

Continuing Education

at St. Louis Community College

Fall 2012

Flashback to the Future

- Advance your life personally and professionally.
- Explore, create and learn!



It's Not Too Late!
Classes are starting Now!
Call 314-984-7777 to register today!

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

1962 – 2012



One College.
Lifelong Opportunities.

CELEBRATING FIVE DECADES OF EDUCATION FOR ALL.

Fall is “back to school” season, and you haven’t been back for awhile, but that doesn’t mean the learning needs to end. Now that you’re a bit older, you can continue learning with St. Louis Community College’s fall continuing education courses. You can learn and do just about everything you wanted to but never had the time for.

Whether it’s personal enrichment or professional development, STLCC offers both, so you can discover a new hobby or develop your future career.

There’s no age limit on learning! Whether you earned your degree from STLCC in 1970 or you picked up a few classes here and there over the years, you’re always welcomed back. Just check out the courses we’re offering at our campuses this fall through continuing education.

Registration for this summer begins August 6. To learn more about your course or to register, call 314-984-7777. But don’t wait too long—seats are filling fast!

JOIN THE CELEBRATION. TELL US YOUR STORY.

WWW.STLCC.EDU/50

FLORISSANT VALLEY

FOREST PARK

MERAMEC

WILDWOOD

FALL 2012 STLCC CONTINUING EDUCATION

ST. LOUIS COMMUNITY COLLEGE

Advancing People - Personally and Professionally

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

Join us as we Flash Back to the Future this Fall!

In 1962, the St. Louis Community College catalog stated,

"It is hoped, moreover, students who enroll at The Junior College District will discover that learning is a never-ending process, and that they will be stimulated to continue their quest for knowledge throughout the rest of their lives. For these students and others who want to enrich their lives, advance their careers, or simply acquire fresh idea, The Junior college district offers a variety of courses which is called the community service program."

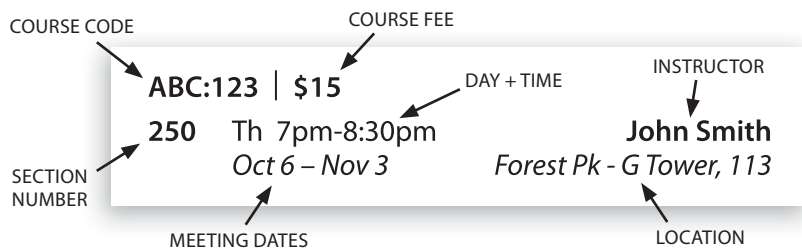
Fifty years later, we proudly continue that tradition within Continuing Education as we celebrate the 50th anniversary of STLCC. Our theme, Flash Back to the Future reminds us to look back at our rich history, while looking forward to our bright future. Continuing Education fulfills St. Louis Community College's mission of expanding minds and changing lives by offering a wide range of educational options to a diverse community of students and professionals.

Share your story at stlcc.edu/50.

Call 314-984-7777 to register!

HOW TO READ COURSE LISTINGS

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



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

BOARD OF TRUSTEES

Libby Fitzgerald
Doris Graham
Melissa Hattman
Hattie R. Jackson
Craig H. Larson
Joan McGivney

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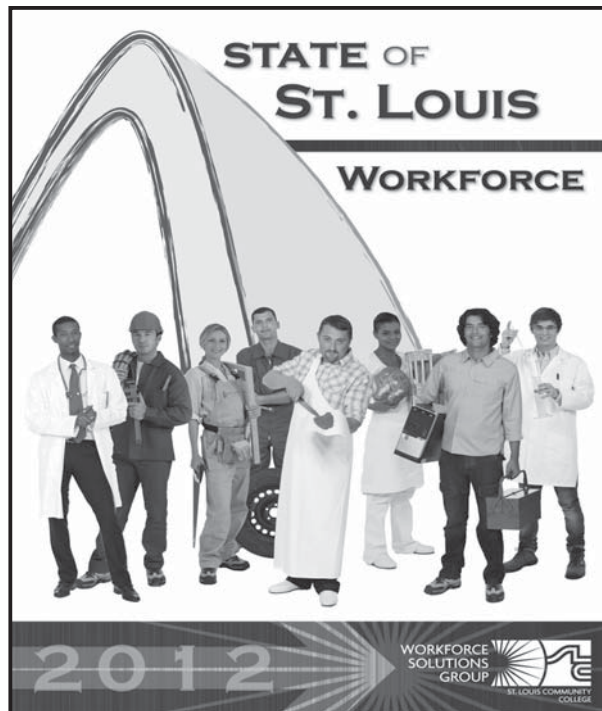
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Great care has been taken to provide accurate information about the courses in this schedule. Occasionally, an error may occur. Information is subject to change and/or correction. For more information on Continuing Education programs at St. Louis Community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

Industry Insights-State of the St. Louis Workforce

brought to you by the Workforce Solutions Group

For the past four years St. Louis Community College has taken the leadership role in preparing and presenting the State of the St. Louis Workforce, a study of the St. Louis area's employment and economic landscape. Please join us for our series of follow-up seminars to gain further insight into specific sectors of our most valuable local resource -our workforce.



For more information, visit our Website at www.stlcc.edu/Workforce-Solutions or call 314-984-7777.

Upcoming seminars:

Manufacturing Industry Insights

BUSN 795 Sec. 501 Tuesday, Oct. 9

8:30 am-12 (noon)

*Center for Workforce Innovation
3400 Pershall Rd.*

Ferguson, MO 63135

Insights into Biotechnology

BUSN 795 Section 502 Monday, Nov. 5

8:30 am-12:00 (noon)

*Bio-Research Development Growth Park
(BRDG)*

1005 N. Warson Road

Saint Louis, MO 63132

Insights into Information Technology

BUSN 795 Section C02 Thursday, Nov. 15

8:30 am-12:00 (noon)

STLCC Corporate College, 219

3221 McKelvey Road,

Bridgeton, MO 63044

Breakfast Included

Fee: \$49 per session



Call

314-984-7777

to Register Today!



PROFESSIONAL DEVELOPMENT

PROFESSIONAL DEVELOPMENT

BUSINESS ADMINISTRATION

Dealing with Difficult People in the Work Place

Are there people in your work place with whom you would like to have a better working relationship? Do you feel in conflict with your boss or have problems with a subordinate or issues with clients? The relationships and rapport we have with others are important in getting along with them, getting their assistance, cooperation, getting things done, networking, working productively, for better teamwork, for advancement, and support. Learn and utilize the essential skills and concepts for working effectively with others in your work place, as well as in any organization, profit, non-profit, volunteer position, etc.

BUSN:705 | \$45

C50 Sa 9am-1:30pm **Glenda Herron**
Oct. 20 *Corporate College, 211*

Certified Public Accountant (CPA) Management Breakfast: Ethics

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

BUSN:787 | \$34

M02 Th 7:15am-9am **Ces and Judy's**
Nov. 15 *Ces and Judy's*

Seating is limited for the CPA Lectures. Call 314-984-7777 for a descriptive brochure.



SMALL BUSINESS DEVELOPMENT

S.C.O.R.E. Seminar

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

BUSS:701 |

682 Sa 8:15am-3pm
Oct. 13 *Meramec-Soc. Sci., 105*

683 Sa 8:15am-3pm
Nov. 10 *Meramec-Soc. Sci., 105*

684 Sa 8:15am-3pm
Dec. 8 *Meramec-Soc. Sci., 105*

Keeping Records for a Small Business

As a small business owner, you need to have current record keeping procedures and methods. This class is helpful if you are currently engaged in your own business with limited record keeping experience. Some of the topics include: internal and external financial records, sole proprietorship and corporate records, setting up your own books, and identifying the specific heading categories for management reporting.

BUSS:705 | \$69

650 W 6pm-9:30pm **Teresa Spector**
Nov. 7-Nov. 14 *Meramec-Bus. Admin., 122*

Recipe for Success: How to Start a Restaurant or Catering Business

Join Larry G., owner of Championship Catering and food service provider to the St. Louis Cardinals, Verizon Amphitheater and the Casa Loma Ballroom, as he shares his knowledge and insight about the essential aspects in opening your own restaurant or catering business. Learn concept development, finding a location with a feasibility study, lease negotiations, licensing, financing, opening and operating costs, menu planning, cost analysis and advertising your concepts.

BUSS:716 | \$59

480 Sa 9:30am-12:30pm **Larry Gerstein**
Oct. 20-Oct. 27 *Forest Park-Hospitality, 219*

P.E.P. Talk-Creating Your Personal Entrepreneurial Plan

P.E.P. helps individuals develop the entrepreneurial skills that will make them an "independent thinker" with a plan for how they can achieve their financial and life goals whether they are working within their chosen career or working for themselves. Upon completion of the 4-part series, participants will have a step-by-step action plan to move toward financial independence within their own designated time frame. Along the way participants will also explore all of the unique entrepreneurial opportunities in the St. Louis region and learn how to position themselves for the opportunities that interest them the most.

BUSS:740 | \$119

C02 Tu 6:30pm-8:30pm **Sandra Marks**
Oct. 23-Nov. 13 *Corporate College, 211*

CAREER PLANNING AND DEVELOPMENT

Adult Career Planning for Success in Today's Job Market

An outstanding career planning tool for adults who are considering new careers or involved in job market transitions is www.missouriconnections.org. Gain assistance developing an online career portfolio of career inventories and access to a broad range of career, education and workforce information based on the most current data collected by the state in partnership with the U.S. Bureau of Labor statistics. Learn today's Hot Jobs projections and explore opportunities for relevant training. Participants will have ongoing access to this portfolio of data and can additionally use it to store online resume and other education and professional data for easy access. Dispel long held career myths and learn what is true for success in today's job market.

CPDV:702 | \$49

C52 W 6:30pm-8:30pm **Candace Niemeyer**
Oct. 10-Oct. 24 *Corporate College, 208*

Using LinkedIn for Your Job Search

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

CPDV:705 | \$25

651 W 6:30pm-9:30pm **Laurie Lombardo**
Oct. 10 *Meramec-Bus. Admin., 208*

Using Facebook for Your Job Search

In the last few years Facebook has become one of the prominent platforms for job searchers. It has helped many users shape their careers by capturing jobs and offers from diverse companies-more than 18.4 million Americans. Companies (75percent of employers) are also looking at Facebook profiles to get a first impression of who you are and how you will fit in with the company. Come to this interactive class to learn how to use Facebook as a professional networking tool.

CPDV:705 | \$25

652 W 6:30pm-9:30pm Laurie Lombardo
Oct. 24 Meramec-Bus. Admin., 208

Plus 50: Re-Wired Employment Seminar

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

CPDV:730 | \$45

651 Th 7pm-9pm Edwin Penfold
Oct. 25-Nov. 15 Meramec-Science West, 202



CHILD CARE TRAINING

Caring for Kids Program
For a complete listing of all of our fall 2012 Child Care Provider offerings, call 314-984-7777.

Child Care Providers Program-offers a variety of classes for those employed in the child care field or for those interested in learning more about working with children through the Caring for Kids Program.

Clock Hour Certificates are granted for all CCPR Workshops and seminars.

Child care clock training hours are available.

For more information, call 314-513-4391.

Overview of Microsoft Office 2010: In a Day

Learn the basics of MS Office 2010 in one day. In this class you'll touch on the basics of Word, Excel, Access and PowerPoint spending about 1.5 hours on each application. If you need a crash course or a basic understanding of the applications in Office 2010 then this class is for you. Prerequisite: Windows Introduction class or equivalent experience.

COMP:713 | \$89

930 F 9am-4pm
Oct. 12 Thomas Dunn Mem. Ctr

Microsoft Word 2010: In a Day

Learn the basics of MS Word 2010 in one day. You'll create and save documents; enter and edit text; learn to indent, set tabs, and enhance documents; make block moves, deletes, and copies; use spell checker; find and replace text; use shortcut keys; and print. Prerequisite: Windows Introduction class or equivalent experience.

COMP:715 | \$99

501 W 9am-4pm Patti Bossi
Nov. 28 SCEUC, 206

930 F 9am-4pm
Oct. 26 Thomas Dunn Mem. Ctr

481 Sa 9am-4pm
Dec. 8 Forest Park-E Tower, 310

Microsoft Excel 2010: In a Day

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

COMP:720 | \$99

680 Sa 9am-4pm
Oct. 27 Meramec-Bus. Admin., 202

930 F 9am-4pm
Nov. 30 Thomas Dunn Mem. Ctr

COMPUTERS

APPLICATIONS AND SYSTEMS

Microsoft Windows 7: In a Day

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

COMP:705 | \$99

C01 F 9am-4pm Patti Bossi
Nov. 30 Corporate College, 208

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

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

COMP:722 | \$129

C02 F 9am-4pm Cris Heffernan
Oct. 12 Corporate College, 208

Microsoft Access 2010: In a Day

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

COMP:725 | \$99

930 F 9am-4pm
Nov. 16 Thomas Dunn Mem. Ctr



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Introduction to Microsoft Access 2010 for Business

Learn the foundations to plan and design a database system. Learn to create and work with tables, forms, and reports; use queries; and create and maintain a database. Prerequisite: Windows Introduction class or equivalent experience. Text is included in the cost.

COMP:725 | \$129

C01 F 9am-4pm **Cris Heffernan**
Oct. 19 *Corporate College, 208*

Intermediate Access 2010 for Business

Get the skill you need to enhance your database designs. Learn to query multiple tables for customized forms and reports, create more complex queries, and customize forms. Text is included in the cost. Prerequisite: Introduction to Access or equivalent experience.

COMP:726 | \$129

C01 F 9am-4pm **Cris Heffernan**
Oct. 26 *Corporate College, 208*

Microsoft PowerPoint 2010: In a Day

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

COMP:730 | \$99

930 F 9am-4pm
Nov. 9 *Thomas Dunn Mem. Ctr*

931 Sa 9am-4pm
Oct. 20 *Thomas Dunn Mem. Ctr*

QuickBooks Pro 2012

This class introduces students to QuickBooks, an easy to use, complete accounting system for small businesses. Students will create a company and use QuickBooks to maintain financial records. Topics to be covered include: setting up customer and vendor lists, entering sales and invoices, receiving payments, making deposits, handling expenses and bills, working with bank accounts, analyzing financial data, handling sales tax, and managing inventory. Prerequisite: Windows Introduction class or equivalent experience.

COMP:734 | \$149

752 W 6:30pm-9:30pm **Kerry Woodruff**
Nov. 7-Dec. 12 *Kirkwood Sr. H.S., W 200*

No Class 11/21

BUSINESS BYTES

Business Bytes: Save Time with Templates

Stop for a minute before creating your Word 2010 document completely from scratch. Instead, learn to find and use one of the many templates that already exist. You'll work with templates ranging from letters and résumés to calendars and brochures.

COMP:716 | \$49

C02 Tu 9am-12pm **Patti Bossi**
Oct. 9 *Corporate College, 208*

DESKTOP PUBLISHING

Microsoft Publisher 2010: In a Day

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

COMP:731 | \$99

480 Sa 9am-4pm
Nov. 3 *Forest Park-E Tower, 310*

Adobe InDesign CS6: In a Day

Learn the basics of InDesign CS6 in a day. In this course you will gain an understanding of the tools, menus and palettes required to produce digital page layout, including placement of text and pictures and typographic design control. Prerequisite: Windows Introduction class or equivalent experience.

COMP:731 | \$99

930 F 9am-4pm **Jane Kaiser**
Nov. 2 *Thomas Dunn Mem. Ctr*

Adobe Illustrator CS6: In a Day

Learn the basics of Illustrator in one day. In this course you will gain an understanding of creating vector art objects or typographic designs for print, as well as the tools, menus and palettes required to create and edit vector art object and typographic designs, using color on layers. Prerequisite: Windows Introduction class or equivalent experience.

COMP:752 | \$99

930 F 9am-4pm
Dec. 7 *Thomas Dunn Mem. Ctr*

Adobe Photoshop CS6: In a Day

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

COMP:755 | \$99

931 Sa 9am-4pm **Francis Zych**
Nov. 10 *Thomas Dunn Mem. Ctr*

Adobe Photoshop CS6: Intermediate

Adobe Photoshop CS6 Intermediate covers advanced techniques of the concepts learned in the introductory class, along with Channels, Sharpening, Actions, Advanced Filters, Color control, and Basic Web Graphics Creation. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Introduction class.

COMP:755 | \$129

683 Su 12pm-3pm **Francis Zych**
Oct. 7-Oct. 28 *Meramec-Bus. Admin., 203*

Adobe Photoshop CS6: Advanced

Adobe Photoshop CS6 advanced builds on the skills learned in the beginning and intermediate classes covering subjects including the Brush Engine, Displacement Maps, Channels, Sharpening, Actions and Shadow and Highlight adjustments. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Intermediate class. No class 11/25.

COMP:755 | \$135

684 Su 12pm-3pm **Francis Zych**
Nov. 4-Dec. 2 *Meramec-Bus. Admin., 203*

COMPUTER MAINTENANCE

How to Tune Up a PC

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

COMP:793 | \$25

S80 Sa 9am-12pm **Patrick Karl**
Dec. 1 *SCEUC, 209*

NETWORKS AND SECURITY

How to Network Computers

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

COMP:792 | \$25

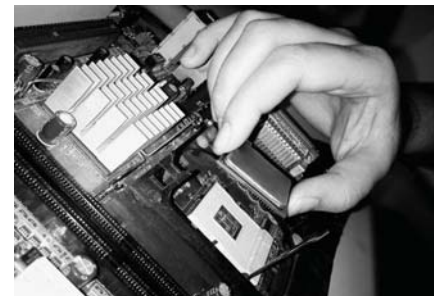
550 W 6:45pm-9:45pm **Robert Lewis**
Oct. 24 *Florissant Valley-Business, 120*

Home and Office Computer Security

This course provides students with the knowledge to secure computer hardware and software. Software problems are the major cause of most computer malfunctions due to accidental erasure, file corruption, viruses, and hacker attacks. Instructions include the use of password protection, virus protection, backup storage media, surge protectors, uninterruptable power supplies and more. Prerequisite: Windows Introduction class or equivalent experience.

COMP:795 | \$25

550 W 6pm-9pm **Robert Lewis**
Oct. 17 *Florissant Valley-Business, 127*



PROFESSIONAL DEVELOPMENT

PERSONAL COMPUTING

Personal Computers-Introduction: In a Day

Learn the basics of using a PC in a day. This course emphasizes hands-on experience using a personal computer to teach essential concepts and computer commands. Basic terms regarding computer hardware and software, and basic skills regarding the use of PCs and the Internet are covered.

COMP:701 | \$99

480 Sa 9am-4pm
Nov. 17 Forest Park-E Tower, 310

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

550 Tu 6pm-9pm
Oct. 9 Rachel Bufalo
SCEUC, 209



Introduction to eBay: Buying and Selling

Come join the millions buying and selling on eBay. This hands-on course will teach you: to choose a UserID, to search for items, to bid, win auctions, to sell items-including fees, to add a picture, to complete a sale, ship and what to do if an item doesn't sell. Look at other eBay issues: safety measures, feedback, what to do if you receive "spam" from eBay use and keeping updated on changes. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$49

553 Tu 6:30pm-9pm
Nov. 6-Nov. 13 William Bearden
SCEUC, 206

Photoshop Elements 9: Restoring Old Photos

In this class you will learn a few methods for inputting old photographs into a digital format and then fixing its flaws such as tears, wrinkles and creases and bad coloring issues. This course will cover only the "editor" portion of Adobe Elements. Prerequisite: Adobe Photoshop Elements-Basic Overview class or equivalent experience.

COMP:755 | \$25

552 W 6pm-9pm
Oct. 17 Jerry Bearden
SCEUC, 206

Tech Savvy Fridays: Flash Drives

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

COMP:765 | \$25

502 F 9am-11am
Oct. 12 Patti Bossi
SCEUC, 206

Tech Savvy Fridays: Facebook Basics

Are all your friends and family trying to get you to join Facebook but you're still leery? Come to this class and find out what it's all about. This class is an overview of Facebook and is not hands-on. Prerequisite: Windows Introduction class or equivalent experience.

