



Division of Continuing Education

(904) 620-4200

www.learnjacksonville.com



LEARN Jacksonville

FALL 2014

More
than 75
classes
to try!

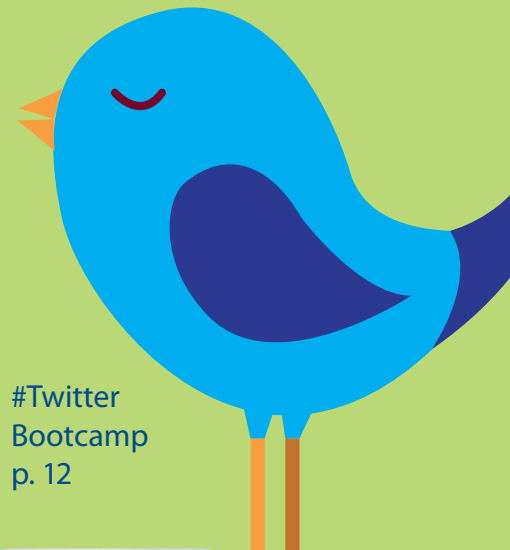
Starting
from \$25

#LearnJax

Have
something
to tweet
about this fall!

It's fun!

Look inside!



Hands-On
Photo
Workshop
p. 10

Creative
Mosaic
Workshops
p. 3



Brain Foods:
Eating for
Healthy Living
p. 3



What Is In
My Food?
p. 4



Fresh Floral
Arranging -
Centerpiece
Design
p. 7



#Twitter
Bootcamp
p. 12



Introduction
to the French
Language
p. 8



Creative
Writing Lab
p. 15



Healthy
Posture Yoga
p. 4

CONTENTS



2

ARTS, CRAFTS
AND HOBBIES



6

HOME
AND GARDEN



9

MONEY
MATTERS



12

TECHNOLOGY



15

WINE TASTING



3

HEALTH
AND WELLNESS



8

LANGUAGES



10

PHOTOGRAPHY



13

WRITING

ARTS, CRAFTS and HOBBIES



Beginning Creative Watercolor

Instructor:

Jennie Szaltis

6:30 to 8:30 p.m.

Tuesdays

Sept. 23 – Oct. 28

(\$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 (approx. \$80 value) or rent gently used supplies from your instructor for the course duration. All rented supplies must be returned at the end of the course.

Introduction to Sewing

Instructor:

Hatice Mackay

9 a.m. to noon

Saturdays

Nov. 1 – 22

(\$129)

■ This beginner course will give you the confidence you need to gain the skills and knowledge to become an accomplished sewer. You will learn about fabrics, threads and sewing tools. This course consists of two projects: a tote bag with handles, zipper, button and buttonhole, applique and monogram and an apron based on a purchased pattern.

Students under the age of 15 must be accompanied by an adult. No experience needed. Maximum 10 students per class.

Supplies needed: Sewing machine with bobbins, dressmaker shears, paper cutting shears, seam ripper, thread, 60" tape measure, ruler, sewing gauge, dressmaker pencil or chalk, assorted machine and hand sewing needles, straight pins, note pad and pen. Additional supplies based on your project are available online.

Glas Clas™ with Pixieglas™

Instructor:

Pixie Larizza

6:30 to 8:30 p.m.

Wednesdays

Dec. 3 – 17

(\$79)

■ Ignite your creativity in this fun and relaxing Glas Clas™. Jump-start your imagination and creativity by using a rainbow of colors and variety of brushes to create fun, whimsical and FUNctional pieces of painted glass. Anyone can enjoy the process, no experience is needed. Painting can improve your concentration, mental clarity and bring some FUN into your life. Paint gifts for loved ones or yourself!

Required: Additional materials fee of \$20 to be paid to the instructor.



To register, visit
learnjacksonville.com
or call (904) 620-4200.

Making Money from Your Hobby

Instructor:
Jan Spence

6 to 9 p.m.
Mondays
Dec. 1 – 15

(\$109)

■ Ever thought of making money doing what you love? Have friends and family suggested you charge money for your creations and talent? Take the mystery out of making money from your hobby. Learn the basics of setting up your start-up, options for promoting your products and services, pricing and how to market yourself. Have a purpose for your passion!

NEW!

