

Continuing Education

at St. Louis Community College

Fall 2014

It's Good to Know!

**Knowledge
Ahead**

Explore the road to Lifelong Learning



St. Louis
Community
College

Registration begins August 4

For more information about Continuing Education classes,
visit stlcc.edu/ce

Continuing Education Feature Five

Improve your work skills with a **Project Management Professional (PMP)** or **Lean Six Sigma Green Belt Certificate**.



Check out classes on page 5.



Introducing the new **Central Sterile Processing Technician Certification** training. Check out classes on page 13.

Check out the **Culinary Arts** classes and create some incredible edibles with STLCC.



Class listings begin on page 32.

Get creative with **Fine Arts** classes, and **Craft** classes.



Fine Arts class listings begin on page 32. Craft class listings begin on page 28.



Build a foundation in **digital photography** and take your hobby to the next level! See listings beginning on page 42.



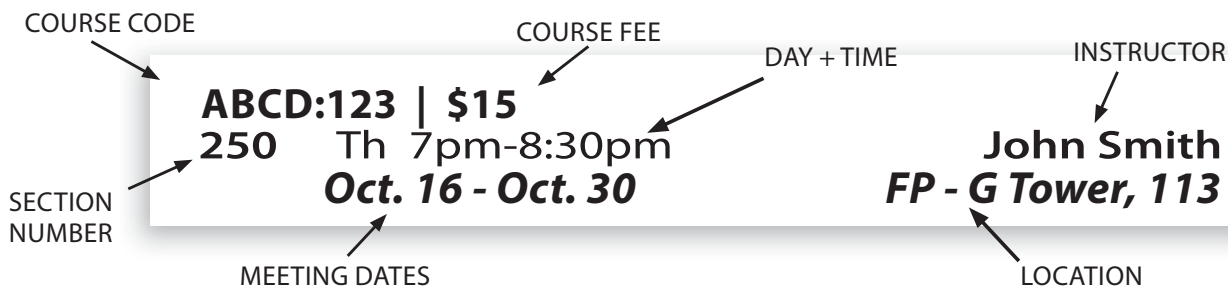
Registration begins August 4!

Questions?
Call 314-984-7777
www.stlcc.edu/ce

Registration begins August 4.

HOW TO READ COURSE LISTINGS

The listing details found below a course title and description provide this information:



St. Louis Community College expands minds and changes lives every day. We create accessible, dynamic learning environments focused on the needs of our diverse communities.

BOARD OF TRUSTEES

Libby Fitzgerald
Doris Graham
Theodis Brown, Sr.
Hattie R. Jackson
Craig H. Larson
Joan McGivney

Great care has been taken to provide accurate information about the courses in this schedule. Occasionally, an error may occur. Information is subject to change and/or correction. For more information on Continuing Education programs at St. Louis Community College, visit www.stlcc.edu and click on the Continuing Education tab. More details and up-to-date information, including senior fees, can be found online.

Fall 2014

STLCC Continuing Education

Explore the road to Lifelong Learning with Continuing Education

More than ever, life presents daily challenges to learn more,
do more and be more.

Our programs provide workforce training to meet your profes-
sional needs as well as educational opportunities for the explo-
ration and pursuit of your personal interests. Classes are offered
on our campuses and locations throughout St. Louis,
as well as online.

Explore, Create and Learn this fall with **Continuing
Education!**

www.stlcc.edu/ce 314-984-7777

TABLE OF CONTENTS

Professional Development

BUSINESS, NONPROFIT AND CAREER DEVELOPMENT

Professional Essentials	5
Small Business Essentials	7
Career Essentials	8
Nonprofit Essentials	9

CAREER STUDIES

Nursing and Allied Health	10
Healthcare Occupations	12
Childcare Training	14
Mental Health Interpreter	14
CPR and First Aid	16
Communications	16
Restaurant Management	17
Fitness Training	17

COMPUTERS AND TECHNOLOGY

Applications and Systems	18
Computer Maintenance and Security	19

Desktop Publishing	20
Mobile Basics	20
Personal Computing	21
Productivity	21
Social Networks	21
Tech Savvy Fridays	21
Web Development	22
DATA	22

CONSTRUCTION AND INDUSTRIAL TECHNOLOGIES

Construction	24
Electrical	24
Industrial Engineering	24
NABCEP Solar Certified Courses	24
OSHA	25

EDUCATION AND TEST PREP

High School Equivalency	25
Test Prep	25

Personal Enrichment

AGELESS LEARNING

Seminars	26
Enrichment Seminars	27
Senior Fitness	28
Social Security Benefits	28

CREATIVE ARTS

Crafts	28
Culinary Arts	32
Dance	37
Fine Arts	39
Music	40
Photography	41
Writing	42
Theater	44

NATURE, HOME AND GARDEN

Animal Care	45
Home Improvement	46
Master Naturalist	48
Gardening	49
Ecology	50
Real Estate	50

PERSONAL FINANCE

Personal Finance	50
Estate Planning	51
Investing	51
Retirement Planning	51

PERSONAL INTEREST

Communication Arts	52
Genealogy	52
History	52
Languages	56
Sign Language	58
Religion	58

PERSONAL SAFETY

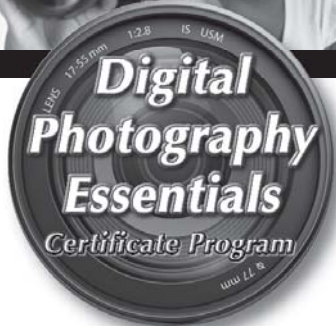
Firearm Safety	59
Self Defense	59

RECREATION, FITNESS AND WELLNESS

Aerobic Exercise	59
Aquatics	60
Bowling	61
Cards and Games	61
Fencing	61
Fitness	61
Golf	63
Motorcycle Rider Training	64
Personal Development	64
T'ai Chi	64
Team Sports	65
Tennis	65
The Great Outdoors	66
Tours and Trips	66
Wellness	67
Youth and Family	68

NEED TO KNOW...

Locations	69
General Information	70
Registration	71



Take your passion for photography to the next level.

See page 42
for more details.

Our Seats Fill Fast!

Registration
begins
August 4.



*Do you enjoy creating beautiful food?
Develop your talent
and pave the way to
extra income.*



See page 32
for more details.

It All Starts Here.



Adult Career Exploration Sessions

July 24 – Meramec – 6-7:30pm, BA 105

Aug. 5 – Forest Park – 6-7:30pm, Student Center Café East

Sept. 17 – Wildwood – 6-7:30pm, 102 B

Oct. 7 – Forest Park – 6-7:30pm, Student Center Café East

Oct. 14 – Meramec – 6-7:30pm, BA 105

Nov. 5 – Wildwood – 6-7:30pm, Room 223

Dec. 4 – Meramec – 6-7:30pm, BA 105

Whether you're just starting out, looking to re-enter the workforce or wanting to switch careers—but you're not sure about an area of study—St. Louis Community College's **Adult Career Exploration Session** will help you identify your interests, discover your passion, and point you toward the career that's right for you!

- Receive a FREE interest inventory to identify your primary interest areas.
- Discover how your interests can lead to good career decisions.
- Learn how your interests relate to career programs at STLCC.
- Hear about resources to pay for school.
- Find out how to get started at STLCC!



For more information call 314-539-5002 or email AskUs@stlcc.edu

Register TODAY at stlcc.edu/Visit
and get started on the New You!

STLCC Continuing Education

PROFESSIONAL DEVELOPMENT

Take charge of your professional development this Fall!

Continuing Education has the courses you need to **gain knowledge, sharpen your skills and advance your career.**

Essentials Training

Professional Essentials

Overview of LEAN

All businesses face the same challenge of offering more value to their customers while consuming fewer resources. LEAN is the most powerful productivity improvement process available today to make this happen. It has been used worldwide across a wide spectrum of organizations ranging from healthcare to manufacturing to service industries with remarkable results. Guided participant discussions will provide you an with understanding of LEAN and how it can improve your organization. We will review the ways in which LEAN Thinking and LEAN Work Processes are driving significant increases in productivity in a variety of work environments. You will learn how to:

- Optimize the static work environment through the use of the 5S System
 - Make work flow smoothly through the work environment through the use of Value-Stream Mapping
 - Use the A3 process to drive process improvements
- You'll receive materials to apply the tools of LEAN in your organization.

BUSN:765 | \$149

C51 W 6:30pm-8:30pm
Sept. 10 – Oct. 8

George Friesen
Corp. College, 209

Exclamation Point!

*The format and the information I received in the **Lean Six Sigma Green Belt training** was well worth the money and my time. I must say that having the opportunity to be taught by **Patricia Dalton**, a knowledgeable instructor who is a professional in this field of study, made the difference in me absorbing and applying the information presented.*

Willie B. – St. Louis

LEAN Six Sigma Green Belt Certification

Whether you are a member of a quality team, a quality manager, or desire to obtain a LEAN Six Sigma Green Belt Certification for your own professional development, this course is appropriate for you. We blend classroom instruction and online instructor-led labs. Certification program highlights include: how to implement the DMAIC process (Define, Measure, Analyze, Improve, Control), how to develop reliable and valid measurements for a system, how to define the cost of poor quality, how to use the correct formula to calculate ROI and more. Materials included in cost of course. Students successfully completing this training will receive their LEAN Six Sigma Green Belt Certification and 45 hours of instruction. This training includes an 18 hour capstone simulation project on the last Wednesday session and 2 consecutive Saturdays. Attendance on these days is mandatory. If one of these days is missed, arrangements may be made with the instructor to complete the project and receive certification. However, should this be necessary, additional instructional costs will be charged to the student above and beyond the cost of the program. Lunch provided on Saturdays. This program is approved by DESE for WIA funding through the Missouri Career Center. You must be approved for funding prior to registering for the class. Class meets Wednesdays 9/3, 9/10, 9/17, 9/24, 10/8, 10/22, 11/5, 11/19, 12/3, 12/10 and Saturdays 12/6, 12/13. No Wednesday classes on 10/1, 10/15, 10/29, 11/12, 11/26.

BUSN:765 | \$1,899

C50 W 6pm-9pm
Sept. 3 – Dec. 10

Sa 8:30am-4pm
Dec. 6

Sa 8:30am-4pm
Dec. 13

Patricia Dalton
Corp. College, 211

Corp. College, 211

Corp. College, 211

Project Management Orientation

This free session is designed to provide information to individuals interested in obtaining the Project Management Professional (PMP) certification. You'll learn about the concepts, test preparation and requirements needed for certification. Presentation includes an overview of the program, a look at class materials, trends in the industry and potential job opportunities for PMPs. The orientation is free but registration is required.

BUSN:765

C80 Sa 9am-12pm
Sept. 13

Dirk Lupien
Corp. College, 209

Project Management

Project managers are in demand when the need is for skills that include time, resource and financial management with a finite effort. Working knowledge of these skills is recognized by the Project Management Institute (PMI) through various levels of certification. This course helps you to prepare for the PMP certification exam by presenting the critical concepts together with the core knowledge areas covered in the exam. Topics covered include the process groups and relationships, terminology and decision making practice. Session attendance in this course counts toward the project management training criteria, 35 hours, required to register for the PMP exam. This practical learning prepares the student for the PMP certification exam by lecture, online exercises, working sessions and practice exams. This program is approved by DESE for WIA funding through the Missouri Career Center and presented by a Registered Educational Provider (REP). You must be approved for funding prior to registering for the program. Class meets Wednesdays: 10/1-10/29 and Saturdays: 10/4, 10/18, 10/25. Lunch provided on Saturdays.

BUSN:765 | \$1,699

C52 W 6pm-9pm
Oct. 1 – Oct. 22

W 6pm-9pm
Oct. 29

Sa 8:30am-4pm
Oct. 4

Sa 8:30am-4pm
Oct. 18

Sa 9:30am-4pm
Oct. 25

Dirk Lupien
Corp. College, 207

Corp. College, 208

Corp. College, 207

Corp. College, 207

Corp. College, 207

Certified Public Accountant (CPA) Management Breakfast Series

This series of breakfast lectures is designed to assist CPAs who are in private practice as well as those in corporate staff positions. The lectures will help CPAs achieve their required Continuing Professional (CPE) units. Topics will be relative to the interest and needs of CPAs and will be taught by recognized experts. Fee includes continental breakfast and materials. No Ethics seminar will be held this semester.

BUSN:787 | \$249

M01 Th 7:15am-8:45am
Sept. 18 – Nov. 13
Ces & Judy's

PROFESSIONAL DEVELOPMENT

Understanding Patents, Trademarks and Copyrights

If you are a business or creative person selling a product or service, you need to know how to protect your trademark, copyright, and patents so that you can profit by their use. In this problem-solving course, you will explore topics relating to the law for intellectual property such as patents, trademarks, trade names, copyrights, and trade secrets. Taught by an attorney.

BUSN:729 | \$55

680 Sa 8:30am-1:30pm
Sept. 27

Morris Turek
MC - BA, 114

Dealing with Difficult People in the Workplace and Managing the Conflicts

Are there co-workers, subordinates or bosses in your office with whom there are conflicts? Would you like to learn how to enhance communication and build a better rapport? The relationships we have with others are important in cooperation, productivity, teamwork and support. Join Dr. Renee Huss and learn processes for interacting clearly with others in order to get what you need and want through negotiating styles, which can result in a win-win outcome.

BUSN:705 | \$35

480 Sa 9am-12pm
Sept. 13

Dr. Renee Huss
FP - G Tower, 113

680 Sa 9am-12pm
Sept. 27

Dr. Renee Huss
MC - BA, 116

New Reaching Agreement, Understanding Consensus

The velocity of work, the diversity of ideas and people, and the rapid flow of information make it increasingly difficult to get groups to agree and commit to action. This course focuses on the dynamics of group agreement and the importance of having everyone's commitment. It teaches seven techniques for making clear, high-quality decisions that have the buy-in and commitment of every group member. Course is approved for HRCI credit. Registration deadline: September 24.

BUSN:705 | \$99

C01 Th 8:30am-12:30pm
Oct. 2

Barry Schapiro
Corp. College, 211

New Coaching for Peak Performance

This course helps leaders handle both proactive and reactive coaching discussions. By understanding the importance of four coaching techniques, individuals can have more effective and efficient interactions. The session incorporates a fast-paced game to understand the techniques. Since both proactive and reactive coaching discussions can be challenging, participants will use their own situations to make the course especially relevant to them. Course is approved for HRCI credit. Registration deadline: September 15.

BUSN:716 | \$99

C01 Tu 8:30am-12:30pm
Sept. 23

Barry Schapiro
Corp. College, 211

Mastering the Art of Effective Facilitation

You have to pay attention to the process elements of meetings if you want them to be effective. With its focus on asking rather than telling, and listening to build consensus, facilitation is the new leadership idea, the core competency everybody needs. Through interactive activities, you'll learn common process tools to make meetings easier and more productive, to identify the stages of team development, to identify the competencies linked to effective small group facilitation, and more. Lunch on your own.

BUSN:714 | \$79

600 Tu 8:30am-5pm
Sept. 23

James Lombardo
Corp. College, 209

Introduction to Business Administration

A survey course, designed to give the student a general knowledge of the modern business world and the environment within which it exists and an awareness of the principles of the major functions in managing a business, such as finance, personnel, production, and marketing. Available for credit as BUS:104.

BUSN:723 | \$303

230 Th 7pm-9:40pm
Aug. 21 - Dec. 11

WW, 201

Build your Professional Foundation with *Essentials Training*

Professional *Essentials*

Earn a credential that will increase your value in the job market or develop new skills. Professional Essentials will help you develop and maintain your competitive edge!

Check out classes on page 5.

Small Business *Essentials*

Whether you're starting a new business or expanding a current venture, Small Business Essentials will provide the right tools to get your business going in the right direction.

Check out classes on page 7.

Career *Essentials*

If you're seeking a career change, or just entering the job market, Career Essentials will provide you with the knowledge to showcase your skills and abilities.

Check out classes on page 8.

Nonprofit *Essentials*

Designed for existing and aspiring nonprofit professionals, the Nonprofit Essentials program helps meet the increasingly challenging demands that are placed on board members, administrators, staff, and volunteers.

Check out classes on page 9.



Call 314-984-7777 to register today and advance your life professionally!

Gain the competitive edge to succeed in your business with the Small Business *Essentials* Certificate Program



Business Start-Up

Starting and Managing a Small Business

Are you thinking about starting and managing a small business in Missouri? Designed for individuals who are considering starting a business, have made the decision to start or who have been in business for less than two years, this program will discuss: the basics of business ownership, planning for success, organizational forms of business, legal and regulatory environment, recordkeeping and information management, marketing, financing and resources. Program is offered in collaboration with the Small Business and Technology Development Center.

BUSS:701 | \$59

680 Sa 9am-12pm **Lynette Watson**
Sept. 20 – Sept. 27 **MC - BA, 220**

Artisans and Crafters: Making Money with Your Business

You've been honing your talent and finding a demand for your handmade craft or artistic products, but how do you navigate the "indie" marketplace? Get ready for the upcoming holiday season and learn tips from award winning artist, 35 year veteran in the arts and former Executive Director of Best of Missouri Hands, "Mike" Ochonicky as she discusses: effective marketing techniques, outlets to sell online and in-person, balancing creativity with administrative tasks, and more. Bring a notebook and pen to class.

BUSS:701 | \$35

450 M 6pm-9pm **Michelle Ochonicky**
Sept. 15 **FP - G Tower, 117**
650 Tu 6pm-9pm **Michelle Ochonicky**
Sept. 23 **MC - SO, 107**

S.C.O.R.E. Seminar

You will enjoy this special short course to acquaint the small business owner or operator with current management principles as they relate specifically to small business operations. It is designed to be particularly helpful if you are planning to start your own business. Topics include business terms, forms and risks of ownership, marketing, record keeping, legal aspects and insurance needs. Finding capital, financial planning, tax considerations and other business functions will also be discussed. All students must register with the SCORE Office online at www.stlscore.org. Lunch not provided. Fee for class materials payable to SCORE at registration; \$50 early registration; \$55 after the 1st of the month prior to seminar date; \$60 at the door.

BUSS:701

681 Sa 8:15am-3pm **MC - SO, 109**
Sept. 6
682 Sa 8:15am-3pm **MC - SO, 109**
Oct. 11
683 Sa 8:15am-3pm **MC - SO, 109**
Nov. 8
684 Sa 8:15am-3pm **MC - SO, 109**
Dec. 6



Check out classes that qualify for the Small Business Essentials certificate in Computers & Technology on page 18.

Business Plan Development

An intensive, four-session, individually customized course designed to provide new and aspiring entrepreneurs with the tools and resources to create a solid business plan. Experienced business facilitators/coaches will guide group sessions, and share practical experiences to enhance your business. Participants learn with and from their peers, creating a powerful network that continues well after the program is complete. These sessions are enriched with guest speakers from various disciplines including the legal profession, marketing, human resources, and financing. In addition, each participant will begin by taking the GrowthWheel assessment and receive customized tools based on this assessment to assist as you build your plan. Weekly homework assignments are given and participation is required to be successful in the class. Continued counseling from a business counselor and certified life coach is available after the completion of the class. Program is offered in collaboration with the Small Business and Technology Development Center. No class 10/22.

BUSS:702 | \$99

680 W 6pm-9pm **Lynette Watson**
Oct. 1 – Oct. 29 **MC - L, CNFL**

Finance

Understanding Accounting

Designed for individuals with non-financial backgrounds who work with budgets or those wanting to enter an office manager position, this course provides an overview of accounting terminology and processes, analyzing financial activities and statements, and applying the fundamentals of accounting. Course will cover debits, credits, general ledgers, assets, liabilities, balance sheets, profit and loss statements and more.

BUSS:741 | \$35

650 Tu 6pm-9pm **Kimberly Franklin**
Sept. 23 **MC - CS, 205**

Keeping Records for a Small Business

As a small business owner, it is important for you to have good record keeping procedures and accurately follow tax guidelines. Taught by small business tax professional, T. Spector, CPA, class topics include internal and external financial records, different forms of business ownership (and their specific record keeping requirements), setting up your own books, management reporting, travel and entertainment expenses, home office expenses, methods for tracking and deducting vehicle expenses. The instructor welcomes a two way discussion and questions about your specific situation.

BUSS:705 | \$69

650 Th 6pm-9:30pm **T. Spector**
Oct. 16 – Oct. 23 **MC - BA, 124**

Small Business Tax Seminar

If you are thinking of starting a small business or have already done so, this program is designed for you. Join small business tax professional, T. Spector, CPA, and learn the essentials of starting a business; business use of the home, recordkeeping, independent contractor versus employee, hobby versus business, federal income tax and employment tax requirements. This program is designed for sole proprietors, but much of the information relates to all forms of business ownership. The instructor welcomes a two way discussion and questions about your specific situation.

BUSS:706 | \$39

680 Sa 9am-12:30pm **T. Spector**
Oct. 11 **MC - BA, 124**

Promotion

Creating a Breakthrough Marketing Program for Your Small Business

Get a hands-on approach to understanding the foundational pieces of a marketing program and how to create a marketing plan that can help your small business move beyond the basics of marketing. Learn to develop objectives and strategies to assist you in meeting your goals. Program is offered in collaboration with the Small Business and Technology Development Center.

BUSS:710 | \$35

680 Sa 9am-12pm **Lynette Watson**
Oct. 25 **MC - BA, 220**

Advertising, Marketing and PR on a Dime

Explore some of the best ways to advertise, market and get public relations for your business with little or no money. Learn how to stretch your budget by maximizing the image of your product or service. Learn to take control and know the consumer you want. We'll discuss tools to create and capture customer value, managing marketing information to assess buyer behavior, communicating your brand, social responsibility and ethics. The second session will meet at Meramec, Social Science, 204.

BUSS:710 | \$39

650 Tu 6pm-8pm **Robin Boyce**
Sept. 16-Sept. 23 **MC - SO, 206**



The Small Business *Essentials* Certificate is designed to provide a pathway for new and current entrepreneurs interested in exploring the components of small business startup, operations, and to learn business management skills essential for the success of their endeavor.

- Two classes from each of the three core areas of startup, finance, management
- Three marketing classes
- Two classes from designated technology options

Classes must be taken via CE including up to three from AMA® or Ed2Go™ online programs. Courses may be taken individually or towards completion of a certificate.

Career *Essentials*

Writing Your Resume to Impress

First impressions are everything. Your resume makes your first impression to a potential employer. Make sure it stands out and you'll be receiving that phone call in no time. Work with an expert in the employment field to construct your perfect resume: one that will play up your experience, play down liabilities, and improve your chances to land an interview. Choose the best type of resume for the job, tailor it to the employer's needs and write a great cover letter. We'll explore online submission of resumes and cover letters while building your best resume ever.

CPDV:704 | \$49

650 Tu 6pm-9pm Jacqueline Meaders-Booth
Sept. 16 – Sept. 30 MC-CE, Classroom

New Acing the Job Application

Find out how to best find job leads, search the Internet and navigate the online application process. You'll learn how to find job leads, navigate job boards, and the importance of social media and networking. You'll also receive tips on finding information on potential companies in which you may want to work. Get the tools you need to help you ace the job application process. Bring a flash drive to class.

CPDV:705 | \$49

651 Tu 6pm-9pm Laurie Lombardo
Sept. 9 – Sept. 16 MC - SO, 107

Using LinkedIn for Your Job Search

This introductory session will allow you to start using this powerful tool that should be a part of your professional networking. LinkedIn operates the world's largest professional network on the Internet with more than 150 million members in over 200 countries and territories. Learn the basics of using LinkedIn, how to build your network, make connections (past and present colleagues and classmates), join and get involved in groups, perform job searches, and find answers from industry experts.

CPDV:705 | \$29

652 Th 6:30pm-9:30pm Laurie Lombardo
Sept. 18 MC - SO, 205

450 Th 6:30pm-9:30pm Laurie Lombardo
Oct. 9 FP - G Tower, 115

653 Th 6:30pm-9:30pm Laurie Lombardo
Oct. 23 MC - SO, 205

Network Your Way into a Job

Learn the benefits of effective and strategic networking and how your interpersonal resources and contacts could lead to a new job. You will develop a networking plan and 30-Second Summary to present to networking groups and individuals, a networking source list and a list of the types of networking groups. In addition, you will learn to successfully navigate a career fair and how social networking is important to an effective job search.

CPDV:705 | \$25

650 Tu 6:30pm-9:30pm Laurie Lombardo
Sept. 30 MC - SO, 204

Employment Essentials for Getting or Changing Jobs

In today's ever changing job market, a person need to be prepared to have at least four different careers in their lifetime and good communication skills are some of most crucial elements in a job search. Learn the latest trends in seeking a new position, getting promoted, keeping a job, and for making transitions from one career to another. Class will include resume writing, traditional and electronic application procedures and the college's Career and Employment Services (CES). Class outlines and templates will help you create clear business messages.

CPDV:705 | \$65

550 W 6:15pm-8:45pm Gwyndolyn Fouche
Sept. 24 – Oct. 8 FV - B, 125

How to Craft Your Elevator Speech: Floor-by-Floor

Competition for jobs and business opportunities is strong and you need to stand out. Whether you are at a networking event, meeting or called upon to speak at a seminar, you have only a limited amount of time to capture the attention of the listeners, introduce yourself and get noticed. In this class, you'll use a template to develop and refine your "elevator speech," wow your audience and open up a whole new set of opportunities.

CPDV:765 | \$25

650 Tu 6pm-9pm Fred Miller
Oct. 14 MC - SO, 107

New Interviewing Skills 101

Preparing for a job interview is a critical process to securing employment! Designed to develop basic job interviewing techniques, you'll learn from a college career specialist insight into answer formulation and effective delivery. In class practice will allow you to apply the concepts learned and to sharpen your interviewing skills by providing and receiving feedback to fellow participants in a group setting. You will also learn about interviewing theory, wardrobe selection, and illegal questioning.

CPDV:703 | \$19

650 Th 6pm-8pm Sherita Reinhardt
Oct. 2 MC - BA, 114

New Strategies for Success: Mastering the Behavioral Based Interview

Behavioral based interviewing is fast becoming the preferred method of recruiters to screen and select top notch candidates. From the initial screening process to building rapport with interviewers, this class will help you gain insight into providing interest, showcasing your accomplishments, highlighting your skill sets and preparing exceptional responses to questions for prospective positions. Through familiarity and preparation of behavioral based interview questioning, you'll develop the best opportunity for success in securing a job.

CPDV:703 | \$19

651 Th 6pm-8pm Sherita Reinhardt
Oct. 9 MC - BA, 114

Changing Career Directions: Find the Passion in Your Career Path

Rudolph Nureyev said, "Work is sacred." But do you consider your work a sacred and exciting opportunity to express your true self? We spend a good part of our lives expressing ourselves through work and career, therefore it is important that we experience joy and value in what we do. How you invest your time and energy is up to you. It is not so much what happens to you but how you respond to what happens that makes the difference. Join Jean Walters, Transformational Life Coach and author as she aids you in clarifying a career direction and/or establishing a change in career path to enhance your quality of life and increase your fulfillment. You CAN condition yourself for success and reach your full potential.

CPDV:702 | \$79

650 M 7pm-9:30pm Jean Walters
Sept. 15 – Oct. 6 MC - BA, 120



+50 Employment: Purpose, Process and the Payoff

Is retirement not your immediate plan? Whether by design or a result of the economy, you want to find employment where you can earn a living and perhaps make a difference. Re-inspired? A career counselor will work with you to determine your values and goals. Re-hired? We will explore resumes and interview strategies. Re-wired? By networking, using LinkedIn, Craigslist, submitting online applications and cover letters, you will use new skills to land the next opportunity.

CPDV:730 | \$55

650 Th 6:30pm-8:30pm Edwin Penfold
Sept. 18 – Oct. 9 MC - BA, 208

550 Th 6:30pm-8:30pm Edwin Penfold
Oct. 30 – Nov. 20 Corp. College, 206

+50: Reimagining Your Life Now

Are you a Baby Boomer nearing retirement? Do you need a new direction? Determine what may replace the traditional retirement path in your life through a powerful interactive learning experience. Clarify your intentions, set your goals and take action all while supporting other group members who share similar objectives.

CPDV:730 | \$59

680 Sa 9am-12:30pm Carol Watkins
Oct. 25 – Nov. 8 MC - CN, 126

+50: Finding Purpose & Passion in Your Third Chapter

Are you facing the uncharted post-career years and wondering what's next? Many of us in the third chapter of life feel unsettled, restless, and adrift. We believe the years between 50 and 75 can be some of the best, but don't know how to make sense of the changes we're facing. If you are looking for new meaning in work and life, this powerful interactive learning experience will teach you how to tap into the power of purpose. Whether you're seeking an encore career, looking for enlivening volunteer work, or reinventing your sense of identity, knowing your purpose will guide you to increased vitality, creativity, and fulfillment.

CPDV:730 | \$65

681 Sa 9am-4pm Carol Watkins
Sept. 13 MC - CN, 126

Like us on Facebook



St. Louis
Community
College
Continuing
Education

Gain Valuable
Computer Skills
for the Workplace



Visit our site to
learn more.

www.ed2go.com/stlcc

Basic Grant Writing for Nonprofit Organizations

This course provides an overall review of the grant writing process offering practical guidelines for identifying and pursuing potential foundation and corporate funders. Students will learn methods to start a grantmaker relationship, Key elements of proposals and tips for developing a successful grant. Lunch on your own. Bring a 1", three ring binder to class.

NPAD:701 | \$59

480 Sa 9am-4pm
Sept. 27

Jennifer Bush
FP - G Tower, 115

680 Sa 9am-4pm
Oct. 18

Jennifer Bush
MC - BA, 118

Establishing and Running a Nonprofit Organization: Part I

This popular seminar provides an overview of the legal basics for establishing and running a nonprofit organization. Presented by Amy Hereford, an attorney and entrepreneur who speaks from her experience in working with nonprofit start-ups. Class includes practical tips, useful resources including the Nonprofit Tax-exempt Corporation Workbook, an e-book (PDF) that presents the process of establishing a nonprofit in a step-by-step format with ample space for notes, charts for gathering necessary information and tables for developing timelines and assigning responsibilities. An excellent tool for assisting in nonprofit formation, orienting new board members and nonprofit directors.

NPAD:703 | \$29

680 Sa 10am-12pm
Sept. 6

Amy Hereford
MC - BA, 220

Nonprofit *Essentials*

Establishing and Running a Nonprofit Organization: Part II

This seminar builds on the previous session and provides more information. It will explore the legal requirements of operating a nonprofit business organization, board responsibilities, business law for nonprofits and legal compliance. Newer business models for nonprofits including fiscal sponsorship, nonprofit alliances, nonprofit/for profit joint ventures and other collaborative structures will also be discussed.

NPAD:703 | \$29

681 Sa 1pm-3pm
Sept. 6

Amy Hereford
MC - BA, 220

New Engaging Your Board in Fundraising

Fundraising is a responsibility for every nonprofit board member, yet it's a topic most boards prefer to avoid. Join Michelle "Mike" Ochonicky, experienced nonprofit administrator and former Executive Director for BoardLinkStL, as she shares with you techniques to energize your board for effective fundraising. You'll learn about board basics, traditional expectations and fundraising myths, innovative thinking and ways to engage your board. Bring your questions for the group discussion and a notebook and pen to write down ideas.

NPAD:706 | \$25

650 Th 6:30pm-8:30pm
Sept. 25

Michelle Ochonicky
MC - SO, 205

Setting Up a Board of Directors

Are you interested in learning the basics of recruiting, training and managing a nonprofit board of directors? This program will discuss the roles and responsibilities of board members, organizational development, planning, conflict, behavioral styles, communication, effective leadership, "the ask," sustained effectiveness, board orientation, and a board member's responsibility with respect to fundraising and development.

NPAD:706 | \$25

770 W 7pm-9pm
Oct. 1

Barbara Hughes
Hixson Mid. School, 112

Volunteer Management

Get the community involved with your program. Learn helpful information with an overview of volunteer management: internal needs assessment, organizational readiness, recruitment, training, orientation, supervision, evaluation and recognition.

NPAD:704 | \$25

770 W 7pm-9pm
Sept. 10

Barbara Hughes
Hixson Mid. School, 112

Think Outside the Box:

Target Potential Funding through PR

Going to potential donors for support of your nonprofit requires sales skills. We'll discuss how to attract target markets and the techniques you can use through social media and traditional forms of advertising. Learn to think outside the box using public relations to get potential donors interested in your cause based on their needs and wants.

NPAD:707 | \$39

450 Tu 6pm-8pm
Sept. 30 - Oct. 7

Robin Boyce
FP - G Tower, 115

Designed for existing and aspiring nonprofit professionals, the Nonprofit *Essentials* program helps meet the increasingly challenging demands that are placed on board members, administrators, staff and volunteers.



St. Louis Community College
Continuing Education



The new **Animal Welfare Assistant Certificate program** will help you sort out the options, focus on your strengths, and build the knowledge base you'll need for **a successful future in animal welfare organizations.**

View available Fall 2014 classes for this program on page 45.

Registration begins August 4!

Request a brochure at 314-984-7777.

Career Studies

Nursing and Allied Health

GENERAL INFORMATION for Nursing and Allied Health Programs



Allied Health Continuing Education of St. Louis Community College offers a wide selection of courses and workshops. Please take a few moments to read the course descriptions. There are new offerings that have been developed in response to requests.

Courses are approved or pending approval for continuing education credit as noted. Approval by another accrediting entity or for professional licensure is the sole responsibility of the participant.

Contact hours will be awarded to participants who attend the entire educational activity if it is a single session; or 80 percent of an activity that meets multiple sessions and completes the education activity evaluation.

St. Louis Community College is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

St. Louis Community College believes that all planners, presenters and content experts taking part in continuing nursing education learning activities must adhere to a fair, unbiased and evidence-based approach in presenting content and declare any relationships with commercial organizations. Any real or apparent conflict of interest will be disclosed to participants.

When commercial support is received for a continuing nursing education activity, the planning committee will maintain complete control of speaker selection and content.

St. Louis Community College, the Missouri Nurses Association and the American Nurses Credentialing Center's Commission of Accreditation do not endorse any commercial product which may be on display at an educational activity or may be mentioned during a presentation. Participants will be notified during the educational activity of any product use for a purpose other than that for which it was approved by the Food and Drug Administration.

Allied Health Continuing Education of St. Louis Community College serves as a Community Training Center for the American Heart Association whose mission is to reduce disability and death from cardiovascular disease and stroke and set guidelines for emergency cardiovascular care and training. The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose.

Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fee charged for a course, except for a portion of the fee needed for American Heart Association course material, does not represent income to the Association.

Clinical and Field Work

Some degree and certificate programs offered by the college require students to obtain clinical or other field experience as part of their course work. Students with criminal convictions or drug use may have difficulty progressing in these programs. **Hospitals and facilities may mandate that a criminal background check and/or drug screening check (at the student's expense) may be conducted prior to placement in a clinical or field setting. Students not passing these checks may be prohibited from participating in the clinical or field experience, thus rendering the student ineligible to satisfactorily meet the course/program requirements.** Students should contact an academic advisor or the program coordinator for further details.



American
Heart
Association

AUTHORIZED
TRAINING
CENTER

Advanced Cardiovascular Life Support

Class will be held on 11/22 and 11/23. This American Heart Association course is designed to review, organize and prioritize the skills and didactic information needed to handle a cardiac arrest, events leading to a cardiac arrest and events that follow a cardiac arrest. Please note that written and practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Upon successful completion each participant will receive an ACLS course completion card in approximately two weeks. Intended audience: Personnel staffing emergency, intensive care or critical care departments, emergency medical providers such as physicians, nurses, emergency medical technicians, paramedics, respiratory therapists, and other professionals who may have a need to respond to a cardiovascular emergency. Materials will be mailed prior to the program for extensive self-paced pre-course preparation. Access to a computer will be necessary for pre-course work. Registration three weeks prior to course start date is required to ensure arrival of precourse material. Due to the nature of the program, you must arrive on time. No admittance after stated start time.

ACLS:701 | \$270

480 SaSu 8am-5pm

Nov. 22 – Nov. 23

FP - G Tower, 121

The Affordable Care Act: Where Are We Today?

Join Thomas McAuliffe, Health Policy Director with the Missouri Foundation for Health for an informative presentation discussing the Affordable Care Act. The key points in the Affordable Care Act will be summarized and their implementation explained. For the first time, uninsured Missourians have access to affordable health insurance. Detailed information about the Health Insurance Marketplace in Missouri and the opportunities it affords the uninsured will be discussed. Current Medicaid requirements and Medicaid expansion as outlined in the Affordable Care Act will be explained. Do not miss this opportunity to expand your knowledge and understanding about this health care law.

AHCE:734 | \$30

650 W 6pm-8:15pm
Oct. 8

Thomas McAuliffe
MC - CE

Treatment Considerations for the Neurological Population

This education activity is designed for the Occupational Therapist and Occupational Therapy Assistant. The class will address an occupational therapy approach to treatment strategies for medical issues encountered by people with neurological impairments that impact the ability to perform functional tasks optimally. The class will focus on an overview of functional and medical considerations when treating people with traumatic brain injury, multiple sclerosis, CVA, spinal cord injury and spinal surgeries and treatment strategies to improve performance outcomes.

AHCE:773 | \$25

650 Th 6pm-8:15pm
Oct. 2

Carolyn Stecher
MC - AS, 104B

An Update on Electrical Modalities Across the Treatment Spectrum

This education activity is designed for the Physical Therapist and Physical Therapy Assistant. The course will visit current treatment approaches and evidence for the use of electrical modalities in various treatment settings, including outpatient, inpatient and skilled nursing facilities.

AHCE:774 | \$39

680 Sa 9am-12pm
Oct. 11

Christina Cohoon
MC - AS, 104A

Call 314-984-7777 to register beginning August 4!

Caregiving at Home Series

Caregiving at Home Workshop

Whether you are a family member, a concerned friend, or a community volunteer helping a senior with household tasks, personal and/or health care in the home setting or transportation, this 8 week workshop will provide you with helpful information. Come to the entire workshop or select individual classes that will enable you to ensure the senior continues to thrive during life's most difficult times of aging. Throughout this workshop resources and support for the caregiver will be addressed. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or close friends.

AHCE:701 | \$129

650 Th 6:30pm-9pm Cathy Flasar MSN, APRN Sept. 11 – Oct. 30 MC - SS, 108

Caregiving at Home - Getting Started

The need for caregiving in the home may occur suddenly with an illness or injury or, as with chronic illness or frailty due to aging; it may develop over a period of time. There are a variety of factors to be considered when the need for caregiving arises. Join us for the first evening of the workshop to discuss the beginning of caregiving in the home. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends.

AHCE:701 | \$29

651 Th 6:30pm-9pm
Cathy Flasar MSN, APRN
Sept. 11
MC - SS, 108

Caregiving at Home - Conditions, Events and Emotional Experiences

This evening's class will look at conditions and events requiring care in the home and the related stress and emotion experienced by the senior as well as the caregiver. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends.

AHCE:701 | \$29

652 Th 6:30pm-9pm Janice Palmer PhD, RN,
CNE
Sept. 18 MC - SS, 108

Caregiving at Home-Eldercare Law and Order

Join us for an interactive presentation on eldercare law. Some of the topics to be presented include Advanced Directives, Living Wills, Power of Attorney, and Trust Funds. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends.

AHCE:701 | \$29

653 Th 6:30pm-9pm Christine Alsop
Sept. 25 MC - SS, 108

Caregiving at Home-Medicare: The Basics

This evening's class will focus on Medicare, the federal health care program for those 65 years and older. Join us for a discussion on Medicare Part A and B, Medicare Part D (Prescription Drugs), Medicare Supplements and Medicare Advantage Plans. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends.

AHCE:701 | \$29

654 Th 6:30pm-9pm
Oct. 2 MC - SS, 108

Caregiving at Home - Do No Harm: Proper Body Mechanics

How do you safely move a senior in bed, transfer, and assist with walking? Learn the proper body mechanics that will assure the safety of the person being assisted and the caregiver. Please wear flat shoes and slacks for this session. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends.

AHCE:701 | \$29

655 Th 6:30pm-9pm Mary Christman
Oct. 9 MC - AS, 104A

Caregiving at Home - Basic Care: Hygiene, Nutrition and Fluid Intake

This evening's class will turn our attention to the hygiene, nutrition needs and fluid intake of the senior. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends.

AHCE:701 | \$29

656 Th 6:30pm-9pm Cathy Flasar MSN, APRN
Oct. 16 MC - SW, 111



Come to the entire workshop or select individual classes that will enable you to ensure the senior continues to thrive during life's most difficult times of aging.

Caregiving at Home - Medications and Pain Management

This week we will discuss medications and current trends in pain management for the senior. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends.

AHCE:701 | \$29

657 Th 6:30pm-9pm Cathy Flasar MSN, APRN
Oct. 23 MC - SS, 108

Caregiving at Home-Putting It All Together

During this final evening of the Caregiving at Home Workshop we will discuss arrangement of household needs such as shopping, cooking, housekeeping, medical supplies and transportation. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends.

AHCE:701 | \$29

658 Th 6:30pm-9pm Cathy Flasar MSN, APRN
Oct. 30 MC - SS, 108

Exclamation Point!

The Caregiving at Home series was so informative – a wealth of information. The topics covered were thorough – so much the average person would not think of asking. The instructor was personable and used her experiences as examples.

- Mary B., Kirkwood

Call 314-984-7777 to register beginning August 4!

Our Seats Fill Fast!

Registration begins August 4.

PROFESSIONAL DEVELOPMENT

EMT Core Curriculum

This course is held 8/18-12/14. It meets all the current requirements for Missouri EMT-B license renewal. It includes the assessment and care of the sick and injured, pediatric and geriatric emergencies, childbirth, defibrillation, hazardous material situations and the use of adjunctive EMS equipment. Does not include CPR. Attendance at first class is required. A strict attendance policy is enforced. Course is not for initial EMT-Basic training. Registration deadline before class begins on 8/18. No class 9/1.

EMSS:700 | \$270

H50 MW 6pm-10pm Steven Newcomb
Aug. 18 – Dec. 14 Harrison Ed Ctr, 200

Practical Applications of Evidence Based Nursing

Patients expect that the care they receive will be based on the most-up-to-date scientific findings. Evidence Based Practice (EBP) is recognized as the gold standard framework for implementing clinical decision making and delivering high quality patient care. The purpose of this class will be to examine ways EBP is infused into clinical experience.

NSNG:716 | \$49

450 W 6pm-8:15pm Georgia Urban
Oct. 15 FP - G Tower, 117

Mental Health First Aid Certification

This certification course is held 10/7 through 10/28. Mental Health First Aid is a certification course designed to assist participants in giving first aid to individuals experiencing a mental health crisis and/or who are in the early stages of a mental health disorder. The course teaches an appropriate response plan and the signs and symptoms of common health problems: anxiety, depression, psychosis, eating disorders and substance use disorders. Textbook is required and available in the Florissant Valley Bookstore.

NSNG:786 | \$101

550 Tu 5:30pm-8:45pm Ellen Nickrent
Oct. 7 – Oct. 28 FV - IR, 112

Pharmacology: A Review of Top Drugs for Chronic Conditions

This course for registered nurses reviews the top prescribed medications for ambulatory chronic diseases. We will review mechanism, common and severe side effects, dosing and administration. Classes of medications to be reviewed include anti-hypertensive and cholesterol medications, anti-diabetic medications, asthma medications, osteoporosis medications and others from the top 200 list. Participants will gain pearls on therapeutic interchange, counseling points and patient-related concerns with these medications.

NURS:706 | \$35

550 W 6pm-9:15pm Nicole Gattas
Oct. 1 FV - B, 211

Medical Terminology for Nursing and Allied Health Occupations

This course is held 8/23 and 9/6. Medical terms and language are complex and not often easily understood. Nursing and allied health textbooks are filled with many words that have been derived from the combination of word forms from Latin suffixes and prefixes. Attend this course for a "jumpstart" to learn the meaning of these complex words and to gain the "extra edge" when reading textbooks filled with medical language. Refund/withdrawal deadline date: 8/15. No refunds after that date. No class 8/30.

NURS:708 | \$79

4D1 Sa 8am-5pm Alverta Smith
Aug. 23 – Sept. 6 FP - G Tower, 121

Healthcare Occupations



Registration opens
August 4

Phlebotomy

This training program is held from 9/2 - 11/13. Register in person only in Continuing Education at Forest Park, G 322/324. This training prepares the student for entry level employment as a phlebotomist. The course provides classroom, lab instruction and clinical experience. 120 hours of clinical experience is in addition to scheduled class time. Course content includes basic anatomy pertinent to blood collection, as well as communication skills, specimen processing, related interdisciplinary tasks, lab experience of blood drawing techniques and practical experience of blood drawing techniques in the clinical setting. A strict attendance policy is enforced throughout this training. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application; Family Care Safety Registry-Worker registration letter. Only original letter will be accepted. Letter cannot be older than six months. Register on online at www.dhss.mo.gov to obtain letter.

Refund/withdrawal deadline: 8/26. No refunds after that date.

AHCE:785 | \$1,400

4D1 TuTh 5pm-8pm Karen Taylor
Sept. 2 – Nov. 13 FP - B Tower, 417



Registration begins July 28

Pharmacy Technician Certification Training

This training is held from September 8, 2014 through January 15, 2015. Required orientation: Thursday, September 4, 6 p.m. - 8 p.m. Register in person only in Continuing Education at Forest Park, G 322. This training prepares the student for entry level employment as a pharmacy technician. The course provides 105 hours of class room instruction and 60 hours of externship experience. Class meets twice a week, Monday and Thursday (September 8 - December 15), for 28 sessions; each 3.5 hours in length. The 60 hours of externship experience (December 16, 2014 - January 9, 2015) follows the classroom experience. Final exam: January 15, 2015. Students will learn about the top medications dispensed in the United States and be introduced to the basic concepts of pharmacy calculations for proper medication dispensing. A strict attendance policy is enforced throughout this training. Upon successful completion of the course the student is eligible to take a certification exam. Prerequisites: Student must be 18 years of age;

High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register on online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months. No class 11/27. First day orientation: Thursday, September 4, 6 p.m. - 8 p.m. Refund/withdrawal deadline: 8/29. No refunds after that date.

AHCE:786 | \$2,100

CD1 MTh 6pm-9:30pm Sept. 4 – Jan. 15 Corp. College, 276

The following section is for students using payment plan. Individuals must have approval of MK Education to register.

CD2 MTh 6pm-9:30pm Sept. 4 – Jan. 15 Corp. College, 276

Pharmacy Technician Information Session

This free session is designed to provide information to individuals interested in the Pharmacy Technician Training. The presentation will include an explanation of the pre-requisites, an overview of the training and requirements needed for certification. The orientation is free but registration is required.

AHCE:786

CO1 W 6pm-7pm Oct. 29 Corp. College, 209

Convenient, Affordable, and Effective.

Take ed2go courses anywhere and when it's most convenient for you.

We offer you hundreds of engaging online courses for adults, covering every topic from SAT Test Preparation to Web Design.

Each ed2go course comes equipped with a patient and caring instructor, lively discussions with your fellow students, and plenty of practical information that you can put to immediate use.

Enroll today at www.ed2go.com/stlcc

ed2go

New

Whether starting a career in Central Sterile Processing or already working in the field, this program will help you establish a foundation in:

- *Central service workflow and concerns*
- *Basic job knowledge and skills*
- *Basic job responsibilities*

Central Sterile Processing Technician

**Call 314-984-7777
for more information.**

At the end of this program, you'll be prepared to take a national certification exam as well as for entry-level employment as a Central Sterile Processing Technician.

Central Sterile Processing Technician Information Session

This free session is designed to provide information to individuals interested in the Central Sterile Processing Technician Training. The presentation will include an explanation of the pre-requisites, an overview of the training and requirements needed for certification. The session is free but registration is required.

**AHCE 788 | No Fee 450 Th 6-7pm
Nov. 6 FP - G Tower 119**

Tier 1

This class is for the individual working in the field of Central Sterile Processing who only needs the 100 hours of classroom instruction.

This training is held from September 22 through December 22, 2014. Class meets twice a week, Monday and Wednesday (September 22 - December 22), for 27 sessions; each 3.5 hours in length.

Final exam: January 5, 2015.

Topics presented in the program include anatomy and physiology, medical terminology, infection prevention and control, tools for cleaning, safety and decontamination.

This program will prepare successful students to take a national certification exam.

AHCE:788 | \$2,000

**4D1 MW 6pm-9:30pm Sept.
22 - Dec. 22 FP - G
Tower, 121**

Final Exam:

**M 6pm-9:30pm Jan. 5
FP - G Tower, 121**

Tier 2

This section is for the individual entering the field of Central Sterile Processing who needs both the classroom instruction and externship.

This training is held from September 22, 2014 through May 1, 2015. Class meets twice a week Monday and Wednesday (September 22 - December 22), for 27 sessions; each 3.5 hours in length.

Final exam: January 5, 2015.

Externship begins January 6, 2015 and ends May 1, 2015.

This program offers the student a direct pathway to success in Central Sterile Processing.

Topics presented in the program include anatomy and physiology, medical terminology, infection prevention and control, tools for cleaning, safety and decontamination.

This program will prepare successful students to take a national certification exam.

AHCE:788 | \$2,625

**4D2 MW 6pm-9:30pm Sept.
22 - Dec. 22 FP - G
Tower, 121**

Final Exam:

**M 6pm-9:30pm Jan. 5
FP - G Tower, 121**

Externship:

**M-F TBA Jan. 6 - May 1
FP - Off Campus (CR)**

A strict attendance policy is enforced throughout this training

Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 in Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register on online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months. Refund/withdrawal deadline: 9/15. No refunds after that date.

A payment plan is available for this program. Individuals must contact and have approval from MK Education to register using the payment plan.

Nurse Assistant for Nursing Homes

This training meets requirements of the Missouri Omnibus Nursing Act.

This course exceeds the required 75 hours of classroom instruction and 100 hours of supervised on-the-job training. Class meets twice a week for 20 sessions; each four hours in length. The 104 hours of on-the-job training are in addition to the scheduled class time.

The course content includes training in basic nursing skills, fire safety, disaster training, nursing home resident safety and rights, the social and psychological problems of nursing home residents, methods of caring for mentally confused residents such as those with Alzheimer's disease and related disorders, food service, personal care, elimination, restorative nursing, infection control and special procedures.

Upon successful completion of the course the student is eligible to take the final examination. A strict attendance policy is enforced throughout this training.

Prerequisite: Family Care Safety Registry Worker Registration letter is required at time of registration. Only original letter will be accepted. Letter cannot be older than six months. Registration obtained online at www.dhss.mo.gov/FCSR/.

Register in person only in Continuing Education at Forest Park G 322/324.

To enroll in this state approved training program the student must be employable in a skilled nursing facility or intermediate care facility in direct resident care. This will be assured by verification with the Family Care Safety Registry Worker Registration, the Missouri state registry for nurse assistants, Employee Disqualification list, Criminal Background Check and Drug Screen. Intermediate or higher proficiency in English is recommended.

Required Nursing Skills Lab: Saturday, 9/20, 8 am - 4:30 pm. Refund/withdrawal deadline: 9/9. No refunds after that date. No class 10/23 and 11/6.

NURS:723 | \$699

**4D1 TuTh 4:30pm-8:30pm
Alverta Smith
Sept. 16 - Nov. 20
FP - G Tower, 121
Sa 8am-4:30pm
Sept. 20
Forest Park - C Tower, 415**



Registration begins July 28

**St. Louis
Community
College**
Continuing Education

Registration begins August 4
*Register in person only in Continuing
Education at Forest Park, G 322.*

Mental Health Interpreter

Mental Health Interpreter Certificate Program

This is a 10-week certificate program to train foreign language interpreters for work in the mental health field. Those who complete the course and earn a certificate may receive priority employment by local agencies who provide foreign language translation services. Required: 6 months prior interpreting experience. All course materials included.

EDUC:765 | \$169

650 M 6:30pm-9:30pm Kimberly Osmanagic
Sept. 8 - Nov. 10 MC - CS, 205

Child Care Training

CHILD CARE CLOCK HOUR TRAINING

Clock Hour Certificates are granted for all CCPR Workshops and Seminars. If you have questions or need more information about the CCPR workshops and seminars for Care Providers, call the Caring for Kids Program at 314-513-4391.

Discipline for School-Agers

Learning to manage groups of school-agers (ages 5-10) is always a challenge. We will look at ways to enrich the environment and increase developmentally appropriate choices for school-agers to reduce discipline challenges. You will gain positive techniques and tips to manage group activities and your day will go smoother.

CCPR:702 | \$15

450	Tu 7pm-9pm Oct. 14	Geraldine Jasper FP - G Tower, 119
770	W 7pm-9pm Oct. 15	Geraldine Jasper Hixson Mid. School, 117
552	Th 7pm-9pm Dec. 4	Geraldine Jasper SCEUC, 100

Discipline for Toddlers and Twos

Do you think of "Terrible Toddlers and Twos" or "Terrific Toddlers and Twos?" Knowing how to manage this age group and understanding their development will get you thinking "Terrific Toddlers and Twos!" You will explore many positive ways to work with this age group.

CCPR:702 | \$15

550	W 7pm-9pm Nov. 12	Geraldine Jasper FV - CDC, 112
551	Th 7pm-9pm Nov. 13	Geraldine Jasper SCEUC, 100

Supervision & Safety in an Early Childhood Facility

A review of techniques to make supervision and safety a high priority in every childcare facility.

CCPR:702 | \$31

480	Sa 9am-1pm Oct. 18	Geraldine Jasper FP - G Tower, 119
581	Sa 9am-1pm Dec. 6	Geraldine Jasper FV - CDC, 110

Like us on Facebook



**St. Louis
Community
College
Continuing
Education**

Child Care Providers Saturday Seminars

6 clock hours for each program

Quality Infant/Toddler Seminar

Morning Session-Social Emotional Development for Terrific One and Two Year Olds: Learn how to support one and two year old children's social and emotional growth and development by helping them to regulate themselves. The nurturing child care provider is attuned to each child. In this interactive workshop you will gain strategies to build relationships, promote self-esteem and better understand and help the children deal with the challenging behaviors of a toddler's stage of development. Afternoon Session-Feeding the Picky Infant and Toddler: You will engage in activities and discussion to expand your knowledge of feeding infants and toddlers. This session will focus on parent/caregiver collaboration, establishing effective mealtime routines, and identifying approaches for interacting with families of picky eaters and children who have challenges with eating. You will gain an understanding of causes for children's feeding challenges and basic intervention strategies.

CCPR:707 | \$43

580	Sa 9am-3:30pm Nov. 22	Leslie Hernandez Catherine Hoyt Drazen FV - SC, MULTI-PURP
480	Sa 9am-3:30pm Dec. 6	Leslie Hernandez Catherine Hoyt Drazen FP - SC, Cafe East
680	Sa 9am-3:30pm Nov. 1	Leslie Hernandez Catherine Hoyt Drazen MC - SC, 200

Nature and Young Children

Morning Session - No Child Left Inside: Outdoor play to explore nature and science! Explore the natural world outside through new fun science activities you can integrate into your daily schedule. Help children wonder, explore, and discover with hands-on activities planned for the outdoors. Afternoon Session - Connecting with Nature: Gardening and cooking with children! Encourage healthy eating as you help children learn about fruits and vegetables and take produce from the garden to the table. Hands-on, simple recipes, cooking activities and gardening tips will be shared. Our goal is to encourage children to learn to taste, eat and enjoy more fruits and vegetables. You will see new teaching materials, "Early Sprouts Cookbook" and "Lana's Favorite Recipes."

CCPR:710 | \$43

580	Sa 9am-3:30pm Oct. 4	Geraldine Jasper FV - CDC, 110
-----	-------------------------	-----------------------------------

**Sack lunch is provided.
For complete schedule and
registration brochure, call
314-513-4391.**

 **St. Louis
Community
College**
Continuing Education

Registration begins August 4

Call 314-984-7777 to register

Discipline and Guidance of Young Children

How do you redirect children's behavior? How do you promote positive peer interactions? How do you communicate with young children and build their self-esteem? Learn new things to do and say in guiding young children.

CCPR:702 | \$31

580	Sa 9am-1pm Sept. 20	Geraldine Jasper FV - CDC, 110
680	Sa 9am-1pm Nov. 15	Geraldine Jasper MC - L, CNFL

Discipline for Young Children

Learning to manage behavior with groups of children is always a challenge. You will learn techniques to diminish targeted behaviors and promote positive peer interactions.

CCPR:702 | \$15

771	W 7pm-9pm Oct. 1	Geraldine Jasper Hixson Mid. School, 117
550	Th 7pm-9pm Oct. 2	Geraldine Jasper SCEUC, 100

How to Use Music and Movement Outside of Group Time: You Can Make a Song Out of Anything!

Songs and movement make transitions fun and help children tune in when they appear to be tuned out. Even if you can't sing, you can make a song out of anything.

CCPR:708 | \$15

550	W 7pm-9pm Dec. 17	Rose Anderson-Rice FV - CDC, 112
770	M 7pm-9pm Nov. 10	Rose Anderson-Rice Hixson Mid. School, 117
780	M 7pm-9pm Oct. 6	Rose Anderson-Rice Lindbergh H.S., 42
450	Tu 7pm-9pm Sept. 23	Rose Anderson-Rice FP - G Tower, 121

Heartsaver Pediatric First Aid CPR AED for Child Care Providers

The Heartsaver Pediatric First Aid CPR AED course is designed to meet the regulatory requirements for child care workers in all fifty United States. It teaches child care providers and others to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. It covers the four steps of first aid and first aid skills such as finding the problem, stopping bleeding, bandaging and using an Epinephrine pen, as well as child CPR AED, infant CPR and optional modules in adult CPR AED, child mask, infant mask and Asthma Care Training for Child Care Providers. Registration one week prior to course start date is required. Due to the nature of the course you must arrive on time. No admittance after stated start time.

CCPR:711 | \$97

- | | | |
|------------|---------------------------|--------------------|
| 680 | Sa 8:30am-4pm
Sept. 27 | MC - CE, Classroom |
| 580 | Sa 8:30am-4pm
Oct. 18 | FV - CDC, 110 |
| 450 | Sa 8:30am-4pm
Nov. 15 | FP - G Tower, 121 |
| 581 | Sa 8:30am-4pm
Dec. 20 | FV - CDC, 110 |

New Quality School-Age Programming

What does a good SAC program look like? What is my role with children/youth development? How can I maintain relationships with families? These and other questions will be explored at this interactive workshop.

CCPR:713 | \$15

- | | | |
|------------|-----------------------|---|
| 450 | Th 7pm-9pm
Dec. 18 | Gloria Hampton
FP - G Tower, 117 |
| 550 | W 7pm-9pm
Nov. 19 | Gloria Hampton
FV - CDC, 112 |
| 770 | M 7pm-9pm
Dec. 1 | Gloria Hampton
Hixson Mid. School, 117 |

Emergent Literacy: Helping Children Want to Become Readers and Writers

What is literacy, emergent literacy, intentional teaching or Missouri Standards? Come explore new ways to think about literacy and language. You will gain creative ideas for helping young children want to become readers and writers. With hands-on activities in the book/library center, art/writing center and through-out the classroom; children will become engaged in emergent literacy.

