

*Registration for Winter/Spring 2012 Community Schools Classes Begins January 25th
Call 780-2073 to Register*



NEW CLASSES THIS SPRING:
American Sign Language • Conversational Spanish • Strength Training • Basics of Banking and MUCH MORE!

Community Schools
10014 Crazy Horse Drive
Juneau, Alaska 99801

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Community Schools
Express
Classes and opportunities to connect with your community

Registration for Community Schools Winter Spring Classes Begins January 25, 2012
Call 780-2073 for more information or to register
www.juneauschools.org/district/community-schools

Community Schools Winter/Spring 2012 Classes

The following is a listing of Community Schools Classes. Classes are determined by need and instructor availability.

Registration begins January 25, 2012. Please call our office at 780-2073, e-mail debbie_lowenthal@jsd.k12.ak.us or stop by our offices at Glacier Valley Modular #2 to register.

Physical Activities

NEW Start the Week Strong!

This is a strength training class. We will be using light weights (1-8lbs) to strengthen our arms and ankle weights to strengthen our legs. This class for men and women just starting to use free weights. We will be toning our muscles rather than bulking up.

Melanie is a Health Educator in the Health Promotion office at SEARHC in Juneau. She received her bachelor's degree in Health Promotion from the State University of New York in Cortland, NY and her personal training certificate from the Native American Fitness Council. Melanie has been working to get Juneau more active since April 2011.

Dates: February 6 - April 9 (no class March 19 - 9 classes)
Day: Monday
Time: 6:30 - 7:30pm
Location: Thunder Mountain High School, Purple Commons
Class Fee: \$18.00
Instructor: Melanie McGrath

OR

Dates: February 7- April 10 (no class March 20 - 9 classes)
Day: Tuesday
Time: 6:30 - 7:30pm
Location: Juneau Douglas High School, Room 214
Class Fee: \$18.00
Instructor: Melanie McGrath

Spanish Arts and Flamenco Dancing

A Spanish dance class for children and adults. Learn traditional steps, folklore dances, Spanish movements and possible use of castanets. Open to participants age 8 and up.

Abigail Hoy has six years of experience with the Spanish arts and flamenco dancing. She has been trained by the world renowned flamenco dancer, Maria Benitez. Abigail is 12 years old and enjoys flamenco dancing. She would like to pass on her knowledge to others by teaching them flamenco.

Dates: February 9- April 12 (no class on March 24)
Days: Thursday
Time 6:00-7:00pm
Location: Harborview Elementary School Commons
Class Fee: \$5.00 for entire session
Instructors: April and Abigail Hoy

Fencing

Attack! Parry! Want to learn (Olympic/Collegiate-style) competitive fencing? If you've never fenced and want to learn, or fenced before and want to get back into it, here's your chance. Beginners will cover basic footwork, attacks, and defense. More experienced fencers will improve basic skills, learn compound attacks, and work on strategy. Should be 12 or older. Club equipment available (loaner gear) or students can purchase their own equipment with instructors help. Please wear sweat pants (no jeans) and gym shoes with good traction. Class Facebook Page: Juneau Fencers

Dates: February 8 - April 11 (10 classes)
Day: Wednesday
Time: 6:00-8:00pm
Location: Riverbend Elementary School Gym
Class Fee: \$80.00/students provide fencing equipment
Instructor: Karl Marx (see Armoured Sword Fighting)



Armoured Sword Fighting

This course will provide training and practice for novice through advanced armoured sword fighters in accordance with the rules, customs, and chivalry of the Society for Creative Anachronism (SCA). No experience is required, but loaner equipment must be coordinated with the instructor. Our armour and force is real. Our weapons are rattan clubs. Spectators are welcome. Participants should be at least 18 years of age. For more information please check the following website: Earngyld.org or call Karl Marx at 789-2871 or THEKarlMarx@cs.com. WARNING: some dance lessons may be included!

Karl Marx has been practicing SCA combat since the 1970s and has held titles as reigning SCA champion of Europe and Africa, as well as Alaska. Karl has practiced other forms of sword fighting including Kendo and fencing in which he held National ratings in foil, epee, and sabre.

Dates: February 6- April 9 (10 classes)
Day: Monday
Time 6:00-8:00pm
Location: Riverbend Commons
Class Fee: \$40 .00
Instructor Karl Marx

Judo – The Gentle Way *

Judo, an Olympic sport since 1964, was founded by Professor Jigor Kano in 1882. Judo is the Japanese form of wrestling. A student will be taught techniques such as throwing, falling, and pinning. This class is designed to make the seemingly complicated art of Judo understandable to any participant. Open to participants age 8 and up.

