Fall 2016
LIFELONG LEARNING
Non-credit courses

REGISTER Now!

Northland Pioneer College
COMMUNITY & CORPORATE LEARNING
(800) 266-7845 • www.npc.edu

Most classes begin the week of August 22, 2016
Classes are subject to change. Go to www.npcedu/noncredit-classes for current updates.
Fall Calendar and Events

**College Closures:**
- Labor Day ............... Sep. 5
- Veteran’s Day ............ Nov. 11
- Thanksgiving ............. Nov. 24-25
- Winter Break ............. Dec. 26-30

Check [npc.edu/academic-calendar](http://npc.edu/academic-calendar) for all closures and dates

**College Events:**
- The Spiral Staircase . . Nov 11-19
- Northland Master Chorale
  - Finale Concert ........ Dec 2
- WMSO

Check [npc.edu/PAC-shows](http://npc.edu/PAC-shows) for additions and show times!

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**List of Activities**

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  - Cartooning
  - Egyptian Art
  - Introduction to Engineering
  - Cool Critters
  - Hair Accessories
  - Children’s Theater
  - Rookie robotics
  - Forensics
  - Discovery and Invention

- **Something new for those ages 13-18**
- **Classes for those ages 50+**

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**Respect the brain build the mind**

[www.npc.edu/kids-college](http://www.npc.edu/kids-college)

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*COS - Check Online Schedule • RETURNING students can register by phone at (800) 266-7845.*
10 Reasons to Take a LifeLong Learning Class with Northland Pioneer College

LifeLong Learning classes are a variety of classes, workshops and seminars in special interest areas which provide personal enrichment for individuals in NPC college communities.

1. Creates a curious, hungry mind and increases wisdom
2. Develops natural abilities
3. Helps a person learn to adapt to change
4. Assists in finding meaning in life by keeping involved as an active contributor to society
5. To make new friends and establish valuable relationships
6. Gives a feeling of accomplishment and increases self-confidence
7. Classes are completely affordable!
8. Studies show it keeps the brain healthy, improves memory, and may even prevent dementia
9. Completely affordable way to save money by learning how to “do it yourself”
10. Offers a new interest, trade, or hobby

LIFELONG LEARNING INSTRUCTORS NEEDED
– All communities –

Share your knowledge and skills with community members by teaching personal enrichment classes at Northland Pioneer College. Instructors are needed in many interest areas, including:

- Arts & Crafts
- Cooking
- Dance
- Home & Garden
- Special Topic Lectures

For more information, contact:

REBECCA HUNT
Community & Corporate Learning
800-266-7845, ext. 6244 or rebecca.hunt@npc.edu
**COS - Check Online Schedule • RETURNING students can register by phone at (800) 266-7845.**

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**ART & PHOTOGRAPHY**

**ART 099X  Clay Art**

Cost: $220  
Students will have one-on-one instructions in forming and applying finishing glazes. More advanced students will have the chance to learn how to mix their own glazes and learn about various firing techniques.

White Mountain Campus  
--T---- 9a-1p  Section: 63686  
Dates: August 23 – December 6  
Instructor: Michael Sweeney  
* Students bring their own basic tools.

**ART 099X  Clay Art - 8 Week**

Cost: $110  
Students will have one-on-one instructions in forming and applying finishing glazes. More advanced students will have the chance to learn how to mix their own glazes and learn about various firing techniques.

White Mountain Campus  
--T---- 9a-1p  Section: 63685  
Dates: August 23 – October 11  
--T---- 9a-1p  Section: 63686  
Dates: October 18 – December 12  
Instructor: Michael Sweeney  
* Students to bring their own basic clay tools. Ages 12 and up.

**ART 099X  Focal Point and Composition**

Cost: $35  
Students will study a variety of focal point techniques and will do a presentation of each technique. Composition and balance will be studied using examples of the work of Cezanne and Van Gogh. Students will then present art that exercises the composition and balance knowledge.

