

◇ PRESCOTT ◇
**COMMUNITY EDUCATION
& EDVENTURES**

Winter/Spring 2024 Schedule

**CALL 928-717-7755
TO REGISTER OR
BROWSE ONLINE!**

www.yc.edu/commed
www.yc.edu/edventures



HANDS-ON LEARNING | SPECIAL INTEREST | TRAVEL & LEISURE

WELCOME TO COMMUNITY EDUCATION

From the Director of Prescott Community Education and EDventures Programs

Nancy Ostapuk

Community Education classes offer opportunities to learn new skills and have fun while learning. With no tests or grades, it is the perfect opportunity to explore an interest and add a new hobby or skill to your life. Our instructors live and work in our community and love to share their passion. Be sure to enroll early to avoid cancellations. To browse and register, visit the websites: www.yc.edu/commed and www.yc.edu/edv.

If your New Year's resolution is to learn something new, Community Education will keep you motivated.

This year, you can learn to knit or sew your own clothes. Create the perfect backyard habitat and garden with Native Plants! Learn to SCUBA dive or navigate cross country terrain.

It's time to learn a new language and take better photos of your family or the beautiful landscapes. We have classes that will help you write that novel and get it published!

Practice graceful movements in Tai Chi and *Tune Up and Tune In* to keep your body, mind and spirit aligned. Discover your inner Goddess and lift your life with meditation and sound therapy.

Check out the fascinating History offerings. There is so much to learn about!

Are you planning to retire soon? Get useful information to maximize your social security benefits. Stay informed about the changing financial markets and avoid common mistakes in your investment planning.

EDventures: Spring in Arizona is a glorious time to be outdoors! Day trips include opportunities to explore the vast



landscapes of Yavapai and Coconino Counties. Travel the backroads with us to see local mining history come alive!

Join the overnight trip to Canyon de Chelly this May and experience the jeep tour through soaring sandstone walls and breathtaking wonders.

The West Grand Canyon offers spectacular views and hiking. Hike Diamond Creek just above the Colorado River and hike the Tonto Rim for the best views of the Canyon.

EDventures trips fill up quickly - space is limited to 10 passengers per van. Don't want to ride in a bumpy van? We have seven video EDventures to watch in the comfort of your own home.

Teach Non-credit! Do you want to teach a class for Community Education? To share your passion or area of expertise, please contact us at CommEd@yc.edu.

We hope to see you on the Yavapai College campus this year! The Prescott Community Education offices are in Building 31, Room 108, Mon-Fri, 8 a.m. - 5 p.m. Visit our websites or give us a call at 928-717-7755 for assistance and to register.

Thank you!

Visit www.yc.edu/commed or call 928-717-7755 to register

Where Lifelong Learning Flourishes

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EDVENTURES
Educational trips throughout
the Southwest and beyond!
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www.yc.edu/commed

Your next adventure in learning is just a click away!

- Browse and pay for classes and trips online
- View instructor biographies
- Read course descriptions and trip itineraries

Visit www.yc.edu/commed and click on the link Browse and Register.

Other Ways to Register:

Register by phone: (928) 717-7755

Monday through Friday, 8:30 am – 4 pm

Walk-in registration at Building 31, Room 108 on the Prescott Campus. See map on last page.

Age Requirements:

Community Education classes are open to the public, ages 14+. Students under 18 attending a class must seek prior approval and have a completed Minor Student Permission form signed by parent or legal guardian.

Call (928) 717-7755 for approval and to request Minor Student Permission form. EDventures trips are open to the public. Students 16 and under (day trips) or under 18 (overnight trips) must be accompanied by a parent or guardian.

Fees:

Tuition fees are due and payable at time of registration. Fees vary in accordance with class length and other expense factors. Classes must meet minimum enrollment. In the event of any administrative cancellation, you will receive a full refund of your tuition.

Please enroll early. Classes will be cancelled one to two weeks prior to start date if enrollment is too low.

Refund/Cancellation Policies

Community Education

More than 14 days before course start = Full Refund

8-13 days before course start = 50% Refund

7 days or less = No Refund

No Refunds given after course start date

EDventures

Day Trip Cancellation

21 days or more prior to departure = Full Refund

15-20 days = 75% Refund

14 days or less = No Refund

[Unless substitute student is identified]

COMMUNITY EDUCATION COURSES

ARTS & CRAFTS

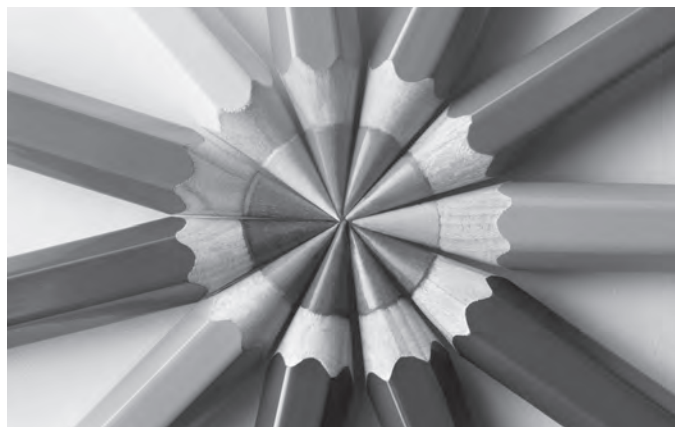
COLLAGE GONE WILD MASTERBOARD

WS24-101 • Wed/Thu, 4/3 & 4/4/24 • 9:30 am-noon
3251 S. Burro St., Prescott • 2KatStudios

WS24-102 • Wed/Thu, 4/24 & 4/25/24 • 9:30 am-noon
3251 S. Burro St., Prescott • 2KatStudios

Exploring papers, adhesives, paints, stencils, stamps and more, we will learn about and play with a variety of collage techniques in this workshop. The piece you will create is known as a "Masterboard" which can be cut into tags, cards, bookmarks, etc. Or you may want to keep it as is to frame and hang. My goal is for you to develop a good basis of understanding and be able to pursue and express your creative voice through collage [And HAVE FUN!] **A \$25 materials fee is payable to the instructor at first class.**

Kat Kirby • \$110



COLORED PENCILS: DRAWING ARIZONA'S LANDSCAPES, PLANTS & BIRDS

WS24-103 • Mon, 1/29 to 3/4/24 • 3:30-6 pm
Bldg 31, Room 102 • Prescott Campus

This fun, non-credit class is open to beginners and all levels of graphic artists. Using wax-based or water-soluble colored pencils, or soft pastel stick and pencils, students will be introduced to the Trace and Transfer Drawing Method. All photo references will be supplied. The instructor will draw each exercise with the class, and he will work with students to develop their individual drawing style. **Suggested supply list available or bring your own art supplies to class.**

Ken Ottinger • \$125

COLORED PENCILS: DRAWING PET PORTRAITS

WS24-104 • Mon, 3/25 to 5/6/24 • 3:30-6 pm
Bldg 31, Room 102 • Prescott Campus

This class will simplify the challenge of drawing and capturing a life like expression of your pet. Students will supply their own photo reference each week. Photograph a profile of your pet with a closed mouth and expressionless and try to avoid cast shadows. Using either wax-based or water-soluble colored pencils, or soft pastel stick and pencils, the instructor will take students through the steps toward a completed drawing each week. **Bring to each class a colored print not to exceed 6" in height on an 8.5 x 11 sheet of white copy paper.**

Ken Ottinger • \$125

CREATIVE CLAY

WS24-105 • Tue, 1/30 to 3/5/24 • 10 am-12:30 pm
Bldg 31, Room 102 • Prescott Campus

WS24-106 • Tue, 3/26 to 4/30/24 • 10 am-12:30 pm
Bldg 31, Room 102 • Prescott Campus

Feeling a little ungrounded and disconnected from your creative side? Then come and get your hands dirty and reconnect to your personal creative expression using Earth's most primal element - Clay! Emphasis will be on relaxing and enjoying the process of opening up to creative expression through the experience of working with clay. We will start with a basic introduction, and then students will progress through hand-building techniques, including pinch pots, coil building, slab construction, press molds and more. We will finish with glazing all of our pieces on the last day. Arrangements will be made for project pick-up. **This is a beginner level class. All supplies included in tuition.**

Denise Incao • \$165

EXPLORATION OF KNITTING TECHNIQUES

WS24-107 • Thu, 3/28 to 4/25/24 • 10 am-noon
Bldg 31, Room 102 • Prescott Campus

Now that you've mastered knitting and purling, let's move on to more advanced techniques. In this 5-week class we'll explore the structures of Lace, Cables, Color Work [Pt 1], Color Work [Pt 2], and Brioche. **Students will need to have scissors, tape measure, tapestry needle, post-it notes [square], US E crochet hook. Two balls of smooth, light worsted or dk weight yarn, one dark, one light. US#6 circular knitting needles, 16". Student discount available at Fiber Creek.**

Kristin Hansen • \$115



LEARN TO KNIT

WS24-108 • Thu, 2/15 to 3/7/24 • 10 am-noon
Bldg 31, Room 102 • Prescott Campus

Cast on! This class will walk you through the basics of knitting and purling, reading a knitting pattern, understanding yarn and needles. We start out with a simple scarf, next move on to a cowl [in the round], learn how to fix those mistakes, and finally finishing your project. *Students should purchase in advance: straight knitting needles US#7 or US#8; 16" US#7 or US#8 circular knitting needles; smooth, 2 balls lighter colored worsted weight yarn [one for scarf, one for cowl]. Students should also bring basic knitting tools: scissors, tape measure, tapestry needle, pencil, paper. Supplies may be purchased anywhere, however, a student discount and expert assistance will be provided at Fiber Creek in Prescott.*

