

Costa Rica Travel Intensive
Teachers: Ashley and Danielle
Grades: 8-12

Students will study first-hand the ecology, culture, and geology of Costa Rica. Highlights of the trip include visiting the Monteverde Cloud Forest, which has more than a hundred species of mammals, 120 reptiles and amphibians and 2,500 different plants; taking a guided night hike to look for nocturnal animals; rafting through the rainforest and ziplining through the forest canopy; and visiting Mt. Arenal, one of the world's most active volcanoes. Students will also have opportunities to practice their Spanish, although being enrolled in a Spanish class is not a prerequisite.

Cost: Approximately \$2900.00

Enrollment for this intensive is closed.

.25 Elective Credit

Oregon Shakespeare Festival Intensive
(Bob & Danelle)

Grade Level: 7-12

This intensive is all about plays: studying plays, traveling to see plays, and learning the tricks of the trade for plays. We will be attending the world-famous Oregon Shakespeare Festival in Ashland, Oregon. We will have the opportunity to watch prestigious plays and players in one of the best settings of the United States.

Credit Count: .25 Literature Elective or English Elective
Class Fee: \$1200

Tools to Make your Songwriting Easier and More Fun!

Grade level: 7 – 12

Cost: \$75:00

Class size: 25 max

Credit: .25 Elective

Are you ready to connect with your inner artist?

Beginners and seasoned rock stars are all welcome. If you are brand new to the record scene or if you have already been working at it for a while, this is the intensive you want. You don't have to know how to play an instrument to take this intensive. And instruments will be provided by the ASD or you can bring your own.

We will primarily focus on song writing. Using provided chord progressions or composing your own, you will learn a variety of techniques for writing original music and fun parody songs. There will also be opportunities for improving your instrument skills and trying a new instrument; and overall nuts and bolts of what it take to be a talented musician.

Throughout the course students will be working on: song writing skills, learning basic or advanced instrument skills, beginning music theory, techniques for home recording and music marketing. At the end of the intensive students will have tools to aid in their songwriting as well as a better understanding of the careers available in the music industry other than performing.

Well known Anchorage musician, performed and educator, Monica Lettner will be teaching the intensive with Gerald facilitating the students and other needs. She will also have guest music educators and professionals performing and sharing their talents and perspectives on songwriting.

Don't be shy! There aren't any required performances for this intensive, so you will have a chance to really work on many aspects of the songwriting process.

Jean's Spring Intensive

Alternative Canvas/Experimental Painting

Credit .25 elective

Lab Fee \$45

This class will explore painting on different surfaces with different paint types and techniques. Students will be provided with all materials, including: paint and painting substrates. The lab fee will include one piece of (small) unfinished furniture that will be used as a canvas in addition to many other paintable objects.

Jen Neff
Co-Taught with Allison Saur
March Intensive 2015



Grade Level: 7-12

Prerequisite: None

Credit: .25 Elective

Fee: \$25

Baking 101- Want to learn how to make cookies, cupcakes, cakes and more? Interested in learning how "Cupcake Wars" make all their cool designs? In this intensive you will learn how to follow recipes, translate abbreviations, and use basic decorating techniques. Savory baked goods, such as quiches, scones, and muffins will also be covered. Want more information? See Jen or Allison.

Please note: Because of having only one kitchen and limited supplies we will not be able to make baked goods that are gluten free, sugar-free, dairy free, or egg free. If you have special dietary needs please speak to Allison or Jen PRIOR to class sign-up

film as LITERATURE..... with Jennifer

Students enrolling in Film as Literature will view and analyze a variety of quintessential films that have made a lasting impression on America's society. We will explore what literature and film mean in the context of a multicultural society, studying canonical pieces as well as new and rediscovered voices.

We will examine the narrative form as interpreted through the medium of film. We'll develop verbal and visual analytical skills through watching, discussing, researching, and writing on a variety of films. We'll formulate an understanding of film's historical progression, its unique language, its techniques, and its conscious and subliminal effects upon personal and public opinion. At the end of the course, students should be able to recognize the role editing, cinematography, art direction, and sound play in a well-crafted film. We will also read various criticisms related to the films viewed. All students will be expected to complete various writing tasks in response to the movies.

