Continuing Education at St. Louis Community College Spring 2014
Opportunity Knocks

Open the door to a new YOU!

Registration begins January 2
For more information about Continuing Education classes, visit stlcc.edu/ce
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.
Opportunity Knocks!

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

Our programs provide workforce training to meet your professional needs as well as educational opportunities for the exploration and pursuit of your personal interests. Classes are offered at campuses and centers throughout St. Louis, as well as online.

We're certain we've got something that's going to help you expand your mind and change your life!
Advance your life personally and professionally...

...with certificate programs from
St. Louis Community College Continuing Education

- Lean Six Sigma
- Green Belt
- Project Management
- Mental Health Interpreter
- Master Naturalist
- CPR/First Aid
- Phlebotomy
- Small Business Essentials
- New Digital Photography
- Nurse Assistant for Nursing Homes
- ACE Personal Trainer
- Web Development
- Pharmacy Technician
- Animal Welfare Assistant
- Cake Decorating
- New NISM Social Media

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

Gain the competitive edge to succeed in your business with the

**Small Business Essentials Certificate Program**

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 success of their endeavor.

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

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

Call 314-984-7777 to request a brochure.

Through **Plus 50**, St. Louis Community College is providing services and programs that 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.

Contact one of our **Plus 50 concierges** to get started today!

<table>
<thead>
<tr>
<th>Florissant Valley</th>
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<th>Meramec</th>
<th>Wildwood</th>
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www.stlcc.edu/plus50completion

www.stlcc.edu/ce / 314-984-7777
BUSINESS, NONPROFIT AND CAREER DEVELOPMENT

PROFESSIONAL ESSENTIALS

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. Supplies 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 Tuesday 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 program. Class meets Wednesdays: 3/4, 4/2, 4/9, 4/16, 4/23 and Saturdays: 3/29, 4/12, 4/26. Class on 4/26 will meet in room 208. Lunch provided on Saturdays.

BUSN:765 $1,899

C50 Tu 6:30pm-9:30pm
Feb. 4 – April 22
Sa 8:30am-4pm
May 10
Sa 8:30am-4pm
May 17
Patricia Dalton
Corp. College, 207
Corp. College, 208
George Friesen
Corp. College, 209

New 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 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 SS 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

C52 W 6:30pm-8:30pm
March 26 – April 23
George Friesen
Corp. College, 209

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 (CPA) 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 class 4/10, 5/8. Class on 5/29 will be held until 9 am to fulfill Ethics requirement.

BUSN:787 $249

M01 Th 7:15am-8:45am
March 20 – May 29
Ces & Judy’s

CPA Breakfast Ethics Seminar Only

This session is available for participants interested in attending the required two hour Ethics Continuing Professional (CPA) units. Fee includes continental breakfast and materials.

BUSN:787 $34

M02 Th 7:15am-9am
May 29
Ces & Judy’s

Project Management Orientation

Project managers are sought after professionals 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: 3/26, 4/2, 4/9, 4/16, 4/23 and Saturdays: 3/29, 4/12, 4/26. Class on 4/26 will meet in room 208. Lunch provided on Saturdays.

BUSN:765 $1,699

C51 W 6:30pm-9:00pm
March 26 – April 23
Sa 8:30am-4pm
March 29
Sa 8:30am-4pm
April 12
Sa 8:30am-4pm
April 26
Dirk Lupien
Corp. College, 211
Corp. College, 211
Corp. College, 211
Corp. College, 208

Seeking a new career?
Check page 12 for details.
Developing and Using Effective Supervisor Skills
Being an effective supervisor requires you to know the people you manage and to use good management skills, techniques, and methods. Learn the skills and tools to apply in managing, motivating, counseling, using constructive correction, resolving problems, decision-making and many other vital skills to manage others. Lunch not provided.
BUSN:705 | $45
680 Sa 9am-1:30pm Glenda Herron
MC - SO, 111 April 5
481 Sa 9am-1:30pm Glenda Herron
FP - G Tower, 119

New Essentials of Supervision
This foundational course is designed to teach leaders how to get results through people. You’ll learn a set of essential skills to meet both practical business needs and people’s personal needs. Discussions will focus on acquiring a set of proven interaction skills, discovering the seven leadership imperatives for meeting today’s challenges, and the role as a catalyst leader who inspires others to act. Course is approved for HRCI credit.
BUSN:704 | $35
480 Sa 9am-12pm Dr. Renee Huss
Corp. College, 211 Feb. 22

Now Building Your Energy Star Portfolio Manager
You’ve heard it before: you can’t manage what you don’t measure. The U.S. Environmental Protection Agency’s ENERGY STAR Portfolio Manager is an online, interactive energy management tool that allows you to measure and track your building’s energy and water consumption, identify investment priorities, and verify improvements over time. All building types can be entered into Portfolio Manager and receive energy and water benchmarks, as well as a comparison of performance against a national average for buildings of a similar type. All you need are your energy bills and some basic information about your building to get started. During this hands-on workshop, participants will utilize information they bring about their building to establish their building’s profile in Portfolio Manager, which is critical to calculate benchmarks of key metrics such as energy intensity and costs, water use, and carbon emissions. Continental breakfast included.
BUSN:723 | $45
C01 Tu 7:30am-9:30am Randall D. Lewis, D. Mgt.
March 25 Corp. College, 213

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 relationship we have with others can impact our motivation, 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 from others through negotiating styles which can result in a win-win outcome.
BUSN:705 | $45
680 Sa 9am-1:30pm Glenda Herron
MC - SO, 111 April 5
481 Sa 9am-1:30pm Glenda Herron
FP - G Tower, 119

New 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.
BUSN:705 | $99
650 Tu 6pm-9pm Lynette Watson
March 25 – April 15 MC - SO, 107

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 endeavors.
To request information on the Small Business Essentials Certificate, call 314-984-7777.

Business Start-Up
Now 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.
BUSN:703 | $99
680 Sa 9am-12pm Lynette Watson
February 8 – February 15 MC - BA, 220

Understanding Patents, Trademarks and Copyrights
If you are a business or creative person selling a product or service, then 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:724 | $55
680 Sa 8:30am-1:30pm Morris Turek
April 5 MC - BA, 114

Small Business Essentials
This foundational course is designed to teach leaders how to get results through people. You’ll learn a set of essential skills to meet both practical business needs and people’s personal needs. Discussions will focus on acquiring a set of proven interaction skills, discovering the seven leadership imperatives for meeting today’s challenges, and the role as a catalyst leader who inspires others to act. Course is approved for HRCI credit.
BUSN:704 | $35
480 Sa 9am-12pm Dr. Renee Huss
Corp. College, 211 Feb. 22

New Essentials of Leadership
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BUSN:704 | $99
C01 Tu 8:30am-12:30pm Dr. Renee Huss
April 8 Corp. College, 211

New Leading Change
This course will focus on leader’s crucial role in initiating change in the workplace. Learn how to introduce a change initiative and lead discussions with employees to explore how best to implement the changes and to help others overcome their resistance to change. These skills enhance a leader’s ability to minimize the potentially negative effects of change on morale, processes, and productivity. We will also discuss how to involve others in the change process to increase their receptivity to change and how to conduct effective change discussions, and minimize the potentially negative impact of change on morale and productivity. Course is approved for HRCI credit.
BUSN:765 | $99
C01 Tu 8:30am-12:30pm Dr. Renee Huss
February 25 Corp. College, 211

New 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 | $75
600 Tu 8:30am-5pm Jim Lombardo
April 1 MC - LB, CNFL

New Essential of Leadership
This foundational course is designed to teach leaders how to get results through people. You’ll learn a set of essential skills to meet both practical business needs and people’s personal needs. Discussions will focus on acquiring a set of proven interaction skills, discovering the seven leadership imperatives for meeting today’s challenges, and the role as a catalyst leader who inspires others to act. Course is approved for HRCI credit.
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Corp. College, 211 Feb. 22

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BUSN:723 | $45
C01 Tu 7:30am-9:30am Randall D. Lewis, D. Mgt.
March 25 Corp. College, 213
Recipe for Success: How to Start a Restaurant or Catering Business
Join Larry G., owner of Championship Catering and food service provider to the St. Louis Cardinals, Verizon Amphitheater and the Casa Loma Ballroom, as he shares his knowledge and insight about the essential aspects in opening your own restaurant or catering business. Learn concept development, finding a location with a feasibility study, lease negotiations, licensing, financing, opening and operating costs, menu planning, cost analysis and advertising your concepts.
BUSS:716 | $59
680 | Sa 9:30am-12:30pm
March 1 – March 8
Larry Gerstein
MC - BA, 220

A Sensible Approach to Financial Strategies for Business Owners
Learn what you can do to reach your business financial goals while protecting all you’ve worked so hard to build. Topics covered include protecting your business from the potentially devastating effect of estate taxes, strategies for retaining key people that benefit both your business and your top employees, and trusts and the role they can play in your business. You will also learn effective approaches you can take to save for your own retirement and how to protect the continuity of your business in the event of death or disability.
BUSS:741 | $19
651 | Tu 7pm-9pm
April 1
Steve Glazer, Laura Boediges
MC - CN, 202

New 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. Program is offered in collaboration with the Small Business and Technology Development Center.
BUSS:710
650 | Sa 9am-12pm
March 22
Lynette Watson
MC - BA, 220

New Increasing Your Bottom Line Through Exceptional Customer Service
You need more than just a good product to succeed in the marketplace. You need exceptional customer skills to maintain customer loyalty, establish repeat visitors and to get new referrals. Learn how to evaluate your customers’ experience and identify any gaps that may be causing lost or reduced sales along with solutions to correct. Increase your sales, increase your profits and increase your customer base with extraordinary customer service.
BUSS:740
650 | Tu 6pm-9pm
March 25
Tiffany Smith
MC - CS, 205

For additional programs for small businesses, check out classes under Computers and Technology (p. 16), Communications (p. 14), and Writing (p. 39).

Recipe for Success: How to Start a Restaurant or Catering Business
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BUSS:710
650 | Sa 9am-12pm
March 22
Lynette Watson
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.
BUSS:710 | $39
H50 | Tu 6pm-8pm
Feb. 18 – Feb. 25
Robin Boyce
Harrison Ed Crit, 109

March 18 – March 25
Robin Boyce
March 18 – March 25
FP - G Tower, TBA

New Increasing Your Bottom Line Through Exceptional Customer Service
You need more than just a good product to succeed in the marketplace. You need exceptional customer skills to maintain customer loyalty, establish repeat visitors and to get new referrals. Learn how to evaluate your customers’ experience and identify any gaps that may be causing lost or reduced sales along with solutions to correct. Increase your sales, increase your profits and increase your customer base with extraordinary customer service.
BUSS:740
650 | Tu 6pm-9pm
March 25
Tiffany Smith
MC - CS, 205

For additional programs for small businesses, check out classes under Computers and Technology (p. 16), Communications (p. 14), and Writing (p. 39).

As a small business owner, you need to have current record keeping procedures and methods. This class is helpful if you are currently engaged in your own business with limited record keeping experience. Topics include: internal and external financial records, bookkeeping, setting up your own books, and identifying the specific heading categories for management reporting.
BUSS:705 | $69
650 | W 6pm-9:30pm
May 21 – May 28
Teri Spector
MC - BA, 118

Small Business Tax Seminar
If you are thinking of opening a small business or have opened a business in the last year, this program is designed for you. Learn the essentials of starting a business, record keeping, business use of the home, federal income tax and employment tax requirements of small businesses, and independent contractor versus employee. The program is designed for sole proprietors and partnerships. Corporations are briefly discussed.
BUSS:706 | $35
680 | Sa 9am-12:30pm
March 7
Teri Spector
MC - BA, 118

Understanding Accounting
Designed for individuals with non-financial backgrounds who work with budgets or those wanting to enter an office management 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 | $29
650 | Tu 7pm-9pm
March 20
Kimberly Franklin
MC - CN, 202

New Predicting Future Cash Needs
This class is designed to teach you how to create and use a cash budget to prepare for future business performance. You will learn to estimate future sources and uses of cash, how to analyze your predictions to make more informed decisions and become more comfortable about decisions related to preparing for growth, realistic loan and financing decisions and become more comfortable about decisions on where to invest your business is making money. I wanted to say thank you for a great class and hopefully the information I’ve learned will help me become successful.”
Emma L., Glendale

www.stlcc.edu/ce  /  314-984-7777
Spring 2014  Continuing Education  St. Louis Community College  7
PROFESSIONAL DEVELOPMENT

The Missouri Common Grant Application

In 2011, many Missouri foundations began accepting the Missouri Common Grant Applications from nonprofit organizations seeking funding for their projects and operating expenses. Taught by Kent Hornberger of the St. Louis Regional Chapter of Grant Professionals Association, learn more about how to find and complete the common application form and how to use it as a template for other grant applications.

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<td>M 6pm-9pm April 14 Kent Hornberger FP - G Tower, T11</td>
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Cause Related Marketing in Nonprofit Organizations

Learn the essentials of cause related Marketing to raise funds and create awareness of your organization by aligning with businesses and corporations. Kent Hornberger of the St. Louis Regional Chapter of the Grant Professionals Association, will present “how to” essentials and case studies.

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<td>M 6pm-9pm April 7 Kent Hornberger FP - G Tower, T11</td>
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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.

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<td>680</td>
<td>Sa 9:30am-11am Feb. 8 Amy Hereford MC - BA, 118</td>
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New Introduction to the Form 990 - Nonprofit Tax

This class by nonprofit attorney Amy Hereford will present basic information on the 990 forms, the thresholds for each and how to determine which one your organization files. It will review the forms and offer some tips and tricks on filing correctly, noting some common mistakes and how to correct them.

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<td>Tu 6pm-8pm April 1 – April 8 Robin Boyce MC - CS, 209</td>
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New Get More Money-Mastering the Evaluation Section of a Nonprofit Grant Application

Grant funds are limited and many organizations apply for the money. Learn to master the evaluation section of a grant application and provide a quantitative outcome evaluation that will enable you, the nonprofit employee, to write a congruent, consistent, urgent grant application in order to get the money you need to thrive as an organization. Join Suzy Shepard, PhD, LCSW and former professor at Washington University as she teaches you practical methods for defining precise program/outcomes, finding measures, choosing a design and fitting the nonprofit concepts into the grant application requirements. Bring an application to class or use the class example. A chapter checklist will accompany the manual to assist you in applying the concepts.

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<td>Sa 9am-12pm April 5 Suzy Shepard MC - BA, 112</td>
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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.

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<td>770</td>
<td>W 7pm-9pm March 26 Barbara Hughes Hixson Mid. School, 112</td>
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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.

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<td>W 7pm-9pm April 2 Barbara Hughes Hixson Mid. School, 112</td>
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“Barbara Hughes is quite volunteered in experience and brought that experience, combined with her other management/people skills and teaching, to the table, which made the class quite valuable.”

Cathy W. – St. Louis

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.

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<td>Tu 6pm-8pm April 1 – April 15 Jacqueline Meaders-Booth MC - SW, 208</td>
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Finding Job Leads

Learn how to find job leads (i.e. internet, recruiters, staffing companies, placement services, associations, and job fairs), navigate job boards, the importance of networking, and the role social networking can now play in your job search. This interactive workshop is necessary for all those job seeking—no matter the industry. It will provide you with the tools necessary to find job leads in today’s market.

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<td>Tu 6:30pm-9:30pm March 4 Laurie Lombardo MC - LH, 102</td>
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Online Applications/Electronic Resume Workshop

Computer skills are vital to today's job seekers, and this interactive workshop will provide you with the ability to conduct your job search more efficiently and effectively than you could before. Designed for individuals with little or no computer experience, this workshop will supply you with the knowledge of and familiarity with the computer that you will need to conduct an employment search in today’s job market. Attend this interactive workshop to learn how to navigate around the internet to search for information about potential companies you might want to work for, fill out job applications, copy and paste information from your resume to online forms, save/print online forms, and save a document to a disk or flash drive. Please bring a flash drive to class to save your work.

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<td>W 6:30pm-8:30pm Feb. 19 – Feb. 26 Laurie Lombardo FV - 8, 125</td>
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<tr>
<td>650</td>
<td>Tu 6:30pm-8:30pm March 18 – March 25 Laurie Lombardo MC - SW, 208</td>
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Behavioral Interviewing Success Strategies

Behavioral interviewing is fast becoming the preferred interview method and developing these critical skills is essential to job search success! Learn how to strategize, prepare, and respond to the interviewer while differentiating yourself from other qualified candidates. Take away expanded knowledge of the screening, selection and hiring process and guide the interview process by preparing success stories that stand out and support landing your next great opportunity.

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<tr>
<td>650</td>
<td>TuTh 6pm-8pm March 4 – March 6 Catheleen Sloane MC - BA, 205</td>
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Networking

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. Time will be allotted after classroom instruction to open and/or edit your social media accounts.

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<td>650</td>
<td>Tu 6:30pm-9:30pm April 8 Laurie Lombardo MC - CN, 230</td>
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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 on 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.

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<td>650</td>
<td>Tu 6:30pm-9:30pm Feb. 25 Laurie Lombardo MC-CS, 209</td>
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Get Noticed and Get Hired Using Twitter

Social Media is an essential part of the networking and career transition process. Organizations continue to expand their selection and hiring practices to innovate and use cost efficient tools, including Twitter to source qualified talent! Learn how to tweet your way to branding yourself, developing critical relationships and expanding your knowledge of company culture, products, services and people! Making Twitter a strategic part of your career transition toolkit gets you noticed and gets you hired!

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<tr>
<td>652</td>
<td>Tu 6pm-7:30pm March 18 Catheleen Sloane MC - CN, 202</td>
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St. Louis Community College | Continuing Education Spring 2014 www.stlcc.edu/ce / 314-984-7777
New Communication Essentials for the Job Application Process and for the Ever-Changing Career Market

In today’s ever-changing, technological working environment, the ability to communicate effectively (in writing and orally) is the primary skill for real business success. This comprehensive course focuses on useful strategies for the employment process and for career success and career transitions. It includes resume writing, using LinkedIn, and the resources of the college’s Career and Employment Services (CES). Class outlines/templates will help you create clear business messages.

CPDV:705 | $49
930 Sa 10am-12pm Gwilyndolyn Fouche
Feb. 22 – March 8 Thomas Dunn Mem. Ctr

New 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
651 Tu 6pm-9pm Fred Miller
March 4 MC - CN, 202

No Sweat Public Speaking
See Communications on page 14.

Plus 50: Re-Wired Employment Seminar

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 | $45
550 Th 7pm-9pm Edwin Penfold
Feb. 13 – March 6 SCEUC, 120
550 Th 7pm-9pm Edwin Penfold
March 20 – April 10 FV - B, 125
650 Th 7pm-9pm Edwin Penfold
April 17 – May 8 MC-CN, 221

Plus 50: Re-Inspired: A Workshop

Do you need to retool your professional skills after many years? 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
Feb. 22 – March 8 MC - SO, 109
450 Tu 6pm-9:30pm Carol Watkins
April 15 – April 29 FP - G Tower, 119

New Finding Purpose and Passion in the 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
May 3 MC - SO, 109

GENERAL INFORMATION for Nursing and Allied Health Programs

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.

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

Spring 2014 • Continuing Education | St. Louis Community College 9


**CAREER STUDIES**

**NURSING AND ALLIED HEALTH**

**Advanced Cardiac Life Support**
Due to the nature of the program you must arrive on time. No admittance after the stated start date.
Registration three weeks prior to course start date is required to ensure ratios and to ensure arrival of pre-course materials.

**ACLS Provider**
Class will be held on 3/22 and 3/23. 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 even performing 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 pre-course 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
March 22 – March 23
FP - G Tower, 121

**Bedside Challenges in Mechanical Ventilation Using Human Manikin Simulation**
This integrated continuing education activity is designed for the respiratory therapist. It will feature a combination of lecture and human manikin simulation on both non-invasive ventilation and conventional ventilation as it pertains to patients suffering from acute respiratory failure (with and without acute lung injury). Using the human manikin simulator, different case scenarios will be presented requiring adjustments of the ventilator, administering medications, fluid management and lung recruitment maneuvers. Class will be offered in the Simulation Center, E 412 at the Forest Park campus.

**AHCE:734 | $99**
400 F 8am-12pm
April 4
FP - E Tower, 412

**New Advance of the Superbugs**
The purpose of this educational activity is to increase awareness about the newly identified “Superbugs.” These antibiotic resistant organisms are a complex problem and poised to create potentially catastrophic consequences in healthcare settings and long term care facilities. The importance of proper hand hygiene, the implementation of standard and contact precautions, and the role that appropriate staff education and training plays in maintaining a healthy environment for patients or residents will be discussed.

**AHCE:768 | $29**
450 W 6pm-8:15pm
March 26
Karla Howell
FP - G Tower, 119

**New Coding Trauma Using ICD-10: How to Improve and Streamline Your Trauma Coding**
This interactive workshop on trauma coding will explain how to analyze chart documentation, examine the intricacies of specific body regions, demonstrate how to successfully apply ICD-10 codes and in general, assist the participant to overcome lack of specificity and code ambiguities. Refund/withdrawal date: 2/21. No refunds after that date.

**AHCE:787 | $75**
401 F 8am-3pm
Feb. 28
Patricia Sherman
FP - SC, CAFE EAST

**Current Trends in Pain Management in the Elderly**
This workshop will present the most pertinent and up-to-date information on pain management issues, pain assessment tools and strategies and pain management methods for the elderly.

**NURS:779 | $39**
530 W 6pm-9:15pm
March 5
Cathy Flasar
FP - 8, 244

**EMT Core Curriculum**
This course meets all the current requirements for Missouri EMT-B license renewal. It includes the assessment and care of the trauma patient, pre-hospital and injury-based emergency, 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 scheduled start date.

**EMSS:700 | $270**
H01 MW 9am-1pm
Jan. 13 – May 12
No class 1/20, 2/7, 3/10, 3/12
Elaine Bise
Harrison Ed Ctr, 200
H02 TuTh 6pm-10pm
Jan. 14 – May 12
No class 3/11, 3/13
Norman Corley
Harrison Ed Ctr, 200

**New Psychopharmacology Update 2014**
The Psychopharmacology Update for 2014 is designed to provide registered nurses with the most current and best-available evidence explaining mechanisms of drug action and appropriate nursing management for the safe administration of psychotropic medications. Neuroanatomy and physiology will be reviewed. Psychotropic medications will be presented in terms of classification of action, effect on the brain and neurotransmitters and disorders which they are used to treat. Appropriate nursing assessment and interventions will be discussed in relation to intended response to psychotropic medications as well as possible side effects.

**NURS:706 | $42**
550 Tu 6pm-9:15pm
April 1
Marily Miller
FP - TC-105

**New Safe Care for the Psychiatric Patient in a Non-Psychiatric Setting**
Care for psychiatric patients is provided throughout the continuum of health care and not limited to mental health units. This educational activity will discuss safe care of the psychiatric patient in a non-psychiatric setting. Current mental health care and vision for its future will be explored. Strategies to reduce hospital stress will be identified and techniques that provide safe care of the behavioral patient in a non-psychiatric setting will be explained.

**NSNG:716 | $39**
450 Tu 6pm-8:15pm
April 8
Marily Miller
FP - G Tower, 322

**New Understanding the Patient with Autism and Helpful Interventions**
Join Rick Goolsby, Director, Jefferson County Judevine Center for Autism for an informative presentation defining autism with an in-depth description of the four universal symptoms that anyone with autism spectrum disorders will exhibit and how these symptoms may vary from person to person. There will be a discussion of codes and standards that are supportive and helpful in developing rapport with the patient with autism along with an explanation of specific modifications to approaches that may be necessary to support individual needs. Observations and trends in medications commonly used for autism spectrum will be reviewed including how these medications can uniquely impact the person on the autism spectrum.

**NSNG:716 | $29**
650 W 6pm-8:15pm
April 2
Mary Dorsey
MC - SW, 111

**Diabetes Management Workshop**
The Diabetes Management Workshop is back by popular demand! Come and learn the most recent advances in the care and treatment of clients with diabetes. Please join us when Mary Lawrence, MSN, RN, Certified Diabetes Educator presents "Trends in Diabetes Management of the Aging Population" on Tuesday, April 22 and "Managing Diabetes at Home" on Tuesday, April 29.

**NURS:777 | $69**
650 Tu 6pm-8:15pm
April 22 – April 29
MC - SW, 111

**New Trends in Diabetes Management of the Aging Population**
This interactive presentation will look at trends in diabetes management and the aging population. What are the risk factors, co-morbidities and complications that affect adults 65 years and older in the U.S.? What are the current diabetes management guidelines from the American Diabetes Association and American Geriatrics Society for glucose, blood pressure and cholesterol? What are patient resources for management of diabetes in this age group? Please join us for answers to these questions and more.

**NURS:777 | $39**
651 Tu 6pm-8:15pm
April 29
Mary Lawrence
MC - SW, 111

**New Managing Diabetes at Home**
Knowledge is crucial for successful management of diabetes at home. With shorter hospital stays what is the “need to know” for patients managing diabetes after discharge? Mary Lawrence, MSN, RN, Certified Diabetes Educator will present that information during this evening’s education activity. Topics to be addressed include current laboratory tests and values used to diagnose pre-diabetes and diabetes, the frequency of screening and risk factors, the American Association of Diabetes Educators 7 Self-Care Behaviors and resources available on diabetes care.

**NURS:777 | $39**
652 Tu 6pm-8:15pm
April 29
Mary Lawrence
MC - SW, 111

**New Special Topics in Nursing: What’s New in Anticoagulant Therapy and an Update in Abdominal Aortic Aneurysm Repair: The Endovascular Approach**
This continuing nursing education activity will provide the registered nurse with two updates. The cardiac pharmacology update “What’s New in Anticoagulant Therapy” will review standard anticoagulation therapy as it is seen in nursing and medical practice. Many new anticoagulants have come onto the market in the past two years and this class will introduce the nurse to these medications as well as nursing assessments and evaluations of the patients utilizing these drugs. The review will include indications, contraindications and common lab tests used for monitoring. The second update “Abdominal Aortic Aneurysm Repair: The Endovascular Approach” will discuss the nursing role in caring for a patient undergoing endovascular repair of an abdominal aortic aneurysm. The class will include a description of the endovascular approach to repair with video presentation. Preparative and postoperative nursing assessment and interventions will be discussed regarding the patient with an abdominal aneurysm who has undergone endovascular repair of an abdominal aortic aneurysm.

**NSNG:716 | $29**
651 W 6pm-8:15pm
April 2
Mary Dorsey
MC - SW, 111
Healthcare Occupations

Pharmacy Technician Certification Training
This training is held from February 3 through July 2, 2014. Register in person only in Continuing Education at Forest Park, G 322/324. This training prepares the student for entry level employment as a pharmacy technician. 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. The course provides 105 hours of class room instruction and 60 hours of externship experience. Class meets twice a week Monday and Thursday (2/5 - 5/12) for 26 sessions; each 3.5 hours in length. The 60 hours of externship experience (5/19-6/27) follows the class room experience. Final exam: 6/30. 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 the original letter will be accepted. Letter cannot be older than six months. Register on online at www.dhss.mo.gov to obtain letter. No class 2/17. Refund/withdrawal deadline: 1/27. No refunds after that date.

Registration opens January 2
AHCE:785 | $1,400
4D1 TuTh 4:30pm-8:30pm
Feb. 11 – May 1
Karen Taylor
FP - B Tower, 417

Phlebotomy
This training program is held from 2/11 - 5/1. 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.

AHCE:786 | No Fee
CD1 M 6pm-7pm
Jan. 6
Corp. College, 209

Nurse Assistant for Nursing Homes
This training meets requirements of the Missouri Omnibus Nursing Act.
This course provides 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 100 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, fire 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.

NURS:723 | $699
Required Nursing Skills Lab (Sect. 4D1): Sat., 1/11, 8 am - 4:30 pm. Refund/withdrawal deadline: 1/3. No refunds after that date.
AHCE:772 | $1,400
4D1 TuTh 4:30pm-8:30pm
Jan. 7 – March 6
Alvera Smith
FP - G Tower, 121
Jan. 11
FP - C Tower, 415

Required Nursing Skills Lab (Sect. 4D2): Sat., 3/22, 8 am - 4:30 pm. Refund/withdrawal deadline: 3/11. No refunds after that date.
AHCE:773 | $1,400
ND2 TuTh 4:30pm-8:30pm
March 18 – May 22
Alvera Smith
FP - G Tower, 121
March 22
FP - G Tower, 121
FP - C Tower, 415

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. No class 2/17, 3/10.
EDUC:765 | $169
650 M  6:30pm-9:30pm
Feb. 10 – April 28
Kimberly Osmanagic
Eduardo Vera
MC - SO, 107

New 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. 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. No class 4/16.

AHCE:701 | $129
650 W 6:30pm-9pm Cathy Flasar March 19 – May 14 MC - CP

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

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.
AHCE:701 | $29
651 W 6:30pm-9pm Cathy Flasar March 19 MC - CP

Caregiving at Home - Conditions, Events and the Emotional Experience
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.
AHCE:701 | $29
652 W 6:30pm-9pm Speaker TBA March 26 MC - CP

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. Instructor: Christine L. Krieger, MSN, RN, JD
AHCE:701 | $29
653 W 6:30pm-9pm STLCC Staff April 2 MC - CP

Caregiving at Home - Medications and Pain Management
This week we will discuss medications and current trends in pain management for the senior.
AHCE:701 | $29
655 W 6:30pm-9pm STLCC Staff April 23 MC - AS, 104A

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. This evening’s class will be held in the AS 104. Please wear flat shoes and slacks for this session. Instructor: Mary Christman P.T.
AHCE:701 | $29
656 W 6:30pm-9pm Speaker TBA April 30 MC - CP

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.
AHCE:701 | $29
657 W 6:30pm-9pm STLCC Staff April 23 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.
AHCE:701 | $29
658 W 6:30pm-9pm Cathy Flasar May 14 MC - CP

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 arranging transportation.
AHCE:701 | $29
659 W 6:30pm-9pm Cathy Flasar May 14 MC - CP

Have you been working at a job that is just that - a job - and you’re ready to finally choose a career path?

Attend a Career Exploration Session and let us help you plan your path to success.

Florissant Valley:
• Tues., Jan. 7
• Tues., March 18
• Tues., May 6

Forest Park:
• Tues., Jan. 7
• Wed., March 26
• Thurs., May 15

Meramec:
• Tues., Feb. 4
• Thurs., April 3
• Wed., May 7

Wildwood
• Wed., Feb. 19
• Wed., April 16

Find out more at stlcc.edu/Visit and get started on the New You!
## 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. We will look at ways to incorporate into your daily schedule as a way to combat weight gain in children.

**CCPR:707 | $15**

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<tr>
<td>780</td>
<td>W 7pm-9pm</td>
<td>Holly Aslin</td>
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**How To Use Music and Movement Throughout the Day**

Songs and movements 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**

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<tr>
<td>450</td>
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<td>Rose Anderson-Rice</td>
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<td>Th 7pm-9pm</td>
<td>Rose Anderson-Rice</td>
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**Science Activities for Young Children**

Science is all around us! Learn to help children explore science through a variety of hands-on activities both inside the classroom and outdoors.

**CCPR:710 | $30**

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<tr>
<td>480</td>
<td>Sa 9am-1pm</td>
<td>Geraldine Jasper</td>
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## Discipline and Guidance of Young Children


**CCPR:702 | $15**

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<tr>
<td>552</td>
<td>Tu 7pm-9pm</td>
<td>Geraldine Jasper</td>
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<td>W 7pm-9pm</td>
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**Nurturing Toddlers and Twos - Encouraging Self Help Skills**

Embrace those incredible independent toddlers and twos by implementing simple self-help skills in the classroom or home. 18 month olds wiping their own nose! Absolutely! Two-year olds helping make lunch? You bet! By allowing independence you will see less temper tantrums and more smiles.

**CCPR:707 | $15**

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<td>Lisa Gahan</td>
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<tr>
<td>780</td>
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<td>Holly Aslin</td>
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## 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**

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## Understanding the Temperaments of Infants and Toddlers

Infants come into the world with different temperaments that influence their behavior and relationships with their caregivers both at home and in child care. This workshop will introduce the key concepts of temperaments and temperament types. Caregivers will gain an understanding of how they can be more responsive to infants and toddlers in their care.

**CCPR:707 | $15**

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<th>Date</th>
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<tbody>
<tr>
<td>450</td>
<td>M 7pm-9pm</td>
<td>Gloria Hampton</td>
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<tr>
<td>551</td>
<td>Th 7pm-9pm</td>
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## Infant/Toddler Seminar-6 clock hours

**Session 1: “Activities, Lesson Planning, and Setting Up Your Room for Hands-on Learning with Infants and Toddlers” -** What makes the infant/toddler environment successful? How do you plan creative learning activities for this age group? Do you plan for outside as well as inside play time? Our experienced toddler teacher will answer these questions in an exciting Saturday seminar! Session 2: “Intervention Techniques for Infants and Toddlers with Special Needs” - Language and social development, sensory stimulation, play skills, adaptive toys, and sleep patterns. Our instructor is an early intervention specialist. You will attend both sessions in the 6 clock hour Infant/Toddler Seminar.

**Box lunch included.**

**CCPR:707 | $39**

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<tr>
<td>580</td>
<td>Sa 9am-3:30pm</td>
<td>Anna-Marie Mann</td>
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<tr>
<td>680</td>
<td>Sa 9am-3:30pm</td>
<td>Anna-Marie Mann</td>
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**Registration begins January 2.**

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

Spring 2014 · Continuing Education | St. Louis Community College
Child Care Provider: Heartsaver Pediatric First Aid CPR/AED

The Heartsaver Pediatric First Aid CPR/AED course is designed to meet the clock hour requirement for child care workers in Missouri. 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 modules in adult CPR/AED, child mask, infant mask and Ashima 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

480 Sa 8:30am-4pm Feb. 15 FP - G Tower, 121
680 Sa 8:30am-4pm Jan. 25 MC - CP
580 Sa 8:30am-4pm March 1 FV - CDC, 112
681 Sa 8:30am-4pm April 26 MC - CP
581 Sa 8:30am-4pm May 17 FV - CDC, 112

Supporting and Involving Families - Creating Partnerships for Learning

Families are the most important people in a child’s life. Learn methods to reach out to parents and families to help them become partners in their child’s education. How can you support families? What questions and concerns do parents have? How can you build and create partnerships for learning?

CCPR:714 | $15

550 Th 7pm-9pm Gina Dattilo March 20 SCEUC, 101
770 W 7pm-9pm Gina Dattilo Feb. 12 Hisson Mid. School, 117
450 W 7pm-9pm Gina Dattilo April 2 FP - G Tower, 119
780 W 7pm-9pm Gina Dattilo Feb. 5 Lindbergh Sr. H.S., 46
550 Th 7pm-9pm Gina Dattilo Feb. 16 FV - CDC, 112

How and When to Talk to Parents

Gain helpful methods for communicating your concerns with parents about their child’s education. Specific consultation strategies and techniques are demonstrated. Discussion of how to talk to parents to build and maintain positive relationships. Co-sponsored by Learning Disabilities Association, Inc.

CCPR:714 | $15

781 M 7pm-9pm Feb. 24 Lindbergh Sr. H.S., 46
451 M 7pm-9pm Jan. 27 FP - G Tower, 111

Starting a Family Child Care Business

Learn what it takes to start and operate a successful child care business. Everything from marketing to meals and the learning environment will be discussed. Whether you have been in business a while or you are ready to embark on a new venture as a family care provider, this class will help make your family child care successful and profitable.

