



Weekend Adult Lifetime Learning  
Southwest Virginia Higher Education Center

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

## Spring 2010 Registration Form

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

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

Friday Evenings	Saturday Mornings
Ballroom Dancing: East Coast Swing – 2/19	Designing Your Web Portfolio – 3/13
More Bunko Fun – 2/26, 3/26, 4/23	FARKLE – 3/13
Ballroom Dancing: Cha-Cha – 3/5	Boredom Busters – 3/13
Wheee...Wii is So Much Fun! – 3/12	The Fizzy World of Soda – 3/13
	Felted Mittens – 3/20
	Easter Topiary – 3/20
Saturday Mornings	Ear Bobs, Earrings – 3/20
Bunko Fun – 2/13	Executive Time Management – 3/20
Beginning Crochet – 2/13	“Pathfinders, Pioneers, & Patriots” – 3/27
Self Defense for Females – 2/13	UFO Phenomenon – 3/27
The New Web Lifestyle – 2/13	Guitar for Extreme Beginners – 3/27
Social Networking – 2/20	Gluten Free Pizza – 3/27
Beginning Knitting: Cast On & Knit – 2/20	Scrapbooking Crop & Swap – 4/10
“Insured” to Leave a Legacy – 2/20	How a Website Can Improve... - 4/10
Beginning Beer Making – 2/20	BBQ 101 – 4/10
Felted Mittens – 2/27	“Not Your Mother’s Stenciling” – 4/10
Learn to Dance: Hip Hop & Clogging – 2/27	How to Make a Predator Call – 4/24
Word Mail Merge – 2/27	Hooked on Spreadsheets, Excel – 4/24
Beginning Knitting: Purl & Bind Off – 2/27	Make an Herbal First Aid Kit – 4/24
Now is the Time to Cruise – 2/27	4 Walls = Unlimited Looks – 4/24
Go Green, Live Green! – 3/6	Yes, I CAN! – 5/1
Self Defense for Females – 3/6	The Mind-Body Connection – 5/1
A Simple Geologic History of SWVA – 3/6	Self Message and Meditation – 5/1
eBusiness 101 – 3/6	Nuts and Bolts of Digital Photography – 5/1

Registration form and payment should be received by Wednesday before the classes are offered.  
 Make checks payable to WALL. Please send this form and the appropriate fee to:  
 Southwest Virginia Higher Education Center, WALL Program  
 ATTN: Kim Stewart, PO Box 1987, Abingdon, VA 24212.  
 You may also register online at [www.swcenter.edu](http://www.swcenter.edu).  
 For questions, call (276) 619-4380 or email [kstewart@swcenter.edu](mailto:kstewart@swcenter.edu).

