

# WITC Continuing Education

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

**PERSONAL ENRICHMENT**



WISCONSIN  
INDIANHEAD  
TECHNICAL  
COLLEGE

**FALL 2015**

**Find classes that you LOVE! Details on page 2.**

# WITC Continuing Education

## FALL 2015

### ARTS

- Drawing & Painting
- Hand Crafts
- Music
- Photography
- Textile Arts
- Writing & Literature

### COMPUTERS & TECHNOLOGY

- Computer Software

### DO-IT-YOURSELF

- Gardening & Landscaping
- Pet Care
- Trades & Manufacturing

### HEALTHY LIVING

- Health & Wellness
- Sports & Fitness

### HOME & LEISURE

- Consumer Economics
- Cooking & Baking
- Family & Relationships
- Financial Planning
- Housing & Furnishing

### LIFELONG LEARNING

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

### SAFETY & TRANSPORTATION

- Emergency Medical Services
- Driver/Traffic Safety
- Motorcycle Safety

## LIFE & LEISURE

Find classes in your WITC Region:

**ASHLAND** *pages 3 – 10*

**NEW RICHMOND** *pages 10 – 21*

**RICE LAKE** *pages 21 – 35*

**SUPERIOR** *pages 35 – 43*

## It's Easy to Register!

**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.

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

## 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
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*Region: Class Location*

*Class Instructor*



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

# Ashland Region

## ARTS

### Drawing Continued

60-815-605

Drawing is basic. Art has no rules but guidelines should be studied and reviewed often. We will review skills and learn new techniques. Multiple medias are encouraged. A variety of papers should be brought (18x24 or larger, small sketchbook, pencil, pens, charcoal, conte crayon, inks, brushes, rags, erasers, anything one can draw with). Any level is welcome. An open mind is a plus.

**64939** Oct 22 – Oct 23 ThF 9a-5p \$72.50/\$38.50  
*Bayfield: Bethesda Luth Ch - Bayfiel Joan Einsman*

### Art: Beyond Watercolor

60-815-600

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

**64901** Sep 2 – Sep 3 WTh 10a-4p \$55.50/\$30  
*Washburn: Karlyn's Gallery Wei Lan Lorber*

**64902** Nov 11 – Nov 12 WTh 9:30a-3:30p \$55.50/\$30  
*Washburn: Karlyn's Gallery Wei Lan Lorber*

**64903** Dec 2 – Dec 3 WTh 9:30a-3:30p \$55.50/\$30  
*Washburn: Karlyn's Gallery Wei Lan Lorber*

### Pastels: Painting Barns

60-815-635

Pastels - Painting Barns — Barns in the landscape are the subject matter for this pastel painting class. Use dry pastel sticks (not oil pastels) on paper to express barns in any season - fall, winter, spring or summer. Work from your own photos, focusing on shape and form. Using visual perspective, you'll practice seeing angles and directions of lines in order to create the illusion of three dimensional space on a flat surface. A small exercise in translating gray tone values into color will prepare you to then translate your color photos into strong paintings with contrast. 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 to you .

**64906** Oct 19 M 10a-4p \$30/\$17.25  
*Cable: UCC Ch Diana Randolph*

### Pastels: Painting Waterfalls

60-815-635

Pastels - Painting Waterfalls — Use your own photos of waterfalls or close-ups of water flowing over rocks, as inspiration to create pastel paintings on paper with dry pastel sticks, (not oil pastels) Arrange your composition and plan contrasting values in small, preliminary sketches to emphasize the focal point/center of interest. You'll practice layering strokes of pastels lightly in a glazing technique to paint transparent, fluid water. Your instructor will demonstrate a variety of techniques on three different types of pastel paper. This class is for all levels, though basic drawing experience is helpful. 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 to you when you register. Class size limit is 14.

**64905** Oct 7 W 10a-4p \$30/\$17.25  
*Cable: Natural History Museum Diana Randolph*

### Carding: Fun Theme Projects

60-815-640

Birthday Flare! This is your chance to create a unique keepsake birthday card series for family or friends. You'll leave with six cards completed that have your own flare and special touch. An \$18 materials fee payable to instructor at the beginning of class is required.

**64908** Sep 22 Tu 5-7p \$13/\$8.75  
*Ashland: 203 Kate Bernardo*

Holiday Cheer! This is your chance to create a unique keepsake holiday card series for family or friends. You'll leave with six cards completed that have your own flare and special touch. An \$18 materials fee payable to instructor at the beginning of class is required.

**64909** Nov 10 Tu 5-7p \$13/\$8.75  
*Ashland: 430 Kate Bernardo*

### Happy Handmade Holidays

60-815-640

Wouldn't it be great, just this once, to have a special hand-made decorator item and/or a gift or two completed before the busyness of the holidays is upon you? Here's your chance! If you have basic machine sewing skills, you'll be able to complete several holiday projects in this class. The first session you'll make designer pillowcases and/or your choice of various kinds of bags (e.g. Japanese knot bag, messenger bag, gift bags, tote bag); the second session you'll make a table runner, 'tree' napkins, a reading cushion and/or a wreath. At both sessions you'll also have a choice of several small stocking stuffer/hostess gifts to make. A mailing

with photos of each project, the degree of difficulty and approximate time necessary to complete each one, and a list of required fabric/notions/tools will be sent to you prior to the start of class. You'll need your sewing machine and tools or you may use ours - limited availability. Come, join the fun!

**64505** Sep 22 – Sep 29 Tu 5:30-8:30p \$30/\$17.25  
 Ashland: 427 Bitzy Sloan

**Natural Dyes**

60-815-640

Come and learn about different natural dyes, and dyeing in a classroom setting. This workshop promises great discussion, collecting, equipment, dye recipes, methods, and mordants. It's not often you can have fun learning and talking about dyeing! A \$5 supply fee is payable to the instructor at the beginning of class. You may bring your own natural fabric or yarn to dye.

**64799** Oct 20 Tu 6-8p \$13/\$8.75  
 Ashland: 007 Sydney Tanner

**Northwoods Vocal Ensemble**

60-805-605

If you love to sing, the members of the Northwoods Vocal Ensemble would like you to come over to Cornucopia and join their community choir. Rehearsals are on Tuesday afternoons from 2-4 pm with a final performance on the evening of November 10th. The group will learn a variety of SATB (soprano, alto, tenor, bass) songs. No auditions required; all voice parts needed and welcome.

**65642\*** Sep 15 – Nov 10 Tu 2-4p \$81/\$42.75  
 Cornucopia: Immanuel Lutheran Church Donalee Brevak  
 \*Class will not meet Nov 3.

**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.

**64396** Oct 26 – Nov 11 MW 5-7p \$43.02/\$4.50  
 Ashland: 210 Melissa Weber

**Computers: Absolute Beginner**

42-107-413

Learn the basics needed to get started using personal computers. Develop skills in the use of the

computer including the mouse and keyboard along with knowledge of terminology. As a new user of personal computers you will be introduced to word processing, the Internet, Windows, and various types of computers and components.

**64394\*** Sep 28 – Oct 19 MW 5-7p \$43.02/\$4.50  
 Ashland: 210 Melissa Weber  
 \*Class will not meet Oct 14.

**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.

**64460** Dec 14 M 5-7p \$13/\$8.75  
 Ashland: 210 Melissa Weber

**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. If you do not have an email account, you will learn how to create and manage one. Specific time is devoted to uploading content, securing your privacy and creating lasting relationships online.

**64456** Nov 30 M 5-8p \$21.50/\$13  
 Ashland: 210 Melissa Weber

**Introduction to iDevices**

60-107-602

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

**64459** Dec 7 – Dec 9 MW 5-7p \$21.50/\$13  
 Ashland: 210 Melissa Weber

**iPad Basics**

60-107-609

Bring your iPad and charger for hands-on practice with essential iPad skills! Learn essential Settings features like searching for Wi-Fi connections, anchoring your most used apps, and adjusting key settings commands. Practice communicating via

e-mails (with attachments), Skype or FaceTime, move apps across screens, and investigate the messaging app. Explore 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: Complete the preparatory tasks on the instructor's worksheet located at: <http://www.witc.edu/supplies> before you attend class.

**64514** Oct 24 Sa 9a-3p \$30/\$17.25  
*Barnes: Town Hall David Viner*

## DO-IT-YOURSELF

### Extreme Backyard Chickens

60-091-610

This course is for people looking to enjoy their flock with a side benefit of having eggs and meat for the family. This isn't a chicken farmers course! You'll learn how to build/set up your coop with basic/functional and extreme designs. Topics covered include: predator proofing, "should I have egg laying or meat birds or both?", do's and don'ts on selecting your flock, free range versus penned and reasons egg production decreases. Additional topics will include: cannibalism, typical chicken illnesses and treatment, introducing new chickens to the flock, and finally- Roosters - are they necessary?

**64787** Nov 4 W 5:30-8:30p \$21.50/\$13  
*Ashland: 7 Esther Mania*

### Home Maintenance/Repair

60-410-600

This brand new class will help you learn how to use common household hand and power tools so that you can feel comfortable performing basic maintenance, repairs and crafty construction. The first night of class (held at the Ashland High School Wood Shop) will allow you to learn simple household maintenance tasks consisting of sawing, drilling and buffing wood. At the second night of class (held at the WITC-Ashland Machine Tool Shop) you will learn how to use power hand tools commonly found in a garage such as a hand drill and grinder so that you can perform home maintenance tasks such as sharpening lawn mower blades, drill bits and knives. Join us in the tool shop and learn basic maintenance skills. Shop tools are provided.

**65026** Sep 22 – Sep 23 TuW 5:30-9:30p  
 \$39.60/\$22.60  
*Ashland: High School/WITC-Ashland Bryant Burns*

### Machine Tool Open Shop

47-420-455

Gain the basic skills necessary to safely operate ma-

chine 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.

**64652** Sep 3 – Oct 22 Th 5:30-9:30p \$127.92/\$25.20  
*Ashland: 119 Bryant Burns*

**64653\*** Oct 29 – Dec 17 Th 5:30-9:30p \$111.93/\$22.05  
*Ashland: 119 Bryant Burns*

\*Class will not meet Nov 26.

## HEALTHY LIVING

### Open Your Internal Pharmacy

60-560-610

Open Your Internal Pharmacy & Make Health Your Hobby with Instructor Lori Anderson. Learn exact steps adults and seniors can take to impact short and long term health in a simple, fun, and interactive way. This workshop will provide you with specific solutions and tools to make healthy living and lifestyle changes realistic and practical. Learn how your body can make its own medicine, understand the aging process and how to age healthier, learn about "old" foods vs. "young" foods, reduce your risk of chronic diseases, and how to understand food labels. Recipes and healthy snack ideas will also be provided. Take charge of your health today! Lori Anderson is a Dr. Sears Certified Health Coach and a doctor of physical therapy. She has extensive training and years of experience in health and wellness with focus on the specific needs of adults and seniors.

**64502** Sep 30 W 6-8p \$13/\$8.75  
*Ashland: 430 Lori Anderson*

### Remove Waste from Your Waist

60-560-610

Remove Waste From Your Waist & Reduce Pain and Inflammation with Instructor Lori Anderson. Learn exact steps adults and seniors can take to impact short and long term health in a simple, fun, and interactive way. This workshop will provide you with specific solutions and tools to make healthy living and lifestyle changes realistic and practical. Learn how to reduce your waist size, develop your own fitness plan, menu planning, understand inflammation and how to resolve it, and reduce stress. Recipes and healthy snack ideas will also be provided. Get fit and be pain-free!

**64503** Oct 21 W 6-8p \$13/\$8.75  
*Ashland: 427 Lori Anderson*

## Herbal Apprentice

47-560-411

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

**64672\*** Sep 25 – Sep 26 FSa 9a-5p \$149/\$97.64  
 Ashland: 305 Gigi Stafne  
 \*Class meets 9a-5p F; 9a-4p Sa

## Aqua Zumba

60-807-607

Known as the Zumba “pool party”, the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Aqua Zumba is a safe, challenging, water based workout that’s cardio conditioning, body toning, and most of all exhilarating beyond belief.

**65029** Sep 9 – Sep 30 W 7-7:45p \$21.50/\$13  
 Bayfield: Recreation Ctr Linda Warren

**65030** Oct 14 – Nov 4 W 7-7:45p \$21.50/\$13  
 Bayfield: Recreation Ctr Linda Warren

## Old Time Group Dancing

60-807-630

Kick up your heels; relax and get some exercise with old time group dancing. All dances are thoroughly taught and no experience is necessary. Dances include reels, circle mixer, square dances, contias and waltzes.

**65645\*** Oct 21 – Dec 2 W 3-5p \$55.50/\$30  
 Cornucopia: Community Center Donnan Christensen  
 \*Class will not meet Nov 25.

## Hatha Yoga

60-807-628

Yoga focuses on developing balance, flexibility and strength for body, mind and spirit through mindful movement, mindful breathing practices (pranayama) and meditation. Yoga will help you open your spine, release tension, provide gentle strengthen-

ing 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.

**64345** Sep 14 – Oct 26 M 4-5:30p \$55.50/\$30  
 Cable: Natural History Museum Joan Shumway

**64339** Sep 22 – Oct 27 Tu 4-5:30p \$47/\$25.75  
 Drummond: Civic Ctr Joan Shumway

**64342** Sep 22 – Oct 27 Tu 1:30-3p \$47/\$25.75  
 Barnes: Town Hall Joan Shumway

**64346** Nov 9 – Dec 14 M 4-5:30p \$47/\$25.75  
 Cable: Natural History Museum Joan Shumway

**64340** Nov 10 – Dec 15 Tu 4-5:30p \$47/\$25.75  
 Drummond: Civic Ctr Joan Shumway

**64343** Nov 10 – Dec 15 Tu 1:30-3p \$47/\$25.75  
 Barnes: Town Hall Joan Shumway

## Zumba Fitness

60-807-631

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

**64780\*** Sep 2 – Oct 21 W 5:30-6:30p \$38.50/\$21.50  
 Barnes: Town Hall Beth Kessler  
 \*Class will not meet Oct 14.

**64781\*** Oct 28 – Dec 16 W 5:30-6:30p \$38.50/\$21.50  
 Barnes: Town Hall WITC TBD  
 \*Class will not meet Nov 25.

## HOME & LEISURE

### Genealogy

42-803-405

Learn how to get started, mistakes to avoid, and how to stay organized while you research your family tree. There will be an emphasis on software, internet websites, and networking to help you flesh out the stories your ancestors left for you to discover. Vicki Garro has been researching her family for 34 years and relates there is always more to discover.

**64792** Oct 27 – Nov 17 Tu 6:30-8:30p \$30.18/\$4.50  
 Ashland: 427 Vicki Garro

## Wills and Trusts

42-102-404

Understand what your current estate plan will achieve for 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.

64286 Oct 9 F 10a-12p \$10.92/\$4.50  
 Ashland: Susan Miley

## ABC's & Ds Medicare/Consumer

42-162-409

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

64523 Sep 21 M 6:30-8p \$10.92/\$4.50  
 Ashland: 0208A WITC Donated Instruction

64290 Nov 11 W 10a-12p \$10.92/\$4.50  
 Ashland: 207 WITC Donated Instruction

64452 Dec 3 Th 6:30-8p \$10.92/\$4.50  
 Ashland: 204 WITC Donated Instruction

## Gluten Free for Beginners

60-303-610

Join with us as we explore a Gluten Free life at home or in the kitchen— come and learn (in an interactive setting) about different flours, ingredients, and recipes so you will be able to make your own meals at a fraction of the cost of "store bought."

64816 Nov 12 Th 6-8p \$13/\$8.75  
 Ashland: 206 Sydney Tanner

## Grow Sacred & Medicinal Herbs

60-001-602

Join us for an evening of lively discussion about sacred and medicinal herbs. Learn how to grow your own, or where and when to collect in the wild.

64820 Dec 3 Th 6-8p \$13/\$8.75  
 Ashland: 206 Sydney Tanner

## Rain Gardens

60-001-602

Rain Gardens whether you live in town, on a lake or in the country, installing a rain garden will reduce erosion and the amount of water entering local storm drain systems, lakes and rivers. A rain garden will also provide habitat for pollinators and other

species. We will learn how to design and install a rain garden for your site. Bring information from your site, type of soil, size of area that water will be draining from.

64950 Aug 18 Tu 5:30-7:45p \$21.50/\$13  
 Ashland: 430 Sarah Boles

## LIFELONG LEARNING

### Baby and Toddler Sign Language

42-810-415

In a playful, educational and language-rich environment, you will learn how to use age-appropriate American Sign Language vocabulary with babies and toddlers. Through interactive games, songs and instructor/child demonstrations you will learn more than 100 recommended first signs that you can use at home or in a daycare situation.

65098 Aug 5 – Aug 26 W 5:30-7p \$23.76/\$4.50  
 Ashland: Janey Mika

### 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.

65097 Oct 1 – Nov 5 Th 6:30-8:30p \$43.02/\$4.50  
 Ashland: 203 Janey Mika

### Climate Change & Energy Issues

42-806-410

Join us for this four part presentation on energy, carbon, and climate change. Your instructor will guide discussions to include appropriate actions that may be necessary in response to these critical issues. Kurt Nelson is an energy enthusiast, long-time solar installer, and a founding member of the Midwest Renewable Energy Association.

64369 Oct 21 – Nov 11 W 6-8:30p \$30.18/\$4.50  
 Ashland: 201 Kurt Nelson

### Explore Northern WI Forests

42-806-410

Our northern Wisconsin forests abound with opportunities to learn about and appreciate the flora, fauna, and waterways of northern Wisconsin. Get out your hiking boots for outdoor adventures. Tentative destination includes the Apostle Islands Na-

tional Lakeshore, Chequamegon National Forest, Frog Bay National Tribal Park, and the North Country National Scenic Trail, Spring Creek, Siskiwit River, Schact Creek, and Valhalla Fire Tower. Be prepared to trek 3-5 miles over uneven terrain. Please bring lunch, water, warm layers of clothing, snacks, hiking pole, and hot beverage.

**64753\*** Oct 8 – Dec 17 Th 9a-4p \$139.32/\$4.50  
 Cornucopia: Community Ctr Judith Florence  
 \*Class meets every other Thursday.

**Exploring Waterfalls I**

42-806-410

Embark on a journey to various waterfalls, rapids and dams. Destinations include waterfalls 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 Community Center at 9am for carpooling. If you are closer to Amnicon Falls you can meet up with the class in the parking lot at 10am. Bring food/beverage, camera, waterproof gear, sun protection and other amenities.

**64852** Sep 22 Tu 9a-4:30p \$30.18/\$4.50  
 Cornucopia: Community Ctr Thomas Gerstenberger

**Exploring Waterfalls II**

42-806-410

Embark on a journey to various waterfalls, rapids and dams. Destinations will include Morgan, Copper, Potato River Falls, and Wren. Expect to walk short distances over uneven terrain. Meet at the Cornucopia Community Center at 9am for carpooling. If you are 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, etc.

**64853** Sep 29 Tu 9a-4:30p \$30.18/\$4.50  
 Cornucopia: Community Ctr Thomas Gerstenberger

**Exploring Waterfalls III**

42-806-410

Embark on a journey to various waterfalls, rapids and dams. Destinations will include Foster Falls, Whitecap Mountain Lookout, Upson and Rouse Falls. Expect to walk short distances over uneven terrain. Meet at the Cornucopia Community Center at 9am for carpooling. If you are closer to Foster Falls you can meet up with the class in the north-west corner of the parking lot at the Ashland Wal Mart at 9:45am. Bring food/beverage, camera, wa-

terproof gear, sun protection and other amenities.

