



Weekend Adult Lifetime Learning

Name _____

Address _____

Phone _____ Email _____

Fall 2009 Registration Form

Class Time: 9:30am – 12:30pm (unless noted)

*Cost: \$10.00 per class *Instructor material/supply fee included*

I have signed up for a minimum of 3 classes and would like to purchase an Arts Array pass for an additional \$10.00. Payment included.

Saturday, October 3, 2009

| | | Fee | Room |
|--------------------------|--|----------|------|
| <input type="checkbox"/> | Make a Rain Barrel with Christine and Brian Hannen Leave the class with your own simple Cistern that you will assemble. Use it to collect rain water for your garden and other outside activities. | \$20.00* | 149 |
| <input type="checkbox"/> | Beginning Knitting with Jane Rutledge Learn the basics of knitting, purling, casting on and off. | \$20.00* | 228 |
| <input type="checkbox"/> | Bunko Fun with Cheryl Bock Learn to play this fun "Girls Night Out" game. Lots of laughter and prizes included. | \$20.00* | Café |
| <input type="checkbox"/> | The Years Between the Wars: How Germany and Japan Slid into Tyranny with Tony Chappell We will take an in-depth look at the political, social and military events that occurred between 1919 and 1939, and see how those events altered world history. | \$10.00 | 230 |
| <input type="checkbox"/> | The UFO Phenomenon with Trevor Carter Explore two of the most significant UFO events in history; The Roswell Event and the Hudson Valley Wave. See video testimony from actual witnesses, review the Air Force's explanations and explore all of the possible conclusions relating to each case. | \$10.00 | 130 |

Saturday, October 17, 2009

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|--------------------------|--|----------------------|-----|
| <input type="checkbox"/> | Knitting a Hat and Mittens (Part I) with Cassie Ogle Learn how to knit in the round using both double pointed needles and circular needles. Students should know to knit, purl, increase and decrease. Fee includes needles, yarn, and pattern. <i>Participants need to bring: scissors, tapestry needle, and pencil & paper</i> | \$50.00* for both | 218 |
| <input type="checkbox"/> | Beginning Wine Making with Joe Wentz Learn the process and equipment used for wine making including kits, grapes and other fruits. Joe shares his tips and techniques from over 35 years of experience. | \$10.00 | 231 |
| <input type="checkbox"/> | History of US Foreign Policy Toward the Middle East Since 9-11 with Rachael Rudolph Eight years after September 11, 2001 questions still remain regarding the multiple contributing factors, but one that is persistent among politicians and academics is US foreign policy. This seminar seeks to examine this correlation by looking at the history of US foreign policy toward the Middle East from the 1940's to the present. | \$10.00 | 232 |

Saturday, October 24, 2009

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|--------------------------|---|------------------------------------|---------------|
| <input type="checkbox"/> | Gluten Free Cooking with Kristi Slaughter The Gluten Free Guru will teach you how to prepare gluten free dishes that your entire family will enjoy. The class will focus on how fun and delicious gluten free cooking can be. | \$20.00* | Kitchen |
| <input type="checkbox"/> | Karate for Fathers and Sons with Sensei Jamie Reynolds Learn basic karate training techniques such as punches, kicks, and blocks. We will also be using training equipment for our techniques. Basic self-defense will be stressed and practiced. We plan on having a lot of fun while learning things that will be useful. | \$10.00 | 149 |
| <input type="checkbox"/> | Introduction to Email with Sonia Vanhook An introduction to the basics of using the Internet to send email. Participants will sign up for an account, send email to individuals, send email to groups, and discuss email etiquette. This class is appropriate for the true beginning computer user. | \$10.00 | 247 |
| <input type="checkbox"/> | Contemporary Issues in the Middle East with Rachael Rudolph The world in which we live is interdependent, which means that no one or place is left unaffected by the events occurring globally. The presence or absence of troops, involvement or disengagement does not imply that the US will not be affected by events in the Middle East. This seminar seeks to examine the contemporary issues in the Middle East. | \$10.00 | 240 |
| <input type="checkbox"/> | Ornament Extravaganza – Make 4 Christmas Ornaments in 4 Hours Refer to description for details regarding registration and fees (attached). Time: 9:00AM – 1:00PM | \$10.00 *plus supply fees | Grand Hall |

