

## WINTER REGISTRATION BEGINS

Nov. 21, 2022

360-623-8940

## How to register:

- Mail your registration to Centralia College to the Continuing Education Office, 600 Centralia College Blvd., Centralia, WA 98531.
- Register by phone using a credit card at 360-623-8940.
- Bring your registration to the Continuing Education Office in the Technology (TEC) building or to CCEast in Morton (701 Airport Way)
- Register online at [www.campusce.net/centralia](http://www.campusce.net/centralia).
- For more information, call 360-623-8940 or visit [www.campusce.net/centralia](http://www.campusce.net/centralia)

## OUTDOORS

### NEW! Detox for a New You in 2023

If your New Year's resolution is to lose weight or get healthier, then detoxification is a great starting point. We are all exposed to toxins every day from our environment, workplace, personal care products, what we consume as well as emotional toxins from multiple sources. From time to time, depending upon your lifestyle and level of exposure, our bodies need to go through a detox or cleansing process. In this class, you will learn how to safely detox and create your own customized program using herbs, diet, and other natural substances. Class includes a handout and eBook. Please provide your preferred email address at time of registration. \*Zoom link will be sent to the student at least 24 hours before the class. Instructor: Kerri Bailey.

Jan 10	T	6:00pm – 7:30pm	Online/Zoom
Class 20131		Course CS 116 A2	\$30

### Nature's Immunity Boosters

Learn how to increase your immunity using certain foods, teas, essential oils and herbal supplements, as well as other natural techniques. We will cover how to prevent colds, flu, allergies, and general immune system enhancement. Class includes a handout and eBook. Please provide your preferred email address at time of registration. \*Zoom link will be sent to the student at least 24 hours before the class. Instructor: Kerri Bailey.

Jan 31	T	6:00pm – 7:30pm	Online/Zoom
Class 20132		Course CS 116 B2	\$30

### Pruning Your Landscape

A fabulous landscape is well planted and properly groomed. Pruning is not only for the appearance, it enhances the health of your trees, shrubs, and perennials by decreasing risk from disease and insect damage. This class will take the confusion out of your pruning chores. We will discuss how and when to prune trees, shrubs, fruits, berries, vines, grasses, perennials as well as dead heading and dormant spraying. Bring your questions and images for the instructor if desired. Includes a handout and eBook. Please provide your preferred email address at time of registration. \*Zoom link will be sent to the student at least 24 hours before the class. Instructor: Kerri Bailey.

Feb 28	T	6:00pm – 7:30pm	Online/Zoom
Class 20134		Course CS 116 C2	\$30



### NEW! A Good Night's Sleep

Although the perfect night's sleep may not exist, a good night's sleep is attainable. Many of us are sleep deprived and are looking for quick solutions that usually only work temporarily. In this class, you will discover how to develop long term healthy sleep habits by balancing your circadian rhythms through a variety of techniques. We will learn emotional coping methods for stress/anxiety, deep breathing techniques, how to manage our sleep environment, useful herbal supplements for sleep (as well as those to avoid), and how diet, exercise, and hydration affect our sleep. Class includes a handout and eBook. Please provide your preferred email address at time of registration. \*Zoom link will be sent to the student at least 24 hours before the class. Instructor: Kerri Bailey.

Mar 14	T	6:00pm – 7:30pm	Online/Zoom
Class 35829		Course CS 116 D2	\$30

### Avalanche Awareness

This class teaches the critical skills in avoiding avalanches and recognizing dangerous terrain. Too many skiers, snowboarders, and snowshoers go into the backcountry and are unaware of the dangers they could encounter. They make unsafe decisions based on their lack of knowledge or training. This class will teach winter/early spring backcountry users how to recognize when they may be in danger, how to make the decisions necessary to improve their safety, and enjoy the winter/early spring backcountry. Instructor: Judson Lang.

Jan 9	M	6:00pm – 9:00pm	WAH 118
Class 35835		Course CS 116 E	\$30

### Beginners Map & Compass Reading

Learn the basics of using a topographic map and compass while hiking or backpacking. The knowledge from this class will help you feel more confident in finding your way on trails or over open terrain. If you visit and use the great outdoors, competency with a map and compass is critical. Learn to read topo maps, figure out where you are on a map, plot a course to where you want to go, and follow a compass bearing. Learn not to rely on GPS. Instructor: Judson Lang.

Jan 10-17	T	6:00pm – 9:00pm	WAH 118
Class 20129		Course CS 117 A	\$35

### Guide to Backpacking Light

Too many hikers carry too much weight in their pack. This often creates physical discomfort and pain, limits the distance they can travel, and makes their hike a death march...greatly limiting what should be an enjoyable, refreshing experience. This class will teach backpackers and day hikers how to lighten their pack weight and enjoy backpacking again. Instructor: Judson Lang.

Jan 11-25	W	6:00pm – 9:00pm	WAH 118
Class 20130		Course CS 117 B	\$35



### Surviving an Unplanned Night in the Woods

People go into the woods for many reasons: hiking, bird watching, picnicking, photography, fishing, mountain biking, trail running, etc. What do you do if your planned day goes wrong? A broken ankle or getting lost could result in spending a night out in the forest. Too often, in the mountains, a cell phone does not get reception and help is not just a phone call away. This class will teach simple strategies for surviving the unexpected night out in the forest. Learn how to make the decisions necessary to be safe, stay warm, and survive. Instructor: Judson Lang.

<b>Jan 12-26</b>	<b>Th</b>	<b>6:00pm – 9:00pm</b>	<b>WAH 118</b>
Class 35846		Course CS 117 C	\$35

### PERSONAL INTEREST

#### Introduction to Voiceovers

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90-minute, one-on-one, video-chat class! Learn more at [www.voicesforall.com/ooo](http://www.voicesforall.com/ooo). Please provide your preferred email address at time of registration. Upon registration, you will be contacted by Voices for All, Inc. to schedule your class for a day and time of your convenience. Requirements: Students must have internet access and chatting capabilities using a method such as Zoom, Skype or iChat/FaceTime.

<b>Class available between Jan 3-Mar 10</b>			
Class 20139		Course CS 236 A2	\$50

### CONTINUING EDUCATION GROUP TRAVEL

Come blaze your trail with us as we travel in 2023! We have partnered with Collette, a convenient and worry-free tour managing agency that provides over 160 tours in all 7 continents, to bring you one domestic and one international tour during the 2023 school year.

