



Division of Continuing Education

(904) 620-4200

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**LEARN**  
Jacksonville

WINTER 2015

Starting  
from \$29

# EXPLORE NEW WORLDS THIS WINTER

Discover  
something  
new!

Look  
inside  
now!

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to try!

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## ARTS, CRAFTS and HOBBIES



**NEW!**

### Know Your Palette

**Instructor:**

Jennie Szaltis

6:30 to 9:30 p.m.

Friday, Jan. 9

10 a.m. to 5 p.m.

Saturday, Jan. 10

**(\$109)**

■ This workshop is for any level but is particularly designed for the beginning and intermediate watercolorist. This weekend course will demonstrate color mixing and help you understand the pigments that are on your palette as well as those that aren't. Using just six colors, you will mix and create more than 100 colors, explore those that can't be mixed and those that should be mixed. You will learn the difference between the name brand paints and different preferences for palette set-up. Bring your pigments, palette, brushes and a roll of paper towels.

**Required:** Additional materials fee of \$35 to be paid to the instructor. Bring a bagged lunch to class with you on Saturday.

### Beginning Creative Watercolor

**Instructor:**

Jennie Szaltis

6:30 to 8:30 p.m.

Tuesdays,

Jan. 20–Feb. 24

**(\$129)**

■ Learn the basic techniques of color blending, mixing and painting on both wet and dry paper. Class exercises will be pre-drawn, so no drawing or watercolor painting experience is necessary.

**Required:** Purchase your own supplies using the supply list provided by the instructor before the start of class (approx. \$80 value) or rent gently used supplies from your instructor for the course duration for \$45. All rented supplies must be returned at the end of the course.



To register, visit  
[learnjacksonville.com](http://learnjacksonville.com)  
or call (904) 620-4200.



## Creative Mosaic Workshop



Join us as we explore the fun and creative possibilities of mosaics. You will learn the basics of mosaics using the direct method. Supplies such as glass tile, adhesive and grout will be provided and the use of tools such as tile nippers will be shown. A grouting demonstration will be provided and each student will get a grouting kit to take home. At the end of the evening, you will have created your own mosaic art. No prior mosaic or art experience is necessary.

**Required:** Additional materials fee of \$25 to be paid to the instructor.

**Instructor:** Laure Norton

6:30 to 8:30 p.m., Monday, Jan. 12 • Sea turtle (13" x 12") **OR**

6:30 to 8:30 p.m., Monday, Feb. 9 • Sea horse (12" tall) **OR**

6:30 to 8:30 p.m., Tuesday, Mar. 3 • Mirror (10" x 10") **OR**

6:30 to 8:30 p.m., Tuesday, Mar. 24 • Sea turtle (13" x 12") **OR**

6:30 to 8:30 p.m., Tuesday, Apr. 14 • Butterfly (10" x 10")

**(\$25)**

## HEALTH and WELLNESS



### Hypnosis for Stress Management

**NEW!**

**Instructor:**

Dr. Chris Beverly

6:30 to 8:30 p.m.

Thursdays,

Jan. 8–29

**(\$99)**

■ Overstressed and don't have time to relax? Try hypnosis! Hypnosis is used to help people lose weight, stop smoking, overcome procrastination — and to relieve stress! Through guided hypnosis sessions, learn how to alleviate unnecessary stress and enhance your understanding of how your mind empowers you to release tension and overcome negative thoughts.



## Attracting Abundance I

**Instructor:**

Sharon Y. Cobb

9 a.m. to 5 p.m.

Saturday,

Jan. 10

**(\$99)**

■ In this one-day workshop, learn how to attract abundance into your life by opening your mind to receiving wealth, love and all possibilities. Learn to use the law of attraction to manifest what you would like to attract into your world. Get techniques to focus on what you want in your life and get rid of worries that are counterproductive and sabotaging your power to attract the positive. Learn a Life Imagery technique similar to visualization exercises used by Olympic athletes before competitions. Start a gratitude journal. Participate in a short meditation that could change your life when practiced often. Get affirmations and find resources to enhance your ability to attract abundance on a daily basis.

## Attracting Abundance II

**NEW!**

**Instructor:**

Sharon Y. Cobb

9 a.m. to 5 p.m.

Saturday,

Mar. 28

**(\$99)**

■ If you know the basics of attracting abundance through affirmations, visualizations and meditation, join us for Attracting Abundance II to push your ability to attract abundance to a whole new level. Discover your purpose and learn how to use it to manifest the best in life. Change your negative thoughts to rational and then to positive with simple

exercises in the class. Get ideas about how to change your environment to welcome abundance into your life. Find out how to design wildest daydreams and use them to create almost anything you want. In this class we will each design personal key affirmations and daily affirmations to improve our realities. Add more joy to life with easy techniques shared in class. This workshop expands your knowledge of the basics learned in Attracting Abundance I.

We recommend you join us for Abundance I before taking Abundance II, but it's not a requirement.

## Achieving Inner Peace and Tranquility

**Instructor:**

Pixie Larizza

6:30 to 8:30 p.m.

Wednesdays,

Mar. 11–25

**(\$79)**

■ Slowing down and living in a relaxed and peaceful moment takes practice: You can do it. Learn to incorporate deep breathing exercises, basic meditation, visualization and positive affirmations into your daily routine. These practices can help you sleep, increase positive energy and help you learn not to take things personally.

## Tai Chi for the Mind, Body and Soul

**Instructor:**  
Alison Cacella

6:30 to 8:30 p.m.  
Tuesdays,  
Jan. 13–Feb. 24

**(\$149)**

the body and mind, deepen the breath. Relax, focus and visualize. Allow Chi, or energy, inside the body to flow. Breathe Easy practices the Sun-Style to allow all participants with injuries, ailments and arthritis to safely and effectively learn Tai Chi.

■ Tai Chi is an ancient Chinese practice of exercise recognized for benefiting overall health and the most prominent Chinese martial art emphasizing internal strength. Internal strength stresses the importance of breathing and the integrity of emotional and intellectual presence. Within the practice, focus on fluid, gentle, graceful and circular relaxed movements. Slow

## Advanced Tai Chi

**Instructor:**  
Alison Cacella

6:30 to 8:30 p.m.  
Tuesdays,  
Mar. 10–Apr. 21

**(\$149)**

■ This is a continuation course of the Tai Chi for the Mind, Body and Soul course that allows you to dig deeper into the meditation of motion presented by Tai Chi while embodying the principles previously discussed. You will explore the power of meditation, breath, space and healing.

