A high-angle, blurred photograph of a crowd of people walking across a crosswalk with white stripes on a grey pavement. The motion blur gives a sense of a busy, active environment.

Continuing Education

SPRING 2016

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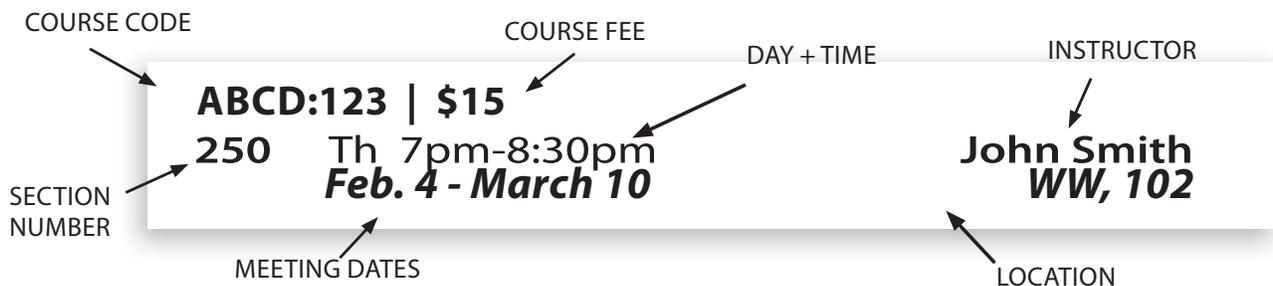


St. Louis Community College
Continuing Education

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HOW TO READ COURSE LISTINGS

The listing details found below course titles and descriptions 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.



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

MoSTEMWINS

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The MoSTEMWINS grant serves unemployed, underemployed, low skill participants, Trade Adjustment Assistance (TAA) eligible participants and Veterans ready to gain new job skills for St. Louis area high-demand job opportunities.

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 Community Health Worker



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This workforce product is funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration. The product was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to accuracy of the information or its completeness, timeliness, usefulness, adequacy, continued availability, or ownership.



Enrollment is open. Get started today!

Continuing Education

Spring 2016

Continuing Education is here to help you take your next step in the right direction.

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 314-984-7777

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St. Louis Community College has Something for Everyone.

Offering more than 100 degree and certificate programs.



◀ **Linda, 40**
Career & Technical Education

Pursuing a career in Culinary Arts and will be job-ready in two years. STLCC offers 100+ CTE programs that can have you job ready in two years or less.



▲ **Kim, 22**
Pursuing Associates Degree

Completing a two-year Fine Arts degree at 1/3 the cost before transferring to the Art Institute of Chicago to complete her BA in Photography.

▶ **Brian, 35**
Accelerated Job Training

Enrolled in STLCC's commercial truck driver training program and will be job-ready in six weeks. Our Workforce Solutions Group offers focused job training for in-demand industries.



▶ **Jordan, 19**
A+ Scholarship Recipient

Completing his first two years of college at STLCC and banking the money he saves for graduate school.



▶ **Cara, 17**
High School Senior

Earning college credit through STLCC's dual credit program and will graduate high school with a jump start on her college career.



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Expanding Minds. Changing Lives.

For additional information about programs
at St. Louis Community College, please visit:
stlcc.edu

New Setting Up Your Business on Etsy: An Intense Interactive Workshop

Have you ever wanted to open up a shop on Etsy? Have you tried and never got through the process? In this intense workshop, you will build your very own Etsy shop, and by the end of the day, you'll be open for business. This all-day workshop will be taught by ecommerce veteran Donna Fox who has 20+ years of marketing experience behind her. Bring your laptop as you will working step-by-step to build your site from listing your items to payment options, sales taxes and more. You will also learn about best practices on branding, coupons and promotion. What are you waiting for? Get started today on establishing a potentially successful Etsy shop and a new source of income. Supply list to be sent. Bring a sack lunch and drink. Registration deadline 3/25. No refunds after this date.

BUSS:712 | \$159

680 Sa 9am-5pm
April 2

Donna Fox
MC - BA, 220

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 | \$25

450 M 6pm-8pm
April 18

Amy Hereford
FP - G Tower, 113

S.C.O.R.E. Seminar

Topics covered in this all-inclusive seminar include how to develop a winning marketing plan, the importance of determining your business's legal structure and writing a professional business plan. Also covered are potential sources of funding and uses and applications of technology that can make your business more profitable. In addition, you will learn about the complex licenses and taxes to which your business may be subject and a basic understanding of the balance sheet, the income statement and how to manage cash flow. All students must register with the SCORE office online at www.stlouis.score.org. Lunch is not provided. Fee for class materials payable to SCORE at registration; \$60 pre-register and pre-pay; \$70 at the door.

BUSS:701

684 Sa 8:15am-3pm
April 2

MC - SO, 108

685 Sa 8:15am-3pm
May 7

MC - SO, 107

Exclamation Point!

The class, Starting and Managing a Small Business made me question a lot more aspects of my thoughts on starting a business, which is exactly what I was looking for.

-Mike W., Florissant, MO

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. Please bring a laptop to class for assignments. Program is offered in partnership with the Small Business and Technology Development Center.

BUSS:702 | \$99

650 Th 6pm-9pm
March 24 - April 14

Lynette Watson
MC - BA, 122

New SWOT - Listening to Your Business

Improve your business's profitability and overall financial performance! Using the SWOT (Strengths, Weaknesses, Opportunities and Threats) analysis, class will go through the process of visualizing the business model with a three year lens. You'll establish interim goals and develop a plan of action to help you make the best business decisions. Program is offered in partnership with the Small Business and Technology Development Center.

BUSS:740 | \$35

650 Tu 6pm-9pm
March 22

Darlisia Diltz
MC - SO, 107

Finance

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 | \$35

650 Th 6pm-9pm
March 24

Kimberly Franklin
MC - BA, 112

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 | \$75

650 W 6pm-9:30pm
April 27 - May 4

T. Spector
MC - SO, 107

Small Business Tax Seminar

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

BUSS:706 | \$39

680 Sa 9am-12:30pm
April 23

T. Spector
MC - SO, 10

Marketing & Promotion

Developing a Solid Marketing Strategy for Your Business

Every business needs a solid marketing strategy to stay ahead of the competition and ensure business success. 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 | \$59

681 Sa 9am-12pm
April 9 - April 16

Darlisia Diltz
MC - SO, 109

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 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:767 | \$29

680 Sa 9am-12pm
April 9

Sarah Guldalian
MC - BA, 114

Career Essentials

Writing Your Resume to Impress

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

CPDV:704 | \$49

650 Tu 6pm-8pm
April 5 - April 19

Jacqueline Meaders-Booth
MC - SW, 110

New Building Business Confidence: Overcoming Personal Rejection

Are you feeling held back by concerns about what other people think of you? Your growth in business, sales, social and family relationships can be affected by perceptions of rejection. Gaining perspective and insight is a valuable way to overcome this fear. When you follow the formula presented in this class, you will learn to increase your confidence and self-trust to improve your business advancement, professional and social relationships, and interaction with family.

CPDV:765 | \$55

651 Tu 6pm-8:30pm **Jean Walters**
 March 22 – March 29 Corp. College, 210

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 | \$25

651 Tu 6pm-8pm **Sherita Reinhardt**
 March 29 MC - BA, 114



Changing Career Directions: Find the Passion in Your Career Path

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

CPDV:702 | \$79

650 M 7pm-9:30pm **Jean Walters**
 April 4 – April 25 MC - BA, 118

Plus 50: Finding Purpose and Passion in the Third Chapter

Are you facing the post-career years and wondering what's next? Many in the third chapter of life feel unsettled, restless, and adrift. The years between 50 and 75 can be some of the best, but it is difficult to make sense of the changes ahead. If you're looking for new meaning in work and life, this powerful interactive learning experience will teach you how to tap into the power of purpose. Whether you're seeking an encore career, looking for enlivening volunteer work, or reinventing your sense of identity, knowing your purpose will guide you to increased vitality, creativity, and fulfillment. Bring a sack lunch.

CPDV:702 | \$65

681 Sa 9am-4pm **Carol Watkins**
 April 16 MC - SO, 112

Plus 50 Employment: Purpose, Process and the Payoff

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

CPDV:702 | \$55

551 Th 6pm-9pm **Edwin Penfold**
 April 21 – April 28 FV - C, 136



Nonprofit Essentials

Establishing and Running a Nonprofit Organization: Part 1

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 **Amy Hereford**
 April 9 MC - SO, 111

Establishing and Running a Nonprofit Organization: Part 2

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 **Amy Hereford**
 April 9 MC - SO, 111

Career Studies

Nursing and Allied Health

ACLS

Class will be held on 4/23 and 4/24. This American Heart Association course is designed to review, organize and prioritize the skills and didactic information needed to handle a cardiac arrest, events leading to a cardiac arrest and events that follow a cardiac arrest. Please note that written and practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Upon successful completion each participant will receive an ACLS course completion card. Intended audience: Personnel staffing emergency, intensive care or critical care departments, emergency medical providers such as physicians, nurses, emergency medical technicians, paramedics, respiratory therapists, and other professionals who may have a need to respond to a cardiovascular emergency. Materials will be mailed prior to the program for extensive self-paced pre-course preparation. Access to a computer will be necessary for pre-course work. Registration three weeks prior to course start date is required to ensure arrival of pre-course material. Registration/refund/withdrawal deadline: 4/1. Due to the nature of the program, you must arrive on time. No admittance after stated start time. No refund for late arrival.

ACLS:701 | \$350

4D0 Sa 8am-6pm **FP - G Tower, 121**
 April 23
 Su 8am-5pm
 April 24 **FP - G Tower, 121**

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 and ACLS 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.

Learn More.
When and where you want!

Online Classes

Engaging Subjects

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Seats are still available!

Call 314-984-7777 to register today!

Abuse, Neglect and Financial Exploitation in Long Term Care Communities

This class will provide a comprehensive review of abuse, neglect and financial exploitation in long term care communities. Abuse, neglect and financial exploitation will be defined and the signs, symptoms and risk factors for each identified. How and to whom a report of abuse, neglect or financial exploitation should be processed will be explained and supportive services for the victim and family identified. Prevention of abuse, neglect and financial exploitation in long term care communities will be discussed. Instructor: Katelyn Eichorst MSW
AHCE:749 | \$29
 650 M 6pm-8:15pm
 April 11 MC - SW, 108

Pharmacology: Drug Interactions in the Elderly

This course addresses drug-related issues common in the elderly population with specific emphasis on adverse drug effects, over-dosage, under-dosage, drug-disease interactions, drug-drug interactions, drug-food interactions and potential drug interactions associated with over-the-counter medications including herbal products.
NURS:706 | \$29
 450 W 6pm-8:15pm
 April 20 Catherine Kush
 FP - G Tower, 119

Diabetes 2016: Medication Update Including Inhaled Insulin

Management of the client with diabetes is an ever-changing challenge. This workshop will focus on the recent advances in medications used in the treatment of diabetes including inhaled insulin.
NURS:777 | \$49
 650 W 6pm-9:15pm
 March 23 MC - SW, 111

Functional Goals and Treatment Strategies for Occupational Performance

This class is designed for Occupational Therapists and Occupational Therapy Assistants to explore task analysis to find creative treatment options to maximize ADL/IADL performance. Therapists will identify the limiting factors that inhibit occupational performance and expand their repertoire of functional treatment strategies. Clinicians will practice writing measurable goals and brainstorm with other professional to solve treatment challenges. Instructor: Carolyn Stecher OTR/L
AHCE:773 | \$25
 650 W 6pm-8pm
 April 6 Carol Stecher
 MC - AS, 102

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. No refund for late arrival.
CPRR:701 | \$45
 CD0 Tu 4pm-6pm
 April 5 Gary Holsapple
 Corp. College, 276

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. No refund for late arrival.
CPRR:701 | \$59
 5D0 M 6pm-9:30pm
 May 2 Gary Holsapple
 FV - TC, 110

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. No refund for late arrival.
CPRR:706 | \$97
 CD0 W 8:30am-4:30pm
 April 13 Gordon Back
 Corp. College, 276

CPR Instructor Renewal Course

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 and be a current CPR Instructor as evidenced by a current CPR Instructor card. At time of registration the instructor must provide documentation meeting both prerequisites. 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. No refund for late arrival. Student must contact Diane Sterett at 314-539-5754 before registering for the CPR Instructor Renewal Course.
CPRR:709 | \$85
 4D1 W 8am-12pm
 April 6 Gordon Back
 FP - G Tower, 121
 Registration is required one week prior to course start date. Registration/Refund/Withdrawal deadline: 3/30.

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. No refund for late arrival. This course meets the STLCC nursing department admission requirements.
CPRR:707 | \$69
 3D0 W 5pm-10pm Carol Pikey
 March 23 WW, 102B
 6D2 Tu 9am-3:30pm Carol Pikey
 March 29 MC - CE, CE
 HD0 Sa 9am-3:30pm Gordon Back
 April 2 Harrison Ed. Ctr, 100
 4D5 M 5pm-10pm Gordon Back
 April 11 FP - G Tower, 121
 5D0 F 9am-3:30pm Carol Pikey
 April 15 SCEUC, 125
 6D3 W 5pm-10pm Carol Pikey
 April 20 MC - CE, CE
 4D6 W 5pm-10pm Gordon Back
 April 27 FP - G Tower, 121
 6D4 Tu 5pm-10pm Marilyn Miederhoff
 May 3 MC - CE, CE
 5D1 W 9am-3:30pm Gary Holsapple
 May 11 FV - CWI, 136
 4D7 F 9am-3:30pm Gordon Back
 May 20 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, 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. No refund for late arrival. Bring a sack lunch. **Child Care Providers MUST NOT Register in these Sections. Those Needing Approved Clock Hours MUST Enroll in the Specialized Child Care Provider Sessions Listed on pages 14/15.**
CPRR:711 | \$97
 6D1 Sa 8:30am-4pm Carol Pikey
 April 23 MC - SW, 108
 5D1 Sa 8:30am-4pm Carol Pikey
 May 7 FV - TC, 105

DUE TO THE NATURE OF CPR AND FIRST AID COURSES, YOU MUST ARRIVE ON TIME, NO ADMITTANCE AFTER STATED TIME.

Registration is required one week prior to course start date to ensure appropriate student-to-instructor ratios.

Late registrations will be considered on a space-available basis only.

Caregiving at Home Series

Come to the entire workshop or select individual classes below.

Caregiving at Home Workshop

This workshop will be offered 3/21 through 5/9. 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. No class 4/18; instead class will meet on 4/19.

AHCE:701 | \$129

650 M 6:30pm-9pm
March 21 – May 9 MC - SS, 108

Caregiving at Home - Which is Best? Care in the Home or in a Facility?

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. This session will explore and compare home- and facility-based options when individuals need increased assistance with everyday tasks. There will be a discussion as to the range of services provided through home care agencies, including non-medical support such as housekeeping, shopping and errands, bathing and personal care, medical services such as physical therapy, speech therapy, occupational therapy and wound care. We will explore community services such as adult day care and respite care that may be beneficial to caregivers who wish to continue providing care for their loved one in the community. There will be a discussion about the different levels of facility-based care, including skilled nursing, assisted living and residential care. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends. Instructor: Katelyn Eichorst MSW

AHCE:701 | \$29

651 M 6:30pm-9pm
March 21 MC - SS, 108

Caregiving at Home - Medications and Pain Management

This week we will discuss medications and current trends in pain management for the senior. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends. Instructor: Catherine Kush MSN BSN RN GNP-BC

AHCE:701 | \$29

652 M 6:30pm-9pm
March 28 MC - SS, 108

Caregiving at Home - Eldercare Law and Order

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

AHCE:701 | \$29

653 M 6:30pm-9pm
April 4 MC - SS, 108

Caregiving at Home - Medicare: The Basics

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

AHCE:701 | \$29

654 M 6:30pm-9pm
April 11 MC - SS, 108

Caregiving at Home - Do No Harm: Proper Body Mechanics

How do you safely move a senior in bed, transfer, and assist with walking? Learn the proper body mechanics that will assure the safety of the person being assisted and the caregiver. Please wear flat shoes and slacks for this session. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends. Please note this class 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 19 MC - AS, 104A

Caregiving at Home - Nutrition and Fluid Intake

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

AHCE:701 | \$29

656 M 6:30pm-9pm
April 25 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. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends. Instructor: Janice Palmer PhD RN CNE

AHCE:701 | \$29

657 M 6:30pm-9pm
May 2 MC - SS, 108

Caregiving at Home - Caregiving and Dementia: Understanding Difficult Behaviors

During this final evening of the Caregiving at Home Workshop we will discuss caregiving and dementia. Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as their ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn how to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. Presenter: Theresa James BSW, Community Educator, Alzheimer's Association St. Louis Chapter

AHCE:701 | \$29

658 M 6:30pm-9pm
May 9 MC - SS, 108

LaunchCode is a non-profit organization that creates pathways to economic opportunity and upward mobility through apprenticeships and job placement in technology.



Washington University in St. Louis and St. Louis Community College have partnered with LaunchCode to offer CS50X - free to all qualified participants.

Students are accepted on a rolling basis. A limited number of seats are available. Apply today!
www.launchcode.org/cs50x

Healthcare Occupations

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

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



Nurse Assistant for Nursing Homes

Training is held from 3/22 - 5/19. Register in person only in Continuing Education at Forest Park G 322/324. 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. No weekend hours for on-the-job training. Time off from work may be required to complete on-the-job training. 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 for state certification. Strict attendance policy. Any missed class or on-the-job training time will be made up at an additional expense to the student. 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/ to obtain letter. To enroll in this state approved training the student must be employable in a skilled nursing facility or intermediate care facility in direct resident care. This is assured by verification with the criminal background check, 5 Panel drug screen, Family Care Safety Registry Worker Registration, state registry for nurse assistants and EDL. Intermediate or higher proficiency in English is recommended.

NURS:723 | \$1,099
4D0 TuTh 4:30pm-8:30pm
 March 22 – May. 19

March 26

Alverta Smith
 FP - G Tower, 121
 Sa 8am-4:30pm
 FP - C Tower, 415

Required Nursing Skills Lab: Saturday, 3/26, 8 am - 4:30 pm. Registration/Refund/Withdrawal deadline: 3/15. No refunds after that date.

Medical Terminology for Nursing and Allied Health Occupations

This course will be offered 4/5-4/28. 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: 3/29

NURS:708 | \$79
4D0 TuTh 1pm-3pm
 April 5 – April 28

Alverta Smith
 FP - G Tower, 121

Central Sterile Processing Technician

Refund/withdrawal deadline: 4/6.
No refunds after that date.



The Central Sterile Processing Technician and the Pharmacy Technician Certification Training programs are brought to you in partnership with MK Education

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.

Tier 1

This training is held from April 18 through August 3, 2016. Required orientation: Wednesday, April 13, 6 - 8 p.m. This class is for the individual working in the field of Central Sterile Processing who only needs the 100 hours of classroom instruction. Register in person only in Continuing Education at Forest Park, G 322. Class meets twice a week, Monday and Wednesday (April 18 - August 3), for 27 sessions; each 3.5 hours in length. Primary text is an E-book. Final exam: Monday, August 8, 2016. A strict attendance policy is enforced throughout this training. 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. 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. Only the original letter will be accepted. Letter cannot be older than six months. No class 5/30, 7/4.

AHCE:788 Section 4D0 | \$2,000

Orientation:

W 6pm-8pm
April 13

FP - G Tower, 121

Class:

MW 6pm-9:30pm
April 18-Aug. 3

FP - G Tower, 121

Final Exam:

M 6pm-9:30pm
Aug. 8

FP - G Tower, 121

Tier 2

This training is held from April 18, 2016 - December 16, 2016. Required orientation: Wednesday, April 13, 6 - 8 p.m. This section is for the individual entering the field of Central Sterile Processing who needs both the classroom instruction and externship. Register in person only in Continuing Education at Forest Park, G 322. Class meets twice a week Monday and Wednesday (April 18 - August 3), for 27 sessions; each 3.5 hours in length. Primary text is an E-book. Final exam: August 8, 2016. Externship begins August 15, 2016 and ends December 16, 2016. A strict attendance policy is enforced throughout this training. 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. 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. Only the original letter will be accepted. Letter cannot be older than six months. No class 5/30, 7/4.

