Continuing Education

at St. Louis Community College

Fall 2013

Advance Your Life, Personally and Professionally

Turn Over a New Leaf!

St. Louis Community College

Registration begins August 5

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

Fall 2013

STLCC Continuing Education

Advancing People - Personally and Professionally
www.stlcc.edu/ce 314-984-7777

Turn over a New Leaf this fall with Continuing Education!

As seasons change, Continuing Education provides new possibilities and opportunities.

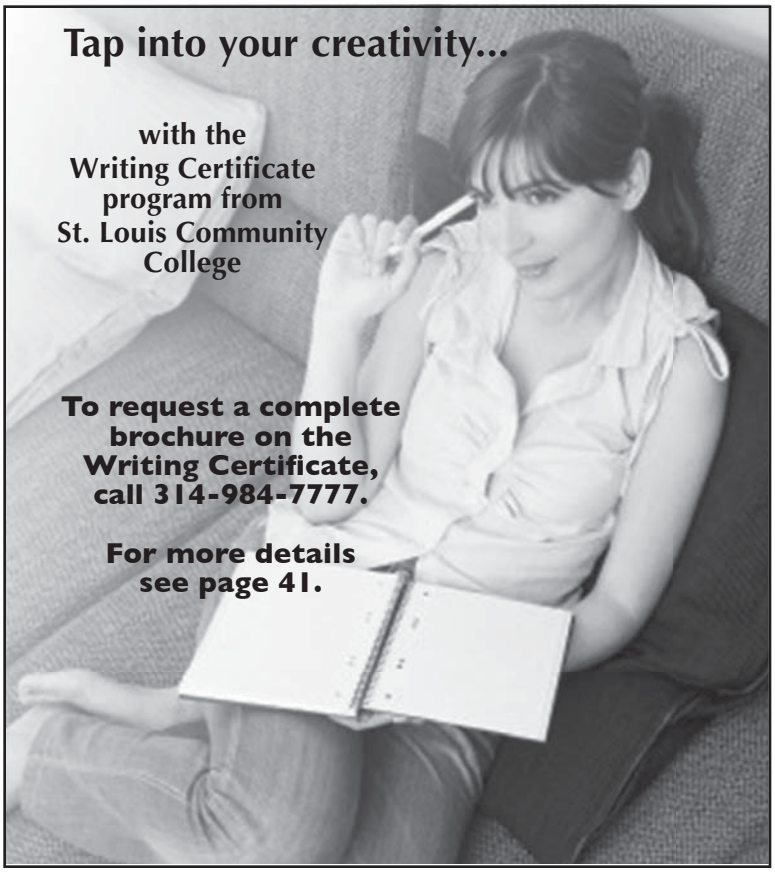
More than ever, life presents daily challenges to learn more, do more, and be more. Our programs provide workforce training to meet your professional needs as well as educational opportunities for the exploration and pursuit of your personal interests. Classes are offered at campuses and centers throughout St. Louis, as well as online.

We're certain we've got something that's going to help you expand your mind and change your life!

Our Seats Fill Fast!

Registration begins August 5!

Call 314-984-7777 to register.



Tap into your creativity...

with the Writing Certificate program from St. Louis Community College

To request a complete brochure on the Writing Certificate, call 314-984-7777.

For more details see page 41.

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Registration begins August 5.

HOW TO READ COURSE LISTINGS

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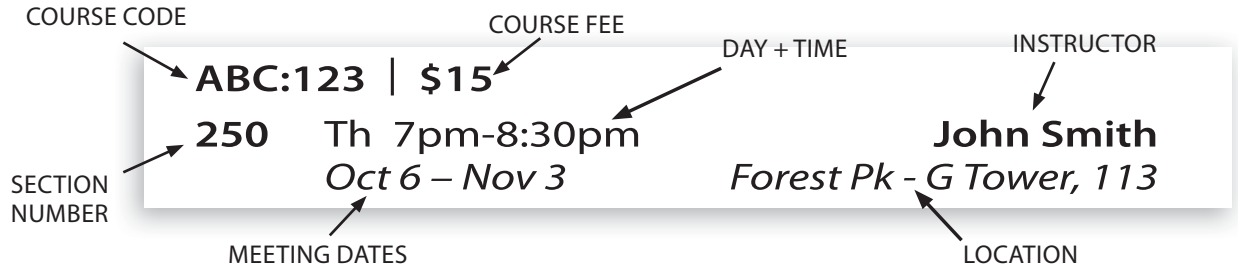

St. Louis Community College

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

BOARD OF TRUSTEES

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

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

Build your Professional Foundation with
Essentials Training
at St. Louis Community College
Continuing Education
Professional Essentials
Earn a credential that will increase your value in the job market or develop new skills. Professional Essentials will help you develop and maintain your competitive edge!
Business Essentials
Whether you're starting a new business or expanding a current venture, Business Essentials will provide the right tools to get your business going in the right direction.
Career Essentials
If you're seeking a career change, or just entering the job market, Career Essentials will provide you with the knowledge to showcase your skills and abilities.
Check out our new Small Business Essentials Certificate program.
Register today and advance your life professionally!
Call 314-984-7777 for more information.

Gain the competitive edge to succeed in your business with the
Small Business Essentials
Certificate Program
The Small Business Essentials certificate is designed to provide a pathway for new and current entrepreneurs interested in exploring the components of small business startup, operations, and to learn business management skills essential for success of their endeavor.
Requirements:
• Two classes from each of the three core areas of startup, finance, management
• Three marketing classes
• Two classes from designated technology options
Classes may be taken via CE including up to three from AMA online programs.
Courses may be taken individually or towards completion of a certificate.
Get the competitive edge to succeed in your business!
Call 314-984-7777 to request a brochure.

STLCC Continuing Education

PROFESSIONAL DEVELOPMENT

Build **job skills**. Foster a **future career**.

We have added a new **Pharmacy Technician program** to our line-up of **Nursing and Allied Health programs**, as well as a new **Small Business Essentials** certificate program.

BUSINESS, NONPROFIT AND CAREER DEVELOPMENT

PROFESSIONAL ESSENTIALS

LEAN Six Sigma Green Belt Certification

Whether you are a member of a quality team, a quality manager, or desire to obtain a LEAN Six Sigma Green Belt Certification for your own professional development, this course is appropriate for you. We blend classroom instruction and online instructor-led labs. Certification program highlights include: how to implement the DMAIC process (Define, Measure, Analyze, Improve, Control), how to develop reliable and valid measurements for a system, how to define the cost of poor quality, how to use the correct formula to calculate ROI and more. Supplies included in cost of course. Students successfully completing this training will receive their LEAN Six Sigma Green Belt Certification and 45 hours of instruction. This training includes an 18 hour capstone simulation project on the last Tuesday session and 2 consecutive Saturdays. Attendance on these days is mandatory. If one of these days is missed, arrangements may be made with the instructor to complete the project and receive certification. However, should this be necessary, additional instructional costs will be charged to the student above and beyond the cost of the program. Lunch provided on Saturdays. This program is approved by DESE for WIA funding through the Missouri Career Center. Class meets Tuesdays 9/3, 9/10, 9/17, 9/24, 10/8, 10/22, 11/5, 11/19, 12/3, 12/10 and Saturdays 12/7, 12/14.

BUSN:765 | $1,899

C50	Tu 6pm-9pm	**Patricia Dalton**
	Sept. 3 – Dec. 10	*Corp. College, 211*
	Sa 8:30am-4pm	
	Dec. 7	*Corp. College, 208*
	Sa 8:30am-4pm	
	Dec. 14	*Corp. College, 208*

NEW Overview of LEAN Manufacturing

Guided discussion will give participants an understanding of the origins of LEAN and the basic beliefs that make it the most powerful productivity improvement process available today. Following this opening discussion, participants will examine the following:

- Optimizing the static work environment through the use of the 5S System
- Making work flow smoothly through the work environment through the use of Value-Stream Mapping
- Using the A3 process to drive process improvements

Each participant will receive print materials that they can use to put the tools of LEAN reviewed to work in their organization.

BUSN:765 | $149

C51	W 6:30pm-8:30pm	**George Friesen**
	Sept. 11 – Oct. 9	*Corp. College, 209*

Project Management Orientation

This free session is designed to provide information to individuals interested in obtaining PMP certification. You'll learn about the concepts, test preparation and requirements needed for certification. Presentation includes an overview of the program, a look at class materials, trends in the industry and potential job opportunities for PMPs. The orientation is free but registration is required.

BUSN:765

C80	Sa 9am-Noon	**Dirk Lupien**
	Sept. 14	*Corp. College, 209*

Project Management

Project managers are sought after professionals when the need is for skills that include time, resource and financial management with a finite effort. Working knowledge of these skills is recognized by the Project Management Institute (PMI) through various levels of certification. This course helps you to prepare for the PMP certification exam by presenting the critical concepts together with the core knowledge areas covered in the exam. Topics covered include the process groups and relationships, terminology and decision making practice. Session attendance in this course counts toward the project management training criteria, 35 hours, required to register for the PMP exam. This practical based learning prepares the student for the PMP certification exam by lecture, online exercises, working sessions and practice exams. This program is approved by DESE for WIA funding through the Missouri Career Center and presented by a Registered Educational Provider (REP). Class meets Wednesdays: 10/2, 10/9, 10/16, 10/23, 10/30 and Saturdays: 10/12, 10/19, 11/2. Class on 11/2 will meet in room 208. Lunch provided on Saturdays.

BUSN:765 | $1,699

C52	W 6pm-9pm	**Dirk Lupien**
	Oct. 2 – Oct. 30	*Corp. College, 207*
	Sa 8:30am-4pm	
	Oct. 12	*Corp. College, 207*
	Sa 8:30am-4pm	
	Oct. 19	*Corp. College, 207*
	Sa 8:30am-4pm	
	Nov. 2	*Corp. College, 208*

NEW Project Earned Value Management (EVM)

While managing all aspects of a project itself is challenging, getting the best out of project management is much more challenging. This course is designed for project team members to learn the basic understanding of earned value management (EVM) and get prepared to plan, analyze and control cost, schedule, and technical performance of an activity, project, or contract. This course teaches how to measure and manage a project's progress and improve its productivity and efficiency. You will gain a good understanding of EVM concepts, learn essential techniques for analyzing EVM data and provide recommendations to PMO. Completion of program qualifies for 10 PMP CCR PDUs.

BUSN:765 | $299

C54	TuTh 5pm-9pm	**Ramesh Kumar**
	Nov. 19 – Nov. 21	*Corp. College, 210*

"The Project Management class was fantastic. It has had a positive impact on the way I approach a project from beginning to end."

-Timothy G., South County

NEW

Project Recovery

Due to problems caused by various factors, often projects go over budget and behind schedule. As a result, many projects get cancelled or terminate prematurely without undergoing a clear analysis. This course teaches the techniques to identify, assess and analyze the root cause, depth and effect of any project problems. This course also teaches step-by-step approach to determine the solutions to project problems and recommend decisions in a cost-and-time effective manner. Participants will learn the techniques and approaches to identify, analyze and resolve project problems in a structured fashion. Completion of program qualifies for 10 PMP CCR PDUs.

BUSN:765 | $299

C53	TuTh 5pm-9pm *Nov. 12 – Nov. 14*	**Ramesh Kumar** *Corp. College, 210*

Certified Public Accountant (CPA) Management Breakfast Series

This series of breakfast lectures is designed to assist CPAs who are in private practice as well as those in corporate positions. The lectures will help CPAs achieve their required Continuing Professional (CPE) units. Topics will be relative to the interest and needs of CPAs and will be taught by recognized experts. Fee includes continental breakfast and materials. *No ethics seminar will be offered this term.*

BUSN:787 | $249

M01	Th 7:15am-8:45am *Sept. 19 – Nov. 14*	*Ces and Judy's*

Leadership and Innovation: Developing New Models of Leadership

Today's leaders face many unique pressures to refocus their organizations in response to economic, political, social and technological challenges. Current models of leadership may not be serving these organizations effectively. While innovation is a widely accepted ingredient for sustained success for all organizations (both public and private), many leaders are unable to effectively infuse innovation into their portfolios. Additionally, while managing change is seen as an important leadership challenge, many leaders do not recognize that it is a contact sport requiring a healthy dose of courage, compassion, risk taking and keen survival skills. This program is based on research of leadership and innovation and provides you with the knowledge necessary to reframe your leadership philosophy in ways that facilitate innovation, resilience and sustained success both personally and professionally. Class meets 9/12, 9/26, 10/10, 10/24, 11/7, 11/21.

BUSN:701 | $249

C01	Th 9am-Noon *Sept. 12 – Nov. 21*	**Dr. Roderick Nunn** *Corp. College, 203*

NEW

How to Get More of What You Need and Want in Negotiations

You may not think of yourself as a negotiator, but you are. All of us negotiate every day with family, friends and co-workers, even if we don't think of what we're doing as negotiation. Negotiation is getting what we need and want through a process of interacting with others, and some of us are clearly better at it than others. Knowing how to get what you need and want from others in a principled, win-win fashion is a major life skill, and one that anyone can learn. You'll learn how to identify your personal negotiating style, how to "get clear" on what you actually need and want, and how to use "The Magic Question" for a win-win outcome.

BUSN:702 | $35

680	Sa 9:30am-12:30pm *Sept. 28*	**Dr. Renee Huss** *MC-BA, 124*

Managing Employees for Effective Behavior

Effective employee behavior and performance is the objective of a good manager or supervisor. Through your management techniques, communication, and leadership, you can influence and promote effective employee behavior and performance. Learn and utilize the skills, confidence, and management practices that will enable you to successfully impact positively on your employees and will result in their display of effective behavior and performance.

BUSN:705 | $45

480	Sa 9am-1:30pm *Aug. 31*	**Glenda Herron** *FP-G Tower, 117*

Dealing with Difficult People in the Work Place

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

BUSN:705 | $45

481	Sa 9am-1:30pm *Oct. 5*	**Glenda Herron** *FP-G Tower, 117*
680	Sa 9am-1:30pm *Sept. 21*	**Glenda Herron** *MC-BA, 124*

Understanding Patents, Trademarks and Copyrights

If you are a business or creative person selling a product or service, you need to know how to protect your trademark, copyright, and patents so that you can profit by their use. In this problem-solving course, you will explore topics relating to the law for intellectual property such as patents, trademarks, trade names, copyrights, and trade secrets. Taught by an attorney.

BUSN:729 | $55

680	Sa 8:30am-1:30pm *Oct. 12*	**Morris Turek** *MC-BA, 205*

Get your career on the right track with Essentials Training at STLCC.

BUSINESS ESSENTIALS

Business Start-Up

How to Start a Small Business

This is a special short course to acquaint the small business owner with current management principles as they relate specifically to small business operations. It's designed to be particularly helpful if you are planning to start your own business. Topics include: business terms, forms of ownership, risks of ownership, marketing, record keeping, legal aspects and insurance needs, finding capital, financial planning, tax considerations and other business functions. Lunch not provided.

BUSS:701 | $99

680	Sa 9:30am-3:30pm *Sept. 7 – Sept. 14*	**Dr. Allen Jones** *MC-BA, 124*

How to Write a Business Plan

Whether you're still in the "idea phase" of business planning or have been in business for years and never took time to do a formal business plan, this class is for you. You will gain an understanding of business terms and principles necessary to conceptualize and complete a business plan that effectively identifies the feasibility, profitability, and most viable strategy to establish your business project. A thorough examination of the "thought process" involved in developing a high-powered business plan, as well as the research and organization required will be explored. Upon completion of the course, you will have an initial draft of a business plan and will possess the requisite tools and techniques to write and present an exceptional plan. The lesson approach will encompass the case study model supported by involvement with business and research professionals. Lunch not provided.

BUSS:702 | $99

680	Sa 9:30am-3:30pm *Oct. 5 – Oct. 19*	**Dr. Allen Jones** *MC-BA, 124*

S.C.O.R.E Seminar

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

BUSS:701

681	Sa 8:15am-3pm *Oct. 12*	*MC-SO, 109*
682	Sa 8:15am-3pm *Nov. 9*	*MC-SO, 109*
683	Sa 8:15am-3pm *Dec. 7*	*MC-SO, 109*

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St. Louis Community College Continuing Education

Finance

Keeping Records for a Small Business

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

BUSS:705 | $69

650	W 6-9:30pm	**Teri Spector**	*Oct. 16 – Oct. 23*	*MC-BA, 124*

Small Business Tax Seminar

If you are thinking of opening a small business or have opened a business in the last year, this program is designed for you. Learn the essentials of starting a business, record keeping, business use of the home, federal income tax and employment tax requirements of small businesses, and independent contractor versus employee. The program is designed for sole proprietors and partnerships. Corporations are briefly discussed.

BUSS:706 | $35

680	Sa 9am-12:30pm	**Teri Spector**	*Oct. 5*	*MC-BA, 118*

NEW A Sensible Approach to Financial Strategies for Business Owners

Learn what you can do to reach your business' financial goals while protecting all you've worked so hard to build. Topics covered include protecting your business from the potentially devastating effect of estate taxes, strategies for retaining key people that benefit both your business and your top employees, and trusts and the role they can play in your business. You will also learn effective approaches you can take to save for your own retirement and how to protect the continuity of your business in the event of death or disability.

BUSS:741 | $19

651	Tu 7-9pm	**Steve Glazer**	*Oct. 29*	*MC-CN, 202*

Understanding Financial Statements

Financial statements are essential sources of information. You don't need to know everything about accounting to use the information in basic statements; however, it is helpful to know a few simple concepts and to be familiar with some of the fundamentals of statements, including revenue and expense, structure and relationships, meaningful forecasts and projections, balance sheets, and more. Lunch on your own.

BUSS:741 | $49

650	Tu 6:30-9pm	**Kimberly Franklin**	*Sept. 24 – Oct. 1*	*MC-CN, 202*

Promotion

Advertising, Marketing and PR on a Dime

Explore some of the best ways to advertise, market and get public relations for your business with little or no money. Learn how to stretch your budget by maximizing the image of your product or service. Learn to take control and know the consumer you want. We'll discuss tools to create and capture customer value, managing marketing information to assess buyer behavior, communicating your brand, social responsibility and ethics.

BUSS:710 | $39

H50	Tu 6pm-8pm	**Robin Boyce**	*Sept. 3 – Sept. 10*	*Harrison Ed. Ctr, 209*

NONPROFIT ADMINISTRATION

Basic Grant Writing for Nonprofit Organizations

This course provides an overall review of the grant writing process offering practical guidelines for identifying and pursuing potential foundation and corporate funders. Research techniques and their importance in grant writing will be emphasized as well as the use of library and Internet resources. Lunch not provided. Bring a 1" 3 ring binder to class.

NPAD:701 | $59

680	Sa 9am-4pm *Oct. 19*	**Jennifer Bush**		*MC-BA, 118*

Basic Grant Writing Seminar for Nonprofit Organizations

In this interactive discussion course taught by Kent Hornberger, President of the St. Louis Regional Chapter of the Grant Professionals Association, we'll share ideas and examples to provide an overall review of the grant writing process. You'll learn practical guidelines for identifying and pursuing potential foundation and corporate funders. Research techniques and their importance in grant writing will be emphasized as well as the use of library and Internet resources. Bring a USB travel drive to class. Lunch not provided.

NPAD:701 | $59

480	Sa 9am-4pm	**Kent Hornberger**	*Sept. 21*	*FP-G Tower, 115*

Proposal Budgeting Seminar

Proposal writers at all levels need to know the nuts and bolts of budget preparation to support their project proposals. A sound, well organized budget can help convince prospective funders that your project is worthy of their financial investment. Taught by Kent Hornberger, President of the St. Louis Regional Chapter of Grant Professionals Association, this course will teach you to build a budget, step-by-step, to provide a complete picture of your financial needs. Hands-on participation exercise: You will build your own budget for a project you are planning.

NPAD:701 | $29

481	M 6pm-9pm	**Kent Hornberger**	*Sept. 30*	*FP-G Tower, 111*

Establishing and Running a Nonprofit Organization: Part I

This popular seminar provides an overview of the legal basics for establishing and running a nonprofit organization. Presented by Amy Hereford, an attorney and entrepreneur who speaks from her experience in working with nonprofit start-ups. Class includes practical tips, useful resources including the Nonprofit, Tax-exempt Corporation Workbook, an e-book (PDF) that presents the process of establishing a nonprofit in a step-by-step format with ample space for notes, charts for gathering necessary information and tables for developing time-lines and assigning responsibilities. An excellent tool for assisting in nonprofit formation, orienting new board members and nonprofit directors.

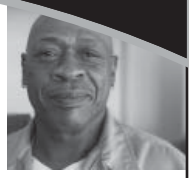
NPAD:703 | $29

680	Sa 10am-Noon	**Amy Hereford**	*Sept. 7*	*MC-BA, 220*

Is it time for a New You?

Forest Park

Adult Career Exploration Session
Thurs., Aug. 8 and Thurs., Oct. 24
6 to 7:30 p.m., Room location TBA



Whether you're just starting out, looking to re-enter the workforce or wanting to switch careers—but you're not sure about an area of study—St. Louis Community College's **Adult Career Exploration Session** will help you identify your interests, discover your passion, and point you toward the career that's right for you!

- Receive a FREE interest inventory to identify your primary interest areas.
- Discover how your interests can lead to good career decisions.
- Learn how your interests relate to career programs at STLCC.
- Hear about resources to pay for school.
- Find out how to get started at STLCC!

St. Louis Community College

Register TODAY at **stlcc.edu/Visit** and get started on the New You!

Establishing and Running a Nonprofit: Organization Part II

This seminar builds on the previous session and provides more information. It will explore the legal requirements of operating a nonprofit business organization, board responsibilities, business law for nonprofits and legal compliance. Newer business models for nonprofits, including fiscal sponsorship, nonprofit alliances, nonprofit/for profit joint ventures and other collaborative structures will also be discussed.

NPAD:703 | $29

681	Sa 1pm-3pm *Sept. 7*	**Amy Hereford** *MC-BA, 220*

Volunteer Management

Get the community involved with your program. Learn helpful information with an overview of volunteer management: internal needs assessment, organizational readiness, recruitment, training, orientation, supervision, evaluation and recognition.

NPAD:704 | $25

770	W 7pm-9pm *Sept. 11*	**Barbara Hughes** *Hixson Mid. School, 112*

Setting Up a Board of Directors

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

NPAD:706 | $25

770	W 7pm-9pm *Oct. 2*	**Barbara Hughes** *Hixson Mid. School, 112*

"Barbara Hughes was quite experienced in volunteer management and brought that experience combined with her other management/people skills and teaching to the table which made this class valuable. The Nonprofit Administration classes are an excellent resource for the community!"

-Margaret P., St. John

Think Outside the Box: Target Potential Funding through PR

Going to potential donors for support of your nonprofit requires sales skills. We'll discuss how to attract target markets and the techniques you can use through social media and traditional forms of advertising. Learn to think outside the box using public relations to get potential donors interested in your cause based off of their needs and wants in being a responsible citizen.

NPAD:707 | $45

450	Tu 6pm-8:30pm *Oct. 1 – Oct. 8*	**Robin Boyce** *FP-G Tower, 115*

Cultivating Relationships with Grant Makers

When the partnership between a nonprofit organization and its funders is strengthened, it is mutually beneficial. Taught by Kent Hornberger, President of the St. Louis Regional Chapter of the Grant Professionals Association, you'll learn how to make the initial contact, help funders feel connected to your mission, cultivate grant maker relationships throughout the grant process, and secure long-term stability for your projects.

NPAD:707 | $19

680	M 6pm-8pm *Oct. 7*	**Kent Hornberger** *MC-CN, 126*

CAREER ESSENTIALS

No Sweat Public Speaking
See Communications on page 13

Interviewing Boot Camp 101

Preparing for a job interview is the critical step to securing employment. Sharpen your interviewing skills, learn how to present yourself, select what to wear, practice answering questions, and learn what you should and shouldn't discuss in a job interview.

CPDV:703 | $35

650	W 6:30pm-9pm *Sept. 18 – Sept. 25*	**Ann Unruh** *MC-CS, 204*

Online Applications/Electronic Resume Workshop

Computer skills are vital to today's job seekers, and this interactive workshop will provide you with the ability to conduct your job search more efficiently and effectively than you could before. Designed for individuals with little or no computer experience, this workshop will supply you with the knowledge of and familiarity with the computer that you will need to conduct an employment search in today's job market. Attend this interactive workshop to learn how to navigate around the internet to search for information about potential companies you might want to work for, fill out job applications, copy and paste information from your resume to online forms, save/print online forms, and save a document to a disk or flash drive. Please bring a flash drive to class to save your work.

CPDV:704 | $29

650	Tu 6:30pm-9pm *Aug. 27 – Sept. 3*	**Laurie Lombardo** *MC-CN, 221*

Using LinkedIn for Your Job Search

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

CPDV:705 | $25

652	Tu 6:30pm-9:30pm *Sept. 17*	**Laurie Lombardo** *MC-CN, 227*
653	Th 6:30pm-9:30pm *Oct. 24*	**Laurie Lombardo** *MC-BA, 202*

Get Connected: Effective Professional Networking

Learn the benefits of effective and strategic networking and how your interpersonal resources and contacts could lead to a new job. You will develop a networking plan and 30-Second Summary to present to networking groups and individuals, a networking source list and a list of the types of networking groups. In addition, you will learn to successfully navigate a Career Fair and how social networking is important to an effective job search. Time will be allotted after classroom instruction to open and/or edit your social media accounts.

CPDV:705 | $25

650	Th 6pm-9pm *Aug. 22*	**Laurie Lombardo** *MC-BA, 118*

Finding Job Leads

Learn how to find job leads (i.e. internet, recruiters, ing companies, placement services, associations, and job fairs), navigate job boards, the importance of networking, and the role social networking can now play in your job search. This interactive workshop is necessary for all those job seeking-no matter the industry. It will provide you with the tools necessary to find job leads in today's market.

CPDV:705 | $25

651	Tu 6:30pm-9:30pm *Sept. 10*	**Laurie Lombardo** *MC-CN, 204*

Plus 50: Re-inspired: A Workshop

Do you need to retool your professional skills after many years? Are you a Baby Boomer nearing retirement? Do you need a new direction? Determine what may replace the traditional retirement path in your life through a powerful interactive learning experience. Clarify your intentions, set your goals and take action all while supporting other group members who share similar objectives.

CPDV:730 | $59

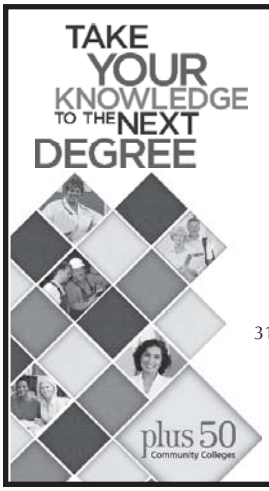
P01	Tu 6pm-9:30pm *Nov. 5 – Nov. 19*	**Carol Watkins** *FP-G Tower, 111*
680	Sa 9am-12:30pm *Sept. 28 – Oct. 12*	**Carol Watkins** *MC-CN, 126*

Plus 50: Re-Wired Employment Seminar

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

CPDV:730 | $45

650	Th 7pm-9pm *Sept. 12 – Oct. 3*	**Edwin Penfold** *MC-SW, 202*
450	M 7pm-9pm *Nov. 4 – Nov. 25*	**Edwin Penfold** *FP-G Tower, 113*



Through **Plus 50,** St. Louis Community College is providing services and programs that make it **easier than ever** for adult learners to earn credit toward a degree or certificate.

We offer support and flexibility to help you **reach your goals**, from choosing a course of study and scheduling classes to applying for financial aid.

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

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

www.stlcc.edu/plus50completion

St. Louis Community College
Continuing Education

CAREER STUDIES

Advanced Cardiac Life Support

Due to the nature of the program you must arrive on time. No admittance after the stated start date.

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

NURSING AND ALLIED HEALTH

ACLS Provider

Class will be held on 11/9 and 11/10. This American Heart Association course is designed to review, organize and prioritize the skills and didactic information needed to handle a cardiac arrest, events leading to a cardiac arrest and events that follow a cardiac arrest. Please note that written and practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Upon successful completion each participant will receive an ACLS course completion card in approximately two weeks. Intended audience: Personnel ing emergency, intensive care or critical care departments, emergency medical providers such as physicians, nurses, emergency medical technicians, paramedics, respiratory therapists, and other professionals who may have a need to respond to a cardiovascular emergency. Materials will be mailed prior to the program for extensive self-paced pre-course preparation. Access to a computer will be necessary for pre-course work. Registration three weeks prior to course start date is required to ensure arrival of precourse material. Due to the nature of the program, you must arrive on time. No admittance after stated start time.

ACLS:701 | $270

480 SaSu 8am-5pm
Nov. 16 – Nov. 17 *FP-G Tower, 121*

NEW Coding Mental Health Disorders with the New DSM-V Workshop

This integrated workshop introduces the changes in clinical coding used to code and report mental health disorders and patient encounters with healthcare practitioners for services. Currently DSM-IV-TR (new edition DSM-V) is used worldwide by a wide array of people including students, researchers, clinicians, insurance companies, pharmaceutical companies and psychiatric drug regulators. The new DSM-5, published in May 2013 will be the first significant update to the manual in nearly two decades. Learn about the latest version just released, DSM-V. This is a critical review for mental health disorder coders. The workshop will be held at the Forest Park campus in Cafe West.

AHCE:787 | $59

400 F 8am-4:30pm **Patricia Sherman**
Sept. 20 *FP-SC*

NEW Mental Health Nursing Update: Bipolar Disorder

This course will discuss how the changes in the new DSM-V will affect the diagnosis of Bipolar Disorder. The course will address how Bipolar Disorder under the DSM-V might be diagnosed in adults, adolescents and children. It will also include a look at the newer diagnoses that might be recommended for some individuals.

AHCE:734 | $29

550 Tu 6pm-8:15pm **Lisa Moreland**
Oct. 29 *FV-B, 211*

NEW The Affordable Healthcare Act: Key Elements for Healthcare Professionals

Key provisions of the Affordable Care Act will be presented and explained by the Center for Medicare and Medicaid Services (CMS). As a healthcare professional you will want to attend to get a clear overview of the Affordable Care Act.

AHCE:734 | $19

400 F 2pm-3:30pm
Nov. 1 *FP-G Tower, 117*

GENERAL INFORMATION for Nursing and Allied Health Programs

Allied Health Continuing Education of St. Louis Community College offers a wide selection of courses and workshops. Please take a few moments to read the course descriptions. There are new offerings that have been developed in response to requests.

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

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

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

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

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

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

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

Clinical and Field Work

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

Use of American Heart Association materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.

American Heart Association® | AUTHORIZED TRAINING CENTER

NEW Management of Patients with Vestibular Dysfunction

This is a 3 hour beginning course on the physical therapy management of patients with vestibular dysfunction. There will be a review of the anatomy and physiology of the vestibular system and discussion of medical management of common vestibular disorders. This course will focus on interventions for individuals with vestibular disorders with a Physical Therapy Assistant audience in mind. This will be a predominately lecture course with video examples and some lab activities. There will be time for audience questions and discussion of patient cases. Instructor: Joni G. Barry, PT, DPT, NCS

AHCE:774 | $39

680 Sa 9am-Noon
Nov. 2 *MC-AS, 104A*

Medical Terminology

This course will be offered 10/7 - 10/30. It is designed to familiarize the student with medical terminology. Many medical words have a structural design which can be divided into word parts. Once these word parts are learned they can be used to define the meaning of many other words. Textbook required.

NURS:708 | $125

H50 MW 6pm-8pm **John Thomas**
Oct. 7 – Oct. 30 *Harrison Ed. Ctr, 107*

NEW Diabetes Management Workshop

This workshop will focus on the most recent advances in the care and treatment of clients with diabetes. Join us during National Diabetes Month when Janette Dietzler MSN, RN, CWS, COCN will present diabetes and wound care on Wednesday, November 6 and Mary Lawrence MSN, RN, CDE presents diabetic diet management on Wednesday, November 13.

NURS:777 | $69

650 W 6pm-9:15pm
Nov. 6 – Nov. 13 *MC-CP, CP*

NEW Diabetes and Wound Care

This interactive presentation will focus on diabetes and wound care. Topics to be addressed include the best practices for diabetic limb salvage, wound assessment, documentation and corresponding interventions for optimal wound healing of a diabetic ulcer, and the signs and symptoms of wound infection and interventions to improve healing of diabetic foot wounds.

NURS:777 | $39

651 W 6pm-9:15pm **Janette Dietzler**
Nov. 6 *MC-CP, CP*

NEW Dietary Strategies: The Management of Diabetes

Join us for a comprehensive presentation focusing on dietary treatment goals for those with diabetes. Topics to be addressed include the current dietary treatment goals for people with diabetes and pre-diabetes, the Total Dietary Approach to Healthy Eating, dietary methods of controlling blood sugar in a person with diabetes, the important elements of the food label, key components of the DASH diet, foods used in the Mediterranean diet, weight loss strategies for a person with diabetes and online resources to help the person with diabetes plan a healthy meal.

NURS:777 | $39

652 W 6pm-9:15pm **Mary Lawrence**
Nov. 13 *MC-CP, CP*

NEW Current Trends in Pain Management in the Elderly

This workshop will present the most pertinent and up-to-date information on pain management issues, pain assessment tools and strategies and pain management methods for the elderly.

NURS:779 | $39

550 W 6pm-9:15pm **Cathy Flasar**
Oct. 2 *FV-B, 211*

Monitoring Nitrous Oxide-Oxygen Conscious Sedation

Register IN PERSON with required pre-requisites in Continuing Education at Forest Park, G 322. New rules regarding expanded functions for dental assisting went into effect February 28, 2013. Under these rules, dental assistants will be required to be certified in order to perform expanded functions. The course is designed to provide the practicing dental assistant with the background knowledge necessary for the expanded function of aiding in the monitoring of nitrous oxide-oxygen analgesia. The course is 8 hours of didactic and 4 hours of clinical instruction. A comprehensive final examination is administered to the student who completes the course. A 75% score is required on the written final examination in order to obtain certification for "aiding in the monitoring of nitrous oxide." Required pre-requisites: Proof of CDA or Basic Skills Mastery certification, a letter of support from a practicing dentist and a current American Heart Association Healthcare Provider CPR card. Upon completion, a copy of the course completion certificate must be submitted to the Missouri Dental Board, along with an application and fee ($10 per permit) to receive the permit. Registration deadline:10/11. Instructor: Michael J. Hoffmann DDS, PC, FADSA, FAGD, FICD Diplomate National Dental Board of Anesthesiology, Diplomate American Dental Board of Anesthesiology..

DENA:722 | $289

400 F 8am-5:30pm
Oct. 18 *FP-G Tower, 322*
Sa 8am-Noon *FP-A Tower, 419*
Oct. 19

EMT Core Curriculum

This course is held from 8/19 - 12/11. It meets all the current requirements for Missouri EMT-B license renewal. It includes the assessment and care of the sick and injured, pediatric and geriatric emergencies, childbirth, defibrillation, hazardous material situations and the use of adjunctive EMS equipment. Does not include CPR. Attendance at first class is required. A strict attendance policy is enforced. Course is not for initial EMT-Basic training. Registration deadline before class begins on 8/19. No class 9/2.

EMSS:700 | $270

450 MW 6pm-10pm **Steven Newcomb**
Aug. 19 – Dec. 11 *FP-G Tower, 121*

MENTAL HEALTH INTERPRETER

Mental Health Interpreter Certificate Program

This is a 10-week certificate program to train foreign language interpreters for work in the mental health field. Those who complete the course and earn a certificate may receive priority employment by local agencies who provide foreign language translation services. Required: 6 months prior interpreting experience. All course materials included.

EDUC:765 | $169

650 Tu 6:30pm-9:30pm **Kimberly Osmanagic**
Eduardo Vera
Sept. 9 – Nov. 11 *MC-CN, 227*

Get certified to perform additional duties with Monitoring Nitrous Oxide-Oxygen Conscious Sedatioon at STLCC.

HEALTHCARE OCCUPATIONS

Phlebotomy

This training program is held from 9/3-11/21. Register in person only in Continuing Education at Forest Park, G 322; G 324. This training prepares the student for entry level employment as a phlebotomist. The course provides classroom, lab instruction and clinical experience. 120 hours of clinical experience is in addition to scheduled class time. Course content includes basic anatomy pertinent to blood collection, as well as communication skills, specimen processing, related interdisciplinary tasks, lab experience of blood drawing techniques and practical experience of blood drawing techniques in the clinical setting. A strict attendance policy is enforced throughout this training. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application; Family Care Safety Registry-Worker registration letter. Register on online at www.dhss.mo.gov Only original letter will be accepted. Letter cannot be older than six months. No class 10/15 and 10/31.

AHCE:785 | $1,400

400 TuTh 3:30pm-6:30pm **Karen Taylor**
Sept. 3 – Nov. 21 *FP-B Tower, 417*

REGISTRATION IS NOW OPEN!

NEW Pharmacy Technician Certification Training

This training is held from August 19, 2013 through January 15, 2014. Register in person only in Continuing Education at Forest Park, G 322. This training prepares the student for entry level employment as a pharmacy technician. The course provides 105 hours of class room instruction and 60 hours of externship experience. Class meets twice a week (August 19 - November 25) for 28 sessions; each 3.5 hours in length. The 60 hours of externship experience (December 2, 2013 - January 10, 2014) follows the class room experience. Final exam: January 13, 2014. Students will learn about the top medications dispensed in the United States and be introduced to the basic concepts of pharmacy calculations for proper medication dispensing. A strict attendance policy is enforced throughout this training. Upon successful completion of the course the student is eligible to take a certification exam. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equicalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register on online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months. No class 9/2.