CCPR:715 | $30

580 Sa 9am-1pm Lisa Gahan Jan. 18 FV - CDC, 112

Help Your Children Enter The Wonderful World of Books - Second Set of Books

Are you looking for ways to help young children fall in love with books and stories while they gain valuable language skills? Come discover fresh, fun techniques for sharing books with your children. Participants will receive a set of seven (7) children’s books: Moo La La La; Ten, Nine, Eight; Each Peach Pear Plum; The Hello, Goodbye Window; Frederick; The Napping House and Harold and the Purple Crayon. Presented by Annette Harrison, dynamic educator and storyteller.

CCPR:718 | $25

580 Sa 12pm-3pm Jan. 18 Annette Harrison FV - CDC, DINING RM
680 Sa 12pm-3pm April 5 Annette Harrison MC - LB, CNFL

Language Development - Birth to Age Five

This workshop discusses brain development, the importance of reading to language development, age appropriate books, developmental milestones, and appropriate activities for each milestone. Co-Sponsored by St. Louis Learning Disabilities Association.

CCPR:718 | $15

781 M 7pm-9pm March 10 Lindbergh Sr. H.S., 46

Language Development - Phonological Awareness and Alphabetical Knowledge


CCPR:718 | $15

782 M 7pm-9pm March 24 Lindbergh Sr. H.S., 46

Emergent Literacy - Helping Children Want to Become Readers and Writers

What are 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 become engaged in emergent literacy.

CCPR:718 | $15

780 W 7pm-9pm Gina Dattilo May 14 Lindbergh Sr. H.S., 46
550 Th 7pm-9pm Feb. 13 Gina Dattilo SCEUC, 101

Asking Questions: Encouraging Children's Thinking

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

CCPR:721 | $15

550 Tu 7pm-9pm Feb. 4 Geraldine Jasper FV - CDC, DINING RM

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

551 Th 7pm-9pm Feb. 27 FV - CDC, 112
770 M 7pm-9pm April 14 Hisson Mid. School, 117
351 Tu 7pm-9pm May 6 WW, 208

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

550 Th 7pm-9pm Jan. 23 FY - CDC, 112
450 M 7pm-9pm March 3 FY - G Tower, 111
350 Tu 7pm-9pm March 18 WW, 208
771 M 7pm-9pm April 28 Hisson Mid. School, 117

Planning Transitions to Prevent Challenging Behaviors

Transitions are the times in the day when children move or change from one activity to another. Challenging behavior is more likely to occur when transitions are not planned as part of the daily schedule. Through this workshop, you will gain a “transition tool kit” of ideas to make your transition time go more smoothly.

CCPR:724 | $15

550 Th 7pm-9pm Holly Aslin May 8 FY - CDC, 112

Surviving Nap Time: Creative Ways to Make Nap Time a Pleasant Experience

Learn to make nap time a peaceful and relaxing experience for both children and adults. You’ll discuss appropriate expectations.

CCPR:727 | $15

770 W 7pm-9pm Geraldine Jasper Feb. 26 Hisson Mid. School, 117
550 W 7pm-9pm Geraldine Jasper Feb. 19 FY - CDC, DINING RM

For Child Care Providers - Keeping Kids Safe in Today’s World

Lockdown, intruder guidelines, social media issues, identify 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 day care.

CCPR:765 | $15

550 Th 7pm-9pm March 20 Sally Brooks FY - CDC, 112

COMMUNICATIONS

No Sweat Public Speaking

Speaking Opportunities are Business Opportunities! Speaking Opportunities are Career Opportunities! Those who embrace, take and make those occasions to speak, and do it well, grow their businesses and careers. Learn the skills necessary to reduce the fear of public speaking, improve presentations, and deliver a “Knock Your Socks Off!” speech with - No Sweat. Class taught by a published author.

COMM:715 | $39

350 Tu 6:30pm-8:30pm April 22 – May 13 WW, 222
650 W 6:30pm-8:30pm Feb. 19 – March 5 WW, 222
920 W 6:30pm-8:30pm April 2 – April 16 WW, 222
C50 Tu 7pm-9pm April 1 – April 15 WW, 208

COMM:720 | $30

580 Sa 9am-1pm Jan. 18 FV - CDC, 112

PROFESSIONAL DEVELOPMENT
Voicewears: 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! Voicewear 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.

PERD:765 | $39
480 Sa 9am-12pm March 29 Troy Duran TP - G Tower, 113
651 W 6pm-9pm April 16 Troy Duran MC - SW, 207
680 Sa 9am-12pm Troy Duran April 26
350 W 6pm-9pm April 30 Troy Duran WW, 220

CPR AND FIRST AID

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 in approximately two weeks. 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:706 | $97
C01 W 8:30am-4:30pm April 23 Gordon Back Corp. College, 207

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/child/mouth-to-mouth 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 Th 5pm-10pm April 29 Carol Pikey WW, 224
400 Tu 9am-3:30pm Jan. 18 Troy Duran WW, 224
451 M 5pm-10pm Feb. 3 Troy Duran WW, 224
452 W 5pm-10pm Feb. 26 Troy Duran WW, 224
453 W 5pm-10pm March 26 Troy Duran WW, 224
454 M 5pm-10pm April 14 Troy Duran WW, 224
455 W 5pm-10pm April 30 Troy Duran WW, 224
501 Tu 9am-3:30pm Jan. 18 Troy Duran WW, 224
502 Tu 9am-3:30pm Jan. 31 Troy Duran WW, 224
503 Tu 9am-3:30pm Feb. 15 Troy Duran WW, 224
504 Tu 9am-3:30pm March 18 Troy Duran WW, 224
505 Tu 9am-3:30pm April 29 Troy Duran WW, 224
506 Tu 9am-3:30pm May 12 Troy Duran WW, 224
507 Tu 9am-3:30pm June 15 Troy Duran WW, 224
508 Tu 9am-3:30pm July 13 Troy Duran WW, 224
509 Tu 9am-3:30pm August 17 Troy Duran WW, 224
510 Tu 9am-3:30pm September 21 Troy Duran WW, 224
511 Tu 9am-3:30pm October 19 Troy Duran WW, 224
512 Tu 9am-3:30pm November 16 Troy Duran WW, 224
513 Tu 9am-3:30pm December 14 Troy Duran WW, 224

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 W 8am-5pm March 19 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 | $56
450 W 6pm-10pm Feb. 19 Gail Back FP - G Tower, 121
451 W 6pm-10pm April 23 Gail Back FP - G Tower, 121

CPRR:710 On Campus | $55
550 Tu 5pm-8:30pm May 13 Gordon Back FP - TC, 105
600 Th 1pm-4:30pm April 10 Gail Back MC - CP

Off-site | $59
For this session, last day to enroll or drop is 3/6. No refunds after 3/6. No admittance after stated start time.

7D1 M 6pm-9:30pm March 24 Gail Back Selvidge Mid. School, LBIR

www.stlcc.edu/ce / 314-984-7777
Spring 2014 • Continuing Education | St. Louis Community College
**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.

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<td>Sa 8:30am-4:30pm Carol Pikey MC - CP</td>
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<td>480</td>
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<td>580</td>
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<td>681</td>
<td>Sa 8:30am-4:30pm April 26 Carol Pikey MC - CP</td>
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<tr>
<td>581</td>
<td>Sa 8:30am-4:30pm May 17 Carol Pikey FV - CDC, 112</td>
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**FITNESS TRAINING**

**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, adhere, 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 re-take exam. Voucher for exam must be used within 6 months of course start date. Class is not eligible for Senior Scholarship. No class 2/17, 3/10.

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<tr>
<th>PEDU:753</th>
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<tr>
<td>680</td>
<td>M 5pm-9pm Melissa Baumgartner MC - SO, 206</td>
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According to the United States Bureau of Labor Statistics (BLS), "employment of fitness workers is expected to increase 29% over the 2008-2018 decade, which is much faster than the average for all occupations."

**COMPUTERS AND TECHNOLOGY**

**APPLICATIONS AND SYSTEMS**

Personal Computers and Technology - Introduction: In a Day

Learn the basics of using a PC 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.

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<tr>
<th>COMP:701</th>
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<tr>
<td>S01</td>
<td>W 9am-12pm Feb. 5 – Feb. 26 Patti Bossi SCEUC, 206</td>
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Ease Into Personal Computers

Do you have the desire to learn but need extra time to grasp new information? This class will move at a slower pace to allow you to become familiar with computer equipment and concepts. This is an introductory course for people with little or no computer experience.

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<tr>
<td>300</td>
<td>F 9am-11:20am Feb. 7 – March 7 WW, 206</td>
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Microsoft Windows 7: In a Day

Learn the basics of Windows 7 in one day! 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.

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<tr>
<th>COMP:705</th>
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<tr>
<td>C01</td>
<td>Sa 9am-4pm Feb. 8 Corp. College, 206</td>
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<tr>
<td>S01</td>
<td>F 9am-4pm April 4 SCEUC, 206</td>
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Microsoft Windows 7: Introduction

Explore Windows 7 and all its user-friendly features in this course. Students learn mouse techniques and examine the desktop interface; including START 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: Windows Introduction class or equivalent experience. Class will move at a slower pace.

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<tr>
<th>COMP:705</th>
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<tr>
<td>S03</td>
<td>W 9am-12:10pm March 19 – April 16 SCEUC, 206</td>
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</table>

Navy Microsoft Windows 8: Introduction: In a Day

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. Personal Computers Introduction class or equivalent experience.

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<tr>
<th>COMP:705</th>
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<tr>
<td>S02</td>
<td>W 9am-4pm March 5 Patti Bossi Corp. College, 208</td>
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Registration begins January 2.
Overview of Microsoft Office 2010: In a Day
Learn the basics of MS Office 2010 in one day! In this class you’ll touch on the basics of Word, Excel, Access and 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
C80  Sa 9am-4pm  Feb. 15  Corp. College, 206
C01

Overview of Microsoft Office 2010 for Business
Learn the basic programs and features of the MS Office Suite. Create and edit Word documents, create formulas in Excel spreadsheets, and develop PowerPoint presentations. Prerequisite: Windows Introduction class or equivalent experience.
COMP:713 | $129
C01  F 9am-4pm  Jan. 31  Corp. College, 208

Microsoft Word 2010: 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
S01  W 9am-4pm  Patti Bossi  April 30  SCEUC, 206
C02  Sa 9am-4pm  Feb. 22  Corp. College, 208

Introduction to Microsoft Word 2010 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  Cris Heffernan  Feb. 7  Corp. College, 206

Intermediate Word 2010 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  Cris Heffernan  Feb. 21  Corp. College, 208

Microsoft Excel 2010: In a Day
Learn the basics of MS Excel in one day! This introductory course will teach you 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  Feb. 8  MC - BA, 208
C80  Sa 9am-4pm  March 8  Corp. College, 208

New 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  Roy Lenox  Feb. 5 – March 5  Kirkwood Sr. H.S., W 205

New Microsoft Excel 2013: Intermediate
This course is a continuation of our Introduction to Excel course. 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  Roy Lenox  March 6 – April 23  Kirkwood Sr. H.S., W 205

Introduction to Microsoft Excel 2010 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  Cris Heffernan  March 7  Corp. College, 208

Microsoft PowerPoint 2010: 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
C80  Sa 9am-4pm  March 22  Corp. College, 208

“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., Maryland Heights

New Intermediate Word 2010 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  Cris Heffernan  Feb. 21  Corp. College, 208

Microsoft Office Specialist (MOS) Certification

Microsoft Office Specialist (MOS) Certification for Access 2010
Master Microsoft Access 2010 and gain an edge in today’s competitive job market. Earning a Microsoft Office Specialist (MOS) certification in Access helps you differentiate yourself in today’s market whether you’re an established professional or new to the field. Plus students who complete the entire Microsoft Office Specialist training earn about 12% more than employees who aren’t certified. This course includes intensive, hands-on instructor led training, certificate test preparation and the certification exam. Candidates must pass the certification exam in order to earn this MOS certification. Prerequisite: Students must have basic computer skills.
COMP:725 | $499
CP1  TuTh 5pm-9pm  March 25 – May 8  Corp. College, 206
CP1  Sa 8am-4pm  May 10  Corp. College

Microsoft Office Specialist (MOS) Certification for Excel 2010
Master Microsoft Excel 2010 and gain an edge in today’s competitive job market. Earning a Microsoft Office Specialist (MOS) certification in Word helps you differentiate yourself in today’s market whether you’re an established professional or new to the field. Plus students who complete the entire Microsoft Office Specialist training earn about 12% more than employees who aren’t certified. This course includes intensive, hands-on instructor led training, certificate test preparation and the certification exam. Candidates must pass the certification exam in order to earn this MOS certification. Prerequisite: Students must have basic computer skills.
COMP:720 | $499
CP1  TuTh 5pm-9pm  Jan. 28 – March 13  Corp. College, 208
CP1  Sa 8am-4pm  March 15  Corp. College, 208
Microsoft Access 2010: 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:752 | $99
C80 | Sa 9am-4pm
April 5 | Corp. College, 208

Introduction to Microsoft Access 2010 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.
COMP:725 | $129
C01 | F 9am-4pm
April 4 | Corp. College, 208
Cris Heffernan

Intermediate Access 2010 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 Excel or equivalent experience.
COMP:726 | $129
C01 | F 9am-4pm
April 18 | Corp. College, 208
Cris Heffernan

QuickBooks Pro 2013
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.
COMP:734 | $149
750 | Tu 6:30pm-9:30pm
Jan. 28 – Feb. 25 | Kirkwood Sr. H.S., W 200
Kerry Woodruff
751 | W 6:30pm-9:30pm
March 5 – April 9 | Kirkwood Sr. H.S., W 200
Kerry Woodruff
752 | W 6:30pm-9:30pm
April 16 – May 14 | Kirkwood Sr. H.S., W 200
Kerry Woodruff

Introduction to AutoCAD 1
COMP:770 | $196
SC1 | W 7pm-9:45pm
Jan. 15 – May 7 | FV - E, 278

ADOBE ILLUSTRATOR CS6: 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
May 3 | Corp. College, 208

ADOBE PHOTOSHOP CS6: In a Day
Learn the Basics of Adobe Photoshop in one 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 Cloning. Students will work hands-on with a wide variety of images. Prerequisite: Windows Introduction class or equivalent experience.
COMP:755 | $99
C80 | Sa 9am-4pm
April 26 | Corp. College, 208
Zak Zych

ADOBE PHOTOSHOP CS6: Introduction
This course, utilizing Adobe Photoshop CS6 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 Cloning. Students will work hands-on with a wide variety of images. Prerequisite: Windows Introduction class or equivalent experience.
COMP:755 | $129
C50 | Th 6pm-9pm
Feb. 6 - Feb. 27 | Corp. College, 206
Zak Zych

ADOBE PHOTOSHOP CS6: Intermediate
Adobe Photoshop CS6 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.
COMP:755 | $129
C51 | Th 6pm-9pm
March 20 – April 10 | Corp. College, 206
Zak Zych

ADOBE PHOTOSHOP CS6: Advanced
Adobe Photoshop CS6 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.
COMP:755 | $135
C52 | Th 6pm-9pm
April 17 – May 8 | Corp. College, 206
Zak Zych
Professional Workshops

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, Extract 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.

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, typogrophy, 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.

Intro 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.

Adobe Illustrator CS6 for Professionals - the First Step

This introductory course draws from the Adobe Illustrator CS6 Certification Series. The Adobe Illustrator CS6 Certification Series develops, tests and certifies students in Illustrator. This program is a leading graphic creation application, popular among graphic designers, illustrators, and photographers. Illustrator's numerous features work together to provide a comprehensive toolset for you, the design professional. This course delves into basic features of Illustrator so that the student can navigate the environment and use Illustrator tools to work with photographic images, along with some of the more advanced image creation and editing techniques, offering you hands-on activities that demonstrate how these techniques can be used in combination to create exciting visual effects. This three day series prepares students for the Official Adobe Photoshop CS6 Certification test which is given on day three. Cost of test included in course fees.

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.

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 layout.

Adobe InDesign CS6 for Professionals - the Next Step

Don’t know the best way to set up your brochure or multipage document? Learn how to optimize your page setup 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.

Adobe Photoshop Lightroom 5 is designed as an end-to-end photographic workflow for both amateur and professional photographers. It is the perfect tool for the beginner as well as professional designers, filmmakers, game developers, architectural, civil, mechanical engineers and related professionals. This program is available for anyone designing anything from fying pans to cathedrals. Basic proficiency in Illustrator and Photoshop will be helpful for this workshop.

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.

Digital Painting for Professionals - the First Step

Students will learn inventive digital painting and drawing techniques, image tracing and 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 profitability.

Digital Painting for the Professional - the Next Step

Take the next step beyond the basics of digital painting and drawing. 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 new enhancements that include Artists’ Oils Painting System, Snap-to-Path Painting, improved Digital Watercolor, and Quick Clone.

SketchUp for Professionals

Three dimensional models are essential if you’re in the design field. Students will learn the basics of three dimensional modeling with SketchUp. It’s the perfect tool for the beginner as well as professional designers, filmmakers, game developers, architectural, civic, mechanical engineers and related professions. This program is available for anyone designing anything from fying pans to cathedrals. Basic proficiency in Illustrator and Photoshop will be helpful for this workshop.

Digital Media Professional Workshops

Call 314-984-7019 with questions.
Creating Animated Film in Photoshop CS6: Quickstart for Professionals

Using Adobe Photoshop CS6 students will learn how to get to the final digital stages of creating an animated film. Learn and experience: film analysis, visual development and research, inspiration, composition, staging and formats, rhythm and style variety, value and color plus a basics of storyboarding, and then on to a finished computer animation.

CTVTW:704 | $129
602  F 8:30am-4:30pm  Anthony Carosella  March 7  MC - HE, 233

Maya for Professionals

Learn the concepts and basic tools for creating imagery in 3D using Autodesk’s Maya. Starting with a road-map to the main interface, we will be shown how to construct shapes and geometry using polygons. Once built, they will learn how to “texture” these polygons so that they appear to have surface detail, followed by how to use the lighting tools to illuminate the objects they’ve created. We will discuss the basics of animation, making our objects and camera move through time. Finally, we will learn “rendering” or the final output of our work to a finished, playable animation file which each student will have created.

CTVTW:704 | $129
680  Sa 8:30am-4:30pm  Joseph Rollins  March 22  MC - HE, 136

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.

CTVTW:706 | $129
680  Sa 8:30am-4:30pm  MC - HE, 136
Feb. 8  Anthony Carosella

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.

CTVTW:706 | $129
681  Sa 8:30am-4:30pm  Anthony Carosella  Feb. 15  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 tools 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 timescopic window, and more.

CTVTW:706 | $129
682  Sa 8:30am-4:30pm  Anthony Carosella  Feb. 22  MC - HE, 136

Avid Media Composer 6 Video Editing

This workshop will cover the basics of Avid Media Composer. Avid is a powerful SD and HD professional video editor for Mac or Windows. Media Composer is Avid’s top video editing program, and it offers integrated DVD authoring, surround sound audio processing, and thousands of powerful, real-time effects. Media Composer’s integrated toolset provides a wide array of the components needed to create the highest quality productions and finish to tape, DVD or web streams.

CTVTW:706 | $129
683  Sa 8:30am-4:30pm  Anthony Carosella  March 29  MC - HE, 136

Professional Digital Photography with Lighting Control and HDR

Learn to master your camera controls and how to set them. You will perfect your skills in dealing with varied light sources and wide ranges of light using the techniques available through high dynamic resolution (HDR) software and functions. Learn to apply similar principles to product photography to bring out fine details.

CTVTW:710 | $129
680  Sa 8:30am-4:30pm  Darlene McGee  April 5  MC - HE, 233

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.

CTVTW:710 | $129
600  F 8:30am-4:30pm  Anthony Carosella  March 21  MC - HE, 233

Graphic Design for Digital Photography

Tired of hiring a graphic designer to do your design work? Wish you could purchase 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.

CTVTW:710 | $129
681  Sa 8:30am-4:30pm  Darlene McGee  April 19  MC - HE, 136

Digital Architectural Photography for Professionals

Acclaimed photographer Richard Sprengler will lead a day-long workshop in creating successful photographs of architecture. Methods for approaching composition, exposing for various 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.

CTVTW:710 | $129
682  Sa 8:30am-4:30pm  Richard Sprengler  March 8  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.

CTVTW:710 | $129
683  Sa 8:30am-4:30pm  James Leick  Feb. 8  MC - HE, 233

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.

CTVTW:712 | $129
680  Sa 8:30am-4:30pm  Anthony Carosella  Jan. 25  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.

CTVTW:713 | $129
603  F 8:30am-4:30pm  Anthony Carosella  April 11  MC - HE, 233

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.

CTVTW:713 | $129
680  Sa 8:30am-4:30pm  John Schmitt  March 1  MC - HE, 136

Facebook for Business - Effective Marketing Techniques for Professionals

In this workshop students will be introduced to the basics of how to build a website using Dreamweaver CS6. Students will learn how to set up and use the Site Manager as well as how to use the automated templates to create Cascade Style Sheets based layouts and then use those layouts to build a basic web template including copy, image links and the basic design for all of your web pages. This course also covers the basic design principles involved in creating a professionally engaging website.

CTVTW:713 | $129
681  Sa 8:30am-4:30pm  Kevin Ward  April 19  MC - HE, TBA
**New The Cloud and What You Need to Know**

This course goes through the various aspects of using cloud storage to organize and store your digital assets. Learn about Cloud Storage services such as Google Drive and how to use apps and plugins to create, store and manage all of your digital information. Learn about security best practices to ensure you keep your information safe and secure. Other Cloud Services covered are Drop-Box and Wiggio.

**CVTW:713 | $129**
682  Sa  8:30am-4:30pm        Kevin Ward  MC-HE, 233
April 5

**New Increase Profits with Marketing Techniques Using HTML and CSS**

This two day seminar will take you through the basics of HTML and CSS as it is used in online marketing within areas such as email marketing and content management systems. Day 1 covers the basics of HTML and CSS and how they are used to structure graphics, copy and other content. Day 2 covers the practical side of building templates for email and web pages. This is an intensive course and covers a large amount of information.

**CVTW:750 | $258**
600  F  8:30am-4:30pm        Kevin Ward  MC-HE, 233
May 2
Sa  8:30am-4:30pm        May 3
MC-HE, 233

**Increase Web Activity for Business Using Web Analytics**

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 | $129**
680  Sa  8:30am-4:30pm        Kevin Ward  MC-HE, 136
April 12

**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 | $129**
681  Sa  8:30am-4:30pm        Kevin Ward  MC-HE, 233
Jan. 25

**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 | $129**
682  Sa  8:30am-4:30pm        Kevin Ward  MC-HE, 136
Feb. 7

**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 | $129**
683  Sa  8:30am-4:30pm        Kevin Ward  MC-HE, 136
March 15

**Dreamweaver for Professionals: Advanced Techniques**

Picking up from where Quick Start ends, this workshop takes you through some of the advanced tools available in Dreamweaver CS6. You will also be learning some advanced image and design techniques, enabling you to significantly improve the capabilities of your website.

**CVTW:750 | $129**
684  Sa  8:30am-4:30pm        Kevin Ward  MC-HE, 136
April 26

**WordPress for Professionals**

This workshop offers students new to WordPress a quick start, step-by-step plan for learning what WordPress is all about. We will cover its features, the importance of web typography, what blogging is about, as well as how to use the WordPress online blog system to create and manage personal and professional websites.

**CVTW:750 | $129**
685  Sa  8:30am-4:30pm        Kevin Ward  MC-HE, 233
March 22

**MOBILE BASICS**

**New Mobile Applications Android**

This course provides an overview of the basic principles and strategies for developing Android mobile applications. The course introduces students to all aspects of Android (beyond the code itself) and describes the components used to build applications. Students gain the skills and knowledge needed to write Android applications. This course is taught in a hybrid format with both on-line learning activities and hands-on, instructor facilitated lab activities. Labs will be held on 3/5, 3/19, 4/2, 4/16.

**COMP:798 | $329**
C01  W  6:30pm-9pm        March 5 – April 16
Corp. College, 209

**New Cloudy with a Chance of Confusion**

What is this cloud everyone keeps talking about and where is it? The cloud is everywhere and more and more people are using it for their personal computing needs. In fact, there is a good chance you are already using it and don’t even know. Come to this class to find out more.

**COMP:742 | $25**
C01  F  9am-12pm        March 7
Rachel Bufalo  Corp. College, 206

**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 Apple iPad. Other tablet devices will not be covered.

**COMP:765 | $25**
S50  W  6pm-9pm        Feb. 5
Jeffrey Morgan  SCEUC, 206
C80  Su  12:30pm-3:30pm        April 13
Jeffrey Morgan  Corp. College, 211

**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 Apple iPhone. Other smart phone devices will not be covered.

**COMP:765 | $25**
S60  Sa  9am-12pm        Feb. 15
Jeffrey Morgan  MC-SW, 210

**NETWORKS AND SECURITY**

**How to Network Computers**

Learn how to create a computer network. Prerequisite: Windows Introduction class or equivalent experience. Bring a USB flash drive.

**COMP:792 | $25**
S50  Sa  9am-12pm        April 26
Robert Lewis  MC-BA, 208

**Combatting Viruses, Spyware and 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**
S50  Sa  8:30am-12:15pm        May 3 – May 10
Robert Lewis  FV-B, 120

**PERSONAL COMPUTING**

**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**
S51  Tu  6pm-9pm        May 6
S51  Tu  6pm-9pm        May 6
Rachel Bufalo  SCEUC, 207
C04  F  9:30am-12:30pm        Feb. 28
Rachel Bufalo  Corp. College, 206
“I’ve taken several courses with Rachel Bufalo. She is always well prepared and organized and I have always learned a lot more than I expected.”

- Joan L., Concord

**Introduction to eBay: Buying and Selling**

Come join the millions buying and selling on eBay. This hands-on course will teach you how to use the eBay site, 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 a ‘spam’ from abroad or someone’s head on a different body and more! This course will help you get thinner with a smaller nose! Learn to remove unwanted尘土. Come and learn how to navigate this fun and exciting site! Prerequisite: Windows Introduction class or equivalent experience.

**COMP:742 | $49**

Tu 6:30pm-9pm  
February 25 – March 4  
SCEUC, 207  
Helen Ralston

**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 alphanumeric, numeric, symbol and shortcut keys. No class 3/17.

**COMP:702 | $109**

8:00 M 7pm-9pm  
February 24 – May 5  
Lindbergh Sr. H.S., 107  
Rachel Bufalo

**Photoshop Elements 9: 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 toolbar and palette and edit a photo with basic techniques. Finally, we will explore 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**

5:00 Tu 6pm-9pm  
April 1 – April 15  
SCEUC, 207  
Rachel Bufalo

**Photoshop Elements 9: 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 will 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 someones head on a different body and more! This course will use the “editor” portion of Elements 9. Prerequisite: Adobe Elements: Basic Overview class or equivalent experience.

**COMP:755 | $39**

5:00 Tu 6pm-9pm  
April 22 – April 29  
SCEUC, 207  
Rachel Bufalo

**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**

6:00 Su 12:30pm-3:30pm  
February 9  
Jean Bradley  
MC - BA, 216

6:00 Su 12:30pm-3:30pm  
April 27  
Jean Bradley  
MC - BA, 216

**Social Networks**

**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. 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 2/26. No refund after that date.

**COMM 720 | $1,295**

6:00 W 6pm-9pm  
March 5-May 7  
Corporal College, 208

**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**

5:00 W 6pm-7pm  
February 19  
Corporal College, 208

**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 natural 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**

5:00 Tu 6pm-9pm  
January 28  
Erin De Vore  
WW, 209

5:00 Tu 5:30pm-8:30pm  
February 18  
Rachel Bufalo  
FV - B, 125

5:00 Tu 6pm-9pm  
May 13  
Rachel Bufalo  
SCEUC, 207

**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 | $25**

5:00 F 9am-12pm  
March 21  
Rachel Bufalo  
Corporal College, 206

**Build Your Business with Pinterest**

Here’s a news flash: Pinterest already beats Facebook for pages called boards. Other users can then re-pin images to themed sites, according to a recent Social Shopping 2012 survey. Here’s a news flash: Pinterest already beats Facebook for personal use and students should already have a basic knowledge of Facebook prior to class. Prerequisite: Windows Introduction class or equivalent experience. Fee includes a flash drive.

**COMP:742 | $25**

5:00 F 9am-11am  
March 28  
Patti Bossi  
SCEUC, 206

**Tech Savvy Fridays: Flash Drives**

Some call it a thumb drive, a memory stick, a jump drive, a USB drive, etc. Regardless of what you call it, Flash Drives have become the most widely used device in portable data storage. Come find out how to use and love this cool little gadget. Class includes your very own flash drive to use in the class and keep. Prerequisite: Windows Introduction class or equivalent experience. Fee includes a flash drive.

**COMP:765 | $25**

4:00 F 9am-11am  
March 11  
Patti Bossi  
SCEUC, 206

**Tech Savvy Fridays: What is The Cloud?**

The “cloud” is the latest technological “term” being thrown around that you don’t have any idea what it means. Come to this class to find out.

**COMP:765 | $19**

4:00 F 9am-11am  
February 21  
Patti Bossi  
SCEUC, 206

**Tech Savvy Fridays: Copy and Paste**

Cut, copy and paste is the ultimate short-cut tool for Windows! Come find out how easy it is to copy pictures, text, and files from one place to another. Maybe you want to capture some text or a picture from a web page and copy it into a document or in an e-mail...no problem with this trick! You will be surprised how easy it is. In this class we will also explore the “Snipping” tool which is available in Windows 7. Please note: Windows Introduction class or equivalent experience.

**COMP:765 | $19**

3:00 F 9am-11am  
March 7  
Patti Bossi  
SCEUC, 206

**Tech Savvy Fridays: Tech Savvy Fridays**

Learn to cut, copy and paste!

**Tech Savvy Fridays: Tech Savvy Fridays: Flash Drives**

Some call it a thumb drive, a memory stick, a jump drive, a USB drive, etc. Regardless of what you call it, Flash Drives have become the most widely used device in portable data storage. Come find out how to use and love this cool little gadget. Class includes your very own flash drive to use in the class and keep. Prerequisite: Windows Introduction class or equivalent experience. Fee includes a flash drive.

**COMP:765 | $25**

4:00 F 9am-11am  
March 28  
Patti Bossi  
SCEUC, 206

**Tech Savvy Fridays: iPads and Tablets**

Touch screen technology is everywhere these days. Come to this class to learn about all of the latest touchscreen devices and some of the differences between iPads, iPods, tablets, smart phones and more.

**COMP:765 | $19**

5:00 F 9am-11am  
April 11  
Patti Bossi  
SCEUC, 206

**Private Class/Session! All participants must register.**

**FREE INFORMATION SESSION! All participants must register.**

**FREE INFORMATION SESSION! All participants must register.**

**FREE INFORMATION SESSION! All participants must register.**

**FREE INFORMATION SESSION! All participants must register.**
WEB DEVELOPMENT

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 Jerry Bearden
March 20 – April 3 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 Jerry Bearden
Jan. 24 Corp. College, 208
S51 Th 6pm-9pm Jerry Bearden
April 10 – April 17 SCEUC, 207

Optimizing WordPress for Your Business
Take your basic WordPress site to the next level! Learn more advanced techniques such as template optimization, site customization and search engine optimization. Prerequisite: Windows Introduction class and Create Your Own Website with WordPress. 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 | $39
C02 W 6pm-12pm Feb. 12
S52 Th 6pm-9pm April 24
SCEUC, 207

CONSTRUCTION AND INDUSTRIAL TECHNOLOGIES

CONSTRUCTION

Construction Methods
This course covers many of the principles, materials, and methods used in light construction. Topics include building codes, construction standards and specializations, wood and wood products, concrete, masonry, glass, plastics, aluminum products, bituminous products, gypsum products, asbestos cement products, construction methods systems, foundation systems, slab-on-ground, floor/ceiling systems, wood framed floors, wall systems, masonry walls, roof/ceiling systems, stucco, and terrazzo. Available for credit as CE 108. No class 3/13.

CONS:701 | $294
210 Th 7:05pm-9:45pm Jan. 16 – May 8
Richard Unger
FV - E, 178

Construction Estimating
The total estimating and bidding process. Topics will include: bid form contracts, specifications, overhead, unit costs, quantity surveys, subcontract bids, pricing, checking and alternating. Students should be able to read construction drawing prior to enrolling in this course. Available for credit as CE 131. No class 3/11.

CONS:702 | $294
210 Tu 7:05pm-9:45pm Jan. 14 – May 6
Gary Drlikow
FV - E, 156

Blueprint Reading for Construction Trades
The Blueprint Reading for Construction Trades course provides students with a basic overview of blueprint reading concepts. This introductory-level course reviews the key concepts applicable to reading blueprints generated for a variety of skilled trade and technical applications, including carpentry, electrical systems, plumbing systems, and sprinkler fitting systems in light commercial and residential construction. This is a hybrid course taught through on-line learning lectures and in-class lab activities. Labs will meet on 2/10, 2/24, and 3/15.

CONS:718 | $329
C01 M 6:30pm-8:30pm Feb. 10 – March 10
SCEUC, 213

ELECTRICAL

National Electrical Code and Calculations - Part II
This course covers specialty areas of articles in the NFPA. Division 70 text - The National Electrical Code. Review general definitions as a refresher from Part I. Chapters 5-8 are covered i.e. hazardous locations, health care facilities, and mobile home parks, manufactured wiring, swimming pools, electric welders and fire pumps. These will be discussed in depth along with special occupancies. Calculations are part of the N.E.C., so basic calculations on trailer parks, welders, x-ray units, and short circuit current will be reviewed and discussed. Text required - National Electrical Code 2011. Prerequisite: Part I National Electrical Code and Calculation. No class 3/11.

ELEC:705 | $269
S50 Tu 6pm-9pm Jan. 21 – April 29
Michael Smith
SCEUC, 213

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. Class meets four times - Thursday evenings 3/20 and 4/3 and Saturdays 3/22 and 4/5.

CONS:736 | $239
C03 Th 5pm-9pm March 20 – April 3
S5a 8am-3:30pm March 22-April 5
SCEUC, 213

INDUSTRIAL ENGINEERING

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

IENG:702 | $299
SC1 W 6:30pm-9:30pm
Jan. 29 – Feb. 26
CWL, 128

Control Logix and PLCs
This course provides a thorough, hands-on familiarity with RSLogix5000 software and ControlLogix System. This course covers programming and details that allow for optimal use of a ControlLogix system. This session includes an overview of a ControlLogix System, wiring, tagging/addressing and ControlLogix functionality. Students will have the opportunity build comfort with the RS5000 software, utilize learned troubleshooting tools and develop strategies necessary to demonstrate troubleshooting ability. This class provides students with knowledge and concepts of, DataHighway+, Ethernet and Remote I/O network’s components and functionality as it relates to a ControlLogix System. This class does not cover motion control instruction sets.

IENG:701 | $589
To be offered Spring 2014. For more information call 314-539-5730.

OSHA

10 Hour OSHA Construction Health and Safety 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. Class meets Tuesday and Thursday evenings.

CONS:736 | $119
C01 Th 5pm-9pm
Jan. 30
S5a 8am-3:30pm
Feb. 7
Corp. College, 209

30 Hour OSHA General Industry 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. Class meets Thursday evening and Saturday.