Kristin Hansen • \$105

LEARN TO SEW ONLINE: SEWING MACHINE BASICS

WS24-109 • Tue, 1/30 to 2/13/24 • 6-7:30 pm
WebLive • Online

Learn to sew from the comfort of your own home! We will have an in-depth conversation about sewing machine anatomy & shopping for supplies. Students will then sew a French seamed pillowcase. Students will need: a working sewing machine, fabric scissors, pins & pin cushion, small scissors/snips, soft measuring tape, a seam ripper, iron, and ironing board. Fabric Requirements for pillowcase: 1-yard main fabric, 1/3-yard accent fabric. Both must be 100% cotton, non-stretch, woven fabrics. Coordinating, all-purpose thread. *Supply kits & pre-cut fabric can be purchased directly from the instructor at: <https://www.summersapphires.com/sewing-supplies>*

Zoe Ocean • \$100

LEARN TO SEW ONLINE: UNDERSTANDING PATTERNS

WS24-110 • Wed, 2/21 to 3/6/24 • 6-7:30 pm
WebLive • Online

Finally de-code the mystery that is sewing patterns! We will deep-dive into all the in's & outs of following a pattern before using one to sew a lined tote bag. Students will need: a working sewing machine, fabric scissors, pins & pin cushion, small scissors/snips, soft measuring tape, a seam ripper, iron, and ironing board. Requirements for tote bag: 1 yard of lightweight, 100% cotton canvas fabric [Main], 1 yard of 100% cotton fabric [Lining]. Coordinating, all-purpose thread. Scotch tape & access to a printer. *Supply kits & pre-printed patterns can be purchased directly from the instructor at: <https://www.summersapphires.com/sewing-supplies>*

Zoe Ocean • \$100



LEATHER WORKING & TOOLING: BEGINNING

WS24-111 • Thu, 2/1 to 3/7/24 • 6-8 pm
Double H Leatherworks • Prescott Valley

An introduction to leather working – the art of tooling leather to make art or useful leather items that are both attractive and personalized. Learn the terms and history of leather working and how to use the tools. Build tooling skills with guidance as you create a beginner's project. *Supply list provided for students to purchase at estimated cost of \$195.*

Steve Long • \$95

COMMUNITY EDUCATION COURSES

LEATHER WORKING & TOOLING: INTERMEDIATE

WS24-112 • Thu, 3/28 to 5/2/24 • 6-8 pm
Double H Leatherworks • Prescott Valley

Advance your leather working skills! Create individual projects such as a belt or wallet as you learn cutting, stitching and more about the art and craft of tooling. Kit or leather supplies required; cost will depend on project and additional tools required. *Lab fee of \$75 payable to the instructor at the first class.*

Steve Long • \$95

MONOPRINTING WITH GELLI PLATES

WS24-113 • Wed, 1/31/24 • 9:30 am-noon
3251 S. Burro St., Prescott • 2KatStudios
WS24-114 • Wed, 2/28/24 • 9:30 am-noon
3251 S. Burro St., Prescott • 2KatStudios

Join in the Gelli Printing Craze and create your own papers to use in collages, journals, altered books, and more. You will learn how to prepare the Gelli Plate, choose paints and stencils, and make a series of prints that will be unique and fun. Using a variety of papers and stencils, you will see how the paints take to the different surfaces. *Dress for a mess. A \$20 materials fee payable to instructor at the first class.*

Kat Kirby • \$80

PAINTING AND DRAWING ON THE RIGHT SIDE OF THE BRAIN: SESSION A

WS24-115 • Wed, 1/31 to 3/6/24 • 10 am-1 pm
Bldg 31, Room 102 • Prescott Campus

In this class, we will use exercises from Betty Edwards, *Drawing on The Right Side of The Brain*. Students will explore the 3 C's: Colors, Contrasts and Composition, and we will analyze, interpret intent and meaning in our artistic work. Students will develop and refine artistic work for presentation, and we will learn to apply criteria to evaluate yours and others artistic work. Students will learn to synthesize and relate knowledge and personal experiences to make art. We will explore drawing what we see, using new color schemes, mastering the art of contrast, and experimenting with various compositional formats. *A suggested supply list is available.*

Laura Urquhart • \$155

PAINTING AND DRAWING ON THE RIGHT SIDE OF THE BRAIN: SESSION B

WS24-116 • Wed, 3/27 to 5/1/24 • 10 am-1 pm
Bldg 31, Room 102 • Prescott Campus

In this class, we will use the skills we learned in Session A and deepen our exploration of drawing and painting what we see. We will create a finished piece ready to hang as our final project. *A suggested supply list is available.*

Laura Urquhart • \$155



SEWING MACHINE BASICS: INTRODUCTION

WS24-117 • Sat, 4/6 to 4/27/24 • 3-5:30 pm
Bldg 31, Room 102 • Prescott Campus

In this class we will go over everything you need to know to get started on your sewing journey! From plugging in your machine to completing your first project, you will walk out of here ready to start sewing at home! We will go over how to operate any home sewing machine, shopping for beginner fabrics, & practice exercises. *Students will leave with two completed projects: a French seamed pillowcase and a beginner apron. Fabric will be provided for the pillowcase project, but students will need to purchase apron fabric AFTER being given fabric requirements in class. Sewing machines are provided, but students must bring fabric scissors, pins & pin cushion, small scissors/snips, soft measuring tape, & a seam ripper.*

Zoe Ocean • \$190

COMPUTER TECHNOLOGY

SEWING PROJECTS: INTERMEDIATE II

WS24-118 • Sat, 4/6 to 5/4/24 • 11 am-2 pm
Bldg 31, Room 102 • Prescott Campus

This class continues your sewing journey by further expanding your skillset with new projects and slightly more difficult techniques. You can choose from four different project options: simple knit t-shirt, simple woven fabric top, elastic waist or wrap/tie skirt, and a sweater or sweatshirt. Each project option presents its own new challenges such as working with knits, buttons & buttonholes, hoods or turtlenecks, stitch in the ditch and more! *Sewing machines, bobbins & needles will be provided but students must purchase all other supplies from the required list.*

Zoe Ocean • \$210



THE SOULWORK OF CLAY

WS24-119 • Sat & Sun, 2/17, 2/18 & 2/25/24 • 9:30 am-4 pm
Denise Incao Studio • Paulden

This workshop takes place at the instructor's home art studio and allows for a personal exploration into working with clay as a doorway to the spirit. Students will explore creating art as a spiritual practice. The visual dimension of art and the visceral experience of creating has wisdom of its own, a healing power, and the potential for connection with the divine. Reconnect with your body and spirit, and with Earth itself. Inspiration will be drawn from *Marjory Zoet Bankson's book The Soulwork of Clay, [Optional book]. Projects will be inspired by spiritual and ritual objects. No previous experience with clay is required. The basics of hand-building will be covered.*

Denise Incao • \$240



BASIC COMPUTER SKILLS: LEVEL 1

WS24-120 • Wed, 3/27 to 4/10/24 • 5:30-7:30 pm
Bldg 19, Room 207 • Prescott Campus

Here's a class that may help you be less frustrated and more effective when you use the computer! Are you not always sure WHERE that last file went or WHY the computer did what it did? This class is perfect for the new or inexperienced user or those wanting to "brush up" their skills. Working with Windows WordPad or WORD and File Explorer the skills presented are essential to know. Learn how to correctly SAVE & Organize files so you can FIND them again and learn some TIPS along the way! *Prerequisite: Basic Mouse Skills Needed. Bring a USB memory stick to the 2nd class to save files onto.*

Joan Baum • \$95

EXCEL SKILLS: LEVEL 1 FUNDAMENTALS

WS24-121 • Wed, 4/17 to 5/1/24 • 5:30-7:30 pm
Bldg 19, Room 207 • Prescott Campus

Looking for Job Skills? Microsoft Excel experience is highly prized as it is used extensively in business to track all sorts of information not just numbers. This class is perfect for the new, inexperienced user or those wanting to "brush up". Applicable for all Excel versions. Learn some tips along the way! *Prerequisite: Basic Computer Skills - Bring a USB memory stick to class to save files onto.*

Joan Baum • \$95

COMMUNITY EDUCATION COURSES

DANCE & MOVEMENT

NARRATIVE AND IMAGERY AND THE EXPRESSIVE BODY

WS24-122 • Mon, 3/25 to 4/29/24 • 2-4 pm
Bldg 15, Room 260 • Prescott Campus

In this course participants will use different movement and dance techniques to develop and build scenic presence. Each class will provide a point of departure to create a map of personal creative territory. This is an artistic exploration of physical theater, or story telling with the body and voice.

Helen Goodrum and Jay Ruby • \$215



TECHNIQUE AND ANATOMY FOR THE COMPOSITIONAL BODY

WS24-123 • Mon, 1/29 to 3/4/24 • 2-4 pm
Bldg 15, Room 260 • Prescott Campus

In this movement class we will use experimental anatomy as a foundation for improvisational movement to share weight with one another. Expect to repattern relationships with parts of your body and transform your response patterns. This class is for those curious about movement and how to use it as a medium for relating to self and others.

Helen Goodrum and Jay Ruby • \$215

TRADITIONAL DANCES OF THE EASTERN MEDITERRANEAN

WS24-124 • Thu, 2/1 to 3/7/24 • 5:30-7 pm
Bldg 15, Room 260 • Prescott Campus

WS24-125 • Thu, 3/28 to 5/2/24 • 5:30-7 pm
Bldg 15, Room 260 • Prescott Campus

Embark on a journey through the heart of the Eastern Mediterranean, where vibrant and diverse dances will come to life. In this class, you will be introduced to Greek, Balkan, and Turkish line dances as well as basics of Turkish Romani (gypsy) and Raks Sharki (belly dance). We will dive into the music, rhythms, and meanings of the dances. Each class will build upon the last and there will be lots of review and practice. All levels of dancers are welcome. Wear comfortable shoes and be ready to dance and more importantly, to have fun.

