Pursue Your Passion



Summer 2015 Community Education NONCREDIT CLASS SCHEDULE

www.centralaz.edu/lifelonglearning

Understanding the course description:



CAC Campus/Center Location Designations:

Note: Campus addresses and location map can be found inside back cover.

AVC - Aravaipa Campus CGC - Casa Grande Center CGPR - City of Casa Grande Parks & Recreation CC - Corporate Center FC - Florence Center MC - Maricopa Campus OR - Mountain Vista School; Oracle, AZ SB - For SaddleBrooke HOA Residents Only SMC - Superstition Mountain Campus SPC - Signal Peak Campus STC - San Tan Campus





Central Arizona College

Community Education Offices

CAC Casa Grande Center

Program Coordinator: Muriel Thomas 1015 E. Florence Blvd., Rm. A106 Casa Grande, AZ 85122 520.494.6059 Voice 520.494.6055 Fax muriel.thomas@centralaz.edu

CAC Superstition Mountain Campus

Program Coordinator: Joel Beck 805 S. Idaho Road, Rm. B125 Apache Junction, AZ 85119 480.677.7721 Voice 480.677.7722 Fax joel.beck@centralaz.edu

Office Hours: Monday – Thursday, 8 am – 6 pm

> Bob Duke Director



What's Inside?

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Pottery on the Wheel

Learn how to use a potter's wheel, throw various pieces, attach handles, trim pots, and apply glazes to finished products. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education office one week prior to the class start date for a materials list.

Subject: CME	mmberly loane	
CRN: 30714	Jun 2-16	9 am-Noon
Fee: \$89	3 Tue/2 Thu	SMC/A119
CRN: 30715	Jun 30-Jul 28	9 am-Noon
Fee: \$89	5 Tuesdays	SMC/A119
CRN: 30716	Jun 30-Jul 28	6-9 pm
Fee: \$89	5 Tuesdays	SMC/A119
CRN: 121	Jul 2-30	9 am-Noon
Fee: \$89	5 Thursdays	SMC/A119
CRN: 122	Aug 4-18	9 am-Noon
Fee: \$89	3 Tue/2 Thu	SMC/A119
Instructor: Fr	ancisco Menchac	a
CRN: 30731	May 28-Jul 2	6-8:30 pm
Fee: \$89	6 Thursdays	SPC/N127
CRN: 135	Jul 9-Aug 13	6-8:30 pm
Fee: \$89	6 Thursdays	SPC/N127

Creative Acrylics I

Discover how to paint creatively using acrylics. Lessons include: color theory; brush control; preparing your canvas; the importance of composition; and mixing colors while painting a Southwest landscape, a simple still life, and a flower of the desert. Students will leave with three completed paintings. *Special Notes: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.* Instructor: Cheryl Fecht

Subject: CMF

CRN: 30698	Jun 22-Aug 3	1-3 pm
Fee: \$89	7 Mondays	SMC/A122
CRN: 30697	Jun 22-Aug 3	4-6 pm
Fee: \$89	7 Mondays	STC/D120



Beginning Drawing Skills

Beginning drawing skills are the foundation for all two dimensional artwork! Learn the importance of basic skills, shading, perspective and composition. This is an excellent course for the beginner to learn how to draw and for experienced artists looking to sharpen their skills. Lessons will include pencil as well as pen and ink applications. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education office one week prior to the class start date for a materials list. Instructor: Cheryl Fecht

Subject: CME

CRN: 30694 Jun 23-Jul 21 3-5 pm Fee: \$69 5 Tuesdays SMC/A122

Experiencing Oil Painting I

Discover the fluid movements of oils on canvas. Lessons will include: color theory; basic brush control; preparing your canvas; the importance of composition; and mixing colors. Apply these techniques while painting Southwest landscapes, water reflections at local lakes, and desert floras so that you'll have three personalized paintings to take home. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: Cheryl Fecht Subject: CME CRN: 30699 Jun 25-Aug 6 2-5 pm Fee: \$135 7 Thursdays STC/TBD CRN: 30700 Jun 26-Aug 7 2-5 pm Fee: \$135 7 Fridays SMC/A122

Jewelry & Metalsmithing

Would you like to understand the basics of metalsmithing? This class covers a wide range of techniques, vocabulary, and conceptual approaches to metal. Complete one to three projects, depending on the time needed to complete a project. Projects are based on the techniques taught in class. Demonstrations and slide shows will both teach and inspire students to create art. An open critique will be given at the end of class. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education office one week prior to the class start date for a materials list. Instructor: Samuel Troxxell Subject: CMF

CRN: 30706	Jun 30-Jul 21	4-7 pm
Fee: \$85	4 Tuesdays	SMC/A115
CRN: 115	Jul 28-Aug 18	4-7 pm
Fee: \$85	4 Tuesdays	SMC/A115

Strip Quilting With A Twist



Learn how to use quilting tools, understand the vocabulary of quilting, rotary cutting, sewing accurate seams, pressing, and more to help you start your first project or refresh your memory. Students will learn how to read a quilt pattern, what tools to use, how to cut fabric, and how to piece a quilt into a lap quilt using fat quarters. This is a cut of fabric that measures approximately 18 inches x 22 inches. Come and learn some of the tips, hints and tricks that make quilting easier and so much fun! Special Note: Please bring a sewing machine you are familiar with to class.

Instructor: Susan Jones Subject: CME

CRN: 30727	Jul 1-22	6:30-8:30 pm
Fee: \$65	4 Wednesdays	SMC/D133
CRN: 30719	Jul 2-23	10 am-Noon
Fee: \$65	4 Thursdays	SMC/D133



Introduction to Machine Sewing 🐗 Become comfortable experimenting with your sewing machine while developing the freedom to create! Learn sewing basics on your own machine and become familiar with the language of sewing. Classes will include sewing vocabulary, threading, bobbin winding, machine care, using different stitches, and troubleshooting your own machine. Acquire new found skills while completing a simple project. Special Note: Students must provide their own sewing machine, fabric and thread in order to complete the project. The cost of supplies is not included in the course tuition fee.

Instructor: Kristina Curtis		
Subject: CMI	=	
CRN: 114	Jul 2-23	6-
Fee: \$35	4 Thursdays	S

RN: 114	Jul 2-23	6-7 pm
e: \$35	4 Thursdays	STC/TBD

Bead Embroidery



Bead embroidery is different than any other beading technique; instead of stitching or stringing beads together, you stitch beads to cloth or stiff felt. Students will design and create a unique wearable piece of art in class through the selection of a jasper cabochon, the use of several different bead embroidery techniques, and the use of seed beads to embellish the cabochon. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education office one week prior to the class start date for a materials list. Instructor: Neola Bye-Beza

Subject: CME CRN: 100 Jul 7-Aug 4 Fee: \$99 5 Tuesdays

1-4 pm STC/TBD



How to Make an Art Quilt in 5 Easy Steps

This is an introductory course where students will learn how to make a stunning Art Quilt in 5 easy steps. They will also learn about the history of Art Quilts and the quilt's significance today. Students will be encouraged to complete one quilt during class. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: Debra Turner Subject: CME CRN: 110 Jul 8-Aug 5 Fee: \$99 5 Wednesdays

9 am - Noon SMC/TBD



Arts & Crafts

Painting for Fun with Oil

Learn to paint in this wonderful medium with local artist Wanda Mitchell-Tucker. Explore color mixing, blending and working on a canvas. You will start by working from a photo with hands-on, step-by-step instructions. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list. Instructor: Wanda Tucker Subject: CCE Jul 8-Aug 5 CRN: 97 9 am-4 pm Fee: PCF 5 Wednesdays SB/Topaz Room

Beginning Drawing

Learn the basics of drawing, shading and design. Students will also share ideas on framing. This is an excellent opportunity for the beginner to learn how to draw and for experienced artists to sharpen their skills. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: Rusty Parenteau Subject: CME CRN: 103 Jul 7-Aug 4 4-6 pm Fee: \$69 5 Tuesdays STC/D104

Beginning Portrait Drawing

Course focuses on the basics of drawing portraits. Each week students will focus on a different element of the human face with the goal of drawing a portrait from a photo. Students will also learn the importance of drawing portraits from life. This is an excellent opportunity for the beginner to learn how to draw portraits and for experienced artists to sharpen their skills. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.

Instructor: Rusty Parenteau Subject: CME CRN: 105 Jul 22-Aug 19 4-6 pm Fee: \$69 5 Wednesdays STC/D104



Your Community College



Business

SBDC Business Launch

Are you thinking about starting a business? Are you looking for marketing research for your new business? Do you need help with writing a business plan for your new business? If you answered yes to any of these questions, then this seminar is for you. Learn about: what it takes to be an entrepreneur; how to determine the feasibility of your idea; business structure options; business finance options; marketing strategies; and market research.