**64854** Oct 6 Tu 9a-4:30p \$30.18/\$4.50  
 Cornucopia: Community Ctr Thomas Gerstenberger

**Exploring Waterfalls IV**

42-806-410

Embark on a journey to various waterfalls, rapids and dams. Destinations will include 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.

**64855** Oct 13 Tu 9a-4:30p \$30.18/\$4.50  
 Cornucopia: Community Ctr Thomas Gerstenberger

**Ferns: Their Haunts and Habitats**

42-806-410

Find and identify ferns, club mosses and horsetails.

**64850** Sep 8 – Sep 15 Tu 9a-3p \$43.02/\$4.50  
 Cornucopia: Community Ctr Thomas Gerstenberger

**Wild Mushrooms 201**

42-806-410

Discover the easily identified but lesser known edible mushrooms not covered in Wild Mushrooms 101. Discover more accurate identification techniques and an accurate map of mushroom seasons. You will make a spore print and identify trees associated with different mushroom species. Mushrooms covered include: Hericium, Lobster Mushrooms, Leccinum, Hedgehog, Black Trumpet, Entoloma and Elm Oysters. The instructor is a 30+ year veteran of wild mushroom foraging, a certified expert by the MN Dept of Agriculture, and owns Tavis's Mushrooms. Pre-requisite: Wild Mushrooms 101.

**65038** Sep 1 – Sep 2 TuW 5:30-8:30p \$23.76/\$4.50  
 Ashland: 427 Tavis Lynch

**Films - Portray Social Issues**

42-809-400

The inquiring minds in our Films - Portray Social Issues course have viewed and discussed more than 125 films since they began in 2004. We always welcome new faces and voices in our discussions of



artistic, cultural, and historic films that affect our families, neighborhoods, and global communities today. As in the past, participants will be expected to read brief introductory materials, research one or more films, and take part in discussion following each viewing. Class meets every other week. Pop and popcorn are available.

**64751\*** Oct 9 – Dec 18 F 1-4p \$62.28/\$4.50  
*Washburn: Public Library Judith Florence*  
*\*Class meets every other Friday.*

**64752\*** Oct 12 – Dec 21 M 1-4p \$62.28/\$4.50  
*Bayfield: Library Judith Florence*  
*\*Class meets every other Monday.*

## Matinee Movies

42-809-400

Motion pictures have not only become a unique American art form, over the past 100 years they have both reflected and shaped our understanding of ourselves as people and as a nation. In this course, 5 films will be shown which will tell stories of our selves, our culture, and our history. Critical to the course are the participant discussions following each film.

**65644\*** Sep 2 – Oct 21 W 1-4p \$55.86/\$4.50  
*Barnes: Community Church John Rusch*  
*\*Class meets every other Wednesday.*

## 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.

**64702** Oct 10 – Oct 24 Sa 8:30a-3p \$66.92/\$28.40  
*Ashland: 430 Casey Johnstone*

### ASHI Pediatric 1st Aid and CPR

47-531-420

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.

Students will be taught updated guidelines of CPR, and 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. Students have the option to download a book from the internet after successful completion of the course.

Please register one week before class start date.

**64606** Nov 2 – Nov 4 MW 6-10p \$37.68/\$12  
*Ashland: 427 WITC TBD*

### CPR Adult/Pediatric Renewal Heart-saver - AHA

47-531-438

Heartsaver CPR course for both the adult and pediatric patient is designed to teach CPR and relief of FBAO for child and adult patients. It is also designed to teach injury prevention for pediatric patients as well as recognition of signs and symptoms of stroke, heart attack, cardiac arrest, and FBAO. This course is ideal for all lay rescuers who have to deal with adult and/or pediatric emergencies. This course is suited for those who are expected to respond to emergencies in the workplace. Participants include security guards, firefighters, police, and other lay rescuers or responders. It is specifically designed for lay rescuers who are required to obtain a course completion card-a credential- documenting completion of a CPR course. (There are no prerequisites. Previous certification.)

**64608** Dec 1 Tu 6-10p \$25/\$12.16  
*Cornucopia: Community Ctr WITC TBD*

### 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.

**64603** Oct 12 – Oct 14 MW 6-10p \$44.58/\$18.90  
*Ashland: 427 WITC TBD*

**64609** Dec 7 – Dec 9 MW 6-10p \$44.58/\$18.90  
*Ashland: 003 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.)

64602	Sep 28	M 6-10p	\$25/\$12.16
	Ashland: 430		WITC TBD
64604	Oct 21	W 6-10p	\$25/\$12.16
	Ashland: 003		WITC TBD
64610	Dec 15	Tu 6-10p	\$25/\$12.16
	Barnes: Ambulance Hall		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.

64605	Oct 26	M 6-10p	\$32.5/\$19.66
	Ashland: 427		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.

64601	Sep 21 – Sep 23	MW 6-10p	\$37.68/\$12
	Ashland: 427		WITC TBD
64607	Nov 9 – Nov 11	MW 6-10p	\$37.68/\$12
	Ashland: 427		WITC TBD
64252	Aug 24 – Aug 26	MW 6-10p	\$37.68/\$12
	Ashland: 003		WITC TBD



Instructor Facilitated Online Courses at  
[witc.edu/continuing-education/ed2go.htm](http://witc.edu/continuing-education/ed2go.htm)

**New Richmond Region**

**ARTS**

**Beginning Watercolor**

60-815-600

Discover the joy and challenge of working with watercolors and take home a finished piece. 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! Bring a supply fee of \$10 to pay to the instructor at class and bring a bag lunch.

64675	Oct 3	Sa 9a-3p	\$30/\$17.25
	Amery: ArtZ Gallery		Bonnie Hagen

**Beaded Circle/Life Suncatcher**

60-815-608

Brighten up any window or wall space with this unique wire and beaded tree. This suncatcher makes a wonderful and meaningful gift. They are fun and easy to do. The tree is made by winding a variety of colored and sized wire into bundles to make the tree and twisting the wire into the outstretched branches and long, deep roots. Everything is attached to the ring or circle of life to make this a one-of-a-kind art project. Make this uniquely yours by adding sparkling beads that signify family birthstones or charms that reflect traditions, special events, hobbies of family members. Beads and charms can be added through the years to make this a treasured keepsake. Make up several for gift giving all year long. The material fee (payable to instructor at start of class) is \$14 to \$18, depending on the size of ring you choose and includes a sampling of beads and charms. Bring a friend for an evening of fun twisting and chatting.

64750	Nov 18	W 6-9p	\$21.50/\$13
	Webster: High School		Peggy Ingles

**Mosaic Wall Project**

60-815-608

Using this easy mosaic glass technique, you will create a colorful mosaic mirror or make a statement with word art decor. The process is fun, easy, and all but guarantees success for even the most art challenged...really! The wall mirror has an approximately 15" wide round wooden base, which allows ample space for any design; modern, traditional, or freeform. Or, create the word art plaque with the traditional "Welcome" or use a whimsical phrase:

"Oh La La", "Espresso Yourself", etc. or an encouraging: Simplify", "Take a Moment" OR whatever word(s) you wish. Choose from a variety of lettering styles and sign sizes. The first night we will apply the pre-cut glass (If you do not finish, you may have homework!). On the second night, dress for a mess as we will grout and watch as pieces of glass become a work of art. Material fees are to be paid to the instructor on the first night (\$19 Wall Mirror, \$9-\$20 Word Art). Bring gloves for working with glass. On the second night bring old bath towels and wear old clothes as we will be grouting!

**64749** Nov 5 – Nov 12 Th 6-9p \$30/\$17.25  
*Webster: High School Peggy Ingles*

## Round Vine Basket

60-815-620

Display items stylishly in this pretty and functional round "vine" basket. You will learn the basic technique for weaving a round basket. The instructor will have items available for embellishing it. Finished basket will be approximately 8"D x 4.5"H. Your teacher, Phyllis Knutson, is a talented and experienced weaver and instructor. Please bring with you to class: pruning shears or scissors, 12 clothes pins, tape measure (plastic is better than metal), pencil, letter opener, needle-nose pliers, spray bottle, dish pan or large pail, towel, small piece of fine sandpaper, and a \$10 supply fee. Wear old clothes.

**64690** Oct 20 Tu 6-10p \$21.50/\$13  
*Balsam Lake: Unity Sch District Phyllis Knutson*

## Weave a Potpourri Basket

60-815-620

Calling all Beginning Weavers! This is the perfect basket if you have been wanting to learn to weave. Phyllis Knutson is an expert weaver and instructor. You will go home with your own 5"x5"x4" basket - the perfect size for small, fun items. Bring to class: sharp, heavy scissor or pruning shears; 12-20 clothes pins; plastic measure tape; pencil; letter opener; round-nose (needle nose) pliers; dish pan for soaking reeds; spray bottle; small piece of fine sandpaper; and an old towel. Wear old clothes. Supply fee of \$8 is payable to the instructor at class.

**64685** Nov 5 Th 6-9p \$21.50/\$13  
*Amery: Amery Intermediate Sch Phyllis Knutson*

## Weave a Round Laundry Basket

60-815-620

Weave a large, useful, strong basket perfect for laundry, toys, and lots of other fun stuff. Phyllis Knutson is an expert weaver, instructor, and artist - you will not be disappointed. Your finished basket will have 1" spokes, 1/4" flat oval and 1/2" flat weavers, and leather handles. The finished size will be

approximately 14" high x 18" diameter. This class is for intermediate weavers who have made at least 6-8 baskets. Bring sharp, heavy scissor or pruning shears; 12-20 clothes pins; plastic measure tape; pencil; letter opener; round-nose (needle-nose) pliers; dish pan for soaking reeds; spray bottle; piece of fine sandpaper; & old towel. Wear old clothes. Supply fee of \$35-\$38 payable to instructor at class.

**64681** Oct 13 – Oct 15 TuTh 6-9p \$30/\$17.25  
*Amery: Amery Intermediate Sch Phyllis Knutson*

## Calligraphy

60-815-630

Learn how to write using calligraphy and add a touch of elegance to everything that you create. We will use calligraphy to create lettering and border designs for your own projects such as holiday cards, poems, quotes, etc. Calligraphy comes from the Greek words, "kalos" meaning "beautiful," and "graphos" meaning "writing." It is a meditative practice which may improve one's own natural handwriting. A \$25 supply fee covers necessary supplies, which you will take with you when class is done.

**64691** Oct 26 – Nov 4 MW 6-8p \$38.50/\$21.50  
*Balsam Lake: Unity Sch District Patricia Kastens*

## Extreme Pumpkin Carving I

60-815-640

Have you watched the Food Network's challenge shows "Outrageous Pumpkins" and "Halloween Wars"? Would you like to carve your own 3-dimensional jack-o-lantern with a realistic face? Just grab a pumpkin and wear clothes that you can get dirty. No special skills required. Your instructor, Vlad Kozubovsky, is a creative art enthusiast and a social science teacher at WITC. 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 a supply fee of \$10 payable to the instructor.

**64937** Oct 10 Sa 10a-12p \$13/\$8.75  
*New Richmond: 212 Vladimir Kozubovsky*

## Extreme Pumpkin Carving II

60-815-640

Build on techniques covered in Vlad's beginner lessons. Anyone who feels confident about their pumpkin carving skills is also welcome to join. You will really bring your jack-o-lantern to life by adding teeth, scars, complex facial expressions, a touch of paint, and a pair of grabby arms made of pumpkin vine. Once again, bring a fresh pumpkin with thick walls and wear clothes that you can get dirty. Please bring a supply fee of \$10 payable to the instructor.

**64938** Oct 10 Sa 12:30-3:30p \$21.50/\$13  
*New Richmond: 212 Vladimir Kozubovsky*

### Natural Dyes

60-815-640

Come and learn about different natural dyes, and dyeing in a classroom setting. This workshop promises great discussion, collecting, equipment, dye recipes, methods, and mordants. It's not often you can have fun learning and talking about dyeing! A \$5 supply fee is payable to the instructor at the beginning of class. You may bring your own natural fabric or yarn to dye.

**64977** Oct 20 Tu 6-8p \$13/\$8.75  
*New Richmond: 212 Sydney Tanner*

### Knit Beaded Bracelet

60-306-612

Knit fun and customized bracelets! Embellishments will be available for you to make your unique bracelet; a \$5 material fee must be paid to instructor at start of class. Or bring your favorite button to class instead. These are a quick and easy knitting project and make a great gift! Bring a skein of DK or light-weight yarn and a pair of size 5 or 6 knitting needles. Materials fee covers embellishments and supplies. Beginning knitting skills are required for this class. Pre-registration is required; contact Luck Community Ed. at 715-472-2152 ext. 103 or amya@lucksd.k12.wi.us.

**64973** Dec 8 – Dec 15 Tu 6-8:30p \$30/\$17.25  
*Luck: High School Amy Klous*

### Knit Beaded Wristers

60-306-612

Keep your wrists warm and look stylish with knit beaded wristers. These are a quick and easy knitting project and make a great gift for yourself or somebody else! Bring a skein of DK or light-weight yarn and a pair of size 5 or 6 double pointed knitting needles. Materials fee covers beads and supplies. Beginning knitting skills are required for this class.

**64863** Dec 3 – Dec 10 Th 6-8:30p \$30/\$17.25  
*Frederic: High School Amy Klous*

### Knit Hat

60-306-612

Knit a warm hat in no time! You can never have too many and they make great gifts! In this class you will learn to knit in the round with no seams. Bring a pair of size 7 or 8 circular knitting needles and a skein of worsted (medium) weight yarn. Beginning knitting skills required.

**64862** Nov 12 – Nov 19 Th 6-8:30p \$30/\$17.25  
*Frederic: High School Amy Klous*

### Knit Headband

60-306-612

Keep your ears warm and your hair looking good - knit a headband! Knit headbands can also be embellished with flowers and buttons and make a great gift. Bring a pair of size 7 or 8 circular knitting needles and a skein of worsted (medium) weight yarn. Beginning knitting skills required. Pre-registration is required; contact Luck Community Ed. at 715-472-2152 ext. 103 or amya@lucksd.k12.wi.us.

**64974** Nov 10 – Nov 17 Tu 6-8:30p \$30/\$17.25  
*Luck: High School Amy Klous*

### Knitting for Beginners

60-306-612

Knit and purl your way through the cold months! Bring a pair of size US 7 or 8 knitting needles and a skein of worsted weight or bulky yarn to knit a scarf.

**64861** Oct 22 – Oct 29 Th 6-8:30p \$30/\$17.25  
*Frederic: High School Amy Klous*

**64969\*** Nov 2 – Nov 9 M 6-8:30p \$30/\$17.25  
*Luck: High School Amy Klous*

*\*A minimum of 5 students need to pre-register to hold this class. Pre-registration is required; contact Luck Community Ed. at 715-472-2152 ext. 103 or amya@lucksd.k12.wi.us.*

### Knitting: Christmas Stockings

60-306-612

Knit your family members unique, heirloom Christmas stockings. Students will learn to personalize each stocking with a name, and a choice of many holiday symbols: trees, holly, snowflakes, hearts, and more. Some knitting experience is helpful, as this is an advanced beginner project. Preregister before Oct. 22 and get a needle and yarn list. Contact Luck CEd at 715-472-2152 ext. 103 or amya@lucksd.k12.wi.us.

**64990** Oct 29 – Nov 12 Th 6-8:30p \$38.50/\$21.50  
*Luck: High School Barbara Kass*

### Wee Baby Pumpkin Hat

60-306-612

Wee Hats are fun gifts for the newest or smallest member of your family. Knit an infant or child's hat on circular and double-pointed needles in stripes or plain with several top and embellishment options. This is a great beginner project! Advanced knitters may experiment with embellishments and hat styles. Preregister before Sept. 30 and get a material list, or purchase a kit for \$15 (yarn and needles). Contact Luck CEd at 715-472-2152 ext. 103 or amya@lucksd.k12.wi.us.

**64991** Oct 6 Tu 5:30-8:30p \$21.50/\$13  
*Luck: High School Barbara Kass*

## COMPUTERS & TECHNOLOGY

### Computers: Absolute Beginner

42-107-413

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

64398\* Oct 7 – Nov 18 W 3-5p \$43.02/\$4.50  
 New Richmond: 135 Tina Nygren  
 \*Class will not meet Oct 14.

### Intro to Facebook

60-107-602

It's never too late to participate in social networking! Social media helps you connect with people, groups, events, and more! We will set up your profile and start connecting with friends. Bring a photo on a flash drive or email it to yourself. An email address is required to open a Facebook account. Basic computer skills are required.

64972\* Sep 29 Tu 6-8:30p \$21.50/\$13  
 Luck: High School Amy Klous  
 \*Pre-registration is required; contact Luck Community Ed. at 715-472-2152 ext. 103 or amya@lucksd.k12.wi.us.

64864 Oct 6 Tu 6-8:30p \$21.50/\$13  
 Frederic: High School Amy Klous

### Social Media for Business

60-107-602

Part 1 Social Networks. The first section we will look at the various social media platforms and ways to determine which is best for your business to be active on. We'll cover Facebook, Google+, Twitter, Instagram, LinkedIn, and Pinterest). Part 2 Blogging, Email Marketing, and tying it all together. We will also discuss why and how to develop an email marketing campaign using Mail Chimp and how blogging can be beneficial for your business. We will tie social media, email marketing, and blogging together to determine which options are best for your business to bring you the most exposure.

64867\* Oct 1 – Oct 8 Th 6-8:30p \$30/\$17.25  
 Luck/Frederic: High School Amy Klous  
 \*Class will meet Oct 1 in Frederic and Oct 8 in Luck.

### MS Excel, Beginning

60-103-601

Explore the basics of spreadsheets. You will create and navigate spreadsheets, tables, and basic formulas. Spreadsheets are great for tracking family budgets, sports stats, household inventory, and so much more. Basic computer skills are required.

64866 Nov 16 – Nov 18 MW 6-8:30p \$30/\$17.25  
 Frederic: High School Amy Klous

You will be amazed at what Excel can do for you! Learn 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 using Microsoft Office. 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 and some Excel knowledge. If you are a new Excel user, it would be best to take the Introduction class on Oct 15 and follow it up with this class.

64684 Oct 20 – Oct 29 TuTh 6-9p \$55.50/\$30  
 Amery: Amery Intermediate Sch Marilyn Averbek

### MS Excel, Intro

60-103-601

Join us for a one-night basic introduction to Excel for those who have never created a spreadsheet. Class will be using Microsoft Office. It is the perfect introduction to prepare for the Beginning Excel class that will be October 20-29. Basic terminology and data entry will be covered in a relaxed setting among other beginners. Prerequisite: Basic computer skills.

64682 Oct 15 Th 6-9p \$21.50/\$13  
 Amery: Amery Intermediate Sch Marilyn Averbek

### MS Word Beginner

60-103-601

Explore the basics of word processing. Word allows users to create, edit, and quickly format text documents of all types as well as add images. We will learn how to format letters, labels, and flyers. Basic computer skills are required.

