

Dubois School District #2
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CENTRAL *Wyoming* COLLEGE

Fall 2013 Dubois-Crowheart

Visit cwc.edu. Click on What's @ Central, then Outreach Centers for more information.

ONE SHOT CLASSES

photo by Vic Augustine
(more classes inside)

MONGOLIA! A SLIDE SHOW (ALL AGES)

Visit the home of Genghis Kahn, the vast wide-open steppe and high snowy mountains of Mongolia, as seen through the eyes of Tory and Meredith Taylor. On a summer horse adventure they camped with nomadic Mongols and the Reindeer people who enjoy a "sense of place" much as we do here in Wyoming. Mongolia, the least populated country in the world, is home to 50 million horses, camels, yaks, sheep, goats and cows. Staying in traditional gers (yurts), tipis and tents along the way, the Taylors shared the simple life of these beautiful and generous people who are at one with their horses. Native fauna, like Argali bighorn sheep, and edible flora, like pine nuts, show how similar our lives are with a culture half-way around the world. Refreshments provided.

Instructor: Meredith Taylor
Date: Wed., Oct. 9
Time: 7:00 pm
Cost: \$3
Place: Dubois Library Community Room

WILDLIFE ON THE WIND (ALL AGES)

This presentation chronicles Bruce Smith's four-year partnership with the Eastern Shoshone and Northern Arapaho tribes to restore big game populations on the Wind River Indian Reservation. Bruce lives in Sheridan, Montana and spent most of his 30-year career with the US Fish and Wildlife Service managing wildlife populations on the Wind River Indian Reservation and at the National Elk Refuge.

Instructor: Bruce Smith
Date: Thurs., Oct. 10
Time: 7:00 pm
Cost: \$3
Place: Dubois Library Community Room

ENCHILADAS! (ADULTS)

Learn how to make Cheese Enchiladas with homemade Verde Sauce (Green Sauce) and Sour Cream Sauce. Georgia will also discuss other ideas for delicious homemade Enchilada sauces. Come join us for fun and food! Space is limited – sign up now! Wine drinking encouraged – bring your own bottle! Limit 8 students.

Instructor: Georgia Epperson
Date: Wed., Nov. 13
Time: 6:30 – 8:30 pm
Cost: \$18
Place: Georgia's Kitchen

THE WOMEN BEHIND JESUS (ALL AGES)

Many times when we talk about important people in the Bible we mean the men who are patriarchs, prophets, and martyrs. But the Bible also holds up many women as leaders in the walk of faith. In this class we will examine the lives of the women listed in the Gospel genealogies as Jesus' ancestors and see what their inclusion tells us about that radical religion, Christianity.

Instructor: Melinda Bobo
Date: Wed., Oct. 16
Time: 6:00 – 8:00 pm
Cost: \$15
Place: Town Hall Conference Room

APOCALYPSE NOW, OR, IS IT REALLY THE END OF THE WORLD? (ALL AGES)

We understand the word apocalypse to mean the cataclysmic destruction of everything. But is that really true? Come explore how the people in the Bible used the word and what it can mean for us today.

Instructor: Melinda Bobo
Date: Wed., Nov. 6
Time: 6:00 – 8:00 pm
Cost: \$15

Place: Town Hall Conference Room

COMPUTER CARE AND TUNE-UPS

System running slowly? Not enough space on your hard drive? Want to remove old programs? Troubleshooting and maintenance tools to help you either avoid or diagnose and repair a wide variety of problems. For the more experienced computer user. Microsoft Windows XP. Completion of Intro to Computers I & II highly recommended.

Instructor: Janet Lee
Date: Wed., Nov. 6
Time: 5:30 – 6:30 pm
Cost: \$10
Place: cyber Café

HOLIDAY CARDS/NEWSLETTERS

Learn the latest about creating holiday cards and newsletters online. You can actually design and write family holiday newsletters, create and send e-cards, create, print and mail cards and more. This class will help you explore what is out there for free and not so free.

