Continuing Education

SPRING 2016

A Step in the Right Direction

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

Train today for a new career in these industry pathways:

- Patient Care Technician or Community Health Worker
- Life Science Lab Assistant
- Precision Machining
- IT Help Desk

To learn more and complete an online application visit [STLCC.edu/MoSTEMWINs](http://STLCC.edu/MoSTEMWINs)

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, usefulness, or usefulness. Continued availability at ownership.
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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Spring 2016  Continuing Education | St. Louis Community College
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.

▶ 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.

▶ 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.

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

Project Management

Project managers are in demand when the need is for skills that include time, resource and financial management with a finite effort. Working knowledge of these skills is recognized by the Project Management Institute (PMI) through various levels of certification. This course helps you to prepare for the PMP certification exam by presenting the critical concepts together with the core knowledge areas covered in the exam. Topics covered include the process groups and relationships, terminology and decision making practice. Session attendance in this course counts toward the project management training criteria, 35 hours, required to register for the PMP exam. This practical learning prepares the student for the PMP certification exam by lecture, online exercises, working sessions and practice exams. This program is approved by DESE for WIOA funding through the Missouri Career Center for qualified individuals and presented by a Registered Educational Provider (REP). You must be approved for funding prior to registering for the program. Class meets Wednesdays: 3/30, 4/6, 4/13, 4/20, 4/27 and Saturdays: 4/9, 4/16, 4/23. Class on 4/27 will meet in room 206. Lunch provided on Saturdays. Registration by 3/22 is encouraged. No refunds after this date.

BPCT:703 | $1,799
C50 W 6pm-9pm
March 30 – April 27
Sa 8:30am-4:30pm
April 9-23
W 6pm-9pm
April 27

Dirk Lupien
Corp. College, 213

Professional Essentials

Bringing Out the Best in People and Managing the Conflicts

Effectively managing people in an organization leads to outstanding individual performances and great organizational performance. Through interactive activities, you’ll learn how to identify and address behavioral causes of performance challenges, as well as maximize success of current strong performers. You’ll discover how to pinpoint key business results and significant behaviors that impact results. In addition, you’ll be able to provide objective positive and constructive feedback to bring out the best in others.

BUSN:745 | $79
C01 Tu 8:30am-5pm
March 29

James Lombardo
Corp. College, 209

New! Present with Poise, Power and Punch

Want to overcome nervousness and deliver your best presentation ever? In this presentation skills course, leadership coach and professional development expert, Nancy Schnoeben Unms, will assist you in gaining techniques to improve your ability to confidently communicate effectively, persuasively and with presence using your own style. You’ll learn how to use body language for impact and discover ways to keep the attention of your audience. You’ll also learn how to develop and organize your presentation in an easy framework and respond to challenging questions.

BUSN:732 | $29
C01 Tu 9am-1:30am
April 5
Nancy Schnoebel Unms
Corp. College, 213

Small Business Essentials

Business Start-Up

Business Start-Up Skills for Artisans & Crafters: Make Money with Your Business

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

BUSS:701 | $29
650 Tu 6pm-9pm
March 22

Michelle Ochonicky
MC - SO, 205

Exclamation Point!

“My experience in taking Bringing Out the Best in People and Managing the Conflicts course was outstanding. The class was made up of folks with different work environments, but similar experiences. Great discussions, great direction and leadership from Jim Lombardo.”

-Trish J., St. Louis, MO

Register today!

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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
Lynette Watson
March 24 – April 14
MC - BA, 122

Small Business Tax Seminar
If you are thinking of starting a small business or have already done so, this program is designed for you. Join small business tax professional, T. Spector, CPA, and learn the essentials of starting a business; business use of the home, recordkeeping, independent contractor versus employee, hobby versus business, federal income tax and employment tax requirements. This program is designed for sole proprietors, but much of the information relates to all forms of business ownership. The instructor welcomes a two-way discussion and questions about your specific situation.
BUSS:706 | $39
680 | Sa 9am-12:30pm
T. Spector
April 23
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
Darlisa Diltz
April 9 – April 16
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. Course will cover debts, credits, general ledgers, assets, liabilities, balance sheets, profit and loss statements and more.
BUSS:741 | $39
680 | Sa 9am-12pm
Sarah Guldalian
April 9
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
Jacqueline Meaders-Booth
April 5 – April 19
MC - SW, 110
Overcoming Personal Rejection

reach your full potential.

CPDV:702

path to enhance your quality of life and increase your

value in what we do. How you invest your time and

lives expressing ourselves through work and career,

true self? We spend a good part of our

Passion in Your Career Path

Changing Career Directions: Find the

Behavioral Based Interview

Strategies for Success: Mastering the

Behavioral Based Interviewing is fast becoming the

preference for recruiters to screen and select top

necessity for pre-course work. Registration three weeks

and other professionals who may have a need to

intensive care or critical care departments, emergency

Association course is designed to review, organize and

Class will be held on 4/23 and 4/24. This American Heart

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

candidate 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
April 23
FP - G Tower, 121

Su 8am-5pm
April 24
FP - G Tower, 121

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
April 9
Amy Hereford
MC - SQ, 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/profit joint ventures

and other collaborative structures will also be discussed.