AHCE:786 | $2,100

CO1 MW 6pm-9:30pm
Aug 19 – Jan 15
Corp. College, 276

In partnership with MK Education

St. Louis Community College
Continuing Education

Registration: opens 8:30am, July 29

Nurse Assistant for Nursing Homes

This training meets requirements of the Missouri Omnibus Nursing Act.

The course provides the required 75 hours classroom instruction and 100 hours of supervised on-the-job training. Class meets twice a week for 20 sessions; each four hours in length. The 100 hours of on-the-job training are in addition to the scheduled class time.

Course content includes training in basic nursing skills, fire safety, disaster training, nursing home resident safety and rights, the social and psychological problems of nursing home residents, methods of caring for mentally confused residents such as those with Alzheimer's disease and related disorders, food service, personal care, elimination, restorative nursing, infection control and special procedures.

Upon successful completion of the course the student is eligible to take the final examination. A strict attendance policy is enforced throughout this training.

Prerequisite: Family Care Safety Registry Worker Registration letter is required at time of registration. Only original letter will be accepted. Letter cannot be older than six months. Registration obtained online at www.dhss.mo.gov/FCSR/.

This training is held from 9/10 - 11/14. Registration begins 7/29. Register in person only in Continuing Education at Forest Park G 322-324.

To enroll in this state approved training program the student must be employable in a skilled nursing facility or intermediate care facility in direct resident care. This will be assured by verification with the Family Care Safety Registry Worker Registration, the Missouri state registry for nurse assistants, Employee Disqualification list, Criminal Background Check and Drug Screen. Intermediate or higher proficiency in English is recommended.

NURS:723 | $699
400
TuTh 4:30pm-8:30pm
Alverta Smith
Sept. 10 – Nov. 14
FP, G Tower- 117
Required Nursing Skills Lab Saturday, 9/14, 8 am-4:30 pm.
No class 10/15 and 10/31

CHILD CARE TRAINING

Child Care Clock Hour Training

Clock Hour Certificates are granted for all CCPR workshops and seminars. If you have questions or need more information about CCPR workshops and seminars for Child Care Providers, call the Caring for Kids Program at 314-513-4391. Call 314-984-7777 to register.

Discipline for Young Children

Learning to manage behavior with groups of children is always a challenge. You will learn techniques to diminish targeted behaviors and promote positive peer interactions.

CCPR:702 | $15

781	W 7pm-9pm *Sept. 11*	**Geraldine Jasper** *Lindbergh H.S.*
730	Tu 7pm-9pm *Nov. 5*	**Geraldine Jasper** *Mehlville H.S.*
H50	Tu 7pm-9pm *Nov. 26*	**Darlene Neil** *Harrison Ed. Ctr, 104*
450	Th 7pm-9pm *Dec. 19*	**Darlene Neil** *FP-G Tower, 111*

Discipline for Toddlers and Two's

Do you think of "Terrible Toddlers and Twos" or Terrific Toddlers and Twos"? Knowing how to manage this age group and understanding their development will get you thinking "Terrific Toddlers and Twos"! You will explore many positive ways to work with this age group.

CCPR:702 | $15

780	W 7pm-9pm *Sept. 25*	**Geraldine Jasper** *Lindbergh H.S.*
731	Tu 7pm-9pm *Nov. 19*	**Geraldine Jasper** *Mehlville H.S.*

Discipline for School-agers

Learning to manage groups of school-agers (ages 5-10) is always a challenge. We will look at ways to enrich the environment and increase developmentally appropriate choices for school-agers to reduce discipline challenges. You will gain positive techniques and tips to manage group activities and your day will go smoother.

CCPR:702 | $15

770	M 7pm-9pm *Sept. 23*	**Geraldine Jasper** *Hixson Mid. School, 118*
732	Tu 7pm-9pm *Dec. 3*	**Geraldine Jasper** *Mehlville H.S.*

Supervising and Safety in an Early Childhood Facility

A review of techniques to make supervision and safety a high priority in every childcare facility.

CCPR:702 | $31

480	Sa 9am-1pm *Nov. 9*	**Geraldine Jasper** *FP-G Tower, 117*
580	Sa 9am-1pm *Nov. 23*	**Geraldine Jasper** *FV-CDC, 110*

Quality Infant/Toddler Care

You'll learn developmentally appropriate practice and activity ideas for infant and toddler care. Topics include building relationships, knowing infants/toddlers and their families, creating a welcoming environment, promoting children's safety and health, and guiding children's behavior as well as quality interactions with routines and daily activities.

CCPR:707 | $25

H80	Sa 9am-Noon *Nov. 16*	**Anna-Marie Mann** *Harrison Ed. Ctr, 104*
580	Sa 9am-Noon *Dec. 7*	**Anna-Marie Mann** *FV-CDC, 110*

Nurturing Toddlers and Twos - Encouraging Self Help Skills

Embrace those incredible independent toddlers and twos by implementing simple self-help skills in the classroom or home. Eighteen-month olds wiping their nose? Absolutely! Two-year olds helping make lunch? You bet! By allowing independence you will see less temper tantrums and more smiles!

CCPR:707 | $15

550	W 7pm-9pm *Oct. 16*	**Lisa Gahan** *FV-CDC, 110*
450	Th 7pm-9pm *Oct. 24*	**Lisa Gahan** *FP-G Tower, 111*
770	M 7pm-9pm *Dec. 2*	**Lisa Gahan** *Hixson Mid. School, 118*

How to Use Music and Movement Outside of Group Time; You Can Make a Song Out of Anything!

Songs and movement make transitions fun and help children tune in when they appear to be tuned out. Even if you can't sing you can make a song out of anything.

CCPR:708 | $15

H50	Tu 7pm-9pm *Dec. 10*	**Rose Anderson-Rice** *Harrison Ed. Ctr, 104*
780	M 7pm-9pm *Oct. 21*	**Rose Anderson-Rice** *Lindbergh H.S.*
550	W 7pm-9pm *Nov. 20*	**Rose Anderson-Rice** *FV-CDC, 110*
770	W 7pm-9pm *Nov. 13*	**Rose Anderson-Rice** *Hixson Mid. School, 119*

Making Math Fun for Preschoolers

Preschool children are naturally interested in making sense of the world around them. It is the teacher's role to help expand their knowledge and understanding. Teachers often are looking for ways to make hands-on math experiences developmentally appropriate, challenging and fun! We will look at ways to create math activities, experiences and materials that teach specific skills at different stages and are low cost, easy to use.

CCPR:709 | $25

580	Sa 9am-Noon *Oct. 12*	**Letitia Slack** *FV-CDC, 110*
680	Sa 9am-Noon *Oct. 26*	**Letitia Slack** *MC-SO, 105*

NEW

Nature and Young Children

Morning session - No Child Left Inside - Outdoor play to explore nature and science! Explore the natural world outside through new fun science activities you can integrate into your daily schedule. Help children wonder, explore, and discover with hands-on activities planned for the outdoors. Afternoon session - Connecting with Nature - Gardening and cooking with children! Encourage healthy eating as you help children learn about fruits and vegetables and take produce from the garden to the table. Hands-on, simple recipes, cooking activities and gardening tips will be shared. Our goal is to encourage children to learn to taste, eat and enjoy more fruits and vegetables. You will see new teaching materials, "Early Sprouts Cookbook" and "Lana's Favorite Recipes". Six clock hours. Bring sack lunch.

CCPR:710 | $38

580	Sa 9am-3:30pm *Sept. 28*	**Geraldine Jasper** **Carrie Kinzel** *FV-CDC, 110*

How and When to Talk to Parents

Gain helpful methods for communicating your concerns with parents about their child's education. Specific consultation strategies and techniques are demonstrated. Discussion of how to talk to parents to build and maintain positive relationships. Co-Sponsored by St. Louis Learning Disabilities Association Inc.

CCPR:714 | $15

550	W 7pm-9pm *Dec. 18*	*FV-CDC, 110*
730	Tu 7pm-9pm *Oct. 22*	*Mehlville H.S.*

Infant/Child CPR

This American Heart Association Heartsaver AED-Infant/Child course is designed to teach infant/child and adult CPR, AED and relief of foreign body airway obstruction to all lay rescuers, particularly those who are expected to respond to infant and child related emergencies in the workplace, such as daycare providers. Written and practical skills (hands-on-manikin simulation), evaluation and testing are required for course completion. Registration one week prior to course start date is required. No admittance after started start time. The CPR card is valid for two years. 3.5 clock hours.

CCPR:711 | $55

480	Sa 8:15am-Noon *Sept. 21*	*FP-G Tower, 121*
580	Sa 8:15am-Noon *Oct. 5*	*FV-CDC, 110*
680	Sa 8:15am-Noon *Nov. 2*	*MC-CP, CP*
582	Sa 8:15am-Noon *Dec. 14*	*FV-CDC, 110*

Pediatric First Aid Training

The Heartsaver Pediatric First Aid course is designed to meet the regulatory and credential training requirements for child care workers. The course is designed for child care workers, teachers, foster care workers, camp counselors, youth group leaders, coaches and others responsible for children. The course teaches basic first aid. Registration one week prior to course start date is required. No admittance after stated start time. The First Aid card is valid for two years. 3.5 clock hours.

CCPR:711 | $55

481	Sa 12:30pm-4pm *Sept. 21*	*FP-G Tower, 121*
581	Sa 12:30pm-4pm *Oct. 5*	*FV-CDC, 110*
681	Sa 12:30pm-4pm *Nov. 2*	*MC-CP, CP*
583	Sa 12:30pm-4pm *Dec. 14*	*FV-CDC, 110*

Starting a Family Child Care Business

Learn what it takes to start and operate a successful child care business. Everything from marketing to meals and the learning environment will be discussed. Whether you have been in business awhile or you are ready to embark on a new venture as a family care provider this class will help make your business successful and profitable.

CCPR:715 | $30

580	Sa 9am-1pm *Sept. 14*	**Lisa Gahan** *FV-CDC, 110*
680	Sa 9am-1pm *Oct. 5*	**Lisa Gahan** *MC-SO, 109*

Helping Children Enter the Wonderful World of Books- First Set of Books

Are you looking for ways to help children fall in love with books and stories while they gain valuable language skills? Come discover fresh, fun techniques for sharing books with young children! Participants will receive the following books: Black and White; Goodnight Moon; Mouse Count ; The Snowy Day; Gregory the Terrible Eater; A Chair for Mother; and, Where the Wild Things Are. Presented by Annette Harrison, dynamic educator and storyteller. Co-sponsored by Missouri Humanities Council.

CCPR:718 | $25

580	Sa Noon-3pm *Nov. 9*	**Annette Harrison** *FV-CDC, DINING RM*
680	Sa Noon-3pm *Nov. 23*	**Annette Harrison** *MC-Library, CNFL*
480	Sa Noon-3pm *Dec. 7*	**Annette Harrison** *FP-G Tower, 119*

Helping Children Enter the Wonderful World of Books- Second Set of Books

Are you looking for ways to help young children fall in love with books and stories while they gain valuable language skills? Come discover fresh, fun techniques for sharing books with young children! Participants will receive an all new second set of books: Moo Baa La La La; Ten, Nine, Eight; Each Peach Pear Plum; The Hello, Goodbye Window; Frederick; The Napping House and Harold and the Purple Crayon. Presented by Annette Harrison, dynamic educator and storyteller. Co-sponsored by Missouri Humanities Council.

CCPR:718 | $25

681	Sa Noon-3pm *Sept. 21*	**Annette Harrison** *MC-Library, CNFL*
481	Sa Noon-3pm *Oct. 12*	**Annette Harrison** *FP-G Tower, 113*
581	Sa Noon-3pm *Oct. 26*	**Annette Harrison** *FV-CDC, DINING RM*

NEW Emergent Literacy - Helping Children Want to Become Readers and Writers

What is literacy, emergent literacy, intentional teaching or Missouri Standards? Come explore new ways to think about literacy and language. You will gain creative ideas for helping young children want to become readers and writers. With hands-on activities in the book/library center art/writing center and through-out the classroom; children will become engaged in emergent literacy.

CCPR:718 | $15

770	W 7pm-9pm *Dec. 18*	**Gina Dattilo** *Hixson Mid. School*
780	W 7pm-9pm *Dec. 4*	**Gina Dattilo** *Lindbergh H.S.*
550	W 7pm-9pm *Oct. 23*	**Gina Dattilo** *FV-CDC, 110*
450	W 7pm-9pm *Sept. 18*	**Gina Dattilo** *FP-G Tower, 111*

Language Development - Birth to Age 5

Discuss brain development, the importance of reading to language development, age appropriate books, developmental milestones, and appropriate activities for each milestone. Co-Sponsored by St. Louis Learning Disabilities Association, Inc.

CCPR:718 | $15

730	Tu 7pm-9pm *Sept. 17*	*Mehlville H.S.*
551	W 7pm-9pm *Nov. 13*	*FV-CDC, 110*

Language Development - Phonological Awareness and Alphabetical Knowledge

Discussion of language development in pre-school years. Provides specific tools to encourage phonological awareness and alphabetical knowledge. Co-sponsored by St. Louis Disabilities Association, Inc.

CCPR:718 | $15

731	Tu 7pm-9pm *Oct. 8*	*Mehlville H.S.*
552	W 7pm-9pm *Dec. 4*	*FV-CDC, 110*

Asking Questions...Encouraging Children's Thinking

Throughout all the learning areas; blocks, dramatic play, books, science and others; encourage critical thinking, creativity and problem-solving by asking questions. Learn many techniques for asking questions in your everyday activities with children.

CCPR:721 | $15

770	W 7pm-9pm *Oct. 23*	**Geraldine Jasper** *Hixson Mid. School, 118*
780	W 7pm-9pm *Nov. 20*	**Geraldine Jasper** *Lindbergh H.S.*

Communicating with Young Children

Can you talk so children will listen? Do you really listen to children when they talk? Learn ways to improve your communication skills with children in your care. You'll be surprised how much smoother your day will go!

CCPR:721 | $15

771	W 7pm-9pm *Oct. 9*	**Geraldine Jasper** *Hixson Mid. School*
550	W 7pm-9pm *Nov. 6*	**Geraldine Jasper** *FV-CDC, 110*
450	Th 7pm-9pm *Nov. 21*	**Geraldine Jasper** *FP-G Tower, 117*

Early Warning Signs of Learning Disabilities (Children Birth to Age 5)

Discussions of observable characteristics and behaviors that may suggest disabilities, delays, or potential learning problems, and the need for further assessment/evaluation. The focus is on birth to age five. Co-sponsored by St. Louis Learning Disabilities Association, Inc.

CCPR:723 | $15

S50	Th 7pm-9pm *Oct. 3*	*SCEUC, 101*

Understanding ADHD Attention Deficit Hyperactivity

Characteristics of ADHD and how symptoms can affect each child in unique ways will be discussed. You will learn techniques for coping with behavior and receive resources for additional help. Co-sponsored by St. Louis Learning Disabilities Association, Inc.

CCPR:723 | $15

S51	Th 7pm-9pm *Nov. 7*	*SCEUC, 101*

Understanding Autism

Characteristics of autism spectrum disorder and how symptoms can affect each child in a unique way will be discussed. You will learn of methods for working with these children and available community resources. Co-sponsored by St. Louis Learning Disabilities Association, Inc.

CCPR:723 | $15

S52	Th 7pm-9pm *Dec. 5*	*SCEUC, 101*

NEW Planning Transitions to Prevent Challenging Behavior

Transitions are the times in the day when children move or change from one activity to another. Challenging behavior is more likely to occur when transitions are not planned as part of the daily schedule. Through this workshop you will gain a "transition toolkit" of ideas to make your transition time go more smoothly.

CCPR:724 | $15

550	W 7pm-9pm *Dec. 11*	**Holly Aslin** *FV-CDC, 110*
780	M 7pm-9pm *Dec. 16*	**Holly Aslin** *Lindbergh H.S.*

NEW Dealing with Stress in the Work Place

This interactive, motivational workshop will engage child care to learn about stress, identify their life stressors and provide strategies to deal with stress in the workplace and their daily lives. You will leave this session with a deeper insight as to where your stress comes from and practical ideas to manage it effectively.

CCPR:765 | $27

480	Sa 9am-11am *Dec. 14*	**Bonnie Shiller** *FP-G Tower, 119*

NEW Child Care Settings- Keep Kids Safe!

Lockdown, intruder guidelines, social media issues, identity security, all are factors to plan for in the 21st century. We will discuss many security factors that can affect children's safety in your center or home day care

CCPR:765 | $15

550	W 7pm-9pm *Oct. 30*	**Sally Brooks** **Mary Kay Roy** *FV-CDC, 110*

COMMUNICATIONS

No Sweat Public Speaking

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

COMM:715 | $39

920	W 6:30pm-8:30pm *Sept. 25 – Oct. 9*	**Fred Miller** *U. City H.S., 112*
650	Tu 6:30pm-8:30pm *Sept. 24 – Oct. 8*	**Fred Miller** *MC-CS, 209*
C50	Tu 6:30pm-8:30pm *Nov. 12 – Nov. 26*	**Fred Miller** *Corp. College, 207*

Get Paid to Talk: Breaking Into the Voiceover Industry

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

PERD:765 | $39

480	Sa 9am-Noon *Oct. 26*	**Troy Duran** *FP-G Tower, 115*
651	W 6pm-9pm *Oct. 16*	**Troy Duran** *MC-SW, 108*
680	Sa 10am-1pm *Oct. 12*	**Troy Duran** *MC-SW, 210*
681	Sa 9am-Noon *Nov. 9*	**Troy Duran** *MC-SW, 210*

Voiceovers: Making Money with Your Voice

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

PERD:765 | $39

481	Sa 12:30pm-3:30pm *Oct. 26*	**Troy Duran** *FP-G Tower, 115*
652	W 6pm-9pm *Nov. 13*	**Troy Duran** *MC-SW, 108*
682	Sa 12:30pm-3:30pm *Nov. 9*	**Troy Duran** *MC-SW, 210*

CPR AND FIRST AID

DUE TO THE NATURE OF CPR AND FIRST AID COURSES, YOU MUST ARRIVE ON TIME, NO ADMITTANCE AFTER STATED TIME.
*Registration is required **one week** prior to course start date to ensure appropriate student-to-instructor ratios.*
Late registrations will be considered on a space-available basis only.

Healthcare Provider CPR

This American Heart Association course is designed for the healthcare provider. Each participant must obtain an 84 percent or higher on the written evaluation and demonstrate proficiency in all CPR skills. Skills include adult, child and infant CPR, FBAO management of the conscious victim, adult/infant/child two rescuer CPR, mouth-to-mask ventilation and automatic external defibrillation (AED). Written and practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Upon successful completion each participant will receive a BLS course completion card in approximately two weeks. Registration one week prior to course start date is required. Due to the nature of the course, you must arrive on time. No admittance after stated start time. This course meets the STLCC nursing department admission requirements.

CPRR:707 | $65

400	W 9am-3:30pm *Oct. 9*	 *FP-G Tower, 121*
401	F 9am-3:30pm *Dec. 6*	 *FP-G Tower, 121*
450	Th 5pm-10pm *Sept. 5*	 *FP-G Tower, 121*
451	Tu 5pm-10pm *Oct. 8*	 *FP-G Tower, 121*
452	Th 5pm-10pm *Nov. 7*	 *FP-G Tower, 121*
453	Tu 5pm-10pm *Dec. 3*	 *FP-G Tower, 121*
480	Sa 9am-3:30pm *Sept. 14*	 *FP-G Tower, 121*
500	Tu 9am-3:30pm *Nov. 12*	**Gordon Back** *FV - CWI, 136*
550	W 5pm-10pm *Oct. 23*	**Gordon Back** *FV-TC, 105*
600	Th 9am-3:30pm *Sept. 12*	**Gail Back** *MC-CP, CP*
601	M 9am-3:30pm *Oct. 14*	**Gail Back** *MC-CP, CP*
602	Th 4pm-9pm *Dec. 12*	**Gail Back** *MC-CP, CP*
650	M 5pm-10pm *Nov. 18*	**Gail Back** *MC-CP, CP*
680	Sa 9am-3:30pm *Nov. 16*	**Gail Back** *MC-CP, CP*
C01	Tu 5pm-10pm *Sept. 17*	**Gordon Back** *Corp. College*
H80	Sa 9am-3:30pm *Oct. 19*	**Gordon Back** *Harrison Ed. Ctr, 100*
S02	W 9am-3:30pm *Dec. 11*	**Carol Pikey** *SCEUC, 212*
350	W 5pm-10pm *Sept. 25*	**Carol Pikey** *WW, 102B*
580	Sa 9am-3:30pm *Sept. 21*	**Gordon Back** *FV-TC, 105*
S01	Th 9am-3:30pm *Oct. 10*	**Carol Pikey** *SCEUC, 214*

Heartsaver AED: Adult

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

CPRR:701 | $45

650	M 6:30pm-8:30pm *Nov. 11*	**Gail Back** *MC-CP, CP*

Heartsaver First Aid CPR AED

Heartsaver First Aid CPR/AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical service (EMS) arrives. It is designed to meet OSHA requirements. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use. Written and practical skills (hands-on-manikin simulation) evaluation and testing are required for course completion. Upon successful completion each participant will receive a course completion card in approximately two weeks. Registration one week prior to course start date is required. Due to the nature of the course you must arrive on time. No admittance after stated start time.

CPRR:706 | $99

500	W 8:30am-4:30pm *Nov. 6*	**Gordon Back** *FV - CWI, 136*

CPR Instructor Course

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

CPRR:708 | $250

400	F 8am-5pm *Oct. 25*	 *FP-G Tower, 121*

CPR Instructor Renewal

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

CPRR:709 | $65

450	Th 6pm-10pm *Sept. 19*	 *FP-G Tower, 121*
400	F 8am-Noon *Dec. 13*	 *FP-G Tower, 121*

Heartsaver AED: Adult and Pediatric

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

CPRR:710 | $65

700	Tu 6pm-9:30pm *Oct. 22*	**Gail Back** *Selvidge Mid. School, LIBR*
701	Tu 6pm-9:30pm *Nov. 12*	**Gail Back** *Rockwood South Mid. Sch., CAFE*
C01	W 6pm-9:30pm *Oct. 2*	**Gail Back** *Corp. College, 210*

Heartsaver AED: Infant and Child

This American Heart Association Heartsaver AED: Infant/Child course is designed to teach infant/child CPR, AED and relief of foreign body airway obstruction to all lay rescuers, particularly those who are expected to respond to infant and child related emergencies in the workplace - such as day care providers. Written and practical skills (hands-on-manikin simulation) evaluation and testing are required for course completion. Registration one week prior to course start date is required. Due to the nature of the course you must arrive on time. No admittance after stated start time.

CPRR:710 | $55

480	Sa 8:30am-Noon *Sept. 21*	**Carol Pikey** *FP-G Tower, 121*
580	Sa 8:30am-Noon *Oct. 5*	**Carol Pikey** *FV-CDC, 112*
680	Sa 8:30am-Noon *Nov. 2*	**Carol Pikey** *MC-CP, CP*
581	Sa 8:30am-Noon *Dec. 14*	**Carol Pikey** *FV-CDC, 112*

Heartsaver Pediatric First Aid

The Heartsaver Pediatric First Aid course is designed to meet the regulatory and credential training requirements for child care workers. The course is designed for child care workers, teachers, foster care workers, camp counselors, youth group leaders, coaches and others responsible for children. The course teaches basic first aid. Registration one week prior to course start date is required. No admittance after stated start time

CPRR:711 | $55

480	Sa 12:30pm-4pm *Sept. 21*	**Carol Pikey** *FP-G Tower, 121*
580	Sa 12:30pm-4pm *Oct. 5*	**Carol Pikey** *FV-CDC, 112*
680	Sa 12:30pm-4pm *Nov. 2*	**Carol Pikey** *MC-CP, CP*
581	Sa 12:30pm-4pm *Dec. 14*	**Carol Pikey** *FV-CDC, 112*

American Heart Association. | AUTHORIZED TRAINING CENTER

St. Louis Community College
American Heart Association Training Center

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

For individuals, call 314-984-7777 to register.
For businesses and groups, call 314-644-9931.

St. Louis Community College

stlcc.edu/ce

RESTAURANT MANAGEMENT

ServSafe Food Safety Certification

St. Louis City and St. Louis County Health Departments require that at least one person within each food service facility be certified in food safety. This nationally recognized class offers this training to individuals who are employed by, manage, or own food service operations in the hospitality industry. The second class concludes with the exam. Fee includes textbook, answer sheet, and proctored exam. Those achieving a grade of 75% or higher on the exam will be awarded a ServSafe certificate. Bring a sack lunch to class.

RMGT:700 | $169

580	Sa 8am-3pm *Sept. 28 – Oct. 12* *No Class 10/5*	**Almut Stephan Marino** *FV-B, 243*
680	Sa 8am-3pm *Oct. 26 – Nov. 9* *No Class 11/2*	**Almut Stephan Marino** *MC-SO, 108*

ServSafe Food Safety Certification Review and Retest

This class is only for those who were not successful on a recent exam. It is recommended that you study the text before coming to class. An opportunity to ask review questions will be provided before re-attempting the exam. Fee includes answer sheet and proctored exam. Those achieving a grade of 75% or higher on the exam will be awarded the nationally-recognized ServSafe certificate.

RMGT:700 | $79

581	Sa 8am-3pm *Oct. 12*	**Almut Stephan Marino** *FV-B, 243*
681	Sa 8am-3pm *Nov. 9*	**Almut Stephan Marino** *MC-SO, 108*

FITNESS TRAINING

Become a Certified Personal Trainer with STLCC and ACE Personal Fitness Training.

NEW ACE Personal Trainer Certification

Ready for a career change? Become a CERTIFIED PERSONAL TRAINER! Designed to give you the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become an effective personal trainer, this course presents the ACE Integrated Fitness Training™ (ACE IFT™) Model as a comprehensive system for designing individualized programs based on each client's unique health, fitness, and goals. The information covered and the ACE IFT Model will help you learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/GED. For more information on ACE Certification, please call 800-825-3636 Ext. 729. Fee includes cost of exam, textbook, study guide, and sample test. Voucher for exam must be used within 6 months of course start date. Class is not eligible for Senior Scholarship.

PEDU:753 | $695

680	Sa 8:30am-12:30pm *Sept. 14 – Nov. 16*	**Eric Vahey** *MC-BA, 112*

COMPUTERS AND TECHNOLOGY

APPLICATIONS AND SYSTEMS

Microsoft Windows 7: In a Day

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

COMP:705 | $99

S01	F 9am-4pm *Sept. 27*	**Patti Bossi** *SCEUC, 206*
S02	W 9am-4pm *Dec. 4*	**Patti Bossi** *SCEUC, 206*

Microsoft Windows 7: Introduction

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

COMP:705 | $109

S03	W 9am-12:10pm *Oct. 9 – Nov. 13*	**Patti Bossi** *SCEUC, 206*

Overview of Microsoft Office 2010: In a Day

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

COMP:713 | $89

480	Sa 9am-4pm *Sept. 7*	*FP-E Tower, 310*

Microsoft Word 2010: In a Day

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

COMP:713 | $99

680	Sa 9am-4pm *Nov. 2*	*MC-BA, 202*

Microsoft Office Specialist Certifications

NEW Microsoft Office Specialist (MOS) Certification for Word 2010

Master Microsoft Word 2010 and gain an edge in today's competitive job market. Earning a Microsoft Office Specialist (MOS) certification in Word helps you differentiate yourself in today's market whether you're an established professional or new to the field. Plus students who complete the entire Microsoft Office Specialist training earn about 12% more than employees who aren't certified. This course includes intensive, hands-on instructor led training, certificate test preparation and the certification exam. Candidates must pass the certification exam in order to earn this MOS certification. Prerequisite: Students must have basic computer skills. The certification test prep and exam will be held on Saturday, October 19, 8am-5pm.

COMP:715 | $449

CP1 TuTh 5pm-9pm
Sept. 3 – Oct. 17 *Corp. College, 208*
Sa 8am-5pm
Oct. 19 *Corp. College, 208*

NEW Microsoft Office Specialist (MOS) Certification for Outlook 2010

Master Microsoft Outlook 2010 and gain an edge in today's competitive job market. Earning a Microsoft Office Specialist (MOS) certification in Outlook helps you differentiate yourself in today's market whether you're an established professional or new to the field. Plus students who complete the entire Microsoft Office Specialist training earn about 12% more than employees who aren't certified. This course includes intensive, hands-on instructor led training, certificate test preparation and the certification exam. Candidates must pass the certification exam in order to earn this MOS certification. Prerequisite: Students must have basic computer skills. The certification test prep and exam will be held on Sunday, November 17, 9am-4pm. No class 10/31.

COMP:719 | $229

CP2 TuTh 5pm-9pm
Oct. 29 – Nov. 14 *Corp. College, 208*
Su 9am-4pm
Nov. 17 *Corp. College,208*

NEW Microsoft Office Specialist (MOS) Certification for Powerpoint 2010

Master Microsoft PowerPoint 2010 and gain an edge in today's competitive job market. Earning a Microsoft Office Specialist (MOS) certification in Powerpoint helps you differentiate yourself in today's market whether you're an established professional or new to the field. Plus students who complete the entire Microsoft Office Specialist training earn about 12% more than employees who aren't certified. This course includes intensive, hands-on instructor led training, certificate test preparation and the certification exam. Candidates must pass the certification exam in order to earn this MOS certification. Prerequisite: Students must have basic computer skills. The certification test prep and exam will be held on Saturday, December 14, 9am-4pm.

COMP:730 | $249

CP3 TuTh 5pm-9pm
Nov. 19 – Dec. 10 *Corp. College, 208*
Sa 9am-4pm
Dec. 14 *Corp. College, 206*

Overview of Office 2010 for Business

Learn the basic programs and features of the MS Office Suite. Create and edit Word documents, create formulas in Excel spreadsheets, and develop PowerPoint presentations.

COMP:713 | $129

C01 F 9am-4pm — **Cris Heffernan**
Sept. 13 *Corp. College, 206*

Microsoft Word 2010: In a Day

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

COMP:715 | $99

300 F 9am-4pm
Sept. 13 *WW, 206*

Build your technology foundation with Computers and Technology courses at STLCC.

Microsoft Word 2010 Basics for Business

Learn to create professional looking business documents using this powerful word processing software. Discover how editing and formatting tools are at your fingertips as you work with the toolbar ribbon. Leave with the skills to create a document, format, change styles and fonts, cut/paste, import text, and edit a document with confidence. Prerequisite: Windows Introduction class or equivalent experience.

COMP:715

C01 F 9am-4pm — **Cris Heffernan**
Sept. 20 *Corp. College, 206*

Microsoft Word 2010: In a Day

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

COMP:715 | $99

S01 W 9am-4pm — **Patti Bossi**
Nov. 20 *SCEUC, 206*

Microsoft Excel 2010: In a Day

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

COMP:720 | $99

680 Sa 9am-4pm
Sept. 7 *MC-BA, 203*
480 Sa 9am-4pm
Nov. 16 *Corp. College, 206*
681 Sa 9am-4pm
Dec. 14 *MC-BA, 202*

Microsoft Excel 2010: Introduction

Create spreadsheets using Microsoft Excel. Learn Excel terminology, to navigate the Excel window, and the basic characteristics of a worksheet and workbook. Enter text values and formulas, move and copy data, format worksheet appearance, and work with charts. Prerequisite: Windows Introduction class or equivalent experience.

COMP:720 | $149

750 W 6:30pm-9:40pm — **Roy Lenox**
Sept. 4 – Oct. 2 *Kirkwood H.S., W 205*

Microsoft Excel 2010: Intermediate

This course is a continuation of our Introduction to Excel class. Further your spreadsheet skills by managing multiple sheet workbooks, creating more complex formulas and functions, enhancing the appearance of your document, and by creating custom reports with pivot tables and pivot charts. Prerequisite: Microsoft Excel Introduction class or equivalent experience.

COMP:721 | $149

750 W 6:30pm-9:40pm — **Roy Lenox**
Oct. 16 – Nov. 13 *Kirkwood H.S., W 205*

Introduction to Microsoft Excel 2010 for Business

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

COMP:721 | $129

CO1 F 9am-4pm — **Cris Heffernan**
Sept. 27 *Corp. College, 206*

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

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

COMP:722 | $129

C02 F 9am-4pm — **Cris Heffernan**
Oct. 11 *Corp. College, 206*

Microsoft Access 2010: In a Day

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

COMP:725 | $99

680 Sa 9am-4pm
Sept. 28 *MC-BA, 212*
C01 F 9am-4pm — **Cris Heffernan**
Dec. 13 *Corp. College, 206*

Introduction to Microsoft Access 2010 for Business

Learn the foundations to plan and design a database system. Learn to create and work with tables, forms, and reports; use queries; and create and maintain a database.

COMP:725 | $129

CO2 F 9am-4pm — **Cris Heffernan**
Oct. 18 *Corp. College, 206*

Intermediate Access 2010 for Business

Get the skill you need to enhance your database designs. Learn to query multiple tables for customized forms and reports, create more complex queries, and customize forms.

COMP:726 | $129

C02 F 9am-4pm — **Cris Heffernan**
Oct. 25 *Corp. College, 206*

Microsoft PowerPoint 2010: In a Day

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

COMP:730 | $99

600	Sa 9am-4pm *Sept. 21*	*MC-BA, 203*
C80	Sa 9am-4pm *Nov. 9*	*Corp. College, 206*

QuickBooks Pro 2013

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

COMP:734 | $149

750	Tu 6:30pm-9:30pm *Aug. 27 – Oct. 1* *No Class 9/3*	**Kerry Woodruff** *Kirkwood H.S., W 200*
751	Tu 6:30pm-9:30pm *Oct. 8 – Nov. 5*	**Kerry Woodruff** *Kirkwood H.S., W 200*
752	W 6:30pm-9:30pm *Nov. 6 – Dec. 11* *No class 11/27*	**Kerry Woodruff** *Kirkwood H.S., W 200*

Computer Aided Drafting (AutoCAD 2013) Introduction

Students will be introduced to the fundamentals of AutoCAD. Students will become familiar with basic commands and begin to produce basic drawings. Students will come away from this class with a good solid foundation for drafting using AutoCAD 2013. Prerequisite: Windows Introduction class or equivalent experience.

COMP:770 | $399

700	Tu 6:30pm-9:30pm *Sept. 3 – Nov. 26*	**Rolland Garrison** *Rockwood Summit H.S., 413*

COMPUTER MAINTENANCE

How to Tune Up a PC

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

COMP:793 | $25

550	Sa 9am-Noon *Oct. 5*	**Robert Lewis** *FV-B, 127*
680	Sa 9am-Noon *Nov. 2*	**Patrick Karl** *MC-BA, 208*

How to Troubleshoot Your PC

This course will cover the concepts of diagnosing and troubleshooting a PC that isn't running correctly. Learn the basics of paring down issues to find what a probable cause and subsequent fix may be. Learn the basics of how the computer's components work together and how you can work with them to discover what may be causing issues that cause poor performance. Topics will include common issues with PC hardware and software and how to resolve them. Prerequisite: Windows Introduction class or equivalent experience.

COMP:794 | $35

S80	Sa 9am-1pm *Sept. 28*	**Patrick Karl** *MC-BA, 216*

DATA Digital Arts and Technology Alliance

Digital Media

Professional Workshops

Call 314-984-7019 with questions.

Adobe Photoshop CS6 for Professionals - the First Step

This workshop introduces practical methods for working with the software. Carefully crafted tutorials provide an overview and reinforce the student's understanding of Photoshop tools, including Layers, Making Selections, Masking, Basic Color, the Type tool, Extraction Filter, Image Resolution, and the conversion from RGB to Grayscale. Image repairs with the Healing Patch and Clone Stamp will be explored. The ability to create unique fictional images without a camera or scanner will be introduced. Lots of discussion and guided demonstrations by a Photoshop expert will encourage class participation in an atmosphere of mutual support.

CVTW:701 | $129

600	F 8:30am-4:30pm *Aug 30*	**Zak Zych** *MC-HE, 233*

Adobe Photoshop CS6 for Professionals - the Next Step

This workshop presents essential techniques for graphic designers, photographers and digital artists who are already regular users of Photoshop. This level of instruction will demonstrate precise selections using the pen tool and compositing two images together based on displacement maps. You will explore the brush engine, typography, filters, channels, advanced masking and the new vanishing point tool. Be prepared for an intensive hands-on learning experience that will assist you in expanding creativity.

CVTW:701 | $129

601	F 8:30am-4:30pm *Sept. 13*	**Zak Zych** *MC-HE, 233*

Intro to Adobe Photoshop Lightroom 4

This workshop introduces the basics of Lightroom 4. A powerful and comprehensive set of digital photography tools that enable you to organize and bring out the best in your images, achieving amazing image quality. Lightroom 4 is designed as an end-to-end photographic workflow process for both amateur and professional photographers.

