Picture yourself doing something new!
Go beyond what you know.
Ready to learn something new for fun, fulfillment or career? From welding to dog obedience or Chinese to retirement planning, Bismarck State College has lots of classes to take you beyond what you know!

Brian Matthews, digital photography instructor, wants you to experience the joys of photography. Matthews says, “I am not a Nikon guy, or a Canon guy, or Sony guy, or (insert brand name here) guy. I am a Camera guy. I love anything to do with the camera. Did I mention I really love photography? I do. Really.” His students would agree. Try something new with Brian and three dozen other enrichment instructors in a class this winter. Go to bscenrichment.com to register.
Leather Art - Creating Leather Feathers

1/12-1/12 Sat 2:30pm - 5:30pm (1X)
Interstate Western Works
2595 County Rd 139A, Mandan
Fee: $39 Class ID: 3673

Develop your artistic side through leather carving. Carve, cut, tool, and paint strikingly realistic feathers from leather. Display your leather carving as a wall hanging or use as adornments. This class is open to teens and adults only. Students will be provided a list of items to bring to class. A $20 supply fee is payable to the instructor on the night of class.

Leather Art - Western Boot Jack

1/26-1/26 Sat 2:30pm - 5:30pm (1X)
Interstate Western Works
2595 County Rd 139A, Mandan
Fee: $39 Class ID: 3667

Develop your skills as a leather artist. Carve, paint, and finish a western boot jack, unique to you. You'll choose among floral, animal, and figure patterns for your design. This class is an excellent beginning and a strong brush-up for leather artists. Students will be provided a list of items to bring to class. A $25 supply fee is payable to the instructor on the night of class.

Leather Art - Embossed, Painted, Pictorial Carving

2/2-2/4 Sat 2:30pm - 7:30pm; Sun 12:00pm - 5:00pm; Mon 6:00pm - 9:00pm (3Xs)
Interstate Western Works
2595 County Rd 139A, Mandan
Fee: $175 Class ID: 3669

Create a three-dimensional leather carving of a bugling elk. Intermediate and advanced leather artists will hone their techniques and learn to add details, use acrylics, spirits, antique dyes and finishes to customize their pieces. Students will be provided a list of items to bring to class. A $50 supply fee is payable to the instructor on first day of class.

The Japanese Art of Silk Painting

1/15-1/29 Tue 6:00pm - 8:00pm (3Xs)
Bismarck High School Room 115 Instructor: Rebecca Young-Sletten
Fee: $69 Class ID: 3699

Learn the traditional Japanese art of silk painting. It’s like painting on air! Create three pieces of art for your home, office or as gifts. A supply fee of $10 is payable to the instructor on the first night of class.

The Japanese Art of Shibori

2/5-2/7 Tue, Thu 6:00pm - 8:00pm (2Xs)
Bismarck High School Room 115 Instructor: Rebecca Young-Sletten
Fee: $55 Class ID: 3700

Shibori is a Japanese term that means to bind, wrap, fold, twist, stitch or clamp to create a design on fabric. Using this ancient tie-dying technique, create a beautiful wall hanging. A supply fee of $8 is payable to the instructor on the first night of class.

The Japanese Art of Ikebana

3/5-3/5 Tue 6:00pm - 8:00pm (1X)
Bismarck High School Room 115 Instructor: Rebecca Young-Sletten
Fee: $39 Class ID: 3701

Imagine a flower, a leaf, a stem in a setting more beautiful than its natural environment. The goal of an Ikebana artist is to create a sculpture transcending the beauty of nature. Using silk flowers, learn this disciplined art form to create your own floral sculpture to take home. A supply fee of $8 is payable to the instructor on the first night of class.

“Each semester, I try to pick four things I’ve never done before or that are building on a previous class. The enrichment classes and instructors have been A+++ experiences.”

— Liz B, participant in more than 36 enrichment classes
Crochet a Market Bag

1/29-2/12
BSC NECE 101
Fee: $55

3/19-4/2
BSC NECE 101
Fee: $55

Learn to crochet while helping the environment. In just three classes you can create a small bag that can be used over and over at the market. You’ll learn basic stitches - single, double and half-double, as well as how to read a pattern. Whether you’ve never picked up a needle or you just want to try a new pattern, this class will get you crocheting from the word, “stitch.” Participants will be provided with a supply list prior to the start of class.

New! Crochet a Cozy

2/19-3/5
BSC NECE 102
Fee: $55

Learn to crochet and create a great present in the process! In this class, you will create a festive wine cozy that will pair perfectly with your favorite bottle of Riesling. You’ll learn how to crochet on a spiral, while practicing basic crocheting techniques. Participants will be provided with a supply list prior to the start of class.

“ I’m on my way to crocheting. 
— Patti S, Crochet a Market Bag “

New! Natural Cosmetics and Scents

1/29-1/29
BPS Career Academy TBD
Fee: $39

Making your own natural cosmetics is easy, inexpensive and good for you! Sample naturally colored lipbalm, facial toner, light moisturizers and more! Learn the basics of building your own favorite scents using essential oils for a natural and totally unique scent! Then, use these to scent massage oil, solid perfume, and cologne. A $15 supply fee is payable to the instructor on the night of class.

Steampunk Jewelry

1/29-1/29
BSC Werner Hall Room 110
Instructor: Barb Jirges
Class ID: 2913
Fee: $39

Come and learn about a fun jewelry trend...Steampunk! You will learn about the origin of today’s Steampunk movement, as well as the joy of repurposing old items into new treasures. Steampunk utilizes gears, watch parts, wires, filigree, and other “found” items to create a one-of-a-kind recycled piece of wearable art. A fee of $25 will cover the tools and materials needed for the class. Students are encouraged to bring any watch and small items they want to incorporate into their pieces.

Introduction to Stained Glass

1/31-3/7: Skip 2/14
BSC Werner Hall Room 110
Instructor: Barb Jirges
Class ID: 2907
Fee: $79

Learn the skills to create a stained glass window from beginning to end. During the five 2-hour sessions, you will learn basic techniques of design, glass cutting, soldering, foiling, and finishing. You’ll choose from an assortment of window designs for the one you will create. Your tool package will cost $125 and will be paid to the instructor. In addition, glass for your project will be purchased during the first session. Grinding stations will be provided.

New! The Most Fun You’ve Had With an Iron: Encaustic Cards!

2/19-2/19
BSC NECE 115
Instructor: Linae Bieber
Class ID: 3747
Fee: $35

Encaustic, or painting with wax, is a very fun and super-easy way to create mixed media work with little or no glue dry time! This class will use a special tool - encaustic irons - to apply highly pigmented waxes to paper, collage, and other decorative surfaces. Use specialty papers, paints, pigments, inks, and waxes to design cards for all-occasion use! A $15 supply fee is payable to the instructor on the night of class.

