

Continuing Education

at St. Louis Community College

Spring 2014

Opportunity Knocks



Open the door
to a new YOU!

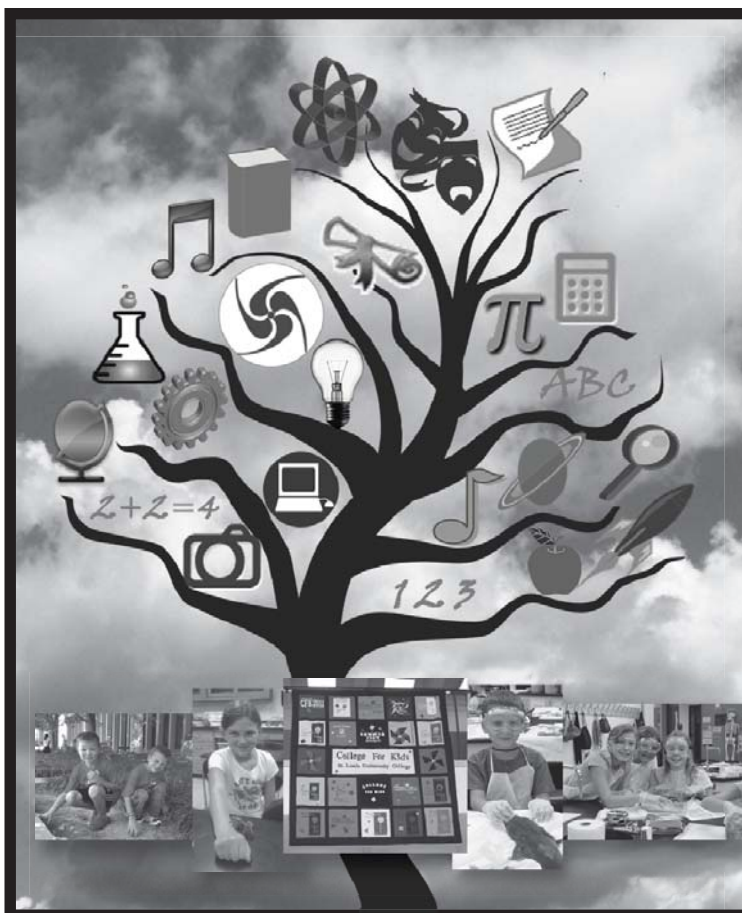


St. Louis
Community
College

Registration begins January 2

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

**Call 314-984-7777
to register today!**



Spring 2014

STLCC Continuing Education

Open the Door to a New YOU with Continuing Education!

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!

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

TABLE OF CONTENTS

Professional Development

BUSINESS, NONPROFIT AND CAREER DEVELOPMENT

Professional Essentials	5
Business Essentials	6
Nonprofit Administration	7
Career Essentials	8

CAREER STUDIES

Nursing and Allied Health	10
Mental Health Interpreter	11
Healthcare Occupations	11
Childcare Training	13
Communications	14
CPR and First Aid	15
Restaurant Management	16
Fitness Training	16

COMPUTERS AND TECHNOLOGY

Applications and Systems	17
Computer Maintenance	18
Desktop Publishing	18

DATA	19
Mobile Basics	21
Networks and Security	21
Personal Computing	21
Productivity	22
Social Networks	22
Tech Savvy Fridays	22
Web Development	23

CONSTRUCTION AND INDUSTRIAL TECHNOLOGIES

Construction	23
Electrical	23
Industrial Engineering	23
OSHA	23
Sustainability	24
NABCEP Solar Certified Courses	24

EDUCATION AND TEST PREP

High School Equivalency	24
Test Prep	24

Personal Enrichment

AGELESS LEARNING

Seminars	25
Senior Fitness	26
Social Security Benefits	27

CREATIVE ARTS

Crafts	27
Culinary Arts	30
Dance	34
Fine Arts	35
Music	37
Photography	38
Theater	39
Writing	39

NATURE, HOME AND GARDEN

Animal Care	41
Home Improvement	43
Home Maintenance	44
Real Estate	44
Master Naturalist	45
Gardening	46
Ecology	46

PERSONAL FINANCE

Personal Finance	47
Estate Planning	47
Investing	47
Retirement Planning	48

PERSONAL INTEREST

Communication Arts	48
Genealogy	48
History	48
Religion	51
Languages	52
Sign Language	54
Science	54

PERSONAL SAFETY

Firearm Safety	54
Self Defense	55

RECREATION, FITNESS AND WELLNESS

Aerobic Exercise	55
Aquatics	56
Bowling	57
Cards and Games	57
Fencing	57
Fitness	58
Golf	60
Motorcycle Rider Training	61
Outdoor Activities	62
Personal Development	62
T'ai Chi	63
Team Sports	63
Tennis	64
Tours and Trips	64
Wellness	66
Youth and Family	67

NEW SKILLS
↓
TRAINING

**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:

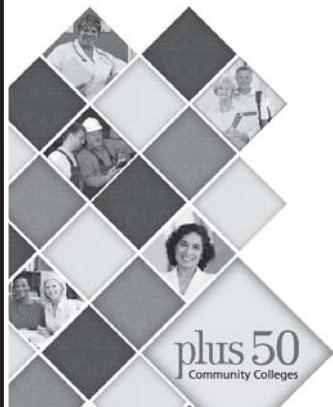
- Two classes from each of the three core areas of startup, finance, management
- Three marketing classes
- Two classes from designated technology options

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.**

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TO THE NEXT
DEGREE**



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.

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**[www.stlcc.edu/
plus50completion](http://www.stlcc.edu/plus50completion)**



STLCC Continuing Education

PROFESSIONAL DEVELOPMENT



Take charge of your professional development this Spring!

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

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 class. Class meets Tuesdays 2/4, 2/11, 2/18, 2/25, 3/11, 3/25, 4/8, 4/22, 5/6, 5/13 and Saturdays 5/10, 5/17.

BUSN:765 | \$1,899

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

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 with understanding of LEAN and how it can improve your organization. We will review the ways in which LEAN Thinking and LEAN Work Processes are driving significant increases in productivity in a variety of work environments. You will learn how to:

- Optimize the static work environment through the use of the 5S System
- Make work flow smoothly through the work environment through the use of Value-Stream Mapping
- Use the A3 process to drive process improvements

You'll receive materials to apply the tools of LEAN in your organization.

BUSN:765 | \$149

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 (CPE) units. Topics will be relative to the interest and needs of CPAs and will be taught by recognized experts. Fee includes continental breakfast and materials. No 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 attaining the required two hour Ethics Continuing Professional (CPE) units. Fee includes continental breakfast and materials.

BUSN:787 | \$34

M02
Th 7:15am-9am
May 29
Ces & Judy's

Project Management Orientation

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

BUSN:765 | No Fee

C80 Sa 9am-12pm
March 8

Dirk Lupien
Corp. College, 211

Project Management

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 6pm-9pm
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

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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**
March 8 MC - SO, 111

481 Sa 9am-1:30pm **Glenda Herron**
April 5 FP - G Tower, 119

Dealing with Difficult People in the Workplace and Managing the Conflicts

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

BUSN:705 | \$35

480 Sa 9am-12pm **Dr. Renee Huss**
Feb. 22 FP - G Tower, 113

New Essentials 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-a leader who inspires others to act. Course is approved for HRCI credit.

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**
Feb. 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 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 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

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

New 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:701 | \$59

680 Sa 9am-12pm **Lynette Watson**
Feb. 8 - Feb. 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:729 | \$55

680 Sa 8:30am-1:30pm **Morris Turek**
April 5 MC - BA, 114

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:702 | \$99

650 Tu 6pm-9pm **Lynette Watson**
March 25 - April 15 MC - SO, 107



S.C.O.R.E Seminar

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

BUSN:701

681 Sa 8:15am-3pm **MC - SO, 108**
Jan. 11

682 Sa 8:15am-3pm **MC - SO, 205**
March 8

683 Sa 8:15am-3pm **MC - SO, 111**
April 12

New Artisans and Crafters: Making Money with Your Business

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

BUSN:701 | \$29

450 Tu 6pm-9pm **Michelle Ochonicky**
Feb. 18 FP - G Tower, 117

650 Tu 6pm-9pm **Michelle Ochonicky**
March 4 MC - CS, 205

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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

Finance

Keeping Records for a Small Business

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, sole proprietorship and corporate records, 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
May 17

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 manager position, this course provides an overview of accounting terminology and processes, analyzing financial activities and statements, and applying the fundamentals of accounting. Course will cover debits, credits, general ledgers, assets, liabilities, balance sheets, profit and loss statements and more.

BUSS:741 | \$29

650 Th 6pm-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 requests, how much cash you can safely take out of the business, and how to make affordable purchases for your business. At its conclusion, you should be able to: forecast sales, receivables and expenses, use a cash budget to create a month-by-month view and calculate break-even, as it relates to business expansion, workforce additions or capital expenditures. Program is offered in collaboration with the Small Business and Technology Development Center.

BUSS:741 | \$29

680 Sa 9am-12pm
April 12

Lynette Watson
MC - BA, 114

"When it came to my business, Robin Boyce (Advertising, Marketing and PR on a Dime) made me realize that I was not just selling T-shirts, but giving an identity to my customers and demographics. She also helped me understand ways to promote the business without going broke in the process. By using press releases, self-promotions and trying to get advertisement on the webpage, I will ensure my 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 J., Glendale

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 Boedges
MC - CN, 202

Promotion

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

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 Ctr, 109

450 Tu 6pm-8pm
March 18 – March 25

Robin Boyce
FP - G Tower, TBA

New Increase 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).

NONPROFIT ADMINISTRATION

Establishing and Running a Nonprofit Organization: Part I

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

NPAD:703 | \$29

680 Sa 10am-12pm
April 5

Amy Hereford
MC - BA, 118

Establishing and Running a Nonprofit Organization: Part II

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

NPAD:703 | \$29

681 Sa 1pm-3pm
April 5

Amy Hereford
MC - BA, 118

Basic Grant Writing Seminar for Nonprofit Organizations

In this interactive discussion course taught by Kent Hornberger of the St. Louis Regional Chapter of the Grant Professionals Association, we'll share ideas and examples to provide an overall review of the grant writing process. You'll learn practical guidelines for identifying and pursuing potential foundation and corporate funders. Research techniques and their importance in grant writing will be emphasized as well as the use of library and Internet resources. Bring a USB travel drive to class. Lunch on your own.

NPAD:701 | \$59

480 Sa 9am-4pm
March 1

Kent Hornberger
FP - G Tower, 113

Basic Grant Writing for Nonprofit Organizations

This course provides an overall review of the grant writing process offering practical guidelines for identifying and pursuing potential foundation and corporate funders. Research techniques and their importance in grant writing will be emphasized as well as the use of library and Internet resources. Lunch on your own. Bring a one inch, three ring binder to class.

NPAD:701 | \$59

680 Sa 9am-4pm
March 22

Jennifer Bush
MC - SQ, 112

Proposal Budgeting Seminar

Proposal writers at all levels need to know the nuts and bolts of budget preparation to support their project proposals. A sound, well organized budget can help convince prospective funders that your project is worthy of their financial investment. Taught by Kent Hornberger of the St. Louis Regional Chapter of Grant Professionals Association, this course will teach you to build a budget step-by-step to provide a complete picture of your financial needs. Hands-on participation exercise: You will build your own budget for a project you are planning.

NPAD:701 | \$29

481 M 6pm-9pm
March 24

Kent Hornberger
FP - G Tower, 111

The Missouri Common Grant Application

In 2011, many Missouri foundations began accepting the Missouri Common Grants Application 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.

NPAD:701 | \$29

482 M 6pm-9pm
April 14

Kent Hornberger
FP - G Tower, 111

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.

NPAD:765 | \$29

480 M 6pm-9pm
April 7

Kent Hornberger
FP - G Tower, 111

Think Outside the Box: Target Potential Funding through PR

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

NPAD:707 | \$45

651 Tu 6pm-8:30pm
April 1 - April 8

Robin Boyce
MC - CS, 209

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.

NPAD:765 | \$19

680 Sa 9:30am-11am
Feb. 8

Amy Hereford
MC - BA, 118

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 help you in applying the concepts.

NPAD:701 | \$29

681 Sa 9am-12pm
April 5

Suzy Shepard
MC - BA, 112

Volunteer Management

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

NPAD:704 | \$25

770 W 7pm-9pm
March 26

Barbara Hughes
Hixson Mid. School, 112

Setting Up a Board of Directors

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

NPAD:706 | \$25

770 W 7pm-9pm
April 2

Barbara Hughes
Hixson Mid. School, 112

"Barbara Hughes is quite experienced in volunteer management 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

Resume Writing and Job Search

Writing Your Resume to Impress

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

CPDV:704 | \$39

651 Tu 6pm-8pm
April 1 - April 15

Jacqueline Meaders-Booth
MC - SW, 208

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.

CPDV:705 | \$25

651 Tu 6:30pm-9:30pm
March 4

Laurie Lombardo
MC - LH, 102

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.

CPDV:704 | \$29

550 W 6:30pm-8:30pm
Feb. 19 - Feb. 26

Laurie Lombardo
FV - B, 125

650 Tu 6:30pm-8:30pm
March 18 - March 25

Laurie Lombardo
MC - SW, 208

New 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!

CPDV:703 | \$29

650 TuTh 6pm-8pm
March 4 - March 6

Cathleen Sloane
MC - BA, 205

New We Are ALL Self-Employed-It's the New Normal, Here's What You Must Do

How many jobs have you had in your life? Today, many individuals no longer work for one company their entire career. Acknowledging this 'new normal' there are things you can do, things you need to do, to ensure you'll be a survivor rather than one of the many unemployed and under-employed. Join speaker, author, and coach, Fred Miller for a discussion on building an 'EXPERT Stool'. You'll learn practical tips for speaking, writing and internet marketing to help you highlight your strengths on resumes, cover letters and on websites to secure that new job!

CPDV:765 | \$19

650 Tu 7pm-9pm
Feb. 18

Fred Miller
MC - BA, 208

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.

CPDV:705 | \$25

653 Tu 6:30pm-9:30pm
April 8

Laurie Lombardo
MC - CN, 230

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.

CPDV:705 | \$25

650 Tu 6:30pm-9:30pm
Feb. 25

Laurie Lombardo
MC-CS, 209

New 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!

CPDV:705 | \$19

652 Tu 6pm-7:30pm
March 18

Cathleen Sloane
MC - CN, 202

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 Gwyndolyn Fouche
Feb. 22 – March 8 Thomas Dunn Mem. Ctr

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

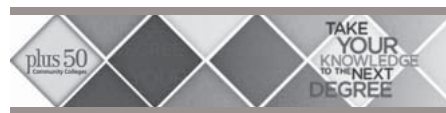
Competition for jobs and business opportunities is strong and you need to stand out. Whether you are at a networking event, meeting or called upon to speak at a seminar, you have only a limited amount of time to capture the attention of the listeners, introduce yourself and get noticed. In this class, 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



Seeking a new career?

Check page 12 for details.

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
May 3

Carol Watkins
MC - SO, 109

GENERAL INFORMATION for Nursing and Allied Health Programs



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

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

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

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

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

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

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

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

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

Clinical and Field Work

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

Students should contact an academic advisor or the program coordinator for further details.



American Heart Association®

AUTHORIZED TRAINING CENTER

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 events that follow a cardiac arrest. Please note that written and practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Upon successful completion each participant will receive an ACLS course completion card in approximately two weeks. Intended audience: Personnel staffing emergency, intensive care or critical care departments, emergency medical providers such as physicians, nurses, emergency medical technicians, paramedics, respiratory therapists, and other professionals who may have a need to respond to a cardiovascular emergency. Materials will be mailed prior to the program for extensive self-paced pre-course preparation. Access to a computer will be necessary for pre-course work. Registration three weeks prior to course start date is required to ensure arrival of 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 Elcee Conner
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

4D1 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

550 W 6pm-9:15pm
March 5 Cathy Flasar
FV - B, 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 sick and injured, pediatric and geriatric emergencies, childbirth, defibrillation, hazardous material situations and the use of adjunctive EMS equipment. Does not include CPR. Attendance at first class is required. A strict attendance policy is enforced. Course is not for initial EMT-Basic training. Registration deadline before scheduled start date.

EMSS:700 | \$270

H01 MW 9am-1pm
Jan. 13 – May 12
No class 1/20, 2/17, 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. Neurologic anatomy 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 | \$45

550 Tu 6pm-9:15pm
April 1 Marilyn Miller
FV - 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 Marilyn 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 attitudes and mindsets 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 | \$39

650 W 6pm-9:15pm
April 9 Rick Goolsby
MC - SS, 108

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 22 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. Preoperative and postoperative nursing assessment and interventions will be discussed regarding the patient with an abdominal aortic 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



Registration is now open!

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 (2/3 - 5/12) for 28 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.

AHCE:786 | \$2,100

CD1 MTh 6pm-9:30pm

Feb. 3 – Jul 2

Corp. College, 276

Pharmacy Technician Information Session

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

AHCE:786 | No Fee
CO1

M 6pm-7pm

Jan. 6

Corp. College, 209

Registration for the Information Session is now open.

Call 314-984-7777 to register!



Registration opens January 2

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 online at www.dhss.mo.gov to obtain letter.

No class 3/11, 3/13. Refund/withdrawal deadline: 2/4. No refunds after that date.

AHCE:785 | \$1,400

4D1 TuTh 3:30pm-6:30pm

Feb. 11 – May 1

Karen Taylor

FP - B Tower, 417

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

Kimberly Osmanagic

Eduardo Vera

Feb. 10 – April 28

MC - SO, 107



Registration begins January 2

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, food service, personal care, elimination, restorative nursing, infection control and special procedures.

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

enforced throughout this training.

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

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

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

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.

4D1 TuTh 4:30pm-8:30pm
Sa 8am-4:30pm

Alverta Smith

Jan. 7 – March 6

Jan. 11

FP - G Tower, 121

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.

4D2 TuTh 4:30pm-8:30pm
Sa 8am-4:30pm
No class 4/17, 5/1

Alverta Smith

March 18 – May 22

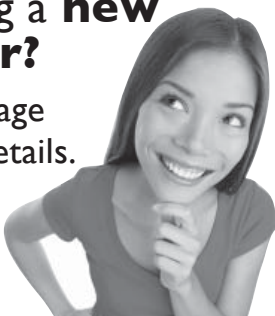
March 22

FP - G Tower, 121

FP - C Tower, 415

**Tired of your J-O-B?
Seeking a new
career?**

**Check page
12 for details.**



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 - 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

654 W 6:30pm-9pm
Speaker TBA
April 9
MC - CP

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

655 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

656 W 6:30pm-9pm
Cathy Flasar
April 30
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

657 W 6:30pm-9pm
Cathy Flasar
May 7
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

658 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



St. Louis
Community
College

Find out more at stlcc.edu/Visit and get started on the New You!

CHILDCARE TRAINING

Child Care Clock Hour Training

Clock Hour Certificates are granted for all CCPR workshops and seminars. If you have questions or need more information about CCPR workshops and seminars for Child Care Providers, call the Caring for Kids Program at 314-513-4391. Call 314-984-7777 to register.

Saturday Seminars

(6 clock hours 8:30 a.m.-3:30 p.m.)

at STLCC-Florissant Valley

2/22/14 Power of Home Care: Family Child

Care Providers Seminar

For complete schedule and registration brochure, call 314-513-4391.

Discipline for School-agers

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

CCPR:702 | \$15

552 Tu 7pm-9pm
May 13

Geraldine Jasper
FV - CDC, DINING RM

770 W 7pm-9pm
May 14

Geraldine Jasper
Hixson Mid. School, 117

Discipline and Guidance of Young Children

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

CCPR:702 | \$30

480 Sa 9am-1pm
Feb. 8

Geraldine Jasper
FP - G Tower, 119

580 Sa 9am-1pm
March 8

Geraldine Jasper
FV - CDC, 112

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

350 Tu 7pm-9pm
Feb. 18

Geraldine Jasper
WW, 209

550 Tu 7pm-9pm
March 4

Geraldine Jasper
SCEUC, 100

Discipline for Toddler and Twos

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

CCPR:702 | \$15

551 Tu 7pm-9pm
April 1

Geraldine Jasper
SCEUC, 100

351 Tu 7pm-9pm
April 15

Geraldine Jasper
WW, 208

551 W 7pm-9pm
April 23

Geraldine Jasper
FV - CDC, DINING RM

450 Tu 7pm-9pm
April 29

Geraldine Jasper
FP - G Tower, 115

Making Sensory Exploration Materials: Playdough, Goop, and More

Come to this hands-on workshop and learn the importance of sensory exploration materials in the classroom. You'll make several "mixtures" and will receive recipes for all the creative doughs.

CCPR:703 | \$15

550 Th 7pm-9pm
Feb. 13

Holly Aslin
FV - CDC, 112

780 W 7pm-9pm
April 30

Holly Aslin
Lindbergh Sr. H.S., 31

Parachutes, Streamers, and More: Fun Movement Activities for Young Children

Experience new, fun movement activities that you can incorporate into your daily schedule as a way to combat weight gain in children.

CCPR:703 | \$15

551 Th 7pm-9pm
April 10

Holly Aslin
FV - CDC, 112

781 W 7pm-9pm
April 16

Holly Aslin
Lindbergh Sr. H.S., 46

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

550 Th 7pm-9pm
March 6

Lisa Gahan
FV - CDC, 112

780 M 7pm-9pm
Feb. 10

Lisa Gahan
Lindbergh Sr. H.S., 46

550 Th 7pm-9pm
May 1

Lisa Gahan
SCEUC, 101

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

450 M 7pm-9pm
April 14

Gloria Hampton
FP - G Tower, 115

551 Th 7pm-9pm
May 1

Gloria Hampton
FV - CDC, 112

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

580 Sa 9am-3:30pm
Feb. 1

Anna-Marie Mann
FV - SC, MULTI-PURP

680 Sa 9am-3:30pm
May 3

Anna-Marie Mann
MC - SC, 200

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

450 M 7pm-9pm
May 5

Rose Anderson-Rice
FP - G Tower, 111

550 Th 7pm-9pm
March 27

Rose Anderson-Rice
FV - CDC, 112

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

480 Sa 9am-1pm
Jan. 25

Geraldine Jasper
FP - G Tower, 119

Nature and Young Children Seminar - 6 clock hours

The morning session: No Child Left Inside - Outdoor Play to Explore Nature and Science! Explore the natural world outside through new fun science activities you can integrate into your daily schedule. Help children wonder, explore, and discover with hands-on activities planned for the outdoors.

The afternoon session: Connecting with Nature - Gardening and Cooking with Children! Encourage healthy eating as you help children learn about fruits and vegetables; and take produce from the garden to the table. Hands-on simple recipes, cooking activities and gardening tips will be shared. Our goal is to encourage children to learn to taste, eat and enjoy more fruits and vegetables. You will see new teaching materials - "Early Sprouts Cook Book" and "Lana's Favorite Recipes." Box lunch included.

CCPR:710 | \$39

680 Sa 9am-3:30pm
March 22

Geraldine Jasper
MC - CE

580 Sa 9am-3:30pm
April 5

Geraldine Jasper
FV - CDC, 112



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Registration begins January 2.

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 Asthma Care Training for Child Care Providers. Registration one week prior to course start date is required. Due to the nature of the course you must arrive on time. No admittance after stated start time.

CCPR:711 | \$97

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 March 20	Gina Dattilo SCEUC, 101
770	W 7pm-9pm Feb. 12	Gina Dattilo Hixson Mid. School, 117
450	W 7pm-9pm April 2	Gina Dattilo FP - G Tower, 119
780	W 7pm-9pm Feb. 5	Gina Dattilo Lindbergh Sr. H.S., 46
550	Th 7pm-9pm Jan. 16	Gina Dattilo 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 Jan. 18	Lisa Gahan FV - CDC, 112
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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 young 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
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Language Development - Phonological Awareness and Alphabetical Knowledge

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

CCPR:718 | \$15

782	M 7pm-9pm March 24	Lindbergh Sr. H.S., 46
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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 May 14	Gina Dattilo 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
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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	Hixson 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	FV - CDC, 112
450	M 7pm-9pm March 3	FP - G Tower, 111
350	Tu 7pm-9pm March 18	WW, 208
771	M 7pm-9pm April 28	Hixson 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 times go more smoothly.

CCPR:724 | \$15

550	Th 7pm-9pm May 8	Holly Aslin FV - CDC, 112
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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 Feb. 26	Geraldine Jasper Hixson Mid. School, 117
550	W 7pm-9pm Feb. 19	Geraldine Jasper FV - 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 FV - CDC, 112
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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 No class 5/6	Fred Miller WW, 222
650	W 6:30pm-8:30pm Feb. 19 - March 5	Fred Miller MC - AS, 108
920	W 6:30pm-8:30pm April 2 - April 16	Fred Miller U. City H.S., 110
C50	Tu 7pm-9pm April 1 - April 15	Fred Miller Corp. College, 211

Better Communication to Control Conflict in the Workplace

Learn to make yourself (and others) heard and negotiate solutions to resolve and control conflict in the workplace. You can manage combative conversations with practical communication tips. Improve your skill in handling current situations with role-playing.