NPAD:703 | $29
682  Sa 1pm-3pm
April 9
Amy Hereford
MC - SQ, 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

candidate 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
April 23
FP - G Tower, 121

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.
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 Elchorst MOSW
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
SD0 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 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 the 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 prior to registering for the CPR Instructor Renewal Course.
CPRR:709 | $85
4D1 W 10am-12pm
April 6 Gordon Back FP - G Tower, 121

Heartsaver Pediatric First Aid CPR AED
The Heartsaver Pediatric First Aid CPR AED course is designed to meet the regulatory requirements for child care workers in all fifty United States. It teaches child care providers and others to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. It covers the four steps of first aid and first aid skills such as finding the problem, stopping bleeding, bandaging, 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 course date. Due to the nature of the course, you must arrive on time.
CPRR:711 | $97
6D1 Sa 8:30am-4pm
April 23 Carol Pikey MC - SW, 108
5D1 Sa 8:30am-4pm
May 7 Carol Pikey FV - TC, 105

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 STLC nursing department admission requirements.
CPRR:707 | $69
3D0 W 5pm-10pm
March 23 Carol Pikey WW, 102B
6D2 Tu 9am-3:30pm
March 29 Carol Pikey MC - CE, CE
HD0 Sa 9am-3:30pm
April 2 Gordon Back Harrison Ed. Ctr, 100
4D5 M 5pm-10pm
April 11 Carol Pikey FP - G Tower, 121
5D0 F 9am-3:30pm
April 15 Carol Pikey SCEUC, 125
4D3 W 5pm-10pm
April 20 Gordon Back FP - G Tower, 121
4D6 W 5pm-10pm
April 21 Carol Pikey MC - CE, CE
4D4 Tu 1pm-10pm
April 22 Marilyn Miederhoff FP - G Tower, 121
5D1 W 9am-3:30pm
May 11 Gary Holsapple FV - CWI, 136
4D7 F 9am-3:30pm
May 20 Gordon Back FP - G Tower, 121
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 | $29
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 that will allow the caregiver to move freely. There will be a discussion on proper body mechanics and how to prevent injury to both the caregiver and patient. Instructors: Mary Christman PT, MAEd

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 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
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.

launch_code

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

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**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.

**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

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

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

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

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

Final Exam:
- M 6pm-9:30pm
  - Aug. 8

AHCE:788 Section 4D1 | $2,625

Orientation:
- W 6pm-8pm
  - April 13

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

Final Exam:
- M 6pm-9:30pm
  - Aug. 8

Externship:
- M-F
  - Aug. 15-Dec.16

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 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.

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
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

Saturday Half Day Programs

Discipline and Guidance of 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 12
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
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
521 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 Fred Miller
April 6 – April 20
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 Laurie Beakley
May 7
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 Michael Doran
April 23
FP - G Tower, 111
580 Sa 9am-12pm Michael Doran
April 2
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 Michael Doran
April 23
FP - G Tower, 111
581 Sa 12:30pm-3:30pm Michael Doran
April 2
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 Jill McCoy
April 7
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 Mary Hankins
April 16
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 Almut Stephan Marino
April 2 – April 16
MC - SO, 107
No class 4/9

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 Almut Stephan Marino
April 16
MC - SO, 107
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 equivalent experience using any version of Microsoft Windows.

COMP:705 | $99
C01 Sa 9am-4pm  James Prater
April 16  Corp. College, 208

Transiting From Windows 7 to Windows 10

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

COMP:705 | $49
681 Sa 9am-12pm  James Prater
April 2  Corp. College, 208

Microsoft Windows 8: Introduction: In a Day

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  Cris Heffernan
April 7  Corp. College, 208

Introduction to Microsoft Access 2013 for Business Part 1

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  Cris Heffernan
April 8  Corp. College, 208

Microsoft Access 2013: In a Day

Learn the basics of Access in one day! In this introductory course you’ll learn how 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:725 | $99
C01 Sa 9am-4pm  Cris Heffernan
April 16  Corp. College, 208

Intermediate Access 2013 for Business

Learn the basics 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  Cris Heffernan
April 15  Corp. College, 208

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  Barbara Primm
April 12 – May 10  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 workshop 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
S01 Tu 6pm-9pm  Barbara Primm
April 5  FV - B, 120
S02 F 9am-12pm  Barbara Primm
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 smartphone 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
Jerry Bearden
April 29
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
SS2 Tu 6pm-9pm
Rachel Bufalo
April 26
FV - B, 125
SS3 Tu 6pm-9pm
Rachel Bufalo
April 5
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-have 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
S52 F 9:30am-12:30pm
Rachel Bufalo
April 22
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
S50 Tu 6:30pm-9pm
William Bearden
March 29 – April 5
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 or equivalent experience and must have previous eBay experience buying or selling.
COMP:742 | $29
C80 Sa 9am-12pm
Barbara Primm
April 30
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
Jean Bradley
April 24
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
Cortez Tillman
April 9
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