CVTW:701 | $129

602	Sa 8:30am-4:30pm *Nov. 9*	**Charles LaGarce** *MC-HE, 233*

Adobe InDesign CS6 for Professionals- the First Step

Enhance your graphic design skills and productivity with InDesign. Learn how to import illustrations and photos and set type correctly for flyers, brochures, and other basic applications. Learn how to convert Quark documents into Adobe InDesign documents. Learn key commands and other great tips for making easy work of your layouts.

CVTW:702 | $129

600	F 8:30am-4:30pm *Sept. 6*	**D Tjaden** *MC-HE, 233*

Adobe InDesign CS6 for Professionals- the Next Step

Don't know the best way to set up your brochure or multipage document? Learn how to optimize your page set up for better productivity. Modern typesetting techniques, including examples from the top magazines, show you how to make your document look great. Introduction to style sheets allows you to keep your work looking consistent and professional.

CVTW:702 | $129

601	F 8:30am-4:30pm *Sept. 27*	**D Tjaden** *MC-HE, 233*

Adobe Illustrator CS6 for Professionals-the First Step

Is Illustrator still a mystery to you? Enter the world of vector graphics with this introductory workshop. Demystify anchor points, paths, and Bezier curves. You'll transform shapes into graphic images. Explore the tool box and basic commands to boost your vector confidence. Learn to use gradients, gradient mesh, compound paths, blends, envelopes, live paint, type tools, and more to achieve professional results. Save template and palette libraries to speed your workflow

CVTW:702 | $129

602	F 8:30am-4:30pm *Nov. 1*	**D Tjaden** *MC-HE, 233*

Adobe Illustrator CS6 for Professionals - the Next Step

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

CVTW:702 | $129

603	F 8:30am-4:30pm *Nov. 15*	**D Tjaden** *MC-HE, 233*

Corel Painter 12 for Professionals - the First Step

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

CVTW:703 | $129

680	Sa 8:30am-4:30pm *Sept. 28*	**James Leick** *MC-HE, 233*

Corel Painter 12 for Professionals - the Next Step

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

CVTW:703 | $129

681	Sa 8:30am-4:30pm *Dec. 7*	**James Leick** *MC-HE, 233*

AfterEffects for Professionals - the First Step

Gain understanding and skill in utilizing AfterEffects to create motion graphics. We focus on learning the interface in AfterEffects, putting graphics in motion and rendering finished movie and animation projects. Participants will also explore a workflow between Photoshop and AfterEffects. Be prepared for an intensive hands-on learning experience.

CVTW:704 | $129

600	F 8:30am-4:30pm *Sept. 20*	**Timothy Linder** *MC-HE, 233*

AfterEffects for Professionals - the Next Step

Now that you know the basics of adding assets and key framing motion in AfterEffects, investigate more advanced techniques. Get a deeper understanding of options in the effects panel and other topics including background keying, motion tracking and the 3D workspace. Be prepared for an intensive, hands-on learning experience.

CVTW:704 | $129

601 F 8:30am-4:30pm — **Timothy Linder**
Oct. 18 — *MC-HE, 233*

Animated Film: Photoshop CS6 Quickstart for Professionals

Using Adobe Photoshop CS6, students will learn how to get to the final digital stages of creating an animated film. Learn and experience film analysis, visual development and research, inspiration, composition, staging and formats, rhythm and style variety, value and color, plus the basics of storyboarding. Then to a finished computer animation!

CVTW:704 | $129

680 Sa 8:30am-4:30pm — **Anthony Carosella**
Nov. 2 — *MC-HE, 233*

Maya for Professionals - the First Step

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

CVTW:704 | $129

681 Sa 8:30am-4:30pm — **Joseph Rollins**
Nov. 2 — *MC-HE, 136*

Digital Storytelling for Professionals

Using Photoshop and iMovie, this workshop will immerse beginners into the art of crafting and capturing a story electronically. From idea generation and basic scripting in the morning, this workshop will allow participants to create a short story in the afternoon. Students should come prepared with a story they want to tell. Bring your own videos and photos to include.

CVTW:706 | $129

680 Sa 8:30am-4:30pm
Sept. 21 — *MC-HE, 136*

Final Cut Pro X - Video Editing: the First Step

An introduction to professional video editing for people that have used iMovie or some other consumer editing software and want to expand their skills. Learn to import video, arrange clips and transitions. Add titles and trim edits to fine tune your video.

CVTW:706 | $129

681 Sa 8:30am-4:30pm — **Anthony Carosella**
Sept. 28 — *MC-HE, 136*

Final Cut Pro X: Video Editing: the Next Step

Learn how to share your projects in one click to your Apple devices, the web, Blu-ray Disc, and DVD. Collaborate in real time from anywhere in the world with support for iChat Theater. Change clip speeds with ease using redesigned speed tools. Enjoy dozens of additional enhancements, including native support for AVC-Intra, streamlined alpha transition creation, improved markers, large timecode window, and more.

CVTW:706 | $129

682 Sa 8:30am-4:30pm — **Anthony Carosella**
Oct. 5 — *MC-HE, 233*

Video Editing for Professionals Using Avid Media Composer 6

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

CVTW:706 | $129

683 Sa 8:30am-4:30pm — **Anthony Carosella**
Nov. 16 — *MC-HE, 136*

How to Convert Photos to Paintings

This workshop provides a resource for the growing number of professional photographers, web designers, printers, creative directors, production supervisors, artists, advertising executives or publishers to learn how to change photos to paintings.

CVTW:710 | $129

600 F 8:30am-4:30pm — **Edward Engel**
Oct. 11 — *MC-HE, 233*

GoPro HD Hero Camera for Professionals and Adventures

Professional photographers and videographers will learn how to use the full range of features offered on the GoPro HD Hero Camera. Focus will be given on learning how to use it as a still camera, a timelapse camera, and as an HD video camera capable of filming in difficult conditions. Students will also learn how to edit photos and videos using GoPro's software. Action photographers will learn how to attach the GoPro camera to helmets, bikes, surfboards, ski binding and cars. Be prepared for an intense learning experience.

CVTW:710 | $129

680 Sa 8:30am-4:30pm — **Anthony Carosella**
Sept. 21 — *MC-HE, 233*

Graphic Design for Digital Photographers

Tired of hiring a graphic designer to do your design work? Wish you could use Photoshop and do the design work on your next project? You can! You will learn four secrets to great graphic design that will ensure your promotional materials will always look their best. You will put these design elements into practice on several projects including a business card, an ad, and an event flyer. Bring your own digital files to use or we can provide some.

CVTW:710 | $129

681 Sa 8:30am-4:30pm — **Darlene McGee**
Oct. 5 — *MC-HE, 136*

Professional Photo Repair and Restoration - the First Step

Learn how to professionally repair, preserve, and enhance old photos. Using a variety of techniques, participants in this workshop will correct damaged facial features, removed scratches or surface cracking, repair areas with missing pieces, repair wrinkling, yellowing, and staining. Students will also learn how to remove or combine objects and people from different photos as well as to remove and replace backgrounds.

CVTW:710 | $129

682 Sa 8:30am-4:30pm — **Michael Swoboda**
Oct. 12 — *MC-HE, 233*

Professional Photo Repair and Restoration - the Next Step

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

CVTW:710 | $129

683 Sa 8:30am-4:30pm — **Michael Swoboda**
Oct. 26 — *MC-HE, 233*

Digital Architectural Photography for Professionals

Acclaimed photographer Richard Sprengeler will lead a day-long workshop in creating successful photographs of architecture. Methods for approaching composition, exposing for varied lighting conditions and raw image processing will be explored. Some experience with Adobe Photoshop and Lightroom is preferred. A tripod and DSLR are recommended, but not required.

CVTW:710 | $129

684 Sa 8:30am-4:30pm
Oct. 19 — *MC-HE, 136*

Professional Digital Photography with Lighting Control and HDR

Learn your camera controls and how to set them. You will perfect your skills in dealing with varied light sources and wide ranges of light using the techniques available through high dynamic resolution (HDR) software and functions. Learn to apply similar principles to product photography to bring out fine details.

CVTW:710 | $129

685 Sa 8:30am-4:30pm — **Darlene McGee**
Nov. 23 — *MC-HE, 233*

iBooks Author - Idea Ready with Graphics and Words

Take your book idea to the next level using your own story and graphics and iBooks Author (an amazing new app). Create beautiful multi-touch textbooks, and just about any other kind of book, for Apple's iPad. Build content with easy to use galleries, video, interactive diagrams and 3D object templates. Make your story come to life and "pop" on the screen in ways the printed page never could.

CVTW:712 | $129

600 F 8:30am-4:30pm — **Edward Engel**
Oct. 25 — *MC-HE, 233*

iPad for Professionals - Changing Business Forever

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

CVTW:712 | $129

680 Sa 8:30am-4:30pm — **Anthony Carosella**
Sept. 14 — *MC-HE, 136*

Creating Photo Books with Apple's iPhoto

It's time to take those cherished photos of your child's first year or special event and present them in a beautiful, hand-bound book. Bring your photos on a flash drive, CD, or external hard drive. Come to class ready to design and create your first photo book. Cost of printing book not included in class.

CVTW:712 | $129

681 Sa 8:30am-4:30pm — **Edward Engel**
Nov. 16 — *MC-HE, 233*

Social Media Marketing for Professionals

This social media workshop will cover the concepts and application of social media marketing and will equip you with skills needed to plan and implement a successful social media marketing strategy. Topics will include the use of email marketing, using social media tools such as Twitter, blogging, and how to use Facebook to create a fan page and increase traffic to your business page.

CVTW:713 | $129

600 F 8:30am-4:30pm — **Anthony Carosella**
Dec. 6 — *MC-HE, 233*

3D Printing Workshop for Beginners

Have you ever wished that you had the power to design anything your heart desired and have it magically created out of thin air? Now you can. Learn how to design and print objects using software such as Adobe Illustrator, Google Sketch Up or Blender. Explore how digital design can reveal new ideas and provide fresh inspiration for your future projects. The workshop consists of two parts, an introduction to 3D design and a demonstration of a MakerBot Replicator 2 printer. Class is suitable for beginners. No code writing or 3D printing experience required. Knowledge of any other 3D printing software is helpful, but not required.

CVTW:713 | $129

680 Sa 8:30am-4:30pm
Oct. 12 *MC-HE, 136*

Creativity and the Cloud for Professionals

This course goes through the various aspects of using cloud storage to organize and store your digital assets. Learn about cloud storage services such as Google Drive and how to use apps and plugins to create, store, and manage all of your digital information. Learn about security best practices to ensure you keep your information safe and secure. Other cloud storage services covered are Drop Box and Wiggio.

CVTW:713 | $129

681 F 8:30am-4:30pm **Kevin Ward**
Nov. 22 *MC-HE, 233*

WordPress for Professionals

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

CVTW:750 | $129

600 F 8:30am-4:30pm **Kevin Ward**
Oct. 4 *MC-HE, 233*

HTML & CSS for Marketing and Business Professionals

This two day seminar will take you through the basics of HTML and CSS as it is used in online marketing areas such as email marketing and content management systems. Day 1 covers the basics of HTML and CSS and how they are used to structure graphics, copy, and other web content. Day 2 covers the practical side of building templates for email and web pages. This is an information intensive course, come ready to learn a lot.

CVTW:750 | $129

601 F 8:30am-4:30pm **Kevin Ward**
Nov. 8 *MC-HE, 233*
Sa 8:30am-4:30pm
Nov. 9 *MC-HE, 233*

EZ Websites for Professionals - the First Step

Learn to create a professional website using a free platform. Students will learn how to register a domain name and use free website tools and templates to create and maintain a professional website.

CVTW:750 | $129

680 Sa 8:30am-4:30pm **Kevin Ward**
Sept. 7 *MC-HE, 136*

EZ Websites for Professionals - the Next Step

This workshop starts where the First Step left off. Learn about website usability and how to improve visitor use of your website. Increase traffic to your website with search engine optimization, using keywords, copy and images techniques. Learn how to register your website with search engines and directories to improve visibility. Learn what's going on with your website, how to track, collect, measure, and use information with website analytics. Learn all about plug-ins and how to use them.

CVTW:750 | $129

681 Sa 8:30am-4:30pm **Kevin Ward**
Sept. 14 *MC-HE, 233*

Dreamweaver - Quick Start for Professionals

In this workshop students will learn how to setup and use the Dreamweaver site manager. We will use the automated templates to create cascading style sheet (CSS) based layouts and then use those layouts to build a basic web template including copy, image links, and basic design for all of the other pages of your website. This course also covers basic design principles for the creation of a professionally engaging website.

CVTW:750 | $129

682 Sa 8:30am-4:30pm **Kevin Ward**
Oct. 26 *MC-HE, 136*

Dreamweaver for Professionals - Advanced Techniques

Picking up from where Quick Start ends, this workshop takes you through some of the advanced tools available in Dreamweaver CS6. You will also be learning some advanced image and design techniques, enabling you to significantly improve the capabilities of your website.

CVTW:750 | $129

683 F 8:30am-4:30pm **Kevin Ward**
Dec. 13 *MC-HE, 233*

Web Analytics for Professionals

In this workshop you will learn how website analytics, work basic assumptions, assumed interest, what does a "hit" really mean, measuring accuracy and how to apply this information to improved sales and profits.

CVTW:750 | $129

684 Sa 8:30am-4:30pm **Kevin Ward**
Dec. 7 *MC-HE, 233*

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St. Louis Community College Continuing Education

Intermediate Access 2010 for Business

Get the skill you need to enhance your database designs. Learn to query multiple tables for customized forms and reports, create more complex queries, and customize forms.

COMP:726 | $129

C02 F 9am-4pm **Cris Heffernan**
Oct. 25 *Corp. College, 206*

Microsoft PowerPoint 2010: In a Day

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

COMP:730 | $99

600 Sa 9am-4pm
Sept. 21 *MC-BA, 203*

C80 Sa 9am-4pm
Nov. 9 *Corp. College, 206*

QuickBooks Pro 2013

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

COMP:734 | $149

750 Tu 6:30pm-9:30pm **Kerry Woodruff**
Aug. 27 – Oct. 1 *Kirkwood H.S., W 200*
No Class 9/3

751 Tu 6:30pm-9:30pm **Kerry Woodruff**
Oct. 8 – Nov. 5 *Kirkwood H.S., W 200*

752 W 6:30pm-9:30pm **Kerry Woodruff**
Nov. 6 – Dec. 11 *Kirkwood H.S., W 200*
No class 11/27

Computer Aided Drafting (AutoCAD 2013) Introduction

Students will be introduced to the fundamentals of AutoCAD. Students will become familiar with basic commands and begin to produce basic drawings. Students will come away from this class with a good solid foundation for drafting using AutoCAD 2013. Prerequisite: Windows Introduction class or equivalent experience.

COMP:770 | $399

700 Tu 6:30pm-9:30pm **Rolland Garrison**
Sept. 3 – Nov. 26 *Rockwood Summit H.S., 413*

COMPUTER MAINTENANCE

How to Tune Up a PC

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

COMP:793 | $25

550 Sa 9am-Noon **Robert Lewis**
Oct. 5 *FV-B, 127*

680 Sa 9am-Noon **Patrick Karl**
Nov. 2 *MC-BA, 208*

Go to the Head of the Class! Registration begins August 5.

How to Troubleshoot Your PC

This course will cover the concepts of diagnosing and troubleshooting a PC that isn't running correctly. Learn the basics of paring down issues to find what a probable cause and subsequent fix may be. Learn the basics of how the computer's components work together and how you can work with them to discover what may be causing issues that cause poor performance. Topics will include common issues with PC hardware and software and how to resolve them. Prerequisite: Windows Introduction class or equivalent experience.

COMP:794 | $35

S80 Sa 9am-1pm *Sept. 28* — **Patrick Karl** *MC-BA, 216*

DESKTOP PUBLISHING

Adobe InDesign CS6: In a Day

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

COMP:731 | $99

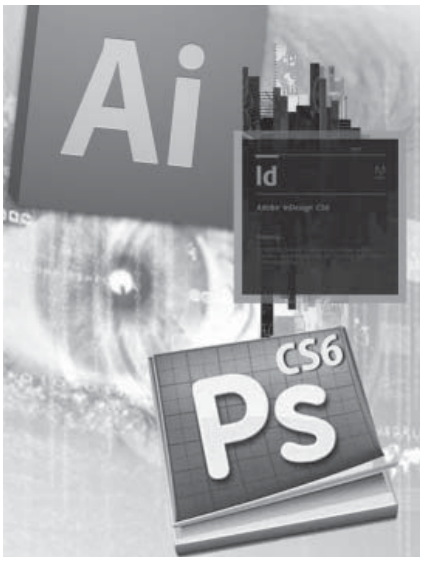
C80 Sa 9am-4pm *Nov. 2* — *Corp. College, 206*

Microsoft Publisher 2010: In a Day

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

COMP:731 | $99

680 Sa 9am-4pm *Sept. 14* — *MC-BA, 203*



Build expertise in Adobe products with InDesign, Illustrator and Photoshop classes at St. Louis Community College.

Adobe InDesign CS6: Introduction

This course is designed for students with little or no working knowledge of digital page layout design software programs. Students will gain an understanding of the tools, menus and palettes required to produce digital page layout, including placement of text and pictures and typographic designs control. Prerequisite: Windows Introduction class or equivalent experience.

COMP:731 | $99

650 Th 6pm-9pm *Oct. 3 – Oct. 24* — **Jane Kaiser** *MC-BA, 208*

Adobe Illustrator CS6: In a Day

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

COMP:752 | $99

C80 Sa 9am-4pm *Nov. 23* — *Corp. College, 206*

Adobe Illustrator CS6: Introduction

This course is designed for students with little or no working knowledge of creating vector art objects or typographic designs for print. Students will gain an understanding of the tools, menus and palettes required to create and edit vector art object and typographic designs, using color on layers. Prerequisite: Windows or MacIntosh Introduction class or equivalent experience

COMP:752 | $109

650 Th 6pm-9pm *Sept. 5 – Sept. 26* — **Jane Kaiser** *MC-BA, 202*

Adobe Photoshop CS6 Intermediate: In a Day

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

COMP:755 | $99

C81 Sa 9am-4pm *Oct. 12* — **Zak Zych** *Corp. College, 206*

Adobe Photoshop CS6: In a Day

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

COMP:755 | $99

C80 Sa 9am-4pm *Oct. 5* — **Zak Zych** *Corp. College, 206*

300 F 9am-4pm *Sept. 6* — **Zak Zych** *WW, 209*

Adobe Photoshop CS6: Introduction

This course, utilizing Adobe Photoshop CS6 software, shows students how to manipulate digital images from a digital camera, previously scanned images, or internet graphics. Concepts covered include Selection Tools, Paintbrush Tools, Layers and Masking. Students will work hands-on with a wide variety of images. Prerequisite: Windows Introduction class or equivalent experience.

COMP:755 | $129

350 W 6pm-9pm *Oct. 23 – Nov. 13* — **Zak Zych** *WW, 206*

680 Su Noon-3pm *Sept. 8 – Sept. 29* — **Zak Zych** *MC-BA, 203*

Adobe Photoshop CS6: Intermediate

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

COMP:755 | $129

682 Su Noon-3pm *Oct. 6 – Oct. 27* — **Zak Zych** *MC-BA, 203*

Adobe Photoshop CS6: Advanced

Adobe Photoshop CS6 advanced builds on the skills learned in the beginning and intermediate classes covering subjects including the Brush Engine, Displacement Maps, Channels, Sharpening, Actions and Shadow and Highlight adjustments. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Intermediate class.

COMP:755 | $135

684 Su Noon-3pm *Nov. 3 – Nov. 24* — **Zak Zych** *MC-BA, 203*

Mobile computing is becoming a powerful technology for everyone giving access to information, anytime and anywhere. Take one or our mobile basics classes and open the door to a new world.

MOBILE BASICS

Android Smart Phone Basics

Did you finally break down and purchase an Android smart phone only to discover that you can barely use it? Come to this class to learn the basics and functionality of an Android smart phone. Please note universal functions of the Android Operating system will be taught and that specific "apps" may vary from phone to phone. Students must bring their own Android phone to the class. This class will only discuss Android phones. Other smart phone devices will not be covered.

COMP:765 | $25

C80 Sa 9am-Noon *Nov. 2* — *Corp. College, 208*

Learn the Basics of an iPhone

Did you finally break down and purchase an iPhone only to discover that you can barely use it? Come to this class to learn the basics and functionality of an iPhone. Please note universal functions of the iPhone platform will be taught and that specific "apps" may vary from phone to phone. Students must bring their own iPhone to the class. This class will only discuss the Apple iPhone. Other smart phone devices will not be covered.

COMP:765 | $25

550	Th 6pm-9pm *Sept. 19*	**Jeffrey Morgan** *SCEUC, 206*
C82	Sa 9am-Noon *Nov. 9*	**Jeffrey Morgan** *Corp. College, 208*

Learn the Basics of an iPad

Did you finally break down and purchase an iPad only to discover that you can barely use it? Come to this class to learn the basics and functionality of an iPad. Please note universal functions of the iPad platform will be taught and that specific "apps" may vary from iPad to iPad. Students must bring their own iPad to the class. This class will only discuss the Apple iPad. Other tablet devices will not be covered.

COMP:765 | $25

S50	Th 6pm-9pm *Sept. 12*	**Jeffrey Morgan** *SCEUC, 206*
C81	Sa 9am-Noon *Nov. 16*	**Jeffrey Morgan** *Corp. College, 208*

NETWORKS AND SECURITY

How to Network Computers

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

COMP:792 | $21

550	Sa 9am-Noon *Oct. 26*	**Robert Lewis** *FV-B, 127*

Combatting Viruses, Spyware & Other Malicious Software

Learn how to deal with the great plague of our time, Malware. Short for Malicious Software, Malware is a constant threat to any computer that has Internet access. Malware encompasses such malefactors as Spyware, Viruses, Worms and Spam, among many others. Is your computer running slower than when you bought it, even with upgrades? Chances are you have some form of Malware on your system. Find out about the tools and practices available to keep your computer running in tip-top shape and Malware free! Prerequisite: Windows Introduction class or equivalent experience.

COMP:795 | $49

S80	Sa 9:30am-12:30pm *Sept. 7 – Sept. 21*	**Patrick Karl** *MC-BA, 212*

Home and Office Computer Security

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

COMP:795 | $25

550	Sa 9am-Noon *Oct. 12*	**Robert Lewis** *FV-B, 127*

PERSONAL COMPUTING

Personal Computers - Introduction: In a Day

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

COMP:701 | $99

580	Sa 9am-4pm *Sept. 14*	*FV-B, 127*
480	Sa 9am-4pm *Oct. 12*	*FP-E Tower, 310*

NEW Personal Computers & Technology: Introduction

Do you call yourself "computer illiterate"? Does current technology boggle your mind? Then this class is for you! Build a strong foundation for your computer skills and get familiar with other digital technologies. This course emphasizes hands-on experience using a PC to teach essential concepts and commands and develop user confidence. Basic terms regarding computer hardware, software and current technology are covered, as are basics regarding the use of computers, printers, and drives. It's a class designed for those with little or no computer skills.

COMP:701 | $99

S01	W 9am-Noon *Sept. 4 – Sept. 25*	**Patti Bossi** *SCEUC, 206*

Keyboarding: Learn to Type on the Computer

Do you use the hunt and peck method of typing? Keyboarding skills are essential fundamentals for all computer software applications. Learn where each key is and how to type more efficiently. Increase speed and accuracy. You will learn correct hand positions and how to use the alphabetic, numeric, symbol and shortcut keys. No class 10/14.

COMP:702 | $109

780	M 7pm-9pm *Sept. 30 – Dec. 9*	**Helen Ralston** *Lindbergh H.S., 107*

Introduction to eBay: Buying and Selling

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

COMP:742 | $49

S53	Tu 6:30pm-9pm *Nov. 5 – Nov. 12*	**William Bearden** *SCEUC, 209*

Learn to eBay: In a Day

Learn the basics of eBay in one day! Ebay gives you access to new and second-hand goods from shops and individuals around the world. It is popular with collectors and bargain hunters alike and is a great place to pick up everyday items and hard to get items. This course will explain the ins and outs of buying goods on ebay, such as: how online auctions work, the different ways items are sold and how to bid, how to register as a buyer, about feedback, search tips, and safe buying tips. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | $49

C02	Sa 9am-3pm *Sept. 7*	*Corp. College, 206*

Introduction to Craigslist

Craigslist is a fantastic website and provides a wonderful community service to cities all over the United States. This site is about more than just buying and selling. Come find out what all of the hype is about! Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | $25

650	Th 6pm-9pm *Oct. 3*	**Rachel Bufalo** *MC-BA, 202*

NEW Introduction to Youtube

Do you want to know how to build a bird house, cut a pomegranate properly or learn how to do a tricky crochet stitch? Check out Youtube! YouTube is a video-sharing website which users can upload, view and share videos. It is also the second largest search engine on the web! Youtube hosts a wide variety of user-generated video content, including movie clips, TV clips, and music videos, as well as amateur content such as video blogging, short original videos, and educational videos. Come to this class to learn the basics of how this handy website operates.

COMP:742 | $25

S50	Th 6pm-9pm *Nov. 14*	**Rachel Bufalo** *SCEUC, 207*

Introduction to Pinterest

Pinterest is now the third most popular social network on the web and it is only gaining momentum in popularity! Pinterest is a social photo sharing website that is also described as an online pin board. Its more than 10 million registered users, over 2 million of whom log in every day, "pin" photos, graphics, and videos into categories they create based on their own personal interests. Pinterest users also share their pins on Facebook and Tweet them. Come to this class to find out what it's all about and how to use it. Prerequisite: Personal Computers Introduction class or equivalent experience.

COMP:742 | $29

651	Th 6pm-9pm *Oct. 17*	**Rachel Bufalo** *MC-BA, 202*

Photoshop Elements: Basic Overview

This entry level course will introduce you to the basics of this incredible program. First we will learn the terminology of the program. Then we will touch on the "organizer" feature of Elements and learn what it does and what it can do for you. Next you will launch into the "editor" section including the tool bar and palette and edit a photo with basic techniques. Finally, we will embark on the "create" section and catch a glimpse of its amazing creativity. This course is designed to prepare you for the specialty classes of Adobe Elements. Photoshop Elements 9 will be used in class however, techniques can be applied to almost any version. Prerequisite: Windows Introduction class and Digital Pictures Introduction class or equivalent experience.

COMP:755 | $55

650	Tu 5pm-6:50pm *Nov. 5 – Nov. 26*	**Rachel Bufalo** *MC-BA, 202*

Photoshop Elements: Special Techniques and Retouching Faces

Bye-bye crow's feet! Want whiter teeth? No problem! Look fantastic in every picture from now on. In this course you'll learn the basics such as removing red-eye and blemishes to more advanced techniques such as making the subject thinner with a smaller nose! Learn to remove unwanted objects, make a photo black and white or sepia & put someone's head on a different body and more! This course will use the 'editor' portion of Elements. Photoshop Elements 9 will be used in class however, techniques can be applied to almost any version. Prerequisite: Adobe Elements: Basic Overview class or equivalent experience.

COMP:755 | $49

651	Tu 5pm-6:50pm *Dec. 3 – Dec. 17*	**Rachel Bufalo** *MC-BA, 202*

PRODUCTIVITY

Internet Research and Investigations: Public Records

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

COMP:742 | $29

680	Su 12:30pm-3:30pm *Sept. 15*	**Jean Bradley** *MC-BA, 216*
681	Su 12:30pm-3:30pm *Nov. 17*	**Jean Bradley** *MC-BA, 216*

SOCIAL NETWORKS

Facebook

Facebook has over one billion users! ! That means one out of every seven people in the WORLD are on Facebook! This social networking site is also proving to be a powerhouse tool for small and large businesses everywhere. Come to this class to learn how to utilize Facebook to grow and promote your business. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | $25

350	W 6pm-9pm *Sept. 25*	**Erin De Vore** *WW, 206*
652	Th 6pm-9pm *Dec. 12*	**Rachel Bufalo** *MC-BA, 202*

Facebook for Business

Facebook is proving to be a powerhouse tool for small and large businesses everywhere. Come to this class to learn how to utilize Facebook to grow and promote your business. This class will not cover the functionality of Facebook for personal use and students should already have a basic knowledge of Facebook prior to class.

COMP:742 | $35

C01	F 9am-Noon *Sept. 6*	**Rachel Bufalo** *Corp. College, 206*

TECH SAVVY FRIDAYS

Tech Savvy Fridays: Utilizing the Internet

So you can email now and even do a Google search, but are you utilizing everything the internet has to offer? The world wide web has thousands of every-day tools that can simplify your life that you don't even know about! Come to this class to discover several different web-sites that are fun, interesting and even useful! Prerequisite: Personal Computers Introduction class or equivalent experience.

COMP:765 | $19

S01	F 9am-11am *Sept. 13*	**Patti Bossi** *SCEUC, 206*

Tech-Savvy Fridays: Learn to Cut, Copy and Paste

Cut, copy and paste is the ultimate short-cut tool for Windows! Come find out how easy it is to copy pictures, text, and files from one place to another. Maybe you want to capture some text or a picture from a web page and copy it into a document or in an e-mail...No problem with this trick! You will be surprised how easy it is. In this class we will also explore the "Snipping" tool which is available in Windows 7. Prerequisite: Windows Introduction class or equivalent experience.

COMP:765 | $19

S02	F 9am-11am *Sept. 20*	**Patti Bossi** *SCEUC, 206*

"Outstanding class! Hands down the best class I've taken with Continuing Education and I've taken lots of classes. Instructor was outstanding!! Tons of material, all extremely useful! So organized and thoroughly understandable. Excellent teaching technique!"

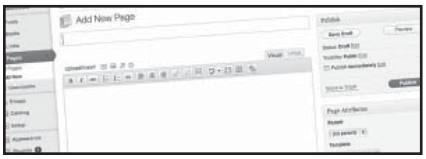
-John H. – Bridgeton, MO

Tech Savvy Fridays: Flash Drives

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

COMP:765 | $25

S03	F 9am-11am *Oct. 4*	**Patti Bossi** *SCEUC, 206*



Learn how to build a business or personal website with Wordpress at STLCC

Tech Savvy Fridays: Facebook Basics

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

COMP:765 | $19

S04	F 9am-11am *Oct. 18*	**Patti Bossi** *SCEUC, 206*

Tech Savvy Fridays: Creating Folders and File Management

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

COMP:765 | $19

S05	F 9am-11am *Nov. 1*	**Patti Bossi** *SCEUC, 206*

Tech Savvy Fridays: Google Basics

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

COMP:765 | $19

S06	F 9am-11am *Nov. 8*	**Patti Bossi** *SCEUC, 206*

Tech Savvy Fridays: Pinterest Basics

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

COMP:765 | $19

S07	F 9am-11am *Nov. 22*	**Patti Bossi** *SCEUC, 206*

WEB DEVELOPMENT

Dreamweaver CS6: In a Day

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

COMP:745 | $99

C80	Sa 9am-4pm *Sept. 21*	*Corp. College, 206*

St. Louis Community College

WORKING ADULT? NONTRADITIONAL STUDENT?

The **GPS Program** at Florissant Valley was created with you in mind. You'll follow **a prescribed pathway** in a global and interdisciplinary course of study which **develops skills and competencies** sought in the local workplace.

Linked, interdisciplinary courses that can be taken in **one-semester modules**. Complete them all, add Math and you've finished an Associate's Degree!

You'll meet once per week, on Tuesday evenings, to **interact** with the faculty, course content and each other. **Engage** with other course materials on-demand, on your schedule, via a robust internet platform.

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GPS Program at Florissant Valley

3400 Pershall Rd St. Louis, MO 63135 • 314- 513-4289

Web Development Certificate

Our exceptional course is intense and comprehensive. You'll learn how to develop websites using two methods: 1) hand-coding HTML using a text editor and 2) using a powerful design and development tool, Dreamweaver CS6. Within this broad framework you're going to cover a lot of ground including fonts, lists, links, images, tables, forms, frames, cascading style sheets, page layout, animation, multimedia, good design principles, and World Wide Web Consortium standards. Prerequisite: Windows Introduction class or equivalent experience. Bring a flash drive to the first class. No class 10/31.

COMP:745 | $299

S50	Th 6pm-10pm *Sept. 19 – Nov. 21*	**Donna Peck** *SCEUC, 209*

Optimizing WordPress

Take your basic WordPress site to the next level! Learn more advanced techniques such as site customization, search engine optimization and internet marketing techniques. Prerequisite: Windows Introduction class and "Create Your Own Website with WordPress" or "Ease Into WordPress", or equivalent experience. This class will move at a fast pace. Students must already have a generic email account such as gmail, yahoo or hotmail that can be accessed in class and bring email address and password to class.

COMP:745 | $49

352	Th 6pm-9pm *Nov. 7*	**Jerry Bearden** *WW, 209*

NEW Ease into WordPress

Anyone can learn how to create their own website in just a few hours using WordPress, the most popular website creator tool on the Internet. WordPress is used by almost 15% of the top 1 million websites and, as of August 2011, powers 22% of all new websites. Whether you are just a beginner using graphically based templates or want to get down into the nitty-gritty code, WordPress is your answer and it's FREE and you don't have to be a techie! DIY with your creativity and WordPress. Walk away from this class with a basic website and the skills to go as far as you want. The sky's the limit! Prerequisite: Windows Introduction class or equivalent experience. This class will move at a slow pace with a more relaxed environment and more practice time. Students must already have a generic email account such as gmail, yahoo or hotmail that can be accessed in class and bring email address and password to class.

COMP:745 | $109

350	Th 6pm-9pm *Sept. 12 – Sept. 26*	**Jerry Bearden** *WW, 209*

Create Your Own Website with WordPress

Anyone can learn how to create their own website in just a few hours using WordPress, the most popular website creator tool on the Internet. WordPress is used by almost 15% of the top 1 million websites and, as of August 2011, powers 22% of all new websites. Whether you are just a beginner using graphically based templates or want to get down into the nitty-gritty code, WordPress is your answer and it's FREE and you don't have to be a techie! DIY with your creativity and WordPress. Walk away from this class with a basic website and the skills to go as far as you want. The sky's the limit! Prerequisite: Windows Introduction class or equivalent experience. This class will move at a fast pace. For a more relaxed class, try "Ease into WordPress". Students must already have a generic email account such as gmail, yahoo or hotmail that can be accessed in class and bring email address and password to class.

COMP:745 | $99	**933**	F 9am-4pm	**Jerry Bearden**	*Sept. 6*	*Corp. College, 208*
	351	Th 6pm-9pm	**Jerry Bearden**	*Oct. 10 – Oct. 17*	*WW, 209*
	931	F 9am-4pm	**Jerry Bearden**	*Oct. 25*	*Corp. College, 208*

CONSTRUCTION AND INDUSTRIAL TECHNOLOGIES

ELECTRICAL

National Electrical Code and Calculations - Part I

This course will cover the elements, changes, applications, and design aspects of the 2011 National Electrical Code for residential and commercial properties. Certificates awarded to those successfully completing the course. No class 9/17, 10/15.

ELEC:705 | $249

S50	Tu 6pm-9pm *Aug. 27 – Dec. 10*	**Michael Smith** *SCEUC, 213*

INDUSTRIAL ENGINEERING

NEW Snap-On Torque Wrench Certification

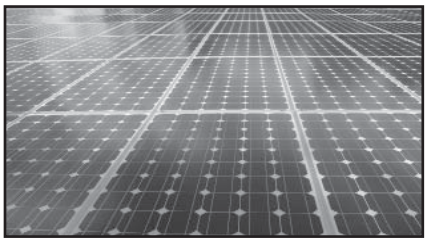
This course is designed to teach and certify students in the proper use of various mechanical, and electronic torque wrenches used in industry today. Students will progress through the curriculum via instructor led lectures, classroom demonstrations, and daily lab assignments. Student participation in the form of questions and discussion of related experiences is encouraged. Written materials and other visual media will be used to teach the class. This course will provide three types of Snap-On Certifications;Tool Safety Certification, Mechanical Torque Wrench Certification, and Electronic Torque Wrench Certification.

IENG:706 | $289

5C1	TuTh 5:30pm-9:30pm *Sept. 24 – Oct. 10*	**Robert Weaver** *FV - CWI*

NEW Solar Courses - NABCEP Certified Courses

STLCC is now offering North American Board of Certified Energy Practitioners north (NABCEP) approved solar training courses, from beginner to advanced levels. Simply curious to know more about solar energy? Register for Solar Basics. Perhaps you require more in-depth knowledge to begin or advance your career in solar. Need training for your current employees, or are looking to expand your business into solar? If this souhds like you, register for the series of solar courses listed here and be eligible to take the NABCEP Photovoltaic Entry Level Exam on Dec. 3, 9am-noon. If you complete these courses, you will also receive 34 advanced CEUs. Don't let this moment pass you by. Now is the time to start making a change in the world and yourself.



Solar Basics

In this course students will learn about electrical basics, photovoltaics, solar energy fundamentals, introduction to photovoltaic sizing, solar energy markets, and safety basics. Students will be introduced to basic photovoltaic equipment. This course will prepare students for other solar classes and introduce students to the path to NABCEP certification. Students should have fundamental mathematical and mechanical skills. Text included.

CONS:721 | $199 **5C1** TuTh 6pm-9pm **Jeffrey Foster** *Sept. 3 – Sept. 12* *FV - CWI*

Solar Site Survey

In this course students will learn how to assess potential installation sites for their solar energy potential. Students will gain hands on experience with roof layout, shading analysis with Solar Pathfinder, calculation of energy production for specific sites, and calculation of load estimations. Prerequisite: Solar Basics course. Text included.