COMM:765 | \$39

C50 Th 6:30pm-9:30pm **Marlo Hamilton**
April 10 - April 17 *Corp. College, 211*

Get Paid to Talk: Breaking Into the Voiceover Industry

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

PERD:765 | \$39

480 Sa 9am-12pm **Troy Duran**
March 29 *FP - G Tower, 113*
651 W 6pm-9pm **Troy Duran**
April 2 *MC - SW, 207*
680 Sa 9am-12pm **Troy Duran**
April 26 *MC - SW, 207*
350 W 6pm-9pm **Troy Duran**
April 30 *WW, 220*

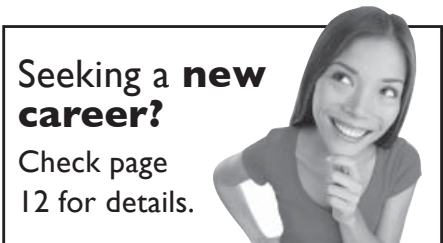


Voiceovers: Making Money with Your Voice

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

PERD:765 | \$39

481 Sa 12:30pm-3:30pm **Troy Duran**
March 29 *FP - G Tower, 113*
652 W 6pm-9pm **Troy Duran**
April 16 *MC - SW, 207*
681 Sa 12:30pm-3:30pm **Troy Duran**
April 26 *MC - SW, 207*



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 **Gordon Back**
April 23 *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/infant/child two rescuer CPR, mouth-to-mask ventilation and automatic external defibrillation (AED). Written and practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Students who enroll at least one week in advance and successfully complete the course will receive BLS completion card at the end of the class. No transfers between sessions or refunds given within five business days of class date. Due to the nature of the course, you must arrive on time. No admittance after stated start time. This course meets the STLCC nursing department admission requirements.

CPRR:707 | \$69

350 Th 5pm-10pm Carol Pikey Feb. 13 <i>WW, 224</i>	501 Tu 9am-3:30pm Gordon Back April 29 <i>FV - CWI, 136</i>
400 Tu 9am-3:30pm Carol Pikey Jan. 7 <i>FP - G Tower, 121</i>	580 Sa 9am-3:30pm Gordon Back Feb. 15 <i>FV - TC, 105</i>
451 M 5pm-10pm Gail Back Feb. 3 <i>FP - G Tower, 121</i>	600 Tu 9am-3:30pm Gail Back March 4 <i>MC - CP</i>
452 W 5pm-10pm Gordon Back Feb. 26 <i>FP - G Tower, 121</i>	601 W 9am-3:30pm Gail Back May 7 <i>MC - CP</i>
453 W 5pm-10pm Carol Pikey March 26 <i>FP - G Tower, 121</i>	650 W 5pm-10pm Gail Back Jan. 8 <i>MC - CP</i>
454 M 5pm-10pm Carol Pikey April 14 <i>FP - G Tower, 121</i>	651 Th 5pm-10pm Gail Back April 3 <i>MC - CP</i>
455 W 5pm-10pm Gordon Back April 30 <i>FP - G Tower, 121</i>	680 Sa 9am-3:30pm Gail Back Jan. 11 <i>MC - CP</i>
456 M 5pm-10pm Gail Back May 19 <i>FP - G Tower, 121</i>	C01 Tu 5pm-10pm Gordon Back Jan. 28 <i>Corp. College, 207</i>
480 Su 9am-3:30pm Gordon Back Jan. 12 <i>FP - G Tower, 121</i>	S01 F 9am-3:30pm Carol Pikey May 9 <i>SCEUC, 125</i>
500 Th 5pm-10pm Gordon Back Jan. 9 <i>FV - TC, 105</i>	H80 Sa 9am-3:30pm Gordon Back March 8 <i>Harrison Ed Ctr, 100</i>
	H81 Sa 9am-3:30pm Gordon Back May 3 <i>Harrison Ed Ctr, 100</i>

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 **Gail Back**
March 19 *FP - G Tower, 121*

CPR Instructor Renewal

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

CPRR:709 | \$65

450 W 6pm-10pm **Gail Back**
Feb. 19 *FP - G Tower, 121*
451 W 6pm-10pm **Gail Back**
April 23 *FP - G Tower, 121*

Heartsaver AED: Adult and Pediatric Campus

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

CPRR:710

On Campus | \$55

550 Tu 5pm-8:30pm **Gordon Back**
May 13 *FV - TC, 105*
600 Th 1pm-4:30pm **Gail Back**
April 10 *MC - CP*

Off-site | \$59

For this section, 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 **Gail Back**
March 24 *Selvidge Mid. School, LIBR*

PROFESSIONAL DEVELOPMENT

Heartsaver Pediatric First Aid CPR/AED

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

CPRR:711 | \$97

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

RESTAURANT MANAGEMENT



ServSafe Food Safety Certification

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

RMGT:700 | \$169

580	Sa 8am-3pm Feb. 22 - March 8 No class 3/1	Almut Stephan Marino FV - B, 243
680	Sa 8am-3pm April 12 - April 26 No class 4/19	Almut Stephan Marino MC - SO, 108

ServSafe Food Safety Certification Review and Retest

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

RMGT:700 | \$79

581	Sa 8am-3pm March 8	Almut Stephan Marino FV - B, 243
681	Sa 8am-3pm April 26	Almut Stephan Marino MC - SO, 108

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, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/GED AND HOLD CPR/AED CERTIFICATION BEFORE TAKING EXAM. Fee includes cost of exam, textbook, study guide, and sample test. Additional fee to 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.

PEDU:753 | \$695

680	M 5pm-9pm	Melissa Baumgartner Lori Patterson MC - SO, 206
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Feb. 3 - April 21



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. This class will move at a fast pace.

COMP:701 | \$99

C50	Sa 9am-4pm Feb. 1	Corp. College, 208
580	Sa 9am-4pm April 5	FV - B, 125

Personal Computers and Technology: Introduction

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

COMP:701 | \$99

S01	W 9am-12pm Feb. 5 - Feb. 26	Patti Bossi SCEUC, 206
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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.

COMP:701 | \$99

300	F 9am-11:20am Feb. 7 - March 7	WW, 206
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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.

COMP:705 | \$99

C01	Sa 9am-4pm Feb. 8	Corp. College, 206
S01	F 9am-4pm April 4	Patti Bossi SCEUC, 206

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.

COMP:705 | \$109

S03	W 9am-12:10pm March 19 - April 16	Patti Bossi SCEUC, 206
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New 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.

COMP:705 | \$109

S02	W 9am-4pm March 5	Patti Bossi Corp. College, 208
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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

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
April 30

Patti Bossi
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
Feb. 7

Cris Heffernan
Corp. College, 206

"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
Feb. 21

Cris Heffernan
Corp. College, 208

Microsoft Excel 2010: In a Day

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

COMP:720 | \$99

C02 Sa 9am-4pm
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
Feb. 5 - March 5

Roy Lenox
Kirkwood Sr. H.S., W 205

New Microsoft Excel 2013: Intermediate

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

COMP:721 | \$149

750 W 6:30pm-9:40pm
March 26 - April 23

Roy Lenox
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
March 7

Cris Heffernan
Corp. College, 208

Intermediate Excel 2010 for Business

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

COMP:721 | \$129

C01 F 9am-4pm
March 14

Cris Heffernan
Corp. College, 208



Explore everything Microsoft has with classes at STLCC.

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

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

COMP:722 | \$129

C01 F 9am-4pm
March 21

Cris Heffernan
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

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
Sa 8am-4pm
May 10

Corp. College, 206

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
Corp. College, 208
Sa 8am-4pm
March 15

Jan. 28 - March 13

Corp. College, 208

PROFESSIONAL DEVELOPMENT

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:725 | \$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

Cris Heffernan
Corp. College, 206

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

Cris Heffernan
Corp. College, 208

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

Kerry Woodruff
Kirkwood Sr. H.S., W 200

751 W 6:30pm-9:30pm
March 5 - April 9

Kerry Woodruff
Kirkwood Sr. H.S., W 200

752 W 6:30pm-9:30pm
April 16 - May 14

Kerry Woodruff
Kirkwood Sr. H.S., W 200

Introduction to AutoCAD 1

Fundamentals of the AutoCAD drafting system. Drawing setup: units, limits, layers, linetypes, colors. Drawing procedures: points, lines, arcs, circles. Special features: polylines, blocks, dimensioning, cross-hatching, plotting. Available for credit as EGR 133. No class 3/12.

COMP:770 | \$196

5C1 W 7pm-9:45pm
Jan. 15 - May 7

FV - E, 278

COMPUTER MAINTENANCE

How to Tune Up a PC

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

COMP:793 | \$25

680 Sa 9am-12pm
April 12

Patrick Karl
MC - BA, 208

How to Troubleshoot Your PC

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

COMP:794 | \$35

680 Sa 8am-12pm
April 19

Patrick Karl
MC - BA, 202

DESKTOP PUBLISHING

Microsoft Publisher 2010: In a Day

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

COMP:731 | \$99

C80 Sa 9am-4pm
April 12

Corp. College, 208

Adobe InDesign CS6: In a Day

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

COMP:731 | \$99

680 Sa 9am-4pm
March 8

Jane Kaiser
MC - BA, 202

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

680 Sa 9am-4pm
March 29

Zak Zych
MC - BA, 203

C80 Sa 9am-4pm
April 26

Zak Zych
Corp. College, 206

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 Masking. 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

Zak Zych
Corp. College, 206

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

Zak Zych
Corp. College, 206

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

Zak Zych
Corp. College, 206



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Adobe Photoshop CS6 for Professionals-the First Step

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

CVTW:701 | \$129

600 F 8:30am-4:30pm
Jan. 24

Zak Zych
MC - HE, 233

Adobe Photoshop CS6 for Professionals - the Next Step

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

CVTW:701 | \$129

601 F 8:30am-4:30pm
Feb. 7

Zak Zych
MC - HE, 233

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.

CVTW:701 | \$129

602 F 8:30am-4:30pm
March 28

Charles LaGarce
MC - HE, 233

New Adobe Photoshop Certification Series

The Adobe Photoshop Certification Series develops, tests and certifies students in Photoshop. This program is a leading graphic creation application, popular among graphic designers, illustrators, and photographers. Photoshop's numerous features work together to provide a comprehensive toolset for you, the design professional. This course delves into basic features of Photoshop so that the student can navigate the environment and use Photoshop 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.

CVTW:701 | \$427

680 Sa 8:30am-4:30pm
March 1
Sa 8:30am-4:30pm
March 15
Sa 8:30am-4:30pm
March 29

Michael Swoboda
MC - HE, 233
MC - HE, 233
MC - HE, 233

New What Is New in the Latest Adobe Creative Cloud Software

Adobe has changed the way it delivers software to users. Learn about the changes to your favorite Adobe software in the new Creative Cloud Suite. Whether you've already made the switch, are thinking about upgrading, or are just curious, this workshop will show you the new features and interfaces. Get a taste of new software available only in the Creative Cloud Suite.

CVTW:701 | \$129

681 Sa 8:30am-4:30pm
May 3

MC - HE, 136

Adobe InDesign CS6 for Professionals-the First Step

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

CVTW:702 | \$129

680 Sa 8:30am-4:30pm
Feb. 1

D Tjaden
MC - HE, 233

681 Sa 8:30am-4:30pm
April 26

D Tjaden
MC - HE, 233

Adobe InDesign CS6 for Professionals-the Next Step

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

CVTW:702 | \$129

682 Sa 8:30am-4:30pm
May 10

D Tjaden
MC - HE, 233

Adobe Illustrator CS6 for Professionals-the First Step

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

CVTW:702 | \$129

683 Sa 8:30am-4:30pm
Feb. 15

D Tjaden
MC - HE, 233

Adobe Illustrator CS6 for Professionals - the Next Step

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

CVTW:702 | \$129

684 Sa 8:30am-4:30pm
Feb. 22

D Tjaden
MC - HE, 233

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 profits.

CVTW:703 | \$129

600 F 8:30am-4:30pm
Feb. 14

James Leick
MC - HE, 233

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.

CVTW:703 | \$129

680 Sa 8:30am-4:30pm
April 12

James Leick
MC - HE, 233

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 frying pans to cathedrals. Basic proficiency in Illustrator and Photoshop will be helpful for this workshop.

CVTW:704 | \$129

603 F 8:30am-4:30pm
May 9

Darren Thompson
MC - HE, 233

AfterEffects for Professionals - the First Step

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

CVTW:704 | \$129

600 F 8:30am-4:30pm
Feb. 21

Timothy Linder
MC - HE, 233

AfterEffects for Professionals - the Next Step

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

CVTW:704 | \$129

601 F 8:30am-4:30pm
April 4

Timothy Linder
MC - HE, 233

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 the basics of storyboarding, and then on to a finished computer animation.

CVTW:704 | \$129

602 F 8:30am-4:30pm
March 7

Anthony Carosella
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, students 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.

CVTW:704 | \$129

680 Sa 8:30am-4:30pm
March 22

Joseph Rollins
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..

CVTW:706 | \$129

680 Sa 8:30am-4:30pm
Feb. 8

MC - HE, 136

Final Cut Pro X - Video Editing: the First Step

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

CVTW:706 | \$129

681 Sa 8:30am-4:30pm
Feb. 15

Anthony Carosella
MC - HE, 136

Final Cut Pro X: Video Editing: the Next Step

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

CVTW:706 | \$129

682 Sa 8:30am-4:30pm
Feb. 22

Anthony Carosella
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 all of the components needed to create the highest quality productions and finish to tape, DVD or web streams.

CVTW:706 | \$129

683 Sa 8:30am-4:30pm
March 29

Anthony Carosella
MC - HE, 136

Professional Digital Photography with Lighting Control and HDR

Learn 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.

CVTW:710 | \$129

680 Sa 8:30am-4:30pm
April 5

Darlene McGee
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.

CVTW:710 | \$129

600 F 8:30am-4:30pm
March 21

Anthony Carosella
MC - HE, 233

Graphic Design for Digital Photography

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

CVTW:710 | \$129

681 Sa 8:30am-4:30pm
April 19

Darlene McGee
MC - HE, 136

Digital Architectural Photography for Professionals

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

CVTW:710 | \$129

682 Sa 8:30am-4:30pm
March 8

Richard Sprengeler
MC - HE, 233

How to Convert Photos to Paintings

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

CVTW:710 | \$129

683 Sa 8:30am-4:30pm
Feb. 8

James Leick
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.

CVTW:712 | \$129

680 Sa 8:30am-4:30pm
Jan. 25

Anthony Carosella
MC - HE, 136

iBooks Author - Idea Ready with Graphics and Words and iPhoto - Create Professional Photo Books

With your book idea ready to go (graphics and story), you can take iBooks Author (an amazing new app) and create beautiful Multi-Touch textbooks and just about any other kind of book for iPad. With galleries, video, interactive diagrams, 3D objects, and more, these books bring content to life in ways the printed page never could. Students will learn how to create exciting photobooks using iPhoto.

CVTW:712 | \$129

600 F 8:30am-4:30pm
April 18

Anthony Carosella
MC - HE, 233

New Create, Publish, and Distribute Ebooks with Smashwords

In this workshop, students will learn step-by-step instructions that make it easy for anyone to create, publish, and distribute an eBook. Authors will learn how to format their manuscripts so that the completed Microsoft Word files can be uploaded to Smashwords, a self-serve publishing web service. Smashwords will deliver the files into multiple eBook formats for reading on various eBook reading devices. Once published and approved by Smashwords, the books will be available for sale online at a price set by you the author.

CVTW:712 | \$129

601 F 8:30am-4:30pm
Jan. 31

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.

CVTW:713 | \$129

680 Sa 8:30am-4:30pm
March 1

John Schmitt
MC - HE, 136

Social Media Marketing for Professionals

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

CVTW:713 | \$129

603 F 8:30am-4:30pm
April 11

Anthony Carosella
MC - HE, 233

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 setup 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 the other pages of your website. This course also covers the basic design principles involved in creating a professionally engaging website.

CVTW:713 | \$129

681 Sa 8:30am-4:30pm
April 19

Kevin Ward
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**
April 5 MC - HE, 136

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**
May 2 MC - HE, 233
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**
April 12 MC - HE, 136

EZ Websites for Professionals - the First Step

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

CVTW:750 | \$129

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

EZ Websites for Professionals - the Next Step

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

CVTW:750 | \$129

682 Sa 8:30am-4:30pm **Kevin Ward**
Feb. 1 MC - HE, 136

Dreamweaver: Quick Start for Professionals

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

CVTW:750 | \$129

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

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**
April 26 MC - HE, 136

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**
March 22 MC - HE, 233

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 **Rachel Bufalo**
March 7 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 the Apple iPad. Other tablet devices will not be covered.

COMP:765 | \$25

S50 W 6pm-9pm **Jeffrey Morgan**
Feb. 5 SCEUC, 206

C80 Su 12:30pm-3:30pm **Jeffrey Morgan**
April 13 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 the Apple iPhone. Other smart phone devices will not be covered.

COMP:765 | \$25

680 Sa 9am-12pm **Jeffrey Morgan**
Feb. 15 MC - SW, 210



Spend some time in the Clouds with our Mobile Basics classes.

Android Smart Phone Basics

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

COMP:765 | \$25

650 Sa 9am-12pm **Robert Lewis**
March 22 MC - BA, 208

681 Sa 9am-12pm **Patrick Karl**
May 3 MC - BA, 208

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

580 Sa 9am-12pm **Robert Lewis**
April 26 FV - B, 120

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

580 Tu 8:30am-12:15pm **Robert Lewis**
May 3 - May 10 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 **Rachel Bufalo**
May 6 SCEUC, 207

C04 F 9:30am-12:30pm **Rachel Bufalo**
Feb. 28 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: to choose a UserID, to search for items, to bid, win auctions, to sell items-including fees, to add a picture, to complete a sale, ship and what to do if an item doesn't sell. Look at other eBay issues: safety measures, feedback, what to do if you receive "spam" from eBay use and keeping updated on changes. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$49

S52 Tu 6:30pm-9pm
Feb. 25 - March 4

William Bearden
SCEUC, 207

Keyboarding: Learn to Type on the Computer

Do you use the hunt and peck method of typing? Keyboarding skills are essential fundamentals for all computer software applications. Learn where each key is and how to type more efficiently. Increase speed and accuracy. You will learn correct hand positions and how to use the alphabetic, numeric, symbol and shortcut keys. No class 3/17.

COMP:702 | \$109

780 M 7pm-9pm
Feb. 24 - May 5

Helen Ralston
Lindbergh Sr. H.S., 107

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 tool bar and palette and edit a photo with basic techniques. Finally, we will embark on the "create" section and catch a glimpse of its amazing creativity. This course is designed to prepare you for the specialty classes of Adobe Elements. Prerequisite: Windows Introduction class and Digital Pictures Introduction class or equivalent experience.

COMP:755 | \$59

S50 Tu 6pm-9pm
April 1 - April 15

Rachel Bufalo
SCEUC, 207

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'll learn the basics such as removing red-eye and blemishes to more advanced techniques such as making the subject thinner with a smaller nose! Learn to remove unwanted objects, make a photo black and white or sepia and put someone's 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

S51 Tu 6pm-9pm
April 22 - April 29

Rachel Bufalo
SCEUC, 207

PRODUCTIVITY

Internet Research and Investigations: Public Records

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

COMP:742 | \$29

680 Su 12:30pm-3:30pm
Feb. 9

Jean Bradley
MC - BA, 216

681 Su 12:30pm-3:30pm
April 27

Jean Bradley
MC - BA, 216

SOCIAL NETWORKS

New

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

CD1 W 6pm-9pm
March 5-May 7

Corp. 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

C50 W 6pm-7pm
Feb. 19

Corp. 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 second nature to you as email. Don't get left in the dust. Come and learn how to navigate this fun and exciting site! Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

350 Tu 6pm-9pm
Jan. 28

Erin De Vore
WW, 209

550 Tu 5:30pm-8:30pm
Feb. 18

Rachel Bufalo
FV - B, 125

550 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

C03 F 9am-12pm
March 21

Rachel Bufalo
Corp. College, 206

Build Your Business with Pinterest

Here's a news flash: Pinterest already beats Facebook for the number of purchasing customers it sends to retail sites, according to a recent Social Shopping 2012 survey. Designed in the style of a digital corkboard, Pinterest users can pin images and videos they find on the web to themed pages called boards. Other users can then re-pin images to their own boards, give it a "like", or add a comment. Unlike other networks such as Twitter, Pinterest is a major driver of e-commerce traffic. A recent Bizrate Insights survey

found 32% of north American buyers bought a product after seeing it on a social site such as Pinterest. Come to this class and find out what its all about! Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

C02 F 9am-12pm
April 4

Rachel Bufalo
Corp. College, 208

TECH SAVVY FRIDAYS

Tech Savvy Fridays: Creating Folders and File Management

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

COMP:765 | \$19

S01 F 9am-11am
Feb. 7

Patti Bossi
SCEUC, 206

Tech Savvy Fridays: Utilizing the Internet

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

COMP:765 | \$19

C01 F 9am-11am
Feb. 14

Patti Bossi
Corp. College, 208

New 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

S02 F 9am-11am
Feb. 21

Patti Bossi
SCEUC, 206

Tech-Savvy Fridays: Learn to Cut, 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. Prerequisite: Windows Introduction class or equivalent experience

COMP:765 | \$19

S03 F 9am-11am
March 7

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

S04 F 9am-11am
March 28

Patti Bossi
SCEUC, 206

Tech Savvy: 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 iPods, iPads, tablets, smart phones and more.

COMP:765 | \$19

S05 F 9am-11am
April 11

Patti Bossi
SCEUC, 206

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
March 20 – April 3

Jerry Bearden
SCEUC, 207

Create Your Own Website with WordPress

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

COMP:745 | \$99

C01 F 9am-4pm
Jan. 24

Jerry Bearden
Corp. College, 208

S51 Th 6pm-9pm
April 10 – April 17

Jerry Bearden
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 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 | \$39

C02 W 9am-12pm
Feb. 12

Jerry Bearden
Corp. College, 208

S52 Th 6pm-9pm
April 24

Jerry Bearden
SCEUC, 207

Web Development Certificate

Our exceptional course is intense and comprehensive. You'll learn how to develop websites using two methods: 1) hand-coding HTML using a text editor and 2) using a powerful design and development tool, Dreamweaver CS6. Within this broad framework you're going to cover a lot of ground including fonts, lists, links, images, tables, forms, frames, cascading style sheets, page layout, animation, multimedia, good design principles, and World Wide Web Consortium standards. Prerequisite: Windows Introduction class or equivalent experience. Bring a flash drive to the first class. No class 3/12.

COMP:745 | \$299

S53 W 5:30pm-9:30pm
Donna Peck
Feb. 26 – April 30
SCEUC, 209

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, slabs-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, 158

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 alternates. 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 Drikov
FV - E, 156

Construction Scheduling

Construction scheduling methods to include bar graphs and Critical Path Method with emphasis on manual and computerized design, calculations, and interpretation using both arrow and precedence diagramming. Available for credit as CE 132. No class 3/13.

CONS:716 | \$294

210 Th 7:05pm-9:45pm
Jan. 16 – May 8

Michael Nickels
FV - E, 284

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 3/10.

CONS:718 | \$329

C01 M 6:30pm-8:30pm
Feb. 10 – March 10

Corp. College, 211

ELECTRICAL

National Electrical Code and Calculations - Part II

This course covers specialty areas of articles in the N.E.P.A. 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

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

5C1 W 6:30pm-9:30pm
Jan. 29 – Feb. 26

CWI, 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 networks 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 qualified 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 Thursday evening and Saturday.

CONS:736 | \$119

C01 Th 5pm-9pm
Jan. 30
Sa 8am-3:30pm
Feb. 1

Patricia Dalton
Corp. College, 209
Corp. College, 209

10 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
Sa 8am-3:30pm
Feb. 22

Patricia Dalton
Corp. College, 209
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
Sa 8am-3:30pm
March 22-April 5

Patricia Dalton
Corp. College, 209
Corp. College, 209

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
Jan. 27 – March 31

Nick Bristow
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 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.

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

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 | \$199
5C1 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
5C2 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
5C3 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
5C4 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
5C5 TuTh 5pm-8pm

Jeffrey Foster
March 25 – April 10
FV - CWI, 120
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 .
Visit www.ucityaelprogram.org.

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
Jan. 7 – Jan. 9

Suzanne Saum
MC - SQ, 109

500 Tu-Th 8:30am-12:30pm
Jan. 7 – Jan. 9

Susan Vallely
FV - CWI, 136

650 Tu-Th 5:30pm-9:30pm
Jan. 7 – Jan. 9

Suzanne Saum
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
Feb. 8 – March 29

Toshi Floyd
FP - G Tower, 111

650 M 6:30pm-9:30pm
Feb. 10 – April 7

Toshi Floyd
MC - CS, 205

STLCC Continuing Education

PERSONAL ENRICHMENT



Just for fun...Just for You!

Open the door to classes in the arts, green living, home maintenance, crafts, cooking, photography, wine, personal finance and more.

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.

SENR:702

301	Th 10am-12pm March 20	Dr. Dorothy Cooke WW, 102B
602	Tu 10am-12pm April 1	Dr. Dorothy Cooke MC - CE, TBA

ALS: A Walk Through Italy

This two hour presentation will provide a tour of Italy's best cultural sites and natural wonders. This is a great presentation, especially for those who are planning a trip to Italy...or would like to.

SENR:702

600	Tu 10am-12pm Feb. 25	Barbara Klein ABHT-Aberdeen Heights
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ALS: The Peculiar Institution

A history of American slavery from 1619 to 1865.

SENR:702

601	Tu 10am-12pm March 18	Bonnie Vega MC, TBA
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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.

SENR:702

300	Th 10am-12pm Feb. 27	Michelle Ochonicky WW, 102B
500	Th 1pm-3pm March 6	Michelle Ochonicky FV - CWI, 136

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.

SENR:702

504	Th 1pm-3pm May 8	Rachel Bufalo FV - CWI, 136
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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.

SENR:702

304	Th 10am-12pm May 8	Beverly Schuetz WW, 102B
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ALS: Cuban-American Relations

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

SENR:702

501	Th 1pm-3pm March 20	Lorenzo Gonzalez FV - CWI, 136
604	Tu 10am-12pm May 6	Lorenzo Gonzalez 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.