#### Colors of New England Tour

**Featuring Portland, Maine | Trip Dates: Sept 26 – Oct 3, 2023**

**Pricing: Double \$3,999 | Single \$5,499 | Triple \$3,969**

Be charmed by the colors of New England from the heart of historic Boston to the farms, mountains, and coast of the North. Begin your journey in historic Boston. Explore Woodstock, Vermont, a quintessential New England village. Visit Ben & Jerry's Ice Cream Factory and sample some of its delicious creations. Watch apples transform into cider at Cold Hollow Cider Mill. Learn about the maple sugaring industry on a farm tour of the Rocks Estate. Relax as you cruise along Lake Winnepesaukee. Dig in at a traditional lobster dinner. Travel up the winding Auto Road to see the stunning views from the summit of Mount Washington. Marvel at Maine's dramatic coast and discover the seaside communities of Portland and Kennebunkport. This is New England at its finest. Pricing includes airfare, lodging, and eight meals. To learn more and sign up now, visit: <https://gateway.gocollette.com/link/1138864>.

Join us an informational session/Q&A about this tour on Tuesday, March 7, 2023 at 5:30pm in the TransAlta Commons (TAC) building room 122.

### European Christmas Markets Tour

**Featuring Prague, Vienna & Budapest | Trip Dates: Dec 1 – Dec 9, 2023**

**Pricing: Double \$2,999 | Single \$3,499 | Triple \$2,969**

Few things invoke the feel of old-world holiday traditions more than the spectacular European Christmas Markets. Set out on a grand holiday adventure through the winter wonderland of the Imperial Cities of Central Europe – Prague, Vienna and Budapest. Tour the magnificent Prague Castle and explore its famous Christmas market at the Old Town Square. Travel via train to Dresden, Germany to experience the world's oldest Christmas market. In Vienna, learn the secrets of confectionary at a candy workshop, delight in the Baroque marvels of the Schönbrunn Palace, and indulge in dinner at the famous Marchfelderhof. Make strudel with Hungarian locals. Tour gorgeous Budapest, and explore its outdoor markets aglow with lights. Along the way, immerse yourself in festive Christmas markets, experience cultural traditions, sample local cuisine, and glimpse this region's rich history. Pricing includes airfare, lodging, and nine meals. To learn more and sign up now, visit: <https://gateway.gocollette.com/link/1138867>.

Come join us for an informational session/Q&A about this tour on Tuesday, May 2, 2023 at 5:30pm in the TransAlta Commons (TAC) building room 122.

### HEALTH AND FITNESS

#### RESTART: A Sugar Detox Program

This 5-week RESTART program is a simple, powerful way to give your body a vacation from having to process toxins like sugar. With a 3-week sugar detox built right in, the program focuses on how to use real food to boost your energy and cut sugar and carb cravings. You will also learn about digestion and blood sugar regulation. Discover how good you can feel! Instructor: Kate Moore.

<b>Jan 4 – Feb 1</b>	<b>W</b>	<b>6:00pm – 7:45pm</b>	<b>WAH 115</b>
Class 36105		Course CS 207 A	\$90
		Alumni Students: Class 36106	\$45
<b>Jan 5 – Feb 2</b>	<b>Th</b>	<b>6:00pm – 7:45pm</b>	<b>WAH 115</b>
Class 36130		Course CS 207 C	\$90
		Alumni Students: Class 36136	\$45
<b>Jan 7 – Feb 4</b>	<b>Sa</b>	<b>10:00am – 11:45am</b>	<b>WAH 115</b>
Class 36140		Course CS 207 E	\$90
		Alumni Students: Class 36193	\$45

#### Self Defense for Adults - Kokondo

Men, women, seniors, and teens – everyone benefits from knowing how to defend themselves in a dangerous situation. The class will cover basic techniques that can be used to escape and survive an attack using the martial art of Kokondo. Kokondo is a traditional self-defense Karate Jujitsu form of martial art that stresses safety and is designed to teach methods to protect oneself. There will be no sparring. Students will practice with one another using slow, controlled responses to develop auto muscle memory. More information about the Kokondo system can be found on the Kokondo IKA Facebook page. Instructor: David Clevenger.

<b>Jan 7 – Mar 11</b>	<b>Sa</b>	<b>10:00am – 11:00am</b>	<b>MSG 200</b>
Class 35971		Course CS 128 A	\$40

#### Kokondo Karate-Jujitsu

Kokondo Karate is a noncompetitive traditional martial art based on self-defense. Discover authentic martial art forms with this system. In this class, you will learn karate basic stances, blocks, kicks, and strikes as well as other valuable techniques to protect yourself and others. Kokondo karate history will also be covered. There will be no sparring or tournaments. For ages 16 to adult; beginners to advanced. More information about the Kokondo system can be found on the Kokondo IKA Facebook page. Instructor: David Clevenger.

<b>Jan 7 – Mar 11</b>	<b>Sa</b>	<b>11:00am – 12:00pm</b>	<b>MSG 200</b>
Class 39574		Course CS 128 B	\$40

**Yoga**

This exercise class combines flexibility, muscular strength, endurance, and relaxation. You will be encouraged at your own level of fitness. Instructor: Tina Goss.

<b>Jan 4 – Mar 15</b>	<b>MW</b>	<b>9:00am – 9:50am</b>	<b>MSG 200</b>
Class 20136		Course CS 129 A3	\$55

**Basic Weights**

This class is designed to condition the musculature of the body using machine and free weights.

<b>Jan 4 – Mar 15</b>	<b>MW</b>	<b>10:00am – 10:50am</b>	<b>MSG 125</b>
Class 20137		Course CS 129 B3	\$55

**Pilates/Core**

An exercise class designed to teach breathing with movement, body mechanics, balance, coordination, spatial awareness, strength and flexibility. Most of the work will be done on a mat on the floor. Participants will need to be able to get up and down from the floor. Instructor: Melissa Montee.

<b>Jan 4 – Mar 15</b>	<b>MW</b>	<b>12:00pm – 12:50pm</b>	<b>MSG 200</b>
Class 20138		Course CS 129 C	\$55

**Stretching & Flexibility**

Learn to perform safe stretches to increase flexibility and range of motion. Understand how stretching can help decrease injury, recover after other workouts, and calm the mind and body.

This class can also be attended virtually via Zoom. If you would like to attend the class on Zoom, please provide your preferred email address at time of registration. \*Zoom link will be sent to the student at least 24 hours before the class. Instructor: Carrie Johnson.