64865 Oct 26 – Oct 27 MTu 6-8:30p \$30/\$17.25  
 Frederic: High School Amy Klous

64970\* Nov 3 – Nov 5 TuTh 6-8:30p \$30/\$17.25  
 Luck: High School Amy Klous  
 \*Pre-registration is required; contact Luck Community Ed. at 715-472-2152 ext. 103 or amya@lucksd.k12.wi.us.

### Spreadsheet Basics using Excel

60-103-601

Explore the basics of spreadsheets. Spreadsheets are great for tracking family budgets, sports stats, household inventory, and so much more. You will create and navigate spreadsheets, tables, and basic formulas. Basic computer skills are required. Pre-registration is required; contact Luck Community Ed. at 715-472-2152 ext. 103 or amya@lucksd.k12.wi.us.

**64977** Sep 28 – Oct 5 M 6-8:30p \$30/\$17.25  
 Luck: High School Amy Klous

### Windows 8

60-103-601

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

**64444** Dec 2 – Dec 16 W 6-8p \$30/\$17.25  
 New Richmond: 157 Tina Nygren

## DO-IT-YOURSELF

### 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. This class is for new and repeat builders.

**64858** Oct 19 – Nov 11 MW 6-9p \$106.5/\$55.50  
 New Richmond: 210 David Hanke

### Welding

47-442-406

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

**64646** Oct 2 – Nov 20 F 4-8p \$140.93/\$44.63  
 New Richmond: 235 WITC TBD

### Artistic Welding

60-442-600

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

**64648** Sep 11 – Sep 25 F 4-8p \$68.85/\$43.35  
 New Richmond: Dan Wilkinson

## HEALTHY LIVING

### Angel and Color Basics

60-560-610

Uncover the mystery of angels. Connect with the angelic realm, discover your guardian angel, and learn how color is associated with different angels and purposes.

**64667** Nov 18 W 7-9p \$13/\$8.75  
 New Richmond: 151 Julie Buckman

### Boosting Brain Botanically

60-560-610

Boosting the Brain Botanically, Nourishing the Nerves Naturally. Learn an abundance of tips on how to support your Nervous System and Brain to improve memory, reduce anxiety and to feel a stronger sense of health and hope from natural and botanical medicine perspectives. 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.

**64719** Sep 9 W 10a-12:30p \$21.50/\$13  
 New Richmond: 152 Gigi Stafne

**64724** Sep 16 W 6-8:30p \$21.50/\$13  
 New Richmond: 152 Gigi Stafne

### Discover the Fairy World

60-560-610

Discover the Fairy (Fae) World and how to work with them. Dr. Julie Buckman is your instructor. Uncover the mystery of the Fae. Learn the differences of the existing Fae and their world. Learn how to commu-

nicate with them in the correct way. Discover how working with them can make a difference in your yard. Learn to recognize when they are around and always remember the proper way to give thanks back to them.

**64671** Dec 2 W 7-9p \$13/\$8.75  
New Richmond: 151 Julie Buckman

## Essential Oils for Daily Life

60-560-610

In this class you'll be introduced to common essential oils used in everyday life. You'll discover the theory behind their benefits, where they come from and how to use them properly. In addition, you will learn the various "methods" in which oils are used, for example through ingestion, topical or aromatic diffusion. Come learn which basic oils should be a staple in your home medicine cabinet.

**64305** Sep 29 Tu 5:30-8:30p \$21.50/\$13  
New Richmond: 133 WITC TBD

## Essential Oils/Mood Management

60-560-610

Come learn how to manage your mood with essential oils. Essential oils are both physical and emotional, and with the information gathered at this short course, you'll have many options to use in managing your emotional state.

**64313** Oct 5 M 5:30-8:30p \$21.50/\$13  
New Richmond: 152 WITC TBD

## Gemstone Tree Making

60-560-610

Learn how to make a gemstone tree out of copper and stone. Learn what the properties of the stones mean and create the energy of your choice. Supply fee collected at class by the instructor.

**64705** Sep 9 W 7-9p \$13/\$8.75  
New Richmond: 151 Julie Buckman

**64706** Sep 23 W 7-9p \$13/\$8.75  
New Richmond: Julie Buckman

## Herbs for Winter Blues

60-560-610

Herbs to Help Beat the Winter Blues. Before the long winter ahead, tap into ancient and contemporary nature wisdom about how to maintain a strong sense of health, hope and happiness. Many herbs that address anxiety, depression and well-being will be presented.

**64729** Sep 23 W 10a-12:30p \$21.50/\$13  
New Richmond: 152 Gigi Stafne

**64732** Oct 7 W 6-8:30p \$21.50/\$13  
New Richmond: 152 Gigi Stafne

## Holistic Interpreter Advanced

60-560-610

Holistic Interpreter - Advanced Series offered by Dr. Julie Buckman. This class is a continuation of the Basic Holistic Interpreter Series and energy basics will be the focus. Dr. Julie Buckman was born into a long lineage of gifted ancestral family lines she was born an intuitive. She has the desire to share and teach her knowledge with others to embrace their gifts. She will help others to discover their gift and to use it ethically. Embrace who you are, understand what your purpose is, know there is more in our reality than what meets the eye. Trust in who you are, love yourself, to find your inner peace. All levels of knowledge experience or a lack of is welcome in all classes. Reflect back on what you already know. Increase your knowledge on what gifts you have and how to use them. Become familiar with the ethics of the holistic, integrated, and alternative world whether you plan on sharing your gifts with just your family, or with the general public.

**64669** Oct 19 – Nov 9 M 7-9p \$38.50/\$21.50  
New Richmond: 151 Julie Buckman

## Holistic Interpreter Series

60-560-610

Holistic Interpreter Series offered by Dr. Julie Buckman. The introductory course in holistic interpreter series will help you identify your strengths, and gifts you are born with. It will assist you in discovering and embracing your gifts and how to ethically use them. Learn to embrace yourself, understand what your purpose is, there is more in your reality than what meets the eye. Trust in who you are, learn to love yourself as you find your inner peace. Understand and know the ethics of the holistic, integrated, and alternative world whether you plan on sharing your gifts with your family or with your general public.

**64668** Sep 14 – Oct 5 M 7-9p \$38.50/\$21.50  
New Richmond: 149 Julie Buckman

## Traveling the Celtic Wheel

60-560-610

In this Celtic and Pre-Celtic tradition, we will follow the 8 points that make up the celebrations in the cycle of the year. Exploring the elements, symbols, traditions, and goddesses associated with each of the 8 points. Focusing on how the wheel is still a meaningful and relevant way of organizing our year yet today. Your instructor, Danise Shipley has completed the apprenticeship and teacher training in the way of the Seabean, which is the female branch of the Irish Shamanic tradition.

**64611\*** Oct 24 – Nov 7 Sa 1-4:30p \$38.50/\$21.50  
New Richmond: 151 Danise Shipley

**Wrapping 101**

60-560-610

Make and take a quartz crystal or stone pendant. Learn the basic steps of wire wrapping a quartz crystal or stone pendant. Supply fee collected at class by the instructor.

**64666** Oct 14 W 7-9p \$13/\$8.75  
New Richmond: 151 Julie Buckman

**Personal Trainer Practical**

47-560-435

Personal Trainer Practical course through W.I.T.S. (World Instructor Training Schools). Must register for both Personal Trainer Certification Course and Personal Trainer Practical Course. Use this certification as a stepping-stone to a more fulfilling career. You will receive 36 hours of in-person instruction along with a 30 hour internship. Learn what it takes to become a personal trainer with a free online webinar register at [www.witseducation.com](http://www.witseducation.com). This course is approved for Massage Therapists, Occupational Therapists, and Athletic Trainers. Go to [www.witseducation.com](http://www.witseducation.com) for more information or call WITC. Required textbook \$93.97 is not included in cost contact W.I.T.S to order at 888.330.9487.

**64427\*** Oct 22 – Dec 3 Th 6:30-9:30p \$324/\$266.22  
New Richmond: 212 WITS Staff  
\*Class will not meet Nov 26.

**Personal Fitness Trainer Certification**

47-560-435

Personal Trainer Certification course through W.I.T.S. (World Instructor Training Schools). Must register for both Personal Trainer Certification Course and Personal Trainer Practical Course. Use this certification as a stepping-stone to a more fulfilling career. You will receive 36 hours of in person instruction along with a 30 hour internship. Learn what it take to become a personal trainer with a free online webinar at [www.witseducation.com](http://www.witseducation.com). This course is approved for Massage Therapists, Occupational Therapists, and Athletic Trainers. Go to [www.witseducation.com](http://www.witseducation.com) for more information. Required textbook \$93.97 is not included in cost contact W.I.T.S to order at 888.330.9487.

**64424\*** Oct 20 – Dec 1 Tu 6:30-9:30p \$325/\$267.22  
New Richmond: 149 WITS Staff  
\*Class will not meet Nov 24.

**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 sessions.

**64686** Sep 8 – Oct 13 Tu 5-5:45p \$30/\$17.25  
Balsam Lake: Unity Sch District Michelle Flaherty

**64687** Sep 9 – Oct 14 W 7:15-8p \$30/\$17.25  
Balsam Lake: Unity Sch District Michelle Flaherty

**64688\*** Oct 20 – Dec 1 Tu 5-5:45p \$30/\$17.25  
Balsam Lake: Unity Sch District Michelle Flaherty  
\*Class will not meet Nov 24.

**64689\*** Oct 21 – Dec 2 W 7:15-8p \$30/\$17.25  
Balsam Lake: Unity Sch District Michelle Flaherty  
\*Class will not meet Nov 25.

**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 [amy@lucksd.k12.wi.us](mailto:amy@lucksd.k12.wi.us).

**64980** Sep 14 – Oct 21 MW 8:30-9:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson

**64981** Sep 15 – Oct 22 TuTh 8:30-9:30p \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson

**64982** Sep 15 – Oct 22 TuTh 9:30-10:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson

**64983\*** Oct 26 – Dec 7 MW 8:30-9:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson  
\*Class will not meet Nov 25.

**64984\*** Oct 27 – Dec 8 TuTh 8:30-9:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson  
\*Class will not meet Nov 26.

**64985\*** Oct 27 – Dec 8 TuTh 9:30-10:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson  
\*Class will not meet Nov 26.

**64986\*** Dec 9 – Jan 25 MW 8:30-9:30a \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson  
\*Class will not meet Dec 23 and 30.

**64987\*** Dec 10 – Jan 26 TuTh 8:30-9:30p \$55.50/\$30  
Luck: Country Inn Pool Janet Erickson  
\*Class will not meet Dec 24 and 31.

**Yoga for Everybody**

60-807-628

Yoga for Everybody is an Alignment oriented style of yoga. Best for adults (though ages 14+ are welcome) of literally any level. Yoga for Everybody can offer movement options for intermediates, beginners and complete novices. It will incorporate some components of the Core Strength Vinyasa method for postural support, but overall is a slower moving class that gives you time to observe the details of each posture and balance your effort with ease.



You'll learn some Sanskrit and English names of postures, what you're doing and why, and how to modify your postures so you can remain not only safe but comfortable - your practice should meet you where you are, not the other way around! You'll also learn how to access your Deep Core Line and why you and your spine need to use it. You'll gain both strength and flexibility here, improve your balance, and move toward a deeper understanding of your self as a whole, which is what yoga was originally meant to do. While everybody can practice yoga, not everybody should practice every posture or breathing technique, so please inform your instructor of any injuries or medical conditions so modifications or alternate postures can be offered. Bring yoga mat & towel.

<b>64293</b>	Sep 14 – Oct 19	M 4-5p	\$30/\$17.25
	<i>Siren: High School</i>		<i>Lorrie Blockhus</i>
<b>64296</b>	Nov 9 – Dec 14	M 4-5p	\$30/\$17.25
	<i>Siren: High School</i>		<i>Lorrie Blockhus</i>

## Yoga/ Weight Loss & Wellness

60-807-628

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

<b>64295</b>	Sep 14 – Oct 19	M 5:15-6:15p	\$30/\$17.25
	<i>Siren: High School</i>		<i>Lorrie Blockhus</i>
<b>64298</b>	Nov 9 – Dec 14	M 5:15-6:15p	\$30/\$17.25
	<i>Siren: High School</i>		<i>Lorrie Blockhus</i>

## HOME & LEISURE

### Genealogy

42-803-405

Learn how to get started, mistakes to avoid, and how to stay organized while you research your family tree. There will be an emphasis on software, internet websites, and networking to help you flesh out the stories your ancestors left for you to discover. Vicki Garro has been researching her family for 34 years and relates there is always more to discover.

<b>64793</b>	Oct 27 – Nov 17	Tu 6:30-8:30p	\$30.18/\$4.50
	<i>New Richmond: 203</i>		<i>Vicki Garro</i>

### 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. We will talk about the legalities and practicalities of a home funeral, how spending time with a deceased loved one affects grief, and answer questions. It is legal, inexpensive and greener than a conventional funeral.

<b>64957</b>	Oct 20	Tu 5:30-8p	\$21.50/\$13
	<i>New Richmond: 207</i>		<i>Lucy Basler</i>

### Caregiver Conference

47-520-405

9th Annual Regional Caregiver Conference. Don't miss this empowering and educational conference with Inspirational Keynote Speaker, Kari Berit - The Unexpected Caregiver. This special day will include vendors, breakout sessions, door prizes, and lunch. CEUs are available. For more information, please visit [witc.edu/continuing-education/featured](http://witc.edu/continuing-education/featured).

<b>64368</b>	Sep 25	F 8a-3:30p	\$25/\$5.74
	<i>New Richmond: 501</i>		<i>Various Speakers</i>

### ABC's & Ds Medicare/Consumer

42-162-409

See description on page 7.

<b>64535</b>	Sep 21	M 6:30-8p	\$10.92/\$4.50
	<i>New Richmond: 151</i>		<i>WITC Donated Instruction</i>
<b>64447</b>	Nov 11	W 10a-12p	\$10.92/\$4.50
	<i>New Richmond: 151</i>		<i>WITC Donated Instruction</i>
<b>64468</b>	Dec 3	Th 6:30-8p	\$10.92/\$4.50
	<i>New Richmond: 149</i>		<i>WITC Donated Instruction</i>

### Sell Your Stuff

60-305-600

So you have too much STUFF! Time to clean house. Local buying/selling Facebook groups are a great avenue to present, sell and swap your gently used items. In this class you will learn how to display your items for better online viewing, post your photos in albums, and begin the selling process. This course will not cover e-Bay. Basic buy/sell online etiquette will also be discussed.

<b>64827</b>	Oct 21	W 5:30-8:30p	\$21.50/\$13
	<i>Luck: High School</i>		<i>Esther Maina</i>

### 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 re-

quirements 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.

<b>64284</b>	Oct 6	Tu 6-9p	\$25/\$12.16
	<i>New Richmond: 149</i>		<i>Jim Traeger</i>
.....			
<b>64507</b>	Nov 5	Th 6-9p	\$25/\$12.16
	<i>New Richmond: 149</i>		<i>Jim Traeger</i>
.....			

### Cooking Your Fall Bounty

60-303-610

Cooking squash, beets, and parsnips is easy once you know a few simple tips. Get great recipes and pointers to prepare these versatile root vegetables that nature's packed with antioxidants and vitamins. Pre-registration is required; contact Luck Community Ed. at 715-472-2152 ext. 103 or amya@lucksd.k12.wi.us.

<b>64988</b>	Oct 12	M 6-8p	\$13/\$8.75
	<i>Luck: High School</i>		<i>Barbara Kass</i>
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### Easy Meatless Meals

60-303-610

You'll say "WOW!" and not "Where's the beef?" during this 2-hour class as you learn, help prepare, and eat a variety of dishes made without meat. Healthy and filling dishes will encompass black bean chili, wild rice, vegetarian, and stir fry to satisfy your taste buds and meet daily nutritional needs. Pre-registration is required; contact Luck Community Ed. at 715-472-2152 ext. 103 or amya@lucksd.k12.wi.us.

<b>64989</b>	Oct 27	Tu 6-8p	\$13/\$8.75
	<i>Luck: High School</i>		<i>Barbara Kass</i>
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### Foods: Sanitation for Restaurant Managers

47-303-405

This course provides the background information needed for the National Restaurant Association's Certification exam for sanitation. This exam meets state certification requirements for restaurant managers effective January 1, 1995. 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 Manager" 6th edition.

<b>64373</b>	Sep 19 – Sep 26	Sa 9a-4p	\$43.02/\$4.50
	<i>New Richmond: 203</i>		<i>Marsha Stoeberl</i>
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### 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.

<b>64413</b>	Dec 7	M 6-10p	\$25/\$12.16
	<i>New Richmond: 149</i>		<i>Kristin Samp</i>
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## LIFELONG LEARNING

### Secrets to Learning Languages

42-801-400

Learning another language is not as hard as you think. Join anthropologist Tom Correll to discover procedures for making the process of learning a new language easy. In this class, you will learn how languages are composed and gain skills for making learning a new language easier than you think. Tom will help you see just how many languages are in our world today and what characteristics compose human language to make them easier to learn.

<b>64778*</b>	Sep 22 – Oct 20	Tu 1-4p	\$43.02/\$4.50
	<i>New Richmond: 133</i>		<i>WITC TBD</i>
	<i>*Class will not meet Oct 13.</i>		
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### Lawn Mushrooms

42-806-410

Find out what the mushrooms are that grow in your yard! From delicious edibles to poisonous look-alikes, we will concentrate on mushrooms that grow on lawn. Class will include information using Power Point and printed handouts. Upon completion, you'll have a full understanding of six common edibles and six toxic species that grow exclusively in grass.

**64627** Aug 18 – Aug 20 TuTh 5:30-7:30p \$17.34/\$4.50  
 Luck: High School Tavis Lynch

## Wild Mushroom Foraging

42-806-410

Learn to identify, harvest and prepare wild morel mushrooms in the school forest. Following a classroom presentation, students will be guided through Straight Lake State Park where all mushrooms found will be identified. Mushrooms will be prepared on site for all to sample. If morels are not found, another edible spring mushroom will be used. Class will also cover wild ramps (onion/garlic) and the Ostrich fern (fiddlehead) - two common spring edibles found in WI. Your instructor is a certified expert by the MN Department of Agriculture and owns Tavis's Mushrooms - he is a 30-year veteran of wild mushroom foraging. Be prepared to hike and bring outdoor amenities and lunch, which will be supplemented by the wild harvest of the day! Pre-requisite: Mushrooms 101.

**64628** Aug 22 Sa 10a-2p \$17.34/\$4.50  
 Luck: High School Tavis Lynch

## Wild Mushrooms 101

42-806-410

This is a classroom session covering the 'three rules + one' and the 'safe six': morels, shaggy manes, hen of the woods, chicken mushrooms, oyster mushrooms and puffballs. Topics include tree identification, ethics, safety, storage and preparation. Poisonous mushrooms will also be discussed. The instructor is a 30+ year veteran of wild mushroom foraging, a certified expert by the Minnesota Department of Agriculture and owns Tavis's Mushrooms.

**64916** Sep 15 – Sep 17 TuTh 5:30-8:30p \$23.76/\$4.50  
 Amery: Amery High School Tavis Lynch

## Wild Mushrooms 201

42-806-410

Discover the easily identified but lesser known edible mushrooms not covered in Wild Mushrooms 101. Discover more accurate identification techniques and an accurate map of mushroom seasons. You will make a spore print and identify trees associated with different mushroom species. Mushrooms covered include: Hericium, Lobster Mushrooms, Leccinum, Hedgehog, Black Trumpet, Entoloma and Elm Oysters. The instructor is a 30+ year veteran of wild mushroom foraging, a certified expert by the MN Dept of Agriculture, and owns Tavis's Mushrooms. Pre-requisite: Wild Mushrooms 101.