Silver Creek Campus  
----R-- 6p-7:30p  Section: 63679  
Dates: August 25 – September 15  
Instructor: Loretta Bogdanowicz  
* Students are required to bring an 8x10 drawing paper tablet, ruler, eraser, 2 pencils, set of color pencils, paint brushes, and set of acrylic paints. Bringing other mediums and a small round palette is also encouraged.

**ART 099X  Mixed Media**

Cost: $35  
Students will learn traditional forms of art studied and then expand upon combining different art mediums and outside sources, such as found and sewing. Students will view art by Jane Dunnewold, Van Gogh, and other artists who successfully combined mediums in their art work.

Silver Creek Campus  
--T---- 6p-7:30p  Section: 63678  
Dates: August 23 – September 13  
Instructor: Loretta Bogdanowicz  
* Students are required to bring a tablet of drawing paper, paint brushes, and set of watercolor / acrylic paints, set of pastels, glue sticks and scissors. Bringing other mediums and a small round palette is also encouraged.

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**Featured Instructor:**  
Ann Schmidt’s classes are based primarily in Anusara and Viniyoga styles and focus on the breath as the origin of all movement, making yoga accessible for everyone. She has been practicing and studying yoga and meditation for 17 years, and has been teaching for 11 years. She is a 200-hour registered member of the Yoga Alliance and has further training in the therapeutics of yoga. Find Ann’s classes on page 9
Try a new featured “MyGen” class “Nature in Watercolor” on pg. 7
ART 099X  Nature in Watercolor

Cost: $60
Students will learn to paint animals, trees, and flowers through watercolors. As well as understand value and concept of what they see in nature.
Silver Creek Campus
-M-W-F-  4p-5:30p  Section: 63687
Dates: August 22 – September 2
Instructor: Lori Andrews
* Students are required to bring a tablet of watercolor paper, sketching pencils, Kneading eraser, paint brushes, and set of watercolor paints. Bringing other mediums and a small round palette is also encouraged.

DANCE STEPS

HPE 099X  Beginning Mexican Folklore Dance

Cost: $40
(PLUS $15 fee for costumes payable to instructor. Total cost of class: $55)
An introduction to Mexican Folk Ballet stressing basic principles, steps, sequence of steps, skirt movement, posture and settings.
Little Colorado Campus
----R--  4:30p-5:30p  Section: 63703
Dates: August 25 – December 8
Instructor: Idalia Lewis
*Females need practice skirts.

HPE 099X  Intermediate Mexican Folklore Dance I&II

Cost: $45
(PLUS $15 fee for costumes payable to instructor. Total cost of class: $60)
Students will learn skirt movements, intricate foot movements, and choreographed routines. They will gain knowledge of the Mexican culture as well as from what region the dances come.
Little Colorado Campus
----R--  5:30p-6:30p  Section: 63702
Dates: August 25 – December 8
----R--  6:30p-7:30p  Section: 63701
Dates: August 25 – December 8
Instructor: Idalia Lewis
*Must have Mexican Folklore dance experience. Females need practice skirts.

HPE 099X  Advanced Mexican Folklore Dance

Cost: $50
(PLUS $15 fee for costumes payable to instructor. Total cost of class: $65)
This is an advanced course working on all the basics taught in the previous courses; the zapateados will be more intricate and difficult; the rhythms, more challenging. The particular dances presented will vary from semester to semester depending on the number of veteran dancers. The student is responsible for proper attitude, attendance at rehearsals, and participation in performances.
Little Colorado Campus
----R--  7:30p-8:30p  Section: 63700
Dates: August 25 – December 8
Instructor: Idalia Lewis
*Must have Mexican Folklore Dance experience. Females need practice skirts.

Featured Instructor:
Michael Sweeney has over 40 years’ experience in ceramics. While attending college he apprenticed under master potter Gurujan Singh in Laguna Beach, CA. During that time he instructed ceramics for the Experimental College at the University of CA, Irvine. He spent 15 months in Central America studying Mayan Art and culture. Find his classes on Page 5

*COS - Check Online Schedule • RETURNING students can register by phone at (800) 266-7845.
Find yoga classes taught by our featured instructor Ann Schmidt on pg. 9
**HPE 099X  Combo-2-Step Swing**

**Cost:** $42  
A fun dance class for singles or partners to learn something new. Students will learn the basic steps and positions for dancing, turns, twirls, passes, and much more. Carly’s will learn what cues to follow when dancing. All partners will learn to lead and know when to cue his partner during a dance. Learn two step transitions into swing and then back to two step.

