COURSES DESIGNED FOR YOUR LIFESTYLE AND INTERESTS.
- Career skills
- Computer training
- Fitness, health & healing
- Children’s classes
- Non-credit online courses
- Bus trips
- SAT Prep
- CDL Trucking
- And More!!!
Mini-Courses Spring 2019

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Corporate and Continuing Education

Greenly Center
50 East Main Street, Bloomsburg PA 17815
For Older Adults: Internet Basics (B114A)

Are you using the Internet but would like to do so more efficiently? If so, this is the class for you! You'll learn the best way to search the Internet, shop for goods and services, and gain quick access to information you've found by saving your favorite websites, creating folders, and searching your computer's history.

You'll also learn how to change your home page and search engine, and use tabs. Important issues like safety and security are also covered. This class is tailored to meet the interests of students by using the most popular websites, and is an excellent follow-up to the Computer Basics class.

Tuesdays from 9:00 AM to 12 PM / 2 Classes, May 7-14, 2019 / Melinda Garrigan / $67

For Older Adults: Introduction to Social Media (B125A)

Learn the features of Facebook, Twitter, and LinkedIn. Receive all the latest news and information, and keep in touch with friends, family, and co-workers. During this class, you'll learn how to set up and update an account, and how to use these popular social media tools.

Thursdays from 9:00 AM to 12 PM / 2 Classes, April 25 - May 2, 2019 / Melinda Garrigan / $67

For Older Adults: Computer Basics (B130A)

We'll start with the basics: learn how to turn on the computer and go from there. This is a hands-on, slower-paced class just for first-time computer users. You'll get an overview of basic computer terminology and safety, learn keyboard and mouse control, set up your own e-mail account, and search for information on the Internet. Join us in a relaxed atmosphere where all your questions are patiently answered and mistakes are expected. You'll have plenty of time to practice in the classroom, with the instructor right there to help!

Tuesday from 9:00 AM to 12 PM / 4 Classes, April 2-23, 2019 / Melinda Garrigan / $125.00

For Older Adults: What's that APP? (B135A) New!

When downloaded to your mobile phone or tablet device, APPS (Applications) make it more convenient to shop, travel, stay fit, and keep in touch with friends and family. Come discover some of the most useful APP's that will make your life easier and more enjoyable.

Thursday from 9:00 AM to 12 PM / 1 Class May 9, 2019 / Melinda Garrigan / $33

For Older Adults: Keeping Yourself Safe in a Digital World (B136A) New!

There's almost no limit to what you can do online. The Internet makes it possible to access information quickly, communicate around the world, shop for goods and services, and much more. Unfortunately, the Internet is also home to certain risks, and to stay safe, you'll need to understand these risks and learn how to avoid them. Join us in learning how to do just that!

Thursday from 9:00 AM to 12 PM / 1 Class, May 16, 2019 / Melinda Garrigan / $33

Introduction to Excel 2016 (B167A)

Learn how to efficiently and effectively use Excel. Topics for this course include: spreadsheet terminology, exploring the Excel window, entering and editing text, basic formulas and functions, inserting rows and columns, page setup, autofill, and basic charts. This beginner course is designed for students who are new to using Excel or who would like to be more efficient. This class is taught using the Microsoft Windows operating system. Fee includes Microsoft Office textbook. 1.2 CEUs

Thursdays from 6:00 PM to 9:00 PM / 4 Classes / March 7-28, 2019 / Trish Sheehe / $125

Intermediate Excel 2016 (B174A)

Build on the skills you acquired in Introduction to Excel. You'll learn to manipulate multiple worksheets; use functions such as IF, LOOKUP, and TODAY; sort and organize data using tables; use advanced charting features; and use the PivotTable command. Course will be taught using the Microsoft Windows operating system. Class fee includes Microsoft Office Specialist textbook. 1.2 CEUs

6:00 PM to 9:00 PM / 4 Classes, April 18, April 24 & 25, May 1, 2019 / Trish Sheehe / $125

For Older Adults: Introduction to Windows 10 (B181A)

If you are an experienced computer user, but not familiar with the new operating system which will soon be on most computers, here is a class for you! Windows 10 is a bit different than what we are used to; come join other older adults as we learn about the new and renewed programs available in Windows 10! Topics covered will be the new "App" format, File Explorer, Windows Accessories, and the new internet browser, Edge, and more.

Thursdays from 9:00 AM to 12 PM / 2 Classes, April 11-18, 2019 / Melinda Garrigan / $67
Novice Longsword Course (S221A)
This eight-week Novice Longsword Course will be for folks who have always had an interest in sword fighting but have never used a Longsword before. We will start with the very basics and move our way through things until the students have a good fundamental concept of everything they need to fight and will demonstrate that knowledge by sparring one another toward the end of the course.
Wear comfortable gym type clothing.
Sundays from 1:00 PM to 3:00 PM / 8 Classes March 3 - April 28, 2019 (No class April 21) / Scott Richardson / $120

Introduction to Voiceovers (S239A)
Are people always telling you that you have a great voice? Do you listen to audiobooks, commercials, or cartoon characters and think, "I could do that?" This fun introductory workshop covers the different types of voiceovers and the tools needed to be successful in the industry. You'll be coached as you perform a real voiceover script; you'll also be recorded so you can receive a professional voiceover evaluation later. Our course is taught by a professional voice actor from the Voice Acting Training Company, Voices For All.
Monday from 6:00 PM to 8:00 PM / 1 Class, April 15, 2019 / Voices For All / $65

Piano for Fun (S266A)
Learn the Basics of Piano for fun, including chords, melodies, and how to play by ear. Practice your favorite tunes and learn to jam with the best of them!
Mondays from 10:00 AM to 11:00 AM / 6 Classes, April 1 - May 6, 2019 / Frank Fuller / $67

Pruning Trees and Shrubs (S277A)
Trees and shrubs need to be correctly pruned and trained to become beautiful additions to your property. In this class you'll learn the basic pruning and training techniques that allow your shrubs and trees to grow into the forms they were meant to be. You'll also learn the five steps of pruning, methods to invigorate shrubs, proper tools, the proper time of year to prune, tree health, and natural target pruning.
Saturday from 9:00 AM to 1:00 PM / 1 Class, March 2, 2019 / Joseph Mullen / $32

See our Facebook page for updates
www.facebook.com/BloomUMiniCourses/
**Introduction to Birding (S245A)**

This course is designed for beginners to bird watching, also called "birding." A Friday evening session will introduce you to birds of Eastern North America. This session will include images of some of the more common birds found in Pennsylvania, a brief overview of their vocalizations, and some pointers on taking good field notes. The following two Saturday mornings will be in the field at local sites. Participants are encouraged to dress appropriately for the field, bring binoculars, a field guide to the birds of Eastern North America, and a field notebook and pen/pencil.

3 Classes, Friday May 17th from 6-9PM, Saturday, May 18th & May 25th from 8AM-12PM / Clay Corbin / $59

**All Aspects of Gardening (S311A)**

Bring your questions! I am a big proponent of container gardening, with over 50 containers to keep watered. It’s actually not a real big job. Shrubs and trees, some of which have been growing here 15 years and are attaining sizes that are impressive. I love to prune as opposed to trim to keep a natural structure to a plant. Trimmed or shaped shrubs are a no-no. Here we will promote color in gardens both with bulbs and annuals as well as perennials. It means leaving void space in a landscape area. I love growing things that are unusual and unique. All these things I enjoy sharing with others. My gardening ideas make sense and more importantly demand less maintenance.

Saturday from 9:00 AM to 12 PM / 1 Class, May 11, 2019 / Edward Smith / $39

**Preparing for Emergencies (S328A)**

We will be discussing what constitutes an emergency and what you should do. We will talk about food storage, water storage, first aid kits, staying at home versus moving out of the area, do you need protection, what about sanitation, a get home bag, and other related topics.

Wednesday from 6:00 PM to 9:00 PM / 1 Class, April 17, 2019 / Don Beagle / $39

**Case Study in Sustainable Building (S420A)**

Our instructor, Thomas Anderson will take you on his journey of researching, architecting, designing, and building his off-grid home near Bloomsburg. Whether you are dreaming about embarking on such a project or are just interested in how it’s done, you can learn from his mistakes and successes and the wisdom he has gained in the process. Technologies and techniques discussed include passive solar, earth sheltering, stack effect, types of insulation, solar thermal, hydronic radiant heating, root cellar refrigeration, photovoltaics, wind power, solar tubes, DC appliances, water conservation, landscape considerations, home automation, backup and redundancy planning, and other topics.

Thursday from 6:30 PM to 8:30 PM / 1 Class, May 2, 2019 / Thomas Anderson / $35

**Off Grid Energy Systems I (S425A)**

This course introduces homeowners and prospective homeowners to the principles of home energy conservation and off-grid energy production for the purposes of installing or competently hiring a contractor to install a system in their home to free them from dependence on the electrical grid. Students will learn how to estimate energy loads, employ conservation methods, and choose from among different generation methods. Furthermore, they will learn the electrical circuit principles necessary to construct a home energy system and the off-the-shelf components needed to make one work.

Thursdays from 6:30 PM to 8:30 PM / 4 Classes, May 9-30, 2019 / Thomas Anderson / $95

**Off Grid Energy Systems II (S426A)**

Students will build a fully-functional portable solar generator which is a scale model of a residential off-grid energy system. In the process of creating a valuable product in its own right, participants will be applying concepts which can then be translated into a whole-house electrical generation, storage, and distribution system. We will then discuss sizing, cost estimation, and planning the installation of a full-scale system based on the experience of building the scale model. The finished solar generator (which the student will keep) is comparable to commercial products retailing for $800 or more, capable of powering laptops, CPAP machines, LCD televisions, LED/CFL lights, powered coolers, etc., charged from a solar panel or wall outlet source. Participants are expected to purchase their own wire cutter/crimper and screwdriver tools. No prior electrical or construction experience required. Pre-requisite: Off Grid Energy Systems I.

There is a materials fee of $450 for solar generator components. Registration deadline is May 15, and provide a separate check payable to the instructor for the materials fee.

Thursdays from 6:30 PM to 9:30 PM / 4 Classes, June 6-27, 2019 / Thomas Anderson / $115
**Special Interest**

**Essential Oils for Dogs (H506A)**

Join us to learn how to safely and effectively support your "fur kids" using essential oils. Essential oils offer complementary therapy to traditional medicine. Essential oils usually do not interact with other medications your dog may be taking, and have few, if any, undesirable side effects when used as directed. We recommend only the use of Certified Pure Therapeutic Grade (CPTG) essential oils that are tested for purity and potency. Always consult your veterinarian when adding anything new to your dog's health care regimen. What you learn in this course should not take the place of regular vet visits and annual exams. Come and learn how to safely use essential oils with your dog. You will learn ways to help your pet reduce stress, how to keep away fleas and ticks and how to use essential oils for immune support and soothing sore muscles. You will be provided several all-natural recipes for your dog and an opportunity to make your own non-toxic essential oil dog shampoo.