CCPR:718 | \$15

- | | | |
|------------|----------------------|---|
| 450 | W 7pm-9pm
Nov. 19 | Gina Dattilo
FP - G Tower, 117 |
| 550 | W 7pm-9pm
Oct. 1 | Gina Dattilo
FV - CDC, 112 |
| 770 | W 7pm-9pm
Dec. 17 | Gina Dattilo
Hixson Mid. School, 117 |

New Encouraging the Love of Books for Preschoolers

Learn how to grow readers by engaging your preschoolers with stories, books, nursery rhymes and other activities that help promote the reading readiness skills. Participants in the workshop will explore high quality children's books, discover new ways to make books and stories come alive, and learn how to make connections between books and the child's world. Participants will take home a wealth of ideas and a variety of books to use with preschoolers. Presented by Annette Harrison, dynamic educator and storyteller. This class is designed for preschool teachers and caregivers. Co-sponsored by the Missouri Humanities Council.

CCPR:718 | \$25

- | | | |
|------------|-------------------------|---|
| 480 | Sa 12pm-3pm
Dec. 13 | Annette Harrison
FP - SC, Cafe East |
| 580 | Sa 12pm-3pm
Nov. 8 | Annette Harrison
FV - CDC, DINING RM |
| 681 | Sa 12pm-3pm
Sept. 27 | Annette Harrison
MC - L, CNFL |

New Encouraging the Love of Books for Infants and Toddlers

Learn how to start growing readers by introducing babies and toddlers to stories, books, nursery rhymes, and activities that promote language development. In this highly interactive workshop you will learn how to connect very young children's real life experiences to rhymes and finger plays and to books and stories. Participants will take home lots of ideas and even books to use with babies and toddlers. Presented by Annette Harrison, dynamic educator and storyteller. This class is designed for infant/toddler teachers and caregivers. Co-sponsored by the Missouri Humanities Council.

CCPR:718 | \$25

- | | | |
|------------|-------------------------|---|
| 680 | Sa 12pm-3pm
Sept. 13 | Annette Harrison
MC - L, CNFL |
| 581 | Sa 12pm-3pm
Oct. 25 | Annette Harrison
FV - CDC, DINING RM |

Language Development: Phonological Awareness and Alphabetic Knowledge

Discussion of language development in the pre-school years. Provides specific tools to encourage phonological awareness and alphabetical knowledge. Co-sponsored by St. Louis Disabilities Association, Inc.

CCPR:718 | \$15

- | | | |
|------------|----------------------|---|
| 782 | M 7pm-9pm
Nov. 3 | CE Org Staff
Lindbergh H.S., 46 |
| 770 | M 7pm-9pm
Nov. 17 | CE Org Staff
Hixson Mid. School, 117 |

New Fun with Books:

Making a Story Time Bag

Reading to children of all ages forms the basis of early literacy. You will create and take home a story-time bag. All ideas shared use easy-to-find and inexpensive supplies that can be used for a variety of activities to expand your story time.

CCPR:718 | \$15

- | | | |
|------------|---------------------|------------------------------------|
| 551 | W 7pm-9pm
Nov. 5 | Sally Brooks
FV - CDC, 112 |
| 780 | M 7pm-9pm
Dec. 8 | Sally Brooks
Lindbergh H.S., 46 |

Asking Questions... Encouraging Children's Thinking

Learn many techniques for asking questions in your everyday activities with children throughout all the learning areas: blocks, dramatic play, books, science and others. Encourage critical thinking, creativity and problem-solving by asking questions.

CCPR:721 | \$15

- | | | |
|------------|-----------------------|--|
| 550 | W 7pm-9pm
Oct. 29 | Geraldine Jasper
FV - CDC, 112 |
| 550 | Th 7pm-9pm
Oct. 30 | Geraldine Jasper
SCEUC, 100 |
| 780 | W 7pm-9pm
Dec. 3 | Geraldine Jasper
Lindbergh H.S., 46 |

Understanding Autism

Characteristics of autism spectrum disorder and how symptoms can affect each child in a unique way will be discussed. You will learn of methods for working with these children and available community resources. Co-sponsored by St. Louis Learning Disabilities Association, Inc.

CCPR:723 | \$15

- | | | |
|------------|-----------------------|------------------------------------|
| 550 | W 7pm-9pm
Sept. 17 | CE Org Staff
FV - CDC, 112 |
| 780 | M 7pm-9pm
Sept. 22 | CE Org Staff
Lindbergh H.S., 46 |
| 450 | Tu 7pm-9pm
Nov. 11 | CE Org Staff
FP - G Tower, 119 |

Understanding ADHD: Attention Deficit Hyperactivity Disorder

Characteristics of ADHD and how symptoms can affect each child in unique ways will be discussed. You will learn techniques for coping with behavior and receive resources for additional help. Co-sponsored by St. Louis Learning Disabilities Association, Inc.

CCPR:723 | \$15

- | | | |
|------------|----------------------|------------------------------------|
| 551 | W 7pm-9pm
Oct. 8 | CE Org Staff
FV - CDC, 112 |
| 781 | M 7pm-9pm
Oct. 20 | CE Org Staff
Lindbergh H.S., 46 |
| 451 | Tu 7pm-9pm
Dec. 2 | CE Org Staff
FP - G Tower, 119 |

Early Warning Signs of Learning Disabilities (Children Birth to Age 5)

Discussions of observable characteristics and behaviors that may suggest disabilities, delays, or potential learning problems, and the need for further assessment/evaluation. The focus is on birth to age five. Co-sponsored by St. Louis Learning Disabilities Association, Inc.

CCPR:723 | \$15

- | | | |
|------------|----------------------|-------------------------------|
| 552 | W 7pm-9pm
Dec. 10 | CE Org Staff
FV - CDC, 112 |
|------------|----------------------|-------------------------------|

Child Care Settings-Keep Kids Safe in Today's World! (Intruder Safety)

Lockdown, intruder guidelines, social media issues, identity security, all are factors to plan for in the 21st century. We will discuss many security factors that can affect children's safety in your center or home child care.

CCPR:765 | \$15

- | | | |
|------------|---------------------|-------------------------------|
| 550 | W 7pm-9pm
Dec. 3 | Sally Brooks
FV - CDC, 112 |
|------------|---------------------|-------------------------------|

Exclamation Point!

"Great workshop-lots of fun learning new ideas to use with the children. Gerry Jasper is an enthusiastic teacher!"

-Angela, student



Communications

No Sweat Public Speaking

Speaking opportunities are business, career, and leadership opportunities! Are you taking and making the most of those speaking opportunities? Learn how to develop, practice and deliver Knock Your Socks Off presentations with - NO SWEAT! In class, the instructor will present:

- The components
- Parts and elements of a presentation
- Tips for taking a presentation from blah to ah
- The fear of public speaking (Why we have it and nuggets to lessen it).

Class is taught by a local speaker, coach, and author.

COMM:715 | \$39

920 W 6:30pm-8:30pm **Fred Miller**
Sept. 24 - Oct. 8 *U. City H.S., 112*

650 Tu 6:30pm-8:30pm **Fred Miller**
Nov. 11 - Dec. 2 *MC - CN, 202*
No class 11/18

Get Paid to Talk: Breaking Into the Voiceover Industry

Have you been told that you have a great voice? Have you always wanted the independence to work from home doing something you love? Learn how to get started in the voiceover industry! This introductory course will include a real-world overview of the industry, including the good, the bad and the ugly parts, from a St. Louis voice artist that has been in the industry for almost 30 years.

PERD:765 | \$39

450 W 6pm-9pm **Troy Duran**
Oct. 1 *FP - G Tower, 115*

651 W 6pm-9pm **Troy Duran**
Oct. 15 *MC - SW, 207*

480 Sa 9am-12pm **Troy Duran**
Oct. 25 *FP - G Tower, 115*

680 Sa 9am-12pm **Troy Duran**
Nov. 8 *MC - SW, 210*

Voiceovers: Making Money with Your Voice

If you enjoyed our introductory course, Get Paid To Talk - Breaking Into the Voiceover Industry, this is your next step! Voiceover professional Troy Duran will guide you through real-life voice training exercises and techniques to help you become a performing professional. You should arrive with a basic understanding of the voiceover business, because this course dives right into the mechanics of reading copy. At the end of the class, you'll also have a basic grasp of capturing your performance using recording software, and be able to take home a copy of your personal session's voiceover! Pre-requisite: Get Paid to Talk - Breaking Into the Voiceover Industry. Bring 1Gb flashdrive.

PERD:765 | \$39

481 Sa 12:30pm-3:30pm **Troy Duran**
Oct. 25 *FP - G Tower, 115*

652 W 6pm-9pm **Troy Duran**
Nov. 12 *MC - SW, 207*

681 Sa 12:30pm-3:30pm **Troy Duran**
Nov. 8 *MC - SW, 210*

CPR and First Aid

Heartsaver CPR AED: Adult

The Heartsaver CPR AED Course teaches lay rescuers when to dial 911, how to give CPR, how to use an AED and how to provide relief of choking. The course targets individuals who are expected to respond to cardiovascular emergencies in the workplace and may be used to teach CPR to lay rescuers who are required to obtain a course completion card documenting completion of a CPR course that includes use of an AED for job, regulatory or other requirements. Course is for the learner with limited or no medical training. Registration one week prior to course start date is recommended. Due to the nature of the course you must arrive on time.

CPRR:701 | \$45

650 M 6:30pm-8:30pm **Gail Back**
Nov. 10 *MC-CE, Classroom*

Heartsaver CPR AED: Adult and Pediatric

The Heartsaver CPR AED Course teaches lay rescuers when to dial 911, how to give CPR, how to use an AED and how to provide relief of choking. The course targets individuals who are expected to respond to cardiovascular emergencies in the workplace. The course may be used to teach CPR to lay rescuers who are required to obtain a course completion card documenting completion of a CPR course that includes use of an AED for job, regulatory or other requirements. Course is for the learner with limited or no medical training. Registration one week prior to course start date is recommended. Due to the nature of the course you must arrive on time.

CPRR:701 | \$59

350 Th 6pm-9:30pm **Carol Pikey**
Oct. 23 *WW, 204*

Heartsaver First Aid CPR AED

Heartsaver First Aid CPR/AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical service (EMS) arrives. It is designed to meet OSHA requirements. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use. Written and practical skills (hands-on-manikin simulation) evaluation and testing are required for course completion. Upon successful completion each participant will receive a course completion card. Registration one week prior to course start date is recommended. Due to the nature of the course you must arrive on time.

CPRR:706 | \$99

500 W 8:30am-4:30pm **Gordon Back**
Nov. 5 *FV - CWI, 136*

Exclamation Point!

"Excellent presentation! Very knowledgeable! Troy Duran is personable, encouraging with a very interesting topic."

- Jim R., student

Healthcare Provider CPR

This American Heart Association course is designed for the healthcare provider. Each participant must obtain an 84 percent or higher on the written evaluation and demonstrate proficiency in all CPR skills. Skills include adult, child and infant CPR, FBAO management of the conscious victim, adult/infant/child two rescuer CPR, mouth-to-mask ventilation and automatic external defibrillation (AED). Written and practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Students who enroll at least one week in advance and successfully complete the course will receive BLS completion card at the end of the class. No transfers between sessions or refunds given within five business days of class date. Due to the nature of the course, you must arrive on time. No admittance after stated start time. This course meets the STLCC nursing department admission requirements.

CPRR:707 | \$69

350 W 5pm-10pm **Carol Pikey**
Sept. 24 *WW, 204*

401 F 9am-3:30pm **Carol Pikey**
Dec. 5 *FP - G Tower, 121*

450 Th 5pm-10pm **Gordon Back**
Sept. 4 *FP - G Tower, 121*

451 Tu 5pm-10pm **Gordon Back**
Oct. 7 *FP - G Tower, 121*

452 Th 5pm-10pm **Carol Pikey**
Nov. 6 *FP - G Tower, 121*

453 Tu 5pm-10pm **Gordon Back**
Dec. 2 *FP - G Tower, 121*

454 Th 5pm-10pm **Gordon Back**
Dec. 18 *FP - G Tower, 121*

480 Sa 9am-3:30pm **Carol Pikey**
Sept. 13 *FP - G Tower, 121*

500 Tu 9am-3:30pm **Gordon Back**
Nov. 11 *FV - CWI, 136*

550 W 5pm-10pm **Gordon Back**
Oct. 22 *FV - TC, 105*

580 Sa 9am-3:30pm **Gordon Back**
Sept. 20 *FV - TC, 105*

600 M 9am-3:30pm **Gail Back**
Sept. 8 *MC-CE, Classroom*

601 M 9am-3:30pm **Gail Back**
Oct. 13 *MC-CE, Classroom*

602 M 5pm-10pm **Gail Back**
Dec. 15 *MC-CE, Classroom*

650 M 5pm-10pm **Gail Back**
Nov. 17 *MC-CE, Classroom*



680 Sa 9am-3:30pm **Gail Back**
Nov. 22 *MC-CE, Classroom*

C01 Tu 5pm-10pm **Gordon Back**
Sept. 16 *Corp. College, 215*

H80 Sa 9am-3:30pm **Gordon Back**
Oct. 25 *Harrison Ed Ctr, 100*

S01 Th 9am-3:30pm **Carol Pikey**
Oct. 9 *SCEUC, 102*

S02 W 9am-3:30pm **Carol Pikey**
Dec. 10 *SCEUC, 212*

St. Louis Community College American Heart Association Training Center

Open Enrollment classes in:

- Healthcare Provider CPR
- Heartsaver First Aid CPR/AED
- CPR Instructor/Instructor Renewal
- Heartsaver AED
- Pediatric First Aid CPR/AED
- ACLS

Customized training available at your workplace. Call 314-644-9931 for more information.

Call 314-984-7777 to register.

CPR Instructor Course

The Instructor Course is designed to prepare American Heart Association (AHA) instructors to disseminate the science, skills and philosophy of resuscitation programs to participants enrolled in AHA courses. The purpose of the AHA BLS/CPR Instructor Course is to provide instructor candidates with the knowledge and skills necessary to reach and teach potential BLS providers. The AHA BLS/CPR Instructor course provides a structured initiation for the instructor candidates and serves as the foundation for their development. It provides instructor candidates the opportunity to develop and refine their presentation skills. Please note there is extensive self-paced course work. Access to a computer will be necessary for this course work. Prerequisite: Current AHA Healthcare Provider CPR status.

CPRR:708 | \$250

400 M 8am-5pm
Oct. 27

Gail Back
FP - G Tower, 121

CPR Instructor Renewal

To successfully complete the American Heart Association CPR Instructor Renewal course, the instructor will demonstrate acceptable provider skills and successful completion of the provider written examination. The renewal course may include an update addressing new course content or methodology and review TC, regional and national ECC information. Prerequisite: The instructor must have taught at least four CPR courses and attended updates as required within the previous two years. The instructor must be monitored while teaching before instructor status expiration.

CPRR:709 | \$65

400 M 1pm-5pm
Dec. 22

Gail Back
FP - G Tower, 121

450 Th 6pm-10pm
Sept. 18

Gail Back
FP - G Tower, 121

Heartsaver Pediatric First Aid CPR AED

The Heartsaver Pediatric First Aid CPR AED course is designed to meet the regulatory requirements for child care workers in all fifty United States. It teaches child care providers and others to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. It covers the four steps of first aid and first aid skills such as finding the problem, stopping bleeding, bandaging and using an Epinephrine pen, as well as child CPR AED, infant CPR and optional modules in adult CPR AED, child mask, infant mask and Asthma Care Training for Child Care Providers. Registration one week prior to course start date is required. Due to the nature of the course you must arrive on time. No admittance after stated start time.

CPRR:711 | \$97

680 Sa 8:30am-4pm
Sept. 27

Carol Pikey
MC-CE, Classroom

580 Sa 8:30am-4pm
Oct. 18

Carol Pikey
FV - CDC, 110

480 Sa 8:30am-4pm
Nov. 15

Carol Pikey
FP - G Tower, 121

581 Sa 8:30am-4pm
Dec. 20

Carol Pikey
FV - CDC, 110



Fitness Trainer

Explore ACE Fitness Certifications!

ACE Personal Trainer Certification

Ready for a career change? Become a CERTIFIED PERSONAL TRAINER! Designed to give you the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become an effective personal trainer, this course presents the ACE Integrated Fitness Training (ACE IFT®) Model as a comprehensive system for designing individualized programs based on each client's unique health, fitness, and goals. The information covered and the ACE IFT® Model will help you learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/GED AND HOLD CPR/AED CERTIFICATION BEFORE TAKING EXAM. Fee includes cost of exam, textbook, study guide, and sample test. Additional fee to retake exam. Voucher for exam must be used within 6 months of date received. Class is not eligible for Senior Scholarship.

PEDU:753 | \$695

4D1 Sa 8am-12pm
Andy Hayes
Sept. 6 - Nov. 8
FP - A Tower, 325

Registration/withdrawal deadline: 8/28. No refunds after that date.

6D1 M 5pm-9pm
Melissa Baumgartner
Sept. 15 - Nov. 17
MC - SO, 105

Registration/withdrawal deadline: 9/5. No refunds after that date.

New ACE Group Fitness Instructor Certification

Group fitness has exploded in the past five years, attracting more than 22.1 million people annually to indoor cycling, Les Mills BODYPUMP™, Zumba® fitness, CrossFit, boot camp, yoga and more. Our ACE Group Fitness Instructor Certification will give you the knowledge to design and teach any class better, lead all fitness levels more effectively, and deliver experiences your participants will never forget. Don't position yourself as a performer when you can position yourself as a professional. Earning a certification accredited by the National Commission for Certifying Agencies (NCCA) will set you apart as a teacher who leads more than just the front row. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/GED AND HOLD CPR/AED CERTIFICATION BEFORE TAKING EXAM. Fee includes cost of exam, textbook, study guide, and sample test. Additional fee to retake exam. Voucher for exam must be used within 6 months of date received. Class is not eligible for Senior Scholarship. No class 10/31, 11/28. Registration/withdrawal deadline: 9/18. No refunds after that date.

PEDU:753 | \$595

6D2 F 4:30pm-8:30pm
Andy Hayes
Sept. 26 - Dec. 12
MC - BA, 114n

Call 314-984-7777 to register
beginning August 4!

Restaurant Management

ServSafe Food Safety Certification

St. Louis City and St. Louis County Health Departments require that at least one person within each food service facility be certified in food safety. This nationally recognized class offers this training to individuals who are employed by, manage, or own food service operations in the hospitality industry. The second class concludes with the exam. Fee includes textbook, answer sheet, and proctored exam. Those achieving a grade of 75% or higher on the exam will be awarded a ServSafe certificate. Bring a sack lunch to class.

RMGT:700 | \$169

580 Sa 8am-3pm
Sept. 20 - Oct. 4
No class 9/27

Almut Stephan Marino
FV - B, 243

680 Sa 8am-3pm
Oct. 25 - Nov. 8
No class 11/1

Almut Stephan Marino
MC - SO, 108

480 Sa 8am-3pm
Nov. 22 - Dec. 6
No class 11/29

Shirley Rauh
FP - HSP, 221

ServSafe Food Safety Certification Review & Retest

This class is only for those who were not successful on a recent exam. It is recommended that you study the text before coming to class. An opportunity to ask review questions will be provided before re-attempting the exam. Fee includes answer sheet and proctored exam. Those achieving a grade of 75% or higher on the exam will be awarded the nationally-recognized ServSafe certificate. Bring a sack lunch to class.

RMGT:700 | \$79

581 Sa 8am-3pm
Oct. 4

Almut Stephan Marino
FV - B, 243

681 Sa 8am-3pm
Nov. 8

Almut Stephan Marino
MC - SO, 108

481 Sa 8am-3pm
Dec. 6

Shirley Rauh
FP - HSP, 221

Computers and Technology

Applications and Systems

Personal Computers & Technology:

Introduction

Do you call yourself "computer illiterate"? Does current technology boggle your mind? Then this class is for you! Build a strong foundation for your computer skills and get familiar with other digital technologies. This course emphasizes hands-on experience using a PC to teach essential concepts and commands and develop user confidence. Basic terms regarding computer hardware, software and current technology are covered, as are basics regarding the use of computers, printers, and drives. It's a class designed for those with little or no computer skills.

COMP:701 | \$109

S01 W 9am-12pm
Sept. 3 – Sept. 24 SCEUC, 206

PCs & Technology: Introduction In a Day

Learn the basics of using a PC and Technology in a day! Do you call yourself "computer illiterate"? Does current technology boggle your mind? Then this class is for you! Build a strong foundation for your computer skills and get familiar with other digital technologies. This course emphasizes hands-on experience using a PC to teach essential concepts and commands and develop user confidence. Basic terms regarding computer hardware, software and current technology are covered, as are basics regarding the use of computers, printers, and drives. It's a class designed for those with little or no computer skills.

COMP:701 | \$99

480 Sa 9am-4pm
Sept. 6 FP - D Tower, 220

580 Sa 9am-4pm
Sept. 27 FV - B, 127

Exclamation Point!

"Cris Heffernan is great! I learned things in the Microsoft Word 2010: Business Basics class that I didn't know and needed to know. The class was interesting, fun and totally helpful!"

-Marjorie R., student

Microsoft Windows 7: In a Day

Explore Windows 7 and all its user-friendly features in this course. Students learn mouse techniques and examine the desktop interface; including the menu, taskbar, and standard icons. Topics include using computer, managing files and folders, using Help, working with applications, creating shortcuts, customizing the desktop, and exchanging information between applications. Prerequisite: Personal Computers Introduction class or equivalent experience.

COMP:705 | \$99

S01 F 9am-4pm
Sept. 26 SCEUC, 206

S02 W 9am-4pm
Oct. 8 SCEUC, 206

New Transitioning to Windows 8

Where did everything go? Are you missing your Accessories, Desktop and how about the Start button? Come find out where Microsoft moved all your familiar icons. This two hour session we will break it all down for you. This class will be using Windows 8.1 with a mouse. Prerequisite: Personal Computers Introduction class or equivalent experience and experience with Windows Vista or Windows 7.

COMP:705 | \$39

C01 W 9am-12pm
Nov. 5 Patti Bossi
Corp. College, 206

MS Windows 8 - Introduction

Explore Windows 8 and all its user-friendly features in this course. Topics include using Start Screen, Live tiles, Hot corners, Charm Bar, Sky Drive and many others. Prerequisite: Personal Computers Introduction class or equivalent experience. This course is not for tablets or touch screen and students will use a mouse to navigate.

COMP:705 | \$109

C02 W 9am-12pm
Oct. 8 – Oct. 15 Patti Bossi
Corp. College, 206

C03 W 9am-12pm
Sept. 10 – Sept. 17 Patti Bossi
Corp. College, 206

Overview of Microsoft Office 2013: In a Day

Learn the basics of MS Office in one day! In this class you'll touch on the basics of Word, Excel, Access & PowerPoint spending about 1.5 hours on each application. If you need a crash course or a basic understanding of the applications in Office 2010 then this class is for you! Prerequisite: Windows Introduction class or equivalent experience

COMP:713 | \$89

480 Sa 9am-4pm
Sept. 27 FP - D Tower, 220

Overview of Office 2013 for Business

Learn the basic programs and features of the MS Office Suite. Create and edit Word documents, create formulas in Excel spreadsheets, develop PowerPoint presentations and learn basic database management with Access (about 1.5 hours spent on each application). Prerequisite: Windows Introduction class or equivalent experience.

COMP:713 | \$129

C01 F 9am-4pm
Aug. 29 Corp. College, 208

Microsoft Word 2013: In a Day

Learn the basics of MS Word in one day! You'll create and save documents; enter and edit text; learn to indent, set tabs, and enhance documents; make block moves, deletes, and copies; use spell checker; find and replace text; use shortcut keys; and print. Prerequisite: Windows Introduction class or equivalent experience.

COMP:715 | \$99

300 F 9am-4pm
Sept. 12 WW, 206

680 Sa 9am-4pm
Oct. 11 ff
MC - BA, 203

C02 Sa 9am-4pm
Nov. 15 Corp. College, 208

Introduction to Microsoft Word 2013 for Business

Learn to create professional looking business documents using this powerful word processing software. Discover how editing and formatting tools are at your fingertips as you work with the toolbar ribbon. Leave with the skills to create a document, format, change styles and fonts, cut/paste, import text, and edit a document with confidence. Prerequisite: Windows Introduction class or equivalent experience.

COMP:715 | \$129

C01 F 9am-4pm
Sept. 5 Cris Heffernan
Corp. College, 208

Intermediate Word 2013 for Business

If you are familiar with the basics, here's your opportunity to learn the more advanced features of Word. Learn to customize the Word environment, use advanced formatting techniques, work with styles, advanced table features, create and manage large documents, and use auto text, macros, and templates. Prerequisite: Microsoft Word Introduction class or equivalent experience.

COMP:716 | \$129

C01 F 9am-4pm
Sept. 12 Cris Heffernan
Corp. College, 208

Microsoft Excel 2013: In a Day

Learn the basics of MS Excel in one day! In this introductory course you'll learn how to create spreadsheets for all kinds of applications including accounting, expense analysis, budgeting, etc. Topics include setting up worksheets, labeling, entering values, editing cells, copying, saving, and other commands. Prerequisite: Windows Introduction class or equivalent experience.

COMP:720 | \$99

C02 Sa 9am-4pm
Nov. 22 Corp. College, 208

C80 Sa 9am-4pm
Sept. 6 Corp. College, 208

680 Sa 9am-4pm
Dec. 13 MC - BA, 203

Microsoft Excel 2013: Introduction

Create spreadsheets using Microsoft Excel. Learn Excel terminology, to navigate the Excel window, and the basic characteristics of a worksheet and workbook. Enter text values and formulas, move and copy data, format worksheet appearance, and work with charts. Prerequisite: Windows Introduction class or equivalent experience.

COMP:720 | \$149

750 W 6:30pm-9:40pm
Sept. 3 – Oct. 1 Roy Lenox
Kirkwood Sr. H.S., W 205

Microsoft Excel 2013: Intermediate

This course is a continuation of our Introduction to Excel class. Further your spreadsheet skills by managing multiple sheet workbooks, creating more complex formulas and functions, enhancing the appearance of your document, and by creating custom reports with pivot tables and pivot charts. Prerequisite: Microsoft Excel Introduction class or equivalent experience.

COMP:721 | \$149

750 W 6:30pm-9:40pm
Oct. 15 – Nov. 12 Roy Lenox
Kirkwood Sr. H.S., W 205



Introduction to Microsoft Excel 2013 for Business

In this introductory class you will learn the business basics of Excel. Topics covered include setting up worksheets, labeling, entering values, editing cells, copying, formatting, and saving. Prerequisite: Windows Introduction class or equivalent experience.

COMP:720 | \$129

C01 F 9am-4pm
Sept. 26
Cris Heffernan
Corp. College, 208

Intermediate Excel 2013 for Business

Build on previous knowledge and further your spreadsheet skills by managing multiple workbooks, creating more complex formulas and functions, enhancing the appearance of your documents, and by creating custom reports with pivot tables and pivot charts. Prerequisite: Microsoft Excel Introduction class or equivalent experience.

COMP:721 | \$129

C01 F 9am-4pm
Oct. 3
Cris Heffernan
Corp. College, 208

Exploring Topics in Excel: Advanced Functions, Lookup Tables, Macros, and More

Continue to expand your Excel expertise as you work with lookup tables, create macros and explore many more of Excel's advanced features. Prerequisite: Windows Introduction class or equivalent experience and Introduction to Excel or equivalent experience.

COMP:722 | \$129

C01 F 9am-4pm
Oct. 10
Cris Heffernan
Corp. College, 208

Microsoft Access 2013: In a Day

Learn the basics of Access in one day! In this class you'll learn how to plan and design a database system, add, change, and delete information as well as how to create simple reports and how to query the database to find display data. Prerequisite: Windows Introduction class or equivalent experience.

COMP:725 | \$99

680 Sa 9am-4pm
Sept. 20
Corp. College, 208
600 F 9am-4pm
Dec. 12
MC - BA, 202

Introduction to Microsoft Access 2013 for Business

Learn the foundations to plan and design a database system. Learn to create and work with tables, forms, and reports; use queries; and create and maintain a database. Prerequisite: Windows Introduction class or equivalent experience.

COMP:725 | \$129

C01 F 9am-4pm
Oct. 24
Cris Heffernan
Corp. College, 208

Intermediate Access 2013 for Business

Get the skill you need to enhance your database designs. Learn to query multiple tables for customized forms and reports, create more complex queries, and customize forms. Prerequisite: Windows Introduction class or equivalent experience and Introduction to Access or equivalent experience.

COMP:726 | \$129

C01 F 9am-4pm
Nov. 7
Cris Heffernan
Corp. College, 208

Microsoft PowerPoint 2013: In a Day

Learn the basics of MS PowerPoint in one day! This is an introductory course in using PowerPoint to create effective graphic presentations. Learn to use word processing and drawing tools to create and edit text, logos, and artwork. Additional topics include importing clip art, using templates, and rearranging your presentation. Prerequisite: Windows Introduction class or equivalent experience.

COMP:730 | \$99

680 Sa 9am-4pm
Sept. 20
MC - BA, 203
C80 Sa 9am-4pm
Nov. 8
Corp. College, 206

QuickBooks Pro 2014

This class introduces students to QuickBooks, an easy to use, complete accounting system for small businesses. Students will create a company and use QuickBooks to maintain financial records. Topics to be covered include: setting up customer and vendor lists, entering sales and invoices, receiving payments, making deposits, handling expenses and bills, working with bank accounts, analyzing financial data, handling sales tax, and managing inventory. Prerequisite: Windows Introduction class or equivalent experience. This course does not cover the QuickBooks online version.

COMP:734 | \$149

C50 W 6pm-9pm
Sept. 3 - Oct. 1
Amanda Yancey
Corp. College, 208
C51 Tu 6pm-9pm
Oct. 7 - Nov. 4
Amanda Yancey
Corp. College, 208
C01 Th 9am-12pm
Nov. 6 - Dec. 11
Amanda Yancey
Corp. College, 208

New Google Docs

Have you ever wanted to type up a short document but couldn't because you only had your tablet or smart phone with you? With Google docs you can create a document from nearly any device for free! Google Docs is a comprehensive suite of online productivity software (documents, spreadsheets, presentations, and more) that is the must-use program you've never heard of! There's no need to download and install software on a particular machine. Any computer, tablet or smart phone connected to the Internet can access Google Docs! Because your creations are automatically saved on Google's cloud system you can access the same file from anywhere. Another advantage is that multiple users can make edits to the same files at the same time. Come to this class to find out more about this exciting program. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

C50 Tu 6pm-9pm
Sept. 30
Rachel Bufalo
Corp. College, 206

Introduction to AutoCAD I

Fundamentals of the AutoCAD drafting system. Drawing setup: units, limits, layers, linetypes, colors. Drawing procedures: points, lines, arcs, circles. Special features: polylines, blocks, dimensioning, cross-hatching, plotting. Available for credit as EGR:133.

COMP:770 | \$202

230 W 7pm-9:55pm
Sept. 10 - Dec. 10
Walter Staas
FV - E, 278

Exclamation Point!

I learned a lot more about my computer than I expected, even though I've worked on a computer for years. Great information! Great class! Everyone working on computers should take "How to Tune Up a PC".

- Rylan K., student

Computer Maintenance and Security

How to Tune Up a PC

Does your computer need a performance boost? You know you should keep your car in tip-top running shape, so why not do the same for your computer? In this hands-on course, you'll spend one evening learning a variety of tips and techniques to speed up Windows performance. Our user-friendly computer instructor will teach you how! Just a few examples: add more RAM, optimize your hard drive's performance with defrag and scandisk, convert to a permanent swap file, reduce the number of fonts in use, convert to FAT32, and many many more. Prerequisite: Windows Introduction class or equivalent experience.

COMP:793 | \$25

680 Sa 9am-12pm
Nov. 1
Patrick Karl
MC - BA, 208

How to Troubleshoot Your PC

This course will cover the concepts of diagnosing and troubleshooting a PC that isn't running correctly. Learn the basics of paring down issues to find what a probable cause and subsequent fix may be. Learn the basics of how the computer's components work together and how you can work with them to discover what may be causing issues that cause poor performance. Topics will include common issues with PC hardware and software and how to resolve them. Prerequisite: Windows Introduction class or equivalent experience.

COMP:794 | \$35

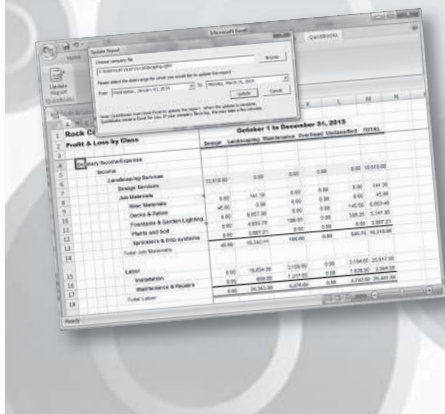
680 Sa 9am-1pm
Sept. 27
Patrick Karl
MC - BA, 216

Combating Viruses, Spyware & Other Malicious Software

Learn how to deal with the great plague of our time, Malware. Short for Malicious Software, Malware is a constant threat to any computer that has Internet access. Malware encompasses such malefactors as Spyware, Viruses, Worms and Spam, among many others. Is your computer running slower than when you bought it, even with upgrades? Chances are you have some form of Malware on your system. Find out about the tools and practices available to keep your computer running in tip-top shape and Malware free! Prerequisite: Windows Introduction class or equivalent experience.

COMP:795 | \$49

580 Sa 9:30am-12:30pm
Sept. 6 - Sept. 20
Patrick Karl
MC - BA, 212





Get Creative in the Cloud!

Desktop Publishing

Microsoft Publisher 2013: In a Day

Learn the basics of MS Publisher in one day! You will learn to design publications which are ready for printing. Topics include: importing and formatting text, inserting clip art, creating multi-column pages, using page wizard and design gallery, and adding type effects. Prerequisite: Windows Introduction class or equivalent experience.

COMP:731 | \$99

680 Sa 9am-4pm
Oct. 25

MC - BA, 203

Adobe InDesign Creative Cloud (CC): In a Day

Learn the basics of InDesign in one day! In this course you will gain an understanding of the tools, menus and palettes required to produce digital page layout, including placement of text and pictures and typographic design control. Prerequisite: Windows Introduction class or equivalent experience.

COMP:731 | \$99

C80 Sa 9am-4pm
Dec. 6

Corp. College, 206

Adobe Illustrator Creative Cloud (CC): In a Day

Learn the basics of Illustrator in one day! In this course you will gain an understanding of creating vector art objects or typographic designs for print, as well as the tools, menus and palettes required to create and edit vector art object and typographic designs using color on layers. Prerequisite: Windows Introduction class or equivalent experience.

COMP:752 | \$99

C80 Sa 9am-4pm
Nov. 22

Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Introduction

This course, utilizing Adobe Photoshop Creative Cloud software, shows students how to manipulate digital images from a digital camera, previously scanned images, or internet graphics. Concepts covered include Selection Tools, Paintbrush Tools, Layers and Masking. Students will work hands-on with a wide variety of images. Prerequisite: Windows Introduction class or equivalent experience. This course meets the curriculum requirements of the Digital Photography Certificate.

COMP:755 | \$129

C50 W 6pm-9pm
Sept. 10 - Oct. 1

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Intermediate

Adobe Photoshop Creative Cloud Intermediate covers advanced techniques of the concepts learned in the introductory class, along with Channels, Sharpening, Actions, Advanced Filters, Color control, and Basic Web Graphics Creation. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Introduction class. This course meets the curriculum requirements of the Digital Photography Certificate.

COMP:755 | \$129

C51 W 6pm-9pm
Oct. 8 - Oct. 29

Zak Zych
Corp. College, 206

No More Film!

Go Digital.

ed2go courses will guide you through the world of Digital Photography!

- Discover the possibilities
- Learn to use photograph enhancement tools
- Explore new tricks and strategies
- Receive expert advice on taking better photographs

www.ed2go.com/stlcc

Adobe Photoshop Creative Cloud (CC): Advanced

Adobe Photoshop Creative Cloud advanced builds on the skills learned in the beginning and intermediate classes covering subjects including the Brush Engine, Displacement Maps, Channels, Sharpening, Actions and Shadow and Highlight adjustments. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Intermediate class. This course meets the curriculum requirements of the Digital Photography Certificate.

COMP:755 | \$135

C52 W 6pm-9pm
Nov. 5 - Dec. 3

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): In a Day

Learn the Basics of Adobe Photoshop Creative Cloud in a day! You will learn how to manipulate digital images from a digital camera, previously scanned images, or internet graphics. Concepts covered include Selection Tools, Paintbrush Tools, Layers and Masking. Students will work hands-on with a wide variety of images. Prerequisite: Windows Introduction class or equivalent experience.

COMP:755 | \$99

680 Sa 9am-4pm
Oct. 4

Zak Zych
MC - BA, 212

Adobe Photoshop Creative Cloud (CC) Intermediate: In a Day

Get more advanced Photoshop skills in one day! Adobe Photoshop CC Intermediate picks up right where the introductory workshop left off. Topics may include (but are not limited to) Auto Adjustments, Adjustment Layers, using the histogram to improve image contrast, the Spot Healing Brush Tool, the Crop Tool, the Red Eye Tool, Blending Modes, aligning and distributing layers, and understanding the difference between Image Size and Canvas Size. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Introduction or In a Day.

COMP:755 | \$99

681 Sa 9am-4pm
Oct. 11

Zak Zych
MC - BA, 212

Mobile Basics

Android Smart Phone Basics

Did you finally break down and purchase an Android smart phone only to discover that you can barely use it? Come to this class to learn the basics and functionality of an Android smart phone. Please note universal functions of the Android Operating system will be taught and that specific "apps" may vary from phone to phone. Students must bring their own Android phone to the class. This class will only discuss Android phones. Other smart phone devices will not be covered.

COMP:765 | \$25

680 Sa 9am-12pm
Aug. 30

Patrick Karl
MC - BA, 208

C80 Sa 9am-12pm
Dec. 6

Patrick Karl
Corp. College, 208

Learn the Basics of an iPad

Did you finally break down and purchase an iPad only to discover that you can barely use it? Come to this class to learn the basics and functionality of an iPad. Please note universal functions of the iPad platform will be taught and that specific "apps" may vary from iPad to iPad. Students must bring their own iPad to the class. This class will only discuss the Apple iPad. Other tablet devices will not be covered.

COMP:765 | \$25

S50 Th 6pm-9pm
Sept. 11

SCEUC, 209

C81 Sa 9am-12pm
Nov. 15

Corp. College, 207

Learn the Basics of an iPhone

Did you finally break down and purchase an iPhone only to discover that you can barely use it? Come to this class to learn the basics and functionality of an iPhone. Please note universal functions of the iPhone platform will be taught and that specific "apps" may vary from phone to phone. Students must bring their own iPhone to the class. This class will only discuss the Apple iPhone. Other smart phone devices will not be covered.

COMP:765 | \$25

S51 Th 6pm-9pm
Sept. 18

SCEUC, 100

C82 Sa 9am-12pm
Oct. 25

Corp. College, 208

Personal Computing

Keyboarding: Learn to Type on the Computer

Do you use the hunt and peck method of typing? Keyboarding skills are essential fundamentals for all computer software applications. Learn where each key is and how to type more efficiently. Increase speed and accuracy. You will learn correct hand positions and how to use the alphabetic, numeric, symbol and shortcut keys. No class 10/13.

COMP:702 | \$109

780 M 7pm-9pm Helen Ralston
Sept. 29 – Dec. 8 Lindbergh H.S., 107

Introduction to Craigslist

Craigslist is a fantastic website and provides a wonderful community service to cities all over the United States. This site is about more than just buying and selling. Come find out what all of the hype is about! Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

551 Tu 6pm-9pm Rachel Bufalo
Sept. 23 FV - B, 127

Introduction to eBay: Buying and Selling

Come join the millions buying and selling on eBay. This hands-on course will teach you: to choose a UserID, to search for items, to bid, win auctions, to sell items-including fees, to add a picture, to complete a sale, ship and what to do if an item doesn't sell. Look at other eBay issues: safety measures, feedback, what to do if you receive "spam" from eBay use and keeping updated on changes. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$49

C80 Sa 9am-3pm William Bearden
Nov. 15 Corp. College, 206

Photoshop Elements 12: Basic Overview

This entry level course will introduce you to the basics of this incredible program. First we will learn the terminology of the program. Then we will touch on the "organizer" feature of Elements and learn what it does and what it can do for you. Next you will launch into the "editor" section including the tool bar and palette and edit a photo with basic techniques. Finally, we will embark on the "create" section and catch a glimpse of its amazing creativity. This course is designed to prepare you for the specialty classes of Adobe Elements. Prerequisite: Windows Introduction class and Digital Pictures Introduction class or equivalent experience.

COMP:755 | \$59

550 Tu 6pm-9pm Rachel Bufalo
Nov. 4 – Nov. 18 SCEUC, 206

Photoshop Elements 12: Special Techniques and Retouching Faces

Bye-bye crow's feet! Want whiter teeth? No problem! Look fantastic in every picture from now on. In this course you'll learn the basics such as removing red-eye and blemishes to more advanced techniques such as making the subject thinner with a smaller nose! Learn to remove unwanted objects, make a photo black and white or sepia & put someone's head on a different body and more! This course will use the 'editor' portion of Elements 12. Prerequisite: Adobe Elements: Basic Overview class or equivalent experience.

COMP:755 | \$49

551 Tu 6pm-9pm Rachel Bufalo
Nov. 25 – Dec. 2 SCEUC, 206

Productivity

Internet Research and Investigations: Public Records

Explore a wide range of public records on the internet. We'll look at real estate records, criminal records, court judgements, marriages, births, deaths, etc. Prerequisite: Windows Introduction class or equivalent experience. Some internet experience helpful.

COMP:742 | \$29

680 Su 12:30pm-3:30pm Jean Bradley
Sept. 28 MC - BA, 208
681 Su 12:30pm-3:30pm Jean Bradley
Nov. 16 MC - BA, 208

Social Media



NISM Social Media Certification

Ready to take your marketing skills to the next level? Get hands-on training in this rapidly evolving industry and increase your employment value through our new Social Media Certification course! Designed to give you the knowledge and skills necessary to be proficient in strategic social media methodologies and prepare for the NISM Social Media Strategist certification examination. Fee includes cost of exam, textbook, worksheets, and all other course materials. Additional fee to retake exam. More information on exam and testing sites given during class. Candidates must meet the following requirements and pass the exam to earn the certification: minimum of an Associate's Degree or two years of business experience related to social media. Registration/Withdrawal deadline 9/24. No refund after that date.

COMM:720 | \$1,295

651 W 6pm-9pm MC - BA, 212
Oct. 1 – Dec. 3

Free Information Session

Get more information on our new Social Media Certification course through this FREE Information Session! All participants must register.

COMM:720 | No Fee

650 W 6pm-7pm MC - BA, 114
Sept. 10

New Twitter

Hashtag? What in the world is a hashtag? If you've ever asked this question, then this class is for you! Twitter is all the rage for Gen Y, celebrities and an increasingly important source of information. Come to this class to find out more about one of the most popular social media sites. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

650 Th 6pm-9pm SCEUC, 209
Nov. 13

Facebook for Business

Facebook is proving to be a powerhouse tool for small and large businesses everywhere. Come to this class to learn how to utilize Facebook to grow and promote your business. This class will not cover the functionality of Facebook for personal use and students should already have a basic knowledge of Facebook prior to class. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$35

C01 F 9:30am-12:30pm Rachel Bufalo
Sept. 19 Corp. College, 206

Facebook

Facebook has over one billion users! That means one out of every seven people in the WORLD are on Facebook! In a few more years communicating on this social networking site will be as second nature to you as email. Don't get left in the dust. Come and learn how to navigate this fun and exciting site! Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

550 Tu 6pm-9pm Rachel Bufalo
Sept. 2 FV - B, 127
350 W 6pm-9pm Erin De Vore
Sept. 24 WW, 206

Tech Savvy Fridays

Tech Savvy Fridays: Helpful Apps for your iPad

Did you finally purchase an iPad and now you're wondering what's so great about having a tablet? The magic is in the apps! Come to this class to hear about tons of fantastic tools right at your fingertips. This class is not hands-on and is only about iPads, not other types of tablets. Prerequisite: Windows Introduction class or equivalent experience.

COMP:765 | \$19

C03 F 9am-11am Patti Bossi
Nov. 14 Corp. College, 206

Tech Savvy Fridays: Utilizing the Internet

So you can email now and even do a Google search, but are you utilizing everything the internet has to offer? The world wide web has thousands of every-day tools that can simplify your life that you don't even know about! Come to this class to discover several different web-sites that are fun, interesting and even useful! Prerequisite: Personal Computers Introduction class or equivalent experience.

COMP:765 | \$19

C01 F 9am-11am Patti Bossi
Sept. 26 Corp. College, 206

New Tech Savvy Fridays: MS Word 2013

Microsoft Word 2013 can be a time-saver when creating documents. Come to this class to see some of the cool features that can help you create a simple to complex document. This class primarily lecture and is not hands-on. Prerequisite: Windows Introduction class or equivalent experience.

COMP:765 | \$19

S01 F 9am-11am Patti Bossi
Sept. 5 SCEUC, 206

Exclamation Point!

"The training I obtained with STLCC Continuing Education has really paid off. Your staff, instructors, and facilities were very nice and everyone I worked with was very accommodating. If I have the chance to take more classes, I most certainly will pursue it."

Rena S. – student

PROFESSIONAL DEVELOPMENT

New Tech Savvy Fridays: Creating Folders and File Management with Windows 8

One of the trickiest concepts for new computer users to master is folders. Come to this work-shop and learn how to create them, how to use them, but best of all, where to find them! This two hour class will help you de-clutter your files and folders. Prerequisite: Windows Introduction class or equivalent experience. Class will be using Windows 8.

COMP:765 | \$19

C02 F 9am-11am
Oct. 24

Patti Bossi
Corp. College, 206

Tech Savvy Fridays: Creating Folders and File Management with Windows 7

One of the trickiest concepts for new computer users to master is folders. Come to this work-shop and learn how to create them, how to use them, but best of all, where to find them! This two hour class will help you de-clutter your files and folders. Prerequisite: Windows Introduction class or equivalent experience. Class will be using Windows 7.

COMP:765 | \$19

S02 F 9am-11am
Oct. 3

Patti Bossi
SCEUC, 206

Tech Savvy Fridays: Pinterest Basics

Pinterest is the latest must-see website and it is so very cool! Come to this class and find out what it's all about. This class is an overview of Pinterest and is not hands-on. Prerequisite: Windows Introduction class or equivalent experience.

COMP:765 | \$19

S04 F 9am-11am
Nov. 21

Patti Bossi
SCEUC, 206

Web Development

Dreamweaver Creative Cloud (CC): In a Day

Learn the basics of Dreamweaver in one day! You will learn the basics in the Dreamweaver environment; how to create and enhance documents; basic formatting skills; how to create and manage a new site with site maps and templates; how to link pages using anchors; work with images, tables and frames; and how to publish your web site. Prerequisite: Windows Introduction class or equivalent experience. HTML experience recommended. Bring a thumb/flash drive.

COMP:745 | \$99

C80 Sa 9am-4pm
Oct. 18

Corp. College, 206

Ease into WordPress

Anyone can learn how to create their own website in just a few hours using WordPress, the most popular website creator tool on the Internet. WordPress is used by almost 15% of the top 1 million websites and, as of August 2011, powers 22% of all new websites. Whether you are just a beginner using graphically based templates or want to get down into the nitty-gritty code, WordPress is your answer and it's FREE and you don't have to be a techie! DIY with your creativity and WordPress. Walk away from this class with a basic website and the skills to go as far as you want. The sky's the limit! Prerequisite: Windows Introduction class or equivalent experience. This class will move at a slow pace. Students must already have a generic email account through gmail, yahoo or hotmail and know this email address and password when coming to class.

COMP:745 | \$109

S50 Th 6pm-9pm
Sept. 11 – Sept. 25

Jerry Bearden
SCEUC, 207

Create Your Own Website with WordPress

Anyone can learn how to create their own website in just a few hours using WordPress, the most popular website creator tool on the Internet. WordPress is used by almost 15% of the top 1 million websites and, as of August 2011, powers 22% of all new websites. Whether you are just a beginner using graphically based templates or want to get down into the nitty-gritty code, WordPress is your answer and it's FREE and you don't have to be a techie! DIY with your creativity and WordPress. Walk away from this class with a basic website and the skills to go as far as you want. The sky's the limit! Prerequisite: Windows Introduction class or equivalent experience and Basic Introduction to WordPress or equivalent experience. This class will move at a fast pace. Students must already have a generic email account through gmail, yahoo or hotmail and know this email address and password when coming to class.

COMP:745 | \$99

C01 F 9am-4pm
Oct. 3

Jerry Bearden
Corp. College, 206

S51 Th 6pm-9pm
Oct. 9 – Oct. 16

Jerry Bearden
SCEUC, 207

600 F 9am-4pm
Nov. 7

Jerry Bearden
MC - BA, 208

New Internet Marketing with WordPress

Internet marketing is a different concept than traditional marketing and employs different techniques. Learn about resources available to you, strategies to get noticed, and ways to measure how your methods are working for you. The class will be focused on WordPress websites, but the techniques learned are equally applicable to any website. Prerequisite: Create Your Own Website with WordPress or equivalent experience.

COMP:745 | \$49

S52 Th 6pm-9pm
Nov. 13

Jerry Bearden
SCEUC, 207

Web Development Certificate

Our exceptional course is intense and comprehensive. You'll learn how to develop websites using two methods: 1) hand-coding HTML using a text editor and 2) using a powerful design and development tool, Dreamweaver. Within this broad framework you're going to cover a lot of ground including fonts, lists, links, images, tables, forms, frames, cascading style sheets, page layout, animation, multimedia, good design principles, and World Wide Web Consortium standards. Prerequisite: Windows Introduction class or equivalent experience. Bring a flash drive to the first class.

COMP:745 | \$299 S53 Th 6pm-10pm Donna Peck Sept. 18 – Nov. 6 SCEUC, 209



Digital
Arts and
Technology
Alliance

Digital Media Professional Workshops

Call 314-984-7019 with questions.

Adobe Photoshop CS6 for Professionals-The First Step

This workshop introduces practical methods for working with the software. Carefully crafted tutorials provide an overview and reinforce the student's understanding of Photoshop tools, including Layers, Making Selections, Masking, Basic Color, the Type Tool, Extraction Filter, Image Resolution, and the conversion from RGB to Grayscale. Image repairs with the Healing Patch and Clone Stamp will be explored. The ability to create unique fictional images without a camera or scanner will be introduced. Lots of discussion and guided demonstrations by a Photoshop expert will encourage class participation in an atmosphere of mutual support.

CVTW:701 | \$139

600 F 8:30am-4:30pm
Zak Zych
Aug. 29
MC - HE, 233

Adobe Photoshop CS6 for Professionals - the Next Step

This workshop presents essential techniques for graphic designers, photographers and digital artists who are already regular users of Photoshop. This level of instruction will demonstrate precise selections using the pen tool and compositing two images together based on displacement maps. You will explore the brush engine, typography, filters, channels, advanced masking and the new vanishing point tool. Be prepared for an intensive hands-on learning experience that will assist you in expanding creativity.

CVTW:701 | \$139

601 F 8:30am-4:30pm
Zak Zych
Sept. 12
MC - HE, 233

Introduction to Adobe Photoshop Lightroom 5

This workshop introduces the basics of Lightroom 5. A powerful and comprehensive set of digital photography tools that enable you to organize and bring out the best in your images, achieving amazing image quality. Lightroom 5 is designed as an end-to-end photographic workflow process for both amateur and professional photographers.

CVTW:701 | \$139

602 F 8:30am-4:30pm
Charles LaGarce
Nov. 7
MC - HE, 233

Adobe InDesign CS6 for Professionals-the First Step

Enhance your graphic design skills and productivity with InDesign. Learn how to import illustrations and photos and set type correctly for flyers, brochures, and other basic applications. Learn how to convert Quark documents into Adobe InDesign documents. Learn key commands and other great tips for making easy work of your layouts.

CVTW:702 | \$139

680 Sa 8:30am-4:30pm
Sept. 13
MC - HE, 233

Call 314-984-7777 to register!

Adobe InDesign CS6 for Professionals-the Next Step

Don't know the best way to set up your brochure or multi-page document? Learn how to optimize your page set up for better productivity. Modern typesetting techniques, including examples from the top magazines, show you how to make your document look great. Introduction to style sheets allows you to keep your work looking consistent and professional.

CVTW:702 | \$139

681 Sa 8:30am-4:30pm
Dec. 13 *MC - HE, 233*

Adobe Illustrator CS6 for Professionals-the First Step

Is Illustrator still a mystery to you? Enter the world of vector graphics with this introductory workshop. Demystify anchor points, paths, and Bezier curves. You'll transform shapes into graphic images. Explore the tool box and basic commands to boost your vector confidence. Learn to use gradients, gradient mesh, compound paths, blends, envelopes, live paint, type tools, and more to achieve professional results. Save template and palette libraries to speed your workflow.

CVTW:702 | \$139

682 Sa 8:30am-4:30pm
Sept. 27 *John Schmitt
MC - HE, 233*

Adobe Illustrator CS6 for Professionals - the Next Step

You know the tools; now put them to use to create resolution-free vector illustrations. Think like an illustrator to work through trouble spots. Learn to combine live trace, transparency, envelopes and amazing 3D effects with mapping to draw complex images. Demystify the appearance palette, and use layers to create simple Flash animations.

CVTW:702 | \$139

683 Sa 8:30am-4:30pm
Oct. 4 *John Schmitt
MC - HE, 233*

Digital Painting and Drawing for Professionals-the First Step

With Corel Painter students will learn inventive drawing tools such as Natural-Media brushes, image cloning capabilities and virtually unlimited customization options. These tools will give users total freedom for creative expression, as well as enhance graphic quality and streamline the drawing process to increase productivity and profits.

CVTW:703 | \$139

600 F 8:30am-4:30pm
Sept. 26 *James Leick
MC - HE, 233*

Digital Painting and Drawing for the Professional- the Next Step

Take the next step beyond the basics of Corel Painter. Learn to create breathtaking works of art using enhanced brush control palettes, frames-per-second control, and customizable shortcut keys. Professional users can extend their creative possibilities with enhancements that include Artists' Oils Painting System and Snap-to-Path Painting.

CVTW:703 | \$139

680 Sa 8:30am-4:30pm
Nov. 22 *James Leick
MC - HE, 233*

AfterEffects for Professionals - the First Step

Gain understanding and skill in utilizing AfterEffects to create motion graphics. We focus on learning the interface in AfterEffects, putting graphics in motion and rendering finished movie and animation projects. Participants will also explore a workflow between Photoshop and AfterEffects. Be prepared for an intensive hands-on learning experience.

CVTW:704 | \$139

600 F 8:30am-4:30pm
Oct. 3 *Timothy Linder
MC - HE, 233*

AfterEffects for Professionals - the Next Step

Now that you know the basics of adding assets and key framing motion in AfterEffects, investigate more advanced techniques. Get a deeper understanding of options in the effects panel and other topics including background keying, motion tracking and the 3D workspace. Be prepared for an intensive, hands-on learning experience.

CVTW:704 | \$139

601 F 8:30am-4:30pm
Oct. 17 *Timothy Linder
MC - HE, 233*

Digital Storytelling for Professionals

Using Photoshop and iMovie, this workshop will immerse beginners into the art of crafting and capturing a story electronically. From idea generation and basic scripting in the morning, this workshop will allow participants to create a short story in the afternoon. Students should come prepared with a story they want to tell. Bring your own videos and photos to include.

CVTW:706 | \$139

680 Sa 8:30am-4:30pm
Sept. 20 *Anthony Carosella
MC - HE, 136*

Final Cut Pro X - Video Editing: the First Step

An introduction to professional video editing for people that have used iMovie or some other consumer editing software and want to expand their skills. Learn to import video, arrange clips and transitions. Add titles and trim edits to fine tune your video.

CVTW:706 | \$139

681 Sa 8:30am-4:30pm
Sept. 27 *Anthony Carosella
MC - HE, 136*

Final Cut Pro X: Video Editing: the Next Step

Learn how to share your projects in one click to your Apple devices, the web, Blu-ray Disc, and DVD. Collaborate in real time from anywhere in the world with support for iChat Theater. Change clip speeds with ease using redesigned speed tools. Enjoy dozens of additional enhancements, including native support for AVC-Intra, streamlined alpha transition creation, improved markers, large timecode window, and more.

CVTW:706 | \$139

682 Sa 8:30am-4:30pm
Oct. 4 *Anthony Carosella
MC - HE, 136*

GoPro HD Hero Camera for Professionals and Adventurers

Professional photographers and videographers will learn how to use the full range of features offered on the GoPro HD Hero Camera. Focus will be given on learning how to use it as a still camera, a timelapse camera, and as an HD video camera capable of filming in difficult conditions. Students will also learn how to edit photos and videos using GoPro's software. Action photographers will learn how to attach the GoPro camera to helmets, bikes, surfboards, ski binding and cars. Be prepared for an intense learning experience.

CVTW:710 | \$139

600 F 8:30am-4:30pm
Oct. 31 *Anthony Carosella
MC - HE, 233*

How to Convert Photos to Paintings

This workshop provides a resource for the growing number of professional photographers, web designers, printers, creative directors, production supervisors, artists, advertising executives or publishers to learn how to change photos to paintings.

CVTW:710 | \$139

680 Sa 8:30am-4:30pm
Sept. 20 *James Leick
MC - HE, 233*

Digital Architectural Photography for Professionals

Acclaimed photographer Richard Sprengher will lead a day-long workshop in creating successful photographs of architecture. Methods for approaching composition, exposing for varied lighting conditions and raw image processing will be explored. Some experience with Adobe Photoshop and Lightroom is preferred. A tripod and DSLR are recommended, but not required.

CVTW:710 | \$139

681 Sa 8:30am-4:30pm
Oct. 18 *Richard Sprengher
MC - HE, 233*

Graphic Design for Digital Photography

Tired of hiring a graphic designer to do your design work? Wish you could use Photoshop and do the design work on your next project? You can! You will learn four secrets to great graphic design that will ensure your promotional materials will always look their best. You will put these design elements into practice on several projects including a business card, an ad, and an event flyer. Bring your own digital files to use or we can provide some.

CVTW:710 | \$139

682 Sa 8:30am-4:30pm
Dec. 6 *Darlene McGee
MC - HE, 136*

iPad for Professionals

The iPad has landed and the business world will never be the same. This intro to iPad workshop will fully explore how Apple's new device will streamline your workflow and increase your profits. Bring your own iPad 2 or one will be provided for you during class.

CVTW:712 | \$139

680 Sa 8:30am-4:30pm
Sept. 6 *Anthony Carosella
MC - HE, 136*

3D Printing Workshop for Beginners

Have you ever wished that you had the power to design anything your heart desired and have it magically created out of thin air? Now you can. Learn how to design and print objects using software such as Adobe Illustrator, Google Sketch Up or Blender. Explore how digital design can reveal new ideas and provide fresh inspiration for your future projects. The workshop consists of two parts, an introduction to 3D design and a demonstration of a MakerBot Replicator 2 printer. Class is suitable for beginners. No code writing or 3D printing experience required. Knowledge of any other 3D printing software is helpful, but not required.

CVTW:713 | \$139

680 Sa 8:30am-4:30pm
Oct. 11 *John Schmitt
MC - HE, 136*

Social Media Marketing for Professionals

This social media workshop will cover the concepts and application of social media marketing and will equip you with skills needed to plan and implement a successful social media marketing strategy. Topics will include the use of email marketing, using social media tools such as Twitter, and blogging, and how to use Facebook to create a fan page and increase traffic to your business page.

CVTW:713 | \$139

600 F 8:30am-4:30pm
Nov. 21 *Anthony Carosella
MC - HE, 233*

Web Analytics for Professionals

In this workshop you will learn about website analytics, work basic assumptions, assumed interest, what does a "hit" really mean, measuring accuracy and how to apply this information to improved sales and profits.