Instructor: Janet Lee
Date: Wed., Nov. 13
Time: 5:30 – 7:30 pm
Cost: \$15
Place: cyber Café

THE PATIENT PROTECTION AND AFFORDABLE CARE ACT (AKA OBAMACARE) DECODED (ADULTS)

If you have ever wondered ANYTHING about Obamacare, from "What's the big deal," to what it means for people on Medicare, this is your lucky day. Valerie Schoneberger, Attorney and Deputy Director of Legal Aid of Wyoming, Inc., will host a special presentation to educate interested parties about why Obamacare was enacted and how it works for you and other American citizens. **UPDATED for the launch of the Health Care Exchange October 1.**

Instructor: Valerie Schoneberger
Date: Thurs., Oct. 17
Time: 6:00 – 8:00 pm
Cost: \$5
Place: cyber Café



Stop by our office:
308 West Ramshorn St.
Call us anytime: 455-2625

COMPUTER CLASSES AT CYBER CAFE

Registration: Must sign up for classes through the CWC Outreach Office – Call 455-2625

Cost: As noted. A 50% discount for seniors 55 years and over is available on most classes.

Location: cyber Café & Adult Education Center unless otherwise noted – **all classes taught on Windows 7 operating system using Office 2007 software**

Intro to Computers I: For the student with little or no computer experience. What is an operating system? How do I start up and shutdown my computer? What do I do if my computer freezes? Instructor will show how to resize and move windows, make menu selections and start programs. Learn how to create, move, copy and delete folders and files using My Computer.

Date: Wed., Oct. 2 Cost: \$15 Time: 5:30-7:00 pm

Intro to Microsoft Excel I: Learn how to create, save, open, print and format basic Excel spreadsheets, sum row and column numbers and other simple formulas. For the student with little or no experience with Excel. Microsoft Excel 2007 taught. Basic knowledge of the computer and Windows operating system recommended.

Date: Thurs., Oct. 3 Cost: \$20 Time: 6:00-8:00 pm

Intro to Computers II: Personalize your desktop with a screensaver, wallpaper or backgrounds. Learn how to print, ask for help and copy items between windows. For the more experienced user. Completion of Intro I course highly recommended.

Date: Wed., Oct. 9 Cost: \$15 Time: 5:30-7:00 pm

Intro to Microsoft Excel II: Learn how to do advanced formulas such as: minimum and averages, sort data, create and manipulate charts and other advanced formatting.

For the more experienced Excel user. Microsoft Excel 2007 taught. Completion of Intro to Microsoft Excel I courses is recommended.

Date: Thurs., Oct. 10 Cost: \$20 Time: 6:00-8:00 pm

Intro to Microsoft Word I: For the student with little or no experience with Word. Instructor will teach you how to create, save, open, print and format basic Word documents. Copy text from another application or window into your current document. Microsoft Word 2007 taught. Basic knowledge of computer and Windows operating system (equivalent to Intro to Computers I & II) is expected.

Date: Wed., Oct. 16 Cost: \$15 Time: 5:30-7:00 pm

Intro to Microsoft Word II: For the more experienced Word user. Learn how to do advanced formatting, add pictures and clip art. Create outlines and bulleted lists. Add tables, format with borders, resize rows and columns. Microsoft Word 2007 taught. Completion of Word I course is highly recommended.

Date: Wed., Oct. 23 Cost: \$15 Time: 5:30-7:00 pm

Computer Care and Tune-ups: System running slowly? Not enough space on your hard drive? Want to remove old programs? Troubleshooting and maintenance tools to help you either avoid or diagnose and repair a wide variety of problems. For the more experienced computer user. Microsoft Windows XP. Completion of Intro to Computers I & II highly recommended.

Date: Wed., Nov. 6 Cost: \$10 Time: 5:30-6:30 pm

Holiday Cards/Newsletters: Learn the latest about creating holiday cards and newsletters online. You can actually design and write family holiday newsletters, create and send e-cards, create, print and mail cards and more. This class will help you explore what is out there for free and not so free.

Date: Wed., Nov. 13 Cost: \$15 Time: 5:30-7:30 pm

GENERAL INTEREST CLASSES

First Aid/CPR (Ages 14 and up)

New AHA (American Heart Association) guidelines for CPR and First Aid will be taught along with compression only CPR. Get hands on experience with an A.E.D. (Automated External Defibrillator), an EPI pen, as well as hands on CPR practice on a manikin. You will learn about environmental emergencies such as cold or heat injuries and bee stings and how to bandage or splint injuries. Understand medical emergencies such as choking and allergic reactions and when to call 911. CPR and First Aid will be taught in one session each with a **limit of four** students per class. Book included in price.

