

# WITC Continuing Education

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

**LIFE & LEISURE**



**FALL 2014**

**Find classes in your area! Details on page 2.**

# WITC Continuing Education

## FALL 2014

### ARTS

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

### COMPUTERS & TECHNOLOGY

- Computer Software

### DO-IT-YOURSELF

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

### HEALTHY LIVING

- Health & Wellness
- Sports & Fitness

### HOME & LEISURE

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

### LIFELONG LEARNING

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

### SAFETY & TRANSPORTATION

- Driver/Traffic Safety
- Motorcycle Safety

## LIFE & LEISURE

### Find classes in your WITC Region:

**ASHLAND** *pages 4 – 10*

**NEW RICHMOND** *pages 11-18*

**RICE LAKE** *pages 19 – 30*

**SUPERIOR** *pages 31 – 37*

### It's Easy to Register!

For complete registration information — and the phone and address details for your local campus— please see **page 38**.

**ONLINE:** Find classes, register and pay at [witc.edu/search](http://witc.edu/search).

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

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

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

## Guide to Course Listings

### Class Title

Catalog Number 12-345-678

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

### Class ID

12345	Start/End Dates	Day(s)	Times	Fee/Senior Fee
	Region: Class Location			Class Instructor



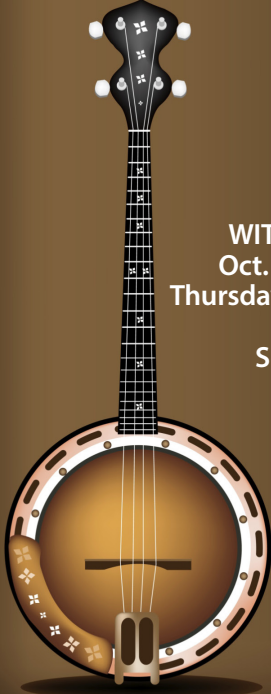
WISCONSIN  
INDIANHEAD  
TECHNICAL  
COLLEGE

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Success.*  
[witc.edu](http://witc.edu)



# NEW FALL CLASSES

## *Beginning* **Bluegrass Banjo**



WITC-Superior  
Oct. 2 – Nov. 20  
Thursdays, 7-8 p.m.

See page 31  
for details

*Thought you couldn't  
be an artist?*

## **Hand Painted Photograph**



WITC-Rice Lake  
Wednesdays  
October 1-29, 6-8 p.m.

**Photography, drawing and  
painting gracefully collide.**

**Challenge yourself  
and be inspired.**

See page 19 for course details.

## *Holiday Baking*

WITC-Ashland  
Saturday, December 6  
9 a.m. to noon

*Wow friends and family with  
homemade confections.*

Prepare and taste quick  
and easy holiday cookies  
and baked treats for gift-  
giving and entertaining  
during the holiday season.

Get the course details on page 7.



# Ashland Region

## ARTS

### Art: Beyond Watercolor

60-815-600

Explore a variety of watercolor techniques as you experiment with different subjects including flow-ers and landscapes. Your instructor will guide you in finding proper materials to achieve your best work and will adapt instruction for you as a beginner or experienced artist. Go to: [www.witc.edu/supplies](http://www.witc.edu/supplies) for a full supply list or call Kristen at 800.243.9482 ext. 6800 (supplies available at Karlyn's Gallery).

64458	Sep 10 – Sep 11	WTh 10a-4p	\$55.50/\$30
	Washburn: Karlyn's Gallery		Wei Lan Lorber
64459	Sep 24 – Sep 25	WTh 10a-4p	\$55.50/\$30
	Washburn: Karlyn's Gallery		Wei Lan Lorber
64460	Nov 5 – Nov 6	WTh 9:30a-3:30p	\$55.50/\$30
	Washburn: Karlyn's Gallery		Wei Lan Lorber
64461	Nov 19 – Nov 20	WTh 9:30a-3:30p	\$55.50/\$30
	Washburn: Karlyn's Gallery		Wei Lan Lorber
64462	Dec 3 – Dec 4	WTh 9:30a-3:30p	\$55.50/\$30
	Washburn: Karlyn's Gallery		Wei Lan Lorber

### Choose Your Media or Mix It

60-815-600

Learn new techniques and discoveries in any media of your choice. This open atmosphere welcomes the beginner or experienced artist. Your instructor will encourage and guide your experimentation.

64430	Oct 16 – Oct 17	ThF 9a-5p	\$72.50/\$38.50
	Bayfield: Bethesda Luth Church		Joan Einsman

### Pastels: Painting Entryways

60-815-600

Use your own photos of entryways or portals including doorways, garden arbors or gates as inspiration to create pastel paintings. Use composition to beckon the eye into the scene and emphasize the focal point with color and texture. We will use dry pastel sticks, not oil pastels. Your instructor will demonstrate pastel painting techniques on three types of paper. A warm-up exercise will fine-tune our eyes to see details of space and shape. All levels welcome, though drawing experience is helpful. You may bring a sack lunch or you may fill out a lunch order form in class from The Brick House Cafe. Visit [witc.edu/supplies](http://witc.edu/supplies) for a supply list or you may request one to be mailed when you register.

64429	Oct 13	M 10a-4p	\$30/\$17.25
	Cable: UCC Church		Diana Randolph

### Pastels: Painting Pathways

60-815-600

Explore pathways including trails, garden walks, driveways or roads in the landscape using your own photos as inspiration to create pastel paintings. Focus on the art elements of space and shape. By using visual perspective and the actual shape of pathways, create the illusion of three-dimensional space on a two-dimensional surface. We will use dry pastel sticks, not oil pastels. Your instructor will demonstrate pastel painting techniques on three types of paper. A warm-up exercise will fine-tune our eyes to see details of space and shape. All levels welcome, though drawing experience is helpful. You may bring a sack lunch or fill out a lunch order form in class from The Brick House Cafe. Please visit [www.witc.edu/supplies](http://www.witc.edu/supplies) for your supply list or you may request one to be mailed when you register.

64428	Oct 1	W 10a – 4p	\$30/\$17.25
	Cable: Natural History Museum Diana Randolph		

## COMPUTERS & TECHNOLOGY

### Computers: Absolute Beginner

42-107-413

Learn the basics needed to start using a personal computer. Develop keyboarding and mouse skills and learn terminology. You will be introduced to word processing, Internet, Windows, and various types of computers and components.

64540	Sep 16 – Oct 1	TuW 5:30-7:30p	\$42.26/\$4.50
	Ashland: 208		Karen Hoglund

### Comp: Absolute Beg Next Step

42-107-413

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

64551	Oct 7 – Oct 22	TuW 5:30-7:30p	\$42.26/\$4.50
	Ashland: 208		Karen Hoglund



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

## Choosing a Tablet Computer

60-107-602

Tablet computers have recently become a mainstream product and even a household name. While expensive, these devices can literally allow you to carry the Internet, gaming, messaging, and your media in the palm of your hand. Your instructor will help break down what you should look for in a tablet computer and resources for purchasing.

**64572** Nov 19 W 5:30-7:30p \$13/\$8.75  
Ashland: 208 Karen Hoglund

## Comp: Basic Troubleshooting

60-107-602

Whether you are new to computers or experienced, you may find yourself struggling with specific issues or have questions. Your instructor will help you with your particular topics. You may find you have the same questions as others. Learn from your peers and finish class at a more advanced level.

**64568** Dec 3 – Dec 17 TuW 5:30-7:30p \$47/\$25.75  
Ashland: 208 Karen Hoglund

## iDevices in Depth

60-107-602

Dig deeper in to the capabilities of your iDevice. Discover the many applications available and how to install them. Learn how to send email, use the camera and share photos. Understand Cloud storage, security and how to sync files between your mobile device and computer.

**64567** Nov 18 Tu 5:30-7:30p \$13/\$8.75  
Ashland: 208 Karen Hoglund

## Introduction to iDevices

60-107-602

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

**64566** Nov 11 – Nov 12 TuW 5:30-7:30p \$21.50/\$13  
Ashland: 208 Karen Hoglund

## MS Excel, Advanced

47-103-401

Are you ready to discover advanced formatting tricks in Excel? Learn to copy styles between workbooks, create a custom format, add a background

image, quickly apply table formatting and format as you go. Create, manipulate and query table; print a query; use calculated columns; and learn functions such as lookup, countif and sumif. Lunch is included.

**65643** Nov 7 F 9a-4p \$39/\$20.12  
Ashland: 208 Karen Hoglund

## MS Excel, Beginning

60-103-601

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

**64531** Oct 28 - Nov 5 TuW 5:30-7:30p \$38.50/\$21.50  
Ashland: 208 Karen Hoglund

## Windows 7

60-103-601

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

**64521** Nov 25 – Dec 2 TuW 5:30-7:30p \$30/\$17.25  
Ashland: 210 Karen Hoglund

## Windows 8

60-103-601

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

**64519** Oct 7, 9, 15, 16 MWTh 6-8p \$38.50/\$21.50  
Ashland: 210 Keith Hasart

## Windows 8 Intermediate

60-103-601

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

**64520** Oct 22 W 5:30-8:30p \$21.50/\$13  
Ashland: 210 Keith Hasart

Social Networks for Business

47-107-491

The importance of social media networks is no longer debated. Realize how this powerful marketing and PR tool can be a game changer for your organization or business! Entrepreneurs are boosting business using social media platforms such as Facebook for Business, Google+Hangout, Twitter, YouTube and Talkbiznow. Collaborate with other web-based business communities, increase exposure, generate leads, improve search ranking, reduce marketing expenses and more!

64535 Nov 5 – Nov 6 WTh 5:30-8:30p \$23.38/\$4.50  
Ashland: 210 Keith Hasart

DO- IT- YOURSELF

Machine Tool

47-420-455

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

64500 Sep 18 – Nov 6 Th 5:30-9:30p \$124.08/\$23.40  
Ashland: 119 Bryant Burns

Welding

47-442-406

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

64494\* Nov 11 – Dec 18 TuTh 6-9p \$135.83/\$41.44  
Ashland: 118 Stephen Geiger  
\*Class will not meet Nov 27.

HEALTHY LIVING

Old Time Group Dancing

60-807-630

If you're looking for an enjoyable way to get some physical exercise this winter, Old Time Group Dancing is the class for you. Under the guidance of our enthusiastic instructor, Donnan Christensen, you

will learn Appalachian circle dances, square dances, contras and some international dances. All dances are called by the instructor and are accompanied by lively music. Partners are not required. Beginners, singles and all ages are welcome. Expect to have a good time!

64614 Oct 15 – Nov 19 W 3-5p \$55.50/\$30  
Cornucopia: Comm Ctr Donnan Christensen

Pilates: Beginning Mat

60-807-629

Strengthen and tone your body's core muscles through targeted exercises with Mat Pilates. This class will challenge you to focus on specific muscle groups, and, with practice, students will soon build tremendous core strength. Strong core muscles support the spine, reduce back pain, add an amazing new depth to yoga practice, and are an integral component of athletic performance as well as every day balance. No Pilates experience is necessary, and this class is appropriate for students of all ability levels. The instruction and routine in this class are mild and students will be taught modifications for many physical limitations. Always check with your doctor before starting any new exercise program.

64444\* Oct 13 – Dec 10 MW 4:30-5:30p \$81/\$42.75  
Washburn: Cultural Center Kim Armington  
\*Class will not meet Nov 10.

Pilates: Intermediate Mat

60-807-629

Develop a strong, flexible body and healthy spine with a variety of traditional and contemporary Pilates exercises. This course will include standing and mat exercises. Weights will be used for some exercises. Previous experienced with Pilates suggested. Please bring a mat and 1-2 lb. weights (can use soup cans or water bottles.)

64446\* Oct 13 – Dec 10 MW 5:30-6:30p \$81/\$42.75  
Washburn: Cultural Center Kim Armington  
\*Class will not meet Nov 10.

Hatha Yoga

60-807-628

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



any new exercise program, please check with your physician.

64434	Sep 22 – Oct 27	M 4-5:30p	\$47/\$25.75
	<i>Cable: Natural History Museum</i>		<i>Joan Shumway</i>
64432*	Sep 23 – Oct 28	Tu 1:30-3p	\$38.50/\$21.50
	<i>Barnes: Barnes Town Hall</i>		<i>Joan Shumway</i>
	<i>*Class will not meet Oct 14.</i>		
64437*	Sep 23 – Oct 28	Tu 4-5:30p	\$38.50/\$21.50
	<i>Drummond: Civic Center</i>		<i>Joan Shumway</i>
	<i>*Class will not meet Oct 14.</i>		
64435	Nov 10 – Dec 15	M 4-5:30p	\$47/\$25.75
	<i>Cable: Natural History Museum</i>		<i>Joan Shumway</i>
64433	Nov 11 – Dec 16	Tu 1:30-3p	\$47/\$25.75
	<i>Barnes: Barnes Town Hall</i>		<i>Joan Shumway</i>
64441	Nov 11 – Dec 16	Tu 4-5:30p	\$47/\$25.75
	<i>Drummond: Civic Center</i>		<i>Joan Shumway</i>

## HOME & LEISURE

### After Death Home Care/Burial

60-305-620

Return to simple traditions. For thousands of years, families have taken care of their loved ones at home after death. It is a choice that is still possible. Discuss the legalities and practicalities of a home funeral, how spending time with a deceased loved one affects grief and the benefits of natural burial. It is legal, inexpensive and greener than a conventional funeral.

64394	Oct 7	Tu 6-9p	\$21.50/\$13
	<i>Ashland: 206</i>		<i>Lucy Basler</i>

### Wills and Trusts

42-102-404

This course will cover the basics of estate planning, including wills, durable powers of attorney, health care documents, living trusts and an introduction to estate tax planning.

64517	Oct 2	Th 10a-12p	\$10.79/\$4.50
	<i>Ashland: 204</i>		<i>Susan Miley</i>

### ABCDs of Medicare for Consumer

42-162-409

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

learn about initial enrollment options and additional enrollment periods as they pertain to the Medicare Plan types.

64071	Nov 13	Th 10a-12p	\$10.79/\$4.50
	<i>Ashland: 219</i>		<i>TBD</i>

### Holiday Baking

60-314-600

Prepare and taste quick and easy holiday cookies and baked treats for gift giving and entertaining during the holiday season. Please bring two cookie sheets, take home containers and a material fee of \$15 payable to instructor.

