

FORT BLISS

# the edge

ITS ONLY THE BEGINNING...

2010  
Course Catalog



# CATALOG

The Edge! program wants input from YOU!

Please review this catalog and let us know what courses you are interested in taking. For a class to actually happen we need a minimum of 8 kids registered.

This is YOUR program....only YOU can make it GREAT!

FORT BLISS

[www.ftblissedge.com](http://www.ftblissedge.com)

Phone: 915.588.2858

E-mail: [ft.blissEDGE@gmail.com](mailto:ft.blissEDGE@gmail.com)

# Welcome

## To the EDGE! program at Fort Bliss

The EDGE! offers 6th through 12th graders opportunities to discover their potential while exploring a wide range of activities in month-long classes. All classes are offered FREE of charge and will take place Monday—Friday between the hours of 3:00 p.m. and 6:00 p.m. at various MWR partner facilities. **However, for any of the classes listed in this catalog to become reality we need to have a minimum of 8 participants registered in advance!**

The EDGE! classes are designed to encourage self-discovery and self-expression, provide an introduction to the local community, foster independent thinking, develop career and academic interests, create an environment for exploration of the arts, whole life wellness, music, theater, and even the music industry.

As a comprehensive program, the EDGE! is dedicated to creating a supportive atmosphere for success by responding to the needs and interests of our kids in the classes being offered. Please use this catalog to explore our class options and provide feedback to us so we can schedule the classes YOU want to attend.

Thank you,

*Susan Goss*

Susan Goss

The EDGE! Program Director

Ft.BlissEDGE@gmail.com

Susan.Goss1@us.army.mil

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# Basic Policies and Information

This catalog lists EDGE! classes that we have already found instructors for and who are excited about teaching the subject. Based on the feedback we get from our Army Families, we can add to or modify the classes we offer. This program is a “work in progress” with the goal of identifying and offering classes that kids really want to participate in.

All classes will be offered free of charge to 6th through 12th graders. Materials, supplies, and equipment for the classes will be provided by the EDGE! Program, Instructors will be either US Army contractors, CYSS/MWR employees, or volunteers. A Child Youth Program Assistant will provide line-of-sight supervision during all EDGE! classes.

These classes require a positive, non-hostile learning environment where each individual is treated with respect and dignity. We would like everyone who attends EDGE! Activities to be happy, enjoy the activities, learn, achieve and have a good time. With that in mind, we have developed the following **Code of Conduct Policy** for all EDGE! activities:

- Treat others as you would like to be treated. We are all different, please respect each other; we will not tolerate any form of discrimination such as bullying, racism, etc
- Positive language is to be used at all times – learn to communicate well and you will be able to offer input without hurting people.
- Treat the facilities and equipment with care and respect.
- Clean Up After Yourself - leave it \* better \* than you found it!
- Use, possession, sale or distribution of drugs, alcohol, tobacco or related paraphernalia is prohibited.
- Inappropriate and illegal behavior, including but not limited to violence, threatening, weapon possession, explosive possession, dangerous actions, lewdness, stealing, vandalism and gambling, are prohibited.

**This is YOUR program....only YOU can make it GREAT!**

# SCHEDULING

The EDGE! classes will take place during the work week Monday—Friday between the hours of 3pm-6pm, with the exception of Federal Holidays. However Special Events, Guest Speakers, Class Presentations, or Field Trips may be scheduled at alternate days and times.

Class schedules may change and need to be confirmed at the time of registration.

In order for an EDGE! class to be scheduled we need to have at least 8 kids registered the month before the class will occur.