**Pet Reiki (S231A)**

This course includes a distance attunement for your pet so they can give reiki as well as receive it. Enhance your communication with your pet, and learn pet diagnostic techniques which may also be used with humans. You’ll learn EarthReiki, Color Reiki, Linking, Absorbing, Psychometry, and how your pet helps to heal you. Bring a pet collar or toy and a picture of your pet. Pre-Req- Usui Reiki 2.

A $25 fee is payable to the instructor for the student manual.

**K9 Nose Work® - Introduction (S380A)**

Looking for a quick, easy and fun activity to tire your dog out? Whether mutt or purebred, young or old, active or mellow, fearful or reactive, K9 Nose Work® may just be the solution for you! No prior obedience training required. K9 Nose Work® provides mental and physical exercise and builds a dog's confidence and focus. In this course we cover the basic concepts and foundation skills of K9 Nose Work®. You'll observe and learn to read your dog and come to admire his superior scenting skills.

Enjoy a fun activity together in a safe and controlled environment and develop an even stronger bond with your dog! Dogs are worked one at a time, and exercises are adapted to each handler/dog team. All sessions will be held inside.

Additional information:
- Dogs must be able to stay quietly in their vehicles out of the owner's sight when it's not their turn.
- Participants must disclose any aggression and reactivity issues prior to class.
- Participants will receive a mini-questionnaire and orientation email prior to course start.
- Class handouts are included.

**K9 Nose Work® - Introduction (S380A)**

**Beginning Fly Tying (S395A)**

Learn the basics of tying flies for trout, bass, and panfish that can be used in our local waters. You'll learn what you need to get started, with a complete display of basic tools, and information on where to purchase them. We'll also cover basic fly rod and reel rigging, along with casting for beginners, and basic knots. Some materials will be provided by the instructor. A list of tools you'll need to bring with you will be detailed in the course confirmation letter.

**Introduction to Bridge (S400A)**

Bridge is a game of communication between partners. To win, you and your partner must speak the same language. If you are new to the game, or learned it decades ago, sign up for this class. We will cover a wide-range of topics that will enable you to begin enjoying the game at once. We will cover opening bids, responses, overcalls, and advances. If time permits we will also discuss several common conventions.

**Pet Reiki (S231A)**

**K9 Nose Work® - Introduction (S380A)**

**Beginning Fly Tying (S395A)**

**Introduction to Bridge (S400A)**

See our Facebook page for updates
Explore Italian! (S452A)  New!
Let’s explore the Italian Language. You will learn basic Italian phrases, words, greetings, numbers and more. You will have fun participating in exercises for pronunciation, listening, reading and basic conversation. You will discuss Italian culture, and share your reasons for wanting to learn Italian. Learning Italian is fun. Andiamo!
Tuesdays from 6:00 PM to 7:30 PM / 6 Classes March 5 - April 9, 2019 / Frances Mannino / $ 75

S.A.T. Preparation (E205A)
SAT Preparation provides students with ample opportunity to practice with the different types of questions that will appear on the test. In the textbook, the Helpful Hint Box will allow students to quickly find and review important information shortly before taking the test.
Students taking this course should have completed or nearly completed one year of algebra and geometry.
Required text - Barron’s SAT Book 30th edition - must be purchased prior to the first class. It can be purchased at the University Store, Universtiy website (bloomustore.com), or at amazon.com; the cost is approximately $24.99 plus tax.
Sundays from 12:30 PM to 4:00 PM / 5 Classes, March 24 - April 28, 2019 (No class, April 21) / Jon Dressler & Anna Jaskiewicz / $109

Financial Strategies for Successful Retirement (M701A)
This information-rich seminar will introduce you to the concepts and practices that can make your retirement comfortable and free from money worries, and help you identify lifestyle issues facing many retirees. We take a conservative approach to wise money management, and show you how to get the most from your investments, Social Security, and company retirement plans. We’ll also show you how to protect your hard-earned assets from erosion due to inflation, and the possible cost of long-term health care. You’ll receive a Retirement Planning Data Form that will help you develop a written inventory of your assets, income, Social Security, and pension benefits.
Workbook fee of $30 is payable to the instructor. You may enroll your spouse/partner at no extra charge.
Tuesday from 6:00 PM to 8:00 PM / 4 Classes, April 9-30, 2019 / Jim Moff / $35

Fundraising Strategies for Non-Profit Organizations (M750A)
If you are a non-profit employee, community advocate, or volunteer seeking to raise funds for your non-profit group, this course will provide you with techniques and strategies to enhance your success in fund raising. Topics include: Case for Support, Annual Support Campaign, Major Gifts, Endowments, Grant Writing, and Special Events.
Wednesdays from 6:00 PM to 8:00 PM / 3 Classes, March 20 - April 3, 2019 / Joe Reinard / $59

Find us on facebook.com/BloomUMiniCourses/
Online Career Training Programs

Our online programs can start you on a path to an in-demand profession or help advance your current career with industry certification. You may begin these programs at any time and learn at your own pace. Upon successful completion of all coursework, you will receive a certificate of completion. All materials are included in the program fees. Each course has an instructor assigned to answer questions and solve student problems.

Features:
- 6-18 month self-paced, start anytime
- Textbook and materials included
- Prepare for industry certification
- Certification exam vouchers are included
- Financial assistance available
- Student advisors provide you coaching, motivation, and career readiness support

Jump Start Your Career or Find a New One

CPC Medical Billing and Coding (Voucher Included)
This program with 60 HRS of medical terminology training, gives you a competitive edge in entering the healthcare field. 340 HRS

Certified Bookkeeper
The Certified Program helps professional bookkeepers earn prestigious American Institute of Professional Bookkeepers (AIPB) certification. 140 HRS

Pharmacy Technician (Voucher Included)
Pharmacy technicians support licensed pharmacists in providing health care to patients. Train to enter this rapidly growing field with this respected online program. 330 HRS

Human Resources Professional
Master the skills you need to gain an entry-level position in human resources and prepare to take the PHR (Professional in Human Resources) certification exam. 120 HRS

Certified Medical Administrative Assistant (CCMA)(Voucher Included)
This program will train students to handle the increasing complexities of healthcare management and patient care in offices of physicians and other providers. 160 HRS

Certified Outpatient Coder (Voucher Included)
This program teaches the competencies needed to prepare you to sit for the AAPC Certified Outpatient Coder (COC) certification exam. 200 HRS

HVACR Certified Technician
The HVACR Certified Technician program is a comprehensive online training that encompasses heating, ventilation, air conditioning, and refrigeration. 265 HRS

Web Applications Developer
Master the skills you need to create dynamic database-driven websites using the latest technologies. 360 HRS

Professional Bookkeeping with QuickBooks 2015, Software Included
This program teaches students how to master professional bookkeeping using QuickBooks 2015 software. 140 HRS

Payroll Practice and Management (Voucher Included)
Become knowledgeable in all facets of payroll rules and regulations, and join one of the fastest-growing career fields today. 100 HRS

SSCP Systems Security Certified Practitioner (Voucher Included)
This program is an ideal course for individuals interested in advancing their knowledge of information and systems security. 75 HRS

CompTIA Security+ Certification Training (Voucher Included)
Take your first step toward a career as a security professional and prepare yourself for the CompTIA Security+ certification exam as you master the basics of system security, network infrastructure, access control, and organizational security. 80 HRS

CompTIA A+ Certification Training (Voucher Included)
CompTIA A+ certification is the industry standard for validating the skills of entry-level computer technicians. It opens the door to an exciting career in computer technology, and ed2go’s online program makes training convenient and interactive. 230 HRS

ICD-10 Medical Coding
Prepare for the future of medical coding by mastering the steps for using the ICD-10-CM and ICD-10-PCS to code medical diagnoses and procedures. 200 HRS

Certified Information Systems Security Professional (CISSP)
CISM is one of the most valued certifications in the IT security industry. This online program will prepare you to sit for the CISM certification exam, and the exam cost is included. 150 HRS

Grant Writing
Learn to write grant proposals that get funded in this nationally recognized Grant Writing online training program. 300 HRS

Certified Medical Billing and Coding (Voucher Included)
This program will provide all the knowledge you need to work as a professional bookkeeper or start your own business. 340 HRS

Advanced Hospital Coding and CCS Prep
This program will utilize your existing knowledge of medical terminology and healthcare sciences. Increase your coding skills and prepare to take the certification exam to become a Certified Coding Specialist. 80 HRS

CNA: Routing and Switching (Voucher Included)
Gain the knowledge to install, configure, operate, and troubleshoot medium-size routed and switched networks while preparing you for the 200-125 CCNA exam or the 100-105 ICND1 and 200-105 ICND2 exams. 180 HRS

CBCS Medical Billing and Coding (Vouchers Included)
This nationally recognized program combines the Medical Billing and Coding program with 60 hours of medical terminology training to give you a competitive edge in the healthcare field. 340 HRS

To enroll or learn more, visit or call us at:
(570) 389-5162
careertraining.ed2go.com/bup/
If you’re interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you.

**QuickBooks 2016 Series**
Master the fundamentals and more advanced functions of QuickBooks 2016. Learn everything from creating statements to using batch invoicing and managing journal entries.

**Grant Writing Suite**
Learn everything you need to know to start writing grant proposals and consult or volunteer for non-profit, public foundations.

**Basic Computer Skills Suite**
Learn essential computer skills for the 21st century workplace, including how to troubleshoot PC issues!

**Microsoft Office 2016 Value Suite**
Learn to use the basic features of Microsoft Word 2016, Microsoft Excel 2016, and Microsoft PowerPoint 2016, three of the most fundamental software programs used in educational and professional settings.

**Microsoft Word 2016 Series**
Learn the ins and outs of Microsoft’s newest release of Microsoft Word. This discounted bundle teaches you everything you need to know about the 2016 release.

**Microsoft Excel 2016 Series**
Learn to use basic, intermediate, and advanced features of Microsoft Excel 2016.

**Project Management Suite**
Learn the fundamentals of project management in this discounted suite of online courses.

**PMP Prep Series**
Learn how to prepare for the Project Management Institute’s prestigious PMP® certification exam.

Whether you’re new to managing employees or are a seasoned pro, these courses will help you brush up on your leadership and interpersonal communication skills, to help you lead your team to success.