<b>Jan 3 – Mar 16</b>	<b>TTh</b>	<b>12:00pm – 12:50pm</b>	<b>MSG 200</b>
Class 20212		Course CS 129 D	\$55
Lifelong Learners 60+: Class 36269 Course SNRC 88 A \$25			

**Tae Kwon Do**

Multi-level class for all ages that develops balance, agility, spatial awareness, strength, and flexibility. You will further develop techniques, forms, and self-defense aspects required to advance to higher level belts in the Korean martial art of Tae Kwon Do. \*Note that students under age 16 must be chaperoned by a parent/guardian and that parent/guardian must also be registered in this class. Instructor: Silas Newkirk.

<b>Jan 4 – Mar 15</b>	<b>MW</b>	<b>6:00pm – 7:50pm</b>	<b>MSG 200</b>
Class 20213		Course CS 129 E	\$40

**Intro to Senior-Friendly Tai Chi**

Introduction to the Yang Style of Tai Chi. Tai Chi is an ancient Chinese practice that is taught most often as an individual discipline that promotes good health by developing the mind body connection. The practice, due to the use of slow, controlled, but graceful and continuous movements, also has benefits on one's muscle control and balance. Instructor: Lauren Jessup.

<b>Jan 3 – Mar 16</b>	<b>TTh</b>	<b>1:00pm – 2:00pm</b>	<b>MSG 200</b>
Class 20214		Course CS 129 F	\$40

**Int/Adv Senior-Friendly Tai Chi**

Continuing practice in the Yang Style of Tai Chi. Tai Chi is an ancient Chinese practice that is taught most often as an individual discipline that promotes good health by developing the mind body connection. The practice, due to the use of slow, controlled, but graceful and continuous movements, also has benefits on one's muscle control and balance. Instructor: Lauren Jessup.

<b>Jan 3 – Mar 16</b>	<b>TTh</b>	<b>2:00pm – 3:00pm</b>	<b>MSG 200</b>
Class 35978		Course CS 129 G	\$40

**Senior Adult Fitness**

Strength exercise for seniors using Nautilus Weight Machines. Individual instruction as introduction to machines is provided and a means to chart individual progress. Warm-up is done first on aerobic machines and a cool-down is done at end of class. Please provide your preferred email address at time of registration. \*Zoom link will be sent to the student at least 24 hours before the class. Contact instructor with questions: aprilbeau@yahoo.com. Instructor: April Beaugard.

<b>Jan 4 – Mar 17</b>	<b>MWF</b>	<b>7:00am – 7:50am</b>	<b>MSG 125</b>
Class 36274		Course SNRC 89 A	\$45

<b>Jan 4 – Mar 17</b>	<b>MWF</b>	<b>8:00am – 8:50am</b>	<b>MSG 125</b>
Class 36277		Course SNRC 89 B	\$45

**Senior Adult Flexibility**

This class includes a warm-up, a stretch portion, and a cool-down to generate more freedom of movement for your everyday activities and to prevent injuries. Please provide your preferred email address at time of registration. \*Zoom link will be sent to the student at least 24 hours before the class. Contact instructor with questions: aprilbeau@yahoo.com. Instructor: April Beaugard.

<b>Jan 3 – Mar 16</b>	<b>TTh</b>	<b>8:00am–8:50am</b>	<b>Online/Zoom</b>
Class 36282		Course SNRC 91 A2	\$25

**Senior Adult Strength**

Weightlifting class for seniors that begins with no weights and progresses up to using 5 lb. weights when participants are ready. At any time, there could be different weights used by different students, but all doing the same exercise. Participants will need a straight-back chair because upper body exercises will be done seated. Lower body exercises will be done standing at the chair, holding on to it. Weights can begin as 16-oz bottles of liquid, and we will progress when participant is ready. Please provide your preferred email address at time of registration. \*Zoom link will be sent to the student at least 24 hours before the class. Contact instructor with questions: aprilbeau@yahoo.com. Instructor: April Beaugard.

<b>Jan 3 – Mar 16</b>	<b>TTh</b>	<b>9:00am – 9:50am</b>	<b>Online/Zoom</b>
Class 36299		Course SNRC 90 A2	\$25

**BUSINESS AND CERTIFICATIONS****First Aid & CPR Certifications**

Class is held at the Southwest Washington Flexible Training Center (FTC): 807 W. Pear St., Centralia. The First Aid/CPR/AED class covers bleeding control, seizures, epi-pen use, allergic reactions, broken bones, choking, poisoning, CPR for adults, children and infants, and other life-threatening emergencies. Learn how to use an AED (automated external defibrillator). Upon completion, you will receive a First Aid/CPR/AED certification card valid for two years. Refunds given if you withdraw at least 24 hours prior to the start of class. Class fee is \$75. Instructor: Tara Boerner.

<b>F 110</b>	<b>9:00am – 1:00pm</b>	<b>FTC</b>
Jan 27	Class 36210	Course CE 207 G
Feb 24	Class 36211	Course CE 207 H
Mar 24	Class 36214	Course CE 207 J

### Flagger Training & Certification

Class is held at the Southwest Washington Flexible Training Center (FTC): 807 W. Pear St., Centralia. You learn professional flagging techniques and proper work zone set-up in accordance with standards and guidelines of the Federal Manual on Uniform Traffic Control Devices (MUTCD), Washington State Department of Transportation, and the Department of Labor and Industries Washington Administrative Code pertaining to flagging and temporary traffic control. Students passing the demonstration portion and 50-question exam will receive the Washington State Flagger Certification Card accepted in Washington, Oregon, Idaho, and Montana, and the American Traffic Safety Services Association (ATSSA) National Flagger Certification Card accepted in most other states. Course includes references to the ATSSA flagging workbook, MUTCD, workshops, flagging demonstration, video, and PowerPoint presentation. Successful completion of course certifies you for a period of three years. You must be 18 years of age to receive certification. Bring a pencil/pen to class. Refunds given if you withdraw at least 24 hours prior to the start of class. Class fee is \$85. Instructor: Rich Bunker.

Sa 108	8:00am – 5:00pm	FTC
Jan 7	Class 36054	Course CE 200 A
Feb 11	Class 36056	Course CE 200 B
Mar 4	Class 36057	Course CE 200 C

### DANCE

#### Beginning Ballroom Dancing

Class is held at The Centralia Grand Ballroom: 202 Centralia College Blvd, Centralia. Learn to glide your partner around the dance floor with style and grace. You will learn the salsa, waltz, foxtrot, swing, rumba, cha-cha, tango, and nightclub two-step. Leading and following techniques and timing are stressed. Instructor: Marie Kiser.