Instructor: Jim Rhodes, SBDC Subject: CME

CRN: 30675	Jun 4	4-6 pm
Fee: \$10	1 Thursday	CCC/A120
CRN: 86	Jul 9	7-9 pm
Fee: \$10	1 Thursday	SMC/TBD

Do You Know What's in the Products You're Buying?

As consumers, we put our trust in the manufacturers who produce the products we purchase. Whether it is day-to-day items like diapers or big-ticket items like televisions, we believe these products are safe for our family and home. Many of the products we buy contain hazardous materials. Do consumers have a right to know what they are buying? This seminar provides useful information to help you determine how to identify the best products to purchase for your business or home.

Instructor: Jim Rhodes, SBDC Subject: CME CRN: 30677 Jun 25 7-9 pm Fee: \$25 1 Thursday CCC/A123

Promote Your Local Business with Articles

Article marketing is a very powerful way to market your business online, and yet very few local businesses use it. This technique is inexpensive and can create a steady stream of leads visiting your website or store front; leads that are ready to take action or make a purchase. However, to get the return on time you spend writing articles, you need to know how to do it correctly, especially if you focus on a local market, not a national one. This course will show you the basics and guide you through completing your first article. Instructor: Debra Shaw Subject: CME

Subject. Civic		
CRN: 30676	Jun 25	4-6 pm
Fee: \$25	1 Thursday	CCC/A120

Please register one week prior to course start dates.

Customer Service in the Hospitality and Service Industry

Customer service is critical if you want your business to have a competitive edge. Failure to provide quality service can cause loss of revenue beyond what you would expect. Remember the saying, "For every person you make happy that person will tell another person about the good experience, but every person you make unhappy will tell ten people to make sure they let everyone know how bad the experience was." The most important part of a service industry job is to understand that you are the "face of the business." You represent a business or restaurant every time you step out in the front of the house and meet the customer face to face. This seminar is for those seeking employment or are already employed in the hospitality or service industry. It is important for managers as well as staff. Instructor: Debra Shaw

Subject: CME CRN: 87 Jul 9 Fee: \$29 1 Thursday

6-9 pm SMC/TBD



CENTRAL ARIZONA COLLEGE SBDC Should I start my own business?

78% of businesses fail because they lack a well developed business plan.

Learn what it takes to become a successful entrepreneur by enrolling in the SBDC Business Launch class.

For more information contact the **Small Business Development Center** 520.494.6610 or visit www.centralaz.edu/biz

French Conversation & Culture

Have you always wanted to learn French, but never had the opportunity? This course allows you to delve into the French language and culture. Learn key words and phrases to feel confident in speaking French as a beginner. Whether you are planning a trip to a French speaking country, or just looking to find your inner connoisseur, this class will be fun and enlightening.

Note: Meets for 1 hr on Jul 23. Instructor: Kristal Hoeh Subject: CME CRN: None Jun 4-Jul 23 Fee: \$99 8 Thursdays

6:30-8:30 pm MARPR MC/C115



Beginning Italian

This is a course that offers an elementary understanding of the Italian language. Through a study of the basics of Italian, including vocabulary and useful phrases, students will become familiar with some of the more common terms and expressions used in today's Italy. Special Note: Bring the required text to first class: Learn Italian the Fast and Fun Way, by Marcel Danesi. (ISBN-13: 978-0764125300) Instructor: Dennis Riccitelli Subject: CME CRN: 30695 Jun 30-Jul 21 1:30-3 pm Fee: \$45 4 Tuesdays SMC/A127

Intermediate Italian

Continue learning the essentials of conversational Italian through more opportunities to develop Italian speaking and listening skills. The course features intermediate sentence structure. pronunciation, and vocabulary to be applied to real life conversations. Special Note: Bring the required text to first class: Learn Italian the Fast and Fun Way, by Marcel Danesi (ISBN-13: 978-0764125300). Instructor: Dennis Riccitelli Subject: CMF

Subject. Civit	-	
CRN: 113	Jul 28-Aug 18	1:30-3 pm
Fee: \$45	4 Tuesdays	SMC/A127

Personal Memoir Writing

Explore various methods for creating your very own personal memoir by using your life experiences, peer suggestions, writing critique from the instructor, and other influences to guide your writing. In the end you will have created your very own masterpiece to share with family and friends.

Note: Meets for 3 hrs on Jul 13.

Instructor: Marguerite Wainio Subject: CME CRN: 30663 Jun 1-Jul 13 5-7 pm 7 Mondays OR/MVS Fee: \$99

Creating Your Own Mandala



Have you found yourself doodling on a piece of paper when you were having a difficult discussion with someone? Would you be surprised to know that the doodling had a message for you from your subconscious? Come and let's explore the fine art of creating a Mandala, which is a fancy name for doodling messages, from your own subconscious using the medium of color. You don't need to be an artist. If you enjoy putting colors together for an interesting picture, this is for you. You can use one of the many patterns available, or try drawing one on your own. You will be surprised what you will find out about yourself.

Instructor: Connie Allison

CRN: None	Jun 1-22	10 am-Noon
Fee: \$55	4 Mondays	CGPR/TBD
CRN: 96	Jul 9-30	10 am-Noon
Fee: \$55	4 Thursdays	CGC/TBD

Rediscover the Real You!

Our fast pace of life has disconnected us from the things that truly nourish us, and it has left us physically ill, unhappy, emotionally mentally exhausted and spiritually unclear about

who we truly are. Come and rediscover the real you! Find the way to your own inner guidance system that can clearly lead you back into a more satisfying life. Instructor: Connie Allison

CRN: None	Jun 3-24	10 am-Noon
Fee: \$55	4 Wednesdays	CGPR/TBD
CRN: 90	Jul 7-28	10 am-Noon
Fee: \$55	4 Tuesdays	CGC/TBD

For more information about CAC's Lifelong Learning opportunities visit:

www.centralaz.edu/lifelonglearning

Mah Jongg Part I

Learn the basics of the American version of the ancient Chinese game, Mah Jongg. This is a game of skill involving an array of tiles divided into various suits called flowers, winds, dragons, craks, bams and dots.

Instructor: Sandra Koenig Subject: CME

CRN: 30711 Jun 8-Jul 20 1-4 pm Fee: \$15 7 Mondays SMC/A128



Basic Interior Design for the 21st Century: Part I

Do you want to learn interior design concepts and techniques that will make decorating your home or office a fun and exciting activity? Learn about the effects of color on people, environment and space planning, focal point design, furniture arrangement, de-cluttering and organizing your space.

Instructor: Andrea Garrindo

Subject: CIVIE		
CRN: 30665	Jun 8-10	10 am-Noon
Fee: \$29	1 Mon/1 Wed	CGC/B100F
CRN: None Fee: \$29	Jun 22-24 1 Mon/1 Wed	10 am-Noon CGPR/TBD

Basic Interior Design for the 21st Century: Part II

Learn advanced concepts and techniques of interior design to make decorating your home or office a fun and exciting activity. Instructor: Andrea Garrindo Subject: CME

CRN: 30666 Fee: \$29		10 am-Noon CGC/B100F
CRN: None	Jun 29-Jul 1	10 am-Noon
Fee: \$29	1 Mon/1 Wed	CGPR/TBD

Cooking with Arizona's Hot Solar Rays

Do you want to learn how to build a solar oven and cook delicious dishes using the Arizona summer sun? You will learn how to build a simple solar oven and then use the sun's energy to prepare meals for your family and friends. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education office one week prior to the start date for a materials list. Instructor: Laura Zubel

Subject: CM	E	
CRN: None	Jun 8	9-11 am
Fee: \$25	1 Monday	MARPR MC/A102
CRN: None	Jul 13	9-11 am

CRN: None Jul 13 9-11 am Fee: \$25 1 Monday MARPR MC/A102

Basic Self-Defense

Learn how to avoid a confrontation, scare off a potential attacker and fight back, if necessary. Discover ways to avoid an actual attack from happening. Explore several techniques to protect yourself in different situations and how to modify techniques based on physical abilities. Learn self-defense techniques to build your confidence and teach you how to respond when you are faced with threatening situations.