CONS:721 | $179 **5C2** TuTh 6pm-9pm **Jeffrey Foster** *Sept. 17 – Sept. 24* *FV - CWI*

Photovoltaic System Components

In this course students will learn about photovoltaic system components and how they interact with each other. Students will be introduced to solar modules, charge controllers and inverters, batteries, and photovoltaic mounting and racking systems. No class 10/15.

CONS:721 | $149 **5C3** TuTh 6pm-9pm **Jeffrey Foster** *Oct. 1 – Oct. 17* *FV - CWI*

Photovoltaic System Build

In this course students will use the information learned in Solar Basics, Site Survey and Photovoltaic System Components to participate in a hands-on photovoltaic system build project. We will build a full string inverter system and modules on a mock roof, and a ballasted racking system with micro-inverters.

CONS:721 | $99 **5C4** TuTh 6pm-9pm **Jeffrey Foster** *Oct. 22 – Oct. 24* *FV - CWI*

Advanced PV Sizing, Electrical Design

In this course students will learn how to equate temperature differences using temp coefficients for string sizing, as required by the National Electric Code. There will be exercises in proper wire sizing, overcurrent protection sizing and system sizing for stand-alone and grid-tied systems. We will also be covering important National Electric Codes pertaining to Photovoltaics. This course will also include basic troubleshooting techniques.

CONS:721 | $189 **5C5** TuTh 6pm-9pm **JeffreyFoster** *Nov. 5 – Nov. 21* *FV - CWI*

OSHA

10 Hour OSHA Construction Safety and Health Training Certification

This course meets the required laws for working on public job sites. Led by an OSHA certified trainer the course covers the mandated OSHA topics including OSHA regulations, general health and safety, basic electrical safety, fall protection. Ladder and scaffold safety, hand and power tools, material handling, etc. Upon successful completion students will receive the 10 hour OSHA course completion card.

CONS:736 | $119

C01	F 5pm-9pm *Sept. 6* Sa 8am-3:30pm *Sept. 7*	**Patricia Dalton** *Corp. College, 213* *Corp. College, 213*
C02	Th 5pm-9pm *Oct. 3* Sa 8am-3pm *Oct. 5*	**Patricia Dalton** *Corp. College, 213* *Corp. College, 213*

10 Hour OSHA General Industry Safety and Health Training Certification

This 10 hour OSHA course is ideal for supervisors with safety and health responsibilities, and for employee safety and health awareness. Students will be introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Act Part 1910. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Students will receive an OSHA card after completion of the course.

CONS:736 | $119

C03	WThF 5:30pm-9pm *Sept. 18 – Sept. 20*	**Patricia Dalton** *Corp. College, 213*
C04	F 5pm-9pm *Oct. 18* Sa 8am-3:30pm *Oct. 19*	**Patricia Dalton** *Corp. College, 213*

30 Hour OSHA Construction Safety and Health Certification Completion

This is a 20 hour completion course for those who have completed OSHA 10 Hour Construction Health and Safety Certification within the past six months and wish to pursue the OSHA 30 Hour Certification. No class 11/1 and 11/2.

CONS:736 | $239

C05	F 5pm-9pm *Oct. 25 – Nov. 8* Sa 8am-3:30pm *Oct. 26-Nov. 9*	**Patricia Dalton** *Corp. College, 213*

30 Hour OSHA General Industry Certification Completion

This is a 20 hour completion course for those who have completed OSHA 10 Hour General Industry Safety Certification within the past six months and wish to pursue the OSHA 30 Hour Certification. No class 11/8 and 11/9.

CONS:736 | $239

C06	F 5pm-9pm *Nov. 1 – Nov. 15* Sa 8am-3:30pm *Nov. 2-Nov. 16*	**Patricia Dalton** *Corp. College, 213*

SUSTAINABILITY

LEED Core Concepts and Green Associate Exam Preparation

This course will prepare students for the LEED Green Associate Exam, along with outlining LEED Core Concepts. We aim to provide an introduction to LEED and recognize LEED core concepts, prepare for the LEED Green Associate Exam, and introduce methods of sustainable project delivery and green building principals. This course does not guarantee students will pass the LEED Green Associate exam. Additional time outside of class will be required for reading the required textbooks. Registering and taking the LEED Green Associate exam, and any associated costs, are not included in this course.

CONS:701 | $179

450	M 6pm-8:30pm *Sept. 9 – Oct. 28*	**Nick Bristow** *FP-G Tower, 117*

EDUCATION AND TEST PREP

Adult Basic Education and English as a Second Language

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

Please note: Graduates of the STLCC-Meramec GED program who are also Mehlville School District residents are eligible to receive an honorary degree from Mehlville and participate in their commencement ceremonies at the end of the school year. For more information, contact the Director of Alternative Programs-Mark Catalana, mcatalana@mehlville.k12.mo.us, 314-467-5261.

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

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

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

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

University City Schools - 314-290-4052
Serving the school district of University City . Visit www.ucityaelprogram.org.

Chemistry Warm-up: Math Review for Chemistry

Don't let Chemistry get you down! Get a head start on the materials you will need to succeed in Chemistry (CHM:101 or CHM:105). Topics include algebra review, calculator operations, scientific notation, metric system, dimensional analysis, and study skills. Please bring a TI-30, TI-35, or any scientific calculator to class. Over 70% of the students completing this review went on to pass their Chemistry courses with a grade of "C" or higher.

MATH:752 | $49

650	TuWTh 5:30pm-9:30pm *Aug. 13 – Aug. 15*	**Suzanne Saum** *MC-SO, 109*
500	TuWTh 8:30am-12:30pm *Aug. 13 – Aug. 15*	**Susan Vallely** *FV-E, 270*

ACT Test Preparation Workshop

All subjects of the ACT exam are covered. This is a complete review for the ACT exam using materials developed by Cambridge Education services. Text included - bring a calculator to class. There will be a test simulation at the beginning of the course and computer diagnostic assessment to identify areas for improvement. No class 8/31.

EDUC:712 | $169

5W1	Sa 9am-Noon *Aug. 24 – Oct. 12*	**Toshi Floyd** *FV-B, 124*
650	M 6pm-9pm *Sept. 9 – Oct. 21*	**Toshi Floyd** *MC-CS, 206*
4W1	Sa 9am-Noon *Oct. 19 – Dec. 7*	**Toshi Floyd** *FP-G Tower, 113*

Is it time for a **New You?**

Wildwood

Adult Career Exploration Session
Thurs., Sept. 19 and Thurs., Nov. 14
6 to 7:30 p.m., Room 102B

Whether you're just starting out, looking to re-enter the workforce or wanting to switch careers—but you're not sure about an area of study—St. Louis Community College's **Adult Career Exploration Session** will help you identify your interests, discover your passion, and point you toward the career that's right for you!

- Receive a FREE interest inventory to identify your primary interest areas.
- Discover how your interests can lead to good career decisions.
- Learn how your interests relate to career programs at STLCC.
- Hear about resources to pay for school.
- Find out how to get started at STLCC!

St. Louis Community College

Register TODAY at **stlcc.edu/Visit** and get started on the New You!

STLCC Continuing Education

PERSONAL ENRICHMENT

Create your own masterpiece in one of our art or cooking classes. **Develop your writing skills** and earn a certificate. **Learn to speak a new language**, or **get fit** in one of our sports and fitness classes. Check out the new **Animal Welfare Assistant** and **Cake Decorating** certificate programs.

AGELESS LEARNING

SEMINARS

Ageless Learning Seminar: St. Louis History Through the Eyes of Johnny Rabbitt

Johnny Rabbitt (Ron Elz) is the longest running broadcaster in St. Louis, having been on the air since 1954. He is also a published author having written two books on St. Louis Trivia. Come hear him describe the nostalgic Gaslight Square (9/9) and Lost St. Louis (9/16). Come hear him describe chilling Haunted St. Louis (11/4) and his field of expertise, St. Louis Trivia (11/11). Class offered in partnership with the Missouri History Museum. Must register to attend.

SENR:702

Part I

P02 M 10:15am-Noon
Sept. 9 – Sept. 16 *MO Hist Museum, ATT*

Part II

P05 M 10:15am-Noon
Nov. 4 – Nov. 11 *MO Hist Museum, ATT*

Ageless Learning Seminar: Military History of Jefferson Barracks

Former site Director of Jefferson Barracks County Park, Marc Killbaum informs and educates. Be transported into history at Jefferson Barracks from its founding in 1826 to the end of the Spanish-American War in 1898 (9/30), Civil War Generals who served at Jefferson Barracks (10/7), and Jefferson Barracks in the 20th Century (10/14). Class offered in partnership with the Missouri History Museum. Must register to attend class.

SENR:702

P03 M 10:15am-11:45am
Sept. 30 – Oct. 14 *MO Hist Museum, ATT*

Ageless Learning Seminar: Men Who Made History

Bev Schuetz presents Men Who Made History - Will Rogers (11/5), Joseph Pulitzer (11/19) and P.T. Barnum (12/3). Class offered in partnership with the Missouri History Museum. Must register to attend.

SENR:702

P06 Tu 10:15am-11:30am **Beverly Schuetz**
Nov. 5 *MO Hist Museum, ATT*
Tu 10:15am-11:30am
Nov. 19 *MO Hist Museum, ATT*
Tu 10:15am-11:30am
Dec. 3 *MO Hist Museum, ATT*

Ageless Learning Seminar: Folklore of St. Louis: Passing On the Oral Traditions

Dr. John L. Oldani, Director of American Studies for SIU-E, will speak on folklore. First he will discuss the study of folklore (9/3), next St. Louis oral traditions; rituals, folk beliefs, superstitions, riddles and jokes (9/10), and last St. Louis legends, Momisms, graffiti and folklore as represented in quilts (9/24). The importance of this nonverbal folklore will be discussed with examples of folk art in quilts. Class offered in partnership with the Missouri History Museum. Must register to attend. 9/10 class held in the Lee Auditorium.

SENR:702

P01 Tu 10:30am-Noon
Sept. 3 *MO Hist Museum, ATT*
Tu 10:30am-Noon
Sept. 10 *MO Hist Museum, ATT*
Tu 10:30am-Noon
Sept. 24 *MO Hist Museum, ATT*

Ageless Learning Seminar: American Slavery/American Tragedy

A history of American slavery from the arrival of the first ship from Africa at Jamestown in 1619 to the abolition of slavery (11/18). Of our first sixteen presidents, ten owned slaves; four of the five founders who became presidents owned slaves. The presentation will explore the dichotomy of a country's leaders who espoused freedom and liberty yet enslaved 4,000,000 people.

SENR:702

P07 M 10:30am-Noon **Bonnie Vega**
Nov. 18 *MO Hist Museum, ATT*

SENR:702

P08 M 10:30am-Noon **Bonnie Vega**
Nov. 25 *MO Hist Museum, ATT*

Ageless Learning Seminar: Notable and Notorious Women and The Not So Rich and Famous

Richard Ley of Bellefontaine Cemetery will share stories of the varied and interesting "residents" of the cemetery.

SENR:702

P04 Tu 10:15am-11:30am
Oct. 22 – Oct. 29 *MO Hist Museum, ATT*

Florissant Valley Sustainable EcoGarden: Home Plate

St. Louis Community College - Florissant Valley campus, has created an educational, sustainable eco-garden that provides opportunities for participants to engage in raising food as well as providing native habitat for wildlife. Situated in the former baseball field, the roughly four acre site has been divided into a constructed native tallgrass prairie, over 50 raised beds for vegetables and herbs, plots for raising corn, pumpkins, watermelons, berries a native tree arboretum, and composting areas for creating soil. Focusing on educational aspects of sustainable agriculture, numerous curricular modules and service learning activities are available for faculty to implement in their courses across disciplines.

SENR:702

500 Th 1pm-3pm
Sept. 26 *FV-SC, MULTI-PURP*

Citizen Preparedness Program

Learn how to keep you and your family safe until emergency personnel arrive during a disaster. This course will provide a step-by-step approach to learning about local emergency plans, identifying hazards that affect our local area, and developing a disaster plan and supply kit. Learn how to make threat-awareness assessments, function in the initial stages of a disaster, and acquire knowledge of disaster-recovery measures.

SENR:702

502 F Noon-2pm
Sept. 20 *FV-TC, 110*

300 Th 10am-Noon
Oct. 3 *WW,*

Ageless Learning Seminars - Meramec Events - What's Coming Up On Campus

Come find out what is up and coming for the fall and spring semesters on the Meramec campus! Theater, music, and art news as well as special appearances and events will be presented so that you are in the know and may secure a place for yourself and your friends at Meramec cultural events.

SENR:702

601 Tu 10am-11:45am
Sept. 10 *MC-SC, 200*

Early Days of Radio Shows

The 1930s and 40s were the golden age of radio. Among the most popular were comedy shows such as Fibber McGee and Molly, Jack Benny, and Edgar Bergen and Charlie McCarthy. Other memorable shows were those created for the younger audience such as The Lone Ranger, The Green Hornet, and Sergeant Preston of the Yukon. And who can forget the many mystery shows such as Inner Sanctum Mysteries (with the creaking door) and The Shadow. Come and learn more about the radio hits of those days. Discussion will be supplemented with audio examples. A great introduction to the Wildwood annual radio play.

SENR:702

301 Th 10am-11:45am — **Robert Lord**
Dec. 5 — *WW, 102B*

Ageless Learning Seminar - Medicare Update Open Enrollment

The Affordable Care Act could affect how you or someone you care for signs up for Medicare Open Enrollment. Please come get the most up to date information about changes in the laws. Shelly Miller of CLAIM will be making the presentation. CLAIM is a nonprofit providing free, unbiased information about Medicare to Missourians.

SENR:702

302 Tu 10am-11:45am
Sept. 17 — *WW, 102B*

Ageless Learning Seminar - Soils and Composting

A light overview of Ms. Ochonicky's class on Soils and Composting. What is best for your garden? When do you prepare your soil. Come and enjoy her expertise.

SENR:702

600 Tu 10am-11:45am — **Michelle Ochonicky**
Nov. 12 — *MC-BA,*

Ageless Learning Seminar - Close Encounters of the European Kind

Join Michelle Ochonicky as she shares a travelogue of experiences you won't have with tour groups. Enjoy her images of off-the-beaten path Europe and some great stories about her travel experiences.

SENR:702

303 Th 10am-11:45am — **Michelle Ochonicky**
Nov. 7 — *WW, 102B*

Ageless Learning Seminar - The World of Social Media

Join Rachel Bufalo, our social media expert, as she demonstrates Facebook, Pinterest, You Tube, and more. This class is a demonstration and not hands on. Come find out what is actually out there! From cute cat videos to your grandkids, social media is another world.

SENR:702

501 Th 1pm-3pm
Nov. 14 — *FV-SC, MULTI-PURP*

Ageless Learning Seminar - WC Fields

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

SENR:702

603 Tu 10am-11:45am — **Robert Lord**
Oct. 1 — *South County Gov. Ctr*

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

Join Rona McNally, Director of Special Projects, Care Connection for Aging Services in an interactive game and presentation that tests your abilities to outfox identity theft crooks and other scam artists.

SENR:702

503 Th 1pm-3pm
Oct. 17 — *FV-SC, MULTI-PURP*

Ageless Learning Seminar - Will Rogers - the Man Everyone Loved

Meet the warm and witty man who was called "the most popular American who ever lived." The story of Will Rogers, a Cherokee Indian from Oklahoma, encompasses his career as a cowboy, vaudevillian, social commentator, international humorist, columnist and popular movie star. His political wit and astute observations made him world famous but never pleased his stern father. Be prepared to laugh and love this gifted and colorful character, a true American treasure.

SENR:702

304 Th 10am-11:45am
Nov. 21 — *WW, 102B*

Ageless Learning Seminar - The St. Louis Cardinals in the 1960s.

The 1960s were a great decade for Cardinal baseball fans as their team won three pennants and two World Series. Come and reminisce about these teams led by great Cardinal players such as Bob Gibson, Tim McCarver, Lou Brock, and Mike Shannon. Discussion will be supplemented with vintage video clips.

SENR:702

305 Th 10am-11:45am — **Robert Lord**
Sept. 19 — *WW, 102B*

Relive the excitement of the 1960s St. Louis Cardinals.

Ageless Learning Seminar - Florissant Valley Holiday Party

Join us for our annual holiday party. Paul Higdon and the Florissant Valley Choir will perform their holiday program and other entertainments!

SENR:702

505 Th 1pm-3pm
Dec. 5 — *FV-SC, MULTI-PURP*

Enrichment Seminar: Sexualization of Young Girls in American Society

Presentation by Julie Copp, Cathy Reilly and Annie Wagganer.

SENR:766

501 F Noon-1:30pm
Oct. 25 — *FV-IR, 112*

Enrichment Seminar: A Momentous Era: Martin Luther King 1963 - 1968

Presentation by Linda Housch Collins.

SENR:766

500 F Noon-1:30pm
Sept. 20 — *FV-IR, 112*

Enrichment Seminar: 1963: A Momentous Year: 50th Anniversary of the Assassination of JFK

Presentation by Jennifer Medeiros.

SENR:766

502 F Noon-1:30pm
Nov. 22 — *FV-IR, 112*

SENIOR FITNESS

For Zumba Gold, Rise and Shine Senior Workout, Gentle Aqua Zumba, Golf for Seniors, Gentle Yoga and Yoga for Seniors, see Recreation, Fitness and Wellness section beginning on page 56

Line Dancing for Older Adults: Beginning

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

SENR:703 | $49

M01 F 12:30pm-1:30pm — **Gerry & Marlene Strait**
Sept. 13 – Oct. 18 — *Affton White-Rodgers, GYM*

500 Th 9am-9:50am — **Sandra Derickson**
Sept. 19 – Nov. 7 — *FV-PE, 233*

M02 F 12:30pm-1:30pm — **Gerry & Marlene Strait**
Oct. 25 – Dec. 13 — *Affton White-Rodgers, GYM*
No class 11/22, 11/29.

Line Dancing for Older Adults: Easy Intermediate

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

SENR:703 | $49

M03 F 1:45pm-2:45pm — **Gerry & Marlene Strait**
Sept. 13 – Oct. 18 — *Affton White-Rodgers, GYM*

501 Th 10am-10:50am — **Sandra Derickson**
Sept. 19 – Nov. 7 — *FV-PE, 233*

M04 F 1:45pm-2:45pm — **Gerry & Marlene Strait**
Oct. 25 – Dec. 13 — *Affton White-Rodgers, GYM*
No class 11/22, 11/29.

SOCIAL SECURITY

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

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

SENR:766

H01 Tu 1pm-3pm
Sept. 10 — *Harrison Ed. Ctr, 207*

S05 Th 1pm-3pm
Nov. 7 — *SCEUC, 101*

Social Security Benefits America: Medicare and Medicare Drug Programs

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

SENR:766

H02 Tu 1pm-3pm
Oct. 1 — *Harrison Ed. Ctr, 207*

S04 Th 1pm-3pm
Oct. 24 — *SCEUC, 101*

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

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

SENR:766

H03 Tu 1pm-3pm
Oct. 22 — *Harrison Ed. Ctr, 207*

S03 Th 1pm-3pm
Oct. 10 — *SCEUC, 101*

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

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

SENR:766

H04 Tu 1pm-3pm
Nov. 5 — *Harrison Ed. Ctr, 207*

S02 Th 1pm-3pm
Sept. 19 — *SCEUC, 101*

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

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

SENR:766

H05 Tu 1pm-3pm
Nov. 19 — *Harrison Ed. Ctr, 207*

S01 Th 1pm-3pm
Sept. 5 — *SCEUC, 101*

CREATIVE ARTS

CRAFTS

Sewing: Beginning

Beginning students will learn to operate their own sewing machine, choose appropriate fabrics, layout on grain, and sew accurate seam allowances while constructing simple projects.

CRFT:713 | $59

For Florissant Valley, bring sewing machine to second class. Supplies are additional and will be discussed at first class. Be prepared to go shopping at a local fabric store during the last part of the first class. Provide own transportation. Dismissal will be from the store. A field trip release form will be provided at the first class.

550 M 7pm-9:30pm — **Carolyn Rubsam**
Sept. 9 – Sept. 30 — *FV-SM, 133*

For Mehlville, sewing machines are available or you may choose to bring your own. This is not a clothing alteration class. Supplies are additional. A supply list will be mailed before the first class.

CRFT:713 | $59

730 Th 7pm-9pm — **Beverly Miller**
Sept. 5 – Oct. 3 — *Mehlville H.S., 129*

Sewing: The Next Step - Home Decor Projects

Intermediate students will advance their sewing skills by constructing more advanced home decor projects. Skills to insert piping and zippers and attaching facing/binding are practiced with decorator pillow and table runner projects. Projects are new and great gift ideas. Bring sewing machine to second class. Supplies are additional and will be discussed at first class. Be prepared to go shopping at a local fabric store during the last part of the first class. Provide own transportation. Dismissal will be from the store. A field trip release form will be provided at the first class.

CRFT:713 | $59

551 M 7pm-9:30pm — **Carolyn Rubsam**
Oct. 14 – Nov. 4 — *FV-SM, 133*

Sewing: Intermediate

Intermediate students will advance their sewing skills by working with a pattern of choice that will challenge their sewing skills. Skills learned in this course will be zippers, gathering, pockets, interfacings and more. Sewing machines are available or you may choose to bring your own. A supply list will be mailed prior to the first class. Prerequisite: Sewing Beginning or previous sewing experience. This is not a clothing alteration class.

CRFT:713 | $59

731 Th 7pm-9pm — **Beverly Miller**
Oct. 17 – Nov. 14 — *Mehlville H.S., 129*

Jennelle Bassinger is an excellent instructor. What a great class! I am looking forward to another class with her."

-Cindy B. – Webster Groves

Quilted Memories

Don't want to throw away all of those old T-shirts or sweatshirts but don't know what to do with them? Make your own Memory Quilt! Learn how to "upcycle" your old clothes and create a personalized quilt of memories. Supply list sent. Additional supplies will be discussed at the first class. No sewing experience necessary.

CRFT:718 | $79

580 Sa 10am-Noon — **Jenelle Basinger**
Sept. 7 — *FV-SM, 133*
Sa 9am-3pm
Sept. 21-Oct. 5 — *FV-SM, 133*

730 Tu 6pm-9:30pm — **Jenelle Basinger**
Oct. 15 – Nov. 5 — *Mehlville H.S., 129*

NEW Sassy Stitches: Pillow Case Embroidery

Come and learn traditional embroidery techniques while embroidering a set of bed pillow cases. Perfect for a holiday gift, wedding present, or to keep for yourself. Personalize each case for the sleeper's personality, or make a "HIS/HERS" or "YOURS/MINE" pair. Supplies included in the cost of the class.

CRFT:718 | $65

500 Th 6pm-9pm
Nov. 7 – Nov. 14 — *FV-C, 104*

NEW Sassy Stitches: Tea Towels

Come and learn some traditional embroidery techniques presented with a new twist. These will not be your grandma's tea towels when we're done with them! Personalize the design to match your own style and taste. Supplies included in the cost of the class.

CRFT:718 | $59

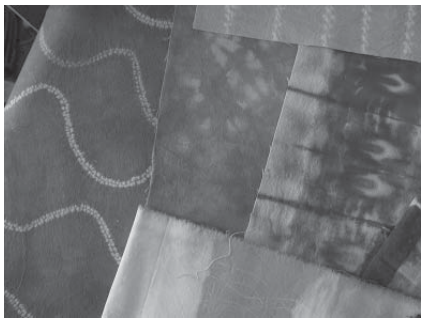
550 Th 6pm-9pm
Oct. 10 – Oct. 17 — *FV-C, 104*

NEW Shibori Dyeing for Crafters & Quilters

Shibori dyeing is an ancient technique that literally means "shaped-resist dyeing." The shaping process leaves areas undyed that become patterns when the cloth is dyed. Rather than treating cloth as a two-dimensional flat surface, shibori techniques give it a three dimensional form by folding, crumpling, stitching, plaiting, or plucking and twisting. Further, a cloth may be dyed repeatedly using a different shaping method each time. In this class we will make a total of 6 yards of cotton fabric in shibori patterns. Perfect for stash building or plan your color choices for a special project. We will learn many stitched and folded shibori techniques as well as vat dyeing and dye removal. Supplies included in the cost of the class. Bring ziplock bags, rubber gloves and an old towel to class. Dress to work with dye.

CRFT:718 | $139

501 F 9am-Noon
Oct. 4 – Oct. 25 — *FV-H, 109*



Learn the ancient technique of Shibori dyeing with STLCC Continuing Education.

NEW Silk Scarf Dyeing

Come and get a bit messy while hand-dyeing beautiful scarves. We will use quick techniques to bring color to silk and have fun doing it. You will leave with two beautiful scarves that will look amazing for years to come. Supplies included in the cost of the class. Come dressed to work with dyes. Bring rubber gloves, and old towel and ziplock bags to take home scarves.

CRFT:765 | $49

501 F 9am-Noon
Sept. 20 — *FV-H, 109*

550 Tu 6pm-9pm
Oct. 1 — *FV-H, 104*

NEW To Dye For: Hand Dyeing Techniques for Your Own Clothes

Tired of the same old clothing? Re-new it with color. Bring 2 items of 100% cotton to class. You could bring a onesie, T-shirt or other items. You will leave with brightly colored clothing that you have designed by yourself and the knowledge of how to make more of your own. Supplies included in the cost of the class. Come dressed to work with dyes. Bring rubber gloves, and old towel and 2 ziplock bags to take home projects.

CRFT:765 | $45

500 F 9am-Noon
Sept. 13 — *FV-H, 109*

552 Tu 6pm-9pm
Oct. 15 — *FV-H, 104*

Simple Silkscreen Printing

Silkscreen printing made easy! Students will learn to create and print images with simple silkscreen techniques that do not require special equipment. Several methods of creating a stencil will be explored, including drawing fluid, cut stencils, masking and monotyping. We will print on a variety of materials including paper and fabric. We will not be using photographic techniques in this course. Most supplies included in cost of course, students will bring their own items to print on, estimated cost $25-$50.

CRFT:765 | $95

651	Th 7pm-9pm *Sept. 5 – Oct. 10*		*MC-SS, 107*

Knitting 101: Beginning

Learn to knit the basics - casting on, knitting and purling, binding off, and finishing. Get lots of information and tips for future projects. Supply list sent.

CRFT:720 | $45

450	Tu 6pm-8pm *Sept. 17 – Oct. 1*	**Thi Miller**	*FP-G Tower, 111*
451	Th 6pm-8pm *Sept. 12 – Sept. 26*	**Thi Miller**	*FP-G Tower, 111*
550	Th 7pm-9pm *Sept. 12 – Oct. 3*	**Cathy Brinkmeyer**	*FV-SS, 103*

Knitting: the Next Step

Broaden your knitting skills beyond basic knitting and purling. Learn about increasing and decreasing techniques, lace, cabling, fixing mistakes, and simple pattern reading.

CRFT:722 | $45

P05	Tu 6pm-8pm *Oct. 8 – Oct. 22*	**Thi Miller**	*Nottingham*
550	Th 7pm-9pm *Oct. 17 – Nov. 7*	**Cathy Brinkmeyer**	*FV-SS, 103*

Knitted Handwarmers or Mittens

Knitted handwarmers and mittens are perfect for the winter, so quick to make, and a great gift to give. In this class, we'll work with double-pointed needles and learn in-depth about mitten construction and design. Prerequisite Knitting 101 or equivalent experience. Supply list sent.

CRFT:722 | $45

P01	Tu 6pm-8pm *Dec. 3 – Dec. 17*	**Thi Miller**	*Nottingham*

NEW Knitted Garments : First Sweater

A sweater is great step for those who are interested in garment knitting or ready to move into more advanced knitting. We'll cover sweater construction, design and shaping, as well as measurements for various sizes and body shapes. Prerequisite Knitting 101 or equivalent experience. Supply list sent.

CRFT:722 | $59

P02	Th 6pm-8pm *Oct. 10 – Oct. 31*	**Thi Miller**	*Nottingham*

NEW Knitted Socks on Two Circular Needles

If you've not tried sock knitting, you should. It's a favorite among many knitters and using circulars to knit socks is really a fun alternative to using double-pointed needles. Besides, nothing beats a pair of hand knitted socks in the wintertime. Prerequisite Knitting 101 or equivalent experience. Supply list sent.

CRFT:722 | $45

P03	Th 6pm-8pm *Nov. 7 – Nov. 21*	**Thi Miller**	*FP-G Tower, 111*

Knitted Hats

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

CRFT:722 | $45

551	Tu 7pm-9pm *Sept. 10 – Sept. 17*	**Cathy Brinkmeyer**	*FV-SS, 103*
P04	Tu 6pm-8pm *Nov. 5 – Nov. 19*	**Thi Miller**	*Nottingham*

Ruffled Scarf

Beat the approaching weather with this lovely ruffled scarf! We will work for a short time (just one night) to show you a new scarf pattern. You can advance your knitting techniques with this beautiful lacy pattern using bulky yarn. Prerequisite: Knitting 101 or equivalent experience. Supply list sent.

CRFT:722 | $29

552	Tu 7:30pm-9:30pm *Nov. 5*	**Cathy Brinkmeyer**	*FV-SS, 103*

Crocheting 101: Beginning

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

CRFT:724 | $49

710	W 6:30pm-8:30pm *Sept. 11 – Sept. 25*	**Carletta Kemp**	*Clayton H.S., 124*
730	Th 7pm-9pm *Sept. 12 – Sept. 26*	**Tammy Smith**	*Mehlville H.S., 210*
450	W 6:30pm-8:30pm *Oct. 9 – Oct. 23*	**Carletta Kemp**	*FP-G Tower, 111*
553	Tu 7pm-9pm *Sept. 10 – Sept. 24*	**Anne Frese**	*FV-SS, 105*

Crocheting: The Next Step

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

CRFT:724 | $49

453	W 6:30pm-8:30pm *Nov. 6 – Nov. 20*	**Carletta Kemp**	*FP-G Tower, 111*
730	Th 7pm-9pm *Oct. 17 – Oct. 31*	**Tammy Smith**	*Mehlville H.S., 210*
554	Tu 7pm-9pm *Nov. 5 – Nov. 19*	**Anne Frese**	*FV-SS, 105*

Crocheting Socks

Socks are not just for knitting. Come and learn to make a crochet pair of socks; read patterns and different techniques for embellishing. Come and make a pair as a gift or for yourself! Previous crochet experience is required. Supply list sent.

CRFT:726 | $49

450	M 6:30pm-8:30pm *Oct. 28 – Nov. 11*	**Carletta Kemp**	*FP-G Tower, 111*

"Carletta Kemp was very patient and worked with each student at their level. She was good at keeping the faster students going while still making sure the slower students learned everything and didn't feel pressured to be faster. She was great!"

-Margaret P., St. John

NEW Crocheted Jacket or Shrug

Let's get started for the winter months in creating a shrug or raglan sleeve cardigan. Find out how to read patterns and also embellishing to your personality.

CRFT:726 | $49

550	Tu 6:30pm-8:30pm *Oct. 1 – Oct. 15*	**Carletta Kemp**	*FV-TC, 109*

NEW Crochet a Purse

Come and learn to make purses as you learn to read patterns. Lining is optional but not always required. Bring your own pattern or use one that is supplied.

CRFT:726 | $49

551	Tu 6:30pm-8:30pm *Sept. 10 – Sept. 24*	**Carletta Kemp**	*FV-TC, 109*

Crocheting with Plarn

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

CRFT:726 | $35

451	M 6:30pm-8:30pm *Sept. 9 – Sept. 16*	**Carletta Kemp**	*FP-G Tower, 111*

Crocheting Granny Squares

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

CRFT:726 | $35

452	M 6:30pm-8:30pm *Oct. 7 – Oct. 14*	**Carletta Kemp**	*FP-G Tower, 111*
552	Tu 6:30pm-8:30pm *Oct. 22 – Oct. 29*	**Carletta Kemp**	*FV-TC, 109*

Make It and Take It: Potato Chip Scarf

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

CRFT:724 | $29

550	Tu 6:30pm-8:30pm *Nov. 5*	**Carletta Kemp**	*FV-TC, 109*

Make It and Take It: Retro Stripe Man's Hat

A quick and easy project that you can make and take home. Come for one night to create a cozy hat for yourself or for a gift. Retro stripes make this hat look great. It will be a perfect way to keep out the winter winds! Prerequisite: Crocheting 101 or equivalent experience. Supply list sent.

CRFT:724 | $29

551 Tu 6:30pm-8:30pm — **Carletta Kemp**
Nov. 12 — *FV-TC, 109*

Make It and Take It: Winter Cowl

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

CRFT:724 | $29

552 Tu 6:30pm-8:30pm — **Carletta Kemp**
Nov. 19 — *FV-TC, 109*

Tangled Fibers: Felting

Felting is the process of tangling fibers together. In this course we will cover a variety of techniques and create felted fabrics, functional textiles, and wool sculptures. Techniques include nuno felting, wet felting with resists, and needle felting. Fiber and needles provided in cost of class. Supply list sent - cost of additional materials from $5 - $20.

CRFT:765 | $115

650 Tu 7pm-9pm — **Jessica Cerutti**
Sept. 3 – Oct. 8 — *MC-CE*

Fiber Arts - Paper Cutting

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

CRFT:713 | $29

652 W 6pm-9pm — **Kimberly Hany**
Nov. 13 — *Kirkwood H.S., SA 1*

"Fiber Arts-Weaving was a great class! Kimberly Hany is a great instructor who provided outlets for creativity!"

-Barb B., Affton

Fiber Arts - Weaving with a Cardboard Loom

You don't need expensive equipment to weave. A flat piece of cardboard or a cardboard box can easily turn into a loom that you use to create mug rugs, placemats or start a basic tapestry. You'll learn to use a variety of fibers and weaving techniques to create your own textiles that can be used to create decorative or functional accessories for you and your home. Supply list sent.

CRFT:713 | $29

650 W 6pm-9pm — **Kimberly Hany**
Sept. 18 — *Kirkwood H.S., SA 1*

Fiber Arts - Macrame!

Try your hand at the art of creative knotting. We will use a variety of fibers and teach you different knotting techniques to create large and small accessories, and jewelry for you or your home. Supply list sent.

CRFT:713 | $29

651 W 6pm-9pm — **Kimberly Hany**
Oct. 16 — *Kirkwood H.S., SA 1*

NEW Basketweaving - Egg Basket

Weave a traditional egg basket using reed in this two day class. A fun and functional basket to have in your home. Supplies included in cost of class. Bring an old towel to class.

CRFT:730 | $72

500 F 9am-Noon
Nov. 8 – Nov. 15 — *FV-E, 156*

NEW Burlap Wreath with Fall Accents

Do you have tons of wreaths pinned on your Pinterest boards? Get them off the boards and onto your door! We will be making a burlap wreath with fall accents. All supplies included in cost of the class. Be prepared to leave with a completed fall wreath at the end of class.

CRFT:765 | $35

350 Th 6:30pm-8:30pm
Oct. 10 — *WW, 224*

NEW Deco Mesh Wreath for the Holidays

Do you have tons of wreaths pinned on your Pinterest boards? Get them off the boards and onto your door. We will be making a red and green deco mesh wreath with deco mesh tubing for the holidays. All supplies included in class cost. Be prepared to leave with your holiday wreath at the end of class.

CRFT:765 | $35

351 Th 6:30pm-8:30pm
Nov. 14 — *WW, 222*

Bows Like a Pro

Make perfect bows using florist techniques. Tie a dozen bows in various widths and textures to use for gifts or your own floral arrangements. Fee includes materials. Class held in Room 122.

CRFT:765 | $29

770 W 7pm-9pm — **Christine Knipp**
Nov. 13 — *Hixson Mid. School*

771 W 7pm-9pm — **Christine Knipp**
Dec. 4 — *Hixson Mid. School*

Miniature Marvels: Mrs. Claus Prepares for Christmas

Students will make a 1:12 miniature of "Mrs. Claus Prepares for Christmas". Mini decorations and sweet treats will be made for use in a dollhouse or a mini scene. Bring Tacky glue, tweezers, & small paint brush.

CRFT:762 | $29

580 Sa 9am-Noon — **Carole Weusthoff**
Oct. 19 — *FV-E, 160*

NEW Pinterest Party: I Saw It, Pinned It, Did It!

We will demo a hot new website for all of your personal interests. Transfer photo images to ceramic tiles to create coasters, paperweights, or wall decor with your favorite personal images. Leave class with your personalized tiles and a new favorite website. Supplies List sent. LAST DAY TO ENROLL OR WITHDRAW FROM THIS CLASS IS 10/11. No refunds after 10/11.

CRFT:762 | $35

S50	Th 6pm-9pm *Oct. 24*	**Patti Bossi** *SCEUC, 207*

"Patti Bossi was so nice and helpful! She had so many great ideas – hoping she does more classes."

-Sue, South County

Stamp-a-Stack: Holiday Cards

Join us once a month to start your holiday crafting early to make your own Christmas cards. Each month you will create five cards using different stamping techniques. Ending in November, you will have a total of 15 hand-crafted unique cards to use for the holidays! Fee includes most materials. Supply list sent. LAST DAY TO ENROLL OR DROP IS 9/6. NO REFUNDS AFTER 9/6.

