

# Continuing Education

at St. Louis Community College

Spring 2015

**In with the  
New You!**



St. Louis  
Community  
College

**Registration begins January 5**

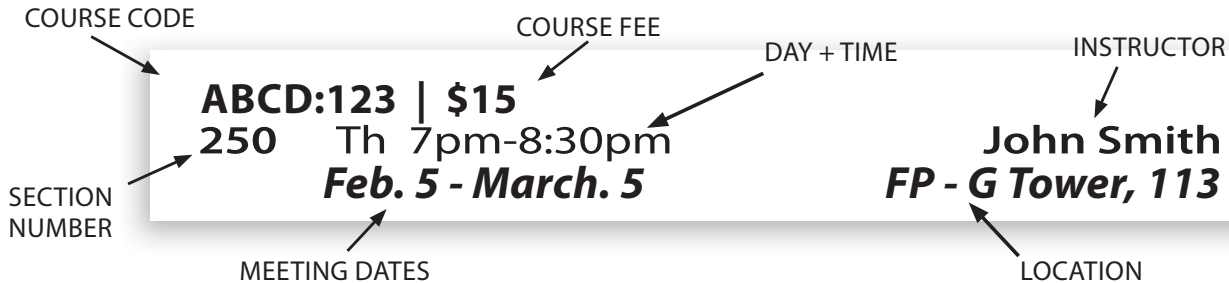
For more information about Continuing Education classes,  
visit [stlcc.edu/ce](http://stlcc.edu/ce)

# College for Kids Summer 2015



## HOW TO READ COURSE LISTINGS

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



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

### BOARD OF TRUSTEES

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

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

**START HERE  
START NOW**



## Experience STLCC Information Night for High School Students and Parents

Attend a presentation about St. Louis Community College.  
Get your questions answered. Topics include:

- Admissions and testing process
- Financial Aid and A+ Scholarships
- How to earn college credit while in high school
- Career options and programs

<b>February 24</b> Meramec Theatre	<b>March 5</b> Florissant Valley Multipurpose Room
<b>March 10</b> Forest Park Cafeteria	<b>March 12</b> Wildwood Multipurpose Room

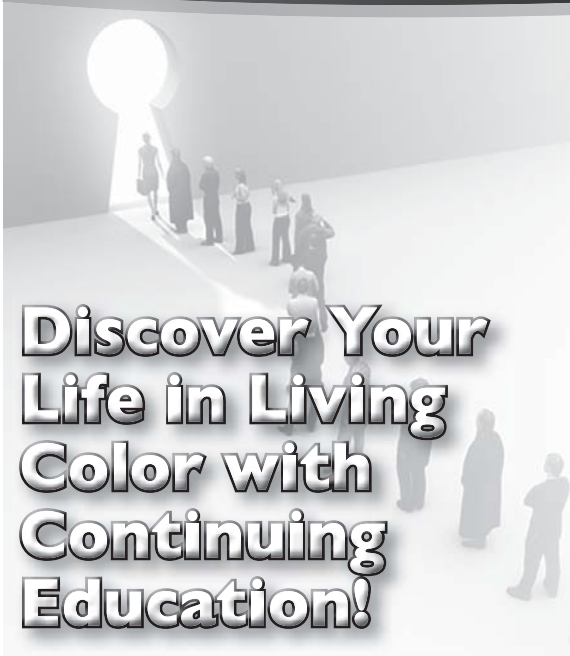
Get more details and register at: [stlcc.edu/visit](http://stlcc.edu/visit)

**Continuing  
Education  
is saving a  
seat for you  
beginning  
January 5.**



Call 314-984-7777 to register.

# Spring 2015 STLCC Continuing Education



**Discover Your  
Life in Living  
Color with  
Continuing  
Education!**

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

We have classes to help you **advance your career, find a creative outlet, or acquire new skills.** Whether you're eager to refresh your knowledge or embark on a new adventure, **Continuing Education** provides access to personal and professional growth in a world that never stops changing.

We're here to help you create a **more rewarding future** through lifelong learning.

[www.stlcc.edu/ce](http://www.stlcc.edu/ce) 314-984-7777

## Table of Contents

### Professional Development

#### Essentials TRAINING

Professional Essentials	5	Mobile Basics	19
Small Business Essentials	6	Personal Computing	19
Career Essentials	7	Productivity	20
Nonprofit Essentials	8	Social Networks	20
		Tech Savvy Fridays	20
		Video	20
		Web Development	21
		Production Technology	22

#### CAREER STUDIES

Nursing and Allied Health	9		
Healthcare Occupations	11		
Childcare Training	12		
Mental Health Interpreter	14		
CPR and First Aid	14		
Communications	15		
Fitness Training	15		
Real Estate	15		
Restaurant Management	16		

#### COMPUTERS AND TECHNOLOGY

Applications and Systems	16
Desktop Publishing	17
Maintenance, Networks and Security	18

#### CONSTRUCTION TECHNOLOGIES

Construction	22
NABCEP Solar Certified Courses	22
OSHA	23

#### EDUCATION AND TEST PREP

High School Equivalency	23
Test Prep	23

### Personal Enrichment

#### AGELESS LEARNING

Seminars	24
Enrichment Seminars	25
Senior Fitness	26
Social Security Benefits	26

#### CREATIVE ARTS

Crafts	26
Culinary Arts	31
Dance	37
Fine Arts	39
Music	41
Photography	42
Theater	43
Writing	43

#### NATURE, HOME AND GARDEN

Animal Care	45
Home Improvement	46
Master Naturalist	48
Landscape & Gardening	48
Nature	48
Ecology	49
Go Native!	49
Real Estate	51

#### PERSONAL FINANCE

Estate Planning	51
Retirement Planning	51
Finance & Investing	52

#### PERSONAL INTEREST

Communication Arts	52
Fashion & Color Analysis	52
Genealogy	53
History	53
Languages	56
Sign Language	58
Religion	58

#### PERSONAL SAFETY

Self Defense	58
--------------	----

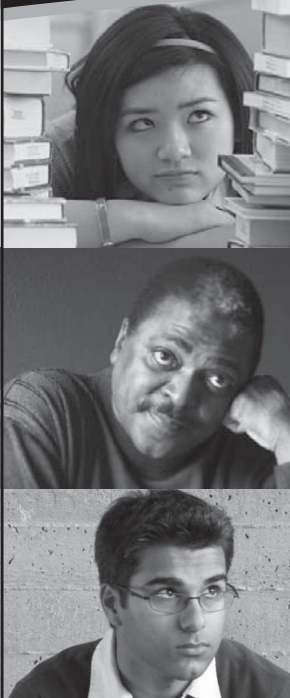
#### RECREATION, FITNESS AND WELLNESS

Aerobic Exercise	59
Aquatics	59
Cards and Games	59
Bowling	60
Fencing	60
Fitness	60
Golf	62
Motorcycle Rider Training	63
T'ai Chi	63
Team Sports	63
Tennis	64
The Great Outdoors	64
Tours and Trips	65
Wellness	67
Youth and Family	68

#### NEED TO KNOW...

Locations	69
General Information	70
Registration	71

# It All Starts Here.



## Adult Career Exploration Sessions

Whether you are just starting out or are looking to switch careers- but you aren't sure about an area of study-a **career exploration session** will help you identify your interests, and learn about career pathways that might be a fit for you!

Complete a **FREE** online interest inventory **PRIOR** to the workshop so you can:

- Discover how your interests influence career decisions
- Learn how your interests relate to career programs at STLCC
- Hear about payment options
- Find out how to get started STLCC!

- **Jan. 6** – Florissant Valley 5:30-7pm, TC 105/107
- **Jan. 13** – Forest Park 5:30-7:30pm, Stu. Ctr. Café East
- **Feb. 11** – Wildwood 6-7:30pm, Room 223
- **March 3** – Meramec 6-7:30pm, BA 105
- **April 7** – Meramec 6-7:30pm, BA 105
- **April 22** – Wildwood 6-7:30pm, Room 223
- **May 14** – Forest Park 5:30-7:30pm, Stu. Ctr. Café East
- **May 21** – Florissant Valley 5:30-7pm, TC 105/107

Once your registration is confirmed, you will receive an email with a user name and password to access an online interest inventory. Internet access is needed to complete the interest inventory before the event.



St. Louis  
Community  
College

For more information call 314-539-5002 or email [AskUs@stlcc.edu](mailto:AskUs@stlcc.edu)

Register **TODAY** at [stlcc.edu/Visit](http://stlcc.edu/Visit)  
and get started on the New You!

TAKE  
YOUR  
KNOWLEDGE  
TO THE  
NEXT  
DEGREE

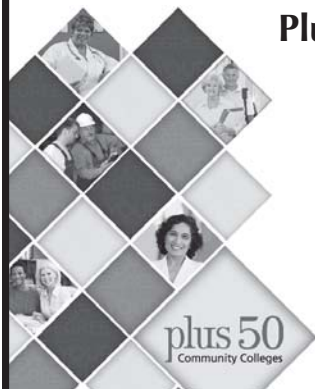
Through **Plus 50**, St. Louis Community College provides a gateway to make it **easier than ever** for adult learners to earn credit toward a degree or certificate.

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

Email us at [Plus50@stlcc.edu](mailto:Plus50@stlcc.edu) to get started today!

 St. Louis  
Community  
College  
Continuing Education

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



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 2015 classes** for this program on page 46.

**Registration begins January 5!**

**Request a brochure at 314-984-7777.**



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.**

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.**

## Essentials Training

### 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. Materials included in cost of course. Students successfully completing this training will receive their LEAN Six Sigma Green Belt Certification and 45 hours of instruction. This training includes an 18-hour capstone simulation project on the last two Wednesday sessions 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 for qualified individuals. You must be approved for funding prior to registering for the class if using these funds. Class meets Wednesdays 2/11, 2/18, 2/25, 3/4, 3/18, 3/25, 4/1, 4/8, 4/22, 4/29 and Saturdays 4/25, 5/2. No Wednesday classes on 3/11 and 4/15. Registration by 2/3 is encouraged.

**BUSN:765 | \$1,899**

**C50** W 6pm-9pm  
Feb. 11 – April 29  
Sa 8:30am-4pm  
April 25 - May 2

**Patricia Dalton**  
Corp. College, 207  
Corp. College, 207

#### Project Management Orientation

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

**BUSN:765 | No Fee**  
**C80** Sa 9am-12pm  
March 7

**Dirk Lupien**  
Corp. College, 211

#### Project Management

Project managers are in demand when the need is for skills that include time, resource and financial management with a finite effort. Working knowledge of these skills is recognized by the Project Management Institute (PMI) through various levels of certification. This course helps you to prepare for the PMP certification exam by presenting the critical concepts together with the core knowledge areas covered in the exam. Topics covered include the process groups and relationships, terminology and decision making practice. Session attendance in this course counts toward the project management training criteria, 35 hours, required to register for the PMP exam. This practical learning prepares the student for the PMP certification exam by lecture, online exercises, working sessions and practice exams. This program is approved by DESE for WIA funding through the Missouri Career Center for qualified individuals and presented by a Registered Educational Provider (REP). You must be approved for funding prior to registering for the class if using these funds. Class meets Wednesdays: 4/1-4/29 and Saturdays: 4/11, 4/18, 4/25. Lunch provided on Saturdays. Registration by 3/24 is encouraged.

**BUSN:765 | \$1,699**

**C51** W 6pm-9pm  
April 1 – April 29  
Sa 8:30am-4pm  
April 11  
Sa 8:30am-4pm  
April 18  
Sa 8:30am-4pm  
May 2

**Dirk Lupien**  
Corp. College, 211  
Corp. College, 211  
Corp. College, 211  
Corp. College, 208

#### 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. Class on 5/21 will be held until 9 am to fulfill Ethics requirement.

**BUSN:787 | \$249**  
**M01** Th 7:15am-8:45am  
March 26 – May 21

*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 | \$35**  
**M02** Th 7:15am-9am  
May 21

*Ces & Judy's*

#### Understanding Patents, Trademarks and Copyrights

If you are a business or creative person selling a product or service, you need to know how to protect your trademark, copyright and patent 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  
April 11

**Morris Turek**  
MC - SO, 109

### Exclamation Point!

*The Lean Six Sigma Green Belt Certification exceeded my expectations. I was very impressed with the content, Pat Dalton the instructor, and the facilities. I will likely recommend this course to others!*

*Jennifer B., Chesterfield*

**Registration begins January 5!**

**Dealing with Difficult People in the Workplace and Managing the Conflicts**

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

**BUSN:705 | \$35**  
480 Sa 9am-12pm Feb. 21 **Dr. Renee Huss**  
FP - G Tower, 113

**How to Get More of What You Need and Want in Negotiations**

You may not think of yourself as a negotiator, but you are. All of us negotiate every day with family, friends and co-workers, even if we don't think of what we're doing as negotiation. Negotiation is getting what we need and want through a process of interacting with others, and some of us are clearly better at it than others. Knowing how to get what you need and want from others in a principled, win-win fashion is a major life skill, and one that anyone can learn. In this class, you will learn how to identify your personal negotiating style, how to get clear on what you actually need and want, and how to use "The Magic Question" for a win-win outcome.

**BUSN:702 | \$35**  
680 Sa 9:30am-12:30pm March 7 **Dr. Renee Huss**  
MC - SO, 108

**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 individual 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. Registration deadline March 18.

**BUSN:704 | \$99**  
C01 Tu 8:30am-12:30pm March 31 **Barry Schapiro**  
Corp. College, 211

**Mastering the Art of Effective Facilitation**

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

**BUSN:714 | \$79**  
C01 Sa 8:30am-5pm March 28 **James Lombardo**  
Corp. College, 209



**Small Business Essentials**

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

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

**Business Start-Up**

**Starting and Managing a Small Business**

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

**BUSS:701 | \$59**  
680 Sa 9am-12pm Feb. 14 - Feb. 21 **Lynette Watson**  
MC - SO, 108

**Artisans and Crafters: Making Money with Your Business**

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

**BUSS:701 | \$29**  
650 Tu 6pm-9pm March 24 **Michelle Ochonicky**  
MC - BA, 114

**Starting your Own Business: Legal Issues**

As a small business owner, you are subject to some of the laws and regulations that apply to large corporations. This class will help you understand which requirements apply to your business. It will cover establishing a corporation, partnership or LLC, as well as introducing the law of Marketing, Employment, Copyright and Trademark, Privacy, Contracts, Tax and other regulations. Taught by an attorney.

**BUSS:701 | \$19**  
450 M 6pm-8pm April 20 **Amy Hereford**  
FP - G Tower, 114

**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.stlscor.org](http://www.stlscor.org). Lunch not provided. Fee for class materials payable to SCORE at registration; \$60 pre-register and pre-pay; \$70 at the door.

**BUSS:701**  
681 Sa 8:15am-3pm Jan. 10 **MC - SO, 108**  
682 Sa 8:15am-3pm Feb. 7 **MC - SO, 108**  
683 Sa 8:15am-3pm March 7 **MC - SO, 109**  
684 Sa 8:15am-3pm April 11 **MC - SO, 108**  
685 Sa 8:15am-3pm May 2 **MC - SO, 108**

**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 partnership with the Small Business and Technology Development Center.

**BUSS:702 | \$99**  
650 W 6pm-9pm April 1 - April 22 **Lynette Watson**  
MC - SO, 206

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



**Exclamation Point!**

*Lynette Watson was a very knowledgeable and engaging instructor. She provided her knowledge and expertise, as well as making the class fun and entertaining!*

**Michael R., Creve Coeur**

**Finance**

**Keeping Records for a Small Business**

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

**BUSS:705 | \$79**

650 W 6pm-9:30pm  
April 29 – May 6

**T. Spector**  
MC - BA, 124

**Small Business Tax Seminar**

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

**BUSS:706 | \$39**

680 Sa 9am-12:30pm  
April 25

**T. Spector**  
MC - SO, 108

**Understanding Accounting: An Introduction**

Designed for individuals with non-financial backgrounds who work with budgets or those wanting to enter an office manager position, this introductory 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 26

**Kimberly Franklin**  
MC - CN, 203



*Check out additional classes that can help support your Small Business in Computers & Technology on page 16.*



**Marketing & Promotion**

**Creating a Breakthrough Marketing Program for Your Small Business**

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

**BUSS:710 | \$35**

651 Sa 9am-12pm  
March 14

**Lynette Watson**  
MC - SO, 107

**New Generating Buzz Around Your Small Business**

Do you need help in taking your business to the next level? Join Sarah Guldalian, veteran media, marketing and mass communications professional to identify and seize opportunities that promote awareness for your small business or product. We'll discuss the importance and how-to's of strategic networking and progressive ways to motivate your desired target audience to respond to your call-to-action. You'll take home a plan with action steps towards your desired results.

**BUSS:710 | \$25**

652 Tu 6pm-9pm  
April 21

**Sarah Guldalian**  
MC - BA, 114

**New Establishing a Digital Presence for Your Small Business**

Do you know the most lucrative social media platforms vital to your success as a business owner? Learn to create and sustain a relevant digital identity in this new public arena to access your future customers. Bring your laptop or tablet or use our equipment to get started in this digital hands-on lab. Discover where and how to establish your business on specific social media platforms and get a leg up over your competition on expanding your message. Instructor Sarah Guldalian is a media, marketing and mass communications professional with over 15 years of experience working with media agencies.

**BUSS:710 | \$25**

653 Tu 6pm-9pm  
April 14

**Sarah Guldalian**  
MC - BA, 202

**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**

650 Tu 6pm-8pm  
March 3 – March 10

**Robin Boyce**  
MC - Library, CNFL



**Small Business Essentials**

**Gain the competitive edge to succeed in your business**

**Career Essentials**

**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 3

**Laurie Hawkins**  
MC - SO, 108

**Writing Your Resume to Impress**

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

**CPDV:704 | \$49**

550 Tu 6pm-8pm  
March 31 – April 14

**Jacqueline Meaders-Booth**  
SCEUC, 207

**Using LinkedIn for Your Job Search**

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

**CPDV:705 | \$25**

650 Tu 6:30pm-9pm  
Feb. 24

**Laurie Hawkins**  
MC - CN, 203

**Interviewing Skills 101**

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

**CPDV:703 | \$25**

650 Sa 9am-12:30pm  
March 28

**Sherita Reinhardt**  
MC - SO, 108

**Strategies for Success: Mastering the Behavioral Based Interview**

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

**CPDV:703 | \$19**

651 Th 6pm-8pm  
April 2

**Sherita Reinhardt**  
MC - CS, 206

## PROFESSIONAL DEVELOPMENT

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

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

CPDV:765 | \$25

650 Tu 6pm-9pm  
March 31

Fred Miller  
MC - SO, 205

### Employment Essentials for Getting or Changing Jobs

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

CPDV:705 | \$65

550 W 6:15pm-8:45pm  
Feb. 18 - March 4

Gwyndolyn Fouche  
FV - B, 122

### Changing Career Directions: Find the Passion in Your Career Path

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

CPDV:702 | \$79

650 M 7pm-9:30pm  
April 6 - April 27

Jean Walters  
MC - BA, 118

### Plus 50 Employment: Purpose, Process and the Payoff

Is retirement not your immediate plan? Do 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 6pm-9pm

March 5 - March 12

551 Th 6pm-9pm

April 23 - April 30

Edwin Penfold

MC - BA, 125

Edwin Penfold

FV - B, 139

### Plus 50: Relmaging Your Life NOW

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

CPDV:730 | \$59

680 Sa 9am-4pm

Feb. 28

480 Sa 9am-4pm

April 18

Carol Watkins

MC - SO, 107

Carol Watkins

FP - C Tower, 221

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

plus 50  
Community Colleges

### Plus 50: 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 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  
March 28

Carol Watkins  
MC - SO, 107

## Nonprofit *Essentials*

### 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

681 Sa 10am-12pm  
April 11

Amy Hereford  
MC - SO, 107

### 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

682 Sa 1pm-3pm  
April 11

Amy Hereford  
MC - SO, 107

### Basic Grant Writing for Nonprofit Organizations

This course provides an overall review of the grant writing process offering practical guidelines for identifying and pursuing potential foundation and corporate funders. Students will learn methods to start a grant maker relationship, key elements of proposals and tips for developing a successful grant. Lunch on your own. Bring a 1" inch, 3-ring binder to class.

NPAD:701 | \$59

680 Sa 9am-4pm  
March 14

Jennifer Bush  
MC - SO, 108

### **New** Event Planning 101

From the most exciting to the most mundane tasks, you'll receive the best advice on items to consider and the roles and actions necessary to successfully and enjoyably produce and execute your event. Discussion will also focus on how to avoid potential hurdles by establishing a clearly communicated process and timeline with your team. You'll also learn to draft an outline and timeline, beginning with concept and ending with effective follow-up, which you can utilize for current or future event planning. Instructor Sarah Guldalian is a nonprofit manager and producer for an international media outreach organization and manages over 100 volunteers.

NPAD:703 | \$25

680 Sa 9am-12pm  
Feb. 21

Sarah Guldalian  
MC - SO, 109



**New Sell Your Vision and Mission as a Nonprofit**

Have you ever considered utilizing the richness of your history and the expansiveness of your future as a nonprofit organization to convey an engaging picture for your constituents? Join Sarah Guldalian, nonprofit manager and media outreach producer, as she helps you design and unify your message across platforms. You'll explore methods to most effectively communicate your organization's vision to engage your prospective constituents towards giving and volunteerism.

NPAD:707 | \$35  
651 Tu 6pm-8pm  
March 3 – March 10

Sarah Guldalian  
MC - CS, 209

**New Best Practices: Expand Your Following through Social Media**

Identify the most lucrative social media platforms to share your mission and expand the vision of your non-profit organization as you examine ways to create and sustain a relevant digital identity with limited budgets and personnel. Get the most up-to-date information on social media platforms from veteran media producer and nonprofit manager Sarah Guldalian. Bring your laptop or tablet or use our equipment to get started in this digital hands on lab. You will identify where and how to establish yourself on specific social media platforms to successfully expand your message to current and future volunteers and donors.

NPAD:707 | \$25  
680 Sa 9am-12pm  
Feb. 28

Sarah Guldalian  
MC - BA, 216

**New Cultivating Constituent Relations: Broadening Your Reach**

Learn to support your organization's activities and identify effective ways to move your nonprofit forward through the grass-roots help of an active constituent base. Nonprofit manager and coach for a development and leadership organization, Sarah Guldalian will share with you new ways to initiate meaningful conversations with prospective constituents and cultivate relationships that result in more financial and volunteer support.

NPAD:707 | \$35  
650 Tu 6pm-9pm  
March 24 – March 31

Sarah Guldalian  
MC - CN, 201

**Career Studies**

**Nursing and Allied Health**

**Supporting Quality Outcomes Through the Use of Interact III**

Identifying change of condition EARLY and avoiding unnecessary hospitalizations is a goal for every skilled community. It's not only about meeting the expectations of our hospital partners, but more importantly, it will serve to create a better quality of life for those we care for. Through implementation of the Interact III program, your community can find new ways to identify, assess, communicate and meet the individualized needs of your residents. And the bonus - you will reduce re-hospitalizations and improve professional relationships with physicians

AHCE:734 | \$29  
550 W 6pm-8:15pm  
April 22

Joan Devine  
FV - B, 212

**Modalities Update: The Thermal Side of Things and Traction**

This course is designed for the PT, PTA, OT and OTA. Take a look at the thermal side of things. What is new with diathermy and why is there a resurgence of popularity with this once archaic modality? Visit ultrasound parameters and uses. Then we will revisit traction parameters and uses. This course will provide a refresher course on the indications, contradictions and parameters of these modalities in current practice.

AHCE:774 | \$39  
680 Sa 9am-12pm  
March 28

Christina Cohoon  
MC - AS, 104A

**EMT Core Curriculum**

This course is held 1/21-5/18. It meets all the current requirements for Missouri EMT-B license renewal. It includes the assessment and care of the sick and injured, pediatric and geriatric emergencies, childbirth, defibrillation, hazardous material situations and the use of adjunctive EMS equipment. Does not include CPR. Attendance at first class is required. A strict attendance policy is enforced. Course is not for initial EMT-Basic training. Registration deadline before class begins on 1/21. No class 2/16, 3/16, 3/18.

EMSS:700 | \$270  
H50 MW 6pm-10pm  
Jan. 21 – May 18

Steven Newcomb  
Harrison Ed. Ctr., 200

**Documentation to Maximize Medicare Reimbursement**

This education activity is designed for the Occupational Therapist and Occupational Therapy Assistant. The session will review key components of occupational therapy documentation that help support medical necessity. In addition, this session will discuss the relationship between recent changes in Medicare Reimbursement and their impact on documentation.

AHCE: 773 | \$25  
650 W 6pm-8:15pm  
April 29

Cindy Kempf  
MC - AS, 102

**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.

Unless otherwise announced, contact hours will be awarded to participants who attend the entire educational activity (single session); or 80 percent of an activity that meets multiple sessions, and who complete the education activity evaluation.

St. Louis Community College is an approved provider of continuing nursing education by the Midwest Multistate Division, 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.

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.

## PROFESSIONAL DEVELOPMENT

### Pharmacology Update: Cardiac Medications

The education activity Pharmacology Update: Cardiac Medications is designed to provide the registered nurse with the most current and best available evidence explaining mechanisms of drug action and the appropriate nursing management for the safe administration of cardiac medications. Cardiac anatomy and physiology will be reviewed. Cardiac medications will be presented in terms of classification of action, effect on the cardiac and vascular systems and disorders which they are used to treat. Appropriate nursing assessment and interventions will be discussed in relation to intended response to cardiac medications as well as possible side effects.

**NURS:706 | \$29**  
450 W 6pm-8:15pm  
April 8

Andrea Weber  
FP - G Tower, 117

### Medical Terminology for Nursing and Allied Health Occupations

This course will be offered 4/6 - 5/11. Medical terms and language are complex and not often easily understood. Nursing and allied health textbooks are filled with many words that have been derived from the combination of word forms from Latin suffixes and prefixes. Attend this course for a "jumpstart" to learn the meaning of these complex words and to gain the "extra edge" when reading textbooks filled with medical language. Refund/withdrawal deadline date: 3/30. No refunds after that date.

**NURS:708 | \$89**  
4D0 M 6pm-8:30pm  
April 6 - May 11

Alverta Smith  
FP - G Tower, 117

### Diabetes Update 2015

Management of the client with diabetes is an ever-changing challenge. This workshop will focus on the most recent advances in the care and treatment of clients with diabetes. Topics to be addressed include criteria for diagnosing diabetes, types of diabetes, medications used in the treatment of diabetes, diabetic complications, special issues for the elderly diabetic, new products for the diabetic and recent research about diabetes.

**NURS: 777 | \$49**  
650 Tu 6pm-9:15pm  
April 28

Katie Stewart  
MC - CE Classroom

### Mental Health First Aid Certification

This certification course is held 4/2 through 4/23. Mental Health First Aid is a certification course designed to assist participants in giving first aid to individuals experiencing a mental health crisis and/or who are in the early stages of a mental health disorder. The course teaches an appropriate response plan and the signs and symptoms of common health problems: anxiety, depression, psychosis, eating disorders and substance use disorders. This certification course is also offered for college credit (PRD 128). Textbook is required and available in the Florissant Valley Bookstore.

**NSNG: 786 | \$101**  
210 Th 5:30pm-8:45pm  
April 2 - April 23

Ellen Nickrent  
FV - SC, 257

## Caregiving at Home Series

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 Workshop

This workshop will be offered 3/23 through 5/11. Whether you are a family member, a concerned friend, or a community volunteer helping a senior with household tasks, personal and/or health care in the home setting or transportation, this 8-week workshop will provide you with helpful information. Come to the entire workshop or select individual classes that will enable you to ensure the senior continues to thrive during life's most difficult times of aging. Throughout this workshop resources and support for the caregiver will be addressed. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or close friends. Lead Instructor and Series Facilitator: Cathy Flasar MSN, RN. No class 4/20.

**AHCE:701 | \$129**  
650 M 6:30pm-9pm March 23 - May 11 MC - SS, 108

### Caregiving at Home - Getting Started

The need for caregiving in the home may occur suddenly with an illness or injury or, as with chronic illness or frailty due to aging, it may develop over a period of time. There are a variety of factors to be considered when the need for caregiving arises. Join us for the first evening of the workshop to discuss the beginning of caregiving in the home. Instructor: Cathy Flasar MSN, RN.

**AHCE:701 | \$29**  
651 M 6:30pm-9pm March 23 MC - SS, 108

### 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. Instructor: Janice Palmer PhD, RN, CNE.

**AHCE:701 | \$29**  
652 M 6:30pm-9pm March 30 MC - SS, 108

### Caregiving at Home-Eldercare Law and Order

Join us for an interactive presentation on eldercare law. Some of the topics to be presented include Advanced Directives, Living Wills, Power of Attorney, and Trust Funds. Instructor: Christine Alsop

**AHCE:701 | \$29**  
653 M 6:30pm-9pm April 6 MC - SS, 108

### Caregiving at Home-Medicare: The Basics

This evening's class will focus on Medicare, the federal health care program for those 65 years and older. Join us for a discussion on Medicare Part A and B, Medicare Part D (Prescription Drugs), Medicare Supplements and Medicare Advantage Plans. Instructor: Shelley Miller.

**AHCE:701 | \$29**  
654 M 6:30pm-9pm April 13 MC - SS, 108

### Caregiving at Home - Do No Harm: Proper Body Mechanics

How do you safely move a senior in bed, transfer, and assist with walking? Learn the proper body mechanics that will assure the safety of the person being assisted and the caregiver. Please wear flat shoes and slacks for this session. **Please note this session which is part of the 8-week Caregiving at Home Workshop will be offered on a Tuesday evening.** Instructor: Mary Christman PT, MA Ed

**AHCE:701 | \$29**  
655 Tu 6:30pm-9pm April 21 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. Instructor: Cathy Flasar MSN, RN

**AHCE:701 | \$29**  
656 M 6:30pm-9pm April 27 MC - SW, 111

### Caregiving at Home - Medications and Pain Management

This week we will discuss medications and current trends in pain management for the senior. Instructor: Cathy Flasar MSN, RN

**AHCE:701 | \$29**  
657 M 6:30pm-9pm May 4 MC - SS, 108

### Caregiving at Home-Putting It All Together

During this final evening of the Caregiving at Home Workshop we will discuss arrangement of household needs such as shopping, cooking, housekeeping, medical supplies and transportation.

**AHCE:701 | \$29**  
658 M 6:30pm-9pm May 11 MC - SS, 108

## Exclamation Point!

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

- Mary B., Kirkwood

# Healthcare Occupations

Registration for Healthcare Occupations programs must be done in person only, at the Forest Park Campus, Continuing Education, Rooms G322-324.

## Phlebotomy

Registration begins January 5

This training program is held from 2/10 - 4/30. Register in person only in Continuing Education at Forest Park, G 322/324. This training prepares the student for entry level employment as a phlebotomist. The course provides classroom, lab instruction and clinical experience. 120 hours of clinical experience is in addition to scheduled class time. Course content includes basic anatomy pertinent to blood collection, as well as communication skills, specimen processing, related interdisciplinary tasks, lab experience of blood drawing techniques and practical experience of blood drawing techniques in the clinical setting. A strict attendance policy is enforced throughout this training. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application; Family Care Safety Registry-Worker registration letter. Only original letter will be accepted. Letter cannot be older than six months. Register on online at [www.dhss.mo.gov](http://www.dhss.mo.gov) to obtain letter. No class dates 3/17, 3/19. Refund/withdrawal deadline: 2/3. No refunds after that date.

AHCE:785 | \$1,400  
4D0 TuTh 4pm-7pm

Feb. 10 - April 30

FP - B Tower, 417

## Nurse Assistant for Nursing Homes

Registration begins December 1

This training meets requirements of the Missouri Omnibus Nursing Act. The course exceeds the required 75 hours classroom instruction and 100 hours of supervised on-the-job training. Class meets twice a week for 20 sessions; each four hours in length. The 104 hours of on-the-job training are in addition to the scheduled class time. 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. Register online at [www.dhss.mo.gov/FCSR/](http://www.dhss.mo.gov/FCSR/) to obtain letter. 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 criminal background check, 5 Panel drug screen, Family Care Safety Registry Worker Registration, state registry for nurse assistants and the EDL. Intermediate or higher proficiency in English is recommended.

NURS:723 | \$699

4D0 TuTh 4:30pm-8:30pm  
Jan. 13 - March 12  
Sa 8am-4:30pm  
Jan. 24

Alverta Smith  
FP - G Tower, 121

FP - C Tower, 415

Required Nursing Skills Lab: Saturday, 1/24, 8 am - 4:30 pm.  
Refund/withdrawal deadline: 1/6. No refunds after that date.

4D1 TuTh 4:30pm-8:30pm  
March 24 - May 21  
Sa 8am-4:30pm  
March 28

Alverta Smith  
FP - G Tower, 121

FP - C Tower, 415

Required Nursing Skills Lab: Saturday, 3/28, 8 am - 4:30 pm.  
Refund/withdrawal deadline: 3/17. No refunds after that date.

## Pharmacy Technician Certification Training

Registration begins December 1

This training is held from February 12 through June 29, 2015. Required orientation: Monday, February 9, 6 - 8 p.m. Register in person only in Continuing Education at Forest Park, G 322. This training prepares the student for entry level employment as a pharmacy technician. The course provides 105 hours of classroom instruction and 60 hours of externship experience. Class meets twice a week, Monday and Thursday (February 12 - May 21), for 28 sessions; each 3.5 hours in length. The 60 hours of externship experience (May 22 - June 19) follows the classroom experience. Final exam: June 25. Students will learn about the top medications dispensed in the United States and be introduced to the basic concepts of pharmacy calculations for proper medication dispensing. A strict attendance policy is enforced throughout this training. Upon successful completion of the course the student is eligible to take a certification exam. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register online at [www.dhss.mo.gov](http://www.dhss.mo.gov). Only the original letter will be accepted. Letter cannot be older than six months. No class 2/16. Required orientation: Monday, February 9, 6 - 8 p.m. Refund/withdrawal deadline: 2/2. No refunds after that date.

Section available for students using payment plan through MK Education. Student must have approval of MK Education to register. Contact MK Education at 630-541-3600 for details.

AHCE:786 | \$2,100

CDO M 6pm-8pm  
MTH 6pm-9:30pm

Feb. 9  
Feb. 12 - June 29

Corp. College, 276  
Corp. College, 276

  
In partnership with  
MK Education



## Central Sterile Processing Technician

In partnership with MK Education

Registration begins December 1

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

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

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

Attendance policy is enforced throughout this training

Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 in Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register on [www.dhss.mo.gov](http://www.dhss.mo.gov). Only the original letter will be accepted. Letter cannot be older than six months. Refund/withdrawal deadline: 2/17. No refunds after that date.

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

### Tier 1

This class is for the individual working in the field of Central Sterile Processing who only needs the 100 hours of classroom instruction. This training is held from February 23 through June 3. Class meets twice a week, Monday and Wednesday (February 23 - June 3), for 27 sessions; each 3.5 hours in length. Final exam: June 8. Topics presented in the program include anatomy and physiology, medical terminology, infection prevention and control, tools for cleaning, safety and decontamination. This program will prepare successful students to take a national certification exam.

AHCE:788 | \$2,000

4D0 MW 6pm-9:30pm  
Feb. 23 - June 3

FP - G Tower, 121

Final Exam:

M 6pm-9:30pm  
June 8

FP - G Tower, 121

### Tier 2

This section is for the individual entering the field of Central Sterile Processing who needs both the classroom instruction and externship. This training is held from February 23 - September 11. Class meets twice a week Monday and Wednesday (February 23 - June 3), for 27 sessions; each 3.5 hours in length. Final exam: June 8 Externship begins June 9 and ends September 11. This program offers the student a direct pathway to success in Central Sterile Processing. Topics presented in the program include anatomy and physiology, medical terminology, infection prevention and control, tools for cleaning, safety and decontamination. This program will prepare successful students to take a national certification exam.

AHCE:788 | \$2,625

4D1 MW 6pm-9:30pm  
Feb. 23 - June 3

FP - G Tower, 121

Final Exam:

M 6pm-9:30pm  
June 8

FP - G Tower, 121

Externship:

M-F  
June 9 - Sept. 11

FP - TBA

## Child Care Training

### CHILD CARE CLOCK HOUR TRAINING

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

## Child Care Providers Saturday Seminars

Six clock hours for each program

### Nature and Young Children Seminar

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 | \$43

580 Sa 9am-3:30pm

Geraldine Jasper  
FV - CDC, 112

680 Sa 9am-3:30pm

Geraldine Jasper  
MC - BA, 118

### 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

550 Tu 7pm-9pm  
March 10

Geraldine Jasper  
SCEUC, 100

### 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

551 Tu 7pm-9pm

Geraldine Jasper

May 12

FV - CDC, DINING RM

451 Th 7pm-9pm

Geraldine Jasper

May 14

FP - G Tower, 119

### Making Sensory Exploration Materials: Play Dough, 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

Holly Aslin

Feb. 12

FV - CDC, 110

### 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

Holly Aslin

April 9

FV - CDC, DINING RM

### Messing About with Purpose

This session assists childcare providers with planning and implementing multisensory learning activities that support child development physically, cognitively, emotionally, and socially. Participants will create and manipulate different types of art mediums designed to give young children choices and a sense of control during art activities and free play in the classroom. All activities are developmentally appropriate and meet state and national standards.

CCPR:703 | \$15

650 W 7pm-9pm

Latonya Brown

March 11

MC - CE Classroom

780 W 7pm-9pm

Latonya Brown

April 15

Lindbergh 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

780 M 7pm-9pm

Lindbergh H.S., 46

Feb. 9

550 Th 7pm-9pm

FV - CDC, 110

March 5

550 Th 7pm-9pm

April 30

SCEUC, 100

### 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

FP - G Tower, 119

April 20

551 M 7pm-9pm

FV - CDC, DINING RM

May 11

### The Beautiful Brain:

#### The First Three Years of Life

Do you know how the infant brain develops? The risk factors to healthy brain development? What caregivers and parents can do to encourage brain development? Examine hot topics in brain research and discover how to establish patterns for early learning. Box lunch included.

CCPR:712 | \$43

580 Sa 9am-3:30pm

FV - CDC, 112

Jan. 31

680 Sa 9am-3:30pm

MC - SO, 108

May 9

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

Registration begins January 5.

Call 314-984-7777 to register

### Child Safety and Supervision

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

CCPR:702 | \$15

580 Tu 7pm-9pm

Geraldine Jasper

Jan. 20

FV - CDC, 110

### 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

Geraldine Jasper

Feb. 7

FP - G Tower, 119

581 Sa 9am-1pm

Geraldine Jasper

March 28

FV - CDC, 112

### 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

Geraldine Jasper

SCEUC, 100

March 24

481 Tu 7pm-9pm

Geraldine Jasper

FP - G Tower, 119

April 21

550 W 7pm-9pm

Geraldine Jasper

FV - CDC, DINING RM

April 22

**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**  
 550 Th 7pm-9pm **Rose Anderson-Rice**  
 March 12 *FV - CDC, 110*  
 450 M 7pm-9pm **Rose Anderson-Rice**  
 May 4 *FP - G Tower, 119*

**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 **Carrie Kinzel**  
 Jan. 24 *FP - G Tower, 119*

**Child Care Provider: 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. 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.

**CCPR:711 | \$97**  
 4D0 Sa 8:30am-4pm **FP - G Tower, 121**  
 Feb. 14  
 5D0 Sa 8:30am-4pm **FV - TC, 105**  
 March 7  
 6D1 Sa 8:30am-4pm **MC - CE Classroom**  
 April 25  
 6D0 Sa 8:30am-4pm **MC - CE Classroom**  
 Jan. 24  
 5D1 Sa 8:30am-4pm **FV - TC, 105**  
 May 16

**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**  
 780 W 7pm-9pm **Gina Dattilo**  
 Feb. 4 *Lindbergh H.S., 46*  
 770 W 7pm-9pm **Gina Dattilo**  
 Feb. 11 *Hixson Mid. School, 117*  
 550 W 7pm-9pm **Gina Dattilo**  
 March 25 *SCEUC, 100*  
 450 W 7pm-9pm **Gina Dattilo**  
 April 1 *FP - G Tower, 119*

**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**  
 451 M 7pm-9pm **FP - G Tower, 119**  
 Jan. 26  
 781 M 7pm-9pm **Lindbergh H.S., 46**  
 Feb. 23

**Encouraging the Love of Books for Preschoolers**

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

**CCPR:718 | \$25**  
 680 Sa 12pm-3pm **Annette Harrison**  
 March 7 *MC - Library, CNFL*  
 480 Sa 12pm-3pm **Annette Harrison**  
 April 11 *FP - SC, 032*  
*The class will be held in the Student Center, Cafe West.*

**Encouraging the Love of Books for Infants and Toddlers**

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

**CCPR:718 | \$25**  
 580 Sa 12pm-3pm **Annette Harrison**  
 Jan. 17 *FV - CDC, DINING RM*

**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**  
 770 M 7pm-9pm **Hixson Mid. School, 117**  
 March 23

**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 **Lindbergh H.S., 46**  
 March 9

**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**  
 550 W 7pm-9pm **Gina Dattilo**  
 Feb. 18 *SCEUC, 100*  
 780 W 7pm-9pm **Gina Dattilo**  
 May 13 *Lindbergh H.S., 46*

**Asking Questions: Encouraging Children's Thinking**

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

**CCPR:721 | \$15**  
 550 Tu 7pm-9pm **Geraldine Jasper**  
 Feb. 3 *FV - CDC, 110*

**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 **FV - CDC, 110**  
 Feb. 26  
 770 M 7pm-9pm **Hixson Mid. School, 117**  
 April 13  
 351 Tu 7pm-9pm **WW, 208**  
 May 5

**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 **FV - CDC, 110**  
 Jan. 22  
 650 M 7pm-9pm **MC - BA, 112**  
 April 27

**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**  
 780 W 7pm-9pm **Holly Aslin**  
 May 6 *Lindbergh H.S., 46*



## PROFESSIONAL DEVELOPMENT

### 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

550 Th 7pm-9pm  
Feb. 19

Geraldine Jasper  
FV - CDC, 110

### Promotion and Professionalism: How to Advance in the Workplace

"Would you tell me please, which way I ought to go from here?" "That depends a good deal on where you want to get to," said the cat. (Lewis Carroll, Alice's Adventures in Wonderland) Where do you stand in your professional status? Are you a professional or a babysitter? What do you aspire to do? How can you chart a course for your career in Early Childhood Education? In this workshop, you'll explore these questions, examine professional development pathways, options, and roadblocks, and determine a road map for your future.

CCPR:765 | \$25  
580 Sa 9am-12pm  
April 25

Donda Miller  
FV - CDC, 112

## 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 2/16, 3/16.

EDUC:765 | \$169

650 M 6:30pm-9:30pm  
Feb. 9 - April 27

Eduardo Vera, Kimberly Osmanagic  
MC - SO, 107

## CPR and First Aid



### Heartsaver CPR AED: Adult

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

CPRR:701 | \$45

5D0 Th 6:30pm-8:30pm  
April 16

Gordon Back  
FV - TC, 105

### Heartsaver CPR AED: Adult and Pediatric

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

CPRR:701 | \$59

6D0 M 6pm-9:30pm  
May 11

Carol Pikey  
MC - CE Classroom

### Heartsaver First Aid CPR AED

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

CPRR:706 | \$97

C01 W 8:30am-4:30pm  
April 22

Gordon Back  
Corp. College, 276

### CPR Instructor Course

The Instructor Course is designed to prepare American Heart Association (AHA) instructors to disseminate to participants enrolled in AHA courses the science, skills and philosophy of resuscitation programs. The purpose of the AHA BLS/CPR Instructor Course is to provide instructor candidates 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 required at time of registration: Current AHA Healthcare Provider CPR card. Registration three weeks prior to course start date is required to ensure arrival of pre-course materials and completion of extensive pre-course work. Due to the nature of this course, you must arrive on time. No admittance after the stated start time. Refund/withdrawal deadline: 2/18.

CPRR:708 | \$250

4D0 W 8am-5pm  
March 11

Gail Back  
FP - G Tower, 121

### CPR Instructor Renewal

To successfully complete the American Heart Association CPR Instructor Renewal course, the instructor will demonstrate acceptable provider skills and successful completion of the provider written examination. The renewal course may include an update addressing new course content or methodology and review TC, regional and national ECC information. Prerequisite: The instructor must have taught at least four CPR courses and attended updates as required within the previous two years. The instructor must be monitored while teaching before instructor status expiration. Registration is required one week prior to course start date. Due to the nature of this course, you must arrive on time. No admittance after the stated start time.

CPRR:709 | \$65

4D0 Th 6pm-10pm  
Feb. 19

Gail Back  
FP - G Tower, 121

4D1 Tu 6pm-10pm  
April 7

Gordon Back  
FP - G Tower, 121

### 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

4D0 Th 9am-3:30pm  
Jan. 8

Gordon Back  
FP - G Tower, 121

4D1 Su 9am-3:30pm  
Jan. 11

Gordon Back  
FP - G Tower, 121

5D0 Tu 5pm-10pm  
Jan. 13

Gordon Back  
FV - TC, 105

6D0 Th 5pm-10pm  
Jan. 15

Gail Back  
MC - CE Classroom

6D1 Sa 9am-3:30pm  
Jan. 17

Gail Back  
MC - CE Classroom

CD0 Th 5pm-10pm  
Jan. 29

Gordon Back  
Corp. College, 207

5D1 Sa 9am-3:30pm  
Feb. 7

Gordon Back  
FV - TC, 105

4D2 M 5pm-10pm  
Feb. 9

Gail Back  
FP - G Tower, 121

3D0 Th 5pm-10pm  
Feb. 12

Carol Pikey  
WW, 102A

4D3 W 5pm-10pm  
Feb. 25

Gordon Back  
FP - G Tower, 121

6D2 Tu 9am-3:30pm  
March 3

Gail Back  
MC - Library, CNFL

4D4 W 5pm-10pm  
March 25

Carol Pikey  
FP - G Tower, 121

HD0 Sa 9am-3:30pm  
March 28

Gordon Back  
Harrison Ed. Ctr., 100

6D3 Th 5pm-10pm  
April 2

Gail Back  
MC - CE Classroom

4D5 M 5pm-10pm  
April 13

Carol Pikey  
FP - G Tower, 121

4D6 W 5pm-10pm  
April 29

Gordon Back  
FP - G Tower, 121

6D4 W 9am-3:30pm  
May 6

Gail Back  
MC - CE Classroom

5D0 F 9am-3:30pm  
May 8

Carol Pikey  
SCEUC, 125

5D2 W 9am-3:30pm  
May 13

Gordon Back  
FV - CW, 136

4D7 M 5pm-10pm  
May 18

Gail Back  
FP - G Tower, 121

**Heartsaver Pediatric First Aid CPR AED**

The Heartsaver Pediatric First Aid CPR AED course is designed to meet the regulatory requirements for child care workers in all fifty United States. It teaches child care providers and others to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. It covers the four steps of first aid and first aid skills such as finding the problem, stopping bleeding, bandaging and using an epinephrine pen, as well as child CPR AED, infant CPR and optional modules in adult CPR AED, child mask, infant mask and Asthma Care Training for Child Care Providers. Registration one week prior to course start date is required. 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.