SENR:702

302	Th 10am-12pm April 3	WW, 102B
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ALS: Quinette Cemetery

SENR:702

603	Tu 10am-12pm April 22	Keith Rankins MC, TBA
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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.

SENR:702

P04	M 10:30am-12pm April 7 M 10:30am-12pm April 21 M 10:30am-12pm April 28	Fred Fausz MO History Museum, ATT MO History Museum, ATT MO History Museum, ATT
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ALS:The Roaring Twenties

Class offered in partnership with the Missouri History Museum. Must register to attend class.

SENR:702

P10	M 10:30am-12:30pm May 12	Bonnie Vega MO History Museum, ATT
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ALS: From Suasion to Amendment: The Story of Prohibition

Class offered in partnership with the Missouri History Museum. Must register to attend class.

SENR:702

P09	Tu 10:30am-12:30pm April 29	Bonnie Vega MO History Museum, ATT
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ALS: The French City - Chouteaus and the Founding Families

Class offered in partnership with the Missouri History Museum. Must register to attend class.

SENR:702

P08	W 10:30am-12:30pm March 19	Bonnie Vega MO History Museum, ATT
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ALS:Thomas Jefferson - The Politician

Class offered in partnership with the Missouri History Museum. Must register to attend class.

SENR:702

P07	W 10:30am-12:30pm Feb. 26	Bonnie Vega MO History Museum, ATT
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St. Louis Community College Continuing Education

PERSONAL ENRICHMENT

ALS: St. Louis History Through the Eyes of Johnny Rabbitt II

Johnny Rabbitt (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.

SENR:702

P02	W 10:30am-12pm March 12	Ron Elz MO History Museum, ATT
	W 10:30am-12pm March 26	MO History Museum, ATT
	W 10:30am-12pm April 9	MO History Museum, ATT
	W 10:30am-12pm April 23	MO History Museum, ATT

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 Wedding Customs: Why We Do What We Do When We Say I Do (5/20). Class offered in partnership with the Missouri History Museum. Must register to attend class.

SENR:702

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

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.

SENR:702

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



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.

SENR:702

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

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.

SENR:702

P03	M 10:30am-12pm Jan. 6	Fred Fausz MO History Museum, ATT
	M 10:30am-12pm Jan. 13	MO History Museum, ATT
	M 10:30am-12pm Feb. 3	MO History Museum, ATT
	M 10:30am-12pm Feb. 10	MO History Museum, ATT

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.

SENR:702

503	Th 1pm-3pm April 17	FV - CWI, 136
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ALS: Titanic

SENR:702

502	Th 1pm-3pm April 3	John Meehan FV - CWI, 136
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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.

SENR:702

303	Th 10am-12pm April 24	Bonnie Vega WW, 102B
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Enrichment Seminar: Lift Every Voice and Sing: the Poetry of James Weldon Johnson

Presented by Gregory Carr.

SENR:766

500	F 12pm-1:30pm Jan. 24	FV - IR, 112
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Enrichment Seminar: European-American History and Culture

Presented by Julie Copp.

SENR:766

501	F 12pm-1:30pm Feb. 14	FV - IR, 112
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Enrichment Seminar: The Psychology of Serial Killers

Presented by Steve Christiansen and Peg Tyler.

SENR:766

502	F 12pm-1:30pm March 7	FV - IR, 112
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Enrichment Seminar: Canterbury Tales: A Look at STLCC's Study Abroad Program in Canterbury, England

Presented by Linda Collins, Katy Gordon, and Carol Lupardus.

SENR:766

503	F 12pm-1:30pm April 4	FV - IR, 112
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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.

SENR:703

8 Sessions | \$49

M01	F 12:30pm-1:30pm Feb. 7 - March 21	Gerry & Marlene Strait Affton White-Rodgers, GYM
	No class 2/28	
M02	F 12:30pm-1:30pm April 4 - May 9	Gerry & Marlene Strait Affton White-Rodgers, GYM

10 Sessions | \$59

500	Th 9am-9:50am Feb. 13 - April 24	Sandra Derickson FV - PE, 233
	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.

SENR:703

8 Sessions | \$49

M03	F 1:45pm-2:45pm Feb. 7 - March 21	Gerry & Marlene Strait Affton White-Rodgers, GYM
	No class 2/28	
M04	F 1:45pm-2:45pm April 4 - May 9	Gerry & Marlene Strait Affton White-Rodgers, GYM

10 Sessions | \$59

501	Th 10am-10:50am Feb. 13 - April 24	Sandra Derickson FV - PE, 233
	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.

SENR:704 | \$79

M01	Th 10am-11am Jan. 30 - March 20	Masterpeace Studios
M02	Th 10am-11am April 3 - May 22	Masterpeace Studios

SOCIAL SECURITY BENEFITS

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 April 3	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

CREATIVE ARTS

CRAFTS

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

550	M 6:30pm-9pm March 17 - April 7	Carolyn Rubsam FV - SM, 133
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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

551	M 6:30pm-9pm April 14 - May 5	Carolyn Rubsam FV - SM, 133
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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

580	Tu 6pm-9pm April 8	Jenelle Basinger SCEUC, 104
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Our Quilting classes will keep you in stitches.

New Basic Building Blocks for New Quilters

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

CRFT:718 | \$105

681	Sa 10am-12pm Feb. 1 - March 8	MC - CN, 126
300	Th 10am-12pm Feb. 6 - March 13	Eureka CC

Quilted Memories

Don't want to throw away all of those old T-shirts or sweatshirts but don't know what to do with them? Make your own Memory Quilt! Learn how to "upcycle" your old clothes and create a personalized quilt of memories. Supply list sent. Additional supplies will be discussed at the first class. No sewing experience necessary. Students will need to bring a sewing machine to the second and third classes.

CRFT:718 | \$79

680	Sa 10am-12pm Feb. 1 Sa 9am-3pm Feb. 8-Feb. 15	Jenelle Basinger MC - SS, 105
580	Sa 10am-12pm April 26 Sa 9am-3pm May 3-May 10	Jenelle Basinger FV - SM, 133

"Thanks to Jennelle Basinger for taking the time and patience in working with me. I sincerely appreciate the time and effort she spent helping me feel like 'I can do this!'" Her commitment and dedication left an indelible mark on me and the class as well."

-Margaret P., Town & Country

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 2nd and 3rd classes. Please bring the book "Eleanor Burns Makes a Quilt in a Day: Log Cabin Pattern" ISBN# 9780922705986 to the first class. Fabric, batting, thread and other supplies needed will be discussed at the first class.

CRFT:718 | \$79

682	Sa 10am-12pm Feb. 22 Sa 9am-3pm March 1-March 8	Jenelle Basinger MC - SS, 105
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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 design to match your own style and taste. Supplies included in the cost of the class.

CRFT:728 | \$65

450	Th 6pm-9pm Feb. 20 - Feb. 27	Nicole Ottwell FP - G Tower, 119
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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 "HIS/HERS" or "YOURS/MINE" pair. Supplies included in the cost of the class.

CRFT:728 | \$65

451	Th 6pm-9pm April 24 - May 1	Nicole Ottwell FP - G Tower, 119
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PERSONAL ENRICHMENT

New Plastic Fusion

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

CRFT:713 | \$29

350 Tu 6:30pm-9pm
March 25

WW, 301

New 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 old towel and ziplock bags to take home scarves.

CRFT:765 | \$49

500 F 9am-12pm
March 7

Nicole Ottwell
FV - H, 104

Shibori Dyeing for Crafters and Quilters

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

CRFT:718 | \$139

500 F 9am-12pm
April 25 - May 16

Nicole Ottwell
FV - H, 109

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

P01 W 6:30pm-8:30pm
Feb. 26 - March 12

Thi Miller
Nottingham, 109

450 Tu 6pm-8pm
Feb. 11 - Feb. 25

Thi Miller
FP - G Tower, 119

Knitting: The Next Step

Broaden your knitting skills beyond basic knitting and purling. Learn about increasing and decreasing techniques, lace, cabling, 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

Crocheting 101: Beginning Techniques for All Seasons

Crocheting isn't just for making winter hats. Use linen, silk and lighter threads and yarns to make projects and garments that will be useful all year round. Crochet basic stitches - single, double and triple, learn to decrease and increase. Make a simple piece and get help reading patterns. You may bring your unfinished project. Both Beginning and continuing students welcome. Supply list sent.

CRFT:724 | \$49

710 W 6:30pm-8:30pm
Feb. 5 - Feb. 19

Carletta Kemp
Clayton H.S., 124

780 M 6:30pm-8:30pm
Feb. 24 - March 10

Carletta Kemp
Lindbergh Sr. H.S., 53

550 Tu 7pm-9pm
Feb. 18 - March 4

Anne Frese
FV - C, 104

Crocheting: the Next Step

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

CRFT:724 | \$49

711 W 6:30pm-8:30pm
Feb. 26 - March 12

Carletta Kemp
Clayton H.S., 124

551 Tu 7pm-9pm
March 18 - April 1

Anne Frese
FV - C, 104

781 M 6:30pm-8:30pm
March 24 - April 7

Carletta Kemp
Lindbergh Sr. H.S., 44

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

782 M 6:30pm-8:30pm
April 14 - April 28

Carletta Kemp
Lindbergh Sr. 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 6pm-9pm
April 16

Kimberly Hany
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

Kimberly Hany
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

Kimberly Hany
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 | \$72

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
Hixson 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

WW, 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 Sa 9am-12pm
March 8

Carole Weusthoff
FV - 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 Sa 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 Sa 9am-11am
Feb. 8
Sa 9am-11am
March 15
Sa 9am-11am
April 12

Patti Bossi
Affton White-Rodgers
Affton White-Rodgers
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 Sa 9am-12pm
March 22
933 Sa 9am-12pm
April 26

Cassandra Schroeder
MC - SW, 204
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:713 | \$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 them 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

Nicole Ottwell
FP - G Tower, 119

All About Framing Artwork

See Fine Arts section page 36.

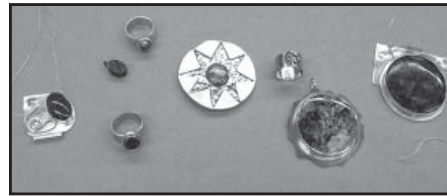
Basic Metalsmithing Techniques for Jewelry

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 Sa 9am-12pm
Jan. 25 - March 22
No class 2/1

MC - HE, 131



Learn to make beautiful jewelry with our Metalsmithing 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 Metalsmithing Techniques for Jewelry or equivalent experience.

CRFT:753 | \$219

681 Sa 9am-12pm
March 29 - May 17
No class 5/3

MC - HE, 131

Basic Wire Wrap

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

CRFT:753 | \$45

M03 Sa 9:30am-12:30pm
April 26
M01 Sa 9:30am-12:30pm
March 8
M02 Sa 9:30am-12:30pm
March 29

DEEsigs Studio
DEEsigs Studio
DEEsigs Studio

Advanced Wire Wrap

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

CRFT:753 | \$45

M04 Sa 9:30am-12:30pm
April 12

DEEsigs Studio

Resin Cast Jewelry Workshop

Learn the basic steps for making beautiful jewelry by creating tiny collage assemblages inside metal frames, and then cast your creation in a durable, fast-drying hard-cure resin.

CRFT:753 | \$39

682 Sa 9am-12pm
March 8

MC - SW, 102

930 Sa 9am-12pm
May 3

Thomas Dunn Mem. Ctr

New Beading: Jewelry Projects

Design and construct custom bead necklaces, charm bracelets, and earrings. Learn how to turn your designs into finished pieces by crimping ends, attaching clasps, and simple wire wrapping. You can also use your new skills to repair broken jewelry. A great class for beginners interested in learning basic jewelry techniques. Fee includes most materials.

CRFT:753 | \$109

650 Tu 6pm-9pm
Feb. 25 - March 4

Beth Krusa
MC - SW, 208

Gemology 101: Diamond Essentials

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

CRFT:753 | \$55

550 W 7pm-9pm
March 19 - April 2

Stacy Minden
SCEUC, 100

Gemology 102: Colored Stones and Pearls

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

CRFT:753 | \$55

551 W 7pm-9pm
April 23 - May 7

Stacy Minden
SCEUC, 100

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

PERSONAL ENRICHMENT

New Mosaic Tile: Beginning

Mosaics are making a comeback as artists all over the world are rediscovering ancient techniques and stretching those to new and modern expressions. Get started with two mosaic projects. Begin with a coaster and develop your techniques by decorating a pot for your spring garden. Learn the basics of this meticulous craft; cutting and shaping, application and grouting. Hands on project, please come dressed in crafting clothes. Fee includes most materials.

CRFT:741 | \$55

650 Tu 6:30pm-8:30pm *March 25 – April 1*
MC - SS, 206

Hand-Painted Glass: Cake/Serving Platter

Bring spring into your home by painting this cake or serving platter. Pieces will be fired and may be picked up one week after the class ends at the shop. Fee includes materials and firing. Paints are lead free and food-safe.

CRFT:743 | \$35

M02 W 7pm-9pm *April 2* **Cathy Cody**
Painted Zebra - Kirkwood

Hand-Painted Glass: Dessert/Salad Plates

Paint four, 8" dessert or salad plates with spring designs. You choose the colors and add designs for your own personal touch. Pieces will be fired and may be picked up one week after the class ends at the shop. Fee includes materials and firing. Paints are lead free and food-safe.

CRFT:743 | \$35

M01 W 7pm-9pm *March 19* **Cathy Cody**
Painted Zebra - Kirkwood

New Painted Canvas Floor Cloths

Decorate your floors with a hand-painted floor cloth. Originally made from recycled ship's sails. They were used to cover dirt or wooden floors in early American homes. Patterns including diamonds, squares and cubes were hand painted or stenciled. A great addition to any room, they are durable, easy to clean and can be painted to complement any décor. Using a traditional diamond (harlequin) pattern we will create a 24" x 36" piece. Most supplies included in cost of class. Please bring 1 roll of painters tape (blue or green), pencil, yard stick, scissors, and a #10 synthetic paint brush or a similar brush. Call Primitive Pieces for any questions 314-550-4405.

CRFT:713 | \$99

650 W 6:30pm-9:30pm *Feb. 19 – March 5* **Deborah Riley**
MC - CP

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, beach hair sea spray, and bath bombs. Instructor supplies all materials and packaging for finished products for you to take home.

CRFT:765 | \$45

930 Sa 9am-12pm *March 29* *Thomas Dunn Mem. Ctr*
683 Sa 9am-12pm *April 12* *MC - SW, 102*



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 sculptures for the garden. Please bring your own plastic containers to use as molds. Instructor will supply all materials needed for each student to make three to five vessels.

CRFT:765 | \$45

680 Sa 1pm-4pm *March 8* *MC - SW, 102*

935 Sa 1pm-4pm *May 3* *Thomas Dunn Mem. Ctr*

CULINARY ARTS

Make Your Own Wine at Home

Would you like to try making your own wine? Home wine-making is an enjoyable and satisfying hobby. The quality of home-made wines can be amazing. Taking this class can lead the way to making the process easy; simple instructions ensure success. Many tips from our experienced home wine-making expert will enhance and improve your own efforts at home. This is a demonstration "show & tell" class (no drinking), with step-by-step instructions that will take you from start to finish. Participants will assist in preparing a batch of wine (unfermented) and take a sample to ferment at home. Must show proof of 21 years or older.

FOOD:760 | \$35

M01 W 6pm-9pm *March 26* *St Louis Wine & Beermaking*

The Wines of Sonoma Valley

Sonoma is home to some of the oldest and most established wineries in California. Spend an evening exploring the top grape varieties and specific areas within Sonoma Valley. 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

M02 Tu 6:30pm-8:30pm *Feb. 4* **William Polhemus**
The Wine Barrel

Pinot - The Royal Family

This evening will be spent enjoying an exploration of the family of wines from Pinot that include Pinot Noir, Pinot Grigio, and Pinot Blanc. The primary areas will involve Champagne, Burgundy, and the United States. 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

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

M04 Tu 6:30pm-8:30pm *April 8* **William Polhemus**
The Wine Barrel

Coffee College

Have you wondered what the difference is between cappuccino and latte? Have you wished you could distinguish between Kenyan or Columbian coffee or even knew the difference between packaged, bagged and fresh coffee? Then come to our Coffee College and learn the characteristics of beans from different growing areas, taste several coffees that will provide you with a good sample of coffees from all over the world, and learn the different roast levels that impact the flavor, feel and aroma of coffee.

FOOD:765 | \$19

V01 W 6pm-9pm *March 5* **Steve Richards**
Alaska Klondike Coffee Co

*"I've always loved coffee.
Coffee College explained why!"*

-Claudia P., Belleville, IL

Basic Home Baked Yeast Breads (& Beyond)

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

FOOD:706 | \$39

580 Sa 9:30am-12:30pm *Jan. 25* **Eileen Fraser**
FV - SM, 129

Delicious Cakes

Come find out how easy it is to bake a cake from scratch. You'll help make Extreme chocolate cake, Praline ice cream cake (yes, ice cream in the batter!), German chocolate upside down cake, Georgia peach pound cake, Orange sponge cake, just to name a few. Come and enjoy baking (and eating!). You may never use a boxed mix again. Class is hands-on.

FOOD:705 | \$39

580 Sa 9:30am-12:30pm *March 29* **Eileen Fraser**
FV - SM, 129

The Cake Decorating Certificate with Continuing Education

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

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

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

Cake Decorating for Fun or Profit: Beginning

Unleash your creativity with cake decorating! This introductory course includes instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing, figure piping and borders to make your cakes creative, casual, elegant or romantic. Join for fun or for the rewards of starting your own business. Supplies extra. This class can be taken by itself or as part of the Cake Decorating Certificate Program. No class 2/17.

FOOD:701 | \$59

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

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 3/11.

FOOD:701 | \$79

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

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 **Cynthia Sciaroni**
March 10 – April 7 *Hixson Mid. School, 121*

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 **Debra Hennen**
Jan. 25 *Culinary Arts House*

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 **Cynthia Sciaroni**
March 1 – March 15 *Culinary Arts House*

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 **Debra Hennen**
March 29 *Culinary Arts House*

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 **Gloria Hall**
April 15 – May 6 *FV - SC, PDR-A*

"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 **Cynthia Sciaroni**
Jan. 18 *Culinary Arts House*



Dinner and a Movie!

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 space, both women are at loose ends until they discover that with the right combination of passion, fearlessness and butter, anything is possible. This is the story of Julia Child's start in the cooking profession alongside Julie Powell's 2002 challenge to cook all the recipes in Child's first book, *Mastering the Art of French Cooking* in the span of one year. A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Registration/withdrawal deadline: 2/19. No refunds after that date. Saturday morning, March 1, a Julia Child cooking class will be taught by tonight's chef, held at the Forest Park campus culinary department (FOOD 747 483) Sign up early!

FOOD:747 | \$25

480 F 6:30pm-9:30pm **Mark Williams**
Feb. 28 *FP - HSP, Anheuser-Busch Dining Rm.*

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.*

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 must do the driving and be on top during sex, which drives her macho husband, Toninho, to infidelities. Heart-broken, she moves in with her childhood friend in San Francisco. In an effort to mend her heart, she makes an offering to the goddess of the sea. The result: Isabella no longer loves and the fish in Bahia no longer bite. When Toninho tries to get her back, he discovers that she is hosting a popular TV show and is being courted by its producer. Will Toninho learn humility? Can Isabella find happiness without him? A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Registration/withdrawal deadline: 3/21. No refunds after that date.

FOOD:747 | \$25

482 F 6:30pm-9:30pm **Mark Williams**
April 4 *FP - HSP, Anheuser-Busch Dining Rm.*

PERSONAL ENRICHMENT

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
Feb. 3

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 so wonderful to eat! Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:724 | \$39

P01 Tu 6:30pm-9:30pm
April 8

Debra Hennen
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
Feb. 10

Mary Autrey
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
Feb. 12

Debra Hennen
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
March 11

Debra Hennen
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 mousse. Class is hands-on.

FOOD:744 | \$39

750 Tu 6:30pm-9:30pm
March 25

Suzanne Corbett
Kirkwood Sr. H.S., C 191

Introductory Knife Skills (with Dinner!)

Are you ready to do more cooking at home but unsure of yourself when it comes to techniques for using a chef's knife? 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
April 22

Michelle Melton
Kirkwood Sr. H.S., C 191

New My Favorite Julia Child Recipes

Today, Julia Child is an American icon. She brought French cooking and cuisine to the American masses in a simple, direct, and straightforward manner. She took much of the mystique and perceived snobbishness out of cooking and emphasized that food should, at all times, please the individual eating it, regardless of the "rules" of what goes with what. Join us as we make some of our chef instructor's favorite recipes from her first cookbook, *The Art of Mastering French Cooking*. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:747 | \$39

483 Sa 9:30am-12:30pm
March 1

Mark Williams
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 pulav (chicken cooked with aromatic basmati rice and spices); kadhai chicken (chicken cooked with green pepper, tomatoes, onions and spices); daal (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
March 3

Seema Shintre
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 at home. 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
March 31

Seema Shintre
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); sambhar (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
Feb. 18

Michelle Melton
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; Pastichio (lamb and pasta casserole with bechamel sauce); roasted potatoes with garlic, lemon and oregano; Greek burger with arugula, tomato and feta; herb roasted eggplant with tomato and feta, just to name a few. Class is hands-on.

FOOD:734 | \$29

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

Eileen Fraser
FV - 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-12:30pm
April 5

Mark Williams
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 noodles, and spiced honey baby carrot is the meal you'll help make and enjoy. Class is hands-on.

FOOD:711 | \$29

550 Th 7pm-9:30pm
March 20

Eileen Fraser
FV - SM, 129



Make your dream a reality with the
Small Business Essentials
certificate program on page 6.

What's in Your Spice Cabinet? An Exploration of Spices from A to Z

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

FOOD:712 | \$39

750 Tu 6:30pm-9:30pm **Michelle Melton**
April 8 *Kirkwood Sr. H.S., C 191*

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 chive hollandaise sauce, garlic chives rosemary potatoes, tarragon green bean salad, iced mint tea and lavender shortbread cookies. Class is hands-on.

FOOD:718 | \$39

752 Tu 6:30pm-9:30pm **Suzanne Corbett**
April 1 *Kirkwood Sr. H.S., C 191*

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 Filmjok, Viili, and Greek yogurts. All yogurts are "generational," some are heated, others not, but all are fermented to make delicious products. Come prepared to help make yogurt cheese, a yogurt drink, and a caramel apple topping to eat with our yogurt. With the leftover whey 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.

FOOD:722 | \$29

780 W 6:30pm-8:30pm **Jane Campbell**
March 12 *Lindbergh Sr. H.S., 31*

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

FOOD:722 | \$29

781 W 6:30pm-8:30pm **Jane Campbell**
March 26 *Lindbergh Sr. H.S., 31*

The Wonderful World of Fermented Vegetables

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

FOOD:718 | \$29

780 W 6:30pm-8:30pm **Jane Campbell**
April 9 *Lindbergh Sr. H.S., 31*

New 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, cloisonné salad, poppy seed breadsticks and cappuccino cheesecake. Class is hands-on.

FOOD:742 | \$39

750 Tu 6:30pm-9:30pm **Suzanne Corbett**
Jan. 28 *Kirkwood Sr. H.S., C 191*

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, chicken stew with herb dumplings, wild rice and chicken soup. Class is hands-on

FOOD:742 | \$39

751 W 6:30pm-9:30pm **Suzanne Corbett**
Feb. 12 *Kirkwood Sr. H.S., C 191*

Irresistible Vegetables: Who Knew?

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

FOOD:718 | \$39

750 Tu 6:30pm-9:30pm **Michelle Melton**
Feb. 25 *Kirkwood Sr. H.S., C 191*

New More Irresistible Vegetables: Who Knew?

Did you love the Irresistible Vegetables class and find yourself craving more? Well then this class is for you! Once again, try a variety of tasty veggie recipes that will leave your whole family coming back for more. In this class, we'll make restaurant favorites and gourmet masterpieces to take your veggie cookery to a whole new level. Come hungry and bring take-home containers. Class is hands-on.

FOOD:718 | \$39

751 Tu 6:30pm-9:30pm **Michelle Melton**
March 11 *Kirkwood Sr. H.S., C 191*

Tired of the Same Old Vegetables?

Tired of the same old side dishes? If you are looking for new ways to jazz up vegetables, this class will get you out of that old rut. You'll make and taste sweet and spicy green beans, carrots with toasted almonds, herbed roasted summer squash, green beans with shallots and pancetta, and much more. Class is hands-on.

FOOD:742 | \$29

551 Th 7pm-9:30pm **Eileen Fraser**
May 8 *FV - SM, 129*

Classic Entrees: Ultimate Comfort Food!

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

FOOD:742 | \$29

550 Th 7pm-9:30pm **Eileen Fraser**
April 24 *FV - SM, 129*

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 hair net and wear closed-toe shoes.

FOOD:742 | \$39

480 Sa 9:30am-12:30pm **Mark Williams**
Feb. 15 *FP - HSP, 111*

"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.

FOOD:765 | \$29

580 F 7pm-9:30pm **Eileen Fraser**
Feb. 7 *FV - SM, 129*

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.

FOOD:765 | \$29

481 Sa 9:30am-12:30pm **Mark Williams**
March 22 *FP - HSP, 111*

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 fagioli alla tuscana (Tuscan bean soup with leeks) and follow with Polenta al gorgonzola (Polenta with Gorgonzola), Zucca ricotta (butternut squash risotto), Filetti di sogiole alle mandorli (almond-coated sole filets), Piccata al Marsala (veal scallopini with Marsala), and Orecchiette con broccoli. Our 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.