<b>Saturday, February 13, 2010</b>		<b>Fee</b>	<b>Room</b>
<input type="checkbox"/>	<b>Bunko Fun with Kelly Nelson</b> Bunko is a fun and energized dice game with lots of action and laughter. Meet new friends and win prizes while playing this “Girls Night Out” game. Prizes will be awarded.	\$20.00*	Café
<input type="checkbox"/>	<b>Beginning Crochet for the True Beginner with Pam DeBord</b> Learn the basic stitches of crochet – chain, single, and double. Yarn and hooks will be provided.	\$15.00*	228
<input type="checkbox"/>	<b>Self Defense for Females with Dennis Webb</b> Learn awareness, prevention, risk reduction, and avoidance. Progress on to some simple and easy-to-apply hands-on defense techniques. Class is open to females of any age; an excellent mother-teen daughter endeavor. It is a great opportunity for previous participants to review the techniques. Class may be extended an additional 30 minutes. <i>Participants are asked to wear basic work- out clothes and shoes.</i>	\$10.00	103
<input type="checkbox"/>	<b>The New Web Lifestyle: Using the Web to SIMPLIFY with David Hite</b> A GREAT workshop for individuals who may not have “grown-up” with a computer on their lap or a cell phone attached to their ear. If you are a mom, dad, or grandparent, this is the workshop for YOU! Participants will take a brief HANDS-ON journey of the computer, the Internet and then dive into the most IMPORTANT technologies which are used to SIMPLIFY your world. Resource CD will be provided.	\$13.00*	247 Computer Lab
<b>Friday, February 19, 2010</b>			
<input type="checkbox"/>	<b>Ballroom Dancing with Ashby Dickerson</b> Learn the basics of the East Coast Swing. For those of you who already know the basics, you will learn some cool new moves. Time: 7:00PM – 8:30PM	\$10.00	149
<b>Saturday, February 20, 2010</b>			
<input type="checkbox"/>	<b>Social Networking 2.0 – Personal and Professional with Rob Case</b> Learn the basics of Twitter, Facebook, and LinkedIn for personal or professional social networking. Stay in touch with friends and family, meet new people, or advertise your business or service online in no time. Resource packet will be included for a more in-depth and independent study.	\$13.00*	247 Computer Lab
<input type="checkbox"/>	<b>Beginning Knitting: Cast On &amp; Knit with Jane Rutledge</b> Learn the basic stitches by casting on and knitting to make a dishrag. Yarn and needles included.	\$20.00*	228
<input type="checkbox"/>	<b>“Insured” to Leave a Legacy with Leon A. Hill</b> “What are you PLANNING your LEGACY to be? How would your legacy CHANGE if you have to finance YOUR long-term health care after retirement? Learn what options are available and begin planning now – before it is too late!	\$10.00	230
<input type="checkbox"/>	<b>Beginning Beer Making at Home with Joseph Wentz</b> This class will cover the ingredients, equipment, and process of making quality beer at home. Beer styles will be discussed and a few will be sampled.	\$15.00*	223
<b>Friday Evenings – Once a Month: February 26, March 26, &amp; April 24, 2010</b>			
<input type="checkbox"/>	<b>More Bunko Fun with Kelly Nelson</b> Learn to play! Bunko is a fun and energized dice game with lots of action and laughter. Do you want to join a Bunko group and play this “Girls Night Out” game once a month? Registered participants are committed to attend or send a “substitute” for all three sessions. Prizes will be awarded. Minimum enrollment: 8 students. Time: 6:00PM – 8:00PM	\$30.00*	Café

## Saturday, February 27, 2010

<input type="checkbox"/>	<b>Felted Mittens with Suzanne Bullard</b> Repurpose 100% wool sweaters by learning how to make felted mittens. Wool and pattern provided. Participants need to bring: Sharp scissors and a thimble.	\$23.00*	235
<input type="checkbox"/>	<b>Learn to Dance with Kim Fore</b> Introductory class for those individuals wanting to learn the latest moves in Hip Hop and Clogging. Participants should wear comfortable shoes and clothing.	\$10.00	149
<input type="checkbox"/>	<b>Word Mail Merge with Sonia Vanhook</b> Using Microsoft Word 2007, students will learn to mail merge letters so that each letter addresses the recipient by name. This class is not recommended for the beginning computer user. Students should bring a flash drive to save their work.	\$10.00	247 Computer Lab
<input type="checkbox"/>	<b>Beginning Knitting: Purl and Bind Off with Jane Rutledge</b> Learn the basic knitting stitches by purling and binding off to make a dishrag. Yarn and needles included.	\$20.00*	228
<input type="checkbox"/>	<b>Now is the Time to Cruise! With Kathy Kennedy</b> For the first time cruisers to savvy cruisers, now is the time to take a cruise. Topics include: Compare land to water, Pick the right cruise, Travel as a group or individually, and Why choose a travel agent? Participants will receive a tote bag.	\$15.00*	231

## Friday, March 5, 2010

<input type="checkbox"/>	<b>Ballroom Dancing with Ashby Dickerson</b> Learn the basics of the Cha-Cha. For those of you who already know the basics, you will learn some cool new moves. Time: 7:00PM – 8:30PM	\$10.00	149
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## Saturday, March 6, 2010

<input type="checkbox"/>	<b>Go Green, Live Green! with Steven Taylor</b> Students will learn how to live a green lifestyle while helping the environment. Conserve energy and have more money in your pocket by implementing these sustainable practices at home and sharing with others. Participants need to bring dryer lint, toilet paper tubes, candle wax, a glass jar, and a glass bowl.	\$10.00	103
<input type="checkbox"/>	<b>Self Defense for Females with Dennis Webb</b> Learn awareness, prevention, risk reduction, and avoidance. Progress on to some simple and easy-to-apply hands-on defense techniques. Class is open to females of any age; an excellent mother-teen daughter endeavor. It is a great opportunity for previous participants to review the techniques. Class may be extended an additional 30 minutes. <i>Participants are asked to wear basic work-out clothes and shoes.</i>	\$10.00	149
<input type="checkbox"/>	<b>A Simple Geologic History of Southwest Virginia with Collins Chew</b> Author Collins Chew narrates the geologic history of Southwest Virginia covering the area between Cumberland Gap and Interstate 77. The class will conclude with a group discussion.	\$10.00	230
<input type="checkbox"/>	<b>eBusiness 101: Taking Your Business Online with David Hite</b> This overview course will be perfect for those individuals wanting to start a small business or move their existing business online. Learn strategies for planning and growing an online business by using the latest web technology tools. Resource CD will be provided.	\$13.00*	247 Computer Lab