Kirsten Maclellan has been dancing and performing for over twenty years. She served as co-director of Anatolia Folk Dance group in Los Angeles and lived, studied, and worked in Turkey for five years. She is an experienced teacher and loves sharing her passion for dance and music with her students.

Kirsten Maclellan • \$110

FINANCE, INVESTMENTS & RETIREMENT

[\$] Yavapai College endorses the educational value represented by these courses to the members of the community. Each course is a no-obligation opportunity for attendee[s] to receive information about personal legal and/or financial concerns. The college does not recommend or endorse any of the products or services that may be offered to attendee[s] should the attendee[s] decide to become a client of the instructor or the instructor's firm as a result of attending a course.

HOW TO SAVE ON TAXES IN RETIREMENT

WS24-126 • Tue, 2/6/24 • 5:30-7:30 pm
Bldg 19, Room 225 • Prescott Campus

WS24-127 • Tue, 4/9/24 • 5:30-7:30 pm
Bldg 19, Room 225 • Prescott Campus

Learn ways to save on taxes in retirement. We'll discuss how to use tax-smart investing techniques and tax-efficient withdrawal strategies to help keep taxes low. You'll learn how different account types are taxed and how certain investments offer tax advantages. We'll also discuss Roth Conversions, RMD strategies, giving ideas, managing capital gains/losses and other tips.

David Edmisten, CFP® • \$45

KEEP IT SIMPLE! RETIREMENT PLANNING AND INVESTING BASICS

WS24-128 • Fri, 3/8/24 • 2-4 pm
Bldg 31, Room 102 • Prescott Campus

Do you understand the difference between an exchange traded fund and a mutual fund? How do municipal bonds and annuities work? Investing can be made complicated, but it doesn't have to be. With thousands of options available to today's investors and millions of pages of research and analysis, making good decisions can seem overwhelming. Become comfortable using a working glossary of investing. Uncover a basic structure to assist in making deductive decisions and a fundamental framework to discuss the global marketplace. In addition, learn to recognize some of the pitfalls in financial planning and get tips and insight on working with attorneys, accountants and advisers.

John L. Farmer • \$45



RISING INTEREST RATES

WS24-129 • Fri, 2/9 to 2/23/24 • 2-4 pm
Bldg 31, Room 102 • Prescott Campus

In March of 2022 the United States Federal Reserve began to raise interest rates for the first time since the 2008 Great Recession. Fourteen years of low interest rates and a rising stock markets rewarded stock investors and made bonds boring. Everything has changed. The stock market is down, interest rates are up, and several factors have allowed inflation to increase. Come learn how all these impacts investors and hear ideas on how you might want to position on your assets for the new normal.

John L. Farmer • \$45



SOCIAL SECURITY AND RETIREMENT

WS24-130 • Thu, 2/1/24 • 6-9 pm
Bldg 19, Room 225 • Prescott Campus

Learn what you need to know about social security and retirement. We will discuss how your social security is calculated, the taxation of benefits, and ways to calculate when to take benefits. This class will help you understand the risks you face in retirement and help you create a strategy to mitigate those risks. Over 70% of Americans receiving social security today depend on it for half of their income. Planning for retirement can be complicated and knowing when to take your social security benefit can be one of the most important decisions in retirement. Come join us to learn ways to maximize your social security benefits and retirement income.

Jonathan Zweifel • \$55 single/\$20 for 2nd family member.

UNDERSTANDING CHARITABLE REMAINDER TRUST

WS24-131 • Fri, 4/5/24 • 2-4 pm
Bldg 31, Room 102 • Prescott Campus

Charitable Remainder Uniform Trust and Charitable Remainder Annuity Trust can provide a substantial tax benefit and a significant win-win-win for everyone involved. This class will look at the basic structure of the Charitable Remainder Trust, frequently encountered issues in drafting and trust administration, and financial planning opportunities. We will examine the mechanics of charitable remainder annuity trust (CRAT) and the charitable remainder unitrust (CRUT), and the significant tax benefits of capital gains, estate tax, and income tax. This course will identify situations in which a charitable remainder trust is or is not an appropriate planning vehicle, explain how to structure the trust to meet an individual's planning objectives, and identify situations in where a charitable trust might be appropriate.

John L. Farmer • \$45

COMMUNITY EDUCATION COURSES

WHEN CAN I RETIRE?

WS24-132 • Thu, 2/8/24 • 6-9 pm
Bldg 19, Room 225 • Prescott Campus

Do you know what you need to retire? Whether or not your social security will be taxable and how to invest your savings to create an income to live on? If you are close to retirement or currently retired come and learn ways to improve your retirement income plan or create one. You will be taught financial planning techniques and investments options along with tax considerations for retirement income planning. Please join us and become a more informed financial decision maker.

Jonathan Zweifel • \$55 single/\$20 for 2nd family member.

FOOD & GARDENING



CREATING A BACKYARD HABITAT

WS24-133 • Mon, 4/1 & 4/8/24 • 1-2:30 pm
Bldg 31, Room 102 • Prescott Campus

You can provide essential habitat for hundreds of species of native pollinators, birds, lizards, toads, frogs, beneficial insects, and furry critters, and still have a beautiful garden. Even the smallest space can contribute to the survival of vanishing species. Habitat is defined as a source of food, water, shelter, and nesting materials and places. There are many simple and inexpensive strategies for supporting wildlife through backyard habitats. You will build on your general understanding of gardening with native plants and assess what habitat resources will work best in your yard.

Kathleen Dickinson • \$75



GARDENING WITH NATIVE PLANTS

WS24-134 • Mon, 2/12 to 3/4/24 • 1-2:30 pm
Bldg 31, Room 102 • Prescott Campus

You can transform your garden into a haven for birds, bees, and butterflies, while conserving water, ending dependence on fertilizers, and reducing your gardening workload. There are hundreds of gorgeous native plants that also provide food, nesting material and shelter for many species of wildlife. Students will assess and map their garden space, learn the basics of planting, and maintaining a native plant garden, and learn to replicate nature's gardening strategies.

Kathleen Dickinson • \$105

KITCHEN WISDOM

WS24-135 • Tue, 4/9 to 4/30/24 • 5:30-8:30 pm
Community Kitchen • Manzanita Village

Learn professional cooking tricks for healthy and delicious food that you can use in your own kitchen. This hands-on class covers basic cooking techniques for whole food, plant based, nutritionally balanced meals along with professional knife and kitchen skills, including how to put together a meal in minutes. Chef Molly Beverly will share insights and tricks culled from 45 years in the education and culinary world. All supplies included in tuition. **Meet for an optional Saturday shopping field trip at Prescott Farmer's Market - date and time to be determined.**

Chef Molly Beverly and Cathy Nowlin • \$250



ALL ABOUT MUSHROOMS

WS24-136 • Tue, 1/30 to 3/5/24 • 6-8 pm
Bldg 31, Room 102 • Prescott Campus

Students will learn about the wisdom of indigenous people's understanding about mushrooms and the scientific research supporting the ancients. We will discover the nutritional benefits of mushrooms and their effective treatment of ailments. Students will learn how to make mushroom extracts, mushroom jerky, mushroom pots for plants and lamp shades. We will discuss how to make and sell mushroom compost, and how mushrooms dismantle toxins in soil and water (a product and service you can offer), mushroom chicken fodder, and more. The class includes a cooking demonstration of specialty mushrooms and recipes.

Kathryn Crew • \$170

MUSHROOM FARMING IN DETAIL

WS24-137 • Tue, 4/9 to 5/14/24 • 6-8 pm
Bldg 31, Room 102 • Prescott Campus

Students will learn the step-by-step process that farmers use to duplicate the natural lifecycles of culinary and medicinal mushrooms. Lecture topics include the demand for mushrooms and why, profitability, food-borne illness prevention, how mushroom farms can work together to serve the community, how to choose which species to grow, tips and tricks to succeed, and more. Hands-on lessons include laboratory techniques and substrate preparation. Individual consultations are included if desired.

Kathryn Crew • \$200

HEALTH & WELLNESS

ADVANCED HYPNOSIS SESSIONS

WS24-138 • Tue, 2/6 to 2/27/24 • 5:30-7 pm
Bldg 4, Room 114 • Prescott Campus

Enjoy deep states of relaxation and inner focus that promote enhanced self-awareness, encourage mental and physical well-being, and can improve clarity, inner drive, and the enjoyment of life. Benefits from these guided imagery sessions also include an ability to foster a more positive self-perception and self-image, and to unlock creative potential. And finally, experience deep states of relaxation that facilitate your versatility to engage in more useful behaviors, and personal development in any aspect of your life.

Jerry Zaryczny • \$90

CRYSTAL SOUND BOWL MEDITATION

WS24-139 • Thu, 2/1 to 3/7/24 • 5:30-6:30 pm
Bldg 31, Room 101 • Prescott Campus

WS24-140 • Thu, 3/28 to 5/2/24 • 5:30-6:30 pm
Bldg 31, Room 101 • Prescott Campus

Sound healing is a practice that utilizes vibrations and frequencies to promote relaxation and improve wellness... a sound bath session can calm our minds, reduce stress and anxiety, and increase feelings of mindfulness. The healing power of sound has been recognized for centuries. Ancient civilizations used sound as therapy to promote physical and spiritual healing. When exposed to specific frequencies and vibrations our bodies respond on a cellular level. The sound waves penetrate our tissues, releasing tension, promoting circulation, and restoring balance to our bodies energy systems. Sound is a powerful tool influencing our mental and physical states.