FOOD:765 | \$29

581 F 7pm-9:30pm **Eileen Fraser**
March 7 *FV - SM, 129*

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 brown sugar glazed salmon, Caribbean chicken, asparagus and green beans with tarragon lemon dip, and finish with cherry-chocolate cake. Our 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.

FOOD:765 | \$29

582 F 7pm-9:30pm **Eileen Fraser**
April 11 *FV - SM, 129*

PERSONAL ENRICHMENT

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 this 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 **Charles & Mary Lages**
Feb. 20 - April 10 *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 permitting). The techniques and dance styles taught in this course will help you look great on the dance floor. This course is designed for those who have no dance experience as well as for those who have done other styles of dance. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/17.

DANC:720 | \$69

780 M 7pm-8:30pm **Gerry & Marlene Strait**
Feb. 24 - April 21 *Sperreng Mid. School, CAPE*

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 **Gerry & Marlene Strait**
Feb. 26 - April 23 *Sperreng Mid. School, CAPE*

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, 3/18, 4/15.

DANC:746 | \$69

700 Tu 6:30pm-7:30pm **Karen Merlin**
Feb. 18 - April 29 *Selvidge Mid. School, Cafeteria*

The Salsa Experience: Beginning

Learn the authentic Latin culture through the rhythmic sounds of Salsa music and dance. In eight weeks you will learn the basic salsa steps, musicality skills and styling, technique for men to become the perfect lead and ladies to be a fantastic follow, as well as the history of Salsa and the origin of the dance form. You will be moving and shaking in time for a class night out at some of the hottest Latin dance spots in town! (Admissions and transportation on your own). Couples are welcome but no partner is required. On-street parking; stairs-only access to dance studio.

DANC:746 | \$69

P01 Tu 7pm-8:30pm **Carmen Guynn**
Feb. 25 - April 15 *Almas Del Ritmo Dance Co*

The Salsa Experience: Level 2

This class is for those who are ready to move to the next level. Come back for a refresher and add some new moves to what you already know. You'll get help learning the best form for body positioning, posture, and balance while learning new intermediate turn patterns and how to apply them to the rhythmic sounds of Salsa music. You will be moving and shaking in time for a class night out at some of the hottest Latin dance spots in town! (Admissions and transportation on your own). Couples are welcome but no partner is required. On-street parking; stairs-only access to dance studio.

DANC:746 | \$69

P02 Th 7pm-8:30pm **Carmen Guynn**
Feb. 27 - April 17 *Almas Del Ritmo Dance Co*

Let's Swing! Quick Start for New Dancers

Swing is one of the most popular dances in St. Louis because it's lively, fun, easy, and the music is great. Three short lessons are all it takes to get you started. Come try it out and see if you like it. If you're looking for a new leisure-time couple's activity, enjoyable exercise, or just a fun time out with friends, swing dancing has it all. Bring two left feet, two right feet, or one of each. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738 | \$35

M01 M 6:30pm-7:45pm **Gerry & Bob Tevlin**
Feb. 10 - Feb. 24 *Concordia Luth-Krkwd, CAPE*

Swing Dancing: Beginning I and II

This class will take you from beginning to amazing! Learn to swing dance in a fun, relaxed atmosphere. This class will start with the basics of swing along with patterns of various swing movements, then move on to more complex combinations and techniques. If you already know the basics, come refine your technique and swing to the next level. By the end of this course, you'll look great on the dance floor! A fun way to meet new friends and dance to great music. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738 | \$59

M02 M 6:30pm-7:45pm **Gerry & Bob Tevlin**
March 10 - April 14 *Concordia Luth-Krkwd, CAPE*

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 *Sperreng Mid. School, CAPE*
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 3/11, 3/18, 4/15

The following section is for partners only.

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

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 3/24.

DANC:750 | \$69

M01 M 8pm-9:30pm **Sherry Martin**
Feb. 10-April 7 Concordia Luth-Krkwd, CAFE

Chicago Steppin'

Learn to do "Chicago Stepping" in a fun, relaxed atmosphere. Learn and practice a variety of easily performed dance steps that are the basic ingredients of all higher level dancing. This class will teach the basic 8-count along with turns and dance floor etiquette. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music. Partners preferred but you don't need to bring a partner to learn the dance. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/15, 4/19.

DANC:765 | \$69

580 Sa 1:30pm-3pm **Sherman King**
Feb. 22-April 26 FV - PE, 233

Electric Slide: Beginning

If you've never tried slide dancing, or you haven't danced this style in a while and would like a refresher, this is the class for you. Our instructors will start at the beginning and take you to fantastic! No experience required.

DANC:734 | \$49

580 Sa 11am-11:50am **Laverne Gee**
Feb. 1-March 8 FV - PE, 233

582 Sa 11am-11:50am **Eleanor Whitney**
March 22-May 3 FV - PE, 233
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-12:50pm **Laverne Gee**
Feb. 1-March 8 FV - PE, 233

583 Sa 12pm-12:50pm **Eleanor Whitney**
March 22-May 3 FV - PE, 233
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 to middle eastern music that just might be what you're looking for, whether your goal is exercise or performance. Wear fitness style clothing for freedom of movement. No baggy sweat clothes. Studio is located behind a kitchen and bath design store.

DANC:745 | \$69

M01 Tu 7pm-8pm **Adiva Dance Center**
Feb. 25-April 15

The Art of Belly Dancing

Experience the gentle, artful style of Middle Eastern belly dancing. In this course, you'll get a firm foundation in the basics of Middle Eastern dance, including basic steps, stage presentation, and dance fitness. Add grace, poise, strength and balance as you celebrate the power and beauty of your femininity. Wear fitness-type clothing for freedom of movement. No tennis shoes or heels. Barefoot, socks, or ballet slippers acceptable.

DANC:745 | \$69

750 Tu 6pm-7pm **Lois Marshall**
Feb. 18-April 15 Kirkwood Sr. H.S., Dance Studio
No class 3/18

920 W 8pm-9pm **Camille Hunt**
Feb. 26-April 23 U. City H.S., Dance Studio
No class 3/19

FINE ARTS

Calligraphy Basics

Learn Calligraphy basics for letters and numbers - pen angle, letter slant, size and spacing. Discover how to use this art form in practical ways.

ARTS:722 | \$65

S01 F 10am-12pm **Kristine Scharfenberger**
Feb. 7-March 7 SCEUC, 102

Mastering Calligraphy

Get an in-depth study of calligraphy's most common form, italic. Learn proper pen angle, letter slant, spacing, size for upper and lower case and numbers. Instructor stresses the use of calligraphy in everything from invitations to fine art. Supplies discussed at first class.

ARTS:722 | \$119

650 Tu 7pm-9:30pm **Leslie Barnes**
March 18-May 6 MC - SW, 102

Drawing: Beginning/Intermediate

Learn the tools, materials, visual and artistic perception needed for this essential art form. Drawing fundamentals will be covered - line, perspective, value and composition. Advanced students will expand their skills with more sophisticated projects. Students will use pencil, pen, and charcoal. Supply list sent. No class 3/4, 3/11.

ARTS:709 | \$99

600 Tu 9:30am-12pm **Ruth Kolker**
Feb. 4-March 25 MC - CP

601 Tu 9:30am-12pm **Ruth Kolker**
April 1-May 6 MC - CP

P01 W 6:30pm-9pm **Sarah Paulsen**
Feb. 26-April 9 Nottingham, 110

Drawing: Intermediate/Advanced

Improve your skills in a continuation of the beginning class. Advanced students will expand their skills with more sophisticated projects. Students will use pencil, conte crayon and charcoal. Supply list sent.

ARTS:709 | \$99

P02 W 6:30pm-9pm **Sarah Paulsen**
April 16-May 21 Nottingham, 110

Drawing I and II

This is a beginning course in fundamentals of drawing that includes an introduction to drawing principles, construction, proportion, form, value, perspective, composition, tools and media. Perception, visual awareness, sensitivity, attitude and judgment are all stressed. Additional studio hours required. Drawing 2 is a continuation and includes the fundamentals and principles of drawing, with more emphasis on organizational concepts and a variety of media. Additional studio hours required. Available for credit as ART 109 and ART 110. No class 2/17, 3/10, 3/12.

ARTS:709 | \$294

3C1 MW 9am-11:50am **WW, 309**
Jan. 13-May 7

3C2 TuTh 9am-11:50am **WW, 309**
Jan. 14-May 8

3C3 MW 5:30pm-9:30pm **WW, 309**
Feb. 3-May 7

Drawing: Traditional Pencil Basics

Discover the fundamentals of an essential art - drawing. Use pencil to create line, perspective, value and composition. No experience necessary and individualized instruction included. Supply list sent. This class is for beginners only.

ARTS:709 | \$69

680 Sa 12pm-3pm **Sean Long**
Feb. 15-March 8 MC - HE, 125

681 Sa 12pm-3pm **Sean Long**
March 22-April 12 MC - HE, 125

551 Th 6pm-9pm **FV - SS, 105**
March 27-April 17
No class 4/3

Advocate for the animals with our
Animal Welfare Assistant
certificate program on page 42.



PERSONAL ENRICHMENT

Drawing in Color Pencil: Beginning

A professional artist introduces techniques to put realism in drawings with color pencil. Supply list sent. No class 3/11
ARTS:716 | \$149

S01 Tu 12:45pm-2:45pm **Kristine Scharfenberger**
Feb. 11 – May 6 *SCEUC, 102*

Drawing in Color Pencil: Intermediate

A continuation of the beginner's class. Intermediate students will further develop their skills in building color and value while still leaving room for the beautiful detail and control of colored pencil. No class 3/13
ARTS:716 | \$149

S02 Th 12:45pm-2:45pm **Kristine Scharfenberger**
Feb. 13 – May 8 *SCEUC, 102*

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 Sr. 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

6D1 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.

ARTS:718 | \$294
3C1 MW 1pm-3:50pm
Jan. 14 – May 7 *WW, 309*
No class 2/17, 3/10, 3/12.

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 to 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:721 | \$99

650 W 6pm-9pm **Sean Long**
March 19 – April 16 *MC, TBA*

Cartooning

Explore cartooning and comics with an overview of tools used in an overlooked art form. Investigate comic strip creation, comic book layout, political cartooning, basic character design, hand drawn animation, etc. Gain an understanding of basics, skills and techniques. Prerequisite: Basic Drawing class or equivalent experience. Supply list sent. There will be homework assignments.
ARTS:733 | \$79

680 Sa 9:30am-11:30am **Sean Long**
March 22 – April 26 *MC - HE, 125*

Design I and II

Design I: Emphasis on principles and elements of design through a series of assigned problems. Additional studio hours required. Design II: The study of color, exploring various color theories and the historical application through a series of problems. Additional studio hours required. Available for credit as ART:107 or ART:108. No class 3/13.
ARTS:703 | \$196

3C1 Th 5:30pm-9:20pm **STAFF**
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 beautify and protect the work. Students will learn what is important for their needs - how to best prep their work for a show, how to prep art so it will look good for a long time, how and where to hang art (and where it should never be hung). Some traditional and non-traditional custom framing and DIY ideas will be presented. Bring questions and photos of your rooms and art or bring your art! Students may bring a lunch to eat during the Q&A portion of the class.
ARTS:765 | \$30

680 Sa 10am-1pm **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 3/12, 4/10.
ARTS:735 | \$185

M01 Th 12:30pm-3pm **Nancy Muschany**
Feb. 6 – May 8 *St John's Ev. UCC*

Watercolor: Beginning/Advanced Beginning

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 **Beverly Hoffman**
Feb. 8 – March 29 *MC - CP*

601 Tu 1pm-3:30pm **Beverly Hoffman**
April 8 – May 13 *MC - CP*

600 Tu 1pm-3:30pm **Beverly Hoffman**
Feb. 4 – April 1 *MC - CP*

Watercolor: Intermediate/Advanced Techniques

Paint transparent watercolor on a more advanced level. Students must be proficient in drawing with basic watercolor skills. Attempt the more difficult techniques of layered washes, modeling with color, unusual textural accents, etc. Prerequisite: Beginning Watercolor class or equivalent experience. No class 4/23.
ARTS:736

Eight sessions | \$99
680 Sa 10am-12:30pm **Beverly Hoffman**
April 5 – May 10 *MC - CP*

12 sessions | \$185
M01 M 12pm-2:30pm **Nancy Muschany**
Feb. 3 – May 5 *St John's Ev. UCC*
No class 4/7

M02 W 12pm-2:30pm **Nancy Muschany**
Feb. 5 – April 30 *St John's Ev. UCC*
No class 4/9

Watercolor: Portraits: People and Pets

Use watercolor to paint portraits-people and/or pets from photographs. Explore techniques to get a likeness in facial features, show fur or skin variations, and add backgrounds with washes and modeling. Work from your own or instructor's photographs. Prerequisite: Watercolor class or equivalent experience. Students must be at the intermediate or advanced level and proficient in drawing.
ARTS:738 | \$99

601 M 10am-12:30pm **Beverly Hoffman**
March 31 – May 5 *MC - CP*

600 M 10am-12:30pm **Beverly Hoffman**
Feb. 3 – March 24 *MC - CP*

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 Krusa**
Jan. 30 – March 6 *FV - H, 104*

551 Th 6pm-9pm **Beth Krusa**
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 Krusa**
April 1 – April 29 *FV - H, 104*

Oil or Acrylics: All Levels

Explore oil paint's richness or acrylic's speed in a class that covers color theory, artistic perception, composition, and paint mixing/application. Progress at your own rate with individualized instruction as you learn techniques to enhance painting skills. Recommend beginning students attend first three classes. Supply list sent. Bring supplies to first class. Water-based oils are the only type allowed in the classroom.

ARTS:740 | \$185

- P01 M 1pm-4pm **Deanna Nash**
Feb. 3 – April 14
No class 2/17
U. City Public LB
- 500 F 9am-12pm **William Neukomm**
Feb. 7 – April 18
No class 3/14
FV - H, 104
- 580 Sa 9am-12pm **Beth Krusa**
Feb. 8 – April 19
No class 3/15
FV - H, 104

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 Krusa**
April 26 – May 17
FV - H, 104
- 501 F 9am-12pm **William Neukomm**
April 25 – May 16
FV - H, 104

Oil or Acrylic: Advanced

Only for experienced artists who want to paint for fun, relaxation or have a goal of eventually selling paintings. Get some formal instruction in color, technique or composition. Work at your own pace. Bring art supplies to first class. Water-based oil paints will be the only type of oil paint accepted in the classroom. No class 3/19.

ARTS:746 | \$185

- 710 W 6pm-9pm **Barbara Tebbetts**
Feb. 26 – May 7
Clayton H.S., 24

Acrylic Impressions

Fledgling artists-try painting, those with experience-loosen your style to paint like the Impressionists. You'll work in a small size to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list sent. All levels welcome.

ARTS:748 | \$185

- M01 Tu 12:30pm-3:30pm **Phyllis Smith Piffel**
Feb. 4 – April 8
Kirkwood Community Center
- 700 W 6:30pm-9:30pm **Phyllis Smith Piffel**
Jan. 29 – April 16
LaSalle Springs M.S., 400

Acrylic Impressions: Workshop

Fledgling artists-try painting, those with experience-loosen your style to paint like the Impressionists. You'll work in a small size to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list sent. All levels welcome.

ARTS:748 | \$79

- M02 Tu 12:30pm-3:30pm **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 **Sheow Chang**
Feb. 1 – March 8
FV - H, 109
- 581 Sa 9:30am-12pm **Sheow 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 wheelthrowing while you work your way up to creating a variety of personal projects. Tool supply list sent. Approximate cost of tools is \$18. Fee includes most materials.

ARTS:727 | \$135

- 720 M 6:30pm-9pm **Guy Sachs**
Jan. 27 – March 10
No class 2/17
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

Guitar: Beginning

This class is for students who have never played a guitar and have no background in music. The class will cover tuning, string changing, how to select a new guitar and a brief history of the guitar. Students will learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques. We will introduce tablature and guitar notation. Must bring own (acoustic) guitar and an extra set of strings. Text required - bring to first class. No class 3/15.

MUSC:705 | \$69

- 580 Sa 1pm-2pm **Christina Springer**
Feb. 1 – May 3
No class 3/15
FV - C, 114

For the following sections, no text required.

- 710 M 7pm-9pm **James Renz**
Feb. 24 – April 7
No class 3/17
Clayton H.S., 102
- 751 W 7pm-8:30pm **James Renz**
Feb. 5 – April 2
No class 3/19
Kirkwood Sr. H.S., W 115

"I really enjoyed the beginning guitar class with Jim Renz. I plan on taking it again!"

-Kelly G., St. Louis

Finger Picking for Guitar

Play folk, blues, ragtime and hear general accompaniment patterns using the thumb and fingers of the right hand along with left hand chords to create a complete, solo sound. Course emphasizes alternating bass style. Music in both guitar tablature and traditional notation. If time allows, instructor may discuss open tuning concepts. Prerequisite: Ability to tune the guitar, know first position chords and experience in making basic chord changes with the left hand. Previous students welcome and will be provided new songs. All must bring a six-string acoustic guitar and guitar capo to each class. Bringing music stand is recommended. No class 3/18.

MUSC:705 | \$69

- 750 Tu 7pm-8:30pm **James Renz**
Feb. 4 – April 1
Kirkwood Sr. H.S., W 115

Fun with Ukulele: Part II

Continue to learn about playing the ukulele in a fun and easy way. Prerequisite: Fun with Ukulele - Part I or permission of the instructor. Fee includes music and use of ukulele. No class 3/11.

MUSC:705 | \$69

- 730 Tu 7pm-9pm **Karl Markl**
Feb. 4 – April 1
Bernard Mid. School, 106

"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

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 – May 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 | \$89

- 580 Sa 9am-10:30am **Christina Springer**
Feb. 1 – May 3
FV - C, 114

Piano: Advanced Beginning and More

Learn: more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. 'Pop' music introduced. Songs will be played in major keys. There is a review at course's beginning if needed. Prerequisite: Basic knowledge of keyboard and letter names of notes recommended. Text and headphones with 1/4 inch adapter required. No class 3/15.

MUSC:711 | \$89

- 580 Sa 11am-12:30pm **Christina Springer**
Feb. 1 – May 3
FV - C, 114

PERSONAL ENRICHMENT

Piano: Advanced Beginning

Learn: more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. 'Pop' music introduced. Songs will be played in major keys. There is a review at course's beginning if needed. Prerequisite: Basic knowledge of keyboard and letter names of notes recommended. Text and headphones with 1/4 inch adapter required.

MUSC:711 | \$69

600	Tu 1pm-2pm Jan. 28 – April 22 No class 3/11	Cheryl Conley MC - HE, 112
680	Sa 10am-11am Feb. 1 – May 3 No class 3/15, 4/19	Ronald Krausch MC - HE, 112

Piano: Intermediate

Student must know letter names of notes and where they're located on the keyboard. Covers: minor chords and songs in minor keys, finishing major scales and starting minor keys, chromatic scales, inverted chords, more advanced pedal study and more 'pop' songs. Text required - bring to first class.

MUSC:712 | \$69

650	M 7pm-8pm Jan. 27 – April 28 No class 2/17, 3/10	Ronald Krausch MC - HE, 112
600	Th 12pm-1pm Jan. 30 – April 24 No class 3/13	Cheryl Conley MC - HE, 112

Piano: Advanced

For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to 'pop'. Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text and 1/4" headphone adapter required. No class 3/13.

MUSC:713 | \$69

600	Th 1pm-2pm Jan. 30 – April 24	Cheryl Conley MC - HE, 112
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Piano: Advanced Workshop

For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to 'pop'. Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text and 1/4" headphone adapter required. No class 3/11.

MUSC:713 | \$69

601	Tu 9am-10am Jan. 28 – April 22	Cheryl Conley MC - HE, 112
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Harmonica: Beginning

The harmonica is a fun and easy musical instrument to learn. In just three sessions you will be able to play dozens of folk and campfire type songs. Fee includes student guide/songbook and a 10-hole, "C" diatonic harmonica. Instructor is a member of the Gateway Harmonica club.

MUSC:720 | \$39

650	M 7pm-8pm Feb. 3 – Feb. 24 No class 2/17	MC - CP
350	M 7pm-8pm March 17 – March 31	WW, 201
651	M 7pm-8pm April 7 – April 21	MC - CP

Meramec Orchestra

Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS.132.651 (10866). Auditions for seating only. Contact the conductor at 314-984-7636. No class 1/20, 2/17, 3/10.

MUSC:714 | \$25

220	M 7:15pm-9:30pm Jan. 13 – May 12	Gary Gackstatter MC - HW, 102
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Symphonic Band

Study and performance of representative symphonic band literature. Available for credit as MUS 134.650 (10868). Auditions for seating only. Call the conductor at 314-984-7636. No class 3/13.

MUSC:716 | \$25

220	Th 7:15pm-9:30pm Jan. 16 – May 8	Gary Gackstatter MC - HW, 102
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Meramec Choir

A study of advanced choral literature. Emphasis on vocal technique and development. Available for credit as MUS 135.601 (10869). Auditions for part assignment only. Contact the conductor at 314-984-7638. No class 3/11, 3/13.

MUSC:717 | \$25

220	TuTh 12:30pm-1:50pm Jan. 14 – May 2 FV - B, 125	Gerald Myers MC - HW, 102
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St. Louis Community
College Continuing
Education

PHOTOGRAPHY

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. You will need a digital camera and your own film or memory card. Provide own transportation.

PHOT:704 | \$69

650	Th 7pm-9pm Jan. 30 – Feb. 27	Russell Rosener MC - CN, 228
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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
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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
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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
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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: Intermediate or equivalent experience.

PHOT:711 | \$59

680	Sa 9am-11:30am Feb. 1 – Feb. 22	MC - SW, 206
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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: Intermediate or equivalent experience.

PHOT:712 | \$59

680	Sa 9am-11:30am March 8 – April 5	MC - SW, 206
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Digital Pictures: Introduction

This course is an introduction to digital images and photos. If you don't know the answer to the following questions then this class is for you. How do I get a photo into my computer? How do I get the photo from my digital camera into my computer? How do I download a picture that someone sent me in an email? Where do I put my photos in my computer? How do I find the photos once they are in my computer? What's a jpeg? This is an entry level class. Because digital cameras vary, the class will cover universal methods of inputting digital images into your computer including using SD (secure digital) and CF (compact flash) memory cards. In some cases, the methods may not apply to your specific digital camera.

PHOT:707 | \$49

550	Tu 6pm-9pm March 18 – March 25	Rachel Bufalo SCEUC, 207
580	Tu 5:30pm-8:30pm Jan. 28 – Feb. 4	Rachel Bufalo FV - B, 125

Take Better Pictures: Introduction

Gain photography skills and take better pictures as you learn about the operation of your camera. Improve your techniques to enhance family, vacation and nature images. Get tips that will help you use your camera to the fullest and boost your creativity. No darkroom/lab. You will need a camera (digital or 35 mm) and your own film or memory card. Please note: Due to the large variety of camera brands, your individual camera's features cannot be discussed. Class covers generalities of how cameras operate. Read the camera's manual prior to the first class and bring it to class.

PHOT:701 | \$69

C50	M 6:30pm-8:30pm Feb. 24 – March 24	Corp. College, 215
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Take Better Pictures: Intermediate

Learn how to take even better pictures with your digital or 35mm camera. Examine the fundamentals of exposure and light. Understand aperture, shutter speed, ISO, basic composition, depth of field and histograms. No darkroom/lab. You will need a camera (digital or 35 mm) and your own film or memory card. Please note: Due to the large variety of camera brands, your individual camera's features cannot be discussed. Class covers generalities of how cameras operate. Read the camera's manual prior to the first class and bring it to class. Prerequisite: Take Better Pictures: Introduction, 35MM and Digital Photography: Introduction, or equivalent experience.

PHOT:701 | \$69

651	M 6:30pm-8:30pm April 14 – May 12	Corp. College, 211
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Darkroom Developing and Printing for B&W Photography

Students will learn to develop and print black and white pictures in a darkroom. Students will learn chemical mixture, exposure time and use of darkroom equipment. Students must provide film and 35 mm camera. Chemicals, developing equipment and some paper will be provided. This is a film developing class, not a photography instruction class. No class 3/14.

PHOT:705 | \$89

480	F 6:30pm-9pm Feb. 21 – April 4	Cheryl Petrovic FP - F Tower, 411
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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 2pm-5pm April 5 – April 12	Masterpeace Studios
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THEATER

Actor's Workshop: Beginning and Brush-up

Break a leg! Come build self-confidence and brush up on your audition skills in our small, intense workshop. You'll prepare monologues and develop cold reading techniques. If you're a beginner or a more experienced actor, you'll benefit from this course. No class 3/10.

THTR:701 | \$95

550	M 7pm-9pm Feb. 24 – May 5	David Houghton FV - SC, PDR-B
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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
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WRITING

The St. Louis Community College Continuing Education Writing Certificate is designed for beginning or experienced writers who are looking for a course of study that will provide them with an opportunity to develop their own writing voice, build expertise in the art and craft of writing, and gain insight into today's publishing environment.

Courses may be taken individually or towards completion of a certificate.

Writing Certificate Requirements:

- One course from each of the four areas of study
- Two electives from any of the areas
- Three years to complete program
- Portfolio review capstone evaluation course with a faculty member

For a complete brochure on the Writing Certificate program, call 314-984-7777.

Exploring the Creative Process

Unleashing the Writer Within

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 irreplaceably 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
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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	Carliss Cole FV - C, 104
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Awaken Your Creative Powers

Are you at that point in your life when 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
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So You Want to Be A Writer?

There are basic techniques all good writers have in common. If you have aspirations to be a writer, it's essential that you are well-versed in the fundamental techniques of creative writing, such as use of figures of speech, description, verb usage, scene setting, etc. Come to this short class series to prepare yourself with these indispensable writer's skills!