64396	Dec 6	Sa 9a-12p	\$21.50/\$13
	<i>Ashland: 311</i>		<i>Candace Webb</i>

### Responsible Beverage Service

47-311-400

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

64235	Dec 8	M 5-9p	\$25/\$12.41
	<i>Ashland: 203</i>		<i>Brenda Spurlock</i>

## LIFELONG LEARNING

### Sign Language-Beginning

42-810-415

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

64395	Oct 2 – Nov 6	Th 6:30-8:30p	\$42.26/\$4.50
	<i>Ashland: 206</i>		<i>Janey Mika</i>

Spanish Beginning

60-802-600

During this 8 session course students will build a basic Spanish vocabulary, begin to develop an understanding of simple language structure, and become familiar with Latin American culture. There will be two days during the span of this 10 week course that students will not meet. Instructor will discuss this on the first day of class. Class is offered via ITV to Ashland, Hayward, Ladysmith, Rice Lake, and Superior. The instructor is in-person at the New Richmond location.

64427 Sep 11 – Nov 13 Th 6-8p \$72.50/\$38.50  
Ashland: 203 Leslie Bleskachek

Chequamegon Bay Birding

60-891-602

Embark on a birding journey of Chequamegon Bay. Join a Department of Natural Resources Research Scientist to discover where to find birds and appreciate why the area is rich in species. The first class will take place in the classroom where you will learn about field identification and birding resources. On Saturday, you will travel/carpool from an Ashland meeting location around the bay to look for song-birds, waterfowl, and migrating raptors. Please bring a lunch and outdoor amenities along with binoculars, field guides, and a spotting scope if you have one. Rain date for the Saturday field trip is Sunday, September 28.

64826\* Sep 25 – Sep 27 \$47/\$25.75  
Ashland: 210 Ryan Brady  
\*Class meets Th 5:30-8:30p, and Sa 8a-2p

Explore Bayfield Co Forest I

42-806-410

Our Bayfield County Forests abound with opportunities to learn about and appreciate the flora, fauna, and waterways of northern Wisconsin. Tentative destinations include the Raspberry River, Spring Creek, Valhalla Fire Tower, Frog Bay, and segments of the North Country Scenic Trail. Participants should be able to trek 3-5 miles over uneven terrain. Bring lunch, water, warm layers of clothing, snacks, and hiking pole. Your instructor, Judy Florence is an avid outdoor enthusiast. She volunteers for the Apostle Islands National Lakeshore and has explored the trails in several parks and forest, including the Grand Canyon and Glacier National Parks.

64615 Oct 9 Th 9a-3p \$23.38/\$4.50  
Cornucopia: Community Center Judy Florence

Explore Bayfield Co Forest II

42-806-410

64616 Oct 23 Th 9a-3p \$23.38/\$4.50  
Cornucopia: Community Center Judy Florence

Explore Bayfield Co Forest III

42-806-410

64617 Nov 6 Th 9a-3p \$23.38/\$4.50  
Cornucopia: Community Center Judy Florence

Explore Bayfield Co Forest IV

42-806-410

64618 Nov 20 Th 9a-3p \$23.38/\$4.50  
Cornucopia: Community Center Judy Florence

Explore Bayfield County V

42-806-410

64619 Dec 4 Th 9a-3p \$23.38/\$4.50  
Cornucopia: Community Center Judy Florence

Exploring Waterfalls I

42-806-410

Embark on a journey to various waterfalls, rapids and dams in Amnicon Falls State Park, Orienta Falls, Twin Falls, Siskiwit Falls and Lost Creek Falls. Expect to walk short distances over uneven terrain. Meet at the Cornucopia Comm. Ctr. at 9am for carpooling. If closer to Amnicon Falls, you can meet the class in the parking lot at 10am. Bring food/beverage, camera, rain gear, sun protection and other amenities.

64464 Sep 9 Tu 9a-4:30p \$29.67/\$4.50  
Cornucopia: Comm Ctr Thomas Gerstenberger

Exploring Waterfalls II

42-806-410

Embark on a journey to various waterfalls, rapids and dams in Morgan, Copper, Potato River Falls, and Wren. Expect to walk short distances over uneven terrain. Meet at the Cornucopia Comm. Ctr. at 9am for carpooling. If closer to Morgan Falls, you can meet the class in the Maslowski Beach parking lot by the artesian well in Ashland at 9:45am. Bring food/beverage, camera, waterproof gear, sun protection and other amenities.

64469 Sep 16 Tu 9a-4:30p \$29.67/\$4.50  
Cornucopia: Comm Ctr Thomas Gerstenberger

Exploring Waterfalls III

42-806-410

Embark on a journey to various waterfalls, rapids and dams in Foster Falls, Whitecap Mountain Look-out, Upson and Rouse Falls. Expect to walk short distances over uneven terrain. Meet at the Cornucopia Comm. Ctr. at 9am for carpooling. If closer to Foster Falls you can meet the class in the north-west corner of the parking lot at the Ashland Wal Mart at 9:45am. Bring food/beverage, camera, waterproof gear, sun protection and other amenities.

64470 Sep 23 Tu 9a-4:30p \$29.67/\$4.50  
Cornucopia: Comm Ctr Thomas Gerstenberger



## Exploring Waterfalls IV

42-806-410

Embark on a journey to various waterfalls, rapids and dams in Superior, Saxon and Peterson Falls. Expect to walk short distances over uneven terrain. Meet at the Cornucopia Community Center 9am for carpooling. If you are closer to Superior Falls you can meet up with the class in the north-west corner of the Wal Mart parking lot in Ashland at 9:45am. Bring food/beverage, camera, waterproof gear, sun protection and other amenities.

**64471** Sep 30 Tu 9a-4:30p \$29.67/\$4.50  
*Cornucopia: Comm Ctr Thomas Gerstenberger*

## Introduction to Solar Energy

47-482-400

Gain an overview of solar energy technologies with an emphasis on photovoltaic (PV or solar electric) systems. Understand the use of solar electricity for off-grid and stand-alone applications, as well as grid-tied (utility interactive) residential and small business applications. Load analysis and system design, as well as site analysis and site specific concerns, will be covered. Instructor Kurt Nelson is a founding member of the Midwest Renewable Energy Association and owner of SOLutions, a solar energy company in Cornucopia, Wisconsin, specializing in renewable energy and sustainable systems design. Basic computer skills and course reference book "Power from the Sun" by Dan Chiras required.

**64317** Sep 25 – Nov 13 Th 6-8:30p \$67.81/\$4.88  
*Ashland: 208 Kurt Nelson*

## Films - Portray Social Issues

42-809-400

Since our first 'Around the World in Film' class in September 2004, we have screened, studied and discussed more than 120 films. To celebrate the beginning of our 11th year, we will select five of the 'best-of-the-best' films from our list of 120 (instructor's choice, but recommendations welcome). As in the past, participants will be expected to read brief introductory materials, research one or more films, and take part in discussion following each viewing. We always welcome new faces and voices in our discussion of



## Cosmetology Continuing Education

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

### Upcoming classes:

- > September 29 • WITC-New Richmond
- > October 6 • WITC-Superior, WITC-Ladysmith
- > October 13 • WITC-Ashland, WITC-Hayward
- > October 20 • WITC-Rice Lake
- > November 17 • WITC-Rice Lake, WITC-Superior

**\$35 cost, includes continental breakfast**

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

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

artistic, cultural, and historic films that affect our families, neighborhoods, and global communities today. Class meets every other week.

**64645\*** Oct 10 – Dec 5 F 1-4p \$54.84/\$4.50  
*Washburn: Public Library Judy Florence*  
*\*Class meets every other Friday.*

**64647\*** Oct 13 – Dec 8 M 1-4p \$54.84/\$4.50  
*Bayfield: Bayfield Library Judy Florence*  
*\*Class meets every other Monday.*

**64649\*** Oct 13 – Dec 8 M 6-9p \$54.84/\$4.50  
*Cornucopia: Immanuel Luth Ch Judy Florence*  
*\*Class meets every other Monday.*

## Legal certificate courses available through WITC

A variety of certificates to expand your knowledge base in the legal field. Choose from paralegal, investigation, victim advocacy, software, personal injury law and more.

**Get more information at**

**[witc.edu/continuing-education/legal studies](http://witc.edu/continuing-education/legal studies).**



Foreign Films for Americans

42-809-400

Motion pictures made in foreign countries can help raise awareness of other societies and cultures. To see historical events from a different viewpoint broadens and deepens our understanding. The problems and issues common to all people, when addressed in another culture, may provide us with new insights into our own. We will view five films that will challenge us to understand not only other peoples' views of history and the human condition, but to develop deeper understanding of ourselves and our society. Participant discussions will follow each film.

64463 Sep 3 – Oct 29 W 1-4p \$54.84/\$4.50  
Barnes: Community Church John Rusch  
\*Class meets every other Wednesday.

SAFETY & TRANSPORTATION

Traffic Safety for Point Reduction

42-812-404

See full course description on page 37.

Books will be provided at the start of class.

63930 Oct 4 – Oct 11 Sa 8:30a-3p \$65.01/\$27.25  
Ashland: 204 Casey Johnstone

CPR Health Care Provider - AHA

47-531-437

See full course description on page 37.

64583 Sep 15 – Sep 17 MW 6-10p \$44.07/\$18.90  
Ashland: 306 WITC TBD

64586 Oct 13 – Oct 15 MW 6-10p \$44.07/\$18.90  
Ashland: 427 WITC TBD

CPR Health Care Provider Renewal- AHA

47-531-439

See full course description on page 37.

64581 Sep 24 W 6-10p \$25/\$12.41  
Ashland: 427 WITC TBD

64589 Oct 27 M 6-10p \$25/\$12.41  
Ashland: 427 WITC TBD

64594 Nov 17 M 6-10p \$25/\$12.41  
Ashland: 427 WITC TBD

64597 Dec 1 M 6-10p \$25/\$12.41  
Ashland: 427 WITC TBD



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CPR/AED/Basic First Aid Renewal-ASHI

47-531-459

This course will recertify students in CPR/AED & Basic first aid. Students will renew their skills in CPR/AED and first aid. PREREQUISITE: Students must have taken the original course within the last 2 years.

64585 Oct 6 M 6-10p \$32.25/\$19.66  
Ashland: 427 WITC TBD

64591 Nov 3 M 6-10p \$32.25/\$19.66  
Ashland: 427 WITC TBD

Medic First Aid

47-531-404

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

64388 Sep 8 – Sep 10 MW 6-10p \$40.17/\$15  
Ashland: 427 WITC TBD

64588 Oct 20 – Oct 22 MW 6-10p \$40.17/\$15  
Ashland: 204 WITC TBD

64593 Nov 10 – Nov 12 MW 6-10p \$40.17/\$15  
Ashland: 306 WITC TBD

Pediatric Medic First Aid & CPR

47-531-464

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

64580 Sep 15 – Sep 17 M 6-10p \$40.17/\$15  
Ashland: 003 WITC TBD

64600 Dec 8 – Dec 10 MW 6-10p \$46.46/\$15  
Ashland: 427 WITC TBD

Want to be a personal trainer?



Learn how -  
witc.edu/continuing-education/featured

Pediatric Medic First Aid & CPR  
Recertification

47-531-477

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

64584	Oct 1	W 6-10p	\$35.50/\$22.91
	Ashland: 427		WITC TBD
64592	Nov 5	W 6-10p	\$35.50/\$22.91
	Ashland: 427		WITC TBD

New Richmond Region

ARTS

Beginning Watercolor

60-815-600

Discover the joy and challenge of working with watercolors. Experiment with wet-on-wet for soft muted backgrounds as well as wet-on-dry for more detailed work on landscapes and objects. Types of brushes and papers will be explored as well as various paints and color mixing. This is a great class for beginners as paints, brushes and palettes are provided through the Bethane Sommers art education fund. There will be a small fee for paper to pay in class. Please bring a sack lunch for Saturday.

64353	Oct 3 – Oct 4	F 6-8p, Sa 9a-3p	\$38.50/\$21.50
	Amery: ArtZ Gallery		Bonnie Hagen

Watercolor Yupo & Masa Papers

60-815-600

If you are an experienced watercolor painter or are looking for new techniques or challenges to take you beyond regular watercolor paper, this class may be for you. Yupo is a smooth plastic surface which allows "lifting" of your paint and produces some surprising effects. Masa paper will give your painting a textured effect. Some paints and palettes are available or bring your own paint and brushes as well as tubes of your favorite colors and be prepared to have fun. Please bring a supply fee of \$10 payable to instructor.

64359	Nov 7 – Nov 8	F 6-9p, Sa 9a-3p	\$38.50/\$21.50
	Amery: ArtZ Gallery		Bonnie Hagen

Square Napkin Basket

60-815-620

Experience a great art form with a talented, expert instructor who has a passion for basket weaving, and go home with a completed, useful napkin basket. The basket will be about 7"x7" and have a wrapped handle and some colored reed for accent. You will be able to create your own style. This is a great class for beginning weavers. Bring to class: Sharp, heavy scissor or pruning shears, 12-20 clothes pins, plastic measure tape, pencil, dish pan for soaking reeds, spray bottle and an old towel. Please bring an \$8 material fee payable to instructor.

64355	Oct 16	Th 6-9p	\$21.50/\$13
	Amery: Intermed School		Phyllis Knutson

Extreme Pumpkin Carving I

60-815-640

This Halloween season your trick-or-treaters will be thrilled! Learn fast and easy techniques for 3-dimensional carving to create an amazing jack-o-lantern with a realistic face. Just grab a pumpkin and wear clothes that you can get dirty. Your instructor, Vlad Kozubovsky, comes from the same mysterious region of the Carpathian Mountains as his infamous namesake. He teaches social and behavioral sciences at WITC and has a lifelong passion for visual arts. Vlad's carving technique was inspired by the work of America's best pumpkin artists whose jack-o-lanterns are displayed at White House and Hollywood celebrity Halloween parties. Tip: when choosing a pumpkin for this class, look for a midsized and very heavy specimen with a green stem. This ensures that the pumpkin is fresh and has thick walls. Please bring \$10 payable to instructor for carving tools.

64579	Oct 24	F 10a-12p	\$13/\$8.75
	New Richmond: 164		Vladimir Kozubovsky

Extreme Pumpkin Carving II

60-815-640

Build on techniques covered in Vlad's beginner class. Anyone who feels confident about their pumpkin carving skills is also welcome to join. You will learn how to carve teeth, scars, and complex facial expressions. Really bring your jack-o-lantern to life with a touch of paint and a pair of grabby arms made of pumpkin vine. Finally, preserve your creation for the Halloween season. Bring a fresh pumpkin with thick walls and wear clothes that you can get dirty. Please bring \$10 payable to instructor for carving tools or use tools you purchased in the beginning class.