## Friday, March 12, 2010

<input type="checkbox"/>	<b>Wheee... Wii is So Much Fun! with Nicky Rahley</b> Spend the evening playing a fun and challenging game console on our larger than life screen and state of the art equipment. 7:00PM – 9:00PM	\$10.00	TEA
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## Saturday, March 13, 2010

<input type="checkbox"/>	<b>Designing Your Web Portfolio and Get a Job! with David Hite</b> Identify your talents, skills, experience, and abilities to create <b>Brand YOU</b> . Students will explore the tools to build a strong web portfolio for the competitive job market. This class is perfect for those who have been recently laid off, seeking a new job, or desiring a career change. Resource CD will be provided.	\$13.00*	247 Computer Lab
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<input type="checkbox"/>	<b>FARKLE with Amy Atwood</b> FARKLE is a fun dice game played by two or more players, with each player in succession having a turn at throwing the dice. Each player's turn results in a score, and the scores for each player accumulate to some winning total. Each student will receive dice.	\$12.00*	Café
<input type="checkbox"/>	<b>Boredom Busters: Creative and Educational Activities for Children with Brigitte Mehl</b> Learn cooking, craft and other activities to do with children. Activities are hands-on, fun, educational, and promote literacy.	\$15.00*	223
<input type="checkbox"/>	<b>The Fizzy World of Soda with Jeremiah Heaton</b> The history & origin of carbonated sodas plus a whirlwind taste-tour of sodas from all over the world.	\$12.00*	130

### Saturday, March 20, 2010

<input type="checkbox"/>	<b>Felted Mittens with Suzanne Bullard</b> Repurpose 100% wool sweaters by learning how to make felted mittens. Wool and pattern provided. Participants need to bring: Sharp scissors and a thimble.	\$23.00*	235
<input type="checkbox"/>	<b>Easter Topiary with Kris Sheets</b> Just in time for Easter! Assemble a festive and edible topiary using candy and other arts & craft supplies.	\$20.00*	230
<input type="checkbox"/>	<b>Ear Bobs, Beginner Earring Class with Susan Howard</b> Learn the basic techniques for making wire loops while creating several pairs of earrings. Class fee includes kit and use of instructor's tools.	\$30.00*	231
<input type="checkbox"/>	<b>Executive Time Management for Small Business with Janie Jessee</b> Manage your time as you manage your business! Learn how to delegate tasks, find short cuts on paperwork, implement file organization for the business, create marketing tactics, and take control of your busy schedule. Participants will receive a tote bag.	\$15.00*	220

### Saturday, March 27, 2010

<input type="checkbox"/>	<b>“Pathfinders, Pioneers, and Patriots” with Danny Dixon</b> The settlement of the Appalachian Frontier is a fascinating story that is sadly omitted from most history books and courses. Join us as we discuss many of the people and events that history has overlooked but that deserve to be remembered and appreciated.	\$10.00	242
<input type="checkbox"/>	<b>UFO Phenomenon: A Study of the Contact Cases with Trevor Carter</b> Explore the theories of “alien” abduction and contact cases that have been documented for over sixty years. Watch videos of the actual witnesses to these events and see the official documents from the most famous cases in history.	\$10.00	Grand Hall Right
<input type="checkbox"/>	<b>Guitar for Extreme Beginners with Rob Case</b> Learn the basics of playing the 6-string guitar. This class will cover the components of guitar, basic strumming, and basic fretting. Guitars will be available for use in class.	\$10.00	223
<input type="checkbox"/>	<b>Gluten Free Pizza Baking Class with Kristi Slaughter</b> Participants will learn the art of preparing gourmet, gluten free pizzas using a variety of alternative grains. Recipes and samples of gluten free pizza will be offered during class.	\$20.00*	Catering Kitchen

