

# Vacation College Class Catalog 2025

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## Classes at a Glance

<b>Long Morning 8:30 – 11:00 a.m.</b>
<b>Introduction to Podcast-Listening</b>   Sarah Polo
<b>Human Microbiome, Diet, and Health</b>   Manjira Ghosh Kumar
<b>Basic Firearms and Firearms Safety</b>   Mike Shuster
<b>Design Made Easy: Unlocking the Magic of Canva</b>   Cody Page
<b>Pickleball Mania</b>   Ganga Fernando & Patrick Ryan
<b>Christmas in August!</b>   Randi Turk & Kerry Tate
<b>History, Culture, and Society of the Osage Nation</b>   Sarah Quick
<b>Van Gogh Pet Portraits</b>   Linda Wheat
<b>Short Morning A 8:30 – 9:45 a.m.</b>
<b>Relax, Revive, Reconnect</b>   Chandlar Taul
<b>Foundations of Wellness with doTERRA</b>   Bobbi Ogle
<b>First Aid and CPR</b>   Gracie Travis
<b>Walk Around Nevada</b>   TraceyJane Kammerer
<b>Short Morning B 10:00 – 11:15 a.m.</b>
<b>Using AI in Everyday Life</b>   Randon Coffey
<b>Cup Stacking and More!</b>   Evan Belk
<b>Musical Solutions for Wellness</b>   Janalea Hoffman
<b>Long Afternoon 1:00 – 3:30 p.m.</b>
<b>An Afternoon of Canasta</b>   Allison Fast
<b>Easy Korean Cooking (and Some Speaking!)</b>   Amanda Gilchrist
<b>Cinema Unveiled: The Art of Movie Magic</b>   Cody Page
<b>Native Americans and Cinema</b>   Sarah Quick
<b>Movie Journeys to Faraway Places</b>   Tatiana Jones
<b>The Happy Hookers: Crocheting 101</b>   Trudy Burr
<b>Pickleball Drilling for Advanced Beginners</b>   Ganga Fernando & Patrick Ryan
<b>Gingerbread Cookie Plate</b>   Randi Turk & Kerry Tate
<b>A Little Bit of This.. A Little Bit of That</b>   Maryann Mitts
<b>Short Afternoon C 1:00 – 2:15 p.m.</b>
<b>Genealogy 101</b>   Chris Niles
<b>Playing the Native American Flute</b>   Janalea Hoffman
<b>Basic Archery</b>   Sarah Trout
<b>Short Afternoon D 2:30 – 3:45 p.m.</b>
<b>Geocaching - The World's Largest Treasure Hunt</b>   Chris Niles
<b>We have Spirit, yes we do! (It's 5 o'clock somewhere!)</b>   Julie Tietz
<b>Smash the Stress: Stress Management Fun!</b>   TraceyJane Kammerer

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## In Depth Class Descriptions

### Long Morning Classes: 8:30 – 11:00 AM

#### Christmas in August!

**Instructor:** Randi Turk & Kerry Tate  
**Class Type:** Discussion/activity  
**Level of Physical Activity:** Low activity  
**Skill Level:** All levels welcome

Does it snow in Nevada in August? It does if you are taking this class. We will make beautiful cards, poinsettia decorations, Christmas recipe books, forget-me-not memory books, and more! You will have some homework. We will need you to send us one or two of your favorite holiday recipes in advance so we may have them printed and ready for the class. Bring at least 10 photos (or more if you'd like!) for your holiday memory book—these could be of a special Christmas memory, your kids or grandkids through the years, your pets celebrating the holidays, a favorite Christmas party, or anything meaningful to you. And if you're unsure what to bring, don't worry—we'll help you create something beautiful!

**Randi Turk**  
*President of CCAA Board, Class of '68*



Randi LeGendre Turk is a Cottey alumna, class of '68, and a third-generation Arizonan and a third-generation P.E.O. After Cottey, Randi traveled the world on World Campus Afloat, now Semester at Sea, then finished her bachelor's degree in history with a minor in art at the University of New Mexico. She obtained her master's degree in secondary education at Northern Arizona University in Flagstaff. While in New Mexico, she met and married Tom. They have two children and one grandson, and in retirement, they enjoy traveling the world. In 2023, Randi was the chair of the Arizona State P.E.O. Convention and currently serves on one of the committees for the International P.E.O. convention to be held in Phoenix in 2025.

**Kerry Tate***Vice-President of CCAA Board, Class of '86*

Kerry Tate is a Cottey alumna, class of '86, and the Managing Director of the AccessAbility Resource Center at the University of Texas at Dallas. She is a distinguished figure in the field of disability services, with an impressive career spanning over 31 years. While Kerry is a powerhouse in the world of disability services and advocacy, there's a lighthearted side to her too, especially when it comes to her cherished days as a Cottey College alumna and serving as Vice President for Cottey College Alumnae Association. With her quick wit and infectious sense of humor, she could turn any campus gathering into a comedy show (with a touch of educational wisdom, of course). Kerry is a regular Vacation College attendee and is excited to share her passion for art with you!

**Introduction to Podcast-Listening****Instructor:** Sarah Polo**Class Type:** Presentation/  
lecture/discussion**Level of Physical Activity:** N/A**Skill Level:** Beginners encouraged

From true crime to education, storytelling, comedy, news, and everything in between, podcasts are an immensely popular form of media. This class will serve as an introduction to engaging with them. We'll cover what podcasts are, how they work, how to find them, and listen to selections of episodes across a wide range of sub-genres. There's something for everyone to enjoy!