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

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 Zak Zych
April 30 Corp. College, 206
680 Sa 9am-4pm Zak Zych
March 26 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 Zak Zych
April 14 –May 5 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 is designed as an end-to-end photographic workflow process for both amateur and professional photographers.
CVTW:701 | $139
682 Sa 8:30am-4:30pm April 1
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
MC - HE, 232

Drones for Video and Photography
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 Anthony Carosella
May 7 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 Rachel Bufalo
May 3 FV - B, 125

Adobe Video

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 Anthony Carosella
March 26 MC - HE, 233

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. Donít 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 Rachel Bufalo
April 19 FV - B, 125
350 W 6pm-9pm Erin De Vore
May 4 WW, 209

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 is designed as an end-to-end photographic workflow process for both amateur and professional photographers.
CVTW:701 | $139
682 Sa 8:30am-4:30pm April 1
MC - HE, 232

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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
MC - HE, 232

GoPro HD Hero Camera for Professionals and Adventurers
Professional photographers and videographers will learn how to use the full range of features offered on the GoPro HD Hero Camera. Focus will be given on learning how to use it as a still camera, a timelapse camera, and as an HD video camera capable of filming in difficult conditions. Students will also learn how to edit photos and videos using GoPro’s software. Action photographers will learn how to attach the GoPro camera to helmets, bikes, surfboards, ski binding and cars. Be prepared for an intense learning experience.
CVTW:710 | $139
681 Sa 8:30am-4:30pm Anthony Carosella
March 26 MC - HE, 233

Drones for Video and Photography
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 Anthony Carosella
May 7 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 Rachel Bufalo
May 3 FV - B, 125

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
S51 Tu 6pm-9pm Rachel Bufalo
March 22 – March 29 SCEUC, 208

Lightroom 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 is designed as an end-to-end photographic workflow process for both amateur and professional photographers.
CVTW:701 | $139
682 Sa 8:30am-4:30pm April 1
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
MC - HE, 232

GoPro HD Hero Camera for Professionals and Adventurers
Professional photographers and videographers will learn how to use the full range of features offered on the GoPro HD Hero Camera. Focus will be given on learning how to use it as a still camera, a timelapse camera, and as an HD video camera capable of filming in difficult conditions. Students will also learn how to edit photos and videos using GoPro’s software. Action photographers will learn how to attach the GoPro camera to helmets, bikes, surfboards, ski binding and cars. Be prepared for an intense learning experience.
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681 Sa 8:30am-4:30pm Anthony Carosella
March 26 MC - HE, 233

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682 Sa 8:30am-4:30pm Anthony Carosella
May 7 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 Rachel Bufalo
May 3 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. Donít 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 Rachel Bufalo
April 19 FV - B, 125
350 W 6pm-9pm Erin De Vore
May 4 WW, 209
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 Anthony Carosella
April 30 MC - HE, 233

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 | $19
501 F 9am-11am Rachel Bufalo
April 15 SCEUC, 206

Tech Savvy Friday: Flash Drives

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:750 | $139
681 Sa 8:30am-4:30pm Benjamin Shasserre
March 26 MC - HE, 136

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. 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

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
SC3 TuTh 5pm-8pm April 12 – May 5
Ryan Chester
FV - CWI, 120

Solar Courses

NABCEP Certified Courses

STLCC is now offering North American Board of Certified Energy Practitioners (NABCEP) approved solar training courses, from beginner to advanced levels. Simply curious to know more about solar energy? Register for Solar Basics. Perhaps you require more in-depth knowledge to begin or advance your career in solar. Need training for your current employees, or are looking to expand your business into solar? If this sounds like you, register for the series of solar courses listed here and be eligible to take the NABCEP Photovoltaic Entry Level Exam. If you complete these courses, you will also receive 34 advanced CEUs. Don't let this moment pass you by. Now is the time to start making a change in the world and yourself.
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 Toshi Floyd
April 4 – May 16   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:
Afton, 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@mehlville schooldistrict.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

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

ed2go.com/stlcc
Online learning anytime, anywhere... just a click away!
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 Michelle Ochonicky April 7 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
602 Tu 10am-12pm April 12

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 April 19 Beverly Schuetz May 3 MC - BA, 105E

ALS: Germans in Missouri
SENR:702
P05 Tu 10:30am-12pm April 12
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. 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

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

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 - SQ, 232
503 Th 1pm-3pm April 7 MC - SQ, 232
FV - CWI, 136

www.stlcc.edu/ce | 314-984-7777
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.
SENRR: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.
SENRR:766
502 Th 1pm-3pm
March 31
FV - CWI, 136
602 Tu 1pm-3pm
April 5
MC - SQ, 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.
SENRR:766
603 Tu 1pm-3pm
April 19
MC - SQ, 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.
SENRR:766
604 Tu 1pm-3pm
May 3
MC - SQ, 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
March 23 – May 4
Lisa Payne
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 12:30pm-3pm
May 26 – June 16
Sean Long
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
April 7 – May 19
Philip Porschbacher
Labue H.S., 135
No class 4/14