Jay Watts, second degree black belt, will be instructing on Monday and Tuesday, and Marcus Schaugele on Thursday. Marcus Schaufele fourth degree black belt taught 14 years 28 semesters for community schools and 6 years with Jay Watts. Ages 8-12
Dates: January 30, 31 & February 2- April 9, 10 & 12
Days: Monday, Tuesday and Thursday
Time: 6:00-7:00pm
Location: Dzantik'i Heeni Middle School
Class Fee: \$5.00, and a \$45.00 Gi uniform is recommended

Ages 13 and up
Dates: January 30, 31 & February 2- April 9, 10 & 12
Days: Monday, Tuesday and Thursday
Time: 7:00-9:00pm
Location: Dzantik'i Heeni Middle School
Class Fee: \$5.00, and a \$45.00 Gi uniform is recommended

***Please call 780-2073 or email debbie_lowenthal@jsd.k12.ak.us beginning on January 25 to reserve a spot in the class. Payment by check or cash only. Please call or email to hold a spot as the class limit will be 25 students. The class fee for the entire session is \$5.**

Introduction to Quad Roller Skating

Whether this is your first time on roller skates or just a nice opportunity to rediscover your love of roller skating, there are good times to be had by all those attending this course. Open to skaters of all skill levels looking to develop or refine foundation skills while having fun skating together. Sessions will include warm up, stretching, skill development exercises, open skate, and cool down. Special topics can be covered upon request. Contact the instructor for additional information. **Quad roller skates and protective gear required.**

Please join volunteers from Juneau Roller Girls, the local women's flat track roller derby league, as they cover the basics of roller skating skill development. Ask anyone of the skaters from the league and she'll be happy to tell you how much she enjoys skating. Looking forward to seeing you on roller skates soon!

Dates: February 12- April 8 (9 classes)

Day: Sundays

Time 2:00-4:00pm

Location: Marie Drake Gym

Class Fee: \$36.00

Instructors: Julie Sanbei and Juneau Roller Girls

Languages

NEW! American Sign Language (ASL)

This is a beginning sign language class. Students will begin with finger spelling and will build skills by adding new vocabulary signs each week. Students will also become familiar with the deaf and hard of hearing community. The class will use basic communication in ASL and how to help in emergencies. Students will also learn some techniques for adapting signs for those having limited range of motion.

Robin Brenner has been signing for 8 years and loves the language. She began with classes at UAS and then traveled out of state to workshops and conferences. Robin works as an interpreter in town. She has taught ASL in the past and volunteers at agencies to help staff and parents learn how to communicate through signs to clients or family members. Robin is excited to teach with Community Schools again. She loves the language and culture of the deaf and sharing that passion with her students.

Dates: February 28 - April 10 (7 classes - 3/20 class at Harborview Library due to Gold Medal)

Day: Tuesday

Time: 6:00 – 7:30pm

Location: Juneau Douglas High School, Room 216

Class Fee: \$42.00

Instructor: Robin Brenner

NEW! Conversational Spanish

Learn to converse in Spanish! This class focuses on high frequency Spanish vocabulary phrases, taught through actions, personalized questions and short stories. A variety of media sources may be used, including music, videos and internet resources. This class will prepare you to speak Spanish independently and confidently!

Mrs. Ireno currently teaches Spanish at Thunder Mountain High School. She has a MA degree in Curriculum, Instruction and Assessment and a BA degree in Secondary Education. She has twelve years of teaching experience. Her instructional methods center around Teaching Proficiency through Reading and Storytelling (TPRS®), which enables the student to learn the language through a lot of comprehensible input. In her free time, she enjoys spending time with her family, playing computer games, cooking, crafting, and strolling through the Juneau trails.

Dates: February 8 - April 4 (9 classes)

Day: Wednesday

Time 6:00-8:00pm

Location: Thunder Mountain High School, B-216

Class Fee: \$72.00 plus book for \$30.00 (see below)

Instructors: Holly Ireno

Textbook to purchase by student prior to class:

Conversational Spanish I by Bryce Hedstrom for \$30.00

Personal Finance

NEW! Basics of Banking

Learn how easy managing your money can be. Come see how free, interactive online banking tools can take the mystery out of money management. This class will teach participants how to build savings, strengthen credit, and prepare for the future. You'll have fun and leave with the knowledge you need to keep your finances under control.