Unless otherwise indicated transportation will not be provided. The following schools either provide transportation to Fort Bliss or are on our Youth Center's bus route:

Ross Middle School

Nolan Richardson Middle School

Bassett Middle School

Austin High School

Chapin High School

# CONTACT US

Susan Goss, EDGE! Program Director

Bldg. 1743 Victory Avenue

Fort Bliss, TX 79916

915.588.2858

Susan.Goss1@us.army.mil

[www.ftblissedge.com](http://www.ftblissedge.com)

# ABOUT THE EDGE!

## Program Components

- The EDGE! (Experience, Develop, Grow and Excel) provides out-of-school opportunities for 11-18 year-old children and youth to experience, develop, grow and excel by participation in “cutting-edge” art, fitness, life skills and adventure activities, known as Art EDGE!, Fit EDGE!, Life EDGE!, and Adventure EDGE!.
- Some activities will be divided by age groups: Kids (11—14 years of age) and Teens (15—18 years of age) activities. This will be to enhance the learning environment and accommodate the skill set of the different age groups as well as encourage more interaction between participants.

**Adventure EDGE!** encourages children and youth to embrace the outdoors and nature while being exposed to activities that stimulate relaxation. Suggested programming options might include bowling, ecology, fishing, geocaching, golf, hiking, kayaking, orienteering, rock or wall climbing, skiing, swimming, etc.

**Art EDGE!** promotes learning-by-doing and focuses on the development of lifetime skills while exposing participants to the arts. Art EDGE! activities increase creative development while building self-esteem. Suggested programming options might include ceramics, computer graphic design, digital film making, digital music making, digital photography, drawing, fashion design, Hip Hop, painting, scrapbooking, theater arts, woodworking, etc.

**Fit EDGE!** educates and encourages children and youth to incorporate a healthier lifestyle through physical activity and nutritional awareness programs. Suggested programming options might include adventure sports, aerobics, body sculpting, bowling, customized fitness programs, golf, nutrition programs, strength training, stress management, team and pick-up sports, weight management, weight training, yoga, etc.

**Life EDGE!** imparts upon children and youth the skills needed for life-long growth as well as the exploration of future career fields. Suggested program options might be age-specific basic cooking, baking and culinary art activities, auto maintenance and repair skills, computer skills, consumer skills, dog obedience, health and food safety, ecology and living green, marketing and advertising, money management, research skills, study skills, time-management, etc.

# Registration of Participants

All EDGE! Program participants need to be registered through Child, Youth & School (CYS) Services prior to enrolling in an EDGE! class. Sports physicals will not be required for participation in the EDGE! Program and there is no cost for 6th—12th graders.

EDGE! participants who are NOT regular users of School-Age Services or the Youth Program must be registered in the CYSS system, CYMS (Child, Youth Management System), which can be done at Central Enrollment Registration. Any health condition which restricts activities requires a Special Needs Assessment Plan prior to enrollment in any EDGE! activity.

A CYS Services staff member will be assigned to each EDGE! class and they will have the responsibility to be aware of any health concerns and maintain the emergency contact information for each participant. This ensures that in the event of any accident or incident a trained and knowledgeable CYSS employee will be present and able to respond appropriately.

*EDGE! participants may be enrolled for specific EDGE! Classes via email with Susan (Susan.Goss1@us.army.mil) after they are in the CYMS system.*

**Appointments to register your family can be made by contacting Central Registration office:**

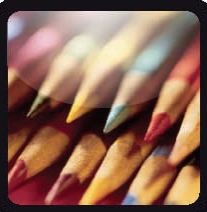
**CYSS Central Registration  
Bldg. 1743 Victory Avenue  
Fort Bliss, TX 79916  
915.568.4374**