AHCE:788 Section 4D1 | \$2,625

Orientation:

W 6pm-8pm
April 13

FP - G Tower, 121

Class:

MW 6pm-9:30pm
April 18-Aug. 3

FP - G Tower, 121

Final Exam:

M 6pm-9:30pm
Aug. 8

FP - G Tower, 121

Externship:

M-F
Aug. 15-Dec.16

FP - TBA

Section available for students using payment plan through MK Education. Student must have approval of MK Education to register. Contact MK Education at 630-929-8602 for details.

Attendance policy is enforced throughout this training

Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 in Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register on online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months.

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

Childcare Training

**Child Care Providers
Saturday Seminars**

**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. **Bring a lunch.** No refund for late arrival.

CCPR:711 | \$97

6D1 Sa 8:30am-4pm

April 23

MC - SW, 108

5D1 Sa 8:30am-4pm

May 7

FV - TC, 105

**Saturday
Full Day Programs**

Six clock hours for each program

Sack lunch is provided.

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 | \$45

680 Sa 9am-3:30pm

April 16

Geraldine Jasper

MC - SC, 200

**New Understanding Behavior: Mine
and the Children's**

This training will first look at you and how you react and respond through the lens of mindful learning. Next it will explore the reason children behave as they do and employ brain based discipline. Session I: Mindful Learning to Deal with Daily Stress. 9:00-12:00. Do you realize how stressed I am and how difficult it is to find happiness in my life and my job? Learn practices to reduce stress and increase your personal happiness. Session II: Brain Based Discipline. 12:30-3:30. Do you have any idea how difficult it is to discipline children in my classroom? Learn about the brain and use this knowledge in your work with children. Workshop check in begins at 8:30 a.m. Box lunch included.

CCPR:765 | \$45

581 Sa 9am-3:30pm

April 9

Judith Saurage

FV - CDC, 112

**To register for Childcare Provider classes and programs
call 314-984-7777.**

Saturday Half Day Programs

**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 | \$35

581 Sa 9am-1pm

April 2

Geraldine Jasper

FV - CDC, 112

**Supervision and Safety in an Early
Childhood Facility**

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

CCPR:702 | \$35

582 Sa 9am-1pm

May 7

Geraldine Jasper

FV - CDC, 112

**New Provider Potpourri: Brain Injury in
Early Childhood and Toddler Transition Tips**

This special four hour training will cover two different topics. Session I: Brain Injuries in Early Childhood. This workshop will provide information on preventing, recognizing, and supporting brain injuries in your children ages birth through age five. Session II: Infant Toddler Transition Tips. Are you experiencing challenging behavior in transition times and routine tasks? Come learn new strategies to create teachable moments and plan smooth, meaningful and fun routines as part of your infant/toddler caregiving. Create a hands on transitional tool for your classroom!

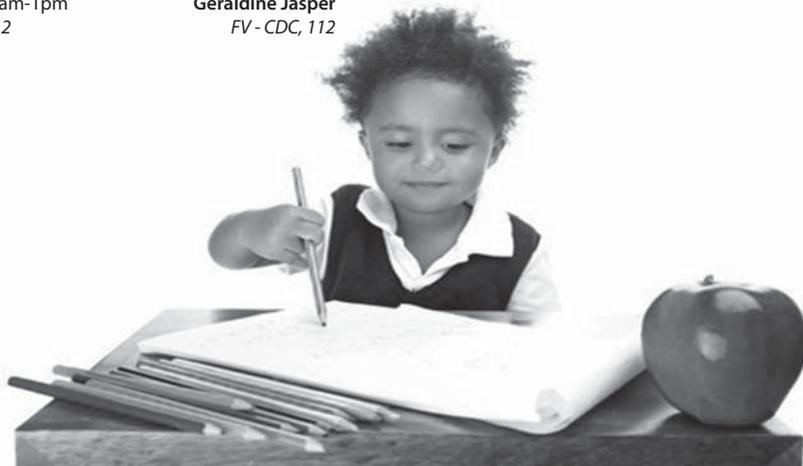
CCPR:765 | \$40

580 Sa 9am-1pm

May 14

Amanda McNutt

FV - CDC, 112



Exclamation Point!

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

-Angela, student

**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.

Attendance Training Policy: *As a quality training program we are required by the DHSS Section for Licensing and Child Care Regulation training to follow specific guidelines for our sessions. Therefore, workshops listed expect participants to arrive on time, be fully present during the session, adhere to break schedules, and attend the entire session. Any participant who does not adhere to these requirements will not receive a certificate or a refund.*

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

650 Th 7pm-9pm
March 24

Geraldine Jasper
MC - SO, 109

Messing About with Purpose

This hands-on session assists childcare providers with planning and implementing multisensory learning activities across curricular areas that support child development. Participants will use provided materials to create and manipulate various messy mediums.

CCPR:703 | \$18

550 Tu 7pm-9pm
April 12

Latonya Brown
SCEUC, 100

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
April 7

Victoria McReynolds
FV - CDC, 112

Understanding the Temperaments of Infants & 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 Tu 7pm-9pm
May 10

Gloria Hampton
FP - G Tower, 119

Language Development: Phonological Awareness and Alphabetic 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
April 4

Hixson Mid. School, 117

Fun with Books: Making a Story Time Bag

Create activities to put into your new, free story time bag. Easy to find, inexpensive ideas will be shared to help you expand your story time activities and strengthen early literacy.

CCPR:718 | \$15

551 Th 7pm-9pm
April 28

Sally Brooks
FV - CDC, 112

Understanding ADHD: Attention Deficit Hyperactivity Disorder - Birth Through Age Five

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

650 W 7pm-9pm
May 4

MC - SO, 109

Understanding Autism - Birth Through Age Five

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

651 W 7pm-9pm
May 11

MC - SO, 109



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
April 6 – April 20

Fred Miller
MC - AS, 108

Are You Ready for Radio?

Are you thinking about a career as a radio personality? Get a better understanding of what the radio industry is really like and see whether or not this is the right choice for you. Learn basic announcing skills through reading exercises, ad libs and group critiques. Do you have what it takes? Come find out!

COMM:720 | \$29

680 Sa 9am-12pm
May 7

Laurie Beakley
MC - CN, 225

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 23

Michael Doran
FP - G Tower, 111

580 Sa 9am-12pm
April 2

Michael Doran
FV - C, 102

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 23

Michael Doran
FP - G Tower, 111

581 Sa 12:30pm-3:30pm
April 2

Michael Doran
FV - C, 102

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:715 | \$29

650 Th 7pm-9pm
April 7

Jill McCoy
MC - CN, 228

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 16

Mary Hankins
FP - G Tower, 115



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:701 | \$169

680 Sa 8am-3pm
April 2 – April 16
No class 4/9

Almut Stephan Marino
MC - SO, 107

ServSafe Food Safety Certification Review and Retest

This class is only for those who were not successful on a recent exam or who took the ServSafe online course and require a proctored 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:702 | \$79

4680 Sa 8am-3pm
April 16

Almut Stephan Marino
MC - SO, 107



Computers and Technology

Applications and Systems

Microsoft Windows 10: Introduction: In a Day

Explore Windows 10 in detail and all of its user-friendly features in this course. Topics discussed will include the newly redesigned Start Menu, an introduction to the Windows Store, Cortana and the new Action Center. Many other topics will be discussed and we'll also have some question and answer time for those individual issues that affect everybody! This class will be using Windows 10 with a mouse. Prerequisite: Personal Computers Introduction class or experience using any version of Microsoft Windows.

COMP:705 | \$99

C01 Sa 9am-4pm
April 16

James Prater
Corp. College, 208

Transitioning From Windows 7 to Windows 10

Check out the new changes with Windows 10! This three hour session we will go through the new user-friendly features of Windows 10. This class will be using Windows 10 with a mouse. Prerequisite: Personal Computers Introduction class or equivalent experience and experience with Windows Vista or Windows 7.

COMP:705 | \$49

681 Sa 9am-12pm
April 2

James Prater
Corp. College, 208

Microsoft Windows 8: Introduction: In a Day

Explore Windows 8 and all its user-friendly features in this course. Topics include using Start Screen, Live tiles, Hot corners, Charm Bar, One 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 | \$99

C02 Sa 9am-4pm
March 26

STLCC Staff
Corp. College, 206

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 Tu 9am-4pm
April 19

Rachel Bufalo
SCEUC, 206

580 F 9am-4pm
May 6

Barbara Primm
FV - B, 120

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. Recommended to bring a flash drive.

COMP:720 | \$99

C80 Sa 9am-4pm
Feb. 6

Cris Heffernan
Corp. College, 208

680 Sa 9am-4pm
April 16

Roy Lenox
MC - BA, 203

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 charts. Prerequisite: Microsoft Excel Introduction class or equivalent experience.

COMP:721 | \$149

750 W 6:30pm-9:40pm
March 23 - April 20

Roy Lenox
Kirkwood H.S., W 205

Introduction to Microsoft Access 2013 for Business Part 1

Learn the foundations to plan and design a database system. Learn to create, manage, and maintain tables and table relationships. Discover sorting and filtering records within tables. Explore field properties, including Input Masks and Data Validation. Prerequisite: Windows Introduction class or equivalent experience. Recommended to bring a flash drive.

COMP:725 | \$129

C01 F 9am-4pm
April 1

Cris Heffernan
Corp. College, 208

Introduction to Microsoft Access 2013 for Business Part 2

Learn to get the most from your data collection by building Select Queries, including Boolean logic and calculations. Create data entry and date retrieval forms; manage form layout, including Conditional Formatting. Summarize your data by building reports using the Report Wizard and incorporate subtotal and grand total calculations. Prerequisite: Microsoft Access 2013 for Business: Introduction, part 1. Recommended to bring a flash drive.

COMP:725 | \$109

C02 F 9am-4pm
April 8

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. Recommended to bring a flash drive.

COMP:725 | \$99

C80 Sa 9am-4pm
April 16

Cris Heffernan
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, and customize forms. Prerequisite: Windows Introduction class or equivalent experience and Introduction to Access or equivalent experience. Recommended to bring a flash drive.

COMP:726 | \$129

C01 F 9am-4pm
April 15

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
March 26

Patrick Karl
MC - BA, 202

QuickBooks Pro 2015

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

C01 Tu 9am-12pm
April 12 - May 10

Barbara Primm
Corp. College, 208

Mobile Technologies

Android Smart Phones Small Group Workshop

Does your Android smart phone make you feel like a dummy? Or are you still only using it to make phone calls knowing it can do so much more? In this small group work-shop you will learn some basics to get you up and running. There are dozens of models of Android phones and operating systems available on the market so this class will cover general topics such as app usage, camera, downloading and settings. Class is hands on so bring your Android phone. This class will not cover other types of smart phones.

COMP:765 | \$29

550 Tu 6pm-9pm
April 5

Barbara Primm
FV - B, 120

S02 F 9am-12pm
May 6

SCEUC, 202

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

651 W 6pm-9pm

April 13

MC - BA, 208

Learn the Basics of an iPad

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

COMP:765 | \$25

650 W 6pm-9pm

April 6

MC - BA, 208

Personal Computing

PCs & Technology: Introduction In a Day

Learn the basics of using a PC & 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

300 F 9am-4pm

April 29

Jerry Bearden

WW, 206

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

552 Tu 6pm-9pm

April 26

Rachel Bufalo

FV - B, 125

553 Tu 6pm-9pm

April 5

Rachel Bufalo

SCEUC, 208

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

552 F 9:30am-12:30pm

April 22

Rachel Bufalo

SCEUC, 208

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 up to date on changes. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$49

550 Tu 6:30pm-9pm

March 29 - April 5

William Bearden

SCEUC, 207

Strategies for Selling on eBay

Get more out of your listings! This course covers, among other topics, appropriate listing formats, opening an Ebay store, effective pricing, marketing your business, managing larger numbers of listings, packing and shipping inventory effectively, and using PayPal for online payments. You will learn how to improve your item descriptions, photography, and pricing. We will also review the Seller's Dashboard including the feedback, seller rating, resolution center, and more. Prerequisite: Introduction to eBay: Buying and Selling class or equivalent experience and must have previous eBay experience buying or selling.

COMP:742 | \$29

C80 Sa 9am-12pm

April 30

Barbara Primm

Corp. College, 208

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

681 Su 12:30pm-3:30pm

April 24

Jean Bradley

MC - BA, 216

Personal Online Security

Learn to ensure your terrestrial and digital footprints are secure. Learn to exercise the best security practices to protect your personal information, help prevent identity fraud, and preserve data integrity, confidentiality and availability. Conduct your corporal and electronic and communications using the most current/effective techniques/methodologies.

COMP:795 | \$39

C80 Sa 9am-1pm

April 9

Cortez Tillman

Corp. College, 208



Exclamation Point!

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

How to Tune Up a PC

- Rylan K., Oakville, MO

Publishing and Media Technologies

Desktop Publishing

Photoshop Elements 12: Special Techniques and Retouching Faces

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

COMP:755 | \$39

551 Tu 6pm-9pm

March 22 – March 29

Rachel Bufalo

SCEUC, 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

C80 Sa 9am-4pm

April 30

Zak Zych

Corp. College, 206

680 Sa 9am-4pm

March 26

Zak Zych

MC - BA, 212

Adobe Photoshop Creative Cloud (CC): Advanced

Adobe Photoshop Advanced builds on the skills learned in the beginning and intermediate classes. Topics may include but are not limited to: Coordinating adjustment layers with layer masks, smart objects, blurring and sharpening and shadows and highlights. 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 | \$129

C52 Th 6pm-9pm

April 14 – May 5

Zak Zych

Corp. College, 206

Introduction to Adobe Photoshop Lightroom

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

CVTW:701 | \$139

602 F 8:30am-4:30pm

April 1

Charles LaGarce

MC - HE, 233

Adobe InDesign Creative Cloud: The Next Step

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

CVTW:702 | \$139

683 Sa 8:30am-4:30pm

April 30

MC - HE, 232

Video

Maya

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

680 Sa 8:30am-4:30pm

March 26

Joseph Rollins

MC - HE, 232

Sketch Up

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 | \$139

682 Sa 8:30am-4:30pm

May 7

Darren Thompson

MC - HE, 233

Avid Media Composer 8 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

682 Sa 8:30am-4:30pm

April 2

Anthony Carosella

MC - HE, 232

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. Students are encouraged to bring samples of their work for critique.

CVTW:710 | \$139

680 Sa 8:30am-4:30pm

April 16

Richard Sprengeler

MC - HE, 233

GoPro HD Hero Camera for Professionals and Adventurers

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

CVTW:710 | \$139

681 Sa 8:30am-4:30pm

March 26

Anthony Carosella

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

682 Sa 8:30am-4:30pm

May 7

Anthony Carosella

MC - HE, 136

Social Media

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 for personal use prior to class. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$35

551 Tu 5:30pm-9pm

May 3

Rachel Bufalo

FV - B, 125

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! Class is hands on and will include topics such as posting, basic navigation, tagging, privacy settings, security and notifications. If you do not have an account, please try to create one prior to class or come 10 minutes before class starts so that we can assist you in creating your account. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

553 Tu 6pm-9pm

April 19

Rachel Bufalo

FV - B, 125

350 W 6pm-9pm

May 4

Erin De Vore

WW, 209

Instagram

Ask any teen what their social network of choice is and they will likely say Instagram. Instagram is an up and coming social network that is all about visual sharing. Come to this class to learn more. Topics Include: An introduction and overview, signing up for an account, posting photos to Instagram, editing and enhancing photos, applying effects, adding captions and locations, tagging photos and sharing photos with social networks. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

554 Tu 6pm-9pm
April 19

SCEUC, 208



Social Media Marketing

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

CVTW:713 | \$139

603 Sa 8:30am-4:30pm
April 30

Anthony Carosella
MC - HE, 233

Tech Savvy

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

S01 F 9am-11am
April 15

Rachel Bufalo
SCEUC, 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

S01 F 9am-11am
April 29

Barbara Primm
FV - B, 119

S03 F 9am-11am
March 25

Rachel Bufalo
SCEUC, 206

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 22 - April 5

Ryan Chester
FV - CWI, 120

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 12 - May 5

Ryan Chester
FV - CWI, 120

Web Development

Ease into WordPress

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

COMP:745 | \$109

550 Th 6pm-9pm
March 31 - April 14

Jerry Bearden
SCEUC, 208

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

600 F 9am-4pm
May 6

Jerry Bearden
MC - BA, 202

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

C03 F 9am-12pm
May 13

Jerry Bearden
Corp. College, 208

Basic Game and Simulation Design Using Unity

Learn the basics of Unity, the most widely used platform for game and interactive simulation development. This powerful program has become easier to use, and it offers a powerful means to create interactive simulation games and educational programs. Get a start toward creating basic virtual environments, games and simulations with this hands on workshop.

CVTW:713 | \$139

600 F 8:30am-4:30pm
April 15

Timothy Linder
MC - HE, 233



Website Design with WordPress

This workshop offers students new to WordPress a quick start, step-by-step plan for learning what WordPress is all about. With a focus on design, 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

681 Sa 8:30am-4:30pm

Benjamin Shasserre

March 26

MC - HE, 136

**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.

Education and Test Prep

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.

EDUC:712 | \$179

650 M 6pm-9pm
April 4 – May. 16

Toshi Floyd
MC - CS, 206

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 - 636-891-6649

Serving the school district of Rockwood

Ritenour Schools - 314-426-7900

Serving the school district of Ritenour

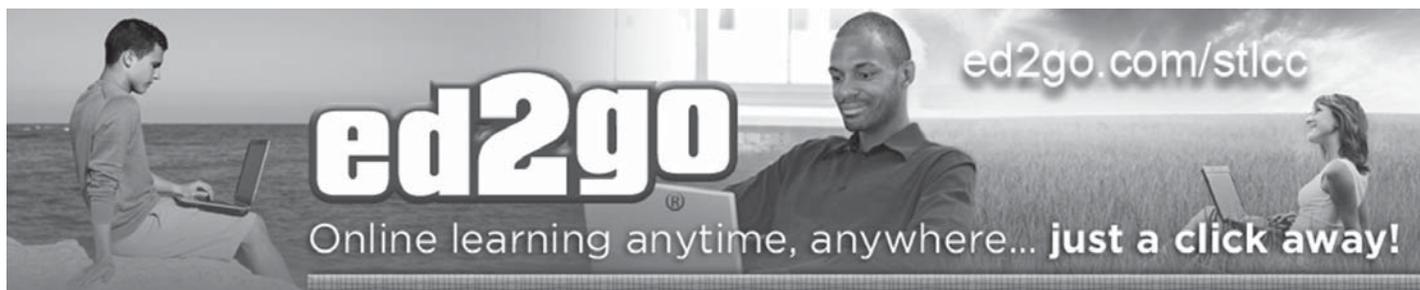
University City Schools - 314-290-4052

Serving the school district of University City.
(www.ucityaelprogram.org.)

Exclamation Point!

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

Laura H., Chesterfield



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

Personal Enrichment

Ageless Learning

STLCC Continuing Education

Seminars

ALS: Healthy Habits - Healthy You

Explores research in the areas of diet and nutrition, exercise, cognitive activity and social engagement in order to develop a plan for healthy aging. Presented by the Alzheimer's Association of St. Louis.

SENR:702

502 Th 1pm-3pm
April 14

FV - CWI, 136

ALS: Growing and Using Herbs

Come to our presentation to learn how to grow herbs! Pick up some tips on how to use herbs in cooking and how to preserve them for future use.