Looking Glass Soap

3/12-3/12
BSC NECE 115
Instructor: Linae Bieber
Class ID: 3749
Fee: $35

Love those beautiful boutique soaps and want to know how to make them? This class is for you! Using transparent and opaque melt-and-pour glycerine soap bases, we’ll make colored spirals, spikes, stripes and dots. You’ll learn how to add color, scent and opalescent pigments. Take home your own gorgeous loaf of unique, handcrafted soap! A $12 supply fee is payable to the instructor on the night of class.
Intro to Metalsmithing-Sterling Ring
3/18-3/18  Mon 6:30pm - 9:30pm (1X)
BSC Werner Hall Room 110  Instructor: Barb Jirges
Fee: $45  Class ID: 2909

3/26-3/26  Tue 6:30pm - 9:30pm (1X)
BSC Werner Hall Room 110  Instructor: Barb Jirges
Fee: $45  Class ID: 2910

Learn the basic techniques of cutting metal, texturizing metal, soldering with a torch, and polishing techniques. You will create a sterling silver ring of your own design that you will enjoy wearing for years to come. All tools and equipment will be provided. A $35 supply fee is payable to the instructor on the night of class.

“...allows self-expression in one’s art...
— Anthony T., Intro to Metalsmithing

Intermediate Metalsmithing-Bezel Set Pendant
4/1-4/1  Mon 6:30pm - 9:30pm (1X)
BSC Werner Hall Room 110  Instructor: Barb Jirges
Fee: $49  Class ID: 2905

Loved “Intro to Metalsmithing” and want more? In this class, you’ll create a bezel set pendant using a natural gemstone cabochon and silver sheet. Learn more advanced skills, including how to size and fabricate a bezel, solder to a flat surface, and set the cabochon in the bezel. The results will be a beautiful pendant that you’ll enjoy for years to come. A $60 supply fee is payable to the instructor on the night of class.

New! Handbuilt Cup or Bowl
1/22-1/22  Tue 7:00pm - 9:00pm (1X)
THEO Art School  Instructor: Linae Bieber
Fee: $39  Class ID: 3748

2/12-2/12  Tue 7:00pm - 9:00pm (1X)
THEO Art School  Instructor: Linae Bieber
Fee: $39  Class ID: 3751

Learn a super-easy way to create low-fire stoneware from slabs of clay! Use molds, pinch technique and coil-and-scrape methods to explore how cups and bowls can be made off of the potter’s wheel. Make your own bowl or cup in one evening, paint with engobe (colored clay or slip) and pick up the following week! A $15 supply fee is payable to the instructor on the night of class.

New! Designer Clay Tiles
2/5-2/5  Tue 7:00pm - 9:00pm (1X)
THEO Art School  Instructor: Linae Bieber
Fee: $39  Class ID: 3743

3/5-3/5  Tue 7:00pm - 9:00pm (1X)
THEO Art School  Instructor: Linae Bieber
Fee: $39  Class ID: 3745

Making your own designer tiles is as easy as 1-2-3! One, slab out the clay; two, create a textured design in the clay; and three, paint with colored slips or glazes. Use stamps and inclusions (stones, ceramic and glass chips) to make unique surfaces. Create a series of tiles to use in a home project, or make one-of-a-kind tiles to use as wall décor! Work with low-fire stoneware clay, and complete your project during class. Fired and glazed tiles can be picked up the following week! A $15 supply fee is payable to the instructor on the night of class.

New! Mosaic Garden Stone
3/26-3/26  Tue 7:00pm - 9:00pm (1X)
BPS Career Academy Room 108  Instructor: Linae Bieber
Fee: $35  Class ID: 3750

Love the look of mosaic and want to try it for outdoor use? Create a mosaic garden stone or stepping stone from mixed materials. Try standard adhesive and grout technique, as well as poured concrete versions. Both are very easy to complete during class! You’ll learn the kind of materials, adhesives and grout appropriate to outdoor projects, as well as tips for working on rounded surfaces, such as garden balls and potting containers. A $15 supply fee is payable to the instructor on the night of class.

New! Handbuilt Clay Garden Creature!
3/19-3/19  Tue 7:00pm - 9:00pm (1X)
THEO Art School  Instructor: Linae Bieber
Fee: $39  Class ID: 3744

4/2-4/2  Tue 7:00pm - 9:00pm (1X)
THEO Art School  Instructor: Linae Bieber
Fee: $39  Class ID: 3742

Love those cute (or mystifying) ceramic sculptures in the designer garden magazines? Learn to make clay garden creatures to accentuate your unique garden sensibility. We’ll use low-fire stoneware, handbuilding techniques such as slabbing, slumping, pinch and coil-and-scrape to create a sweet garden pal you’ll love. Participants will mold clay, decorate with engobe (colored clay slip), and complete their project in one night. Garden creatures will be fired, glazed and ready for pick up the following week! A $15 supply fee is payable to the instructor on the night of class.
### Computers & Technology

**The Cloud: Free Web Apps Everyone Should Know About**

1/16-1/16  
**BSC NECE 104**  
Instructor: Debbie Mantz  
Fee: $39  
Class ID: 3655

Access any file on any smart device from anywhere in the world via “the cloud.” Discover free Google and Microsoft web apps that everyone should know about that will allow you to work and play online anywhere you might go.

### Beginning Excel

1/22-1/24  
**BSC NECE 104**  
Instructor: Debbie Mantz  
Fee: $149  
Class ID: 3733

Become a successful user of Microsoft’s powerful spreadsheet application that is an essential tool for business. Learn how to use the help system and to navigate worksheets and workbooks. Practice entering and editing text, values, formulas, and pictures, and saving workbooks in various formats. Cover simple functions, basic formatting techniques, printing, creating and modifying charts, and managing large workbooks. The course fee includes textbook and course materials.

### Intermediate Excel

2/12-2/26  
**BSC NECE 104**  
Instructor: Debbie Mantz  
Fee: $149  
Class ID: 3734

Using Microsoft Office 10, take your spreadsheet skills to the next level. In this hands-on course, we will use multiple worksheets and workbooks efficiently, and work with advanced formatting options including styles, themes, backgrounds, and watermarks. You will also explore how to create outlines and subtotals, how to create and apply cell names, and how to work with lists and tables. Beginning Excel or equivalent experience is necessary. Tuition includes textbook and course materials.

### Kindle Fire 101: Get Fired Up!

1/24-1/24  
**BSC NECE 103**  
Instructor: Cindy Solberg  
Fee: $39  
Class ID: 3653

Discover top tricks and tips for making your own Kindle Fire a powerful and streamlined tool. Learn how to use the built in apps, download additional apps, annotate and search for specific words in an eBook, check memory and storage on your device, keep your Kindle Fire up to date and much more! Participants are required to provide their own Kindle Fire.

### Thinking About an iPad?

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Thinking about getting an iPad? Just got an iPad and can’t remember everything the clerk told you before you walked out the door? Get acquainted with the iPad. Understand the standard features and functions of the iPad. Practice interacting with it. See simple ways you can begin to use your tablet right out of the box. Participants will be provided iPads for use during the class.

### Getting More from Your iPad

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Get even more out of your new iPad. Now that you’re using the standard features, learn how to download apps for everything from magazines to pdfs to radio stations. See demos of how to connect with others using your iPad for email, a phone, Skype, and instant messaging. Hear about accessories that allow you to do more with your iPad. Practice customizing your iPad to make it yours. Participants should bring their iPads fully charged.
Kindle Fire. Beyond Books and Basics.