Instructor: Lynn Meyers Subject: CME CRN: 30681 Jun 10-24 5-7 pm Fee: \$39 3 Wednesdays CCC/TBD CRN: 93 Jul 15-29 5-7 pm Fee: \$39 3 Wednesdays CCC/TBD

Couponing For Beginners

Would you like to save hundreds or even thousands of dollars a year by learning money-saving couponing techniques and tricks? Learn how to stack coupons and stockpile groceries, plus the best web sites to save your family 25-65% every time you go to the grocery store! Instructor: Sarah Pacheco

Subject: CME CRN: 30678 Fee: \$29	Jun 13 1 Saturday	9 am-Noon CCC/A123
CRN: 88	Jul 11	9 am-Noon
Fee: \$29	1 Saturday	CCC/TBD
CRN: 89	Aug 8	9 am-Noon
Fee: \$29	1 Saturday	CCC/TBD



The Art of Balloon Twisting



Learn the art of balloon twisting from a performance artist. Creating sculptures out of balloons is easy and fun if you know the right moves. Learn easy methods to inflate, tie, and twist balloons. Begin with basic twists, advance to small animals and shapes, and progress to larger scale models. Amaze your friends, kids, or grandkids with your new and creative balloon twisting skills!

Instructor: Dustin Hemsath Subject: CME CRN: 30721 Jun 16-Jul 21 4:30-5:30 pm Fee: \$45 6 Tuesdays STC/D106

Beginning Bridge

This course is an introduction to the challenging game of Bridge. Learn the fundamentals of bidding, play of hand and defense. Learn this great game, meet new people, and have fun at the same time.

Instructor: Catherine Lindholm Subject: CME CRN: 30692 Jun 18-Aug 13 1-3 pm Fee: \$99 9 Thursdays SMC/A128

Meditation for Relaxation and Stress Relief

Meditation techniques to lower stress levels, assist with sleep, and heal the body, mind, and spirit. Learn how to quiet your mind and breathing techniques for relaxation, centering and connecting. Instructor: Jennifer McGraw Subject: CME (RN: 30712 hun 22-Aug 10 6:30-7:30 nm

CRN: 30/12	Jun 22-Aug 10	6:30-7:30 pm
Fee: \$55	8 Mondays	SMC/A128

Tai Chi Basics

Experience the health benefits of Tai Chi, an ancient exercise program (a noncompetitive, self-paced system of gentle physical exercise). Tai Chi benefits include reduced stress, improved muscle strength, and improved balance and coordination, along with increased energy, stamina and flexibility. Learn gentle movements that have been shown to help arthritis, diabetes, high blood pressure, and back problems. Instructor: Jennifer McGraw

Subject: CME

CRN: 30720 Jun 25-Aug 13 6:30-7:30 pm Fee: \$55 8 Thursdays SMC/A128



An Amazing Walk Through the Skies

This is not your father's astronomy 101 class. Enjoy an engaging astronomical overview, presented by Steve Kates, a.k.a. "Dr. Sky", of the origins, history, and current scientific knowledge of our solar system including: planets, moons and other objects; and current knowledge about other solar systems. Learn how to use tools and resources to navigate our night skies and understand a vast history in the role and the future of interplanetary space exploration and science. Lots of hands-on experiences and multimedia entertainment will be featured by "Dr. Sky". Instructor: Steve Kates - "Dr. Sky"

Subject: CME CRN: 134 Jul 6-Aug 3 Fee: \$69 5 Mondays

Jul 6-Aug 3 7-9 pm 5 Mondays SMC/F138



Central Arizona Adventures

four Explore historical Arizona adventures that consist of these exciting stories: (1) Superstitions-The Killer Mountains, including local Ghost Stories; (2) Arizona's 1880s Stagecoach Robbery Trail and Frontier Justice; (3) Legendary Cowboy Tales of the Superstition Mountains-1870s to Present; and (4) Fantastic new discoveries relating to the Lost Dutchman Mine and Peralta miners. Student participation in discussions is always welcome. Photos and visual displays enhance each class. These adventures relate to nearby local places, people and events that happened within a short distance from the CAC campus in Apache Junction.

Instructor: Jack San Felice Subject: CME CRN: 30696 Jun 24-Jul 15 10 am-Noon Fee: \$59 4 Wednesdays SMC/A127

Reiki I

Reiki is a powerful, complete system of energy-based holistic healing where spiritually-guided life force energy is directed for the purpose of promoting health, balance, and well-being at the physical, mental, emotional, and spiritual levels. Reiki I is primarily for self-healing using simple hands-on and visualization techniques. You will learn the symbol for physical healing and receive an attunement that opens your energy pathways to become a channel for Reiki. Special Note: Students should wear loose fitting clothes.

Instructor: Romualda "Rommy" Banaszczyk Subject: CME

CRN: 30717	Jun 24-Jul 8	9:30 am-2 pm
Fee: \$85	3 Wednesdays	SMC/A128

Reiki II

Reiki II adds power to the Reiki healing energy by including additional symbols which intensify the energy flow and facilitate mental, emotional, and distance healings. You will receive the Reiki II symbols and an attunement that greatly amplifies your healing power and allows for intentional direction of the healing energy. Special Note: Students *should wear loose fitting clothes.* Instructor: Romualda "Rommy" Banaszczyk Subject: CME CRN: 123 Jul 15-29 9:30 am-2 pm Fee: \$85 3 Wednesdays SMC/TBD

Financial Fitness and Advice-Part 1

Almost everyone needs financial advice from time to time. Do you run out of money before the month is over? Do you want to change that situation? Do you want to get your finances under control? Can you use help in planning for retirement? If you answered "YES" to any of these questions, you will benefit from this class in Financial Fitness and Advice! This hands-on class helps you be more effective in making financial decisions. Learn basic personal finance concepts from an instructor who has assisted hundreds of individuals and families gain control over their financial situations.

Instructor: Gene Mann

Subject: CME CRN: 30729 Fee: \$29	Jun 24 1 Wednesday	5-8 pm SMC/A127
CRN: 132	Jul 8	6-9 pm
Fee: \$29	1 Wednesday	STC/TBD

Financial Fitness and Advice-Part 2

For those who have completed the Financial Fitness and Advice-Part I course, this continues the process of getting finances under control. Discover additional financial concepts to apply to your life and gain control of your financial situation. Take the next step toward financial freedom! Instructor: Gene Mann Subject: CME CRN: 131 Jul 1 5-8 pm Fee: \$29 1 Wednesday SMC/TBD CRN: 133 Jul 15 6-9 pm Fee: \$29 1 Wednesday STC/TBD

Numbers: Influencing Our Lives Part I The use of numbers dates back centuries and can be used to enhance your everyday life. Explore ways to describe the nature of existence based on numbers. Discover the strength, character and essential influence numbers have on our lives. Develop a better understanding of the universe and yourself based on the assertion by Pythagoras that all things can be reduced to numbers and expressed in numerical terms.

Instructor: Romualda "Rommy" Banaszczyk Subject: CME CRN: 30713 Jun 25-Jul 9 9:30 am-2 pm

Fee: \$85 3 Thursdays SMC/A127

Numbers: Influencing Our Lives Part II Continue exploring ways to describe the nature of existence based on numbers. Part II will be tailored to the outcomes determined by the participants in Part I. Instructor: Romualda "Rommy" Banaszczyk Subject: CME CRN: 120 Jul 16-30 9:30 am-2 pm Fee: \$85 3 Thursdays SMC/TBD

Global Warming: Fact or Fiction?

Is the earth getting warmer? Or is it much the same? Is there truly "manmade" or anthropogenic warming? Discover answers to these questions while discussing meteorology and the history of global warming and cooling from our past.

Instructor: Scott Vickers Subject: CME CRN: 30726 Jun 30 Fee: \$5 11

n 30	9-11 am
Tuesday	SMC/A127

Life Enrichment

The History of the Western "B" Film

This course takes you through a complete history of the "B" Westerns, those 2nd feature "oaters" that featured such stars as: Tom Mix, Ken Maynard, Hopalong Cassidy, Gene Autry, Roy Rogers, Lash LaRue, Rex Allen, Allan "Rocky" Lane, a very young John Wayne, and many more. Each class will examine the real stories behind the well-known stars, the not so well known, and those you may never have heard of, but were definite pioneers in the genre, such as "Bronco" Billy Anderson, Fred Thomson, and Leo D. Maloney. This course does not just give you the routine biographical info. Instead you will learn the true stories behind the films and the stars in an insightful and entertaining way, while learning interesting facts and trivia that you may not have heard before.

Instructor: Charlie LeSueur Subject: CME CRN: 30722 Jun 29-Jul 20 Fee: \$89 4 Mondays

9 am-Noon SMC/A127

Introduction to Law Enforcement

Have recent police events caught your attention? This course is designed to introduce the functions of modern day law enforcement. An overview of the police response and their duties will be provided with an emphasis placed on Arizona law enforcement practices. Guest speakers from different law enforcement agencies are planned. Current issues facing police will also be discussed.