## Make Your New Year's Resolutions a Reality! NEW!

**Instructor:**  
Claudia Wallace

6:30 to 8:30 p.m.  
Wednesday,  
Jan. 21

**(\$39)**

■ Learn about wellness and strategies to reach your individual health and wellness goals or New Year's Resolutions. Do you want to have more energy, reach a healthy weight, improve your fitness or find more balance in your life? We will explore a holistic approach to better health, looking into key elements of wellness such as sleep, stress management, nutrition, exercise and self-compassion. After completing this class, you will walk away with tools to help make any goal a reality.

## Practical Self-Defense and Awareness

**Instructor:**  
Tim Robinson

6:30 to 8:30 p.m.  
Mondays,  
Jan. 26–Feb. 16

**(\$99)**

■ The ability to defend yourself and develop strength and confidence does not require years of training. In this four-week course, Tim Robinson, a lifetime practitioner with black-belt certifications in five different martial arts, will teach you a system of practical, proven self-defense techniques and strategies for personal safety and awareness. This system includes powerful street self-defense, unarmed weapons defense, defense from the ground and effective use of your environment and defense tools found in everyday life. Learn to protect yourself and your loved ones.

## Advanced Self Defense

**Instructor:**  
Tim Robinson

6:30 to 8:30 p.m.  
Mondays,  
Feb. 23–Mar. 9

**(\$79)**

■ This is a continuation of the Practical Self-Defense course and focuses on intermediate techniques of self-defense and awareness. You will learn how to defend against and deal with more aggressive confrontations, how to recover and defend from being pushed to the ground from behind and how to defend against multiple attacks by the same person. Learn how to deal with more than one attacker, how to defend yourself when weapons are involved, harsh conditions and how to escape from being pinned on the ground.

## Heartsaver® CPR, AED and First Aid

**Instructor:**  
Bob Snell

6 to 9 p.m.  
Wednesday,  
Feb. 25 **OR**  
6 to 9 p.m.  
Wednesday,  
April 22

**(\$49)**

■ Designed for anyone who may respond to a life-threatening emergency in the workplace, home or anywhere people gather. This class teaches the latest American Heart Association® techniques in CPR, including foreign-body airway obstruction (choking). Learn to recognize the signs of cardiac arrest and operate an Automated External Defibrillator (AED). First Aid topics covered include breathing problems, heart attack, stroke and trauma. Upon successful completion of the class,

students qualify for an official AHA® course completion card, good for two years. Students who wish to receive a card can purchase one at the end of class for an additional \$10.



To register, visit  
[learnjacksonville.com](http://learnjacksonville.com)  
or call (904) 620-4200.

## Beginning Meditation

**Instructor:**  
Pixie Larizza

6:30 to 8:30 p.m.  
Wednesdays,  
Feb. 4–18

**(\$79)**

■ Learn techniques to develop a meditation practice for your own peace and well-being. Practice proper breathing to optimize relaxation into the practice of meditation. Enter the world of guided imagery meditation and sound and vibration relaxation therapy, along with others to choose from. Meditation is safe, healthy, timely and regenerative.

## Healthy Posture Yoga

**Instructor:**  
El Grabar

6:30 to 8 p.m.  
Thursdays,  
Feb. 26–April 2  
*No class Mar. 19*

**(\$89)**

■ Learn basic stretching and strengthening exercises to help relieve pain, improve your posture and encourage your body's healthy range of motion. You will be guided safely and mindfully through a series of postures to release tightness and improve mobility in your spine, neck, shoulders, hips, arms and legs. This therapeutic practice includes breathing and relaxation techniques to help release deep tension, strengthen core

support and bring overall balance and ease.

**Note:** Please bring a mat and towel support for your head.  
All levels welcome.

## Learn to Kayak

**Instructor:**  
Michael Metzler

6 to 8 p.m.  
Tuesday,  
Mar. 10  
10 a.m. to noon  
Saturday,  
Mar. 14

**OR**

6:30 to 8 p.m.  
Thursday,  
April 16  
10 a.m. to noon  
Saturday,  
April 18

**(\$79)**

■ Discover the basics of kayaking in class and on the water. Learn about the different types of kayaking, equipment, safety and the rules and regulations. Everyone will have the opportunity to practice and learn proper maneuvering techniques and how to paddle a kayak properly. The last class includes 90 minutes of paddling on the water. The second session takes place at All Wet Sports, 8550 Beach Blvd.

**Note:** Minimum age of 10 accompanied by an adult.

**Required:** Additional materials fee of \$21 to be paid to the instructor at the last session.

## HOME and GARDEN



### Landscape Design for the Homeowner

**Instructor:**  
Matthew Barlow

6 to 8 p.m.  
Thursdays,  
Jan. 8–22

**(\$79)**

■ Learn how to design a landscape plan that creates a professional-looking yard. Avoid costly errors by planting the right plant in the right place, determining the number and size of plants needed to complete a project and discussing the use of native and unusual plant material. Using basic landscaping principles, you will learn how to select plant material and complete a professional-style landscape design.

## Wednesday Wedding Workshops

**NEW!**

Congratulations, you're engaged! These Wednesday wedding workshops will provide you the information to completely understand the wedding planning process from enjoying your engagement, to selecting a venue and your vendors, developing your budget, what to ask perspective vendors, how to draft your wedding-day timeline and more. Learn cost-saving tips and how to avoid common mistakes.

**Instructor:** Cindy Vallely

### It All Starts with the Budget

This workshop is designed to help you develop your wedding budget. You will learn how to create the guest list and how the guest list ties to the budget. We will also discuss ways to cut costs.

6 to 8:30 p.m., Wednesday, Jan. 21 **(\$29)**

### Timeline, Vendor Selection and More

This workshop is designed to help you select vendors for your wedding day, including negotiation tips and what to look for in contracts. You will learn how to develop your wedding day timeline, cost saving tips and how to avoid common mistakes.

6 to 8:30 p.m., Wednesday, Feb. 4 **(\$29)**



## Color in the Jacksonville Garden

Colorful flowers and foliage can add tremendous appeal to your garden. Forget the tulips and lilacs listed in catalogs. Learn about the best annuals, perennials and shrubs that thrive in our local landscape. Discover where to find interesting and unusual colorful plants. With a little effort, you can have color in your garden throughout the year.

