

Pursue Your Passion



**Central
Arizona
College**

Fall 2014

**Community Education
NONCREDIT CLASS SCHEDULE**

www.centralaz.edu/lifelonglearning

Understanding the course description:

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: Larry Ramirez
 Subject: CME

CRN: 11541	Sep 23	4:30-6:30 pm
Fee: \$29	1 Tuesday	OR/MVS
.....		
CRN: 11553	Oct 21	4:30-6:30 pm
Fee: \$29	1 Tuesday	AVC/A120
.....		
Instructor: Gene Middleton		
CRN: 11640	Oct 8	10 am-Noon
Fee: \$29	1 Wednesday	SMC/C116

Microsoft Windows 7 Basics NEW
 Develop basic computer knowledge and learn how to navigate Microsoft Windows 7. Specific topics include desktop, icons, task bar, help screens, scrollbars, mouse practice, word pad, resizing and moving windows.
 Instructor: Gene Middleton
 Subject: CME

CRN: 11637	Oct 15	Noon-3 pm
Fee: \$29	1 Wednesday	SMC/C114

Annotations:

- Course Title
- Course Description
- Course taught at two different locations
- Subject Code is CME for all Lifelong Learning courses
- Course Reference Number (CRN) is needed to register at CAC
- Course start and end dates
- Number of days course meets
- Course location, building and room. TBD = To be determined. Staff will call you when a room is assigned.
- This symbol indicates a class is being offered for the first time this semester.

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
- SMC** - Superstition Mountain Campus
- SPC** - Signal Peak Campus
- STC** - San Tan Campus



**Central
Arizona
College**

Community Education Offices

CAC Casa Grande Center

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Bob Duke
Director

What's Inside?

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Artistic Travel Journaling



Learn to easily and fearlessly create quick drawings from your vacation or "staycation" adventures. During this multimedia adventure, students will learn contour drawing, watercolor and colored pencil techniques to create a unique expression of your life; plus how to put together an easy to carry travel journal kit. Drawing creates a kinesthetic memory that will resonate deeply within you. Anyone can learn these fun and experimental techniques. *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: Pauline Conn
 Subject: CME
 CRN: 11666 Nov 5-Dec 3 1-4 pm
 Fee: \$99 5 Wednesdays SMC/TBD

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: 11577 Sep 24-Oct 22 4-6 pm
 Fee: \$65 5 Wednesdays STC/D120
 CRN: 11576 Sep 25-Oct 23 4-6 pm
 Fee: \$65 5 Thursdays FC/A106

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: 11676 Sep 9-Oct 7 1-3 pm
 Fee: \$65 5 Tuesdays SMC/A122
 CRN: 11679 Oct 14-Nov 18 1-3 pm
 Fee: \$65 5 Tuesdays SMC/A122
Note: No class Nov 11.



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. 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 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: Rusty Paranteau
 Subject: CME
 CRN: 11579 Oct 29-Nov 26 4-6 pm
 Fee: \$65 5 Wednesdays STC/D120
 CRN: 11578 Oct 30-Dec 4 4-6 pm
 Fee: \$65 5 Thursdays FC/A106
Note: No class Nov 27.

Dichroic Fused Glass Jewelry

Learn the basics of dichroic glass fusing jewelry techniques by making beautiful dichroic fused glass jewelry and studying the techniques for glass cutting, glass design and kiln firing. *Special Note: Materials valued at \$65 are included in course fee.*

Instructor: Janna Blok
 Subject: CME
 CRN: 11580 Oct 27 1-4 pm
 Nov 3 1-3 pm
 Fee: \$99 2 Mondays SMC/F118



A Joint Admission Program

Flexible Transfer Options for CAC Students

- * Graduate Faster by transferring up to 90 credits
- * Only 10 classes to complete your degree
- * Tailor your coursework to fit your career goals
- * NAU offers the most affordable tuition in the state

For more information about CAC-2NAU call Celina Salinas (520) 421-1394

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: CME

CRN: 11680 Sep 11-Oct 23 1-3 pm
 Fee: \$89 7 Thursdays SMC/A122

CRN: 11681 Sep 15-Oct 27 1-3 pm
 Fee: \$89 7 Mondays STC/D120

Creative Acrylics II



Learn more advanced techniques used to paint creatively with acrylics and other mediums that achieve unique compositions and textures. Students will leave with at least three finished paintings utilizing the new techniques. *Special Note: Students must have prior experience with acrylics or have taken Creative Acrylics I.*

Instructor: Cheryl Fecht

Subject: CME

CRN: 11682 Oct 30-Dec 18 1-3 pm
 Fee: \$89 7 Thursdays SMC/A122

Note: No class Nov 27.

CRN: 11683 Nov 3-Dec 15 1-3 pm
 Fee: \$89 7 Mondays STC/D120

Experiencing Watercolor

Discover how to paint with a palette of beautiful, transparent watercolors. Lessons include the history of watercolor, brush control, the coloring book of basic skills, preparing your paper, creating a composition, mixing colors, painting trees, skies and more. Students will leave with a finished painting. *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.*

Note: Meets for 1 hr on Oct 16.

Instructor: Kristal Hoeh

Subject: CME

CRN: None Aug 28-Oct 16 6:30-8:30 pm
 Fee: \$99 8 Thursdays MARPR
 MC/C106

Your Community College



Please register one week prior to course start dates.

Special Drawing Techniques-Level I

Learn to draw with confidence and accuracy using a graphic application technique created by Albrecht Durer in the 1500s. Any form of visual artistic representation can be described in realistic and vivid detail using this technique. You will learn how to identify shapes and forms, both obvious and subtle, and their corresponding values. This is a very popular learning tool for all levels of artists. *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: Kittie McDermitt

Subject: CME

CRN: 11589 Sep 11-Oct 9 1-4 pm

Fee: \$79 5 Thursdays SMC/A122

Special Drawing Techniques-Level II

Continue learning to draw with confidence and accuracy using a graphic application technique created by Albrecht Durer in the 1500s. In Level II, continue working with black and white while introducing some color to your artwork. *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: Kittie McDermitt

Subject: CME

CRN: 11590 Oct 16-Nov 13 1-4 pm

Fee: \$79 5 Thursdays SMC/A122

Special Drawing Techniques-Level III

Continue learning to draw with confidence and accuracy using a graphic application technique created by Albrecht Durer in the 1500s. In this Level III course, continue exploring the use of color in your artwork. *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.*

Note: No class on Nov 27.

Instructor: Kittie McDermitt

Subject: CME

CRN: 11591 Nov 20-Dec 18 1-4 pm

Fee: \$79 4 Thursdays 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: 11692 Sep 17-Oct 29 1-4 pm
Fee: \$129 7 Wednesdays STC/D120

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CRN: 11693 Oct 31-Dec 19 1-4 pm
Fee: \$129 7 Fridays SMC/A122

Note: No class on Nov 28.

Experiencing Oil Painting II

Learn to blend the oils to achieve photo-realism. Lessons will include the use of more types of brushes with emphasis on brush control, the importance of colorization, and the different mediums for fast and slow applications. Palette knife techniques to achieve texture and depth will also be discussed. Students will leave with at least three completed paintings utilizing their newly learned techniques. *Special Note: Students must have prior experience with oil painting or have taken Experiencing Oil Painting I.*

Instructor: Cheryl Fecht

Subject: CME

CRN: 11686 Oct 31-Dec 19 1-4 pm
Fee: \$129 7 Fridays SMC/A122

Note: No class on Nov 28.

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CRN: 11687 Nov 5-Dec 17 1-4 pm
Fee: \$129 7 Wednesdays STC/D120



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: Materials valued at \$50 are included in the course fee.*

Instructor: Debra Turner

Subject: CME

CRN: 11688 Sep 23-Oct 16 9-11 am

Fee: \$149 4 Tue/4 Thu SMC/TBD



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.

Instructor: KimmBerly loane

Subject: CME

CRN: 11582 Sep 9-23 9 am-Noon

Fee: \$79 3 Thu/2 Tue SMC/A119

Instructor: Janna Blok

CRN: 11583 Sep 30-Oct 28 9 am-Noon

Fee: \$79 5 Tuesdays SMC/A119

CRN: 11584 Oct 2-30 9 am-Noon

Fee: \$79 5 Thursdays SMC/A119

CRN: 11585 Nov 4-Dec 9 9 am-Noon

Fee: \$79 5 Tuesdays SMC/A119

Note: No class Nov 11.