Credit: .25 Literature Elective



Do you love being outside during the winter? Love to bike, hike, and explore the great outdoors? If so, this Intensive is for you! We will be

exploring the great outdoors with the help of Freddie from Alaska Geographic, one of our school business partners. During the Intensive you will get to go fat tire winter biking, snowshoeing, dog sledding, and trekking through the snow on cross country skis and foot.

We will also be working with the Avalanche School, who will work with students for six hours, both in class and in the field, to cover backcountry basics and an introduction to avalanche safety. Winter safety, first aid, nature literature, and more will be covered in class and during evening sessions while we are camping. Part of the two week Intensive will be spent in town doing day trips around Anchorage; such as biking on the Campbell Creek trails, snowshoeing from Steller, and learning Avalanche 101 safety up by Flattop; and part will be spent up north in Denali National Park. At this time we do not have exact dates for the overnight portion of the Intensive, but we are planning a three to five day trip where students will be staying in cabins and possibly camping outdoors one night. Activities on the overnight trip will include dog sledding, cross-country ski trekking, snowshoeing, fireside activities, and more. Parent drivers will be required for this trip to be a success.

Also students will need to have proper winter gear and be physically able to be outside moving all day.

Teacher: Leigh Anne

Grades: 7-12

Credit: .25 PE (Winter Sports)

Cost: \$65 plus each student will be responsible providing food for the group during our overnight trip.

VIDEO PRODUCTION

Welcome to Video Production and your first steps to on the road to becoming the next Steven Spielberg. For most of you, this is the first time that you will have done some “serious” videography. Much of what you learn in this class will seem strange at first as you learn to “see” in the same manner as the camcorder, but you will soon get a handle on the required skills and be on your way to producing professional-looking video.

For the purposes of this class, you will be required to work with a partner so that you can share ideas, responsibilities, and the glory of a finely fashioned team product. You will need access to a camcorder as well as a tripod. Other valuable tools will be an external microphone and headphones if your camcorder accepts such tools.

You will need to provide your own videotape or other recording media for your camera. Students will receive a DVD with all the class projects at the end of the class. As with any good project, planning is essential, so the preliminary time in class will be spent getting to know how to use the various video “tools” and techniques in a manner that will be of best benefit to you. While ten days seems like plenty of time to put together a short video production, many, if not most of you, will quickly discover that time will be in short supply, so using it wisely is a must. If you have any doubts about this, just have chat with students who have taken this class previously. They will be more than happy to share their wisdom.

Finally, this is a graded class. Passing this class will be dependent upon how well you and your partner utilize the tools and techniques at your disposal in your final product. While we would all like to consider ourselves budding Peter Jacksons or Steven Spielbergs, the truth is that we are amateurs with a lot to learn. I hope you will use this class as an opportunity to learn and have fun doing it. As usual, that will depend mostly on you.

Good luck and let's get on with the production!

TEACHER: Ken

CREDIT: .25 Elective

Indoor & Winter Gardening

Imagine the Zombie apocalypse!! What would you eat? Would you be forced to create Terminus? Yikes!! Or just imagine a super storm caused by global climate change that destroys or disrupts shipping between Seattle and Alaska. Experts say Anchorage stores would run out of food within a few weeks. Could your family survive 6 months or a year without groceries? Maybe you just wish you had fresh veggies and herbs all through the long dark winter. Suppose you are very successful gardener and grow way too much! What do you do with all the extra food? Let it rot? Throw it out? Preserve it?

Learn to garden inside and in the winter. We will construct and plant “Alaska grow buckets” and a hydroponic system to grow herbs and veggies. Take a couple of field trips to see how other schools and businesses do it. Then it's time

to eat. Then learn about storing, preserving and packaging foods to last through the year.

The class will be partly hands on and active. Partly research and project based.