**Instructor:** Matthew Barlow  
6 to 8 p.m., Thursdays, Feb. 5–19  
**(\$79)**



## Home Staging and Home Styling

**Instructor:**  
Becky Harmon

6:30 to 8:30 p.m.  
Thursday,  
Feb. 5 **OR**  
Thursday  
Mar. 26

**(\$39)**

■ Explore the important, but often overlooked areas that require attention to sell your home quickly and for more money. If you are not selling, discover many ways to update your home without spending a fortune. Learn great DIY tips and tricks. This course includes presentations with before and after pictures on de-cluttering, paint color, furniture placement, curb appeal, remodeling kitchens and baths and more.

## Organic Vegetable Gardening

**Instructor:**  
Matthew Barlow

6 to 8 p.m.  
Thursdays,  
Mar. 5–26  
*No class Mar. 19*

**(\$79)**

■ Learn to grow delicious, nutrient-rich organic herbs and vegetables in your own backyard. Discover how to build, layer and create healthy soil without chemical fertilizers or pesticides. Step-by-step techniques for planting and harvesting take the guesswork from getting the most from your garden. Month-by-month planning calendars keep your vegetables producing year round. Whether you are new to gardening or a seasoned gardener, expand your horticultural knowledge in organic fertilization and pest management and pick up the tricks and tips for creating a robust garden that thrives rather than just survives.

## Connect with Nature through Creative Journaling

**NEW!**

**Instructor:**  
Kelly Johnson

2 to 4 p.m.  
Saturdays,  
Mar. 28–Apr. 11

**(\$69)**

with your natural world, expand your observation skills, increase relaxation, discover the subtleties of nature's patterns and receive the healthful benefits brought by time in nature. Tap into your inner naturalist and start nature journaling! Please bring a 5x7 or 8x10 sketch/notebook and your preference of drawing supplies, such as pencils, pens, colored pencils and small pencil sharpener. You may want to bring a clipboard or drawing board, camera, water bottle, sun hats and comfortable shoes.

**Location:** Class takes place at the Jacksonville Arboretum and Gardens located at 1445 Millcoke Road, Jacksonville, Fla.

■ Do you want to explore and connect with nature, but aren't sure what to do once you're outside? Nature journaling is a relaxing and creative way to get to know the flora and fauna just beyond your door. Learn and develop techniques for beginning and expanding a nature journaling practice to help you bond

## Let's Decorate Together

**Instructor:**  
Ann Gobler

6:30 to 8:30 p.m.  
Wednesdays,  
Mar. 25–Apr. 22

**(\$119)**

■ Explore the basics of decorating through practical application. Each session will give example pictures, tips and techniques of the trade. Learn how to put a space together, beginning with how to get started and finding your style. Join Ann Gobler, an interior decorator and interior redesigner certified by three National Interior Redesign organizations as she discusses trade techniques as you make the room-by-room journey through the house.



## LANGUAGES



**NEW!**

### Introduction to the French Language and Culture

**Instructor:**  
Anarita Botelho

6 to 8:30 p.m.  
Wednesdays,  
Jan. 21–Apr. 8

**(\$259)**

■ This exciting 12-week course will introduce the basics of the French language and culture. Emphasis will be on lively conversation, understanding useful phrases and a few written exercises, simple dialogues, role playing and real world scenarios. Enjoy this fun, easy and informative introduction to this beautiful romantic language.

### Spanish–Level I

**Instructor:**  
Adriana Giles

6 to 8:30 p.m.  
Thursdays,  
Jan. 15–Apr. 2

**(\$259)**

■ In this highly interactive 12-week class you will learn basic conversational skills through a variety of reading, writing and speaking exercises. Class participation includes role playing with dialogue using actual scenarios in a fun and stress free environment. Audio CD and videos are used to augment the learning

experience. Have fun learning the language, Latin customs and culture from a native speaker. Class size limited to 12 students for enhanced learning.

### Spanish–Level III

**Instructor:**  
Adriana Giles

6 to 8:30 p.m.  
Wednesdays,  
Jan. 14–Apr. 1

**(\$259)**

■ This course has been designed to cover the same material as our former six-week course, but in a longer format, which allows for more practice. A continuation of Spanish Level 2, this course will increase your vocabulary and help you become more comfortable speaking and comprehending the Spanish language. Explore intermediate

grammar, video comprehension, reading comprehension, verbal enhancement and presentations.

**Note:** You must have knowledge of basic Spanish grammar: articles, likes and dislikes (gustar), the verb "to be," simple present tense, present progressive (-ing), future with "ir a," past tense, reflexives and possessive adjectives.



## MONEY MATTERS

### Savvy Social Security Planning

**Instructor:**  
Karen O'Brien

6:30 to 8:30 p.m.  
Tuesday,  
Jan. 27

**(\$39)**

■ Social Security is far more complicated than most people realize. The decisions you make now can have a tremendous impact on the total amount of benefits you stand to receive during your lifetime. This informative seminar covers the basics of Social Security and reveals innovative strategies for maximizing your benefits.

### Divorce Care

**Instructor:**  
Judith Erwin

6:30 to 8:30 p.m.  
Wednesdays,  
Feb. 25–Mar. 4

**(\$59)**

■ This workshop will prepare you to take the next step in untying the knot — no matter where you are in the process. You'll learn about the legal, financial, family and personal issues of divorce in a logical, yet compassionate way. With the guidance of a family law attorney, you'll gain a greater understanding of the confusing divorce process. This workshop will include discussion of division of assets and debt, child custody, child support, spousal support, self-help litigation, courtroom behavior and the other associated expenses.

### Clarifying Medicare

**Instructor:**  
Karen O'Brien

6:30 to 8 p.m.  
Tuesday,  
Feb. 3

**(\$29)**

■ Get a broad overview of Medicare, how it works, when to enroll and available options. Examine the differences between Medicare Advantage plans and supplements. Understand individual needs and examine available tools and resources.

## Investment Basics

**Instructor:**  
Charles Drysdale

6:30 to 8:30 p.m.  
Tuesday,  
Jan. 13 **OR**  
Tuesday,  
Mar. 17  
**(\$39)**

■ Interested in investing but not sure where to start? Get a broad overview of the investment process and its vehicles, e.g., stocks, bonds, cash equivalents and funds. Discuss key points regarding stock evaluation in this comprehensive, one-night class.