SENR:702

302 Th 10am-12pm
April 7

Michelle Ochonicky
WW, 102B

ALS: Museum of the Dog

Do you love dogs and fine art museums? Come enjoy a visual presentation about the history and art collection of the AKC Museum of the Dog located in Queeny Park's historic Jarville House. The Museum of the Dog displays original works of art, artifacts, and special exhibits on the dog and the human-canine relationship. This museum is the only one of its kind and the only museum devoted to man's best friend.

SENR:702

303 Th 10am-12pm
May 5

WW, 102A

602 Tu 10am-12pm
April 12

MC - BA, 105

ALS: Secrets of J. Edgar Hoover and the FBI

Examine the exciting history of America's most powerful crime fighting agency and the calculating man who ran the bureau with an iron-fist, J. Edgar Hoover. Learn about his wielding of power and behaviors in this exciting overview of the fabled FBI.

SENR:702

603 Tu 10am-12pm
May 3

Beverly Schuetz
MC - BA, 105E

ALS: Germans in Missouri

4/19 - German Migration Across Missouri: Rivers/Roads/Rails, 5/17 - Gottfried Duden and the Beginning of the German Immigration Society. Presentation given by Dorris Keeven-Franke.

SENR:702

P05 Tu 10:30am-12pm
April 19

MO Hist. Museum, LEE

Tu 10:30am-12pm
May 17

MO Hist. Museum, LEE

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.

SENR:703 | \$59

M04 F 1:45pm-2:45pm

Sandra Derickson

March 25 - April 29 Affton WR Comm Ctr, 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: Beginning Line Dancing for Older Adults. No partner required.

SENR:703 | \$59

M03 F 12:30pm-1:30pm

Sandra Derickson

March 25 - April 29 Affton WR Comm Ctr, GYM

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. CLASS WILL BE HELD IN ARDEN MEAD YOUTH AND COMMUNITY CENTER, 17 SELMA AVE, 63119.

SENR:704 | \$79

M02 Th 10am-11am

April 7 - May 26

Masterpeace Studios

Social Security Benefits America Series

SSBA Series: What Every Woman Should Know About Social Security

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

SENR:766

601 Tu 1pm-3pm

March 22

MC - SO, 232

503 Th 1pm-3pm

April 7

FV - CWI, 136

SSBA Series: Medicare and Medicare Drug Programs

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

SENR:766

504 Th 1pm-3pm
April 28 FV - CWI, 136

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

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

SENR:766

502 Th 1pm-3pm
March 31 FV - CWI, 136

602 Tu 1pm-3pm
April 5 MC - SO, 232

SSBA Series: Disability, Basic Eligibility and Entitlement Factors

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

SENR:766

603 Tu 1pm-3pm
April 19 MC - SO, 232

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

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

SENR:766

604 Tu 1pm-3pm
May 3 MC - SO, 232

Arts and Crafts

Fine Arts

Drawing: Beginning/Intermediate

Learn the tools, materials, visual and artistic perception needed for this essential art form. Drawing fundamentals will be covered - line, perspective, value and composition. Advanced students will expand their skills with more sophisticated projects. Students will use pencil, conte crayon and charcoal. Supply list sent.

ARTS:709 | \$99

601 Tu 9:30am-12pm
March 22 - May 3 Ruth Kolker
MC - CE

351 Tu 6pm-9pm
March 22 - April 19 WW, 309

Drawing: Intermediate/Advanced

Advance your skills through practice. Drawing fundamentals will be reviewed - line, perspective, value and composition. Emphasis will be on practice and technique. Advanced students will expand their skills with more sophisticated projects. Students will use pencil, conte crayon and charcoal. Supply list sent. No class 3/23.

ARTS:709 | \$99

P02 W 6:15pm-8:45pm Lisa Payne
March 23 - May 4 Nottingham, 110

Drawing: Traditional Pencil Basics

Discover the fundamentals of an essential art. 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

681 Sa 12pm-3pm Sean Long
March 26 - April 16 MC - HE, 125

Perspective Drawing and Still Life

In a relaxed atmosphere, explore drawing fundamentals - line, perspective, value, and composition. No experience necessary and much individualized instruction given. Intermediate level students advance with more sophisticated projects. Supply list discussed at first class. Bring pencil and sketch pad to first class.

ARTS:709 | \$99

721 Th 6:30pm-9pm Philip Perschbacher
April 7 - May 19 Ladue H.S., 135
No class 4/14

New Travel Drawing

See St. Louis through the eyes of a traveler, whether a long time resident or a newcomer, this basic drawing class will explore elements of drawing such as sketching, figure gestures, perspective, landscape, value, and composition through on-site drawing experiences at locations around St. Louis City. Exploring materials ranging from pen, ink, watercolor, to pencil, students will learn through demos, hands on experience and daily feedback sessions. The instructor will tailor lessons to the level of the students and a sense of community building is emphasized. By the end of class students should have multiple skills that they can use in their own travels in and outside of St. Louis.

ARTS:721 | \$115

PD1 Sa 9am-10am Sarah Paulsen
March 26 FP - G Tower, 412
Sa 9am-12pm
April 2-April 30 FP - Off Campus

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. Supply list sent.

ARTS:721 | \$75

651 W 6pm-9pm Sean Long
March 23 - April 13 MC - HE, 125

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

551 Tu 7pm-9:30pm Carl Behmer
March 22 - April 26 FV - H, 109

581 Sa 9:30am-12pm Sheow Chang
March 26 - April 30 FV - H, 109

Exclamation Point!

Continuing Education at St. Louis Community College is fantastic.

Nowhere else in St. Louis can you learn a lot, in a little bit of time.

Emily M., St. Louis, MO

First Impressions: Monet

Masterworks-Bridge over Waterlilies

A great way to learn art is by standing on the shoulders of the giants who have gone before us! Learn the basic elements of composition, color, drawing, and much more by copying this masterful painting by Monet: Bridge Over Waterlilies You will be guided step by step through the entire process, and shown how to mix paint, where to apply it, what kind of brushstroke to use, etc. Instruction will be practical and down to earth. Painting will be demonstrated, and as the instructor paints, you will follow along. You will be painting with acrylic on canvas. You will learn a lot and then end this class with a gorgeous painting you will be proud to hang on your wall! All materials included in class costs. LAST day to enroll or drop is Wednesday, 3/9. No refunds after Wednesday, 3/9.

ARTS:748 | \$145

MD2 W 6:30pm-8:30pm Elizabeth Kern
March 23 - April 27 MC - HE, 123

First Impressions: Monet in a Day: Waterlilies

In this four hour class, learn the basics of art in a paced, easy to follow way! You will be painting Monet's beautiful masterwork: Waterlilies. You will be using acrylic on canvas for this painting. Instruction will be practical and very down to earth. Painting will be demonstrated, and as the instructor paints, you will follow along. Periodic breaks will be given. This is truly a wonderful way to learn the elements of art and end up with a lovely painting in the process! All materials included in the cost of the class. LAST day to enroll or drop is Wednesday, 5/4. No refunds after Wednesday, 5/4.

ARTS:748 | \$95

MD1 W 5:30pm-9:30pm Elizabeth Kern
May 11 MC - CE



Pottery for the Novice/Beginner

For the person who has never worked in clay or prefers a slower pace. Start with the basics of hand-building and wheel throwing while you work your way up to creating a variety of personal projects. Tool supply list sent. Approximate cost of tools is \$18. Fee includes most materials.

ARTS:727 | \$135

721 Tu 6:30pm-9pm **Guy Sachs**
March 22 – April 26 *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 Novice Pottery or equivalent experience. Tool supply list sent. Approximate cost of tools is \$18. Fee includes most materials.

ARTS:727 | \$135

723 Th 6:30pm-9pm **Guy Sachs**
March 24 – April 28 *Ladue H.S., 132*

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. No class 3/16.

ARTS:736

7 Sessions | \$99
600 Tu 1pm-3:30pm **Beverly Hoffman**
March 22 – May 3 *MC - CE*
No class 3/29

Acrylic Impressions: Workshop

An accelerated workshop. 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 | \$75

M02 Tu 12:30pm-3:30pm **Phyllis Smith Piffel**
April 12 – May 3 *Kirkwood CC*

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.

ARTS:748 | \$139

480 Sa 1pm-4pm **Philip Perschbacher**
April 2 – May 7 *FP - F Tower, 415*
No class 4/16

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. No class 4/19.

ARTS:748 | \$79

400 Tu 1pm-2pm **Maureen Brodsky**
March 22 *FP - G Tower, 115*
Tu 1pm-3pm
March 29-May 17 *FP - Off Campus*

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 9 *MC - SO, 232*

Crafts

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 **Carolyn Rubsam**
April 18 – May 9 *FV - SM, 133*

New Mending Night

Bring your favorite torn skirt or your blouse with a missing button to learn basic sewing skills to mend the issues. Leave class with your completed items and new skills. LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 3/23. NO REFUNDS AFTER WEDNESDAY, 3/23.

CRFT:713 | \$35

PD4 W 6pm-9pm **Anne Stirnemann**
March 30 *City Sewing Room*

New EZ Pillows for First Time Stitchers

Never tried your hand at sewing before? Don't be intimidated. This is a beginner's project that you will be able to complete in an afternoon. Come learn sewing machine basics and create a pillow that you will be proud to show off to your friends and family. LAST DAY TO ENROLL OR DROP IS FRIDAY, 4/1. NO REFUNDS AFTER FRIDAY, 4/1.

CRFT:713 | \$35

PD3 Sa 1pm-4pm **Anne Stirnemann**
April 9 *City Sewing Room*

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

S51 Tu 6:30pm-8:30pm **Magan Harms**
April 19 – May 3 *SCEUC, 100*

Exclamation Point!

"I took the Embroidery: Design & Stitch class with Magan Harris. She was very enthusiastic and approachable. It was a very enjoyable experience."

Robin M., St. Louis

Dyeing for Crafters and Quilters

Have you wanted to learn how to dye your own fabrics? 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 that are permanent. You will also learn several easy dye application techniques and ways to get various colors onto cloth. Dye six yards of fabric in this class in your choice of colors. Come with an old towel, rubber gloves and old clothes because class can get a bit messy.

CRFT:718 | \$95

500 F 9:30am-12pm **Nicole Ottwell**
April 8 *FV - SM*

Shibori Dyed Silk Scarves

Learn Shibori techniques to add pattern and color to eight 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. Supplies included in the cost of the class. Bring ziplock bags, rubber gloves and an old towel to class. Dress to work with dye.

CRFT:718 | \$139

550 Th 6:30pm-8:30pm
April 7 – April 21

Nicole Ottwell
FV - SM, 249

Silk Scarf Painting

Learn to make simple and beautiful paintings on silk scarves. Techniques for how to create images and patterns will be taught. Participants will be encouraged to create their own unique pattern and style for this wearable art. Be prepared for working with dyes, bring an apron or an old shirt. Supplies are provided in the cost of the class with the expectation of making 1-2 scarves.

CRFT:713 | \$65

M01 M 6pm-9pm
April 25

Lisa Payne
Cul. Arts House

Silk Scarf Dyeing

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

CRFT:765 | \$49

500 Tu 6:30pm-8:30pm
March 22

Nicole Ottwell
FV - SM

Knitting: the Next Step

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

CRFT:722 | \$49

P01 W 6:30pm-8:30pm
March 30 – April 13

Thi Miller
Nottingham, 109



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 handiwork and so worth the time. You may bring snacks or a sack lunch.

CRFT:720 | \$49

680 Sa 9am-3pm
April 2
480 Sa 9am-3pm
May 7

Cristin Rae
MC - CN, 128
Thi Miller
FP - G Tower, 113

New Knitting Project: Baby Blocks

Baby blocks are great gifts for the little ones. Learn basic knitting, seaming, and pattern reading. In addition, we'll explore fun and different ways to make these blocks. Once you make one, you'll be surprised at how quick and easy the rest are. Supply list sent.

CRFT:720 | \$49

451 W 6:30pm-8:30pm
April 20 – May 4

Thi Miller
Nottingham, 109

New Knitting Project: Magic Loop

In this class, You'll knit your socks in the round using the Magic Loop. The Magic Loop is a wonderful and fun technique for knitting. It is also a nice alternative to using double-pointed needles. Sock knitting is truly addictive, and the Magic Loop provides one of the many ways to knit them!

CRFT:722 | \$59

451 Tu 6pm-8pm
March 29 – April 19

Thi Miller
FP - G Tower, 113

Crochet: 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, and practice reading patterns. After this class, you will be an Intermediate Crocheter! You may bring their own projects. Prerequisite: Crocheting 101 or equivalent experience. Supply list sent.

CRFT:726 | \$49

550 Tu 7pm-9pm
March 22 – April 5
750 Tu 6:30pm-8:30pm
March 22 – April 5

Anne Frese
FV - C, 104
Dee Levang
Kirkwood H.S., W 107

New Tunisian Crochet: the Next Step

Now that you've learned the basics of Tunisian Crochet (simple stitch, knit stitch, purl stitch and reverse stitch) in Tunisian Crochet 101, what's next? In this three hour lecture/workshop, you'll learn several ways to change colors, working in the round with a double ended hook, combination stitches and seaming techniques. Bring a project in progress and get help if needed, too. Supply list sent.

CRFT:726 | \$29

680 Sa 9am-12pm
April 16

Dee Levang
MC - AS, 204

New Crochet: Beyond the Square

Learn to make the traditional granny square, a triangle, a hexagon and a circle! This versatile crochet stitch can be joined together to form clothing, pillows, or even a big blanket. Combine shapes to make a unique creation. This class is for people who know basic crochet stitches and are looking to move forward to more exciting projects. Must be comfortable with a double crochet stitch or have taken Crochet 101. Supply list sent.

CRFT:726 | \$49

650 M 6pm-9pm
April 4 – April 11

Dee Levang
MC - CS, 211

New Crochet a Rug

You can make a rug out of just about any kind of yarn, even upcycled t-shirts! Thick or thin, small enough for a scatter rug or the size of the whole living room. You choose the size and materials. For this class we will start with a simple round rug. Make it as big as you want to suit your project needs. Supply list sent.

CRFT:726 | \$39

552 Tu 7pm-9pm
March 22 – March 29

Laura Frazier
FV - C, 108

New Crochet a Pillow

Learn how to crochet an attractive pillow that is not only decorative, but functional as well. Knowledge of single and double crochet stitches is needed to complete this project. Supply list sent.

CRFT:726 | \$39

553 Tu 7pm-9pm
April 12 – April 19

Laura Frazier
FV - C, 108

New Crochet a Market Bag

For all those times you wish you had a tote bag for the farmer's market or groceries from the supermarket. Now you'll have the opportunity to make a sturdy, yet slightly stretchy, shoulder bag to accommodate all of your shopping needs. This market bag is very strong versatile and attractive to boot. Supply list sent.

CRFT:726 | \$39

554 Tu 7pm-9pm
May 3 – May 10

Laura Frazier
FV - C, 108

Beginning Baskets: Market Basket

Beginners and experienced weavers, join us for a fun and rewarding basketweaving experience. Master the basic techniques in one evening and spend the next making a sturdy Market Basket for all of your food and farmer's market shopping. All supplies and tools included in the cost of the class.

CRFT:734 | \$69

650 Tu 6:30pm-9pm
March 22 – March 29

Laura Klaus
MC - CE

New Stained Glass Night Light

Create a stained glass night light in two quick classes. Learn to cut and grind glass, work with copper foil, and how to solder your light. You will complete the project by adding an electric plug. All materials included. LAST DAY TO ENROLL OR DROP IS MONDAY, 4/4. NO REFUNDS AFTER MONDAY, 4/4.

CRFT:740 | \$60

MD2 W 6:30pm-8:30pm
April 13 – April 20

Guided Crafts

Introduction to Ceramics

A beginning class for those curious about ceramics. Learn techniques to clean greenware, the process of glazing and under glazing, and rub-on staining techniques. Course includes a hands-on slip casting demonstration. Basic ceramic terminology is reviewed. At the end of the 2 session course, you'll finish at least 2 pieces. All materials included.

CRFT:741 | \$45

MD2 Sa 1pm-5pm
April 9

Guided Crafts

LAST DAY TO ENROLL OR DROP IS FRIDAY, 4/1. NO REFUNDS AFTER FRIDAY, 4/1.

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. All supplies included in the cost of the class.

CRFT:742 | \$139

650 Tu 6pm-9pm
April 5 – April 26

Nicole Ottwell
MC - SW, 102

Making Mandalas and Coloring for Grown Ups

Create repeating designs that compose a circular pattern. Draw your own mandalas and color them with brilliant Aquarelle pencils. These may be used dry or with a paintbrush and water to create washes. No experience or prior art knowledge necessary. Supplies included in the cost of the class and are yours to take home.

CRFT:742 | \$39

651 Th 6pm-9pm
May 5

Nicole Ottwell
MC - HE, 134

Hand Painted Glass Bowl

Bring spring into your home by painting this glass bowl. Suitable for fruit, fruit salad or any other spring dish. You will choose your colors and design motif. Pieces will be fired and picked up one week after the classes ends at the shop. Fee includes all materials and firing. Paints are lead free and food safe. Come dressed to work with paint.

CRFT:743 | \$45

M03 W 7pm-9pm
April 13

Cathy Cody
Painted Zebra - Krkwd

Metalsmithing: Intermediate Techniques for Jewelry 'Rings and Things'

In this course you will learn how to make rings from sheet metal and wire. Different methods of soldering will also be taught. We will cover a ring band, twisted ring, rolling ring, ring within a ring and bezel settings. Students who have previous experience working with metal may move onto more advanced projects. Tools and metals included in class fee. Prerequisite: Beginning Metalsmithing Techniques for Jewelry or equivalent experience.

CRFT:753 | \$219

551 W 6pm-9pm
March 30 – May 11

Chih Yu Lin
FV - E, 290

681 Sa 9am-12pm
April 2 – May 14

Lacey Kirkwood
MC - HE, 131

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. Students may bring safety and magnifying glasses for personal use. Prerequisite: Basic Wire Wrap class.

CRFT:753 | \$45

M03 Sa 9:30am-12:30pm
April 9

DEEsigs Studio

Wire Wrap Amethyst Earrings

Supplies are \$35 and must be purchased the night of class at DEEsigs Studio. Stones are AAA quality hand-cut faceted amethyst and metal is sterling silver. Earring retail value \$136.00.

CRFT:753 | \$45

M04 Sa 9:30am-12:30pm

May 14

DEEsigs Studio

New Viking Knit Wire Bracelet

Learn to braid wire to form a bracelet for yourself or as a gift. Supplies included in the cost of the class.

CRFT:753 | \$59

651 Tu 6pm-8:30pm

April 5 – April 12

Donna Fox
MC - HE, 124

Gemology 102: Colored Stones and Pearls

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

CRFT:753 | \$55

S51 W 7pm-9pm

March 23 – April 6

Stacy Minden
SCEUC, 120

New Beginning Blacksmith: Copper Chased Leaves

Students will learn to cold hammer copper in an actual blacksmith's shop. We will use the technique of copper chasing to create ornamental leaves that you can take home at the close of the final class. All materials included in the cost of class. Come prepared to work in an industrial shop environment. LAST DAY TO ENROLL OR DROP IS FRIDAY, 4/15. NO REFUNDS AFTER FRIDAY, 4/15.

CRFT:753 | \$89

MD2 Sa 9am-12pm

April 23 – April 30

Guided Crafts

New Fairy Garden Raised Bed

No more bending over to care for your outdoor fairy garden! This project includes assembling a fairy house, planting the provided garden box, and some assembly of miniature pieces to continue decorating as your garden grows. Bring your own box lunch if you like. All materials provided in the cost of the class.

