

# Women's History and Culture Center

## August 2022 Newsletter



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To receive this newsletter by email, or make comments, please Email [whccmesquitenv@gmail.com](mailto:whccmesquitenv@gmail.com).  
Our mailing list is private and not shared with other organizations.

Hard copies of calendar/upcoming are available at the Women's History and Culture Center located at 225N. Willow #23, Mesquite NV 89027. Mailing address is PO Box 1502, Mesquite NV 89024.

# 1a Notes From the Editors – August 2022

## Looking Ahead to Fall

As the hot days of summer come to a close, we look forward to the reopening of the Women's Center to visitors, starting Tuesday September 6<sup>th</sup>. Our hours for walk-ins are 11 AM to 3 PM on Tuesday, Wednesday and Thursday, and other times by appointment.

There will be a kick-off meeting on Friday August 26 to prepare for September. If you were a greeter or volunteer last year, or if you know someone who would be interested in becoming a greeter or volunteer in September, please invite them to this kick-off meeting.

It is a wonderful opportunity to see what the Center is like and meet some of the people who are the heart of what we do. For example, our greeters who spend two hours a week at the Center, increasing their knowledge about women and sharing what the Center has to offer with visitors. And our volunteers, who always answer the call for help on events that benefit the community. Members of our Board and instructors who hold classes at the Women's Center are also invited to the kick-off meeting

If you are considering holding a class or running a special event at the Women's Center, come to the kick-off meeting or email us at [whccmesquitenv@gmail.com](mailto:whccmesquitenv@gmail.com) for more information.

A special feature of the kick-off meeting will be a presentation to Carol Saldivar recognizing her contributions to the Women's Center from its beginning in 2018 to what it has become today. And we want to thank everyone who has been part of the Women's Center's growth, as a greeter, volunteer, visitor or donor. We appreciate you, and all you have done to help us serve the community.

## Saxon the Suffrage Cat Contest

It was amazing to see the variety of entries in this year's Decorate Saxon the Suffrage Cat contest. We have so many talented artists in our community! This was our third annual Saxon contest and it is growing every year. There were over forty entries from all age groups, youth, adult and seniors, coming in from Mesquite, Bunkerville and even one from Oregon!

The decorated Saxons will be on display at the Fine Arts Center at 15 W. Mesquite Blvd. from Tuesday August 2<sup>nd</sup> through Friday August 12<sup>th</sup>. Voting for the People's Choice Award will be open from Tuesday August 2<sup>nd</sup> through Saturday August 6<sup>th</sup>, so be sure to visit the Art Gallery early to vote for your favorite cat! The Fine Arts Center hours are Monday through Saturday from 10 AM to 4 PM.

Contest winners will be notified on August 8, International Cat Day, followed by the Awards Ceremony and Reception the next day, Tuesday August 9 at 4 PM. Because the Fine Arts Center is less than a block from City Hall, you can do both, attend the Awards Ceremony at the Fine Arts Center at 4 PM and then attend the City Council meeting at City Hall at 5 PM.

Our talented Saxon artists can pick up their artwork at the Fine Arts Center on Friday August 11 when the Saxon Cat display is taken down, or stop by the Women's Center at 225 N. Willow Room 23 at their convenience.

A heartfelt thank you to the Eureka Casino Resort for donating prizes for the Saxon winners.

### Rec Center and Senior Center Classes

During the hot summer months, when time spent outdoors is limited, it is always good to explore opportunities to increase fitness with indoor activities. Here in Mesquite, there are many programs and classes offered at the Rec Center and Senior Center.

Page 4 and 5 show a combined list, a quick overview, of fitness classes offered at both centers, broken down by type of exercise and day offered.

There will be some changes in this list when the snowbird instructors return in the fall, but in general this is what to expect when you visit either center. Also note classes at the Senior Center are lower impact and geared more toward increasing flexibility and strength, so important in our senior years.

The cost for many of the classes at the Rec Center can be covered by certain insurance carriers, or under membership benefits. Check to see if this applies to your situation. The cost for Senior Center classes is arranged individually by instructor., with instructors offering group session pricing, to make it more affordable to pursue these fitness options.