## The Professor's One-Minute Guide to Stock Management

**Instructor:**  
Hank Swiencinski

6:30 to 8:30 p.m.  
Wednesdays,  
Jan. 28–Feb. 11

**(\$149)**

■ Learn about trading and managing your portfolio. Discover how to identify stocks that go up and how to avoid those that go down. Learn to do this yourself, without the aid of a broker. This is not your typical financial planning course. Take control. Manage your investments.

**Note:** Some basic knowledge of the stock market is recommended. Students attending the course will receive a copy of "The Professor's One-Minute Guide to Stock Management."

## The Retirement Continuum

**Instructors:**  
Jon Castle, MSFS, CFP®  
Michelle Ash, CFP®,  
CASL®  
Kris d'Esterhazy, CFP®

9 a.m. to noon  
Saturdays,  
Jan. 31–Feb. 7 **OR**  
6:30 to 9:30 p.m.  
Tuesdays,  
Feb. 3–10

**(\$79)**

■ Most people want to retire ONCE, so it makes sense to get it right the first time! This fun, but comprehensive course addresses the ongoing process that includes proper preparation for living in retirement successfully. The instructors address both the financial issues affecting retirement and the life planning challenges retirees face which will ultimately determine their quality of life. Modules include: pension maximization and health insurance decisions, tax savings strategies, maximizing your Social Security, projecting retirement expenses and income sources and effective income

planning and investment portfolio strategies.

**Note:** A detailed workbook, a thumb drive filled with guides, calculators and articles, an optional personal consultation and attendance for a guest is included with enrollment. Call (904) 620-4200 or e-mail unfce@unf.edu with your guest's name.

## PHOTOGRAPHY

### Digital Photography Level I: DSLR Camera Basics

**Instructor:**  
John Reed

6 to 8:30 p.m.  
Mondays,  
Jan. 5–26  
*No class Jan. 19*

**(\$89)**

■ This is a start-at-the-beginning course in digital photography for those wishing to use more than the auto shooting mode. It begins with some basics on megapixels, memory cards and file types before moving into the fundamentals of digital photography. Learn about exposure, shutter speed, aperture, ISO, exposure compensation, white balance, focus and more. All the basic facets of digital

photography which you can control with your camera are covered. The shooting modes: program, auto, scene modes, aperture priority, shutter priority and manual, are all covered including which ones to use and when. General methods for changing camera settings are covered, but due to the wide variety of camera designs, this course is not intended to teach where the controls are located or how to change settings for every specific camera. You should be familiar with the buttons and dials on your model as well as how to navigate menus or make changes to settings using the LCD screen. This will enable you to get the most benefit from the hands-on exercises done in class that are done to reinforce some lessons. If you've just gotten your digital camera or a new one that's confusing, this is the course for you. This course is geared toward interchangeable lens DSLR cameras. Those with other cameras can certainly benefit from understanding the concepts taught but may not be able to apply all the lessons simply because the camera may lack the necessary controls. Get a solid foundation and more out of your camera with level II.

**Required:** Please bring your camera and its manual to class.





## Digital Photography Level II: Putting Your DSLR to Work

**Instructor:**  
John Reed

6 to 8:30 p.m.  
Mondays,  
Feb. 9–23

**(\$89)**

■ This course goes beyond simply defining concepts and moves into a deeper understanding of exactly what the camera is doing so that more creative control can be applied. It begins with providing an understanding of all the traits of light and how the camera interprets them. It then moves to explaining how the camera treats light by covering metering, metering modes and how the camera determines

correct exposure. Exercises are done on recognizing tonalities in a scene to provide understanding of the camera limitations in measuring light. With this solid foundation, a deeper exploration of exposure and exposure compensation is provided. The valuable exposure tool, the histogram, is explained and how it can be applied to provide more keepers. The course finishes with an introduction to flash and a wrap up with some image analysis. You should be familiar with your camera controls either from your own experiences or by having taken the level 1 course. One need not fully understand the why and when of using a particular control as that's what this course is designed to provide. However, it's most beneficial to know where a particular control is found on the camera, whether by button, dial, switch or menu.

**Note:** There will be hands-on exercises, so please bring your camera and its manual to class.

## Digital Photography Level III: Using All the Features of Your DSLR Camera

**Instructor:**  
John Reed

6 to 8:30 p.m.  
Mondays,  
Mar. 9–23

**(\$89)**

■ Review exposure and metering and gauging the brightness of the scene. Explore depth of field detail, metering in greater detail (including differences in the various shooting modes, sharp images, lenses, RAW files and flash basics, dust and sensor cleaning, all about lenses, image analysis and more information on using manual shooting mode). The course

includes student involvement by analyzing a series of photos. You will be asked to comment on why certain settings were used, what went right or wrong, etc. Level II is a good foundation but not a prerequisite.

**Note:** There will be some in-class exercises, so please bring your camera and its manual to class.

## Digital Photography Level IV: DSLR Final Steps and Fine Points

**Instructor:**  
John Reed

6 to 8:30 p.m.  
Mondays,  
Apr. 6–13

**(\$69)**

■ This course will complete the series for DSLR photography. It begins with close-up and macro photography for opening up a new world of photo opportunities. It then moves to composition and arranging the elements in your photos to create compelling images. The final stage is a practical problem solving exercise that addresses typical photographic problems

and their solutions using before and after photos. The situations encountered and how to deal with them by utilizing the capabilities of not only the camera, but also lenses, lens attachments and more. It is an interactive class with some before photo examination similar to Level III (different photos) but now dealing with composition as well as camera settings. The instructor will then show the after photo illustrating what he chose to do. It is not necessary to bring cameras or manuals to this course.