**CPRR:711 | \$97**

**4D0** Sa 8:30am-4pm  
Feb. 14

**5D0** Sa 8:30am-4pm  
March 7

**5D1** Sa 8:30am-4pm  
May 16

**6D0** Sa 8:30am-4pm  
Jan. 24

**6D1** Sa 8:30am-4pm  
April 25

**Carol Pikey**  
FP - G Tower, 121

**Carol Pikey**  
FV - TC, 105

**Carol Pikey**  
FV - TC, 105

**Carol Pikey**  
MC - CE Classroom

**Carol Pikey**  
MC - CE Classroom

**Communications**

**No Sweat Public Speaking**

Speaking opportunities are business, career, and leadership opportunities! Are you making the most of those speaking opportunities? Learn how to develop, practice and deliver Knock Your Socks Off presentations with - NO SWEAT! Instructor will present: the components, parts and elements of a presentation; tips for taking a presentation from 'blah' to 'ah'; and the fear of public speaking. Class taught by a local speaker, coach, and author.

**COMM:715 | \$39**  
**650** W 6:30pm-8:30pm  
Feb. 18 - March 4

**Fred Miller**  
MC - AS, 108

**Voiceovers: Get Paid to Talk**

Have you been told that you have a great voice? 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 one of St. Louis' own voice artists.

**PERD:765 | \$39**  
**480** Sa 9am-12pm  
April 25

**Mike Doran**  
FP - G Tower, 113

**Voiceovers II: Making Money With Your Voice**

If you enjoyed our introductory course, Voiceovers - Get Paid to Talk, this is your next step! Go through real-life voice training exercises and techniques with a voiceover professional. Arrive with a basic understanding of the voiceover business, because you will dive right into the mechanics of reading copy. At the end of the class, you'll 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: Voiceovers - Get Paid to Talk. Bring 1Gb flashdrive.

**PERD:765 | \$39**  
**481** Sa 12:30pm-3:30pm  
April 25

**Mike Doran**  
FP - G Tower, 113

**Real Estate**

**How to Start a Career in Real Estate**

Do you enjoy helping people? Have you considered getting into the business of real estate and wondered what it takes to be successful? The real estate profession offers one of the widest career opportunities in the business world. There is the buying and selling of homes, office buildings, industrial property and corporation farmland; property management, land development, mortgage banking, urban planning, real estate counseling, and appraisal. Come find out about the licensure process to becoming a real estate agent and the starting opportunities. We'll show you how you can build a new career in real estate.

**REAL:701 | \$19**  
**350** Th 7pm-9pm  
Jan. 29

**Jill McCoy**  
WW, 202



**Fitness Training**

**Explore ACE Fitness Certifications!**

**ACE Personal Trainer Certification Prep Course**

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

**PEDU:753 | \$695**  
**4D1** Sa 8am-12pm  
**Andy Hayes**  
Feb. 21 - May 16  
FP - A Tower, 319

Registration/withdrawal deadline: 2/12. No refunds after that date. No class 3/21, 4/4, 4/11.

**6D1** M 5pm-9pm  
**Melissa Baumgartner**  
Feb. 2 - April 20  
MC - SO, 206

Registration/withdrawal deadline: 1/26. No refunds after that date. No class 2/16, 3/16.

**Exclamation Point!**

*Ed Back was an overall fantastic instructor. I have taken at least four CPR courses over the years and his enthusiasm and knowledge trumped them all!!*

*Niki R., St. Louis*



**NISM Social Media Strategist 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 Strategist Certification prep course! Designed to give you the knowledge and skills necessary to be proficient in strategic social media methodologies and prepare for the *National Institute for Social Media (NISM) Social Media Strategist* certification examination. Fee includes cost of exam voucher, textbook, worksheets, and all other course materials. Additional fee may apply for test proctor or to retake exam. More information on exam and testing sites given during class. Candidates must meet the following requirements and pass the exam to earn the certification: minimum of an Associate's Degree or two years of business experience related to social media. \*Must be at least 18 years of age. Registration/Withdrawal deadline 2/24. No refund after that date. No class 3/17.

**COMM:720 | \$1,295**  
**6D1** Tu 6pm-9pm

March 3 - May 12

MC - BA, 209

**Free Information Session**

Ready to take your marketing skills to the next level? Get more information on our new Social Media Strategist Certification prep course through this FREE Information Session! Registration required.

**COMM:720 | No Fee**  
**650** Tu 7pm-8pm

Feb. 17

MC - BA, 114

**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**

- 480** Sa 8am-3pm **Shirley Rauh**  
Feb. 7 – Feb. 21  
No class 2/14  
FP - HSP, 219
- 580** Sa 8am-3pm **Almut Stephan Marino**  
March 14 – March 28  
No class 3/21  
FV - B, 243
- 680** Sa 8am-3pm **Almut Stephan Marino**  
April 18 – May 2  
No class 4/25  
MC - SO, 107

**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. Bring a sack lunch to class.

**RMGT:700 | \$79**

- 481** Sa 8am-3pm **Shirley Rauh**  
Feb. 21  
FP - HSP, 219
- 581** Sa 8am-3pm **Almut Stephan Marino**  
March 28  
FV - B, 243
- 681** Sa 8am-3pm **Almut Stephan Marino**  
May 2  
MC - SO, 107



**Exclamation Point!**

*Cris Heffernan exceeded my expectations! She's an amazing instructor and has set a pretty high bar for my expectations when considering future classes I might take through the continuing education program. I will definitely be partial to studying with her again!*

- Sharon F., St. Louis

**Computers and Technology Applications and Systems**

**Microsoft Windows 7: In a Day**

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

**COMP:705 | \$99**

- C03** Sa 9am-4pm  
March 28  
Corp. College, 206

**Transitioning to Windows 8**

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

**COMP:705 | \$59**

- C04** W 9am-12pm **Patti Bossi**  
April 15 – April 22  
Corp. College, 206

**MS Windows 8 - Introduction**

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

**COMP:705 | \$109**

- C02** W 9am-12pm **Patti Bossi**  
March 4 – March 11  
Corp. College, 206
- C01** W 9am-12pm **Patti Bossi**  
Feb. 11 – Feb. 18  
Corp. College, 206

**Overview of Microsoft Office 2013: In a Day**

Learn the basics of MS Office in one day! In this class you'll touch on the basics of Word, Excel, Access 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 2013 then this class is for you! Prerequisite: Windows Introduction class or equivalent experience

**COMP:713 | \$99**

- C80** Sa 9am-4pm **Tracy McMurtry**  
March 28  
Corp. College, 208

**Overview of Office 2013 for Business**

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

**COMP:713 | \$129**

- C01** F 9am-4pm  
Jan. 30  
Corp. College, 206

**Introduction to Microsoft Word 2013 for Business**

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

**COMP:715 | \$129**

- C01** F 9am-4pm **Cris Heffernan**  
Feb. 6  
Corp. College, 208

**Microsoft Word 2013: In a Day**

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

**COMP:715 | \$99**

- S01** W 9am-4pm **SCEUC, 206**  
April 29
- C02** Sa 9am-4pm **Kevin Ward**  
Feb. 14  
Corp. College, 208

**Intermediate Microsoft Word 2013 for Business**

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

**COMP:716 | \$129**

- C01** F 9am-4pm **Cris Heffernan**  
Feb. 13  
Corp. College, 208

**Introduction to Microsoft Excel 2013 for Business**

In this introductory class you will learn the business basics of Excel; including setting up worksheets, entering and editing cells, cut and copy, making your sheets more readable, saving, and printing. You will also learn the basics of building formulas, functions, and charts. Prerequisite: Windows Introduction class or equivalent experience. Bring a flash drive.

**COMP:720 | \$129**

- C01** F 9am-4pm **Cris Heffernan**  
March 6  
Corp. College, 208

**Microsoft Excel 2013: Introduction**

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

**COMP:720 | \$149**

- 750** W 6:30pm-9:40pm **Roy Lenox**  
Feb. 11 – March 11  
Kirkwood H.S., W 205

**Microsoft Excel 2013: In a Day**

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

**COMP:720 | \$99**

- C80** Sa 9am-4pm **Corp. College, 208**  
Feb. 7
- 6W1** Sa 9am-4pm **MC - BA, 203**  
April 11



## Exclamation Point!

I loved Zak Zych! Wow, what a great teacher. Super-knowledgeable. Obviously experienced in the real-world. Able to answer complicated questions. Able to customize the direction of the course according to students' needs.  
GREAT CLASS! I would take ANY class that Zak teaches.

- Carrie W., Manchester

### Intermediate Microsoft Excel 2013 for Business

Build on previous knowledge and further your spreadsheet skills by managing multiple workbooks, creating more complex formulas and functions, enhancing the appearance of your reports, using the benefits of Range Names and working with Tables and Structured Referencing. Prerequisite: Microsoft Excel Introduction class or equivalent experience. Bring a flash drive.

COMP:721 | \$129

C01 F 9am-4pm

March 13

Cris Heffernan  
Corp. College, 208

### 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 25 - April 22

Roy Lenox  
Kirkwood H.S., W 205

### Advanced Microsoft Excel 2013 for Business

Continue to expand your Excel expertise as you work with advanced functions (including Lookups, Conditionals, Financial and Date functions), create Pivot Tables/Charts, use Data Analysis tools and validation, create and edit macros and explore more of Excel's advanced features. Prerequisite: Windows Introduction class and Introduction to Excel or equivalent experience. Bring a flash drive.

COMP:722 | \$129

C01 F 9am-4pm

March 27

Cris Heffernan  
Corp. College, 208

### Introduction to Microsoft Access 2013 for Business

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

COMP:725 | \$129

C01 F 9am-4pm

April 17

Cris Heffernan  
Corp. College, 208

### Microsoft Access 2013: In a Day

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

COMP:725 | \$99

C80 Sa 9am-4pm

April 11

Corp. College, 206

### Intermediate Access 2013 for Business

Get the skill you need to enhance your database designs. Learn to query multiple tables for customized forms and reports, create more complex queries, including calculations. Include charts in forms and reports. Prerequisite: Windows Introduction class and Introduction to Access or equivalent experience. Bring a flash drive.

COMP:726 | \$129

C01 F 9am-4pm

April 24

Cris Heffernan  
Corp. College, 208

### Microsoft PowerPoint 2013: In a Day

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

COMP:730 | \$99

C01 Sa 9am-4pm

May 2

C80 Sa 9am-4pm

April 25

Corp. College, 206  
Amanda Yancey  
Corp. College, 208

### QuickBooks Pro 2014

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

COMP:734 | \$149

C51 Tu 6:30pm-9:30pm

Jan. 27 - March 3

No class 2/10

C52 Tu 6:30pm-9:30pm

March 10 - April 14

C01 W 9am-12pm

April 15 - May 20

No class May 6

Amanda Yancey  
Corp. College, 208

Amanda Yancey  
Corp. College, 208

Amanda Yancey  
Corp. College, 208

## Desktop Publishing

### Microsoft Publisher 2013: In a Day

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

COMP:731 | \$99

C80 Sa 9am-4pm

April 11

Corp. College, 208

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

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

COMP:755 | \$99

680 Sa 9am-4pm

March 28

C80 Sa 9am-4pm

April 25

Zak Zych  
MC - BA  
Zak Zych  
Corp. College, 206

### Adobe Photoshop Creative Cloud (CC): Introduction

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

COMP:755 | \$129

C50 Th 6pm-9pm

Feb. 5 - Feb. 26

Zak Zych  
Corp. College, 206

### Adobe Photoshop Creative Cloud (CC): Intermediate

Adobe Photoshop Intermediate covers advanced techniques of the concepts learned in the introductory class, along with Channels, Sharpening, Actions, Advanced Filters, Color control, and Basic Web Graphics Creation. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Introduction class. This course meets the curriculum requirements of the Digital Photography Certificate. No class 3/19.

COMP:755 | \$135

C51 Th 6pm-9pm

March 5 - April 2

Zak Zych  
Corp. College, 206

### Adobe Photoshop Creative Cloud (CC): Advanced

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

COMP:755 | \$135

C52 Th 6pm-9pm

April 16 - May 7

Zak Zych  
Corp. College, 206

### Adobe Photoshop CC for Professionals: The First Step

Through a series lectures and tutorials, this initial introduction to Adobe Photoshop will teach you software fundamentals, such as how to create, copy, transform and manage layers, how to combine layers into groups, transfer content from one document to another, travel backwards and forwards through Photoshop time, control the magnification of your document. You will learn how to craft selections with the marquee tool, the quick selection tool, the magic wand and the select-color-range feature, making adjustments both destructively and non-destructively, simple color alterations via adjustment layers and an introduction the power of the clone stamp. This workshop will cover the basic components of this powerful program and prepare you for The Next Step.

CVTW:701 | \$129

600 F 8:30am-4:30pm

Jan. 23

Zak Zych  
MC - HE, 233

Anytime, Anywhere...  
ed2go  
www.ed2go.com/stlcc



= Digital Arts and Technology Alliance Workshops

## PROFESSIONAL DEVELOPMENT

### Adobe Photoshop CC for Professionals: the Next Step

This workshop will start where The First Step workshop ended. This intermediate Adobe Photoshop class will explore more advanced photo manipulation features such as the spot healing brush tool, the red eye tool, how to control the size of your document via the image size and canvas size dialog boxes, the crop tool, how to save images for the web and include an introduction to using layer masks in concert with adjustment layers as a means of improving the color and contrast of your images.

CVTW:701 | \$129

601 F 8:30am-4:30pm  
Feb. 6

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  
April 3

Charles LaGorce  
MC - HE, 233

### 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

601 Sa 8:30am-4:30pm  
May 9

MC - HE, 136

### Adobe InDesign CC 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

681 Sa 8:30am-4:30pm  
Jan. 31

Edward Engel  
MC - HE, 233

### Adobe InDesign CC 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

680 Sa 8:30am-4:30pm  
May 2

Edward Engel  
MC - HE, 233

### Adobe Illustrator CC 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. 14

John Schmitt  
MC - HE, 233

### Adobe Illustrator CC 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. 21

John Schmitt  
MC - HE, 233

### Adobe Illustrator: Web Graphics and Techniques

Discover how to use Illustrator's capabilities to create designs for web sites. Explore essential tools and techniques for preparing design elements for web sites. No coding or web site building experience needed, this workshop is for those with a good understanding of Adobe Illustrator who want to learn how to best intergrate designs for web sites.

CVTW:712 | \$139

680 Sa 8:30am-4:30pm  
April 11

John Schmitt  
MC - HE, 233

### 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. 30

MC - HE, 233

### Pages: Apple's Layout and Word Processing Application

Apple's Pages software offers an interesting alternative for publication layout and word processing. With compatibility with iOS platforms, the software offers flexibility and portability with easy to use features to help you develop your publications.

CVTW:712 | \$139

680 F 8:30am-4:30pm  
Feb. 27

Edward Engel  
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 17

Richard Sprengeler  
MC - HE, 233

#### Like us on Facebook



St. Louis  
Community  
College  
Continuing  
Education

## Maintenance, Networks and Security

### How to Network Computers

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

COMP:792 | \$25

580 Sa 9am-12pm  
April 25

Robert Lewis

### How to Tune Up a PC

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

COMP:793 | \$25

680 Sa 9am-12pm  
April 11

Patrick Karl  
MC - BA, 208

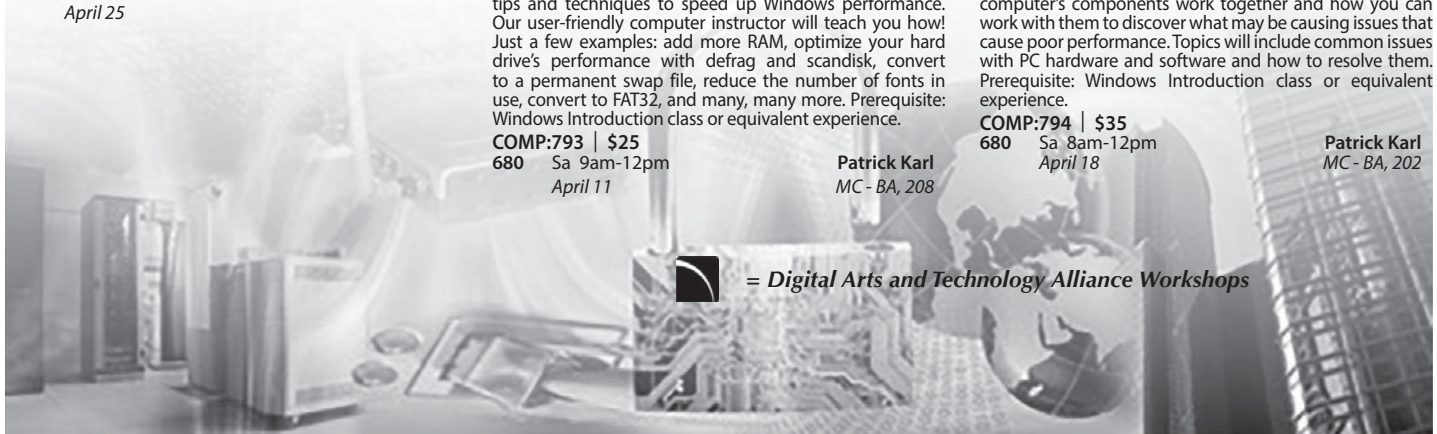
### How to Troubleshoot Your PC


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 18

Patrick Karl  
MC - BA, 202



 = Digital Arts and Technology Alliance Workshops



## Mobile Basics

### Android Smart Phone Basics

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

**COMP:765 | \$25**  
 681 Sa 9am-12pm Patrick Karl  
 May 2 MC - BA, 208

### 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  
 Feb. 14 MC - SW, 210

### 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**  
 C80 Sa 12:30pm-3:30pm Corp. College, 210  
 April 11  
 S50 W 6pm-9pm Jeffrey Morgan  
 Feb. 4 SCEUC, 206

### Making Movies With Your Mobile Device!

Are you the next Steven Spielberg or YouTube sensation? Learn to create movie magic entirely on your cell phone or tablet - take any video you shoot to the next level using filmmaking techniques learned in class! Have fun while you learn this new art of filmmaking from an Emmy award-winning producer, whose most recent project is a feature-length movie shot entirely on an iPhone! Projects will be completed outside of class then all will be viewed at the last class. Bring smartphone or tablet with you to class.

**COMM:765 | \$49**  
 650 Tu 6:30pm-8:30pm Dale Ward  
 April 21 - May 12 MC - CN, 201

## Personal Computing

### Ease Into Personal Computers

Do you have the desire to learn about computers 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 WW, 206  
 Feb. 6 - March 6

### PCs 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 SCEUC, 206  
 Feb. 4 - Feb. 25

### PCs and Technology: Introduction In a Day

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

**COMP:701 | \$99**  
 C50 Sa 9am-4pm Corp. College, 206  
 Feb. 7  
 580 Sa 9am-4pm FV - B, 127  
 April 11

### 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**  
 652 Tu 6:30pm-9pm SCEUC, 207  
 April 21 - April 28

### Google Docs

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

**COMP 742 | \$25**  
 C02 Tu 9am-12pm Rachel Bufalo  
 April 3 Corp. College, 208

### Cloudy with a Chance of Confusion

What is this cloud people are talking about? 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 in many areas. Come to this class to find out more.

**COMP:742**  
 S50 Tu 6pm-9pm Rachel Bufalo  
 March 24 SCEUC, 207

### 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 11 MC - HE

### 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 3/16.

**COMP:702 | \$109**  
 780 M 7pm-9pm Helen Ralston  
 Feb. 23 - May 4 Lindbergh H.S., 108

### Photoshop Elements 12: Basic Overview

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

**COMP:755 | \$59**  
 S50 Tu 6pm-9pm Rachel Bufalo  
 Feb. 24 - March 10 SCEUC, 207

### 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**  
 C04 F 9:30am-12:30pm Rachel Bufalo  
 April 17 Corp. College, 206  
 S51 Tu 6pm-9pm Rachel Bufalo  
 Feb. 17 SCEUC, 207

## Exclamation Point!

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

Laura H., Chesterfield

## Productivity

### Internet Research and Investigation: Public Records

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

**COMP:742 | \$29**  
 680 Su 12:30pm-3:30pm **Jean Bradley**  
 Feb. 8 *MC - BA, 216*  
 681 Su 12:30pm-3:30pm **Jean Bradley**  
 April 26 *MC - BA, 216*

## Social Networks

### 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 **Anthony Carosella**  
 April 17 *MC - HE, 233*

### 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**  
 650 Tu 6pm-9pm **Rachel Bufalo**  
 Feb. 10 *MC - BA, 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**  
 553 Tu 6pm-9pm **Rachel Bufalo**  
 Feb. 3 *SCEUC, 207*  
 552 Tu 6pm-9pm **Rachel Bufalo**  
 May 5 *SCEUC, 207*  
 350 W 6pm-9pm **Erin De Vore**  
 March 25 *WW, 209*

### Facebook for Business: Effective Marketing Techniques for Professionals

In this workshop, students will be introduced to the features and functionality employed to effectively use Facebook to promote your business or even personal pursuits. Students will learn how to setup and create pages and learn the techniques used to customize and brand their pages. Additionally, we will be covering ways to promote your site through organic activities, as well as paid promotions. It is ideal to already have a Facebook account set up before the day of the course. If you have an idea for a page that you want to create, you can do so during this course.

**CVTW:713 | \$129**  
 681 Sa 8:30am-4:30pm **Kevin Ward**  
 April 25 *MC - HE, 233*

 Check out additional classes on Social Media: NISM Social Media Strategist Certification - page 15; Non-profit Social Media - page 9

## Twitter

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

**COMP:742 | \$45**  
 554 W 6pm-9pm **Rich Vagen**  
 April 15 *SCEUC, 206*

## Tech Savvy Fridays

### Tech Savvy Friday: Utilizing the Internet

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

**COMP:765 | \$19**  
 C01 F 9am-11am **Patti Bossi**  
 Feb. 27 *Corp. College, 206*

### Tech Savvy Friday: Creating Folders and File Management with Windows 7

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

**COMP:765 | \$19**  
 S01 F 9am-11am **Patti Bossi**  
 March 13 *SCEUC, 206*

### Tech Savvy Friday: What is the Cloud?

If the "cloud" sounds more like a high in the sky idea that a technological term this is the workshop for you

**COMP:765 | \$19**  
 C02 F 9am-11am **Patti Bossi**  
 April 10 *Corp. College, 206*

### Tech Savvy Friday: 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.

**COMP:765 | \$25**  
 C03 F 9am-11am **Patti Bossi**  
 April 24 *Corp. College, 206*

### Tech Savvy Friday: 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 **Patti Bossi**  
 April 10 *SCEUC, 206*

### Tech Savvy Friday: Creating Folders and File Management with Windows 8

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

**COMP:765 | \$19**  
 S05 F 9am-11am **Patti Bossi**  
 May 1 *Corp. College, 206*

## Video

### 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 **Timothy Linder**  
 Feb. 20 *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 **Timothy Linder**  
 March 13 *MC - HE, 233*

### Final Cut Pro X: Video Editing: the Next Step

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

**CVTW:706 | \$129**  
 681 Sa 8:30am-4:30pm **Anthony Carosella**  
 Feb. 14 *MC - HE, 136*  
 682 Sa 8:30am-4:30pm **Anthony Carosella**  
 Feb. 21 *MC - HE, 136*

### Creating Animated Film in Photoshop CC: Quickstart for Professionals

Using Adobe Photoshop CC 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 **Anthony Carosella**  
 March 6 *MC - HE, 232*

### 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:750 | \$258**  
 600 F 8:30am-4:30pm **Anthony Carosella**  
 March 27 *MC - HE, 233*

**Drones for Video and Photography**

Send your video and photography to new heights by learning about photography with drones. Learn the basic principle of how drones work, the legal regulations that apply, advantages of using drones and the equipment needed to make stunning images with this new technology. Enjoy the demonstrations and see the results first hand!

**CVTW:710 | \$139**  
 650 Sa 8:30am-4:30pm **Anthony Carosella**  
 May 2 *MC - HE,136*

**Adobe Edge Animate CC for Professionals**

Edge Animate helps web designers create highly interactive, HTML5 animations. Create custom, moving images for web sites, digital publishing, rich media advertising and more, for desktop and mobile browsers. Learn the basic functions in this new tool and build your own examples in this hands-on workshop.

**CVTW 701 | \$139**  
 680 Sa 8:30am-4:30pm **Mark Pennyquick**  
 March 7 *MC - HE,232*

**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 \$139**  
 681 Sa 8:30am-4:30pm **Joseph Rollins**  
 March 28 *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 \$139**  
 706 Sa 8:30am-4:30pm **Anthony Carosella**  
 April *MC - HE,232*

**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. Whether you are just a beginner using graphically based templates or want to get down into the nitty-gritty code, WordPress is your answer and it's FREE and you don't have to be a techie! DIY with your creativity and WordPress. Walk away from this class with a basic website and the skills to go as far as you want. The sky's the limit! Prerequisite: Windows Introduction class or equivalent experience. This class will move at a slow pace. Students must already have a generic email account through gmail, yahoo or hotmail and know this email address and password when coming to class.

**COMP:745 | \$109**  
 S50 Th 6pm-9pm **Jerry Bearden**  
 Feb. 26 - March 12 *SCEUC, 207*

**Create Your Own Website with WordPress**

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

**COMP:745 | \$99**  
 C01 F 9am-4pm **Jerry Bearden**  
 Jan. 30 *Corp. College, 208*  
 C01 F 9am-4pm **Jerry Bearden**  
 April 17 *SCEUC, 206*  
 C02 F 9am-4pm **Jerry Bearden**  
 May 1 *Corp. College, 208*

**Internet Marketing with WordPress**

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

**COMP:745 | \$39**  
 S51 Th 6pm-9pm **Jerry Bearden**  
 May 7 *SCEUC, 207*

**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. 24 *MC - HE,233*

**Adobe Muse: Web Design for the Graphic Designer**

Adobe MUSE: the web design tool for the Graphic Designer. Whether you know html or not this tool gets your web site design up and running in no time, with widgets and tools that let you design responsive sites across multiple devices.

**CVTW:702 | \$258**  
 650 F 8:30am-4:30pm  
 March 6 *MC - HE,233*

**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 FSa 8:30am-4:30pm **Kevin Ward**  
 March 8 - May 9 *MC - HE,233*

**WordPress for Professionals The First Step**

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 | \$139**  
 680 Sa 8:30am-4:30pm **Kevin Ward**  
 March 28 *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 | \$139**  
 682 S 8:30am-4:30pm **Kevin Ward**  
 April 18 *MC - HE,233*

**Web Development Certificate**

Our exceptional course is intense and comprehensive. You'll learn how to develop websites using two methods: 1) hand-coding HTML using a text editor and 2) using a powerful design and development tool, Dreamweaver. Within this broad framework you're going to cover a lot of ground including fonts, lists, links, images, tables, forms, frames, cascading style sheets, page layout, animation, multimedia, good design principles, and World Wide Web Consortium standards. Prerequisite: Windows Introduction class or equivalent experience. Bring a flash drive to the first class. No class 3/18.

**COMP:745 | \$299**  
 S53 W 5:30pm-9:30pm  
**Donna Peck**  
 Feb. 25 - April 29  
*SCEUC, 209*

**Exclamation Point!**

*"STLCC Continuing Education was a great choice for me. I improved my job skills, gaining the potential for advancement, and I did it at my convenience."*

**Ryan J., Mehlville**

 = Digital Arts and Technology Alliance Workshops

**Production Technology**

**Sketch Up 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 15 **Darren Thompson**  
 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  
 Feb. 28 **John Schmitt**  
 MC - HE, 136

**= Digital Arts and Technology Alliance Workshops**

**Construction Technologies**

**Introduction to AutoCAD I**

Fundamentals of the AutoCAD drafting system. Drawing setup: units, limits, layers, linetypes, colors. Drawing procedures: points, lines, arcs, circles. Special features: polylines, blocks, dimensioning, cross-hatching, plotting. Text Required. Available for credit as EGR.133. No class 2/16, 3/16, 3/18.

**COMP:770 | \$202**  
 230 MW 11am-12:15pm  
 Jan. 21 - May 13 **Dale Gerstenecker**  
 FV - E, 278

**Introduction to AutoCAD II**

Continuation of Introduction to AutoCAD 1. DOS for AutoCAD, Blocks, attributes, symbol libraries, bill of material extraction, screen and tablet menus, digitizing drawings, slides and slide shows, introduction to LISP language. Prerequisites: Introduction to AutoCAD 1. Available for credit as EGR.141. Text required. No class 2/16, 3/16.

**COMP:770 | \$202**  
 231 M 7pm-9:45pm  
 Jan. 26 - May 11 **FV - E, 278**

**Sustainable Construction**

The emphasis in this class is on the 'green building' revolution, its socioeconomic importance and impact, how sustainable construction differs from the traditional approach, the Leadership in Energy and Environmental Design (LEED) and Green Globes rating systems and how these rating systems impact various aspects of a building and its components and systems. Text required. Available for credit as CE.118. No class 3/18.

**CONS:701 | \$303**  
 251 W 7pm-9:45pm  
 Jan. 21 - May 13 **Dennis Dill**  
 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. Text required. Available for credit as CE.131. No class 3/17.

**CONS:702 | \$303**  
 251 Tu 7:05pm-9:45pm  
 Jan. 20 - May 12 **Gary Drikow**  
 FV - E, 158

**Blueprint Reading**

The interpretation of construction working drawings and specifications for residential and commercial building projects. Architectural, structural, and utility drawings will be covered. Text required. Available for credit as CE.116. No class 2/16, 3/16.

**CONS:718 | \$303**  
 251 M 7:05pm-9:45pm  
 Jan. 26 - May 11 **Richard Unger**  
 FV - E, 160

**National Electrical Code and Calculations - Part 2**

This course covers specialty areas of articles in the N.F.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, 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. Prerequisite: Part 1 National Electrical Code and Calculation. No class 3/17.

**ELEC:705 | \$269**  
 550 Tu 6pm-9pm  
 Jan. 20 - April 28 **Michael Smith**  
 SCEUC, 213

**Solar Photovoltaics Information Session**

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

**CONS:721 | No Fee**  
 5C0 Tu 6pm-7:30pm  
 Jan. 13 **Jeffrey Foster**  
 FV - SS, 105

**Solar Basics, Solar Site Survey, Components, and System Build - Part 1**

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

**CONS:721 | \$299**  
 5C1 TuTh 5pm-8pm  
 Jan. 20 - Feb. 10 **Jeffrey Foster**  
 FV - CWI, 120

**Solar Basics, Solar Site Survey, Components, and System Build - Part 2**

A continuation of the solar energy studies and hands-on experiences. Prerequisite: Must have attended Solar Basics - Part 1. Texts included.

**CONS:721 | \$199**  
 5C2 TuTh 5pm-8pm  
 Feb. 17 - March 10 **Jeffrey Foster**  
 FV - CWI, 120

**Advanced PV Sizing Electrical Design**

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

**CONS:721 | \$189**  
 5C3 TuTh 5pm-8pm  
 March 24 - April 7 **Jeffrey Foster**  
 FV - CWI, 120

**Solar Courses = NABCEP Certified Courses**

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

**Advanced NEC for Photovoltaics and NABCEP for Installer Exam Prep**

In this course students will learn the 2011/2014 requirements for photovoltaic systems. This is an advanced class and an electrical background is needed. This is a continuation education class that is worth 24 advanced hours and is meant to prepare students for the NABCEP installers test. Text Included.

**CONS:721 | \$259**  
 5C4 TuTh 5pm-8pm  
 April 14 - May 7 **Jeffrey Foster**  
 FV - CWI, 120



## OSHA Training at STLCC

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

Call 314-984-7777 to register today!

### 10 Hour OSHA Construction Health and Safety Training Certification

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

CONS:736 | \$119

C01	TuTh 4:30pm-10pm Jan. 27 – Jan. 29	Patricia Dalton Corp. College, 209
C02	Th 5pm-9pm Feb. 26 Sa 8am-3:30pm Feb. 28	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.

CONS:736 | \$119

C03	TuTh 4:30pm-10pm Feb. 17 – Feb. 19	Patricia Dalton Corp. College, 209
-----	---------------------------------------	---------------------------------------

### OSHA 30 Hour Construction Safety and Health Certification Completion

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

CONS:736 | \$239

C04	TuTh 4:30pm-10pm March 3 – March 12	Patricia Dalton Corp. College, 209
-----	--	---------------------------------------

## Education and Test Prep

### ACT Test Preparation

Statistics show that preparation is the key to maximizing ACT scores. 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 3/21.

EDUC:712 | \$175

480	Sa 9am-12pm Feb. 14 – April 4
650	M 6pm-9pm Feb. 9 – April 6

Toshi Floyd

FP - G Tower, 111

Toshi Floyd

MC - CS, 206

### 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	TuWTh 1pm-5pm Jan. 13 – Jan. 15
500	TuWTh 8:30am-12:30pm Jan. 13 – Jan. 15

Suzanne Saum

MC - SO, 109

Susan Valley

FV - SS, 105

### The New High School Equivalency: What You Need to Know

HiSET is the new word in high school equivalency in Missouri. Like the GED it provides an opportunity to study and earn a high school equivalency certificate. This information session will introduce the new test including: subject areas covered, how it is delivered and registration procedures. Local options for study and review courses will also be presented.

EDUC:765 | No Fee

H01	W 9:30am-11:30am Jan. 14
5C1	Tu 6pm-8pm Jan. 20
401	W 6pm-8pm Jan. 21

Christy Jaeger

Harrison Ed. Ctr, 200

Christy Jaeger

FV - CWI, 136

Christy Jaeger

FP - G Tower, 119

### Language Arts Review for the HiSET Test

Prepare for the Language Arts Reading and Writing portions of the HiSET test during this review workshop. Reading for understanding including using inference, interpretation, analysis and synthesis will be covered. Writing review will focus on sentence structure, usage, and mechanics as well as essay writing and organization. Out of class study and writing is expected. Study materials included.

EDUC:765 | \$99

5C2	TuTh 6pm-8pm Feb. 3 – Feb. 26
-----	----------------------------------

FV - CWI, 136

### Science and Social Studies Review for the HiSET Test

Prepare for the Science and Social Studies portions of the HiSET examination during this review workshop. Topics reviewed include Physical, Earth and Life Sciences as well as Civics, Economics, History and Geography. Graphic interpretation and critical thinking exercises will be covered. Out of class study is expected. Study materials included. No class 3/17, 3/19.

EDUC:765 | \$99

5C3	TuTh 6pm-8pm March 3 – April 2
-----	-----------------------------------

FV - CWI, 136

### Mathematics Review for the HiSET Test

Prepare for the math section of the HiSET during this review workshop. Topics reviewed include Number Operations, Measurement, Geometry, Data Analysis/Statistics, and Algebra. Out of class study is expected. Study materials included.

EDUC:765 | \$125

5C4	TuTh 6pm-8pm April 7 – May 7
-----	---------------------------------

FV - CWI, 136

## 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 Adult Education and Literacy 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. (www.ucityaelprogram.org.)

# PERSONAL ENRICHMENT

**Just for fun...just for You!**

Continuing Education has courses to bring color into your life! Discover a new you with classes in the arts, wellness, home maintenance, crafts, photography, culinary arts, personal finance and more.



## Ageless Learning

### Ageless Learning Seminars

**ALS: A Sensory Evaluation of Beer and Wines**

After a brief discussion of the human physiology of smell and taste, this presentation will address the sensory techniques used to evaluate beer and wine. Descriptive analysis based on vocabulary development will be discussed. The origin of normal and off flavors in beer and wine will also be covered.

**SENR:702 | No Fee**  
300 Th 10am-12pm  
Feb. 5 WW, 102B

**ALS: Mighty Cahokia: America's First City**

Cahokia Mounds are a singular site in our immediate environment. Relive the rise, prosperous era and demise of Cahokia from AD 800-1400. Bill Iseminger, site manager, will share significant site features, the results of archaeological research, and current programs at the site

**SENR:702 | No Fee**  
301 Th 10am-12pm  
Feb. 19 WW, 102B  
502 Th 1pm-3pm  
Feb. 26 FV - CWI, 136

**ALS: Harry Truman**

The story of Missouri's most famous son includes his difficult early years and rise in politics. His staggering accomplishments include the creation of the Marshall Plan, NATO, the recognition of Israel, and his surprising reelection in 1948.

**SENR:702 | No Fee**  
302 Th 10am-12pm  
March 5 Beverly Schuetz  
WW, 102B

**ALS: History of Scrimshaw**

Learn about the American folkart of scrimshaw. Named by Early American Life magazine as one of the "Top 200 Traditional Craftsmen" in the U.S., Michelle "Mike" Ochonicky will present the history of this interesting art and show slides and actual examples of work.

**SENR:702 | No Fee**  
303 Th 10am-12pm  
March 26 Michelle Ochonicky  
WW, 102B

**ALS: A French City: the First 50 Years of St. Louis History**

In 1764 a young Frenchman and his 14-year old step-son would build a trading post that would become the 4th largest city in the US one hundred years later. For the first 50 years of St. Louis' history this was a French city - settled by French/Canadians; where French was spoken; where the architecture was French colonial and the culture and religion reflected the citizens' French heritage.

**SENR:702 | No Fee**  
304 Th 10am-12pm  
April 9 Bonnie Vega  
WW, 102B

**ALS: 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, 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. Held in the Library Confluence Room.

**SENR:702 | No Fee**  
600 Tu 10am-12pm  
Feb. 10 MC - Library

**ALS: Thomas Jefferson and the Louisiana Purchase**

In 1803 the destiny of North America was decided by men who never set foot in the Mississippi Valley. Thomas Jefferson never traveled west of the Shenandoah Valley. Yet he recognized that control of the Mississippi River was vital to the nation's interests. Held in the Library Confluence Room.

**SENR:702 | No Fee**  
601 Tu 10am-12pm  
March 3 Bonnie Vega  
MC - Library

**ALS: CityArchRiver 2015 Transformation**

CityArchRiver 2015 is a transformational renovation of the Gateway Arch grounds and its surroundings. The unique public-private partnership behind the project is helping ensure that the Arch grounds will be a vital, welcoming, and well-supported space for generations to come. Held in the Library Confluence Room.

**SENR:702 | No Fee**  
602 Tu 10am-12pm  
March 24 MC - Library

**ALS: A Brief History of the Museum of Transportation**

Take a ride through the highlights and history of the National Museum of Transportation, located in Meramec campus' backyard. Join Coby Ellison, Curator of Collections and Restoration Specialist, as he details some of the significant events of the museum from 1948 to the present. Held in the Library Confluence Room.

**SENR:702 | No Fee**  
603 Tu 10am-12pm  
April 7 MC - Library

**ALS: The Basics - Memory Loss, Dementia, and Alzheimer's Disease**

Learn about the symptoms, causes, and risk factors of Alzheimer's disease and other types of dementia. Join us for an interactive discussion about how Alzheimer's affects the brain, how to get a thorough diagnosis, the stages of the disease, treatments and resources available to help. Held in the Library Confluence Room.

**SENR:702 | No Fee**  
503 Th 1pm-3pm  
March 26 FV - CWI, 134  
604 Tu 10am-12pm  
April 21 MC - Library





**ALS: Latin American Leftism: the Pink Tide**

Ten of the new 2007-2014 democratically elected presidents in South American nations, are liberals or left-leaning liberals. This is being called the Pink Tide. Discuss issues arising from this massive turn to the left in Latin American leadership.  
**SENR:702 | No Fee**  
 500 Th 1pm-3pm **Lorenzo Gonzalez**  
 Feb. 12 *FV - CWI, 136*

**ALS: Yoga**

Yoga is ageless! If you can breathe, you can do yoga. We will focus on prana, which is energy. It comes from various sources in all of our bodies. Breathing can be a major source of energy. We will be doing some belly and thoracic breathing and some easy asanas. These will allow you to engage in some active yoga practice. You will find this very helpful in many ways.  
**SENR:702 | No Fee**  
 501 Th 1pm-3pm **Sandra Tricamo**  
 March 12 *FV - CWI, 136*

**ALS: Titanic**

One of the world's most famous ocean liners sank in the North Atlantic after hitting an iceberg. Over 1500 lives were lost, many women and children. This presentation examines the times of the Titanic. Images of the ship and the memorial service held at the sinking site in the North Atlantic on April 14th, 2012 bring this historical event up to date.  
**SENR:702 | No Fee**  
 504 Th 1pm-3pm **FV - CWI, 134**  
 April 9

**ALS: People of Bellefontaine Cemetery**

2/3-St. Louis 250 Birthday: People Who Mattered. 3/18-Notable and Notorious Women. 4/7-People of the 1904 World's Fair. 5/7-Spies and Traitors. Presented by Richard Lay of Bellefontaine Cemetery.  
**SENR:702 | No Fee**  
 P01 Tu 10:30am-11:30am **MO Hist Museum, ATT**  
 Feb. 3  
 W 10:30am-11:30am **MO Hist Museum, ATT**  
 March 18  
 Tu 10:30am-11:30am **MO Hist Museum, ATT**  
 April 7  
 Th 10:30am-11:30am **MO Hist Museum, ATT**  
 May 7

**ALS: 19th Century America**

2/17-Immigration: 1870-1920. 3/17-Religion: the Second Great Awakening. 4/21-Abraham Lincoln: Rise to Greatness. 5/5-Aftermath of the Civil War. Presented by Bonnie Vega.  
**SENR:702 | No Fee**  
 P02 Tu 10:30am-12:30pm **MO Hist Museum, ATT**  
 Feb. 17  
 Tu 10:30am-12:30pm **MO Hist Museum, ATT**  
 March 17  
 Tu 10:30am-12:30pm **MO Hist Museum, ATT**  
 April 21  
 Tu 10:30am-12:30pm **MO Hist Museum, ATT**  
 May 5

**ALS: Men of Distinction**

3/11-Theodore Roosevelt. 3/25-Harry Truman. 4/20-Great Defense Lawyers. 5/11-Justices for All. Presented by Beverly Schuetz.  
**SENR:702 | No Fee**  
 P03 W 10:30am-12pm **MO Hist Museum, ATT**  
 March 11  
 W 10:30am-12pm **MO Hist Museum, ATT**  
 March 25  
 M 10:30am-12pm **MO Hist Museum, ATT**  
 April 20  
 M 10:30am-12pm **MO Hist Museum, ATT**  
 May 11

**ALS: 20th Century St. Louis**

2/24-The Way We Were: A Look Back. 3/24-Post Cards from St. Louis. 4/28-Lost St. Louis. 5/13-Entertainment Tonight: A Review of Nightlife. Presented by Ron Elz (Johnny Rabbitt).  
**SENR:702 | No Fee**  
 P05 Tu 10:30am-12pm **MO Hist Museum, ATT**  
 Feb. 24  
 Tu 10:30am-12pm **MO Hist Museum, ATT**  
 March 24  
 Tu 10:30am-12pm **MO Hist Museum, ATT**  
 April 28  
 W 10:30am-12pm **MO Hist Museum, ATT**  
 May 13

**ALS: Folklore of St. Louis**

3/2-Introduction to Folklore. 3/9-The Message of Folk Beliefs and the Black Bird. 2/23-Computers, Seniors, Hoosiers and Mom. Dr. John Oldoni.  
**SENR:702 | No Fee**  
 P06 M 10:30am-12pm **MO Hist Museum, ATT**  
 March 2  
 M 10:30am-12pm **MO Hist Museum, ATT**  
 March 9  
 M 10:30am-12pm **MO Hist Museum, ATT**  
 March 23

**Enrichment Seminars**

**Enrichment Seminar: A Change is Gonna Come**  
 Healing in Times of Racial Unrest. Presented by Linda Collins.  
**SENR:766 | No Fee**  
 505 F 12pm-1:30pm **FV - IR**  
 Jan. 23

**Enrichment Seminar: Stereotypes, Stigma and Stardom**  
 The role of media in American culture. Presented by Terry Freeman.  
**SENR:766 | No Fee**  
 506 F 12pm-1:30pm **FV - IR**  
 Feb. 20

**Enrichment Seminar: Cupcake Wars**  
 Presented by Casey Shiller.  
**SENR:766 | No Fee**  
 507 F 12pm-1:30pm **FV - IR**  
 March 27

**Enrichment Seminars: Healing Is In Your Hands**  
 A brief energy medicine seminar presented by Sharon Fox.  
**SENR:766 | No Fee**  
 508 F 12pm-1:30pm **FV - IR, 112**  
 April 10

**Senior Fitness**

**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. No class 3/19.  
**SENR:703 | \$59**  
 500 Th 9am-9:50am **Sandra Derickson**  
 Feb. 5 - April 16 *FV - PE, 233*

**SENR:703 | \$49**  
 M01 F 12:30pm-1:30pm **Sandra Derickson**  
 Feb. 6 - March 13 *Aftton White-Rodgers, GYM*  
 M02 F 12:30pm-1:30pm **Sandra Derickson**  
 March 27 - May 1 *Aftton White-Rodgers, GYM*

**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. No class 3/19.  
**SENR:703 | \$59**  
 501 Th 10am-10:50am **Sandra Derickson**  
 Feb. 5 - April 16 *FV - PE, 233*

**Yoga for Seniors**  
 Open your mind to a new understanding of your body. Gentle, slow-paced combination of stretch and strength work. Breath work and meditation are great for calming and relieving stress. Bring a mat, towel and water.  
**SENR:704 | \$79**  
 M01 Th 10am-11am **Masterpeace Studios**  
 Feb. 5 - March 26  
 M02 Th 10am-11am **Masterpeace Studios**  
 April 9 - May 28

**Zumba Gold for Seniors**  
 Come join in the fun and get fit with the upbeat tempo of Latin and International music! Zumba Gold takes a lower intensity, gentle approach to Zumba dance, so it's perfect for older active adults or individuals with limited physical ability. Exercises will include breathing and stretching, and are modified to help work on your posture, strength, and balance.  
**PEDU:747 | \$55**  
 M01 W 11am-11:50am **Theresa Daniels**  
 Feb. 11 - April 1 *Adiva Dance Ctr*

**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.  
**PEDU:732 | \$45**  
 800 Tu 10am-11am **Golfport-Maryland Hgts**  
 April 21 - May 12



Get fit in our Senior Fitness classes! More Fitness classes are available on page 59.

**Social Security Benefits America Series**

SSBA Classes are offered by the Social Security Administration.

**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.

**SENR:766 | No Fee**  
 604 Tu 1pm-3pm  
 April 21 MC - Library, CNFL Rm.  
 500 Th 1pm-3pm  
 Feb. 19 FV - CWI, 136

**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.

**SENR:766 | No Fee**  
 501 Tu 1pm-3pm  
 March 5 FV - CWI, 136  
 603 Tu 1pm-3pm  
 April 7 MC - BA, 105

**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.

**SENR:766 | No Fee**  
 602 Tu 1pm-3pm  
 March 24 MC - BA, 105  
 502 Th 1pm-3pm  
 March 26 FV - CWI, 136

**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.

**SENR:766 | No Fee**  
 601 Tu 1pm-3pm  
 March 3 MC - BA, 105  
 503 Th 1pm-3pm  
 April 9 FV - CWI, 136

**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 | No Fee**  
 504 Th 1pm-3pm  
 April 23 FV - CWI, 136  
 600 Tu 1pm-3pm  
 Feb. 17 MC - BA

**Like us on Facebook**



**St. Louis Community College Continuing Education**

**Creative Arts**

**Crafts**

**Stamp A Stack**

Join us once a month to start your spring holiday card crafting. Each month you will create five cards using different stamping techniques. Ending in April, you will have a total of 15 hand-crafted unique cards to use for the spring holidays! Fee includes most materials. Supply list sent. LAST Day to enroll or drop is Friday, 1/23. No refunds after Friday, 1/23.