For the experienced Kindle user, learn to do more with your Kindle Fire in this interactive class. Explore options for managing your content. Learn how to connect your Fire to your PC to transfer USB books, copy photos to your Kindle Fire, and more. Discover Amazon Cloud, which can be used to sync your music to your Fire so you can listen to it anywhere. Ever wished you could print something from your Fire? Check out apps that allow wireless printing. Add email accounts so you can access your email from anywhere as long as you have your Kindle Fire with you (and who doesn’t!). Participants must bring their own Kindles.

Creative Photo Slideshow

Turn your digital photos and videos into a fun movie slideshow! Learn easy ways to create movies with your photos by adding transitions, motion effects, titles, credits and music. See how to burn a DVD to play on your TV or computer, or share with family.

Beginning Word 2010

Join us to explore the basics of word processing with Microsoft Word 2010. Learn how to create, save, edit and print documents. Discover how to enhance the appearance of your documents by using various formatting options. We will also create tables, insert headers and footers, proof and print documents, and insert graphics. Tuition includes textbook and course materials.

Intermediate Word 2010

With Microsoft Office 2010, harness the power of Microsoft’s advanced word processing program. Join us to work with styles, sections, and columns. We will format tables, print labels and envelopes, and work with graphics. This course also includes information about using document templates, making document revisions, and working with web features. Beginning Word or equivalent experience is recommended. Tuition includes textbook and course materials.

Pinterest: What it is, How to Use it and Why You’ll Love it.

Have you been hearing more and more people talking about Pinterest? Want to know what all the fuss is about? Pinterest is one of the fastest growing social networking websites today. While other social networks like Facebook and Twitter focus on personal sharing and status updates, Pinterest is all about collecting and sharing the different things you find on the web. Join us to learn more about this phenomenon, explore the basics of using it, and spend some time learning to love it!

Prezi

Zoom in on the hottest alternative to PowerPoint - Prezi! Learn the ins and outs of this free, cloud-based presentation program that blurs the lines between slideshows and moving canvases. Energize your visual presentations with Prezi.
Managing Life as a Single Parent
ONLINE
Lessons released Weds & Fri (12Xs)
Fee: $95
Start Dates: 1/16, 2/20
Instructor: Jennifer Wolf
Class ID: 3596

You love your kids more than anything in the world, but being a single parent is hard work. Whether you're single by choice or because of divorce, loss, or separation, learn how to manage your life more effectively, from streamlining your daily routines and dealing with challenging behaviors at home to handling conflicts with your ex and making decisions about dating.

Mom, Dad...Can We Talk?
3/21-3/21
Thu 6:30pm - 8:00pm (1X)
BSC NECE 103
Instructor: Kristi Pflier-Keller
Class ID: 3724

It’s the age-old question: When and how do we have “the talk?” No, not that one, but the dialogue on the other side of the lifetime spectrum, often just as difficult and delicate the one about aging parents and their changing needs. This workshop will cover those tough topics including living alone, maintaining independence, driving, end-of-life wishes and more. Adult children will learn strategies for initiating conversations and resource options.

Tracing Your Roots
2/13-3/6
Wed 6:00pm - 8:30pm (4Xs)
BSC NECE 102
Instructor: Cathy Langemo
Class ID: 3735

Have you often thought about researching information on your ancestors? If so, here’s the perfect opportunity to learn how to do so. Even if you’ve already started some genealogical research, this four-week course will offer you ideas on new approaches to move forward in your research. Learn where to start, what to look for and whom to talk to. Talk about oral interview techniques; genealogy websites; how to organize all of the details, documents and photos gathered during the research process; how to publish your family history; and how to share your discoveries with family members at a family reunion.
What is OLLI?
OLLI@UND in Partnership with Bismarck State College is a membership-based community of mature adults age 50 and better who love learning and enjoy spending time with like-minded individuals.

Reasons to Join:
- Explore a range of topics in liberal arts, sciences and current events.
- Choose from non-credit courses, tours, lectures, special events, and day trips.
- Take no tests / grades not given.
- Connect with other OLLI members during courses and activities.
- Keep active, stay mentally fit, and enrich your life!

Membership Benefits:
With an annual membership fee of just $35, members enjoy:
- Early registration for courses/activities.
- Access to campus facilities and events.
- Participation in FREE activities.

You’re Invited!
2013 Winter OLLI Showcase
Thursday, January 10, 2013
4:00 - 5:30 pm
National Energy Center of Excellence, BSC Campus
Call 701-224.5600 for details.

For more details visit www.oli/bismarck

For more information contact:
Toll Free: 1.800.CALL.UND
Web: olli.UND.edu

Significant Savings!
Become a new 3-year member for $60 and receive a $25 coupon for a Fall 2012 course!

Brought to you by the Osher Lifelong Learning Institute at UND and BSC Bismarck State College
Healthy Living

What Is Your Lifestyle Doing To Your Health?

1/7-1/28  
Bismarck Healthy Living,  
710 E. Main, Mandan  
Fee: $49  
Class ID: 3775

2/4-2/25  
Bismarck Healthy Living,  
710 E. Main, Mandan  
Fee: $49  
Class ID: 3776

3/4-3/25  
Bismarck Healthy Living,  
710 E. Main, Mandan  
Fee: $49  
Class ID: 3777

Is it one of the “The Fatal Five”? Has your lifestyle increased your risk for hormonal imbalance, cancer, heart disease, diabetes or obesity? A registered nurse will explain each condition in depth and why these conditions are on the rise. Understand how hormone balancing can be the key to your health, how PH impacts cancer, the importance of knowing your numbers, and what you should eat. Develop a lifestyle of good health.

Get Assertive

ONLINE  
Start Dates: 1/16, 2/20  
Lessons released Weds & Fri (12Xs)  
Instructor: Vivian Harte  
Fee: $95  
Class ID: 3126

Are you tired of being intimidated and treated badly by others? Learn specific techniques to become more assertive in all parts of your life. Discover how people manipulate you and how you submit to being a victim. Understand the difference between passive, aggressive, and assertive behaviors, and see how inner dialogues keep people acting in passive ways. It’s your turn to speak up!

New! L.E.A.N. Start

1/22-2/26  
BSC NECE Room 432  
Instructor: Mandy Anderson  
Fee: $75  
Class ID: 3716

Lifestyle. Exercise. Attitude. Nutrition. Help your family find the L.E.A.N. answer to a lifetime of health. Through Dr. Sear’s L.E.A.N. Start Program, learn tools and strategies for getting your children (and you!) to eat and live well. Learn which foods strengthen immune systems and are best for your growing kids. Practice easy label reading techniques. Taste easy and delicious snacks that you can make at home with your children. Give your kids, and yourself, a L.E.A.N. Start. A $20 supply fee for a workbook and other materials is payable to the instructor on the first night of class.

Strong to the Core

1/8-3/12  
BSC Armory Room 157  
Fee: $59  
Class ID: 3654

When you’re strong to the core, you’re strong all over. In this focused core workout, you’ll do more than strengthen your abdomen and your back, you’ll increase your balance and flexibility. Get strong. Participants should wear loose fitting clothing and be prepared to go barefoot or wear grippy socks. Participants should also bring a water bottle.