CRFT:762 | $55

SD1	Sa 9am-11am *Sept. 14* Sa 9am-10am *Oct. 10* Sa 9am-11am *Nov. 9*	**Patti Bossi** *Affton White-Rodgers, A* *Affton White-Rodgers, A* *Affton White-Rodgers, A*

Mixed Media Art Journal

This course is perfect for artists of any skill-level. Experimentation and expression are the guiding forces in this course. Loosen up and break the rules to design a one-of-a-kind art journal using the variety of techniques explored in class. Plan to get messy. Students should bring a hard cover book or notebook to decorate. All other supplies are included in the price of the class.

CRFT:765 | $45

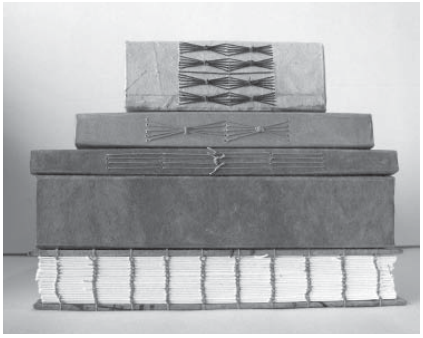
933	Sa Noon-3pm *Sept. 28*	**Cassandra Schroeder** *Thomas Dunn Mem. Ctr*
684	Sa Noon-3pm *Oct. 19*	**Cassandra Schroeder** *MC-SS, 107*

NEW Bookmaking and Bookbinding

Practice the slow art of creating your own books. In this class we will make 4 kinds of hardcover books. Book making is the creative way to personalize your own sketchbook, journals, guest books or scrapbooks. Make a special gift for the holidays or take them all home for yourself. We will learn to stitch the pages, cover the books, and glue everything together for a completed book. Supplies included in the cost of the class.

CRFT:765 | $139

551	Tu 6pm-9pm *Oct. 22 – Nov. 12*	 *FV-E, 154*



Our new Bookmaking and Bookbinding class helps you find a creative way to personalize your journals, scrapbooks and more.

All About Framing Artwork

See Fine Arts section page 39

Metalsmithing Beginning Techniques for Jewelry

Learn the fundamental metalsmithing techniques for making jewelry. Basic metal forming skills: sawing, forming and shaping, filing, sanding, soldering, and polishing will be taught. We will be make two finished pieces - a cuff bracelet and a pendant with a simple stone setting. This is a beginning level class. What will be learned are the basic building blocks needed for jewelry design. No experience necessary. Students who have had previous experience working with metal may move onto more advanced projects. Tools and metal supplied in class fee. No class 9/7, 9/21.

CRFT:753 | $219

681	Sa 9am-Noon *Aug. 31 – Oct. 26*	**Chih Yu Lin** *MC-HE, 131*

Metalsmithing Intermediate Techniques for Jewelry "Rings and Things"

In this course you will learn how to make rings from sheet metal and wire. Different methods of soldering will also be taught. We will cover a ring band, twisted ring, rolling ring, ring within a ring and bezel settings. Students who have previous experience working with metal may move onto more advanced projects. Tools and metals included in class fee. Prerequisite: Beginning Metalsmithing Techniques for Jewelry or equivalent experience.

CRFT:753 | $219

682	Sa 9am-Noon *Nov. 9 – Dec. 21*	**Chih Yu Lin** *MC-HE, 131*

Basic Wire Wrap

No other jewelry class can match this quick and easy way to wire wrap! Craft a sterling silver bracelet (and earrings if time permits.) You choose the stones. Learn to make consistent, clean and professional loops. You'll find something new even if you have taken our other wire wrap classes! Fee includes use of necessary tools. Supplies for project must be purchased from DEEsigns. Supplies are extra and will cost approximately $25. Photos of similar projects are available at the Meramec Continuing Education office. Students may bring safety and magnifying glasses for personal use.

CRFT:753 | $45

M01	Th 6pm-9pm *Sept. 26*	 *DEEsigns Studio*
M02	W 6pm-9pm *Oct. 2*	 *DEEsigns Studio*
M03	Sa 9:30am-12:30pm *Oct. 12*	 *DEEsigns Studio*

Advanced Wire Wrap

Get tons of tips and tricks on applying hammered wire to stone and working with metal. Fun and unique class for unusual designs. Fee includes use of necessary tools. Supplies for project must be purchased from DEEsigns. Supplies are extra and will cost approximately $25. Photos of similar projects are available at the Meramec Continuing Education office. Students may bring safety and magnifying glasses for personal use. Prerequisite: Basic Wire Wrap class.

CRFT:753 | $45

M04	Sa 9:30am-12:30pm *Oct. 26*	 *DEEsigns Studio*

Resin Casting Jewelry Workshop

Learn the basic steps for making beautiful jewelry by creating tiny collage assemblages inside metal frames, and then cast your creation in a durable, fast-drying hard-cure resin.

CRFT:753 | $39

930	Sa 9am-Noon *Nov. 2*	**Jennifer Bradford** *Thomas Dunn Mem. Ctr*

Have you been working at a job that is just that - a job - and you're ready to finally choose a career path?

Florissant Valley:
September TBA-Careers in Caring
November 21-Careers in Business and Technology

Forest Park:
September TBA-Careers in Arts and Education
October 20-Careers in Allied Health and Nursing

Meramec:
October 22-Careers in Business and IT
November 7-Careers in Justice
November 13-Careers in Design
December 5-Green Careers

Attend a Career Information session and let us help you plan your path to success.

St. Louis Community College

*Find out more at **stlcc.edu/Visit** and get started on the New You!*

NEW Polymer Clay for Beginners

Polymer Clay is the hottest arts and craft medium to hit the market in decades. Colorful, affordable and immediate results.†Your†imagination is truly your only limitation. Learn how to make a pair of earrings - dangling or stud - and a pendant to go with them. We will be using the basic jellyroll technique, which can give you multiple options.†By learning this caning technique you open the door for learning many more! You will learn all steps of the process , from the condition of the clay, blending colors, putting together the cane, different patterns to get from the†cane, and†then creating the earrings and pendant shape. Finally, we will cure†(bake) your creations for you to take them home. Materials include everything that you will need to get started in the fascinating world of polymer class - clay rolling machine, clay sampler, and smaller tools. Class is hands on.

CRFT:753 | $135

480	Sa 8am-5pm *Oct. 5*	*Thomas Dunn Mem. Ctr*
680	Sa 8am-5pm *Nov. 9*	*MC-SS, 107*

Gemology 101: Diamond Essentials

Learn about the wide variety of diamonds available, the four "Cs" - cut, color, clarity, and carat and the effect each has on beauty, rarity, and value. This class is for beginners who want to know about diamonds.

CRFT:753 | $55

S01	W 7pm-9pm *Sept. 25 – Oct. 9*	**Stacy Minden** *SCEUC, 101*

Gemology 102: Colored Stones and Pearls

Learn about the wide variety of precious and semi-precious gemstones, and pearls. Learn about the qualities that determine beauty, rarity, and value. This class is for beginners who want to know about colored gemstones and pearls.

CRFT:753 | $55

S02	W 7pm-9pm *Oct. 23 – Nov. 6*	**Stacy Minden** *SCEUC, 101*

Explore the wide variety of precious and semi-precious gemstones and pearls.

Stained Glass: Beginning

Construct a basic leaded window and try copper foil technique. Students must use a design chosen from studio's selection of beginner patterns. Materials are additional and cost approximately $35. Call studio at 314-772-2611 for information about project.

CRFT:736 | $165

P01	Th 7pm-9pm *Sept. 26 – Nov. 14*	*Preston Art Glass*
P02	Sa 10am-3:30pm *Sept. 7 – Sept. 21*	*Preston Art Glass*

Make a Stained Glass Lamp

In this class you will make a small Tiffany-style lamp (copper foil). It is necessary to have good glass cutting skills for this class. You must also be willing to work at home cutting class between classes in order to complete your lamp in the time allotted for the class. Please come to the studio one week before class to choose your pattern. Materials are additional and cost approximately $95. Call the studio at 314-772-2611 for information about the project.

CRFT:736 | $165

P03	Sa 1pm-3pm *Sept. 28 – Nov. 16*	*Preston Art Glass*

Candle Making for Fun and Profit

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

CRFT:765 | $45

934	Sa 9:30am-1:30pm *Sept. 28*	**Thomas Fortenberry** *Thomas Dunn Mem. Ctr*
685	Sa 9:30am-1:30pm *Oct. 19*	**Thomas Fortenberry** *MC-SW, 104*

Authentic Soap Making

Come and learn the art of soapmaking! This is a fascinating ancient craft that you will enjoy for years to come. In this hands-on class, we will use a blend of moisturizing oils and sodium hydroxide (lye) to create handcrafted soaps. You will learn about herbs and botanicals to use in your soap-making. You will scent your soap with essential or fragrance oils. This class is a demonstration and hands-on class, dress appropriately. Please bring a pair of rubber gloves or latex gloves and an apron to protect your clothing.

CRFT:765 | $45

686	Sa 9am-11:30am *Sept. 14*	*MC-SS, 106*
687	Sa 9am-11:30am *Oct. 26*	*Thomas Dunn Mem. Ctr*

NEW DIY Clean Green Body Products

In this workshop, students will use simple DIY formulas to make effective, healthy, and environmentally sustainable personal cleaning products that will save you tons of money and have you and your family sparkling clean and smelling terrific. Recipes include a sugar scrub, salt scrub, facial mask, beach hair sea spray, and bath bombs. Instructor supplies all materials and packaging for finished products for you to take home.

CRFT:765 | $45

680	Sa 9am-Noon *Sept. 21*	**Jennifer Bradford** *MC-SW, 106*
930	Sa 9am-Noon *Oct. 19*	**Jennifer Bradford** *Thomas Dunn Mem. Ctr*

NEW DIY Green Cleaning Products

In this 3-hour workshop students will use simple DIY formulas for making effective, healthy, and environmentally sustainable cleaning products that will save tons and have your house sparkling clean and smelling terrific! Recipes will include laundry soap, surface cleaner, clothing freshener/de-wrinkler, wood polish and window cleaner. Instructor supplies all materials and packaging for finished products for you to take home.

CRFT:765 | $45

681	Sa 12:30pm-3:30pm *Sept. 21*	**Jennifer Bradford** *MC-SW, 106*
931	Sa 12:30pm-3:30pm *Oct. 19*	**Jennifer Bradford** *Thomas Dunn Mem. Ctr*

Terrariums: Craft a Garden Under Glass

Terrariums are a beautiful, low-maintenance way to add greenery to a home or office. In this workshop, participants will make a terrarium to keep and learn the basics of terrarium building and care. Topics covered will include: an overview of the appropriate plant species, soil requirements, and props. Fee includes most materials. Students need to bring a large, clear glass jar with a lid to use for the terrarium structure. Jars should be label-free and can be any shape or size (not to exceed two quarts). Class can be messy, students should dress appropriately.

CRFT:765 | $39

932	Sa 9am-11am *Sept. 28*	**Cassandra Schroeder** *Thomas Dunn Mem. Ctr*
683	Sa 9am-11am *Oct. 19*	**Cassandra Schroeder** *MC-SS, 107*

Create a beautiful planter with our Hypertufa Planter Workshop.

NEW Hypertufa Planter Workshop

Students will learn the basic steps for making modern, lightweight concrete planters know as Hypertufa. We will create a series of pots for indoor or outdoor use. Pots made in class will be small, but the technique can easily be expanded to create large planters or sculptures for the garden. Instructor will supply all materials needed for each student to make three to five vessels.

CRFT:765 | $45

682	Sa 12:30pm-3:30pm *Nov. 2*	**Jennifer Bradford** *MC-SW, 106*

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St. Louis Community College Continuing Education

CULINARY ARTS

Fabulous Pies

Join this baker's class and you'll learn to prepare a variety of tempting pies, including: German chocolate pie, Pumpkin apple pie, Praline apple pie, Streusel-topped pumpkin pie, Apple brandy praline pie, Cranberry pecan pie and several other pies you'll enjoy making again and again. Bring a 9-inch pie pan to take home warm pie samples. Class is hands-on.

FOOD:705 | $39

580 Sa 9:30am-12:30pm **Eileen Fraser**
Oct. 19 *FV-SM, 129*

Basic Home-baked Yeast Breads & Beyond

Imagine filling your home with the delightful aroma of baking bread and sharing warm-from-the-oven home baked treats with family and friends! Learn to make a variety of old-fashion homemade breads, including basic white bread, rye breadsticks with caraway seeds, multigrain dinner rolls, sweet orange wheat rolls, homemade pizza crust, and many more we're sure you'll love. Class is hands-on.

FOOD:706 | $39

580 Sa 9:30am-12:30pm **Eileen Fraser**
Sept. 28 *FV-SM, 129*

Quick Breads, Muffins, Cupcakes, & More

If you love to bake but want quick results, this is the class for you! Come enjoy fresh-from-the-oven quick breads such as Apple muffins, Cinnamon-spiced cupcakes, Swirled coffee cake, Cream cheese raspberry muffins, Chocolate citrus scones and other quick-to-fix treats that can be enjoyed by the family or given as gifts to family and friends. Class is hands-on.

FOOD:706 | $39

581 Sa 9:30am-12:30pm **Eileen Fraser**
Nov. 2 *FV-SM, 129*

Gifts from the Kitchen: Truffles

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

FOOD:707 | $39

P01 M 6:30pm-9:30pm **Mary Autrey**
Nov. 18 *Culinary Arts House*

Dipped and Molded Chocolates

You'll be the hit of every holiday party when you bring your own hand-dipped and hand-molded chocolates to share. We'll be giving these special hand-made chocolates a holiday flare. You'll be making (and tasting!) molded and dipped chocolates such as: Peanut butter, Mocha squares, Dulche de leche and Pineapple. Packaged and ready for gift giving. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front. Class is hands-on.

FOOD:707 | $39

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

Halloween Cookie Bouquet

Make, decorate, and construct a Halloween Cookie Bouquet. You'll leave class with a completed "bouquet" to keep or to give that special Trick-or-Treater in your life. Fee includes a cookie bouquet to take home. Park on Hartford or Hampton. Flagpole in front. Class is hands-on.

FOOD:708 | $39

P01 M 6:30pm-9:30pm **Debra Hennen**
Oct. 28 *Culinary Arts House*

Introducing the Cake Decorating Certificate with Continuing Education

Do you enjoy creating beautiful food? Would you like to develop your talent and pave the way to extra income? If baking is your passion,and you have artistic flair, a Cake Decorating Certificate from STLCC will help you build new skills, focus on your strengths and learn the tricks of the trade that you'll need for a successful future in cake decorating.

Classes may be taken individually or as a part of theCake Decorating Certificate Program.

Call 314-984-7777 for a copy of the Cake Decorating brochure.

Cake Decorating for Fun or Profit: Beginning

Unleash your creativity with cake decorating! This introductory course includes instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing and borders to make your cakes creative, casual, elegant or romantic. Join for fun or for the rewards of starting your own business. Supplies extra.

FOOD:701 | $59

550 Tu 6:30pm-9pm **Gloria Hall**
Sept. 10 – Oct. 1 *FV-SC, PDR-B*

770 M 6:30pm-9pm **Cynthia Sciaroni**
Sept. 9 – Sept. 30Hixson Mid. School, 121

Cake Decorating: Intermediate

Enhance your artistic skills and creative abilities in this intermediate level class. Learn the icing rose, run sugar techniques, figure piping, and basket weave. More as time permits. Basic cake decorating skills required. Supplies extra.

FOOD:702 | $59

550 Tu 6:30pm-9pm **Gloria Hall**
Oct. 8 – Nov. 5 *FV-SC, PDR-B*
No Class 10/15

770 M 6:30pm-9pm **Cynthia Sciaroni**
Oct. 7 – Oct. 28 Hixson Mid. School, 121

NEW Flowers, Borders, and Traditional Techniques with Buttercream

If you're comfortable with the basics, this class will show you how to make your decorated cakes look extraordinary. Expand your skills with additional icing flowers, embellished borders, and traditional techniques including the icing bow and cornelli lace. More as time permits. Basic cake decorating skills and experience required. Supplies extra.

FOOD:703 | $39

P02 Sa 9am-1pm **Debra Hennen**
Nov. 2 *Culinary Arts House*

Cake Decorating: Wedding Cakes

Move up to the next level! Learn to construct and decorate tiered cakes, including more advanced borders and flowers. You'll also get tips in design, support, transportation and set-up. It all comes together at the last session when you create a wedding cake of your own. Basic cake decorating skills required. Supplies extra. Bring icing and tips to first class. No class 11/26.

FOOD:704 | $49

550 Tu 6:30pm-8:30pm **Gloria Hall**
Nov. 12 – Dec. 10 *FV-SC, PDR-B*

NEW Airbrushing Basics for Cake Decorating

Airbrushing is a unique technique for creatively adding color to special occasion cakes. Liquid food-safe colors are sprayed through a needle tip with compressed air, giving the cakes a beautiful "painted" look. In this hands -on class you'll get experience using an airbrush like the pro's do it, enabling you to make creative pictures on cakes. You'll practice using stencils and learn how to make them, do shadowing and shading to make designs look dimensional, and learn how to layer colors. Equipment is provided for use in class and supplies are included. Airbrushing techniques can take your decorated cakes to the next level, giving them a distinctive, professional finish.

FOOD:703 | $59

V01 Su Noon-5pm **Debra Hennen**
Oct. 20
Fischer's Cake & Candy, Training Room

Cake Decorating: Rolled Fondant

Dazzle your family and friends with the elegant look of a rolled fondant cake. In just 3 classes, you'll learn how to achieve this European style and create an edible masterpiece for your next special occasion. Basic cake decorating skills required. Supplies extra.

FOOD:703 | $59

P01 Th 6:30pm-9pm **Cynthia Sciaroni**
Oct. 10 – Oct. 24 *Culinary Arts House*

Holiday Cookies

Looking for new cookie recipes? In this class you will bake Cranberry pumpkin cookies, Lemon pie bars, Carmel candy bars, Almond macaroon cookies, Frosted poppy seed cookies, Apple pecan cookies, Buttermilk chocolate chip cookies and an assortment of other cookies. Bring a container to take fresh-baked cookies home. Class is hands-on.

FOOD:708 | $39

580 Sa 9:30am-12:30pm *Dec. 7* — **Eileen Fraser** *FV-SM, 129*

Share home-baked treats with friends and family this year with Holiday Cookies.

Christmas Cookie Bouquet

Make, decorate, and construct a Christmas Cookie Bouquet. You'll leave with a completed "bouquet" to give as a gift, grace your holiday table, or to make someone else's holiday special. Fee includes a cookie bouquet to take home. Park on Hartford or Hampton. Flagpole in front. Class is hands-on.

FOOD:708 | $39

P02 M 6:30pm-9:30pm *Dec. 16* — **Debra Hennen** *Culinary Arts House*

"Deb Hennen's courses are so much fun. She allows us plenty of hands-on experience and there were a lot of homemade treats to take home. We loved the set-up of the Culinary Arts Facility and it was conveniently located. The presentation was interesting and informative."

- Marti K., Clayton

NEW Bake Sale Treats

It's fund-raising season. Do you need some new ideas for bake sales? Come try some delicious treats packaged to sell out fast. You'll learn to make and package specialty items that include: Cake batter crispy rice treats, Dipped and decorated pretzels, Puppy chow, and Candy potpourri. Park on Hartford or Hampton. Flagpole in front. Class is hands-on.

FOOD:708 | $39

P03 Th 6:30pm-9:30pm *Sept. 12* — **Debra Hennen** *Culinary Arts House*

Discovering Spices from A to Z

Have you ever stared at the hundreds of little bottles in the spice aisle in your grocery store perplexed and thinking "what does THAT smell/taste like and what do you DO with it?!?" Come find out! In this exploratory course, you'll prepare recipes and experience a wide variety of spices from Anise to Turmeric. You'll learn what they are, what they taste and smell like, what type of foods or cuisines they are best for and of course how to cook with them (hands-on) to make awesome dishes from curry chicken to lemon pepper cauliflower. If you are ready to bring some new spice into your life with flavors like paprika, ginger, fennel, dill weed, white pepper, cumin, cloves, allspice, and more, then this is the class for you! Come hungry and bring take home containers. Class is hands-on.

FOOD:712 | $39

750 Tu 6:30pm-9:30pm *Oct. 15* — **Michelle Anderson** *Kirkwood H.S., C 191*

Gourmet Dipped Apples

Impressive and delicious — a crisp fall apple hidden under layers of sinfully sweet caramel, drizzles of dark and white chocolate, and loads of crunchy toppings. These are the perfect party favor or gift (or personal indulgence!). Learn the secrets to creating these delightful treats and go home with the perfect one of your own. Bring a take home container. Park on Hartford or Hampton. Flagpole in front. Class is hands-on.

FOOD:712 | $39

P01 M 6:30pm-9:30pm *Oct. 14* — **Debra Hennen** *Culinary Arts House*

Irresistible Vegetables: Who Knew?

Are you tired of cooking corn, broccoli, carrots, and peas the same old way every night? Re-discover the wonders of veggies through simple, often quick recipes that will leave your whole family coming back for more. Put excitement and variety back into your mealtimes with over a dozen new recipes that you'll try in this class, like Cauliflower Au Gratin, Bacon Asparagus, Chinese Green Beans, Marsala Brussels Sprouts, Chocolate Zucchini Bread, Celery Chestnut Casserole, and much more! Come hungry and bring take home containers. Class is hands-on.

FOOD:718 | $39

750 Tu 6:30pm-9:30pm *Sept. 10* — **Michelle Anderson** *Kirkwood H.S., C 191*

NEW More Irresistible Vegetables: Who Knew?

Did you love your first ***Irresistible Vegetables*** class and find yourself craving more? Well then this class is for you! Once again, try a variety of ALL NEW simple and often quick veggie recipes that will leave your whole family coming back for more. In this class, we'll make restaurant favorites and gourmet masterpieces like Cajun corn succotash, Parmesan zucchini sticks, Stuffed bell peppers, Sesame broccoli, and much more! Come hungry and bring take home containers. Class is hands-on.

FOOD:718 | $39

751 Tu 6:30pm-9:30pm *Sept. 24* — **Michelle Anderson** *Kirkwood H.S., C 191*

Cooking for the Diabetic

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

FOOD:718 | $39

752 Tu 6:30pm-9:30pm *Oct. 22* — **Michelle Anderson** *Kirkwood H.S., C 191*

1960s Gourmet Dinner

A blast from the past: A menu from the 1960s that's perfect for recreating your own "Mad Men" dinner party. Recipes featuring classic culinary techniques and skills any foodie should want to master. Menu includes Chicken Cordon Bleu, Green beans almandine, Classic Caesar salad and Baked Alaska. Class is hands-on.

FOOD:722 | $39

780 Tu 6:30pm-9:30pm *Oct. 29* — **Suzanne Corbett** *Kirkwood H.S., C 191*

Old World Christmas Dinner

Fill the plates at your holiday table with traditional foods inspired by yuletide dishes from yesteryear. White cheddar soup, Stuffed prime rib with Port wine sauce, Cheshire chive potatoes, Romaine and orange salad with pomegranate vinaigrette, Steamed Christmas pudding with hard sauce. Class is hands-on.

FOOD:724 | $39

750 Tu 6:30pm-9:30pm *Nov. 19* — **Suzanne Corbett** *Kirkwood H.S., C 191*

Around the World with Yogurts

There are many different kinds of yogurts, beyond what you can buy in your local grocery store. In this class you'll be experiencing Filmjok, Viili, and Greek yogurts. All yogurts are "generational," some are heated, others not, but all are fermented to make delicious products. Come prepared to help make yogurt cheese, a yogurt drink, and a caramel apple topping to eat with our yogurt. With the leftover whey we'll make a cultured condiment. If you love yogurt, come experience different varieties then go home and make them yourself! Bring at least 4 small glass jars to take home the "mother" cultures of your favorites. Class is hands-on.

FOOD:722 | $39

781 W 6:30pm-9pm *Oct. 2* — **Jane Campbell** *Lindbergh H.S., 31*

Appetizers for Holiday Entertaining

Whether you're having an impromptu get-together or an elegant feast, this is your chance to be a successful hostess. Holiday entertaining can be easy when you have these do-ahead, time saving appetizer recipes that your guests will love. Come to this class and experience a taste of the holidays with Cheddar gougeres, Chipotle cheese sticks, Cranberry meatballs and sausage, Pepperoni bread, and much more. Class is hands-on.

FOOD:724 | $29

550 Th 7pm-9:30pm *Nov. 14* — **Eileen Fraser** *FV-SM, 129*

Pumpkin Primer

Do you love pumpkin? Looking for something beyond pie? Pumpkin, autumn's quintessential symbol, is the focus of this class that explores a range of culinary options, featuring recipes that will include: Almond pumpkin soup, Savory pumpkin gratin, Pasta with pumpkin cream sauce, Pumpkin dump cake, Pumpkin mousse shortbread bars. Class is hands-on.

FOOD:724 | $39

780 M 6:30pm-9:30pm *Oct. 7* — **Suzanne Corbett** *Lindbergh H.S., 31*

Holiday Gifts from the Kitchen

Gift those on your holiday list with something tasteful - something homemade from the kitchen. Everyone loves gifts with a personal touch, especially when tasty food is lovingly prepared and presented. Almond nut brittle, Chili-scented glazed pecans, flavored butters, spice rubs, Parmesan Garlic flatbread crackers, Gorgonzola spread, Dilled cheese truffles, White Christmas fudge. These are so delicious you'll want to keep some for yourself! Class is hands-on.

FOOD:724 | $39

781 M 6:30pm-9:30pm *Nov. 18* — **Suzanne Corbett** *Lindbergh H.S., 31*

NEW

Creative Halloween Treats

It's a whole new twist on "finger foods!" Come learn to make hauntingly tasty treats and drinks. You'll make "Finger" cookies, Apple "bites," "Eyeball" cake pops, and more as time permits. Wash it down with some "Brain" shooters, Warm Witches' "Blood," and "Brain Hemorrhage." Bring a take home container for your goodies. Park on Hartford or Hampton. Flagpole in front. Class is hands-on.

FOOD:724 | $39

P01 F 6:30pm-9:30pm *Oct. 18* — **Debra Hennen** *Culinary Arts House*

Taste of India: All Time Indian Favorites

If you enjoy the exciting flavors of Indian cuisine, come learn to prepare these popular dishes. You'll help prepare and enjoy traditional Indian flavors in Kheema matar (ground chicken cooked with peas, cashews and spices), Chicken curry (bone-in chicken cooked with Indian spices), Naan, Dal, Mango lassi, and Basmati rice. Class is hands-on.

FOOD:734 | $39

780 M 6:30pm-9:30pm *Sept. 16* — **Seema Shintre** *Lindbergh H.S., 31*

Taste of India: Restaurant Favorites

If you enjoy dining out in Indian restaurants, come learn to prepare these popular dishes yourself at home. You'll prepare and enjoy sampling: Saag Paneer (homemade soft cheese cooked with spinach and spices), Mater Paneer (homemade cheese and peas in spicy sauce), Dal (lentils cooked and seasoned with onion and spices,) Paratha (whole wheat Indian bread), and Raita (cooling side dish made with yogurt). Class is hands-on.

FOOD:734 | $39

781 M 6:30pm-9:30pm *Oct. 14* — **Seema Shintre** *Lindbergh H.S., 31*

Taste of India: South Indian Feast

If you enjoy the exciting flavors of Indian food, come learn to prepare these dishes for yourself. It's not difficult once you've been shown how to do it. In this class, you'll prepare and enjoy sampling: Masala dosa (thin and crispy pancakes made with rice and lentils and stuffed with spiced potatoes), Tomato rice (basmati rice seasoned with tomatoes, curry leaves and spices), Cabbage (kuttu) bhaji (cabbage seasoned with spices and fresh coconut), Kheer (Rice pudding), Tomato chutney (crushed tomatoes cooked with spices). Class is hands-on.

FOOD:734 | $39

782 M 6:30pm-9:30pm *Oct. 21* — **Seema Shintre** *Lindbergh H.S., 31*

Biergarten Dinner

Enjoy October German-style and plan to celebrate with your own Octoberfest. You'll be ready to impress with these authentic German recipes: Brick cheese with toasted seasoned rye points, Chicken rouladen, Herb spaetzel with bacon, Sweet and sour sprouts, and Pear strudel. Class is hands-on.

FOOD:734 | $39

783 M 6:30pm-9:30pm *Oct. 28* — **Suzanne Corbett** *Lindbergh H.S., 31*

Dining Global: Soups, Salads and Sandwiches from Around the World

Savor the flavors of global and regional specialties with one-pot wonders from around the world, salads with flair, and sandwiches that will make you wonder why you ever settled for a ham and cheese. In this class, you'll learn to make some of your favorite soups like Greek Lemon Chicken Orzo, Italian Wedding Soup, Spanish Paella. We'll also make a classic Greek salad, a Strawberry Salad that will take you to the west coast, and everyone's favorite Caesar Salad, all with homemade dressings. Finally, we'll revel in the simple joy of a good sandwich as we devour our own New Orleans Muffalettas, Mediterranean Halibut sandwiches, Monte Cristos and more. Come hungry and leave with your lunch for tomorrow. Bring take home containers. Class is hands-on.

FOOD:734 | $39

750 Tu 6:30pm-9:30pm *Oct. 8* — **Michelle Anderson** *Kirkwood H.S., C 191*

The Mediterranean Cuisine of Morocco, Algeria and Egypt

The foods of the Mediterranean are well-known for their delicious flavors and heart-healthy benefits. For these reasons, many U.S. restaurants showcase the cuisines of southern France and Italy, Greece, and Turkey. Less common, though just as marvelous, are the cuisines of northern Africa - primarily Morocco, Algeria and Egypt. Come join us as we will explore the wide variety of dishes that are authentic to these three north African countries. Bring an apron and hat or hair net and wear closed-toe shoes. Class is hands-on.

FOOD:734 | $39

480 F 6:30pm-9:30pm *Oct. 4* — **Mark Williams** *FP-HSP, 111*

It's Back! Dinner and a Movie!

Dinner and a Movie: "Tortilla Soup"

Retired Mexican-American chef Martin Naranjo (Hector Elizondo) lives in Los Angeles with his three beautiful (and single!) adult daughters. Although he has lost his ability to taste and smell, Martin still cooks lavish, traditional dinners for his family. The women humor their father's old-fashioned ways, but each of them is searching for romance and fulfillment outside the family. As each of the daughters finds someone, their widower dad meets a lively divorcee. Delightful twists and turns ensue as the family finds their ultimate recipe for happiness. A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Registration/withdrawal deadline: 9/10. No refunds after that date.

FOOD:747 | $25

481 F 6:30pm-9pm *Sept. 20* — **Mark Williams** *FP-HSP, Anheuser Busch Din. Rm*

Dinner and a Movie: "Who is Killing the Great Chefs of Europe?"

In this 1978 award-winning comedy/mystery film starring George Segal, Jacqueline Bisset, and Robert Morley, the mystery begins as one by one, the greatest Chefs in Europe are being killed. Adding to the intrigue, it's discovered that each chef is killed in the same manner in which their own special dish is prepared. Food critics and the (many) self-proclaimed greatest Chefs in Europe demand the mystery be solved. A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30pm; film begins at 7:15pm. Registration/withdrawal deadline: October 8. No refunds after that date.

FOOD:747 | $25

484 F 6:30pm-9pm *Oct. 18* — **Mark Williams** *FP-HSP, Anheuser Busch Din. Rm*

NEW

Cuisine of Thailand

Let's "Thai one on" as we explore the Asian foods of Thailand. Thai dishes emphasize strong aromatic components, blending the four fundamental taste senses in each dish (sour, sweet, salty, and bitter) and combining elements of several Southeast Asian traditions. Bring an apron and hat or hair net and wear closed-toe shoes. Class is hands-on.

FOOD:734 | $39

481 F 6:30pm-9:30pm *Oct. 25* — **Mark Williams** *FP-HSP, 111*

Savory Soups to Beat the Autumn Chill

The autumn chill is in the air and nothing can beat a rich and hearty bowl of soup for a lunch or light supper. Kick the "can" habit and experiment with your own spectacular flavors. In this class, we'll prepare a variety of delicious mealtime soups full of meats, flavorful herbs and seasonal veggies. You'll prepare Tomato spinach soup, Creamy cauliflower with bacon soup, Wild rice and cheddar dumpling soup, Apple-cinnamon butternut squash soup and much more. Something perfect for everyone. Bring your appetite - we eat our creations! Class is hands-on.

FOOD:742 | $29

550 Th 7pm-9:30pm *Oct. 3* — **Eileen Fraser** *FV-SM, 129*

Introductory Knife Skills

Are you ready to do more cooking at home but unsure of yourself when it comes to techniques for using a chef's knife? Then this class is designed for you. Our instructor will discuss knife safety and demonstrate a variety of basic types of classic cuts and simple cutting techniques. You'll have plenty of time for practice, questions, and one-on-one guidance as you practice your knife skills while making a few soups and salads for a tasty dinner. As an added bonus, after the completion of this class, we'll give you your own new chef's knife to take home and use in your own kitchen! Class is hands-on.

FOOD:747 | $59

750 Tu 6:30pm-9:30pm *Sept. 17* — **Michelle Anderson** *Kirkwood H.S., C 191*

Mother Sauces & Their Offspring

Sauces make everything taste better. Sauces are often considered one of the greatest tests of a chef's skill. The successful pairing of a sauce with a food demonstrates technical expertise, an understanding of the food, and the ability to judge and evaluate a dish's flavors, textures, and colors. Learn to make the five basic mother sauces (Béchamel, Velouté, Espagnole, Hollandaise, and Tomato), from which hundreds of other sauces are derived. Break into the mystery of tasty, restaurant-style pan sauces and you'll add vibrant new spark to your favorite dishes. Bring an apron and hat or hair net and wear closed-toe shoes. Class is hands-on.

FOOD:747 | $39

482 F 6:30pm-9:30pm *Sept. 27* — **Mark Williams** *FP-HSP, 111*

NEW

YOU be the Judge! Cooking Competition

You've watched those TV cooking competitions where chefs are either praised or harshly criticized for their culinary skills. It's easy to agree or disagree from your armchair, but do you really know how judges make those difficult decisions? Come learn what certified culinary judges look for during the preparation, finishing, and presentation of a dish. An American Culinary Federation (ACF) certified judge will instruct you on the process of how to judge food for presentation, taste, and preparation. Then student chefs will compete, preparing two different meals and using your new knowledge and skills, YOU will join the panel of judges! Join us for an amazing culinary experience - it's both easier AND harder than you might think. Let the battle begin!

FOOD:747 | $49

483 F 6:30pm-9:30pm *Oct. 11* — **Mark Williams** *FP-HSP, ABDR*

Brining and Marinades

Brining and marinading are similar processes. Brining soaks meats or vegetables in a salt-water solution while marinading soaks them in seasoned, usually acidic, liquids. Both processes flavor, moisten, and tenderize the foods. Learn the secrets to brining both large and small pieces of meat and kicking up the flavor with marinades. Bring an apron and hat or hair net and wear closed-toe shoes. Class is hands-on.

FOOD:747 | $39

486 F 6:30pm-9:30pm — **Mark Williams**
Nov. 8 — *FP-HSP, 111*

"Eileen Fraser is a 'confidence builder' in the kitchen. After providing delicious and easy recipes, she makes sure you are comfortable with your task in the kitchen and helps along the way if you need it! Very easy to understand and you will feel very accomplished at the end of the meal (and full too)!"

-Noel H.

Couples Cook: Easy and Delicious Meals

Plan to join us for an evening of delicious dining and fun in the kitchen. We'll begin with Cheesy potato soup, Spinach and apple salad, Brandied sweet potatoes, Pork chops with caramelized onion, Green beans and cremini mushrooms. There will be additional recipes to complement these and complete this wonderful evening activity for couples only. Fee is per person. Class is hands-on.

FOOD:765 | $29

580 F 7pm-9:30pm — **Eileen Fraser**
Sept. 20 — *FV-SM, 129*

Couples Cook: Fall Entertaining

The party season can start early with delicious recipes that will dazzle your friends and family. You'll prepare and dine on Sweet potato and peanut soup, Salad with cranberry-orange dressing, Parmesan butternut squash, Cumin-coriander pork tenderloin, Green beans with lemon garlic, and Spinach-stuffed chicken breasts. There will be additional recipes to round out this mouth-watering collection of special dishes. Couples only. Fee is per person. Class is hands-on.

FOOD:765 | $29

581 F 7pm-9:30pm — **Eileen Fraser**
Oct. 11 — *FV-SM, 129*

Couples Cook: Holiday Celebration Dinner

Join this couples class where you'll enjoy cooking and tasting a variety of delicious recipes that are perfect for your special holiday meals. Recipes will include: Pumpkin bisque with smoked gouda, Butternut squash and apple gratin, Stuffed pork tenderloin with maple brown sugar glaze, Carrots with peach Dijon sauce, Apricot lemon chicken. We'll have a variety of additional recipes — something for everyone to try. Couples only. Fee is per person. Class is hands-on.