### Saturday, April 10, 2010

<input type="checkbox"/>	<b>Scrapbooking Crop and Swap with Chris Fields</b> The perfect reason to scrapbook the morning away, share ideas, and exchange your unused supplies/materials with others. Participants are asked to bring completed and work in progress projects as well as unwanted/unused scrapbooking materials for the “free for all” table. Die-cut machines will be available for use during class. Attendees will also receive a grab bag.	\$16.00*	235
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<input type="checkbox"/>	<p><b>How a Website Can Improve Your Bottom Line with Mikki Barker</b></p> <p>Learn how your business will benefit from an efficient, cutting edge website and how to gain a competitive advantage in today's challenging economy. Topics include: Small Business Web Trends, Resources to Get Started, Cost Saving Tips, Advantages of an Online Presence, and the Positive Effect of Well Designed Websites.</p>	\$10.00	247 Computer Lab
<input type="checkbox"/>	<p><b>BBQ 101 with Aaron Hicks</b></p> <p>Become a BBQ aficionado. Everything you need to know to become the neighborhood BBQ authority. Class will cover the types of smokers, fuels, and meats for cooking great BBQ.</p>	\$10.00	220
<input type="checkbox"/>	<p><b>“Not Your Mother’s Stenciling” with Gina Mittag</b></p> <p>Do you have a smooth surface that needs some umph? Transform a wall or furniture piece with dimensional/relief stenciling. Experience how to apply a relief stencil and add a color washed finish for a stunning finished product.</p>	\$20.00*	149

### Saturday, April 24, 2010

<input type="checkbox"/>	<p><b>How to Make a Predator Call with Chad Walk</b></p> <p>Students will build a predator call out of select types of wood. Once completed, you will master the art of predator calling.</p>	\$15.00*	235
<input type="checkbox"/>	<p><b>Hooked on Spreadsheets – Microsoft Excel Basics with Valerie Nutter</b></p> <p>Learn to create, manipulate and navigate spreadsheets and workbooks in Excel. The perfect class to simplify the grade book process, prepare simple financial documents and more. Basic computer skills are required.</p>	\$10.00	247 Computer Lab
<input type="checkbox"/>	<p><b>Make an Herbal First Aid Kit with Mary Ellis Harden</b></p> <p>Participants will make products for treating cuts, poison ivy, shock, and heat exhaustion. The take-home first aid kit will include instructions and supplies for treating burns, bleeding, earache, nosebleed, sprains and more.</p>	\$15.00*	103
<input type="checkbox"/>	<p><b>4 Walls = Unlimited Looks with Gina Mittag</b></p> <p>Do your walls need a change? Learn some practical painting tips and delve into some old world finishes. Learn how to begin your painting project, select colors and enhance your walls with a color washed finish.</p>	\$23.00*	149

### Saturday, May 1, 2010

<input type="checkbox"/>	<p><b>Yes, I CAN: Preserving the Harvest with Nancy Breeding</b></p> <p>Learn the basics of home canning and freezing of vegetables and meats. In today's world, it is more important than ever to return to the preservation of our own food. Students are encouraged but not required to bring to class the book titled, “The Blue Ball Book of Preserving.”</p>	\$10.00	235
<input type="checkbox"/>	<p><b>The Mind-Body Connection with Maura Ubinger</b></p> <p><i>Be Mindful!</i> Developing awareness of one's thoughts, feelings, words and actions as an influence on physical and emotional well being.</p>	\$10.00	245
<input type="checkbox"/>	<p><b>Self Massage Techniques with Laura Bock</b></p> <p>The first half of class will cover a basic introduction to the benefits of massage therapy, what to expect during a massage and relaxation tips. Learn massage techniques you can use anywhere, by yourself or with a partner.</p> <p><b>Meditation, the Labyrinth, Self and Stress Care with Julie Starr</b></p> <p>The second half of class will cover meditation, aromatherapy, and breathing techniques. Your life is a sacred journey...it's about change, growth, discovery, movement, and transformation. A simple 10-15 minutes a day can help you overcome stress and find inner peace and balance.</p>	\$15.00	130
<input type="checkbox"/>	<p><b>The Nuts and Bolts of Digital Photography with Mitzi Frye</b></p> <p>A hands-on approach to digital photography. What factors should be considered for quality pictures? Discuss common mistakes and learn some tricks of the trade. Participants are requested to bring their own camera.</p>	\$10.00	222