**Creating Wordpress Websites Series**
This series of courses will take you from having zero experience and knowledge of web design to more advanced techniques.

**Digital Marketing Suite**
Learn how to develop an Internet marketing plan, use popular social media platforms, and achieve higher positions with major search engines.

**Web Design Value Suite**
Create your own webpages and websites after learning everything from web design layout to CSS3/HTML5 and Javascript.

**HTML and CSS Series**
Learn to use CSS3 and HTML5 to create professional-quality websites for desktops, laptops, and mobile devices.

**Java Programming Series**
Learn Java programming, one of the most widely used computer languages, in this discounted series of courses.

**SQL Series**
SQL is one of the most requested skills from today’s data-driven employers. Learn the coding language in these easy to follow online courses.

**PHP and MySQL Series**
Learn how to create interactive websites, including how to create an interactive online store complete with an online catalog of products.

Learn the fundamentals of networking and prepare for a career in an exciting and fast-growing field.

To Enroll or learn more, visit or call us at:

[ed2go.com/bup](http://ed2go.com/bup)

(570) 389-5162

www.bloomu.edu/ce
Olive Oil - The Secret to Good Health (J204A) New!

It is no secret that a Mediterranean style diet is among the healthiest. A major component of this diet is olive oil. Olive oil has been used for centuries as both a culinary and a medicinal ingredient.

In this class we will taste and identify the different styles and types of olive oils and what to look for when purchasing. We will cook using olive oil in salads, pastas, main dishes and even desserts. Recipes and a tasting menu will be included.

A $20 fee is payable to the instructor to help cover the cost of the food.

Wednesday from 6:00 PM to 9:00 PM / 1 Class, April 24, 2019 / Robert Brown / $39

Savoring the Foods of Spain & Portugal (J211A) New!

When considering the great cuisines of Europe, France and Italy often take center stage and their neighbors on the Iberian Peninsula take a back seat. However foodies know better. Spain and Portugal have cuisines that rival any in Europe. Delicious small plates of tapas, cured meats, seafood, citrus, olives and the abundant gardens of the Mediterranean are but a few of the tasty dishes. We will take a culinary tour of these countries with a tasting menu and recipe booklet.

A $20 fee is payable to the instructor to help cover the cost of the food.

Wednesday from 6:00 PM to 9:00 PM / 1 Class, May 8, 2019 / Robert Brown / $39

Oven Free Summer Dinners (J217A) New!

When it is hot outside and you’re tired the last thing you want to do is turn on the oven or stove and heat up the kitchen. We’ll explore tasty meals that don’t require heating up the kitchen. With a little planning and resourcefulness you can create wonderful salads, sandwiches, desserts and more. A tasting menu will be served as well as a recipe booklet.

A $20 fee is payable to the instructor to help cover the cost of the food.

Wednesday from 6:00 PM to 9:00 PM / 1 Class, May 22, 2019 / Robert Brown / $39

Quick & Rustic Breads (J221A) New!

Not only is bread a dining staple but the aroma of a fresh loaf is heavenly. Baking can be a little intimidating; however in this class you will learn how to make and bake easy quick breads and rustic four ingredient breads as well as whole grain options. Some breads can be ready in less than an hour. A tasting menu of not only breads but delicious spreads and sides included as well as recipes.

A $20 fee will be collected by the instructor to help cover the cost of the food.

Wednesday from 6:00 PM to 9:00 PM / 1 Class, June 5, 2019 / Robert Brown / $39

Cheese Making 101 (J243A)

According to Wikipedia, cheese making dates back at least 5,000 years, supported by archaeological evidence of this craft in ancient Egyptian civilizations. We’ll bring the skill up-to-date for beginners, by looking at how cheese is formed, how the home cheese maker can get started, and sanitary precautions. We’ll make two or three types of cheese, including a farmhouse cheddar, cheese curds, and homemade mozzarella if time allows. Secondary to the main cheeses will be butter and ricotta cheese.

Bring a notebook and pen or pencil. A materials fee of $15 per person is payable to the instructor. Class will be two days, Day 1- 9am to 2pm. Day 2- 9am to 12pm.

Saturday and Sunday / 2 Classes March 9-10, 2019 / Don Beagle / $42

Mozzarella & Provolone Cheese (J244A) New!

In this class we will be using cultures to make our mozzarella as well as a hot water bath to do our stretching. This type of mozzarella has deeper flavor than our 30 minute type. Our Provolone is a cultured type as well. This one needs to be aged for a while to develop its flavor and sharpness. This is also a hot water bath for stretching. We will discuss the similarities and differences as well. Cheesemaking 101 is recommended but not required for this class.

A materials fee of $15 per person is payable to the instructor.

Saturday from 9:00 AM to 3:00 PM / 1 Class, May 4, 2019 / Don Beagle / $42

Dry Canning for Home (J246A)

This Class is for the beginning Home Dry Canner. We will discuss methods and types of food items that can be dry canned as well as those that shouldn’t. Some of the Dry Canning methods, or should we say Dry Packing, are Oven Canning, Oven Canning with Oxygen Absorbers, Jars with Oxygen Absorbers, Food Saver Vacuum Sealing with or without Oxygen Absorbers, should you add a Bay Leaf to any of these methods, using just a Sterilized Jar, and last but not least using Mylar Bags, Food grade Buckets and Oxygen Absorbers and the Dry Ice Oxygen Removal System. We will also discuss Home Dehydrating and whether or not you should Dry Pack these as well.

A Materials fee of $15 is payable to the instructor.

Tuesday and Wednesday from 6:00 PM to 9:00 PM / 2 Classes, March 19-20, 2019 / Don Beagle / $42
**Cheese Making 102 (J247A)**

This course will cover intermediate cheese making techniques. We'll make a Buttercase cheese, Gouda, Seasoned Curds, and perhaps an English-style cheddar or Brie. Different pressing techniques will be discussed and used, and you'll get ideas on how to build your own cheese press. Other discussion topics will include waxing and natural rinds, building your own cheese cave, and desirable molds for your cheese. Class will be two days, Day 1 - 9am to 2pm. Day 2 - 9am to 12pm.

Cheesemaking 101 is recommended before taking this course.

A $15 fee is payable to the instructor.

Saturday and Sunday / 2 Classes, March 23-24, 2019 / Don Beagle / $42

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**Cheese Making 201 - Making Parmesan (J248A)**

This course is designed for the advancing Home Cheesemaker. We will be learning the basics of making Parmesan cheese and using the leftover whey to make a very good ricotta cheese. The cultures and additives for making this cheese will be discussed before going to make the cheese. Comfortable clothing is recommended as this is a hands-on type of class. Aprons may be used if desired (cotton or similar material only). Students will be taking a small wheel of cheese home to finish drying and aging. Class will be two days, Saturday, Day 1 - 9am to 7pm. Sunday, Day 2 - 9am to 12pm. Materials fee $20, payable to instructor.

Prerequisite: students must have taken the Cheese 101 and Cheese 102 class.

Saturday and Sunday / 2 Classes March 2-3, 2019 / Don Beagle / $52

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**The Joy of Cooking: Asian Food (J253A)**

If there is one thing Asian food is known for its the spiciness. Spicy and sweet, spicy and sour, spicy and more spicy. Whether you think you eat at a level 1 or extremely spicy at a level 10, come and join Angela as she takes each dish from level 1 to 10. In this class we will be featuring 3 dishes - first dish will be "Pad Thai", a popular Thai noodle stir fry, second dish will be "Kapong" a spicy Hmong chicken curry noodle soup, and the third dish will cool you off with "Nam Vang", a classic Vietnamese dessert. You will not leave hungry, and will take home with you Angela's simple yet effective cooking techniques. Each dish is made step-by-step with follow-along pamphlets including, where to purchase ingredients and how to prep them. The atmosphere is relaxed, fun, and appropriate for all ages. Couples are encouraged to come.

A $20 fee is payable to the instructor.

Saturday from 1:00 PM to 5:00 PM / 1 Class, May 18, 2019 / Angela Blass / $39

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**Basic Cake Decorating (J270A)**

This course will teach or refresh your skills with new techniques. Learn how to bake a great cake, make and color icing, and make two-color double bag swirl, the pulled dot technique. Learn how to make easy flowers, rosettes, leaves and loops and how to pipe sunflower, daisy, and zinnia, along with ribbon rose, and swirled drop flowers.

A list of items needed to be purchased, and brought to the start of class will be included with your course confirmation letter. You may contact the instructor, Linda Hill at 570-380-5596, with questions.

A $7 fee is payable to the instructor at the first class.

Tuesday from 6:30 PM to 8:30 PM / 4 Classes, March 5-26, 2019 / Linda Lou Hill / $49

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**Spring Cookies (J304B)**

Create eye-appealing cookies that taste as good as they look! Learn how to decorate cookies using fondant, cookie icings, and glazes to enhance your holiday treats. A $7 materials fee is payable to the instructor to cover the cost of pre-baked cookies, icing, paint brush, and sugars and sprinkles. Bring a dish cloth and a box to take home your creations.

This course is intended for adults age 16 and up.

Saturday from 10:00 AM to 12 PM / 1 Class, April 6, 2019 / Linda Lou Hill / $29

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**Roses, Roses, Roses (J310A)**

Learn how to create Roses working with gum paste & fondant. How to properly handle and store gum paste & fondant.

A list of items needed to be purchased, and brought to the start of class will be included with your course confirmation letter. You may contact the instructor, Linda Hill at 570-380-5596, with questions.

Saturday from 9:00 AM to 12 PM / 1 Class, May 4, 2019 / Linda Hill / $29

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**Basic Fondant Modeling (J315A)**

Learn the basics of working with fondant and the key shaping techniques to create fun and dimensional figures.

A list of items needed to be purchased, and brought to the start of class will be included with your course confirmation letter. You may contact the instructor, Linda Hill at 570-380-5596, with questions.

Tuesday from 6:30 PM to 8:30 PM / 1 Class, May 7, 2019 / Linda Hill / $29
Buttercream Embossing & Piped Patterns (J320A) New!

Ever wonder how to create embossed and piped patterns on a cake? In this class you will learn how to prepare a perfect cake for decorating. How to emboss on buttercream using a pattern roller. Along with how to pipe decorative designs using a pattern press, and Cornelli lace freehand.

Pre-requisite: you must have cake decorating experience. A list of items needed to be purchased, and brought to the start of class will be included with your course confirmation letter. You may contact the instructor, Linda Hill at 570-380-5596, with questions.

Tuesday from 6:30 PM to 8:30 PM / 1 Class, May 14, 2019 / Linda Hill / $29

Kitchen Knife Skills for Beginners (J325A) New!