CRN: 11586 Nov 6-Dec 11 9 am-Noon

Fee: \$79 5 Thursdays SMC/A119

Note: No class Nov 27.

Instructor: Francisco Menchaca

CRN: 11587 Sep 11-Oct 16 6-8:30 pm

Fee: \$79 6 Thursdays SPC/N127

CRN: 11588 Oct 23-Dec 4 6-8:30 pm

Fee: \$79 6 Thursdays SPC/N127

Note: No class Nov 27.

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: Materials valued at \$30 are included in the course fee.*

Instructor: Samuel Troxell

Subject: CME

CRN: 11689 Sep 17-Oct 8 1-4 pm

Fee: \$109 4 Wednesdays SMC/A115



SMALL BUSINESS DEVELOPMENT CENTERS

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 on page 6.

For more information contact the

Small Business Development Center

520.494.6610

or visit

www.centralaz.edu/biz

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: 11671 Oct 7 7-9 pm
 Fee: \$10 1 Tuesday MC/C116

Note: Register for this one class at Central Arizona College.

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 CRN: 11669 Dec 4 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: 11670 Oct 9 7-9 pm
 Fee: \$25 1 Thursday CCC/A106

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

CRN: 11672 Oct 9 7-9 pm
 Fee: \$25 1 Thursday CCC/A104

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: 11673 Dec 4 6-9 pm
 Fee: \$29 1 Thursday SMC/TBD

Central Arizona College

Community Events Presents:

- Theater
- Music
- Drama
- Arts
- Entertainment
- and More...

520-477-SHOW

EventsAtCAC.com

Italian for Travelers: Beginning

Learn the essentials of conversational Italian through opportunities to develop Italian speaking and listening skills by pattern practice, repetition, and practical application. Course will feature basic 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: CME
 CRN: 11593 Sep 9-30 1:30-3 pm
 Fee: \$45 4 Tuesdays SMC/TBD

Italian for Travelers: Intermediate

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: CME
 CRN: 11602 Oct 21-Nov 18 1:30-3 pm
 Fee: \$45 4 Tuesdays SMC/TBD

Note: No class on Nov 11.

¿Quién Sabe Español I?/Who Knows Spanish I?

Develop conversational Spanish speaking and listening skills primarily through pattern practice, repetition, and practical application. The course features basic sentence structure, pronunciation, and vocabulary applied to real life conversations.

Instructor: Sally Burge
 Subject: CME
 CRN: None Oct 20-Nov 13 2-3:30 pm
 Fee: \$79 4 Mon/4Thu MARPR
 MC/C109

.....
 CRN: 11567 Nov 5-Dec 10 2:30-4:30 pm
 Fee: \$79 6 Wednesdays CGC/TBD

¿Quién Sabe Español II?/Who Knows Español II?

This class is designed for people who have taken a Spanish course and now want to practice. Continue developing conversational Spanish speaking and listening skills primarily through pattern practice, repetition and practical application. The course features basic sentence structure, pronunciation and vocabulary applied to real life conversations.

Note: No class Nov 24 & Nov 27
 Instructor: Sally Burge
 Subject: CME
 CRN: None Nov 17-Dec 18 2-3:30 pm
 Fee: \$79 4 Mon/4Thu MARPR
 MC/C109

Amigos Hablando Español: Friends Speaking Spanish

Use it or lose it! The best way to improve your Spanish is to practice and this class will give you an opportunity to do just that. Join other students to practice your Spanish, no matter your current level of ability. In an informal gathering of people, you will be guided through practice conversations. Don't be shy; we're all "friends speaking Spanish."

Note: No class Nov 11.
 Instructor: Janet Russell
 Subject: CME
 CRN: 11592 Oct 21-Dec 2 11 am-12:30 pm
 Fee: \$59 6 Tuesdays CCC/A104

Spanish for Beginners

Improve your communication skills in the second most common language in the Valley. Basic language structure and vocabulary in a conversational style will help you begin conversing in Spanish.

Note: No class Nov 11.
 Instructor: Janet Russell
 Subject: CME
 CRN: 11594 Oct 21-Dec 2 1-2:30 pm
 Fee: \$59 6 Tuesdays CCC/A104

Spanish for Beginners Plus

Continue improving your communication skills in the second most common language in the Valley. This class is geared toward students who have some experience with the Spanish language.

Instructor: Janet Russell
 Subject: CME
 CRN: 11595 Oct 22-Nov 26 1-2:30 pm
 Fee: \$59 6 Wednesdays CCC/A104

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: No class Nov 11. Meets for 1 hr on Dec 16.

Instructor: Kristal Hoeh
 Subject: CME
 CRN: None Oct 21-Dec 16 6:30-8:30 pm
 Fee: \$99 8 Tuesdays MARPR
 MC/C116



Central Arizona College

**For credit classes, visit:
www.centralaz.edu**

Line Dancing: Fun and Exercise

Learn various line dances to exercise the body and brain. No experience or partner necessary.

Instructor: Tobia Eaks

Subject: CME

CRN: 11617 Sep 8-Dec 15 9:30-10:30 am

Fee: \$3 15 Mondays SMC/A110

"Jumpstart" Your Writing Process

If you have experienced "writer's block", this is the class for you. All forms of writing will be encouraged: fiction, memoirs, non-fiction, poetry and academic writing. Guest lecturers will be present to share fresh input and discuss the changing world of publishing. Join the course for a fun and productive hit of new writing energy!

Note: Meets for 3 hrs on Oct 21.

Instructor: Marguerite Wainio

Subject: CME

CRN: 11545 Sep 9-Oct 21 4:30-6:30 pm

Fee: \$99 7 Tuesdays OR/MVS

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: 11596 Nov 18 9-11 am

Fee: \$5 1 Tuesday SMC/TBD

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: 11695 Oct 7-Nov 4 7-9 pm

Fee: \$65 5 Tuesdays SMC/TBD

Awaken The Writer Within You!

Awaken the creative writer within you by adding a variety of flavors and colors that will tantalize and enhance your creative imagination, while evoking tasty and colorful writing products.

Instructor: Rani Singh

Subject: CME

CRN: None Oct 4-Nov 8 9-11 am

Fee: \$79 6 Saturdays CGPR/TBD

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: Susan Ashe

Subject: CME

CRN: 11557 Sep 4-11 1-3 pm

Fee: \$29 2 Thursdays CGC/TBD

.....
CRN: None Sep 6-13 1-3 pm

Fee: \$29 2 Saturdays CGPR/TBD

.....
CRN: 11574 Oct 7-14 1-3 pm

Fee: \$29 2 Tuesdays STC/D106

.....
CRN: 11572 Nov 3-10 1-3 pm

Fee: \$29 2 Mondays SMC/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: Susan Ashe

Subject: CME

CRN: 11559 Sep 18-25 1-3 pm

Fee: \$29 2 Thursdays CGC/TBD

.....
CRN: None Sep 20-27 1-3 pm

Fee: \$29 2 Saturdays CGPR/TBD

.....
CRN: 11575 Oct 21-28 1-3 pm

Fee: \$29 2 Tuesdays STC/D106

.....
CRN: 11573 Nov 18-25 1-3 pm

Fee: \$29 2 Tuesdays SMC/TBD

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.

Note: No class Nov 27.

Instructor: Catherine Lindholm

Subject: CME

CRN: 11677 Oct 16-Dec 18 1-3 pm

Fee: \$99 9 Thursdays SMC/A128

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: 11597 Oct 8-22 5-7 pm
 Fee: \$39 3 Wednesdays SMC/A128

CRN: 11598 Nov 5-19 4-6 pm
 Fee: \$39 3 Wednesdays STC/D105

Beginning Genealogy

Would you like to know more about your family history? Students will learn the genealogy research process. The process involves knowing which records are most important, what information they contain and where to find them.

Instructor: Gloria Quigg

Subject: CME

CRN: 11540 Sep 3-24 4-6 pm
 Fee: \$55 4 Wednesdays OR/MVS

CRN: 11544 Nov 1-Dec 6 9:30-11:30 am
 Fee: \$55 4 Saturdays OR/MVS

Note: No class Nov 8 & 29.

