Exploring Korean Cooking: Make Your Own Kimchi with Aaron and Solhee Martinnson
Learn to make your own authentic Korean-style kimchi. Students will get hands-on and in-stomach experience while also learning a little about Korean culture along the way.
1/27, Sat, 9am-12pm, PB-7 Meeting Rm, 1 class, $55

Identifying and Growing Hawai‘i’s Native Plants with Linda Lathis
Learn how to identify some of our most common native plants, their habitat requirements, and interesting qualities that these plants possess that make them attractive and cherished locally. Then learn how to propagate some of your favorites. Second class will meet along Saddle Road. Details discussed at first class.
1/24, 3/10, 3/24, Sat, 9am-12pm, PB-7 Meeting Rm, 3 classes, $77

Plant Propagation Discount Package: $65
-Plant Propagation Fl/Nutrients: Seeds and Vegetative Propagation with Zach Mermel
Learn the basics of plant propagation, including various selection, propagation tools, rooting environment, and other methods for rapidly expanding plant biodiversity for your garden, homestead, or farm.
4/14, Sat, 9am-12pm, TBD, 1 class, $40

-Plant Propagation Fl/Nutrients: Introduction to grafting and Air Layering with Zach Mermel
Learn the basics of grafting and air layering.
4/14, Sat, 9am-3pm, TBD, 1 class, $30

Rapid Topsoil Formation with Zach Mermel
Get exposure to and hands-on experience with a range of soil building techniques including: swale-mound earthworks, cover crops for fertility farming, composting coffee, foliar fertilizers and biological inoculants. Enhance your soil’s structure and microorganism for better drainage and water holding capacity.
1/27, Sat, 9am-3pm, TBD, 1 class, $77

The Benefits of Beekeeping with Jen Rasmussen
Designed for anyone new to bees, as well as for those who have bees and want to learn a new way to relate and care for them includes bee biology, Hawaiian honeybee history, introduction to treatment-free beekeeping, pests and diseases, pollination, hygiene hive management, and more. Textbook included.
Required: Long pants, covered shoes, long sleeve shirt, hat, and gloves for field days. Limited protective gear available to borrow. Bring own supplies as desired (gloves for field days. Limited protective gear available to borrow). 1/20-3/5, 3, 4:30pm-7:30pm, K 122, 8 classes, $145

Water Wisdom Strategies for the Homescape with Zach Mermel
Learn simple, DIY techniques for welcoming water into our shared watersheds. Applicable for gardeners, homeowners, and renters.
2/17, Sat, 9am-12pm, TBD, 1 class, $40

Water Wisdom: Strategies for the Farmescape with Zach Mermel
Applicable for farmers, ranchers, homesteaders, and renters who are interested in minimizing the impacts of water runoff to their small property.
3/17, Sat, 1pm-4pm, TBD, 1 class, $40

For full class information and registration, or to inquire about offerings in Kona, call CCECS at 932-7830 or visit our website at http://hilo.hawaii.edu/ccecs

-ETF - Qualifies for Employment and Training Funds

Creative Arts

Art for Everyone: Drawing: The Natural Way with Karsen Dukay
Develop skills in still life drawing inspired by Karsen Nicollades. Explore different scales and learn how they serve in creating a great comic. Learn how to lay out a comic strip page to create a visually dynamic story. No drawing experience or skills required, using digital tools as alternative methods for visual design will also be covered. Age 16 and up. Required: Lettering markers and ruled paper. Call for details.
1/15/31, Th, 4:30pm-7:30pm, PB-7 Meeting Rm, 3 classes, $35

Creating Comics Discount Package $100
- Creating Comics: Story Development with Adam Sydney
Explore the process of creating comics, graphic novels, and sequential art to tell a compelling story. Learn how to script a comic and how the script can enhance the visual presentation of a story. Students will learn the basics of paneling and page layout.
1/15/31, Th, 4:30pm-7:30pm, PB-7 Meeting Rm, 3 classes, $35

