

Converse County School District  
615 Hamilton Street  
Douglas, Wyoming 82633

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Eastern Wyoming College/Douglas  
Community Education      Fall 2010

**FALL IS HERE!  
WINTER IS ON ITS WAY!  
COMMUNITY EDUCATION IS  
HERE TODAY!**

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## Instructor-Facilitated Online Learning from Ed 2 Go

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. It's no wonder that many long-lasting friendships have formed in our lively and intelligent discussion areas.

All courses run for six weeks (with a two week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

### Courses start monthly

#### How To Get Started:

To see all of the courses we offer, visit our Online Instruction Center at [www.ed2go.com/ewc](http://www.ed2go.com/ewc)

Click the **Orientation** link and follow the instructions to enroll and pay for your course. During orientation, you will learn important information about your course. You will also be provided an opportunity to choose the name and password you will use to access your course. *This step is critical!* You cannot access your course until you complete orientation,

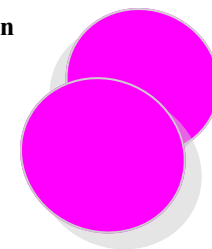
When your course starts, return to our Online Instructional Center and click the **Classroom** link. To begin your studies, simply log in with the name and password you provided during orientation.

**More Than 250 Online Courses Available!!**

Just to name a few:

QuickBooks  
Cooking  
Speed Reading  
Beginning Japanese  
Java Programming

Medical Transcription  
Debt Elimination  
Grant Writing  
SAT/ACT Prep  
Movie Making



# Coupon good for one free session of **ZUMBA** at Peak Fitness

Class times & details on back—clip and present to front desk @ Peak Fitness.

## **Ghoul School**

You are invited to the 1st Annual Ghoul School hosted by EWC/Douglas. Bring the family & go through the “Haunted Gym” and collect goodies.  
FUN FOR ALL AGES

**S, October 30, 6:00 - 8:00 pm, FREE**  
EWC Gym



## **Douglas Community Education Fall 2010**

203 North Sixth Street

Douglas, WY 82633

### OFFICE HOURS REGISTRATION

You may register for any community education class by coming to EWC/Douglas, Monday through Friday 8:00-5:00 pm.

### PHONE REGISTRATION

You may phone 358-5622 to register for community education classes. Fees are not due until the week the class starts or by the registration deadline.

**PLEASE REGISTER EARLY TO ENSURE YOUR CLASS REQUEST  
EVEN IF THE CLASS STARTS LATE IN THE SEMESTER.**

## **Adult Basic Education**

Adult Basic Education is available through the Adult Learning Center for those who would like to improve their basic skills in reading, mathematics and grammar. Participants have a choice of working with computer programs, with a tutor, or a combination of both. Telephone 358-5622 for more information. These services are free of charge.

**M-TH, 9:00-12:00 pm**

**Fri, 9:00-1:00 pm**

**EWC Adult Learning Center**

## **General Education Diploma (G.E.D)**

Study materials, tutoring and testing services for the GED high school equivalency certificate are available through Community Education and the Adult Learning Center. Take the first step today. Pre-GED testing and tutoring are free of charge. The price for the actual GED test is \$60.00

**M-TH, 9:00-12:00 pm**

**Fri, 9:00-1:00 pm**

**EWC Adult Learning Center**

# Arts and Crafts

## **Cake Decorating-Decorating Basics**

Manuela Cabarello

Do you always wonder how they decorate those fantastic cakes on television? This class is your starting point and will cover topics such as fundamentals in baking a cake, making icing and using a decorating bag. From there you will use a variety of decorating tips to make stars, borders, flowers and pipe messages. Three different class times offered to fit your schedule.

**TH, 6:00 – 8:00 pm, \$45**

**Oct. 7 - Oct. 28**

**Nov.4 – Dec. 2 (Off Nov. 25)**

**Dec. 9 – Dec. 30**

**Douglas High School, Home Ec Room**

## **Decorative Painting**

Tera Ellison

Acrylic paints will be used to create different designs on wood for your decorating pleasure. The instructor can either draw your design or you can create it yourself. The instructor will provide all of the supplies.

**T, Nov. 9 – Nov. 30, 5:15pm – 6:15 pm, \$25**

**EWC Gym**

## **Fabric Strip Clubbing**

Kristy Mogen

Attention quilting ladies, we will be making the State of Grace quilt from the book Strip Clubbing. The book has many patterns for fast and easy quilts using jelly rolls. Pick up a jelly roll from the Prairie Stitcher and join in the fun. Jelly rolls come in many different fabric combinations and you will not have to cut very much to get a great quilt.

**S, October 23, 9:00 – 4:00 pm, \$28**

**Prairie Stitcher**

# Physical Education

## **Zumba**

Catch the new craze at Peak. Join the Zumba class for a different type of exercise. This wildly popular form of aerobic exercise is hailed as not only fun and energizing, but highly effective for burning calories. Zumba involves dance moves set to a Latin rhythm in classes that last one hour.