**Silver Creek Campus**  
-T----- 6:30p-7:30p  Section: 63782  
Dates: August 23 – October 11  
Instructor: Katherine Venancio  
*Students should wear leather or soft sole shoes. Class will be held Katherine’s Dance Studio at 60 Main Street.*

**HPE 101B  Beginning Yoga**  
**Credit:** 1  
Introduction to basic yoga poses, breathing techniques, principles of relaxation and body awareness designed to increase flexibility and strength to create better concentration and promote feelings of relaxation.

**Little Colorado Campus**  
-M----- 6p-8p  Section: Refer Online  
Dates: August 22 – December 12  
*No Class on Sept 5 College Closed for Labor Day.*

**Painted Desert Campus**  
--T---- 5:30p-7:30p  Section:*COS  
Dates: August 23 – December 6

**Little Colorado Campus**  
-----S 8:30a-10:30a  Section:*COS  
Dates: August 27 – December 10  
Instructor: Ann Schmidt  
*Students to bring a yoga “sticky” mat and a firm blanket.*

**HPE 101C  Intermediate Yoga**  
**Credit:** 1  
Students will build upon skills learned in beginning yoga, refining postures, breathing and meditation. Pranayama techniques and intermediate level Asanas will be introduced. Discussion of yoga philosophy will be interwoven with physical practice. It is suggested that Beginning Yoga is taken prior to this class.

**Little Colorado Campus**  
-M----- 6p-8p  Section:*COS  
Dates: August 22 – December 12  
*No Class on Sept 5 College Closed for Labor Day.*

**Little Colorado Campus**  
------S 8:30a-10:30a  Section:*COS  
Dates: August 27 – December 10

**Painted Desert Campus**  
--T---- 5:30p-7:30p  Section:*COS  
Dates: August 23 – December 6  
Instructor: Ann Schmidt  
*Students to bring a yoga “sticky” mat and a firm blanket.*

**HPE 099X  Hatha Yoga**  
**Cost:** $72  
This class goes all semester! It is a multi-level class that combines both traditional and flow style yoga. Using breathing, yoga poses, relaxation, and meditation, it encourages a healthy mind-body connection. Students of any age and physical ability will develop greater balance, strength, and flexibility.

**Springerville-Eager Center**  
----R-- 5:30p-6:30p  Section: 63722  
Dates: August 25 – December 8  
Instructor: Natalia Rihs  
*Students to bring a yoga mat, strap, two blocks, and a blanket.*

*COS - Check Online Schedule  • RETURNING students can register by phone at (800) 266-7845.*
Community and Corporate Learning
Customized Workplace Training

In these constantly changing times, it is more challenging than ever for businesses to stay competitive. Gain a highly trained and knowledgeable workforce with NPC.

Out of Area training, seminars, and conferences are expensive!
Don’t waste time and money!
• We work around your schedule
• Customizable curriculum
• Stay Local!
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Some satisfied customers have been: Cities of Show Low, Springerville, Eagar, Snowflake, Taylor, Holbrook, Winslow, and St. Johns, Navajo and Apache Counties, Salt River Project, Arizona Public Service, Tucson Electric Power, Navajo Department of Workforce Development, Hopi Housing Authority, White Mountain Apache TERO Department, Sunrise Park Resort and the Hon-Dah Casino.