Dates: February 15

Day: Wednesday

Time: 6:00 – 8:00pm

Location: Thunder Mountain High School, A101

Class Fee: \$4.00

Instructor: Brad Allphin

OR

Dates: March 7

Day: Wednesday

Time: 6:00 – 8:00pm

Location: Harborview Elementary School Library

Class Fee: \$4.00

Instructor: Brad Allphin

Brad currently works as the service manager at Wells Fargo. He has worked at Wells Fargo as a personal banker for five years. He enjoys helping customers achieve financial success.

Self Help

NEW! Breath & Movement

Together, we will rediscover the Breath of Life, riding our individual breaths through each movement, learning how to sustain our consciousness in our breathing throughout our daily engagements. Breathwork, accompanied by music, will be used to guide a combination of basic movements familiar to yoga, martial arts, physical therapy and dance. We will work towards a sustainable balance, integrating a practice of internal focus and external ease. Levels of intensity and pace may range from gentle stretching to athletic training, depending on the needs of participants. Experience not necessary. "Beginner's Mind" a plus. Please bring a water bottle, small blanket, small firm camping foam pad or yoga mat.

Grace Jones is the Director of Music, Nature and Creative Movement Classes and Youth Camps since 2008; yoga assistant and substitute instructor; retired performing artist and volleyball athlete (10 yrs), experienced in physical therapy for back and neck pain; 10 year core training with health experts, educators and performing artists in France and California. Breath & Movement work integrated into individual and semi-private programs since 2002.

Dates: February 8, 15 & 22 (three classes)

Day: Wednesday

Time: 6:30 – 8:00pm

Location: Riverbend Elementary School, Music Room

Class Fee: \$18.00

Instructor: Grace Jones

Introduction to Healing Touch

Healing Touch is a simple approach that clears and balances the human energy field, resulting in positive effects for body, mind, and spirit. Techniques can help ease stress, pain, anxiety, insomnia, and addictive cravings. Healing Touch can boost the body's natural ability for healing injuries and post operative wounds. Light touch and hands-off techniques and positive intention are used. Help yourself and others feel relaxed and energized!

Date: Tuesday February 7

Time: 6:30 – 7:30pm

Location: Thunder Mountain High School Library

Class Fee: \$2.00

Instructor: Mary Szczepanski (see Introduction to the Emotional Freedom Technique)

Please avoid wearing perfume or scented products to this class since some people are allergic to them.

Introduction to the Emotional Freedom Technique

Emotional Freedom Technique is a method of tapping acupressure meridians to release emotional distress or physical symptoms. It has been used to reduce pain, stress, addictions, trauma, and other emotional issues as well as to achieve goals and increase self-confidence. Enjoy experiencing a sense of balance and well-being.

Mary Szczepanski, BSN, MS is a Certified Holistic Nurse and Certified Healing Touch Practitioner and Instructor. She has taught Healing Touch and other holistic health courses including Meditation, Journaling, and the Emotional Freedom Technique in Alaska and other states for many years. Her Holistic Nursing Practice is called Healing Touch Alaska. Mary is also the coordinator of Healing Touch at Bartlett Regional Hospital.

Dates: February 16

Time: 6:30 – 7:30pm

Location: Thunder Mountain High School, A101

Instructor Mary Szczepanski

Please avoid wearing perfume or scented products to this class since some people are allergic to them.

NEW! Naturopathic Approach to Chronic Diseases

This course will discuss the fundamentals of Naturopathic Medicine and how it treats common chronic health conditions such as asthma, allergies, GERD, IBS, chronic infections, chronic pain, chronic fatigue, depression, anxiety, insomnia etc. Is there more that you could be doing to improve your health, minimize medical interventions and medications, decrease symptoms and improve your quality of life?

Dates: February 15 & 29

Day: Wednesday

Time: 6:00 – 8:00pm

Location: Juneau Douglas High School, Room 214

Class Fee: \$16.00

Instructor Kristin Cox (see Vaccines)

NEW! Thyroid

What is it and what does it do? This course will discuss the thyroid gland, it's affect on health and how to assess and optimize its functions.

Dates: March 14

Day: Wednesday

Time: 6:00 – 8:00pm

Location: Harborview Elementary School Library

Class Fee: \$8.00

Instructor Kristin Cox (see Vaccines)

Working With Accumulated Stress: A Body Awareness Approach

Many people today have a harder time concentrating, focusing and being present for their daily experiences, whether these are at home, work or any other arena of relationship. In the past decade much research has been done about the plasticity of the brain and nervous system. Mainly that the nervous system is not “hard-wired” as previously believed but malleable and teachable. All beings have a biological imperative to self- correct and self-regulate themselves through their autonomic nervous systems. For us as humans this capacity often gets interrupted and sometimes disconnected due to accumulated stress and trauma during our lives. The good news is that we can learn to support positive change in our nervous system.