Cost: \$20.00 for one month of classes (attend 1 a week or all 4 sessions)

**T & TH 5:15 to 6:00 pm**

**F 8:30 to 9:30 am**

**S 9:00 to 10:00 am**

**Sun 1:00 to 1:45 pm (kids)**

**Peak Fitness**



## **Tai-Chi**

David McGrew

Anyone, regardless of age or physical ability, can practice Tai Chi. It does not take physical prowess. Rather, Tai Chi emphasizes technique over strength. Tai Chi is used to reduce stress, increase flexibility, improve muscle strength and definition, increase energy, stamina and agility, and increase feeling of well-being.

**Session one: F, Oct. 8 – Nov. 12**

**Session two: F, Nov. 19 – Jan. 7**

**Ages 4-7 4:00 - 4:30 pm, \$30 - 6 weeks**

**Ages 8 - 12 4:30 - 5:00 pm, \$30 - 6 weeks**

**Adults 5:30 - 6:30 pm, \$60 - 6 weeks**

# Personal Enrichment

## **AHA Heartsaver First Aid Course**

Sandra Toolen

This class is for those who have a duty to respond to a first aid or cardiac emergency because of job responsibilities or regulatory requirements. It teaches how to manage illness and injuries in the first few minutes until professional help arrives. Course content includes general principles, medical emergencies, and injury emergencies. Adult and child CPR will be covered with AED instructions along with infant CPR with mask. Cost of book is included in the class fee. There will be a 30- minute lunch time. Feel free to bring your lunch. Must have a minimum of four people paid in advanced for the class to run.

**S, November 6, 9:00-4:00 pm, \$55**

**EWC**

## **Community Choir**

Cindy Barnard

Enjoy the Fall by joining your friends and other community members in the Community Choir. Winter concert to be announced. Meets in the auditorium of EWC/Douglas.

**TH, 6:00 - 8:00 pm, \$20**

**Register Now!**

## **Cash Management for Small Business**

Leonard Holler

Why is it important to understand your cash flow? It's the life-blood of your business. Better cash management may mean the difference between the success or failure of your small business. We will look at ways to measure cash flow, improve cash flow, and where to find more available cash within your own business. We will look at other sources of cash and how to get it.

**W, November 17, 6:30 - 8:30 pm, \$15**

**EWC**

SBA Disclaimer:

Wyoming Entrepreneur-Small Business Development Center is a partnership program funder in part by the US Small Business Administration and the Wyoming Business Council, and the University of Wyoming

# Arts and Crafts

## **Gingerbread House**

Manuella Cabarello

Just in time for your Christmas decorating season. Come join us for this fun family activity and create your own gingerbread house. Price includes class and gingerbread kit. Minimum of 5. Must register by November 19th!

**S, December 4, 10:00 - 2:00 pm, \$30**

**EWC Gym**

## **Holiday Bazaar**

Come join us for the 9<sup>th</sup> Annual Holiday Bazaar! The bazaar will be in the gym of EWC. Tables will rent for \$10 each. Plan now to have a booth and reserve your tables early! Please reserve tables by Nov. 12. First come-first serve. Call Jamie at 358-5622. Come one, come all!

**S, November 20, 9:00 - 2:00 pm**

**EWC**

## **Intermediate Quilting**

Chris Collins

This class immediately picks up where Beginning Quilting leaves off with more difficult blocks and techniques. You will have a lap size quilt top by the end of class.

**W, Oct. 27 - Nov. 24, 6:30 - 8:30 pm, \$38**

**Prairie Stitcher**

## **Painting Rocks!**

Tera Ellison

Your imagination is your palette. This class is for adults only and includes painting techniques used to create landscape designs, decorate your home or paint animals by using acrylic paint and rocks. All supplies will be provided by instructor.

**W, Oct. 13 - Nov. 3, 5:15 - 6:15 pm, \$25**

**EWC Gym**

# Arts and Crafts

## **Rugs From Rags**

Jeannie Hornbuckle

Create a unique rug from scraps of fabric. Spend a Saturday with friends making your own personal creation as a gift for yourself or someone special in your life. Please get the material list at registration and purchase the materials prior to class.

**S, October 9, 9:00 - 3:00 pm, \$10 + \$20 for loom**

**Lunch Provided**

**EWC**

## **South African Mystery**

Marge Felton

Our mysteries continue on into Africa. Again we will have three colorways to choose from and enjoy food and fun from South Africa.

**S, November 13, 9:00 – 4:00 pm, \$20 + \$49.99 Kit Fee**

**Prairie Stitcher**

## **Tidings**

Kristy Mogen

This class will feature the new Nancy Halverson Christmas book called Tidings. You will pick a project in the book and Kristy will guide you through making it. There are many great projects to choose from to keep for you or to give as a Christmas gift. Stop by the Prairie Stitcher and pick a project.

**S, November 20, 9:00 – 4:00 pm, \$20**

**Prairie Stitcher**

# Personal Enrichment

## **Dog Obedience**

Jenni Mittleider

This class will cover basic dog obedience such as heeling, sitting, recall and manners. Dogs of all ages can be taught obedience but should be at least 6 months old. Materials needed: 6 foot leash of leather or nylon and a choke chain. **15 people minimum to run the class, so sign up early!**

**M, Oct. 11 - Dec. 13, 7:00 - 7:30 pm, \$45**

**EWC Gym**

## **Photography Workshop**

Rick Kilmer

General discussion about techniques used in photography and equipment use. Students will decide what they would like to learn specifically in regards to the techniques and equipment.