Creative Mosaic Workshops

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, Sept. 15 • Sea Turtle **OR**

6:30 to 8:30 p.m., Wednesday, Oct. 15 • Mirror **OR**

6:30 to 8:30 p.m., Monday, Nov. 10 • Key Holder **OR**

6:30 to 8:30 p.m., Tuesday, Dec. 9 • Sea Horse

(\$25)



HEALTH and WELLNESS

Achieving Inner Peace and Tranquility

Instructor:
Pixie Larizza

6:30 to 8:30 p.m.
Wednesdays
Sept. 3 – 17

(\$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.

Brain Foods: Eating for Healthy Living

NEW!

Instructor:
Katherine Vogel

6:30 to 8:30 p.m.
Thursday
Sept. 4

(\$39)

■ We have all heard the expression, “You are what you eat”. In this class, we take a closer look at the thoughts and behaviors that greatly influence our decisions long before that Chai latte with a carrot muffin crosses the taste buds. We will explore the super foods that recharge our brains to make healthier choices about our diet, thoughts and behaviors. In addition, the true benefits of meditation in releasing good hormones (i.e., melatonin and DHA), endorphins and reducing stress (inflammation) will be revealed. Journey on this introspective view of nutrition and its effect on your brain!

Classes take place at

**University of North Florida
Adam W. Herbert University Center**

Free parking with registration:
12000 Alumni Drive
Jacksonville, FL 32224



What's In My Food?

NEW!

Instructor:
Alexandra Lewis

6:30 to 8:30 p.m.
Thursday
Sept. 18

OR
6:30 to 8:30 p.m.
Thursday
Nov. 6

(\$39)

■ You can't always trust the front of the package. Learn how to read food labels and ingredient listings to sort the useful information from the marketing hype to determine if a food is a healthy choice. You will be able to decide if organic, GMO-free, all-natural or conventional foods are best for you. Common ingredients and additives will be discussed to help you make informed decisions. This is a hands-on class, so bring food labels from home that you are curious about for interpretation during the workshop.

Attracting Abundance

NEW!

Instructor:
Sharon Cobb

9 a.m. to 5 p.m.
Saturday
Sept. 27

(\$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 affect abundance on a daily basis.

Healthy Nutrition without the Hype!

NEW!

Instructor:
Katherine Vogel

6:30 to 8:30 p.m.
Tuesdays
Sept. 30 – Nov. 4

(\$129)

■ Are you getting the right nutrients for your health? What does it really mean to be healthy? Today's environment has us balancing a lot of expectations. It's important to have the right tools to meet life's demands, so you can be the best you can be. This course is designed to get back to the basics and sort out hype from what works best for you. Topics discussed include mindful eating, shopping healthy on a budget, healthy meals under 20 minutes and how to best order when eating out.

Healthy Posture Yoga

Instructor:
El Grabar

6:30 to 8 p.m.
Thursdays
Oct. 2 – 30

(\$79)

■ 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 or towel support for your head. All levels welcome.

Tai Chi for the Mind, Body and Soul

Instructor:
Alison Cacella

6:30 to 8:30 p.m.
Mondays
Oct. 6 – Nov. 17

(\$149)

■ 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 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.

Aromatherapy for Emotional Balance

NEW!

Instructor:
Marci Cervone

9:30 a.m. to 12:30 p.m.
Saturday
Nov. 8

(\$49)

■ Learn how the power of essential oils can help support the mental and emotional centers of your body. We will blend three products specifically for your own needs, creating an inhaler, body oil and a pulse point roll-on. Discover how easy it is to incorporate aromatherapy into your life and find a balance within.

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



To register, visit
learnjacksonville.com
or call (904) 620-4200.

Practical Self-Defense and Awareness

Instructor:
Tim Robinson

6:30 to 8:30 p.m.
Mondays
Sept. 22 – Oct. 13

(\$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.

Heartsaver® CPR, AED and First Aid

Instructor:
Bob Snell

6 to 9 p.m.
Wednesday
Sept. 10
OR
6 to 9 p.m.
Thursday
Nov. 6

(\$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.

Manage Your Time and STOP Procrastinating!

NEW!

Instructor:
Karen Nutter

6:30 to 8:30 p.m.
Thursdays
Oct. 2 – 9

(\$59)

■ Do you put things off? Are you a procrastinator? Many people struggle with procrastination and are negatively affected by the problems it causes in their lives. During this class, we will explore YOUR core reason for procrastination and the rationalizations you've created around those reasons. Then, we will identify ways to overcome these barriers and work on how to move forward by using an effective Time Management tool.