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
March 23 – April 13
Sean Long
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
March 22 – April 26
Carl Behmer
FV - H, 109
581 Sa 9:30am-12pm
March 26 – April 30
Shew Chang
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
March 23 – April 27
Elizabeth Kern
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
May 11
Elizabeth Kern
MC - CE

Exclamation Point! Continuing Education at St. Louis Community College is fantastic.
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 | $99
7 Sessions
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  FP - Off Campus
March 29-May 17

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

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 projects are 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

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

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

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

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

Spring 2016  Continuing Education  |  St. Louis Community College
**Personal Enrichment**

**Shibori Dried Silk Scarves**
Learn Shibori techniques to add pattern and color to eight scarves. Shibori dying is an ancient technique that literally means “shaped-resist dying.” The dying process leaves areas undyed that become patterns when the cloth is dry. 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 zip lock bags, rubber gloves and an old towel to class. Dress to work with dye.

CRFT:718 | $139
M01 M 6:30pm-8:30pm Nicole Ottwell
April 7 – April 21

**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 | $55
M01 M 6pm-9pm Lisa Payne
April 25

**Silk Scarf Dyeing**
Come and get a bit messy while hand-dyeing three beautiful scarves. We will use techniques to bring color to silk and have fun doing it. You will add color, remove color, and an old towel to class. Dress to work with dye.

CRFT:765 | $49
S00 Tu 6:30pm-8:30pm Nicole Ottwell
March 22

**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 Thi Miller
March 30 – April 13

**Knit in a Day**
A crash course in knitting. Learn the basics in one fell swoop (casting on, knitting, purling, pattern reading, cable and binding off) and be on your way to impress friends and yourself. It's such a beautiful form of handwork and so worthwhile the time. You may bring snacks or a sack lunch.

CRFT:720 | $49
680 Sa 9am-3pm Cristin Rae
April 2
MC - CN, 128

480 Sa 9am-3pm Thi Miller
May 7
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 Thi Miller
April 20 – May 4
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 Thi Miller
March 29 – April 19
FP - G Tower, 113

**Crochet: the Next Step**
Go beyond the basics of crochet with this class. Learn the 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 your own projects. Prerequisite: Crocheting 101 or equivalent experience. Supply list sent.

CRFT:726 | $49
S50 Tu 7pm-9pm Anne Frase
March 22 – April 5
FV - C, 104

750 Tu 6:30pm-8:30pm Dee Levang
March 22 – April 5
Kirkwood H.S., W 107

**New Tunisian Crochet: the Next Step**
Now that you've learned the basics of Tunisian Crochet (simple stitch, knot stitch, pull 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 Dee Levang
April 16
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 Dee Levang
April 4 – April 11
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 it to suit your project needs. Supply list sent.

CRFT:726 | $39
552 Tu 7pm-9pm Laura Frazier
March 22 – March 29
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 Laura Frazier
April 12 – April 19
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 Laura Frazier
March 5 – May 7
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 Laura Klaus
March 22 – March 29
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 FRIDAY, 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, 4/4. NO REFUNDS AFTER FRIDAY, 4/1.

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

24 | St. Louis Community College | Continuing Education Spring 2016
### 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.

**CRAFT:742 | $139**

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### 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.

**CRAFT:742 | $39**

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### 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.

**CRAFT:743 | $45**

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### Metallurgy: 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 Metallurgy Techniques for Jewelry or equivalent experience.

**CRAFT:753 | $219**

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### 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 DEEsigns Studio. Supplies are extra and will cost approximately $25. Students may bring safety and magnifying glasses for personal use. Prerequisite: Basic Wire Wrap class.

**CRAFT:753 | $45**

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### Wire Wrap Amythest Earrings
Supplies are $35 and must be purchased the night of class at DEEsigns Studio. Stones are AAA quality hand-cut faceted amethyst and metal is sterling silver. Earring retail value $136.00.

**CRAFT:753 | $45**

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### 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.

**CRAFT:753 | $55**

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### 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.

**CRAFT:753 | $89**

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### 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.

**CRAFT:765 | $109**

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### 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.

**CRAFT:765 | $109**

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### 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.

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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  Brittany Campbell
April 9-April 23  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 | $99
MD6  Sa  9am-12pm  Brittany Campbell
April 9  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  Brittany Campbell
April 23  MC - SS, 105
LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 4/13. NO REFUNDS AFTER WEDNESDAY, 4/13.