**64960** Sep 22 – Sep 24 TuTh 5:30-8:30p \$23.76/\$4.50  
 Amery: Amery High School Tavis Lynch

## Drama in the Northwoods

42-808-401

Come and enjoy some serious, some comic material with a great group of readers! Read and discuss plays and books, and then see the actual productions: Harper Lee's classic, To Kill a Mockingbird, with an adaptation of the book at the Guthrie in Mpls., as well as Michael Frayn's Noises Off, at the Festival Theatre in St. Croix Falls.

**64859** Oct 12 – Nov 16 M 6:30-8:30p \$43.02/\$4.50  
 Frederic: High School Carolyn Wedin

## Improvisational Comedy

60-815-610

Learn different techniques and comedy basics through interaction and group participation, guided by instructor Dan Mielke and his indispensable "10 Commandments of Improv". Laughter and humor are good tonics for a healthier life -- get an overdose of both at class! A performance on Friday, Oct. 23 will showcase our local talent for family, friends, and everyone with a bit of curiosity about improv comedy. Mielke graduated from PBBC in Owatonna, MN, with a minor in speech communications. He's taught improv comedy classes and performed in high schools, conferences, and churches all across America. Pre-registration required; contact Luck Community Ed. at 715-472-2152 ext. 103 or amya@lucksd.k12.wi.us.

**64971** Oct 1 – Oct 15 TuTh 6-8p \$47/\$25.75  
 Luck: High School Dan Mielke

## Publish Your Own Book

42-801-402

Have you dreamed of being a published author? Turn your ideas into a great book by Self-Publishing! Whether you're a writer, photographer, historian, business person, or cook, learn how to create a book using the internet and only pay for the price of printing. On demand means you only pay for the books you order. Your instructor has been published nationally with Destiny Whispers Novels and has self-published over fifteen titles from Westerns to Historical Fictions in Wisconsin. Must be comfortable with computers and the Internet. At the first class learn to download your work at no cost and at the second class learn how to make changes at any time. After a little time spent on your computer you can order your first book from Amazon and become a published author. No need to bring your laptop to class but will need to spend some time opening up an account at home and getting set up. Preregister before Oct. 19 by contacting Luck CEEd at 715-472-2152 ext. 103 or amya@lucksd.k12.wi.us.

**64992** Oct 26 – Nov 2 M 5:30-7:30p \$17.34/\$4.50  
 Luck: High School Fred Brede

**Write Right Now!**

42-801-402

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

<b>64860</b>	Oct 13 – Nov 17 Tu 4-6p <i>Frederic: High School</i>	\$43.02/\$4.50 <i>Carolyn Wedin</i>
<b>64978</b>	Oct 15 – Nov 19 Th 4-6:30p <i>Luck: High School</i>	\$55.86/\$4.50 <i>Carolyn Wedin</i>

**SAFETY & TRANSPORTATION**

**Motorcycle - Basic Rider 1**

42-816-400

A16-hour course is approved by the Department of Transportation, 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 receive a "waiver" to take to the DMV that may waive you from taking the road test in order to obtain your Motorcycle Endorsement. Due to a new curriculum set by the State of Wisconsin and MSF, you are now required to take an online course prior to the start of class. The cost of this course is \$19.99 and is separate from the cost of WITC's Motorcycle course. You can register for this course at <http://msf-usa.org/students.aspx>. Once there, you click 'Enroll Now' under Basic Course. After completing the online course, make sure to print your Completion Certificate as you are required to bring the certificate to the first day of class or provide a copy of the certificate to WITC within 5-7 days of completing the Motorcycle safety course. Failure to complete the online course within the 5-7 days of completing this course will result in a failure to WITC's Motorcycle course and no refund will be given. It is strongly recommended that you take the eCourse before you start your WITC Motorcycle Safety Course as you will learn valuable information that will help you with the range portion of our class. Students are expected to have some basic understanding that is provided through the online course during the WITC Motorcycle Safety Course.

<b>64565</b>	Aug 22 – Aug 23 SaSu 8a-5p <i>New Richmond: 602</i>	\$257.41 <i>John Wright</i>
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**Traffic Safety for Point Reduction**

42-812-404

See course description on page 9 .

<b>64693</b>	Dec 8 – Dec 17 TuTh 6-9p <i>New Richmond: 210</i>	\$66.92/\$28.40 <i>Eric Lockwood</i>
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**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 evidence-based treatment recommendations. Class is a renewal in Pediatric CPR/First Aid.

<b>64619</b>	Sep 10	Th 6-10p	\$32.5/\$19.66 <i>Amery: Amery Middle Sch</i>	<i>WITC TBD</i>
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**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>64614</b>	Aug 19	W 5:30-10p	\$38.16/\$18.90 <i>New Richmond: 203</i>	<i>WITC TBD</i>
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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. Class will be a renewal in Adult CPR/First Aid.

<b>64620</b>	Sep 8	Tu 6-10p	\$32.50/\$19.66 <i>Amery: Amery Middle Sch</i>	<i>WITC TBD</i>
<b>64615</b>	Aug 25	Tu 1-5p	\$32.50/\$19.66 <i>Amery: Amery Middle Sch</i>	<i>WITC TBD</i>
<b>64617</b>	Aug 26	W 1-5p	\$32.50/\$19.66 <i>Amery: Amery Middle Sch</i>	<i>WITC TBD</i>

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

47-531-419

This course is a combined CPR/AED & Basic first aid program designed specifically for laypeople. The program is good for the community and the workplace setting. This course is designed to teach people the knowledge and skills that they need to rec-

ognize 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. Class will cover Adult/Pediatric CPR/First Aid.

**64618** Sep 8 – Sep 10 TuTh 6-10p \$37.68/\$12  
*Amery: Amery Middle Sch WITC TBD*

## Rice Lake Region

### ARTS

#### Art: Collage & Mixed Media

60-815-605

Explore mixed media working with paper, canvas, wood, and a variety of drawing and painting media on collage assemblage, and solvent transfer. Modern masters and contemporary artists known for using mixed media will also be studied. Bring a sack lunch. See supply list at: [www.witc.edu/supplies](http://www.witc.edu/supplies)

**64517** Oct 22 Th 9a-3p \$30/\$17.25  
*Hayward: WITC-Hayward Matthew Ellis*

#### Art: The Passion of Drawing

60-815-605

This class is for students with little to no previous experience. You will gain knowledge, skills, and different methods that help express your ideas through drawing. Experimentation and development of individual techniques will be emphasized. Pen, chalk, charcoal, and pen ink will be the major media used. Bring a sack lunch and a desire to explore. View a supply list at: [www.witc.edu/supplies](http://www.witc.edu/supplies)

**64516** Sep 17 Th 9a-3p \$30/\$17.25  
*Hayward: WITC-Hayward Matthew Ellis*

#### Drawing: Pen/Ink Landscapes

60-815-605

Use your own landscape photos for inspiration to create black and white drawings with pen and ink. Start with some fun, quick, timed-drawings as a warm-up exercise. Then slow down, exploring contour lines and creating value scales with cross-hatching and pointillism to create detailed, small drawings depicting your favorite places. Emphasize the center of interest/focal point with textures and contrasts of lights and darks. Bring a sack lunch. View the supply list [witc.edu/supplies](http://witc.edu/supplies) or request to have it mailed to you. Class size limit is 14.

**64821** Nov 2 M 9:30a-3:30p \$30/\$17.25  
*Hayward: WITC-Hayward Diana Randolph*

#### Wire Wrapped Jewelry

60-815-602

Amazing wire-wrapped necklace. Make your own unique project learning basic jewelry wrapping to create your work of art. Materials of sand tumbled glass stone in a variety of colors to choose from, the wire and leather cord for your necklace must be purchased from the instructor. A materials fee of \$15 is payable to instructor at start of class. Bring your own chain nose pliers and wire cutters. Advice on wrapping other types of objects/cabochons and treasures will be provided, if time allows.

**64857** Nov 4 W 6-9p \$21.50/\$13  
*Hayward: Hayward, Room 4 - ITV Paulette Ross*

#### Extreme Pumpkin Carving I

60-815-640

Just like the Food Network's challenge shows "Outrageous Pumpkins" and "Halloween Wars" you can carve your own 3-dimensional jack-o-lantern. Instructor Vlad Kozubovsky is a creative art enthusiast and social science teacher at WITC. Bring a pumpkin and wear clothes that you can get dirty. Tip: look for a midsized pumpkin, very heavy, with a green stem ensuring the pumpkin is fresh and has thick walls. Bring a supply fee of \$10 payable to the instructor.

**64935** Oct 24 Sa 10a-12p \$13/\$8.75  
*Rice Lake: 183 Vladimir Kozubovsky*

#### Extreme Pumpkin Carving II

60-815-640

Build on techniques covered in Vlad's beginner lessons. Anyone who feels confident about their pumpkin carving skills. You will really bring your jack-o-lantern to life by adding teeth, scars, complex facial expressions, a touch of paint, and a pair of grabby arms made of pumpkin vine. Once again, bring a fresh pumpkin with thick walls and wear clothes that you can get dirty. Please bring a supply fee of \$10 payable to the instructor.

**64936** Oct 24 Sa 12:30-3:30p \$21.50/\$13  
*Rice Lake: 183 Vladimir Kozubovsky*

#### Jeweled Family Window Tree

60-815-640

Brighten up any window with the unique "circle-of-life-tree," a suncatcher that makes a wonderful gift or keep for yourself. The outstretched branches and long deep roots made of wire within the circle symbolize the "circle of life". Make it uniquely yours by adding sparkling beads and charms to signify family birthstones, traditions, hobbies or special events. Make several for gift giving all year long.

**64822** Oct 1 Th 5:30-8:30p \$21.50/\$13  
*Hayward: Hayward, Room 4 - ITV Peggy Ingles*

**Magnetic Wall Spice-Craft Organizer**

60-815-640

Organize for crafts, spices & more with this fun magnetic wall decor! This class will provide you with simple instructions, ideas, and examples for an easy magnetic wall organizer you can use in the kitchen, bathroom, craft room, garage, and more. Yes, there's more than one way to get this job done creatively, beautifully and uniquely YOUR way. You'll leave with plenty of tips and ideas to create your work of art.

64513 Oct 17 Sa 10a-12p \$13/\$8.75  
*Rice Lake: 122 Laurie Thompson*

64512 Oct 17 Sa 10a-12p \$13/\$8.75  
*Hayward: WITC-Hayward Laurie Thompson*

**Natural Dyes**

60-815-640

Come and learn about different natural dyes, and dyeing in a classroom setting. This workshop promises great discussion, collecting, equipment, dye recipes, methods, and mordants. It's not often you can have fun learning and talking about dyeing! A \$5 supply fee is payable to the instructor at the beginning of class. You may bring your own natural fabric or yarn to dye.

64796 Oct 20 Tu 6-8p \$13/\$8.75  
*Rice Lake: 122 Sydney Tanner*

64538 Nov 10 Tu 6-9p \$21.50/\$13  
*Chetek: Chetek High School Sydney Tanner*

**Wood Art**

60-815-640

Come enjoy the education of combining nature and art! In this class you will work with wood in a variety of wood applications; i.e. painting on wood, gluing different forms of wood, and working with a variety of woods showing your unique expression of individual art. Supplies: wood glue and optional paints, and bring any type of wood pieces you plan to use to create your sculpture.

64511 Oct 29 Th 9a-1p \$21.50/\$13  
*Hayward: WITC-Hayward WITC TBD*

**Yard Art Gazing Ball**

60-815-640

Decorate your garden with colorful glass mosaics. Both projects are fun and easy, even for the most art-challenged. YOUR finished garden art will amaze (and maybe surprise) your friends and family. You can proudly say, "I did it myself!" The first night all the glass will be ready for you to adhere to your stepping stone, or bowling ball. You are welcomed to bring your own design ideas, or use patterns that are provided. You will have homework before the next class if you do not finish. The sec-

ond night, dress for mess, as we will be grouting! The design on the gazing ball is colorful glass and the background is sparkling mirrors. Please bring your own bowling ball. There will be a variety of stepping stone shapes to choose from. The materials fee is \$20 for the gazing ball, or \$18 for the stepping stone, payable to the instructor at the first class. Come and have a relaxing, fun night creating art for your yard. Bring gloves for working with glass. On the second night bring old bath towels, a small jar with lid, and wear old clothes.

64823 Oct 8 - Oct 15 Th 5:30-8:30p \$30/\$17.25  
*Hayward: Hayward, Room 4 - ITV Peggy Ingles*

**Craft a Coiled Fabric Bowl**

60-815-640

Learn how to make a coiled fabric bowl using cotton clothesline (no metal or other hard cores) and strips of colorful fabric. Bring your portable sewing machine, thread, scissors, etc. Make sure your sewing machine has a zig-zag stitch option. A complete list of supplies will be available before the class starts.

65647 Sep 16 W 5-9p \$21.50/\$13  
*Ladysmith: WITC Ladysmith Staci Prasnicki*

**Easy Sew/No Sew Holiday Gifts**

60-815-640

Learn how to make four different small items you could use as gifts for the Holidays. The items require a minimal amount of sewing, or no sewing at all! Choose from a pincushion, a coiled trivet, an appliqued towel, or a pine cone Christmas tree. Bring your portable sewing machine, thread, scissors, etc. A complete list of fabric and supplies needed will be available prior to the start of class.

65648 Nov 23 M 5-9p \$21.50/\$13  
*Ladysmith: WITC Ladysmith Staci Prasnicki*

**Hand Crafted Tuffet Stool**

60-815-640

A tuffet is a piece of furniture used as a footstool or low seat. Remember when Miss Muffet sat on a tuffet? Here's your chance to make your own fabric covered tuffet. Finished size will be approximately 18" x 18" x 12". There will be a material fee (for a board and a piece of foam) payable to the instructor at the beginning of class. A complete list of supplies needed will be available before the start of the class. Bring your portable sewing machine, thread, scissors, etc. No class on 9/17/15.

65646\* Sep 10 - Sep 24 Th 5-9p \$38.50/\$21.50  
*Ladysmith: WITC Ladysmith Staci Prasnicki*  
 \*Class will not meet Sept 17

**Photography: Digital Camera/Beg**

60-203-602

Do you want to get a little more out of your digital camera and shoot better photos? Join us to learn how to operate your digital camera off the automatic settings. Bring your camera, manual, all accessories and extra batteries. The first class will work with camera settings and the second night will deal with getting your photos off the camera and stored on your computer.

**64664** Sep 28 – Oct 5 M 5:30-8:30p \$30/\$17.25  
*Hayward: Hayward, Room 5 - ITV Carrie Keenan*

**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.

**64920** Sep 14 – Oct 5 M 6-8:30p \$47/\$25.75  
*Rice Lake: 225 Diann Raymond*

**Quilt: Basics for Beginners**

60-304-615

Hey beginners, this class is for YOU! We're going to make a mini-quilt/candle mat/table topper. Here you will learn all the skills needed to make any size quilt, along with some fun ways to make any quilt your very own piece of art. A selection of precut fabrics to choose from will be available at class and we'll work through the steps together. A materials fee of \$19 needs to be paid to the instructor at the start of class. Bring your own sewing machine and sewing box; a supply list of materials needed in addition to the pre-cut pieces is available at: [www.witc.edu/supplies](http://www.witc.edu/supplies)

**64330** Oct 17 Sa 9a-3p \$30/\$17.25  
*Hayward: Hayward, Room 4 - ITV Eunice LaCoy*

**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, and appliqued pine cones. Bring your portable sewing machine, thread, scissors, etc. A complete list of fabric and supplies will be available before the first class session.

**65653** Dec 1 – Dec 8 T 5-9p \$38.50/\$21.50  
*Ladysmith: WITC Ladysmith Staci Prasnicky*

**Fall Maple Leaves**

60-304-615

This quilt is made from two different sized maple leaf block patterns. Sew the leaves in fall colors of red, orange, yellow, brown, and rust. Bring your portable sewing machine, thread, scissors, etc. A complete list of fabrics and supplies needed will be available before the first class session.

**65652** Nov 12 – Nov 19 Th 5-9p \$38.50/\$21.50  
*Ladysmith: WITC Ladysmith Staci Prasnicky*

**Pumpkin Wall Hanging**

60-304-615

Gather your pieces of black and orange fabric and sew this delightful pumpkin wall hanging or table mat. Finished quilt measures approximately 24" x 24". Learn how to applique the pumpkin's face. Bring your portable sewing machine, thread, scissors, etc. A complete list of supplies needed will be available before the class starts.

**65649** Oct 1 Th 5-9p \$21.50/\$13  
*Ladysmith: WITC Ladysmith Staci Prasnicky*

**Quilt: Halloween Table Topper**

60-304-615

This small quilt is perfect for your Halloween treat table. The center is full of fabric candy corn, and the edges of the quilt are surrounded by prairie points. Bring your portable sewing machine, thread, scissors, etc. A complete list of supplies will be available before the class starts.

**65650** Oct 10 Sa 9a-4p \$38.50/\$21.50  
*Ladysmith: WITC Ladysmith Staci Prasnicky*

**Quilt: Halloween Wall Hanging**

60-304-615

Make a Happy Halloween wall hanging featuring an appliqued witch silhouette flying on her broom across the moon. Choose from many different witch silhouettes so your wall hanging will be unique. Bring a portable sewing machine, thread, scissors, etc. A complete list of fabric and supplies needed will be available before the class starts.

**65651** Oct 15 – Oct 22 Th 5-8p \$30/\$17.25  
*Ladysmith: WITC Ladysmith Staci Prasnicky*



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## COMPUTERS & TECHNOLOGY

### Facebook Marketing

47-107-414

Social media is a powerful tool to market your organization or business. Reach out to customers, clients, and volunteers by creating your own Facebook page for your non-profit or business. Send short updates to your contacts in minutes! Your customers can share your good news with others, increasing your exposure. Discover the power of Facebook marketing!

<b>64624</b>	Oct 29 – Nov 5	Th 1-4p	\$23.76/\$4.50
	<i>Hayward: WITC-Hayward</i>		<i>Patti Rumler</i>
<b>64321</b>	Dec 9	W 6-9p	\$17.34/\$4.50
	<i>Rice Lake: 160</i>		<i>Cheryl Maki</i>

### Computers: Absolute Beginner

42-107-413

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

<b>64899</b>	Sep 17 – Oct 8	Th 1-4p	\$43.02/\$4.50
	<i>Hayward: Hayward, Room 5 - ITV</i>		<i>Patti Rumler</i>
<b>64397</b>	Dec 1 – Dec 10	TuTh 6-9p	\$43.02/\$4.50
	<i>Rice Lake: 160</i>		<i>Cheryl Maki</i>

### Avoid Getting a Computer Virus

60-107-602

The internet is an integral part of our lives and many of us use it constantly throughout the day. However, that connectedness has increased the risk of infection by viruses and malware leading to potential data loss and identity theft. Every internet user should be versed in how to prevent this! Think of it as a driver's manual for the internet superhighway. Armed with the knowledge to avoid getting and spreading virus infections, you will not only make the internet safer for yourself, but for everyone else you connect with.