Beginning Recreational Tennis



This course is designed to get students, who have never or barely picked up a tennis racket, playing and having fun using an adult version of the US Tennis Association's Quick-Start format. Quick-Start utilizes all game-based drills and modified teaching balls in order to more easily learn the basic strokes and footwork, as well as game rules, scoring, and simple tactics of both singles and doubles. De-emphasized are traditional instructor-ball-fed drills with technical feedback. *Special Notes: Bring the required text to first class: Tennis: Steps to Success (4th Ed) by Brown and Soulier (2013) (ISBN-13: 978-1450432085)*

Instructor: Tom Cagle

Subject: CME

CRN: 11734 Oct 3-Dec 19 9-10 am
 Fee: \$75 12 Fridays TBD



Book Discussion Group

Engage in a casual atmosphere in which educational and cultural themes of various selected books are discussed. Participants are requested to read the books identified prior to class and to come prepared for lively discussion.

Note: Class meets Sep 15, Oct 20 & Nov 17.

1) Still Life With Bread Crumbs by Ann Quindlen (Sep 15)

2) The All Girl Filling Station's Last Reunion by Fannie Flagg (Oct 20)

3) MiMi Malloy At Last! By Julia McDonnell (Nov 17)

Instructor: Carol Deike

Subject: CME

CRN: 11599 Sep 15-Nov 17 10 am-Noon
 Fee: \$10 3 Mondays SMC/TBD

Cake Decorating Basics: Character Cake

Decorate your character cake and eat it too using the star technique for creating a Wilton character cake. Students will use a star tip and borders, techniques of leveling, and creating flowers and writing to customize your cake. *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: Staff

Subject: CME

CRN: 11550 Oct 2 6-8 pm
 Fee: \$29 1 Thursday AVC/E115

Cake Decorating Basics: The Layered Cake

Learn the Wilton-method of cake decorating including leveling, borders, flowers, and writing. Designed for cake decorating beginners. *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: Staff

Subject: CME

CRN: 11551 Oct 9 6-8 pm
 Fee: \$29 1 Thursday AVC/E115

Event Planning Seminar


First in a series, this course will give participants tools to plan and execute high quality events. Acquire the skills to plan the next wedding, anniversary, or holiday party like a professional would plan it.

Instructor: Karla Woods-Stephens

Subject: CME

CRN: None Sep 3 5-7 pm
 Fee: \$25 1 Wednesday MARPR MC/C109


CRN: None Oct 8 5-7 pm
 Fee: \$25 1 Wednesday MARPR MC/C109

Carb Counting for Blood Glucose Control for Beginners 

Confused about carbohydrate counting? Want to know what carbohydrates are and how they affect blood sugar? Come learn everything you wanted to know about carbohydrates but were afraid to ask! This class covers all the basics you will need to get started counting carbohydrates. Learn how carbohydrate portions impact blood glucose and how to count them for better blood glucose control. Whether you are already following an eating plan or want to get started, this class is for you.

Instructor: Greater Valley Area Health Education Center

Subject: CME
 CRN: 11697 Oct 16 10-11:30 am
 Fee: \$5 1 Thursday SMC/TBD

Carb Counting for Blood Glucose Control- Advanced 

Build upon your basic knowledge and learn advanced carb counting techniques. This class covers advanced label reading, converting carbohydrate grams to carbohydrate servings, the impact of fiber on carbohydrate absorption, tips on eating out and more! Students should have taken the beginning Carb Counting class or have some prior basic knowledge of carb counting.

Instructor: Greater Valley Area Health Education Center

Subject: CME
 CRN: 11698 Nov 6 10-11:30 am
 Fee: \$5 1 Thursday SMC/TBD

Central Arizona Adventures

Explore four 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 Apache Junction CAC campus.


Instructor: Jack San Felice
 Subject: CME
 CRN: 11600 Oct 8-29 10 am-Noon
 Fee: \$45 4 Wednesdays SMC/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: Verl Long

Subject: CME
 CRN: None Nov 6 6-9 pm
 Fee: \$29 1 Thursday MARPR MC/A102

CPR/First Aid for Pets 

To many people, pets are family members, and if those family members are ill or injured, local Emergency Medical Services cannot be called for help. To help protect your pets health this course provides pet owners with information and first aid skills to care for a pet until veterinary care is accessed. Topics include: illness and injury prevention; the importance of early veterinary treatment; appropriate restraining techniques for an injured pet; development of an emergency action plan; first aid and CPR for pets.

Special Note: Materials valued at \$30 are included in the course fee.

Instructor: Michelle Wilder

Subject: CME
 CRN: 11647 Sep 9 9 am-Noon
 Fee: \$59 1 Tuesday FC/A106


CRN: 11648 Sep 29 9 am-Noon
 Fee: \$59 1 Monday STC/D104

CRN: 11649 Oct 7 9 am-Noon
 Fee: \$59 1 Tuesday CGC/TBD

CRN: 11650 Oct 27 1-4 pm
 Fee: \$59 1 Monday FC/A106

CRN: 11651 Nov 19 1-4 pm
 Fee: \$59 1 Wednesday STC/D107

CRN: 11652 Dec 2 1-4 pm
 Fee: \$59 1 Tuesday CGC/TBD

Improve Your Bridge Game While Having Fun 

You can have fun and win at bridge by learning hand/card evaluation, bidding, play of the hand, defense strategies and the language of bridge. Each session includes time for game play and is open to all levels of players.

Instructor: David Littleton
 Subject: CME
 CRN: 11564 Oct 15-Dec 17 9:30-11:30 am
 Fee: \$109 10 Wednesdays CGC/A113

Family Financial Fitness

Are you financially secure? Do you have the financial knowledge to support your family while building financial assets for your retirement? This hands-on class will help you become more effective and efficient in making financial decisions. You will be guided through a financial fitness workbook so you can learn "what to do" and "how to do it" skills necessary to improve your family's financial situation. Topics include: how to deal with the offense (how to make money), defense (how to keep from losing it) and the playing field (how to double it, triple it, and even quadruple it) of personal finance. All three areas will be explored. *Special Note: Materials valued at \$11 are included in the course fee.*

Instructor: Gene Mann

Subject: CME

CRN: 11699 Sep 3-Oct 8 6-8 pm
 Fee: \$89 6 Wednesdays STC/TBD

CRN: 11700 Oct 15-Nov 19 5-7 pm
 Fee: \$89 6 Wednesdays SMC/TBD

Reconnect With Your Inner Self

The discoveries in Quantum science today are proving what the philosophers of ancient cultures taught: that all of creation is made of energy. The application of the principles of metaphysics can be used to enrich your life and help you fulfill all your dreams. Come and explore with us this new frontier, with principles that could change your life forever.

Instructor: Connie Allison

Subject: CME

CRN: None Sep 3-24 10 am-Noon
 Fee: \$55 4 Wednesdays CGPR/TBD

Gentle Yoga

Yoga is an ancient system that unites body and mind. The practice of yoga offers powerful tools to relieve stress and bring flexibility, strength, coordination and balance to the body. This class is designed for beginners of all fitness levels, as well as for students desiring to revisit the foundations of yoga to deepen their current understanding of yoga and its practice. Learn to focus on breath, body awareness, mindfulness and basic yoga poses that can be easily modified to meet the needs of all body types. Please bring a yoga mat, block and blanket to class.

Note: No class Nov 27.

Instructor: Sharon Corrigan

Subject: CME

CRN: 11701 Nov 18-Dec 16 9-10:15 am
 Fee: \$25 5 Tue/3 Thur SMC/A128

Get Dressed on Purpose - Color Analysis for the 21st Century

Do you wonder why some of the colors you wear make you light up, while others leave you looking flat and lifeless? This color analysis class will answer that question and provide a tool that will become the foundation of your future wardrobe plan. Are you looking for new career opportunities? A promotion? Or a fun, interesting class to help you feel empowered? Join us and learn the impact color could have in your clothing choices and why this can have a positive effect on your appearance while saving you time and money. *Special Note: Materials valued at \$25 are included in the course fee.*

Instructor: Mary Lynn Ilnitsky

Subject: CME

CRN: 11702 Oct 8 9 am-Noon
 Fee: \$55 1 Wednesday SMC/TBD

CRN: 11703 Oct 20 1-4 pm
 Fee: \$55 1 Monday SMC/TBD

CRN: 11704 Nov 5 1-4 pm
 Fee: \$55 1 Wednesday STC/D106

CRN: 11705 Nov 17 1-4 pm
 Fee: \$55 1 Monday CCC/A104

Global Warming: Fact or Fiction?