64578	Oct 24	F 12:30-3:30p	\$21.50/\$13
	New Richmond: 164		Vladimir Kozubovsky



## Therapeutic Massage Continuing Education

- **Massage Therapy for Veterans**  
October 10 at Rice Lake
- **Ethics of Modesty**  
October 18 at Rice Lake
- **Massage for Elderly & Hospice**  
November 8 at Rice Lake

More details  
online at [WITC.edu/continuingeducation](http://WITC.edu/continuingeducation)

Courses meet the NCBTMB Standard 16 requirements  
Instructor: Amy Appel – Real Life Alternatives NCBTMB #451892-12

## Crocheting Beginning

60-306-600

Gain a solid introduction of crocheting vocabulary of styles, types and sizes of hooks, yarns and threads. Learn to read yarn labels and crochet patterns. Become comfortable with 4-5 basic stitches as you complete a scarf. If time allows, you will be introduced to crocheting in rounds. Supplies needed: Sizes C, G, and I hooks, 300 yds. main color of plain worsted weight yarn, 100 yards of a contrasting color (do not recommend Super Saver brand yarn for beginners, nor using black or white yarn).

65667\* Nov 4 – Nov 20 TuTh 6-7:30p \$47/\$25.75  
Balsam Lake: Unity School Alise Leguizamon  
\*Class on Nov 4 meets 6-8p.

### Start and continue your career education as an EMT.

WITC offers beginning through advanced level EMT training courses, such as EMT-Basic, ACLS and PALS and more.

For more information, go to  
[witc.edu/continuing-education/ems](http://witc.edu/continuing-education/ems)  
or call your regional training specialist at  
800.243.9482

## Healthy Living with Master Herbalist Gigi Stafne

From keeping your kids healthy this cold and flu season to creating a home natural medicine cabinet, Master Herbalist Gigi Stafne will teach you about the medicinal, edible and cultural uses of plants. Classes offered in person and via ITV. See your region's catalog pages.

Stafne also offers an Herbal Apprentice certificate course. Get details online at [witc.edu/search](http://witc.edu/search), keyword "herbal."



## Crocheting Intermediate

60-306-600

Ready to hone your crocheting skills? In this intermediate-level class you will make a hat and mittens. Both projects will introduce you to useful techniques and principles for becoming a better crocheter. Everyone will get individual help as needed. Please bring: 1 skein of plain worsted-weight yarn for each project (white or black are not recommended), size G or H crochet hook, and other supplies to be determined.

**64351\*** Sep 30 – Oct 23 TuTh 6-7:30p \$47/\$25.75  
*Amery: Intermed School Alise Leguizamon*  
*\*Class will not meet Oct 9 or 14.*

## COMPUTERS & TECHNOLOGY

### Comp: Absolute Beg Next Step

42-107-413

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

**64552** Oct 6 – Oct 27 M 6-9p \$42.26/\$4.50  
*New Richmond: 141 Bonnie Cronk*

### Welcome to Computers

42-107-413

If you are a new computer user or having difficulty, your instructor will help you find your way. Using Windows 7, understand how to use word processing, spreadsheets, graphics, the Internet and email.

**64323** Oct 7 – Oct 9 TuTh 6-8p \$17.09/\$4.50  
*Glenwood City: High School Bonnie Cronk*

If you are ready to explore the very basics of computer use, including turning it on and off, using a mouse and exploring the computer desktop, your instructor will guide you at a comfortable pace. We will use word processing software, go on the Internet, learn about emailing, search for information and customize your computer to be more readable and user-friendly. Bring your laptop if you have one, otherwise, desktops are available for use. You will receive handouts to help you practice on your home computer.

**64492** Oct 2 – Oct 23 Th 5-6:30p \$23.38/\$4.50  
*Webster: High School Katherine Holmquist*



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## Photobooks Using Shutterfly

60-107-607

Learn how to make a personalized, professionally bound photo book using Shutterfly - a free, privacy-controlled website. Create an account at shutterfly.com and learn how to upload your digital images. The fun begins when we choose page layouts before adding photos, text and embellishments to design a fabulous album. Choose album sizes, cover, and unique page backgrounds. There is no charge to create an account, store photos, or create an album, but there is a charge to print an album. Bring an email address and 10-20 favorite photos, in JPEG format, saved on a flash drive.

**64352** Sep 30 – Oct 9 TuTh 6-8:30p \$47/\$25.75  
*Amery: Intermed School Marilyn Averbek*

## Mobile Devices

60-107-602

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

**64570** Nov 6 Th 6-9p \$21.50/\$13  
*New Richmond: 141 Tina Nygren*

## Internet & Email Skills

42-107-490

Search and you will find! Learn basic internet skills and terminology to navigate the World Wide Web. Use techniques for easier and faster access to various websites. Learn to communicate easily with friends and family who may be located anywhere in the world, using email on the web. It's fast, it's easy and you don't have to buy any stamps! Practice techniques for both sending and receiving email messages. Learn the secret to resizing high resolution photos before attaching them to messages for faster downloads. Please bring your laptop if you have one, otherwise, desktops are available for use.

**64491** Oct 2 – Oct 23 Th 6:45-8:15p \$23.38/\$4.50  
*Webster: High School Katherine Holmquist*



Instructor-Facilitated Online Courses

[witic.edu/continuing-education/ed2go](http://witic.edu/continuing-education/ed2go)

**Mail Merge**

60-103-601

Learn to quickly insert or merge names, addresses or other information into form letters, onto envelopes or onto mailing labels. Using Microsoft Office 2013, you will create a MS Word form document and a MS Excel database (names, addresses, and variable information of those to receive the document) which are linked together to quickly create individualized letters, envelopes, mailing labels or other documents with all the merged information. Prerequisite: Microsoft Word knowledge.

**64360** Nov 13 Th 6-9p \$21.50/\$13  
*Amery: Intermed School Marilyn Averbeck*

**MS Excel, Intro**

60-103-601

Join us for a one-night introduction to Excel for those who have never created a spreadsheet. It is the perfect introduction to prepare you for a regular Excel class. Basic terminology and data entry will be covered in a relaxed setting among other beginners. Prerequisite: Basic computer skills.

**64356** Oct 28 Tu 6-9p \$21.50/\$13  
*Amery: Intermed School Marilyn Averbeck*

**MS Excel, Beginning**

60-103-601

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

**64357** Oct 30 – Nov 11 TuTh 6-8:30p \$47/\$25.75  
*Amery: Intermed School Marilyn Averbeck*

**64529** Nov 3 – Nov 10 M 6-9p \$30/\$17.25  
*New Richmond: 141 Bonnie Cronk*

**MS Excel, Intermediate**

60-103-601

Expand your knowledge of Microsoft Excel and discover what this program can do for you. Bring your questions and get some hints from an experienced user.

**64325** Nov 11 – Nov 13 TuTh 6-8p \$21.50/\$13  
*Glenwood City: High School Bonnie Cronk*

**MS Excel, Intermediate**

47-103-401

Expand your spreadsheet knowledge using Excel to create charts and graphs, format your spreadsheets for presentations, and use advanced formulas such as conditional formatting. Discover how to create a template, use multiple sheets and workbooks, copy contents to other workbooks, consolidate your worksheets and simplify your workload with short-cut techniques. Lunch is included.

**64538** Nov 7 F 9a-4p \$39/\$20.12  
*New Richmond: 157 Bonnie Cronk*

**MS Word Beginner**

60-103-601

Maximize the power of Microsoft Word using Office 2013. Learn word processing basics and tips to create, edit and format documents; understand files and folders; check spelling and grammar; change font and font size; create tables, tabs, envelopes, labels, borders and shading and much more for both work and home use. Prerequisite: Absolute Beginner computer class or comparable and/or basic computer and keyboarding skills.

**64354** Oct 14 – Oct 23 TuTh 6-8:30p \$47/\$25.75  
*Amery: Intermed School Marilyn Averbeck*

**MS Word Intermediate**

60-103-601

Advance your basic word processing skills for home or office. After brief review, learn to use and create bullets, special symbols, headers and footers, tables (including shading and borders), charts from tables, paragraph styles and indenting, mail merge including the data base, letters, envelopes and labels.

**64324** Oct 21 – Oct 23 TuTh 6-8p \$21.50/\$13  
*Glenwood City: High School Bonnie Cronk*

**Windows 8**

60-103-601

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

**64522** Sep 22 – Oct 13 M 5-7p \$38.50/\$21.50  
*New Richmond: 143 Tina Nygren*

**WITC offers online classes that are easy and fun.**

*To learn more, go to*

**witc.edu/continuing-education/ugotclass**





## Windows 8 Intermediate

60-103-601

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

**64523** Oct 20 M 5-8p \$21.50/\$13  
New Richmond: 143 Tina Nygren

## QuickBooks

47-103-439

Learn the essentials of QuickBooks accounting software. From bookkeeping and billing, to payments and payroll. Access data securely and understand how to sync it across devices. Create invoices and track sales. Basic computer skills required.

**64564** Oct 24 F 9a-4p \$39/\$20.12  
New Richmond: 135 Charity Williams

## Social Networks for Business

47-107-491

The importance of social media networks is no longer debated. Realize how this powerful marketing and PR tool can be a game changer for your organization or business! Entrepreneurs are boosting business using social media platforms such as Facebook for Business, Google+Hangout, Twitter, YouTube and Talkbiznow. Collaborate with other web-based business communities, increase exposure, generate leads, improve search ranking, reduce marketing expenses and more!

**64536** Oct 7 – Oct 9 TuTh 6-9p \$23.38/\$4.50  
New Richmond: 143 Adam Nelson

## SolidWorks

47-420-445

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

**64516** Sep 11 – Dec 11 Th 5-8:30p \$178.37/\$33.64  
New Richmond: 205 Brian Lindahl

## DO- IT- YOURSELF

### Welding

47-442-406

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

**64495** Oct 3 – Nov 21 F 4:15-8p \$135.83/\$41.44  
New Richmond: 235 Ric Eckstein

### Artistic Welding

60-442-600

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

**64543** Sep 12 – Sep 26 F 4-8p \$67.58/\$42.08  
New Richmond: 235 Dan Wilkinson

### Custom Rod Building

60-891-601

Design and build your own functional fishing rod! You will learn the thread art of 'diamond scale' to place on your personalized fishing rod. Understand how to size, locate and secure guides. Choose from a variety of wooden handles and fore grips, personalized by laser, to complete your unique creation. Please bring a material fee of \$65 payable to instructor.

**64400** Oct 20 – Nov 12 MW 6-9p \$106.50/\$55.5  
New Richmond: 210 David Hanke

### Woodworking: Open Shop

60-409-601

People of all ages and woodworking ability levels will be given a safety-structured environment to use quality, industrial grade equipment and shop premises to construct self-chosen woodworking projects under the guidance of Chris Chelberg, High School Technology Education instructor. Beginners and advanced woodworkers welcome. Safety glasses are required and you must bring your own materials for your project(s).

**64358** Oct 30 – Nov 20 Th 6-8:30p \$47/\$25.75  
Amery: High School Christ Chelberg

HEALTHY LIVING

Herbs: Boost Your Immunity

60-560-610

Boost your Immunity Naturally! Herbs, Foods, & Healthy Recipes to Boost Immunity. Stay well with warm soups, stews and medicine brews this winter. Be curious and creative while staying well with herbs and foods, gifts from nature designed to boost immunity! Gigi invites you to join her in a program with open heart, head and hands. This class is offered via ITV to New Richmond and Superior locations. The instructor is in-person at the Rice Lake location.

63990	Nov 5	W 6-8p	\$13/\$8.75
	New Richmond: 133	Gigi Stafne	

Holistic Interpreter Series

60-560-610

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

64606	Sep 16 – Oct 7	Tu 7-9p	\$38.50/\$21.50
	New Richmond: 203	Julie Buckman	
64607	Oct 21 – Nov 11	Tu 7-9p	\$38.50/\$21.50
	New Richmond: 210	Julie Buckman	

Herbs: For Stress

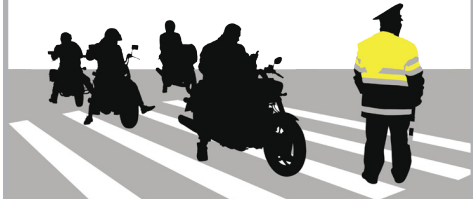
60-560-610

Herbs for Stress: The Adaptogens. Life's hectic pace can wreak havoc on your Immunity, Nerves and Endocrine System. There are several categories of herbs, one called Adaptogens, well suited for those particular systems...soothing and supporting some of the body's primary functions. Don't miss this session on botanicals for a stressed out society. Everyone will benefit! This class is offered via ITV to New Richmond and Superior locations. The instructor is in-person at the Rice Lake location.

63987	Oct 22	W 6-8p	\$13/\$8.75
	New Richmond: 133	Gigi Stafne	

Motorcycle Basic Rider

WITC's Motorcycle-Basic Rider class is approved by the Department of Transportation. It is designed to teach the beginner or experienced rider the safe techniques for riding a motorcycle.



Classes fill fast. Register today.

Herbs: Medicine Cabinet

60-560-610

Herbs to create your home natural medicine cabinet. Gigi invites you to join her in a program with open heart, head and hands. This class is offered via ITV to New Richmond and Superior locations. The instructor is in-person at the Rice Lake location.

63984	Oct 1	W 6-8:30p	\$21.50/\$13
	New Richmond: 139	Gigi Stafne	

Herbs: Winter Ailments

60-560-610

Herbs for Winter Ailments. It won't be long before Old Man Winter blows in with nasty chills and ills that accompany the season. Learn 20+ herbs to cope with the frequent ailments of winter in this lively botanical class. This class is offered via ITV to New Richmond and Superior locations. The instructor is in-person at the Rice Lake location.

63993	Nov 12	W 6-8p	\$13/\$8.75
	New Richmond: 133	Gigi Stafne	

Aqua Zumba

60-807-607

Just add water & shake! The natural resistance of water adds a new element to Zumba. Feel your muscles working as you lunge, stretch and twist in the pool. Get a great core workout as you try to stay upright and balanced while doing the moves. This is very low impact so suitable for people with joint and bone problems. Join the party. Get wet. Get down. Get fit. Six-week sessions, two classes per

week. Pay for all 12 or pay for and attend six.

**65658** Sep 23 – Oct 30 TuTh 5-6p \$30/\$17.25  
Balsam Lake: Unity School Michelle Flaherty

**65662** Sep 23 – Oct 30 TuTh 5-6p \$55.50/\$30  
Balsam Lake: Unity School Michelle Flaherty

**65665\*** Nov 4 – Dec 18 TuTh 8:30-9:30a \$30/\$17.25  
Balsam Lake: Unity School Michelle Flaherty  
\*Class will not meet Nov 25 or 27.