CONS:736 | $119
C02 Th 5pm-9pm
Feb. 20
S5a 8am-3:30pm
Feb. 27
Corp. College, 209

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. Class meets four times - Thursday evenings 3/20 and 4/3 and Saturdays 3/22 and 4/5.

CONS:736 | $239
C03 Th 5pm-9pm
March 20 – April 3
S5a 8am-3:30pm
March 22-April 5
Corp. College, 209

To be offered Spring 2014. For more information call 314-539-5730.

St. Louis Community College
NEW! Solar Courses – NABCEP Certified Courses

STLCC is now offering North American Board of Certified Energy Practitioners North (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.

Solar Basics
In this course students will learn about electrical basics, photovoltaics, solar energy fundamentals, introduction to photovoltaic sizing, solar energy Markets, and safety basics. Students will be introduced to basic photovoltaic equipment. This course will prepare students for other solar classes and introduce students to the path to NABCEP certification. Students should have fundamental mathematical and mechanical skills. Text included.

CONS:721 | $179
SC1 TuTh 5pm-8pm Jeffrey Foster Jan. 28 – Feb. 6 FV - CWI, 120
Solar Site Survey
In this course students 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. Prerequisite: Solar Basics course. Text included.

CONS:721 | $179
SC2 TuTh 5pm-8pm Jeffrey Foster Feb. 11 – Feb. 18 FV - CWI, 120
Photovoltaic System Components
In this course 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.

CONS:721 | $149
SC3 TuTh 5pm-8pm Jeffrey Foster Feb. 20 – March 6 FV - CWI, 120
Photovoltaic System Build
In this course students will use the information learned in Solar Basics, Site Survey and Photovoltaic System Components 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.

CONS:721 | $99
SC4 TuTh 5pm-8pm Jeffrey Foster March 18 – March 20 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. We will also be covering important National Electric Codes pertaining to Photovoltaics. This course will also include basic troubleshooting techniques.

CONS:721 | $189
SC5 TuTh 5pm-8pm Jeffrey Foster March 25 – April 10 FV - CWI, 120

SUSTAINABILITY

LEED Core Concepts and Green Associate Exam Preparation
This course will prepare students for the LEED Green Associate Exam, along with outlining LEED Core Concepts. We aim to provide an introduction to LEED and recognize LEED core concepts, prepare for the LEED Green Associate Exam, and introduce methods of sustainable project delivery and green building principals. This course does not guarantee students will pass the LEED Green Associate Exam. Additional time outside of class will be required for reading the required textbooks. Registering and taking the LEED Green Associate exam, and any associated costs, are not included in this course. Text required. No class on 2/17, 3/10.

CONS:701 | $179
650 M 6pm-8:30pm Nick Bristow Jan. 27 – March 31 MC - CN, 202
NEW! Build Your Energy Star Portfolio Manager
You’ve heard it before: you can’t manage what you don’t measure. The U.S. Environmental Protection Agency’s ENERGY STAR Portfolio Manager is an online, interactive energy management tool that allows you to measure energy intensity and costs, water use, and carbon emissions. It is critical to calculate benchmarks of key metrics such as energy intensity and costs, water use, and carbon emissions. The U.S. Environmental Protection Agency’s Portfolio Manager and receive energy and water benchmarks, as well as a comparison of performance against a national average for buildings of a similar type. All you need are your energy bills and some basic information about your building to get started. During this hands-on workshop, participants will utilize information they bring about their building to establish their building’s profile in Portfolio Manager, which will utilize information they bring about their building to get started. During this hands-on workshop, participants will utilize information they bring about their building to establish their building’s profile in Portfolio Manager, which is critical to calculate benchmarks of key metrics such as energy intensity and costs, water use, and carbon emissions. Continental breakfast included.

CONS:701 | $45
C01 Tu 7:30am-9:30am Randall D. Lewis, D. Mgt. March 25 Corp. College, 213

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@mehlvilleschooldistrict.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.

Math Review for Chemistry Students
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 80% of the students completing this review went on to pass their Chemistry courses with a grade of “C” or higher.

MATH:752 | $49
600 Tu-Th 1pm-5pm Suzanne Saum Jan. 7 – Jan. 9 MC - SQ, 109
500 Tu-Th 8:30am-12:30pm Susan Valleyle Jan. 7 – Jan. 9 FV - CWI, 136
650 Tu-Th 5:30pm-9:30pm Suzanne Saum Jan. 7 – Jan. 9 MC - SQ, 109

ACT Test Preparation
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 and practice test included - bring a calculator to class. No class 3/15.

EDUC:712 | $169
480 Sa 9am-12pm Toshi Floyd Feb. 8 – March 29 FP - G Tower, 111
650 M 6:30pm-9:30pm Toshi Floyd Feb. 10 – April 7 MC - CS, 205
AGELESS LEARNING

AGELESS LEARNING SEMINARS

ALS: Fat, Fiber and Frosting
Eating for your health. Learn how to eat the right fats, increase fiber in your diet, and reduce sugar intake. Find ways to decipher food labels to make sure that you are getting the right ingredients in your food purchases.
SEN/R:702
301 Th 10am-12pm Dr. Dorothy Cooke
   March 20
   WW, 102B
602 Tu 10am-12pm Dr. Dorothy Cooke
   April 1
   MC - CE, TBA

ALS: A Spring Herb Garden
Come to our presentation to learn how to grow herbs! Pick up some tips on how to use herbs in cooking and how to preserve them for future use.
SEN/R:702
300 Th 10am-12pm Michelle Ochonicky
   Feb. 27
   WW, 102B
500 Th 1pm-3pm Michelle Ochonicky
   March 6
   FV - CWI, 136

ALS: Cuban-American Relations
Cuban-American relations over the last 100 years (since Cuban independence from Spain in 1902).
SEN/R:702
501 Th 1pm-3pm Lorenzo Gonzalez
   March 20
   FV - CWI, 136
604 Tu 10am-12pm Lorenzo Gonzalez
   May 6
   MC, TBA

ALS: Cyber Security- Buying and Selling Online
Are you interested in exploring the world of online buying and selling but, are worried about information security? Come to our presentation for an introduction and demonstration of various platforms (Craigslist, Ebay, Amazon, Etsy) and tools that will allow you to engage in online commerce securely.
SEN/R:702
504 Th 1pm-3pm Rachel Bufalo
   May 8
   FV - CWI, 136

ALS: Daring Dames of History
Discover the famous and infamous risk takers who made history by flouting the rules, beating the odds, and defying conventions. Their brave actions determined the course of history. These colorful characters include the woman who burned London to the ground for the rape of her daughters, the Irish pirate queen who negotiated with Elizabeth I, notorious spies, leaders in the fields of theoretical physics, the Temperance Movement, and the NAACP. Their relatively unknown true stories may surprise you, but will never bore you.
SEN/R:702
304 Th 10am-12pm Beverly Schuetz
   May 8
   WW, 102B

ALS: Cuban-American Relations
Cuban-American relations over the last 100 years (since Cuban independence from Spain in 1902).
SEN/R:702
501 Th 1pm-3pm Lorenzo Gonzalez
   March 20
   FV - CWI, 136
604 Tu 10am-12pm Lorenzo Gonzalez
   May 6
   MC, TBA

ALS: Politicking and Legislating
Presented by a former member of the Missouri General Assembly, we will discuss the history of political parties and how they function today, issues to be considered if one plans on seeking elective office, suggestions for putting together a “winnable campaign,” and how laws are enacted by successful candidates.
SEN/R:702
302 Th 10am-12pm April 3
   WW, 102B

ALS: St. Louis and the Fur Trade
The French Fur Trade (4/7), Lewis & Clark After the Fur Trade (4/21), From Mountain Men to the Modern Era (4/28). Class offered in partnership with the Missouri History Museum. Must register to attend class.
SEN/R:702
P04 M 10:30am-12pm Fred Fausz
   April 7
   MO History Museum, ATT
M 10:30am-12pm April 21
   MO History Museum, ATT
M 10:30am-12pm April 28
   MO History Museum, ATT

ALS: The Roaring Twenties
Class offered in partnership with the Missouri History Museum. Must register to attend class.
SEN/R:702
P10 M 10:30am-12:30pm Bonnie Vega
   May 12
   MO History Museum, ATT

ALS: From Suasion to Amendment: The Story of Prohibition
Class offered in partnership with the Missouri History Museum. Must register to attend class.
SEN/R:702
P09 M 10:30am-12:30pm Bonnie Vega
   April 29
   MO History Museum, ATT

ALS: The French City - Chouteaus and the Founding Families
Class offered in partnership with the Missouri History Museum. Must register to attend class.
SEN/R:702
P08 W 10:30am-12:30pm Bonnie Vega
   March 19
   MO History Museum, ATT

ALS: Thomas Jefferson - The Politician
Class offered in partnership with the Missouri History Museum. Must register to attend class.
SEN/R:702
P07 W 10:30am-12:30pm Bonnie Vega
   Feb. 26
   MO History Museum, ATT

ALS: Thomas Jefferson - The Politician
Class offered in partnership with the Missouri History Museum. Must register to attend class.
SEN/R:702

Like us on Facebook
St. Louis Community College Continuing Education
ALS: St. Louis History Through the Eyes of Johnny Rabbit II
Johnny Rabbit (Ron Elz) is the longest running broadcaster in St. Louis, having been on the air since 1954. He is also a published author having written two books on St. Louis trivia. Come hear him present on Beer, Wine, Spirits and Prohibition (3/12), A Brief History of Trains, Planes, Riverboats, and Automobiles in St. Louis (3/26), Gaslight Square Revisited (4/9), St. Louis Media and Advertising and the People Who Made It All Happen (4/23). Class offered in partnership with the Missouri History Museum. Must register to attend class.

ENRICHMENT SEMINAR
Sec 702
P02 W 10:30am-12pm  Ron Elz  MO History Museum, ATT
March 12
W 10:30am-12pm
March 26
W 10:30am-12pm
April 9
W 10:30am-12pm
April 23
P03 M 10:30am-12pm  Fred Fausz  MO History Museum, ATT
Jan. 6
M 10:30am-12pm  Jan. 13
M 10:30am-12pm  Feb. 3
M 10:30am-12pm  Feb. 10
P04 Th 1pm-3pm  April 17  FV - CWI, 136

ALS: Beginnings and Endings
Two lectures that explore our beginning and endings of life. Funky Funerals and Funny Epitaphs (5/6) and A History of Two lectures that explore our beginning and endings of life. Funky Funerals and Funny Epitaphs (5/6) and A History of

ENRICHMENT SEMINAR
Sec 702
P06 Tu 10:30am-12pm  Bev Schuetz  MO History Museum, ATT
May 6
Tu 10:30am-12pm  May 20

ALS: Those Daring Dames and the World’s Oldest Profession
Those Daring Dames of History (3/10) and the World’s Oldest Profession (3/31). Class offered in partnership with the Missouri History Museum. Must register to attend class.

ENRICHMENT SEMINAR
Sec 702
P05 M 10:30am-12pm  Bev Schuetz  MO History Museum, ATT
March 10
M 10:30am-12pm  March 31

ALS: The Civil War in Missouri
A detailed series covering the Civil War in Missouri. First two sessions are Missouri Decides (3/4 & 3/18), third session is Mr. Eads and his Gunboats (4/1), fourth is Women and Children in the War (4/15), fifth and final is Political Cartoons of the Civil War (4/22). Class offered in partnership with the Missouri History Museum. Must register to attend class.

ENRICHMENT SEMINAR
Sec 702
P01 Tu 10:30am-12pm  Bob Schultz  MO History Museum, ATT
March 4
Tu 10:30am-12pm  March 18
Tu 10:30am-12pm  April 1
Tu 10:30am-12pm  April 15
Tu 10:30am-12pm  April 22

ALS: Centuries of St. Louis
First is the Founding Colonial St. Louis (1/6), next the American Capital of the West (1/13), third From Steamboats to Railroads (2/3), and last the World’s Fair City (2/10). Class offered in partnership with the Missouri History Museum. Must register to attend.

ENRICHMENT SEMINAR
Sec 702
P03 M 10:30am-12pm  MO History Museum, ATT
Jan. 6
M 10:30am-12pm  Jan. 13
M 10:30am-12pm  Feb. 3
M 10:30am-12pm  Feb. 10

ALS: Medicare 2014: Clearing Up Myths and Misconceptions
The Affordable Care Act could affect how you or someone you care for signs up for Medicare Open Enrollment. Come get the most up to date information about changes in the laws. Shelly Miller of CLAIM will be making the presentation. CLAIM is a nonprofit providing free, unbiased information about Medicare to Missourians.

ENRICHMENT SEMINAR
Sec 702
P03 Th 1pm-3pm  April 17  FV - CWI, 136

ALS: Titanic

ENRICHMENT SEMINAR
Sec 702
P02 Th 1pm-3pm  John Meehan  WW, 102B
April 3

ALS: American Paradox
In an age inspired by the Declaration of Independence, slavery was pervasive. How did a country “dedicated to the proposition that all men are created equal” rationalize the enslavement of four million people? This program will cover the political consequences of slavery in the United States.

ENRICHMENT SEMINAR
Sec 702
303 Th 10am-12pm  Bonnie Vega  WW, 102B
April 24

Enrichment Seminar: Lift Every Voice and Sing: the Poetry of James Weldon Johnson
Presented by Gregory Carr.

ENRICHMENT SEMINAR
Sec 766
S00 F 12pm-1:30pm  John Meehan  WW, 102B
April 3

Enrichment Seminar: European-American History and Culture
Presented by Julie Copp.

ENRICHMENT SEMINAR
Sec 766
S01 F 12pm-1:30pm  Feb. 14  FV - IR, 112

Enrichment Seminar: The Psychology of Serial Killers
Presented by Steve Christiansen and Peg Tyler.

ENRICHMENT SEMINAR
Sec 766
S02 F 12pm-1:30pm  March 7  FV - IR, 112

Enrichment Seminar: Canterbury Tales: A Look at STLCC’s Study Abroad Program in Canterbury, England
Presented by Linda Collins, Katy Gordon, and Carol Lupardus.

ENRICHMENT SEMINAR
Sec 766
S03 F 12pm-1:30pm  April 4  FV - IR, 112

SENIOR FITNESS
For Zumba Gold, Rise and Shine Senior Workout, Gentle Aqua Zumba, Golf for Seniors, Gentle Yoga and Yoga for Seniors, see Recreation, Fitness and Wellness section beginning on page 55.

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.

ENRICHMENT SEMINAR
Sec 703
8 Sessions | $49
M01 F 12:30pm-1:30pm  Gerry & Marlene Strait
Feb. 7 – March 21  Affton White-Rodgers, GYM
No class 2/28
M02 F 12:30pm-1:30pm  Gerry & Marlene Strait
April 4 – May 9  Affton White-Rodgers, GYM
10 Sessions | $59
S00 Th 9am-9:30am  Sandra Derickson  FV - PE, 233
Feb. 13 – April 24
No class 3/13

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.

ENRICHMENT SEMINAR
Sec 703
8 Sessions | $49
M03 F 1:45pm-2:45pm  Gerry & Marlene Strait
Feb. 7 – March 21  Affton White-Rodgers, GYM
No class 2/28
M04 F 1:45pm-2:45pm  April 4 – May 9  Affton White-Rodgers, GYM
10 Sessions | $59
S01 Th 10am-10:50am  Sandra Derickson  FV - PE, 233
Feb. 13 – April 24
No class 3/13

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.

ENRICHMENT SEMINAR
Sec 704 | $79
S01 Th 10am-11am  Masterpeace Studios
Jan. 30 – March 20
S02 Th 10am-11am  April 3 – May 22  Masterpeace Studios

PERSONAL ENRICHMENT

St. Louis Community College | Continuing Education Spring 2014

www.stlcc.edu/ce  /  314-984-7777
SSBA: 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
600 Tu 1pm-3pm
Feb. 18
MC - BA, 105
508 Th 1pm-3pm
April 17
FV - B, 213

SSBA: 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
601 Tu 1pm-3pm
March 4
MC - BA, 105
507 Th 1pm-3pm
March 20
FV - B, 213

SSBA: 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
602 Tu 1pm-3pm
March 18
MC - BA, 105
506 Th 1pm-3pm
March 20
FV - B, 213

SSBA: 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
505 Th 1pm-3pm
March 6
FV - B, 213
603 Tu 1pm-3pm
April 1
MC, TBA

SSBA: 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
604 Tu 1pm-3pm
April 15
MC, TBA
504 Th 1pm-3pm
Feb. 20
FV - B, 213

SSBA: 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
604 Tu 1pm-3pm
April 15
MC, TBA
504 Th 1pm-3pm
Feb. 20
FV - B, 213

CREATIVE ARTS

Sewing: Beginning
Beginning students will learn to operate their own sewing machine, choose appropriate fabrics, layout on grain, and sew accurate seam allowances while constructing simple home decor projects such as a table runner, mitered table napkins, and monogrammed pillow cases. Projects are new and great gift ideas. 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
S50 M 6:30pm-9pm
Carolyn Rubsam
March 17 – April 7
FV - SM, 133

Sewing: The Next Step: Home Decor Projects
Intermediate students will advance their sewing skills by constructing more advanced home decor projects. Skills to insert piping and zippers and attaching facing/binding are practiced with decorator pillow and table runner projects. Projects are new and great gift ideas. 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
S51 M 6:30pm-9pm
Carolyn Rubsam
April 14 – May 5
FV - SM, 133

Bouncing Baby Sling
Learn to make a baby sling - a great way to hold your baby close while having both hands free. Errands are so much easier when your child is tucked in safely close to you and you are able to use both hands. This sling works great from newborn to 35 pounds! Slings also make great shower gifts. Bring 2 1/2 - 3 yards of your choice of cotton fabric to the class. Bring a sewing machine to this class with heavy duty needles. Rings for the sling are provided in class.

CRFT:713 | $39
S80 Tu 6pm-9pm
Jenelle Basinger
April 8
SCUC, 104

Log Cabin Quilt
Learn to make a traditional Log Cabin pattern quilt using time-saving strip piecing techniques. You can choose the size (as small as a wall hanging or as large as a King size). This easy pattern is great for beginning sewing skills. If you can sew a straight line, you can make a quilt! Student will need to bring a sewing machine to the second and third classes. No sewing experience necessary. Students will need to bring a sewing machine to the second and third classes.

CRFT:718 | $59
S80 Sa 10am-12pm
Feb. 2
MC - SS, 105
S580 Sa 10am-12pm
April 26
MC - SS, 105

Sassy Stitches: Tea Towels
Come and learn some traditional embroidery techniques presented with a new twist. These will not be your grandma’s tea towels when we’re done with them! Personalize the designs to match your own style and taste. Supplies included in the cost of the class.

CRFT:728 | $65
S450 Th 6pm-9pm
Nicole Ottwell
Feb. 20 – Feb. 27
FP - G Tower, 119

Sassy Stitches: Pillowcase Embroidery
Come and learn traditional embroidery techniques while embroidering a set of bed pillow cases. Perfect for a holiday gift, wedding present, or to keep for yourself. Personalize each case for the sleeper’s personality, or make a “HUSBAND” or “YOUR’S/MINE” pair. Supplies included in the cost of the class.

CRFT:728 | $65
S451 Th 6pm-9pm
Nicole Ottwell
April 24 – May 1
FP - G Tower, 119

Our Quilting classes will keep you in stitches.
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 class. Supply list sent.

CRFT:713 | $29
350 Tu 6:30pm-9pm
March 25
WW, 301

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
April 1 – April 8
WW, 301

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 an old towel and ziplock bags to take home scarves.

CRFT:765 | $49
500 F 9am-12pm
March 7
Montage
FV-H, 104

Shibori Dyeing for Crafters and Quilters
Shibori dyeing is an ancient technique that literally means “shaped-resist dying.” 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. Further, a cloth may be dyed repeatedly using a different dyes. Bring rubber gloves, and old towel and ziplock bags to

CRFT:718 | $139
500 F 9am-12pm
April 25 – May 16
Montage
FV-H, 104

Simple Silkscreen Printing
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. Supply list sent.

CRFT:765 | $95
652 Th 6pm-8pm
April 3
STLCC Staff
MC-HE, 225

Knitting: 101: Beginning Techniques for All Seasons
Knitting isn't just for making winter garments and accessories. Use linen, silk and lighter threads and yarns to make projects that will be useful all year round. We will still cover the basics - casting on, increasing and decreasing, finishing, a variety of stitches and more. Get lots of information and tips for future projects as well as help reading patterns. Students may bring unfinished projects. All levels welcome. Supply list sent.

CRFT:720 | $49
550 Th 6:30pm-8:30pm
Feb. 6 – Feb. 27
Carletta Kemp
FV - TC, 109

501 W 6:30pm-8:30pm
Feb. 26 – March 12
Thi Miller
Nottingham, 109

450 Tu 6pm-8pm
Feb. 11 – Feb. 25
Thi Miller
F - G Tower, 119

Knitting: The Next Step
Broaden your knitting skills beyond basic knitting and purfling. Learn about increasing and decreasing techniques, lace, cable, fixing mistakes, and simple pattern reading. Prerequisite: Knitting 101 or equivalent experience.

CRFT:722 | $45
450 W 6:30pm-8:30pm
March 26 – April 9
Thi Miller
Nottingham, 109

550 Th 6:30pm-8:30pm
March 20 – April 10
Carletta Kemp
FV - TC, 109

Knit a Lace Shawl: Intermediate Project
Lace knitting is one of the most enjoyable forms of knitting and produces a piece that is quite stunning. Belying its beauty, however, is how simply it can be created. In this Intermediate level class, we’ll focus on knitting a beautiful lace shawl that is quite simple in design yet offers all the elements you’ll need to continue for more advanced work. Prerequisite: Knitting 101 or equivalent experience.

CRFT:722 | $45
451 Tu 6pm-8pm
March 18 – April 1
Thi Miller
FP - G Tower, 119

All Crocheting Classes
Students must have taken Crocheting 101. Supply list sent.

Crocheting Granny Squares
Learn to make the traditional Granny Square. This crochet stitch can be made into squares 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:724 | $49
712 W 6:30pm-8:30pm
March 26 – April 9
Carletta Kemp
Clayton H.S., 124

Crochet a Lace Tunic
Come for a crochet-a-long to make an intricate pattern to create a beautiful rectangular lace tunic. Also learn how to read patterns and use other designs for this project. Prerequisite: Crocheting 101 or equivalent experience. Supply list sent.

CRFT:724 | $49
552 Th 6:30pm-8:30pm
April 24 – May 15
Carletta Kemp
FV - TC, 109

872 M 6:30pm-8:30pm
April 14 – April 28
Carletta Kemp
Lindbergh H.S., 44

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 | $135
651 F 6pm-9pm
March 21 – April 11
Nicole Ottwell
MC - SW, 102

New Fiber Arts: Applique and Reverse Applique
Wait! Don't give away that favorite old top just because of a little stain, a small hole, or some shrinkage. Revive it! Learn to use applique and reverse applique techniques to create new from old. Create new tops, totes, pillows, etc. using well-loved but worn clothing. Imagine the possibilities! Supply list sent.

CRFT:713 | $29
753 W 6:30pm
April 16
Kirkwood Sr. H.S., SA 1

New Fiber Arts: Felting Flowers: Creating a Spring Bouquet
Create a beautiful bouquet of colorful spring flowers using needle felting. Then use the felted flowers to embellish clothing, accessories, home decor, and more. Fiber and needles are provided in the cost of the class.

CRFT:713 | $29
750 W 6pm-9pm
March 5
Kirkwood Sr. H.S., SA 1

Fiber Arts: Weaving With a Cardboard Loom
You don't need expensive equipment to weave. A flat piece of cardboard or a cardboard box can easily turn into a loom that you use to create mug rugs, placemats or start a basic tapestry. You’ll learn to use a variety of fibers and weaving techniques to create your own textiles, textiles that can be used to create decorative or functional accessories for you and your home. Supply list sent.

CRFT:713 | $29
751 W 6pm-9pm
March 26
Kirkwood Sr. H.S., SA 1

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 | $52
500 F 9am-12pm
Feb. 14 – Feb. 21
Nicole Ottwell
FV-H, 109

You don’t know what you’re missing! Check out the STLCC Digital Photography certificate on page 38.
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 | $19
770 W 7pm-9pm
April 9
Christine Knipp
Hosson Mid. School, 122

Wreath With Spring Accents
Do you have tons of wreaths pinned on your Pinterest boards? Get them off the boards and onto your door! We will be making a wreath with spring accents. All supplies included in cost of the class. Be prepared to leave with a completed spring wreath at the end of class.
CRFT:765 | $19
770 Th 6:30pm-8:30pm
April 10
WHW, 208

Miniature Marvels
Students will make a garden porch scene (1:144 scale) in a teacup. Bring tacky glue and tweezers to class.
CRFT:762 | $29
580 So 9am-12pm
March 8
Carole Weusthoff
PFV-E, 160

New Pinterest Party: Seed Cards: I Saw It, Pinned It, Did It!
We demo a hot website for all of your personal interests. Create naturally biodegradable seed cards to send to your friends for spring planting. Leave class with your seed cards and a new favorite website. Supply list sent. LAST DAY TO ENROLL OR WITHDRAW FROM THIS CLASS IS 3/27. NO REFUNDS AFTER 3/27.
CRFT:762 | $49
MD1 So 9am-11am
April 26
Affton White-Rodgers

New Stamp Camp
Join us once a month to create your own hand-crafted cards for the year. We will do birthday, sympathy, get well, all the milestones. Each month you will create five cards using different stamping techniques and some will include punch art. End in April with fifteen unique cards to share throughout the year. Fee includes most materials. Supply list sent. LAST DAY TO ENROLL OR WITHDRAW FROM THIS CLASS IS 1/31. NO REFUNDS AFTER 1/31.
CRFT:762 | $55
MD2 So 9am-11am
Feb. 8
Patti Bossi
Affton White-Rodgers
So 9am-11am
March 15
Affton White-Rodgers
So 9am-11am
April 12
Affton White-Rodgers

Mixed Media Art Journal
This course is perfect for artists of any skill level. Experimentation and expression are the guiding forces in this course. Loosen up and break the rules to design a one-of-a-kind art journal using the variety of techniques explored in class. Plan to get messy. Students should bring a hard cover book or notebook to decorate. All other supplies are included in the price of the class.
CRFT:765 | $45
681 So 9am-12pm
March 22
Cassandra Schroeder
MC - SW, 204
933 So 9am-12pm
March 29
Cassandra Schroeder
Thomas Dunn Mem. Ctr

Fiber Arts: Decorative Paper Cutting
In this introduction, you will learn the art of cutting paper designs. The art has evolved uniquely all over the world and been adapted to unique cultural styles. You will use ancient and contemporary paper cutting techniques to create pieces to be used for decorative display, one-of-a-kind cards, scrapbooking, and photo albums. Imagine the possibilities with this flexible medium. Supply list sent.
CRFT:773 | $29
752 W 6pm-9pm
April 9
Kimberly Hany
Kirkwood Sr. H.S., SA 1

Bookmaking and Bookbinding
Practice the slow art of creating your own books. In this class we will make four kinds of hardcover books. Book making is the creative way to personalize your own sketchbook, journals, guest books or scrapbooks. Make a special gift or take all home for yourself. We will learn to stitch pages, cover the books, and glue everything together for a completed book. Supplies included in the cost of the class.
CRFT:765 | $139
450 Th 6pm-9pm
March 20 – April 10
Nicolette Ottwell
FP - G Tower, 119

All About Framing Artwork
See Fine Arts section page 36.

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 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. No class 3/15.
CRFT:753 | $219
680 So 9am-12pm
Jan. 25 – March 22
MC - HE, 131
No class 2/1

Learn to make beautiful jewelry with our Metalsmashing classes.

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 Metalsmashing Techniques for Jewelry or equivalent experience.
CRFT:753 | $219
681 So 9am-12pm
March 29 – May 17
MC - HE, 131
No class 3/3

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 DEEsigns. 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
682 Sa 9am-12pm
March 8
MC – SW, 102
930 Sa 9am-12pm
May 3
Thomas Dunn Mem. Ctr

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 | $69
450 Tu 6:30pm-8:30pm
April 8 – April 22
FP - G Tower, 115

Authentic Soapmaking
Come and learn the art of soapmaking! This is a fascinating ancient craft that you will enjoy for years to come. In this hands-on class, we will use a blend of moisturizing oils and sodium hydroxide (lye) to create handcrafted soaps. You will learn about herbs and botanicals to use in your soapmaking. You will scent your soap with essential or fragrance oils. This class is a demonstration and hands-on class, dress appropriately. Please bring a pair of rubber gloves or latex gloves and an apron to protect your clothing.
CRFT:765 | $45
932 Sa 9:30am-11:30am
April 5
Thomas Dunn Mem. Ctr
650 Tu 6:30pm-8:30pm
March 4
MC – SW, 106
685 Sa 9:30am-11:30am
April 26
MC – SW, 106

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Spring 2014 . Continuing Education | St. Louis Community College

29
DIY Green Cleaning Products for Your Home

In this workshop, students will use simple DIY formulas to make effective, healthy, and environmentally sustainable cleaning products that will save you tons of money and have your house sparkling clean while smelling terrific. Recipes include laundry soap, surface cleaner, clothing freshener/de-wrinkler, wood polish, and a window cleaner. Instructor supplies all materials and packaging for you to take your products home.

CRFT:765 | $45
931 Sa 1pm-4pm
March 29
Thomas Dunn Mem. Ctr
684 Sa 1pm-4pm
April 12
MC - SW, 102

Moss Terrariums: Craft a Garden Under Glass

Terrariums are a beautiful, low-maintenance way to add greenery to a home or office. In this workshop, participants will make a terrarium to keep and learn the basics of terrarium building and care. Topics covered will include: an overview of the appropriate plant species, soil requirements, and props. Fee includes most materials. Students need to bring a large, clear glass jar with a lid to use for the terrarium structure. Jars should be label-free and can be any shape or size (not to exceed two quarts). Class can be messy, students should dress appropriately.

CRFT:765 | $35
682 Sa 1pm-3pm
March 22
Cassandra Schroeder
MC - SW, 204
934 Sa 1pm-3pm
April 26
Cassandra Schroeder
Thomas Dunn Mem. Ctr

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 sculpture. Use 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 1pm-4pm
March 8
MC - SW, 102
935 Sa 1pm-4pm
May 3
Thomas Dunn Mem. Ctr

DIY Clean Green Body Products

In this workshop, you will use simple DIY formulas to make effective, healthy, and environmentally sustainable personal cleaning products that will save you tons of money and have you and your family sparkling clean and smelling terrific. Recipes include a sugar scrub, salt scrub, facial mask, cleaning products that will save you tons of money and have your house sparkling clean while smelling terrific. Class can be messy, students should dress appropriately.

CRFT:765 | $45
930 Sa 9am-12pm
March 29
Thomas Dunn Mem. Ctr
685 Sa 9am-12pm
April 12
MC - SW, 102

Wines of Australia

Australian wine has come to be known for their cute labels and value Shiraz. Often over-looked are the world class wines from distinctly different climates and soils that are setting the tone for new world wines. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. $20 material 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
March 11
William Polhemus
The Wine Barrel
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.**

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**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. No class 3/17.

**FOOD:701 | $59**
770 M 6:30pm-9pm
Jan. 27 – Feb. 24
Cynthia Sciaroni
Hixson Mid. School, 121

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**Cake Decorating for Fun or Profit: Beginning and 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. No class 3/17.

**FOOD:701 | $79**
550 Tu 6:30pm-8:30pm
Feb. 11 – April 8
Gloria Hall
FV - SC, PDR-A

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**Cake Decorating: 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. No class 3/17.

**FOOD:702 | $59**
770 M 6:30pm-9pm
March 10 – April 7
Cynthia Sciaroni
Hixson Mid. School, 121

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**Sculpted Cakes**
Do you admire those sculpted cakes you see on TV shows and in high class cake shops? You can learn how to do those yourself. In this class, you’ll develop the skills to design the desired shape and structure of a sculpted cake, carve, ice and decorate using multiple materials and techniques. Basic cake decorating skills required. This class can be taken by itself or as part of the Cake Decorating Certificate Program. You’ll make a Mallard duck cake in this class. Supplies included. Park on Hartford or Hampton. Flagpole in front.

**FOOD:703 | $49**
P01 Sa 9am-1pm
Jan. 25
Debra Hennen
Culinary Arts House

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**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. Basic cake decorating skills required. This class can be taken by itself or as part of the Cake Decorating Certificate Program. Supplies extra (tools range $60 - $90). Park on Hartford or Hampton. Flagpole in front.

**FOOD:703 | $69**
P02 Sa 9:30am-12pm
March 1 – March 15
Cynthia Sciaroni
Culinary Arts House

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**Icings and 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
March 29
Debra Hennen
Culinary Arts House

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**“Test-Out” Option: Cake Decorating Certificate Program**
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.

**FOOD:702 | $49**
P02 Sa 9:30am-11:30am
Jan. 18
Cynthia Sciaroni
Culinary Arts House

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**Cake Decorating: Wedding Cakes**
Move up to the next level! Learn to construct and decorate tiered cakes, including more advanced borders and flowers. You’ll also get tips in design, support, transportation and set-up. It all comes together at the last session when you create a wedding cake of your own. Basic cake decorating skills required. Bring icing and tips to first class. This class may be taken by itself or as part of the Cake Decorating Certificate Program. Supplies extra.

**FOOD:704 | $49**
550 Tu 6:30pm-8:30pm
April 13 – May 6
Gloria Hall
FV - SC, PDR-A

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**Dinner and a Movie: “Julie & Julia”**
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 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: 3/12. No refunds after that date.**

**FOOD:747 | $25**
481 F 6:30pm-9:30pm
March 21 FP - HSP, Anheuser-Busch Dining Rm.
Mark Williams

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**Dinner and a Movie: The Station Agent**
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: 3/12. No refunds after that date.

**FOOD:747 | $25**
481 F 6:30pm-9:30pm
Mark Williams
March 21 FP - HSP, Anheuser-Busch Dining Rm.

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**Dinner and a Movie: Woman on Top**
Isabella is a fabulous cook, making her husband’s restaurant in Bahia, Brazil, a success. To control her motion sickness, 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 in high class cake shops? You can learn how to do those yourself. In this class, you’ll develop the skills to design the desired shape and structure of a sculpted cake, carve, ice and decorate using multiple materials and techniques. Basic cake decorating skills required. This class can be taken by itself or as part of the Cake Decorating Certificate Program. You’ll make a Mallard duck cake in this class. Supplies included. Park on Hartford or Hampton. Flagpole in front.