Instructor: Christian Ensley Subject: CME CRN: 30705 Jul 1-29 2-3:30 pm Fee: \$49 5 Wednesdays SMC/TBD

A Primer on the Constitution

Who created the U.S. Constitution? Why did the Founding Fathers adopt it? Why do some people want to change it? Learn about the history of the Constitution and answers to these intriguing questions as you examine the document that provides the basis for your government and your basic rights as a U.S. citizen Instructor: Scott Vickers Subject: CME CRN: 130 Jul 7 9-11 am Fee: \$5 1 Tuesday SMC/A129

Geology of the Superstition Mountains

Did you know we have a volcano in our own backyard? In this class you will learn about the formation of the Superstition Mountains and why they look the way they do. We will focus on geology but cannot let those Superstition legends be ignored. You will learn why the Superstitions rock! Instructor: Amy Paterson

ubject: CMF

Subject: CIVIE		
CRN: 109	Jul 7-14	4:30-6:30 pm
Fee: \$35	2 Tuesdays	SMC/F138

Volcanoes-What, Why, Where and How?

Designed for the non-geologist as an introduction to the fascinating study of volcanoes, this course covers the basics of volcanology including types of volcanoes, location of volcanoes (including Arizona volcanoes), types of lava and other materials ejected by volcanic eruptions. Specific volcanic disasters will also be studied.

Instructor: Amy Paterson Subject: CME CRN: 125 Jul 9-16 Fee: \$35 2 Thursdays

4:30-6:30 pm SMC/F138

Waist Management

Explore easy and effective ways to create habits that support a healthy and happy body while managing your waistline. When you apply sound wellness lifestyle principles you will not only feel better and have the energy you want to have, but you'll be able to do the things you want to do! This interactive course also provides accountability and coaching in a safe and encouraging environment. Instructor: Mari DeZago

Subject: CME	
CRN: 126	Jul 7-14
Fee: \$29	2 Tuesdays

10 am-Noon SMC/TBD



ife Enrichment

In Case of Emergency

Are your family and friends prepared in case you are involved in an emergency situation? Will they know where you keep important documents? Whom would they contact? Where do you keep personal items, such as keys, checkbook, credit cards, etc.? Now is the time to make a list of things family and friends need to know in case you are unable to communicate or manage your own affairs. The course offers tips for you and is helpful when needed for use by your loved ones.

Instructor: Shelia Lilleston Subject: CME CRN: 95 Jul 13

CRN: 95	Jul 13	2-4 pm
Fee: \$25	1 Monday	CGC/TBD
CRN: None Fee: \$25	Aug 14 1 Friday	2-4 pm CGPR/TBD

2 4

Improving Marital Relationships Are you married or preparing to be married? There are fun and informative ways to prepare for and/or improve the quality of this most important relationship. Come learn and laugh with us as we discuss the tried-and-true do's and don'ts of the marriage relationship. Be prepared to share!

Instructor: Anna Rainey Subject: CME CRN: 111 Jul 14-Aug 4 6-8 pm Fee: \$55 4 Tuesdays STC/TBD

Genealogy Basics - How to Start the Journey

This course provides an overview of creating a documented family history for students who have little or no experience in the field. Learn the fundamentals of genealogy to save time, frustration and money. The course emphasizes the use of standard genealogical forms, terminologies and organization methods before using a computer or spending money on costly searches. Learn how to build results quickly. The class is not intended to help complete individual searches, but to give participants enough information for starting a search. Instructor: Joan Martin Subject: CME

CRN: 108	Jul 21-Aug 11	10 am-Noon
Fee: \$49	4 Tuesdays	STC/C131

Lunch & Conversation

Join local community members for a no-host lunch and conversation at restaurants around Pinal County and within our communities. Instructor: Lorraine Westling Subject: CME CRN: 30709 May 21 11:15 am-1 pm Fee: \$0 1 Thursday Mirage Bar & Grill- 725 E. Apache Trail, Apache Junction (480) 671-3846 CRN: 30710 Jun 18 11:15 am-1 pm Fee: \$0 1 Thursday Nandos- 6715 E. McDowell, Mesa (480) 830-8181

CRN: 117 Jul 16 11:15 am–1 pm Fee: \$0 1 Wednesday MidWestern Meats- 4308 E. Main St., Mesa (480) 924-5855

CRN: 116	Aug 20	11:15 am–1 pm
Fee: \$0	1 Thursday	
BJ's Restauran	t & Brewery	- 6622 Superstition
Springs Blvd., Mesa (480) 324-1675		



Lunch & Conversation

Join local community members for a no-host lunch and conversation at restaurants around Pinal County and within our communities. Instructor: Ruth Walter Subject: CME CRN: 30728 May 19 11 am–1 pm Fee: \$0 1 Tuesday Chen's Chinese Bistro- 3281 N Hunt Highway, San Tan Valley (520) 723-6333

CRN: 30664 Jun 16 11 am–1 pm Fee: \$0 1 Tuesday Creative Café- 1410 N. Trekell Rd., Casa Grande, (520) 421-0442

CRN: 80 Jul 21 11 am–1 pm Fee: \$0 1 Tuesday Francisco Grande- 2128 E. Florence Blvd., Casa Grande, (520) 381-8110

CRN: 11491 Aug 18 11 am-1 pm Fee: \$0 1 Tuesday Denny's- 1851 E. Florence Blvd., Casa Grande, (520) 836-2077

CCC-Central Corporate Center

Jun 1	Computer Basics for Seniors	
Jun 4	SBDC Business Launch	
Jun 10	Basic Self-Defense	
Jun 13	Couponing for Beginners	
Jun 16	How to Maximize Your iPhone	
Jun 25	Do You Know What's in the Products You're Buying?	
Jun 25	Promote Your Local Business with Articles	
Jun 27	Beginning Computer Skills	
Jul 7	How to Maximize Your iPhone	
Jul 8	Beginning Computer Skills	
Jul 10	Are You Smarter Than Your Smartphone	
Jul 11	Couponing for Beginners	
Jul 15	Basic Self-Defense	
Jul 18	Intermediate Computer Skills	
Jul 24	iPad for Beginners	
Jul 24	What More Can Your iPad Do?	
Aug 8	Couponing for Beginners	
CGC-Cas	sa Grande Center	
May 19	Lunch & Conversation-Chen's Chinese Bistro	
Jun 8	Basic Interior Design for the 21st Century: Part I	
Jun 15	Basic Interior Design for the 21st Century: Part II	
Jun 16	Lunch & Conversation-Creative Café	
Jul 7	Rediscover the Real You!	
Jul 8	Latin Dancing for Beginners	
Jul 9	Creating Your Own Mandala	
Jul 13	In Case of Emergency	
Jul 21	Lunch & Conversation-Francisco Grande	
Aug 18	Lunch & Conversation-Denny's	
CGPR-C Recreat	ity of Casa Grande Parks and ion	
Jun 1	Creating Your Own Mandala	
Jun 3	Rediscover the Real You!	
Jun 22	Basic Interior Design for the 21st Century: Part I	
Jun 29	Basic Interior Design for the 21st Century: Part II	
Aug 14	In Case of Emergency	
12		

MC-Maricopa Campus

iviC-iviar	licopa Campus
Jun 1	Basics of Facebook and Social Networking
Jun 2	How to Maximize Your iPhone
Jun 3	Beginning Computer Skills
Jun 4	French Conversation & Culture
Jun 8	Cooking with Arizona's Hot Solar Rays
Jun 8	Are You Smarter Than Your Smartphone
Jun 10	Intermediate Computer Skills
Jun 11	Intermediate Computer Skills
Jun 15	Computer Basics for Seniors
Jun 16	Beginning Computer Skills
Jun 17	iPad for Beginners
Jul 1	What More Can Your iPad Do?
Jul 1	Intermediate Computer Skills
Jul 6	Latin Dancing for Beginners
Jul 6	Basics of Facebook and Social Networking
Jul 13	Cooking with Arizona's Hot Solar Rays
Jul 20	Computer Basics for Seniors
Jul 21	How to Maximize Your iPhone
Jul 30	Beginning Computer Skills
Jul 30	Beginning Computer Skills
OR-Mou	ıntain Vista School, Oracle, AZ
Jun 1	Personal Memoir
Jun 18	Basics of Facebook and Social Networking
Jul 23	Basics of Facebook and Social Networking
SMC-Su	perstition Mountain Campus
May 21	Lunch & Conversation-Mirage Bar & Grill
Jun 2	Pottery on the Wheel
Jun 8	Mah Jongg Part I
Jun 15	Line Dancing: Fun and Exercise
Jun 18	Beginning Bridge
Jun 18	Instant Guitar for Hopelessly Busy People
Jun 18	Lunch & Conversation-Nandos
Jun 22	Creative Acrylics I
Jun 22	Meditation for Relaxation and Stress Relief
Jun 23	Beginning Drawing Skills
Jun 24	Central Arizona Adventures
Jun 24	Reiki I