Beginning Yoga

1/23-2/27  
Yoga for You Studio,  
420 E Ave B, Bismarck  
Fee: $59  
Class ID: 3646

4/3-5/8  
Yoga for You Studio,  
420 E Ave B, Bismarck  
Fee: $59  
Class ID: 3641

Experience gentle stretching and muscle toning for a healthier you. Learn to blend breathing with each pose to gain a sense of “ahhh” with vinyasa yoga. From the Sun Salutation to the Warrior Series, practice basic yoga poses at a pace intended for those new to yoga; leaving you feeling relaxed and strong. Training is guided by a certified instructor, who will help with safe and comfortable modifications for proper alignments with each posture. Please wear form-fitting clothing that will stretch. Yoga mats will be available for class.

Zumba for Beginners

1/10-2/14: Skip 1/21  
BSC Armory Room 157  
Fee: $59  
Class ID: 3658

4/1-5/8  
BSC Armory Room 157  
Fee: $59  
Class ID: 3659

Doesn’t Zumba look fun? Don’t want to end up in a class where everyone knows the moves except you? You won’t need to find that spot in the back of the classroom because this Zumba class is for beginners. Loretta Benedict, certified instructor, will step you through four basic rhythms of this Latin-based aerobic-cardio workout. Zumba is an excellent way to burn maximum calories and to tone your body, while having a blast!
Getting Things Done: Increase Your Productivity
1/29-2/26       Tue 6:00pm - 7:30pm (5Xs)
BSC NECE 101       Instructor: Lance Hendrickson
Fee: $75  Class ID: 3719

Transform the way you work and live, picking up the pace without wearing yourself down with the GTD method. Getting Things Done (GTD) is a methodology created and refined by David Allen who has had his book translated into 28 languages. In five weeks, discover how you can create a simple, effective personal productivity system. Learn the 5 stages of mastering workflow and how to organize all of the To-Do's in your life. Review the tools for implementation, from a simple pen and paper list to the latest software apps on mobile devices. Be prepared to leave this class with tools tailored to your workload and technology level. Stop feeling overwhelmed and start Getting Things Done. Tuition includes a copy of the book Getting Things Done.

Tapping
1/31-1/31       Thu 7:30pm - 9:30pm (1X)
BSC NECE 119       Instructor: Elicia Faul
Fee: $39  Class ID: 2914

4/4-4/4       Thu 7:30pm - 9:30pm (1X)
BSC NECE 119       Instructor: Elicia Faul
Fee: $39  Class ID: 2915

Tapping is a simple-to-learn tool based on acupuncture meridian points for neutralizing the body’s stress reaction. Use tapping to manage pain, food cravings, anxiety and more. Tapping over time can allow for profound change in your life. Learn about tapping, the points, how to tap and get results. This class will have lots of practice, so get ready to tap!

Healing Cycles
2/7-2/17       Thu 7:30pm - 9:30pm (1X)
BSC NECE 119       Instructor: Elicia Faul
Fee: $39  Class ID: 3652

Wood, Fire, Earth, Water, Metal. Explore a Chinese Medicine-based system of healing called the five elements that depict the natural and balanced movement of energy. Gain insight into how the five elements play out in people’s personalities, the earth’s seasons, a woman’s cycle and the body’s ability to heal itself.

Meditation
2/21-3/14       Thu 8:00pm - 9:00pm (4Xs)
BSC NECE 119       Instructor: Elicia Faul
Fee: $39  Class ID: 2912

Meditation is the conscious act of relaxing the mind to create body and self-awareness. A very simple meditation practice can greatly increase your sense of well-being, creativity and joy for living. Also, research shows developing a meditation practice can reduce stress, blood pressure and symptoms of chronic illness. This course will serve both beginners and seasoned meditators.

Treating Anxiety Naturally
2/28-2/28       Thu 7:00pm - 8:30pm (1X)
BSC NECE 101       Instructor: Kelly Dekker
Fee: $35  Class ID: 3715

Do you struggle with anxiety or know somebody who does? Help is available. Learn safe, effective ways to manage and even eliminate your anxiety through the proper use of homeopathic remedies, flower remedies, and essential oils. You’ll also be introduced to simple lifestyle changes and tips that can make a big difference and improve the quality of your life.

Conscious Body
3/5-3/26       Tue 6:30pm - 8:30pm (4Xs)
BSC NECE 303       Instructor: Theresia Hersch
Fee: $65  Class ID: 3752

Dump the diet. Feed your soul. Real women don’t diet! There’s no such thing as a perfect body, but you can Create the Body Your Soul Desires. With the help of your sharp mind, an interconnected spirit and the book Create the Body Your Soul Desires by Drs. Karen Wolfe and Deborah Kern, a facilitator will guide you through exercises and tools to replace self-defeating habits. Using the authors’ Conscious Body Method you can discover the soul-stirring joy of a body that actually helps you live your life to the fullest! Tuition includes a copy of the book Create the Body Your Soul Desires.

Self-Hypnosis for Self-Improvement
3/21-3/21       Thu 7:00pm - 8:30pm (1X)
BSC NECE 101       Instructor: Kelly Dekker
Fee: $35  Class ID: 3714

Have you ever wanted to focus to change your life? Did you ever need to let go of emotions? Learn the skills of self-hypnosis to enhance your motivation and performance. This class can be applied to public speaking, sports improvement, fitness, sales...let your imagination find the reason to take this course.

Pilates
4/3-4/24       Wed 7:30pm - 8:30pm (4Xs)
Northern Plains Dance Studio       Instructor: Hollis Mackintosh
Fee: $45  Class ID: 3728

Strengthen and lengthen. Flex and move with Pilates. Benefit from improved breath control, core strength, posture, and long sleek muscles. No previous Pilates training is necessary. Please wear comfortable clothing that covers the knees and bring a Pilates or yoga mat.
Home & Garden - Cooking

Cake Decorating Basics
1/7-2/4: Skip 1/21
Bismarck High School Room B1
Instructor: Floramay Miller
Fee: $59
Class ID: 2920

Start decorating on the first night of class. Learn to bake and prepare a cake for decorating with a crumb-free icing. In four weeks, learn three simple flowers, leaves, writing, pattern transfer, borders and a ribbon rose. Create exciting cakes, cupcakes and cookies. Cake Decorating Basics is a prerequisite for the other Wilton cake decorating courses. Textbook provided. Students provide supplies on a list provided prior to the first night of class.

Gum Paste and Fondant
3/18-4/18
Bismarck High School Room B1
Instructor: Floramay Miller
Fee: $59
Class ID: 2922

Use gum paste and fondant to hand-shape a 3-D bow, and life-like carnations, mums, daisies, calla lilies and roses. Cover and decorate a cake with rolled fondant. After this Wilton Method course, you’ll be creating masterpieces! Textbook provided. Cake Decorating Basics or equivalent required. Students provide their own supplies based upon a supply list provided prior to the first night of class.