FOOD:765 | $29

582 F 7pm-9:30pm — **Eileen Fraser**
Oct. 25 — *FV-SM, 129*

Retro Restaurant Repast (St. Louis Famous Restaurant Recipes)

Do you miss foods that were on menus of Saint Louis' long-shuttered restaurants? This class brings back the tastes of the past in these recipes for some of Saint Louis' late, great restaurants. Suzanne has found more recipes she's sure you'll love. Satisfy your cravings for dishes you've missed from shuttered popular Saint Louis eateries. Featured menu: Al Baker's Crab-stuffed mushrooms, Parente's Brasciole (Stuffed beef rolls simmered in tomato sauce), Musial & Biggie's Fettuccine a la Romana, Jefferson Avenue Boarding House's Tossed salad with red Roquefort dressing and finish off with Miss Hulling's Autumn glow carrot cake. Class is hands-on. If you remember these time-honored restaurants, come prepare these treasured recipes, re-live the memories and take home the recipes. Class is hands-on.

FOOD:765 | $39

750 Tu 6:30pm-9:30pm — **Suzanne Corbett**
Nov. 5 — *Kirkwood H.S., C 191*

Coffee College

Have you wondered what the difference is between cappuccino and latte? Have you wished you could distinguish between Kenyan or Columbian coffee or even knew the difference between packaged, bagged and fresh coffee? Then come to our Coffee College and learn the characteristics of beans from different growing areas, taste several coffees that will provide you with a good sample of coffees from all over the world, and learn the different roast levels that impact the flavor, feel and aroma of coffee.

FOOD:765 | $19

V01 W 6pm-9pm — **Steve Richards**
Sept. 25 — *Alaska Klondike Coffee Co*

Brew Your Own Beer at Home

Have you ever wanted to make your own beer to match your own taste, but weren't sure where to start? Come to this one-night class to learn how to prepare a batch of ale from beginning to end. Discussion will include beer styles, preparation steps, equipment, bottling, and resources for the home brewer. This is a demonstration "show & tell" class (no drinking). Participants will assist in preparing a batch of ale (unfermented) and take a sample to ferment at home. Must show proof of 21 years or older.

FOOD:761 | $35

M01 W 6pm-9pm — **Dave Deaton**
Oct. 2 — *St Louis Wine & Beermaking*

"Dave Deaton was great! Of course, we got beer recipes and procedure, but a lot of the back-end chemistry as well. Very helpful and well presented. Fantastic!!"

- Mike K., South St. Louis

Make Your Own Wine at Home

Would you like to try making your own wine? Home wine-making is an enjoyable and satisfying hobby. The quality of home-made wines can be amazing. Taking this class can lead the way to making the process easy; simple instructions ensure success. Many tips from our experienced home wine-making expert will enhance and improve your own efforts at home. This is a demonstration "show & tell" class (no drinking), with step-by-step instructions that will take you from start to finish. Participants will assist in preparing a batch of wine (unfermented) and take a sample to ferment at home. Must show proof of 21 years or older.

FOOD:760 | $35

M01 W 6pm-9pm — **Dave Deaton**
Oct. 23 — *St Louis Wine & Beermaking*

Compare and Contrast Different Wine Varietals

What's the difference between Bordeaux and a Chilean Cabernet Sauvignon or the difference between Sancerre and California Sauvignon Blanc? This will be a side-by-side tasting where we will be comparing the same grape varietals from different regions and identifying their individual characteristics. Included will be sensory components (i.e., apples, gooseberries, eucalyptus, etc.) to better identify the aromatics and flavors found in wine. $20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | $15

M02 Tu 6:30pm-8:30pm — **William Polhemus**
Sept. 17 — *The Wine Barrel*

Great Wines Often Overlooked

Is your wine selection in a rut? Tired of the same old wines? Come take an exploration beyond the same old grind into some of those areas or varietals that are true hidden gems. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. $20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | $15

M03 Tu 6:30pm-8:30pm — **William Polhemus**
Oct. 22 — *The Wine Barrel*

France: The Benchmark for Wine

For thousands of years the French have pioneered all aspects of wine-making and wine-growing. This will be a overview of the major wine-growing regions and their influence on the rest of the world of wine. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. $20 material fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | $15

M04 Tu 6:30pm-8:30pm — **William Polhemus**
Nov. 19 — *The Wine Barrel*

Best Buys in Wine

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

FOOD:760 | $15

M05 Tu 6:30pm-8:30pm — **William Polhemus**
Dec. 10 — *The Wine Barrel*

Join Suzanne Corbett as she revisits historic restaurants in St. Louis' past and shares memorable recipes..

DANCE

Ballet: Beginning

This fun class is designed for the student who has never studied ballet before or hasn't taken a recent class. You'll learn to utilize your center/core for strong ballet technique. The fun and exciting movement of ballet is a great way to get into shape, with music and movement that is as good for the soul as it is for the body! Ballet shoes required.

DANC:701 | $69

M01 Tu 8pm-9pm
Sept. 10 – Nov. 12 *Studio-Brentwood*

920 W 6:30pm-7:55pm
Sept. 11 – Nov. 13 *U. City H.S., Dance Studio*

Ballet Tone and Stretch for Beginners

Beginning techniques of classical ballet will be combined with toning and stretching on mat and barre for overall body conditioning. No prior ballet experience required. Leotard, tights, and ballet shoes required. Studio is located behind a kitchen and bath design store.

DANC:701 | $69

M02 M 7pm-8pm
Sept. 16 – Nov. 4 *Adiva Dance Ctr*

Tap Dancing: Beginning

Designed for the beginner as well as someone with limited tap experience. Basic tap steps and tap combinations will be taught as well as a tap routine. Develop your sense of movement while practicing basic rhythm tap techniques. A fun way to exercise!

DANC:707 | $69

M02 M 8pm-8:45pm
Sept. 9 – Nov. 11 *Studio-Brentwood*

Tap shoes required first class. Call 314-968-4881 for guidelines before purchasing.

M01 M 8pm-9pm
Sept. 16 – Nov. 4 *Adiva Dance Ctr*

Do not purchase tap shoes until after first class. Studio is located behind a kitchen & bath design store.

Tap Dancing: Beyond the Basics

Once you've thoroughly mastered the basics, take the next steps to advance your dancing technique. You'll learn and practice new steps, combinations, and a dance that will make you a more proficient tapper. Previous tap experience and tap shoes required.

DANC:708 | $79

M01 Tu 6:30pm-7:30pm **Bonnie Kleyboecker**
Sept. 10 – Nov. 12 *St John's Ev. UCC, CAFE*

NEW Electric Slide: Beginning

If you've never tried slide dancing, or you haven't danced this style in a while and would like a refresher, this is the class for you. Our instructors will start at the beginning and take you to fantastic! No experience required.

DANC:734 | $49

580 Sa 11am-11:50am **Eleanor Whitney**
Sept. 7 – Oct. 19 *FV-PE, 233*
No class 10/12: optional Slide Party 2-6pm in FV Student Center; $10 fee.

582 Sa 11am-11:50am **Laverne Gee**
Oct. 26 – Dec. 14 *FV-PE, 233*
No class 11/30, 12/7

Electric Slide Plus

This is a strictly-for-fun course that is designed to teach you the Electric Slide and many of its popular variations. Be on top of the latest steps and routines so you can be confident on the dance floor at the next party or social event. Some experience recommended.

DANC:734 | $49

581 Sa Noon-12:50pm **Eleanor Whitney**
Sept. 7 – Oct. 19 *FV-PE, 233*
No class 10/12: optional Slide Party 2-6pm in FV Student Center; $10 fee.

583 Sa Noon-12:50pm **Laverne Gee**
Oct. 26 – Dec. 14 *FV-PE, 233*
No class 11/30, 12/7

Join us for a Slide Party from 2-6pm, Oct. 12 at Florissant Valley Student Center! Call 314-984-7777 to register

Slide Dancing for Fun and Fitness: Beginning

Come learn the latest party slide dances in the St Louis area and around the nation. This is an introduction to R&B line dance. Imagine yourself joining in the fun at parties and social events when the slide dancers take to the floor. After taking this class you will be able to do just that. Explicit instructions will make slide dancing easy to learn. Slide dancing is a fun way to exercise, reduce stress, and promote positive social interaction. No class 9/28. No class 10/12: optional Slide Party 2-6pm in FV Student Center; $10 fee.

DANC:734 | $49

H80 Sa 10am-11:30am **Stephanie Crusoe**
Sept. 7 – Oct. 19 *Harrison Ed. Ctr, 206*

Slide Dancing for Fun and Fitness: Intermediate

Now you can learn to do the latest slide dances and hustles sweeping the nation. This high energy class is perfect for the slide dancer ready for more beyond the basics. Intricate dance routines will be taught in easy to follow steps. Slide dancing encourages fun, wellness and creativity. If you already have slide dancing abilities and want to increase your skills, this class is a must! Pre-requisite: Beginning Slide Dancing for Fun and Fitness. No class 11/2, 11/30.

DANC:734 | $49

H81 Sa 10am-11:30am **Stephanie Crusoe**
Oct. 26 – Dec. 7 *Harrison Ed. Ctr, 206*

Belly Dance for Fun & Fitness

If you're looking for a fun and entertaining new way to exercise, try belly dancing. This class will teach you to perform various forms in the belly dance genre. It's a workout to middle eastern music that just might be what you're looking for, whether your goal is exercise or performance. Wear fitness style clothing for freedom of movement. No baggy sweat clothes. Studio is located behind a kitchen and bath design store.

DANC:745 | $69

M01 Tu 7pm-8pm
Sept. 10 – Oct. 29 *Adiva Dance Ctr*

The Art of Belly Dancing

Experience the gentle, artful style of Middle Eastern belly dancing. In this course, you'll get a firm foundation in the basics of Middle Eastern dance, including basic steps, stage presentation, and dance fitness. Add grace, poise, strength and balance as you celebrate the power and beauty of your femininity. Wear fitness-type clothing for freedom of movement. No tennis shoes or heels. Barefoot, socks, or ballet slippers acceptable.

DANC:745 | $69

920 W 8pm-9pm **Camille Hunt**
Sept. 11 – Oct. 30 *U. City H.S., Dance Studio*

750 Tu 6pm-7pm **Lois Marshall**
Sept. 17 – Nov. 5 *Kirkwood H.S., Dance Studio*

Ballroom Dancing: Beginning

In eight short weeks, you can learn to dance with grace and ease. Be comfortable and confident at the next social event you attend! A variety of dance rhythms and steps will be covered. Add a new dimension to your life by learning some of the classic favorites which can provide you with a lifetime of enjoyment. It's a fun night out and you'll be amazed at what you can do! Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:720 | $69

730 Th 7:30pm-9pm **Charles Lages**
Sept. 19 – Nov. 14 *Mehlville H.S., GYM B*
No class 10/31

700 M 6:30pm-7:55pm **Karen Merlin**
Sept. 9 – Oct. 28 *Selvidge Mid. School, CAFE*
For this section, partners helpful but not required. Rotation of partners is encouraged but not mandatory.

Ballroom & Latin Dancing: Beginning

Begin your dance skills with basic ballroom rhythms such as waltz and foxtrot, then learn to dance to Latin rhythms such as rumba and cha cha (other rhythms time-permitting). The techniques and dance styles taught in this course will help you look great on the dance floor. This course is designed for those who have no dance experience as well as for those who have done other styles of dance. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:720 | $69

V01 M 8pm-9:30pm **Diane Brown**
Sept. 16 – Nov. 4 *U Can Dance*

780 M 7pm-8:30pm **Gerry & Marlene Strait**
Sept. 16 – Nov. 4 *Sperreng Mid. School, CAFE*

Ballroom and Latin Dancing: Intermediate

This class is for those who are ready to move to the next level. Be certain to have a firm grasp of moves learned in the beginning class. Learn more steps to the basic ballroom and Latin rhythms and add tango, mambo, and merengue rhythms. Techniques taught in this course will help you look great on the dance floor. Prerequisite: Beginning Ballroom and Latin Dancing. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes. No class 10/23.

DANC:721 | $69

780 W 7pm-8:30pm **Gerry & Marlene Strait**
Sept. 18 – Nov. 13 *Sperreng Mid. School, CAFE*

Latin Dancing: Beginning

Round out your basic ballroom skills and learn to dance to Latin rhythms. Techniques and dance rhythms taught in this course will help you look great on the dance floor. This course is designed for those who have no dance experience as well as for those who have done other styles of dance. Partners helpful though not required. Rotation of partners is encouraged but not mandatory. Dress shoes recommended. No tennis shoes.

DANC:746 | $69

700 Tu 6:30pm-7:30pm **Karen Merlin**
Sept. 10 – Oct. 29 *Selvidge Mid. School, CAFE*

NEW The Salsa Experience: Beginning

Learn the authentic Latin culture through the rhythmic sounds of Salsa music and dance. In eight weeks you will learn the basic salsa steps, musicality skills and styling, technique for men to become the perfect lead and ladies to be a fantastic follow as well as the history of Salsa and the origin of the dance form. You will be moving and shaking in time for a class night out at some of the hottest Latin dance spots in town! (Admissions and transportation on your own). Couples are welcome but no partner is required. On-street parking; stairs-only access to dance studio.

DANC:746 | $69

P01 Tu 7pm-8:30pm — **Carmen Guynn**
Sept. 10 – Oct. 29 — *Almas Del Ritmo Dance Co.*

NEW The Bachata Experience: Beginning

Bachata is the hottest new dance craze to hit the St. Louis area. Similar to Salsa, this Dominican Style of dance will have you moving and swaying in minutes. In this eight week class you will learn to dance the rhythm and steps, musicality skills, authentic styling and turn pattern techniques, plus learn the history and origin of Bachata music and dance. Our expert instructor will help you become a great lead or follow for this popular dance form. The class will enjoy a night on the town to show off your new moves (admission and transportation on your own). Couples are welcomed but no partner is required. On-street parking; stairs-only access to dance studio. No class 10/31.

DANC:746 | $69

P02 Th 7pm-8:30pm — **Carmen Guynn**
Sept. 12 – Nov. 7 — *Almas Del Ritmo Dance Co.*

Let's Swing! Quick Start for New Dancers

Swing is one of the most popular dances in St. Louis because it's lively, fun, easy, and the music is great. Three short lessons are all it takes to get you started. Come try it out and see if you like it. If you're looking for a new leisure-time couple's activity, enjoyable exercise, or just a fun time out with friends, swing dancing has it all. Bring two left feet, two right feet, or one of each. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738 | $35

M01 M 6:30pm-7:45pm — **Gerry & Bob Tevlin**
Sept. 9 – Sept. 23 — *Concordia Luth. Ch-Krkwd, CAFE*

Swing Dancing: Beginning

Learn to swing dance in a fun, relaxed atmosphere. You'll learn and practice a variety of easily performed swing dance steps that are the basic ingredients of all higher level swing dancing. This class will teach the basics of swing along with combinations and patterns of various swing movements. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music. Dress shoes recommended. No tennis shoes. .

DANC:738 | $69

780 Tu 7pm-8:30pm — **William Sevier**
Sept. 17 – Nov. 12 — *Sperreng Mid. School, CAFE*
No class 10/29
For this section, partners only. Fee is per person.

700 M 8pm-9pm — **Karen Merlin**
Sept. 9 – Oct. 28 — *Selvidge Mid. School, CAFE*
For this section, partners helpful but not required. Rotation of partners is encouraged but not mandatory.

Swing Dancing: Beginning 1 and 2

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

DANC:738 | $59

M02 M 6:30pm-7:45pm — **Gerry & Bob Tevlin**
Sept. 30 – Nov. 4 — *Concordia Luth. Ch-Krkwd, CAFE*

"We love Gerry & Bob Tevlin! They made it easy and fun. We got individual attention and will take classes with them in the future! We really learned how to dance!"

- Cathy & Joel., Kirkwood

Easy Social Dancing for Special Occasions

Are you attending a cruise, wedding reception, or reunion where you'll have to dance? Then take our fun course and learn several easy dances that will allow you to dance to anything - fast or slow. You can learn how to look good and move with confidence on the dance floor. It's fun, it's social, and you'll be out in the center of it all when the music starts playing at your next social gathering. You'll develop the ability to lead (men) or follow (ladies) for a smooth, confident look. If you know what music you'll be dancing to, feel free to bring it for helpful suggestions. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:750 | $69

M02 F 7pm-8:30pm — **Gerry & Marlene Strait**
Sept. 13 – Nov. 1 — *RiverChase of Fenton*

700 Tu 7:35pm-8:35pm — **Karen Merlin**
Sept. 10 – Oct. 29 — *Selvidge Mid. School, CAFE*
For this section, partners helpful but not required. Rotation of partners is encouraged but not mandatory.

V01 M 6:30pm-7:50pm — **Diane Brown**
Sept. 16 – Nov. 4 — *U Can Dance*

Get social with dance classes at STLCC.

Easy Social Dancing 1 and 2

In this fun class you'll learn how to look good and move with confidence on the dance floor. Start at the beginning or come back for a refresher and add some new moves to what you already know. It's fun, it's social, and you'll be out in the center of it all when the music starts playing at your next social gathering. You'll get help learning how to dance on the beat of the music; the best form for body positioning, posture, and balance; how to lead and follow; how to spin (!), plus lots of great tips and ideas geared especially for each individual and couple. You'll practice forms of Swing, Slow, and Latin Dancing, and even Freestyle, if you like. Great music, expert and patient instructors, lots of fun and all you need to know for your next social event or night on the town. Partners preferred. Fee is per person. Dress shoes recommended. No tennis shoes. No class 10/28.

DANC:750 | $69

M01 M 8pm-9:30pm — **Sharon Martin**
Sept. 9 – Nov. 4 — *Concordia Luth. Ch-Krkwd, CAFE*

Chicago Steppin'

Learn to do "Chicago Stepping" in a fun, relaxed atmosphere. Learn and practice a variety of easily performed dance steps that are the basic ingredients of all higher level dancing. This class will teach the basic 8-count along with turns and dance floor etiquette. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music. Partners preferred but you don't need to bring a partner to learn the dance. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:765 | $69

580 Sa 1:30pm-3pm — **Sherman King**
Sept. 28 – Nov. 16 — *FV-PE, 233*

Western-style Square Dancing: Beginning

This is modern western-style square dancing (not that old-time dance in the barn!) and the fun starts right on the very first night! Meet new people and make new friends. This course provides introductory square dancing lessons. No previous dance experience or special dance attire is needed. Come and join us for fun, fitness, and friendship! Partner preferred but not required. Wear casual clothes and comfortable shoes. View video: www.you2candance.com. Co-sponsored by West County Spinners.

DANC:747 | $39

M01 Tu 7:30pm-9:15pm
Sept. 10 – Oct. 29 — *Trinity Lutheran Church*

Contra, Square, and English Country Dancing

Folk dancing in the Anglo-American tradition is alive and well in the St. Louis community! Nearly a dozen contra, traditional square, or English country dances are held each month in the metro area. You'll find this type of dancing easy to learn, especially for beginners. The dances held in St Louis are social events that bring people of all ages together for an evening of fun and exercise. This four-week class will give you an opportunity to learn the basics before joining in the fast-paced fun at the dance hall. Wear comfortable clothes and shoes; bring a bottle of drinking water. No partner required. For more information on these dance forms, see www.childgrove.org .

DANC:747 | $49

920 W 7pm-9pm — **Wade Pearson**
Sept. 18 – Oct. 9 — *U. City H.S., GYM*

FINE ARTS

Design I and II

Design 1: Emphasis on principles and elements of design through a series of assigned problems. Additional studio hours required. Design 2: The study of color, exploring various color theories and the historical application through a series of problems. Additional studio hours required. Available for credit as ART:107 or ART:108.

ARTS:703 | $190

230 Th 5:30pm-9:20pm — **James Davania**
Aug. 22 – Dec. 12 — *WW, 309*

Art History and Appreciation : Impressionism

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

ARTS:705 | $75

651 M 7pm-9pm — **Marcel Kyle**
Nov. 4 – Dec. 2 — *MC-CN, 128*

NEW Great Masters: Old and a Few Early Modern

Throughout the centuries, artists have created extraordinary works of art, each reflecting their time and leaving behind a legacy of artistic masterpieces. Featuring a different artist, or artist pairing, each week, this five-session series will explore the life and work a selection of great masters that are often not fully-considered in art history survey classes. Lecture topics will include: Northern Renaissance Masters, Titian: Master of the Venetian School, Italian Baroque Painter and Sculptor: Carracci and Bernini, Francisco de Goya and the 19th Century: An Artist without an Ism. Class will meet for a guided tour of the Saint Louis Art Museum on Saturday, October 5 from 10-12.

ARTS:705 | $65

652 Tu 7pm-9pm
Sept. 10 – Oct. 1 *MC-CS, 119*
Sa 10am-Noon
Oct. 5 *Off-Campus*

Drawing: Traditional Pencil Basics

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

ARTS:709 | $69

680 Sa Noon-3pm **Sean Long**
Sept. 21 – Oct. 12 *MC-HE, 215*

681 Sa Noon-3pm **Sean Long**
Oct. 19 – Nov. 9 *MC-HE, 215*

Drawing: Beginning/Intermediate

Learn the tools, materials, visual and artistic perception needed for this essential art form. Drawing fundamentals will be covered - line, perspective, value and composition. Advanced students will expand their skills with more sophisticated projects. Students will use pencil, conte crayon and charcoal. Supply list sent.

ARTS:709 | $99

600 Tu 9:30am-Noon **Ruth Kolker**
Sept. 17 – Oct. 22 *MC-CP, CP*

601 Tu 9:30am-12:30pm **Ruth Kolker**
Oct. 29 – Dec. 3 *MC-CP, CP*

P01 W 6:30pm-9pm **Sarah Paulsen**
Sept. 11 – Oct. 16 *Nottingham*

Drawing: Intermediate/Advanced

Learn the tools, materials, visual and artistic perception needed for this essential art form. Drawing fundamentals will be covered - line, perspective, value and composition. Advanced students will expand their skills with more sophisticated projects. Students will use pencil, conte crayon and charcoal. Class held in Room 106. Supply list sent. No class 11/20.

ARTS:709 | $99

P02 W 6:30pm-9pm **Sarah Paulsen**
Oct. 23 – Dec. 4 *Nottingham*

Drawing I and II

DRAWING I: Beginning course in fundamentals of drawing that includes an introduction to drawing principles, construction, proportion, form, value, perspective, composition, tools and media. Perception, visual awareness, sensitivity, attitude and judgment are all stressed. Additional studio hours required. DRAWING II: Fundamentals and principles of drawing, with more emphasis on organizational concepts and a variety of media. Additional studio hours required. Available for credit as ART:109.

ARTS:709 | $294

231 MW 5:30pm-9:30pm **Felipe Frye**
Aug. 19 – Dec. 11 *WW, 309*

230 TuTh 9am-11:50am **Felipe Frye**
Aug. 20 – Dec. 12 *WW, 309*

Perspective Drawing and Still Life

In a relaxed atmosphere, explore drawing fundamentals - line, perspective, value, and composition. No experience necessary and much individualized instruction given. Intermediate level students advance with more sophisticated projects. Supply list discussed at first class. Bring pencil and sketch pad to first class. No class 10/17, 10/24.

ARTS:709 | $179

450 Th 6:30pm-9:30pm
Sept. 5 – Nov. 21 *Ladue H.W. H.S, 135*

Botanical Illustration: Beginning

Inspired by antique styles, create contemporary pieces with new methods. Try watercolor, pen and ink, and/or colored pencils. Learn composition and color skills with models from dried plants, fruit, and fresh flowers. All levels welcome. Supply list sent. No class 10/10.

ARTS:709 | $99

602 Th Noon-3pm **Maureen Brodsky**
Oct. 3 – Nov. 7 *MC-CP, CP*

Unleash your creativity with Fine Arts classes at STLCC.

Botanical Illustration: Continuing

A follow-up to our basic Botanical Illustration class. Build on the skills acquired in the initial class. Choose your medium from watercolor, pen and ink, and/or colored pencils. Continue to develop your compositional and color skills with models from dried plants, bulbs, fresh flowers and more! Prerequisite: Beginning Drawing or equivalent experience. Supply list sent. No class 11/28.

ARTS:709 | $99

603 Th Noon-3pm **Maureen Brodsky**
Nov. 14 – Dec. 19 *MC-CP, CP*

Drawing in Color Pencil: Beginning

A professional artist introduces techniques to put realism in drawings with color pencil. Supply list sent.

ARTS:716 | $99

S01 Tu 12:45pm-2:45pm **Kristine Scharfenberger**
Sept. 17 – Nov. 5 *SCEUC, 102*

Drawing in Color Pencil: Intermediate

A continuation of the beginner's class. Intermediate students will further develop their skills in building color and value while still leaving room for the beautiful detail and control of colored pencil.

ARTS:716 | $99

S02 Th 12:45pm-2:45pm **Kristine Scharfenberger**
Sept. 19 – Nov. 7 *SCEUC, 102*

Figure Drawing

Draw with gesture, line, shape and value in relation to a human figure. Sight (measure, take angles, etc.) to determine proportions. Individualized instruction emphasized. Prerequisite: Drawing: Beginning/Intermediate or equivalent experience. Deadline to register is 8/30.. Supply list sent. Nude models are used. Classroom only has tables. Bring a tabletop easel if you have one.

ARTS:718 | $149

6D1 M 6:30pm-9:30pm
Sept. 9 – Oct. 28 *Clayton H.S., 24*

Cartooning

Explore cartooning and comics with an overview of tools used in an overlooked art form. Investigate comic strip creation, comic book layout, political cartooning, basic character design, hand drawn animation and more. Gain an understanding of basics, skills and techniques. Prerequisite: Basic Drawing class or equivalent experience. Supply list sent. There will be homework assignments.

ARTS:733 | $79

680 Sa 9:30am-11:30am **Sean Long**
Sept. 21 – Oct. 26 *MC-HE, 125*

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NEW Caricature Drawing

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

ARTS:721 | $99

650	W 6pm-9pm *Oct. 23 – Nov. 20*	**Sean Long** *MC-HE, 125*

"Sean Long did a great job. I learned a lot and got some good feedback. He obviously knows his craft!"

- Woody C. – Kirkwood

Right Brain Drawing

Learn to tap into the right side of your brain for creative projects! Drawing exercises utilize the more creative, less analytical hemisphere to unleash your potential artist. You'll make the mental shift to a state where drawing is pleasurable, meditative and frees you from anxiety. Instructor has years of experience in assisting students to access their creative mind! Supply list sent. Textbook required — bring to first class. Drawing on the Right Side of the Brain: The Definitive, 4th Edition, by Betty Edwards ISBN 13: 978-1585429202.

ARTS:721 | $99

750	Tu 6:30pm-8:30pm *Sept. 24 – Nov. 12*	**Mary Feagan** *Kirkwood H.S., SA 2*
480	Sa 9:30am-11:30am *Sept. 28 – Nov. 16*	**Mary Feagan** *FP-G Tower, 111*

Calligraphy Basics

Learn Calligraphy basics for letters and numbers - pen angle, letter slant, size and spacing. Discover how to use this art form in practical ways.

ARTS:722 | $65

S01	F 10am-Noon *Sept. 20 – Oct. 18*	**Kristine Scharfenberger** *SCEUC, 102*

Mastering Calligraphy

Get an in-depth study of calligraphy's most common form, italic. Learn proper pen angle, letter slant, spacing, size for upper and lower case and numbers. Instructor stresses the use of calligraphy in everything from invitations to fine art. Supplies discussed at first class.

ARTS:722 | $119

650	M 7pm-9:30pm *Sept. 16 – Nov. 4*	**Leslie Barnes** *MC-CP, CP*

Pottery for the Novice/Beginner

For the person who has never worked in clay or prefers a slower pace. Start with the basics of handbuilding and wheelthrowing while you work your way up to creating a variety of personal projects. Tool supply list sent. Approximate cost of tools is $18. Fee includes most materials.

ARTS:727 | $135

720	M 6:30pm-9pm *Sept. 9 – Oct. 14*	**Guy Sachs** *Ladue H.W. H.S, 132*
721	M 6:30pm-9pm *Oct. 21 – Nov. 25*	**Guy Sachs** *Ladue H.W. H.S, 132*

Pottery: Intermediate/Advanced

Explore projects in which skills in hand-building and wheel-throwing are practiced and improved. Prerequisite - Beginning Pottery or Novice Pottery or equivalent experience. Tool supply list sent. Approximate cost of tools is $18. Fee includes most materials.

ARTS:727 | $135

722	Th 6:30pm-9pm *Sept. 5 – Oct. 10*	**Guy Sachs** *Ladue H.W. H.S, 132*
723	Th 6:30pm-9pm *Oct. 31 – Dec. 5*	**Guy Sachs** *Ladue H.W. H.S, 132*

Pottery: All Levels

Explore projects in which skills in hand-building (for beginners) and wheel throwing (for more advanced students) are investigated and improved. All levels of experience are welcome. Fee includes most materials.

ARTS:727 | $135

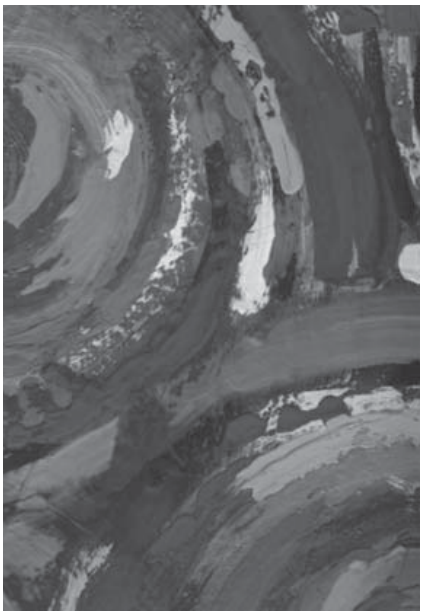
550	Tu 7pm-9pm *Sept. 3 – Oct. 8*	**John Driskill** *FV-H, 109*
551	Tu 7pm-9:30pm *Oct. 15 – Nov. 19*	**John Driskill** *FV-H, 109*
581	Sa 9:30am-Noon *Oct. 19 – Nov. 23*	**Carl Behmer** *FV-H, 109*
580	Sa 9:30am-Noon *Sept. 7 – Oct. 12*	**Sheow Chang** *FV-H, 109*

Painting I and II

An introduction to oil painting from still-life objects, with emphasis on technique and the effective use of color. Composition and drawing will be stressed as they relate to painting. Additional studio hours required. A continuation of Painting I with emphasis on composition and color. Knowledge will be developed for future individual study. Additional studio hours required. Available for credit as ART:114 and ART:214.

ARTS:740 | $294

230	TuTh 1pm-3:50pm *Aug. 20 – Dec. 12*	**Mark Weber** *WW, 309*



Portraiture for All Mediums

Combine your enjoyment of both drawing and painting. Have you always wanted to capture a person's likeness with a portrait? In this class, you will learn proportions, helpful tips, essential techniques and follow step-by-step demonstrations for portraiture. We will begin with drawing and work into the medium of your choice. Water based oils are the only type allowed in the classroom. This class is perfect for all skill levels.

ARTS:748 | $185

500	F 9am-Noon *Sept. 20 – Nov. 22*	*FV-H, 104*
480	Sa 1:30pm-4:30pm *Sept. 21 – Nov. 23*	*FP-G Tower, 322*

NEW Sumi-e Ink Painting

Enrich your painting by combining this Eastern style with Western watercolor. Learn how to express simple beauty and elegance through contrast and harmony. This class will cover traditional tools and techniques of ink painting. Students will practice traditional Eastern nature scenes and go on to incorporate these skills into their chosen subject matter. No class 11/30.

ARTS:748 | $79

581	Sa 9am-Noon *Nov. 16 – Dec. 14*	*FV-H, 104*

NEW Mixed Media Art

This is a chance to try out a variety of art disciplines - from painting to sculpture, from bookmaking to printmaking. Emphasis will be on combining techniques into artworks. Each week we will be experimenting with a different medium. The last four weeks of class, students will be able to work on a personal project combining mediums of their choice. We will cover basic drawing techniques, charcoal, pastels, alternative painting such as spray paint airbrush, printmaking, layering and masking, Sumi-e ink paintings and various watercolor techniques, collage in text, artifacts, images, and impromptu group collages. 2D and 3D, and bookmaking in various styles to be combined with students art.

ARTS:748 | $185

580	Sa 9am-Noon *Sept. 7 – Nov. 9*	*FV-H, 104*

Watercolor: Beginning Techniques

Paint with the brilliant color and fluid stroke of watercolor. Students will practice various techniques in transparent watercolor and learn the best paint, paper type and preparation. Prerequisite: Basic drawing class or equivalent experience. Supply list sent. No class 10/3, 11/28.

ARTS:735 | $185

M01	Th 12:30pm-3pm *Sept. 5 – Dec. 5*	**Nancy Muschany** *St John's Ev. UCC*
680	Sa 10am-12:30pm *Sept. 7 – Oct. 19*	**Beverly Hoffman** *MC-CP, CP*
600	Tu 1pm-3:30pm *Sept. 10 – Oct. 15*	**Beverly Hoffman** *MC-CP, CP*

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Watercolor: Intermediate / Advanced Techniques

Paint transparent watercolor on a more advanced level. Students must be proficient in drawing with basic watercolor skills. Attempt the more difficult techniques of layered washes, modeling with color, unusual textural accents and more. Prerequisite: Beginning Watercolor class or equivalent experience.

ARTS:736 | $185

300	F 9am-Noon *Sept. 6 – Nov. 22*	**Phyllis Smith Piffel** *WW, 306*
301	F 12:05pm-3pm *Sept. 6 – Nov. 22*	**Phyllis Smith Piffel** *WW, 306*
M01	M Noon-2:30pm *Sept. 9 – Dec. 2* *No class 9/30*	**Nancy Muschany** *St John's Ev. UCC*
M02	W Noon-2:30pm *Sept. 11 – Dec. 11* *No class 10/2, 11/27*	**Nancy Muschany** *St John's Ev. UCC*
600	Tu 1pm-3pm *Oct. 22 – Nov. 26*	**Beverly Hoffman** *MC-CP, CP*
680	Sa 10am-Noon *Oct. 26 – Dec. 21*	**Beverly Hoffman** *MC-CP, CP*

Watercolor Portraits: People and Pets

Use watercolor to paint portraits-people and/or pets from photographs. Explore techniques to get a likeness in facial features, show fur or skin variations, and add backgrounds with washes and modeling. Work from your own or instructor's photographs. Prerequisite: Watercolor class or equivalent experience. Students must be at the intermediate or advanced level and proficient in drawing.

ARTS:738 | $99

601	M 9:30am-Noon *Oct. 28 – Dec. 2*	**Beverly Hoffman** *MC-CP, CP*
600	M 9:30am-Noon *Sept. 9 – Oct. 21*	**Beverly Hoffman** *MC-CP, CP*

Oil or Acrylic: All Levels

Explore oil paint's richness or acrylic's speed in a class that covers color theory, artistic perception, composition, and paint mixing/application. Progress at your own rate with individualized instruction as you learn techniques to enhance painting skills. Recommend beginning students attend first three classes. Supply list sent. Bring supplies to first class. Water-based oils are the only type allowed in the classroom.

ARTS:740 | $185

P01	M 1pm-4pm *Sept. 9 – Nov. 11*	**Deanna Nash** *U. City Public Library*

Oil or Acrylic: All Levels: Workshop

Take this quick workshop to explore oil paint's richness or acrylic's speed in a class that covers color theory, artistic perception, composition, and paint mixing/application. Progress at your own rate with much individualized instruction as you learn techniques to enhance painting skills. Recommend beginning students attend first three classes. Supply list sent. Bring supplies to first class. Water-based oils are the only type allowed in the classroom.

ARTS:740 | $79

P02	M 1pm-4pm *Nov. 18 – Dec. 9*	**Deanna Nash** *U. City Public Library*

Oil or Acrylic: Advanced

Only for experienced artists who want to paint for fun, relaxation or have a goal of eventually selling paintings. Get some formal instruction in color, technique or composition. Work at your own pace. Bring art supplies to first class. Water-based oil paints will be the only type of oil paint accepted in the classroom.

ARTS:746 | $185

710	W 6pm-9pm *Sept. 11 – Nov. 13*	**Barbara Tebbetts** *Clayton H.S., 23*

Acrylic Impressions

Fledgling artists-try painting, those with experience-loosen your style to paint like the Impressionists. You'll work in a small size to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list sent. All levels welcome.

ARTS:748 | $185

M01	Tu 12:30pm-3:30pm *Sept. 3 – Nov. 5* *Class held in room 300 or 310. Please check at KCC office at first class for room schedule.*	**Phyllis Smith Piffel** *Kirkwood Comm. Ctr*
700	W 6:30pm-9:30pm *Sept. 4 – Nov. 6*	**Phyllis Smith Piffel** *LaSalle Springs Mid. Sch., 400*
WD1	Sa 9am-Noon *Sept. 14 – Nov. 16*	**Phyllis Smith Piffel** *Eureka H.S., 206*

Acrylic Impressions: Workshop

Fledgling artists-try painting, those with experience-loosen your style to paint like the Impressionists. You'll work in a small size to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list sent. All levels welcome. Students are responsible for setting up and taking down classroom tables. Class held in room 300 or 310. Please check at KCC office at first class for room schedule.