## Digital Photo Editing Basics Using Adobe Photoshop® Elements

**Instructor:**  
John Reed

6 to 8:30 p.m.  
Thursdays,  
Feb. 19 to Mar. 19

**(\$109)**

■ Understand the fundamentals of editing your digital images. Learn the layers-based method, using Photoshop® Elements 12. Techniques used will work in earlier versions of Elements from 7 through 11, as well as the full version Photoshop (CS4 through 6) and other layers-based programs. Lightroom and Aperture are not suitable for this approach. All levels.

of experience welcome but those with Elements or Photoshop and a basic working knowledge of computers, files, file organization and common program conventions will gain the most benefit. This is not a hands-on computer lab but a live demonstration presentation as the instructor illustrates the techniques. You are welcome to bring your own laptop to follow along, but it is not a requirement

## Digital Photography–Basic Lightroom and the RAW File

**Instructor:**  
John Reed

8:30 a.m. to 2 p.m.  
Saturday,  
Mar. 7

**(\$69)**

■ Explore the basics of Adobe Lightroom 5 in this new one-day workshop. Explore the library module, including importing catalogs and organization. Discover the develop module for editing your digital images. Learn the basic adjustments possible with this powerful, non-destructive editing software, applicable to both RAW and jpg files. You should be

familiar with computers, files, file organization and common program conventions such as using menus. Laptops are welcome, but not a requirement. Since Lightroom is based on the Adobe RAW Converter, we'll also touch on it as supplied with Photoshop CS6 and Photoshop Elements 11. A 30-minute lunch is built into the lesson plan.



## Mastering Zoo Photography

### Instructor:

John Reed

6 to 8:30 p.m.  
Thursday,  
Feb. 5

**(\$39)**

■ Through instruction and examples, learn to take wonderful photos at the zoo without looking like you're at a zoo! Discover catch shots you can make while you're there with others, as well as more serious work you can do alone. Topics covered will include a detailed explanation of depth of field and using it to make fences and glass disappear. Make images to be proud of no matter what your photo

kit: long lenses, short lenses and everything in between. Shooting subjects will include: large and small mammals, reptiles, birds, flowers and even indoor photography. Learn the best camera settings to use for all situations. Tips on composition will also be included.

**Note:** A DSLR camera or very advanced point-and-shoot camera will have all the capabilities to apply the instructions given in this course. Those with more basic cameras are more than welcome to attend, but should be aware of limitations in the lessons.

**Required:** Basic understanding of photographic concepts of exposure, exposure compensation and metering. Though no class exercises are planned, please bring your camera and manual to class.

## Photo Safari at the Jacksonville Zoo and Gardens

### Instructor:

John Reed

8 a.m. to noon  
Saturday,  
Feb. 7

**(\$59)**

■ This is a four-hour, totally hands-on workshop in the field. The primary goal is to apply the lessons provided in the classroom — though the class is not a prerequisite. We will concentrate on a few specific areas to reinforce the techniques needed to shoot through fences, glass and other obstructions, so your photos look like they were taken in the wild outdoors.

Learn to use whatever camera/lens combination you have for maximum enjoyment and efficiency. Determine the limitations, if any, of your gear so you won't be disappointed with your results. Class size is limited to 20 people to provide ample individual assistance. Tips and help will be provided throughout the workshop rather than any formal sit-down lessons. When the workshop is over, continue on your own for the rest of the day practicing what you've learned so it becomes firmly set in your mind. As a bonus, receive early admission, as the class has access one hour, from 8 to 9 a.m., prior to the public. Course fee includes admission price.

**Register for both zoo photography classes for \$89. Available by calling our Customer Care Team at (904) 620-4200.**

## Flower Photography and Hands-On Photo Workshop: Applying Lessons in the Field

### Instructor:

John Reed

8 a.m. to 12:30 p.m.  
Saturday,  
Apr. 11

**(\$59)**

■ This workshop will begin in the classroom with a camera boot camp to be sure everyone is familiar with the controls necessary for the field work using your cameras. The basics of exposure, exposure compensation and metering will be covered as well as some tips for shooting flowers. The class then moves outside to photograph the area around the classroom

building using a variety of subjects and situations for hands-on practice. Class size is limited to 15 people so that ample one-on-one help by the instructor can be provided for each student. A 30-minute break is included between the two-hour class and two-hour shooting outside. In addition to cameras, please bring your manuals to class and be sure their battery is charged the night before. Students having tripods should bring them as well. They are not essential but are a valuable aid.

## TECHNOLOGY



**NEW!**

## iPad and iPhone Fundamentals

### Instructor:

Daren Dillinger

6:30 to 8:30 p.m.  
Thursday,  
Jan. 29 **OR**  
Monday,  
Mar. 2

**(\$39)**

■ The popularity of the iPad and iPhone has taken the world by storm; come see how these devices can enrich your digital lifestyle. Whether you are a new owner of an Apple product or a long-time user, you will learn how to operate and use your iPhone or iPad from an Apple-Certified consultant. Discover the best set up methods to ensure your device is on a good foundation. Learn troubleshooting tips so you can fix the most common problems, parental controls, iCloud 101 for back-ups and how to find lost Apple devices. You may bring your device to class.

**NEW!**

## Advanced iPad and iPhone Training for Home Users

### Instructor:

Daren Dillinger

6:30 to 8:30 p.m.  
Thursday,  
Feb. 12 **OR**  
Monday,  
Mar. 16

**(\$39)**

■ If you have completed the fundamentals class or have Apple experience, join us for this advanced training class from an Apple-Certified consultant. Topics includes Wi-Fi and wired networking, printing from iPad and iPhone, Apple TV and Time Capsule best installation set up. In addition, learn how the widely-used Microsoft products, such as Windows and Office can operate on your Apple product. You may bring your device to class.

## Blogging for Business and Pleasure

**Instructor:**  
Sharon Y. Cobb

9 a.m. to 5 p.m.  
Saturday,  
Apr. 25

**(\$99)**

Do you have a passion that you are eager to broadcast to the world? Do you have a business that would benefit from Internet marketing? If so, blogging may be your thing. A blog is a free, easy do-it-yourself website where you may write about anything you please. Learn all the blogging basics: choosing subjects, locating the best website host, finding readers and adding an Amazon store to sell cool stuff. Incorporate YouTube videos and other sites, using the best keywords to attract readers and maintaining a vibrant schedule of posts. Your blogging possibilities are endless.

**Note:** Laptops are not required to participate in this workshop. Students will not build blogs during the workshop due to time constraints. A detailed workbook used during the class will guide you in creating your own blogs after the workshop.

■ Do you have a passion that you are eager to broadcast to the world? Do you have a business that would benefit from Internet marketing? If so, blogging may be your thing. A blog is a free, easy do-it-yourself website where you may write about anything you please. Learn all the blogging basics: choosing subjects, locating the best website host, finding

## Facebook Fabulous and Pinterest Phenomenal!

**NEW!**

Facebook and Pinterest are two of the most popular social networks for friends and family. Learn the basics and best practices for these two platforms. Learn how to create a compelling profile, adjust your security settings, post on Facebook and pin on Pinterest like a pro, manage friends and followers and how to share with everyone or just a few friends. Discover how to engage your online audience and build your network. This is a hands-on class so come prepared to be social!