This class is designed for the beginner. We will discuss knife types and their uses; how to clean your knives, how to sharpen and maintain the edge, slicing and dicing techniques, types of cutting boards to use and general safety. The instructor will have different sharpeners and stones for demonstration. Class participants are welcome to bring a knife/knives to use if desired.

Thursday from 6:00 PM to 8:30 PM / 1 Class, April 25, 2019 / Don Beagle / $39

Sugar Molded Eggs (J508A) New!

Panoramic sugar eggs make beautiful decorations that will last from year to year and are an old-fashioned treat. Learn how to mold, color, decorate sugar eggs (and other items). Scenes created inside are up to the individual.

A materials fee of $7 is payable to the instructor and covers supplies. Students will get a list of items to bring for class on the confirmation letter.

Registration deadline is March 27th
Wednesday from 6:30 PM to 8:30 PM / 1 Class, April 3, 2019 / Linda Hill / $29

Homemade Easter Candy for All Ages (J509A)

Have fun while learning to create edible confections. Our teacher will show you how to mold and paint solid and hollow pieces of chocolate just in time for the Easter season. Make it a team project by registering with your child or grandchild. Feel the excitement of filling your basket with candies you made.

A materials fee of $6 is payable to the instructor and covers a mold, chocolates, and other supplies. Please bring a paper plate or box to take home your goodies and a dishcloth.

Child must be accompanied by a paying adult.

Saturday from 1:00 PM to 3:00 PM / 1 Class, April 6, 2019 / Linda Lou Hill / Adult Registration Fee: $29, Child with parent registration fee: $10

Candy Flower Accent Pieces (J525A) New!

Learn the basics of working with candy melt and creating flower accents for cakes and cupcakes using a variety of techniques including brush strokes, spatula painting and spoon molding.

Students will get a list of items to bring for class on the confirmation letter.

Wednesday from 6:30 PM to 8:30 PM / 1 Class, May 1, 2019 / Linda Hill / $29
Introduction to Stained Glass (A400A)

Think you would love to be a Stained Glass artist but aren’t sure if it’s the right hobby for you? Or are you looking to create that hand-made gift for someone special? Introduction to Stained Glass might be the class for you. This three hour class allows the artist inside to come alive. Participants choose a pre-cut kit to assemble. An assortment of exquisite designs are available. No cutting of glass will be necessary for this course; but if time permits, then participants will get to try their hand at cutting glass.

Material cost for the class is $35 payable to the instructor.

Saturday from 1:00 PM to 4:00 PM / 1 Class, March 2, 2019 / Keith Whitesel / $35

Stained Glass for Beginners (A401A)

This unique form of artistic expression is as popular today as it was centuries ago. You’ll learn the basic technique of cutting and assembling two stained glass samplers using the copper foil and lead methods. The instructor will provide tools and materials as needed throughout the course. Specific tools and materials required for this class will be discussed at the first session; you may purchase these items directly from the instructor if you wish. The total fee for tools and materials will range from $135-$195.

Mondays from 6:00 PM to 9:00 PM / 6 Classes, March 11 - April 15, 2019 / Keith Whitesel / $85

Advanced Stained Glass (A407A)

If you’ve completed Stained Glass for Beginners, we invite you to apply your new-found skills to designing and creating a stained glass flat panel window using the copper foil or lead technique. If you’ve taken this advanced course previously, please feel free to join us to complete another project. Approximate cost of materials is $60.

Mondays from 6:00 PM to 9:00 PM / 6 Classes, April 29 - June 3, 2019 / Keith Whitesel / $85

Floral Design - Beautiful Blooming Basket (A440A)

Create a spring flowering basket with live bright plants and greens to last for months. A great keeper or a wonderful gift for family or friends. All materials provided. A materials fee of $35 is payable to the instructor.

Monday from 6:30 PM to 8:30 PM / 1 Class, April 15, 2019 / Ed Zajac / $29

Floral Design - Thoroughly Modern Designing (A441A)

New year, new styles. We will be making a bright contemporary design for a modern natural look. Join our class for a fun, stress free class while learning how to create a beautiful arrangement. A materials fee of $35 is payable to the instructor.

Monday from 6:30 PM to 8:30 PM / 1 Class, March 25, 2019 / Ed Zajac / $29

Floral Design - Spring Blast of Color (A442A)

Designing with flowering branches. This class is as easy as it can be. When you learn how to design these flowering branches you will be able to do this every year. A materials fee of $35 is payable to the instructor.

Monday from 6:30 PM to 8:30 PM / 1 Class, May 6, 2019 / Ed Zajac / $29

Floral Design - Easter Egg Basket (A443A)

Wow! Surprise your guests with this wow of a design. A huge pile of easter eggs in a basket. A great addition to your holiday table. A materials fee of $35 is payable to the instructor.

Monday from 6:30 PM to 8:30 PM / 1 Class, April 8, 2019 / Ed Zajac / $29

Digital Photography (A444A)

This hands-on introductory class will help make sense of all the unique features of digital photography and get you out taking pictures instead of sitting and reading manuals. Photography basics including shutter speed, aperture, ISO, and white balance will be covered.

Wednesday from 6:00 PM to 8:00 PM / 5 Classes, February 27 - March 27, 2019 / Deb Thomas / $99

Digital SLR Photography (A463A)

More pixels, more buttons, more dials, or more questions? You’ve made the leap to a digital SLR camera, now let’s start to make some sense of all the bells and whistles. SLR cameras allow us to be more creative in our picture taking so we’ll be discussing features and applying them to our image making. We’ll discuss lenses, file types, aperture, shutter speed, ISO, and post processing. This is a hands-on class, so bring your digital SLR with you.

Pre-requisite: Digital Photography

Wednesdays from 6:00 PM to 8:00 PM / 5 Classes, April 3 - May 1, 2019 / Deb Thomas / $99
Making Wire Jewelry: An Introduction (A465A)

Using a few simple tools, this beginner class will teach you the basics in making wire jewelry. You’ll learn how to make earrings using just wire, plus a few basic techniques to wire wrap a stone or other object. Approximate materials cost for the project is $4 to $15. Materials and kits will be available at a nominal cost (fees are payable to the instructor), and there will be tools available for your use. A tool and materials list will be mailed with your confirmation letter.

- Thursdays from 6:00 PM to 8:30 PM / 2 Classes, March 7-14, 2019 / Sharon Beagle / $42

Introduction to Pottery Techniques I - Adults (A480A)

This class offers an introduction to clay working, with emphasis on hand-built projects and development of pottery wheel skills. Classes are structured in a relaxed and supportive atmosphere at a full working studio environment. Classes will be held at BlackBear Pottery Studio, Benton, PA, a handicap accessible facility.

- A materials fee of $30 is payable to the instructor. Wear an old T-shirt, and bring an old towel and a large car wash sponge.

- Saturday from 9:00 AM to 12 PM / 6 Classes, March 23 - April 27, 2019 / Sandra Tranor and Todd Moyer / $89

Making Wire Jewelry - Rings & Things (A481A)

In this class you will learn how to make simple but fashionable jewelry such as rings, & bracelets, using wire wrapping techniques. Approximate cost for the project is $6 to $15. Materials and kits will be available at minimal cost, and there will be tools available for your use if needed. A tool and material list will be mailed with your confirmation letter.

- Thursday from 6:00 PM to 8:30 PM / 2 Classes, April 4-11, 2019 / Sharon Beagle / $42

No Sew Quilted Easter Eggs (A530A)

No sewing involved! These Easter eggs are fun to create and will last for years to come. This fun project will brighten up any Easter basket. Materials fee of $6 to $12 payable to the instructor.

- Saturday from 9:00 AM to 11:00 AM / 1 Class, March 30, 2019 / Michelle Leiby / $29

How to Knit a Scarf using your arms/fingers (A422A)

This is a fun project! Master the art of knitting without the use of needles. Learn the basics of how to knit a scarf using chunky yarn, your arms and fingers. Materials fee of $6 to $12 payable to the instructor at the first class.

- Thursdays from 6:00 PM to 7:30 PM / 2 Classes, March 7-14, 2019 / Sharon Fisher / $32

Find us on facebook.com/BloomUMiniCourses/
Youth Mental Health First Aid (P601A)

Youth Mental Health First Aid training will equip adults with the skills needed to help any young person age 12 to 18 years, who is developing a mental health problem or experiencing a mental health crisis, until appropriate professional help arrives.

This course builds mental health awareness and will help you to identify, understand, and respond to signs of mental illness in youth, and enhance your knowledge and awareness of the mental health needs of young people in your community. As a Mental Health First Aider, you will learn a 5-step action plan that will provide you the tools needed to assist the youth experiencing a crisis.

As a participant in this training, you'll learn to recognize risk factors and warning signs for mental health or substance use problems, engage in experiential activities that build understanding of the impact of mental illness on individuals and families, and learn about treatment and self-help strategies.

An important component of the YMHFA course is the opportunity to practice the intervention strategy rather than to just hear about it. This simple experience can make it easier to apply your knowledge and skills in a real-life situation you might experience in a community setting. Class fee includes workbook.

A certificate will be awarded to participants completing the full 8-hour training.

Tuesday and Thursday from 5:00 PM to 9:00 PM / 2 Classes, March 26-28, 2019 / Candy Ryan / $52
Get on the ROAD to a successful new CAREER!

Train to become a professional truck driver through Bloomsburg University's certified CDL Driver Training program. The CDL programs include CDL Class A training in both full-time day classes, and part-time evening and weekend classes. New classes starting weekly! Our Computer Based Training (CBT) assists you in obtaining your Commercial Driver Permit with all endorsements. We offer lifetime job placement assistance to all graduates at no additional charge.

More information at http://www.bloomu.edu/cdl, by calling 570-389-5176 or visit us in person at 7474 Columbia Blvd, Berwick, PA.
Lititz Tea Tour with Elva's Chalk Art Presentation (T617A)

There will be a stop at Wilbur's Chocolate Store, an American original since 1894! There is fine, high quality chocolate and confectionery products for every Confectionary, Bakery and Dairy industries for over 125 years to purchase. Their signature Wilbur Buds are enjoyed by chocolate lovers since 1894. Visit the Candy Americana Museum, filled with antique candy collectibles. Be sure to get your free Wilbur Bud samples!

You are then on to Elva's Chalk Barnyard Drawings for an unusual experience. Elva uses chalk to draw a large picture illustrating a story that is presented with pre-recorded music and narration. She has developed numerous programs with historic, patriotic, inspirational and holiday themes. Elva's chalk talks were born out of her love for the arts, and above all, a deep desire from within to share the same good will that so radically changed her life and continues to bring purpose excitement and adventure into her life.