If you are interested in Aqua Aerobics, Cardio, Chair Exercise, Dance (Clogging, Jazz, Line Dancing or Tap), Core Conditioning, Fall Prevention, Kickboxing, Pilates, Step, Sweatin' to the Oldies, Tai Chi, Body Sculpt, Yoga or Zumba, Mesquite has them all, either at the Rec Center or the Senior Center.

And don't forget to stop by the Fine Arts Center in the first week of August to vote for your favorite Saxon cat!

*Jean Watkins*

Founder

### **Some inspirational thoughts about August**

The first week of August hangs at the very top of summer, like the highest seat of a Ferris wheel when it pauses in its tuning – Natalie Babbitt

I love borders: August is the border of summer and autumn; it is the most blissful month I know – Tove Jansson

August is like the Sunday of summer - Unknown

August is the bridge between Summer and Autumn, between how the year has been and how the year will end - Unknown

August: the month of apples and falling stars, the last care-free month for the school children – Victor Nedrasov

When summer opens, I see how fast it matures and fear it will be short; but after the heats of July and August, I am reconciled, like one who has had his swing, to the cool of autumn –Emerson

August rain: the best of the summer gone, and the new fall not yet born - Sylvia Plath

# WHCC Upcoming Events

## Details for August 2022 Events/Classes

\*NOTE: The Women's Center is closed for greeting hours in June, July & August. Open for classes and appointments. Volunteer Updates will be Emailed, when necessary.

Volunteer Greeters & Facilitators (where applicable), enjoy your Summer!!

**Aug 1 (MON) AT 2 PM:** *Wondering Words Book Club* / Mary Lou Ashe (Book-Tara Westover's *Educated*)

**Aug 2 (TUE) – Aug 12 (FRI):** *Saxon the Suffrage Cat Contest* entries on display at the Mesquite Fine Arts Center, 15 W. Mesquite Blvd. (Voting for People's Choice Award open from **Aug 2 – Aug 6**), (entries to be picked up on Friday, **August 11** or at WHCC after that date).

**Aug 4 & 18 (THUR) at 2 PM:** *Consciousness Circle* – Led by Terrie McArthur – see WHCC's Facebook Page for flyer and information.

**Aug 8 (MON) at 1:30 PM:** *Desert Dames BUNCO* / Louise Willis / Closed group

**Aug 8 (MON) at 2 PM:** *Women's Center Board Meeting*, Room 18

**Aug 9 (TUE) 4 PM:** *Saxon the Suffrage Cat Contest Awards Ceremony and Reception* at the Mesquite Fine Arts Center 15 W. Mesquite Blvd. / Jean Watkins

**Aug 11 (THUR) at 2 PM:** *Showgirls Orientation*, Tea Room / Reenie McFarland / Closed group

**Aug 11 (THUR) at 7 PM:** *Full Moon Ceremony* / led by Rei Romney. Contact her at 208-751-7182 for more details about this activity

**Aug 12 (FRI) at 10 AM:** *Desert Dames BUNCO* / Wendy Lauer / Closed group

**Aug 14 (SUN) 10 AM to 2 PM:** *Love, Family* (Closed group)

**Aug 14 (SUN) at 4 PM:** *Mesquite Outdoor Group* / Ron & Debbie Carpenter / Closed group

**Aug 15 (MON) at 2 PM:** *Writers' Critique Group* / Mary Lou Ashe

**Aug 18 (THUR) at 5:30 PM:** *R.A.I.S.E. Mesquite Paint Nite* at WHCC, Contact R.A.I.S.E. Mesquite on Facebook Messenger to reserve your spot. Led by Carly Toutant.

**Aug 26 (FRI) at 2 PM:** *Women's Center Volunteer/Class Facilitator/Board*

September opening kick-off gathering. Please plan to attend and give us

Your input on upcoming hours/events/ideas!!

### A Look Ahead

All classes and most groups are on-going each month. Here are a few other events/gatherings coming up for your anticipation!

