Community Connections

CLASS CATALOG

summer 2015
Simply fill out the form on the back of this catalog and return it with your payment.

Classes dedicated to your personal and professional development!

- Culinary
- Computer Applications
- Farmer’s Market Class Series/Sustainable Living Center
- Business & Leadership Development
- Hundreds of online classes from Ed2Go & ProTrain Educational Services
- And more

Online
Visit flinthills.augusoft.net

On Phone
Call 620.341.1392 or 620.343.4600

On Paper
Simply fill out the form on the back of this catalog & return it with your payment.

In Person
Visit the Student Services Office located on the FHTC main campus at 3301 W. 18th Ave Emporia, Kansas.

Understanding SEO
New to SEO? Need to polish up your knowledge? There are many aspects to search-engine optimization (SEO), from the words on your website to the way other sites link to your pages. Sometimes SEO is simply a matter of making sure your site is structured in a way that search engines understand. This course will explain why SEO is so important for increasing your website’s visibility. Find out how to implement basic optimization strategies, like conducting keyword research, optimizing your pages and content, and measuring your successes and progress while planning for a long-term SEO strategy.

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Understanding the Class Listing

--- class name --- class description

Gentle Yoga
Open to all levels of practice and ability, this relaxing gentle class is held at a slower pace, allowing students to focus on stretching all areas of the body, while releasing tension and reducing stress from joints and muscles. This class is ideal for anyone wanting to work on stress release, flexibility, and balance in a relaxed and comfortable environment. Regardless of age, experience, or level of flexibility we can all benefit from the restorative benefits of yoga. Please bring a yoga mat with you to class.

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We are always looking for new classes and instructors.

If you have an idea for a class, lecture, or workshop, please contact Amy at 620-341-1392, or email abocher@fhtc.edu.

Barn Quilt
American’s rural barns have been decorated for centuries. Barn quilt and barn quilt trails have made a resurgence in the past two decades, including a quilt trail in the Flint Hills. Participants will make a 2’x2’ barn quilt appropriate for outdoor display. Includes all supplies except for those required for framing or hanging. If possible, please bring a hair dryer and a yard stick. If you have a favorite quilt block pattern you would like to recreate you can bring that. We will also provide possible patterns that night.

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Learn about computer applications and principles.

Online Moodle 2.5 Boot Camp
Do you want to offer online classes? Do you want to be able to give handouts or presentations to your students anywhere? Join Kim Dhority for an informative and helpful “boot camp”, and learn how to use the open-source learning management system called Moodle. Through seven interactive and informative online modules, the class will cover course set-up, maintenance, resources, activities, advanced features, and more! This course is ideal for college instructors and administrators, and is available for graduate credit through Baker University for an additional fee.

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Life without Distractions: Meditation Practice and Principles
In today’s hectic world there must be a way to release the valve of stress and distraction building up in each of us. Meditation is the sure way to gently release stress and bring calm to your inner being. In this class you will learn how to build a strong meditation practice, creating calmness and eliminating distractions in your life with the focus of simple techniques. The course will help you recognize and eliminate the inner chatter in your mind, allowing you to tune in to your highest self to get answers to life questions. There are also specific health benefits related to meditation. Some of which are lowering blood pressure, increasing brain function, slowing down the aging process, helping you to get a peaceful night’s sleep, increasing blood flow to the brain, and increasing your general energy level. If gaining an advantage on personal health is something you desire, then taking this course will get you started on this path.

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Meet an instructor

Chaz Rothenberg
Chaz Rothenberg is a Kriya meditation instructor with 25 years of meditating and teaching experience. He has transformed his own life from a salesman to a successful meditation practitioner and instructor. As a result he has helped hundreds of others improve their own lives through meditation practice.

Chaz leads meditation retreats around the country. He teaches upper-level meditation classes as well as the beginning introduction to simple meditation. He has a private practice that infuses his meditation techniques with personal counseling. He believes that meditation is the one single thing that is vital to a healthy lifestyle. He is quoted as saying “The one thing in my life that I would never give up is meditation.”

If you are not yet meditating then take this class to begin your beautiful journey into the world of true bliss. You can contact Chaz via email at chaz.rothenberg@Gmail.com.

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PERSONAL INTEREST

Soapmaking 101
Learn the art of soapmaking with the Farmgirl Fresh mother-daughter team—how to make skin healthy cold process lye soaps with quality oils, modern conveniences and embellishments. Each participant gets to take a bar of homemade soap home with them as well as our tried and true recipe and tips of the trade!

$29.00 Mary Allen and Megan Allen FHTC Main Campus - Kitchen
S July 18 1:00pm-3:00pm

EWS Online Sewing Academy
Non-sewers, beginners, intermediate, and advanced sewers are welcome to learn how to sew from the Master Tailor-Designer Eric W. Stiles. Mr. Stiles is the former Supervisor and Head Tailor-Pitter for Giorgio Armani, Fendi Ralph Lauren and others. He has more than 35 years of professional experience, and is an industry expert who now brings a strong foundation in clothing construction, fitting, pressing, pattern drafting, and more—all from the comfort of your own home! Learn to sew like a professional with easy-to-follow videos and instructions. All classes are six weeks long. No experience necessary!