WRIT:701 | \$49

781	W 7pm-9pm March 26 – April 9	Beverly Letchworth Lindbergh Sr. H.S., 42
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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
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Book Killers: Beginnings, Endings, and Titles

Do you want to hook your readers with your very first sentence? Do you want to write a dazzling piece of fiction that will linger with a reader long after the last page has been turned? Few things are as powerful as a strong beginning and nothing kills a reader's love for a book faster than a terrible ending. This course will provide students with tip and techniques for mastering these important elements of fiction writing. Students will study examples of award-winning fiction in addition to in-class writing exercises.

WRIT:706 | \$39

650	M 7pm-9:30pm Feb. 24 – March 3	Heather Luby MC - BA, 112
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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 - SQ, 204
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Advanced Fiction Writing Workshop

Could your novel, essay or short story benefit from an additional critique? Are you interested in working with a network of writers who share similar goals? In this critique-based workshop, we will combine brief lectures on craft with a traditional workshop environment. Intended for students already writing original creative work, this course will focus on sharpening your skills while working toward completion of publishable work. Prepare to discuss and refine manuscripts in a highly supportive workshop environment with both instructor and peer feedback. Prerequisite: A complete or nearly completed writing project. Copies of your manuscript must be made available to each class member. Up to 25 pages (per manuscript) will be copied in sufficient quantity for each student (included in course fee). Your work must be emailed to campus by 3/19. Call 314/539-5745 for details.

WRIT:706 | \$89

652 W 7pm-9:30pm Heather Luby
March 26 – April 30 MC - BA, 124

Genre

Focus on Fiction: Description and Setting

How essential is setting to a story? How much description is appropriate and how do we know when it is too little or too much? In what ways do sensory details and setting enhance your plot and further your character development? In this class you will learn the answers to these questions and explore all the ways you can use setting and description to add depth to your story. In this course you'll discover several techniques that you can apply to both fiction and nonfiction. 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.

WRIT:706 | \$25

653 M 7pm-9:30pm Heather Luby
April 7 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 POV 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.

WRIT:706 | \$25

654 M 7pm-9:30pm Heather Luby
April 14 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 on just your childhood; or your adult years - or simply one particularly life-changing day. Every life is fascinating. Every story deserves to be told - and written. This class will guide you in writing your own very unique and special memoir.

WRIT:714 | \$59

P01 W 10am-12pm Jordan Oakes
March 12 – April 2 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.

WRIT:714 | \$29

680 Sa 9am-12pm Jean Alessi
Feb. 22 MC - CP

Write Your Life Story - Creating a Memoir

Your life story is a unique treasure. Let our experienced writing instructor help guide you in creating the memoir you've been wanting to write. During each class session you'll write a story based on your memories and life experience. Each story will utilize a different creative writing technique. You'll develop a plan for expanding the stories written in class into a complete personal or family history.

WRIT:714 | \$49

600 W 1pm-3pm Jean Alessi
Feb. 19 – March 5 MC - CP

Business Writing for Busy Professionals

Does your writing not reflect the polished professional that you are? This seminar will reveal the basics of professional business writing that is relevant in the 2014 business world. Explore a variety of templates for letter writing, formal e-mail etiquette, submitting proposals, social media writing, and memorandums. Whether you run your own business, work in an office, or are looking for your next job, upgrading your written communication skills is a smart investment. Competent business writing can boost your confidence, enhance your image, increase your productivity by achieving your objectives, and might even help advance your career! Bring a writing sample (e.g. cover letter or business document) to class.

WRIT:715 | \$39

680 Sa 8:30am-12:30pm Tiffany Smith
March 22 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 inspiration to craft our own. Each of us has a poetic voice lurking deep inside - a voice that speaks from both the mind and heart. This workshop will help you find the metaphors to put it all into words. No class 3/10.

WRIT:716 | \$59

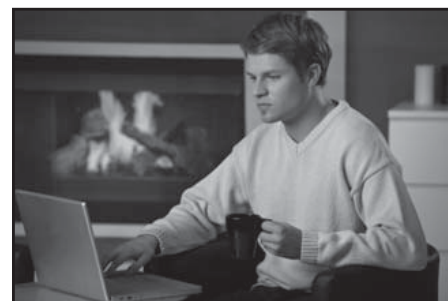
650 M 7pm-9:30pm Jordan Oakes
Feb. 24 – March 24 MC - CS, 206

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.

WRIT:719 | \$69

550 Th 7pm-9pm Carliss Cole
March 20 – April 10 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.

WRIT:719 | \$69

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

Playwriting

Many Hollywood writers get their start as play writers. In this four week class, you'll explore story writing for theatre by applying form and structure that will add visualization and characterization to your creative writing techniques. There will be in-class exercises and you'll workshop creative projects. The goal is for you to complete a ten-minute play and learn the art of submitting a script to a theatre company for a potential production. We'll also discuss short plays by various successful playwrights from around the country. If you have a work-in-progress, bring it to class. No class 4/10.

WRIT:719 | \$69

651 Th 7pm-9pm Taylor Gruenloh
March 27 – April 24 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.

WRIT:719 | \$39

680 Sa 9am-1pm Jo Hiestand
March 29 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.

WRIT:719 | \$89

551 W 7pm-9pm Rita Russell
March 19 – May 7 FV - TC, 207

Registration begins January 2.

Publishing

How to Get Published Online - A One-Day Seminar

Do you have a short story, essay or poem that you want to see published? The dynamic growth and popularity of online magazines in recent years means more opportunities for writers to build credibility and exposure. But how do you know where to submit your work and what publications are legitimate? This short seminar, given by the editor of a popular online magazine, will help you determine which online resources will work best for your creative project. The topics will include researching markets, writing query and cover letters, and how to submit and format your work for online publication. Make 2014 the year you get a byline!

WRIT:704 | \$39

681 Sa 9am-1pm
March 8

Heather Luby
MC - SO, 107

An Insider's Look at Self-Publishing

Thanks to the changing book publishing world, writers today have many avenues to get their works into print. Published authors Jo Hiestand and Esther Luttrell (who have more than two dozen published books between them) will talk about traditional publishing and self-publishing: seeking a publisher, contracts and what to watch for; legitimate self-publishing houses and self-publishing scams; manuscript format and cover design; book trailer creation and use; book promotion and marketing; ebooks AND the red-hot world of audio books. Bring a sack lunch — you'll have the opportunity to ask individual questions, informally network, and share your publishing experiences.

WRIT:704 | \$49

683 Sa 9am-2pm
April 12

Jo Hiestand
MC - SO, 107

Finding a Literary Agent

Finding the right literary agent in the traditional publishing world often feels like trying to find true love on an online dating website—the world seems overly competitive and the rules hard to navigate. Whether you're working on a fiction manuscript or have a completed novel ready to submit for publication, now's the time to start doing some research and drafting your queries. In this class, writer Heather Luby, who is represented by the prestigious literary agency Brandt & Hochman in New York City, will teach you how to find the right agent for your book. This class will cover researching agents, how to draft a killer query letter and synopsis, and how to work with an agent once you've made the right match. Students should bring a short summary of their manuscript to class.

WRIT:704 | \$49

650 M 7pm-9:30pm
March 24 – March 31

Heather Luby
MC - BA, 118

A Practical Guide to the Writer's World

Whether you have something ready for publication or simply have a writing project started, you are entering the writer's world. It's a large universe and could take forever to find your way around — so make this workshop your first stop. Our author-instructor can show you the ropes for getting involved in the complex world of writers. Want to find a writer's conference or critique group that fits your style, life, and pocketbook? Curious about writing contests? Need some tips on dealing with rejection and how to keep going anyway? Do you know what writing journals (oh yes, you should publish in these!) are reputable and which to avoid? These are just a few of the questions we'll answer in this daylong seminar that explores the writing life *off* the page. This is not a writing workshop, but will focus on making the new writer industry-savvy. Bring plenty of questions and a sack lunch. This course is appropriate for writers of fiction, poetry, and creative non-fiction.

WRIT:704 | \$49

682 Sa 9am-2pm
April 5

Angela Mitchell-Phillips
MC - SO, 107

Making Your Writing Marketable

Perhaps you have a particular area of expertise — a topic on which to hang your words. Or maybe you just like to write, no matter what the topic. This course will show you how to make your work marketable — how to find an outlet for what you already do. Whether it's in magazines, a blog or a book, there is a place for your work, and a potential readership waiting in the wings. And if you are new to writing, this course can introduce you to a whole new world of possibilities. Because if you can get a paycheck for being creative, what more could you possibly ask for? If you have a work-in-progress, bring copies of it to share.

WRIT:704 | \$59

680 Sa 10am-4pm
March 1

Jordan Oakes
MC - SO, 107

16 Sure-fire Ways to Publish Your Non-Fiction

If you've ever dreamed of seeing your name in print then this course is for you! The instructor is the author of ten books including two academic bestsellers and will provide you with the little known information to help make your dream a reality. This short course will give insider information about agents, book markets, editors, publishers, royalties, titles that sell, and step-by-step procedures for submitting your manuscript.

WRIT:704 | \$29

580 Sa 9am-12pm
March 1

Howard Rosenthal
FV - SS, 105

Certificate Completion

Portfolio Review I - Certificate Program

This class is for confirmation that students have met the requirements of the Writing Certificate program. You must submit your portfolio to Continuing Education for review. The work should exhibit increased proficiency in writing techniques and should aspire to high literary standards. You will receive a confirmation response from a writing program faculty member. Upon satisfactory review of the portfolio, the faculty member will notify Continuing Education to award the Writing Certificate. If the portfolio does not meet acceptable standards, the instructor will make recommendations. You may repeat the portfolio review class again, until the faculty member is satisfied with the quality of your work.

WRIT:765 | \$69

680 TBA
Jan. 2 – May 30

Heather Luby
MC - To Be Announced

681 TBA
Jan. 2 – May 30

Jordan Oakes
MC - To Be Announced

NATURE, HOME AND GARDEN

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 bed for your dog.

ANIM:701 | \$29

M01 W 6:30pm-8:30pm
Feb. 26

Leann Zalasky
RiverChase of Fenton

Pet First Aid

If you own a pet, it's important to know how to approach an injured animal and how to give basic first aid. Protect yourself and your pet from further harm, injury, or suffering during emergencies by learning prompt, effective actions that will safeguard the life of your injured pet until you can get him/her to professional veterinary care. Taught by a veterinarian. Do not bring your pet to class.

ANIM:702 | \$19

680 Sa 9:30am-11:30am
April 5

Dr. Theresa Garden
MC - SO, 111

Puppy Kindergarten

You can raise a happy, well-adjusted and confident puppy through socialization, along with basic commands and manners training. You'll also learn leadership, grooming skills, and behavioral problem-solving. Completion of all six classes qualifies you and your puppy to take the AKC S.T.A.R. Puppy Test on the sixth week. (STAR: Socialization, Training, Activity, Responsibility). Successful completion of the test enables you to send for an AKC STAR Puppy Certificate and Medallion. Puppies must be 9 weeks to 1 year old, have 2 series DHLPP and Bordetella immunizations. Proof of vaccinations required. Bring puppy to first class.

ANIM:703 | \$69

M01 Sa 9:30am-11am
Feb. 8 – March 15

Susan Baxter-Carr
RiverChase of Fenton

M02 Sa 9:30am-11am
March 22 – May 3
No class 4/19

Susan Baxter-Carr
RiverChase of Fenton

Fun Tricks to Teach Your Dog

Every dog can do fun tricks. You will learn how to teach your dog standard tricks, such as Shake Hands, Fetch 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, Take a Nap, and more. Dogs should be at least one year old and well-controlled around other dogs. Previous obedience class or training is preferred, but not required as long as dog obeys: Sit, Down, and Wait or Stay commands. You must be willing to practice at home. Training is by Positive Reinforcement. Bring your dog and required training equipment to class: buckle or training collar, 4-6 ft. leash, yummy dog treats or a favorite toy.

ANIM:704 | \$49

M01 Sa 11am-12pm
Feb. 8 – March 15

Susan Baxter-Carr
RiverChase of Fenton

Canine Good Citizen

The Canine Good Citizen Program is designed to reward dogs who have good manners both at home and in the community. Class instruction is for all 10 parts of the CGC Test. Dog must be at least 6 months old and have basic obedience skills. Proof of vaccinations required. Bring dog to first class. Successful completion of the test qualifies dog for a CGC patch (available for purchase separately).

ANIM:706 | \$59

M01 Sa 12pm-1pm
Feb. 8 – March 15

Susan Baxter-Carr
RiverChase of Fenton

Dog Sports: K9 Nose Work

Dogs see the world through their noses. This sport is designed to develop your dog's remarkable sense of smell and natural scenting abilities by using their desire to hunt and their love of treats, toys, and exercise. It is a great way for your dog to build confidence and burn both mental and physical energy while having fun. If your dog has a nose, it can play this K9 Nose Work game. Bring your dog and learn together how to play this fun, new sport with our certified instructor. It's fun for both of you! Dogs must be at least 6 months old, with current immunizations. Bring soft treats your dog likes (with a distinct scent), a 6-foot leash (no reels) plus flat collar (no choke collars) or harness, and crate or kennel for your pet. If you prefer to attend without your dog, see ANIM 706 M04 for a discount.

ANIM:706 | \$69

M03 W 7:30pm-8:45pm
March 5 – April 9

Sandra Ellison
RiverChase of Fenton

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 sniff-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 Sr. 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 MC - SO, 108
Feb. 18

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 MC - SO, 108
March 4

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-breaking side of the business. 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 MC - SO, 108
April 1



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 world of animal welfare agencies in the St. Louis metro area are built on different viewpoints. In this class you'll get insight into the history of the animal welfare/humane movement in the United States and where we are today. Pet over-population issues are an influential force so solutions to this pivotal concern will be presented. Lastly, humane education is a critical part of the animal welfare world, benefitting 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 MC - SO, 108
March 25

Getting to Know Us: St. Louis Animal Welfare Organizations

St. Louis has many large and small organizations of all types involved in animal welfare activities, such as rescues and shelters, adoptions, pet food pantries, emergency and investigation teams, clinics, advocacy groups, and more. They all have different roles, approaches, and ways of operating but it takes everyone in the community to meet the needs of our local animals. The good news is that there are a wide range of animal welfare-related activities in the St. Louis metro area and opportunities for involvement for people with a variety of interests and skills (like you!). A panel of representatives from local agencies will present their stories and answer your questions. This class can be taken by itself, or as part of the Animal Welfare Assistant Certificate Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations.

ANIM:741 | \$29

654 Tu 7pm-9:30pm MC - SO, 108
April 22

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 MC - SO, 108
May 6

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



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 in cabinetry, countertops, and much more. Bring your ideas and questions for this open discussion on how to create a functional, affordable, and beautiful kitchen. One of the best decisions you'll make about your new kitchen starts here.

HOME:703 | \$29

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 cabinetry? Wondering what option is best for you and your kitchen? Join us for an in-depth discussion of the pros and cons of refinishing, refacing, or replacing your kitchen cabinetry. Learn about the processes and products available so you can make an educated decision about which option you choose.

HOME:703 | \$29

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

"Howard 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 are redecorating, remodeling or starting from scratch, this course will help you create a well-designed and coordinated environment. We'll cover the use of professional tools for drafting layouts and developing a furniture plan. You'll learn how to measure and draft a room in your home, using architectural symbols, graph paper and architectural ruler. We'll discuss the process of developing a furniture plan based on traffic patterns and available interior space, proper proportions and determining correct scale. Prevent expensive mistakes with the knowledge you'll gain in this class.

HOME:702 | \$69

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. Second class meeting is a 2-hour 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:708 | \$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 texturing to make your patches not look like a patch. You can make your paint brush do the work - sounds simple but we'll explain how that makes the job easier. And of course, finishing the job: ways to keep clean-up easy and/or quick. Class covers a variety of painting applications: interior, exterior, metal, wood, plastic, drywall etc.

HOME:713 | \$19

554 W 7pm-9pm
March 19
Jean Linton
FV - SC, PDR-B

751 W 7pm-9pm
April 23
Jim Hanneke
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 why each are used in certain places. You'll learn how to design, layout, prepare, cut, and install ceramic tile and grout. See the tools you'll need and watch a demonstration of how and why to use them.

HOME:713 | \$19

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

Do-It-Yourself Drywalling

Our experienced handyperson will show you how to measure, cut, and hang drywall. You'll learn how to prep the room prior to installing the 2x4 framing, including proper layout. Instruction will include cut-to-size with minimal drywall seams and cut out for electric boxes. Also learn how to apply seam tape (both paper tape and self-stick mesh tape) and mud (joint compound). If you have a drywall project in your future, get to this class before getting started.

HOME:713 | \$19

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, welting, trims, foam, gluing, plotting fabric, and calculating yardage needed for projects. Students should bring a small simple project, such as: simple ottoman, dining room chair, pillow, piano bench, or cushion. Total restorations or large pieces of furniture will not be accepted. Instructor reserves the right to evaluate and decline any project deemed not suitable for class. Fee includes some supplies, but additional supply charges may be assessed if needed for your project (payable before work begins). Project will need to be taken home each week. If time permits, a second small project will be allowed, but additional supply charges will be required. No class 3/15.

HOME:711 | \$189

580 Sa 9am-1pm
Feb. 22 - 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 — and getting rid 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 positive outlook 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
March 25
Samantha Shields
Kirkwood Sr. H.S., NW130

Set up a Successful Home Office with Feng Shui

Are you working from your home now? How 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 central 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 and a floor plan for your room and we'll re-design it in class together.

HOME:710 | \$25

752 Tu 6:30pm-9pm
April 1
Samantha Shields
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 design recognizes our need for a place for 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 proven Feng Shui techniques to create a restful and alluring romantic bedroom. Bring photos and a floor plan for your room and we'll re-design it in class together.

HOME:710 | \$25

753 Tu 6:30pm-9pm
April 8
Samantha Shields
Kirkwood Sr. H.S., NW130

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
April 17

Michael Silva
Advanced Auto Service

Small Engine and Lawn Mower Repair

This course includes operation, maintenance, repair, and storage of small gasoline engines. Topics are: principles of operation, normal maintenance and repair of the air, fuel, ignition, and compression systems. Repair of your own engine is part of the instruction. Bring a small engine or lawnmower to be repaired to the second class session. Prefer a 4-stroke engine needing some repair. No class 3/19.

AUTO:715 | \$149

M01 W 6pm-9pm
Feb. 26 – April 23

Gus Sturmfels
Kirkwood Sr. H.S., IA170

Checklist: Get Your House Ready For Spring

Wouldn't it be great to have a checklist for seasonal maintenance tasks you should do around your house to help your residence make the transition from winter to spring? Our home repair expert has put that together for you and will guide you through exactly what to do, so you can rest assured that your home is ready-to-go when the warmer weather kicks in.

HOME:713 | \$19

550 W 7pm-9pm
Feb. 12

Jean Linton
FV - SC, PDR-B

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 hassle! A variety of simple home repairs will be presented with a "hands-on" focus. If your toilet runs, your drains are slow, you need a new faucet, this course is for you! 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

551 W 7pm-9pm
Feb. 19

Jean Linton
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 hassle! 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

552 W 7pm-9pm
Feb. 26

Jean Linton
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

553 W 7pm-9pm
March 5

Jean Linton
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 to 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 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
March 4

Jim Hanneke
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 toilets, 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
March 10

Jim Hanneke
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
Feb. 18

Christina Filla
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
Feb. 25

Christina Filla
SCEUC, 102

Home Selling: Your Guide to a Successful Sale

If you've never sold a home before (or even if you have, but it's been a while), it's important to know your Marketing options. We'll explain what is involved with selling as a FSBO (for sale by owner) vs. using the services of a real estate agency. We'll discuss how to use knowledge of the competition in your area that can affect the personal sale of your property and how to determine a realistic selling price for your home. If circumstances warrant special consideration, we'll cover the topic of "distressed sales." We'll also cover topics related to staging, landscaping and repairs that can add impact and value to your home without breaking the budget.

REAL:701 | \$19

S03 Tu 7pm-9pm
March 4

Christina Filla
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 to use the telephone, interview, computer, rental application and lease expectations to avoid an undesirable tenant-landlord relationship. Lunch on your own.

REAL:720 | \$59

480 Sa 9am-5pm
April 5

Mary Hankins
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
March 18

Christina Filla
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.

Classes may be taken individually, or as part of the Master Naturalist Certificate Program.

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

NATR:765 | \$19

650 Tu 7pm-9pm
Feb. 25

Julie Allman
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
April 5

Jeffrey Smith
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:701 | \$29

650 Tu 7pm-9pm
March 18 - March 25

Martin Ferris
MC - CN, 230

Feeder Watch Program: Great Backyard Bird Count Identification

This class is a citizens' 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:709 | \$19

650 Tu 7pm-9pm
Feb. 4

Marty Smigell
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:709 | \$19

651 Tu 7pm-9pm
Feb. 18

Marty Smigell
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 are passing through in the spring and fall? Offered in cooperation with the St. Louis Audubon Society.

NATR:709 | \$25

652 Tu 7pm-9pm
March 25

Marty Smigell
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 was 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 now. 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
March 22

Karen Nichols
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 vitally important 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
Feb. 25

Allen Casey
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 that provide food, fiber, spices, medicines and animal forage. Beekeeping can be a hobby, a secondary business, or a full time vocation. It is a relatively inexpensive hobby that provides a sweet bonus each year. Is beekeeping right for you? Come learn the basics to discover information on the pollinators in Missouri, making native bee houses and how to get started including products of the hive and beekeeping requirements.

NATR:715 | \$19

680 Sa 9:30am-11:30am
Feb. 1

Yvonne Von Der Ahe
MC - SO, 107

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: The East" 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
April 22
Sa 10am-12:30pm
April 26

Yvonne Homeyer
MC - CN, 230
MC - Off Campus

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 Babler State Park Visitors Center. Provide own transportation. Bring sack lunch. Offered in cooperation with the Missouri Mycological Society (MOMS).

NATR:723 | \$25

M01 Sa 10am-2pm
March 29

Maxine Stone
Babler State Park

Forest Ecology of Missouri

Have you ever wanted to learn more about the ecology of Missouri's forests? Mike Walsh, Forestry Programs Manager with Forest ReLeaf of Missouri will present a general introduction to forest ecology, and how it relates it to our own Missouri forests. Topics will include elements of a forest ecosystem, competition, succession, forest layers (structure), forest types in Missouri, disturbance, nutrient cycling, and more. Class is offered in cooperation with Forest ReLeaf of Missouri.

NATR:723 | \$19

651 Th 6pm-8pm
May 1

Mike Walsh
MC - SO, 205

Native Tree Identification

Learn about Missouri tree identification with Mike Walsh, Forestry Programs Manager with Forest ReLeaf of MO, 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 Reservations (one mile from campus) 2751 Glencoe Rd, Wildwood. Wear comfortable shoes and dress for walking outdoors. Resource booklets provided. Provide own transportation. Class is offered in cooperation with Forest ReLeaf of Missouri.

NATR:723 | \$29

350 Th 6pm-8pm
May 8
Sa 10am-12pm
May 10

Mike Walsh
WW, 220
WW-Off Campus



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 - SO, 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 - SO, 109

Thunderstorms, Tornadoes, and Floods: Severe Weather Spotter - Level 1

Are you interested in the weather and basic meteorology - how storms form, how to find a tornado in a storm, what causes hail, and much more? Join Michael Redman, former severe weather trainer and weather program manager for the St. Louis County Police Department, and current managing director of the Traveling Weather Show, as he shares his knowledge. Learn how to identify cloud formations and weather indicators that will make you an asset to the region in an emergency. Learn safety information that can save your life! You'll get your own spotter number to use, if needed; a training certificate; a CD of weather brochures and manuals, and handout material on severe weather. Children ages 14-15 may register if accompanied by a registered adult.

NATR:765 | \$25

580 Sa 9am-12pm
April 12

Michael Redman
FV - SO, 101

Thunderstorms, Tornadoes and Floods: Severe Weather Spotter - Level 2

Improve the basic meteorological and severe weather skills you learned in the Level 1 class by taking the region's only Level 2 (advanced) program. We'll discuss computer resources, convective outlooks, watch and warning messages, cloud definition, radar interpretation, and more. You'll get lots of handouts and certification, too. Pre-requisite: Level 1 class. Children ages 14-15 may register if accompanied by a registered adult.

NATR:765 | \$25

581 Sa 1pm-4pm
April 12

Michael Redman
FV - SO, 101

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
Sa 9am-12pm
May 3

Jeannie Moe
MC - SO, 108
MC - Off Campus

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 techniques to improve your garden soil, plant nutrition, and pest control. Make your garden environmentally friendly; improve 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 veggies. 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 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:701 | \$25

350 W 6pm-9pm
March 26

Michelle Ochonicky
WW, 202

650 Tu 6pm-9pm
April 1

Michelle Ochonicky
MC - SW, 106

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

You Can Grow Sun Perennials: Selection and Care

Start your sun perennial garden with a good understanding of plant selection, care, and maintenance. Discover the most popular varieties of sun 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 sun perennial garden that is not only beautiful, but easier to maintain throughout the season.

HORT:704 | \$19

681 Sa 9am-11:30am
April 5

Nancee Kruescheck
MC - SO, 109

Gardening Under Trees and Other Tough Spaces

Do you have problems successfully growing plants under the trees in your yard? Are you concerned about possibly damaging the tree roots but would really like to plant some attractive plantings that would thrive there? Come learn about the art and science of gardening under trees and other tough-to-grow spots to add to the beauty of your yard.