CVTW:750 | \$139

680 Sa 8:30am-4:30pm
Nov. 22 *Kevin Ward
MC - HE, 136*

EZ Websites for Professionals - The First Step

Learn to create a professional website using a free platform. Students will learn how to register a domain name and use free website tools and templates to create and maintain a professional website.

CVTW:750 | \$139

681 F 8:30am-4:30pm
Sept. 5

Kevin Ward
MC - HE, 233

EZ Websites for Professionals - The Next Step

This workshop starts where the First Step left off. Learn about website usability and how to improve visitor use of your website. Increase traffic to your website with search engine optimization, using keywords, copy and images techniques. Learn how to register your website with search engines and directories to improve visibility. Learn what's going on with your website, how to track, collect, measure, and use information with website analytics. Learn all about plug-ins and how to use them

CVTW:750 | \$139

682 Sa 8:30am-4:30pm
Sept. 13

Kevin Ward
MC - HE, 136

Dreamweaver: Quick Start for Professionals

In this workshop students will learn how to setup and use the Dreamweaver site manager. We will use the automated templates to create cascading style sheet (CSS) based layouts and then use those layouts to build a basic web template including copy, image links, and basic design for all of the other pages of your website. This course also covers basic design principles for the creation of a professionally engaging website.

CVTW:750 | \$139

683 Sa 8:30am-4:30pm
Oct. 25

Kevin Ward
MC - HE, 233

Construction and Industrial Technologies

Construction

Construction Materials and Methods

This course is an introduction to the elements of building construction principles and materials. Students will learn the background and history of building materials and systems; review sustainable design, materials, and construction concepts; and review industry standards, specifications, codes and barrier-free design. Available for credit as CE:115.

CONS:717 | \$303

230 Th 7pm-9:45pm
Aug. 21 - Dec. 11

Anthony Augenstein
FV - E, 160

Construction Blueprint Reading

The interpretation of construction working drawings and specifications for residential and commercial building projects. Architectural, structural, and utility drawings will be covered. Available for credit as CE:116.

CONS:718 | \$303

230 M 7:05pm-9:45pm
Aug. 18 - Dec. 8

Richard Unger
FV - E, 160

Electrical

National Electric Code and Calculations - Part I

This course will cover the elements, changes, applications, and design aspects of the 2014 National Electrical Code for residential and commercial properties. Certificates awarded to those successfully completing the course. No class 9/23. Texts required.

ELEC:705 | \$269

S50 Tu 6pm-9pm
Aug. 26 - Dec. 2

Michael Smith
SCEUC, 213

Industrial Engineering

Composites Fabrication

This class covers the composite fabrication aspect of aircraft production as well as other applications using composites materials (carbon fiber) - material control, mold preparation, lay-up, vacuuming bagging, curing process.

IENG:702 | \$129

5C1 Th 5pm-8pm
Sept. 4 - Oct. 2

J. Beetz
FV - CWI, 128

Solar

Solar Courses - NABCEP Certified Courses

STLCC is now offering North American Board of Certified Energy Practitioners (NABCEP) approved solar training courses, from beginner to advanced levels. Simply curious to know more about solar energy? Register for Solar Basics. Perhaps you require more in-depth knowledge to begin or advance your career in solar. Need training for your current employees, or are looking to expand your business into solar? If this sounds like you, register for the series of solar courses listed here and be eligible to take the NABCEP Photovoltaic Entry Level Exam. If you complete these courses, you will also receive 34 advanced CEUs. Don't let this moment pass you by. Now is the time to start making a change in the world and yourself.



Introduction to Solar Basics

Join us for this informational session on how to become a part of the solar field. The application, design, installation, and operation of photovoltaic systems will be discussed. This session will prepare students for other solar class and will introduce the path for certification through the North American Board Certified Energy Professionals (NABCEP).

CONS:721 | No Fee

5C1 Tu 5pm-8pm
5C2 W 9am-12pm

Jeffrey Foster
Jeffrey Foster

Aug. 19
Aug. 20

FV - CWI, 136
FV - CWI, 136

Solar Basics, Solar Site Survey, Components, and System Build

In this course students will learn about electrical basics, photovoltaics, solar energy fundamentals, photovoltaic sizing, solar energy markets, and safety basics. Students will be introduced to basic photovoltaic equipment and will learn how to assess potential installation sites for their solar energy potential. Students will gain hands on experience with roof layout, shading analysis with Solar Pathfinder, calculation of energy production for specific sites, and calculation of load estimations. In addition students will learn about photovoltaic system components and how they interact with each other. Students will be introduced to solar modules, charge controllers and inverters, batteries, and photovoltaic mounting and racking systems and will apply all this information to participate in a hands-on photovoltaic system build project. We will build a full string inverter system and modules on a mock roof, and a ballasted racking system with micro-inverters. Students should have fundamental mathematical and mechanical skills. Prerequisite: Must have attended Introduction to Solar Basics. Texts included.

CONS:721 | \$475

5C3 TuTh 5pm-8pm

Jeffrey Foster

Aug. 26 - Oct. 7

FV - CWI, 120

Advanced PV Sizing Electrical Design

In this course students will learn how to equate temperature differences using temp coefficients for string sizing, as required by the National Electric Code. There will be exercises in proper wire sizing, overcurrent protection sizing and system sizing for stand-alone and grid-tied systems. This course will also include basic troubleshooting techniques. This and the previous classes are required to sit for the NABCEP entry level exam.

CONS:721 | \$189

5C4 TuTh 5pm-8pm

Jeffrey Foster

Oct. 14 - Oct. 28

FV - CWI, 120

Advanced NEC for Photovoltaics and NABCEP Installer Exam Preparation

In this course students will learn the 2011/2014 requirements for photovoltaic systems. This is an advanced class and an electrical background is needed. This is a continuation education class that is worth 24 advanced hours and is meant to prepare students for the NABCEP installers test. Text Included. No class 11/27.

CONS:721 | \$259

5C5 TuTh 5pm-8pm

Jeffrey Foster

Nov. 4 - Dec. 2

FV - CWI, 120



OSHA Training at STLCC

St. Louis Community College Continuing Education offers courses to deliver occupational safety and health training to public and private sector workers, supervisors and employees.

Call 314-984-7777 to register today!

10 Hour OSHA General Industry Safety and Health Training Certification

This 10 hour OSHA course is ideal for supervisors with safety and health responsibilities, and for employee safety and health awareness. Students will be introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Act Part 1910. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Students will receive an OSHA card after completion of the course.

CONS:736 | \$119

C03	Th 5-9pm	Patricia Dalton	Sept. 11	Corp. College, 210
	Sa 8am-3:30pm		Sept. 13	Corp. College, 210
CE2	MW 4:30-9:45pm	Patricia Dalton	Oct. 27-29	Corp. College, 205

30 Hour OSHA General Industry Certification Completion

This is a 20 hour completion course for those who have completed OSHA 10 Hour General Industry Safety Certification within the past six months and wish to pursue the OSHA 30 Hour Certification.

CONS:736 | \$239

C06	Th 5pm-9pm	Patricia Dalton	Nov. 13-20	Corp. College, 209
	Sa 8am-3:30pm		Nov. 15-22	Corp. College, 209

10 Hour OSHA Construction Safety and Health Training Certification

This course meets the required laws for working on public job sites. Led by an OSHA certified trainer the course covers the mandated OSHA topics including OSHA regulations, general health and safety, basic electrical safety, fall protection, ladder and scaffold safety, hand and power tools, material handling, etc. Upon successful completion students will receive the 10 hour OSHA course completion card.

CONS:736 | \$119

C01	Th 5-9pm	Patricia Dalton	Sept. 4	Corp. College, 209
	Sa 8am-3:30pm		Sept. 6	Corp. College, 209
C02	Th 5-9pm	Patricia Dalton	Oct. 16	Corp. College, 209
	Sa 8am-3:30pm		Oct. 18	Corp. College, 209
CE1	MW 4-9:45pm	Patricia Dalton	Sept. 29-Oct. 1	Corp. College, 205

30 Hour OSHA Construction Safety and Health Certification Completion

This is a 20 hour completion course for those who have completed OSHA 10 Hour Construction Health and Safety Certification within the past six months and wish to pursue the OSHA 30 Hour Certification.

CONS:736 | \$239

C05	Th 5-9pm	Patricia Dalton	Oct. 23-30	Corp. College, 209
	Sa 8am-3:30pm		Oct. 25-Nov. 1	Corp. College, 209

Education and Test Prep

Adult Basic Education and English as a Second Language

St. Louis Community College at Meramec offers programs in the following school districts: Affton, Bayless, Kirkwood, Lindbergh, Mehlville, Valley Park and Webster Groves. Call 314-984-7777 for more information.

Please note: Graduates of the STLCC-Meramec AEL program who are also Mehlville School District residents are eligible to receive an honorary degree from Mehlville and participate in their commencement ceremonies at the end of the school year.

For more information, contact John DeWalle at dewallej@mehlilleschooldistrict.net or call 314-467-5267.

City of St. Louis Public Schools 314-367-5000

Serving the school districts of St. Louis city, Ferguson-Florissant, Hancock Place, Jennings, Normandy, Riverview Gardens and Wellston

Parkway Schools - 314-415-4940

Serving the school districts of Brentwood, Clayton, Hazelwood, Pattonville, Ladue, Maplewood, Richmond Heights and Parkway

Rockwood Schools - 636-733-2161

Serving the school district of Rockwood

Ritenour Schools - 314-426-7900

Serving the school district of Ritenour

University City Schools - 314-290-4052

Serving the school district of University City. Visit www.ucityaelprogram.org.

ACT Test Preparation Workshop

All subjects of the ACT exam are covered. This is a complete review for the ACT exam using materials developed by Cambridge Education services. Text included - bring a calculator to class. There will be a test simulation at the beginning of the course and computer diagnostic assessment to identify areas for improvement.

EDUC:712 | \$169

650	M 6pm-9pm	Toshi Floyd
	Sept. 8 - Oct. 20	MC - CS, 206
4W1	Sa 9am-12pm	Toshi Floyd
	Oct. 18 - Dec. 6	FP - G Tower, 113
5W1	Sa 9am-12pm	Toshi Floyd
	Aug. 23 - Oct. 11	FV - B, 123

Chemistry Warm-up: Math Review for Chemistry

Don't let Chemistry get you down! Get a head start on the materials you will need to succeed in Chemistry (CHM:101 or CHM:105). Topics include algebra review, calculator operations, scientific notation, metric system, dimensional analysis, and study skills. Please bring a TI-30, TI-35, or any scientific calculator to class. Over 70% of the students completing this review went on to pass their Chemistry courses with a grade of "C" or higher.

MATH:752 | \$49

650	TuWTh 5:30-9:30pm	Suzanne Saum
	Aug. 12 - Aug. 14	MC - SO, 109
500	TuWTh 8:30am-12:30pm	Susan Vallely
	Aug. 12 - Aug. 14	FV - E, 270



No place like home.

Take ed2go courses from the comfort of your home or office at the times that are most convenient for you.

We offer you hundreds of engaging online courses for adults, covering every topic from SAT Test Preparation to Web Design.

Each ed2go course comes equipped with a patient and caring instructor, lively discussions with your fellow students, and plenty of practical information that you can put to immediate use.

PERSONAL ENRICHMENT

Just for fun...Just for You!

Explore the road to lifelong learning with classes in the arts, green living, home maintenance, crafts, cooking, photography, culinary arts, personal finance and more.



Ageless Learning

Ageless Learning Seminars

ALS: What is the Cloud?

The "cloud" is the latest technological mystery term. Come to this class to find out what the Cloud is and what it can do for you.

SENR:702

603 Tu 10am-12pm
Oct. 21

Rachel Bufalo
MC - L, CNFL

503 Th 1pm-3pm
Nov. 6

Rachel Bufalo
FV - CWI, 136

ALS: Election Day - the Making of a Candidate

If we take the opportunity to vote on Election Day, most of us are "political consumers," using our vote to buy the packaged candidates and political platform of one party or the other. But, we have no say in what goes into the package. Presented by a former member of the Missouri General Assembly, we will discuss how the package is created, how the right candidate is selected and learn how each of us can become involved in grassroots politics. The history and function of political parties will be examined, the qualities required of an individual to make him or her the "right" candidate will be analyzed, the role expected of volunteers will be discussed, and voter expectation of a "winnable" candidate will be evaluated.

SENR:702

302 Th 1pm-3pm
Oct. 9

WW, 102A

ALS: Living the Artist's Life

Enjoy this glimpse into Michelle "Mike" Ochonicky's journey as a professional artist. She is the owner of Stone Hollow Studio and specializes in scrimshaw work. Two of her pieces are owned by the Dedalo Museum of Contemporary Art in Abruzzo, Italy, and are on permanent exhibition. She also has nine works owned by the Missouri Governor's Mansion. She will share her latest adventure, creating the state of Missouri's Christmas Tree Ornament for the White House for the second year in a row! Must register to attend class.

SENR:702

303 Th 1pm-3pm
Oct. 30

Michelle Ochonicky
WW, 102A


TAKE YOUR KNOWLEDGE TO THE NEXT DEGREE

plus 50
Community Colleges

Through **Plus 50**, St. Louis Community College provides a gateway to make it **easier than ever** for adult learners to earn credit toward a degree or certificate.

We offer support and flexibility to help you **reach your goals**, from choosing a course of study and scheduling classes to applying for financial aid.

Email us at us at **Plus50@stlcc.edu** to get started today!



**St. Louis
Community
College**
Continuing Education

www.stlcc.edu/plus50completion

ALS: Tulip Time in Holland

Travel to Bruges, Belgium with Bob and Betty Cook. A beautiful quaint city known for its canals, its chocolate, lace, fries and beer. Visit the Atlantic Wall on the coast created by the Germans during World War for defense from an expected Allied Invasion. Embark on a riverboat in Antwerp, Belgium for a ten night cruise, including stops at Ghent, Veere, Rotterdam, Schoonhoer, Hoorn, Enkhuizen, and Amsterdam. View Holland's extensive flower production and world-wide distribution center, including Keukenhof Flower Park. Visit a giant levee and dam site showing how they manage the sea from flooding much of Holland. The city of Amsterdam was decked out in orange for the celebration of the crowning of their first king during the trip.

SENR:702

501 Th 1pm-3pm
Oct. 9

FV - CWI, 136

ALS: Landscaping for Life

Bird gardening. Butterfly gardening. Habitat gardening. All good labels, but how about Naturescaping? Landscaping for nature or landscaping for life including our own! We face a host of challenges in the 21st Century, not the least of which is maintaining a healthy, functioning environment. Naturescaping in urban spaces of all kinds can make a real difference for at-risk plants and animals, ecosystem services and our own well-being. Re-connect with Nature in your own landscape. Share that experience with others. Watch your life change. Mitch Leachman with the St. Louis Audubon Society will discuss this topic and a new program that supports it called Bring Conservation Home.

SENR:702

600 Tu 10am-12pm
Sept. 9

Mitch Leachman
MC - L, CNFL

300 Th 1pm-3pm
Sept. 11

Mitch Leachman
WW, 102B

Registration opens August 4!

ALS: The Indomitable Theodore Roosevelt

Learn the moving story of Teddy Roosevelt, our 26th president, and one of the most gifted and fascinating men of the 20th century. Discover how he turned himself from a sickly child into a robust and powerful leader who fought corruption, championed progressive reform and led the fight for conservation to become one of our greatest leaders.

SENR:702

301 Th 1pm-3pm
Sept. 25
Beverly Schuetz
WW, 102A

Exclamation Point!

"The Ageless Learning Seminars with Continuing Education are absolutely wonderful and I can't tell you how grateful I am to have had such a terrific experience with STLCC. I would not hesitate to recommend their classes to anyone I know and I will be back to ask for more. Again, thank you."

Jason L., student

ALS: Close Encounters of the European Kind

Join Michelle Ochonicky as she shares a travelogue of experiences you won't have with tour groups. Enjoy her images of off-the-beaten path Europe and some great stories about her travel experiences.

SENR:702

602 Tu 10am-11am
Oct. 7
Michelle Ochonicky
MC - L, CNFL

ALS: Healthy Plants, Healthy Body, Healthy Planet

How and where your food is grown makes a big difference to your health and the health of the planet. This presentation will help you connect the dots between the farm and the food that is on your plate. Find out that when it comes to eating food that is good for you and the planet, the best rule of thumb is to consider the source. Presented by Katie Belisle-Iffrig, author of Going Green for the GENIUS.

SENR:702

601 Tu 10am-12pm
Sept. 23
Katie Belisle-Iffrig
MC - L, CNFL

ALS: Geneology

SENR:702

304 Th 1pm-3pm
Nov. 13
WW, 102B

ALS: Medicare Update 2015

This session will discuss important Medicare information you should keep in mind as well as addressing Medicare updates for 2015. This session will also address the common myths that surface during open enrollment.

SENR:702

500 Th 1pm-3pm
Sept. 25
FV - CWI, 136

ALS: Women of Power - Latin American Female Presidents

Out of thirty-five Latin American countries, eleven have female presidents. Is this a new trend or has Latin America always had powerful women behind the scenes? Who are they and how have they come to lead their countries? Will this trend last, and what will it hold for the future of the American continent?

SENR:702

502 Th 1pm-3pm
Oct. 23
Lorenzo Gonzalez
FV - CWI, 136

ALS: Cuban American Relations

Cuban-American relations over the last 100 years, since Cuban independence from Spain in 1902.

SENR:702

604 Tu 10am-12pm
Sept. 23
Lorenzo Gonzalez
MC - LH, 102

ALS: St. Louis in the 19th Century

9/30-St. Louis: the Next 50 Years: 1814-1865. 10/21-Manifest Destiny: Louisiana Purchase, Texas and the Mexican War. 11/18-19th Century Irish & German Immigration to St. Louis. 12/16-The Chouteaus: First Family of the Frontier.

SENR:702

P01 Tu 10:30am-12:30pm
Sept. 30
Bonnie Vega
MO Hist. Museum, ATT
Tu 10:30am-12:30pm
Oct. 21
MO Hist. Museum, ATT
Tu 10:30am-12:30pm
Nov. 18
MO Hist. Museum, ATT
Tu 10:30am-12:30pm
Dec. 16
MO Hist. Museum, ATT

ALS: Bellefontaine Cemetery

9/23-Divided Loyalties: Civil War at Bellefontaine Cemetery. 10/28-Duels, Murder and More: Tales of the Notorious at Bellefontaine Cemetery. 11/12-The Medal of Honor Men at Bellefontaine Cemetery. Presented by Richard Lay of Bellefontaine Cemetery.

SENR:702

P02 Tu 10:30am-12pm
Sept. 23
Richard Lay
MO Hist. Museum, ATT
Tu 10:30am-12pm
Oct. 28
MO Hist. Museum, ATT
W 10:30am-12pm
Nov. 12
MO Hist. Museum, ATT

ALS: Medical Marvels

10/20-Medical Quackery: Fraud and Flimflam. 11/17-Polio: Tragedy and Triumph. 12/10-Faith Healers or Fake Healers?

SENR:702

P03 M 10:30am-12pm
Oct. 20
Beverly Schuetz
MO Hist. Museum, ATT
M 10:30am-12pm
Nov. 17
MO Hist. Museum, ATT
W 10:30am-12pm
Dec. 10
MO Hist. Museum, ATT

ALS: St. Louis City History

10/27-Pictorial St. Louis: Metropolis of the Mississippi 1875. 11/19-George Catlin and Karl Bodmer: Artists in the Early American West. 12/8-Why Was St. Louis Built Here? All lectures presented by Andy Hahn, Director, Campbell House Museum.

SENR:702

P04 M 10:30am-12pm
Oct. 27
Andy Hahn
W 10:30am-12pm
Nov. 19
MO Hist. Museum, ATT
M 10:30am-12pm
Dec. 8
MO Hist. Museum, ATT



ALS: Johnny Rabbitt Presents St. Louis

9/24-The Famous and Infamous of St. Louis. 10/8-Streets of St. Louis. 11/3-Get Your Kicks on Route 66. 12/17-St. Louis' German Heritage.

SENR:702

P05 W 10:30am-12pm
Sept. 24
Johnny Rabbitt
W 10:30am-12pm
Oct. 8
MO Hist. Museum, ATT
M 10:30am-12pm
Nov. 3
MO Hist. Museum, ATT
W 10:30am-12pm
Dec. 17
MO Hist. Museum, ATT

ALS: Trade and Trepidation: the Osage and Spanish in St. Louis

Presented by Mike Dickey of Arrow Rock State Historic Site.

SENR:702

P06 M 10:30am-12pm
Nov. 10
Mike Dickey
MO Hist. Museum, ATT

ALS: Florissant Valley Holiday Party

SENR:702

504 Th 1pm-3pm
Dec. 4
FV - CWI, 136

Enrichment Seminars

Enrichment Seminar: Hook-up Culture

SENR:766

500 F 12pm-1:30pm
Sept. 26
Julie Copp
FV - IR, 112

Enrichment Seminar: Cactus and Succulent Plants

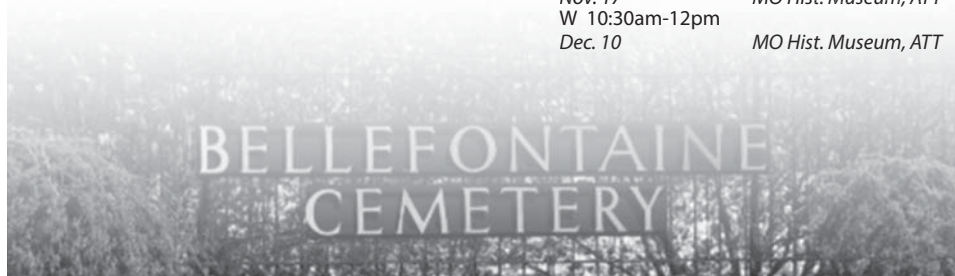
SENR:766

501 F 12pm-1:30pm
Oct. 17
J. Eric Driskill
FV - IR, 112

Enrichment Seminar: Slave Narratives

SENR:766

502 F 12pm-1:30pm
Nov. 14
Lonetta Oliver
FV - TC, 105



Senior Fitness



Look for more Senior classes in the Recreation, Fitness and Wellness section beginning on page 59.

Line Dancing for Older Adults: Beginning

Come learn fun line dances you can do without a partner. This is a great class if you're single or in a group of friends who want to dance. So put on your dancing shoes and learn the hottest new line dances as well as the all-time classics. Be prepared for lots of fun, cardiovascular exercise, and meeting good friends. No partner required.

SENR:703 | \$49

M01 F 12:30pm-1:30pm **Gerry & Marlene Strait**
Sept. 12 – Oct. 17 *Afton White-Rodgers, GYM*

M02 F 12:30pm-1:30pm **Gerry & Marlene Strait**
Oct. 24 – Dec. 12 *Afton White-Rodgers*
No class 11/21, 11/28

SENR:703 | \$59

P01 W 10am-11:30am **Sandra Derickson**
Sept. 10 – Oct. 15 *Thomas Dunn Mem. Ctr*

500 Th 9am-9:50am **Sandra Derickson**
Sept. 11 – Nov. 13 *FV - PE, 233*

P02 W 10am-11:30am **Sandra Derickson**
Oct. 22 – Dec. 3 *Thomas Dunn Mem. Ctr*
No class 11/26

Line Dancing for Older Adults: Easy Intermediate

Step it up a notch! This class is for those who have mastered the beginning class and want to learn more dances. Come learn fun line dances you can do without a partner. This is a great class if you're single or in a group of friends who want to dance. So put on your dancing shoes and learn the hottest new line dances as well as the all-time classics. Be prepared for lots of fun, cardiovascular exercise, and meeting good friends. Prerequisite: Line Dancing for Older Adults, Beginning. No partner required.

SENR:703 | \$59

501 Th 10am-10:50am **Sandra Derickson**
Sept. 11 – Nov. 13 *FV - PE, 233*

Yoga for Seniors

Open your mind to a new understanding of your body. Gentle, slow-paced combination of stretch and strength work. Introduction to pranayama, breath work and meditation. Great for calming and relieving stress. Bring a yoga mat, towel and water.

SENR:704 | \$79

M01 Th 10am-11am
Aug. 28 – Oct. 16 *Masterpeace Studios*

M02 Th 10am-11am
Oct. 23 – Dec. 18 *Masterpeace Studios*
No class 11/27



Social Security Benefits America Series

SSBA Series: What Every Woman Should Know About Social Security

As a woman, what challenges will you face in the retirement years? Learn about Spousal Benefits, Widow's Benefits and Divorced Spouse's Benefits. Registration required. Class offered by the Social Security Administration.

SENR:766

H01 W 1pm-3pm **CE Org Staff**
Sept. 10 *Harrison Ed Ctr, 100*

S03 Th 1pm-3pm **CE Org Staff**
Oct. 9 *SCEUC, 101*

SSBA Series: Medicare and Medicare Drug Programs

Are you confused about Medicare? Get your questions answered by a Social Security Representative and a Medicare Expert. In this session you will learn about other health plans and prescription drug companies and find out about Part A, Part B, and Part D of Medicare.

SENR:766

H02 W 1pm-3pm **CE Org Staff**
Oct. 1 *Harrison Ed Ctr, 100*

S04 Th 1pm-3pm **CE Org Staff**
Oct. 23 *SCEUC, 101*

SSBA Series: Disability, Basic Eligibility and Entitlement Factors

What are disability benefits? Who qualifies for disability benefits? What does it mean to be "insured" for Social Security Benefits? Learn about the process of filing for Disability, what happens once you file your application and how to appeal the decision if necessary. Registration required. Class offered by the Social Security Administration.

SENR:766

S02 Th 1pm-3pm **CE Org Staff**
Sept. 25 *SCEUC, 101*

H03 W 1pm-3pm **CE Org Staff**
Oct. 22 *Harrison Ed Ctr, 100*

SSBA Series: Seniors and Caregivers - What You Need to Know

Who can be a Representative Payee? What effects will a move to a Skilled Nursing Facility have on your loved one's Social Security benefits? In this session, you will learn the do's and don'ts of being a Representative Payee, and possible entitlements to other benefits for your loved one. Registration required. Class offered by the Social Security Administration.

SENR:766

H04 W 1pm-3pm **CE Org Staff**
Nov. 5 *Harrison Ed Ctr, 100*

S05 Th 1pm-3pm **CE Org Staff**
Nov. 6 *SCEUC, 101*

SSBA Series: Retirement, How Do You Qualify for Benefits?

How do you qualify for retirement benefits? Learn how to estimate your benefits using the online retirement estimator. You will learn the rules for working and receiving benefits and find out about benefits for family members and Medicare enrollment periods. Registration required. Class offered by the Social Security Administration.

SENR:766

H05 W 1pm-3pm **CE Org Staff**
Nov. 19 *Harrison Ed Ctr, 100*

S01 Th 1pm-3pm **CE Org Staff**
Sept. 11 *SCEUC, 101*

Creative Arts

Crafts

New Papercutting: Fall Leaves Wreath

Remember that black and white paper silhouette you made as a child? You probably have one stored in the basement even now. I know I do! The art of paper cutting was one of the first art forms you learned as a child. It was great fun then and still is today. In this introductory class, you will use contemporary paper cutting techniques to create a colorful array of fall leaves that we will then use to create a decorative wreath worthy of your front door.

CRFT:713 | \$35

750 W 6pm-9pm **Kimberly Hany**
Sept. 17 *Kirkwood Sr. H.S., SA 1*

Holiday Wreath

Do you have tons of wreaths pinned on your Pinterest boards? Get them off the boards and onto your door. All supplies included in class cost. Be prepared to leave with your holiday wreath at the end of class.

CRFT:765 | \$35

350 Th 6:30pm-8:30pm **Brenda Cabrera**
Nov. 13 *WW, 222*

New Macrame! Plant Hanger

Retro is rad! In a flashback to the 70s, macrame is trending. Try your hand at the craft of creative knotting. In this introductory class, we will use a variety of fibers, tie them together using a variety of knots, to create a trendy & useful macrame plant hanger.

CRFT:713 | \$35

751 W 6pm-9pm **Kimberly Hany**
Oct. 15 *Kirkwood Sr. H.S., SA 1*

New Fall Felt: Plenty of Poinsettias

Just in time for the holidays! In this class we will create a festive array of poinsettias using a combination of craft felt and needle felting. The felt poinsettias make beautiful additions to holiday decorations, holiday gift wrapping, even holiday cards. Imagine your holiday table set with a stunning bouquet of handmade poinsettias.

CRFT:713 | \$35

752 W 6pm-9pm **Kimberly Hany**
Nov. 12 *Kirkwood Sr. H.S., SA 1*

New From Rags to Rugs: UpCycled Art Pieces

You don't need a spacious workshop and expensive equipment to weave. A bit of cardboard, a few old sheets, and before you know it, you've got a throw rug. In this introductory weaving class, we will construct a loom of cardboard, and using shreds of old sheets, create a small throw rug. This same simple technique can be used to create a wide variety of other decorative and functional accessories for you and your home.

CRFT:713 | \$35

680 Sa 9am-12pm **Kimberly Hany**
Sept. 27 & Oct. 25 *MC - SW, 102*

Plastic Fusion

Don't go to the fabric store for your next sewing project. Everything you need is in your pantry! Students will learn plastic fusion, the process of applying heat to layers of plastic to make a stronger material that can be used as free fabric for sewing projects. Class is the perfect introduction to Everything But the Thread since the fused plastic you make will be enough material for a sewing project. Bring your sewing machine to this class. Supply list sent.

CRFT:713 | \$29

350 Tu 6:30pm-9pm
Oct. 14 *WW, 220*

Everything But the Thread

How would you like to walk away from a class with a sewing project that used all recycled or upcycled materials? Well, Everything But the Thread students will learn how to design and sew functional items from existing materials such as one or more of the following: messenger bag, laptop bag, iPad/tablet sleeve, or cell phone case. Beginners or experts at sewing are welcome, but students must bring their own sewing machine and have knowledge of its use. Supply list sent.

CRFT:713 | \$49

351 Tu 6:30pm-9pm
Oct. 28 – Nov. 4

WW, 220

New Pet Projects: Pet Bed and Toys

Pamper your favorite feline or tiny dog with a soft and cozy handmade patchwork bed and some fun new catnip toys using new and upcycled materials. Using a patchwork pattern students will use fabric to design a bed that is attractive and functional. Basic sewing skills are required. Students will bring their own machine to work on. A supply list will be sent prior to the class.

CRFT:713 | \$40

681 Sa 9am-1pm
Sept. 6

Cassandra Schroeder
MC - SW, 102

930 Sa 9am-1pm
Oct. 11

Cassandra Schroeder
Thomas Dunn Mem. Ctr

Sewing: Beginning

Beginning students will learn to operate their own sewing machine, to wind a bobbin and insert it correctly, to identify fabric grain and its importance in design layout, and to choose appropriate fabrics for simple projects. Basic sewing skills, pressing techniques, and tips to make professional looking projects will be taught throughout the class. Projects vary but may include a table runner, pillowcase, and a simple tote. All make great gifts. Bring sewing machine to second class. Supplies are additional and will be discussed at first class. Be prepared to go shopping at a local fabric store during the last part of the first class. Provide own transportation. Dismissal will be from the store. A field trip release form will be provided at the first class.

CRFT:713 | \$59

550 M 7pm-9:30pm
Sept. 8 – Sept. 29

Carolyn Rubsam
FV - TBA

Sewing: Intermediate

Intermediate students will advance their sewing skills by constructing more advanced projects. Practice skills learned from beginning sewing and add new ones: making a piped seam, inserting a lining, stitching in the ditch, inserting a lapped zipper, turning a square corner, edge stitching, and applying bias binding. Projects vary but may include a sewing machine dust cover, a decorator pillow, and a microwave bowl potholder. All make great gifts. Bring sewing machine to second class. Supplies are additional and will be discussed at first class. Be prepared to go shopping at a local fabric store during the last part of the first class. Provide own transportation. Dismissal will be from the store. A field trip release form will be provided at the first class.

CRFT:713 | \$59

551 M 7pm-9:30pm
Oct. 13 – Nov. 3

Carolyn Rubsam
FV - TBA

Exclamation Point!

"I've had **Thi Miller** for other classes and she is excellent! I love taking classes with Thi and look for them every semester."

- **Marian C., student**

Explore, Create and Learn with Continuing Education!

Embroidery: Design & Stitch

Embroidery doesn't have to be dancing dishes or kittens in mittens! In this three week class, each student will create a pair of pillowcases that fits your personality. You'll focus on creating your own designs and using the many resources available to find unique patterns that inspire you. Learn different techniques for transferring designs that are easy and effective. You will learn many stitches, from basic to advanced. Everyone will work together, but each will have a very personalized end product. All supplies included in the cost of the class and will be yours to take home to use again and again. Please bring a pair of scissors to class. No prior experience necessary.

CRFT:728 | \$65

550 Tu 6:30pm-8:30pm
Oct. 7 – Oct. 21

Megan Maganharm
SCEUC, 206

New Machine Quilting Basics:

Exploding Block Pattern

This wall hanging or micro quilt is completed entirely by sewing machine. The exploding block pattern is easy to cut and fast to sew with accuracy for the beginning or advanced quilter. Applying borders, batting, backing, and binding will finish the project. Learn the techniques and you will be ready to advance to a larger quilt. Sewing machine skills are needed to successfully complete this project. The first class will include a field trip to the fabric store. Class will dismiss from the store. Bring your sewing machine to the second class

CRFT:718 | \$59

550 Tu 7pm-9:30pm
Oct. 7 – Oct. 28

Carolyn Rubsam
FV - SM, 133

Basic Building Blocks for New Quilters

Have you always wanted to make a quilt but had no idea how to begin? Step by step, you will learn how to choose and prepare fabric, cut and sew your quilt blocks, baste together a quilt top, adding batting and backing, set with borders, and learn a basic quilt stitch. When you are done, you will have either a wall hanging or a beautiful table runner. Acquire a new skill, one you can pass on to your children. Basic hand sewing skills necessary. Supply list sent.

CRFT:718 | \$110

300 Tu 6:30pm-8:30pm
Sept. 16 – Oct. 21

Melanie Redler
Timbers-Eureka

680 Sa 9am-11am
Sept. 20 – Oct. 25

Melanie Redler
MC - AS, 204

New Art Quilting: Fall Sampler

Art quilting is a contemporary textile art based on traditional elements but incorporating new techniques, materials and forms - abstracts, crazy quilting and fabric painting. Students will come out with a variety of quilt squares that explore non-traditional piecing, fusible products, utilizing photographic images and found objects such as paper fibers, beads, buttons, or yarn. Supply list sent. Prerequisite: Students must know basic sewing stitches and be comfortable working in a free-form style.

CRFT:718 | \$110

650 W 6:30pm-8:30pm
Oct. 15 – Nov. 19

Melanie Redler
MC - CE, Classroom

Shibori Dyeing for Crafters and Quilters

Shibori dyeing is an ancient technique that literally means "shaped-resist dyeing." The shaping process leaves areas undyed that become patterns when the cloth is dyed. Rather than treating cloth as a two-dimensional flat surface, shibori techniques give it a three dimensional form by folding, crumpling, stitching, plaiting, or plucking and twisting. A cloth may be dyed repeatedly using a different shaping method each time. In this class we will make a total of 6 yards of cotton fabric in shibori patterns. Perfect for stash building or plan your color choices for a special project. We will learn many stitched and folded shibori techniques as well as vat dyeing and dye removal. Supplies included in the cost of the class. Bring ziplock bags, rubber gloves and an old towel to class. Dress to work with dye.

CRFT:718 | \$139

500 F 9am-12pm
Oct. 10 – Oct. 31

Nicole Ottwell
FV - H, 109

Silk Scarf Dyeing

Come and get a bit messy while hand-dyeing beautiful scarves. We will use quick techniques to bring color to silk and have fun doing it. You will leave with two beautiful scarves that will look amazing for years to come. Supplies included in the cost of the class. Come dressed to work with dyes. Bring rubber gloves, and old towel and ziplock bags to take home scarves.

CRFT:765 | \$49

651 Tu 6pm-9pm
Sept. 16

Nicole Ottwell
MC - SS, 206

500 F 9am-12pm
Oct. 3

Nicole Ottwell
FV - H, 109

New Ombre: Gradient Dyeing for Crafters & Quilters

Have you wanted to learn how to dye your own fabrics? We will dye several gradients light to dark or one color to another. Think about a group of fabric that go from green to yellow or several shades of one color. You will learn about the dye chemistry and how easy it is to continue to dye your own cloth at home using fiber reactive dyes which are permanent. We will dye 12 yards of fabric in this class in your choice of gradients. Come with an old towel, rubber gloves and old clothes because we can get a bit messy.

CRFT:718 | \$85

450 Tu 6pm-9pm
Nov. 18 – Nov. 25

Nicole Ottwell
FV - H, 107

Knitting 101: Beginning

Learn to knit the basics - casting on, knitting and purling, binding off, and finishing. Get lots of information and tips for future projects. Supply list sent.

CRFT:722 | \$49

450 Tu 6pm-8pm
Sept. 9 – Sept. 23

Thi Miller
FP - G Tower, 115

Knitting: Intermediate

Broaden your skills beyond basic knitting and purling. Learn techniques for increasing and decreasing, making lace, cabling, fixing mistakes and simple pattern reading. Prerequisite: Knit 101 or equivalent experience. Supply list sent.

CRFT:722 | \$49

P02 Tu 6pm-8pm
Nov. 4 – Nov. 18

Thi Miller
Nottingham, 109

Knit Garments: First Sweater

A sweater is a great next step for those who are interested in garment knitting or are ready to move into more advanced projects. We'll cover sweater construction, design and shaping, as well as measurements for a variety of body sizes and shapes. Prerequisite: Knitting 101 or equivalent experience. Supply list sent.

CRFT:722 | \$59

P01 Tu 6pm-8pm Thi Miller
Oct. 7 – Oct. 28 Nottingham, 109

Knit Handwarmers or Mittens

Knit handwarmers and mittens are perfect for the fall and winter. They are quick to make and make a great gift. In this class, we'll work with double-pointed needles and learn the details of mitten design and construction. Prerequisite: Knitting 101 or equivalent experience. Supply list sent.

CRFT:722 | \$49

451 Th 6pm-8pm Thi Miller
Sept. 11 – Sept. 25 FP - G Tower, 115

Knit in the Round: Two Socks on Two Circular Needles

Try sock knitting! It is a favorite among many knitters. Using circular needles is a fun alternative to double-pointed needles. The cold weather is coming! Nothing beats a pair of hand-knit socks in the wintertime. Prerequisite: Knitting 101 or equivalent experience. Supply list sent.

CRFT:722 | \$59

452 Th 6pm-8pm Thi Miller
Oct. 9 – Oct. 30 FP - G Tower, 117

Knit Hats

Come and knit a multitude of hats! Techniques will cover casting-on, knitting, decreasing and shaping, weaving in ends and finishing, and, most importantly, working in the round. You'll learn how to use both a circular needle and a double-pointed needles. After this class you will be well on your way to being a more advanced knitter. Prerequisite: Knit 101 or equivalent experience. Supply list sent.

CRFT:722 | \$49

453 Th 6pm-8pm Thi Miller
Nov. 6 – Nov. 20 FP - G Tower, 117

Fingerknitting

Finger knitting is a form of knitting where a knitted cord is created using only hands and fingers during the entire process, instead of knitting needles or other traditional tools. Come find out how to do this easy craft in a matter of moments and what you can make with your knitted chains. From bracelets, to scarves, we will explore new materials, embellishments and more ideas will make this a fun family craft.

CRFT:724 | \$29

554 Tu 6:30pm-8:30pm Carletta Kemp
Oct. 14 FV - TC, 109

Tangled Fibers: Felting

Felting is the process of tangling fibers together. In this course we will cover a variety of techniques and create felted fabrics, functional textiles, and wool sculptures. Techniques include nuno felting, wet felting with resists, and needle felting. Fiber and needles provided in cost of class. Supply list sent - cost of additional materials from \$5 - \$20

CRFT:765 | \$115

652 Tu 6pm-9pm Nicole Ottwell
Oct. 21 – Nov. 11 MC-CE, Classroom

Crochet 101: Beginning

Crochet basic stitches - single, double and triple, learn to decrease and increase. Make a simple piece and get help reading patterns. You may bring your unfinished project. Both beginning and continuing students welcome. Supply list sent.

CRFT:724 | \$49

710 W 6:30pm-8:30pm Carletta Kemp
Sept. 10 – Sept. 24 Clayton H.S., 124

550 Th 7pm-9pm Tammy Smith
Sept. 11 – Sept. 25 SCEUC, 122

550 Tu 7pm-9pm Anne Frese
Sept. 16 – Sept. 30 FV - SS, 105

450 W 6:30pm-8:30pm Carletta Kemp
Nov. 5 – Nov. 19 FP - G Tower, 113

Crochet: The Next Step: Intermediate

Go beyond the basics of crochet with this class. Learn the half-double and treble crochet stitches, how to increase and decrease. Practice reading patterns. After this class, you will be an Intermediate Crocheter! Students may bring their own projects. Prerequisite: Crocheting 101 or equivalent experience. Supply list sent.

CRFT:726 | \$49

710 W 6:30pm-8:30pm Carletta Kemp
Oct. 8 – Oct. 22 Clayton H.S., 124

550 Th 7pm-9pm Tammy Smith
Oct. 9 – Oct. 23 SCEUC, 122

553 Tu 7pm-9pm Anne Frese
Nov. 4 – Nov. 18 FV - SS, 105

Crochet Granny Squares

Learn to make the traditional granny square! This crochet stitch can be made into square that are pieced together to make clothing, pillows or even a big blanket. A versatile form to learn. This class is for people who know basic crochet stitches and are looking to move forward to more exciting projects. Must be comfortable with double crochet stitch or have taken Crocheting 101. Supply list sent.

CRFT:726 | \$35

451 M 6:30pm-8:30pm Carletta Kemp
Sept. 29 – Oct. 6 FP - G Tower, 113

551 Tu 6:30pm-8:30pm Carletta Kemp
Sept. 9 – Sept. 16 FV - TC, 109

Make It & Take It: Potato Chip Scarf

Funny name, cute scarf. A quick and easy project that you can make and take home the same day! Crocheting a potato chip scarf is just like eating potato chips, you can't make just one. Make a bunch for holiday gifts but keep one for yourself. Prerequisite: Crocheting 101 or equivalent experience. Supply list sent

CRFT:724 | \$29

552 Tu 6:30pm-8:30pm Carletta Kemp
Oct. 21 FV - TC, 109

Make It & Take It: Winter Cowl

A quick and easy project that you can make and take home the same day. Wear this convertible piece around the neck as a chunky collar or pull it up over your head like a hood - either way, it will keep you wonderfully warm in style. Prerequisite: Crocheting 101 or equivalent experience. Supply list sent.

CRFT:724 | \$29

553 Tu 6:30pm-8:30pm Carletta Kemp
Oct. 28 FV - TC, 109

Crochet: Fingerless Gloves or Wrist Warmers

Come and learn how to make simple gloves as you learn to read crochet patterns. Get started on a holiday gift or make a pair for yourself. Must be able to make a chain, and work single and double crochet stitches. Prerequisite: Crochet 101 or similar experience.

CRFT:726 | \$49

550 Tu 6:30pm-8:30pm Carletta Kemp
Nov. 4 – Nov. 18 FV - TC, 109

Crocheted Socks

Socks are not just for knitting. Come and learn to make a crochet pair of socks; read patterns and different techniques for embellishing. Come and make a pair as a gift or for yourself! Previous crochet experience is required. Supply list sent.

CRFT:726 | \$49

452 M 6:30pm-8:30pm Carletta Kemp
Oct. 13 – Oct. 27 FP - G Tower, 113

Crocheted Shrug or Jacket

Let's get started for the winter months in creating a shrug or raglan sleeve cardigan. Find out how to read patterns and also embellishing to your personality.

CRFT:726 | \$49

552 Tu 6:30pm-8:30pm Carletta Kemp
Sept. 23 – Oct. 7 FV - TC, 109

Crochet With Plarn

We all have them, those plastic bags from the grocery store. Making plastic bag yarn, or 'plarn', is a great way to repurpose these bags that would otherwise take over 1000 years to decompose in a landfill. Learn to make plarn and then create a quick crocheted cuff or choker with your new material. Students will bring their own bags to work with (at least 20) and a crochet needle. Prerequisite: Crocheting 101 or equivalent experience. Supply list sent.

CRFT:726 | \$35

450 M 6:30pm-8:30pm Carletta Kemp
Sept. 8 – Sept. 15 FP - G Tower, 113

Basketweaving - Egg Basket

Weave a traditional egg basket using reed in this two day class. A fun and functional basket to have in your home. Supplies included in cost of class. Bring an old towel to class.

CRFT:730 | \$72

500 F 9am-12pm Nicole Ottwell
Nov. 14 – Nov. 21 FV - E, 156

UpCycling Your Old Jewelry

Reinvent old jewelry into something new. Bring your broken, old or outdated jewelry to class and with the addition of some creativity, beads and chains, learn to make it into a new wearable piece. Please bring at least three pieces to work on in class.

CRFT:753 | \$75

450 Tu 6:30pm-8:30pm Ashley Skaggs
Sept. 16 – Sept. 30 FP - G Tower, 119



Basic Wire Wrap

No other jewelry class can match this quick, easy way to wire wrap! Get tons of tips and tricks on how to apply hammered wire to stone and to work with metal. Fee includes use of necessary tools. Supplies for project must be purchased from DEEsigs. Supplies are extra and will cost approximately \$25. Photos of similar projects are available at the Meramec Continuing Education office. Students may bring safety and magnifying glasses for personal use.

CRFT:753 | \$45

M01	Th 6pm-9pm	
	Sept. 25	DEEsigs Studio
M02	Sa 9:30am-12:30pm	
	Oct. 11	DEEsigs Studio
M03	Th 6pm-9pm	
	Oct. 23	DEEsigs Studio

Advanced Wire Wrap

Get tons of tips and tricks on applying hammered wire to stone and working with metal. Fun and unique class for unusual designs. Fee includes use of necessary tools. Supplies for project must be purchased from DEEsigs. Supplies are extra and will cost approximately \$25. Photos of similar projects are available at the Meramec Continuing Education office. Students may bring safety and magnifying glasses for personal use. Prerequisite: Basic Wire Wrap class.

CRFT:753 | \$45

M04	Sa 9:30am-12:30pm	
	Nov. 8	DEEsigs Studio

Gemology 101: Diamond Essentials

Learn about the wide variety of diamonds available, the four "Cs" - cut, color, clarity, and carat and the effect each has on beauty, rarity, and value. This class is for beginners who want to know about diamonds.

CRFT:753 | \$55

S50	W 7pm-9pm	Stacy Minden
	Sept. 24 - Oct. 8	SCEUC, 120

Gemology 102: Colored Stones and Pearls

Learn about the wide variety of precious and semi-precious gemstones, and pearls. Learn about the qualities that determine beauty, rarity, and value. This class is for beginners who want to know about colored gemstones and pearls.

CRFT:753 | \$55

S51	W 7pm-9pm	Stacy Minden
	Oct. 22 - Nov. 5	SCEUC, 120

Basic Metalsmithing Techniques for Jewelry

Learn the fundamental metalsmithing techniques for making jewelry. Basic metal forming skills: sawing, forming and shaping, filing, sanding, soldering, and polishing will be taught. We will be make two finished pieces - a cuff bracelet and a pendant with a simple stone setting. This is a beginning level class. What will be learned are the basic building blocks needed for jewelry design. No experience necessary. Students who have had previous experience working with metal may move onto more advanced projects. Tools and metal supplied in class fee.

CRFT:753 | \$219

680	Sa 9am-12pm	Leia Zumbro
	Sept. 6 - Oct. 18	MC - HE, 131

Metalsmithing Intermediate Techniques for Jewelry "Rings and Things"

In this course you will learn how to make rings from sheet metal and wire. Different methods of soldering will also be taught. We will cover a ring band, twisted ring, rolling ring, ring within a ring and bezel settings. Students who have previous experience working with metal may move onto more advanced projects. Tools and metals included in class fee. Prerequisite: Beginning Metalsmithing Techniques for Jewelry or equivalent experience. No class 11/29, 12/6.

CRFT:753 | \$219

681	Sa 9am-12pm	Leia Zumbro
	Oct. 25 - Dec. 13	MC - HE, 131
	No class 11/29, 12/6	

New Enameling Techniques for Jewelmakers

Enameling is the act of melting glass and fusing it to the surface of metal. In this class we will explore fusing enamel to the surface of copper with a torch, achieving various colors, patterns and textures. Liquid and sifted enamels will be used to create unique wearable and decorative pieces. No experience with metal or enamel is needed.

CRFT:753 | \$219

682	Th 6:30pm-9:30pm	Leia Zumbro
	Oct. 23 - Dec. 11	MC - HE, 131
	No class 11/27	

New EEEEEEEKKKKKKKK...It's Halloween...Stamping

In this class we will have fun creating some special Halloween candy treat holders/boxes and cards using different punches, stamps and learn some spooktacular techniques used in stamping and paper crafting. You will leave class with five different treat holders/bags and two Halloween cards. Fee includes most materials. Supply list sent. LAST Day to enroll or drop is September 26. No refunds after September 26.

CRFT:762 | \$29

680	Sa 9am-12pm	Patti Bossi
	Oct. 4	MC - SW, 102

Stamp-A-Stack: Holiday Cards

Join us once a month to start your holiday crafting early to make your own Christmas Cards. Each month you will create five cards using different stamping techniques. Ending in November, you will have a total of 15 hand-crafted unique cards to use for the holidays! Fee includes most materials. Supply list sent. LAST Day to enroll or drop is September 5. No refunds after September 5.

CRFT:762 | \$55

681	Sa 9am-11am	Patti Bossi
	Sept. 13, Oct. 11, Nov. 8	MC-CE, Classroom

Holiday Scrapbook: Accordion Style

Accordion scrapbooks are quick and easy to make. Come learn how to create this custom scrapbook - it would make a great gift for the holidays! Who doesn't love a brag book full of pictures? We will use stamping techniques, embellishments and more to create this one-of-a-kind seasonal scrapbook. We will complete the scrapbook in class, all you will have to do is add your pictures when you get home. Fee includes most materials. Supply list sent. LAST DAY TO ENROLL OR DROP IS 10/10. NO REFUNDS AFTER 10/10.

CRFT:762 | \$40

MD1	Sa 9am-12pm	Patti Bossi
	Oct. 18	Afton White-Rodgers

Miniature Marvels: Vendor Stand

We will be making a miniature (1:12 inch scale) vendor stand display. Bring Tacky glue, sandpaper, and Xacto knife. Deadline to register or withdraw is Friday, 10/4. No refunds after Friday, 10/4.

CRFT:762 | \$29

5D1	Sa 9am-12pm	Carole Weusthoff
	Oct. 11	FV - E, 160

Bows Like a Pro

Make perfect bows using florist techniques. Tie a dozen bows in various widths and textures to use for gifts or your own floral arrangements. Fee includes materials.

CRFT:765 | \$29

770	W 7pm-9pm	Christine Knipp
	Nov. 19	Hixson Mid. School, 122

Hypertufa Planter Workshop

Students will learn the basic steps for making modern, lightweight concrete planters known as hypertufa. We will create a series of pots for indoor or outdoor use. Pots made in class will be small, but the technique can easily be expanded to create large planters or sculptures for the garden. Please bring your own plastic containers to use as molds. Instructor will supply all materials needed for each student to make three to five vessels.

CRFT:765 | \$45

680	Sa 10am-12pm	Heather Ellison
	Oct. 18	MC - SW, 102

DIY Green Cleaning Products

In this workshop, students will learn the how and why of green cleaning and use simple DIY formulas to make effective, healthy, and environmentally sustainable cleaning products. These products are fun and easy to make, will save you money and have your house sparkling clean and smelling terrific. We will use pure essential oils for fragrance. Recipes include powdered laundry soap, surface cleaner, clothing de-wrinkler, a window cleaner and an alternative to cleanser. Instructor supplies all materials and packaging for you to take your products home.

CRFT:765 | \$45

930	Sa 9:30am-12:30pm	Christine Ritter
	Oct. 18	Thomas Dunn Mem. Ctr
681	Sa 9:30am-12:30pm	Christine Ritter
	Nov. 8	MC - SW, 106

New Lumi Print Dye Workshop

Have you heard about the Lumi printing process? It is a great new alternative to screen printing. It is fast and easy. Join us as we come up with some new and innovative projects for this method of permanently printing on fabric. Workshop participants will print (2) silk handkerchiefs during the workshop and will be able to take home their Lumi printed creations. \$45 worth of Inkodye products to take home is included in the workshop fee (1 Print Fabric with Light Kit and 1 pack of Inkofilim)

CRFT:765 | \$69

682	Sa 9am-1pm	Lauren Cardenas
	Oct. 4	MC - SW, 106

Exclamation Point!

"Patti Bossi is an excellent instructor. I always have a great time in her classes, and learn a great deal. I'll be back for more...join me!"

- Lenore W., student

Call 314-984-7777 to register beginning August 4!

Simple Silkscreening

Silkscreen printing made easy! Students will learn to create and print images with simple silkscreen techniques that do not require special equipment. Several methods of creating a stencil will be explored, including drawing fluid, cut stencils, masking and monotyping. We will print on a variety of materials including paper and fabric. We will not be using photographic techniques in this course. Most supplies included in cost of course, students will bring their own items to print on, Estimated cost \$25-\$50.

CRFT:765 | \$95

650 Th 7pm-9pm
Sept. 18 - Oct. 23

Lauren Cardenas
MC - SW, 206

New UpCycled Shrinky Dinks

Come and explore what you can do with clear and colored # 6 plastics, you'll be amazed. We will decorate and draw on the plastics, then shrink them, just like when we were kids (or parents of little ones). We will learn some basic jewelry making skills and make necklaces, pendants, earrings, bracelets, wine glass markers, key chains or buttons. We will have all of the supplies from pens to punches to jewelry findings. Come ready to make some great new accessories or gifts and have a lot of fun. In the class we will have supplies for each student to make two pairs of earrings one bracelet, two pendants and a set of 6 wine glass charms. Please bring any #6 plastics you can find and a pair of scissors to class.

CRFT:765 | \$70

600 F 9am-12pm
Sept. 19 - Sept. 26

Nicole Ottwell
MC - SW, 102

Bookmaking and Bookbinding

Practice the slow art of creating your own books. In this class we will make 4 kinds of hardcover books. Book making is the creative way to personalize your own sketchbook, journals, guest books or scrapbooks. Make a special gift for the holidays or take them all home for yourself. We will learn to stitch the pages, cover the books, and glue everything together for a completed book. Supplies included in the cost of the class.

CRFT:765 | \$139

550 Tu 6pm-9pm
Sept. 23 - Oct. 14

Nicole Ottwell
FV - E, 154

Candle Making for Fun and Profit

Discover candle making and how to profit from this craft. Make one votive candle and take home molds, wax, wicks, fragrance and putty for a 3 x 3 inch candle. Have fun in an educational, hands-on class. Fee includes all materials. Half hour lunch break - bring a sack lunch. Wear closed-toed shoes, old clothes & long-sleeved shirt for protection against wax splashes.

CRFT:765 | \$45

931 Sa 9:30am-1:30pm
Sept. 20

Thomas Fortenberry
Thomas Dunn Mem. Ctr

683 Sa 9:30am-1:30pm
Oct. 11

Thomas Fortenberry
MC - SW, 104

Exclamation Point!

*"Deb Hennen's classes are always fun.
She is a knowledgeable instructor.
She shared many great ideas
that I'll use in the future."*

- Chris P., student

Culinary Arts



The Cake Decorating Certificate with Continuing Education

Do you enjoy creating beautiful food? Would you like to develop your talent and pave the way to extra income? If baking is your passion, and you have artistic flair, a Cake Decorating Certificate from STLCC will help you build new skills, focus on your strengths and learn the tricks of the trade that you'll need for a successful future in cake decorating.

Classes may be taken individually or as a part of the Cake Decorating Certificate Program.

Call 314-984-7777 for a copy of the Cake Decorating brochure.

Cake Decorating for Fun or Profit:

Beginning

Unleash your creativity with cake decorating! This introductory course includes instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing, figure piping and borders to make your cakes creative, casual, elegant or romantic. Join for fun or for the rewards of starting your own business. Supplies extra. This class can be taken by itself or as part of the Cake Decorating Certificate Program.

FOOD:701 | \$59

770 M 6:30pm-9pm
Sept. 8 - Sept. 29

Cynthia Sciaroni
Hixson Mid. School, 121

Cake Decorating for Fun or Profit:

Beginning & Intermediate

Unleash your creativity with cake decorating! This combined course begins with instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing and borders to make your cakes creative, casual, elegant or romantic. Then you'll enhance your artistic skills and creative abilities with the icing rose, run sugar techniques, figure piping, and basket weave. More as time permits. Join for fun or for the rewards of starting your own business. Supplies extra. This class can be taken by itself or as part of the Cake Decorating Certificate Program.

FOOD:701 | \$79

550 Tu 6:30pm-8:30pm
Sept. 9 - Oct. 28

Maisam Ghannam
FV - SC, PDR-A

Cake Decorating for Fun or Profit:

Intermediate

Enhance your artistic skills and creative abilities in this intermediate level class. Learn the icing rose, run sugar techniques, additional flowers, and basket weave. More as time permits. Basic cake decorating skills required. This class can be taken by itself or as part of the Cake Decorating Certificate Program. Supplies extra.

FOOD:702 | \$59

770 M 6:30pm-9pm
Oct. 6 - Oct. 27

Cynthia Sciaroni
Hixson Mid. School, 121

Gumpaste Flowers

Few things distinguish a decorated cake like exquisitely crafted gumpaste flowers. Learn to make a rose, orchid, dogwood, hydrangea, and more as time permits. Supplies extra (tools range \$60 - \$90). This class may be taken by itself or as part of the Cake Decorating Certificate Program. Park on Hartford or Hampton. Flagpole in front.

FOOD:703 | \$69

P02 Su 1pm-3:30pm
Oct. 19 - Nov. 2

Cynthia Sciaroni
Culinary Arts House

Icings & Fillings

No matter how pretty your creations are, the same basic tasting cake can get tiresome. So if you're looking to expand your repertoire of icings and fillings, this is the class for you. Come learn to make Italian buttercream, ganache, lemon curd, mousse and more. You'll enjoy taste-testing lots of samples! This class can be taken by itself or as part of the Cake Decorating Certificate Program. Park on Hartford or Hampton. Flagpole in front.

FOOD:703 | \$39

P03 Sa 9am-1pm
Dec. 6

Debra Hennen
Culinary Arts House

Cake Decorating: Rolled Fondant

Dazzle your family and friends with the elegant look of a rolled fondant cake. In just 3 classes, you'll learn how to achieve this European style and create an edible masterpiece for your next special occasion. Basic cake decorating skills required. Supplies extra. This class may be taken by itself or as part of the Cake Decorating Certificate Program.

FOOD:703 | \$49

770 M 6:30pm-9pm
Nov. 3 - Nov. 17

Cynthia Sciaroni
Hixson Mid. School, 121

Airbrushing Techniques for Cake Decorating

Airbrushing is a unique technique for creatively adding color to special occasion cakes. Liquid food-safe colors are sprayed through a needle tip with compressed air, giving the cakes a beautiful "painted" look. In this hands-on class you'll get experience using an airbrush like the pros do it, enabling you to make your creative pictures on cakes. You'll practice using ready-made stencils and learn how to make your own, do shadowing and shading to make things look dimensional, and learn how to layer colors. Equipment is provided for use in class and supplies are included. Airbrushing techniques can take your decorated cakes to the next level, giving them a distinctive, professional finish. This class can be taken by itself or as part of the Cake Decorating Certificate Program. Park on Hartford or Hampton. Flagpole in front.