Available classes:

• Sewing/Construction  • Pant Pattern Drafting  • Skirt Pattern Drafting  • Muslin Pant Sample Garment  • Muslin Shirt Sample Garment  • Shirt Pattern Drafting  • Skirt Pattern Drafting  • Muslin Skirt Sample Garment  • Muslin Shirt Sample Garment

$75.00 Eric W Stiles
Online - Open enrollment

STUDIO II SERIES

Bike Safety for Kids
Biking is a great way for your kids to stay active but we're sure that safety is your biggest concern. Making sure they understand some basic guidelines is better not just for your ride but for drivers as well. In this class Rick Becker and the Mulready’s Racing Team will discuss rules of the road, bike etiquette and equipment. Bring their bikes and they’ll get a chance to practice! Kids over 7 years of age welcome. Thanks to scholarships from Respect the Wheels, a product of Leadership Emporia, and the United Way this class was reduced from $25.00 to $5.00.

$5.00 Rick Becker DK Headquarters at 11 W. 8th Ave.
S July 11 10:00am-12:00pm

Intro to Milk Paint & Chalk Paint
Have you always wanted to know what all the “hype” was about with the trends in Chalk and Milk paint? Come learn from the girls of Studio 11 Boutique as we teach you all about the differences between the two and how they can transform your outdated furnishings into something new and exciting! This is an informational class that will assist you in tackling your own home project or better prepare you for our other class offerings!

$15.00 Studio 11 FHTC Main Campus
Choose one session
Th June 4 6:00pm-7:00pm
Th July 9 6:00pm-7:00pm
Th Aug 13 6:00pm-7:00pm

Beginners Chalk & Milk Painting
You’re ready to dive into a project but want a little hands on experience first this is the class for you! We will walk you through the steps of Milk and or Chalk paint to create your own piece of wall art. We offer hands on assistance and easy to create designs. No artistic ability! NO PROBLEM, if you can color in a coloring book you can create a gorgeous piece of art. We provide sign boards, templates, paint and everything else needed to finish a great signboard for your home or as a gift.

$35.00 Studio 11 FHTC Main Campus
Choose one session
Th June 18 6:00pm-8:00pm
Th July 23 6:00pm-8:00pm
Th Aug 27 6:00pm-8:00pm

Chalk/Milk Paint Redo
To paint or not to paint? Bring your one piece of furniture (must be able to carry it in, unassembled) or choose from our supply of 20x24 sign boards & templates. We will assist you in your own DIY creation. No artistic ability! NO PROBLEM, if you can color in a coloring book you can create a gorgeous piece of art. We provide everything needed to finish a great signboard for your home or as a gift. Your furniture piece needs to be cleaned and repaired prior to coming to class.

$65.00 Studio 11 FHTC Main Campus
Choose one session
S June 28 10:00am-12:00pm
S Aug 2 10:00am-12:00pm
S Aug 30 10:00am-12:00pm

STUDIO II SERIES

STUDIO II SERIES

STUDIO II SERIES

PROFESSIONAL DEVELOPMENT

Electrical Fundamentals I
Individuals completing the Electrical Fundamentals Level 1 will obtain basic information regarding electrical basics. Individuals will first complete Ohm’s Law and will transition to Power Law. These are fundamental equations used by electricians in both developing circuits, and troubleshooting circuits.

$89.00 Aug 3-Aug 28 Online

Introduction to Microsoft Excel
This course will explore the basics of Microsoft Excel 2010, including understanding spreadsheet software, basic formulas and functions, and formatting a worksheet.

$89.00 July 6-July 31 Online

Excel and More
This course will explore the depths of Microsoft Excel 2010 by working with Formulas, Functions and Charts. It will also take a look at managing data using Tables.

$89.00 Aug 3-Aug 28 Online

ONLINE TRAINING MODULES FROM FHTC

Basic Mechanics
The individuals are introduced to basic principles of hand and power tools including the correct and safe methods of using and storing them. The proper use of torque wrenches, and precision measuring instruments will also be covered.

$89.00 July 6 - July 31 Online

Community Connections gift certificates make the perfect gift for any occasion!

From sushi to Spanish and Microsoft to meditation, you’re sure to find something for everyone on your list. For more information, please call 341-1392.

give the gift of lifelong learning

Community Connections Catalog | Summer 2015
The Ethos of Wild in Our Community

A field trip to a natural wild area in the Flint Hills to explore the idea of wilderness. This will be an outdoor experience with discussion of what defines an area as wild, its characteristics, its meaning to us personally and what we “extract” from it, such as resources and adventure but also solitude, silence, spiritual enrichment and beauty. The intent is to become more knowledgeable about and comfortable with the natural world. Identification of native plant species will be a feature. There will be a time for solitary observation and listening in nature. Bring a small notebook. A camera is suggested but optional. There will be at least some light walking and opportunity for more rigorous hiking for those interested.