HORT:706 | \$19

680 Sa 9am-12pm
April 12

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
FP - G Tower, 117

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 - SO, 111



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 many common lawn "weeds", flowers, mulberries, cattail shoots, and wild members of the mustard and mint 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 sample 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

652 Tu 6pm-9pm Alison Lewis
April 15 MC - CN, 230
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 Alison Lewis
Feb. 11 MC - SO, 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

651 Tu 7pm-8:30pm Kat Golden
April 8 MC - SS, 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 Ettling as he provides a brief discussion on the science of climate change and its impact on various national 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

680 Sa 9am-12pm Brian Ettling
Feb. 22 MC - SO, 111

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 Andrea Wuller, Tamra Nier
April 1 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 Yvonne Homeyer
Feb. 24 Ladue-HW Sr. H.S., 145



Get your finances in order with Continuing Education Personal Finance classes.

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 Charles Amen
April 22 SCEUC, 104

550 Tu 7pm-9pm Charles Amen
April 29 FV - 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 Leslie Greenman
April 29 MC - CN, 230

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

Estate Planning: Living Trusts

Everyone wants to do estate planning, for control of your assets and for a legacy to your loved ones. This course covers various ways to estate plan, to avoid probate, to avoid guardianships and to reduce or eliminate estate taxes. Find out why a living trust may be the best solution. Taught by an attorney.

FINC:710 | \$35

550 Tu 7pm-9pm Charles Amen
March 4 SCEUC, 104

780 M 7pm-9pm Charles Amen
April 7 Lindbergh Sr. H.S., 53

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 Amy Hereford
Feb. 24 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 Brian Bingham
Feb. 8 - Feb. 15 Corp. College, 208

Financial Workshop: Your Source for Financial Education

Financial education is a critical step in helping you achieve your financial goals. This workshop offers a variety of practical investing topics presented in an easy, open format. You will gain a good understanding of the key principles of saving and investing along with strategies to help you reach your long term goals. Topics include the basics of stocks, bonds and mutual funds, the importance of asset allocation, making sense of retirement, preparing for the unexpected, tax-free investing, long term care insurance and managing financial risk.

FINC:736 | \$55

653 W 7pm-9pm Margie Bittner
March 19 - April 9 MC - SO, 107

For the following section, bring a 2" x 3 ring binder to class.

351 Tu 7pm-9pm Dan Roper
April 1 - April 22 WW, 204

PERSONAL ENRICHMENT

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

RETIREMENT PLANNING

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 Steve Glazer, Laura Boedges
March 4 MC - CN, 228

352 Tu 7pm-9pm Steve Glazer, Laura Boedges
March 25 WW, 204

550 Tu 7pm-9pm Steve Glazer, Laura Boedges
Feb. 18 FV - B, 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 Steve Glazer, Laura Boedges
Feb. 25 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 Steve Glazer, Laura Boedges
March 18 MC - CN, 228

353 W 7pm-9pm Steve Glazer, Laura Boedges
April 9 WW, 201

New 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
March 29 - May 10

Michael O'Dea
MC - BA, 124

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
Feb. 24 - March 3

Erin De Vore
MC - AS, 108

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
Feb. 12 - Feb. 19

Mary Stamm
MC - AS, 204

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
Feb. 26 - March 5

Mary Stamm
MC - AS, 204

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
March 17 - March 31

Mary Stamm
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
Feb. 24 - March 3

Mary Stamm
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 - B, 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 - B, 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
Feb. 7 - Feb. 14

Joan Huisinga
Thomas Dunn Mem. Ctr



Celebrate St. Louis' 250th birthday!

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
March 20

Bev Schuetz
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
April 8

Bev Schuetz
Thomas Dunn Mem. Ctr

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
April 22

Bev Schuetz
MC - BA, 122

Women Spies of the Civil War

As in all wars, both sides in the American Civil War used spies; and as is 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 Ulrich Daltreen (and his secret reburial), placed a former slave as a spy to wait tables in Davis' Confederate White House, and much more.

HIST:705 | \$19

P01 Tu 10am-11:30am
March 18

Walter Hall
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 collections of military information by Army commanders. During the war, the Army of the Potomac intelligence collection and analysis evolved into a Centralized Bureau of Military Information and became the first all-source intelligence agency, producing highly accurate intelligence concerning the Army of Northern Virginia. Methods included espionage, scouts, cavalry reconnaissance, interrogation of POWs and refugees, and the use 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
March 25

Walter Hall
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
March 27

Wynn Ward
MC - SO, 205

Civil War Rosies: Women in Industry in the American Civil War

In World War II, women known as "Rosie 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 immigration on the North's industrialization.

HIST:705 | \$19

P03 Tu 10am-11:30am
April 1

Walter Hall
Thomas Dunn Mem. Ctr

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
April 3

Wynn Ward
MC - SO, 205

The Lincoln Presidency Sesquicentennial: 1863-1864

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
April 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
April 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 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 Pook's Turtles, and the others who left their mark on the history of the Civil War.

HIST:705 | \$19

653 Th 7pm-9pm
April 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
April 29

Wynn Ward
MC - BA, 122



Seeking a new career?
Check page 12 for details.

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

650 M 7pm-8:30pm
March 3

Julie Nicolai
MC - BA, 122

Life By The River: 250 Years of St. Louis History

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

651 Tu 7pm-9pm
March 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, Baashar, 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
April 1 - April 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
April 21

Timothy Neckermann
MC - BA, 118

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
Feb. 13

Wynn Ward
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 all 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
Feb. 20

Wynn Ward
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 Kaiser's High Sea Fleet, but a strategic victory for the British Grand Fleet. Huge land battles were fought in Verdun in France, Isonzo in Italy, and in the Caucasus in Russia. The Battle of the Somme lasted six months, killing or wounding over a million men. The Lusitania was torpedoed and sunk by a German U-boat.

HIST:712 | \$19

652 Th 7pm-9pm
Feb. 27

Wynn Ward
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 Lawrence of Arabia led Arab Guerillas against the Turks; how the Doughboys arrived "over there," declaring "and we won't come back 'til it's over, over there." Meanwhile, the Communist Revolution took Russia out of the war and the British Army captured Jerusalem in time for Christmas.

HIST:712 | \$19

654 Th 7pm-9pm
March 6

Wynn Ward
MC - SO, 205



Explore World War I as we enter the 100th anniversary in 2014.

The Great War (World War I): Year Five, 1918

Year five was the final year of the Great War. American troops join some strategic battles. 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 Gais, 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'Brians are now one of Ireland's largest clans.

HIST:712 | \$19

653 Th 7pm-9pm
March 6

Charles Kilker
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 battles 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 Bonaparte 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
Feb. 20

Timothy Neckermann
Thomas Dunn Mem. Ctr

Afghanistan: Before the Soviet Invasion

The Afghanistan 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 under 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
Feb. 24

Katie Young
Thomas Dunn Mem. Ctr

Radical Islam

"Radical Islam," "Islamism," "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 the conflicting claims that groups have made regarding its rightful rule. This class will illustrate the significance of the Zionist movement, the World Wars, and the United Nations in the creation of an independent homeland for the millions of formerly diaspora Jews.

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 Colombian 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
Thomas 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 his route, accomplishments and the state of world at that time in history.

HIST:713 | \$19

P06 Th 10am-12pm
March 27

Timothy Neckermann
Thomas 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 WW I to foe in WW II.

HIST:713 | \$19

P07 W 10am-12pm
April 23

Timothy Neckermann
Thomas 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
Thomas 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 U.S., 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
Thomas 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 2
Call
314-984-7777
to register!

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 Arab 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 the 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 **Patricia Adams**
Jan. 22 – Feb. 26 MC - CN, 126
920 W 7pm-9pm **Eva Enoch**
March 26 – April 30 U. City H.S., 112
550 M 7pm-9pm **Eva Enoch**
March 24 – April 28 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 **Jerry Griffith**
March 5 – April 30 U. City H.S., 115
No class 3/19
750 Tu 7pm-9pm **Marcel Kyle**
Feb. 4 – April 1 Kirkwood Sr. H.S., W 122
No class 3/18
720 M 6:30pm-8:30pm **Barbara Sandmel**
March 10 – May 12 Ladue-HW Sr. H.S., 208
No class 3/17, 4/14
P01 TuTh 7pm-9pm **Mary Schwartz**
Feb. 11 – March 6 Nottingham, 108

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 **Marcel Kyle**
Feb. 5 – April 2 Kirkwood Sr. H.S., N154
No class 3/19
720 Th 6:30pm-8:30pm **Barbara Sandmel**
March 27 – May 15 Ladue-HW Sr. H.S., 208
P01 Tu 7pm-9pm **Mary Schwartz**
March 25 – May 13 Nottingham, 108

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. Its alphabet is the basis of the Roman alphabet. The culture and history of Rome and Greece will be discussed. Textbook available in bookstore (approximately \$95) or may be available for purchase online at discount retailers. No class 3/19.

FLGK:702 | \$75

920 W 8pm-9:30pm **Jerry Griffith**
March 5 – April 30 U. City H.S., 115

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. No text required. No class 4/19.

FLIR:702 | \$99

480 Sa 9am-11am **Sarah Johnson**
March 22 – May 17 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

481 Sa 11:30am-1:30pm **Sarah Johnson**
March 22 – May 17 FP - F Tower, 213

Italian for the Traveler

An easy and practical introduction to the Italian language. Emphasis will be on conversation for transportation, food, lodging, and basic shopping as well as observation of cultural differences. A jump-start course for smart travelers. Text required-bring to first class.

FLIT:701 | \$75

300 Tu 4pm-6pm **Barbara Klein**
Jan. 28 – March 4 WW, 227
600 M 4pm-6pm **Barbara Klein**
April 7 – May 12 MC - CN, 203
550 Tu 7:30pm-9:30pm **Barbara Klein**
Jan. 28 – March 4 FV - C, 110
P01 Tu 7pm-9pm **Barbara Klein**
April 8 – May 13 Nottingham, 111
450 Th 7pm-9pm **Barbara Klein**
Jan. 23 – Feb. 27 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

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:702 | \$99

750 Tu 7pm-9pm **Maria Brandle**
Jan. 21 – March 11 Kirkwood Sr. H.S., E 183
600 M 4pm-6pm **Barbara Klein**
Jan. 27 – March 31 MC - CN, 126
No class 2/17, 3/10
450 Th 7pm-9pm **Barbara Klein**
Mar. 20 – May 8 FP - G Tower, 113



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 April 1 – May 20	Maria Brandle Kirkwood Sr. H.S., E 181
650	M 7pm-9pm April 7 – May 12	Barbara Klein MC - CN, 203

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 Jan. 29 – March 26	Maria Brandle Kirkwood Sr. H.S., E 181
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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 Jan. 27 – March 31	Barbara Klein MC - CN, 203
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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 March 3 – April 28	M Flynn Clayton H.S., 124
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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 Feb. 25 – April 22	Noriko McLeer Kirkwood Sr. H.S., W 112
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Russian for First Timers

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 Feb. 18 – March 18	Valerie Powers MC - CN, 203
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Russian Language: Beginning I

An introductory course to the Russian language and culture. While covering all four aspects (reading, writing, understanding and speaking), this course will primarily focus on oral proficiency. Prerequisite: Russian for First Timers or a good understanding of the Russian alphabet. Text required-bring to first class.

FLRU:702 | \$99

650	Tu 7pm-9pm March 25 – May 13	Valerie Powers MC - CN, 203
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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 Feb. 19 – April 16	Valerie Powers Lindbergh Sr. H.S., 54
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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 Feb. 24 – April 21	Valerie Powers Lindbergh Sr. H.S., 54
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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 Jan. 22 – Feb. 26	Burnette McNamee WW, 222
600	Tu 4pm-6pm Feb. 4 – March 18 No class 3/11	Rosario Gasquet MC - CS, 201
650	Tu 6pm-8pm Feb. 4 – March 18 No class 3/11	Rosario Gasquet MC - CN, 201

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	Th 6:30pm-8:30pm April 3 – May 22	Maria de la Garza FV - C, 133
650	Tu 7pm-9pm Jan. 28 – April 1 No class 3/11, 3/18	Margaret Poth MC - CS, 119
920	W 6:30pm-8:30pm Jan. 30 – April 30 No class 3/19	Margaret Poth U. City H.S., 118
600	Th 4pm-6pm Jan. 30 – March 27 No class 3/13	Ann Matthews MC - CS, 209
770	M 7pm-9pm Jan. 27 – April 7 No class 2/17, 3/10, 3/17	Ann Matthews Hixson Mid. School, 115
300	W 4pm-6pm Jan. 29 – March 26 No class 3/12	Ann Matthews WW, 202
450	Tu 7pm-9pm Jan. 28 – March 25 No class 3/11	Diana Schott FP - G Tower, 115
780	W 7pm-9pm April 2 – May 21	Diana Schott Lindbergh Sr. H.S., 51
930	Th 4pm-6pm March 6 – April 24	Timothy Neckermann Thomas Dunn Mem. Ctr

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 Jan. 22 – March 19 No class 3/12	Maria de la Garza FV - C, 133
652	Tu 7pm-9pm April 8 – May 27	Margaret Poth MC - CS, 119
651	Th 7pm-9pm April 3 – May 22	Ann Matthews MC - CS, 209
451	M 7pm-9pm Feb. 3 – April 7 No class 2/17, 3/10	Diana Schott FP - G Tower, 115
780	W 7pm-9pm Jan. 29 Feb. 5 – March 26 No class 3/19	Diana Schott MC-CN, 226 Lindbergh Sr. H.S., 51
601	Tu 4pm-6pm Jan. 28 – March 25 No class 3/11	Ann Matthews MC-CS, 209

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 Jan. 23 – March 20 No class 3/13	Maria de la Garza FV - C, 133
650	Th 7pm-9pm Jan. 30 – March 27 No class 3/13	Ann Matthews MC - CS, 209
600	M 4pm-6pm Jan. 27 – March 31 No class 2/17, 3/10	Ann Matthews MC - CS, 209
450	Th 7pm-9pm Jan. 23 – March 20 No class 3/13	Diana Schott FP - G Tower, 115

PERSONAL ENRICHMENT

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 Jan. 28 – March 25 No class 3/11	Lorenzo Gonzalez FP - G Tower, 113
651	W 7pm-9pm April 9 – May 28	Lorenzo Gonzalez MC - CN, 226

Spanish Conversation: Intermediate II

This class is designed for continued expansion of conversational skills in Spanish through focus on everyday vocabulary and situations. More advanced grammar and sentence structure will be examined and reviewed. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Conversation-Intermediate I or equivalent experience. Text required - bring to first class.

FLSP:705 | \$99

451	Tu 7pm-9pm April 8 – May 27	Lorenzo Gonzalez FP - G Tower, 113
650	M 7pm-9pm Feb. 24 – April 21 No class 3/10	Lorenzo Gonzalez MC - CN, 203

Spanish Conversation: Intermediate III

This class 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 Jan. 21 – March 18 No class 3/11	Maria de la Garza FV - C, 113
780	W 7pm-9pm Jan. 29 Feb. 5 – March 26 No class 3/19	Lorenzo Gonzalez MC-CN, 228 Lindbergh Sr. H.S., 57

Spanish Conversation: Advanced

Advanced level course which stresses spoken Spanish by reading and discussing short selections on a variety of topics. Increase your vocabulary and conversational skills. Prerequisite: Conversational Spanish - Intermediate II or equivalent experience. No text required.

FLSP:706 | \$99

720	Th 7pm-9pm March 27 – May 13	Margarita Gunther Ladue-HW Sr. H.S., 112
650	Th 7pm-9pm Jan. 30 – March 27 No class 3/13	Lorenzo Gonzalez MC - CN, 226
651	Th 7pm-9pm April 10 – May 29	Lorenzo Gonzalez MC - CN, 226

SIGN LANGUAGE

Sign Language: Beginning I

Learn the fundamentals of ASL including finger spelling and hand signs. A brief overview of deaf culture will be discussed. Text required - bring to first class.

SIGN:701 | \$89

550	M 6pm-8pm March 17 – May 5	Antonina Wilson FV - C, 137
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Getting Started with Sign Language I

This class 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

730	Tu 6:30pm-8:30pm Feb. 25 – April 22	Cynthia Hayes Bernard Mid. School, 115
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Getting Started with Sign Language II

This class is designed for individuals who have completed Getting Started with Sign Language I and want to continue learning basic signs. More common words and phrases will be taught. No text required. No class 3/20.

SIGN:701 | \$95

731	Th 6:30pm-8:30pm Feb. 27 – April 24	Cynthia Hayes Bernard Mid. School, 115
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Sign Language: Intermediate

This class 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, 104
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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
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PERSONAL SAFETY

FIREARM SAFETY

Firearm Safety: Beginning Skills

If you have never shot a handgun, this is the course for you. You will focus on safety, loading and unloading, using ammunition and marksmanship. You will discuss cleaning, storing and using accessories such as grips and holsters. **Due to ammunition shortages, students are advised to purchase ammunition well in advance of class start date.** Bring a picture ID proving you are at least 21. Also, bring a check or money order for \$25 made payable to Berkeley Police Department for use of the range.

GNSF:700 | \$69

Florissant Valley Campus

580	Sa 8am-5pm March 1	Jack Bender FV - C, 111
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Course meets 8am-noon on campus, 1-5pm at the range. **Before coming to class you must take your handgun to the campus police office to be checked in and tagged.** If you don't own one then you can use the instructor's (We do prefer that you use your own). The guns he has available are a **.38 Special revolver** and a **22 long rifle semi-auto**. Ammunition—bring 100 rounds—may be kept in your car for use at the range. You must check in by 7:45am. If you do not check in with the campus police, you will not be admitted to class. There are **NO** exceptions. Guns are not allowed on campus.

Meramec Campus

680	SaSu 8am-12pm April 5 – April 6	Jack Bender MC - AS, 108
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Course meets Saturday on campus and Sunday at the range. Guns are not allowed on campus. You will receive detailed range instructions during the classroom portion.

Firearm Safety for Concealed Carry

Course meets the requirements of the Concealed Carry Missouri Law. Your instructor is a certified police officer firearm safety instructor. You must shoot both a revolver and a semi-auto per the law for the live firing exercise on the range. You will need to furnish one gun, preferably both (any caliber of your choice). If you can please bring the gun you intend to carry or use to qualify with. The instructor will provide the other gun but you will need to provide the 40 rounds of ammunition (factory only) for that gun. **Due to ammunition shortages, students are advised to purchase ammunition well in advance of class start date.** The guns he has available are a **.38 Special revolver** and a **22 long rifle semi-auto**. (No magnum or plus P loads for the revolver and no reloads for safety reasons). Guns are not allowed on campus. In addition, bring a picture ID proving you are at least 21 years old. Finally, bring a check or money order made payable to Berkeley Police Department for \$25 to pay for use of the range. Course includes earplugs, goggles, target and documentation needed to secure your permit if you successfully complete the course. Some handgun experience is required. This is not a course to teach you how to shoot, but to qualify for a conceal-carry permit.

GNSF:700 | \$119

Florissant Valley Campus


581	Sa 8am-8pm March 8	Andrew Sanchez FV - C, 111
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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 MC - AS, 108
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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.



Well-chosen words

add up to great sentences.

Now your own words can add up to a Writing Certificate from St. Louis Community College.

For a complete brochure on the Writing Certificate, call 314-984-7777.

Advanced Tactical: Basic Personal Protection in the Home

This eight-hour course teaches the basic knowledge, skills and attitude essential to the safe and efficient 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, 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.

GSNF:700 | \$149

M01 TuTh 5pm-9pm
March 18 – March 20 *Defensive Focus*

Advanced Tactical: Basic Personal Protection Outside of the Home

This course is comprehensive and intensive in its approach to equip the defensive shooting candidate with the skills needed to survive serious adversity. It teaches students the knowledge, skills and attitude essential for avoiding dangerous confrontations and for the safe, effective and responsible use of a concealed pistol for self-defense outside the home. This course contains the essential skills and techniques needed to prevail in a life-threatening situation. Prerequisite: Students must have extensive handgun experience. A concealed carry permit is recommended. Specific details and instructions regarding the range, handguns and ammunition will be mailed out two weeks prior to class start. Additional fees will apply. Please call 314.984.7777 for more information. Prerequisite: Basic Personal Protection inside of the Home course.

GSNF:700 | \$149

M02 TuTh 5pm-9pm
April 8 – April 10 *Defensive Focus*

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.*

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 Toeniskoetter*
No class 3/19 *Shaw VPA Sch - Comm Ed Ctr*

650 Tu 7:30pm-8:30pm
Feb. 25 – April 15 *Dennis Fonod*
No class 3/11, 3/25 *MC - PE, 201*



Protect yourself at all times with self-defense classes at STLCC.

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*

RECREATION, FITNESS AND WELLNESS

AEROBIC EXERCISE

New 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 Cutright*
March 3 *MC - BA, 118*
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 *FV - PE, 233*
No class 2/17, 3/10, 3/12

551 MW 7pm-8pm *Paula Taylor*
March 31 – April 30 *FV - PE, 233*

580 Sa 10am-10:50am *Wendy DuCasse'*
Feb. 22 – May 10 *FV - PE, 233*
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 healthy workout with Latin infused Zumba moves matched to Latin and International music. Using lightweight Maraca-like toning sticks, you'll get a strength-training dance exercise workout like you've never done before! Join this new and exciting beginner level class to shape your body naturally into a fit new you! Please bring two 1 lb Zumba toning sticks to class. Available for purchase online.

PEDU:747 | \$55

M02 W 6pm-6:50pm *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.

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:747 | \$79

V02 Th 7:30pm-8:30pm
Feb. 20 – April 10 **K.I.S.S. Fitness**

Zumba Gold

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 | \$79

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 light weights (1-3 lbs) and a mat. No dance experience required. No class 3/19.

PEDU:750 | \$75

730 W 6pm-6:50pm **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 Toeniskoetter**
Feb. 19 – April 23 The Martial Arts Cntr (Mehlvi)

780 M 6:30pm-7:30pm **Timothy Toeniskoetter**
Feb. 24 – May 5 Sperrang 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 **MC - PE, POOL**
No class 3/11

603 W 7am-7:50am
Jan. 29 – April 30 **MC - PE, POOL**
No class 3/12

604 Th 7am-7:50am
Jan. 30 – May 1 **MC - PE, POOL**
No class 3/13

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 acquiring endurance.

PEDU:722 | \$75

600 MW 11am-11:50am **Jason Mounts**
Jan. 22 – March 5 **MC - PE, POOL**
No class 2/17

601 MW 11am-11:50am **Jason Mounts**
March 24 – April 30 **MC - PE, POOL**

450 Tu 7:45pm-8:40pm **Ted Greenhouse**
Feb. 4 – April 29 **FP - PE, POOL**
No class 3/11

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-County 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-County 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-County YMCA**

M02 Th 8:15pm-9pm
April 3 – May 15 **Mid-County YMCA**

M03 Sa 8am-8:45am
Feb. 15 – March 29 **Mid-County 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 will work at your own pace.

PEDU:729

12 Sessions | \$75

580 Sa 9am-9:50am **Ted Greenhouse**
Jan. 25 – April 26 **FV - PE, POOL**
No class 3/15, 4/19

581 Sa 10am-10:50am **Ted Greenhouse**
Jan. 25 – April 26 **FV - PE, POOL**

604 MW 9am-9:50am **Gary Ketcherside**
March 24 – April 30 **MC - PE, POOL**

605 TuTh 9am-9:50am **Gary Ketcherside**
March 25 – May 1 **MC - PE, POOL**

607 TuTh 2pm-2:50pm **Kelly Kauffmann**
March 25 – May 1 **MC - PE, POOL**

450 Tu 6:45pm-7:40pm **Ted Greenhouse**
Feb. 4 – April 29 **FP - PE, POOL**
No class 3/11

14 Sessions | \$85

600 TuTh 9am-9:50am **Gary Ketcherside**
Jan. 21 – March 6 **MC - PE, POOL**

602 TuTh 2pm-2:50pm **Kelly Kauffmann**
Jan. 21 – March 6 **MC - PE, POOL**

603 MW 9am-9:50am **Gary Ketcherside**
Jan. 22 – March 5 **MC - PE, POOL**
No class 2/17

15 Sessions | \$89

500 MWF 8am-8:50am **Barbara Harris**
Jan. 27 – March 3 **FV - PE, POOL**
No class 2/17

501 MWF 9am-9:50am **Barbara Harris**
Jan. 27 – March 3 **FV - PE, POOL**
No class 2/17

502 MWF 10:05am-10:55am **Barbara Harris**
Jan. 27 – March 3 **FV - PE, POOL**
No class 2/17

504 MWF 8am-8:50am **Barbara Harris**
March 24 – April 25 **FV - PE, POOL**

505 MWF 10:05am-10:55am **Barbara Harris**
March 24 – April 25 **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 – May 8 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

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 swing 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

CARDS AND GAMES

Bridge: Beginning

This class teaches the bidding, play, defense and etiquette used in contract bridge. It also provides the opportunity to learn the SAYC (Standard American bidding.)

BRID:701 | \$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 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

Euro-Style Board Games

This is not your father's Monopoly! There has been a renaissance in board game design driven primarily from Europe. Often referred to as "Euro-style" board games, they tend to feature shorter play time as well as interesting options instead of rolling dice and moving around the board. Examples include Settlers of Catan, Ticket to Ride, Stone Age and many others. Each session class participants will be taught and play a new game.

BRID:705 | \$89

M01 M 7pm-9pm
Feb. 24 – March 31 Game Nite

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

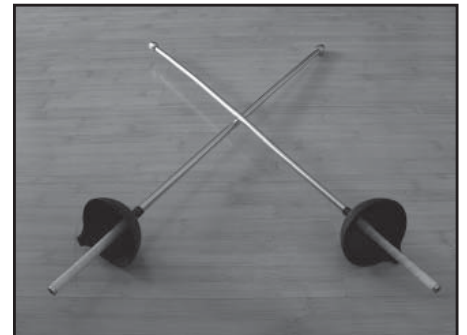
FENCING

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 Patrick Dorsey
March 5 – April 30 U. City H.S., GIRLS GYM



Develop good sportsmanship, self-discipline, gain quick reflexes and how to compete independently with Fencing classes at STLCC.