Note: Prior to attending class, participants must download the time management tool from: LifeCoachingByKaren.com. Bring the tool to class for discussion.

Food for Life: Diabetes Initiative

Developed by the Physicians Committee for Responsible Medicine (www.pcrm.org), this course includes plant-based nutrition education and the opportunity to taste plant-based dishes following a cooking demonstration.

By the end of the course, you will understand how nutritional choices can increase or decrease the risk of type-2 diabetes and know which foods are high in fiber, low in glycemic index and keep you feeling satiated. You will learn several delicious, easy-to-prepare recipes that help keep a steady blood sugar and maintain a healthy weight.

Class 1: How Foods Fight Diabetes

Class 2: The Power of Your Plate and Grocery Cart

Class 3: Understanding Type 2 Diabetes

Class 4: Designing a Diet for Maximum Weight Control

Each lesson includes a list of recipes used in each class and literature related to diabetes nutrition.

Anyone with diabetes, pre-diabetes, a family history or risk factors for developing diabetes and their adult family members will benefit from this course.

Join certified Food for Life instructor, Heather Borders, in discovering which foods are optimal for nutritional excellence. You'll be empowered with the practical cooking skills and time-saving food preparation techniques to help you on your journey to better health.

Required: Additional materials fee of \$50 must be paid to the instructor on the first night of class.

Instructor: Heather Borders

6:30 to 8:30 p.m., Mondays, Oct. 20 – Nov. 10

(\$79)



Learn to Kayak

Instructor:
Michael Metzler

Sept. 11, 13
6 to 8 p.m., Thurs.
10 a.m. to noon, Sat.

OR
Oct. 1, 4
6 to 8 p.m., Wed.
10 a.m. to noon, Sat.

OR
Nov. 5, 8
6 to 8 p.m., Wed.
10 a.m. to noon, Sat.

(\$49)

■ Discover the basics of kayaking. Explore 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 proper paddling. The last class includes 90 minutes of paddling on the water.

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

Note: Minimum age of 10 accompanied by an adult.

Paddleboarding for Fun

Instructor:
Andy Fraden

9 to 10:30 a.m.
Saturday, Sept. 6 **OR**
Saturday, Oct. 11

OR
10:30 a.m. to noon
Saturday, Sept. 6 **OR**
Saturday, Oct. 11

(\$29)

■ Discover the basics of Stand-Up Paddleboarding (SUP). The class will begin with safety training and then will move to the paddleboard simulator in the shop. Once comfortable on the simulator, the class will head out to Pottsburg Creek for water training. Concentration is placed on paddle techniques for efficient paddleboarding skills.

Location: All Wet Sports, 8550 Beach Blvd.

Required: Additional materials fee of \$20 to be paid to the instructor.

Note: Minimum age of 10 accompanied by an adult.

Unleashing the Power of Fruits and Vegetables NEW!

Instructor:
Katherine Vogel

6:30 to 8:30 p.m.
Thursday
Sept. 25

(\$39)

■ What's all the fuss to get more fruits and vegetable into your daily food intake? In this class, you will discover what it really means to reduce your risk of cognitive decline, reverse signs of aging, maintain a healthy weight and have a healthier digestion and immune functions. We will indulge our curiosity by identifying various antioxidants found in fruits and vegetables. Learn how to choose, clean and store produce to get the most benefit, as well as create simple and delicious ways to add pizzazz to your favorite snack, salad or meal.

Heart-Smart Nutrition

Heart-healthy nutrition made easy! This class leads you through four strategies to eat for a healthy heart. You will learn how to choose heart-healthy foods and make plans to implement the four heart-healthy strategies. Concerned about preventing or managing heart disease, high blood pressure, high cholesterol or your weight? This class will explain how to choose foods which can affect these conditions and give you take-home steps to start making healthy dietary changes in your life.

Instructor: Alexandra Lewis
6:30 to 8:30 p.m., Thursday, Oct. 2
(\$39)



HOME and GARDEN

You're Engaged! Now What?