-Artin Mardirousi
Learn the basics including parts of the instrument, building techniques, each string and how they work individually as well as with one another. Students will learn the open position, learning each note for each fret, the Major scale and all chords that fall within it, as well as additional open position chords. Required: Acoustic guitar (nylon or steel string).
1/26-2/2, Th, 7pm-7pm, K 122, 6 classes, $80

Guitar Fundamentals Discount Package: $20
-Guitar Fundamentals, Level 1: Getting Started with Artin Mardirousi
Learn the basics including parts of the instrument, building techniques, each string and how they work individually as well as with one another. Students will learn the open position, learning each note for each fret, the Major scale and all chords that fall within it, as well as additional open position chords. Required: Acoustic guitar (nylon or steel string).
1/16-2/1, T, Th, 5pm-7pm, K 122, 6 classes, $80

-Guitar Fundamentals, Level 2: Scales and Bar Chords with Artin Mardirousi
Students new to guitar who have covered Level 1. Explore new scales and learn how to serve in creating chords. Learn to write the practice of different genres. Required: Acoustic guitar (nylon or steel string).
2/27-3/15, Th, 7pm-9pm, K 122, 6 classes, $80

Handmade Books and Related Techniques with Shannon Moon
Learn how to make a simple, blank, sketchbook. Create a cover with paste painting, form the basic structure, then assemble and bind pages. Learn to hand letter with a dip pen and create letterforms. Required: Materials provided. Students to purchase archival drawing paper to match projects. Age 12 and up. Required materials: basics of class. Day passes may be purchased at the main entrance for $3.
4/10-1/24, 2/17-3/7, 5pm-7pm, PB-7 Meeting Rm, 2 classes, $75

Ital Calligraphy Discount Package: $135
-Introduction to Italic Calligraphy with Mark Watarnabe
Practice pen skills and techniques, learn how to hand letter italic letter forms. Develop familiarity with broad-nibbed pen and marker. Recommended: Lettering markers and ruled paper. Call for details.
2/6-3/21, Th, 5:30pm-7:30pm, UCB 104, 4 classes, $75

-Artin Mardirousi
Learn the basic rules of storytelling, as well as the formatting and craft of scriptwriting. Focus on writing dialogue, building story structure, and developing memorable characters for a variety of media and genres. Students will be encouraged to successfully pitch their project. Complete a draft first by the final class.
1/17-3/7, Th, 5pm-7pm, PB-7 Meeting Rm, 8 classes, $175

Japanese Taiko Drumming with Chad Nakagawa
Taiko is both art and physical exercise. Be prepared for improvising. A sequence of coordination while learning about culture, protocols, rhythm and technique. Two compositions will be taught. Age 9 and up. Required: Steel string.
2/26-3/7, M, W, 5:30pm-7:30pm, UCB 103, 4 classes, $75

Introduction to Screenwriting with Adam Sydney
Learn the basic rules of storytelling, as well as the formatting and craft of scriptwriting. Focus on writing dialogue, building story structure, and developing memorable characters for a variety of media and genres. Students will be encouraged to successfully pitch their project. Complete a draft first by the final class.
1/17-3/7, Th, 5pm-7pm, PB-7 Meeting Rm, 8 classes, $175

Zentangle Basics & Beyond with Sara Krosch
Zentangle is an easy, low-cost method of drawing structured patterns, as well as a fantastic opportunity for relaxation and creativity. Learn the basics, then create watercolor book pages using your own zentangle patterns. Required: Watercolor paints. Age 12 and up. Introductory kit included. Required: Sketchbook, pencil. Bring own supplies as desired (watercolor paints, colored pencils, etc).
2/11-2/18, Sun, 1pm-4pm, PB-7 Meeting Rm, 2 classes, $75