**65666\*** Nov 4 – Dec 18 TuTh 9:30-10:30a \$55.50/\$30  
Balsam Lake: Unity School Michele Flaherty  
\*Class will not meet Nov 25 or 27.

## Water Aerobics

60-807-606

You'll feel and see the results of this class; it includes a fun regiment of stretching, cardio, and core strengthening. Weight-resistance training with foam bar bells and noodles helps tone your arms, legs and abdominals. All skill levels are welcome to try water aerobics; buoyancy allows for low impact on your body. Ongoing classes every 6 weeks. Contact Luck Comm. Ed. for additional class details at 715.472.2152 ext. 103 or amya@lucksd.k12.wi.us.

**64789** Sep 3 – Oct 13 MW 9:30-10:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson

**64791** Sep 3 – Oct 13 MW 8:30-9:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson

**64787** Sep 4 – Oct 14 TuTh 9:30-10:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson

**64788** Sep 4 – Oct 14 TuTh 8:30-9:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson

**64794** Oct 15 – Nov 24 MW 9:30-10:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson

**64796** Oct 15 – Nov 24 MW 8:30-9:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson

**64792** Oct 16 – Nov 25 TuTh 9:30-10:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson

**64793** Oct 16 – Nov 25 TuTh 8:30-9:30a \$55.50/\$30  
Luck: Country Inn Pool

**64799\*** Dec 1 – Jan 14 MW 9:30-10:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson  
\*Class will not meet Dec 24 or 31.

**64800\*** Dec 1 – Jan 14 MW 8:30-9:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson  
\*Class will not meet Dec 24 or 31.

**64798\*** Dec 2 – Jan 15 TuTh 8:30-9:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson  
\*Class will not meet Dec 25 or Jan 1.

**64797\*** Dec 2 – Jan 15 TuTh 9:30-10:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson  
\*Class will not meet Dec 25 or Jan 1.

## HOME & LEISURE

### ABCDs of Medicare for Consumer

42-162-409

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

**64069** Oct 9 Th 10a-12p \$10.79/\$4.50  
New Richmond: 152 TBD

## Child Care



Child Care and ECE CE Classes  
In-Person, Online and Independent Study

**NEW** Baby Behavior program – health care worker focus, Oct. 28 in Balsam Lake; ECE professional focus, Nov. 4 in New Richmond

**NEW** Breastfeeding Friendly Childcare program, Oct. 21 at Balsam Lake or Oct. 25 in New Richmond

For details and to register, go to:  
[witc.edu/search](http://witc.edu/search), use keywords "child care" or "ECE"



How to Start Your Own Business

47-102-416

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

63940	Oct 7	Tu 6-9p	\$25/\$12.41
	New Richmond: 210		WITC NonEmployee
63941	Nov 6	Th 6-9p	\$25/\$12.41
	New Richmond: 210		WITC NonEmployee

Foods: Sanitation for Restaurant Managers

47-303-405

See full course description on page 28.

64231	Nov 8 – Nov 15	Sa 9a-4p	\$42.26/\$4.50
	New Richmond: 203		Marsha Stoeberl

Responsible Beverage Service

47-311-400

Please see full course description on Page 7.

64234	Nov 10	M 6-10p	\$42.26/\$12.41
	New Richmond: 203		Kristin Samp

LIFELONG LEARNING

Write Right Now!

42-801-402

Whether you are creating short stories, a novel, memoir or play, or a piece for your local newspaper, this is a place to come for hints to improve your project and for inspiration and encouragement from other listeners/readers/writers.

64319	Oct 14 – Nov 18	Tu 4-6p	\$42.26/\$4.50
	Frederic: High School		Carolyn Wedin
65468	Oct 16 – Nov 20	Th 4-6p	\$42.26/\$4.50
	Luck: High School		Carolyn Wedin

Spanish Beginning

60-802-600

During this 8 session course students will build a basic Spanish vocabulary, begin to develop an understanding of simple language structure, and be-

come familiar with Latin American culture. There will be two days during the span of this 10 week course that students will not meet. Instructor will discuss this on the first day of class. Class is offered via ITV to Ashland, Hayward, Ladysmith, Rice Lake, and Superior. The instructor is in-person at the New Richmond location.

64421	Sep 11 – Nov 13	Th 6-8p	\$72.50/\$38.50
	New Richmond: 213		Leslie Bleskachek

Drama in the Northwoods

42-808-401

Join us for a study of something old, something new and three theatres too! We will read, discuss and see as many as three plays including: Moliere's The Miser at the Festival Theatre in St. Croix Falls October 2-26; Wendy Wasserstein's The Heidi Chronicles at the Guthrie in Minneapolis September 13-26; Garrison Keillor's new play, Radio Man, on the 40th anniversary of his radio show A Prairie Home Companion, at the History Theatre in St. Paul September 27-October 26.

64318	Oct 13 – Nov 17	M 6:30-8:30p	\$42.26/\$4.50
	Frederic: High School		Carolyn Wedin

SAFETY & TRANSPORTATION

Traffic Safety for Point Reduction

42-812-404

Please see full course description on Page 37.

63929	Oct 28 – Nov 6	TuTh 6-9p	\$65.01/\$27.25
	New Richmond: 151		Eric Lockwood

ASHI Pedia 1st Aid/CPR Renewal

47-531-417

ASHI Pediatric CPR, AED, and First Aid training program provides an ideal training solution for schools, child care providers, youth sports coaches, and others required to learn how to respond to medical emergencies involving children. This versatile program is based upon the 2010 CPR and First Aid Guidelines, Caring for Our Children, 3rd Ed; and other recommended evidence-based treatment.

64297	Sep 4	Th 6-10p	\$32.25/\$19.66
	New Richmond: 217		WITC TBD

CPR Health Care Provider Renewal - AHA

47-531-439

See full course description on page 37.

64294	Sep 18	Th 6-10p	\$25/\$12.41
	New Richmond: 217		WITC TBD

**CPR/AED/Basic First Aid-ASHI**

47-531-419

This course is a combined CPR/AED & Basic first aid program designed specifically for laypeople. The program is good for the community and the workplace setting. This course is designed to teach people the knowledge and skills that they need to recognize emergencies and perform CPR and use an AED and perform first aid until EMS arrives. This course will certify a person for 2 years in CPR/AED/Basic First Aid. No book required.

**64832** Sep 30-Oct 2 Tu Th 6:30-9:30p \$30.63/\$11.75  
 Amery: High School Library WITC TBD

**CPR/AED/Basic First Aid Renewal-ASHI**

47-531-459

This course will recertify students in CPR/AED & Basic first aid. Students will renew their skills in CPR/AED and first aid. **PREREQUISITE:** Students must have taken the original course within the last 2 years. No book required.

**64831** Sep 17 W 2:30-6:30p \$32.25/\$19.66  
 Amery: High School Library WITC TBD

**64827** Nov 5 W 6-10p \$32.25/\$19.66  
 Amery: High School Library WITC TBD



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For more information, please visit  
[witc.edu/continuing-education/featured](http://witc.edu/continuing-education/featured)

**Rice Lake Region****ARTS****Hand Painted Photograph**

60-815-605

Photography, drawing and painting gracefully collide. Learn what makes an artistic photograph paying attention to composition, lighting and subject matter. Then color the photo with pencils or paint and leave with one matted and framed image and two art prints. Keep or share as a holiday gift. Your instructor holds a Theatre Arts degree, has performed and worked in costuming, taught 4-H programs and is a professional landscape and animal portrait artist.

**64397** Oct 1 – Oct 29 W 6-8p \$47/\$25.75  
 Rice Lake: 225 Candace Falk

**Art/Drawing**

60-815-605

After a few warm-up exercises, you'll draw quick, whimsical sketches on postcard-size paper using your own photos for inspiration. Select photos depicting your backyard, travels, landscapes, seasonal activities and/or events using pens, watercolor pencils, color pencils. The instructor will demonstrate various drawing techniques. Get a supply list at: [www.witc.edu/supplies](http://www.witc.edu/supplies) or have it mailed.

**64073** Oct 27 M 9:30a-3:30p \$30/\$17.25  
 Hayward: WITC-Hayward Diana Randolph

**8th Annual Regional  
Caregiver Conference**
**Finding Our Voice**

**Friday, September 19, 2014  
8:00am–3:30pm**

Registration begins at 7:30am

**Registration Fee: \$25  
Lunch Included**

**WITC-New Richmond  
Conference Center**

1019 South Knowles Avenue  
 New Richmond, WI

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### Norwegian Rosemaling

60-306-606

Discover the Norwegian folk art of Rosemaling - decorative painting on wood or woodenware. You will learn brush handling, application and mixing of colors; along with planning and painting your design. Please be prepared to pay your instructor an additional fee of approximately \$30 depending upon materials needed. Please go to: [www.witc.edu/supplies](http://www.witc.edu/supplies) for a full supply list.

**64412** Sep 15 – Oct 20 M 6:30-8:30p \$55.50/\$30  
*Chetek: C-WHS Patricia Vork*

### Art: Mosaic Art

60-815-608

Brighten up any room in your home with mosaic stained glass. This ancient art form has been updated and is fast & easy with outstanding results for even the most art challenged. Add brilliant color to your day by hanging your masterpiece window art or light your night with the black metal lantern with 'windows' on 4 sides. All the boring glass cutting is finished so you can start your project right away. Bring your own ideas or use instructors' patterns. Please bring old terry towels and dress for mess. We will also go over glass/plate cutting, resources, supplies and project ideas. Materials fee is payable to instructors (\$25 for the lantern; \$15 for the hanging window art) at the start of the class. \*\*E-mail [lfitch@witc.edu](mailto:lfitch@witc.edu) your project choice when you register.

**64087** Oct 11 Sa 10a-3p \$30/\$17.25  
*Hayward: WITC-Hayward Peggy Ingles*

### Extreme Pumpkin Carving I

60-815-640

This Halloween season your trick-or-treaters will be thrilled! Learn fast and easy techniques for 3-dimensional carving to create an amazing jack-o-lantern with a realistic face. Your instructor, Vlad Kozubovsky, comes from the same mysterious region of the Carpathian Mountains as his infamous namesake. He teaches social and behavioral sciences at WITC and has a lifelong passion for visual arts. Vlad's carving technique was inspired by the work of America's best pumpkin artists whose jack-o-lanterns are displayed at White House and Hollywood celebrity Halloween parties. Tip: when choosing a pumpkin, look for a midsized and very heavy specimen with a green stem. This ensures that the pumpkin is fresh and has thick walls. Please bring \$10 payable to instructor for carving tools.

**64486** Oct 25 Sa 10a-12p \$13/\$8.75  
*Rice Lake: 225 Vladimir Kozubovsky*

### Extreme Pumpkin Carving II

60-815-640

Build on techniques covered in Vlad's beginner class. Anyone who feels confident about their pumpkin carving skills is also welcome to join. You will learn how to carve teeth, scars, and complex facial expressions. Really bring your jack-o-lantern to life with a touch of paint and a pair of grabby arms made of pumpkin vine. Finally, preserve your creation for the Halloween season. Bring a fresh pumpkin with thick walls and wear clothes that you can get dirty. Please bring \$10 payable to instructor for carving tools or use tools you purchased in the beginning class.

**64487** Oct 25 Sa 12:30-3:30p \$21.50/\$13  
*Rice Lake: 225 Vladimir Kozubovsky*

### Handspinning

60-815-640

Discover the joy of handspinning! Novices, beginners and intermediate spinners welcome. Bring your spindles or wheels and fibers if you have some to share. Drop spindles, cards and clean wool available for use in class. Natural dyes will also be discussed.

**64480** Oct 16 Th 6-9p \$21.50/\$13  
*Rice Lake: 212 Sydney Tanner*

### Beginners Log Cabin Quilt

60-304-615

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

**64481** Sep 22 – Oct 6 M 6-8:30p \$38.50/\$21.50  
*Rice Lake: 225 Diann Raymond*

### Christmas Cardinal

60-304-615

This beautiful small quilt could be a wall hanging or a Christmas tree skirt. It features a red cardinal in the center surrounded by log cabin blocks. Your instructor will show you a quick way to make the log cabin blocks. Bring your sewing machine! A complete list of fabrics and supplies will be provided before the class starts. Stop in and see the demo.

**64688** Dec 2 – Dec 9 Tu 5-9p \$38.50/\$21.50  
*Ladysmith: WITC-Ladysmith Staci Prasnicky*



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**Fall Maple Leaves**

60-304-615

This quilt is made from 2 different block patterns; one of which is the Maple Leaf block. Sew the leaves in fall colors of red, orange, yellow, brown, and rust. Bring your sewing machine! A complete list of fabrics and supplies will be provided before the first class session. Stop in and see the demo.

**64686** Nov 4 – Nov 18 Tu 6-9p \$38.50/\$21.50  
*Ladysmith: WITC-Ladysmith Staci Prasnicki*

**Hunter's Star**

60-304-615

Make this beautiful Hunter's Star quilt without the headache of sewing "Y" seams! Your instructor will demonstrate the rapid-fire technique to make the blocks for this quilt. Bring your sewing machine. A list of fabrics and supplies will be provided before the first class session. Stop in and see the demo.

**64684** Oct 7 – Oct 28 Tu 6-9p \$55.50/\$30  
*Ladysmith: WITC-Ladysmith Staci Prasnicki*

**Kaleidoscope**

60-304-615

This quilted table topper is fun to make. Choose your fabrics to make this kaleidoscope featuring pinwheels and a piano key border. Bring your sewing machine. A list of fabrics and supplies needed will be provided before the first class. Stop in and see the demo.

**64682** Sep 13 – Sep 20 Sa 9a-1:30p \$38.50/\$21.50  
*Ladysmith: WITC-Ladysmith Staci Prasnicki*

**Quilt: Halloween Wall Hanging**

60-304-615

Make a happy Halloween wall hanging featuring an appliqued witch silhouette flying on her broom stick across the moon. Choose from a variety of witch silhouettes to choose from so your wall hanging will be unique. Bring your sewing machine! A list of fabrics and supplies needed will be provided before the class starts. Stop in and see the demo.

**64683** Oct 11 Sa 9a-5p \$38.50/\$21.50  
*Ladysmith: WITC-Ladysmith Staci Prasnicki*

**Quilting: Attic Windows**

60-304-615

The Attic Windows pattern is one of the most popular, drawing the eye to a "shadow box" effect. This quilt is a great way to showcase special blocks, large prints, or a fabric panel. No "Y" seams required. Bring your sewing machine. A complete list of fabrics and supplies needed will be provided before the start of the class. Stop in and see the demo.