**CRFT:702 | \$55**  
 MD1 Sa 9am-11am Patti Bossi  
 Jan. 31 MC - CE Classroom  
 Sa 9am-11am  
 March 21 MC - CE Classroom  
 Sa 9am-11am  
 April 18 MC - CE Classroom

**Stamping Birthday Cards**

Join us for a Birthday Extravaganza card class! Create some handmade birthday cards for the year to come. You will make five birthday cards using stamping techniques and embellishments to make your cards "pop". Fee includes most materials. Supply list sent. Last day to enroll or drop is Friday, Feb. 13. No refunds after Friday, Feb. 13.

**CRFT:762 | \$49**  
 MD1 Sa 9am-12pm Patti Bossi  
 Feb. 21 Affton White-Rodgers

**Papercraft: Paper Marbling**

Discover the secrets of paper marbling, an ancient printing technique in which a floating, multicolored design is created on a liquid surface and then transferred onto paper (or any other fiber). Called Ebru by the Turkish and Suminagashi by the Japanese, paper marbling is a mysterious and lovely process. Each marbled print is a monotype as no two are ever the same. A class for beginners to experiment with several different marbling techniques. Supplies included in the cost of class.

**CRFT:713 | \$35**  
 751 W 6pm-9pm Kimberly Hany  
 March 25 Kirkwood H.S., SA 1

**Papercutting: Spring Wreath or Garlands**

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. Create a wreath or spring garland to take home. Supply list sent.

**CRFT:713 | \$35**  
 753 W 6pm-9pm Kimberly Hany  
 March 4 Kirkwood H.S., SA 1

**Needlecrafts: From Rags to Rugs**

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

**CRFT:713 | \$35**  
 752 W 6pm-9pm Kimberly Hany  
 April 1 Kirkwood H.S., SA 1

**Needlecrafts: Felting Flowers for 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 | \$35**  
 750 W 6pm-9pm Kimberly Hany  
 Feb. 4 Kirkwood H.S., SA 1

**Embroidery: Design & Stitch**

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

**CRFT:728 | \$65**  
 550 Tu 6:30pm-8:30pm Magan Harms  
 Feb. 24 - March 10 SCEUC, 200  
 551 Tu 6:30pm-8:30pm Magan Harms  
 April 21 - May 5 SCEUC, 200

**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**  
 652 Tu 6pm-9pm Nicole Ottwell  
 Feb. 10 - March 3 MC - SS, 206

**Fiber Arts School: Sashiko Embroidery**

Historically women in Japan collected fabrics and stitched them together to make their family's clothes and interior decorations. You will create a design and transfer that design to a scarf and learn the basic rules of traditional sashiko embroidery. You will work on one scarf during this workshop & may need to complete it at home. Bring a thimble, an embroidery hoop, & any fabric scraps that you wish to incorporate into your sashiko scarf. Bring your favorite scarf & use it as your project & take away the blank scarf provided for this class.

**CRFT:728 | \$49**  
 P01 Tu 5:45pm-8:45pm Jen Bradford  
 April 14 Nottingham, 106

**Fiber Arts School: Batik / Ice Dyeing / Reverse Dyeing**

You will explore several dye techniques. Using procion Jacquard dyes and wax, discover the fascinating traditional process of wax-resist dyeing known as batik, as well as the exciting and unpredictable process of ice dyeing. Also practice "reverse dyeing" or bleach discharge which allows you to selectively remove color from previously dyed items. You will complete at least six pieces during class. All dyeing materials will be supplied in class, including six scarves per student. Additional scarves will be available for purchase in class for \$10 each. Student should bring a lidded 4-6 qt container made of glass or plastic, not metal.

**CRFT:713 | \$149**  
 450 Tu 6pm-9pm Jen Bradford  
 March 24 - April 7 FP - G Tower, 409

**Fiber Arts School: Nuno Felting**

Nuno felting bonds wool into sheer fabric, such as silk gauze or cheesecloth, allowing for elegant decorative contrasts in texture and weight. Design and create a stunning scarf using this method, and leave knowing how to create flat felted scarves at home using readily available tools. Students will create one silk and wool scarf during this workshop. Bring a towel and 2 plastic bags to transport your finished work. All other materials will be supplied. Please note that if you have a particular very lightweight scarf that you would like to use for this, such as one of the scarves you created if you took any of the previous Fiber Art School classes, you may bring it and use it and take away with you the blank scarf the instructor would have provided for this exercise.

**CRFT:713 | \$49**  
 451 Tu 6pm-9pm Jen Bradford  
 April 14 FP - G Tower, 409

### Fiber Arts School: Shibori Dyeing

Shibori is the Japanese art of creating patterns by binding, stitching, folding and twisting fabric during the dyeing process. In this beginning level workshop, learn some basic traditional techniques using an indigo dye vat. Experiment on silk and cotton scarves and go home with two scarves and the skills to dye larger pieces at home. Dress for class expecting to get messy and wet. All dyeing materials will be supplied in class, including two scarves per student. Additional scarves will be available for purchase in class for \$10 each.

CRFT:713 | \$49  
452 Tu 6pm-9pm  
March 10

Jen Bradford  
FP - G Tower, 409

### Shibori Dyed Silk Scarves

Do you love scarves? What could be better than making 8 just the way you want? Learn Shibori techniques to add pattern and color to your scarves. Shibori dyeing is an ancient technique that literally means "shaped-resist dyeing". The shaping process leaves areas undyed that become patterns when the cloth is dyed. Rather than treating cloth as a two-dimensional flat surface, shibori techniques give it a three dimensional form by folding, crumpling, stitching, plaiting, or plucking and twisting. A cloth may be dyed repeatedly using a different shaping method each time. Also learned in the class is dye removal, you will add color, remove color, and add more color. Leave with 8 finished scarves at the end of class. 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. No class 3/17.

CRFT:718 | \$139  
650 Tu 6:30pm-8:30pm  
March 10 - April 7

Nicole Ottwell  
MC - SS, 206

### 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  
650 Tu 6:30pm-8:30pm  
April 14  
500 F 9:30am-11:30am  
April 17

Nicole Ottwell  
MC - SS, 206  
Nicole Ottwell  
FV - E, 156

### All Natural Textiles: Dyeing and Printing

Learn how to dye and print on fabric using natural materials you can find outside or inside your pantry! Participants will learn to naturally dye fabrics using turmeric and walnut hulls. Plus, you'll explore simple techniques to print new designs and patterns with eco-friendly milk paint and a red wine concentrate, transforming old linens into handmade masterpieces. It's culinary printing at its best! Offered in collaboration with Perennial.org.

CRFT:713 | \$35  
P05 Th 6:30pm-8:30pm  
Feb. 5

Jenny Murphy  
Perennial.org

### All Natural Textiles: Mordants

Do you love the beautiful, earthy tones of natural dyes? Learn the process of more complicated dyeing using mordants with Perennial's Director. Participants will take part in the step-by-step process of choosing and preparing fabric for dyeing, learning how to create a dye vat with local materials, as well as how mordants work to fix color and increase lightfastness. The class will cover natural fiber choices, dye equipment, common dye materials you can find on a walk, as well as how different mordants create various results. Offered in collaboration with Perennial.org.

CRFT:713 | \$35  
P07 Th 6:30pm-8:30pm  
March 26

Jenny Murphy  
Perennial.org

### Ombre: Gradient Dyeing for Crafters

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

CRFT:718 | \$65  
500 F 9:30am-11:30am  
Feb. 13 - Feb. 20

Nicole Ottwell  
FV - E, 156

## Exclamation Point!

"What a fun 'Girls Night Out' activity. It was so easy to be creative! In Nicole Ottwell's *Silk Scarf Dyeing* class, we each made two beautiful scarves, and everyone's was different. We plan to take the class again with more of our friends. Thank you so much STLCC Continuing Education for having these classes!"

Marie P., Eureka

### Sewing: Beginning

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

CRFT:713 | \$59  
550 M 6:30pm-9pm  
March 23 - April 13

Carolyn Rubsam  
FV - SM, 133

### Sewing: Intermediate

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

CRFT:713 | \$59  
551 M 6:30pm-9pm  
April 20 - May 11

Carolyn Rubsam  
FV - SM, 133

### SWANTS!!!

Sweater pants aka swants are the perfect way to upcycle old or thrifted sweaters. Bring two sweaters that you want to transform to class. If you have a serger, bring that to class also. Tutorial provided prior to class. Discover how to transform frumpy sweaters into sensational pants.

CRFT:713 | \$45  
P01 Tu 6pm-9pm  
Jan. 27 - Feb. 3

Anne Stirnemann  
City Sewing Room

### Functional Comforts: Rice-filled Heat Pack

You will make one or two reusable, scented rice heating packs in fun shapes. Made of cozy flannel and felt fabric, measuring approximately eight by ten inches. Scented with soothing lavender or rose. Perfect to snuggle up with on a cold night, or add to the foot of your bed. This class is geared for brand new sewers, as the sewing machines can be rigged to go very slow. However, the more experienced and creative stitcher can advance with their design to the next level.

CRFT:713 | \$35  
P02 Tu 6pm-9pm  
Feb. 17

Anne Stirnemann  
City Sewing Room

### Functional Comforts: Fabric Baskets

Sew a fabric basket that is approximately eight by ten inches. You choose between two styles and six fabric combinations. Fabric baskets are sewn on a machine and can be made just for Easter or to be used throughout the year. This class is geared for brand new sewers, as the sewing machines can be rigged to go very slow. However, the more experienced and creative stitcher can advance with their design to the next level.

CRFT:713 | \$35  
P03 Tu 6pm-9pm  
March 24

Anne Stirnemann  
City Sewing Room

### Functional Comforts: Cosmetic/Toiletary Bag

Begin to sew by making a 4 x 8 inch clutch-style purse with multiple pockets inside for cosmetics and personal care items. This will easily tuck inside your purse or suitcase. You choose between six fabric combinations. This class is geared for brand new sewers, as these sewing machines can be rigged to go very slow. But the creative stitcher can advance on with their design to the next level.

CRFT:713 | \$35  
P04 Tu 6pm-9pm  
April 21

Anne Stirnemann  
City Sewing Room

### 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  
300 Tu 10am-12pm  
Feb. 10 - March 17  
680 Sa 10am-12pm  
Feb. 7 - March 14

Melanie Redler  
The Timbers  
Melanie Redler  
MC - CE Classroom

### Machine Quilting: Twisted Log Cabin

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

CRFT:718 | \$59  
551 W 7pm-9:30pm  
April 22 - May 13

Carolyn Rubsam  
FV - SM, 133

### Art Quilting: Spring Sampler

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

CRFT:718 | \$110  
651 W 6:30pm-9:30pm  
April 8 - April 29

Melanie Redler  
MC - CE Classroom

**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 and garments 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

- 450 Tu 6pm-8pm Thi Miller  
*Feb. 3 - Feb. 17*  
*FP - G Tower, 119*
- 550 Th 6:30pm-8:30pm Carletta Kemp  
*Feb. 5 - Feb. 26*  
*FV - TC, 109*
- P01 W 6:30pm-8:30pm Thi Miller  
*Feb. 11 - Feb. 25*  
*Nottingham, 106*

**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 | \$49

- 550 Th 6:30pm-8:30pm Carletta Kemp  
*March 5 - April 2*  
*FV - TC, 109*  
*No class 3/19*
- P01 W 6:30pm-8:30pm Thi Miller  
*March 25 - April 8*  
*Nottingham, 106*

**Knit in A Day**

A crash course in knitting. Learn the basics in one fell swoop (casting on, knitting, purling, pattern reading, cabling and binding off) and be on your way to impress friends and yourself. It's such a beautiful form of hand work and so worth the time.

CRFT:720 | \$49

- 480 Sa 9am-3pm Thi Miller  
*Feb. 21*  
*FP - G Tower, 119*

**Knit a Spring Shawl**

Experiment with texture and shape. Beginning knitters can choose a mini shawl pattern perfect for showing off your new skills and avoiding spring breezes. The design is simple but the work offers all the elements you'll need to continue to a more intermediate level. Prerequisite: Knitting 101 or equivalent experience.

CRFT:720 | \$49

- 451 Tu 6pm-8pm Thi Miller  
*March 24 - April 7*  
*FP - G Tower, 119*

**Colorwork**

Simply beautiful. Colorwork knitting not only earns compliments but makes you feel as though you've created something absolutely spectacular and you have. It only takes a bit of careful planning and execution, and a piece so enjoyable and stunning is created. Prerequisite: Knitting 101 or equivalent experience.

CRFT:722 | \$49

- 450 Tu 6pm-8pm Thi Miller  
*Feb. 24 - March 10*  
*FP - G Tower, 119*

**Crochet 101: Beginning Techniques for All Seasons**

Crochet 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

- 780 M 6:30pm-8:30pm Carletta Kemp  
*Feb. 2 - Feb. 23*  
*Lindbergh H.S., 53*  
*No class 2/16*
- 710 W 6:30pm-8:30pm Carletta Kemp  
*Jan. 28 - Feb. 11*  
*Clayton H.S., 124*
- 550 Tu 7pm-9pm Anne Frese  
*Feb. 24 - March 10*  
*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 Level crocheter! You may bring their own projects. Prerequisite: Crocheting 101 or equivalent experience. Supply list sent.

CRFT:724 | \$49

- 711 W 6:30pm-8:30pm Carletta Kemp  
*Feb. 18 - March 4*  
*Clayton H.S., 124*
- 781 M 6:30pm-8:30pm Carletta Kemp  
*March 2 - March 23*  
*Lindbergh H.S., 44*  
*No class 3/16*
- 550 Tu 7pm-9pm Anne Frese  
*March 24 - April 7*  
*FV - C, 104*

**Intermediate Crochet - All Around Blanket**

Come and learn pattern reading for intermediate crocheters to create a beautiful striped /solid blanket using baby yarn or regular yarn.

CRFT:724 | \$49

- 782 M 6:30pm-8:30pm Carletta Kemp  
*March 30 - April 13*  
*Lindbergh H.S., 44*

**Crochet Basic Socks**

These Basic Crocheted Socks are great to make. They're versatile and allow you to brush up on your crochet skills. Warm feet are happy feet.

CRFT:724 | \$49

- 552 Th 6:30pm-8:30pm Carletta Kemp  
*April 9 - April 23*  
*FV - TC, 109*

**Crocheting Granny Squares**

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

CRFT:724 | \$49

- 712 W 6:30pm-8:30pm Carletta Kemp  
*March 25 - April 8*  
*Clayton H.S., 123*

**Crocheting With Plarn**

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

CRFT:726 | \$36

- 700 W 6:30pm-8:30pm Carletta Kemp  
*April 15 - April 22*  
*Clayton H.S., 123*

**Intro to Stained Glass**

Capture the beautiful spring rays with a handmade sun catcher! Participants will use reclaimed bits of glass to compose a custom design. Theresa, community artist and teacher, will demonstrate how to safely use a glass cutter and grinder to create custom shapes from privacy windows, wine bottle bottoms, and colored glass to compose their sun-catcher designs. Participants will learn how to use copper foil, flux, and lead-free solder to assemble their colorful, textured glass pieces. Offered in collaboration with Perennial.org.

CRFT:736 | \$45

- P01 Sa 10am-1pm  
*Feb. 28*  
*Perennial.org*

**UpCycled Mosaics: Table or Terracotta Planter**

Learn how to create your own mosaic table-top from beginning to end in this two-day workshop! In our first session, Theresa, community artist and teacher, will teach you how to cut scraps of glass and tile to create a custom colorful design. The class will cover mortars, how to reuse wine bottles, and any necessary preparations to get a piece of furniture ready to hold a mosaic. After giving your designs time to dry, the class will meet again for the second session and participants will learn how to complete their mosaic by applying a grout finish. Bring your own small table (night stand, end table, coffee table.) or choose from our selection at the shop of salvaged and found tables! Offered in collaboration with Perennial.org.

CRFT:741 | \$55

- P01 Tu 6pm-9pm  
*Feb. 17*  
*Perennial.org*

- Tu 6pm-7pm  
*Feb. 24*  
*Perennial.org*

**Hand-Painted Martini or Dessert Glasses**

Paint four martini or dessert glasses 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 | \$45

- M01 W 7pm-9pm Cathy Cody  
*March 25*  
*Painted Zebra - Krkwd*

**Hand-Painted Glass: Dessert/Appetizer 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 at the shop one week after the class. Fee includes materials and firing. Paints are lead free and food-safe.

CRFT:743 | \$45

- M02 W 7pm-9pm Cathy Cody  
*April 15*  
*Painted Zebra - Krkwd*

**Basic Metalsmithing Techniques for Jewelry**

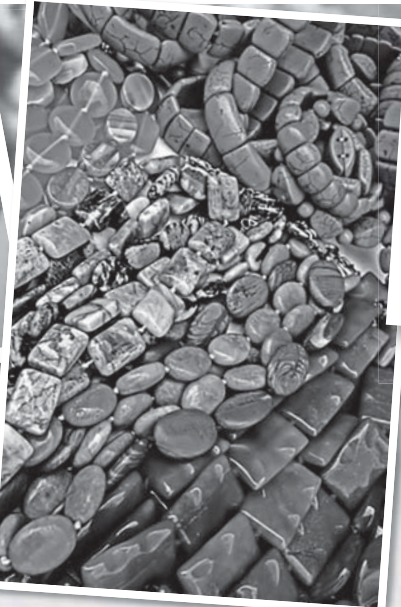
Learn the fundamental metalsmithing techniques for making jewelry. Basic metal manipulation skills: sawing, forming and shaping, filing, sanding, soldering, and polishing will be taught. You will make two finished pieces - a cuff bracelet and a pendant with a simple stone setting. Acquire the basic building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

CRFT:753 | \$219

- 550 Tu 6pm-9pm Chih Yu Lin  
*Jan. 27 - March 10*  
*FV - E, 290*
- 680 Sa 9am-12pm Leia Zumbro  
*Jan. 31 - March 14*  
*MC - HE, 131*



**Call 314-984-7777 to register beginning January 5!**



**Intermediate Metalsmithing Techniques: Rings and Things**

Take your sheet metal and wire jewelry skills to the next level with more fun and educational tips and techniques. Rings are the focus here. Different methods of soldering will also be taught. Create 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  
 551 Tu 6pm-9pm Chih Yu Lin  
 March 24 - May 5 FV - E, 290  
 681 Sa 9am-12pm Robert Mullin  
 March 28 - May 9 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  
 M01 Th 6pm-9pm DEEsigs Studio  
 Feb. 19  
 M02 Th 6pm-9pm DEEsigs Studio  
 March 12  
 M03 Sa 9:30am-12:30pm DEEsigs Studio  
 March 28

**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 DEEsigs Studio  
 April 11

**Resin Cast Jewelry Workshop**

Make beautiful jewelry by creating tiny collage assemblages inside metal frames. Cast your creations in a durable, hard-cure resin. You will create 3 finished pieces. Instructor provides pendant frames, scrap papers and resin. Supplies for additional pendants can be purchased for \$7 each during class. Bring a flat-bottom box to transport pendants home and anything that you wish to include in your pendants - scraps of fabric, paper, or tiny items such as seeds or tiny stones.

CRFT:753 | \$39  
 P01 W 5:45pm-8:45pm Jen Bradford  
 March 4 Nottingham, 103

**Tree of Life Pendant Project**

Create jewelry unique to you. Make a free-form Tree of Life beaded pendant using a variety of different sized and colored beads. No experience needed. Perfect for the first-time jewelry maker. Bring pointed pliers and wire clippers to class.

CRFT:753 | \$29  
 580 Sa 9am-12pm Carole Weusthoff  
 April 18 FV - E, 160

**Gemology 101: Diamond Essentials**

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

CRFT:753 | \$55  
 S50 W 7pm-9pm Stacy Minden  
 Feb. 25 - March 11 SCEUC, 100

**Gemology 102: Colored Stones and Pearls**

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  
 S51 W 7pm-9pm Stacy Minden  
 March 25 - April 8 SCEUC, 101

**Miniature Marvels: Roadside Fruit Stand**

Create the perfect world...in miniature. You will craft a roadside fruit and home-made jelly stand (1:12) scale. Bring Tacky glue, sandpaper, an Xacto knife and tweezers to class. All other supplies included.

CRFT:762 | \$29  
 580 Sa 9am-12pm Carole Weusthoff  
 March 7 FV - E, 160

**Bookmaking and Bookbinding: Basics**

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

CRFT:765 | \$139  
 651 Tu 6pm-9pm Nicole Ottwell  
 April 21 - May 12 MC - SW, 102

**Bookmaking and Bookbinding: the Next Step**

Do you already know Bookbinding Basics? Have you been dreaming up new books and need help making them? Bookmaking can be a fun and creative way to personalize your own sketchbook, journals, guest books and scrapbooks. Instructor will consult with you on your ideal project (s). Bring all of your materials and all of your ideas and lets get started. Prerequisite is Bookbinding Basics or equivalent experience.

CRFT:765 | \$139  
 653 Th 6pm-9pm Nicole Ottwell  
 April 9 - April 30 MC - CE Classroom

**Botanical Silhouette Print**

Need something to brighten up your walls and put you in the mood for spring? Come and join us in a Pinterest project. We'll be making a set of Botanical Silhouette Canvases that are fun, creative and a great conversational piece. All materials included in the cost of the class. You will leave at the end of the evening with your completed project in hand.

CRFT:765 | \$29  
 350 W 6:30pm-8:30pm Brenda Cabrera  
 March 25 WW, 214

**Handmade Sketchbook**

Are you someone who has never been able to find the perfect sketchbook, you always want to change something about your newest sketchbook, come and design your own. Bring your current or failed attempts at the perfect sketchbooks and we will talk about pros and cons of different designs. We will then design and construct a personal sketchbook to meet your needs. Join us and Learn about basic bookbinding and share ideas about sketchbooks.

CRFT:765 | \$109  
 501 F 9am-12pm Nicole Ottwell  
 Feb. 27 - March 13 FV - H, 109

**Hypertufa Workshop**

Students will learn the basic steps for making modern, lightweight concrete planters and objects known as hypertufa. We will create a series of vessels or objects 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  
 681 Sa 1pm-3pm Heather Ellison  
 April 18 MC - SS, 107

**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 Christine Knipp  
 March 25 Hixson Mid. School, 122

**Dreamcatchers**

Dreamcatcher are hand-made charms from the Native American tradition, believed to protect children from nightmares. The web-like patterns help to capture bad dreams and the open circle in the middle allows good dreams to come through. Beads, feathers or fabric scraps can be added to the dreamcatcher, each symbolizing different wishes and hopes. All materials will be provided. Students are encouraged to bring any feathers, beads, fabric scraps or other items they wish to attach to their dreamcatcher.

**CRFT:765 | \$39**  
 P02 Tu 5:45pm-8:45pm  
 April 28 Nottingham, 106

**Leatherworking Basics**

Discover the traditional and fascinating craft of leatherworking. You will be working with a basic belt and project kit that will give you a variety of things to work on in class and at home afterwards. Most supplies included in the cost of the class. Class is hands on and may be messy. Please dress accordingly.

**CRFT:765 | \$109**  
 585 Sa 9am-1pm Jack Bender  
 March 14-28 FV - SM, 262  
 No class 3/21

**Candlemaking Techniques: Container Candles**

Discover a quick and easy way to make candles! You will understand the different types of materials used in candle making, choosing fragrances and color, and the equipment needed. You will make and take home handmade soy tea lights and a soy container candles. Plan to get messy, you will be working with hot wax, dyes, and fragrances. Please wear close-toed shoes. Course cost includes materials.

**CRFT:765 | \$39**  
 935 Sa 12pm-3pm Holly Schroeder  
 March 7 Thomas Dunn Learn. Ctr.  
 936 Sa 12pm-3pm Holly Schroeder  
 May 9 Thomas Dunn Learn. Ctr.

**All Natural Cold Process Soapmaking**

Dispel the mystery of lye and oil in soapmaking! You will create a moisturizing soap that is excellent for sensitive and dry skin, with 99% natural ingredients! Your soap will have a natural scent. Learn how to safely work with lye and what oils are best for making soap. Instructor has been crafting her own body products for over ten years. Class is hands on and demonstration. Plan to get messy, you will be working with hot wax, dyes, and fragrances. Please wear close-toed shoes and long sleeves. Course cost includes materials.

**CRFT:765 | \$55**  
 933 Sa 12pm-3pm  
 Feb. 7 Thomas Dunn Learn. Ctr.  
 582 Sa 12pm-3pm  
 Feb. 21 FV - SM, 129

**Advanced Cold Process Soapmaking: Color Swirls and Scents**

Dispel the mystery of lye and oil in soapmaking! You will create a moisturizing soap that is excellent for sensitive and dry skin, with 99% natural ingredients! You will also enjoy adding colored swirls and scents to your soap. Learn how to safely work with lye and what oils are best for making soap. Instructor has been crafting her own body products for over ten years. Class is hands on and demonstration. Plan to get messy, you will be working with hot wax, dyes, and fragrances. Please wear close-toed shoes and long sleeves. Course cost includes materials.

**CRFT:765 | \$65**  
 583 Sa 12pm-3pm  
 March 7 FV - SM, 129  
 934 Sa 12pm-3pm  
 March 28 Thomas Dunn Learn. Ctr.

**Luscious Lips: Balm and Scrub**

The easiest lip balm and lip scrub ever! Great for winter lips and even as a salve or scrub. Softening, all natural ingredients have a pleasant and gentle scent. No artificial anything. Instructor has been crafting her own body products for over ten years. Class is hands on and demonstration. Plan to get messy, you will be working with hot liquids and fragrances. Please wear close-toed shoes and long sleeves. Course cost includes materials.

**CRFT:765 | \$45**  
 931 Sa 9am-11am  
 Feb. 7 Thomas Dunn Learn. Ctr.  
 580 Sa 9am-11am  
 Feb. 21 FV - SM, 129

**Whipped Body Scrubs**

Winter skin feeling dry? Make your own exfoliating body scrubs. Moisturizing and cleansing, these scrubs are great. Softening, all natural ingredients have a pleasant and gentle scent. Instructor has been crafting her own body products for over ten years. Class is hands on and demonstration. Plan to get messy, you will be working with liquids and fragrances. Please wear close-toed shoes and long sleeves. Course cost includes materials.

**CRFT:765 | \$69**  
 581 Sa 9am-11am  
 March 7 FV - SM, 129  
 932 Sa 9am-11am  
 March 28 Thomas Dunn Learn. Ctr.

**DIY Green Cleaning Products for Your Home**

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

**CRFT:765 | \$45**  
 680 Sa 1pm-4pm  
 March 7 MC - SW, 102  
 Last day to enroll/withdraw is Feb. 27, 2015  
 930 Sa 1pm-4pm  
 April 18 Thomas Dunn Learn. Ctr.  
 Last day to enroll/withdraw is April 10, 2015

**Mom and Me: UpCycled Shrinky Dinks**

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

**KIDS:738 | \$42**  
 480 Sa 9am-12pm Nicole Ottwell  
 May 2 - May 9 FV - H, 104

**Mom and Me: Stamp Camp**

Mom, Dad, Grandmothers or Grandfathers - bring your buddy to this Mommy and Me Stamp Camp to create some fun projects. Each child will be creating two cards, a bookmark and a piggy bank. Each parent will create 4 handmade cards using different stamping techniques. No experience needed to create these one of a kind stamping projects with stamps and punches! Supply list will be sent. Students must be accompanied by a guardian. Registration is in pairs or more. Each participant must register. Last day to enroll or drop is Friday, April 24. No refunds after Friday, April 24.

**KIDS:738 | \$30**  
 MD1 Sa 9am-12pm Patti Bossi  
 May 2 MC - CE Classroom

**Exclamation Point!**

*"Patti Bossi is an amazing instructor. I've taken several of her classes, always have a good time, do creative things and meet new people in her classes. She's the best!"*

Aaron D., St. Ann



Culinary Arts

# The Cake Decorating Certificate with Continuing Education

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

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

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

### Cake Decorating for Fun or Profit: Beginning & 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. No class 3/17.

**FOOD:701 | \$79**  
 550 Tu 6:30pm-8:30pm LaTrice Turner  
 Feb. 3 – March 31 FV - SC, PDR-A

### 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.

**FOOD:701 | \$59**  
 770 M 6:30pm-9pm Cynthia Sciaroni  
 Jan. 26 – Feb. 23 Hixson Mid. School, 121  
 No class 2/16  
 M01 Tu 9:30am-12pm Carla Soll  
 March 3 – March 24 Affton White-Rodgers, B

### Cake Decorating for Fun or Profit: Intermediate

Enhance your artistic skills and creative abilities in this intermediate level class. Learn the icing rose, run sugar techniques, additional flowers, and basket weave. More as time permits. Basic cake decorating skills required. Supplies extra.

**FOOD:702 | \$59**  
 770 M 6:30pm-9pm Cynthia Sciaroni  
 March 23 – April 13 Hixson Mid. School, 121

### Airbrushing Techniques for Cake Decorating

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

**FOOD:703 | \$59**  
 P03 Su 12pm-5pm  
 March 22 Cul. Arts House

### Airbrushing: Beyond the Basics

For those who already have airbrushing skills. Airbrushing is a unique technique for creatively adding color to special occasion cakes. Liquid food-safe colors are sprayed through a needle tip with compressed air giving the cakes a beautiful "painted" look. In this class, you'll get hands-on experience with more advanced airbrushing techniques including making and using multiple stencils to create "layered" finished projects, and more intricate shadowing and shading for amazing dimensional looks. Equipment is provided for use in class and supplies are included. Airbrushing techniques can take your decorated cakes to the next level by giving them a distinctive professional finish. Prerequisite: Airbrushing Techniques for Cake Decorating. Park on Hartford or Hampton. Flagpole in front.

**FOOD:703 | \$59**  
 P04 Su 12pm-5pm  
 May 3 Cul. Arts House

### 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. You'll make a Mallard duck cake in this class. Supplies included. Park on Hartford or Hampton. Flagpole in front.

**FOOD:703 | \$59**  
 P01 Sa 9am-1pm  
 Jan. 31 Cul. Arts House

### Flowers, Borders, & Traditional Techniques with Buttercream

If you're comfortable with the basics, this class will show you how to make your decorated cakes look extraordinary. Expand your skills with additional icing flowers, embellished borders, and traditional techniques including the icing bow and cornelli lace. More as time permits. Basic cake decorating skills and experience required. Supplies extra, list provided.

**FOOD:703 | \$39**  
 P02 Sa 9am-1pm  
 Feb. 7 Cul. Arts House

### Cake Decorating: Contemporary Wedding Cakes

What wedding cake styles are modern brides requesting? Come join us to learn contemporary wedding design including Quilting, the Ombre Effect, Lacy Embossing, Fondant Appliques, and the easiest way to add shimmer to your cakes. You'll also learn about support, transportation, and set up. The first class is informational and a supply list will be given. Prerequisite: Beginning Cake Decorating.

**FOOD:704 | \$59**  
 550 Tu 6:30pm-9pm Carla Soll  
 April 7 – April 21 FV - SC, PDR-A  
 P01 M 6:30pm-9pm Cynthia Sciaroni  
 April 20 – May 4 Cul. Arts House

### '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**  
 P01 Sa 9:30am-11:30am Cynthia Sciaroni  
 Jan. 24 Cul. Arts House





**Junior Baker: Cake Decorating**

A fun, creative activity for young bakers ages 11-14. This class teaches introductory cake decorating techniques on projects that will be completed for take home after each class. You'll be amazed at the beautiful creations you'll be able to make for your family and friends! Bring an empty one-quart bowl (with lid) and a box to take home your finished projects. Supplies furnished. Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

**KIDS:730 | \$49**

**P01** Su 2pm-4pm

April 12 – April 19

**Cynthia Sciaroni**

Cul. Arts House

**Spring "Cupcake Critters"**

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

**FOOD:702 | \$39**

**P02** Th 6:30pm-9:30pm

Feb. 26

Cul. Arts House

**Spring Cupcake Spectacular!**

Come join us for a fun morning creating spring theme cupcakes! In this hands-on class, you'll be introduced to filling and decorating cupcakes using a combination of buttercream and fondant. We'll transform simple cupcakes into spectacular desserts with Easter, Mother's Day, bridal, and graduation themes. So come tap into your creativity (we'll provide the ideas and show you how). Your friends and family will be impressed when you serve up a display of delicious and beautiful cupcakes for your special event desserts.

**FOOD:705 | \$39**

**M01** Tu 9:30am-12pm

March 31

Affton White-Rodgers, B

**Petit Fours for Spring Parties and Teas**

Make your next spring party extra special with these delightful petit fours you've made yourself. These flavorful, small cakes are beautifully decorated 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** Th 6:30pm-9:30pm

March 12

Cul. Arts House

**Taking "Tea"**

Rediscover the art of taking Afternoon Tea. A demonstration of how to brew the perfect pot of tea and a bit of insight into the history of afternoon and high teas will be served up with an update of classic favorites: petite tea sandwiches such as curried chicken, bacon olive, blue cheese walnut, savory radish and watercress; cheddar cheese straws, Parmesan thyme shortbread, chive gougeres, salmon mousse, lemon pound cake, and chocolate cherry scones with lemon curd and mock Devonshire cream. You'll feel like royalty! Class is hands-on.

**FOOD:744 | \$39**

**750** W 6:30pm-9:30pm

April 1

**Suzanne Corbett**

Kirkwood H.S., C 191

**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**

**P02** Th 6:30pm-9:30pm

Feb. 12

Cul. Arts House

**Easter Cookie Bouquet**

Make, decorate, and construct a deliciously edible Easter Cookie Bouquet centerpiece in one easy lesson. You'll leave with a completed "bouquet" to grace your holiday table or to make someone else's holiday special! Class is hands on. Park on Hartford or Hampton. Flagpole in front.

**FOOD:708 | \$39**

**P03** M 6:30pm-9:30pm

March 16

Cul. Arts House

**Cookie Cactus Garden**

Don't have a green thumb? Not to worry! Make, decorate, and construct this fun cactus garden out of cookies. It's as much fun to eat as it is to "grow!" You'll leave class with a completed "cactus garden" to keep or to give as a very unique gift. All materials included. Park on Hartford or Hampton. Flagpole in front.

**FOOD:708 | \$39**

**P01** M 6:30pm-9:30pm

Jan. 26

Cul. Arts House

**Valentine's Hand-dipped and Molded Chocolates**

There's no better way to say "Be Mine" for Valentine's Day than with your own hand-dipped and hand-molded chocolates. You'll be making (and tasting) molded and dipped chocolates such as: caramel, peanut butter, mocha, and fruit. Learn easy packaging ideas to get the chocolates ready for gift giving. Class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

**FOOD:707 | \$39**

**P01** Th 6:30pm-9:30pm

Feb. 5

**Dianne Johnson**

Cul. Arts House

**Impossibly Easy and Simply Elegant Mini Pie Tarts**

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

**FOOD:705 | \$39**

**751** Tu 6:30pm-9:30pm

March 24

**Michelle Melton**

Kirkwood H.S., C 191

**Delicious Cakes**

Come find out how easy it is to bake a cake from scratch. You'll help make: apple cake, chocolate pound cake, classic sour cream cake, lemon chiffon cake, German Black Forest cake. Come and enjoy a day of 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 28

**Eileen Fraser**

FV - SM, 129

**Say "Cheese" cake**

Always a favorite, we'll make minis, savory, traditional and a cheesecake bar to wow your family and friends. Grasshopper, mocha, salted caramel, amaretto and taco cheesecakes. We'll include garnishing, demonstration, hands-on preparation and tasting (of course!).

**FOOD:705 | \$39**

**750** W 6:30pm-9:30pm

Feb. 18

**Shirley Rauh**

Kirkwood H.S., C 191

**German Pastries**

German pastries are individual-sized baked goods. They're perfect for when a whole cake is too much or you'd like to have a variety of choices on hand for your guests. In this class, we'll be making Danube Waves cake, Bee Sting cake (with almonds and honey), and traditional apple strudel. Class is part demonstration with some hands-on. Park on Hartford or Hampton. Flagpole in front.

**FOOD:705 | \$39**

**P02** M 6:30pm-9:30pm

March 2

Cul. Arts House

**Swedish Sweets**

Although Sweden isn't internationally famous as a culinary hotspot, the country's dessert scene offers plenty of delicious, culturally classic desserts. We'll be making Pepparkakor (traditional Scandinavian sugar and spice cookies), Toscakaka (Tosca cake - Swedish almond cake), Kladdkaka (Swedish sticky chocolate cake), and Chockladbullar (no cook cocoa balls). Class is a combination of demonstration and hands-on. There will be plenty of taste-testing plus you can take some home for later. Park on Hartford or Hampton. Flagpole in front.

**FOOD:705 | \$39**

**P03** Th 6:30pm-9:30pm

March 19

Cul. Arts House

**Classic Greek Pastries**

From delicate and fragile to crunchy and chewy, Greece is known for its confections, cakes, and cookies. Made with an abundance of honey, nuts, fruits, and creams, these mouth-watering treats will satisfy anyone's sweet tooth. We'll make the ever popular Baklava with our super easy recipe, Melomakarona (honey cookies with walnuts), Kataifi (almond and walnut pastry in syrup), and Melopita (honey pie). Class is a combination of demonstration and hands-on. There will be plenty of taste-testing plus you can take some home for later. Park on Hartford or Hampton. Flagpole in front.

**FOOD:705 | \$39**

**P01** M 6:30pm-9:30pm

Feb. 2

Cul. Arts House

**Call 314-984-7777 to register beginning  
January 5!**



# Dinner and a Movie!

## Dinner and a Movie: "No Reservations"

Kate lives her life like she runs the kitchen at her upscale restaurant in Manhattan — with a captivating but intimidating intensity. When her only sister dies and her ten-year-old niece comes to live with her, she struggles to be a parent while her formerly well-controlled restaurant kitchen is transformed by a new chef. Kate suspects that the loose, Italian-trained Nick wants to replace her. A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Withdrawal deadline for refund: 1/16.

**FOOD:747 | \$25**  
480 F 6:30pm-9pm  
Jan. 30

**Mark Williams**  
FP - HSP, ABDR

## Dinner and a Movie: "Simply Irresistible"

Chef Amanda Shelton is running the trendy, legendary (and inherited) Southern Cross restaurant into the ground. An intervention by a cab-driving, Cupid-like guardian angel crosses Amanda's path with Tom Bartlett, who is opening a 4-star restaurant for his boss. Amanda, hopelessly in love with Tom, suddenly has the gift of infusing her dishes with powerful emotions that overwhelm diners with ecstasy. A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Withdrawal deadline for refund: 2/13.

**FOOD:747 | \$25**  
482 F 6:30pm-9pm  
Feb. 27

**Mark Williams**  
FP - HSP, ABDR

## Dinner and a Movie: "Chocolat"

Vianne Rocher and her young daughter are drifters. They move to a conservative town in rural France and open a chocolate shop during Lent. They're met with suspicion and opposition until Vianne begins to work her magic with her culinary art, helping the townspeople through her chocolates. Although the townspeople are won-over by her charm and chocolates, the mayor is determined to shut her down. A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Withdrawal deadline for refund: 3/13.

**FOOD:747 | \$25**  
485 F 6:30pm-9pm  
March 27

**Mark Williams**  
FP - HSP, ABDR

## Moroccan Sweets

Moroccan sweets are a unique blend of influences including Arab, French and Berber cultures. The instructor worked with a women's baking association while living in Morocco. The beautifully crafted desserts explore the natural colors and textures of the ingredients. You'll work with almonds, peanuts, warqa (filo dough), sesame seeds, honey, dates, orange flower water, and chocolate. Moroccan mint tea will be prepared and served. Come join us in a hands-on class to explore this delicious side to the culture. Park on Hartford or Hampton. Flagpole in front.

**FOOD:705 | \$39**  
P04 Sa 9am-12pm  
April 25

**Lisa Payne**  
Cul. Arts House

## Basic Home-baked Yeast Breads (and 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, whole wheat bread, easy cinnamon bread, pita bread, cheese bread and more. Class is hands on.

**FOOD:706 | \$39**  
580 Sa 9:30am-12:30pm  
Jan. 24

**Eileen Fraser**  
FV - SM, 129

## Gluten-free Pizza, Breads and Rolls

Are you or family and friends gluten intolerant or are you choosing to restrict gluten in your diet? Are you afraid you'll have to give up breads and pizza forever? Not to worry! This class will give you the skills to add tasty gluten-free breads, rolls and pizza back into your diet. The class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front. \*NOTE: We'll be working in a facility that may have been cross-contaminated with some gluten-containing ingredients.

**FOOD:706 | \$39**  
P04 Th 6:30pm-9:30pm  
April 23

**Dianne Johnson**  
Cul. Arts House

## Artisan Breads: Flat Breads

There are hundreds of types of flatbreads that are made worldwide. The textures of flatbreads vary from crispy, puffy, soft, flaky, tender or light. Come learn the variations of pizzas and flatbreads and how to insure that yours turns out perfectly in your home oven. The class will concentrate on pizza, pita, focaccia and lavash. If time allows, we'll experiment with breadsticks. Class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

**FOOD:706 | \$39**  
P02 Sa 9:30am-12:30pm  
March 7

**Dianne Johnson**  
Cul. Arts House

## Exclamation Point!

"LOVED THE LEARNING EXPERIENCE! **Dianne Johnson** was excellent and the people in my class were LOTS OF FUN, too!"

Gail T., St. Louis

## Bread Machines: No-fuss Homemade Breads

Do you have a bread machine still in the box or hidden away collecting dust? It's time to get it back out and get this handy, time-saving appliance back into action. Take the hard work out of making bread and you'll find yourself making it more frequently. We'll show you how to make the most of that under-used appliance. We'll show you a variety, from simple loaves to shaped breads, both sweet and savory. Some recipes can also be made using a mixer/processor with a kneading attachment. This class is mostly demonstration with some hands-on. Park on Hartford or Hampton. Flagpole in front.

**FOOD:706 | \$39**  
P01 Sa 9am-1pm  
Feb. 28

**Lisa Payne**  
Cul. Arts House

## Artisan Breads: Sourdough

Learn to make delicious sourdough bread your whole family will enjoy. You'll learn the many ways you can begin your own starter, from purchasing a starter kit to using wild yeast. We'll make sourdough bread in class using the instructor's own sourdough starter and you'll get a sample of the starter to take home. Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

**FOOD:706 | \$39**  
P03 Sa 9:30am-12:30pm  
April 18

**Dianne Johnson**  
Cul. Arts House

## Cooking Techniques Made Easy

With a few easy techniques, you can create delicious "from scratch" meals. You'll learn to measure, dice, slice, chop, roast and bake. The helpful hints, guidance in class and easy to follow recipes will sharpen your culinary skills and have you cooking great meals yourself at home. Tonight's recipes will include classic Caesar salad with homemade dressing, chicken cutlets with almond butter, rosemary orange-glazed pork tenderloins, southern style green beans and shortbread cookies. Class is hands on.

**FOOD:711 | \$29**  
550 Th 7pm-9:30pm  
Feb. 19

**Eileen Fraser**  
FV - SM, 129

## Some Like it Hot: Fiery Foods!

It may be cold outside, but this class will warm you up! If you love Tabasco and other hot sauces, this class will give you even more reasons to crave the heat. We're featuring a variety of hot sauces and chiles that add flavor beyond the heat to such dishes as shrimp salad with smoked chile vinaigrette, buffalo chicken soup, chipotle cream cheese and chicken quesadilla, Thai chicken red curry, chile-glazed pineapple sundaes. Class is hands-on.

**FOOD:712 | \$39**  
750 Tu 6:30pm-9:30pm  
Feb. 10

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

## What's in Your Spice Cabinet? An Exploration of Cooking Spices

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

**FOOD:712 | \$39**  
751 Tu 6:30pm-9:30pm  
March 31

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

## Girls Night Out: Diva Cupcakes!

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

**FOOD:716 | \$39**  
P01 F 6:30pm-9:30pm  
Feb. 20

Cul. Arts House

## Girls' Night Out: Cinco de Mayo

It's never too early to get ready for one of the biggest parties of the year. There are endless varieties of easy-to-make appetizers that keep you munching throughout the afternoon and late into the evening to accompany whatever you're drinking. Join us as we make about a dozen different Cinco de Mayo party foods that are sure to make your celebration a blast! Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

**FOOD:724 | \$39**  
480 F 6:30pm-9:30pm  
April 17

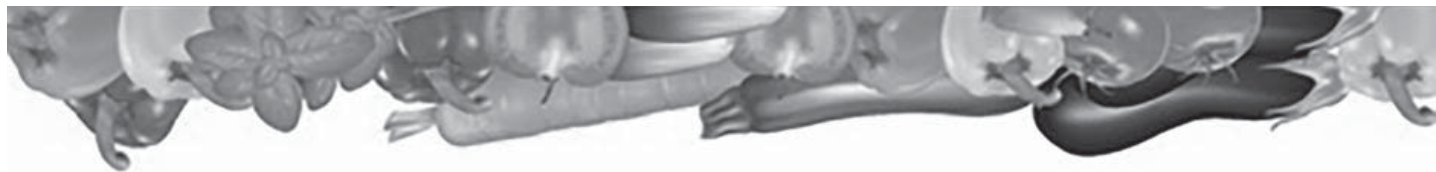
**Mark Williams**  
FP - SC, 015

## Vegetarian Super Bowl: Small Plates and Appetizers

Everyone knows that Super Bowl Sunday isn't just about football! Super Bowl Sunday is the second-largest food consumption day, behind Thanksgiving. Come join us for vegetarian-vegan small plates and appetizers that are guaranteed to please all your guests. Recipes include mini corn and leek flautas, mini meatless Reubens, zucchini chips and more. Some of the dishes will accommodate a gluten-free diet or can be easily modified. The class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

**FOOD:752 | \$39**  
P01 Th 6:30pm-9:30pm  
Jan. 29

**Dianne Johnson**  
Cul. Arts House



**The Wonderful World of Fermented Vegetables**

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

**FOOD:718 | \$29**  
**780 W 6:30pm-8:30pm** **Jane Campbell**  
*April 8 Lindbergh H.S., 31*

**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**  
*April 14 Kirkwood H.S., C 191*

**Tasty, Easy Vegetable Side Dishes**

If you're looking for ways to jazz up vegetables, this class is for you. You'll help make and enjoy these recipes: lemon butter Brussels sprouts, haricots verts (young French green beans) with lemon and apricots, baked apples and squash, Swiss green beans, sweet potatoes with honey cinnamon, and much more. Always something exciting and different from our instructor's recipe box. Class is hands on.