COMP:765 | \$19

501 F 9am-11am
Oct. 19 Patti Bossi
SCEUC, 206

Tech Savvy Fridays: Creating Folders and File Management

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

COMP:765 | \$19

505 F 9am-11am
Oct. 26 Patti Bossi
SCEUC, 206

Tech Savvy Fridays: Google Basics

Google is so much more than a search engine. Come to this class and learn about everything Google has to offer, such as Google maps, Google calendar and so much more. This class is an overview of Google and is not hands-on. Prerequisite: Windows Introduction class or equivalent experience.

COMP:765 | \$19

506 F 9am-11am
Nov. 9 Patti Bossi
SCEUC, 206

Tech Savvy Fridays: Pinterest Basics

Pinterest is the latest must-see Website and it is so very cool. Come to this class and find out what it's all about. This class is an overview of Pinterest and is not hands-on. Prerequisite: Windows Introduction class or equivalent experience.

COMP:765 | \$19

507 F 9am-11am
Nov. 16 Patti Bossi
SCEUC, 206

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PRODUCTIVITY

Internet Research and Investigations: Public Records

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

COMP:742 | \$29

681 Su 12:30pm-3:30pm
Nov. 18 Jean Bradley
Meramec-Bus. Admin., 216



Through Plus 50, St. Louis Community College provides programs and services that make it easier than ever for adult learners to earn credit for their past education and work experience. We offer support and flexibility to help you reach your goals, from choosing a course of study and scheduling classes to applying for financial aid.

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

Florissant Valley	314-513-4238
Forest Park	314-644-9101
Meramec	314-984-7584
Wildwood	636-422-2014

stlcc.edu/plus50completion



SOCIAL NETWORKS

Social Networking for Professionals

Social networking sites, such as LinkedIn, Plaxo, FastPitch, Twitter and Facebook have made their way to business. Learn how to use social networking philosophies, tools and activities for business or professional gains. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$35

350 Th 6pm-9pm Jerry Bearden
Oct. 11 Wildwood, 206

C01 W 9am-12pm Rachel Bufalo
Nov. 28 Corporate College, 208

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. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$35

C02 W 9am-12pm Rachel Bufalo
Dec. 12 Corporate College, 208

Facebook

Facebook is everywhere and demographics for 2010 in the U.S. show an explosion in growth for older adults. In a few more years communicating on this social networking site will be as second nature to you as email. Come and learn how to navigate this fun and exciting site. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

S51 Tu 6pm-9pm Rachel Bufalo
Oct. 23 SCEUC, 209

Introduction to Pinterest

Pinterest is now the third most popular social network on the web and it is only gaining momentum in popularity. Pinterest is a social photo sharing Website that is also described as an online pin board. Its more than 10 million registered users, over two million of whom log in every day, "pin" photos, graphics and videos into categories they create based on their own personal interests. Pinterest users also share their pins on Facebook and Tweet them. Come to this class to find out what it's all about and how to use it. Prerequisite: Personal Computers Introduction class or equivalent experience.

COMP:742 | \$25

S51 Tu 6pm-9pm Rachel Bufalo
Dec. 11 Florissant Valley-Business, 125

S52 Tu 6pm-9pm Rachel Bufalo
Oct. 30 SCEUC, 209



WEB DEVELOPMENT

Basic Introduction to WordPress

WordPress is the most popular Website creator tool on the Internet and used by almost 15 percent of the top one million Websites and, as of August 2011, powers 22 percent of all new Websites and its FREE. Anyone can learn how to create their own Website in just a few hours using WordPress. Join us for a basic introduction to the exciting online program. This class is for those with little, to no WordPress experience and will move at a slower pace. Prerequisite: Windows Introduction class or equivalent experience. 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

350 Th 6pm-9pm Jerry Bearden
Oct. 25-Nov. 1 Wildwood, 206

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 percent of the top one million Websites and, as of August 2011, powers 22 percent 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. Do it yourself 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. 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. Prerequisite: Windows Introduction class or equivalent experience and Basic Introduction to WordPress or equivalent experience.

COMP:745 | \$99

C01 Tu 9am-4pm Kevin Ward
Nov. 6 Corporate College, 208

Optimizing WordPress for Your Business

Take your basic WordPress site to the next level. In this class you will learn more advanced techniques such as template optimization, site customization and search engine optimization. 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. Prerequisite: Windows Introduction class and Create Your Own Website with WordPress or equivalent experience and equivalent experience.

COMP:745 | \$99

932 F 9am-4pm Jerry Bearden
Oct. 19 Thomas Dunn Mem. Ctr

352 Th 6pm-9pm Jerry Bearden
Nov. 29-Dec. 6 Wildwood, 209

Dreamweaver CS6: In a Day

Learn the basics of Dreamweaver in one day. You will learn the basics in the Dreamweaver environment; how to create and enhance documents; basic formatting skills; how to create and manage a new site with site maps and templates; how to link pages using anchors; work with images, tables and frames; and how to publish your web site. Prerequisite: Windows Introduction class or equivalent experience. HTML experience recommended. Bring a thumb/flash drive.

COMP:745 | \$99

934 Sa 9am-4pm
Nov. 3 Thomas Dunn Mem. Ctr

Like us at www.facebook.com.

St. Louis Community College Continuing Education



CONSTRUCTION TRADES

LEED BD + C Exam Preparation

This course will prepare students for the LEED Building Design and Construction (BD+C) Exam. We will cover the critical points of the LEED for New construction, LEED for Schools, and LEED for Core and Shell Rating Systems and prepare students to take the LEED-AP BD+C exam. Points emphasized include the importance of site, water and energy conservation, selection of materials, indoor environmental quality, and green construction practices as well as stress the importance of sustainable technologies working together. Additional time outside of class will be required for reading the required textbooks. Registering and taking the LEED exam, and any associated costs, are not included in this course. Text required.

CONS:701 | \$179

651 W 6pm-8:30pm **Lucy Williams**
Oct. 24-Dec. 12 *Meramec-Comm. South, 209*

LEED-ing The Way: Daylight Modeling

Daylighting can both enliven spaces and positively affect the well-being and performance of occupants of a space. This course will introduce attendees to IES, a powerful green design tool, and will guide attendees through the daylighting simulation process. As an introduction to daylighting simulation, the course will include a review of basic daylighting theory, introduce helpful daylighting "rules of thumb" and review the various compliance methods included in LEED Indoor Environmental Quality, Daylight and Views-Daylight. Specifically, the course will cover the Daylighting and Views prescriptive method of daylighting compliance for IEQ Credit 8.1 in the LEED BD+C and ID+C rating systems and IEQ Credit 2.4 in LEED O+M rating system. Breakfast included. This course has been approved for 2 GBCI CE Hours (LEED ID+C and LEED O + M Specific).

CONS:701 | \$49

C02 Th 7:30am-9:30am **Hellmuth and Bicknese**
Oct. 11 *Corporate College, 211*



LEED-ing the Way: Integrated Design

Integrated design brings building owners, operators, architects, planners, engineers and contractors together through an interactive process to develop innovative solutions. This seminar will walk through the steps of the design and construction phases of a LEED project through an interactive process and will touch on the advantages of all disciplines working together. This class has been submitted for two GBCI CE specific hours. Breakfast included.

CONS:701 | \$49

C03 ThF 7:30am-9:30am **Maren Engelmohr**
Nov. 8 *Corporate College, 211*

Ten Hour OSHA Construction Safety and Health Training

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

CONS:736 | \$119

C02 F 5pm-9pm **Patricia Dalton**
Nov. 9 *Corporate College, 213*
Sa 8am-3:30pm
Nov. 10 *Corporate College, 213*

OSHA Ten Hour General Industry Safety and Health Training

This course is for those with safety and health responsibilities, and for employee safety and health awareness. Students will be introduced to OSHA policies, procedures, and standards as well as general industry safety and health principles. Upon successful completion of the course, participants will receive an OSHA general industry safety and health ten hour completion card.

CONS:736 | \$119

C03 F 5pm-9pm **Patricia Dalton**
Oct. 12 *Corporate College, 213*
Sa 8am-3:30pm
Oct. 13 *Corporate College, 213*



Habitat for Humanity courses are specifically designed to recruit and train volunteer leadership at Habitat. If you are interested in volunteering in another capacity, contact Habitat offices directly.

Habitat for Humanity: Framing

Learn about the different types and methods of residential framing. Requires at least one field day on a Habitat Saint Louis build site. (More information will be given in class).

CONS:701 | \$10

4D5 Tu 6pm-9pm
Oct. 23 *Forest Park-C Tower, 112*
Registration deadline: 10/17.

Habitat for Humanity: Construction Leadership and Blueprint Reading

Class will focus on the basic principles of Construction Leadership. Learn how to inspire those you work with to reach a common goal, earn people's respect, and have them want to follow you. The art of reading blueprints is essential to becoming a confident and efficient construction leader. Learn how to read residential blueprints with ease. This is a mandatory class for becoming a Habitat for Humanity Crew Leader Trainee.

CONS:701 | \$10

4D6 Tu 6pm-9pm
Oct. 30 *Forest Park-C Tower, 112*
Registration deadline: 10/24.

Habitat for Humanity: Siding, Windows, Flashing, and Soffits

Learn the basics of installing most types of siding (Vinyl, Hardie, and Novabrik), installing vinyl new construction windows, and proper flashing techniques with an emphasis on the most popular products today. Requires at least one field day on a Habitat Saint Louis build site. (More information will be given in class).

CONS:701 | \$10

4D7 Tu 6pm-9pm
Nov. 6 *Forest Park-C Tower, 112*
Registration deadline: 10/31.

Habitat for Humanity: LEED and Safety

As Habitat continues to fine-tune our building practices, we are achieving LEED (Leader in Environmental and Energy Design) certification in our home construction development. This class includes basic information about LEED practices so that our leadership understands our construction practices and policies. We'll introduce sustainable and green building and its six ranking categories. Building a home can be hazardous if you don't know what safety precautions to use. The classroom instruction will point out typical residential construction job site hazards, safety precautions to mitigate these hazards, and how to influence others to plan their work safely, take fewer risks, and watch out for each other. This is a mandatory class for becoming a Habitat for Humanity Crew Leader Trainee. Requires at least one field day on a Habitat Saint Louis build site (more information will be given in class).

CONS:701 | \$10

4D8 Tu 6pm-9pm
Nov. 13 *Forest Park-C Tower, 112*
Registration deadline: 11/7

Habitat for Humanity: Flooring

Learn the basics of installing most types of floor covering with an emphasis on the most popular products today. Requires at least one field day on a Habitat Saint Louis build site (more information will be given in class).

CONS:701 | \$10

4D9 Tu 6pm-9pm
Nov. 20 *Forest Park-C Tower, 112*
Registration deadline: 11/14.

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- Explore new tricks and strategies
- Receive expert advice on taking better photographs

www.ed2go.com/stlcc

CPR AND FIRST AID

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

Registration is required ONE WEEK prior to course start date to ensure appropriate student-to-instructor ratios.

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

Heartsaver AED: Adult

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

CPRR:701 | \$45

650 M 6:30pm-8:30pm
Nov. 12

Gail Back
Meramec-Campus Police



Heartsaver First Aid CPR AED

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

CPRR:706 | \$99

500 W 8:30am-4:30pm
Nov. 7

Gordon Back
Florissant Valley-CWI, 136

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. Upon successful completion each participant will receive a BLS course completion card in approximately two weeks. This course meets the STLCC nursing department admission requirements.

CPRR:707 | \$65

451 Tu 5pm-10pm
Oct. 9

Greg Light
Forest Park-G Tower, 121

452 Th 5pm-10pm
Nov. 8

Greg Light
Forest Park-G Tower, 121

453 Tu 5pm-10pm
Dec. 4

Greg Light
Forest Park-G Tower, 121

400 F 9am-3:30pm
Dec. 7

Greg Light
Forest Park-G Tower, 121

H81 Sa 9am-3:30pm
Nov. 3

Gordon Back
Harrison Educ. Ctr, 100

550 W 5pm-10pm
Oct. 24

Gordon Back
Florissant Valley-TC, 105

500 Tu 9am-3:30pm
Nov. 13

Gordon Back
Florissant Valley-CWI, 136

501 Th 9am-3:30pm
Nov. 15

Gordon Back
Florissant Valley-TC, 105

600 Th 9am-3:30pm
Sept. 13

Gail Back
Meramec-Campus Police

601 M 9am-3:30pm
Oct. 15

Gail Back
Meramec-Campus Police

650 M 5pm-10pm
Nov. 19

Gail Back
Meramec-Campus Police

680 Sa 9am-3:30pm
Nov. 17

Gail Back
Meramec-Campus Police

602 Th 9am-3:30pm
Dec. 13

Gail Back
Meramec-Campus Police

S01 Th 9am-3:30pm
Oct. 11

Carol Pikey
SCEUC, 212

S02 W 9am-3:30pm
Dec. 12

Carol Pikey
SCEUC, 204

PROFESSIONAL DEVELOPMENT

CPR Instructor Course

The Instructor Course is designed to prepare American Heart Association (AHA) instructors to disseminate the science, skills and philosophy of resuscitation programs to participants enrolled in AHA courses. The purpose of the AHA BLS/CPR Instructor Course is to provide instructor candidates with the knowledge and skills necessary to reach and teach potential BLS providers. The AHA BLS/CPR Instructor course provides a structured initiation for the instructor candidates and serves as the foundation for their development. It provides instructor candidates the opportunity to develop and refine their presentation skills. Please note there is extensive self-paced course work. Access to a computer will be necessary for this course work. Prerequisite: Current AHA Healthcare Provider CPR status.

CPRR:708 | \$250

400 F 8am-5pm
Oct. 26

Greg Light
Forest Park-G Tower, 121

CPR Instructor Renewal

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

CPRR:709 | \$85

400 F 8am-12pm
Dec. 14

Greg Light
Forest Park-G Tower, 121

Heartsaver AED: Adult and Pediatric

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

CPRR:710 | \$65

CO1 W 6pm-9:30pm
Oct. 17

Gail Back
Corporate College, 215

701 Tu 6pm-9:30pm
Oct. 23

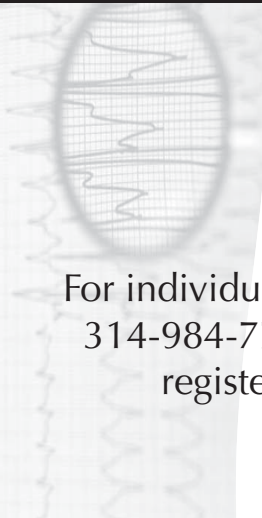
Gail Back
Selvidge Mid. School

702 Tu 6pm-9:30pm
Nov. 13

Gail Back
Rockwood South Middle School



The St. Louis Community College American Heart Association Training Center



We offer both open enrollment classes for individuals, and customized training for groups and businesses in Life Saving, CPR, and First Aid.

For individuals, call
314-984-7777 to
register.

For businesses and groups, call
314-644-9931.



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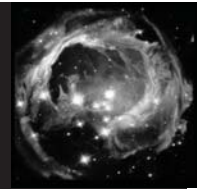


Digital Arts and Technology Alliance

Digital Media

Professional Workshops

Call 314-984-7019 with questions.



Adobe Bridge CS6 and Scanning for Professionals

Adobe Bridge CS6 software is a powerful media manager that provides centralized access to all your creative assets. Easily organize and manage your photos and learn how to create a contact sheet and use Adobe Bridge in conjunction with Illustrator, Photoshop and InDesign for greater productivity and increased profits.

CVTW:700 | \$129

600 F 8:30am-4:30pm **Jane Kaiser**
Oct. 19 *Meramec-Hum. East, 233*

Introduction to Adobe Photoshop Lightroom 4

This workshop introduces the basics of Lightroom 4. 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 4 is designed as an end-to-end photographic workflow process for both amateur and professional photographers.

CVTW:701 | \$129

602 F 8:30am-4:30pm **Charles LaGarce**
Nov. 30 *Meramec-Hum. East, 233*

Professional Photo Repair and Restoration: The First Step

Students will learn how to bring photos that are torn, water, and mold damaged or faded back to life. Workshop will help you to correct damaged facial features, removed scratches or surface cracking, repair areas with missing pieces, repair wrinkling, yellowing, and staining. Students will also learn how to remove or combine objects and people from different photos as well as to remove and replace backgrounds.

CVTW:710 | \$129

680 Sa 8:30am-4:30pm **Michael Swoboda**
Nov. 10 *Meramec-Hum. East, 233*

Professional Photo Repair and Restoration: The Next Step

Using a variety of advanced techniques, participants will learn how to restore damage or "abused" images using Photoshop's advanced techniques, from managing the healing brush, custom curves, and channel mixers to creating custom selections. This course will include archival printing of your photos using high quality printers and paper supplied by the instructor. You may bring up to three images from your own collection to work with or use those provided by the instructor.

CVTW:710 | \$129

681 Sa 8:30am-4:30pm **Michael Swoboda**
Nov. 17 *Meramec-Hum. East, 233*

Adobe InDesign CS6 Digital Publishing: Folio

You already know that InDesign CS5 and CS5.5 integrate with Adobe Digital Publishing Suite CS6 to allow users to publish apps to tablet devices such as the iPad, Xoom and PlayBook. But, for InDesign CS5 and CS5.5 users who are interested in creating content for tablet devices but have not yet purchased the program upgrade, it is now easier than ever to publish in a digital format.

CVTW:702 | \$129

685 Sa 8:30am-4:30pm **Edward Engel**
Oct. 13 *Meramec-Hum. East, 233*

Adobe Illustrator CS6 for Professionals: The Next Step

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

CVTW:702 | \$129

684 Sa 8:30am-4:30pm **D Tjaden**
Oct. 20 *Meramec-Hum. East, 233*

Corel Painter 12 for Professionals: The First Step

With Corel Painter students will learn inventive drawing tools such as Natural-Media brushes, image cloning capabilities, and virtually unlimited customization options that will give them total freedom for creative expression, as well as enhance graphic quality and streamline the drawing process to increase productivity and profits.

CVTW:703 | \$129

600 F 8:30am-4:30pm **James Leick**
Oct. 26 *Meramec-Hum. East, 233*

Corel Painter 12 for Professionals: The Next Step

Take the next step beyond the basics of Corel Painter. Learn to create breathtaking works of art using enhanced brush control palettes, frames-per second control, and customizable shortcut keys. Professional users can extend their creative possibilities with new enhancements that include the Artists' Oils Painting System, Snap-to-Path Painting, improved Digital Watercolor, and Quick Clone.

CVTW:703 | \$129

601 F 8:30am-4:30pm **James Leick**
Nov. 2 *Meramec-Hum. East, 233*

Maya for Professionals

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

CVTW:704 | \$129

683 Sa 8:30am-4:30pm **Jason Feiner**
Nov. 3 *Meramec-Hum. East, 136*

Introduction to Avid Media Composer for Professionals

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

CVTW:706 | \$129

685 Sa 8:30am-4:30pm **Anthony Carosella**
Nov. 10 *Meramec-Hum. East, 136*

Customize Music and Sound

Make recordings, polish voice-overs, customize music and sound effects, and so much more. This workshop explores Apple's Soundtrack Pro and GarageBands basic set up and common uses. Student will learn how to create fades in and out and cross dissolves, apply effects, use the built-in mixer, create loops and sound beds. Record external sounds and learn how to create loops in video and audio, mix down and export out of Soundtrack Pro and GarageBand to integrate with Final Cut Pro.

CVTW:713 | \$129

604 F 8:30am-4:30pm
Nov. 16 *Meramec-Hum. East, 233*

Basic Storyboarding Techniques: Planning for Profit

Learn the building blocks for creating professional and profitable storyboarding for video and social media branding. Script writing, illustrating, editing, delivering, and product promotion will be discussed. Techniques on how to compose compelling visual shots for storyboarding, use Tooltime for storyboarding, camera moves and why angles are our friends.