During this four week class you will:

- Learn how to check into your body with simple awareness tools.
- Learn how to notice different kinds of sensation in your body and what they mean.
- Gain understanding and skill to increase your capacity to promote lasting change in your nervous system.
- Understand symptoms from a neuro-physiological perspective.

Steve Merli is a Somatic Experiencing Practitioner and Massage Therapist who has worked for seventeen years in the field of body work and massage. After extensive training in Somatic Therapy, he now offers an integrative approach to the resolution of accumulated stress and trauma.

Dates: February 13, 20, 27 & March 12 (4 classes - NOTE no class on March 5)

Day: Monday

Time: 6:30 – 8:00pm

Location: Juneau Douglas High School, Room 214

Class Fee: \$24.00

Instructor: Steve Merli

NEW! Vaccines

An alternative medical approach to vaccinations.

Dr. Kristin Cox got her Naturopathic Doctor degree from the National College of Naturopathic Medicine in Portland, in June of 2001. She spent her first year in practice at the Holistic Medical Clinic in Fairbanks Alaska. She has been practicing general medicine specializing in digestion, hormone balance and health optimization in Juneau since 2002.

Dates: March 28 & April 11

Day: Wednesday

Time: 6:00 – 8:00pm

Location: Harborview Elementary School Library

Class Fee: \$16.00

Instructor Kristin Cox

Kundalini Yoga and Meditation for Addictive Behavior

These classes will introduce you to a system of yogic science to inspire and uplift your spirit, and tap into your own unlimited human potential.

These deceptively simple techniques will help break habits, tendencies and addictions. We'll experience many of 12-step specific meditations including delicious nutritional formulas which are effective with behaviors linked to smoking, food, alcohol, drugs, co-dependency, stress, anxiety, depression....

Kundalini Yoga's spiritual technology provides the psychological edge necessary to remain calm and non-reactive under challenging situations and protect oneself from the pressures of society by instilling the dignity of self-autonomy and inspiring life-changing habits

Sushma Harimandir Kaur (Susan Clark) was blessed to study directly with the Master of Kundalini Yoga, Yogi Bhajan, from 1995 until his death in 2004. She has been teaching Kundalini Yoga and meditation in Juneau since 1995. Harimandir is now an Intern with the Kundalini Research Institute to become a teacher trainer.

Dates: March 7 - April 4 (5 classes)

Day: Wednesday

Time: 6:15 – 7:45pm

Location: Harborview Elementary School Room #015

Class Fee: \$30.00

Instructor: Sushma Harimandir Kaur (Susan Clark)

Begin to Release Your Trapped Emotions - Permanently

The Emotion Code, using the book by Bradley Nelson, combines techniques of muscle testing (your body already knows the answers) and magnets to restructure one's electro-magnetic field. The Emotion Code quickly identifies and easily clears out “trapped emotions” which have all sorts of unwanted consequences including pain, allergies, illnesses - and “Heart Walls.” We will learn and practice muscle-testing to tap into the subconscious mind which your body can detect. Bring a magnet to class- even a refrigerator magnet will do. Those with prior experience and beginners are all welcome.

For an introduction go to <http://emotioncodevideos.com/>
For a free download of the book or to read online go to <http://community.humanityhealing.net/forum/topics/simple-way-to-dislodge-trapped> then scroll down to “Attachments” and click on brad-nelson-gift-the-emotion-code.pdf, .6 MB

Dates: March 6 - April 3 (5 classes)

Day: Tuesday

Time: 6:15 – 7:45pm

Location: Harborview Elementary School Room #015

Class Fee: \$12.00

Instructor: Sushma Harimandir Kaur (Susan Clark)

Registration for Community Schools Classes Starts January 25, 2012. Call 780-2073

Radio License

Amateur Radio Technician License

You'll learn the rules, regulations, and simple electronics to take the Federal Communications Commission examination for the Technician Class ham radio license. The course will end with an examination session conducted here in Juneau. In previous classes, almost all students have passed the exam and received their licenses. This is the entry path into the wonderful hobby of amateur radio!