Jun 24 Financial Fitness and Advice-Part 1

Course Start Dates

Course Start Dates

SMC (cont'd)

	Sint a)
Jun 24	Beginning Computer Skills
Jun 25	Numbers: Influencing Our Lives Part I
Jun 25	Tai Chi Basics
Jun 26	Experiencing Oil Painting I
Jun 29	The History of the Western "B" Film
Jun 30	Jewelry & Metalsmithing
Jun 30	Pottery on the Wheel-AM
Jun 30	Pottery on the Wheel-PM
Jun 30	Strip Quilting With A Twist
Jun 30	Beginning Italian
Jun 30	American Composers and Their Operas
Jun 30	Global Warming: Fact or Fiction?
Jun 30	Introduction to Law Enforcement
Jul 1	Strip Quilting With A Twist
Jul 1	Financial Fitness and Advice- Part 2
Jul 1	Basic Digital Photography
Jul 2	Pottery on the Wheel
Jul 6	An Amazing Walk Through the Skies
Jul 7	A Primer on the Constitution
Jul 7	Geology of the Superstition Mountains
Jul 7	Waist Management
Jul 8	How to Make an Art Quilt in 5 Easy Steps
Jul 9	Volcanoes- What, Why, Where and How?
Jul 9	Beginning Photoshop
Jul 9	SBDC Business Launch
Jul 15	Reiki II
Jul 16	Numbers: Influencing Our Lives Part II
Jul 16	Lunch & Conversation- MidWestern Meats
Jul 27	Mah Jongg Part II
Jul 28	Jewelry & Metalsmithing
Jul 28	Intermediate Italian
Aug 4	Pottery on the Wheel
Aug 6	Basic Digital Photography
Aug 13	Beginning Computer Skills
Aug 20	Lunch & Conversation-BJ's Restaurant & Brewery

SB-Saddlebrooke HOA

Jul 8 Painting for Fun with Oil

SPC-Signal Peak Campus

- May 28 Pottery on the Wheel
- Jul 9 Pottery on the Wheel

STC-San Tan Campus

- Jun 11 Instant Guitar for Hopelessly Busy People
- Jun 11 Instant Piano for Hopelessly Busy People
- Jun 16 The Art of Balloon Twisting
- Jun 18 Line Dancing: Fun and Exercise
- Jun 22 Creative Acrylic I
- Jun 25 Experiencing Oil Painting I
- Jul 2 Introduction to Machine Sewing
- Jul 7 Bead Embroidery
- Jul 7 Beginning Drawing
- Jul 8 Financial Fitness and Advice-Part 1
- Jul 9 Customer Service in the Hospitality and Service Industry
- Jul 14 Improving Marital Relationships
- Jul 15 Financial Fitness and Advice-Part 2
- Jul 15 Beginning Computer Skills
- Jul 21 Genealogy Basics-How to Start the Journey
- Jul 22 Beginning Portrait Drawing
- Jul 22 Email and Internet for Beginners
- Jul 29 Microsoft Word Essentials
- Aug 5 Intermediate Computer Skills



Line Dancing: Fun and Exercise

Learn various line dances to exercise the body and brain. No experience nor partner necessary. Instructor: Tobia Eaks		
	Jun 15-Aug 17 10 Mondays	9:30-10:30 am SMC/A110
CRN: 30708 Fee: \$5	Jun 18-Aug 20 10 Thursdays	10-11am STC/D101

Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Special Note: Students must bring acoustic guitar to class. The cost of supplies is not included in the course fee. Contact your local Community Education office one week prior to the class start date for a materials list. Instructor: Craig Coffman Subject: CME CRN: 30701 Jun 11 4-6:30 pm Fee: \$34 1 Thursday STC/D106

100.901	1 marsuay	510, 5100
CRN: 30702 Fee: \$34	Jun 18 1 Thursday	4-6:30 pm SMC/A127

Instant Piano for Hopelessly Busy People

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you will need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education office one week prior to the class start date for a materials list.

Instructor: Craig Coffman

Subject: CMR CRN: 30703 Fee: \$34		6:40-9:40 pm STC/D104
CRN: 30704	Jun 18	6:40-9:40 pm
Fee: \$34	1 Thursday	SMC/A127



Latin Dancing for Beginners

Light up any dance floor while being swift on your feet! Learn introductory Latin dance steps, including the Salsa and Meringue. Instructor: Andrea Garrindo Subject: CME CRN: None Jul 6-Aug 10 10 am-Noon Fee: \$79 6 Mondays MARPR MC/C116

CRN: 81 Jul 8-Aug 12 2-4 pm Fee: \$79 6 Wednesdays CGC/TBD



Basics of Facebook and Social Networking

An introductory class for adults interested in entering the world of social networking. Topics include: setting up an account, privacy and security, adding friends and photos, Internet/Facebook etiquette, and more.

Instructor: Laura Zubel

Subject: CME CRN: None Fee: \$25	Jun 1 1 Monday	9-11 am MARPR MC/C115
CRN: None Fee: \$25	Jul 6 1 Monday	9-11 am MARPR MC/C115
Instructor: Viv CRN: 30673 Fee: \$25	rian Sampson Jun 18 1 Thursday	4-6 pm OR/MTV
CRN: 82 Fee: \$25	Jul 23 1 Thursday	5-7 pm OR/MTV

Computer Basics for Seniors

Would you like to learn or improve your computer skills? Join a relaxed paced course and learn the basics of using a computer, a keyboard & mouse, opening, using & closing programs, saving & printing documents, and browsing the Internet. In the end you will have developed basic computer skills, become friends with your computer, and prepared for future growth. Instructor: Paul Zubel Subject: CME CRN: 30684 Jun 1-15 6:30-8:30 pm Fee: \$39 3 Mondays CCC/A104 CRN: None Jul 20-Aug 3 Fee: \$39 3 Mondays 6-8 pm MARPR MC/C115

Instructor: Laura Zubel		
CRN: None	Jun 15-29	9-11 am
Fee: \$39	3 Mondays	MARPR
		MC/C115



Beginning Computer Skills

Develop basic computer knowledge and learn how to navigate the current, most frequently used version of Microsoft Windows. Specific topics include desktop, icons, task bar, help screens, scrollbars, mouse practice, word pad, resizing and moving windows. Instructor: Paul Zubel

Subject: CME

CRN: None Fee: \$25	Jun 3 1 Wednesday	6-8 pm MARPR/ MC/C115
	Jun 27 1 Saturday	9-11 am CCC/TBD
CRN: 92 Fee: \$25	Jul 8 1 Wednesday	6:30-8:30 pm CCC/TBD
CRN: None Fee: \$25		6-8 pm MARPR MC/C115
Instructor: La CRN: None Fee: \$25		9-11 am MARPR MC/C115
CRN: None Fee: \$25		9-11 am MARPR MC/C115
CRN: 30693 Fee: \$29	1 Wednesday	Noon-3 pm SMC/C116
CRN: 102	Aug 13 1 Thursday	Noon-3 pm SMC/C116
Instructor: F CRN: 101 Fee: \$29	rank Parenteau Jul 15 1 Wednesday	2-5 pm STC/TBD

Intermediate Computer Skills

Develop intermediate level computer skills by using MS Office Word, PowerPoint, and Excel software applications, web searches, and Internet based applications. Instructor: Laura Zubel Subject: CME CRN: None Jun 10-24 9-11 am Fee: \$39 3 Wednesdays MARPR/ MC/C115 CRN: None Jul 1-15 9-11 am Fee: \$39 3 Wednesdays MARPR/ MC/C115 Instructor: Paul Zubel CRN: None Jun 11-25 6-8 pm Fee: \$39 3 Thursdays MARPR/ MC/C113 CRN: 91 Jul 18-Aug 1 10 am-Noon Fee: \$39 3 Saturdays CCC/TBD Instructor: Frank Parenteau CRN: 112 Aug 5-12 2-5 pm Fee: \$45 2 Wednesdays STC/TBD

PCs & More

Email and Internet for Beginners

An introduction to email and the Internet that emphasizes setting up an email address, sending and receiving messages, and exploring Internet search engines.

Instructor: Frank Parenteau Subject: CME CRN: 107 Jul 22 2-5 pm Fee: \$29 1 Wednesday STC/TBD

Microsoft Word Essentials

Learn the fundamentals of MS Word to create a simple letter, set margins, save the letter, and print it. Also learn how to change the look of text and to format paragraphs.