Culinary Arts
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
Sa  9:30am-12:30pm  Debra Hennen
March 26  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 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
M  6:30pm-9:30pm  Debra Hennen
April 4  Cul. Arts House

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 sugar cookies, frozen coconut-coffee bites, no-bake oatmeal sugar cookies, orange-pumpkin tart and more. You’ll be able to satisfy your sweet tooth and not miss the sugar. 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:708 | $39
Sa  9am-12pm  Dianne Johnson
April 9  Cul. Arts House

Artisan Breads: Flat Breads
There are hundreds of types of flatbreads that are made worldwide. The textures of flatbreads vary from crispy, puffy, soft, flaky, tender or light. Come learn the variations of pizzas and flatbreads and how to 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
Th  6:30pm-9:30pm  Dianne Johnson
April 14  Cul. Arts House

New Favorites. Class is hands-on.

FOOD:705 | $39
April 9  Cul. Arts House

Learn about making classic Greek pastries with Continuing Education

Call 314-984-7777 to register today!
PERSONAL ENRICHMENT

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:716 | $39
P02 Sa 9:30am-12:30pm Tiffany Smith
April 23 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 Debra Hennen
April 1 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 Lisa Payne
April 2 Cul. Arts House

Cooking with Coffee
Love coffee? It’s not just for kick-starting your day! That rich, roastedness 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 Robin Wheeler
April 13 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 Jane Campbell
March 30 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 Jane Campbell
April 6 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 fries, 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 Latoya Chauncey
April 11 – April 18 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 Michelle Melton
March 22 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; keehma 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 Seema Shintre
March 28 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 Cynthia Sciaroni
April 4 – April 25 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 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 Carla Soll
April 12 – April 26 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 you are passionate, 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.

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

Spring 2016 Continuing Education | St. Louis Community College

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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, bhel puri, and rajada patties. Class is hands-on.
FOOD:735 | $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 mealtime 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 Michelle Melton March 29 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 Michelle Melton April 12 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 Eileen Fraser April 28 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 Shirley Rauh April 19 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 Eileen Fraser April 14 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 much 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 Michelle Melton April 5 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 Eileen Fraser April 8 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.
FOOD:760 | $15
M03 Tu 6:30pm-8:30pm William Polhemus April 12 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 Dave Deaton
March 30 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 Rachel Davis
April 16 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

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 Rachel Bufalo
May 5 – May 12 Corp. College, 206
### PERSONAL ENRICHMENT

#### 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**

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<td>Daphne Rivers</td>
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##### 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**

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<td>Mary Eigl</td>
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**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**

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**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**

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<td>Rita Russell</td>
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##### 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 | $59**

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##### 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 how to open this email address and password. Bring a sack lunch.

**WRIT:704 | $59**

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<td>Charlene Oldham</td>
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##### New Publishing for Emerging Writers

Do you want to publish a story, essay, or poem? Are you unsure 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 | $59**

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<td>Meredith McDonough</td>
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#### 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 | $59**

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**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 | $55**

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##### 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 | $59**

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<td>Jordan Oakes</td>
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www.stlcc.edu/ce | 314-984-7777
**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 Medalion. 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 bottle) 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 troubles, 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  Kirkwood H.S., W 109  March 30

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**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

**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 cabinet 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

**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

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**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 in 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

**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, lay out, 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  March 29  Kirkwood H.S., E 184

**Fearless Home Repair: Simple Plumbing Repairs for Kitchens and Bathrooms**
When something needs fixing 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  April 5  Jean Linton  Kirkwood H.S., SA 1

**Fearless Home Repair: Electrical**
When something needs fixing 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, switch or outlet, this class will guide you. We’ll look at how-to, when-to, 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  April 12  Jean Linton  Kirkwood H.S., SA 1
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

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

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

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
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 knowledge to make your own! 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 DTI Brann 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.

ECHOL 704 | $39
651 Th 7pm-8:30pm Kat Golden
May 12

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.

ECHOL 705 | $35
680 Sa 10am-2pm Guy Niere
April 9

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.

ECHOL 705 | $25
681 Sa 10am-1pm Guy Niere
April 16

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 Michelle Ochonicky
March 29

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 Nancee Kruescheck
March 26
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  Nancee Kruescheck
April 9  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  David Tylka
April 1  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 challenges and this is your opportunity to extend your knowledge from this class.

HORT:713 | $25
680  Sa 9am-11:30am  Nancee Kruescheck
April 23  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  David Tylka
April 6  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  David Tylka
April 8  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  David Tylka
April 13  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  David Tylka
April 20  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  David Tylka
April 22  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  David Tylka
April 27  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 David Tylka
April 15
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 at 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 Nancy Gelb
April 9
Shaw Nature Reserve

New Monarchs and Milkweed

Join biologist Dave Tylka to learn the plight 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 David Tylka
March 22
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 Bill Salsgiver
April 12
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
MC - SW, 106
April 16 – April 23
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 Mark H.X. Glenshaw
April 7
MC - SQ, 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 Jeffrey Smith
April 9
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 Joseph Schneider
March 29
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
650 Th 7pm-9pm
April 12
Jill McCoy
WW, 201
580 Sa 9:30am-11:30am
April 23
Janelle Stowers
FF - SS, 102

