



**ELEVATE YOUR  
FUTURE**



**COLORADO  
MOUNTAIN COLLEGE**

# **COMMUNITY EDUCATION SCHEDULE**

**SUMMER 2024**

**GLENWOOD SPRINGS & SPRING VALLEY**

**REGISTRATION IS OPEN!**  
Classes Start the Week of May 20



# CMC ► GLENWOOD SPRINGS & SPRING VALLEY

## Community Education Schedule



**Need help?**  
**Give us a call!**

### CMC GLENWOOD SPRINGS

1402 Blake Avenue  
Glenwood Springs, CO 81601

**Phone:** 970.945.7486

**Hours:** 8a-6p (M-Th); 8a-5p (F)

### CMC SPRING VALLEY

3000 County Rd. 114  
Glenwood Springs, CO 81601

**Phone:** 970.945.7481

**Hours:** 8a-5p (M-F)

### HOLIDAYS

Memorial Day / May 27

Independence Day / July 4

### WHAT'S THE DIFFERENCE BETWEEN **CREDIT & COMMUNITY EDUCATION CLASSES?**

**CREDIT CLASSES** count towards earning a college degree or certificate. Students must apply to CMC before registering for credit classes.

**COMMUNITY EDUCATION CLASSES** are short-term and intended for enrichment and lifelong learning. Anyone may register for these community-led classes (some age restrictions apply). Also known as non-credit classes.

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### REGISTRATION

Please register as early as possible for classes that interest you. Each class has both a minimum and maximum number of students who may enroll. To secure your spot in classes, it's best to register early!

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Colorado Mountain College does not discriminate on the basis of age, color, disability, gender identity, marital status, national or ethnic origin, political affiliation, race, religion, sex (including pregnancy), sexual orientation, veteran status, and family and genetic information, in its programs and activities as required by Title IX of the Education Amendments of 1972, Title II of the Americans with Disabilities Act of 1990, as amended, Section 504 of the Rehabilitation Act of 1973, Titles VI and VII of the Civil Rights Act of 1964, the Age Discrimination Act of 1975, and as provided in other applicable statutes and College policies. The College prohibits sexual and gender-based harassment, including sexual assault, and other forms of interpersonal violence. Colorado Mountain College will take appropriate steps to ensure that the lack of English language skills will not be a barrier to admission and participation in vocational education programs. For additional information contact: Title IX Coordinator or Director of Human Resources, 802 Grand Avenue, Glenwood Springs, CO 81601, 970-945-8691.

**ON THE COVER AND OPPOSITE PAGE** Children aged 3.5 to 14 express their creativity in summer arts programs at CMC taught by well known arts instructors from our valley. Cover photo by Ben Suddendorf; opposite page photo by CJ Clarkson, See pages 16-17.

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## LOCATION KEY

<b>GW</b>	▶ CMC Glenwood Springs
<b>SV</b>	▶ CMC Spring Valley
<b>CB</b>	▶ CMC Carbondale


## COMMUNITY EDUCATION CLASS REGISTRATION

Browse upcoming classes and register online at [Community-Education.ColoradoMtn.edu](https://Community-Education.ColoradoMtn.edu). Or register in person at your local campus.

Payment is due at time of registration. Refunds are only issued for noncredit classes if you drop the class by 5 pm, two (2) business days prior to the first day of class.



**There are 27 new community education class offerings** this spring at CMC in Glenwood Springs! We love bringing you new classes and teachers, plus your favorites added in new time slots.

Look for the  icon in this class schedule.

## ART

## DRAWING – PAINTING CLASSES

## BEGINNER WATERCOLOR

Discover the fundamentals of watercolor painting in this engaging class! Explore essential color choices and learn how to blend them to achieve your desired hues. Each week, students will embark on exciting projects, while also receiving inspiration for independent creations at home. Say goodbye to uncertainty with watercolor—the course promises an enjoyable learning experience, ensuring students dive into painting with confidence from the start! Check out the required supplies here: [bit.ly/3xstnEL](https://bit.ly/3xstnEL).

W

5:45-8:45p

5/22-6/19

GW

Watson

Cost: \$129

Refund: 5/20

**Lorni Sharrow** took Miranda Watson's Beginning Watercolor class last year and her Water Media Exploration class this year. She says, "I'd never painted before. I wanted to explore my creative side, and it's so much fun to be able to use community resources to do this. It's inexpensive and accessible. I love community education!"

Photo: CJ Clarkson



## JEWELRY

All Jewelry classes will take place at the Silver Bead & Yarn Shop, located at 927 Grand Avenue in Glenwood Springs. Supplies are not provided, but can be purchased in-store.



## FULL MOON MAGIC

Tap into the healing properties of gemstones and the inspiring energy of the full moon as you fashion your own custom bracelet and earring set. Led by Instructor Laura Speck, whose extensive background in fashion design and two decades of expertise in gemstones and design ensure you'll receive expert guidance throughout this creative journey. Create a one-of-a-kind masterpiece that you'll treasure for years to come!

F

3-5p

5/24

GW

Speck

Cost: \$29

Refund: 5/22



**REGISTER NOW! CLASSES FILL QUICKLY!**



SENSATIONAL SUMMER SPARKLES



Sprinkle a touch of sparkle wherever you wander! Join us in this class where we'll teach you how to complement your breezy summer attire with simple yet elegant shimmering jewelry pieces. Whether you opt for an ankle bracelet, or necklace, we'll cover all the fundamentals of crafting beaded jewelry. Instructor Laura Speck, with her extensive background in fashion design and over two decades of expertise in gemstones and design, will provide expert guidance throughout this creative journey. Craft a unique summer accessory that you'll cherish for years to come!

F	3-5p	6/14	GW	Speck	Cost: \$29	Refund: 6/12
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BEAD TRADE BONANZA



Join us for a unique class experience featuring a vibrant bead swap, allowing you to exchange beads from your collection that may no longer suit your style. Receive creative guidance to reimagine these beads into captivating new jewelry pieces. Please note that supplies are not included in the class fee but can be conveniently purchased in-store.