**Note:** Please create a Facebook and a Pinterest account before class.

**Instructor:** Sharon Y. Cobb  
9 a.m. to 5 p.m., Saturday, Apr. 11

**(\$99)**



## Introduction to MS PowerPoint 2010

**Instructor:**  
Joe Adir

6:30 to 8:30 p.m.  
Wednesdays,  
Jan. 7–Feb. 4

**(\$109)**

■ Learn the important features of PowerPoint 2010. Create slide presentations using various design themes and layouts, incorporate texts, pictures, videos and other graphics. Format and edit slides, save and print slide presentations and handouts, and present slide shows with transitions and animations. A basic working knowledge of the computer is required. Please bring a USB drive to class.

## Introduction to MS Excel 2010

**Instructor:**  
Michael Metzler

6 to 8 p.m.  
Mondays,  
Feb. 2–Mar. 9

**(\$129)**

■ Learn the skills necessary to develop workbooks from creation to editing, with formatting in between. We'll work with cells, columns, rows and sheets, apply simple formulas, work with functions and hyperlinks, build charts and diagrams and add comments and pictures. A basic working knowledge of a computer is recommended. Please bring a USB drive with you to class.

## Introduction to MS Word 2010

**Instructor:**  
Michael Metzler

6 to 8 p.m.  
Mondays,  
Mar. 23–Apr. 27

**(\$129)**

■ If you are new to Microsoft Word 2010, or just looking to improve your knowledge, learn basic skills and formatting techniques. Explore document basics, editing, formatting, tool bars, menus, incorporating columns and tables and shortcuts. Previous experience is not required. Please bring a USB drive to class.

## Improving Your Internet Search Skills

**Instructor:**  
Stephanie Weiss

6:30 to 8:30 p.m.  
Wednesday,  
Mar. 4

**(\$39)**

■ Learn to increase the effectiveness of Google and other search tools to locate information on the Web. You'll also gain a basic understanding of search methods and results pages to help streamline your online time.

## WRITING



### Creative Writing — An Introduction

**Instructor:**  
John Boles

6:30 to 8:30 p.m.  
Mondays,  
Jan. 5–Feb. 9  
*No class Jan. 19*

**(\$119)**

■ This five-week course will be a combination of lecture and writing assignments for beginning to intermediate writers. We will address problem areas many writers encounter, such as point of view, voice, characterization, conflict and exposition vs. dialogue. Whether you are interested in fiction or nonfiction, become a better writer. Your instructor, an award-winning author, as well as your classmates, will provide invaluable feedback on your work.

### Creating 3-Dimensional Characters in Fiction

**Instructor:**  
John Boles

6:30 to 8:30 p.m.  
Wednesdays,  
Jan. 7–Feb. 4

**(\$119)**

■ Do your characters pop off the page and truly engage your readers? The ability to create believable and compelling characters is often one of the most difficult tasks writers must master. Using valuable handouts, worksheets and both in-class and homework assignments, writers will learn techniques to use in developing dynamic, three-dimensional

characters. We will build characters from the ground up and discuss ways to give them distinctive voices and unique personalities. Why settle for drab when you can make characters dramatic?

### Writing FUNNY!

**Instructor:**  
Sharon Y. Cobb

9 a.m. to 5 p.m.  
Saturday,  
Feb. 7

**(\$99)**

■ Can you learn to write funny? Great comedy writing could be considered a natural gift, but it can be learned, too. This one-day workshop is for all writers — from the novice to the pro — and screenwriters. Get the basics of creating funny characters and constructing a comic storyline. Learn to create comedy from character opposites, the comedy rule of

three, slapstick vs. satire, dark comedy, humorous story construction and more. Most material will refer to comedy writing for fiction books and film. Practice techniques with in-class demonstrations. Learn to write funny. It'll be a hoot!

### Marketing Your Books Workshop

**Instructor:**  
Sharon Y. Cobb

9 a.m. to 5 p.m.  
Saturday,  
Mar. 14

**(\$99)**

■ Whether your books are traditionally published, self-published or e-published, to sell your books, you must market your books. This one-day workshop will give you all the tools needed to promote them, starting with branding and a marketing plan. As we develop the marketing plan, we will cover new media, traditional media, local media and national media. Learn to write and distribute a news release. Discover your author platform and how to optimize your Internet presence. Discuss book signings for authors who have tree books to sell. It's not enough to write a great book: to be a successful author you must learn to effectively market your book.

### Memoir Writing — Telling Your Story

**Instructor:**  
Judith Erwin

6:30 to 8:30 p.m.  
Tuesdays,  
Jan. 20–Feb. 10

**(\$99)**

■ Study the scope and characteristics of a memoir in this four-week course. Select and capture one or more meaningful moments in your life for purposes of personal enrichment, preservation or publication. Using lessons learned, tap into your past to retrieve childhood memories, relationships, challenges and accomplishments. Once discovered, add fire and color to the page. By the end of the course, you will have written one or more sections of a memoir and gained the skills to further develop a project of any chosen length.

### Creating the Hero's Journey

**Instructor:**  
John Boles

6:30 to 8:30 p.m.  
Wednesdays,  
Feb. 18–Mar. 18

**(\$119)**

■ Writers are storytellers and the best often use elements of myth to create compelling narratives. Based on the highly acclaimed works of Joseph Campbell and Christopher Vogler, this course provides writers with the tools to utilize mythic structure to formulate masterful stories. Through the examination of popular works students will discover effective principles for structuring plots and creating

creating believable characters. Practice these methods to analyze and improve your work through exercises. Why settle for mundane when you can infuse your writing with the magic of myth?

## How to Sell Your Books and Scripts to Hollywood

**Instructor:**  
Sharon Y. Cobb

9 a.m. to 5 p.m.  
Saturday,  
Feb. 21

**(\$99)**

■ Hollywood is looking for books and scripts to buy. In this one-day workshop, learn what sold to film producers and studios in 2013, where to find information about contacting producers and how to get your books and scripts directly to them without agency representation. Get an insider's look at films featured at the 2014 American Film Market and see an analysis

panies that most likely want to read your scripts and with whom to speak at the selected companies. Explore websites used by professional Hollywood writers to keep up with what's selling in Hollywood. Find out what happens when a producer wants to option or buy your scripts. This workshop is a must for writers who want to see their stories on the big screen.