ARTS:748 | $79

M02	Tu 12:30pm-3:30pm *Nov. 12 – Dec. 3*	**Phyllis Smith Piffel** *Kirkwood Comm. Ctr*
701	W 6:30pm-9:30pm *Nov. 13 – Dec. 11* *No class 11/27*	**Phyllis Smith Piffel** *LaSalle Springs Mid. Sch., 400*

All About Framing Artwork

Learn what's new as well as framing design basics. Learn how to place artwork to beautify and protect the work. Students will learn what is important for their needs - how to best prep their work for a show, how to prep art so it will look good for a long time, how and where to hang art (and where it should never be hung). Some traditional and non-traditional custom framing and DIY ideas will be presented. Bring questions and photos of your rooms and art or bring your art! Students may bring a lunch to eat during the Q&A portion of the class.

ARTS:765 | $30

680	Sa 10am-1pm *Oct. 19*	**Deborah Weltman** *MC-HE, 134*

MUSIC

Fun with the Ukulele

Play an instrument so easily you can strum a tune after the first session - lots of fun. Small body and fingerboard make the uke a perfect starter instrument for the guitar also. You do not need to know how to read music. Fee includes music and use of a ukulele.

MUSC:705 | $95

730	Tu 7pm-9pm *Sept. 17 – Nov. 5*	**Karl Markl** *Mehlville H.S., 210*

Finger Picking for Guitar

Play folk, blues, ragtime and hear general accompaniment patterns using the thumb and fingers of the right hand along with left hand chords to create a complete, solo sound. Course emphasizes alternating bass style. Music in both guitar tablature and traditional notation. If time allows, instructor may discuss open tuning concepts. Prerequisite: Ability to tune the guitar, know first position chords and experience in making basic chord changes with the left hand. Previous students welcome and will be provided new songs. All must bring a six-string acoustic guitar and guitar capo to each class. Bringing a music stand is recommended.

MUSC:705 | $69

750	Tu 7pm-8:30pm *Sept. 10 – Oct. 29*	**James Renz** *Kirkwood H.S., W 115*

Ukulele lessons are not only simple but also lots of fun and before you know it you can be showing off your new musical skills to friends and family playing some great songs.

Guitar: Beginning

This class is for students who have never played a guitar and have no background in music. The class will cover tuning, string changing, how to select a new guitar and a brief history of the guitar. Students will learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques. We will introduce tablature and guitar notation. Must bring own (acoustic) guitar and an extra set of strings.

MUSC:705 | $69

580	Sa 1pm-2pm *Sept. 7 – Dec. 7* *For this section, text required - bring to first class.* *No class 11/30*	**Christina Springer** *FV-C, 114*
751	W 7pm-8:30pm *Sept. 11 – Oct. 30*	**James Renz** *Kirkwood H.S., W 115*
710	M 7pm-8:30pm *Sept. 9 – Oct. 28* *For these sections, no text required. Electric tuner recommended*	**James Renz** *Clayton H.S., 102*

Piano: Beginning and More

In this enjoyable, relaxed approach to the piano, you will learn: 1) the letter names of notes and where they are on the keyboard, 2) simple chords to accompany melodies, 3) easy rhythm patterns, 4) pedaling. Text and headphones with 1/4 inch adapter required. Course is intended for those with little or no piano or music experience. No class 11/30.

MUSC:710 | $89

580	Sa 8am-9:30am *Sept. 7 – Dec. 7*	**Christina Springer** *FV-C, 114*

Piano: Beginning

In this enjoyable, relaxed approach to the piano, you will learn: 1) the letter names of notes and where they are on the keyboard, 2) simple chords to accompany melodies, 3) easy rhythm patterns, 4) pedaling. Text and headphones with 1/4 inch adapter required.

MUSC:710 | $69

650	M 6pm-7pm *Sept. 16 – Dec. 9*	**Ronald Krausch** *MC-HE, 112*
680	Sa 9am-10:30am *Sept. 14 – Nov. 2*	**Ronald Krausch** *MC-HE, 112*
600	Tu Noon-1pm *Sept. 3 – Dec. 3* *No Class 10/15*	**Cheryl Conley** *MC-HE, 112*

Piano: Advanced Beginning and More

Learn: more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. 'Pop' music introduced. Songs will be played in major keys. There is a review at course's beginning if needed. Prerequisite: Basic knowledge of keyboard and letter names of notes recommended. Text and headphones with 1/4 inch adapter required. No class 11/30.

MUSC:711 | $89

580	Sa 9:30am-11am *Sept. 7 – Dec. 7*	**Christina Springer** *FV-C, 114*

Piano: Advanced Beginning

Learn: more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. 'Pop' music introduced. Songs will be played in major keys. There is a review at course's beginning if needed. Prerequisite: Basic knowledge of keyboard and letter names of notes recommended. Text and headphones with 1/4 inch adapter required.

MUSC:711 | $69

650	M 7pm-8pm *Sept. 16 – Dec. 9*	**Ronald Krausch** *MC-HE, 112*
600	Tu 1pm-2pm *Sept. 3 – Dec. 3* *No Class 10/15*	**Cheryl Conley** *MC-HE, 112*

Piano: Intermediate

Student must know letter names of notes and where they're located on the keyboard. Covers: minor chords and songs in minor keys, finishing major scales and starting minor keys, chromatic scales, inverted chords, more advanced pedal study and more "pop" songs. Text required - bring to first class. No class 11/28.

MUSC:712 | $69

600	Th Noon-1pm *Sept. 5 – Dec. 5*	**Cheryl Conley** *MC-HE, 112*

Piano: Advanced Workshop

For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to "pop". Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text and 1/4" headphone adapter required.

MUSC:713 | $69

680	Sa 10:30am-Noon *Sept. 14 – Nov. 2*	**Ronald Krausch** *MC-HE, 112*
601	Tu 9am-10am *Sept. 3 – Dec. 3* *No class 10/15*	**Cheryl Conley** *MC-HE, 112*

Piano: Advanced

For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to "pop". Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text and 1/4" headphone adapter required. No class 11/28.

MUSC:713 | $69

600	Th 1pm-2pm *Sept. 5 – Dec. 5*	**Cheryl Conley** *MC-HE, 112*

Meramec Orchestra

Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS.132.651 (30603). Auditions for seating only. Contact the conductor at 314-984-7636. No class 9/2.

MUSC:714 | $35

220	M 7pm-9pm *Aug. 19 – Dec. 15*	**Gary Gackstatter** *MC-HW, 102*

Symphonic Band

Study and performance of representative symphonic band literature. Available for credit as MUS 134.650 (30760). Auditions for seating only. Call the conductor at 314-984-7636. No class 11/28.

MUSC:716 | $35

220	Th 7pm-9:40pm *Aug. 22 – Dec. 15*	**Gary Gackstatter** *MC-HW, 102*

Meramec Choir

A study of advanced choral literature. Emphasis on vocal technique and development. Available for credit as MUS 135.601 (30761). Auditions for part assignment only. Contact the conductor at 314-984-7638. No class 10/15 and 11/28.

MUSC:717 | $35

220	TuTh 12:30pm-1:50pm *Aug. 20 – Dec. 15*	**Gerald Myers** *MC-HW, 102*

Harmonica: Beginning

The harmonica is a fun and easy musical instrument to learn. In just three sessions you will be able to play dozens of folk and campfire type songs. Fee includes student guide/song-book and a 10-hole, "C" diatonic harmonica. Instructor is a member of the Gateway Harmonica club.

MUSC:720 | $39

650	Th 7pm-8pm *Sept. 12 – Sept. 26*	*MC-CP, CP*
651	W 7pm-8pm *Oct. 9 – Oct. 23*	*MC-CP, CP*
350	W 7pm-8pm *Nov. 6 – Nov. 20*	*WW, 214*

PHOTOGRAPHY

Take Better Pictures: Introduction

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

PHOT:701 | $69

780	M 7pm-9pm *Sept. 9 – Oct. 7*	**Russell Rosener** *Lindbergh H.S., 46*

Take Better Pictures: Intermediate

Learn how to take even better pictures with your digital or 35mm camera. Examine the fundamentals of exposure and light. Understand aperture, shutter speed, ISO, basic composition, depth of field and histograms. No darkroom/lab. You will need a camera (digital or 35 mm) and your own film or memory card. Please note: Due to the large variety of camera brands, your individual camera's features cannot be discussed. Class covers generalities of how cameras operate. Read the camera's manual prior to the first class and bring it to class. Prerequisite: Take Better Pictures: Introduction, 35MM and Digital Photography: Introduction, or equivalent experience.

PHOT:701 | $69

781	M 7pm-9pm *Oct. 21 – Nov. 18*	**Russell Rosener** *Lindbergh H.S., 46*

Digital Photography - Beginning Portraits

Learn to take portraits with a professional photographer. You'll practice your new photography skill on friends and family and then learn to transfer your pictures from the camera to a computer's editing program and create your finished product. Fee includes all materials. However, students must bring a digital camera to use. May also bring a laptop. IBM and Mac computers at the studio are for demonstration - not for hands-on photo editing.

PHOT:701 | $69

M01	Sa 2pm-5pm *Oct. 12 – Oct. 19*	*Masterpeace Studios*

Get out and see the world through a new lens with our Photography classes!

NEW Nature Photography

Improve your nature photography skills and expand your creativity. In this hands-on class, you'll learn the techniques to transform your nature photography with in-field, hands-on photo instruction coupled with classroom sessions and image critiques. You'll gain a greater understanding of what makes a great photo, learn the techniques required, and pick up some tips and tricks professional photographers use. This class will meet in a classroom and in a nature setting on Saturday. Details for Saturday's class will be given out at the first class. You will need to have your photos developed or printed and brought to the last class. Prerequisite: Take Better Pictures: Introduction or equivalent experience.

PHOT:702 | $49

650	Th 7pm-9pm *Oct. 17 – Oct. 24*	*MC-AS, 108*

Ease into Digital Cameras

This class is for absolute beginners only. If you have some experience with a 35mm camera or any experience with a digital camera, please enroll in any of Continuing Education 35mm and Digital Photography Introduction classes. A professional photographer will show you the first steps to use your digital camera. Due to the large number of camera brands individual features will only be discussed briefly. Class covers generalities of how these cameras operate. Bring a digital camera and memory card/stick to class. All students must read their camera's manual prior to the class and bring it to class. Please note: the instructor will spend a maximum of 4 minutes per student to answer questions.

PHOT:704 | $19

760	Th 7pm-9pm *Sept. 19*	**Biljana Erdeg** *Affton H.S., 7*

Digital Pictures: Introduction

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

PHOT:707 | $49

C01	F 9:30am-12:30pm *Sept. 13 – Sept. 20*	**Rachel Bufalo** *Corp. College, 208*
650	Tu 5pm-6:50pm *Oct. 8 – Oct. 29*	**Rachel Bufalo** *MC-BA, 202*

NEW Focus on Fiction classes

NEW Focus on Fiction: How to Create Conflict and Suspense

Readers have always craved fast-moving powerful drama. Readers want passion and conflict, they want high-stakes and they demand writers grab their attention from the first sentence to the last. This course is designed to help you to write the kind of story or novel that today's readers demand. Using techniques presented in Conflict & Suspense by James Scott Bell, students will get a mixture of brief lectures that hit the high-points of creating conflict and suspense plus writing exercises that let you immediately try your hand at what you've just learned. This course is excellent for beginning writers and those already working on a writing project.

WRIT:706 | $25

652 W 7pm-9:30pm *Sept. 25* — **Heather Luby** *MC-BA, 116*

NEW Focus on Fiction: How to Write Dialogue Like a Pro

In this fast paced and hands-on class you will get a mixture of brief lectures that hit the high-points of writing dialogue plus writing exercises that let you immediately try your hand at what you've just learned. The class provides an excellent overview of how to write dialogue that is successful and dynamic, ideal for both the beginner and someone wanting a quick refresher course. Come to class with a notepad, pen, and desire to learn. Students are encouraged to bring samples of their writing, but it is not required. By the end of the day, you'll be a more knowledgeable and skilled writer.

WRIT:706 | $25

650 W 7pm-9:30pm *Sept. 11* — **Heather Luby** *MC-BA, 116*

NEW Focus on Fiction: How to Develop Memorable Characters

Memorable characters are the backbone of any story. Their actions keep the reader turning pages and their individual personalities are what readers most remember. It's a daunting challenge - crafting resonant characters out of our imaginations. But if you can create dimensional characters, you'll be well on your way to writing a story that is believable, compelling, and perhaps even unforgettable. In this course you'll discover characterization techniques that you can apply to fiction and nonfiction. Through lecture, examples, and in-class exercises, you will learn how to breathe life into your characters, flesh them out, make them captivating, and bring them to vibrant life on the page.

WRIT:706 | $25

651 W 7pm-9:30pm *Sept. 18* — **Heather Luby** *MC-BA, 116*

Darkroom Developing and Printing for B&W Photography

Students will learn to develop and print black and white pictures in a darkroom. Students will learn chemical mixture, exposure time and use of darkroom equipment. Students must provide film and 35 mm camera. Chemicals, developing equipment and some paper will be provided. This is a film developing class, not a photography instruction class.

PHOT:705 | $99

480 F 6:30pm-9pm *Sept. 27 – Nov. 1* — **Cheryl Petrovic** *FP-F Tower, 411*

THEATER

Acting for the Stage

You will directly engage in the process of acting, not just "talk about acting." Focus on scene study, auditioning techniques, movement, voice and script analysis. This course will help establish self-confidence, trust, and sensitivity to self and others, all of which are fundamental to good acting.

THTR:701 | $69

650 W 7pm-9pm *Oct. 16 – Nov. 20* — **Keith Oliver** *MC-CN, 202*

Acting for Beginners

Explore your talents and begin your acting career here! Get into character and discover your acting abilities through simple acting/improvisation exercises, study scenes and monologues and prepare for the big audition in this fun class. Class will meet in room 63.

THTR:701 | $69

700 Tu 6:30pm-8:30pm *Sept. 24 – Oct. 29* — **Amy Allen** *Selvidge Mid. School, 63*

Actor's Workshop: Beginning and Brush-up

Break a leg! Come build self-confidence and brush up on your audition skills in our small, intense workshop. You'll prepare monologues and develop cold reading techniques. If you're a beginner or a more experienced actor, you'll benefit from this course.

THTR:701 | $95

550 M 7pm-9pm *Sept. 23 – Nov. 25* — **David Houghton** *FV-SC, PDR-B*

WRITING

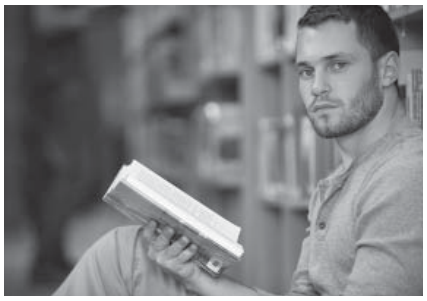
The St. Louis Community College Continuing Education Writing Certificate is designed for beginning or experienced writers who are looking for a course of study that will provide them with an opportunity to develop their own writing voice, build expertise in the art and craft of writing, and gain insight into today's publishing environment.

Courses may be taken individually or towards completion of a certificate.

Writing Certificate Requirements:

- **One course from each of the four areas of study**
- **Two electives from any of the areas**
- **Three years to complete program**
- **Portfolio review capstone evaluation course with a faculty member**

For a complete brochure on the Writing Certificate program, call 314-984-7777.



Exploring the Creative Process

Discovering Your Writer's Voice

If you want to write, but haven't been able to find your way, this workshop is for you. Whether you're creating a journal, poem, short story, novel, or screenplay, writing is one of the greatest adventures. Explore and celebrate many ways to write with joy and passion, and overcome the challenges that get in your way. Those interested in sharing their work will receive the benefit of a productive critique from both the instructor and fellow students. If you have one, bring copies of your work-in-progress to first class.

WRIT:701 | $69

650 M 7pm-9:30pm *Sept. 9 – Sept. 30* — **Jordan Oakes** *MC-SO, 108*

Creative Writing for New Writers: A One-Day Workshop

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

WRIT:701 | $49

480 Sa 9am-3pm *Oct. 12* — **Sylvia Duncan** *FP-G Tower, 322*

NEW A Practical Guide to the Writer's World

Whether you have something ready for publication or simply have a writing project started, you are entering the writer's world. It's a large universe and could take forever to find your way around — so make this workshop your first stop. Our author-instructor can show you the ropes for getting involved in the complex world of writers. Want to find a writer's conference or critique group that fits your style, life, and pocket book? Curious about writing contests? Need some tips on dealing with rejection and how to keep going? Do you know what writing journals (oh yes, you should publish in these!) are reputable and which to avoid? These are just a few of the questions we'll answer in this day long seminar that explores the writing life *off* the page. This is not a writing workshop, but will focus on making the new writer industry-savvy. Bring plenty of questions and a sack lunch. This course is appropriate for writers of fiction, poetry, and creative non-fiction.

WRIT:704 | $59

680 Sa 9am-2pm *Oct. 26* — **Angela Mitchell** *MC-SO, 206*

The Craft of Writing

Boot Camp for Writers

Do you have an idea for a fiction or nonfiction story or memoir, but don't have the discipline to get started? Are you working on a project, but need feedback as you go? With weekly assignments and guided in-class critiques, this 4-session class will help you get writing, stay writing, or improve the writing you already do. All genres welcome. Bring copies of your work-in-progress to first class if you have one.

WRIT:701 | $69

651	Th 7pm-9:30pm *Sept. 12 – Oct. 3*	**Jordan Oakes** *MC-BA, 118*

Make Your Writing Marketable

Perhaps you have a particular area of expertise — a topic on which to hang your words. Or maybe you just like to write, no matter what the topic. This course will show you how to make your work marketable — how to find an outlet for what you already do. Whether it's in magazines, a blog or a book, there is a place for your work, and a potential readership waiting in the wings. And if you are new to writing, this course can introduce you to a whole new world of possibilities. Because if you can get a paycheck for being creative, what more could you possibly ask for? If you have a work-in-progress, bring copies to share. No class 10/31.

WRIT:704 | $69

650	Th 7pm-9:30pm *Oct. 10 – Nov. 7*	**Jordan Oakes** *MC-BA, 118*

Writing Basics Brush-up (What You Should Have Learned in High School!)

Few of us will admit it, but even the best writers can't always remember the difference between 'affect' and 'effect' or the correct use of semi-colons. If you sometimes struggle with the basics in your personal or professional writing, come spend the day with us. You'll brush up on proofreading, grammar, sentence structure, word usage, spelling and punctuation. Review the basics and you'll be able to edit your work like a pro.

WRIT:706 | $69

653	M 7pm-9:30pm *Oct. 7 – Oct. 28*	**Jordan Oakes** *MC-SO, 108*

Researching and Fact-Checking for Busy Writers

Good writing always starts with exceptional research. Getting the facts right before putting your fingers to the keyboard or pen to paper is half the battle when writing. Learn how to find and discern the facts, gather them in a usable format and use them when writing in any media. Join us for a great session and find out what fun it is to search out facts painlessly. Bring a bag lunch and get "the skinny" on research and fact checking.

WRIT:765 | $59

680	Sa 9am-3:30pm *Sept. 21*	**Julia Miller** *MC-SO, 108*

Genre

So You Want to Write for Children?

Are you interested in writing for children but not sure how to get started? This course will cover magazine and book analysis, plot lines, descriptions, story beginnings, characterization, and dialogue in the various genres of children's fiction and non-fiction, picture books, easy-to-read, chapter books, and middle grade novels. After this class, you'll be ready to get writing!

WRIT:713 | $49

780	W 7pm-9pm *Sept. 25 – Oct. 9*	**Beverly Letchworth** *Lindbergh H.S., 42*

Capture the Moment: Writing About Significant Life Events

This short workshop is for those interested in writing an autobiography, family history, short stories and/or anecdotes based on personal experiences and memories. You'll learn to capture and convey - to picture in writing - specific life events in ways that will be truly memorable. No previous writing experience necessary.

WRIT:714 | $29

680	Sa 9am-Noon *Oct. 5*	**Jean Alessi** *MC-SO, 108*

So You Want to Write Your Personal Experience?

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

WRIT:714 | $19

780	W 7pm-9pm *Oct. 23*	**Beverly Letchworth** *Lindbergh H.S., 42*

Write Your Memoir

Creativity isn't always required when it comes to good storytelling. When we write about our own lives and experiences, the story within us comes complete with compelling characters you already know and a great plot that's already been lived. We have everything we need right at our fingertips when we compose a memoir - except, perhaps, the writing techniques that can help us feel confident enough to put it all down on paper. A memoir isn't necessarily the same as an autobiography. It can focus on just your childhood; or your adult years — or simply one particularly life-changing day. Every life is fascinating. Every story deserves to be told — and written. This class will guide you in writing your own very unique and special memoir.

WRIT:714 | $59

P01	W 10am-Noon *Sept. 11 – Oct. 2*	**Jordan Oakes** *Thomas Dunn Mem. Ctr*

Business Writing for Busy Professionals

Does your writing not reflect the polished professional that you are? This seminar will reveal the basics of professional business writing that is relevant in the 2013 business world. Explore a variety of templates for letter writing, formal e-mail etiquette, submitting proposals, social media writing, and memorandums. Whether you run your own business, work in an office, or are looking for your next job, upgrading your written communication skills is a smart investment. Competent business writing can boost your confidence, enhance your image, increase your productivity by achieving your objectives, and might even help advance your career! Bring a writing sample (e.g. cover letter or business document) to class.

WRIT:715 | $39

681	Sa 8:30am-12:30pm *Oct. 19*	**Tiffany Smith** *MC-SO, 108*

How to Map a Murder

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

WRIT:719 | $39

680	Sa 9am-1pm *Oct. 19*	**Jo Hiestand** *MC-SO, 109*

Goof-Proof Business Writing: A One-Day Workshop

Do you have a need to write concisely and clearly in a business setting? Are you guilty of lengthy emails, rambling business plans, weighty memos and more? Goof-proof your writing and take your business writing to the next level by spending time with others who want to learn how to write clearly in a business setting. Get examples of good and bad business writing and learn how to avoid the common pitfalls that can be your downfall. Bring a bag lunch and continue the discussion over lunch.

WRIT:715 | $59

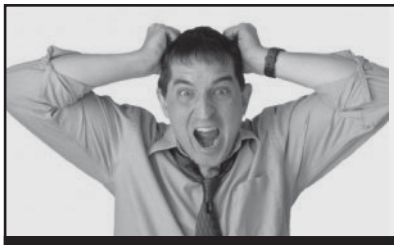
680	Sa 9am-3:30pm *Sept. 28*	**Julia Miller** *MC-SO, 108*

Writing a Great Romantic Comedy

Do you have a terrific idea for a romantic comedy, but you need help figuring out how to write it? The rom-com is one of the most popular and enduring genres in film, but it's also one of the most challenging to write well. In this one-day workshop, you'll learn the key elements of character, plot, and story development that are necessary to write a great romantic comedy for television or film. Discover the secret to creating two unique characters who are memorable and who audiences will fall in love with and want to see happily united in the end. Learn how to begin writing a solid outline of your story through a series of in-class assignments and discussions. If you already have a succinct outline of a work-in-progress, bring it. Class is taught by a Writers Guild of America screenwriter whose credits include "The Bold and the Beautiful" and "Touched by an Angel." Lunch on your own.

WRIT:719 | $59

580	Sa 10am-4pm *Oct. 19*	**Rita Russell** *FV-TC, 207*



Have you been working at a job that is just that - a job - and you're ready to finally choose a career path?

Attend a Career Information session and let us help you plan your path to success.

See page 29 for more information.

St. Louis Community College

*Find out more at **stlcc.edu/Visit** and get started on the New You!*

Writing for the Stage

Many Hollywood writers get their start as play writers. In this four week class, you'll explore story writing for theatre by applying form and structure that will add visualization and characterization to your creative writing techniques. There will be in-class exercises and you'll workshop creative projects. The goal is for you to complete a ten-minute play and learn the art of submitting a script to a theatre company for a potential production. We'll also discuss short plays by various successful playwrights from around the country. If you have a work-in-progress, bring it to class.

WRIT:719 | $69

650 W 7pm-9pm — **Taylor Gruenloh**
Sept. 18 – Oct. 9 — *MC-SO, 206*

Screenwriting: Introduction

Do you ever watch movies and think, "I could write something better than that!"? Well here's your chance to learn how. Screenwriting is both a craft and an art, and doing it well requires a solid foundation in the fundamentals of good storytelling. In this class, you will learn all the key elements of writing a screenplay, including story structure, plot, scene development, characterization, and dialogue. A series of writing assignments will guide you toward mastering the basics of screenwriting and help you begin work on your own script. The course goal is to complete a step outline or beat sheet that prepares you to turn your story idea into a screenplay. This is a great class to use to get a solid foundation in screenwriting, review fundamentals and craft essentials, finish a first draft, or start your next script. Class is taught by a Writers Guild of America screenwriter whose credits include "The Bold and the Beautiful" and "Touched by an Angel."

WRIT:719 | $89

550 W 7pm-9:30pm — **Rita Russell**
Sept. 25 – Oct. 30 — *FV-TC, 207*

From Blogs to E-Zines: Writing for the Internet

What does it take to write online? How much attention should you pay to keyword placement? What's the difference between online writing and other media? Get the straight story and learn how your writing style can be adjusted for any application online. Learn how to adapt your printed piece or concept to an online application. Bring a bag lunch and continue the discussion over lunch.

WRIT:719 | $59

682 Sa 9am-3:30pm — **Julia Miller**
Oct. 12 — *MC-SO, 108*

When Smaller is Better: The Popularity and Craft of Flash Fiction Writing

The "short short" is more popular than ever before. Whether it is called flash fiction, sudden fiction, micro fiction, or prose poetry, these tiny stories can pack a huge punch. This course will cover a brief review of the history and growing popularity of the form and examine the way in which writers today are crafting flash fiction. In this two-evening class, participants will read and discuss samples of published flash, practice writing their own micro-narratives, and discuss how to get published writing this popular form.

WRIT:719 | $49

651 W 7pm-9:30pm — **Heather Luby**
Oct. 16 – Oct. 23 — *MC-BA, 116*

NEW Writing the Short Story

The challenge for every short story writer is to create memorable, authentic characters and plots that deliver emotional punch in only a few pages. This course will explore the pleasures of writing the short story in an encouraging and supportive workshop format. Focused readings and discussions of published short stories will help you learn essential elements of successful writing, while structured feedback from the instructor and classmates will give you the tools for future revisions of your own work. Be prepared to submit one or two completed short stories during this 4-week course.

WRIT:719 | $69

652 Tu 7pm-9:30pm — **Angela Mitchell**
Sept. 10 – Oct. 1 — *MC-BA, 205*

Publishing

Getting Your Book Published: What You Need to Know

Have you been thinking about writing a book (or perhaps you have written one) and are curious about how to get it published? In this four hour workshop we will cover traditional publishing versus self-publishing, how editing and good design can make your book look great, options for getting the book into print, eBook production and hints for book marketing. Presented by the St. Louis Publishers Association.

WRIT:704 | $39

681 Sa 8am-Noon
Nov. 2 — *MC-SO, 206*

Certificate Completion

Portfolio Review I - Certificate Program

This class is for confirmation that students have met the requirements of the Writing Certificate program. You must submit your portfolio to Continuing Education for review. The work should exhibit increased proficiency in writing techniques and should aspire to high literary standards. You will receive a confirmation response from a writing program faculty member. Upon satisfactory review of the portfolio, the faculty member will notify Continuing Education to award the Writing Certificate. If the portfolio does not meet acceptable standards, the instructor will make recommendations. You may repeat the portfolio review class again, until the faculty member is satisfied with the your work.

WRIT:765 | $69

681 TBA — **Heather Luby**
Aug. 12 – Dec. 20 — *MC-TBA*

682 TBA — **Jordan Oakes**
Aug. 12 – Dec. 20 — *MC-TBA*

NATURE, HOME AND GARDEN

ANIMAL CARE

How to Speak "Dog"

We often expect our dogs to understand what we say in our language, but we very often fail to understand their language. You can learn to more effectively understand what your dog is saying, and how to recognize signs of stress, fear or aggression. We'll also discuss why kids are so often the victims of dog bites and why educating kids about dog safety is so vitally important. During class, participants can ask questions about dog training and share their own canine advice with fellow dog owners. Do not bring your dog to class. Presented with the Animal Protective Association of Missouri.

ANIM:701 | $19

650 Tu 7pm-9pm
Sept. 10 — *MC-SO, 206*

Dog Massage

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

ANIM:701 | $29

M01 Sa 10:30am-12:30pm — **Leann Zalasky**
Oct. 5 — *RiverChase of Fenton*

M02 W 6:30pm-8:30pm — **Leann Zalasky**
Oct. 23 — *RiverChase of Fenton*

NEW PROGRAM

Animal Welfare Assistant Certificate Program

Classes may be taken individually, or as part of the Animal Welfare Assistant Certificate Program for initial training and preparation for work in a range of public and private animal welfare agencies and organizations. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

NEW Career and Volunteer Opportunities in Animal Welfare Agencies

Animals are wonderful. If you agree, you may have thought about working with them (or for their welfare) If you've considered the possibility of a career or volunteer position in the wide world of animal welfare of but aren't sure where you fit into the picture, this class can help you sort through the possibilities. You'll learn about the personal rewards and benefits of working directly with animals as well as things you can do indirectly (and locally) for their benefit.

ANIM:741 | $29

650 Tu 7pm-9:30pm
Sept. 17 — *MC-SO, 206*

NEW Animal Welfare and the Humane Movement

What does the term "animal welfare " bring to your mind? There are different facets of "animal welfare", and the work of animal welfare agencies in the St. Louis metro area are built on different viewpoints . In this class you'll get insight into the history of the animal welfare/humane movement in the United States and where we are today. Pet over-population issues are an influential force so solutions to this pivotal concern will be presented. Lastly, humane education is a critical part of the animal welfare world, benefitting people as well as our animal community by impacting character development.

ANIM:741 | $29

651 Tu 7pm-9:30pm
Oct. 8 — *MC-SO, 206*

NEW Getting to Know Us: St. Louis Animal Welfare Organizations

St. Louis has many large and small organizations of all types involved in animal welfare activities, such as rescues and, shelters, adoptions, pet food pantries, emergency and investigation teams, clinics, advocacy groups, and more. They all have difference roles, approaches, and ways of operating but it takes everyone in the community to meet the needs of our local animals. The good news is that there are a wide range of animal welfare-related activities in the St Louis metro area and opportunities for involvement for people with a variety of interests and skills (like you!). A panel of representatives from local agencies will present their stories and answer your questions.

ANIM:741 | $29

652 Tu 7pm-9:30pm
Nov. 12 — *MC-SO, 206*

Pet First Aid

If you own a pet, it's important to know how to approach an injured animal and how to give basic first aid. Protect yourself and your pet from further harm, injury, or suffering during emergencies by learning prompt, effective actions that will safeguard the life of your injured pet until you can get him/her to professional veterinary care. Taught by a veterinarian. Do not bring your pet to class.

ANIM:702 | $19

680 Sa 9:30am-11:30am
Sept. 21 *MC-SO, 107*

Puppy Kindergarten

You can raise a happy, well-adjusted and confident puppy through socialization, along with basic commands and manners training. You'll also learn leadership, grooming skills, and behavioral problem-solving. Completion of all six classes qualifies you and your puppy to take the AKC S.T.A.R. Puppy Test on the sixth week. (STAR: Socialization, Training, Activity, Responsibility). Successful completion of the test enables you to send for an AKC STAR Puppy Certificate and Medallion. Puppies must be 9 weeks to 1 year old, have 2 series DHLPP and Bordetella immunizations. Proof of vaccinations required. Bring puppy to first class.

ANIM:703 | $59

M01 Sa 9:30am-10:30am **Susan Baxter-Carr**
Sept. 7 – Oct. 12 *RiverChase of Fenton*

Fun Tricks to Teach Your Dog

Every dog can do fun tricks. You will learn how to teach your dog standard tricks, such as Shake Hands, Fetch and Release, High 5, Speak, Kiss, Give a Hug, (and our favorite) "Cookie on the Nose," plus we'll introduce you to some that are designed to use your dog's specific abilities, such as Wave, Take a Bow, Figure 8, Take a Nap, and more. Dogs should be at least one year old and well-controlled around other dogs. Previous obedience class or training is preferred, but not required as long as dog obeys: Sit, Down, and Wait or Stay commands. You must be willing to practice at home. Training is by Positive Reinforcement. Bring your dog and required training equipment to class: buckle or training collar, 4-6 ft. leash, yummy dog treats or a favorite toy.

ANIM:704 | $39

M01 Sa 10:30am-11:30am **Susan Baxter-Carr**
Sept. 7 – Sept. 28 *RiverChase of Fenton*

Dog Sports: K9 Nose Work

Dogs see the world through their noses. This sport is designed to develop your dog's remarkable sense of smell and natural scenting abilities by using their desire to hunt and their love of treats, toys, and exercise. It is a great way for your dog to build confidence and burn both mental and physical energy while having fun. If your dog has a nose, it can play this K9 Nose Work game. Bring your dog and learn together how to play this fun, new sport with our certified instructor. It's fun for both of you! Dogs must be at least 6 months old, with current immunizations. Bring soft treats your dog likes (with a distinct scent), a 6-foot leash (no reels) plus flat collar (no choke collars) or harness, and crate or kennel for your pet. If you prefer to attend without your dog, see ANIM 704 M03 for a discount.

ANIM:704 | $69

M02 W 7:30pm-8:45pm **Sandra Ellison**
Sept. 11 – Oct. 16 *RiverChase of Fenton*

Dog Sports: K9 Nose Work (without the dog)

This class is the same as ANIM 704 M02, without the dog. If you would like to learn to play this sport with your dog but due to your dog's shy, nervous, or reactive behavior aren't comfortable bringing him/her to a multi-dog activity, you are welcome to register to attend for yourself, to learn and watch and do the exercises with your dog at home.

ANIM:704 | $59

M03 W 7:30pm-8:45pm **Sandra Ellison**
Sept. 11 – Oct. 16 *RiverChase of Fenton*

Advanced K9 Nose Work: Vehicle Searches and Exterior Hides

If you and your dog loved our DogSports K9 Nosework course, you'll love the new challenges presented in these follow-up sessions. This advanced course will introduce new elements used in trials, though competition is not the goal or a requirement. Class will be held outdoors (weather permitting) and will include both exterior "hides" and vehicle searches. The trainer will also work on your ability to read your dog. These new search areas will be both challenging and more exciting for the dog and handler. Give your sniff-loving canine new skills. Prerequisite: Dogs must have successfully completed the beginning K9 Nose Work course.

ANIM:704 | $59

M04 W 6pm-7pm **Sandra Ellison**
Sept. 11 – Oct. 16 *RiverChase of Fenton*

Dog Training: Basic Skills and Manners for the Family Dog

Do you walk your dog or does your dog walk you? If your time is limited and your budget won't spare the expense of private lessons, this is the perfect alternative! This course in basic skills and manners will give you and your dog a good introduction to beginning obedience commands over a period of 6 weeks. Accomplish your training goals quickly and start getting those behavior problems under control. Class topics also touch on basic grooming, vaccinations, flea/tick control and traveling in the car. Bring your questions! Dog must be at least 6 months old and proof of vaccinations is required. Bring dog to first class.

ANIM:706 | $69

M01 Sa 9:30am-11am **Susan Baxter-Carr**
Oct. 19 – Nov. 23 *RiverChase of Fenton*

Canine Good Citizen

The Canine Good Citizen Program is designed to reward dogs who have good manners both at home and in the community. Class instruction is for all 10 parts of the CGC Test. Dog must be at least 6 months old and have basic obedience skills. Proof of vaccinations required. Bring dog to first class. Successful completion of the test qualifies dog for a CGC patch (available for purchase separately).

ANIM:706 | $59

M02 Sa 11am-Noon **Susan Baxter-Carr**
Oct. 19 – Nov. 23 *RiverChase of Fenton*

Understanding and Caring for Your Cat

Does your cat have you curious and wondering? Join us for an informative evening, designed just for cat owners. Our veterinarian will discuss the development, health, and behavior of domestic cats with emphasis on why cats behave as they do, how you might train a cat, and the health care of your pet.

ANIM:710 | $25

720 Th 6:30pm-9:30pm **Gerald Williams**
Sept. 19 *Ladue H.W. H.S, 143*

Dog Treats: Bake Your Own!

What could be more exciting for your favorite dog than treats made in your own kitchen with good-for-you ingredients? We'll make 3 baked treats, 1 microwave treat, 1 no-bake treat, and a doggie "ice cream." Our treats are both healthy and tasty, the perfect combination for the special pup in your life or the ones on your gift list. Bring a rolling pin and take home container. Park on Hartford or Hampton. Flagpole in front.

ANIM:765 | $39

P01 F 6:30pm-9:30pm **Debra Hennen**
Nov. 8 *Culinary Arts House*

Reach for the sky! You and your four-legged friends will jump for joy with STLCC's Animal Care classes.

HOME IMPROVEMENT

Bathroom Design for Home Remodeling

Whether you're planning a simple update, completely remodeling, or starting from scratch, your first step should be attending this informative class. Our expert will get you started with the knowledge you need to create an affordable and beautiful bathroom. She'll talk about the basics of functional fixture placement and explore the many features and options available in vanities, linen cabinets, vanity tops, etc. One of the best decisions you'll make about your new bathroom starts here!

HOME:703 | $29

652 Tu 7pm-9:30pm **Kimberly Hany**
Oct. 22 *MC-BA, 112*

Put your "house in order" with home improvement classes.