F	3-5p	7/12	GW	Speck	Cost: \$29	Refund: 7/10
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MIXED MEDIA

CONTEMPORARY COLLAGE: PAINTING WITH PAPER AND GLUE



This course offers a comprehensive exploration of analogue collage artistry. It caters to individuals of all proficiency levels, from novices to seasoned artists. Participants will delve into diverse collage layering methodologies, including image transfer, monotype, paper painting, and integration of fabrics. Emphasizing creativity and experimentation, the class provides a supportive environment for inspiration and hands-on engagement. All necessary materials will be supplied, ensuring accessibility for everyone interested in exploring this expressive medium.

Tu&Th	5:30-8:30p	5/21-5/30	GW	Bell	Cost: \$159	Refund: 5/17
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MIXED MEDIA SCULPTURE: SMALL, POWERFUL CONSTRUCTIONS



Join us in an immersive exploration of three-dimensional artistry, where we will embark on a journey through user-friendly and environmentally conscious sculptural techniques. Our focus will revolve around the utilization of salvaged and recycled materials as a means of inspiration and construction. Whether you're accustomed to working in the realm of 2-D art forms such as painting, drawing, or printmaking, this class offers a dynamic opportunity to venture into the realm of 3-D expression. Throughout our sessions, we'll delve into the art of assemblage, experiment with papier mache and paper clay, and explore a variety of weaving and attachment methods. Regardless of your skill level, whether you're a seasoned artist or just beginning your creative journey, this class promises a supportive and engaging environment where experimentation thrives. Come join us and unlock your potential in this exciting fusion of art forms!

Sa	9a-5p	6/15	GW	Bell	Cost: \$79	Refund: 6/13
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WOODWORKING

INTERMEDIATE WOODWORKING: LAPTOP DESK OR SERVING TRAY

In this intermediate woodworking class, build upon your foundational skills in measuring, milling, and cutting by incorporating advanced techniques such as Domino joinery and dados. While some prior woodworking experience is preferred, it's not required. By the course's conclusion, you'll gain a deeper appreciation for wood as a versatile material and develop proficiency in using tools safely and effectively. Choose between crafting a laptop desk or a serving tray to take home as tangible evidence of your progress.

M	6-9p	7/1-7/22	GW	Jensson	Cost: \$109	Refund: 6/28
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## The Utah Photo Field Trip

**Course** is a unique opportunity to capture the natural beauty of our neighboring state. This trip leads you into some of the most photo-inspiring terrain of Goblin Valley and Horseshoe Canyon. Photo Professor Derek Johnston and Staffer Seth Andersen of the Isaacson School at Colorado Mountain College help you hone your skills in landscape photography with access to the latest in camera technology, available for rental through the Isaacson School.

*photo: © Derek Johnston, pictured in foreground, with students from the 2023 field course.*

## CREDIT CLASSES IN PHOTOGRAPHY

**Community members are welcome to register in credit classes.** *These classes have specific registration requirements and associated costs. Complete course information for individual courses is easily searchable at [coloradomtn.edu/classes](https://coloradomtn.edu/classes).*

### UTAH PHOTOGRAPHY FIELD TRIP COURSE (3 CR)

**ART-2078-SV01** Pre-trip course meeting: 5/10, 10a-3p, SV; Field trip: 5/13-5/17; post-trip course meetings: 5/20-5/21, 10a-4p, SV.

*This field course takes place in the Goblin Valley and Horseshoe Canyon areas of Utah. Course includes one day for planning and gear prep, five days and four nights in the field, and two post-production days at Spring Valley.*

**Janette Adrian** is excited to be teaching sewing at CMC after spending the last few years teaching high school science. She says, "I love science, engineering, and creativity and continue my journey inhabiting and connecting through both sides of the brain. I have experience sewing adornments for a boutique, creating inventory for a summer market, producing drapery and a smidge of upholstery, and diverse fiber arts and garment making as a hobby."



photo: Ben Suddendorf

## SEWING, NEEDLE AND FABRIC ARTS CLASSES

### KNIT STITCHIN' TIME



Join us to explore the art of knitting, whether you're a beginner seeking guidance, looking to refresh your skills, or aiming to take your practice to the next level. This course caters to all skill levels, offering flexibility to accommodate both new and advanced knitters. In the first week, feel free to bring any materials you already have, or wait until class to purchase supplies, allowing me to provide personalized guidance on what to look for. Limited supplies will be available for borrowing or purchase to ensure everyone can participate fully.

M 5:30-8:30p 7/8-7/29 GW Adrian Cost: \$109 Refund: 7/5

### SEWING BASICS & MENDING



Let's examine the clothing pieces you cherish, the ones that don't quite fit, and those in need of repair. In this course, we'll infuse principles of sustainable fashion while honing practical skills such as hemming, patching, button sewing, and visible mending. This class serves as a foundation in sewing skills, allowing you to tailor your experience based on your preferences. We'll engage in mini projects that equip you with versatile skills applicable to future needs, and you're welcome to bring items from your own wardrobe to work on. Whether you prefer using a sewing machine or working by hand, this course accommodates both options. Each week, we'll present a selection of supplies to suit different preferences and projects.

M 9a-12p 6/3-7/8 GW Adrian Cost: \$159 Refund: 5/31

**IT WOULD BE A SHAME FOR YOU TO MISS OUT!**

### If you see something you like, sign up today!

Popular classes fill up fast, so sign up early to ensure a seat in the class.

We decide to hold classes based on enrollment, and sometimes students wait too long to register. Be sure to sign up **at a minimum of** two business days prior to the start date.

Not all classes are offered every semester – seize the moment and sign up in case it isn't offered next time!

Payments for cancelled classes are refunded promptly. If your plans change, you may also drop a class before the published refund date of the class for a full refund.

# COMPUTER

Quickbooks classes take place in a PC computer lab equipped with Windows operating systems.