Instructor:
Cindy Vallely

6 to 8:30 p.m.
Mondays
Oct. 20 – 27

(\$69)

■ Learn cost-saving tips and how to avoid common mistakes. Congratulations! You're Engaged! Now What? provides the information to completely understand the wedding planning process from enjoying your engagement; selecting a venue and your vendors, developing your budget; what to ask perspective vendors; how to draft your wedding day timeline and more

Additional topics include what to look for in a contract, to DIY or not to DIY, Pin Boards including how to use them and ways to cut costs. Brides, grooms, mother-of-the-bride, mother-of-the-groom, the maid-of-honor and interested parties will find this seminar beneficial regardless of where you are in the planning process.

Note: Buy one registration and get the second one at a 50 percent discounted rate. Call (904) 620-4200 or e-mail unfce@unf.edu with your guest's name.

Let's Decorate Together

Instructor:

Ann Gobler

6:30 to 8:30 p.m.
Wednesdays
Sept. 24 – Oct. 22

(\$109)

■ Explore the basics of decorating with 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, a certified interior decorator and interior redesigner, as she discusses trade techniques as you make the room-by-room design journey through the house.

Color in the Jacksonville Garden

Instructor:

Matthew Barlow

6:30 to 8:30 p.m.
Wednesdays
Oct. 15 – 29

(\$79)

■ 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 landscapes. Discover where to find interesting and unusual colorful plants. With a little effort, you can have color in your garden throughout the year.

Organic Vegetable Gardening

Instructor:

Matthew Barlow

6:30 to 8:30 p.m.
Wednesdays
Nov. 5 – 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.

Home Staging and Home Styling

Instructor:

Becky Harmon

6:30 to 8:30 p.m.
Thursday
Oct. 16

(\$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, baths and more.

Landscape Design for the Homeowner

Instructor:

Matthew Barlow

6:30 to 8:30 p.m.
Wednesdays
Sept. 17 – Oct. 1

(\$79)

■ Learn how to design a landscape plan that creates a professional-looking yard. Avoid costly errors by locating 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.

Note: A recommended materials list will be distributed on the first day of class.

NEW!

Fresh Floral Arranging – Centerpiece Design

Instructor:

Brooke Raulerson

6 to 9 p.m.
Tuesday
Oct. 7

OR

Thursday
Dec. 4

(\$39)

■ This class is designed to help you learn basic tips and tricks of the trade and the techniques floral industry professionals use every day. Learn the principles and elements of floral design with emphasis on centerpieces for holiday parties and galas.

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

Behind the Scenes – Holiday and Floral Decor

NEW!

Instructor:

Brooke Raulerson

6 to 9 p.m.
Wednesday
Nov. 5

(\$39)

■ Join us for a behind the scenes tour at a floral studio and showroom filled with holiday décor. With more than 19 trees on display, you will learn how to really decorate your Christmas tree like the pros. At the end of the class, you will have created your own wreath with bow.

Location: Artistic Design, 1430 Park Ave., Fernandina Beach, Fla.

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



LANGUAGES



NEW!

Introduction to the French Language

Instructor:

J. Michael Paul

6:30 to 8:30 p.m.

Fridays

Sept. 12 – Dec. 12

No class

Oct. 31 and Nov. 28

(\$259)

■ Traveling to a French-speaking country soon and worried about not being able to communicate? With this 12-week course, you will learn some of the basic French conversation skills. Emphasis will be placed on word pronunciation in simple conversation. Learn greetings, goodbyes, numbers, time telling, airport help, asking directions, checking into a restaurant, eating at restaurants and more.

Italian Language and Culture – Level 1

Instructor:

Clara Di Gennaro

6:30 to 8:30 p.m.

Tuesdays

Sept. 9 – Oct. 28

(\$179)

■ Discover the Italian language, the country of Italy, its customs and cultures and the customs and culture of Italian-American communities. This newly formatted eight-week course will include oral and written exercises, dialogical interactions, readings and easy conversations. Audio CD and/or videos, Italian music and language games will

be utilized for comprehension drills and cultural lessons.

Required: "Percorsi: L'Italia attraverso la lingua e la cultura" (2nd Edition) by Francesca Italiano and Irene Marchegiani, ISBN # 978-0205784721

Italian Language and Culture – Level 2

Instructor:

Clara Di Gennaro

6:30 to 8:30 p.m.

Thursdays

Sept. 11 – Oct. 30

(\$179)

■ With a basic knowledge of the Italian language and desire to extend your vocabulary and grammatical skills for a broader range of everyday situations, learn how to use the most common expressions and more complex grammatical structures to enhance your social life. Each of these eight lessons will consist of oral and written exercises, dialogical interactions,

readings and easy conversations. Audio CD and/or videos, Italian music and language games will be utilized for comprehension drills and cultural lessons.