The Lititz Tea Room Affair is a classic culinary delight. The quality and freshness of the food and tea is what makes our tea room experience so special. You will enjoy the Garden Tea with first course of tea & scones; second course with fresh salad & three finger sandwiches; Third course of sweets & savories, single plated Crème Brulee & pastries. Registration fee includes transportation, meal, admission, taxes and gratuity.

Registration deadline is May 13.
Wednesday, June 12, 2019 / $89

Washington DC Cherry Blossom Time (T551A)

Cherry Blossom time in Washington DC! A free day to enjoy the Smithsonian Institute, the American Indian Museum, the Holocaust Museum, the Memorials and enjoy the Cherry Blossoms in the Basin Area. Don't forget to put on your walking shoes! We'll drop you off at the Air & Space Museum, and the day is yours to spend as you please. Wayside Signs, introduced in 2012, is a series of information- and photo-filled wayside signs which bring the gift of trees and the Festival to life, enhance the visitor experience and provide a self-directed guided tour.

While strolling around the Tidal Basin and visiting other nearby locations, learn the history of the 1912 gift of 3,000 cherry trees from Mayor Jukio Ozaki of Tokyo to the city of Washinton DC. See where the first trees were planted, how the trees are cared for, and read about the special involvement of the nation’s first ladies and about different cherry tree species.

We cannot guarantee blossoms will be in full bloom but we do have reasonable expectations they will be open, depending on the weather.

For more information you can visit the following website to help plan your day: www.nationalcherryblossomfestival.org
Registration deadline is March 28th.
Saturday, April 6, 2019 / $79.00

The 2019 Philadelphia Flower Show (T550A)

2019 PHS Philadelphia Flower Show is "Flower Power" will pay tribute to the enormous impact of flowers on our lives. Across ten acres of the Show floor, the world’s leading floral and garden designers will explore how flowers convey a wide range of emotions and messages in a universal language that transcends cultures and borders. Stunning landscapes, imaginative gardens, and breathtaking floral displays will interpret flowers' power to inspire, decorate, style, and enrich our lives.

Through imaginative exhibits, guests will see ideas like community, healing, peace, transformation, and hope brought to life in surprising, vibrant ways.

Registration fee includes transportation, Flower Show admission and driver gratuity.
Registration deadline is February 26th.
Tuesday, March 5, 2019 / $89

Cape May Whale and Dolphin Cruise (T607A)

We have a very special trip to Cape May planned this spring. Upon arriving at beautiful Cape May, NJ we will have lunch at Lucky Bones Bar & Grill with the menu option of either Cuban rubbed Pork, Fish & Chips or Chicken Parmesan. At 1pm we will board Miss Chris Marina. Captain Jeff will then take you into the Delaware Bay and the Atlantic Ocean. They have had the good fortune of sightings within 10 miles of the shore. The excursion is fully narrated by the Captain and includes local history and information on marine life. Your registration fee for transportation, lunch, whale & dolphin cruise, and taxes and driver gratuity are included in the cost.

Registration deadline is May 28th.
Saturday, June 29, 2019 / $144

Adventure Aquarium in Camden, NJ (T670A)

Camden Adventure Aquarium is just minutes from downtown Philadelphia on the Camden Waterfront and features one-of-a-kind exhibits with more than 8,500 aquatic species throughout two million gallons of water. The Aquarium is home to the largest collection of sharks on the East Coast, including the only Great Hammerhead shark on exhibit in the United States, the only aquarium in the world to exhibit hippos, one of only six facilities in the US to have Little Blue penguins as permanent residents and exhibits the longest Shark Bridge in the world, a unique V-shaped rope suspension bridge just inches over Shark Realm.

Adventure Aquarium is an accredited member of the Association of Zoos and Aquariums (AZA), and is held to the absolute highest standards in animal care and exhibition.

Registration includes cost of transportation, admission, and driver gratuity.
Registration deadline is April 17th.
Saturday, May 18, 2019 / Adult $70, Child 12 & under $42

Registration Form on Page 27
MIND & BODY

Usui Reiki - Level 1 & Level 2 Combo (H345B)

This economical class combines Usui level 1 & 2 for the same cost. Level 1- begins the journey teaching you how to do a self-treatment, connect with this universal energy, and infuse energy into your chakras, as well as the procedure for giving a treatment to another person.

Level 2- continues the Usui Reiki journey by teaching you how the Universal Energy can influence your relationship with others by sending this energy to heal yourself and others. Learn to detect energy imbalances and correct them with hands on practice. Learn the first 3 reiki symbols to manage the Universal Reiki energy.

Pre-Requisite - Usui level 1.
Instructor will collect $25 for manual.
Saturday and Sunday from 10:00 AM to 4:00 PM / 2 Classes, March 9-10, 2019 / Joanne Smith / $200

Usui Reiki - Level 3A Master Practitioner (H347A)

Level 3A is the Usui Reiki Master-Practitioner Level and teaches a master healing and acceleration symbol to help you become more expedient and amplify your energy. Master use of symbols and multiple combinations symbols give 17 uses aside from the standard use to truly master your own energy, to and heal energy conditions in clients. Class includes healing mantras, light channel & energy clearings, aura field repair, transcending karma, empathic healing, manifesting, and master ailment guide.

Pre-Requisite Usui Level 2.
If you received prior reiki training from another instructor, you must bring a copy of your certificate to participate in the next level. Please bring a bagged lunch, and wear comfortable slacks.

Instructor will collect $25 for the manual.
Sunday from 10:00 AM to 4:00 PM / 1 Class April 7, 2019 / Joanne Smith / $150

Usui Reiki - Level 3B Master Teacher (H348A)

Level 3B is the Usui Master-Teacher level and teaches the attunement process for yourself and others, and its use for healing the past. First and second set chakra evolvements & balances, and the role of the kundalini in the changing chakra process. Help clients break unhealthy habits, heal abuse, and heal trauma conditions. Master symbols for enlightenment, re-programming, multi-dimensional healing, and higher-level evolution. Teaching guide for teaching reiki at all levels.

Pre-Requisite Usui Reiki 3A and a desire to help others. If you received prior Reiki training from another instructor, you must bring a copy of your certificate to participate in the next level.

Instructor will collect $30 for manual. Please bring a bag lunch, and wear comfortable slacks.
Sunday from 10:00 AM to 4:00 PM / 1 Class, May 5, 2019 / Joanne Smith / $450

Crystal Reiki (H350A)

The use of crystals and stones is a simple way to employ mind-body healing that can bring a person to a happier and more balanced daily life. We'll take energy center readings, using meditations for deeper understanding of conditions we wish to change; crystal grids for amplified energizing treatments; and stone treatments for relaxation. We'll also discuss personal treatment options for individuals. The use of reiki with crystal and stone healing assists with the use of guidance to navigate the best options for individuals or when treating others.

Pre-Requisite - Usui level 1.
This is a hands-on energy work class using the school's wide variety of stones and crystals, or you may also bring your own. Class is appropriate for level 1 through advanced Usui reiki.

A $25 fee is payable to the instructor for the student manual.
Saturday from 9:00 AM to 5:00 PM / 1 Class, March 30, 2019 / Joanne Smith / $150

Angelic Reiki (H351A)

This class offers healing meditations and how to connect to angels for specific needs as well as how to open your energy to invite compassion, peace and harmony into your daily life. Becoming a force of light means inviting overwhelming joy into every day life.

Learn how Reiki works with the presence of Angels to assist others for advanced healing of extended care conditions as well. This class includes attunement to the Angelic Reiki Symbol. Also taught are advanced energies combinations for working with addictions, abuse, depression, cancer and chronic conditions.

Pre-Requisite - Usui level 2
A $25 fee is payable to the instructor for the student manual.
Saturday from 9:00 AM to 5:00 PM / 1 Class, March 30, 2019 / Joanne Smith / $150
Ascension Reiki (H352A)

This course is to help you to regain your balance in adapting to life changing events which have altered your energy in a significant way. Ascension reiki assist you to find yourself and helps you to transcend the past and move forward on a more positive path. It is also a course for those who are actively transcribing themselves to live in a more enlightened way. It includes attunement to 7 symbols that will help you to master your experience, live in a peaceful way, and become a source of joy to all who know you.

Pre-Req. -Usui 3A

A $25 fee is payable to the instructor for the student manual.

Saturday from 9:00 AM to 6:00 PM / 1 Class, April 6, 2019 / Joanne Smith / $150

Essential Oils 101 (H505A) New!

Proven effective for hundreds of ailments, the history of essential oils dates back to ancient times when plants were the first medicines. Modern society is rediscovering essential oils and returning to a safer, natural approach to illness. This class is for those who want to learn about more natural approaches to addressing the body’s needs using Certified Pure Therapeutic Grade (CPTG) essential oils. Essential oils are volatile aromatic compounds found in the seeds, bark, stems, roots, flowers and other parts of plants. In addition to giving plants their distinctive smells, essential oils are the plant’s complex and unique defense against predators and disease and play a role in its reproductive system. Essential oils provide health-conscious individuals with a safe and natural alternative. Essential oils are used for a wide range of emotional and physical wellness applications, and have few, if any, undesirable side effects when used as directed.

Each essential oil contains specific benefits to which the body and mind responds. Essential oils are antiseptic and immune system stimulants. They fight viruses, bacteria, fungal organisms, tumors, and more. Come and learn how to use essential oils safely and effectively and learn how to make a roller bottle blend to take home with you.

Thursday from 6:30 PM to 8:30 PM / 1 Class, March 7, 2019 / Diana Leighow / $35

Essential Oils for Dogs (H506A) New!

Join us to learn how to safely and effectively support your "fur kids" using essential oils. Essential oils offer complementary therapy to traditional medicine. Essential oils usually do not interact with other medications your dog may be taking, and have few, if any, undesirable side effects when used as directed. We recommend the use of Certified Pure Therapeutic Grade (CPTG) essential oils that are tested for purity and potency. Always consult your veterinarian when adding anything new to your dog’s health care regimen. What you learn in this course should not take the place of regular vet visits and annual exams. Come and learn how to safely use essential oils with your dog. You will learn ways to help your pet reduce stress, how to keep away fleas and ticks and how to use essential oils for immune support and soothing sore muscles. You will be provided several all-natural recipes for your dog and an opportunity to make your own non-toxic essential oil dog shampoo.

Thursday from 6:30 PM to 8:30 PM / 1 Class, March 21, 2019 / Diana Leighow / $35

Pet Reiki (S231A)

This course includes a distance attunement for your pet so they can give reiki as well as receive it. Enhance your communication with your pet, and learn pet diagnostic techniques which may also be used with humans. You’ll learn EarthReiki, Color Reiki, Linking, Absorbing, Psychometry, and how your pet helps to heal you. Bring a pet collar or toy and a picture of your pet. Pre-Req- Usui Reiki 2.