## QUICKBOOKS PRO I (WINDOWS)

Acquire a foundational grasp of QuickBooks Pro software in our introductory-level course. Delve into essential topics such as data entry, invoice creation, check writing, and utilization of accounts payable and accounts receivable functionalities.

Prerequisite: Basic computer skills.

W	9a-4p	6/5	GW	Baker	Cost: \$79	Refund: 6/3
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## QUICKBOOKS PRO II (WINDOWS)

Enhance your proficiency in QuickBooks Pro software with our intermediate-level course. Explore advanced topics such as managing bank accounts, analyzing financial data, utilizing estimates, and implementing progress invoicing techniques.

Prerequisites: Basic computer skills and completion of QuickBooks I or instructor approval.

W	9a-4p	6/12	GW	Baker	Cost: \$79	Refund: 6/10
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## QUICKBOOKS PRO III (WINDOWS)

Dive into the advanced capabilities of QuickBooks Pro software in our course designed to expand your skills. Delve into topics such as comprehensive sales tax management, payroll processing, and handling payroll taxes.

Prerequisites: Basic computer skills and completion of QuickBooks II or instructor approval.

W	9a-4p	6/19	GW	Baker	Cost: \$79	Refund: 6/17
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## AI (ARTIFICIAL INTELLIGENCE) FOR CREATIVES

Embark on a journey into the fascinating realm of Creative AI! This class invites students from all backgrounds to discover the magic of AI-powered image generation, content writing, and text-to-speech technologies. Through engaging activities and supportive guidance, participants will unlock their creativity, learning how to weave captivating visuals, compelling stories, and lifelike speech using the latest free AI tools. No prior technical knowledge is necessary – just bring your curiosity and imagination!

Th	6-7:30p	7/11-8/8	GW	Austin-Martin	Cost: \$89	Refund: 7/8
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# COOKING



## AUTHENTIC MEXICAN FOOD

Discover the art of crafting genuine Mexican cuisine with the expert guidance of our very own local Yanina Hahn. Delight your taste buds as you learn to create traditional dishes firsthand. Following the class, savor the delectable treats crafted during the session for a memorable dinner experience. Don't forget to bring two small containers to take home some small samples of your mouthwatering creations.

Tu	6-8p	7/9-7/30	GW
	Hahn	Cost: \$99	Refund: 7/5

**Yanina Hahn** offers a new class in Authentic Mexican Food this summer, infusing culture with her unique creative touch.



Photo: CJ Clarkson





**Community Education cooking classes** get you rolling up your sleeves and firing up your inspiration for new and healthy ways to prepare food.

Photo: CJ Clarkson

**THE LEGENDARY WINES OF PIEDMONT, ITALY**  
– INCLUDING BARBARESCO AND BAROLO



Kevin Brady, Owner of Cooper Wine & Spirits, continues his wine education series exploring the many wines of the Piedmonte Region. Kevin brings 35+ years of experience in the wine and spirits industry to the classroom in a casual, interactive format of tasting, learning, and sharing. All materials included. Please note that course fees become nonrefundable after August 1st. Attendees must be 21 or older and bring valid ID to participate.

Th	6-8p	8/8	GW	Brady	Cost: \$69	Refund: 8/1
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Shannon Bison, a board-certified integrative wellness coach and the visionary behind Nourished by Nature Wellness Practice, introduces two new courses this summer. The first is a class designed to equip individuals with new recipes suitable for diabetics. The second shows you how to gather your farmer's market bounty to create a delicious farm-to-table spread.

**COOKING WITH CONFIDENCE: FLAVORFUL DISHES FOR**  
**DIABETES MANAGEMENT**



Embark on a delightful summer culinary adventure with our Diabetes-Friendly Cooking Class! Explore mouthwatering recipes carefully crafted to maintain stable blood sugar levels while relishing the vibrant flavors of the season. From savory grilled dishes to refreshing chilled treats, uncover the secrets to enjoying the essence of summer without sacrificing your health. Prepare to unleash your culinary skills and savor each guilt-free bite!

Th	6-8p	6/6-6/13	GW	Bison	Cost: \$59	Refund: 6/4
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**SUMMER HARVEST: FARM-TO-TABLE COOKING**



Discover the essence of summer in our farm-to-table cooking class! Delve into seasonal recipes crafted from locally-sourced ingredients fresh from the farmers market. Together, we'll prepare an appetizer, main dish, and dessert, culminating in a shared meal with newfound friends.

Th	6-8:30p	6/20	GW	Bison	Cost: \$39	Refund: 6/18
Th	6-8:30p	7/18	GW	Bison	Cost: \$39	Refund: 7/16

## ESL

### LEARN ENGLISH HERE **APRENDA INGLÉS AQUÍ**

Classes Start May 20 *Las clases comienzan el 20 de mayo*

Classes End July 1 *Las clases terminan el 1 de julio*

Classes meet in-person *Las clases son en persona -*

- Mondays & Wednesdays *los lunes y miércoles*  
6:30-8:50 p.m.

Levels *Niveles -*

- Beginning *Comienzo* (\$55)
- Intermediate *Intermedio* (\$55)
- Advanced *Avanzado* (\$55)

Questions? *¿Preguntas?* Call *Llame a* 970-947-8469.



*Photo: CJ Clarkson*

### **Edgar Chavarria** CMC ESL INSTRUCTOR

"I love working for CMC. I get to know students from different countries and backgrounds. Nice people who want to improve their lives through education. At CMC you find bachelor's degree to noncredit classes. This is the right place to get the classes you are interested in."

*"Me encanta trabajar para CMC. Llego a conocer estudiantes de diferentes países y orígenes. Gente agradable que quiere mejorar su vida a través de la educación. En CMC encuentras desde una licenciatura hasta clases sin créditos. Este es el lugar adecuado para obtener las clases que te interesan."*

# HSE/GED

Classes Start May 21 *Las clases comienzan el 21 de mayo*

Classes End August 8 *Las clases terminan el 8 de agosto*

Online classes meet *Las clases en línea son -*

- Tuesdays & Thursdays *los martes y jueves* 6:30–8:50 p.m.
- Cost *Costo* Class is free, and students pay \$50 testing fee.  
*La clase es gratuita y los estudiantes pagan una tarifa de prueba de \$50.*

Questions? *¿Preguntas?* Call *Llame a* 970–947–8469.