$30.00 Glenn Fell  FHTC Main Campus*
S June 27  8:30am-12:00pm

Fishing Futures

This is an enjoyable learning experience designed to teach people how to fish and get the most out of the great outdoors. Your kids will learn the fundamentals of fishing, get comfortable with the equipment needed, knot-tying, fish habitats, fishing ethics, conservation practices and more! Develop an appreciation for nature and give them a reason to protect it.

Free  Phil Taunton  FHTC Main Campus - Conference Room
S June 20  9:00am-11:00am

How to Grow Daylilies

If there’s a “sure bet” perennial, it must be the daylily! Unlike most perennials, daylilies are well-suited to many different uses in the garden and landscape. Join Bobbi Burk of Beginners Luck Daylilies for a class full of practical information on this collectible flower. She’ll provide tips and advice on locating, planting, and the basic care of your daylilies.

$20.00 Bobbi Burk  FHTC Main Campus - Main Building
T July 14  6:00pm-7:30pm

Creating A Native Tallgrass Prairie Garden/Wildlife Habitat

Would you like to have a bit of the wonders of tallgrass prairie in your yard? Would you like to have some of the beautiful plant species that grow in the Flint Hills growing in your backyard? In this class you will learn how to create a native prairie/wildflower/prairie grass garden and wildlife habitat in your yard in an ecologically sensitive manner. Steps will be covered on how to convert a lawn to a native prairie garden in just two or three seasons, without spending a lot of money. You will learn about soil preparation, seeding methods and timing, seed sources, and best plant species. There will be hands-on experience in starting a seeded bed and planting seed. Requirements that must be met to have your yard certified as a wildlife habitat with the National Wildlife Federation will also be covered. To meet the requirement for a water source for wildlife there will be a demonstration of how to quickly make an inexpensive pond. We will meet in the instructor’s yard, which has been converted to a native prairie garden over the past 3 years. This yard features a native sunflower maze.

$25.00 Dr. Glenn Fell  Instructor’s house, 1720 W 15th Ave, Emporia
S Aug 1  9:00am-12:00pm

*Class will meet at FHTC and go on out to the east side of the Tallgrass Prairie Preserve just north of Strong City at the Bottomland Trail area. Class members need to arrive at 8:30am so the class can begin at the Tallgrass Prairie Preserve at 9:00am.

INSPIRE. TEACH. GROW.
Flint Hills Technical College is seeking applicants for the following adjunct instructor positions for Fall 2015 Biological Sciences, Physical Science, Math, and Oral Communication. These positions require a master’s degree in a related field or a master’s degree in an unrelated field with 18 graduate hours in a related field. Applicants who have experience using Moodle are preferred but not required. Excellent instructional skills, communication skills, proficiency with MS Office, attention to detail, organizational skills, and a positive attitude are required. FHTC seeks applicants who thrive and excel in a team-centered environment. Screening of applications will begin immediately and continue until the position is filled. Send a letter of application for the position as well as your resume/vita, unofficial transcripts, and contact information for three professional references to: Sheri Knight, FHTC, 3301 W 18th Ave, Emporia KS 66801 or to sknight@fhtc.edu. Email Rachael LeClear, rleclear@fhtc.edu, with questions. FHTC is an EEO institution.

@commfhtc
to 81010

Fishing Futures

Text to 81010 to receive text messages from Flint Hills Technical College Community Connections when you are on the go.

By joining our text program, you’ll receive early notices when our newest catalog is ready to view online and other important information on your mobile phone.

Or receive messages via email, send an email to commfhtc@mail.remind.com.

Message and data rates may apply. For troubleshooting text @commfhtc to 620.670.5250. Reply unsubscribe @commfhtc to cancel. Visit remind.com to learn more.

www.facebook.com/CommunityConnectionsFHTC and @CommunityCFHTC

6
Personal Information

Name ____________________________________________________________
Address..............................................................................................
City ____________________________ Zip ____________________________
Email __________________________ Phone ____________________________
Date of Birth _______ / _______ / _______ Gender  O Male  O Female

Race (choose one)
O Black or African American  O White  O Asian  O Hispanic/Latino
O Native Hawaiian or Other Pacific Islander  O American Indian or Alaskan Native
O Two or more races (please specify)..................................................

Are you a US Citizen?  O Yes  O No
If No, choose one:  O Non-Citizen National  O Permanent Resident  O Other Eligible Non-Citizen

Class Information

Class Name_______________________________________________________
Start Date _______ / _______ / _______

Class Payment

Tuition Costs $____________________ (Payments and/or Registrations are Non-transferable.)
Enclose check for the total amount payable to Flint Hills Technical College.
I certify all information is true and correct.

Signature

Newsletter

☐ PLEASE Sign me up for the monthly e-newsletter

You will receive one newsletter per month. Your personal information will not be shared with any third parties.