Required: "Percorsi: L'Italia attraverso la lingua e la cultura" (2nd Edition) by Francesca Italiano and Irene Marchegiani, ISBN # 978-0205784721

Spanish – Level 1

Instructor:

Adriana Giles

6 to 8:30 p.m.

Fridays

Sept. 5 – Dec. 5

No class

Oct. 31 and Nov. 28

(\$259)

■ Learn basic conversational skills for travel to a Spanish-speaking country in this 12-week course. Explore greetings and farewells, numbers, telling time, airport help, asking directions, hotel check-ins, eating out, basic shopping information and more.

Spanish – Level 2

Instructor:

Adriana Giles

6 to 8:30 p.m.

Wednesdays

Sept. 3 – Nov. 19

(\$259)

■ Increase your vocabulary and become more comfortable with speaking and comprehending the Spanish language with this continuation of the Spanish – Level 1 course. Explore simple verb tenses, likes and dislikes, conversing with a doctor, your family, phone conversations and more.

Note: The prerequisite for this course is basic Spanish comprehension, including:

Spanish vowel sounds; alphabet and spelling; numbers (0 – 1,000); self-introductions, greetings and farewells; etiquette and social niceties; days, months, years and telling time; asking for and understanding directions; colors; subject pronouns; the verb "to be"; and vocabulary for airport, hotels, restaurants, clothing and shopping.

Spanish – Level 3

Instructor:

Adriana Giles

6 to 8:30 p.m.

Tuesdays

Sept. 2 – Dec. 2

No class

Nov. 11 and Nov. 25

(\$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 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.



To register, visit
learnjacksonville.com
 or call (904) 620-4200.



Spanish – Level 4

Instructor:
Adriana Giles

6 to 8:30 p.m.
Thursdays
Sept. 4 – Nov. 20

(\$259)

■ Designed to cover the same material as our former six-week course, in a longer format, this new 12-week course offers more practice. A continuation of Spanish – Level 3, this course explores advanced grammar: conditional, subjunctives, imperative and perfect tenses. Practice reading and video comprehension, verbal enhancement and presentations. Learn to express in practical situations.

Note: To register for this course you must have knowledge of basic and intermediate Spanish grammar: articles, prepositions, conjunctions, adverbs, comparative adjectives, possessive adjectives, absolute superlatives, irregular comparatives and superlatives, verb 'to be', simple present tense, likes and dislikes (gustar), present progressive (-ing), future tense, past tense, reflexives, imperfect indicative tense (aban/lan), present perfect indicative (han + past participle), pluperfect or past perfect indicative (hablan + past participle), direct object pronouns and indirect object pronouns.

MONEY MATTERS

Savvy Social Security Planning

Instructor:
Karen O'Brien

6:30 to 8:30 p.m.
Tuesday
Sept. 16

(\$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 over your lifetime. This informative seminar covers the basics of Social Security and reveals innovative strategies for maximizing your benefits.

Clarifying Medicare

Instructor:
Karen O'Brien

6:30 to 8 p.m.
Tuesday, Sept. 23

(\$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, individual needs, available tools and resources.

Investment Basics

Instructor:
Chuck Drysdale

6:30 to 8:30 p.m.
Tuesday, Sept. 9

OR
Tuesday, Nov. 18

(\$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, funds. Discuss key points regarding stock evaluation in this comprehensive, one-night course.

The Professor's One-Minute Guide to Stock Management

Instructor:
Hank Swiencinski

6:30 to 8:30 p.m.
Wednesdays
Oct. 29 – Nov. 12

(\$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, CFP® ChFC®
Michelle Ash,
CFP®, CASL®
Kris d'Esterhazy, CFP®

9 a.m. to noon
Saturdays
Sept. 27 – Oct. 4 **OR**

6:30 to 9:30 p.m.
Tuesdays
Sept. 30 – Oct. 7

(\$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. Specific modules include pension maximization and health insurance decisions, tax savings strategies, maximizing your Social Security, projecting retirement expenses and income sources, 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 spouse/guest's name.

PHOTOGRAPHY

Hands-On Photo Workshop: Applying Lessons in the Field

NEW!