Dates: Feb 7 - March 1

Day: Tuesday & Thursday (8 weekday classes)

Time: 6:00 - 9:30pm

AND Three Saturday Labs at NOAA Weather Service Juneau 9:00am-1:00pm February 11, 18, 25, and March 3, with exam March 3

Location: Thunder Mountain High School Red Commons
Class Fee: \$56.00

Students are required to buy a The ARRL Ham Radio License Manual, 2nd ed., cost \$29.95 from instructor
Instructor: Jerry Prindle

Jerry has been a ham radio operator since he was 13 years old, and used his hobby experience to follow a career in electronics and radio most recently with AT&T. He worked as a traveling technician in many parts of the state, settling in the Juneau area in 1981. He enjoys making contacts from his ham station located in the valley. He also maintains a network of repeater stations for the Juneau Amateur Radio Club. Jerry has been teaching ham radio classes in Juneau for 20 years. Jerry once worked on an ice island in the Beaufort Sea in hydroacoustic research.

Arts, Dance and Music

NEW! Stained Glass Studio

This course is designed for people who have stained glass experience but need a place to perform their craft or need some additional instruction. Students can work on any project they would like. The instructor will be available to answer question, or give advise on the students projects.

This is a great setting to work with fellow stained glass crafters and have some fun while creating beautiful stained glass art.

Dates: February 9 - April 5 (9 classes)

Day: Thursday

Time: 6:30 - 9:30pm

Location: Thunder Mountain High School F-108

Class Fee: \$108.00

Instructor: Debbie Held

Beginning Stained Glass

During this nine week course, students will learn the two techniques used to create 2 stained glass pieces. Along with creating a foiled stained glass piece, students will learn to etch glass and incorporate their etched design into a leaded stained glass piece. Students will learn how art glass is made while viewing the many types and colors of class available. Principles of design, construction, reinforcement and installation will also be taught.

Homework will be required during the course as we cover a lot of material during class as well as performing hands-on instruction. Students are required to purchase their own equipment with an estimated cost of \$375 (which includes all equipment and glass). A list of equipment will be provided along with suppliers. *Note: This class is intended for people with no stained glass experience.*

Debbie has been creating stained glass for over 15 years. She has enjoyed teaching this craft and is excited to continue teaching others.

Dates: February 7 - April 3 (9 classes)

Day: Tuesday

Time: 6:30 - 9:30pm

Location: Thunder Mountain High School F-108

Class Fee: \$108.00, Supply Fee: \$15.00

Other equipment will cost approximately \$375.00, purchased by students

Instructor: Debbie Held

Please Register by February 3, 2012 so supplies can be ordered

Middle Eastern Drumming

Have you always wanted to drum to live dancing? Come learn the basics of middle eastern drumming. Students will start with simple rythms and move to more complex ones. No experience necessary. You will learn fun rythms and how to play for dancers. Students will get the chance to play with dancers during the class, enabling them to progress quickly! Bring a drum if you have one but don't let it stop you from taking the class if you don't.

Cherri Bell has been doing middle eastern drumming for nine years and has continued to expand upon her learning via workshops and her involvement with th middle-eastern inspired band - Noodle of Doum, where she drums and dances with some pretty fabulous folks.

Dates: February 22- March 28 (6 classes)

Day: Wednesday

Time: 7:00- 8:00pm

Location: Floyd Dryden Middle School, Room 202

Class Fee: \$24.00

Instructor: Cherri Bell

Bellydance for the Graceful Klutz

A basic belly dance class for beginning dancers, including in particular those with two left feet as well as those just wanting to give it a try and have some fun. We will learn a few basic steps and be able to dance a short choreography by the end of class. Wear something comfortable that you can move in -- no jeans, please! Children under 12 must be accompanied by an adult.

Dates: February 8- March 28 (8 classes)

Day: Wednesday

Time: 6:30- 8:00pm

Location: Floyd Dryden Middle School Commons

Class Fee: \$48.00

Instructor: Shawn Stendevad

Shawn Stendevad has been belly dancing for nearly 25 years and has been teaching dance in Juneau regularly since 2006. She teaches belly dance through UAS, and has completed all three levels of instructor certification through Hadia, who is an internationally-renowned dancer and instructor.



**Mary Szczepanski, BSN, MS,
Certified Holistic Nurse
Certified Healing Touch Practitioner and Instructor
9000 Glacier Hwy. #306
HealingTouchAlaska.com
790-2402**

**Healing Touch, Imagery,
and Emotional Freedom
Technique (EFT)**



These holistic approaches promote the natural healing ability of the body in times of stress, illness, addiction, and trauma by rebalancing the body's energy. Individual treatments and classes available.