## Plot and Story Structure

**Instructor:**  
John Boles

6:30 to 8:30 p.m.  
Mondays,  
Feb. 23–Mar. 23

**(\$119)**

■ Plot and story structure are two areas where many writers struggle. We often know the beginning and end of a story, but weaving a compelling tale from start to finish can be a major challenge. This course will help you learn how to train the left and right sides of your brain to work together. By answering a list of questions and using creative templates, writers can master the art of plot and story structure in a way that will allow their creativity to fill in the blanks — both in the mind and on the page.

## Crash Course in Screenwriting

**Instructor:**  
Sharon Y. Cobb

9 a.m. to 5 p.m.  
Saturday,  
Jan. 24

**(\$99)**

■ This workshop is an action-packed day for beginning screenwriters. Explore the three-act structure, basics of creating movie characters, film stories and plot construction. Learn about loglines, synopses and beat sheets. Get ready to kick-start your screenwriting career in this buckle-your-seatbelt introductory workshop. Your instructor is a professional

screenwriter who is a member of the Writer's Guild of America and sold pitches and scripts to studios and had films produced. We suggest watching the movie *Alice In Wonderland* (2010), directed by Tim Burton and starring Johnny Depp, before the workshop. This film will be used as a teaching example.

## Intermediate Course in Screenwriting

**Instructor:**  
Sharon Y. Cobb

9 a.m. to 5 p.m.  
Saturday,  
Jan. 31

**(\$99)**

■ Do you already know the basics of screenwriting but need more? This one-day workshop is for you. We'll explore six areas of the screenwriting craft essential to writing successful scripts:

- Alternative storytelling in screenplays and working outside of the common three-act structure

- Creating real characters through a powerful class writing exercise
- Getting emotion on the page so readers will care about your characters
- Writing authentic dialogue
- Creating conflict and raising the stakes to increase dramatic tension in your stories
- Developing compelling scenes that move the story forward and build characters.

**Note:** This workshop is recommended for students who have either completed the Crash Course in Screenwriting Workshop or completed one screenplay. We suggest watching the movie *Crash* (2004), written and directed by Paul Haggis, before the workshop. This film will be used as a teaching example.

## How to Publish Your e-Book

**Instructor:**  
Sharon Y. Cobb

9 a.m. to 5 p.m.  
Saturday,  
Mar. 7

**(\$99)**

■ Join the e-Revolution. Publish your book yourself! e-Books are hot and if you are a writer, you should consider this new path to being a published author.

Topics include:

- Editing and cover design
  - Preparing your manuscript for e-book distribution
  - Eighteen departments of your publishing house
  - Eight things you must have in your e-book
  - Eight things you must know about book cover design
  - The top three e-book retailers
  - Invaluable e-publishing checklist
- It's time to take control of your writing career. Become an e-author now.



## Science Fiction and Fantasy Writing NEW!

### Instructor:

T. S. Robinson

6:30 to 8:30 p.m.  
Mondays,  
Mar. 23–Apr. 6

**(\$79)**

■ This three-week intensive workshop will help you develop science fiction and fantasy ideas and stories for publication. The goal is to generate the best possible outline and chapters for a writer's future novel; to learn what will be necessary to complete or revise the novel with an eye toward publication.

Topics include:

- Alternative storytelling in screenplays and working outside of the common three-act structure
- What is and what isn't science fiction and fantasy, what basic concepts qualify a story as speculative fiction and how science fiction and fantasy differ from one another
- World creation — how to build, populate and dramatize a credible, inviting world that readers will want to share with you
- Story construction — finding a character for an idea or developing ideas for a character to enact
- Writing well — keeping exposition in its place, piquing the reader's interest, revisions, editing and writing style improvements
- The life and business of writing — the markets for short and long speculative fiction and how to reach them, including professional writers associations, classes, workshops, conferences and conventions.

**Note:** This course is intended for a new novelist with a story underway, but not yet completed.

## What's New for Indie Publishers NEW!

### Instructors:

Frances Keiser and  
Jane Wood

6 to 9 p.m.  
Tuesday,  
February 24

**(\$49)**

■ The publishing world is one of rapidly changing technologies and opportunities. You will learn about these new technologies and services and how you can use them to your benefit.

Topics include:

- Fixed layout e-books for books with many images, such as children's books, cookbooks, graphic novels and photographic books
- New low-cost options for digital color printing
- Kindle Kids Book Creator and more

## Writing Critique Workshop

### Instructor:

John Boles

6:30 to 8:30 p.m.  
Wednesdays,  
Mar. 25–Apr. 22

**(\$119)**

■ The best advice new writers often receive from professionals is to join a workshop to get feedback on their writing. Led by an award-winning author and professional writing coach, this course allows you that opportunity. Each workshop member will submit weekly pages via e-mail. All writers will be responsible for reading members' work and providing their own critique. At each workshop meeting, the group will engage in a supportive critical discussion of the week's submissions. This offers each writer feedback from the instructor and fellow authors, as well as the invaluable experience of honing each writer's own editing skills.

## Creative Writing Lab

### Instructor:

John Boles

6:30 to 8:30 p.m.  
Mondays,  
Mar. 30–Apr. 27

**(\$119)**

■ This class is intended to provide new writers with the opportunity to put into practice some of the principles they learned in the Creative Writing — An Introduction course. Through a combination of lectures, worksheets and in-class exercises, students will learn to fine-tune their mastery of elements vital to the craft of writing professionally. Areas of concentration will include developing an effective outline, point of view and voice, proper sentence and paragraph structure, story structure, building conflict, grammar and punctuation and improving editing skills. Use this lab to get a jump-start on your dreams of becoming a better author.

## Registration is easy!

**Call:** (904) 620-4200

**E-mail:** [unfce@unf.edu](mailto:unfce@unf.edu)

**Online:** [www.learnjacksonville.com](http://www.learnjacksonville.com)

**Visit:** UNF Adam W. Herbert  
University Center (Bldg. 43, Rm. 2110)

### Cancellation Policy

Your cancellation and/or refund request must be received no later than five (5) business days prior to the first day of class in order to receive a 90 percent refund.\* No refunds are given for requests made within five (5) business days or if you do not attend. A credit memo can be requested in the full amount and used for a future course. Once a credit memo is issued, you cannot receive a refund.