Catherine Rousseau • \$125

COMMUNITY EDUCATION COURSES

GODDESS GUIDES: VIRGINAL & ALCHEMICAL GODDESSES

WS24-141 • Thu, 2/1 to 3/7/24 • 12:30-2:30 pm
Bldg 31, Room 102 • Prescott Campus

A self-discovery and artistic journey course guided by Jean Shinoda Bolen's book, "Goddesses in Everywoman." We will explore archetypes found in Greek goddesses and learn how they can help guide us in our own lives. The Virginal Goddesses represent women who are one-in-themselves and do not need relationships to define their sense of self. The Alchemical Goddess represents another special blend of women that will be explored in this class. Together we will discover the depths of these archetypes and how they can be activated and worked on within us through playful engagement with a variety of artistic mediums!

Amy Zitzer • \$125

GODDESS GUIDES: VULNERABLE GODDESSES & HEROINES

WS24-142 • Thu, 3/28 to 5/2/24 • 12:30-2:30 pm
Bldg 31, Room 102 • Prescott Campus

A self-discovery and artistic journey course guided by Jean Shinoda Bolen's book, "Goddesses in Everywoman." We will explore archetypes found in Greek goddesses and learn how they can help guide us in our own lives. The Vulnerable Goddesses represent those who are drawn to the traditional roles of women as wife, mother, and daughter. Together, we will delve into the depths of these archetypes and discover how they can be worked on within us. We will also explore how we can become heroines of our own life's story through a playful engagement with art, journaling, group consciousness activities and more!

Amy Zitzer • \$125

GOING WITH YOUR GUT

WS24-143 • Tue, 2/20 to 3/5/24 • 2:30-5 pm
Bldg 31, Room 102 • Prescott Campus

WS24-144 • Tue, 4/2 to 4/16/24 • 2:30-5 pm
Bldg 31, Room 102 • Prescott Campus

Your body is teeming with millions of microorganisms!... known as your microbiome and found primarily in your gut. We'll examine the impact these microorganisms have on our health, both in our gut and from consuming probiotic fermented foods. Be amazed by how fermenting organisms in our bodies modulate our immune systems and overall wellbeing, and the importance of probiotics in our diet. Fermentation permeates every aspect of our lives, and from this class you'll get a tour of fermentation within us and around us, plus we'll make some tasty treats.

Dr. Holly Huffman • \$140

HEALING THE WOUND: THE FAMILY'S JOURNEY THROUGH CHEMICAL DEPENDENCY

WS24-145 • Mon/Wed, 2/26 & 2/28/24 • 10 am-noon
Bldg 19, Room 225 • Prescott Campus

This seminar will challenge the participant to look at Chemical Dependency in the family system from an innovative point of view. It will include practical therapeutic encounters for education, therapy and intervention. It will also challenge beliefs and concepts that participants may assume to be true. This seminar is an interactive workshop facilitated by a licensed Chemical Dependency counselor and published author. *Optional book, "Healing the Wound: The Family's Journey through Chemical Dependency" may be purchased from instructor for \$10.*

Matt Karayan • \$45



LET'S TALK ABOUT CAREGIVING

WS24-146 • Sat, 2/3 to 2/24/24 • 10 am-noon
Bldg 19, Room 225 • Prescott Campus

WS24-147 • Sat, 4/6 to 4/27/24 • 10 am-noon
Bldg 19, Room 225 • Prescott Campus

This interactive class is intended for everyone who is taking care of a loved one at home. Maybe you have been doing this for a while, or maybe you are just starting. Either way, it is important for you to know that you are the best possible caregiver for your loved one, and the best possible place is home. This class will also help with strategies for you to take care of yourself, so you do not feel isolated or overwhelmed. As we explore every aspect of caregiving, physical, emotional, and spiritual, we will share ideas and support.

June Mann • \$45



TAI CHI: THE SIMPLIFIED 24-FORM

WS24-151 • Mon, 1/29/23 3/4/24 • 10-11:15 am
Bldg 15, Room 260 • Prescott Campus

WS24-152 • Mon, 3/25/23 4/29/24 • 10-11:15 am
Bldg 15, Room 260 • Prescott Campus

WS24-153 • Sat, 1/27/23 3/2/24 • 2-3:15 pm
Bldg 15, Room 260 • Prescott Campus

WS24-154 • Sat, 3/23/23 4/27/24 • 2-3:15 pm
Bldg 15, Room 260 • Prescott Campus

For both beginning and continuing students, this fun class teaches the 24 movements of the most popular Chinese Government-approved Yang style “Simplified Form.” You will learn how to maximize the flow of Chi [energy], Tai Chi philosophy, history, and mindfulness through the series of movements that are slow, continuous, relaxed, and focused. Like all Tai Chi Forms, it combines “moving meditation” with gentle revitalizing exercise as the students benefit from improved strength, conditioning, coordination, flexibility, and balance. Students also report experiencing increased energy, reduced stress, reduced pain, enhanced sleep, and/or feelings of well-being.

Larry Bates • \$100

TUNE UP & TUNE IN

WS24-155 • Mon, 1/29 to 3/4/24 • 5:30-7 pm
Bldg 31, Room 101 • Prescott Campus

WS24-156 • Mon, 3/25 to 4/29/24 • 5:30-7 pm
Bldg 31, Room 101 • Prescott Campus

Tune Up and Tune In provides integration and knowledge of the seven chakras themselves, along with how to work with them through movement, sound, aromatherapy, and more. While moving through an all-levels yoga practice lead by certified yoga instructor; Kari Hammond, certified sound healer, Hammond plays singing bowls, a gong, and assortment of other healing instruments. To close the practice, we guide a tea ceremony that integrates all five senses in a manner that practices mindfulness. Everything experienced and learned in this full body, mind, and spirit “tune up” is meant to help integrate mindfulness and self-care into our student’s day to day life.

Karie Hammond and Catherine Rousseau • \$220

MEDITATION FOR HEALTH & RELAXATION: LIFT YOUR LIFE!

WS24-148 • Tue, 4/2 & 4/9/24 • 6-7:30 pm
Bldg 31, Room 101 • Prescott Campus

Relax, revitalize & heal your mind and body in this series of guided meditations using breath, intention, visualization, and sound healing. Learn how & why we are naturally wired to create more calm in our lives. Promote better memory, digestion, sleep, motivation, happiness, and overall quality of being. Incorporate a centering peace through simple everyday meditative techniques to improve your wellness. Taught by a Certified Transpersonal Hypnotherapist & Wellness Coach. *Bring a yoga mat or towel.*

Terri Cafazzo • \$60

TAI CHI: THE 108 LONG FORM, PART I

WS24-149 • Sat, 1/27 to 3/2/24 • 9:30-10:45 am
Bldg 15, Room 260 • Prescott Campus

WS24-150 • Sat, 3/23 to 4/27/24 • 9:30-10:45 am
Bldg 15, Room 260 • Prescott Campus

This exciting class captures all the information and benefits of the Simplified 24 Form class [see description below], as you learn Part 1 [the first 18-plus postures] and more of the famous Yang Style Long Form. The emphasis/focus of this class will be on health and wellness and “cultivating your inner chi.” We will closely follow our “virtual mentor,” Grand Master Kai Ying Tung’s [Tung Family Tai Chi] approach as you assimilate the major Tai Chi principles common to all styles of Tai Chi. No experience is needed: beginners and continuing students are all welcome.

Larry Bates • \$100

COMMUNITY EDUCATION COURSES

HISTORY & CULTURE

A CONVERSATION BETWEEN EAST AND WEST: CROSSING BOUNDARIES

WS24-157 • Mon, 4/1 to 4/22/24 • 1-3 pm
Bldg 3 Room 203 • Prescott Campus

Nowadays, there are lots of conflicts in the world, especially between the East and the West. One reason we might not understand one another is because we seldom converse with each other. It's true there are lots of differences in cultures, faith, cuisine, weather, landscapes, languages and manners of living. There are also many similarities. The purpose of this class is to lift up, discuss and share our life experiences of such cross-cultural ventures, both the happiness and pain, of crossing or not crossing boundaries.

Mai and Harold Vogelaar • \$70



A WAR OF PASSION: THE SPANISH CIVIL WAR

WS24-158 • Tue/Thu, 2/6 to 5/2/24 • 5:30-6:30 pm
PV40, Room 105 • Prescott Valley Center

A War of Passion, the Spanish Civil War is a class that looks into the battles, weapons, and people of the Spanish Civil War. [No classes 3/12 + 3/14.]

RJ Von Mayer • \$185

GETTING TO KNOW MUSLIM NEIGHBORS

WS24-159 • Wed, 4/3 to 4/24/24 • 1-3 pm
Bldg 3 Room 203 • Prescott Campus

Learn more about the beliefs and practice of Islam through readings, lectures, discussions and videos. In conjunction with the course, an optional trip to a local mosque will be offered. This opportunity to broaden perspectives on faith and feelings of Muslims is guided by two scholars, one Christian and one Muslim. Become familiar with the culture and beliefs, exploring beyond headlines, to engage the “heart-lines” of Muslim people.

Mai and Harold Vogelaar • \$70



MY HEROES HAVE ALWAYS BEEN COWBOYS

WS24-160 • Thu, 4/25 to 5/16/24 • 11 am-1 pm
Bldg 4, Room 118 • Prescott Campus

Melissa has grown up in the “Cowboy Capital of the World” and every generation of Ruffner’s have been involved in the creation and continuation of the “World’s Oldest Rodeo” here in Prescott, so of course, her heroes have always been cowboys. This class will cover the early days of ranching, the work of cowboys (shared by Karen Landis who cowboied with her husband for 32 years), and you’ll also learn how the word “cow-boy” was used in the Revolutionary War. “By the time you attend this year’s rodeo and parade, you will have a whole new appreciation and maybe your heroes will be cowboys, too.”