Fly Fishing

Fly Fishing 101

Fly-fishing is a great outdoor sport that is most enjoyable and safe when shared with others. Juneau is an absolutely wonderful place to fly fish even if you have never fished before. Our scenic waters are full of char, salmon and trout that anglers “down-south” can only dream about. In two meetings essential information will be covered to get you started fly-fishing in Juneau. This workshop will provide you with unbiased recommendations for equipment and help you avoid needless cost and frustration. Evaluations of present rods, reels, and lines will be made upon request. Where and when to fish roadside waters, techniques that work, flies to use, and fly fishing customs and ethics will be covered. During the workshop you may take advantage of an opportunity to tie and keep a very effective fly. The art of fly-casting will also be introduced. Bring your own fly rod if you wish. This workshop is most appropriate for anyone considering fly-fishing for the first time but experienced fly-fishers and those seeking local knowledge are also cordially invited.

Option 1: Monday and Wednesday February 6 & 8

Option 2: Monday and Wednesday March 26 & 28

Time: 7:00 – 9:00pm

Location: Thunder Mountain High School Library/Gym

Class Fee: \$16.00/Supply Fee: \$5.00

Instructor: Tony Soltys (see Fly Casting 101)

Girl Scout Summer Camps in Juneau

Our camps allow girls to: discover the world, connect with other campers and take action in their own lives and in their communities. That's what leadership is all about!

Programs	Dates	Grades in Fall '11	Cost
Feather Winds (resident camp)	August 6-11	1-12	\$240
Girl Scout Day Camp in Juneau	June 18-22/ July 16-20/ July 30- Aug 3	K-12	\$25- \$110

All camps are held at either Eagle River Methodist Camp or Chapel by the Lake.

Camps are open to all girls.
Financial aid available.

 **girl scouts**
of alaska

For more information: call 800-478-7448 or www.girlscoutsalaska.org/programs/camps

Fly Casting 101

Good fly-casting is both beautiful and enjoyable to do.

This is a two day workshop about a complicated subject that must be mastered to fully enjoy fly-fishing. Good fly-casting is not at all intuitive. Unfortunately, self-practice often amounts to actually developing incorrect techniques that could take years to overcome. Although this workshop is designed for beginning and intermediate casters, it is also open to anyone wishing to work out casting problems and/or learn good techniques for improved casting. In this workshop the fundamentals of good fly-casting will be described and participants will practice indoors to incorporate these principles into actual casting. You may bring your own fly rod if you wish to learn to cast with your own rod. Or bring it if you wish to compare your rod to a modern graphite rod that the instructor will bring. Leaders and woolies will be provided. Class size for this very popular workshop is limited to eleven.

Tony Soltys has fished Juneau's roadside waters since 1977 and extensively elsewhere in the U.S. and abroad. He is President of the Raincountry Flyfishers and has been for 19 years. His workshops have been well received by a wide range of people including children (accompanied by an adult) and have started many on the wonderful sport of fly-fishing.

Option 1: Tuesday and Thursday February 28 & March 1

Option 2: Tuesday and Thursday April 10 & 12

Time: 7:00 – 9:00pm

Location: Riverbend Gym

Class Fee: \$16.00/Supply Fee: \$5.00

Instructor: Tony Soltys

Unless specifically indicated, the Juneau School District does not sponsor or endorse programs advertised in this publication. The Juneau School District makes no representations about programs not sponsored by them but advertised in this publication.

The Juneau School District does not discriminate on the basis of age, race, color, national origin, gender, or disability in its programs and activities. The following person has been designated to handle inquiries regarding the District's non-discrimination policies: Dale Staley, Title IX Coordinator, Juneau-Douglas High School, 10014 Crazy Horse Drive, Juneau, AK 99801, 907.523.1588.

Online Courses Available

Each course is \$40.00. You must have access to the Internet to complete these courses. For full details about the classes go to our website at <http://www.juneauschools.org/district/community-schools>. Call Debbie at 780-2073 to register.

- American History
- As The Sundial Turns
- Caregiving Tips
- Carnivorous Plants
- Civil War
- Composting
- Dancing with the Stars
- Digital Camera Basics
- Eyes of March
- Fourth of July
- Gardening 1: Groundwork
- Genealogy
- Where to Find Specific Genealogical Information on the Internet
- Advanced Genealogical Research Using the Internet
- World Genealogy
- Go West, Young Girl, Go West!
- How To Use The Internet—The Basics
- Hummingbirds
- Insects. The Good, The bad, The Ugly
- Lighthouses of the Atlantic Coast, Great Lakes, Gulf Coast or Pacific Coast
- Look to the Sky
- Luck o' the Irish
- Magic of the Internet
- Mummies
- National Parks
- Over and Under the Sea
- Perplexing Pyramids
- Photo Editing—Basics
- Science Made Interesting
- Shipwrecks of the Great Lakes and Pirates of the Caribbean
- Simple Machines
- Solar System Savvy
- Spelunking
- Stamp Collecting—The Basics
- Stormchasing
- Survivors. The Good, The Bad, The Ugly
- Unsolved Mysteries and the Unexplained
- Volcanoes
- When Pigs Fly
- Who Wants To Be a “Mathenaire”
- Zipper Connection

RADIO TECHNICIAN LICENSE



Community Schools Facility Rentals

Call today to reserve one of our many facilities for your next meeting, birthday party, sporting event, crafting, etc.

