



2014  
HAPPY NEW YEAR

January - February

# Comings & Goings

Activities and Events  
for Silver Cougar Club Members!

**WAY WITH WORD  
COMPUTER CLASS**

In this course, Rich Unrein will teach you to create, save, edit, manage, merge and print documents created in Microsoft Word. Formatting and special features as well as manipulating text within the document will be taught. You'll even learn how to print labels and envelopes. If you have previously taken this Word class you may want to take it again for review; an Advanced Word class will be offered beginning February 26th following the end of this class. A minimum of 6 is required (**pre-enrollment for at least 6 must be received in our office no later than Tuesday, January 6, 2014 or the class will be cancelled**) and a maximum of 12 is allowed for this class. Please call Coleen Cape at **(620) 786-1136** to enroll.

**Wednesdays, January 8 – February 12, 2014  
1:00 – 4:00 p.m.  
Great Bend One Stop Center, Room D-107  
1025 Main, Great Bend  
\$32 for Silver Cougar Club members  
\$91 for non-members**



# CLASS

## AQUA AEROBICS

Candy Teichman will be teaching an Aqua Aerobics class again the spring. Even though it is not specifically a Silver Cougar Club class, members may take this class at the same reduced rate of \$32.00 a credit hour. The class meets on Tuesday and Thursday from 5:30 – 7:00 p.m. in the Barton pool. The first session runs from January 13 – March 7, 2014.

**To enroll in this class contact Enrollment Services (620) 792-9215 before the first day of class.** Remember the pool now has a new set of stairs that makes it easier to get in and out of the water.

**Tuesdays and Thursdays, January 13 - March 7, 2014**

**5:30 – 7:30 p.m.**

**Barton pool, Kirkman Activity Center**

**\$32 per credit hour, for Silver Cougar Club members**



# CLASS

## THE GREAT WAR OF 1914 TO THE DEPRESSION

Linda McCaffery is back and ready to once again share her great insight and love of history. It was called the Great War of 1914. The United States stayed out of the conflict until 1917. The decision to declare war on Germany was especially troubling for Kansans with ties to Germany and German Russian communities in Russia. However, when duty called, Kansans answered on the battlefield, farm, and factories. Soldiers returning home found a very different Kansas as the trauma of war impacted the society. The 1920's were often called the "Roaring Twenties" for good reason. The party ended in 1929 with a combination of depression and drought. This class will explore three decades of change. This class will meet each Tuesday, January 28 – April 1, 2014, from 1:00 – 2:30 p.m. (\*note the time change) in the Seminar Room (F-30) of the Fine Arts building. The cost will be \$32.00 for Silver Cougar Club members and \$91.00 for non-members. To pre-register call Coleen Cape at (620) 786-1136.

**Tuesdays, January 28 - April 1, 2014**

**1:00 – 2:30 p.m.**

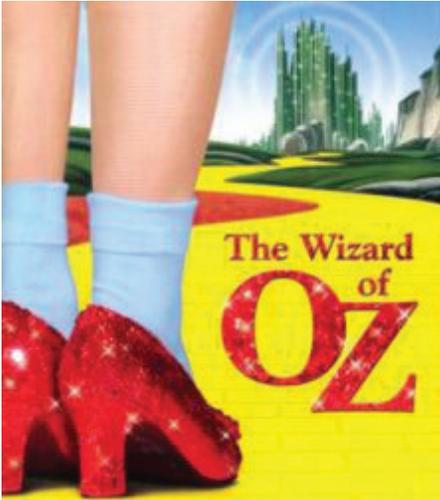
**Seminar Room (F-30), Fine Arts building**

**\$32 for Silver Cougar Club members**

**\$91 for non-members**



# TRIP to Hutchinson



## OFF TO SEE THE WIZARD

Join us on Thursday, February 13, 2014 on a trip to Hutchinson for a performance of "The Wizard of OZ" at the Flag Theater, presented by the Salina Family Community Theater Group. Prior to the performance we will travel to the Carriage Crossing for dinner – each of you will be on your own for dinner, so you can order your favorite entrée and PIE! We will load the bus at 3:30 and should be home around 11:00 p.m. The cost per person is \$20.00 and I need payment and reservations by Jan. 15, 2014.