**FOOD:742 | \$29**  
**551 Th 7pm-9:30pm** **Eileen Fraser**  
*May 7 FV - SM, 129*

**Vegetarian Soups from Around the World**

The first day of spring is still a month away but that means there is still plenty of cold weather left for vegetarian and vegan soups that will warm you up as they fill you up. Some of the soups that we'll be making include: French onion, roasted vegetable, sopa de frijol (black bean soup), creamy potato and leek and more. We'll also make croutons and crackers to go with the soups. Some of the dishes will accommodate a gluten-free diet or can be easily modified. The class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

**FOOD:742 | \$39**  
**P01 Th 6:30pm-9:30pm** **Dianne Johnson**  
*Feb. 19 Cul. Arts House*

**MORE Ancient Grains**

Join us to learn about the fascinating history of ancient grains and their nutritional benefits. You'll see how to cook these tasty ancient grains and incorporate them into recipes. Cooking with old-world grains adds texture, variety and healthy nutrients to your meals. You'll help prepare and sample several recipes made with teff, millet and wheat berries. Several of the recipes will be suitable for a gluten-free diet. Class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

**FOOD:718 | \$39**  
**P01 Th 6:30pm-9:30pm** **Dianne Johnson**  
*April 9 Cul. Arts House*

**Around the World with Yogurts - DIY**

There are many different kinds of yogurts, beyond what you can buy in your local grocery store. Come experience several different types from around the world. All yogurts are "generational," some are heated, others not, but all are fermented to make delicious products. In addition to tasting them plain, we'll be making several recipes, including a yogurt cheese, a dip, and a yogurt drink. If you love yogurt, come experience different varieties then go home and do-it-yourself! Bring a few glass jars to take home some "mother" cultures.

**FOOD:722 | \$35**  
**780 W 6:30pm-9pm** **Jane Campbell**  
*March 11 Lindbergh H.S., 31*

**Crazy for Kefir and Kombucha**

Did you know you can make wonderful probiotic drinks at home? Come sample kombucha and two different kefirs, then see a demonstration of how to make them. You'll also learn how to second ferment each one. These drinks are good for your health and 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-9pm** **Jane Campbell**  
*March 25 Lindbergh H.S., 31*

**Holiday Brunch Ideas**

What makes a successful brunch? Food that "wows" your guests! We will prepare several recipes that will utilize some easy techniques and creative ideas that can transform 'traditional' breakfast and dinner items into top notch offerings. Chef Mark will teach to how to prepare a memorable, show-stopping brunch. 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** **Mark Williams**  
*Feb. 28 FP - HSP, 111*

**Gluten-free Spring Brunch**

Spring celebrations include family get-togethers with lots of sweet and savory dishes. Whether you are hosting your own or attending a brunch and bringing a special dish to share, this class can help. We'll be making classic brunch items with a gluten-free twist. Recipes will include: spinach quiche, Mediterranean strata, lemon poppy seed scones, and carrot cake roll to name a few. Class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front. \*Note: we will be working in a facility that may have been cross-contaminated with some gluten-containing ingredients.

**FOOD:724 | \$39**  
**P02 Th 6:30pm-9:30pm** **Dianne Johnson**  
*March 26 Cul. Arts House*

**Gluten-free Desserts**

If anyone in your family is gluten intolerant, this class is just in time for spring celebrations. These gluten-free baked treats will satisfy the sweet tooth in you and your family and friends. Recipes include flourless chocolate and vanilla marble cake, chocolate-dipped shortbread cookies, blackberry tartlets with vanilla-flavored mascarpone cream and more. Class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front. \*Note: we will be working in a facility that may have been cross-contaminated with some gluten-containing ingredients.

**FOOD:724 | \$39**  
**P03 Th 6:30pm-9:30pm** **Dianne Johnson**  
*May 7 Cul. Arts House*

**Louisiana Mardi Gras Mambo**

Forget gumbo with red beans and rice — this class brings a whole different mix of Cajun and Creole recipes sure to make the good times roll. Join us for Louisiana crab-stuffed catfish with Cajun remoulade, crawfish etouffee, corn maque choux, spinach salad with Cajun pecans and poppy seed dressing ending with bananas foster upside-down cake for dessert. Class is hands-on.

**FOOD:728 | \$39**  
**750 Tu 6:30pm-9:30pm** **Suzanne Corbett**  
*Feb. 3 Kirkwood H.S., C 191*

**Dining Global: Soups, Salads, and Sandwiches from Around the World**

Savor the flavors of global and regional specialties with one-pot wonders from around the world, salads with flair, and delicious soups like Greek lemon chicken orzo, Italian wedding soup, Spanish paella, Brazilian stew, miso soup and egg drop soup. We'll also make a classic Greek salad, a strawberry salad, and a Caesar salad - all with homemade dressings. Finally, we'll revel in the simple joy of a good sandwich as we devour our own New Orleans muffuletta, Mediterranean halibut sandwiches, Monte Cristos and more. Come hungry and leave with your lunch for tomorrow. Bring take home containers. Class is hands on.

**FOOD:734 | \$39**  
**750 Tu 6:30pm-9:30pm** **Michelle Melton**  
*Feb. 17 Kirkwood H.S., C 191*

***Exclamation Point!***

*"Jane Campbell is a true gem! I love her classes and am looking forward to taking more with her next semester."*

*Margaret W., Florissant*



**Chinese Take-out (at home)**

Addicted to your favorites on your local Chinese restaurant's take-out menu but looking to save some cash or perhaps eat a little bit healthier? Learn how to make your Chinese favorites at home with fresh vegetables and sometimes, less oil. In this class, you'll learn how to make Crab Rangoon 3 ways (traditional fried, baked, and as a dip) as well as General Tso's Chicken, Sesame Chicken, Moo Goo Gai Pan, Pork Spring Rolls, Szechuan Beef, Fried Rice, and Egg Drop Soup. Come hungry and bring take-home containers. Class is hands-on.

**FOOD:734 | \$39**  
 751 Tu 6:30pm-9:30pm **Michelle Melton**  
 March 10 Kirkwood H.S., C 191

**A Taste of India: Vegetarian Meal**

If you enjoy dining out in Indian restaurants, come learn how to prepare these delicious vegan dishes yourself at home. It's not difficult once you've been shown how to do it. You'll prepare and enjoy sampling: ven pongal (rice and lentils, seasoned with fragrant spices), samosa (homemade pastry dough filled with spicy potatoes and peas), cabbage (bhaji cabbage, peas and potatoes with spices), chapati, daal palak (sweet and sour lentils with spinach). Class is hand-on.

**FOOD:734 | \$39**  
 780 M 6:30pm-9:30pm **Seema Shintre**  
 March 23 Lindbergh H.S., 31

**A Taste of India: Complete Chicken Dinners**

If you enjoy the flavors of Indian food, come learn to prepare these dishes for yourself. You'll help prepare and enjoy traditional Indian flavors in: kadhahi chicken (boneless chicken with peppers, tomatoes and onions in a fragrant sauce), kheema matar (ground up chicken with peas, cashews and spices), mix dal (two types of lentils with ginger, garlic and spices), kheer (rich and creamy rice pudding flavored with cardamom and nutmeg), pulav (fragrant basmati rice with veggies and spices). Served with naan. Class is hand-on.

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

**A Taste of India: Traditional Fish and Chicken Entrees with Side Dishes**

If you enjoy the flavors of Indian cuisine, come learn how to prepare these popular dishes. You'll help prepare and enjoy traditional Indian flavors in: fish molee (fish cooked in coconut milk, tomatoes and spices), kheema mater (ground chicken with peas and cashews), daal palak (lentils and spinach with spices), peas pulav (fragrant basmati rice with peas and cumin). Served with naan and raita. Class is hand-on.

**FOOD:734 | \$39**  
 782 M 6:30pm-9:30pm **Seema Shintre**  
 April 13 Lindbergh H.S., 31

**Fish! What a Catch!**

Most of us don't attempt to cook fish at home, either because we always ruin it or because home-cooked fish just seems "boring." Chef Mark will show you that cooking flavorful fish is very easy and can provide endless variety. In this class, we'll be steaming, sautéing, baking, broiling or grilling, poaching, and frying fish to make appetizers, soups or stews, and main courses. Class is hands on. Bring an apron and hat or hair net and wear closed-toe shoes.

**FOOD:736 | \$39**  
 480 F 6:30pm-9:30pm **Mark Williams**  
 Feb. 13 FP - SC, 015

**Meet Meat**

Have the many different cuts of beef in the meat department got you confused and bewildered? Come hone your consumer skills in purchasing meat, learn to select the best cooking techniques for each type of cut, and understand how you can enhance flavor and tenderness of the most expensive item on your menu. Then, we'll prepare and taste: beef stroganoff, vegetable beef soup, pork tenderloin, chili, brisket (demonstration). Class includes hands-on.

**FOOD:738 | \$39**  
 750 W 6:30pm-9:30pm **Shirley Rauh**  
 Feb. 11 Kirkwood H.S., C 191

**Killer Ribs**

Everyone knows how to make ribs, right?!? Just dunk 'em in BBQ sauce and blacken them on a grill. Chef Mark will show you a better technique that will make awesome ribs, from start to finish. You'll learn how to properly trim and prepare ribs for grilling, baking and braising. We'll make dry rubs, basting or mop sauces, glazing sauces and braised skillet sauces. You'll truly be the "Rib King" after this! Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

**FOOD:740 | \$39**  
 480 Sa 9:30am-12:30pm **Mark Williams**  
 March 28 FP - HSP, 111

**Down Home Country Fish Fry**

Throw your own down-home fish fry — just in time for Lent. We'll prepare classic recipes that are easy to make and promise rave reviews. Southern-fried catfish, beer-battered cod and buttermilk Cajun fried shrimp will star the show, sided with home-style lemon tartar sauce, jalapeno hush puppies, smoky pimiento cheese tri-colored slaw with lime dressing, crispy mac and cheese, and finish this scrumptious meal with a caramel sheet cake. Class is hands-on.

**FOOD:742 | \$39**  
 750 W 6:30pm-9:30pm **Suzanne Corbett**  
 Feb. 4 Kirkwood H.S., C 191

**Comfort Food Classics**

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 these old favorites (some with a new twist): Gouda mac and cheese with bacon, pork chops in sherry mushroom gravy, oven-roasted crispy chicken, hungarian-style goulash, herbed pork cutlets in gravy, and much more. This array of recipes would satisfy anyone's appetite and make you proud to serve. Class is hands-on.

**FOOD:742 | \$29**  
 550 Th 7pm-9:30pm **Eileen Fraser**  
 April 23 FV - SM, 129

**Cheese-making at Home: DIY for Beginners**

Homemade cheeses are delicious and not that difficult to make. In this day-long workshop, our experienced instructor will demonstrate the steps and explain all the important things you need to know to be successful. In this class, you'll get an understanding of the basics of cheese-making by learning make Neufchatel, ricotta, yogurt and yogurt cheese, and a lemon yogurt cheesecake. Demonstration with class participation. In addition to tasting them all, you'll get to take home samples along with a simple starter kit for doing it yourself, directions and recipes, and a list of local and online resources for cheese-making supplies. Bring a sack lunch for the noon break. Park on Hartford or Hampton. Flagpole in front.

**FOOD:747 | \$59**  
 P01 Sa 9am-3pm **Lisa Payne**  
 March 28 Cul. Arts House

**Cheese-making at Home: DIY : Beyond the Basics**

Homemade cheeses are delicious and not that difficult to make. In this day-long workshop, our experienced instructor will demonstrate the steps and explain all the important things you need to know to be successful. You'll get an understanding of more advanced cheese-making by learning to make Feta, Mozzarella, and Gouda cheeses. Demonstration with class participation. In addition to tasting them all, you'll get to take home samples along with a simple starter kit for doing it yourself, directions and recipes, and a list of local and online resources for cheese-making supplies. It is recommended (but not required) that you take the basic cheese-making class first. Bring a sack lunch for the noon break. Park on Hartford or Hampton. Flagpole in front.

**FOOD:747 | \$59**  
 P02 Sa 9am-3pm **Lisa Payne**  
 April 11 Cul. Arts House

**Mother Sauces and Their Offspring**

Sauces make everything taste better. Sauces are often considered one of the greatest tests of a chef's skill. The successful pairing of a sauce with a food demonstrates technical expertise, an understanding of the food, and the ability to judge and evaluate a dish's flavors, textures, and colors. Learn to make the 5 basic mother sauces (Béchamel, Velouté, Espagnole, Hollandaise, and Tomato) from which hundreds of other sauces are derived. Break into the mystery of tasty, restaurant-style pan sauces and you'll add vibrant new spark to your favorite dishes. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

**FOOD:747 | \$39**  
 484 F 6:30pm-9:30pm **Mark Williams**  
 March 13 FP - SC, 015

**Introductory Knife Skills: With Dinner!**

Are you ready to do more cooking at home but unsure of yourself when it comes to techniques for using a chef's knife safely and effectively? The instructor will discuss knife safety and demonstrate a variety of classic cuts and simple cutting techniques. You'll learn how to use a knife safely, how to properly care for a knife, and how to recognize quality when shopping for a knife. Then, you'll practice simple knife cuts with your very own chef knife that will be yours to keep for attending this class! By the end of class, you'll be able to safely dice an onion and turn carrots, celery, and potatoes into uniform pieces with confidence. There will be plenty of time for practice, questions, and one-on-one guidance as you practice your new knife skills while making a few soups and salads for a tasty dinner. Class includes a lecture and hands-on cooking. Cost for adults 60 and over \$50.50.

**FOOD:747 | \$59**  
 750 Tu 6:30pm-9:30pm **Michelle Melton**  
 Feb. 24 Kirkwood H.S., C 191

*Sharpen  
 Your  
 Skills!*



## PERSONAL ENRICHMENT

### Introductory Knife Skills: Part II

So now that you know the basics of using your chef knife are you ready for more? In this class, we're going to take your knife skills to the next level. We'll review the basics of dicing, chopping, and mincing (covered in the introductory class) then the instructor will demonstrate some new techniques that you can practice as we prepare a simple dinner to share. In this class, we'll learn how to carve a roasted chicken, how to cut some of the odder shaped fruits and vegetables like pineapples and melons, and some surprisingly easy knife cuts that make for beautiful presentations. Class includes a lecture/demonstration and hands-on cooking.

**FOOD:747 | \$39**

751 Tu 6:30pm-9:30pm

April 21

**Michelle Melton**

*Kirkwood H.S., C 191*

### Advanced Knife Skills

You probably have several good quality knives in your kitchen and know which ones to use for various tasks. But do you know to use them most effectively? Or know how to take care of them properly to protect your investment? And are you well-skilled at knowing how to properly cut meats, fish, vegetables, etc. for most uniform cooking? This class will begin with knife care and safety, and then move on to the classical French cuts of meats and vegetables. Class includes demonstration and practice. Bring an apron and hat or hair net and wear closed-toe shoes.

**FOOD:747 | \$39**

481 Sa 9:30am-12:30pm

Jan. 31

**Mark Williams**

*FP - HSP, 111*

### 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. Many tips and simple instructions from our experienced home wine-making expert will lead the way to making the process easy and improve your efforts at home. This is a demonstration "show and tell" class (no drinking), with step-by-step instructions that will take you from start to finish. Participants will assist in preparing a batch of wine (unfermented) and take a sample to ferment at home. Must show proof of 21 years or older.

**FOOD:760 | \$35**

M05 W 6:30pm-9:30pm

April 22

**Dave Deaton**

*St Louis Wine & Beermaking*

### Wine and Chocolate Pairing

February is the perfect time to enjoy the mood-lifting endorphins released by eating a good piece of chocolate. Pair that chocolate with a glass of wine and you have a winning combination. Maddie Earnest of Local Harvest Grocery will introduce you to some of the finest Missouri chocolates and let you taste the suggested wine pairing. Come prepared for sampling! Must show proof of 21 years or older.

**FOOD:760 | \$29**

P01 W 6pm-8pm

Feb. 18

*Local Harvest Cafe*



### Rhone Around the World

Come experience the influence that France's Rhone region, where Syrah is king, has had on America, Australia and South Africa. Wines will include G.S.M, Grenache and Viognier. Wine tasting will be accompanied by explanations of the influence of growing environment, and the fermentation, aging, and bottling processes used to produce the wines. \$20 material fee payable at class. Must show proof of 21 years or older.

**FOOD:760 | \$15**

M01 F 6:30pm-8:30pm

Feb. 13

**William Polhemus**

*The Wine Barrel*

### Classic Wines of the Old World

France, Italy, Spain and Germany are where it all started. This will be an overview of some of the most influential wine producing areas of the old world such as Bordeaux, Burgundy, Chianti and more. 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 21 years or older.

**FOOD:760 | \$15**

M02 Tu 6:30pm-8:30pm

March 10

**William Polhemus**

*The Wine Barrel*

### Wines of Spain

Spanish wines are gaining popularity due to their quality and affordability. There is also a transformation in the wines of Spain whereas the benchmark traditional style of wine is being complimented by a growing influence of a more modern style. 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 21 years or older.

**FOOD:760 | \$15**

M03 Tu 6:30pm-8:30pm

April 7

**William Polhemus**

*The Wine Barrel*

### Compare and Contrast Different Wine Varietals

What's the difference between Bordeaux and a Chilean Cabernet Sauvignon or the difference between Sancerre and California Sauvignon Blanc? This will be a side-by-side tasting where we will be comparing the same grape varietals from different regions and identifying their individual characteristics. Included will be sensory components (i.e., apples, gooseberries, eucalyptus, etc.) to better identify the aromatics and flavors found in wine. \$20 materials fee payable at class. Must show proof of 21 years or older.

**FOOD:760 | \$15**

M04 Tu 6:30pm-8:30pm

May 5

**William Polhemus**

*The Wine Barrel*

### Brew Your Own Beer at Home

Have you ever wanted to make your own beer to match your own taste, but weren't sure where to start? Come to this one-night class to learn how to prepare a batch of ale from beginning to end. Discussion will include beer styles, preparation steps, equipment, bottling, and resources for the home brewer. This is a demonstration "show and tell" class (no drinking). Participants will assist in preparing a batch of ale (unfermented) and take a sample to ferment at home. Must show proof of 21 years or older.

**FOOD:761 | \$35**

M01 W 6pm-9pm

March 25

**Dave Deaton**

*St Louis Wine & Beermaking*

### 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 4

**Steve Richards**

*Alaska Klondike Coffee Co*

### Couples Cook: Romantic Valentine's Dinner

Bring your sweetie for a fun night of couples cooking and dining on these great recipes: Pork tenderloin with mushroom stuffing, stuffed baked potato soup, salmon with creamy dill sauce, cookie dough brownies, raspberry vinaigrette salad, to name a few. The instructor will have additional delicious 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

Feb. 6

**Eileen Fraser**

*FV - SM, 129*

### Couples Cook: Flavors of the Mediterranean - A Taste of Italy and Greece

Make plans to join us for an evening of delicious dining. You'll enjoy the flavors of Italy and Greece with Zuppa Toscana soup, Insulatadi riso lenticchi (lentil-rice salad), Pastichio (pasta casserole with Béchamel sauce), Cotoletta Milanese (pork chops Milanese, Torta di mele (apple cake), Patate al forno (roasted potatoes with red onions), Crema Merluzzo cotto in salsa alle erbe (cod baked in creamy herb sauce). There will be 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

March 13

**Eileen Fraser**

*FV - SM, 129*

### Couples Cook: Spring Buffet

Make plans to join us for an evening of delicious dining and fun in the kitchen. Enjoy preparing and sharing these springtime dishes: smothered pork marsala, roasted fingerling potatoes with arugula, spicy garlic chicken with lemon glaze, spinach salad with basil green goddess dressing and cinnamon apple muffins. There will be additional recipes to 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

April 10

**Eileen Fraser**

*FV - SM, 129*



**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. 9 – March 30

Adiva Dance Ctr

**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 | \$75**

**920** W 6:30pm-7:55pm

Feb. 25 – May 6

U. City H.S., DANCE STUDIO

No class 3/18

**M01** Tu 7:15pm-8:15pm

Feb. 17 – April 28

Studio-Brentwood

No class 3/17

**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**

**M02** M 8pm-9pm

Feb. 9 – March 30

Adiva Dance Ctr

Do not purchase tap shoes until after first class. Studio is located behind a kitchen & bath design store.

**M01** Tu 8:15pm-9pm

Feb. 17 – April 28

Studio-Brentwood

No class 3/17

Bring shoes to the first class. Call The Studio directly for specific purchasing information: 314-968-4881.

**Tap Dancing: Beyond the Basics**

Once you've thoroughly mastered the basics, take the next steps to advance your dancing technique. You'll learn and practice new steps, combinations, and a dance that will make you a more proficient tapper. Previous tap experience and tap shoes required.

**DANC:708 | \$69**

**M01** Tu 6:30pm-7:30pm

Feb. 17 – April 21

Bonnie Kleyboecker  
St. John's Ev. UCC, Dining Rm.

**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

Feb. 10 – March 31

Adiva Dance Ctr

**Hip Hop Dancing**

Come try this trendy and energetic dance form for a terrific workout to great dance music. Our experienced instructor will teach all types of hip hop moves, such as popping, locking, freezing and stepping (all styles except break-dancing). You'll acquire an understanding of rhythm and musicality that will get you opening up and moving in unique ways. Hip hop can be done to all kinds of music, so come learn some new moves that will help you express your own personality through dance.

**DANC:751 | \$59**

**780** M 6:30pm-8pm

Feb. 23 – April 6

Themobile Mnyande  
Sperrang, CAFE

No class 3/16

**920** W 6:30pm-8pm

March 4 – April 15

Themobile Mnyande  
U. City H.S., BOYS GYM

No class 3/18

**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

Feb. 7 – March 14

Laverne Gee  
FV - PE, 233

**582** Sa 11am-11:50am

March 28 – May 9

Eleanor Whitney  
FV - PE, 233

No class 4/4

**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

Feb. 7 – March 14

Laverne Gee  
FV - PE, 233

**583** Sa 12pm-12:50pm

March 28 – May 9

Eleanor Whitney  
FV - PE, 233

No class 4/4

**Slide Dancing for Fun and Fitness: Beginning**

Come learn the latest party slide dances in the St Louis area and around the nation. This is an introduction to R&B line dance. Imagine yourself joining in the fun at parties and social events when the slide dancers take to the floor. After taking this class you will be able to do just that. Explicit instructions will make slide dancing easy to learn. Slide dancing is a fun way to exercise, reduce stress, and promote positive social interaction.

**DANC:734 | \$59**

**H80** Sa 10am-11:30am

Feb. 7 – March 14

Stephanie Crusoe  
Harrison Ed. Ctr., 206

**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. No class 3/19.

**SENR:703 | \$59**

**500** Th 9am-9:50am

Feb. 5 – April 16

Sandra Derickson  
FV - PE, 233

**SENR:703 | \$49**

**M01** F 12:30pm-1:30pm

Feb. 6 – March 13

Sandra Derickson  
Affton White-Rodgers, GYM

**M02** F 12:30pm-1:30pm

March 27 – May 1

Sandra Derickson  
Affton White-Rodgers, GYM

**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. No class 3/19.

**SENR:703 | \$59**

**501** Th 10am-10:50am

Feb. 5 – April 16

Sandra Derickson  
FV - PE, 233

**Western-style Square Dancing: Beginning**

This is modern western-style square dancing (not that old-time dance in the barn!) and the fun starts right on the very first night! Meet new people and make new friends. This course provides introductory square dancing lessons. No previous dance experience or special dance attire is needed. Come and join us for fun, fitness, and friendship! Partner preferred but not required. Wear casual clothes and comfortable shoes. View video: www.you2candance.com. Co-sponsored by West County Spinners.

**DANC:747 | \$39**

**M01** Tu 7pm-8:30pm

Feb. 3 – March 24

Aaron Wells  
Trinity Luth. Church

**Ballroom Dancing: Beginning**

In eight short weeks, you can learn to dance with grace and ease. Be comfortable and confident at the next social event you attend! A variety of dance rhythms and steps will be covered. Add a new dimension to your life by learning some of the classic favorites which can provide you with a lifetime of enjoyment. It's a fun night out and you'll be amazed at what you can do!

**DANC:720 | \$69**

**M01** Th 7pm-8:30pm

Feb. 19 – April 9

Charles & Mary Lages  
St. John's Ev. UCC, Dining Rm.

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

**M02** M 6:30pm-7:50pm

Feb. 23 – April 20

No class 3/16

Karen Merlin

Bluebird Park

Partners helpful though not required. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes.

**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 3/18.

**DANC:720 | \$69**

**780** W 6pm-7:15pm

March 4 – April 29

Sherry Martin  
Sperrang, CAFE



Get on the dance floor with  
STLCC Continuing Education!

## PERSONAL ENRICHMENT

### 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, salsa, and merengue rhythms. Get an impressive edge that will give you the confidence you're looking for. Prerequisite: Beginning Ballroom and Latin Dancing. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/18.

DANC:721 | \$69

780 W 7:30pm-9pm  
March 4 - April 29

Sherry Martin  
Sperreng, CAFE

### Latin Dancing: Beginning

Round out your basic ballroom skills and learn to dance to Latin rhythms. Techniques and dance rhythms taught in this course will help you look great on the dance floor. This course is designed for those who have no dance experience as well as for those who have done other styles of dance. Partners helpful though not required. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/17

DANC:746 | \$59

M01 Tu 6:30pm-7:30pm  
Feb. 24 - April 21

Karen Merlin  
Bluebird Park

### 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'll 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  
Feb. 24 - April 14

Carmen Guynn  
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  
Feb. 9 - Feb. 23

Gerry & Bob Tevlin  
Concordia Luth.-Krkwd, CAFE

### Swing Dancing: Beginning I & 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

M03 M 6:30pm-7:45pm  
March 9 - April 13

Gerry & Bob Tevlin  
Concordia Luth.-Krkwd, CAFE

### Swing Dancing: Beginning

Learn to swing dance in a fun, relaxed atmosphere. You'll learn and practice a variety of easily performed swing dance steps that are the basic ingredients of all higher level swing dancing. This class will teach the basics of swing along with combinations and patterns of various swing movements. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music.

DANC:738 | \$69

780 Tu 7pm-8:30pm  
Feb. 24 - April 21  
No class 3/17

William Sevier  
Sperreng, CAFE

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

DANC:738 | \$59

M02 M 8pm-9pm  
Feb. 23 - April 20  
No class 3/16

Karen Merlin  
Bluebird Park

Partners helpful though not required. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes.

### Easy Social Dancing I & 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.

DANC:750 | \$69

M02 M 8pm-9:30pm  
March 9 - April 27

Sherry Martin  
Concordia Luth.-Krkwd, CAFE

### Easy Social Dancing for Special Occasions

Are you attending a cruise, wedding reception, or reunion where you'll have to dance? Then take our fun course and learn several easy dances that will allow you to dance to anything - fast or slow. You can learn how to look good and move with confidence on the dance floor. It's fun, it's social, and you'll be out in the center of it all when the music starts playing at your next social gathering. You'll develop the ability to lead (men) or follow (ladies) for a smooth, confident look. If you know what music you'll be dancing to, feel free to bring it for helpful suggestions. Partners helpful though not required. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/17.

DANC:750 | \$59

M01 Tu 7:45pm-8:45pm  
Feb. 24 - April 21

Karen Merlin  
Bluebird Park

### Let's Dance, Quick Start! Night Club 2-Step

Night Club 2-Step is a great couple's dance to learn to dance to slow music. It's a dance that crosses music types, from country dance to R&B, easy listening, and smooth jazz. Night Club 2-Step can travel around the dance floor, stay as a stationary dance, or a combination. It's a popular style for many wedding couples because of its smooth, romantic, and relaxed qualities. If you are looking for a great 'slow dance,' Night Club 2-Step is THE dance to learn and our experienced instructors will have you feeling comfortable on the dance floor in 3 short lessons! Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:751 | \$35

M01 M 8pm-9:15pm  
Feb. 9 - Feb. 23

Gerry & Bob Tevlin  
Concordia Luth.-Krkwd

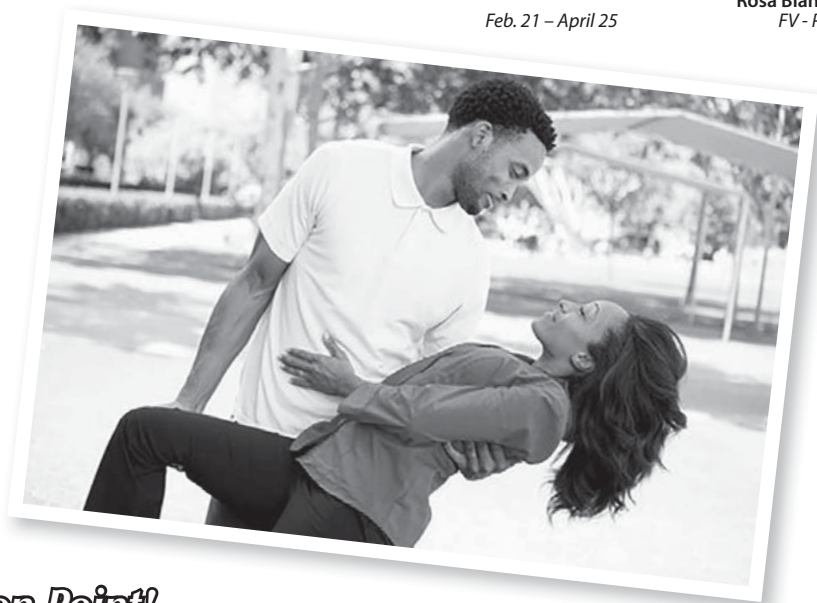
### Chicago Steppin'

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 3/21, 4/4.

DANC:765 | \$69

580 Sa 1:30pm-3pm  
Feb. 21 - April 25

Sherman King  
Rosa Blanchard  
FV - PE, 233



## Exclamation Point!

"Thank you for offering this class with such a fine instructor - Sherry Martin. She is a dedicated, passionate teacher!"

Kyle F., Olivette

**Fine Arts**

**Artful Saturdays**

Enjoy three Saturday mornings exploring museum collections both inside and outside. Tours will be led by Betsy Solomon and will feature a specific theme each time, April 11-Saint Louis Art Museum: A Selection of American Artists, April 18-Laumeier Sculpture Park: A Monumental Experience, April 25-Saint Louis Art Museum: "Isms" of 19th Century Art. Participants must provide their own transportation. Information about where to meet will be provided with registration confirmation.

**ARTS:705 | \$65**  
**480** Sa 10am-12pm Elizabeth Solomon  
 April 11 – April 25 FP - Off Campus

**Sketching in the Galleries: Museum Visit and Sketch**

Add feeling and strength to your drawings by learning to sketch with expression and power. Meeting at St. Louis Art Museum, we will explore different techniques through the medium of drawing. An overview of sculpture, painting and drawing from the works on display in the art galleries. We will meet the first week at the Forest Park campus to cover class objectives and supplies. The next three weeks will start with a visit to the museum to sketch the chosen medium and a follow up discussion of your sketches.

**ARTS:721 | \$69**  
**P01** Sa 10am-11am Philip Perschbacher  
 April 25 FP - G Tower, 119  
 Sa 9am-12pm  
 May 2 - May 16 FP - Off Campus

**Drawing: Beginning and Intermediate Techniques**

Learn the tools, materials, visual and artistic perception needed for this essential art form. Drawing fundamentals will be covered - line, perspective, value and composition. Advanced students will expand their skills with more sophisticated projects. Students will use pencil, conte crayon and charcoal. Supply list sent.

**ARTS:709 | \$99**  
**600** Tu 9:30am-12pm Ruth Kolker  
 Feb. 3 – March 10 MC - CE Classroom  
**601** Tu 9:30am-12pm Ruth Kolker  
 March 24 – April 28 MC - CE Classroom  
**P01** W 6:30pm-9pm Lisa Payne  
 Feb. 4 – March 11 Nottingham, 107

**Drawing: All Media: All Levels**

Feel confident drawing any subject matter. Explore this "teachable" skill through principles and tools. Working with a variety of materials and techniques, including charcoal and pencils, students explore the rendering of geometric forms, volume, and perspective, with an emphasis on personal gesture marks.

**ARTS:709 | \$99**  
**300** Th 6pm-9pm Lisa Payne  
 Feb. 5 – March 5 The Timbers  
**301** Th 6pm-9pm Lisa Payne  
 March 19 – April 16 The Timbers

**Drawing: Intermediate/Advanced**

Learn the tools, materials, visual and artistic perception needed for this essential art form. Drawing fundamentals will be covered - line, perspective, value and composition. Advanced students will expand their skills with more sophisticated projects. Students will use pencil, conte crayon and charcoal. Supply list sent.

**ARTS:709 | \$99**  
**P02** W 6:30pm-9pm Lisa Payne  
 March 25 – April 29 Nottingham, 107

**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.

**ARTS:709 | \$99**  
**720** Th 6:30pm-9pm Philip Perschbacher  
 Jan. 22 – Feb. 26 Ladue H.S., 135  
**721** Th 6:30pm-9pm Philip Perschbacher  
 March 26 – April 30 Ladue H.S., 135

**Drawing: Traditional Pencil Basics**

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

**ARTS:709 | \$75**  
**680** Sa 12pm-3pm Sean Long  
 Feb. 14 – March 7 MC - HE, 125  
**681** Sa 12pm-3pm Sean Long  
 April 11 – May 2 MC - HE, 123

**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 Maureen Brodsky  
 Feb. 12 – March 12 MC - CE Classroom



**Botanical Illustration: Continuing**

Build on the skills acquired in our introductory Botanical Illustration class. Choose your medium from watercolor, pen and ink, and/or colored pencils. Continue to develop your compositional and color skills with models from dried plants, bulbs, fresh flowers and more! Prerequisite: Beginning Drawing or equivalent experience. Supply list sent.

**ARTS:709 | \$99**  
**603** Th 12pm-3pm Maureen Brodsky  
 March 26 – April 23 MC - CE Classroom

**Drawing in Color Pencil: Beginning**

A professional artist introduces techniques to put realism in drawings with color pencil. Supply list sent. No class 3/17.

**ARTS:716 | \$149**  
**S01** Tu 12:45pm-2:45pm Kristine Scharfenberger  
 Feb. 10 – May 5 SCEUC, 102

**Drawing in Color Pencil: Intermediate**

A continuation of the beginner's class. Further develop your skills in building color and value while still leaving room for the beautiful detail and control of colored pencil. No class 3/19.

**ARTS:716 | \$149**  
**S02** Th 12:45pm-2:45pm Kristine Scharfenberger  
 Feb. 12 – May 7 SCEUC, 102

**Figure Drawing**

Draw with gesture, line, shape and value in relation to a human figure. Sight (measure, take angles, etc.) to determine proportions. Individualized instruction emphasized. Prerequisite: Drawing: Beginning/Intermediate or equivalent experience. Deadline to register is 2/18. Supply list sent. Nude models are used. Classroom only has tables. Bring a tabletop easel if you have one. No class 3/9 and 3/16.

**ARTS:718 | \$149**  
**6D1** M 6:30pm-9:30pm Philip Perschbacher  
 Feb. 23 – April 27 Clayton H.S., 24

**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. Drawing on the Right Side of the Brain: The Definitive, 4th Edition. ISBN 978-1585429202.

**ARTS:721 | \$99**  
**750** Tu 6:30pm-8:30pm Mary Feagan  
 Feb. 24 – April 21 Kirkwood H.S., SA 1  
 No class 3/17  
**480** Sa 9:30am-11:30am Mary Feagan  
 Feb. 28 – May 2 FP - F Tower, 410  
 No class 3/21, 4/4

**Caricature Drawing**

Surprise friends by capturing their quirkiness as a cartoon character! This course introduces you to the special art of caricature. Focus 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. 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 you to be able to create a recognizable portrait of a subject/model. Surprise friends by capturing their quirkiness as a cartoon character! Supply list sent.

**ARTS:721 | \$75**  
**650** W 6pm-9pm Sean Long  
 March 25 – April 15 MC - AS, 202

**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 and hand drawn animation. Gain an understanding of basics, skills and techniques. Prerequisite: Basic Drawing class or equivalent experience. Supply list sent. There will be homework assignments.

**ARTS:733 | \$75**  
**680** Sa 9:30am-11:30am Sean Long  
 Feb. 7 – March 14 MC - HE, 125

**Exclamation Point!**

*"I loved Artful Saturdays. Betsy Solomon is terrific and has a full and deep knowledge of art. I really enjoyed viewing the art in person at the Art Museum and Laumier Sculpture Park."*

Joyce K., Affton

## PERSONAL ENRICHMENT

### Picture Book Illustration

Are you a lover of children's storybooks, with a desire to make your own? Join us to plot out a story into a 6-page counting book starting with thumbnails, then sketches, making a book dummy and painting final artwork. You will leave with your book, ready to keep and share on your own, or take the next step and submit to publishers.

**ARTS:721 | \$75**  
**651** W 6pm-9pm **Sean Long**  
*Feb. 11 – March 4* *MC - AS, 202*

### Calligraphy Basics

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

**ARTS:722 | \$65**  
**501** F 10am-12pm **Kristine Scharfenberger**  
*Feb. 13 – March 13* *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** M 7pm-9:30pm **Leslie Barnes**  
*March 23 – May 11* *MC - CN, 126*

### 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**  
*Jan. 31 – March 14* *FV - H, 109*  
*No class 2/21*

**581** Sa 9:30am-12pm **Sheow Chang**  
*March 28 – May 9* *FV - H, 109*  
*No class 4/4*

**550** M 6:30pm-9pm **Carl Behmer**  
*Jan. 26 – March 9* *FV - H, 109*  
*No class 2/16*

**551** M 6pm-9pm **Carl Behmer**  
*March 23 – April 27* *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. 26 – March 9* *Ladue H.S., 132*  
*No class 2/16*

**721** M 6:30pm-9pm **Guy Sachs**  
*March 23 – April 27* *Ladue 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 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. 22 – Feb. 26* *Ladue H.S., 132*

**723** Th 6:30pm-9pm **Guy Sachs**  
*March 26 – April 30* *Ladue H.S., 132*

### Watercolor: Beginning/Advanced Beginning

Paint with the brilliant color and fluid stroke of watercolor. Acquire and practice various techniques in transparent watercolor and learn the best paint, paper type and preparation for your artworks. Prerequisite: Basic drawing class or equivalent experience. Supply list sent.

**ARTS:735 | \$99**  
**600** Tu 1pm-3:30pm **Beverly Hoffman**  
*Feb. 3 – March 10* *MC - CE Classroom*

**M01** Th 12:30pm-3pm **Nancy Muschany**  
*Feb. 5 – April 23* *St. John's Ev. UCC*

### Watercolor: Intermediate/Advanced Techniques

Continue to advance your skills. Bring your painting ideas and your desire to paint in watercolor! You will work on paintings of your choice, with guidance and gentle critique from a master painter. Learn techniques to achieve your goals for your painting. Get suggestions on design, composition and focal point. Discover ways to fix a mistake to save a "ruined" painting. Loosen up and try new methods of painting. Have fun with watercolor! This class will encourage the creative spirit in artists of all skill levels. Prerequisite: Basic drawing class or equivalent experience. Supply list sent.

#### ARTS:735

**Six sessions | \$99**  
**601** Tu 1pm-3:30pm **Beverly Hoffman**  
*March 24 – April 28* *MC - CE Classroom*

**12 sessions | \$185**  
**M02** M 12pm-2:30pm **Nancy Muschany**  
*Feb. 2 – April 27* *St. John's Ev. UCC*  
*No class 2/16*

**W01** F 9am-12pm **Phyllis Smith Piffel**  
*Feb. 6 – April 17* *Bluebird Park*  
*No class 3/20*

**W02** F 12:30pm-3:30pm **Phyllis Smith Piffel**  
*Feb. 6 – April 17* *Bluebird Park*  
*No class 3/20*

**M03** W 12pm-2:30pm **Nancy Muschany**  
*Feb. 4 – April 22* *St. John's Ev. UCC*

### 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. No class 3/17.

**ARTS:740 | \$185**  
**P01** Tu 6pm-9pm **Lisa Payne**  
*Feb. 10 – April 21* *Nottingham, 103*

### Oil or Acrylics: Beginning

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. Supply list sent. Bring supplies to first class. Water-based oils are the only type allowed in the classroom.

**ARTS:740 | \$99**  
**300** Th 2pm-5pm **Lisa Payne**  
*Feb. 5 – March 5* *The Timbers*

### Oil or Acrylics: Continuing

Continue to advance your skills in a relaxed atmosphere. Progress at your own rate with 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 | \$99**  
**301** Th 2pm-5pm **Lisa Payne**  
*March 19 – April 16* *The Timbers*

### Oil or Acrylic Painting: Advanced Techniques

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 3/11, 3/18.

**ARTS:746 | \$185**  
**710** W 6pm-9pm **Brenda Schilling**  
*Feb. 25 – May 13* *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. 3 – April 14* *Kirkwood CC*  
*No class 3/17*

### Acrylic Impressions: Workshop

An accelerated workshop to jumpstart your skills. You'll work in a small size format to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list sent. All levels welcome. Students are responsible for setting up and taking down classroom tables. Class held in room 300 or 310. Please check at KCC office at first class for room schedule.

**ARTS:748 | \$79**  
**M02** Tu 12:30pm-3:30pm **Phyllis Smith Piffel**  
*April 21 – May 12* *Kirkwood CC*

## Exclamation Point!

*"Sean Long is an excellent teacher who takes each student from where they are to their next step."*

*Susan I., St. Louis*





**Painting Plein Air**

Paint Forest Park in your favorite medium (watercolor, acrylic or oil) while you explore the language of color. Paint at a variety of locations and discover the intricacies of mixing a limited set of colors each week to make an infinite number of tints and shades. Experience the emotions of color, paint the light and enjoy the park. The first session will meet at Forest Park campus for one hour. We will cover materials needed at this time. All following sessions are for two hours and meet in different locations in Forest Park. Provide your own transportation.

**ARTS:748 | \$79**  
**400** Tu 1pm-2pm **Maureen Brodsky**  
 March 31 *FP - G Tower, 115*  
 Tu 1pm-3pm  
 May 7 - April 12 *FP - Off Campus*

**Portraiture for All Mediums**

Combine your enjoyment of drawing and painting! Have you always wanted to capture a person's likeness with a portrait? In this class, you will learn proportions, helpful tips, essential techniques and follow step-by-step demonstrations for portraiture. You will begin with drawing and work into the paint medium of your choice. Water-based oil paints are the only type allowed in the classroom. This class is perfect for all skill levels. No class 3/21, 4/4.

**ARTS:748 | \$185**  
**580** Sa 1pm-4pm **Philip Perschbacher**  
 Feb. 7 - April 25 *FP - G Tower, 409*

**All About Framing Artwork**

A crash course in what's new, as well as framing design basics. How do you place artwork to beautify and protect the work? You will discover what is important for your needs - how to best prep your 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 18 *MC - SO, 232*



**Music**

**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. No class 3/17.

**MUSC:705 | \$66**  
**750** Tu 7pm-8:30pm **James Renz**  
 Feb. 10 - April 7 *Kirkwood H.S., W 115*

**Guitar: Beginning**

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

**MUSC:705 | \$69**  
**580** Sa 1pm-2pm **Christina Springer**  
 Jan. 31 - May 9 *FV - C, 114*  
*No class 2/21, 3/21, 4/18*  
**751** W 7pm-8:30pm **James Renz**  
 Feb. 11 - April 8 *Kirkwood H.S., W 115*  
*No class 3/18*  
**350** Th 7pm-8:30pm **Kelly Quinn**  
 Feb. 26 - April 23 *WW, 220*  
*No class 3/19*  
**710** M 7pm-8:30pm **James Renz**  
 Feb. 23 - April 27 *Clayton H.S., 102*  
*No class 3/9, 3/16*

**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 3/17.

**MUSC:705 | \$69**  
**730** Tu 7pm-9pm **Karl Markl**  
 Feb. 3 - March 31 *Bernard Mid. School, 106*

**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 3/17.

**MUSC:710 | \$69**  
**600** Tu 12pm-1pm **Cheryl Conley**  
 Jan. 27 - April 21 *MC - HE, 112*  
*No class 3/17*  
**650** M 6:01pm-6:59pm **Ronald Krausch**  
 Jan. 26 - April 27 *MC - HE, 112*  
*No class 2/16, 3/16*  
**680** Sa 9am-10am **Ronald Krausch**  
 Jan. 31 - May 2 *MC - HE, 112*  
*No class 3/21, 4/4*

**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 2/21, 3/21, 4/18

**MUSC:710 | \$89**  
**580** Sa 8am-9:30am **Christina Springer**  
 Jan. 31 - May 9 *FV - C, 114*

**Piano: Advanced Beginning**

Learn: more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. 'Pop' music introduced. Songs will be played in major keys. There is a review at course's beginning if needed. Prerequisite: Basic knowledge of keyboard and letter names of notes recommended. Text and headphones with 1/4 inch adapter required. No class 3/16.

**MUSC:711 | \$69**  
**600** Tu 1:01pm-2pm **Cheryl Conley**  
 Jan. 27 - April 21 *MC - HE, 112*  
*No class 3/16*  
**680** Sa 10:01am-11am **Ronald Krausch**  
 Jan. 31 - May 2 *MC - HE, 112*  
*No class 3/21, 4/4*

**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 2/21, 3/21, 4/18

**MUSC:711 | \$89**  
**580** Sa 9:31am-10:59am **Christina Springer**  
 Jan. 31 - May 9 *FV - C, 114*

**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. No class 3/19.

**MUSC:712 | \$69**  
**600** Th 12pm-1pm **Cheryl Conley**  
 Jan. 29 - April 23 *MC - HE, 112*  
*No class 3/19*  
**650** M 7pm-8pm **Ronald Krausch**  
 Jan. 26 - April 27 *MC - HE, 112*  
*No class 2/16, 3/16*

**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 3/19.

**MUSC:713 | \$69**  
**600** Th 1:01pm-1:59pm **Cheryl Conley**  
 Jan. 29 - April 23 *MC - HE, 112*

**Exclamation Point!**

*"I took the guitar class to learn something new. Not only did I learn how to play the guitar, but I've made some new friends and plan on continuing with more new things!"*

*Joe S., Affton*

## PERSONAL ENRICHMENT

### 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 3/17.

**MUSC:713 | \$69**

601 Tu 9:01am-9:59am  
Jan. 27 - April 21

**Cheryl Conley**  
MC - HE, 112

### Harmonica: Beginning

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

**MUSC:720 | \$39**

651 M 7pm-8pm  
Jan. 26 - Feb. 9

MC - CE Classroom

350 M 7pm-8pm

March 23 - April 6

WW, 201

### Beginning Harmonica 2 - More Songs, More Fun

A continuation of the "C" diatonic harmonica along with an accompaniment CD. Prerequisite: Harmonica: Beginning or equivalent experience. A "C" diatonic harmonica and the Harmonica: Beginning text are required and available for purchase at class if needed.

**MUSC:720 | \$39**

650 M 7pm-8pm  
April 13 - 27

MC - CE Classroom

### Meramec Orchestra

Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS.132.651 (10731). Auditions for seating only. Contact the conductor at 314-984-7636. No class 2/16, 3/16.

**MUSC:714 | \$25**

220 M 7pm-9:20pm  
Jan. 26 - May 18

**Gary Gackstatter**  
MC - HW, 102

### Symphonic Band

Study and performance of representative symphonic band literature. Available for credit as MUS 134.650 (10732). Auditions for seating only. Call the conductor at 314-984-7636. No class 3/13.

**MUSC:716 | \$25**

220 Th 7:30pm-10:10pm  
Jan. 22 - May 14

**Gary Gackstatter**  
MC - HW, 102

### Meramec Choir

A study of advanced choral literature. Emphasis on vocal technique and development. Available for credit as MUS 135.601 (10733). Auditions for part assignment only. Contact the conductor at 314-984-7638. No class 3/17, 3/19.