**Dr. Sarah Polo***Assistant Professor of English*

Dr. Sarah E. Polo is an Assistant Professor of English in Cottey College's English Department. She joined Cottey in 2019 and teaches a variety of writing courses such as composition, professional writing, digital rhetoric, and archival research. She also coordinates Cottey's First-Year Writing Seminar program. Her research appears in scholarly journals such as *Peitho* and *The Journal of Multimodal Composition* and various edited collections.

## Basic Firearms & Firearms Safety

**Instructor:** Mike Shuster  
**Class Type:** Presentation/activity  
**Level of Physical Activity:** Low to moderate activity  
**Skill Level:** All levels welcome

This course covers essential firearm safety, handling, and operation for handguns and rifles. Participants will learn proper grip, stance, aiming, shooting fundamentals, safe storage, and legal responsibilities. The class also covers sight alignment, recoil management, and state laws, emphasizing safety and accountability. Whether you're new to firearms or looking to enhance your skills, this course offers the foundational knowledge needed for responsible gun ownership and operation.

**Mike Shuster**  
*Manager of Campus Safety, Security, and Clery*

Mike Shuster served as Jasper County Sheriff's Deputy for 20 years before transitioning into the private sector as a Business Director at a security technology firm for six years. He also worked as an adjunct professor at Missouri Southern, sharing his criminal justice and public safety expertise. Now, as the Manager of Safety, Security, and Clery at Cottey College, Mike is dedicated to maintaining a secure campus environment. With a deep understanding of law enforcement practices, security technology, and education, Mike is committed to promoting safety, responsibility, and professional development in his field.

## Design Made Easy: Unlocking the Magic of Canva

**Instructor:** Cody Page  
**Class Type:** Presentation/activity  
**Level of Physical Activity:** N/A  
**Skill Level:** Beginners encouraged

Are you ready to unleash your creativity and learn how to design like a pro without breaking a sweat? Join us for Design Made Easy: Unlocking the Magic of Canva, a hands-on, beginner-friendly course tailored specifically for adults eager to explore the world of graphic design and app organization. Whether crafting a family reunion invitation, sprucing up your club newsletter, or taking photos from just files to beautiful collages, this class will show you how Canva can make it all easier—and fun! Together, we'll navigate the basics of Canva, from creating eye-catching designs to organizing your projects within the app. Discover practical applications like making holiday cards, flyers, and social media posts while learning time-saving tips

	and tricks. Not tech-savvy? No problem! This course is designed with beginners in mind, and no prior design experience is required.
<p><b>Cody Page</b>  <i>Assistant Professor of Theatre</i></p> 	<p>Dr. Cody Page earned his Bachelor of Humanities in Communications from Pennsylvania State University Harrisburg, his Master of Arts in Educational Theatre for Colleges and Communities from New York University Steinhardt, and his Ph.D. in Theatre with a Graduate Certificate in Performance Studies from Bowling Green State University. He is a theatre practitioner who has held roles as director, intimacy choreographer, actor, props maker, and various other roles that need to be fulfilled for production.</p>
<b>History, Culture, and Society of the Osage Nation</b>	
<p><b>Instructor:</b> Sarah Quick  <b>Class Type:</b>  Presentation/lecture/discussion  <b>Level of Physical Activity:</b> Low to moderate activity  <b>Skill Level:</b> All levels welcome</p>	<p>Several Indigenous peoples lived in and passed through Missouri, but none were as well known as the Osage in southwest Missouri. This class will begin by considering what we know of the pre-contact Osage, their historical prominence in the four-state area (Missouri, Kansas, Oklahoma, and Arkansas), and their struggles and relocations. Besides what we explore in the classroom, we will visit the Vernon County Historical Society and an ancient Osage village near Nevada to learn about their culture and the environment in which they thrived. We will also consider the Osage culture and society in more recent times.</p>
<p><b>Dr. Sarah Quick</b>  <i>Professor of Anthropology</i></p> 	<p>Dr. Sarah Quick is a sociocultural anthropologist and ethnomusicologist who primarily studies contemporary heritage performance by Indigenous peoples in North America. She also studies food as a springboard for heritage interests and social-environmental change. In addition to anthropology, Sarah teaches first-year writing, Environmental Studies courses, and Qualitative Research Methods. Sarah is interested in music and dance, ethnographic films, gender studies, heirloom seed-saving, sustainable farming, and community gardening.</p>

## Human Microbiome, Diet, and Health

**Instructor:** Manjira Ghosh Kumar  
**Class Type:** presentation/lecture/discussion  
**Level of Physical Activity:** Low activity  
**Skill Level:** Beginners encouraged

The human microbiome plays a crucial role in health and disease, making it one of the most pressing scientific frontiers today. Metabolic syndrome (MetS) conditions—such as diabetes, obesity, hypertension, and neurodegenerative diseases—affect nearly one in three adults in the U.S. and one billion people worldwide. Despite an abundance of food, poor nutrition remains a root cause of these widespread health issues. How does the gut microbiome influence our well-being, and what can we do to improve it? This discussion-based course explores the connection between gut health, disease, and nutrition, offering insights into risk factors and prevention. No prior knowledge is required.