CVTW:706 | \$129

683 Sa 8:30am-4:30pm **Anthony Carosella**
Oct. 20 *Meramec-Hum. East, 136*

Create Professional HS Videos with DSLR Cameras

Students will learn how to achieve the highest quality when creating videos using a DSLR camera. This course will cover improved shooting techniques for video and how to control still quality, depth-of field, improve focus, interchange lenses, improve file management, and how to harness the full photographic control of a DSLR camera.

CVTW:706 | \$129

682 Sa 8:30am-4:30pm **Darlene McGee**
Oct. 13 *Meramec-Hum. East, 136*

Introduction to Apple iLife and iWork for Artists

This workshop will cover the iLife suite that includes iMovie, iPhoto, GarageBand, iTunes, and iWeb. The iWorks suite will also be presented including Keynote, Pages, and Numbers. Students will get an introduction to each of the suites of software and how to integrate them to produce artistically professional promotional material.

CVTW:706 | \$129

684 Sa 8:30am-4:30pm **Anthony Carosella**
Nov. 3 *Meramec-Hum. East, 233*

iPad for Professionals: Changing Business Forever

The iPad has landed and the business world will never be the same. This introduction to iPad workshop will fully explore how Apple's new device will streamline your workflow and increase your company profit's. Bring your own iPad 2 or one will be provided for you during class.

CVTW:709 | \$129

680 Sa 8:30am-4:30pm **Anthony Carosella**
Nov. 17 *Meramec-Hum. East, 136*

How to Print Images on Fabric and Canvas

Students will learn how to convert their own images, logos or photos for reproduction on fabric. For workshop purposes, we will not print larger than 8.5" x 11" sizes. Each participant will make and take home a finished project. Participants are requested to bring their own images and T-shirts, canvas bags or fabric onto which they will heat transfer their finished image. The professional equipment, software and transfer paper will be supplied by the department. We will be using Adobe Illustrator, a vector imaging program.

CVTW:713 | \$129

603 F 8:30am-4:30pm **Mary Eigel**
Nov. 9 *Meramec-Hum. East, 233*

Quick Start to WordPress for Professionals

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

CVTW:750 | \$129

601 Sa 8:30am-4:30pm **Kevin Ward**
Oct. 27 *Meramec-Hum. East, 233*

FOOD SERVICE

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 exam. Those achieving a grade of 75 percent or higher on the exam will be awarded a ServSafe certificate. Bring a sack lunch to class.

RMGT:700 | \$169

680 Sa 8am-3pm **Almut Stephan Marino**
Nov. 3-Nov. 17 *Meramec-Soc. Sci., 108*
No Class 11/10



ServSafe Food Safety Certification Review and Retest

This class is only for those who were not successful on a recent exam. A brief review of the course material will be provided before re-attempting the exam. Fee includes answer sheet and exam. Those achieving a grade of 75 percent or higher on the exam will be awarded the nationally-recognized ServSafe certificate. Bring a sack lunch to class.

RMGT:700 | \$79

681 Sa 8am-3pm **Almut Stephan Marino**
Nov. 17 *Meramec-Soc. Sci., 108*

GED AND TEST PREP

ACT Test Preparation

All subjects of the ACT exam are covered. This is a complete review for the ACT exam using materials developed by Cambridge Education services. Text included-bring a calculator to class. There will be a test simulation at the beginning of the course and computer diagnostic assessment to identify areas for improvement.

EDUC:712 | \$169

480 Sa 9am-12pm
Oct. 13-Dec. 1 *Forest Park-G Tower, 113*

300 W 6pm-9pm **Toshi Floyd**
Oct. 17-Dec. 5 *Wildwood*

Adult Basic Education (including GED) and English as a Second Language

St. Louis Community College at Meramec offers these programs in the following school districts: Affton, Bayless, Kirkwood, Lindbergh, Mehlville, Valley Park and Webster Groves. Call 314-984-7777 for more information

Please note: Graduates of the St. Louis C.C.-Meramec GED 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 year. For more information contact the Director of Alternative Programs-Mark Catalana, mcatalana@mehlville.k12.mo.us, 314-467-5261.

City of St. Louis Public Schools: 314-367-5000
Serving the school districts of St. Louis city, Ferguson-Florissant, Hancock Place, Jennings, Normandy, Riverview Gardens, and Wellston

Parkway Schools: 314-415-4940
Serving the school districts of Brentwood, Clayton, Hazelwood, Pattonville, Ladue, Maplewood, Richmond Heights and Parkway

Rockwood Schools: 636-733-2161
Serving the school district of Rockwood

Ritenour Schools: 314-426-7900
Serving the school district of Ritenour

University City Schools: 314-993-0462
Serving the school district of University City

Hi-Tech Charities: 314-389-5737 ext. 112
Adult Basic Education program serving North St. Louis

GED Exam-offered at the Forest Park campus.
Call 314-644-9251 for exam dates.

GED Test Preparation

This course will help prepare you to take the GED examination for high school equivalency. It will feature classroom instruction for all five GED tests: Writing Skills, Social Studies, Science, Interpreting Literature and the Arts, and Mathematics. Practice tests will also be given. Textbook required. You must have a working knowledge of addition, subtraction, multiplication and division. Attendance the first week is required. Reading assessment required prior to registration.

GEDU:701 | \$119

401 MW 2pm-4:30pm **Linda McBride**
Oct. 8-Dec. 12 *Forest Park-G Tower, 117*
No Class 11/21

551 MW 6pm-9pm **Linda McBride**
Oct. 15-Dec. 10 *Florissant Valley-Eng. Bldg, 282*
No Class 11/21

501 TuTh 9:15am-12:15pm **Cherie Hyman**
Oct. 9-Dec. 6 *Florissant Valley-Business, 123*
No Class 10/16, 11/22

LEGAL/CRIMINAL JUSTICE

Program is sponsored by BAMSL. The Bar Association of Metropolitan St. Louis (BAMSL) offers workshops in which distinguished judges and/or lawyers explain how the legal system works and how it can help you.

People's Law School-The Importance of Planning Ahead: Wills, Trust and Estates

This workshop will help you understand the importance of having wills, trusts and power of attorney, and related issues. Learn about wills, living wills and advance directives; trusts-revocable and irrevocable; joint tenancy; durable powers of attorney; probate, estate administration and disputes; and conservatorship and guardianship.

CRJS:790 | \$10

452 Tu 7pm-9pm
Oct. 9 Forest Park-F Tower, 117

552 Tu 7pm-9pm
Oct. 23 Florissant Valley-TC, 105



NON-PROFIT ADMINISTRATION

Basic Grant Writing for Not-for-Profit Organizations

This course provides an overall review of the grant writing process offering practical guidelines for identifying and pursuing potential foundation and corporate funders. Research techniques and their importance in grant writing will be emphasized as well as the use of library and Internet resources. Please bring a 1" 3-ring binder to class.

NPAD:701 | \$59

680 Sa 9am-4pm
Nov. 3 Jennifer Bush
Meramec-Soc. Sci., 112
Lunch not provided

580 Sa 9am-4pm
Oct. 13 Kent Hornberger
Florissant Valley-Business, 215
Lunch not provided

350 M 6pm-9pm
Nov. 12-Nov. 19 Kent Hornberger
Wildwood, 227

Are You Ready for Federal Grants?

There is no such thing as "free money" from Federal Grants. Organizations who "win" Federal grant competitions actually enter into a contract and incur obligations. Know what is involved and measure the capacity of your organization to see if you can successfully compete. Learn how to decipher SGAs and RPFs.

NPAD:701 | \$29

652 M 6pm-9pm
Nov. 5 Kent Hornberger
Meramec-Soc. Sci., 105

Proposal Budgeting Workshop

Proposal writers at all levels need to know the nuts and bolts of budget preparation to support their project proposals. A sound, well-organized budget can help convince prospective funders that your project is worthy of their financial investment. This course will teach you to build a budget, step by step, to provide a complete picture of your financial needs. Participation exercise: You will build your own budget for a project you are planning.

NPAD:701 | \$29

651 M 6pm-9pm
Oct. 22 Kent Hornberger
Meramec-Soc. Sci., 105

Event Planning 101

Explore the Who, What, When, Where, Why and HOW of event planning. Learn the basic components of an event, how to establish objectives, organizational tools, tips on working with vendors, volunteer recruitment, and post event evaluation. Participants will have the opportunity to brainstorm new event ideas and ways to refresh an annual event.

NPAD:703 | \$25

C50 Th 6:30pm-8:30pm
Oct. 11 Nancy Higgins
Corporate College, 213

Setting Up a Board of Directors

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

NPAD:706 | \$25

770 W 7pm-9pm
Nov. 7 Barbara Hughes
Hixson Middle School, 112

Cause Related Marketing in Not-for-Profit Organizations

Learn the essentials of cause related marketing to raise funds and create awareness of your organization by aligning with businesses and corporations. "How to" essentials and case studies will be presented.

NPAD:765 | \$29

650 M 6pm-9pm
Oct. 8 Kent Hornberger
Meramec-Soc. Sci., 105

Social Media Marketing for Non-Profits

Social Media-what is it and why is it important? This course will provide opportunities to explore the growth of social media and how it can impact the business of a non-profit and its donor support. Best strategies and practices will be shared along with how to manage time, convey the right message, increase awareness and promote activities effectively in this changing environment.

NPAD:765 | \$29

651 Tu 6pm-9pm
Oct. 9 Nichelle Womack
Meramec-Soc. Sci., 105



NURSING AND ALLIED HEALTH

Advanced Cardiac Life Support

DUE TO THE NATURE OF THE PROGRAM YOU MUST ARRIVE ON TIME. NO ADMITTANCE AFTER THE STATED START DATE.

Registration THREE WEEKS prior to course start date is required to ensure ratios and to ensure arrival of pre-course materials.

ACLS Provider

This American Heart Association course is designed to review, organize and prioritize the skills and didactic information needed to handle a cardiac arrest, events leading to a cardiac arrest and events that follow a cardiac arrest. Please note that written and practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Upon successful completion each participant will receive an ACLS course completion card in approximately two weeks. Intended audience: Personnel staffing emergency, intensive care or critical care departments, emergency medical providers such as physicians, nurses, emergency medical technicians, paramedics, respiratory therapists, and other professionals who may have a need to respond to a cardiovascular emergency. Materials will be mailed prior to the program for extensive self-paced pre-course preparation. Access to a computer will be necessary for pre-course work.

ACLS:701 | \$270

480 SaSu 8am-5pm
Nov. 10-Nov. 11 Forest Park-G Tower, 121

Celiac Disease: "When You Hear Hooves Think Horses, Not Zebras" Doesn't Work For This Autoimmune Disease

Celiac disease is the most prominent autoimmune disease in the US, affecting approximately three million people. Putting it in perspective, Parkinson's disease affects approximately one million. Celiac disease reaches far beyond the 'typical' constellation of GI symptoms most commonly associated with the illness. From something as seemingly simple as iron deficiency anemia to a five-fold increased risk of developing intestinal lymphoma, Celiac disease is not to be taken lightly. This presentation will address the full spectrum of issues related to Celiac Disease, i.e., diagnosis, symptoms, dietary restrictions, legal implications, etc., and is appropriate for the clinical nurse, legal nurse consultant and/or the general population.

AHCE:734 | \$29

650 Th 6pm-8:15pm Barbara Boschert
Oct. 18 Meramec-Campus Police



GENERAL INFORMATION for Nursing and Allied Health Programs



Allied Health Continuing Education of St. Louis Community College



offers a wide selection of courses and workshops. Please take a few moments to read the course descriptions. There are new offerings that have been developed in response to requests.

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

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

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

on Accreditation.

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

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

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

Allied Health Continuing Education of St. Louis Community College serves as a Community Training Center for the American Heart Association whose mission is to reduce disability and death from cardiovascular disease and stroke and set guidelines for emergency cardiovascular care and training. The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fee charged for a course, except for a portion of the fee needed for American Heart Association course material, does not represent income to the Association.

Clinical and Field Work

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

EMT Refresher

This course is designed to meet the needs of those licensed as Emergency Medical Technicians within the state of Missouri seeking relicensure. This course will cover the necessary core requirements. This course also meets the needs of those seeking to recertify with the National Registry and for those needing remediation to take the National Registry EMT-Basic written exam.

EMSS:714 | \$375

400 W 9am-5pm Gina Anderson
Oct. 10-Nov. 14 Forest Park-G Tower, 121

Medical Legal Analysis of Obstetric Nursing

What are the standards of care, causation and damage issues as they pertain to obstetric nursing? This course will review current litigation issues in obstetric nursing through discussion as well as hands-on case analysis. This course meets an elective requirement for the LNC non-credit certificate program. Lunch served before the class. Class held in Conference Room 107.

NRSG:721 | \$85

505 Tu 1pm-5:15pm Margaret Hoefel
Oct. 30 SCEUC

Expert Witness

While registered nurses have been called upon to provide expert testimony for decades, the role has recently become much more clearly defined and widely used. Through lecture and case studies the participant will gain a better understanding of the qualifications and responsibilities of the testifying expert. This class provides a unique look into the new and exciting role of the registered nurse as an expert witness. This course meets an elective requirement for the LNC non-credit certificate program. Lunch served after the class. Class held in Conference Room 107.

NRSG:721 | \$85

504 Tu 8am-12:15pm Margaret Hoefel
Oct. 30 SCEUC

COMMUNICATION

Get Paid to Talk: Breaking Into the Voiceover Industry

Have you been told that you have a great voice? Have you always wanted the independence to work from home doing something you love? Learn how to get started in the voiceover industry. This introductory course will include a real-world overview of the industry, including the good, the bad and the ugly parts, from a St. Louis voice artist that has been in the industry for over 26 years.

PERD:765 | \$35

680 Sa 10am-1pm Troy Duran
Oct. 13 Meramec-Science West, 210

C50 W 5:30pm-8:30pm Troy Duran
Oct. 17 Corporate College, Multi

480 Sa 10am-1pm Troy Duran
Oct. 27 Forest Park-G Tower, 111

Voiceovers: Making Money with Your Voice

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

PERD:765 | \$35

681 Sa 10am-1pm Troy Duran
Nov. 3 Meramec-Hum. East, 112

682 Sa 10am-1pm Troy Duran
Nov. 17 Meramec-Hum. East, 112

No Sweat Public Speaking

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

COMM:715 | \$25

920 W 6:30pm-8:30pm Fred Miller
Oct. 17-Oct. 24 University City H.S., 112

Nonverbal Communication: How to Speak and Listen Without Words

Learn about the extraordinary amount of information that can be provided through nonverbal communication. A simple movement or facial expression can completely contradict what message you are trying to get across. Understand how to identify, interpret and use basic nonverbal cues to be a better communicator and avoid miscommunication.

COMM:718 | \$25

650 W 6:30pm-8:30pm Erin De Vore
Oct. 17-Oct. 24 Meramec-Bus. Admin., 124

REAL ESTATE

How to be a Successful Landlord

Landlords can lower property damages and eviction costs by performing effective initial screening of potential tenants. Learn 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 | \$55

480 Sa 9am-5pm Mary Hankins
Oct. 13 Forest Park-G Tower, 111

Real Estate as an Investment

General information on investing of property, types of deeds, listing and sales contracts and closing statements using income approaches to value and six functions of the dollar.

REAL:725 | \$59

550 Tu 6pm-9pm Margaret Sullivan
Oct. 23-Nov. 6 Florissant Valley-Business, 123

SPORTS AND FITNESS

Orientation to Fitness Training

This FREE one-hour Personal Fitness Training Orientation is designed to provide information for anyone interested in the fitness profession or in becoming a nationally certified personal trainer. This presentation includes a brief overview of the industry and professional trends, a look at the study materials while allowing ample time for a Q and A session. Topics include personal training, group fitness, older adult fitness, youth fitness, fitness management and aqua fitness. Although this is a free orientation, student registration is required.

PEDU:753 | No Fee

480 Sa 10am-11am
Oct. 13 Forest Park-G Tower, 117

Personal Fitness Trainer Certification

Join this fun field and be a part of what the U.S. Labor Department and the fitness industry have documented as a high demand profession. Whether a desired career move or for your own personal knowledge, get all the information you need to become a certified personal trainer. This challenging course is taught over a five-week period for better retention and skill competency. The National Exam is held on the 6th week. Fifteen hours of lectures include, but are not limited to, anatomy, exercise physiology, nutrition, health screening, etc. In addition, 15 hours of "hands on" practical training prepares you to actually work with clients one on one. Certification requires passing the written and practical exam, completing a 30-hour internship and having current CPR/AED credentials. Text required-bring to first class: Fitness Professionals Handbook, 5th edition. Please call 888-330-9487 for pricing and to order book. This course is comprised of 15 hours of lecture, 15 hours of practical training, and a 30-hour internship. National exam is held on the 6th week of class. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. In case of an emergency, Continuing Education must be notified in writing within one week of a missed class. Makeup class may be arranged on an individualized basis by the program planner and WITS. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/GED. Class is not eligible for Senior Scholarship.

PEDU:753 | \$599

481 Sa 9am-12pm
Oct. 27-Dec. 8 Forest Park-G Tower, 117
Sa 12:05pm-4pm
Oct. 27-Dec. 8 Forest Park-G Tower, 117
No Class 11/24

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St. Louis Community College Continuing Education



PERSONAL ENRICHMENT

ACTIVITIES FOR KIDS AND FAMILIES

Jr. Docs and Vets: Dissection

Put on your aprons and gloves and get ready to explore the inside structures found in different specimens such as a pig, frog, shark and snake. You'll learn to use dissection equipment properly and to identify the organs in these animals. Ages 8-15. Specimens may vary based on availability.

KIDS:706 | \$35

- 480 Sa 9:30am-12pm **Jeanne Schulte**
Dec. 8 *Forest Park-G Tower, 113*
- 580 Sa 9:30am-12pm **Jeanne Schulte**
Nov. 17 *Florissant Valley-Eng. Bldg, 156*
- 680 Sa 9:30am-12pm **Jeanne Schulte**
Dec. 1 *Meramec-Science South, 105*

Tennis for Youth: Beginning I and II

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

KIDS:709 | \$85

Ages 7-10

- M05 Sa 4pm-5pm **Mark Platt**
Nov. 3-Dec. 8 *Forest Lake Tennis Club*
- M02 Sa 5pm-6pm **Mark Platt**
Nov. 3-Dec. 8 *Frontenac Racquet Club*

Tennis for Youth: Pee Wee

This is a series of group lessons specifically designed to introduce a young child, 4-6 years of age, to the game of Tennis. The class will include eye-hand coordination exercises as well as building skills for forehand, backhand, serve and volley. Tennis balls provided. Prince rackets available for use in class.

KIDS:709 | \$85

- M06 Sa 4pm-5pm **Mark Platt**
Nov. 3-Dec. 8 *Forest Lake Tennis Club*

Golf for Youth: Beginning

Beginning Golf for children. Ages 7-12. Class limit six. Extra fee for balls.

KIDS:710

4 Sessions | \$45

- 811 Sa 9am-10am
Oct. 13-Nov. 3 *Big Bend Golf Center*

AGELESS LEARNING

Ageless Learning Seminar: Civil War-Part Three

The presentation of Part Three of the Civil War series will deal with the first two years of the war -1861 and 1862. Why did the Southern states finally decide to secede in 1861? The National Tragedy begins at Ft. Sumter in April of 1861. Who were the men who fought for the Union and the Confederacy? Most of the war in 1861 is fought in Missouri. In 1862 the war intensifies. What did Congress do during the first two years of the War? Finally, Lincoln agonizes over an emancipation proclamation. Must register to attend class.