Instructor:
John Reed

9 a.m. to 1 p.m.
Saturday, Nov. 8

(\$59)

■ This workshop will begin in the classroom with a camera bootcamp to be sure everybody is familiar with the controls necessary for the hands-on work. The basics of exposure and exposure compensation will also be covered. 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. The workshop will conclude back in the classroom for a wrap-up discussion and examination of some photos taken to discuss what went right or what didn't quite come out as expected. In addition to cameras, please bring your manuals to class and be sure your battery is charged. Students using tripods should bring them as well; they are not essential, but are a valuable aid.

Digital Photography 1: DSLR Camera Basics

Instructor:
John Reed

6 to 8:30 p.m.
Mondays
Oct. 6 – 27

No class Oct. 20

(\$89)

■ This is a start-at-the-beginning course in digital photography. 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 course 2.

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

Digital Photography 2: Putting Your DSLR to Work

Instructor:
John Reed

6 to 8:30 p.m.
Mondays
Nov. 10 – 24

(\$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 covering metering, metering modes and 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 is shown. 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 through experience or attending Course 1. 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 at least 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 3: Using All the Features of Your DSLR Camera

Instructor:
John Reed

6 to 8:30 p.m.
Mondays
Dec. 1 – 15

(\$89)

■ Review exposure metering and gaging the brightness of the scene. Explore depth of field detail, sharp images, lenses, RAW files and flash basics. You should be comfortable with your camera and its controls. You should know the purpose of the buttons, dials and switches, without referring to the manual. All are welcome, but you will gain the most from the course if your camera has

adjustable exposure settings, multiple metering modes and/or some or all of the following shooting modes: program, aperture priority, shutter priority and manual. Course 2 is a good foundation but not a prerequisite.

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



Photographing Autumn: Foliage, Waterfalls and More

Instructor:
John Reed

6 to 8:30 p.m.
Monday
Sept. 8

(\$39)

This course will use example photos and uncomplicated explanations so you can get the full potential from your digital camera to create the landscape, scenic and nature photos you want.

Note: A DSLR camera or advanced point and shoot camera will have more of the capabilities needed to apply all the instructions given in this course. While there are no planned hands-on exercises, please bring your camera and manual to class.

■ Get ready for your fall getaway with these lessons on how to capture the types of images you want to take home, share with friends or hang on your wall! The course begins with a review of exposure and exposure compensation. Autumn foliage, sunrises, sunsets, moving water in streams and waterfalls are on the agenda.

Digital Photo Editing Basics Using Adobe Photoshop® Elements

Instructor:
John Reed

6 to 8:30 p.m.
Thursdays
Oct. 30 – Nov. 20

(\$109)

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.

■ Understand the fundamentals of editing your digital images. Learn the layers-based method, using Photoshop® Elements 11. Techniques used will work in earlier versions of Elements from 7 through 10, 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

Digital Photography – Basic Lightroom and the RAW File

Instructor:
John Reed

8:30 a.m. to 2 p.m.
Saturday
Dec. 6

(\$69)

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 break is built into the lesson plan.

■ 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.

Mastering Zoo Photography

Instructor:
John Reed

6 to 8:30 p.m.
Thursday
Sept. 4

(\$39)

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.

■ 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 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

Photo Safari at the Jacksonville Zoo and Gardens

Instructor:
John Reed

8 a.m. to noon
Saturday
Sept. 6

(\$59)

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.

■ 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

Register for both Zoo Photography classes for \$89.
Available only by calling our Customer Care Team at (904) 620-4200.

TECHNOLOGY



What You Need to Know about Excel 2010

Instructor:
Joe Adir

6:30 to 8:30 p.m.
Wednesdays
Oct. 22 – Dec. 3
No class Nov. 26

(\$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 Word 2010

Instructor:
Michael Metzler

6 to 8 p.m.
Mondays
Sept. 8 – Oct. 13

(\$129)

■ If you are new to Microsoft Word 2010, or just looking to improve your knowledge, this course will introduce basic skills and formatting techniques. Topics include: document basics, editing, formatting, tool bars, menus, incorporating columns and tables and shortcuts. Previous experience is not required.

Note: Please bring a USB drive with you to class.

Blogging for Business and Pleasure

Instructor:
Sharon Y. Cobb

9 a.m. to 5 p.m.
Saturday
Nov. 15

(\$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 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. You 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.