**September 24 (SAT): Girls in Aviation Day (Look for Opportunities for youth to attend this fun, motivational, information-packed field trip!)**

**Wednesdays in September: MAX Meditation returns to WHCC!**

# August 2022 Calendar

## Women's History and Culture Center

Visit our Website: [whccmesquitenv.org](http://whccmesquitenv.org)

SUN	MON	TUE	WED	THU	FRI	SAT
	1  2 PM Wondering Words Book Club	2  Saxon entries displayed at Art Gallery Thru Aug 11	3	4  2 PM Consciousness Circle	5	6
7	8 Intrn'l Cat Day  1:30 PM Desert Dames BUNCO – Louise Willis  2 PM WHCC Board Meets	9  4 PM Awards for Saxon & Reception (Art Gallery)	10	11 2 PM Showgirls Orientation 7 PM Full Moon Ceremony Pick up Saxons at the Art Gallery	12  10 AM Desert Dames BUNCO – Wendy Lauer	13
14 10 AM – 2 PM LOVE Family (Closed Group) 4 PM Mesquite Outdoor Group	15  2 PM Writer's Critique Group	16	17	18 2 PM Consciousness Circle  5:30 PM R.A.I.S.E. Mesquite Paint Nite	19	20
21	22	23	24	25	26  2 PM September opening kick-off gathering Greeters/Class Facilitators/ Donors/Board	27
28	29	30	31			

WHCC Board of Directors: 2<sup>nd</sup> Monday from 2 – 3:30 PM  
(as needed in June, July & Aug)

WHCC Volunteer Updates Gathering: 4<sup>th</sup> Friday from 2 – 3:30 PM  
(Email Updates in June & July)

# August 2022 Summary of Recreation Center and Senior Center Fitness Classes - 1

For later updates, please visit the Calendar page in the Recreation Center or Senior Center Newsletter.