CRFT:765 | \$109

MD2 Sa 9am-5pm

April 16

Guided Crafts

LAST DAY TO ENROLL OR DROP IS FRIDAY, 4/8. NO REFUND AFTER FRIDAY, 4/8

New Fairy Gardens

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

CRFT:765 | \$109

P01 Sa 1pm-4pm

April 23

Holly Schroeder
Thomas Dunn LC

DIY Cleaning Products

In this workshop, students will learn the how and why of green cleaning and use simple DIY formulas to make effective, healthy, and environmentally friendly 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. These provide beneficial properties, one of which is being a natural disinfectant. Recipes include powdered laundry soap, surface cleaner, a window cleaner and an alternative to cleanser. Instructor supplies all materials and packaging for you to take your products home.

CRFT:765 | \$45

930 Sa 1pm-4pm

April 9

Christine Ritter
Thomas Dunn LC

LAST DAY TO ENROLL OR WITHDRAW FROM THIS CLASS IS FRIDAY, 4/1. NO REFUNDS AFTER 4/1.



Soap Making: Beginning and Advanced

A combination of both Soap Making the Herbal Way: Beginning and Advanced Soap Making Techniques: Scents and Swirls. Signing up in this section saves you \$10 in materials by taking both classes.

CRFT:765 | \$115

MD4 Sa 9am-12pm
April 9-April 23

Brittany Campbell
MC - SS, 105

LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 3/30. NO REFUNDS AFTER WEDNESDAY, 3/30.

Soap Making the Herbal Way: Beginning

Dispel the mystery of lye and oil soapmaking! You will create a moisturizing soap that is excellent for sensitive and dry skin, with no artificial 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 handcrafting her own body products for over 7 years. Class is hands on and demonstration. Plan to get messy, you will be working with warm oils, dyes, and essential oils. Please wear close-toed shoes and long sleeves. Course cost includes materials.

CRFT:765 | \$59

MD6 Sa 9am-12pm
April 9

Brittany Campbell
MC - SS, 105

LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 3/30. NO REFUNDS AFTER WEDNESDAY, 3/30.

Advanced Soap Making Techniques: Scents and Swirls

Get creative with soap making and learn advanced coloring, designing, and scenting techniques! You'll learn what natural colorants work best with soap, how to mix essential oils for your very own signature blend, and basic ways to take your soap designs to the next level! Instructor has been handcrafting her own body products for over 7 years. Class is hands on and demonstration. Plan to get messy, you will be working with warm oils, dyes, and essential oils. Please wear close-toed shoes and long sleeves. Course cost includes materials.

CRFT:765 | \$65

MD7 Sa 9am-12pm
April 23

Brittany Campbell
MC - SS, 105

LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 4/13. NO REFUNDS AFTER WEDNESDAY, 4/13.



Culinary Arts

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

P03 M 6:30pm-9:30pm
April 4

Debra Hennen
Cul. Arts House

Hand-held Pies: Sweet and Savory

Delicious individual pastries with sweet and savory fillings in the convenience of a hand held pie! Great for picnics, when you are on the go, and perfect for back to school lunches. We'll make traditional Cornish pasty, with a hearty combination of steak and veggies for the filling; veggie empanadas, with black bean, corn and portabella filling; fried peach hand pies; and summer fruit galettes. Class is a combination of demonstration with some hands-on. There will be plenty of taste-testing plus you can take some home for later. Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | \$39

P04 M 6:30pm-9:30pm
April 18

Debra Hennen
Cul. Arts House

Delicious Cakes

Come find out how easy it is to bake a cake from scratch. You'll spend a fun morning helping to bake (and eat) a variety of amazing cakes, including: apple cinnamon white cake, fresh peach cake, Greek lemon cake, supreme carrot cake, Vermont-maple pecan cake, and chocolate truffle cake (and more). You may never use a boxed mix again. Bring take home containers for slices of your favorites. Class is hands-on.

FOOD:705 | \$39

580 Sa 9:30am-12:30pm
March 26

Eileen Fraser
FV - SM, 129

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 make sure 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 9am-12pm
April 9

Dianne Johnson
Cul. Arts House

New Keep the Sweet! Reducing Sugar in Baked Treats

Are you trying to reduce sugar but miss sweet treats? If your answer is "yes!" you won't want to miss this class. We'll be baking desserts with recipes that reduce and/or replace sugar. Some use of alternative sweeteners and fruit purees will be included. Recipes will include: chocolate chip oatmeal cookies, frozen coconut-coffee bites, no-bake oatmeal cookies, orange-pumpkin tart and more. You'll be able to satisfy your sweet tooth and not miss the sugar. The class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:708 | \$39

P01 Th 6:30pm-9:30pm
April 14

Dianne Johnson
Cul. Arts House



Learn about making classic Greek pastries with Continuing Education

Call 314-984-7777 to register today!

Brunch @ Tiffany's

Can't afford a trip around the world? Have an international brunch that will transport you to another country in your own kitchen! Learn to make and enjoy mini baked German pancakes with fresh berry compote, a Mexican chorizo egg strata, a tropical fruit yogurt parfait with homemade granola and French Croque Monsieur ham and cheese grilled sandwiches. Class is part demonstration with some hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:714 | \$39

P02 Sa 9:30am-12:30pm
April 23

Tiffany Smith
Cul. Arts House

Girls' Night Out: Dessert Buffet

Bring your BFFs and come prepared to taste-test every one of these surprisingly simple, sweet little treasures. From fresh fruit to chocolate to favorite desserts, we'll show you how to mini-size them and present them in a way that elicits a resounding "wow!" at your next party. There will be plenty of taste-testing plus you can take some home (bring a container). Class is a combination of demonstration with some hands-on and lots of fun. Park on Hartford or Hampton. Flagpole in front.

FOOD:716 | \$39

P01 F 6:30pm-9:30pm
April 1

Debra Hennen
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.

FOOD:722 | \$69

P03 Sa 9am-3pm
April 2

Lisa Payne
Cul. Arts House

Cooking with Coffee

Love coffee? It's not just for kick-starting your day! That rich, roastiness works in variety of dishes. We'll make a coffee-infused meat rub coupled with little buzzed sliders with red-eye gravy, carrots roasted in coffee beans, and coffee jelly-glazed mocha cookies. Bring an 8-ounce jar and a container to take home spice rub.

FOOD:722 | \$39

784 W 6:30pm-9:30pm
April 13

Robin Wheeler
Lindbergh H.S., 128

Making Miso - It's More Than Soup!

Miso is an amazing superfood. You'll learn to make a simple miso. You'll also learn where to purchase your koji, what type of beans can be used and about the salt issue. You'll be given ideas on what you can do with miso. It's not just for soup! You'll watch a demonstration of how to make the miso and take home a sample to ferment for yourself. It's a non-soy miso. Your instructor will bring in samples of different misos that she made, of various ages. We will not be making koji. If you already make it our instructor can answer any questions you have. Bring a glass jar for taking home your sample.

FOOD:722 | \$35

782 W 6:30pm-9pm
March 30

Jane Campbell
Lindbergh H.S., 128

The Wonderful World of Fermented Vegetables

Come experience the wonderful world of fermented vegetables. We'll have samples of krauts 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 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:722 | \$35

783 W 6:30pm-9pm
April 6

Jane Campbell
Lindbergh H.S., 128

Cooking Basics: Spring Festival

Celebrate spring with delicious warm weather comfort foods. These can be yours at home after you learn how to make them yourself! Your great new recipes will include: Day 1: Stuffed meatball burgers with fixin's like cheeses, bacon, BBQ sauces and all the trimmings; home fries; cole slaw; mini apple and chocolate pies for dessert. Day 2: Crescent pizza and hot dogs, baked beans, roasted zucchini and homemade ice cream cones for dessert. NOTE: This class teaches very basic food preparation. Taught at a slower pace with assistance for easy level skill development. Bring take-home containers.

FOOD:723 | \$59

781 Tu 6:30pm-9:30pm
April 11 - April 18

Latoya Chauncey
Lindbergh H.S., 128

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, General Tso's chicken, sesame chicken, moo goo gai pan, Szechuan beef, pork fried rice, egg drop soup and more. Come hungry and bring take-home containers. Class is hands-on.

FOOD:732 | \$39

750 Tu 6:30pm-9:30pm
March 22

Michelle Melton
Kirkwood H.S., C 191

A Taste of India: Traditional Chicken Dinners

If you enjoy the flavors of Indian food, come learn to prepare these extraordinary Indian chicken meals for yourself. You'll help prepare and enjoy traditional Indian flavors in: chicken curry; kheema paratha (minced chicken stuffed bread); vegetable pulav (basmati rice, veggies and aromatic spices); daal (lentils cooked with aromatic spices); kheer (rice pudding). Served with naan (Indian bread). Class is hand-on.

FOOD:733 | \$39

782 M 6:30pm-9:30pm
March 28

Seema Shintre
Lindbergh H.S., 128

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 | \$69

770 M 6:30pm-9pm
April 4 - April 25

Cynthia Sciaroni
Hixson Mid. School, 121

Cake Decorating: Contemporary Wedding Cakes

What wedding cake styles are modern brides requesting? Come join us to learn contemporary wedding cake designs that are requested by brides and featured on Pinterest & the Knot. Designs include Bling & Ribbon Wrap, Ombre Effect, Shimmer, and Fondant Appliques. You'll also learn about pricing, support, transportation and set up. A bonus: Helpful resources and links will be provided to help aid those students who desire to start a small cake business. The first class is informational and a supply list will be given. Prerequisite: Beginning Cake Decorating.

FOOD:704 | \$59

550 Tu 6:30pm-9pm
April 12 - April 26

Carla Soll
FV-SC, PDR-A

The Cake Decorating Program 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 of Completion 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 Program.

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



New Indian "Street Food"

Do you love the flavors of Indian cuisine? Want to add a healthy, simple and savory snack to your culinary repertoire? Come learn how to make chaat, the most popular Indian street food. From a Hindi word meaning "to lick" or "to devour with relish," this finger-licking snack blends sweet and savory flavors to create a nuanced dish that will satiate all your cravings. Served hot or cold, chaat is made with vegetables and beans, topped with spicy and sweet chutney, and garnished with an assortment of spices and toppings. In this class, you will experience the true flavor of India, as you act like a chaatwala to prepare and sample the favorites of Indian street food, including papdi chaat, sweet potato chaat, bhelpuri, and rajda pattis. Class is hands-on.

FOOD:733 | \$39

P01 Th 6:30pm-9:30pm
April 7

Prabha Pergadia
Cul. Arts House

Irresistible Vegetables: Who Knew?

Are you tired of cooking corn, broccoli, carrots and peas the same way every night? Re-discover the wonders of veggies through simple, often quick recipes that will leave your family coming back for more. Put excitement and variety back into your mealtimes with over a dozen recipes that you'll try in this class like roasted lemon pepper cauliflower, bacon wrapped asparagus, Chinese green beans, Marsala Brussels sprouts, chocolate zucchini bread, creole carrots and much more! Come hungry and bring take-home containers. Class includes a discussion on best practices for roasting, sautéing, and selecting quality vegetables when shopping as well as hands-on cooking.

FOOD:735 | \$39

750 Tu 6:30pm-9:30pm
March 29

Michelle Melton
Kirkwood H.S., C 191

Even More Irresistible Vegetables:

Who Knew?

Would you like more new ideas for ways to make vegetables the star of your meals or the centerpiece of a tasty snack? Re-discover the wonders of veggies through simple, often quick recipes that will leave your family coming back for more. In this class, we will make over a dozen tasty veggie recipes including restaurant favorites and gourmet appetizers like parmesan green bean French fries, stuffed gouda chorizo baby bell peppers, Cajun corn succotash, honey roasted butternut squash, black bean brownies, mozzarella Caprese bites, white bean dip and much more. Come hungry and bring take-home containers. Class includes a discussion on how to clean, cut and cook various fresh veggies as well as hands-on cooking.

FOOD:735 | \$39

751 Tu 6:30pm-9:30pm
April 12

Michelle Melton
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: tuscan asparagus, balsamic glazed Brussels sprouts, creamy cauliflower, smashed parmesan potatoes, sunny baby carrots and much more. There's always something exciting and different from our instructor's recipe box. Class is hands-on.

FOOD:735 | \$39

550 Th 7pm-9:30pm
April 28

Eileen Fraser
FV - SM, 129

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 preparation.

FOOD:738 | \$39

750 Tu 6:30pm-9:30pm
April 19

Shirley Rauh
Kirkwood H.S., C 191

Homestyle Foods: 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): crispy oven chicken, ziti macaroni with gruyere cheese, pork chops with sautéed apples and pecans, easy homemade chicken noodle soup, blueberry buckle, asparagus with almond sauce and much more. Our instructor is planning a full array of flavorful recipes would satisfy anyone's appetite and that would make you proud to serve. Class is hands-on.

FOOD:742 | \$39

550 Th 7pm-9:30pm
April 14

Eileen Fraser
FV - SM, 129

What's in Your Spice Cabinet?

An Exploration of Cooking Spices

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

FOOD:747 | \$39

752 Tu 6:30pm-9:30pm
April 5

Michelle Melton
Kirkwood H.S., C 191

Couples Cooking: 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: grilled pork chops with basil garlic rub, blueberry coffee cake, tossed berry salad with cream raspberry dressing, salmon with tarragon tartar sauce, lemon pecan green beans and apple cinnamon squash soup. The instructor will have additional recipes to complement these and complete this wonderful evening activity for partners only. Fee is per person. Class is hands-on.

FOOD:755 | \$29

582 F 7pm-9:30pm
April 8

Eileen Fraser
FV - SM, 129

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 included will be a 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 age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M03 Tu 6:30pm-8:30pm
April 12

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 age 21 to participate.

FOOD:760 | \$15

M04 Tu 6:30pm-8:30pm
May 10

William Polhemus
The Wine Barrel



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 age 21 to participate.

FOOD:760 | \$35

M05 W 6pm-9pm
March 30

Dave Deaton
St Louis Wine & Beermaking

New Food as Medicine: The Ayurvedic Approach to Spring

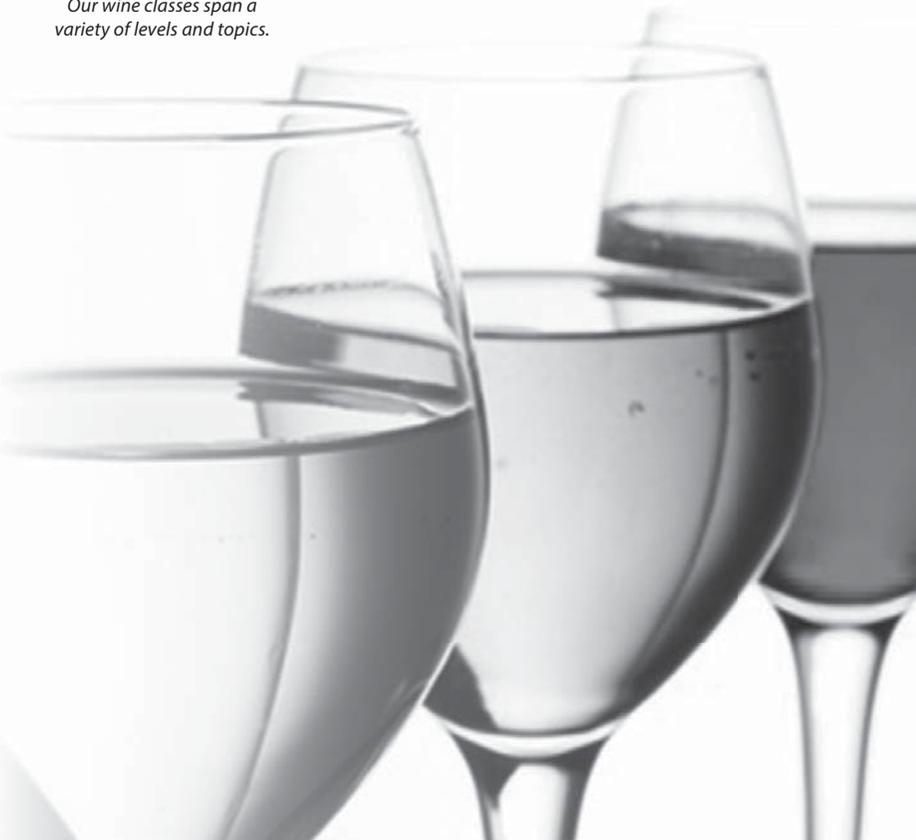
"Let medicine by thy food and food be thy medicine," -Hippocrates. How does the Ayurvedic system of medicine work and how can you apply it to your daily life? What's a dosha and how do you find out what your dosha is? This class is an introductory course on this ancient East Indian approach to medicine and how to eat in alignment with your physical constitution. By understanding your constitution, you gain a better understanding of tendencies, strengths and weaknesses. We will talk about foods to incorporate at this time of spring as well as what to avoid. Let every meal be an opportunity to heal. Demonstration and all supplies included. Park on Hartford or Hampton. Flagpole in front.

FOOD:765 | \$39

P02 Sa 10am-12:30pm
April 16

Rachel Davis
Cul. Arts House

Our wine classes span a variety of levels and topics.



Performing Arts

Dance

Electric Slide: Beginning

Slide dancing is a fun, energetic way to get your exercise. People of all ages can have a lot of fun moving to great music and making new friends, too! 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 instructor will start at the beginning and take you to fantastic! No experience required.

DANC:749 | \$59

582 Sa 11am-11:50am

Eleanor Whitney

April 2 - May 7

FV - PE, 233

Electric Slide: Plus

This is a strictly-for-fun course that is designed to teach you the Electric Slide and many of its popular variations. Be on top of the latest steps and routines so you can be confident on the dance floor at the next party or social event. Some experience recommended.

DANC:749 | \$59

583 Sa 12pm-12:50pm

Eleanor Whitney

April 2 - May 7

FV - PE, 233

Music

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 W 6:30pm-7:30pm

March 23 - April 6

MC - CE

350 M 6:30pm-7:30pm

April 11 - April 25

WW, 201

Theater

Clowning for Fun!

Learn the joy of being funny and entertaining others through this fun, interesting class. Explore the history of clowning, character development, magic, face painting, balloon twisting and so much more! Taught by professional, award winning St. Louis Clowns of America. Textbook and materials provided. Additional supplies will be available for purchase.

THTR:765 | \$89

650 W 7pm-9pm

March 30 - May 4

MC - LH, 102

Photography

Digital Pictures: Introduction

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

PHOT:707 | \$49

C01 Th 9:30am-12:30pm

May 5 - May 12

Rachel Bufalo
Corp. College, 206



Writing

Exploring the Creative Process

Creative Writing: A One-Day Workshop

This class is for beginning or experienced writers. We'll emphasize self-exploration and experimentation through a variety of activities. This will include 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
April 2

Daphne Rivers
FP - G Tower, 115

The Craft of Writing

Writer's Workshop: Revising and Editing

One thing most writers can do even better than writing is procrastinate. Completing your short story, poem, chapter or essay is usually a matter of revising and editing. Usually it takes several drafts to polish your project enough to consider it finished. This class will guide you through three drafts of your short story, poem or essay. If you're writing a book, you will be guided through revising one chapter, be it the first or final. We will workshop each draft, which entails sharing your work-in-progress with fellow students and the instructor. Our purpose will be to bring encouragement to one another and clarity to the writing. And most of all, to help bring your project to a polished conclusion. Bring your first draft to the initial session.

WRIT:706 | \$69

652 M 7pm-9:30pm
April 4 - April 25

Jordan Oakes
MC - CS, 205

Focus on Fiction: Quick Tips for Revision

Smart writers know that the key to crafting memorable fiction is all in the revision process. True revision takes place long before proofreading and encompasses more than just a few red marks on your manuscript. Real writers understand that well executed revision is absolutely necessary if you want to see your work polished and published. But how does a writer know what is (or isn't) working in a manuscript? What tools can be used to fix problem areas? In this one-night course, you will learn the difference between macro and micro revision, how to plan and organize your revision process and step-by-step guidelines on how to take your manuscript to the next level. Prerequisite: Bring your short story or the first 5 pages of your novel-in-progress to class.