Instructor: Frank Parenteau Subject: CME CRN: 119 Jul 29 2-5 pm Fee: \$29 1 Wednesday STC/TBD

C's & More

Are You Smarter Than Your Smartphone Discover your Smartphone features and how to fully use them for your benefit. Topics include: music, calendars, internet, apps, syncs, and other topics. In the end, you could be smarter than your Smartphone. Special Note: Student

must bring own smartphone to class. Instructor: Veronica Duran

Subject: CME		
CRN: None	Jun 8	6-8 pm
Fee: \$25	1 Monday	MARPR/
		MC/C115

CRN: 83	Jul 10	9-11 am
Fee: \$25	1 Friday	CCC/TBD

How to Maximize Your iPhone



Are you getting the most out of your iPhone? Discover the ins and outs and how to manage your iPhone to suit your needs. Learn the basics of how to use your iPhone apps, maps, messages, calendar, mail and how to sync with other devices. *Special Note: Student must bring iPhone to class.* Instructor: Veronica Duran

Subject: CME CRN: None Jun 2 6-8 pm Fee: \$25 1 Tuesday MARPR/ MC/C115 6-8 pm CRN: 30685 Jun 16 Fee: \$25 CCC/A120 1 Tuesday CRN: 94 Jul 7 6-8 pm Fee: \$25 CCC/A120 1 Tuesday . Jul 21 CRN: None 6-8 pm Fee: \$25 1 Tuesday MARPR/ MC/C115

iPad for Beginners

Explore the basics of your iPad. Topics include: iPad settings, customizing, and surfing the web. Special Note: Student must bring iPad to class. Instructor: Veronica Duran Subject: CME CRN: None Jun 17 6-8 pm Fee: \$25 1 Wednesday MARPR MC/C115 . CRN: 84 Jul 24 9-11 am Fee: \$25 CCC/TBD 1 Friday

What More Can Your iPad Do?

Discover more exciting features of your iPad. Learn how to use all the built in apps, how to purchase additional apps and how everyone in your family can benefit from using the iPad. Special Note: Student must bring iPad to class. Instructor: Veronica Duran

Subject: CME CRN: None Fee: \$25	Jul 1 1 Wednesday	6-8 pm MARPR MC/C115
CRN: 85	Jul 24	2-4 pm
Fee: \$25	1 Friday	CCC/TBD

Basic Digital Photography

Are you curious about your digital camera? Is it taking up space in a drawer? Join us and learn the basics of digital photography including tips on lighting, composition and how to create beautiful photos. *Special Note: Students must bring their digital camera and instruction booklet to class.*

Instructor: Ger	ne Middleton	
Subject: CME		
CRN: 98	Jul 1	10 am-Noon
Fee: \$29	1 Wednesday	SMC/C116
CRN: 99 Fee: \$29	Aug 6 1 Thursday	10 am-Noon SMC/C116

Beginning Photoshop

Learn how to use the tools, layers, and palettes in Adobe Photoshop. With these tools, there is no limit to what you can do or create with your favorite photos.

Instructor: Gene Middleton Subject: CME CRN: 104 Jul 9-30 Fee: \$59 4 Thursdays

10 am-Noon SMC/C116



nstructors

Allison, Connie, graduated from Prescott College with a Bachelor of Arts with a major in Psychology and a Master in Counseling from the University of Arizona. She has completed a year and a half at the Tamara Spiritual Center where she is now an ordained Minister. Connie continues to attend classes in various churches learning more about bible history, interpretation, prayer, meditation and metaphysics.

Banaszczyk, Romualda "Rommy," received degrees in Economics and International Education from schools in Poland and Massachusetts. She has been certified in the knowledge of Numerology and is an international speaker and educator. She has a unique vision for promoting world peace, supporting education and literacy around the globe.

Bye-Beza, Neola; having spent her career in legal and risk services for acute healthcare facilities, Neola found herself working with fibers and beads as an outlet for her creative side. Over the years, she studied with many master artists at such shows as Art and Soul. She began corresponding with rock and gem lovers over several southwestern states and fell head over heels in love with jasper, agates, and other natural and organic geological specimens. Now she works mostly with these rocks cut in different shapes and sizes, beading them onto leather or suede, following patterns and designs that she graphs. Her inspirations come from native beading books and museum pieces and her creativity comes from her love of the rhythm and solitude beading provides for her.

Coffman, Craig, is an experienced piano instructor, professional pianist and music director. He has over 20 years' experience teaching piano privately. His piano seminars, offered through community colleges and community education programs, have been attended by over 12,000 students throughout the United States over the last 11 years. He has a degree in Sociology from Illinois Wesleyan University in Illinois (where he also studied piano) and a Master of Divinity degree from Western Seminary in Portland, Oregon.

Help us to expand course offerings in the San Tan Valley Contact Joel Beck:

480.677.7721 joel.beck@centralaz.edu to obtain course proposal and instructor data forms.

Curtis, Kristina; holds a Bachelor of Science Degree in Marketing from Arizona State University and from Barrett Honors College. She worked as a data analyst and assistant account manager at General Mills Inc. where she gained extensive knowledge of Microsoft programs, including Excel and PowerPoint. She has also worked as a costume designer and seamstress at Old Tucson Studios, a seamstress in the ASU theatre department, and currently owns and sews for her own online home décor business, SunnyRae Home. She loves to learn and help people improve their own lives through learning.

DeZago, Mari; her scholastic degrees and experience include: BS Physical Education and Health, 16 years coaching in the field of Health and Wellness, and personally implementing what she taught. Ten years teaching Physical Education and Health K-12 and coaching a variety of sports; she initiated and girls' developed interscholastic league (1971-1977) conference at Miami Christian School, Miami, FL. She homeschooled her children for thirteen years and initiated and led a local homeschool parent group of 75 families (3 years, North Port, FL). She also spent sixteen years as Owner, CEO, Personal Wellness Coach of Your Wellness Lifestyle (Cincinnati, Louisville, Columbus, and San Tan Valley, Mesa). She facilitated workshops for Apache Transformation Junction Two Ton Initiative (2013, 2014).

Duran, Veronica, holds a B.A. and M.Ed. from Northern Arizona University. Duran has been working in higher education for over ten years in a variety of capacities. In her role, she has mastered technology so that it can be used as a tool in everyday life.

Eaks, Tobia, is a lifetime dancer and lifelong learner. She loves living in the southwest and loves the mountains. As a child she began clogging from the time she was able to stand. Dancing is one of the joys in her life.

Ensley, Christian; holds an AA in Criminal Justice, a BS in Justice Studies (minor in Spanish), and an MS in Administration/Leadership. He has twenty years of Criminal Justice experience, with 17 years as a sworn peace officer working as a patrol officer, detective and sergeant. He also has experience with juvenile probation and security, and was often assigned Spanish speaking investigations.

Fecht, Cheryl, was born in Rome, New York to an Air Force officer. She's had a passion for drawing since she was a young child and has been painting for over 40 years. She has been working as a full-time professional artist in her desert studio since the early 1990s and loves to enhance the distinct colors of the desert on canvas.

Garrido, Andrea, holds an Associate's Degree in Interior Design from Mesa Community College, Certified for Space Planning and Furniture Layout. She has over 11 years of experience in the Interior Design field working hand in hand with architects, contractors and drafters. Also, as the owner of Spoiling U, an interior design studio she has acquired entrepreneurial skills that have increased her level of knowledge in the design field.

Hemsath, **Dustin**; after living in Venezuela for a couple of years, Dustin returned to the United States and missed speaking Spanish. He majored in Spanish at California State University in Fullerton. He spent a full 5th year in a teacher certification program specifically designed for foreign language teachers. Six years later, he is the Foreign Language Department Chair at Combs High School. He plans to enter a Master's Program in Spanish Linguistics.

Hoeh, Krystal, has taught art for eight years as an elementary and high school teacher. She is proficient in many art mediums but enjoys pencil drawing and acrylic painting the most. As an intern in French-Speaking Belgium, she had the privilege of visiting art museums throughout Europe. She has presented at the Arizona Art Education Association's Annual Conference on how to use the internet to teach art. Aside from art and travel, she enjoys sprint triathlons, decorating cakes and camping. **Ioane, KimmBerly,** specializes in Raku Firing, trained in northern California and is a working artist for 30 years. She enjoys sharing her passion for clay with others. Her artistic tips, methods and inspiration will help a wide range of students accomplish their own goals.

Jones, Bette; born and raised in Chicago, Bette has been an Apache Junction resident since 1990. She is a lifelong opera aficionado and has facilitated numerous opera appreciation classes. She hopes you will join her in a class about "American Composers and their Opera".