<b>64625</b>	Oct 1	Th 12:30-3:30p	\$21.50/\$13
	<i>Hayward: WITC-Hayward</i>		<i>Matthew Taylor</i>

### Comp: iPad & Much More

60-107-602

Bring your iPad and charger for hands-on practice with essential iPad skills! Learn essential settings features like searching for Wi-Fi connections, anchoring your most used apps, and adjusting key settings commands. Practice communicating via

e-mails (with attachments), Skype or FaceTime, move apps across screens, and investigate the messaging app. Explore 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: Create an Apple ID using the guide located at <http://www.witc.edu/supplies> before you attend class.

<b>64461</b>	Nov 9	M 6-9p	\$21.50/\$13
	<i>Rice Lake: 160</i>		<i>Cheryl Maki</i>

### Google Forms and Surveys

60-107-602

Google Forms provide a fast way to create an online survey with responses collected in an online spreadsheet. Create a survey and invite respondents by email. People answer your questions from almost any web browser including mobile smartphone and tablet browsers. View each response in a single row of a spreadsheet with each question shown in a column. Google Forms is free! Learn to use this valuable tool.

<b>64895</b>	Oct 7	W 5-7p	\$13/\$8.75
	<i>Hayward: Hayward, Room 5 - ITV Julie Thompson</i>		

### Intro to Blogging with Blogger

60-107-602

Understand the process of creating and updating your own blog. Build a basic blog by choosing a unique name or URL. Learn how to choose and design a template or background. Take or import pictures to your blog. Add titles and text to your page. Finally, publish your blog to the web. Blogger is a Google related site so each participant will need to create a Google email account to participate. You may use, access, and update Blogger through multiple devices.

<b>64515</b>	Nov 7	Sa 8a-12p	\$21.50/\$13
	<i>Hayward: Hayward, Room 4 - ITV David Viner</i>		

### Intro to Facebook

60-107-602

Facebook - one billion users and growing! Learn how to set up an account, create your profile, and secure your privacy. This is a perfect introduction for the newbie as well as the old pro as you learn how to share stories, photos, and re-connect with family and friends. If you do not have an email account, learn how to create one. Learn to upload content, secure your privacy and create lasting relationships online.

<b>64622</b>	Oct 15 – Oct 22	Th 1-4p	\$30/\$17.25
	<i>Hayward: WITC-Hayward</i>		<i>Patti Rumler</i>
<b>64462</b>	Dec 2	W 6-9p	\$21.50/\$13
	<i>Rice Lake: 160</i>		<i>Cheryl Maki</i>



## Introduction to Google Docs

60-107-602

This course is for home and personal use of computers.

64894 Sep 23 W 5-7p \$13.00/\$8.75  
Hayward: Hayward, Room 5 - ITV Julie Thompson

## Pinterest Fun

60-107-602

Pinterest is where you go to discover new things and collect stuff you love. Plus, 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! Please be prepared to access your e-mail account from the web for class.

64623 Nov 12 Th 1-4p \$21.50/\$13  
Hayward: WITC-Hayward Patti Rumler

## Saving Docs/Organizing Your PC

60-107-602

Learn how to move, organize, and rename your documents and photos into folders that are manageable and recognizable. Plus, understand how to back up your most valuable files for safekeeping.

64621 Oct 20 - Oct 27 Tu 1-4p \$30/\$17.25  
Hayward: WITC-Hayward Patti Rumler

## MS Excel, Advanced

60-103-601

Focus on advanced functions including IF, Nesting Functions using multiple conditions and table Look Up functions. Learn to analyze data using automatic outlining, consolidating information, inserting subtotals, and filtering. Dig deep into pivot tables and data analysis tools creating scenarios and goal seek. Prerequisites: Intermediate Excel or equivalent skills including ability to work with multiple worksheets, use named ranges, and work with functions.

64898\* Nov 30 - Dec 14 M 5-7p \$30/\$17.25  
Hayward: Hayward, Room 5 - ITV Julie Thompson  
\*Class meets Nov 30, Dec 2, Dec 14.

## MS Excel, Beginning

60-103-601

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

ponderous lists with absolute ease. Prerequisites: Basic computer skills.

64433\* Oct 7 - Oct 28 W 6-9p \$47/\$25.75  
Rice Lake: 160 Cheryl Maki  
\*Class will not meet Oct 14.

64896\* Oct 26 - Nov 16 M 5-7p \$30/\$17.25  
Hayward: Hayward, Room 5 - ITV Julie Thompson  
\*Class will not meet Nov 2.

## MS Excel, Intermediate

60-103-601

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


64434 Nov 4 - Nov 18 W 6-9p \$47/\$25.75  
Rice Lake: 160 Cheryl Maki

## MS PowerPoint, Beginning

60-103-601

Explore how using PowerPoint themes and best practices can help you create the most effective and engaging presentations. Create a slide show using themes. Then learn how to change the theme or colors to adapt the presentation. Apply transitions between slides, create speaker notes, insert images from your computer and from online sources, and work with images. Print slides, notes, or handouts. PowerPoint is easy and fun when you learn the tools!

64440 Nov 30 - Dec 7 M 6-9p \$30/\$17.25  
Rice Lake: 160 Cheryl Maki



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- Classes start the first Monday of the month.

**online at: [witc.edu/continuing-education/ce-online](http://witc.edu/continuing-education/ce-online)**

**MS Word 2013 Beginning**

60-103-601

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

**64437** Oct 12 – Nov 2 M 6-9p \$55.5/\$30  
*Rice Lake: 160 Cheryl Maki*

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 home and office use. Prerequisite: Absolute Beginner computer class or comparable and/or basic computer and keyboarding skills.

**64897\*** Oct 14 – Nov 11 W 5-7p \$30/\$17.25  
*Hayward: Hayward, Room 5 - ITV Julie Thompson*  
*\*Class meets every other Wednesday.*

**Office Mail Merge 2013**

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, create an MS Word document and Excel database. Then link them to quickly create individualized letters, envelopes, mailing labels, or other documents. Prerequisite: Microsoft Word knowledge.

**64442** Oct 16 F 1-4p \$21.50/\$13  
*Rice Lake: 160 Cheryl Maki*

**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.

**64430** Oct 5 – Oct 9 MWF 1-4p \$47/\$25.75  
*Rice Lake: Senior Citizens Cent Ronald Gehler*

**Windows 8 Apps**

60-103-601

Are ready to discover the many Windows 8 computer applications (Apps) available? Learn at a comfortable pace as you explore Apps such as Microsoft Store, Internet Explorer, Photos, Games, Mail and others. You will receive handouts to help you prac-

tice on your computer. Knowledge of the mouse and keyboard are required.

**64432** Oct 19 – Oct 23 MWF 1-4p \$47/\$25.75  
*Rice Lake: Senior Citizens Cent 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 via 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.

**64626** Oct 21 – Oct 28 Th 1-4p \$30/\$17.25  
*Hayward: WITC-Hayward Patti Rumler*

**iPad Basics**

60-107-609

Bring your iPad and charger for hands-on practice with essential iPad skills! Learn essential Settings features like searching for Wi-Fi connections, anchoring your most used apps, and adjusting key settings commands. Practice communicating via e-mails (with attachments), Skype or FaceTime, move apps across screens, and investigate the messaging app. Explore 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: Complete the preparatory tasks on the instructor's worksheet located at: <http://www.witc.edu/supplies> before you attend class.

**64510** Sep 19 Sa 9a-3p \$30/\$17.25  
*Ladysmith: WITC-Ladysmith David Viner*

**64508** Oct 3 Sa 9a-3p \$30/\$17.25  
*Hayward: Hayward, Room 5 - ITV David Viner*

**Must Have Apps**

60-107-609

After a brief review of the iPad Basics class, learn about additional great iPad apps and customizing of your device. Prepare to share your best finds with the class! No class on 10/13/15.

**64509\*** Oct 6 – Oct 20 Tu 5-7p \$21.50/\$13  
*Hayward: Hayward, Room 4 - ITV David Viner*  
*\*Class will not meet Oct 13.*



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## DO-IT-YOURSELF

### Extreme Backyard Chickens

60-091-610

This course is for people looking to enjoy their flock with a side benefit of having eggs and meat for the family. This isn't a chicken farmers course! You'll learn how to build/set up your coop with basic/functional and extreme designs. Topics covered include: predator proofing, "should I have egg laying or meat birds or both?", do's and don'ts on selecting your flock, free range versus penned and reasons egg production decreases. Additional topics will include: cannibalism, typical chicken illnesses and treatment, introducing new chickens to the flock, and finally- Roosters - are they necessary?

64784	Nov 4	W 5:30-8:30p	\$21.50/\$13
	<i>Hayward: Hayward, Room 5 - ITV</i>		<i>Esther Mania</i>
64785	Nov 4	W 5:30-8:30p	\$21.50/\$13
	<i>Rice Lake: 116</i>		<i>Esther Mania</i>
64789	Nov 4	W 5:30-8:30p	\$21.50/\$13
	<i>Ladysmith: WITC-Ladysmith</i>		<i>Esther Mania</i>

### Dog Training - This Way!

60-091-620

After attending the classroom session "Why Does My Dog Do That?" students will have the opportunity to experience This Way! Canine's methods of learning with their own dog. Learn how to create a rewarding partnership with your dog through play, and by using force-free, reward based techniques. Your dog will learn quickly in this fun, experiential environment! Join Cindi at the Northwoods Humane Society's large indoor facility for two, one-hour sessions with your dog and discover This Way! the New School of learning for you and your dog. Proof of rabies vaccination must be brought to class.

64825	Sep 5 – Sep 12	Sa 10-11a	\$13/\$8.75
	<i>Hayward: Humane Society</i>		<i>Cindi McGrath</i>

### Why Does My Dog Do That?

60-091-620

Cindi McGrath, Founder of This Way! Canines" www.ThisWayCanines.org will discuss patterns of canine behavior, how dogs learn, and what dogs need to live a balanced and healthy life. As well as what we humans do that affect our dog's behavior. If you have ever asked, "Why does my dog do that?" this course will answer the question in an informative, fun and casual class setting. Course materials will be provided and time will be spent in lecture/discussion format and question/answer format as students explore the behavior of the dog and Cindi's philosophy of healthy canine human connection.

64824	Sep 3	Th 5:30-8:30p	\$21.5/\$13
	<i>Hayward: Hayward, Room 4 - ITV</i>		<i>Cindi McGrath</i>

### Auto Detailing Boot Camp

60-405-600

Whether you are renovating a car, creating a show finish, or simply want to make your vehicle look its best, you will learn about professional techniques, products and equipment to detail your automobile. Your instructor will guide you through every step of the process from interior to exterior. Topics include washing wheels and tires, tar removal, compounds, polishing, wax and paint sealants, panels, trim, weatherstrips and more! Safety glasses and proper, non-skid footwear are required.

64656	Sep 15 – Sep 22	Tu 5:30-8:30p	\$35.48/\$22.73
	<i>Rice Lake: 185</i>		<i>Steven Moullette</i>

### Welding

47-442-406

This course is designed for beginner or intermediate students 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 to class. This course meets the 30 -our requirement for apprentices.

64644	Oct 2 – Nov 20	F 5-9p	\$150.32/\$47.60
	<i>Rice Lake: 188</i>		<i>Ric Eckstein</i>

### Artistic Welding

60-442-600

An Artistic Perspective! If you have little or no experience with welding, explore it 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, hair must be tied back.

64647	Sep 11 – Sep 25	F 4-8p	\$68.85/\$43.35
	<i>Rice Lake: 188</i>		<i>Ric Eckstein</i>

### Furniture Restyling

60-409-601

Breathe new life into your garage sale find or Grandma's old cast off. Join us for a relaxed, fun and informative workshop. Bring a SMALL piece of furniture like a nightstand, chair, small side table, or a large decorative frame to restyle. If unsure, please call Shelly (941.882.0229) to discuss your piece. Learn basic painting applications, wax application, distressing, and antiquing. Wear old painting clothes and bring a blow dryer and \$10 supply fee. Leave the class with a beautiful, finished piece and the confidence to transform all your projects!

64534	Sep 19	Sa 9a-3p	\$30/\$17.25
	<i>Rice Lake: 183</i>		<i>Shelly O'Brien</i>

64520	Sep 26	Sa 9a-3p	\$30/\$17.25
	<i>Hayward: WITC-Hayward</i>		<i>Shelly O'Brien</i>

**Furniture: Chalk Paint 101**

60-409-601

Unlock your creativity at a hands-on class using the newest paint sensation that's revolutionizing the way we see and utilize tired, old furniture. Shelly O'Brien, Artist & Owner of Furniture Frills, will conduct a class in decorative furniture painting, teaching techniques for applying chalk paint along with clear and dark wax on furniture and home decor items. Antique it, shabby it up or leave it clean and crisp. Bring one small piece of furniture, a larger picture or mirror frame or some similar piece. A material fee of \$10 must be paid to instructor at start of class. Please bring a hairdryer to class. Questions can be referred to your instructor at (941)875-8058 or email her at shelly@furniturefrills.com

<b>65015</b>	Oct 8	Th 4-9p	\$30/\$17.25
	<i>Ladysmith: WITC-Ladysmith</i>		<i>WITC TBD</i>
<b>65016</b>	Nov 14	Sa 10a-3p	\$30/\$17.25
	<i>Hayward: Hayward, Room 4 - ITV Shelly O'Brien</i>		

**Furniture: Metal Effects**

60-409-601

Turn an old garage sale lamp or picture frame into a piece that looks like it belongs on the cover of House Beautiful! Learn how to use aluminum leaf and metallic paints to make your piece look gracefully aged to a perfect patina of years gone by. A material fee of \$15 must be paid to instructor at start of class. Bring a clean (free of grease, dirt or dust) small lamp or picture frame, preferably ornate in design and dark in color. It should be small so you will be able to leave with a finished piece and the knowledge to transform more of your great finds. Bring a hairdryer to class. Questions can be referred to instructor at (941)875-8058 or email her at shelly@furniturefrills.com

<b>65019</b>	Oct 20	Tu 5:30-9p	\$21.50/\$13
	<i>Rice Lake: 174</i>		<i>Shelly O'Brien</i>

**Furniture: Stunning Stripes & Stencil**

60-409-601

This class will demonstrate several stencil techniques that will take your furniture from blah to beautiful! Practice different types of stenciling, including roller stenciling while exploring various mediums such as metallic paint overlays, dimensional plaster, and get tips to make your piece pop! What you learn in this class can be used on furniture or walls! A materials fee of \$12 for practice boards and supplies must be paid to instructor at start of class. Please bring a hairdryer to class.

<b>65018</b>	Oct 17	Sa 1-4p	\$21.50/\$13
	<i>Hayward: Hayward, Room 7 - Lobby Shelly O'Brien</i>		

**Furniture: Wall Paper Whimsy**

60-409-601

Some paint, wallpaper and a little imagination can turn your garage sale find or Grandma's cast off into a one of a kind masterpiece for your home! Explore the many uses of regular and dimensional wallpaper on furniture, and a fun way to save money by transforming boring, inexpensive used furniture into new pieces for your home. A \$20 material fee must be paid to instructor at beginning of class. This is a 2-day class featuring basic furniture painting techniques, wallpaper applications, and a plethora of design ideas to inspire. Bring a small end table, bookshelf or similar piece of furniture, and a hairdryer to class. Class space is limited. Call instructor for approval of furniture piece or advice on best piece to bring. Questions? call instructor at 941.875.8058 or email shelly@furniturefrills.com.

<b>65017</b>	Oct 3 - Oct 5	Sa 9a-3p	\$47/\$25.75
	<i>Rice Lake: 131</i>		<i>Shelly O'Brien</i>

**HEALTHY LIVING**

**Boosting Brain Botanically**

60-560-610

See course description on page 14

<b>64716</b>	Sep 9	W 10a-12:30p	\$21.50/\$13
	<i>Rice Lake: 156</i>		<i>Gigi Stafne</i>
<b>64721</b>	Sep 16	W 6-8:30p	\$21.50/\$13
	<i>Rice Lake: 116</i>		<i>Gigi Stafne</i>

**Connect with Divine Feminine**

60-560-610

Connect with the Divine Feminine. Explore different feminine faces of the Divine. Learn how to connect with her energy, and how connecting to her power connects us to our own. Instructor Danise Shipley has completed the apprenticeship and teacher training in the way of the Seabhean, the female branch of the Irish Shamanic tradition.

<b>64599*</b>	Sep 29 - Oct 27	Tu 6:30-8p	\$30/\$17.25
	<i>Rice Lake:</i>		<i>Danise Shipley</i>
	<i>*Class will not meet Oct 13.</i>		

**Essential Oils for Daily Life**

60-560-610

In this class you'll be introduced to common essential oils used in everyday life. You'll discover the theory behind their benefits, where they come from and how to use them properly. In addition, you will learn the various "methods" in which oils

are used, for example through ingestion, topical or aromatic diffusion. Come learn which basic oils should be a staple in your home medicine cabinet.

**64301** Sep 29 Tu 5:30-8:30p \$21.50/\$13  
*Rice Lake: 128 Darcey Crotteau*

**64303** Sep 29 Tu 5:30-8:30p \$21.50/\$13  
*Hayward: Hayward, Room 4 - ITV WITC TBD*

## Essential Oils/Mood Management

60-560-610

Learn how to manage your mood with essential oils that are both physical and emotional. With the information in this short course, you'll have many options to use in managing your emotional state.

**64309** Oct 5 M 5:30-8:30p \$21.50/\$13  
*Rice Lake: 122 WITC TBD*

**64311** Oct 5 M 5:30-8:30p \$21.50/\$13  
*Hayward: Hayward, Room 4 - ITV WITC TBD*

## Green Medicine: Fire Cider

60-560-610

Creative Sweet, Sour, Spicy Concoctions: Oxymercals & Fire Cider. Keep the internal home fires burning! Folk medicine in the United States and Europe included the hand crafted tradition of herbal extracts, oxymercals and Rosemary Gladstar's revival of Fire Cider. Concoct spicy, sweet and sour home remedies to keep your internal fires stoked this fall and winter! Supply list located at [www.witc.edu/supplies](http://www.witc.edu/supplies).

**64742** Oct 21 W 5-8p \$21.50/\$13  
*Rice Lake: 225 Gigi Stafne*

## Green Medicine: Herbal Syrups

60-560-610

Green Medicine Series: Herbal Syrups for the Cold and Flu Season. Herbal syrups are sustainable staples in Northern Winter Medicine Cabinets. Create cold, flu, cough syrup blends in this homespun session. Elderberry Syrup, of course, will be one of our highlights! Supply list located at [witc.edu/supplies](http://www.witc.edu/supplies).

**64744** Nov 11 W 5-8p \$21.50/\$13  
*Rice Lake: 225 Gigi Stafne*

## Green Medicine: Spice Secrets

60-560-610

Green Medicine Series: Spice Secrets: Culinary Herb Infused Vinegars and Oils. Spice up your life and creative kitchen! Stretch beyond the usual store purchased herb oils, creating your own wild tasty botanical blends for cooking, salads and much more. Blends that boost immunity and taste good, too! Supply list located at [witc.edu/supplies](http://www.witc.edu/supplies).