Employment and Training Fund - ETF
The ETF Program is funded by the State Department of Labor Workforce Development Division (DLIR-WDD). If you are eligible, ETF will provide 50% tuition assistance, up to $40, at a $80 tuition cost. Employees can use their on-the-job training funds and any excess balance thereof directly to CCECS. Participants must register at least 2 weeks prior to the start of the class. For further information about ETF, visit their office at 98-2866 or the Kona office at 327-4770.
Health at Every Size (HAES) Discount Package: $95 -A Health at Every Size (HAES) Approach to Weight Management through Food and Movement This activity-based, experiential course was developed for those who have struggled with weight management, made cycles of dieting and exercising, and are ready to discover new strategies that promote health and vitality. Learn how to mindfully use the body’s cues regarding hunger and fullness to make choices that will help you appreciate your body, and develop fun ways to move. 2/19-5/7, M, 10:30am-11:45am, Old Gym, 12 classes, $70
-HAES Advanced Workshop with Sarah Josef This activity-based workshop explores habits to eating mindfully and body movement in separate groups, identify trigger moments or situations that promote mindless eating or eating more than one desires or feels the need to eat. Get an overview of intuitive eating experiences and further develop life-enriching mindful eating practices. Required: Students must have attended A Health at Every Size (HAES) Discount Package. 2/19, 2/26, 3/5, 3pm-4:15pm, K 112, 3 classes, $70
Mindfulness Discount Package: $65 -A Mindful Life with Bernie Schreck Cultivating mindfulness can help you live more consciously and make smarter, happier, and healthier choices, thus enhancing your quality of life. This workshop will focus on developing mindfulness and provide strategies to help you manage stress and anxiety. This class will focus on helping you practice and integrate mindfulness into your daily life and make it a regular habit. Great for new or experienced mindfulness practitioners. There will be no specific reading material presented in previous classes. Bring notebook and pen as desired. 1/20, Sat, 1pm-5:30pm, PB-7 Meeting Rm, 1 class, $35
-Qigong for Beginners with Barbara Klein 12-week course to help you with relaxation, self-care and current treatment. Qigong is working to harmonize, and balance our qi while increasing energy flow. What we become or create is what we believe is believed to be beneficial in improving health, our immunity, and longevity. 1/24-3/31, Sat, 8:30am-9:30am, Akiko of Hakos, 29 Shipman Street SW 203, 6 classes, $55
Therapeutic Yoga Discount Package: $200 -The Gift of Giving with Artin Mardirousi and Evan Clark Therapeutic yoga involves gentle, intelligent sequencing of movements that consider the body and mind as a whole rather than a separate and isolated state. This class is wonderful for all levels of participants, but will involve work on those who are immobile. Wear comfortable clothing that allows you to move your body freely. This type of yoga mat and shoes are recommended: Gaiam. 1/1-5/22, Sat, 10am-11am, UCB 125, 4 classes, $50
Understanding Obesity with Olga Sidleeva Learn the complex science behind obesity to better understand the physical, emotional, social, and environmental consequences and current treatment options available. Gain a better understanding of the many factors that relate to obesity, including hormones, body types, genetics, patterns, and health practices. 3/5-4/26, Th, 4pm-6pm, K 106, 4 classes, $45
JUST FOR KEIKI
SPRING BREAK CAMP: March 19-23. Details TBD
Art for Keiki: Adventures in Drawing with Kimmel Miyuzzle Journey through different styles and historical time periods in art to introduce your child to a wide range of art-making activities. Building vocabulary and drawing know-how while being introduced to basic elements of art and design. This course is designed to inspire your child’s creativity! 3/17-3/21, 3:30pm-5pm, PB-7 Meeting Rm, 8 classes, $100
Art for Keiki: Geometric Monoprinting with Kainalie Daniel Learn about geometric shapes, create prints with ink, stencils, and a plate - no press needed! Students will learn about geometric shapes, create prints with ink, stencils, and a plate - no press needed! 3/22-3/26, 3:30pm-5pm, KCB 111, 4 classes, $55