Is the earth getting warmer? Or is it much the same? Is there truly "man-made" 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: 11601 Nov 4 9-11 am
 Fee: \$5 1 Tuesday SMC/TBD

Let's Talk About the Weather

Why does the local TV weather broadcast oftentimes get it wrong? What does the sun and the rotation of the earth have to do with weather? In this class you will learn how weather patterns are formed across the planet and how predictions are formulated. Discuss what you already know about the weather and how it affects your daily life and actions.

Instructor: Scott Vickers

Subject: CME

CRN: 11603 Oct 21-28 9-11 am
 Fee: \$10 2 Tuesdays SMC/TBD

**For more information about
 CAC's Lifelong Learning
 opportunities visit:
www.centralaz.edu/lifelonglearning**

AVC-Aravaipa Campus

- Oct 2 Cake Decorating Basics: Character Cake
- Oct 8 Email & Internet for Beginners
- Oct 9 Cake Decorating Basics: Layered Cake
- Oct 21 Basic Digital Photography
- Oct 23 Are You Smarter Than Your Smartphone

CCC-Central Corporate Center

- Sep 16 Lunch & Conversation-Big House Café
- Oct 9 Do You Know What's in the Products You're Buying?
- Oct 9 Promote Your Local Business With Articles
- Oct 21 Amigos Hablando Español: Friends Speaking Spanish
- Oct 21 Spanish for Beginners
- Oct 21 Lunch & Conversation-Francisco Grande
- Oct 22 Spanish for Beginners Plus
- Nov 17 Get Dressed on Purpose-Color Analysis for the 21st Century
- Nov 18 Lunch & Conversation-L&B Inn
- Dec 16 Lunch & Conversation-Chris' Diner

CGC-Casa Grande Center

- Sep 4 Basic Interior Design for the 21st Century: Part I
- Sep 16 Microsoft Windows Basics
- Sep 18 Basic Interior Design for the 21st Century: Part II
- Sep 27 Basics of Facebook and Social Networking
- Oct 1 iPad for Beginners
- Oct 7 CPR/First Aid for Pets
- Oct 7 Intermediate Computer Skills
- Oct 8 What More Can Your iPad Do?
- Oct 15 Improve Your Bridge Game While Having Fun
- Oct 15 Are You Smarter Than Your Smartphone
- Oct 25 Basics of Facebook and Social Networking
- Nov 5 ¿Quién Sabe Español I?/Who Knows Spanish I?
- Nov 24 Microsoft Windows Basics
- Dec 1 Are You Smarter Than Your Smartphone
- Dec 2 CPR/First Aid for Pets
- Dec 8 iPad for Beginners
- Dec 15 What More Can Your iPad Do?

CGPR-City of Casa Grande Parks and Recreation

- Sep 3 Reconnect With Your Inner Self
- Sep 6 Basic Interior Design for the 21st Century: Part I
- Sep 20 Basic Interior Design for the 21st Century: Part II
- Oct 4 Awaken The Writer Within You!

FC-Florence Center

- Sep 9 CPR/First Aid for Pets
- Sep 25 Beginning Drawing
- Oct 27 CPR/First Aid for Pets
- Oct 30 Beginning Portrait Drawing

MC-Maricopa Campus

- Aug 28 Experiencing Watercolor
- Sep 3 Event Planning Seminar
- Sep 8 Microsoft Windows Basics
- Sep 9 iPad for Beginners
- Sep 10 Planning a Fundraising Event Part I
- Sep 15 Basics of Facebook and Social Networking
- Sep 16 What More Can Your iPad Do?
- Sep 17 Planning a Fundraising Event Part II
- Sep 23 Are You Smarter Than Your Smartphone
- Sep 29 Yoga Gold-Healthy Body, Healthy Mind
- Oct 6 Intermediate Computer Skills
- Oct 7 SBDC Business Launch
- Oct 8 Event Planning Seminar
- Oct 14 Planning a Fundraising Event Part I
- Oct 20 ¿Quién Sabe Español I?/Who Knows Spanish I?
- Oct 21 French Conversation & Culture
- Oct 22 Planning a Fundraising Event Part II
- Nov 3 Microsoft Windows Basics
- Nov 5 iPad for Beginners
- Nov 6 Cooking with Arizona's Hot Solar Rays
- Nov 12 What More Can Your iPad Do?
- Nov 17 ¿Quién Sabe Español II?/Who Knows Spanish II?
- Nov 17 Yoga Gold-Healthy Body, Healthy Mind
- Nov 17 Basics of Facebook and Social Networking
- Nov 19 Are You Smarter Than Your Smartphone
- Dec 2 Intermediate Computer Skills

OR-Mountain Vista School, Oracle, AZ

- Sep 3 Beginning Genealogy
- Sep 9 "Jumpstart" Your Writing Process
- Sep 10 Email & Internet for Beginners
- Sep 23 Basic Digital Photography
- Sep 25 Are You Smarter Than Your Smartphone
- Oct 28 Personal Memoir Writing
- Nov 1 Beginning Genealogy

**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.

SMC-Superstition Mountain Campus

- Sep 8 Line Dancing: Fun and Exercise
- Sep 9 Beginning Drawing Skills
- Sep 9 Pottery on the Wheel
- Sep 9 Italian for Travelers: Beginning
- Sep 11 Creative Acrylic I
- Sep 11 Special Drawing Techniques-Level I
- Sep 12 Experiencing Oil Painting I
- Sep 15 Book Discussion Group
- Sep 15 Mah Jongg Part I
- Sep 17 Jewelry & Metalsmithing
- Sep 18 Lunch & Conversation-The Landmark
- Sep 23 How to make an Art Quilt in 5 Easy Steps
- Sep 30 Pottery on the Wheel
- Oct 1 Stress Management in Fitness-Wellness: Mental Skills Training for Everyday Life
- Oct 2 Pottery on the Wheel
- Oct 2 Who in the World is Eli Ejjpt?
- Oct 3 Beginning Recreational Tennis
- Oct 7 An Amazing Walk Through the Skies
- Oct 7 Numbers: Influencing Our Lives Part I
- Oct 8 Central Arizona Adventures
- Oct 8 Basic Self-Defense
- Oct 8 Get Dressed on Purpose-Color Analysis for the 21st Century
- Oct 8 Basic Digital Photography
- Oct 14 Beginning Drawing Skills
- Oct 15 Family Financial Fitness
- Oct 15 Microsoft Windows 7 Basics
- Oct 16 Special Drawing Techniques-Level II
- Oct 16 Lunch & Conversation-Don Pedro's
- Oct 16 Carb Counting for Blood Glucose Control for Beginners
- Oct 16 Beginning Bridge
- Oct 16 Photoshop CS5 Introduction
- Oct 20 Get Dressed on Purpose-Color Analysis for the 21st Century
- Oct 20 Mediation for Relaxation and Stress Relief
- Oct 21 Italian for Travelers: Intermediate
- Oct 21 Let's Talk About the Weather
- Oct 23 Tai Chi Basics
- Oct 27 Dichroic Fused Glass Jewelry
- Oct 28 Numbers: Influencing Our Lives Part II
- Oct 30 Creative Acrylic II
- Oct 30 Photographing the Full Moon
- Oct 31 Experiencing Oil Painting II
- Nov 3 Mah Jongg Part II
- Nov 3 The History of the Western "B" Film
- Nov 3 Basic Interior Design for the 21st Century: Part I
- Nov 4 Pottery on the Wheel
- Nov 4 Global Warming: Fact or Fiction?
- Nov 4 Truths and Myths About Reverse Mortgages
- Nov 5 Artistic Travel Journaling
- Nov 6 Pottery on the Wheel

SMC (cont'd)