**Dr. Manjira Ghosh Kumar**  
*Associate Professor of Biology and Chemistry*




Dr. Manjira Kumar earned her Bachelor of Science degree from the University of Calcutta in India, her Master of Science degree from Kalyani University in India, and her Ph.D. from the Catholic University of America in Washington, D.C. She studies aquatic, photosynthetic microorganism called cyanobacteria (blue-green algae) that have the distinction of being the oldest known fossils. This large group of bacteria has survived billions of years of evolution and provides a unique model system to study environmental pollution. Her lab focuses on the biochemical, molecular, and phenotypic changes within the bacteria due to the exposure of surface waters or other chemical toxins such as antibiotics and anti-inflammatory drugs. Dr. Kumar is also a Council on Undergraduate Research (CUR) member.

## Pickleball Mania

**Instructor:** Ganga Fernando & Patrick Ryan  
**Class Type:** Studio/activity  
**Level of Physical Activity:** Moderate activity  
**Skill Level:** All levels welcome

Interested in tennis but worried about the impact on your knees or the intense serves? Pickleball offers all the excitement of tennis—plus more! Played on a smaller court, indoors or outdoors, it's easier on the joints, features a smooth, bowling-like stroke, and often includes music on the sidelines. Fast-paced, energetic, and social, this sport is perfect for all skill levels. Bring your tennis shoes, get

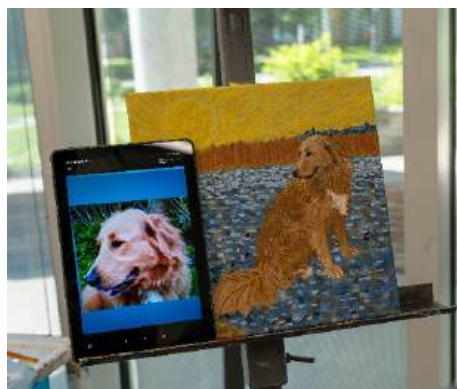


	moving, and enjoy the fun! By day four, you'll have the basics down and participate in a friendly mock tournament.
<p><b>Dr. Ganga Fernando</b> Professor of Chemistry</p> 	<p>Dr. Ganga Fernando grew up in the island of Sri Lanka and graduated with an honors degree in chemistry before moving to Texas for higher studies. She moved to Illinois and graduated with her Ph.D. in Analytical Chemistry, specializing in proteomic mass spectrometry from Southern Illinois University, Carbondale. She joined Cottley in 2008 as a faculty member of the Chemistry department. She advocates for women in STEM, especially in analytical chemistry undergraduate research. Her family is very active in the local YMCA and participates in many sports in their free time, including pickleball.</p>

## Van Gogh Pet Portraits

**Instructor:** Linda Wheat  
**Class Type:** Studio/activity  
**Level of Physical Activity:** Low activity  
**Skill Level:** All levels welcome

Create a unique portrait of your pet inspired by a Van Gogh masterpiece! Using acrylic paint on canvas, blend your pet's likeness with Van Gogh's signature style, capturing vibrant colors and expressive brushstrokes. Limited painting experience is needed; just email your pet photo and your choice of Van Gogh painting to [lwheat@tylerartschool.com](mailto:lwheat@tylerartschool.com) by June 15. Your teacher (Linda '69) & you will then collaborate by email to ensure you love the positioning of your pet within your Van Gogh choice. All will be prepared for painting your very own Van Gogh pet portrait masterpiece, step by step, beginning on day one at Vacation College!



**Linda Wheat***Cottey Alumna, Class of '69*

Linda Wheat is a mother of three, a grandmother of four, and a devoted rescuer of cats, currently caring for her "art cats," Yeti and Sweet Pea. At Cottey, she was a Delphian President, field hockey halfback, and a Golden Key, Phi Theta Kappa, and Art Club member. She then traveled the world as a corporate fashion buyer for D.H. Holmes, earning four "Buyer of the Year" awards. Later, she co-founded *Wheaty's*, a New Orleans restaurant specializing in Natchitoches Meat Pies, which evolved into a successful wholesale business and a 45-year family tradition at JazzFest. Linda earned a BFA in Painting from Goddard College and ran *Artspirit Studio*, creating large-scale murals for hospitals, casinos, and homes. After Hurricane Katrina, she moved to Tyler, Texas, where she taught art for a decade before founding *Tyler Art School* in 2017, now home to 92 aspiring artists. Grateful for Cottey's impact, Linda continues to inspire through her art and teaching.

**Short Morning Classes: 8:30 – 9:45 AM****Relax, Revive, Reconnect**


**Instructor:** Chandler Taul  
**Class Type:** Studio/activity  
**Level of Physical Activity:** Moderate to vigorous activity  
**Skill Level:** All levels welcome

This class welcomes beginners and experienced yogis, offering gentle modifications and advanced challenges to suit all skill levels. Each session provides a fresh opportunity to relax, revive, and reconnect through mindful movement and breath.