**64685** Nov 8 Sa 9a-5p \$38.50/\$21.50  
*Ladysmith: WITC-Ladysmith Staci Prasnicki*

**Victorian Romance**

60-304-615

This lovely quilt is full of Victorian charm. You'll be able to complete this romantic queen size quilt using pretty fabric. The quilt is a great beginner's pattern for someone looking to experiment with a diagonal setting, aka "on point". Bring your sewing machine! A complete list of fabrics and supplies needed will be provided before the first class session. Stop in and see the demo.

**64681** Sep 9 – Sep 23 Tu 6-9p \$38.50/\$21.50  
*Ladysmith: WITC-Ladysmith Staci Prasnicki*

**Bags and Organizers**

60-301-605

Sew beautiful bags and organizers and learn loads of tricks and tips for easy construction. Creations in this class will be different than previous projects, so join as a new or repeat student. Basic sewing knowledge is necessary. You will receive a supply list at the first class.

**64482** Oct 13 – Oct 27 M 6-8:30p \$38.50/\$21.50  
*Rice Lake: 225 Diann Raymond*

**Writing Your Life Story**

60-801-601

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

**64401** Sep 22 – Oct 27 M 9:30-11:30a \$55.50/\$30  
*Rice Lake: 208 Helen Block*

**COMPUTERS & TECHNOLOGY****Comp: Absolute Beg Next Step**

42-107-413

In this class you will pick up where you left off in the 1st Step computer class. You will have more practice in the popular computer programs and learn more about saving your work.

**64074** Sep 24 – Oct 15 W 1-4p \$42.26/\$4.50  
*Hayward: WITC-Hayward Patti Rumler*



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Comp: Absolute Beginners I

42-107-413

A course for new users of personal computers. You will be introduced to the hardware and terminology necessary to use a computer and to word processing and using the internet. We will start with the basics — how to use the mouse! This is a must-have class for the true computer novice.

64635	Sep 16 – Oct 7	Tu 12:30-2:30p	\$29.67/\$4.50
	Ladysmith: WITC-Ladysmith		Stephanie Novak
64636	Nov 4 – Nov 25	Tu 12:30-2:30p	\$29.67/\$4.50
	Ladysmith: WITC-Ladysmith		Stephanie Novak

Computers: Absolute Beginner

42-107-413

Learn the basics needed to start using a personal computer. Develop keyboarding and mouse skills and learn terminology. You will be introduced to word processing, Internet, Windows, and various types of computers and components.

64553	Sep 8 – Sep 19	MWF 1:30-3:30p	\$42.26/\$4.50
	Rice Lake: Senior Citizens Ctr		Ronald Gehler

Comp: Facebook Basics

60-107-602

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

64077	Nov 12	W 12-4p	\$21.50/\$13
	Hayward: WITC-Hayward		Patti Rumler

Facebook Marketing

60-107-602

Facebook is a great tool for your business, brand, or organization. Learn to create and build your Facebook page, manage your brand and succeed with online marketing using Facebook. Your page is the central place to grow your business and develop relationships with your customers. Learn strategies of attraction marketing and how to promote your business via posting, commenting, attracting fans and cross promotion. Bring your photos and business logo to class, either saved to your laptop or

flash drive.

64574	Dec 10	W 6-9p	\$21.50/\$13
	Rice Lake: 160		Cheryl Maki

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

64083	Nov 13	Th 12-4p	\$21.50/\$13
	Hayward: WITC-Hayward		Patti Rumler

Intro to Facebook

60-107-602

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

64573	Dec 3	W 6-9p	\$21.50/\$13
	Rice Lake: 160		Cheryl Maki

Pinterest Fun

60-107-602

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

64078	Nov 4	Tu 1-4p	\$21.50/\$13
	Hayward: WITC-Hayward		Patti Rumler

Save/Organize Documents

60-107-602

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

64076	Oct 22 – Oct 29	W 1-4p	\$30/\$17.25
	Hayward: WITC-Hayward		Patti Rumler

MS Excel, Beginning

60-103-601

You will be amazed at what Excel can do for you! Learn how to create worksheets for work and per-

sonal use. We will cover the basics of navigating through the cells, formatting and setting up a spreadsheet for maximum efficiency. You will see how easy it is to have your numbers calculated for you in just seconds and how to sort through long ponderous lists with absolute ease. Prerequisites: Basic computer skills.

**64534** Sep 24 – Oct 1 W 6-9p \$30/\$17.25  
Rice Lake: 160 Cheryl Maki

## MS Word Beginner

60-103-601

Maximize the power of Microsoft Word. Learn word processing basics and tips to create, edit and format documents; understand files and folders; check spelling and grammar; change font and font size; create tables, tabs, envelopes, labels, borders and shading and much more for both work and home use. Prerequisite: Absolute Beginner computer class or comparable and/or basic computer and keyboarding skills.

**64562** Oct 8 – Oct 29 W 6-9p \$55.50/\$30  
Rice Lake: 160 Cheryl Maki

## MS Word Intermediate

60-103-601

Advance your basic word processing skills for home or office use. After brief review, learn to use and create bullets, special symbols, headers and footers, tables (including shading and borders), charts from tables, paragraph styles and indenting, mail merge including the data base, letters, envelopes and labels.

**64563** Nov 5 – Nov 19 W 6-9p \$47/\$25.75  
Rice Lake: 160 Cheryl Maki

## Windows 7

60-103-601

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

**64524** Oct 20 – Oct 24 MWF 1-4p \$47/\$25.75  
Rice Lake: Senior Citizens Ctr Ronald Gehler

## Windows 8

60-103-601

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

**64525** Oct 13 – Oct 17 MWF 1-4p \$47/\$25.75  
Rice Lake: Senior Citizens Ctr Ronald Gehler

**64526** Oct 13 – Oct 22 MW 6-8p \$38.50/\$21.50  
Rice Lake: 211 Ronald Gehler

## Get Smart with Your Smartphone

60-107-608

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

**64082** Sep 25 – Oct 2 Th 1-4p \$30/\$17.25  
Hayward: WITC-Hayward Patti Rumler

# Mark your calendar for upcoming Continuing Education conferences 2014 2015

**SHRM certification prep course**, Sept. 18-Dec. 11, WITC-New Richmond

**Nurses Professional Day**, Sept. 18, WITC-Ashland

**Caregiver Conference**, Sept 19, WITC-New Richmond

**ECE CE Conference**, Oct. 18, WITC-New Richmond

**Growing Major Gifts**, Oct. 24, WITC-New Richmond

**CMA Conference**, Nov. 1, WITC-Superior

**Emergency Services Conference**, March 13-15, WITC-Rice Lake

**CMA Conference**, March 21, WITC-Rice Lake

**Safety Day**, April 7, WITC-New Richmond

**Nurses Professional Day**, April 10, WITC-Rice Lake

**CMA Conference**, April 11, WITC-New Richmond

iPad Basics

60-107-609

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

64080	Oct 4	Sa 9a-3p	\$30/\$17.25
	Hayward: WITC-Hayward		David Viner

Must Have Apps

60-107-609

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

64081	Oct 11	Sa 10a-2p	\$21.50/\$13
	Hayward: WITC-Hayward		David Viner

DO- IT- YOURSELF

Woodworking: Open Shop

60-409-601

Whether you are a novice or advanced wood carver, your instructor will guide you to complete a project of your choice. You will gain an understanding of the properties of wood, hand and power tools, safety and how to market your wood products. Be prepared to provide your own materials and safety glasses. Class is held at the old Weyerhaeuser School’s shop room.

64389	Oct 1 – Oct 22	W 5-8p	\$55.50/\$30
	Weyerhaeuser: School		Richard Manor

64390	Oct 29 – Nov 19	W 5-8p	\$55.50/\$30
	Weyerhaeuser: School		Richard Manor



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HEALTHY LIVING

Green Medicine/Oils

60-560-610

Sustainable Green Medicine Series. Mini sessions: handcrafted botanical products for the home with Master Herbalist & Naturopath, Gigi Stafne. Attend one or all of these unique ‘make-n-take’ herbalism classes. Creating Oils & Infusions. Applying herbal infused oils to the skin is a tried and true method within botanical medicine for sundry health ailments. Experiment with creating several blends! Gigi Stafne, MH, ND, MI is an enthusiastic educator, activist and writer in the botanical and natural medicine world, presently the coordinator of Herbalists without Borders, a national and international non-profit organization addressing issues of natural medicine health care access globally. Earth ethics, ecology, sustainability and environmental health are woven into all the courses that she presents. She teaches through Green Wisdom and operates Wild Earth Eco Tours offering programs on herbalism to cross cultural ethno botany tours. Gigi invites you to join her in a program with open heart, head and hands. After registration please check the Course Supply List page online for the materials list of a few items you need to bring to each class. [www.witc.edu/supplies](http://www.witc.edu/supplies)

63956	Sep 17	W 6-9p	\$21.50/\$13
	Rice Lake: 214		Gigi Stafne

Green Medicine/Salves

60-560-610

Sustainable Green Medicine Series. Mini sessions: handcrafted botanical products for the home with Master Herbalist & Naturopath, Gigi Stafne. Attend one or all of these unique ‘make-n-take’ herbalism classes. Creating Herbal Salves. Formulate your own herb recipes and salves to equip your first aid kit to soothe and smooth your skin! After registration please check the Course Supply List page online for the materials list of a few items you need to bring to each class. [www.witc.edu/supplies](http://www.witc.edu/supplies)

63957	Sep 24	W 6-9p	\$21.50/\$13
	Rice Lake: 214		Gigi Stafne

Green Medicine/Tinctures

60-560-610

Sustainable Green Medicine Series. Mini sessions: handcrafted botanical products for the home with Master Herbalist & Naturopath, Gigi Stafne. Attend one or all of these unique ‘make-n-take’ herbalism classes. Creating Herbal Tinctures. A traditional method of preserving herbs and botanicals in liquid solvents for your home natural medicine apothecary. Learn to prepare several in class! After registration



tration please check the Course Supply List page online for the materials list of a few items you need to bring to each class. [www.witc.edu/supplies](http://www.witc.edu/supplies)

**63955** Sep 10 W 6-9p \$21.50/\$13  
Rice Lake: 212 Gigi Stafne

## Herbs for Contemporary Stress

60-560-610

Herbs for Contemporary Stress. Toxins, stressors and strains add up, taking their toll. Learn how to reduce the impact of overall stress on your body and bring your life into balance right now. Find harmony, facilitate life's flow. Explore herbs to support your nervous system, natural methods for environmental illness, botanicals to cope with everyday stress and anxiety. After registration please check the Course Supply List page online for the materials list of a few items you need to bring to each class. [www.witc.edu/supplies](http://www.witc.edu/supplies).

**64349** Oct 10 – Oct 17 F 10a-12p \$13/\$8.75  
Rice Lake: 212 Gigi Stafne

## Herbs for the Wisdom Years

60-560-610

Herbs for the Wisdom Years. Mid-life into the wisdom years bring multiple shifts and changes on mind, body and emotional levels. Learn about herbs and natural supports to utilize as we age, from supplement support for eyesight to botanicals for bone density. Move with greater grace and ease. After registration please check the Course Supply List for items you need to bring to each class: [www.witc.edu/supplies](http://www.witc.edu/supplies).

**64349** Oct 31 F 10a-12p \$13/\$8.75  
Rice Lake: 214 Gigi Stafne

## Herbs: Boost Your Immunity

60-560-610

Boost your Immunity Naturally! Herbs, Foods, & Healthful Recipes to Boost Immunity. Stay well with warm soups, stews and medicine brews this winter. Be curious and creative while staying well with herbs and foods, gifts from nature designed to boost immunity! Gigi invites you to join her in a program with open heart, head and hands. This class is offered via ITV to New Richmond and Superior locations. The instructor is in-person at the Rice Lake location.

**63989** Nov 5 W 6-8p \$13/\$8.75  
Rice Lake: 130 Gigi Stafne

## Herbs: For Stress

60-560-610

Herbs for Stress: The Adaptogens. Life's hectic pace can wreak havoc on your Immunity, Nerves and Endocrine System. There are several categories of herbs, one called Adaptogens, well suited for those particular systems...soothing and supporting some of the body's primary functions. Don't miss this session on botanicals for a stressed out society. Everyone will benefit! This class is offered via ITV to New Richmond and Superior locations. The instructor is in-person at the Rice Lake location.

**63986** Oct 22 W 6-8p \$13/\$8.75  
Rice Lake: 130 Gigi Stafne

## Herbs: Medicine Cabinet

60-560-610

Herbs to create your home natural medicine cabinet. Gigi invites you to join her in a program with open heart, head and hands. This class is offered via ITV to New Richmond and Superior locations. The instructor is in-person at the Rice Lake location.

**63983** Oct 1 W 6-8:30p \$21.50/\$13  
Rice Lake: 130 Gigi Stafne

## Herbs: Winter Ailments

60-560-610

Herbs for Winter Ailments. It won't be long before Old Man Winter blows in with nasty chills and ills that accompany the season. Learn 20+ herbs to cope with the frequent ailments of winter in this lively botanical class. This class is offered via ITV to New Richmond and Superior locations. The instructor is in-person at the Rice Lake location.

**63992** Nov 12 W 6-8p \$13/\$8.75  
Rice Lake: 130 Gigi Stafne

## Piloxing

60-807-607

Piloxing is a creative mix between Pilates and Boxing. Using music and fitness moves, you'll get a fantastic cardio and toning workout. If you've never seen a class, check out this YouTube video: <http://goo.gl/NvjWHU>

**64061** Sep 4 – Oct 16 Th 5:30-6:30p \$38.50/\$21.50  
Hayward: Primary School Esther Maina

**64062\*** Oct 23 – Dec 11 Th 5:30-6:30p \$38.50/\$21.50  
Hayward: Primary School Esther Maina  
\*Class will not meet Nov 27.

# DID YOU KNOW...

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

**Pilates: Beginning Mat**

60-807-629

Mat Pilates will help you to strengthen your core, trim that tummy and waist area, provide back support, and help your posture and balance. All work is done on the mat, no other equipment is necessary. This is a beginners class. Please bring a yoga mat, comfortable clothes and a bath towel. Always consult a physician before starting an exercise program.

**64060\*** Oct 28 – Dec 16 Tu 5:30-6:30p \$38.50/\$21.50  
Hayward: WITC-Hayward Gail Grassel  
\*Class will not meet Nov 25.

**Pilates: Intermediate Mat**

60-807-629

This is a continuation of the beginner's mat pilates class. Bring your mat, water bottle and towel to class. This will be a more intense workout than the beginners, as you will be doing more sets of the previously learned exercises.

**64047\*** Oct 30 – Dec 18 Th 5:30-6:30p \$38.50/\$21.50  
Hayward: WITC-Hayward Gail Grassel  
\*Class will not meet Nov 27.