**FOOD:747 | $25**
482 F 6:30pm-9:30pm
April 4 FP - HSP Anheuser-Busch Dining Rm.
Mark Williams

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Cupcake Decorating Fun

Get in on the cupcake craze! Get lots of inspiring ideas and learn to give pizzazz to your cupcakes with fun cupcake designs for special parties and spring celebrations. You’ll get great ideas for creating themed cupcakes for Mardi Gras, Valentine’s Day, Easter, Cardinal’s Opening Day, and your next pizza party. Bring a container to take home your finished cupcakes. Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:702 | $39
P01 M 6:30pm-9:30pm
Debra Hennen
Culinary Arts House

Petit Fours for Spring Parties and Teas

Make your next spring party extra special with beautiful petit fours you’ve made yourself! These flavorful, small cakes are decorated beautifully for special events. They’re so easy to make and delicious to eat! Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:724 | $39
P01 Tu 6:30pm-9:30pm
Debra Hennen
April 8
Culinary Arts House

Gifts from the Kitchen: Valentine’s Truffles

Have you ever experienced the indulgent luxury of a homemade chocolate truffle? They’re worth every fun minute you spend in the kitchen creating them! In this class you’ll learn the secrets to making these irresistible bite-sized chocolates just in time for Valentine’s gift-giving. You’ll craft ganache-based candies such as deep dark chocolate truffles, white chocolate mint truffles and more. Bring take home containers so you can share these special Valentine’s treats. They make an impressive addition to any party dessert table or a delightful gift for a special person in your life. Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:707 | $39
P01 M 6:30pm-9:30pm
Mary Autrey
Feb. 10
Culinary Arts House

Valentine’s Day Cookie Bouquet

Make, decorate and construct a deliciously edible Valentine Cookie Bouquet centerpiece in one easy lesson. It makes a wonderful gift! You’ll leave class with a completed cookie “bouquet” to keep or to give that special someone on your Valentine’s Day list. Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:708 | $39
P01 W 6:30pm-9:30pm
Debra Hennen
Feb. 12
Culinary Arts House

Edible Fruit Bouquets

You can use seasonal fruits to create a beautiful and edible “floral”-like arrangement to grace your table or as a unique and distinctive gift. Everyday kitchen tools are used to create this centerpiece. You’ll be able to re-create this at home again and again with a variety of favorite fruits for your own special occasions! Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:712 | $39
P01 Tu 6:30pm-9:30pm
Debra Hennen
March 11
Culinary Arts House

Crazy for Chocolate

If you love chocolate (and who doesn’t??) you’ll want to be here to taste all of these special treats. From classic favorites to new twists on much loved desserts, popular instructor Suzanne Corbett has a variety of delectable recipes to delight the most dedicated chocoholic. Mexican chocolate cream pie, chocolate baklava, marbled-chocolate banana bread, chocolate bread pudding with vanilla creme sauce, and classic chocolate mouse. Class is hands-on.

FOOD:744 | $39
750 Tu 6:30pm-9:30pm
Suzanne Corbett
March 25
Kirkwood Sr. H.S., C 191

Introductory Knife Skills (with Dinner!!)

Are you ready to do more cooking at home but unsure of yourself in the kitchen? Come learn to techniques for using a chef’s knife? Then this class is designed for you. Our instructor will discuss knife safety and demonstrate a variety of basic types of classic cuts and simple cutting techniques. You’ll have 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. As an added bonus, after the completion of this class, we’ll give you your own new chef’s knife to take home and use in your own kitchen. Class is hands-on.

FOOD:747 | $59
750 Tu 6:30pm-9:30pm
Michelle Melton
April 22
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 snobishness out of cooking and emphasized that food should, at all times, please the individual eating it, regardless of “rules” of what goes with what. You’ll make some of your chef’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
483 Sa 9:30am-1:30pm
Mark Williams
March 1
FP - HSP, 111

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 pulau (chicken cooked with aromatic basmati rice and spices); kadhai chicken (chicken cooked with green pepper, tomatoes, onions and spices); dal (lentils cooked with onions, garlic and spices); and kheer (Indian rice pudding). Served with naan and papadums. Class is hand-on.

FOOD:734 | $39
780 M 6:30pm-9:30pm
Seema Shintre
March 3
Lindbergh Sr. H.S., 31

A Taste of India: A Vegetarian Punjabi Meal

If you enjoy dining out in Indian restaurants, come learn to prepare these popular dishes yourself. You’ll prepare and enjoy sampling: chana masala (chickpeas cooked with spices); mixed vegetable korma (mix vegetables cooked with spices and cream); chana pulav (aromatic basmati rice cooked with chickpeas and spices); mixed vegetable pakora (mixed vegetable fritters made with chickpea batter). Served with naan and papadums. Class is hand-on.

FOOD:734 | $39
781 M 6:30pm-9:30pm
Seema Shintre
March 31
Lindbergh Sr. H.S., 31

A Taste of India: South Indian Feast

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: Masala dosa (thin and crispy pancakes made with lentils and rice, stuffed with spiced potatoes); curd rice (basmati rice cooked with aromatic spices and yogurt); chakra pongal (sweet dish made out of rice and lentils and jaggery); sambar (a lentil soupy dish cooked with vegetables and spices). Served with naan and papadums. Class is hand-on.

FOOD:734 | $39
782 M 6:30pm-9:30pm
April 14
Seema Shintre
Lindbergh Sr. H.S., 31

Chinese Take-out (at Home)

Addicted to your Chinese take-out favorites but looking for a way to save some cash? Learn how to make a variety of great Chinese food at home with your own fresh ingredients. We’ll make Egg Rolls, Crab Rangoon, Fried Rice, General Tso’s Chicken, Mu Shu Pork, and Szechuan beef. What a feast! Class is hands-on.

FOOD:734 | $39
750 Tu 6:30pm-9:30pm
Michelle Melton
Feb. 18
Kirkwood Sr. H.S., C 191

A Taste of the Mediterranean: The Flavors of Greece

Come discover the unique and delightful flavors of Greece. You won’t want to miss: Lamb chops with balsamic cherry sauce; lentil and rice salad; Pastitcho (lamb and pasta casserole with bechamel sauce), roasted potatoes with garlic, lemon and oregano; Greek burger with arugula, tomato and feta; herb roasted eggsplant with tomato and feta, just to name a few. Class is hands-on.

FOOD:734 | $29
550 Th 7pm-9:30pm
Eileen Fraser
Feb. 20
FP - SM, 129

Baklava is just one of the delicious dishes you can make in our Greek Cuisine class.

Greek Cuisine

Greece holds a magical place in our hearts. It is the home to many of our mythological beginnings and a foundation of much of our architecture and culture. Their Mediterranean food delights our senses and ignites our imaginations. Join us as we prepare some classic Greek dishes, such as moussaka, dolmades and baklava. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:734 | $39
480 Sa 9:30am-1:30pm
Mark Williams
April 5
FP - HSP, 111

Cooking Techniques for Beginning Cooks

Whether you’re a beginner or seasoned cook, this is a great class for developing your skills in measuring, dicing, slicing, chopping, roasting, and baking. With a few easy techniques, you can create fabulous “from scratch” meals. The helpful tips and easy to follow recipes you take home will sharpen your culinary skills and have you cooking great food yourself. Raspberry pork tenderloin, tossed salad greens with cranberry vinaigrette, poppy seed cake, rosemary buttered cranberry vinaigrette, poppy seed cake, rosemary buttered noodles, and spiced honey baby carrot is the meal you’ll help prepare. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:734 | $39
550 Th 7pm-9:30pm
March 20
Eileen Fraser
FP - SM, 129

Make your dream a reality with the Small Business Essentials certificate program on page 6.
What’s in Your Spice Cabinet? A
Exploration of Spices from A to Z
Have you ever entered 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 will 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 lemon pepper cauliflower. If you are ready to bring some new spice into your life with flavors like paprika, ginger, fennel, dill weed, white pepper, cumin, cloves, allspice, and more, this is the class for you! Come hungry and bring take-home containers. Class is hands-on.

FIELD: 712 | $39
750 Tu 6:30pm-9:30pm
Michelle Melton  
Kirkwood Sr. H.S., C 191
April 8

Herb Garden Dinner
From appetizers and beverages to desserts, nothing adds such diverse and dynamic flavor to food as fresh and dried herbs. In this class, you’ll enjoy participating in preparing and sampling a complete meal: creamy watercress soup, herb-crusted pork tenderloin with lemon chiole de Hollande sauce, garlic cloves rosemary potatoes, tarragon green bean salad, iced mint tea and lavender shortbread cookies. Class is hands-on.

FIELD: 718 | $39
752 Tu 6:30pm-9:30pm
Suzanne Corbett  
Kirkwood Sr. H.S., C 191
April 1

Around the World with Yogurts
There are many different kinds of yogurts, beyond what you can buy in your local grocery store. In this class you’ll be experiencing Filminjk, Villa, and Greek yogurts. All yogurts are “generically” the same but are fermented to make delicious products. Come prepared to help make yogurt cheese, a yogurt drink, and a caramel apple topping to eat with your yogurt. With the leftover yogurt we’ll make a cultured condiment. If you love yogurt, come experience different varieties then go home and make them yourself! Bring at least 4 small glass jars (more is better) to take home the “mother” cultures of your favorites. Class is hands-on.

FIELD: 722 | $29
780 W 6:30pm-8:30pm
Jane Campbell  
Linbergh St. H.S., 31
March 12

New Crazy for Kefir and Kombucha
Did you know you can make wonderful probiotic drinks at home? Come sample two different kefirs, 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 4 glass jars to take home products for home fermentation.

FIELD: 722 | $29
781 W 6:30pm-8:30pm
Jane Campbell  
Linbergh St. H.S., 31
March 26

The Wonderful World of Fermented Vegetables
Come experience the wonderful world of fermented vegetables. We’ll have sample of krauts, kimchi, 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 glass jars with lids for taking home what you’ve prepared. Class is hands-on.

FIELD: 718 | $29
780 W 6:30pm-8:30pm
Jane Campbell  
Linbergh St. H.S., 31
April 8

May Fireside Supper
Whether or not you have a fireplace, this is the perfect dinner to inspire thoughts of a cozy meal served by the warm hearth on a cold night. These recipes are warming and comforting, yet have a special twist that can make any wintry evening extraordinary. You’ll participate in preparing and sampling these tasty recipes: Colonial chicken pot pie, cheddar cheese, poppy seed breadsticks and capriccioso cheese. Class is hands-on.

FIELD: 742 | $39
750 Tu 6:30pm-9:30pm
Suzanne Corbett  
Kirkwood Sr. H.S., C 191
Jan. 28

Winter Soups and Stews
At this time of year, you can’t have enough good soup and stew recipes. Popular instructor Suzanne Corbett will be sharing several tasty and flavorful recipes to brighten your winter suppers and lunches (you’ll love the leftovers, they just get better). Come help prepare and sample: New Mexican pork stew with mini corn muffins, white bean and bacon soup, chive stew with herb dumplings, wild rice and chicken soup. Class is hands-on.

FIELD: 742 | $39
751 W 6:30pm-9:30pm
Suzanne Corbett  
Kirkwood Sr. H.S., C 191
Feb. 12

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 Brussel sprouts, chocolate zucchini bread, celery chestnut casseroles, and much more! Come hungry and bring take-home containers. Class is hands-on.

FIELD: 718 | $39
750 Tu 6:30pm-9:30pm
Michelle Melton  
Kirkwood Sr. H.S., C 191
Feb. 25

New More Irresistible Vegetables: Who Knew?
You can’t make your vegetable recipes more delicious! In this class you’ll participate in preparing and sampling a vegetable medley: roasted mushrooms, garlic mashed potatoes, a special spinach salad, mashed potatoes, and much more! Come hungry and bring take-home containers. Class is hands-on.

FIELD: 718 | $39
751 Tu 6:30pm-9:30pm
Michelle Melton  
Kirkwood Sr. H.S., C 191
March 11

Tired of the Same Old Vegetables?
Tired of the same old sides? If you are looking for new 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 Brussel sprouts, chocolate zucchini bread, celery chestnut casseroles, and much more! Come hungry and bring take-home containers. Class is hands-on.

FIELD: 742 | $29
551 Th 7pm-9:30pm
Eileen Fraser  
FV-SM, 129
May 8

Classic Entrees: Ultimate Comfort Food!
We all like foods that make us feel good. And knowing we can make them anytime with these recipes is even better! You’ll help make our sample: chopped steak with mushroom gravy, pan-roasted pork chops with milk gravy, crispy oven chicken, pork chops with pears, cubed steak in seasoned soy sauce, and honey-mustard chicken. This array of recipes will satisfy and make you happier when you prepare them yourself at home. Class is hands-on.

FIELD: 742 | $29
550 Th 7pm-9:30pm
Eileen Fraser  
FV-SM, 129
April 24

Savory Pies and Quiches
Pies - do your thoughts turn to pumpkin, apple, and cherry? We all love our sweet, dessert pies. But pies have a long and more varied history. Cultures around the world have both savory and sweet pies. Pies may, or may not, have a pastry crust. Come spend the morning with our chef exploring the possibilities. You’ll help make a variety of savory pies and quiches that will be sure to delight. Class is hands-on. Bring an apron and hat or net and wear closed-toe shoes.

FIELD: 742 | $39
480 Sa 9:30am-12:30pm
Mark Williams  
FP-HSP, 111
Feb. 15

“My husband and I enjoyed Michelle Melton’s classes. We’ve come away with several recipes we will try in the future. She gave us helpful hints regarding recipes and where to buy ingredients.”

-Christine B., Oakville

Couples Cook: Romantic Valentine’s Dinner
Make plans to join us for an evening of delicious dining and fun in the kitchen. We’ll begin with Boursin potato soup and follow with chicken with mango raspberry salsa, Pork tenderloin medallions with herbed cream sauce, and oven-roasted asparagus and mushrooms. The instructor will have additional recipes for you to enjoy that will complement these and complete this wonderful evening activity for partners only. Fee is per person. Class is hands-on.

FIELD: 765 | $29
580 F 7pm-9:30pm
Eileen Fraser  
FV-SM, 129
Feb. 7

Couples Cook: Sweet and Savory Crêpes
Why are crêpes so magical? They can be stuffed and rolled, folded, or layered. Many other cultures have foods similar to crêpes, either savory or sweet: tortillas (Mexico), flat breads (Middle East), sponge breads (central Africa), and pancakes (North America). Yet the French crêpe enchants and delights us because it is so versatile. Preparing these delightful crêpes 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.

FIELD: 765 | $29
481 Sa 9:30am-12:30pm
Mark Williams  
March 22

Couples Cook: A Taste of Italy
Make plans to join us for an evening of delicious dining and fun in the kitchen. We’ll begin with Zappa di fagioili (North America). Yet the French crêpe enchants and delights us because it is so versatile. Preparing these delightful crêpes 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.

FIELD: 765 | $29
581 F 7pm-9:30pm
Eileen Fraser  
March 7

Couples Cook: Sweet and Savory Crêpes
Make plans to join us for an evening of delicious dining and fun in the kitchen. We’ll begin with Zappa di fagioili (North America). Yet the French crêpe enchants and delights us because it is so versatile. Preparing these delightful crêpes 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.

FIELD: 765 | $29
581 F 7pm-9:30pm
Eileen Fraser  
March 7

Couples Cook: Spring Buffet
Make plans to join us for an evening of delicious dining and fun in the kitchen. We’ll begin with mushroom potato soup and follow with chicken with mango raspberry salsa, Pork tenderloin medallions with herbed cream sauce, and oven-roasted asparagus and mushrooms. The instructor will have additional recipes for you to enjoy that will complement these and complete this wonderful evening activity for partners only. Fee is per person. Class is hands-on.

FIELD: 765 | $29
582 F 7pm-9:30pm
April 11
Couples Cook: Romantic Valentine’s Dinner
Spend Valentine’s evening creating a magical and sensual dinner that will delight you and that special person in your life. Preparing food together is an activity that can be as romantic and meaningful as enjoying the finished meal. Join our chef to create Valentine’s evening as we prepare canapes and appetizers, a main course with sides, and a delicious dessert to round out a complete meal that you can easily recreate at home. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:765  $29
480  F  6:30pm-9:30pm  Mark Williams  Feb. 14  FP - HSP

DANCE
Ballet Tone and 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
M02  M  7pm-8pm  Feb. 24 – April 14  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
920  W  6:30pm-7:55pm  Feb. 26 - May 7  U. City H.S., Dance Studio
No class 3/19
M01  Tu  8pm-9pm  Feb. 18 – April 29  Studio-Brentwood
No class 3/18

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-8:45pm  Feb. 17 – April 28  Studio-Brentwood
No class 3/17
For section M01, bring shoes to first class. Call the Studio directly for purchasing information: 314-968-4881.

M02  M  8pm-9pm  Feb. 24 – April 14  Adiva Dance Center
For section M02, do not purchase tap shoes until after first class. Studio is located behind a kitchen and bath design store.

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  Feb. 18 – April 22  St. John’s Ev. UCC, DINING

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
The following section is for partners only.
730  Th  7pm-8:30pm  Feb. 20 – April 10  St. Charles & Mary Lages  St. John’s Ev. UCC, GYM
For the following section partners helpful though not required. Rotation of partners is encouraged but not mandatory.
700  M  6:30pm-7:55pm  Karen Merlin  Feb. 24 – April 28  Selvidge Mid. School, Cafeteria
No class 3/17, 4/21

Ballroom and 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 periods and 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. No class 3/17.

DANC:720  $69
780  M  7pm-8:30pm  Feb. 24 – April 21  Gerry & Marlene Strait  Sperrengr Mid. School, CAFE

Ballroom and 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. No class 3/19

DANC:721  $69
780  W  7pm-8:30pm  Feb. 26 – April 23  Gerry & Marlene Strait  Sperrengr Mid. School, 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. Dress shoes recommended. No tennis shoes. No class 3/11, 4/18, 4/25.

DANC:746  $69
700  Tu  6:30pm-7:30pm  Karen Merlin  Feb. 18 – April 29  Selvidge Mid. School, Cafeteria

The Salsa Experience: Level 2
This class is for those who are ready to move to the next level. Come back a refreshed 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  Carmen Guynn  Feb. 27 – April 17  Almas Del Rito Dance Co

Let’s Swing! Quick Start for New Dancers
Swing is one of the most popular dances in St. Louis because it’s light, 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  Gerry & Bob Tevlin  Feb. 10 – Feb. 24  Concordia Luther-Krkw, CAFE

Swing Dancing: Beginning I and II
This class will take you from beginner 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  Gerry & Bob Tevlin  March 10 – April 14  Concordia Luther-Krkw, 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
The following section is for partners only.
780  Tu  7pm-8:30pm  William Sevier  Feb. 18 – April 15  Sperrengr Mid. School, CAFE
No class 3/18
For the following section partners helpful though not required. Rotation of partners is encouraged but not mandatory.
700  M  8pm-9pm  Karen Merlin  Feb. 24 – April 28  Selvidge Mid. School, Cafeteria
No class 3/17, 4/21

Seeking a new career?
Check page 12 for details.

Registration begins January 2.
Dance the night away with our Social Dancing classes at STLCC.

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. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:750 | $69
For the following section partners helpful though not required. Rotation of partners is encouraged but not mandatory.

700 Tu 7:35pm-8:35pm Karen Merlin
Feb. 18–April 29 Selvidge Mid. School, Cafeteria
No class 3/3/13, 3/18, 4/15
The following section is for partners only.

M02 F 7pm-8:30pm Gerry & Marlene Strait
RiverChase of Fenton
Feb. 21 – April 11

Easy Social Dancing I and II
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. No class 3/2/14.

DANC:750 | $69

M01 M 8pm-9:30pm Sherry Martin
Concordia Lutheran Church, CAFE
Feb. 10 – April 7

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. No class 3/15, 4/19.

DANC:765 | $69

580 Sa 1:30pm-3pm Sherman King
Feb. 22 – April 26

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 fantastical! No experience required.

DANC:734 | $49

580 Sa 11am-11:50am Laverne Gee
Laveme Gee
Feb. 1 – March 8

582 Sa 11am-11:50am March 22 – May 3
No class 4/19

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-1:20pm Laverne Gee
Laveme Gee
Feb. 1 – March 8

583 Sa 12pm-1:20pm March 22 – May 3
No class 4/19

Belly Dance for Fun and 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 style dancing the best form of exercise, 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. No class 3/2/14.

DANC:750 | $69

M01 M 8pm-9:30pm Sherry Martin
Concordia Lutheran Church, CAFE
Feb. 10 – April 7

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 dancing, 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.

DANC:745 | $69

750 Tu 6pm-7pm Lois Marshall
Kirkwood, Studio No. 300
Feb. 18–April 15

920 W 8pm-9pm Camille Hunt
City Hall, Dance Studio
Feb. 26 – April 23

Advocate for the animals with our Animal Welfare Assistant certificate program on page 42.
Perspective Drawing and Still Life: All Levels
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. No class 3/6, 3/13, 3/20.

ARTS:709  |  $179
720  Th  6:30pm-9:30pm  William Neukomm  Feb. 20 – May 15  Ladue-HW St. H.S., 135

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. Supply list sent. Nude models are used. Classroom only has tables. Bring a tabletop easel if you have one.

ARTS:718  |  $149
601  M  6:30pm-9:30pm  William Neukomm  Feb. 24 – April 21  Clayton H.S., 24  Deadline to register is 2/18. No class 3/17.
602  Th  6:30pm-9:30pm  William Neukomm  Feb. 24 – April 21  Clayton H.S., 24  Deadline to register is 2/18. No class 3/17.

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.

ARTS:709  |  $99
602  Th  12pm-3pm  Deanna Nash  Feb. 6 – March 6  MC - CP

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. No class 4/10.

ARTS:709  |  $99
603  Th  12pm-3pm  Deanna Nash  March 20 – April 24  MC - CP

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 first class. No class 3/15

ARTS:721  |  $99
480  Sa  9:30am-11:30am  Mary Feagan  March 1 – April 26  FP - G Tower, 322
750  Tu  6:30pm-8:30pm  Mary Feagan  Feb. 25 – April 22  Kirkwood Sr. H.S., SA 2

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:723  |  $99
650  W  6pm-9pm  Sean Long  March 19 – April 16  MC, TBA

Design I and II

ARTS:703  |  $196
3C1  Th  5:30pm-9:20pm  Jan. 16 – May 8  WW, 309

All About Framing Artwork
Learn what's new as well as framing design basics. Discuss how to place artwork to beautifully and protect the work. Students will learn what is important for their needs - how to 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 ask your art! Students may bring a lunch to eat during the Q&A portion of the class.

ARTS:765  |  $30
680  Sa  10am-1pm  Deborah Weltman  April 5  MC - SO, 108

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 2/22, 3/15.

ARTS:735  |  $99
680  Sa  10am-12:30pm  Mary Feagan  March 1 – April 26  FP - G Tower, 322
601  Tu  1pm-3:30pm  Mary Feagan  April 8 – May 13  Kirkwood Sr. H.S., SA 2
600  Tu  1pm-3:30pm  Mary Feagan  April 8 – May 13  Kirkwood Sr. H.S., SA 2

Watercolor: Intermediate/Advanced 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 2/22, 3/15.

ARTS:736  |  $99
680  Sa  10am-12:30pm  Mary Feagan  March 1 – April 26  FP - G Tower, 322
601  Tu  1pm-3:30pm  Mary Feagan  April 8 – May 13  Kirkwood Sr. H.S., SA 2
600  Tu  1pm-3:30pm  Mary Feagan  April 8 – May 13  Kirkwood Sr. H.S., SA 2

Artware: 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, modeling, and texture. From your own or instructor’s photographs. Prerequisite: Watercolorclass or equivalent experience. Students must be at the intermediate or advanced level and proficient in drawing.

ARTS:738  |  $99
680  Sa  10am-12:30pm  Mary Feagan  April 5 – May 10  MC, TBA
12 sessions  |  $185
M01  M  12pm-2:30pm  Mary Feagan  Feb. 3 – May 5  NO class 4/7
M02  W  12pm-2:30pm  Mary Feagan  Feb. 5 – April 30  NO class 4/9

Mixed Media Art Journal
Create commemorative books, artful scrapbook pages, and frameable mixed media collages based on your own photos and themes. This is a chance to try out a variety of art disciplines in the accessible format of a personal art journal: from bookmaking to painting, printing, embossing, photo-transfer, layering, and masking. Our emphasis will be on combining techniques to make one-of-a-kind artworks. Each week students create projects that can be displayed on their own or mounted in the art journal.

ARTS:765  |  $149
550  Th  6pm-9pm  Beth Kruza  Jan. 30 – March 6  FV - H, 104
551  Th  6pm-9pm  Beth Kruza  March 20 – April 24  FV - H, 104

Sumi-e Ink Painting
Enrich your painting by combining this Eastern style with Western watercolor. Learn how to express simple beauty and elegance through contrast and harmony. This class will cover traditional tools and techniques of ink painting. Students will practice traditional Eastern nature scenes and go on to incorporate these skills into their chosen subject matter.

ARTS:748  |  $79
550  Tu  6pm-9pm  Beth Kruza  April 1 – April 29  FV - H, 104

Financial Aid
Your fee is non-refundable after the first class meeting. If you drop a class, fees are non-refundable. If a class is cancelled, you will be refunded the paid amount. For more information about returning students and fee policies, please contact the Registrar's office at 314-984-7777.
Oil or Acrylic: 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
P01 M 1pm-4pm Deanna Nash Feb. 3 – April 14 U. City Public LB No class 2/17
500 F 9am-12pm William Neukomm Feb. 7 – April 18 FV - H, 104 No class 3/14
580 Sa 9am-12pm Beth Krsu Feb. 8 – April 19 FV - H, 104 No class 3/15

Oil or Acrylic: All Levels: Workshop
Take this quick workshop to 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 much individualized instruction as you learn techniques to enhance painting skills. Supply list sent. Bring supplies to first class. Water-based oils are the only type allowed in the classroom.

ARTS:740 | $79
P02 M 1pm-4pm Deanna Nash April 21 – May 12 U. City Public LB
581 Sa 9am-12pm Beth Krsu April 26 – May 17 FV - H, 104
501 F 9am-12pm William Neukomm April 25 – May 16 FV - H, 104

Acrylic Impressions
Fledging artists-try painting, those with experience-lose 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 Phyllis Smith Piffel Jan. 29 – April 16 Kirkwood Community Center
700 W 6:30pm-9:30pm Phyllis Smith Piffel Jan. 29 – April 16 LaSalle Springs M.S., 400

Acrylic Impressions: Workshop
Fledging artists-try painting, those with experience-lose 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 Phyllis Smith Piffel April 15 – May 6 Kirkwood Community Center
701 W 6:30pm-9:30pm Phyllis Smith Piffel April 30 – May 21 LaSalle Springs M.S., 400

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 Showh Chang Feb. 1 – March 8 FV - H, 109
581 Sa 9:30am-12pm Showh Chang March 22 – April 26 FV - H, 109
550 Tu 7pm-9:30pm John Robbins Jan. 28 – March 4 FV - H, 109
551 Tu 7pm-9:30pm John Robbins March 18 – April 22 FV - H, 109

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 wheel-throwing while you work your way up to creating a variety of personal projects. Tool supply list sent. Approximate cost of tools is $16. Fee includes most materials.

ARTS:727 | $135
720 M 6:30pm-9pm Guy Sachs March 24 – April 28 Ladue-HW Sr. H.S., 132
721 M 6:30pm-9pm Guy Sachs March 24 – April 28 Ladue-HW Sr. H.S., 132

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 Guy Sachs Jan. 23 – Feb. 27 Ladue-HW Sr. H.S., 132
723 Th 6:30pm-9pm Guy Sachs March 27 – May 1 Ladue-HW Sr. H.S., 132

Music: 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 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. No class 3/11.

MUSC:705 | $69
750 Tu 7pm-8:30pm James Renz Feb. 4 – April 1 Kirkwood Sr. H.S., W 115

“Guy Sachs is an excellent instructor and very well-versed in his skill, always there to tenure advice. He makes the course fun.”
-Richard K., Mehlville

Music: Advanced
Learn more advanced techniques - 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. No class 3/15.

MUSC:711 | $89
750 Sa 9am-10:30am Christina Springer Feb. 1 – March 14 FV - C, 114

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. No class 3/11.

MUSC:710 | $59
600 Tu 12pm-1pm Cheryl Conley Jan. 28 – April 22 MC - HE, 112
680 Sa 9am-10am Ronald Krausch Feb. 1 – March 3 MC - HE, 112
650 M 6pm-7pm Ronald Krausch Jan. 27 – April 28 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 3/15.

MUSC:710 | $59
780 Sa 9am-10:30am Christina Springer Feb. 1 – March 14 FV - C, 114

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. No class 3/15.

MUSC:711 | $89
780 Sa 11am-12:30pm Christina Springer Feb. 1 – March 14 FV - C, 114

“Knowledgeable, gentle and patient.”
-Cheryl C., Mehlville

“Mr. Dembo has been an amazing teacher...He was able to encourage me when I was discouraged and excited me to learn more.”
-Vicki D.

“Mr. Dembo was my voice teacher 20 years ago...He is the best!”
-Stephanie P., St. Louis
New! Digital Photography Certificate

If taking pictures is your passion, and you have artistic flair, the Digital Photography 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 Certificate. Additional Photoshop classes are required for this certificate. Classes may be taken individually or as a part of the program.

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. Bring your own digital camera and your own film or memory card. Provide own transportation.

PHOT:704 | $69
650 M 7pm-8pm
Jan. 27 – April 28
No class 2/17, 3/10
600 Th 12pm-1pm
Jan. 30 – April 24
No class 3/17

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: Take Better Pictures: Introduction, 35MM and Digital Photography: Introduction or equivalent experience. No class 3/13.

PHOT:704 | $69
651 Th 7pm-9pm
March 6 – April 10
Russell Rosener
MC - CN, 225

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: Take Better Pictures: Introduction, 35MM and Digital Photography: Introduction or equivalent experience. No class 3/13.

PHOT:704 | $69
652 Th 7pm-9pm
April 17 – May 15
Russell Rosener
MC - CN, 228

Nature and 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 in-field, hands-on photo instruction coupled with classroom sessions and image critiques. You’ll 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: 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
April 19 – May 10
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: Take Better Pictures: Intermediate, 35MM and Digital Photography: Equivalent or equivalent experience.

PHOT:712 | $59
680 Sa 9am-11:30am
March 8 – April 5
MC - SW, 206

Studio Lighting, Portrait and 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: Take Better Pictures: Intermediate, 35MM and Digital Photography: Equivalent or equivalent experience.

PHOT:711 | $59
680 Sa 9am-11:30am
Feb. 1 – Feb. 22
MC - SW, 206

Meramec Orchestra


MUSC:714 | $25
220 M 7:15pm-9:30pm
Jan. 13 – May 12
Gary Gackstatter
MC - HW, 102

Symphonic Band


MUSC:716 | $25
220 Th 7:15pm-9:30pm
Jan. 16 – May 8
Gary Gackstatter
MC - HW, 102

Meramec Choir


MUSC:717 | $25
220 TuTh 12:30pm-1:50pm
Jan. 14 – May 2
Gerald Myers
MC - HW, 102

Like us on Facebook
Digital Photography: 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 take 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 pixel? 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 March 18 - March 25
Rachel Bufalo SCEL, 207
580 Tu 5:30pm-8:30pm Jan. 28 – Feb. 4
Rachel Bufalo FB - B, 125

Acting for Beginners
Explore your talents and begin your acting career here! Get into character and discover your acting abilities through simple acting/improvisation exercises, study scenes and monologues and prepare for the big audition in this fun class.

THTR:701 | $59
350 Tu 6:30pm-8:30pm March 25 – April 29
Amy Allen WW, 220

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:704 | $69
M01 Sa 2pmm-5pm April 6 – April 12
Masterpiece Studios

Exploring the Creative Process
Every one of us has a special story to tell, but it can be hard in this busy modern world to access that creativity. In this class, we’ll peel away the familiar outer layers of doubt, distraction and writer’s block. We’ll get to the core of what we’re actually trying to say, and we’ll learn to say it with language that is irredeemably unique to each of us. When the writer within is unleashed, the words will come freely - and the stories we need to tell will finally occur to us. It will not be a class requirement, but those interested in sharing their work will receive the benefit of a thorough, productive critique from the instructor and fellow students. You’ll need to make copies of your work to share.

WRIT:701 | $69
650 W 7pm-9:30pm Feb. 12 – March 5
Jordan Oakes MC - BA, 124

How to Stay Motivated and Avoid Writer’s Block
You can overcome writer’s block. This class will teach writers how to avoid writer’s block by tapping into unseen motivation, even in the most difficult situations. Although there may be emotions, experiences or events that seem to close down our creative resources, we can learn to draw on our inner strength, love, and passion. These strengths will pull us through to the point where we can still see, hear and create our own expressive voice through the gift and craft of writing.

WRIT:701 | $69
550 Th 7pm-9pm Feb. 13 – March 6
Carlliss Cole V C - 104

Awaken Your Creative Powers
Are you at that point in your life where you’re ready to explore your own creativity? Are you eager to enhance your imaginative powers? Do you want to know if you have what it takes to enter the writing field? This stimulating workshop is an introduction into the fascinating world of creativity. It will awaken your creative potential and skills, spur imaginative talents, and help you appreciate your special creative abilities.

WRIT:701 | $19
780 W 7pm-9pm March 12
Beverly Letchworth Lindbergh Sr. H.S., 42

The Craft of Writing
Creative Non-Fiction
Good writing is good writing. Even factual or informative work should be interesting to read — just as a good documentary should be as riveting as a good feature film. This class will help you apply the tools of literary craft to writing about topics that you know well, but might not know the best, most reader-friendly way to present. If you have a work in progress, bring it.

WRIT:701 | $69
651 Tu 7pm-9:30pm Feb. 11 – March 4
Jordan Oakes MC - BA, 122

Writing Basics Brush-up (What You Should Have Learned in High School)
Few of us will admit it, but even the best writers can’t always remember the difference between “affect” and “effect” or the correct use of semi-colons. If you sometimes struggle with the basics in your personal or professional writing, come spend the day with us. You’ll brush up on proofreading, grammar, sentence structure, word usage, spelling and punctuation. Review the basics and you’ll be able to edit your work like a pro.

WRIT:706 | $69
651 W 7pm-9:30pm March 26 – April 16
Jordan Oakes MC - SD, 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, you'll briefly lecture, practice, and critique work-in-progress. In this class you will learn the fundamentals of point of view, character, plot, and every other component of your fiction. Through lecture, examples, and in-class exercises, you will learn how to create an entire story world for your writing and the keys to making it unforgettable for your reader. Students are encouraged to bring any work-in-progress, but it is not a requirement.

WRITE:706 | $25
653 | W 7pm-9:30pm
April 7
Heather Luby
MC - BA, 122

Focus on Fiction: Voice and Point of View

Point of view isn't just an element of storytelling, it is the foundation of any captivating story. Point of view and the narrative voice is how we intrigue our readers and persuade them to invest in your story. However, point of view and “voice” are concepts writers struggle to understand. This course will present the fundamentals of point of view, including explaining how PV functions as a crucial piece of your story, an element that ultimately shapes and drives character, plot, and every other component of your fiction. Through lecture, examples, and in-class exercises, you will learn how to determine which of your characters can make your story come to life and how to capture their voice on the page. Students are encouraged to bring any work-in-progress, but it is not a requirement.

WRITE:706 | $25
654 | M 7pm-9:30pm
April 14
Heather Luby
MC - BA, 122

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 just on 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.

WRITE:714 | $59
P01 | W 10am-12pm
March 12 – April 2
Jordan Oakes
Thomas Dunn Mem. Ctr

Capture the Moment: Writing About Significant Life Events

This short workshop is for those interested in writing an autobiography, family history, short stories and/or anecdotes based on personal experiences and memories. You'll learn to capture and convey - to picture in writing - specific life events in ways that will be truly memorable. No previous writing experience necessary.

WRITE:714 | $29
680 | Sa 9am-12pm
Feb. 22
Jean Alessi
MC - CP

Write Your Life Story - Creating a Memoir

Your life story is unique. 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.

WRITE:714 | $49
660 | W 1pm-3pm
Feb. 19 – March 5
Jean Alessi
MC - CP

Business Writing for Busy Professionals

Do you write not your reflecting 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.