- Nov 6 Carb Counting for Blood Glucose Control-Advanced
- Nov 10 Photographing Arizona
- Nov 12 Photoshop Elements for Beginners
- Nov 12 Photographing the Twilight Magic
- Nov 18 A Primer on the Constitution
- Nov 18 Basic Interior Design for the 21st Century: Part II
- Nov 18 Gentle Yoga
- Nov 18 Reiki I-Basic
- Nov 19 Microsoft Windows 7 Basics
- Nov 20 Special Drawing Techniques-Level III
- Nov 20 Lunch & Conversation-Midwestern Meats
- Dec 2 Simple Steps to Better Health
- Dec 4 SBDC Business Launch
- Dec 4 Customer Service in the Hospitality and Service Industry
- Dec 10 Truths and Myths About Reverse Mortgages
- Dec 11 Lunch & Conversation-Mirage Bar & Grill

SPC-Signal Peak Campus

- Sep 11 Pottery on the Wheel
- Oct 23 Pottery on the Wheel

STC-San Tan Campus

- Sep 3 Family Financial Fitness
- Sep 15 Creative Acrylic I
- Sep 17 Experiencing Oil Painting I
- Sep 24 Beginning Drawing
- Sep 29 CPR/First Aid for Pets
- Oct 7 Basic Interior Design for the 21st Century: Part I
- Oct 21 Basic Interior Design for the 21st Century: Part II
- Oct 21 Microsoft Windows 7 Basics
- Oct 28 Microsoft Word Essentials
- Oct 29 Beginning Portrait Drawing
- Nov 3 Creative Acrylic II
- Nov 4 Email and Internet for Beginners
- Nov 5 Experiencing Oil Painting II
- Nov 5 Basic Self-Defense
- Nov 5 Get Dressed on Purpose-Color Analysis for the 21st Century
- Nov 10 Photographing Arizona
- Nov 12 Photoshop Elements for Beginners
- Nov 17 Truths and Myths About Reverse Mortgages
- Nov 18 Intermediate Computer Skills
- Nov 19 CPR/First Aid for Pets
- Dec 8 Truths and Myths About Reverse Mortgages

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: 11604 Sep 15-Oct 27 1-4 pm
 Fee: \$10 7 Mondays SMC/A128

Mah Jongg Part II

Continue to learn the basics of the American version of the ancient Chinese game of 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: 11605 Nov 3-Dec 15 1-4 pm
 Fee: \$10 7 Mondays 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 use breathing techniques for relaxation, centering and connecting.

Instructor: Jennifer McGraw
 Subject: CME
 CRN: 11606 Oct 20-Dec 8 6:30-7:30 pm
 Fee: \$55 8 Mondays SMC/A128

Personal Memoir Writing

An introduction to writing techniques for transforming personal experience into fiction.

Note: No class Nov 11 and meets for 3 hrs on Dec 16.

Instructor: Marguerite Wainio
 Subject: CME
 CRN: 11546 Oct 28-Dec 16 4:30-6:30 pm
 Fee: \$99 7 Tuesdays OR/MVS

Simple Steps to Better Health

Learn how to recognize the signs, indicators, and risk factors of various diseases. Find out which foods trigger various diseases and reduce symptoms. Understand how to use the glycemic index, discover the dangers of eating trans-fats and consuming too much sugar. Review some of the latest research on health, nutrition, and wellness. Obtain tips to deal with chronic pain and losing weight.

Instructor: Dr. Sonny Sampedro
 Subject: CME
 CRN: 11627 Dec 2 6:30-9:30 pm
 Fee: \$29 1 Tuesday SMC/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: 11607 Oct 7-23 9-11 am
 Fee: \$79 3 Tue/3 Thu SMC/F118

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.

Note: No class on Nov 11.

Instructor: Romualda "Rommy" Banaszczyk
 Subject: CME
 CRN: 11608 Oct 28-Nov 18 9-11 am
 Fee: \$79 3 Tue/3 Thu SMC/TBD



Planning a Fundraising Event Part I

Learn the fundamentals of effective fundraising for your church, club, corporate, or non-profit organization. Learn strategic planning techniques to create a successful fundraising plan.

Instructor: Karla Woods-Stephens
 Subject: CME
 CRN: None Sep 10 5-7 pm
 Fee: \$25 1 Wednesday MARPR
 MC/C109

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 CRN None Oct 14 5-7 pm
 Fee: \$25 1 Tuesday MARPR
 MC/C116

Planning a Fundraising Event Part II

Review the fundamentals of effective fundraising for your church, club, corporate, or non-profit organization. Create a team, select strategic planning techniques, and implement a successful fundraising event.

Instructor: Karla Woods-Stephens
 Subject: CME
 CRN: None Sep 17 5-7 pm
 Fee: \$25 1 Wednesday MARPR
 MC/C109

.....
 CRN None Oct 22 5-7 pm
 Fee: \$25 1 Wednesday MARPR
 MC/C109

Opera Then and Now

Opera has been around for over 400 years and has naturally changed throughout the centuries. In this class, students will view film clips and discuss operas from various periods, as well as two recent compositions - John Adams', "Death of Klinghoffer" written in 1991, and Kevin Puts' "Silent Night", which won the 2012 Pulitzer Prize in Music.

Instructor: Jennifer McGraw

Subject: CME

CRN: 11728 Sep 29-Nov 17 1-4 pm
 Fee: \$20 8 Mondays SMC/TBD

The Magic of Opera

What is opera all about? This class is an introduction to opera. A brief history will be presented of how and when opera began; this will be followed by examining all the various voice categories - soprano, mezzo, counter-tenor, tenor, baritone and bass, which will be illustrated with audio and video clips. Also, receive suggestions on where to buy CDs, videos, DVDs, books and magazines devoted to opera, as well as tips on going to the opera - such as when to yell "bravo/brava".

Note: No class on Nov 11.

Instructor: Bette Jones

Subject: CME

CRN: 11729 Sep 30-Nov 25 1-4 pm
 Fee: \$20 8 Tuesdays SMC/TBD

Stress Management in Fitness-Wellness: Mental Skills Training for Everyday Life

This course is designed to help the student identify, understand and combat the stressors that most affect their lives as part of their overall lifelong fitness/wellness strategies. Students learn about current stress research and then explore techniques that might best fit their lives by developing a personalized mental skills training program. *Special Note: Bring the required text to first class: Comprehensive Stress Management (12th Ed) by Jerrold Greenberg (ISBN-10: 0073380911)*

Instructor: Tom Cagle

Subject: CME

CRN: 11735 Oct 1-Dec 17 5:15-6:15 pm
 Fee: \$75 12 Wednesdays SMC/TBD

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.

Note: No class Nov 27.

Instructor: Jennifer McGraw

Subject: CME

CRN: 11612 Oct 23-Dec 18 6:30-7:30 pm
 Fee: \$55 8 Thursdays SMC/A128

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: 11609 Nov 18-25 9-11 am
 Fee: \$45 2 Tue/1 Thu 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.

Instructor: Romualda "Rommy" Banaszczyk

Subject: CME

CRN: 11610 Dec 2-9 9-11 am
 Fee: \$45 2 Tue/1 Thu SMC/A128

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. *Special Note: Materials valued at \$15 are included in the course fee.*

Instructor: Charlie LeSueur

Subject: CME

CRN: 11708 Nov 3-24 9 am-Noon
 Fee: \$89 4 Mondays SMC/TBD

Truths and Myths About Reverse Mortgages

A study of the truths and myths about reverse mortgages, including the history of reverse mortgages, how reverse mortgages affect Medicare and Social Security benefits, eligibility, and the use of reverse mortgages as a wealth management tool.

Instructor: Dan Morse

Subject: CME

CRN: 11621 Nov 4 9-11:30 am
 Fee: \$15 1 Tuesday SMC/TBD

CRN: 11623 Nov 17 9-11:30 am
 Fee: \$15 1 Monday STC/D104

CRN: 11624 Dec 8 9-11:30 am
 Fee: \$15 1 Monday STC/TBD

CRN: 11622 Dec 10 1-3:30 pm
 Fee: \$15 1 Wednesday SMC/TBD

Who in the World is Eli Ejipt?