**Tai Chi**

60-807-640

Learn basic Tai Chi routines involving movement and breathing techniques designed to bring more oxygen into our cells, help with balance, coordination, and enhance overall wellness. Tai Chi can help release toxins, improve balance, and eliminate stress-related tension. Wear loose clothing and comfortable shoes.

**64398** Sep 16-Oct 9 TuTh 5:30-6:30p \$38.50/\$21.50  
Ladysmith: Rusk Co. Library Colleen Peters  
**64399\*** Oct 28-Nov 25 TuTh 9:30-10:30a \$38.50/\$21.50  
Ladysmith: Rusk Co. Library Colleen Peters  
\*Class will not meet Nov 4.

**Aquatics**

60-807-606

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

**64326** Sep 23 – Oct 16 TuTh 12:40-1:20p \$30/\$17.25  
Ladysmith: High School Colleen Peters  
**64327\*** Nov 11 – Dec 9 TuTh 12:40-1:20p \$30/\$17.25  
Ladysmith: High School Colleen Peters  
\*Class will not meet Nov 27.

**Gentle Yoga**

60-807-628

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

**64089** Sep 10 – Oct 29 W 2-3:30p \$55.50/\$30  
Hayward: Northwoods Fitness Ctr Joan Shumway  
**64091\*** Nov 12 – Dec 17 W 2-3:30p \$38.50/\$21.50  
Hayward: Northwoods Fitness Ctr Joan Shumway  
\*Class will not meet Nov 26.

**Zumba Fitness**

60-807-631

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

**63979** Sep 8 – Oct 27 M 4:45-5:45p \$38.50/\$21.50  
Hayward: Intermed School Lynn Fitch  
**64043** Sep 10 – Oct 29 W 5-6p \$38.50/\$21.50  
Hayward: Veteran's Center Lynn Fitch  
**64044\*** Nov 3 – Dec 22 M 4:45-5:45p \$38.50/\$21.50  
Hayward: Intermed School Lynn Fitch  
\*Class will not meet Nov 24.  
**64046\*** Nov 5 – Dec 17 W 5-6p \$30/\$17.25  
Hayward: Veteran's Center Lynn Fitch  
\*Class will not meet Nov 26.



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

## Zumba Gold

60-807-631

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

<b>63934</b>	Sep 8 – Oct 13	M 5:10-6:10p	\$30/\$17.25
	<i>Ladysmith: Middle School</i>		<i>Kathryn Elling</i>
<b>63965*</b>	Oct 27 – Dec 8	M 5:10-6:10p	\$30/\$17.25
	<i>Ladysmith: Middle School</i>		<i>Kathryn Elling</i>
	<i>*Class will not meet Nov 24.</i>		

## HOME & LEISURE

### Love and Logic Series

42-307-454

Teaching children to develop responsibility while putting the fun back into parenting takes Love and Logic. Your instructor shares practical techniques you can use immediately to raise responsible and respectful kids who resist society's pressures to experiment with drugs, alcohol, promiscuity and other dangerous behaviors. This presentation may be geared toward elementary families and it reaches out to all who connect with children, whether every day or during grandparent weekends. Please bring a material fee of \$10 payable to instructor and writing materials. Complete this course series and receive \$10 back from your instructor.

<b>64835</b>	Sep 25 – Nov 13	Th 5-7:30p	\$67.43/\$4.50
	<i>Spooner: Elementary School</i>		<i>Sylvia Isaacson</i>

### Ultimate Babysitter

47-307-495

Do you know how to calm a crying baby? Or how to handle a conflict between two children? What do we do if a child has a tummy ache? Learn how to help kids have fun, while keeping them safe and following household rules with Babysitter's Training from the Amerian Red Cross. Designed for students ages 11 and older, this training provides the knowledge and skills necessary to safely and responsibly care for infants and children up to the age of 10, as well as to manage a babysitting business. Skills taught include how to respond to emergencies with first aid and rescue breathing; making good decisions under pressure; communicating effectively with parents; and feeding, diapering and caring for infants. A materials fee of \$16 must be paid

to the instructor at the beginning of the class. Bring a sack lunch.

<b>64086</b>	Oct 4	Sa 9a-3:30p	\$29.67/\$4.50
	<i>Hayward: WITC-Hayward</i>		<i>Susan Thurn</i>

### Wills and Trusts

42-102-404

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

<b>64084</b>	Sep 25	Th 10a-12p	\$10.79/\$4.50
	<i>Hayward: WITC-Hayward</i>		<i>Susan Miley</i>
<b>64085</b>	Sep 25	Th 10a-12p	\$10.79/\$4.50
	<i>Ladysmith: WITC-Ladysmith</i>		<i>Susan Miley</i>
<b>64634</b>	Oct 9	Th 10a-12p	\$10.79/\$4.50
	<i>Rice Lake: 168</i>		<i>Susan Miley</i>

### ABCDs of Medicare for Consumer

42-162-409

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

<b>64065</b>	Sep 16	Tu 10a-12p	\$10.79/\$4.50
	<i>Hayward: WITC-Hayward</i>		<i>WITC Non-employee</i>
<b>64066</b>	Sep 16	Tu 10a-12p	\$10.79/\$4.50
	<i>Rice Lake: 130</i>		<i>WITC Non-employee</i>
<b>64067</b>	Sep 16	Tu 10a-12p	\$10.79/\$4.50
	<i>Ladysmith: WITC-Ladysmith</i>		<i>WITC Non-employee</i>
<b>64068</b>	Oct 9	Th 10a-12p	\$10.79/\$4.50
	<i>Hayward: WITC-Hayward</i>		<i>WITC Non-employee</i>
<b>64070</b>	Nov 13	Th 10a-12p	\$10.79/\$4.50
	<i>Hayward: WITC-Hayward</i>		<i>WITC Non-employee</i>
<b>64072</b>	Nov 13	Th 10a-12p	\$10.79/\$4.50
	<i>Ladysmith: WITC-Ladysmith</i>		<i>WITC Non-employee</i>

### Cooking: Jams & Jellies

60-303-610

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

<b>64613</b>	Nov 20	Th 6-9p	\$21.50/\$13
	<i>Rice Lake: High School</i>		<i>Sydney Tanner</i>

Dutch Oven Delectables

60-303-610

Fall is a lovely time to discover this outdoor Dutch oven cooking technique using charcoal. There will be plenty of tasting as your instructor demonstrates how to make *Bacon-Wrapped Water Chestnuts in her special sauce, Pizza Monkey Bread, Oktoberfest Bake and Apple Spice Cobbler*. Learn the history of Dutch ovens, how to care for them and how to make delectable dishes. Take home recipes and a charcoal temperature chart for practice. Find pictures, recipes and information about your instructor at [www.DutchOvenDelectables.com](http://www.DutchOvenDelectables.com). Please bring a \$5 material fee payable to instructor.

64392	Oct 2	Th 6-9p	\$21.50/\$13
	<i>Rice Lake: 174</i>	<i>Mary Willemssen</i>	

Dutch Oven Delectables

60-303-610

More recipes for outdoor Dutch oven cooking using charcoal and plenty more tasting as your instructor demonstrates how to make *Mountain Man Egg Bake, Cinnamon-Sugar Bites, Cowboy Beans and Cupcakes in an Orange*. Learn the history of Dutch ovens, how to care for them and how to make delectable dishes. Take home recipes and a charcoal temperature chart for practice. Find pictures, recipes and information about your instructor at [www.DutchOvenDelectables.com](http://www.DutchOvenDelectables.com). Please bring a \$5 material fee payable to instructor.

64393	Oct 25	Sa 9a-12p	\$21.50/\$13
	<i>Rice Lake: 174</i>	<i>Mary Willemssen</i>	

Everything Pumpkin!

60-303-610

Join us for an evening of fall flavors and fun. Make a variety of savory dishes with pumpkin. Please bring take home containers and a \$10 material fee payable to instructor.

64611	Oct 21	Tu 6-9p	\$21.50/\$13
	<i>Rice Lake: High School</i>	<i>Sydney Tanner</i>	

Food Manager Recertification

47-316-430

This course prepares certified managers for re-certification by the Wisconsin Department of Health Services, and is based on the requirements of Wisconsin Food Code Chapter 12-402.11 and the Council on Food Protection Practices Guidelines relating to re-certification training course approval. Course competencies include the requirements for continuing education found in DHS 196. (Formerly known as Foods Sanitation re-certification.

64230	Dec 8	M 12:30-4:30p	\$35/\$22.41
	<i>Rice Lake: 225</i>	<i>Marsha Stoeberl</i>	

Foods: Sanitation for Restaurant Managers

47-303-405

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

Students are strongly encouraged to review the information at this website prior to registering for class. [http://www.servsafe.com/downloads/pdf/SSFS\\_Examinee\\_Handbook.pdf](http://www.servsafe.com/downloads/pdf/SSFS_Examinee_Handbook.pdf). Students may purchase book by contacting the WITC Rice Lake Bookstore at 800.243.9482, extension 5474. You MUST bring your textbook to class. Book: "ServSafe Essentials" 6th edition.

64228	Oct 11 – Oct 18	Sa 9a-4p	\$42.26/\$4.50
	<i>Rice Lake: 225</i>	<i>Marsha Stoeberl</i>	

Responsible Beverage Service

47-311-400

Please see full course description on Page 7.

64233	Sep 29	M 5:30-9:30p	\$25/\$12.41
	<i>Rice Lake: 212</i>	<i>Elaine Schuck</i>	

64232	Oct 27	M 5:30-9:30p	\$25/\$12.41
	<i>Hayward: WITC-Hayward</i>	<i>Elaine Schuck</i>	

LIFELONG LEARNING

Sign Language-Beginning

42-810-415

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

64415	Oct 6 – Nov 10	M 6:30-9:30p	\$61.13/\$4.50
	<i>Rice Lake: 221</i>	<i>Betsy Phillips Wolford</i>	

Sign Language-Intermediate

42-810-415

This intermediate course is designed for students who have completed a beginning sign language class. This may include individuals who possess a



demonstrated knowledge of sign language. This course will provide students with additional vocabulary, polish existing signing skills, and continue with instruction on other aspects of sign language structure. As students begin to develop conversational skills they will learn to construct dialogues based on common situations. Deaf guests will be available for communication. No class 10/14.

**64416\*** Oct 7 – Nov 18 Tu 6:30-9:30p \$61.13/\$4.50  
Rice Lake: 212 Betsy Phillips Wolford  
\*Class will not meet Oct 14.

Spanish Beginning

60-802-600

During this 8 session course students will build a basic Spanish vocabulary, begin to develop an understanding of simple language structure, and become familiar with Latin American culture. There will be two days during the span of this 10 week course that students will not meet. Instructor will discuss this on the first day of class. Class is offered via ITV to Ashland, Hayward, Ladysmith, Rice Lake, and Superior. The instructor is in-person at the New Richmond location.

**64423** Sep 11 – Nov 13 Th 6-8p \$72.50/\$38.50  
Rice Lake: 128 Leslie Bleskachek

**64424** Sep 11 – Nov 13 Th 6-8p \$72.50/\$38.50  
Hayward: WITC-Hayward Leslie Bleskachek

**64426** Sep 11 – Nov 13 Th 6-8p \$72.50/\$38.50  
Ladysmith: WITC-Ladysmith Leslie Bleskachek

SAFETY & TRANSPORTATION

Motorcycle - Basic Rider 1

42-816-400

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

**64328** Oct 4 – Oct 5 SaSu 8a-5p \$256.91  
Rice Lake: 401 WITC TBD

**64329** Oct 11 – Oct 12 SaSu 8a-5p \$256.91  
Rice Lake: 401 WITC TBD

**64330** Oct 18 – Oct 19 SaSu 8a-5p \$256.91  
Rice Lake: 401 WITC TBD

Traffic Safety for Point Reduction

42-812-404

Please see full course description on Page 37.

**63928** Nov 12 – Nov 20 WTh 6-9p \$65.01/\$27.25  
Rice Lake: 212 Clifford Parr

CPR Health Care Provider - AHA

47-531-437

See full course description on page 37.

**64097** Sep 13 Sa 8:30a-4:30p \$44.07/\$18.90  
Rice Lake: 155 WITC TBD

**64099** Oct 20 – Oct 21 MTu 6-10p \$44.07/\$18.90  
Rice Lake: 223 WITC TBD

**64101** Nov 18 – Nov 19 TuW 6-10p \$44.07/\$18.90  
Rice Lake: 165 WITC TBD

**64103** Dec 13 Sa 8:30a-4:30p \$44.07/\$18.90  
Rice Lake: 155 WITC TBD

CPR Health Care Provider  
Renewal- AHA

47-531-439

See full course description on page 37.

**64098** Sep 13 Sa 12:30-4:30p \$25/\$12.41  
Rice Lake: 155 WITC TBD

**64100** Oct 21 Tu 6-10p \$25/\$12.41  
Rice Lake: 223 WITC TBD

**64102** Nov 19 W 6-10p \$25/\$12.41  
Rice Lake: 165 WITC TBD

**64104** Dec 13 Sa 12:30-4:30p \$25/\$12.41  
Rice Lake: 155 WITC TBD

First Aid & CPR Training

47-531-421

The Heartsaver First Aid Course is designed to teach rescuers the knowledge and psychomotor skills they need to recognize emergencies and to give CPR and first aid until EMS arrives. The goal of the course is to train laypeople in first aid assessments and actions that have been shown to make a difference in mortality and morbidity rates.

**65356** Sep 20 Sa 8:30a-4:30p \$29.67/\$4.50  
Rice Lake: 221 Judith Balog

First Aid Heartsaver - AHA

47-531-421

The Heartsaver First Aid Course is designed to teach rescuers the knowledge and psychomotor skills they need to recognize emergencies and to give CPR and first aid until EMS arrives. The goal of the course is to train laypeople in first aid assessments and actions that have been shown to make a difference in mortality and morbidity rates.