**W, Oct. 13 – Nov. 17, 7:00 – 9:00 pm, \$20**

**Business Center**

## **Smoking Nicotine Cessation**

Dr. Willard Wood

Vickie Winney, RN

Are you ready to give up nicotine? Are you ready to quit smoking? Are you looking for a new strategy to help you quit smoking? Do you know what your smoking triggers are? Do you know why it is so hard to quit? Join this class and receive the tools, support and information to help make this effort successful. In the first class, Dr. Willard Woods will explain the hazards of nicotine, the benefits of quitting, and explain the medications available to help give up nicotine.

**W, October 13, 12:00-1:00 pm**

**Oct. 20 - Nov. 10, 6:00-7:00 pm, \$15**

**EWC**

# Home and Garden

## Green from the Ground Up

John Ely

This course is important for anyone investigating what this green/sustainable movement is all about from the builder/home owners' perspective. The text is very important to get the most out of this class. If you are a home owner who would like to make home improvements or you are planning on building a new home in the future, this class will help you make critical, informed decisions. John Ely has been building Energy Star home for over ten years and two of those homes were "net zero" energy use. [A Builders Guide—GREEN FROM THE GROUND UP](#) by David Johnston and Scott Gibson is highly recommended for this class. Minimum of 10 students.

**T/TH, Oct. 26 & Oct. 28, 6:00 – 8:00 pm, \$25**

**EWC**



## Fall Gardening in Wyoming

Doug Olson

Gardeners are made not born. Learn how anyone can be a gardener in this class. Study types of soil and how the PH factor affects your landscaping area. Prepare your yard for all your needs and give your house curb appeal.

**T, Oct. 19 – Nov. 9, 7:00 – 9:00 pm, FREE**

**EWC, Room 3**

**Participants Must Pre-Register**

# Arts and Crafts

## Tomato Cage Christmas Trees

Grace Herrick

Convert a tomato cage into a thematic tree (fall, Christmas, wedding...). We will lead you step by step through your first table top tree. This is a fun evening for participants. Cages can be purchased at the first class or bring your own. A supply list can be picked up at the time of registration. Start collecting now for your personal masterpiece. 5 people must register in order to have this class. So sign up early.

**TH, December 9, 6:30 - 10:00 pm, \$15**

**EWC**

## Woodburning Basics

Tera Ellison

Learn how to operate a wood burner to create fantastic designs on wood. All ages can participate in this class. The instructor will provide all of the supplies.

**T, Oct. 12 – Nov. 2, 5:15 – 6:15 pm, \$25**

**EWC Gym**



# For the Kids

## **KidzArt**

Tera Ellison

All ages of children are invited to learn a new way to spend their time. Painting can increase a child's creativity, imagination, cognitive skills, and problem-solving abilities. Acrylic paint will be used on a variety of materials. All supplies will be provided by the instructor.

**W, Nov. 10 – Dec. 1, 5:15 – 6:15 pm, \$20**  
**EWC Gym**

## **Kids Classes**

Kristy Mogen

Kids can learn to sew. We will be doing fun projects like quilts, pajama pants, tote bags, aprons, etc. Come join the fun and sign up early because we fill up fast.

**TH, Sept. 23, 3:30 – 5:30 pm, \$5 + sewing supplies**  
**Prairie Stitcher**

## **American Red Cross Babysitter Training**

Sandra Toolen

What you need to know and what every parent wants in a safe and responsible babysitter! Designed for 11 to 15 year olds, the Babysitter's Training course can help you: care for children and infants, be a good leader and role model, make good decisions and solve problems, keep the children you baby-sit and yourself safe and handle emergencies such as injuries, illnesses and household accidents. Class time and day will be announced to those who sign up.

**S, Nov. 13, 9:00 - 4:00, \$55**  
**EWC**

# Computers

## **Cruising Computers at 55+**

Sue McBride

Are you a "seasoned" adult 55+ years of age? Do you have a computer or want to get one but are feeling uncomfortable with this "new-fangled technology"? Do you have some knowledge about computers and want to learn more but would like some basic information before you sign up for a computer class at the college? If those questions describe you, "Cruising Computers at 55+ is the course for you. Topics to be covered include "Basic Computers from Start-up to shutdown", "General Tips About Computer Programs", " Internet Basics 101", "E-mail How To's"; and "Fun and Games with Computers."

**F, Oct. 15—Dec. 17, 8:30-10:00 am, \$25 + book**  
**(No class on November 26<sup>th</sup>)**  
**EWC**

## **Cruising Computers at 55+ - Intermediate**

Sue McBride

This class is for those individuals who have completed the first cruising computers class or for those individuals who already know the basics but would like to learn more.

**F, Oct. 15—Dec. 17, 10:30 - 12:00 noon, \$25 + book**  
**(No class on November 26<sup>th</sup>)**  
**EWC**