Friday, October 30, 2009

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| <input type="checkbox"/> | Ballroom Dancing with Ashby and Anna Kay Learn the basics of Swing dance. For those of you who already know the basics, we will give you some cool new moves. Time: 7:00PM – 8:30PM | \$10.00 | 149 |
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Saturday, October 31, 2009

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|--------------------------|--|----------------------|-----|
| <input type="checkbox"/> | The Mind-Body Connection with Maura Ubinger <i>Be Mindful!</i> Developing awareness of one's thoughts, feelings, words and actions as an influence on physical and emotional well being. | \$10.00 | 228 |
| <input type="checkbox"/> | Knitting a Hat and Mittens (Part II) with Cassie Ogle Learn how to knit in the round using both double pointed needles and circular needles. Students should know how to knit, purl, increase and decrease. This is a continuation class from October 17. <i>Participants need to bring: scissors, tapestry needle, and pencil & paper</i> | \$50.00* for both | 218 |
| <input type="checkbox"/> | Self Defense for Mothers and Daughters with Dennis Webb Learn awareness, prevention, risk reduction, and avoidance. Progress on to some simple and easy-to-apply hands-on defense techniques. <i>Participants are asked to wear basic work- out clothes and shoes</i> | \$10.00 | 104 |
| <input type="checkbox"/> | Basket Weaving with Connie Bundy Learn how to weave a market basket to carry to the farmer's market or grocery store. <i>Participants need to bring: spray bottle for water, old towel, and 30 clothes pins</i> | \$22.00* | 223 |

Saturday, November 14, 2009

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| <input type="checkbox"/> | Holiday Hors D'oeuvres with Jill Horsch Learn some great holiday entertaining ideas including making several Hors D'oeuvres. Come home with great table decorating ideas and recipes. | \$20.00* | Kitchen |
| <input type="checkbox"/> | The Politics of "Terrorism" with Rachael Rudolph We have all heard the phrase, "one man's terrorist is another's freedom fighter." At the heart of this phrase is the politics surrounding what is "terrorism." This seminar seeks to examine the academic and political debates between resistance and so called "terrorism." | \$10.00 | 240 |

Friday, November 20, 2009

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| <input type="checkbox"/> | Ballroom Dancing with Ashby and Anna Kay Learn the basics of the Foxtrot. For those of you who already know the basics, we will give you some cool new moves. Time: 7:00PM – 8:30PM | \$10.00 | 149 |
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Saturday, November 21, 2009

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| <input type="checkbox"/> | Yes, I Can! Preserving the Harvest with Nancy Breeding In today's world, it is more important than ever to return to the preservation of our own food. Know exactly where your food comes from and how it is handled from the garden to the table. This class is designed to acquaint and reacquaint participants to the art of food preservation. | \$20.00* | 233 |
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| <input type="checkbox"/> | Beginning Bead Stringing with Susan Howard Make a beaded bracelet and necklace that others will envy. Warning: This class might make you a bead addict! | \$30.00* | 235 |
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| <input type="checkbox"/> | Vintage Costume Jewelry with Donna Hamm Students will learn the about the history and makers of costume jewelry. New and creative ways to display and use your costume jewelry will be discussed with a special emphasis on brooches. Do you want to know how much your costume jewelry is worth? If so, students are encouraged to bring their own to class. | \$10.00 | 231 |
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| <input type="checkbox"/> | Palestinian/Israeli Conflict with Rachael Rudolph The ongoing conflict between the Palestinians and Israelis is constantly in western media outlets, with little explanation provided on its history and the factors prohibiting a peaceful solution. This seminar, therefore, examines the contemporary history of the conflict to the present. | \$10.00 | 226 |
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Saturday, December 5, 2009