YouTube for Business and Pleasure

Instructor:
Sharon Y. Cobb

9 a.m. to 5 p.m.
Saturday
Nov. 22

(\$99)

■ YouTube is the perfect platform for videos featuring your business's services and products, sharing videos with friends and a worldwide platform to broadcast videos or short films you've produced. Learn to enhance your Internet marketing push with this free service. Discover how individuals and businesses attract an audience. Explore making money with your own YouTube channel.



NEW!

#Twitter Bootcamp

Instructor:
Pam Ramsey

10 a.m. to noon
Saturday
Oct. 4

(\$39)

■ Join the #Twitter Revolution! This class will have you tweeting like a pro in no time. Topics include the best Twitter practices, the power of hashtags, how to tweet and retweet, who to follow and how to manage followers and lists. You are asked to have already created a Twitter account prior to the beginning of class.

NEW!

LinkedIn Bootcamp

Instructor:
Pam Ramsey

1 to 3 p.m.
Saturday
Oct. 4

(\$39)

■ LinkedIn has been called the world's largest professional networking site for recruiters, job seekers and industry leaders. Learn how to create a powerful profile and how to find groups and people for networking and career advancement. We ask you to bring a current resume to class and have created a LinkedIn account prior to the beginning of class.

Register for both #Twitter Bootcamp and LinkedIn Bootcamp for \$69.

Available only by calling our Customer Care team at (904) 620-4200.

Going Google

NEW!

Instructor:
Pam Ramsey

9 a.m. to noon
Saturday
Sept. 13

(\$49)

■ Hands down, one of the best networks for productivity is Google. With an array of products such as Blogger, Drive, Maps, Hangouts, Gmail and Google+, learning the power of Google means you have more tools and more time. This class will cover how to access all of these features as well as how to utilize them together in an impactful way. You are asked to sign up for a Google account prior to the beginning of class.

The ABC's of Publishing Your Children's Book

Instructor:
Frances Keiser
and Jane Wood

6 to 9 p.m.
Tuesday
Oct. 14

(\$49)

■ Do you have an idea for a children's book, but don't know how or where to start? Turn your story into a book. Course topics include: writing objectives and genres, book essentials and credentials, publishing options and marketing strategies. From A-to-Z, learn everything you need to put your book on the right track

Facebook Friendly and Pinterest Perfect

NEW!

Instructor:
Pam Ramsey

9 a.m. to noon
Saturday
Sept. 20

(\$49)

■ 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 set your security settings, post and pin like a pro, manage friends and followers and how to share with everyone or just a few friends. This is a hands-on class so come prepared to be social! You are asked to have already created a Facebook and a Pinterest account prior to the beginning of class.

Marketing Your Books Workshop

Instructor:
Sharon Y. Cobb

9 a.m. to 5 p.m.
Saturday
Nov. 1

(\$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 your books, 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 traditional 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.

WRITING



How to Sell Your Books and Scripts to Hollywood

Instructor:
Sharon Y. Cobb

9 a.m. to 5 p.m.
Saturday
Oct. 25

(\$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. Discover how to choose

production companies 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.

Crash Course in Screenwriting

Instructor:
Sharon Y. Cobb

9 a.m. to 5 p.m.
Saturday
Sept. 13

(\$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 fasten-your-seatbelt introductory workshop. Your instructor is a professional

screenwriter who has 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.

How to Publish Your e-Book

Instructor:
Sharon Y. Cobb

9 a.m. to 5 p.m.
Saturday
Oct. 18

(\$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. In this workshop you get all you need to know to e-publish your book: the 18 departments of your publishing house; eight things you must have in your e-book; eight things you must know about book cover design and the top three e-book retailers.

You will also learn about: editing your e-book, designing your cover and preparing your manuscript for e-book distribution. You also get an invaluable e-publishing checklist. It's time to take control of your writing career. Become an e-author now.

Creating the Hero's Journey

Instructor:
John Boles

6:30 to 8:30 p.m.
Mondays
Oct. 13 – Nov. 10

(\$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 believable characters. Valuable exercises will also help writers learn to use these methods to analyze and improve their own work. Why settle for mundane when you can infuse your writing with the magic of myth?

Creative Writing: An Introduction

Instructor:
John Boles

6:30 to 8:30 p.m.
Wednesdays
Sept. 3 – Oct. 1

(\$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.
Mondays
Sept. 8 – Oct. 6

(\$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
Oct. 4

(\$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!

Plot and Story Structure

Instructor:
John Boles

6:30 to 8:30 p.m.
Mondays
Nov. 17 – Dec. 8

(\$99)

■ 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.