**Chandler Taul***Enrollment Counselor, Class of '23*

Chandler Taul is a Cottey College alumna who joined Cottey's enrollment team in August 2023. She studied Spanish and Psychology at Eastern Kentucky University and Cottey. Chandler became a certified yoga instructor in 2017 and taught classes at yoga studios, gyms, student athletes, and even at an Irish Pub. She teaches beginner's yoga and welcomes all levels with modifications to ensure comfort and safety and opportunities for poses that may challenge you. Chandler encourages her students to keep an open mind and always do what feels good, whether you practice regularly or it's your first time. She enjoys helping others feel comfortable and confident in their own skin. Chandler loves to have fun



	and meet new people. She looks forward to seeing you in class!
<b>Foundations of Wellness with doTerra</b>	
<p><b>Instructor:</b> Bobbi Ogle  <b>Class Type:</b> Presentation/activity  <b>Level of Physical Activity:</b> Low to moderate activity  <b>Skill Level:</b> All levels welcome</p>	<p>Discover the power of natural wellness! Whether you are new to essential oils or looking to deepen your knowledge, you'll explore holistic solutions to support your physical, emotional, and environmental well-being. Through interactive discussions, hands-on activities, and expert guidance, you'll learn how essential oils can support:</p> <ul style="list-style-type: none"> <li>• Better sleep</li> <li>• Digestion</li> <li>• Stress relief</li> <li>• Stronger immunity</li> <li>• A healthier home environment</li> </ul> <p>You'll also explore doTERRA's wellness philosophy, sustainable sourcing practices, and simple ways to incorporate natural solutions into your daily routine. Come ready to learn and take the next step in your wellness journey!</p>
<p><b>Bobbi Ogle</b>  <i>Entrepreneur, Class of '75</i></p> 	<p>Bobbi Beck Ogle '75 owns Interior Motives in Nevada, Missouri, where she blends her passions for design, customer relationships, and wellness. Originally from Sioux Falls, South Dakota, she credits Cottey College with shaping her entrepreneurial journey. After starting in a dental office and raising three sons, Bobbi pursued her dream, launching Interior Motives in 1989. Her store has since expanded four times, becoming a must-visit boutique for home décor and specialty items. Her desire to share safe, natural, and affordable solutions with everyone she meets is at the heart of her work. Bobbi welcomes all Cottey alumnae to visit Interior Motives—a store that continues to surprise and delight visitors from near and far!</p>

## First Aid and CPR

**Instructor:** Gracie Travis  
**Class Type:** Presentation/activity  
**Level of Physical Activity:** Low to moderate activity  
**Skill Level:** All levels welcome

Learn essential first aid and CPR skills for adults, infants, and children. Upon completion, you'll receive a Heartsaver CPR First Aid certification, valid for two years.

**Gracie Travis, MS, LAT, ATC**  
*Head Athletic Trainer*



Gracie Travis joined Cottey College as Head Athletic Trainer in 2020 after working at a Division II university. She previously served as a graduate assistant at Drury University while earning her master's in athletic training from Missouri State University, focusing on leadership and rehabilitation. Gracie holds a bachelor's degree in athletic training and pre-physical therapy from Capital University and has been a member of NATA, MoATA, and MAATA since 2015.

## Walk Around Nevada

**Instructor:** TraceyJane Kammerer  
**Class Type:** Discussion/activity  
**Level of Physical Activity:** Moderate to vigorous activity  
**Skill Level:** All levels welcome

Start your day with a refreshing walk! This group will cover approximately 2 miles through parks and routes near campus. Walk at your own pace, adjusting the distance to suit your preference. All are welcome!

**TraceyJane Kammerer**  
*Assistant to the President's Office*



TraceyJane Kammerer is passionate about empowering women by helping them release stress, build confidence, and embrace their strength. With a mission to help women feel powerful in every aspect of their lives, TraceyJane creates an environment where they can break literal and figurative barriers while having a blast. Whether you're looking to de-stress, sharpen your skills, or reclaim your power, she's here to support you every step of the way!

## Short Morning Classes: 10:00 – 11:15 AM

### Musical Solutions for Wellness

**Instructor:** Janalea Hoffman  
**Class Type:** Lecture/activity  
**Level of Physical Activity:** N/A  
**Skill Level:** All levels welcome

In this experiential class, we will cover different techniques that were developed by Janalea Hoffman, Music Therapist. You will experience Musical Biofeedback, a technique for matching body rhythms with musical rhythms for lowering heart rate and blood pressure; entrainment, a scientific phenomenon of how the body synchronizes to outside rhythms; Musical Acupuncture for easing anxiety and pain; and the power of music and mental imagery for healing. Participants will also learn the different ways the brain responds to music. In the last class, we will experience a Sacred Circle Dance, which is a meditative, easy movement to music that helps create a peaceful mind and a sense of unity with participants. You will learn examples of how music can help connect us to emotional and spiritual sides of ourselves that contribute to healing and wellbeing.

**Janalea Hoffman**  
*Music Therapist*




Janalea Hoffman is the owner and founder of Rhythmic Medicine and a pioneer in the field of Music Therapy. A musician, author, and speaker, she teaches the healing power of music. After years of research and lecturing, Hoffman discovered that people instinctively recognize the power of expressive therapies but may not know how to apply them therapeutically. Her approach focuses on specific, steady rhythms that help lower blood pressure, slow the heartbeat, and deepen breathing. She specializes in instruments such as Native American flutes.


### Using AI in Everyday Life

**Instructor:** Randon Coffey  
**Class Type:** Presentation/  
lecture/discussion  
**Level of Physical Activity:** N/A  
**Skill Level:** All levels welcome

Discover the buzz around Artificial Intelligence (AI) and how it enhances daily life. From virtual assistants to smart devices, explore how AI simplifies tasks, saves time, and keeps you connected. This class is perfect for both beginners and those with experience.