Teacher: Marla

Credit: .25 Elective

Fee: \$25

A Quick Tour of Space and Time

Join Mike on a tour of the highlights of astronomy, ancient and modern. Starting off with the moon and the phenomena associated with it, tides & eclipses, we will work our way out to the planets which we will discuss from both a historical perspective and modern view point. During this part of the course Newton's view of gravity and mechanics will be used to better understand the motions of the planets and other celestial objects. Working our way further from home, we will spend some time learning about the electromagnetic spectrum in order to use it as a tool to gain information about the chemistry and physics of the stars, as well as to understand why traveling really fast in space is incompatible with life. The discovery of planets around stars other than the sun (exoplanets) will be studied, as we consider life somewhere else.

As the class turns its attention to the wild and wonderful implications of both special and general relativity, we will look at the proof for black holes including Einstein Rings, and discuss time dilation, white holes, worm holes, and time travel. Images from the Hubble will be presented and discussed to better understand how far we have come in just a few hundred years.

For the second part of the course we will use the Starlab portable planetarium from the Anchorage Museum to first learn about the night sky around us and finally for students, from the class, to present planetarium shows highlighting the constellations and Greek myths to students from neighboring elementary schools.

.25 Physical Science Credit

No Cost

Krav Maga with Philip

Krav Maga is a self-defense system developed for the military in Israel that consists of a wide combination of techniques sourced from boxing, Muay Thai, Wing Chun, Judo, Jiu-jitsu, wrestling, and grappling, along with realistic fight training.

Israeli Krav Maga Alaska (IKMA) will put on a two week intensive that will introduce students to this real world self-defense system. We will meet at IKMA for 9 full days of intense training in the techniques of Krav Maga. Students will get a rigorous workout as well as world-class training in the techniques of Krav Maga.

Feel free to visit their website for more information (israelikravmagaalaska.com) or talk with Philip about this awesome opportunity. The course fee is \$160.00.

.25 Physical Education Credit



American Sign Language Intensive
Teachers: Rosa and Jordyn Cleveland

American Sign Language .25 Elective Credit
Grade 7-12

Have you ever wondered how people in the deaf community experience a music video, use a telephone, or drive a car? This intensive will answer these questions and more! Starting with the history of American Sign Language in the United States and moving forward to the technology that

now allows for people in the deaf community, Jordyn Cleveland will leading this intensive on language and culture in the deaf community. Come and learn basic American Sign Language, watch videos in sign, visit a deaf community and discover a whole new world perspective.

**STELLER SKI / SNOWBOARD
INTENSIVE –Spring 2015**

Teachers: Svetlana & John
Credit: .25 Physical Ed
Grades: 7-12

Description:

Nines days or skiing & snow boarding at Alyeska Ski Resort in Girdwood; different plans are available depending on whether you have your own equipment and / or a season pass.

Round-trip transportation is included each day on all plans.

A 10% non-refundable deposit is due when you sign up for the class. There will be a payment schedule posted and the payment in full is due two weeks prior to trip.

Nine Days of skiing...individual Costs (approximate):

<i>* Lift tickets, lesson, bus, equipment rental (or)</i>	<i>\$865.00</i>
<i>* Lift tickets, lesson, bus (or)</i>	<i>\$710.00</i>
<i>* Lesson, bus (season pass)</i>	<i>\$405.00</i>

Troy's Course Description

Rock Gym Intensive

If you are interested in indoor sport climbing this is the intensive for you. Each day you will have opportunities to climb at the Alaska Rock Gym. This intensive will test your physical limits in the areas of stamina and strength. Also we will be covering a variety of topics such as hazard evaluation, and risk management specific to climbing gyms, selection of personal gear, technical needs and safety equipment. The day will be split up between time here at Steller and the Alaska Rock Gym. The time at Steller will be learning knots, making chalk bags, watching climbing footage, discussing muscle groups and different types of climbing. Expect the cost to be somewhere around \$120 or less. Also I will need parent volunteers for transportation between the two locations.

.25 Physical Education Credit