Contact us today for a FREE consultation:
Royce Kincanon
royce.kincanon@npc.edu
928-536-6239 or 1(800)266-7845 ext 6239

Classes are subject to change. Go to www.npc.edu/noncredit-classes for current updates.
COVERING TOPICS AND SKILLS THAT INCLUDE:

- Résumés & Cover Letters
- Reference Lists
- LinkedIn
- Elevator Pitch
- Interviewing Skills
- Dress for Success

DATES & LOCATIONS

WINSLOW CAMPUS
ROOM: LEARNING CENTER 109

September 20: 9:30-11:30 AM
October 18: 9:30-11:30 AM
November 15: 9:30-11:30 AM

SHOW LOW CAMPUS
ROOM: ASPEN CENTER 110

September 23: 9:30-11:30 AM
October 21: 9:30-11:30 AM
November 18: 9:30-11:30 AM

SPRINGERVILLE CENTER
ROOM: 133

September 22: 9:30-11:30 AM
October 20: 9:30-11:30 AM
November 17: 9:30-11:30 AM

HOPI CENTER
ROOM: BUSINESS LAB-109

October 5: 10:00 AM-12:00 PM

WHITE RIVER CENTER
ROOM: BUSINESS LAB-109

November 16: 5:30-7:30 PM

JOHN SPADACCINI
MANAGER OF CAREER SERVICES
JOHN.SPADACCINI@NPC.EDU
(800) 266-7845, EXT. 6246

*COS - Check Online Schedule • RETURNING students can register by phone at (800) 266-7845.
Explore your family history with this new “MyGen” class on pg. 13
STC 099X    Essential Oils for Everyday

Cost: $40 (PLUS $20 fee for supplies payable to instructor. Total cost of class $60).

Learn proper and safe ways to incorporate essential oils into your everyday life with no network marketing involved! Leave knowing how to make educated choices when using essential oils as substitutes for pharmaceuticals. Learn how to make “natural” household cleaners and cosmetics. “Take home” products will be made in class.

White Mountain Campus
-----S-  10a-1p  Section:*COS
Dates: October 1 – 22
Instructor: Jeanie McDuffee
* Students must be 18 years or older.

HCT 099X    Digital Scrapbooking

Cost: $25

Students will be introduced to basic designing rules for eye pleasing pages. On the computer in their own account, they will be instructed on logging in, uploading photos, searching for digital artwork, and using “tools” while in Studio. They will then design a self-chosen project in the system and edit. If they choose to complete the publishing in Studio they will receive the professional quality project in the mail. Included in the course is personal photo scanning.

Little Colorado Campus
-----R--  6p-9p  Section: 63723
Dates: August 25 – December 1
Instructor: Bonnie Rogers
*Class held Aug 25, Sept 8 & 22, Oct 6 & 20, Nov 3 & 17, Dec 1. Extra access and/or completed projects available for additional fee.

HCT 099X    Genealogy: Your Path to the Past

Cost: $60

Explore and record generations of your ancestors, coordinated with a history timeline; for you and your descendants.

White Mountain Campus
-----R--  2p-4:30p  Section:*COS
Dates: September 15 – November 10
Instructor: Marjorie Stockton
* Bring any available family history; vital records, etc.

HCT 099X    Quilt ‘Til you Wilt: Beginning Quilting

Cost: $50

A fun class to learn the art of constructing a “raggy” quilt. This will be a baby sized quilt or throw, but can be scaled once the technique has been learned. Learn the basics of measuring, cutting, design, color, and construction.

White Mountain Campus
-----R--  6p-8:30p  Section:64190
Dates: October 13 – November 17
Instructor: Marjorie Stockton
* Need to bring your sewing machine, general sewing supplies/notions, approximately 3 yards of flannel fabric (1/2 yard of 6 different patterns) rotary cutter,

*COS - Check Online Schedule • RETURNING students can register by phone at (800) 266-7845.  Page 13
Love to weave? Bring your projects to this class on pg. 15
**HCT 099X  Weaving Practicum**

**Cost:** $25 (PLUS optional $15 fee for loom rental).

Weaving students of all levels will bring their weaving problems and projects and receive help as needed. It is an informal class with many opportunities to learn from other students as well as from the instructor.

**Springerville/Eager Center**
----F-S-  9a - 4p  Section: 63704
Dates: October 21 – 22
Instructor: Carol Farnsworth
*Students need to bring a loom & supplies.