	By the end, you'll have a solid understanding of AI's basics and practical ways to integrate it into your routine, all while gaining insight into its growing influence on the future of technology. Join us for this exciting journey into the world of AI!
<p><b><i>Randon Coffey</i></b>  <i>Vice President for Communication and Strategic Initiatives</i></p> 	<p>Randon Coffey stands as a leader in higher education marketing and strategic communication. After graduating with both undergraduate and graduate degrees in Business Management from Missouri Southern State University, he has meticulously crafted a trajectory underscored by excellence and visionary leadership. His professional odyssey is punctuated by impactful roles at esteemed institutions, notably pivotal contributions at the University of Nebraska – Lincoln, Missouri Southern State University, and the Kansas City Chiefs. Randon brings an unwavering commitment to excellence, and his innovative approach works to develop and enhance organizational marketing and communication. Beyond his professional achievements, he ardently champions community engagement and personifies genuine leadership.</p>
<b>Cup Stacking and More!</b>	
<p><b>Instructor:</b> Evan Belk  <b>Class Type:</b> Presentation/activity  <b>Level of Physical Activity:</b> Low to moderate activity  <b>Skill Level:</b> Beginners encouraged</p>	<p>Back by popular demand! Cup stacking—a fun, lifelong activity for all ages—returns, along with other engaging activities to explore. Improve hand-eye coordination, mental focus, and reflexes while engaging both sides of the brain. Work individually and as a team to boost cognitive skills, reduce stress, and, most importantly, have fun!</p>
<b><i>Evan Belk</i></b>	<p>Evan Belk is the Head Coach of the Cottey College basketball program. He was previously an assistant coach at Carthage High School and College Heights (Joplin, MO), helping lead College Heights to three winning seasons in four years. He also served as the regional director for Rain Makers Christian Sports Ministry. He holds degrees in Bi-vocational Ministry from Ozark Christian College and Kinesiology from Missouri Southern State University. In</p>

<p><i>Head Basketball Coach/Assistant Sports Information Director/Operations Manager</i></p> 	<p>addition to coaching, he serves as the athletic department's assistant sports information director and operations manager.</p>
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Long Afternoon Classes 1:00-3:30 PM	
An Afternoon of Canasta	
<p><b>Instructor:</b> Allison Fast  <b>Class Type:</b> Presentation/activity  <b>Level of Physical Activity:</b> N/A  <b>Skill Level:</b> Beginners encouraged</p>	<p>In this class, participants will learn the origins of the card game Canasta and how to play. The first two afternoons focus on learning the rules and strategies, with plenty of open discussion. The final two afternoons will be spent playing actual games, with guidance from the instructor as needed. This class requires a minimum of 4 participants.</p>
<p><b>Allison Fast</b>  <i>Cottey Alumna, Class of '76</i></p> 	<p>Allison Fast retired from Cottey last year after working a 40-year career in the IT field. She was at Cottey for 6 years. As an alumna, former CCAA board member, and Nevada resident, she has remained close to Cottey through the years. She is enjoying retirement, spending more time with her kids and grandkids in Columbia, MO, and traveling. Allison is a long-time member of the American Association of University Women, a nationally prominent organization advocating for women and girls. She has hosted a weekly Canasta group of 6, as schedules allow for at least 5 years. She is eager to share her experience with others, looking for a relatively easy card game to learn or re-learn and potentially inspiring them to start a card group of their own.</p>



## Easy Korean Cooking (and Some Speaking!)

**Instructor:** Amanda Gilchrist  
**Class Type:** Discussion/activity  
**Level of Physical Activity:** Low to moderate activity  
**Skill Level:** All levels welcome

Wanting to learn to cook some new, delicious dishes? Learning to cook Korean food is easier than you think, and this class will teach you how! You'll learn to make Korean BBQ meat and sides, noodle and rice dishes, and a dessert or two. There will be vegetarian and vegan options if you don't eat meat. While you're waiting for food to cook, you'll also have the opportunity to learn a little bit of Hangeul, the Korean writing system, and some Korean words to describe all the great food you'll be making!

**Amanda Gilchrist**  
*Associate Professor of Psychology*





Dr. Gilchrist has a B.S. in Psychology from Florida State University and an M.A. and Ph.D. in Psychological Sciences with a Concentration in Cognition and Neuroscience from the University of Missouri. Dr. Gilchrist teaches several courses at Cottey, including Cognitive Psychology, Research Methods, and Biopsychology. In Spring 2022, she took a sabbatical to learn about measuring brain activity using EEG, and she plans to incorporate this into her classes and student research in the Psychology Lab. She regularly attends conferences in her field, including the Psychonomic Society and the National Institute on Teaching in Psychology (NITOP).

## Cinema Unveiled: The Art of Movie Magic

**Instructor:** Cody Page  
**Class Type:** Presentation/lecture/discussion  
**Level of Physical Activity:** N/A  
**Skill Level:** All levels welcome