SENR:702 | No Fee

- 602 Tu 10am-11:45am **Bonnie Vega**
Oct. 9 *Aberdeen Heights*
- P03 M 10:15am-12pm **Bonnie Vega**
Oct. 15 *Missouri History Museum*

Ageless Learning Seminar: Civil War-Part Four

The presentation of Part Four of the Civil War series will deal with the last two and a half years of the war -1863 to 1865. The Emancipation Proclamation becomes law on Jan. 1, 1863 and the war changes course. In 1863 the Union is victorious in the West with the victory at Vicksburg. A decisive battle is fought at Gettysburg. In 1864 Grant and Sherman decide on a war strategy "total war" that will end the war. In 1865 the 13th Amendment is passed ending slavery. On April 9, 1865 Lee surrenders. On May 26, 1865 the Civil War ends.

SENR:702 | No Fee

- 603 Tu 10am-11:45am **Bonnie Vega**
Oct. 23 *Meramec-Off Campus*
- P04 M 10:15am-12pm **Bonnie Vega**
Oct. 29 *Missouri History Museum*

Ageless Learning Seminar: Civil War: Part Five

The presentation of part five of the Civil War will deal with the aftermath of the war. What was the cost of the war both monetarily and in terms of human life? The Civil War transformed the United States from a union of states into a nation. What would be the legacy for the future? Must register to attend lecture.

SENR:702 | No Fee

- 500 Th 1pm-3pm **Bonnie Vega**
Oct. 11 *Florissant Valley-Admin. Bldg, 234*

Ageless Learning Seminar: Are You Smarter Than A Scam Artist?

An interactive game and presentation tests your ability to outfox identity theft crooks and other scam artists.

SENR:702 | No Fee

- 605 Tu 10am-11:45am
Nov. 27 *South County Govt. Center*

Ageless Learning Seminar: Glen Miller and his Big Band

Glen Miller and his Orchestra were THE sound of the big band era. Learn how he became an icon of the swing era with such memorable numbers as "String of Pearls" and "In the Mood"

SENR:702 | No Fee

- 301 Th 10am-11:45am **Robert Lord**
Oct. 18 *Wildwood, 102B*

Ageless Learning Seminar: Twisters Through Time: Regional Tornado History

Several major tornadoes have hit St. Louis and nearby areas in the last 100+ years, causing injuries, fatalities, and much destruction. Learn about them in pictures, video and descriptions. Hear about the "weather prophet" who predicted the 1896 tornado a year before it occurred. See the damage to the arena and the KTVI television tower. Learn from these disasters how to make yourself safer.

SENR:702 | No Fee

- 302 Th 10am-11:45am **Michael Redman**
Oct. 25 *Wildwood, 102B*
- 503 Th 1pm-3pm **Michael Redman**
Nov. 29 *Florissant Valley-Admin. Bldg, 234*

Ageless Learning Seminar: Holiday Party

Join us for our annual holiday party.

SENR:702 | No Fee

- 505 Th 1pm-3pm **Dolan Bayless**
Dec. 6 *Florissant Valley-Admin. Bldg, 234*

Ageless Learning Seminar: W.C. Fields

During the 1930s, W.C. Fields starred in a number of hilarious comedy films. Fields unique combination of braggadocio and gruff humor was a favorite of moviegoers. We will discuss his fascinating career and view scenes from his most famous films.

SENR:702 | No Fee

604 Tu 10am-11:45am **Robert Lord**
Nov. 13 *Meramec-CE Bldg*

Ageless Learning Seminar: Mark Twain

Learn the surprising story of America's most beloved author while laughing at his wonderful observations on human nature. Follow this Missouri born writer's great successes and personal happiness as well as his tragic personal and financial losses. You'll discover the flawed and charming man who invented the American voice and became one of our greatest icons

SENR:702 | No Fee

303 Th 10am-11:45am **Beverly Schuetz**
Nov. 1 *Wildwood, 102B*

Ageless Learning Seminar: You Can't Eat Oil Paint! What Are You Doing With Your Life?

Enjoy this glimpse into Michelle "Mike" Ochonicky's journey as a professional artist. She is the owner of Stone Hollow Studio and specializes in scrimshaw work. Two of her pieces are owned by the Dedalo Museum of Contemporary Art in Abruzzo, Italy, and are on permanent exhibition. She also has nine works owned by the Missouri Governor's Mansion. She will share her latest adventure, creating the state of Missouri's Christmas Tree Ornament for the White House for the second year in a row. Must register to attend class. Registration is limited to 50.

SENR:702 | No Fee

501 Th 1pm-3pm **Michelle Ochonicky**
Oct. 25 *Florissant Valley-Admin. Bldg, 234*

Ageless Learning Seminar: History of Scrimshaw

SENR:702 | No Fee

502 Th 1pm-3pm **Michelle Ochonicky**
Nov. 8 *Florissant Valley-Admin. Bldg, 234*



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**St. Louis
Community
College
Continuing
Education**

Line Dancing for Older Adults: Beginning

Come learn fun line dances you can do without a partner. This is a great class if you're single or in a group of friends who want to dance. So put on your dancing shoes and learn the hottest new line dances as well as the all-time classics. Be prepared for lots of fun, cardiovascular exercise, and meeting good friends. No partner required.

SENR:703 | \$49

M02 F 12:30pm-1:30pm **Gerry Strait**
Oct. 26-Dec. 14 *Affton White-Rodgers CC,
GYM*

Line Dancing for Older Adults: Easy Intermediate

This class is for those who have mastered the beginning class and want to learn more dances. Come learn fun line dances you can do without a partner. This is a great class if you're single or in a group of friends who want to dance. So put on your dancing shoes and learn the hottest new line dances as well as the all-time classics. Be prepared for lots of fun, cardiovascular exercise, and meeting good friends. Prerequisite: Line Dancing for Older Adults, Beginning. No partner required.

SENR:703 | \$49

M04 F 1:45pm-2:45pm **Gerry Strait**
Oct. 26-Dec. 14 *Affton White-Rodgers CC,
GYM*

Yoga for Seniors

Open your mind to a new understanding of your body. Gentle, slow-paced combination of stretch and strength work. Introduction to pranayama, breath work and meditation. Great for calming and relieving stress. Bring a yoga mat, towel and water.

SENR:704 | \$75

M02 Th 10am-11am
Oct. 25-Dec. 13 *Masterpeace Studios*

Social Security Benefits America: Retirement, How Do You Qualify For Benefits?

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

SENR:766 | No Fee

H05 Tu 1pm-3pm
Nov. 13 *Harrison Educ. Ctr*

Social Security Benefits America: Seniors and Caregivers-What You Need to Know

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

SENR:766 | No Fee

H04 Tu 1pm-3pm
Oct. 23 *Harrison Educ. Ctr*



Social Security Benefits America: Disability, Basic Eligibility and Entitlement Factors

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

SENR:766 | No Fee

H03 Tu 1pm-3pm
Oct. 9 *Harrison Educ. Ctr*

S03 Th 1pm-3pm
Oct. 18 *SCEUC*

Social Security Benefits America: Medicare and Medicare Drug Programs

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

SENR:766 | No Fee

S04 Th 1pm-3pm
Oct. 25 *SCEUC*

Social Security Benefits America: What Every Woman Should Know About Social Security

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

SENR:766 | No Fee

S05 Th 1pm-3pm
Nov. 8 *SCEUC*

PERSONAL ENRICHMENT

Light Lunch and Learn: Bellefontaine and Calvary Cemeteries

A light lunch is provided. Enrollment is restricted to 10 people only.

SENR:766 | No Fee

501 F 12pm-1:30pm
Oct. 19 Florissant Valley-TC, 105

Light Lunch and Learn: Forever Families-Two Moms Share Their Experiences Adopting Chinese Children

A light lunch is provided. Enrollment is restricted to 10 people only.

SENR:766 | No Fee

502 F 12pm-1:30pm
Nov. 16 Florissant Valley-TC, 105

ANIMAL CARE



Helping Your Older Pet Age Gracefully

Seniors dogs and cats make the best pets. When does your beloved pet become a senior citizen? Would you like to adopt an older pet but are unsure of what to expect? Learn to recognize changes in behavior, weight and health that indicate it's time to give your senior some extra TLC. Senior pet care includes diet modification, regular veterinary care, and can include the safe use of common supplements. During class, participants can ask questions about managing the health of their senior pets and share their own senior advice with fellow dog owners. Do not bring your dog to class. Offered with the APA of Missouri.

ANIM:701 | \$19

750 Tu 7pm-9pm
Oct. 16 Kirkwood Sr. H.S., NW139



Dog Massage

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

ANIM:701 | \$29

M01 W 6:30pm-8:30pm
Oct. 24 Leann Zalasky
RiverChase of Fenton

Dog Obedience: Novice 2

Take your dog to the next level of training and improve your own training skills. Must have completed Novice 1 training. Bring dog and proof of vaccinations to first class. Some off-lead work will be part of this class. No class 11/22.

ANIM:706 | \$119

M02 Th 7pm-9pm
Nov. 1-Dec. 13 Sandra Karcher
Affton White-Rodgers CC, A

Dog Training: Basic Skills and Manners for the Family Dog

If your time is limited and your budget won't spare the expense of private lessons, this is the perfect alternative. This crash course in basic skills and manners will give you and your dog a good introduction to beginning obedience commands over a period of six weeks. Accomplish your training goals quickly and start getting those behavior problems under control. Class topics also touch on basic grooming, vaccinations, flea/tick control and traveling in the car. Bring your questions. Dog must be at least six months old and proof of vaccinations is required. Bring dog to first class.

ANIM:706 | \$69

M04 Sa 9:30am-11am
Oct. 20-Dec. 1 Susan Baxter-Carr
RiverChase of Fenton
No Class 11/24

Canine Good Citizen

Class instruction for all 10 parts of the CGC Test. Dog must be at least six months old and have basic obedience skills. Proof of vaccinations required. Bring dog to first class. Successful completion of the test qualifies dog for a CGC patch (available for purchase separately). No class 11/24.

ANIM:706 | \$59

M05 Sa 11am-12pm
Oct. 20-Dec. 1 Susan Baxter-Carr
RiverChase of Fenton

CRAFTS



Pottery: All Levels

Discover a new sculptural medium. Projects encompass improving skills in hand-building (beginners) and wheel throwing (intermediate and advanced students). All levels of students are welcome. Fee includes most materials.

ARTS:727 | \$135

581 Sa 9:30am-12pm
Oct. 20-Dec. 1 Sheow Chang
Florissant Valley-Humanities, 109

551 Tu 7pm-9:30pm
Oct. 23-Dec. 4 John Driskill
Florissant Valley-Humanities, 109
No Class 11/22

Sewing: Intermediate

Intermediate students will advance their sewing skills by constructing more advanced home decor projects. While sewing pillow and bed runner projects, students will gain the skills to insert zippers, piping and attach facing/binding. Prerequisite: Sewing Beginning or previous sewing experience. 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

731 Th 7pm-9pm
Oct. 18-Nov. 15 Beverly Miller
Mehlville H.S., 129

Fiber Arts-Paper Cutting

Learn the art of cutting paper designs. The art has evolved uniquely all over the world and adapted to unique cultural styles. You will use ancient and contemporary paper cutting techniques to create pieces to be used for decorative display, one-of-a-kind cards, scrapbooking and photo albums. Imagine the possibilities with this flexible medium. Supply list sent.

CRFT:713 | \$45

652 Tu 6pm-9pm
Oct. 23-Oct. 30 Kim Hany
Kirkwood Sr. H.S.

Knitting 101: Beginning

Knit the basics-casting on, increasing, decreasing, finishing, stitches, etc. Get lots of information and tips for future projects. Supply list sent.

CRFT:720 | \$49

P01 Tu 6pm-8pm **Thi Miller**
Oct. 16-Oct. 30 *Nottingham School*

Knitted Hats

Learn to knit all kinds of hats. Techniques covered include casting on, knitting, decreasing, shaping, weaving in ends, and most importantly, working in the round. You'll learn how to use both a circular needle and double pointed needles. After this class you'll be well on your way to more advanced knitting. Prerequisite: Knitting 101 or equivalent experience. Supply list sent.

CRFT:720 | \$49

551 Th 7pm-9pm **Cathy Brinkmeyer**
Oct. 25-Nov. 15 *Florissant Valley-Soc. Sci., 103*

400 Tu 11am-1pm **Thi Miller**
Nov. 13-Nov. 27 *Nottingham School*

Crocheting 101: Beginning

Crochet basic stitches-single, double and triple, learn to decrease and increase. Make a simple piece and get help reading patterns. You may bring your unfinished project. Both beginning and continuing students welcome. Supply list sent.

CRFT:724 | \$49

551 Tu 7pm-9pm **Anne Frese**
Nov. 13-Nov. 27 *Florissant Valley-Soc. Sci., 103*

Crocheting: The Next Step

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

CRFT:724 | \$49

452 W 6:30pm-8:30pm **Carletta Kemp**
Oct. 31-Nov. 14 *Forest Park-G Tower, 115*

730 Th 7pm-9pm **Tammy Smith**
Oct. 18-Nov. 1 *Mehlville H.S., 210*

Crocheting Granny Squares

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

CRFT:726 | \$29

550 M 6:30pm-8:30pm **Carletta Kemp**
Oct. 8 *Florissant Valley-TC, 109*

450 M 6:30pm-8:30pm **Carletta Kemp**
Nov. 12 *Forest Park-G Tower, 115*

Crocheting with Plarn

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

CRFT:726 | \$35

451 M 6:30pm-8:30pm **Carletta Kemp**
Oct. 15-Oct. 22 *Forest Park-G Tower, 115*

Make It and Take It: Potato Chip Scarf

Funny name, cute scarf. A quick and easy project that you can make and take home the same day. Crocheting a potato chip scarf is just like eating potato chips, you can't make just one. Make a bunch for holiday gifts but keep one for yourself. Prerequisite: Crocheting 101 or equivalent experience. Supply list sent.

CRFT:724 | \$29

553 M 6:30pm-8:30pm **Carletta Kemp**
Nov. 5 *Florissant Valley-TC, 109*

Make It and Take It: Winter Cowl

A quick and easy project that you can make and take home. Wear this convertible piece around the neck as a chunky collar or pull it up over your head like a hood-either way, it will keep you wonderfully warm in style. Prerequisite: Crocheting 101 or equivalent experience. Supply list sent.

CRFT:724 | \$29

554 Tu 6:30pm-8:30pm **Carletta Kemp**
Nov. 13 *Florissant Valley-TC, 109*

Intermediate Metalsmithing Techniques for Jewelry

In this course, we will learn basics in etching metal. We will cover hand drawn techniques as well as photo etching. We will also learn basic torch-fired enamel on metal, contemporary techniques such as using Prismacolor pencils to color metal, simple metal leafing, and oxidation. Some very basic types of patinas will also be discussed. Prerequisite: Basic Metalsmithing Techniques for Jewelry or equivalent experience. Class syllabus sent.

CRFT:753 | \$219

681 Sa 9am-12pm **Elizabeth Krinsky**
Oct. 27-Dec. 15 *Meramec-Hum. East, 131*

Advanced Wire Wrap

Craft a sterling silver bracelet (and earrings, if time permits.) You choose the stones. Learn to make consistent, clean, professional loops and techniques applying hammered wire to stone. You'll find something new even if you have taken our other wire wrap classes. Prerequisite: Basic Wire Wrap class. Fee includes use of necessary tools. Supplies for project must be purchased from DEEsigs. Supplies are extra and will cost approximately \$25. Photos of similar projects are available at the Meramec Continuing Education office. Students may bring safety and magnifying glasses for personal use.

CRFT:753 | \$45

M04 Th 6pm-9pm **DEEsigs Studio**
Oct. 11

Gemology 102: Colored Stones and Pearls

Discover the unique qualities of a dazzling array of colored gemstones and pearls. Pearls are categorized as organic gem material and are amongst the oldest of precious gems. Learn about the wide variety of available gemstones and pearls and the effect each has on beauty, rarity and value.

CRFT:753 | \$69

S02 W 7pm-9pm **Stacy Minden**
Oct. 24-Nov. 14 *SCEUC*

Resin Casting Jewelry Workshop

Learn the basic steps for making beautiful jewelry by creating tiny collage assemblages inside metal frames, and then cast your creation in a durable, fast-drying hard-cure resin. Project examples are on display at the Meramec Continuing Education office.

CRFT:753 | \$39

480 Sa 10am-1pm **Jennifer Bradford**
Nov. 3 *Thomas Dunn Mem. Ctr*

650 Tu 6pm-9pm **Jennifer Bradford**
Nov. 13 *Kirkwood Sr. H.S., SA 1*

Fall Holiday Crafts and Cards

Make and decorate distinctive gift favors for fall holidays and Christmas. After learning how to make them, you could even try this as a business. Put together and take home extraordinary Halloween treats, a Thanksgiving craft, a notebook and a unique Christmas gift card holder. Fee includes most materials. Supply list sent. Last day to enroll or drop class is 10/5. No refunds after 10/5.

CRFT:762 | \$35

SD3 Sa 9am-12pm **Patti Bossi**
Oct. 13 *SCEUC, 100*

Accordion Holiday Scrapbook

Join us to make this one-of-a-kind accordion holiday scrapbook. This scrapbook would make a perfect holiday gift or turn it into a brag book. This book is fun to put together and will be designed with seasonal scrapbook paper and cardstock. No need to bring your pictures, you can decide what to put in it later. We will supply all the paper and embellishments you need to craft this book, all you need to bring is adhesive and scissors. It will make a great conversation piece and is the perfect size to put in your purse and show your friends and family

CRFT:762 | \$29

S01 Sa 9am-12pm **Patti Bossi**
Nov. 17 *SCEUC, 102*

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PERSONAL ENRICHMENT

Basic Soap Crafting for Fun and Profit

Come and learn the art of soap crafting. In this hands-on class, you'll start with a pre-made glycerin soap base and then melt, mix, add color and scent with essential oils or fragrance oils to make your own unique soap. After learning how to craft your own soaps using melt and pour soap bases, see how you can package and label your soaps for gifts or for sale. Supply list sent. Class is hands-on.

CRFT:765 | \$29

680 Sa 9am-11:30am **Yvonne Von Der Ahe**
Oct. 20 *Meramec-Soc. Sci., 105*
Sa 9am-11:30am **Yvonne Von Der Ahe**
Nov. 3 *Wildwood Art Annex*

Henna 101: The Natural Art of Henna

Do you enjoy the ancient art and traditions of henna? We will discuss the science of henna and how it works and the history, tradition and use of the art form. Make your own henna paste and cone applicator. Learn about aftercare, tips and troubleshooting. Instructor will supply some basic designs for practice. Supplies included in fee.

CRFT:765 | \$19

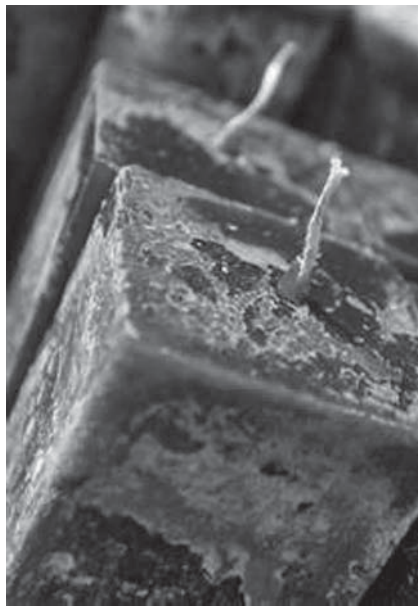
P02 W 6:30pm-8:30pm **Deanna Nash**
Oct. 24 *Nottingham School*

Candle Making for Fun and Profit

Discover candle making and how to profit from this craft. Make one votive candle and take home molds, wax, wicks, fragrance and putty for a 3" x 3" candle. Have fun in an educational, hands-on class. Fee includes all materials. Half hour lunch break-bring a sack lunch. Wear closed-toed shoes, old clothes and long-sleeved shirt for protection against wax splashes.

CRFT:765 | \$45

681 Sa 9:30am-1:30pm **Thomas Fortenberry**
Oct. 20 *Meramec-Science West, 104*



Terrariums: Craft a Garden Under Glass

Terrariums are a beautiful, low-maintenance way to add some living greenery to your home. In this workshop, you will create your very own moss-based "toadstool" terrarium while learning about appropriate plant species, props, soil requirements and care instructions. Class can be messy-dress appropriately. Fee includes most materials. Student needs to bring a jar that is approximately quart sized and clear glass that they wish to use for their terrarium structure. Jar can be any shape but needs to include a lid and be label free.