**MUSC:717 | \$25**

220 TuTh 12:30pm-1:50pm  
Jan. 20 - May 14

**Gerald Myers**  
MC - HW, 102

### Digital Photography: Introduction

Come learn the basic skills involved in photography, such as camera skills, and the use of light, exposure, and composition. Understand aperture, shutter speed, ISO, basic composition, depth of field and histograms. You will need a digital camera and memory card. Provide own transportation.

**PHOT:704 | \$69**

650 Th 7pm-9pm  
Jan. 29 - Feb. 26

**Jason Gray**  
MC - LH, 101A

680 Su 12pm-3:20pm

**Gary Hesse**

Feb. 1 - Feb. 22

MC - SW, 210

C01 Tu 9:30am-12pm

**Gary Hesse**

Feb. 3 - Feb. 24

Corp. College, 208

### Digital Photography: Intermediate

This class is geared for you to continue and expand on learning about composition and lighting techniques. You will learn how lighting and composition will change the way you take photos and enhance your skills as a photographer. This class is the next step for introductory photography students or those who have a fundamental knowledge of their camera functions. Bring your camera and accessories. Prerequisite: Digital Photography: Introduction or Take Better Pictures: Introduction or equivalent experience.

**PHOT:704 | \$69**

C02 Tu 9:30am-12pm  
March 5 - March 31  
No class 3/17

**Gary Hesse**  
Corp. College, 208

651 Th 7pm-9pm  
March 5 - April 9

**Jason Gray**  
MC - LH, 101A

No class 3/19

681 Su 12pm-3:20pm  
March 1 - March 29

**Gary Hesse**  
MC - SW, 210

No class 3/22

### Digital Photography: Advanced

This class is geared for you to continue and expand on learning about composition and lighting techniques. You will learn how lighting and composition will change the way you take photos and enhance your skills as a photographer. This class is the next step for introductory photography students or those who have a fundamental knowledge of their camera functions. Bring your camera and accessories. Prerequisite: Digital Photography: Intermediate or Take Better Pictures: Intermediate or equivalent experience.

**PHOT:704 | \$69**

C03 Tu 9:30am-12pm  
April 14 - May 5

**Gary Hesse**  
Corp. College, 208

652 Th 7pm-9pm  
April 16 - May 14

**Jason Gray**  
MC - LH, 101A

682 Su 12pm-3:20pm  
April 12 - May 3

**Gary Hesse**  
MC - SW, 210

### Nature & Outdoor Photography

Improve your outdoor photography skills and expand your creativity. In this hands-on class, you'll learn the techniques to transform your nature and outdoor photography with infield, hands-on photo instruction coupled with classroom sessions and image critiques. You will gain a greater understanding of what makes a great photo, learn the techniques required, and pick up some tips and tricks professional photographers use. This class will meet in a classroom and in a nature setting. You will need to have your photos developed or printed and brought to the last class. Prerequisite: Digital Photography Introduction or Take Better Pictures: Introduction or equivalent experience. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation.

**PHOT:708 | \$59**

680 Sa 9am-11am  
April 11 - May 2

**Jason Gray**  
MC - SW, 210

### 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: Digital Photography Introduction or Take Better Pictures: Introduction or equivalent experience. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation.

**PHOT:711 | \$59**

680 Sa 9am-11:30am  
Jan. 31 - Feb. 21

MC - SW, 206

### Field Photography: Sporting Events, Weddings, etc.

A large percentage of professional photography these days is done in the field at events like weddings, plays, award ceremonies and sporting events. Learn how to shoot and pose like a pro! Also covered in this class will be customer service, contracts, album design and much more! Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation. Prerequisite: Digital Photography Introduction or Take Better Pictures: Intermediate, 35MM and Digital Photography: Intermediate or equivalent experience. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation.

**PHOT:712 | \$59**

680 Sa 9am-11:30am  
Feb. 21 - March 14

MC - SW, 210



Look for course descriptions for the following Adobe Photoshop classes for the Digital Photography Essentials Certificate in Computers & Technology on page 17.

### Adobe Photoshop Creative Cloud (CC): Introduction

Prerequisite: Windows Introduction class or equivalent experience.

**COMP:755 | \$129**

C50 Th 6pm-9pm  
Feb. 5 - Feb. 26

**Zak Zych**  
Corp. College, 206

### Adobe Photoshop Creative Cloud (CC): Intermediate

Prerequisite: Adobe Photoshop Introduction class. No class 3/19.

**COMP:755 | \$135**

C51 Th 6pm-9pm  
March 5 - April 2

**Zak Zych**  
Corp. College, 206

### Adobe Photoshop Creative Cloud (CC): Advanced

Prerequisite: Adobe Photoshop Intermediate class.

**COMP:755 | \$135**

C52 Th 6pm-9pm  
April 16 - May 7

**Zak Zych**  
Corp. College, 206



## Digital Photography Essentials 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 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.**

## Photography

### Digital Photography - Beginning Portraits

Learn to take portraits with a professional photographer. You'll practice your new photography skill on friends and family and then learn to transfer your pictures from the camera to a computer's editing program and create your finished product. Fee includes all materials. However, students must bring a digital camera to use. May also bring a laptop. IBM and Mac computers at the studio are for demonstration - not for hands-on photo editing.

PHOT:704 | \$69  
M01 Sa 2pm-5pm  
April 4 - April 11

Masterpeace Studios

### 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 3/20.

PHOT:705 | \$89  
480 F 6:30pm-9pm  
Feb. 20 - April 3

Cheryl Petrovic  
FP - F Tower, 411

## 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 toward completion of a certificate.*

### Writing Certificate Requirements:

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

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

## Theatre Arts

### Actor's Workshop: Beginning and Brush-up

Curtain up! A fun workshop for beginning actors and a great brush-up for more experienced actors. Prepare monologues and develop cold reading techniques while you build your confidence and sharpen your auditioning skills. Have a blast acting out scenes with fellow classmates and enjoy learning more about your talent! No class 3/16.

THTR:701 | \$95  
650 M 7pm-9pm  
March 2 - May 11

David Houghton  
MC - CN, 225

### New Improv Comedy for Beginners

Step out of your comfort zone and explore the creative world of Improv! If you like the show "Whose Line Is It Anyway?" You'll love this class. Learn how to think on your feet and live in the moment while having fun! After taking this class, you will understand the basic structure of improvisation and be able to play improv games with confidence.

THTR:765 | \$45  
C50 M 6:30pm-8:30pm  
March 9 - March 30

Bob Baker  
Corp. College, 219

## 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  
652 M 7pm-9:30pm  
Feb. 23 - March 23  
No class 3/16

Jordan Oakes  
MC - CS, 205

### Creative Writing Workshop

This class is for beginning or experienced writers. We'll emphasize self-exploration and experimentation through a variety of activities. This will include reviewing other creative works and engaging in writing exercises that will stimulate your thinking as you learn to convey ideas effectively. Throughout the day, you'll sharpen your creative voice and discover what works best for you. Bring a sack lunch - you'll have the opportunity to ask individual questions and share your experiences.

WRIT:701 | \$59  
480 Sa 9am-3pm  
March 14

Daphne Rivers  
FP - G Tower, 113

### So You Want to Be a Writer?

For many, sitting in a chair and typing words is the first step in the journey from writer to Writer. After settling in, a new set of less obvious and less easy to answer questions may arise. What should I write? How can I improve my writing? What do I do after the work is done? This class seeks to answer these questions and others through an introduction to form, hands on exploration, and a discussion of how writers work. Whether for personal expression or to share with others, this class aims to answer your questions on what it takes to become a writer.

WRIT:701 | \$29  
650 M 6:30pm-9:30pm  
Feb. 9

Jeff Van Booven  
MC - CS, 209

### 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 copies to share for peer review.

WRIT:701 | \$69  
653 M 7pm-9:30pm  
April 6 - April 27

Jordan Oakes  
MC - CS, 205

### 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. In the first class session you'll explore your personal creativity through writing; the second session you'll progress to sensory, description and story expression.

WRIT:701 | \$29  
780 W 7pm-9pm  
March 4 - March 11

Beverly Letchworth  
Lindbergh H.S., 42

## The Craft of Writing

### Boot Camp for Writers

Do you have an idea for a fiction or nonfiction story or memoir, but don't have the discipline to get started? Are you working on a project, but need feedback as you go? With weekly assignments and guided in-class critiques, this 4-session class will help you get writing, stay writing, or improve the writing you already do. All genres welcome. If you have a work-in-progress, bring copies to share for peer review.

WRIT:701 | \$69  
651 W 7pm-9:30pm  
Feb. 18 - March 11

Jordan Oakes  
MC - CS, 204

### Revising and Editing - A Writer's Workshop

Writing workshops are a time-tested strategy for aspiring professional writers who want to improve their writing skills. Our instructor and your classroom peers will guide you as you explore the craft of writing, using your own work as a basis for advancement and growth. Students need to bring several copies of a work in progress to share (bring to first class).

WRIT:706 | \$69  
653 W 7pm-9:30pm  
April 1 - April 22

Jordan Oakes  
MC - CS, 204

## Exclamation Point!

*"I took the Writing courses to become a better writer. I found a community of writers in these classes. It has been very helpful!"*

Denise L., - Oakville

**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 "then" and "than." If you sometimes struggle with the basics in your writing, come join us. You'll brush up on proofreading, grammar, sentence structure, and word usage. Lit agents and magazine editors throw error-filled manuscripts into the rejection pile, no matter how mesmerizing your metaphors. With good copy editors costing around \$40 per hour, it pays to write well enough to avoid them as much as possible. Review the basics and you'll be able to edit your own work like a pro. No class 3/17.

**WRIT:706 | \$69**  
 651 Tu 7pm-9:30pm **Jordan Oakes**  
 Feb. 24 - March 24 *MC - CN, 225*

**Publishing**

**How to Publish Your Own Book: What You Need to Know**

Have you been thinking about writing a book (or perhaps you have written one) and are curious about how to publish it yourself? In this four-hour workshop, we'll cover the realities of independent publishing, how editing and design can make your book look great, options for getting your book into print, sales channels, eBook production and tips for book marketing. Presented by the St. Louis Publishers Association.

**WRIT:704 | \$39**  
 681 Sa 8am-12pm **Jordan Oakes**  
 April 18 *MC - SO, 109*

**How to Write the Perfect Query Letter**

Getting the attention of a literary agent in the traditional publishing world seems impossible! Whether you're working on a fiction manuscript or have a completed novel ready to submit for publication, now's the time to perfect your query letter. A strong query letter is the first step in getting your manuscript published and without it, your work will be lost in the slush pile. Join writer Heather Luby, who is represented by the prestigious literary agency Brandt & Hochman in New York City, and learn how to write a compelling and professional query. This two-night class will cover how to draft a killer query letter and synopsis, and then provide feedback on your query letter so you can feel confident it is strong. Students should bring a short summary of their manuscript to class and be prepared to work in small groups.

**WRIT:704 | \$49**  
 651 Th 7pm-9:30pm **Heather Luby**  
 March 5 - March 12 *MC - CS, 209*

**WordPress for Writers: Easy Website Design for Online Publishing**

Looking for a place to share your poetry, essays, short stories and other creative works with the world? Why not design the perfect online forum yourself with WordPress, which draws more than 409 million people who view 15.8 billion pages each month? WordPress is one of the world's most popular Web design tools because it's free, easy to use and produces professional results. In fact, WordPress sites are so pro that you can even use them as an online hub for marketing your work to journals, magazines and other print or online publications. Prerequisite: Windows Introduction class or equivalent experience. Students must bring their own laptop or tablet computer and already have a generic email account through Gmail, Yahoo or Hotmail and know this email address and password. Bring a sack lunch.

**WRIT:704 | \$59**  
 680 Sa 9:30am-4pm **Charlene Oldham**  
 Feb. 28 *MC - SO, 206*



**Social Media for Writers**

Facebook, Twitter, Google Plus, Pinterest, Instagram — it seems like there's a new "must have/must do" social media platform popping up every week. As a writer, you're told by agents, publishers, and fellow writers that you need to have a presence, a platform, a brand. Just what does that mean? Which tools should you use? How much do you have to do? And how do you do it right? In this one-day workshop, you'll explore the various social media channels available for aspiring and established authors, discuss best practices and do's and (in particular) don'ts, and get started on setting up your own account. Bring a sack lunch and a laptop or tablet to get the most out of this class.

**WRIT:719 | \$59**  
 680 Sa 9am-3:30pm **Jeffrey Ricker**  
 April 11 *MC - SO, 111*

**Freelancing for Fun and Profit**

Do you want to get paid for exploring your passions or sharing what you know with others through carefully crafted non-fiction news and feature articles? This four-week course will teach you how to develop ideas and mold them into pieces fit for newspapers, consumer magazines, trade magazines, blogs, online magazines and more by covering some of the basics of reporting, writing and selling stories. No matter what your interests or expertise, you will learn how to identify markets, write query letters, research and interview and write articles that will get you published for profit. Bring recent copies of some of your favorite publications as well as any original story ideas you'd like to see in print.

**WRIT:704 | \$69**  
 650 W 7pm-9pm **Charlene Oldham**  
 Feb. 18 - March 11 *MC - CS, 206*

**Genre**

**The Basics of Fiction Writing: A Two Night Primer**

Are you eager to write fiction but unsure of where to start? Have you wanted to begin a short story, or novel but require direction and encouragement? Through easy-to-follow lectures, learn the basic elements of the fiction writer's craft: structure, characterization, plot, dialogue, point of view, style, and voice. Gain experience with each element by engaging in a series of inspiring in-class exercises. You'll acquire the tools necessary to begin or refine your own works of fiction, generate new story ideas, and gain the inspiration and momentum required to begin writing in earnest.

**WRIT:706 | \$49**  
 654 Th 7pm-9:30pm **Heather Luby**  
 April 16 - April 23 *MC - CS, 209*

**Flash Fiction: The Art of Writing the Very Short Story**

Flash fiction, widely published in print and online journals, is the perfect avenue for writers looking to improve their skills and find publication. Commonly defined as a story less than 1,000 words, flash fiction uses brevity create a fully immersive experience for your reader. Join Heather Luby, Managing Editor of The Citron Review, to learn the essential writing techniques of flash fiction and to discover the writing style best suited to your interests, voice and passion. This course is suitable for all writers, including poets, novelists and memoirists. For the second session of the class, students will be given the opportunity to write and receive feedback on their own flash creations.

**WRIT:706 | \$49**  
 650 Th 7pm-9:30pm **Heather Luby**  
 Feb. 19 - Feb. 26 *MC - CS, 209*

**Focus on Fiction: Art of Writing Love Scenes**

Writing a passionate love scene takes skill. If an author isn't careful, the writing can be plagued with clichés and euphemisms, both of which can make the writing seem juvenile or worse, funny. By contrast, a great love scene can illuminate character, deepen the readers understanding of character relationships, as well as further the plot and theme of the work. In this one-night course, you will learn the key elements that make a love scene memorable, while also reviewing the writing elements such as dialogue, setting, and point-of-view that are necessary to create an unforgettable scene!

**WRIT:706 | \$25**  
 652 Th 7pm-9:30pm **Heather Luby**  
 March 26 *MC - CS, 209*

**Mining Your Soul Story**

Our bodies record the sum of our experiences. Writing allows us to make meaning out of these memories. It separates what we are experiencing or have experienced from our reaction to it. Focused writing can be used to heal and manage pain. Using various prompts, reflective journaling time, and shared conversation, you will be given tools for mining and writing your own soul story. This workshop is intended for everyone—whether you are new to writing or a long-time journal writer. Bring a sack lunch.

**WRIT:710 | \$49**  
 680 Sa 9am-3pm **Mary Eigel**  
 Feb. 28 *MC - SO, 109*

**Write Your Memoir**

Creativity isn't always required when it comes to good storytelling. When we write about our own lives and experiences, the story within us comes complete with compelling characters you already know and a great plot that's already been lived. We have everything we need right at our fingertips when we compose a memoir - except, perhaps, the writing techniques that can help us feel confident enough to put it all down on paper. A memoir isn't necessarily the same as an autobiography. It can focus on just your childhood or your adult years — or simply one particularly life-changing day. Every life is fascinating. Every story deserves to be told — and written. This class will guide you in writing your own very unique and special memoir.

**WRIT:714 | \$59**  
 P01 F 10am-12pm **Jordan Oakes**  
 March 6 - March 27 *Thomas Dunn Learn. Ctr.*

**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**  
 601 W 1pm-3pm **Jean Alessi**  
 April 1 - April 15 *MC - CE Classroom*

**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**  
 600 W 1pm-4pm **Jean Alessi**  
 March 25 *MC - CE Classroom*

**Writing Fiction for Young Adults**

J.K. Rowling, Susan Collins, John Green, Sherman Alexie - some of the biggest names in fiction these days, write for children and young adults. YA fiction covers a variety of genres from the literary realism of "The Absolutely True Diary of a Part-time Indian" to the dark, dystopian fantasy of "The Hunger Games". YA literature is so compelling that more than a quarter of readers are not teens at all, but rather adults. In this class we'll explore what makes a novel a YA novel and discuss aspects of character, plot, and voice and how they help shape the YA book. Students will engage in in-class writing exercises, and will finish the course with an outline or synopsis and first chapter of their YA novel.

**WRIT:719 | \$69**  
 650 Tu 7pm-9:30pm **Jeffrey Ricker**  
 Feb. 17 - March 10 *MC - CN, 230*

**Writing the Short Story**

Short stories are making a comeback in a big way, with the Nobel Prize win by acclaimed short story writer Alice Munro and George Saunders' win of the Folio Prize for "Tenth of December." We'll use in-class writing exercises, written comments and workshop critiques to develop your understanding of what makes successful short fiction. We'll also read great short stories by some of the masters of the form.

**WRIT:719 | \$69**  
 651 Tu 7pm-9:30pm **Jeffrey Ricker**  
 March 31 - April 21 *MC - CN, 225*

**Screenwriting: Introduction**

Do you ever watch movies and think, "I could write something better than that!?" Well here's your chance to learn how. Screenwriting is both a craft and an art, and doing it well requires a solid foundation in the fundamentals of good storytelling. In this class, you'll learn all the key elements of writing a screenplay, including story structure, plot, scene development, characterization, and dialogue. A series of writing assignments will guide you toward mastering the basics of screenwriting and help you begin work on your own script. The course goal is to complete a step outline or beat sheet that prepares you to turn your story idea into a screenplay. This is a great class to get a solid foundation in screenwriting, review fundamentals and craft essentials, finish a first draft, or start your next script. Class is taught by a Writers Guild of America screenwriter whose credits include "The Bold and the Beautiful" and "Touched by an Angel."

WRIT:719 | \$89

550 W 7pm-9:30pm  
March 25 - April 29

Rita Russell  
FV - SS, 102

**Playwriting**

Many Hollywood writers get their start as play writers. In this four-week class, you'll explore story writing for theatre by applying form and structure that will add visualization and characterization to your creative writing techniques. There will be in-class exercises and you'll workshop creative projects. The goal is for you to complete a ten-minute play and learn the art of submitting a script to a theatre company for a potential production. We'll also discuss short plays by various successful playwrights from around the country. If you have a work-in-progress, bring it to class.

WRIT:719 | \$69

653 Tu 7pm-9pm  
March 31 - April 21

Caitlin McCommis  
MC - CN, 230

**Certificate Completion**

**Portfolio Review - Certificate Program**

This is for confirmation that students have met the requirements of the Writing Certificate program. You must submit your portfolio 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 register for the portfolio review again, until the faculty member is satisfied with the quality of your work.

WRIT:765 | \$69

650 TBA  
651 TBA

Heather Luby  
Jordan Oakes

**Nature, Home and Garden**

**Animal Care**

**Pet First Aid**

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

ANIM:702 | \$25

680 Sa 9:30am-11:30am  
April 18

Dr. Teresa Garden  
MC - SO, 108

**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. 7 - March 14

Susan Baxter-Carr  
RiverChase-Fenton

M02 Sa 9:30am-11am  
March 21 - May 2  
No class 4/4

Susan Baxter-Carr  
RiverChase-Fenton

**Fun Tricks to Teach Your Dog**

Every dog can do fun tricks. You will learn how to teach your dog standard tricks, such as Shake Hands, Fetch & Release, High 5, Speak, Kiss, Give a Hug, (and our favorite) "Cookie on the Nose," plus we'll introduce you to some that are designed to use your dog's specific abilities, such as Wave, Take a Bow, Figure 8, Take a Nap, and more. Dogs should be at least one year old and well-controlled around other dogs. Previous obedience class or training is preferred, but not required as long as dog obeys: Sit, Down, and Wait or Stay commands. You must be willing to practice at home. Training is by Positive Reinforcement. Bring your dog and required training equipment to class: buckle or training collar, 4-6 ft. leash, yummy dog treats or a favorite toy.

ANIM:704 | \$49

M01 Sa 11am-12pm  
Feb. 7 - March 14

Susan Baxter-Carr  
RiverChase-Fenton

**Canine Good Citizen**

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

ANIM:706 | \$59

M01 Sa 12pm-1pm  
Feb. 7 - March 14

Susan Baxter-Carr  
RiverChase-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 4/4.

ANIM:706 | \$69

M05 Sa 11am-12:30pm  
March 21 - May 2

Susan Baxter-Carr  
RiverChase-Fenton

**Dog Sports: K9 Nose Work**

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

ANIM:706 | \$69

M03 W 7:30pm-8:45pm  
March 11 - April 15

Sandra Ellison  
RiverChase-Fenton

**Dog Sports: K9 Nose Work (without the dog)**

This class is the same as ANIM 706 M03, but without the dog. If you would like to learn to play this sport with your dog but due to your dog's shy, nervous, or reactive behavior aren't comfortable bringing him/her to a multi-dog activity. You are welcome to register to attend for yourself, to learn and watch and do the exercises with your dog at home.

ANIM:706 | \$59

M04 W 7:30pm-8:45pm  
March 11 - April 15

Sandra Ellison  
RiverChase-Fenton

**Advanced K9 Nose Work: Vehicle Searches and Exterior Hides**

If you and your dog loved our DogSports K9 Nosework course, you'll love the new challenges presented in these follow-up sessions. This advanced course will introduce new elements used in trials, though competition is not the goal or a requirement. Class will be held outdoors (weather permitting) and will include both exterior "hides" and vehicle searches. The trainer will also work on your ability to read your dog. These new search areas will be both challenging and more exciting for the dog and handler. Give your sniff-loving canine new skills. Prerequisite: Dogs must have successfully completed the beginning K9 Nose Work course.

ANIM:706 | \$59

M02 W 6pm-7pm  
March 11 - April 15

Sandra Ellison  
RiverChase-Fenton

**Cats: Understanding Them Better**

Does your cat have you curious and wondering? Join us for an informative evening, designed just for cat owners. Our veterinarian will discuss the development, health, and behavior of domestic cats with emphasis on why cats behave as they do, how you might train a cat, and the health care of your pet.

ANIM:710 | \$19

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

Dr. Gerald Williams  
Kirkwood H.S., W 109

**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  
March 5

Susan Baxter-Carr  
WW, 201

Gain Valuable Computer Skills for the Workplace from the comfort of your home!



Visit our site to learn more.

[www.ed2go.com/stlcc](http://www.ed2go.com/stlcc)



## 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.

ANIM:741 | \$29  
650 Th 7pm-9:30pm  
Feb. 19

MC - SO, 105

### 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, 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.

ANIM:741 | \$29  
651 Th 7pm-9:30pm  
March 12

MC - SO, 105

### 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 for 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!

ANIM:741 | \$29  
652 Th 7pm-9:30pm  
April 16

MC - SO, 105

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



## Home Improvement

### Basic Car Maintenance

This course is designed to help you better understand your cars, the auto repair industry and service problems you may encounter. Combines lecture on specific maintenance problems with laboratory sessions during which you will have the opportunity to inspect and perform minor repairs and maintenance on your own car.

AUTO:701 | \$29  
P01 Th 6pm-9pm  
April 16

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  
MO1 W 6pm-9pm  
Feb. 25 - April 22

Gus Sturmfels  
Kirkwood H.S., ET 170

### Interior Design: Building, Remodeling or Updating Your Home

Building, remodeling or updating your home can be very stressful, but it doesn't have to be a nightmare. In this class you'll learn how to set priorities for your project and stay within your budget. You'll learn how to prevent costly mistakes before they happen. We'll investigate the many affordable choices available in furniture, cabinetry style and wood choices, countertops, flooring, tile, faucets, paint options and hardware. You'll learn what proportionate sizes are best for your space. Whether you're interested in enlarging your home, building a new home or simply making your current space more attractive, this class is for you. An additional class meeting is a 2-hour field trip (TBA). Provide own transportation.

HOME:702 | \$69  
350 W 6:30pm-8:30pm  
Feb. 18 - March 4  
SO5 M 6:30pm-8:30pm  
April 6 - April 20

Kathryn Leinauer  
WW, 223  
Kathryn Leinauer  
SCEUC, 100

### 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. 5

Kimberly Hany  
MC - SO, 205

### Kitchen Planning for Home Remodeling

Explore the possibilities for your kitchen with this hands-on kitchen design class. Learn the basics of functional appliance and cabinetry placement, the specifics of kitchen cabinet sizes and the many features and options available. Bring a pencil, paper and ruler; we will be drawing floor plans to scale. Measurements and photos of your existing kitchen recommended.

HOME:703 | \$29  
651 M 7pm-9:30pm  
March 9

Kimberly Hany  
MC - BA, 112

### Bathroom Design for Home Remodeling

One of the best decisions you'll make about your new bathroom starts here. Whether you're planning a simple update, completely remodeling, or starting from scratch, your first step should be attending this informative class. Our expert will get you started with the knowledge you need to create an affordable and beautiful bathroom. She'll talk about the basics of functional fixture placement and explore the many features and options available in vanities, linen cabinets, vanity tops, etc.

HOME:703 | \$29  
652 M 7pm-9:30pm  
Feb. 9

Kimberly Hany  
MC - BA, 112

**Refinish, Reface, or Replace?**

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

HOME:703 | \$29

653 Tu 7pm-9:30pm

April 7

Kimberly Hany

MC - CS, 209

**Interior Design: Color Schemes for Home, Kitchen and Bath**

Give your home a face lift! Whether you prefer a bold or quiet color scheme, our experienced interior designer will show you how to select the best options for your space. You'll learn the secret of achieving a properly balanced and equally distributed color placement. We'll explore the combination of patterns in fabrics and furniture and how to integrate these patterns into your space. The selection of paint color, the color choices of wood tone, counter tops, cabinets, light fixtures and hardware will be addressed. Second class is a 2-hour field trip (TBA). Provide own transportation.

HOME:708 | \$39

350 W 6:30pm-9:30pm

March 11

Kathryn Leinauer

WW, 223

S05 M 6:30pm-9:30pm

April 27

Kathryn Leinauer

SCEUC, 100

**Interior Design: Accessories for Home, Kitchen and Bath**

Well-chosen accessories are the perfect finishing touch that every room deserves. In this class, you'll learn from a professional interior designer how to select the right shapes and sizes for your accessories and how to place them into the correct proportionate space. Choices of color and the combinations of patterns will be demonstrated. After this class, your rooms will reflect your personality with a professional touch. Second class is a 2-hour field trip (TBA). Provide own transportation.

HOME:709 | \$39

350 W 6:30pm-9:30pm

March 25

Kathryn Leinauer

WW, 223

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

Feng Shui design is easy to understand. It can help you create a home that attracts positive energy to your life and empowers you to express your individuality and achieve your goals. You'll learn essential design principles and how focused 'intention' helps you achieve significant changes in your life. Discover the influence of your stove, front door, master bedroom, color and furniture placement in creating beauty and harmony in your home and life.

HOME:710 | \$25

750 Tu 6:30pm-9pm

Feb. 24

Samantha Shields

Kirkwood H.S., E 184

**De-clutter the Feng Shui Way: Add Energy, Clarity and Freedom to Your Life**

Clutter is time-consuming, messy, expensive and brings down your energy. The Feng Shui approach to clutter is different from other methods. 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, empowered outlook for living clutter-free.

HOME:710 | \$25

751 Tu 6:30pm-9pm

March 10

Samantha Shields

Kirkwood H.S., E 184

**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

550 W 7pm-9pm

Feb. 4

756 Tu 7pm-9pm

April 21

Jean Linton

FV - SC, PDR-B

Jean Linton

Kirkwood H.S., SA 1

**Do-It-Yourself Drywalling**

Our experienced handyman 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

553 W 7pm-9pm

March 11

755 Tu 7pm-9pm

April 14

Jean Linton

FV - SC, PDR-B

Jean Linton

Kirkwood H.S., SA 1

**Do-It-Yourself Painting**

Of course you can paint, but can you paint like a pro? Learn how to prepare surfaces - what to use and what not to use. We'll tell you if and what you need to prime with primer vs. stain blockers. Our instructor will talk about techniques for texturing to make your patches not look like a patch. You can make your paint brush do the work - sounds simple but we'll explain how that makes the job easier. And of course, finishing the job: ways to keep clean-up easy and/or quick.

HOME:713 | \$19

752 Tu 7pm-9pm

March 24

Jean Linton

Kirkwood H.S., SA 1

**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 must be taken home each week. If time permits, a second small project will be allowed, but additional supply charges will be required. Instructor highly allergic to pet-dander, please be considerate. No class 3/21, 4/4.

HOME:711 | \$189

580 Sa 9am-1pm

Feb. 21 - April 18

Howard Johnson

FV - E, 156

**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

750 Tu 7pm-9pm

Feb. 10

Jean Linton

Kirkwood H.S., SA 2

**Fearless Home Repair: Electrical**

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a "hands-on" focus. We'll talk about electricity and safety, most people's #1 concern. If you need a new light fixture, wall switch or outlet, this class will guide you. We'll talk about other small electrical problems and the difference between aluminum and copper wiring and how to work with both. We'll look at how-to, when-to and when it's safer NOT-to. You won't need to fear performing your own simple DIY electrical repairs or have to pay someone else do it for you after this class.

HOME:713 | \$19

551 W 7pm-9pm

Feb. 25

753 Tu 7pm-9pm

March 31

Jean Linton

FV - SC, PDR-B

Jean Linton

Kirkwood H.S., SA 1

**Fearless Home Repair: 5 Repairs Every Homeowner Should Know**

Would you like to be able to do some simple home repairs yourself? There are some household repairs and tasks you can do without using special tools. Come learn to locate utility shut offs, re-light a pilot light, fix a faucet, replace a furnace filter and replace electrical outlets and switches. Performing these few tasks yourself can save you a lot of money!

HOME:713 | \$19

751 Tu 7pm-9pm

Feb. 17

Jean Linton

Kirkwood H.S., SA 2

**Fearless Home Repair: Simple Plumbing Repairs for Kitchens and Bathrooms**

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a "hands-on" focus. If your toilet runs, your drains are slow, you need a new faucet, this course is for you! We'll look at how-to, when-to and when it's better NOT-to. We'll cover common kitchen and bathroom plumbing problems that you can fix yourself, once you know how to do it!

HOME:713 | \$19

754 Tu 7pm-9pm

April 7

552 W 7pm-9pm

March 4

Jean Linton

Kirkwood H.S., SA 1

Jean Linton

FV - SC, PDR-B

**Exclamation Point!**

*"Jean Linton was wonderful! I learned all about drywalling and have helped two family members with their homes."*

*Jamie R., Maryland Heights*

**Like us on Facebook**



**St. Louis  
Community  
College  
Continuing  
Education**



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 Landscape & Gardening.
- Volunteer **25 hours** with a local nature-related organization.

The courses listed in Nature, Landscape & Gardening, and Ecology meet the curriculum requirements for the Master Naturalist Certificate.

**Nature**

**Introduction to Beekeeping**

Of the 4,000 native species of bees that live in North America, Missouri is home to more than 400 bee species—including 10 bumblebees. Honey bees are an exotic species first introduced into the New World in 1622. Bees play an important role in agriculture as pollinators of flowering plants that provide food, fiber, spices, medicines and animal forage. Beekeeping can be a hobby, a secondary business, or a full-time vocation. It is a relatively inexpensive hobby that provides a sweet bonus each year. Is beekeeping right for you? Come and learn how to attract native pollinators and honey bees by planting a pollinator-friendly garden and constructing nesting habitat for native pollinators. We will also present introductory information on getting started with beekeeping and honey bee products of the hive.

**NATR:715 | \$25**  
 680 Sa 9am-12pm **Yvonne Von Der Ahe**  
 Feb. 7 *MC - SO, 107*

**Introduction to Bird Watching**

According to the U.S. Fish and Wildlife Service, more than 45 million Americans identify birding as one of their favorite pastimes. Whether you are an amateur bird enthusiast, or are interested in learning more about bird identification, migratory patterns, and wildlife in your own backyard, this class is for you! Join educators from the St. Louis Audubon Society to discover how to identify bird species by sight, song, physical attributes, and behaviors. You'll also learn how to research your findings in guidebooks and how to attract more birds to your backyard through feeding and landscaping. Field trip on Saturday will allow you to practice your new skills and learn about the best places to view a variety of birds in the St. Louis area. Field trip details to be discussed in class. Provide own transportation. Class is offered in partnership with the St. Louis Audubon Society.

**NATR:709 | \$29**  
 652 Tu 7pm-9pm **Marty Smigell**  
 March 10 *MC - SO, 108*  
 Sa TBA  
 March 14 *MC-Off Campus*

**New Birds of MO: Egg and Nest Identification**

It can be a delightful experience to watch a bird nest in a backyard bird house or nearby tree, but what birds are making which nests and whose eggs are inside? Join a St. Louis Audubon Society educator and take a look at their egg and nest collection for some helpful clues. You'll explore shapes, nest materials, size, construction and locations. See what bird uses moss to line the nest, which one uses feathers or who would build a nest in an old shoe. After a short bird identification review, you'll have an opportunity to try your hand at building a nest. Offered in partnership with the St. Louis Audubon Society.

**NATR:709 | \$19**  
 650 Tu 7pm-9pm **Vicki Flier**  
 Feb. 10 *MC - SO, 108*

**Owls of Missouri**

Join in this exploration of the diverse variety of owls found in the United States including the 18 species of North America and the eight species native to Missouri. Special focus will be on the four main owls found here in Missouri: the barred owl, the screech owl, the barn owl and the great horned owl. Participants will also dissect owl pellets in order to learn more about the owls' eating habits. Offered in partnership with St. Louis Audubon Society.

**NATR:709 | \$19**  
 651 Tu 7pm-9pm **Marty Smigell**  
 Feb. 24 *MC - SW, 106*

**New What's that Canada Goose Doing in Missouri?**

Did you know that not all Canada geese are native to our northern neighbor Canada? Join GeesePeace St. Louis and explore the history of the giant Canada goose (*Branta canadensis maxima*) in Missouri. They were once plentiful, then driven to the point of extinction and now restored. However, due to changes in their original habitat and our changing landscapes, they are now moving into our urban areas for breeding. You'll also learn about methods to keep their population in check and make sites less attractive to geese through habitat modification and no feeding policies. Good class for homeowners, park managers, golf course owners or anyone seeking solutions to conflicts with geese.

**NATR:709 | \$19**  
 680 Sa 10am-12pm **Nancy Schnell**  
 Feb. 21 *MC - SO, 107*

**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 partnership with the Missouri Mycological Society (MOMS).

**NATR:723 | \$25**  
 M01 Sa 10am-2pm  
 April 4 *Babler State Park*

**Geology of Missouri**

Spend a few hours learning about the geology and geography of Missouri in an informal atmosphere. We will discuss how our state has been shaped by glaciations, earthquakes, uplift and warm, and shallow seas. Learn about the processes that gave us the nickname "The Cave State." We will also take a look at the economic impact rocks and minerals have had on our state's economy.

**NATR:765 | \$25**  
 681 Sa 9am-12pm **Jeffrey Smith**  
 April 11 *MC - SW, 106*

**Severe Weather Phenomena**

Are you interested in severe weather formation? Join meteorologist Joe Schneider as he discusses the structure of the earth's atmosphere and forces that govern its motion. Learn to apply these concepts to understand the aspects of severe weather, including thunderstorms and tornadoes. Discover different weather indicators that can keep you safe in case of a weather emergency.

**NATR:765 | \$25**  
 650 Tu 6pm-9pm **Joseph Schneider**  
 April 14 *MC - SO, 205*

**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 **Martin Ferris**  
 March 31 - April 7 *MC - BA, 114*

**Spring Wildflowers in Missouri**

Get a detailed overview of spring wildflowers in Missouri by area experts Nels Holmberg and Rick Gray in the classroom setting and then follow up on what you've learned on a weekend field trip to Washington State Park - one of the best spring wildflower "hotspots" in the state. Provide own transportation. Offered in partnership with the Missouri Native Plant Society.

**NATR:723 | \$39**  
 650 Tu 6:30pm-8:30pm **Nels Holmberg, Rick Gray**  
 April 21 *MC - SO, 108*  
 Sa 9am-12pm  
 April 25 *MC - Off Campus*

**Landscape and Gardening**

**Vegetable Gardening**

Do you want to "grow your own" this season? For the best selection of seeds and plantings, you need to start planning early. 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 gardening expert and local nursery owner.

**HORT:701 | \$19**  
 680 Sa 9am-11:30am **Nancee Kruescheck**  
 March 7 *MC - SO, 107*

**Herb Gardening, Use and Preservation**

Now is the time to plan for your summer garden! Learn how to get the most for your effort in this one-night class. From starting to expanding an herb garden, you'll learn about soil conditions, fertilizing, and the optimal placement for growth. Come hear the best advice from Master Gardener "Mike" on how to plant, maintain, and harvest an herb garden. You'll also get tips on using herbs in and around your home as well as the best way to freeze and preserve herbs for future use. Bring a notebook and pen to class.

**HORT:701 | \$25**  
 450 Tu 6pm-9pm **Michelle Ochonicky**  
 March 31 *FP - G Tower, 117*  
 650 Tu 6pm-9pm **Michelle Ochonicky**  
 April 7 *MC - CS, 205*

**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 **Michelle Ochonicky**  
 April 2 *MC - CN, 228*

**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 and improve your gardening skills, your health and the world in which we all live.

**HORT:708 | \$19**  
 450 Th 7pm-9pm **Michelle Ochonicky**  
 April 9 *FP - G Tower, 117*  
 650 Tu 7pm-9pm **Michelle Ochonicky**  
 April 14 *MC - BA, 114*



**Sun and Shade Perennials: What's Best for the Midwest?**

Save time and money by creating or enhancing your yard and garden with easy-to-grow perennial plants that come back year after year. Start your perennial garden with a good understanding of plant selection, care and maintenance based on the shade and sunlight locations in your yard. Join local nursery owner Nancee Kruscheck and discover the most popular varieties of plants 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 perennial garden that is not only beautiful, but easier to maintain throughout the season.

**HORT:704 | \$19**  
 680 Sa 9am-11:30am Nancee Kruscheck  
 March 14 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 add 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-11:30am Nancee Kruscheck  
 April 11 MC - SO, 112

**New The "Other" Part of Gardening: Care and Maintenance of Flowers and Shrubs**

Powdery mildew taking over your plants? Are your roses in need of deadheading? What's "bugging" your greenery and shrubs? Why are your plants not flowering? Learn how to maintain vigorous plants that continue to thrive throughout the season. With regular maintenance, you can keep your plants looking their best. Nursery owner Nancee Kruscheck will teach you "tips and tricks" on feeding, pruning and dealing with common pests and diseases. Bring your questions to class for this informative session.

**HORT:723 | \$19**  
 680 Sa 9am-11:30am Nancee Kruscheck  
 April 18 MC - SO, 112



Check out ecology-related craft classes (in the (including upcycling) Crafts section on page 26.

**Ecology**

**New It's OK to Eat the Weeds-Wild Edible Plants of Spring**

The next time you weed your garden, you might find you have the makings for a unique dish! Join Dr. Catrina Adams, Ph.D. in Paleobotany (how people have used plants in the past) to learn about some of the common edible plants that grow in and around St. Louis in the spring. Discover where to find them, how to identify and collect them, and how to eat them! Then, take a tour of the campus to identify edible and useful plants you probably walk past every day. Some wild edibles are lovely native plants that you may want to cultivate in your own backyard. Others might be growing in your lawn or garden already, for better or for worse!

**ECOL:700 | \$25**  
 682 Sa 9am-12pm Dr. Catrina Adams  
 April 18 MC - SO, 111

**Conserve Water with a Rain Barrel**

Don't let your money go down the drain! You can save some cash by capturing rain water off your roof using a Rain Barrel. Capturing rain water not only saves you money, it's good for the environment, great for your landscape and helps your garden stay healthy and hydrated. Join Christina Ritter of Respect Earth's Resources to explore water scarcity, water conservation, and assessing the best rain barrel design for your water needs. In this introductory class, you'll learn about proper maintenance and how to avoid potential problems like pesky mosquitoes. Lots of handouts included.

**ECOL:700 | \$19**  
 651 W 6:30pm-8pm Christina Ritter  
 April 22 MC - BA, 124

**Indoor Composting: Make and Take Home a Bokashi Bucket**

Don't throw away those scraps - up to 20% of household trash can be composted! The bokashi bucket system can be used in the winter months, it's quick, convenient and no household smells. In this hands-on session, you will construct and learn to maintain an indoor composting system capable of decomposing food and house plant trimmings for a family of four. In a space-saving bokashi system, effective microorganisms transform all types of kitchen waste into a nutrient-rich soil amendment. All equipment, materials and handouts provided and included in fee. You'll leave class with a working indoor composting system in the form of a bokashi bucket. Class offered in partnership with the Missouri Botanical Garden Earthways Center. Registration deadline 3/26.

**ECOL:700 | \$49**  
 650 Th 7pm-8:30pm Kat Golden  
 April 9 MC - SW, 105

**New DIY: Making Bran for a Bokashi Bucket Composting System**

Bokashi is a great space-saving way to compost at home that uses a bran mixture of carbon-rich materials and effective microorganisms to transform kitchen waste into a great fertilizer for your garden. The bokashi bucket system can be used year round, it's quick, convenient and produces no household smells with the help of this bran mixture! Designed for individuals who currently have a bokashi bucket, you'll make a one pound mixture of the bran in class and take home the recipe and know how to make more with just a few easy steps. Don't have a bokashi bucket yet? Register for the Make and Take Home a Bokashi Bucket class or get an instruction sheet in the DIY Bran class to build your own at home. Class offered in partnership with the Missouri Botanical Garden Earthways Center. Registration deadline is 4/23.

**ECOL:700 | \$39**  
 652 Th 7pm-8:30pm Kat Golden  
 May 7 MC - SW, 105

**Climate Change 101**

What is climate change? How are rising temperatures impacting the ecosystems, forests, oceans and even the St. Louis area? What is the biggest concern from scientists? What are the best solutions? Why do Americans disagree so strongly about this issue? Join park ranger Brian Ettling as he shares the basic science, shows the 'unusual suspects' that accept the science, and debunks many of the myths. Learn how to effectively educate others on the topic using humor and optimism to inspire them to take action.

**ECOL:700 | \$19**  
 680 Sa 9am-12pm Brian Ettling  
 Feb. 28 MC - SO, 108

**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 | \$35**  
 681 Sa 10am-2pm Guy Niere  
 April 11 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 | \$25**  
 683 Sa 10am-1pm Guy Niere  
 April 18 MC - SW, 105

**New Protect your Chickens from Predators: Making Your Coop Secure**

Secure your investment in your chickens and ward off potential predators before they attack! There's nothing worse than having your chickens attacked by a predator. If you're new to raising chickens, you might not be aware of what predators are around. Or, you may think that since you live in the suburbs or within city limits, you don't have to worry about predators. Take the offensive and learn how to protect your flock from birds of prey, foxes, coyotes and the occasional raccoon, possum, mink and weasel. Examine coop security: trapping through box traps, snares, leg and body traps; netting; and simple tactics to scare off predators. You'll also learn about the laws surrounding protection of your flock and the associated safety precautions of your actions.

**ECOL:700 | \$19**  
 684 Sa 10am-12pm Guy Niere  
 April 25 MC - SO, 111

**Exclamation Point!**

*"I love the Master Naturalist program! The instructors are top notch and have really inspired me to keep learning more."*

*Jerry M., Clayton*



Native plants, or simply “native” are species that have evolved and occur naturally in local geographic areas. In the Midwest region, native plants are adapted to local soil conditions, rainfall and temperature patterns, and generally do not require any special maintenance needs after they are established in the right environment, saving you both time and money. Most importantly, native plants function in the landscape by attracting and furnishing a habitat for a host of wildlife including birds, butterflies and beneficial insects and providing you with a healthy environment in which to live.

Classes are presented by Dave Tylka, biologist, photographer, native landscape and wildlife author of *Native Landscaping for Wildlife and People*; Mitch Leachman, Executive Director of the St. Louis Audubon Society, Nels Holmberg and Rick Gray, from the Missouri Native Plant Society; and Nancee Kruscheck, gardening expert and local nursery owner. Courses offered in this section focus only on Midwest native species and qualify for the Master Naturalist certification.



**New** An Introduction to Native Landscaping

Bring a bit of nature to your urban or suburban home. Come discover the many benefits of native landscaping, also known as “naturoscaping”, and enrich your life by bringing low maintenance plants to your yard or workplace and developing a natural ecosystem to attract animals and beneficial insects. Learn why native coneflowers, milkweeds, viburnums and oaks are more beneficial than non-native hostas, daylilies, crape myrtles, and Bradford pears, explore why biodiversity is healthy, and why cultivars should be scrutinized. You’ll also receive information on assistance and resources available through the St. Louis Audubon “Bring Conservation Home” program to help get you started. We face many environmental challenges and this is your opportunity to extend your commitment to make a difference.

**HORT:711 | \$25**  
600 W 9am-12pm

David Tylka

April 1  
450 Th 6:30pm-8:30pm  
April 2

MC - CE Classroom  
Mitch Leachman  
FP - G Tower, 113

**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

Nancee Kruscheck

April 25

MC - SO, 109

**New** Identification and Ecology of Common Missouri Wildflowers

Have you ever wanted to explore the scientific approach to identifying wildflowers? This is your chance to get an introduction into flora classification. Missouri is a crossroads of several different natural communities across the Midwest and supports a wide array of native and non-native wildflowers. You’ll explore basic flower parts and leaf arrangements and then determine the distinguishing and unique characteristics of over 60 common species organized by color and chronology. You are encouraged to bring a copy of Denison’s *Missouri Wildflowers* (6th Ed.) published by the MO Conservation Dept. for use in the class. Book is available at most area bookstores, nature centers and libraries.

**HORT:720 | \$25**

600 F 9am-12pm  
April 3

David Tylka  
MC - CE Classroom

**New** Native Landscaping with Shade-Adapted Plants

Successfully growing plants under large trees can be challenging, but if you mimic nature by planting ecologically adapted natives, you can enjoy a green, bio diverse landscape throughout the seasons. Several spring native wildflowers bloom also before most large trees leaf out and shade-adapted shrubs can thrive under low-light conditions. Join us and learn how to establish and maintain shade-adapted native landscapes.

**HORT:711 | \$25**  
601 W 9am-12pm  
April 8

David Tylka  
MC - CE Classroom

**New** Native Landscaping with Sun-Adapted Perennials

Did you know that prairies and glades are the two most diverse and colorful natural communities in Missouri that thrive in the sun? Learn basic characteristics of the soil and moisture conditions of these communities and how they can be emulated in your home landscape. Presentation will focus on native prairie and glade species that can be successfully grown in the St. Louis area, the height and spread of each species and where each species will grow best in your yard.