Instructor: Cyndi Dugan

Date: CPR: Oct. 22 - pm, Oct. 24 - am **OR**
Nov. 12 - pm, Nov. 14 - am

First Aid: Oct. 23 - am or pm **OR**
Nov. 13 - am or pm

You must sign up for one CPR and one First Aid class.

Time: Morning classes: 8 am to 12 pm
Evening classes: 5:30 - 9:30 pm

Cost: \$65 total for both CPR & First Aid

Place: St. Thomas Community Room

Two Step and Country Swing Dancing (All Ages)

Do you feel like sometimes you have two left (or

right) feet? Has your partner recently "hinted" that dance lessons might be fun? Well, this is a class for you! Learn how to two-step, swing dance and do the pretzel and continue to build your skills. They might also help you get a little closer with your special man or lady friend, or with a buddy that you want to learn to dance with! No prior dance experience is necessary. LIMIT: 30 people

Instructor: Michael Alexander

Dates: Oct. 3 - Nov. 14

Days: Thursdays

Time: 5:30 - 6:30 pm

Cost: \$5/individual
\$8/couple for one week

\$20/individual, \$30/couple for the entire session

Place: Headwaters Arts and Conference Center

Enchiladas! (Adults)

Learn how to make Cheese Enchiladas with homemade Verde Sauce (Green Sauce) and Sour Cream Sauce. Georgia will also discuss other ideas for delicious homemade Enchilada sauces. Come join us for fun and food! Space is

limited – sign up now! Wine drinking encouraged – bring your own bottle! Limit 8 students.

Instructor: Georgia Epperson

Date: Wed., Nov. 13

Time: 6:30 - 8:30 pm

Cost: \$18

Place: Georgia's Kitchen

Dubois Library Events

Weekly Story Times:

Tuesday – Crowheart School

1:30 - 2:30 pm – All children invited.

Thursday – Dubois Kindergarten 1:00 - 2:00 pm

Friday – Preschool Story Time 10:15 - 11:00 am

All Pre-K children are invited

Wednesday – Elementary Lego Club – 3:15 pm

2nd grade and up

Family Movie Night – 3rd Friday of the month

6 pm

Oct. 15 – WY Library Snap Shot Day

Oct. 26 – "Oh My Dog"

Pet Portraits – 11a.m. - 3 p.m.

Oct. 30 – Pumpkin Carving Contest – Oct 29

Drop Off – Judging Oct 30

Oct. 31 – Fall Festival 3:00 - 4:00 pm

December Events – Build a Lego® Christmas

Village, Family Gingerbread House Creations,

Ornament Party, Spirit of Christmas Concert

For further details about these events, call the

Dubois Library at 455-2992

Headwaters Events

Oct. 12 – Oktoberfest

Oct. 14 - 22 – Miniature Art Show

Oct. 14 - 18 – Tom Lucas Still Life Workshop

Nov. 1 – Women's Expo

Nov. 2 – Sheep Center Fund Raiser

Nov. 14 – Gordon Lightfoot Tribute

Dec. 6 – Christmas Extravaganza

For further details about these events,

call the Headwaters at 455-2687

Zumba™ Fitness Classes

at

Three Waters Fitness

Instructor: Emi Betts

Call 455-2275 for times

SCHOLARSHIPS:

There are a limited number of **children's scholarships** available. These scholarships are made possible through the Kiwanis Club of Dubois, the Ressa Lucas Memorial Fund and the 21st Century Community Learning Center Grant (21st CCLC). Please inquire when registering at the CWC Dubois Outreach Office.

There is some **scholarship** money through the Fremont County School District #2 Adult Education Center for **adults** wishing to enroll in non-credit classes. There is also some scholarship money for parents of registered 21st CCLC students. Please inquire when registering at the CWC Dubois Outreach Office.

Questions: For questions or further information, please stop by the CWC-Dubois Outreach office at 308 West Ramshorn Street (cyber Café and Adult Education Center) or call Melanie Oard at 455-2625.

American Opportunity Tax Credit/Lifetime Learning Credit: Classes, under some circumstances, may qualify for one of the above. You may pick up a flyer on this subject at the Dubois Outreach Office or consult your tax accountant.