FOOD:703 | \$59

P04 Su 12pm-5pm
Nov. 9

Debra Hennen
Culinary Arts House

Test-out: Cake Decorating Skills

If you already have cake decorating skills and would like to "test out" of the basic skills classes (beginning, intermediate) so you can complete the rest of our Cake Decorating Certificate, sign up for this session. We'll send you a supply list of things to bring and our instructor will assess your skills and readiness for the more advanced classes. Park on Hartford or Hampton. Flagpole in front.

FOOD:702 | \$49

P01 Sa 9:30am-11:30am
Sept. 13

Cynthia Sciaroni
Culinary Arts House

Holiday Cupcake "Critters"

There's no end to the fun things you can create with cupcakes and icing. In this hands-on class, you'll make critters and characters that will include: a reindeer, a snowman and Santa Claus. You'll also make and decorate a cupcake "cake" by arranging cupcakes and decorating them to form a Thanksgiving turkey. No special talent or skills required. All supplies included. Park on Hartford or Hampton. Flagpole in front.

FOOD:702 | \$39

P02 F 6:30pm-9:30pm
Nov. 14 Debra Hennen
Culinary Arts House

Italian Sweets & Treats

Italian sweets are as variable as the regions of Italy. We'll make Cannoli from Sicily; Tiramisu, including Lady Fingers, from Treviso; Double Chocolate Panna Cotta from the northern Italian region of Piedmont; and Torta di Ricotta from the southern regions of Italy. Class is a combination of demonstration with some hands-on. There will be plenty of taste-testing plus you can take some home for later. Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | \$39

P01 W 6:30pm-9:30pm
Sept. 24 Debra Hennen
Culinary Arts House

French Pastries

Take the scary intrigue out of preparing French pastries — you can learn the art and make them yourself. We'll make macarons, éclairs, fruit tarts, crepes, and Paris Brest aux Fruits. Class is a combination of demonstration with some hands-on. There will be plenty of taste-testing plus you can take some home for later. Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | \$39

P02 M 6:30pm-9:30pm
Dec. 15 Debra Hennen
Culinary Arts House

Chocolate Lover's Dream Desserts

These desserts are a dream-come-true for dedicated chocolate-lovers. We'll make chocolate lava cake (a decadent flourless chocolate cake with a dark chocolate ganache filling), chocolate truffles, and chocolate fudge crinkle cookies. All are easy to recreate at home and perfect for your own personal indulgence or for your holiday get-togethers and gift giving. Class is a combination of demonstration with some hands-on. There will be plenty of taste-testing plus you can take some home for later (or for the car ride home!). Park on Hartford or Hampton. Flagpole in front.

FOOD:708 | \$39

P02 Th 6:30pm-9:30pm
Nov. 20 Debra Hennen
Culinary Arts House

Dessert "Shots": Holiday Dessert Buffet

Let your delighted guests help themselves to one-of-each of these surprisingly simple, sweet treats. Learn to make single-serving desserts, often referred to as "dessert shots." From fresh fruit to chocolate to favorite desserts, we'll show you how to mini-size them in a way that elicits a resounding "wow!" for the dessert display at your next party. We'll cover ingredients, containers, and presentation. Class is a combination of demonstration with some hands-on. Come prepared to taste-test these little treasures. Park on Hartford or Hampton. Flagpole in front.

FOOD:724 | \$39

P02 F 6:30pm-9:30pm
Dec. 12 Debra Hennen
Culinary Arts House

Impossibly Easy & Simply Elegant

Mini Pie Tarts

Do you purchase pie shells from the grocery store because you're terrified that you'll butcher a pie crust from scratch? Well fear no more! In this class, you'll see just how easy it can be to make simple buttermilk pie crusts while we put together some surprisingly easy, elegant mini tarts. Everyone will get lots of practice making their own mini pie crusts. You'll also learn to make a several types of pie fillings, such as homemade vanilla custard, from-scratch cherry pie filling, and chocolate bourbon pecan pie. You'll take home pie crusts to freeze (imagine the convenience, taste, and homemade quality!) as well as pies that are ready to eat, so bring a take-home container. Class includes demonstration and hands-on practice.

FOOD:705 | \$39

750 Tu 6:30pm-9:30pm
Nov. 18 Michelle Melton
Kirkwood Sr. H.S., C 191

Fabulous Pies

Join this baker's class and you'll learn to prepare a variety of tempting pies, including: Apple butter pumpkin pie; cranberry streusel pie; old fashion strawberry pie; apple, pear, cranberry pie; pear-cherry streusel pie and several other pies you'll not only enjoy tasting in class, but you'll enjoy making at home again and again. Bring a 9" pie pan to take home warm pie samples. Class is hands-on.

FOOD:705 | \$39

580 Sa 9:30am-12:30pm
Oct. 18 Eileen Fraser
FV - SM, 129

Exclamation Point!

"Michelle Melton is an excellent instructor. This was our first experience with her, and we'll be back for more. Our friend recommended her, and now we will recommend her classes to all!"

- Merri & Joan, students

Artisan Bread Baking

This class in artisan breads covers the basic techniques of white, whole wheat and sourdough bread baking. You'll learn different approaches to mixing dough, the essentials of fermentation, how to pre-shape and shape different breads. Shaping procedures include forming an oblong loaf, a twisted knot roll, a baguette and a braided loaf. If you have always wanted to learn how to bake bread, this would be a great place to start. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$39

P01 Sa 9:30am-12:30pm
Sept. 20 Dianne Johnson
Culinary Arts House

Specialty Bread Baking (Enriched Dough)

Enriched yeast breads contain a higher percentage of fat, eggs, milk and sweeteners compared to traditional yeast breads. The enriched dough is softer and stickier than traditional dough and tends to handle differently. The bread products we will make from this sweet dough are brioche, challah, cinnamon rolls and coffee cake. The class will emphasize the proper techniques of mixing, shaping, and baking to help ensure your success in the kitchen. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$39

P02 Sa 9:30am-12:30pm
Oct. 4 Dianne Johnson
Culinary Arts House

Sweet & Savory Quick Breads

Buttermilk biscuits, blueberry muffins, pumpkin bread, and cranberry scones are all called quick breads. They are called that because they are quick to mix together and quick to bake. You'll learn how to use chemical leavening agents (primarily baking powder and baking soda) properly. We'll prepare quick breads using the biscuit method, muffin method and creaming method. We'll use a variety of flours, fruits, nuts, spices and vegetables in our breads. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | \$39

P03 Sa 9:30am-12:30pm
Oct. 18 Dianne Johnson
Culinary Arts House

Basic Home-baked Yeast Breads & Beyond

Imagine filling your home with the delightful aroma of baking bread and sharing warm-from-the-oven home baked breads with family and friends! Learn to make a variety of old-fashion homemade breads made perfect for modern appetites. We're sure you'll enjoy our basic white bread, pretzel rolls, baker's dozen cheesy yeast rolls, multigrain bread, whole wheat rolls, homemade pizza crust, and more. Class is hands-on.

FOOD:706 | \$39

580 Sa 9:30am-12:30pm
Sept. 27 Eileen Fraser
FV - SM, 129

Quick Breads, Muffins, Cupcakes & More

If you love to bake and want quick results, this is the class for you! Come enjoy fresh-from-the-oven quick breads such as: New York crumb cake, apple muffins, cinnamon spiced cupcakes, swirled coffee cake, cream cheese raspberry muffins, chocolate citrus scones plus a variety of other quick-fix specialties that can be enjoyed by the family or given as gifts to appreciative friends. Class is hands-on.

FOOD:706 | \$39

581 Sa 9:30am-12:30pm
Nov. 1 Eileen Fraser
FV - SM, 129

Halloween Cookie Bouquet

Make, decorate, and construct a Halloween Cookie Bouquet. You'll leave class with a completed "bouquet" to keep or to give that special Trick-or-Treater in your life. Fee includes a cookie bouquet to take home.

FOOD:708 | \$39

P01 M 9:30am-12:30pm
Oct. 27 Debra Hennen
Thomas Dunn Mem. Ctr

Creative Halloween Treats

It's a whole new twist on "finger foods!" Come learn to make hauntingly tasty treats and drinks. You'll make "finger" cookies, apple "bites," "eyeball" cake pops, and more as time permits. Wash it down with some "brain" shooters, warm witches' "blood," and "brain hemorrhage." Bring a take home container for your goodies. Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:724 | \$39

P01 F 6:30pm-9:30pm
Oct. 24 Debra Hennen
Culinary Arts House

Holiday Cookies

Looking for new cookie recipes to brighten up your holiday dessert trays? In this class we'll bake white chocolate chip oatmeal cookies, apple streusel cheesecake bars, cookie dough brownies, banana chocolate chip cookies, strawberry shortbread cookies, blueberry lemon cream cookies plus an assortment of additional cookies. Bring a container to take home a freshly-baked selection of your favorites. Class is hands-on.

FOOD:708 | \$39

580 Sa 9:30am-12:30pm
Dec. 6 Eileen Fraser
FV - SM, 129



Gourmet Dipped Apples

Impressive and delicious — a crisp fall apple hidden under layers of sinfully sweet caramel, drizzles of dark and white chocolate, and loads of crunchy toppings. These are the perfect party favor or gift (or personal indulgence!). Learn the secrets to creating these delightful treats and go home with the perfect one of your own. Bring a take home container. Class is hands-on.

FOOD:712 | \$39

P01 Tu 9:30am-12:30pm **Debra Hennen**
Sept. 23 *Thomas Dunn Mem. Ctr*

What's in Your Spice Cabinet?

An Exploration of Cooking Spices

Have you ever stared at the hundreds of little bottles in the spice aisle in your grocery store perplexed and thinking "what does THAT smell/taste like and what do you DO with it?!" Come find out! In this exploratory course, you'll prepare recipes and experience a wide variety of spices from Anise to Turmeric. You'll learn what they are, what they taste and smell like, what type of foods or cuisines they are best for and of course how to cook with them (hands-on) to make awesome dishes from curry chicken to Jamaican jerk pasta. If you're ready to bring some new spice into your life with flavors like paprika, fennel, cardamom, white pepper, cloves, allspice and more, then this is the class for you! Come hungry and bring take home containers. Class is hands on.

FOOD:712 | \$39

750 Tu 6:30pm-9:30pm **Michelle Melton**
Sept. 23 *Kirkwood Sr. H.S., C 191*

Girls Night Out: Diva Cupcakes!

Come spend a fun, creative evening with your best girlfriends learning to create pretty cupcakes with a diva theme. You'll make a high heel shoe, purse, hat, and dress cupcakes. In addition, you'll see how to make and decorate a cupcake "cake" to go with the theme. There will be plenty of taste-testing plus you can take your creations home for later (or for the car ride home!). Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:716 | \$39

P01 Th 6:30pm-9:30pm **Debra Hennen**
Sept. 18 *Culinary Arts House*

Gluten-free Holiday Baking

Are you fretting over what to bake for yourself or a family member following a gluten-free diet this holiday season? Fear not! In this class you'll learn to prepare a variety of holiday treats that do not contain gluten, but will be enjoyed by all of your guests. Bring take home containers. Class is a combination of demonstration and hands-on. *Note: We will be working in a facility that may have been cross-contaminated with some gluten-containing ingredients.

FOOD:718 | \$39

P04 Tu 6:30pm-9:30pm **Dianne Johnson**
Nov. 11 *Culinary Arts House*

Cooking with Ancient Grains: Quinoa, Amaranth and Farro

Join us to learn about the fascinating history of ancient grains and their nutritional benefits. Next, learn how to cook and add these ancient grains into your daily diet. Cooking with old-world grains adds texture, variety and healthy nutrients to meals. Participants will prepare and sample a number of recipes made with quinoa, amaranth and farro. Bring containers to take home leftovers. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:718 | \$39

P01 Th 6:30pm-9:30pm **Dianne Johnson**
Sept. 25 *Culinary Arts House*

Vegetarian-Vegan Main Dishes

Want to join the Meatless Monday Campaign but don't know where to start? Learn to create delicious, appetizing and healthy vegetarian and vegan dishes that even devout meat eaters will enjoy. Whether you're vegetarian or vegan or just want to incorporate more vegetables and nonmeat proteins into your diet, this class will give you easy and delicious ways to naturally do so without adding soy meat substitutes into your recipes. You'll help prepare dishes using seasonal organic ingredients, whole grains, beans, vegetables, and fruits. Dishes may include Red Thai chili, cashew cream broccoli soup, white bean and Swiss chard soup, black bean quinoa salad, and soy-free meat substitute. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:718 | \$39

P02 Th 6:30pm-9:30pm **Dianne Johnson**
Oct. 16 *Culinary Arts House*

MORE Vegetarian-Vegan Main Dishes

Take the Meatless Monday Campaign a step further. Learn to create delicious, appetizing and healthy vegetarian and vegan dishes that even devout meat eaters will enjoy. Whether you're vegetarian or vegan or just want to incorporate more vegetables and nonmeat proteins into your diet, this class will give you easy, and delicious ways to naturally do so without adding soy meat substitutes into your recipes. You'll help prepare dishes using seasonal organic ingredients, whole grains, beans, vegetables, and fruits. Dishes may include: Sanchocho (root vegetable and plantain soup), buffalo chickpea pitas with ranch dressing, spaghetti pomodoro with grilled garlicky tempeh and creamy corn-crusting tempeh pot pie and more. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:718 | \$39

P03 Th 6:30pm-9:30pm **Dianne Johnson**
Nov. 13 *Culinary Arts House*

Irresistible Vegetables: Who Knew?

Are you tired of cooking corn, broccoli, carrots, and peas the same old way every night? Re-discover the wonders of veggies through simple, often quick recipes that will leave your whole family coming back for more. Put excitement and variety back into your mealtimes with over a dozen new recipes that you'll try in this class, like cauliflower au gratin, bacon asparagus, Chinese green beans, Marsala Brussels sprouts, chocolate zucchini bread, celery chestnut casserole, and much more. Come hungry and bring take home containers. Class is hands on.

FOOD:718 | \$39

750 Tu 6:30pm-9:30pm **Michelle Melton**
Sept. 16 *Kirkwood Sr. H.S., C 191*

MORE Irresistible Vegetables: Who Knew?

Did you love the Irresistible Vegetables class and find yourself craving more? Well then this class is for you! Once again, we'll make over a dozen tasty veggie recipes including restaurant favorites and gourmet masterpieces like Mozzarella caprese, Parmesan zucchini chips, green bean french fries, an edamame saute, stuffed gouda chorizo bell peppers, white bean dip, and much more. Come hungry and bring take-home containers. Class is hands-on.

FOOD:718 | \$39

751 Tu 6:30pm-9:30pm **Michelle Melton**
Sept. 30 *Kirkwood Sr. H.S., C 191*

The Wonderful World of Fermented Vegetables

Come experience the wonderful world of fermented vegetables. We'll have samples of krauts, kimchis, and other fermented vegetables for you to try. These fermented vegetables are rich in nutrients and healthy probiotics. You'll be making your own sauerkraut with cabbage and vegetables, but that's just the start! We'll move on to kimchi, learning what makes those combinations and processes different from sauerkraut. Other vegetables can be fermented, too (without whey) and we'll show you how. Bring a large bowl and several large glass jars with lids for taking home what you've prepared.

FOOD:718 | \$29

780 W 6:30pm-8:30pm **Jane Campbell**
Sept. 17 *Lindbergh H.S., 31*

Krazy for Kefirs

Did you know you can make wonderful probiotic drinks at home? Come sample two different kefirs (milk and water), then see a demonstration of how to make them. You'll also learn how to second ferment each one. These drinks are not only good for your health, you'll discover how easy and tasty these probiotic drinks are. Bring 2 glass jars with lids to take products for home fermentation.

FOOD:722 | \$29

781 W 6:30pm-8:30pm **Jane Campbell**
Oct. 8 *Lindbergh H.S., 31*

Krazy for Kombucha & Kvass

Did you know you can make wonderful probiotic drinks at home? Come sample kombucha and kvass, then see a demonstration of how to make them. You'll also learn how to second ferment each one. You'll make a beet kvass to take home and finish the fermentation. These drinks are not only good for your health, you'll discover how easy and tasty these probiotic drinks are. Bring 2 glass jars with lids to take products for home fermentation.

FOOD:722 | \$29

780 W 6:30pm-8:30pm **Jane Campbell**
Sept. 24 *Lindbergh H.S., 31*

Hassle-free Holiday Cocktail Party

Gather round the Christmas tree and kick off the holiday season with a hassle-free show-stopping menu that's easy. Featured recipes: pancetta wrapped figs, sun-dried tomato crostini, beef tenderloin open-faced sliders with horseradish cream, bacon-stuffed mushrooms, glazed spiced cashews, shrimp ricotta turnovers, cheese straws. Class is hands-on.

FOOD:724 | \$39

750 W 6:30pm-9:30pm **Suzanne Corbett**
Nov. 19 *Kirkwood Sr. H.S., C 191*

Campbell House Christmas Dinner

Celebrate the season by recreating a Gilded Age dinner, such as those made famous at the historic Campbell House Museum. Vintage recipes featured: cream of onion soup, beef chasseur, winter salad with tomato aspic, Roman punch, and Queen of Sheba cake with Chantilly cream. Class is hands-on.

FOOD:724 | \$39

751 Tu 6:30pm-9:30pm **Suzanne Corbett**
Dec. 2 *Kirkwood Sr. H.S., C 191*

Incredible Edibles!

Dinner and a Movie!

Dinner and a Movie: "Julie & Julia"

Chef Mark Williams is back, bringing with him our much-loved Dinner & Movie series. In this captivating movie, the lives and food obsessions of Julia Child, a 1960s food icon, and Julie Powell, a 21st century blogger, become intertwined in this captivating movie. Though separated by time and space, both women are at loose ends until they discover that with the right combination of passion, fearlessness and butter, anything is possible. This is the story of Julia Child's start in the cooking profession alongside Julie Powell's 2002 challenge to cook all the recipes in Child's first book, *Mastering the Art of French Cooking*, in the span of one year. A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Registration/withdrawal deadline: 9/8. No refunds after that date. Saturday morning, 9/20, a Julia Child cooking class will be taught by tonight's chef, held at the Forest Park campus culinary department (FOOD 747 480)

FOOD:747 | \$25

481 F 6:30pm-9:30pm
Sept. 19

Mark Williams
FP - HSP, ABDR

Dinner and a Movie: "The Station Agent"

Chef Mark Williams is back, bringing with him our much-loved Dinner & Movie series. In this 2003 Sundance Film Festival winner, a man with dwarfism moves to rural New Jersey after his best friend dies, hoping to lead a life of solitude in an abandoned train station. A cast of colorful characters complicate his life, preventing the isolation he'd hoped for. Funny yet sad, critics have proclaimed this movie to be "as touching and original a movie as you're likely to see." A buffet will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Registration/withdrawal deadline: 10/6. No refunds after that date.

FOOD:747 | \$25

482 F 6:30pm-9:30pm
Oct. 17

Mark Williams
FP - HSP, ABDR

Seats fill fast!

**Call 314-984-7777 to register
beginning August 4!**

Dinner and a Movie: "Woman on Top"

Chef Mark Williams is back, bringing with him our much-loved Dinner & Movie series. Isabella is a fabulous cook, making her husband's restaurant in Bahia, Brazil, a success. To control her motion sickness, she must do the driving and be on top during sex, which drives her macho husband, Toninho, to infidelities. Heart-broken, she moves in with her childhood friend in San Francisco. In an effort to mend her heart, she makes an offering to the goddess of the sea. The result: Isabella no longer loves and the fish in Bahia no longer bite. When Toninho tries to get her back, he discovers that she is hosting a popular TV show and is being courted by its producer. Will Toninho learn humility? Can Isabella find happiness without him? A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Registration/withdrawal deadline: 10/27. No refunds after that date.

FOOD:747 | \$25

483 F 6:30pm-9:30pm
Nov. 7

Mark Williams
FP - HSP, ABDR

Holiday Appetizers

Looking for different appetizers that will delight your guest at your next holiday party? Whether you're having an impromptu get-together or an elegant feast, here's your chance to shine. Holiday entertaining can be easy when you have these do-ahead, time-saving appetizer recipes that your guests will love. Come experience a taste of the holidays with: cranberry brie fillo tarts, cremini crostini, mushroom-onion crescents, oregano-Swiss slices, Italian sausage pizza roll-ups and more. Something perfect for everyone. Class is hands-on.

FOOD:724 | \$29

550 Th 7pm-9:30pm
Nov. 20

Eileen Fraser
FV - SM, 129

Moroccan Cooking

Moroccan cuisine reflects its cultural influences, Berber, Arab, French, while utilizing the rich Mediterranean agriculture. Explore the culinary pleasures of Morocco with authentic recipes straight from the Moroccan kitchen. The menu for this hands-on class includes meat and vegetable tajines, couscous, hot and cold salads, as well as traditional mint tea and fresh bread. We will also discuss the use of spices and herbs in Morocco, an essential component. This is a great class for those interested in this cuisine, as well as those wondering what to do with their pressure cooker or tajine pot (although this equipment is not required to be successful). Class is hands-on.

FOOD:734 | \$39

783 M 6:30pm-9:30pm
Oct. 13

Lisa Payne
Lindbergh H.S., 31

A Taste of India: Popular Chicken Entrees with Side Dishes

If you enjoy the flavors of Indian cuisine, come learn to prepare these popular dishes. You'll help prepare and enjoy traditional Indian flavors in: chicken curry (bone-in chicken cooked with onion tomato and spices); chicken korma (boneless chicken cooked with nuts and cream); egg curry (eggs with onion, tomato and spices); and vegetable pulav (basmati rice cooked with peas and spices). Served with naan and raita. Class is hands-on.

FOOD:734 | \$39

780 M 6:30pm-9:30pm
Sept. 22

Seema Shintre
Lindbergh H.S., 31

A Taste of India: A Bountiful Indian Vegan Meal

If you enjoy dining out in Indian restaurants, come learn to prepare these delicious non-meat dishes yourself at home. You'll prepare and enjoy sampling: masala baingan (small eggplants with onion, tomato, peanut, coconut and spices); aloo gobi (cauliflower and potatoes with spices); mixed daal (two kinds of lentils seasoned with spices); paratha (skillet fried unleavened bread); peas pulav (a well-spiced dish made with rice, peas and spices); koshimbir (salad made with daikon, carrots and tomatoes). Class is hands-on.

FOOD:734 | \$39

781 M 6:30pm-9:30pm
Sept. 29

Seema Shintre
Lindbergh H.S., 31

A Taste of India: Gluten-Free & Vegetarian

If you enjoy the flavors of Indian food, come learn to prepare these dishes for yourself. It's not difficult once you've been shown how to do it. In this class, you'll prepare and enjoy sampling: cheela (chickpea flour pancakes); chutney dosa (rice and lentil pancakes served with peanut chutney); chana saag (chickpeas and spinach with spices); sambhar (soupy lentils with veggies, coconut and spices). Class is hands-on. *Note: We will be working in a facility that may have been cross-contaminated with some gluten-containing ingredients.

FOOD:734 | \$39

782 M 6:30pm-9:30pm
Oct. 6

Seema Shintre
Lindbergh H.S., 31

Tapas: Small Plates

Spanish Tapas bars introduced Americans to the concept of small plates in the 1990's. Now restaurants and gastro pubs everywhere utilize the concept to demonstrate and offer small portions of traditional entrée-type dishes. Tapas are a great way to sample and experience several different dishes that one might not normally try as well as a fun way to communally share dishes with a group of friends. In this class you will help prepare several traditional Spanish tapas as well with experiment with one or two from other cuisines. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:734 | \$39

480 Sa 9:30am-12:30pm
Oct. 4

Mark Williams
FP - HSP, 111

Wok Wonders

Stir fry to deep fry to steaming and simmering - woks work wonders in the kitchen. Master the simple techniques featuring these classic recipes: Mongolian beef, sweet sour shrimp, red cooked chicken wings and steamed pork dumplings, Chiang Mai curry noodles, sweet bean sesame seed balls. You're welcome to bring your own wok to class. Class is hands-on.

FOOD:734 | \$39

750 W 6:30pm-9:30pm
Sept. 10

Suzanne Corbett
Kirkwood Sr. H.S., C 191

Chinese Take-out (at home)

Addicted to your favorites on your local Chinese restaurant's take-out menu but looking to save some cash or perhaps eat a little bit healthier? Learn how to make your Chinese favorites at home with fresh vegetables and sometimes, less oil. In this class, we'll learn how to make Crab Rangoon 3 ways (traditional fried, baked, and as a dip) as well as General Tso's chicken, sesame chicken, Moo Goo Gai Pan, pork spring rolls, Szechuan beef, fried rice, and egg drop soup. Come hungry and bring take-home containers. Class is hands-on.

FOOD:734 | \$39

751 Tu 6:30pm-9:30pm
Oct. 14

Michelle Melton
Kirkwood Sr. H.S., C 191

Perfect Pot Pies

Pot pies were a staple in peasant cottages throughout the centuries, as well as in American homes up through the 1950's and 60's, then declined for several decades. But as nouvelle cuisine continues to put a new spin on old favorites, many traditional dishes, such as pot pies, are making a resurgence. Pot pies are a one-dish meal that used to be made with scraps of vegetables and meats, covered with a pastry topping. Let's rediscover what made them so satisfying and flavorful. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:742 | \$39

480 Sa 9:30am-12:30pm
Oct. 18

Mark Williams
FP - HSP, 111

Ground Beef Gourmet

Forget the bun! The higher cost of ground beef demands thinking beyond the burger. Give your ground beef a gourmet makeover with recipes inspired from around the world. Come prepare and experience: Hungarian-style cabbage rolls, Swedish meatballs, moussaka and old school Bolognese sauce. Class is hands-on.

FOOD:742 | \$39

750 Tu 6:30pm-9:30pm
Sept. 9

Suzanne Corbett
Kirkwood Sr. H.S., C 191

Autumn Soup Kettle & Bread Basket

At this time of year, you can't have enough good soup recipes. Popular instructor Suzanne Corbett will be sharing several tasty and flavorful classic recipes to brighten your fall season suppers and lunches (you'll love to have leftovers, they just get better!). Best of all, she's pairing them with tasty breads to make a full, hearty meal. Come help prepare and sample: corn and cheddar chowder, sweet potato bisque, woodland mushroom soup, chicken and wild rice soup. Featured breads: caraway rye horns, buttermilk pan rolls, and whole wheat pecan mini-loaves. Class is hands-on.

FOOD:742 | \$39

751 W 6:30pm-9:30pm
Sept. 24

Suzanne Corbett
Kirkwood Sr. H.S., C 191

Winter Soups to Warm Your Heart

The winter chill is in the air and nothing can beat a hearty bowl of soup for a lunch or light supper. Kick the "can" habit and experiment with your own spectacular flavors. In this class, we'll prepare a variety of delicious mealtime soups full of meats, flavorful herbs and seasonal veggies. You'll prepare Tuscan soup with sausage, potato and kale, cheeseburger paradise soup, chicken-matzo ball soup, chicken tortellini soup, BLT soup, creamy broccoli carrot soup and more. Something perfect for everyone. Class is hands-on.

FOOD:742 | \$29

550 Th 7pm-9:30pm
Oct. 2

Eileen Fraser
FV - SM, 129

Get Cooking with Continuing Education!

Savory Soups, Broths, & Stews: From Simple to Exotic

Soups have the power to soothe and comfort. From a light, clear broth to a hearty stew, nothing is so satisfying as a steaming bowl of soup. We'll get you ready for cooler weather, making some traditional well-known favorites as well as exploring a couple of exotic Asian soups, using all-encompassing basic techniques that will serve you well as the base for many other soups. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:742 | \$39

481 Sa 9:30am-12:30pm Mark Williams
Nov. 8 FP - HSP, 111

Retro Classics: The 1970s

Get a taste of the past along with a little history as you cook and sample the decade of the 1970's. We'll prepare and enjoy: cheese fondue, quiche Lorraine, beef stroganoff, strawberry kiwi salad, Watergate salad, Harvey Wallbanger cake. Class is hands-on.

FOOD:744 | \$39

751 W 6:30pm-9:30pm Suzanne Corbett
Oct. 22 Kirkwood Sr. H.S., C 191

Retro Classics: The 1960's

Get a taste of the past along with a little history as you cook and sample the decade of the 1960's. We'll prepare and enjoy: chicken a la king, lobster Newburg, cheese soufflé, the wedge salad with thousand island dressing, and the famous "tunnel of fudge" cake. Class is hands-on.

FOOD:744 | \$39

750 W 6:30pm-9:30pm Suzanne Corbett
Oct. 15 Kirkwood Sr. H.S., C 191

The Magic of Mother Sauces

Sauces make everything taste better. The successful pairing of a sauce with a food transforms it from "ho-hum" to spectacular. Learn to make the five basic mother sauces: velouté, béchamel, espagnole, tomato and hollandaise. Hundreds of other sauces can be derived from these classics. This class will provide an introduction to ingredients, techniques and uses, including roux, slurry, mirepoix, bouquet garni, and sachet. Class is hands-on.

FOOD:747 | \$39

750 W 6:30pm-9:30pm
Sept. 17 Kirkwood Sr. H.S., C 191

Simple Savory Sauces: Ways To Take "Chicken" to CHICKEN!

A simple sauce can transform an economical entrée into exquisite cuisine. Using pantry and refrigerator ingredients, you can develop techniques to prepare delicious sauces that will enhance the flavor of your entrée and make a fabulous presentation. In this class, you'll also develop skills using herbs and spices to create international variations on flavor while controlling added salt. Class is hands-on.

FOOD:747 | \$39

751 W 6:30pm-9:30pm
Oct. 1 Kirkwood Sr. H.S., C 191

Dazzling Dessert Sauces

From coulis to chantilly cream, develop techniques for making simple, elegant and delicious sauces to take desserts to a presentation level — including plate painting and glazes. We'll include using puff pastry and phyllo plus a demonstration of the preparation of choux-paste (you'll be surprised how easy it is!) for making éclairs, cream puffs, and Napoleons. Perfect for the holidays! Class is hands-on.

FOOD:747 | \$39

752 W 6:30pm-9:30pm
Nov. 5 Kirkwood Sr. H.S., C 191

My Favorite Julia Child Recipes

Today, Julia Child is an American icon. She brought French cooking and cuisine to the American masses in a simple, direct, and straightforward manner. She took much of the mystique and perceived snobbishness out of cooking and emphasized that food should, at all times, please the individual eating it, regardless of the "rules" of what goes with what. Join us as we make some of our chef instructor's favorite recipes from her first cookbook, *The Art of Mastering French Cooking*. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:747 | \$39

480 Sa 9:30am-12:30pm Mark Williams
Sept. 20 FP - HSP, 111

Introductory Knife Skills: With Dinner!

Are you ready to do more cooking at home but unsure of yourself when it comes to techniques for using a chef's knife safely and effectively? In this class, the instructor will discuss knife safety and demonstrate a variety of classic cuts and simple cutting techniques. You'll learn how to use a knife safely, how to properly care for a knife, and how to recognize quality when shopping for a knife. Then, you'll practice simple knife cuts with your very own chef knife that will be yours to keep for attending this class! By the end of this class, you will be able to safely dice an onion and turn carrots, celery, and potatoes into uniform pieces of whatever size you want with confidence! There will be plenty of time for practice, questions, and one-on-one guidance as you practice your knife skills while making a few soups and salads for a tasty dinner. Class includes a lecture and hands-on cooking.

FOOD:747 | \$59

753 Tu 6:30pm-9:30pm Michelle Melton
Oct. 28 Kirkwood Sr. H.S., C 191

Make Your Own Wine at Home

Would you like to try making your own wine? Home wine-making is an enjoyable and satisfying hobby. The quality of home-made wines can be amazing. Taking this class can lead the way to making the process easy; simple instructions ensure success. Many tips from our experienced home wine-making expert will enhance and improve your own efforts at home. This is a demonstration "show & tell" class (no drinking), with step-by-step instructions that will take you from start to finish. Participants will assist in preparing a batch of wine (unfermented) and take a sample to ferment at home. Must show proof of 21 years or older.

FOOD:760 | \$35

M05 W 6pm-9pm
Oct. 22 St Louis Wine & Beermaking

Compare & Contrast Different Wine Varietals

What's the difference between Bordeaux and a Chilean Cabernet Sauvignon or the difference between Sancerre and California Sauvignon Blanc? This will be a side-by-side tasting where we will be comparing the same grape varietals from different regions and identifying their individual characteristics. Included will be sensory components (i.e., apples, gooseberries, eucalyptus, etc.) to better identify the aromatics and flavors found in wine. \$20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M01 Tu 6:30pm-8:30pm William Polhemus
Sept. 16 The Wine Barrel

Wines of the Pacific Northwest

California has definitely set the tone for American wines but the world-class wines of the Pacific Northwest have made a significant impact. The quality of Oregon Pinot Noir and Pinot Gris as well as Washington Merlot, Syrah and Riesling can't be outdone. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. \$20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M02 Tu 6:30pm-8:30pm William Polhemus
Oct. 14 The Wine Barrel

Best Values in Wine

Everyone is looking for that great deal regardless of whether they're purchasing wine or a car. This will be a look into how to find those wines that truly over deliver. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. \$20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M03 Tu 6:30pm-8:30pm William Polhemus
Nov. 18 The Wine Barrel

Wines: The Big 6

An exploration into the six most influential and popular grape varietals in the world. This will be an examination of the styles and characteristics of Cabernet Sauvignon, Merlot, Pinot Noir, Chardonnay, Sauvignon Blanc and Riesling. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. \$20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M04 Tu 6:30pm-8:30pm William Polhemus
Dec. 9 The Wine Barrel

Coffee College

Have you wondered what the difference is between cappuccino and latte? Have you wished you could distinguish between Kenyan or Columbian coffee or even knew the difference between packaged, bagged and fresh coffee? Then come to our Coffee College and learn the characteristics of beans from different growing areas, taste several coffees that will provide you with a good sample of coffees from all over the world, and learn the different roast levels that impact the flavor, feel and aroma of coffee.

FOOD:765 | \$19

V01 W 6pm-9pm
Sept. 24 Alaska Klondike Coffee Co

Couples Cook: Sweet and Savory Crepes

Why are crepes so magical? They can be stuffed and rolled, folded, or layered. Many other cultures have foods similar to crepes, either savory or sweet: tortillas (Mexico), flat breads (Middle East), sponge breads (central Africa), and pancakes (North America). This class will focus on preparation of French crepes. They enchant and delight us because they are so versatile. Preparing these delightful crepes with someone special is satisfying and lots of fun. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes. Class is in the Student Center, Room 015.

FOOD:765 | \$35

480 F 6:30pm-9:30pm Mark Williams
Oct. 3 FP - SC, 015

Couples Cook: Easy & Delicious Meals

Make plans to join us for an evening of delicious dining and fun in the kitchen. We'll enjoy pork chops with spicy orange glaze, chicken with strawberry balsamic sauce, pesto green beans, very berry crisp, autumn spinach salad with vinaigrette, just to name a few. Our instructor will have additional recipes for you to prepare, share, and enjoy that will complement these and complete this wonderful evening activity for partners only. Fee is per person. Class is hands-on.

FOOD:765 | \$29

580 F 7pm-9:30pm
Sept. 19

Eileen Fraser
FV - SM, 129

Couples Cook: Fall Entertaining

Get a jump on ideas for upcoming seasonal parties with delicious recipes that will dazzle your friends and family. In this hands-on couples class, you'll prepare and enjoy: Sautéed chicken with tarragon cream sauce, roasted carrots with honey mustard, chipotle butternut squash soup, pork chops with blackberry-zinfandel sauce, plus dessert and much more. Our instructor will have an array of recipes for you to try. Come share this wonderful evening activity for partners only. Fee is per person. Class is hands-on.

FOOD:765 | \$29

581 F 7pm-9:30pm
Oct. 10

Eileen Fraser
FV - SM, 129

Couples Cook: Holiday Dinners

Join us for an evening of fun in this couples class, preparing and sampling delicious recipes that are great for the upcoming holidays. Recipes will include: pork tenderloin with apple salsa, Brussels sprouts and cauliflower gratin, baby carrots with mint gremolata, apple cider chicken with pecans, salad greens with raspberry vinaigrette, acorn squash and apple soup, dessert and more! Our instructor will have an array of recipes for you to try. Come share this wonderful evening activity for partners only. Fee is per person. Class is hands-on.

FOOD:765 | \$29

582 F 7pm-9:30pm
Oct. 24

Eileen Fraser
FV - SM, 129

Couples Cook: Appetizer Party

Come spend an evening socializing and feasting on tasty appetizers that are elegant, hearty and perfect for holiday entertaining. This evening you'll prepare and dine on: Greek appetizer strudels, pork bruschetta with orange chimichurri, pastry-wrapped tenderloin with horseradish aioli, grilled asparagus and portabella bits. Our instructor will have several additional delicious appetizer recipes for the group to prepare and enjoy to complete this wonderful evening activity for partners only. Fee is per person. Class is hands-on.

FOOD:765 | \$29

583 F 7pm-9:30pm
Nov. 14

Eileen Fraser
FV - SM, 129



Dance

Ballet Tone & Stretch for Beginners

Beginning techniques of classical ballet will be combined with toning and stretching on mat and barre for overall body conditioning. No prior ballet experience required. Leotard, tights, and ballet shoes required. Studio is located behind a kitchen and bath design store.

DANC:701 | \$69

M01 M 7pm-8pm
Sept. 15 - Nov. 3

Adiva Dance Center

Ballet: Beginning

This fun class is designed for the student who has never studied ballet before or hasn't taken a recent class. You'll learn to utilize your center/core for strong ballet technique. The fun and exciting movement of ballet is a great way to get into shape with music and movement that is as good for the soul as it is for the body! Ballet shoes required.

DANC:701 | \$69

M02 Tu 7:15pm-8:15pm
Sept. 16 - Nov. 18

Studio-Brentwood

920 W 6:30pm-7:55pm

Sept. 10 - Nov. 12 **U. City H.S., Dance Studio**

Tap Dancing: Beginning

Designed for the beginner as well as someone with limited tap experience. Basic tap steps and tap combinations will be taught as well as a tap routine. Develop your sense of movement while practicing basic rhythm tap techniques. A fun way to exercise!

DANC:707 | \$69

M01 M 8pm-9pm
Sept. 15 - Nov. 3

Adiva Dance Center

*Do not purchase tap shoes until after first class.
Studio is located behind a kitchen & bath design store.*

M02 Tu 8:15pm-9pm
Sept. 16 - Nov. 18

Studio-Brentwood

Bring shoes to first class. Call The Studio directly for specific purchasing information: 314-968-4881.

Tap Dancing: Beyond the Basics

Once you've thoroughly mastered the basics, take the next steps to advance your dancing technique. You'll learn and practice new steps, combinations, and a dance that will make you a more proficient tapper. Previous tap experience and tap shoes required.

DANC:708 | \$69

M01 Tu 6:30pm-7:30pm **Bonnie Kleyboecker**
Sept. 9 - Nov. 11 **St John's UCC, dining hall**

Belly Dance for Fun & Fitness

If you're looking for a fun and entertaining new way to exercise, try belly dancing. This class will teach you to perform various forms in the belly dance genre. It's a workout to middle eastern music that just might be what you're looking for, whether your goal is exercise or performance. Wear fitness style clothing for freedom of movement. No baggy sweat clothes. Studio is located behind a kitchen & bath design store.

DANC:745 | \$69

M01 Tu 7pm-8pm
Sept. 16 - Nov. 4

Adiva Dance Center

The Art of Belly Dancing

Experience the gentle, artful style of Middle Eastern belly dancing. In this course, you'll get a firm foundation in the basics of Middle Eastern dance, including basic steps, stage presentation, and dance fitness. Add grace, poise, strength and balance as you celebrate the power and beauty of your femininity. Wear fitness-type clothing for freedom of movement. No tennis shoes or heels. Barefoot, socks, or ballet slippers acceptable. No class 10/21.

DANC:745 | \$69

750 Tu 6pm-7pm
Sept. 16 - Nov. 11

Lois Marshall
Kirkwood H.S., dance studio

New Hip Hop Dancing

Come try this trendy and energetic dance form for a terrific workout to great dance music. Our experienced instructor will teach all types of hip hop moves, such as popping, locking, freezing and stepping (all styles except break-dancing). You'll acquire an understanding of rhythm and musicality that will get you opening up and moving in unique ways. Hip hop can be done to all kinds of music, so come learn some new moves that will help you express your own personality through dance.

DANC:751 | \$59

920 W 6:30pm-8pm
Sept. 17 - Oct. 22

Them Mnyande
U. City H.S., BOYS GYM

Electric Slide: Beginning

If you've never tried slide dancing, or you haven't danced this style in a while and would like a refresher, this is the class for you. Our instructors will start at the beginning and take you to fantastic! No experience required.

DANC:734 | \$49

580 Sa 11am-11:50am
Sept. 13 - Oct. 18

Eleanor Whitney
FV - PE, 233

582 Sa 11am-11:50am
Oct. 25 - Dec. 6
No class 11/26

Laverne Gee
FV - PE, 233

Electric Slide Plus

This is a strictly-for-fun course that is designed to teach you the Electric Slide and many of its popular variations. Be on top of the latest steps and routines so you can be confident on the dance floor at the next party or social event. Some experience recommended.

DANC:734 | \$49

581 Sa 12pm-12:50pm
Sept. 13 - Oct. 18

Eleanor Whitney
FV - PE, 233

583 Sa 12pm-12:50pm
Oct. 25 - Dec. 6
No class 11/26

Laverne Gee
FV - PE, 233

Slide Dancing for Fun & Fitness: Beginning

Come learn the latest party slide dances in the St Louis area and around the nation. This is an introduction to R&B line dance. Imagine yourself joining in the fun at parties and social events when the slide dancers take to the floor. After taking this class you will be able to do just that. Explicit instructions will make slide dancing easy to learn. Slide dancing is a fun way to exercise, reduce stress, and promote positive social interaction. No class 9/20.

DANC:734 | \$59

H80 Sa 10am-11:30am
Sept. 6 - Oct. 18

Stephanie Crusoe
Harrison Ed Ctr, 206

Slide Dancing for Fun & Fitness: Intermediate

Now you can learn to do the latest slide dances and hustles sweeping the nation. This high energy class is perfect for the slide dancer ready for more beyond the basics. Intricate dance routines will be taught in easy to follow steps. Slide dancing encourages fun, wellness and creativity. If you already have slide dancing abilities and want to increase your skills, this class is a must! Pre-requisite: Beginning Slide Dancing for Fun and Fitness. No class 11/1, 11/29.

DANC:734 | \$59

H81 Sa 10am-11:30am
Oct. 25 - Dec. 13

Stephanie Crusoe
Harrison Ed Ctr, 206

Western-style Square Dancing: Beginning

This is modern western-style square dancing (not that old-time dance in the barn!) and the fun starts right on the very first night! Meet new people and make new friends. This course provides introductory square dancing lessons. No previous dance experience or special dance attire is needed. Come and join us for fun, fitness, and friendship! Partner preferred but not required. Wear casual clothes and comfortable shoes. View video: www.you2candance.com. Co-sponsored by West County Spinners.

DANC:747 | \$39

M01 Tu 7:30pm-9:15pm
Sept. 9 – Oct. 28 Trinity Lutheran Church

Ballroom Dancing: Beginning

In eight short weeks, you can learn to dance with grace and ease. Be comfortable and confident at the next social event you attend. A variety of dance rhythms and steps will be covered. Add a new dimension to your life by learning some of the classic favorites which can provide you with a lifetime of enjoyment. It's a fun night out and you'll be amazed at what you can do! Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:720 | \$69

M01 Th 7:30pm-9pm
Sept. 11 – Oct. 30 Charles Lages
St John's UCC, dining hall
Partners only.

700 M 6:30pm-7:55pm
Sept. 15 – Nov. 3 Karen Merlin
Selvidge, Cafeteria
Partners helpful though not required. Rotation of partners is encouraged but not mandatory.

Ballroom & Latin Dancing: Beginning

Begin your dance skills with basic ballroom rhythms such as waltz and foxtrot, then learn to dance to Latin rhythms such as rumba and cha cha (other rhythms time permitting). The techniques and dance styles taught in this course will help you look great on the dance floor. This course is designed for those who have no dance experience as well as for those who have done other styles of dance. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:720 | \$69

780 M 7pm-8:30pm
Sept. 15 – Nov. 3 Gerry & Marlene Strait
Sperrang, Cafeteria

Ballroom & Latin Dancing: Intermediate

This class is for those who are ready to move to the next level. Be certain to have a firm grasp of moves learned in the beginning class. Learn more steps to the basic ballroom and Latin rhythms and add tango, mambo, and merengue rhythms. Techniques taught in this course will help you look great on the dance floor. Prerequisite: Beginning Ballroom and Latin Dancing. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:721 | \$69

780 W 7pm-8:30pm
Sept. 17 – Nov. 5 Gerry & Marlene Strait
Sperrang, Cafeteria

Let's Swing! Quick Start for New Dancers

Swing is one of the most popular dances in St. Louis because it's lively, fun, easy, and the music is great. Three short lessons are all it takes to get you started. Come try it out and see if you like it. If you're looking for a new leisure-time couple's activity, enjoyable exercise, or just a fun time out with friends, swing dancing has it all. Bring two left feet, two right feet, or one of each. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738 | \$35

M01 M 6:30pm-7:45pm
Sept. 8 – Sept. 22 Gerry & Bob Tevlin
Concordia-Kirkwood, CAFE

Swing Dancing: Beginning

Learn to swing dance in a fun, relaxed atmosphere. You'll learn and practice a variety of easily performed swing dance steps that are the basic ingredients of all higher level swing dancing. This class will teach the basics of swing along with combinations and patterns of various swing movements. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738 | \$69

780 Tu 7pm-8:30pm
Sept. 16 – Nov. 11 William Sevier
Sperrang, Cafeteria
No class 10/28
Partners only.

700 M 8pm-9pm
Sept. 15 – Nov. 3 Karen Merlin
Selvidge, Cafeteria
Partners helpful though not required. Rotation of partners is encouraged but not mandatory.

Swing Dancing: Beginning 1 & 2

This class will take you from beginning to amazing! Learn to swing dance in a fun, relaxed atmosphere. This class will start with the basics of swing along with patterns of various swing movements, then move on to more complex combinations and techniques. If you already know the basics, come refine your technique and swing to the next level. By the end of this course, you'll look great on the dance floor! A fun way to meet new friends and dance to great music. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738 | \$59

M02 M 6:30pm-7:45pm
Sept. 29 – Nov. 3 Gerry & Bob Tevlin
Concordia-Kirkwood, CAFE

Latin Dancing: Beginning

Round out your basic ballroom skills and learn to dance to Latin rhythms. Techniques and dance rhythms taught in this course will help you look great on the dance floor. This course is designed for those who have no dance experience as well as for those who have done other styles of dance. Partners helpful though not required. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes. No class 10/21.

DANC:746 | \$69

700 Tu 6:30pm-7:30pm
Sept. 16 – Nov. 11 Karen Merlin
Selvidge, Cafeteria

The Salsa Experience: Beginning Level 1

Learn the authentic Latin culture through the rhythmic sounds of Salsa music and dance. In eight weeks you will learn the basic salsa steps, musicality skills and styling, technique for men to become the perfect lead and ladies to be a fantastic follow, as well as the history of Salsa and the origin of the dance form. You will be moving and shaking in time for a class night out at some of the hottest Latin dance spots in town! (Admissions and transportation on your own.) Couples are welcome but no partner is required. On-street parking; stairs-only access to dance studio.

DANC:746 | \$69

P01 Tu 7pm-8:30pm
Sept. 16 – Nov. 4 Carmen Guynn
Almas Del Ritmo Dance Co

The Salsa Experience: Beginning Level 2

This class is for those who are ready to move to the next level. Come back for a refresher and add some new moves to what you already know. You'll get help learning the best form for body positioning, posture, and balance while learning new intermediate turn patterns and how to apply them to the rhythmic sounds of Salsa music. You will be moving and shaking in time for a class night out at some of the hottest Latin dance spots in town! (Admissions and transportation on your own.) Couples are welcome but no partner is required. On-street parking; stairs-only access to dance studio.

DANC:746 | \$69

P02 Th 7pm-8:30pm
Sept. 18 – Nov. 6 Carmen Guynn
Almas Del Ritmo Dance Co

Easy Social Dancing for Special Occasions

Are you attending a cruise, wedding reception, or reunion where you'll have to dance? Then take our fun course and learn several easy dances that will allow you to dance to anything - fast or slow. You can learn how to look good and move with confidence on the dance floor. It's fun, it's social, and you'll be out in the center of it all when the music starts playing at your next social gathering. You'll develop the ability to lead (men) or follow (ladies) for a smooth, confident look. If you know what music you'll be dancing to, feel free to bring it for helpful suggestions. Partners helpful though not required. Rotation of partners is encouraged but not mandatory. Couples only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:750 | \$69

M02 F 7pm-8:30pm
Sept. 12 – Nov. 7 Gerry & Marlene Strait
RiverChase-Fenton
Partners only. No class 10/31

700 Tu 7:35pm-8:35pm
Sept. 16 – Nov. 11 Karen Merlin
Selvidge, Cafeteria
Partners helpful though not required. Rotation of partners is encouraged but not mandatory.

Easy Social Dancing 1 & 2

In this fun class you'll learn how to look good and move with confidence on the dance floor. Start at the beginning or come back for a refresher and add some new moves to what you already know. It's fun, it's social, and you'll be out in the center of it all when the music starts playing at your next social gathering. You'll get help learning how to dance on the beat of the music; the best form for body positioning, posture, and balance; how to lead and follow; how to spin (!), plus lots of great tips and ideas geared especially for each individual and couple. You'll practice forms of Swing, Slow, and Latin dancing, and even Freestyle, if you like. Great music, expert and patient instructors, lots of fun and all you need to know for your next social event or night on the town. Partners preferred. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:750 | \$69

M01 M 8pm-9:30pm
Sept. 8 – Oct. 27 Sharon Martin
Concordia-Kirkwood, CAFE

Chicago Steppin'

Learn to do "Chicago Stepping" in a fun, relaxed atmosphere. Learn and practice a variety of easily performed dance steps that are the basic ingredients of all higher level dancing. This class will teach the basic 8-count along with turns and dance floor etiquette. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music. Partners preferred but you don't need to bring a partner to learn the dance. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:765 | \$69

580 Sa 1:30pm-3pm
Sept. 27 – Nov. 15 Sherman King
FV - PE, 233

Exclamation Point!

"Karen Merlin is wonderful! Actually, all of the dance instructors at STLCC are great! My husband and I have taken several classes and always have fun, meet new people, and get a good workout!"

- Mia S., student

Fine Arts

New Artful Saturdays

Enjoy three Saturday mornings exploring museum collections both inside and outside. Tours will be led by Betsy Solomon and will feature a specific theme each time, 10/18-Saint Louis Art Museum: A Selection of American Artists, 10/25-Laumeier Sculpture Park: A Monumental Experience, 11/1-Saint Louis Art Museum: "Isms" of 19th Century Art. Participants must provide their own transportation. Information about where to meet will be provided with registration confirmation.

ARTS:705 | \$65

680 Sa 10am-12pm Elizabeth Solomon
Oct. 18, Oct. 25, Nov. 1 MC - Off Campus (CE)

Drawing: All Media: All Levels

This class explores a variety of materials and techniques, including charcoal and pencils. Participants will render geometric forms, and create visual volume and perspective, all with an emphasis on personal gesture marks.

ARTS:709 | \$99

350 Th 6pm-9pm Lisa Payne
Sept. 11 - Oct. 9 Timbers-Eureka

Drawing: Beginning/Intermediate

Learn the tools, materials, visual and artistic perception needed for this essential art form. Drawing fundamentals will be covered - line, perspective, value and composition. Advanced students will expand their skills with more sophisticated projects. Students will use pencil, conte crayon and charcoal. Supply list sent.

ARTS:709 | \$99

P01 W 6:30pm-9pm Lisa Payne
Sept. 3 - Oct. 8 Nottingham, 110

600 Tu 9:30am-12pm Ruth Kolker
Sept. 9 - Oct. 14 MC-CE, Classroom

601 Tu 9:30am-12pm Ruth Kolker
Oct. 21 - Nov. 25 MC-CE, Classroom

Drawing: Intermediate/Advanced

Learn the tools, materials, visual and artistic perception needed for this essential art form. Drawing fundamentals will be covered - line, perspective, value and composition. Advanced students will expand their skills with more sophisticated projects. Students will use pencil, conte crayon and charcoal. Supply list sent.

ARTS:709 | \$99

P02 W 6:30pm-9pm Lisa Payne
Oct. 15 - Nov. 19 Nottingham, 110

Perspective Drawing and Still Life

In a relaxed atmosphere, explore drawing fundamentals - line, perspective, value, and composition. No experience necessary and much individualized instruction given. Intermediate level students advance with more sophisticated projects. Supply list discussed at first class. Bring pencil and sketch pad to first class.

ARTS:709 | \$99

650 Th 6:30pm-9pm William Neukomm
Sept. 4 - Oct. 9 Ladue H.S., 135

651 Th 6:30pm-9pm William Neukomm
Oct. 23 - Dec. 4 Ladue H.S., 135

Botanical Illustration: Beginning

Inspired by antique styles, create contemporary pieces with new methods. Try watercolor, pen and ink, and/or colored pencils. Learn composition and color skills with models from dried plants, fruit, and fresh flowers. All levels welcome. Supply list sent. No class 9/25.

ARTS:709 | \$99

602 Th 12pm-3pm Maureen Brodsky
Sept. 11 - Oct. 16 MC-CE, Classroom

Botanical Illustration: Continuing

A follow-up to our basic Botanical Illustration class. Build on the skills acquired in the initial class. Choose your medium from watercolor, pen and ink, and/or colored pencils. Continue to develop your compositional and color skills with models from dried plants, bulbs, fresh flowers and more! Prerequisite: Beginning Drawing or equivalent experience. Supply list sent

ARTS:709 | \$99

603 Th 12pm-3pm Maureen Brodsky
Oct. 23 - Nov. 20 MC-CE, Classroom

Drawing: Traditional Pencil Basics

Discover the fundamentals of an essential art - drawing. Use pencil to create line, perspective, value and composition. No experience necessary and individualized instruction included. Supply list sent. This class is for beginners only.

ARTS:709 | \$75

680 Sa 12pm-3pm Sean Long
Sept. 20 - Oct. 11 MC - HE, 215

681 Sa 12pm-3pm Sean Long
Oct. 18 - Nov. 8 MC - HE, 215

Drawing in Color Pencil: Beginning

A professional artist introduces techniques to put realism in drawings with color pencil. Supply list sent

ARTS:716 | \$149

S01 Tu 12:45pm-2:45pm Kristine
Scharfenberger
Sept. 2 - Nov. 18 SCEUC, 104

Drawing in Color Pencil: Intermediate

A continuation of the beginner's class. Intermediate students will further develop their skills in building color and value while still leaving room for the beautiful detail and control of colored pencil.

ARTS:716 | \$149

S02 Th 12:45pm-2:45pm Kristine
Scharfenberger
Sept. 4 - Nov. 20 SCEUC, 104

Figure Drawing

Draw with gesture, line, shape and value in relation to a human figure. Sight (measure, take angles, etc.) to determine proportions. Individualized instruction emphasized. Prerequisite: Drawing: Beginning/Intermediate or equivalent experience. Deadline to register is 9/2. Supply list sent. Nude models are used. Classroom only has tables. Bring a tabletop easel if you have one.

ARTS:718 | \$149

6D1 M 6:30pm-9:30pm William Neukomm
Sept. 8 - Oct. 27 Clayton H.S., 24

Caricature Drawing

Draw the likeness of a person in an exaggerated form - caricature! This course introduces the student to the special art of caricature. Focus is on how to draw a portrait of a person involving a degree of graphic exaggeration and distortion of facial and/or body features. The caricature is a time-honored form of illustration. The student will learn how to observe through the eyes of a caricaturist and how to approach the actual drawing of the subject/model. The desired outcome, through practice, is for the student to be able to create a recognizable portrait of a subject/model. Surprise friends by capturing their quirkiness as a cartoon character. Supply list sent.

ARTS:721 | \$75

651 W 6pm-9pm Sean Long
Oct. 22 - Nov. 12 MC - HE, 137

Cartooning

Explore cartooning and comics with an overview of tools used in an overlooked art form. Investigate comic strip creation, comic book layout, political cartooning, basic character design, hand drawn animation, and more. Gain an understanding of basics, skills and techniques. Prerequisite: Basic Drawing class or equivalent experience. Supply list sent. There will be homework assignments.

ARTS:733 | \$75

680 Sa 9:30am-11:30am Sean Long
Sept. 6 - Oct. 11 MC - HE, 125

New Picture Book Illustration

This information packed course covers the basic steps involved in creating a picture book, and what qualities make a book successful. Participants produce their own six page counting book starting with thumbnails, then sketches, making a book dummy and painting final artwork.

ARTS:721 | \$75

650 W 6pm-9pm Sean Long
Sept. 17 - Oct. 8 MC - HE, 137

Right Brain Drawing

Learn to tap into the right side of your brain for creative projects! Drawing exercises utilize the more creative, less analytical hemisphere to unleash your potential artist. You'll make the mental shift to a state where drawing is pleasurable, meditative and frees you from anxiety. Instructor has years of experience in assisting students to access their creative mind! Supply list sent. Textbook required - bring to first class.

ARTS:721 | \$99

480 Sa 9:30am-11:30am Mary Feagan
Sept. 20 - Nov. 8 FP - G Tower, 111

750 Tu 6:30pm-8:30pm Mary Feagan
Sept. 2 - Oct. 21 Kirkwood Sr. H.S., SA 1

New Sketching in the Galleries:

Museum Visit & Sketch

Learn from the masters with an afternoon drawing from their masterpieces. Meeting at St. Louis Art Museum, we will explore different techniques through the medium of drawing. An overview of sculpture, painting and drawing from the works on display in the galleries. We will meet the first week to cover class objectives and supplies. The next three weeks will start with a visit to the museum to sketch the chosen medium and a follow up discussion of your sketches.

ARTS:721 | \$69

P01 Sa 10am-11am Lauren Cardenas
Oct. 4 FP - G Tower, 119

Sa 9am-12pm
Oct. 11-Oct. 25 STL Art Museum

Calligraphy Basics

Learn Calligraphy basics for letters and numbers - pen angle, letter slant, size and spacing. Discover how to use this art form in practical ways. Supply list sent.

ARTS:722 | \$65

S01 F 10am-12pm Kristine Scharfenberger
Oct. 24 - Nov. 21 SCEUC, 101

Mastering Calligraphy

Get an in-depth study of calligraphy's most common form, italic. Learn proper pen angle, letter slant, spacing, size for upper and lower case and numbers. Instructor stresses the use of calligraphy in everything from invitations to fine art. Supplies discussed at first class.

ARTS:722 | \$119

650 M 7pm-9:30pm Leslie Barnes
Sept. 15 - Nov. 3 MC-CE, Classroom

Pottery for the Novice/Beginner

For the person who has never worked in clay or prefers a slower pace. Start with the basics of handbuilding and wheelthrowing while you work your way up to creating a variety of personal projects. Tool supply list sent. Approximate cost of tools is \$18. Fee includes most materials.

ARTS:727 | \$135

720 M 6:30pm-9pm Guy Sachs
Sept. 8 - Oct. 13 Ladue H.S., 132

721 M 6:30pm-9pm Guy Sachs
Oct. 20 - Nov. 24 Ladue H.S., 132

PERSONAL ENRICHMENT

Pottery: Intermediate/Advanced

Explore projects in which skills in hand-building and wheel-throwing are practiced and improved. Prerequisite - Beginning Pottery or Novice Pottery or equivalent experience. Tool supply list sent. Approximate cost of tools is \$18. Fee includes most materials.