This is a creative writing course to learn how to expand your creative mind and express yourself through written stories and characters in your favorite genre. Explore creative writing in a playful, supportive environment. Both beginners and a little more experienced writers should practice writing. Like exercise, writing must be practiced regularly to improve, yet sometimes writers feel stuck. This class offers different writing techniques along with encouragement and feedback to help you grow as a writer. *Special Note: Materials valued at \$10 are included in the course fee.*

Instructor: Debra Turner

Subject: CME

CRN: 11709 Oct 2-30 1-4 pm
 Fee: \$109 5 Thursdays SMC/F118

Yoga Gold-Healthy Body, Healthy Mind

Yoga Gold is a supportive yoga class for the young at heart. You will not have to dig very far to get to the gold - you will discover that the treasure is within. In this healing class, the chair replaces the mat, allowing students to find stability in both seated and standing postures. You will explore moving mindfully with increased breathing capacity for improved range of motion and flexibility. Enjoy all the benefits of a gentle yoga practice, including improved health for body, mind and spirit. *Special Note: Student should wear loose fit clothing and is required to bring a yoga mat, water and towel. Optional items: 2 yoga blocks, hoga strap and eye pillow.*

Instructor: Heather Ashworth

Subject: CME

CRN: None Sep 29-Oct 29 9-10:15 am
 Fee: \$65 5 Mon/5 Wed MARPR
 MC/A102

CRN: None Nov 17-Dec 17 9-10:15 am
 Fee: \$65 5 Mon/5 Wed MARPR
 MC/A102

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: 11616 Sep 18 11:15 am-1 pm
 Fee: \$0 1 Thursday
The Landmark-809 W. Main St., Mesa, (480) 962-4652

CRN: 11613 Oct 16 11:15 am-1 pm
 Fee: \$0 1 Thursday
Don Pedro's-270 E. Hunt Highway., Queen Creek, (480) 882-2800

CRN: 11614 Nov 20 11:15 am-1 pm
 Fee: \$0 1 Thursday
Midwestern Meats-4308 E. Main St., Mesa, (480) 924-5855

CRN: 11615 Dec 11 11:15 am-1 pm
 Fee: \$0 1 Thursday
Mirage Bar & Grill-725 W. Apache Trail., Apache Junction, (480) 325-8888



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: 10229 Sep 16 11 am-1 pm
 Fee: \$0 1 Tuesday
Big House Cafe-104 E. 4th St., Casa Grande, (520)836-0041

CRN: 10230 Oct 21 11 am-1 pm
 Fee: \$0 1 Tuesday
Francisco Grande-2684 W. Gila Bend Hwy., Casa Grande, (520) 836-8768

CRN: 10231 Nov 18 11 am-1 pm
 Fee: \$0 1 Tuesday
LB Inn-695 S. Main St., Florence, (520) 868-9981

CRN: 10232 Dec 16 11 am-1 pm
 Fee: \$0 1 Tuesday
Chris' Diner-8639 W. Battaglia Dr., Arizona City, (520) 494-0485

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 Sep 15 7-9 pm
 Fee: \$25 1 Monday MARPR
 MC/C109

 CRN: None Nov 17 7-9 pm
 Fee: \$25 1 Monday MARPR
 MC/C109

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: Luis Sanchez
 Subject: CME
 CRN: None Sep 23 5:30-7:30 pm
 Fee: \$25 1 Tuesday MARPR
 MC/C116

 CRN: 11565 Oct 15 5:30-7:30 pm
 Fee: \$25 1 Wednesday CGC/TBD

 CRN: None Nov 19 5:30-7:30 pm
 Fee: \$25 1 Wednesday MARPR
 MC/C109

 CRN: 11569 Dec 1 5:30-7:30 pm
 Fee: \$25 1 Monday CGC/TBD

Instructor: Larry Ramirez
 CRN: 11543 Sep 25 4:30-6:30 pm
 Fee: \$25 1 Thursday OR/MVS

 CRN: 11554 Oct 23 4:30-6:30 pm
 Fee: \$25 1 Thursday AVC/E107

Microsoft Word Essentials

Learn the fundamentals of using 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 format paragraphs.

Instructor: Frank Parenteau
 Subject: CME
 CRN: 11636 Oct 28 2-5 pm
 Fee: \$29 1 Tuesday STC/D103

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: Larry Ramirez
 Subject: CME
 CRN: 11542 Sep 10-17 4-6 pm
 Fee: \$35 2 Wednesdays OR/MVS

 CRN: 11552 Oct 8-15 4-6 pm
 Fee: \$35 2 Wednesdays AVC/E107

Instructor: Frank Parenteau
 CRN: 11633 Nov 4 2-5 pm
 Fee: \$29 1 Tuesday STC/D103

Microsoft Windows Basic

Develop basic computer knowledge and learn how to navigate Microsoft Windows. Specific topics include desktop, icons, task bar, help screens, scrollbars, mouse practice, word pad, resizing and moving windows.

Instructor: Laura Zubel
 Subject: CME
 CRN: None Sep 8 9-11 am
 Fee: \$25 1 Monday MARPR
 MC/C109

 CRN: 11558 Sep 16 7-9 pm
 Fee: \$25 1 Tuesday CGC/A109

Instructor: Paul Zubel
 CRN: None Nov 3 7-9 pm
 Fee: \$25 1 Monday MARPR
 MC/A102

 CRN: 11568 Nov 24 7-9 pm
 Fee: \$25 1 Monday CGC/TBD

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Microsoft Windows 7 Basics

Develop basic computer knowledge and learn how to navigate Microsoft Windows 7. Specific topics include desktop, icons, task bar, help screens, scrollbars, mouse practice, word pad, resizing and moving windows.

Instructor: Gene Middleton
 Subject: CME
 CRN: 11637 Oct 15 Noon-3 pm
 Fee: \$29 1 Wednesday SMC/C114.

 CRN: 11639 Nov 19 Noon-3 pm
 Fee: \$29 1 Wednesday SMC/C114

 Instructor: Frank Parenteau
 CRN: 11638 Oct 21 2-5 pm
 Fee: \$29 1 Tuesday STC/D103



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Keep up-to-date with all of your favorite Vaqueros teams.

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 Oct 6-20 9-11 am
 Fee: \$49 3 Mondays MARPR
 MC/C109

Instructor: Paul Zubel
 CRN: 11562 Oct 7-21 7:30-9:30 pm
 Fee: \$49 3 Tuesdays CGC/TBD

CRN: None Dec 2-16 7-9 pm
 Fee: \$49 3 Tuesdays MARPR
 MC/A102

Instructor: Frank Parenteau
 CRN: 11635 Nov 18-25 2-5 pm
 Fee: \$39 2 Tuesdays STC/D106

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: Luis Sanchez

Subject: CME

CRN: None Sep 9 5:30-7:30 pm
 Fee: \$25 1 Tuesday MARPR
 MC/C116

CRN: 11561 Oct 1 5:30-7:30 pm
 Fee: \$25 1 Wednesday CGC/TBD

CRN: None Nov 5 5:30-7:30 pm
 Fee: \$25 1 Wednesday MARPR
 MC/C109

CRN: 11570 Dec 8 5:30-7:30 pm
 Fee: \$25 1 Monday CGC/TBD



Photoshop CS5 Introduction

Study the basics of Adobe CS5 Photoshop digital software with a focus on cropping, fixit tools, color adjustment, and photo montage.

Instructor: Gene Middleton

Subject: CME

CRN: 11634 Oct 16-30 10 am-Noon
 Fee: \$45 3 Thursdays SMC/TBD

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: Luis Sanchez

Subject: CME

CRN: None Sep 16 5:30-7:30 pm
 Fee: \$25 1 Tuesday MARPR
 MC/C116

CRN: 11563 Oct 8 5:30-7:30 pm
 Fee: \$25 1 Wednesday CGC/TBD

CRN: None Nov 12 5:30-7:30 pm
 Fee: \$25 1 Wednesday MARPR
 MC/C109

CRN: 11571 Dec 15 5:30-7:30 pm
 Fee: \$25 1 Monday CGC/TBD

**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/sports-recreation>

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.