## EL TESORO DE LA EDUCACIÓN



Únase a nosotros para una noche de inspiración con las historias de tres líderes locales que han tenido experiencias educativas muy diferentes.

**Viernes, 14 de junio / 6–9 pm / CMC Centro Glenwood 1402 Blake Ave.**

Esta es una gran oportunidad para conocer y establecer contactos con líderes locales y miembros de la comunidad.

Evento gratuito abierto al público y organizado únicamente en español.



**Brisa Morales** Estudiante de medio tiempo y madre soltera de tiempo completo. / **Alan Muñoz** Más allá de un sonador. La historia de un estudiante de DACA y su impacto comunitario a través de su abogacía. / **Iliana Rentería** ¿Comenzar de cero? En México termino su carrera en psicología, y al llegar a este país comenzó como todos nosotros, de cero, a crear un nombre y una marca.

# GENEALOGY

## GENEALOGY: GETTING STARTED

Embark on your family history exploration with our introductory class series. Over the course of two evenings, esteemed local genealogist David Use will guide you through building your initial family tree and initiating research using Ancestry and FamilySearch platforms. To fully participate in class exercises and demonstrations, students are required to bring a laptop or tablet.

W

6-8p

6/5-6/12

GW

Use

Cost: \$49

Refund: 6/3



**Candy Laven** had some burning questions about her ancestors. She enrolled in the Getting Started class with David Use. She says, "I had searched for information for years with no success until David directed me to new resources that weren't obvious to me.

"For years, my family wondered if my mother's step-sister might have been a half-sister instead because of a strong resemblance. In David's class, we examined the DNA markers which confirmed she indeed was a step-sister.

"I had always heard my second great grandfather, stationed in Turkey with the English military, died of the Bubonic Plague, along with his wife, on a ship. It was rumored their two children were separated, and one was raised in an orphanage. In searching court records in David's class, we found that both parents actually died in Constantinople days apart. Census records revealed their children were sent together to live with their aunt in Liverpool."

*pictured in the photo album, left: Candy's grandmother, one of the children orphaned in Constantinople. Photo by CJ Clarkson.*



This summer, join David Use for a host of new workshops that will help you dig deeper into your family history research.

Students are encouraged to bring a laptop or tablet to engage in class exercises and follow demonstrations seamlessly. Whether you prefer in-person attendance or remote participation, our classes are live streamed, offering flexibility to join from anywhere.

**GENEALOGY: DIG DEEP INTO CENSUS RECORDS**



Join us for an insightful exploration of census records, a cornerstone in family history research. This session will delve into the history, invaluable tips, tricks, essential resources, and potential pitfalls associated with utilizing census records, with a focus on those conducted in the United States. Ever been stumped by pre-1850 U.S. censuses with their enigmatic tally marks? Fear not! David will unveil straightforward techniques to extract crucial evidence hidden within these markings.

Sa 10a-12p 6/1 GW Use  
Cost: \$25 Refund: 5/30

**GENEALOGY: TRACKING ANCESTORS WITH IMMIGRATION RECORDS**



Join us for an informative session focusing on vital records that document your ancestors' entry into the United States. Explore ship manifests, passenger arrival records, border crossing records, and naturalization records, gaining insights into why your U.S.-born ancestor might have pursued naturalization. If you're struggling to locate a passenger record for your ancestor, discover effective strategies to uncover their arrival date nonetheless.

Sa 1-3p 6/1 GW Use  
Cost: \$25 Refund: 5/30

Genealogy Package Deal - register for both workshops on 6/1 for \$39, a savings of \$11.

**GENEALOGY: USING NEWSPAPER TO INVESTIGATE YOUR ANCESTORS**



Explore the rich tapestry of our ancestors' lives through the lens of historical newspapers. You'll get equipped with valuable resources and techniques to uncover the fascinating stories of your ancestors. Discover how newspapers chronicle significant milestones such as births, marriages, deaths, as well as their social engagements, religious affiliations, accolades, and even occasional brushes with the law.

Th 10a-12p 6/6 GW Use  
Cost: \$25 Refund: 6/4

**GENEALOGY: RESEARCHING MORE EFFECTIVELY**



Join us for an insightful class aimed at improving your genealogical research outcomes, especially for those elusive ancestors. This session will introduce you to innovative tools and techniques designed to streamline your online family history research process, saving you valuable time.

Sa 10a-12p 6/8 GW Use  
Cost: \$25 Refund: 6/6

**GENEALOGY: USING MY ANCESTRY DNA RESULTS**



If you've undergone an Ancestry DNA test and are eager to leverage the results, join us for an enlightening session where you'll gain invaluable insights into interpreting your ethnicity report and learn effective strategies for utilizing cousin matches to uncover meaningful family connections.

Sa 1-3p 6/8 GW Use  
Cost: \$25 Refund: 6/6

Genealogy Package Deal - register for both workshops on 6/8 for \$39, a savings of \$11.

**GENEALOGY: STRATEGIES FOR BREAKING BRICK WALLS**



Encountering brick walls in your family history research? Instructor David Use devotes this session to overcoming these challenges. In the first half, he'll share effective strategies to dismantle those barriers and pave the way for further exploration. Each student will receive personalized guidance on addressing one of their research brick walls. During the second half, a selection of students' cases will be examined and worked on collectively. Please note that discussion of living individuals is strictly prohibited.

Th 6-8p 6/13 GW Use  
Cost: \$25 Refund: 6/11

## Get the story of the rocks

Veteran geologist Garry Zabel will again offer his popular local geology field trips where you can explore our one-of-a-kind backyard marvels, such as the gneiss and schist pictured here, the oldest of the rocks in Glenwood Canyon.