**64743** Nov 4 W 5-8p \$21.50/\$13  
*Rice Lake: 225 Gigi Stafne*

## Green Medicine: Teas/Tinctures

60-560-610

Green Medicine Series: Tasty Teas & Tinctures. Belly up to the botanical bar! Sample savory herbal teas and tinctures. Experiment with personalities, tastes and traditions of diverse herbs and spices. This is the Intuitive Art of Herbalism. Explore heat producing or Yang herbs, cool Yin plants, sweet, spicy, pungent, sour, astringent, aromatic and more! Supply list located at <http://www.witc.edu/supplies>.

**64741** Oct 28 W 6-8p \$13/\$8.75  
*Rice Lake: 225 Gigi Stafne*

## Herbs for Winter Blues

60-560-610

Herbs to Help Beat the Winter Blues. Before the long winter ahead, tap into ancient and contemporary nature wisdom about how to maintain a strong sense of health, hope and happiness. Many herbs that address anxiety, depression and well-being will be presented.

**64728** Sep 23 W 10a-12:30p \$21.50/\$13  
*Rice Lake: 156 Gigi Stafne*

**64731** Oct 7 W 6-8:30p \$21.50/\$13  
*Rice Lake: 116 Gigi Stafne*

## Herbal Apprentice

47-560-411

See course description on page 6.

**64673** Oct 16 - Oct 17 F 9a-5p \$149/\$97.64  
*Rice Lake: 152 Gigi Stafne*

## Self Defense

42-504-416

Understand self-defense and situational awareness. Learn the fundamentals of being able to use unarmed tactics along with simple techniques anyone can use no matter how big or strong. Your instructor will explain Wisconsin state statutes to clarify what you can, and cannot do, to legally defend yourself. Learn how to use everyday objects as weapons and how to diffuse the situation before it escalates to use of force. We will be working in pairs. If you prefer to practice with someone you know, sign up with family or a friend. Everyone will benefit!

**64522** Sep 11 - Oct 2 F 3:30-4:30p \$17.34/\$4.50  
*Hayward: Hayward Veteran's Ctr WITC TBD*



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

### Level 1 Swimming

60-807-645

To begin developing positive attitudes, good swimming habits and safe practices in and around the water. Level 1 introduces fundamental strokes, with support, for learners to practice being independent in the water. Students MUST be at least 6 years old or older and be comfortable getting their faces wet. Bring your own towel to each class.

**64530** Sep 22 – Oct 22 TuTh 5:15-5:45p \$21.50/\$13  
*Hayward: LCO Casino Adrienne Graese*

**64532** Sep 22 – Oct 22 TuTh 6-6:30p \$21.50/\$13  
*Hayward: LCO Casino Adrienne Graese*

### Level 2 Swimming

60-807-645

Level 2 extends the skills of Level 1, including floating and 4 basic strokes, to be done independently. Students must be comfortable getting their faces wet.

**64527** Sep 22 – Oct 22 TuTh 4:30-5p \$21.50/\$13  
*Hayward: LCO Casino Adrienne Graese*

### Youth Swim Class Prep

60-807-645

This class is for parents who have children ages 4-6 who are new to swimming, uncomfortable in the water, or who are registering for the entry-level youth swimming classes. Parents will learn skills on preparing their child for group swimming lessons. Discussion and demonstration will include being comfortable in the water, basic terminology, and normal developmental progression through swimming lessons. Parents should bring a doll to class for practice exercises.

**65021** Aug 20 Th 5-6p \$13/\$8.75  
*Hayward: Hayward, Room 4 - ITV Adrienne Graese*

### Tai Chi

60-807-640

Tai chi is a great way to learn some basic 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. Check with your physician before starting any new exercise program.

**64220\*** Nov 3 – Dec 8 TuTh 9:30-10:30a \$47/\$25.75  
*Ladysmith: Rusk County Library Colleen Peters*  
 \*Class will not meet Nov 26.

### Aquatics

60-807-606

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

**64211** Oct 6 – Oct 29 TuTh 12:40-1:20p \$30/\$17.25  
*Ladysmith: Ladysmith High School Colleen Peters*

### Gentle Yoga

60-807-628

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

**64333** Sep 16 – Oct 28 W 2-3:30p \$55.50/\$30  
*Hayward: Northwoods Fitness Ctr Joan Shumway*

**64337\*** Nov 11 – Dec 16 W 2-3:30p \$38.50/\$21.50  
*Hayward: Northwoods Fitness Ctr Joan Shumway*  
 \*Class will not meet Nov 24.

### Yoga for Life

60-807-628

The class will introduce yoga stretches, postures and terms and is designed for those who are new to yoga, or have practiced a few times either with a teacher or a video. The class will help increase flexibility, strength, endurance, poise, and balance. Moving at a moderate pace, come prepared to move your body and deepen your practice! The class will consist of centering, warm-ups including sun salutations with some flow, standing and balancing postures, twists, and the class will end with a resting pose. Emphasis will be placed on yogic breathing to build focus and concentration and to unite the body, mind, and spirit. Each class will offer an opportunity to move the muscles, juice all the

joints, and balance the body front and back, side to side. Particular attention will be paid to alignment. Additionally, deep, relaxing, calming breath work will be introduced to help with concentration. Modifications will be offered. Please be sure to bring a yoga mat and a water bottle to each class. Please check with your physician before starting any new exercise program.

**65027** Sep 9 – Oct 14 W 5:15-6:30p \$38.50/\$21.5  
*Rice Lake: The Yoga Studio of Rice Lake WITC TBD*

**65028\*** Oct 28 – Dec 9 W 5:15-6:30p \$38.50/\$21.50  
*Rice Lake: The Yoga Studio of Rice Lake WITC TBD*  
\*Class will not meet Nov 25.

## Zumba Fitness

60-807-631

Zumba is a fun and exciting dance workout set to Latin- and International-inspired music. The routines and dance steps are basic and easy to learn. Bring water and a small towel to class; and wear comfortable, breathable clothing and shoes with a smooth sole. As always, consult with your physician before starting this or any other exercise program.

**64949** Sep 17 – Oct 22 Th 6:30-7:30p \$30/\$17.25  
*Ladysmith: Elementary School Korine Strom*

**64659\*** Sep 2 – Oct 28 W 4:30-5:30p \$72.50/\$38.50  
*Hayward: Primary School Lynn Fitch*  
\*Class will not meet Sept 7, Oct 14.

**64661\*** Sep 2 – Oct 28 W 4:30-5:30p \$38.50/\$21.50  
*Hayward: Primary School Lynn Fitch*  
\*Students may choose any 8 of the available 15 sessions. Class will not meet Sept 7, Oct 14.

**64662\*** Nov 2 – Dec 23 M 5-6p \$72.50/\$38.50  
*Hayward: Primary School Lynn Fitch*  
\*Students may use all 15 sessions of this class series. Class will not meet Nov 25.

**64692\*** Nov 2 – Dec 23 M 5-6p \$38.50/\$21.50  
*Hayward: Primary School Lynn Fitch*  
\*Students may choose any 8 of the available 15 sessions.

## 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.

**64947** Sep 14 – Oct 19 M 5:10-6:10p \$30/\$17.25  
*Ladysmith: Middle School Kathryn Elling*

**64948\*** Nov 2 – Dec 7 M 5:10-6:10p \$30/\$17.25  
*Ladysmith: Middle School Kathryn Elling*  
\*Class will not meet Nov 23.

## HOME & LEISURE

### Genealogy

42-803-405

Learn how to get started, mistakes to avoid, and how to stay organized while you research your family tree. There will be an emphasis on software, internet websites, and networking to help you flesh out the stories your ancestors left for you to discover. Vicki Garro has been researching her family for 34 years and relates there is always more to discover.

**64791** Oct 27 – Nov 17 Tu 6:30-8:30p \$30.18/\$4.50  
*Hayward: WITC-Hayward Vicki Garro*

**64794** Oct 27 – Nov 17 Tu 6:30-8:30p \$30.18/\$4.50  
*Rice Lake: 116 Vicki Garro*

### 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. We will talk about the legalities and practicalities of a home funeral, how spending time with a deceased loved one affects grief, and answer questions. It is legal, inexpensive and greener than a conventional funeral.

**64951** Sep 15 Tu 1-3:30p \$21.50/\$13  
*Hayward: Hayward, Room 4 - ITV Lucy Basler*

**64955** Oct 20 Tu 5:30-8p \$21.50/\$13  
*Rice Lake: 116 Lucy Basler*

### Wills and Trusts

42-102-404

Understand what your current estate plan will achieve for 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.

**64287** Oct 16 F 10a-12p \$10.92/\$4.50  
*Rice Lake: 221 Susan Miley*

**64292** Oct 30 F 10a-12p \$10.92/\$4.50  
*Hayward: WITC-Hayward Susan Miley*

**64294** Oct 30 F 10a-12p \$10.92/\$4.50  
*Ladysmith: WITC-Ladysmith Susan Miley*



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**ABC's & Ds Medicare/Consumer**

42-162-409

See course description on page 7.

64533	Sep 21	M 6:30-8p	\$10.92/\$4.50
	<i>Rice Lake: 120</i>		<i>WITC DonatedInstruction</i>
64537	Sep 21	M 6:30-8p	\$10.92/\$4.50
	<i>Hayward: WITC-Hayward</i>		<i>WITC DonatedInstruction</i>
64539	Sep 21	M 6:30-8p	\$10.92/\$4.50
	<i>Ladysmith: WITC-Ladysmith</i>		<i>WITC DonatedInstruction</i>
64547	Oct 13	Tu 10a-12p	\$10.92/\$4.50
	<i>Hayward: WITC-Hayward</i>		<i>WITC DonatedInstruction</i>
64548	Oct 13	Tu 10a-12p	\$10.92/\$4.50
	<i>Ladysmith: WITC-Ladysmith</i>		<i>WITC DonatedInstruction</i>
64446	Nov 11	W 10a-12p	\$10.92/\$4.50
	<i>Rice Lake: 155</i>		<i>WITC DonatedInstruction</i>
64449	Nov 11	W 10a-12p	\$10.92/\$4.50
	<i>Hayward: WITC-Hayward</i>		<i>WITC DonatedInstruction</i>
64450	Nov 11	W 10a-12p	\$10.92/\$4.50
	<i>Ladysmith: WITC-Ladysmith</i>		<i>WITC DonatedInstruction</i>
64453	Dec 3	Th 6:30-8p	\$10.92/\$4.50
	<i>Rice Lake: 120</i>		<i>WITC DonatedInstruction</i>
64465	Dec 3	Th 6:30-8p	\$10.92/\$4.50
	<i>Hayward: WITC-Hayward</i>		<i>WITC DonatedInstruction</i>
64466	Dec 3	Th 6:30-8p	\$10.92/\$4.50
	<i>Ladysmith: WITC-Ladysmith</i>		<i>WITC DonatedInstruction</i>

**Sell Your Stuff**

60-305-600

So you have too much STUFF! Time to clean house. Local buying/selling Facebook groups are a great avenue to present, sell and swap your gently used items. In this class you will learn how to display your items for better online viewing, post your photos in albums, and begin the selling process. This course will not cover e-Bay. Basic buy/sell online etiquette will also be discussed.

64826	Oct 21	W 5:30-8:30p	\$21.50/\$13
	<i>Hayward: Hayward, Room 4 - ITV</i>		<i>Esther Maina</i>
64828	Oct 21	W 5:30-8:30p	\$21.50/\$13
	<i>Rice Lake: 116</i>		<i>Esther Maina</i>

**Cake Decorating-Beginning**

60-303-607

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

list and the instructor's information go to: <http://www.witc.edu/supplies>.

64904	Oct 6 - Oct 27	Tu 6-8p	\$43.10/\$26.10
	<i>Rice Lake: Rice Lake High School</i>		<i>Fay Olson</i>

**Everything Pumpkin!**

60-303-610

Students will learn skills and techniques related to cooking. A \$10 supply fee is due at the beginning of class. Please bring containers to bring home your foods.

64524	Oct 27	Tu 6-9p	\$21.55/\$13.05
	<i>Chetek: Chetek High School</i>		<i>Sydney Tanner</i>

**Gluten Free for Beginners**

60-303-610

Join with us as we explore a Gluten Free life at home or in the kitchen— come and learn (in an interactive setting) about different flours, ingredients, and recipes so you will be able to make your own meals at a fraction of the cost of "store bought."

64812	Nov 12	Th 6-8p	\$13/\$8.75
	<i>Rice Lake: 116</i>		<i>Sydney Tanner</i>
64814	Nov 12	Th 6-8p	\$13/\$8.75
	<i>Hayward: WITC-Hayward</i>		<i>Sydney Tanner</i>

**Granola Bars**

60-303-610

Students will learn skills and techniques related to cooking. A \$10 supply fee is due at the beginning of class. Please bring containers to bring home your foods.

64526	Oct 19	M 6-9p	\$21.55/\$13.05
	<i>Chetek: Chetek High School</i>		<i>Sydney Tanner</i>

**Let's Get WOK-ing**

60-303-610

Learn the skills and techniques related to cooking.

64531	Oct 1	Th 6-9p	\$21.55/\$13.05
	<i>Chetek: Chetek High School</i>		<i>Sydney Tanner</i>

**Responsible Beverage Service**

47-311-400

See course description on page 18.

64410	Oct 19	M 5:30-9:30p	\$25/\$12.16
	<i>Rice Lake: 155</i>		<i>Elaine Schuck</i>
64411	Nov 9	M 5:30-9:30p	\$25/\$12.16
	<i>Hayward: WITC-Hayward</i>		<i>Elaine Schuck</i>



WISCONSIN  
INDIANHEAD  
TECHNICAL  
COLLEGE



**Grow Sacred & Medicinal Herbs**

60-001-602

Join us for an evening of lively discussion about sacred and medicinal herbs. Learn how to grow your own, or where and when to collect in the wild.

<b>64536</b>	Sep 10	Th 8-9p	\$21.50/\$13
	<i>Chetek: High School</i>		<i>Sydney Tanner</i>
<b>64817</b>	Dec 3	Th 6-8p	\$13/\$8.75
	<i>Rice Lake: 116</i>		<i>Sydney Tanner</i>
<b>64818</b>	Dec 3	Th 6-8p	\$13/\$8.75
	<i>Hayward: WITC-Hayward</i>		<i>Sydney Tanner</i>

**Rain Gardens**

60-001-602

Rain Gardens-Whether you live in town, on a lake or in the country, installing a rain garden will reduce erosion and the amount of water entering local storm drain systems, lakes and rivers. A rain garden will also provide habitat for pollinators and other species. We will learn how to design and install a rain garden for your site. Bring information from your site, type of soil, size of area that water will be draining from.

<b>64953</b>	Aug 18	Tu 5:30-7p	\$13/\$8.75
	<i>Hayward: Hayward, Room 4 - ITV</i>		<i>Sarah Boles</i>
<b>64954</b>	Aug 18	Tu 5:30-7p	\$13/\$8.75
	<i>Rice Lake: 116</i>		<i>Sarah Boles</i>

**LIFELONG LEARNING****Secrets to Learning Languages**

42-801-400

Learning another language is not as hard as you think. Join anthropologist Tom Correll to discover procedures for making the process of learning a new language easy. In this class, you will learn how languages are composed and gain skills for making learning a new language easier than you think. Tom will help you see just how many languages are in our world today and what characteristics compose human language to make them easier to learn.

<b>64663*</b>	Sep 22 – Oct 20	Tu 1-4p	\$43.02/\$4.50
	<i>Hayward: Hayward, Room 4 - ITV</i>		<i>WITC TBD</i>
	<i>*Class will not meet Oct 13.</i>		
<b>64771*</b>	Sep 22 – Oct 20	Tu 1-4p	\$43.02/\$4.50
	<i>Rice Lake: 116</i>		<i>WITC TBD</i>
	<i>*Class will not meet Oct 13.</i>		
<b>64776*</b>	Sep 22 – Oct 20	Tu 1-4p	\$43.02/\$4.50
	<i>Rice Lake: 7</i>		<i>WITC TBD</i>
	<i>*Class will not meet Oct 13.</i>		
<b>64777*</b>	Sep 22 – Oct 20	Tu 1-4p	\$43.02/\$4.50
	<i>Rice Lake: 0115A</i>		<i>WITC TBD</i>
	<i>*Class will not meet Oct 13.</i>		

**Baby and Toddler Sign Language**

42-810-415

In a playful, educational and language-rich environment, you will learn how to use age-appropriate American Sign Language vocabulary with babies and toddlers. Through interactive games, songs and instructor/child demonstrations you will learn more than 100 recommended first signs that you can use at home or in a daycare situation.

<b>65099</b>	Aug 5 – Aug 26	W 5:30-7p	\$23.76/\$4.50
	<i>Rice Lake:</i>		<i>Janey Mika</i>

**Leadership Conference**

47-196-421

This day-long leadership conference is intended for current and future leaders within business, government, and non-profit organizations. Through dynamic speakers and hands-on workshops, discover new ideas and tools to enhance your leadership skills. Light breakfast and lunch included. CEU's are available.

<b>64283</b>	Oct 15	Th 7:30a-3:30p	\$149/\$129.74
	<i>Rice Lake: 241</i>		<i>Various Speakers</i>

**Dynamic Volunteer Leadership**

47-196-410

If you are a leader or member of a volunteer organization, join us to learn how to get the most out of your meetings and teams. During this interactive workshop, gain skills that will end boring meetings to replace them with organized, successful sessions that will move your group toward greater effectiveness. Activities and discussion will guide you how to better manage a meeting, strategically plan, define roles and responsibilities and garner greater participation from your group.

<b>64402</b>	Oct 19	M 5:30-8:30p	\$17.34/\$4.50
	<i>Hayward: Hayward, Room 4 - ITV</i>		<i>Susan Reinardy</i>
<b>64566</b>	Oct 19	M 5:30-8:30p	\$17.34/\$4.50
	<i>Rice Lake: 209</i>		<i>Susan Reinardy</i>
<b>64567</b>	Oct 19	M 5:30-8:30p	\$17.34/\$4.50
	<i>Rice Lake: 152</i>		<i>Susan Reinardy</i>
<b>64568</b>	Oct 19	M 5:30-8:30p	\$17.34/\$4.50
	<i>Rice Lake: 128</i>		<i>Susan Reinardy</i>
<b>64569</b>	Oct 19	M 5:30-8:30p	\$17.34/\$4.50
	<i>Rice Lake: 217</i>		<i>Susan Reinardy</i>

**Wild Mushrooms 101**

42-806-410

This is a classroom session covering the 'three rules + one' and the 'safe six': morels, shaggy manes, hen of the woods, chicken mushrooms, oyster mushrooms and puffballs. Topics include tree identification, ethics, safety, storage and preparation. Poisonous mushrooms will also be discussed. The in-

structor is a 30+ year veteran of wild mushroom foraging, a certified expert by the Minnesota Dept of Agriculture and owns Tavis's Mushrooms.