\*A 10 percent administrative fee is retained by the University.

## WINE TASTING



Participants must be at least 21 for wine tasting classes.

### Wine and Cheese Essentials: **NEW!** Classic European Pairings

**Instructor:**  
Richard Park

6 to 8:30 p.m.  
Thursday,  
Jan. 15

**(\$79)**

■ Most wines and cheeses just don't work well together. In fact, it's pretty hard to get it right — that is, to taste wines and cheeses that work harmoniously, even synergistically, together. You will examine six European wine and cheese combinations — true classics — that exemplify either complementary or contrasting pairings. This one-night class is for anyone who enjoys entertaining or pursuing a higher level of understanding on how wines and cheeses work together. The cost of wine and cheese is included.

### Wine and Cheese Essentials: **NEW!** New World Style Pairings

**Instructor:**  
Richard Park

6 to 8:30 p.m.  
Thursday,  
Feb. 26

**(\$79)**

■ Most wines and cheeses just don't work well together. In fact, it's pretty hard to get it right—that is, to taste wines and cheeses that work harmoniously, even synergistically, together. You will examine six wine and cheese combinations — mostly from North America — that exemplify either complementary or contrasting pairings. This one-night class is for anyone who enjoys entertaining or pursuing a higher level of understanding on how wines and cheeses work together. The cost of wine and cheese is included.

### Wine Essentials I: Understanding Taste, Aromas, Flavor, Balance and Quality

**Instructor:**  
Richard Park

6:30 to 8:30 p.m.  
Thursdays,  
Jan. 29–Feb. 12

**(\$129)**

■ Whether you're new to wine or a frequent consumer seeking to gain a better understanding, this course is an essential guide to the basic knowledge you need for a lifetime of wine enjoyment. We will combine tastings, lively seminar-styled discussions and spirited opinions in an attempt to answer the age-old questions: opinions in an attempt

to answer the age-old questions: What is quality and is this wine great, good, or merely average? Sample six wines each week. The cost of wine is included.

### Wine Essentials II: Beyond the Obvious and Familiar

**Instructor:**  
Richard Park

6:30 to 8:30 p.m.  
Thursdays,  
Apr. 9–23

**(\$129)**

■ There are some 2,500 different grape varieties grown worldwide specifically for commercial wine production. How many are you familiar with? Designed for adventurous, open-minded individuals who welcome opportunities to venture beyond the obvious and the familiar, this class will explore the wines sought after by cutting edge restaurants and demanding Sommeliers the world over. These remarkable wines are rarities found only in those American restaurants and wine shops that champion uniqueness and excellence. Sample six wines each week. The cost of wine is included.

### Wine Essentials: Focus on Region **NEW!** of Southern Italy

**Instructor:**  
Richard Park

6 to 8:30 p.m.  
Wednesday,  
Mar. 18

**(\$69)**

■ Commercial wine production in southern Italy dates back some 4,000 years — an interesting fact in and of itself! Even so, most Americans are not familiar with the veritable treasure trove of quality red and white wines that hail from both the Mediterranean and Adriatic sides of the southern reaches of the country. Gorgeous white wines that pair so well with various fishes and seafood and hearty red wines that would appeal to even the diehard Cabernet drinker. This class is for anyone who wants to push themselves beyond the usual and into the niches of lesser-known wines of the world. These wines truly deserve the attention of the wine enthusiast. This is a one-day class and the cost of wine is included.





# WINTER 2015

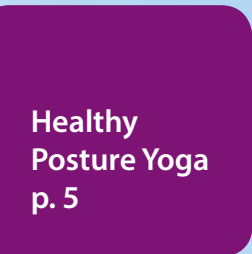
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Decorate  
Together  
p. 6



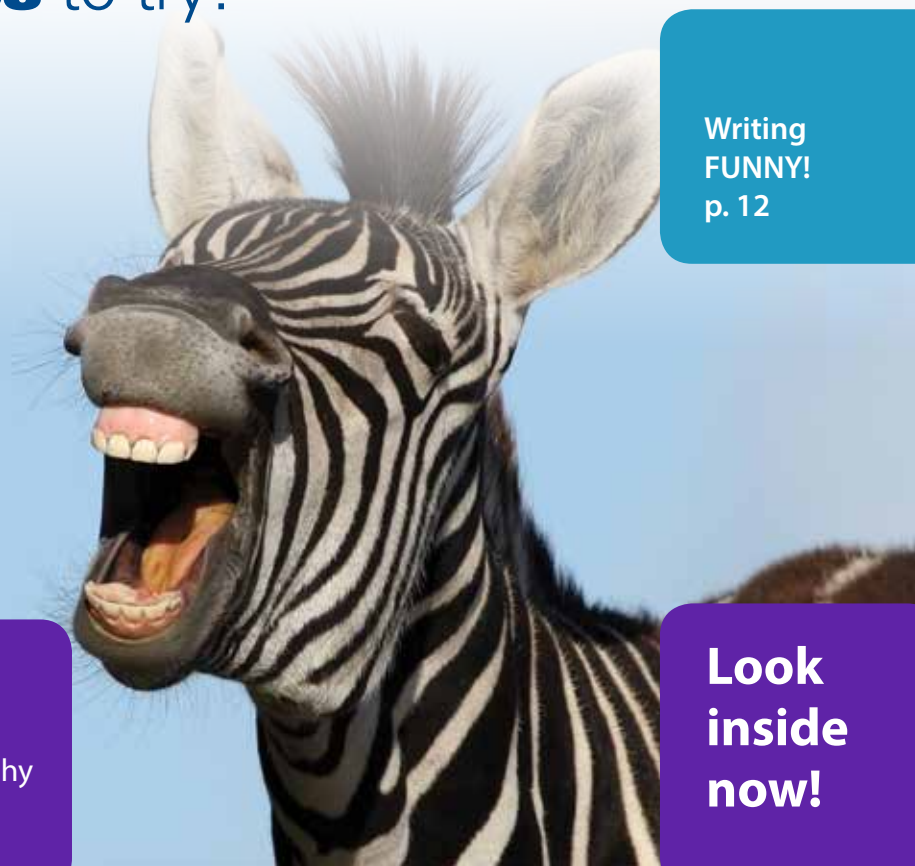
Healthy  
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Attracting  
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Mastering  
Zoo  
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Writing  
FUNNY!  
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Look  
inside  
now!