Register for one of the pre-trip lecture classes and choose a field trip (or two or three) that dives deeper into a specific local regions.

photo: Steve Vanderleest



## GEOLOGY

### GEOLOGY OF COLORADO, ROARING FORK & CRYSTAL VALLEYS (LECTURE CLASS)

Review the geology of the Colorado River corridor from Glenwood Canyon to South Canyon, the Roaring Fork Valley from Glenwood to Independence Pass, and the Crystal Valley from Carbondale to Marble. Local Geology legend Garry Zabel will share his wealth of knowledge and enthusiasm about our local geology. This lecture class is required to attend any of the Geology Field Trips offered on 6/22, 7/13 and 7/27 (see below). Students may take just this lecture without the Field Trip.

Tu	6-9p	6/18	GW	Zabel	Cost: \$29	Refund: 6/14
Th	6-9p	6/20	CB	Zabel	Cost: \$29	Refund: 6/18

*\*Prerequisite: Attendance at one of two lectures offered in Glenwood on 6/18, or Carbondale on 6/20 is required to join a field trip (see above). Bring lunch and come prepared for short hikes with water, snacks, sunscreen, and appropriate clothing and shoes. Class size is limited due to van capacity, so sign up for the lecture and field trip early to reserve your spot!*

### GEOLOGY FIELD TRIP: GLENWOOD CANYON TO RIFLE\*

Explore the geology of the Glenwood Canyon in this field trip where students will be able to touch some of the oldest rocks of Colorado, find the 13+ Glenwood hot springs, see the No Name Fault and a graben, learn to read a geologic map, and stop at the Hanging Lake walking/biking path to see more types of ancient rocks, and view the Great Unconformity. Meet at the Glenwood Center and embark in a van from there.

Sa	8a-5p	6/22	GW	Zabel	Cost: \$139	Refund: 6/20
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### GEOLOGY FIELD TRIP: CARBONDALE TO CRYSTAL VALLEY\*

Explore the geology of the lower Roaring Fork Valley from Glenwood to Carbondale and up the Crystal River to Marble and McClure Pass. Meet at the Glenwood Center and embark in a van from there.

Sa	8a-5p	7/13	GW	Zabel	Cost: \$139	Refund: 7/10
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### GEOLOGY FIELD TRIP: CARBONDALE TO ROARING FORK VALLEY\*

Explore the geology of the Roaring Fork Valley from Carbondale to Aspen and Independence Pass. Meet at the Glenwood Center and embark in a van from there.

Sa	8a-5p	7/27	GW	Zabel	Cost: \$139	Refund: 7/24
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# HEALTH & WELLNESS CLASSES

The two workshops below are taught by veteran CMC continuing education instructor Donna Lee Humble who is an author, wellness practitioner, and spiritual teacher.



## RECLAIMING YOU: A JOURNEY TO AUTHENTIC SELF-DISCOVERY

This workshop is tailored for women who have lost themselves in the cycle of serving others. Reconnect with your true self and learn how to prioritize your desires amidst others' needs. Explore your passion and purpose while inspiring those around you with your authenticity. Through a journey of self-discovery, you'll identify and change habits impacting your energy, health, and happiness, while uncovering the four pillars of holistic health and the power of prevention. Leave equipped with simple tools to elevate your energy, uplift your spirit, and embrace a brighter, more authentic version of yourself.

F 6-8p 6/14-6/21 GW Humble Cost: \$39 Refund: 6/12

## CREATING SPACE FOR HEIGHTENED SENSITIVITY



Are you deeply affected by your emotions? Do you often feel drained and overwhelmed, leading to isolation? This class is designed for those ready to embrace their sensitivity as a gift and thrive because of it. Explore somatic awareness, enjoyable movement, meditation, and life balance activities. These practices will help you uncover patterns and connections between your thoughts, bodily sensations, and emotional responses. By gaining this understanding, you'll overcome over reactive behaviors, overwhelming emotions, and negative thinking patterns. Wear comfortable attire for this transformative journey.

W 6-8p 7/31-8/7 GW Humble Cost: \$39 Refund: 7/29

## CREDIT CLASSES IN HEALTH & WELLNESS

Community members are welcome to register in credit classes. These classes have specific registration requirements and associated costs. Complete course information for individual courses is easily searchable at [coloradomtn.edu/classes](https://coloradomtn.edu/classes).

### CPR FOR PROFESSIONALS-AMERICAN HEART ASSOCIATION (.5 CR)

HPR-1011-GW01 Sa, 8a-5p, 6/22, GW

This course provides American Heart Association Basic Life Support instruction for those who are in the health field or who intend to work in the health field.



# KIDS' CLASSES



**Register now for CMC's Summer Arts Camps for Kids!** This summer, we'll explore art, dance, drama, music, movement, and—new this year—the art of cooking. Students will embrace imagination, ideas, dreams, and wishes through a world of artistic expression.

Two-week camp, Monday–Friday:

## JUNE 17–28

**PURE IMAGINATION: DREAMS**

ART | MUSIC & MOVEMENT

COOKING | DANCE

► **AGES 3.5 – 7**

**TIME:** 9:30a–noon  
(bring a snack  
& water bottle)

**COST:** \$260\* **REFUND:** 6/14

► **AGES 6 – 14**

**TIME:** 9:30a–4p  
(bring a snack,  
lunch & water)

**COST:** \$520\* **REFUND:** 6/14

One-week camp, Monday–Friday:

## JULY 8–12

**PURE IMAGINATION: IDEAS**

MUSIC | ART | DANCE

MUSIC & MOVEMENT

► **AGES 3.5 – 7**

**TIME:** 9:30a–noon  
(bring a snack  
& water bottle)

**COST:** \$135\* **REFUND:** 7/5

► **AGES 6 – 14**

**TIME:** 9:30a–4p  
(bring a snack,  
lunch & water)

**COST:** \$280\* **REFUND:** 7/5

\*Fee includes ALL art supplies





photo: Ben Suddendorf

Our instructors have prepared a variety of fun and educational activities that will allow each child to express themselves while making new friends and staying active.