# Course Descriptions



## Adventure EDGE!

	Instructor	Details
<b>PAINTBALL:</b> Ready for the action and adventure of paintball games? Join the fun at Biggs Park Paintball course.	Biggs Park Staff	Kids and Teens 2 days/week
<b>ONWARD &amp; UPWARD:</b> A fun introduction to a variety of climbing experiences: ropes, rock wall, and tower climbing. Build your teamwork and communication skills by working together on climbing challenges.	Biggs Park Staff	All 2 days/week
<b>EXPLORING LOCAL CULTURES &amp; HISTORY:</b> El Paso is an unusual crossroads where people of all backgrounds have shaped our region for more than four hundred years. Learn their stories and more about their cultural contributions to our community.	Villescas Research, Media & Instruction	All 1 day/week discoveries are made and victories achieved.
<b>MILITARY HISTORY IN THE BORDERLANDS:</b> El Paso has had rich military history as a both a remote border stronghold and as a community that has produced extraordinary leaders. Explore the unusual dynamics and contributions of El Paso during the wars of the 1800s and 1900s.	Villescas Research, Media & Instruction	All 1 day/week
<b>OUTDOOR ADVENTURES:</b> A series of 3 month-long classes focused on learning outdoor skills including water safety, and going on field trips to explore the local outdoor adventure opportunities. During these activity-filled events, small discoveries will be made and victories will be achieved by all.	Trisha Franklin, Burgess HS Teacher	All 2—5 days/week
<b>Bull's-Eye:</b> This class will teach you the basics of archery in a fun and safe environment. Learn why your smile is important to shooting an arrow. Find out how many points a bull's-eye is worth. Try your hand at ghost shooting. All this and more while developing and increasing your skills.	Troy Young, Certified Archery Instructor	All 2 days/week



# Art EDGE!

	Instructor	Details
<b>BASIC CLAY:</b> Hand build techniques have been in use since humans first touched clay, creating both pottery and art. Students will find their inner creativity and share their unique vision exploring the medium of clay. This class will expose students to a range of hand building techniques such as pinching, slab, and coiling methods.	Beth Stauffer, Certified Art Teacher	Kids 2 days/week Teens 4/days/week
<b>PRINTING:</b> Explore the many ways to make prints using linoleum, vegetables, stick, and screen printing techniques. Design your own t-shirt art.	Beth Stauffer, Certified Art Teacher	All 1 day/week
<b>WIRE JEWELRY:</b> Using wire twisting techniques and beading create jewelry and sculptures.	Beth Stauffer, Certified Art Teacher	All 2 days/week
<b>PAPER PLANETS:</b> Create your own world, build your planet using paper-mâché and painting.	Beth Stauffer, Certified Art Teacher	Kids 1 day/week
<b>ORIGAMI:</b> Develop sculpture art through the use of simple origami techniques.	Beth Stauffer, Certified Art Teacher	All 1 day/week
<b>PAINTING:</b> Express yourself in living color with water colors and acrylics.	Beth Stauffer, Certified Art Teacher	All 2 days/week
<b>GRAFFITI ART:</b> Graffiti art originated in the 60's as visual poetry; explore the art and history and try your hand at mastering the techniques on sheets in this innovative class.	Beth Stauffer, Certified Art Teacher	All 1 day/week
<b>PHOTOGRAPHY:</b> View the world around you through the camera's lens.	Beth Stauffer, Certified Art Teacher	Kids 1 day/week Teens 2 days/week
<b>RAINSTICKS:</b> Turn a cardboard tube and nails into a rain stick which you then decorate with traditional Aboriginal art designs.	Beth Stauffer, Certified Art Teacher	Kids 1 day/week
<b>BATIK &amp; TIE DYE:</b> Experience the magic of creating permanent art on fabric with beautiful dyes. Create wall hangings with the surprising and unpredictable color explosions.	Beth Stauffer, Certified Art Teacher	Kids 1 day/week Teens 2 days/week
<b>DRAWING WITH GRIDLINES:</b> Use the grid technique to enlarge your favorite drawings by hand yourself!	Beth Stauffer, Certified Art Teacher	All 1 day/week
<b>INTRODUCTION TO ACTING:</b> Learn how to act in scenes from plays and films, and discover how to enhance your presence on the stage as well as your public speaking abilities.	Villescas Research, Media & Instruction	Kids 2 days/week Teens 2 days/week
<b>INTRODUCTION TO BASIC FILMMAKING:</b> This class provides students with an opportunity to learn about storytelling through the art of filmmaking. Learn how movies are made and how to work with video, storyboards, cameras, and editing software.	Villescas Research, Media & Instruction	Kids 2 days/week Teens 2 days/week
<b>INTRODUCTION TO BASIC GRAPHIC DESIGN:</b> For students interested in a future in graphic design, it is recommended that you explore this class. Learn how to use today's software for creating and manipulating digital images.	Villescas Research, Media & Instruction	Kids 2 days/week Teens 2 days/week