Annuities Explained: Understanding the Basics

Join Laura J. Boedjes, 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 Boedjes
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 flows work 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
CB1 Sa 9am-4pm
May 7
Brian Bingham
Corp. College, 208

Spring 2016 Continuing Education | St. Louis Community College
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 your 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

Making Movies With Your Mobile Device!
Are you the next Steven Spielberg or YouTube sensation? Learn to create movie magic entirely on your cell phone or tablet - take any video you shoot to the next level using filmmaking techniques learned in class! Have fun while you learn this new art of filmmaking from an Emmy award-winning producer, whose most recent project is a feature-length movie shot entirely on an iPhone! Projects will be completed outside of class then all will be viewed at the last class. Bring smartphone or tablet with you to class.
COMM:765 | $49
650 Tu 6:30pm-8:30pm April 19 – May 10 Dale Ward MC - CN, 201

Departments

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 W 7:30pm-9:45pm Dustin Glastetter March 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 T 4pm-6pm Barbara Klein March 22 – April 26 FP – G Tower, 115
561 M 7pm-9pm Barbara Klein April 4 – May 9 MC - CN, 203

Understanding Retirement Healthcare and Social Security
As people approach retirement, a common concern is the impact of Social Security, the original source of guaranteed income for life, including how it can pay to delay, how your Social Security benefit is taxed and the little-understood effect of earned income on Social Security benefits.
FINC:736 | $25
651 W 7pm-9pm March 23 Steve Glazer MC - SO, 107
350 W 7pm-9pm April 6 Steve Glazer 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 chose 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
750 M 7pm-9pm Paul Gantner April 4 SCEUC, 102

Communications

Nonverbal Communication: How to Speak and Listen Without Words
Avoid misconceptions 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

FLFR:716 | $75
650 W 7:30pm-9:45pm Dustin Glastetter March 30 – May 18 Kirkwood H.S., E 182

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. No textbook required.
ITAL:717 | $99
750 W 6:30pm-8:30pm Dustin Glastetter March 30 – May 18 Kirkwood H.S., E 182

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 textbook required.

FLGE:717 | $99
750 W 6:30pm-8:30pm Dustin Glastetter March 30 – May 18 Kirkwood H.S., E 182

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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 W 7:30pm-9:45pm Dustin Glastetter March 21 – May 12 MC - CN, 201

German Language: Beginning I
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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 T 4pm-6pm Barbara Klein March 22 – April 26 FP – G Tower, 115
561 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  6pm-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.
FLIT: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.
FLIT:717  |  $99
681  Sa  10am-12pm  Viva Brasil STL
April 2 – May 21  MC - CN, 230

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 Conversation: 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.

**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.

**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.

**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.

**Digital Photography: Essentials**
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.

**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 infeld, 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.

**Adobe Photoshop Creative Cloud (CC): Advanced**
Learn the fundamentals of Adobe Photoshop Creative Cloud (CC), including image editing, manipulation, and compositing. You will also receive a brief overview of graphic design. Prerequisite: Adobe Photoshop Creative Cloud (CC): Intermediate.

**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.**

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

Using Google for Genealogy

Genealogists have long used the Googleis 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 Mary Stamm
March 23 – March 30
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 Mary Stamm
April 6 – April 27
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 LaDonna Garner
April 9 – April 16
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. Calvary. There were few options for women during that time. She epitomizes 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 Gloria Perry
March 31
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 James Gallen
March 29
MC - SO, 206

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

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 James Gallen
April 5
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 as St John
April 12 – April 26
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 Vincent Heier
March 30
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 Wynn Ward
April 12
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 Wynn Ward
April 5
Thomas Dunn LC

The “Other” Vietnam War

From 1946 through 1954 the French fought a war in the “Other” Vietnam War. The class will focus to properly view our war in Vietnam. The class will focus on the French war in Indo-China to 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
650 Tu 1pm-3pm Jody Stuwan
March 30
MC - CS, 204

They Shall Not Pass! World War I in France

If we pass over this war, “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 Thomas Hoff
March 23
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 Chris Ketcherside
March 23

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 Chris Ketcherside
March 30

Exclamation Point!

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

Susan I., St. Louis

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

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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

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

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
Joan Huisinga
MC - CE
F 10:45am-3pm
April 29
MC - Off Campus
F 9am-3pm
May 6-20
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

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
Meet tour bus in Lot E on NW side of the Meramec campus.
VD2  M 8:30am-5:30pm
May 23
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 1: 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
M 8:30am-4:30pm
Douglas Schneider
April 14

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 clubs 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

**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.

**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.

**Motorcycle Rider Training**

**Motorcycle Safety Basic Rider Course (BRC)**

The Basic Rider Course (MSF-BRC) is geared toward the novice motorcyclist or scooter operator, but will also provide an excellent skills update for the returning rider or those experienced with no previous formal training. The course consists of classroom and on-bike instruction with furnished motorcycles or scooters (loafer 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.