**HORT:704 | \$25**  
600 F 9am-12pm  
April 10

David Tylka  
MC - CE Classroom

**New** Identification & Natural History of Common Missouri Insects

Ever wonder why insects are the most successful and ecologically important class of animals in the world? They form a vital link between plants and vertebrate animals, such as birds and mammals. Although their biodiversity can be overwhelming, after learning some basic anatomy, you’ll be able to identify ten major groups or orders of insects and recognize the most commonly encountered species found in the greater St. Louis area. See close-up images of insects, discuss their natural history and receive identification resources to take home. Students are encouraged to obtain the Golden Guide paperback titled, “Insects” for use in class. Book is available from most area bookstores and libraries.

**NATR:715 | \$25**  
600 W 9am-12pm  
April 22

David Tylka  
MC - CE Classroom



Also, check out *Spring Wildflowers in Missouri in the Nature section.*

**New** Native Landscaping for Bees, Butterflies and Other Pollinators

Butterflies go wherever they please and please wherever they go. Along with bees and other insect pollinators, they are environmental barometers. Healthy landscapes have large numbers and a wide diversity of pollinators—contaminated or altered landscapes do not. The best plants lure pollinators to their flowers by offering pollen, nectar, resin and oil, and by evolving visual and olfactory cues such as nectar guides, color and fragrance. Come get practical advice on getting started for selecting the optimal natives to attract various groups of pollinators.

**HORT:765 | \$25**  
600 F 9am-12pm  
April 24

David Tylka  
MC - Library, CNFL

**New** Ways to Attract Songbirds and Hummingbirds through Native Landscaping

Are you looking to attract more songbirds and hummingbirds to enhance your backyard viewing? Learn the secrets to selecting the best native plants that furnish seeds, flowers and fruits for these birds. To attract the greatest diversity of birds to your property at various seasons, you need to select fruiting shrubs and trees from different categories based upon the season the fruits and seeds are produced, their nutritional make-up and the length of time they remain on the plants. Bring a kaleidoscope of colors and songs to your landscape with your knowledge from this class.

**HORT:765 | \$25**  
601 W 9am-12pm  
April 29

David Tylka  
MC - CE Classroom

**New** Native Landscaping with Shrubs

Stop spending your time and money trying to maintain shrubs that are not indigenous to the Midwest and have difficulty adapting to local soil and weather conditions. Go native and begin to add more environmentally beneficial shrub species. Native shrubs that have evolved in the Midwest are adapted to local rainfall and temperature patterns and generally do not require any special maintenance needs after they are established. Because of this evolution, these native woody species have produced unique interrelationships with many native species of wildlife. Lots of suggestions will be presented to help you get started.

**HORT:711 | \$25**  
602 F 9am-12pm  
May 1

David Tylka  
MC - CE Classroom

## Real Estate

### Home Selling: Your Guide to a Successful Sale

If you've never sold a home before (or even if you have, but it's been a while), it's important to know your marketing options. You need to know what to expect from the home selling process, how to add impact and value to your home that will get you top dollar (staging without breaking the budget), how to use knowledge of the competition in your area to determine a realistic selling price, the pros and cons of "for sale by owner," and how to find the right agent to sell your home. Come spend a short evening learning the inside track that will get you the best deal for your home.

**REAL:701 | \$19**

351 Th 7pm-9pm  
Feb. 19  
S02 Tu 7pm-9pm  
March 10

**Jill McCoy**  
WW, 202  
**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. Purchasing a home is the largest investment you'll ever make. Come get the inside scoop to avoid surprises at closing. We'll discuss what you need to know before you purchase, what you can expect throughout the process, the strategies to use to obtain the best value, the importance of understanding the contracts you sign, getting the right inspections before closing the deal and how to safeguard yourself in any market.

**REAL:701 | \$19**

352 Th 7pm-9pm  
Feb. 26  
S03 Tu 7pm-9pm  
March 31

**Jill McCoy**  
WW, 202  
**Christina Filla**  
SCEUC, 102

### First Time Home Buyers: Home Loans and Credit Tips

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. 17

**Christina Filla**  
SCEUC, 102

### Real Estate Investing for Income

True financial wealth is about having the unearned income to finance your life goals without having to work. Private market commercial real estate returned an average of 8.4% over the 10-year period from 2000 to 2010. The key is to understand what you are buying by having a solid knowledge and a good plan. Come find out how to plan your investment strategies to lead to true financial wealth.

**REAL:712 | \$29**

350 Th 7pm-9pm  
March 26

**Jill McCoy**  
WW, 202

### How to Be a Successful Landlord

Increase the income on your real estate investments by improving your skills as a landlord. You can lower property damages and eviction costs by performing effective initial screening of potential tenants. Our experienced instructor will explain how to be creative and to use the telephone, interview, computer, rental application and lease expectations to avoid an undesirable tenant-landlord relationship. Lunch on your own.

**REAL:720 | \$69**

480 Sa 9am-5pm  
April 18

**Mary Hankins**  
FP - G Tower, 115

## 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**

650 W 7pm-9pm  
March 11

350 W 7pm-9pm  
April 8

**Steve Glazer**  
MC - SO, 107  
**Steve Glazer**  
WW, 202

### Retirement Income Planning

Make the most out of your retirement savings. During this workshop you will learn the steps you need to take to create an income strategy and how to manage five common retirement risks. You will also get information on how to make your savings last and to help ensure a comfortable retirement by covering both your "needs" and "wants."

**FINC:736 | \$19**

651 W 7pm-9pm  
April 22

**Steve Glazer**  
MC - SO, 107

### Retirement Roadblocks: Mistakes Retirees Often Make

Understand common mistakes that retirees can make over and over again - and how you can overcome them! This class will explore being too conservative, having an unsuitable asset allocation strategy, paying too much in taxes and helping out the kids-how much is too much.

**FINC:736 | \$19**

652 W 7pm-9pm  
April 29

**Steve Glazer**  
MC - SO, 107

### Paying for Long Term Care, Obtaining Medicaid and Veteran's Benefits

Paying for long term care is a problem facing a lot of senior citizens. This course will cover the benefits available through Medicaid and through the Veterans Administration (for veterans and their spouses). You'll learn about eligibility requirements as well as techniques and strategies to become eligible. Class is designed for seniors who are facing such costs, or worrying about the future costs, as well as family members who are providing care for their parents. Taught by an elder care and accredited VA attorney.

**FINC:765 | \$19**

S50 M 7pm-9pm  
April 6

**Paul Gantner**  
SCEUC, 104

## Personal Finance

## 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  
Feb. 23  
721 M 6pm-8pm  
April 13

**Yvonne Homeyer**  
Ladue H.S., 145  
**Yvonne Homeyer**  
Ladue H.S., 145

### Estate Planning: Living Trusts

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

**FINC:710 | \$35**

780 M 7pm-9pm  
April 20  
S50 Tu 7pm-9pm  
March 3

**Charles Amen**  
Lindbergh H.S., 53  
**Jackie Capriano**  
SCEUC, 104

### An Introduction to Estate Planning: Wills

We all know that everyone needs a simple will. In addition to settling our affairs and saving the expense and delay of probate, we can ensure the care of our minor children. But most of us are too busy and this important task falls to the bottom of our to-do list. Don't do it wrong, and don't spend a lot of time or money to do it right. Taught by an attorney, this class will address the basics of a will.

**FINC:710 | \$35**

450 W 6pm-8pm  
April 22

**Amy Hereford**  
FP - G Tower, 115

### New Your Responsibilities as an Estate Executor

Serving as an executor of an estate is an honor and a responsibility. Understanding your duties will help you perform the required tasks in an efficient manner and avoid costly mistakes. Particulars of settling the estate such as managing and dispersing stock holdings and business interests, transferring property ownership, and fulfilling bequests to charities can get complicated, and executors can be held liable for their actions. This course is designed to equip would-be executors with sound legal guidance will prepare you fulfill your responsibilities.

**FINC:710 | \$35**

451 Tu 6pm-8pm  
April 21

**Amy Hereford**  
FP - G Tower, 115

### Exclamation Point!

*"Brian Bingham was phenomenal: great people skills, superior subject knowledge, able to relate, engaging, friendly, and very helpful. I highly recommend any of his courses to others, whether they're beginners or experienced investors."*

*Gina S., Overland*

**Finance & Investing**

**Financial Workshop: Your Source for Financial Education**

Financial education is a critical step in helping you achieve your financial goals. This workshop offers a variety of practical investing topics presented in an easy, open format. You will gain a good understanding of the key principles of saving and investing along with strategies to help you reach your long term goals. Topics include the basics of stocks, bonds and mutual funds, the importance of asset allocation, making sense of retirement, preparing for the unexpected, tax-free investing, and managing financial risk. Bring a 2"- 3 ring binder to class.

**FINC:701 | \$59**

650 Tu 7pm-9pm

March 24 – April 14

**Margie Bittner**

MC - SO, 108

**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:705 | \$25**

650 Th 6pm-9pm

March 5

**Margie Bittner**

MC - CS, 104

**Preserving Capital and Making it Grow: A Winning Strategy for Good Times and Bad**

This class is designed to empower the individual investor with strategies for stock market success as used by successful investors of our time. We'll discuss: historical precedent and how it applies today, selecting and purchasing the best investments, determining when to protect yourself by selling investments and minimizing potential risk while maximizing potential gain. Instructor owns and operates an investment firm that successfully avoided the Fall 2008 collapse of the U.S. Stock Market. Lunch on your own.

**FINC:714 | \$89**

C80 Sa 9am-4pm

Feb. 28 – March 7

**Brian Bingham**

Corp. College, 208

**New Tax Strategies**

This workshop addresses basic tax planning information to help individuals plan in a tax-efficient manner. It includes information on record keeping, tax law changes, state and local taxes, tax credits and tax-deferred programs.

**FINC:765 | \$19**

650 W 7pm-9pm

Feb. 25

**Steve Glazer**

MC - SO, 107

**New Annuities Explained: Understanding the Basics**

Join Laura J Boedges, Financial Consultant with Rogers & Company, A Wealth Management Firm, Inc. in an enlightening conversation on annuities: What are they? How do they work? When and why would I need one? No one cares more about your money than you do. It's wise to ask questions in advance of an annuity purchase. This introductory class will give you all the basic information you need you'll know what questions to ask to be better informed and more comfortable making an annuity investment decision. Securities offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through V Wealth Management, a registered investment advisor. Rogers & Company, A Wealth Management Firm, Inc. and V Wealth Management are separate entities from LPL Financial

**FINC:705 | \$19**

651 Th 6pm-8pm

April 2

**Laura Boedges**

MC - CN, 203

**New Role Reversal: Your Aging Parents and You**

You've heard the term "sandwich generation." You're taking care of yourself, your children, and now, your parents. If you're overwhelmed by this prospect, the time and money you will spend and the potential stress it can put on your family you are not alone. Join Laura Boedges of Rogers & Company for this helpful seminar specifically designed to give you tools for managing your new role proactively.

**FINC:765 | \$19**

652 M 6pm-8pm

March 30

**Laura Boedges**

MC - SO, 204

**New Understanding Life Insurance**

This workshop addresses the factors to consider in determining how much life insurance employees may need, an overview of the different types to consider, and its multiple uses.

**FINC:765 | \$19**

651 W 7pm-9pm

March 25

**Steve Glazer**

MC - SO, 107

**Personal Interest**

**Communication Arts**

**Nonverbal Communication: How to Speak and Listen Without Words**

Avoid miscommunication and become a better communicator overall! Learn about the extraordinary amount of information that can be provided through nonverbal communication and how 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 improve your communication skills.

**COMM:718 | \$29**

650 W 6:30pm-8:30pm

March 4 – March 11

**Erin De Vore**

MC - SO, 105

**Making Movies With Your Mobile Device!**

Are you the next Steven Spielberg or YouTube sensation? Learn to create movie magic entirely on your cell phone or tablet - take any video you shoot to the next level using filmmaking techniques learned in class! Have fun while you learn this new art of filmmaking from an Emmy award-winning producer, whose most recent project is a feature-length movie shot entirely on an iPhone! Projects will be completed outside of class then all will be viewed at the last class. Bring smartphone or tablet with you to class.

**COMM:765 | \$49**

650 Tu 6:30pm-8:30pm

April 21 – May 12

**Dale Ward**

MC - CN, 201

**Fashion and Color Analysis**

**Master Your Make-up**

Get hands-on training to create the looks you love. Get an audit of your makeup bag. Learn techniques to apply flawless foundation, cheeks, eyes, lips, and finishing touches.

**FSHN:701 | \$25**

500 Tu 6pm-8:30pm

Feb. 10

**Stephanie Hall**

FV - CWI

**The Eyes Have It - Lids and Lashes**

Do you struggle to find colours that will compliment your eyes and make them pop? Learn the products to use and how to prep your eyes for contouring and color. In addition learn to make the most of your own lashes or how to apply individual and strip lashes.

**FSHN:701 | \$25**

501 Tu 6:30pm-8:30pm

Feb. 17

**Stephanie Hall**

FV - CWI

**Hot Tools: Hair Styling Secrets**

A styling basics class to teach curling, flat ironing, smoothing and other techniques. You will find your hair easier to manage and create a new style!

**FSHN:702 | \$29**

450 M 7pm-9pm

Feb. 23

**Ashley Skaggs**

FP - G Tower, 115

451 M 7pm-9pm

May 11

**Ashley Skaggs**

FP - G Tower, 115

**Curling Iron Class**

Learn tips and tricks for curling your hair at this workshop whether you are looking for tightly wound ringlets or waves. We will show you how to style your hair and the best irons and products to use for your hair type and texture.

**FSHN:702 | \$25**

501 T 6:30pm-8:30pm

Feb. 24

**Stephanie Hall**

FV - CWI



**St. Louis Community College**  
Continuing Education

Visit our site to learn more.  
[www.ed2go.com/stlcc/](http://www.ed2go.com/stlcc/)

**ed2go**  
extend your reach

## Genealogy

### Death Has Many Faces

Death is inevitable! But finding that elusive death sometimes proves difficult. Besides the obvious death certificate this class will look at some of the additional sources of death information.

GENE:705 | \$25  
603 M 3pm-5pm Mary Stamm  
April 15 – April 22 MC - SW, 210

### Starting Your Family History

If you are just starting or need a refresher, this class covers the various American genealogical resources. Information covers resources at libraries, courthouses, churches, and on the Internet. No class 3/18.

GENE:705 | \$25  
602 W 3pm-5pm Mary Stamm  
March 4 – April 1 MC - BA, 208

### Free Genealogical Websites

There are many free websites that can help genealogist located their family. See how you can find and the type of information they contain.

GENE:705 | \$25  
601 W 3pm-5pm Mary Stamm  
Feb. 18 – Feb. 25 MC - BA, 208

### Using FamilySearch.org

If you visited the FamilySearch.org website, you noticed that the site changes. This course covers the resources available from an old favorite.

GENE:705 | \$25  
600 M 3pm-5pm Mary Stamm  
April 13 – April 20 MC - BA, 208

### 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 LaDonna Garner  
Feb. 7 – March 14 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 LaDonna Garner  
April 11 – April 18 FV - B, 120

## History

### Gunfighters of the Old West

During this fascinating morning of American history, you'll hear stories about nineteen of our country's most prominent gunfighters, including one woman. These are the famous and the infamous of that curious, lawless period in American history — the last two or three decades of the 1800s. We'll talk about men like Wyatt Earp, Wild Bill Hickok, Bat Masterson (all lawmen) and outlaws like Jesse James, Bill Longley, and "Curly Bill" Brocius. We'll be sure to include one of the most famous gunfights: the shootout at the OK Corral in Tombstone, Arizona. Come hear the real account, as related by Wyatt Earp to his deputy.

HIST:701 | \$19  
P01 Th 10am-12pm Wynn Ward  
March 19 Thomas Dunn Learn. Ctr.

### Life in Colonial America Before the Revolution

This class is your passport to pre-revolutionary times in America. Europeans in the 1700s were fascinated with news they kept hearing about newly "discovered" land of America, which led to the founding of the American colonies in that century. The northern colonies developed differently from the southern colonies as a result of immigration trends, geography, and many local factors, making for diverse lifestyles for the people of the two regions. You'll enjoy discovering what they wore, the foods they ate, and the activities that dominated their lives before the American Revolution.

HIST:704 | \$19  
650 Th 7pm-9pm Wynn Ward  
Feb. 12 MC - SO, 205

### Lincoln's Assassination - Sesquicentennial

Abraham Lincoln was the first American President to be assassinated, 150 years ago this April 14th. He had once said that any man who was willing to risk his own life in the attempt, could kill him. He had been threatened 80 times, shot at once (missed), but few thought it would ever actually happen. We'll follow through the events up to that Good Friday evening, and all that followed. You'll hear the arguments about whether John Wilkes Booth planned it on his own, with a few acquaintances, or on orders from Richmond and at least on orders of the Treasurer of the Confederacy.

HIST:705 | \$19  
P02 Tu 10am-12pm Wynn Ward  
April 14 Thomas Dunn Learn. Ctr.  
654 Th 7pm-9pm Wynn Ward  
April 16 MC - SO, 205

### Civil War: Two Big Confederate Gambles

Nathan Bedford Forrest's cavalry made a daring attack in March 1865 against three full divisions of Union Cavalry in Alabama. J.E.B. Stuart's risk was even greater as he attempted to ride his cavalry around the whole Union army, keeping ahead of pursuers. One failed; one succeeded. You may decide if they were fool hardy actions or not.

HIST:705 | \$19  
651 Th 7pm-9pm Wynn Ward  
March 5 MC - SO, 205

### Civil War: Remarkable Women in Dixie

Mary Boykin Chestnut, one of the most respected women in Charleston, wrote a diary. It has been read ever since, with a modern edition that won a Pulitzer Prize in 1982. You'll hear quotes from it in her discussions of prominent people, politics and the war. You'll also learn of the trials across the South and here in Missouri, with emphasis on the famous General Butler's Order #28 about women in New Orleans that became world news.

HIST:705 | \$19  
652 Th 7pm-9pm Wynn Ward  
March 12 MC - SO, 205

### Civil War: Grant's Siege of Petersburg (1865)

The Union Army of the Potomac had Robert E. Lee's Army of North Virginia besieged in Petersburg and Richmond for several months, but could not drive them out of their dirt fortifications, which were ideal defenses against 1860 cannon balls. Then, the Confederates attacked! You'll learn about how well it went, and the amazing problem for them at Five Forks, Virginia.

HIST:705 | \$19  
653 Th 7pm-9pm Wynn Ward  
April 2 MC - SO, 205

### George Armstrong Custer and J.E.B. Stuart

George Armstrong Custer in the U.S. Army and "Jeb" Stuart in the Confederate Army were both Major Generals of the Cavalry and strong antagonists. Learn of the lives of each of these two men, their exploits in battle, their friendly animosity for each other, and finally, how they each died with their boots on.

HIST:705 | \$19  
350 M 7pm-9pm Wynn Ward  
March 2 WW, 208

### Civil War Spies and Espionage

Spying in the Civil War was very easy for both sides. Their enemies spoke the same language, had been under the same government, and knew each other's geography well. However, you had to be brave and intelligent to avoid capture. Hear about the greatest act of espionage in the war which began with a Russian Naval Officer visiting a cannon factory in New York state. There was an ease with which agents for either side made their way across lines and through opposition territory. Spies were active in St. Louis because of its strategic location. Spies and espionage on both sides changed the war.

HIST:705 | \$19  
351 M 7pm-9pm Wynn Ward  
March 23 WW, 208

### Civil War: Battles in Virginia (1865)

Grant's Union Army entered the Confederate Capitol the day after the Confederate forces left. Now, it was a race of the two armies on parallel roads, with the Union trying to get ahead of the Confederates to cut them off. All were headed for Appomattox, Virginia, still sixty miles ahead. Hear what happened as Lee's heroic army began to come apart. You'll remember several incidents as the war came to a conclusion, 150 years ago this spring.

HIST:705 | \$19  
655 Th 7pm-9pm Wynn Ward  
April 23 MC - SO, 205

### Twelve Steps to the Civil War - Toward a "Tipping Point" Theory

The start of the Civil War was not the result of a single decision; it was the end product of a series of events starting with the adoption of the Constitution. This class will examine a total of 12 commonly cited contributing causes that occurred in the years 1787 through 1860, which taken together like a row of dominos falling in sequence, created a tipping point that resulted in the War Between the States.

HIST:705 | \$19  
P01 W 10am-11:30am Walter Hall  
Feb. 25 Thomas Dunn Learn. Ctr.

### Lincoln Presidency Sesquicentennial-1865

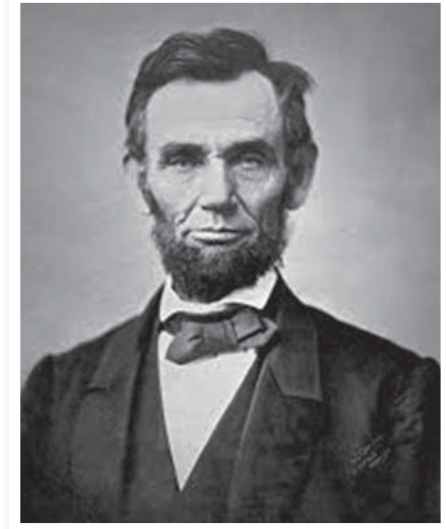
In 2015, we reach the end of the Lincoln Presidential Sesquicentennial, the year that started in the glow of electoral triumph, was brightened by successful conclusion of the War before the tragedy of assassination and the long funeral train back to Springfield.

HIST:705 | \$19  
650 Th 7pm-9pm James Gallen  
Feb. 19 MC - SO, 205

### Missouri Folklore

It's Friday the 13th! What a great day to study Missouri superstitions! We'll talk about old wives tales, good luck charms and more. And the day before Valentine's day is the perfect time to learn some new love potions and hear strange love stories. If those don't work for you, we'll tell you how to heal with some Granny woman medicine or maybe change the weather.

HIST:708 | \$29  
600 F 9:30am-12:30pm Joan Huisinga  
Feb. 13 MC - CE Classroom



PERSONAL ENRICHMENT

Picture Postcard from a Centenarian

What was it like to live to be 100+ years old? This is the story of one woman's journey. It's a fascinating tale that begins in Georgia in 1903, in the fictionalized "Tara" region, and traces the long life of one Southern lady who transcended extreme poverty, roadblocks and detours.

HIST:708 | \$19
650 Tu 7pm-8:30pm March 24
Gloria Perry MC - CN, 228

Cuban Missile Crisis

We'll spend this evening exploring in detail the events during those fateful 13 days in October. Could a wrong decision or misperceived signal have led to war? Did President Kennedy give in too much?

HIST:709 | \$19
650 M 7pm-9:30pm March 23
John Ketcherside MC - BA, 112

Texan Independence and the Mexican War

About 200 years ago, two very different cultures clashed in North America. From this clash came two very different viewpoints regarding the course of events from the 1820s, when the Mexican government invited Americans to settle in Texas, to 1848 and the Treaty of Guadalupe Hidalgo.

HIST:709 | \$19
P01 M 10am-12pm April 6 - April 20
Thomas St John Thomas Dunn Learn. Ctr.

Old Hickory: The Life of Andrew Jackson

This year is the sesquicentennial of the Battle of New Orleans, Old Hickory's greatest victory. Spend an evening studying the life and legacy of Andrew Jackson, war hero, Duelist and the President who destroyed the Bank of the United States, preserved the Union and expelled the Indians.

HIST:709 | \$19
651 Th 7pm-9pm March 26
James Gallen MC - SO, 205

The Great War (World War I): Year Two, 1915

The Great War's 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.

HIST:712 | \$19
350 M 7pm-9pm March 30
Wynn Ward WW, 208

World War I: America Goes "Over There"

1917 was the fateful year the U.S. government finally declared war on Germany. You'll gain insight into how popular the war was in United States. The American general Pershing (Missouri), wanted to keep the U.S. army independent and not insert American troops into British and French armies.

HIST:712 | \$19
654 Th 7pm-9pm April 9
Wynn Ward MC - SO, 205

Easter Rebellion (1916) - "A Terrible Beauty is Born"

Also known as the "Easter Rising," this six-day rebellion in 1916 was an attempt to end British rule in Ireland and establish an Irish Republic during World War I. In this class you'll meet such famous figures as Patrick Pearse, Thomas Connolly and Tom Clarke along with such future leaders as Michael Collins and Eamon DeValera.

HIST:712 | \$19
653 Tu 7pm-9:30pm March 31
Charles Kilker MC - CN, 228

The Eastern Front: World War II

The Eastern Front was the largest land campaign ever fought, dwarfing others with its colossal scale in distance and numbers. For every German the GIs faced in WWII, three were fighting in Russia against overwhelming numbers of Russian soldiers.

HIST:712 | \$19
650 Tu 7pm-9:30pm Feb. 17
John Ketcherside MC - CN, 228

Napoleonic Wars

The wars of Napoleon dominated European history for over 20 years. In this examination of his principle battles and campaigns, you'll learn how Napoleon was successful and why he is considered a military genius.

HIST:712 | \$19
651 Tu 7pm-9:30pm Feb. 24
John Ketcherside MC - CN, 228

Waffen SS

The Waffen Schutz Staffel (SS), was the military branch of the Nazi Party. Myths mixed with rumors and opinions surround the Waffen SS. Are they jack-booted criminals, misunderstood honorable soldiers, or somewhere in between?

HIST:712 | \$19
P01 Tu 10am-12:30pm March 3
John Ketcherside Thomas Dunn Learn. Ctr.

The Battle of the Atlantic: 'WW II on American Shores'

Most Americans believe that WWII was fought only in distant Europe, Africa, or the Far East. Few know about the crucial battles fought within sight of the shores on our own East Coast.

HIST:712 | \$19
P02 Tu 10am-12:30pm March 10
John Ketcherside Thomas Dunn Learn. Ctr.

Anglo-Irish War 1919-1921

After the internment of the rebels of 1916 and the end of World War I, the feelings in Ireland finally broke out into warfare against the British. But the Irish fought in the only way they could against their powerful neighbor-a guerilla type war.

HIST:712 | \$19
652 M 7pm-9:30pm March 2
Charles Kilker MC - BA, 112

Pakistan Series I: Foundations - Pakistan at its Inception

Though they were both formally emancipated from British rule on August 15, 1947, Pakistan celebrates its independence on August 14th, while India recognizes the 15th as its birthday. This is not the only issue on which the subcontinent's nuclear powers disagree.

HIST:713 | \$19
650 M 7pm-9:30pm March 30
Katie Young MC - BA, 112

Pakistan Series II: Foundations - The Nascent State of Pakistan

India's first prime minister and, besides Mahatma Gandhi, founding father, Jawaharlal Nehru, had nearly three decades in which to implement the principles he envisioned for the state he helped to create. Pakistan's founding father, Muhammad Ali Jinnah, died a year after his country was born.

HIST:713 | \$19
651 M 7pm-9:30pm April 6
Katie Young MC - BA, 112

Pakistan Series III: The Military State of Pakistan

When asked to name his heroes, American Congressman Charlie Wilson named Winston Churchill, Abraham Lincoln, and General Zia ul-Haq. The third installment of the Pakistan series will introduce the latter, as well as his predecessor, Zulfikar Ali Bhutto, who General Zia ousted in a coup.

HIST:713 | \$19
652 M 7pm-9:30pm April 13
Katie Young MC - BA, 112

Pakistan Series IV: The Challenges of Modern Pakistan

The 2011 capture of Osama bin Laden just 75 miles outside of Pakistan's capital city, Islamabad, illustrates the complications of America's relationship with our important ally in the War on Terror. The Pakistani state has gained notoriety for dealing with subversive elements for the purpose of advancing its aims.

HIST:713 | \$19
653 M 7pm-9:30pm April 20
Katie Young MC - BA, 112

**Afghanistan: The Soviet Invasion and Its Consequences**

The period in which it attempted to subjugate and firmly install its brand of communism in Afghanistan is often referred to as the Soviet Union's Vietnam. This course will examine the decade long struggle, considering the role of such key players as the United States, Pakistan, the Soviets, and the American-backed mujahedeen who ultimately defeated and hastened the demise of a superpower. It will explain the Soviet invasion in the context of Afghanistan's complex geography, tribalism, Muslim identity, and alliances. Lastly, it will discuss the Afghanistan that remained as the Soviets departed, piecing together the story of how Afghanistan became the haven for terrorism and extremism that provoked another superpower invasion just over a decade after the Soviet withdrawal. Join us to discuss this crucial period of Afghan and global history.

**HIST:713 | \$19**  
**P01** W 10am-12:30pm **Katie Young**  
 Feb. 11 *Thomas Dunn Learn. Ctr.*

**Afghanistan: The Taliban and the Modern State**

When the Soviets left Afghanistan in 1989, the CIA withdrew most of its funding and influence. What remained was a power vacuum in which old tribal rivalries resumed, now powered by radical Islam, American-provided Kalashnikovs, and well-organized militias armed with the confidence of having just defeated the Soviet giant. This class will chronicle the post-Soviet Afghanistan, from its struggles to install a government, to the rise of the Taliban, to its quest to retain a viable state among a people whose tribal history contravenes the very concept of central government. The Afghanistan we know is marred by official corruption, terrorism, scarce resources, and a portion of the population that resists entry into the 21st (or even 20th) century. Join us in this important and difficult study of the enigma that is modern Afghanistan.

**HIST:713 | \$19**  
**P02** W 10am-12:30pm **Katie Young**  
 Feb. 18 *Thomas Dunn Learn. Ctr.*

**Understanding the Hajj (the Fifth Pillar of Islam): Compulsory Pilgrimage to Mecca**

According to the central tenets of the faith, every Muslim must undertake the Hajj, the annual pilgrimage to Mecca, at least once in his or her lifetime. The rites and rituals associated with the Hajj are performed at prescribed places and times during the Islamic month of Dhu al-Hijjah, commemorating key events in the religion's history. Each year, the designated Custodian of the Two Holy Places, the Sa'udi government in modern times, organizes and hosts more than two million pilgrims from around the world. Bringing together Sunni, Shi'ite, and Sufi men and women, from friendly and hostile nations, for the most profound religious experience of their lives constitutes a massive feat of coordination, cost, and diplomacy. This class will outline and discuss the significance of the Hajj program, including how the beliefs and proclivities of the host impacts the experience.

**HIST:713 | \$19**  
**P03** W 10am-12pm **Katie Young**  
 March 25 *Thomas Dunn Learn. Ctr.*

**Exclamation Point!**

*"I've enjoyed taking classes with **Katie Young**. Her classes are very interesting on a timely subject."*

**Rhonda F., Olivette**

**Classical Anti-Semitism vs. Modern Anti-Israelism**

During World War II, the Grand Mufti of Jerusalem, Hajj Amin al-Husseini recruited 20,000 volunteers to work with the SS in implementing Hitler's "Final Solution." The Mufti's efforts to bring Hitler's program of extermination of Jews to the "Arab world" mark a missing link of sorts, between the classical form of anti-Semitism, which motivated Hitler, and modern anti-Israelism. The former is marked by a series of distinct characteristics related to history, religion, and culture, which this course will discuss in detail. The latter, perhaps equally dangerous breed, carries a religious component but is grounded in what many Arabs, Muslims, and other observers deem Israel's illegal "occupation" of its country at the expense of displaced Palestinians. This class will distinguish between the two forms of animosity toward the world's Jewish population and discuss the role of each in shaping regional and global policies and opinions.

**HIST:713 | \$19**  
**P04** W 10am-12pm **Katie Young**  
 April 1 *Thomas Dunn Learn. Ctr.*

**The "Lucky Few" Generation (born 1925-1945)**

We'll start with an overview of generations and get to know the defining characteristics of those labeled: the "GI" generation; the "Lucky Few" generation; the "Baby Boomers;" "Generation X;" "Gen-Y (the Millennials)" and "Gen-Z" (the new Silent Generation). Our focus, though, will be on the details of the "Lucky Few" generation, those born 1925-1945. This generation is considered a successful generation in many ways, particularly in marriage, education, motherhood, nuclear families. You'll be welcome to share your own insights, reminiscences, stories, experiences and reflections as we build a picture of this group that shone so brightly in the 20th century. Are they really "out of time and place" in this 21st century?

**HIST:765 | \$19**  
**P02** Tu 10am-11:30am  
 April 21 *Thomas Dunn Learn. Ctr.*

**Young Adult Fiction - "Then" and "Now"**

Young adult fiction is one of the fastest-growing forms of literature today, but it's not exactly new. Come spend the morning hearing about the books your grandchildren are reading and remembering what you read as a teenager. Our instructor will turn your attention to two books: S.E. Hinton's "The Outsiders," published almost 50 years ago and John Green's "The Fault in Our Stars," one of the most popular current young adult books. Both have been adapted into films, and both have been challenged in school curricula. We'll compare and contrast the story and themes in each book, and explore how teen fiction has changed (or stayed the same) over the past 50 years.

**HIST:765 | \$19**  
**P01** M 10am-12pm **Jeffrey Ricker**  
 March 9 *Thomas Dunn Learn. Ctr.*

**Middle East 101 - Part I: Religious Beliefs**

Part one of a three-part series on the Middle East with a focus on Turkish, Arab, and Persian peoples and their religious beliefs - with particular focus on ways in which they are the same and how they differ.

**HIST:713 | \$29**  
**654** W 7pm-9pm **Thomas St John**  
 March 25 - April 1 *MC - CS, 206*

**Middle East 101 - Part II: It's All about Location**

Part two of a three-part series on the Middle East with a focus on the impact of their geography, specifically focused on the important factors of oil, water, and location, plus the issue of Turkish, British, French and U.S. imperialism in the area.

**HIST:713 | \$29**  
**655** W 7pm-9pm **Thomas St John**  
 April 8 - April 15 *MC - CS, 206*

**US Airline Industry, Post WW II: From Propellers to Jets**

After World War II, the airline industry was ready for dramatic expansion. There were lots of planes, pilots, new airfields and new technology available to the airlines. Industry leaders had already run a worldwide airline during the War. Douglas, Lockheed and Boeing developed bigger, more comfortable and safer airliners. Airline service became available to smaller cities. Eventually, the technological development of jet engines allowed even bigger and faster airliners. Come hear how and why the industry grew so significantly during the post war prosperity.

**HIST:765 | \$19**  
**651** Tu 7pm-8:30pm **Kenneth Velten**  
 April 14 *MC - CN, 228*

**US Airline Industry Soars into the Jet Age**

With the introduction of the Boeing 707 in 1958, the airline industry soared. Airliners were bigger and could fly farther and faster. The industry boomed. Cruise lines evolved because of the availability of air transport to catch the ships. In the 1970's, wide-body aircraft were introduced. Then in 1978, US government regulation of the industry changed with the termination of the Civil Aeronautics Board. Many familiar airlines are gone but the survivors are much larger. New types of airlines and a whole new industry, the overnight package delivery system, have developed. Join us as we track the amazing transformation of the airline industry from 1958 to today.

**HIST:765 | \$19**  
**652** Tu 7pm-8:30pm **Kenneth Velten**  
 April 21 *MC - CN, 228*

**Politics and Religion**

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 | \$19**  
**653** Th 7pm-9pm **Kevin Walsh**  
 Feb. 26 *MC - CN, 228*



**Middle East 101 - Part III: Conflict!**

The last session in this three-part series will focus on several major issues that keep the area in conflict. We'll also explore the role and style of their leadership and the impact of foreign nations in the Middle East today.

**HIST:713 | \$29**  
**656** W 7pm-9pm **Thomas St John**  
 April 22 - April 29 *MC - CS, 206*



## Languages

For textbook information, view the **Explore Our Classes** page online.

### Arabic Language: Beginning I

Interested in learning basic skills, including conversation, reading, writing and basic grammar in Arabic? Come meet with others who share a common interest in the Arabic culture and language. Text required - bring to first class. No class 3/18.

**FLAR:702 | \$99**  
650 W 6:30pm-8:30pm      **Jabr Dumit**  
Feb. 25 – April 22      *MC - LH, 101A*

### Bosnian and Croatian Language: Beginning I

Are you interested in the Bosnian and Croatian language and culture of the region? Learn basic everyday expressions, simple conversational phrases and contemporary culture of this region. No text required. No class 3/19.

**FLBO:702 | \$99**  
730 Th 6:30pm-8:30pm      **Azim Mujakic**  
March 5 – April 30      *SCEUC, 101*

### Chinese for First Timers

Explore an ancient culture and language with Chinese for First Timers! This is the perfect class for beginners that are ready to start with the basics. You will be introduced to pronunciation, the Pin Yin system, greetings, and basic sentences. No text required.

**FLCH:702 | \$59**  
650 W 7pm-9pm      **John Yeh**  
Feb. 11 – March 4      *MC - CN, 203*

### Chinese (Mandarin) Language: Beginning I

Great way to gain conversational skills for those who wish to travel or do business in China! Learn practical dialogues for asking directions, using public transportation, making phone calls, and other needs for travel and social life. After completion, you will have a basic knowledge of the Chinese language which will enrich your experiences. Prerequisite: Chinese for First Timers or knowledge of the Pin Yin system. Text required-bring to first class.

**FLCH:702 | \$99**  
651 W 7pm-9pm      **John Yeh**  
March 25 – May 13      *MC - CN, 203*

### French for the Traveler

Enjoy an easy and practical introduction to the French language. Learn survival phrases, how to read menus, understand cultural differences, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required-bring to first class.

**FLFR:701 | \$75**  
650 W 7pm-9pm      **Patricia Adams**  
April 22 – May 27      *MC - CN, 126*  
550 Tu 7pm-9pm      **Eva Enoch**  
Feb. 3 – March 10      *FV - C, 110*

### French Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. 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 6:30pm-8:30pm      **Jerry Griffith**  
Feb. 18 – April 15      *U. City H.S., 115*  
No class 3/18  
720 Th 6:30pm-8:30pm      **Barbara Sandmel**  
March 26 – May 21      *Ladue H.S., 208*  
No class 4/2  
750 Tu 7pm-9pm      **Marcel Kyle**  
Feb. 3 – March 31      *Kirkwood H.S., W 122*  
No text required. No class 3/17

### French Language: Beginning II

Continue to increase your knowledge of the French language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: French-Beginning I or equivalent experience. Text required-bring to first class.

**FLFR:704 | \$99**  
720 M 6:30pm-8:30pm      **Barbara Sandmel**  
March 23 – May 11      *Ladue H.S., 208*  
750 W 7pm-9pm      **Marcel Kyle**  
Feb. 4 – April 1      *Kirkwood H.S., W 122*  
No text required. No class 3/18.

### German for the Traveler

Enjoy an easy and practical introduction to the German language. Learn survival phrases, how to read signs, menus, transportation schedules, and more. Explore 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. 24 – March 10      *Kirkwood H.S., E 182*  
751 Tu 6:30pm-9:30pm      **Bryan Young**  
April 28 – May 12      *Kirkwood H.S., E 182*

### Irish (Gaelic) Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Irish! Feel comfortable conversing with others in Irish. No text required. No class 3/21, 4/4.

**FLIR:702 | \$99**  
480 Sa 9am-11am      **Sarah Johnson**  
March 7 – May 9      *FP - F Tower, 213*

### Irish (Gaelic) Language: Beginning II

Continue to increase your knowledge of the Irish language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Irish-Beginning I or equivalent experience. No text required. No class 3/21, 4/4.

**FLIR:702 | \$99**  
481 Sa 11:30am-1:30pm      **Sarah Johnson**  
March 7 – May 9      *FP - F Tower, 213*

### Italian for the Traveler

Enjoy an easy and practical introduction to the Italian language. Learn survival phrases, how to read signs, menus, transportation schedules, and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required-bring to first class.

**FLIT:701 | \$75**  
600 M 4pm-6pm      **Barbara Klein**  
Jan. 26 – March 9      *MC - CN, 203*  
No class 2/16  
650 Tu 7pm-9pm      **Barbara Klein**  
Jan. 20 – Feb. 24      *MC - CN, 201*  
651 M 7pm-9pm      **Barbara Klein**  
April 6 – May 11      *MC - CN, 203*  
400 Tu 4pm-6pm      **Barbara Klein**  
March 24 – April 28      *FP - G Tower, 115*

### Italian Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Italian! Text required-bring to first class.

**FLIT:702 | \$99**  
450 Tu 7pm-9pm      **Barbara Klein**  
March 24 – May 12      *FP - G Tower, 115*  
600 Tu 4pm-6pm      **Barbara Klein**  
Jan. 20 – March 10      *MC - CN, 203*  
750 Tu 7pm-9pm      **Maria Brandle**  
Jan. 20 – March 10      *Kirkwood H.S., E 183*

### Italian Language: Beginning II

Continue to increase your knowledge of the Italian language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Conversation with cultural elements will be emphasized. Class will be conducted almost exclusively in Italian. Prerequisite: Italian - Beginning I or equivalent experience. Text required-bring to first class.

**FLIT:704 | \$99**  
601 M 4pm-6pm      **Barbara Klein**  
March 23 – May 11      *MC - CN, 203*  
750 Tu 7pm-9pm      **Maria Brandle**  
March 31 – May 19      *Kirkwood H.S., E 183*

### Italian Conversation: Intermediate I

Improve your conversational skills in Italian through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Italian culture will be introduced and highlighted as topics of conversation throughout the class. Class will be conducted almost exclusively in Italian. Prerequisite: Italian Language: Beginning III or equivalent experience. Text required - bring to first class. No class 2/16, 3/16.

**FLIT:705 | \$99**  
650 M 7pm-9pm      **Barbara Klein**  
Jan. 26 – March 30      *MC - CN, 203*

### Italian Conversation: Advanced

Continue to review grammar and syntax in conjunction with reading and discussion of articles covering current issues and events in this advanced Italian conversation class. Prerequisite: Conversational Italian-Intermediate level or equivalent experience. Must have a good command of the Italian language, its structure and vocabulary. No text required.

**FLIT:765 | \$99**  
710 M 7pm-9pm      **M Flynn**  
March 23 – May 11      *Clayton H.S., 124*

### Preparing for Your Trip to Italy

Do you have an upcoming trip to Italy? Well this course is designed specifically for you! Become familiar with practical traveling tips as well as cultural differences that you should be aware of while in Italy. Instructor previously lived in Italy and travels there every year; now she wants to help prepare you so that you can fully enjoy your experience while in this beautiful country. No text required.

**FLIT:765 | \$25**  
650 W 7pm-9pm      **Barbara Klein**  
Jan. 21      *MC - CS, 210*

## Exclamation Point!

*“When my family went to Italy, we took the Italian language classes with STLCC Continuing Education. It really paid off. We learned the language and had no problems traveling abroad!”*

*Marcus J., Creve Coeur*



Look for Youth and Family Foreign Language classes on page 68.



**Japanese Language: Beginning I**

Explore a new culture and language in a relaxed and informal atmosphere. Learn 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.

**FLJP:702 | \$99**  
 600 Tu 7pm-9pm **Noriko McLeer**  
 March 24 - May 12 MC - CS, 120

**Korean Language: Beginning I**

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Korean! One class will be held at a local Korean restaurant where students will be able to test their new skills. Text required-bring to first class. No class 3/16.

**FLKO:702 | \$99**  
 650 M 7pm-9pm **Misook Yu**  
 March 2 - April 27 MC - CN, 202

**Russian for First Timers**

Begin to explore a new culture and language with Russian for First Timers! This is the perfect class for beginners that are ready to start with the basics. You will be introduced to the alphabet, pronunciation, greetings, phrases and present tense verbs. Text required-bring to first class.

**FLRU:701 | \$59**  
 650 Tu 7pm-9pm **Valerie Powers**  
 Feb. 17 - March 10 MC - CN, 202

**Russian Language: Beginning I**

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

**FLRU:702 | \$99**  
 650 Tu 7pm-9pm **Valerie Powers**  
 March 24 - May 12 MC - CN, 202

**Foreign Language for the Family: Spanish**

Explore a new culture and language in a relaxed and informal atmosphere with your family! Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Spanish! Ages 8 and up; students under 16 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome. Text required-bring to first class.

**FLSP:702 | \$75**  
 652 W 5:30pm-6:55pm **Ann Matthews**  
 April 8 - May 27 MC - CS, 210

**Spanish for the Traveler**

Enjoy an easy and practical introduction to the Spanish language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Explore 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 5pm-7pm **Burnette McNamee**  
 Jan. 26 - March 9 WW, 222  
 No class 2/16.

For the following sections, one class will be held at a local restaurant where students will be able to test their new skills by ordering in Spanish!

600 M 4pm-5:55pm **Rosario Gasquet**  
 Feb. 23 - April 6 MC - HE, 124  
 No class 3/16.

650 M 6pm-7:55pm **Rosario Gasquet**  
 Feb. 23 - April 6 MC - HE, 124  
 No class 3/16.

**Spanish Language: Beginning I**

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Spanish! Text required-bring to first class.

**FLSP:702 | \$99**  
 650 Tu 7pm-9pm **Margaret Poth**  
 Jan. 27 - March 24 MC - CS, 119  
 No class 3/17.

651 M 7pm-9pm **Ann Matthews**  
 Jan. 26 - March 30 MC - CS, 204  
 No class 2/16, 3/16.

600 Th 4pm-6pm **Ann Matthews**  
 Jan. 29 - March 26 MC - CS, 209  
 No class 3/19.

550 Tu 6:30pm-8:30pm **Maria de la Garza**  
 Jan. 20 - March 10 FV - C, 113  
**Timothy Neckermann**  
 FP - G Tower, 115

450 Tu 7pm-9pm **Timothy Neckermann**  
 Jan. 20 - March 10 Lindbergh H.S., 51  
 W 7pm-9pm  
 April 1 - May 20

**Spanish Language: Beginning II**

Continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Spanish - Beginning I or equivalent experience. Text required-bring to first class.

**FLSP:704 | \$99**  
 920 W 6:30pm-8:30pm **Margaret Poth**  
 Feb. 25 - April 22 U. City H.S., 114  
 No class 3/18.

652 Tu 7pm-9pm **Margaret Poth**  
 April 7 - May 26 MC - CS, 119  
**Ann Matthews**  
 MC - CS, 209

600 M 4pm-6pm **Ann Matthews**  
 Jan. 20 - March 30 MC - CS, 209  
 No class 2/16, 3/16.

650 W 7pm-9pm **Ann Matthews**  
 April 8 - May 27 MC - CS, 210  
**Ann Matthews**  
 MC - CS, 209

601 Th 4pm-6pm **Maria de la Garza**  
 April 2 - May 21 FV - C, 113  
**Timothy Neckermann**  
 Lindbergh H.S., 51

550 Tu 6:30pm-8:30pm **Timothy Neckermann**  
 March 31 - May 19 FP - G Tower, 115  
 W 7pm-9pm  
 Jan. 21 - March 11

780 W 7pm-9pm **Timothy Neckermann**  
 Jan. 21 - March 11 FP - G Tower, 115  
 Feb. 5 - April 2  
 No class 3/19

**Spanish Language: Beginning III**

Continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Spanish - Beginning II or equivalent experience. Text required-bring to first class.

**FLSP:704 | \$99**  
 770 W 7pm-9pm **Ann Matthews**  
 Jan. 28 - March 25 Hixson Mid. School, 115  
 No class 3/18. Class on Weds. 3/11 will be held on Meramec Campus, CN, 226.