A $25 fee is payable to the instructor for the student manual.

Sunday from 10:00 AM to 4:00 PM / 1 Class, March 31, 2019 / Joanne Smith / $100

Forest Bathing: A Dose of Green Exercise (H685A) New!

Do you enjoy the aromas of the woods? Do you feel awe at the sight of a beautiful natural vista? Do you experience a sense of calm by the sound of songbirds in the early morning? If so, you might be supporting your personal health and wellness through nature’s abundance. Explore the wellness benefits available to you by spending time in a natural environment. This course will highlight the "green exercise" of Shinrin-Yoku; also known as forest bathing. Forest bathing is a "natural" wellness activity. Following the completion of two instructional classes participants will have the opportunity to experience a walk with a certified guide.

3 Classes, Monday April 22nd and April 29th from 6 to 7pm at the Greenly Center, and Saturday May 4th from 9am-12pm offsite / Suzann Schiemer / $42
**Twinkle Stars Pre-Ballet [Ages 2 & 3] (N547A)**

Twinkle Stars is a Pre-Ballet class for ages 2 and 3, focusing on creative play. This class will send your child’s imagination soaring to the stars. Children are welcome to wear tutus and costumes!

Saturday from 10:30 AM to 11:15 AM / 6 Classes, March 23 - April 27, 2019 (No class April 20) / Bloomsburg School of Dance / $85

**Parent/Child Karate [Ages 3 to 6] (N506A)**

Spend quality time with your child teaching them "Stranger Danger," lures, how to deal with bullies, setting verbal boundaries (using voice as a weapon), and basic skills such as focus, balance, coordination, fitness, and self-defense. Wear loose clothing. Children must be accompanied by a parent or guardian for each session.

Saturday from 12 PM to 12:30 PM / 6 Classes, March 2 - April 6, 2019 / Bob Tomaino / $59

**Little Ninja Class [Ages 4-6] (N553A)**

Your child will learn basic skills for martial arts, including focus, balance, coordination, self-control, and discipline, with emphasis on good manners. A "Stranger Danger" and "Bully" class will also be included. Please wear loose clothing.

Monday and Wednesday from 5:30 PM to 6:00 PM / 6 Classes, March 4-20, 2019 / Bob Tomaino / $59

**Preschool Gymnastics I (N526A)**

A fun filled class for your 3 year old! We will teach your little one the basics of gymnastics! At this stage of wonderment and imagination, your athlete will be ready to enjoy our class. Sessions are designed to give each child the same structure and attention to detail in an environment that fits his or her needs.

Wear a T-shirt and shorts or leotard, tie long hair back, and no jewelry.

Thursdays from 4:30 PM to 5:15 PM / 6 Classes, March 21 - April 25, 2019 / Kids First Gymnastics / $85

**Kinder Gymnastics II (N528A)**

For junior athletes age 4 to 5 years, we offer our Kinder Gymnastics II class. Designed upon the same concept as the Preschool Gymnastics I class, this group will be introduced to a broader range of beginner and intermediate skills.

Wear a T-shirt and shorts or leotard, tie long hair back, and no jewelry.

Mondays from 5:45 PM to 6:30 PM / 6 Classes, March 18 - April 22, 2019 / Kids First Gymnastics / $85

**Rockette Styled (N545A)**

Rockette Styled is part of our Star Styled program. The class is a Jazz and Tap combo class for students ages 4 through 6 years.

Children should wear a t-shirt and shorts or leotard, tie long hair back, and no jewelry.

Saturday from 11:15 AM to 12 PM / 6 Classes, March 23 - May 4, 2019 (No class April 20) / Bloomsburg School of Dance / $85

**Beginner Gymnastics [Ages 6 and up] (N527A)**

Our Beginner Gymnastics class is for athletes age 6 and up who enjoy the four core events: vault, bars, beam, and floor. This class offers a basic-to-intermediate curriculum and is developed for the non-competing athlete.

Wear a T-shirt and shorts or leotard, tie long hair back, and no jewelry.

Mondays from 6:45 PM to 7:45 PM / 6 Classes, March 18 - April 22, 2019 / Kids First Gymnastics / $85

**Gym for Boys [Ages 6-9] (N530A)**

Parkour involves jumping, vaulting, climbing and balance to move over obstacles in a fluid manner. There is an emphasis on functional strength, physical conditioning, balance, creativity, fluidity, control, precision, strength, speed, and agility. Allow us to use the skills of gymnastics to achieve a higher level of physical conditioning for your son. For boys age 10 through 13.

Wear a T-shirt and shorts, tie long hair back, and no jewelry.

Tuesdays from 6:30 PM to 7:30 PM / 6 Classes, March 19 - April 23, 2019 / Kids First Gymnastics / $85

**Gym for Boys [Ages 10-13] (N530B)**

Parkour involves jumping, vaulting, climbing and balance to move over obstacles in a fluid manner. There is an emphasis on functional strength, physical conditioning, balance, creativity, fluidity, control, precision, strength, speed, and agility. Allow us to use the skills of gymnastics to achieve a higher level of physical conditioning for your son. For boys age 10 through 13.

Wear a T-shirt and shorts, tie long hair back, and no jewelry.

Tuesdays from 7:30 PM to 8:30 PM / 6 Classes, March 19 - April 23, 2019 / Kids First Gymnastics / $85
Tumbling for Cheer (N534A)  
This class is perfect for the current or aspiring cheerleader looking to obtain or enhance skills such as cartwheel, round off, and back handspring. Our instructors and staff will use various progressions, drills, and spotting techniques to help students understand the mechanics of the skill as well as move past the initial fear of flipping backwards  
Children should wear a T-shirt and shorts or leotard, tie long hair back, and no jewelry.  
Wednesdays from 7:30 PM to 8:30 PM / 6 Classes, March 20 - April 24, 2019 (No class April 11) / Kids First Gymnastics / $85

Karate Kids [Ages 7 - 12] (N552A)  
Children will learn the basic fundamentals of self-defense, how to act responsibly, defend against attacks, and how to respond if necessary. Skills include balance, self-control, anger management, fitness, and working coordination. Bully training and anti-abduction techniques will be emphasized.  
Please wear loose clothing suitable for fitness activities.  
Tuesday and Thursday from 6:00 PM to 6:45 PM / 6 Classes, March 5-21, 2019 / Bob Tomaino / $59

Ballroom for Kids [Ages 5 to 7] (N558A)  
Just like dancing with the stars your child will learn Classic Ballroom genres as well as Latin Ballroom genres. Some of the Classic ballroom dances may include Waltz, Foxtrot, and Quickstep to name a few. The Latin Ballroom, may include the Cha Cha, Jive, Samba, and the Rhumba. Partner not required.  
Saturdays from 11:00 AM to 12 PM / 6 Classes, March 23 - April 27, 2019 / Bloomsburg School of Dance / $85

Ballroom for Kids [Ages 8 to 13] (N558B)  
Bloomsburg School of Dance  
Just like dancing with the stars your child will learn Classic Ballroom genres as well as Latin Ballroom genres. Some of the Classic ballroom dances may include Waltz, Foxtrot, and Quickstep to name a few. The Latin Ballroom, may include the Cha Cha, Jive, Samba, and the Rhumba. Partner not required.  
Saturday from 12:00 PM to 1:00 PM / 6 Classes, March 23 - April 27, 2019 / $85

Drawing with Pencil [Ages 7-9] (N565A) New!  
Students will discover the world of art through the drawing of “still life” while using pencils. Different shapes and techniques will be taught as well as shading.  
A $5 fee will be collect by the instructor for all supplies.  
Tuesday from 9:30 AM to 10:45 AM / 1 Class June 18, 2019 / Janet Robinson / $20

Drawing with Charcoal (Ages 7-9) (N567A) New!  
Students will discover the world of art through drawing "still life" using charcoal and kneaded erasers. A guided lesson will be taught on how to use three circles to create an apple and pear on a table. Different shapes and techniques will be taught as well as shading. They will also learn about overlapping and drawing on through to create the art work. Then students will be free to draw a still life, or explore more with the charcoal.  
A $5 fee will be collect by the instructor for all supplies.  
Wednesday from 9:30 AM to 10:45 AM / 1 Class, June 19, 2019 / Janet Robinson / $20

Painting with Acrylic [Ages 7-9] (N569A) New!  
Students will have fun discovering the world of painting on canvas board using acrylic paints. Instructor will do a guided lesson for students to follow. Students will learn how to mix different color paints, and the color wheel will be introduce.  
A $7 fee will be collect by the instructor for all supplies.  
Thursday from 9:30 AM to 10:45 AM / 1 Class, June 20, 2019 / Janet Robinson / $20

Drawing with Pencil, Drawing with Charcoal & Painting with Acrylic [Ages 7-9] Suite  
Register for all 3 courses at the same time and save $10

Drawing with Pencil [Ages 10-12] (N566A) New!  
Students will discover the world of art through the drawing of “still life” while using pencils. Different shapes and techniques will be taught as well as shading. The gray scale will be discussed and practice for better understanding of tones/shading. Students will learn about overlapping and drawing on through to create the art work.  
A $5 fee will be collect by the instructor for all supplies.  
Tuesday from 11:00 AM to 12:30 PM / 1 Class, June 18, 2019 / Janet Robinson / $20
**Golf for Beginners (F307A)**

This course is for those who have never played the game. Learn the basics from a professional and enjoy the game for years to come. Includes instruction and drills on grip, stance, address routing, putting, chipping, full swing, rules, etiquette, and safety on the golf course. If you own or can borrow golf equipment, please bring it with you. The price of golf balls will vary with the size of the bucket you choose.

Sundays from 1:00 PM to 2:30 PM / 5 Classes, March 24 - April 28, 2019 (No class April 21) / Gary Sohosky / $95

**Intermediate Golf (F308A)**

Review your basic golf skills and improve your playing and scoring ability. Practice to improve your trouble shots and adjust your mental approach to the game. Impress your friends and colleagues with your improved skills! If you own or can borrow golf equipment, please bring it with you. The price of golf balls will vary with the size of the bucket you choose.