WRITE:715 | $39
680 | Sa 8:30am-12:30pm
March 22
Tiffany Smith
MC - SO, 107

Poetry Writing Workshop

Poetry is about imagery and showing the reader something in a new and unique way — the surprising meets the inevitable. In this all-day workshop, we will read and write poetry; we will learn to make every word count. And by looking at examples of great poems, we will discover the metaphors to put it all into words. No class 3/10.

WRITE:716 | $59
650 | M 7pm-9:30pm
February 24 – March 24
Jordan Oakes
MC - CS, 206

Inspirational Writing: Sharing Inspiration and Encouragement through Religious-Based Writing

Life is challenging even on our best days; we all need to be inspired every day to keep our hearts and minds committed and faithful. Many people find their inspiration through reading and writing inspirational literature. This class will teach you how to express your appreciation for God and your religious values through the gift of writing. You will learn how to unfold the mystery of life, your experiences, and the world around you through your writing as it connects with God. You will discover that key points in your inspirational writing will begin to inspire yourself as well as your readers. All genres are welcome.

WRITE:719 | $69
550 | Th 7pm-9pm
March 20 – April 10
Carliss Cole
FV - C, 110

Get inspired with our Writing Certificate program.

Writing the Short Story

The challenge for every short story writer is to create memorable, authentic characters and plots that deliver emotional punch in only a few pages. This course will explore the pleasures of writing the short story in an encouraging and supportive workshop format. Focused readings and discussions of published short stories will help you learn essential elements of successful writing, while structured feedback from the instructor and classmates will give you the tools for future revisions of your own work. Be prepared to complete one or two short stories during this 4-week course.

WRITE:719 | $69
650 | W 7pm-9:30pm
Feb. 12 – March 5
Angela Mitchell-Phillips
MC - SO, 204

Playwriting

Many Hollywood writers get their start as playwriters. 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. No class 4/10.

WRITE:719 | $69
650 | Th 7pm-9pm
March 27 – April 24
Taylor Gruenloh
MC - SO, 206

How to Map a Murder

Ever have the urge to write a whodunit? Published mystery authors Jo Hiestand and Eleanor Sullivan will lead you through the intricacies of plotting, character development, descriptive scene writing, and building tension in your story. A St. Louis-area police officer, who co-authors with Jo Hiestand, will discuss various aspects of police work and demonstrate defensive tactics.

WRITE:719 | $39
680 | Sa 9am-1pm
March 29
Jo Hiestand
MC - SO, 107

Screenwriting: Amazing Dialogue and Scenes

This class will provide expert guidance on how to write effective scenes that are supported by compelling dialogue and concise description, and layered with meaningful subtext. We'll analyze excerpts from produced screenplays for dialogue, narrative description, dramatic impact, flow, etc. We'll also view clips to see how the written scenes play on the movie screen. Participants will complete a series of writing exercises and share their work in class to get feedback about what's working and what's not. Instructor is a Writers Guild of America screenwriter. NOTE: This class is designed for beginning writers who already have a basic understanding of screenwriting and screenplay format.

WRITE:719 | $89
551 | W 7pm-9pm
March 19 – May 7
Rita Russell
FV - TC, 207

Registration begins January 2.
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.

ANIM072 | $19
680 Sa 9:30am-11:30am Dr. Theresa Garden April 5

Puppy Kindergarten
You can raise a happy, well-adjusted and confident puppy using age-appropriate techniques 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 S.T.A.R. Puppy Certificate and Medallion. Puppies must be 9 weeks to 1 year old, have 2 series DPHLP and Bordetella immunizations. Proof of vaccinations required. Bring puppy to first class.

ANIM073 | $69
M01 Sa 9:30am-11am Susan Baxter-Carr Feb. 8 – March 15 RiverChaseofFenton
M02 Sa 9:30am-11am Susan Baxter-Carr Feb. 8 – March 15 RiverChaseofFenton

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 and 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, and 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 Stay or Wait commands. You must be willing to practice at home. Training is by Positive Reinforcement. Bring your dog and required training equipment: a dog collar and leash, yummy dog treats or a favorite toy.

ANIM074 | $49
M01 Sa 11am-12pm Susan Baxter-Carr Feb. 8 – March 15 RiverChaseofFenton

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.

ANIM076 | $59
M01 Sa 12pm-1pm Susan Baxter-Carr Feb. 8 – March 15 RiverChaseofFenton

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 scented abilities by using their desire to hunt and their desire to find a reward. You and your dog will learn nose work techniques that will help prepare your dog for dog shows in the future. Classes are taught by experienced dog trainers, and the material is structured to meet the needs of all dog and handler teams, from novice to advanced. Participants can earn the AKC S.T.A.R. Nose Work Award.

ANIM076 | $69
M03 W 7:30pm-8:45pm Sandra Ellison March 5 – April 9 RiverChaseofFenton

ANIM076 | $69
M01 W 6:30pm-8:30pm Leann Zalasky Feb. 26 RiverChaseofFenton

ANIMAL CARE
Dog Massage and TTouch
Dog massage is a great way to bond with your pet and spend quality time together. You will learn the basic techniques of massage and TTouch for your companion animal. Massage helps to relieve stress, aids geriatric pets especially those with arthritis, relieves anxiety and boosts general well-being. Animals receive the same benefits of massage that people do. Class is hands-on. Bring a blanket or cord for your dog.

ANIM071 | $29
M01 W 6:30pm-8:30pm Leann Zalasky Feb. 26 RiverChaseofFenton

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ANIM076 | $69
M03 W 7:30pm-8:45pm Sandra Ellison March 5 – April 9 RiverChaseofFenton

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ANIM071 | $29
M01 W 6:30pm-8:30pm Leann Zalasky Feb. 26 RiverChaseofFenton
PERSONAL ENRICHMENT

Dog Sports: K9 Nose Work (without the dog)
This class is the same as ANIM 706 M03, 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
M04 W 7:30pm-8:45pm Sandra Ellison March 5 – April 9 RiverChase of 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 self-loving canine new skills. Prerequisite: Dogs must have successfully completed the beginning K9 Nose Work course.

ANIM:706 | $59
M02 W 6pm-7pm Sandra Ellison March 5 – April 9 RiverChase of Fenton

Dog Training: Basic Skills and 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. No class 4/19.

ANIM:706 | $69
M05 Sa 11am-12:30pm Susan Baxter-Carr March 22 – May 3 RiverChase of 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 Dr. Gerald Williams Feb. 26 Kirkwood St. H.S., NW139

How to Become Part of a Therapy Pet Team
If your pet is obedience trained, has a loving temperament and you want to help others, you and your pet can visit the elderly in nursing homes, children in hospitals, or other groups as part of a therapy team. Have you wondered what it takes to become part of a therapy pet team? Explore this wonderful volunteer activity for you and your pet. Even if you don't have a pet, this class can prepare you to work with a therapy pet team. Do not bring your pet to class.

ANIM:765 | $19
350 Th 7pm-9pm Susan Baxter-Carr March 6 WW, 201

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.

ANIM:741 | $29
650 Tu 7pm-9:30pm Feb. 18 MC - SO, 108

Investigations, Rescues, Legalities, and 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.

ANIM:741 | $29
651 Tu 7pm-9:30pm March 4 MC - SO, 108

The People Ingredient: Working in an Animal Welfare Organization
If you're thinking about working or volunteering in an animal welfare agency, you'll need a variety of important "people" skills. There are so many possibilities: you may be matching pets with new families, working with people surrendering their pets, fielding lots of questions, educating adults and kids in the community, or interacting with other agency staff. In this class, you'll gain an overview of many of the skills you'll need to perform a variety of tasks within animal welfare organizations. There are many joys and rewards to working in animal welfare, but some sadness, too, so we'll share with you our ways of coping with the inevitable heart-break of our work.普须 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.

ANIM:741 | $29
652 Tu 7pm-9:30pm April 1 MC - SO, 108

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 foundations. 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. Pet over-population and responsible pet ownership are issues more relevant than ever. This pivotal concern will be presented. Lastly, humane education is a critical part of the animal welfare world, benefiting people as well as our animal community by impacting character development. 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.

ANIM:741 | $29
653 Tu 7pm-9:30pm March 25 MC - SO, 108

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 investigatory 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.

ANIM:741 | $29
654 Tu 7pm-9:30pm April 22 MC - SO, 108

Animal Care Basics for Animal Welfare Workers
In this class it's all about the animals! We'll cover basic health considerations, including prevention measures and spay/neuter issues. Acquiring some knowledge of animal behavior is a vital key to safe handling for yourself and the animals you work with. You'll learn about caring and feeding a variety of animals, including what to do in disaster situations to assure their safety and well-being. You'll hear from several shelters, who'll explain their basic animal care-taking operations. If you're interested in working directly with animals, this class is a must! 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.

ANIM:741 | $29
655 Tu 7pm-9:30pm May 6 MC - SO, 108

To request more information on the Animal Welfare Assistant Certificate Program, call 314-984-7777

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

St. Louis Community College | Continuing Education Spring 2014

42
HOME IMPROVEMENT

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, trade secrets, 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
650 Th 7pm-9:30pm Feb. 13
Kimberly Hany
MC - CS, 206

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
651 Th 7pm-9:30pm Feb. 20
Kimberly Hany
MC - CS, 206

Refinish, Reface, or Replace?

Thinking of changing your kitchen cabinet? 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 cabinet. Learn about the processes and products available so you can make an educated decision about which option you choose.

HOME:703 | $29
652 M 7pm-9:30pm Feb. 24
Kimberly Hany
MC - BA, 122

Bathroom 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 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. One of the best decisions you’ll make about your new bathroom starts here.

HOME:703 | $29
653 W 7pm-9:30pm March 19
Kimberly Hany
MC - CS, 204

“Johnson is a wonderful instructor. He exceeds all expectations. It was a real delight to work with him. Very productive! He is a real asset to your program.”

-Anne W., Kirkwood

Interior Design: Drafting Layouts and Furniture Plans

Whether you’re 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
650 W 7pm-9:30pm
Feb. 19 – March 5
Kathryn Leinauer
MC - CS, 204

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. Self evaluation and field trip on Saturday (TBA), Provide own transportation.

HOME:709 | $39
650 W 7pm-10pm April 2
Kathryn Leinauer
MC - CS, 204

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:608 | $39
650 W 7pm-10pm March 26
Kathryn Leinauer
MC - CS, 204

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 making your touch ups look like a pro. You can make your paint brush do the work - sounds simple but we’ll explain how that makes the job easier. And of course, finish the job with legs up easy and or course. Class covers a variety of painting applications: interior, exterior, metal, wood, plastic, drywall etc.

HOME:713 | $19
554 W 7pm-9pm March 19
571 W 7pm-9pm April 23
Jean Linton
Jim Hanneke
MC - SC, 505-B
Kirkwood Sr. H.S., NW130

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 grout 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
555 W 7pm-9pm March 26
Jean Linton
FV - SC, PDR-B

Do-It-Yourself Drywalling

Our experienced handperson 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
922 W 7pm-9pm April 16
Jean Linton
U. City H.S., 144

Energize Your Life and Express Your Personality with Feng Shui in Your Home

Your home is the most important place in your life so it should reflect your personality and soul. 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 Tu 6:30pm-9pm March 11
Samantha Shields
Kirkwood Sr. H.S., NW130

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, melting, trim, 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 larger 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. No class 3/15.

HOME:711 | $189
580 Sa 9am-1pm June 2 – April 12
Howard Johnson
FV - E, 156

Declutter Your Life the Feng Shui Way: Add Energy, Clarity and Freedom to Your Life

We all have clutter – a gathering of “it” for “good” seems almost impossible. Clutter is time consuming, messy, takes up valuable real estate in our home, 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 simple method for you to live clutter free and transform that conversation to “Look what I’m doing with my life now that I am clutter-free!”

HOME:710 | $25
751 Tu 6:30pm-9pm Samantha Shields
March 25 Kirkwood Sr. H.S., NW130

Set up a Successful Home Office with Feng Shui

Are you working from your home now? How do you design your office is just as important as the job you do and the product you sell. Feng Shui design respects your office as the command center for your career and business success. In this class, you will learn aspects of furniture placement, color and imagery to use in the design of your office. When you take the time to design your office space to suit your needs, it brings out the best in you, helps you focus on the task at hand, stimulates your creativity and supports your goals and future growth. In short, it puts you in the power seat of your career, energized and motivated for success. Bring photos of your office and a floor plan for your room and we’ll re-design it in class together.

HOME:710 | $25
752 Tu 6:30pm-9pm Samantha Shields
March 25 Kirkwood Sr. H.S., NW130

Bedroom Design for Rest and Romance with Feng Shui

You’ve seen the lovely photos of beautiful romantic bedrooms in magazines - maybe you’ve wondered if your own bedroom could ever look so inviting, restful and romantic. The answer is “yes”. Feng Shui recognizes that your bedroom is our need for a place to rest, renewal and romance to live a fulfilling, healthy and happy life. Quite often we treat our bedrooms as a catch-all room for projects or even a second office. In this class, you’ll learn about furniture placement, color influence, personal symbols, open space, mirrors, electronic equipment and more. Whether in a relationship or seeking a partner, this class brings fresh ideas and inspiration. Bring photos of a romantic bedroom, a floor plan for your room and we’ll re-design it in class together.

HOME:710 | $25
753 Tu 6:30pm-9pm Samantha Shields
April 8 Kirkwood Sr. H.S., NW130

PERSONAL ENRICHMENT

www.stlcc.edu/ce | 314-984-7777
Spring 2014 | Continuing Education | St. Louis Community College
HOME MAINTENANCE

Basic Car Maintenance
This course is designed to help people better understand their cars, the auto repair industry and service problems they may encounter. Combines lecture on specific maintenance problems with laboratory sessions during which students will have the opportunity to inspect and perform minor repairs and maintenance on their own cars.

AUTO:701 | $29
P01 Th 6pm-9pm Michael Silva
April 17 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. No class 3/19.

AUTO:715 | $149
M01 W 6pm-9pm Gus Sturmfels
Feb. 26 – April 23 Kirkwood Sr. H.S., IAI70

Simple Home Repairs for Women: Be Your Own Plumber
When something needs fixing who do you call? Fix it yourself and save time, money and hassles! 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! The ideal home repair toolbox for women will be presented. We'll look at how-to, when-to and when it's safer NOT to. Come prepared to be amazed at what you can do yourself.

HOME:713 | $19
S00 W 7pm-9pm Jean Linton
Feb. 12 FV - SC, PDR-B

Simple Home Repairs for Women: Electrical
When something needs fixing who do you call? Fix it yourself and save time, money and hassles! A variety of simple home repairs will be presented with a ‘hands-on’ focus. If you need a new ceiling fixture, wall switch or outlet, this course is for you! The ideal home repair toolbox for women will be presented. We'll look at how-to, when-to and when it's safer NOT to. Come prepared to be amazed at what you can do yourself.

HOME:713 | $19
S01 W 7pm-9pm Jean Linton
Feb. 19 FV - SC, PDR-B

Fearless Home Repair: 5 Repairs Every Homeowner Should Know
You should be able to do a few simple household repairs and tasks without using special hand 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
S02 W 7pm-9pm Jean Linton
March 5 FV - SC, PDR-B

Fearless Home Repair: Simple Plumbing Repairs for Kitchens and Bathrooms
In this short workshop you'll concentrate on repairing minor plumbing leaks from faucets and valves in your kitchen and bathroom. Think of the money you'll save doing your own simple DIY home plumbing repairs.

HOME:713 | $19
920 W 7pm-9pm April 2 Jean Linton
U. City H.S., 144

Fearless Home Repair: DIY “Light” Electrical Repairs
Come to this class to learn how to repair or replace switches, outlets, light fixtures, and other small electrical problems. In addition, you'll focus on the difference between aluminum and copper wiring and how to work with both. You won't need to fear performing your own simple DIY electrical repairs or have to pay someone else do it for you after this class.

HOME:713 | $19
921 W 7pm-9pm April 9 Jean Linton
U. City H.S., 144

Basic Electrical Repairs for the Home Handyman (or Woman!)
If you're looking for helpful, handy tips and practical advice about home electrical repairs that you can do yourself, this is the class for you. You can save money - it's not difficult when you know what to do. We'll talk about electricity, safety, and different types of wiring, then move on to a discussion of fuses and circuit breaker boxes. You'll see how to replace or fix light fixtures, switches, and outlets. There will be a demonstration of specialty electric diagnostic tools. Bring a screwdriver and a pair of needle nose pliers. We'll cover the basic electrical repairs that your home might need - you can do it!

HOME:713 | $19
750 Tu 7pm-9pm Jim Hanneke
March 4 Kirkwood Sr. H.S., NW130

Basic Plumbing Repairs for the Home Handyman (or Woman!)
If you're looking for helpful, handy tips and practical advice about home plumbing repairs you can do yourself, this is the class for you. You can save money by doing simple repairs such as unclogging drains, repairing drain traps, soldering pipes, and fixing leaky faucets, faucets and valves. There will be a demonstration of specialty plumbing tools. We'll cover common kitchen and bathroom plumbing problems that you can fix yourself, once you know how to do it!

HOME:713 | $19
780 M 7pm-9pm Jim Hanneke
March 10 Lindbergh Sr. H.S., 42

REAL ESTATE

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
S01 Tu 7pm-9pm Christina Filla
March 18 SCEUC, 102

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. The most expensive mistake is not understanding the process of lenders and financial institutions along with the hidden costs and fees that occur. Come get the inside scoop to avoid surprises at closing. We'll show you how to budget for your long-term financial commitment. Learn where to put your trust and where to exercise extreme caution. We'll discuss the importance of understanding the contracts you sign and getting the right inspections before closing the deal. Most important, we'll talk about working with a reasonable timeline and having a back-up plan.

REAL:701 | $19
S02 Tu 7pm-9pm Christina Filla
Feb. 23 SCEUC, 102

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 expert will explain how to be creative and 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 Jim Hanneke
April 5 FP - G Tower, 115

House Flipping and Real Estate Investing
Thinking about getting into “flipping” real estate? When purchasing real estate as an investment you also need to invest in trustworthy contractors, and have a timeline for rehab. You'll need to have a keen eye for spotting hidden damages and defects in the property. Don't want to go it alone? We'll tell you about investment clubs and how they work. We'll go over terms and guidelines for buying government or program housing. There's a lot you need to know: condition of property inspection sources, how long ownership is required, permits and occupancy; where to begin the purchase process and knowing the submarkets. We'll talk about budget estimates as well as things that may help avoiding disaster in your budget and timeline while in the flip. You’ll also learn about the pros and cons between private lenders or hard money programs for investors.

REAL:725 | $19
S01 Tu 7pm-9pm Christina Filla
March 18 SCEUC, 102

Become a Master Naturalist.
See page 45 for more details.

Call 314-984-7777 to Register.
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.

For additional information, contact the Office of Continuing Education at 314-984-7777.

### Personal Enrichment

#### New 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 practice, resource extraction, and climate change. What can you do to protect the ecosystems of the world?

**NATR:765** | $19
---|---
650 Tu 7pm-9pm | Julie Allman
Feb. 25
MC - BA, 208

#### 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, 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 | Jeffrey Smith
April 5
MC - SW, 106

#### Caves and 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 12 years of experience leading cave tours and has personally visited over 40 caves throughout the US.

**NATR:770** | $29
---|---
650 Tu 7pm-9pm | Martin Ferris
March 18 – March 25
MC - CN, 230

#### Feeder Watch Program: Great Backyard Bird Count Identification

This class is a citizen's science course joining in cooperation with fellow bird enthusiasts across the country to help track the migration of birds across North America. This course includes bird identification, computer input and preparations for the February event run by Cornell University, and The Backyard Bird Count. Great for classroom teachers! Children ages 11-15 may register when accompanied by a registered adult. Offered in cooperation with the St. Louis Audubon Society.

**NATR:775** | $19
---|---
650 Tu 7pm-9pm | Marty Smigell
Feb. 4
MC - BA, 118

#### New Raptors: A Look at Hawks and Eagles

Come soar with the eagles and hawks; masters of the sky and the ultimate raptors. Learn about anatomy, behaviors and adaptations. Concentration will be on the bald eagle, master fisherman and red tail hawk. Offered in cooperation with St. Louis Audubon Society.

**NATR:790** | $19
---|---
651 Tu 7pm-9pm | Marty Smigell
Feb. 18
MC - BA, 118

#### Warblers

Learn about the colorful spring migrant birds known as the warblers. Which are year-round residents in our area? Which breed in our area? Which just pass through? Offered in cooperation with the St. Louis Audubon Society.

**NATR:709** | $25
---|---
652 Tu 7pm-9pm | Marty Smigell
March 25
MC - BA, 118

#### New On the Brink Again? Recovering Two Endangered Wolves

Recovering a species from fourteen individual animals, or even seven, has been a challenging process. Both the red wolf (who is native to Missouri) and the Mexican gray wolf have come back from the brink of extinction by the passion and efforts of several facilities. This class will focus on the Endangered Wolf Center's key role in their recovery and the current status of each species in the wild. Instructor and Educational Assistant Karen Nichols, has personal experience with the recovery of one of these species. A tour of the animals will be included. Children ages 12-15 may register when accompanied by a registered adult. Meet at the main gate at 8:45 am. Call EWC at 636-938-5900 and ask for Karen to get directions and location details. Offered in cooperation with the Endangered Wolf Center.

**NATR:710** | $25
---|---
M01 Sa 9am-12pm | Karen Nichols
March 22
Endangered Wolf Center

#### Pollinators and the Plants They Use

Join Allen Casey of the Natural Resources Conservation Service and explore the role of pollinators and the important service they provide to humans by moving pollen between plants. This transfer of pollen allows plants to develop fruits and seeds, many of which are vital to human existence. Recent declines in native pollinating insect populations have sparked more people to grow plants to provide food and habitat for these fascinating animals. Native plants are especially good sources of food to pollinating animals. Presentation will discuss important considerations to provide flowers and plants that pollinators need and make the landscape, from small urban backyards to large natural areas, around us better for these animals. Ideas for planning pollinator habitat that include consideration of plant diversity, flowering dates of species, native vs. non-native plants, perennial vs. annual plants, will be discussed. Offered in cooperation with the North American Butterfly Association.

**NATR:715** | $19
---|---
650 Tu 7pm-9pm | Allen Casey
Feb. 25
MC - CN, 126

#### Beekeeping

Missouri is home to more than 400 species of the 4,000 different types of bees that live in North America. Bees play an important role in agriculture as pollinators of flowering plants. Different types of bees that live in North America. Bees play an important role in agriculture as pollinators of flowering plants. Different types of bees that live in North America.

**NATR:750** | $29
---|---
650 Tu 7pm-9pm | Marty Smigell
Feb. 4
MC - BA, 118

#### Spring Butterflies

Enjoy the beauty of butterflies both indoors and outdoors. In the classroom session, you will learn basic identification skills through a Power Point and video presentation. On the field trip, you will experience the magic of butterflies in their natural habitat while spring wildflowers are in full bloom. Field trip date Saturday 4/26. Location: TBA. Provide own transportation. Although not required, binoculars and the field guide "Butterflies through Binoculars" by Jeffrey Glassberg would be useful tools for the field trip walk. Offered in cooperation with the North American Butterfly Association.

**NATR:720** | $29
---|---
650 Tu 6pm-8pm | Yvonne Homeyer
April 22
MC - CN, 230

#### Common Poisonous Mushrooms of Missouri

Learn how to identify the most common poisonous mushrooms in Missouri. When you know what to avoid, it's a lot easier to figure out what you can eat! Class is a combination of lecture and field exploration. Dress accordingly. Class held at Babin State Park Visitors Center. Provide your own transportation. Bring sack lunch. Offered in cooperation with the Missouri Mycological Society (MOMS).

**NATR:723** | $25
---|---
M01 Sa 10am-2pm | Maxine Stone
March 29
Babin 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:724** | $19
---|---
651 Th 6pm-8pm | Mike Walsh
May 1
MC - SO, 205

#### Native Tree Identification

Learn about Missouri tree identification with Mike Walsh, Forestry Programs Manager with Forest ReLeaf of Missouri, using characteristics and samples such as twigs, leaves, bark, fruit and more. First class is a lecture format on the Wildwood campus. 5/8 followed by a weekend field trip 5/10 at Rockwood Reservation (one mile from campus). Injury Glassberg would be useful tools for the field trip walk.

**NATR:725** | $29
---|---
350 Th 6pm-8pm | Mike Walsh
May 8
WW, 220

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For more information on the Master Naturalist program, call 314-984-7777.

Agronomy and Trees: The Science of Soils

Ever wonder what it takes to grow a tree? Well it takes a lot, but have you ever considered how important soils are for your trees? Much of our urban soils where many of our trees get planted are very different from the soils in their native environments. Join us for an introduction to Missouri soils and how it relates to our trees! Learn about soil forming factors, soil texture, soil structure, soil pH, important Missouri soil types, and more. Offered in cooperation with Forest ReLeaf of Missouri.

NATR:723 | $19
652  Tu 6pm-8pm
May 13
Mike Walsh
MC - SQ, 109

Overview of Oaks: Local and Abroad

Are you interested in learning more about the native oak trees that live among us and others from around the world? Join Mike Walsh, Forestry Programs Manager at Forest ReLeaf of Missouri and explore the many varieties native oaks and other interesting oak trees and facts including oak history, differences in red and white oaks, commercial, ecological, urban and wildlife benefits, and much more. You will also learn how Forest ReLeaf grows all kinds of oaks and how you can too! Offered in cooperation with Forest ReLeaf of Missouri.

NATR:723 | $19
653  Th 6pm-8pm
May 15
Mike Walsh
MC - SQ, 109

GARDENING

New Soil and Composting: Get the “Dirt” on Successful Gardening

The first step in successful gardening is working from the ground up. Learn the “dirt” on successful gardening as we’ll discuss easy to understand information on soil types, practical tips on preparation and the “how to” and benefits of composting for your home garden. A beneficial class for both beginning and experienced homeowners.

HORT:709 | $19
650  Th 7pm-9pm
March 27
Michelle Ochonicky
MC - CN, 126

New Really Green Thumbs

Improve your eco-green garden materials and your ‘green thumb’ gardening practices and learn how an organic sustainable approach can benefit your home or community garden. Join Master Gardener, Mike Ochonicky, as she teaches you simple ways to incorporate natural technologies to improve your garden soil, plant nutrition, and pest control. Make your garden environmentally friendly; improving your gardening skills, your health and the world in which we all live.

HORT:708 | $19
650  Tu 7pm-9pm
April 8
Michelle Ochonicky
MC - SW, 106

Create a Beautiful Landscape with Native Plants

Enrich the diversity in your yard by discovering and planting species native to Missouri. You can create a beautiful and interesting landscape with a progression of plants that are perfectly adapted to our unique soil and climate. The natives you’ll learn about will reduce mowing and improve biodiversity while fitting nicely into your home landscape. Some natives are ideal for your perennial gardens and problem areas. You’ll be delighted at how beautiful the native plants are and enjoy learning some plant folklore.

HORT:711 | $19
680  Sa 9am-11:30am
April 19
Nancee Kruescheck
MC - SO, 109

Vegetable Gardening

Do you want to “grow your own” this season? Learn tips for planting, maintaining and harvesting your own fresh veggie topics for discussion include raised beds, container gardening and more. Bring your questions for our expert.

HORT:701 | $19
680  Sa 9am-11:30am
March 8
Nancee Kruescheck
MC - SO, 108

Herb Gardening

Now is the time to plan for your summer garden! Are you interested in starting (or expanding) an herb garden but aren’t sure where to start? Whether you have a few herbs in your yard or an extensive herb garden, you can learn how to get the most for your effort in this one-night class. Come hear the best advice 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.

HORT:704 | $25
350  W 6pm-9pm
March 26
Michelle Ochonicky
WW, 202

650  Tu 6pm-9pm
April 7
Michelle Ochonicky
MC - SW, 106

New Planning and Maintaining Public Native Plant Gardens

This class will give an overview of how to plan, plant and maintain a native plant garden, and its benefits for wildlife. The fieldtrip will visit three nearby public wildflower gardens at Busch Wildlife Area and the Weldon Spring Interpretive Center that are maintained by the instructor. Provide own transportation. Offered in cooperation with the Missouri Native Plant Society.

NATR:723 | $35
650  Tu 6:30pm-8:30pm
April 29
Jeanie Moe
MC - SQ, 108

650  Sa 9am-12pm
May 3
MC - Off Campus

You Can Grow Shade Perennials: Selection and Care

Start your shade perennial garden with a good understanding of plant selection, care, and maintenance. Discover the most popular varieties of shade perennials and characteristics of each including: size and height; when they bloom; soil requirements and conditions in which they grow best. You’ll be able to take what you learn in this class and create a shade perennial garden that is not only beautiful, but easier to maintain throughout the season.

HORT:704 | $19
680  Sa 9am-11:30am
March 22
Nancee Kruescheck
MC - SO, 109

Ecology

Backyard Chickens for the Beginner

Have you thought about keeping chickens in your city or suburban backyard? There’s a lot to find out about before you get started. Learn about local ordinances and where to find more information for the area where you live. You’ll also hear about the benefits of keeping chickens, appropriate housing and feeding, and different ways of keeping your chickens healthy and happy. Instructor has years of personal and professional experience and is an enthusiastic and knowledgeable healthy-chicken farmer.

ECOL:700 | $39
480  Sa 9am-1pm
March 22
Guy Niere
MC - SW, 105

681  Sa 9am-1pm
April 5
Guy Niere
MC - SW, 105

Beyond the Coop: Advanced Topics for Experienced Backyard Chicken-Keepers

This class is for individuals who have been keeping chickens for a while and are looking for more in-depth information on the following topics: diseases, parasites and treatments; chicken anatomy and egg development; incubation and broody hatching; culling and processing; breed characteristics, showing, and judging for standards of perfection, supporting heritage breeds; and changing ordinances. Bring your questions to class! This is an intermediate level class and will not include introductory information covered in previous class: Backyard Chickens for the Beginner.

ECOL:700 | $29
682  Sa 9am-12pm
April 19
Guy Niere
MC - SQ, 111

St. Louis Community College | Continuing Education Spring 2014 www.stlcc.edu/ce | 314-984-7777
PERSONAL FINANCE

New Protect Yourself-Understanding Identity Theft
Don't become a victim! Identity theft has grown more prevalent and sophisticated with advancing technology and new delivery methods. Presented by Pulaski Bank staff including a fraud investigator, you'll learn different types of identity theft, the effects of identity theft and how to protect yourself. We'll also discuss real life situations and answer questions that you may have.
FINC:765 | $19
650 Tu 6:30pm-8pm
April 1
Andrea Wuller, Tamra Nier
MC - CN, 230

New 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
Feb. 24
Yvonne Homeyer
Ladue-HW Sr. H.S., 145

New 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. Course 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
April 22
Charles Amen
SCEUC, 104
550 Tu 7pm-9pm
April 29
Charles Amen
PV - B, 211

New Long-Term Care Insurance: Protect Your Health and Wealth
The greatest exposure and risk in your retirement will NOT be market volatility but health and the rising costs associated with health care. Together we will discuss Medicare, Medicaid, long-term care and changing tax laws.
Why should you consider long-term care insurance? Is it worth the cost? What should you be considering when looking and comparing policies? This is an interactive discussion to empower you with the information you need to make wise choices.
FINC:765 | $19
651 Tu 6:30pm-8:30pm
April 29
Leslie Greenman
MC - CN, 230

New It's OK to Eat the Weeds-Wild Edible Plants for Spring
Sometimes it's ok to eat the weeds! Plants and trees not only surround us with their beauty but properly prepared they also offer nutritional value and tasty dishes. Join nature enthusiast Alison Lewis as you learn to identify, harvest, and prepare wild edible plants. There are fruits, nuts, and tubers right in your local parks and maybe even edible blossoms and greens in your own backyard or local meadow. Learn to identify seasonal spring edibles including crispy cornelian linden, flowers, mulberries, cattail shoots, and wild members of the mustard and met families. First session will include a slide show presentation, hands-on plant sample lab and a discussion period. A weekend field trip will meet at a local state park or conservation area to hike, seek and examine wild edible plants. Field trip will include hiking a couple of miles on uneven surfaces, ducking under bushes and potentially inclement weather. Wear comfortable shoes and appropriate attire. Location of field trip to be announced in class.
ECOL:700 | $35
650 Tu 6:30pm-8:30pm
April 15
Alison Lewis
MC - CN, 230
650 Sa 9:30am-12:30pm
April 19
MC - Off Campus

New Tap into the Trees: Maple Syrup
Are you interested in learning how maple sap is harvested or in tapping the trees yourself? Collecting your own maple sap and making syrup is simple, fun, and rewarding! The modern process is very similar to that used by the Native Americans who introduced maple syrup to early settlers. Join nature enthusiast, Alison Lewis, to learn about the right time to tap trees, the surprisingly wide variety of trees you can use, plus some of her own unique time- and money-saving methods.
ECOL:700 | $19
650 Tu 6:30pm-8:30pm
Feb. 11
Alison Lewis
MC - SQ, 108

Indoor Composting: Make and Take Home a Bokashi Bucket
Up to 20% of household trash can be composted! 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 Tu 7pm-8:30pm
April 8
Kaet Golden
MC - SQ, 206

Climate Change
How can a change of one or two degrees in global average temperatures impact our lives? What is the scientific consensus on climate change? And most importantly, what should we do about it? Join naturalist park ranger Brian Etting as he provides a brief discussion on the science of climate change and its impact on various national and park ecosystems, forests, oceans and the St. Louis area. He will then focus on how to communicate the problem and solutions to climate change with confidence and the best sources of information available. Learn how to educate others on the topic using humor and optimism to inspire them to take action.
ECOL:700 | $25
650 Sa 9am-12pm
Feb. 22
Brian Etting
MC - SQ, 117

ESTATE PLANNING

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
April 7
Yvonne Homeyer
Ladue-HW Sr. H.S., 145

New The Importance of Planning Ahead: Wills Workshop
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. Get started on the process, save time and money and do it right. Taught by an attorney.
FINC:710 | $35
450 M 6pm-8pm
Feb. 24
Amy Hereford
FP - G Tower, 111

INVESTING

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 | $79
C80 Sa 9am-4pm
Feb. 8 – Feb. 15
Brian Bingham
Corp. College, 208

Financial Workshop: Your Source for Financial Education
Financial education is a critical step in helping you achieve your long term 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, long term care insurance and managing financial risk.
FINC:736 | $55
650 W 7pm-9pm
March 19 – April 9
Margie Bittner
MC - SQ, 107

For the following section, bring a 2” 3 ring binder to class.
$15

New Financial Workshop: Your Source for Financial Education
For the following section, bring a 2” 3 ring binder to class.
$15

650 Tu 7pm-9pm
April 1 – April 22
Dan Roper
WW, 204
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 736 | $19
350 Tu 6:30pm-9pm
March 4
Margie Bittner
WW, 204

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 Tu 7pm-9pm
March 4
Steve Glazer, Laura Boedges
MC - CN, 328
352 Tu 7pm-9pm
March 25
Steve Glazer, Laura Boedges
WW, 204
550 Tu 7pm-9pm
Feb. 18
Steve Glazer, Laura Boedges
FV-8, 211

Retire with Confidence
Thinking about retirement? Find out how you can prepare ahead of time to achieve your retirement dreams. You will learn about income planning, sources of retirement income and the ins and outs of social security benefits. This class will also present strategies to protect your retirement savings by reducing risk and volatility. You will also learn about employer distribution options, lump sum versus income stream and how relocation will affect your retirement plans.
FINC 736 | $19
650 Tu 7pm-9pm
Feb. 25
Steve Glazer, Laura Boedges
MC - CS, 104

Getting Ready for Retirement
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
652 Tu 7pm-9pm
March 18
Steve Glazer, Laura Boedges
MC - CN, 328
353 W 7pm-9pm
April 9
Steve Glazer, Laura Boedges
WW, 201

ABCs of Conservative Retirement Planning
You work hard for your savings and as you plan for retirement, it’s important to manage your risk in the market to achieve the goals you set. Learn easy to understand strategies on how to save money on taxes, manage investment risk and create the income stream you’ll need through asset allocation. Topics include planning paradigms, history of markets, the impact of bear markets, budgeting, financial decisions and more. Class includes book, workbook and planning concepts CD.
FINC 736 | $69
550 Tu 6:30pm-9pm
March 25 – April 8
Steve Mahler
SCEUC, 102

PERSONAL INTEREST
COMMUNICATION ARTS
Successful Communication With Your Aging Parents
Dealing with your own adult world can be difficult enough without bringing in the dynamics of your oldest, and sometimes most sensitive relationships - your parents. Some of the most emotional and troubling issues that you will face in your adult life will be dealing with your parents as adult peers. Examining communication dynamics and life patterns will allow you a deeper and richer relationship with your parents. Look into your current relationship, reflect on lifelong communication patterns and explore how to change patterns that are not delivering the results that you desire. No class 4/5, 4/12, 4/26, 5/3. Class held on 3/29, 4/19 and 5/10 only.
COMM 765 | $39
680 Sa 10am-12pm
Michael O’Dea
March 29 – May 10

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 M 6pm-8pm
Erin De Vore
Feb. 24 – March 3

GENEALOGY
Other Options For Finding Information For Your Family Tree
Genealogists are always facing Murphy’s Law. Many specific facts and records are never where they should be. This session will provide alternative records for filling in those elusive gaps for your family.
GENE 705 | $25
600 W 2pm-4pm
Mary Stamm
Feb. 12 – Feb. 19
MC - CS, 104

Improving Your Genealogical Research Skills
If you don’t use the right methods, your family history research can be frustrating. Learn how to analyze and where to look for clues.
GENE 705 | $25
601 W 2pm-4pm
Mary Stamm
Feb. 26 – March 5
MC - CS, 104

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 | $55
P02 M 1pm-4pm
Mary Stamm
March 17 – March 31
STL Genealogical Soc.