ARTS:727 | \$135

722	Th 6:30pm-9pm Aug. 28 - Oct. 2	Guy Sachs Ladue H.S., 132
723	Th 6:30pm-9pm Oct. 9 - Nov. 20	Guy Sachs Ladue H.S., 132

Pottery: All Levels

Explore projects in which skills in hand-building (for beginners) and wheel throwing (for more advanced students) are investigated and improved. All levels of experience are welcome. Fee includes most materials.

ARTS:727 | \$135

580	Sa 9:30am-12pm Sept. 6 - Oct. 11	Sheow Chang FV - H, 109
581	Sa 9:30am-12pm Oct. 18 - Nov. 22	Sheow Chang FV - H, 109
550	Tu 6:30pm-9:30pm Sept. 2 - Oct. 7	Carl Behmer FV - H, 109
551	Tu 6:30pm-9:30pm Oct. 14 - Nov. 18	Carl Behmer FV - H, 109

Watercolor: Beginning Techniques

Paint with the brilliant color and fluid stroke of watercolor. Students will practice various techniques in transparent watercolor and learn the best paint, paper type and preparation. Prerequisite: Basic drawing class or equivalent experience. Supply list sent. No Class 11/27.

ARTS:735 | \$185

600	Tu 1pm-3:30pm Sept. 9 - Oct. 14	Beverly Hoffman MC-CE, Classroom
M01	Th 12:30pm-3pm Sept. 11 - Dec. 4	Nancy Muschany St John's Ev. UCC

Watercolor: Intermediate/Advanced Techniques

Paint transparent watercolor on a more advanced level. Students must be proficient in drawing with basic watercolor skills. Attempt the more difficult techniques of layered washes, modeling with color, unusual textural accents, etc. Prerequisite: Beginning Watercolor class or equivalent experience.

ARTS:736 | \$185

M01	M 12pm-2:30pm Sept. 8 - Nov. 24	Nancy Muschany St John's Ev. UCC
M02	W 12pm-2:30pm Sept. 10 - Dec. 3	Nancy Muschany St John's Ev. UCC
301	F 12:30pm-3:30pm Sept. 5 - Nov. 21	Phyllis Smith Piffel WW, 309
600	Tu 1pm-3:30pm Oct. 21 - Nov. 25	Beverly Hoffman MC-CE, Classroom

Watercolor Portraits: People and Pets

Use watercolor to paint portraits-people and/or pets from photographs. Explore techniques to get a likeness in facial features, show fur or skin variations, and add backgrounds with washes and modeling. Work from your own or instructor's photographs. Prerequisite: Watercolor class or equivalent experience. Students must be at the intermediate or advanced level and proficient in drawing. No class 10/13.

ARTS:738 | \$99

600	M 10am-12:30pm Sept. 15 - Oct. 20	Beverly Hoffman MC-CE, Classroom
601	M 10am-12:30pm Oct. 27 - Dec. 1	Beverly Hoffman MC-CE, Classroom

New Watercolor: Creative Still Life

Expand your watercolor vocabulary. Explore and experiment with still life objects to find new ways to perceive old familiar shapes and invent new shapes. Utilize color harmonies and build new compositions. Prerequisite: Basic Drawing class or equivalent experience. Supply list sent.

ARTS:735 | \$99

680	Sa 10am-12:30pm Sept. 6 - Oct. 11	Beverly Hoffman MC - HE, 217
-----	--------------------------------------	---------------------------------

Oil or Acrylics: All Levels

Explore oil paint's richness or acrylic's speed in a class that covers color theory, artistic perception, composition, and paint mixing/application. Progress at your own rate with individualized instruction as you learn techniques to enhance painting skills. Recommend beginning students attend first three classes. Supply list sent. Bring supplies to first class. Water-based oils are the only type allowed in the classroom.

ARTS:740 | \$185

500	F 9am-12pm Sept. 12 - Nov. 14	William Neukomm FV - H, 104
W01	Th 1:30pm-4:30pm Sept. 11 - Nov. 20	Lisa Payne Timbers-Eureka

Oil or Acrylic: Advanced

Only for experienced artists who want to paint for fun, relaxation or have a goal of eventually selling paintings. Get some formal instruction in color, technique or composition. Work at your own pace. Bring art supplies to first class. Water-based oil paints will be the only type of oil paint accepted in the classroom.

ARTS:746 | \$185

710	W 6pm-9pm Sept. 10 - Nov. 12	Brenda Schilling Clayton H.S., 23
-----	---------------------------------	--------------------------------------

Painting I and II

An introduction to oil painting from still-life objects, with emphasis on technique and the effective use of color. Composition and drawing will be stressed as they relate to painting. Additional studio hours required. A continuation of Painting I with emphasis on composition and color. Knowledge will be developed for future individual study. Additional studio hours required. Available for credit as ART:114 and ART:214.

ARTS:740 | \$303

230	MW 5:30pm-9pm Aug. 18 - Dec. 10	Felipe Frye WW, 309
-----	------------------------------------	------------------------

Painting Plein Air

Paint Forest Park in your favorite medium (watercolor, acrylic or oil) while you explore the language of color. Paint at a variety of locations and discover the intricacies of mixing a limited set of colors each week to make an infinite number of tints and shades. Experience the emotions of color, paint the light and enjoy the park. The first session will meet at Forest Park campus for one hour. We will cover materials needed at this time. All following sessions are for two hours and meet in different locations in Forest Park. Provide your own transportation.

ARTS:748 | \$79

400	Tu 1pm-2pm Sept. 9 Tu 1pm-3pm Sept. 16-Oct. 21	Maureen Brodsky FP - G Tower, 115 FP - Off Campus (CE)
-----	---	--

Exclamation Point!

"Maureen Brodsky was wonderful and knowledgeable in her field. She was particularly adept at introducing unusual materials for use in art projects, stretching my imagination. She also presented the historical background of this art form."

Bill W. - student

Portraiture for All Mediums

Combine your enjoyment of drawing and painting! Have you always wanted to capture a person's likeness with a portrait? In this class, you will learn proportions, helpful tips, essential techniques and follow step-by-step demonstrations for portraiture. We will begin with drawing and work into the paint medium of your choice. Water-based oil paints are the only type allowed in the classroom. This class is perfect for all skill levels.

ARTS:748 | \$185

580	Sa 1pm-4pm Sept. 13 - Nov. 15	William Neukomm FP - G Tower, 409
-----	----------------------------------	--------------------------------------

Acrylic Impressions

Fledgling artists-try painting, those with experience-loosen your style to paint like the Impressionists. You'll work in a small size to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list sent. All levels welcome.

ARTS:748 | \$185

M01	Tu 12:30pm-3:30pm Sept. 2 - Nov. 4	Phyllis Smith Piffel Kirkwood Comm. Ctr
700	W 6:30pm-9:30pm Sept. 3-Nov. 5	Phyllis Smith Piffel LaSalle Sprgs Mid. School, 400

Acrylic Impressions: Workshop

Fledgling artists-try painting, those with experience-loosen your style to paint like the Impressionists. You'll work in a small size to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list sent. All levels welcome.

ARTS:748 | \$79

M02	Tu 12:30pm-3:30pm Nov. 11 - Dec. 2	Phyllis Smith Piffel Kirkwood Comm. Ctr
701	W 6:30pm-9:30pm Nov. 12 - Dec. 10	Phyllis Smith Piffel LaSalle Sprgs Mid. School, 400

All About Framing Artwork

Learn what's new as well as framing design basics. Learn how to place artwork to beautify and protect the work. Students will learn what is important for their needs - how to best prep their work for a show, how to prep art so it will look good for a long time, how and where to hang art (and where it should never be hung). Some traditional and non-traditional custom framing and DIY ideas will be presented. Bring questions and photos of your rooms and art or bring your art! Students may bring a lunch to eat during the Q&A portion of the class.

ARTS:765 | \$30

680	Sa 10am-1pm Oct. 25	Deborah Weltman MC - HE, 134
-----	------------------------	---------------------------------

Music

Fun with Ukelele

Play an instrument so easily you can strum a tune after the first session - lots of fun. Get basic music theory, train your ear, and coordinate fingers. Small body and fingerboard make the uke a perfect starter instrument for the guitar also. Fee includes music and use of a ukulele.

MUSC:705 | \$95

730	Tu 7pm-9pm Sept. 16 - Nov. 4	Karl Markl Bernard Mid. School, 106
-----	---------------------------------	--

Guitar: Beginning

This class is for students who have never played a guitar and have no background in music. The class will cover, tuning, string changing, how to select a new guitar and a brief history of the guitar. Students will learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques. We will introduce tablature and guitar notation. Must bring own (acoustic) guitar and an extra set of strings. No text required. Electric tuner recommended.

MUSC:705 | \$69

751	W 7pm-8:30pm Sept. 10 - Oct. 29	James Renz Kirkwood Sr. H.S., W 115
-----	------------------------------------	--

Piano: Beginning

In this enjoyable, relaxed approach to the piano, you will learn: 1) the letter names of notes and where they are on the keyboard, 2) simple chords to accompany melodies, 3) easy rhythm patterns, 4) pedaling. Text and headphones with 1/4 inch adapter required.

MUSC:710 | \$69

- 650 M 6pm-7pm
Ronald Krausch
Sept. 15 – Dec. 1 MC - HE, 112
- 680 Sa 9am-10:30am
Ronald Krausch
Sept. 13 – Nov. 1 MC - HE, 112
- 600 Tu 12pm-1pm
Cheryl Conley
Sept. 2 – Nov. 18 MC - HE, 112

Piano: Beginning and More

In this enjoyable, relaxed approach to the piano, you will learn: 1) the letter names of notes and where they are on the keyboard, 2) simple chords to accompany melodies, 3) easy rhythm patterns, 4) pedaling. Text and headphones with 1/4 inch adapter required. Course is intended for those with little or no piano or music experience. No class 11/29.

MUSC:710 | \$89

- 580 Sa 8am-9:30am
Christina Springer
Sept. 6 – Dec. 6 FV - C, 114

Piano: Advanced Beginning

Learn: more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. 'Pop' music introduced. Songs will be played in major keys. There is a review at course's beginning if needed. Prerequisite: Basic knowledge of keyboard and letter names of notes recommended. Text and headphones with 1/4 inch adapter required.

MUSC:711 | \$69

- 650 M 7pm-8pm
Ronald Krausch
Sept. 15 – Dec. 1 MC - HE, 112
- 600 Tu 1pm-2pm
Cheryl Conley
Sept. 2 – Nov. 18 MC - HE, 112

Piano: Advanced Beginning and More

Learn: more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales & exercises, and expression marks & phrasing. 'Pop' music introduced. Songs will be played in major keys. There is a review at course's beginning if needed. Prerequisite: Basic knowledge of keyboard and letter names of notes recommended. Text and headphones with 1/4 inch adapter required. No class 11/30.

MUSC:711 | \$89

- 580 Sa 9:30am-11am
Christina Springer
Sept. 6 – Dec. 6 FV - C, 114

Piano: Intermediate

Student must know letter names of notes and where they're located on the keyboard. Covers: minor chords & songs in minor keys, finishing major scales and starting minor keys, chromatic scales, inverted chords, more advanced pedal study and more "pop" songs. Text required - bring to first class.

MUSC:712 | \$69

- 600 Th 12pm-1pm
Cheryl Conley
Sept. 4 – Nov. 20 MC - HE, 112

Piano: Advanced

For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to "pop". Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text and 1/4" headphone adapter required.

MUSC:713 | \$69

- 600 Th 1pm-2pm
Cheryl Conley
Sept. 4 – Nov. 20 MC - HE, 112

Piano: Advanced Workshop

For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to "pop". Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text and 1/4" headphone adapter required.

MUSC:713 | \$69

- 680 Sa 10:30am-12pm
Ronald Krausch
Sept. 13 – Nov. 1 MC - HE, 112
- 601 Tu 9am-10am
Cheryl Conley
Sept. 2 – Nov. 18 MC - HE, 112

Finger Picking for Guitar

Play folk, blues, ragtime & hear general accompaniment patterns using the thumb and fingers of the right hand along with left hand chords to create a complete, solo sound. Course emphasizes alternating bass style. Music in both guitar tablature and traditional notation. If time allows, instructor may discuss open tuning concepts. Prerequisite: Ability to tune the guitar, know first position chords and experience in making basic chord changes with the left hand. Previous students welcome and will be provided new songs. All must bring a six-string acoustic guitar and guitar capo to each class. Bringing music stand is recommended.

MUSC:705 | \$69

- 750 Tu 7pm-8:30pm
Sept. 9 – Nov. 4
No class 10/21
James Renz
Kirkwood Sr. H.S., W 115

Guitar: Beginning

This class is for students who have never played a guitar and have no background in music. The class will cover, tuning, string changing, how to select a new guitar and a brief history of the guitar. Students will learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques. We will introduce tablature and guitar notation. Must bring own (acoustic) guitar and an extra set of strings. No text required. Electric tuner recommended.

MUSC:705 | \$69

- 710 M 7pm-8:30pm
Sept. 8 – Oct. 27
James Renz
Clayton H.S., 102
- 580 Sa 1pm-2pm
Sept. 6 – Dec. 6
Christina Springer
FV - C, 114

Meramec Orchestra

Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS.132.651 (30519). Auditions for seating only. Contact the conductor at 314-984-7636. No class 9/1.

MUSC:714 | \$35

- 220 M 7pm-9pm
Aug. 18 – Dec. 9
Gary Gackstatter
MC - HW, 102

Symphonic Band

Study and performance of representative symphonic band literature. Available for credit as MUS 134.650 (30659). Auditions for seating only. Call the conductor at 314-984-7636. No class 11/27.

MUSC:716 | \$35

- 220 Th 7pm-9:40pm
Aug. 21 – Dec. 11
Gary Gackstatter
MC - HW, 102

Meramec Choir

A study of advanced choral literature. Emphasis on vocal technique and development. Available for credit as MUS 135.601 (30660). Auditions for part assignment only. Contact the conductor at 314-984-7638. No class 11/27.

MUSC:717 | \$35

- 220 TuTh 12:30pm-1:50pm
Aug. 19 – Dec. 11
Gerald Myers
MC - HW, 102

Photography

Digital Photography - Beginning Portraits

Learn to take portraits with a professional photographer. You'll practice your new photography skill on friends and family and then learn to transfer your pictures from the camera to a computer's editing program and create your finished product. Fee includes all materials. However, students must bring a digital camera to use. May also bring a laptop. IBM and Mac computers at the studio are for demonstration - not for hands-on photo editing.

PHOT:701 | \$69

- M01 Sa 2pm-5pm
Oct. 4 – Oct. 11
Masterpeace Studios

Harmonica: Beginning

The harmonica is a fun and easy musical instrument to learn. In just three sessions you will be able to play dozens of folk and campfire type songs. Fee includes student guide/song-book and a 10-hole, "C" diatonic harmonica. Instructor is a member of the Gateway Harmonica Club.

MUSC:720 | \$39

- 650 Th 7pm-8pm
Sept. 11 – Sept. 25
MC-CE, Classroom
- C50 W 7pm-8pm
Oct. 8 – Oct. 22
Corp. College, 215

Harmonica: Intermediate

A continuation of the "C" diatonic harmonica along with an accompaniment cd. Prerequisite: Harmonica: Beginning or equivalent experience. A "C" diatonic harmonica and the Harmonica: Beginning text are required and available for purchase at class if needed.

MUSC:720 | \$25

- 651 Th 7pm-8pm
Nov. 6 – Nov. 20
MC-CE, Classroom

Digital Pictures: Introduction

This course is an introduction to digital images and photos. If you don't know the answer to the following questions then this class is for you. How do I get a photo into my computer? How do I get the photo from my digital camera into my computer? How do I download a picture that someone sent me in an email? Where do I put my photos in my computer? How do I find the photos once they are in my computer? What's a jpeg? This is an entry level class. Because digital cameras vary, the class will cover universal methods of inputting digital images into your computer including using SD (secure digital) and CF (compact flash) memory cards. In some cases, the methods may not apply to your specific digital camera.

PHOT:707 | \$49

- 550 Tu 6pm-9pm
Oct. 21 – Oct. 28
Rachel Bufalo
SCEUC, 207
- 550 Tu 5:30pm-8:30pm
Sept. 9-Sept. 16
FV - B, 127
Rachel Bufalo

Like us on Facebook



St. Louis
Community
College
Continuing
Education



Digital Photography Essentials Certificate

If taking pictures is your passion, and you have artistic flair, the Digital Photography Essentials Certificate from STLCC will help you build new skills, focus on your strengths and learn the tricks of the trade necessary to take your passion to the next level.

The following photography classes meet the curriculum requirements of the Digital Photography Essentials Certificate. Additional classes are required for this certificate.

Classes may be taken individually or as a part of the program.

Call 314-984-7777 for a copy of the Digital Photography Certificate brochure.



Digital Photography Introduction

Come learn the basic skills involved in photography, such as camera skills, and the use of light, exposure, and composition. Understand aperture, shutter speed, ISO, basic composition, depth of field and histograms. You will need a digital camera and memory card. Provide own transportation.

PHOT:704 | \$69

650 Th 7pm-9pm Russell Rosener
Aug. 28 – Sept. 25 MC - SW, 209

Digital Photography: Intermediate

This class is geared for you to continue and expand on learning about composition and lighting techniques. You will learn how lighting and composition will change the way you take photos and enhance your skills as a photographer. This class is the next step for introductory photography students or those who have a fundamental knowledge of their camera functions. Bring your camera and accessories. Prerequisite: Digital Photography: Introduction or Take Better Pictures: Introduction or equivalent experience.

PHOT:704 | \$69

651 Th 7pm-9pm Russell Rosener
Oct. 9 – Nov. 6 MC - SW, 209

Digital Photography: Advanced

This class is geared for you to continue and expand on learning about composition and lighting techniques. You will learn how lighting and composition will change the way you take photos and enhance your skills as a photographer. This class is the next step for introductory photography students or those who have a fundamental knowledge of their camera functions. Bring your camera and accessories. Prerequisite: Digital Photography: Intermediate or Take Better Pictures: Intermediate or equivalent experience. No class 11/27.

PHOT:704 | \$69

652 Th 7pm-9pm Russell Rosener
Nov. 13 – Dec. 11 MC - SW, 209

Nature & Outdoor Photography

Improve your outdoor photography skills and expand your creativity. In this hands-on class, you'll learn the techniques to transform your nature and outdoor photography with infield, hands-on photo instruction coupled with classroom sessions and image critiques. You will gain a greater understanding of what makes a great photo, learn the techniques required, and pick up some tips and tricks professional photographers use. This class will meet in a classroom and in a nature setting. You will need to have your photos developed or printed and brought to the last class. Prerequisite: Digital Photography Introduction or Take Better Pictures: Introduction or equivalent experience. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation.

PHOT:708 | \$59

680 Sa 9am-11:30am Sept. 9 – Sept. 27 MC - SW, 206

Field Photography: Sporting Events, Weddings, etc.

A large percentage of professional photography these days is done in the field at events like weddings, plays, award ceremonies and sporting events. Learn how to shoot and pose like a pro! Also covered in this class will be customer service, contracts, album design and much more! Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation. Prerequisite: Digital Photography Introduction or Take Better Pictures: Intermediate, 35MM and Digital Photography: Intermediate or equivalent experience. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation.

PHOT:712 | \$59

680 Sa 9am-11am Oct. 4 – Oct. 25 MC - SW, 206

Studio Lighting, Portrait & Indoor Photography

An introduction to the basic techniques of using flash as a primary and secondary light source. Flash and its effects on your imagery will be explored through projects, classroom discussion and image critiques. Bring your digital camera to class. Field trips required. Details to be announced in class. Provide own transportation. Prerequisite: Digital Photography Introduction or Take Better Pictures: Introduction or equivalent experience. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation.

PHOT:712 | \$59

680 Sa 9am-11:30am Nov. 1 – Nov. 22 MC - SW, 206

Take Better Pictures: Introduction

Gain photography skills and take better pictures as you learn about the operation of your camera. Improve your techniques to enhance family, vacation and nature images. Get tips that will help you use your camera to the fullest and boost your creativity. No darkroom/lab. You will need a camera (digital or 35 mm) and your own film or memory card. Please note: Due to the large variety of camera brands, your individual camera's features cannot be discussed. Class covers generalities of how cameras operate. Read the camera's manual prior to the first class and bring it to class.

PHOT:701 | \$69

780 M 7pm-9pm Lindbergh H.S., 54
Sept. 8 – Oct. 6

Take Better Pictures: Intermediate

Learn how to take even better pictures with your digital or 35mm camera. Examine the fundamentals of exposure and light. Understand aperture, shutter speed, ISO, basic composition, depth of field and histograms. No darkroom/lab. You will need a camera (digital or 35 mm) and your own film or memory card. Please note: Due to the large variety of camera brands, your individual camera's features cannot be discussed. Class covers generalities of how cameras operate. Read the camera's manual prior to the first class and bring it to class. Prerequisite: Take Better Pictures: Introduction, 35MM & Digital Photography: Introduction, or equivalent experience.

PHOT:701 | \$69

781 M 7pm-9pm Lindbergh H.S., 54
Oct. 20 – Nov. 17

Darkroom Developing and Printing for B&W Photography

Students will learn to develop and print black and white pictures in a darkroom. Students will learn chemical mixture, exposure time and use of darkroom equipment. Students must provide film and 35 mm camera. Chemicals, developing equipment and some paper will be provided. This is a film developing class, not a photography instruction class.

PHOT:705 | \$99

480 F 6:30pm-9pm Cheryl Petrovic
Sept. 19 – Oct. 17 FP - F Tower, 411

650 Tu 6:30pm-9pm MC - HE, 225
Oct. 14 – Nov. 11

Writing

The St. Louis Community College Continuing Education Writing Certificate is designed for beginning or experienced writers who are looking for a course of study that will provide them with an opportunity to develop their own writing voice, build expertise in the art and craft of writing, and gain insight into today's publishing environment.

Courses may be taken individually or towards completion of a certificate.

Writing Certificate Requirements:

- One course from each of the four areas of study
- Two electives from any of the areas
- Three years to complete program
- Portfolio review capstone evaluation course with a faculty member

For a complete brochure on the Writing Certificate program, call 314-984-7777.

New Jump Start Your Fiction Writing: Weekend Intensive

Discover new motivation and refresh your creative juices in this half-day seminar. Creative exercises will focus on writing from the senses and exploring techniques that will yield more vivid, authentic renderings of both narrative and scenes in your fiction. This course is appropriate for both beginning writers who don't quite know where to start and advanced writers looking for new inspiration. Bring a sack lunch.

WRIT:701 | \$39

680 Sa 9am-1pm Angela Mitchell-Phillips
Nov. 8 MC - SO, 206

Creative Writing: A One-Day Workshop

This class is for beginning or experienced writers. We'll emphasize self-exploration and experimentation through a variety of activities. This will include sampling other creative works and engaging in writing exercises that will stimulate your thinking as you learn to convey ideas effectively. Throughout the day, you'll sharpen your creative voice and discover what works best for you. Bring a sack lunch - you'll have the opportunity to ask individual questions and share your experiences.

WRIT:701 | \$49

480 Sa 9am-3pm Daphne Rivers
Oct. 4 FP - G Tower, 113

Boot Camp for Writers

Do you have an idea for a fiction or nonfiction story or memoir, but don't have the discipline to get started? Are you working on a project, but need feedback as you go? With weekly assignments and guided in-class critiques, this 4-session class will help you get writing, stay writing, or improve the writing you already do. All genres welcome. Bring copies of your work-in-progress to first class if you have one.

WRIT:701 | \$69

652 W 7pm-9:30pm Jordan Oakes
Oct. 8 - Oct. 29 MC - CS, 204

Discover Your Writer's Voice

If you want to write, but haven't been able to find your way, this workshop is for you. Whether you're creating a journal, poem, short story or novel, writing is one of the greatest adventures. Explore and celebrate many ways to write with joy and passion, and overcome the challenges that get in your way. Those interested in sharing their work will receive the benefit of a productive critique from both the instructor and fellow students. If you have one, bring copies of your work-in-progress to first class.

WRIT:701 | \$69

650 M 7pm-9:30pm Jordan Oakes
Sept. 15 - Oct. 6 MC - CS, 204

So You Want to be a Writer?

For many, sitting in a chair and typing words is the first step in the journey from writer to Writer. After settling in, a new set of less obvious and less easy to answer questions may arise. What should I write? How can I improve my writing? What to do after the work is done? This class seeks to answer these questions and others through an introduction to form, hands on exploration, and a discussion of how writers work. Whether for personal expression or to share with others, this class aims to answer your questions on what it takes to become a writer.

WRIT:701 | \$25

651 Tu 6:30pm-9:30pm Jeff Van Booven
Sept. 16 MC - CS, 209

How to Publish Your Own Book: What You Need to Know

Have you been thinking about writing a book (or perhaps you have written one) and are curious about how to publish it yourself? In this four-hour workshop we will cover the realities of independent publishing, how editing and design can make your book look great, options for getting your book into print, sales channels, eBook production and tips for book marketing. Presented by the St. Louis Publishers Association.

WRIT:704 | \$39

680 Sa 8am-12pm CE Org Staff
Nov. 1 MC - SO, 206

New Freelancing for Fun & Profit

Do you want to get paid for exploring your passions or sharing what you know with others through carefully crafted non-fiction news and feature articles? This four-week course will teach you how to develop ideas and mold them into pieces fit for newspapers, consumer magazines, trade magazines, blogs, online magazines, and more by covering some of the basics of reporting, writing, and selling stories. No matter what your interests or expertise, you will learn how to identify markets, write query letters, research and interview, and write articles that will get you published for profit. Please bring the recent copies of some of your favorite publications as well as any original story ideas you'd like to see in print.

WRIT:704 | \$59

650 Tu 7pm-9pm Charlene Oldham
Oct. 7 - Oct. 28 MC - CS, 209

New Better Grammar for Serious Writers

Starting your book, short story, article or essay without a good sense of grammar is like setting off on a journey in a beautiful car with bad tires. It's an indisputable fact that powerful readers, particularly lit agents and magazine editors, will throw error-filled prose into the rejection pile, no matter how mesmerizing your metaphors. With good copy editors costing around \$40 per hour, it pays to write well enough to avoid them as much as possible. In this class, you'll brush up on how to write better dialogue and spruce up your prose, improve your spelling and learn how to clear up common grammatical confusions. You won't learn all the things high school should have taught you — but, your writing will garner enough respect to rise to the next level after applying what you learn in this class.

WRIT:706 | \$79

653 M 7pm-9:30pm Jordan Oakes
Oct. 13 - Nov. 17 MC - SO, 204

Advanced Fiction Writing Workshop

Could your novel, essay or short story benefit from an additional critique? Are you interested in working with a network of writers who share similar goals? In this critique-based workshop, we will combine brief lectures on craft with a traditional workshop environment. Intended for students already writing original creative work, this course will focus on sharpening your skills while working toward completion of publishable work. Prepare to discuss and refine manuscripts in a highly supportive workshop environment with both instructor and peer feedback. Prerequisite: A complete or nearly completed writing project. Copies of your manuscript must be made available to each class member. Up to 25 pages (per manuscript) will be copied in sufficient quantity for each student (included in course fee). Your work must be emailed to campus by 10/8. Call 314/ 539-5745 for details.

WRIT:706 | \$79

650 W 7pm-9:30pm Heather Luby
Oct. 15 - Nov. 12 MC - CS, 209

Focus on Fiction:

How to Write Dialogue Like a Pro

In this fast paced and hands-on class, you'll get a mixture of brief lectures that hit the high-points of writing dialogue plus writing exercises that let you immediately try your hand at what you've just learned. The class provides an excellent overview of how to write dialogue that is successful and dynamic, ideal for both the beginner and someone wanting a quick refresher course. Come to class with a notepad, pen, and desire to learn. Students are encouraged to bring samples of their writing, but it is not required. By the end of the day, you'll be a more knowledgeable and skilled writer.

WRIT:706 | \$29

651 Tu 7pm-9:30pm Heather Luby
Nov. 4 MC - CS, 209

So You Want to Write for Children?

Are you interested in writing for children but not sure how to get started? This course will cover magazine and book analysis, plot lines, descriptions, story beginnings, characterization, and dialogue in the various genres of children's fiction and non-fiction, picture books, easy-to-read, chapter books, and middle grade novels. After this class, you'll be ready to get writing!

WRIT:713 | \$49

780 W 7pm-9pm Beverly Letchworth

Focus on Fiction:

How to Develop Memorable Characters

Memorable characters are the backbone of any story. Their actions keep the reader turning pages and their individual personalities are what readers most remember. It's a daunting challenge - crafting resonant characters out of our imaginations. But if you can create dimensional characters, you'll be well on your way to writing a story that is believable, compelling, and perhaps even unforgettable. In this course you'll discover characterization techniques that you can apply to fiction and nonfiction. Through lecture, examples, and in-class exercises, you will learn how to breathe life into your characters, flesh them out, make them captivating, and bring them to vibrant life on the page.

WRIT:706 | \$29

652 Tu 7pm-9:30pm Heather Luby
Nov. 11 MC - CS, 209
Sept. 24 - Oct. 8 Lindbergh H.S., 42

Write Your Life Story - Creating a Memoir

Your life story is a unique treasure. Let our experienced writing instructor help guide you in creating the memoir you've been wanting to write. During each class session you'll write a story based on your memories and life experience. Each story will utilize a different creative writing technique. You'll develop a plan for expanding the stories written in class into a complete personal or family history. Class will be held in the Meramec Continuing Education building classroom, Meramec campus.

WRIT:714 | \$49

600 W 1pm-3pm Jean Alessi
Sept. 17 - Oct. 1 MC - CE classroom

Write Your Memoir

Creativity isn't always required when it comes to good storytelling. When we write about our own lives and experiences, the story within us comes complete with compelling characters you already know and a great plot that's already been lived. We have everything we need right at our fingertips when we compose a memoir - except, perhaps, the writing techniques that can help us feel confident enough to put it all down on paper. A memoir isn't necessarily the same as an autobiography. It can focus on just your childhood; or your adult years — or simply one particularly life-changing day. Every life is fascinating. Every story deserves to be told — and written. This class will guide you in writing your own very unique and special memoir.

WRIT:714 | \$59

P01 F 10am-12pm Jordan Oakes
Sept. 12 - Oct. 3 Thomas Dunn Mem. Ctr

New Generating Positive Publicity: Write Your Own Press Releases

The old axiom holds that there's no such thing as bad publicity, but why not learn the basic techniques behind generating positive press for your business, charity, or other pursuits? You'll learn how to communicate your corporate story to a variety of audiences through news releases, employee profiles, newsletter articles, and more. Come prepared to discover what makes for a newsworthy press release and learn how to write one yourself. Please bring a lunch, a laptop or tablet computer, and plenty of business cards for informal networking.

WRIT:715 | \$39

680 Sa 9am-2pm Charlene Oldham
Sept. 20 MC - SO, 206

Business Writing for Busy Professionals

Does your writing not reflect the polished professional that you are? This seminar will reveal the basics of professional business writing that is relevant in the 2014 business world. Explore a variety of templates for letter writing, formal e-mail etiquette, submitting proposals, social media writing, and memorandums. Whether you run your own business, work in an office, or are looking for your next job, upgrading your written communication skills is a smart investment. Competent business writing can boost your confidence, enhance your image, increase your productivity by achieving your objectives, and might even help advance your career! Bring a writing sample (e.g. cover letter or business document) to class.

WRIT:715 | \$39

681 Sa 8:30am-12:30pm Tiffany Smith
Sept. 27 MC - SO, 206

PERSONAL ENRICHMENT

New Writing Fiction for Young Adults

J.K. Rowling, Susan Collins, John Green, Sherman Alexie - some of the biggest names in fiction these days, write for children and young adults. YA fiction covers a variety of genres from the literary realism of "The Absolutely True Diary of a Part-time Indian" to the dark, dystopian fantasy of "The Hunger Games". YA literature is so compelling that more than a quarter of readers are not teens at all, but rather adults. In this class we'll explore what makes a novel a YA novel and discuss aspects of character, plot, and voice and how they help shape the YA book. Students will engage in in-class writing exercises, and will finish the course with an outline or synopsis and first chapter of their YA novel.

WRIT:719 | \$69

650 Th 7pm-9:30pm
Sept. 11 - Oct. 2

Jeff Ricker
MC - CS, 205

New Writing Feature Stories

If you like to delve into a topic, examine the details, look behind the scenes, paint the pictures and reveal the personalities, then feature writing is for you. In features, which are article-length non-fiction pieces, you can explore your choice of fascinating people, issues, hobbies, history, your travels - anything that intrigues. We will focus on a variety of skills: identifying topics, researching, interviewing, writing ledes, handling quotes, structuring your piece and polishing it. And of course, we will write!

WRIT:719 | \$59

651 M 7pm-9pm
Sept. 15 - Oct. 6

Sarah Schmidt
MC - SO, 204

How to Map a Murder

Ever have the urge to write a whodunit? Published mystery authors Jo Hiestand and Pam DeVoe will lead you through the intricacies of plotting, character development, descriptive scene writing, and setting clues, as well as a brief description of publishing choices open to writers. A St. Louis-area police officer, who co-authors with Jo Hiestand, will discuss various aspects of police work and demonstrate defensive tactics.

WRIT:719 | \$39

681 Sa 9am-1pm
Oct. 18

Jo Hiestand
MC - SO, 206



Playwriting

Many Hollywood writers get their start as play writers. In this four week class, you'll explore story writing for theatre by applying form and structure that will add visualization and characterization to your creative writing techniques. There will be in-class exercises and you'll workshop creative projects. The goal is for you to complete a ten-minute play and learn the art of submitting a script to a theatre company for a potential production. We'll also discuss short plays by various successful playwrights from around the country. If you have a work-in-progress, bring it to class.

WRIT:719 | \$59

653 Th 7pm-9pm
Oct. 9 - Oct. 30

Taylor Gruenloh
MC - CS, 205

Writing the Short Story: An Introduction

Short stories are making a comeback in a big way, with the Nobel Prize win by acclaimed short story writer Alice Munro and George Saunders' win of the Folio Prize for "Tenth of December." In this class we'll use in-class writing exercises, written comments and workshop critiques to develop our understanding of what makes successful short fiction. We'll also read a lot of great short stories by some of the masters of the form.

WRIT:719 | \$69

652 Tu 7pm-9:30pm
Oct. 7 - Oct. 28

Jeff Ricker
MC - BA, 112

New Advanced Screenwriting Workshop: Act 1

How does a writer break into the entertainment industry? Write a script that's really good. How do you know if your script is any good? Let readers who are objective and fluent in the language of screenwriting evaluate it and give you constructive feedback. Every good writer has a good reader, and in this highly supportive workshop environment, you'll discuss Act 1 of your feature film screenplay and receive helpful analyses from both the instructor and fellow writers regarding story, plot, characters, and dialogue. You'll learn to sharpen your writing skills by identifying strengths and weaknesses in your script, and rethinking, reworking, and rewriting your story so that it gets a "recommend" rather than a "pass." Brief lectures on the craft of screenwriting and the revision process will augment each class discussion. Prerequisite: A firm understanding of the mechanics and structure of screenplay writing. You must submit via e-mail a one or two sentence logline of your story, plus Act 1 (maximum 30 pages) of your original screenplay by Sept. 29. It will be copied for distribution among class participants (cost included in course fee). Call 314/539-5745 for details.

WRIT:719 | \$79

550 W 7pm-9:30pm
Oct. 8 - Nov. 12

Rita Russell
FV - TC, 207

New The Art of Interviewing

You don't have to be Barbara Walters or a Bob Woodward to learn the art of interviewing. And you don't have to be interested in writing nonfiction articles for interviews to be useful in your writing life. Interviews can provide valuable backstory for family histories, memoirs, and more. And learning how and when to ask the right questions can improve everything from your job search skills to your personal relationships with friends and family. This class will feature audio and video examples of real-world interviews with sources ranging from corporate executives to college football coaches. Participants should also come prepared to conduct their own interview with a classmate and generate questions for an after-class interview with a source of their choice. Bring a sack lunch.

WRIT:719 | \$39

680 Sa 9am-2pm
Oct. 11

Charlene Oldham
MC - SO, 206

Portfolio Review - Certificate Program

This class is for confirmation that students have met the requirements of the Writing Certificate program. You must submit your portfolio to Continuing Education for review. The work should exhibit increased proficiency in writing techniques and should aspire to high literary standards. You will receive a confirmation response from a writing program faculty member. Upon satisfactory review of the portfolio, the faculty member will notify Continuing Education to award the Writing Certificate. If the portfolio does not meet acceptable standards, the instructor will make recommendations. You may repeat the portfolio review class again, until the faculty member is satisfied with the quality of your work.

WRIT:765 | \$69

651 Aug. 11 - Dec. 19 (TBA)

Jordan Oakes

652 Aug. 11 - Dec. 19 (TBA)

Heather Luby

Theater

Actor's Workshop: Beginning and Brush-up

Lights, camera, action! A fun workshop for beginning actors and a great brush-up for more experienced actors. Prepare monologues and develop cold reading techniques while you build your confidence and sharpen your auditioning skills. Have a blast acting out scenes with fellow classmates and enjoy learning more about your talent!

THTR:701 | \$95

650 M 7pm-9pm
Sept. 22 - Nov. 24

David Houghton
MC - CN, 225

Exclamation Point!

"I received a call from the St. Louis Writer's Guild to inform me I'd won 2nd place in their annual short story competition for "The Goatherd of Naxos." How about that? I was (and am) very excited, and wanted to tell you and also thank you for your encouragement." - Chip H., writer

Well-chosen words add up to great sentences.
Join us for The Writing Certificate

 St. Louis
Community
College
Continuing Education

Now your own words can add up to a
Writing Certificate from St. Louis Community College.
For a complete brochure on the Writing Certificate, call
314-984-7777.

Nature, Home and Garden

Animal Care

Pet First Aid

If you own a pet, it's important to know how to approach an injured animal and how to give basic first aid. Protect yourself and your pet from further harm, injury, or suffering during emergencies by learning prompt, effective actions that will safeguard the life of your injured pet until you can get him/her to professional veterinary care. Taught by a veterinarian. Do not bring your pet to class.

ANIM:702 | \$19

680 Sa 9:30am-11:30am
Sept. 20

MC - SO, 107

Puppy Kindergarten

You can raise a happy, well-adjusted and confident puppy through socialization, along with basic commands and manners training. You'll also learn leadership, grooming skills, and behavioral problem-solving. Completion of all six classes qualifies you and your puppy to take the AKC S.T.A.R. Puppy Test on the sixth week. (STAR: Socialization, Training, Activity, Responsibility). Successful completion of the test enables you to send for an AKC STAR Puppy Certificate and Medallion. Puppies must be 9 weeks to 1 year old, have 2 series DHLPP & Bordetella immunizations. Proof of vaccinations required. Bring puppy to first class.

ANIM:703 | \$69

M01 Sa 9:30am-11am
Sept. 6 - Oct. 11

Susan Baxter-Carr
RiverChase-Fenton

Fun Tricks to Teach Your Dog

Every dog can do fun tricks. You will learn how to teach your dog standard tricks, such as Shake Hands, Fetch & Release, High 5, Speak, Kiss, Give a Hug, (and our favorite) "Cookie on the Nose," plus we'll introduce you to some that are designed to use your dog's specific abilities, such as Wave, Take a Bow, Figure 8, Take a Nap, and more. Dogs should be at least one year old and well-controlled around other dogs. Previous obedience class or training is preferred, but not required as long as dog obeys: Sit, Down, and Wait or Stay commands. You must be willing to practice at home. Training is by Positive Reinforcement. Bring your dog and required training equipment to class: buckle or training collar, 4-6 ft. leash, yummy dog treats or a favorite toy.

ANIM:704 | \$49

M01 Sa 11am-12pm
Sept. 6 - Oct. 11

Susan Baxter-Carr
RiverChase-Fenton

Animal Welfare Assistant Certificate

Classes may be taken individually, or as part of the Animal Welfare Assistant Certificate Program for initial training and preparation for work in a range of public and private animal welfare agencies and organizations. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.



Career and Volunteer Opportunities in Animal Welfare Agencies

Animals are wonderful. If you agree, you may have thought about working with them (or for their welfare). If you've considered the possibility of a career or volunteer position in the wide world of animal welfare but aren't sure where you fit into the picture, this class can help you sort through the possibilities. You'll learn about the personal rewards and benefits of working directly with animals as well as things you can do indirectly (and locally) for their benefit. This class can be taken by itself, or as part of the Animal Welfare Assistant Certificate Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | \$29 650 Tu 7pm-9:30pm Sept. 9

MC - SO, 206

Animal Welfare and the Humane Movement

What does the term "animal welfare" bring to your mind? There are different facets of "animal welfare," and the work of animal welfare agencies in the St. Louis metro area are built on different viewpoints. In this class, you'll get insight into the history of the animal welfare/humane movement in the United States and where we are today. We'll also trouble-shoot community animal welfare needs and possible solutions. This class can be taken by itself, or as part of the Animal Welfare Assistant Certificate Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | \$29 651 Tu 7pm-9:30pm Sept. 23

MC - SO, 206

Getting to Know Us: St. Louis Animal Welfare Organizations

St. Louis has many large and small organizations of all types involved in animal welfare activities, such as rescues and shelters, adoptions, pet food pantries, emergency and investigation teams, clinics, advocacy groups, and more. They all have different roles, approaches, and ways of operating but it takes everyone in the community to meet the needs of our local animals. The good news is that there are a wide range of animal welfare-related activities in the St. Louis metro area and opportunities for involvement for people with a variety of interests and skills (like you!). A panel of representatives from local agencies will present their stories and answer your questions. This class can be taken by itself, or as part of the Animal Welfare Assistant Certificate Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | \$29 652 Tu 7pm-9:30pm Oct. 21

MC - SO, 206

Investigations, Rescues, Legalities, & Legislative Issues in Animal Welfare

Here's your chance to hear first-hand accounts from the real world of animal welfare investigations and rescues. You'll find out how investigators work and how animal welfare agencies and the law handle violations. You'll learn about the legal issues (how does our society define "adequate care and control" of animals?) as well as advocacy and legislation related to animal welfare. This class can be taken by itself, or as part of the Animal Welfare Assistant Certificate Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | \$29 653 Tu 7pm-9:30pm Nov. 18

MC - SO, 206

Exclamation Point!

"These classes is fun! As one of the instructors, I can feel the energy when I enter the room. These students are going to put their compassion into action—giving me great hope for the future cause of animal welfare."

- Sue Gassner, Humane Society of Missouri

**To request more information
on the Animal Welfare Assistant
Certificate Program, call 314-984-7777.**



Behavior Troubleshooting for the Family Dog

Got dog troubles? Our animal behavior trainer can help you understand them. There are several problems that often arise in a dog-loving family: housebreaking struggles; adding a new dog to a home (with or without other animals); keeping the peace in multi-pet households; fear issues; digging and barking; feeding and enrichment concerns; the essentials of training and socialization. Keep your dog and resolve those issues! Our trainer will also give you tips on how to assess a dog prior to adoption (pick your new pet on more than just the "cute" factor!). The helpful tips in this class can help you prevent problems as well as stop them. This class is for you; do not bring your pet.

ANIM:706 | \$19

S01 W 7pm-8:30pm
Sept. 24

Mindy Held
SCEUC, 104

Dog Training: Basic Skills & Manners for the Family Dog

Do you walk your dog or does your dog walk you? If your time is limited and your budget won't spare the expense of private lessons, this is the perfect alternative! This course in basic skills and manners will give you and your dog a good introduction to beginning obedience commands over a period of 6 weeks. Accomplish your training goals quickly and start getting those behavior problems under control. Class topics also touch on basic grooming, vaccinations, flea/tick control and traveling in the car. Bring your questions! Dog must be at least 6 months old and proof of vaccinations is required. Bring dog to first class.

ANIM:706 | \$69

M04 Sa 9:30am-11am
Oct. 18 - Nov. 22

Susan Baxter-Carr
RiverChase-Fenton

Canine Good Citizen

The Canine Good Citizen Program is designed to reward dogs who have good manners both at home and in the community. Class instruction is for all 10 parts of the CGC Test. Dog must be at least 6 months old and have basic obedience skills. Proof of vaccinations required. Bring dog to first class. Successful completion of the test qualifies dog for a CGC patch (available for purchase separately).

ANIM:706 | \$59

M05 Sa 11am-12pm
Oct. 18 - Nov. 22

Susan Baxter-Carr
RiverChase-Fenton

Dog Sports: K9 Nose Work

Dogs see the world through their noses. This sport is designed to develop your dog's remarkable sense of smell and natural scenting abilities by using their desire to hunt and their love of treats, toys, and exercise. It is a great way for your dog to build confidence and burn both mental and physical energy while having fun. If your dog has a nose, it can play this K9 Nose Work game. Bring your dog and learn together how to play this fun, new sport with our certified instructor. It's fun for both of you! Dogs must be at least 6 months old, with current immunizations. Bring soft treats your dog likes (with a distinct scent), a 6-foot leash (no reels) plus flat collar (no choke collars) or harness, and crate or kennel for your pet. If you prefer to attend without your dog, see ANIM 706 M03 for a discount.

ANIM:706 | \$69

M02 W 7:30pm-8:45pm
Sept. 10 - Oct. 15

Sandra Ellison
RiverChase-Fenton

Dog Sports: K9 Nose Work (without the dog)

This class is the same as ANIM 706 M02, but without the dog. If you would like to learn to play this sport with your dog but due to your dog's shy, nervous, or reactive behavior aren't comfortable bringing him/her to a multi-dog activity, you are welcome to register to attend for yourself, to learn and watch and do the exercises with your dog at home.

ANIM:706 | \$59

M03 W 7:30pm-8:45pm
Sept. 10 - Oct. 15

Sandra Ellison
RiverChase-Fenton

Advanced K9 Nose Work: Vehicle Searches and Exterior Hides

If you and your dog loved our DogSports K9 Nosework course, you'll love the new challenges presented in these follow-up sessions. This advanced course will introduce new elements used in trials, though competition is not the goal or a requirement. Class will be held outdoors (weather permitting) and will include both exterior "hides" and vehicle searches. The trainer will also work on your ability to read your dog. These new search areas will be both challenging and more exciting for the dog and handler. Give your sniff-loving canine new skills. Prerequisite: Dogs must have successfully completed the beginning K9 Nose Work course.

ANIM:706 | \$59

M01 W 6pm-7pm
Sept. 10 - Oct. 15

Sandra Ellison
RiverChase-Fenton

Cats: Understanding Them Better

Does your cat have you curious and wondering? Join us for an informative evening, designed just for cat owners. Our veterinarian will discuss the development, health, and behavior of domestic cats with emphasis on why cats behave as they do, how you might train a cat, and the health care of your pet.

ANIM:710 | \$19

750 W 6:30pm-9:30pm
Sept. 24

Dr. Gerald Williams
Kirkwood Sr. H.S., NW139

Behavior Troubleshooting for the Family Cat(s)

Got cat troubles? Our animal behavior trainer can help you understand them. There are several problems that often arise in a cat-caring family: urinating outside the litter box (not medical-related); adding a new cat to the home of an existing cat and other adjustment issues; furniture scratching; conflicts in multi-pet households; fear issues; and feeding and enrichment concerns. Keep your cat and resolve those issues! The helpful tips in this class can help you prevent problems as well as stop them. This class is for you; do not bring your pet.

ANIM:710 | \$19

S01 W 7pm-8:30pm
Oct. 8

Mindy Held
SCEUC, 104

Home Improvement

Interior Design: Drafting Layouts and Furniture Plans

Whether you are redecorating, remodeling or starting from scratch, this course will help you create a well-designed and coordinated environment. We'll cover the use of professional tools for drafting layouts and developing a furniture plan. You'll learn how to measure and draft a room in your home, using architectural symbols, graph paper and architectural ruler. We'll discuss the process of developing a furniture plan based on traffic patterns and available interior space, proper proportions and determining correct scale. Prevent expensive mistakes with the knowledge you'll gain in this class!

HOME:702 | \$69

350 W 7pm-9:30pm
Sept. 24 - Oct. 8

Kathryn Leinauer
WW, 222

Bathroom Design for Home Remodeling

One of the best decisions you'll make about your new bathroom starts here. Whether you're planning a simple update, completely remodeling, or starting from scratch, your first step should be attending this informative class. Our expert will get you started with the knowledge you need to create an affordable and beautiful bathroom. She'll talk about the basics of functional fixture placement and explore the many features and options available in vanities, linen cabinets, vanity tops, etc.

HOME:703 | \$29

650 Th 7pm-9:30pm
Sept. 11

Kimberly Hany
MC - BA, 205

Kitchen Planning for Home Remodeling

Explore the possibilities for your kitchen with this hands-on kitchen design class. Learn the basics of functional appliance and cabinetry placement, the specifics of kitchen cabinet sizes and the many features and options available. Bring a pencil, paper, and ruler. Measurements and photos of your existing kitchen recommended.

HOME:703 | \$29

652 Th 7pm-9:30pm
Oct. 9

Kimberly Hany
MC - BA, 205

Kitchen Design for Home Remodeling

Whether you're planning a simple update, completely remodeling, or starting from scratch, your first step should be attending this informative class. Our expert will get you started with the knowledge you need to help you understand your options in cabinetry, countertops, and much more. Bring your ideas and questions for this open discussion on how to create a functional, affordable, and beautiful kitchen. One of the best decisions you'll make about your new kitchen starts here!

HOME:703 | \$29

651 Th 7pm-9:30pm
Sept. 18

Kimberly Hany
MC - BA, 205

Refinish, Reface, or Replace?

Thinking of changing your kitchen cabinetry? Wondering what option is best for you and your kitchen? Join us for an in-depth discussion of the pros and cons of refinishing, refacing, or replacing your kitchen cabinetry. Learn about the processes and products available so you can make an educated decision about which option you choose.

HOME:703 | \$29

653 Th 7pm-9:30pm
Oct. 16

Kimberly Hany
MC - BA, 205

Interior Design: Color Schemes

Learn from our experienced interior design professional how to choose the best colors for your room and how to incorporate them into the room properly. We'll discuss how the weight and balance of your colors impact your final room design. We'll take a look at color placement, choice of fabrics, mixing patterns, and types of woods for furniture, surface products, cabinets, fixtures, and hardware. Second class meeting is a 2-hour field trip on Saturday (TBA). Provide own transportation.

HOME:708 | \$39

350 W 7pm-10pm
Oct. 15 (plus field trip)

Kathryn Leinauer
WW, 222

Interior Design: Accessories

Learn from our experienced interior design professional how to choose the right shape and size accessories, how to mix accessories with different patterns and to put colors in the right proportions. You will begin to see your own personality reflected in your choice of accessories. Second class meeting is a 2-hour field trip on Saturday (TBA). Provide own transportation.

HOME:709 | \$39

350 W 7pm-10pm
Oct. 22 (plus field trip)

Kathryn Leinauer
WW, 222

Reupholstery for Small Projects

Give that tired piece of furniture a makeover - you can do it yourself with the skills you'll learn in this course! We'll work on fabric-frame tear down, tack-on-sewing and machine usage. You'll learn about cutting fabric, welting, trims, foam, gluing, plotting fabric, and calculating yardage needed for projects. Students should bring a small simple project, such as: simple ottoman, dining room chair, pillow, piano bench, or cushion. Total restorations or large pieces of furniture will not be accepted. Instructor reserves the right to evaluate and decline any project deemed not suitable for class. Fee includes some supplies, but additional supply charges may be assessed if needed for your project (payable before work begins). Project will need to be taken home each week. If time permits, a second small project will be allowed, but additional supply charges will be required. Instructor highly allergic to pet-dander, please be considerate.

HOME:711 | \$189

580 Sa 9am-1pm
Sept. 20 - Nov. 1

Howard Johnson
FV - E, 158

Do-It-Yourself Ceramic Tiling

Come learn how to repair, re-grout, or install new ceramic tile and grout on floors and walls in your home. Distinguish between the different sizes of tile and why each are used in certain places. You'll learn how to design, layout, prepare, cut, and install ceramic tile and grout. See the tools you'll need and watch a demonstration of how and why to use them.

HOME:713 | \$19

750 Tu 7pm-9pm
Sept. 30

Jean Linton
Kirkwood Sr. H.S., SA 2

Do-It-Yourself Painting

Of course you can paint, but can you paint like a pro? Learn how to prepare surfaces - what to use and what not to use. We'll tell you if and what you need to prime with primer vs. stain blockers. Our instructor will talk about techniques for texturing to make your patches not look like a patch. You can make your paint brush do the work - sounds simple but we'll explain how that makes the job easier. And of course, finishing the job: ways to keep clean-up easy and/or quick.

HOME:713 | \$19

551 W 7pm-9pm
Sept. 17

Jean Linton
FV - SC, PDR-B

Do-It-Yourself Drywalling

Our experienced handyperson will show you how to measure, cut, and hang drywall. You'll learn how to prep the room prior to installing the 2x4 framing, including proper layout. Instruction will include cut-to-size with minimal drywall seams and cut out for electric boxes. Also learn how to apply seam tape (both paper tape and self-stick mesh tape) and mud (joint compound). If you have a drywall project in your future, get to this class before getting started.

HOME:713 | \$19

751 Tu 7pm-9pm
Oct. 7

Jean Linton
Kirkwood Sr. H.S., SA 2

Energize Your Life & Express Your Personality with Feng Shui in Your Home

Feng Shui design is easy to understand and helps you create a home that (1) reflects your individuality, (2) supports your personal aspirations, (3) energizes your life, and (4) satisfies your soul. Learn essential design principles in this class and how to have fun experimenting with new ideas for your home. Discover the influence of your stove, front door, master bedroom, color and furniture placement on your daily life. Create beauty and harmony in your home and life.

HOME:710 | \$25

750 W 6:30pm-9pm
Sept. 17

Samantha Shields
Kirkwood Sr. H.S., E 184

De-clutter the Feng Shui Way: Add Energy, Clarity & Freedom to Your Life

We all have clutter — and getting rid of it "for good" seems almost impossible. Clutter is time consuming, messy, takes up valuable real estate in our homes, is expensive and brings down our energy. The Feng Shui approach to clutter is different from other methods you have tried. Our expert instructor will help you respect and understand the accumulation of clutter in your life and then eliminate it for good. We'll discuss different forms of clutter and the conversations we have with ourselves about keeping all our "stuff." Then we'll move forward learning effective techniques and a positive outlook for you to live clutter-free.

HOME:710 | \$25

751 W 6:30pm-9pm
Oct. 1

Samantha Shields
Kirkwood Sr. H.S., E 184

De-cluttering for Home Office Success

A clutter-free, well-designed home office is as important as the products and services you're selling. Using time-honored Feng Shui principles of intentional placement and de-cluttering, learn how to bring new life to your office and establish your space as command-central for career and business success. Bring photos and a floor plan sketch of your room and we'll re-design it in class together. Learn how to place your furniture for maximum productivity, and how to use color and imagery to create a foundation for business success. A clutter-free office helps you focus on the task at hand, stimulates your creativity, and supports your goals and future growth. Put yourself in the power-seat of your career, energized and motivated for success.

HOME:710 | \$25

752 W 6:30pm-9pm
Oct. 15

Samantha Shields
Kirkwood Sr. H.S., E 184

De-clutter Your Bedroom for Rest, Renewal & Romance

Your bedroom may be serving several purposes: perhaps you have an area with a desk as an office, a sewing corner, or craft space. All of these potential "activities" can create unease in a bedroom, but by incorporating the time-honored Feng Shui principles of intentional placement and de-cluttering, you can learn how to create a place for rest, renewal and romance. Learn to create your own personal sanctuary and how to place your furniture for maximum impact. Discover how the use of color, personal symbols, open space, mirrors, electronic equipment and more can influence your environment. Bring photos and a floor plan sketch of your room and we'll re-design it in class together.

HOME:710 | \$25

754 W 6:30pm-9pm
Oct. 29

Samantha Shields
Kirkwood Sr. H.S., E 184

De-clutter Your Basement or Garage: Reclaim Valuable Space in Your Home

So much of our clutter ends up in the basement or in the garage: "out of sight, out of mind." Clutter is time-consuming, messy, and demotivates us by bringing down our energy. Just the thought of sorting through everything feels overwhelming, so we continue to ignore it. Using time-honored Feng Shui principles of intentional placement and de-cluttering, we can learn how to simplify tasks, organize our clutter and release our "stuff." We'll discuss the different forms of clutter and learn to respect and understand the accumulation of clutter in our life - eliminating it for good. Learn to live clutter-free, incorporating these effective techniques with a positive outlook, and reclaim your valuable real estate, turning it into usable space - from a place to park your car to a game room, theatre, exercise space or a man cave - the possibilities are endless. Bring photos and a floor plan sketch of your basement or garage and we'll re-design it in class together.

HOME:710 | \$25

753 W 6:30pm-9pm
Oct. 22

Samantha Shields
Kirkwood Sr. H.S., E 184



Fearless Home Repair: Electrical

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a "hands-on" focus. We'll talk about electricity and safety, most people's #1 concern. If you need a new light fixture, wall switch or outlet, this class will guide you. We'll talk about other small electrical problems and the difference between aluminum and copper wiring and how to work with both. We'll look at how-to, when-to and when it's safer NOT-to. You won't need to fear performing your own simple DIY electrical repairs or have to pay someone else to do it for you after this class.

HOME:713 | \$19

752 Tu 7pm-9pm
Oct. 14 Kirkwood Sr. H.S., SA 2

553 W 7pm-9pm
Oct. 29 FV - SC, PDR-B

Fearless Home Repair: Simple Plumbing Repairs for Kitchens & Bathrooms

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a "hands-on" focus. If your toilet runs, your drains are slow, you need a new faucet, this course is for you! We'll look at how-to, when-to and when it's better NOT-to. We'll cover common kitchen and bathroom plumbing problems that you can fix yourself, once you know how to do it!

HOME:713 | \$19

753 Tu 7pm-9pm
Oct. 21 Kirkwood Sr. H.S., SA 2

554 W 7pm-9pm
Nov. 5 FV - SC, PDR-B

Fearless Home Repair: 5 Repairs Every Homeowner Should Know

Would you like to be able to do some simple home repairs yourself? There are some household repairs and tasks you can do without using special tools. Come learn to locate utility shut offs, re-light a pilot light, fix a faucet, replace a furnace filter and replace electrical outlets and switches. Performing these few tasks yourself can save you a lot of money!

HOME:713 | \$19

552 W 7pm-9pm
Sept. 24 Jean Linton
FV - SC, PDR-B

Homeowner's Checklist for Fall & Winter

Wouldn't it be great to have a checklist for seasonal maintenance tasks you should do around your house to help your residence make the transition from summer to winter? Our home repair expert has put that together for you and will guide you through exactly what to do, so you can rest assured that your home is ready-to-go when the colder weather kicks in.

HOME:713 | \$19

550 W 7pm-9pm
Sept. 10 Jean Linton
FV - SC, PDR-B

PERSONAL ENRICHMENT

Basic Car Maintenance

This course is designed to help you better understand your cars, the auto repair industry and service problems you may encounter. Combines lecture on specific maintenance problems with laboratory sessions during which you will have the opportunity to inspect and perform minor repairs and maintenance on your own car.