WRIT:706 | \$25

654 W 7pm-9:30pm
April 6

Heather Luby
MC - CS, 204

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:706 | \$69

653 W 7pm-9:30pm
April 6 - April 27

Jordan Oakes
MC - CN, 225

Genre

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 | \$59

680 Sa 9am-3pm
April 9

Mary Eigel
MC - SO, 206

Finding Your Fiction: The Elements of Fiction

Participate in writing activities designed to develop mastery of plot, character, point of view, dialogue and more. Enjoy learning and practicing the essential elements of fiction through concise presentations and fun activities. Learn the "rules" before you break them. Bring your fears, wants and good humor to this four-session interactive course for beginning and intermediate writers. Bring the writing tools of your choice (pen and paper or laptop/tablet).

WRIT:724 | \$69

650 Tu 7pm-9:30pm
April 5 - April 26

Jeff May
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:728 | \$89

550 W 7pm-9:30pm
March 23 - April 27

Rita Russell
FV - SS, 102

Publishing

New Publishing for Emerging Writers

Do you want to publish a story, essay, or poem? Are you unsure about how to break into the writing market? Many literary magazines and journals love to discover new, emerging writers. This introductory workshop will demystify the publishing process and build your confidence in your writing. This 4-session class will help you match your unique, creative writing with like-minded publishers and get your writing out there! Bring writing tools of your choice (pen/paper or laptop/tablet) and copies of your works-in-progress.

WRIT:704 | \$69

652 Th 7pm-9:30pm
March 31 - April 21

Meredith McDonough
MC - CS, 209

Finding a Literary Agent

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

WRIT:704 | \$49

651 Tu 7pm-9:30pm
March 22 - March 29

Amanda Stogsdill
MC - CN, 225

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

680 Sa 8am-12pm
April 16

MC - SO, 111

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

681 Sa 9:30am-4pm
April 23

Charlene Oldham
MC - SO, 111



Animal Care

Pet First Aid

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

ANIM:702 | \$19

680 Sa 9:30am-11:30am Dr. Teresa Garden
April 16 MC - SO, 206

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. Course information will be sent.

ANIM:703 | \$69

M02 Sa 9:30am-11am Susan Baxter-Carr
April 2 - May 7 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. 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 (and water bowl) to first class. Course information will be sent.

ANIM:706 | \$69

M06 Sa 11am-12:30pm Susan Baxter-Carr
April 2 - May 7 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. If you have specific cat-issues, whether it involves furniture scratching, conflicts in multi-pet households, feeding concerns or litter box problems, bring your questions. You'll understand your pet much better after this helpful session.

ANIM:710 | \$25

750 W 6:30pm-9:30pm Dr. Gerald Williams
March 30 Kirkwood H.S., W 109

Home Improvement and Maintenance

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 Michael Silva
April 21 Advanced Auto Service

Cabinetry: 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. It is recommended that you bring one of your cabinet doors or drawers to class for discussion.

HOME:703 | \$29

652 W 7pm-9:30pm Kimberly Hany
March 30 MC - CN, 225

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

653 Th 7pm-9:30pm Kimberly Hany
April 21 MC - SO, 206

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 M 6:30pm-9:30pm Kathryn Leinauer
March 21 WW, 225

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 M 6:30pm-9:30pm Kathryn Leinauer
April 4 WW, 225

Turn Your House into a Welcoming Home with Proven, Simple Feng Shui Adjustments

Even if you have never heard of Feng Shui you have felt its power in your home every day...either positive or negative. Feng Shui is concerned with energy and how we feel in our surroundings. Energy is everywhere; in our homes it affects everyone's moods either positively or negatively. Poor placement of your stove and bed as well as an unwelcoming front door can contribute to negative energy and cause stress, money and relationship problems. User friendly and working with what you have, Feng Shui adjustments help you find more life balance and new solutions to perplexing issues to have more fun, success and satisfaction in life.

HOME:710 | \$25

750 W 6:30pm-9pm Samantha Shields
March 23 Kirkwood H.S., E 184

Reclaim Your Life and Reduce Stress: Release Your Clutter the Feng Shui Way

We all have clutter these days, because we are sooooo busy. Feng Shui wisdom knows that clearing your clutter is a truly transformative life process. Since everyone's clutter situation is unique, Feng Shui has a variety of solutions to help you deal with your clutter once and for all. Clutter is slowing you down, making you confused and hampering your success in every aspect of your life. We start by identifying and understanding your personal style/type of too much "stuff." Then you learn useful and effective techniques that empower you to unburden yourself from "too much stuff" and learn to focus on everything else of more importance in your newly empowered clutter-free life.

HOME:710 | \$25

751 W 6:30pm-9pm Samantha Shields
April 6 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

751 Tu 7pm-9pm Jean Linton
March 29 Kirkwood H.S., SA 1

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 or 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

752 Tu 7pm-9pm Jean Linton
April 5 Kirkwood H.S., SA 1

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

753 Tu 7pm-9pm Jean Linton
April 12 Kirkwood H.S., SA 1

Animal Welfare Assistant Program

Classes may be taken individually, or as part of the Animal Welfare Assistant Program for initial training and preparation for work in a range of public and private animal welfare agencies and organizations.

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. This class can be taken by itself, or as part of the Animal Welfare Assistant Certificate Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | \$29

651 Th 7pm-9:30pm
March 31

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, behavioral screening techniques and enrichment ideas to enhance quality of life for confined animals. You'll hear from several shelters, who'll explain their basic animal care-taking operations. If you're interested in working directly with animals, this class is a must! This class can be taken by itself, or as part of the Animal Welfare Assistant Certificate Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | \$29

652 Th 7pm-9:30pm
April 14

MC - SO, 105



Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control



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

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

How to Use Power Tools

Power tools help us perform difficult tasks with less effort and greater accuracy than most of us could accomplish without them. However, in order to use them effectively and without injury, you must know how to operate them correctly and safely. In this class, our home repair expert will demonstrate the operation of several common power tools, including: corded and cordless drill, dremel, reciprocating saw, miter saw and circle saw. If you have a small power tool you'd like to know more about, bring it to class and our instructor may select it for a demonstration. Join us and bring your questions.

HOME:713 | \$19

750 Tu 7pm-9pm
March 22

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

754 Tu 7pm-9pm
April 19

Jean Linton
Kirkwood H.S., SA 1

Master Naturalist

Ecology

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 Paleoethnobotany (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:703 | \$25

680 Sa 9am-12pm
April 23

Catrina Adams
MC - SO, 108

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 year-round; 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 3/23. No refunds this date.

ECOL:704 | \$49

650 Th 7pm-8:30pm
April 7

Kat Golden
MC - SW, 105

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 DYI Bran class to build your own at home. Class offered in partnership with the Missouri Botanical Garden Earthways Center. Registration deadline 4/27. No refunds after this date.

ECOL:704 | \$39

651 Th 7pm-8:30pm
May 12

Kat Golden
MC - SW, 105

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! Bring a sack lunch to class.

ECOL:705 | \$35

680 Sa 10am-2pm
April 9

Guy Niere
MC - SW, 105

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

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

ECOL:705 | \$25

681 Sa 10am-1pm
April 16

Guy Niere
MC - SW, 105

Landscape and Gardening

All About Herbs

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
March 29

Michelle Ochonicky
FP - G Tower, 111

651 Tu 6pm-9pm
April 5

Michelle Ochonicky
MC - SO, 109

Grow Your Own: Mushroom Garden in a Bucket

Wouldn't you like to pick your own quality mushrooms at the peak of freshness to use in your morning omelet or evening gourmet meal? Come discover how easy it is to "grow your own" in a compact bucket which can be used indoors or out. Class will begin with a short presentation on growing mushrooms and then you'll get hands-on experience assembling the bucket, growing medium and spawns to get the process started and take home. It's time to add mushrooms to your food garden list and start discovering the many opportunities that exist in your own home. Registration deadline 3/24. No refunds after this date.

HORT:701 | \$29

650 Th 6:30pm-8:30pm
March 31

Mark Brown
MC - SS, 108

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 | \$25

650 Th 7pm-9pm
April 7

Michelle Ochonicky
MC - SO, 108

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:713 | \$25

650 Tu 7pm-9pm
April 12

Michelle Ochonicky
MC - SO, 107

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 Kruescheck 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 | \$25

680 Sa 9am-11:30am
April 16

Nancee Kruescheck
MC - SO, 108

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, and care and maintenance based on the shade and sunlight locations in your yard. Join local nursery owner Nancee Kruescheck 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 | \$25

680 Sa 9am-11:30am
March 26

Nancee Kruescheck
MC - SO, 107

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:708 | \$25

680 Sa 9am-11:30am
April 9

Nancee Kruescheck
MC - SO, 108

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 "naturescaping", 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:713 | \$25

600 F 9am-12pm
April 1

David Tylka
MC - CE

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:713 | \$25

680 Sa 9am-11:30am
April 23

Nancee Kruescheck
MC - SO, 107

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:713 | \$25

601 W 9am-12pm
April 6

David Tylka
MC - CE

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, biodiverse 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:713 | \$25

602 F 9am-12pm
April 8

David Tylka
MC - CE

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:713 | \$25

603 W 9am-12pm
April 13

David Tylka
MC - CE

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:713 | \$25

604 W 9am-12pm
April 20

David Tylka
MC - CE

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:713 | \$25

605 F 9am-12pm
April 22

David Tylka
MC - CE

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:713 | \$25

606 W 9am-12pm
April 27

David Tylka
MC - CE



Identification and 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 F 9am-12pm
April 15

David Tylka
MC - CE

Nature Walk

Nature Walk

With the warm weather upon us, it's time to get outside and see what's blooming! Join our small group tour to explore, discover and study the spring landscape observing the splendor of the environment of Shaw Nature Reserve. Naturalist Nancy will guide you along a 2-3 mile walk on well-maintained, mostly level paths through the Whitmire Wildflower Garden and on the Brush Creek Trail. Wear comfortable shoes and dress appropriately for the weather. In case of rain, class will be rescheduled to April 23. Meet at the picnic tables across from the visitor's center.

NATR:704 | \$19

M01 Sa 10am-12pm
April 9

Nancy Gelb
Shaw Nature Reserve

New Monarchs and Milkweed

Join biologist Dave Tylka to learn the plight is of these beautiful animal ambassadors of the air, how you can help monarchs by planting different milkweed species around your home, and where milkweed seeds and seedlings may be obtained.

NATR:720 | \$25

680 Tu 7pm-9pm
March 22

David Tylka
MC - SO, 108

Spring Warblers

Known for their bright colors and sweet whistled song, the spring warbler is a fascinating bird. Discover facts about their size and shape, color patterns, behavior and habitat. With over 40 varieties of the species, you'll learn which are year-round residents for our area, which breed in our area and which just are passing through in the spring and fall. Offered in partnership with the St. Louis Audubon Society.

NATR:709 | \$25

654 Tu 7pm-9pm
April 12

Bill Salsgiver
MC - SO, 232

New Spring Flowering Weeds in Missouri

Thistles and thorns, native, non-native, invasive, aggressive, exotic, noxious, not noxious, persistent and pernicious, oh my! Learn to identify those weeds covering our lawns, roadsides and waste places in the spring. Emphasis will be placed on the mustards, chickweed and speedwells. Following class discussions, the group will venture out on two field trips (4/16 and 4/23), where members of the Missouri Plant Society will help you create a personal herbarium notebook of species found. Provide own transportation. Offered in partnership with the Missouri Native Plant Society.

NATR:723 | \$59

650 Tu 6:30pm-8:30pm
April 12 - April 19
Sa 9am-12pm
April 16 - April 23

MC - SW, 106

MC - Off Campus TBA

New Forest Park Owls: Mating, Nesting and Owlets

Join Mark H.X. Glenshaw, an award-winning amateur naturalist and speaker for a class focusing on the mating and nesting behavior and the owlets raised by Great Horned Owls he has been observing, documenting, and doing outreach in Forest Park since December 2005. Learn what Mark has been able to observe and document including: mating, nest selection, feeding of the owlets, fledging and gradual maturation of owlets, and the dispersal of the owlets with photos and videos to illustrate these behaviors. You will be amazed at the delights and challenges these owls have when they raise their families.

NATR:709 | \$25

653 Th 6:30pm-8:30pm
April 7

Mark H.X. Glenshaw
MC - SO, 109

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:730 | \$25

680 Sa 9am-12pm
April 9

Jeffrey Smith
MC - SW, 106

Thunderstorms and Tornadoes

St. Louis is in a prime location for severe spring weather conditions. The combination of fronts from cool dry air and warm moist air create an unstable environment for the possible formation of thunderstorms and tornadoes. Are you fascinated with these weather conditions and want to learn more of the scientific meteorology including how they form, where they are likely to occur, the weather forecasting and warning process and how to predict if they might occur? Join meteorologist Joe Schneider as he discusses these concepts, weather indicators to look out for and safety measures to implement to help keep you safe in case of a weather emergency. Be prepared for the upcoming seasons before, during and after severe weather occurs as it can strike with little or no warning.

NATR:734 | \$25

650 Tu 6pm-9pm
March 29

Joseph Schneider
MC - SO, 107

Real Estate

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

650 Th 7pm-9pm
March 31

Jill McCoy
MC - CN, 228

350 Tu 7pm-9pm
April 12

Jill McCoy
WW, 201

580 Sa 9:30am-11:30am
April 23

Janelle Stowers
FS - SS, 102

Personal Finance

Finance & Investing

Protect What You've Worked For

This presentation covers the risks that could impact your financial strategies and will cover possible insurance solutions to protect against these risks. Topics include term insurance, permanent life insurance including variable universal life (VUL), long term care insurance and hybrid policies. You will get answers to all of your protection questions. What type is right for my family? How much coverage should we have? What are the differences between them? What costs do they cover? How difficult is it to get coverage?

FINC:745 | \$25

650 Tu 6:30pm-8:30pm
April 5

Margie Bittner
MC - SO, 107

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 | \$25

651 Th 6pm-8pm
March 31

Laura Boedges
MC - SO, 109

Mastering Investing Psychology: Understanding Why You Will Succeed Where Others Fail

Proper psychology and mental preparedness can help you better understand how the investing business and news flow works against you, and how to succeed where countless others fail. This course will provide timeless examples of how proper investing knowledge and mindset kept great investors in the game. Specific examples from investment history, and what it took to succeed then, and how it applies to today will be discussed. Simply put, applying theory to the real world, explained by someone who does it every day. This class will add deeper understanding to the forces at work while applying the knowledge from the required prerequisite class, *Preserving Capital and Making It Grow*. One hour lunch on your own.

FINC:705 | \$55

C81 Sa 9am-4pm
May 7

Brian Bingham
Corp. College, 208

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

721 M 6pm-8pm **Yvonne Homeyer**
April 4 *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 **Charles Amen**
April 18 *Lindbergh H.S., 53*

Retirement Planning

Retirement by Design

This course will help you translate your vision for retirement into tangible goals. Whether you are close to retirement or forty years from retirement, you will learn investment strategies you can use now to help design the retirement you want tomorrow. Specific topics include employer-sponsored retirement plans (e.g. 401Ks), traditional and Roth IRAs, the impact of taxes and inflation, factoring in social security and pensions and your asset reliance rate.
FINC:736 | \$25

650 Tu 6:30pm-9pm **Margie Bittner**
March 22 *MC - SO, 109*

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 | \$25

652 W 7pm-9pm **Steve Glazer**
March 30 *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 | \$25

653 W 7pm-9pm **Steve Glazer**
April 13 *MC - SO, 107*

Understanding Retirement Healthcare and Social Security

As people approach retirement, a common concern is the answer to the question, "What if I get sick?" This class will prepare you to make important decisions about your healthcare by helping you to understand your health insurance options. You will learn about healthcare decisions to be made before and at retirement including what Medicare does and does not offer in plain English. You will also learn about Social Security, the original source of guaranteed income for life, including how it can pay to delay, how your Social Security income will be taxed and the little-understood effect of earned income on Social Security benefits.
FINC:736 | \$25

651 W 7pm-9pm **Steve Glazer**
March 23 *MC - SO, 107*

350 W 7pm-9pm **Steve Glazer**
April 6 *WW, 202*

New Medicare Essentials

Are you getting close to being eligible for Medicare? In a small class setting in order to allow for questions from participants, Shelly Miller, will be providing information about enrolling in Medicare, understanding the difference between Medicare Advantage and Medigaps, how to choose a Part D plan, and how to protect your benefits. Class is presented by CLAIM a nonprofit organization providing free, unbiased information about Medicare to Missourians. All of CLAIM's services are free, unbiased and confidential.
FINC:746 | \$19

601 M 10am-12pm **Shelly Miller**
April 11 *MC - CE*

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:746 | \$25

550 M 7pm-9pm **Paul Gantner**
April 4 *SEUC, 102*

Communications

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:711 | \$29

650 W 6:30pm-8:30pm **Erin De Vore**
March 23 - March 30 *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 **DaLe Ward**
April 19 - May 10 *MC - CN, 201*

Languages

For textbook information, view the Explore Our Classes page online.

French for the Traveler

Enjoy an easy and practical introduction to the French language. Learn survival phrases, how to read 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.
FLFR:716 | \$75

650 W 7pm-9pm **Patricia Adams**
April 20 - May 25 *MC - CN, 126*

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!
FLFR:717 | \$99

720 M 6:30pm-8:30pm **Barbara Sandmel**
March 21 - May 16 *Ladue H.S., 208*

Text required-bring to first class. No class 5/9

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:716 | \$75

650 Th 6:30pm-8:45pm **Dustin Glastetter**
April 21 - May 12 *MC - CN, 201*

German 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 German! No text required.
FLGE:717 | \$99

750 W 6:30pm-8:30pm **Dustin Glastetter**
March 30 - May 18 *Kirkwood H.S., E 182*

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:716 | \$75

400 Tu 4pm-6pm **Barbara Klein**
March 22 - April 26 *FP - G Tower, 115*

651 M 7pm-9pm **Barbara Klein**
April 4 - May 9 *MC - CN, 203*

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:717 | \$99

450 Tu 7pm-9pm Barbara Klein
March 22 – May 10 FP - G Tower, 115

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:718 | \$99

750 Tu 6:30pm-8:30pm Maria Brandle
March 29 – May 17 Kirkwood H.S., E 183
600 M 4pm-6pm Barbara Klein
March 21 – May 9 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:723 | \$99

710 M 7pm-9pm M Flynn
March 28 – May 16 Clayton H.S., 124

Portuguese for the Traveler

Enjoy an easy and practical introduction to the Portuguese 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! Taught by a native-fluent speaker. Bring a pocket folder, notebook and pen. Text required.

FLPG:716 | \$75

651 M 7pm-9pm Viva Brasil STL
April 18 – May 23 MC - CN, 230

Portuguese Language: Beginning I

Explore the Brazilian culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to form greetings, introductions and daily expressions in basic Portuguese! Taught by a native-fluent speaker. No text required. Bring a pocket folder, notebook and pen.

FLPG:717 | \$99

681 Sa 10am-12pm Viva Brasil STL
April 2 – May 21 MC - CN, 230

Portuguese Language: Beginning II

Continue to increase your knowledge of the Portuguese language by introducing simple conversation, grammar and vocabulary! Improve your basic understanding of Portuguese and communicate better in common everyday situations. Prerequisite: Portuguese - Beginning I or equivalent experience. Taught by a native-fluent speaker. No text required. Bring a pocket folder, notebook and pen.

FLPG:718 | \$99

650 W 7pm-9pm Viva Brasil STL
March 30 – May 18 MC - CN, 224
681 Sa 10am-12pm Viva Brasil STL
April 2 – May 21 MC - CN, 224

Portuguese Language: Beginning III

Continue to increase your knowledge of the Portuguese language including speaking, grammar and vocabulary! Emphasis will be on oral use of the language in dealing with everyday situations. Prerequisite: Portuguese - Beginning II or equivalent experience. Taught by a native-fluent speaker. No text required. Bring a pocket folder, notebook and pen.