What’s New at FamilySearch.org
If you’ve visited the FamilySearch.org website recently, you noticed that the entire site underwent a drastic change. These sessions cover the new resources available from an old favorite.
GENE 705 | $25
P01 M 6:30pm-8:30pm
Mary Stamm
Feb. 24 – March 3
STL Genealogical Soc.

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 | $29
580 Sa 11am-2pm
Feb. 8 – Feb. 15
LaDonna Garner
FV-8, 120

Strategies in Genealogy: Moving Beyond the Basics
Finding yourself stumped after launching a family history project? Learn how to plan a research strategy and make use of alternative sources that can move along your genealogy. Attendee must have prior experience in basic genealogy. Instructor is a Board-Certified Genealogist (CG).
GENE 765 | $39
581 Sa 11am-2pm
March 22 – March 29
LaDonna Garner
FV-8, 120

HISTORY
Happy Birthday, St. Louis!
It’s St. Louis’ 250th anniversary and it’s time to party while we learn what makes our city so special. Come celebrate these 250 years of history (Feb. 14, 1763-2013), focusing on the people and places that make us unique. We’ll add to our celebratory morning with coffee, soda and cake (complete with lots of candles!).
HIST 702 | $29
P02 F 10am-12pm
Joan Huisinga
Feb. 7 – Feb. 14
Thomas Dunn Mem. Ctr

Will Rogers: The Man Everyone Loved
Meet the warm and witty man who was called “the most popular American who ever lived.” The story of Will Rogers, a Cherokee Indian from Oklahoma, encompasses his career as a cowboy, vaudevillian, social commentator, international humorist, columnist and popular movie star. His political wit and astute observations made him world famous but never pleased his stern father. Be prepared to laugh and love this gifted and colorful character, a true American treasure.
HIST 701 | $19
650 Th 7pm-8:30pm
Bev Schuetz
March 20
MC - CS, 206

The Stirring Story of the Germans in St. Louis
Trace the amazing history of German immigrants as they made their mark on St. Louis. Examine the story of these hard-working, intelligent people, the rise of the powerful breweries, the cruel “hate-the-Hun” movement during WWI, as well as their cultural and social contributions. You’ll be captivated and shocked by the stories of the Lemp and Busch dynasties - the St. Louis version of royalty.
HIST 702 | $25
P01 Tu 10:30am-12pm
Bev Schuetz
April 8
Thomas Dunn Mem. Ctr

Celebrate St. Louis’ 250th birthday!

St. Louis 250:
Whole and healthy living is a thing of the past. St. Louis was the most populous American who ever lived. The story of Will Rogers, a Cherokee Indian from Oklahoma, encompasses his career as a cowboy, vaudevillian, social commentator, international humorist, columnist and popular movie star. His political wit and astute observations made him world famous but never pleased his stern father. Be prepared to laugh and love this gifted and colorful character, a true American treasure.

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History of the Veiled Prophet: Beneath the Veil

For 135 years, the Veiled Prophet has been a uniquely St. Louis creation. The colorful story includes murder, suicide, an abdication, a shocking unveiling, as well as civil unrest. Learn about the fascinating history of the Veiled Prophet organization, as well as the spectacular parade and the glamorous debutante ball.

HIST:702 | $19
650 | Tu 7pm-8:30pm
Apr 22
Bev Schuetz
MC - BA, 12

Women Spies of the Civil War

As in all wars, both sides in the American Civil War used spies; and as so often the case, the most successful spies are women. This presentation describes some of the most notable women spies, North and South, and the results of their work. Included are: Belle Boyd, Rose Greenhow, Elizabeth Van Lew, and Emma E. Edmonds. These women spies influenced the Battle of Bull Run, took part in the body snatching of famous Union officer Colonel Urich Daltreen (and his secret reburial), placed a former slave as a spy to wait in tables in Davis’ Confederate White House, and much more.

HIST:705 | $19
P01 | Tu 10am-11:30am
Mar 18
Thomas Dunn Mem. Ctr

Military Intelligence in the American Civil War

This presentation explores the emergence of Civil War intelligence collections and reflects on how the needs and uses for intelligence at that time differ little from today. Only the methods, tools and technology have changed. The Civil War started with uncoordinated, decentralized intelligence collections and reflects on how the needs and uses of visual observations such as balloons, towers, and signals. Southern efforts were distinctively different, but just as effective.

HIST:705 | $19
P02 | Tu 10am-11:30am
Mar 25
Thomas Dunn Mem. Ctr

Myths of the American Revolution

George Washington didn’t cut down the cherry tree; nor did he throw a silver dollar across the Potomac. If you are right on those two, you still may be surprised about some more serious misconceptions about the Revolution. The most important myths will be reassessed by the facts. We’ll consider the Declaration of Independence, the Midnight Ride of Paul Revere, and George Washington’s teeth.

HIST:704 | $19
650 | Th 7pm-9pm
Mar 27
Wynn Ward
MC - SO, 205

Civil War Roses: Women in Industry in the American Civil War

In World War II, women known as “Rosies the Riveter” stepped in to replace men called into military service; so too, the American Civil war made use of this valuable resource: Civil War Rosies. There were a variety of types of employment available to women. We’ll look at the safety concerns for women working in munitions plants triggered by the deadly explosion at the U.S. Allegheny Arsenal in 1862. The role of women in industry during the Civil War takes us back to the roots of the Industrial Revolution in America and the vast differences in industrial development between the North and South. In this presentation we’ll also discuss the impact of cultural differences between the two sides and the impact of immigration on the North’s industrialization.

HIST:705 | $19
P03 | Tu 10am-11:30am
Apr 1
Thomas Dunn Mem. Ctr

Civil War on the Water

Come follow the exploits of the weird new ships in the Civil War: The H.S. Hunley, The USS Monitor, the CSS Virginia, the fleet called Pooch’s Turtles, and the others who left their mark on the history of the Civil War.

HIST:705 | $19
653 | Th 7pm-9pm
Apr 24
Wynn Ward
MC - SO, 205

Price’s Invasion of Missouri in 1864

After a couple of years of little activity in Arkansas, Major General Sterling Price led his Confederate Army of Missouri up into Missouri with the intent to capture the St. Louis arsenal with its guns and ammunition. See how it doesn’t work out as he had planned, in the longest running campaign in Missouri and the largest and most crucial battle west of the Mississippi.

HIST:705 | $19
654 | Tu 7pm-9pm
Apr 29
Wynn Ward
MC - BA, 122

Grant’s Overland Campaign of 1864

Robert E. Lee’s and Ulysses S. Grant’s first battle against each other was in the wilderness of Virginia. Grant lost the battle, just as his Army of the Potomac had lost in the same area the year before. He turned his army south as he backed away toward Richmond. Come find out which army got to Spottsylvania first, to fight again.

HIST:705 | $19
650 | Th 7pm-9pm
Apr 3
Wynn Ward
MC - SO, 205

The Lincoln Presidency Sesquicentennial: 1863-1886

Our series on the Lincoln Presidency Sesquicentennial continues with coverage of the years 1863-64. As the Lincoln Presidential Sesquicentennial passes the half way Mark spend an evening considering the events of these years, during which Lincoln and General Grant pressed the war toward success and Lincoln won a surprising re-election.

HIST:705 | $19
651 | Th 7pm-9pm
Apr 10
James Gallen
MC - CS, 206

Sherman’s Campaign through Tennessee and Georgia

With three armies, Sherman followed the railroad line through the mountains in Tennessee and Georgia toward Atlanta. Confederate Major General Johnston blocked Sherman at every opportunity. Learn the results of this series of large battles as Sherman captured Atlanta.

HIST:705 | $19
652 | Th 7pm-9pm
Apr 17
Wynn Ward
MC - SO, 205

“I’ve taken many of the History classes with Continuing Education. The topics are always timely and the instructors have always been engaging! Keep up the good work!”

- Bill J., Florissant

Civil War and the U.S. Civil War

In 1764 to the present.

As St. Louis celebrates 250 years of history, spend an evening recalling the life of our city from its founding on February 14, 1764 to the present.

HIST:708 | $19
650 | M 7pm-8:30pm
Mar 3
Julie Nicolai
MC - BA, 122

The Underground Railroad and Slave Burial Sites in the St. Louis Area

The Underground Railroad, not a real railroad at all, was a covert network of safe houses linked by rivers and paths that transported fugitive slaves to freedom in the first half of the 19th century. In this class, we’ll discuss the Underground Railroad and slave burial sites in our St. Louis area, from St. Louis City to the county and beyond. You’ll be introduced to fascinating aspects of African-American history such as symbolic quilts, slave hunters, free Black settlements and contraband camps for escaped slaves. There will be much information on plantations, burial grounds and paths to freedom in the area now known as Wildwood.

HIST:708 | $19
651 | Tu 7pm-9:30pm
Mar 25
James Gallen
MC - BA, 122

Gain a better understanding of today’s Syria by exploring its history with STLCC.

Understanding Syria

To understand the bloody violence and destructive chaos Syria faces today, one must understand her unique historical roots. After being liberated from 400 years of Turkish rule by a British-Arab army in 1918, the area became a French Mandate under the new League of Nations. In 1946, she received her independence. Since that time her very diverse peoples have been involved in almost continuous bloody conflicts within their own borders and with Israel and Lebanon. In 1970 Hafez al-Assad took control in a bloodless coup. On his death in 2000 his son, Bashar, took control. In March 2011, a civil war broke out that has involved the U.N. and the Arab League, along with the USA, Russia, Iran, Turkey, Saudi Arabia, Israel, Lebanon, etc. This informative class will help you decide if Syria’s fate could have been different from what it is now.

HIST:710 | $39
650 | Tu 7pm-9:30pm
Apr 1 – Apr 8
Thomas St John
MC - BA, 122

The Return of Russia: Implications of Russia’s Restoration for U.S. Foreign Policy

In March of 2000, a former KGB Colonel was elected President of the Federation of Russia. Since then, President Vladimir Putin has pursued his mission outlined in his manifesto to restore Russia to its former power and glory. This class will focus on Russia’s return to the world stage since the millennium.

HIST:710 | $19
651 | M 7pm-9pm
Apr 21
Timothy Neckermann
MC - BA, 118

Seeking a new career? Check page 12 for details.
The Great War (World War I) 100 years ago: Year One, 1914
War became inevitable as a result of the combination of national pride, the envy of rulers, and the conceit of Europeans who felt themselves superior to other nations. Everyone expected the war would be short and that their own nation would benefit from it at the expense of other countries. Rulers believed they would come out of the war having gained prestige and territory from the losers. Is that what happened? Come join us to find out how it all went after the guns started shooting and the whole world was affected.
HIST:712 | $19
650 Th 7pm-9pm Wynn Ward
Feb. 13
MC - SO, 205

The Great War (World War I): Year Two, 1915
The Great War's second Centennial Year of 1915 reflected how everyone was wrong in assuming the war would be short and rewarding for their country. It became apparent that it would be a long and bloody fight. Two trenches faced each other across France. New weapons had changed warfare: Zeppelins, airplanes, perfected machine guns, cannon, tanks, poison gas. These brought about huge casualty lists. More nations entered the war and no one would give an inch.
HIST:712 | $19
651 Th 7pm-9pm Wynn Ward
Feb. 20
MC - SO, 205

The Great War (World War I): Year Three, 1916
The Great War in 1916 was marked by significant events. Trench warfare continued on the western front as Germans faced the French and British across No Man's Land. The largest naval battle, Jutland, was a tactical victory for the British that featured Jutland, the largest battle fought on the high seas between battleships. This lecture will detail the events leading up to the War, the new technology developed prior to the war and the battle at sea fought during the war, especially Jutland. The introduction of a new weapon, the submarine, will be discussed. Finally, the aftermath of the war and how it influenced the next war will be explored. You'll gain an appreciation of the role sea warfare played in World War I and how victories at sea influenced the results of the war.
HIST:712 | $19
652 Th 7pm-9pm Wynn Ward
Feb. 27
MC - SO, 205

The Great War (World War I): Year Four, 1917
The fourth year of the Great War saw the U.S. declare war on Germany after staying neutral for three years. You'll find out how a telegram ended our neutrality; how the Doughboys arrived “over there,” declaring “and we won’t have a war without us.” You'll learn about the German army’s “Black Day” in August, One by one, Germany’s allies began seeking an armistice. The fighting stopped at 11am, on the 11th day of the 11th month. Come find out what happened after that.
HIST:712 | $19
656 Th 7pm-9pm March 20 Wynn Ward
MC - SO, 205

Brian Boruma, Emperor of the Irish
Brian Boru was the only true high king of Ireland. Brian’s clan, the Dal gCais, came from the Limerick area. His position was attained through long years of struggle with various clans throughout the four kingdoms of Ireland until he was finally crowned Emperor of the Irish in Armagh Cathedral in 1005. In 1014, at the Battle of Clontarf (now a part of Dublin), Brian defeated a large force of Vikings and some native Irish. With this successful outcome, the Viking hold on Ireland was broken for all time. Sadly however, Brian lost his life near the cessation of hostilities. The O’Brien’s are now one of Ireland’s largest clans.
HIST:712 | $19
653 Th 7pm-9pm March 6 Charles Kilkener
MC – CS, 206

World War I: The War at Sea
The First World War is usually remembered for the battles fought in muddy trenches but there was a war at sea fought around the world. World War I featured Jutland, the largest battle fought on the high seas between battleships. This lecture will detail the events leading up to the War, the new technology developed prior to the war and the battle at sea fought during the war, especially Jutland. The introduction of a new weapon, the submarine, will be discussed. Finally, the aftermath of the war and how it influenced the next war will be explored. You'll gain an appreciation of the role sea warfare played in World War I and how victories at sea influenced the results of the war.
HIST:712 | $19
655 Tu 7pm-8:30pm March 18 Kenneth Velten
MC – BA, 122

World War II: The War at Sea
The war at sea in World War II was fought on a global basis with the new technology of the naval aircraft and the evolving technology of the submarine. In this class, we’ll discuss the two major theaters of the war, the European and the Pacific. The European area features major battles fought between convoys and submarines, the Sink the Bismarck epic chase and battles in the Mediterranean. The Pacific theater will feature discussions of the attack on Pearl Harbor and the huge sea battles at Midway, Coral Sea, Guadalcanal, the Philippine Sea and Leyte Gulf. The role of the leaders, the admirals, and commanders of the ships will be discussed. You’ll gain an appreciation for the magnitude of this conflict and the role sea power played in determining the outcome of the war.
HIST:712 | $19
657 Tu 7pm-8:30pm April 8 Kenneth Velten
MC – SO, 108

The Opium Wars
Napoleon Bonaprata once remarked, “When China wakes, it will shake the world.” By all indications, China is wide awake and ready to become a World Power. However, before this awakening started, China began an economic and social decline in what Mao Tse-tung referred to as the “Century of Humiliation.” Our class begins with the turning point in modern Chinese history, the end of the Chien-lung Emperor’s Reign. The Opium Wars were a direct consequence of the Emperor’s opposition to the British policy of Free Trade. Then we’ll briefly examine the Chinese response to this new threat to its National Sovereignty.
HIST:713 | $19
P01 Th 10am-12pm February 20 Timothy Neckermann
Thomus Dunn Mem. Ctr

Afghanistan: Before the Soviet Invasion
The Afghan war over which the Taliban took control in 1996 was a failed state. While the decade-long conflict with the Soviet Union contributed to its demise, other long and intermediate-range factors exacerbated the circumstances underlying which the state collapsed. This class will provide an overview of the history of Afghanistan that preceded and precipitated the 1979 Soviet invasion. It will examine the domestic political, economic, and social conditions and role of foreign intruders that shaped contemporary Afghan perspectives and existence. Please join us to unravel the story of how this profoundly traditional, historically-rooted society found itself at the junction of left-wing radicalism and conservative Islam that provoked protracted wars with one, then another global superpower.
HIST:713 | $19
P02 M 10am-12pm February 24 Katie Young
Thomas Dunn Mem. Ctr

Radical Islam
“Isladic,” “Islamo-Terrorism,” “Jihad” - we have heard these terms used to describe and explain various acts, groups, and motives in the post-9/11 world. The violence that plagues the modern world by individuals and organizations claiming to act in defense of Islam has confounded many people’s understanding of the principles of this faith. Do all Muslims, estimated to represent over one-quarter of the world’s population by 2030, support this brand of extremism? (No). Why, then, does radicalism and the passion it generates seem to be escalating? The goal of this course is to address some misconceptions about Islam and to distinguish the principles of the religion from those of radicals/extremists/jihadis.
HIST:713 | $19
P03 M 10am-12pm March 3 Katie Young
Thomas Dunn Mem. Ctr

Political Violence: Well-Oiled Terror and Saudi Arabia
Fifteen of the nineteen al-Qaeda operatives who hijacked the planes that attacked the World Trade Center and Pentagon on September 11, 2001 were Saudi nationals. Was Saudi Arabia, a critical U.S. ally in the Middle East, in any way culpable in the attacks? Does this have anything to do with oil? This course will describe the interdependent relationships between the Saudi monarchy, the brand of Islam that brought it to fruition, al-Qaeda, oil, and the United States. Join us as we begin to unravel this complex network of religion, politics, and resources.
HIST:713 | $19
P04 M 10am-12pm March 10 Katie Young
Thomas Dunn Mem. Ctr

The Arab-Israeli Conflict - Before 1948
To say that the conflict between Arab (mostly Muslim) and Israeli (mostly Jewish) is as old as Abraham is hardly a stretch. This course will highlight major developments in the history of the land that is now the state of Israel prior to its inception in 1948. We will discuss key empires and leaders that governed this important territory, its religious significance, and organizations claiming to act in defense of Islam has confounded many people’s understanding of the principles of this faith. Do all Muslims, estimated to represent over one-quarter of the world’s population by 2030, support this brand of extremism? (No). Why, then, does radicalism and the passion it generates seem to be escalating? The goal of this course is to address some misconceptions about Islam and to distinguish the principles of the religion from those of radicals/extremists/jihadis.
HIST:713 | $19

650 M 7pm-9pm March 24 Katie Young
MC – BA, 122

Seeking a new career?
Check page 12 for details.
The Arab-Israeli Conflict: 1948-1973

In the first three decades of its existence, a nascent Israel faced the persistent threat of war at the hands of a host of hostile neighbors. This period saw four major wars, territorial expansion into key areas, and the formation of the institutions that would support a strong, democratic Israeli state. If you have ever wondered how a state that would fit inside of New Jersey, surrounded by enemies, managed to persevere in the face of nearly constant peril, join us. We will discuss the development of Israel’s military might, the PLO, and the significance of the iconic photograph of Israeli soldiers at the Western Wall.

HIST:713 | $19
651 M 7pm-9pm March 31
Katie Young
MC - BA, 122

The Arab-Israeli Conflict: 1973 - The Intifada

In recent months, pundits, journalists, and politicians have had much to say regarding the continued extension of American aid to Egypt. This course will discuss the birth of this strategic aid package and its connection to Israel. It will bring into focus the cast of characters in Israeli politics and their meaning to their people and neighbors. The 1970s, 80s, 90s, and the first decade of the 21st century brought important changes for Israel, its neighbors, and especially the displaced Palestinians who continued to champion a return to the land that is crucial to their national identity. Please join us to discuss the Camp David Accords, Israel’s war with Lebanon, the Palestinian uprising, and other moments of heartbreak and hope in this epic struggle for national survival.

HIST:713 | $19
652 M 7pm-9pm April 7
Katie Young
MC - BA, 118

The World of Christopher Columbus

Of course you know that Columbus sailed the ocean blue in 1492, yet what was the world that awaited Christopher Columbus? The Columbian voyage and its impact on world history would lay the foundation for the modern world. Join us as we examine the state of world affairs when Columbus’ enterprise of the Indies began.

HIST:713 | $19
P05 Th 10am-12pm March 13
Timothy Neckermann
Thomass Dunn Mem. Ctr

The Chinese "Columbus": The Global Voyages of Zheng He

Before Columbus set sail in 1492, the Chinese Ming government sponsored a series of naval expeditions between 1405 and 1433. These voyages were designed to establish a Chinese presence in trade and extend the empire’s tributary system. This great fleet reached as far as east Africa and possibly even further. This class will trace its route, accomplishments and the state of world at that time in history.

HIST:713 | $19
P06 Th 10am-12pm March 27
Timothy Neckermann
Thomass Dunn Mem. Ctr

The Rise of Japan: World War I Ally to World War II Enemy

At the end of the 18th century, both Asia and the Western Powers were poised on the edge of a new era in world history. As a result of witnessing the Chinese being unable to resist European encroachments, the Japanese implemented a strategy to modernize, industrialize and westernize their country. By the end of the first decade of the 20th century, the Japanese had developed their economy, military sectors and defeated a European power. This course examines Japan’s relationship with the Western Powers and how they went from an ally in WWI to foe in WW II.

HIST:713 | $19
P07 W 10am-12pm April 23
Timothy Neckermann
Thomass Dunn Mem. Ctr

The 1950s: The Good Old Days

The 1950s - you remember the decade “the Good Old Days of Dick and Jane and Spot”? Come and recall, discuss and laugh (or cry) at the way we were. Traditional lifestyles in family and community were being reshaped, and new ways of thinking were beginning to surface. Whatever happened to Dick and Jane and Spot? No class 4/21.

HIST:765 | $49
P01 M 10am-12pm April 7 - May 5
Thomas St John
Thomass Dunn Mem. Ctr

Where is the U.S. Dollar Headed?

Where is the U.S. dollar headed? Will other countries determine its fate? Will the world be moving to a standard international currency (like Europe did with the euro)? BRICS is an organization of emerging nations that includes Brazil, Russia, India, China and South Africa. After the Economic Crash of 2008, these countries held their first formal summit in 2009. Their dissatisfaction with the dollar as the reserve currency has prompted them to try to create a new international standard of money. Treaties made between these nations could quite possibly affect the world order. Is the United States ready for this challenge? As a nation should we be concerned? Let’s discuss it.

HIST:765 | $19
650 Th 7pm-9pm April 10
Timothy Neckermann
MC - SO, 205

Separation of Church and State - Religion and Politics

To begin to understand today’s hot issues surrounding religion and politics in the US, we have to start with what the Constitution and the founding fathers said about the separation of church and state. Using speeches, letters and articles, we’ll examine historical issues that have brought politics and religion face-to-face. We’ll conclude with a discussion of Senator John Danforth’s writing on faith and politics. Join us for a lively, thought-provoking 2-night series.

HIST:765 | $29
651 W 7pm-9pm April 23 - April 30
Kevin Walsh
MC - SO, 204

Ancient Societies: The Historical Impact of Climate Change

Climate change and population growth changed humans from a hunter-gatherer society to a more urban-agricultural civilization. In this class, we’ll examine how and why this happened, tracing these changes and their impact on geography and life in early societies. After learning about their experiences, can you predict the potential impact of today’s climate changes on our society in the future?

HIST:765 | $25
P02 Th 10am-11:30am April 17 - April 24
Tim Hetrick
Thomass Dunn Mem. Ctr

Immigration: A Historical Perspective

The difficult issues of controlling borders isn’t new. The Romans and Chinese had difficulties with groups determined to cross their borders. Immigration is also difficult on a personal level for new immigrants and their neighbors. This course will examine immigration from historical and anthropological perspectives.

HIST:765 | $25
652 W 7pm-8:30pm April 9 – April 16
Tim Hetrick
MC - CS, 204

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 March 4
Jan Worley
WW, 202

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 March 18 – March 25
Jan Worley
WW, 202

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 April 1 – April 15
Jan Worley
WW, 202

Our seats fill fast!
Registration opens January 2nd
Call 314-984-7777 to register!
PERSONAL ENRICHMENT

LANGUAGES

Arabic Language: Beginning I
This course is for individuals 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. No class 3/12.
FLAR:702 | $99
650 W 6:30pm-8:30pm Jabr Dumit Feb. 19 – April 16 MC - SO, 206

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 contemporary culture of this region. No text required. No class 3/20.
FLBO:702 | $99
730 Th 6:30pm-8:30pm Azim Mujakic March 6 – May 1 Bernard Mid. School, 115

Chinese for First Timers
If you’ve never learned a word of Chinese, this course is for you. You’ll be introduced to pronunciation, the Pin Yin system, greetings, and basic sentences. No text required.
FLCH:702 | $49
650 W 7pm-9pm John Yeh Feb. 5 – Feb. 26 MC - CN, 203

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 W 7pm-9pm John Yeh March 19 – May 7 MC - CN, 203

Chinese (Mandarin) Language: Beginning II
This course is intended to provide additional conversational skills for those who wish to travel or do business in China. We 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 further knowledge of the Chinese language which will enrich their Chinese experiences. Prerequisite: Two semesters of Chinese Beginning I class or equivalent experience. Student must know the Pin Yin system. Text required - bring to first class. No class 3/10.
FLCH:704 | $99
650 M 7pm-9pm John Yeh Feb. 24 – April 21 MC - CN, 226

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 W 7pm-9pm Jan. 22 – Feb. 26 Patricia Adams MC - CN, 126
920 W 7pm-9pm March 26 – April 30 Eva Enoch U. City H.S., 112
550 M 7pm-9pm March 24 – April 28 Eva Enoch FV - C, 110

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
920 W 6pm-8pm March 5 – April 30 No class 3/19
750 Tu 7pm-9pm Feb. 4 – April 1 No class 3/18
720 M 6:30pm-8:30pm March 10 – May 12 Ladue-FW Sr. H.S., 208

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. No text required. Bring a pocket folder, notebook and pen. No class 3/19.
FLFR:704 | $99
750 W 7pm-9pm March 5 – April 2 No class 3/19
720 Th 6:30pm-8:30pm March 27 – May 15 Ladue-FW Sr. H.S., 208

French Language: Beginning I
If you’ve never learned a word of French, this course is for you. You’ll be introduced to pronunciation, vocabulary and grammar. Emphasis will be on correct pronunciation, usage, vocabulary and, above all, on feeling comfortable conversing with others in French. Prerequisite: French-Beginning I or equivalent experience. No text required. No class 4/19.
FLFR:702 | $99
481 Sa 11:30am-1:30pm March 22 – May 17 Sarah Johnson FP - F Tower, 213

Irish Language: Beginning II
This 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. No class 4/19.
FLIR:702 | $99
300 Tu 4pm-6pm Jan. 28 – March 4 Barbara Klein WW, 227
600 M 4pm-6pm April 7 – May 12 Barbara Klein MC - CN, 203
550 Tu 7:30pm-9:30pm Jan. 28 – March 4 FV - C, 110
P01 Tu 7pm-9pm April 8 – May 13 Barbara Klein Nottingham, 111
450 Th 7pm-9pm Jan. 23 – Feb. 27 Barbara Klein FP - G Tower, 113

Irish (Gaelic) Language: Beginning I
This 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. Prerequisite: Irish-Beginning I or equivalent experience. No text required. No class 4/19.
FLIR:702 | $99
480 Sa 9am-11am March 22 – May 17 Sarah Johnson FP - F Tower, 213

Irish (Gaelic) Language: Beginning II
This 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. No class 4/19.
FLIR:702 | $99
300 Tu 4pm-6pm Jan. 28 – March 4 Barbara Klein WW, 227
600 M 4pm-6pm April 7 – May 12 Barbara Klein MC - CN, 203
550 Tu 7:30pm-9:30pm Jan. 28 – March 4 FV - C, 110
P01 Tu 7pm-9pm April 8 – May 13 Barbara Klein Nottingham, 111
450 Th 7pm-9pm Jan. 23 – Feb. 27 Barbara Klein FP - G Tower, 113

Italian Language: Beginning I
This 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:701 | $75
750 Tu 7pm-9pm Jan. 21 – March 11 Maria Brandle Kirkwood Sr. H.S., E 183
600 M 4pm-6pm Jan. 27 – March 31 Barbara Klein MC - CN, 126
No class 2/17, 3/10
450 Th 7pm-9pm Mar. 20 – May 8 Barbara Klein FP - G Tower, 113

German for the Traveler
This is 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
750 Tu 6:30pm-9:30pm Bryan Young Feb. 25 – March 11 Kirkwood Sr. H.S., E 182
751 Tu 6:30pm-9:30pm Bryan Young April 29 – May 13 Kirkwood Sr. H.S., E 182

The Ancient Languages of 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. The 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. No class 3/19.
FLKG:702 | $75
920 W 8pm-9:30pm March 5 – April 30 Jerry Griffith U. City H.S., 115

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
300 Tu 4pm-6pm Jan. 28 – March 4 Barbara Klein WW, 227
600 M 4pm-6pm April 7 – May 12 Barbara Klein MC - CN, 203
550 Tu 7:30pm-9:30pm Jan. 28 – March 4 FV - C, 110
P01 Tu 7pm-9pm April 8 – May 13 Barbara Klein Nottingham, 111
450 Th 7pm-9pm Jan. 23 – Feb. 27 Barbara Klein FP - G Tower, 113

“Barbara Klein is a great instructor, very well organized and cheerful. I would take any class she teaches. She is top notch!”

- Robert P., Bridgeton

52 St. Louis Community College | Continuing Education Spring 2014 www.stlcc.edu/ce / 314-984-7777
Italian Language: Beginning II
This 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 Tu 7pm-9pm Maria Brandle
Kirkwood Sr. H.S., E 181
650 M 7pm-9pm Barbara Klein
April 7 – May 12
Kirkwood Sr. H.S., E 181

Italian Conversation: Intermediate I
This course is designed for continued expansion of conversational skills in Italian through focus on everyday vocabulary and situations. Basic grammar and sentence structure will be examined and reviewed. Aspects of Italian culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Italian Conversation - Beginning III or equivalent experience. Text required - bring to first class. No class 3/19.
FLIT:705 | $99
750 W 7pm-9pm Maria Brandle
Jan. 29 – March 26
Kirkwood Sr. H.S., E 181

Italian Conversation: Intermediate II
This course is designed for continued expansion of conversational skills in Italian through focus on everyday vocabulary and situations. Basic grammar and sentence structure will be examined and reviewed. Aspects of Italian culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Italian Conversation - Intermediate I or equivalent experience. Text required - bring to first class. No class 2/17, 3/10.
FLIT:705 | $99
650 M 7pm-9pm Barbara Klein
Jan. 27 – March 31
MC - CN, 203

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 3/17.
FLIT:765 | $99
710 M 7pm-9pm M Flynn
March 3 – April 28
Clayton H.S., 124

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 3/18.
FLJP:702 | $99
750 Tu 7pm-9pm Noriko McLeer
Feb. 25 – April 22
Kirkwood Sr. H.S., W 112

Russian for the Traveler
If you’ve never learned a word of Russian, this course is for you. You’ll be introduced to the alphabet, pronunciation, greetings, phrases and present tense verbs. Text required - bring to first class. No class 3/11
FLRU:701 | $49
650 Tu 7pm-9pm Valerie Powers
Feb. 18 – March 18
MC - CN, 203

Russian Language: Beginning I
An introductory course to the Russian language and culture. While covering all 4 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
650 Tu 7pm-9pm Valerie Powers
March 25 – May 13
MC - CN, 203

Russian Language: Beginning II
Increase your Russian vocabulary relevant to everyday life situations. We will study and discuss essential words and expressions in relation to specific themes and topics. We will develop and enhance knowledge and ability to speak, read and understand language and comfortably communicate in Russian. The cultural aspects will also be highlighted. Prerequisite: Russian - Beginning I or equivalent experience. Text required-bring to first class. No class 3/19.
FLRU:704 | $99
780 W 7pm-9pm Valerie Powers
Feb. 19 – April 16
Linbergh Sr. H.S., 34

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 Maria de la Garza
April 2 – May 22
MC - CS, 177

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 W 6:30pm-8:30pm Maria de la Garza
Jan. 22 – March 19
No class 3/12

French Language: Beginning I
Learn a new language and explore the globe with Language classes at STLCC.