<b>Aqua Aerobics</b> - Resistance training in waist deep water to build strength and to lower body stress.			
Mon 7 AM	Aqua Combo • Chris Ralston	Outside Pool	Rec Center
Mon 8 AM	Aqua Basic • Chris Ralston	Outside Pool	Rec Center
Mon 9 AM	Aqua Heat • Chris Ralston	Outside Pool	Rec Center
Tue 8 AM	Aqua Stretch & Balance • Lee Ann Davila	Inside Pool	Rec Center
Tue 9 AM	Aqua Heat • Chris Ralston	Outside Pool	Rec Center
Wed 7 AM	Aqua Combo • Chris Ralston	Outside Pool	Rec Center
Wed 8 AM	Aqua Basic • Chris Ralston	Outside Pool	Rec Center
Wed 9 AM	Aqua Heat • Chris Ralston	Outside Pool	Rec Center
Thu 7 AM	Aqua Heat • Chris Ralston	Outside Pool	Rec Center
Thu 8 AM	Aqua Stretch & Balance • Lee Ann Davila	Inside Pool	Rec Center
Thu 9 AM	Water Aerobics • Shirley Blake	Inside Pool	Rec Center
Fri 7 AM	Aqua Combo • Chris Ralston	Outside Pool	Rec Center
Fri 8 AM	Aqua Basic • Chris Ralston	Outside Pool	Rec Center
Fri 9 AM	Water Aerobics • Shirley Blake	Inside Pool	Rec Center
<b>Cardio</b> - Hands on and high intensity exercise using oxygen and aerobic energy during exercise to keep in shape.			
Mon 7 AM	Cardio Abs & Buns • Mary Jane Krupski	Gym	Rec Center
Wed 7 AM	Cardio Abs & Buns • Mary Jane Krupski	Gym	Rec Center
Fri 7 AM	Cardio Abs & Buns • Mary Jane Krupski	Gym	Rec Center
<b>Chair Exercise</b> - Low impact breathing, stretching and Qigong exercise to increase toning, balance and flexibility.			
Mon 11 AM	Chair Exercise • Jo Anne Smith	Community Room	Senior Center
Tue 9 AM	Gentle Chair Stretch Balance Yoga • Terrie McArthur	Karate Room	Rec Center
Tue 11 AM	Chair Exercise • Jo Anne Smith	Community Room	Senior Center
Wed 11 AM	Chair Exercise • Jo Anne Smith	Community Room	Senior Center
Thu 9 AM	Gentle Chair Stretch Balance Yoga • Terrie McArthur	Karate Room	Rec Center
Thu 11 AM	Chair Volleyball • Jo Anne Smith	Community Room	Senior Center
<b>Clogging</b> - Tap dancing with a twist- creating rhythm by striking heel and toe clacks within the dance movements			
Mon 12 PM	Intermediate Clogging • Pam Sadler	Dance Room	Rec Center
Wed 11 AM	Intermediate Clogging • Pam Sadler	Dance Room	Rec Center
Wed 12 PM	Beginning Clogging • Pam Sadler	Dance Room	Rec Center
<b>Core and Strength Conditioning</b> - Using stretches and motions to shape and stabilize core.			
Mon 8 AM	Beginning • Terrie McArthur	Community Room	Rec Center
Tue 7 AM	Core Conditioning • Mary Jane	Gym	Rec Center
Tue 8 AM	Beginning Core & Flex • Terrie McArthur	Karate Room	Rec Center
Tue 9 AM	Strength Training • Betty King	Community Room	Senior Center
Wed 8 AM	Beginning Strength & Core • Terrie McArthur	Karate Room	Rec Center
Thu 7 AM	Core Conditioning • Mary Jane Vandeweghe	Gym	Rec Center
Thu 8 AM	Beginning Core & Flex • Terrie McArthur	Karate Room	Rec Center
Thu 9 AM	Strength Training • Betty King	Community Room	Senior Center
Fri 8 AM	Beginning Strength & Core • Terrie McArthur	Karate Room	Rec Center
Fri 8 AM	Strength & More • Donna Schorr	Gym	Rec Center
<b>Fall Prevention</b> - Chair and standing exercises to improve balance, strength and cognitive ability.			
Mon 10 AM	Fall Prevention Class • Sue Loe	Community Room	Senior Center
Wed 10 AM	Fall Prevention Class • Sue Loe	Community Room	Senior Center
Fri 10 AM	Fall Prevention Class • Sue Loe	Community Room	Senior Center
<b>Jazz for Fun</b> - Fun and trendy dance steps to improve conditioning, strength and flexibility.			
Thu 10 AM	Jazz for Fun • Nancy Wincentson	Dance Room	Rec Center
<b>Kickboxing Aerobics</b> - Stand-up combat sports using kicks and jabs for strength and self-defense.			
Mon 9 AM	Kickboxing Aerobics • Rosemary Ennis	Racquetball Room	Rec Center
Tue 9 AM	Kickboxing Aerobics • Rosemary Ennis	Racquetball Room	Rec Center
Thu 9 AM	Kickboxing Aerobics • Rosemary Ennis	Racquetball Room	Rec Center

## August 2022 Summary of Recreation Center and Senior Center Fitness Classes - 2

For the latest updates, please check the Calendars in the Recreation Center Newsletter and the Senior Center Newsletter.