**Basic Bike Bonding Rider Course (BBBRC)**

Motorcycle Safety Basic Rider Course (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.

**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: 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 W 9pm-10pm
March 10 – April 14
802 Th 6pm-7pm W 7pm-8pm
March 24 – April 14
803 Sa 10am-11am W 7pm-8pm
March 30 – April 20
811 M 5pm-6pm April 11 – May 2

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 April 19
March 30 – May 4
Tower Tee
896 Sa 8am-9am April 2 – May 7
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 Cœur’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-7:30pm April 19
Creve Coeur Mun. Golf
Sa 9am-10am
April 24-May 15
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: 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: 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 M 6pm-7pm
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 W 6pm-7pm
March 30 – April 20
April 30 – May 21
Golfport-MH
811 M 6pm-7pm M 7pm-8pm
April 11 – May 2
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 24 – April 23
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

Group: 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

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### 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  
Queen 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  
**S90** 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  
Queen 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
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 S50. Text required - available at Florissant Valley Bookstore.

PEDU:725 \( $101 \)
210 F 4pm-8pm
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
March 28 – May 4
Barbara Harris
FV - PE, POOL

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

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

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

15 Sessions \( $89 \)
605 MW 9am-9:50am
March 21 – May 9
Gary Ketcherside
MC - PE, POOL

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

609 TuTh 2pm-2:50pm
March 22 – May 10
Lisa Huseman
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
March 21 – May 9
Sandra Liming
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
March 21 – May 9
Terri Williams
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
March 28 – May 4
Barbara Harris
FV - PE, POOL

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**Exclamation Point!**

“I loved Maria de la Garza’s teaching style! Great teacher. Challenging class!”

Sarah S., Clayton, MO
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 Paula Taylor
March 28 – May 2

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

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 Paula Taylor
March 28 – May 2

**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

**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 Kathleen Schabelski
March 25 – April 22
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 Karol McNutt
April 9 – May 14
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 Jeanette Miller
May 3 – May 31
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 Dennis Fonod
April 2
MC - PE, 105
681 Sa 9am-12pm Dennis Fonod
April 20
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 Alice Sanvito
April 23
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-5:45pm Body by Pilates,
April 19 – May 10
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 Roselyn Mathews
April 2
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 Carol Watkins
April 30
MC - BA, 216
681 Sa 9am-12pm Carol Watkins
May 7
MC - BA, 203

**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-5:55pm March 28 – May 9
MC - PE, 201

**Rise and Shine: Senior Workout**
Wonderful total body senior workout program for active older adults! Join this early morning session for a variety of exercises that are designed to increase muscular strength, range of motion, agility and 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 Gail Velten
March 29 – May 5
MC - PE, GYM

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PEDU:743 | $25
680 Sa 9am-12pm Dennis Fonod
April 2
MC - PE, 105
681 Sa 9am-12pm Dennis Fonod
April 20
MC - PE, 105

**Wellness**

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HEAL:704 | $49
680 Sa 9:30am-3:30pm April 23
MC - SW, 106

**MELT®**
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HEAL:709 | $75
M02 Tu 4pm-5:45pm 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
MC - SO, 109

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PERD:709 | $49
681 Sa 9am-12pm April 30
MC - BA, 216
681 Sa 9am-12pm May 7
MC - BA, 203
PERSONAL ENRICHMENT

**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**

**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**

**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**

**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**

**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**

**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**

**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**

**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**

**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 an 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**

Welcome to the Spring 2016 Session! We hope you find the courses that meet your needs and interests. If you have any questions, please call Continuing Education at 314-984-7777.

Celebrate the Mind, Body and Spirit!
## Personal Enrichment

### Yoga
- **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.

<table>
<thead>
<tr>
<th>Category</th>
<th>Instructor</th>
<th>Location</th>
<th>Dates</th>
<th>Fee</th>
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<tbody>
<tr>
<td>PEDU:761</td>
<td>$69</td>
<td>W 6:15pm-7:45pm</td>
<td>March 30 – May 11</td>
<td>Robert Gadon WW, 102B</td>
</tr>
</tbody>
</table>

### Tennis for 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.

<table>
<thead>
<tr>
<th>Category</th>
<th>Location</th>
<th>Dates</th>
<th>Fee</th>
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<tbody>
<tr>
<td>KIDS:709</td>
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<td>Sa 11am-12pm</td>
<td>April 23 – May 14</td>
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</table>

#### 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.

<table>
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<tr>
<th>Category</th>
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<th>Dates</th>
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<tbody>
<tr>
<td>KIDS:709</td>
<td></td>
<td>6:30pm-8:30pm</td>
<td>March 30 – May 18</td>
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#### 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.

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<tr>
<th>Category</th>
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<tbody>
<tr>
<td>KIDS:709</td>
<td></td>
<td>F 6:30pm-9pm</td>
<td>April 23 – May 14</td>
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### 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.

