or changed.

UNDERWATER ROV CLUB OPEN HOUSF for Middle School and High School Students & Parents Thursday, September 24 6 – 8 PM **UWMC Fieldhouse 112**

Discover what underwater remotely operated vehicles (ROV) are all about. UWMC Continuing Education is collaborating with Snapshot Science to host the Wausau Area ROV Club. Current teams will present what they are about and then demonstrate how their underwater vehicles operate in the UWMC Fieldhouse pool. Guests will be able to pilot an ROV.

Meetings will give students opportunities to develop skills such as engineering, scientific inquiry, design, teamwork, soldering, budgeting, presentation, and marketing. Students also have the option to compete on a Scout or Ranger class team in the WI MATE ROV competition. Visit www.marinetech.org for more information on the ROV competition.

Club dues for students are \$30 for the year; mentor dues are \$15 which includes a WI criminal background check. Register at the open house.

Watch for future information: Fashionably Mashed®

UWMC Continuing Education will be working with other youth organizations to offer this exciting STEAM program during the coming school year. This program will focus on the science, technology, engineering and math of fashion design. STEM + ARTS = STEAM.



SAT/ACT TEST PREP, Part 1 or 2 Online - sessions start every month

\$99 for each part

Choosing to attend college is probably one of the most important decisions you'll ever make, and your performance on college entrance exams is instrumental in determining your college choice. Universities and colleges throughout the U.S. require applicants to take the SAT or ACT as part of their evaluation package. This course will prepare you for both tests.

The ACT and the SAT both contain verbal and math guestions. SAT/ACT Preparation Part I will give you all the information you need to do well on the verbal guestions of the ACT and the new SAT. The ACT verbal sections are called the Reading Test, the English Test, and the Science Test. The Reading Test and the English Test assess your knowledge of English usage, grammar, and reading comprehension. This course will provide you with a grammar and usage review specifically geared to the rules that you'll be tested on in the ACT. You'll also learn how to maximize your time on reading comprehension passages and the passages in the science test.

For more information and to register, go to: uwmc.uwc.edu/community/continuing-ed/online-courses

OADWAY'S SMASH HIT MUSICAL

2012 Tony Award Winner!

BEST SCORE and

February 6, 2016

Deposit: \$49

Return by 9:30 PM

Saturday

BEST CHOREOGRAPH

Matinee at the Fox Cities

Performing Arts Center

Fee: \$149 Dinner on your own.





Leave UWMC at 11 AM

They delivered the papers, until they made the headlines

sweet, funny, emotionally satisfying book by Harvey Fierstein. A musical worth singing about! Even for the cynics among us, "Newsies" has a stirring, old-school sincerity that's hard to resist."

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CONTINUING EDUCATION

Please complete this form for each class participant. If registering more than one participant, please make copies of this form.

Name	Daytime phone					
E-mail						
Address						
City	Zip	Age: 🗌 Under 18	18-34	35-49	50-64	65+
Course		Start Date			Fee	
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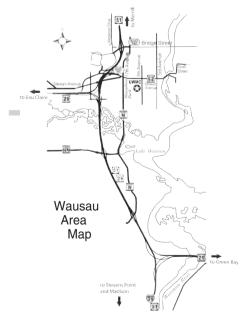
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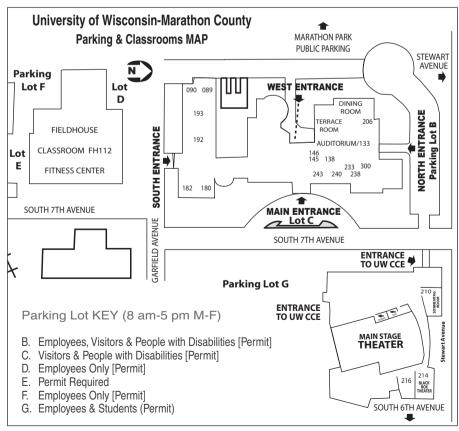
□ Check (payable to UWMC)

To use a credit card, you will need to call our office at 715-261-6309 or register online: https://ce.uwc.edu/wausau/catalog

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NOTE: Room numbers indicated on building map are those being used by CONTINUUM classes and events and L&FA and Theatre events and are approximate locations on various levels of the buildings. Parking Lot A is not shown and is across Stewart Ave. to the North and is always restricted to Marathon Hall residents ONLY. All other parking lots are available after 5 pm weekdays and all day on weekends. Ample parking in Marathon Park.





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EXPLORE.

Current resident or:

ESCAPE.

EXPAND.

With us.

THEATRE

Join Us for a Double-Billed, Pre-Holiday Weekend in the Twin Cities,

November 21-22



Leave UWMC at 8 AM on Saturday; take in the 1 PM matinee performance at the Guthrie Theater; check into the Country Inn & Suites and have dinner on your own; end the evening with the 8 PM performance at the Orpheum Theatre. Sunday until 3:30 PM is free time. You'll return to Wausau in the early evening. Fee: \$349 based on double occupancy

Deposit: \$49 by September 9

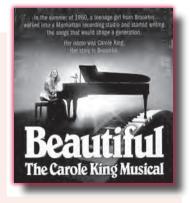
THE COCOANUTS Guthrie Theater, 1PM, Saturday

A delightful musical with sun, sand and shtick The service stinks but the gags are four-star in this Marx Brothers romp, a jazz-age musical with songs by Irving Berlin. Groucho owns a bum hotel in Florida and peddles dubious real estate to gullible Northerners seeking a place in the sun. He's after a rich society dame, who's after an eligible match for her daughter, who's in love with the hotel's head clerk. Trouble rolls in when the other Marx Brothers arrive and mama's eligible match turns out to be anything but. This deliciously silly musical is perfect holiday entertainment.



BEAUTIFUL Orpheum Theatre 8 PM, Saturday

The Carole King Musical tells the inspiring true story of King's remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers



and best friends Cynthia Well and Barry Mann., to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation. It is a winner of two 2014 Tony® Awards.

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