RISKS:

Participants should understand that some activities or classes, in which they may take part, might entail inherent risk. The college does not have insurance to cover the individual's exposure. Therefore, participation is at ones own risk.

Dubois Rocks! An Intro to Climbing (Adults)

Are you a climber, or interested in learning to climb? Indoor rock walls are a great place to learn the basics or to keep your skills up over the winter. A mandatory class will be held to check off climbers on safety and rules the first night, followed by climbing nights for people who have been checked off. Indoor climbing offers a great workout, and this wall offers a variety of routes for every level of climber. Harnesses, helmets, and belay devices are provided so all you need to provide is your enthusiasm. LIMIT: 12 participants

Instructors: Britt Schiner
Date: Oct. 15 – Nov. 19
Time: 6:00 – 8:00 pm
Days: Tuesdays
Length: 6 weeks
Cost: \$25
Place: Dubois H.S. Gym

Belly Dancing (Ages 12 and Up)

Strut your stuff and have fun with friends while learning the world's oldest dance form. Belly dance develops balance, grace, strength, and coordination through focus on isolating muscle groups. Your body learns to move the way it was designed to move, and you have

fun at the same time. Please wear comfortable workout clothes and bare feet (if you can), and come prepared to enjoy yourself.

Instructor: Melinda Bobo
Date: Oct. 7 – Nov. 18
Time: 6:00 – 8:00 pm
Days: Mondays
Length: 7 weeks
Cost: \$45
Place: Three Waters Fitness Center

Introduction to Zumba Fitness™ (All Ages)

Do you love to move to the music? Zumba Fitness™ is one of the largest dance based fitness programs in the world. And it's a blast! Come learn the basics of Zumba Fitness™ and see why millions of people are participating. Inspired by Latin dance, the moves will have you twirling, laughing and sweating! No experience necessary, just a desire to move your body and have fun. Zumba Fitness™ is for everyone and anyone

Ending Times for all non-credit classes in brochure are approximate and may vary slightly.

who loves music, likes to dance, and would like to get into hip swinging shape. All you need is comfortable clothing, water, and sneakers and a smile on your face! Come join us.

Instructor: Emi Betts
Begins: Oct. 8 and 15
Days: Tuesdays
Time: 5:30 – 7:00 pm
Length: 2 sessions
Cost: \$5
Place: Three Waters Fitness Center

Comments: For more information call Emi at 455-2275

Distance Education Delivery

Central Wyoming College has approximately 45 credit courses that can be delivered to Dubois students via a variety of distance methods. Courses are available via telecourse, internet, videotape, computer-assisted and via interactive classroom network. For more information, or for a complete schedule of campus and **distance education credit courses**, call Melanie Oard at 455-2625.

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3. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Secrets of the Caterer

Learn cooking and business secrets from a professional caterer.

Growing Plants for Fun and Profit

An industry professional teaches you everything you need to prosper in the backyard nursery business.

Introduction to Peachtree Accounting

Get the training you need to perform everyday accounting tasks using Peachtree Accounting software.

Start and Operate Your Own Home-Based Business

An experienced entrepreneur teaches you how to develop the motivation, discipline, and creativity to quit your job and be your own boss.

Learn to Buy and Sell on eBay

Auction pros teach you how to work from home or earn extra income by buying and selling goods online.

Creating a Successful Business Plan

Turn your business ideas into a solid plan for financing and long-term success.

Marketing Your Business on the Internet

E-commerce expert helps you develop an Internet marketing plan for your business.

Introduction to QuickBooks

Learn how to quickly and efficiently gain control over the financial aspects of your business.

Start Your Own Arts and Crafts Business

Learn how to start your own arts and crafts business from a professional artist.

Starting a Nonprofit

Industry veteran shows you how to take a nonprofit business from vision to reality.

Advanced Grant Proposal Writing

Gain a full understanding of the criteria funders use to determine whether your grant proposal gets funded or rejected.

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plus numerous computer classes in Excel, Word, Photoshop Elements, Access and PowerPoint. See the complete list of approved Wyoming PTSB classes at ed2go.com/wyoming

For teachers also seeking graduate credit, please visit the following site for more information:
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