AUTO:701 | \$29

P01 Th 6pm-9pm
Oct. 9

Michael Silva
Advanced Auto Service

Small Engine and Lawn Mower Repair

This course includes operation, maintenance, repair, and storage of small gasoline engines. Topics are: principles of operation, normal maintenance and repair of the air, fuel, ignition, and compression systems. Repair of your own engine is part of the instruction. Bring a small engine or lawnmower to be repaired to the second class session. Prefer a 4-stroke engine needing some repair.

AUTO:715 | \$149

750 Tu 6pm-8:30pm
Sept. 30 – Nov. 25
No class 10/21

Gus Sturmfels
Kirkwood Sr. H.S., IA170

Nature/Master Naturalist



The Master Naturalist
Certificate Program
consists of **three components**:

- Completion of **five** biology, geology, physical science or horticulture related college credit courses
- Attend **six** Continuing Education Master Naturalist designated noncredit programs offered through St. Louis Community College in the area of Nature, Ecology, or Gardening.
- Volunteer **25 hours** with a local nature related organization.

New Eclipses, Meteors and Comets

There is much more to the skies than just star gazing. Some of nature's most spectacular astronomical phenomena were at times terrifying to peoples of the past. They include lunar & solar eclipses, meteor showers and bright comets, all of which can be enjoyed with nothing more than the unaided eye. Learn how to enhance those experiences with inexpensive tools such as binoculars and how to do safe solar eclipse observing with appropriate but inexpensive items such as "eclipse glasses." This is your chance to learn how to do all this from an experienced observational astronomer and past president of the St. Louis Astronomical Society.

NATR:701 | \$25

680 Sa 9am-12pm
Sept. 6

Michael Malolepszy
MC - SO, 107

Exploring Fall and Winter Night Skies

Class meets on Mondays and Wednesdays. Learn how to use the unaided eye, binoculars or small to medium sized telescopes to find, identify and observe the astronomical objects & events of late fall and winter of 2014 including the moon, planets, artificial satellites, meteors, comets, stars, constellations and nebula. Bring to class: a Planisphere 35 - 45 degree latitude, such as Phillip's planisphere 6" or larger, and current issue of "Sky & Telescope" magazine. One field trip required. Details to be announced in class. Provide own transportation.

NATR:701 | \$59

651 M 7pm-9pm
Oct. 27 – Nov. 3
W 7pm-9pm
Oct. 29-Nov. 5

Michael Malolepszy
MC - BA, 120
MC - BA, 120

New Bats of Missouri

Missouri is home to at least 14 different species of bats. Learn about about these different species, where they live, how common they are and methods used to research and monitor them. Taught by Tony Elliott of the Missouri Department of Conservation, you will also explore and discuss the importance of bats to the environment and humans as well as current threats to these fascinating creatures.

NATR:708 | \$25

680 Sa 9am-12pm
Oct. 4

Tony Elliott
MC - SO, 109

Owls of Missouri

Join in this exploration of the diverse variety of owls found in the United States including the 18 species of North America and the eight species native to Missouri. Special focus will be on the four main owls found here in Missouri: the barred owl, the screech owl, the barn owl and the great horned owl. Participants will also dissect owl pellets in order to learn more about the owls' eating habits. Offered in cooperation with St. Louis Audubon Society.

NATR:709 | \$19

651 Tu 7pm-9pm
Sept. 23

Marty Smigell
MC - SW, 108

Something to Crow About

American crows are prevalent across much of the continent distinguished by their large, all-black features and cawing voices. Come explore the world of the exceptional American crow including problem solving and behaviors as they interact with their habitat. Learn about food sources, nesting and other educational facts. Offered in cooperation with St. Louis Audubon Society.

NATR:709 | \$19

652 Tu 7pm-9pm
Oct. 21 MC - SO, 204

Marty Smigell

Introduction to Bird Watching

According to the U.S. Fish & Wildlife Service, more than 45 million Americans identify birding as one of their favorite pastimes. Whether you are an amateur bird enthusiast, or are interested in learning more about bird identification, migratory patterns, and wildlife in your own backyard, this class is for you! Join educators from the St. Louis Audubon Society to discover how to identify bird species by sight, song, physical attributes, and behaviors. You'll also learn how to research your findings in guidebooks and how to attract more birds to your backyard through feeding and landscaping. Field trip on Saturday will allow you to practice your new skills and learn about the best places to view a variety of birds in the St. Louis area. Field trip details to be discussed in class. Provide own transportation. Class is offered in partnership with the St. Louis Audubon Society.

NATR:709 | \$29

650 Tu 7pm-9pm
Sept. 16
Sa Sept. 20

Marty Smigell
MC - SO, 204
MC-Off Campus

Caves & Caverns

Learn about the mysterious underground world of caves. Discover interesting insights into their origin, cave life, mineral formations and other geological features, and cave ecology. Historical notes, such as cave discoveries, cave art, mining and other uses of caves, as well as health/safety/legal issues and man's effects on caves will also be included. Instructor has 13+ years of experience leading cave tours and has personally visited over 40 caves throughout the US. Class includes field trip to a cave which is optional for participants. Provide own transportation and possible \$15 cave entrance fee. Appropriate attire and location for field trip will be discussed in class.

NATR:701 | \$39

650 Th 7pm-9pm
Sept. 4 – Sept. 11
Sa
MC-Off Campus

Martin Ferris
MC - SO, 109
Sept. 13

The Impact of Wolves in the Ecosystem

Naturalist John Muir once said, "When one tugs at a single thing in nature, he finds it attached to THE REST OF THE WORLD." Learn how "tugging" at the wolf has affected ecosystems and how the role of the wolf keeps nature in balance. We will explore how the absence and then return of the wolf has impacted Yellowstone and learn how the Endangered Wolf Center (EWC) is saving endangered canids so they can return to their important role in nature. Meet at the main gate at 6:15. Call EWC at 636-938-5900 and ask for Karen to get directions and location details. Children ages 12-15 may register when accompanied by a registered adult. Offered in cooperation with the Endangered Wolf Center.

NATR:710 | \$25

M01 Tu 6:30pm-9pm
Sept. 9

Karen Nichols
Endangered Wolf Center

Introduction to Beekeeping

Missouri is home to more than 400 bee species, including 10 bumblebee species, of the 4,000 native species of bees that live in North America. Honey bees are an exotic species first introduced into the New World in 1622. Bees play an important role in agriculture as pollinators of flowering plants that provide food, fiber, spices, medicines and animal forage. Beekeeping can be a hobby, a secondary business, or a full-time vocation. It is a relatively inexpensive hobby that provides a sweet bonus each year. Is beekeeping right for you? Come and learn how to attract native pollinators and honey bees by planting a pollinator-friendly garden and constructing nesting habitat for native pollinators. We will also present introductory information on getting started with beekeeping and honey bee products of the hive.

NATR:715 | \$25

680 Sa 9am-12pm
Dec. 6

Yvonne Von Der Ahe
MC - SO, 108

For additional information, contact the Office of Continuing Education at 314-984-7777.

Classes may be taken individually, or as part of the Master Naturalist Certificate Program.

Snakes of Missouri

Snakes are one of the most widely misunderstood animals in nature. Learn to identify common Missouri venomous and nonvenomous snakes and dispel those popular myths you might have heard. Join Jamie Hubert, Interpretive Resource Coordinator at St. Francois State Park and Janet Price, Interpretive Resource Specialist at Johnson's Shut-Ins State Park as they discuss "tips and tricks" to help you distinguish differences between the species and help you gain accurate knowledge of local serpents.

NATR:721 | \$19

650 Th 6:30pm-8:30pm
Janet Price
Sept. 4

Jamie Hubert
MC - SO, 107

Edible Mushrooms of Missouri

Discover ten of the most common edible mushroom of Missouri. Students will participate in classroom learning, field exploration and mushroom identification. Dress for walking in the woods. Bring sack lunch. Class held at Babler State Park Visitors Center. Offered in cooperation with the Missouri Mycological Society (MOMS).

NATR:723 | \$25

MO1 Sa 10am-2pm
Sept. 27

Maxine Stone
Babler State Park

Forest Ecology of Missouri

Have you ever wanted to learn more about the ecology of Missouri's forests? Mike Walsh, Forestry Programs Manager with Forest ReLeaf of Missouri will present a general introduction to forest ecology, and how it relates it to our own Missouri forests. Topics will include elements of a forest ecosystem, competition, succession, forest layers (structure), forest types in Missouri, disturbance, nutrient cycling, and more. Class is offered in cooperation with Forest ReLeaf of Missouri.

NATR:723 | \$19

350 Th 6pm-8pm
Sept. 25

Mike Walsh
WW, 222

New Severe Weather Phenomena

Are you interested in severe weather formation? Join meteorologist Joe Schneider as he discusses the structure of the earth's atmosphere and forces that govern its motion. Learn to apply these concepts to understand the aspects of severe weather, including snow storms, ice storms, thunderstorms, and tornadoes. Discover different weather indicators that can keep you safe in case of a weather emergency.

NATR:765 | \$25

652 Tu 6pm-9pm
Oct. 7

Joseph Schneider
MC - SO, 107

The Legume Family for Field Botanists

Legume plants come in many different varieties, such as peas, beans, lentils and peanuts. The plants provide not only food for the table, but food for the soil. Instead of depleting the soil of nutrients, legume plants enrich the soil via root nodules. Come explore, in-depth, the identification and diversity of the legume family, Fabaceae, taught by two Missouri Botanical Garden's experts. Both classroom and field instruction will be included. A text book is required: Yatskievych, George. Steyermark's Flora of Missouri, Vol. 3. Field trip on 9/27 will be held at Shaw Nature Reserve. Provide own transportation. Offered in partnership with the Missouri Native Plant Society.

NATR:723 | \$49

650 Th 6:30pm-8:30pm
Richard Abbott
Sept. 11 - Sept. 25
Sa 9am-12pm
Sept. 27

George Yatskievych
MC - SW, 108
MC-Off Campus

Explore the Fascinating Life History of Fresh Water Mussels

Have you ever gone on a float trip and seen shells on gravel bars and wondered what they were? This is a fascinating group of organisms that most people know very little about because they sit quietly (or at least we think they are quiet) at the bottom of our rivers and streams. Join biologist, Dr. Thomas Keevin, to learn how fascinating they really are and to discover the strange life history of this endangered group of freshwater invertebrates. You'll discuss and watch videos of how fish have become part of their amazing and strange reproduction cycle. You will also have the hands on opportunity to view and learn how to identify the common species in the St. Louis area.

NATR:765 | \$19

651 Tu 6pm-8pm
Sept. 30

Dr. Thomas Keevin
MC - SO, 107

Geology of Missouri

Spend a few hours learning about the geology and geography of Missouri in an informal atmosphere. We will discuss how our state has been shaped by glaciations, earthquakes, uplift and warm, and shallow seas. Learn about the processes that gave us the nickname "The Cave State." We will also take a look at the economic impact rocks and minerals have had on our state's economy.

NATR:765 | \$25

680 Sa 9am-12pm
Oct. 11

Jeffrey Smith
MC - SW, 106

Ecosystems of the World

The natural world contains spectacular flora and fauna, packaged in unique regions called ecosystems. Spend an evening dedicated to studying the ecosystems of the world, from blooming prairies to the frozen tundra. What factors determine the type of ecosystem in a given area? Do ecosystems change and what threats do they face? Human populations threaten ecosystems through deforestation, poor agricultural practices, resource extraction, and climate change. What can you do to protect the ecosystems of the world?

NATR:765 | \$25

650 Th 6pm-9pm
Sept. 18

Julie Allman
MC - BA, 114

Gardening

Herb Gardening, Use and Preservation

Whether you have a few herbs in your yard or an extensive herb garden, learn how get the most for your effort in this one-night class. From starting to expanding an herb garden, you'll learn about soil conditions, fertilizing, and the optimal placement for growth. Come hear the best advice from Master Gardener "Mike" on how to plant, maintain, and harvest an herb garden. You'll also get tips on using herbs in and around your home as well as the best way to freeze and preserve herbs for future use. Bring a notebook and pen to class.

HORT:701 | \$25

650 W 6pm-9pm
Sept. 17

Michelle Ochonicky
MC - SO, 206

Fall Gardening for a Bloomin' Beautiful Spring

Have a bloomin' beautiful spring! Join local nursery owner, Nancee Kruscheck, as she discusses how to prepare your flowerbeds and gardens this fall for next spring. Learn the best bulbs and perennials to plant to achieve vibrant spring color and design impact; learn how to properly divide your perennials; and steps to take to prepare your gardens to withstand winter and come back greener and more lush than before. You'll be the envy of the neighborhood!

HORT:707 | \$19

680 Sa 9am-11:30am
Sept. 13

Nancee Kruscheck
MC - SO, 108

Hardy New Hybrids for Your Small Yard and Garden Spaces

Fall is the best time to plant! Come discover some of the many new varieties of plants out on the market cultivated for smaller spaces in your yard. From small shrubs to perennials with more color and smaller sizes, join nursery owner and plant expert Nancee Kruscheck and you'll learn about how hardy these varieties are and where they will work best in your garden.

HORT:708 | \$19

680 Sa 9am-11:30am
Sept. 6

Nancee Kruscheck
MC - SO, 108

Exclamation Point!

"I have taken three of Mike Walsh's courses on trees. They have been very informative and well presented. I appreciate the variety of courses that are offered. I will continue to take them when they fit into my schedule."

- Mark P., student



Landscape Basics: Plan Now for a Beautiful Spring

Do you need some tips for a great landscape? Get practical advice from nursery owner, Nancee Kruscheck, and learn how to lay out bed lines, edgings, gravel vs. mulch, weed barrier vs. plastic, plants and spacing. Now is the time to devote your efforts to having a better landscape next season!

HORT:711 | \$19

680 Sa 9am-11:30am **Nancee Kruscheck**
Sept. 27 *MC - SO, 108*

Pruning Basics

Proper techniques for pruning trees and shrubs are essential for the health of your plants and future growth. It's not difficult if you know the right techniques and timing. You'll also learn how to avoid spreading disease from tree to tree. Class will include an outdoor demonstration, so bring your pruners. Come learn hands-on from our nursery expert Nancee Kruscheck, who will also show you how to sharpen and clean your pruners and answer your questions.

HORT:723 | \$19

680 Sa 9am-11:30am **Nancee Kruscheck**
Oct. 4 *MC - SO, 108*

Making More Plants: Propagation Made Simple

Make more of your favorite plants in this hands-on class. Learn some simple propagation methods. Watch local nursery owner and plant expert, Nancee Kruscheck, as she demonstrates how to take cuttings, root division, air layering and seeds, then try it yourself.

HORT:708 | \$19

681 Sa 9am-11:30am **Nancee Kruscheck**
Sept. 20 *MC - SO, 108*

Ecology

Indoor Composting: Make and Take Home a Bokashi Bucket

Don't throw away those scraps - up to 20% of household trash can be composted! The bokashi bucket system can be used in the winter months, it's quick, convenient and no household smells. In this hands-on session, you will construct and learn to maintain an indoor composting system capable of decomposing food and house plant trimmings for a family of four. In a space-saving bokashi system, effective microorganisms transform all types of kitchen waste into a nutrient-rich soil amendment. All equipment, materials and handouts provided and included in fee. You'll leave class with a working indoor composting system in the form of a bokashi bucket. Class offered in collaboration with the Missouri Botanical Garden Earthways Center.

ECOL:700 | \$49

650 Th 7pm-8:30pm **Kat Golden**
Sept. 11 *MC - SW, 207*

Climate Change 101

What is climate change? How are rising temperatures impacting the ecosystems, forests, oceans and even the St. Louis area? What is the biggest concern from scientists? What are the best solutions? Why do Americans disagree so strongly about this issue? Join park ranger Brian Ettling as he shares the basic science, shows the 'unusual suspects' that accept the science, and debunks many of the myths. Learn how to effectively educate others on the topic using humor and optimistic to inspire them to take action.

ECOL:700 | \$19

680 Sa 9am-12pm **Brian Ettling**
Nov. 8 *MC - BA, 112*

New Winter Chicken Care

Raising chickens is both a rewarding experience and a good investment of time and energy. But, special treatment is required during the winter months. Join expert chicken keeper Guy Niere as he discusses adjusting coop conditions in order to maintain continued egg laying success. He'll discuss water needs, ventilation, light and heat and providing alternative food sources. You will also prepare a seed tray in a class to begin growing your own fodder (sprouting grains) to improve the nutrition of the grains and provide greens which are in short supply during the winter.

ECOL:700 | \$39

651 Sa 10am-1pm **Guy Niere**
Oct. 4 *MC - SW, 108*

Real Estate

How to Start a Career in Real Estate

Do you enjoy helping people? Have you considered getting into the business of real estate and wondered what it takes to be successful? The real estate profession offers one of the widest career opportunities in the business world. There is the buying and selling of homes, office buildings, industrial property and corporation farmland; property management, land development, mortgage banking, urban planning, real estate counseling, and appraisal. Come find out about the licensure process to becoming a real estate agent and the starting opportunities. We'll show you how you can build a new career in real estate.

REAL:701 | \$19

352 Tu 7pm-9pm **Jill McCoy**
Sept. 23 *WW, 202*

Buying a Home? Top Home Buying Mistakes to Avoid

"If only we had known..." is the sad tale of too many home buyers. Come spend a valuable evening preventing mistakes that don't have to happen. Purchasing a home is the largest investment you'll ever make. Come get the inside scoop to avoid surprises at closing. We'll discuss what you need to know before you purchase, what you can expect throughout the process, the strategies to use to obtain the best value, the importance of understanding the contracts you sign, getting the right inspections before closing the deal and how to safeguard yourself in any market.

REAL:701 | \$19

350 Tu 7pm-9pm **Jill McCoy**
Sept. 9 *WW, 202*

501 Tu 7pm-9pm **Christina Filla**
Oct. 14 *SCEUC, 100*

Home Selling: Your Guide to a Successful Sale

If you've never sold a home before (or even if you have, but it's been a while), it's important to know your marketing options. You need to know what to expect from the home selling process, how to add impact and value to your home that will get you top dollar (staging without breaking the budget), how to use knowledge of the competition in your area to determine a realistic selling price, the pros and cons of "for sale by owner," and how to find the right agent to sell your house. Come spend a short evening learning the inside track that will get you the best deal for your home.

REAL:701 | \$19

351 Tu 7pm-9pm **Jill McCoy**
Sept. 16 *WW, 202*

502 Tu 7pm-9pm **Christina Filla**
Sept. 30 *SCEUC, 100*

Home Loans and Credit Tips for First Time Home Buyers

Before you get serious about buying a home you need to be ready with the information you'll get in this class. Our expert will help you understand your credit score and how to repair it if necessary, how to get pre-approved for a loan (a very important item to bring to purchase negotiations), the types of loan options, and finding current mortgage interest rates. You'll find out about available tax credits and loan programs. We'll help you figure out realistically how much you can afford and all about establishing your down payment. We'll share possible programs that may be of assistance and the rules that apply to receiving the assistance. This class is your best first-step as a first-time home buyer.

REAL:701 | \$19

503 Tu 7pm-9pm **Christina Filla**
Sept. 16 *SCEUC, 100*

How to Be a Successful Landlord

Increase the income on your real estate investments by improving your skills as a landlord. You can lower property damages and eviction costs by performing effective initial screening of potential tenants. Our experienced instructor will explain how to be creative and to use the telephone, interview, computer, rental application and lease expectations to avoid an undesirable tenant-landlord relationship. Lunch on your own.

REAL:720 | \$59

480 Sa 9am-5pm **Mary Hankins**
Oct. 11 *FP - G Tower, 115*

Personal Finance

Personal Finance

Financial Workshop: Your Source for Financial Education

Financial education is a critical step in helping you achieve your financial goals. This workshop offers a variety of practical investing topics presented in an easy, open format. You will gain a good understanding of the key principles of saving and investing along with strategies to help you reach your long term goals. Topics include the basics of stocks, bonds and mutual funds, the importance of asset allocation, making sense of retirement, preparing for the unexpected, tax-free investing and managing financial risk. Bring a 2" 3 ring binder to class.

FINC:705 | \$59

650 Tu 7pm-9pm **Margie Bittner**
Sept. 16 - Oct. 7 *MC - BA, 114*

New "Top 10" Activities to Avoid Identify Theft and Financial Fraud

Identity theft and financial fraud are serious problems that affects millions of people each year. No matter how cautious you are personally, corporate data breaches put risk on all of us. Join local information security professional, John Newcomer, as he discusses this problem, steps you can take to minimize the risks, and what to do should you become a victim. This course is beneficial for individuals and small business owners. Handouts include reference assistance and contact information.

FINC:765 | \$19

350 Tu 6:30pm-8pm **John Newcomer**
Sept. 16 *WW, 220*

Call 314-984-7777 to register beginning August 4!

Paying for Long Term Care, Obtaining Medicaid and Veteran's Benefits

Paying for long term care is a problem facing a lot of senior citizens. This course will cover the benefits available through Medicaid and through the Veterans Administration (for veterans and their spouses). You'll learn about eligibility requirements as well as techniques and strategies to become eligible. Class is designed for seniors who are facing such costs, or worrying about the future costs, as well as family members who are providing care for their parents. Taught by an elder care attorney and accredited VA attorney.

FINC:765 | \$19

550 Tu 7pm-9pm
Sept. 30

Paul Gantner
SCEUC, 104

Divorce: What You Should Know

Do you know your rights in the event of a divorce (dissolution of marriage) or legal separation in the State of Missouri? This workshop will introduce the basic rules about property division, maintenance (spousal support), child support, and physical custody. Taught by an attorney.

FINC:765 | \$19 720 M 6pm-8pm

Yvonne Homeyer Sept. 15

Ladue H.S., 145

New Your Dependent with Special Needs: Making Their Future More Secure

Families with children and other dependents with special needs, no matter what the age or disability, face many serious questions about how to best prepare for their future well-being. This workshop addresses such critical issues as protecting government benefit eligibility for Supplemental Security Income (SSI), creating Special Needs Trusts and the importance of a will. Taking steps now can help arrange for a loved one's well-being today and tomorrow.

FINC:765 | \$19

650 W 6:30pm-8pm
Sept. 24

Valerie Baker
MC - SO, 206

Investing

Foundations of Investing

Are you just getting started with personal investing or want to learn more so that you can better communicate with your current financial advisor? Come learn about the basics of investing including the key features of bonds, stocks and mutual funds; the investment pyramid and the importance of asset allocation; risk tolerance and the portfolio objective that is right for you; and the impact of inflation and tax diversity on your long-term goals.

FINC:714 | \$25

650 Tu 6:30pm-9pm
Nov. 4

Margie Bittner
MC - SO, 107

Preserving Capital and Making it Grow: A Winning Strategy for Good Times and Bad

This class is designed to empower the individual investor with strategies for stock market success as used by successful investors of our time. We'll discuss: historical precedent and how it applies today, selecting and purchasing the best investments, determining when to protect yourself by selling investments and minimizing potential risk while maximizing potential gain. Instructor owns and operates an investment firm that successfully avoided the Fall 2008 collapse of the U.S. Stock Market. Lunch on your own.

FINC:714 | \$89

C80 Sa 9am-4pm
Sept. 27 - Oct. 4

Brian Bingham
Corp. College, 208

New Advanced Research for Buy and Sell Decisions In Common Stocks

This course builds on the strategies presented in the course, Preserving Capital and Making It Grow: A Winning Strategy for Good Times and Bad. If you are retired, building wealth for retirement, or just want to understand how the Stock Market works, the combination of these two courses provides a comprehensive view of how methodical the stock market is, and how this knowledge may benefit you. Prerequisite course required for enrollment. Lunch on your own.

FINC:714 | \$49

C81 Sa 9am-4pm
Nov. 8

Brian Bingham
Corp. College, 208

Retirement Planning

Get Retirement Ready

This course outlines the basics of retirement preparation. We'll discuss options for how and how much to save that will empower you with the knowledge necessary to confidently make your own decisions regarding your personal financial situation. We'll look at strategies for getting you from where you are now to where you want to be in retirement, touching on estate planning, employer plan distribution, tax implications, social security benefits and healthcare options.

FINC:736 | \$19

650 W 7pm-9pm
Sept. 10

Steve Glazer
MC - SO, 107

Retirement Roadblocks: Mistakes Retirees Often Make

Understand common mistakes that retirees can make over and over again - and how you can overcome them! This class will explore being too conservative, having an unsuitable asset allocation strategy, paying too much in taxes and helping out the kids-how much is too much.

FINC:736 | \$19

351 W 7pm-9pm
Oct. 15

Steve Glazer
WW, 224

653 Tu 7pm-9pm
Oct. 21

Steve Glazer
MC - SO, 107

Retirement Income Planning

Make the most out of your retirement savings. During this workshop you will learn the steps you need to take to create an income strategy and how to manage five common retirement risks. You will also get information on how to make your savings last and to help ensure a comfortable retirement by covering both your "needs" and "wants."

FINC:736 | \$19

652 W 7pm-9pm
Oct. 1

Steve Glazer
MC - SO, 107

Understanding Retirement Healthcare and Social Security

As people approach retirement, a common concern is the answer to the question, "What if I get sick?" This class will prepare you to make important decisions about your healthcare by helping you to understand your health insurance options. You will learn about healthcare decisions to be made before and at retirement including what Medicare does and does not offer in plain English. You will also learn about Social Security, the original source of guaranteed income for life, including how it can pay to delay, how your Social Security income will be taxed, and the little-understood effect of earned income on Social Security benefits.

FINC:736 | \$19

651 W 7pm-9pm
Sept. 17

Steve Glazer
MC - SO, 107

350 W 7pm-9pm
Oct. 8

Steve Glazer
WW, 224

Estate Planning

Introduction to Estate Planning: Wills

We all know that everyone needs a simple will. In addition to settling our affairs and saving the expense and delay of probate, we can ensure the care of our minor children. But most of us are too busy and this important task falls to the bottom of our to-do list. Don't do it wrong, and don't spend a lot of time or money to do it right. Taught by an attorney, this class will address the basics of a will.

FINC:710 | \$35

450 M 6pm-8pm
Oct. 6

Amy Hereford
FP - G Tower, 115

General Estate Planning: Wills, Trusts and Avoiding Probate

Learn about your planning options, both for property distribution upon death as well as decision-making authority while alive. Class discussion will focus on wills, the probate process and avoiding probate with revocable trusts and beneficiary designations. Powers of attorney for financial and health care purposes will also be discussed. Taught by an attorney.

FINC:710 | \$35

720 M 6pm-8pm
Sept. 29

Yvonne Homeyer
Ladue H.S., 145

Estate Planning: Living Trusts

Everyone wants to do estate planning for control of your assets and for a legacy to your loved ones. This course covers various ways to estate plan, to avoid probate, to avoid guardianships and to reduce or eliminate estate taxes. Find out why a living trust may be the best solution. Taught by an attorney.

FINC:710 | \$35

550 W 7pm-9pm
Sept. 24

Jackie Capriano
SCEUC, 101

730 M 7pm-9pm
Oct. 6

Charles Amen
Lindbergh H.S., 53

Personal Interest

Communication Arts



Look for:

- **Public Speaking** on page 16.
- **Voiceover classes** on page 16.
- **Social Media Certification** on page 28.

Nonverbal Communication: How to Speak and Listen Without Words

Learn about the extraordinary amount of information that can be provided through nonverbal communication. A simple movement or facial expression can completely contradict what message you are trying to get across. Understand how to identify, interpret and use basic nonverbal cues to be a better communicator and avoid miscommunication.

COMM:718 | \$29

650 W 6:30pm-8:30pm **Erin De Vore**
Oct. 22 – Oct. 29 MC - BA, 124

Filmmaking 101 - With Your Mobile Device!

Are you the next Steven Spielberg? Make your own short film on your cell phone or tablet using filmmaking techniques learned in class! Have fun while you learn this new art of filmmaking from an Emmy award-winning producer, whose most recent project is a feature-length movie shot entirely on an iPhone! Students will complete their projects outside of class then all will be viewed at the last class meeting. Bring smartphone or tablet with you to class.

COMM:765 | \$89

650 Tu 6:30pm-8:30pm **Dale Ward**
Sept. 30 – Nov. 18 MC - CN, 225

Genealogy

Starting Your Family History

Learn about various American resources of information available at libraries, courthouses, churches, and on the Internet which can help you start your family history.

GENE:701 | \$49

600 Tu 1pm-3pm **Mary Stamm**
Oct. 7 – Oct. 28 MC - BA, 209

Using FamilySearch.org

Get the latest and greatest updates from this incredible website. If you visit the FamilySearch.org website periodically you know that the site changes regularly. Come to this class to learn the resources available from a genealogical favorite.

GENE:704 | \$25

600 Tu 1pm-3pm **Mary Stamm**
Sept. 23 – Sept. 30 MC - BA, 202

Getting the Most From Genealogical Records

To expand your family tree you need to glean everything you can from a record. Many genealogists look at a record for only one or two items. Take this class and you'll learn how to get the most from every genealogical record you collect.

GENE:704 | \$25

601 W 1pm-3pm **Mary Stamm**
Oct. 22 – Oct. 29 MC-CE, Classroom

Finding Family on the Internet

Many genealogists believe that only the commercial genealogical websites can help them find their family. But there are other free websites that can help them. This class shows you how to find and examine some of the many free websites.

GENE:705 | \$39

600 Th 1pm-3pm **Mary Stamm**
Oct. 2 – Oct. 16 MC - BA, 202

African-American Genealogy

This course will assist the beginner to intermediate researcher in compiling and furthering the family histories of African-American ancestors. Instructor is a Board-Certified Genealogist (CG).

GENE:765 | \$25

580 Sa 11am-1pm **LaDonna Garner**
Oct. 4 – Oct. 11 FV - B, 127

History

Gunfighters of the Old West

During this fascinating evening of American history, you'll hear stories about nineteen of our country's most prominent gunfighters, including one woman. These are the famous and the infamous of that curious, lawless period in American history - the last two or three decades of the 1800's. We'll talk about men like Wyatt Earp, Wild Bill Hickok, Bat Masterson (all lawmen) and outlaws like Jesse James, Bill Longley, and "Curly Bill" Brocius. We'll be sure to include one of the most famous gunfights: the shootout at the OK Corral in Tombstone, Arizona. Come hear the real account, as related by Wyatt Earp to his deputy.

HIST:701 | \$19

650 Th 7pm-9pm **Wynn Ward**
Nov. 6 MC - BA, 118

The Pilgrims, The Mayflower, Plymouth Rock & Thanksgiving

Join us for a stimulating evening as we discuss the religious separatists who later became known to us as the Pilgrims in America. They were a ragtag group with interesting travels and travails as they set about to found Plymouth Colony. It's a thrilling account, but we'll let you decide if they truly laid the foundation for democracy in the New World (or not!).

HIST:704 | \$19

650 Th 7pm-9pm **Wynn Ward**
Nov. 13 MC - BA, 118

Civil War—The Battle of Gettysburg

The most famous battle in the Civil War started by accident. Neither army expected, nor even wanted a great battle around the little town of Gettysburg, Pennsylvania. But when scouting parties collided, the battle was on. Follow the development of this very large and important battle as 150,000 Confederate and Union soldiers became engulfed in close fighting that continued for 3 days in the hot July sun. Everyone has heard of the Battle of Gettysburg - we invite you to come hear all about it. Call for directions to the Thomas Dunn Learning Center: 314/353-3050.

HIST:705 | \$19

P01 Tu 10am-12pm **Wynn Ward**
Oct. 28 Thomas Dunn Mem. Ctr

Civil War: Battle of Mobile Bay

During the Civil War's 150th anniversary, we'll remember August 5, 1864 when Admiral Farragut with monitors and fourteen wooden ships entered Mobile Bay and was engaged by Fort Morgan's cannon. The ironclad ram Tennessee, commanded by Admiral Buchanan, came out to attack Farragut's fleet two hours later with her escorts. A grand naval battle ensued. You'll hear about what happened, learn if Farragut was lashed to the top of his main mast, and whether or not he yelled, "damn the torpedoes!"

HIST:705 | \$19

650 Th 7pm-9pm **Wynn Ward**
Sept. 18 MC - BA, 118

Civil War: Sherman Goes from Atlanta to the Sea

Late in the fall of 1864, Major General William Tecumseh Sherman finally persuaded Ulysses Grant to let him take two United States armies and strike across Georgia and South Carolina to Charleston on the coast. You'll hear of the lack of provisions he took with him, the "scorched-earth" policy he instigated across those two states, and what it achieved.

HIST:705 | \$19

651 Th 7pm-9pm **Wynn Ward**
Sept. 25 MC - BA, 118

Civil War: John Bell Hood's Army of Tennessee Strikes North

After being forced to leave Atlanta, Hood's Army of Tennessee struck northward through Georgia and Tennessee. Hear how this daring Confederate Major General attempted to move his army north far enough to free Nashville from Union control. The Federals were on his heels. This is the last great campaign of the Civil War and we'll remember it in detail, this 150th anniversary of the war.

HIST:705 | \$19

652 Th 7pm-9pm **Wynn Ward**
Oct. 2 MC - BA, 118

Civil War: Two Great Gambles

Both sides knew the border states were crucial areas in their efforts to win the war. Each was ready to take a gamble. A Union regiment was sent to Lexington, Missouri, to keep that busy river port city from aiding the Confederacy with supplies and recruits. At the same time, Major General Sterling Price was headed there with a larger force of Confederates. This battle is famous in Missouri. In another gamble, Stonewall Jackson hoped the Confederates' smaller force would defeat the Union at Cedar Mountain. Come find out how each of these ventures turned out.

HIST:705 | \$19

653 Th 7pm-9pm **Wynn Ward**
Oct. 9 MC - BA, 118

Civil War: The Petersburg Campaign (1864)

At this point in the Civil War, U.S. Grant with the Army of the Potomac had forced Robert E. Lee's Army of Northern Virginia to Petersburg, Virginia, the railroad center of lines going into Richmond. The Confederates dug earthworks all along the line protecting Richmond where they had to hold the line at all costs. It began a siege which lasted into 1865. Understand the importance of several battles that took place during that siege; hear what was likely the biggest mistake the Union army made during the whole war.

HIST:705 | \$19

654 Th 7pm-9pm **Wynn Ward**
Oct. 16 MC - BA, 118

Florence Nightingale and Clara Barton: Remarkable Women in History

Florence Nightingale and Clara Barton are remembered for their devotion to nursing during wartime. In the Crimean War, British Florence Nightingale became known as the "Lady with the Lamp" for her evening rounds. She is credited with being the founder of modern nursing and for inspiring the founder of the Red Cross Movement. She fought to find ways to maintain clean hospital facilities for her wounded soldiers. Clara Barton, known as "Angel of the Battlefield," volunteered in the American Civil War, nursing wounded soldiers and later working with the War Department to find missing soldiers. Later, she organized the American Red Cross. Hear the stories they told, the brave deeds they performed, and the gratitude they received.

HIST:708 | \$19

650 Th 7pm-9pm **Wynn Ward**
Sept. 11 MC - BA, 118

The Three Wives of Henry: The Story of an 1835 German Immigrant Family

What was it like to be German and newly arrived to the booming city of St. Louis in 1835? The presenter will wear German period dress as she recounts the intriguing story of one family's struggles through the early years of this city's existence along with significant historical events. The "Three Wives of Henry" is a fascinating tale set against the backdrop of very early city life in St. Louis.

HIST:708 | \$19

651 Th 7pm-8:30pm Gloria Perry
Sept. 25 MC - BA, 205

The Little Half-Orphan Child from Long Prairie, Illinois, and How She Persevered

In 1859, a little girl was born in the flatland near Hecker, Illinois, in Monroe County. This is her story as told by her great-grand-daughter, who will be narrating the tale in the dress of that period. It's often hard to trace orphans or even half-orphans in the realm of ancestral searching. Tips on doing so will be shared with the audience, as well as this fascinating tale embracing the years 1859 to 1920.

HIST:708 | \$19 652 Th 7pm-8:30pm

Gloria Perry Oct. 2 MC - BA, 205

Cuban Missile Crisis

We'll spend this morning exploring in detail the events during those fateful 13 days in October. Could a wrong decision or misperceived signal have led to war? Did President Kennedy give in too much? The characters, decisions, and events will be analyzed. The crisis has many lessons that can still be applied to our foreign policy today. Call for directions to the Thomas Dunn Learning Center: 314/353-3050.

HIST:709 | \$19

P01 M 10am-12:30pm Chris Ketcherside
Oct. 6 Thomas Dunn Mem. Ctr

World War I: Woodrow Wilson's War

They are all gone now - the men and women who witnessed and participated in this worldwide event, oh so long ago. It was 100 years ago, in the summer of 1914, that the war to end all wars began. This series will focus on past world events of the 1910's and on our role in this war. In 1918, on the 11th hour of the 11th day in the 11th month, the world rejoiced and celebrated at the end of four bitter years of war. The war to end all wars was over: NO MORE WAR! The world was now safe for democracy. Class meets Oct. 7, 9, 14, 16, 21. Call for directions to the Thomas Dunn Learning Center: 314/353-3050.

HIST:710 | \$59

P01 TuTh 1pm-3pm Thomas St John
Oct. 7 - Oct. 21 Thomas Dunn Mem. Ctr

World War II: 1944

Spend an evening looking back 70 years to when the tide of war was definitely flowing in the Allies' direction: the year of Mone Casino, the air raid on Polesti, the fall of Rome, a fourth term for FDR, the overthrow of Tojo and the attack on Hitler, V-1 and V-2 attacks, the liberation of Paris and Antwerp, Peleliu, Market Garden, and The Bulge.

HIST:712 | \$19

651 M 7pm-9pm James Gallen
Sept. 22 MC - BA, 112

Waffen SS: Nazi Germany

The Wasson Schutz Staffel (SS) was the military branch of the Nazi Party. Myths mixed with rumors and opinions surround the Waffen SS. Were they jack-booted criminals, misunderstood honorable soldiers, or somewhere in between? This class will explore the history, ideals, weapons, tactics, and battle record of the Waffen SS.

HIST:712 | \$19

652 M 7pm-9:30pm Chris Ketcherside
Sept. 29 MC - BA, 112

The Battle of the Atlantic: "WW II on American Shores"

Most Americans believe that WWII was fought only in distant Europe, Africa, or the Far East. Few know about the crucial battles fought within sight of the shores on our own East Coast. This class will examine in detail "Operation Drumbeat" the German U-Boat offensive against the U.S., and the part it played in the Battle of the Atlantic, the first battle that had to be won in WWII.

HIST:712 | \$19

650 M 7pm-9:30pm Chris Ketcherside
Sept. 15 MC - BA, 112

Misconceptions of World War II

A class for history-buffs with a solid knowledge of WWII or for those interested in sorting "fact from fiction" about commonly misunderstood facets of the war. This class will explore issues such as which country really had the edge in technology, how "General Winter" was not the cause of defeat in front of Moscow in 1941, what "blitzkrieg" really was, and other common misconceptions of the war.

HIST:712 | \$19

P03 M 10am-12:30pm Chris Ketcherside
Nov. 10 Thomas Dunn Mem. Ctr

Battle of the Bulge

Spend an evening studying Hitler's last desperate gamble to drive to the sea, split the Allies and snatch victory. How close did it come to succeeding? Did it delay or extend the war?

HIST:712 | \$19

655 M 7pm-9pm James Gallen
Nov. 3 MC - BA, 112

The Story of the Spanish Armada and how the Dutch Fought England

In the 16th Century the European powers were busy dividing up the rest of the world and ultimately reverted to war to settle their issues. The Spanish Armada attacked England in 1588 in an epic struggle. The smaller English Navy had better leaders and nature helped turn the tide in their favor. In the 1600's, England and Holland began a series of conflicts pitting the English fleet against the smaller Dutch forces. But the Dutch had some remarkable naval leaders. These naval conflicts helped shape the course of European history.

HIST:712 | \$19

656 Th 7pm-8:30pm Kenneth Velten
Nov. 6 MC - CS, 205

Espionage: World War I

Wars provide plenty of intrigue and espionage on all sides, and World War I was no exception. You'll hear of the sabotage here in the United States, secret codes, and the famous "Zimmerman telegram." Many telegrams were sent from the German Foreign Office to their envoys in the United States, but this particular one may have been the biggest reason we joined the Allied nations and entered the war, making it perhaps, the most important telegram ever sent.

HIST:712 | \$19

654 Th 7pm-9pm Wynn Ward
Oct. 30 MC - BA, 118

Operation Market Garden: The Battle for Arnhem (WW II)

Operation Market-Garden was to be the spear thrust to the heart of the German industrial Ruhr Valley that would end World War II before Christmas. It didn't work out that way - the largest airborne operation in military history was a complete failure. Using the movie "A Bridge Too Far" as a backdrop, we'll examine the reason for Market-Garden, the personalities involved, the plan, the reality and the critical factors that may have instead prolonged the war. After considering the facts, you decide if Market-Garden was a terrible strategic mistake.

HIST:712 | \$19

P02 W 10am-11:30am Walter Hall
Sept. 24 Thomas Dunn Mem. Ctr

Ike & Monty: Generals at War (with each other)

World War II produced many great leaders and in this presentation we explore the often rocky relationship between two great generals, Dwight D. Eisenhower and Bernard Montgomery. These two men were vastly different in temperament, background, military training, experience, and philosophies. This presentation follows the major actions of the European theater from the invasion of North Africa, through Normandy, and finally the fall of Berlin. We examine the turbulent collaboration between Ike and Monty and their clash of wills against the background of America's transition from junior to senior partner in the war and on to world superpower.

HIST:712 | \$19

P01 W 10am-11:30am Walter Hall
Sept. 17 Thomas Dunn Mem. Ctr

New Weapons of World War I

This is the centennial year of the beginning of The Great War, as World War I was first known. It wasn't until halfway through World War II that their similarities brought about the numbers of I and II to distinguish them. In this class we'll consider the perfection of the machine gun, improvement of cannons, the first use of airplanes, tanks, and poison gas, as well as the extensive use of railroads. On the seas for the first time, submarines became an important part of naval warfare, dreadnoughts entered the battles as did aircraft carriers. More new and different weapons than any war in history were introduced. Some were successful, some not and all required new tactics.

HIST:712 | \$19

653 Th 7pm-9pm Wynn Ward
Oct. 23 MC - BA, 118

Dragons: Fact or Fiction?

The myth of the dragon is present in nearly every ancient civilization, most of which did not have contact with one another. How then did they each individually conceptualize the same creature? Do such findings legitimize the existence of these winged, fire breathing beasts? Did ancient peoples find dinosaur bones and mistake their identity? Or given the surroundings in which we are placed, are all humans equipped with the thought processes to conceptually develop creatures? Looking at ancient documents as well as modern sources, this course will look at the debates and theories surrounding this unique topic.

HIST:713 | \$19

650 Tu 7pm-9pm Amelia Bursi
Sept. 16 MC - BA, 112



PERSONAL ENRICHMENT

The Great Irish Potato Famine

The Great Potato Famine in Ireland is considered one of the major sociological events of the 19th century. This class will examine Ireland in the pre-famine years, the causes of the famine itself, the impact upon the population and the long term impact upon Irish society. The class has been updated with new written sources not previously available.

HIST:712 | \$39

657 Th 7pm-9:30pm
Nov. 6 – Nov. 13

Charles Kilker
MC - SO, 205

Horrible Histories: Mad Kings & Queens

Slobbering invalid, bloodthirsty brute, and simpering coward - these are all descriptions that might define just one "mad" king or queen. Spanning over several millennia, European history is riddled with crazed monarchs. This brief introduction will acquaint you with some of royalty's worst offenders and the historical implications of their "madness." In addition to defining this vague term, we will identify and examine causes of madness as well as ask important questions to realistically determine the validity of history's claims. Was the ruler mad by way of inbreeding and genetics, or were they victims of cruel propaganda? After taking this class you will have a more acute perspective on individuals in power, both past and present, with a greater ability to discern fact from fiction. Guest appearances made by (but not limited to): Cleopatra, Nero, Henry VIII, and Ivan the Terrible.

HIST:713 | \$19

651 Tu 7pm-9pm
Sept. 30

Amelia Bursi
MC - BA, 112

Mongols to Mao Tse-tung

Twice the size of Caesar's Roman Empire, the Mongols eradicated the old world order and connected the Eastern and Western Worlds. Their extensive trade network opened China to the West and fueled an insatiable desire for Asian goods. The Mongols destruction of the civilizations in China and Persia gave rise to a new Asia that reaches into the modern era.

HIST:713 | \$19

P05 Th 10am-12pm
Nov. 6

Timothy Neckermann
Thomas Dunn Mem. Ctr

Classical Anti-Semitism vs. Modern Anti-Israelism

During World War II, the Grand Mufti of Jerusalem, Hajj Amin al-Husseini recruited 20,000 volunteers to work with the SS in implementing Hitler's "Final Solution." The Mufti's efforts to bring Hitler's program of extermination of Jews to the "Arab world" mark a missing link of sorts, between the classical form of anti-Semitism, which motivated Hitler, and modern anti-Israelism. The former is marked by a series of distinct characteristics related to history, religion, and culture, which this course will discuss in detail. The latter, perhaps equally dangerous breed, carries a religious component but is grounded in what many Arabs, Muslims, and other observers deem Israel's illegal "occupation" of its country at the expense of displaced Palestinians. This class will distinguish between the two forms of animosity toward the world's Jewish population and discuss the role of each in shaping regional and global policies and opinions.

HIST:713 | \$19

653 W 7pm-9pm
Oct. 8

Katie Young
MC - CS, 205

Immigration: Rethinking Secure Borders

As a nation, we face many issues along our borders. These problems are not new; many peoples in the past have tried to control the ebb and flow across their borders (e.g. Romans and Chinese). Are we letting history repeat itself by merely following ancient practices? Can we envision a new way to think about border security? This class will examine the successes and failures of past civilizations to help find a workable solution for our future.

HIST:765 | \$19

P05 W 10am-12pm
Nov. 5

Timothy Hetrick
Thomas Dunn Mem. Ctr

Historic Saint Louis Architecture

What's new? What's tried and true? St. Louis is experiencing an architectural boom. Learn about our great buildings of the past, why we built with brick and what's coming in the future. Enjoy a comfortable seat and a cup of coffee while we talk about the St. Louis architectural scene.

HIST:765 | \$39

P01 Th 9am-12pm
Sept. 18 - 25

Joan Huisinga
Thomas Dunn Mem. Ctr

Understanding Saudi Arabia

Some say that Saudi Arabia is one of our many Achilles' heels in the Middle East. Saudi Arabia is a fundamentalist Muslim [Sunni-Wahabi] theocracy under King Abdullah. It's number two in world production of oil and number one in oil reserves. It's also been our ally since 1945. Join us for a two-part class involving a brief history since 1945, including the political-religious structure of the kingdom; her relationship with Iraq, Syria, Israel, and Iran; and the role the USA plays in her survival as a theocratic kingdom.

HIST:710 | \$29

650 M 7pm-9pm
Oct. 6 – Oct. 13

Thomas St John
MC - BA, 112

Understanding Iran

Some say Iran is one of our many Achilles' heels in the Middle East. Iran is a fundamentalist Muslim [Shia] theocracy under the Ayatollah Ali Khamenei [Supreme Leader]. It's number four in world production of oil and our "enemy" since 1979. Join us for a two-part class involving a brief history since the 1940's [under The Shah and his secret police - the Savak] to the takeover of the US Embassy in Tehran in 1979; the role of the revolution in Iranian life; and the role the USA plays in her survival as an Islamic [Shia] theocracy.

HIST:710 | \$29

651 M 7pm-9pm
Oct. 20 – Oct. 27

Thomas St John
MC - BA, 112

Exclamation Point!

"Katie Young is the best instructor I have ever had...no exaggeration.

She provides a great deal of information presented in an easy to understand way. Will be on the lookout for more of her classes."

- Kathleen K., student

Birth of an Industry: U.S. Airlines before 1940

Beginning with the historic flight of the Wright Brothers in 1903, the industry of carrying passengers in airplanes developed in the US and abroad. In this class, you'll hear the story of the early airlines and the U.S. airline pioneers who created an industry. The story of the development of the Douglas DC3, the plane that made the industry possible, will be highlighted and the role that government played. We'll finish the evening with how the airlines prepared for World War II and helped win the war.

HIST:765 | \$19

650 Th 7pm-8:30pm
Nov. 13

Kenneth Velten
MC - CS, 205



Afghanistan: The Soviet Invasion & Its Consequences

The period in which it attempted to subjugate and firmly install its brand of communism in Afghanistan is often referred to as the Soviet Union's Vietnam. This course will examine the decade long struggle, considering the role of such key players as the United States, Pakistan, the Soviets, and the American-backed mujahedeen who ultimately defeated and hastened the demise of a superpower. It will explain the Soviet invasion in the context of Afghanistan's complex geography, tribalism, Muslim identity, and alliances. Lastly, it will discuss the Afghanistan that remained as the Soviets departed, piecing together the story of how Afghanistan became the haven for terrorism and extremism that provoked another superpower invasion just over a decade after the Soviet withdrawal. Join us to discuss this crucial period of Afghan and global history.

HIST:713 | \$19

655 W 7pm-9pm
Oct. 22

Katie Young
MC - CS, 205

Afghanistan: The Taliban & the Modern State

When the Soviets left Afghanistan in 1989, the CIA withdrew most of its funding and influence. What remained was a power vacuum in which old tribal rivalries resumed, now powered by radical Islam, American-provided Kalashnikovs, and well-organized militias armed with the confidence of having just defeated the Soviet giant. This class will chronicle the post-Soviet Afghanistan, from its struggles to install a government, to the rise of the Taliban, to its quest to retain a viable state among a people whose tribal history contravenes the very concept of central government. The Afghanistan we know is marred by official corruption, terrorism, scarce resources, and a portion of the population that resists entry into the 21st (or even 20th) century. Join us in this important and difficult study of the enigma that is modern Afghanistan.

HIST:713 | \$19

656 W 7pm-9pm
Nov. 12

Katie Young
MC - CS, 205

New

Fireside Book Club:

The Kite Runner

Picture yourself seated fireside in a cozy book-lined library room, sipping a warm beverage. You've read a fascinating book and are eager to hear more about the historical events, people, and culture. Joining you are several others who've read the same book and a group leader who is an expert on the subject. Fiction novels often possess an extraordinary capacity to bring to life the story of an actual time and place. To truly understand modern Afghanistan, our instructor/discussion leader recommends, "The Kite Runner" (Khaled Hosseini). This painfully honest, highly emotive tale exposes the turbulence, contradictions, and tragedy that have plagued Afghanistan since the second half of the twentieth century. Please join us for a lively and informative fireside discussion of this heartbreaking work of fiction that elucidates the reality faced by millions of Afghans. Call for directions to the Thomas Dunn Learning Center: 314/353-3050.

HIST:765 | \$19

P02 M 10am-12pm
Katie Young
Sept. 15

Thomas Dunn Mem. Ctr.

Fireside Book Club: Haunted St. Louis

Picture yourself seated fireside in a cozy book-lined library room, sipping a warm beverage. You've read a fascinating book and are eager to hear more about the historical events, people, and culture. Joining you are several others who've read the same book and a group leader who is an expert on the subject. If this sounds like a perfect way to spend a crisp fall morning... come join us! This month's book will be: "Haunted St. Louis" (Troy Taylor). Discussion led by Joan Huisinga. Come prepared for a lively, informative discussion! Call for directions to the Thomas Dunn Learning Center: 314/353-3050.

HIST:765 | \$19

P03 Th 10am-12pm

Joan Huisinga
Oct. 2

Thomas Dunn Mem. Ctr.

Fireside Book Club: The Imperial Cruise

Picture yourself seated fireside in a cozy book-lined library room, sipping a warm beverage. You've read a fascinating book and are eager to hear more about the historical events, people, and culture. Joining you are several others who've read the same book and a group leader who is an expert on the subject. If this sounds like a perfect way to spend a crisp fall morning... come join us! This month's book will be: "The Imperial Cruise" (James Bradley), a secret American story of empire and war in Asia from 1904-1909, uncovering the myth of American benevolence in Asia. Come prepared for a lively, informative discussion! Call for directions to the Thomas Dunn Learning Center: 314/353-3050.

HIST:765 | \$19

P04 M 10am-12pm

Thomas St John
Nov. 3

Thomas Dunn Mem. Ctr.

Pakistan Series I: Foundations - Pakistan at its Inception

Though they were both formally emancipated from British rule on August 15, 1947, Pakistan celebrates its independence on August 14th, while India recognizes the 15th as its birthday. This is not the only issue on which the subcontinent's nuclear powers disagree. This first installment of our new series on Pakistan will discuss the reasons for partition, i.e., the establishment of a separate Muslim state that emerged during the fight for Indian independence after nearly a century of British colonial rule. By examining the role of the Muslim League, Mahatma Gandhi, geography, religion, resources, and history in the creation of Pakistan, this course will create a foundational framework through which to understand some of the underlying issues that have shaped the Islamic Republic of Pakistan.

HIST:713 | \$19

P01 M 10am-12:30pm
Sept. 22

Katie Young
Thomas Dunn Mem. Ctr

Pakistan Series II: Foundations: The Nascent State of Pakistan

India's first prime minister and, besides Mahatma Gandhi, founding father, Jawaharlal Nehru, had nearly three decades in which to implement the principles he envisioned for the state he helped to create. Pakistan's founding father, Muhammad Ali Jinnah, died a year after his country was born. A thousand miles of hostile India divided the industrialized "West Pakistan" from the agricultural "East Pakistan." The only viable organ of state that Pakistan won upon independence was its military. This class will discuss the myriad of challenges that faced a nascent Pakistan, including the sources of its intense (and mutual) animosity toward India. It will outline three "Indo-Pak wars," as they are known, ending with a second round of partition, in which Pakistan lost over half of its population and a considerable amount of revenue. Join us to unravel the causes and some of the shattering effects of the subcontinent's still unresolved acrimony.

HIST:713 | \$19

P02 M 10am-12:30pm
Sept. 29

Katie Young
Thomas Dunn Mem. Ctr

Pakistan Series III: The Military State of Pakistan

When asked to name his heroes, American Congressman Charlie Wilson named Winston Churchill, Abraham Lincoln, and General Zia ul-Haq. The third installment of the Pakistan series will introduce the latter, as well as his predecessor, Zulfikar Ali Bhutto, who General Zia ousted in a coup. This was a period of intense international involvement and intrigue, as Pakistan carved out its role in the Soviet incursion into Afghanistan, sought an atomic bomb, and encouraged the burgeoning belief that Pakistani control of Kashmir was a religious, not merely a territorial issue. Engaging in the study of this fascinating period in Pakistan's history will help to explain its growing current of Islamism, the pattern of military leadership in Pakistan, and Pakistan's role in both the fall of the Soviet Union and the post-Soviet deterioration of Afghanistan.

HIST:713 | \$19

P03 W 10am-12:30pm
Oct. 1

Katie Young
Thomas Dunn Mem. Ctr

Pakistan Series IV: The Challenges of Modern Pakistan

The 2011 capture of Osama bin Laden just 75 miles outside of Pakistan's capital city, Islamabad, illustrates the complications of America's relationship with our important ally in the War on Terror. The Pakistani state has gained notoriety for dealing with subversive elements for the purpose of advancing its aims. This class will discuss the objectives of these associations, as well as the threat of another round of armed conflict with India, attempts at conciliation, domestic political intrigue, including the return and assassination of Benazir Bhutto, and Pakistan's classification by multiple outlets as the most dangerous country on the planet. Can a nation that has neglected its infrastructure in favor of military development maintain the vestiges of a democratic state? Should a state associated with corruption and heavy-handed domestic policies be trusted to combat regional terrorism? What is the alternative? Join us to discuss whether Pakistan is an indispensable partner or dangerous fifth column in the tense climate of modern global affairs.

HIST:713 | \$19

P04 M 10am-12:30pm
Oct. 20

Katie Young
Thomas Dunn Mem. Ctr

Warm Up with a Good Book!

Languages

Arabic Language: Beginning I

Interested in learning basic skills, including conversation, reading, writing and basic grammar in Arabic? Come meet with others who share a common interest in the Arabic culture and language. Text required - bring to first class.

FLAR:702 | \$99

650 W 6:30pm-8:30pm **Jabr Dumit**
Oct. 1 - Nov. 19 MC - SW, 108

Arabic Language: Beginning II

Course builds upon skills learned in Arabic Language: Beginning I. We include further work in conversation, reading, writing, and grammar. Prerequisite: Arabic Language Beginning I or equivalent experience. Text required-bring to first class.

FLAR:702 | \$99

651 M 6:30pm-8:30pm **Jabr Dumit**
Oct. 6 - Nov. 24 MC - SW, 108

Bosnian and Croatian Language: Beginning I

This class is for individuals interested in the Bosnian and Croatian language and culture of the region. No previous knowledge required. Basic everyday expressions and simple conversational phrases will be taught along with the contemporary culture of this region. No text required.

FLBO:702 | \$99

730 Th 6:30pm-8:30pm **Azim Mujacic**
Sept. 25 - Nov. 13 Bernard Mid. School, 115

Chinese for First Timers

If you've never learned a word of Chinese, this course is for you. You will be introduced to pronunciation, the Pin Yin system, greetings, and basic sentences. No text required.

FLCH:702 | \$59

350 W 7pm-9pm **John Yeh**
Sept. 17 - Oct. 8 WW, 201

650 M 7pm-9pm **John Yeh**
Sept. 8 - Sept. 29 MC - CN, 201

Chinese (Mandarin) Language: Beginning I

This course is intended to provide preliminary conversational skills for those who wish to travel or do business in China. It will cover practical dialogues for home, shopping, asking directions, using public transportation, mailing, making phone calls, and other needs for travel and social life. After completion, students will have a basic knowledge of the Chinese language which will enrich their experiences. Prerequisite: Chinese for 1st Timers or knowledge of the Pin Yin system. Text required-bring to first class.

FLCH:702 | \$99

651 M 7pm-9pm **John Yeh**
Oct. 6 - Nov. 24 MC - CN, 201

French for the Traveler

A quick, easy, and very practical course in the French language. Learn survival phrases, how to read menus, understand cultural differences, transportation schedules and more. A jump-start course in the French language for smart travelers. Text required-bring to first class.

FLFR:701 | \$75

650 M 7pm-9pm **Patricia Adams**
Sept. 8 - Oct. 13 MC - CN, 203

French Language: Beginning I

In a relaxed and informal atmosphere you will learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in French. Text required-bring to first class.

FLFR:702 | \$99

720 M 6:30pm-8:30pm **Barbara Sandmel**
Sept. 22 - Nov. 10 Ladue H.S., 208

P01 Tu 7pm-9pm **Mary Schwartz**
Aug. 26 - Oct. 14 Nottingham, 108

920 W 6pm-7:55pm **Jerry Griffith**
Sept. 17 - Nov. 5 U. City H.S., 115

750 W 7pm-9pm **Marcel Kyle**
Oct. 8 - Dec. 3 Kirkwood Sr. H.S., W 122
No class 11/26 - No text required

French Language: Beginning II

This class is a continuation of French: Beginning I. You will continue to increase your knowledge of the French language including speaking, grammar and vocabulary. Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: French-Beginning I or equivalent experience. Text required-bring to first class.

FLFR:704 | \$99

P01 Tu 7pm-9pm **Mary Schwartz**
Oct. 21 - Dec. 16 Nottingham, 108
No class 11/11

750 Tu 7pm-9pm **Marcel Kyle**
Oct. 7 - Dec. 2 Kirkwood Sr. H.S., W 122
No class 10/21 - No text required

German for the Traveler

Enjoy an easy and practical introduction to the German language. Learn survival phrases, how to read signs, menus, transportation schedules, and more. Understand cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers. Text required - bring to first class.