Jan 3 – Feb 7	T	6:00pm – 7:00pm	CGB
Class 19931		Course CS 157 A	\$65
Lifelong Learners, age 60+: Class 19935		Course SNRC 93 A	\$35

#### Salsa Dancing

Class is held at The Centralia Grand Ballroom: 202 Centralia College Blvd, Centralia. Salsa is a Latin dance that is a mix of dances such as mambo, pachanga, rumba and swing. It first became popular in the U.S. in the 1960s and is stylized with quick steps and Latin hip action. Salsa is a lot of fun whether it is solo or with a partner. You will learn to lead or follow and recognize the timing. The class will start at beginning level and integrate advanced steps from the start, to give you a chance to perfect them by end of the term. Wear comfortable clothing and shoes that allow your feet to spin a full turn (leather or smooth soles) – preferably not tennis shoes. Instructor: Marie Kiser.

Jan 3 – Feb 7	T	7:00pm – 8:00pm	CGB
Class 19932		Course CS 157 B	\$65
Lifelong Learners, age 60+: Class 19934		Course SNRC 93 B	\$35

#### Intermediate/Advanced Ballroom Dancing

Class is held at The Centralia Grand Ballroom: 202 Centralia College Blvd, Centralia. If you know the basics and want to move on to more technical steps and dance positions, this class will improve your floor craft and personal styling (this includes “continuity style” in the waltz and foxtrot). Includes all dances from the beginning class plus introduction to West Coast Swing and Samba. This level will add Bolero, Viennese Waltz, and Quick Step to the group dances already offered. Instructor: Marie Kiser.

Jan 5 – Feb 9	Th	6:00pm – 7:00pm	CGB
Class 19933		Course CS 157 C	\$65
Lifelong Learners, age 60+: Class 19930		Course SNRC 93 C	\$35

### Swing Dancing

Class is held at The Centralia Grand Ballroom: 202 Centralia College Blvd, Centralia. Learn the East Coast Swing, starting with the basics and moving on to advanced steps and rhythm changes. You will learn how to lead and follow various partners with emphasis on timing and styling. Find out when to use sing-time versus triple-time swing and move easily between the two. Learn to do multiple spins and some trick steps. Wear comfortable clothing and shoes that allow your feet to spin a full turn (leather or smooth soles) – preferably not tennis shoes. Please sign up with your own partner. Instructor: Marie Kiser.

Jan 5 – Feb 9	Th	7:00pm – 8:00pm	CGB
Class 20140		Course CS 157 D	\$65
Lifelong Learners, age 60+: Class 20141		Course SNRC 93 D	\$35

### CREATIVE ARTS



#### Stained Glass – Lead & Foil

Learn the techniques to make and complete your first stained glass panel. Class covers selecting design, leading basics, soldering, and finishing techniques. \*Must wear closed toe shoes to class\* Bring your own glass tools or purchase supplies and tools from the instructor at class. Glass and material supplies will cost approximately \$100-200 and are payable to the instructor. Class is held at 18245 Irwin St SW, Rochester. Call for directions (360) 273-6562. Supplies: Bring a fine or medium black and silver Sharpie. You may bring a sack lunch or snack to the day classes. Instructor: Karen Milton.

##### Day Class:

Jan 4 – Feb 1	W	10:00am – 1:00pm	Rochester
Class 19904		Course CS 103 A	\$110
Lifelong Learners, age 60+: Class 20150		Course SNRC 81 K	\$58
Feb 8 – Mar 8	W	10:00am – 1:00pm	Rochester
Class 19927		Course CS 103 B	\$110
Lifelong Learners, age 60+: Class 36256		Course SNRC 81 L	\$58

##### Evening Class:

Jan 5 – Feb 2	Th	6:00pm – 9:00pm	Rochester
Class 19926		Course CS 103 C	\$110
Lifelong Learners, age 60+: Class 36262		Course SNRC 81 M	\$58
Feb 9 – Mar 9	Th	6:00pm – 9:00pm	Rochester
Class 35601		Course CS 103 D	\$110
Lifelong Learners, age 60+: Class 36266		Course SNRC 81 N	\$58

## Stained Glass Workshops

Beginners welcome! Workshops are a great way to sample stained glass and create a project to keep or give as a gift. Material costs range from \$15-30 and are payable to the instructor. \*Must wear closed toed shoes to class. Class is held at 18245 Irwin St SW, Rochester. Supplies: Bring a fine or medium black and silver Sharpie. You may bring a sack lunch or snack to the day classes. Instructor: Karen Milton.

### Lead Bevel Heart (\$15 - \$25)

<b>Jan 30</b>	<b>M</b>	<b>6:00pm – 9:00pm</b>	
Class 19957		Course CS 101 A	\$38

### 3D Dragonfly (\$15 - \$25)

<b>Feb 6 &amp; 13</b>	<b>M</b>	<b>6:00pm – 9:00pm</b>	
Class 35488		Course CS 101 B	\$38

### Rings & Things (\$15 - \$25)

<b>Feb 18</b>	<b>S</b>	<b>10:00am – 3:00pm</b>	
Class 35493		Course CS 101 C	\$38

### Fused Windchimes (\$15 - \$25)

<b>Feb 27 &amp; Mar 6</b>	<b>M</b>	<b>6:00pm – 9:00pm</b>	
Class 35497		Course CS 101 D	\$38

### Fused Garden Flowers (\$15 - \$25)

<b>Mar 10</b>	<b>F</b>	<b>6:00pm – 9:00pm</b>	
Class 35499		Course CS 101 E	\$38

## Pine Needle Basket Weaving

Pine needle art dates back some 9,000 years, even before pottery, and was made by lining twig baskets with clay. The indigenous people were the first to make pine needle baskets. They used a sharp piece of sea shell or bone as a needle. Some of the baskets were used for carting water, winnowing seeds, or as feed baskets. During the Civil War, women made hats of pine needles. Today, the art of pine needle basketry is still practiced by a few creative people. There is no limit to what one can do with pine needles along with a little imagination and skills, which will come with patience and practice. Instructor: Theresa Shortman.

<b>Jan 3 – Mar 14</b>	<b>T</b>	<b>6:30pm – 7:30pm</b>	<b>WAH 115</b>
Class 20142		Course CS 102 A	\$100

## Watercolor on Yupo

Yupo is a synthetic non-absorbent paper which, when combined with high-pigment liquid watercolor, creates an opportunity to mingle incredible colors together. Yupo's water-resistant surface also allows for risk-taking not usually allowed in watercolor on typical watercolor paper. When used correctly, yupo can be very forgiving. Plan to loosen up, light up, and let paint flow! Sue will also provide instruction on how to successfully present and preserve this type of paint and paper combination. \$35 supply fee payable to instructor due the first night of class. Instructor: Sue Wachter.