Two-week camp, Monday-Friday:

# JULY 15-26

**PURE IMAGINATION: WISHES**

ART | DANCE

COOKING | DRAMA

► **AGES 3.5 - 7**

**TIME:** 9:30a-noon  
(bring a snack  
& water bottle)

**COST:** \$260\* **REFUND:** 7/12

► **AGES 6 - 14**

**TIME:** 9:30a-4p  
(bring a snack,  
lunch & water)

**COST:** \$520\* **REFUND:** 7/12

Age groups will be divided into two levels, and the camps are designed so that older, more experienced students will have more advanced options and opportunities. Please contact our staff if your child would like to participate and requires accommodations due to a qualifying disability.

Scholarships are available through the Glenwood Springs Arts Council, visit [GlenwoodArts.org](http://GlenwoodArts.org) to apply!

Register in person at any CMC location or online with the QR code below. Please use the child's name and birthdate when registering, not the parent's. A liability release signed by a parent is required for all minors.



## KIDS' CLASSES CONTINUED



### SEW MUCH FUN! ONE-DAY WORKSHOPS (FOR AGES 6 – 11)

This class offers a fantastic opportunity for children and adults alike to bond while learning the art of sewing. Children must be accompanied by an adult. Participants will develop essential sewing skills, machine features, safety protocols, and measuring techniques. Through hands-on instruction, they'll gain insight into pattern assembly and construction, creating a themed project shown for each workshop below. At the end of class, each participant will take home their project, having gained a great sense of accomplishment and joy! All supplies and equipment are provided, and students are welcome to bring their own sewing machines. Don't miss out on this memorable and meaningful experience! Register for either our June package or July package, two workshops each, for a discount of \$10.

#### Summer Backpack – Colorful Applique Designs

F	9a-12p	6/7	GW	Sulahian	Cost: \$45	Refund: 6/5
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#### Father's Day – BBQ Apron and Chef's Hat

F	9a-12p	6/14	GW	Sulahian	Cost: \$45	Refund: 6/12
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#### Beach Towel Pool Pants

F	9a-12p	7/12	GW	Sulahian	Cost: \$45	Refund: 7/10
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#### Pillow – Abstract Quilt Piecing Techniques

F	9a-12p	7/19	GW	Sulahian	Cost: \$45	Refund: 7/17
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#### June Package Deal GET THE TWO JUNE WORKSHOPS FOR A \$10 SAVINGS

F	9a-12p	6/7 & 6/14	GW	Sulahian	Cost: \$80	Refund: 6/5
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#### July Package Deal GET THE TWO JULY WORKSHOPS FOR A \$10 SAVINGS

F	9-12p	7/12 & 7/19	GW	Sulahian	Cost: \$80	Refund: 7/10
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### 3D PRINTING FOR HANDS-ON STEM (FOR AGES 7 – 12)

Join our 3D Printing for Hands-On STEM class and embark on an exciting journey into the world of 3D printing! From crafting model rockets to designing CO2 race cars and electric motors, young students will unleash their creativity while learning valuable skills through hands-on projects using TinkerCAD and 3D Printing. Please note this class meets at the CMC Glenwood Center.

W	3-4:30p	7/10-8/7	GW	Austin-Martin	Cost: \$89	Refund: 7/8
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### BREAKING INTO THEATRE II: TO THE STAGE (FOR AGES 10 – 15)

Join our dynamic theater class tailored for students aged 10 to 15, perfect for those already familiar with the stage (even if they haven't taken our Breaking into Theatre class). Led by instructor Travis Wilson, a CMC graduate with degrees in Theatre and Sustainable Studies, this class offers an opportunity for young actors to showcase their talents. Participants will collaborate, produce, and rehearse an 8–10 minute skit, culminating in a performance for family and friends on the final day, Friday, 8/2. Don't miss out—only two absences allowed to participate. All skill levels are welcome! Class will not meet on 7/5.

F	4:30-6p	6/7-8/2	GW	Wilson	Cost: \$119	Refund: 6/5
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## PERFORMING ARTS (FOR ADULTS)

### IMPROV WITH BRAD MOORE

The first rule of improv is "yes, and." Did you ever have so much fun you forgot you were learning? Yes, and... developing trust, teamwork, and communication skills. Really? Yes, and... improving abilities in storytelling and listening. Honestly? Yes, and... learning to be more spontaneous. All this in a fun and creative setting. Brad Moore first taught for CMC in Aspen in 1983 and was named the Collegewide Adjunct Faculty of the Year college in 2017. Currently he is the Theatre Operations Manager and the Producing Artistic Director of CMC's Sopris Theatre Company.

Th	6-8p	7/11-8/1	GW	Moore	Cost: \$79	Refund: 7/9
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# TAKE CREDIT FOR YOUR SUMMER!



**Brooklyn Vargas** was home for summer break in 2020 after her first year at the Colorado School of Mines. During that summer, she enrolled in three classes at CMC – micro and macro economics and differential equations. All the credits transferred to her degree program at the School of Mines.

She says, “I found tremendous benefit in taking CMC courses in the summer because it allowed me to lessen my course load during the school year at Mines, save money, and stay productive.”

Brooklyn further adds, “I didn’t realize this at the time, but taking the summer classes had an enormously positive impact on my college experience. By getting a few classes out of the way over the summer, I was able to take a few extra classes during the school year to obtain a minor in biomechanical engineering.

“Throughout my time at Mines, I was very involved in undergraduate research. I conducted research in the Functional Biomechanics Laboratory at Mines for two years. I know I would not have been as involved in research while also getting a minor in Biomechanics had I not taken summer classes at CMC.

“I’d also like to note that conducting the research that I did in undergrad is what got me to where I am at right now – conducting research in the Orthopaedics Laboratory at the University of Utah in pursuit of a Ph.D. Taking summer classes at CMC was a vital steppingstone to getting to where I am today.”