CRFT:765 | \$35

682 Sa 10am-12pm **Holly Schroeder**
Oct. 27 *Meramec-Science South, 207*

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. No class 11/20.

BRID:702 | \$45

M01 TBA 2:45pm-4:45pm **Phyllis Siegel**
Nov. 13-Dec. 11 *Afton White-Rodgers CC, A*

CULINARY ARTS

All food classes are hands-on unless otherwise stated.

Holiday Cake Decorating

Expand your basic cake decorating skills while learning creative and whimsical projects designed for the holidays ahead. Basic cake decorating skills required. Supplies extra. No class 11/6.

FOOD:702 | \$59

730 Tu 6:30pm-9pm **Cynthia Sciaroni**
Oct. 30-Nov. 27 *Mehlville H.S., 130*

Cake Decorating: Rolled Fondant

Dazzle your family and friends with the elegant look of a rolled fondant cake. In just three classes, you'll learn how to achieve this European style and create an edible masterpiece for your next special occasion. Basic cake decorating skills required. Supplies extra.

FOOD:703 | \$49

770 M 6:30pm-9pm **Cynthia Sciaroni**
Oct. 29-Nov. 12 *Hixson Middle School, 121*

Cake Decorating: Wedding Cakes

Move up to the next level. Learn to construct and decorate tiered cakes, including more advanced borders and flowers. You'll also learn tips in making, supporting, and transporting wedding cakes. Basic cake decorating skills required. Bring icing and tips to first class. Supplies extra.

FOOD:704 | \$49

550 Tu 6:30pm-8:30pm **Gloria Hall**
Nov. 13-Dec. 4 *Florissant Valley-S.C., PDR-B*

Fabulous Pies

Join this baker's class and you'll learn to prepare a variety of tempting pies, including maple butter-pecan pie, pumpkin-ginger pie with gingersnap streusel, crumble pear pie, apple-cranberry crumb pie, french apple custard pie and several other pies you'll enjoy making again and again. Bring a 9" pie pan to take home warm pie samples.

FOOD:705 | \$39

580 Sa 9:30am-12:30pm **Eileen Fraser**
Oct. 20 *Florissant Valley-Sci./Mth, 129*

Quick Breads, Muffins, Cupcakes, and More

If you love to bake but want quick results, this is the class for you. Come enjoy fresh-from-the-oven quick breads such as chocolate cherry cupcakes with vanilla filling, whole wheat banana bread, pumpkin pie muffins, cranberry banana bread and other quick-to-fix treats that can be enjoyed by the family or given as gifts to family and friends.

FOOD:706 | \$39

581 Sa 9:30am-12:30pm **Eileen Fraser**
Nov. 3 *Florissant Valley-Sci./Mth, 129*



Gifts from the Kitchen: Marzipan

Marzipan is a classic international treat that is often imitated but can only be authentically made with quality ingredients. In this class you'll have a unique opportunity to work with marzipan to make a cornucopia of confections. You'll learn how to create the traditional marzipan miniature fruits and vegetables for Thanksgiving, including the edible basket in which to put them. Bring take home containers so you can share these special holiday treats with your family and guests.

FOOD:707 | \$39

P01 M 9:30am-12:30pm **Mary Autrey**
Nov. 12 *Culinary Arts House*

P02 M 6:30pm-9:30pm **Mary Autrey**
Nov. 12 *Culinary Arts House*

Gifts from the Kitchen: Truffles

Have you ever experienced the indulgent luxury of a homemade chocolate truffle? They're worth every fun minute you spend in the kitchen creating them. In this class you'll learn the secrets to making these irresistible bite-sized chocolates just in time for holiday entertaining and gift-giving. You'll craft ganache-based candies such as deep dark chocolate truffles, white chocolate mint truffles, gingerbread milk chocolate and more. Bring take home containers so you can share these special holiday treats with your family and guests. They make an impressive addition to any party dessert table or a delightful gift for a special person in your life.

FOOD:707 | \$39

P03 Th 9:30am-12:30pm **Mary Autrey**
Dec. 13 *Culinary Arts House*

P04 Th 6:30pm-9:30pm **Mary Autrey**
Dec. 13 *Culinary Arts House*

Halloween Cookie Bouquet

Make, decorate, and construct a Halloween cookie bouquet. You'll leave class with a completed "bouquet" to keep or to give that special trick-or-treater in your life. Class is hands-on. Fee includes a cookie bouquet to take home.

FOOD:708 | \$39

P02 Th 6:30pm-9:30pm **Debra Hennen**
Oct. 11 *Culinary Arts House*

Thanksgiving Cookie Bouquet

Make, decorate, and construct a Thanksgiving cookie bouquet. You'll leave with a completed "bouquet" to grace your holiday table or to make someone else's holiday special. Class is hands-on. Fee includes a cookie bouquet to take home.

FOOD:708 | \$39

P03 Th 6:30pm-9:30pm **Debra Hennen**
Nov. 1 *Culinary Arts House*

Gifts from the Kitchen: Holiday Cookies

Looking for new cookie recipes this holiday season? We have them for you. In this class you will bake peanut butter crunch bars, frosted brownie drops, orange-coconut cookies, chocolate cinnamon crumble cookies, cranberry shortbread cookies, red velvet blossoms, oatmeal raisin cookies, and an assortment of other cookies that are sure to delight and excite your family and guests this holiday season. Be sure to bring a container to take home an assortment of freshly baked cookies.

FOOD:708 | \$39

580 Sa 9:30am-12:30pm **Eileen Fraser**
Dec. 1 *Florissant Valley-Sci./Mth, 129*

The Wonderful World of Fermented Vegetables

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

FOOD:718 | \$39

782 M 6:30pm-9pm **Jane Campbell**
Oct. 22 *Lindbergh Sr. H.S., 31*



Cooking for the Diabetic

In this class, you'll learn to make a variety of simple, delicious, heart healthy dinners designed to fit in with the dietary needs of most diabetics and improve the diet of anyone wishing to reduce their risk. We'll look at basic principles and techniques to adjust the nutritional profile of your recipes while increasing flavor. You'll discover the delicious joys of eating better as we sample a variety of tasty, balanced meals that will leave you satisfied. Come hungry, bring take home containers, and you will leave happy. This is a cooking class and the chef instructor will not provide medical information or advice about diabetes.

FOOD:718 | \$39

750 Tu 6:30pm-9:30pm **Michelle Melton**
Nov. 13 *Kirkwood Sr. H.S., C 191*

Easy Holiday Small Bites

Stuck in a holiday rut? Go beyond the cheese ball and crab dip with these easy and fanciful recipes designed to add flavor and style to your entertaining menus: red pepper straws, cranberry apricot baked bread with homemade peppered crostini, caramelized onion and gruyere tart, ham and cheese cornbread bites, mini beef tenderloin open-faced sliders with mustard horseradish sauce.

FOOD:722 | \$39

750 Tu 6:30pm-9:30pm **Suzanne Corbett**
Nov. 27 *Kirkwood Sr. H.S., C 191*

Gifts from the Kitchen: Holiday Petit Fours

Make your holiday parties extra special with elegant petit fours you've made yourself. These flavorful, small cakes are cut in holiday shapes and decorated beautifully for the holidays. They're so easy to make and so wonderful to eat. Class is hands-on. Bring a container to take home petit fours ready for gift-giving or your own holiday celebration.

FOOD:724 | \$39

P03 M 9:30am-12pm **Debra Hennen**
Dec. 3 *Culinary Arts House*

P04 M 6:30pm-9pm **Debra Hennen**
Dec. 3 *Culinary Arts House*

Last Minute Holiday Cooking Made Easy

The holidays are a hectic time and it's easy to be caught off-guard when company suddenly turns up on your doorstep. Entertaining and feeding last minute guests won't be a problem after you pick up the ideas our instructor has for you in this class.

FOOD:724 | \$39

780 W 6:30pm-9:30pm **Sheila Korte**
Nov. 7 *Lindbergh Sr. H.S., 31*

Appetizers for Holiday Entertaining

Whether you're having an impromptu get-together or an elegant feast, this is your chance to be a successful hostess. Holiday entertaining can be easy when you have these do-ahead, time saving appetizer recipes that your guests will love. Come to this class and experience a taste of the holidays with spinach feta tarts, cranberry chicken fillo (phyllo) cups, mozzarella tomato tartlets, tortellini appetizers, prosciutto puffs, and much more.

FOOD:724 | \$29

550 W 7pm-9:30pm **Eileen Fraser**
Nov. 14 *Florissant Valley-Sci./Mth, 129*

Creative Halloween Party

This is a demonstration and tasting class. It's a whole new twist on "finger" foods. Watch the creation of hauntingly tasty treats, drinks and decorations. You'll go home with recipes, ideas, and all the instructions ready to create an amazing Halloween party of your own. Bring some take home containers.

FOOD:724 | \$39

P01 M 9:30am-12:30pm **Debra Hennen**
Oct. 22 *Culinary Arts House*

P02 M 6:30pm-9:30pm **Debra Hennen**
Oct. 22 *Culinary Arts House*

Chinese Take-Out at Home

Addicted to your Chinese take-out favorites but looking for a way to save some cash? Learn how to make a variety of great Chinese food at home with your own fresh ingredients. We'll make egg rolls, crab rangoon, fried rice, General Tso's chicken, mu shu pork, and Szechuan beef. What a feast.

FOOD:734 | \$39

782 Th 6:30pm-9:30pm **Michelle Melton**
Oct. 11 *Lindbergh Sr. H.S., 31*



Hearthside Autumn Dinner Party

Return to the tradition of the dinner party and welcome guests back into the dining room with seasonal harvest foods. Menu is based on the bounty of the fall season. Seasoned pot cheese, crumb-crusted pork loin with date nut dressing, winter greens with apple cider vinaigrette, corn chowder, buttermilk pan dinner rolls, and pear upside down cake.

FOOD:744 | \$39

780 M 6:30pm-9:30pm **Suzanne Corbett**
Oct. 15 *Lindbergh Sr. H.S., 31*

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PERSONAL ENRICHMENT

Best Buys in Wine

Are you looking for some great wine deals but aren't willing to compromise quality and taste? This class will teach you how to find those wonderful, less-expensive wines that truly over-deliver. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. \$20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M02 Tu 6:30pm-8:30pm William Polhemus
Oct. 16 The Wine Barrel



Compare and Contrast Different Wine Varietals

What's the difference between a Bordeaux and 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 material fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M04 Tu 6:30pm-8:30pm William Polhemus
Dec. 4 The Wine Barrel

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DANCE

Electric Slide Plus

This is a strictly-for-fun course that is designed to teach you the Electric Slide and its popular variations.

DANC:734 | \$49

581 Sa 11:15am-12:15pm Laverne Gee
Oct. 20-Dec. 1 Florissant Valley-P.E., 233
No Class 11/24

Slide Dancing for Fun and Fitness: Intermediate

Now you can learn to do the latest slide dances and hustles sweeping the nation. This high energy class is perfect for the slide dancer ready for more beyond the basics. Intricate dance routines will be taught in easy to follow steps. Slide dancing encourages fun, wellness and creativity. If you already have slide dancing abilities and want to increase your skills, this class is a must. Prerequisite: Beginning Slide Dancing for Fun and Fitness. No class 11/10, 11/24.

DANC:734 | \$59

H81 Sa 10am-11:30am Stephanie Crusoe
Oct. 20-Dec. 8 Harrison Educ. Ctr, 206



For the following classes: Fee is per person. Complete registration information required for each person when enrolling in a dance class for "partners only." Dress shoes recommended. No Tennis shoes.

Swing Dancing: Beginning I and II

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

DANC:738 | \$59

M02 M 6:30pm-7:45pm Gerry and Bob Tevlin
Oct. 22-Nov. 26
Concordia Luth. Ch-Kirkwood, CAFE



A Holiday Dancing Quick Course-Get Ready to Party!

Are you tired of sitting on the sidelines at holiday parties where there's music and dancing? This is the class for you. You'll learn one basic step and practice it with swing, slow, country and fox trot music. Come join the fun on the dance floor with four dance styles and four varieties of music. After this class, you'll be ready to dance the night away. Partners preferred. Fee is per person. Dress shoes recommended. No Tennis shoes.

DANC:765 | \$59

M02 M 8pm-9:30pm Sharon Martin
Nov. 26-Dec. 17
Concordia Luth. Ch-Kirkwood, CAFE

ECOLOGY AND SUSTAINABILITY

The Sustainable Backyard for Beginners

Learn how to make your little piece of earth more sustainable and productive. From eliminating fossil fuel use on your lawn and growing perennial vegetables to raising chickens and bees, there are many ways to green up your yard. We'll review a range of options including permeable pavers, composting, rainwater harvesting, solar power and more. Class offered by Terry Winkleman of Home-Eco.

ECOL:700 | \$29

450 W 6pm-9pm
Oct. 10 Nottingham School

The Sustainable Home for Beginners

From the kitchen to the bath to the backyard, we can make more sustainable choices in our personal habits and products we purchase to lighten our impact on the planet and lessen our exposure to toxins and indoor air pollutants. This overview of the questions to ask and options to consider will get you started in the right direction. Class offered by Terry Winkleman of Home-Eco.

ECOL:700 | \$29

451 W 6pm-9pm
Nov. 14 Nottingham School



Have you ever wanted to use the Internet to stay in touch with family and friends, share photos or search for a new job?

St. Louis Community College's new public computer centers offer internet access, laptop computers, classes, personal computer support and facilities for your use and it's all **FREE**.

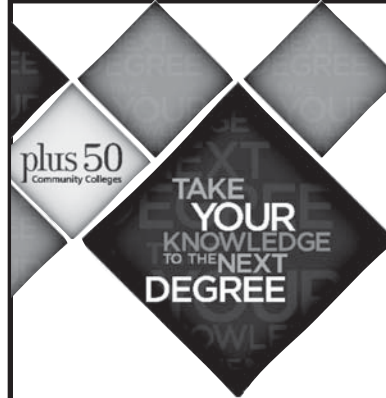
- Get introduced to the internet and computers with classes like Basic Computer Skills, Basic Internet Skills and Introduction to MS Office
- Learn general internet topics such as computer safety, E-books, sharing photos online, and both personal and professional social networking
- The best part? You'll have a computer professional on-site to help answer your questions immediately. Call to register for the classes you want or stop by the computer lab. Take each course as many times as you need!

William J. Harrison Education Center
3140 Cass Ave., St. Louis, MO 63106
For more information
call 314-763-6000

Center for Workforce Innovation
3344 Pershall Rd., St. Louis, MO 63135
For more information
call 314-513-4601



Classes are made possible by a federal grant through the Broadband Technology Opportunities Program, part of the Recovery Act, and the Missouri Department of Higher Education.



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The Business Office Application Training (BOAT) program is an intensive, 10-week certificate program offering diverse adult learners the practical skills necessary to compete in today's business offices at entry level. Microsoft Word and Excel Certifications are available.



The new Medical Intake Information Specialist (MIIS) program is an accelerated 8-week certificate course of study designed to provide focused, skills-based professional education for students 19 years of age or older who are seeking to enter the medical/healthcare support industry.



The Business Technology Training (BTT) program is an accelerated 10-week certificate program offering diverse adult learners the advanced technical and business skills necessary to differentiate themselves in today's competitive job market. Microsoft Certification included.



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PERSONAL ENRICHMENT

Climate Change Communication

Concerned about climate change, but unsure how to discuss it with skeptics? This workshop provides effective tips, techniques, and metaphors to use in conversations with people who are undecided about climate change. It also provides information and sources for the emerging science of climate change communication. Learn how to speak about this issue with humor and optimism so you can inspire others to take action.

ECOL:700 | \$29

683 Sa 9am-12pm **Brian Ettling**
Nov. 10 *Meramec-Comm. South, 204*

Intro to Householding

The modern householder takes a season-by-season approach to living sustainably. In this overview, we'll discuss local options when it comes to keeping chickens, bees and microlivestock, and provide resources on where to go to learn more about sustainable topics such as cheesemaking, canning, green cleaning, and more. Co-presented by Deanna English of Adventure Farms and Terry Winkelmann of Home Eco.

ECOL:700 | \$29

481 Sa 9am-12pm
Nov. 3 *Forest Park-G Tower, 329*

How to Make a Rainbarrel Demonstration

Capturing rain water for re-use is good for the environment and saves you money. A local expert will explain the history of water use and treatment in St. Louis. The construction of a simple rain barrel that will allow you to start harvesting the water from your down spout for home and garden use will be demonstrated. Class offered by the Earthways Center of the Missouri Botanical Garden.

ECOL:700 | \$29

652 Th 7pm-8pm
Nov. 8 *Meramec-Science South, 207*

Beyond the Coop: Backyard Chickens for the Slightly Experienced

We will review the basics of raising chickens in your backyard-local ordinances, benefits, housing, feeding and health. Beyond these basics we will look at possible 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. Prerequisite: This is an intermediate class. Please only enroll if you have experience in raising chickens already or have taken Backyard Chickens for the Novice.

ECOL:700 | \$29

682 Sa 9am-12pm **Guy Niere**
Oct. 13 *Meramec-Soc. Sci., 111*



Indoor Composting: Worm Bins

Up to 20 percent of household trash can be composted. In these hands-on sessions you will construct and learn to maintain an indoor composting system capable of decomposing food and house plant trimmings for a family of four. In a vermicomposting system, red wiggler worms process plant-matter scraps to produce a natural fertilizer and soil conditioner that your houseplants will love. Class offered in collaboration with the Missouri Botanical Garden Earthways Center. All equipment and materials included in fee. Leave class with a working indoor composting system in the form of a worm bin.

ECOL:700 | \$75

651 Tu 7pm-8:30pm
Oct. 30
Meramec-Science South, 207



Indoor Composting: Bokashi Buckets

Up to 20 percent of household trash can be composted. In these hands-on sessions you will construct and learn to maintain an indoor composting system capable of decomposing food and house plant trimmings for a family of four. In a space-saving bokashi system, effective microorganisms transform all types of kitchen waste into a nutrient-rich soil amendment. Class offered in collaboration with the Missouri Botanical Garden Earthways Center. All equipment and materials provided and included in fee. Leave class with a working indoor composting system in the form of a bokashi bucket.

ECOL:700 | \$75

650 Tu 7pm-8:30pm
Oct. 23 *Meramec-Science South, 206*



FINANCE AND INVESTING

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

730 Tu 7pm-9pm **Charles Amen**
Oct. 9 *Mehlville H.S., 206*

780 W 7pm-9pm **Charles Amen**
Nov. 7 *Lindbergh Sr. H.S., 133*

General Estate Planning: Wills, Trusts and Avoiding Probate

This class is designed for people who want to know more about their planning options, both for property distribution upon death as well as decision-making authority while alive. The class will learn about 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.

FINC:710 | \$35

720 M 6pm-8pm **Yvonne Homeyer**
Oct. 8 *Ladue H.W. Sr. H.S., 145*



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FINE ARTS

Art History and Appreciation: Impressionism

A fascinating look at a group of painters who transformed visual art through their work, goals, and lifestyles. We will study Velasquez, Goya, Monet, Pissarro, Morisot, Degas, Cassatt, Cezanne, Van Gogh, and others.

ARTS:705 | \$75

650 M 7pm-9pm **Marcel Kyle**
Oct. 8-Nov. 5 *Meramec-Comm. North, 230*

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. No class 11/6.

ARTS:709 | \$99

P02 Tu 6:45pm-9:15pm **Sarah Paulson**
Oct. 23-Dec. 4 *Nottingham School*

603 Tu 9:30am-12:30pm **Ruth Kolker**
Nov. 6-Dec. 11 *Meramec-Campus Police*

Drawing: Traditional Pencil Basics

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

ARTS:709 | \$69

681 Sa 12pm-3pm **Sean Long**
Oct. 20-Nov. 10 *Meramec-Hum. East, 215*

Botanical Illustration: Continuing

A follow-up to our basic Botanical Illustration class. Build on the skills acquired in the initial class. Choose your medium from watercolor, pen and ink, and/or colored pencils. Continue to develop your compositional and color skills with models from dried plants, bulbs, fresh flowers and more. Prerequisite: Beginning Drawing or equivalent experience. Supply list sent. No class 11/22.