<b>Jan 24 – Feb 7</b>	<b>T</b>	<b>5:30pm – 8:00pm</b>	<b>FTC 109</b>
Class 20143		Course CS 102 B	\$60

## Painting Barn Quilts

Paint a barn quilt to display on your barn, house, or outbuilding. We will be designing and painting traditional quilt patterns on boards. You will complete one 1x1-foot piece and one 2x2-foot piece. During your process, you will learn how to use color and layering to enrich the quality of your finished piece. Creators of all confidence levels will find success in this class. \$30 supply fee payable to instructor due the first night of class. Instructor: Sue Wachter.

<b>Feb 21 – Mar 7</b>	<b>T</b>	<b>5:30pm – 8:00pm</b>	<b>FTC 109</b>
Class 20144		Course CS 102 C	\$75

## SILVERSMITHING



### Intermediate Silversmithing

Introduction to both bezel and prong stone setting will be provided. Additional stone setting and metal working methods will be offered to returning silversmithing students. Additional methods for returning experienced silversmithing students include stone setting methods. Tools and materials may be purchased from and paid to the instructor, if desired. Projects range from \$20-75. Instructor: Ann Rawls.

<b>Jan 9 – Mar 13</b>	<b>M</b>	<b>5:30pm – 8:30pm</b>	<b>FTC 111</b>
Class 19897		Course CS 104 A	\$134
Lifelong Learners, age 60+:	Class 19902	Course SNRC 81 A	\$99
<b>Jan 4 – Mar 8</b>	<b>W</b>	<b>2:30pm – 5:30pm</b>	<b>FTC 111</b>
Class 19898		Course CS 104 B	\$134
Lifelong Learners, age 60+:	Class 19903	Course SNRC 81 B	\$99

### Intermediate/Advanced Silversmithing

This class is for returning intermediate and advanced silversmithing students. More stone setting methods will be introduced, plus additional metalworking methods will be pursued. Students will work on individual projects. Tools and materials may be purchased from and paid to the instructor, if desired. Projects range from \$20-75.

#### Instructor: Ann Rawls

<b>Jan 9 – Mar 13</b>	<b>M</b>	<b>11:30am – 2:30pm</b>	<b>FTC 111</b>
Class 19912		Course CS 104 C	\$134
Lifelong Learners, age 60+:	Class 19899	Course SNRC 81 C	\$99
<b>Jan 9 – Mar 13</b>	<b>M</b>	<b>2:30pm – 5:30pm</b>	<b>FTC 111</b>
Class 20146		Course CS 104 D	\$134
Lifelong Learners, age 60+:	Class 19900	Course SNRC 81 D	\$99
<b>Jan 4 – Mar 8</b>	<b>W</b>	<b>11:30am – 2:30pm</b>	<b>FTC 111</b>
Class 20147		Course CS 104 E	\$134
Lifelong Learners, age 60+:	Class 19917	Course SNRC 81 E	\$99

#### Instructor: Kevlyn Hoisington

<b>Jan 3 – Mar 7</b>	<b>T</b>	<b>11:30am–2:30pm</b>	<b>FTC 111</b>
Class 35796		Course CS 104 H	\$134
Lifelong Learners, age 60+:	Class 19925	Course SNRC 81 H	\$99
<b>Jan 3 – Mar 7</b>	<b>T</b>	<b>2:30pm–5:30pm</b>	<b>FTC 111</b>
Class 35801		Course CS 104 J	\$134
Lifelong Learners, age 60+:	Class 19924	Course SNRC 81 J	\$99

### Beginning Silversmithing

This class will cover beginning soldering, including basic jewelry design. Instruction will emphasize safe use of all of the equipment in the Silver Lab, plus using the equipment to create one of a kind silver jewelry. Tools and materials may be purchased from and paid to the instructor, if desired. Projects range from \$35-70.

#### Instructor: Kevlyn Hoisington

<b>Jan 3 – Mar 7</b>	<b>T</b>	<b>8:30am–11:30am</b>	<b>FTC 111</b>
Class 35808		Course CS 104 G	\$134
Lifelong Learners, age 60+:	Class 19961	Course SNRC 81 G	\$99

#### Instructor: Ann Rawls

<b>Jan 4 – Mar 8</b>	<b>W</b>	<b>5:30pm – 8:30pm</b>	<b>FTC 111</b>
Class 20172		Course CS 104 F	\$134
Lifelong Learners, age 60+:	Class 19928	Course SNRC 81 F	\$99

**COMPUTER SKILLS**

**Intro to Microsoft Word**

Introductory class! Learn the basics for creating, editing, and saving documents. Topics include page layout, text formatting (highlights, font, color, etc.), copying, selecting, and editing. We will discuss different types for documents such as resumes, formal and informal letters. Instructor: Patrick Allison.

<b>Jan 4 – 25</b>	<b>W</b>	<b>5:30pm – 8:00pm</b>	<b>WAH 211</b>
Class 35979		Course CS 152 A	\$50

**Intro to Microsoft Excel**

Introductory class! You will learn to create new worksheets and edit existing worksheets. Learn to input data and use auto fills to save time and improve accuracy. Format data using color, font size, and sort and select data effectively. We will discuss formulas and creating charts to present data. Instructor: Patrick Allison.

<b>Jan 5 – 26</b>	<b>Th</b>	<b>5:30pm – 8:00pm</b>	<b>WAH 211</b>
Class 35981		Course CS 152 B	\$50

\*For updated dates/times, please go to our website [www.campusce.net/centralia](http://www.campusce.net/centralia) or call the Continuing Education office at 360-623-8940.

**WEBINAR WORKSHOPS**

Instructor: LeeAnne Krusemark. LeeAnne is an author, speaker, business owner, Chamber of Commerce past president, and guest instructor at more than 200 colleges, as well as an adjunct online professor of publishing through Ed2Go at more than 2,000 facilities worldwide, including Harvard. For more information, visit [KrusemarkGrinnell.com](http://KrusemarkGrinnell.com). **\*\*The webinar login information and materials will be sent roughly 24 hours before class. Please be sure to provide your preferred email address at time of registration.**

**How to Write Your Life Story (for Fun or Profit)**

You don't need to be famous to have a legacy to leave behind. Create an inspirational autobiography for family, friends, and others. Learn how to recall vivid memories, analyze events and people that shaped who you are, and bring your story to life. Your handout, included in the class fee, will have an outline to help you organize and write your memoir step-by-step. Printing/publishing options will also be discussed. Please provide your preferred email address at time of registration. \*Webinar link will be sent at least 24 hours before the class.