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<tr>
<th>Category</th>
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<td>March 30 – May 18</td>
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</table>

### 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.

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<th>Category</th>
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<tr>
<td>KIDS:720</td>
<td></td>
<td>9am-12pm</td>
<td>March 31 – May 19</td>
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</tbody>
</table>

### 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. 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.

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<tr>
<th>Category</th>
<th>Location</th>
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<tr>
<td>KIDS:738</td>
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<td>$30</td>
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### 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) Play with stamps and punches! Must register. Maximum 5 total family members per $49 registration. One parent/guardian per 3 children.

<table>
<thead>
<tr>
<th>Category</th>
<th>Location</th>
<th>Dates</th>
<th>Fee</th>
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<tbody>
<tr>
<td>PEDU:765 MD3</td>
<td></td>
<td>6:30pm-9pm</td>
<td>April 29</td>
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</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Category</th>
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<tbody>
<tr>
<td>KIDS:765</td>
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<td>6:30pm-9pm</td>
<td>April 29</td>
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### Spring 2016
- Continuing Education
- www.stlcc.edu/ce | 314-984-7777

**Note:** All fees are subject to change.
### 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

<table>
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<th>Time</th>
<th>Instructor(s)</th>
<th>Location</th>
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<tbody>
<tr>
<td>M01</td>
<td>M  5pm-5:55pm</td>
<td>Allyson Duffin Frank Dalton Kennedy Rec</td>
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<tr>
<td></td>
<td>April 11 – May 16</td>
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<tr>
<td>M02</td>
<td>M  6pm-6:55pm</td>
<td>Allyson Duffin Frank Dalton Kennedy Rec</td>
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<td></td>
<td>April 11 – May 16</td>
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<tr>
<td>M03</td>
<td>Sa  9am-9:55am</td>
<td>Allyson Duffin Frank Dalton Kennedy Rec</td>
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<td>April 9 – May 14</td>
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<tr>
<td>M04</td>
<td>Sa  10am-10:55am</td>
<td>Allyson Duffin Frank Dalton Kennedy Rec</td>
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<td>April 9 – May 14</td>
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### 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

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<tr>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
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<tbody>
<tr>
<td>V01</td>
<td>Sa  9am-12pm</td>
<td>Guy Mott EarthDance Farms</td>
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<td>May 28</td>
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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. STUDENTS MUST BE REGISTERED, BRING PHOTO ID, AND SIGN WAIVER TO PARTICIPATE IN CLASS. Supply list and directions will be emailed.

PEDU:765 | $49

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<thead>
<tr>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
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<tbody>
<tr>
<td>V02</td>
<td>Sa  1pm-5pm</td>
<td>Guy Mott EarthDance Farms</td>
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<tr>
<td></td>
<td>May 28</td>
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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

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<tr>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>M01</td>
<td>W  5pm-7pm</td>
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<tr>
<td></td>
<td>May 4 – May 11</td>
</tr>
<tr>
<td>M02</td>
<td>Sa  12pm-2pm</td>
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<td></td>
<td>May 7 – May 14</td>
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</table>

### 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

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<thead>
<tr>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>M03</td>
<td>Sa  12pm-2pm</td>
</tr>
<tr>
<td></td>
<td>May 27</td>
</tr>
</tbody>
</table>

### 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

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<tr>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>M04</td>
<td>Sa  11am-11:45am</td>
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<td></td>
<td>May 7 – May 14</td>
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</tbody>
</table>

### 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

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<th>Time</th>
<th>Location</th>
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<tr>
<td>480</td>
<td>Sa  8:30am-4:30pm</td>
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<td>March 12</td>
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<tr>
<td>680</td>
<td>Sa  8:30am-4:30pm</td>
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<td>March 5</td>
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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 slc.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, slccc.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**

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<th>Meramec</th>
<th>Florissant Valley</th>
<th>Forest Park</th>
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<tr>
<td>802 Couch Avenue</td>
<td>3344 Pershall Rd., Ferguson, MO 63135</td>
<td>Forest Park, G Tower-320-322</td>
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<tr>
<td>St. Louis, MO 63122</td>
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<td>5600 Oakland Ave., St. Louis, MO 63110</td>
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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:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Section</th>
<th>Course Title</th>
<th>Day/Time</th>
<th>Fees</th>
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</tbody>
</table>

**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:** ____________________________

**Signature:** ____________________________

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

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:

- collegiate 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–southern and northern St. Louis County and north St. Louis City
- numerous business, industrial and neighborhood sites throughout the metro area
- online instruction

Governed by a board of six elected trustees and supported by local taxes, state funds and student fees, the college has an annual budget of more than $200 million. The college is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools. St. Louis Community College focuses its resources on helping students find the right academic and career pathways. Through its alumni and community partnerships, the college is helping St. Louis become the best place to live and work in the 21st century.

Feature Five

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 13.

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 31.

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.

Register Now!

ST. LOUIS COMMUNITY COLLEGE 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.

Printed on recycled paper.

Register Now!