# Art EDGE!

	Instructor	Details
<b>INTRODUCTION TO BASIC WEB DESIGN:</b> This class provides students with training on how to create websites for their personal use. Learn how to use today's software for developing websites and other on-line tools.	Villescas Research, Media & Instruction	Teen 3 days/week
<b>INTRODUCTION TO DJing, MIXING &amp; SCRATCHING:</b> Learn how to mix and scratch under the guidance of local DJs who will also expose you to the fundamentals of hip hop and rap.	Villescas Research, Media & Instruction	Kids 2 days/week Teen 2 days/week
<b>INTRODUCTION TO HAND DRUMMING:</b> Hand drumming provides an opportunity to work with a different style of drums and also to improvise during group and solo performances.	Villescas Research, Media & Instruction	Kids 2 days/week Teen 2 days/week
<b>INTRODUCTION TO JOURNALISM:</b> Learn how to develop objective news stories and improve your critical writing skills with the help of local reporters who have worked with newspapers, television stations, radio stations, and on-line news portals.	Villescas Research, Media & Instruction	Kids 2 days/week Teen 2 days/week
<b>INTRODUCTION TO MURALS:</b> This class provides ongoing opportunities to design and paint large scale murals indoors and outdoors.	Villescas Research, Media & Instruction	All 3 days/week
<b>INTRODUCTION TO POETRY:</b> Writing poetry, analyzing song lyrics, and performance are key components of this introduction to poetry.	Villescas Research, Media & Instruction	Kids 2 days/week Teen 2 days/week
<b>INTRODUCTION TO ROCK GUITAR:</b> Rock guitar is a class for those who are bold enough to explore the electrification and amplification of their guitars. Learn how to play some legendary songs and solos with local professional musicians.	Villescas Research, Media & Instruction	Kids 2 days/week Teen 2 days/week
<b>INTRODUCTION TO SKETCHING &amp; PAINTING:</b> Learn how to expand your creative abilities by taking a formal introduction to sketching and painting. These skills can be applied in engineering, architecture, fashion, computer animation, and many other fields.	Villescas Research, Media & Instruction	All 4 days/week
<b>INTRODUCTION TO PHOTOGRAPHY:</b> This class for beginners teaches the fundamentals of photography. Learn how to work with cameras, lenses, and images.	Villescas Research, Media & Instruction	Kids 2 days/week Teen 2 days/week
<b>INTRODUCTION TO THEATER ARTS:</b> A game filled course teaching dramatic creativity through improvisation and self awareness techniques. Fridays will feature guest artist workshops presented by working artists.	Austin Savage, Director/Actor/Writer	Kids 3 days/week Teens 3 days/week
<b>THEATER FUNDAMENTALS:</b> An early training course for dramatic analysis into performance. Participants will work in various disciplines. Fridays will feature guest artist workshops presented by working artists.	Austin Savage, Director/Actor/Writer	Teens 3 days/week