**MUS 099X  Beginning Guitar**

Cost: $180

(PLUS an additional $15 for music book.)

This class goes a full semester! Students will get hands-on training for playing guitar, understanding chord structure, scales, melody and other musical principles. The class will emphasize basic chords and simple lead lines for enabling the student to quickly start playing. No previous musical theory or compositional skills required.

**White Mountain Campus**
----W----  6:00p-8:00p  Section:63845
Dates: August 24 – December 7
Instructor: Gail Lynn

**MAKING MUSIC**

**MUS 099X  Barbershop Chorus**

Cost: Free

Experience the joy of four-part a cappella singing in a choral setting.

**White Mountain Campus**
--T----  6:30p-9p  Section: 63692
Dates: August 23 – December 6
Instructor: Carl Dockendorf
*Class will be held at the Show Low Senior Center 301 E McNeil in Show Low for ages 12 and older.

**MUS 099X  Basic Music & Guitar**

Cost: $170

Have fun acquiring a basic understanding of music while learning to play a most delightful musical instrument—the guitar!

**Silver Creek Campus**
--T--R--  4:00p-5:30p  Section: *COS
**White Mountain Campus**
-M-W---  4:00p-5:30p  Section: *COS
Dates: September 12 – November 16
Instructor: Dennis Kemp
*Students 6 – 16 years old welcome!

---END---
MUS 099X  Instant Piano for Hopelessly Busy People

Cost: $25 (PLUS $29 fee payable to instructor for workbooks and practice DVDs for both classes. Total cost of combined classes: $54)

Some music teachers may not want you to know this, but you don’t need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. While regular piano teachers teach note reading, piano professionals use chords and you can learn all the chords you’ll need to play any song in this one session.

Silver Creek Campus
-------S 9a-12p  Section: 63698
Date: September 10
Instructor: Craig Coffman
* Students must be 18 years or older.

MUS 099X  How to Play Piano by Ear

Cost: $25 (PLUS $29 fee payable to instructor for the workbook and practice CD. Total cost of class: $54)

Music’s deepest mysteries: Here is how to play songs without relying on music. This course will provide a practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing – expressed in everyday language. This is an ideal follow-up to “Instant Piano For Busy People” and is open to anyone who has a basic understanding of chords on any instrument.

Silver Creek Campus
-------S 1p-3:30p  Section: 63696
Date: September 10
Instructor: Craig Coffman
* Students must be 18 years or older.

MUS 099X  White Mountain Symphony Orchestra

Cost: Free

Make beautiful music with many talented musicians! We are a performance based Symphony Orchestra as we study and perform music from all genres. You will be expected to be in attendance at weekly rehearsals and all concerts, and to practice regularly and be prepared. There is a minimum of 3 concerts per semester those; dates will be available at the beginning of the semester.

Silver Creek Campus
-----R- 7p-9p  Section: 63699
Dates: August 25 – December 8
*Audition required.

PERSONAL DEVELOPMENT

STC 099X  Basic NRA Pistol Class for Concealed Weapons Permit

Cost: $75

Successful completion of this course will qualify the student to apply for a permit to carry a concealed weapon.

Silver Creek Campus
-------S 8a-2p  Section: 63682
Dates: October 22
Painted Desert Campus
-------S 8a-2p  Section: 63683
Dates: November 19
Instructor: Richard Harris
*Students must be at least 21 years old. Students to bring their unloaded guns and ammunition, leaving them secured in their vehicles. NPC instructor will provide fingerprinting.
**STC 099X Basic Self Defense with a Handgun**

**Cost:** $75  
Develop self-defense and defensive marksmanship skills with a handgun. Learn local laws regarding self-defense and the use of deadly force.