Flowers and Cake Design
2/11-3/11: Skip 2/18
Bismarck High School Room B1
Instructor: Floramay Miller
Fee: $59
Class ID: 2921

Add flair to your cakes with flowers and other design accents! Use icing, gum paste and fondant to create all types of flowers. On the very first night of class, you’ll create a pressed flower and a hand-shaped pansy. Learn to make life-like daffodils, violets, apple blossoms, primroses, lilies and the famous Wilton tea rose. Do fancy borders and basketweave in icing. Have fun creating cakes, cupcakes and cookies for any occasion. Completion of Cake Decorating Basics class or equivalent is required. A textbook is included in the course fee, and students will provide their own supplies. A supply list will be provided prior to the first night of class.

Mediterranean Cooking on the Prairie
1/15-1/22
Century High School Room 140
Instructors: Karen & Duane Ehrens
Fee: $70
Class ID: 3710

The research continues to roll in: eating like a Mediterranean has been shown to reduce your risk for heart disease, cancer, and diabetes; aid in weight management, and protect you against dementia, depression and Alzheimer’s disease. Chef Duane Ehrens and his wife Karen Ehrens, a Registered Dietitian, share background on the diet, recipes, and meal suggestions to help you eat more like a Mediterranean here in North Dakota. Duane and Karen will share practical information about how to include more whole grains, vegetables and fruits, beans and quality fats and oils in your diet. A $12.00 supply fee is payable to the instructor on the first night of class.

Be Your Own Barista
1/29-1/31
BSC NECE 115
Instructor: Tovey Wonnenberg
Fee: $39
Class ID: 3726

Have you ever wished you could make fancy coffee drinks like your favorite coffee house? If your answer is YES...this is the class for you. In two nights, learn how to make all of the coffee house standards - lattes, mochas, iced, and blended. Make all the classics and discover some new favorites. By the end you'll be ready to be your own barista. A $15 supply fee is payable to the instructor on the first evening of class.

“"So many great things I learned.
This class was above and beyond my expectations.”
— Sarah C, Be Your Own Barista

Log on & register today: www.bscenrichment.com
Being comfortable using a knife can help you prepare and cook more meals at home—saving money and creating flavor. Join chef Duane Ehrens to learn about different types of knives and how to use them. Also prepare a meal with recipes featuring various knife skills and cuts learned in the class. A $10 supply fee is payable to the instructor on the day of class.

They'll Never Know It's Gluten-Free!

Cooking gluten-free can be easy. Learn how to use gluten-free ingredient to create the meals you and your family loves. Hear how to stock your pantry for quick meal preparation. Receive tried and true recipes. From hot dish to decadent dessert, try your hand at creating tasty dishes that you can eat and everyone else will want to eat. A $15.00 supply fee is payable to the instructor on the night of class.

Winter Soups

Nothing brings warmth to the supper table like a big bowl of homemade soup. Use simple techniques to create hearty, economical dishes that are sure to please any palate. Bring containers to take home your creations. A $15 supply fee is payable to the instructor at class.

Creole Cooking Part Deaux

Experience the flavor of Mardi Gras through traditional creole dishes. Try your hand at an creole-inspired menu that will make you feel like you’re in New Orleans. Leave with a little heat in your belly and a Southern accent in your voice. A $15 supply fee is payable to the instructor on the night of class.

Simply Wine

Come enjoy an evening of wine tasting at Vintner’s Winery! Relax in our Tuscan style tasting room where you can sample classic varitels from around the world as well as North Dakota creations. Discover that you don’t have to be a wine connoisseur to enjoy what a fun and interesting experience wine can be. Participants must be 21 years old to attend. An $8 supply fee is payable to Vintner’s Winery the evening of class.

Eggless Cookies

Make great cookies without eggs. We'll cover egg substitution and how it relates to cookie-making. You'll receive recipes to add to your cookbook, practice using a variety of egg replacers, and sample the recipes shared. This class complements the concepts learned in Eggless Baking. A $15 supply fee is payable to the instructor at class.

Eggless Baking

Egg allergies? Need to cut back on cholesterol intake? Out of eggs and craving a cake? Learn how to make egg free desserts, breakfast items and snacks easily. We will cover the basics of egg substitution while making delicious recipes that you can sample. This class complements the concepts learned in Eggless Cookies and gives you an even richer understanding of baking without eggs. A $15 supply fee is payable to the instructor at class.

Easy Easter Brunch

Why wait in line at a restaurant for a table when you can have an elegant Easter Brunch in the comfort of your own home? Perfect for Easter or any leisurely Sunday, this menu includes dishes that can be made in advance, so you’ll have plenty of time to spend with your guests. A $15 supply fee is payable to the instructor on the day of class.
Pawsitively Puppy

1/30-3/6
BPS Career Academy Room 200A
Instructor: Betsy Hamkens
Fee: $75
Class ID: 2874

3/20-5/1: Skip 3/27
BPS Career Academy Room 200A
Instructor: Betsy Hamkens
Fee: $75
Class ID: 2875

Increase your puppy’s confidence, respect, trust, and interaction skills “pawsitively.” In this class for you and any puppy 6 months and younger, learn the basics of puppy behavior and simple obedience. Each session will be divided into five segments: 1) Puppy 101; 2) behavior issues including mouthing, biting, and chewing; 3) obedience instruction such as “focus,” “sit,” and “down”; 4) a controlled confidence activity, such as tunnel play or hoops; 5) playtime for positive interaction with other dogs and people. Each week, a new concept will be introduced and previous concepts reviewed, so that you and your puppy build its skills. Participants need to bring the puppy with collar (no harness), leather or nylon leash (no chain or flexi), soft training treats, and squeaky toy. Proof of vaccination is required. Bring a notebook if you would like to write down lessons. Participants under the age of 18 must be accompanied by an adult.

Pawsitively Obedient

1/30-3/6
BPS Career Academy Room 200A
Instructor: Betsy Hamkens
Fee: $75
Class ID: 2872

3/20-5/1: Skip 3/27
BPS Career Academy Room 200A
Instructor: Betsy Hamkens
Fee: $75
Class ID: 2873

Want a well-behaved dog? Want to know how to train your dog “pawsitively”? Learn the basics of obedience training in this class. You and your dog will receive instruction in a detailed manner so that everyone attending will benefit, and so that the transfer of information to dogs and family members will be incorporated into everyday life. Lessons given in a how-to style include: sit, down, controlled walk, come, wait, stay, leave it, and more. Behavioral situations are addressed based on group and/or individual needs. The recommended age of the dog for this class is 6 months and older, with those younger enrolling in the puppy class. Any dog under six months will be referred to the instructor for prior approval. Participants need to bring their dog with collar (no harness), leather or nylon leash (no chain or flexi), training treats, and notebook to write down lessons. Bring proof of vaccination (distemper/parvo, rabies, and bordatello is recommended). Participants under the age of 18 must be accompanied by an adult.
**What Women Auto-Know**

2/27-2/28  
BSC Mandan Campus Room 109  
Instructor: Desiree Hilborn  
Class ID: 3740

You auto-know how to take care of yourself on the road. Learn how to check your oil, replace an air filter or windshield wiper, check and add your car’s vital fluids, change a flat tire, and how to give it a quick safety inspection. Come prepared to get your hands dirty! Participants should bring the owner’s manual of their vehicle to class.