<b>Line Dance</b> - <i>Choreographed dance in a repeating sequence of steps done in lines and rows.</i>			
Mon 9 AM	Beginning Line Dance • Rebecca Hartley	Dance Room	Rec Center
Mon 10 AM	Advanced Line Dance • Suzie Schzeske	Dance Room	Rec Center
Wed 9 AM	Beginning Line Dance • Rebecca Hartley	Dance Room	Rec Center
Wed 10 AM	Advanced Line Dance • Donna Schorr	Dance Room	Rec Center
<b>Pilates</b> - <i>Mind-body exercise that shapes and repositions the body to develop core strength.</i>			
Thu 8 AM	Pilates • Rec Center Dance Room • Terrie		
<b>Step Aerobics</b> - <i>Fun high intensity cardio workout with music designed to keep your body moving and joints limber.</i>			
Mon 7 AM	Step & Strength • Reenie McFarland	Dance Room	Rec Center
Mon 8 AM	Beginner Step • Reenie McFarland	Dance Room	Rec Center
Tue 8 AM	Step • Reenie McFarland	Dance Room	Rec Center
Wed 8 AM	Step & More Aerobics • Maria Amarilles	Dance Room	Rec Center
Thu 7 AM	Step & Strength • Reenie McFarland	Dance Room	Rec Center
Fri 8 AM	Step • Reenie McFarland	Dance Room	Rec Center
<b>Sweatin' to the Oldies</b> - <i>Medium impact dance movements set to Oldies songs from the 60s, 70s, 80s and 90s.</i>			
Mon 8 AM	Sweatin' to the Oldies • Betty King	Community Room	Senior Center
Wed 8 AM	Sweatin' to the Oldies • Betty King	Community Room	Senior Center
Fri 8 AM	Sweatin' to the Oldies • Betty King	Community Room	Senior Center
<b>Tai Chi</b> - <i>Chinese martial art practices with self-defense, meditation and health benefits.</i>			
Tue 9 AM	Tai-Chi • Elizabeth Etie	Dance Room	Rec Center
Thu 9 AM	Tai-Chi • Elizabeth Etie	Dance Room	Rec Center
<b>Tap Dance</b> - <i>Dance form using tap shoes to add a rhythmic sound to music and dance movements.</i>			
Mon 11 AM	Beginner/Novice • Nancy Wincentson	Dance Room	Rec Center
<b>Total Body Sculpt</b> - <i>Strength training using dumbbells for flexibility, shaping, &amp; cardiovascular conditioning.</i>			
Tue 9 AM	Total Body Sculpt • Donna Schorr	Gym	Rec Center
Tue 9 AM	Total Body Sculpt • Donna Schorr	Gym	Rec Center
<b>Yoga</b> - <i>A spiritual discipline of mind, spirit, and physical body; using stretch for mind and body harmony.</i>			
Mon 6:45 AM	Beginners Yoga • Terrie McArthur	Karate Room	Rec Center
Mon 9 AM	Yoga • Donna Schorr	Karate Room	Rec Center
Mon 9 AM	Gentle Yoga & Well-Being • Betty King	Community Room	Senior Center
Wed 6:45 AM	Beginners Yoga • Terrie	Karate Room	Rec Center
Wed 9 AM	Yoga • Donna Schorr	Karate Room	Rec Center
Wed 9 AM	Gentle Yoga & Well-Being • Betty King	Community Room	Senior Center
Thu 7:30 AM	Life Force • Betty King	Community Room	Senior Center
Fri 6:45 AM	Beginners Yoga • Terrie McArthur	Karate Room	Rec Center
Fri 9 AM	Meditation • Terrie McArthur	Karate Room	Rec Center
Fri 9 AM	Yin Yoga • Betty King	Community Room	Senior Center
Fri 9 AM	Yoga • Donna Schorr	Dance Room	Rec Center
<b>Zumba</b> - <i>A Latin-inspired fitness dance program that shapes one's cardio and movement.</i>			
Tue 8 AM	Zumba • Maria Amarilles	Gym	Rec Center
Tue 9 AM	Zumba Gold for Seniors • Cindy Conti	Community Room	Senior Center
Wed 9 AM	Zumba • Maria Amarilles	Gym	Rec Center
Thu 8 AM	Zumba • Maria Amarilles	Gym	Rec Center
Tue 9 AM	Zumba Gold for Seniors • Cindy Conti	Community Room	Senior Center

Please forward comments on this chart to Women's History and Culture Center at [whccmesquitevn@gmail.com](mailto:whccmesquitevn@gmail.com).