Jones, Susan; graduated from West Hills College with an AA in General Studies and an AARN from Palomar Community College. After 25 years, she recently retired as Labor and Delivery RN at Tempe St. Luke's Hospital. She has been a passionate quilter, watercolor painter, and fine china painter for many years. In her spare time, she participates in 5K and 8K runs.

Kates, Steve, aka Dr. Sky, is the selected presenter of astronomy focused education at the Lost Dutchman State Park by the Friends of Lost Dutchman State Park, a non-profit organized in 2010 to prevent the closure of the park. Steve presents an astronomy program in the park, during seasonal months, to an audience that has (in the park ranger's words) eclipsed any other astronomy group/ presenter. While not a formal dark sky area, Steve has been the one champion to educate the Park's visitors and surrounding community about the need for the park and preserving its "dark" skies; because of his love for the skies.

Koenig, Sandra, began her lifelong love of the ancient Chinese game, Mah Jongg, over 50 years ago. She's carried her enjoyment for the game from her initial home of St. Louis, to her years living in Israel, up to and including her relocation to Arizona in 1984.

> Please register one week prior to course start dates.

LeSueur, Charlie, Arizona's Official Western Film Historian, has interviewed many famous cowboy stars and was a celebrity moderator for 22 years in several cowboy festivals throughout the Southwest. He is a Spirit of the Old West Alive recipient, and was inducted in the Apacheland Wall of Fame at the Superstition Mountain Museum in Apache Junction, AZ. Charlie has two published books on Western Film - "The Legends Live On: Interviews with the Cowboy Stars of the Silver Screen" and "Riding the Hollywood Trail: Tales of the Silver Screen Cowboys".

Lindholm, Catherine, holds a Bachelor's degree in Music Education and a Master's degree in Music from Northwestern University. She has been a certified bridge teacher and certified bridge director with the American Contract Bridge League for over 35 years. Along with these degrees and certificates, she is a Gold Life Master.

Mann, Dr. Gene, has over 40 years teaching experience in all aspects of business and business management; communication, mass media, and English as a Second Language. He has a Ph.D. in Interpersonal Communication with minors in Advertising and Public Relations, Psychology, Accounting, Broadcasting and American History. He is also the author of several books, textbooks and professional journal articles.

Martin, Joan, has been researching her family history for over 30 years. She has been able to trace and very her family line back to the 18th century using basic genealogical methods she learned taking courses through the National Genealogical Society, "how to" research on the internet, attending genealogical society workshops and writing lots of letters. Joan and her husband are recent immigrants to the San Tan Valley from Spokane, WA.

McGraw, Jennifer, is the Spa Director for the Scottsdale Camelback Resort where she has 24 years of experience and is certified to teach Tai Chi and Aquatic exercise. In 1991, she became licensed as massage therapist. She also teaches health and wellness classes in the community including meditation, relaxing stretch, labyrinth healing and Tai Chi.

Menchaca, Francisco; a Casa Grande native, has been creating with clay since childhood. His first sculptures were fashioned from native clay, dug from the ground at his rural Casa Grande home. He studied art in junior high and high school, where he first learned to use the wheel. Always striving to improve his technique and his art, Francisco has studied ceramic art at Northern Arizona University, at Mesa Community College, Chandler-Gilbert Community College, and at Central Arizona College. He maintains a private studio at his childhood home, south of Casa Grande. His work has been shown at various art fairs, the Public Events Gallery at Central Arizona College's Signal Peak campus, and the Casa Grande Art Museum, as well as at several venues in Phoenix, Tucson and North Carolina.

Meyers, Lynn, is a native of Coolidge. She received her black belt in karate in the Philippines when she was younger. In her spare time, she is an artist and loves to write. Her goal in life is to make sure people protect themselves in a threatening situation.

Middleton, Gene, is a local actor and artist, best known for his western art. His professional career was in graphics, including photo retouching, silk screening and offset printing. He is knowledgeable in computer technology and photo enhancement and has a passion for technology. He is also a candid wedding photographer.

Pacheco, Sarah, holds an A.A.S. in Nursing from Central Arizona College. In her spare time she enjoys couponing for her family and has been couponing for over six years. Not only is couponing a hobby, it also helps save money for her family.

Parenteau, Frank, originally from Washington DC, he is a licensed realtor in the State of Arizona. He has lived in various parts of the United States and in Italy. Speaks English and Italian and has a passion for project management and computer technology.

Parenteau, Rusty, is a world traveled artist who began her career with a degree in Art from Asbury University in Kentucky. She has taught creative drawing classes and workshops for children and adults in America and Italy. She has taught both in English and Italian.

Paterson, Amy; grew up in the Midwest, where the only visible rocks lined the railroad tracks or someone's driveway. On her first date with her now husband, he told her "Don't hang out with me unless you want to move to Arizona." Her reply was, "Are you kidding? They have rocks there! And sun". Amy started as a communications major at DePauw University in Indiana but ended up teaching rocks and volcanoes to eager ninth graders for 17 years. After getting her Masters in Geology Education from Northern Arizona University, Amy has been teaching Geology and Astronomy at community colleges in Pinal and Maricopa Counties for the past 10 years. In her spare time she enjoys spending time with her dogs, watching football, playing poker and traveling around the world to look at more rocks.

Rainey, Anna holds a Bachelor of Arts in Psychology and a Master of Arts in Education. She has been teaching Family Communications for American Public University since 2010. Anna is personally and professionally passionate about helping people learn to communicate more effectively in family relationships! Anna has been married for 9 years and has 3 children. She enjoys reading, singing, playing the piano and going to the lake. More than anything, she enjoys spending time with her family.

Rhodes, Jim, has directed the Small Business Development Center (SBDC) at the CAC Corporate Center for over seven years. He has over 12 years experience managing sales teams for a major manufacturer.

Riccitelli, Dennis, is a second generation Italian-American. He graduated from Penn State University and received his Masters Degree in Italian from the prestigious Language School at Middlebury College in Vermont.

Russell, Janet, holds a Master's Degree from Northwestern University in Illinois. During her undergraduate studies at the University of Madrid in Spain, her desire to travel was intensified. She also worked for the Department of Defense in Germany where she taught Spanish to U.S. Citizens. **Sampson, Vivian**, holds a B.S. in Business Administration/Marketing from University of Nevada-Las Vegas. She is a marketing professional with a proven and demonstrated knowledge in Marketing and Branding. She can effectively bridge customer business requirements to market trends.

San Felice, Jack, has been an avid hiker, horseback rider, four-wheeler, photographer and serious researcher of the Superstition Mountains and nearby areas for over 20 years. Jack has explored the Superstitions for years and has interviewed many of the treasure hunters and unique characters that he has encountered. He has a master's degree from the American University in Washington D.C., and is the author of various publications and stories.

Shaw, Debra, has over 19 years of executive level experience as an owner of a restaurant and a President of a flatbed transportation company. She is currently President of Debra Shaw International, a consulting firm specializing in training and development in the fields of transportation/logistics, hospitality/restaurant and grant funding.

Tucker, Wanda, a native of Arizona residing in Winkleman. She became interested in art as a youth, but didn't get involved until 1966. Her artistic expertise was enriched under tutelage of well knows artists such as Frederic Taubes, George Kountoupis, Griffen Stevenson and various college instructors. Her enthusiasm is reflected in her work as well as her method of teaching.

Turner, Debra, is originally from Oregon and has been keeping journals since she started as a 4-H Club reporter in the 1960s. She has won many writing contests with the VFW 4116, was a contributor to the Association of Sewing and Design Professionals Journal, and has been published in The Arizona Republic newspaper.

Troxell, Sam, holds a Master's Degree in Fine Arts, with an emphasis in Metals and a Bachelor of Science Degree in Art with a minor Biology.

Vickers, Scott, is a graduate of the United States Military Academy. A former Army Aviator, he completed an aerospace career spanning 44 years culminating in retirement from the famed Lockheed Martin Skunk Works. In retirement he continues to work as an engineering consultant and has recently become a published author with two more books in the works.

Instructors

Wainio, Marguerite, has a B.A./English & Writing, from Sarah Lawrence College and an M.A./Psychology, from Antioch University West. She has worked as a writer and editor her entire life and has taught writing and presented at workshops.

Walter, Ruth, originally from Minnesota, holds a Master's Degree in Education from Chapman University. She has been a teacher for over 25 years.

Westling, Lorraine, raised in South Dakota, holds a Masters Degree in Education from South Dakota State University. She started teaching at the age of 17 and was a classroom teacher for 51 years.