FLGE:701 | \$75

450 W 6:15pm-8:30pm **Dustin Glastetter**
Nov. 12 - Dec. 3 FP - G Tower, 115

750 Tu 6:30pm-9:30pm **Bryan Young**
Sept. 2 - Sept. 16 Kirkwood Sr. H.S., E 182

German for First Timers

Perfect class for the absolute beginner with no prior German language experience. Text required-bring to first class.

FLGE:702 | \$59

750 Tu 6:30pm-9:10pm **Bryan Young**
Sept. 30 - Oct. 14 Kirkwood Sr. H.S., E 182

German Language: Beginning I

This course is for the student with minimal or no knowledge of the German language. It will cover reading, writing, understanding and speaking simple German in conversational practice. No text required.

FLGE:702 | \$99

751 Tu 6:30pm-9:30pm **Bryan Young**
Oct. 28 - Nov. 18 Kirkwood Sr. H.S., E 182

Greek and Latin

The Greek and Latin languages form the basis of classical education and all the languages of the western world. This class will consist of a study and comparison of both classical languages. Increase your knowledge and gain a better insight into English and the Romantic languages which are based on Latin. Greek is the oldest language still spoken today. Its alphabet is the basis of the Roman alphabet. The culture and history of Rome and Greece will be discussed. Textbook available in bookstore (approximately \$95) or may be available for purchase online at discount retailers.

FLGK:702 | \$75

920 W 8pm-9:30pm **Jerry Griffith**
Sept. 17 - Nov. 5 U. City H.S., 115

Irish (Gaelic) Language: Beginning I

Course is designed for adult beginners who wish to become comfortable speaking Irish in a social setting. Emphasis will be on correct pronunciation, usage, vocabulary and, above all, on feeling comfortable conversing with others in Irish. No text required.

FLIR:702 | \$99

480 Sa 9am-11am **Sarah Johnson**
Sept. 27 - Nov. 15 FP - F Tower, 213

Irish (Gaelic) Language: Beginning II

Course is for those who have completed a level one Irish language class and would like to continue their studies. It is designed for adult beginners who wish to become comfortable speaking Irish in a social setting. Emphasis will be on correct pronunciation, usage, vocabulary and, above all, on feeling comfortable conversing with others in Irish. Prerequisite: Irish - Beginning I or equivalent experience. No text required.

FLIR:702 | \$99

481 Sa 11:30am-1:30pm **Sarah Johnson**
Sept. 27 - Nov. 15 FP - F Tower, 213

Italian for the Traveler

An easy and practical introduction to the Italian language. Emphasis will be on conversation for transportation, food, lodging, and basic shopping as well as observation of cultural differences. A jump-start course for smart travelers. Text required-bring to first class.

FLIT:701 | \$75

600 M 4pm-6pm **Barbara Klein**
Nov. 3 - Dec. 8 MC - CS, 209

650 M 7pm-9pm **Barbara Klein**
Nov. 3 - Dec. 8 MC - CS, 209

350 Th 7pm-9pm **Barbara Klein**
Sept. 11 - Oct. 16 WW, 227

450 Tu 7pm-9pm **Barbara Klein**
Sept. 9 - Oct. 14 FP - G Tower, 111

Italian Language: Beginning I

Class will cover the major parts of speech including articles, adjectives, adverbs and verbs. Verb conjugation will concentrate on present tense along with some irregular verbs. Vocabulary will revolve around situations commonly found abroad. Text required-bring to first class.

FLIT:702 | \$99

600 M 4pm-6pm **Barbara Klein**
Sept. 8 - Oct. 27 MC - CS, 209

450 Tu 7pm-9pm **Barbara Klein**
Oct. 21 - Dec. 9 FP - G Tower, 111

750 Tu 7pm-9pm **Maria Brandle**
Aug. 19 - Oct. 7 Kirkwood Sr. H.S., E 183

751 W 7pm-9pm **Maria Brandle**
Oct. 15 - Dec. 10 Kirkwood Sr. H.S., E 183
No class 11/26

Italian Language: Beginning II

Class is designed for students who have completed one semester of Italian or have similar experience. Past, future, and imperative tenses will be covered. Conversation with cultural elements will be emphasized. The class will be conducted almost exclusively in Italian. Prerequisite: Italian - Beginning I or equivalent experience. Text required-bring to first class.

FLIT:704 | \$99

750 W 7pm-9pm **Maria Brandle**
Aug. 20 - Oct. 8 Kirkwood Sr. H.S., E 181

450 Th 7pm-9pm **Barbara Klein**
Oct. 23 - Dec. 18 FP - G Tower, 111
No class 11/27



Italian Language: Beginning III

Class is designed for students who have completed one semester of Italian or have similar experience. Past, future, and imperative tenses will be covered. Conversation with cultural elements will be emphasized. The class will be conducted almost exclusively in Italian. Prerequisite: Italian - Beginning II or equivalent experience. Text required-bring to first class.

FLIT:704 | \$99

650	M 7pm-9pm Sept. 8 – Oct. 27	Barbara Klein MC - CS, 209
751	Tu 7pm-9pm Oct. 14 – Dec. 9 No class 10/21	Maria Brande Kirkwood Sr. H.S., E 181

Italian Language: Current Issues and Events

This advanced Italian conversation class will continue to study and review grammar and syntax in conjunction with reading and discussion of articles covering current issues and events. Prerequisite: Conversational Italian-Intermediate level or equivalent experience. Must have a good command of the Italian language, its structure and vocabulary. No text required. No class 10/13.

FLIT:765 | \$99

710	M 7pm-9pm Sept. 29 – Nov. 24	M Flynn Clayton H.S., 124
-----	---------------------------------	------------------------------

New Preparing for Your Trip to Italy

Do you have an upcoming trip to Italy? Well this course is designed specifically for you! Class will introduce you to practical traveling tips as well as cultural differences that you should be aware of while in Italy. Instructor previously lived in Italy and travels there every year; now she wants to help prepare you so that you can fully enjoy your experience while in this beautiful country.

FLIT:765 | \$25

650	W 7pm-9pm Sept. 10	Barbara Klein MC - CS, 210
-----	-----------------------	-------------------------------

Japanese Language: Beginning I

This class introduces the Japanese language and culture through conversation. The goal is mastery of the basic grammatical structures. Cultural aspects of the class include customs, modern topics and traditions. No text required. No class 10/21.

FLJP:702 | \$99

750	Tu 7pm-9pm Sept. 16 – Nov. 11	Noriko McLeer Kirkwood Sr. H.S., W 112
-----	----------------------------------	---

New Korean Language: Beginning I

In a relaxed and informal atmosphere you will learn practical vocabulary, correct pronunciation and basic sentence structure necessary to understand and use the Korean language. Text required-bring to first class.

FLKO:702 | \$99

650	M 7pm-9pm Oct. 6 – Nov. 24	Misook Yu MC - BA, 220
-----	-------------------------------	---------------------------

Russian for First Timers

If you've never learned a word of Russian, this course is for you. You will be introduced to the alphabet, pronunciation, greetings, phrases and present tense verbs. Text required-bring to first class.

FLRU:701 | \$59

650	Tu 7pm-9pm Sept. 9 – Sept. 30	Valerie Powers MC - CN, 201
-----	----------------------------------	--------------------------------

Russian Language: Beginning I

An introductory course to the Russian language and culture. While covering all four aspects (reading, writing, understanding and speaking), this course will primarily focus on oral proficiency. Prerequisite: Russian for First Timers or a good understanding of the Russian alphabet. Text required-bring to first class.

FLRU:702 | \$99

780	Tu 7pm-9pm Oct. 14 – Dec. 2	Valerie Powers Lindbergh H.S., 54
-----	--------------------------------	--------------------------------------

Spanish for the Traveler

An easy and practical introduction to the Spanish language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Understand cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers. Text required - bring to first class.

FLSP:701 | \$75

600	M 4pm-5:55pm Sept. 8 – Oct. 13	Rosario Gasquet MC - HE, 123
650	M 6pm-7:55pm Sept. 8 – Oct. 13	Rosario Gasquet MC - HE, 123
350	Tu 5:30pm-7:30pm Oct. 7 – Nov. 11	Burnette McNamee WW, 223

Spanish Language: Beginning I

In a relaxed and informal atmosphere you will learn practical vocabulary, correct pronunciation and basic sentence structure necessary to understand and use the Spanish language. Text required-bring to first class.

FLSP:702 | \$99

550	Tu 6:30pm-8:30pm Aug. 26 – Oct. 14	Maria de la Garza FV - C, 104
920	W 6:30pm-8:30pm Sept. 17 – Nov. 5	Margaret Poth U. City H.S., 114
450	Th 7pm-9pm Oct. 23 – Dec. 18 No class 11/27	Adriana Szczesny FP - G Tower, 115
780	M 7pm-9pm Oct. 27 – Dec. 15	Adriana Szczesny Lindbergh H.S., 51
300	Th 4pm-6pm Aug. 28 – Oct. 16	Ann Matthews WW, 202
600	Tu 4pm-6pm Aug. 26 – Oct. 14	Ann Matthews MC - CN, 230
650	M 7pm-9pm Aug. 25 – Oct. 20 No class 9/1	Ann Matthews MC - CS, 104

Spanish Language: Beginning II

This class is for students who have some experience with the Spanish language. You will continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary. Prerequisite: Spanish - Beginning I or equivalent experience. Text required-bring to first class.

FLSP:704 | \$99

550	Th 6:30pm-8:30pm Aug. 21 – Oct. 9	Maria de la Garza FV - C, 106
551	Tu 6:30pm-8:30pm Oct. 28 – Dec. 16	Maria de la Garza FV - C, 104
450	Th 7pm-9pm Aug. 21 – Oct. 9	Adriana Szczesny FP - G Tower, 113
780	M 7pm-9pm Aug. 25 – Oct. 20 No class 9/1	Adriana Szczesny Lindbergh H.S., 51
600	M 4pm-6pm Aug. 25 – Oct. 20 No class 9/1	Ann Matthews MC - CS, 104
350	Th 7pm-9pm Aug. 28 – Oct. 16	Ann Matthews WW, 202
770	W 7pm-9pm Oct. 22 – Dec. 17 No class 11/26	Ann Matthews Hixson Mid. School, 115

Spanish Language: Beginning III

This class is for students who have some experience with the Spanish language. You will continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary. Prerequisite: Spanish - Beginning II or equivalent experience. Text required-bring to first class.

FLSP:704 | \$99

552	W 6:30pm-8:30pm Aug. 20 – Oct. 8	Maria de la Garza FV - C, 106
451	Tu 7pm-9pm Oct. 21 – Dec. 9	Adriana Szczesny FP - G Tower, 115
650	W 7pm-9pm Aug. 27 – Oct. 15	Ann Matthews MC - CN, 230
651	M 7pm-9pm Oct. 27 – Dec. 15	Ann Matthews MC - CS, 104

Spanish Conversation: Intermediate I

Class is designed for continued expansion of conversational skills in Spanish through focus on everyday vocabulary and situations. Basic grammar and sentence structure will be examined and reviewed. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Language - Beginning III or equivalent experience. Text required-bring to first class.

FLSP:705 | \$99

780	W 7pm-9pm Aug. 27 – Oct. 15	Lorenzo Gonzalez Lindbergh H.S., 57
451	Tu 7pm-9pm Oct. 28 – Dec. 16	Lorenzo Gonzalez FP - G Tower, 113

Spanish Conversation: Intermediate II

Class is designed for continued expansion of conversational skills in Spanish through focus on everyday vocabulary and situations. More advanced grammar and sentence structure will be examined and reviewed. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Conversation-Intermediate I or equivalent experience. Text required - bring to first class. No class 11/26.

FLSP:705 | \$99

781	W 7pm-9pm Oct. 22 – Dec. 17	Lorenzo Gonzalez Lindbergh H.S., 57
-----	--------------------------------	--

Spanish Conversation: Intermediate III

Class is designed for continued expansion of conversational skills in Spanish through focus on everyday vocabulary and situations. Basic grammar and sentence structure will be examined and reviewed. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Language - Intermediate II or equivalent experience. Text required-bring to first class.

FLSP:705 | \$99

450	Tu 7pm-9pm Aug. 26 – Oct. 14	Lorenzo Gonzalez FP - G Tower, 113
-----	---------------------------------	---------------------------------------

Spanish Conversation: Advanced

Advanced level course which stresses spoken Spanish by reading and discussing short selections on a variety of topics. Increase your vocabulary and conversational skills. Prerequisite: Spanish Conversation - Intermediate III or equivalent experience. Text required - bring to first class.

FLSP:706 | \$99

650	Th 7pm-9pm Aug. 28 – Oct. 16	Lorenzo Gonzalez MC - CS, 206
651	Th 7pm-9pm Oct. 23 – Dec. 18 No class 11/27	Lorenzo Gonzalez MC - CS, 206
720	Th 7pm-9pm Sept. 25 – Nov. 13 No text required	Margarita Gunther Ladue H.S., 147

PERSONAL ENRICHMENT

New Spanish Practice

Do you need extra practice for your Spanish class? Come to these practice sessions and get extra help where you struggle the most. Instructor will work with students on an individual and group basis to help all students in various areas. All levels welcome.

FLSP:765 | \$29

680 Sa 10am-12pm
Sept. 27 – Oct. 11
No class 10/4
Ann Matthews
MC - CS, 205

681 Sa 10am-12pm
Nov. 15 – Dec. 6
No class 11/22, 11/29
Ann Matthews
MC - CS, 205

Sign Language

Getting Started with Sign Language I

Class is designed for individuals who would like a basic knowledge of sign language. Common words and phrases will be taught. No text required.

SIGN:701 | \$89

550 Tu 6:30pm-8:30pm
Sept. 30 – Nov. 18
Cynthia Hayes
SCEUC, 118

Getting Started with Sign Language II

This class is designed for individuals who have completed Getting Started with Sign Language I and want to continue learning basic signs. More common words and phrases will be taught. No text required.

SIGN:702 | \$89

550 Th 6:30pm-8:30pm
Oct. 2 – Nov. 20
Cynthia Hayes
SCEUC, 118

Silent Weekend

You'll experience silence and new communication challenges. You will take mini-workshops conducted at beginning, intermediate, or advanced levels. If you are a student of sign and/or IEP programs, special education teacher, parent with deaf and hard-of-hearing children, supervisor who works with deaf and hard-of-hearing employees, community volunteer, interpreter, or person interested in improved communication with the deaf and hard-of-hearing, you will benefit from this retreat. At the end of the weekend you will realize a deeper understanding of the "silent" experience. No matter what level you are, you are welcome! Weekend begins at Friday 6pm and continues until Sunday noon. No refunds after October 23, 2014.

SIGN:725 | \$125

VD1 FSaSu
Nov. 7 – Nov. 9
Regina Driskill
** Babler State Park

Religion

Religion and It's Role in World History: An Introduction

Come join us for an exciting journey as we investigate the question: "What is religion?" Our popular instructor will include a brief survey of world history that shows the compelling impact of religion on significant historical events. This class is a recommended prerequisite for the Introduction to Eastern Religions and Introduction to Western Religions which will discuss five major world religions.

RELG:701 | \$19

350 Tu 7pm-9pm
Sept. 16
Jan Worley
WW, 222

Eastern Religions: An Introduction

Are you intrigued by the major religions of Asia? Begin your search for understanding with this course, which offers an introduction to the teachings, history, development, and current challenges of Hinduism and Buddhism. It is recommended that this course be taken in conjunction with the other two religion courses being offered to provide a more complete view of major world religions. This course will expand your knowledge of other belief systems and give you an opportunity to discuss the differences and similarities of the major world religions.

RELG:701 | \$29

351 Tu 7pm-9pm
Sept. 23 – Sept. 30
Jan Worley
WW, 222

Western/Monotheistic Religions: An Introduction

Each week, we'll spend the evening talking about the teachings, history, development, and current challenges of one of the following western/monotheistic religions: Judaism, Christianity, and Islam. It is recommended that this course be taken in conjunction with the other two religion courses being offered to provide a more complete view of major world religions. This course will expand your knowledge of other belief systems and give you an opportunity to discuss the differences and similarities of the major world religions.

RELG:701 | \$39

352 Tu 7pm-9pm
Oct. 7 – Oct. 21
Jan Worley
WW, 222

Understanding the Hajj (the Fifth Pillar of Islam): Compulsory Pilgrimage to Mecca

According to the central tenets of the faith, every Muslim must undertake the Hajj, the annual pilgrimage to Mecca, at least once in his or her lifetime. The rites and rituals associated with the Hajj are performed at prescribed places and times during the Islamic month of Dhu al-Hijjah, commemorating key events in the religion's history. Each year, the designated Custodian of the Two Holy Places, the Sa'udi government in modern times, organizes and hosts more than two million pilgrims from around the world. Bringing together Sunni, Shi'ite, and Sufi men and women, from friendly and hostile nations, for the most profound religious experience of their lives constitutes a massive feat of coordination, cost, and diplomacy. This class will outline and discuss the significance of the Hajj program, including how the beliefs and proclivities of the host impacts the experience.

HIST:713 | \$19

654 W 7pm-9pm
Oct. 15
Katie Young
MC - CS, 205

Radical Christianity: The Quakers in England

Quakers were one of the most reviled and persecuted sects in 17th century England. They are also one of the few to survive into the 21st century. This class will trace the various people and events that influenced the founding and shaping of this radical group from the Reformation into the 18th century. We'll cover the basics of Quaker faith and practice as well as the history of the religion's development. You can expect to discover new insights into English history and Christian spirituality.

RELG:701 | \$19

P01 W 10am-11:30am
Sept. 10
Timothy Hetrick
Thomas Dunn Mem. Ctr.

Radical Christianity: The Quakers in America

Quakers were one of the most reviled and persecuted sects in 17th century England. They are also one of the few to survive into the 21st century. This class session will trace the various people and events that influenced the emigration of Quakers from England to Colonial America and their historical development to the present day. You will discover new insights into Quaker faith and practice, Christian spirituality and American history. (Prerequisite: "Radical Christianity- the Quakers in England" is recommended, but not required.)

RELG:701 | \$19

P02 Th 10am-11:30am
Oct. 23
Timothy Hetrick
Thomas Dunn Mem. Ctr.

Approaches to the Study of Sacred Christian Scriptures

There are many different ways to study sacred texts (hermeneutics). Is the Bible the literal Word of God? Or is it just a loose collection of stories? We'll discuss approaches by theologians in history to discern the truth, then consider our own feelings and beliefs. A look at the effect of language translation on scripture variations will be included. You'll be able to see where your own beliefs align with some of the great minds of history and recognize the methods and challenges we face comparing the Old and New Testament writings.

RELG:701 | \$19

651 W 7pm-9pm
Oct. 1
Kevin Walsh
MC - CS, 205

Religion & Violence

Does religion cause violence? In this class, we'll examine the theological, psychological and sociological reasons why religion and violence are often bound together. You'll begin to understand the reasons for the violence you see in the media and recognize the misrepresentation of this violence. We'll close the evening with a hopeful discussion of how the violence can be stopped. Join us for a lively, thought-provoking evening.

RELG:701 | \$19

650 Tu 7pm-9pm
Sept. 23
Kevin Walsh
MC - BA, 112

Does God Really Exist?

People through the centuries have pondered the question: "Does God Really Exist?" In this class, we'll explore the arguments for and against God's existence, from Aristotle to Aquinas to Richard Dawkins. We'll consider all views, from the rational to the emotional, and discuss those we feel have merit. Be prepared to examine for yourself where your own thoughts and feelings about God's existence match up with those of some of the most brilliant minds in history.

RELG:701 | \$19

652 Tu 7pm-9pm
Nov. 11
Kevin Walsh
MC - BA, 112

Like us on Facebook



St. Louis
Community
College
Continuing
Education

Exclamation Point!

"Excellent presentation of material that makes progressive learning of the Spanish language easy and fun. I especially enjoyed the time devoted to small group interaction."

- Tyrone G., student

Personal Safety

Firearm Safety

Firearm Safety: Beginning Skills

If you have never shot a handgun, this is the course for you. You will focus on safety, loading and unloading, using ammunition and marksmanship. You will discuss cleaning, storing and using accessories such as grips and holsters. **Due to ammunition shortages, students are advised to purchase ammunition well in advance of class start date.** Bring a picture ID proving you are at least 21. Also, **bring a check or money order for \$25 made payable to Berkeley Police Department for use of the range.**
GNSF:700 | \$69

Florissant Valley Campus

580 Sa 8am-5pm
Sept. 6

Jack Bender
FV - SS, 102

Course meets 8am-noon on campus, 1-5pm at the range. Before coming to class you must take your handgun to the campus police office to be checked in and tagged. If you don't own one then you can use the instructor's (We do prefer that you use your own). The guns he has available are a .38 Special revolver and a 22 long rifle semi-auto. Ammunition—bring 100 rounds—may be kept in your car for use at the range. You must check in by 7:45am. If you do not check in with the campus police, you will not be admitted to class. There are NO exceptions. Guns are not allowed on campus. Meramec Campus

680 SaSu 8am-12pm
Sept. 20 – Sept. 21

Jack Bender
MC - AS, 108

Course meets Saturday on campus and Sunday at the range. Guns are not allowed on campus. You will receive detailed range instructions during the classroom portion.

Firearm Safety for Concealed Carry

Course meets the requirements of the Concealed Carry Missouri Law. Your instructor is a certified police officer firearm safety instructor. You must shoot both a revolver and a semi-auto per the law for the live firing exercise on the range. You will need to furnish one gun, preferably both (any caliber of your choice). If you can please bring the gun you intend to carry or use to qualify with. The instructor will provide the other gun but you will need to provide the 40 rounds of ammunition (factory only) for that gun. **Due to ammunition shortages, students are advised to purchase ammunition well in advance of class start date.** The guns he has available are a .38 Special revolver and a 22 long rifle semi-auto. (No magnum or plus P loads for the revolver and no reloads for safety reasons). Guns are not allowed on campus. In addition, bring a picture ID proving you are at least 21 years old. Finally, **bring a check or money order made payable to Berkeley Police Department for \$25 to pay for use of the range.** Course includes earplugs, goggles, target and documentation needed to secure your permit if you successfully complete the course. Some handgun experience is required. This is not a course to teach you how to shoot, but to qualify for a conceal-carry permit.
GNSF:700 | \$119

Florissant Valley Campus

581 Sa 8am-8pm
Sept. 13

Jack Bender
FV - SS, 102

The classroom portion meets from 8am-4pm; one hour range time is scheduled after that. Before coming to class you must take your handgun—unloaded and in a locked container—to the Florissant Valley police office to be checked in and tagged. Please put your name on your gun box or bag when bringing them to Campus Police. Guns are not allowed on campus. After class, you will pick up your gun(s) from the Campus Police office and report to the range at your assigned time.

Meramec Campus

681 SaSu 8am-2pm
Sept. 27 – Sept. 28

Jack Bender
MC - AS, 108

Course meets Saturday on campus and Sunday at the range. Guns are not allowed on campus. You will receive detailed range instructions during the classroom portion.

Tactical Shooting Course for Beginners

This 8-hour course is designed to prepare you with the reality of self-defense with practical training that includes legal issues, mindset, clearing malfunctions, close quarters combat (Krav Maga), tactical firearm handling, shooting and tactical self defense. Glock 19 Airsoft gun, ammo, holster and safety gear are provided. Students must bring pants with belt loops, a belt, comfortable street clothes and a long sleeve shirt or sweatshirt. No live firearms will be used. No firearm experience required.

GNSF:701 | \$149

M01 Su 9am-5pm
Nov. 9

Xtreme Tactical Defense

Self Defense

Pro-Active Martial Arts

Learn to use practical application self-defense through a unique combination of multiple martial arts-to prepare yourself to face stronger, more skilled and even armed opponents. Learn quick defense, interruption and engagement tactics with fast intuitive strategies. The program doesn't employ countless complicated techniques, but rather easy-to-learn concepts.

PEDU:743 | \$49

650 Tu 7:30pm-8:30pm
Oct. 7 – Nov. 11

Dennis Fonod
MC - PE, 201

Class Nikita: Covert Self-Defense for Women

Arm yourself with the appropriate tools to handle any violent or confrontational situation with this highly individualized, real and practical training. This is not a fitness-based workout, nor is it a sport-based martial art modified for the street. After taking this course, you should be able to utilize common objects as weapons in defense and handle most common street applicable attacks while protecting yourself and others. Training will include: hand-to-hand self-defense, situational awareness, armed and unarmed tactical training, child protection, improvised weapons, use of clothing as a weapon, vehicle and home defense, weapon recognition and concealment, defense against multiple attackers, and psychological manipulation of attackers.

PEDU:743 | \$89

P01 Th 5:45pm-6:45pm

Sept. 18 – Nov. 20 St. Louis Combat Institute

Systema: Russian Self Defense

Learn the extremely innovative and versatile self-defense tactics of Systema, the Russian Martial Art. Systema tactics are time practical, realistic and effective against any type of opponent under any circumstance. All tactics are based on instinctive reactions, individual strengths and characteristics, specifically designed for fast learning. In Systema, the synergy of three components creates a TRUE WARRIOR - Combat Skill, Strong Spirit and Healthy Body.

PEDU:743 | \$89

P02 Tu 6:30pm-7:30pm

Sept. 23 – Nov. 25 St. Louis Combat Institute

Systema Warrior Camp

A full, distraction-free weekend of instruction, immersion and application of the Systema Warrior Lifestyle. For three days, you will live a Systema Warrior existence; training, eating, sleeping and learning all in the company of like-minded people. Feel more connected with Systema, nature, other individuals and yourself. Camp held at Meramec State Park in Sullivan, MO. Check in starts at 4pm on Friday, 9/5 and camp will conclude at 4pm on Sunday, 9/7. Directions to the campsite and gear lists will be sent. For more information visit: <http://stlsystema.com/warrior-camp.html>.

PEDU:743 | \$124

P03 FSaSu

Sept. 5 – Sept. 7

St. Louis Combat Institute
Meramec State Park

Self Defense for Women

Designed for ladies who want to learn to protect themselves at all times! Class is taught by a fifth degree black belt, who also specializes in Judo and Jujitsu and has been teaching for 30 years. Come dressed as you are and leave feeling safe and prepared for anything! No class 11/4.

PEDU:743 | \$59

M01 Tu 7pm-8pm

Sept. 30 – Nov. 25 Sunset Hills Comm. Ctr

New Krav Maga: Beginner

Are you prepared to defend yourself in an attack? Krav Maga is an exciting and fast-paced class designed to prepare both the body and mind against violent attacks, utilizing stress drills designed to mimic real life situations. Learn the basics of self-defense and hand-to-hand combat techniques to quickly and effectively finish a fight or attack situation.

PEDU:743 | \$95

Co-ed

M02 M 6pm-7pm

Sept. 15 – Nov. 17 Xtreme Krav Maga

Women only

M03 Tu 6pm-7pm

Sept. 16 – Nov. 18 Xtreme Krav Maga

Recreation, Fitness and Wellness

Aerobic Exercise

Aerobic Kickboxing

This class begins with warm-up and stretching followed by an aerobic workout including floor work and self-defense moves. A great workout with an experienced instructor from The Martial Arts Center. Bring a mat for floorwork.

PEDU:744 | \$59

M01 W 7pm-8pm

Sept. 17 – Nov. 19 Timothy Toeniskoetter
The Martial Arts Cntr
(Mehlvi)

780 M 6:30pm-7:30pm Timothy Toeniskoetter

Sept. 15 – Nov. 17 Sperreng School, LG GYM

Hoop Fit

Learn to use a hula hoop on and off the body to get a great workout. No experience necessary. Hoops provided or you may bring your own. No class 11/26.

PEDU:747 | \$79

P01 W 5:30pm-6:15pm

Aug. 27 – Dec. 10 Jill Woehrle
Nottingham

Hoop Dance

Get a great workout while you learn to hoop dance using a hula hoop. No experience necessary. Hoops provided or you may bring your own. No class 11/27.

PEDU:747 | \$79

P02 Th 5:30pm-6:15pm

Aug. 28 – Dec. 11 Jill Woehrle
Nottingham

PERSONAL ENRICHMENT

Zumba

Dance your way to fitness with Zumba. Let the Latin music take you away with a combination of Salsa, Merengue, Samba, and Cumbia. It's a great high-energy, low-impact workout that's fun!

PEDU:747 | \$69

550 MW 7pm-8pm
Sept. 8 – Oct. 8

Paula Taylor
FV - PE, 233

551 MW 7pm-8pm
Oct. 20 – Nov. 19

Paula Taylor
FV - PE, 233

Zumba: Continuing

Now that you are used to the steps, kick it up a notch in this fast-paced Zumba class! Quickly burn calories and have a blast during a high-energy workout that proves fitness is fun! No class 9/20, 10/4, 10/11, 11/29.

PEDU:747 | \$69

580 Sa 10am-10:50am
Sept. 13 – Dec. 13

Wendy DuCasse'
FV - PE, 233

Girls Night (Work) Out - Zumba

Grab your best girlfriends and attend the Hottest Group Dance Class out there! Spice up your body with this hot Latin workout! Guaranteed to burn fat & sculpt curves while learning Latin steps & sexy hip movements from merengue to salsa funk.

PEDU:747 | \$79

M06 M 6pm-6:55pm
Oct. 13 – Dec. 1

FitChix-Crepe Coeur

Girls Night (Work) Out - Yoga Fit

A multi-dimensional and dynamic yoga practice that is a total body workout! Challenge your core, flexibility, strength and balance to create an elongated body.

PEDU:747 | \$79

M08 M 7pm-7:55pm
Oct. 13 – Dec. 1

FitChix-Crepe Coeur

Girls Night (Work) Out - Flirty Fit

Grab your best girlfriends and attend this fun and flirty fitness class. Have a great time with this series of fun workouts that incorporate cardio with sexy dance moves and pole/chair dancing to achieve your fitness goals! Wear comfortable fitness attire. High Heels are recommended and preferred, but not required!

PEDU:747 | \$79

M07 Tu 7pm-7:55pm
Oct. 14 – Dec. 2

FitChix-Crepe Coeur

Girls Night (Work) Out - Kickboxing

Punch and kick your way to a sexy, strong physique! Put on the boxing gloves and drip sweat while you hit heavy bags and kick box targets. Burn 600-800 calories in just one hour!

PEDU:747 | \$79

M10 W 5pm-5:55pm
Oct. 15 – Dec. 3

FitChix-Crepe Coeur

Girls Night (Work) Out - Booty Camp

Lift your booty and so much more! Let Booty Camp break away whatever has been holding you back, one hour at a time, with this full body bootcamp style workout! Certified personal trainers will help you reach new fitness heights through this program, while having a good time. Workouts will include Kettle bells, TRX, Bosu Balls, Obstacle Courses, Target Kickboxing, and so much more. No class 11/27.

PEDU:747 | \$79

M05 Th 6pm-6:55pm
Oct. 9 – Dec. 4

FitChix-Crepe Coeur

Girls Night (Work) Out - Ballet Fit

Have you always wanted to have the legs and strong core that are typical for dancers? Get the lean sexy muscles of a ballerina through this energizing ballet based workout! This combination of dynamic exercise and stretching will also help to improve your posture. No ballet experience necessary. No class 11/27.

PEDU:747 | \$79

M09 Th 7pm-7:55pm
Oct. 9 – Dec. 4

FitChix-Crepe Coeur

Zumba Gold for Seniors

Designed for the older active adult or individuals with limited physical activity, Zumba Gold takes a lower intensity, gentle approach to Zumba dance. Exercises are modified to work on your posture, strength, and balance. This non-strenuous class will also work on breathing and stretching. Come join in the fun and get fit with the upbeat tempo of Latin and International music.

PEDU:747 | \$55

M01 W 11am-11:50am
Sept. 17 – Nov. 5

Theresa Daniels
Adiva Dance Center

Zumba Toning: Beginning

Sculpt your arms, abs, glutes and thighs as you participate in a healthy workout with Latin infused Zumba moves matched to Latin and International music. Using lightweight maraca-like toning sticks, you'll get a strength-training dance exercise workout like you've never done before! Join this new and exciting beginner level class to shape your body naturally into a fit new you! Please bring two 1 lb Zumba toning sticks to class. Available for purchase online.

PEDU:747 | \$55

M02 W 6pm-6:50pm
Sept. 17 – Nov. 5

Theresa Daniels
Adiva Dance Center

M04 Sa 10am-10:50am
Sept. 6 – Oct. 25

Theresa Daniels
Adiva Dance Center

Zumba: Beginning

Designed for the beginning student, this class is a lower intensity, exhilarating, and effective way to get fit and increase your energy level! Join in the Zumba craze featuring easy to learn routines set to Latin and International music designed to quickly burn calories. Give it a try, and you'll be convinced that exercise fitness can be fun.

PEDU:747 | \$55

M03 Sa 9am-9:50am
Sept. 6 – Oct. 25

Theresa Daniels
Adiva Dance Center

Dance Aerobics

A fun, full body workout including cardio and toning set to contemporary music. Bring light weights (1-3 lbs) and a mat. No dance experience required.

PEDU:750 | \$75

730 W 6pm-6:50pm
Sept. 3 – Nov. 19

Susan Pellegrino
Oakville Sr. H.S., GYMB

Aquatics

Attention Water Students:

Due to circumstances related to inclement weather, building and/or equipment malfunctioning or maintenance, the pool facilities used by Continuing Education may have to be closed with little or no advance notice. In these cases, no refunds will be offered, nor will make-ups be available because of tight scheduling of swimming, water exercise and other physical education classes. For additional information regarding the various college pools, please call

- Meramec Pool: 314-894-7172
- Forest Park Pool: 314-644-9717
- Florissant Valley Pool: 314-513-4275

Family Swim

You and your family can have fun as you swim, dive, or lounge in our pool every Sunday. One parent/guardian per non-swimming child. One parent/guardian per 3 children if they can swim. All participants MUST register. Maximum 8 parent/guardian & children for \$79 registration. No class 11/30.

Additional family members of students that have registered and paid for PEDU 720 580 should register for PEDU 720 581. Maximum 8 parent/guardian and children for \$79 registration.

PEDU:720 | \$79

580 Su 5pm-6:50pm
Sept. 7 – Dec. 7

FV - PE, POOL

Open Lap Swim

The pool is open for lap swimming during this time. Lockers are available; however you must provide your own towel & lock for your valuables. No class 9/1, 11/27.

PEDU:721 | \$89

600 MTuWTh 8am-8:50am
Aug. 18 – Dec. 4

MC - PE, POOL

Lap Swim

Come and get a great workout before you start your day! Pool will be set up for students to swim laps during this time. Lockers are available; however you must provide your own towel & lock for your valuables.

PEDU:721

Meramec | \$69

601 Tu 7am-7:50am
Aug. 19 – Nov. 25

MC - PE, POOL

602 Th 7am-7:50am
Aug. 21 – Dec. 4
No class 11/27

MC - PE, POOL

Florissant Valley | \$75

500 M-F 6:30am-7:45am
Sept. 8 – Oct. 17

FV - PE, POOL

501 M-F 6:30am-7:45am
Oct. 27 – Dec. 9
No class 11/27, 11/28

FV - PE, POOL

Swimming Skills: Beginning/Intermediate

Not the strongest swimmer? It's time to change that! Acquire basic through intermediate swimming skills, and feel confident in the water and around water activities. Emphasis is on the primary strokes, buoyancy techniques, breath control and acquiring endurance.

PEDU:722

15 sessions | \$89

600 M 10am-10:50am
Aug. 18 – Dec. 1
No class 9/1

Jason Mounts
MC - PE, POOL

601 W 10am-10:50am
Aug. 20 – Nov. 26

Jason Mounts
MC - PE, POOL

12 sessions | \$75

450 Tu 8pm-8:50pm
Sept. 9 – Nov. 25

Ted Greenhouse
FP - PE, POOL

580 Sa 11am-11:50am
Sept. 13 – Dec. 6
No class 11/29

Ted Greenhouse
FV - PE, POOL

Water Exercise: Shallow/Deep Aerobics Combo

Challenge your body and mind with this intense workout in both shallow and deep water. Great exercise for toning as well as increasing strength and endurance. Non-swimmers are required to wear a safety belt - available at most sporting goods stores. Life jackets NOT recommended.

PEDU:729 | \$89

650 MW 6pm-6:50pm
Aug. 18 – Oct. 8
No class 9/1

Angelica Fingers
MC - PE, POOL

651 MW 6pm-6:50pm
Oct. 15 – Dec. 3

Angelica Fingers
MC - PE, POOL

Water Exercise

Get a total body workout! Tone, strengthen, and achieve flexibility and circulatory endurance while exercising in the water. No more stiff and sore muscles! All skill levels are welcome as you will work at your own pace.

PEDU:729

12 sessions | \$75

450 Tu 7pm-7:50pm Ted Greenhouse
Sept. 9 – Nov. 25 FP - PE, POOL

580 Sa 9am-9:50am Ted Greenhouse
Sept. 13 – Dec. 6 FV - PE, POOL
No class 11/29

581 Sa 10am-10:50am Ted Greenhouse
Sept. 13 – Dec. 6 FV - PE, POOL
No class 11/29

480 Sa 10:30am-11:20am Karen Morrow
Oct. 6 – Dec. 6 FP - PE, POOL
No class 9/27, 11/29

15 sessions | \$89

600 MW 9am-9:50am Gary Ketcherside
Aug. 18 – Oct. 8 MC - PE, POOL
No class 9/1

601 TuTh 9am-9:50am Gary Ketcherside
Aug. 19 – Oct. 7 MC - PE, POOL

603 TuTh 2pm-2:50pm Lisa Huseman
Aug. 19 – Oct. 7 MC - PE, POOL

604 TuTh 9am-9:50am Gary Ketcherside
Oct. 14 – Dec. 4 MC - PE, POOL
No class 11/27

606 TuTh 2pm-2:50pm Lisa Huseman
Oct. 14 – Dec. 4 MC - PE, POOL
No class 11/27

607 MW 9am-9:50am Gary Ketcherside
Oct. 15 – Dec. 3 MC - PE, POOL

16 sessions | \$95

500 MWF 8am-8:50am Barbara Harris
Sept. 8 – Oct. 13 FV - PE, POOL

502 MWF 10am-10:50am Barbara Harris
Sept. 8 – Oct. 13 FV - PE, POOL

505 MWF 8am-8:50am Barbara Harris
Oct. 20 – Nov. 24 FV - PE, POOL

507 MWF 10am-10:50am Barbara Harris
Oct. 20 – Nov. 24 FV - PE, POOL

Aqua Zumba

Splash and dance your way to fitness in this fun, low-impact, water-based workout! Aqua Zumba integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises.

PEDU:729

12 sessions | \$75

550 TuTh 7:05pm-7:55pm
Sept. 9 – Oct. 16 FV - PE, POOL

554 TuTh 7:05pm-7:55pm
Oct. 23 – Dec. 4 FV - PE, POOL
No class 11/27

16 sessions | \$95

501 MWF 9am-9:50am Barbara Harris
Sept. 8 – Oct. 13 FV - PE, POOL

506 MWF 9am-9:50am Barbara Harris
Oct. 20 – Nov. 24 FV - PE, POOL

Gentle Aqua Zumba

Splash and dance your way to fitness in this fun, easy to follow, low-impact, water-based workout! Gentle Aqua Zumba integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises, just at a slower pace.

PEDU:729 | \$75

504 TuTh 2:10pm-3pm Neil Skid
Sept. 9 – Oct. 16 FV - PE, POOL

Ai Chi

Are you looking for a new way to relax and de-stress? Ai Chi is the perfect class for you! Similar to T'ai Chi in the water, this class combines deep breathing and slow, broad movements to help improve your balance, coordination, range of motion, and relaxation ability. No swimming skills required.

PEDU:729 | \$75

551 MW 6:45pm-7:35pm Laura Payer
Oct. 20 – Nov. 26 FV - PE, POOL

Bowling

Bowl with a Pro

Have fun and learn new techniques, whether you are just beginning or looking to bring your game up a notch. Class will bowl 2 games with a professional bowler while learning proper swing technique, footwork, release points and basic pocket alignment. Extra fees for games and shoe rental each week.

PEDU:772 | \$49

M01 Tu 3pm-5pm Charles Kelly
Nov. 4 – Nov. 25 Brunswick Zone Chesterfield

Cards and Games

Bridge: Beginning

This class teaches the bidding, play, defense and etiquette used in contract bridge. It also provides the opportunity to learn the SAYC (Standard American bidding).

BRID:701 | \$89

650 M 5pm-7pm Phyllis Siegel
Sept. 8 – Oct. 27 MC - SW, 209
No class 11/24, 12/1

651 M 7pm-9pm Phyllis Siegel
Sept. 8 – Oct. 27 MC - SW, 209
No class 11/24, 12/1

M01 Tu 2:45pm-4:45pm Phyllis Siegel
Sept. 9 – Oct. 28 Affton White-Rodgers, A

V50 Th 7pm-9pm George Hawley
Sept. 4 – Oct. 23 Bridge Haven

Bridge: Supervised Party Bridge with Intermediate Instruction

Practice what you learn in a structured party bridge setting. You will be playing bridge, keeping score, and learning how to play your hand more skillfully. Prerequisite: A firm grasp of Beginning Bridge.

BRID:702 | \$39

650 M 5pm-7pm Phyllis Siegel
Nov. 17 – Dec. 15 MC - SW, 209

651 M 7:01pm-9pm Phyllis Siegel
Nov. 17 – Dec. 15 MC - SW, 209

M01 Tu 2:45pm-4:45pm Phyllis Siegel
Nov. 11 – Dec. 16 Affton White-Rodgers, A

Chess I: Beginning to Intermediate

This class is designed for those who want to learn the basics of chess or who would like to advance their basic skills and improve their tournament play. Beginning skills covered will include moves of the pieces, reading and writing chess notation, move selection principles, middle game tactics, endgame principles and checkmate. More advanced players will learn opening system for white, opening system for black, middle game tactics, endgame studies, and review of masters games. Cost includes chess book provided at first class. Instructor is on the Board of Directors of Missouri Chess Association and has over 30 years of chess coaching experience.

BRID:710 | \$59

P01 Tu 7pm-9pm Edward Baur
Sept. 16 – Oct. 14 Chess Club & Schol. Ctr SL

Fencing

Fencing: Beginning I

Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, and bouting. Equipment provided.

PEDU:745 | \$59

920 W 6pm-6:55pm Patrick Dorsey
Sept. 17 – Nov. 5 U. City H.S., GIRLS GYM

Fencing: Beginning II

Ready to learn more? The Fencing fun continues in this level II course for beginners. Review basics covered in Beginning I and improve footwork, bladework and bouting tactics. Equipment provided.

PEDU:745 | \$59

921 W 7pm-7:55pm Patrick Dorsey
Sept. 17 – Nov. 5 U. City H.S., GIRLS GYM

Fitness

Fun with Fitness

Ready to reduce stress, increase energy and just have FUN? Get a consistent cardiovascular work-out, increase overall strength with resistance training, and improve your balance, agility and flexibility to change your body from head to toe. This class is designed for all levels of fitness.

PEDU:755 | \$79

600 MW 4pm-4:50pm Angelicia Fingers
Sept. 8 – Oct. 20 MC - PE, 201

601 MW 4pm-4:50pm Angelicia Fingers
Oct. 27 – Dec. 8 MC - PE, 201

Dynamic Stretch

Increase the range of motion in your muscles and joints through specialized lengthening and stretching techniques designed to help release muscle tension, decrease stress, and enhance coordination.

PEDU:755 | \$75

606 Tu 8am-8:50am Gary Ketcherside
Sept. 2 – Nov. 18 MC - PE, GYM

607 Th 8am-8:50am Gary Ketcherside
Sept. 4 – Nov. 20 MC - PE, GYM

Rise and Shine Senior Workout

This class is a total body senior workout program for active older individuals. Join this early morning session for a variety of exercises that are designed to increase muscular strength, range of motion, agility, and heart-healthy movement supporting the skills required for your daily life. Wake up, work out and feel energized for the rest of the day. No running or jumping in this class. Wear tennis shoes. Bring water, towel, small rug or yoga mat and one pair of 2-3lb. weights.

PEDU:755 | \$69

608 TuTh 5:55am-6:55am Gail Velten
Sept. 9 – Oct. 9 MC - PE, GYM

609 TuTh 5:55am-6:55am Gail Velten
Oct. 21 – Nov. 25 MC - PE, GYM
No class 11/4

Full-Body Fitness

Get a total body workout using an exercise ball to naturally strengthen, tone and condition your core muscles and back. Exercise movements will also concentrate on stretching, flexibility, balance and posture. Class will end with a relaxing meditation. An effective and non-stressful workout for all ages! Bring a sticky mat, #6 or 8 resistance band and a 65" stability ball. Dumbbells and hand weights are optional. No class 10/28.

PEDU:755 | \$69

782 Tu 6pm-7pm Rena Potsos
Sept. 9 – Nov. 18 Sperrang, Fitness Room 54

PERSONAL ENRICHMENT

Fitness Impact for Women

Fitness through low-impact movement achieved using a variety of music and hand weights, concluding with stretching for posture and flexibility. All levels of experience encouraged; floor mat and 1-2 lb weights recommended.

PEDU:755 | \$75

780 Tu 7pm-8pm **Marsha Fey**
Sept. 9 – Dec. 9 *Sperreng, Fitness Room 54*
No class 10/28, 11/4

781 W 7pm-8pm **Marsha Fey**
Sept. 10 – Dec. 3 *Sperreng, Fitness Room 54*
No class 11/26

Nia: A Combination of Cardio and Strength Training

Nia is a fun, rocking fitness program that blends the movements of dance, martial arts and healing arts (such as yoga). Classes are taken to soul-stirring music in more than 48 countries. You will learn how to workout without pain and enjoy the process of getting fit with movement. Every experience can be adapted to individual needs and abilities. Nia is rooted in sensory awareness, joy, pleasure and love for your body as it is now and for its potential to transform. Join a Nia class and free your spirit!

PEDU:755 | \$59

M01 Tu 6pm-6:50pm **Karol McNutt**
Sept. 9 – Oct. 14 *MC-Off Campus*

M02 Tu 6pm-6:55pm **Karol McNutt**
Oct. 28 – Dec. 2 *MC-Off Campus*

M03 Sa 8:30am-9:25am **Karol McNutt**
Sept. 13 – Oct. 18 *MC-Off Campus*

M04 Sa 8:30am-9:25am **Karol McNutt**
Nov. 1 – Dec. 13 *MC-Off Campus*
No class 11/29

Boot Camp with Sharkfitness

Challenge yourself! Classes consist of resistance training, calisthenics, short runs, and drills designed to work every major muscle group in the 60-minute class. You will learn the correct way to train in terms of form, tempo, and exercise selection. Despite the group setting, this class challenges participants individually to give their best and expect optimal results. Must be able to jog 300 yards without rest. Bring a towel or mat and water. Class will be held outside-weather permitting. Meet at the entrance to the PE Building on O Parking Lot. Later start classes meet in the gym.

PEDU:755

14sessions | \$150

602 MWF 5:45am-6:45am
Aug. 18 – Sept. 19 *MC - PE, GYM*
No class 9/1

604 MWF 5:45am-6:45am
Oct. 27 – Nov. 26 *MC - PE, GYM*

650 MW 6pm-7pm
Nov. 3 – Dec. 17 *MC - PE, GYM*

15 sessions | \$160

603 MWF 5:45am-6:45am
Sept. 22 – Oct. 24 *MC - PE, GYM*

9 sessions | \$100

605 MWF 5:45am-6:45am
Dec. 1 – Dec. 19 *MC - PE, GYM*

Yogalates

Get the benefits of yoga, pilates and core strengthening as you exercise and stretch. A challenging and relaxing workout in just one class. Bring water, towel and yoga mat.

PEDU:756 | \$95

P01 M 6:30pm-7:25pm **Jill Woehrle**
Aug. 18 – Dec. 8 *Nottingham*
No class 9/1, 11/10

M02 Th 5:30pm-7pm **Denise Motta**
Sept. 4 – Nov. 6 *Affton White-Rodgers, GYM*

Pilates

Strengthen, lengthen and tone muscle as well as increase your flexibility. You'll learn how to execute the movements while focusing on breathing, allowing the mind and body to unite. Bring a towel and mat.

PEDU:756

10 sessions | \$69

M01 Tu 6:30pm-7:25pm **Denise Motta**
Sept. 16 – Dec. 9 *Garden of Life Spiritual Ctr*
No class 10/7, 11/4, 12/2

13 sessions | \$79

650 M 6pm-6:50pm **Katherine McMeans**
Sept. 8 – Dec. 1 *MC - PE, 105*

651 W 6pm-6:50pm **Katherine McMeans**
Sept. 10 – Dec. 3 *MC - PE, 105*

Power Pilates

Same great Pilates Method Exercises, but on a 10! Improve the health, strength and flexibility of your abdominal muscles, spine, hip and shoulder joints with this great morning workout! Bring water, towel and yoga mat.

PEDU:756 | \$79

600 TuTh 7am-7:50am **Denise Motta**
Sept. 9 – Oct. 16 *MC - PE, GYM*

601 TuTh 7am-7:50am **Denise Motta**
Oct. 28 – Dec. 9 *MC - PE, GYM*

Afterwork Yoga

After a rough day at work, unwind and de-stress with a relaxing workout. Attain a balance of mind, body and spirit as you work on posture mechanics, breathing and energy. This course will help you reduce stress, increase flexibility and tone your muscles. All levels of experience welcome. Bring a towel and mat.

PEDU:761 | \$69

550 M 5pm-5:50pm **Silvia Luna Zapiain**
Sept. 15 – Nov. 17 *FV - PE, 122*



Yoga

Relax, calm your mind, experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. Bring a towel & mat. No class 11/26.

PEDU:761

10 sessions | \$69

M11 Tu 7:30pm-8:25pm **Denise Motta**
Sept. 16 – Dec. 9 *Garden of Life Spiritual Ctr*
No class 10/7, 11/4, 12/2

780 M 6pm-7pm **Rena Potsos**
Sept. 15 – Nov. 17 *Sperreng, Fitness Room 54*

Also bring a yoga belt and #6 or 8 resistance band.

M03 M 9:30am-10:30am **Carrie Lang**
Sept. 8 – Nov. 10 *Queeny Park Rec*

Also bring a wool-style blanket, yoga block & strap.

M04 W 9:30am-10:30am **Carrie Lang**
Sept. 10 – Nov. 12 *Queeny Park Rec*

Also bring a wool-style blanket, yoga block & strap.

13 sessions | \$89

M12 M 6pm-7pm **Sharon Danyluck**
Sept. 8 – Dec. 1 *Sunset Hills Comm. Ctr*

M13 M 7:30pm-8:30pm **Sharon Danyluck**
Sept. 8 – Dec. 1 *Sunset Hills Comm. Ctr*

15 hours | \$95

P01 W 6:30pm-7:25pm **Jill Woehrle**
Aug. 27 – Dec. 10 *Nottingham*
No class 11/26

M01 Tu 1pm-2:30pm **Julie Garland**
Sept. 2 – Nov. 4 *Big Bend Yoga Center*

Yoga: Continuing

Designed for individuals with prior yoga experience, you will continue to build your skills while learning to relax, calm your mind, and experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. Prerequisite: Prior yoga experience. Bring a towel and mat.

PEDU:761

10 sessions | \$69

M06 M 1:30pm-2:30pm **Kelly Kauffmann**
Sept. 8 – Nov. 10 *Affton White-Rodgers, GYM*

15 hours | \$95

M02 Th 9am-10:30am **Melanie Klug**
Sept. 4 – Nov. 6 *Big Bend Yoga Center*

Yoga: Basics

New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility, and correct breathing techniques. Bring a towel and mat.

PEDU:761

AFCC | \$69

M05 M 12:15pm-1:15pm **Kelly Kauffmann**
Sept. 8 – Nov. 10 *Affton White-Rodgers, GYM*

MSPC | \$79

M07 W 9am-10am
Aug. 27 – Oct. 15 *Masterpeace Studios*

M08 W 9am-10am
Oct. 22 – Dec. 10 *Masterpeace Studios*

Exclamation Point!

"Rise and Shine Senior workout is an excellent exercise course for seniors.

Gail Velton is a fabulous, knowledgeable and encouraging instructor."

- **Tyrone G., student**

Gentle Yoga

A gentle combination of yoga exercises helping to improve flexibility and core balance. Great for stress relief. Individual yoga practice will be encouraged. Bring a yoga mat, towel and water.

PEDU:761

Wildwood | \$59

351 W 6pm-6:55pm
Sept. 17 – Nov. 5

Bishnupriya Misra
WW, 102B

MSPC | \$79

M09 W 7pm-8pm
Aug. 27 – Oct. 15

Masterpeace Studios

M10 W 7pm-8pm
Oct. 22 – Dec. 10

Masterpeace Studios

Golf

Golf Classes Extra fee for balls

Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.

Golf: Beginning I

Learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping.

PEDU:730

4 sessions | \$45

800 Th 11am-12pm
Rich Manley
Aug. 28 – Sept. 18
Golfport-MH

802 Th 7pm-8pm
Rich Manley
Aug. 28 – Sept. 18
Golfport-MH

803 Sa 10am-11am
Rich Manley
Sept. 27 – Oct. 18
Golfport-MH

820 Sa 10am-11am
Sept. 6 – Sept. 27
Eagle Springs

840 Sa 9am-10am
Sept. 6 – Sept. 27
Landings-Spirit Golf Club

810 M 6pm-7pm
Sept. 8 – Sept. 29
Big Bend Golf Ctr

811 M 7pm-8pm
Oct. 13 – Nov. 3
Big Bend Golf Ctr

812 Sa 10am-11am
Sept. 6 – Sept. 27
Big Bend Golf Ctr

813 Su 1pm-2pm
Sept. 7 – Sept. 28
Big Bend Golf Ctr

Women only-4 sessions | \$45

801 Th 6pm-7pm
Rich Manley
Aug. 28 – Sept. 18
Golfport-MH

804 Sa 11am-12pm
Rich Manley
Sept. 27 – Oct. 18
Golfport-MH

6 sessions | \$59

891 M 6pm-7pm
Sept. 8 – Oct. 13
Tower Tee

890 Tu 9am-10am
Sept. 9 – Oct. 14
Tower Tee

892 Th 7pm-8pm
Sept. 11 – Oct. 16
Tower Tee

893 Sa 11am-12pm
Sept. 13 – Oct. 18
Tower Tee

880 Tu 7pm-8pm
Sept. 16 – Oct. 21
The First Tee

881 W 6pm-7pm
Sept. 17 – Oct. 22
The First Tee

882 Sa 10am-11am
Oct. 4 – Nov. 8
The First Tee

872 Tu 6pm-7pm
Sept. 9 – Oct. 14
Ruth Park GC

873 Sa 9am-10am
Sept. 13 – Oct. 18
Ruth Park GC

860 M 7:15pm-8:15pm
Robert Jeep
Sept. 8 – Oct. 13
Sunset Hills-Golf Lrn Ctr

861 W 6:15pm-7:15pm
Robert Jeep
Sept. 10 – Oct. 15
Sunset Hills-Golf Lrn Ctr

862 Sa 10:15am-11:15am
Robert Jeep
Sept. 13 – Oct. 18
Sunset Hills-Golf Lrn Ctr

Women only-6 sessions | \$59

874 Th 6pm-7pm
Sept. 11 – Oct. 16
Ruth Park GC

875 Sa 10am-11am
Sept. 13 – Oct. 18
Ruth Park GC

12 sessions | \$109

870 TuTh 11am-12pm
Sept. 9 – Oct. 16
Ruth Park GC

871 TuTh 4:30pm-5:30pm
Sept. 9 – Oct. 16
Ruth Park GC

Iyengar Yoga - Wildwood

Well known for its highly developed teaching methodology and rigorous Teacher Training program, Iyengar Yoga's complete integration of postures and Yoga philosophy brings physical health and vigor, mental clarity, and emotional serenity and poise. Postures are taught by certified teachers in a safe orderly progression with emphasis on body alignment, intelligent actions in each posture, observation and correction of the students. Lowest level of Iyengar Yoga certification takes 7-10 years. Tiki is one of the few Iyengar certified teachers in the St. Louis area. Bring a towel and mat.

PEDU:761 | \$85

350 W 7pm-8:30pm
Sept. 17 – Nov. 5

Bishnupriya Misra
WW, 102B

Golf: Beginning II

Review fundamentals presented in Golf: Beginning I with special emphasis on correcting individual swing faults. Extra fee for balls.

PEDU:731

4 sessions | \$45

801 Th 7pm-8pm
Rich Manley
Oct. 2 – Oct. 23
Golfport-MH

802 Sa 10am-11am
Rich Manley
Aug. 30 – Sept. 20
Golfport-MH

840 Tu 5pm-6pm
Sept. 2 – Sept. 23
Landings-Spirit Golf Club

811 M 6pm-7pm
Oct. 13 – Nov. 3
Big Bend Golf Ctr

810 M 7pm-8pm
Sept. 8 – Sept. 29
Big Bend Golf Ctr

812 W 7pm-8pm
Oct. 15 – Nov. 5
Big Bend Golf Ctr

813 Sa 9am-10am
Oct. 11 – Nov. 1
Big Bend Golf Ctr

Women only-4 sessions | \$45

800 Th 6pm-7pm
Rich Manley
Oct. 2 – Oct. 23
Golfport-MH

6 sessions | \$59

890 M 7pm-8pm
Sept. 8 – Oct. 13
Tower Tee

891 Tu 7pm-8pm
Sept. 9 – Oct. 14
Tower Tee

892 W 6pm-7pm
Sept. 10 – Oct. 15
Tower Tee

893 Sa 9am-10am
Sept. 13 – Oct. 18
Tower Tee

880 Tu 6pm-7pm
Sept. 16 – Oct. 21
The First Tee

881 Sa 11am-12pm
Oct. 4 – Nov. 8
The First Tee

860 M 6:15pm-7:15pm
Robert Jeep
Sept. 8 – Oct. 13
Sunset Hills-Golf Lrn Ctr

861 W 7:15pm-8:15pm

Robert Jeep
Sept. 10 – Oct. 15
Sunset Hills-Golf Lrn Ctr

862 Sa 11:15am-12:15pm
Robert Jeep
Sept. 13 – Oct. 18
Sunset Hills-Golf Lrn Ctr

Golf: Combo Class

Class is a combination of short game, full swing and on course lessons. The first few classes will be on the practice range and remaining will be on the course. On course strategy and mental game will be discussed. Extra fee for balls.

PEDU:732 | \$59

890 Tu 10am-11am
Sept. 9 – Oct. 14
Tower Tee

892 W 5pm-6pm
Sept. 10 – Oct. 15
Tower Tee

894 Th 6pm-7pm
Sept. 11 – Oct. 16
Tower Tee

895 Sa 8am-9am
Sept. 13 – Oct. 18
Tower Tee

Golf: Short Game Skills

Class will cover putting, chipping, pitching, and sand shots and will cater to the beginner student as well as the student wanting to improve their game. Extra fee for balls.

PEDU:732

4 sessions | \$45

840 Tu 5pm-6pm
Oct. 7 – Oct. 28
Landings-Spirit Golf Club

841 Sa 10am-11am
Sept. 6 – Sept. 27
Landings-Spirit Golf Club

6 sessions | \$59

891 W 11am-12pm
Sept. 10 – Oct. 15
Tower Tee

893 Th 5pm-6pm
Sept. 11 – Oct. 16
Tower Tee

896 Sa 10am-11am
Sept. 13 – Oct. 18
Tower Tee

PERSONAL ENRICHMENT

Golf for Seniors - 4 Sessions

Learn the basic fundamentals of golf: grip, set-up, mini-swing, full swing, putting and chipping. Class will move at a slower pace. Adults 60 and older. Extra fee for balls.