Melissa Ruffner • \$80

NATIVE PEOPLES OF GRAND CANYON

**WS24-161 • Tue, 4/2 to 4/16/24 • 1-3 pm
Bldg 4, Room 114 • Prescott Campus**

Grand Canyon has been lived in for tens of centuries by ancestors of several of the historic tribes of Arizona, including the Havasupai, Hualapai, Southern Paiute and Hopi. From rock art sites to seasonal camps and roasting pits; and from mysterious split-twig figurines found in remote caves to visible ruins and small cliff dwellings, evidence of their long history in the canyon abounds. We will discuss this earliest human occupation of Grand Canyon and the prehistory of each of these tribes.

Chris Wuehrmann • \$70

NATIVE PEOPLES OF THE SOUTHWEST: THE NAVAJO AND APACHE

**WS24-162 • Thu, 2/1 to 2/15/24 • 1-3 pm
Bldg 4, Room 114 • Prescott Campus**

The American Southwest has long been home to a fascinating variety of Native Peoples, each with their own unique story. This course will focus on the history and culture of the Athabascan-speaking peoples of Arizona and New Mexico, including the Navajo and the several Apache tribes.

Chris Wuehrmann • \$70

NATIVE PEOPLES OF VERDE RIVER VALLEY

**WS24-163 • Tue, 3/5 & 3/19/24 • 1-3 pm
Bldg 4, Room 114 • Prescott Campus**

Central Arizona's Verde Valley and upper Verde River have been occupied by native peoples for thousands of years – at least back to the days when prehistoric bison roamed the southwest. The area has been an environmental borderland during this time, occupied in turn by peoples ancestral to the Hopi, Pima and Yavapai. Each took their turn in the valley as climate and subsistence technologies changed. We will discuss the prehistory specific to each of these tribes, as well as the changing environmental and subsistence factors which caused the shifts among peoples. *[No class 3/12.]*

Chris Wuehrmann • \$65



TOTAL WAR: THE AMERICAN CIVIL WAR

**WS24-164 • Mon/Wed, 2/5 to 5/1/24 • 5:30-6:30 pm
PV40, Room 185 • Prescott Valley Center**

This course will take an intensive dive into the American Civil War, in which we will learn about the battles, tactics, weapons, heroes and villains that have shaped the Nation we live in. *[No classes 3/11 + 3/13.]*

RJ Von Mayer • \$185

WOMEN: PIONEERS TO POLITICIANS

**WS24-165 • Thu, 3/21 to 4/18/24 • 11 am-1 pm
Bldg 4, Room 118 • Prescott Campus**

Join Prescott Historian, Melissa Ruffner and see Arizona history come alive! Learn about the Yavapai County women who came to the territory as pioneers and established schools, churches, free lending libraries and helped build Arizona towards statehood. The women involved in “civilizing” the County include a governor’s wife, ladies of the Salvation Army, members of the Monday Club, and the first female Yavapai County Recorder. The lively discussions will introduce dozens of women who made a real difference in Prescott and Yavapai County.

Melissa Ruffner • \$95

COMMUNITY EDUCATION COURSES

LANGUAGE



SPANISH: BASIC VOCABULARY

WS24-166 • Mon, 1/29 to 3/4/24 • 12:30-2:30 pm
Bldg 19, Room 225 • Prescott Campus

Did you know that you can communicate with TWO-THIRDS of the world's population if you speak English and Spanish? You already speak English, now you can tackle your Spanish!! This class will cover basic vocabulary for travel to a Spanish-speaking country, and just a few verbs to be able to say simple phrases. We'll use real objects to learn new material and play games to review previous lessons, having fun knowing no one is perfect and everyone is learning a new skill!

Rachel Lord • \$200

SPANISH: BEGINNING CONVERSATION

WS24-167 • Tue, 1/30 to 3/5/24 • 12:30-2:30 pm
Bldg 19, Room 225 • Prescott Campus

WS24-168 • Tue, 3/26 to 4/30/24 • 12:30-2:30 pm
Bldg 19, Room 225 • Prescott Campus

Do you want to take your basic knowledge of Spanish [simple vocabulary and phrases] to the next level? This class will cover basic grammar to say complete sentences, such as asking directions, making introductions, and describing something. We will do partner and group activities to practice saying new things and have some friendly competitions [play games] to show what we've learned!

Rachel Lord • \$200

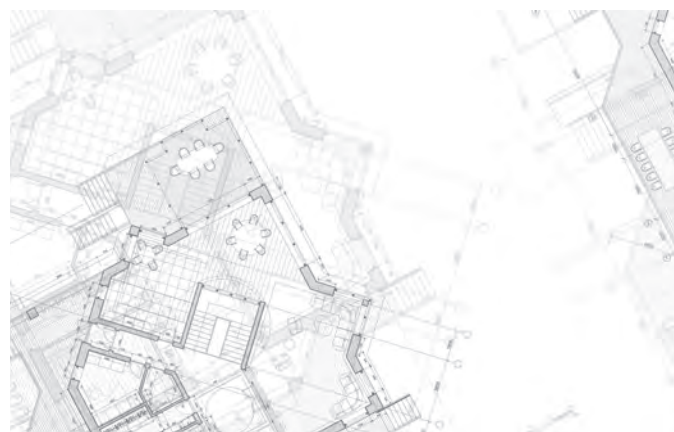
SPANISH: INTERMEDIATE CONVERSATION

WS24-169 • Thu, 3/28 to 5/2/24 • 12:30-2:30 pm
Bldg 19, Room 225 • Prescott Campus

In this class we will LEARN ABOUT several Mexican/Spanish holidays including Dia de los Ninos [Children's Day], Cinco de mayo [May 5] and Semana Santa y Semana de Pascua [Holy Week and Easter], as well as dive more deeply into grammar. After reviewing present tense verbs, we will learn past and future tenses of verbs, as well as prepositions and pronouns. Be prepared to work hard, then play hard as we have fun with a few little CELEBRATIONS!

Rachel Lord • \$200

LIFE SKILLS



ENERGETIC ARCHITECTURE

WS24-170 • Thu, 2/15 to 3/7/24 • 6-7:30 pm
Bldg 31, Room 102 • Prescott Campus

Join Architectural Designer Nicholas Borrell of The Healing Home on a journey into the exciting and intricate world of Architectural Design and Construction. In this class, we will explore Form and Function for residential home building, as well as universal design strategies to create empowered living environments. Topics include interior/exterior architectural details; building codes & permitting; color; ergonomic design; the Imperative of Beauty; and, why details matter. We'll discuss the future of habitat: Stewardship vs. Ownership. The course will follow Nicholas's book, Energetic Architecture! Learning to Read the Energies of your Home.

Nicholas Borrell • \$90

LAND NAVIGATION: BASICS

WS24-171 • Mon, 1/29 to 3/4/24 • 10 am-noon
And meets Thu, 2/1 to 3/7/24 • 9 am-noon
Bldg 31, Room 102 • Prescott Campus

This course provides a comprehensive curriculum of the knowledge and skills required to safely perform cross-country land navigation. The course is comprised of classroom lecture sessions as well as offsite navigation events. Course content includes use of the lensatic compass and compass construction, Topographic map reading, route planning, distance/time calculation, recognition of major, minor, and supplementary terrain features, and the use of intersection and resection methods to find unknown points on a map. Offsite Navigation events encourage proficiency in skill development, route planning, safety, buddy systems, terrain association and dead reckoning approaches to navigation, and effective use of Global Positioning System (GPS) tools. *Students must be age 18+ to enroll.*

- Students must provide the required map, compass, protractor and personal GPS unit. The Required Materials List is available.
- Students will meet in classroom on Mondays, 10 am-12pm **AND** offsite on Thursdays, 9 am-12pm for Navigation Practicals.

Joshua Lawton • \$300

LAND NAVIGATION: ADVANCED

WS24-172 • Mon, 3/25 to 4/29/24 • 10 am-noon
And meets Thu, 3/28 to 5/2/24 • 9 am-noon
Bldg 31, Room 102 • Prescott Campus

This course provides a comprehensive and advanced curriculum of the knowledge and skills required to safely perform cross-country navigation. The course is comprised of classroom lecture sessions as well as offsite navigation events. Course content includes a review of basic navigation skills, recognition of mountain terrain features, mountain weather, mountain navigation, star navigation, scaling and geo-rectification of maps, and navigation with sketch maps. Offsite Navigation events encourage proficiency in skill development, route planning, safety, buddy systems, terrain association, altitude, and night methods of navigation. Additional skills taught are distance determination with compass, how to determine the percentage of a slope, and to determine stream velocity at water crossings. *Students must be age 18+ to enroll.*

- Students must provide compass, protractor, ruler, 3x5 cards, calculator or phone, and optional personal gps receiver.
- Students will meet in classroom on Mondays, 10 am-12pm **AND** offsite on Thursdays, 9 am-12pm for Navigation Practicals.

Joshua Lawton • \$300



OPEN WATER SCUBA DIVER

WS24-173 • Fri, 2/2 to 3/8/24 • 7:30 am 10:30 am
Bldg 19, Room 225 • Prescott Campus

WS24-174 • Fri, 3/29 to 5/3/24 • 7:30 am 10:30 am
Bldg 19, Room 225 • Prescott Campus

This course provides a comprehensive curriculum of the knowledge and skills required to safely participate in recreational/sport scuba diving activities. The course is comprised of classroom lecture sessions as well as pool and open water lab sessions. Course content includes the history, physics, physiology, equipment knowledge, medicine, and the underwater environment education for the sport of scuba diving. Pool and open water labs encourage proficiency in skill development, dive planning, safety, buddy systems, equipment handling, diver assistance, air consumption, underwater problem solving, entry and exit procedures, and proper buoyancy. To be certified, the final Open Water Dive portion will take place at Lake Pleasant. *Space limited to 6 students.*

- Students must purchase the PADI Open Water Diver Manual with Dive Table: ASIN: B003JX0AUK [available from Amazon.com for approx. \$62.]