FLPG:719 | \$99

681 Sa 10am-12pm Viva Brasil STL
April 2 – May 21 MC - CN, 228

Portuguese Conversation: Intermediate I

Improve your conversational skills in Portuguese through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Brazilian culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Portuguese Language - Beginning III or equivalent experience. Taught by a native-fluent speaker. No text required. Bring a pocket folder, notebook and pen.

FLPG:720 | \$99

680 Sa 10am-12pm Viva Brasil STL
April 2 – May 21 MC - CN, 226

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:717 | \$99

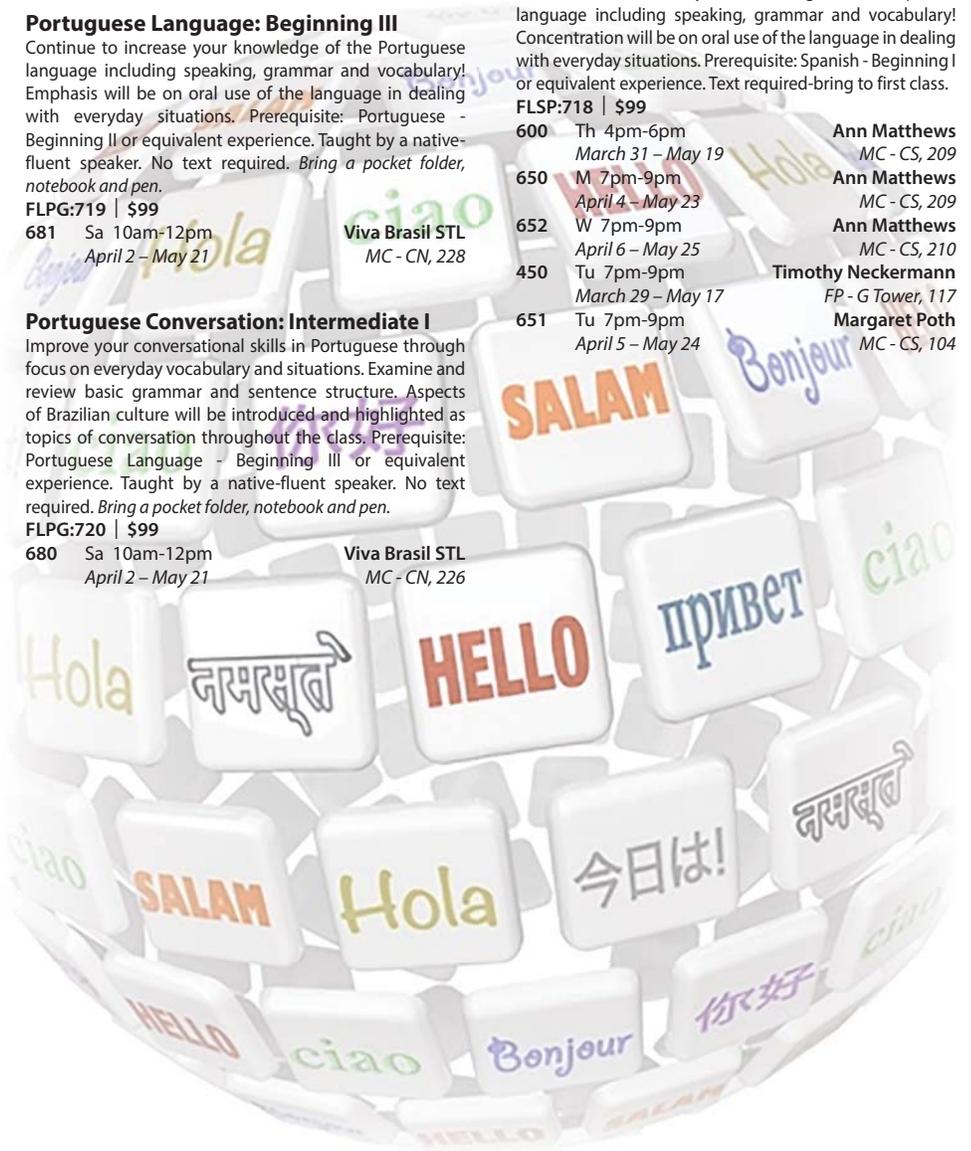
550 Th 6:30pm-8:30pm Maria de la Garza
March 24 – May 12 FV - C, 104
780 W 7pm-9pm Timothy Neckermann
March 30 – May 18 Lindbergh H.S., 51

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:718 | \$99

600 Th 4pm-6pm Ann Matthews
March 31 – May 19 MC - CS, 209
650 M 7pm-9pm Ann Matthews
April 4 – May 23 MC - CS, 209
652 W 7pm-9pm Ann Matthews
April 6 – May 25 MC - CS, 210
450 Tu 7pm-9pm Timothy Neckermann
March 29 – May 17 FP - G Tower, 117
651 Tu 7pm-9pm Margaret Poth
April 5 – May 24 MC - CS, 104



Exclamation Point!

“Heather Luby is an effective communicator. She invites student participation and answers questions fully. She maintains a positive attitude and reinforces constructive comments. Her generous use of detailed PowerPoint slides is extremely helpful,”

David W., – St. Louis, MO

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:719 | \$99

550 Tu 6:30pm-8:30pm
March 29 – May 17

Maria de la Garza
FV - C, 106

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:721 | \$99

650 M 7pm-9pm
April 4 – May 23

Maria de la Garza
MC - CN, 226

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 - will be discussed at first class.

FLSP:723 | \$99

Text required - will be discussed at first class.

450 Tu 7pm-9pm
April 5 – May 24

Lorenzo Gonzalez
FP - G Tower, 323

651 Th 7pm-9pm
April 7 – May 26

Lorenzo Gonzalez
MC - CS, 206

No text required.

720 W 7pm-9pm
March 30 – May 18

Margarita Gunther
Clayton H.S., 124

Spanish Grammar: Level II

Continue to increase your proficiency in conjugating verbs and understanding of the present tense through more writing and more practice speaking as you master the Spanish language. Prerequisite: Spanish Grammar Level I or equivalent experience. Text required - bring to first class.

FLSP:765 | \$99

681 Sa 10am-12pm
April 2 – May 21

Ann Matthews
MC - CS, 209

Sign Language

Sign Language: Beginning ASL

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 | \$99

550 W 7pm-9pm
March 23 – May 11

Antonina Wilson
FV - C, 133

Sign Language: Intermediate ASL

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:703 | \$99

550 M 7pm-9pm
March 21 – May 9

Antonina Wilson
FV - C, 133

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:722 | \$69

650 Th 6:30pm-9pm
April 21 – May 12

Gary Hesse
MC - LH, 101A

C50 M 6:30pm-9pm
April 18 – May 9

Gary Hesse
Corp. College, 207

Nature & Outdoor Photography

Improve your outdoor photography skills and expand your creativity. In this hands-on class, you'll learn the techniques to transform your nature and outdoor photography with infield, hands-on photo instruction coupled with classroom sessions and image critiques. You will gain a greater understanding of what makes a great photo, learn the techniques required, and pick up some tips and tricks professional photographers use. This class will meet in a classroom and in a nature setting. You will need to have your photos developed or printed and brought to the last class. Prerequisite: Digital Photography Introduction or Take Better Pictures: Introduction or equivalent experience. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation.

PHOT:708 | \$59

680 Sa 9am-11:30am
April 16 – May 7

Gary Hesse
MC - SW, 210

Adobe Photoshop Creative Cloud (CC): Advanced

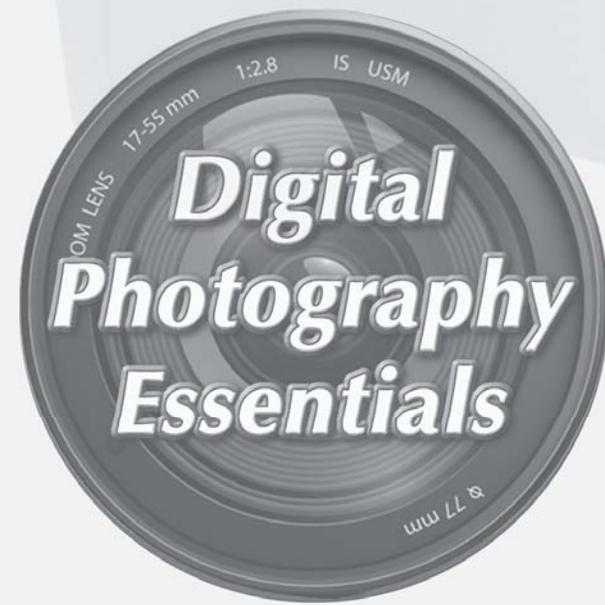
COMP:755 | \$135

C52 Th 6pm-9pm
April 14 – May 5

Zak Zych
Corp. College, 206



Look for course descriptions for the following Adobe Photoshop classes for the Digital Photography Essentials program in Technology on page 19.



If taking pictures is your passion, and you have artistic flair, the Digital Photography Essentials program 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 and additional Photoshop classes meet the curriculum requirements of the program. Upon successful completion of the program requirements, a non-credit certificate of completion will be awarded.

Classes may be taken individually or as a part of the program.

Genealogy

Using Google for Genealogy

Genealogists have long used the Google's search engine. This overview will highlight other facets of Google that may assist genealogists expand their family tree.

GENE:705 | \$25

601 W 3pm-5pm

March 23 – March 30

Mary Stamm

MC - BA, 208

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.

GENE:705 | \$49

602 W 3pm-5pm

April 6 – April 27

Mary Stamm

MC - BA, 208

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

April 9 – April 16

LaDonna Garner

FV - B, 120

History and Religion

Yankee Bride in the Heart of Richmond

This story begins in 1849, with a Philadelphia orphan who was transported to a Richmond orphanage for the duration of the Civil War. It was there that she became the wife of a former Confederate-soldier who made a life for them as they traveled in service with the U.S. Cavalry. There were few options for women during that time. She epitomized the strong, enduring nature of many women of that era. Come hear the adventurous tale of her life as told by her great-grand-daughter costumed in period dress. As you hear this tale, be inspired to consider how you also might vividly retell your own family's stories.

HIST:701 | \$19

650 Th 7pm-8:30pm

March 31

Gloria Perry

MC - SO, 206

America's First Political Dynasty: The Adams Family - John Adams

The Adams family played a prominent role in American government and culture for a century and a half. Spend an evening studying the life of the patriarch of the Dynasty: John Adams - Lawyer, Promoter of Independence, Diplomat, Legal Draftsman, Vice-President, President and Senior Statesman who died in a good old age, full of days, riches, and honor; and Solomon his son reigned in his stead.

HIST:703 | \$19

652 Tu 7pm-9pm

March 29

James Gallen

MC - SO, 206

America's First Political Dynasty: The Adams Family - John Quincy Adams and Posterity

The tradition of service begun by John Adams was continued by his son John Quincy Adams - Diplomat, Senator, Secretary of State, Representative, Abolitionist and Old Man Eloquent. Reflect on his contributions to our developing nation as well as that of his sons, Charles Francis Adams, Ambassador to the Court of St. James during the Civil War and historian and confidant Henry Adams.

HIST:703 | \$19

653 Tu 7pm-9pm

April 5

James Gallen

MC - SO, 206

The Reformation and Counter-Reformation Come to America (from 16th Century Europe)

We'll begin with a brief review of the Reformation period of the 16th Century in Europe. Then, we will turn our attention to America, looking at this Reformation from both the Protestant and Catholic perspectives and how very different they were. We will take this review from the start of the 13 colonies in the 17th century to immigration in the 18th century and end with the early 19th century.

HIST:703 | \$49

P02 Tu 10am-12pm

April 12 – April 26

as St John

Thomas Dunn LC

New The Civil War in Film

The rebroadcast of Ken Burns' Civil War series has reminded us of the visual nature of that conflict. This class will focus upon how the subject of the Civil War has been captured by Hollywood from silent films to modern epics and especially what the movies got right and got wrong.

HIST:705 | \$19

652 W 7pm-9pm

March 30

Vincent Heier

MC - SO, 206

Shiloh (1862)

Ulysses S. Grant's army was camped along the Tennessee River near Pittsburg Landing. Before he could be reinforced by General Buell's forces, the Confederacy's most competent general, Albert S. Johnston, suddenly attacked. Understand Johnston's plan of battle and how he fought it. There were more casualties on those two days than in all of America's previous wars.

HIST:705 | \$19

653 Tu 7pm-9pm

April 12

Wynn Ward

MC - SO, 206

Medicine in the Civil War

Medical treatment was still very crude at the time of the Civil War and medicines sometimes did more harm than good. The high percentage of deaths among the wounded wasn't because of lack of care, as you'll see, but because of the few and overwhelmed hospitals and medical personnel. You'll hear about the amazing efforts of many famous individuals, such as Clara Barton, Dorothea Dix, Louisa May Alcott, Walt Whitman and Phoebe Pember. Come hear how they all coped.

HIST:705 | \$19

P01 Tu 10am-12pm

April 5

Wynn Ward

Thomas Dunn LC

The "Other" Vietnam War

From 1946 through 1954 the French fought a war in Vietnam that saw the collapse of her empire in Asia. It laid the groundwork for the war we fought in the 1960s and 70s, so a better understanding of this war is needed to properly view our war in Vietnam. The class will focus on military difficulties faced by the French Union as well as diplomatic efforts.

HIST:706 | \$19

650 Tu 7pm-9pm

April 19

Thomas Hoff

MC - SO, 206

The Waterloo Campaign of 1815

The last four days of Napoleon's "100 Days" is often viewed through English eyes, but the campaign was fought by the French, the Prussians, the Dutch-Belgians and soldiers from many minor German states. In this class, we will look at the events of June 1815 from a variety of viewpoints, giving a picture that strays from popular perceptions, but is closer to the truth of Napoleon's last campaign.

HIST:712 | \$19

651 Th 7pm-9pm

April 14

Thomas Hoff

MC - SO, 206

New Irish Witches & Wise Women

Come spend a fascinating evening hearing about the history of witches and witchcraft and how these women were persecuted due to their knowledge of herbs and healing along with prejudice by male physicians and church leaders. Then we will examine, in particular, the history of witches in Ireland and how witch persecution differed in that country.

HIST:712 | \$19

650 Tu 7pm-9:30pm

March 22

Charles Kilker

MC - SO, 206

They Shall Not Pass! World War I in France

Il ne passeront pas, "They shall not pass" is a phrase used to express determination to defend a position against an enemy. It was most famously used during the Battle of Verdun in the First World War. The impact of the First World War on France was overwhelming, with 1.6 million young Frenchmen dying. This class will examine that war, and how it shaped French attitudes during the Second World War and the withdrawal from empire.

HIST:714 | \$19

652 W 7pm-9pm

March 23

Thomas Hoff

MC - CS, 204

Air Campaign Over Germany (WW II)

From 1941 to 1945, over 160,000 Allied airmen in over 33,000 aircraft were lost and the Luftwaffe was completely destroyed in the ferocious battles against German industry. In this class, we will look at the beginnings of the campaign by British forces, the expansion with the entry of the U.S. 8th Air Force among others, and the counter offensive by the Luftwaffe. This will include examinations of significant missions, types of aircraft, effect on civilians and personal anecdotes. Lastly, we will discuss its controversial results.

HIST:714 | \$19

P02 W 10am-12:30pm

March 23

Chris Ketcherside

Thomas Dunn LC

Normandy Invasion: The German Perspective

Operation Overlord is a well-known, much discussed and highly documented battle from the Allied perspective. But what about the defenders? What was the German overall plan? What types of soldiers were manning the defenses? This class will cover the invasion from the German point of view, covering what their plan was, and how they reacted to the surprise at Normandy, the paratrooper landings and the dominant Allied air cover. The story of this battle has amazing new insights when seen from the enemy's eyes.

HIST:714 | \$19

P03 W 10am-12:30pm

March 30

Chris Ketcherside

Thomas Dunn LC

Exclamation Point!

"Sean Long is an excellent teacher who takes each student from where they are to their next step."

Susan I., St. Louis

PERSONAL ENRICHMENT

The Arab-Israeli Conflict: The Post-Intifada Spring of Hope and its Aftermath

The iconic photo of President Clinton standing between Israeli Prime Minister Yitzhak Rabin and PLO chairman Yasser Arafat on the White House lawn in 1993 represents the hope for peace that followed the end of the First Intifada. This course will study that optimistic period, in which, despite continued violence, key figures on both sides believed in and worked toward the establishment of a Palestinian state in exchange for peace. It will examine the roles of the United States, internal Israeli politics, a divided Palestinian people, regional strife and international forces in the pursuit and devastating collapse of peace. The series will conclude with an overview of the key issues that continue to thwart a comprehensive Arab-Israeli settlement.

HIST:727 | \$19

603 Tu 1pm-3pm
March 22

Katie Young
MC - SO, 205

New Egypt

This class will focus on Egypt, the largest Muslim nation in population in the Middle East. The class will explore the following topics: British occupation from 1882 to the 1950's; the Suez Canal: water, population, poverty; the secular revolution of 1952 and the role of the Egyptian army; the 3 Premiers who follow after 1952 and their roles with the U.S, Israel, USSR and other Arab nations; the role of the society of the Muslim brotherhood; the spring revolution of 2011 and the events that followed. We will also look at the present leader today, Abdel-Fattah el-Sissi.

HIST:727 | \$29

651 W 7pm-9pm
April 6 - April 13

Thomas St John
MC - SO, 206

New Oil: The Fuel That Drives U.S. Foreign Policy

In the past decade, the United States has reduced its petroleum imports by 20%. Though foreign oil now fuels less than half of our daily habit, Americans' disparate use of global oil will continue to drive foreign policy. This course will examine how the ooze that has tantalized and entangled our nation has played a role in nearly every major U.S. military engagement since World War II. It will reveal the patterns, decisions and partnerships that have directed and resulted from the substance that President Jimmy Carter deemed a national security imperative. Please join us to explore the history of America's relationship with its favorite non-renewable resource.

HIST:727 | \$19

652 Th 7pm-9pm
April 7

Katie Young
MC - SO, 206

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 evening.

HIST:765 | \$19

650 W 7pm-9pm
April 20

Kevin Walsh
MC - SO, 206

Religion in St. Louis

Religion has always played a major role in our local culture. In the earliest days, Catholicism dominated the St Louis area. Today we have grown to many denominations and faiths. Join us in the classroom as we take a look at traditions and personalities that built the religious history of the St. Louis area. This class is not a prerequisite, but dovetails beautifully with several local tours that follow (see TRIP 701-MD2, TRIP 701-MD3 and TRIP 702-MD3) when we'll visit some of the buildings and hear the stories from the congregations.

RELG:701 | \$29

600 W 9am-12pm
March 23

Joan Huisinga
MC - CE

New Capitalism vs "The Golden Rule"

There is an ongoing debate and concern about the widening gap in wealth and the disappearing middle class. In this evening session, we will examine the possibility of building a partnership between capitalism's credo to maximize profit and religion's credo of "The Golden Rule." Are there truly workable solutions or is this a naive question? We'll find the answers between rigid political rhetoric and being politically correct. Come join the conversation and rethink the rules of America's economic model, redefining social justice.

RELG:701 | \$19

653 W 7pm-9pm
March 23

Kevin Walsh
MC - SO, 206

Exclamation Point!

"Cheryl Conley is just perfect. She is very talented in teaching the subject matter. I will continue to take this course as long as Cheryl Conley teaches it. I have been taking classes at STLCC for over 50 years. This class is one of the best!"

Jinny G., Kirkwood, MO

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. It is recommended that this course be taken in conjunction with the other two religion courses being offered to provide a more complete view of major world religions. This course will expand your knowledge of other belief systems and give you an opportunity to discuss the differences and similarities of the major world religions.

RELG:701 | \$39

352 Tu 7pm-9pm
March 22 - April 5

Jan Worley
WW, 202

History of the Bible

Join us for a look at the history of one of the world's most famous, most read, most debated and most controversial books. The 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
April 12 - April 19

Jan Worley
WW, 202

Tours and Trips

Exploring St. Louis

Discover places you probably haven't seen before in the St. Louis area. Some are historical and some so new you may be the first of your friends to visit. We carpool but there is always space in a car for a non-driver. Admission fees are extra and bring a lunch the first day. Start exploring with us. Every week is a fun adventure! Walking involved. First class meets on campus, followed by a tour. Class meets off-campus after first class. Withdrawal deadline for refund: 4/8.