**64288** Nov 11 Tu 3:45-8:45p \$23.38/\$4.50  
Rice Lake: Middle School Janet Thompson

Medic First Aid

47-531-404

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

64105	Oct 11	Sa 8:30a-4:30p	\$40.17/\$15
	Rice Lake: 221		WITC TBD
64107	Oct 25	Sa 8:30a-4:30p	\$40.17/\$15
	Hayward: WITC-Hayward		Matthew Fitch
64111	Nov 15	Sa 8:30a-4:30p	\$40.17/\$15
	Ladysmith: WITC-Ladysmith		Renee Sajdera
64109	Dec 9 – Dec 10	TuW 6-10p	\$40.17/\$15
	Rice Lake: 223		WITC TBD

Medic First Aid Recertification

47-531-405

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

64106	Oct 11	Sa 8:30a-12:30p	\$35.50/\$22.91
	Rice Lake: 221		WITC TBD
64108	Oct 25	Sa 8:30a-12:30p	\$35.50/\$22.91
	Hayward: WITC-Hayward		Matthew Fitch
64112	Nov 15	Sa 8:30a-12:30p	\$35.50/\$22.91
	Ladysmith: WITC-Ladysmith		Renee Sajdera
64110	Dec 9	Tu 6-10p	\$35.50/\$22.91
	Rice Lake: 223		WITC TBD

Pediatric Medic First Aid & CPR

47-531-464

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

64115	Nov 8	Sa 8:30a-4:30p	\$40.17/\$15
	Hayward: WITC-Hayward		Matthew Fitch
64117	Dec 6	Sa 8:30a-4:30p	\$40.17/\$15
	Rice Lake: 221		WITC TBD
64119	Dec 13	Sa 8:30a-4:30p	\$40.17/\$15
	Ladysmith: WITC-Ladysmith		Renee Sajdera

Pediatric Medic First Aid & CPR Recertification

47-531-477

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

64116	Nov 8	Sa 8:30a-12:30p	\$35.50/\$22.91
	Hayward: WITC-Hayward		Matthew Fitch
64118	Dec 6	Sa 8:30a-12:30p	\$35.50/\$22.91
	Rice Lake: 221		WITC TBD
64120	Dec 13	Sa 8:30a-12:30p	\$35.50/\$22.91
	Ladysmith: WITC-Ladysmith		Renee Sajdera

**READY. SET. GO.**

**Preschool**



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

**Contact New Richmond  
Community Education,  
715.243.7421 or  
Miss Maureen, 715.246.6310**

## Superior Region

### ARTS

#### Art: Water Color

60-815-600

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

**64414** Sep 18 – Nov 20 Th 6-9p \$132.38/\$68.63  
*Superior: 310 Stephen Staurseth*

#### Rosemaling/Folk Art

60-306-606

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

**64478** Oct 1 – Nov 12 W 9a-3p \$183/\$93.75  
*Superior: Richard I Bong Vet Center June Nyberg*

**64479** Oct 2 – Nov 20 Th 9a-3p \$183/\$93.75  
*Superior: Richard I Bong Vet Center June Nyberg*  
*\*Class will not meet Nov 13.*

#### Hearth Basket

60-815-620

The Hearth Basket is woven on an 8"X8" solid oak D handle and features colorful reed accents. This basket is both sturdy and functional. Learn how to decrease or lower the sides of a basket. This is a great beginner basket. Please bring a pan to soak reed, heavy duty scissors, tape measure, pencil, towel and a \$35 material fee payable to instructor. You must register at least two weeks in advance to allow instructor time to prepare materials. For pictures and extra kits email instructor: pziburski@aol.com.

**64483** Oct 13 M 5-10p \$30/\$17.25  
*Superior: 310 Patricia Ziburski*

#### Lynn's Tool Basket

60-815-620

Whether carrying your tools to class or picking vegetables in the garden, Lynn's Tool Basket is just right

for the job. This basket features an oak Williamsburg handle and choice of color accents provided by the instructor. Bring a pan to soak reed, heavy duty scissors, tape measure, pencil, towel and a \$35 material fee payable to instructor. Register at least two weeks in advance to allow instructor time to prepare materials. For pictures and extra kits email instructor: pziburski@aol.com.

**64484** Nov 3 M 5-10p \$30/\$17.25  
*Superior: 310 Patricia Ziburski*

#### Wagon Wheel Basket

60-815-620

This basket features a beautiful ash handle and would be great for knitting projects or holding just about anything. With blue wagon wheels set on a dark brown background, this basket is not only fun to use but a joy to make. Please bring a pan to soak reed, heavy duty scissors, tape measure, pencil, towel and a \$35 material fee payable to instructor. Register at least two weeks in advance to allow instructor time to prepare materials. For pictures and extra kits email: pziburski@aol.com.

**64485** Dec 10 W 5-10p \$30/\$17.25  
*Superior: 111 Patricia Ziburski*

#### Beginning Bluegrass Banjo

60-805-605

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

**64391** Oct 2 – Nov 20 Th 7-8p \$38.50/\$21.50  
*Superior: 111 Alan Copenhaver*

#### Writing Your Life Story

60-801-601

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

**64406\*** Sep 30 – Nov 18 Tu 5:30-7:30p \$64/\$34.25  
*Superior: 111 Mary Frost*  
*\*Class will not meet Oct 14.*

# COMPUTERS & TECHNOLOGY

## Comp: For Seniors Adv

42-107-413

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

64556	Sep 9 – Oct 14	Tu 9:30-11:30a	\$42.26/\$4.50
	Superior: Senior Citizen Ctr		Roberta Grube
64557	Sep 9 – Oct 14	Tu 12-2p	\$42.26/\$4.50
	Superior: Senior Citizen Ctr		Roberta Grube
64558	Sep 11 – Oct 16	Th 9:30-11:30a	\$42.26/\$4.50
	Superior: Senior Citizen Ctr		Roberta Grube
64559*	Oct 21 – Dec 2	Tu 9:30-11:30a	\$42.26/\$4.50
	Superior: Senior Citizen Ctr		Roberta Grube
	*Class will not meet Nov 25.		
64560*	Oct 21 – Dec 2	Tu 12-2p	\$42.26/\$4.50
	Superior: Senior Citizen Ctr		Roberta Grube
	*Class will not meet Nov 25.		
64561*	Oct 23 – Dec 4	Th 9:30-11:30a	\$42.26/\$4.50
	Superior: Senior Citizen Ctr		Roberta Grube
	*Class will not meet Nov 27.		

## Comp: For Seniors Beg

42-107-413

If you are a brand new computer user, learn computer terms and how to use different programs including email, Internet and word processing in a comfortable setting.

64554	Sep 11 – Oct 16	Th 12-2p	\$42.26/\$4.50
	Superior: 304		Roberta Grube
64555*	Oct 23 – Dec 4	Th 12-2p	\$42.26/\$4.50
	Superior: 304		Roberta Grube
	*Class will not meet Nov 27.		

## Using Shutterfly

60-107-607

Learn how to use Shutterfly - a free, privacy-controlled website. Create an account at shutterfly.com and learn how to upload your digital images. The fun begins when we choose page layouts before adding photos, text and embellishments to design a fabulous album. Choose album sizes, cover and unique page backgrounds. There is no charge to create an account, store photos, or create an album, but there is a charge to print an album. Bring an email address and 10-20 favorite photos, in JPEG format, saved on a flash drive.

64577	Sep 18 – Oct 2	Th 1-4p	\$47/\$25.75
	Superior: Senior Citizen Ctr		Vicki Garro

## Beginning Genealogy

60-107-602

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

64576	Sep 19 – Oct 10	F 1-4p	\$55.50/\$30
	Superior: Senior Citizen Ctr		Vicki Garro

## Intro to Facebook

60-107-602

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

64575	Oct 29	W 5-8p	\$21.50/\$13
	Superior: 304		Amy Pozniak

## Mobile Devices

60-107-602

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

64571	Sep 25	Th 6-9p	\$21.50/\$13
	Superior: 304		Venessa Osborne

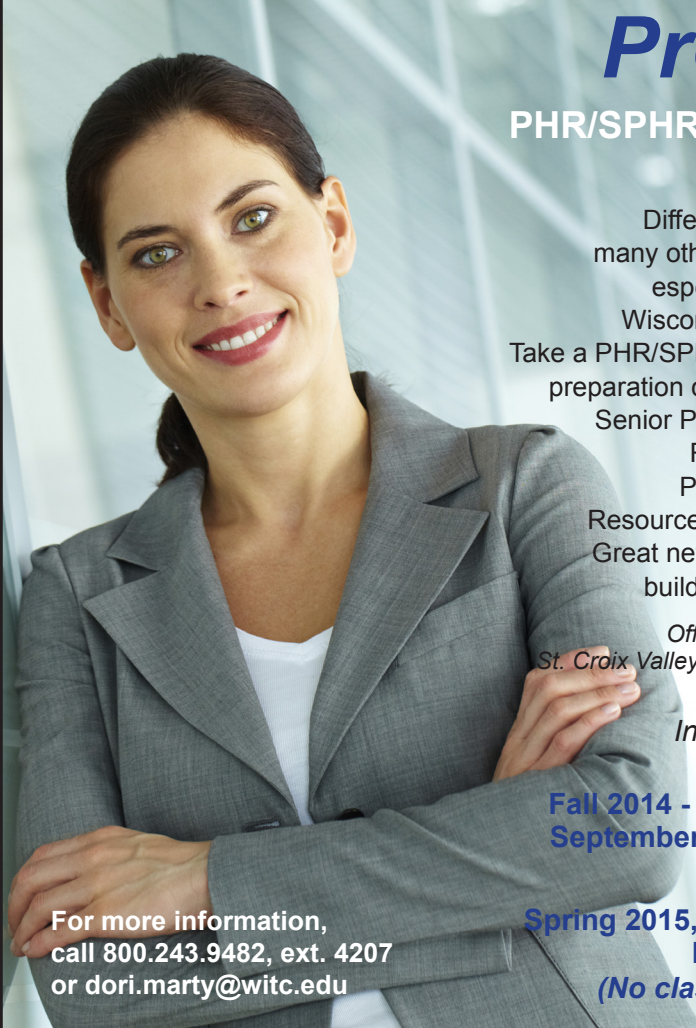
## MS Excel, Beginning

60-103-601

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

64530	Oct 6 – Oct 13	M 6-9p	\$30/\$17.25
	Superior: 304		Roberta Grube





# Prepare!

## PHR/SPHR Certification Preparation

Differentiate yourself from many other HR practitioners – especially in the Western Wisconsin/Twin Cities area. Take a PHR/SPHR certification exam preparation course to secure your Senior Professional in Human Resources (SPHR) or Professional in Human Resources (PHR) designation. Great networking/relationship-building opportunities too.

*Offered in partnership with St. Croix Valley Employers Association*  
**Cost: \$995**  
**Instructor: Sally Field**

**Fall 2014 - Thursdays, 6-9pm**  
**September 18 - December 11**  
**(No class Nov 27)**

**Spring 2015, Thursdays 6-9pm**  
**February 5 - May 7**  
**(No class Mar 12 & Apr 2)**

For more information,  
 call 800.243.9482, ext. 4207  
 or [dori.marty@witc.edu](mailto:dori.marty@witc.edu)

### Windows 8

60-103-601

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

**64527** Oct 6-Oct 15 TuTh 5:30-7:30p \$38.50/\$21.50  
*Superior: 300 Amy Pozniak*

### Windows 8 Intermediate

60-103-601

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

**64528** Oct 27 M 5-8p \$21.50/\$13  
*Superior: 300 Amy Pozniak*

### Computers: MS Excel Advanced

47-103-401

Learn advanced formatting tricks in Excel – copy styles between workbooks, create a custom format, add a background image, quickly apply table formatting and format as you go. Create, manipulate and query table; print a query; use calculated columns; and learn functions such as lookup, countif and sumif. Lunch is included.

**64539** Oct 31 F 9a-4p \$39/\$20.12  
*Superior: 301 Roberta Grube*

### QuickBooks

47-103-439

Learn the essentials of QuickBooks accounting software: bookkeeping, billing, payments and payroll. Access data securely and understand how to sync it across devices. Create invoices and track sales. Basic computer skills required. Lunch is included.

**64565** Oct 17 F 9a-4p \$39/\$20.12  
*Superior: 318 Roberta Grube*

## Social Networks for Business

47-107-491

The importance of social media networks is no longer debated. Realize how this powerful marketing and PR tool can be a game changer for your organization or business. Entrepreneurs are boosting business using social media platforms such as Facebook for Business, Google+Hangout, Twitter, YouTube and Talkbiznow. Collaborate with other web-based business communities, increase exposure, generate leads, improve search ranking, reduce marketing expenses and more.

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<b>64537</b>	Oct 10 – Oct 17	F 8:30-11:30a	\$23.38/\$4.50
	<i>Superior: 300</i>		<i>Venessa Osborne</i>

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## Machine Tool

47-420-455

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

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<b>64497*</b>	Sep 11 – Dec 4	Th 6-9p	\$139.60/\$26.33
	<i>Superior: 119</i>		<i>Steven Merling</i>
	<i>*Class will not meet Nov 27.</i>		

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<b>64498*</b>	Sep 12 – Dec 5	F 5-8p	\$139.60/\$26.33
	<i>Superior: 119</i>		<i>Steven Merling</i>
	<i>*Class will not meet Nov 28.</i>		

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## DO- IT- YOURSELF

### Dog Obedience

60-091-620

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



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<b>64518</b>	Sep 17 – Nov 5	W 6-7p	\$41.80/\$24.80
	<i>Superior: Maranatha Academy</i>		<i>Vicki Garro</i>

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### Auto Mechanics

47-404-411

Learn component identification, basic tune-up, oil change, fuel systems, basic electrical system troubleshooting, tires and suspension and drive line maintenance. Work on your own vehicle in coordination with instructor.

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<b>64505</b>	Sep 18 – Nov 20	Th 6-9p	\$104.14/\$9.75
	<i>Superior: 117</i>		<i>Terrance Tucker</i>

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### HVAC Training

47-614-401

The heating season is just around the corner! Hone your high-efficiency furnace troubleshooting and repair skills in this hands-on course. Practice on HVAC equipment including furnaces and central air/heat pump systems in a spacious lab. Use cloud-based software featuring simulation 'bugs' and problems you may encounter on the job.

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<b>64608</b>	Oct 9 – Nov 13	Th 6-9p	\$61.13/\$4.50
	<i>Superior: 127</i>		<i>Frank Vidas</i>

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### Small Engine Repair

47-461-401

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

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<b>64508</b>	Sep 17 – Nov 19	W 6-9p	\$106.58/\$12.19
	<i>Superior: 117</i>		<i>Terrance Tucker</i>

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### Welding

47-442-406

Designed for those who wish to advance their present skills -- learn oxy-fuel, shielded metal arc, gas metal arc and gas tungsten arc welding processes. Individual projects need prior approval from instructor. Bring a notebook, pliers, safety glasses, work boots, goggles and welding helmet. This 30-hour course meets the hourly requirement for apprentices.