To schedule the use of school facilities at Juneau Douglas High School, Marie Drake, Dzantik'i Heeni Middle School, Harborview Elementary, and Gastineau Elementary, please call Suzanne Ainsworth at 523-1552 or email Suzanne at suzanne_ainsworth@jsd.k12.ak.us.

To schedule the use of school facilities at Mendenhall River, Auke Bay, Riverbend, or Glacier Valley Elementary Schools, at Floyd Dryden Middle School, or at Thunder Mountain High School, please call Mimi Mesdag at 780-2075 or email Mimi at mimi_mesdag@jsd.k12.ak.us.

Please give two weeks notice for all requests.

Open Gym at Thunder Mountain High School

Thunder Mountain High School now has Adult Open Gym on Sundays from 4:00-6:00pm over 40 (masters basketball), and 6:00-8:00pm open for basketball and volleyball - bring your own balls. Cost is \$3 per person.

Birthday Parties

Need a place to hold your child's birthday? Only \$25 an hour plus \$5 processing fee. All schools available to rent. Call community schools at least two weeks ahead to schedule.

Community Schools Registration Information

Registration begins January 25, 2012 for all Community Schools classes. Please call our office at 780-2073 Monday - Thursday from 8:30am - 12:30pm or register in person at Galcier Valley, Modular#2. You can also fax your registration to 780-1498, or email debbie_lowenthal@jsd.k12.ak.us. If you know of anyone who has a disability and may need assistance in taking a class, please call ORCA at 586-0104.

Juneau School District Rally Program

RALLY provides professional before and after school care for children ages 5-12 (Kindergarten through grade five). RALLY also provides day care during in-service days and school holidays. Children participate in projects such as: fund raising for the Juneau Food Bank, building a boat, recycling art, paper making, reading theater, puppet construction and puppet dramas.... just to name a few. Each day also contains physical activities from indoor gym games to outdoor recess time. A daily snack is also included. All Juneau School District children are welcome. All registration forms are available at each elementary school. Call 780-1410 for more information.

RALLY times are 7:00am to 8:30am - HAVORVIEW ONLY - and 1:00 PM to 2:30 PM for Kindergarten, 2:30 PM to 6:00 PM for all schools. Come and join the fun!

Juneau School District Board of Education Meeting Schedule 2012

Regular meetings are held at 6:15 p.m.
Juneau-Douglas High School Library

February 7
March 6 & 27
April 10
April 23-24 (Special Meetings)
May 8
June 5

Juneau School District Budget Committee Meeting Schedule 2012

Budget Committee meetings are held from 6:00-8:00pm
Juneau-Douglas High School Library

January 17, 24*, 31
February 14, 21
March 14

** The January 24th meeting will be held at DZ Middle School*

The Budget Committee will learn about the District budget, hear proposals made by the Superintendent, and gather testimony from the community. By the end of February, the Budget Committee will make a budget recommendation to the Board of Education. The Board then approves a final budget and submits it to the City and Borough of Juneau. Email input should be submitted to budgetinput@jsd.k12.ak.us. Messages sent to this email address are automatically forwarded to each member of the budget committee, including the school board members, public members, and the Superintendent.



Alaska State Museum
395 Whittier Street, Juneau, AK 99801
(907) 465-2901; FAX 465-2976
www.museums.state.ak.us

The Alaska State Museum presents the history, art and culture of this great state. Alaska's major Native groups are prominently featured as is Science-on-a-Sphere and exhibits focusing on the history of Alaska. A children's room and an art room present activities for the young.

TEMPORARY EXHIBITS AND SPECIAL EVENTS:

Andrew P. Kashevarof Memorial Noon Lecture Series

January 18 – February 22, 2012

Lectures focus on research from the museum's collection.

Sailing for Salmon

February 3 – March 10, 2012

An outgrowth of Tim Troll's book, "Sailing for Salmon," which contains photographs and essays from people who sailed for salmon. Curated by Tim Troll and John Branson for the Pratt Museum, Homer.