Art for Teens: Intermediate Drawing with Kimmel Miyuzzle Moving beyond the basics of drawing, this class will encourage students to discover and develop creative expression. Lessons will focus on specific techniques such as perspective, shading, and composition, and development of drawing skills. All required materials will be provided. Ages 12-16. 3/23-3/27, M, 4:30pm-6:45pm, PB-7 Meeting Rm, 8 classes, $100
American Sign Language, Level 3a – ETF* with Claire Akau Discover the features and benefits of QuickBooks Online, a great accounting software for small businesses. Learn accounting basics, how to read and understand financial statements. Includes textbooks. 3/26-3/30, M, W, F, 1pm-4pm, UCB 102, 3 classes, $190
QuickBooks Online Discount Package – ETF*: $255 -QuickBooks Online, Part 1 – ETF* with Claire Akau Design for new users. Covers a wide range of topics, including practical explorations to various kinds of products such as greeting cards, postcards, calendars, small flyers and posters. 3/30-4/3, M, W, F, 10am-1pm, PB-7 Meeting Rm, 3 classes, $85
QuickBooks Online Discount Package – ETF*: $205 -QuickBooks Online, Part 2 – ETF* with Claire Akau This class introduces participants to techniques in casual outdoor photography. Learn the basics of video production from professionals who have worked in film and recording industries. Complete all of the steps of the video production process from planning to post-production including choosing a topic, writing the script, storyboarding, shooting, editing and finalizing the video. All students will receive a digital video recording device (i.e. tablet, digital camera, or smartphone). 4/7-4/22, M, W, F, 4:30pm-6:30pm, UCB 125, 5 classes, $150
DSLR Photography Discount Package: $225 -Introduction to DSLR Cameras with Mark Watanabe Geared to the novice DSLR camera owner with limited photo experience. Learn the basics of your camera and tips and tricks to make pictures even better. Required: Ability to operate a DSLR. Equipment: DSLR for classes. 3/12/31, M, W, F, 4:15pm-6:45pm, UCB 125, 5 classes, $125
Techniques and Composition with Mark Watanabe This class has as its main goal to teach the student the manual control and creative visual approach to the annual outdoor contests. Learn technique and practices for photographing people subjects outdoors with minimal equipment. Develop selfie and travel photography skills. Includes a field trip to a local location. Includes outdoor picture taking in Hilo, with follow up discussion and critique. Equipment: Camera, Tripod, and Camera bag, depending on the preference of the student. A digital SLR preferred, a digital Camera is acceptable, a digital camera with a digital, a digital SLR, or a digital compact camera. 4/21-4/25, M, W, F, 4:15pm-6:45pm, UCB 125, 5 classes, $125
Creative Projects in Adobe InDesign (CS6) with Mark Watanabe Students should have basic familiarity with Adobe InDesign for this intermediate level application course. Explore beyond the basic, learn practical tools and resources that can help you create a variety of products such as greeting cards, postcards, calendars, small flyers and posters. Required: Designed for new users. Covers a wide range of topics, including practical explorations to various kinds of products such as greeting cards, postcards, calendars, small flyers and posters. 3/30-4/3, M, W, F, 10am-1pm, PB-7 Meeting Rm, 3 classes, $85
Wix.com Discount Package: $225 -Wix.com, Part 1 – ETF* with Claire Akau Learn how to create a customized, fully operational website to promote a business or department containing multiple web pages and sections, including home page, content pages, an blog, and more. Required: Basic computer skills, USB flash drive. 3/12/31, M, W, F, 4:15pm-6:30pm, UCB 125, 5 classes, $125
Wix.com, Part 2 – ETF* with Artin Mardirousi Learn how to design and build your website. Emphasis on web design composition, effective elements (pictures, video, etc. and marketing best practices. Learn to utilize the latest website development tools. Required: Basic computer skills, USB flash drive. 4/16-4/20, M, W, F, 4:15pm-6:30pm, UCB 125, 5 classes, $125
Wix.com, Part 2, with Artin Mardirousi Go beyond the basics of Wix web building. Learn how to properly design and build your business website. Emphasis on web design composition, effective elements (pictures, video, etc. and marketing best practices. Learn to utilize the latest website development tools. Required: Basic computer skills, USB flash drive. 4/23-4/27, M, W, F, 4:15pm-6:30pm, UCB 125, 5 classes, $125

GO BEYOND THE BASICS OF WIIX WEB BUILDING. LEARN HOW TO PROPERLY DESIGN AND BUILD YOUR BUSINESS WEBSITE. EMBRACE THE LATEST WEBSITE DEVELOPMENT TOOLS. REQUIRED: BASIC COMPUTER SKILLS, USB FLASH DRIVE.