## Get ahead and earn credit for your degree this summer!

Need English Comp? College Algebra? We’ve got it. Summer is a great time to earn college credit. No matter where you are attending college, you may be able to apply a CMC class toward your degree. CMC offers a number of Guaranteed State Transfer Courses in Colorado, as well as many others that are likely to transfer depending on your specific degree program. Classes in fields like business, economics, science, psychology and many more.



## SEARCH ALL CREDIT CLASSES

Browse all classes at [coloradomtn.edu/classes](https://coloradomtn.edu/classes). Classes are offered in a variety of formats from in-person to online or combinations of both. Always double check with your academic advisor to make sure the credit applies to your degree.

## OUTDOOR CLASSES

### BIRDING FOR BEGINNERS

Embark on an introductory journey into the world of birding with us! This comprehensive class covers bird finding, identification techniques, essential equipment, birding ethics, bird ecology, threats to avian health, and the vital role of birds in our environment. Conducted in the field, expect some light hiking across diverse terrain. Perfect for novice birders, no prior experience is needed. Remember to bring water, sun protection, suitable attire, and binoculars to enhance your birding experience.

Sa

7a-3p

6/15

GW

Weiss & Fuller

Cost: \$79

Refund: 6/13

## CREDIT CLASSES IN OUTDOOR EDUCATION

**Community members are welcome to register in credit classes.** These classes have specific registration requirements and associated costs. Complete course information for individual courses is easily searchable at [coloradomtn.edu/classes](http://coloradomtn.edu/classes).

### TOP ROPE CLIMBING (1 CR + \$112.78)

**OUT-1500-SV01** Classroom session: W, 6-7:50p, 7/17; Field days: F-Sun, 8a-5p, 7/19-7/21

Top Rope Climbing is the first, introductory course of a four-class series that includes Sport Climbing (OUT-1505), Rock Climbing II (OUT-2510) and Climbing Self-Rescue (OUT-1580). Topics include the climbing basics of knot tying, anchors, belaying, rappelling, and climbing movement. Field days will take place at a world class climbing crag near the Roaring Fork Valley – either Unaweep Canyon or Independence Pass.



### Joseph Gamble

(pictured) enrolled in the Top Rope Climbing course. He says, "My climbing course at CMC provided a supportive framework to learn all aspects of safe ascent. Their instructors are highly skilled guides who not only equipped me with essential skills but fostered a positive environment that boosted my confidence with rope work, anchor building and wilderness leadership. It's more than just a class; it's a transformative adventure where you discover your inner strength and conquer new heights, both physically and mentally."





photo: Mark Fuller

Do you have all your ducks in a row?

Lisa Runck, a Roaring Fork Valley bird enthusiast, took CMC’s Birding for Beginners class to expand her knowledge. She explains, “I was surprised to learn that the shadows of what I thought were simply ducks were actually three different types of ducks – Northern Shoveler (pictured above), Gadwall, and Mallard – all with distinctive features if you stopped to take a closer look.” She continues, “I learned how to be still in nature, so that we could see the birds, hear their songs, and observe their behavior. Being still in nature is a novel experience for Coloradoans who are used to getting out there and ‘doing nature.’ But in this class, I learned we need to be still and let nature come to us.”

PERSONAL INTEREST

ANIMAL CARE

PETS & INTEGRATIVE HEALTH CARE

Are you curious about the potential benefits of nutritional supplements, herbs, acupuncture, or homeopathic remedies for your pet? Local veterinarian Dr. Ron Carsten offers insights into these alternative healing methods and more. You’ll explore fundamental information about these approaches and their application through real-life pet scenarios, demonstrating their integration with traditional therapies. While the course welcomes questions, please note that it does not offer medical advice.

W	6-8p	5/22-5/29	GW	Carsten	Cost: \$49	Refund: 5/20
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SPEAKING & WRITING

PRESENTING WITH CONFIDENCE



What’s holding you back from presenting with confidence? This interactive program will help you tackle the fear of public speaking and celebrate your style of presenting in a fun and light atmosphere for learning. You’ll discover and practice integrating the 15 key ingredients of a presentation and put those skills in your toolbox for any situation, be it a formal work presentation or the first impression you create with another individual through conversation. Please bring a laptop.

Th	6-7:30p	6/13-6/27	GW	Ewalt	Cost: \$49	Refund: 6/11
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CREATIVE WRITING: SHARPEN YOUR WRITING SKILLS

This course will tackle topics such as how to make your writing interesting, strong, clear, and effective; how to “hook” your reader in that first paragraph; and how to make your reader laugh and cry, pause, reflect, and continue reading your words. Class will begin with poetry, the essence of captured emotion, and discuss the key elements of essays, memoir and nonfiction. The third class will look at what makes a story (fiction or nonfiction) engaging, meaningful and memorable. Each class will include experiencing “free writing,” revising, and critiquing. Students can share their work, but always with thoughtful positive comments.

Th	6-9p	7/25-8/8	GW	Flood	Cost: \$89	Refund: 7/23
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# PHYSICAL ACTIVITIES

## INTERMEDIATE BALLET

*Intermediate ballet is about learning and practicing a traditional art form in a fun and relaxed setting with great music and an engaging atmosphere. Students will learn basic and more advanced movements, get a great workout, gain strength and flexibility, and develop some musicality in the process. A sense of humor and adventure is helpful. Wear yoga clothes and socks or leotards and tights and bring a water bottle. Prior dance experience is strongly encouraged, but not required. Class will not meet on 5/27.*

M

5:30-7p

5/20-8/5

GW

Peterson

Cost: \$155

Refund: 5/17



## BE THE FIRST TO KNOW!

Popular classes fill up fast. Subscribe to our email list and you'll be the first to know about community education classes and when to sign up. **Send an email to: [CMCGW@coloradomtn.edu](mailto:CMCGW@coloradomtn.edu) with a subject line of SUBSCRIBE.**

## PROGRAM SPOTLIGHT: SUSTAINABILITY STUDIES

Studying sustainability at Colorado Mountain College offers you the tools to become a leader in the societal transformation towards environmental responsibility and social justice.