# Fit EDGE!

	Instructor	Details
<b>WHOLE BODY FITNESS:</b> Combining yoga postures, breathing techniques, rubber bands, free weights, and stability balls you will increase your flexibility and strength throughout your Whole Body.	Maria Castillo, Fitness and Nutrition Expert	All 5 days/week
<b>STRESS MANAGEMENT:</b> Learn strategies for coping with stress: breathing, stretching, meditation, yoga, mental exercises, positive thinking all in ways that will help you in your daily life.	Maria Castillo, Fitness and Nutrition Expert	All 2 days/week
<b>HEALTHY WEIGHT TRAINING:</b> Working with an assortment of free weights learn how to lift weights efficiently and safely. It doesn't take steroids or performance enhancing drugs to be strong, learn healthy weight training techniques. Class will include a diet guide for better muscle gains.	Benjamin Barrera, Personal Trainer	Teens 3 days/week
<b>IRON TEEN:</b> Endurance and fitness training hybrid of cross fit and cross-country where teens can improve total body strength, stamina, and endurance. Calisthenics, an assortment of full body exercises followed by 0.5, 1, or 2-3 mile runs.	Benjamin Barrera, Personal Trainer	Teens 5 days/week
<b>FREE PLAY:</b> Enjoy a variety of fun games including: Under the Sea Tag, Kick Ball Dodgeball, Tug-of-War in a team building environment.	Benjamin Barrera, Personal Trainer	Kids 2 days/week
<b>GET YOUR SPORT ON:</b> Flag football, basketball and other team sports played for fun.	Benjamin Barrera, Personal Trainer	Teens 2 days/week
<b>IN THE PINK:</b> This class is for girls who want to learn about healthy lifestyle, free weights and how to tone their body without becoming Conan!	Benjamin Barrera, Personal Trainer	Teens 2 days/week
<b>KID'S CAMP:</b> Take the extraordinary benefits of military boot camp and add positive attitude, motivation and FUN! This class emphasizes teamwork, use of common items, and inspiring and educating all participants to build good habits leading to a healthier lifestyle.	Danetta Hurt & Ruby Murray, Fitness Instructors	Kids 2 days/week Teens 2 days/week
<b>DISCOVER SCUBA:</b> Learn how to use scuba equipment in a quick and easy introduction to what it takes to explore the underwater world.	Ed Wiles, PADI Certified Instructor & Swim Coach	All 3 day class
<b>PADI CERTIFICATION COURSE:</b> Get your PADI scuba certification. If you've always wanted to learn how to scuba dive, discover new adventures or simply see the wondrous world beneath the waves, this is where it starts. Learn in the pool, then take a field trip to Balmorhea State Park for an open water dive.	Ed Wiles, PADI Certified Instructor & Swim Coach	All 5 day class
<b>SCUBA, DUBA, FUN:</b> This class is to maintain and improve your diving skills by playing games in the pool and by participating in scheduled field trips for open water dives.	Ed Wiles, PADI Certified Instructor & Swim Coach	All (must have completed the PADI Certification course) 1 day/week
<b>INTRODUCTION TO BOXING &amp; KICKBOXING:</b> This fitness class provides a continuous cardiovascular workout while also training basic stances, strikes, defenses, and combinations.	Villescas Research, Media & Instruction	Kids 4 days/week Teens 4 days/week



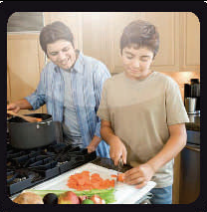
# Fit EDGE!

	Instructor	Details
<p><b>INTRODUCTION TO BREAKDANCING:</b> Breakdancing is an athletic dance form that uses your entire body. This class for beginners teaches fundamental moves and steps for breakdancing and exposes you to great music and beats.</p>	Villescas Research, Media & Instruction	Kids 2 days/week Teens 2 days/week
<p><b>INTRODUCTION TO LATIN DANCE:</b> Living on the border provides a great opportunity to learn how to have even more fun on the dance floor. This class introduces the basic steps to several latin dance forms: cumbia, salsa, merenge, bachata, and samba.</p>	Villescas Research, Media & Instruction	Teens 2 days/week
<p><b>INTRODUCTION TO YOGA:</b> This class for beginners introduces students to both the physical and mental elements of yoga. Learn how to breath, stretch your body, and focus your mind while developing strength.</p>	Villescas Research, Media & Instruction	Teens 2 days/week