**Gardening North Dakota Style**

4/8-4/15  
BSC NECE 103  
Instructor: Kathleen Thomas Wiese  
Class ID: 3774

It’s often been said if you can garden in North Dakota, you can garden anywhere. While North Dakota certainly presents many gardening challenges, it is possible to grow beautiful, luxurious gardens here without breaking the bank or the back. Learning proper techniques for soil preparation, plant selection, and garden design can help you create showcase gardens that will stand the test of time (and North Dakota’s climate.)

**Do the Demo, Love Your Reno!**

4/9-4/9  
BSC NECE 101  
Instructor: Lynae Hanson  
Class ID: 3779

This home remodeling do-it-yourselfer will inspire you to tackle any demo and finish up your reno projects – so you can love your house again. Don’t let fear of the unknown, inexperience, or lack of tools stop you! Take this course to learn: how to get started, where to look for color and design inspiration and how to push through to the very end. Real life reno mishaps and big home equity payouts will have you laughing, learning and building your confidence to get started, and get finished.

**Downsize Your Way to Happiness**

4/11-4/11  
BSC NECE 101  
Instructor: Kristi Pfliger-Keller  
Class ID: 3727

Have you ever really thought about the philosophy less is more? Are your closets ready to explode or are you convinced a bigger house would be the answer to your storage needs? This workshop will examine how attaching emotional needs to “stuff” can actually add more stress to our daily lives. Workshop participants will learn to identify emotional triggers as well as practical tools for simplifying your surroundings.

**Hunting Dogs 101**

4/25-4/25  
BSC NECE 101  
Instructor: Thomas Ness  
Class ID: 3780

Interested in getting the most out of the next hunting season with your beloved hunting partner? Tom Ness, Oahe Kennels, says you may not be tapping your dog’s natural instincts. Discover what your dog’s breed does best, how to tap that breed’s strongest abilities, and gain tips for training specific breeds. With his own champions by his side, Ness will share with you the breed basics you need to have a great hunting season!

**Wreath Art**

4/30-4/30  
BSC NECE 101  
Instructors: Sue Hartley & Alison Zarr  
Class ID: 3737

Dress up your home with a festive, hand-crafted wreath. Create your own wreath with common household items. Learn tips and tricks on how to customize your wreath for any season. Leave with a beautiful decoration for Spring. A $20 supply is payable to the instructor on the night of class. Please bring your own glue gun and sticks.
Clever Dragons - Chinese for Kids
1/15-3/26, Skip 2/12, 2/19, 3/12, Tue 4:00pm – 4:50pm (8Xs)
BSC NECE Room 101, Instructor: Karmen Pfeiffer Sorenson
Fee: $65, Class ID: 3717

The best way to learn a language is as young as possible. Designed to be fun and full of energy, children will learn Mandarin Chinese through songs, dance, reading and writing. Supplemental online materials available for an additional $23.

Introduction to Chinese Language and Culture
1/15-2/5, Tue 6:00pm – 7:00pm (4Xs)
BSC NECE Room 321, Instructor: Karmen Pfeiffer Sorenson
Fee: $49, Class ID: 3720

Join us for an introduction to Chinese language and culture. Learn basic Mandarin greetings, phrases and Chinese characters. Weekly topics will provide insight into the Chinese culture. The class will also feature a Chinese New Year family meal after the last class (date TBD) as a separate class participant fee which is optional.

Mandarin Chinese 101
2/26-3/26, Skip 3/12, Tue 6:00pm – 7:00pm (4Xs)
BSC NECE Room 321, Instructor: Karmen Pfeiffer Sorenson
Fee: $49, Class ID: 3723

Be introduced to Mandarin Chinese from the beginning. This class is designed for adult non-native Chinese speakers with little or no experience with Mandarin Chinese. The course will focus on learning basic sounds and phrases of this historic language.

Conversational Japanese
ONLINE, Start Dates: 1/16, 2/20
Lessons released Weds & Fri (12Xs), Instructor: Ririko Hayashi
Fee: $95, Class ID: 3356

Whether you want to learn conversational Japanese for travel or just for fun, you’ll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language. Guided by a native Japanese instructor, you’ll also gain cultural knowledge only an insider has.

If you cannot make your class, please call CETI at 701.224.5600 as soon as possible. Many classes have waiting lists. Your cancellation will give another an opportunity to attend.
BookTalk is the Bismarck State College Library’s annual book discussion series. Discussions are held at the BSC Library and are free and open to all. Books can be borrowed from local libraries or purchased from booksellers.

For more information, call 224-5450 or visit bismarckstate.edu/library

Funded by the BSC Library and a grant from the BSC Foundation

Mountains Beyond Mountains
by Tracy Kidder
Sunday, January 6, 1-3 p.m.
Discussion leader: Dr. Janelle Masters

An Ordinary Man
by Paul Rusesabagina with Tom Zoellner
Sunday, February 10, 1-3 p.m.
Discussion leader: Tayo Basquiat

Unbowed: a Memoir
by Wangari Maathai
Sunday, March 10, 1-3 p.m.
Discussion leader: Jean Rolandelli
Real Estate Investing

ONLINE
Lessons released Weds & Fri (12Xs)
Fee: $95
Start Dates: 1/16, 2/20
Instructor: Josh Fuhrer
Class ID: 2956

Have you ever heard the old saying, “Buy low, sell high?” News stories about the softening real estate market might scare away some novice investors. Experienced investors, however, recognize weak markets as opportunities to pick up bargains. When there are more sellers than buyers, your chances of getting a good deal go way up. In fact, many investors make more money in a down market than in a strong one. In many areas, now is the time to buy before prices start climbing again. In this course, you’ll learn how to make money in any area, in good times and bad, even if you have little money to start with.

Take Control of Your Money

1/29-2/12
BSC NECE 103
Fee: $29
Start Dates: 1/29-2/12
Instructor: Paul Herr
Class ID: 2916

Take control of your money and get rid of the financial stress in your life. Discover that debt doesn’t have to be your way of life and how to live within your wage. Uncover the importance of understanding the way you think about money. Hear why you should pay yourself first. Learn how to create and live on a budget. With instruction by a Dave Ramsey-trained financial coach, you will determine where you are financially, where you need to be, and how to get there. Receive reading lists and tools to guide you to financial freedom. Participants may bring a spouse or guest at no additional charge.

Retirement Planning Today

2/5-2/12
BSC Student Union Prairie Room
Fee: $29
Start Dates: 2/5-2/12
Instructor: Russ Arman, Certified Financial Planner™
Class ID: 2877

It takes more than money to live a “rich” life. This course blends financial education with life planning to help you build wealth, align your money with your values, and achieve your retirement lifestyle goals. Discover what they didn’t teach you in school including: 5 strategies to manage investment risk, 11 ways to save money on this year’s taxes, important questions to ask before buying insurance, how to invest in and take money out of your company’s retirement plan, and determine the savings needed to retire. Participants may bring a spouse or guest at no additional charge. A $25 materials fee is payable to the instructor the first evening of class. Couples may share a workbook.