ARTS:709 | \$99

602 Th 12pm-3pm **Maureen Brodsky**
Oct. 25-Nov. 29 *Meramec-Campus Police*

Caricature Drawing

Draw the likeness of a person in an exaggerated form-caricature. This course introduces the student to the special art of caricature. Focus is on how to draw a portrait of a person involving a degree of graphic exaggeration and distortion of facial and/or body features. The caricature is a time-honored form of illustration. The student will learn how to observe through the eyes of a caricaturist and how to approach the actual drawing of the subject/model. The desired outcome, through practice, is for the student to be able to create a recognizable portrait of a subject/model. Surprise friends by capturing their quirkiness as a cartoon character. Supply list sent.

ARTS:721 | \$99

650 W 6pm-9pm **Laurie Shriver**
Oct. 17-Nov. 14 *Meramec-Hum. East, 125*

Watercolor: Beginning Techniques

Paint with the brilliant color and fluid stroke of watercolor. Attempt the more difficult techniques of layered washes, modeling with color, unusual textural accents and others. Prerequisite: Basic drawing class or equivalent experience. Supply list sent. No class 10/16.

ARTS:735 | \$99

M02 Th 12:30pm-3pm **Nancy Muschany**
Oct. 18-Nov. 29 *St John's Evangelical UCC*

Watercolor: Intermediate/Advanced Techniques

Paint transparent watercolor on a more advanced level. Students must be proficient in drawing with basic watercolor skills. Attempt the more difficult techniques of layered washes, modeling with color, unusual textural accents, etc. Prerequisite: Beginning Watercolor class or equivalent experience. No class 10/19, 11/23.

ARTS:736 | \$185

600 Tu 1pm-3:30pm **Beverly Hoffman**
Nov. 6-Dec. 11 *Meramec-Campus Police*

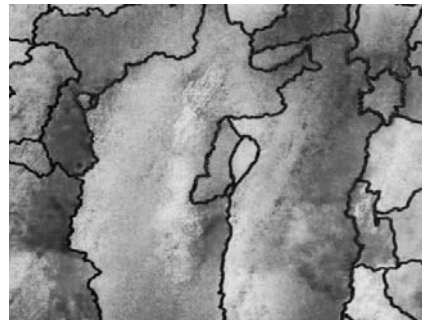
680 Sa 10am-12:30pm **Beverly Hoffman**
Oct. 27-Dec. 15 *Meramec-Campus Police*

Watercolor Portraits: People and Pets

Use watercolor to paint portraits-people and/or pets from photographs. Explore techniques to get a likeness in facial features, show fur or skin variations, and add backgrounds with washes and modeling. Work from your own or instructor's photographs. Prerequisite: Watercolor class or equivalent experience. Students must be at the intermediate or advanced level and proficient in drawing. No class 10/15.

ARTS:738 | \$99

601 M 9:30am-12pm **Beverly Hoffman**
Nov. 5-Dec. 10 *Meramec-Campus Police Bldg*



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Acrylic Impressions: Workshop

Fledgling artists-try painting, those with experience-loosen your style to paint like the Impressionists. You'll work in a small size to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list sent. All levels welcome. No class 11/24.

ARTS:748 | \$79

381 Sa 9am-12pm **Phyllis Smith Piffel**
Nov. 17-Dec. 15 *Wildwood Art Annex*

M02 Tu 12:30pm-3:30pm **Phyllis Smith Piffel**
Nov. 20-Dec. 11 *Kirkwood Comm. Ctr*

701 W 6:30pm-9:30pm **Phyllis Smith Piffel**
Nov. 28-Dec. 19 *LaSalle Springs Mid. School, 400*



Choose Your Medium: Advanced Levels

Choose one medium (acrylic, oil or watercolor) and develop your techniques. Strong emphasis is given to color theory, artistic perception, paint mixing/application and texture. Much individual instruction included. Prerequisite: Choose your Medium: All Levels class or experience. Supply list provided at first class. Water-based oil is the only type of oil paint accepted in the classroom.

ARTS:748 | \$79

582 Sa 9am-12pm **Ann Croghan**
Nov. 17-Dec. 15 *Florissant Valley-Humanities, 104*

583 Sa 12:30pm-3:30pm **Ann Croghan**
Nov. 17-Dec. 15 *Florissant Valley-Humanities, 104*

All About Framing Artwork

Learn framing design basics and about new framing industry products. Learn about framing art to enhance it, to protect it and where to hang it. Learn what NOT to do as well. Great info for the home owner, artists and interior decorators. Some traditional and non-traditional custom framing and DIY ideas. Bring your questions, your art and photos of the room where it will hang...Bring lunch to eat during the Q and A portion of the class.

ARTS:765 | \$30

480 Sa 10am-1pm **Deborah Weltman**
Oct. 20 *Forest Park-G Tower, 329*

PERSONAL ENRICHMENT

FIREARM AND HOME SAFETY

Basic Personal Protection Outside of the Home

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

GNFS:700 | \$150

683 Sa 12pm-9pm Tom Smith
Oct. 20
Chesterfield Ridge Center, Bldg-1st floor

GENEALOGY

What is at the County Library for a Genealogist?

There are vast arrays of genealogical information at the library. Learn about the different types of libraries, how to locate them, and how to effectively use them. The second session will be held at the County Library. Instructor is a certified genealogist (CG) and certified genealogist lecturer (CGL).

GENE:704 | \$25

P02 W 1:30pm-3:30pm Mary Stamm
Oct. 17-24 St. Louis Genealogical Society

HEALTH AND WELLNESS

Couples Massage

Find gentle ways to comfort and relax your partner. Methods based on Swedish, Russian massage, and trigger point therapy. Partner required. Fee is per person. Supply list sent.

HEAL:704 | \$39

481 Sa 9:30am-3:30pm B Sanvito
Oct. 13 Forest Park-Hospitality, 221

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. No class 10/31.

HEAL:706 | \$49

550 W 7pm-9pm Rhonda Leifheit
Oct. 17-Nov. 14 Florissant Valley-TC, 109

Celiac Disease: "When You Hear Hooves Think Horses, Not Zebras" Doesn't Work For This Autoimmune Disease

Celiac disease is the most prominent autoimmune disease in the US, affecting approximately three million people. Putting it in perspective, Parkinson's disease affects approximately one million. Celiac disease reaches far beyond the 'typical' constellation of GI symptoms most commonly associated with the illness. From something as seemingly simple as iron deficiency anemia to a five-fold increased risk of developing intestinal lymphoma, Celiac disease is not to be taken lightly. This presentation will address the full spectrum of issues related to Celiac Disease, i.e., diagnosis, symptoms, dietary restrictions, legal implications, etc., and is appropriate for the clinical nurse, Legal Nurse Consultant and/or the general population.

AHCE:734 | \$29

650 Th 6pm-8:15pm Barbara Boschert
Oct. 18 Meramec-Campus Police

HISTORY/ PHILOSOPHY/ RELIGION

Battle of Antietam (Battle of Sharpsburg)

The Battle of Antietam, also known as the Battle of Sharpsburg, was the bloodiest single-day battle in U.S. military history (about 23,000 casualties). Antietam is considered a turning point of the Civil war that prompted President Lincoln to issue the Emancipation Proclamation. The question, in the 150 years since the battle, has been: Could this battle have been a really smashing Union victory that would have brought the war to an earlier conclusion? You will consider the facts of missed opportunities and decide if Antietam was the turning point of the war rather than Gettysburg.

HIST:705 | \$19

P01 Tu 6:30pm-8:30pm Wynn Ward
Oct. 16 MO History Museum, Schnucks Room

Guerilla War in Missouri during the Civil War

Missouri was a border state that had supporters on both the Confederate and Union sides during the Civil War. It's no surprise then, that there was considerable neighbor-against-neighbor warfare during the Civil War. Union Order #11 forced evacuation of four Missouri counties following the Lawrence Massacre where most of the male population was murdered by guerillas. Everything in these counties was then burned to the ground. Consider why and how so many law abiding people could turn to killing each other.

HIST:705 | \$19

651 Th 7pm-9pm Wynn Ward
Nov. 8 Meramec-Soc. Sci., 205

Battle of Pea Ridge

The Battle of Pea Ridge is known as the definitive battle that secured control of Missouri for the Union Army, although it was one of the few in which the Confederates outnumbered them. Pea Ridge brought into focus many of the famous military men of Missouri, including Union Army scout "Wild Bill" Hickok. Unique to this important battle was the Confederates use of several thousand Indians under Brigadier General Chief Stand Watie. You will see how this battle unfolded.

HIST:705 | \$19

P02 Sa 10:30am-12:30pm Wynn Ward
Nov. 3 MO History Museum, ATT Room

Getting to Know "Us": A Sociological Look at St. Louis

Have you ever wonder what makes the people of St. Louis unique? We'll take a look at what has created the St. Louis culture, from the silly to the serious, to see what has shaped our culture, religion, fads, values and traditions and made us into the people we are today.

HIST:708 | \$69

600 F 9am-12pm Joan Huisinga
Oct. 26-Nov. 9 Meramec-Campus Police

War of 1812 (Part 1)

Two hundred years ago the War of 1812 was called The Second War for Independence. A young nation of 18 loosely joined states declared war on the British Empire. Hear about Old Ironsides sinking two British frigates and Admiral Perry chasing the British navy from Lake Erie. The evening will conclude as Napoleon met his First Waterloo at Leipzig. This freed the victorious British to launch their full force against cousin America.

HIST:709 | \$19

650 Th 7pm-9pm Wynn Ward
Oct. 11 Meramec-Soc. Sci., 205

War of 1812 (Part 2)

After a few years of naval victories, but no real victories on land, Britain responded by sending a new army to the United States. They came up Chesapeake Bay, fighting at Bladensburg then Washington City. Finally, the near impossible happens: "you can see by the dawns early light" that Fort McHenry's flag was still there. You will learn about this little-remembered war of 200 years ago that forged a nation and told the world that the United States was a force to be reckoned with.

HIST:709 | \$19

651 Th 7pm-9pm Wynn Ward
Oct. 18 Meramec-Soc. Sci., 205





Vietnam: An Insider Looks Back

In the Civil War it was called "Soldier's Heart." In World War I, it was simply referred to as "shell shocked." World War II veterans suffered what was called "battle fatigue." It was Vietnam vets who brought us recognition of PTSD as a legitimate post-service diagnosis. The aftermath of Vietnam helps us understand and help today's returning soldiers in many ways. Find out what it was like to live and fight in the jungle and how that differs from the challenges of war in the deserts of Iraq and Afghanistan. We'll discuss the long-standing historical conflicts that resulted in the U.S. becoming involved in the war in Vietnam from a U.S. Marine who will share his views on the parallels between Vietnam and the current war in Afghanistan. Lots of opportunity for Q and A during this fascinating evening.

HIST:765 | \$25

650 Th 7pm-9:30pm **Larry Helms**
Oct. 11 *Meramec-Soc. Sci., 109*

Third Parties In American Political History

What role have third parties played in American political history? Consider the experience of Theodore Roosevelt, Robert La Follette, Henry Wallace, Strom Thurmond, George Wallace, Ross Perot and others. Could any of them have won? What impact did they have on their elections? Why did none of the third parties last? Consider this fascinating aspect of our past as we look toward the upcoming elections in November.

HIST:765 | \$19

651 Th 7pm-9pm **James Gallen**
Oct. 25 *Meramec-Soc. Sci., 205*

Western/Monotheistic Religions: An Introduction

Each week, we'll spend the evening talking about the teachings, history, development, and current challenges of one of the following western/monotheistic religions: Judaism, Christianity and Islam. It is recommended that this course be taken in conjunction with the other two religion courses being offered to provide a more complete view of major world religions. This course will expand your knowledge of other belief systems and give you an opportunity to discuss the differences and similarities of the major world religions.

RELG:701 | \$39

352 M 7pm-9pm **Jan Worley**
Oct. 8-Oct. 22 *Wildwood, 204*

HOME AND GARDEN

Car Maintenance For Women

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

AUTO:701 | \$29

P01 Th 6pm-9pm **Michael Silva**
Oct. 11 *Advanced Auto Service*

Interior Decorating: Color Schemes

Learn to choose the best colors for your room and how to incorporate them into the room properly. Weight and balance of the colors will be discussed. Information presented in this class adds details to the color scheme part of the "Stage to Sell/Design to Live" course offered earlier this semester.

HOME:708 | \$19

351 W 7pm-10pm **Kathryn Leinauer**
Oct. 24 *Wildwood, 204*

Interior Decorating: Accessories

Learn how to choose the right shape and size accessories, how to mix accessories with different patterns and to put colors in the right proportions. You will begin to see your own personality reflected in your choice of accessories. Information presented in this class adds details to the accessories part of the "Stage to Sell/Design to Live" course offered earlier this semester.

HOME:709 | \$19

350 W 7pm-10pm **Kathryn Leinauer**
Nov. 7 *Wildwood, 204*



Fearless Home Repair: DIY "Light" Electrical Repairs

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

HOME:713 | \$19

551 W 7pm-9pm
Oct. 10 *Florissant Valley-S.C., PDR-B*

Fearless Home Repair: Simple Plumbing Repairs for Kitchens and Bathrooms

In this short workshop, you'll concentrate on repairing minor plumbing leaks from faucets and valves in your kitchen and bathroom. Think of the money you'll save doing your own simple DIY home plumbing repairs.

HOME:713 | \$19

552 W 7pm-9pm
Oct. 17 *Florissant Valley-S.C., PDR-B*

Do-It-Yourself Ceramic Tiling

Come learn how to repair, re-grout or install new ceramic tile and grout on floors and walls in your home. Distinguish between the different sizes of tile and why each are used in certain places. You'll learn how to design, layout, prepare, cut and install ceramic tile and grout. See the tools you'll need and watch a demonstration of how and why to use them.

HOME:713 | \$19

553 W 7pm-9pm
Oct. 24 *Florissant Valley-S.C., PDR-B*

What's New in Plant Hybrids?

Are you looking for something new to add to your yard in the coming seasons? There are so many new hybrids it's mind-boggling. Not every plant you find in stores in the St. Louis area will grow well in Missouri. Those little tags on the plants don't tell the whole story. You can avoid making mistakes that are not only costly, but can ruin your landscaping. Which new hybrids will do really well for you? You can learn the hard (and expensive!) way what not to plant, or your best bet: come hear our expert's advice on how to sort out the best-for-you new hybrids.

HORT:708 | \$19

681 Sa 9am-11:30am **Nancee Kruescheck**
Oct. 13 *Meramec-Soc. Sci., 109*

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LANGUAGES AND ESL



French Language: Beginning I

In a relaxed and informal atmosphere you will learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in French. Text required-bring to first class.

FLFR:702 | \$99

P01 Tu 7pm-9pm **Mary Beth Schwartz**
 Oct. 23-Dec. 18 *Nottingham School, 108*
 No Class 11/6

German for the Traveler

This is an easy and practical introduction to the language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Understand cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers. Text required-bring to first class.

FLGE:701 | \$69

751 Tu 6:30pm-9:30pm **Bryan Young**
 Oct. 16-Oct. 30 *Kirkwood Sr. H.S., E 182*

Italian for the Traveler

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

FLIT:701 | \$69

650 M 7pm-9pm **Barbara Klein**
 Nov. 5-Dec. 10 *Meramec-Comm. South, 211*

Italian Language: Beginning I

This class will cover the major parts of speech, such as articles, adjectives, adverbs and verbs. Verb conjugation will concentrate on present tense along with some irregular verbs. Vocabulary will revolve around situations commonly found abroad. Text required-bring to first class.

FLIT:702 | \$99

450 Th 7pm-9pm **Barbara Klein**
 Oct. 18-Dec. 13 *Forest Park-G Tower, 115*
 No class 11/22

Italian Language: Beginning II

This class is designed for students who have completed one semester of Italian or have similar experience. Past, future and imperative tenses will be covered. Conversation with cultural elements will be emphasized. The class will be conducted almost exclusively in Italian. Prerequisite: Italian-Beginning I or equivalent experience. Text required-bring to first class. No class 11/6.

FLIT:704 | \$99

750 Tu 7pm-9pm **Maria Brandle**
 Oct. 23-Dec. 18 *Kirkwood Sr. H.S., E 181*

Italian Conversation: Intermediate I

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

FLIT:705 | \$99

650 Tu 7pm-9pm **Barbara Klein**
 Oct. 23-Dec. 11 *Meramec-Comm. South, 211*



Russian Language: Beginning I

An introductory course to the Russian language and culture. While covering all four aspects (reading, writing, understanding and speaking), this course will primarily focus on oral proficiency. Prerequisite: Russian for First Timers or a good understanding of the Russian alphabet. Text required-bring to first class. Class on 11/5 will meet at the Meramec campus.

FLRU:702 | \$99

780 M 7pm-9pm **Valerie Powers**
 Oct. 15-Dec. 3 *Lindbergh Sr. H.S., 54*
 M 7pm-9pm
 Nov. 5 *Meramec-Comm. North, 126*

Spanish Language: Beginning I

In a relaxed and informal atmosphere, you will learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and use the Spanish language. Text required-bring to first class.

FLSP:702 | \$99

780 M 7pm-9pm **Lorenzo Gonzalez**
 Oct. 29-Dec. 17 *Lindbergh Sr. H.S., 51*
 Class on 11/5 will meet at Meramec, CS-204.

Spanish Language: Beginning II

This class is for students who have some experience with the Spanish language. You will continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary. Prerequisite: Spanish-Beginning I or equivalent experience. Text required-bring to first class.

FLSP:704 | \$99

771 W 7pm-9pm **Ann Matthews**
 Oct. 24-Dec. 19 *Hixson Middle School, 111*
 No Class 11/21

Spanish Conversation: Intermediate II

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

FLSP:705 | \$99

781 W 7pm-9pm **Lorenzo Gonzalez**
 Oct. 24-Dec. 19 *Lindbergh Sr. H.S., 51*
 No Class 11/21

MASTER NATURALIST CERTIFICATE

Students are offered the opportunity to earn a Master Naturalist Certificate in cooperation with St. Louis Audubon Society, Missouri Native Plant Association, North American Butterfly Association, St. Louis Astronomical Society, St. Louis Community College at Meramec Department of Biology, Endangered Wolf Center, Forestry ReLeaf of Missouri and Continuing Education Office. The course of study includes credit and non-credit classes. A non-credit Master Naturalist Certificate will be awarded to students completing all components of the program. Courses listed below meet the curriculum requirements for the Master Naturalist Certificate.



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

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

NATR:765 | \$25

580 Sa 9am-12pm **Michael Redman**
Nov. 10 *Florissant Valley-Soc. Sci., 101*

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

Improve the basic meteorological and severe weather skills you learned in the Level 1 class by taking the region's only Level 2 program. We'll discuss computer resources, convective outlooks, watch and warning messages, cloud definition, radar interpretation, severe weather safety, and more. You'll get lots of handouts and certification too. Prerequisite: Level 1 class.

NATR:765 | \$25

581 Sa 1pm-4pm **Michael Redman**
Nov. 10 *Florissant Valley-Soc. Sci., 101*



MOTORCYCLE RIDER TRAINING



All Motorcycle Safety classes meet in Forest Park-D tower, Room 215, prior to activities on the motorcycle range.



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Motorcycle Safety Basic Rider Course (BRC)

The Basic Rider Course (MSF-BRC) is geared toward the novice motorcyclist or scooter operator, but will also provide an excellent skills update for the returning rider or those experienced with no previous formal training. The course consists of classroom and on-bike instruction with furnished motorcycles or scooters (loaner scooters are limited, 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 license endorsement. Students must be at least 15½ years old and able to ride a bicycle. Those under 18 years old 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 five-minute video of Basic Rider Course highlights, go to msf-usa.org.