Russian Language: Beginning III
Increase your Russian vocabulary relevant to everyday life situations. We will study and discuss essential words and expressions in relation to specific themes and topics. We will develop and enhance knowledge and ability to speak, read and understand language and comfortably communicate in Russian. The cultural aspects will also be highlighted. Prerequisite: Russian - Beginning II or equivalent experience. Text required-bring to first class. No class 3/17.
FLRU:704 | $99
781 M 7pm-9pm Valerie Powers
Feb. 24 – April 21
Linbergh Sr. H.S., 34

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
350 M 5:30pm-7:30pm Burnette McNamee
Jan. 22 – Feb. 26
WW, 222

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
551 Th 6:30pm-8:30pm Maria de la Garza
Jan. 23 – March 20
No class 3/13

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
551 Th 6:30pm-8:30pm Maria de la Garza
Jan. 23 – March 20
No class 3/13

450 Th 7pm-9pm Diana Schott
April 3 – May 20
No class 3/13

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Spring 2014 | Continuing Education | St. Louis Community College 53
Spanish Conversation: Intermediate I
This course 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
450 Tu 7pm-9pm
   Lorenzo Gonzalez
   Jan. 28 – March 25
   No class 3/11
   FLSP:706 equivalent experience. No text required.
54 No text required-bring to first class.
651 W 7pm-9pm
   April 9 – May 28
   Lorenzo Gonzalez
   MC - CN, 226
   FLSP:705 required - bring to first class.
   Spanish Conversation: Intermediate II
This course 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.
FLSP:705 | $99
451 Tu 7pm-9pm
   Lorenzo Gonzalez
   April 9 – May 27
   No class 3/10
   Lorenzo Gonzalez
   MC - CN, 203
650 M 7pm-9pm
   Feb. 24 – April 21
   FLSP:705 required - bring to first class.
   Spanish Conversation: Intermediate III
This course is designed for continued expansion of conversational skills in Spanish through focus on everyday vocabulary and situations. Advanced level 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 II or equivalent experience. Text required - bring to first class.
FLSP:705 | $99
550 Tu 6:30pm-8:30pm
   Maria de la Garza
   Jan. 21 – March 18
   No class 3/11
   Lorenzo Gonzalez
   MC - CN, 228
   Lindbergh H.S., 57
   Sign Language: Intermediate
   This course 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. No class 3/20.
   SIGN:701 | $95
   730 M 6:30pm-8:30pm
   Cynthia Hayes
   Feb. 25 – April 22
   Bernard Mill. School, 115
   GETTING STARTED WITH SIGN LANGUAGE I
   This course is designed for individuals who would like a basic knowledge of sign language. Common words and phrases will be taught. No text required. No class 3/18.
   SIGN:701 | $95
   731 M 6:30pm-8:30pm
   Feb. 27 – April 24
   Bernard Mill. School, 115
   GETTING STARTED WITH SIGN LANGUAGE II
   This course is designed for people who have completed Sign Language: Beginning I and want to continue learning additional ASL concepts, finger spelling and hand signs. Text required-bring to first class.
   SIGN:702 | $89
   550 W 6pm-8pm
   March 19 – May 7
   Antonina Wilson
   FV - C, 137
   SCIENCE
   (New) CSI: Distinguishing Between Fact and Fiction
   Do you have what it takes to be a detective based on what you have learned from popular crime dramas on television? Learn what is fact and what is Hollywood fiction. Coordinator of the Criminal Justice program at STLCC-Meramec discusses ten of the most prevalent mistakes in forensics-based television shows. Real crime scene photos and cases will be discussed. Participants must be 18 or older.
   PERD:765 | $39
   653 Th 7pm-9pm
   March 27 – April 3
   Michael Hepner
   MC - CN, 228
   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 | $59
Florissant Valley Campus
580 Sa 8am-5pm
   Jack Bender
   March
   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.
   Meramec Campus
680 SaSu 8am-12pm
   Jack Bender
   April 5 – April 6
   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 to be checked in and tagged. You must check in and tag your handgun—there are NO exceptions. Guns are not allowed on campus.
GNSF:700 | $119
Florissant Valley Campus
581 Sa 8am-8pm
   Andrew Sanchez
   March
   MC - AS, 108
   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
   April 12 – April 13
   Jack Bender
   March
   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.
Advanced Tactical: Basic Personal Protection in the Home
This eight-hour course teaches the basic knowledge, skills and attitude essential to the safe and effective use of a handgun for protection of self and family and to provide information on the law-abiding individual's right to self-defense. Students should expect to shoot approximately 100 rounds of ammunition. Students will learn basic defensive shooting skills, strategies for home safety and responding to a violent confrontation, firearms and the law, and how to choose a handgun for self-defense and continued opportunities for skill development. Prerequisite: Students must be experienced shooters, showing mastery of the basic skills of safe gun handling. Details regarding range information, ammunition and any additional fees will be mailed out two weeks prior to class start.

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
P04  Th  5:45pm-6:45pm  Feb. 27 – May 1  STL Combat Inst.

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
450  W  8pm-9pm  March 5 – April 16  Timothy Toinekoetter
No class 3/19
Shaw VPA Sch - Comm Ed Ctr
450  Tu  7pm-8pm  May 20 – June 17
No class 5/24

650  Tu  7:30pm-8:30pm  Feb. 25 – April 15  Dennis Fonod
No class 3/11, 3/25  MC - PE, 201

SELF-DEFENSE

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 circumstances. 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
P01  Tu  6:30pm-7:30pm  Feb. 25 – April 29  STL Combat Inst.
P02  Sa 10am-11am  March 1 – May 10  STL Combat Inst.
No class 4/19

Urban Survival Workshop
The 'bad guys' know all the tricks; they are prepared. Are you? Detectives with the St. Louis Metropolitan Police Department will introduce you to current tactics and strategies utilized by criminals on the street. Topics of instruction include: improvised weapons, use of clothing as a weapon, gun and knife defense, breaking the attacker's structure, psychological mindset and strategy, effective and precise strikes and kicks, home and car defense, travel safety, intuition as a weapon, bodyguard techniques, and Russian pistol craft as a Martial art. One hour lunch break from 12-1pm.

PEDU:743  |  $89
P03  Sa 9am-5pm  Feb. 22  STL Combat Inst.

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.

PEDU:743  |  $59
M01  Tu  7pm-8pm  March 4 – April 22  Sunset Hills CC

AEROBIC EXERCISE

Now Hit the Ground Running: Your Way to a 5K!
Ready to challenge yourself? The hardest part is to start. Running with a group will help you get started and stay motivated as you prepare for running a 5K. First class will begin with an introduction in a classroom setting where you will learn tips and tricks to help you stay on track. Class may meet at agreed upon off-campus locations. Course structure provided by an avid runner interested in bringing other runners together for motivation and fun.

PEDU:758  |  $59
650  MW  6:30pm-7:30pm  Becky Curtigut
March 3  MC - BA, 178
March 5-April 30  MC - Off-campus

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  Paula Taylor
Feb. 10 – March 24  PF – PE, 233
No class 2/17, 3/10, 3/12
551  MW 7pm-8pm  Paula Taylor
March 31 – April 30  PF – PE, 233
580  Sa 10am-10:50am  Wendy DuCasse
Feb. 22 – May 10  No class 3/15, 4/19

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  Theresa Daniels
March 5 – April 23  Adiva Dance Center

Zumba Toning: Beginning
Sculpt your arms, abs, glutes and thighs as you participate in a high energy class 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  Theresa Daniels
March 5 – April 23  Adiva Dance Center
M04  Sa 10am-10:50am  Theresa Daniels
Feb. 22 – April 12  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 can be fun.

PEDU:747  |  $55
M03  Sa 9am-9:50am  Theresa Daniels
Feb. 22 – April 12  Adiva Dance Center

Registration begins January 2.

AEROBIC EXERCISE

Now Hit the Ground Running: Your Way to a 5K!
Ready to challenge yourself? The hardest part is to start. Running with a group will help you get started and stay motivated as you prepare for running a 5K. First class will begin with an introduction in a classroom setting where you will learn tips and tricks to help you stay on track. Class may meet at agreed upon off-campus locations. Course structure provided by an avid runner interested in bringing other runners together for motivation and fun.

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March 3  MC - BA, 178
March 5-April 30  MC - Off-campus

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PEDU:747  |  $69
550  MW 7pm-8pm  Paula Taylor
Feb. 10 – March 24  PF – PE, 233
No class 2/17, 3/10, 3/12
551  MW 7pm-8pm  Paula Taylor
March 31 – April 30  PF – PE, 233
580  Sa 10am-10:50am  Wendy DuCasse
Feb. 22 – May 10  No class 3/15, 4/19

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  Theresa Daniels
March 5 – April 23  Adiva Dance Center

Zumba Toning: Beginning
Sculpt your arms, abs, glutes and thighs as you participate in a high energy class 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  Theresa Daniels
March 5 – April 23  Adiva Dance Center
M04  Sa 10am-10:50am  Theresa Daniels
Feb. 22 – April 12  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 can be fun.

PEDU:747  |  $55
M03  Sa 9am-9:50am  Theresa Daniels
Feb. 22 – April 12  Adiva Dance Center

Registration begins January 2.

www.stlcc.edu/ce  /  314-984-7777
Spring 2014  |  Continuing Education  |  St. Louis Community College
PERSONAL ENRICHMENT

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 3/19.
PEDU:747 | $59

P01 W 5:30pm-6:15pm  Jill Woehrle  
Feb. 26 – May 7  Shaw VPA Sch - Comm Ed Ctr  

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 3/20.
PEDU:747 | $59

P02 Th 5:30pm-6:15pm  Jill Woehrle  
Feb. 27 – May 8  Shaw VPA Sch - Comm Ed Ctr  

Zumba Toning
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.
PEDU:722 | $69

V01 Tu 5:30pm-6:30pm  
Feb. 18 – April 8  K.I.S.S. Fitness  

Dance Aerobics
A fun, full body workout including cardio and toning set to contemporary music. Bring lightweight weights (1-3 lbs) and a mat. No dance experience required. No class 3/19.
PEDU:750 | $75

730 W 6pm-6:30pm  Susan Pellegrino  
Jan. 29 – April 23  Oakville Sr. H.S., GYM  

Get a great workout with Continuing Education’s Aerobic Kickboxing classes.

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 | $69

M01 W 7pm-8pm  Timothy Toenskoetter  
Feb. 19 – April 23  The Martial Arts Ctr (Mehlville)  

780 M 6:30pm-7:30pm  Timothy Toenskoetter  
Feb. 24 – May 5  Sperreng Mid. School, LG GYM  
No class 3/17  

AQUATICS

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 and children for $79 registration. No class 3/16, 4/20.
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 5:05pm-6:55pm  
Feb. 2 – May 11  FV - PE, POOL  

Lap Swim - Florissant Valley
The pool is open for lap swimming during this time. Lockers are available; however you must provide your own towel and lock for your valuables.
PEDU:721 | $69

500 M-F 6:30am-7:45am  
Jan. 27 – March 3  FV - PE, POOL  
No class 2/17

501 M-F 6:30am-7:45am  
March 24 – April 25  FV - PE, POOL  

Open Lap Swim - Meramec
The pool is open for lap swimming during this time. Lockers are available; however you must provide your own towel and lock for your valuables. No class 2/17, 3/10, 3/11, 3/12, 3/13.
PEDU:721 | $85

600 M-Th 8am-8:50am  
Jan. 21 – May 8  MC - PE, POOL  

Lap Swim - Meramec
The pool is open for lap swimming during this time. Lockers are available; however you must provide your own towel and lock for your valuables.
PEDU:721 | $59

601 M 7am-7:50am  
Jan. 27 – May 5  MC - PE, POOL  
No class 2/17, 3/10

602 Tu 7am-7:50am  
Jan. 28 – April 29  No class 3/11

603 W 7am-7:50am  
Jan. 29 – April 30  No class 3/12

604 Th 7am-7:50am  
Jan. 30 – May 1  No class 3/13  
MC - PE, POOL  

Swimming Skills: Beginning/Intermediate
Designed for persons who want to acquire basic through intermediate swimming skills, enabling them to feel confident in the water and around water activities. Emphasis is on the primary strokes, buoyancy techniques, breath control and endurance.
PEDU:722 | $75

600 MW 11am-11:50am  
Jan. 22 – March 5  Jason Mounts  
MC - PE, POOL  
No class 2/17

601 MW 11am-11:50am  
March 24 – April 30  Jason Mounts  
MC - PE, POOL  
Ted Greenhouse  
FP - PE, POOL  

Get Wet I
This class will take you from fearfulness to a place where you are ready to learn. We will teach the rudiments of face down gliding, back floating, and treading.
PEDU:722 | $49

M01 Tu 7pm-7:45pm  
Feb. 11 – March 25  Mid-City YMCA  

Get Wet II
This level will take the student that is ready to begin strokes and teaches the beginnings of the basic four strokes.
PEDU:722 | $49

M02 Tu 7pm-7:45pm  
Feb. 11 – March 25  Mid-City YMCA  

New Master Swim
Coached workout for adult swimmers ages 18 and up. Must be able to swim a 500 meter swim without stopping but not timed. Focus will be on endurance, competition readiness, and some stroke development.
PEDU:724 | $49

M01 Tu 8:15pm-9pm  
April 1 – May 13  Mid-City YMCA  

M02 Th 8:15pm-9pm  
April 3 – May 15  Mid-City YMCA  

M03 Sa 8am-8:45am  
Feb. 15 – March 29  Mid-City YMCA  

Water Exercise
Get a total body workout as you 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 work at your own pace.
PEDU:729

12 Sessions | $75

580 Sa 9am-9:50am  
Jan. 25 – April 26  No class 3/15, 4/19

581 Sa 10am-10:50am  
Jan. 25 – April 26  

604 MW 9am-9:50am  
March 24 – April 30  Gary Ketcherside  
MC - PE, POOL

605 TuTh 9am-9:50am  
March 25 – May 1  Gary Ketcherside  
MC - PE, POOL

607 TuTh 2pm-2:50pm  
March 25 – May 1  Kelly Kauffmann  
MC - PE, POOL

450 Tu 6:45pm-7:40pm  
Feb. 4 – April 29  No class 3/11  

14 Sessions | $85

600 TuTh 9am-9:50am  
Jan. 21 – March 6  

602 TuTh 2pm-2:50pm  
Jan. 21 – March 6  Kelly Kauffmann  
MC - PE, POOL

603 MW 9am-9:50am  
Jan. 22 – March 5  Gary Ketcherside  
MC - PE, POOL  
No class 2/17

15 Sessions | $89

500 MW 8am-8:50am  
Jan. 27 – March 3  Barbara Harris  
FV - PE, POOL

501 MW 9am-9:50am  
Jan. 27 – March 3  Barbara Harris  
FV - PE, POOL

502 MW 10:05am-10:55am  
Jan. 27 – March 3  Barbara Harris  
FV - PE, POOL

504 MW 8am-8:50am  
March 24 – April 25  Barbara Harris  
FV - PE, POOL

505 MW 10:05am-10:55am  
March 24 – April 25  Barbara Harris  
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
507 TuTh 2:05pm-2:55pm Neil Skid
March 25 – May 1 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. No class 3/13.
PEDU:729 | $75
551 Th 6pm-6:50pm Laura Payer
Feb. 13 – March 6 FV - PE, POOL

Water Exercise: Cardio Fitness
Increase your energy and physical conditioning in this class using a combination of lap-based aerobic exercises along with strength training using dumbbells and noodles.
PEDU:729 | $75
12 Sessions | $75
606 TuTh 10am-10:50am Kelly Kauffmann
March 25 – May 1 MC - PE, POOL
14 Sessions | $85
601 TuTh 10am-10:50am Kelly Kauffmann
Jan. 21 – March 6 MC - 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 | $75
650 MW 6pm-6:50pm Gary Ketcherside
Jan. 22 – March 5 MC - PE, POOL
No class 2/17
651 MW 6pm-6:50pm Gary Ketcherside
March 24 – April 30 MC - 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. No class 3/14.
PEDU:729 | $75
608 F 2:10pm-3pm Catherine Gresick
Feb. 7 – May 2 MC - PE, POOL
No class 3/14
480 Sa 9am-9:55am Sue Kuo
Feb. 8 – April 26 FP - PE, POOL
No class 3/15, 4/19
550 TuTh 7:05pm-7:55pm Jan. 28 – March 6 FV - PE, POOL
552 TuTh 7:05pm-7:55pm March 25 – May 1 FV - PE, POOL

BOWLING
Bowling
Instruction includes approach, delivery, scoring, handicapping. Class meets at the Wildwood Campus on the first day, Wednesday 1/15 then at West County Lanes at 15727 Manchester Road. There will be a $5 fee per class. No class 3/12. Available for credit as PE 116.
PEDU:772 | $98
3C1 W 5pm-5:50pm V SuzAnne Paez
Jan. 15 – May 7 WW, 201

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 grip technique, footwork, release points and basic pocket alignment. Class held at Brunswick Zone Chesterfield, 176 Four Seasons Shopping Center, Chesterfield, MO 63017.
PEDU:772 | $49
M01 Tu 3pm-5pm Charly Kelly
March 25 – April 15 MC - Off Campus

Bridge: Beginning
This class teaches the bidding, play, defense and etiquette used in contract bridge. It also provides the opportunity to learn the SABC (Standard American bidding.)
BRID:701 | $99
M01 Tu 2:45pm-4:45pm Phyllis Siegel
Jan. 28 – April 1 Affton White-Rodgers, A
No class 2/4, 3/25
650 M 5pm-7pm Phyllis Siegel
Jan. 27 – April 7 MC - SW, 209
No class 2/17, 3/10, 3/24
651 M 7pm-9pm Phyllis Siegel
Jan. 27 – April 7 MC - SW, 209
No class 2/17, 3/10, 3/24

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 or experience.
BRID:702 | $59
M01 Tu 2:45pm-4:45pm Phyllis Siegel
April 22 – May 20 MC - Off Campus
Affton White-Rodgers, A
650 M 5pm-7pm Phyllis Siegel
April 21 – May 19 MC - SW, 209
651 M 7pm-9pm Phyllis Siegel
April 21 – May 19 MC - SW, 209
V01 Th 7pm-9pm George Hawley
Feb. 13 – March 20 Bridge Haven
V02 Th 7pm-9pm George Hawley
April 3 – May 1 Bridge Haven

Mah Jongg for Beginners
Challenge your intellect with the ancient Chinese game of Mah Jongg. This tile game is played similarly to the card game rummy, with 4 people at a table. This class is for beginners or those who have played previously and would like a refresher. Class held in Learning Center.
BRID:705 | $49
720 Th 7pm-8:30pm Roberta Damyan
Feb. 6 – Feb. 27 Ladue-HW Sr. H.S.

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. 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
Feb. 4 – March 4 Chess Club & Scholastic Ctr SL

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 SABC (Standard American bidding.)
BRID:701 | $99
M01 Tu 2:45pm-4:45pm Phyllis Siegel
Jan. 28 – April 1 Affton White-Rodgers, A
No class 2/4, 3/25
650 M 5pm-7pm Phyllis Siegel
Jan. 27 – April 7 MC - SW, 209
No class 2/17, 3/10, 3/24
651 M 7pm-9pm Phyllis Siegel
Jan. 27 – April 7 MC - SW, 209
No class 2/17, 3/10, 3/24

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 | $59
M01 Tu 2:45pm-4:45pm Phyllis Siegel
April 22 – May 20 MC - Off Campus
Affton White-Rodgers, A
650 M 5pm-7pm Phyllis Siegel
April 21 – May 19 MC - SW, 209
651 M 7pm-9pm Phyllis Siegel
April 21 – May 19 MC - SW, 209
V01 Th 7pm-9pm George Hawley
Feb. 13 – March 20 Bridge Haven
V02 Th 7pm-9pm George Hawley
April 3 – May 1 Bridge Haven

Chess Club & Scholastic Ctr SL
Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, andbouting. Equipment provided. No class 3/19.
PEDU:745 | $59
920 W 6:30pm-7:25pm March 5 – April 30 Patrick Dorsey
U. City H.S., GIRLS GYM

FENCING
Fencing: Beginning I
Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, andbouting. Equipment provided. No class 3/19.
PEDU:745 | $59
920 W 6:30pm-7:25pm March 5 – April 30 Patrick Dorsey
U. City H.S., GIRLS GYM

Mah Jongg for Beginners
Challenge your intellect with the ancient Chinese game of Mah Jongg. This tile game is played similarly to the card game rummy, with 4 people at a table. This class is for beginners or those who have played previously and would like a refresher. Class held in Learning Center.
BRID:705 | $49
720 Th 7pm-8:30pm Roberta Damyan
Feb. 6 – Feb. 27 Ladue-HW Sr. H.S.

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. 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
Feb. 4 – March 4 Chess Club & Scholastic Ctr SL

FENCING
Fencing: Beginning I
Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, and bouting. Equipment provided. No class 3/19.
PEDU:745 | $59
920 W 6:30pm-7:25pm March 5 – April 30 Patrick Dorsey
U. City H.S., GIRLS GYM

NEW 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. No class 3/19.
PEDU:745 | $59
921 W 7:30pm-8:25pm March 5 – April 30 Patrick Dorsey
U. City H.S., GIRLS GYM

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PERSONAL ENRICHMENT
**FITNESS**

**Boot Camp with Shark Fitness**
You will learn the correct way to train in terms of form, tempo, exercise selection, and what to do outside of class. We discuss nutrition techniques that are crucial to success in achieving your goals without useless, and potentially dangerous supplements. We track your efforts with pre and post - fit tests to provide real feedback. This class will challenge you individually despite the group setting by using sets based on time and variable resistance, not repetitions. Each class contains a wide range of backgrounds, ages and ability levels without overwhelming or holding anyone back. Each class consists of calisthenics, resistance training, short runs, multi-direction drills, and plenty of abdominal work. Are you ready? Must be able to jog 300 yds. Bring a towel or mat and water. No class 1/20.

PEDU: 755
Seven sessions | $80
652 MW 6pm-7pm
Feb. 10 – March 5
No class 2/17
MC - PE, GYM

Nine sessions | $100
651 MW 6pm-7pm
Jan. 6 – Feb. 5
No class 2/20
MC - PE, GYM

14 sessions | $150
600 MWF 5:45am-6:45am
Jan. 6 – Feb. 7
No class 1/20
MC - PE, GYM

601 MW 5:45am-6:45am
Feb. 10 – March 14
No class 2/17
MC - PE, GYM

15 sessions | $160
602 MWF 5:45am-6:45am
March 17 – April 18
MC - PE

603 MW 5:45am-6:45am
April 21 – May 23
MC - PE

**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
Feb. 4 – May 6
Sperreng Mid. School
No class 3/18, 4/8

781 W 7pm-8pm
Marcha Fey
Feb. 5 – April 18
Sperreng Mid. School
No class 3/19

**Fab and Fit - Let’s Get Exercising!**
Get down to business with fitness! Fab and Fit is perfect as a beginning exercise course for someone just starting out or someone looking to refresh their fitness skills. Workout will include easy to follow low impact cardio, small weight training and stretching to help improve strength, coordination and cardio conditioning. Bring light weights (1-3 lbs), a resistance band and a mat.

PEDU: 755 | $39
550 Th 5:30pm-6:30pm
Carrie Blase
Jan. 30 – March 6
SECUEC, 127

551 Th 5:30pm-6:30pm
Carrie Blase
March 27 – May 1
SECUEC, 127

**Body Ball Complete Workout**
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 small, a 65” stability ball, dumbbells and hand weights are optional. Class meets in Fitness Room 54. No class 3/18.

PEDU: 755 | $69
782 Tu 6pm-7pm
Rena Potos
Feb. 25 – May 6
Sperreng Mid. School

**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 support can keep you 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
604 TuTh 5:55am-6:55am
Feb. 11 – March 20
No class 3/11, 3/13
MC - PE, GYM

605 TuTh 5:55am-6:55am
April 13 – May 1
MC - PE, GYM

400 MW 7:45am-7:55am
Feb. 10 – March 24
No class 2/17, 3/10, 3/12
MC - PE, GYM

401 MW 7:45am-7:55am
March 31 – April 30
MC - PE, GYM

**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
Feb. 11 – May 6
No class 3/11
MC - PE, GYM

607 Th 8am-8:50am
Feb. 13 – May 8
No class 3/13
MC - PE, GYM

**Nia: A Combination of Cardio and Strength Training**
NIA blends the grace and spontaneity of modern and ethnic dance, the stillness and concentration of Tai Chi, the dynamic power of Martial arts to make it an expressive mind-body-spirit movement class offering a holistic approach to cardiovascular fitness.

PEDU: 755 | $59
M01 Tu 6pm-6:50pm
Marsha Fey
Feb. 4 – March 11
Sperreng Mid. School

M02 Tu 6pm-6:50pm
Marsha Fey
March 25 – April 29
Sperreng Mid. School

Meramec | $39
680 Sa 8:30am-9:30am
Feb. 1 – March 8
MC - PE, 201

681 Sa 8:30am-9:30am
March 29 – May 10
No class 4/26
MC - PE, 201

**Spin!**
Want to torch calories? Spin offers high energy stationary bike workouts that enhance cardiovascular endurance and muscular strength. Select personal intensity levels during the workout through body position and bike tension. Come enjoy the ride of your life.

PEDU: 755 | $79
V01 M 7pm-8pm
Feb. 24 – April 14
K.I.S.S. Fitness

**Take a high energy Spin class and burn calories, develop endurance and muscular strength.**

20/20/20
Short on time in achieving your optimal physical conditioning? Cover all the bases in this class with a cardio, toning with small hand weights, ab work and stretching. Bring a towel, sticky mat and small hand weights (3-5 lbs).

PEDU: 755 | $79
608 MW 4pm-4:55pm
Jan. 27 – March 19
No class 2/17, 3/10, 4/12
Nichole Hacker
MC - PE, 201

609 MW 4pm-4:55pm
March 31 – May 12
Nichole Hacker
MC - PE, 201

**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 | $69
10 Sessions | $69
P02 Tu 6:30pm-7:30pm
Jill Woehrle
Feb. 27 – May 8
Shaw VPA Sch - Comm Ed Ctr
No class 3/20

652 Th 6pm-6:50pm
Gail Velten
Jan. 30 – April 10
No class 3/13
MC - PE, 105

13 Sessions | $89
651 M 6pm-6:50pm
Katherine McMeans
Feb. 3 – May 12
No class 2/17, 3/10
MC - PE, 105

650 W 6pm-6:50pm
Katherine McMeans
Jan. 29 – May 14
No class 2/26, 3/12, 4/23
MC - PE, 105

**Pilates**
Pilates improves core strength and balances the muscles around the joints, improving the way your body functions, looks and feels. It focuses on breathing, pelvic placement, rib - cage placement, scapular movement, and head and cervical spine placement. No class 3/10, 3/13. Available for credit as PED 116.

PEDU: 755 | $98
3C1 MW 11am-11:50am
Christina Gleason
Jan. 13 – May 7
WW, 102B

**Yoga/Pilates Combo**
Using exercises from yoga and pilates, this class will help you increase your flexibility, strength, balance and build a strong core. Bring a mat. No class 3/17.

PEDU: 756 | $69
P01 M 6:30pm-7:30pm
Jill Woehrle
Feb. 24 – May 5
Shaw VPA Sch - Comm Ed Ctr

**58 St. Louis Community College | Continuing Education Spring 2014**
Yogalates
Get the benefits of yoga, pilates and core strengthening as you exercise and stretch. A challenging and relaxing workout in just one class. Beginners to any class should come 10 minutes early for a brief introduction. Bring water, towel and yoga mat. Class will meet in Community Room B.
PEDU:761 | $59
M01 Th 5:30pm-7pm Jan. 30 – March 6 Affton White-Rodgers, B
M02 Th 5:30pm-7pm March 27 – May 1 Affton White-Rodgers, B

Gentle Yoga - Wildwood
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 and towel. No class 3/12.
PEDU:761 | $59
350 W 6pm-6:35pm Bishnupriya Misra WW, 102A

Iyengar Yoga
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 yoga mat and towel. No class 3/12.
PEDU:761 | $85
351 W 7pm-8:30pm Bishnupriya Misra WW, 102B

The Feldenkrais Method™: Healthy Backs
Don’t let your back limit you! Whether you have back pain or just want to prevent it, the key to a healthy back is learning how to sense the dynamic coordination between your front and back. With these gentle, innovative Awareness Through Movement® lessons you will spend time learning how to notice the habits that lead to tension and pain and experiment with movements to change your habits, reduce pain and increase your strength and flexibility. Lessons are done sitting, standing and lying on the floor. Bring a towel and mat.
PEDU:761 | $49
352 W 7:30pm-8:20pm April 2 – April 30 Kelly Feder WW, 102A

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 yoga sticky mat.
PEDU:761 | $69
10 Sessions
P01 W 6:30pm-7:30pm Feb. 26 – May 7 Shaw VPA Sch - Comm Ed Ctr Jill Woehlke No class 3/19
M03 M 9:30am-10:30am Feb. 3 – April 14 Carrie Lang No class 2/17
M04 W 9:30am-10:30am Feb. 5 – April 9 Carrie Lang No class 2/17
780 M 6pm-7pm Feb. 24 – May 5 Spiereng Mid. School, Fitness 34 Rena Potosos No class 3/17
M13 M 6pm-7pm Feb. 3 – April 14 Sharon Danyluck Sunset Hills CC No class 3/17
M14 M 7:30pm-8:30pm Feb. 3 – April 14 Sharon Danyluck Sunset Hills CC No class 3/17
600 Tu 4pm-5:55pm Feb. 18 – April 29 MC - PE, 201 No class 3/11

Yoga - Big Bend Yoga Center
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 and mat.
PEDU:761 | $95
M01 Tu 1pm-2:30pm April 4 – April 8 Julie Garland Big Bend Yoga Center

Yoga: Continuing - Big Bend Yoga Center
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 | $69
M08 M 1:30pm-2:30pm Feb. 24 – April 28 Kelly Kauffmann Affton White-Rodgers, GYM

New Restorative Yoga
We work very hard in our lives, and while we may sleep, we rarely take time to rest. Restorative yoga poses help us learn to relax and rest deeply and completely. During deep relaxation, all the organs of the body are benefited. Benefits include the reduction of blood pressure, serum triglycerides and blood sugar levels in the blood, the increase of “good cholesterol” levels, improvement in digestion, fertility, elimination and reduction of muscle tension, insomnia and generalized fatigue. Class will focus on pressure points, chakras, and deep breathing techniques.
PEDU:761 | $79
V01 M 6:30pm-7:30pm Feb. 24 – April 14 K.I.S.S. Fitness

Yoga: Basics
New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility, and correct breathing techniques. Bring a yoga mat, towel and water.
PEDU:761 | $79
M05 Th 4:30pm-5:50pm Feb. 6 – March 13 YogaSource
M06 Th 4:30pm-5:50pm March 27 – May 1 YogaSource
M07 M 12:15pm-1:15pm Kelly Kauffmann Feb. 24, April 28 Affton White-Rodgers, GYM

Yoga: Advanced
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 | $69
M09 M 6:30pm-7:30pm Feb. 24 – April 14 Masterpeace Studios

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 Spring 2014 classes for this program on page 42.
Registration begins January 2!
Request a brochure at 314-984-7777
Golf: Beginning I
Learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping.
PEDU:730
4 Sessions | $45
840 Sa 9am-10am April 12 – May 3 Landings-Spirit Golf Club
820 Sa 10am-11am March 29 – April 19 Eagle Springs
800 Th 11am-12pm April 24 – May 15 Golfport-Maryland Hghts
802 Sa 10am-11am April 26 – May 17 Golfport-Maryland Hghts
810 M 6pm-7pm April 7 – April 28 Big Bend Golf Ctr
811 M 7pm-8pm April 7 – April 28 Big Bend Golf Ctr
812 Sa 9am-10am April 26 – May 17 Big Bend Golf Ctr
Women Only
801 Sa 11am-12pm March 22 – April 12 Golfport-Maryland Hghts
6 Sessions | $59
860 M 6:15pm-7:15pm April 14 – May 19 Robert Jeep
861 W 6:15pm-7:15pm April 16 – May 21 Robert Jeep
862 Sa 11:15am-12:15pm April 19 – May 24 Robert Jeep
880 Tu 6pm-7pm April 1 – May 6 The First Tee (SoCo)
881 Sa 11am-12pm April 5 – May 10 The First Tee (SoCo)
893 M 7pm-8pm March 24 – April 28 Tower Tee
890 Tu 9am-10am March 25 – April 29 Tower Tee
892 Tu 6pm-7pm Feb. 4 – March 11 Tower Tee
891 W 9am-10am March 26 – April 30 Tower Tee
894 Sa 10am-11am Feb. 8 – March 15 Tower Tee
895 Sa 9am-10am March 29 – May 3 Tower Tee
Golf: Chipping, Putting, Pitching and Sand Shots
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.
PEDU:732 | $45
840 Tu 5pm - 6pm April 8 – April 29 Landings-Spirit Golf Club
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 own backyard to continue practicing and becoming the best golfer you can be! Class meets at Creve Coeur’s Municipal Golf Course, 11400 Oldie Cabin Rd, 63141, (mandatory first class meets Tuesday, 4/22, with remainder of classes meeting on Sunday, 4/27-5/18 from 9-10am) and an optional 2-hole round (57) is available to test what you learn. Golf balls provided for class.
PEDU:732 | $39
V01 Tu 5:30pm-7pm April 22 Creve Coeur Mun. Golf Course
Su 9am-10am April 27-May 18 Creve Coeur Mun. Golf Course
Playing Golf Lessons
Enjoy this unique opportunity to play with an experienced golf instructor. PGA professional will take you and other students on the regular course (not the par 3 beginner’s course) to play 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 $20 to play up to nine holes (includes a riding cart) on the regular course. Meet instructor at Eagle Springs Clubhouse. Tee time is 5pm sharp.
PEDU:732 | $39
820 M 5pm-7:30pm April 14 Eagle Springs
821 M 5pm-7:30pm April 28 Eagle Springs
822 M 5pm-7:30pm May 12 Eagle Springs
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.
PEDU:732 | $45
800 Tu 10am-11am April 22 – May 13 Golfport-Maryland Hghts
Get in the swing of things this spring with golf classes at SLGCC.
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 exam. It is suitable for riders up to age 55 and is a prerequisite if the student has never taken a formal class before. Students must provide their own motorcycle and pass an on-site test 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.

MOTORCYCLE SAFETY ADVANCED RIDER COURSE

Motorcycle Safety Advanced Rider Course (ARC)
Get the most out of your bike with the Advanced Motorcycle Safety Course Level III (MSF-ARC), while improving your ability to deal with hazards. Riders will enhance skills to improve cornering, swerving, and braking techniques, as well as develop additional expertise in the areas of risk management, decision-making, riding strategies, and rider behavior. Using techniques developed by sport bike riders, you will learn how to maximize your turning abilities, how to stop as well as your machine can manage, and how to swerve around large objects. This course is for two-wheeled motorcycles only (no scooters). For the beginning or casual rider, the BRC-2 would be a recommended prerequisite. Students must have a Class M driver’s license and provide their own street legal and insured motorcycle. No passengers allowed! Class held rain or shine.

MOTR:704 | $129
480 | Su 8am-6pm
   | April 6                FP - D Tower, 215

Basic Bike Bonding Rider Course (BBBRC)
Bike Bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating). The objective of the Basic Bike Bonding Course is to develop and practice basic skills beyond those acquired in the Basic Rider Course. The course is designed to provide sufficient control skills to handle a motorcycle in more challenging street situations in a low risk, effective, and enjoyable training environment. The BBBRC is also an excellent refresher course for those that may not have ridden for a period of time since their Basic RiderCourse or desire additional practice time. You must have completed the BRC or have sufficient riding skills and experience to operate a motorcycle with basic proficiency. Students must have a motorcycle endorsement or motorcycle permit. There is no classroom portion to this course. Training motorcycles are provided. The BRC or Returning Rider BRC are recommended prerequisites for the novice rider; however, not required. Must have motorcycle permit or M-endorsement, be 18 years of age or older. Loaner motorcycles provided. This is not a MO State waiver class.

MOTR:703 | $99
482 | Su 8am-5pm
   | May 4                FP - D Tower, 215

Ultimate Bike Bonding Rider Course (UBBRC)
Bike Bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating). This is a precision riding curriculum derived from police motorcycle training courses and consists of drills and skill circuits to improve a rider’s performance. Controlled motorcycle operation and body positioning are emphasized to maximize low-speed operation and control. By the end of the course, participants should be able to handle their motorcycle in a more precise and smooth manner. There is no classroom portion to this course. Participants must provide their own motorcycle and pass an on-site safety inspection. The BRC-2 or ARC are recommended prerequisites if the student has never taken a formal class for low speed maneuvers. Must have M-endorsement on license, use their own street-legal insured motorcycle (no scooters permitted), be 18 years of age or older. This is not a MO State waiver class.