PEDU:732 | \$45

800 Tu 10am-11am Rich Manley
Sept. 23 – Oct. 14 Golfport-MH

Golf: Parent/Child - 4 Sessions

Parent attends class with a child, ages 7-15. Registration required for each participant. Extra fee for balls.

PEDU:732 | \$45

801 Sa 11am-12pm Rich Manley
Aug. 30 – Sept. 20 Golfport-MH

810 W 6pm-7pm
Oct. 15 – Nov. 5 Big Bend Golf Ctr

812 Sa 10am-11am
Oct. 11 – Nov. 1 Big Bend Golf Ctr

811 Su 12pm-1pm
Sept. 7 – Sept. 28 Big Bend Golf Ctr

Motorcycle Rider Training

Motorcycle Safety Basic Rider Course (BRC)

The Basic Rider Course (MSF-BRC) is geared toward the novice motorcyclist or scooter operator, but will also provide an excellent skills update for the returning rider or those experienced with no previous formal training. The course consists of classroom and on-bike instruction with furnished motorcycles or scooters (loaner scooters are limited - check availability before registering; however personal scooters are permitted). Those who successfully complete the course will be issued a completion card from the Missouri Motorcycle Safety Program which is a waiver for the road test portion of the Missouri license endorsement. Students must be at least 15-1/2 years old and able to ride a bicycle. Those under 18 years of age must have a release form signed by a legal guardian or parent. Students must bring DOT-approved helmet (loaner helmets available), boots, gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, bring a photo ID, and show proof of medical insurance. At the discretion of the instructors, students who are unable to safely operate the motorcycles will be dismissed from class for their own protection and the safety of the group. No refunds will be given if you are unable to complete the class for any reason. Class held rain or shine. Call for a detailed brochure: (314) 984-7777. To view a 5-minute video of Basic Rider Course highlights, go to msf-usa.org.

MOTR:701 | \$195

480 SaSu 7am-5pm
Sept. 6 – Sept. 7 FP - D Tower, 215

481 SaSu 9am-7pm
Sept. 13 – Sept. 14 FP - D Tower, 215

482 SaSu 7am-5pm
Sept. 20 – Sept. 21 FP - D Tower, 215

483 SaSu 9am-7pm
Sept. 27 – Sept. 28 FP - D Tower, 215

484 SaSu 9am-7pm
Oct. 4 – Oct. 5 FP - D Tower, 215

485 SaSu 9am-7pm
Oct. 11 – Oct. 12 FP - D Tower, 215

486 SaSu 9am-7pm
Oct. 18 – Oct. 19 FP - D Tower, 215

487 SaSu 9am-7pm
Oct. 25 – Oct. 26 FP - D Tower, 215

Playing Golf Lessons

Enjoy this unique opportunity to play with an experienced golf instructor. PGA professional will take you and other students on course to play up to nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately \$15 to play up to nine holes on the course (includes a riding cart). Meet instructor at Eagle Springs Clubhouse. Tee time is 5pm sharp.

PEDU:732 | \$39

820 M 5pm-7:30pm
Sept. 15 Eagle Springs

821 M 5pm-7:30pm
Sept. 29 Eagle Springs

Personal Development

Discover Your Talents

Have you ever wondered what your true strengths are? Many people find it difficult to identify their own strengths, much less know how to articulate them well. Use the highly acclaimed Strengths Finder 2.0 assessment to identify your top 5 strengths and uncover your talents! Learn what differentiates you from others and how to create your own unique recipe for success as you design new life directions. Text required - bring to first class. Strengths Finder 2.0, ISBN: 9781595620156.

PERD:709 | \$49

680 Sa 9am-12pm Carol Watkins
Oct. 11 MC - BA, 216
Oct. 18 MC - BA, 220

Living the Adventure of Life

It is never too late to blossom into yourself. Rediscover your passion for life and recognize that the most important work you will ever do is become who you were meant to be, no matter what your age. Bring a notebook and pen.

PERD:709 | \$29

681 Sa 10am-12pm Roselyn Mathews
Oct. 25 MC - SO, 109

Overview of Stress Relief

Is stress running you down? Learn over 12 different stress reducing techniques that can help you take hold of your stress and handle it in healthy, beneficial ways. Explore a variety of options so that you can discover which ones address your personal needs for stress reduction. Class is an overview of numerous modalities of stress reduction.

PERD:712 | \$29

450 Tu 6:30pm-8:30pm Audrey Alexander
Nov. 11 FP - G Tower, 117

Developing Intuition

Learn to awaken your intuitive abilities and feel comfortable listening to and trusting your intuition. Discover which of your "psychic senses" is naturally strongest: gut feelings, inner listening, or intuitive seeing. Learn a variety of exercises and practices to help develop your intuition; including sensing auras, psychometry (intuiting information by holding objects) and more.

PERD:735 | \$49

550 Tu 7pm-9pm Rhonda Leifheit
Oct. 7 – Oct. 28 FV - TC, 111

Backyard Golf

Golf swings are complex and precise physical acts requiring regular correct practice to master. However, in today's economy, spending time and money at a range or golf course isn't always an option. Learn specific and effective practice drills that you can use in your backyard and home to continue practicing and becoming the best golfer you can be! Class meets at Creve Coeur's Municipal Golf Course 11400 Olde Cabin Rd, 63141 (mandatory first class meets Tuesday, 9/23, with remainder of classes meeting on Sunday, 9/28-10/19 from 9-10am). An optional 2-hole round (\$7) with instructor is available to test what you learn. Golf balls provided for class. Contact instructor (314-434-4715, melklearman@att.net) for details.

PEDU:732 | \$39

V01 Tu 5:30pm-7pm Melvin Klearman
Sept. 23 Creve Coeur Mun. G.C.
Su 9am-10am
Sept. 28-Oct. 19 Creve Coeur Mun. G.C.

Self-Esteem for Women

As women we are often taught to be 'people pleasers' and take care of others' needs before our own. To build self-esteem, we need to celebrate our uniqueness and acknowledge our strengths. Learn to truly accept and like yourself, develop courage to take risks and handle responsibilities, and experience more confidence and happiness in your life. Bring a notebook and pen.

PERD:736 | \$49

650 Tu 7pm-9pm Susan Herman
Sept. 30 – Oct. 21 MC - CS, 120

How to Avoid Falling in Love With a Jerk (or Jerkette)

Do you want to find "the one"? Whether you are looking for someone or have a relationship, hear how to avoid the "love is blind" syndrome. Learn to pace a relationship and explore key areas that foreshadow what a partner will be like over the long term. Gain the tools you need to judge your partner's character. Find out how to break unhealthy dating patterns and focus on your own emotional health. Fee includes textbook.

PERD:741 | \$39

710 W 7pm-9pm Kim Harness
Oct. 8 – Oct. 15 Clayton H.S., 108

Simplify Life

Is your life becoming busier and more chaotic with less time to do things you really want to do? It's time to make a change. Learn how to simplify your life with great tips, from a Professional Organizing Consultant! Improve your time management and learn how to make a big difference in your home with small changes.

PERD:765 | \$29

650 Th 6:30pm-8:30pm Kimberly Meredith
Oct. 16 – Oct. 23 MC - CN, 230

T'ai Chih

T'ai Chi Chih: Beginning

T'ai Chi Chih is a moving meditation consisting of 19 movements and 1 pose. Its purpose is to circulate and balance one's "chi" or vital force life energy. Health benefits include better balance, blood pressure control, and reduction in symptoms associated with stress, shingles, and arthritis. No special attire or equipment.

PEDU:766 | \$69

500 Th 4:30pm-5:25pm Jeanette Miller
Sept. 4 – Nov. 6 FV - PE, 233

P01 Tu 2:30pm-3:30pm Jeanette Miller
Sept. 2 – Nov. 4 Solar Yoga Center

M01 M 10:45am-11:45am Gale Rublee Portman
Sept. 8 – Nov. 10 Queeny Park Rec

650 W 5pm-5:50pm Gale Rublee Portman
Sept. 10 – Nov. 12 MC - PE, 201

T'ai Chi Chih: Continuing

Designed for students who have completed a beginning T'ai Chi Chih class and want to enhance their practice. Each week we will complete a practice of all 19 movements and the final pose, explore key principles of the form, and refine individual movements.

PEDU:767 | \$69

P01 Tu 1:15pm-2:15pm **Jeanette Miller**
Sept. 2 – Nov. 4 *Solar Yoga Center*

Mini session | \$39

P02 Tu 1:15pm-2:15pm **Jeanette Miller**
Nov. 18 – Dec. 16 *Solar Yoga Center*

Team Sports**Men's Recreational Basketball**

Join a group of men to have fun and get some exercise. We'll play half court and three on three. Bring a white & a dark colored t-shirt to class. Do not wear jewelry.

PEDU:701 | \$59

730 Tu 7pm-8:30pm **Richard Bannecker**
Sept. 9 – Nov. 25 *Oakville Sr. H.S., GYMB*

Volleyball: Recreational

Keep fit, have fun and make friends. Just register and come play! No class 10/31.

PEDU:704 | \$69

580 F 7pm-8:30pm **Jason Guss**
Sept. 12 – Nov. 21 *FV - PE, GYM*

Tennis**Tennis: Beginning I (NTRP 1.0-2.0)**

See NTRP Rating Box. Tennis balls provided. Facility is not air-conditioned, dress appropriately.

PEDU:733 | \$69

M05 W 2pm-3pm
Sept. 3 – Oct. 15 *Vetta*

M06 Sa 2:30pm-3:30pm
Sept. 6 – Oct. 18 *Vetta*

M07 Sa 2:30pm-3:30pm
Oct. 25 – Dec. 13 *Vetta*
No class 11/29

Tennis: Beginning I and II (NTRP 1.0-2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:733

Outdoor | \$75

M01 Sa 9am-10am
Sept. 13 – Oct. 18 *Kaufman Park*

M02 Su 1pm-2pm
Sept. 28 – Nov. 9 *Sunset Hills Watson Trails*

Indoor | \$85

M03 Su 6pm-7pm
Sept. 21 – Oct. 26 *Frontenac Racquet Club*

M04 Su 6pm-7pm
Nov. 9 – Dec. 14 *Frontenac Racquet Club*

Tennis: Beginning I and II (NTRP 1.0-2.5)

See NTRP rating Box. Tennis balls provided.

PEDU:734 | \$69

M02 Sa 10am-11am
Sept. 28 – Nov. 9 *The Club at Chesterfield*

M01 M 11am-12pm
Sept. 22 – Nov. 3 *The Club at Chesterfield*

Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box. Tennis balls provided. Facility is not air-conditioned, dress appropriately.

PEDU:734 | \$69

M04 Tu 10am-11am
Sept. 2 – Oct. 14 *Vetta*

M05 Tu 10am-11am
Oct. 28 – Dec. 9 *Vetta*

M06 Sa 3:30pm-4:30pm
Sept. 6 – Oct. 18 *Vetta*

Tennis: Cardio - Beginning II-Intermediate I (NTRP 2.5-3.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:734 | \$95

M03 Su 7am-8:30am
Sept. 28 – Nov. 9 *The Club at Chesterfield*

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735

9 hours | \$89

M01 Th 8:30pm-10pm
Aug. 28 – Oct. 2 *Woods Mill Racquet Club*

M02 Th 8:30pm-10pm
Oct. 16 – Nov. 20 *Woods Mill Racquet Club*

10.5 hours | \$95

M06 Tu 2pm-3:30pm
Sept. 2 – Oct. 14 *Vetta*

M07 Tu 2pm-3:30pm
Oct. 28 – Dec. 9 *Vetta*

M08 Th 2pm-3:30pm
Oct. 9 – Nov. 20 *Vetta*

M09 Sa 4:30pm-6pm
Sept. 6 – Oct. 18 *Vetta*

M10 Sa 4:30pm-6pm
Oct. 25 – Dec. 13 *Vetta*
No class 11/29

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735

Outdoor | \$75

M05 Sa 10am-11am
Sept. 13 – Oct. 18 *Kaufman Park*

Indoor | \$85

M03 Sa 4pm-5pm
Sept. 13 – Oct. 18 *Forest Lake Tennis Club*

M04 Sa 4pm-5pm
Nov. 1 – Dec. 6 *Forest Lake Tennis Club*

Tennis: Intermediate I - Advanced (NTRP 3.0-4.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:736 | \$95

M01 Tu 1pm-2:30pm
Sept. 23 – Nov. 4 *The Club at Chesterfield*

National Tennis Rating Program (NTRP)

- 1.0 *This player is just starting to play Tennis*
- 2.0 *May have had some lessons; needs on-court experience*
- 2.5 *Can sustain a short rally of slow pace; needs to develop form*
- 3.0 *Consistent on medium-paced shots; needs work on form and strategy*
- 3.5 *Consistent with directional control; needs to work on specialty shots*
- 4.0 *Dependable with directional control and depths has specialty shots. Needs to play more percentage tennis*

Designations used as a tool to assist students when registering for Tennis classes:

Beginning I (1.0-2.0): Designed for beginners and those who have limited experience with basic Tennis strokes. Proper techniques of all strokes will be covered. Drills will be used and Tennis etiquette and rules will be discussed. Players will be grouped according to ability.

Beginning I and II (1.0-2.5): Designed for beginners and those who need to brush up on the basics. Techniques covered are forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability.

Beginning II (2.5): Further emphasized is proper stroke development and footwork through the use of drills. Tennis etiquette and rules will be reviewed. Constancy of stroke production is a major goal.

Intermediate I (3.0-3.5): A refresher on proper stroke execution. Drills are used and emphasis is on improved consistency and directional control. Strategy and some match play are covered.

Intermediate II to Advanced (3.5-4.0): This course includes more advanced drills, work on strategy and match play, with a goal of playing better percentage tennis.

Bring tennis shoes and racket. Tennis balls provided. Facilities may not be air-conditioned. Please dress appropriately. Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.

The Great Outdoors

New Pickleball

Come join the fun! Pickleball is a fast-growing sport for many good reasons: it's easy to learn and play, has simple rules, and is great exercise for all ages and abilities. Learn the basics of Pickleball then enjoy recreational play. Already know how to play Pickleball? Just register and come play! All equipment provided; dress appropriately for outdoor court.

PEDU:739 | \$59

M01	Tu 5:30pm-6:30pm Aug. 26 – Oct. 7	Jay Hubert Kennedy Rec. Ctr
M01	Sa 9am-10am Sept. 6 – Oct. 18	Jay Hubert Kennedy Rec. Ctr
M01	Sa 10am-11am Sept. 6 – Oct. 18	Jay Hubert Kennedy Rec. Ctr

Recreational Tree Climbing

Experience the exhilaration of being in the trees as never before! Climb safely to heights and access parts of the canopy that you never thought possible. Enjoy this new sport using ropes and harnesses just like the professionals. Learn some basics about tree biology and the procedures for climbing, then all participants will have the opportunity to climb a tree. The class ends with a survey of climbing gear and techniques. Class does not teach participants how to climb on their own. Participants need basic physical fitness - able to easily climb a flight of stairs. All gear is provided. STUDENTS MUST BE REGISTERED, BRING PHOTO ID, AND SIGN WAIVER TO PARTICIPATE IN CLASS

PEDU:765 | \$39

M01	Sa 10am-1pm Sept. 20	Guy Mott Camp Wyman
V01	Su 1pm-4pm Sept. 28	Guy Mott EarthDance Farms

Recreational Tree Climbing - Level II

Advance to the next step in recreational tree climbing. Use advanced techniques to ascend multiple pitches and reach the very top of a tree. Build upon what you learned in Recreational Tree climbing with state-of-the-art climbing methods that allow you to travel throughout the canopy. Small class size and one-on-one training from your instructor, who climbs into the canopy with you, make this a compelling learning experience. Class does not teach participants how to climb on their own. Participants need basic physical fitness - able to easily climb a flight of stairs. All gear is provided. Prerequisite: Recreational Tree Climbing or previous introductory climb experience (MOBOT canopy climb, Adventure Tree open climb, etc). STUDENTS MUST BE REGISTERED, BRING PHOTO ID, AND SIGN WAIVER TO PARTICIPATE IN CLASS.

PEDU:765 | \$49

V02	Su 12pm-4pm Oct. 12	Guy Mott EarthDance Farms
-----	------------------------	------------------------------

New SUP: Stand Up Paddleboarding-Introduction

Stand Up Paddleboarding is a rapidly growing sport that is suitable for almost anyone. Have fun and soak up the benefits of a great exercise while learning how to SUP! Before you hit the water, you will be given proper paddling instruction and will be matched up with the right board for your stature and paddling style. Once on the water, you will receive continuous instruction as you practice and get comfortable on your board. Dress appropriately for outdoor water activity. Fee includes all equipment. Classes held at Simpson Lake, 1234 Marshall Road, Valley Park, MO 63088.

PEDU:770 | \$59

M01	W 5pm-7pm Aug. 20 – Aug. 27	Simpson Lake
M02	Sa 10am-12pm Aug. 16 – Aug. 23	Simpson Lake

New SUP: Stand Up Paddleboarding - River Trip

Now that you know what you're doing, join us on a new adventure in Stand Up Paddleboarding! There really is something about paddling our local rivers and being out among nature. Let SUP St. Louis take you there on a custom guided river trip. Students will meet at Greentree Park, 2202 Marshall Rd, Saint Louis, MO 63122. Fee includes all equipment and transportation up river. More information to be sent. Prerequisite: SUP Introduction class.

PEDU:770 | \$49

M03	Sa 10am-12pm Sept. 13	Greentree Park
-----	--------------------------	----------------

Tours and Trips

Exploring St. Louis

Discover places you probably haven't seen before in the St. Louis area. Some are historical and some so new you may be the first of your friends to visit. We carpool but there is always space in a car for a non-driver. Admission fees are extra and bring a lunch the first day. Start exploring with us. Every week is a fun adventure! Walking involved. First class meets in the Continuing Education classroom building, followed by a tour. Class meets off-campus after first class. Registration/withdrawal deadline: 9/19. No refunds after that date.

TRIP:701 | \$99

MD1	F 9am-10:25am Oct. 3 F 10:30am-2:30pm Oct. 3 F 9am-2:30pm Oct. 10-24	Joan Huisinga MC - CE classroom MC - Off Campus MC - Off Campus
-----	---	--

Re-live the 1904 World's Fair

Join us for an illustrated, narrated tour of the actual fair grounds of the 1904 World's Fair in and around Forest Park. Travel back in time through a narrated 3-D stereoscopic slide presentation, then travel to the sites of the marvels you've just seen. Fee includes a light lunch of foods made famous at the fair and print materials (including maps). Special 3-D glasses are supplied for this course. Some walking required. Provide own transportation for the tour. Rain date: 10/4.

TRIP:701 | \$39

480	Sa 8:30am-1:30pm Sept. 20	Charles Koehler Doug Schneider FP - G Tower, 115
-----	------------------------------	--

Churches of Soulard

Steeple in the sky, towering over this 19th century immigrant neighborhood. Learn the history of the area while we visit five ethnic churches. Lunch will be at your own expense when we visit St. Raymond's as everyone has their favorite dishes cooked by the Lebanese ladies of the congregation. Trip includes transportation, escort, donations, and tips. Meet tour bus in Lot E on NW side of the Meramec campus. Registration/withdrawal deadline: 9/10. No refunds after that date.

TRIP:701 | \$49

MD2	W 9am-3pm Oct. 1	Joan Huisinga MC - Off Campus
-----	---------------------	----------------------------------

Little Bosnia

Spend a day on tour in Eastern Europe (no passport needed). See how St. Louis' largest recent immigrant group has settled here. Visit a morning coffee house (nightclub by night). Shop at the market and bakery. Meet the newspaper publisher and the Imam at the Mosque. Lunch and Bosnian entertainment will be at Grbic's. Trip includes transportation, escort, donations, lunch, and tips. Meet tour bus in Lot E on NW side of the Meramec campus. Registration/withdrawal deadline: 9/29. No refunds after that date.

TRIP:701 | \$65

MD3	Tu 9am-3pm Oct. 14	Joan Huisinga MC - Off Campus
-----	-----------------------	----------------------------------

Architectural Tour of St. Louis

Visit examples of the best of St. Louis architecture, from French to classical, and Victorian to mid-century modern. The St. Louis area has it all. Learn the history of the various buildings as we drive and make a few stops. Lunch will be at Kemoll's for a bird's eye view of the city. Tour includes, bus, lunch, donations, and admissions. Meet tour bus on Lot E on NW side of Meramec campus. Wear walking shoes. Field trip release form required. Registration/withdrawal deadline: 10/27. No refunds after that date.

TRIP:701 | \$59

MD4	W 9am-3pm Nov. 5	Joan Huisinga MC - Off Campus
-----	---------------------	----------------------------------

A Victorian Holiday in St. Louis

Celebrate the holidays in the Victorian manner. You'll begin the day with pastries, coffee, and a tour at the Campbell House learning about Victorian holiday customs. A musical concert will follow and a look at the decorations at the Old Court House. You'll enjoy High Tea at the Missouri Athletic Club (and a view of their amazing Gingerbread Village). You'll end the day with a treat: chocolate at the Eugene Field house amid their Christmas decorations and toy collection. Trip includes transportation, escort, food, tips, tax, and admissions. Meet tour bus in Lot E on NW side of the Meramec campus. Registration/withdrawal deadline: 11/13. No refunds after that date.

TRIP:701 | \$59

MD6	Th 9:30am-3:30pm Dec. 11	Joan Huisinga MC - Off Campus
-----	-----------------------------	----------------------------------

Sisters of Saint Joseph of Carondelet Tour

A behind the scenes tour with the Sisters of Saint Joseph of Carondelet. Tour the motherhouse and chapel; buffet lunch at the motherhouse; in-depth afternoon tour of Cathedral Basilica and mosaics museum. Trip includes tour guide, tours, transportation, lunch, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Registration/withdrawal deadline: 10/22. No refunds after that date.

TRIP:701 | \$69

MD5	Th 9:15am-3pm Nov. 13	Dea Hoover MC - Off Campus
-----	--------------------------	-------------------------------

Fall Colors Tour: Johnson's Shut-ins State Park & Arcadia Valley

This popular and beautiful natural "water park" has attracted thousands of visitors each year since 1955. In 2005 the park was devastated by a catastrophic flood. The damage was so extensive the park was closed until 2009. Displays of the story of the catastrophe will be on view at the Visitor's Center. A naturalist will lead a quarter mile, flat-surface informative walk to an overlook to view the rugged and scenic shut-ins. Lunch will be at a favorite local eatery. We'll visit the Iron County Museum, then a local guide will join us for a short driving tour to relate fascinating stories of the valley's rich heritage including people, architecture, lead mining, and the Civil War. Trip includes transportation, admissions, lunch, tax and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Refund/withdrawal deadline: 9/24. No refunds after that date.

TRIP:702 | \$89

MD2	W 7:30am-6pm Oct. 8	Cindy Fricke MC - Off Campus
-----	------------------------	---------------------------------

Mystery Trip!

Join the secretive fun on our fall Mystery Trip as we travel to an unknown destination. The day includes transportation, admissions, tour guide, lunch, tax, and tips. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Refund/withdrawal deadline: 9/5. No refunds after that date.

TRIP:702 | \$99

MD1	Th 8:30am-5pm Sept. 18	Cindy Fricke MC - Off Campus
-----	---------------------------	---------------------------------

Southern Hospitality: Historic Paducah, KY (two-day tour)

The charming town of Paducah, KY awaits your visit with 20 blocks of historic buildings involving steamboats, railroads, Native Americans, local music scene, African American Heritage, and the Civil War. We'll have a docent-led tour of the acclaimed National Quilt Museum. Our itinerary also includes: the Lloyd Tilghman House & Civil War Museum (a 1852 Greek Revival home); the William Clark Market House Museum with an old-fashioned pharmacy exhibit; wine tasting at the Purple Toad Winery, and a narrated driving tour. There's an opportunity to explore on your own one afternoon in walking range of museums, the mural flood wall, plus many restaurants and unique shops selling fabrics, antiques, art, ice cream and baked goods (lunch on your own). Tour includes transportation, lunch and dinner Tuesday, breakfast and buffet dinner Wednesday, three admissions, tour guides, lodging at the Auburn Inn and gratuities. Snacks and food at rest stops are not included. Price is based on double-occupancy (must register together); for other rates call (314) 984-7777. Meet tour bus in Lot E on NW side of the Meramec campus. Registration/withdrawal date: 10/14. No refunds after that date.

TRIP:702 | \$259

MDD TuW 7:30am-8pm Cindy Fricke
Nov. 18 – Nov. 19 MC - Off Campus

Old Settler's Day at Kampsville

All aboard the bus at Meramec, where you'll go to catch the ferry boat in St. Charles for our excursion to Old Settler's Day on the banks of the Illinois River. There you'll experience the life and times of the early Calhoun settlers. Explore the past with the past president of the Mound City Archaeological Society as our special guest guide. We'll experience a Civil War re-enactment, carriage rides, fiddle contest, mountain-man activities, apple-butter making and other period demonstrations, food, artisans and traders, crafts and live entertainment. Lunch will be at Mel's Riverdock Restaurant, a local favorite. The trip home includes more ferry boat rides and a relaxing, scenic ride down the river road. Trip includes guided tours, transportation, lunch, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Registration/withdrawal deadline: 9/17. No refunds after that date.

TRIP:702 | \$65

MD3 Sa 8:30am-5:30pm Dea Hoover
Oct. 11 MC - Off Campus

Warm Springs Clydesdale Ranch

Visit and tour the Warm Springs Ranch in Boonville, MO. See the state-of-the-art Clydesdale breeding farm that features a mare/stallion and foaling barn, veterinary lab, and 10 pastures; enjoy a family style lunch at Settler's Inn and a stop at the Russell Stover outlet store, then barn quilts in Cooper County. Trip includes guided tours, transportation, lunch, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Registration/withdrawal deadline: 9/26. No refunds after that date.

TRIP:702 | \$94

MD4 F 7:30am-5:30pm Dea Hoover
Oct. 17 MC - Off Campus

Travel Scams: How to Avoid Them

Whether you're going away for the first time or the thirty-first time, con artists are always looking for new, creative ways to dupe the unsuspecting traveler. Don't get caught up in the fray of things because you are excited, disoriented or unaware of local customs. Learn how to spot something too good to be true during this informative class. Also learn the ins and outs of booking that will protect you and your finances. This class may be the best travel investment you will make this year.

TRIP:703 | \$19

650 Sa 9:30am-11:30am Dea Hoover
Nov. 1 MC - BA, 118

1827 Cheney Mansion Complex - Jerseyville, IL

Three acres of historic buildings and amazing artifacts have been accumulated by the dedicated members of the Jersey County Historical Society. Included are the lovingly restored massive Cheney Mansion and furnishings, the 1877 one-room Lone Star School, the primitive McAdams Log Cabin, and the quaint Union Forest Church built in 1920. In addition, the huge museum boasts items pertaining to transportation, 19th century lifestyle, education, weddings, military, and extensive Native American relics. We'll enjoy a wonderful catered lunch in the Mansion, hear stories of paranormal activity, and see the hiding place where escaping slaves stayed as part of the Underground Railroad. A bonus on the way home is a stop at Eckert's Farm Market near Grafton to shop for apples, jellies and other home canned items. Tour includes transportation, admission, catered lunch, tax and gratuities. Field trip release form required. Refund/withdrawal deadline: 10/2. No refunds after that date.

TRIP:702 | \$89

MD5 Th 8am-4pm Cindy Fricke
Oct. 23 MC - Off Campus

Meet tour bus in Lot E on NW side of the Meramec campus.

VD1 Th 8:30am-3:30pm Cindy Fricke
Oct. 23 FV - Off Campus

Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

19th Century Madison County

This fun trip starts in Godfrey with a stop for an early lunch at Josephine's Tea Room (famous for their desserts), with time to shop in Josephine's Gift Shops. Founded in 1812, Madison County played a key role in the history of the Illinois Territory. We'll visit Colonel Benjamin Stephenson's beautiful Federal style brick house, built in 1820, just two years after Illinois became a state. Interpreters will lead us on a living history tour of the house and outbuildings. A special driving tour featuring the late 19th and early 20th century homes on St. Louis Street and the LeClaire Historic District will be conducted by local historian and author, Cindy Reinhardt. Tour includes transportation, tour guides, lunch, admission, driving tour, and gratuities. Field trip release form required. Refund/withdrawal deadline: 10/16. No refunds after that date.

TRIP:702 | \$99

MD6 Th 10am-5:30pm Cindy Fricke
Nov. 6 MC - Off Campus

Meet tour bus in Lot E on NW side of the Meramec campus.

VD2 Th 10:30am-5pm Cindy Fricke
Nov. 6 FV - Off Campus

Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

An Old-Fashioned Kimmswick Christmas

Strolling carolers, streets lined with luminaries, horse-drawn carriages, candlelit historic building tours, and twenty-five decked out shops, await us for an evening in the charming village of Kimmswick. Shoppers will especially enjoy ample time to browse. Dinner will be festive at the popular Blue Owl Restaurant & Bakery where you will have your choice of several entrees and decadent desserts. This award-winning eatery has been rightfully featured on The Food Network, The Travel Channel, The Today Show and O Magazine. This evening tour includes transportation, escort, dinner with dessert, tax and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Refund/withdrawal deadline: 11/7. No refunds after that date.

TRIP:702 | \$89

MD7 F 4pm-9:30pm Cindy Fricke
Dec. 5 MC - Off Campus

Meet tour bus in Lot E on NW side of the Meramec campus.

VD3 F 3:30pm-10pm Cindy Fricke
Dec. 5 FV - Off Campus

Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

Christmas in Hermann (featuring Amtrak)

All aboard the train for Hermann! We'll tour the rectory of St. George. Each room has a unique theme and decorations, from Victorian high tea to New Orleans colorful masks and feathers plus over 85 Christmas trees in a breathtaking display. Lunch will be a German variety platter at Hermanhof Winery and a visit from Pelze Nichol, a figure from German Christmas tradition. We'll also tour the winery and participate in a wine tasting. Last stop is The Wurst Haus, home of more than 40 varieties of sausages and bratwurst, handcrafted in-house by two-time hall of famer, Wurstmeister Mike Sloan. He's won more than 350 national, state and regional awards. Our visit includes a back-of-the-house tour and sampling before boarding the bus back to Meramec. Trip includes one-way Amtrak and return tour bus transportation, guided tours, lunch, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Registration/withdrawal deadline: 11/3. No refunds after that date.

TRIP:702 | \$89

MD8 M 8:30am-5:30pm Dea Hoover
Dec. 8 MC - Off Campus

Great Tips for Traveling to Europe

Planning a trip to Europe? Many mistakes can be avoided by tapping the brains and experiences of those who've been there. Our instructor has traveled through Italy, Turkey, Austria, England, France, and Greece and has lots of helpful tips for what to bring (and more important: what not to bring!), the best ways to pack, things to do before you leave (home safety) plus lots and lots of tips on traveling around Europe. Little things can make a big difference in your experience. If you're planning to go to Europe, make this class your first stop!

TRIP:703 | \$19

920 W 7pm-9pm Fred Miller
Oct. 29 U. City H.S., 110

Wellness

Systema: Health and Breathing

Learn how to defend yourself against a very different enemy: the silent killers of stress, tension, pain and fatigue. Through new and advanced breathing techniques, you will learn the capacity to significantly change your quality of life as you go about your daily routines. If you are seeking to enhance your life - this is your best way to uncover the infinite new reserves of energy, power and health.

HEAL:701 | \$59

P01 M 5:45pm-6:45pm
Sept. 22 – Nov. 24 St. Louis Combat Institute

Couples Massage

Find gentle ways to comfort and relax your partner. Methods based on Swedish, Russian Massage, and Trigger Point Therapy. Partner required. Fee is per person. Supply list sent.

HEAL:704 | \$49

480 Sa 9:30am-3:30pm Alice Sanvito
Sept. 20 FP - HSP, 219

680 Sa 9:30am-3:30pm Alice Sanvito
Oct. 18 MC - SW, 106

MELT®: Hand and Foot

Do you suffer from chronic pain? The MELT Method®: Hand and Foot is a great way to alleviate chronic pain and re-balance the neural core. Learn techniques for your hands and feet to erase pain and feel better in minutes. This simple, proactive approach to maintaining a healthy, pain-free, active lifestyle is the best first step for anyone looking to feel better. Regardless of your age, gender, or current activity level, anyone can learn to MELT®!

HEAL:709 | \$75

M01 Tu 4pm-4:50pm CJ Thomas
Oct. 14 – Nov. 4 Body by Pilates

PERSONAL ENRICHMENT

Eat Healthy in a Hectic World

Is your life and the lives of your family so busy that you find it difficult to develop and maintain healthy eating habits? Are you getting the proper amount of protein, carbohydrates, and fat to reach your health and fitness goals? A Certified Fitness Nutrition Specialist will look at some of the "catch 22's" of popular diets, go over the nutritional requirements for busy adults and point out ways to improve your diet or meal plan even in today's hectic world!

HEAL:713 | \$25

650 Tu 6pm-8pm
Oct. 7

Daniel Nobel
MC - CN, 202

Meditation for Health and Harmony

Meditation brings relaxation, mental clarity, emotional balance and spirituality. Discover meditation techniques and find the one that's best for you.

HEAL:706 | \$49

450 W 7pm-9pm
Oct. 15 - Nov. 5

Rhonda Leifheit
FP - B Tower, 013

Tapping Into the Mind/Body Connection

Meridian Tapping is a great way to improve your health and may ease many forms of discomfort. Clear your self-sabotaging beliefs, integrate mind and body, and feel better as you tap acupressure points while making positive statements.

HEAL:706 | \$45

650 M 7pm-9pm
Sept. 22 - Oct. 6

Rhonda Leifheit
MC - AS, 108

Youth and Family

Jr. Docs & Vets: Dissection

Put on your aprons and gloves and get ready to explore the inside structures found in different specimens such as a pig, frog, shark, and snake. You'll learn to use dissection equipment properly and to identify the organs in these animals. Ages 8-15. Specimens may vary based on availability.

KIDS:706 | \$35

480 Sa 9:30am-12pm
Nov. 15

Jeanne Schulte
FP - G Tower, 225

580 Sa 9:30am-12pm
Nov. 8

Jeanne Schulte
FV - E, 156

680 Sa 9:30am-12pm
Dec. 6

Jeanne Schulte
MC - SS, 105

Karate for Kids

Karate for Kids is a program designed to build self-confidence, self-esteem, and self-discipline. It teaches the basic concepts of karate as well as self-control, coordination and focus. Safety and fun are the most important elements of this program. For boys and girls ages 4-10.

KIDS:707 | \$59

M01 Sa 10am-11am
Sept. 13 - Nov. 15
(Mehlv)

Timothy Toeniskoetter
The Martial Arts Cntr

V01 Sa 10am-11am
Sept. 6 - Nov. 8

Martial Arts Cntr (Florissant)

Tennis for Youth: Pee Wee I - INDOOR

This is a series of group lessons specifically designed to introduce a young child, 4-6 years of age, to the game of tennis. The class will include eye-hand coordination exercises as well as building skills for forehand, backhand, serve and volley. Tennis balls provided. Prince rackets available for use in class.

KIDS:709 | \$85

M04 Su 5pm-6pm
Sept. 21 - Oct. 26

Frontenac Racquet Club

Tennis for Youth: Beginning I and II

Class designed for beginners and those who need to brush up on the basics. Techniques covered include forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability. Ages 7-10. Tennis balls provided.

KIDS:709

Indoor | \$85 Ages 7-10

M01 Sa 4pm-5pm

Sept. 13 - Oct. 18

Forest Lake Tennis Club

M02 Sa 4pm-5pm

Nov. 1 - Dec. 6

Forest Lake Tennis Club

M05 Su 6pm-7pm

Sept. 21 - Oct. 26

Frontenac Racquet Club

M06 Su 6pm-7pm

Nov. 9 - Dec. 14

Frontenac Racquet Club

Ages 11-15

M08 Su 7pm-8pm

Nov. 9 - Dec. 14

Frontenac Racquet Club

M07 Su 7pm-8pm

Sept. 21 - Oct. 26

Frontenac Racquet Club

Outdoor | \$75

Ages 7-15

M03 Sa 11am-12pm

Sept. 13 - Oct. 18

Kaufman Park

Ages 11-15

M09 Su 2pm-3pm

Sept. 21 - Oct. 26

Sunset Hills Watson Trails

Golf for Youth: Beginning I - 4 Sessions

Beginning Golf for children. Ages 7-12. Extra fee for balls.

KIDS:710 | \$45

810 Sa 11am-12pm

Sept. 6 - Sept. 27

Big Bend Golf Ctr

Fencing for Youth: Beginning I

Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework and bouting. Equipment provided. Ages 8-15.

KIDS:720 | \$59

650 Th 5pm-5:55pm

Sept. 18 - Nov. 6

Patrick Dorsey
MC - PE, 201

Fencing for Youth: Beginning II

Ready to learn more? The Fencing fun continues in this level II course for beginners. Review basics covered in Beginning I and improve footwork, bladework and bouting tactics. Equipment provided. Ages 8-15.

KIDS:720 | \$59

651 Th 6pm-6:55pm

Sept. 18 - Nov. 6

Patrick Dorsey
MC - PE, 201

Swimming for Children: Beginning

You'll learn to swim like a fish-maybe a shark-while practicing beginning swimming strokes & personal water safety skills & overcoming any fear you may have of the water. Ages 8 & up.

KIDS:720 | \$39

580 Sa 12pm-12:45pm

Sept. 13 - Nov. 1

Jeanne Schulte
FV - PE, POOL

581 Sa 1pm-1:45pm

Sept. 13 - Nov. 1

Jeanne Schulte
FV - PE, POOL

582 Sa 2pm-2:45pm

Sept. 13 - Nov. 1

Jeanne Schulte
FV - PE, POOL

Junior Baker: Holiday Cookies

A fun activity for young bakers ages 9-14. You'll develop your baking skills and knowledge in this class, learning to make, bake, and decorate your own special cookie creations. You'll make a variety of rolled, drop and bar-type cookies. After this experience, you'll be able to go home and be the family cookie-baker for holiday celebrations. Class is a combination of demonstration and hands-on. Bring containers to take home your finished cookies. Park on Hartford or Hampton. Flagpole in front.

KIDS:730 | \$39

P01 Sa 2pm-5pm
Dec. 6

Debra Hennen
Culinary Arts House

Me & Mom: Basic Sewing

Pre-teens and teens, get basic sewing skills. You'll make a sewing tote. Also make a fleece pillow, an American Girl doll dress OR denim purse. Learn to make a flat-fell seam, a bound buttonhole and read pattern instructions. Sewing machine use included. Adult and child (age 9-14) each must register (ONE CHILD PER ADULT - adult serves as helper) and pay \$39. Fee includes all materials (basic sewing supplies.) No sewing machine necessary. Bring a sack lunch. Class meets Girl Scout requirements for sewing badge.

KIDS:738 | \$39

680 Sa 9:30am-1:30pm
Sept. 20

Jeanne Zipp
MC-CE, Classroom

580 Sa 9:30am-1:30pm
Oct. 25

Jeanne Zipp
FV - SS, 103

Mini Movers: Child Only - Ages 3-5

Jump, swing and roll! Promote motor development for your preschooler by using fun and exciting mat shapes, gymnastics and other play equipment to explore balance, coordination and sensory development. Led by a pediatric physical therapist and gymnastics instructors, class is designed to accommodate children of all abilities and special needs. Registration and signed waiver required for all participants.

KIDS:711 | \$79

650 Tu 5:30pm-6:25pm
Laura Legg

Aug. 26 - Oct. 14

Sarah Hasser

MC - PE, 105

651 Tu 5:30pm-6:25pm
Laura Legg

Oct. 21 - Dec. 16

No class 11/25

Sarah Hasser

MC - PE, 105

Mini Movers: Parent/Child - Ages 6 months to 3 years

Come play with us! Promote motor development with fun gymnastics activities that you can enjoy with your child, ages 6 mos to 3 years. Children will explore balance, coordination and sensory development using fun and exciting mat shapes, gymnastics and other play equipment. Led by a pediatric physical therapist and gymnastics instructors, class is designed to accommodate children of all abilities and special needs. \$79 fee covers one child and up to two parents/guardians. All children MUST be registered under KIDS 738 600/602 and parents/guardians MUST register under KIDS 738 601/603. Signed waiver required for each participant.

KIDS:738 | \$79

600 Tu 4:30pm-5:15pm
Laura Legg

Aug. 26 - Oct. 14

Sarah Hasser

MC - PE, 105

602 Tu 4:30pm-5:15pm
Laura Legg

Oct. 21 - Dec. 16

No class 11/25

Sarah Hasser

MC - PE, 105

The following sections are for Parents/Guardians of children that have registered and paid for KIDS 738 600/602. Maximum 2 parent/guardian for each \$79 child registration.

601 Tu 4:30pm-5:15pm
Aug. 26 - Oct. 14

MC - PE, 105

603 Tu 4:30pm-5:15pm
Oct. 21 - Dec. 16

MC - PE, 105

No class 11/25

LOCATION INDEX

STLCC Continuing Education
Registration
begins August 4

Adiva Dance Center
943 S. Kirkwood Rd, 63122

Afton White-Rodgers
Community Center
(Afton White-Rodgers)
9801 Mackenzie Road, 63123

Babler Memorial State Park
Highway 109, 63005

Berkeley Police Firing Range
Intersection of Frost and Eva,
63134

Bernard Middle School
1054 Forder Road, 63129

Big Bend Golf Center
3390 Quinette Road, 63088

Big Bend Yoga Center
88 North Gore, 63119

Body by Pilates
(inside Studio Rue)
7905 Big Bend Blvd., Ste. 103,
63119

Bridge Haven
6205 No. Lindbergh Blvd, 63042

Bridgeton Trails Library
3455 McKelvey Road, 63044

BRDG Park at the Donald Dan-
forth Plant Science Center
1005 No Warson Rd, 63132

Brunswick Zone Chesterfield
176 Four Seasons Shopping
Center, 63017

Camp Wyman
600 Kiwanis Drive, 63025

Ces and Judy's
10405 Clayton Rd, 63131

Chess Club and Scholastic
Center of St. Louis
4657 Maryland Ave, 63108

Chesterfield Ridge Center Bldg,
1st floor, 16401 Swingley Ridge
Rd., 63017

City Seeds Urban Farm
2200 Pine Street, 63103

Clayton High School
#1 Mark Twain Circle, 63105

Columbia Bottom Conserva-
tion Area
Columbia Bottoms
& Strodtman Rds, 63138

Concordia Lutheran Church
505 S. Kirkwood Rd., 63122

Crestview Middle School
16025 Clayton Road, 63011

Creve Coeur Municipal Golf
Course
11400 Olde Cabin Rd, 63141

Culinary Arts House
3137 Hampton Avenue, 63139

DEEsigs Studio
9920 Watson Rd. Ste 200, 63126

Defensive Focus
16401 Swingley Ridge Rd,
63017

Eagle Springs Golf Course
2575 Redman Rd. 63136

EarthDance Farms
233 S Dade Ave, 63135

Endangered Wolf Center
6750 Tyson Valley Road, 63025

Faust Park
15189 Olive Blvd, 63017

First Tee (South County)
6286 Lemay Ferry Road, 63129

Fischer's Cake & Candy
620 Charbonier Rd., 63031

Forest Lake Tennis Club
1012 N. Woods Mill Road, 63011

Francis Park
Donovan and Eichelberger,
63109

Frontenac Racquet Club
10455 German Blvd., 63131

Garden of Life Spiritual Center
9525 Eddie and Park Rd., 63126

GolfPort-Maryland Heights
1 GolfPort Drive, 63146

Greentree Park
2202 Marshall Rd, 63122

Hawn State Park
12096 Park Drive
Ste Genevieve MO 63670

Humane Society of Missouri
1201 Macklind Ave., 63110

Hixson Middle School
630 South Elm Ave, 63119

Kaufman Park
8000 Blackberry, 63130

Kennedy Recreation Complex
6050 Wells Road, 63128

Kirkwood Community Center
111 South Geyer Road, 63122

Kirkwood Senior High School
801 West Essex, 63122

Kirkwood Public Library
140 East Jefferson, 63122

K.J.S.S Fitness
2318 N. Hwy 67, 63033

LaSalle Springs Middle School
3300 Highway 109, 63038

Ladue Middle School
9701 Conway Road, 63124

Landings at Spirit Golf Club
180 No. Eatherton Road, 63005

Lindbergh Senior High School
4900 South Lindbergh, 63126

Little Creek Nature Area
2295 Dunn Road, 63033

Lutheran Church of the Resur-
rection 9907
Sappington Rd., 63128

Martial Arts Center (Mehlville)
3712 Lemay Ferry Road, 63125

Martial Arts Center (FV area)
12683 New Halls Ferry Rd,
63033

Masterpeace Studios
(inside Fellowship Hall of
Christ Lutheran Church)
1 Selma Ave., 63119

Meramec State Park
115 Meramec Park Rd
Sullivan MO, 63080

Mid-County Family YMCA
1900 Urban Drive, 63144

Missouri History Museum
5700 Lindell Blvd, 63112

Nottingham Elementary School
4915 Donovan, 63109

Painted Zebra
10907 Manchester Road, 63122

Queeny Park-Greensfelder
Recreation Complex
550 Weidman Road, 63011

RiverChase of Fenton
990 Horan Drive, 63026

Rockwood Summit High School
1780 Hawkins Road, 63026

Rockwood Valley Middle School
1220 Babler Park Dr., 63038

Ruth Park Golf Course
8211 Groby Road, 63130

Selvidge Middle School
235 New Ballwin Road, 63021

Shaw VPA Community Center
5329 Columbia, 63139

Simpson Lake
1234 Marshall Road, 63088

Solar Yoga Center
6002 Pershing at Des Peres,
63112

Sperreng Middle School
12111 Tesson Ferry Road, 63128

St. John's Evangelical UCC
11333 St. John's Church Road,
63123

St. Louis Combat Institute
4208 Sarpy Ave, 63110

**St. Louis Community College
Florissant Valley (FV)**
3400 Pershall Road, 63135

**St. Louis Community College
Forest Park (FP)**
5600 Oakland Ave, 63110

**St. Louis Community College
Meramec (MC)**
11333 Big Bend Road, 63122

**St. Louis Community College
Wildwood (WW)**
2645 Generations Dr.
Wildwood, 63040

**St. Louis Community College
William J. Harrison
Education Center
(Harrison Ed. Ctr)**
3140 Cass Ave, 63106

**St. Louis Community College
South County Education
& University Center (SCEUC)**
4115 Meramec Bottom Road,
63129

**St. Louis Community College
Corporate College
(Corp. College)**
3221 McKelvey Road, 63044

**St. Louis Community College
Center for Workforce
Innovation (CWI)**
3344 Pershall Rd., 63135

St. Louis Genealogical Society
4 Sunnen Drive, 63143

St. Louis Wine and Beer Making
231 Lamp and Lantern Village,
63017

Sunset Hills Community Center
(Sunset Hills Comm. Ctr)
3915 South Lindbergh, 63127

Sunset Hills Golf Learning Ctr
13550 West Watson Rd, 63127

Sunset Tennis Center
10911 Gravois Ind'l Court,
63128

Sunset Hills Watson Trails
12450 W Watson Rd, 63127

The Studio, Inc.
1332 Strassner Drive, 63144

The Timbers of Eureka
1 Coffey Park Lane, 63025

Thomas Dunn Memorial
Learning Center
(Thomas Dunn Mem. Ctr)
3113 Gasconade, 63118

Thornhill Branch/St. Louis
County Library
12863 Willowick Dr, 63146

Tower Tee Golf Center
6727 Heege Road, 63123

Trinity Lutheran Church
14088 Clayton Road, 63017

U Can Dance Studio
3570 Adie Rd., 63074

University City High School
(U. City H.S.)
7401 Balson Avenue, 63130

University City Public Library
6701 Delmar Blvd, 63130

Valley Park High School
One Main Street 63088

Vetta Sports-Concord
12320 Old Tesson Ferry Road,
63128

Winding Brook Estate
3 Winding Brook Estate Drive
63025

Wine Barrel
3828 South Lindbergh,
Suite 111, 63127

Woods Mill Racquet Club
910 Old Woods Mill Road, 63017

Xtreme Krav Maga/Xtreme
Tactical
639 Gravois Bluffs Blvd. Suite
C, 63026

CAMPUS LEGEND

FLORISSANT VALLEY = FV

A	ADMINISTRATION
B	BUSINESS
CDC	CHILD DEVELOPMENT CENTER
C	COMMUNICATIONS
EC	EMERSON CENTER
E	ENGINEERING
H	HUMANITIES
IR	INSTRUCTIONAL RESOURCES
PE	PHYSICAL EDUCATION
S	SERVICE BUILDING
SM	SCIENCE-MATHEMATICS
SS	SOCIAL SCIENCES
SC	STUDENT CENTER
T	THEATER
TC	TRAINING CENTER
CWI	CTR FOR WORKFORCE INNOVATION

FOREST PARK = FP

A	A-TOWER
B	B-TOWER
C	C-TOWER
D	D-TOWER
F	F-TOWER
G	G-TOWER
HSP	HOSPITALITY
LB	LIBRARY
PE	PHYSICAL EDUCATION
SC	STUDENT CENTER
T	THEATRE
AA	ART ANNEX

MERAMEC = MC

AC	ASSESSMENT CENTER
AD	ADMINISTRATION/CLARK HALL
AS	APPLIED SCIENCE
BA	BUSINESS ADMINISTRATION
CE	CONTINUING EDUCATION
CP	CAMPUS POLICE
CN	COMMUNICATIONS NORTH
CS	COMMUNICATIONS SOUTH
GH	GREENHOUSE
HE	HUMANITIES EAST
HW	HUMANITIES WEST
LH	LECTURE HALLS
L	LIBRARY
PE	PHYSICAL EDUCATION
SC	STUDENT CENTER
SO	SOCIAL SCIENCE
SS	SCIENCE SOUTH
SW	SCIENCE WEST
T	THEATRE

WILDWOOD = WW

EXTENSION CAMPUSES

South County Education and
University Center = SCEUC

William J. Harrison Education
Center = Harrison Ed. Ctr

STLCC Corporate College =
Corp. College

GENERAL INFORMATION

Enrollment in classes within this brochure, except for youth section classes, is limited to persons 16 years or older.

Accommodations Statement

St. Louis Community College is committed to providing access and reasonable accommodations for individuals with disabilities. If you have accommodation needs, please contact the Continuing Education Access office at least six weeks prior to the start of class to request accommodations. Event accommodation requests should be made with the event coordinator at least two working days prior to the event. Documentation of disability may be required. Contact Anne Marie Schreiber at 314-984-7704.

Students Rights and Responsibilities

All students are responsible for adhering to college policies and procedures. Please refer to www.stlcc.edu/Document_Library/FactFinder.pdf to review and/or download a copy of the Fact Finder Student Handbook including student rights and responsibilities or call the Continuing Education office.

Postponement/Cancellation Due to Inclement Weather

Occasionally, continuing education classes are cancelled due to inclement weather. Cancellations will be broadcast on KMOX-AM (1120) and on KMOV-TV, KSDK-TV and KTVI/Fox 2. When St. Louis Community College cancels classes, off-campus classes are also cancelled. In addition, when a particular host school district or institution closes, the continuing education classes at that location will not meet.

Refund of Fees

Since continuing education (non-credit) classes are self-supporting, the decision to run a class is based on the number of people enrolled. The college reserves the right to cancel if sufficient enrollment is not achieved. Registrants will be notified by phone or mail if a class is cancelled. Full refunds will be issued for classes cancelled by the college. If you drop a class, you will receive a 100 percent refund for most classes if the class is dropped one business day before the first meeting. A 50 percent refund will be given for most classes dropped between one business day before the first class meeting and prior to the second meeting of the class. See the course schedule for classes (such as daytrips) that require notice beyond one business day for cancellation and eligibility for a refund. Requests of withdrawals should be submitted in writing to the Continuing Education office. Calculation of refunds will be based on the date the written request is received by the office. If you have a situation that warrants an override of the above policy, an explanation of the circumstances should be made in writing to the Continuing Education office. Refunds should be received within 30 days.

Fee Reduction for Older Adults

Older adults (those 60 years and older) may enroll in most courses for a reduced fee. This reduction is half the price of the class fee only, plus whatever material costs are associated with the class. Material costs include fees for expenses such as books and materials, facility usage, tour and travel costs, computer lab usage, online courses, food supplies and other items needed for the class. NOTE: Those wishing to take advantage of this fee reduction must do so at the time of registration. Before registering, please contact the Continuing Education office to see if your course contains a material fee.

Senior Citizen Scholarship

Missouri residents who are at least sixty-five years of age will be awarded a scholarship to be exempt from maintenance fees to enroll in courses on a space available basis. There will be a non-refundable registration fee of \$5 per course to a maximum of \$25 per semester. Student is responsible for other fees, such as materials, supplies and books. At the earliest, students may enroll in the class two days prior to the first class date. Students may not receive a refund for a paid course in order to enroll for a scholarship space in that same course. PLEASE CALL THE CONTINUING EDUCATION OFFICE TO GET SPECIFICS REGARDING THE SENIOR SCHOLARSHIP. The senior scholarship discount does not apply to online classes.

Safety and Program Guidelines for Youth Classes

All children under the age of 16 who are enrolled in programs through the St. Louis Community College Office of Continuing Education, must be accompanied to and signed-in at the beginning of each program session by a responsible party. In addition, a responsible party must also meet the participant at the end of the session and sign them out. Appropriate behavior is expected. Students may be disenrolled for misbehavior.

Unattended Children

Students are not permitted to bring children to class, nor should children be left unattended in the halls, offices, library or common areas. The college reserves the right to protect the safety and welfare of unattended children. If students leave children unattended, the college will institute disciplinary action.

Textbooks — can be purchased at the campus bookstores.

Library and Computer Lab Privileges

If you are registered in continuing education courses, you may enjoy library and computer lab privileges by showing your student ID. To obtain a student ID take your paid fee receipt to the Campus Life office and the personnel there will provide you with an ID.

Firearms on College Property

Except for licensed police officers, no person shall possess or carry any firearm, visible or concealed, on college property (including college buildings and grounds leased or owned by the college-college athletic fields and parking lots) or in any college van or vehicle or at college-sponsored activities. College employees, students and visitors who hold concealed carry endorsements as allowed by Missouri law may not carry or bring any firearms, visible or concealed, on college property, owned or leased or at any college activities.

Notice of Non-Discrimination

St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information or status as a disabled or Vietnam-era veteran and shall take action necessary to ensure non-discrimination. For information contact:

Corporate College

Lesley English-Abram, Manager, Community Services
STLCC Corporate College, 3221 McKelvey Road, Bridgeton, MO 63044
314-539-5480, labram@stlcc.edu

Cosand Center/Employment

Patricia Henderson, Senior Manager of Employment
300 S. Broadway, St. Louis, MO 63102-2800, 314-539-5214, phenderson@stlcc.edu

Florissant Valley

Joe Worth, Vice President, Student Affairs
3400 Pershall Road, St. Louis, MO 63135-1408, 314-513-4250, jworth@stlcc.edu

Forest Park

Deborah Carter, Acting Vice President, Student Affairs
5600 Oakland Avenue, St. Louis, MO 63110-1316, 314-644-9212,

Meramec

Kim Fitzgerald, Vice President, Student Affairs
11333 Big Bend Road, St. Louis, MO 63122-5720, 314-984-7609, kfitzgerald@stlcc.edu

Wildwood

Laura Davidson, Director of Student Affairs
2645 Generations Drive, Wildwood, MO 63040-1168, 636-422-2004, ldavidson@stlcc.edu

Section 504/Title II Coordinator

Dr. Donna Dare, Vice Chancellor of Academic Affairs
300 S. Broadway, St. Louis, MO 63102-2800, 314-539-5285, ddare@stlcc.edu

Title IX Coordinator:

Pam McIntyre, President, Meramec
11333 Big Bend Road, St. Louis, MO 63122-5720, 314-984-7763, pmcintyre@stlcc.edu

Registration is Easy!!!



Mail

Complete the registration form (below) and mail with check (payable to *St. Louis Community College*) to:

STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044

Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.



In Person at STLCC Continuing Education Offices M-F 8:30 am - 4 pm

Meramec

802 Couch Avenue
St. Louis, MO 63122

Florissant Valley

At the Center for Workforce Innovation
3344 Pershall Rd., Ferguson, MO 63135

Forest Park

Forest Park, G Tower-320-322
5600 Oakland Ave., St. Louis, MO 63110

You may want to first call the Continuing Education office at 314-984-7777, to check that openings exist.



By Phone

Call to complete your registration by charging fees to MasterCard, Visa, American Express or Discover.

Telephone: 314-984-7777

Call Center Hours: M-Th 8:30 am - 7:30 pm; Fridays 8:30 am-4 pm

Before calling to register, have this information ready:

1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Number or UIN
3. Student Contact Info (name / address / phone number /email)
4. Credit Card Number with Expiration Date



Online: www.stlcc.edu

Visit our website and click on the "Continuing Education" link — where you can view current class offerings and to register for classes.

Enrollment in classes within this brochure, except for youth section classes, is limited to persons 16 years or older, unless otherwise noted.

Registration Deadline – All non-credit courses are limited in enrollment. Advanced registration is required.

Automatic Bank Payment (ACH) – All checks will be converted to an electronic Automated Clearing House (ACH) transaction whether the payment was made in person or mailed.

Mail-In

Registration form Please print in ink.

Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
Total				

☐ Male ☐ Female

Senior Citizen?

☐ Yes ☐ No

Check Payment:

Please make checks payable to *St. Louis Community College*, and mail with form (address above).

Credit Card Payment:

Charge fees to:

☐ MasterCard

☐ VISA

☐ Discover

☐ American Express

Email Address: _____

UIN or Student#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX

CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

CARD NUMBER Expiration Date: _____

Signature: _____



300 South Broadway
St. Louis, MO 63102-2800

Non-Profit Org.
U.S. Postage
PAID
St. Louis, MO
Permit No. 2370
ECRWSS

RESIDENTIAL CUSTOMER



Printed on
recycled paper.

*Advance your life personally
and professionally...*



*...with certificate programs from
St. Louis Community College
Continuing Education*



www.stlcc.edu/ce

- Lean Six Sigma Green Belt
- Project Management
- Mental Health Interpreter
- Master Naturalist
- CPR/First Aid
- Phlebotomy
- Small Business Essentials
- Digital Photography
- Nurse Assistant for Nursing Homes
- ACE Personal Trainer
- Web Development
- Pharmacy Technician
- Animal Welfare Assistant
- Cake Decorating
- NISM Social Media
- Central Sterile Processing Technician

Questions? Call 314-984-7777

ST. LOUIS COMMUNITY COLLEGE...

Since 1962, more than 1.2 million people have passed through our doors to take a class, earn a degree, upgrade their career skills or enrich their lives. Each year, more than 80,000 students enroll in:

- College transfer and career programs leading to associate degrees
- Job skill and personal development classes
- College preparatory courses
- Specialized performance programs sponsored by local employers
- Associate degrees in Arts, Science, Fine Arts, Applied Science and Teaching are offered as well as Certificates of Proficiency and Specialization. The college's Workforce Solutions Group also serves the local business community through assessment, counseling, consulting and training services.

Learning is convenient via:

- Four campuses—Florissant Valley, Forest Park, Meramec and Wildwood
- Three education centers—south and north St. Louis County and north St. Louis City
- Numerous business, industrial and neighborhood sites throughout the metro area
- Online instruction

100454 4/2014

Governed by a board of six elected trustees and supported by local taxes, state funds and student fees, the college has an annual budget of more than \$200 million. The college is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools. St. Louis Community College focuses its resources on helping students find the right academic and career pathways. Through its alumni and community partnerships, the college is helping St. Louis become the best place to live and work in the 21st century.