MOTR:701 | \$195

- 487** Sa 9am-7pm *Forest Park-D Tower, 215*
Oct. 13
Su 9am-8pm *Forest Park-D Tower, 215*
Oct. 14
- 488** Sa 9am-7pm *Forest Park-D Tower, 215*
Oct. 20
Su 9am-8pm *Forest Park-D Tower, 215*
Oct. 21
- 489** Sa 9am-7pm *Forest Park-D Tower, 215*
Oct. 27
Su 9am-8pm *Forest Park-D Tower, 215*
Oct. 28

Basic Bike Bonding Rider Course

Bike Bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating). The objective of the Basic Bike Bonding Course is to develop and practice basic skills beyond those acquired in the Basic Rider Course. The course is designed to provide sufficient control skills to handle a motorcycle in more challenging street situations in a low risk, effective, and enjoyable training environment. The BBBRC is also an excellent refresher course for those that may not have ridden for a period of time since their Basic Rider Course or desire additional practice time. You must have completed the BRC or have sufficient riding skills and experience to operate a motorcycle with basic proficiency. Students must have a motorcycle endorsement or motorcycle permit. There is no classroom portion to this course. Training motorcycles are provided. The BRC or Returning Rider BRC are recommended prerequisites for the novice rider; however, not required. Must have motorcycle permit or M-endorsement, be 18 years old or older. Loaner motorcycles provided. This is not a Missouri state waiver class.

MOTR:703 | \$99

- 482** Sa 8am-5pm *Forest Park-D Tower, 215*
Oct. 13

PERSONAL ENRICHMENT

Ultimate Bike Bonding Rider Course

Bike Bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating). This is a precision riding curriculum derived from police motorcycle training courses and consists of drills and skill circuits to improve a rider's performance. Controlled motorcycle operation and body positioning are emphasized to maximize low-speed operation and control. By the end of the course, participants should be able to handle their motorcycle in a more precise and smooth manner. There is no classroom portion to this course. Participants must provide their own motorcycle and pass an on-site safety inspection. The BRC-2 or ARC are recommended prerequisites if the student has never taken a formal class for low speed maneuvers. Must have M-endorsement on license, use own street-legal insured motorcycle (no scooters permitted), be 18 years old or older. This is not a Missouri state waiver class.

MOTR:704 | \$99

481 Su 8am-5pm
Oct. 14 Forest Park-D Tower, 215

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 7pm-8pm
Oct. 10-Oct. 24 Wildwood

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PHOTOGRAPHY

35MM and Digital Photography: Introduction

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

PHOT:701 | \$69

781 M 7pm-9pm
Oct. 22-Nov. 26
No Class 11/5
Kent Gastreich
Lindbergh Sr. H.S.

Digital Pictures: Introduction

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

PHOT:707 | \$49

680 Su 12:30pm-3:30pm
Nov. 4-Nov. 11 Meramec-Bus. Admin., 212
Rachel Bufalo

SCIENCE

Dissection for Adults

Were you always interested in science as a youth? Well it's not too late to put on your aprons and gloves and explore the inside structures found in these specimens. You'll learn to use dissection equipment properly and to identify the organs. Possible dissection specimens include pig, shark, snake and organs.

SCIE:701 | \$49

650 Sa 10am-1pm
Nov. 10 Meramec-Science South, 105
Jeanne Schulte

SELF-IMPROVEMENT

Living the Adventure of Life

It is never too late to blossom into yourself. Rediscover your passion for life and recognize that the most important work you will ever do is become who you were meant to be, no matter what your age. Bring a notebook and pen.

PERD:709 | \$25

680 Sa 10am-12pm
Oct. 27 Roselyn Mathews
Meramec-Soc. Sci., 109

"The Psi Factor"-Just Ghosts

Did you enjoy learning about the paranormal in "The Psi Factor"-Examining Parapsychology? Ready to learn even more? Share your experiences and continue your exploration into the paranormal in this one night class that focuses on ghosts.

PERD:734 | \$25

651 M 6:30pm-8pm
Oct. 29 Daniel Guilfooy
Meramec-Science West, 108

Dreams: Wisdom From Within

Delve into the mystery of dreaming to discover the guidance they can give. Learn techniques for remembering dreams and interpreting their meaning in practical, useful ways.

PERD:735 | \$49

650 M 7pm-9pm
Nov. 19-Dec. 10 Rhonda Leifheit
Meramec-Library, CNFL

More Self-Esteem for Women

Continue on the path to truly accepting yourself as you are, and being your own best friend. Build on your strengths, learn about 'healthy selfishness,' and learn how to raise your happiness set-point. With higher self-esteem, we can set goals and take more positive action steps, bringing about a happier life without feeling guilty. Challenge yourself to see how 20 seconds of courage can make a difference in your life. Class is suggested for women that attended Self-Esteem for Women. Bring a notebook and pen. No class 10/31.

PERD:736 | \$49

651 W 7pm-9pm
Oct. 17-Nov. 14 Susan Herman
Meramec-Soc. Sci., 109

Consumed by Clutter

If you or someone you love is overcome with clutter, there is hope. Acquire and utilize strategies to organize and let go of clutter.

PERD:765 | \$45

650 M 6:30pm-8:30pm
Oct. 15-Nov. 5 Kimberly Meredith
Meramec-Appl. Science, 108

Learn more at:

www.ed2go.com/stlcc

or call

314-539-5360.

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SPORTS AND FITNESS

The college can assume no liabilities for injuries or for the aggravation of individual's medical condition, which may be incurred in connection with its on-and-off campus course offerings. Although accidents rarely occur, those participating in sports and recreational events in particular should have their own insurance or be aware that expenses for any medical treatment or care must be borne by the individual student. Students engaging in dance, sports, or recreational type activities should understand that a physical activity of this type is potentially hazardous. It is strongly recommended if a participant is of an age, has a medical condition, or leads a sedentary lifestyle that may affect their health due to participation in this activity, that they receive a complete physical examination before the start of the program.

Water Sport Students:

Due to circumstances related to inclement weather, building and/or equipment malfunctioning or maintenance, the Pool facilities used by Continuing Education may have to be closed with little or no advance notice. In these cases, no refunds will be offered, nor will make-ups be available because of tight scheduling of swimming, water exercise and other physical education classes. For additional information regarding the various college Pools, please call

- Meramec Pool: 314-894-7172
- Forest Park Pool: 314-644-9717
- Florissant Valley Pool: 314-513-4275

Lap Swim-Florissant Valley-29 Sessions

The Pool is open for lap swimming during this time. Lockers are available; however you must provide your own towel and lock for your valuables.

PEDU:721

33 Sessions | \$65

501 M-F 6:30am-7:45am
Oct. 22-Dec. 7 Florissant Valley-P.E., Pool
No Class 11/22, 11/23

Swimming Skills: Beginning/Intermediate-Meramec

Designed for persons who want to acquire basic through intermediate swimming skills, enabling them to feel confident in the water and around water activities. Emphasis is on the primary strokes, buoyancy techniques, breath control and acquiring endurance.

PEDU:722 | \$89

601 MW 10am-10:50am Jason Mounts
Oct. 17-Dec. 5 Meramec-P.E., Pool



Water Exercise-Florissant Valley

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

PEDU:729

14 Sessions | \$79

507 TuTh 8am-8:50am Catherine Crinnion
Oct. 18-Dec. 6 Florissant Valley-P.E., Pool
No Class 11/22

508 TuTh 2:05pm-2:55pm Catherine Crinnion
Oct. 18-Dec. 6 Florissant Valley-P.E., Pool
No Class 11/22

20 Sessions | \$99

504 MWF 8am-8:50am Catherine Crinnion
Oct. 22-Dec. 7 Florissant Valley-P.E., Pool
No Class 11/23

505 MWF 10:05am-10:55am Barbara Harris
Oct. 22-Dec. 7 Florissant Valley-P.E., Pool
No Class 11/23

506 MWF 11am-11:50am Barbara Harris
Oct. 22-Dec. 7 Florissant Valley-P.E., Pool
No Class 11/23

Water Exercise-Meramec

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

PEDU:729 | \$89

15 Sessions

605 MW 9am-9:50am Gary Ketcherside
Oct. 17-Dec. 5 Meramec-P.E., Pool

606 MW 2:10pm-3pm Gary Ketcherside
Oct. 17-Dec. 5 Meramec-P.E., Pool

607 TuTh 9am-9:50am Gary Ketcherside
Oct. 11-Dec. 6 Meramec-P.E., Pool

608 TuTh 2pm-2:50pm Kelly Kauffmann
Oct. 11-Dec. 6 Meramec-P.E., Pool
No Class 10/16, 11/22

651 TuTh 6pm-6:50pm Gary Ketcherside
Oct. 11-Dec. 6 Meramec-P.E., Pool
No Class 10/16, 11/22

Water Exercise-Cardio Fitness-I

Increase your energy and physical conditioning in this class using a combination of lap-based aerobic exercises along with strength training using dumbbells and noodles.

PEDU:729

Session II | \$85

610 TuTh 10am-10:50am Kelly Kauffmann
Oct. 18-Dec. 6 Meramec-P.E., Pool
No Class 11/22

Water Exercise: Shallow/Deep Aerobics Combo

Challenge your body and mind with this intense workout in both shallow and deep water. Great exercise for toning as well as increasing strength and endurance. Non-swimmers are required to wear a safety belt-available at most sporting goods stores. Life jackets NOT recommended.

PEDU:729 | \$89

653 MW 6pm-6:50pm Gary Ketcherside
Oct. 17-Dec. 5 Meramec-P.E., 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 | \$49

552 TuTh 7:05pm-7:55pm Neil Skid
Oct. 23-Nov. 27 Florissant Valley-P.E., Pool
No Class 11/22

Golf Classes -Extra fee for balls

Golf: Beginning I

Learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping. Class limit six. Extra fee for balls.

PEDU:730

4 Sessions | \$45

811 M 7pm-8pm Big Bend Golf Center
Oct. 15-Nov. 5

Golf: Beginning II

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

PEDU:731

4 Sessions | \$45

811 M 6pm-7pm Big Bend Golf Center
Oct. 15-Nov. 5

812 Sa 11am-12pm Big Bend Golf Center
Oct. 13-Nov. 3

840 Tu 5pm-6pm Landings at Spirit Golf Club
Oct. 9-Oct. 30

841 Sa 10am-11am Landings at Spirit Golf Club
Oct. 13-Nov. 3

Golf: Parent/Child

Parent attends class with a child, ages 7-15. Registration required for each participant. Class limit six.

PEDU:732

4 Sessions | \$45

812 Sa 10am-11am Big Bend Golf Center
Oct. 13-Nov. 3

Semi-Private Golf Lesson

Enjoy this unique opportunity to play with an experienced golf instructor. PGA professional will take you and three other students on the regular course (not the par 3 beginner's course) to play nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately \$20 to play up to nine holes (includes a riding cart) on the regular course. Meet instructor at Eagle Springs Clubhouse. Tee time is 4:30pm sharp.

PEDU:732 | \$29

822 M 4:30pm-7pm Eagle Springs Golf Course
Oct. 15

National Tennis Rating Program (NTRP)

- 1.0 *This player is just starting to play Tennis*
- 2.0 *May have had some lessons; needs on-court experience*
- 2.5 *Can sustain a short rally of slow pace; needs to develop form*
- 3.0 *Consistent on medium-paced shots; needs work on form and strategy*
- 3.5 *Consistent with directional control; needs to work on specialty shots*

Designations used as a tool to assist students when registering for Tennis classes:

Beginning I (1.0-2.0): Designed for beginners and those who have limited experience with basic Tennis strokes. Proper techniques of all strokes will be covered. Drills will be used and Tennis etiquette and rules will be discussed. Players will be grouped according to ability.

Beginning I and II (1.0-2.5): Designed for beginners and those who need to brush up on the basics. Techniques covered are forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability.

Beginning II (2.5): Further emphasized is proper stroke development and footwork through the use of drills. Tennis etiquette and rules will be reviewed. Constancy of stroke production is a major goal.

Intermediate I (3.0-3.5): A refresher on proper stroke execution. Drills are used and emphasis is on improved consistency and directional control. Strategy and some match play are covered.

Bring Tennis shoes and racket. Tennis balls provided. Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.

Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:734 | \$75

M03 Th 8:30pm-10pm **Mark Platt**
 Oct. 25-Dec. 13 Woods Mill Racquet Club
 No Class 11/22

Tennis: Beginning I (NTRP 1.0-2.0)-Vetta

See NTRP Rating Box. Tennis balls provided. Facility is not air-conditioned, dress appropriately.

PEDU:733 | \$65

M04 Sa 2:30pm-3:30pm
 Oct. 27-Dec. 15 Vetta Concord Sports Club
 No Class 11/24

Tennis: Beginning I and II (NTRP 1.0-2.5)-Frontenac

See NTRP Rating Box. Tennis balls provided.

PEDU:733 | \$85

M06 Su 5pm-6pm **Mark Platt**
 Nov. 4-Dec. 9 Frontenac Racquet Club



Tennis: Beginning II (NTRP 2.5)-Vetta

See NTRP Rating Box. Tennis balls provided. Facility is not air-conditioned, dress appropriately.

PEDU:734 | \$65

M02 Tu 1pm-2pm
 Oct. 23-Dec. 4 Vetta Concord Sports Club

Tennis: Intermediate I (NTRP 3.0)-Forest Lake

See NTRP Rating Box. Tennis balls provided.

PEDU:735 | \$85

M09 Sa 4pm-5pm **Mark Platt**
 Nov. 3-Dec. 8 Forest Lake Tennis Club

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735 | \$75

M05 Th 8:30pm-10pm
 Oct. 25-Dec. 13 Woods Mill Racquet Club
 No Class 11/22

Tennis: Intermediate I (NTRP 3.0)-Vetta

See NTRP Rating Box. Tennis balls provided. Facility is not air-conditioned, dress appropriately.

PEDU:735 | \$95

M02 Tu 2pm-3:30pm
 Oct. 23-Dec. 4 Vetta Concord Sports Club

M03 Th 2pm-3:30pm
 Oct. 25-Dec. 13 Vetta Concord Sports Club
 No Class 11/22

M07 Sa 4:30pm-6pm
 Oct. 27-Dec. 15 Vetta Concord Sports Club
 No Class 11/24

Dance Aerobics

A fun, full body workout including cardio and toning set to contemporary music. Bring light weights (1-3 lbs.) and a mat. No dance experience required.

PEDU:750 | \$39

731 W 6pm-6:50pm **Susan Pellegrino**
 Oct. 24-Dec. 5 Oakville Sr. H.S., GYM
 No Class 11/21

Rise and Shine Senior Workout

This class is a total body senior workout program for active older individuals. Join this early morning session for a variety of exercises that are designed to increase muscular strength, range of motion, agility, and heart-healthy movement supporting the skills required for your daily life. Wake up, work out and feel energized for the rest of the day. No running or jumping in this class. Wear Tennis shoes. Bring water, towel, small rug or yoga mat and one pair of 2-3lb. weights.

PEDU:755 | \$69

605 TuTh 5:55am-6:55am **Gail Velten**
 Oct. 23-Dec. 4 Meramec-P. E., GYM
 No Class 11/22

NIA: A Combination of Cardio and Strength Training

NIA blends the grace and spontaneity of modern and ethnic dance, the stillness and concentration of Tai Chi, the dynamic poses of yoga, and the explosive power of martial arts to make it an expressive mind-body-spirit movement class offering a holistic approach to cardiovascular fitness. Wear comfortable clothing.

PEDU:755 | \$39

681 Sa 8am-8:55am **Karol McNutt**
 Oct. 20-Dec. 8 Meramec-P. E., 201
 No Class 11/10, 11/24

Bootcamp with Shark Fitness

You will learn the correct way to train in terms of form, tempo, exercise selection, and what to do outside of class. We discuss nutrition techniques that are crucial to success in achieving your goals without useless and potentially dangerous, supplements. We track your efforts with pre- and post-fit tests to provide real feedback. Our classes will challenge you individually despite the group setting by using sets based on time and variable resistance, not repetitions. Each class contains a wide range of backgrounds, ages and ability levels without overwhelming or holding anyone back. Each class consists of calisthenics, resistance training, short runs, multi-direction drills and plenty of abdominal work. Are you ready? Must be able to jog 300 yds. Bring a towel and water. Class will meet outside the gym entrance.

PEDU:755

20 Sessions | \$210

603 MWF 5:45am-6:45am
 Oct. 29-Dec. 14 Meramec-P. E., GYM

20/20/20

Short on time in achieving your optimal physical conditioning? Cover all the bases in this class with a 20-minute cardio segment, followed by 20 minutes of toning with small hand weights, and ending with 20 minutes of ab work and stretching. Bring a towel, sticky mat and small hand weights (3-5 lbs.).

PEDU:755 | \$75

609 MW 4pm-4:55pm
 Oct. 24-Dec. 5 Meramec-P. E., 201

Gentle Yoga

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

PEDU:761 | \$75

M13 W 7pm-8pm
Oct. 24-Dec. 12 *Masterpeace Studios*
No Class 11/21

T'ai Chi Chih: Continuing

Designed for students who have completed a beginning T'ai Chi Chih class and want to enhance their practice. Each week we will complete a practice of all 19 movements and the final pose, explore key principles of the form and refine individual movements.

PEDU:767 |

Mini Session | \$49

P02 Tu 1:15pm-2:15pm *Jeanette Miller*
Oct. 30-Dec. 11 *Solar Yoga Center*

TOURS AND TRIPS

Oktoberfest in St. Louis

Spend the day experiencing the St. Louis beer heritage. View an amazing stein collection, drive by the country and city homes of the original beer barons, lunch at Lemp, see the old breweries and make a stop at Anheuser Busch. Sing Auch de Leiber Augustine as we hear the stories behind St. Louis beer traditions. Trip includes bus, admissions, guides, gratuities and lunch. Meet tour bus on Lot E on NW side of Meramec campus. Field trip release form required. Registration/withdrawal deadline: 9/20. No refunds after that date.

TRIP:701 | \$69

MD2 W 9am-4pm *Joan Huisinga*
Oct. 10 *Meramec-Off Campus*

A Victorian Holiday in St. Louis

Celebrate the holidays in the Victorian manner. You'll begin the day with pastries, coffee and a tour at the Campbell House learning about Victorian holiday customs. An organ recital will follow at Christ Church Cathedral. Enjoy High Tea at the Missouri Athletic Club. You'll end the day with a treat: sweets at the Eugene Field house amid their Christmas decorations. Trip includes transportation, escort, food, tips, tax, and admissions. Meet tour bus on Lot E on NW side of the Meramec campus. Field trip release form required. Registration/withdrawal deadline: 11/21.

TRIP:701 | \$59

MD3 Th 9:30am-4pm *Joan Huisinga*
Dec. 6 *Meramec-Off Campus*

Meandering through Calhoun County

If you enjoy a day in the country, this tour is for you. Included are the annual quilt festival showcasing dozens of quilts, seeing historic churches and barns, archeology museum at Kampsville, produce stands, narration by a local step-on guide and family style lunch at The Wittmond Hotel. Tour includes transportation, escort, lunch and beverage, taxes, tips and fees for two specialty tours. Field trip release form required. Registration/withdrawal deadline: 9/28. No refunds after that date.

TRIP:702 | \$99

MD2 F 8am-6:30pm *Cindy Fricke*
Oct. 19 *Meramec-Off Campus*
Meet tour bus on Lot E on NW side of Meramec campus.

VD2 F 8:30am-6pm *Cindy Fricke*
Oct. 19 *Florissant Valley-Off Campus*

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

Tips for Traveling to Europe

Planning a trip to Europe? Many mistakes can be avoided by tapping the brains and experiences of those who've been there. Our instructor has traveled through Italy, Turkey, Austria, England, France and Greece and has lots of helpful tips for what to bring (and more important: what not to bring), the best ways to pack, things to do before you leave (home safety) plus lots and lots of tips on traveling around Europe. Little things can make a big difference in your experience. If you're planning to go to Europe, make this class your first stop.