MOTR:704 | $99
481 | Su 8am-5pm
   | April 27              FP - D Tower, 215
OUTDOOR ACTIVITIES

About Boating Safely
Learn general information concerning boats and maintenance, including information on how to make your boating experience safer and more comfortable. We will also discuss tips on how to be a more courteous boat operator and laws and regulations to which you must adhere. This class offered by the Coast Guard Auxiliary. Required materials may be purchased at the class for $35. Those successfully completing this course will receive the Coast Guard certificate necessary for boating licensure. NSBLA approved course. Lunch not provided.

PEDU:781 | $25
680 Sa 8:30am-4:30pm
March 8
MC - BA, 118

Backpacking and Hiking
Introduction to outdoor living skills; menu planning, choice of proper hiking-camping apparel, campsite development, safety and sanitation. Practicum includes a weekend camping trip. (Each student is responsible for his/her own equipment). Weekend trip will be Saturday and Sunday 2/8 and 2/9. Mandatory orientation meeting 2/5, 7-8pm at Wildwood. Available for credit as PE 106.

PEDU:765 | $98
3C1 W 7pm-8pm
Feb. 5
Timothy Mosby
WW, 202

Ski for a Day
Skiing is one of the world’s most exciting sports! Don’t let winter keep you indoors, enjoy day of downhill excitement skiing at Hidden Valley. Don’t know how to ski? Professional ski instructors will help you get where you need and want to be during a scheduled Beginner - Intermediate lesson. Fee includes ski lesson, lift ticket and ski rental for the day. Students will meet at the Group Check In window at Hidden Valley. Registration/withdrawal deadline: 1/24. No refunds after that date.

PEDU:769 | $65
WD1 Tu 1:30pm-9:30pm
Jan. 28
WWW-Off Campus

WD2 Th 1:30pm-9:30pm
Feb. 13
WWW-Off Campus

“Recreational Tree Climbing course was fun and educational. I gained a lot of knowledge about trees.”
-Airika N., Florissant

New! 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
April 27
Guy Mott
EarthDance Farms

M02 Sa 9am-1pm
May 17
Guy Mott
Camp Wyman

PERSONAL DEVELOPMENT

New! 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.

PERD:709 | $39
680 Sa 10am-12pm
April 5
Carol Watkins
MC - BA, 216
May 12
MC - BA, 220

Couponing 101
Are you looking for a way to save money? Come learn how to coupon for everyday living through basic couponing skills and techniques including coupon organization, jargon and ethics. Couponing can be very time manageable and anyone can learn to do it! Discover how using coupons can make your dollar stretch farther in all of life’s stages.

PERD:710 | $29
350 Tu 6pm-9pm
April 1
Kathleen Stormer
WW, 224

480 Sa 10am-1pm
April 5
Kathleen Stormer
FP - F Tower, 211

580 Sa 10am-1pm
April 26
Kathleen Stormer
FW, 243

680 Sa 10am-1pm
March 1
Kathleen Stormer
MC - BA, 112

New! Address Stress
Life can be stressful, but don’t let stress run your life. Learn simple tools that can be immediately implemented to help you feel better and cope with life’s inevitable stressors.

PERD:712 | $29
350 Th 6pm-8pm
April 10
FW, 224

New! Busting Burnout
Unmanaged stress can lead to burnout. Learn to implement evidence-based suggestions to help prevent, recover from, or cope with burnout and maintain a work-life balance.

PERD:712 | $29
550 M 6pm-8pm
April 28
FW - E, 156

New! Meditation: Beginning
You’ll discover the benefits of meditation: relaxation, mental clarity, emotional balance, and spiritual attunement. In addition, you’ll learn a variety of meditation techniques so you can discover which one works best for you and how to utilize it for greater health, emotional calm and connection with your spiritual self.

PERD:732 | $49
550 W 7pm-9pm
Rhonda Leifheit
March 19 – April 9
FW - TC, 109

Meditation: How and Why
Meditation is a process by which we quiet the conscious mind (inner chatter) so that we can move inward and attune to our Higher Mind. As we shift our attention/awareness within, we access the Subconscious Mind, and then the Superconscious Mind and our vast storehouse of Inner Wisdom. In this class we will explore various exercises and methods to deepen the meditation experience, We will meditate at every class. A meditation CD is provided with the class. Fee includes CD and materials. Bring a blanket or pillow.

PERD:732 | $59
720 Th 7pm-9:30pm
Jean Walters
April 3 – April 17
Ladue-HW Sr. H.S., 131

Relax with meditation classes this spring!

Dreams: Wisdom From Within
Delve into the mystery of dreaming to discover the guidance dreams can give. Learn techniques for remembering dreams and interpreting their meaning in practical, useful ways.

PERD:735 | $49
450 Tu 7pm-9pm
Rhonda Leifheit
March 25 – April 15
FP - B Tower, 013

Increasing Your Happiness
Don’t worry; be happy! Recognize how you control your happiness, and overall well-being, by identifying your strengths, values, lifestyle and behavior. Learn useful tools to increase your own happiness, build teamwork and improve relationships. Bring a notebook and pen.

PERD:739 | $49
550 M 6pm-8pm
Jenna Mueller
April 7 – April 28
FW - B, 312

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
Feb. 26 – March 5
Clayton H.S., 108

Registration begins January 2.
Forgiveness: Shift Your Story, Shift Your Life
Often times, it is anger and resentment which keeps you from being able to move towards the very things you want. The path begins with forgiving yourself. Learn how your anger towards others impacts your life today and the steps you can take to bring a new awareness and forgiveness into your life.
PERD:741 | $49
450 Th 6:30pm-8:30pm Gail Williams-Cloud
April 17 – May 8 FP - G Tower, 119

The Science of Handwriting Analysis
What if you could see at a glance a person’s self-esteem, goals, self-confidence, fears, defenses, and so much more? Handwriting Analysis offers that key. Learn how to use this tool to quickly and accurately identify conscious and sub-conscious personality traits of yourself and others just by looking at a person’s handwriting! Fee includes most materials. Bring notebook and pen.
PERD:743 | $25
650 W 6pm-8pm Yvonne Homeyer
March 5
580 Sa 10am-1pm Deanna Nash
April 26 – May 3 MC - SW, 108

Living With Alzheimer's
In the middle stage of Alzheimer’s disease, those who were care partners now become hands-on caregivers. Discuss helpful strategies with caregivers and professionals to provide safe, effective and comfortable care in the middle stage of Alzheimer’s. Students may bring a lunch.
PERD:749 | $39
450 Sa 9am-2pm Gail Williams-Cloud
April 5 FP - G Tower, 119

Living With Alzheimer's: Legal and Financial
One of the many challenges for families dealing with Alzheimer’s disease are the legal and financial obstacles. Join us to learn about laws and resources available. An elder attorney will join us for a question and answer session.
PERD:749 | $19
350 Tu 6pm-8pm
April 22 WW, 208

Consumed by Clutter
If you or someone you love is overcome with clutter, there is hope. Acquire and utilize strategies to organize and let go of clutter.
PERD:765 | $49
550 M 7pm-9pm Kimberly Meredith
April 28 – May 5 FV – B, 213
650 M 7pm-9pm Feb. 3 – March 3 Kimberly Meredith
No class 2/17 MC - CN, 227

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
Feb. 18 – April 22 Jeanette Miller
Gale Portman
Solar Yoga Center
Sunny Park Rec

New Emotional and Legal Tools for Ending a Relationship
Learn how to become empowered to make smart, informed choices about you and your children's future when an intimate relationship is coming to an end. Whether married or unmarried, ending a relationship can involve significant decisions about money, property, and parenting, as well as emotional transitions, self-discovery, and embracing new opportunities. A mental health professional and a family law attorney will share information and tools to guide and support you on your new course. Topics include: how the emotional stages of ending a relationship impact your decision-making, developing your action plan, and legal information about divorce and paternity.
PERD:749 | $39
350 Tu 6pm-8pm
April 22 WW, 208

TEAM SPORTS
Men's Basketball Recreational
Join a group of men to have fun and get some exercise. We'll play half court and three on three. Bring a white and a dark colored t-shirt to class. Do not wear jewelry. No class 3/19.
PEDU:701 | $59
730 W 7pm-8:30pm
Feb. 5 – April 30 Richard Bannecker
Oakville Sr. H.S., GYMB

Volleyball: Recreational
Keep fit, have fun and make friends. Just register and come play! No class 3/14.
PEDU:704 | $69
580 F 7pm-8:30pm
Feb. 21 – May 2 Jason Guss
FV – PE, GYM

Like us on Facebook
St. Louis Community College Continuing Education

Join us for a FREE Pharmacy Technician information session on Jan. 6.

Demand for pharmacy technicians is growing!
Now is the time for you to become a pharmacy technician with St. Louis Community College. Check out the course description on page 11.

www.stlcc.edu/ce / 314-984-7777
Spring 2014 · Continuing Education · St. Louis Community College
### TENNIS

#### National Tennis Rating Program (NTRP)

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>1.0</td>
<td>This player is just starting to play Tennis</td>
</tr>
<tr>
<td>2.0</td>
<td>May have had some lessons; needs on-court experience</td>
</tr>
<tr>
<td>2.5</td>
<td>Can sustain a short rally of slow pace; needs to develop form</td>
</tr>
<tr>
<td>3.0</td>
<td>Consistent on medium-paced shots; needs work on form and strategy</td>
</tr>
<tr>
<td>3.5</td>
<td>Consistent with directional control; needs to work on specialty shots</td>
</tr>
<tr>
<td>4.0</td>
<td>dependable with directional control and depth has specialty shots. Needs to play more percentage tennis</td>
</tr>
</tbody>
</table>

**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 emphasizes 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.

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**Tennis: Beginning I (NTRP 1.0-2.0)**

See NTRP Rating Box. Tennis balls provided. Facility is not air-conditioned, dress appropriately.

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<tr>
<th>Time</th>
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<th>Place</th>
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<tbody>
<tr>
<td>Sa</td>
<td>9am-10am</td>
<td>woods Mill</td>
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<tr>
<td>Su</td>
<td>6pm-7pm</td>
<td>Woods Mill</td>
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**Tennis: Beginning II (NTRP 2.5)**

See NTRP Rating Box. Tennis balls provided. Facility is not air-conditioned, dress appropriately.

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<td>9am-10am</td>
<td>woods Mill</td>
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<tr>
<td>Su</td>
<td>6pm-7pm</td>
<td>Woods Mill</td>
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**Tennis: Intermediate I (NTRP 3.0)**

See NTRP Rating Box. Tennis balls provided. Facility is not air-conditioned, dress appropriately.

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<th>Place</th>
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<tbody>
<tr>
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<td>9am-10am</td>
<td>woods Mill</td>
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<tr>
<td>Su</td>
<td>6pm-7pm</td>
<td>Woods Mill</td>
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**Tennis: Intermediate II - Advance (NTRP 3.5-4.0) - INDOOR**

See NTRP Rating Box. Tennis balls provided. No class 4/19.

<table>
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<tr>
<td>Su</td>
<td>6pm-7pm</td>
<td>Woods Mill</td>
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**TOURS AND TRIPS**

**Exploring St. Louis**

You will tour a selection of sites of historical and present day significance in the St. Louis area. Discover places you haven’t seen before! Carpools to sites; provide own sack lunch. Admission fees extra. First class will meet in the Campus Police Building classroom, followed by a tour. Class meets off-campus after first class (4/4-4/25). Registration/withdrawal deadline: 3/14. No refunds after date. No class 4/18.

<table>
<thead>
<tr>
<th>Trip</th>
<th>Date</th>
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<tbody>
<tr>
<td>MD4</td>
<td>9am-10:30am</td>
<td>Vetta</td>
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**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 Harveys 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: 4/19.

<table>
<thead>
<tr>
<th>Trip</th>
<th>Date</th>
<th>Place</th>
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<tbody>
<tr>
<td>TRIP:701</td>
<td>$99</td>
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**Taste of St. Louis Tour**

Learn the history of St. Louis foods as we drive from neighborhood to neighborhood enjoying tasty, generous samples while we travel. Bring a shopping bag for whatever you can’t eat or any extras you might want to buy. Trip includes transportation, tour guide, food, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Registration/withdrawal deadline: 2/25. No refunds after that date.

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<th>Trip</th>
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<tr>
<td>TRIP:701</td>
<td>$39</td>
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</table>

**Behind the Scenes (A Mystery Tour)**

Prepare to be amazed as we go behind the scenes to a place you probably haven’t been (or if you have, you’ll see it in a whole new way)! Trip includes transportation, tour guide, lunch, admissions, and gratuities. Meet tour at Thomas Dunn Memorial Learning Center. Field trip release form required. Registration/withdrawal deadline: 3/11. No refunds after that date.

<table>
<thead>
<tr>
<th>Trip</th>
<th>Date</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRIP:701</td>
<td>$59</td>
<td></td>
</tr>
</tbody>
</table>

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**Keep your money and budget safe.**

Have a good and safe tour! Keep your money and budget safe. Remember to bring your own water bottle. No food or drink is allowed on the bus.

**Campus Police Building classroom, followed by a tour. Class meets off-campus after first class (4/4-4/25). Registration/withdrawal deadline: 3/14. No refunds after date. No class 4/18.**

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**TRIP:701 | $99**

**MD4 | 9am-10:30am**

**Joan Huisinga**

**March 28**

**MD - CP**

**F 9am-2:30pm**

**March 28-April 25**

**MC - Off Campus**

**TRIP:701 | $39**

**MD2 | 9:30am-3:30pm**

**Joan Huisinga**

**March 11**

**MC - Off Campus**

**TRIP:701 | $59**

**MD2 | 9:30am-3:30pm**

**Joan Huisinga**

**March 11**

**FP - G Tower, 113**

**MD2 | 9:30am-3:30pm**

**Joan Huisinga**

**March 11**

**FP - G Tower, 113**

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**continued education**

© 2014 St. Louis Community College

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**TRIP:701 | $99**

**MD4 | 9am-10:30am**

**Joan Huisinga**

**March 28**

**MD - CP**

**F 9am-2:30pm**

**March 28-April 25**

**MC - Off Campus**

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**MD2 | 9:30am-3:30pm**

**Joan Huisinga**

**March 11**

**MC - Off Campus**

**TRIP:701 | $59**

**MD2 | 9:30am-3:30pm**

**Joan Huisinga**

**March 11**

**FP - G Tower, 113**

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**PERSONAL ENRICHMENT**

**Calvary and Bellefontaine Cemetery Tour**

From fun and traders and inventors and senators, to the famous and the infamous, these two cemeteries have them all. Come spend the day exploring with us. Trip includes transportation, tour guide, box lunch and drink, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Registration/withdrawal deadline: 4/21. No refunds after that date.

TRIP:701 | $59
MD5 Tu 9:30am-3:30pm        Joan Huisinga  MC - Off Campus

**Hidden Treasures Sculpture Tour**

St. Louis is a city of famous classical sculpture and exciting modern sculpture. As we drive around the city you'll learn the strange stories behind them from a historian plus insight into their artistic merit from an art expert. You'll want to bring your camera for photos of these unique sculptures. Trip includes transportation, tour guides, lunch, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Registration/withdrawal deadline: 4/30. No refunds after that date.

TRIP:701 | $69
MD8 W 9:30am-3:30pm        Joan Huisinga  May 14  MC - Off Campus

**Botanicals: Live and Preserved, with Lunch on the Hill**

Experience three world famous collections. We'll start the day viewing the always beautiful living flora of the Missouri Botanical Garden on a private morning tram ride. After lunch at Favaazz's on the hill, we’ll tour the Monsanto Center at Shaw and Vandever which houses part of the Garden’s collection of millions of carefully preserved specimens. In addition, we’ll visit the Library which has over 200,000 volumes of monographs and journals, including over 4000 volumes of pre-1753 rare books and 7000 items of botanical art and atlases. Transportation, admissions, tours, lunch, and gratuities, and are included. Field trip release form required. Refund/withdrawal deadline: 4/3. No refund after that date.

TRIP:701 | $99
For the following section, meet tour bus in Lot E on NW side of the Meramec campus.

MD7 Th 9:45am-4:15pm        Cindy Fricke  April 24  MC - Off Campus

**Ilinois Amish Country Tour and Lunch in an Amish Home**

Join our group for a delightful day learning about the Amish lifestyle and customs. The day includes a delicious, hearty lunch prepared by the Amish hostel in their home near Arthur, Illinois, complete with homemade bread and pie. The afternoon is spent shopping in the Amish-owned stores that sell bakery items, jam, cheese, furniture, quilts and dry goods (no credit cards accepted for purchases). Trip includes transportation, escort, narrated tour, lunch, and gratuities. Meet tour bus in Lot E on NW side of Meramec campus. Field trip release form required. Registration/withdrawal deadline: 3/14. No refunds after that date.

TRIP:702 | $99
For the following section, meet tour bus in Lot E on NW side of the Meramec campus.

MD2 F 8:15am-7:45pm        Cindy Fricke  April 4  MC - Off Campus

**Heartland Dairyland Tour**

Heartland Dairy Farm and Community located near Newark, Illinois, is an in-patient rehabilitation complex which helps men and women who suffer with anger and substance abuse by removing them from their harmful environment to a working dairy farm. They receive education, housing, spiritual guidance, and a good day's work. We'll see and hear the following: grocery, cafe, creamery, goat farm with dozens of babies, dairy farm and milk cow carousel where 6,000 cows are milked 3 times a day (24/7), entering and leaving on their own. This is a 'must see' transportation, tour guide, lunch, tour fees, taxes and gratuities are included. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Refund/withdrawal deadline: 4/16. No refunds after that date.

TRIP:702 | $99
MD3 Th 8am-7:30pm        Cindy Fricke  May 8  MC - Off Campus

**Land of Lincoln**

We’ll start our day in Springfield with a tour of the Dana Thomas House, designed by Frank Lloyd Wright in 1902. After enjoying a buffet lunch at Maldener’s Restaurant, we’ll visit the Lincoln Presidential Museum. There are multiple theaters and a state of the art interactive library detailing the life of our nation’s 16th president, from his humble beginnings to his lasting achievements. We’ll go to his final resting place and talk about the precautions taken at the Lincoln Tomb to thwart grave robbers. Our return to St. Louis will be aboard the Amtrak Superliner to the downtown station. Your coach will return you to Meramec. Requires walking for up to 30 minutes and the ability to navigate stairs well. Trip includes guided tour, transportation, admissions, lunch, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Registration/withdrawal deadline: 4/4. No refunds after that date.

TRIP:702 | $99
MD4 Sa 8am-8pm        Fred Miller  May 10  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 tour leaders have 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 Europe to make this class your first stop.

TRIP:703 | $19
651 M 7pm-9pm        Fred Miller  April 21  MC - BA, 122
Lavender Aromatherapy

Aromatherapy is the art of treating body, mind and spirit with natural aromatic substances harvested from nature's rich store. Lavender is generally regarded as the most versatile essence therapeutically. Drawing on research and clinical studies this in-depth class will explore all aspects of Lavender for these purposes. Each participant will even get to take home a bottle of Lavender essential oil for their own use. Class will be held lake-side in the old red barn (fans but no air conditioning - dress appropriately for the season). There will also be a brief tour of the blooming lavender fields (walking shoes required). Expect full sun and uneven ground.

HEAL:701 | $29
W01 Sa 10:30am-12pm May 3 Winding Brook Estate

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 March 3 – May 5 STL Combat Inst.

Stress Reduction Techniques for Daily Life

Discover exercises to enhance awareness in everyday life. Receive guided instruction in awareness-enhancing techniques; breath awareness, body scan, sitting meditation and mindful Yoga. Get suggestions for daily home practice.

HEAL:701 | $35
M01 Sa 2pm-4pm April 12 Masterpeace Studios

New Care of Self and Care of Others

Reduce caregiver stress, replenish your energy and enrich your caregiver experience with new skills that will help you understand how to be a mentally and physically healthy caregiver. Caregivers will learn how to prevent compassion fatigue and ways to improve the relationship with the person you care for, know the difference between depression and grief, and how to make emotional deposits.

HEAL:702 | $29
480 Sa 11am-1pm March 22 FP - G Tower, 119

New Live Your Life Well

Increase your mental well-being with evidenced based, practical tools. Learn how to better cope with and manage everyday life, as well as, more serious crises and challenges.

HEAL:702 | $29
680 Sa 11am-1pm March 1 MC - BA, 116

New Explaining Pain: Help Manage Chronic Pain

Do you or someone you know suffer from chronic pain? Research has shown that understanding how pain works can help reduce pain. Find out how to apply modern pain science to your daily life. Based on the book Explain Pain. Lecture with some gentle movement (voluntary participation) included.

HEAL:703 | $25
480 Sa 10am-12pm B Sanvito April 12 FP - G Tower, 119

Improve Your Health by Tapping Into the Mind/Body Connection

Feel better as you tap acupressure points while making positive statements. This may ease many forms of discomfort. Clear your self-sabotaging beliefs, integrate mind and body for a healthy whole.

HEAL:706 | $45
450 M 7pm-9pm Rhonda Leifheit March 17 – March 31 FP - B Tower, 013

New Make Health Your Hobby

It's time to take charge of your health! Learn how to make health your hobby and feel younger, live healthier, sharpen thinking, and boost energy. Understand your Metabolic Type and how your body uses food. Class is based on the work of Dr. William Sears, author of Prime-Time Health.

HEAL:712 | $19
C50 Tu 6:30pm-8pm Elaine King March 18 Corp. College, 211

New The Truth About Fat Loss

Don’t be fooled by misleading ads and misinformation surrounding fat loss. Learn how the body uses food, what causes the body to store fat, why most diets fail, and why merely cutting calories may have negative consequences with regard to fat loss. Receive assistance from a Certified Fitness Nutrition Specialist in creating a meal plan that will help you reach your goals.

HEAL:713 | $25
350 Tu 6:30pm-8:30pm Daniel Nobel April 4 WW, 306

New Overeating: Take Control

Explore the reasons you overeat and find the tools to control this obsession. Make your life healthier and more fulfilling. “Never get in the WEIGH of a determined woman” - Cindy Fricke, health coach, motivational speaker and author, will help you start your journey of success. Fee includes book.

HEAL:713 | $39
550 Tu 7pm-8:30pm Cindy Fricke March 18 – March 25 FV – B, 211

The Magic of Coincidence

A guide to greater awareness of “meaningful coincidences” in life. Discover how to trust intuition and receive the power of synchronicities.

HEAL:765 | $25
680 Sa 10am-12pm Roselyn Mathews April 5 MC - SO, 232

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 Feb. 15 B Sanvito FP - HSP, 221
680 Sa 9:30am-3:30pm March 29 B Sanvito MC - SW, 106

New Infant Massage

Enhance the bond and attachment between you and your baby through infant massage. Learn different techniques and strokes to benefit various areas of the body, including gentle movement and colic routine. Instructor will use a doll to demonstrate techniques. Participants with infants should bring a blanket/pillow for floorwork and must sign waiver. Infants should not eat 1 hour before class. Instructional dolls will be available. Each participant will receive a certificate of completion at the end of class if all requirements are met.

HEAL:705 | $59
Ages 6 weeks to 12 months
C50 Tu 6pm-7pm April 8 – May 6 Corp. College, 209
Ages 12 to 24 months
C51 Tu 7pm-8pm April 8 – May 6 Corp. College, 209

Personal Enrichment

8th Annual Healthy American Summit

St. Louis Community College- Florissant Valley

Friday, April 4, 2014 9am-3pm

For complete schedule and registration brochure, call 314-513-4391.

TRIP:703 | $29
650 Tu 7pm-9:30pm Feb. 25 Dea Hoover MC - SO, 108

Licensed Massage Therapists can earn CEUs upon successful completion of the following classes.

Reiki - Level I

Reiki is a hands-on method of healing from Japan that means universal energy. Learn how to apply healing treatments using the traditional Usui method of Reiki as well as some add on methods to support the therapist and recipient in maximizing the treatment. Reiki has 3 levels, each with its own specializations. Level one teaches the hands-on method. Course will provide 7 CEUs for licensed massage therapists (IL and MO) and students will receive a certificate upon completion.

HEAL:710 | $89
680 Sa 8am-4pm Sarita Kumari Jan. 18 MC - SW, 108

Therapeutic Stretching

Drawn from yoga, neuromuscular, and Thai massage, therapeutic stretching offers clients maximum benefits from their massage sessions. Learn advanced stretching techniques for relieving muscle pain, tightness, and improve flexibility, overall structure and balance to the body. Course is designed for massage therapists, but is suitable for anyone wishing to learn advanced methods. Wear very loose and comfortable clothing as you will get to practice techniques on each other. Course will provide 4 CEUs for licensed massage therapists (IL and MO) and students will receive a certificate upon completion.

HEAL:710 | $75
350 Tu 5pm-9pm Sarita Kumari Jan. 21 WW, 102A

Massage Doula

Course will prepare the licensed massage therapist to add specialization to their skills as a Doula or Birthing Assistant. Training consists of techniques for relaxation, massage and pressure points for moms in labor, communication skills, birth planning, anatomy and physiology of labor, providing for emotional needs, natural pain relief methods, and more. Fee includes book, video, 12 hours of hands on training, and a certification exam. Course is designed for massage therapists, however partners or friends of pregnant moms are welcome to take the course and receive a Certificate of Completion for Doula Training. For licensed massage therapists (MO only), successful completion will offer 20 CEUs and certification as a Therapeutic Massage Doula.

HEAL:710 | $325
681 Sa 9am-4pm March 1 – March 8 Sarita Kumari March 1 – March 8 MC - SW, 108
YOUTH AND FAMILY

New 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. Signed waiver required for all participants. No class 3/11.

KIDS:711 | $59
650 Tu 5:30pm-6:30pm Feb. 25 – April 22 MC - PE, 105

New 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. 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. Signed waiver required for all participants.

KIDS:738 | $59
600 Tu 4:30pm-5:15pm Feb. 25 – April 22 MC - PE, 105
No class 3/11
Parents/ guardians of children that have registered and paid for KIDS 738 600 should register for PEDU 738 601. Maximum 2 parent/guardian for each $69 child registration.

601 Tu 4:30pm-5:15pm Feb. 25 – April 22 MC - PE, 105
No class 3/11

From A to Z in Clay
You’ll learn to create all sorts of things in clay from a professional artist who loves to work with kids. You’ll use the same materials as adults and work in a college clay studio that is safe and appropriate for all ages. Ages 6 to 14. Fee includes most materials.

KIDS:707 | $99
S80 Sa 1pm-3pm Sheow Chang Feb. 7 – March 8 FV - H, 109

New Japanese for Youth-Ages 11-17
Do you enjoy Japanese manga, anime and music? Do you wish you knew what they were saying? Learn the basics of the Japanese language and culture and begin to build your grammar skills through key sentences, dialogues and activities using games, exercises and anime. Introductory Japanese conversation as well as reading and writing Japanese characters will be covered.

KIDS:719 | $75
S80 W 4:30pm-6:30pm Noriko McLeer March 26 – April 30 Eureka CC

Junior Baker: Cupcakes Galore!
School is closed on President’s Day, so come join us for a fun morning activity for young bakers ages 10-14. You’ll develop your baking skills and knowledge in this class, learning to make and decorate 2 kinds of cupcakes from scratch (including 2 different icings). After this experience, you’ll be able to go home and bake your own special cupcakes creations for parties and special celebrations, family get-togethers, bake sales and more...the possibilities are endless. Class is a combination of demonstration and hands-on. Bring containers to take home your finished creations.

KIDS:730 | $39
P01 M 9:30am-12:30pm Debra Hennen Feb. 17 Culinary Arts House

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-defense, 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 Timothy Toeniskoetter The Martial Arts Cntr (Florissant) Feb. 22 – May 3 No class 4/19
V01 Sa 10am-11am Martial Arts Cntr (Florissant) Feb. 8 – April 12 No class 4/13, 4/20
V02 Tu 5pm-6pm Feb. 25 – April 29

Tennis for Youth: Pee Wee
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 hand-eye 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
Level I
Indoor | $85
M01 Sa 5pm-6pm Mark Platt Frontenac Racquet Jan. 26 – March 2 No class 4/19
Outdoor | $75
M06 Sa 1pm-2pm Mark Platt MC - Off Campus March 16 – May 4 No class 4/13, 4/20
Level I and II
Indoor | $85
M02 Sa 5pm-6pm Mark Platt Frontenac Racquet March 9 – April 13

New Junior Tennis Team for Middle School
Prepare for middle school junior varsity or varsity tennis teams. Program offers four team-style practices and one junior tennis tournament.

KIDS:709 | $89
M09 Sa 6pm-7pm Mark Platt Forest Lake TC Tournament held 2/15 at Frontenac Racket Club Feb. 22 – March 20
M11 Sa 6pm-7pm Mark Platt Forest Lake TC Tournament held 3/15 at Frontenac Racket Club March 22 – April 15

New Junior Tennis Team for High School
Prepare for high school junior varsity or varsity tennis teams. Program offers four team-style practices and one junior tennis tournament.

KIDS:709 | $89
M10 Sa 7pm-8pm Mark Platt Forest Lake TC Tournament held 2/15 at Frontenac Racket Club Feb. 22 – March 16
M12 Sa 7pm-8pm Mark Platt Forest Lake TC Tournament held 3/15 at Frontenac Racket Club March 23 – April 12

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. Tennis balls provided.

KIDS:709
Outdoor | $75
Ages 7-10
580 Sa 9am-10am Mark Platt FV - PE, TENNIS March 29 – May 10 No class 4/19
720 Sa 12pm-1pm Mark Platt Ladue Mid. School March 29 – May 10 No class 4/19
M07 Su 2pm-3pm Mark Platt MC - Off Campus March 16 – May 4 No class 4/13, 4/20

Ages 11-15
P01 Sa 11am-12pm Mark Platt Kaufman Park April 5 – May 17 No class 4/19
M08 Su 3pm-4pm Mark Platt MC - Off Campus March 16 – May 4 No class 4/13, 4/20

Indoor | $85
Ages 7-10
M03 Su 6pm-7pm Mark Platt Frontenac Racquet Jan. 26 – March 2
M04 Su 6pm-7pm Mark Platt Frontenac Racquet March 9 – April 13
Ages 11-15
M05 Su 6pm-7pm Mark Platt Frontenac Racquet March 9 – April 13

Golf for Youth: Beginning I

KIDS:710 | $45
811 Sa 11am-12pm Big Bend Golf Ctr April 26 – May 17
810 W 5pm-6pm Big Bend Golf Ctr April 2 – April 23

Fencing for Youth: Beginning I

KIDS:720 | $49
650 Th 6pm-6:50pm Patrick Dorsey MC - PE, 201 Jan. 30 – March 20

Fencing for Youth: Beginning II

KIDS:720 | $49
651 Th 6pm-6:50pm Patrick Dorsey MC - PE, 201 April 3 – May 15

Swimming for Children: Beginning
You’ll learn to swim like a fish maybe a shark while practicing beginning swimming strokes and personal water safety skills and overcoming any fear you may have of the water. Ages 8 and up. No class 3/15.

KIDS:720 | $39
S80 Sa 11am-11:50am Jeanne Schulte March 1 – April 12 FV - PE, POOL
S81 Sa 12pm-12:50pm Jeanne Schulte March 1 – April 12 FV - PE, POOL
S82 Sa 1pm-1:50pm Jeanne Schulte March 1 – April 12 FV - PE, POOL
S83 Sa 2pm-2:50pm Jeanne Schulte March 1 – April 12 FV - PE, POOL

PERSONAL ENRICHMENT

www.stlcc.edu/ce | 314-984-7777
Spring 2014. Continuing Education | St. Louis Community College 67
Opportunity Knocks
Open the Door to a New You this Spring!

Professional Development

• Business, Nonprofit and Career Development (page 5)
• Career Studies (page 10)
• Computers and Technology (page 17)
• Construction and Industrial Technologies (page 23)
• Education and Test Prep (page 24)

Personal Enrichment

• Ageless Learning (page 25)
• Creative Arts (page 27)
• Nature, Home and Garden (page 41)
• Personal Finance (page 47)
• Personal Interest (page 48)
• Personal Safety (page 54)
• Recreation, Fitness and Wellness (page 55)

Registration begins January 2.
Call 314-984-7777 to register!
LOCATION INDEX

STLCC Continuing Education

Registration begins January 2

CAMPUS LEGEND

FLORESIANT VALLEY = FV

STLCC
Continuing Education

FLORESIANT VALLEY = FV

A A- TOWER
B B- TOWER
C C- TOWER
D D- TOWER
F F- TOWER
G G- TOWER
H HOSPITALITY
L LIBRARY
PPE PHYSICAL EDUCATION
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
H HOSPITALITY
L LIBRARY
PPE PHYSICAL EDUCATION
SC STUDENT CENTER
T THEATER
AA ART ANNEX

MERAMEC = MC

AC ASSESSMENT CENTER
AD ADMINISTRATION/CLARK HALL
AP APPLIED SCIENCE
BA BUSINESS ADMINISTRATION
CE CONTINUING EDUCATION
CP CAMPUS POLICE
CN COMMUNICATIONS CENTER
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

www.stlcc.edu / 314-984-7777

Spring 2014. Continuing Education | St. Louis Community College
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 KMOVTV/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. Students are 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 one.

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

Cosand Center/Employment
Patricia Henderson, Senior Manager of Employment
300 S. Broadway, St. Louis, MO 63102-2800, 314-539-5214

Floissant Valley
Joe Worth, Vice President, Student Affairs
3400 Pershall Road, St. Louis, MO 63135-1408, 314-513-4250

Forest Park
Thomas Walker, Jr, Vice President, Student Affairs
5600 Oakland Avenue, St. Louis, MO 63110-1316, 314-644-9212

Meramec
Kim Fitzgerald, Acting Vice President, Student Affairs
11333 Big Bend Road, St. Louis, MO 63122-5720, 314-984-7609

Wildwood
Marilyn Taras, Director of Student Affairs
2645 Generations Drive, Wildwood, MO 63040-1168, 636-422-2004

Section 504/Title II Coordinator
Dr. Donna Dare, Vice Chancellor of Academic and Student Affairs
300 S. Broadway, St. Louis, MO 63102-2800, 314-539-5285

STLCC Continuing Education
Enrollment in classes within this brochure, except for youth section classes, is limited to persons 16 years or older.
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 Florissant Valley Forest Park
802 Couch Avenue At the Center for Workforce Innovation Forest Park
St. Louis, MO 63122 3400 Pershall Rd., Ferguson, MO 63135 Forest Park, G Tower 320-322
802 Couch Avenue At the Center for Workforce Innovation Forest Park
St. Louis, MO 63122 3400 Pershall Rd., Ferguson, MO 63135 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
Before calling to register, have this information ready:
1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address / phone number / email)
3. Student Number or UIN
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:

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<th>Course Code</th>
<th>Section</th>
<th>Course Title</th>
<th>Day/Time</th>
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☐ 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: ___________________________
Credit Card Card Number: ___________________________ Expiration Date: ___________________________
Signature: __________________________________________

www.stlcc.edu/ce / 314-984-7777
Spring 2014. Continuing Education | St. Louis Community College 71
Healthcare Occupations at St. Louis Community College

Continuing Education’s Healthcare Occupations training programs enhance workforce skills and prepare students for state and national certifications, as well as prepare them to enter the workforce directly. Check out these programs on page 11.

Call 314-984-7777
for more information

www.stlcc.edu/ce

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 and Community Development division 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

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.