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<b>64493*</b>	Sep 12 – Jan 9	F 6-9p	\$208.27/\$63.54
	<i>Superior: 118</i>		<i>Jerry Thompson</i>
	<i>*Class will not meet Nov 28, Dec 26, or Jan 2.</i>		

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## HEALTHY LIVING

### Herbs: Boost Your Immunity

60-560-610

Boost your Immunity Naturally! Herbs, Foods, & Healthful Recipes to Boost Immunity. Stay well with warm soups, stews and medicine brews this winter. Be curious and creative while staying well with herbs and foods, gifts from nature designed to boost immunity! Gigi invites you to join her in a program with open heart, head and hands. This class is offered via ITV to New Richmond and Superior locations. The instructor is in-person at Rice Lake.

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<b>63991</b>	Nov 5	W 6-8p	\$13/\$8.75
	<i>Superior: 216</i>		<i>Gigi Stafne</i>

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Herbs: For Stress

60-560-610

Herbs for Stress: The Adaptogens. Life's hectic pace can wreak havoc on your Immunity, Nerves and Endocrine System. There are several categories of herbs, one called Adaptogens, well suited for those particular systems...soothing and supporting some of the body's primary functions. Don't miss this session on botanicals for a stressed out society. Everyone will benefit! This class is offered via ITV to New Richmond and Superior locations. The instructor is in-person at the Rice Lake location.

63988	Oct 22	W 6-8p	\$13/\$8.75
	Superior: 216		Gigi Stafne

Herbs: Medicine Cabinet

60-560-610

Herbs to create your home natural medicine cabinet. Gigi invites you to join her in a program with open heart, head and hands. This class is offered via ITV to New Richmond and Superior locations. The instructor is in-person at the Rice Lake location.

63985	Oct 1	W 6-8:30p	\$21.50/\$13
	Superior: 111		Gigi Stafne

Herbs: Winter Ailments

60-560-610

Herbs for Winter Ailments. It won't be long before Old Man Winter blows in with nasty chills and ills that accompany the season. Learn 20+ herbs to cope with the frequent ailments of winter in this lively botanical class. This class is offered via ITV to New Richmond and Superior locations. The instructor is in-person at the Rice Lake location.

63994	Nov 12	W 6-8p	\$13/\$8.75
	Superior: 216		Gigi Stafne

Strong Seniors

60-807-607

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

64417	Sep 22 – Oct 22	MW 9:30-10:30a	\$47/\$25.75
	Superior: Central Assembly of God	Judith Azmitia	
64418	Nov 3 – Dec 3	MW 9:30-10:30a	\$47/\$25.75
	Superior: Central Assembly of God	Judith Azmitia	
64419*	Dec 15 – Jan 21	MW 9:30-10:30a	\$47/\$25.75
	Superior: Central Assembly of God	Judith Azmitia	
	*Class will not meet Dec 24 or 29.		

Tai Chi

60-807-640

Tai Chi is a great way to improve your balance and coordination, strength and vitality, and to rehabilitate and regain lost conditioning. You'll learn the Simplified 24 Forms involving movement and breathing techniques to enhance your overall health by releasing toxins and bringing in more oxygen to your cells. This course is open to people of all ages. \*Classes on campus subject to change.

64449	Sep 8 – Oct 27	M 5:15-6:15p	\$38.50/\$21.50
	Superior: 134		Thomas Ross
64451	Sep 10 – Oct 29	W 10-11a	\$38.50/\$21.50
	Superior: Cntry Peace Presb Ch		Thomas Ross
64450	Nov 10 – Dec 15	M 5:15-6:15p	\$30/\$17.25
	Superior: 134		Thomas Ross
64453	Nov 12 – Dec 17	W 10-11a	\$30/\$17.25
	Superior: Cntry Peace Presb Ch		Thomas Ross

Yoga After 50

60-807-628

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

64541*	Sep 9-Dec 11	TuTh 9:30-10:30a	\$89.50/\$47
	Superior: Yoga Tree		Catherine Anderson
	*Class will not meet Sept 23, 25; Oct 14; Nov 27.		

Yoga

60-807-628

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

64612*	Sep 11 – Dec 11	Th 5:30-6:45p	\$72.50/\$38.50
	Superior: Yoga Tree		Catherine Anderson
	*Class will not meet Sept 25, Nov 27.		

HOME & LEISURE

Thrifting in the Northland

60-308-601

Tired of the rising cost of everything surrounding you? Want to see some lower bills? New to coupons? Don't know where to start? Join us here where we take a tour around your own home to see what simple things you can do to lower your bills. You are in for a surprise!

64455	Oct 18	Sa 10a-12p	\$13/\$8.75
	Superior: 110		May Joseph

Using Garden Herbs Year-round

60-308-601

Are you looking for ways to use your herbs from the garden? Wondering how you can preserve them to use year round? Learn simple ways to store and preserve your summer herbs in to fall and winter to beat the winter blues!

64456 Nov 1 Sa 10a-12p \$13/\$8.75  
Superior: 110 May Joseph

Wills and Trusts

42-102-404

This course will cover the basics of estate planning, including wills, durable powers of attorney, health care documents, living trusts and an introduction to estate tax planning.

64633 Oct 3 F 10a-12p \$10.79/\$4.50  
Superior: 110 Susan Miley

ABC's of Making Baby Food

60-303-610

First time moms, you are not alone! Things can get overwhelming at times. When your baby is starting solids can be one of them. You can include beneficial food like garlic and onions and your baby will not even notice. Why buy when you can make your own? Not only is it better for your baby, it's easy on the pocketbook too.

64448 Oct 4 Sa 10a-12p \$13/\$8.75  
Superior: 134 May Joseph

Cooking Chinese in a Hurry

60-303-610

Craving Chinese food but on a crunch for time? Looking for guilt free, healthy dishes? Look no more! We will stir up vegetable dishes that take less than 10 minutes to make, along with a great sweet and sour dish that's not caked with batter. Please bring a plate, eating utensils and to go containers for any leftovers. There will be a \$5 supply fee payable to the instructor at the start of class.

64457 Nov 15 Sa 10a-2p \$21.50/\$13  
Superior: Middle School May Joseph

Garden to Plate-The Asian Way

60-303-610

Learn how to convert the bountiful harvest of cucumbers, beans, lettuce, peas and squash from your garden to a totally unique dish that will be your new favorite! It is not only fast and easy, but also fresh and good for you. Don't miss out on this class! Bring a plate and utensils to enjoy our creation along with a \$6 material fee payable to instructor.

64447 Sep 20 Sa 10a-2p \$21.50/\$13  
Superior: Middle School May Joseph

Foods: Cookies by the Dozen

60-303-623

Prepare and taste quick and easy Christmas cookies for gift giving and entertaining during the holiday season. Bring two cookie sheets and take home containers for up to 12 dozen cookies. Supply fee of \$15 - \$17 payable to the instructor based on the number of students registered.

64474 Dec 6 Sa 9a-1p \$21.50/\$13  
Maple-Northwestern: Maple HS May Joseph

Responsible Beverage Service

47-311-400

Please see full course description on Page 7.

64276 Oct 11 Sa 9a-1p \$25/\$12.41  
Superior: 200 Patrick Harrison

64277 Dec 13 Sa 9a-1p \$25/\$12.41  
Superior: 200 Patrick Harrison

LIFELONG LEARNING

Historic Battle of Waterloo

42-803-405

Gather at the Bong Veterans Historical Center to discuss the Battle of Waterloo. Go back in time to June 18, 1815 to this watershed engagement which finally saw Napoleon's power broken. Examine the battle in its historical context as well as the details of that historic day.

64408 Dec 4 Th 5:30-8:30p \$17.09/\$4.50  
Superior: Richard I Bong Vet Center Robert Fuhrman

Sign Language-Beginning

42-810-415

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

64609 Sep 17 - Nov 19 W 6-8p \$67.43/\$4.50  
Superior: 206 Natalie Stanley

Spanish Beginning

60-802-600

During this course students will build a basic Spanish vocabulary, begin to develop an understanding of simple language structure, and become familiar with Latin American culture. The instructor will be at New Richmond campus, and the classes will be offered via ITV to Ashland, Hayward, Ladysmith, Rice Lake, and Superior. (Classes will not be held



two days, which will discussed the first day of class.)  
**64422** Sep 11–Nov 13 Th 6-8p \$72.50/\$38.50  
Superior: 217 *Leslie Bleskachek*

**Spanish II**

60-802-600

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

**64477** Sep 15 – Nov 3 M 6-9p \$106.50/\$55.50  
Superior: 111 *Gary Valley*

**SAFETY & TRANSPORTATION**

**Traffic Safety for Point Reduction**

42-812-404

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

Books will be provided at the start of class.

**63931** Oct 25 – Nov 1 Sa 8:30a-3p \$65.01/\$27.25  
Superior: 111 *Casey Johnstone*

**CPR Health Care Provider - AHA**

47-531-437

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

for Health Care provider completion card that will certify them for two years (credential.) Book provided at class.

<b>64666</b>	Sep 6	Sa 9a-5p	\$44.07/\$18.90
	Superior: 136		WITC TBD
<b>64668</b>	Oct 4	Sa 9a-5p	\$44.07/\$18.90
	Superior: 216		WITC TBD
<b>64670</b>	Nov 1	Sa 9a-5p	\$44.07/\$18.90
	Superior: 216		WITC TBD
<b>64672</b>	Dec 6	Sa 9a-5p	\$44.07/\$18.90
	Superior: 216		WITC TBD

**CPR Health Care Provider Renewal-AHA**

47-531-439

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

<b>64667</b>	Sep 6	Sa 1-5p	\$25/\$12.41
	Superior: 216		WITC TBD
<b>64669</b>	Oct 4	Sa 1-5p	\$25/\$12.41
	Superior: 136		WITC TBD
<b>64671</b>	Nov 1	Sa 1-5p	\$25/\$12.41
	Superior: 136		WITC TBD
<b>64673</b>	Dec 6	Sa 1-5p	\$25/\$12.41
	Superior: 136		WITC TBD

**Adult,Child, Infant CPR & AED**

47-531-463

The Heartsaver AED course teaches the basic techniques of adult CPR and the use of the automated external defibrillator (AED). You will learn about using barrier devices in CPR and giving first aid for choking. This course follows American Heart Association guidelines for performing CPR and using the AED.

<b>64674</b>	Sep 18	Th 6-10p	\$17.09/\$4.50
	Superior: 136		WITC TBD
<b>64676</b>	Dec 4	Th 6-10p	\$17.09/\$4.50
	Superior: 136		WITC TBD

**First Aid Trng Inc Environment**

47-531-421

The Heartsaver First Aid Course is designed to teach rescuers the knowledge and psychomotor skills they need to recognize emergencies and to give CPR and first aid until EMS arrives. The goal of the course is to train laypeople in first aid assessments and actions that have been shown to make a difference in mortality and morbidity rates.

<b>64675</b>	Oct 2	Th 6-10p	\$17.09/\$4.50
	Superior: 136		WITC TBD
<b>64678</b>	Dec 11	Th 6-10p	\$17.09/\$4.50
	Superior: 136		WITC TBD

# It's Easy to Register!

- ONLINE

Register and submit your credit card payment online at [witc.edu/search](http://witc.edu/search).
- PHONE/FAX

You may fax your registration or register by phone. Only credit card payments will be accepted by fax or phone.
- IN PERSON

Please go online to [witc.edu](http://witc.edu) or call ahead to check business hours of your local campus. Cash, checks and credit cards are accepted.
- MAIL

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

## Registration Locations

### WITC-Ashland

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

### WITC-New Richmond

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

### WITC-Rice Lake

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

### WITC-Superior

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

## REGISTRATION POLICIES

### Nondiscrimination Notice

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

### Accommodations for Persons With Disabilities

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

### Senior Fees

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

## REGION INDEX

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

### NEW RICHMOND

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Baldwin  
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Centuria  
Clear Lake  
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Dresser  
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Barron  
Barronett  
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Conrath  
Couderay  
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Prairie Farm  
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Rice Lake  
Sarona  
Sheldon  
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Weyerhaeuser  
Winter

### SUPERIOR

Dairyland  
Gordon  
Lake Nebagamon  
Maple  
Minong  
Oliver  
Poplar  
Solon Springs  
Superior



WISCONSIN  
INDIANHEAD  
TECHNICAL  
COLLEGE

REGISTRATION FORM

for Continuing Education (non-credit) Courses  
WITC is an equal opportunity employer/educator.

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

Student ID No. Social Security No.

- I've taken classes at WITC in the past.  
My address has changed since my last WITC registration.

Email address (needed for important communication with all students)

Home phone Cell phone

Home address

City State ZIP Code

Mailing/Permanent Address (if different from above)

City State ZIP Code

Legal resident of (check one): Township Village City County State

School District

Last high school attended

City State

H.S. Graduate (year) GED HSED (date completed)

Highest grade COMPLETED (K-12): Above 12th grade

If this is your first class since June 1, please answer the following questions. We must have your answers on file once each year, as required for state and federal reporting purposes. The information will be kept confidential.

- Gender: Male Female  
Ethnicity: Hispanic/Latino origin? Yes No  
Race (check all that apply): American Indian/Alaska Native  
Asian Black/African American  
Native Hawaiian/Other Pacific Islander White  
Disability? Yes No Student Declined  
(Contact WITC's Accommodation Specialist for available services.)

- Work status at enrollment  
01 Employed Full-time  
02 Employed Part-time  
03 Underemployed/overqualified  
04 Unemployed Seeking Employment  
05 Not in Labor Market  
06 Dislocated Worker  
99 Student Declined

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

- Single Parent?  
01 Yes 02 No 9 Student Declined

- Economically Disadvantaged?  
01 Yes 02 No 9 Student Declined

- Displaced Homemaker?  
01 Yes 02 No 9 Student Declined

OFFICE USE ONLY

Term: \_\_\_\_\_

38.14 Contract # \_\_\_\_\_

Employer # \_\_\_\_\_

Course Fees \$ \_\_\_\_\_

Other \_\_\_\_\_

Received By/Ext. \_\_\_\_\_

Date/Time \_\_\_\_\_

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

It is your responsibility to contact WITC to officially drop a class. If you decide to drop, you should do so immediately as a single day can affect your refund amount. A full refund will be given if you notify WITC prior to the first scheduled class meeting. Refund requests are processed according to WITC's policy; calculated from class start date and date your request to drop is received.

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

Signature of Student/Parent/Legal Guardian Date

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

Credit Card No.: Name on Card: Signature:

If an agency or employer has agreed to pay your tuition, complete the section below and attach written authorization.  
Employer Sponsor/Agency: EMS/Fire Sponsor:  
(Initials) I authorize WITC to forward information regarding the completion of this course to the sponsor listed on the line above.

# *New class!* HVAC Training



# *New class!* Introduction to Solar Energy

An overview of solar energy technologies for residential and small business applications

**WITC-Ashland**  
**Thursdays, September 25 through November 13. Get the details on page 9.**



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

WITC Continuing Education | September - December 2014