In this program, you'll use systems thinking to develop policies and behaviors that are ecologically restorative, socially just, and economically prosperous. Through hands-on practice, you gain a deep understanding of the complex relationships between humans and the environment, and how to turn that knowledge into a career with a positive impact.

Protecting the environment has become an important goal for many organizations, evidenced by the growing number of new roles or responsibilities devoted to sustainability practices. Graduates of the sustainability studies program have launched careers in a variety of fields including:

- Climate change adaptation and mitigation
- Renewable energy transition
- Regenerative food systems
- Water stewardship
- Public lands management
- Community organizing and activism
- Environmental justice
- Environmental education
- Science communication
- Sustainability consulting
- Circular economy entrepreneurship

Programs available at CMC include:

- ▶ Bachelor of Arts in Sustainability Studies
- ▶ Sustainability Leadership Certificate
- ▶ Permaculture Design Certificate



LEARN MORE



## SEARCH ALL CMC DEGREES & CERTIFICATES:

[www.coloradomtn.edu/programs](http://www.coloradomtn.edu/programs)

**BOUNCE INTO SHAPE WITH HEATHER BELL**

*Bounce is an invigorating interval cardio class suitable for everyone, designed to elevate energy levels using small trampolines. It's an ideal method to boost core strength, enhance balance, refine posture, fortify muscles, and refine coordination while ensuring joint safety from potential injuries. Instructor Heather Bell has over 30 years of experience in teaching fitness and begins class with stretching and warming up your muscles for about 30 minutes on the trampolines and wraps up with cool down and some more stretching. Join Bounce to shed pounds and tone your body while having a blast! The weight capacity for trampolines is 225 pounds. Please register early as class size is restricted by the number of trampolines we have – the January section was full!*

W 7-8a

6/5-6/26

GW

Bell

Cost: \$49

Refund: 6/3



**Locker rooms and showers** are available in the first floor restrooms at the CMC Glenwood Center to make it convenient for you to secure your belongings and grab a shower on your way home or to work. These facilities are for students enrolled in CMC physical activity classes.

**Andrés Better** completed last year's Permaculture class. He says, "This class is transformative, hands-on and empowering! The instructors really help you tap into your creative spirit. I was able to bring my interest in gourmet mushroom cultivation to add unique value to the Spring Valley greenhouse, and we learned so much about working with the land that I will take with me and apply anywhere."

photo: CJ Clarkson

**CREDIT CLASSES IN SUSTAINABILITY STUDIES**

**Community members are welcome to register in credit classes.** These classes have specific registration requirements and associated costs. Complete course information for individual courses is easily searchable at [coloradomtn.edu/classes](https://coloradomtn.edu/classes).

**PERMACULTURE DESIGN I (3 CR)**

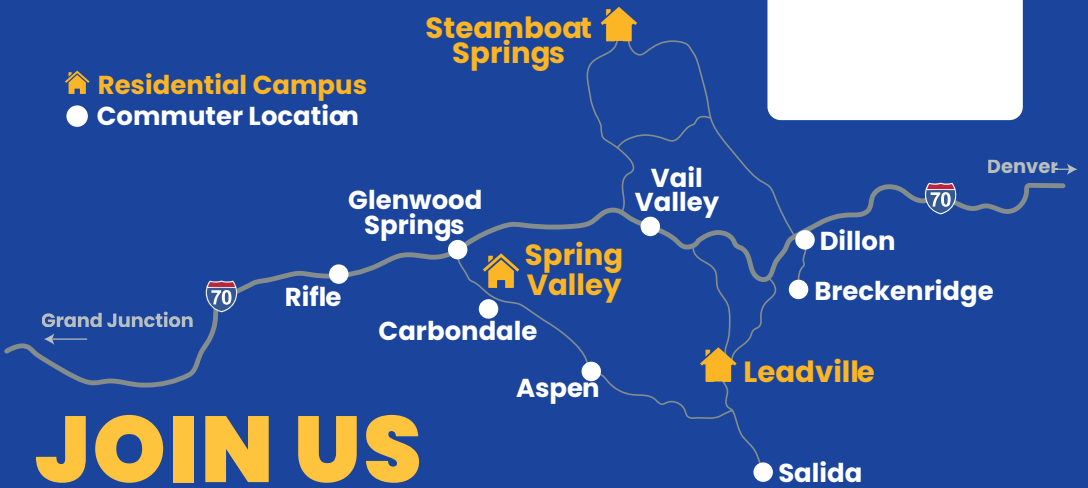
**SUS-3500-SV01** Orientation lesson via Zoom: Th, 5-7p, 6/6

Local field days: SaSu, 8a-5p, 6/8, 9, 15 & 16.

*Permaculture is a sustainable design system for regenerative human environments where people create abundance of food, medicine and community by working with, rather than against, Nature. This class includes an overview of Permaculture principles and lots of hands-on experience observing and interacting with living Permaculture systems. You will also spend time outside of class doing individual study, giving service at a Permaculture site of your choice and completing a knowledge check via Canvas by June 19. Applies to the Permaculture Design Certificate.*



**Heather Bell teaches Bounce.**  
See page 23. *photo: CJ Clarkson*



# JOIN US THIS SUMMER!

**CMC HAS ELEVEN CAMPUSES** throughout its central Colorado district. This class schedule features some of the classes offered in your area, but you have access to hundreds of specialty class offerings throughout the entire district.

**OUR COMMUNITY EDUCATION CLASSES** across the district can all be searched at [Community-Education.Coloradomtn.edu](https://Community-Education.Coloradomtn.edu). We are excited to announce that we will have a NEW REGISTRATION SYSTEM for Community Education classes this coming fall! Look for a more intuitive system to help ease your registration process.

**IF YOU'RE LOOKING FOR CREDIT CLASSES** to apply to your degree, or a new career program to start, you have a multitude of options in our district. Classes are offered in a variety of formats, from in-person to online. Easily search the whole menu, plus find tuition, registration and financial aid information at [ColoradoMtn.edu/classes](https://ColoradoMtn.edu/classes).

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