New! Winning With Your Money

2/26-3/12
BSC NECE 103
Fee: $29
Start Dates: 2/26-3/12
Instructor: Paul Herr
Class ID: 2917

Building on the foundation of the “Taking Control Of Your Money” class, learn about the behaviors of those who are living in financial freedom. From cars to credit cards, investing to insurance, and mortgages to Mochas - those who win with money do things differently than you might think. This class outlines the various attitudes, desires and actions that minimize financial stress. With instruction by a Dave Ramsey-trained financial coach, you will receive tools to guide you to financial freedom and keep you there. Participants are encouraged to bring their spouse at no additional charge. [*“Taking Control Of Your Money” is an encouraged prerequisite*]

New! Basic Estate Planning

3/13-3/13
BSC NECE 119
Fee: $29
Start Dates: 3/13-3/13
Instructors: David Bliss & Michael Mulloy
Class ID: 3736

Want to guarantee a lawyer in your life? Don’t do a will and don’t give powers of attorney to someone you trust to make decisions for you if you become disabled. What happens when nobody does any planning? Find out at this seminar and learn about the three basic documents you need to have in place to assure that your affairs are handled properly. Participants may bring a spouse/partner at no additional cost.

The Nurse Assistant Training program provides classroom instruction and clinical practice to those preparing for employment as a nurse assistant in a skilled nursing facility, acute care or home health care. Included in the 80 program hours is classroom instruction and supervised clinical practice. Register at least five days prior to start date. For more information call BSC Continuing Education, Training & Innovation office at 224.5600.

Spring 2013 Starting Dates: February 4, March 4 and April 1, 2013

• This program is held evenings: Monday - Friday: 6:00-10:00 pm and one Saturday: 8:00 am-5:00 pm
• 4 Week Program
• Investment is $450
• Classes are held at BSC’s Allied Health Campus, 500 E. Front Avenue, Bismarck.

Log on & register today: www.bscenrichment.com
Digital Photo 1: The Basics
1/14-2/11: Skip 1/21
BSC NECE 101
Instructor: Brian Matthews
Fee: $99  Class ID: 2896

New to photography? Trying to understand the jargon used in camera manuals, photography magazines and books? Looking to buy a new camera? This course is designed as an introduction to Photography. We cover photography terms, shutter, aperture, ISO, and other common functions. If you are new to photography or would just like to start from the beginning, this course is for you.

Digital Photo 2: Beyond the Auto Button Part I
BSC NECE 101
Instructor: Brian Matthews
Fee: $99  Class ID: 2906

Get better photos from your digital camera! Take an in-depth look at all the features available on cameras, with a focus on how to use the settings you have. Receive explanations of common settings, icons, and terminology, as well as recommendations for what to carry in your camera bag. Hear tips and tricks in taking a good digital photo. If you want to take your photography knowledge to the next level, this class is for you. You’ll have hands-on practice, so bring your camera gear and a charged battery. Hone your photography skills beyond the auto button!

Introduction to Photoshop for Photographers
4/1-4/22
BSC NECE 104
Instructor: Brian Matthews
Fee: $99  Class ID: 2911

If you have Adobe Photoshop Elements 2,3,4,5,6,7,8,9 or 10 or Adobe Photoshop CS, CS2, CS3, CS4, CS5, or CS6 and want to learn tips and tricks in using the software to improve your photographs, sign up for this class. Photoshop is a very powerful tool that can be very difficult to learn on your own. Learn from a photographer who has used Photoshop since version 1 (circa 1989). We’ll cover tools useful for photographers - adjusting exposure, correction, artistic enhancement, layers, and also setting up Photoshop for easier use and better printed results. Don’t be afraid of Photoshop any more.

Intro to iPhoneography
4/9-4/16
BSC NECE Room 321
Instructor: Chris Vandeventer
Fee: $59  Class ID: 3731

The best camera is the one you always have with you, which you have in your iPhone. You can take high-quality photos with your iPhone and iPad! Examine apps, accessories, and traditional photographic techniques scaled to the mobile phone. Discuss the limitations of iPhone photography compared to traditional cameras, and how to turn those limitations into advantages. By the end of the class you’ll start to view your iPhone as more than a phone that also takes pictures; you’ll also see it as a camera that also makes phone calls. Bring your iPhone (any model) or even your iPad (as long as it has a camera) and make sure it’s fully charged. The class also will require the purchase of a few free and paid apps, less than $10 worth, and an Instagram account for sharing class images. Instructions for signing up for Instagram and a list of apps will be provided prior to the first night of class.

Introduction to Using Lightroom
4/29-5/6
BSC NECE 101
Instructor: Brian Matthews
Fee: $69  Class ID: 2908

Get to know Adobe Lightroom, a powerful tool to organize, edit, and share your photos. We’ll cover importing photos, working with the Library module, organizing with the Library module, editing essentials, retouching and correction, going from color to black and white, working between Lightroom and Photoshop, and sharing your final images. Students will need to bring a laptop with Lightroom 3 or higher installed.

Welding
1/16-3/18: Skip 1/21, 2/18
3/25-5/15
BSC Technical Center Room 105
Instructor: Barry Schneider
Fee: $349  Class ID: 3664

Learn the fundamentals of welding, including oxyacetylene welding, shielded metal arc welding, oxygen acetylene cutting, gas metal arc welding and gas tungsten arc welding. Participants will receive a certificate of completion at the end of the session. A required $90 supply fee is payable on the first night of class.
Fun Dance Class

1/16-4/17  Wed 6:30pm - 8:30pm (12Xs)
BSC Armory Room 157  Instructor: Bernadine Mills
Fee: $75  Class ID: 3648

Feel like you have two left feet? Not after this class! With your partner, learn the fundamentals of good dancing - how to lead, how to follow, and how to throw in some styling. Practice the dance steps to the fox trot, waltz, swing, polka, and a little rumba. Perfect for any couple - married, engaged, young, or just friends, who want to feel confident and graceful on the dance floor. *You must register with a partner.

Basic Dance Steps

1/29-2/12  Tue 7:00pm - 9:00pm (3Xs)
BSC Armory Room 157  Instructor: Joe Wangler
Fee: $39  Class ID: 3644

4/9-4/23  Tue 7:00pm - 9:00pm (3Xs)
BSC Armory Room 157  Instructor: Joe Wangler
Fee: $39  Class ID: 3645

Forget “Dancing with the Stars.” Get out on the dance floor yourself! You and a partner will learn the steps to the waltz, two-step, rumba and German polka along with their different styles. This class is for two participants -married, engaged, retired, or those who just want to have fun! *You must register with a partner.

Latin Dancing

2/10-2/24  Sun 6:30pm - 8:00pm (3Xs)
BSC Armory Room 157  Instructors: Angela Harmon & Emmanuel Reinoso
Fee: $55  Class ID: 3721

Bailamos! Spice up your life with a little Merengue, Bachata, and Salsa. Whether you’re just beginning or want to take your dance moves to a whole new level, join us to learn Latin dancing. Through your Dominican instructors, you will get a taste of the Latino culture and learn how important these dances are in their daily lives. Sign up and we’ll get those North Dakota hips moving in no time at all. You must register with a partner.

The Craft of Magazine Writing

ONLINE  Start Dates: 1/16, 2/20
Lessons released Weds & Fri (12Xs)  Instructor: Eva Shaw
Fee: $95  Class ID: 3012

Have you ever thought about writing for magazines? Turn your dreams into bylines and help yourself to a bright future as a magazine writer. It’s fun, it’s easy, and a great source of extra income.