<b>65031</b>	Aug 25 – Aug 27	TuTh 5:30-8:30p	\$23.76/\$4.50
	<i>Rice Lake: 116</i>		<i>Tavis Lynch</i>
<b>65032</b>	Aug 25 – Aug 27	TuTh 5:30-8:30p	\$23.76/\$4.50
	<i>Hayward: Hayward, Room 4 - ITV</i>		<i>Tavis Lynch</i>
<b>65033</b>	Aug 25 – Aug 27	TuTh 5:30-8:30p	\$23.76/\$4.50
	<i>Rice Lake: 216</i>		<i>Tavis Lynch</i>
<b>65034</b>	Aug 25 – Aug 27	TuTh 5:30-8:30p	\$23.76/\$4.50
	<i>Rice Lake: 203</i>		<i>Tavis Lynch</i>

**Wild Mushrooms 201**

42-806-410

Discover easily identified but lesser known edible mushrooms not covered in Wild Mushrooms 101. Discover more accurate identification techniques and a map of mushroom seasons. Make a spore print and identify trees associated with different mushroom species. Mushrooms covered include: Hericium, Lobster Mushrooms, Leccinum, Hedgehog, Black Trumpet, Entoloma and Elm Oysters. The instructor is a 30+ year veteran of wild mushroom foraging, a certified expert by the MN Dept of Agriculture, and owns Tavis's Mushrooms. Pre-requisite: Wild Mushrooms 101.

<b>65035</b>	Sep 1 – Sep 2	TuW 5:30-8:30p	\$23.76/\$4.50
	<i>Rice Lake: 116</i>		<i>Tavis Lynch</i>
<b>65036</b>	Sep 1 – Sep 2	TuW 5:30-8:30p	\$23.76/\$4.50
	<i>Hayward: Hayward, Room 4 - ITV</i>		<i>Tavis Lynch</i>

**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. Take this opportunity to share your memorable stories in class and with loved ones.

<b>64912*</b>	Sep 22 – Nov 3	Tu 6-8p	\$55.50/\$30
	<i>Rice Lake: 131</i>		<i>WITC TBD</i>
	<i>*Class will not meet Oct 13.</i>		

**SAFETY & TRANSPORTATION**

**Motorcycle - Basic Rider 1**

42-816-400

See course description on page 20.

<b>64562</b>	Aug 22 – Aug 23	SaSu 8a-5p	\$257.41
	<i>Rice Lake: 401</i>		<i>Richard Richter</i>
<b>64563</b>	Sep 12 – Sep 13	SaSu 8a-5p	\$257.41
	<i>Rice Lake: 401</i>		<i>Judith Anderson</i>
<b>64564</b>	Sep 19 – Sep 20	SaSu 8a-5p	\$257.41
	<i>Rice Lake: 401</i>		<i>Richard Richter</i>

**Traffic Safety for Point Reduction**

42-812-404

See course description on page X

<b>64699</b>	Nov 4 – Nov 12	WTh 6-9p	\$66.92/\$28.40
	<i>Rice Lake: 212</i>		<i>Clifford Parr</i>

**CPR Health Care Provider - AHA**

47-531-437

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

<b>64347</b>	Sep 19	Sa 8:30a-4:30p	\$44.58/\$18.90
	<i>Rice Lake: 155</i>		<i>WITC TBD</i>
<b>64348</b>	Nov 3 – Nov 4	TuW 6-10p	\$44.58/\$18.90
	<i>Rice Lake: 174</i>		<i>WITC TBD</i>
<b>64350</b>	Dec 5	Sa 8:30a-4:30p	\$44.58/\$18.90
	<i>Hayward: WITC-Hayward</i>		<i>Matthew Fitch</i>
<b>64349</b>	Dec 12	Sa 8:30a-4:30p	\$44.58/\$18.90
	<i>Rice Lake: 174</i>		<i>WITC TBD</i>

**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>64351</b>	Sep 19	Sa 12:30-4:30p	\$25/\$12.16
	<i>Rice Lake: 155</i>		<i>WITC TBD</i>
<b>64352</b>	Nov 4	W 6-10p	\$25/\$12.16
	<i>Rice Lake: 174</i>		<i>WITC TBD</i>
<b>64354</b>	Dec 5	Sa 12:30-4:30p	\$25/\$12.16
	<i>Hayward: WITC-Hayward</i>		<i>Matthew Fitch</i>
<b>64353</b>	Dec 12	Sa 12:30-4:30p	\$25/\$12.16
	<i>Rice Lake: 174</i>		<i>WITC TBD</i>

**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.

<b>64355</b>	Oct 10	Sa 8:30a-4:30p	\$44.23/\$18.55
	<i>Rice Lake: 174</i>		<i>WITC TBD</i>
<b>64356</b>	Oct 24	Sa 8:30a-4:30p	\$44.23/\$18.55
	<i>Hayward: WITC-Hayward</i>		<i>Matthew Fitch</i>
<b>64357</b>	Nov 14	Sa 8:30a-4:30p	\$44.23/\$18.55
	<i>Ladysmith: WITC-Ladysmith</i>		<i>Renee Sajdera</i>

**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.

<b>64358</b>	Oct 10	Sa 8:30a-12:30p	\$39.05/\$26.21
	<i>Rice Lake: 174</i>		<i>WITC TBD</i>
<b>64359</b>	Oct 24	Sa 8:30a-12:30p	\$39.05/\$26.21
	<i>Hayward: WITC-Hayward</i>		<i>Matthew Fitch</i>
<b>64360</b>	Nov 14	Sa 8:30a-12:30p	\$39.05/\$26.21
	<i>Ladysmith: WITC-Ladysmith</i>		<i>Renee Sajdera</i>

**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.

<b>64361</b>	Sep 26	Sa 8:30a-4:30p	\$44.23/\$18.55
	<i>Rice Lake: 174</i>		<i>WITC TBD</i>
<b>64362</b>	Nov 7	Sa 8:30a-4:30p	\$44.23/\$18.55
	<i>Hayward: WITC-Hayward</i>		<i>Matthew Fitch</i>
<b>64363</b>	Dec 5	Sa 8:30a-4:30p	\$44.23/\$18.55
	<i>Rice Lake: 155</i>		<i>WITC TBD</i>

**Pediatric Medic First Aid & CPR Recertification**

47-531-477

This course will recertify a student in Pediatric Medic First Aid & CPR. Students will renew their skills in

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

<b>64364</b>	Sep 26	Sa 8:30a-12:30p	\$39.05/\$26.21
	<i>Rice Lake: 174</i>		<i>WITC TBD</i>
<b>64365</b>	Nov 7	Sa 8:30a-12:30p	\$39.05/\$26.21
	<i>Hayward: WITC-Hayward</i>		<i>Matthew Fitch</i>
<b>64366</b>	Dec 5	Sa 8:30a-12:30p	\$39.05/\$26.21
	<i>Rice Lake: 155</i>		<i>WITC TBD</i>

**Superior Region****ARTS****Art: Beginning Watercolor II**

60-815-600

Discover the joy and challenge of working with watercolors. This is a continuation of Kathryn's spring class in various techniques; color mixing and some sketching will be discussed. Please go to: <http://www.witc.edu/supplies> for a full supply list.

<b>64769</b>	Sep 21 – Oct 19	M 1-4p	\$72.50/\$38.50
	<i>Solon Springs: Twisted Twig Studio</i>		<i>Kathryn Maas</i>

**Art: Water Color**

60-815-600

Learn to use the natural beauty of watercolors and the key elements of art to enhance and exhilarate your paintings. Instructor Stephen Staurseth will demonstrate basic techniques as you work on 3 paintings. Subject areas can be landscapes, still-life, flowers, farm scenes, etc. Bring your own supplies (instructor will also give out a list the first day of class) and have some fun with watercolors.

<b>64856*</b>	Sep 24 – Dec 3	Th 6-9p	\$132.75/\$69
	<i>Superior: 310</i>		<i>Stephen Staurseth</i>
	<i>*Class will not meet Nov 26.</i>		



Instructor Facilitated Online Courses at  
[witc.edu/continuing-education/ed2go.htm](http://witc.edu/continuing-education/ed2go.htm)

**Basket Weaving**

60-815-620

Please bring a pan for water that is 12" X 12" and 6" deep, sharp heavy duty scissors, tape measure, old towel and a pencil. Instructor will furnish all materials for a cost of \$37 which will be paid to the instructor at class. A picture of the basket can be obtained by email the instructor at pziburski@aol.com. WE WILL WEAVE A DIFFERENT BASKET EVERY MONTH.

<b>64754</b>	Sep 28	M 4-10p	\$30/\$17.25
	<i>Superior: 134</i>		<i>Patricia Ziburski</i>
<b>64755</b>	Oct 26	M 4-10p	\$30/\$17.25
	<i>Superior: 134</i>		<i>Patricia Ziburski</i>
<b>64756</b>	Nov 9	M 4-10p	\$30/\$17.25
	<i>Superior: 134</i>		<i>Patricia Ziburski</i>
<b>64757</b>	Dec 14	M 4-10p	\$30/\$17.25
	<i>Superior: 134</i>		<i>Patricia Ziburski</i>

**Basic Music Theory**

60-805-605

Music is a language. Like any other language, you need to learn the foundations of music, that you can communicate it. In this class you will learn how to write Musical Notation: learn the pulse (or how it moves) and the musical notation, where it begins, travels and where it ends. No only will you learn how to write the basics of music, you will create create your own personal song as we move along with the course!

<b>64911</b>	Sep 29 – Oct 6	Tu 6-8p	\$21.50/\$13
	<i>Superior: 200</i>		<i>Steve Perkins</i>

**Basic Popular Music**

60-805-605

Music has been going for thousands and thousands of years. Learn the basics of Popular Music, covering the genres such as Tin Pan Alley, the very beginning of popular music, musical theater, ragtime and blues, jazz, country and rock. At the end of the course, you will have a brief understanding of how music came to be in America.

<b>64914</b>	Oct 20 – Oct 27	Tu 6-8p	\$21.50/\$13
	<i>Superior: 111</i>		<i>Steve Perkins</i>

**Beginning Acoustic Guitar**

60-805-605

Beginner and intermediate students will learn to play acoustic guitar with understanding of basic styles, beginning music theory, tablature and more. Your instructor has toured the U.S. with Lawrence Welk Show regular Ava Barber, has Bachelor of Music Education Degree and was a band director for 15 years.

<b>64550</b>	Sep 29 – Dec 1	Tu 7-8p	\$38.50/\$21.50
	<i>Superior: 206</i>		<i>Alan Copenhaver</i>

**Beginning Bluegrass Banjo**

60-805-605

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

<b>64549</b>	Oct 1 – Nov 19	Th 7-8p	\$38.50/\$21.50
	<i>Superior: 206</i>		<i>Alan Copenhaver</i>

**Music: The Science of Sound**

60-805-605

Ever wonder how you hear instruments that are played or the vocals that are sung in music? Well in this course, you will learn the basics of what a sound system does and how it produces the sounds we hear. We will cover things such as audio signals, the basic purpose of a sound system, a practical model of a sound system and more. If you are interested in audio, this class is for you.

<b>64915</b>	Nov 10 – Nov 17	Tu 6-8p	\$21.50/\$13
	<i>Superior: 216</i>		<i>Steve Perkins</i>

**Ukulele for Beginners**

60-805-605

Learn to play Ukulele with understanding of basic styles, beginning music theory, tablature and more. Beginner students welcome. Your instructor grew up learning to play in Virginia, has toured the US with Lawrence Welk Show regular Ava Barber, holds his Bachelor of Music Education degree and was a school band director for 15 years. Bring your own Ukelele to class or borrow from a friend. Rentals are not available through the instructor.

<b>65022</b>	Oct 1 – Nov 19	Th 5:30-6:30p	\$38.50/\$21.50
	<i>Superior: 206</i>		<i>Alan Copenhaver</i>

**Natural Dyes**

60-815-640

Come and learn about different natural dyes, and dyeing in a classroom setting. This workshop promises great discussion, collecting, equipment, dye recipes, methods, and mordants. It's not often you can have fun learning and talking about dyeing! A \$5 supply fee is payable to the instructor at the beginning of class. You may bring your own natural fabric or yarn to dye.

<b>64798</b>	Oct 20	Tu 6-8p	\$13/\$8.75
	<i>Superior: 216</i>		<i>Sydney Tanner</i>

## Quilting: Easy Table Runner

60-304-615

In this basic table runner quilting class, you will create a project from scratch as you learn to use a rotary cutter and ruler. You will also learn quilting terminology, cut the material for your project, sew your pieces together and finish with binding. This runner will use a piecing of a “vanishing 4-patch” block. Please bring your own sewing machines and sewing tools to class. Please visit [www.witc.edu/supplies](http://www.witc.edu/supplies) for your supply list.

64782 Sep 16 – Sep 30 W 6-8p \$30/\$17.25  
 Superior: 216 Barbara McDaniel

## 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.

64324\* Sep 8 – Oct 12 Tu 9:30-11:30a \$43.02/\$4.50  
 Superior: Senior Citizen Ctr Superior Roberta Grube  
 \*Class will meet Mon Oct 12.

64329\* Sep 8 – Oct 12 Tu 12-2p \$43.02/\$4.50  
 Superior: Senior Citizen Ctr Superior Roberta Grube  
 \*Class will meet Mon Oct 12.

64385 Sep 10 – Oct 15 Th 9:30-11:30a \$43.02/\$4.50  
 Superior: Senior Citizen Ctr Superior Roberta Grube

64388\* Oct 20 – Dec 1 Tu 9:30-11:30a \$43.02/\$4.50  
 Superior: Senior Citizen Ctr Superior Roberta Grube  
 \*Class will not meet Nov 24.

64389\* Oct 20 – Dec 1 Tu 12-2p \$43.02/\$4.50  
 Superior: Senior Citizen Ctr Superior Roberta Grube  
 \*Class will not meet Nov 24.

64391\* Oct 22 – Dec 3 Th 9:30-11:30a \$43.02/\$4.50  
 Superior: Senior Citizen Ctr Superior Roberta Grube  
 \*Class will not meet Nov 26.

### Comp: For Seniors Beg

42-107-413

Learn the basics needed to get started using personal computers. Develop skills in the use of the computer including the mouse and keyboard along with knowledge of terminology. As a new

user of personal computers you will be introduced to word processing, the Internet, Windows, and various types of computers and components.

64386 Sep 10 – Oct 15 Th 12-2p \$43.02/\$4.50  
 Superior: 304 Roberta Grube

64393\* Oct 22 – Dec 3 Th 12-2p \$43.02/\$4.50  
 Superior: 304 Roberta Grube  
 \*Class will not meet Nov 26.

### Beginning Genealogy

60-107-602

Discover the types of records your ancestors may have left behind and where to find them. Become familiar with pedigree charts, kinship reports, family group sheets, different genealogy software programs, genealogy filing systems, and some genealogy websites. Bring your library card, flash drive, and genealogy data, and laptop if you have one.

64445 Sep 18 – Oct 9 F 1-4p \$55.50/\$30  
 Superior: Senior Citizen Ctr Superior Vicki Garro

### Comp: iPad & Much More

60-107-602

Bring your iPad and charger for hands-on practice with essential iPad skills! Learn essential Settings features like searching for Wi-Fi connections, anchoring your most used apps, and adjusting key settings commands. Practice communicating via e-mails (with attachments), Skype or FaceTime, move apps across screens, and investigate the messaging app. Explore 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: Create an Apple ID using the guide located at <http://www.witc.edu/supplies> before you attend class.

64463 Oct 30 F 9a-3p \$30/\$17.25  
 Superior: 301 Venessa Osborne

### Genealogy Internet Research

60-107-602

Learn about the vast and varied ways to use the internet for genealogical research. Explore some of the government archival sites, historical societies, university websites (both domestic and abroad) as well as free and subscription databases. Learn to use web forums, message boards and library sites to help solve specific family research problems. Get familiar with Google and other search engines, computer-generated maps, podcasts and translation websites. No class on 11/13.

64448 Oct 16 – Nov 6 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. If you do not have an email account, you will learn how to create and manage one. Specific time is devoted to uploading content, securing your privacy and creating lasting relationships online.

64455 Oct 21 W 5-8p \$21.50/\$13  
*Superior: 300 Amy Poznaniak*

### 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.

64454 Oct 1 Th 5:30-8:30p \$21.50/\$13  
*Superior: 304 Venessa Osborne*

### 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.

64435 Oct 5 – Oct 12 MW 5:30-8p \$30/\$17.25  
*Superior: 304 Amy Poznaniak*

## DO-IT-YOURSELF

### Dog Obedience

60-091-620

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

64945 Sep 16 – Nov 4 W 6:30-7:30p \$42.40/\$25.40  
*Superior: Maranatha Academy Vicki Garro*

### Extreme Backyard Chickens

60-091-610

This course is for people looking to enjoy their flock with a side benefit of having eggs and meat for the family. This isn't a chicken farmers course! You'll learn how to build/set up your coop with basic/functional and extreme designs. Topics covered include: predator proofing, "should I have egg laying or meat birds or both?"; do's and don'ts on selecting your flock, free range versus penned and reasons egg production decreases. Additional topics will include: cannibalism, typical chicken illnesses and treatment, introducing new chickens to the flock, and finally- Roosters - are they necessary?

64788 Nov 4 W 5:30-8:30p \$21.50/\$13  
*Superior: 0115A Esther Mania*

### Auto Mechanics for 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. Plan to work on your own vehicle in coordination with instructor.

64654 Sep 17 – Nov 19 Th 6-9p \$106.80/\$10.5  
*Superior: 117 Terrance Tucker*

### Machine Tool Open Shop

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.

64650\* Sep 10 – Dec 3 Th 6-9p \$143.91/\$28.35  
*Superior: 126 Steven Merling*  
 \*Class will not meet Nov 26.

64651\* Sep 11 – Dec 4 F 5-8p \$143.91/\$28.35  
*Superior: 119 Steven Merling*  
 \*Class will not meet Nov 27.

### Small Engine Repair for Mechanics

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.

64655\* Sep 16 – Dec 2 W 6-9p \$109.43/\$13.13  
*Superior: 117 Terrance Tucker*  
 \*Class will not meet Oct 14, Nov 25.

## Welding

47-442-406

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

64645\* Sep 4 – Dec 18 F 6-9p \$216.09/\$68.43  
 Superior: 118 Jerry Thompson  
 \*Class will not meet Nov 27.

## HEALTHY LIVING

### Boosting Brain Botanically

60-560-610

See course description on page 14.

64720 Sep 9 W 10a-12:30p \$21.50/\$13  
 Superior: 217 Gigi Stafne

64727 Sep 16 W 6-8:30p \$21.50/\$13  
 Superior: 206 Gigi Stafne

### E-Oils from Head to Toe

60-560-610

Essential oils have been around and used for thousands of years and are making their well-deserved comeback! Join us to learn the hundreds of healthy benefits of essential oils. You'll learn how to get non-toxic and natural relief from ailments head-to-toe using essential oils. Whether you are new to oils or have dabbled a bit, this is the perfect class for you.

65025 Nov 3 Tu 5:30-7:30p \$13/\$8.75  
 Superior: 206 Natalie Harris

### E-Oils: Toxic-Free Home

60-560-610

Essential oils have been around and used for thousands of years and are making their well-deserved comeback! There are chemicals and toxins lurking in our homes from the cleaning supplies we use to the medicine cabinet and even in our personal products. Join us to learn how you can replace these toxins and chemicals with safe and effective, natural, non-toxic essential oils.

65024 Oct 27 Tu 5:30-7:30p \$13/\$8.75  
 Superior: 216 Natalie Harris

## Essential Oils for Daily Life

60-560-610

In this class you'll be introduced to common essential oils used in everyday life. You'll discover the theory behind their benefits, where they come from and how to use them properly. In addition, you will learn the various "methods" in which oils are used, for example through ingestion, topical or aromatic diffusion. Come learn which basic oils should be a staple in your home medicine cabinet.