Remember we will be out of the office from Dec. 19th until January 3rd, so please do not call during that time and leave a voice mail message for a reservation – **I will not accept reservations left by voice mail or e-mail during that time frame.** If you do not reserve a spot before the end of the day on December 18, mark your calendar and call our office after January 3rd.

**Thursday, February 13, 2014**

**Load the bus at 3:30 p.m.**

**Return home approximately 11:00 p.m.**

**\$20 for Silver Cougar Club members**

**Reservations and payment due January 15, 2014**



# CLASS

## ADVANCED MICROSOFT WORD COMPUTER CLASS

In this course, Rich Unrein will teach you to create, save, edit, manage, merge and print documents created in Microsoft Word. Course will include working with text and text boxes; as well as customizing themes, graphics and charts. It will also teach you to work with various styles or help you create your own. It is suggested that you have a working knowledge of word before taking this class previously. A minimum of 6 is required (**pre-enrollment for at least 6 must be received in our office no later than Monday, February 24, 2014 or the class will be cancelled**) and a maximum of 12 is allowed for this class. Please call Coleen Cape at **(620) 786-1136** to enroll.

**Wednesdays, February 26 – April 2, 2014**

**1:00 – 4:00 p.m.**

**Great Bend One Stop Center, Room D-107**

**1025 Main, Great Bend**

**\$32 for Silver Cougar Club members**

**\$91 for non-members**





## January

Iva Behrens  
 Violet Black  
 Jerry Borgstadter  
 Leesa Butler  
 Coralie Button  
 Ruth Cochrane  
 Nancy Converse  
 Rob Dove  
 Don Erskin

Merle Evers  
 Shirley Flick  
 Judy Foster  
 Edna Belle Gagelman  
 Larry Gale  
 Al Herrman  
 Jack June  
 Margaret Kearns  
 John Keenan

Donna Knipe  
 Ronald Koch  
 Judy Komarek  
 John Koochel  
 Elsie Learned  
 Ruth Lowry  
 Karen Neuforth  
 Kenneth Pekarek  
 Carol Reinhardt

Rosemary Robl  
 James Sickbert  
 Patricia Teel  
 Sharla Thill  
 John Thorson  
 Virginia Tinkler  
 Lillian Tschopp  
 Cheryl Wegele  
 Vance Wise

## February

Dolores Appel  
 Jane Bahr  
 Ellen Baldwin  
 David Barger  
 Joan Bohart  
 Virginia Cheely  
 Cathy Cooper

Jacqueline Curtis  
 Janell Curtis  
 Jan Dunn  
 Terry Esfeld  
 Earl Fox  
 Rosemary Herrmann  
 Hazel Hoffman

Harlen Jerke  
 Jim Lloyd  
 Shirley Luther  
 Ronnie Lutz  
 Teresa Malone  
 Patricia Mauch  
 Gerald Mauler

Verlin Schuster  
 Rosy Tomlin  
 Paul Tschopp  
 Debbie Urban  
 Mary Ann Webster  
 Sue Wells

# WHAT'S COOKING?



## SUNDAY CHICKEN DINNER

4 potatoes, peeled and quartered  
4 skinless boneless chicken breast  
1 large onion, quartered  
¼ C vegetable oil  
1 C flour  
1 can cream of mushroom soup  
1 T salt  
1 C water  
1 t pepper  
1 T Cajun seasoning

### Directions:

Preheat oven 350° line a 9X13 baking dish with aluminum foil. Spread the potatoes and onion into the bottom of the lined baking dish. Stir the flour, salt, and pepper together in a shallow bowl. Roll the chicken breast in flour mixture and arrange on top of potatoes and onions. Stir the vegetable oil, mushroom soup, and water together in a bowl; pour over the chicken. Sprinkle Cajun seasoning over entire dish. Cover with foil and bake until chicken breasts are no longer pink (about 2 hours) Meat thermometer should read 165°.