Sundays from 3:00 PM to 4:30 PM / 5 Classes, March 24 - April 28, 2019 / Gary Sohosky / $95

**Piloxing (F327A & F327B)**

PILOXING is for all fitness levels. If you are someone wishing to exercise to maintain a healthy lifestyle in a format that is both fun and challenging, this workout is for you! The class mixes pilates and boxing moves into a fat-torching, muscle-sculpting, core-centric interval workout that's guaranteed to whip you into shape. In addition to Pilates and boxing movements, the exercise incorporates the use of weighted gloves which add to the workout by toning the arms and maximizing cardiovascular health. No experience necessary. Wear exercise clothing and sneakers, or go barefoot. Please bring an exercise mat. Gloves will be available; purchase price is $25 payable to the instructor at the first session.

Session A: Mondays from 5:00 PM to 6:00 PM / 6 Classes
March 18 - April 22, 2019 / Karen Murtin / $49

Session B: Mondays from 5:00 PM to 6:00 PM / 6 Classes, May 6 - June 10, 2019 (No class May 27) / Karen Murtin / $49

**Introduction to Self Defense (F360A)**

Come be prepared for the unknown! Regardless of fitness level, without proper self-defense training, you cannot guarantee personal safety. This introduction workshop will give you hands-on instruction is basic self-defense, giving you the tools you need to defend yourself in a variety of situations. Wear comfortable, loose fitting clothes.

Saturday from 11:00 AM to 1:00 PM / 1 Class May 4, 2019 / Matthew Munson / $69

**Introduction to Mobility (F365A)**

Proper joint and myofascial mobility is one of the keys to maintaining a good quality of life. Whether you are an athlete, or someone just looking to maintain healthy muscles and joints, this class is for you! Each class session will focus on total body mobility, and will include a hands-on portion where class participants will have time to practice what they learn. Wear comfortable, loose fitting clothes.

Tuesdays and Thursdays from 8:00 AM to 8:45 AM / 6 Classes, March 5-21, 2019 / Matthew Munson $52

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**Drawing with Charcoal [Ages 10-12] (N568A)**

Students will discover the world of art through drawing "still life" using charcoal and kneaded erasers. A guided lesson will be taught on how to use three circles to create an apple and pear on a table. Different shapes and techniques will be taught as well as shading. They will also learn about overlapping and drawing on through to create the art work. Then students will be free to draw a still life, or explore more with the charcoal.

A $5 fee will be collect by the instructor for all supplies.

Wednesday from 11:00 AM to 12:30 PM / 1 Class, June 19, 2019 / Janet Robinson / $20

**Painting with Acrylic [Ages 10-12] (N570A)**

Students will have fun discovering the world of painting on canvas board using acrylic paints. Different pictures will be provided for students to pick from to paint. Students will learn how to mix different color paints, and the color wheel will be introduced.

A $7 fee will be collect by the instructor for all supplies.

Thursdays from 11:00 AM to 12:30 PM / 1 Class, June 20, 2019 / Janet Robinson / $20

**Drawing with Pencil, Drawing with Charcoal & Painting with Acrylic [Ages 10-12] Suite**

Register for all 3 courses at the same time and save $10
Project Management Certification Training

Prepare for employment in some of today’s hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

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<th>Programs available in the following areas:</th>
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<td>• Healthcare and Fitness</td>
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<th>Features:</th>
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<td>• Facilitators and mentors are available to answer questions and help you through your studies</td>
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<td>• Career Counselors will help you prepare for the transition from the classroom to the workplace</td>
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<td>• Courses are all open-enrollment and self paced</td>
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<td>• No additional charges - all materials, workbooks, and software are included in the course fee</td>
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<td>• Payment plans available</td>
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**Six Sigma Black Belt**
This program provides you with an in-depth look at the Six Sigma Black Belt problem-solving methodology, deployment, and project development approaches.

**Six Sigma Green Belt**
This program encompasses all aspects of running a Six Sigma Green Belt business, including management, service delivery, design, production, and customer satisfaction.

**Mastering Project Management with Microsoft Project 2016 (Software Included)**
In this intermediate/advanced level program, you’ll translate your knowledge into skills by exploring key project management topics in depth and prepare for the Project Management Professional (PMP)® certification. You will also learn how to use Microsoft Project 2016 to assist you in project management.

**Lean Mastery**
Eliminate waste from your business by learning and implementing the principles of lean business.

**The Complete Project Manager with Microsoft Project 2016 (Software Included)**
This is a comprehensive program for those who want to expand their knowledge and application of project management concepts. It is designed to prepare students for either the CAPM® or PMP® certifications. You will also learn how to use Microsoft Project 2016 to assist you in project management.

**Mastering Project Management with PMP® Prep**
This program takes you beyond the basics of project management. In this intermediate/advanced level program, you’ll translate your knowledge into skills by exploring key project management topics in depth.

**Microsoft Project 2016**
This program combines knowledge of project management scheduling disciplines with the use of the Microsoft Project 2016 software.

**Management Training**
If you’re thinking of starting a business or pursuing an MBA, learn the essentials here! This program is perfect for business owners, entrepreneurs, and anyone who wants to learn the basics of business and management.

**Purchasing and Supply Chain Management**
Develop essential managerial skills, and learn how to effectively manage all aspects of the purchasing process, including procurement, distribution, supply chain management, and more.

**The Complete Project Manager with CAPM® and PMP® Prep**
Expand your knowledge and application of project management concepts in this comprehensive program. It is designed to create skills for today’s project practitioners and prepare them for either the CAPM® or PMP® certifications.

**Management for IT Professionals**
Learn leadership skills that will help you succeed as a manager in the IT field.

All materials are included in the program fees. Each course has an instructor assigned to answer student questions and solve student problems.

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(570) 389-5162
**Anderson, Thomas**

Thomas earned a Bachelor of Science degree in Computer Science from Stevens Institute of Technology in 2000 and has been working in software engineering for 20 years. In 2003, he purchased a hilltop property near Bloomsburg and designed and built an off-grid dream home from the ground up, employing photovoltaic, wind, solar thermal, and various other technologies. He has formerly been a Green Advantage certified commercial/residential building practitioner. Also has been a guest lecturer on the topic of off-grid building techniques for Pennsylvania College of Technology sustainable building classes for nine years.

**Arcuri, Jerry**

Jerry is a retired computer software consultant and a member of the American Contract Bridge League (ACBL). He has been playing competitive bridge for four years.

**Beagle, Sharon**

A Bloomsburg area native, and graduate of Bloomsburg University. She received her Master of Education and Master of Fine Arts here.

Sharon is a self-taught bead artist and has been doing bead weaving and counted bead work for over 40 years. She has won awards for her creative bead work, most recently at Fire Mountain Gems in Oregon, and is currently awaiting word from another juried contest. Her wire work is a more recent addition starting 12 years ago. Her work can be viewed at many of the local craft events including the Covered Bridges Arts and Craft Festival held in October at Knoebels Grove. She has been a member of the Pennsylvania Guild of Craftsmen and the North Mountain Art League. Sharon also has interests in Stained Glass work, Silver Smithing, and Painting. She currently teaches Math and Science.

**Blass, Angela**

Angela Blass has been indoctrinated into the art of Asian cooking since growing up in her mother's restaurant in Fresno, California. Since then, she's worked in the restaurant and food industry in Las Vegas, Nevada for several years. She has held in-home cooking classes for friends and strangers alike. She strives to spread this art and these age-old techniques to eager minds and hungry tummies of all cultures.

**Brown, Robert**

Robert is a professional and fine art photographer who also formerly owned a catering service. He has taught cooking and photography workshops for the University's non-credit mini-course program for many years. Robert's photography is widely published and exhibited. His studio is located in Danville, PA.

**Corbin, Clay**


**Dressler, Jon**

Jon Dressler graduated as the Valedictorian from Central Columbia High School in 2015. He is currently a Senior studying Secondary Math Education at Bloomsburg University, with a 3.89 GPA. He is also a member of the Kappa Delta Pi, Kappa Mu Epsilon, & Phi Kappa Phi Honor Societies. When available, he is a volunteer at Central Columbia High School, helping to prepare students for the Math Keystone exam, and also is a volunteer junior high basketball coach.

**Fuller, Frank**

Frank Fuller has been playing piano for over 30 years. He started with his local Yamaha Music School in Marietta, GA, and took private lessons with Mark Gaber for a number of years before furthering his musical studies at Young Harris College. Has taught private lessons for over 20 years at several colleges and schools, as well as having played in several music groups in Georgia and Pennsylvania. He is a fulltime temporary criminal justice instructor at Bloomsburg University, and has taught in school systems & colleges fulltime for over 6 years. Holds a Political science PhD from Clark Atlanta, an MS from Georgia Tech, an EdD from U. of South Florida and a BA from Oglethorpe University.

**Garrigan, Melinda**

Melinda Garrigan holds a B.S. in Elementary Education and a Masters in Business Administration from Bloomsburg University. She has 12 years background in developing and delivering strategic training programs to adults. Melinda’s expertise includes High Performance Team development, coordination and facilitation. Her PC proficiencies include: Basic Computer, Internet, Outlook, Word, and PowerPoint.

**Hill, Linda Lou**

Linda has been teaching cake decorating and candy making, as well as creating gingerbread houses (“edible real estate”) and other food crafts for over 38 years. Linda gives demonstrations for clubs and organizations.

**Jaskiewicz, Anna**

Anna Jaskiewicz is a current student at Bloomsburg University, achieving a 3.8 cumulative GPA. She graduated from Central Columbia High School in 2016 as a National Honor Society member while also competing in three varsity sports. Currently studying Secondary Education with a concentration in English and intends to pick up a Philosophy minor this upcoming Fall. Also has experiences providing direct care for an intellectually disabled adult and sitting services for pets in the local community. She is looking forward to helping high school students prepare for the SAT test.

**Kukurlo, James**

Been fly fishing and fly tying for over 50 years. Help teach fly tying classes over the years for the local Trout Unlimited Club and many others fishing clubs and schools. In the early 70s tied flies commercially for the H.L. Leonard and Orvis Rod Company and many local fly shops throughout the area. Along with fly tying I teach fly casting and fly fishing and been a fly fishing guide for over 14 years. I fished many streams throughout Pennsylvania, New York, Tennessee and Wyoming. I fly fish for trout, salmon, steelhead and largemouth and smallmouth bass. I wrote several articles on fly fishing and enjoy outdoor photography.

**Leighow, Diana**

Diana is a graduate of Bloomsburg University, she received her Bachelor of Arts in Psychology in 2006. She obtained her Master's in Social Work from Marywood University in 2011 after which she joined the military. Diana returned to the area in 2017 after serving 6 years as a Licensed Clinical Social Worker (LCSW) in the United States Navy. Diana currently continues her practice in clinical work and is also passionate about educating people on natural solutions and the uses of essential oils for both emotional and physical needs. She is a Certified Aromatherapist and a Wellness Advocate for dTERRA Essential Oils. dTERRA is the world leader in sourcing, testing, manufacturing, and distributing Certified Pure Therapeutic Grade (CPTG) essential oils.