<b>Mar 4</b>	<b>Sa</b>	<b>8:00am-9:00am</b>	<b>VIRT</b>
Class 19959		Course CS 176 A2	\$25

**How to Outline and Write an Irresistible Romance**

Romance is the top-selling fiction genre. Whether you're a new or experienced writer, this comprehensive session will help you sharpen your skills with practical step-by-step advice. You will discover the different romance sub-genres and understand the proven romance formula. You will also learn to create a unique setting, introduce your protagonist (lead character), percolate friction, and write relatable dialogue and intimate scenes. Publishing options will also be discussed. Informative handouts for future use are included in class fee. Please provide your preferred email address at time of registration. \*Webinar link will be sent at least 24 hours before the class.

<b>Mar 4</b>	<b>Sa</b>	<b>9:00am-10:00am</b>	<b>VIRT</b>
Class 20155		Course CS 176 B2	\$25

**Write a Riveting Mystery, Suspense, or Crime Story**

Become a mystery writer for fun or profit! You will discover the different sub-genres and three-act story structure of mystery writing and create an intriguing cast of characters. Learn how to research and pick your setting, make sure your opening grabs readers' attention, use "red herrings" to misdirect your readers, and create suspense until you're ready for the final reveal. Publishing options will also be discussed. Informative handouts for future use are included in class fee. Please provide your preferred email address at time of registration. \*Webinar link will be sent at least 24 hours before the class.

<b>Mar 4</b>	<b>Sa</b>	<b>10:00am-11:00am</b>	<b>VIRT</b>
Class 20156		Course CS 176 C2	\$25

**Explore the World as a Travel Writer**

If you love to travel and love to write, this is for you! We will discuss how to use all your senses in a new destination to create more detailed and in-depth descriptions that capture and maintain readers' interest, and whether or not you need to include photos with your work. You will also learn how to find and submit your finished product to print and online markets, the business side of travel writing (how to take travel tax deductions), and how to avoid worn-out travel writing cliches. Informative handouts for future use are included in class fee. Please provide your preferred email address at time of registration. \*Webinar link will be sent at least 24 hours before the class.

<b>Mar 4</b>	<b>Sa</b>	<b>11:00am-12:00pm</b>	<b>VIRT</b>
Class 20157		Course CS 176 D2	\$25

**Comedy Writing: How to Be Funny on Paper or on Stage**

Whether you need to make a dull work presentation livelier, mix laughter with learning in the classroom, or ultimately want to write for print/production or perform your own standup routine, this fast-paced session will show you how to apply humor to all aspects of your life. You will learn the anatomy of a joke, how to use your powers of observation to sharpen your wit, write different types of jokes, and use humor to entertain and influence people. Informative handouts for future use are included in class fee. Please provide your preferred email address at time of registration. \*Webinar link will be sent at least 24 hours before the class.

<b>Mar 4</b>	<b>Sa</b>	<b>12:00pm-1:00pm</b>	<b>VIRT</b>
Class 36000		Course CS 176 E2	\$25

**Meet the Publisher/Agent – Get Your Manuscript Critiqued**

Have you ever wanted to talk to a real agent or publisher? Are you tired of having your manuscripts critiqued by non-professionals or paying an editor too much money to change your writing to their voice? Email one page of your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, screenplay, novel, non-fiction book, or children's book. The instructor is a journalist, author, screenwriter, agent, publisher, and adjunct online professor at Harvard. Please provide your preferred email address at time of registration. \*Webinar link will be sent at least 24 hours before the class.

<b>Mar 4</b>	<b>Sa</b>	<b>1:00pm-2:00pm</b>	<b>VIRT</b>
Class 36003		Course CS 176 F2	\$25

**Intro to Medical Terminology**

Medical terminology is the first step to any career in the medical field or simply to understand your family's medical visits. No prior experience is necessary. This highly specialized language involves word building with root words, prefixes, suffixes, and abbreviations. You will leave with a solid foundation of medical language, as well as basic medical billing and coding terminology. After submitting and passing the open-book exam included in the workbook you receive in class, you will earn a Certificate of Completion. This comprehensive course is taught by longtime educator LeeAnne Krusemark, and Credentialed Medical Professional Vanessa Grinnell, RRT. Please provide your preferred email address at time of registration. \*Webinar link will be sent at least 24 hours before the class.

<b>Mar 6</b>	<b>M</b>	<b>4:00pm-7:00pm</b>	<b>VIRT</b>
Class 19963		Course CS 186 A2	\$45

### Beginners Guide to Getting Published

If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past, the editor's desk. You will discover how to become a "published" writer overnight, submit manuscripts the correct way, find the right publisher for your work, write irresistible query letters, determine when and how to get an agent, and 100 ways to make money as a freelance writer. If you really want to succeed, this step-by-step workshop is a must!

<b>Mar 7</b>	<b>T</b>	<b>6:00pm-8:00pm</b>	<b>VIRT</b>
Class 36005		Course CS 176 G2	\$35

### Explore 50 Different Self-Publishing Options

\*Must have attended "Beginners Guide to Getting Published"\* Self-publishing is all the rage, but is it the best option for YOU? (Participants must also attend "Beginner's Guide to Getting Published") And, can you do both? You will discover the pros and cons of all the self-publishing options, including print-on-demand and e-book publishing, as well as Amazon options, and see how they compare to traditional publishing. Informative handouts, including a rated description of 50 self-publishing companies for future use are included in class fee. Please provide your preferred email address at time of registration. \*Webinar link will be sent at least 24 hours before the class.

<b>Mar 7</b>	<b>T</b>	<b>8:00pm-9:00pm</b>	<b>VIRT</b>
Class 36009		Course CS 176 H2	\$25

### Make Money with a Virtual Assistant/Word Processing Business

\*Should also attended "How to Start a Home Business" immediately following to learn necessary legal aspects\* If you can type, then you can make money at home using your computer. You will discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. (Participants must also attend "Explore 250 Legitimate Home-Based Business Ideas" for a clear understanding of this endeavor.) There really is a need for your services, so learn to be your own boss, set your own hours, and make more money. Informative handouts for future use are included in class fee. Please provide your preferred email address at time of registration. \*Webinar link will be sent at least 24 hours before the class.