## CROCK POT PORK LOIN

sweet potatoes  
basil  
onions  
cinnamon  
pork loin  
1 C apple juice

### Directions:

Layer chopped sweet potatoes, onions in bottom of a crock pot, add pork loin and apple juice sprinkle a little basil and cinnamon then layer more potatoes and onions. Cook on high 3.5 hours or cook on low 6-8 hours.



## PAULA DEEN'S MEATLOAF

### Meatloaf ingredients

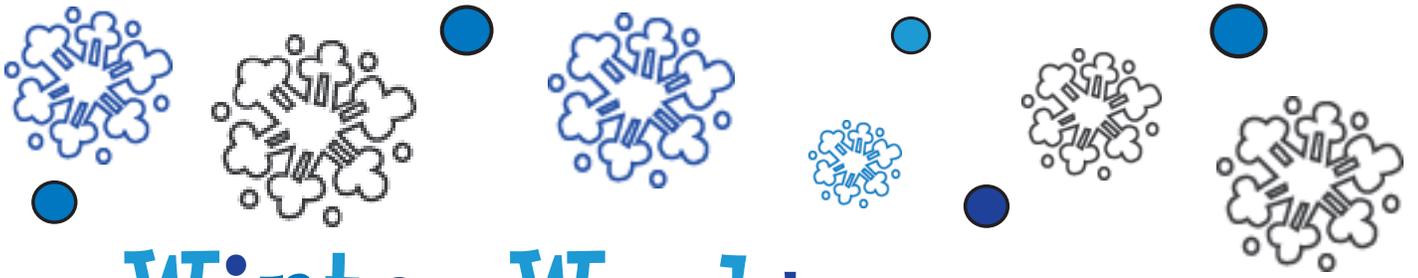
1 lb ground beef  
1 ¼ t salt  
¼ t ground black pepper  
½ C chopped onion  
½ C chopped bell pepper  
1 egg, lightly beaten  
8 ounces canned diced tomatoes (without juice)  
½ C quick-cooking oats

### Topping

1/3 C ketchup  
2 T brown sugar  
1 T prepared mustard

### Directions:

Preheat oven to 375° Mix all meatloaf ingredients together shape into loaf and place in baking dish. Mix topping ingredients together spread over meatloaf and bake for 1 hour.



# Winter Words

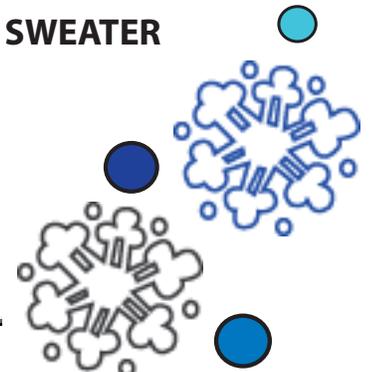
S M B Y T L S D S E L E P C N D R P  
 B O O T S E R L L T C U Y J A M P S  
 V F B K O E U I E I E F Z B M Y J S  
 U H S B T M B C U V E S O X W C Q X  
 L C L A T O S Y B T O A F Y O O P R  
 B A E D M C Z A D L G H R N N L X G  
 N W D W S N E T T I M Z S M S D O L  
 S T O I Y I C E S K A T E S U G Z C  
 G N S W J Q U T F T O K T B G F O K  
 S W Z C S I K S A O H J Y L S A F X  
 J P O W A J K M U L A G E T T P T S  
 E W Y N L R G O J X T S K A Y B A A  
 I F L S E F R O N Y A Z H B B O T



**BOBSLED  
 BOOTS  
 COLD  
 COAT  
 EAR MUFFS  
 GOGGLES**

**HAT  
 ICE  
 ICE SKATES  
 MITTENS  
 SCARF  
 SHOVELS**

**SKIS  
 SNOW  
 SNOWMAN  
 SNOWMOBILE  
 SOX  
 SWEATER**





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**Gainful Employment:** For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at: <http://ge.bartonccc.edu>.

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