TRIP:701 | \$99

MD5 F 9am-10:30am
April 29
F 10:45am-3pm
April 29
F 9am-3pm
May 6-20

Joan Huisinga
MC - CE

MC - Off Campus

MC - Off Campus

Jewish in St. Louis

Your day will begin at the Holocaust Museum and Learning Center for a thorough exploration of the exhibits and audio-visual presentations. You'll enjoy a delish local Jewish deli lunch before our visit to the Central Reform Congregation for a tour and lecture by the rabbi who will speak of the Jewish faith, worship practices and history. Our final stop will be a Jewish cemetery to learn about the burial practices associated with Jewish law. Tour includes transportation, tour guide, admission, lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 3/30.

TRIP:701 | \$69

MD4 Th 10am-3:30pm
April 21

Dea Hoover
MC - Off Campus

National Churchill Museum and Crane's Country Store

Travel to Fulton for a tour to remember. Lunch will be at Bek's in historic downtown, then over to St. Mary the Virgin, Aldermanbury Church and Churchill Museum in Fulton, MO, the site of Churchill's famous "Iron Curtain" speech. The museum is filled with a priceless treasury of artifacts and information relating to the life and times of Sir Winston Churchill. The Church which houses the museum is a 12th century British church, redesigned in 1677 and relocated to Fulton. We'll stop on the way home for ice cream and a tour of Crane's Country Store and Museum, founded in 1899, taking you back to a simpler way of life and country living. Tour includes transportation, tour guide, admissions, lunch, ice cream and gratuities. Withdrawal deadline for refund: 4/25.

TRIP:702 | \$89

MD7 M 9am-4:45pm
May 23

MC - Off Campus

Meet tour bus in Lot E on NW side of the Meramec campus.

VD2 M 8:30am-5:30pm
May 23

FV - Off Campus

Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

Route 66, Illinois Part I: Mitchell to Litchfield

Doug Schneider will be leading Route 66 tours this spring; it's your chance to cross the Mississippi and explore the Mother Road in Illinois. There's a lot to see, including the Rabbit Ranch (VW rabbits and bunny rabbits), remains of the Interurban, Mother Jones' grave and a Route 66 gas filling station turned into a dentist's tooth filling office. We'll also see where Al Capone liked to hang out, visit a mustang corral and a Route 66 museum, have lunch at an iconic Route 66 restaurant, visit a preserved 1926 Shell station, see the late Joe Williams' favorite drive-in movie theater and more. It's Route 66-Illinois at its finest! Tour includes transportation, admissions, lunch, a souvenir Rabbit Ranch matchbook and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 3/21.

TRIP:702 | \$89

MD4 Th 8:30am-4:30pm
April 14

Douglas Schneider
MC - Off Campus

Route 66, Illinois Part 2: Springfield to Carlinville

Doug Schneider will be leading Route 66 tours this spring; it's your chance to cross the Mississippi and explore the Mother Road in Illinois. There's a lot to see, including: a motorcycle club's Route 66 mural, visit the home of the corn dog for a morning corn dog or doughnut, see a patriotic muffler man and get photographed by the turkey tracks. Lunch will be in a well-preserved 1929 soda fountain, with a chance to visit a 19th century pharmacy. We will drop in at Becky's Barn, visit a neon museum and meet the man who did all the draperies for the Abraham Lincoln Presidential Library. We will see the Battle of Virden monument and drive a unique stretch of brick Route 66 pavement. Tour includes transportation, corn dog/doughnut, buffet lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 3/25.

TRIP:702 | \$89

MD5 Th 8:30am-4:30pm
April 21

Douglas Schneider
MC - Off Campus



Recreation, *Fitness* and Wellness

Recreation and Sports

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

M02 Tu 2pm-4pm Charles Kelly
April 12 – May 3 Crestwood Bowl

Cards and Games

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.

GAME:702 | \$49

M01	Tu 2:45pm-4:45pm April 12 – May 10	Phyllis Siegel Affton WR Comm Ctr, B No class 4/26
650	M 5:01pm-6:59pm April 11 – May 9	Phyllis Siegel MC - SW, 209 No class 4/25
651	M 7pm-9pm April 11 – May 9	Phyllis Siegel MC - SW, 209 No class 4/25
550	Th 7pm-9pm March 31 – April 28	George Hawley FV - SC, PDR

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 | \$225

482	SaSu 7am-5pm April 2 – April 3	FP - D Tower, 215
483	SaSu 9am-7pm April 2 – April 3	FP - D Tower, 215
484	SaSu 7am-5pm April 9 – April 10	FP - D Tower, 215
485	SaSu 9am-7pm April 9 – April 10	FP - D Tower, 215
486	SaSu 7am-5pm April 16 – April 17	FP - D Tower, 215
487	SaSu 9am-7pm April 16 – April 17	FP - D Tower, 215
488	SaSu 7am-5pm April 23 – April 24	FP - D Tower, 215
489	SaSu 9am-7pm April 23 – April 24	FP - D Tower, 215
490	SaSu 7am-5pm April 30 – May 1	FP - D Tower, 215
491	SaSu 9am-7pm April 30 – May 1	FP - D Tower, 215
492	SaSu 7am-5pm May 21 – May 22	FP - D Tower, 215
493	SaSu 9am-7pm May 21 – May 22	FP - D Tower, 215

Motorcycle Rider Training

Basic Bike Bonding Rider Course (BBBRC)

Bike Bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating). The objective of the Basic Bike Bonding Course is to develop and practice basic skills beyond those acquired in the Basic Rider Course. The course is designed to provide sufficient control skills to handle a motorcycle in more challenging street situations in a low risk, effective, and enjoyable training environment. The BBBRC is also an excellent refresher course for those that may not have ridden for a period of time since their Basic Rider Course 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. This is not a MO State waiver class.

MOTR:703 | \$59

480 Sa 7am-12pm
May 14

FP - D Tower, 215



Exclamation Point!

“Taking the *Kitchen Design for Home Remodeling* and the *Kitchen Planning for Home Remodeling* classes have helped me get my plan of action together in a huge home makeover project.”

Timothy G., – Sappington, MO

Golf

Golf: Beginning I

Learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping.
PEDU:730

Four Sessions | \$45

- 801 Th 7pm-8pm
March 24 – April 14
Golfport-MH
- 802 Th 6pm-7pm
April 28 – May 19
Golfport-MH
- 803 Sa 10am-11am
April 2 – April 23
Golfport-MH
- 810 W 7pm-8pm
March 30 – April 20
Big Bend GC
- 811 M 5pm-6pm
April 11 – May 2
Big Bend GC
- 812 Sa 10am-11am
April 23 – May 14
Big Bend GC
- 813 Su 1pm-2pm
April 24 – May 15
Big Bend GC
- 820 Sa 10am-11am
April 2 – April 23
Eagle Springs

Women Only

- 800 Th 6pm-7pm
March 24 – April 14
Golfport-MH
- 804 Sa 11am-12pm
April 30 – May 21
Golfport-MH

Six Sessions | \$59

- 880 Tu 7pm-8pm
April 5 – May 10
The First Tee
- 881 W 6pm-7pm
April 6 – May 11
The First Tee
- 882 Sa 10am-11am
April 2 – May 7
The First Tee
- 890 Tu 9am-10am
March 29 – May 3
Tower Tee
- 891 M 7pm-8pm
March 21 – April 25
Tower Tee
- 892 Th 6pm-7pm
April 7 – May 12
Tower Tee

Golf: Short Game Skills

Whether you are a beginning student or just wanting to improve your golf game, this class will cater to you. Class will cover putting, chipping and pitching.
PEDU:732

Four Sessions | \$45

- 820 M 6pm-7pm
March 28 – April 18
Eagle Springs

Six Sessions | \$59

- 892 W 6pm-7pm
March 30 – May 4
Tower Tee
- 894 Th 7pm-8pm
April 7 – May 12
Tower Tee
- 897 Sa 10am-11am
April 2 – May 7
Tower Tee
- 882 Sa 11am-12pm
April 2 – May 7
The First Tee

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 26 – May 17
Golfport-MH

Golf: Combo Class

Class is a combination of short game, full swing and on course lessons. The first few classes will be on the practice range and remaining will be on the course. On course strategy and mental game will be discussed.
PEDU:732 | \$59

- 893 W 7pm-8pm
March 30 – May 4
Tower Tee
- 896 Sa 8am-9am
April 2 – May 7
Tower Tee
- 898 Sa 11am-12pm
April 2 – May 7
Tower Tee

Play Better Golf

Become the best golfer you can be! Instruction will focus on putting, short game skills, and learning how to drive the ball further with more accuracy so you can start lowering your scores today. Open for all skill levels and balls will be provided. Class meets at Creve Coeur's Municipal Golf Course (mandatory first class meets Tuesday, 4/19; remainder of classes meet on Sunday, 4/24-5/15). For details contact instructor (314-434-4715, melklearman@att.net).
PEDU:732 | \$39

- V01 Tu 5:30pm-7pm
April 19
Su 9am-10am
April 24-May 15
Melvin Klearman
Creve Coeur Mun. Golf
Creve Coeur Mun. Golf

Golf: Parent/Child - 4 Sessions

Attend class with your child, ages 7-15, and have fun learning the basics of golf together! Registration required for each participant.
PEDU:732 | \$45

- 810 W 6pm-7pm
March 30 – April 20
Big Bend GC
- 811 Su 12pm-1pm
April 24 – May 15
Big Bend GC

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

- 821 M 5pm-7:30pm
May 2
Eagle Springs
- 822 M 5pm-7:30pm
May 16
Eagle Springs

Golf: Beginning II

Review fundamentals presented in Golf: Beginning I with special emphasis on correcting individual swing faults.
PEDU:731

Four Sessions | \$45

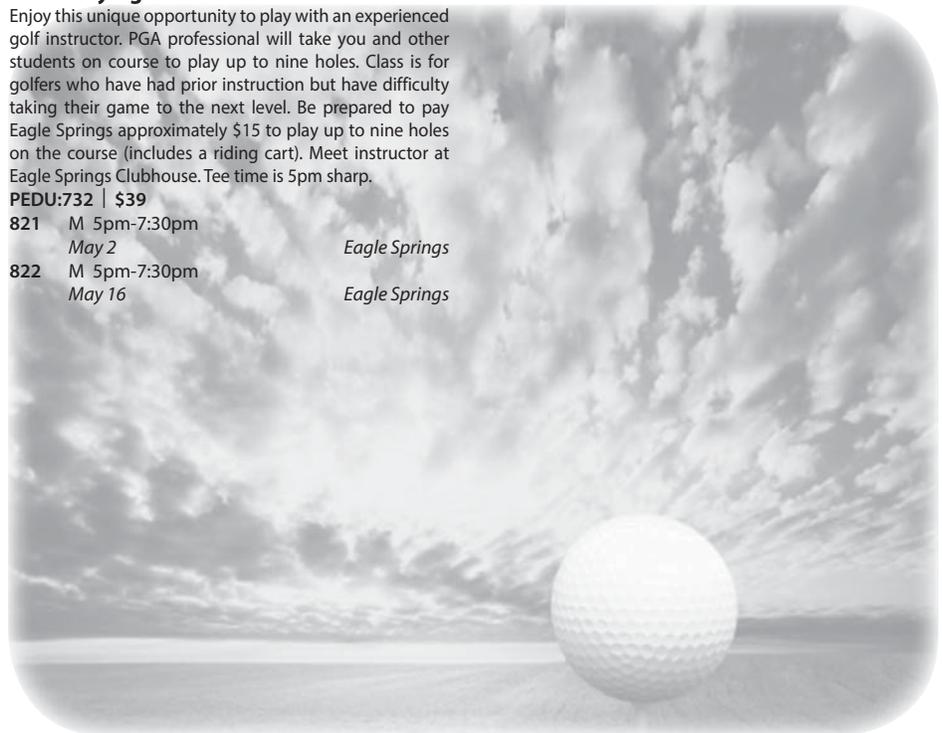
- 800 Tu 11am-12pm
April 26 – May 17
Golfport-MH
- 801 Th 7pm-8pm
April 28 – May 19
Golfport-MH
- 803 Sa 10am-11am
April 30 – May 21
Golfport-MH
- 810 W 5pm-6pm
March 30 – April 20
Big Bend GC
- 811 M 6pm-7pm
April 11 – May 2
Big Bend GC
- 812 M 7pm-8pm
April 11 – May 2
Big Bend GC
- 813 Sa 9am-10am
April 23 – May 14
Big Bend GC

Women Only

- 802 Sa 11am-12pm
April 2 – April 23
Golfport-MH

Six Sessions | \$59

- 880 Tu 6pm-7pm
April 5 – May 10
The First Tee
- 881 W 7pm-8pm
April 6 – May 11
The First Tee
- 890 Tu 10am-11am
March 29 – May 3
Tower Tee
- 893 Sa 9am-10am
April 2 – May 7
Tower Tee
- 860 M 6pm-7pm
April 11 – May 16
Sunset Hills Golf LC
Ron Muse
- 861 W 6pm-7pm
April 13 – May 18
Sunset Hills Golf LC
Ron Muse
- 862 Sa 10am-11am
April 16 – May 21
Sunset Hills Golf LC
Ron Muse



Tennis

Tennis: Beginning I & II (NTRP 1.0-2.5)

See NTRP Rating Box.

PEDU:733

Four Sessions | \$55

M03 Th 6pm-7pm
April 28 – May 19 *Sunset Hills Watson Trails*

Six Sessions | \$85

M07 Su 6pm-7pm
April 10 – May 15 *Frontenac RC*

M08 Sa 9am-10am
April 9 – May 14 *Queeny Park Rec*

720 MW 6pm-7pm
May 2 – May 18 *Ladue Mid. School*

Tennis Workshop: Beginning I & II

Learn to play and love tennis in this FREE workshop with Mark Platt! Registration required for all participants.

PEDU:733 | No Fee

580 Sa 11am-11:55am
April 23 – May 7 *FV - PE, TENNIS*

Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box.

PEDU:734 | \$69

M01 Tu 1pm-2pm
March 29 – May 10 *Vetta*

M03 Sa 3:30pm-4:30pm
April 2 – May 14 *Vetta*

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box.

PEDU:735

Four Hours | \$55

M05 Th 5pm-6pm
April 28 – May 19 *Sunset Hills Watson Trails*

Six Hours | \$85

M07 Sa 4pm-5pm
April 2 – May 7 *Forest Lake TC*

M09 Sa 10am-11am
April 9 – May 14 *Queeny Park Rec*

720 MW 7pm-8pm
May 2 – May 18 *Ladue Mid. School*

Nine Hours | \$89

M04 Th 8:30pm-10pm
March 31 – May 5 *Woods Mill RC*

10.5 hours | \$95

M02 Th 2pm-3:30pm
March 31 – May 12 *Vetta*

M08 Sa 4:30pm-6pm
April 2 – May 14 *Vetta*

Tennis: Intermediate I - Advanced (NTRP 3.0-4.0)

See NTRP Rating Box.

PEDU:736 | \$95

M03 Tu 2pm-3:30pm
March 29 – May 10 *Vetta*

M05 Sa 2pm-3:30pm
April 2 – May 14 *Vetta*

Team Sports

New Human Foosball League

Taking the classic game of table Foosball to the max! Human Foosball is the newest game picking up popularity that literally puts YOU in the game! Players are attached to beams that slide side to side and fight to score a goal against the other team. Grab some friends and have fun playing games for 6 weeks, then end with a tournament for all teams on the 7th week. Participants must wear rubber soled tennis shoes and sign waiver. Withdrawal deadline: 3/17.

PEDU:765 | \$49

MD2 Th 6pm-9pm
March 24 – May 5

G.A.H.F.-STL



Fitness

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: 314-984-7172
- Forest Park Pool: 314-644-9717
- Florissant Valley Pool: 314-513-4275

Lap Swim - Florissant Valley

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 | \$79

501 M-Th 7am-7:50am
March 28 – May 4 FV - PE, POOL

Swimming Skills: Beginning/Intermediate

Not the strongest swimmer? It's time to change that! Acquire basic through intermediate swimming skills, and feel confident in the water and around water activities. Emphasis on the primary strokes, buoyancy techniques, breath control and acquiring endurance.

PEDU:722

15 Sessions | \$89

601 TuTh 11am-11:50am Sandra Liming
March 22 – May 10 MC - PE, POOL

Lifeguard Training

Course provides students with the opportunity to complete American Red Cross Lifeguard Certification. Gain the knowledge and skills necessary to keep the patrons of aquatic facilities safe in and around the water. First Aid/CPR is included. Additional hours required. Prerequisites: Swimming proficiency in an endurance swim and student must be at least 15 years of age. Prerequisite: Endurance Swim - 300 yard swim (100 yards front crawl with rotary breathing and 100 yards breast stroke. Then swim 20 yards to retrieve a 10 lb brick, swim back to start and exit pool in 1 min 40 sec). Available for credit as PE 142 550. Text required - available at Florissant Valley Bookstore.

PEDU:725 | \$101

210 F 4pm-8pm Stephanie Puricelli
March 25 – May 13 FV - PE, POOL

Water Exercise

Get a total body workout! Tone, strengthen, and achieve flexibility and circulatory endurance while exercising in the water. No more stiff and sore muscles! All skill levels are welcome as you will work at your own pace.

PEDU:729

12 Sessions | \$75

504 MW 8am-8:50am Barbara Harris
March 28 – May 4 FV - PE, POOL

501 MW 9am-9:50am Barbara Harris
Jan. 25 – March 7 No class 2/15
FV - PE, POOL Barbara Harris

505 MW 9am-9:50am Barbara Harris
March 28 – May 4 FV - PE, POOL

506 MW 10am-10:50am Barbara Harris
March 28 – May 4 FV - PE, POOL

15 Sessions | \$89

605 MW 9am-9:50am Gary Ketcherside
March 21 – May 9 MC - PE, POOL

607 TuTh 9am-9:50am Gary Ketcherside
March 22 – May 10 MC - PE, POOL

609 TuTh 2pm-2:50pm Lisa Huseman
March 22 – May 10 MC - PE, POOL

Water Exercise: Deep Water Aerobics

Go off the deep end! Exercising in deep water is the perfect way to get a non-impact, full body workout. See and feel the benefits of a great aerobic workout without putting stress on your joints. Safety belts required in deep water. Life jackets NOT recommended.

PEDU:729

15 Sessions | \$89

606 MW 1pm-1:50pm Sandra Liming
March 21 – May 9 MC - PE, POOL

Water Exercise: Shallow/Deep Aerobics Combo

Challenge your body and mind with this intense workout in both shallow and deep water. Great exercise for toning as well as increasing strength and endurance. Safety belts required in deep water. Life jackets NOT recommended.

PEDU:729

15 Sessions | \$89

651 MW 6pm-6:50pm Terri Williams
March 21 – May 9 MC - PE, POOL

Aqua Zumba

Splash and dance your way to fitness in this fun, low-impact, water-based workout! Aqua Zumba integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises.

PEDU:729

12 Sessions | \$75

553 MW 6pm-6:50pm Barbara Harris
March 28 – May 4 FV - PE, POOL

Exclamation Point!

"I loved Maria de la Garza's teaching style! Great teacher. Challenging class!"

Sarah S., Clayton, MO

Aerobic Exercise

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

551 MW 7pm-7:50pm
March 28 - May 2

Paula Taylor
FV - PE, 233

Boot Camp with Sharkfitness

Challenge yourself! Classes consist of resistance training, calisthenics, short runs, and drills designed to work every major muscle group in the 60-minute class. You will learn the correct way to train in terms of form, tempo, and exercise selection. Despite the group setting, this class challenges participants individually to give their best and expect optimal results. Must be able to jog 300 yards without rest. Bring a towel or mat and water.