Joshua Lawton • \$400

COMMUNITY EDUCATION COURSES

PHILOSOPHY, RELIGION & SPIRITUALITY



REIKI 1, 2, AND MASTER LEVEL

WS24-175 • Wed, 3/27 to 5/1/24 • 5:30-8 pm
Bldg 31, Room 101 • Prescott Campus

USUI Reiki is a Japanese Energy healing technique where a Master teacher attunes the student to the symbols of Reiki. In this course the education, hands on learning and Attunements for Level 1, 2 and Master Teacher are covered. These certifications provide the credentials to begin a healing practice, teach reiki or just simply expand your own awareness and intuition. This is a spiritual journey where the master teacher offers long term support and mentorship beyond the class.

Angela Garrotto • \$175

THE HEALING PROPERTIES OF SLOW STITCHING

WS24-176 • Sat, 2/3/24 • 1-4 pm
Bldg 31, Room 101 • Prescott Campus
WS24-177 • Sat, 3/2/24 • 1-4 pm
Bldg 31, Room 101 • Prescott Campus
WS24-178 • Sat, 4/6/24 • 1-4 pm
Bldg 31, Room 101 • Prescott Campus
WS24-179 • Sat, 5/4/24 • 1-4 pm
Bldg 31, Room 101 • Prescott Campus

Students will learn the history and applications of slow stitching, as well as the healing properties that can occur while one is stitching with intention. Over the 3-hour workshop, you will create small squares with simple stitches, using new and recycled fabric, needle, and thread. Meditation will be enfolded into this work time as your hands create something beautiful, while your brain and body experience a centeredness and peace. At the end of this workshop, you will have a small wall hanging to take home. Perfection is not the goal - no experience is necessary! **A \$5 materials fee is payable to the instructor.**

Jane Jones • \$75

WISDOM OF THE GREAT EASTERN RELIGIONS

WS24-180 • Wed, 1/31 to 3/6/24 • 6:30-8 pm
Bldg 19, Room 225 • Prescott Campus

What made the words of the Hindu masters, the Buddha, Confucius and Lao Tzu so memorable and everlasting? This class will explore the great wisdom traditions of Hinduism, Buddhism, Confucianism and Taoism. Your journey will include an in-depth look at the lives, the culture, the challenges, the inspiration and the teachings associated with the founders of these rich traditions. This class will discuss the timeless impact on the world at large, and how one can enrich their own life through an investigation in to the ethical principles and lifestyles advocated by these great masters. Learn more about the yogas, meditation, dharma, Nirvana, the middle way, Ren, Chun Tzu, Tai Chi, I Ching, Acupuncture and Wu Wei. In the words of Huston Smith, "If we take these great world religions at their best, we discover the distilled wisdom of the human race."

Peter Lhotka • \$80

PHOTOGRAPHY



INTRODUCTION TO DIGITAL PHOTOGRAPHY - PART 1 OF 2

WS24-181 • Fri, 2/2/24 • 9 am-noon
Bldg 31, Room 102 • Prescott Campus

This course is for students that are new to digital photography. You will learn what a RAW and JPEG file are and how they relate to digital images. We will learn about Aperture, Shutter Speed, Manual Mode, and automatic settings. You will be introduced to Color Space, White Balance, and some of the settings on your camera. We will talk about Telephoto and Prime lens, and photo editing programs like Lightroom and Photoshop. *Requirements: Bring a digital camera in good working order with a charged battery and a CF Flash Card in the camera. Bring your camera manual, pen/paper, and you should be familiar with how to use a computer and be able to create a folder on your computer.*

Jon-Nolan Paresa • \$75

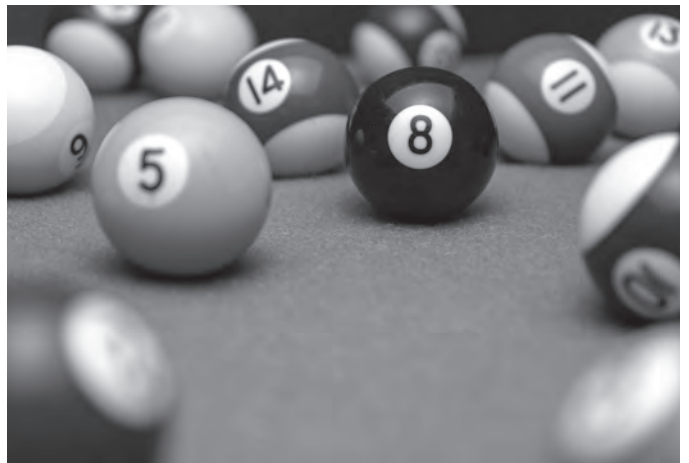
HOW TO TAKE BETTER PHOTOS OF FRIENDS, FAMILY AND NATURE OR LANDSCAPES - PART 2 OF 2

WS24-182 • Sat, 3/30/24 • 9 am-noon
Bldg 31, Room 102 • Prescott Campus

In this course, we will discuss Portrait and Landscape mode, shooting in RAW vs JPEG, and Lightroom and Photograph alternatives. You will participate in a class project, taking portraits of each other to get the best image possible. You will learn about landscape photography and working with a tripod when shooting portraits, landscapes, and you will learn the best way of taking photos of family members and animals. *Requirements: You have taken Introduction to Digital Photography, or you have a strong understanding of how to operate your camera. Pen and paper are suggested. Bring a functioning camera with a charged battery and a flash card. Bring a tripod, if you have one.*

Jon-Nolan Paresa • \$75

RECREATION



BILLIARDS: LEVEL 2

WS24-183 • Sat, 2/3 to 3/9/24 • 9-11 am
Barefoot Bob's Billiards • Prescott Valley

Continue to elevate your pool skills to the next level. Sharpen your ball pocketing skills and apply the principles of precise position play. Learn more advanced practice drills and proven strategies to win at 8 ball, 9 ball and other popular games. Enjoy individualized instruction on combinations, banks, caroms and cut shots. Instructor is a Collegiate and Billiard Congress of America national champion. *Class meets at Barefoot Bob's in Prescott Valley. Students must 21+ years to enroll. Bring your own cue or use available house cues.*

Peter Lhotka • \$110

COMMUNITY EDUCATION COURSES

KUNG-FU SAN SOO

WS24-184 • Tue/Thu, 1/30 to 3/7/24 • 6-8 pm
Bldg 57, Room 113 • Chino Valley Center

WS24-185 • Tue/Thu, 3/26 to 5/2/24 • 6-8 pm
Bldg 57, Room 113 • Chino Valley Center

Kung-Fu San Soo is a self-defense technique. Based on a combination of punches, kicks, strikes and blocks done in perfect rhythm and directed at vital parts of the human body, it becomes an effective way for one to defend themselves. The techniques can be changed instantly to fit any situation and don't follow any set pattern. This allows for any body type; male or female, young or old, fit or not, physically impaired, or not; to learn what is possible for them in any situation. The student will build confidence, gain self-esteem, and reduce fear.

Scott Hipp • \$185

WRITING & PUBLISHING



DO YOU NEED A LITERARY AGENT?

WS24-186 • Tue, 2/13/24 • 6:30-8:30 pm
WebLive • Online

When should you consider literary representation? This two-hour workshop covers everything you need to answer that question. 1. What can a literary agent do for you? 2. The different types of literary representation. 3. Resources for finding the perfect match. 4. How to query an agent, including query letters, log lines, and elevator pitches. 5. Signing on the dotted line and more. A PDF of the class presentation will be available to attendees at the conclusion of the class.

Tina Radcliffe • \$70

HOW TO BUILD YOUR WRITER PLATFORM

WS24-187 • Tue, 2/27/24 • 6:30-8:30 pm
WebLive • Online

What is a writer platform, and how do you get one? The writer platform consists of the tools you use to introduce yourself to your target readers. The platform also shows editors and agents that you have a built-in audience for your product. This two-hour workshop will break down the essentials of a writer platform. We'll discuss the best social media options and how to fit social media into your schedule, along with a primer on websites and newsletters. A PDF of the class presentation will be available to attendees at the conclusion of the class.

Tina Radcliffe • \$70



SO, YOU WANT TO WRITE A BOOK

WS24-188 • Tue, 1/30/24 • 6:30-8:30 pm
WebLive • Online

Is there a book locked inside of you? Is it a novel, a memoir, or a guide? Or are you unsure what it is? What's standing between you and your writer dreams? This two-hour workshop explores how to get those ideas down on paper and what happens after you write THE END. We'll discuss publishing gatekeepers, the different roads to publication, and the pros and cons of indie versus traditional publishing. It's time to start your writing journey. Are you ready? A PDF of the class slide deck will be available to attendees at the conclusion of the class.

Tina Radcliffe • \$70

EDVENTURES IN LEARNING – TRAVEL TO LEARN AND EXPLORE YOUR WORLD!

At EDventures, our tour leaders are eager to share their knowledge and enthusiasm for the colorful local history, fascinating cultures, and inspiring natural features when you travel with us!



MULTI-DAY TRIP

CANYON DE CHELLY OVERNIGHT ADVENTURE

Wednesday & Thursday, May 8-9 • **EDV-50824**

Reserve by 4/17.

Canyon de Chelly, an amazing landscape of 800-foot tall red cliffs, includes spectacular cliff dwellings and mystical rock art. The canyon sustains a living community of Navajo people connected with the beautiful landscape and its great historical and spiritual significance. Take a 4x4 tour up the canyon with Navajo guides. Enjoy lunch in the Petrified Forest and visit the historic Hubbell Trading Post in Ganado. The colors within the canyon are sure to delight! **Activity Rating: Levels 1-2.**

Instructor: Chris Wuehrmann

\$655 per person double occupancy/\$100 single occupancy supplement – Tuition includes transportation, lodging, meals, 4x4 tour, permits, admission fees, gratuities, and field instruction. *Departs at 7AM from Prescott Campus.*



DAY TRIPS

CROWN KING & THE SOUTHERN BRADSHAW'S

Wednesday, April 17 • **EDV-41724**

Reserve by 4/3.