64307 Sep 29 Tu 5:30-8:30p \$21.50/\$13  
 Superior: 0115B WITC TBD

## Essential Oils/Mood Management

60-560-610

Come learn how to manage your mood with essential oils. Essential oils are both physical and emotional, and with the information gathered at this short course, you'll have many options to use in managing your emotional state.

64315 Oct 5 M 5:30-8:30p \$21.50/\$13  
 Superior: 117 WITC TBD

## Herbs for Winter Blues

60-560-610

Herbs to Help Beat the Winter Blues. Before the long winter ahead, tap into ancient and contemporary nature wisdom about how to maintain a strong sense of health, hope and happiness. Many herbs that address anxiety, depression and well-being will be presented.

64730 Sep 23 W 10a-12:30p \$21.50/\$13  
 Superior: 0115B Gigi Stafne

64735 Oct 7 W 6-8:30p \$21.50/\$13  
 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.

64907 Sep 14 – Oct 14 MW 9:30-10:30a \$TBD  
 Superior: Central Assembly of God Judith Azmitia

64946 Oct 26 – Nov 25 MW 9:30-10:30a \$TBD  
 Superior: Central Assembly of God Judith Azmitia

**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. Class location and time subject to change.

- 64767 Sep 9 – Oct 28 W 10-11a \$38.50/\$21.50  
*Superior: CountryPeacePresb Ch Thomas Ross*
- 64765 Sep 14 – Nov 2 M 5:15-6:15p \$38.50/\$21.50  
*Superior: North Star Health & Fitness Thomas Ross*
- 64768 Nov 11 – Dec 16 W 10-11a \$38.50/\$21.50  
*Superior: CountryPeacePresbCh Thomas Ross*
- 64766 Nov 16 – Dec 21 M 5:15-6:15p \$38.50/\$21.50  
*Superior: North Star Health & Fitness 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. No class 11/24 or 11/26.

- 64763\* Sep 15-Dec 10 TuTh 9:30-10:30a  
\$106.50/\$55.50  
*Superior: Yoga Tree Catherine Anderson*  
*\*Class will not meet Nov 24, 26.*

**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. No class 11/26.

- 64764\* Sep 17 – Dec 10 Th 5:15-6:30p \$72.50/\$38.50  
*Superior: Yoga Tree Catherine Anderson*  
*\*Class will not meet Nov 26.*

**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. We will talk about the legalities and practicalities of a home funeral, how spending time with a deceased loved one affects grief, and answer questions. It is legal,

inexpensive and greener than a conventional funeral.

- 64952 Sep 15 Tu 1-3:30p \$21.50/\$13  
*Superior: 217 Lucy Basler*
- 64956 Oct 20 Tu 5:30-8p \$21.50/\$13  
*Superior: 128 Lucy Basler*

**Genealogy**

42-803-405

Learn how to get started, mistakes to avoid, and how to stay organized while you research your family tree. There will be an emphasis on software, internet websites, and networking to help you flesh out the stories your ancestors left for you to discover. Vicki Garro has been researching her family for 34 years and relates there is always more to discover.

- 64790 Oct 27 – Nov 17 Tu 6:30-8:30p \$30.18/\$4.50  
*Superior: 0212D Vicki Garro*

**Gluten Free for Beginners**

60-303-610

Join with us as we explore a Gluten Free life at home or in the kitchen— come and learn (in an interactive setting) about different flours, ingredients, and recipes so you will be able to make your own meals at a fraction of the cost of “store bought.”

- 64815 Nov 12 Th 6-8p \$13/\$8.75  
*Superior: 217 Sydney Tanner*

**Grow Sacred & Medicinal Herbs**

60-001-602

Join us for an evening of lively discussion about sacred and medicinal herbs. Learn how to grow your own, or where and when to collect in the wild.

- 64819 Dec 3 Th 6-8p \$13/\$8.75  
*Superior: 217 Sydney Tanner*

**Sell Your Stuff**

60-305-600

So you have too much STUFF! Time to clean house. Local buying/selling Facebook groups are a great avenue to present, sell and swap your gently used items. In this class you will learn how to display your items for better online viewing, post your photos in albums, and begin the selling process. This course will not cover e-Bay. Basic buy/sell online etiquette will also be discussed.

- 64829 Oct 21 W 5:30-8:30p \$21.50/\$13  
*Superior: 0115A Esther Maina*



**Wills and Trusts**

42-102-404

Understand what your current estate plan will achieve for 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.

64288	Oct 23	F 10a-12p	\$10.92/\$4.50
	<i>Superior: 112</i>		<i>Susan Miley</i>
64291	Oct 23	F 10a-12p	\$10.92/\$4.50
	<i>Superior:</i>		<i>Susan Miley</i>

**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? Well, 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!

64944	Oct 10	Sa 10a-12p	\$13/\$8.75
	<i>Superior: 206</i>		<i>May Joseph</i>

**ABC's & Ds Medicare/Consumer**

42-162-409

See course description on page 7.

64521	Sep 21	M 6:30-8p	\$10.92/\$4.50
	<i>Superior: 134</i>		<i>WITC Donated Instruction</i>
64540	Oct 13	Tu 10a-12p	\$10.92/\$4.50
	<i>Superior:</i>		<i>WITC Donated Instruction</i>
64541	Oct 13	Tu 10a-12p	\$10.92/\$4.50
	<i>Ashland</i>	<i>WITC Donated Instruction</i>	
64543	Oct 13	Tu 10a-12p	\$10.92/\$4.50
	<i>Rice Lake</i>	<i>WITC Donated Instruction</i>	
64545	Oct 13	Tu 10a-12p	\$10.92/\$4.50
	<i>New Richmond</i>	<i>WITC Donated Instruction</i>	
64289	Nov 11	W 10a-12p	\$10.92/\$4.50
	<i>Superior: 134</i>		<i>WITC Donated Instruction</i>
64451	Dec 3	Th 6:30-8p	\$10.92/\$4.50
	<i>Superior: 134</i>		<i>WITC Donated Instruction</i>

**Chinese 101 - Stir Fried Rice**

60-303-610

You will leave this class making perfect Chinese fried rice and stir-fry dishes that will wow your crowd. Get an "in" on the secrets to both and master them in the class. You will leave with great techniques to apply in your own kitchen. Come join us, have some fun! Bring your wok and spatula (if you have them), a plate with utensils, and a supply fee of \$6 payable to instructor at class.

64942	Sep 19	Sa 10a-2p	\$21.55/\$13.05
	<i>Superior: Superior Middle Sch</i>		<i>May Joseph</i>

**Cooking Chinese in a Hurry II**

60-303-610

A sequel created due to overwhelming response to Part 1. Whip up super simple dishes - fast & easy, but good for you. Your crowd will beg for seconds! Convert garden produce like cucumbers, squashes, lettuce, green beans and peas to the table. Don't miss out on this class! Bring along a plate, utensils to enjoy/savor our creation and a supply fee of \$6 payable to instructor at class.

64941	Nov 14	Sa 10a-2p	\$21.55/\$13.05
	<i>Superior: Superior Middle Sch</i>		<i>May Joseph</i>

**Introduction to Indian Food**

60-303-610

Put on your aprons and let's turn the heat up for some fun and spices! This is a MUST class for those who love cinnamon, cardamom, curries and hot chili peppers. Make way for new spices on your spice rack! These dishes learned here will open you to a whole different dimension, the good and healthy way. Word of warning, this would be true authentic Indian food. Please bring a supply fee of \$8 payable to instructor at class.

64943	Oct 31	Sa 10a-2p	\$21.55/\$13.05
	<i>Superior: Superior Middle Sch</i>		<i>May Joseph</i>

**Let's Make Jam**

60-303-610

Let's learn how to make homemade jam! Join instructor, Holly Gruber, champion State and County Fair award winning canner to learn how to make exceptional preserves. In this class you'll learn the basics involved in boiling-water bath processing, then you'll have the chance to cook up and process a batch of jam. At the end of the class, you'll have one jar of homemade jam to bring home. And you'll have learned a new life skill. A materials fee of \$10 must be paid to instructor at start of class.

65023	Oct 3	Sa 10a-2p	\$21.55/\$13.05
	<i>Superior: Superior Middle Sch</i>		<i>Holly Gruber</i>

**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.

65643	Dec 5	Sa 9a-1p	\$21.55/\$13.05
	<i>Superior: Middle School</i>		<i>May Joseph</i>

## Responsible Beverage Service

47-311-400

See course description on page 18.

**64414** Nov 7 Sa 9a-1p \$25/\$12.16  
*Superior: 136 WITC TBD*

## LIFELONG LEARNING

### Baby and Toddler Sign Language

42-810-415

In a playful, educational and language-rich environment, you will learn how to use age-appropriate American Sign Language vocabulary with babies and toddlers. Through interactive games, songs and instructor/child demonstrations you will learn more than 100 recommended first signs that you can use at home or in a daycare situation.

**65100** Aug 5 – Aug 26 W 5:30-7p \$23.76/\$4.50  
*Superior: Janey Mika*

### Secrets to Learning Languages

42-801-400

Learning another language is not as hard as you think. Join anthropologist Tom Correll to discover procedures for making the process of learning a new language easy. In this class, you will learn how languages are composed and gain skills for making learning a new language easier than you think. Tom will help you see just how many languages are in our world today and what characteristics compose human language to make them easier to learn.

**64777** Sep 22 – Oct 20 Tu 1-4p \$43.02/\$4.50  
*Superior: 0115A WITC TBD*

### Sign Language-Beginning

42-810-415

Students will learn about deaf culture, vocabulary, and concepts related to ASL. Conversations range from learning about family, making requests, and fun activities. This class requires participation in using sign language. Please bring a pen and pencil to class.

**64900** Sep 16 – Dec 2 W 6-8p \$75.12/\$4.50  
*Superior: 312 Natalie Stanley*

### 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.

**64940** Sep 14 – Nov 16 M 6-9p \$132/\$68.25  
*Superior: 112 Gary Valley*

### Wild Mushrooms 201

42-806-410

Discover the easily identified but lesser known edible mushrooms not covered in Wild Mushrooms 101. Discover more accurate identification techniques and an accurate map of mushroom seasons. You will make a spore print and identify trees associated with different mushroom species. Mushrooms covered include: Hericium, Lobster Mushrooms, Leccinum, Hedgehog, Black Trumpet, Entoloma and Elm Oysters. The instructor is a 30+ year veteran of wild mushroom foraging, a certified expert by the MN Dept of Agriculture, and owns Tavis's Mushrooms. Pre-requisite: Wild Mushrooms 101.

**65037** Sep 1 – Sep 2 TuW 5:30-8:30p \$23.76/\$4.50  
*Superior: 216 Tavis Lynch*

### 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. All ages are welcome! If you do not yet have the computer skills required to begin typing your work, please consider enrolling in one of WITC's beginner computer courses so you are ready to work right along with us in class.

**64795\*** Sep 29 – Nov 17 Tu 5:30-7:30p \$64/\$34.25  
*Superior: 217 Mary Frost*  
*\*Class will not meet Oct 13.*

### Publish Your Own Book

42-801-402

Have you dreamed of being a published author? Turn your ideas into a great book! Whether you are a writer, photographer, historian, business person, or cook, learn how to create a book and publish it. Your instructor has been published in two women's travel books plus has self-published 15 books including a family history, travel and recipe books,

and children's stories. You must be comfortable using a computer and the Internet. The free software needed to complete the project will be available in class. You will be able to purchase your book at the end of class. The cost is typically between \$20-70 depending upon number of pages. Please be prepared to bring a USB flash drive (4GB or larger), or use Cloud or external HD storage to save your project.

64421\* Sep 30 – Nov 11 W 6-8p \$43.02/\$4.50  
 Superior: 304 Jan Avenson Nelson  
 \*Class will not meet Oct 14.

## SAFETY & TRANSPORTATION

### Traffic Safety for Point Reduction

42-812-404

See course description on page 9.

Class dates & times - 11/18 (skip 11/25) 12/2, 12/9, 12/16 - 6pm - 9pm

64704\* Nov 18 – Dec 16 W 6-9p \$66.92/\$28.40  
 Superior: 216 Casey Johnstone  
 \*Class will not meet Nov 25.

### Basic First Aid ASHI

47-531-491

Basic First aid is a program that will teach students the basic first aid knowledge, skills and the confidence to respond to an emergency. This is a program is good for the community and workplace. This course will certify a person for 2 years in Basic First Aid.

65002 Sep 22 Tu 6-10p \$24.84/\$12  
 Superior: 134 WITC TBD

65003 Nov 19 Th 6-10p \$24.84/\$12  
 Superior: 134 WITC TBD

### CPR and AED - ASHI

47-531-471

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

65005 Sep 24 Th 6-10p \$24.84/\$12  
 Superior: 134 WITC TBD

65006 Nov 17 Tu 6-10p \$24.84/\$12  
 Superior: 134 WITC TBD

### 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.

64993 Aug 29 Sa 9a-5p \$44.58/\$18.90  
 Superior: 136 WITC TBD

64995 Oct 3 Sa 9a-5p \$44.58/\$18.90  
 Superior: 136 WITC TBD

64997 Nov 7 Sa 9a-5p \$44.58/\$18.90  
 Superior: 217 WITC TBD

64999 Dec 5 Sa 9a-5p \$44.58/\$18.90  
 Superior: 136 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.)

64994 Aug 29 Sa 1-5p \$25/\$12.16  
 Superior: 134 WITC TBD

64996 Oct 3 Sa 1-5p \$25/\$12.16  
 Superior: 134 WITC TBD

64998 Nov 7 Sa 1-5p \$25/\$12.16  
 Superior: 134 WITC TBD

65000 Dec 5 Sa 1-5p \$25/\$12.16  
 Superior: 134 WITC TBD



WISCONSIN  
 INDIANHEAD  
 TECHNICAL  
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Experience. Success.

## Extreme Backyard Chickens

Looking to enjoy a flock and have eggs and meat for the family too? This course covers:

- basic and extreme coops
- predator proofing
- egg laying or meat birds or both?
- selecting your flock
- free-range versus penned
- reasons egg production decreases
- roosters - are they necessary?
- and more.

ITV to Ashland, Hayward, Rice Lake,  
Ladysmith, Superior \$21.50/\$13  
Wednesday, November 4, 5:30-8:30 p.m.

*See complete course description page 5*



## Auto Detailing Boot Camp

Whether you are renovating a car, creating a show finish, or simply want to make your vehicle look its best, learn professional techniques, products and equipment to detail your automobile. Your instructor will guide you through every step of the process from interior to exterior.

WITC-Rice Lake 64656 \$35.48/\$22.73  
Tuesdays, September 15 and 22, 5:30-8:30 p.m.

*See complete course description page 27*



**SAVE THE DATE!**

## Dare to Grow®

How to Become an Authentic Leader

Thursday, October 15, 2015  
7:30AM-3:30PM

Featuring nationally-known keynote  
motivational speaker

**Byrd Baggett**

and other dynamic leadership speakers



Collaborative event  
sponsored by  
WITC and UW-BC



## *Essential Oils for Daily Life*

Harness the power of essential oils you can use in everyday life. Discover the theory behind their benefits, where they come from and how to use them properly. Learn the various methods in which oils are used -- through ingestion, topical or aromatic diffusion. Find out which basic oils should be a staple in your home medicine cabinet.

## *Essential Oils/Mood Management*

Elevate yourself, increase your energy and feel amazing with essential oils. The effects of essential oils are both physical and emotional. Get the information you need to manage your emotional state.

Courses to be held at New Richmond, Superior and Rice Lake campuses, and by ITV in Hayward. Consult those regional catalog pages for details.



# BECOME A PERSONAL TRAINER

*"Educational Excellence for Fitness Professionals"*  
W.I.T.S. World Instructor Training Schools

**Sign up today!**  
**Limited seating!**

**Oct 19-Nov 19, 2015**  
**Tuesdays/Thursdays**  
**6-9pm**

**Cost: Early Bird: \$649 until 10/5**  
**\$699 after 10/5**

- Earn an avg \$34/hr nationally
- Internships walk you into jobs
- Hands-on practical labs
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- Certification exams included

**Register: 800.243.9482 or online [witc.edu/continuing-education](http://witc.edu/continuing-education)**

**Order textbook at W.I.T.S. 888.330.9487**

## It's Easy to Register!

- ONLINE** Register and submit your credit card payment online at [witic.edu/search](http://witic.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 [witic.edu](http://witic.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@witic.edu](mailto:cher.vink@witic.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, 8/17 for fall and 12/21 for spring). Students ages 62 plus who are enrolled in professional courses (catalog number begins with 42 or 47) are still exempt from program fees under State Statute 38.24 (1)(b) and only required to pay material fees, which is approximately \$4.50 for many courses.

## REGION INDEX

### ASHLAND

Ashland  
Barnes  
Bayfield  
Butternut  
Cable  
Cornucopia  
Drummond  
Glidden  
Hurley  
Iron River  
Mason  
Mellen  
Port Wing  
Washburn

### RICE LAKE

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

### NEW RICHMOND

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

Ingram  
Ladysmith  
Prairie Farm  
Radisson  
Rice Lake  
Sarona  
Sheldon  
Shell Lake  
Spooners  
Tony  
Trego  
Turtle Lake  
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+?

\_\_\_\_\_  
WITC Student ID No. Social Security No.

I've taken classes at WITC in the past.

\_\_\_\_\_  
Email address (required for WITC alerts and important communication)

\_\_\_\_\_  
Home phone Cell phone

\_\_\_\_\_  
Home address

\_\_\_\_\_  
City State ZIP Code

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

\_\_\_\_\_  
Last high school attended:

Highest grade COMPLETED (K-12): \_\_\_\_\_

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

**Gender:**  Male  Female

**Ethnicity:** Hispanic/Latino origin?  Yes  No

**Race (check all that apply):**

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

**OFFICE USE ONLY**

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

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

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

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

Senior Fees \$ \_\_\_\_\_

Other \_\_\_\_\_

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

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

**Highest Credential Earned**

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

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

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

**PAYMENT METHOD:**  Check or money order payable to WITC  Cash  MasterCard  Visa  Discover Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_

Agency bill - attach required written authorization

Credit Card No.: \_\_\_\_\_ Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

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

Driver's License Number \_\_\_\_\_ Assessment Agency and Date \_\_\_\_\_

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

Signature of Parent/Legal Guardian \_\_\_\_\_ Date \_\_\_\_\_

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

Name of Business/Agency: \_\_\_\_\_ EMS/Fire Sponsor: \_\_\_\_\_

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

*Broaden your horizons –  
Try something NEW!*

**NEW CLASSES THIS FALL**

**Extreme Backyard Chickens**

**Dynamic Volunteer Leadership**

**Secrets to Learning Languages**

**Essential Oils**

**Auto Detailing**

**Furniture Restyling**

**PLUS - Guitar, Banjo, Ukele**

*See the details of these and other courses within this catalog.*



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

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WITC Continuing Education | August - December 2015



# Mark your calendar

Caregiver's Conference, WITC-New Richmond, September 25

ECE Nature Conference, River Falls, September 26

Mother Goose on the Loose ECE Conference,

WITC-New Richmond, October 10

Leadership Conference (NEW!), WITC-Rice Lake, October 15

Certified Medical Assistant Conference, WITC-Superior

(ITV to WITC-Ashland and New Richmond), November 7

Watch for updates at [witc.edu/continuing-education/featured](http://witc.edu/continuing-education/featured)