Explore the art of filmmaking in this interactive course! Learn about story structure, lighting, sound, mise-en-scène, and production techniques, and discover how filmmakers use these elements to create powerful moments. Journey through the history of American cinema, from silent films to modern blockbusters, and uncover how movies reflect and shape culture. No prior knowledge is needed—just bring your love of movies and curiosity! By the end, you'll have a deeper appreciation for cinema and fun trivia to share with friends. Whether you're a casual

	viewer or an aspiring cinephile, this course is your backstage pass to the magic of cinema.
<p><b>Cody Page</b>  <i>Assistant Professor of Theatre</i></p> 	<p>Dr. Cody Page earned his Bachelor of Humanities in Communications from Pennsylvania State University Harrisburg, his Master of Arts in Educational Theatre for Colleges and Communities from New York University Steinhardt, and his Ph.D. in Theatre with a Graduate Certificate in Performance Studies from Bowling Green State University. He is a theatre practitioner who has held roles as director, intimacy choreographer, actor, props maker, and various other roles that need to be fulfilled for production.</p>
<b>The Happy Hookers – Crocheting 101</b>	
<p><b>Instructor:</b> Trudy Burr  <b>Class Type:</b> Discussion/activity  <b>Level of Physical Activity:</b> Low activity  <b>Skill Level:</b> All levels welcome</p>	<p>Whether you're a beginner or looking to refine your skills, this class will guide you through basic to advanced crochet stitches. By the end of the 4 days, you'll have the opportunity to complete at least one small project. Join us to learn, improve, and create!</p>
<p><b>Trudy Burr</b>  <i>Library Assistant for Acquisitions</i></p> 	<p>Much like Clark Kent, by day, Trudy works in Acquisitions at Ross Library; by night, she's a passionate crocheter creating whimsical, one-of-a-kind pieces. A proud fourth-generation crafter, she's been sewing, cross-stitching, and crafting since childhood and fell in love with crochet four years ago.</p> <p>Trudy enjoys teaching others, selling at local craft shows, and sharing her creativity with her ten grandchildren. From dish scrubbies to a two-foot-tall Shadow the Hedgehog (with a special nod to her stress ball octopus!), her projects are as fun as they are varied.</p> <p>She's grateful for the chance to create and connect—here's to a week of happy hooking!</p>
<b>Movie Journeys to Faraway Places</b>	
<p><b>Instructor:</b> Tatiana Jones  <b>Class Type:</b> discussion/activity  <b>Level of Physical Activity:</b> N/A  <b>Skill Level:</b> all levels welcome</p>	<p>Explore the wonders of nature and culture through award-winning films set in stunning locations around the world. This class takes you on a cinematic journey to breathtaking</p>

	landscapes, offering insight into diverse cultures and the beauty of our planet.
<p><b><i>Tatiana Jones</i></b>  <i>Library Technician/Cataloger</i></p> 	<p>Tatiana was born in Volgograd (former Stalingrad), Russia, and moved to the USA in 1999. In 2008, she joined the Cottey College team in Ross Memorial Library, where her main responsibility is cataloging. Tatiana became a P.E.O. in 2016. She has enjoyed teaching Vacation College classes for the last several years.</p>
<b>Native Americans and Cinema</b>	
<p><b>Instructor:</b> Sarah Quick  <b>Class Type:</b> Presentation/lecture/discussion  <b>Level of Physical Activity:</b> N/A  <b>Skill Level:</b> All levels welcome</p>	<p>This course explores the history and evolution of cinema in relation to Indigenous peoples. We will consider thematic content and representation through excerpts and two feature films: one from the classic period of 'the Western' (1945-1965) and one from more recent Indigenous-led productions.</p>
<p><b><i>Dr. Sarah Quick</i></b>  <i>Professor of Anthropology</i></p> 	<p>Dr. Sarah Quick is a sociocultural anthropologist and ethnomusicologist who primarily studies contemporary heritage performance by Indigenous peoples in North America. She also studies food as a springboard for heritage interests and social-environmental change. In addition to anthropology, Sarah teaches first-year writing, Environmental Studies courses, and Qualitative Research Methods. Sarah is interested in music and dance, ethnographic films, gender studies, heirloom seed-saving, sustainable farming, and community gardening.</p>

## Gingerbread Cookie Plate

**Instructor:** Randi Turk & Kerry Tate  
**Class Type:** Studio/activity  
**Level of Physical Activity:** Low activity  
**Skill Level:** Beginners encouraged

Yes, you can paint a cookie plate! This beautiful cookie plate requires you to learn just a few strokes with a paintbrush. We will supply wood plates, brushes, paint, and simple techniques (Yes! You can do this!). You supply your enthusiasm and scintillating conversation for the class!



### **Randi Turk**

*President of CCAA Board, Class of '68*



Randi LeGendre Turk is a Cottey alumna, class of '68, and a third generation Arizonan and a third generation P.E.O. After Cottey, Randi traveled the world on World Campus Afloat, now Semester at Sea, then finished her bachelor's degree in history with a minor in art at the University of New Mexico. She obtained her master's degree in secondary education at Northern Arizona University in Flagstaff. While in New Mexico, she met and married Tom. They have two children and one grandson, and in retirement, they enjoy traveling the world. In 2023, Randi was the chair of the Arizona State P.E.O. Convention and currently serves on one of the committees for the International P.E.O. convention to be held in Phoenix in 2025.

### **Kerry Tate**

*Vice-President of CCAA Board, Class of '86*

Kerry Tate is a Cottey alumna, class of '86, and the Managing Director of the AccessAbility Resource Center at the University of Texas at Dallas. She is a distinguished figure in the field of disability services, with an impressive career spanning over 31 years. While Kerry is a powerhouse in the world of disability services and advocacy, there's a lighthearted side to her too, especially when it comes to her cherished days as a Cottey College alumna and serving as Vice President for Cottey College Alumnae Association. With her quick wit and infectious sense of humor, she could turn any



campus gathering into a comedy show (with a touch of educational wisdom, of course). Kerry is a regular Vacation College attendee and is excited to share her passion for art with you!