**Mannino, Frances**

My name is Frances Mannino. I have a passion for learning and teaching languages. I lived in Italy for a few years. I have experience teaching Italian at the University of Scranton and on a non-credit basis at Wilkes University. I have also taught private lessons. I like to talk about Italian, I love to teach it and I love learning it.

**Moff, Jim**

Has over 20 years of experience in the financial planning, investing, and insurance businesses, and is a licensed instructor for Successful Money Management Seminars. Jim is a Registered Representative and Advisor Affiliate of Securities and Investment Advisory Services offered through Woodbury Financial Services, Inc., Member FINRA, SIPC and Registered Investment Adviser, St. Paul, MN.

**Mullen, Joseph**

Board Certified Master Arborist. He specializes in the care and maintenance of fruit trees, landscape shrubs and trees, diagnosis of shrub and tree diseases and pest problems, and structural health of trees. He is a consultant for tree installation and maintenance, and conducts appraisal of damage to shrubs and trees caused by environmental and human factors.

**Murtin, Karen**

Karen Murtin is a licensed Piloxing instructor. She has also been a certified group fitness instructor with the National Exercise Trainers Association (NETA) for over 27 years, teaching Hi/Low Aerobics and Step Aerobics. Karen is passionate about exercise for both physical and mental health!

**Oberst, Ryan**

...
### Instructor Profiles

**Ryan Oberst**

Ryan Oberst is a Bloomsburg University graduate. He earned degrees in Secondary Ed./Citizenship and Curriculum and Instruction. He also earned a Master's degree in American History from American Public University. He is currently employed as an online history instructor and teaches courses such as US History, US Government, and World History. He likes spending time outdoors: walking his Black Labrador Retriever Teddy (named after Theodore Roosevelt), swimming, and cutting firewood. Ryan first became interested in the presidents when he was in 5th grade. He enjoys sharing his knowledge and enthusiasm of the presidents.

**Reinard, Joe**

Joe Reinard is the current CEO of the Bloomsburg Area YMCA. Joe has a Master’s of Business Administration from Indiana University of Pennsylvania and is a Certified Organizational Leader with the YMCA of the USA. He has worked with in the nonprofit sector for 12 years and has raised over $500,000 in the course of his career.

**Robinson, Janet**

Robinson, Janet is a local artist who earned a BA in Studio Arts from Bloomsburg University, with a minor in Anthropology. She received her Certification in Art, K-12, from Marywood University in Scranton. Janet is the former owner of Clayworks and More in Danville, and is skilled in all drawing and painting mediums (charcoal, pen, pencil, pastels, acrylic and Oils); printmaking, sculpture; and ceramics.

**Ryan, Candy**

Candy Ryan is a Bloomsburg University Alumni and has over 17 years in the Educational Field. She discovered Youth Mental Health First Aid (YMHFA) as part of her desire to prepare Teacher Candidates for their career choice and has since expanded her goal to educate Community members and Professionals on the awareness of YMHFA. Candy's experience as a teacher, leader, and continual learner are part of her passion to give back to the profession and community. She earned her BA in Elementary Education and her MS in Education from Bloomsburg University. Candy and her husband reside in Mifflinville and enjoy spending time with family.

**Schiemer, Suzann**


**Sheche, Trish**

Trish has earned a BS in Business Education from Bloomsburg University and also earned a Masters in Curriculum and Instruction. She works at Mount Carmel Area High School teaching computer and information technology courses to grades 9-12. She has been recognized as a Pennsylvania Keystone Technology Integrator and has taught corporate training classes in the past.

**Smith, Edward**

Penn State Graduate in 1969 in Ornamental Horticulture. Owned and operated a landscaping business for 30 years. Currently retired and busy with developing my garden in Benton. It is 15 years old and maturing.

**Smith, Joanne**

Joanne Smith is the owner of Hikari Kai Dojo in Benton Pa. Hikari Kai translates to “School of Light.” Joanne has been teaching Martial Arts, Women’s Self Defense, Yoga, and Reiki Natural Healing since 1995. She has broad experience as a Master Teacher in 5 styles of Reiki.

**Sohosky, Gary**

A PGA member for 35 years and have worked as a golf professional for my entire life. My experience includes being the first head golf professional at the TPC at Scottsdale, the site if the Phoenix Open on the PGA Tour. I have been the head golf professional at several golf clubs in PA, Mountain Laurel Resort, Wilkes Barre Golf Club, Split Rock Golf Club and the White Deer Golf complex. I was assistant director of the Stratton Golf School in Vermont and established a branch of the International Golf school at the Mountain Laurel Resort. I have attended many workshops and seminars to be recertified as a PGA golf professional.

**Thomas, Deb**

 Deb received her BS in Computer Science from Bloomsburg University and also studied photography during her undergraduate course work. She has been a serious photographer for over 25 years and is a founding member of the Susquehanna Women's Imaging Society. Deb worked in the publishing industry for several years and is skilled in many layout, prepress and photo editing software programs. She has MOS certification in Excel, Word, Access, PowerPoint and Outlook with 17 years of workforce training experience.

**Tomaino, Bob**

Has studied martial arts for nearly 30 years and is owner of Crosswinds Martial Arts in Bloomsburg. He has a 4th degree black belt in both Karate and Jiu Jitsu and a 2nd degree in Iaido, or the study of the sword. He earned a BS degree in secondary education in biology from Penn State. His interests include Shiatsu (acupressure), Origami (paper folding), and Wing Chun Gong Fu.

**Voices For All**

The Voices For All Voice Coach/Producer/Instructors are known for their fun and informative presenting methods. Our accomplished Coaches have many years experience in the Voiceover Industry, working in Regional and National level Television and Radio commercials, Audiobooks, Corporate Training Videos, Telephone Greetings, Animation and more. This expertise translates very well to the classroom, where they are masters at teaching all of the information pertinent to making it in Voice Acting. Whether he coaching, presenting, writing, or producing, Voices For All has it covered. Our accomplished instructors not only deliver the highest quality education and coaching to their students, but their contagious enthusiasm and expertise bring an element of fun and excitement to the classroom as well.

**Wagner, Ryan**

Has been a computer technician for 14 years, and is owner of Ryan Wagner Computer Repair in Bloomsburg. Ryan has worked in residential, commercial, and industrial settings. He is also skilled in repair and troubleshooting of a variety of versions of Windows, and specialized in virus removal.

**Whitesel, Keith**

Stained glass hobbyist/Enthusiast for 20 years (Trained by former teacher). BS in Workforce Education (PSU). 32 years teaching experience, AAS Electrical Technology, AAS Vocational Education.

**Wittig, Silke**

Silke Wittig is the owner of Hero Canine Consulting, LLC, a local dog training and behavior consulting business in Bloomsburg. She is a Certified Professional Dog Trainer (CPDT-KA®), Certified Behavior Consultant (CBCC-KA®), and Certified Nose Work Instructor (CNWI™) as well as a certified “Assess-A-Pet” shelter dog evaluator, and approved “Canine Good Citizen/S.T.A.R. Puppy” evaluator for the American Kennel Club (AKC) and evaluator for the APDT C.L.A.S.S.™ program. Silke offers individualized customized behavior modification programs, Pet Manners, and K9 Nose Work® classes as well as educational programs on dog-related topics for the community. Silke is a full member of several organizations (APDT, AABP, IAABC) related to her profession and a Mentor Trainer for the Animal Behavior College. She attends seminars on dog training, dog behavior, and canine activities on a regular basis to sharpen and update her knowledge and handling skills.

**Zajac, Ed**

Ed has been in the floral industry for over 25 years. His work includes holidays, weddings, funerals, parties, decorating in home and work location designs, also store displays. He has a back ground in fine arts, painting, as well as interior and landscape design. In addition, he teaches seminars and possesses a strong knowledge of people’s tastes. Over the years, he has formed many special bonds with his clients.
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If you’re qualified and interested in joining our team, please forward a cover letter detailing your area of expertise, course ideas, and a resume to: Greenly Center, Corporate and Continuing Education, 50 East Main Street, Bloomsburg, PA 17815

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Additionally, inquiries concerning Title IX and its implementing regulation can be made to the U.S. Department of Education, Office of Civil Rights, Region III, The Wanamaker Building, 100 Penn Square East - Suite 505, Philadelphia, PA 19107; Phone: 215-656-6010; Fax: 215-656-6020.
Deadlines

Don't wait to register - classes fill quickly! Secure a seat in the class of your choice by registering early. We'll accept your registration form and payment up until the course has reached its enrollment limit.

Class Confirmations / Locations

Class location will be listed in your confirmation letter. If time does not allow for mail delivery, we’ll call you. Some classes do not meet every week; please check carefully for “skip” dates.

Refunds / Cancellations

Bus Trips
Due to the financial commitments required for our bus trips, we cannot honor refund requests once a trip has been confirmed. If we have people on a waiting list and can find someone to take your place, we will refund your payment minus a $10 processing fee. If you have a friend who would like to go in your place, you may transfer your seat to them, just give us a call at 570-389-4420 so that we can update our roster.

Mini Courses
If you cancel your registration at least one business day before the course begins, we will refund your payment minus a $10 processing fee. No refunds will be given after a course begins. If you cannot attend, we encourage you to send a friend in your place; substitutions are welcome up until the class starts. If we cancel a course for any reason, you will receive a full refund. Sometimes we have to cancel a class due to low enrollment. Help us better serve you by registering early and inviting your friends to join you in a class.

Online Career Certificate Programs
Students are given access to the entire program's online classroom and learning material upon enrollment in Career Certificate Programs. For this reason once the course is accessed either by requesting materials or viewing lessons we are unable to process refunds. If you are unable to finish your course in the designated period of time, please contact us and we will make provisions for you to complete your course.

Bloomsburg University’s Office of Corporate & Continuing Education reserves the right to cancel, postpone, reschedule, limit enrollment, split or combine classes, and to change instructors and class locations. Every reasonable effort will be made to give instructors and students advance notice of such changes.

Hours of Operation

Monday through Friday, 8 am - 4:30 pm, and Monday through Thursday evenings when classes are in session. Please contact us by calling 570-389-4420.
The 2019 Philadelphia Flower Show
Tuesday, March 5, 2019

Washington DC Cherry Blossom Time
Saturday, April 6, 2019

Adventure Aquarium
Saturday, May 18, 2019

Lititz Tea Tour with Elva's Chalk Art Presentation
Wednesday, June 12, 2019

Cape May Whale and Dolphin Cruise
Saturday, June 29, 2019

See page 17 for bus tour details.