

Continuing Education



CIS-901	SOCIAL NETWORKING 101						NON CREDIT
You've heard about Facebook, LinkedIn, Twitter and other social networking capabilities but have no idea why you want to use them. Come learn the basics of some of the most popular social networking tools.							
72967	Sa	9a-12p	3/23	RL03	Halliwell	3/21	\$20
CUA-901	FANTASTIC FONDUE						NON CREDIT
Find out how to prepare all sorts of fondues, from classic cheese, to delectable chocolate fondue. We will prepare fondues with hot oil, simmering broth, cheese and chocolate. There are so many ingredients that can be used in both dipping and in the sauces. Held at Rocky Mountain Baptist Church in West Rifle.							
72529	Sa	10a-1p	3/9	RL06	Cooke	3/7	\$28
CUA-901	THE SPANISH TABLE						NON CREDIT
Spanish food is renowned for its fantastic, fresh ingredients and regional diversity. We will explore different regions of Spain by making a four-course dinner which will include tapas (Spanish appetizers), salad, paella, and dessert. Held at Rocky Mountain Baptist Church in West Rifle.							
72530	Sa	9a-2p	4/13	RL07	Cooke	4/11	\$40
BIO-901	SEED SELECTION SIMPLIFIED						NON CREDIT
Heirloom or modern crossbreeds? Organic or conventional? GMO? Seed selection doesn't have to be difficult. Whether you are looking for flavor, disease resistance or are concerned about GMO's, you will learn the pros and cons for each factor and decide what is best for you and your family.							
72516	Sa	9a-12p	2/23	RL07	Gray	2/21	\$20
CUA-901	TASTY TOMATOES						NON CREDIT
Dive into the rich and juicy world of tomatoes. Anyone wanting to explore new flavors, colors, and textures will love this class!							
72521	Sa	10a-12p	3/2	RL02	Gray	2/28	\$15
BIO-901	SELECTING THE "RIGHT" EDIBLE						NON CREDIT
Three words: Location, location, location! Every living thing adapts to its environment. Cactus like it hot and dry, bananas love the tropics, and they would not trade places. Learn how to select plants for YOUR climate. Sun or shade, wet or dry, there are literally hundreds to choose from.							
72522	Sa	9a-12p	3/9	RL08	Gray	3/7	\$20
CUA-901	GROWING THE GREENS						NON CREDIT
What exactly do they put in "salad mix"? Come and learn all about lettuce and other greens to grow and use in your spring salad. A world of crisp deliciousness awaits!							
72523	Sa	10a-12p	3/23	RL03	Gray	3/21	\$15
BIO-901	SMALL ACREAGE OPPORTUNITIES						NON CREDIT
What can you grow? What can you raise? Can you make a profit? What are the opportunities for your small acreage? We will explore those possibilities including types of crop and animal enterprises that work for our locale.							
72361	Sa	10a-12p	3/30	RL04	McCarty	3/28	\$15
CUA-901	BORED WITH BEETS						NON CREDIT
Looking for new root vegetables? Tired of the same old potato? Come discover a world of flavor from the underground.							
72525	Sa	10a-12p	4/13	RL04	Gray	4/11	\$15
BIO-901	LAVENDER PRODUCTION						NON CREDIT
Can you make money on lavender production? Learn the different cultivars and what they are used for - culinary, aromatherapy, fresh bouquets, sachets, eye pillows, etc. and how to prepare your soil, and methods of irrigation. Find out how lavender is distilled - even on your kitchen stove. Join this fun and interactive session to learn if lavender production is right for you.							
72359	Sa	9a-12p	4/6	RL02	Swift	4/4	\$20
BIO-901	ENRICHING SOIL WITH BIOCHAR						NON CREDIT
Inspired by the properties of ancient Terra Preta, biochar has been identified as a soil amendment that has the potential to change concepts of soil management. Learn how biochar can increase fertility, plant health and crop yield. Discover how to do trench and pit composting as well as building compost piles and using the finished compost.							
72360	Sa	1p-4p	4/6	RL03	Swift	4/4	\$20
BIO-901	PACKAGE PRICE LAVENDER PRODUCTION & ENRICHING SOIL						NON CREDIT
Package price includes both Lavender Production and Enriching Soil with Biochar.							
73086	Sa	9a-12p	4/6				
	Sa	1p-4p	4/6	RL09	Swift	4/4	\$35