Open Book – Fairbanks Artist Sandy Gillespie solo exhibition

February 3 – March 10, 2012

Works that combine both visual art and literature in abstract multi-media works and paintings. Gillespie will host a youth workshop for grades 3–5 on Feb. 4.

Out of the Rain Photo Exhibition

March 2 – April 14, 2012

Photographic portraits of people in Juneau experiencing homelessness that seeks to break the stereotype commonly held about homelessness.

Earth, Fire, and Fibre XXVIII

March 23 – April 21, 2012

Competitive showcase for some of Alaska's top craft artists. Organized biennially by the Anchorage Museum at the Rasmuson Center.

Cordova Artist David Rosenthal solo exhibition

March 23– April 28, 2012

Rosenthal creates paintings that vividly portray the beautiful and often surreal landscapes from the frozen and geographically isolated polar regions of the earth.

Fairbanks Artist Margo Klass solo exhibition

March 23– April 28, 2012

Mixed-media box constructions of found objects represent imaginary retreats and destinations of the mind. Klass will host a youth workshop for grades 6–8 on Saturday, April 7.

HOURS: Winter hours: 10 a.m. to 4 p.m. Tuesday–Saturday \$3 Admission. Summer hours begin mid-May: 8:30 a.m. to 5:30 p.m. daily. \$7 Admission. Ages 18 years and younger and members of the Friends of the Alaska State Museum are admitted free.

First Fridays Open the first Friday of the month with free admission between 4:30 p.m. and 7:00 p.m.

Registration for Community Schools Classes Starts January 25 2012. Call 780-2073

Oil Painting Classes For Children 8-12

Marianne's Art Studio



Students build confidence and art skills by learning about composition, perspective, value, color, and representation through landscape, animal, or portrait painting projects

Wednesday Sessions February 8-March 14
Two times available 2:45-4:00 or 4:15-5:30

\$210 per six week session
(all materials are included)

Class size limited to five students

Interested in classes in the Fall, email or call with your contact information, and you will be added to our mailing list.

Call or email to sign up for classes
[463-3431](tel:463-3431) or mariannemanningsstudio@gmail.com
Studio located three blocks from Harborview Elementary at 622 Hemlock

Marie Drake Planetarium

Location: downtown in Marie Drake Building between Harborview School and Juneau-Douglas High School on Glacier Avenue
www.MarieDrakePlanetarium.com

Contact Information

Steve Kocsis 500-2941 or John Kremers 723-9012
email: info@mariedrakeplanetarium.com

Shows and Events - Always Free

The main show is the last Tuesday of every month at 6:30pm. We have additional shows and events periodically.

Northern Lights presentation by astronomer Dennis Mammana is February 20th, 7pm.

See You Under The Stars!

STEM AK

learn
by
exploring



A place to create, discover, assemble, explore, invent, wonder!

Free to kids of all ages.
Offered most Saturdays.
Sign up online:
stemak.org/saturday-thing

Find out about STEM camps online:



LEGO Robotics
Kitchen Chemistry
Sun to Sea
Rocketry

stemak.org



Community Schools Contact Information

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Thunder Mountain High School Auditorium Scheduler

Suzanne Ainsworth,
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Juneau-Douglas High School
Juneau-Douglas High School Auditorium
Dzantik'i Heeni Middle School
Gastineau Elementary School
Harborview Elementary School
Marie Drake

Mimi Mesdag,
Scheduler, 780-2075
mimi_mesdag@jsd.k12.ak.us
Thunder Mountain High School
Floyd Dryden Middle School
Valley Elementary Schools

Website:

www.juneauschools.org/district/community-schools

Outdoor Recreation and Community Access (ORCA)

ORCA provides year-round recreation and community access opportunities for people of all ages who experience disabilities.



Activities for all ages
Our activity groups are divided by age and meet on a regular basis.



More than recreation
In addition to hiking, biking, camping, kayaking, skiing, fishing, riding (to name a few), we also go to dances, plays, cultural performances, concerts, and other community events.



Overnights and more
Cabin and campground overnights, and trips throughout Alaska and the Lower 48!

Costs vary, scholarships are available.

tlombardo@sailinc.org • 907.586.0104
www.sailinc.org/orca



Photo Courtesy of Spencer Miller/Discovery Southeast

Discovery Southeast

SPRING 2012 DISCOVERY DAYS

Tuesday, February 21

Wednesday, February 22

Friday, March 23

Monday, April 30

Call 907-463-1500 or visit www.discoverysoutheast.org to learn more about our Discovery Days and Early Dismissal Mondays nature programs for kids.

Full and partial scholarships available!

Connecting people to nature since 1989