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 Patrick Dorsey
March 5 – April 30 U. City H.S., GIRLS GYM

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St. Louis
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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 1/20 MC - PE, GYM

14 sessions | \$150

600 MWF 5:45am-6:45am
Jan. 6 - Feb. 7
No class 1/20 MC - PE, GYM

601 MWF 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 MWF 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
Feb. 4 - May 6
No class 3/18, 4/8 Marsha Fey
Sperreng Mid. School

781 W 7pm-8pm
Feb. 5 - April 30
No class 3/19 Marsha Fey
Sperreng Mid. School

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
Jan. 30 - March 6 Carrie Blase
SCEUC, 127

551 Th 5:30pm-6:30pm
March 27 - May 1 Carrie Blase
SCEUC, 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 sticky mat, #6 or 8 resistance band and 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
Feb. 25 - May 6 Rena Potsos
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 supporting the skills required for your daily life. Wake up, work out and feel energized for the rest of the day. No running or jumping in this class. Wear tennis shoes. Bring water, towel, small rug or yoga mat and one pair of 2-3lb. weights.

PEDU:755 | \$69

604 TuTh 5:55am-6:55am
Feb. 11 - March 20
No class 3/11, 3/13 Gail Velten
MC - PE, GYM

605 TuTh 5:55am-6:55am
April 1 - May 1 Gail Velten
MC - PE, GYM

400 MW 7am-7:55am
Feb. 10 - March 24
No class 2/17, 3/10, 3/12 Gail Velten
FP - PE, GYM

401 MW 7am-7:55am
March 31 - April 30 Gail Velten
FP - 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 Gary Ketcherside
MC - PE, GYM

607 Th 8am-8:50am
Feb. 13 - May 8
No class 3/13 Gary Ketcherside
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 poses of yoga, and the explosive power of Martial arts to make it an expressive mind-body-spirit movement class offering a holistic approach to cardiovascular fitness.

PEDU:755

Sunset Hills Community Center | \$59

M01 Tu 6pm-6:50pm
Feb. 4 - March 11 Karol McNutt
Sunset Hills CC

M02 Tu 6pm-6:50pm
March 25 - April 29 Karol McNutt
Sunset Hills CC

Meramec | \$39

680 Sa 8:30am-9:30am
Feb. 1 - March 8 Karol McNutt
MC - PE, 201

681 Sa 8:30am-9:30am
March 29 - May 10
No class 4/26 Karol McNutt
MC - PE, 201

New JamCorps

Are you ready to lose weight, increase energy and improve coordination while having fun? This progressive fitness system combines Greek fraternity-style Stepp movements, sports-specific training and drills, weight-bearing power moves and stamina-building exercises to tone, shape and strengthen your ENTIRE body! Students may come 15 minutes early for optional measurements to track your progress each week. Class held outside, dress appropriately for weather.

PEDU:755 | \$49

351 Th 7:15pm-8pm
April 3 - May 22 Michelle Kiehne
WW

New B.F.F. Fit

Attention pet lovers! Enjoy a great workout with your best friend and help your canine companion get the essential exercise they need. Exercising with your four-legged friend can keep you motivated, help you stay on track, and improve you and your dog's health. Signed waiver required for each participant. Dog must be at least 6 months old and proof of vaccinations is required. Class held outside, dress appropriately for weather. Supply list will be sent.

PEDU:755 | \$49

350 Th 6pm-6:45pm
April 3 - May 22 Michelle Kiehne
WW

New 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, 3/12 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

10 Sessions | \$69

P02 Th 6:30pm-7:30pm
Feb. 27 - May 8
No class 3/20 Jill Woehrlé
Shaw VPA Sch - Comm Ed Ctr

652 Th 6pm-6:50pm
Jan. 30 - April 10
No class 3/13 Gary Ketcherside
MC-PE, 105

13 Sessions | \$89

651 M 6pm-6:50pm
Feb. 3 - May 12
No class 2/17, 3/10 Katherine McMeans
MC - PE, 201

650 W 6pm-6:50pm
Jan. 29 - May 14
No class 2/26, 3/12, 4/23 Katherine McMeans
MC - PE, 201

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:756 | \$98

3C1 MW 11am-11:50am
Jan. 13 - May 7 Christina Gleason
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
Feb. 24 - May 5
Shaw VPA Sch - Comm Ed Ctr Jill Woehrlé

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:756 | \$59

M01	Th 5:30pm-7pm Jan. 30 – March 6	Denise Motta Affton White-Rodgers, B
M02	Th 5:30pm-7pm March 27 – May 1	Denise Motta 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-6:55pm Feb. 19 – April 16	Bishnupriya Misra WW, 102B
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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 sticky mat. No class 3/12.

PEDU:761 | \$85

351	W 7pm-8:30pm Feb. 19 – April 16	Bishnupriya Misra WW, 102B
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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
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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

10 Sessions | \$69

P01	W 6:30pm-7:30pm Feb. 26 – May 7 No class 3/19	Jill Woehrle Shaw VPA Sch - Comm Ed Ctr
M03	M 9:30am-10:30am Feb. 3 – April 14 No class 2/17	Carrie Lang Queeny Park Rec
M04	W 9:30am-10:30am Feb. 5 – April 9	Carrie Lang Queeny Park Rec
780	M 6pm-7pm Feb. 24 – May 5 No class 3/17	Rena Potos Sperrang Mid. School, Fitness 54
M13	M 6pm-7pm Feb. 3 – April 14 No class 2/17	Sharon Danyluck Sunset Hills CC
M14	M 7:30pm-8:30pm Feb. 3 – April 14 No class 2/17	Sharon Danyluck Sunset Hills CC
600	Tu 4pm-4:55pm Feb. 18 – April 29 No class 3/11	MC - PE, 201

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 Feb. 4 – April 8	Julie Garland Big Bend Yoga Center
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"Kelly Kauffmann was an amazing instructor. She actually had me excited to attend an exercise class!"

-Nina S., Oakville

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 | \$95

M02	Th 9am-10:30am Feb. 6 – April 10	Melanie Klug Big Bend Yoga Center
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 **St. Louis
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Continuing Education



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

View available Spring 2014 classes for this program on page 42.

Registration begins January 2!

Request a brochure at 314-984-7777

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 | \$69

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 Feb. 24 – April 28	Kelly Kauffmann 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

M08	M 1:30pm-2:30pm Feb. 24 – April 28	Kelly Kauffmann Affton White-Rodgers, GYM
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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 organ systems 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
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Yoga: Basics - MSPC

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

M09	W 9am-10am Jan. 29 – March 19	Masterpeace Studios
M10	W 9am-10am April 2 – May 21	Masterpeace Studios

Gentle Yoga - MSPC

A gentle combination of yoga exercises helping to improve flexibility and core balance. Great for stress relief. Individual yoga practice will be encouraged. Bring a yoga mat, towel and water.

PEDU:761 | \$79

M11	W 7pm-8pm Jan. 29 – March 19	Masterpeace Studios
M12	W 7pm-8pm April 2 – May 21	Masterpeace Studios

GOLF

Golf Classes - Extra fee for balls

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 March 20 – April 10	Golfport-Maryland Hghts
802	Th 6pm-7pm April 24 – May 15	Golfport-Maryland Hghts
803	Sa 10am-11am March 22 – April 12	Golfport-Maryland Hghts
810	W 7pm-8pm April 2 – April 23	Big Bend Golf Ctr
812	Sa 10am-11am April 26 – May 17	Big Bend Golf Ctr
813	Su 1pm-2pm April 27 – May 18	Big Bend Golf Ctr
811	M 5pm-6pm April 7 – April 28	Big Bend Golf Ctr

Women Only

801	Th 6pm-7pm March 20 – April 10	Golfport-Maryland Hghts
804	Sa 11am-12pm April 26 – May 17	Golfport-Maryland Hghts

6 Sessions | \$59

860	M 6:15pm-7:15pm Feb. 24 – March 31	Robert Jeep Sunset Hills Golf Lrn Ctr
861	W 6:15pm-7:15pm Feb. 26 – April 2	Robert Jeep Sunset Hills Golf Lrn Ctr
862	Sa 10:15am-11:15am March 1 – April 5	Robert Jeep Sunset Hills Golf Lrn Ctr
863	Sa 10:15am-11:15am April 19 – May 24	Robert Jeep Sunset Hills Golf Lrn Ctr
873	Sa 9am-10am April 5 – May 10	Ruth Park-Golf
875	Sa 11am-12pm April 5 – May 10	Ruth Park-Golf
880	Tu 7pm-8pm April 1 – May 6	The First Tee (SoCo)
881	W 6pm-7pm April 2 – May 7	The First Tee (SoCo)
882	Sa 10am-11am April 5 – May 10	The First Tee (SoCo)
892	M 6pm-7pm March 24 – April 28	Tower Tee
890	Tu 10am-11am Feb. 4 – March 11	Tower Tee
891	W 6pm-7pm Feb. 5 – March 12	Tower Tee
893	Th 7pm-8pm March 27 – May 1	Tower Tee
894	Sa 11am-12pm Feb. 8 – March 15	Tower Tee
895	Sa 10am-11am March 29 – May 3	Tower Tee

Women Only

874	Sa 10am-11am April 5 – May 10	Ruth Park-Golf
872	Tu 6pm-7pm April 1 – May 6	Ruth Park-Golf

12 Sessions | \$109

870	TuTh 11am-12pm April 1 – May 8	Ruth Park-Golf
871	TuTh 5pm-6pm April 1 – May 8	Ruth Park-Golf

Golf: Beginning II

Review fundamentals presented in Golf: Beginning I with special emphasis on correcting individual swing faults.

PEDU:731

4 Sessions | \$45

840	Sa 10am-11am April 12 – May 3	Landings-Spirit Golf Club
820	Sa 10am-11am May 3 – May 24	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
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6 Sessions | \$59

860	M 6:15pm-7:15pm April 14 – May 19	Robert Jeep Sunset Hills Golf Lrn Ctr
861	W 6:15pm-7:15pm April 16 – May 21	Robert Jeep Sunset Hills Golf Lrn Ctr
862	Sa 11:15am-12:15pm April 19 – May 24	Robert Jeep Sunset Hills Golf Lrn Ctr
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
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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 Olde 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 (\$7) is available to test what you learn. Golf balls provided for class.

PEDU:732 | \$39

V01	Tu 5:30pm-7pm April 22 Su 9am-10am April 27-May 18	Melvin Klearmann Creve Coeur Mun. Golf Course Creve Coeur Mun. Golf Course
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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
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Get in the swing of things this spring with golf classes at STLCC.

Golf: Parent/Child

Parent attends class with a child, ages 7-15. Registration required for each participant.

PEDU:732

4 Sessions | \$45

801	Sa 12pm-1pm April 26 – May 17	Golfport-Maryland Hghts
810	W 6pm-7pm April 2 – April 23	Big Bend Golf Ctr
811	Su 12pm-1pm April 27 – May 18	Big Bend Golf Ctr

6 Sessions | \$59

893	Tu 6pm-7pm March 25 – April 29	Tower Tee
895	W 5pm-6pm March 26 – April 30	Tower Tee

Golf: Combo Class

Class is a combination of short game, full swing and on course lessons. The first few classes will be on the practice range and remaining will be on the course. On course strategy and mental game will be discussed.

PEDU:732 | \$59

890	Tu 10am-11am March 25 – April 29	Tower Tee
892	W 11am-12pm March 26 – April 30	Tower Tee
896	W 6pm-7pm March 26 – April 30	Tower Tee

Golf: Putting, Chipping, Wood and Iron Play

Class covers putting, chipping, and the use of woods and irons.

PEDU:732 | \$59

894	Tu 7pm-8pm March 25 – April 29	Tower Tee
898	Th 6pm-7pm March 27 – May 1	Tower Tee

Golf: Short Game Skills

Class will cover putting, chipping, pitching, and sand shots and will cater to the beginner student as well as the student wanting to improve their game.

PEDU:732 | \$59

891	W 10am-11am March 26 – April 30	Tower Tee
897	Th 5pm-6pm March 27 – May 1	Tower Tee
899	Sa 11am-12pm March 29 – May 3	Tower Tee

MOTORCYCLE RIDER TRAINING

Motorcycle Safety Basic Rider Course (BRC)

The Basic Rider Course (MSF-BRC) is geared toward the novice motorcyclist or scooter operator, but will also provide an excellent skills update for the returning rider or those experienced with no previous formal training. The course consists of classroom and on-bike instruction with furnished motorcycles or scooters (loaner scooters are limited - check availability before registering; however personal scooters are permitted). Those who successfully complete the course will be issued a completion card from the Missouri Motorcycle Safety Program which is a waiver for the road test portion of the Missouri license endorsement. Students must be at least 15-1/2 years old and able to ride a bicycle. Those under 18 years of age must have a release form signed by a legal guardian or parent. Students must bring DOT-approved helmet (loaner helmets available), boots, gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, bring a photo ID, and show proof of medical insurance. At the discretion of the instructors, students who are unable to safely operate the motorcycles will be dismissed from class for their own protection and the safety of the group. No refunds will be given if you are unable to complete the class for any reason. Class held rain or shine. Call for a detailed brochure: (314) 984-7777. To view a 5-minute video of Basic Rider Course highlights, go to msf-usa.org.

MOTR:701 | \$195

Weekend Classes

480	SuM 9am-7pm March 9 – March 10	FP - D Tower, 215
481	SaSu 9am-7pm March 22 – March 23	FP - D Tower, 215
482	SaSu 9am-7pm March 29 – March 30	FP - D Tower, 215
483	SaSu 9am-7pm April 5 – April 6	FP - D Tower, 215
484	SaSu 7am-5pm April 12 – April 13	FP - D Tower, 215
485	SaSu 9am-7pm April 12 – April 13	FP - D Tower, 215
486	SaSu 7am-5pm April 26 – April 27	FP - D Tower, 215
487	SaSu 9am-7pm April 26 – April 27	FP - D Tower, 215

488	SaSu 7am-5pm May 3 – May 4	FP - D Tower, 215
489	SaSu 9am-7pm May 3 – May 4	FP - D Tower, 215
490	SaSu 7am-5pm May 17 – May 18	FP - D Tower, 215
491	SaSu 9am-7pm May 17 – May 18	FP - D Tower, 215

Weekday Classes

400	TuW 9am-7pm March 11 – March 12	FP - D Tower, 215
401	MTu 9am-7pm May 12 – May 13	FP - D Tower, 215
402	WTh 9am-7pm May 14 – May 15	FP - D Tower, 215

Motorcycle Safety Basic Rider Course 2 (BRC2)

The Motorcycle Safety Course BRC-2 was developed to hone your skills and fine-tune the mental drills crucial to being a safe rider while using your own motorcycle. This is an excellent class as a refresher after winter storage, to update your training for insurance company discount or as an intermediate level of training after the Basic Rider Course. Put into practice the techniques of managing traction, stopping quickly, limited space maneuvers, cornering, and swerving using your own bike. There's always something left to learn! This course is for two-wheeled motorcycles only (no scooters). Students must have a Class M driver's license and provide their own street legal and insured motorcycle. Students should have successfully completed a Basic Rider Course or have sufficient riding skills and experience to operate a motorcycle with basic proficiency. Students who cannot demonstrate basic low speed maneuvers in Exercise 1 can be counseled out of the class. Passengers are permitted to accompany riders; all safety gear and rules apply. Class held rain or shine.

MOTR:703 | \$99

480	Su 8am-5pm April 13	FP - D Tower, 215
481	Sa 8am-5pm May 17	FP - D Tower, 215

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
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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 RiderCourse. 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

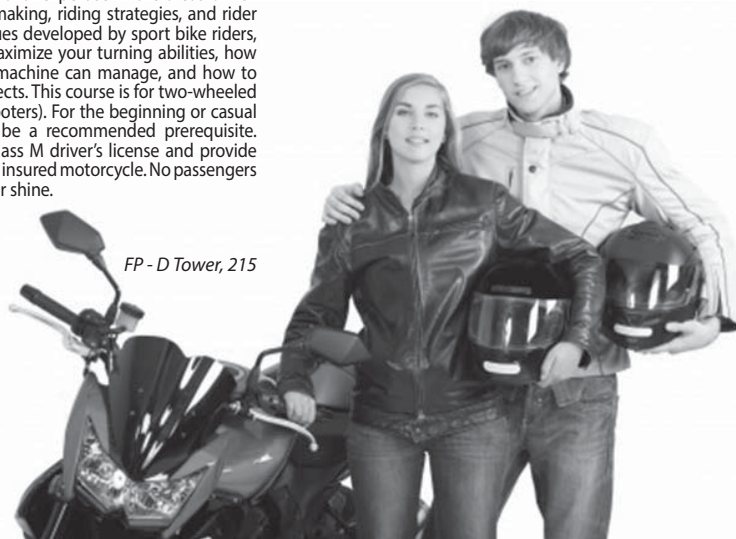
482	Su 8am-5pm May 4	FP - D Tower, 215
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Ultimate Bike Bonding Rider Course (UBBRC)

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
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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

New 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

WW-Off Campus

WD2 Th 1:30pm-9:30pm
Feb. 13

WW-Off Campus

"The Recreational Tree Climbing course was fun and educational. I gained a lot of knowledge about trees."

-Airika N., Florissant

Recreational Tree Climbing

Experience the exhilaration of being in the trees as never before! Climb safely to heights and access parts of the canopy that you never thought possible. Enjoy this new sport using ropes and harnesses just like the professionals. Learn some basics about tree biology and the procedures for climbing, then all participants will have the opportunity to climb a tree. The class ends with a survey of climbing gear and techniques. Class does not teach participants how to climb on their own. Participants need basic physical fitness - able to easily climb a flight of stairs. All gear is provided. STUDENTS MUST BE REGISTERED, BRING PHOTO ID, AND SIGN WAIVER TO PARTICIPATE IN CLASS.

PEDU:765 | \$39

V01 Su 1pm-4pm
April 13

Guy Mott
EarthDance Farms

M01 Sa 10am-1pm
May 3

Guy Mott
Camp Wyman

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
April 12

Carol Watkins
MC - BA, 216
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
FV - B, 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

WW, 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

FV - E, 156

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
March 19 - April 9

Rhonda Leifheit
FV - 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
April 3 - April 17

Jean Walters
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
March 25 - April 15

Rhonda Leifheit
FP - B Tower, 013

New 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
April 7 - April 28

Jenna Mueller
FV - B, 212

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
Feb. 26 - March 5

Kim Harness
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 | \$59

680 Sa 10am-1pm **Deanna Nash**
April 26 – May 3 MC - SW, 108

580 Sa 10am-1pm **Deanna Nash**
March 29 – April 5 FV - B, 211

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:745 | \$25

650 W 6pm-8pm **Yvonne Homeyer**
Robyn Cherry
March 5 MC - SO, 105

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

480 Sa 9am-2pm **FP - G Tower, 117**
April 5

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 **WW, 208**
April 22

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 14 – May 5 FV - B, 213

650 M 7pm-9pm **Kimberly Meredith**
Feb. 3 – March 3 MC - CN, 227
No class 2/17

TAI CHI**T'ai Chi Chih: Beginning**

T'ai Chi Chih is a moving meditation consisting of 19 movements and 1 pose. Its purpose is to circulate and balance one's "chi" or vital force life energy. Health benefits include better balance, blood pressure control, and reduction in symptoms associated with stress, shingles, and arthritis. No special attire or equipment.

PERD:766 | \$69

500 Th 4:15pm-5:10pm **Gale Portman**
Feb. 27 – May 8 FV - PE, 233
No class 3/13

P01 Tu 2:30pm-3:30pm **Jeanette Miller**
Feb. 18 – April 22 Solar Yoga Center

M01 M 10:45am-11:45am **Gale Portman**
Feb. 24 – April 28 Queeny Park Rec

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.

PERD:767 | \$69

P01 Tu 1:15pm-2:15pm **Jeanette Miller**
Feb. 18 – April 22 Solar Yoga Center

M01 M 12pm-1pm **Gale Portman**
Feb. 24 – April 28 Queeny Park Rec

T'ai Chi Chih: Continuing - Mini Session

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.

PERD:767 | \$39

P02 Tu 1:15pm-2:15pm **Jeanette Miller**
May 6 – June 3 Solar Yoga Center

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.

PERD:701 | \$59

730 W 7pm-8:30pm **Richard Bannecker**
Feb. 5 – April 30 Oakville Sr. H.S., GYM

**Volleyball: Recreational**

Keep fit, have fun and make friends. Just register and come play! No class 3/14.

PERD:704 | \$69

580 F 7pm-8:30pm **Jason Guss**
Feb. 21 – May 2 FV - PE, GYM

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Join us for a FREE Pharmacy Technician information session on Jan. 6.

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Now is the time for you to become a pharmacy technician with St. Louis Community College. Check out the course description on page 11.

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for more information.**

TENNIS

National Tennis Rating Program (NTRP)

- 1.0 *This player is just starting to play Tennis*
- 2.0 *May have had some lessons; needs on-court experience*
- 2.5 *Can sustain a short rally of slow pace; needs to develop form*
- 3.0 *Consistent on medium-paced shots; needs work on form and strategy*
- 3.5 *Consistent with directional control; needs to work on specialty shots*
- 4.0 *Dependable with directional control and depths has specialty shots. Needs to play more percentage tennis*

Designations used as a tool to assist students when registering for Tennis classes:

Beginning I (1.0-2.0): Designed for beginners and those who have limited experience with basic Tennis strokes. Proper techniques of all strokes will be covered. Drills will be used and Tennis etiquette and rules will be discussed. Players will be grouped according to ability.

Beginning I and II (1.0-2.5): Designed for beginners and those who need to brush up on the basics. Techniques covered are forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability.

Beginning II (2.5): Further emphasized is proper stroke development and footwork through the use of drills. Tennis etiquette and rules will be reviewed. Constancy of stroke production is a major goal.

Intermediate I (3.0-3.5): A refresher on proper stroke execution. Drills are used and emphasis is on improved consistency and directional control. Strategy and some match play are covered.

Intermediate II to Advanced (3.5-4.0): This course includes more advanced drills, work on strategy and match play, with a goal of playing better percentage tennis.

Bring tennis shoes and racket. Tennis balls provided. Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.

Tennis: Beginning I (NTRP 1.0-2.0)

See NTRP Rating Box. Tennis balls provided. Facility is not air-conditioned, dress appropriately.

PEDU:733 | \$69

M01	Th 1pm-2pm Feb. 6 – March 20	Vetta
M05	Sa 2:30pm-3:30pm Feb. 8 – March 22	Vetta
M06	Sa 2:30pm-3:30pm April 5 – May 17	Vetta
M02	Tu 8pm-9pm March 4 – April 15	Sunset Tennis Ctr

Tennis: Beginning II (NTRP 2.5) - OUTDOOR

See NTRP Rating Box. Tennis balls provided. No class 4/19.

PEDU:733 | \$75

580	Sa 10am-11am March 29 – May 10	Mark Platt FV - PE, TENNIS
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Tennis: Beginning I and II (NTRP 1.0-2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:733

Outdoor | \$75

P01	Sa 9am-10am April 5 – May 17 No class 4/19	Mark Platt Kaufman Park
720	Sa 1pm-2pm March 29 – May 10 No class 4/19	Mark Platt Ladue Mid. School
M04	Su 4pm-5pm March 16 – May 4 No class 4/13, 4/20	Mark Platt MC - Off Campus

Indoor | \$85

M03	Su 6pm-7pm Jan. 26 – March 2	Mark Platt Frontenac Racquet
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Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box. Tennis balls provided. Facility is not air-conditioned, dress appropriately.

PEDU:734 | \$69

M01	Tu 1pm-2pm Feb. 4 – March 18	Vetta
M02	Tu 1pm-2pm April 1 – May 13	Vetta
M04	Sa 3:30pm-4:30pm Feb. 8 – March 22	Vetta
M05	Sa 3:30pm-4:30pm April 5 – May 17	Vetta
M03	Th 8pm-9pm April 17 – May 29	Sunset Tennis Ctr

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided. Facility is not air-conditioned, dress appropriately.

PEDU:735

9 hours | \$89

M04	Th 8:30pm-10pm Feb. 6 – March 13	Woods Mill Racquet
M05	Th 8:30pm-10pm April 3 – May 8	Woods Mill Racquet

10.5 hours | \$95

M01	Tu 2pm-3:30pm Feb. 4 – March 18	Vetta
M03	Tu 2pm-3:30pm April 1 – May 13	Vetta
M02	Th 2pm-3:30pm Feb. 6 – March 20	Vetta
M08	Sa 4:30pm-6pm Feb. 8 – March 22	Vetta
M09	Sa 4:30pm-6pm April 5 – May 17	Vetta

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735

Outdoor | \$75

P01	Sa 10am-11am April 5 – May 17 No class 4/19	Mark Platt Kaufman Park
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Indoor | \$85

M06	Sa 4pm-5pm Feb. 1 – March 8	Mark Platt Forest Lake TC
M10	Su 6pm-7pm March 9 – April 13	Mark Platt Frontenac Racquet

Tennis: Intermediate II - Advance (NTRP 3.5-4.0) - INDOOR

See NTRP Rating Box. Tennis balls provided. No class 4/19.

PEDU:735 | \$85

M07	Sa 4pm-5pm March 22 – May 3	Mark Platt Forest Lake TC
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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! Carpooling 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 that date. No class 4/18.

TRIP:701 | \$99

MD4	F 9am-10:30am March 28 F 9am-2:30pm March 28-April 25	Joan Huisinga MC - CP MC - Off Campus
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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 Marvels you've just seen. Fee includes a light lunch of foods made famous at the fair and print materials (including maps). Special 3-D glasses are supplied for this course. Some walking required. Provide own transportation for the tour. Rain date: 4/19.