## Pickleball Drilling for Advanced Beginners

**Instructor:** Ganga Fernando & Patrick Ryan

**Class Type:** Studio/activity

**Level of Physical Activity:** Moderate activity

**Skill Level:** Some experience requested

This "Drilling and Learning" league-style class is designed for experienced pickleball players (2.5–3.0 level) looking to improve their skills for tournament play and advance to 3.5 or higher. Every game counts, and players will refine strategies, learn advanced techniques like "Ernes" and ATPs, and enhance court communication. The course also covers tournament organization, rule changes, bracket formats, and effective drills. Taught by a USA Pickleball Ambassador with over eight years of tournament experience, the class includes a guest speaker and valuable insights to elevate your game.

**Dr. Ganga Fernando**  
*Professor of Chemistry*



Dr. Ganga Fernando grew up in the island of Sri Lanka and graduated with a Chemistry honors degree before moving to Texas for higher studies. She moved to Illinois and graduated with her Ph.D. in Analytical Chemistry, specializing in proteomic mass spectrometry from Southern Illinois University, Carbondale. She joined Cottey in 2008 as a faculty member of the Chemistry department. She is an advocate for women in STEM, especially in analytical chemistry undergraduate research. Her family is very active in the local YMCA and participates in many sports in their free time including pickleball.

## A Little Bit of This...A Little Bit of That

**Instructor:** Maryann Mitts

**Class Type:** Studio/activity

**Level of Physical Activity:** Low to moderate activity

This class offers a variety of daily lifetime activities, including physical activities like bowling and golf, along with Cottey-themed arts and crafts projects you can take home!



<p><b>Skill Level:</b> All levels welcome</p>	<p>Enjoy a fun mix of movement, creativity, and hands-on learning.</p>
<p><b>Dr. Maryann Mitts</b>  <i>Director of Athletics</i></p> 	<p>Dr. Maryann Mitts joined Cottey College after an accomplished career as a Kinesiology professor at Missouri Southern and Missouri State Universities. Before that, she coached at Rockhurst College, leading the team to a Midwest Region Championship, a Sweet Sixteen finish, and a school-record #8 national ranking. She earned two NAIA Regional Coach of the Year awards and is ranked among the Top 50 NCAA II women's basketball coaches with 272 career wins.</p> <p>A two-sport All-American, Mitts was named one of Kansas City Magazine's "Top 29 Under 30" and received honors like Philanthropist of the Year and Outstanding Ph.D. student. She holds a B.A. in Secondary Education from Rockhurst, a Ph.D. in Kinesiology from the University of Arkansas, an M.A. in Pastoral Studies from Loyola-New Orleans, and an M.A. in Higher Ed Administration from UMKC.</p>

## Short Afternoon Classes A: 1:00 – 2:15 PM

### Genealogy 101

<p><b>Instructor:</b> Chris Niles  <b>Class Type:</b> Presentation/activity  <b>Level of Physical Activity:</b> N/A  <b>Skill Level:</b> Beginners encouraged</p>	<p>Ever been curious about your family history and ancestry? This is a great chance for beginners to see how easy it can be to get started and quickly access information from our past. Much of the focus will be on simple electronic research utilizing Ancestry.com and basic information about research and strategies. We will protect everyone's information privacy while utilizing free trial memberships to the Ancestry.com site. We will also ensure that everyone who wants to close/cancel that trial before leaving campus has done so. If you have already dabbled in your ancestry and/or have an account on the site, you are still welcome to join us, utilize the time to work on your own research, and be a resource to other class participants. The instructor's primary focus will be first-time and new users, but all are welcome.</p>
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**Chris Niles**  
*Presidential Spouse*



Chris Niles is the husband of Cottey College's president, Dr. Stefanie Niles. Chris has built a career around leadership education and program development, working primarily in higher education, consulting, and training in the corporate arena. With a background in experiential programming and a passion for creativity, Chris has designed and delivered various innovative programs – from stand-alone workshops and intensive retreats to semester-long courses. Chris has worked on both large and small campuses and served as a Director of First-Year Programs, an Assistant Dean of Academic Services, an adjunct instructor, and, in his last campus-based position, an MBA Director. He has worked for his fraternity, Tau Kappa Epsilon, for 10 years and now serves as the Director of Alumni & Advancement. Chris completed a degree in business at the University of Vermont (his home state) and a master's in student affairs at Indiana University (where he and Stefanie were classmates). He enjoys geocaching and aquariums and has done a bit of clowning. Chris has visited all 50 states and 9 Canadian provinces/territories, and five other countries.

## Basic Archery

**Instructor:** Sarah Trout  
**Class Type:** Presentation/activity  
**Level of Physical Activity:** Low to moderate activity  
**Skill Level:** All levels welcome

This fun class will teach the fundamentals of archery including equipment, safety, and shooting techniques. Housed in the new Sophia gymnasium archery range, students will experience archery in a comfortable, safe environment.

**Sarah Trout**  
*Head Archery Coach/Community Liaison for Athletics*

Sarah Trout began coaching archery at Cottey College in 2024. A Barton County native, she has a background in physical education, exercise science, and sports management. She earned her bachelor's from Pittsburg State University in 2005 and a master's in Kinesiology in 2017. Trout spent 12 years teaching at Lamar School District, where she launched its archery program, coaching nearly 150 athletes in its first year. She then joined Missouri Southern State University, teaching and coordinating the MSSU Archery Tournament. A Level 2 U.S.