# 17<sup>th</sup> Annual Mesquite Chamber Golf Reception & Invitational



August 5<sup>th</sup> Reception – Contests Starting @ 3PM  
Conestoga Golf Club – 1880 Grille – 1499 Falcon Ridge Pkwy

August 6<sup>th</sup> Invitational – Shotgun @ 7AM  
Conestoga Golf Club – 1499 Falcon Ridge Pkwy

Reception - \$20 pp includes appetizers and live music by Mike Rye or \$30 ticket to include Adult Beverage Tasting. (Horse Race Contestants get a free \$20 reception ticket included with their entry fee)

Open to the Public. This is a Great Networking Event with a Cash Bar, Appetizers, Live Music, Silent Auction and a 50/50 raffle.

**Putting Course Contest (must purchase a reception ticket)**

**and a Horse Race with Prizes**



11 W. Pioneer Blvd., Ste. C, Mesquite, NV89027 | (702) 346-2902 | [carol@mesquitenvchamber.com](mailto:carol@mesquitenvchamber.com)





We Serve

**MEMBERSHIP MEET AND GREET**  
**Saturday August 6th**

Noon to 2 pm

Mesquite Public Library

160 W. 1st North 89027

**“EVERYONE IS INVITED”**

*Refreshments will be served*





gallery & gift shop

# mesquite fine arts center

10am to 4pm Tuesday-Saturday

# "ABANDONED PLACES"

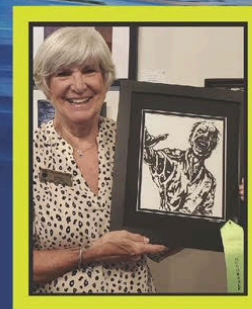
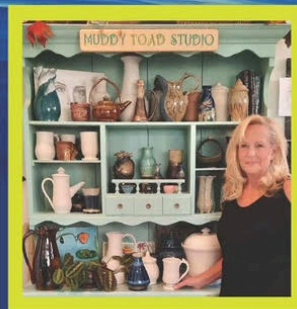
AUGUST 1ST, 2022  
TO  
AUGUST 27TH, 2022

RECEPTION  
THURSDAY, AUGUST 18TH, 2022

MESA GALLERY:  
FIBERART DISPLAY

ARTISTS OF THE MONTH

SPONSOR:



DOTTIE GOLDEN RITA FULMER



NATIONAL  
ENDOWMENT  
FOR THE  
HUMANITIES



15 W. Mesquite Blvd., Mesquite, NV 89027 / 702-346-1338 / [www.mesquitefineartscenter.com](http://www.mesquitefineartscenter.com)

Like us on Facebook: [www.facebook.com/MesquiteFineArtsCenter](http://www.facebook.com/MesquiteFineArtsCenter)

This project is funded, in part, by grants from the Nevada Arts Council, a state agency, and the National Endowment for the Arts, a federal agency.

ROTARY CLUB OF MESQUITE PRESENTS

WOODO



Volleyball

SEPT. 17TH 2022

BEHIND EUREKA CASINO



SOUNDS BY:



Team of 6 \$210 Includes T-Shirt

Check in 8am

Games starts 9am

mesquiterotarynv@gmail.com



Juniper Outpost  
312 W Mesquite Blvd Ste 114



It's Not  
Shopping

It's Retail Therapy!



Thursday, September 22nd  
5pm - 7pm

RSVP to 702.346.2902 by September 15th  
Enjoy refreshments and meet local artists  
Receive a little surprise just for you!

Raffle Prize  
Drawing to benefit  
the  
Safeness Mesquite  
Shelter



Aviation Girls App Available year-round!

# Save the Date

8<sup>th</sup> Annual Girls in Aviation Day  
Saturday September 24, 2022 9am - 2pm

Open to girls ages 8 – 18, No Entry Fee and Lunch Provided!



FIRST 200 ATTENDEES receive a Girls in Aviation Day T-Shirt, String Backpack, Aviation for Girls Magazine and Snacks!  
**Free Download for the Aviation for Girls App!!**  
Girl Scouts earn their Aviation Patch for attending!