TRIP:701 | \$39

480	Sa 8:30am-1:30pm April 5	Charles Koehler Doug Schneider FP - G Tower, 113
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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.

TRIP:701 | \$59

MD2	Tu 9:30am-3:30pm March 11	Joan Huisinga MC - Off Campus
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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.

TRIP:701 | \$59

PD1	Tu 9am-4pm March 25	Joan Huisinga FP - Off Campus
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Calvary and Bellefontaine Cemetery Tour

From fur traders and explorers, 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**
April 8 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 Favazza's on the Hill, we'll tour the Monsanto Center at Shaw and Vandeventer 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, escort, lunch, and gratuities 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

For the following section, meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

VD1 Th 9am-5pm **Cindy Fricke**
April 24 FV - Off Campus



St. Louis 250th Anniversary

Come celebrate the 250th anniversary of the founding of our great city. We'll start our day at the Missouri History Museum viewing the exciting exhibition "250 in 250" which commemorates the year with fascinating stories of 50 people, 50 places, 50 moments, 50 images, and 50 objects. After viewing the exhibit and video, we'll re-board our tour bus with a special guide who'll take us on a narrated tour of places with special significance. We'll hear stories of murders and musicians, prostitutes and poets, cardinals and clowns. You'll never experience St. Louis like this again! Transportation, admission, tour guide, escort, lunch, 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: 4/30. No refunds after that date.

TRIP:701 | \$109

MD9 W 9:15am-4:30pm **Cindy Fricke**
May 21 MC - Off Campus

Irish in St. Louis

You'll get in the spirit of St. Patrick's Day with this fun and informative local tour. You'll be greeted by your kilted tour guide who'll share not only the history of the Irish but what they meant to the culture of America and specifically St. Louis. We'll visit St. James the Greater church in Dogtown and visit with Fr. Johnson as he shares the history of its past and future. During our driving tour of Dogtown and the Kerry Patch downtown, there'll be time for shopping in some Irish shops in the neighborhood. Enjoy lunch and entertainment at Dooley's Pub before returning home. Trip includes guided tour, transportation, lunch, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Registration/withdrawal deadline: 2/20. No refunds after that date.

TRIP:701 | \$75

MD3 Th 10:45am-3:30pm **Dea Hoover**
March 13 MC - Off Campus

Civil War in Missouri - Local Tour

Missouri was one of the most contested states in the Union. We'll start our day at the newly opened Missouri Civil War Museum in Jefferson Barracks that includes (if you wish) a photo session in period costume. You'll enjoy a curator-guided tour with a special hands-on presentation. There will be a driving tour of the Jefferson Barracks National Cemetery (Union and Confederate gravesites); some walking required. You'll enjoy a private lunch at The Lodge at Grant's Trail with a presentation by Civil War author John Nitschke, a leader of the STLCC Civil War Roundtable. In the afternoon, we'll visit the Campbell House Museum for a docent-led tour, focusing on the household's connections during the Civil War (some stairs). Trip includes guided tours, transportation, lunch, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Registration/withdrawal deadline: 3/24. No refunds after that date.

TRIP:701 | \$79

MD6 Sa 10am-4:30pm **Dea Hoover**
April 12 MC - Off Campus

How Sweet It Is - St. Louis Tour

Start the day with a tour of Chocolate, Chocolate, Chocolate on the Hill and a private sampling of five different, unusual chocolates. See original vintage wooden gift boxes and antique molds in their viewing room. Next stop is the Missouri Baking Company tour with a commemorative sweetheart sugar cookie memento. Urzi's Market on Southwest Avenue will be explored from floor to ceiling and you'll be sent home with a surprise goody bag. Lunch will be at Sweetie Pie's Upper Crust in Grand Square (her show is #1 on the Oprah Network - who knows, they might be filming that day!!). You'll have a chance to visit The Fountain on Locust, noted to have the best restroom in the U.S. You can enjoy some ice cream while you stroll around enjoying the shop's art deco magnificence (bring your camera). Trip includes guided tour, transportation, goody bags, lunch, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Registration/withdrawal deadline: 2/7. No refunds after that date.

TRIP:701 | \$89

MD1 Sa 8:30am-3pm **Dea Hoover**
Feb. 22 MC - Off Campus

The Majestic American Bald Eagle Watch and Village of the Blue Rose

We will travel to Clarksville, Missouri to look for the eagles as they perch high in trees along the Mississippi River. There is very little walking, but you will be outside the bus to enjoy the view. Dress in layers, wear practical footwear and bring binoculars. Just north of Clarksville is the unique Village of the Blue Rose. This peaceful non-denominational nonprofit Christian community encourages adults with developmental disabilities to reach their full potential living and working in a family environment. The village includes a fine restaurant overlooking the river and shops in which the loving and caring special residents interact with shoppers. We'll enjoy a sit-down lunch, stop at the Clarksville Visitor's Center and have time to browse in local shops. Transportation, tour guide, lunch 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: 1/22. No refunds after that date.

TRIP:702 | \$89

MD1 F 8am-3:30pm **Cindy Fricke**
Feb. 7 MC - Off Campus

Illinois 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 feast prepared by the Amish hostess in her 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 on 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

For the following section, meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

VD1 F 7:45am-8:15pm **Cindy Fricke**
April 4 FV - Off Campus

Heartland Dairyland Tour

Heartland Dairy Farm and Community located near Newark, Missouri, 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 tour the following: grocery, cafe, creamery, goat farm with dozens of babies, dairy farm and milk cow carousel where 8,000 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 Maldaner'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 to learn 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 **Dea Hoover**
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 instructor has traveled through Italy, Turkey, Austria, England, France, and Greece and has lots of helpful tips for what to bring (and more important: what not to bring!), the best ways to pack, things to do before you leave (home safety) plus lots and lots of tips on traveling around Europe. Little things can make a big difference in your experience. If you're planning to go to Europe, make this class your first stop.

TRIP:703 | \$19

651 M 7pm-9pm **Fred Miller**
April 21 MC - BA, 122

PERSONAL ENRICHMENT

Travel Tips for Women

It's not too early to start planning your summer getaway. Gain a wealth of information about enjoyable trips particularly suited to women travelers. Learn about travel options available to people with different interests and abilities and to those traveling alone or with a friend. You can move confidently and courageously into your next travel adventure.

TRIP:703 | \$29

650 Tu 7pm-9:30pm
Feb. 25

Dea Hoover
MC - SO, 108

WELLNESS

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.

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 lakeside 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
April 12

B Sanvito
FP - G Tower, 119

Improve Your Health by Tapping Into the Mind/Body Connection

Feel better as you tap acupuncture 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
March 17 - March 31

Rhonda Leifheit
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
March 18

Elaine King
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
Feb. 4

Daniel Nobel
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
March 18 - March 25

Cindy Fricke
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
April 5

Roselyn Mathews
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

New

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
Jan. 18

Sarita Kumari
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 therapist, 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
Jan. 21

Sarita Kumari
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
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 | \$69

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. \$69 fee covers one parent/guardian and maximum of 2 children. All parents/guardians MUST register under KIDS 738 600 and children MUST be registered under KIDS 738 601. Signed waiver required for each participant.

KIDS:738 | \$69

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:701 | \$99

580 Sa 1pm-3pm
Feb. 1 - March 8 Sheow Chang
FV - H, 109

New Japanese for Youth-Ages 11-17

Do you enjoy Japanese manga, anime and music? Do you wish your 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

300 W 4:30pm-6:30pm
March 26 - April 30 Noriko McLeer
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 cupcake 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
Feb. 17 Debra Hennen
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-control, coordination and focus. Safety and fun are the most important elements of this program. For boys and girls ages 4-10.

KIDS:707 | \$59

M01 Sa 10am-11am
Feb. 22 - May 3 Timothy Toeniskoetter
The Martial Arts Cntr (Mehlvl)
No class 4/19

V01 Sa 10am-11am
Feb. 8 - April 12 Martial Arts Cntr (Florissant)

V02 Tu 5pm-6pm
Feb. 25 - April 29 FV - Off Campus

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 Su 5pm-6pm
Jan. 26 - March 2 Mark Platt
Frontenac Racquet

Outdoor | \$75

M06 Su 1pm-2pm
March 16 - May 4 Mark Platt
MC - Off Campus
No class 4/13, 4/20

Level I and II

Indoor | \$85

M02 Su 5pm-6pm
March 9 - April 13 Mark Platt
Frontenac Racquet

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 Su 6pm-7pm
Feb. 2 - Feb. 23 Mark Platt
Forest Lake TC
Tournament held 2/15 at Frontenac Racket Club

M11 Su 6pm-7pm
March 2 - March 23 Mark Platt
Forest Lake TC
Tournament held 3/15 at Frontenac Racket Club

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 Su 7pm-8pm
Feb. 2 - Feb. 23 Mark Platt
Forest Lake TC
Tournament held 2/15 at Frontenac Racket Club

M12 Su 7pm-8pm
March 2 - March 23 Mark Platt
Forest Lake TC
Tournament held 3/15 at Frontenac Racket Club

Tennis for Youth: Beginning I and II

Class designed for beginners and those who need to brush up on the basics. Techniques covered include forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability. Tennis balls provided.

KIDS:709

Outdoor | \$75

Ages 7-10

580 Sa 9am-10am
March 29 - May 10 Mark Platt
No class 4/19 FV - PE, TENNIS

720 Sa 12pm-1pm
March 29 - May 10 Mark Platt
No class 4/19 Ladue Mid. School

M07 Su 2pm-3pm
March 16 - May 4 Mark Platt
No class 4/13, 4/20 MC - Off Campus

Ages 11-15

P01 Sa 11am-12pm
April 5 - May 17 Mark Platt
No class 4/19 Kaufman Park

M08 Su 3pm-4pm
March 16 - May 4 Mark Platt
No class 4/13, 4/20 MC - Off Campus

Indoor | \$85

Ages 7-10

M03 Su 6pm-7pm
Jan. 26 - March 2 Mark Platt
Frontenac Racquet

M04 Su 6pm-7pm
March 9 - April 13 Mark Platt
Frontenac Racquet

Ages 11-15

M05 Su 6pm-7pm
March 9 - April 13 Mark Platt
Frontenac Racquet

Golf for Youth: Beginning I

Beginning Golf for children. Ages 7-12. Extra fee for balls.

KIDS:710 | \$45

811 Sa 11am-12pm
April 26 - May 17 Big Bend Golf Ctr

810 W 5pm-6pm
April 2 - April 23 Big Bend Golf Ctr

Fencing for Youth: Beginning I

Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework and bouting. Equipment provided. Ages 8-15. No class 3/13.

KIDS:720 | \$49

650 Th 6pm-6:50pm
Jan. 30 - March 20 Patrick Dorsey
MC - PE, 201

New Fencing for Youth: Beginning II

Ready to learn more? The Fencing fun continues in this level II course for beginners. Review basics covered in Beginning I and improve footwork, bladework and bouting tactics. Equipment provided. Ages 8-15.

KIDS:720 | \$49

651 Th 6pm-6:50pm
April 3 - May 15 Patrick Dorsey
MC - PE, 201

Swimming for Children: Beginning

You'll learn to swim like a fish-maybe a shark-while practicing beginning swimming strokes 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

580 Sa 11am-11:50am
March 1 - April 12 Jeanne Schulte
FV - PE, POOL

581 Sa 12pm-12:50pm
March 1 - April 12 Jeanne Schulte
FV - PE, POOL

582 Sa 1pm-1:50pm
March 1 - April 12 Jeanne Schulte
FV - PE, POOL

583 Sa 2pm-2:50pm
March 1 - April 12 Jeanne Schulte
FV - PE, POOL

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

**Registration
begins January 2**

Adiva Dance Center
943 S. Kirkwood Rd, 63122

Advanced Auto Service Inc
6123 Gravois, 63116

Aftton Senior High School
8309 Mackenzie Road, 63123

Aftton White-Rodgers
Community Center
(Aftton White-Rodgers)
9801 Mackenzie Road, 63123

Alaska Klondike Coffee Co.
3200 N Highway 67, 63033

Almas Del Ritmo Dance Co.
3515 Park Ave., 63104

Babler Memorial State Park
Highway 109, 63005

Berkeley Police Firing Range
Intersection of Frost and Eva,
63134

Bernard Middle School
1054 Forder Road, 63129

Big Bend Golf Center
3390 Quinette Road, 63088

Big Bend Yoga Center
88 North Gore, 63119

Bridge Haven
6205 No. Lindbergh Blvd, 63042

Bridgeton Trails Library
3455 McKelvey Road, 63044

BRDG Park at the Donald
Danforth Plant Science Center
1005 No Warson Road, 63132

Ces and Judy's
10405 Clayton Rd, 63131

Chess Club and Scholastic
Center of St. Louis
4657 Maryland Ave, 63108

Chesterfield Ridge Center Bldg.,
1st floor
16401 Swingley Ridge Rd.,
63017

City Seeds Urban Farm
2200 Pine Street, 63103

Clayton High School
#1 Mark Twain Circle, 63105

Columbia Bottom Conservation
Area
Columbia Bottoms
& Strodtman Rds, 63138

Concordia Lutheran Church
505 S. Kirkwood Rd., 63122

Crestview Middle School
16025 Clayton Road, 63011

Culinary Arts House
3137 Hampton Avenue, 63139

DEEsigs Studio
9920 Watson Rd. Ste 200, 63126

Defensive Focus
16401 Swingley Ridge Road,
63017

Eagle Springs Golf Course
2575 Redman Rd. 63136

Eureka Community Center
333 Bald Hill Rd, 63025

First Tee (South County)
6286 Lemay Ferry Road, 63129

Fischer's Cake & Candy
620 Charbonier Rd., 63031

Forest Lake Tennis Club
1012 N. Woods Mill Road, 63011

Frontenac Racquet Club
10455 German Blvd., 63131

Hawn State Park
12096 Park Drive
Ste Genevieve MO 63670

Hidden Valley
17409 Hidden Valley Dr., 63025

GolfPort
1 GolfPort Drive, 63146

Hixson Middle School
630 South Elm Ave, 63119

Kaufman Park
8000 Blackberry, 63130

Kennedy Recreation Complex
6050 Wells Road, 63128

Kirkwood Community Center
111 South Geyer Road, 63122

Kirkwood Senior High School
801 West Essex, 63122

Kirkwood Public Library
140 East Jefferson, 63122

K.I.S.S Fitness
2318 N. Hwy 67, 63033

LaSalle Springs Middle School
3300 Highway 109, 63038

Ladue Horton Watkins High
School
1201 South Warson Road, 63124

Ladue Middle School
9701 Conway Road, 63124

Landings at Spirit Golf Club
180 No. Eatherton Road, 63005

Lindbergh Senior High School
4900 South Lindbergh, 63126

Little Creek Nature Area
2295 Dunn Road, 63033

Martial Arts Center (Meramec
area)
3712 Lemay Ferry Road, 63125

Martial Arts Center (FV area)
12683 New Halls Ferry Rd,
63033

Masterpeace Studios (Inside
Arden Mead Youth and
Community Center)
17 Selma Ave., 63119

Meramec State Park
115 Meramec Park Rd
Sullivan MO, 63080

Mid-County Family YMCA
1900 Urban Drive, 63144

Missouri History Museum
5700 Lindell Blvd, 63112

Nottingham Elementary School
4915 Donovan, 63109

Painted Zebra
10907 Manchester Road, 63122

Queeny Park--Greensfelder
Recreation Complex
550 Weidman Road, 63011

RiverChase of Fenton
990 Horan Drive, 63026

Rockwood Summit High School
1780 Hawkins Road, 63026

Rockwood Valley Middle School
1220 Babler Park Dr., 63038

Ruth Park Golf Course
8211 Groby Road, 63130

Selvidge Middle School
235 New Ballwin Road, 63021

Shaw VPA Community Center
5329 Columbia, 63139

Solar Yoga Center
6002 Pershing at Des Peres,
63112

Sperrung Middle School
12111 Tesson Ferry Road, 63128

St. John's Evangelical UCC
11333 St. John's Church Road,
63123

St. Louis Combat Institute
5017 Northrup Ave., 63110

**St. Louis Community College
Florissant Valley (FV)**
3400 Pershall Road, 63135

**St. Louis Community College
Forest Park (FP)**
5600 Oakland Ave, 63110

**St. Louis Community College
Meramec (MC)**
11333 Big Bend Road, 63122

**St. Louis Community College
Wildwood (WW)**
2645 Generations Dr.
Wildwood, 63040

**St. Louis Community College
William J. Harrison
Education Center (Harrison
Ed. Ctr)**
3140 Cass Ave, 63106

**St. Louis Community College
South County Education
& University Center (SCEUC)**
4115 Meramec Bottom Road,
63129

**St. Louis Community College
Corporate College (Corp.
College)**
3221 McKelvey Road, 63044

**St. Louis Community College
Center for Workforce
Innovation (CWI)**
3344 Pershall Rd., 63135

St. Louis Genealogical Society
4 Sunnen Drive, 63143

St. Louis Wine and Beer Making
231 Lamp and Lantern Village,
63017

Sunset Hills Community Center
(Sunset Hills Comm. Ctr)
3915 South Lindbergh, 63127

Sunset Hills Golf Learning
Center 13550 West Watson Rd,
63127

Sunset Tennis Center
10911 Gravois Ind'l Court,
63128

The Studio, Inc.
1332 Strassner Drive, 63144

The Timbers of Eureka
1 Coffey Park Lane, 63025

Thomas Dunn Memorial
Learning Center
(Thomas Dunn Mem. Ctr)
3113 Gasconade, 63118

Thornhill Branch/St. Louis
County Library
12863 Willowick Dr, 63146

Tower Tee Golf Center
6727 Heege Road, 63123

Trinity Lutheran Church
14088 Clayton Road, 63017

U Can Dance Studio
3570 Adie Rd., 63074

University City High School
(U. City H.S.)
7401 Balson Avenue, 63130

University City Public Library
6701 Delmar Blvd, 63130

Valley Park High School
One Main Street 63088

Vetta Sports-Concord
12320 Old Tesson Ferry Road,
63128

Wildlife Rescue Center
1128 New Ballwin Rd., 63021

Winding Brook Estate
3 Winding Brook Estate Drive
63025

Wine Barrel
3828 South Lindbergh,
Suite 111, 63127

Woods Mill Racquet Club
910 Old Woods Mill Road, 63017

CAMPUS LEGEND

FLORISSANT VALLEY = FV

A	ADMINISTRATION
B	BUSINESS
CDC	CHILD DEVELOPMENT CENTER
C	COMMUNICATIONS
EC	EMERSON CENTER
E	ENGINEERING
H	HUMANITIES
IR	INSTRUCTIONAL RESOURCES
PE	PHYSICAL EDUCATION
S	SERVICE BUILDING
SM	SCIENCE-MATHEMATICS
SS	SOCIAL SCIENCES
SC	STUDENT CENTER
T	THEATER
TC	TRAINING CENTER
CWI	CTR FOR WORKFORCE INNOVATION

FOREST PARK = FP

A	A-TOWER
B	B-TOWER
C	C-TOWER
D	D-TOWER
F	F-TOWER
G	G-TOWER
HSP	HOSPITALITY
LB	LIBRARY
PE	PHYSICAL EDUCATION
SC	STUDENT CENTER
T	THEATRE
AA	ART ANNEX

MERAMEC = MC

AC	ASSESSMENT CENTER
AD	ADMINISTRATION/CLARK HALL
AS	APPLIED SCIENCE
BA	BUSINESS ADMINISTRATION
CE	CONTINUING EDUCATION
CP	CAMPUS POLICE
CN	COMMUNICATIONS NORTH
CS	COMMUNICATIONS SOUTH
GH	GREENHOUSE
HE	HUMANITIES EAST
HW	HUMANITIES WEST
LH	LECTURE HALLS
L	LIBRARY
PE	PHYSICAL EDUCATION
SC	STUDENT CENTER
SO	SOCIAL SCIENCE
SS	SCIENCE SOUTH
SW	SCIENCE WEST
T	THEATRE

WILDWOOD = WW

EXTENSION CAMPUSES

South County Education and
University Center = SCEUC

William J. Harrison Education
Center = Harrison Ed. Ctr

STLCC Corporate College =
Corp. College

GENERAL INFORMATION

Enrollment in classes within this brochure,
except for youth section classes, is limited to persons 16 years or older.

Accommodations Statement

St. Louis Community College is committed to providing access and reasonable accommodations for individuals with disabilities. If you have accommodation needs, please contact the Continuing Education Access office at least six weeks prior to the start of class to request accommodations. Event accommodation requests should be made with the event coordinator at least two working days prior to the event. Documentation of disability may be required. Contact Anne Marie Schreiber at 314-984-7704.

Students Rights and Responsibilities

All students are responsible for adhering to college policies and procedures. Please refer to www.stlcc.edu/Document_Library/FactFinder.pdf to review and/or download a copy of the Fact Finder Student Handbook including student rights and responsibilities or call the Continuing Education office.

Postponement/Cancellation Due to Inclement Weather

Occasionally, continuing education classes are cancelled due to inclement weather. Cancellations will be broadcast on KMOX-AM (1120) and on KMOV-TV, KSDK-TV and KTVI/Fox 2. When St. Louis Community College cancels classes, off-campus classes are also cancelled. In addition, when a particular host school district or institution closes, the continuing education classes at that location will not meet.

Refund of Fees

Since continuing education (non-credit) classes are self-supporting, the decision to run a class is based on the number of people enrolled. The college reserves the right to cancel if sufficient enrollment is not achieved. Registrants will be notified by phone or mail if a class is cancelled. Full refunds will be issued for classes cancelled by the college.

If you drop a class, you will receive a 100 percent refund for most classes if the class is dropped one business day before the first meeting. A 50 percent refund will be given for most classes dropped between one business day before the first class meeting and prior to the second meeting of the class. See the course schedule for classes (such as daytrips) that require notice beyond one business day for cancellation and eligibility for a refund.

Requests of withdrawals should be submitted in writing to the Continuing Education office. Calculation of refunds will be based on the date the written request is received by the office. If you have a situation that warrants an override of the above policy, an explanation of the circumstances should be made in writing to the of Continuing Education office. Refunds should be received within 30 days.

Fee Reduction for Older Adults

Older adults (those 60 years and older) may enroll in most courses for a reduced fee. This reduction is half the price of the class fee only, plus whatever material costs are associated with the class. Material costs include fees for expenses such as books and materials, facility usage, tour and travel costs, computer lab usage, online courses, food supplies and other items needed for the class. NOTE: Those wishing to take advantage of this fee reduction must do so at the time of registration. Before registering, please contact the Continuing Education office to see if your course contains a material fee.

Senior Citizen Scholarship

Missouri residents who are at least sixty-five years of age will be awarded a scholarship to be exempt from maintenance fees to enroll in courses on a space available basis. There will be a non-refundable registration fee of \$5 per course to a maximum of \$25 per semester. Student is responsible for other fees, such as materials, supplies and books. At the earliest, students may enroll in the class two days prior to the first class date. Students may not receive a refund for a paid course in order to enroll for a scholarship space in that same course. PLEASE CALL THE CONTINUING EDUCATION OFFICE TO GET SPECIFICS REGARDING THE SENIOR SCHOLARSHIP. The senior scholarship discount does not apply to online classes.

Safety and Program Guidelines for Youth Classes

All children under the age of 16 who are enrolled in programs through the St. Louis Community College Office of Continuing Education, must be accompanied to and signed-in at the beginning of each program session by a responsible party. In addition, a responsible party must also meet the participant at the end of the session and sign them out. Appropriate behavior is expected. Students may be disenrolled for misbehavior.

Unattended Children

Students are not permitted to bring children to class, nor should children be left unattended in the halls, offices, library or common areas. The college reserves the right to protect the safety and welfare of unattended children. If students leave children unattended, the college will institute disciplinary action.

Textbooks — can be purchased at the campus bookstores.

Library and Computer Lab Privileges

If you are registered in continuing education courses, you may enjoy library and computer lab privileges by showing your student ID. To obtain a student ID take your paid fee receipt to the Campus Life office and the personnel there will provide you with 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

Florissant 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

Registration is Easy!!!



Mail

Complete the registration form (below) and mail with check (*payable to St. Louis Community College*) to:

STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044

Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.



In Person at STLCC Continuing Education Offices M-F 8:30 am - 4 pm

Meramec

802 Couch Avenue
St. Louis, MO 63122

Florissant Valley

At the Center for Workforce Innovation
3400 Pershall Rd., Ferguson, MO 63135

Forest Park

Forest Park, G Tower-320-322
5600 Oakland Ave., St. Louis, MO 63110

You may want to first call the Continuing Education office at 314-984-7777, to check that openings exist.



By Phone

Call to complete your registration by charging fees to MasterCard, Visa, American Express or Discover.

Telephone: 314-984-7777

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:

Course Code	Section	Course Title	Day/Time	Fees
Total				

☐ Male ☐ Female

Senior Citizen?

☐ Yes ☐ No

Check Payment:

Please make checks payable to St. Louis Community College, and mail with form (address above).

Credit Card Payment:

Charge fees to:

- ☐ MasterCard
☐ VISA
☐ Discover
☐ American Express

Email Address: _____

UIN or Student#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX
CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

CARD NUMBER Expiration Date: _____

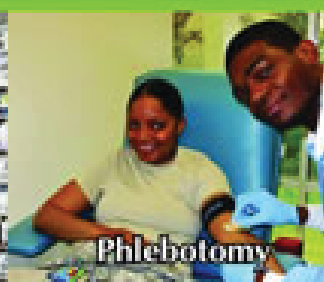
Signature: _____

RESIDENTIAL CUSTOMER



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

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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.