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: Larry Ramirez

Subject: CME

CRN: 11541 Sep 23 4:30-6:30 pm

Fee: \$29 1 Tuesday OR/MVS

CRN: 11553 Oct 21 4:30-6:30 pm

Fee: \$29 1 Tuesday AVC/A120

Instructor: Gene Middleton

CRN: 11640 Oct 8 10 am-Noon

Fee: \$29 1 Wednesday SMC/C116

Photographing Arizona

This course is designed for photographers of all skill levels and all interests. If you have already learned the fundamentals of photography, then it's time to concentrate on the more complex aspects of exposure skills, lighting and composition, while increasing photographic concepts and vision. With on-location shooting in the historic Apache Junction area, students will learn beyond the basics in photographing landscapes, close-ups, architecture and people.

Instructor: Pearl Racette

Subject: CME

CRN: 11710 Nov 10-Dec 8 8 am-Noon

Fee: \$125 5 Mondays SMC/TBD

CRN: 11711 Nov 10-Dec 8 1-5 pm

Fee: \$125 5 Mondays STC/D106

Photoshop Elements for Beginners

This class is designed for the digital photographer who wishes to delve into the world of photo editing using the affordable and user friendly Adobe Photoshop Elements Editor software. Discover efficient ways to edit, enhance, and maximize your photographs to their full potential. Get creative with your photos using text, or use the adjustment and retouching tools to turn good photographs into stunning photographs. *Special Note: Students must have Elements 12 loaded on their own laptop to work in this class.*

Instructor: Pearl Racette

Subject: CME

CRN: 11712 Nov 12-Dec 10 8 am-Noon

Fee: \$125 5 Wednesdays SMC/TBD

CRN: 11713 Nov 12-Dec 10 1-5 pm

Fee: \$125 5 Wednesdays STC/D106

Photographing the Full Moon

Have you tried to photograph Arizona's big beautiful full moon and ended up with a small washed out white dot? Well here's your chance to learn how to shoot the moon in all her glory from local fine art photographer Joanne West. Discuss and explore tips on best gear and settings to use, best times and locations, along with composition ideas that take your photos from snapshots to art. Students will photograph the full moon rising at dusk at a predetermined location. Tripod and telephoto lens recommended. *Special Note: You will have the opportunity to shoot photos of the moon on Nov. 6.*

Instructor: Joanne West

Subject: CME

CRN: 11714 Oct 30-Nov 13 4-6 pm

Fee: \$49 3 Thursdays SMC/F118



Photographing the Twilight Magic

Joanne West's most colorful landscape and nature photos are captured during the twilight hours. The time just before and during sunset offers dramatic lighting, but the hour following sundown can be even more magical. Come and learn how to optimize your camera's long exposure settings to capture the beauty of twilight. Topics covered will include capturing sunsets, lightning and star trails. Also learn techniques using various light sources to illuminate the landscape after dark. *Special Note: A sturdy tripod and camera that can be set for long exposures is required.*

Instructor: Joanne West

Subject: CME

CRN: 11715 Nov 12-19 4-7 pm

Fee: \$49 2 Wednesdays SMC/F118

**Community
Education email:
CommEd@centralaz.edu**

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.

Ashe, Susan, graduated from Arizona State University with a B.S. degree in Home Economics in Textiles/Clothing/Business. Interior design has been her passion for many years. She loves "the thrill of the hunt when 'antiquing/thrifting/garage saling. She started a group, the Design Divas, and they have fun working on projects together. Susan is also a guest teacher at Hope Women's Center where she teaches interior design.

Ashworth, Heather, found Yoga in 2007 after the birth of her second child. Fatigued, stressed, and suffering from debilitating post-partum depression plus being terribly out of shape she stumbled upon a yoga class at a local gym and her life was forever changed. She found solace in the practice and was instantly absorbed by the physical and mental exercise, at that moment her journey of self-knowledge began. A year later and one hundred pounds lighter she continued her journey by completing the 200 hour Teacher Training Program with At One Yoga. She primarily teaches Ashtanga, Vinyasa Yoga, Yin Yoga, and is registered with the Yoga Alliance. She encourages her students to feel into their bodies as they explore their personal practice allowing mind, body & spirit to come together.

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.

Blok, Janna, was born and raised in the Netherlands. She holds a degree in ceramics from The Institute of the Arts in the Netherlands and a teaching degree from The Academy of the Arts. Her passion is working as an artist in clay and glass and she loves to work with people

Burge, Sally, holds a B.S./Secondary Spanish Education, Indiana University of Pennsylvania and M.A., University of Northern Colorado. She had the opportunity to study the Spanish language, literature and history at the University of Valladolid in Valladolid, Spain and has traveled to several countries and learned the value of their cultures and their language. As a result she delights in helping others learn the Spanish language

Cagle, Tom, has a B.A. in Psychology from the University of California- San Diego and a M.S. in Exercise/Sport Psychology from Michigan State University. He is certified nationally as a FitOur Personal Trainer and as a United States Professional Tennis Association recreational tennis coach.

Conn, Pauline, holds a B.A. in History from the University of Minnesota and has taken many classes and private lessons in art from the University of New Mexico and professional artist, Barbara Bartells.

Corrigan, Sharon, is a certified Massage Therapist and Nationally Certified Bodyworker from the College of Dupage in Glen Ellen, Illinois and is licensed in Arizona. She is also a business owner in Gold Canyon.

Deike, Carol, played first viola in high school and college orchestras in Chicago and belonged to a dance troupe that appeared at the Museum of Science and Industry, and Chicago's Railroad Fair. She also taught fifth grade. An affinity for all the arts has played an important role in her life. Her first and most enduring love is the written word.

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.

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.

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.

Ilnitisky, Mary Lynn, has more than 15 years experience in the Image and Fashion Industry. She earned a Bachelor of Science in Home Economics (Clothing and Textiles major), from the University of Alberta and a Certified Image Consultant (Calgary, BC) and Certified Instructor (Memphis, TN) from Fashion Academy, Inc.

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.

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.

Littleton, David, first started playing bridge in his early teens and became acquainted with tournament bridge in his late teens. He has played in sanctioned American Contract Bridge League (ACBL) tournaments at all levels from local club games to regional and national championships. He has won state championships in three New England states and in 1973 achieved the rank of Life Master in the ACBL, which then was the highest rank one could obtain. He has played bridge most of his life and has experience in teaching bridge as an adult education class. He truly enjoys bringing the great game of bridge to others.

Long, Verl, B.S. from the University of Florida, and M.Ed., Iowa State University. He has worked in higher education for the last ten years in a variety of capacities. Over five years ago, Long became interested in solar oven cooking and began researching the techniques and approaches to this method of cooking.

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.

McDermitt, Kittie, has loved art since she was very young and believes anyone can become an artist. She has been teaching non-credit art classes for Central Arizona College since 2004.

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 a 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.

Morse, Dan a graduate with an MBA from Arizona State. He has been in the financial services industry for over 25 years and is currently Vice President and Licensed Mortgage Professional with Cherry Creek Mortgage Company.

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.

Quigg, Gloria, began her quest to discover her family history in 2004 after she inherited many documents and photos when cleaning out her father's home. Since then she has completed a series of classes in genealogy research offered through the Saddlebrooke Genealogy Club. She has also attended many workshops and additional classes in the study of genealogy. Her best experience was doing research in the Family History Library in Salt Lake City, UT. She has served as the President of the SaddleBrooke Genealogy Club from June 2009 through May 2012.

Racette, Pearl, is a graduate of the New England School of Photography in Boston, MA with a major in Portraiture and a minor in Digital Imaging. She also is a graduate of the New Hampshire Institute of Art & Science, in Manchester, NH, where she majored in Fine Art Photography. She has exhibited her work at galleries in Colorado, New Hampshire, Massachusetts, and Phoenix, Ariz. Her passion in life is photography, teaching, exhibiting & shooting her favorite subjects; people and travel photography.

Ramirez, Larry, as a hiking and outdoor enthusiast, photography has given him the ability to share some of the amazing things that he has seen throughout his adventures. His photographs have been published in newspapers, earned awards, exhibited, and used as post-cards by the town of Mammoth, AZ.

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.

Sampedro, Dr. Sonny, is a graduate of Northern Arizona University and the Chiropractic College. In 1993, he opened up The Relief Source Chiropractic and Wellness Center in Mesa. He also is a Certified Nutrition Specialist and works as a fulltime chiropractor. He teaches Radiation Biology and Radiographic Pathology for the Radiology Program at Central Arizona College.