-  Meet Women Aviation Industry Professionals!
  -  Tour Aircraft from MGM, Allegiant and General Aviation!
  -  Explore Space and Rocket Activities!
  -  Build a Flight Plan and learn about Airport Tower Operations!
  -  Learn how an Airport works like a City!
  -  Learn about Aircraft Parts and how they work on aircraft!
  -  Military and Armed Forces Simulator and MUCH MORE!
- \*\* MORE DETAILS AND SIGN-UP INFORMATION AT:**  
[www.facebook.com/WAILasVegas](http://www.facebook.com/WAILasVegas)



Thank you to our Generous Premier Sponsors for making this a FREE EVENT!!





## Mesquite Campus - Course Schedule

Fall 2022

140 N. Yucca St. Mesquite, NV 89027

Phone: 702-346-2485

<https://www.csn.edu/locations/mesquite-center>

	Course #	Course Title	Time	Dates	Instructor
<b>Monday</b>					
MATH 120E <sup>1</sup>	87220	Fundamentals of College Math	5:30pm - 7:50pm	8/29-12/12	Carol Dobson
<b>Tuesday</b>					
CLS 152	85546	Applied Phlebotomy	5:30pm - 9:20pm	8/30-12/13	Lennie Hartwig
CLS 153	85548	Phlebotomy Clinical	TBA	8/30-12/13	Lennie Hartwig
NURS 130	90321	Nursing Assistant Lab	8:30am - 3:35pm	10/24-12/15	Alyna Ashcraft
PSC 101 <sup>1</sup>	88514	Intro to American Politics	5:30pm - 7:20pm	9/1-12/15	Lee Roether
<b>Wednesday</b>					
COM 101	89250	Oral Communication	5:30pm - 8:20pm	8/31-12/14	LeAnn Campbell
MATH 120E <sup>1</sup>	87220	Fundamentals of College Math	5:30pm - 7:50pm	8/31-12/14	Carol Dobson
NURS 130	90320	Nursing Assistant Clinical	8:30am - 3:20pm	10/24-12/15	Sue Hale
<b>Thursday</b>					
ENG 101 <sup>2</sup>	89246	Composition I	5:30pm - 8:20pm	8/30-12/13	LeAnn Campbell
NURS 130	90320	Nursing Assistant Clinical	8:30am - 3:20pm	10/24-12/15	Sue Hale
<b>Online</b>					
CLS 151	85544	Phlebotomy Lecture	Online	8/29-12/18	Matthew Bentz
NURS 130	88824	Nursing Assistant Lecture	Online	8/29-10/23	Jama De Yoe

<sup>1</sup> This class will be taught at the CSN Nellis center and shared with the CSN Mesquite center utilizing video conferencing equipment

<sup>2</sup> These classes will be taught at the CSN Mesquite center and shared with the CSN Nellis center utilizing video conferencing equipment

## UPCOMING WORKSHOPS MARK YOUR CALENDAR

**AT THE FINE ARTS CENTER AT 15 W. MESQUITE BLVD.  
SEE THE VIRGIN VALLEY ARTISTS ASSOCIATION WEBSITE FOR DETAILS**



### **WATERCOLOR TIPS, TRICKS, AND TECHNIQUES WITH LINDA SMITH**

Friday, September 30, 2022 10 am to 3 pm

Linda Smith has over thirty years of painting, teaching, and exhibition experience, with a primary focus on watercolor painting. Her one-day workshop is designed for both beginners and experienced watercolor artists. This workshop will offer

guidance in understanding the nature of watercolor better. Areas to be covered include using watercolor tools and materials, understanding how color works, and valuable tips and techniques. Working through various simple exercises, the participant will find that this linear approach will fill in the gaps in their learning a watercolor vocabulary.

If you are looking for a fresh start in this unique medium or even a comprehensive refresher— this workshop is for you!

A supply list is on the website - click on the Upcoming Workshops tab.



## VIRGIN VALLEY HONOR GUARD

### SEARCHING FOR MEMBERS

Established in 1993, The Honor Guard participates in over 30 events a Year

The Honor Guard is looking for women and men who have served in the military (any branch). Uniforms/Outerwear are provided to all new members.

\*Contact the Mesquite Veterans Center during business hours at (702) 346-2735 or leave name & phone # for Honor Guard Commander.