TRIP:703 | \$19

920 W 6:30pm-8:30pm *Fred Miller*
Oct. 10 *University City H.S., 112*

Heartland Dairyland Tour

Heartland Dairy Farm and Community located near Newark, MO (west of Quincy) is an in-patient rehabilitation complex which helps men and women who suffer with anger and substance abuse by separating them from their harmful environment to a working dairy farm. They receive education, housing, spiritual guidance and the opportunity to know a good day's work. We will see and tour the following: the community including the school/church, lodge, Christian college, auto museum, grocery, cafe, creamery, the goat farm including dozens of babies, the dairy farm, and the milk cow carousel. 8,000 cows are milked three times a day, seven days a week, 24 hours a day on a slowly turning carousel that they enter and leave on their own. This is a "must-see" Tour includes transportation, escort, lunch, beverage and dessert, taxes, tips and tour fees. Meet tour bus on Lot E on NW side of Meramec campus. Field trip release form required. Registration/withdrawal deadline: 10/11. No refunds after that date.

TRIP:702 | \$89

MD3 Th 7:30am-6:30pm *Cindy Fricke*
Nov. 1 *Meramec-Off Campus*

Eats, Sweets, and Treats of Highland

Highland, IL is our destination for excellent eats and entertainment. The first treat will be a wonderful one-man theatre organ concert with accompaniment by drums, glockenspiel, cymbals, bells, and piano. There will be a comical silent movie you're sure to enjoy. A yummy lunch complete with your choice of dessert will be enjoyed at the House of Plenty. After browsing in two unique downtown shops, we visit The Chocolate Affair for a deliciously sweet treat of hand-crafted chocolate. Tour includes transportation, escort, lunch, beverage and dessert, taxes, tips, concert fee and chocolate tasting. Meet tour bus on Lot E on NW side of Meramec campus. Field trip release form required. Registration/withdrawal deadline: 10/24. No refunds after that date.

TRIP:702 | \$89

MD4 W 8:45am-4:15pm *Cindy Fricke*
Nov. 14 *Meramec-Off Campus*

A Hermann Christmas

Tis the season. Come experience a 19th-century German Christmas celebration at Deutsheim State Historic Site. You'll sample traditional German Christmas cookies and learn about German Christmas customs. You'll be delighted by Tablescapes: a unique display of over 20 tables that are beautifully set and elaborately decorated as if ready for Christmas dinner. Add a delicious lunch at the FestHall and a stop at St. George Rectory (decorated as a winter wonderland) to complete a wonderful day. Tour includes transportation, escort, lunch, beverage and dessert, taxes and tips, entrance fees and tips. Meet tour bus on Lot E on NW side of Meramec campus. Field trip release form required. Registration/withdrawal deadline: 11/13. No refunds after that date.

TRIP:702 | \$99

MD5 Tu 8am-6pm *Cindy Fricke*
Dec. 4 *Meramec-Off Campus*

Mark Twain's "Lies I've told About St. Louis" Mississippi River Brunch Cruise

No matter how far away he went, Mark Twain never forgot his earliest adventures in Missouri, particularly those centered around St. Louis. Join us as we cruise the Mississippi on the Becky Thatcher under the Arch, as Mark Twain dazzles us with "Lies I've Told About St. Louis", portrayed by professional actor Richard Garey, plus piano music by Pat Joyce. A full brunch will be served (including carved Prime Rib). You won't want to miss this 2-1/2 hour cruise along the downtown St. Louis Riverfront. Includes motorcoach transportation from Meramec and riverboat transportation, meal, taxes and tips. Meet tour bus on Lot E on NW side of Meramec campus. Field trip release form required. Registration/withdrawal deadline: 10/19. No refunds after that date.

TRIP:702 | \$79

MD6 Sa 10:30am-3pm *Dea Hoover*
Nov. 3 *Meramec-Off Campus*

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WRITING

Creative Writing for New Writers: A One-Day Workshop

Discover your most effective writing voice. Is it for humorous or serious essays, poems, short stories or are you a fledging novelist? Timed writing exercises and discussion will help you develop your writing specialty. Bring a sack lunch.

WRIT:701 | \$49

480 Sa 9am-3pm **Sylvia Duncan**
Oct. 20 *Forest Park-G Tower, 111*

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 four-session class will help you get writing, stay writing, or improve the writing you already do. All genres welcome. There will be an online classroom for this course to complement in-class work and enhance communication. If you have one, bring your work-in-progress to first class.

WRIT:701 | \$69

651 Th 6:30pm-9pm **Jordan Oakes**
Oct. 11-Nov. 1 *Meramec-Bus. Admin., 124*

Writing for a Second Income

While writing for a living may not be the most dependable way to pay your bills, it can be a creative and satisfying way to supplement your income. In this class, we'll explore various methods and outlets for getting your work published, beginning with editing and revising. Class time will be spent critiquing our writing; the other half will be spent exploring ways to sell it. Bring a sack lunch. If you have a work-in-progress, bring it

WRIT:704 | \$59

680 Sa 10am-4pm **Jordan Oakes**
Oct. 13 *Meramec-Soc. Sci., 107*

Self-Publishing

There was a time when a book was a book, and was printed on paper and made and sold by publishing companies. Nowadays, online retailers like Amazon.com have enabled aspiring (and accomplished) writers to sell their own books on the Internet. The last-resort-sounding term "vanity press" has been embraced — in idea if not name — and its definition greatly expanded. Anyone can publish not only good old-fashioned books with spines and pages, but "e-books" and ones that can be printed directly from the Web. Technology has made it easier and cheaper for authors to get their work into the hands of eager readers, and to market it themselves through social media. This course will examine the many publishing options available to writers who once depended on "breaking into" the business through a literary agent or publishing house.

WRIT:704 | \$69

651 M 6:30pm-9pm **Jordan Oakes**
Oct. 15-Nov. 5 *Meramec-Soc. Sci., 108*

Book Killers: Critical Beginnings, Endings, and Titles

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

WRIT:706 | \$39

652 W 6:30pm-9pm **Heather Luby**
Oct. 17-Oct. 24 *Meramec-Bus. Admin., 122*

So You Want to Write Your Personal Experience?

Come discover how to write about your personal experiences in an energetic and captivating way, either for magazines or newspapers, or as a written legacy for your children and grandchildren.

WRIT:714 | \$19

780 W 7pm-9pm **Beverly Letchworth**
Oct. 24 *Lindbergh Sr. H.S., 42*

How to Map a Murder

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

WRIT:719 | \$39

680 Sa 9am-1pm **Jo Hiestand**
Nov. 3 *Meramec-Soc. Sci., 109*

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- **Manufacturing Management**
- **Quality Management**
- **Sales and Marketing**
- **Strategic Leadership**
- **Success Skills in the Workplace**

For more information on individual courses and program details, go to www.flexclassroom.com/stlcc/





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16025 Clayton Road, 63011
- Culinary Arts House
3137 Hampton Avenue, 63139
- Dave Mungenast Lexus
13750 Manchester Road, 63011
- DEEsigs Studio
221 S Kirkwood Rd, 63122
- DePaul Health Center
12303 DePaul Drive, 63044
- Eagle Springs Golf Course
2575 Redman Rd. 63136
- Family Golfplex and Learning Center
3717 Tree Court Industrial, 63122
- First Tee (South County)
6286 Lemay Ferry Road, 63129
- Flynn Park Elementary
Pershing and Midvale, 63130
- Forest Lake Tennis Club
1012 North Woods Mill Road, 63011
- Francis Park
Donovan and Eichelberger, 63109
- Frontenac Racquet Club
10455 German Blvd., 63131
- Hawn State Park
12096 Park Drive
Ste Genevieve MO 63670
- Hixson Middle School
630 South Elm Ave, 63119
- Jefferson Barracks Historic Park
345 North Road, 63125
- Kaufman Park
8000 Blackberry, 63130
- Kennedy Recreation Complex
6050 Wells Road, 63128
- Kirkwood Community Center
111 South Geyer Road, 63122
- Kirkwood Senior High School
801 West Essex, 63122
- Kirkwood Public Library
140 East Jefferson, 63122
- LaSalle Springs Middle School
3300 Highway 109, 63038
- Ladue Horton Watkins High School
1201 South Warson Road, 63124
- Ladue Middle School
9701 Conway Road, 63124
- Landings at Spirit Golf Club
180 No. Eatherton Road, 63005
- Lindbergh Senior High School
4900 South Lindbergh, 63126
- Little Creek Nature Area
2295 Dunn Road, 63033
- Maplewood-Richmond Heights HS
7539 Manchester, 63143
- Martial Arts Center (Meramec area)
3712 Lemay Ferry Road, 63125
- Martial Arts Center (FV area)
12683 New Halls Ferry Rd, 63033
- Maryland Heights Center
2344 McKelvey Rd, 63043
- Masterpeace Studios (Inside Arden
Mead Youth and Community Center)
17 Selma Ave., 63119
- Mehlville Senior High School
3200 Lemay Ferry Rd, 63125
- Meramec State Park
115 Meramec Park Rd
Sullivan MO, 63080
- Mid-County Family YMCA
1900 Urban Drive, 63144
- Missouri History Museum
5700 Lindell Blvd, 63112
- Nottingham Elementary School
4915 Donovan, 63109
- Oakville Senior High School
5557 Milburn Road, 63129
- Painted Zebra
10907 Manchester Road, 63122
- Preston Art Glass
2651 Chouteau Avenue, 63103
- Queeny Park--Greensfelder
Recreation Complex
550 Weidman Road, 63011
- RiverChase of Fenton
990 Horan Drive, 63026
- Rockwood Summit High School
1780 Hawkins Road, 63026
- Rockwood Valley Middle School
1220 Babler Park Dr., 63038
- Ruth Park Golf Course
8211 Groby Road, 63130
- St. Anthony's Medical Center
10010 Kennerly Rd. 63128
- St. John's Evangelical UCC
11333 St. John's Church Road, 63123
- Selvidge Middle School
235 New Ballwin Road, 63021
- Shaw VPA Community Center
5329 Columbia, 63139
- Sign of the Arrow
9740 Clayton Road 63124
- Solar Yoga Center
6002 Pershing at Des Peres, 63112
- Sperrang Middle School
12111 Tesson Ferry Road, 63128
- St. Louis Community College
Florissant Valley**
3400 Pershall Road, 63135
- St. Louis Community College
Forest Park**
5600 Oakland Ave, 63110
- St. Louis Community College
Meramec**
11333 Big Bend Road, 63122
- St. Louis Community College
Wildwood**
2645 Generations Dr.
Wildwood, 63040
- St. Louis Community College
William J. Harrison
Education Center**
3140 Cass Ave, 63106
- St. Louis Community College
South County Education
& University Center**
4115 Meramec Bottom Road, 63129
- St. Louis Community College
Corporate College**
3221 McKelvey Road, 63044
- St. Louis Genealogical Society
4 Sunnen Drive, 63143
- St. Louis Wine and Beer Making
231 Lamp and Lantern Village, 63017
- Sunset Hills Community Center
3915 South Lindbergh, 63127
- Sunset Hills Golf Learning Center
13550 West Watson Rd, 63127
- The Studio, Inc.
1332 Strassner Drive, 63144
- Third Degree Glass Studio
5200 Delmar, 63108
- Thomas Dunn Memorial
Learning Center
3113 Gasconade, 63118
- Thornhill Branch/St. Louis County
Library
12863 Willowycck Dr, 63146
- Tower Tee Golf Center
6727 Heege Road, 63123
- Trinity Lutheran Church
14088 Clayton Road, 63017
- University City High School
7401 Balson Avenue, 63130
- University City Public Library
6701 Delmar Blvd, 63130
- Valley Park High School
One Main Street 63088
- Vetta Sports-Concord
12320 Old Tesson Ferry Road, 63128
- Wine Barrel
3828 South Lindbergh, Suite 111,
63127
- Woods Mill Racquet Club
910 Old Woods Mill Road, 63017



GENERAL INFORMATION

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

Accommodations Statement

St. Louis Community College is committed to providing access and reasonable accommodations for individuals with disabilities. If you have accommodation needs, please contact the Access office at the campus where you are registering at least six weeks prior to the start of class to request accommodations. Event accommodation requests should be made with the event coordinator at least two working days prior to the event. Documentation of disability may be required. Campus address and phone numbers are located on the registration form on the inside back cover.

Students Rights and Responsibilities

All students are responsible for adhering to college policies and procedures. Please refer to www.stlcc.edu/Document_Library/FactFinder.pdf to review and/or download a copy of the Fact Finder Student Handbook including student rights and responsibilities or call the Continuing Education office.

Postponement/Cancellation Due to Inclement Weather

Occasionally, continuing education classes are cancelled due to inclement weather. Cancellations will be broadcast on KMOX-AM (1120) and on KMOVTV, KSDK-TV and KTVI/Fox 2. When St. Louis Community College cancels classes, off-campus classes are also cancelled. In addition, when a particular host school district or institution closes, the continuing education classes at that location will not meet.

Refund of Fees

Since continuing education (non-credit) classes are self-supporting, the decision to run a class is based on the number of people enrolled. The college reserves the right to cancel if sufficient enrollment is not achieved. Registrants will be notified by phone or mail if a class is cancelled. Full refunds will be issued for classes cancelled by the college.

If you drop a class, you will receive a 100 percent refund for most classes if the class is dropped one business day before the first meeting. A 50 percent refund will be given for most classes dropped between one business day before the first class meeting and prior to the second meeting of the class. See the course schedule for classes (such as daytrips) that require notice beyond one business day for cancellation and eligibility for a refund.

Requests of withdrawals should be submitted in writing to the Continuing Education office. Calculation of refunds will be based on the date the written request is received by the office. If you have a situation that warrants an override of the above policy, an explanation of the circumstances should be made in writing to the of Continuing Education office. Refunds should be received within 30 days.

Fee Reduction for Older Adults

Older adults (those 60 years and older) may enroll in most courses for a reduced fee. This reduction is half the price of the class fee only, plus whatever material costs are associated with the class. Material costs include fees for expenses such as books and materials, facility usage, tour and travel costs, computer lab usage, online courses, food supplies and other items needed for the class. NOTE: Those wishing to take advantage of this fee reduction must do so at the time of registration. Before registering, please contact the Continuing Education office to see if your course contains a material fee.

Senior Citizen Scholarship

Missouri residents who are at least sixty-five years of age will be awarded a scholarship to be exempt from maintenance fees to enroll in courses on a space available basis. There will be a non-refundable registration fee of \$10 per course to a maximum of \$50 per semester. Student is responsible for other fees, such as materials, supplies and books. At the earliest, students may enroll in the class two days prior to the first class date. Students may not receive a refund for a paid course in order to enroll for a scholarship space in that same course. Please call the Continuing Education office to get specifics regarding the senior scholarship. The senior scholarship discount does not apply to online classes.

Safety and Program Guidelines for Youth Classes

All children under the age of 16 who are enrolled in programs through the St. Louis Community College Office of Continuing Education, must be accompanied to and signed-in at the beginning of each program session by a responsible party. In addition, a responsible party must also meet the participant at the end of the session and sign them out. Appropriate behavior is expected. Students may be disenrolled for misbehavior.

Unattended Children

Students are not permitted to bring children to class, nor should children be left unattended in the halls, offices, library or common areas. The college reserves the right to protect the safety and welfare of unattended children. If students leave children unattended, the college will institute disciplinary action.

Textbooks — can be purchased at the campus bookstores.

Library and Computer Lab Privileges

If you are registered in continuing education courses, you may enjoy library and computer lab privileges by showing your student ID. To obtain a student ID take your paid fee receipt to the Campus Life office and the personnel there will provide you with one.

Firearms on College Property

Except for licensed police officers, no person shall possess or carry any firearm, visible or concealed, on college property (including college buildings and grounds leased or owned by the college-college athletic fields and parking lots) or in any college van or vehicle or at college-sponsored activities. College employees, students and visitors who hold concealed carry endorsements as allowed by Missouri law may not carry or bring any firearms, visible or concealed, on college property, owned or leased or at any college activities.

Notice of Non-Discrimination

St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information or status as a disabled or Vietnam-era veteran and shall take action necessary to ensure non-discrimination. For information contact:

Corporate College

Lesley English-Abram
Manager, Employment and Training
Program
STLCC Corporate College
3221 McKelvey Road
Bridgeton, MO 63044
314-539-5480

Cosand Center/Employment

Patricia Henderson
Senior Manager of Employment
300 S. Broadway
St. Louis, MO 63102-2800
314-539-5214

Districtwide Title IX Coordinator

Pam McIntyre
President, Wildwood
2645 Generations Drive
Wildwood, MO 63040-1168
636-422-2240

Florissant Valley

Joe Worth
Acting Vice President, Student Affairs
3400 Pershall Road
St. Louis, MO 63135-1408
314-513-4250

Forest Park

Thomas Walker, Jr.
Vice President, Student Affairs
5600 Oakland Avenue
St. Louis, MO 63110-1316
314-644-9212

Meramec

Linden Crawford
Vice President, Student Affairs
11333 Big Bend Road
St. Louis, MO 63122-5720
314-984-7609

Wildwood

Marilyn Taras
Director of Student Affairs
2645 Generations Drive
Wildwood, MO 63040-1168
636-422-2004

Section 504/Title II Coordinator

Dr. Donna Dare
Vice Chancellor of Academic
and Student Affairs
300 S. Broadway
St. Louis, MO 63102-2800
314-539-5285

REGISTRATION IS EASY!

Mail

Complete the registration form (below) and mail with check (*payable to St. Louis Community College*) to:

STLCC Continuing Education, 3221 McKelvey Road, Suite 200, 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

Meramec, Florissant Valley, and Forest Park: M-F 8:30am-4pm

You may want to first call the Continuing Education office at 314-984-7777, to check that openings exist.

Telephone: 314-984-7777

Before calling to register, have this information ready:

- | | |
|--|---|
| Call to complete your registration by charging fees to MasterCard, Visa, Discover or American Express. | 1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address / phone number)
3. Student Social Security Number or UIN
4. Credit Card Number with Expiration Date |
|--|---|

Visit www.stlcc.edu/ce

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.

Registration Deadline

All non-credit courses are limited in enrollment. Advanced registration is required.

Automatic Bank Payment (ACH)

All checks will be converted to an electronic Automated Clearing House (ACH) transaction whether the payment was made in person or mailed.

MAIL-IN REGISTRATION FORM

Please print in ink.

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:

MasterCard VISA Discover American Express

Charge fees to: _____ Expiration Date: _____
CARD NUMBER

Signature: _____

Email Address: _____

Soc Sec No or UIN: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX

_____ CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

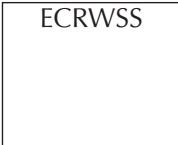
Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
TOTAL				



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RESIDENTIAL CUSTOMER

ST. LOUIS COMMUNITY COLLEGE...

is celebrating 50 years of expanding minds and changing lives in 2012. Fifty years ago, ground was broken for the Arch and votes approved the formation of the Junior College District of St. Louis-St. Louis County. The Arch made St. Louis the "Gateway City" and the college provided another gateway, an "open door" of education for all citizens in the St. Louis region.

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, nearly 80,000 students enroll in:

- College transfer and career programs leading to associate degrees
- Job skill and personal development classes
- College preparatory courses
- Specialized performance programs sponsored by local employers

Associate degrees in Arts, Science, Fine Arts, Applied Science and Teaching are offered as well as Certificates of Proficiency and Specialization. The college's Workforce and Community Development division also serves the local business community through assessment, counseling, consulting and training services.

Learning is convenient via:

- Four campuses Florissant Valley, Forest Park, Meramec and Wildwood
- Three education centers: south and north St. Louis County and north St. Louis City
- Numerous business, industrial and neighborhood sites throughout the metro area
- Online instruction

100767 6/2012

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.