PEDU:755

Mornings

15 Sessions | \$192

602 MWF 5:45am-6:45am
March 21 - April 22

MC - PE

603 MWF 5:45am-6:45am
April 25 - May 27

MC - PE

10 Sessions | \$130

606 TuTh 5:45am-6:45am
March 22 - April 21

MC - PE

607 TuTh 5:45am-6:45am
April 26 - May 26

MC - PE

610 TuTh 9:30am-10:30am
March 22 - April 21

MC - PE

611 TuTh 9:30am-10:30am
April 26 - May 26

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

613 MW 4pm-4:55pm
March 28 - May 9

MC - PE, 201

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 | \$75

615 TuTh 5:55am-6:55am
March 29 - May 5

Gail Velten
MC - PE, GYM

Qi Gong - Chair Exercise for Health

Learn to relax and get energized with this gentle, ancient Chinese form of healing exercise. Qi Gong will increase your flexibility and body strength through deep breathing and meditative movements. Seated stretching from a chair makes this a perfect class for all levels of physical ability!

PEDU:755 | \$39

M01 F 9am-9:45am
March 25 - April 22

Kathleen Schabelski
Affton WR Comm Ctr, A

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

M04 Sa 8:15am-9:10am
April 9 - May 14

Karol McNutt
Dance Arts of St. Louis

Introduction to CrossFit for Masters - Ages 50+

Learn the basic fundamentals of CrossFit, a highly effective strength-and-conditioning system that will help restore and improve mobility utilizing functional movements in a constantly varied format. Focus will be on movement mechanics, proper technique, and safety. All fitness levels welcome - ages 50 plus. Bring water.

PEDU:755 | \$75

M02 W 10am-11am
March 23 - April 27

BARx CrossFit

T'ai Chi

T'ai Chi Chih: Continuing - Mini Session

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 | \$39

P02 Tu 1:15pm-2:15pm
May 3 - May 31

Jeanette Miller
Solar Yoga Center

Health and Wellness

Self Defense

Pro-Active Personal Security and Self-Defense

Easy-to-learn concepts make this a great seminar for novice students that are interested in practical application of self-defense without countless, complicated techniques. Be pro-active and prepare yourself to face stronger, more skilled, armed and unarmed opponents through a unique combination of demonstrations and hands-on tactics. Athletic wear required.

PEDU:743 | \$25

680 Sa 9am-12pm
April 2

Dennis Fonod
MC - PE, 105

681 Sa 9am-12pm
April 30

Dennis Fonod
MC - PE, 105

Wellness

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

680 Sa 9:30am-3:30pm
April 23

Alice Sanvito
MC - SW, 106

MELT®

Do you suffer from chronic pain? The MELT® Method is a great way to alleviate chronic pain and re-balance the neural core. MELT® is changing the way people care for their bodies. This simple, proactive self-help approach to maintaining a healthy, pain-free, active lifestyle is the best first step for anyone looking to feel better. Regardless of your age, gender, or current activity level, anyone can learn to MELT! All tools will be provided. Bring plenty of water to drink.

HEAL:709 | \$75

M02 Tu 4pm-4:50pm
April 19 - May 10

Body by Pilates,
STUDIO RUE

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!

PERD:709 | \$25

680 Sa 10am-12pm
April 2

Roselyn Mathews
MC - SO, 109

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 4/30 in computer lab, BA- 216. Second class meets 5/7 in classroom, BA-203. Text required - bring to first class. Strengths Finder 2.0, ISBN: 9781595620156.

PERD:709 | \$49

681 Sa 9am-12pm
April 30

Carol Watkins
MC - BA, 216

Sa 9am-12pm
May 7

MC - BA, 203

Practicing Happiness

Would you like to feel happier? Positive psychology research is revealing simple but powerful techniques for increasing one's happiness. Explore a new happiness boosting theme each week and learn several related happiness practices from a licensed psychologist. Between classes, you will apply the new techniques in real life then share your experiences at the next class. Happiness themes include gratitude, mindfulness, kindness, compassion, social connections, and more. Know how to effectively influence your own happiness and which practices work best for you.

PERD:709 | \$49

450 W 7pm-8:30pm
Feb. 10 – March 9

Tawni Hoeglund
FP - G Tower, 115

600 Tu 10am-11:30am
April 5 – May 3

Tawni Hoeglund
MC - CS, 104

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:711 | \$25

650 Sa 9am-12pm
April 2

Kimberly Meredith
MC - CS, 206

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.

PERD:732 | \$49

450 W 7pm-9pm
March 30 – April 20

Rhonda Leifheit
FP - B Tower, 013

550 Th 7pm-9pm
April 28 – May 19

Rhonda Leifheit
FV - CWI, 136

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. Fee includes CD. Bring a blanket or pillow.

PERD:732 | \$69

720 Th 7pm-9:30pm
April 7 – April 21

Jean Walters
Ladue H.S., 131

The Intersection of Business and Spirituality

Enjoy a spirited and respectful conversation with other students who may hold differing opinions. Class dialog will be open-minded discussions, not debates, on various topics including consciously matching your workplace values to your personal values, economic systems, non-traditional business models and cross-cultural concepts. Bring notebook and pen.

PERD:734 | \$49

650 Tu 6:30pm-8:30pm
April 5 – April 19

Deborah Weltman
MC - CE

Developing Intuition

Awaken your intuitive abilities and feel comfortable listening to and trusting your intuition. Discover which of your "psychic senses" is naturally strongest: gut feelings, inner listening, or intuitive seeing. Learn a variety of exercises and practices to help develop your intuition; including sensing auras, psychometry (intuiting information by holding objects) and more.

PERD:735 | \$49

650 Tu 7pm-9pm
April 12 – May 3

Rhonda Leifheit
MC - CS, 120

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

550 Th 7pm-9pm
April 21

Michael Hepner
FV - C, 103

650 Th 7pm-9pm
March 24

Michael Hepner
MC - CS, 120

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

Seven Sessions | \$69

M03 Th 5:30pm-7pm
March 31 – May 12

Denise Motta
Affton WR Comm Ctr, B

Iyengar Yoga: Beginning

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, 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. Bring a yoga mat.

PEDU:761

Seven Hours | \$49

352 W 8pm-8:50pm
March 30 – May 11

Robert Gadon
WW, 102B

450 Th 6:30pm-7:50pm
March 31 – May 12

10.5 Hours | \$69
Robert Gadon
FP - B Tower, 013



Celebrate the
Mind, Body and Spirit!

Iyengar Yoga: Continuing

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, 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. Prerequisite: Iyengar Beginning or prior yoga experience. Bring a yoga mat.

PEDU:761 | \$69

353 W 6:15pm-7:45pm
March 30 – May 11

Robert Gadon
WW, 102B

Gentle Yoga

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. CLASS WILL BE HELD IN ARDEN MEAD YOUTH AND COMMUNITY CENTER, 17 SELMA AVE, 63119.

PEDU:761 | \$79

M13 W 7pm-8pm
April 6 – May 25

Masterpeace Studios

Yoga

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. All levels welcome. Bring a towel and mat.

PEDU:761

Eight Sessions | \$59

M07 F 9am-10am
March 25 – May 13

Louisa Donovan
Bluebird Park

Youth and Family

Tennis for Youth Workshop: Beginning I & II

Learn to play and love tennis in this FREE workshop with Mark Platt! Registration required for all participants. Tennis balls provided.

KIDS:709

Ages 7-10 | No Fee

580 Sa 9am-9:55am
April 23 – May 7

FV - PE, TENNIS

Ages 11-15 | No Fee

581 Sa 10am-10:55am
April 23 – May 7

FV - PE, TENNIS

Tennis for Youth: Beginning I & II

Designed for beginners and those who need to brush up on the basics. Techniques covered include forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability. Tennis balls provided.

KIDS:709 | \$85

Ages 7-10

720 MW 6pm-7pm
May 2 – May 18

Ladue Mid. School

M07 Th 4pm-5pm
April 28 – May 19

Sunset Hills Watson Trails

Ages 11-15

M06 Sa 11am-12pm
April 9 – May 14

Queeny Park Rec

Tennis for Youth: Intermediate I

Continue to hone your skills and use drills to improve your game. Players must have had previous instruction and will be grouped according to ability. Tennis balls provided.

KIDS:709 | \$85

Ages 7-10

M05 Su 7pm-8pm
April 10 – May 15

Frontenac RC

Ages 11-15

M02 Sa 5pm-6pm
April 2 – May 7

Forest Lake TC

Golf for Youth: Beginning I - 4 Sessions

Beginning Golf for children. Ages 7-15.

KIDS:710 | \$45

810 Sa 11am-12pm
April 23 – May 14

Big Bend GC

Portuguese Language for Kids

Learn Portuguese language and Brazilian culture while having fun! Energetic classes will include, games, basic concepts and skills, conversation, texts interpretation, movies, etc. Taught by native-fluent speaker. Ages 5-11. No text required. Bring a pocket folder, notebook and pen.

KIDS:719 | \$99

653 W 6:30pm-8:30pm
March 30 – May 18
Sa 10am-12pm
April 2 – May 21

Viva Basil STL
MC - CS, 211
Viva Brasil STL
MC - CS, 211

Portuguese Language for Youth

Discover the Portuguese language and explore the Brazilian culture in a relaxed environment. Explore Brazilian costumes, dialogs, grammar, and vocabulary using a conversational approach and age-appropriate materials to engage and motivate. Taught by native-fluent speaker. Ages 12-18. No text required. Bring a pocket folder, notebook and pen.

KIDS:719 | \$99

651 W 6:30pm-8:30pm
March 30 – May 18

Viva Brasil STL
MC - CN, 230

Fencing for Youth: Beginning II

Ready to learn more? The Fencing fun continues in this level II course for beginners. Review basics covered in Beginning I and improve footwork, bladework and bouting tactics. Prerequisite: Fencing for Youth - Beginning I or equivalent experience. Equipment provided. Ages 8-15.

KIDS:720 | \$59

651 Th 5pm-5:55pm
March 31 – May 19

Patrick Dorsey
MC - PE, 201

Mommy & 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, 4/15. NO REFUNDS AFTER FRIDAY 4/15.

KIDS:738 | \$30

MD1 Sa 9am-12pm
April 23

Patti Bossi
MC - CE

Family Fun Night

Ready for a fun night out with family and friends? Take on the new craze of human foosball! That's right, become one with the foosball table and have a blast. 40" minimum shoulder height requirement to play the human foosball but all ages are welcome to play giant versions of classic games such as tic-tac-toe or try out some 'foot pool' (giant pool table played with soccer balls)! Participants must wear rubber soled tennis shoes and sign waiver. All participants MUST register. Maximum 5 total family members per \$49 registration. One parent/guardian per 3 children..

PEDU:765 | \$49

MD3 F 6:30pm-9pm
April 29

G.A.H.F.-STL

This following section is for additional family members of students that have registered and paid for PEDU 765 MD3. * * * One parent/guardian per 3 children. All participants MUST register. Maximum 5 total family members per \$49 registration. Withdrawal deadline 4/15

MD5 F 6:30pm-9pm
April 29

G.A.H.F.-STL

The Great Outdoors

Pickleball: Basics and Continuing

Come join the fun! Pickleball is a fast-growing sport for good reason: it's easy to learn, easy to play and is great exercise for all ages and abilities. Beginners will learn the basics of Pickleball while Continuing students enjoy recreational play at a more advanced level. All equipment provided. Dress appropriately for outdoor court.

PEDU:739 | \$49

M01	M 5pm-5:55pm <i>April 11 – May 16</i>	Allyson Duffin	Frank Dalton <i>Kennedy Rec</i>
M02	M 6pm-6:55pm <i>April 11 – May 16</i>	Allyson Duffin	Frank Dalton <i>Kennedy Rec</i>
M03	Sa 9am-9:55am <i>April 9 – May 14</i>	Allyson Duffin	Frank Dalton <i>Kennedy Rec</i>
M04	Sa 10am-10:55am <i>April 9 – May 14</i>	Allyson Duffin	Frank Dalton <i>Kennedy Rec</i>

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. Class does 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.

PEDU:765 | \$39

V01	Sa 9am-12pm <i>May 28</i>	Guy Mott <i>EarthDance Farms</i>
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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. Class does not teach how to climb on your own. Basic physical fitness required - able to easily climb a flight of stairs. All gear is provided. Prerequisite: Tree Climbing - Level I or previous introductory climb experience (MOBOT canopy climb, Adventure Tree open climb, etc). STUDENTS MUST BE REGISTERED, BRING PHOTO ID, AND SIGN WAIVER TO PARTICIPATE IN CLASS. Supply list and directions will be emailed.

PEDU:765 | \$49

V02	Sa 1pm-5pm <i>May 28</i>	Guy Mott <i>EarthDance Farms</i>
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SUP: Stand Up Paddleboarding - Introduction

Stand Up Paddleboarding is a rapidly growing sport that is suitable for almost anyone! Have fun and soak up the benefits of a great exercise while learning how to SUP! 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.

PEDU:770 | \$59

M01	W 5pm-7pm <i>May 4 – May 11</i>	<i>Water's Edge</i>
M02	Sa 12pm-2pm <i>May 7 – May 14</i>	<i>Simpson Lake</i>

SUP: Stand Up Paddleboarding - River Trip

Now that you know what you're doing, join us on a new adventure in Stand Up Paddleboarding! There really is something about paddling our local rivers and being out among nature. Let SUP St. Louis take you there on a custom guided river trip. 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 12pm-2pm <i>May 21</i>	<i>Greentree Park</i>
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SUP: Stand Up Paddleboarding - Yoga

Leave the yoga mat behind and enjoy a challenging, core-strengthening exercise on the water! Learn to use breathing, stretching and relaxation techniques as you balance mind and body on a paddle board. All levels welcome; must know how to swim. Dress appropriately for outdoor water activity. Fee includes all equipment.

PEDU:770 | \$35

M04	Sa 11am-11:45am <i>May 7 – May 14</i>	<i>Simpson Lake</i>
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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

480	Sa 8:30am-4:30pm <i>March 12</i>	<i>FP - G Tower, 111</i>
680	Sa 8:30am-4:30pm <i>March 5</i>	<i>MC - BA, 118</i>



Location Index

STLCC Continuing Education

Register Now!

Advanced Auto Service Inc.
6123 Gravois, 63116

Adiva Dance Center
943 S. Kirkwood Rd, 63122

Affton White-Rodgers
Community Center
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

BARx CrossFit
12309 Old Big Bend Rd, 63122

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)
8744 Big Bend Blvd., 63119

Bridgeton Trails Library
3455 McKelvey Road, 63044

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
113 West 5th St., 63025

Crestwood Bowl
9822 Watson Rd., 63126

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

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

Ferguson Martial Arts Center
433 S. Florissant Rd., 63135

First Tee (South County)
6286 Lemay Ferry Road,
63129

FitChix Fitness Studio
12295 Olive Blvd., 63141

Flex Fitness Studio
3139A South Grand Blvd,
Suite 201, 63118

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

Great American Human
Foosball (G.A.H.F.)
3227 Morganford, 63116

Greenscape Gardens
2832 Barrett Station Rd, 63021

Greentree Park
2202 Marshall Rd, 63122

Guilded Crafts
313 Gravois Rd., 63026

Hawn State Park
12096 Park Drive
Ste Genevieve MO 63670

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

Ladue Middle School
9701 Conway Road, 63124

Ladue Horton Watkins Sr.
High School
1201 S. Warson Rd., 63124

Lindbergh Senior High School
4900 South Lindbergh, 63126

Little Creek Nature Area
2295 Dunn Road, 63033

Martial Arts Center (Mehlville)
3712 Lemay Ferry Road,
63125

Masterpeace Studios
(inside Arden Mead Youth and
Community Center)
17 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

PerennialSTL.org
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

Shaw Nature Reserve
Hwy 100 At I-44 (exit 253)
Gray Summit, MO 63039

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 Community
College
Florissant Valley (FV)**
3400 Pershall Road, 63135

**St. Louis Community
College
Forest Park (FP)**
5600 Oakland Ave, 63110

**St. Louis Community
College
Meramec (MC)**
11333 Big Bend Road, 63122

**St. Louis Community
College Wildwood (WW)**
2645 Generations Dr.
Wildwood, 63040

**St. Louis Community
College William J. Harrison
Education Center
(Harrison Ed. Ctr)**
3140 Cass Ave, 63106

**St. Louis Community
College South County
Education & University
Center (SCEUC)**
4115 Meramec Bottom Road,
63129

**St. Louis Community
College Corporate College
(Corp. College)**
3221 McKelvey Road, 63044

**St. Louis Community
College Center for
Workforce Innovation (CWI)**
3344 Pershall Rd., 63135

St. Louis Genealogical Society
4 Sunnen Drive, 63143

St. Louis Wine and Beer
Making
231 Lamp and Lantern Village,
63017

Sunset Hills Community
Center
3915 South Lindbergh, 63127

Sunset Hills Golf Learning Ctr
13550 West Watson Rd, 63127

Sunset Hills Watson Trails
12450 W Watson Rd, 63127

The Studio, Inc.(Brentwood)
1332 Strassner Drive, 63144

Systema St. Louis
4208 Sarpy Avenue, 63110

The Timbers of Eureka
1 Coffey Park Lane, 63025

Thomas Dunn Learning
Center
3113 Gasconade, 63118

Thornhill Branch/St. Louis
County Library
12863 Willowick Dr, 63146

Tower Tee Golf Center
6727 Heege Road, 63123

Trinity Lutheran Church
14088 Clayton Road, 63017

University City High School
(U. City H.S.)
7401 Balson Avenue, 63130

Vetta Sports-Concord
12320 Old Tesson Ferry Road,
63128

Water's Edge
17081 N. Outer 40 Rd., 63005

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
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 ED. BLDG.
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

For more information, visit us at stlcc.edu/ce.

General Information

STLCC Continuing Education

**Enrollment in classes within this brochure,
except for youth section classes, is limited to persons 16 years or older.**

Students Rights and Responsibilities

All students are responsible for adhering to college policies and procedures. Please refer to stlcc.edu/need2know.

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. 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.

Non-Discrimination/Accommodations Statement

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. Sexual harassment, including sexual violence, is also prohibited. For information or concerns related to discrimination or sexual harassment, contact William Woodward, associate vice chancellor for student affairs, 314-539-5374.

If you have accommodation needs, please contact Ann Marie Schreiber, 314-984-7704, at least six weeks prior to the class or event.

*For more information
call 314-984-7777.*

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

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
Total				

Male Female

Senior Citizen?

Yes No

Check Payment:

Please make checks payable to St. Louis Community College, and mail with form (address above).

Credit Card Payment:

Charge fees to:

- MasterCard
 VISA
 Discover
 American Express

Email Address: _____

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



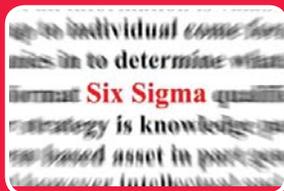
Printed on recycled paper.

Feature Five

Register Now!



The Great Outdoors
Get into the Great Outdoors this spring with Continuing Education. We've got paddleboarding, pickleball, skiing, and more. *See page 49.*



Lean Six Sigma
Continuing Education provides opportunities to further your career plan with Lean Six Sigma Green Belt, and the new Lean Six Sigma Green Belt to Black Belt. *See page 5.*



Go Native!
Join Continuing Education this spring for Go Native! - a special edition of the Master Naturalist Program featuring landscaping with native plants. *See page 33.*



NABCEP Certified Solar Courses
STLCC offers North American Board of Certified Energy Practitioners (NABCEP) approved solar training, from beginner to advanced levels. *See page 19.*



Wine Classes
Elevate your status to "wine geek" with Continuing Education's wine classes. We'll teach you to swirl, sniff and sip just like the pros as you build your wine knowledge. *See page 29.*

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

100801-15-01/2016

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.