300 Th 7pm-9pm **Ann Matthews**  
 Jan. 29 - March 26 WW, 204  
 No class 3/19

551 Th 6:30pm-8:30pm **Maria de la Garza**  
 Jan. 22 - March 12 FV - C, 113  
**Timothy Neckermann**  
 FP - G Tower, 115

451 Th 7pm-9pm **Timothy Neckermann**  
 April 9 - May 28 FP - G Tower, 115

**Spanish Conversation: Intermediate I**

Improve your conversational skills in Spanish through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. 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. No class 2/16, 3/16.

**FLSP:705 | \$99**  
 651 M 7pm-9pm **Maria de la Garza**  
 Jan. 26 - March 30 MC - CN, 226

**Spanish Conversation: Intermediate II**

Improve your conversational skills in Spanish through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. 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**  
 450 Tu 7pm-9pm **Lorenzo Gonzalez**  
 Jan. 27 - March 24 FP - G Tower, 113  
 No class 3/17

650 W 7pm-9pm **Maria de la Garza**  
 April 8 - May 27 MC - CN, 226

**Spanish Conversation: Intermediate III**

Improve your conversational skills in Spanish through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. 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**  
 451 Tu 7pm-9pm **Lorenzo Gonzalez**  
 April 7 - May 26 FP - G Tower, 111

**Spanish Conversation: Advanced**

Increase your vocabulary and conversational skills through this advanced level course! Emphasis will be on spoken Spanish by reading and discussing short selections on a variety of topics. Prerequisite: Spanish Conversation - Intermediate III or equivalent experience. Text required - bring to first class.

**FLSP:706 | \$99**  
 650 Th 7pm-8:55pm **Lorenzo Gonzalez**  
 Jan. 29 - March 26 MC - CN, 204  
 No class 3/19.

651 Th 7pm-8:55pm **Lorenzo Gonzalez**  
 April 9 - May 28 MC - CS, 206

720 W 7pm-9pm **Margarita Gunther**  
 March 25 - May 13 Clayton H.S., 124  
 No text required.

**Spanish Practice**

Do you need extra tutoring for your Spanish class? Come to these practice sessions and get extra help where you struggle the most. Instructor will work with students on an individual and group basis to help all students in various areas. All levels welcome.

**FLSP:765 | \$29**  
 680 Sa 10am-12pm **Ann Matthews**  
 Feb. 21 and March 7 MC - CS, 205

681 Sa 10am-12pm **Ann Matthews**  
 April 18 and May 9 MC - CS, 205



**Sign Language**

**Getting Started with Sign Language I**

Ready to get started? Join other individuals who would like a basic knowledge and learn common vocabulary (numbers, feelings, opposites, colors, food, etc) to begin communicating in Sign Language! Class does not cover ASL sentence structure. No text required. No class 3/17.

**SIGN:701 | \$95**  
 550 Th 6:30pm-8:30pm Cynthia Hayes  
 Feb. 5 – April 2 SCEUC, 100

**Getting Started with Sign Language II**

Explore even more common words and phrases as you continue learning basic signs and build upon the knowledge you acquired in Getting Started with Sign Language I. Class does not cover ASL sentence structure. No text required. No class 3/17.

**SIGN:702 | \$95**  
 550 Tu 6:30pm-8:30pm Cynthia Hayes  
 Feb. 10 – April 7 SCEUC, 120

**Sign Language: Beginning I**

Learn the fundamentals of American Sign Language (ASL), including finger spelling and hand signs! You will also receive a brief overview of deaf culture as you begin to learn the basics of unspoken communication. Text required - bring to first class.

**SIGN:701 | \$95**  
 550 M 7pm-9pm Antonina Wilson  
 March 23 – May 11 FV - C, 137

**Sign Language: Beginning II**

Did you enjoy your first Sign Language course? Continue learning additional ASL concepts, finger spelling and hand signs in this advanced beginner course. Prerequisite: Sign Language - Beginning I or equivalent experience. Text required-bring to first class.

**SIGN:702 | \$95**  
 550 W 7pm-9pm Antonina Wilson  
 March 25 – May 13 FV - C, 133



**Exclamation Point!**

*“I met a new neighbor and decided to take Sign Language classes to better communicate. Cynthia Hayes is a fantastic instructor and I will continue to take her classes to master sign language!”*

*Gloria B., Glenwood*

**Religion**

**Religion and Its Role in World History**

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. It is recommended that this course be taken in conjunction with RELG 701, Sect. 351 and 352.

**RELG:701 | \$19**  
 350 Tu 7pm-9pm Jan Worley  
 Feb. 24 WW, 202

**Eastern Religions**

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. 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. It is recommended that this course be taken in conjunction with RELG 701, Sect. 350 and 352.

**RELG:701 | \$29**  
 351 Tu 7pm-9pm Jan Worley  
 March 3 – March 10 WW, 202

**Western/Monotheistic Religions**

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. 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. It is recommended that this course be taken in conjunction with RELG 701, Sect. 350 and 351.

**RELG:701 | \$39**  
 352 Tu 7pm-9pm Jan Worley  
 March 24 – April 7 WW, 202

**History of the Bible**

Join us for a look at the history of the world's most famous, most read, most debated, and most controversial books. Stories within the Bible will not be discussed. Discussions will focus on how, when, and by whom the material was recorded, copied, translated, debated, and eventually selected to be canonized into collections to form first, the Hebrew scriptures, then the Christian Bible, consisting of the Old and New Testaments. We'll discuss the Protestant Reformation with attention to the implications of printing and translation of the Bible into English, and the recovery of ancient manuscripts, construction of critical editions, and the rise of critical historical scholarship as well as contemporary responses.

**RELG:701 | \$29**  
 353 Tu 7pm-9pm Jan Worley  
 April 14 – April 21 WW, 202

**Religious Fundamentalism**

Fundamentalism, regardless of which religion, is a means of dealing with a changing world. This is done through a literal interpretation of a sacred scripture. We'll explore why people migrate towards a fundamentalist approach to life and what effect this has on society, both locally and globally.

**RELG:701 | \$19**  
 650 Th 7pm-9pm Kevin Walsh  
 April 2 MC - CS, 209

**Personal Safety**

**Self-Defense**

**Pro-Active Self-Defense**

Easy-to-learn concepts make this a great class for novice students that are interested in practical application of self-defense without countless, complicated techniques. Be proactive and prepare yourself to face stronger, more skilled and even armed opponents through a unique combination of multiple martial arts. Athletic wear required.

**PEDU:743 | \$49**  
 650 Tu 7:30pm-8:30pm Dennis Fonod  
 Feb. 24 – April 14 MC - PE, 201  
 No class 3/17, 3/24

**Krav Maga: Beginner**

Are you prepared to defend yourself in an attack? Krav Maga is an exciting and fast-paced class designed to prepare both the body and mind against violent attacks, utilizing stress drills designed to mimic real life situations. Learn the basics of self-defense and hand-to-hand combat techniques to quickly and effectively finish a fight or attack situation.

**PEDU:743 | \$95**  
**Co-ed**  
 M01 M 6pm-7pm March 2 – May 4 Xtreme Krav Maga  
**Women only**  
 M02 Tu 6pm-7pm March 3 – May 5 Xtreme Krav Maga

**Systema: Russian Self-Defense**

Learn the innovative and versatile self-defense tactics of Systema, the Russian Martial Art. Systema tactics are time practical, realistic and effective against any type of opponent under any circumstance. 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. Class will push your body and test your spirit.

**PEDU:743 | \$95**  
 P01 Tu 6:30pm-7:30pm March 3 – May 5 STL Combat Inst.

**Systema: Health and Breathing for Self-Defense**

Breathing is key to controlling emotions and fear. Learn how to defend yourself against all enemies, including 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 and improve your skills in self-defense as you learn to control your body in all situations.

**HEAL:701 | \$59**  
 P01 M 5:45pm-6:45pm March 2 – May 4 STL Combat Inst.

**Class Nikita: Covert Self-Defense for Women**

Arm yourself with the skills necessary to handle any violent or confrontational situation with this highly individualized and practical training. Learn hand-to-hand self-defense, situational awareness, armed/unarmed tactical training, child protection, improvised weapons, weapon recognition/concealment, vehicle and home defense, defense against multiple attackers, and psychological manipulation of attackers.

**PEDU:743 | \$95**  
 P02 Th 5:45pm-6:45pm March 5 – May 7 STL Combat Inst.

# Recreation, Fitness and Wellness

## Aerobic Exercise

### Aerobic Kickboxing

This class begins with warm-up and stretching followed by an aerobic workout including floor work and self-defense moves. A great workout with an experienced instructor from The Martial Arts Center.

**PEDU:744 | \$69**  
780 M 7pm-8pm **Timothy Toeniskoetter**  
Feb. 23 – May 4 *Sperreng, SM GYM*  
*No class 3/16.*  
M01 W 7pm-8pm **Timothy Toeniskoetter**  
Feb. 18 – April 22 *Martial Arts Ctr (Mehl)*

### 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 3/18.

**PEDU:747 | \$79**  
P01 W 5:30pm-6:15pm **Jill Woehrlé**  
Jan. 28 – May 13 *Nottingham, GYM*

### Zumba: Beginning

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 is a fun and effective way to get fit and increase your energy level! Class is designed for the beginning student, but the lower intensity and easy to learn routines are still designed to quickly burn calories.

**PEDU:747 | \$55**  
M03 Sa 9am-9:50am **Theresa Daniels**  
Feb. 14 – April 4 *Adiva Dance Ctr*

### 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-7:50pm **Paula Taylor**  
Feb. 2 – March 9 *FV - PE, 233*  
*No class 2/16.*  
551 MW 7pm-7:50pm **Paula Taylor**  
March 30 – April 29 *FV - PE, 233*  
V01 Sa 10am-10:50am **Almas Del Ritmo Dance Co.**  
Feb. 28 – May 9 *Almas Del Ritmo Dance Co.*  
*No class 4/4.*  
*On-street parking; stairs-only access to studio.*



### Zumba Gold for Seniors

Come join in the fun and get fit with the upbeat tempo of Latin and International music! Zumba Gold takes a lower intensity, gentle approach to Zumba dance, so it's perfect for older active adults or individuals with limited physical ability. Exercises will include breathing and stretching, and are modified to help work on your posture, strength, and balance.

**PEDU:747 | \$55**  
M01 W 11am-11:50am **Theresa Daniels**  
Feb. 11 – April 1 *Adiva Dance 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**  
**8 Sessions | \$55**  
*Please bring two 1 lb Zumba toning sticks to class. Available for purchase online.*  
M02 W 6pm-6:50pm **Theresa Daniels**  
Feb. 11 – April 1 *Adiva Dance Ctr*  
M04 Sa 10am-10:50am **Theresa Daniels**  
Feb. 14 – April 4 *Adiva Dance Ctr*

**10 Sessions | \$69**  
*Zumba toning sticks available at studio but you are welcome to bring your own. On-street parking; stairs-only access to dance studio.*

V02 MW 6pm-6:50pm **Almas Del Ritmo Dance Co.**  
April 6 – May 6

### Dance Aerobics

Enjoy 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 2/25, 3/18.

**PEDU:750 | \$75**  
730 W 6pm-6:50pm **Susan Pellegrino**  
Jan. 28 – April 29 *Oakville H.S., CAFE*

## 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). No class 2/16, 3/16.

**BRID:701 | \$99**  
650 M 5pm-7pm **Phyllis Siegel**  
Jan. 26 – March 30 *MC - SW, 209*  
651 M 7:01pm-9pm **Phyllis Siegel**  
Jan. 26 – March 30 *MC - SW, 209*  
M01 Tu 2:45pm-4:45pm **Phyllis Siegel**  
Jan. 27 – March 24 *Afton White-Rodgers*

### 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 14 – May 11 *Afton White-Rodgers, B*  
650 M 5:01pm-6:59pm **Phyllis Siegel**  
April 13 – May 11 *MC - SW, 209*  
651 M 7pm-9pm **Phyllis Siegel**  
April 13 – May 11 *MC - SW, 209*  
V01 Th 7pm-9pm **George Hawley**  
Feb. 12 – March 12 *Bridge Haven*  
V02 Th 7pm-9pm **George Hawley**  
April 2 – April 30 *Bridge Haven*

### Chess I: Beginning to Intermediate

This class is designed for those who want to learn the basics of chess or who would like to advance their basic skills and improve their tournament play. Beginning skills covered will include moves of the pieces, reading and writing chess notation, move selection principles, middle game tactics, endgame principles and checkmate. More advanced players will learn opening system for white, opening system for black, middle game tactics, endgame studies, and review of masters games. Cost includes chess book provided at first class. Instructor is on the Board of Directors of Missouri Chess Association and has over 30 years of chess coaching experience.

**BRID:710 | \$59**  
P01 Tu 7pm-9pm **Edward Baur**  
Feb. 3 – March 3 *Chess Club & Scholastic Ctr SL*

## Aquatics

### Attention Water Students:

Due to circumstances related to inclement weather, building and/or equipment malfunctioning or maintenance, the pool facilities used by Continuing Education may have to be closed with little or no advance notice. In these cases, no refunds will be offered, nor will make-ups be available because of tight scheduling of swimming, water exercise and other physical education classes. For additional information regarding the various college pools, please call

- Meramec Pool: 314-894-7172
- Forest Park Pool: 314-644-9717
- Florissant Valley Pool: 314-513-4275

### Family Swim

You and your family can have fun as you swim, dive, or lounge in our pool every Sunday. One parent/guardian per non-swimming child. One parent/guardian per 3 children if they can swim. All participants MUST register. Maximum 8 parent/guardian and children for \$69 registration. No class 3/22, 4/5.

**PEDU:720 | \$69**  
580 Su 5pm-6:50pm **FV - PE, POOL**  
Feb. 1 – April 26  
**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 \$69 registration.

### Open Lap Swim

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 2/16, 3/16-3/19.

**PEDU:721 | \$89**  
600 M-Th 8am-8:50am **MC - PE, POOL**  
Jan. 20 – May 7

### Lap Swim

Come and get a great workout before you start your day! Pool will be set up for students to swim laps during this time. Lockers are available; however you must provide your own towel and lock for your valuables.

**PEDU:721**  
**Meramec | \$69**  
601 Tu 7am-7:50am **MC - PE, POOL**  
Jan. 20 – May 5  
*No class 3/17*  
602 Th 7am-7:50am **MC - PE, POOL**  
Jan. 22 – May 7  
*No class 3/19*  
**Florissant Valley | \$79**  
500 M-F 7am-7:50am **FV - PE, POOL**  
Feb. 2 – March 12  
*No class 2/16*  
501 M-F 7am-7:50am **FV - PE, POOL**  
March 30 – May 7

# PERSONAL ENRICHMENT

### Swimming Skills: Beginning/Intermediate

Not the strongest swimmer? It's time to change that! Acquire basic through intermediate swimming skills, and feel confident in the water and around water activities. Emphasis is on the primary strokes, buoyancy techniques, breath control and acquiring endurance. No class 3/17.

PEDU:722 | \$75

450 Tu 8pm-8:50pm Sandi Liming  
Feb. 10 – May 5 FP - PE, POOL

### Water Exercise

Get a total body workout! Tone, strengthen, and achieve flexibility and circulatory endurance while exercising in the water. No more stiff and sore muscles! All skill levels are welcome as you will work at your own pace.

PEDU:729

11 Sessions | \$69

580 Sa 10am-10:50am Barbara Harris  
Jan. 31 – April 25 FP - PE, POOL  
No class 3/21, 4/4

12 Sessions | \$75

450 Tu 7pm-7:50pm Sandi Liming  
Feb. 10 – May 5 FP - PE, POOL  
No class 3/17

14 Sessions | \$85

600 MW 9am-9:50am Gary Ketcherside  
Jan. 21 – March 11 MC - PE, POOL  
No class 2/16

604 MW 9am-9:50am Gary Ketcherside  
March 23 – May 6 MC - PE, POOL

605 TuTh 9am-9:50am Gary Ketcherside  
March 24 – May 7 MC - PE, POOL

607 TuTh 2pm-2:50pm Lisa Huseman  
March 24 – May 7 MC - PE, POOL

15 Sessions | \$89

601 TuTh 9am-9:50am Gary Ketcherside  
Jan. 20 – March 10 MC - PE, POOL

603 TuTh 2pm-2:50pm Lisa Huseman  
Jan. 20 – March 10 MC - PE, POOL

16 Sessions | \$95

502 MWF 10am-10:50am Barbara Harris  
Feb. 2 – March 11 FP - PE, POOL  
No class 2/16

506 MWF 10am-10:50am Barbara Harris  
March 30 – May 4 FP - 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

14 Sessions | \$85

606 TuTh 10am-10:50am Karen Morrow  
March 24 – May 7 MC - PE, POOL

15 Sessions | \$89

602 TuTh 10am-10:50am Karen Morrow  
Jan. 20 – March 10 MC - PE, POOL

16 Sessions | \$95

500 MWF 8am-8:50am Barbara Harris  
Feb. 2 – March 11 FP - PE, POOL  
No class 2/16

504 MWF 8am-8:50am Barbara Harris  
March 30 – May 4 FP - PE, POOL

### Water Exercise: Shallow/Deep Aerobics

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 | \$85

650 MW 6pm-6:50pm Angelicia Fingers  
Jan. 21 – March 11 MC - PE, POOL  
No class 2/16

651 MW 6pm-6:50pm Angelicia Fingers  
March 23 – May 6 MC - PE, POOL

### Gentle Aqua Zumba - 12 Sessions

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

503 TuTh 8am-8:50am Neil Skid  
Feb. 3 – March 12 FP - PE, POOL

507 TuTh 8am-8:50am Neil Skid  
March 31 – May 7 FP - PE, POOL

552 Th 6pm-6:50pm Neil Skid  
Feb. 5 – May 7 FP - PE, POOL  
No class 3/19, 3/26

### Aqua Zumba

Splash and dance your way to fitness in this fun, low-impact, water-based workout! Aqua Zumba integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises.

PEDU:729

11 Sessions | \$69

550 MW 7:10pm-8pm Barbara Harris  
Feb. 2 – March 11 FP - PE, POOL  
No class 2/16

581 Sa 11am-11:50am Barbara Harris  
Jan. 31 – April 25 FP - PE, POOL  
No class 3/21, 4/4

12 Sessions | \$75

553 MW 7:10pm-8pm Barbara Harris  
March 30 – May 6 FP - PE, POOL

16 Sessions | \$95

501 MWF 9am-9:50am Barbara Harris  
Feb. 2 – March 11 FP - PE, POOL  
No class 2/16

505 MWF 9am-9:50am Barbara Harris  
March 30 – May 4 FP - PE, POOL

## Bowling

### Bowl with a Pro!

Have fun and learn new techniques, whether you are just beginning or looking to bring your game up a notch. Bowl 2 games with a professional bowler while learning proper swing technique, footwork, release points and basic pocket alignment. Extra fees for games and shoe rental each week.

PEDU:772 | \$49

M01 Tu 3pm-5pm Charles Kelly  
March 24 – April 14 Brunswick Zone Chesterfield

## Fencing

### Fencing: Beginning I

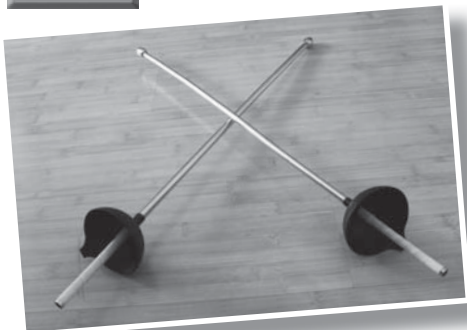
Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, and bouts. Equipment provided. No class 3/18.

PEDU:745 | \$59

920 W 6:30pm-7:25pm Patrick Dorsey  
March 11 – April 29 U. City H.S., GIRLS GYM



Look for Youth and Family Fencing classes on page 68.



## Fitness

### Boot Camp with Shark Fitness

Challenge yourself! Classes consist of resistance training, calisthenics, short runs, and drills designed to work every major muscle group in the 60-minute class. You will learn the correct way to train in terms of form, tempo, and exercise selection. Despite the group setting, this class challenges participants individually to give their best and expect optimal results. Must be able to jog 300 yards without rest. Bring a towel or mat and water.

PEDU:755 |

Nine sessions | \$100

652 MW 6pm-7pm  
Jan. 5 – Feb. 4 MC - PE, GYM  
No class 1/19

652 MW 6pm-7pm  
Feb. 9 – March 11 MC - PE, GYM  
No class 1/19

14 sessions | \$150

600 MWF 5:45am-6:45am  
Jan. 5 – Feb. 6 MC - PE, GYM  
No class 1/19

601 MWF 5:45am-6:45am  
Feb. 9 – March 13 MC - PE, GYM  
No class 2/16

15 sessions | \$160

602 MWF 5:45am-6:45am  
March 16 – April 17 MC - PE

603 MWF 5:45am-6:45am  
April 20 – May 22 MC - PE

### Fun with Fitness

Ready to reduce stress, increase energy and just have FUN? Get a consistent cardiovascular work-out, increase overall strength with resistance training, and improve your balance, agility and flexibility to change your body from head to toe. This class is designed for all levels of fitness.

PEDU:755 | \$79

604 MW 4pm-4:55pm Angelicia Fingers  
Jan. 26 – March 11 MC - PE, 201  
No class 2/16

605 MW 4pm-4:55pm Angelicia Fingers  
March 30 – May 11 MC - PE, 201

### Fitness Flex for Women

Achieve your fitness goals through low-impact movement using a variety of music and hand weights, concluding with stretching for posture and flexibility. All levels of experience welcome; floor mat and 1-2 lb weights recommended.

PEDU:755 | \$75

780 Tu 7pm-7:55pm Marsha Fey  
Feb. 3 – May 5 Sperrung, Fitness Rm. 54  
No class 3/17, 4/7

781 W 7pm-7:55pm Marsha Fey  
Feb. 4 – April 29 Sperrung, Fitness Rm. 54  
No class 3/18

### 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. Bring a towel and mat.

PEDU:755 | \$75

606 Tu 8am-8:50am Gary Ketcherside  
Feb. 10 – May 5 MC - PE, GYM  
No class 3/17

607 Th 8am-8:50am Gary Ketcherside  
Feb. 12 – May 7 MC - PE, GYM  
No class 3/19

### Total Body Ball 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. Hand weights are optional. No class 3/17.

PEDU:755 | \$69

782 Tu 6pm-6:55pm Rena Potsos  
Feb. 24 – May 5 Sperrung, Fitness Rm. 54

### Rise and Shine Senior Workout

Wonderful 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 to support 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. Bring water, towel, small rug or yoga mat and one pair of 2-3lb. weights.

**PEDU:755 | \$69**  
**608** TuTh 5:55am-6:55am **Gail Velten**  
 Jan. 27 - Feb. 26 **MC - PE, GYM**  
**609** TuTh 5:55am-6:55am **Dennis Kelly**  
 March 24 - April 23 **MC - PE, GYM**

### Nia: A Combination of Cardio and Strength Training

Enjoy this fun, rocking fitness program that blends the movements of dance, martial arts and healing arts (such as yoga). Learn how to work out without pain and enjoy getting fit with movement set to soul-stirring music. Nia is rooted in sensory awareness, joy, pleasure and love for your body. Join a Nia class and free your spirit! All levels and abilities welcome.

**PEDU:755 | \$59**  
**M01** Sa 8:15am-9:10am **Karol McNutt**  
 Feb. 14 - March 21 **Dance Arts-STL**  
**M02** Sa 8:15am-9:10am **Karol McNutt**  
 March 28 - May 2 **Dance Arts-STL**

### NEW Stretch and Flex

Stretching is the key to flexibility and flexibility is a key pillar to overall well-being, health, body alignment and symmetry. Bring your flexibility to new heights and see how various stretching techniques can make a big difference on how you feel! Bring mat for floorwork. No class 2/16.

**PEDU:755 | \$75**  
**550** MW 6pm-6:50pm **Barbara Harris**  
 Feb. 2 - March 11 **FV - PE, 233**

### NEW Total Body Strength Training

Get a total body workout in a short period of time with a basic format targeting the entire body - chest, back, shoulders, arms, legs and abs! Exercisers who are familiar with basic strength moves can feel comfortable using what they learn for a simple home workout when not in class. Bring mat and a resistance band.

**PEDU:755 | \$75**  
**551** MW 6pm-6:50pm **Barbara Harris**  
 March 30 - May 6 **FV - PE, 233**

### 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. Available for credit as PED116.

**PEDU:756 | \$101**  
**2W1** MW 5:30pm-6:20am **Christina Gleason**  
 Jan. 21 - May 13 **WW, 102B**

### 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**  
**M03** Tu 6:30pm-7:25pm **Denise Motta**  
 Feb. 10 - April 28 **Garden of Life Spiritual Ctr, MP**  
 No class 3/3, 4/7

**13 Sessions | \$89**  
**650** M 6:30pm-7:20pm **Katherine McMeans**  
 Jan. 26 - May 4 **MC - PE, 201**  
 No class 2/16, 3/16  
**651** W 6:30pm-7:20pm **Katherine McMeans**  
 Jan. 28 - May 13 **MC - PE, 201**  
 No class 3/18, 4/15, 4/22

### Yogalates

Get the benefits of yoga, pilates and core strengthening as you exercise and stretch. A challenging and relaxing workout in just one class! Bring water, towel and yoga mat.

**PEDU:756**  
**7 Sessions | \$69**  
**M01** Th 5:30pm-7pm **Denise Motta**  
 Jan. 29 - March 12 **Affton White-Rodgers, B**  
**M02** Th 5:30pm-7pm **Denise Motta**  
 March 26 - May 7 **Affton White-Rodgers, B**  
**13 Sessions | \$89**  
**P01** M 6:30pm-7:25pm **Jill Woehrlie**  
 Jan. 26 - May 4 **Nottingham, GYM**  
 No class 2/16, 3/16

### NEW BUTI® Yoga

Are you ready to be empowered and get a great workout? The BUTI® style fuses yoga, tribal-inspired dance with hip spiraling, and plyometrics into an exciting, high-intensity workout that transforms your body from the inside out. Bring a towel and water, mats provided. Class held at Flex Studio (3139A South Grand Blvd, Suite 201, Saint Louis MO 63118).

**PEDU:761 | \$69**  
**P02** Tu 5:30pm-6:15pm  
 Feb. 10 - April 14 **FP - Off Campus**

### 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. Taught by one of the few Iyengar certified teachers in the St. Louis area. All levels welcome. Bring a towel and mat. No class 3/18, 4/22.

**PEDU:761 | \$95**  
**351** W 7pm-8:30pm **Robert Gadon**  
 Feb. 11 - April 29 **WW, 102A**

### 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 coordination between your front and back. Learn how to notice the habits that lead to tension and pain, then 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. No class 4/5.

**PEDU:761 | \$59**  
**W01** Su 4:30pm-5:30pm **Kelly Feder**  
 March 8 - April 19 **Comp. Chiropractic, STUDIO**

## Exclamation Point!

*“Denise Motta is a great yoga instructor. She kept me motivated, relaxed and in tune with my body. If you can get into one of her classes, go for it!”*

*Bev W., Affton*

### 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. All levels welcome. Bring a towel and mat.

**PEDU:761**  
**10 Sessions | \$69**  
**M14** Tu 7:30pm-8:25pm **Denise Motta**  
 Feb. 10 - April 28 **Garden of Life Spiritual Ctr, MP**  
 No class 3/3, 4/7  
**600** Tu 4pm-4:55pm **Katherine Hanewinkel**  
 Feb. 17 - April 28 **MC - PE, 201**  
 No class 3/17  
**350** W 6:30pm-7:25pm **Robert Gadon**  
 Feb. 11 - April 29 **WW, 102A**  
 No class 3/18, 4/22  
**M09** F 9am-10am **Louisa Donovan**  
 Feb. 27 - May 15 **Bluebird Park**  
 No class 4/17, 4/24  
**M05** M 9:30am-10:30am **Robert Gadon**  
 Feb. 9 - April 20 **Queeny Park Rec**  
 No class 2/16  
*Also bring a wool-style blanket, yoga block and strap.*  
**M06** W 9:30am-10:30am **Robert Gadon**  
 Feb. 11 - April 15 **Queeny Park Rec**  
*Also bring a wool-style blanket, yoga block and strap.*  
**780** M 6pm-7pm **Rena Potsos**  
 Feb. 23 - May 4 **Sperreng, Fitness Rm. 54**  
 No class 3/16  
*Also bring a yoga belt, and #6 or 8 resistance band.*

**13 Sessions | \$89**  
**M10** M 6pm-7pm **Sharon Danyluck**  
 Feb. 2 - May 4 **Sunset Hills Comm. Ctr**  
 No class 2/16  
**M11** M 7:30pm-8:30pm **Sharon Danyluck**  
 Feb. 2 - May 4 **Sunset Hills Comm. Ctr**  
 No class 2/16  
**15 Hours | \$95**  
**P01** W 6:30pm-7:25pm **Jill Woehrlie**  
 Jan. 28 - May 13 **Nottingham, GYM**  
 No class 3/18  
**M01** Tu 1pm-2:30pm **Julie Garland**  
 Feb. 3 - April 7 **Big Bend Yoga Center**  
*Equipment/mats available or you may bring your own.*

### Yoga: Continuing

Continue to build your yoga skills while learning to relax, calm your mind, and experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. Prerequisite: Prior yoga experience. Bring a towel and mat.

**PEDU:761**  
**10 Sessions | \$69**  
**M08** M 1:30pm-2:30pm **Kelly Kauffmann**  
 Feb. 23 - April 27 **Affton White-Rodgers, GYM**  
**15 Hours | \$95**  
**M02** Th 9am-10:30am **Melanie Klug**  
 Feb. 5 - April 9 **Big Bend Yoga Center**  
*Equipment/mats available or you may bring your own.*

### Yoga for Seniors

Open your mind to a new understanding of your body. Gentle, slow-paced combination of stretch and strength work. Breath work and meditation are great for calming and relieving stress. Bring a mat, towel and water.

**SENR:704 | \$79**  
**M01** Th 10am-11am  
 Feb. 5 - March 26 **Masterpeace Studios**  
**M02** Th 10am-11am  
 April 9 - May 28 **Masterpeace Studios**

### Yoga: Basics - 10 Sessions

New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility, and correct breathing techniques. Bring a towel and mat.

**PEDU:761 | \$69**  
**M07** M 12:15pm-1:15pm **Kelly Kauffmann**  
 Feb. 23 - April 27 **Affton White-Rodgers, GYM**

**PERSONAL ENRICHMENT**

**Yoga Basics - MSPC**

New to yoga or desire a slow, gentle pace? Start with the basics and learn standard yoga postures, flexibility, and correct breathing techniques in this beginner class. Bring a mat, towel and water.

PEDU:761 | \$79

M03	W 9am-10am Feb. 4 – March 25	Masterpeace Studios
M04	W 9am-10am April 8 – May 27	Masterpeace Studios

**Gentle Yoga - MSPC**

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

PEDU:761 | \$79

M12	W 7pm-8pm Feb. 4 – March 25	Masterpeace Studios
M13	W 7pm-8pm April 8 – May 27	Masterpeace Studios



**Golf**

**Golf: Beginning I**

Learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping.

PEDU:730

4 Sessions | \$45

801	Th 7pm-8pm March 26 – April 16	Golfport-Maryland Hgts
803	Sa 10am-11am March 28 – April 25	Golfport-Maryland Hgts
<b>No class 4/4</b>		
802	Th 6pm-7pm April 30 – May 21	Golfport-Maryland Hgts
820	Sa 10am-11am April 11 – May 2	Eagle Springs G.C.
810	W 7pm-8pm April 1 – April 22	Big Bend G.C.
811	M 5pm-6pm April 13 – May 4	Big Bend G.C.
812	Sa 10am-11am April 25 – May 16	Big Bend G.C.
813	Su 1pm-2pm April 26 – May 17	Big Bend G.C.

**4 Sessions | \$45 (Women only)**

800	Th 6pm-7pm March 26 – April 16	Golfport-Maryland Hgts
804	Sa 11am-12pm May 2 – May 23	Golfport-Maryland Hgts

**6 Sessions | \$59**

860	M 6:15pm-7:15pm March 2 – April 6	Robert Jeep Sunset Hills Golf L.C.
861	W 6:15pm-7:15pm March 4 – April 8	Robert Jeep Sunset Hills Golf L.C.
862	Sa 10:15am-11:15am Feb. 28 – April 11	Robert Jeep Sunset Hills Golf L.C.
<b>No class 4/4</b>		
863	Sa 10:15am-11:15am April 18 – May 30	Robert Jeep Sunset Hills Golf L.C.
<b>No class 5/23</b>		
880	Tu 7pm-8pm April 7 – May 12	The First Tee (Mehl)
881	W 6pm-7pm April 8 – May 13	The First Tee (Mehl)
882	Sa 10am-11am April 11 – May 16	The First Tee (Mehl)
890	M 7pm-8pm March 23 – April 27	Tower Tee
891	Th 6pm-7pm March 26 – April 30	Tower Tee
892	Sa 11am-12pm Feb. 14 – March 21	Tower Tee
<b>12 Sessions   \$109</b>		
870	TuTh 11am-12pm April 7 – May 14	Ruth Park G.C.

**Golf: Beginning II**

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

PEDU:731

4 Sessions | \$45

820	Sa 10am-11am May 9 – May 30	Eagle Springs G.C.
800	Tu 11am-12pm April 21 – May 12	Golfport-Maryland Hgts
801	Th 7pm-8pm April 30 – May 21	Golfport-Maryland Hgts
803	Sa 10am-11am May 2 – May 23	Golfport-Maryland Hgts
810	W 5pm-6pm April 1 – April 22	Big Bend G.C.
811	M 6pm-7pm April 13 – May 4	Big Bend G.C.
812	M 7pm-8pm April 13 – May 4	Big Bend G.C.
813	Sa 9am-10am April 25 – May 16	Big Bend G.C.

**Women only**

802	Sa 11am-12pm March 28 – April 25	Golfport-Maryland Hgts
<b>No class 4/4</b>		

**6 Sessions | \$59**

860	M 6:15pm-7:15pm April 13 – May 18	Robert Jeep Sunset Hills Golf L.C.
861	W 6:15pm-7:15pm April 15 – May 20	Robert Jeep Sunset Hills Golf L.C.
862	Sa 11:15am-12:15pm April 18 – May 30	Robert Jeep Sunset Hills Golf L.C.
<b>No class 5/23</b>		
880	Tu 6pm-7pm April 7 – May 12	The First Tee (Mehl)
881	W 7pm-8pm April 8 – May 13	The First Tee (Mehl)
882	Sa 11am-12pm April 11 – May 16	The First Tee (Mehl)
890	M 6pm-7pm March 23 – April 27	Tower Tee
891	Sa 9am-10am March 28 – May 9	Tower Tee
<b>No class 4/4</b>		

**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.

PEDU:732 | \$45

800	Tu 10am-11am April 21 – May 12	Golfport-Maryland Hgts
-----	-----------------------------------	------------------------

**Golf: Playing Lessons**

Enjoy this unique opportunity to play with an experienced golf instructor. PGA professional will take you and other students on course to play up to nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately \$15 to play up to nine holes on the course (includes a riding cart). Meet instructor at Eagle Springs Clubhouse. Tee time is 5pm sharp.

PEDU:732 | \$39

820	M 5pm-7:30pm April 27	Eagle Springs G.C.
821	M 5pm-7:30pm May 11	Eagle Springs G.C.

**Play Better Golf**

Play better golf without having to spend time and money at a driving range. Learn in your home and backyard practice drills to help improve your driving, pitching, chipping and putting at the same time! Class meets at Creve Coeur's Municipal Golf Course (mandatory first class meets Tuesday, 4/21; remainder of classes meet on Sunday, 4/26-5/17). Optional 2-hole round (\$7) with instructor is available to test what you learn. Golf balls provided for class. Contact instructor (314-434-4715, melklearnman@att.net) for details.

PEDU:732 | \$39

V01	Tu 5:30pm-7pm April 21	Melvin Kleerman FV - Off Campus
	Su 9am-10am April 26 – May 17	Creve Coeur Mun. G.C.

**Golf: Parent/Child - 4 Sessions**

Parent attends class with a child, ages 7-15. Registration required for each participant.

PEDU:732 | \$45

810	W 6pm-7pm April 1 – April 22	Big Bend G.C.
811	Su 12pm-1pm April 26 – May 17	Big Bend G.C.

**Golf: Combo Class - 6 Sessions**

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

891	W 7pm-8pm March 25 – April 29	Tower Tee
893	Sa 10am-11am Feb. 14 – March 21	Tower Tee
895	Sa 11am-12pm March 28 – May 9	Tower Tee
<b>No class 4/4</b>		

**Golf: Short Game Skills - 6 Sessions**

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**

- 890 W 6pm-7pm *Tower Tee*
- 892 Th 7pm-8pm *Tower Tee*
- 894 Sa 10am-11am *Tower Tee*
- March 25 - April 29*
- March 26 - April 30*
- March 28 - May 9*
- No class 4/4*

**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**

- 481 SaSu 9am-7pm *FP - D Tower, 215*
- 482 SaSu 9am-7pm *FP - D Tower, 215*
- 483 SaSu 7am-5pm *FP - D Tower, 215*
- 484 SaSu 9am-7pm *FP - D Tower, 215*
- 485 SaSu 7am-5pm *FP - D Tower, 215*
- 486 SaSu 9am-7pm *FP - D Tower, 215*
- 487 SaSu 7am-5pm *FP - D Tower, 215*
- 488 SaSu 9am-7pm *FP - D Tower, 215*
- 489 SaSu 7am-5pm *FP - D Tower, 215*
- 490 SaSu 9am-7pm *FP - D Tower, 215*
- 491 SaSu 7am-5pm *FP - D Tower, 215*
- 492 SaSu 9am-7pm *FP - D Tower, 215*

**Basic Bike Bonding Rider Course (BBBRC)**

Bike Bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating). The objective of the Basic Bike Bonding Course is to develop and practice basic skills beyond those acquired in the Basic 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**

- 480 Sa 8am-5pm *FP - D Tower, 215*
- May 9*

**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.

**PEDU:766 | \$69**

- 500 Th 4:30pm-5:25pm *Jeanette Miller*
- Feb. 26 - May 7* *FV - CWI, 136*
- No class 3/19*
- P01 Tu 2:30pm-3:30pm *Jeanette Miller*
- Feb. 17 - April 21* *Solar Yoga Center*
- M01 M 11am-12pm *Gale Rublee Portman*
- March 2 - May 4* *Queeny Park Rec*
- 650 W 5pm-5:50pm *Gale Rublee Portman*
- Feb. 25 - May 20* *MC - PE, 201*
- No class 3/18, 4/15, 4/22*

**T'ai Chi Chih: Continuing**

Ready to enhance your T'ai Chi Chih practice? Complete a practice of all 19 movements and the final pose each week, explore key principles of the form, and refine individual movements. Prerequisite: T'ai Chi Chih Beginning class or equivalent experience.

**PEDU:767 | \$69**

- P01 Tu 1:15pm-2:15pm *Jeanette Miller*
- Feb. 17 - April 21* *Solar Yoga Center*
- Mini-Session | \$39**
- P02 Tu 1:15pm-2:15pm *Jeanette Miller*
- May 5 - Jun. 2* *Solar Yoga Center*

**Team Sports**

**Men's Basketball Recreational**

Great way to have fun and get exercise! Play half court and three on three. Bring a white and a dark colored T-shirt to class. Do not wear jewelry. No class 3/17, 4/7.

**PEDU:701 | \$59**

- 730 Tu 7pm-8:30pm *Richard Bannecker*
- Feb. 3 - May 5* *Oakville H.S., GYMB*

**Volleyball: Recreational**

Keep fit, have fun and make friends. Just register and come play! All levels welcome. No class 3/20.

**PEDU:704 | \$69**

- 580 F 7pm-8:30pm *Jason Guss*
- Feb. 20 - May 1* *FV - PE, GYM*



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

**Tennis**

**Tennis: Beginning I (NTRP 1.0-2.0) - Vetta**

See NTRP Rating Box. Tennis balls provided.

**PEDU:733 | \$69**

**M01** Tu 1pm-2pm  
*Feb. 3 – March 17* Vetta-Concord  
**M02** Sa 2:30pm-3:30pm  
*Feb. 7 – March 21* Vetta-Concord

**Tennis: Beginning I & II (NTRP 1.0-2.5) - CAC**

See NTRP rating Box. Tennis balls provided.

**PEDU:734 | \$69**

**M02** Su 10am-11am  
*Jan. 25 – March 8* Chesterfield Ath. Club  
**M01** M 11am-12pm  
*Jan. 26 – March 16* Chesterfield Ath. Club  
*No class 2/16*

**Tennis: Beginning II (NTRP 2.5)**

See NTRP Rating Box. Tennis balls provided.

**PEDU:734 | \$69**

**M04** Sa 3:30pm-4:30pm  
*Feb. 7 – March 21* Vetta-Concord  
**M03** Tu 1pm-2pm  
*March 31 – May 12* Vetta-Concord  
**M05** Sa 3:30pm-4:30pm  
*April 11 – May 30* Vetta-Concord  
*No class 5/23*

**Tennis: Beginning II - Intermediate I (NTRP 2.5-3.0) - CAC**

See NTRP rating Box. Tennis balls provided.

**PEDU:735 | \$95**

**M03** Su 7am-8:30am  
*Jan. 25 – March 8* Chesterfield Ath. Club

**Tennis: Intermediate I (NTRP 3.0)**

See NTRP Rating Box. Tennis balls provided.

**PEDU:735**

**9 hours | \$89**  
**M01** Th 8:30pm-10pm  
*Feb. 12 – March 19* Woods Mill Racq. Club  
**M02** Th 8:30pm-10pm  
*April 2 – May 7* Woods Mill Racq. Club  
**10.5 hours | \$95**  
**M04** Tu 2pm-3:30pm  
*Feb. 3 – March 17* Vetta-Concord  
**M05** Th 2pm-3:30pm  
*April 2 – May 14* Vetta-Concord  
**M06** Sa 4:30pm-6pm  
*April 11 – May 30* Vetta-Concord  
*No class 5/23*

**Tennis: Intermediate I - Advanced (NTRP 3.0-4.0)**

See NTRP rating Box. Tennis balls provided.

**PEDU:736 | \$95**

**M01** Tu 1pm-2:30pm  
*Jan. 27 – March 10* Chesterfield Ath. Club  
**M02** Tu 2pm-3:30pm  
*March 31 – May 12* Vetta-Concord  
**M03** Th 2pm-3:30pm  
*Feb. 5 – March 19* Vetta-Concord  
**M04** Sa 4:30pm-6pm  
*Feb. 7 – March 21* Vetta-Concord  
**M05** Sa 2pm-3:30pm  
*April 11 – May 30* Vetta-Concord  
*No class 5/23*

**The Great Outdoors**

**Pickleball**

Come join the fun! Pickleball is a fast-growing sport for many good reasons: it's easy to learn and play, has simple rules, and is great exercise for all ages and abilities. Learn the basics of Pickleball then enjoy recreational play. Already know how to play Pickleball? Just register and come play! All equipment provided; dress appropriately for outdoor court.

**PEDU:739 | \$49**

**M01** M 5pm-5:55pm Jay Hubert  
*April 13 – May 18* Kennedy Rec. Complex  
**M02** M 6pm-6:55pm Jay Hubert  
*April 13 – May 18* Kennedy Rec. Complex  
**M03** Sa 9am-9:55am Jay Hubert  
*April 11 – May 16* Kennedy Rec. Complex  
**M04** Sa 10am-10:55am Jay Hubert  
*April 11 – May 16* Kennedy Rec. Complex

**Backpacking and Hiking**

Introduction to outdoor living skills; menu planning, choice of proper hiking-camping apparel, campsite development, safety and sanitation. Practicum includes two one-day trail walks and one weekend camping trip. (Each student is responsible for his/her own equipment). Students are required to attend orientation on 3/25.

**PEDU:765 | \$121**

**2W1** W 7pm-8pm Timothy Mosby  
*March 25* WW, 202  
SaSu 9am-4pm  
*March 28 – March 29* Off-Campus – TBA

**Ski for a Day**

Skiing is one of the world's most exciting sports! Don't let winter keep you indoors, enjoy a 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 1:30pm; students do not have to stay until 9:30pm but are able to enjoy the resort until then. No refunds after registration/withdrawal deadline

**PEDU:769 | \$65**

**WD1** Tu 1:30pm-9:30pm Hidden Valley  
*Jan. 27* Registration/withdrawal deadline: 1/23  
**WD2** Th 1:30pm-9:30pm Hidden Valley  
*Feb. 12* Registration/withdrawal deadline: 2/9



**National Tennis Rating Program (NTRP)**

- 1.0 This player is just starting to play tennis.
- 2.0 May have had some lessons; needs on-court experience.
- 2.5 Can sustain a short rally of slow pace; needs to develop form.
- 3.0 Consistent on medium-paced shots; needs work on form and strategy.
- 3.5 Consistent with directional control; needs to work on specialty shots.
- 4.0 Dependable with directional control and depths has specialty shots. Needs to play more percentage tennis.

**Designations used as a tool to assist students when registering for tennis classes:**

**Beginning I (1.0-2.0):** Designed for beginners and those who have limited experience with basic tennis strokes. Proper techniques of all strokes will be covered. Drills will be used and tennis etiquette and rules will be discussed. Players will be grouped according to ability.

**Beginning I and II (1.0-2.5):** Designed for beginners and those who need to brush up on the basics. Techniques covered are forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability.

**Beginning II (2.5):** Further emphasized is proper stroke development and footwork through the use of drills. Tennis etiquette and rules will be reviewed. Constancy of stroke production is a major goal.

**Intermediate I (3.0-3.5):** A refresher on proper stroke execution. Drills are used and emphasis is on improved consistency and directional control. Strategy and some match play are covered.

**Intermediate II to Advanced (3.5-4.0):** This course includes more advanced drills, work on strategy and match play, with a goal of playing better percentage tennis.

**Bring tennis shoes and racket. Tennis balls provided. Facilities may not be air-conditioned. Please dress appropriately. Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.**



**Tree Climbing classes do not teach how to climb on your own. Basic physical fitness required - 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. Supply list and directions will be emailed.**

**Tree Climbing - Level I**

Experience the exhilaration of being in the trees as never before! Access parts of the canopy that you never thought possible and enjoy this new sport using ropes and harnesses just like the professionals. Learn basics about tree biology and procedures for climbing safely before starting your climb. Class ends with a survey of climbing gear and techniques.

**PEDU:765 | \$39**  
**V01** Sa 9am-12pm **Guy Mott**  
 May 16 *EarthDance Farms*

**Tree Climbing - Level II**

Build upon what you learned in Tree Climbing - Level I with state-of-the-art climbing methods that allow you to ascend multiple pitches, travel throughout the canopy and reach the very top of the tree. Small class size and one-on-one training from your instructor, who climbs into the canopy with you, make this a compelling learning experience. Prerequisite: Tree Climbing - Level I or previous introductory climb experience (MOBOT canopy climb, Adventure Tree open climb, etc).

**PEDU:765 | \$49**  
**V02** Sa 1pm-5pm **Guy Mott**  
 May 16 *EarthDance Farms*

**Stand Up Paddleboarding - Introduction**

Stand Up Paddleboarding is a rapidly growing sport that is suitable for almost anyone! Have fun and soak up the benefits of a great exercise while learning how to SUP! Learn proper paddling instruction and get a brief introduction before you hit the water. Once on the water, you will receive continuous instruction as you practice and get comfortable on your board. Dress appropriately for outdoor water activity. Fee includes all equipment. Classes held at Simpson Lake, 1234 Marshall Road, Valley Park, MO 63088.