<b>Mar 8</b>	<b>W</b>	<b>5:00pm-6:00pm</b>	<b>VIRT</b>
Class 19962		Course CS 186 B2	\$25

### How to Start a Home Business

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce past president and award-winning business owner, this is probably the most comprehensive business startup workshop you will ever find. You will discover more than 250 legitimate home business ideas, mandatory legal documentation, many ways to market your product/service, and how to take tax deductions (this workshop included!). If you really want to succeed in a home business, this step-by-step session is a must! Please provide your preferred email address at time of registration. \*The webinar login information and materials will be sent roughly 24 hours before class.

<b>Mar 8</b>	<b>W</b>	<b>6:00pm-8:00pm</b>	<b>VIRT</b>
Class 20151		Course CS 186 C2	\$35

### Earn Extra Money Mystery Shopping

Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. You will learn how to sign up with many legitimate mystery shopping companies WITHOUT FEES, avoid the pitfalls and scams, create a required mystery shopping resume and profile, and take care of legalities and taxes regarding this income. You will leave with a list of 25 legitimate companies to work for. Please provide your preferred email address at time of registration. \*Webinar link and materials will be sent at least 24 hours before the class.

<b>Mar 8</b>	<b>W</b>	<b>8:00pm-9:00pm</b>	<b>VIRT</b>
Class 20152		Course CS 186 D2	\$25



### Monetize Websites, Blogs, and Social Media with Affiliate Marketing

Earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click, or lead. Learn where to find 1000+ free and low-cost opportunities and how to avoid scams or links that won't offer a beneficial return on investment. Learn how to find high, recurring, and second-tier commissions. You'll also learn SEO secrets to increase your site's ranking and visibility on search engines like Google. Informative handouts for future use are included in class fee. Please provide your preferred email address at time of registration. \*Webinar link and materials will be sent at least 24 hours before the class.

<b>Mar 9</b>	<b>Th</b>	<b>6:00pm-7:00pm</b>	<b>VIRT</b>
Class 20153		Course CS 186 E2	\$25

### Beginner's Guide to Starting a FREE Blog

Online blogging is a great way to get the word out about you, your service, your product, or information you want to share! You will learn step-by-step how to start a FREE blog with WordPress, choose a blog template, emphasize your blog content with a creative name, use your unique voice to share expertise, and connect your domain/website. You will also learn how to earn an income with your blog, including links to other websites and advertising on your blog, as well as increase your internet ranking. Please provide your preferred email address at time of registration. \*Webinar link and materials will be sent at least 24 hours before the class.

<b>Mar 9</b>	<b>Th</b>	<b>7:00pm-9:00pm</b>	<b>VIRT</b>
Class 20154		Course CS 186 F2	\$35

### Make Extra Cash Pet Sitting (After School/Work)

Do you love animals...especially dogs? Learn how to make extra money after school or work by watching dogs or other pets, usually in the pet's home. You will learn about feeding, watering, and exercising pets, how to make a good impression as well as what questions to ask when interviewing for a pet sitting job, and what to do when a dog has behavioral issues. You will also discover other services you can offer to make more money, such as dog walking, grooming, puppy training, etc. Informative handouts for future use are included in class fee. This class is taught by a seasoned professional pet sitter and a longtime entrepreneur. Please provide your preferred email address at time of registration. \*Webinar link and materials will be sent at least 24 hours before the class.

<b>Mar 10</b>	<b>F</b>	<b>4:00pm-6:00pm</b>	<b>VIRT</b>
Class 36045		Course CS 186 G2	\$35

### Save Money with Extreme Couponing!

Learn how to save \$\$\$ everyday with extreme couponing. Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year. This comprehensive workshop will teach you where to find all types of coupons - even for high ticket items, how to find the best coupon apps and websites, and how to match coupons with sales for maximum savings. This workshop is taught by someone who has used many couponing secrets to save thousands. Informative handouts for future use are included in class fee. Please provide your preferred email address at time of registration. \*Webinar link and materials will be sent at least 24 hours before the class.

<b>Mar 11</b>	<b>Sa</b>	<b>8:00am-9:00am</b>	<b>VIRT</b>
Class 36047		Course CS 186 H2	\$25

**Using Amazon's Kindle Direct to Self-Publish your Book for FREE**

Whether you're looking to publish a paperback novel or short ebook now or in the future, this detailed tutorial will teach you step-by-step how to create an Amazon KDP account, format your manuscript and upload it to the platform, easily create a book cover from available templates, determine pricing and royalties, develop a sales pitch for your Amazon page, and write an Amazon author bio. Informative handouts for future use are included in class fee. Please provide your preferred email address at time of registration. \*Webinar link and materials will be sent at least 24 hours before the class.

<b>Mar 11</b>	<b>Sa</b>	<b>9:00am-10:00am</b>	<b>VIRT</b>
Class 36050		Course CS 186 J2	\$25

**Introduction to Screenwriting for Television or Movies**

In this comprehensive session, you will learn about special screenwriting terms and formats for television and the big screen. You will also learn how to plot a story, develop characters, and execute your work in the proper screenwriting format. You will discover the difference between a Treatment, a Spec Script, and a Shooting Script, and when to do each. And, you'll get an inside look into the business of selling your script to agents and producers. Informative handouts for future use are included in class fee. Please provide your preferred email address at time of registration. \*Webinar link and materials will be sent at least 24 hours before the class.

<b>Mar 11</b>	<b>Sa</b>	<b>10:00am-11:00am</b>	<b>VIRT</b>
Class 36014		Course CS 176 J2	\$25

**Writing for Online Blogs, Magazines & Websites**

You don't need a journalism degree or previously published articles to write for anyone's online blog, magazine, or website. Some opportunities offer exposure, while many pay well -- \$1 a word and more. In this fast-paced session, you will learn how to find ideas, sources, and more than 1,000 opportunities that pay, conduct interviews and create interesting content, protect your copyright, write query letters, and then use this credibility to sell other articles or even your self-published novel. Informative handouts for future use are included in class fee. Please provide your preferred email address at time of registration. \*Webinar link and materials will be sent at least 24 hours before the class.

<b>Mar 11</b>	<b>Sa</b>	<b>11:00am-12:00pm</b>	<b>VIRT</b>
Class 36024		Course CS 176 K2	\$25

**Be a Better Writer: 10 Easy Tips to Improve your Writing NOW**

We write everyday: emails, social media posts, work projects, and even non-fiction or creative writing. Improving is just a matter of knowing some simple tricks to make your writing more impactful and readable, and may help get you a promotion at work or avoid rejection from a publisher. In this hands-on session, there will be writing/editing examples and exercises so you can see in real time how to make sentences flow properly while still maintaining reader interest, and you will leave with a workbook full of writing tips and tricks, which is included in the class fee. Please provide your preferred email address at time of registration. \*Webinar link will be sent at least 24 hours before the class.