The history of the region's historic gold mines comes to life! Travel along the winding roads beside the old railroads of the Bradshaw's and the railroad switchbacks that pass the historic mines dotting the surrounding hillsides. Enjoy the magnificent views as you top out at the summit. A visit to the Crown King General Store transports you back in time. Driving on bumpy roads. **Activity Rating: Level 1.**

Instructor: Chris Wuehrmann

\$170 per person – Tuition includes transportation, box lunch and field instruction. *Departs 8AM from Prescott Campus. *Dewey-Humboldt pickup available.*

EDVENTURES TRIPS



DRIVE TO BOTTOM OF GRAND CANYON

Friday, February 16 • **EDV-21624**

Reserve by 2/16.

Wednesday, March 6 • **EDV-30624**

Reserve by 2/21.

Wednesday, March 13 • **EDV-31324**

Reserve by 2/28.

Wednesday, April 3 • **EDV-40324**

Reserve by 3/20.

Friday, April 19 • **EDV-41924**

Reserve by 4/5.

Follow Diamond Creek Road as it winds through Peach Springs Canyon – the only road access to the bottom of the Grand Canyon. Diamond Creek Road will take us down the canyon to the banks of the Colorado River. Along the way, we will stop to enjoy the views and learn about Hualapai history, cultures, and the geology and the natural history of the canyon. You will enjoy a picnic lunch with an optional walk the last mile to the Colorado River following a narrow canyon that crosses Diamond Creek. Includes driving on a bumpy and winding dirt road to the Colorado River. **Activity Rating: Levels 1-2.**

Instructor: Chris Wuehrmann

\$180 per person – Tuition includes transportation, Hualapai permits, box lunch and field instruction. *Departs 7:30AM from Prescott Campus. *Chino Valley pickup available.*

EXPLORE COCONINO COUNTY: BILL WILLIAMS MOUNTAIN

Friday, June 14 • **EDV-61424**

Reserve by 5/30.

Bill Williams Mountain, visible to the north from most of the Prescott area, is the westernmost 9,000-foot peak in Arizona. The mountain is named for a preacher/guide/mountain man from North Carolina whose story will weave through the day. We will circle the mountain on the Bill Williams Loop Road starting at Devil Dog Lake just off I-40, then drive to the summit fire tower, enjoying distant views across much of northern Arizona. We'll do some short walks, but no significant hiking, as we talk about the geology and ecology of the mountain. There's a good chance of seeing Elk and other wildlife along the way. **Activity Rating: Level 2.**

Instructor: Chris Wuehrmann

\$170 per person – Tuition includes transportation, box lunch and field instruction. *Departs 8AM from Prescott Campus. *Chino Valley pickup available.*

EXPLORE COCONINO COUNTY: CRATER LAKE AND LAVA TUBES

Tuesday, June 6 • **EDV-60624**

Reserve by 5/23.

Northwest of Flagstaff is a little-known crater lake, surrounded by meadow and aspen groves, hidden inside a small volcanic cinder cone just east of the Kendrick's Mountain Wilderness Area. Our day afield will focus heavily on the volcanic history of the San Francisco Volcano Field surrounding Flagstaff and Williams. We will drive up the access road to the ski area on San Francisco Peaks, hike into Crater Lake for lunch, then in the afternoon visit a lava tube [with optional exploration of the tube] south of Kendrick's Peak. We will also traverse some of the old Route 66 on the way home. Total hiking distance for the day is about two miles at elevations near 8,000 feet. **Activity Rating: Level 3.**

Instructor: Chris Wuehrmann

\$175 per person – Tuition includes transportation, box lunch and field instruction. *Departs 7AM from Prescott Campus. *Chino Valley pickup available.*



EXPLORE COCONINO COUNTY: RED MOUNTAIN AND KEYHOLE SINK

Wednesday, May 15 • EDV-51524

Reserve by 5/1.

Near the northern edge of the great field of volcanos that surrounds Williams and Flagstaff is an otherwise average cinder cone, about 1,000 feet tall, called Red Mountain. What makes this little mountain unique is how erosion has carved a spectacular amphitheater out of the heart of this extinct volcano, creating a magical landscape of cliffs, spires, and little slot canyons. While talking about the history and dynamics of the San Francisco Volcano Field, and the local ecosystems, we will hike into the heart of Red Mountain, enjoying our lunch inside the volcano. Inside Red Mountain there's some optional off-trail exploring. After our main hike, we'll travel back roads south to Parks, then west on Historic Route 66 to Keyhole Sink, hiking into this unusual feature with petroglyphs and a seasonal waterfall. Hiking distance is about 4.5 miles, mostly on well-maintained trail; at elevations about 7,000 feet. *Activity Rating: Level 3.*

Instructor: Chris Wuehrmann

\$175 per person – Tuition includes transportation, box lunch and field instruction. *Departs 8AM from Prescott Campus. *Chino Valley pickup available.*

EXPLORE COCONINO COUNTY: THE LAND BETWEEN THE CANYONS

Tuesday, June 4 • EDV-60424

Reserve by 5/21.

North of Verde Valley is a little-visited plateau, surrounded on three sides by rugged wilderness areas. On the east is West Fork Wilderness and Oak Creek Canyon; on the west is Sycamore Canyon Wilderness; and on the south is Redrock/Secret Canyon Wilderness. We will explore this beautiful, forested landscape, culminating with utterly amazing views of the redrock country of Sedona, seen from above. Along the way we'll talk about geology, including visiting a baby sinkhole, forest ecology and the logging railroads of the early 20th century. We'll also talk about the handful of people who have lived out there, including Bear Howard, who literally made his living hunting bear, and the wild Casner Clan, who have multiple local landmarks named after them. Lots of short walks, but no serious hiking. *Activity Rating: Level 2.*

Instructor: Chris Wuehrmann

\$180 per person – Tuition includes transportation, box lunch, and field instruction. *Departs 7AM from Prescott campus. *Chino Valley pickup available.*

EXPLORE YAVAPAI COUNTY: WILLIAMSON VALLEY AND BEYOND

Friday, May 17 • EDV-51724

Reserve by 5/3.

This road trip takes Williamson Valley Road all the way to Seligman with a return via Ash Fork and Highway 89. We'll visit the areas of many early historic sites, including the town sites of Simmons and Walnut Creek. On the return from Ash Fork we'll stop at the old Little Hell Canyon stage stop and a mysterious and unique signpost from the earliest days of air travel in the county. Along the way we'll discuss the geology and natural history and many aspects of the human history of the area. There will be a few short walks of up to a quarter mile, but no serious hiking. *Activity Rating: Level 2.*

Instructor: Chris Wuehrmann

\$170 per person – Tuition includes transportation, box lunch, and field instruction. *Departs 8AM from Prescott campus.*

EDVENTURES TRIPS



GET YOUR KICKS ON ROUTE 66!

Friday, April 12 • EDV-41224

Reserve by 3/29.

Spend a day with us as we travel the “Mother Road” from Ash Fork to Oatman and explore the remnants of this important Chicago to LA thoroughfare. Beginning with a stop in Seligman, we’ll motor on to visit the Route 66 Museum in Kingman where you will learn about the evolution of travel. Back on the road, we’ll wind up at a living ghost town in Oatman and see a live reenactment of an old west shootout, wild donkeys roaming the streets and many more sights you won’t see anywhere else! **Activity Rating: Level 1.**

Instructor: Chris Wuehrmann

\$175 per person – Tuition includes transportation, box lunch, and field instruction. *Departs 7AM from Prescott campus. *Chino Valley pickup available.*

HASSAYAMPA RIVER PRESERVE

Wednesday, February 14 • EDV-21424

Reserve by 2/1.

Explore the route of the Hassayampa River – the “river that flows upside down.” This intermittent river arises in the southern Bradshaw Mountains and is an important water source for the desert. Learn about the river and the wildlife it supports while visiting the Hassayampa River Preserve near Wickenburg. Take a walk along the beautiful river trails of this important year-round stream. Enjoy a picnic lunch in the preserve. Then visit the ghost towns of Stanton and Octave, sites of a gold strikes in the 1860s. Short walks up to one mile on uneven ground. **Activity Rating: Level 2.**

Instructor: Chris Wuehrmann

\$175 per person – Tuition includes transportation, entrance fees, box lunch, and field instruction. *Departs 7AM from Prescott campus.*

HIKE GRAND CANYON: DIAMOND CREEK

Saturday, March 9 • EDV-30924

Reserve by 2/24.

Friday, March 15 • EDV-31524

Reserve by 3/1.

Hike with EDventures! Drive to the Grand Canyon on the only road to the Colorado River, accessible on Hualapai lands. Shortly before reaching the river, this road meets Diamond Creek. The hike is about 5 miles round trip up the creek into spectacular narrows. The trail has no steep grades, but it crosses the creek several times, so expect some wet walking and walking on river rocks. Lunch at a beautiful waterfall beneath thousand-foot cliffs and learn about both the geology and natural history. The day will culminate with a stop at the Colorado River. Dinner stop at Lilo’s in Seligman [on your own]. **Activity Rating: Level 3+.**

Instructor: Chris Wuehrmann

\$180 per person – Tuition includes transportation, Hualapai permits, box lunch and field instruction. *Departs 7AM from Prescott Campus. *Chino Valley pickup available.*

ROCK ART RANCH AND LA POSADA

Friday, May 3 • EDV-50324

Reserve by 4/19.