Archery certified coach working toward Level 3, she is also pursuing a PhD in Kinesiology-Pedagogy at the University of Arkansas, focusing on sports psychology and exercise science.

## Playing the Native American Flute

**Instructor:** Janalea Hoffman  
**Class Type:** Lecture/activity  
**Level of Physical Activity:** Low activity  
**Skill Level:** Beginners encouraged

In this hands on class, you'll learn the basics of playing the Native American flute, a simple yet soulful and powerful instrument with a five note scale. No need to read music—just bring your curiosity! It is one of the easiest instruments to play. Along with playing techniques, you'll explore the flute's therapeutic benefits and special methods for creating native style music from the heart. No prior musical experience required! Learning a new instrument is great for the brain, lungs and is just plain fun!


**Janalea Hoffman**  
*Music Therapist*



Janalea Hoffman is the owner and founder of Rhythmic Medicine and Sounds of Comfort, a nonprofit for music therapy. She is known for being a pioneer in Music Therapy. A musician, author, and speaker, she teaches the healing power of music. Hoffman has taught the native flute at Haskell Indian Nations University in Lawrence, KS as well as other venues for Native people who were disconnected with their culture and never had a chance to learn this amazing Instrument. Because of her dedication to keeping this instrument alive, she was officially adopted and given an Indian name by a Native Circle on the east coast.

**Short Afternoon Classes B: 2:30 – 3:45 PM**

**We Have Spirit, Yes We Do! (It's 5 o'clock somewhere!)**

<p><b>Instructor:</b> Julie Tietz  <b>Class Type:</b> Presentation/lecture/discussion  <b>Level of Physical Activity:</b> N/A  <b>Skill Level:</b> N/A</p>	<p>What was the Whiskey Rebellion? What is the difference between tequila and mezcal? In this class we will learn about and reflect on the history and sociocultural context of 4 different spirits: rum, gin, tequila, and whisk(e)y, as well as the different available types of each (e.g., dry gin, botanical gin, etc.). We will also learn about tips for how best to enjoy these liquors, including both classic and contemporary cocktails. Each day, we will focus on and sample one of the four liquors straight and in cocktail form. Participants will come away with a better understanding of these liquors, their role in history, and a collection of cocktail recipes.</p>
<p><b>Dr. Julie Tietz</b>  <i>Professor of Psychology</i></p> 	<p>Dr. Julie Tietz, Professor of Psychology, received her B.A. from Rice University and her M.A. and Ph.D. from Texas Tech University. She teaches courses on developmental psychology, gender, sexuality, positive psychology, and sports psychology. Although she and her husband, Greg, have no formal training regarding alcohol, they enjoy exploring different types of spirits and look forward to sharing their experiences with you.</p>
<h2>Geocaching - The World's Largest Treasure Hunt</h2>	
<p><b>Instructor:</b> Chris Niles  <b>Class Type:</b> Presentation/activity  <b>Level of Physical Activity:</b> low to moderate activity  <b>Skill Level:</b> Beginners encouraged</p>	<p>Geocaching is a modern treasure hunt using a phone or GPS device to find hidden caches worldwide. This fun, beginner-friendly class introduces you to an activity that can be tailored to any interest or skill level. Your instructor has found over 800 caches in all 50 states and a few other countries. With over 3 million active geocaches in 191 countries—including Antarctica—there's an adventure waiting for everyone!</p>
<p><b>Chris Niles</b>  <i>Presidential Spouse</i></p>	<p>Chris Niles is the husband of Cottey College's president, Dr. Stefanie Niles. Chris has built a career around leadership education and program development, working primarily in higher education, consulting, and training in the corporate arena. With a background in experiential programming and a passion for</p>



creativity, Chris has designed and delivered various innovative programs – from stand-alone workshops and intensive retreats to semester-long courses. Chris has worked on both large and small campuses and served as a Director of First-Year Programs, an Assistant Dean of Academic Services, an adjunct instructor, and, in his last campus-based position, an MBA Director. He has worked for his fraternity, Tau Kappa Epsilon, for 10 years and now serves as the Director of Alumni & Advancement. Chris completed a degree in business at the University of Vermont (his home state) and a master's in student affairs at Indiana University (where he and Stefanie were classmates). He enjoys geocaching and aquariums and has done a bit of clowning. Chris has visited all 50 states and 9 Canadian provinces/territories, and five other countries.

## Smash the Stress: Stress Management Fun!

**Instructor:** TraceyJane Kammerer  
**Class Type:** Studio/activity  
**Level of Physical Activity:** Moderate to vigorous activity  
**Skill Level:** All levels welcome

Looking for a fun and unique way to manage stress? This unconventional stress management class combines demolition and friendly competition to help you release tension and have fun. Enjoy off-campus activities like axe throwing and smash rooms—exciting, hands-on ways to break free from stress, whether you join solo or as a group. Each session features a new activity designed to help you unwind, have fun, and discover creative outlets for stress relief.

**TraceyJane Kammerer**  
*Assistant to the President's Office*



TraceyJane Kammerer is passionate about empowering women by helping them release stress, build confidence, and embrace their strength. With a mission to help women feel powerful in every aspect of their lives, TraceyJane creates an environment where they can break literal and figurative barriers while having a blast. Whether you're looking to de-stress, sharpen your skills, or reclaim your power, she's here to support you every step of the way!