Merrill Ream Speed Reading

ONLINE  Start Dates: 1/16, 2/20
Lessons released Weds & Fri (12Xs)  Instructor: Merrill Ream
Fee: $95  Class ID: 3136

Are you struggling to keep up with a flood of email, articles, reports, and books? Save yourself hours of time and increase your productivity by learning to read faster and with better comprehension. Taught by acclaimed speed reading expert Dr. Merrill Ream, this course is a complete speed reading experience. Topics are presented in a logical progression with plenty of time to help you master the skills and techniques you’ll need for lasting proficiency as a speed reader.

New! Cribbage Basics

1/17-1/24  Thu 6:30pm - 8:00pm (2Xs)
BSC NECE 103  Instructor: Robin Thorstensons
Fee: $25  Class ID: 3732

Learn to play a centuries-old card game. Practice playing with other beginners in two-handed, three-handed and four-handed games. Get ready to count - 15 for 2, 15 for 4, and a double-run for 8.

New! More than Monopoly: Intro to Modern Board Gaming

1/28-2/14: Skip 2/14  Thu 6:00pm-9:00pm (4Xs)
BSC NECE 101  Instructor: Trampas Johnson
Fee: $69  Class ID: 3772

Modern board games have come a long way from the roll-and-move days of Monopoly. What was once a way to PASS the time is now a way to SPEND the time. Interested in 17th century farming? There’s a game for that. How about preventing a worldwide pandemic working for the CDC? Got that covered, too. You like the auction aspect of Monopoly? How about bidding for the best pieces of Vegas casinos in a race to gain the most fame? Without having to invest hundreds of dollars in games, you’ll play a variety of modern board games and find out which ones are your new favorites. Hear how board games have evolved in the last 30 years and look at the mechanics used by those games. Then, roll up your sleeves and play!

The Basics of Bridge

2/20-4/10  Wed 6:30pm - 8:30pm (8Xs)
BSC NECE 101  Instructor: Wayne Mattern
Fee: $69  Class ID: 3725

Improve your concentration and memory skills, while making new friends. Learn duplicate bridge with no pressure and with other beginners. You’ll be playing on the first night! Course fee includes a reference book. No partner is required to register.
Introduction to Scuba Diving

2/6-2/6       Wed 6:30pm - 10:00pm (1X)
Scuba One Meeting Room  Instructor: Randy Kraft
Fee: $39  Class ID: 2870

Here’s your chance to get your feet wet with a classroom and pool scuba experience! If you are planning a vacation to the tropics or are interested in discovering what scuba diving is about, join us for this introductory course. Class is taught by PADI Master Instructor Randy Kraft. Scuba One is a PADI 5 Star Dive Center located in Mandan. A swimsuit and towel are required for class. Class will begin at Scuba One and then move to a local pool for hands-on practice. Participants must be at least 12 years old to attend.

Obstacle Course: The Beginner’s Survival Guide

4/27-4/27 Sat 9:00am-12:00pm (1X)
BSC NECE 101  Instructor: Daniel Miller
Fee: $49  Class ID: 3778

Tired of your gym workout? Sick of the same out-and-back 5K route? Maybe it’s time to get out of the rut and experience the hottest new trend in outdoor fitness. Obstacle courses are mainstream fun with a muddy twist. This two part course will introduce you to the obstacles, show you why teamwork is vital to success, teach you valuable nutrition and training tactics and get you started on a program to complete your first race. Since race’s range from 3 miles to 12 miles or more, you will also learn how to choose the race that’s best for you. All fitness levels welcome. Expect the unexpected. Minors must be accompanied by an adult.
FREQUENTLY ASKED QUESTIONS

Will I receive a confirmation?
If you register yourself online, you will receive an email confirmation within 24 hours. If you register by mail or call in, you will receive confirmation after we process your registration. Please review your confirmation, which will detail location, special supplies or material fees.

What if I cannot attend a course as planned?
If you need to withdraw or change your registration in a class, you must call our registration staff at (701) 224-5600 or (877) 846-9387 at least two (2) business days before the class starts. You will receive a refund according to the refund policy of that class and through the same method in which the class was paid. There are no refunds or transfers allowed if you notify us fewer than two days before the class starts.

What is the refund/drop policy?
Refunds granted at the participants’ request will incur a $15 processing fee per class to be deducted from the amount refunded. All refunds are made by mail unless paid with a credit card; in which case the card is credited. Please allow four weeks to process refunds. If cancellation is less than one (1) business day prior to the first session no refund is available. Full refunds are guaranteed if BSC Continuing Education, Training & Innovation cancels a course.

Can a class be cancelled because of low enrollment?
If we have to cancel a class due to low enrollment, we will notify you as soon as possible before the class is scheduled to begin. You will receive a full refund of your tuition or transfer to another course of your choice, space permitting.

How do I know if a course is canceled?
In the event a class must be canceled, participants will be notified prior to the start of the class. In case of inclement weather, please check local radio and television stations for class cancellation announcements.

An Easier, Faster Way to Register!
To assist you in your online registration experience, we’d like to provide a few tips on how to register.

- You may browse or search offerings without signing in. You must sign in to register.
- In order to sign in and to register, you must set up a profile in our registration system. A new profile must be created if you haven’t registered for a class since July 2, 2012.
- You may set up an individual profile or a household profile. If you think it’s likely that you’ll sign someone else in your household up for classes in the future, start a household profile. When registering, you will always be prompted to choose which member(s) of the household to register for each class.
- We are part of the North Dakota University System, so many of the terms used on the registration site refer to “student”. This term refers to anyone participating in an enrichment class.
- Click on for step by step directions and screen shots.

If you have any questions, please call our office at 701-224-5600 or email bsc.ceti@bismarckstate.edu.

For more information, to view presenter bios, or to register for a course, visit bscenrichment.com.

CETI is certified as “North Dakota’s nationally recognized continuing education leader” by LERN, the world’s largest consulting organization in continuing education.
Registration is Easy

**Online**: credit card or electronic check (go to www.bscenrichment.com)

**Mail**: BSC Continuing Education, Training & Innovation • PO Box 5587 Bismarck, ND 58506-5587

**In person**: BSC NECE Building, Room 107 south entrance – first floor
1200 Schaefer Street, Bismarck, ND • 701-224-5600 or 1-877-846-9387

*denotes required information.

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(Social security numbers and birthdates are requested in connection with the university system reporting requirements and accountability reports, including performance and accountability measures for workforce development and workforce training programs. Disclosure of social security number is optional and not required.)

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| *Phone (Daytime) ___________________________ | Additional Phone ___________________________ |

| *Email Address: ___________________________ |

| *Birthdate: mm/dd/yyyy ___________________________ | Gender: ☐ Female ☐ Male | BSC Alumni: ☐ Yes ☐ No |

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**TOTAL PAID $ ________**

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BISMARCK STATE COLLEGE

Continuing Education, Training & Innovation

bismarckstate.edu/ceti

Log on & register today: www.bscenrichment.com
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1200 Schafer Street
PO Box 5587
Bismarck, ND 58506-5587

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Keep Until April 2013