Wednesday, June 12 • EDV-61224

Reserve by 5/29.

Step back in time with a visit to Chevelon Canyon on Rock Art Ranch, home to some of the finest ancient petroglyphs in the world on a privately-owned ranch. Visit the cowboy museum and working ranch to learn about ranching history, the Hashknife Cattle Company and military and Indian activity in the area. Tour the excavated prehistoric pueblo sites and an historic Navajo camp with intact hogan. Take a short, steep hike into Chevelon Canyon to view the multiple petroglyph panels. Visit Winslow, AZ and take a photo next to the ‘Standing on the Corner’ sculptures. We will finish the day with dinner at the famous La Posada, the beautifully restored Fred Harvey Hotel in Winslow with dinner [on your own] in the award-winning Turquoise Room. **Activity Rating: Levels 2-3 (steep stairs).**

Instructor: Chris Wuehrmann

\$200 per person – Tuition includes transportation, box lunch, ranch tour admission, and field instruction. *Departs 7AM from Prescott campus. *Chino Valley pickup available.*

TUZIGOOT AND VERDE VALLEY ARCHAEOLOGY

Wednesday, April 10 • EDV-41024

Reserve by 3/27.

Start the day with a stop in Jerome to explore this historic copper mining town. Spend the afternoon aboard the vintage train cars on a wilderness excursion that follows the curves of the Verde River through a red rock canyon full of unusual geology, abundant wildlife, Brilliant spring colors and prehistoric ruins. Expert narration leaves passengers with a sense of history, archaeology and the Indian lore of the Verde Canyon. **Activity Rating: Level 2.**

Instructor: Chris Wuehrmann

\$170 per person – Tuition includes transportation, box lunch, and field instruction. *Departs 8AM from Prescott campus.*



COURSE PHYSICAL ACTIVITY LEVEL RATING CHART*

Activity Rating Level 1

Participants must be able to carry luggage, packs, and/or equipment, climb stairs, sit, or stand for up to 1 hour, get in and out of vehicles easily, and walk a few blocks indoors or out.

Activity Rating Level 2

Participants must be able to carry luggage, packs, and/or equipment, participate in physical activity for 1-2 hours, climb stairs, sit, or stand for over 1 hour, and walk on uneven and/or varied terrain from three blocks up to one mile at a 2.0-mph pace over the course of the day (may include slight elevation changes.)

Activity Rating Level 3

Participants must be able to carry luggage, packs, and/or equipment, sit, or stand for over 2 hours, be in good health, mobile, able to participate in 3-5 hours of physical activity per day, and walk on uneven and/or varied terrain up to five miles at a 2.5-mph pace over the course of the day and/or for multiple consecutive days (may include moderate elevation changes.)

**Trip activities may vary. Not all trips will include all aspects of the assigned activity rating. For more information on individual trip activity levels, or to request special accommodations, please contact EDventures at 928-717-7755.*



VERDE CANYON RAILWAY

Friday, April 5 • EDV-40524

Reserve by 3/4.

Start the day with a stop in Jerome to explore this historic copper mining town. Spend the afternoon aboard the vintage train cars on a wilderness excursion that follows the curves of the Verde River through a red rock canyon full of unusual geology, abundant wildlife, Brilliant spring colors and prehistoric ruins. Expert narration leaves passengers with a sense of history, archaeology and the Indian lore of the Verde Canyon. **Activity Rating: Levels 1-2.**

Instructor: Chris Wuehrmann

\$250 per person – Tuition includes transportation, lunch voucher at Verde Canyon and field instruction. *Departs 8AM from Prescott Campus.*

VIRTUAL EDVENTURES VIDEOS

VIRTUAL EDVENTURES VIDEOS are a new way to enjoy our trips, without the bumpy van ride. Join Chris and Rita Wuehrmann for any or all of these seven EDventures Videos.

DUFF SPRINGS

Video ID #ONL1 • \$15

Alexander Duff came to Arizona Territory in 1879, as a trapper, prospector, and market hunter, married to a Shoshone Indian woman. He left the territory in 1906 as a respected hotel and mercantile owner. Duff homesteaded at a beautiful spot on the Verde River, overlooked by a centuries-old cliff dwelling, where a crystal-clear spring bears his name. Join this exploration of Duff's story and of some of the history and natural features.

JOHNSON CANYON

Video ID #ONL2 • \$20

When the Santa Fe Railroad was constructing their line across northern Arizona in the early 1880s, they overcame many physical obstacles in the rugged landscapes they traversed. One of the more difficult was the steep drop westwards off the Coconino Plateau, between Williams and Ash Fork. Our explorations will include some strange and interesting natural features, and the story of rancher and homesteader George Johnson, after whom the canyon is named.

NORTHERN BRADSHAW

Video ID #ONL3 • \$20

In 1863, during the height of the Civil War, several parties of intrepid prospectors discovered gold in the flanks of what became known as the Bradshaw Mountains. While the Walker party was most notable, the range was named for William Bradshaw, who died under mysterious circumstances in December 1864. We will explore the northern part of the range, which overlooks Prescott, visiting old mine sites, ghost communities, homesteads, and the historic Palace Station, established by the Spence family in 1875.

THE MOQUI STAGE ROAD TO GRAND CANYON

Video ID #ONL4 • \$25

In 1903, two young girls traveled to the Grand Canyon with their families. They rode from Flagstaff to the Canyon by stagecoach, stayed in the historic, long extinct Grand View Hotel and took a 3-day trip by burro into the Canyon with Captain John Hance, the Canyon's first tour operator and renowned storyteller. Chris Wuehrmann re-creates their journey to the Canyon via the route of the Moqui Stage. We will hear about their histories as miners and tour operators in the Grandview Point area, and little-known histories of other Northern Arizona pioneers and places.

PROSPECTORS, MINERS, AND THE IMPOSSIBLE RAILROAD IN THE SOUTHERN BRADSHAW MOUNTAINS

Video ID #ONL5 • \$25

In 1863, during the height of the Civil War, several parties of prospectors discovered gold in what became known as the Bradshaw Mountains. We'll explore the southern part of the range, visiting desert communities like Cleator, Bumblebee, and the mountain town of Crown King. We will talk about the original Yavapai Indian inhabitants, the challenges of passage via rail, and some history of mining in the rugged and forbidding landscape of the Southern Bradshaws.

EXPLORING DATE CREEK: NATIVE PEOPLES AND TERRITORIAL FORTS TO MODERN RANCHERS

Video ID #ONL6 • \$25

Date Creek flows from the crest of the Weaver Mountains above Yarnell west into a vast desert plain, studded with rugged mountain ridges, finally joining the Santa Maria River above Alamo Lake. Originally home to the Yavapai People, Date Creek's first Anglo visitors were led by Charles Genung in 1863, who upon seeing one of the creek's green valleys declared it to be the Garden of Eden. Near this spot the military post of Camp Date Creek operated from 1867-1874. We will explore this little-known landscape, seeing ancient rock art, viewing the ruins of Camp Date Creek, and visiting with modern ranchers.

THE LAND BETWEEN THE CANYONS

Video ID #ONL7 • \$25

Leading southwards into Verde Valley are two spectacular red rock canyons. To the east, well-known Oak Creek Canyon is followed by highway, although the west flanks are wilderness area. To the west, lightly visited Sycamore Canyon is entirely wilderness area. Between the lower ends of these canyons is more wilderness area offering utterly amazing views, exotic volcanic features, and steep and wild canyons. Enjoy exploring this wild country and rugged back roads. We'll talk about geology, natural history, forest management and logging railroads. We'll also talk about the handful of early pioneers who braved this remote wilderness; and the historic logging railroads that once traversed the area.



Find us on the Prescott Campus!
Community Education & EDventures Offices
 Building 31, Room 108
 928-717-7755

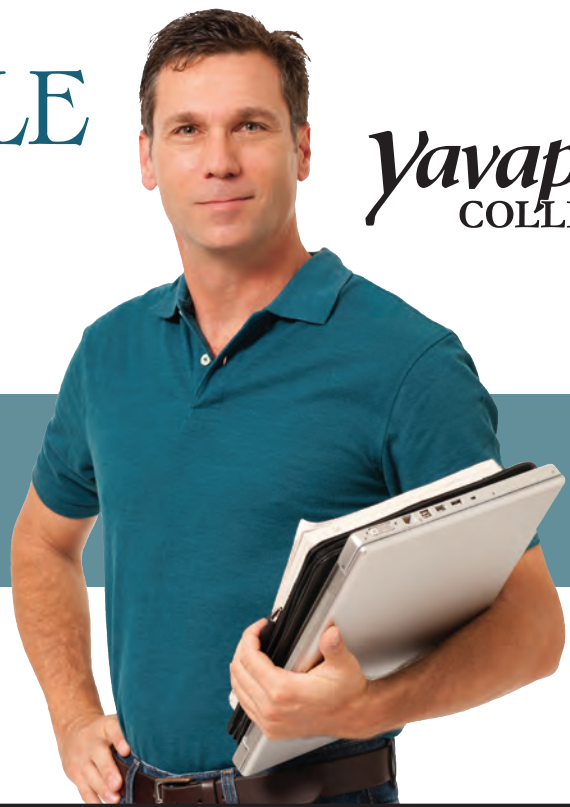
Is getting to your Class a challenge because of a disability?

For those who need assistance in finding appropriate parking and getting to your classroom, we offer the following information:

Disability parking is located at the second floor level behind Buildings 3 and 4 and in parking lot M. You must have a disability permit to park in these areas. You may take the elevator in Buildings 2, 3 and 4 to the first floor level.

If there are any other disability concerns or requests for accommodations, please do not hesitate to contact Disability Resources for assistance at 928-776-2079.

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