Registration is Easy!

Call: (904) 620-4200

E-mail: unfce@unf.edu

Online: 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.

Writing Critique Workshop

Instructor:
John Boles

6:30 to 8:30 p.m.
Wednesdays
Nov. 12 – Dec. 10
No class on Nov. 26

(\$99)

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.

■ 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

Creative Writing Lab

NEW!

Instructor:
John Boles

6:30 to 8:30 p.m.
Wednesdays
Oct. 8 – Nov. 5

(\$119)

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.

■ 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

Writing Action Thriller Novels

NEW!

Instructor:
Tom Rockerton

6 to 8:30 p.m.
Thursdays
Sept. 18 – Oct. 23

(\$159)

■ If you've ever considered writing a novel, you'll probably want to make it exciting and nothing is more so than a good thriller. The thriller is a major genre in fiction and is supposed to thrill. Learn about developing a high concept for your hero, creating a dark mission for your villain and secrets to clever plotting. Learn about theme, voice, style, viewpoint and the fundamentals of good dialogue. Discover the basics for creating exciting scenes and keeping your reader engaged. Your instructor, a published author, will also provide his insights into novel writing and will promote informative discussions with you and your classmates.

WINE TASTING



Participants must be at least 21 years of age for all classes.

Wine Essentials: Understanding Taste, Aromas and Flavors, Balance and Quality

Instructor:
Richard Park

6:30 to 8:30 p.m.
Wednesdays
Sept. 10 – Sept. 24

(\$119)

■ Whether you're new to wine or a frequent consumer seeking more wine knowledge, this course is an essential guide to the basic knowledge you need for a lifetime of wine enjoyment. Combine tastings, lively seminar-styled discussions and spirited 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 and wine cost is included in the fee.

Wine Essentials Focus on the Grape: Classic Wine and Cheese Pairings

Instructor:
Richard Park

6 to 8:30 p.m.
Wednesdays
Oct. 22

(\$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. This class will examine six wine and cheese combinations that exemplify either a complementary or contrasting pairing. This is an essential class for those who

enjoy entertaining or for anyone pursuing a higher level of understanding of both wine and cheese. This is a one-day class and wine and cheese cost is included in the fee.

Wine Essentials: Focus on the Region of Austria

NEW!

Instructor:
Richard Park

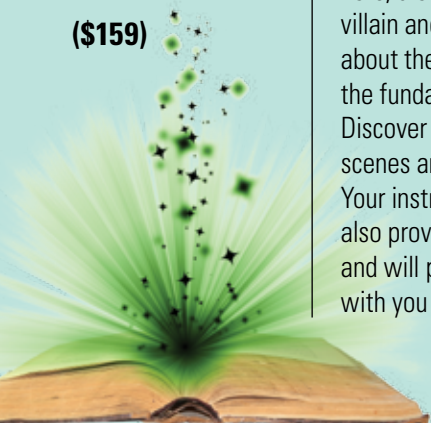
6 to 8:30 p.m.
Wednesday
Nov. 12

(\$69)

■ Austria has a history of winemaking that dates back some 4,000 years, yet it has been just the last 25 years in which qualitative improvements in wine production have rocketed this small country to the forefront of world-class wine producing regions. While the Grüner Veltliner and Riesling grapes have always held court in regal

Austria, there have been significant developments in the quality of red wines made from Pinot Noir, Blaufränkisch and Zweigelt – the effects of which today are resulting in considerable world-wide interest and demand for the wines.

We'll taste 7 wines and delve deeply into what makes the wines from this country so distinctive and special. This is a one-class session and the cost of the wine is included in the fee.





FALL 2014

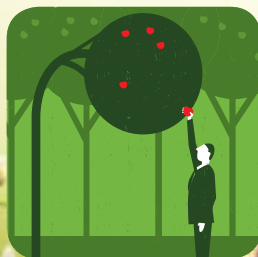
We make learning fun!

Register online at
www.learnjacksonville.com
or call (904) 620-4200.

More than **20 NEW classes** to try!

Color in the
Jacksonville
Garden
p. 7

Wine
Essentials
Focus on
the Grape
p. 15



Going Google
p. 13



Attracting
Abundance
p. 4



Heart Smart
Nutrition
p. 6

Writing
Action Thriller
Novels
p. 15



Look
inside
now!