# Life EDGE!

	Instructor	Details
<b>GARAGE BAND:</b> Be part of building a band from the ground up: stage manager, costume design, graphic artist, videographer, photographer, promotions/public relations, lighting and sound techs, song writers, marketer, roadies, musicians and singers. Only 15 participants can enroll each month.	Christina Cavoli, Musician	All 2 days/week
<b>THERAPY ANIMALS:</b> Explore the world of therapy animals, learn about pet care, find out how you can be involved in working with animals.	TBD	All 2 days/week
<b>GO GREEN:</b> Get your hands dirty learning how to live green. Grow organic salad greens, create a recycling program, and lessen your carbon footprint.	TBD	All 2 days/week
<b>WORD OF MOUTH:</b> Create the EDGE!'s own Newsletter; writing, photography, opinions, surveys, editorials, comic strips. What do you want to offer?	TBD	All 3 days/week
<b>TEEN CHEF:</b> Cooking is fun, cooking is healthy, and, let's face it, cooking is cool. That's why you will be in the kitchen chopping, mixing, rolling and baking up a storm for close to three hours each day! Learn expert knife skills and cooking techniques and walk away with the confidence to prepare delicious, healthy meals for your family and friends at home.	TBD	Teens 2 days/week
<b>KID CHEF:</b> In this course the kids will be exposed to working in the kitchen. We will cover basic kitchen techniques, measuring, how to read a recipe, how to plan a menu, basic etiquette, how to set a table, proper serving techniques as well as learn how to prepare a simple menu.	TBD	Kids 2 days/week
<b>WHAT DO YOU HAVE TO SAY?:</b> Make a documentary film that expresses your own point of view. Learn the basics of camera technique, interviewing, sound recording, editing. Organize a film festival to show off your work.	TBD	All 3 days/week
<b>ETIQUETTE:</b> Learning how to operate in society as ladies and gentlemen requires training and knowing how to respond appropriately to new environments. Taking this course will expose you to several of the skills and protocols you will need related to dining, correspondence, and addressing different audiences.	Villescas Research, Media & Instruction	All 1 day/week
<b>FINANCIAL LITERACY:</b> Learn more about how money functions in daily life and how you can develop strategies to save and invest your money, time, and energy.	Villescas Research, Media & Instruction	Teen 1 day/week
<b>INTRODUCTION TO LOCAL PROGRAMS &amp; VOLUNTEER OPPORTUNITIES FOR TEENAGERS:</b> Numerous programs and initiatives are available for teenagers in El Paso, but all too often students miss these opportunities due to a lack of information. Join us each week to learn more about what is available for you at your high school and throughout the city.	Villescas Research, Media & Instruction	Teen 2 days/week



# Life EDGE!

	Instructor	Details
<b>INTRODUCTION TO SPANISH:</b> Learn how to engage Spanish speakers with this introductory course that meets daily. Improve your conversational abilities as well as your grades in Spanish classes.	Villescas Research, Media & Instruction	Kids 4 days/week Teens 4 days/week
<b>LEADERSHIP DEVELOPMENT:</b> This weekly session provides young leaders with additional training to speak publicly, mobilize constituents, and organize your strengths to engage issues as well as opportunities.	Villescas Research, Media & Instruction	Teens 1 day/week
<b>PLANNING FOR COLLEGE:</b> Planning for college requires extensive preparation and exploration of potential opportunities at public and private schools across the country. Learn more about what degree programs are available and how to prepare for the college admissions process.	Villescas Research, Media & Instruction	Teens 1 day/week

# the edge

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Did you find a class you are interested in?

If so, contact Susan and let her know so the class will happen...

[ftblissedge@gmail.com](mailto:ftblissedge@gmail.com)

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[www.blissmwr.com](http://www.blissmwr.com)

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