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.

Sanchez, Luis, holds a B.S. and M.B.A. from the University of Phoenix. Sanchez has been working in higher education for the last nine years in a variety of capacities. During his work in management, both in higher education and the professional business sectors, he learned the importance of mastering technology and the many ways it can be used in the various facets of life. He has always been a tech-tool enthusiast and is continuously looking at ways to integrate technology in personal and professional settings. He enjoys teaching others about the ever changing world of technology tools that have found their way into everyday life.

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.

Singh, Rani, M.A./English Literature; teaches students to write with taste and flavor and to make writing rich and colorful with an emphasis on elements of poetry, literature, stories and novels. She has written plays and poems for a high school and a church and has prepared students for various writing contests. She loves to see writers actively involved in activities based on writing and recognizing the hidden writer within themselves.

Troxell, Samuel, 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.

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.

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.

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.

West, Joanne, is a working freelance and fine art photographer who brings a variety of experience and inspiration to her photography classes. After a 21 year career as the in house photographer for General Motors Desert Proving Grounds, she now combines her love of travel and nature with freelance photo work for individuals and business organizations. Her photos have been published on greeting cards, publications, social media, and calendars for the Arizona Office of Tourism, Cities of Tempe and Chandler, and other corporate clients. Her fine art images are part of collections in Canada, Italy and England.

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.

Wilder, Michelle, has been teaching CPR, First Aid, Water Safety and Pet First Aid for seven years. In 2005, Michelle lost her 17-year old son to a river drowning and has since devoted herself to educating the public through CPR and Water Safety. With her experience in raising a family, as well as her Health and Safety Training for individuals, groups, and corporations, she brings a wealth of information to emergency response training. Michelle's goal is to eliminate fear or hesitation when it comes to responding to an emergency at home, work, or in the community.

Woods-Stephens, Karla, has over ten years of experience in fundraising and marketing events with major non-profit organizations. She holds a B.A. in Mass Communications with a minor in Health Education from East Tennessee State University. She is currently President of Bona Fide Event Management, LLC, which specializes in coordinating corporate events, marketing and consulting.

Zubel, Paul, has an associates degree from Rio Salado Community 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

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.

ONLINE: 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.

WALK IN: Persons age eighteen and over 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 link at: <http://online.activenetwork.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 registrations 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 West 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.

FAX: 480.677.7722 or 520.494.6055
Use the registration form at www.centralaz.edu/lifelonglearning. Payment must be made by credit card only.

When is the campus closed?

Sep 1	Labor Day
Sep 2	All College Inservice Day
Nov 11	Veteran's Day
Nov 27-29	Thanksgiving Break
Dec 22-Jan 4	Holiday Break

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.

Attendance:

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

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.

Are there requirements?

You must be age eighteen and over to register for a non-credit course.

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 Peak
- Aravaipa
- Casa Grande Center
- Florence Center
- Superstition Mountain
- Maricopa Campus
- Corporate Center
- San Tan Campus

Student ID Number/ Social Security Number Semester of Enrollment: Year 20____
 Fall Spring Summer

1 Legal Name: Last: _____ First: _____ Middle Initial: _____

Previous Name (maiden): _____

2 Mailing Address: Street/P.O. Box: _____ Apt.: _____
 City: _____ State: _____ Zip: _____

3 Telephone: Home:(_____) _____ Cell:(_____) _____ Business:(_____) _____

4 Emergency Contact: Name: _____ Relationship: _____ Phone: (_____) _____

5 Reason for Enrollment: Job Advancement Personal Interest Improve Reading/Writing/Math Skills
 Transfer to a Four-Year School Other

6 Male Female 7 Date of Birth: ____/____/____
 Month Day Year

8 Race/Ethnic Background CAC is a Hispanic Serving Institution. As such, CAC receives extra federal funding to support its students. In order to qualify for the funding we must maintain at least 25% of our student body as Hispanic /Latino/Chicano. Therefore, it is VERY IMPORTANT that if you identify with one of these groups you mark the appropriate box. This information will NOT be used in ANY other way.

Are you of Latino/Hispanic ethnicity?

- YES, please specify: Mexican Central American **-OR- NO, if not of Latino/Hispanic ethnicity, please check all that apply**
- Cuban South American Asian Native Hawaiian/Pacific Islander
 - Chicano Spanish American Indian/Alaskan Native
 - White, Non-Hispanic Black/African American

9 Student type: Select one type that best describes your status:
 Minor/Under 18 Dual Enrollment Transfer New/First Time Re-entry, returning after one or more semesters
 Continuing Inmate

10 These questions are asked for the purpose of determining tuition and fees. State law now requires that a person who is not a citizen or legal resident of the United States or who is without lawful immigration status is not entitled to classification as an in-state student pursuant to A.R.S. Section 15-1802 or entitled to classification as a county resident pursuant to A.R.S. 15-1802.01. Failure to answer questions may result in being classified as out-of-state for tuition and fees purposes. The responsibility of registering under the proper residency classification is placed upon the student. Any student who falsified his/her residency may be subject to dismissal from the college and/or criminal action. Refer to the college catalog for residency guidelines.

- United States Citizen Legal Immigrant/Permanent Resident: Date of Issue ____/____
- Lawful Refugee/Asylee: Date of Issue ____/____ Country of Origin _____
- Legal Nonimmigrant: Specify Immigration Classification _____ and Date of Expiration ____/____ and Alien Registration Number/I-94 Number _____
- Do Not Qualify for any of the above

11 Are you a legal Arizona resident? Yes No If yes, what date did your present stay begin in Arizona?: (if born in Arizona, state birth year) ____/____
 If less than a year, in what state did you reside? _____

CRN	Course Number	Section	Course Title	Credits	Days	Time

I certify that the information given is complete to the best of my knowledge. I understand that submission of false information is grounds for denial of admission or immediate suspension if enrolled. If accepted as a student of Central Arizona College, I agree to abide by the rules and regulations of the college regarding conduct and other obligations. Student Signature: _____ Date: _____	Advisor: _____ Max Hour Approval: _____
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------

Registration

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
To register for classes at the Casa Grande Parks and Recreation call 520.836.8677.

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

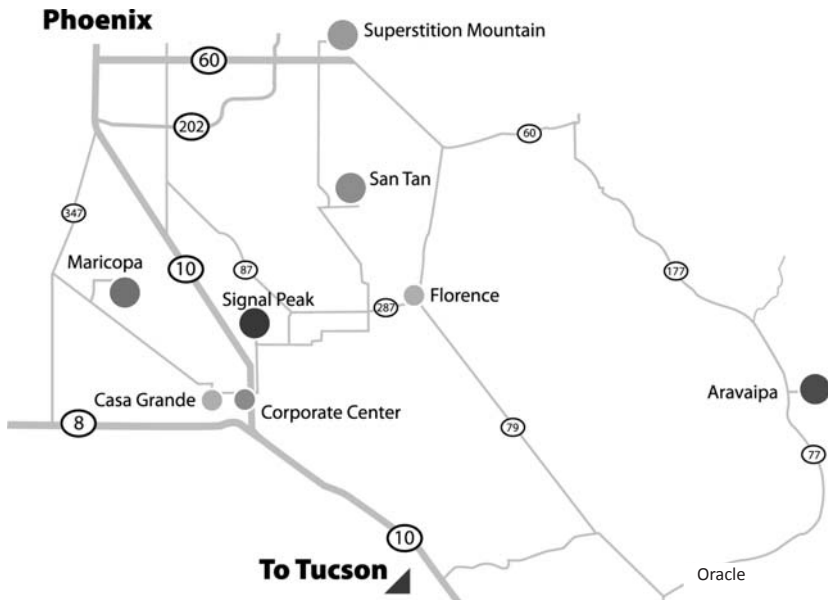
MC-Maricopa Campus
17945 N. Regent Dr.
Maricopa, AZ 85138
To register for classes held at the Maricopa Campus call the City of Maricopa at 520.316.6960.

OR-Mountain Vista School
2618 W. El Paseo
Oracle, AZ 85623

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), a commission of the North Central Association (NCA). <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.

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**Central
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8470 N. Overfield Road
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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 Spring 2015 is September 11, 2014. Course proposals received after September 11 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.