**White Mountain Campus**

-----S  8a-2p  Section: 63694  
Dates: September 17

**Silver Creek Campus**

-----S  8a-2p  Section: 63690  
Dates: October 29

**Painted Desert Campus**

-----S  8a-2p  Section: 63689  
Dates: December 3

Instructor: Richard Harris  
*Students must be at least 21 years old. Students to bring their unloaded guns and ammunition, leaving them secured in their vehicles.*

**STC 099X Fiction Writing and Publishing for Beginners**

**Cost:** $48  
Students will cover getting started, finding time, stronger writing, dialog, person/point of view, critiquing and publishing. Starting with the second class, students will submit work which they will continue to revise through the course. Part of the purpose of this course is to get students into the habit of writing.

**Silver Creek Campus**

---T---  6p-7:30p  Section:*COS  
Dates: August 23 – September 20  
Instructor: Paula Winskye

*Computer is suggested for use during class, plus notebook for notes*

**STC 099X Intermediate Critiquing and Getting Published**

**Cost:** $48  
This course is for the writer who has started or finished a manuscript. Classes will include feedback from other writers and stress revision. Publication topics will include e-publishing and self-publishing, with a comparison between traditional publishing and self-publishing.

**Silver Creek Campus**

---W--  2p-4p  Section: 63688  
Dates: October 19 – November 9  
Instructor: Paula Winskye

**STC 099X Parenting and Me**

**Cost:** $50  
With our fast-paced lifestyle, this is a course designed to help a parent feel good about themselves and at the same time feel good about how they are parenting their children. People can be a great parent and still be able to feel they can have time to do for themselves.

**Silver Creek Campus**

---W---  6p-7:30p  Section: *COS  
Dates: August 23 – September 20  
Instructor: Jeanette Wiltbank

**STC 099X Personal Finance**

**Cost:** $99  
There is so much to learn from this class! Find out how much you need to save each month, raise your credit score, find the best investments for your portfolio, decide what insurance you will need and how much each policy should cost, find the actual dollar amount you need for retirement, what your monthly income will be in retirement, find your actual retirement date, how much social security you will have, what your mortgage is really costing you.

**Painted Desert Campus**

-M----  7p-8p  Section:*COS  
Dates: August 23 – September 12  
Instructor: Sharon Best

*Bring a calculator
STC 099X  How to Sell  
Cost: $99  
Do you need a business plan to give to your sales manager? Do you know the number of contacts you need to make each day for sales success, how to build your pipeline or know the most direct sales pitch you should have? Join us and learn to understand what your sales manager and your client wants from you.

Painted Desert Campus  
---R-  7p-8p  Section:*COS  
Dates: August 25 – September 8  
Instructor: Sharon Best

STC 099X  Portfolio Management  
Cost: $99  
Have your own affordable investment account online, know how to pick stocks, bonds and mutual funds, how to place trades, understand the market, how to monitor the market, how to evaluate positions & know the social security environment.

Painted Desert Campus  
---W--  7p-8p  Section:*COS  
Dates: August 24 – September 7  
Instructor: Sharon Best

WORKSHOPS

STC 099X  Annuities from A-Z  
Cost: $5  
A comprehensive discussion of annuities, what types are available, the benefits or disadvantages of each, and the important things to consider if you now own an annuity or are thinking about purchasing one. Handouts will also be given covering everything discussed.

Silver Creek Campus  
---W--  3p-5p  Section:*COS  
Dates: September 14  
Instructor: Robert Corbin  
White Mountain Campus  
---R-  3p-5p  Section:*COS  
Dates: September 15  
Instructor: Robert Corbin  
*Best suited for those that are 60+ in age, but anyone can attend!

STC 099X  The Power of Forgiveness and Letting Go  
Cost: $5  
Forgiving someone can be the most difficult thing a person can do in their lifetime. Join us and discover why it must be done and how to overcome limiting beliefs that have prevented you from doing so.

Silver Creek Campus  
---W--  6p-8p  Section:*COS  
Dates: September 21  
Instructor: Robert Corbin  
White Mountain Campus  
---R-  6p-8p  Section:*COS  
Dates: September 22  
Instructor: Robert Corbin
Register for these classes before the first class session at your nearest campus/center location. Or for more information contact Community & Corporate Learning at 800-266-7845, ext. 6244.