<b>Mar 11</b>	<b>Sa</b>	<b>12:00pm-2:00pm</b>	<b>VIRT</b>
Class 36027		Course CS 176 L2	\$35

**COURSE SUGGESTIONS?**

We are always looking to provide courses that interest our students. Is there a topic that you would like to learn more about?

Send us a suggestion at [CTE@centralia.edu!](mailto:CTE@centralia.edu)



**MUSIC**

**Community Band**

Lewis County community Band offers performance experience for band instrumentalists, college students, and community adults. Provides opportunity to improve technical and musical skills, as well as community service when possible. If you do not have an instrument, some are available through the college for a rental fee of \$40 per quarter. \*Late enrollment at the discretion of the instructor. Directed by: Louie Blaser.

<b>Jan 3 – Mar 14</b>	<b>T</b>	<b>7:00pm-9:00pm</b>	<b>WAH 152</b>
Class 20225		Course CS 164 A	\$25

**Jazz Ensemble**

Centralia College Jazz Ensemble will focus on the preparation of various jazz styles for public concerts, festivals, and other musical events. Jazz Ensemble members are required to participate in the schedule concert and any other scheduled band performances. Members may be required to pass an audition to register for the course. You must provide your own instrument and be able to read music. \*Late enrollment at the discretion of the instructor. Directed by: Louie Blaser.

<b>Jan 4 – Mar 15</b>	<b>W</b>	<b>7:00pm-9:00pm</b>	<b>WAH 152</b>
Class 20226		Course CS 164 B	\$60

**Concert Choir**

The Centralia College Choir is a vocal ensemble made up of soprano, alto, tenor, and bass voices and is open to all students and community members regardless of musical knowledge or background. You must be able to match a pitch, as we move very rapidly. Literature will include high-level standard repertoire as well as contemporary favorites. There is one formal concert. \*Late enrollment at the discretion of the instructor. Directed by: Cheryl Gorton.

<b>Jan 5 – Mar 16</b>	<b>Th</b>	<b>6:30pm-9:00pm</b>	<b>WAH 103</b>
Class 35994		Course CS 164 C	\$25

**Lifelong Learner (SNRC) Discount:**

Students 60 years and older qualify for some classes at a discounted rate. If you are 60+ and interested in taking a class that is coded as SNRC, this discount applies to you!

Please contact our office at 360-623-8940 if you have questions or would like to register into a SNRC (Lifelong Learners) class.





# COMMUNITY EDUCATION AT CCEAST

**Community Education and Adult Special Interest classes are designed for learning new skills and information in a non-credit, non-graded, relaxed setting. Tuition is offered at a reduced rate.**

## Better Bones & Balance

20211 ASI 015 R ... 9:30-10:30am ... TTh ....MOR 108 .....Gretchen Jones  
Oregon State University research studies have shown this exercise program can significantly slow the loss of bone density in adults of all ages as well as improve balance, flexibility, coordination, muscle tone, and overall body fitness. All fitness levels are welcome. The class will be limited to 10 students. Class fee is \$35.



## Snowshoeing

31271 ASI 12 R3 ..... 8am – 4pm  
Sa. 1/21 and 2/11 .....Carrie Johnson  
A fitness program designed to develop cardiovascular endurance, flexibility, and body composition emphasizing aerobic activities. Previous snowshoeing experience

is not required but students must be able to hike/snowshoe a minimum of 4 miles on uneven terrain in winter conditions. Students must have the appropriate clothing for changing winter weather. Students may bring their own snowshoes or may rent them during the outing for an additional fee. Transportation is provided via college vans with pickup points in Centralia and Morton. Students must attend a virtual orientation on Wednesday, Jan 11, from 6:30-7:30pm to go over safety information. Two guided snowshoe trips will take place on Jan. 21 and Feb. 11. The class is limited to 16 students. Class fee is \$45.

## Exploring Multicultural Theater

33174 ASI 55 R3 ... 1-2:20pm ..... MW ...CCEast .....Sarah Hartman  
An introduction to the dramatic literature and contemporary theater practices of people of color; the study of the intersections of cultures in American society, as portrayed in American theater and performance. This class section meets with the credit-bearing DRMA 210 class, but is not graded or transcribed. Class fee is \$65.

## Respect for Acting Workshop

33186 ASI 55 S3 ... 6:30-8:30pm ..... Th .....Tiller Art Center...Sarah Hartman  
Want to delve deeper into realistic acting techniques? This class is a great way for actors of all experience levels to improve their skills and have fun, too! Over a five-week period, students will explore Uta Hagen's famous acting exercises from her book "Respect for Acting." We will explore techniques around transference, physical and emotional senses, moment to moment, and most importantly action. To act is to do. Let's start with the basics. Class fee is \$25.



## Noontime Lecture Series – Getting to Know the Gifford Pinchot National Forest

A variety of Forest Service specialists will present on a wide range of national forest-related topics from fire to archeology, to silviculture and timber, to recreation and engineering. Come join us to learn more about the Gifford Pinchot National Forest and the people who work there. There is no fee, but participants must call and register because space is limited. You may sign up for individual talks or for the four-part series. A schedule of speakers will be available in January. For more information or to sign-up, call 360-496-5022.

## We need your feedback!

Is there a topic you would like to explore through a continuing education class? Is there a class you feel qualified to teach to others? Please share your ideas with us! Call Lynn Schinnell at 360-496-5022 and we can brainstorm together.

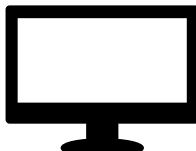
# CONTINUING & COMMUNITY EDUCATION

## HOW TO REGISTER



### IN PERSON

Bring your registration to the Office of Enrollment Services in the TransAlta Commons, or to CCEast in Morton (701 Airport Way)



### ONLINE

Register online at [www.campusce.net/centralia](http://www.campusce.net/centralia)



### BY PHONE

Register by phone using a credit card at 360-623-8940.

## **REGISTRATION FORM**

Student ID#  Soc Sec#

Today's Date  Date of Birth

Last Name  First Name  M.I.

Mailing Address  City  State  Zip

Phone Number  Email Address

***Indicate the course(s)/workshop(s) you want, send payment for total fees.***

Code #	Course #	Course Title	Fees

Please charge my:  VISA  Mastercard  Novus/Discover

**Total:**

Card Number  Exp. Date

3-digit CVV/CVC  Billing Address

Signature

Send Receipt to