BIO-901	DOG MASSAGE				NON CREDIT		
<i>Old dog, young dog, overactive dog. In this hands-on class learn how to ease the ache of arthritis and reduce muscle tension and stress throughout your dog's body. Your dog should be fed at least 2 hours before class and exercised. Ages 1 year and up, must be dog friendly. Dress comfortably for floor work. Class size limited to 6.</i>							
72365	Sa	10a-11:30a	2/23	RL05	Sedillo	2/21	\$15
PSY-901	CLEARING SPACE				NON CREDIT		
<i>Study techniques to have more energy, sleep better, and remove negativity. Includes use of breathing techniques, crystals and scents to relax. Make your own traditional Smudge Stick.</i>							
72362	Sa	10a-11a	3/30	RL01	Adams	3/28	\$12
PSY-901	MEDITATION				NON CREDIT		
<i>Acquire basic meditation skills for use in daily life. Included is a Guided Meditation, which includes suggestions for positive change to improve quality of life. Bring something to sit or lie on.</i>							
72363	Sa	11a-12p	3/30	RL02	Adams	3/28	\$12
ART-901	CLARITY THROUGH COLLAGE				NON CREDIT		
<i>Join Lisa Bracken for this two hour guided personal introspection revealed through visual clues. Find what is calling to you through the power of focused free-association. Whether it's a personal break-through, additional insight or validation of your current state, this class is fun and revealing!</i>							
72546	Sa	10a-12p	4/6	RL01	Bracken	4/4	\$15
ENG-901	SHARE YOUR STORY				NON CREDIT		
<i>Everyone's life contains at least one story worthy of a Hollywood movie, or at least intimately sharing with friends and loved ones. Learn how to focus and shape your personal story in a way which will enthrall listeners and better assure that your life will be remembered for generations to come.</i>							
72372	Sa	10a-12p	4/13	RL01	Bracken	4/11	\$15
PSY-901	HEALING WITH ANIMALS				NON CREDIT		
<i>Learn how animals, horses in particular, can help people heal emotionally, physically, and energetically. Through Alec's personal experience assisting others in healing, you will gain knowledge of energetic and Shamanic practices to apply in your own daily life.</i>							
72527	Sa	10a-12p	4/20	RL03	Adams	4/18	\$15
HIS-901	UNDERSTANDING NATURE'S CONNECTIONS				NON CREDIT		
<i>"When one tugs at a single thing in nature, he finds it attached to the rest of the world."-- John Muir. Through the words of John Muir, Aldo Leopold, Henry Thoreau and Teddy Roosevelt, along with hands on activities, you'll see the natural connections between ourselves and the environment around us, the consequences of our decisions, early warning signs, how the conservation movement gained momentum and the part you play in the web.</i>							
72370	Sa	9a-12p	3/9	RL03	Thrasher	3/7	\$20
OUT-901	HUNTER SAFETY				NON CREDIT		
<i>Students must attend all classes including the live fire in order to receive an HE card. No students under 12 without a parent. At registration, you must provide your full name, date of birth, address, phone and if you have one, an email address.</i>							
72378	MTWTh	6p-9p	3/18-3/21	RL01	DOW	3/8	\$10
	Saturday	TBD	3/23				
BIO-901	MUSTANG HIKE				NON CREDIT		
<i>The Little Book Cliffs Wild Horse Range near Grand Junction is set aside specifically to protect wild and free roaming horses. Enjoy a day hiking on a trail in this range and get a chance to view these magnificent horses in their natural habitat. The hike is approximately 4 miles round trip with one area of uphill climb. We'll be guided by an expert who will share information on this unique range. Bring a sack lunch and your camera. A map with directions will be provided. Special thanks to the Bureau of Land Management for their help in making this possible.</i>							
72379	Sa	9a-4p	4/27	RL06	Dollarshell, Range Manager	4/25	\$25