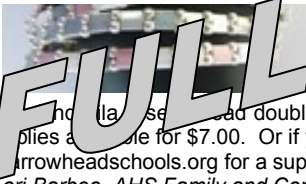


TILA BEAD BRACELET



Together we will create a one-color or two-color double wrap bracelet. You will get to choose your own colors from supplies available for \$7.00. Or if you would like to bring your own supplies, please email Barbee@arrowheads.schools.org for a supply list.

Presenter: *Lori Barbee, AHS Family and Consumer Ed Teacher*

THE DIFFERENT USES FOR A THERAPY DOG

Therapy animals are best known for bringing affection, comfort, and happiness to people. But therapy animals also serve in many other ways, including helping people with learning difficulties, helping people with mental and physical therapy, and bringing comfort to people in stressful situations. Research has shown that contact with a therapy animal helps improve a patient's physical, mental and social state. Come and meet Abby – a certified therapy dog – who enjoys having the opportunity to make friends with children at school and at the library while listening to wonderful stories and with patients, staff and families during hospital visits. Sorry – but this class is for humans only.

Presenters: *Mike Ward, AHS Counselor
Abby Ward, Certified Therapy Dog*

INTRODUCTION TO DIGITAL LANDSCAPE PHOTOGRAPHY

Recent advancements in photographic technology have made what was once impossible, possible. Whether it is the ability to capture a great dynamic range of luminosity, the deep complexities of the night sky, or just something as simple as the ripple of a waterfall, it can all be done with an entry-level DSLR and some basic editing software. We will begin with what hasn't changed: the basic principles of proper exposure, focus, white balance, settings and composition. From there we will discuss how to shoot different subjects like sunsets, snow scenes, low light, stars, and flowing water. To see examples of the concepts we will cover, visit "My Wisconsin Photography" on Facebook or Instagram.

Presenter: *Chris Herriot, AHS Social Studies Teacher/ Amateur Photographer: My Wisconsin Photography*

USING NATIVE PLANTS IN YOUR LANDSCAPE

Plants are the foundation of our ecological systems. Communities from New York to California, Hawaii to Florida, and Arizona to Wisconsin have begun landscaping with native plants. Natives save water and time, provide color, and support butterflies and birds. Find out more about why and how to use native plants in your landscape. We will focus on some of the many attractive species that can grow right here in the Lake Country area. While I will focus on full-sun species, we will also discuss some of the woodland natives. Grow Native!!!

Presenter: *Greg Bisbee, AHS Science Teacher*

UNSER DEUTSCHES REGIMENT: THE 26TH WISCONSIN IN THE CIVIL WAR

The 26th Wisconsin Infantry Regiment had a truly remarkable Civil War experience. Although often overlooked by historians and overshadowed by other Wisconsin regiments, the 26th fought admirably in some of the most decisive battles of the war. This presentation will follow in the footsteps of these Badger State *Freiwilligen*, from their first drills at Camp Sigel in Milwaukee to their mustering out at the end of the war.

Presenter: *Joseph Paul, AHS Social Studies Teacher*

WHAT GETS YOUR MOTOR RUNNING?

This presentation will cover basic automotive information, including: what all of the warning lights on your dashboard mean, and what to do when they are illuminated; how to change a flat tire; and basic maintenance information and strategies. Bring your car questions and your enthusiasm to learn!

Presenter: *Eric Varrelmann, AHS Automotive Teacher*

ANXIETY: WHAT DOES IT LOOK LIKE AND WHEN IS IT A PROBLEM?

Anxiety Disorders are the most common mental health disorder in the United States, with around 20% of Americans identifying as having an anxiety disorder at any given time. This presentation will define and highlight symptoms of anxiety, as well as identify when behavior may be indicative of an anxiety disorder. Tips on prevention for anxiety disorders will also be discussed.

Presenter: *Bridget Brinckman, AHS School Psychologist*

BIOTECHNOLOGY: WHAT IS IT?

While you hear a lot about biotechnology, the news reports are usually rather fuzzy and often biased. In this session, find out about biotech. What is it? When did it start? What things are possible now and what direction does it seem to be going? We will begin with a simple DNA extraction and proceed from there!

Presenter: *Greg Bisbee, AHS Science Teacher*

SPARKLING GRAPE JUICE, CHEESE, AND PAINTING

Want a fun, creative experience where an Art Teacher guides you step by step through a painting of your choice? Then you have to try this class! Painting is fun, creative and informative. I will provide everything you need to paint. No artistic talent is required. I will offer a relaxing, fun painting experience where creativity is encouraged. Come have a unique night of learning with your friends. With my step-by-step instruction, you can do it! I will demonstrate each painting so that even if you "can't do it," you can do this. I promise.

Presenter: *Sheila Moseley, AHS Performance Program Lead/Art Teacher*

HOW TO CHOOSE A HEALTHY DOG OR CAT FOOD

We are what we eat. We've heard this many times. This holds true for our pets too. When Hippocrates said "Let thy food be thy medicine and let Medicine be thy food," he was talking to people because the animals of his time ate pretty naturally. Not so today. Did you know that you can control stool output, shedding and even the way your pet smells (or doesn't smell) by the food choices you make for your pet? Learn what easy food supplements change their health status where allergies and itches are concerned. Find out what can shift just by knowing what meats to avoid. These things and much, much more will be discussed- and many of your questions answered by a pet food expert. By knowing how to decipher the information on a bag of pet food you will be empowered to be able to find the healthiest choices for your furry family members.

Presenter: *Sue Wipijewski, AHS Special Education Teacher*

THE COLLAPSE OF YUGOSLAVIA IN THE 1990s

Beginning with 1945 post-World War II success, and peaking in 1984 with the hosting of the Sarajevo Winter Olympics, the country of Yugoslavia was courted by the leaders on both sides of the Cold War. Yugoslavia was a successful socialist country that many in the communist Eastern Bloc wanted to replicate and many in the capitalist Western Bloc respected. Yet, by 1992 much of Yugoslavia had broken away and by 2000 it no longer existed as a nation. The collapse of Yugoslavia was arguably one of the worst human tragedies to take place in the second half of the 20th century. This session will cover the creation of Yugoslavia and the successes it enjoyed, before discussing reasons for and consequences of its collapse.

Presenter: *Ron Reichle, AHS History Teacher*

HOW TO BE HAPPIER AT WORK AND HOME

Who doesn't want to feel less stressed and more happy?! During this engaging session, you will learn a bit about the science of happiness. You will discover how to better deal with grumpy people around you. Finally, and most importantly, you will laugh, have fun, and walk away with several practical strategies to use immediately at work and home.

Presenter: *Laura Myrah, AHS Superintendent*