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| <input type="checkbox"/> | Advanced BBQ with Aaron Hicks Become a BBQ aficionado. Learn tips & techniques for the ultimate backyard BBQ or tailgate. This class will cover all you need to know to create good eats for your next BBQ or tailgate. Class will include tips and techniques for everything from rubs and sauces to meats and sides and anything in between. | \$20.00* | 218 |
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|--------------------------|--|---------|-----|
| <input type="checkbox"/> | The War on Gaza with Rachael Rudolph The majority killed and injured were women and children and the infrastructure destroyed consisted mainly of schools, homes and hospitals in the 22-day Israeli war against Gaza that began in December 2008. This seminar will examine the War on Gaza and its Aftermath, but will begin the story in 2006 with legislative win of the Palestinian political party 'Change and Reform', who still remains the democratically elected and legitimate governing authority in the Occupied Palestinian Territories. | \$10.00 | 240 |
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| <input type="checkbox"/> | Introduction to Power Point with Sonia Vanhook Explore the basics of using Microsoft PowerPoint 2007 Software. Participants will create presentations with headlines, bullets, graphics, transitions, sound, and more. Each student should bring a flash drive to class so they can keep their work. This class is not recommended for the true beginning computer user. <i>Participants need to bring: flash drive</i> | \$10.00 | 247 |
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| <input type="checkbox"/> | Food Film and Discussion with Katie Abbott <i>FRESH</i> (the movie) instills new thinking about what Americans are eating. <i>Fresh</i> features a world renowned Virginia farmer. Discussion includes eating locally, organically, and sustainability. | \$10.00 | 235 |
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| <input type="checkbox"/> | Introduction to Zumba with Carla Griffith Fitness Party! Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy. Ages 12-17 may attend with a parent. <i>Participants need to bring: water, rubber soled shoes, and towel</i> | \$10.00 | 149 |
|--------------------------|--|---------|-----|



Weekend Adult Lifetime Learning

Name _____

Address _____

Phone _____ Email _____

Registration Form
Ornament Extravaganza in the Grand Hall
October 24, 2009 9:00 AM – 1:00 PM
\$10.00 plus supply/material fees*

The ornament extravaganza is designed for the student to make a maximum of four ornaments in four hours. Each session is set to begin at the top of the hour. In order to provide adequate rotation time between sessions, instructional time for each ornament is set for 45 minutes. Participants may choose only one ornament or up to four ornaments for \$10.00 plus applicable supply fee (additional fee is noted in description). To register, place a check mark in the corresponding box. *Participants are welcome to bring a snack or bag lunch.*

| October 24, 2009 | 9:00 | 10:00 | 11:00 | noon |
|--|-------------|--------------|--------------|-------------|
| Needle Felted Folk Heart Ornament with Beverly Eason Students will learn to needle felt a folk art design onto a prefelted wool shape. \$13.00 (NOTE: supply fee has been reduced to \$7.00) | | | | |
| Wheat Weaving Ornament with Jane Rutledge Participants will braid a wreath design using a very basic weave. \$4.00 | | | | |
| Beaded Spiral Tree Ornament with Susan Howard Glass beads and wire will be used to create a beautiful ornament. \$3.00 | | | | |
| Crocheted Star Ornament with Pam Debord Students will crochet and stiffen a star ornament using the basic stitches. \$3.00 | | | | |
| Craft Ornament with Kris Sheets Create a "pinecone" using ribbon and other craft supplies. \$5.00 | | | | |

Registration form and payment should be received by Wednesday before the classes are offered. Classes with material fees must register one week in advance. Make checks payable to WALL. Please send this form and the appropriate fee to: Southwest Virginia Higher Education Center, ATTN: Kim Stewart, PO Box 1987, Abingdon, VA 24212. You may also register online at www.swcenter.edu. For questions, call (276) 619-4380 or (276)619-4300.