Zubel, Laura, has an Organizational Management Degree from Rio Salado College. She has worked for Microsoft Network for 5 years and has over 10 years of experience with Microsoft products and suites. She has taught computer classes and provided training for corporations. She was raised in Arizona and has an extensive interest in Arizona Living, including over 20 years of experience using a solar oven, gardening in the desert and is a Certified Master Gardener. Her additional interests have given her over 10 years of experience creating and teaching Swedish Weaving and sewing projects.

Zubel, Paul, has an associates degree from Rio Salado College. He has over eleven years of experience in Microsoft Office. Other experience includes five years as a Microsoft Systems Operator, seven years as a Hardware Tester for Western Digital and three years as a Systems Administrator for HMS Host. In 1997, Paul joined MSN as a Moderator and Systems Operator of their social media chat department. Being involved with MSN Live Group, he brought fans in contact with their favorite celebrities through chat. Since then, he has continued to be involved with Social media as well as Computer Networking while working on his bachelor's degree.



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Performance Massage

Performance massage combines Thai stretching, deep tissue, and trigger point therapy to rehabilitate injuries and increase range of motion. This process increases strength and flexibility leading to increased performance for athletes and non-athletes as well.

Instructor: Lance Lorenzo Subject: CME CRN: 140 Jul 16-30 Fee: \$99 4 Thursdays

6-10 pm SMC/D112

Central Arizona College Community Education recognizes our partners:

City of Casa Grande Parks & Recreation

http://online.activenetwork.com/ casagrande/Start/Start.asp

404 E. Florence Blvd. Casa Grande, AZ 85122 520.836.8677

- Students can register in person or online
- Accepts cash, check, money order and credit card payments (MasterCard, Visa, Discover and American Express)

Register for classes with the City of Casa Grande when you see CGPR as part of the location.

City of Maricopa Parks & Recreation Information

http://www.maricopa-az.gov/web/sportsrecreation

45145 W. Madison Ave. Maricopa, AZ 85139 520.316.6960

- Students can register in person or online
- Accepts cash, credit and debit card payments

Register for classes with the City of Maricopa when you see MARPR as part of the location. Classes will be held at the CAC Maricopa Campus.

Three easy ways to register:

Due to the minimum number of students necessary for a course to be held, we strongly encourage you to sign up early.

<u>1. ONLINE:</u> If you are a current student, you can register online at www.centralaz. edu. Click on Quick Links, click on Online Services, enter your User ID and PIN.

2. WALK IN: You may register at any of the eight campuses/centers. All classes are filled on a first come, first-served basis. Proposition 300 and the Arizona Revised Statutes require that all students must show proof of their citizenship, even employees. Students only need to provide citizenship proof once, not each time they register. These documents include one of the following: valid driver's license, birth certificate or passport. You may request a complete list of acceptable documents from the Records Office.

Central Arizona College has formed two partnerships to provide community education for the area. To register for a class in any of the two areas the directions are as follows:

 City of Casa Grande Parks & Recreation will process registrations via their Web http://online.activenetwork. link at: com/casagrande/Start/Start.asp or its office at 404 E. Florence Blvd., Casa Grande, AZ 85122 (cash, check, money order and MasterCard, Visa, Discover and American Express payments are accepted). Therefore. Central Arizona College online, campus, and educational center registration is blocked for these courses.

• City of Maricopa will process registra-

tions for Maricopa Campus Lifelong Learning Community Education classes via its web link at:http://www.maricopa-az. gov/web/sports-recreation or at its office: 45145 W. Madison Avenue, Maricopa, AZ 85139 (cash, credit and debit card payments are accepted). Therefore, Central Arizona College online, campus and educational center registration is blocked for these courses.

<u>3. FAX:</u> 480.677.7722 or 520.494.6055 Use the registration form at

www.centralaz.edu/lifelonglearning. Payment must be made by credit card only.

What if a class cancels?

Courses that do not meet a minimum student enrollment are subject to cancellation. If a course is cancelled, every effort is made to notify you by telephone or email and to inform you of other course details and/or the refund process.

When is the campus closed?

May 25 Memorial Day

Attendance:

Only persons registered in the class and on the roster may attend the class.

Instructor Biographies

To find out more about our instructors, visit www.centralaz.edu/lifelonglearning or a list can be found towards the back of this schedule.

Where are classes held?

Most classes are held at ten locations. The classes with the City of Casa Grande Parks & Recreation are held at their classrooms. You will be notified upon registration what room the class is being held in.

Supplies and Textbooks:

Call the Community and Continuing Education Department at 480.677.7721 or 520.494.6059 one week prior to the start of the course to verify the class status before purchasing books or supplies.

What is the refund policy?

If a class is cancelled, you will be notified and entitled to a full refund. If you choose to withdraw before a class begins, you are entitled to a full refund. If you withdraw from a course after a class begins, you will not receive a refund. Refund requests due to extenuating circumstances may be submitted in writing to the Registrar of Central Arizona College as soon as possible.

What about parking?

Parking is free at all locations.

Disclaimer

Central Arizona College makes every effort to ensure that all information within the schedule is accurate at the time of publication. Occasionally, dates, times, locations, instructors and fees change. If changes occur, we will notify you using the phone number you provided on the registration form.

Registration/Admission Student Information Form		 Signal Peal Aravaipa Casa Grand Florence Categories 	Maricop Genter Corpora	Superstition Mountain Maricopa Campus Corporate Center San Tan Campus			
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birth year)_					te did your present st	ay begin in Arizona?: (if b 	orn in Arizona, state
CRN	Course Nu	mber	Section	Course Title	e Credits	Days	Time

Registration

Student Signature:_____

agree to abide by the rules and regulations of the college regarding conduct and other obligations.

23

Max Hour

Approval:

Date:





Older Adults Preparing for New Careers

For more information contact: Joel Beck 805 S. Idaho Road, Rm. B125 Apache Junction, AZ 85119 480.677.7721 Voice 480.677.7722 Fax joel.beck@centralaz.edu

Central Arizona College Course Locations

AVC - Aravaipa Campus 80440 E. Aravaipa Rd. Winkelman, AZ 85192-7068

CGC-Casa Grande Center 1015 E. Florence Blvd. Casa Grande, AZ 85122

CGPR-City of Casa Grande Parks & Recreation 404 E. Florence Blvd. Casa Grande, AZ 85122

CC-Corporate Center (Interstate 10 & Florence Blvd.) 540 N. Camino Mercado, Suite 1 Casa Grande, AZ 85122

FC-Florence Center 800 E. Butte Ave. Florence, AZ 85132

MC-Maricopa Campus 17945 N. Regent Dr. Maricopa, AZ 85138 OR-Mountain Vista School 2618 W. El Paseo Oracle, AZ 85623

SB-SaddleBrooke/HOA2 64500 E. SaddleBrooke Blvd. Tucson, AZ 85739 Must be a resident of the SaddleBrooke HOA1 or HOA2 Community to register for classes held in SaddleBrooke.

SMC-Superstition Mountain Campus 805 S. Idaho Rd. Apache Junction, AZ 85119

SPC-Signal Peak Campus 8470 N. Overfield Rd. Coolidge, AZ 85128

STC-San Tan Campus 3736 E. Bella Vista Rd. San Tan Valley, AZ 85143



Accreditation:

Central Arizona College is accredited by the Higher Learning Commission (HLC). http://www.hlcommission.org

Nondiscrimination Policy:

Central Arizona College prohibits discrimination in employment and educational programs based on race, color, religion, sex, age, disability, national origin, military status, genetic test information, sexual orientation, or gender identity or expression.

CENTRAL ARIZONA COLLEGE (USPS 24592) is published in the months of January, May, August, and December by Central Arizona College – Pinal County Community College District, 8470 N. Overfield Rd., Coolidge, AZ 85128-9779. Periodicals postage paid at Casa Grande, AZ. POSTMASTER: Send address changes to Central Arizona College, 8470 N. Overfield Rd., Coolidge, AZ 85128-9779. Volume 1, Issue 3.

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Teach for us - we're always looking for great instructors!

Are you passionate about a subject and interested in teaching a noncredit course for Community Education? We provide quality lifelong learning that is responsive, relevant, and accessible to residents of Pinal County. Our classes are generated from the philosophy that learning is a rewarding, lifelong experience that occurs in a relaxed, supportive environment.

We are always seeking enthusiastic



and qualified instructors in most of our subject areas and are interested in exploring new subject areas. As Central Arizona College introduces and expands the capabilities of the new campuses in Maricopa and San Tan Valley, Community Education is looking to expand the course offerings in those areas.

Each semester Community Education considers new course proposals. The proposal deadline to teach a new class in Fall 2015 is June 12, 2015. Course proposals received after June 12 will be considered for the following semester.

To be considered, please contact Joel at 480.677.7721 or Muriel at 520.494.6059 to obtain the instructor application and the noncredit course proposal forms.