**PEDU:770 | \$59**  
**M01** W 5pm-7pm *MC - Off Campus*  
 May 6 - May 13  
**M02** Sa 10am-12pm *MC - Off Campus*  
 May 2 - May 9

**Stand Up Paddleboarding - River Trip**

Now that you know what you're doing, join us on a new adventure in Stand Up Paddleboarding! There really is something about paddling our local rivers and being out among nature. Let SUP St. Louis take you there on a custom guided river trip. Meet at Greentree Park, 2202 Marshall Rd, Saint Louis, MO 63122 at 10am sharp. Fee includes SUP equipment and transportation up river. Water shoes and sunscreen recommended. Prerequisite: SUP Introduction class.

**PEDU:770 | \$49**  
**M03** Sa 10am-12pm *MC - Off Campus*  
 May 30

**About Boating Safely - Adults and Family**

Learn general information concerning boats and maintenance, including how to make your boating experience safer and more comfortable. Review laws and regulations to which you must adhere, and discuss tips on how to be a more courteous boat operator. NSBLA approved course, offered by the Coast Guard Auxiliary. Required materials may be purchased at the class for \$35 for the first participant, \$15 for each additional family member. Those successfully completing this course will receive the Coast Guard certificate necessary for boating licensure. Lunch not provided. Ages 10-15 allowed to attend with parent. Cost is per participant.

**PEDU:781 | \$25**  
**680** Sa 8:30am-4:30pm *MC - BA, 118*  
 March 14

**Exclamation Point!**

*“Stand Up Paddleboarding was a super-awesome class! We experienced a beautiful day in nature... can't wait to do it again next semester!”*

*Mary L., St. Louis*

**Tours and Trips**

**Soulard Stroll: Walking Tour**

As one of the most authentically retained areas in the City, Soulard's churches, schools, and taverns looked the way they did "back in the day." Home of the famous St. Louis Mardi Gras, Soulard has a story between every pub on each corner. The St. Louis French cultural influence is most evident in Soulard, plus it boasts one of the oldest farmer's markets in the Region. Fascinating historical stories and events abound on this inspiring tour. Lunch included. Tour length: 1.5 miles. Difficulty: low; some uneven pavement. Meet tour bus in Lot E on NW side of the Meramec campus for the drive to walking tour location. Withdrawal deadline for refund: 4/1.

**TRIP:701 | \$79**  
**MD9** M 9am-1pm *MC - Off Campus*  
 May 18

**Benton Park and Cherokee Street's Antique Row: Where Hipsters and History Meet**

Tales of Creole mountain men, a glimpse into daily life in a 19th neighborhood filled with immigrants, and the early history of St. Louis' brewing industry will be featured on this tour of Cherokee Street's Victorian era antique row. A beautifully crafted street — from its 18th century colonial development to the current boom in restoration of the neighborhood's 19th century charm. This 1.5 mile walking tour includes Hammond's Books, Saxquest Saxophone Shop, Casa Loma Ballroom and Cinderella Building Theatre. Lunch included. Voted 'Best Place to Take a Stroll' in St. Louis by RFT. Tour guide is NiNi Harris, for Limitless Planet Tours. Difficulty: Low; some steps. Meet tour bus in Lot E on NW side of the Meramec campus for the drive to walking tour location. Withdrawal deadline for refund: 4/2.

**TRIP:701 | \$85**  
**MD7** Tu 9am-1pm *MC - Off Campus*  
 May 5

**Heart of the Central West End: Walking Tour**

The glamorous Central West End is unique in the nation for its blocks of elegant mansions standing next to fabulous high rises. At the turn-of-the-century, the community grew as the home of St. Louis' movers and shakers. Late Victorian era mansions with their ornamental terra cotta, massive townhouses with timber and stucco trim, and impressive apartments and hotels with Art Deco styling line the inviting streets of this neighborhood. This 1.5 mile walking tour will focus on personalities, architecture, and the area's evolution from the electrification of streetcars to its late 20th century renaissance. Lunch included. Tour guide is NiNi Harris, for Limitless Planet Tours. Difficulty: low; some steps. Meet tour bus in Lot E on NW side of the Meramec campus for the drive to walking tour location. Withdrawal deadline for refund: 4/12.

**TRIP:701 | \$85**  
**MD8** Tu 9am-1pm *MC - Off Campus*  
 May 12

**Lafayette Square Walking Tour: Painted Ladies are Not Just in San Francisco**

Did you know that Lafayette Square, one of the oldest neighborhoods in St. Louis, has a fascinating connection to Mark Twain and James Eads? The answers are on this walking tour. Surprises about Lafayette Square's history abound around every corner. Known for its beautiful Lafayette Park (the City's oldest public park), authentically restored 1800's French style houses and unique shops and restaurants, there is so much more to Lafayette Square than meets the eye! Nothing beats a walk amongst the charming streets and natural beauty of this popular upscale area. Experience an authentic flavor of old St. Louis. Lunch included. Meet tour bus in Lot E on NW side of the Meramec campus for the drive to walking tour location. Tour length: 1.9 miles. Difficulty: low; some uneven pavement. Withdrawal deadline for refund: 3/12.

**TRIP:701 | \$79**  
**MD2** W 9am-1pm *MC - Off Campus*  
 April 15

**St. Louis Gateway to the West: Downtown Architecture Lovers Walking Tour**

History comes to life during this Downtown St. Louis tour that focuses on the unique and beautiful St. Louis City history and architecture. Enjoy the Old Cathedral, the Old Courthouse, and much more through unusual stories and facts delightfully presented by our Limitless Planet Certified Tour Guide. Even natives of St. Louis will come away from this engaging, yet educational tour, surprised by what they did not know. There's more to Downtown than meets the eye! Lunch included. Tour length: 2.5 miles. Difficulty: low; steps at Old Cathedral and Old Courthouse, and some uneven pavement. Meet tour bus in Lot E on NW side of the Meramec campus for the drive to walking tour location. Withdrawal deadline for refund: 4/1

**TRIP:701 | \$85**  
**MD6** F 9am-1pm *MC - Off Campus*  
 May 1

**"The Hill" Walking Tour**

"The Hill" is one of the most popular neighborhoods in St. Louis. Discover the significant history of the Italian immigration in St. Louis and the region, how The Hill was created, and be intrigued by stories of its colorful famous residents. The stunning St. Ambrose Church and detailed Immigrants Statue are a must-see, as are the numerous authentic Italian restaurants, bakeries, and unique shops that give this neighborhood its delicious reputation. You'll have opportunity to shop; bring a shopping bag and/or small cooler, if you like. Lunch included. Meet tour bus in Lot E on NW side of the Meramec campus for the drive to walking tour location. Tour length: 1 mile. Difficulty: low, a few steps. No refunds after withdrawal deadline: 3/5.

**TRIP:701 | \$79**  
**MD1** F 9am-1pm *MC - Off Campus*  
 April 10

**Dog Town Walking Tour**

This traditionally Irish neighborhood, known for the annual Hibernian St. Patrick's Day parade, has some of the most surprising and intriguing history in St. Louis. Find out the straight scoop about why this neighborhood is called Dog Town, how the neighborhood was connected to the 1904 World's Fair and the neighborhood transitions to current day. If you like a party, Dog Town is the place! Lunch included. Meet tour bus in Lot E on NW side of the Meramec campus for the drive to walking tour location. Tour length: 1.5 miles. Difficulty: low, a few steps. Withdrawal deadline for refund: 3/15.

TRIP:701 | \$75  
MD4 F 9am-1pm  
April 24 MC - Off Campus

**Re-live the 1904 World's Fair**

Join us for an illustrated, narrated tour of the actual fair grounds of the 1904 World's Fair in and around Forest Park. Travel back in time through a narrated 3-D stereoscopic slide presentation, then travel to the sites of the marvels you've just seen. Fee includes a light lunch of foods made famous at the fair and print materials (including maps). Special 3-D glasses are supplied. Some walking required. Provide own transportation for the tour. Rain date: 4/25.

TRIP:701 | \$39  
480 Sa 8:30am-1:30pm  
April 18 Charles Koehler  
FP - G Tower, 113

**Downton Abbey in St. Louis**

Your afternoon will start at the Campbell House Museum for an Upstairs/Downstairs tour. The Upstairs tour will include a detailed presentation on dining as an elite in the Victorian era, explaining formal dinner, proper evening attire, etiquette and sleeping arrangements. The Downstairs tour will highlight a domestic servant's life as a live-in housekeeper, from the bells in the kitchen to the allowed days off, uniforms and expectations of service. Afterwards, you'll enjoy a full afternoon tea at the new London Tea Room. To end this delightful day, you'll enjoy a carriage tour of Tower Grove park in hotel carriage (must be able to lift leg at least 12 inches off ground to board carriage) and a driving tour of Compton Heights. Trip includes, tours, transportation, afternoon tea, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 4/1.

TRIP:701 | \$99  
MD3 Su 11:30am-5:30pm  
April 19 Dea Hoover  
MC - Off Campus

**Exploring St. Louis**

Discover places you probably haven't seen before in the St. Louis area. Some are historical and some so new you may be the first of your friends to visit. We carpool but there is always space in a car for a non-driver. Admission fees are extra and bring a lunch the first day. Start exploring with us. Every week is a fun adventure! Walking involved. First class meets on campus, followed by a tour. Class meets off-campus after first class. Withdrawal deadline for refund: 4/1.

TRIP:701 | \$99  
MD5 F 9am-3pm  
April 24 MC - CE Classroom; Off Campus  
F 9am-3pm  
May 1 - May 15 MC - Off Campus

**Literary St. Louis**

We'll start our day in the fabulous "must see" St. Louis Public Library to "visit" local authors in the St. Louis authors room. Did Patience Worth exist, why did Tennessee Williams hate St. Louis? Solve these mysteries and hear stories of some of the many famous St. Louis authors on our bus tour of homes, neighborhoods and sites they wrote about. We'll include a quick stop at the Mercantile Library. Lunch will be at a restaurant in the Central West End Writers Corner. Trip includes tour, transportation, admission, lunch, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 2/12.

TRIP:701 | \$59  
MD0 Th 9:30am-3:30pm  
March 5 Joan Huisinga  
MC - Off Campus

**When Johnny Comes Marching Home Again**

Here's the Civil War like you've never experienced it! As we begin our 3-day adventure, the Civil War in Missouri is winding down. Sterling Price makes his last stand. We'll review the battles but deal with what happened to the people. Did families speak to each other again? See the Generals in Bellefontaine and Calvary cemeteries and the enlisted men in Jefferson Barracks. Reconstruction wasn't easy. From President, to governors to prostitutes, we'll see how they all turned out. February 3 is a full "classroom" day to recap the Civil War and the beginnings of Reconstruction. Bus tours on February 24 and March 3 begin at 10am, but we begin with an hour in the classroom at 9am. Bring a sack lunch on all days. Tours include admissions, bus and gratuities. Call for directions to the Thomas Dunn Learning Center: 314/353-3050. Withdrawal deadline for refund: 2/1.

TRIP:701 | \$99  
P01 Tu 9am-3pm  
Feb. 17 - March 3 Joan Huisinga  
Thomas Dunn Learn. Ctr.

**Beautifully Preserved Nauvoo, Illinois**

In 1839, early members of the Church of Jesus Christ of Latter-day Saints (Mormons) established Nauvoo as a place of peace and beauty on a great bend in the Mississippi River. And then they were forced to leave. Today, Nauvoo is one of America's premier historic communities. Homes, shops, and gardens on picturesque streets are open for tours. Visitors enjoy demonstrations in the blacksmith shop, brickyard, tin shop, bakery and gunsmith shop. Come spend a delightful day! Tour includes transportation, escort, admission, tours, and lunch. Meet tour bus on Lot E on NW side of Meramec campus. Field trip release form required. Withdrawal deadline for refund: 4/10.

TRIP:702 | \$99  
MD7 F 7am-8:30pm  
May 1 Cindy Fricke  
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. Withdrawal deadline for refund: 3/4.

TRIP:702 | \$99  
VD1 W 8am-7:30pm  
March 25 Cindy Fricke  
FV - Off Campus

Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

MD1 W 7:30am-8pm  
March 25 MC - Off Campus  
Meet tour bus in Lot E on NW side of the Meramec campus.

**Mystery Trip!**

Join the secretive fun on our spring Mystery Trip as we travel to an unknown destination. The day includes transportation, tour guide, lunch, tax and tips. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 3/12.

TRIP:702 | \$99  
MD2 Th 8am-6pm  
April 2 Cindy Fricke  
MC - Off Campus

**Riverbend Resale: Shop 'Til You Drop!**

What a wonderful selection you'll find on this tour! We'll have a fun day out visiting several resale shops in the Riverbend area of Alton, Illinois. We'll shop for clothing and decorating items, jewelry, antiques, handmade pottery, flea market finds and baked goods. Lunch will be enjoyed at Fast Eddies (choose and pay for your own meal). Save room for a special stop for a yummy dessert, included on the way home. Trip includes transportation, escort, taxes and tip. Withdrawal deadline for refund: 3/19.

TRIP:702 | \$79  
VD2 Th 9:30am-5:30pm  
April 9 Cindy Fricke  
FV - Off Campus

Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

MD4 Th 9am-6pm  
April 9 MC - Off Campus  
Meet tour bus in Lot E on NW side of the Meramec campus.

**Baby Clydesdales (Warm Springs Ranch) and Historic Rocheport**

See the newborns with their mothers and young ones frolicking in the fields at Warm Springs Ranch outside Booneville, then have lunch at a winery overlooking the Missouri River. We'll also visit historic Rocheport, with its antique shops and little stores. Trip includes tour, transportation, lunch, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 4/6.

TRIP:702 | \$79  
MD6 Tu 8am-6pm  
April 28 Joan Huisinga  
MC - Off Campus

**Pike County Art Trail**

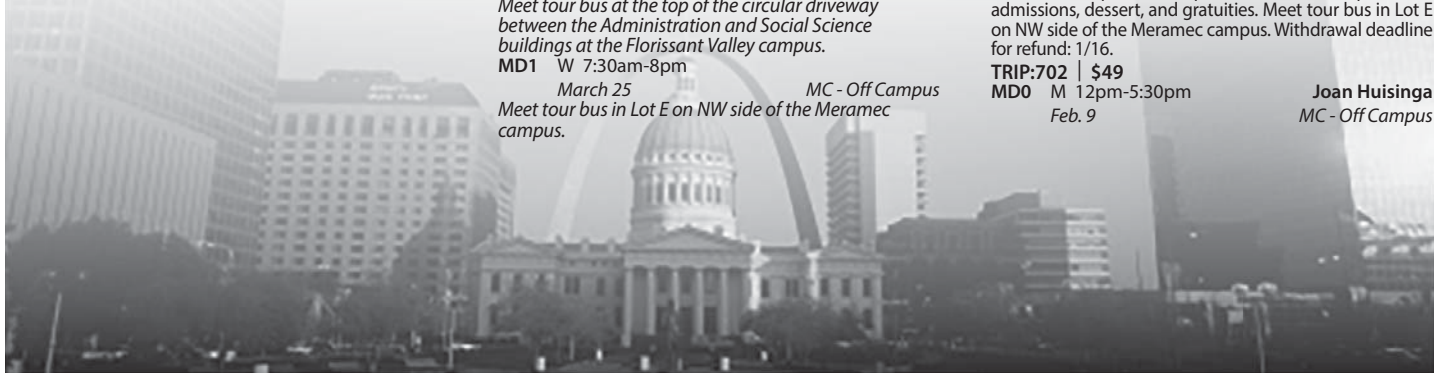
Pike County is a nationally recognized area for the arts. We'll start in the 20-acre Henry Lay Sculpture Park and Story Woods in their 300-acre setting, then on to architecture, galleries, and shops in Louisiana, MO. Lunch will be a late one at Overlook Farm with a tour of their gardens and places in Clarksville. Bring snacks for the bus. Trip includes tour, transportation, donations, lunch and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 3/24

TRIP:702 | \$89  
MD5 Tu 8am-6pm  
April 21 Joan Huisinga  
MC - Off Campus

**Riverlands Flyway**

Tour the environmental demonstration center in its unique building outside Alton and the Audubon Riverlands observation building in West Alton to hopefully see white pelicans, trumpeter swans and eagles. We'll stop for dessert and a hot drink at My Just Desserts. Bring snacks or a sandwich for the bus. Trip will be rescheduled if roads aren't passable. Trip includes tour, transportation, admissions, dessert, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 1/16.

TRIP:702 | \$49  
MD0 M 12pm-5:30pm  
Feb. 9 Joan Huisinga  
MC - Off Campus



**Arcadia Valley Civil War Tour**

It was the beginning of the end when Sterling Price marched his troops back into Missouri. Learn about the Battle of Pilot Knob (a decisive turn toward the end of the Civil War) through displays, movie, and lecture, then tour the battlefield, visit a Lutheran Church used as a hospital, the Court House with its cannon ball hole and the Ironton Historical Society. Enjoy lunch at Bailey Jo's. Trip includes tour, transportation, lunch, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 3/17.

TRIP:702 | \$69  
 MD3 W 9am-5pm  
 April 8  
 Joan Huisinga  
 MC - Off Campus

**Columbia Star Dinner Train**

Remember the days when travel was relaxed and dining was leisurely? Come relive those gracious days with us. We'll board Amtrak in Kirkwood, arriving in the ground floor of the former Union Hotel, where we'll take a coach to board the Columbia Star Dinner Train in Columbia, MO. Kick back and enjoy a leisurely 2-hour Sunday afternoon train ride while being served a three course Sunday dinner. You must be able to step up (12") to board the trains. Trip home is by motorcoach. Trip includes tour guide, transportation, dinner and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Withdrawal deadline for refund: 4/1.

TRIP:702 | \$139  
 MD8 Su 9am-5:30pm  
 May 3  
 Dea Hoover  
 MC - Off Campus

**Wellness**

**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. First class meets 5/2 in computer lab, BA- 216. Second class meets 5/9 in classroom, BA-220. Text required - bring to first class. Strengths Finder 2.0, ISBN: 9781595620156.

PERD:709 | \$49  
 680 Sa 10am-12pm  
 May 2  
 May 9  
 Carol Watkins  
 MC - BA, 216  
 MC - BA, 220

**Meditation: How and Why**

Learn how to quiet your conscious mind (inner chatter), move inward and attune to your Higher Mind. As you shift your attention/awareness within, align with the Subconscious, and then the Super-conscious Mind, you have access to the vast storehouse of Inner Wisdom. In this class you will explore various exercises and methods to deepen your meditation experience. Meditation will be practiced in each class and a meditation CD will be provided. Bring a blanket/pillow.

PERD:732 | \$59  
 720 Th 7pm-9:30pm  
 April 2 - April 16  
 Jean Walters  
 Ladue H.S., 131

**How to be Happy**

Get ready to clap your hands and stomp your feet! Even if you are already "Happy and you know it" learn useful tools to increase your own happiness, build teamwork and improve relationships. You can control your happiness, and overall well-being, by identifying your strengths, values, lifestyle and behavior. Bring a notebook and pen.

PERD:739 | \$49  
 650 Tu 6pm-8pm  
 March 24 - April 14  
 Jenna Mueller  
 MC - AS, 102

**The Science of Handwriting Analysis**

What if you could get a glance at a person's self-esteem, goals, self-confidence, fears, defenses, and so much more? Handwriting Analysis offers that key. Learn how to use this fascinating 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, just bring a notebook and pen.

PERD:743 | \$59  
 680 Sa 10am-1pm  
 April 11 - April 25  
 Deanna Nash  
 MC - SW, 108

**All Aboard! Capitol Art and Garden Tour (Amtrak)**

We'll board Amtrak in Kirkwood, arriving in Jefferson City where we'll visit the Jefferson Landing State Historic Site (a rare Missouri River landing,) where there is much to see and experience. The Union Hotel houses a gallery with rotating exhibits emphasizing Missouri's history, art and culture. Lunch will be in the Capitol Plaza Hotel. In the afternoon we'll visit Warwick Village to browse the Art Bazaar followed by a narrated driving tour featuring some of the capitol city's most historic and stately homes. Before heading home, we'll enjoy a slice of homemade pie with coffee. You must be able to step up (12") to board the train. Trip home is by motorcoach. Trip includes tour guide, transportation, dinner and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Withdrawal deadline for refund: 4/1.

TRIP:702 | \$85  
 MD9 Th 9am-7pm  
 May 7  
 Dea Hoover  
 MC - Off Campus

**Great Tips for Traveling Abroad**

Planning an international trip this year? 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, Greece, China and Egypt 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 internationally. Little things can make a big difference in your experience. If you're planning to go abroad, make this class your first stop!

TRIP:703 | \$19  
 920 W 7pm-9pm  
 April 8  
 Fred Miller  
 U. City H.S., 110

**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 | \$29  
 653 Th 7pm-9pm  
 March 26  
 450 Th 7pm-9pm  
 April 23  
 Michael Hepner  
 MC - CS, 104  
 Michael Hepner  
 FP - F Tower, 211

**Simplify Life: Spring Cleaning Edition**

It's that time of year again! As the world outside begins to transform, so can you! Learn how to simplify your life with great tips from a Professional Organizing Consultant! Improve your time management and learn how to make a big difference in your home with small changes.

PERD:765 | \$29  
 650 Th 7pm-9pm  
 March 26 - April 2  
 Kimberly Meredith  
 MC - CN, 202

**New Year, New You: Setting and Achieving Your Personal Goals**

It's that time of year again! As the world outside begins to transform, so can you! Learn how to simplify your life with great tips from a Professional Organizing Consultant! Improve your time management and learn how to make a big difference in your home with small changes.

PERD:709 | \$35  
 650 W 6:30pm-8:30pm  
 Jan. 28 - Feb. 4  
 Donna Werner  
 MC - CS, 206

**Lavender Aromatherapy**

Enjoy the art of treating body, mind and spirit with aromatic substances harvested from nature's rich store. Lavender is generally regarded as the most versatile essence therapeutically. Explore all aspects of lavender used for these purposes. You will even get to take home a bottle of lavender essential oil. Class will be held lakeside in the old red barn (fans but no air conditioning - dress appropriately for the season). For directions to the lavender farm: www.WindingBrookEstate.com. Registration/Withdrawal deadline: 4/29.

HEAL:701 | \$29  
 WD1 Sa 10:30am-12pm  
 May 2  
 Winding Brook Est.

**Systema: Health and Breathing for Self-Defense**

Breathing is key to controlling emotions and fear. Learn how to defend yourself against all enemies, including 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 and improve your skills in self-defense as you learn to control your body in all situations.

HEAL:701 | \$59  
 P01 M 5:45pm-6:45pm  
 March 2 - May 4  
 STL Combat Inst.

**Couples Massage**

Enjoy spending time together as you learn 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 will be emailed.

HEAL:704 | \$49  
 480 Sa 9:30am-3:30pm  
 Feb. 14  
 680 Sa 9:30am-3:30pm  
 April 11  
 Alice Sanvito  
 FP - HSP, 221  
 Alice Sanvito  
 MC - SW, 204

**Tapping Into the Mind/Body Connection**

Meridian Tapping is a great way to improve your health and may ease many forms of discomfort. Clear your self-sabotaging beliefs, integrate mind and body, and feel better as you tap acupressure points while making positive statements. No class 3/16.

HEAL:706 | \$49  
 650 M 7pm-9pm  
 March 2 - March 30  
 Rhonda Leifheit  
 MC - CS, 120

**Meditation for Health and Harmony**

Meditation brings relaxation, mental clarity, emotional balance and spirituality. Discover meditation techniques and find the one that's best for you.

HEAL:706 | \$49  
 450 W 7pm-9pm  
 April 1 - April 22  
 Rhonda Leifheit  
 FP - B Tower, 013

**The Magic of Coincidence**

Discover how to trust intuition and receive the power of synchronicities. Explore the interconnectedness of all things and build to a greater awareness of "meaningful coincidences" in life!

HEAL:765 | \$25  
 680 Sa 10am-12pm  
 March 28  
 Roselyn Mathews  
 MC - SO, 109

**Eat Healthy in a Hectic World**

Is your life and the lives of your family so busy that you find it difficult to develop and maintain healthy eating habits? Are you getting the proper amount of protein, carbohydrates, and fat to reach your health and fitness goals? A Certified Fitness Nutrition Specialist will look at some of the "catch 22's" of popular diets, go over the nutritional requirements for busy adults and point out ways to improve your diet or meal plan even in today's hectic world!

**HEAL:713 | \$25**  
350 Tu 6:30pm-8:30pm  
April 21  
**Daniel Nobel**  
WW, 306

**A Bucket of Life**

Many adults in the United States are overweight, putting them at risk for high blood pressure, high cholesterol, cardiovascular disease, and diabetes. Learn how to make small changes that produce big results over time. Class will discuss content from "A Bucket of Life," a medically-based fitness fable designed to educate and engage adult students in reclaiming fitness. Students expected to read book before class and be prepared to discuss content. A Bucket of Life, ISBN# 978-0615764146.

**HEAL:713 | \$39**  
680 Sa 9am-12pm  
March 28  
**James Toombs**  
MC - AS, 108

**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**  
650 Tu 6:30pm-8:30pm  
March 10  
**Daniel Nobel**  
MC - CN, 201

**Youth and Family**

**Exclamation Point!**

*"Daniel Nobel's class, 'The Truth About Fat Loss' was informative and thorough. He did a wonderful job providing valuable information. Highly enjoyable!"*

Matthew R., Oakville

**Foreign Language for the Family: Spanish**

Explore a new culture and language in a relaxed and informal atmosphere with your family! Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Spanish! Ages 8 and up; students under 16 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome. Text required-bring to first class.

**FLSP:702 | \$75**  
652 W 5:30pm-6:55pm  
April 8 - May 27  
**Ann Matthews**  
MC - CS, 210

**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. Ages 4-10. No class 4/4.

**KIDS:707 | \$59**  
M01 Sa 10am-11am  
Feb. 21 - May 2  
**Timothy Toeniskoetter**  
Martial Arts Ctr (Mehl)

**Golf: Parent/Child - 4 Sessions**

Parent attends class with a child, ages 7-15. Registration required for each participant.

**PEDU:732 | \$45**  
810 W 6pm-7pm  
April 1 - April 22  
**Big Bend G.C.**  
811 Su 12pm-1pm  
April 26 - May 17  
**Big Bend G.C.**

**Golf for Youth: Beginning I**

Beginning Golf for children. Ages 7-15. Extra fee for balls.

**KIDS:710 | \$45**  
810 Sa 11am-12pm  
April 25 - May 16  
**Big Bend GC**

**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. No class 3/21 and 4/4.

**KIDS:720 | \$39**  
Ages 5-8  
580 Sa 12pm-12:50pm  
March 7 - April 25  
**Jeanne Schulte**  
FV-PE, POOL  
Ages 8 and up  
581 Sa 1pm-1:50pm  
March 7 - April 25  
**Jeanne Schulte**  
FV-PE, POOL  
581 Sa 2pm-2:50pm  
March 7 - April 25  
**Jeanne Schulte**  
FV-PE, POOL



**Japanese for Youth**

Do you enjoy Japanese manga, anime and music? Do you wish you knew what they were saying? Learn the basics of the Japanese language and culture and begin to build your grammar skills through key sentences, dialogs and activities using games, exercises and anime. Introductory Japanese conversation as well as reading and writing Japanese characters will be covered. No text required. Ages 11-17.

**KIDS:719 | \$75**  
300 W 4:30pm-6:30pm  
April 1 - May 6  
**Noriko McLeer**  
WW, 202

**Fencing for Youth: Beginning I**

Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework and boutting. Equipment provided. Ages 8-15.

**KIDS:720 | \$59**  
650 Th 5pm-5:55pm  
Jan. 29 - March 12  
**Patrick Dorsey**  
MC - PE, 201

**Fencing for Youth: Beginning II**

Ready to learn more? The Fencing fun continues in this level II course for beginners. Review basics covered in Beginning I and improve footwork, bladework and boutting tactics. Equipment provided. Ages 8-15.

**KIDS:720 | \$59**  
651 Th 5pm-5:55pm  
April 2 - May 14  
**Patrick Dorsey**  
MC - PE, 201

**Mom and Me: UpCycled Shrinky Dinks**

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

**KIDS:738 | \$42**  
480 Sa 9am-12pm  
May 2 - May 9  
**Nicole Ottwell**  
FV - H, 104



**Junior Baker: Cake Decorating**

A fun, creative activity for young bakers ages 11-14. This class teaches introductory cake decorating techniques on projects that will be completed for take home after each class. You'll be amazed at the beautiful creations you'll be able to make for your family and friends! Bring an empty one-quart bowl (with lid) and a box to take home your finished projects. Supplies furnished. Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

**KIDS:730 | \$49**  
P01 Su 2pm-4pm  
April 12 - April 19  
**Cynthia Sciaroni**  
Cul. Arts House

**Mom and Me: Stamp Camp**

Mom, Dad, Grandmothers or Grandfathers - bring your buddy to this Mommy and Me Stamp Camp to create some fun projects. We will be creating two cards, a bookmark and a piggy bank. No experience needed to create these one of a kind stamping projects with stamps and punches! Supply list will be sent. Students must be accompanied by a guardian. Registration is in pairs or more. Each participant must register. Last day to enroll or drop is Friday, April 24. No refunds after Friday, April 24.

**KIDS:738 | \$30**  
MD1 Sa 9am-12pm  
May 2  
**Patti Bossi**  
MC - CE Classroom

**Mini Movers: Child Only - Ages 3-5**

Jump, swing and roll! Promote motor development for your preschooler by using fun and exciting mat shapes, gymnastics and other play equipment to explore balance, coordination and sensory development. Led by a pediatric physical therapist and gymnastics instructors, class is designed to accommodate children of all abilities and special needs. Registration and signed waiver required for all participants.

**KIDS:711 | \$79**  
650 Tu 5:30pm-6:30pm Sarah Hasser, Laura Legg  
March 24 - May 12  
MC - PE, 105

**Mini Movers: Parent/Child - Ages 6 months to 3 years**

Come play with us! Promote motor development with fun gymnastics activities that you can enjoy with your child, ages 6 mos to 3 years. Children will explore balance, coordination and sensory development using fun and exciting mat shapes, gymnastics and other play equipment. Led by a pediatric physical therapist and gymnastics instructors, class is designed to accommodate children of all abilities and special needs. \$79 fee covers one child and up to two parents/guardians. All children MUST be registered under KIDS 738 600 and parents/guardians MUST register under KIDS 738 601. Signed waiver required for each participant.

**KIDS:738 | \$79**  
600 Tu 4:30pm-5:15pm Sarah Hasser, Laura Legg  
March 24 - May 12  
MC - PE, 105

The following section is for parents/guardians of children that have registered and paid for KIDS:738 600. Maximum 2 parent/guardian for each \$79 child registration. Signed waiver required for each participant

601 Tu 4:30pm-5:15pm Sarah Hasser, Laura Legg  
March 24 - May 12  
MC - PE

# LOCATION INDEX

STLCC Continuing Education  
Registration  
begins January 5

Advanced Auto Service Inc.  
6123 Gravois, 63116

Adiva Dance Center  
943 S. Kirkwood Rd, 63122

Affton White-Rodgers  
Community Center  
(Affton 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

Bernard Middle School  
1054 Forder Road, 63129

Big Bend Golf Center  
3390 Quinette Road, 63088

Big Bend Yoga Center  
88 North Gore, 63119

Body by Pilates  
(inside Studio Rue)  
7905 Big Bend Blvd., Ste. 103,  
63119

Bridge Haven  
6205 No. Lindbergh Blvd, 63042

Bridgeton Trails Library  
3455 McKelvey Road, 63044

Brunswick Zone Chesterfield  
176 Four Seasons Shopping  
Center, 63017

Camp Wyman  
600 Kiwanis Drive, 63025

Ces and Judy's  
10405 Clayton Rd, 63131

Chess Club and Scholastic  
Center of St. Louis  
4657 Maryland Ave, 63108

Chesterfield Athletic Club  
16401 Swingley Ridge Rd.,  
63017

City Sewing Room  
6700 Arsenal Ave., 63139

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

Comprehensive Chiropractic  
505 S. Kirkwood Rd., 63122

Creve Coeur Municipal Golf  
Course  
11400 Olde Cabin Rd, 63141

Culinary Arts House  
3137 Hampton Avenue, 63139

DEesigns Studio  
9920 Watson Rd. Ste 200, 63126

Dance Arts St. Louis  
8045 Big Bend Ste 200b, 63119

Defensive Focus  
16401 Swingley Ridge Rd,  
63017

Eagle Springs Golf Course  
2575 Redman Rd. 63136

EarthDance Farms  
233 S Dade Ave, 63135

Ellisville Parks & Rec. (Bluebird Park)  
225 Kiefer Creek Rd., 63021

Endangered Wolf Center  
6750 Tyson Valley Road, 63025

Faust Park  
15189 Olive Blvd, 63017

First Tee (South County)  
6286 Lemay Ferry Road, 63129

Fischer's Cake & Candy  
620 Charbonier Rd., 63031

Forest Lake Tennis Club  
1012 N. Woods Mill Road, 63011

Francis Park  
Donovan and Eichelberger,  
63109

Frontenac Racquet Club  
10455 German Blvd., 63131

Garden of Life Spiritual Center  
9525 Eddie and Park Rd., 63126

GolfPort-Maryland Heights  
1 GolfPort Drive, 63146

Greentree Park  
2202 Marshall Rd, 63122

Hawn State Park  
12096 Park Drive  
Ste Genevieve MO 63670

Humane Society of Missouri  
1201 Macklind Ave., 63110

Hidden Valley Ski Resort  
17409 Hidden Valley Drive,  
63025

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

K.I.S.S Fitness  
2318 N. Hwy 67, 63033

Ladue Middle School  
9701 Conway Road, 63124

Ladue Horton Watkins Sr. High  
School  
1201 S. Warson Rd., 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

Local Harvest Cafe  
3137 Morgan Ford Road, 63116

Lutheran Church of the  
Resurrection  
9907 Sappington Rd., 63128

Martial Arts Center (Mehlville)  
3712 Lemay Ferry Road, 63125

Masterpeace Studios  
(inside Fellowship Hall of  
Christ Lutheran Church)  
1 Selma Ave., 63119

Meramec State Park  
115 Meramec Park Rd  
Sullivan MO, 63080

Missouri History Museum  
5700 Lindell Blvd, 63112

Nottingham Elementary School  
4915 Donovan, 63109

Oakville Sr. High School  
5557 Milburn Rd., 63129

Painted Zebra  
10907 Manchester Road, 63122

Perennial  
7413 S. Broadway, 63111

Queeny Park--Greensfelder  
Recreation Complex  
550 Weidman Road, 63011

RiverChase of Fenton  
990 Horan Drive, 63026

Ruth Park Golf Course  
8211 Groby Road, 63130

Simpson Lake  
1234 Marshall Road, 63088

Solar Yoga Center  
6002 Pershing at Des Peres,  
63112

Sperreng Middle School  
12111 Tesson Ferry Road, 63128

St. John's Evangelical UCC  
11333 St. John's Church Road,  
63123

St. Louis Combat Institute  
4208 Sarpy Ave, 63110

**St. Louis Community College  
Florissant Valley (FV)**  
3400 Pershall Road, 63135

**St. Louis Community College  
Forest Park (FP)**  
5600 Oakland Ave, 63110

**St. Louis Community College  
Meramec (MC)**  
11333 Big Bend Road, 63122

**St. Louis Community College  
Wildwood (WW)**  
2645 Generations Dr.  
Wildwood, 63040

**St. Louis Community College  
William J. Harrison  
Education Center  
(Harrison Ed. Ctr)**  
3140 Cass Ave, 63106

**St. Louis Community College  
South County Education  
& University Center (SCEUC)**  
4115 Meramec Bottom Road,  
63129

**St. Louis Community College  
Corporate College  
(Corp. College)**  
3321 McKelvey Road, 63044

**St. Louis Community College  
Center for Workforce  
Innovation (CWI)**  
3344 Pershall Rd., 63135

St. Louis Genealogical Society  
4 Sunnen Drive, 63143

St. Louis Wine and Beer Making  
231 Lamp and Lantern Village,  
63017

Sunset Hills Community Center  
(Sunset Hills Comm. Ctr)  
3915 South Lindbergh, 63127

Sunset Hills Golf Learning Ctr  
13550 West Watson Rd, 63127

Sunset Tennis Center  
10911 Gravois Ind'l Court,  
63128

Sunset Hills Watson Trails  
12450 W Watson Rd, 63127

The Studio, Inc.  
1332 Strassner Drive, 63144

The Timbers of Eureka  
1 Coffey Park Lane, 63025

Thomas Dunn Learning Center  
(Thomas Dunn Learn. Ctr.)  
3113 Gasconade, 63118

Thornhill Branch/St. Louis  
County Library  
12863 Willowycck 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

Vetta Sports-Concord  
12320 Old Tesson Ferry Road,  
63128

Winding Brook Estate  
3 Winding Brook Estate Drive  
63025

Wine Barrel  
3828 South Lindbergh,  
Suite 111, 63127

Woods Mill Racquet Club  
910 Old Woods Mill Road, 63017

Xtreme Krav Maga/Xtreme  
Tactical  
639 Gravois Bluffs Blvd. Suite  
C, 63026

## CAMPUS LEGEND

### FLORISSANT VALLEY = FV

A	ADMINISTRATION
B	BUSINESS
CDC	CHILD DEVELOPMENT CENTER
C	COMMUNICATIONS
EC	EMERSON CENTER
E	ENGINEERING
H	HUMANITIES
IR	INSTRUCTIONAL RESOURCES
PE	PHYSICAL EDUCATION
S	SERVICE BUILDING
SM	SCIENCE-MATHEMATICS
SS	SOCIAL SCIENCES
SC	STUDENT CENTER
T	THEATER
TC	TRAINING CENTER
CWI	CTR FOR WORKFORCE INNOVATION

### FOREST PARK = FP

A	A-TOWER
B	B-TOWER
C	C-TOWER
D	D-TOWER
F	F-TOWER
G	G-TOWER
HSP	HOSPITALITY
LB	LIBRARY
PE	PHYSICAL EDUCATION
SC	STUDENT CENTER
T	THEATRE
AA	ART ANNEX

### MERAMEC = MC

AC	ASSESSMENT CENTER
AD	ADMINISTRATION/CLARK HALL
AS	APPLIED SCIENCE
BA	BUSINESS ADMINISTRATION
CE	CONTINUING EDUCATION
CP	CAMPUS POLICE
CN	COMMUNICATIONS NORTH
CS	COMMUNICATIONS SOUTH
GH	GREENHOUSE
HE	HUMANITIES EAST
HW	HUMANITIES WEST
LH	LECTURE HALLS
L	LIBRARY
PE	PHYSICAL EDUCATION
SC	STUDENT CENTER
SO	SOCIAL SCIENCE
SS	SCIENCE SOUTH
SW	SCIENCE WEST
T	THEATRE

### WILDWOOD = WW

### EXTENSION CAMPUSES

South County Education and  
University Center = SCEUC

William J. Harrison Education  
Center = Harrison Ed. Ctr

STLCC Corporate College =  
Corp. College

# GENERAL INFORMATION

Enrollment in classes within this brochure, except for youth section classes, is limited to persons 16 years or older.

## Accommodations Statement

St. Louis Community College is committed to providing access and reasonable accommodations for individuals with disabilities. If you have accommodation needs, please contact the Continuing Education Access office at least six weeks prior to the start of class to request accommodations. Event accommodation requests should be made with the event coordinator at least two working days prior to the event. Documentation of disability may be required. Contact Anne Marie Schreiber at 314-984-7704.

## Students Rights and Responsibilities

All students are responsible for adhering to college policies and procedures. Please refer to [www.stlcc.edu/Document\\_Library/FactFinder.pdf](http://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. In addition, all location closings will be posted on the college website: [stlcc.edu](http://stlcc.edu). 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, mail or email if a class is cancelled. Full refunds will be issued for classes cancelled by the college. If you drop a class, you will receive a 100 percent refund for most classes if the class is dropped one business day before the first meeting. A 50 percent refund will be given for most classes dropped between one business day before the first class meeting and prior to the second meeting of the class. See the course schedule for classes (such as daytrips) that require notice beyond one business day for cancellation and eligibility for a refund. Requests of withdrawals should be submitted in writing to the Continuing Education office. Calculation of refunds will be based on the date the written request is received by the office. If you have a situation that warrants an override of the above policy, an explanation of the circumstances should be made in writing to the Continuing Education office. Refunds should be received within 30 days.

## Fee Reduction for Older Adults

Older adults (those 60 years and older) may enroll in most courses for a reduced fee. This reduction is half the price of the class fee only, plus whatever material costs are associated with the class. Material costs include fees for expenses such as books and materials, facility usage, tour and travel costs, computer lab usage, online courses, food supplies and other items needed for the class. NOTE: Those wishing to take advantage of this fee reduction must do so at the time of registration. Before registering, please contact the Continuing Education office to see if your course contains a material fee.

## Senior Citizen Scholarship

Missouri residents who are at least sixty-five years of age will be awarded a scholarship to be exempt from maintenance fees to enroll in courses on a space available basis. There will be a non-refundable registration fee of \$5 per course to a maximum of \$25 per semester. Student is responsible for other fees, such as materials, supplies and books. At the earliest, students may enroll in the class two days prior to the first class date. Students may not receive a refund for a paid course in order to enroll for a scholarship space in that same course. PLEASE CALL THE CONTINUING EDUCATION OFFICE TO GET SPECIFICS REGARDING THE SENIOR SCHOLARSHIP. The senior scholarship discount does not apply to online classes.

## Safety and Program Guidelines for Youth Classes

All children under the age of 16 who are enrolled in programs through the St. Louis Community College Office of Continuing Education must be accompanied and signed-in by a responsible party at the beginning of each program session. 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

Textbooks can be purchased at the campus bookstores.

## Library and Computer Lab Privileges

If you are registered in continuing education courses, you may enjoy library and computer lab privileges by showing your student ID. To obtain a student ID take your paid fee receipt to the Campus Life office and the personnel there will provide you with an ID.

## Firearms on College Property

Except for licensed police officers, no person shall possess or carry any firearm, visible or concealed, on college property (including college buildings and grounds leased or owned by the college-college athletic fields and parking lots) or in any college van or vehicle or at college-sponsored activities. College employees, students and visitors who hold concealed carry endorsements as allowed by Missouri law may not carry or bring any firearms, visible or concealed, on college property, owned or leased or at any college activities.

## Notice of Non-Discrimination

St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information or status as a disabled or Vietnam-era veteran and shall take action necessary to ensure non-discrimination. For information contact:

### Corporate College

Lesley English-Abram, Manager, Community Services  
STLCC Corporate College, 3221 McKelvey Road, Bridgeton, MO 63044  
314-539-5480, [labram@stlcc.edu](mailto:labram@stlcc.edu)

### Cosand Center/Employment

Patricia Henderson, Senior Manager of Employment  
300 S. Broadway, St. Louis, MO 63102-2800, 314-539-5214, [phenderson@stlcc.edu](mailto:phenderson@stlcc.edu)

### Florissant Valley

Joe Worth, Vice President, Student Affairs  
3400 Pershall Road, St. Louis, MO 63135-1408, 314-513-4250, [jworth@stlcc.edu](mailto:jworth@stlcc.edu)

### Forest Park

Franklyn Taylor, Vice President, Student Affairs  
5600 Oakland Avenue, St. Louis, MO 63110-1316, 314-644-9009, [ftaylor65@stlcc.edu](mailto:ftaylor65@stlcc.edu)

### Meramec

Kim Fitzgerald, Vice President, Student Affairs  
11333 Big Bend Road, St. Louis, MO 63122-5720, 314-984-7609, [kfitzgerald@stlcc.edu](mailto:kfitzgerald@stlcc.edu)

### Wildwood

Laura Davidson, Director of Student Affairs  
2645 Generations Drive, Wildwood, MO 63040-1168, 636-422-2004, [ldavidson@stlcc.edu](mailto:ldavidson@stlcc.edu)

### Section 504/Title II Coordinator

Dr. Donna Dare, Vice Chancellor of Academic Affairs  
300 S. Broadway, St. Louis, MO 63102-2800, 314-539-5285, [ddare@stlcc.edu](mailto:ddare@stlcc.edu)

### Title IX Coordinator:

William Woodward, Associate Vice Chancellor, Student Affairs  
300 S. Broadway, St. Louis, MO 63102-2800. 314-539-5374. [wwoodward5@stlcc.edu](mailto:wwoodward5@stlcc.edu)

# Registration is Easy!!!



## Mail

Complete the registration form (below) and mail with check (*payable to St. Louis Community College*) to:  
**STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044**

Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.



## In Person at STLCC Continuing Education Offices M-F 8:30 am - 4 pm

### Meramec

802 Couch Avenue  
 St. Louis, MO 63122

### Florissant Valley

At the Center for Workforce Innovation  
 3344 Pershall Rd., Ferguson, MO 63135

### Forest Park

Forest Park, G Tower-320-322  
 5600 Oakland Ave., St. Louis, MO 63110

You may want to first call the Continuing Education office at 314-984-7777, to check that openings exist.



## By Phone

*Call to complete your registration by charging fees to MasterCard, Visa, American Express or Discover.*

**Telephone: 314-984-7777**

**Call Center Hours: M-Th 8:30 am - 7:30 pm; Fridays 8:30 am-4 pm**

*Before calling to register, have this information ready:*

1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address / phone number / email)
3. Student Number or UIN
4. Credit Card Number with Expiration Date



## Online: [www.stlcc.edu](http://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 prior to first class meeting. Some classes have additional registration deadline requirements, please check course descriptions.

**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
<b>Total</b>				

♂ 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: \_\_\_\_\_

\_\_\_\_\_ Expiration Date: \_\_\_\_\_  
CARD NUMBER

Signature: \_\_\_\_\_

RESIDENTIAL CUSTOMER



*Advance your life personally  
and professionally...*



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



[www.stlcc.edu/ce](http://www.stlcc.edu/ce)

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

**Questions? Call 314-984-7777**

**ST. LOUIS COMMUNITY COLLEGE...**

Since 1962, more than 1.2 million people have passed through our doors to take a class, earn a degree, upgrade their career skills or enrich their lives. Each year, more than 80,000 students enroll in:

- College transfer and career programs leading to associate degrees
- Job skill and personal development classes
- College preparatory courses
- Specialized performance programs sponsored by local employers
- Associate degrees in Arts, Science, Fine Arts, Applied Science and Teaching are offered as well as Certificates of Proficiency and Specialization. The college's Workforce Solutions Group also serves the local business community through assessment, counseling, consulting and training services.

Learning is convenient via:

- Four campuses-Florissant Valley, Forest Park, Meramec and Wildwood
- Three education centers-south and north St. Louis County and north St. Louis City
- Numerous business, industrial and neighborhood sites throughout the metro area
- Online instruction

100454 4/2014

Governed by a board of six elected trustees and supported by local taxes, state funds and student fees, the college has an annual budget of more than \$200 million. The college is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools. St. Louis Community College focuses its resources on helping students find the right academic and career pathways. Through its alumni and community partnerships, the college is helping St. Louis become the best place to live and work in the 21st century.