Kitchen Design for Home Remodeling

Whether you're planning a simple update, completely remodeling, or starting from scratch, your first step should be attending this informative class. Our expert will get you started with the knowledge you need to create an affordable and beautiful kitchen. This course will help you understand your options in cabinetry, countertops, appliances, flooring, fixtures, and more. Bring your ideas and questions for this open discussion on how to create a functional, affordable, and beautiful kitchen. One of the best decisions you'll make about your new kitchen starts here!

HOME:703 | $29

650 Tu 7pm-9:30pm — **Kimberly Hany**
Sept. 10 — *MC-BA, 112*

NEW Kitchen Planning for Home Remodeling

Explore the possibilities for your kitchen with this hands-on kitchen design class. Learn the basics of functional appliance and cabinetry placement, the specifics of kitchen cabinet sizes and the many features and options available. Bring a pencil, paper, and ruler. Measurements and photos of your existing kitchen recommended.

HOME:703 | $29

651 Tu 7pm-9:30pm — **Kimberly Hany**
Sept. 24 — *MC-BA, 112*

Interior Decorating: Stage to Sell - Design to Live

Whether you are redecorating, remodeling or starting from scratch, this course will help you create a well-designed and coordinated environment. The fundamental principles of interior design will be discussed: architecture, walls, floors, ceiling, windows, furniture, fabric, lighting and accessories. Last class is a field trip on Saturday morning (10/19). Provide own transportation.

HOME:708 | $69

350 W 7pm-10pm — **Kathryn Leinauer**
Sept. 18 – Oct. 16 — *WW, 220*
Sa 9am-11am — *MC-Off Campus*
Oct. 19

Interior Decorating: Color Schemes

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

HOME:708 | $19

351 W 7pm-10pm — **Kathryn Leinauer**
Oct. 23 — *WW, 220*

Interior Decorating: Accessories

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

HOME:709 | $19

350 W 7pm-10pm — **Kathryn Leinauer**
Oct. 30 — *WW, 220*

Home Design: Express Your Personality and Energize Your Life with Feng Shui

"I Love my Home!" Is this how you really feel? The art of Feng Shui teaches us that our home is the most important place in our lives and it reflects our personality and soul. Feng Shui principles are easy to understand and use when designing the rooms in your home to accomplish two things: (1) reflect your individuality and (2) energize your life. Learn basic principles in this class and have fun changing your home to suit your special personality and life.

HOME:710 | $25

750 Tu 6:30pm-9pm — **Samantha Shields**
Sept. 10 — *Kirkwood H.S., NW139*

Declutter Your Life the Feng Shui Way: Add Energy, Clarity and Freedom to Your Life

We all have clutter - and getting rid of it 'for good' is a huge challenge. Clutter is time-consuming, messy, takes up valuable real estate in our home, is expensive, and brings down our energy. The Feng Shui approach to clutter is different from other methods you have tried. You will learn to respect and understand the accumulation of clutter in your life and then eliminate it for good. We'll discuss different forms of clutter and the conversations we have with ourselves about keeping all our 'stuff'. Then we'll move forward, learning effective techniques and a positive outlook for you to live clutter free, transforming that conversation to "Look what I'm doing with my life now that I am clutter free!"

HOME:710 | $25

751 Tu 6:30pm-9pm — **Samantha Shields**
Sept. 24 — *Kirkwood H.S., NW139*

NEW How to Set up a Successful Home Office with Feng Shui

The number of people working from home has skyrocketed in recent years. Computers and the Internet help us create and run a business from a spare room. How you design your office is just as important as the job you do and the product you sell. Feng Shui design respects our office as the command central for our career and business success. In this class you will learn aspects of furniture placement, color and imagery to use in the design of your office. When you take the time to design your office space to suit your needs it brings out the best in you, helps you focus on the task at hand, stimulates your creativity and supports your goals and future growth. In short, it puts you in the power seat of your career, energized and motivated for success.

HOME:710 | $25

780 W 6:30pm-9pm — **Samantha Shields**
Oct. 2 — *Lindbergh H.S., 53*

NEW Bedroom Design for Rest and Romance with Feng Shui

We've all seen the lovely photos of beautiful romantic bedrooms in magazines and wondered if our bedrooms could ever look so inviting, restful and romantic. Feng Shui design recognizes that we all need a place in our life for rest, renewal and romance to live a fulfilling, healthy and happy life. Quite often we treat our bedroom as a catch-all room for projects or even a second office, effectively removing the possibility of a restful atmosphere, and romance...Not likely either. In this class you'll learn the 'how to' of furniture placement, color influence, personal symbols, open space, mirrors, electronic equipment and more. Whether in a relationship or seeking a partner, this class brings fresh ideas and proven Feng Shui techniques to create a restful and alluring romantic bedroom.

HOME:710 | $25

781 W 6:30pm-9pm — **Samantha Shields**
Oct. 16 — *Lindbergh H.S., 53*

Reupholstery for Small Projects

Give that tired piece of furniture a makeover - you can do it yourself with the skills you'll learn in this course! We'll work on fabric-frame tear down, tack-on-sewing and machine usage. You'll learn about cutting fabric, welting, trims, foam, gluing, plotting fabric, and calculating yardage needed for projects. Students should bring a small simple project, such as: simple ottoman, dining room chair, pillow, piano bench, or cushion. Total restorations or large pieces of furniture will not be accepted. Instructor reserves the right to evaluate and decline any project deemed not suitable for class. Fee includes some supplies, but additional supply charges may be assessed if needed for your project (payable before work begins). Project will need to be taken home each week. If time permits, a second small project will be allowed, but additional supply charges will be required.

HOME:711 | $179

580 Sa 9am-1pm — **Howard Johnson**
Sept. 14 – Oct. 26 — *FV-E, 156*

Do-It-Yourself Painting 101

Of course you can paint, but can you paint like a pro? Learn how to prepare surfaces - what to use and what not to use. We'll tell you if and what you need to prime with primer vs. stain blockers. Our instructor will talk about techniques for texturing to make your patches not look like a patch. You can make your paint brush do the work - sounds simple but we'll explain how that makes the job easier. And of course, finishing the job: ways to keep clean-up easy and/or quick.

HOME:713 | $19

550 W 7pm-9pm
Sept. 11 — *FV-SC, PDR-B*

Do-It-Yourself Drywalling

Our experienced handyperson will show you how to measure, cut, and hang drywall. You'll learn how to prep the room prior to installing the 2x4 framing, including proper layout. Instruction will include cut-to-size with minimal drywall seams and cut out for electric boxes. Also learn how to apply seam tape (both paper tape and self-stick mesh tape) and mud (joint compound). If you have a drywall project in your future, get to this class before getting started.

HOME:713 | $19

551 W 7pm-9pm
Sept. 18 — *FV-SC, PDR-B*

Fearless Home Repair: DIY "Light" Electrical Repairs

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

HOME:713 | $19

552 W 7pm-9pm
Sept. 25 — *FV-SC, PDR-B*

Fearless Home Repair: Simple Plumbing Repairs for Kitchens and Bathrooms

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

HOME:713 | $19

553 W 7pm-9pm
Oct. 2 — *FV-SC, PDR-B*

Do-It-Yourself Ceramic Tiling

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

HOME:713 | $19

554 W 7pm-9pm
Oct. 9 — *FV-SC, PDR-B*

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St. Louis Community College Continuing Education

REAL ESTATE

Home Loans and Credit Tips for First Time Home Buyers

Before you get serious about buying a home you need to be ready with the information you'll get in this class. Our expert will help you understand your credit score and how to repair it if necessary, how to get pre-approved for a loan (a very important item to bring to purchase negotiations), the types of loan options, and finding current mortgage interest rates. You'll find out about available tax credits and loan programs. We'll help you figure out realistically how much can you afford and all about establishing your down payment. We'll share with you possible programs that may be of assistance and the rules that apply to receiving the assistance. This class is your best first-step as a first-time home buyer.

REAL:701 | $19

S01 Tu 7pm-9pm *Sept. 10* — **Christina Filla** *SCEUC, 118*

Home Selling: Your Guide to a Successful Sale

If you've never sold a home before (or even if you have, but it's been a while), it's important to know your marketing options. We'll explain what is involved with selling as a FSBO (for sale by owner) vs. using the services of a real estate agency. We'll discuss how to use knowledge of the competition in your area that can affect the personal sale of your property and how to determine a realistic selling price for your home. If circumstances warrant special consideration, we'll cover the topic of 'distressed sales.' We'll also cover topics related to staging, landscaping and repairs that can add impact and value to your home without breaking the budget.

REAL:701 | $19

S02 Tu 7pm-9pm *Sept. 24* — **Christina Filla** *SCEUC, 118*

Buying a Home? Top Home Buying Mistakes to Avoid

"If only we had known" is the sad tale of too many home buyers. Come spend a valuable evening preventing mistakes that don't have to happen. The most expensive mistake is not understanding the process of lenders and financial institutions along with the hidden costs and fees that occur. Come get the inside scoop to avoid surprises at closing. We'll show you how to budget for your long-term financial commitment. Learn where to put your trust and where to exercise extreme caution. We'll discuss the importance of understanding the contracts you sign and getting the right inspections before closing the deal. Most important, we'll talk about working with a reasonable timeline and having a back-up plan.

REAL:701 | $19

S03 Tu 7pm-9pm *Oct. 8* — **Christina Filla** *SCEUC, 118*

Understand the housing market with Real Estate classes at STLCC.

House Flipping and Real Estate Investing

Thinking about getting into 'flipping' real estate? When purchasing real estate as an investment you also need to invest in trustworthy contractors and have a timeline for rehab. You'll need to have a keen eye for spotting hidden damages and defects in the property. Don't want to go it alone? We'll tell you about investment clubs and how they work. We'll go over terms and guidelines for buying government or program housing. There's a lot you need to know: condition of property inspection sources; how long ownership is required, permits and occupancy; where to begin the purchase process and knowing the submarkets. We'll talk about budget estimates as well as things that may help avoiding disaster in your budget and timeline while in the flip. You'll also learn about the pros and cons between private lenders or hard money/programs for investors.

REAL:725 | $19

S01 Tu 7pm-9pm *Oct. 22* — **Christina Filla** *SCEUC, 118*

How to Be a Successful Landlord

Increase the income on your real estate investments by improving your skills as a landlord. You can lower property damages and eviction costs by performing effective initial screening of potential tenants. Our experienced expert will explain how to be creative and to use the telephone, interview, computer, rental application and lease expectations to avoid an undesirable tenant-landlord relationship. Lunch on your own.

REAL:720 | $59

480 Sa 9am-5pm *Oct. 12* — **Mary Hankins** *FP-G Tower, 115*

HOME MAINTENANCE

Simple Home Repairs for Women: Electrical

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a "hands-on" focus. If you need a new ceiling fixture, wall switch or outlet, this course is for you! The ideal home repair toolbox for women will be presented. We'll look at how-to, when-to and when it's safer NOT to. Come prepared to be amazed at what you can do yourself!

HOME:713 | $19

920 W 7pm-9pm *Oct. 16* — *U. City H.S., 127*

Simple Home Repairs for Women: Be Your Own Plumber

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a "hands-on" focus. If your toilet runs, your drains are slow, you need a new faucet, this course is for you! The ideal home repair toolbox for women will be presented. We'll look at how-to, when-to and when it's safer NOT to. Come prepared to be amazed at what you can do yourself!

HOME:713 | $19

921 W 7pm-9pm *Oct. 23* — *U. City H.S., 127*

Car Maintenance For Women

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

AUTO:701 | $29

P01 Th 6pm-9pm *Oct. 10* — **Michael Silva** *Advanced Auto Service*

Small Engine and Lawn Mower Repair

This course includes operation, maintenance, repair, and storage of small gasoline engines. Topics are: principles of operation, normal maintenance and repair of the air, fuel, ignition, and compression systems. Repair of your own engine is part of the instruction. Bring a small engine or lawnmower to be repaired to the second class session. Prefer a 4-stroke engine needing some repair.

AUTO:715 | $149

750 Tu 6pm-8:30pm *Oct. 1 – Nov. 26* — **Gus Sturmfels** *Kirkwood H.S., IA170*

GARDENING

Herb Gardening

Are you interested in starting (or expanding) an herb garden but aren't sure where to start? Whether you have a few herbs in your yard or an extensive herb garden, you can learn how get the most for your effort in this one-night class. Come hear the best advice on how to plant, maintain, and harvest an herb garden. You'll also get tips on using herbs in and around your home as well as the best way to freeze and preserve herbs for future use.

HORT:701 | $25

350 W 6pm-9pm *Sept. 11* — **Michelle Ochonicky** *WW, 204*

650 Tu 6pm-9pm *Sept. 24* — **Michelle Ochonicky** *MC-CN, 204*

Create a beautiful garden with Gardening classes.

Fall Gardening for a Bloomin' Beautiful Spring

Have a bloomin' beautiful spring! Prepare your flowerbeds and gardens this fall for next spring. Learn the best bulbs and perennials to plant to achieve vibrant spring color. Learn how to properly divide your perennials, which bulbs and perennials to combine for the best color and design impact and steps to take to prepare your gardens to withstand winter and come back greener and more lush than before.

HORT:707 | $19

680 Sa 9am-11:30am *Sept. 14* — **Nancee Kruescheck** *MC-BA, 118*

Backyard Composting

Composting yard waste is one of the most environmentally sound things you can do. Get started by joining our discussion of the materials to use, compost bin selection, and how to construct a compost pile. Ongoing management of the compost pile and troubleshooting composting problems will also be covered. Lots of opportunity for Q & A. Class is held outdoors.

HORT:708 | $19

P01 Sa 9am-11am — **David Horton**
Sept. 14 — *City Seeds Urban Farm*

Making More Plants: Propagation Made Simple

Make more of your favorite plants in this hands-on class. Learn some simple propagation methods. Watch our expert show you how to take cuttings, root division, air layering and seeds, then try it yourself.

HORT:708 | $19

680 Sa 9am-11:30am — **Nancee Krueschеck**
Sept. 21 — *MC-BA, 118*

Landscape Basics: Plan Now for a Beautiful Spring

Do you need some tips for a great landscape? Learn how to lay out bed lines, about edgings, gravel vs. mulch, weed barrier vs. plastic, plants and spacing. Now is the time to devote your efforts to having a better landscape next season!

HORT:711 | $19

680 Sa 9am-11:30am — **Nancee Krueschеck**
Sept. 28 — *MC-BA, 118*

Pruning Basics

Proper techniques for pruning trees and shrubs are essential for the health of your plants and future growth. You'll also learn how to avoid spreading disease from tree to tree. It's not difficult if you know the right techniques and timing. Class will include an outdoor demonstration, so bring your pruners. Come learn hands-on from our expert, who will also show you how to sharpen and clean your pruners and answer all your questions.

HORT:723 | $19

680 Sa 9am-11:30am — **Nancee Krueschеck**
Oct. 5 — *MC-BA, 116*

ECOLOGY

DIY Clean Green Body Products, DIY Green Cleaning Products and Crocheting with Plarn are located in the Crafts section, page 27

Climate Change

How can a change of one or two degrees in global average temperatures impact our lives? What is the scientific consensus on climate change? And most importantly, what should we do about it? Join naturalist park ranger Brian Ettling as he provides a brief discussion on the science of climate change and its impact on various national park ecosystems, forests, oceans and St. Louis. He will then focus on how to communicate the problem and solutions to climate change with confidence and the best sources of information available. Learn how to educate others on the topic using humor and optimism to inspire them to take action.

ECOL:700 | $25

681 Sa 9am-Noon — **Brian Ettling**
Nov. 2 — *MC-BA, 116*

"Loved this course. Brian was great. He was very well prepared, responded to questions like a pro and used different formats to keep the class interesting and informative."

-Mark D. – Creve Coeur, MO

NEW It's OK to Eat the Weeds - Wild Edible Plants for Fall

Sometimes it's ok to eat the weeds! Plants and trees not only surround us with their beauty but properly prepared they also offer nutritional value and tasty dishes. Join nature enthusiast Alison Lewis as you learn to identify, harvest, and prepare wild edible plants. There are fruits, nuts, and tubers right in your local parks and maybe even edible blossoms and greens in your own backyard or local meadow. Learn to identify fall seasonal edibles including paw paw trees, persimmon trees, hawthorn trees, serviceberry trees, Jerusalem artichoke plants, rose hips, and wild grapes. First session will include a slide show presentation, hands-on plant sample "lab", and a discussion period. A weekend field trip will meet at a local state park or conservation area to hike, seek and sample wild edible plants. Field trip will include hiking a couple of miles on uneven surfaces, ducking under bushes and potentially inclement weather. Wear comfortable shoes and appropriate attire. Location of field trip to be announced in class.

ECOL:700 | $25

652 W 6:30pm-8:30pm — **Alison Lewis**
Sept. 18 — *MC-CN, 126*
Sa 10am-Noon — *MC-Off Campus (CR)*
Sept. 21

It's easy being "green" with Ecology classes at STLCC.

Sustainable Living: Permaculture 101

Yes, you can make a difference in the world! The basic philosophy behind permaculture is to work with nature rather than against it in all areas of our lives. Growing food, designing green buildings, producing or conserving energy, doing work we love, and leading meaningful lives are all part of permaculture. Guided by this philosophy, we can all learn how to live well while leaving the planet in a better condition for future generations. This should be considered an introductory course. By the end of the session, you will have a deeper understanding of permaculture, practical examples of how others have applied permaculture, and a good idea of how you can apply these principles to your own life. Instructor, Deanna English, holds a permaculture design certificate and practices permaculture on her urban farm.

ECOL:700 | $25

480 Sa 9am-Noon — **Deanna English**
Sept. 21 — *FP-G Tower, 113*

Backyard Chickens for the Beginner

Have you thought about keeping chickens in your city or suburban backyard? There's a lot to find out about before you get started. Learn about local ordinances and where to find more information for the area where you live. You'll also hear about the benefits of keeping chickens, appropriate housing and feeding, and different ways of keeping your chickens healthy and happy. Instructor has years of personal and professional experience and is an enthusiastic and knowledgeable healthy-chicken farmer!

ECOL:700 | $39

580 Sa 9am-1pm — **Guy Niere**
Sept. 7 — *FV-B, 243*

650 Tu 7pm-9pm — **Guy Niere**
Sept. 17 – Sept. 24 — *MC-CS, 205*

Beyond the Coop: Advanced Topics for Experienced Backyard Chicken-Keepers

This class is for people who have been keeping chickens for a while and are looking for more in-depth information on the following topics: diseases, parasites and treatments; chicken anatomy and egg development; incubation and broody hatching; culling and processing; breed characteristics, showing, and judging for standards of perfection, supporting heritage breeds; and changing ordinances. Bring your questions to class! This is an intermediate level class and will not include introductory information covered in the beginner class.

ECOL:700 | $29

680 Sa 9am-Noon — **Guy Niere**
Sept. 28 — *MC-SO, 111*

Indoor Composting: Make and Take Home a Worm Bin

You can compost anywhere in your home with these eco-friendly bins. In this hands-on session, you'll construct and learn to maintain an indoor composting system capable of decomposing food and house plant trimmings for a family of four. You'll use red wiggler worms to process plant-matter scraps to produce a natural fertilizer and soil conditioner that your houseplants will love. All equipment and materials included in fee. You'll leave class with a sustainable worm bin indoor composting system, lots of handouts and resources for maintaining your bin at home. Class offered in collaboration with Missouri Botanical Garden Earthways Center.

ECOL:700 | $49

651 Tu 7pm-8:30pm — **Kat Golden**
Sept. 17 — *MC-CP*

Indoor Composting: Make and Take Home a Bokashi Bucket

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

ECOL:700 | $49

653 Tu 7pm-8:30pm — **Kat Golden**
Oct. 22 — *MC-CP*

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St. Louis Community College Continuing Education

NATURE/MASTER NATURALIST

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

Exploring Fall and Winter Night Skies

Learn how to use the unaided eye, binoculars or small to medium sized telescopes to find, identify and observe the astronomical objects and events of late fall and winter of 2013 including the moon, planets, artificial satellites, meteors, comets (including the upcoming comet ISON apparition), stars, constellations and nebula. Bring to class: a Planisphere, such as Phillip's planisphere 6" or larger, Exploring the Night Sky With Binoculars : A Companion to the Night Sky" David S. Chandler; List Price: $8.95 at www.amazon.com; Paperback - 48 pages Reissue edition (June 1994) David Chandler Co.; ISBN: 0961320710, current issue of Astronomy magazine (Kalmbach Publishing). Most supplies available at Meramec Campus bookstore. One field trip required. Provide own transportation. Details to be announced in class.

NATR:701 | $59

651 MW 7pm-9pm — **Michael Malolepszy**
Nov. 4 – Nov. 13 — *MC-CN, 126*

Caves and Caverns

Your first step will be in the classroom learning about the mysterious underground world of caves. Discover interesting insights into their origin, cave life, mineral formations and other geological features, and cave ecology. Historical notes, such as cave discoveries, cave art, mining and other uses of caves, as well as health/safety/legal issues and man's effects on caves will also be included. The class will finish with a field trip to a cave. Your instructor-tour guide has 12 years experience leading cave tours and has personally visited over 40 caves throughout the U.S. Appropriate attire for field trip will be discussed in class. Possible additional fee for cave tour payable on site. Provide own transportation.

NATR:701 | $39

650 Th 7pm-9pm — **Martin Ferris**
Sept. 5 – Sept. 12 — *MC-SO, 109*
Sa
Sept. 14 — *MC-Off Campus*

NEW Something to Crow About

American crows are prevalent across much of the continent distinguished by their large, all-black features and cawing voices. Come explore the world of the exceptional American crow including problem solving and behaviors as they interact with their habitat. Learn about food sources, nesting and other educational facts. Offered in cooperation with St. Louis Audubon Society.

NATR:709 | $19

651 Tu 7pm-9pm — **Marty Smigell**
Oct. 22 — *MC-BA, 118*

Owls of Missouri

Join in this exploration of the diverse variety of owls found in the United States including the 18 species of North America and the eight species native to Missouri. Special focus will be on the four main owls found here in Missouri: the barred owl, the screech owl, the barn owl and the great horned owl. Participants will also dissect owl pellets in order to learn more about the owls' eating habits. Offered in cooperation with St. Louis Audubon Society.

NATR:709 | $19

650 Tu 7pm-9pm — **Marty Smigell**
Sept. 24 — *MC-SW, 108*

NEW Explore the Fascinating Life History of Fresh Water Mussels

Have you ever gone on a float trip and seen shells on gravel bars and wondered what they were? This is a fascinating group of organisms that most people know very little about because they sit quietly (or at least we think they are quiet) at the bottom of our rivers and streams. Join biologist, Dr. Thomas Keevin, to learn how fascinating they really are and to discover the strange life history of this endangered group of freshwater invertebrates. You'll discuss and watch videos of how fish have become part of their amazing and strange reproduction cycle. You will also have the hands on opportunity to view and learn how to identify the common species in the St. Louis area.

NATR:765 | $19

650 Tu 6pm-8pm — **Dr. Thomas Keevin**
Oct. 1 — *MC-SW, 108*

Backyard Wildlife of Missouri

As wild animals attempt to survive and thrive in an increasingly human-dominated landscape, the possibilities for conflict with humans are endless. Discover the tremendous diversity found in Missouri's wildlife and become acquainted with the wildlife you are most likely to see in your neighborhood. You will learn how to harmoniously coexist with wildlife and to safely and humanely resolve wildlife conflicts in the best interest of all parties involved. While taking great care to protect each animal's wild nature, the class will conclude with a glimpse into the world of wildlife rehabilitation to develop understanding about the impact we have on wildlife that live among us. Offered in cooperation with the Wildlife Rescue Center.

NATR:710 | $25

680 Sa 9:30am-Noon — **Kim Rutledge**
Sept. 21 — *Wildlife Rescue Ctr*

NEW Pollinators and the Plants They Use

Join Allen Casey of the Natural Resources Conservation Service and explore the role of pollinators and the important service they provide to humans by moving pollen between plants. This transfer of pollen allows plants to develop fruits and seeds, many of which are vitally important to human existence. Recent declines in native pollinating insect populations have sparked more people to grow plants to provide food and habitat for these fascinating animals. Native plants are especially good sources of food to pollinating animals. Presentation will discuss important considerations to provide flowers and plants that pollinators need and make the landscape, from small urban backyards to large natural areas, around us better for these animals. Ideas for planning pollinator habitat that include consideration of plant diversity, flowering dates of species, native vs. non-native plants, perennial vs. annual plants, will be discussed. Offered in cooperation with the North American Butterfly Association.

NATR:715 | $19

650 Tu 7pm-9pm — **Allen Casey**
Sept. 17 — *MC-BA, 118*

NEW The Legume Family for Field Botanists

Taught by two of the Missouri Botanical Garden's experts, program will cover the identification and diversity of the legume family. Both classroom and field instruction is included. Details regarding the field trip on 10/12 to be announced in class. Offered in cooperation with the Missouri Native Plant Society.

NATR:723 | $39

651 W 6:30pm-8:30pm
Oct. 2 – Oct. 16 — *MC-SW, 106*
Sa 9am-Noon
Oct. 12 — *MC-Off Campus*

Edible Mushrooms of Missouri

Discover ten of the most common edible mushroom of Missouri. Students will participate in classroom learning, field exploration and mushroom identification. Dress for walking in the woods. Bring sack lunch. Class held at Babler State Park Visitors Center. Offered in cooperation with the Missouri Mycological Society (MOMS).

NATR:723 | $25

M01 Sa 10am-2pm
Sept. 28 — *Babler State Park*

Get back to nature with the Master Naturalist program.

Native Tree Identification

Learn about Missouri tree identification with Mike Walsh, Forestry Programs Manager with Forest ReLeaf of MO, using characteristics and samples such as twigs, leaves, bark, fruit and more. First class is a lecture format on the Meramec campus followed by a Saturday field exploration on the Meramec campus. On Saturday, meet in front of the library and dress appropriately for the weather. Resource booklets provided. Offered in cooperation with Forest ReLeaf of Missouri.

NATR:723 | $29

650 Th 6pm-8pm — **Mike Walsh**
Sept. 19 — *MC-CS, 206*
Sa 10am-Noon
Sept. 21 — *MC-Library*

NEW Overview of Oaks: Local and Abroad

Are you interested in learning more about the native oak trees that live among us here in Missouri and others from around the world? Join Mike Walsh, Forestry Programs Manager at Forest ReLeaf of Missouri and explore the many varieties native oaks and other interesting oak trees and facts including oak history, differences in red and white oaks, commercial, ecological, urban and wildlife benefits, and much more. You will also learn how Forest ReLeaf grows all kinds of oaks and how you can too! Offered in cooperation with Forest ReLeaf of Missouri.

NATR:723 | $19

350 Th 6pm-8pm — **Mike Walsh**
Sept. 12 — *WW, 222*

Our Seats Fill *Fast*!
Registration begins August 5.

Forest Ecology of Missouri

Have you ever wanted to learn more about the ecology of Missouri's forests? Mike Walsh, Forestry Programs Manager with Forest ReLeaf of MO will present a general introduction to forest ecology, and how it relates it to our own Missouri forests. Topics will include elements of a forest ecosystem, competition, succession, forest layers (structure), forest types in MO, disturbance, nutrient cycling, and more. Class is offered in cooperation with Forest ReLeaf of Missouri.

NATR:723 | $19

351 Th 6pm-8pm — **Mike Walsh**
Oct. 3 — *WW, 222*

Geology of Missouri

Spend a few hours learning about the geology and geography of Missouri in an informal atmosphere. We will discuss how our state has been shaped by glaciations, earthquakes, uplift and warm, shallow seas. Learn about the processes that gave us the nickname "The Cave State". We will also take a look at the economic impact rocks and minerals have had on our state's economy.

NATR:765 | $25

680 Sa 9am-Noon — **Jeffrey Smith**
Oct. 12 — *MC-SW, 106*

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

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

NATR:765 | $25

681 Sa 9am-Noon — **Michael Redman**
Oct. 5 — *MC-SO, 105*

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

Improve the basic meteorological and severe weather skills you learned in the Level 1 class by taking the region's only Level 2 program. We'll discuss computer resources, convective outlooks, watch and warning messages, cloud definition, radar interpretation, severe weather safety, and more. You'll get lots of handouts and certification too. Prerequisite: Level 1 class. Children ages 14-15 may register if accompanied by a registered adult.

NATR:765 | $25

682 Sa 1pm-4pm — **Michael Redman**
Oct. 5 — *MC-SO, 105*

PERSONAL FINANCE

ESTATE PLANNING

Estate Planning: Living Trusts

Everyone wants to do estate planning, for control of your assets and for a legacy to your loved ones. This course covers various ways to estate plan, to avoid probate, to avoid guardianships and to reduce or eliminate estate taxes. Find out why a living trust may be the best solution. Taught by an attorney.

FINC:710 | $35

730 Tu 7pm-9pm — **Charles Amen**
Oct. 15 — *Mehlville H.S., 206*

780 W 7pm-9pm — **Charles Amen**
Sept. 25 — *Lindbergh H.S., 53*

General Estate Planning: Wills, Trusts and Avoiding Probate

Learn about your planning options, both for property distribution upon death as well as decision-making authority while alive. Class discussion will focus on wills, the probate process and avoiding probate with revocable trusts and beneficiary designations. Powers of attorney for financial and health care purposes will also be discussed. Taught by an attorney.

FINC:710 | $35

720 M 6pm-8pm — **Yvonne Homeyer**
Oct. 7 — *Ladue H.W. H.S, 145*

Get your finances on track at St. Louis Community College.

INVESTING

Preserving Capital and Making it Grow: A Winning Strategy for Good Times and Bad

This class is designed to empower the individual investor with strategies for stock market success as used by successful investors of our time. We'll discuss: historical precedent and how it applies today, selecting and purchasing the best investments, determining when to protect yourself by selling investments and minimizing potential risk while maximizing potential gain. Instructor owns and operates an investment firm that successfully avoided the Fall 2008 collapse of the U.S. Stock Market. No class 10/15.

FINC:714 | $79

550 Tu 6pm-9pm — **Brian Bingham**
Oct. 1 – Oct. 29 — *FV-B, 125*

Financial Workshop: Your Source for Financial Education

Financial education is a critical step in helping you achieve your financial goals. This workshop offers a variety of practical investing topics presented in an easy, open format. You will gain a good understanding of the key principles of saving and investing along with strategies to help you reach your long term goals. Topics include the basics of stocks, bonds and mutual funds, the importance of asset allocation, making sense of retirement, preparing for the unexpected, estate planning, tax-free investing, long term care insurance and managing financial risk.

FINC:736 | $55

651 W 7pm-9:15pm — **Dan Roper**
Sept. 18 – Oct. 9 — *MC-BA, 120*

350 Tu 7pm-9pm — **Margie Bittner**
Sept. 10 – Oct. 1 — *WW, 226*
Bring a 2" 3 ring binder to class.

Like us at www.facebook.com

St. Louis Community College Continuing Education

What the New Tax Changes Mean for You

The newly signed American Taxpayer Relief Act of 2012 changes certain tax rates and exemptions for some — but it adds a measure of "permanency" for all. Attend this course to learn how this new legislation impacts you and how you might take advantage of its opportunities to help achieve your financial goals and help protect your retirement, your family and your wealth. We will discuss the impact of the new law on important tax rates, exemptions and planning options and its effect on individuals at various levels of income and net worth. We will also review the types of retirement and legacy planning strategies you might consider to avoid a "personal fiscal cliff".

FINC:736 | $19

653 Tu 7pm-9pm — **Steve Glazer, Laura Boedges**
Oct. 22 — *MC-CN, 126*

RETIREMENT PLANNING

Retire with Confidence

Thinking about retirement? Find out how you can prepare ahead of time to achieve your retirement dreams. You will learn about income planning, sources of retirement income and the ins and outs of social security benefits. This class will also present strategies to protect your retirement savings by reducing risk and volatility. You will also learn about employer distribution options, lump sum versus income stream and how relocation will affect your retirement plans.

FINC:736 | $19

650 Tu 7pm-9pm — **Steve Glazer, Laura Boedges**
Sept. 10 — *MC-BA, 118*

351 Th 7pm-9pm — **Steve Glazer, Laura Boedges**
Sept. 19 — *WW, 304*

550 Tu 7pm-9pm — **Steve Glazer, Laura Boedges**
Sept. 24 — *FV-B, 125*

Understanding Retirement Healthcare and Social Security

As people approach retirement, a common concern is the answer to the question, "What if I get sick?" This class will prepare you to make important decisions about your healthcare by helping you to understand your health insurance options. You will learn about healthcare decisions to be made before and at retirement including what Medicare does and does not offer in plain English. You will also learn about Social Security, the original source of guaranteed income for life, including how it can pay to delay, how your Social Security income will be taxed, and the little-understood effect of earned income on Social Security benefits.

FINC:736 | $19

352 Th 7pm-9pm — **Steve Glazer, Laura Boedges**
Oct. 3 — *WW, 224*

652 Tu 7pm-9pm — **Steve Glazer, Laura Boedges**
Oct. 8 — *MC-BA, 118*

Retirement Planning Course: The Principles of Conservative Investing

A comprehensive personal finance course designed for those in the early stages of retirement or those about to retire. This course will walk you through difficult retirement decisions such as asset allocation, income planning and pitfalls to avoid. Course is based on recent academic research. You will receive financial tools to help you better understand risk, taxes, budgeting and estate planning. Who should attend? Individuals and couples between the ages of 55 and 75 that are looking for the answers to "What to do now?", those concerned about our financial markets and want to prepare for the next recession, and conservative investors looking for guidance based on academic research.

FINC:736 | $49

480 Tu 6:30pm-8:30pm — **Steve Perrmann**
Sept. 10 – Sept. 24 — *FP-G Tower, 115*

PERSONAL INTEREST

COMMUNICATION ARTS

Nonverbal Communication: How to Speak and Listen Without Words

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

COMM:718 | $29

650 W 6:30pm-8:30pm — **Erin De Vore**
Sept. 4 – Sept. 11 — *MC-BA, 124*

GENEALOGY

Traditional Genealogy - How to Begin

Class covers basic American resources for beginning your research of your family history. Learn about various sources of information available in your home, through the census, libraries, courthouses, and churches to help you learn more about your roots. Text required - approximate cost $25. Information about text provided by instructor at first class. Instructor is a Certified Genealogist (CG) and Certified Genealogist Lecturer (CGL).

GENE:701 | $69

600 W 1pm-3pm — **Mary Stamm**
Sept. 25 – Nov. 6 — *MC-CP, CP*

Uncover your roots with our Genealogy classes!

Resources From FamilySearch.org

Salt Lake City prominently helps genealogists. But one doesn't have to travel there to take advantage of the family history information. This class will cover the new resources available from this old favorite. Instructor is a Certified Genealogist (CG) and Certified Genealogist Lecturer (CGL).

GENE:704 | $25

P01 M 6:30pm-8:30pm — **Mary Stamm**
Oct. 21 – Oct. 28 — *St. Louis Genealogical Soc.*

What is at the St. Louis Public Library for a Genealogist?

There are vast arrays of genealogical information at the library. Learn about the different types of libraries, how to locate them, and how to effectively use them. The second session will be held at the St. Louis Public Library. Instructor is a Certified Genealogist (CG) and a Certified Genealogist Lecturer (CGL).

GENE:704 | $25

P02 Th 1:30pm-3:30pm — **Mary Stamm**
Oct. 17 — *MC-SO, 105*
Th 1:30pm-3:30pm
Oct. 24 — *St. Louis Public Library*

Finding Family on the Internet

Many genealogists believe that only the commercial genealogical websites can help them find their family. But there are other free websites that can help them. This class shows you how to find and examine some of the many free websites. Prerequisite: Student must understand how to use Windows and a mouse and have a basic understanding of genealogy. Instructor is a Certified Genealogist (CG) and Certified Genealogist Lecturer (CGL).

GENE:705 | $39

P01 M 6:30pm-8:30pm — **Mary Stamm**
Sept. 23 – Oct. 7 — *St. Louis Genealogical Soc.*

African-American Genealogy

A course on compiling and furthering the family histories of African-Americans for beginners to intermediate researchers. Instructor is a Historic Preservationist and a Certified Genealogist.

GENE:765 | $25

580 Sa 11am-1pm — **LaDonna Garner**
Oct. 5 – Oct. 12 — *FV-B, 125*

HISTORY

Missouri History Museum, St. Louis.

Exploration And Discovery During 15th And 16th Centuries

Discover the history of early globalization, outsourcing, and world trade in the 15th and 16th centuries. This class will focus on the rise of Western Christian civilization's exploration, discovery, and domination of the world. It was during this period that Western imperialism began to dominate the world and also saw the decline of Islamic civilization. This period set the stage for many of the current conflicts we now face.

HIST:712 | $59

P01 Tu 10am-Noon — **Tom St. John**
Sept. 10 – Oct. 15 — *Thomas Dunn Mem. Ctr*

Civil War: Battle of Stone's River

Murfreesboro, TN: December 31, 1862-January 2,1863. With 1862 coming to an end, the Confederacy had held back Union or Federal forces almost everywhere. In Tennessee, two armies moved toward each other. If the South won the conflict, it would start the new year with high hopes of continued victories over those "damned Yankees." If the North won the battle, it would give President Lincoln a chance to keep the nation behind him during the darkest hours still to come. Join us this evening to find out how it went, when two powerful armies collided right after Christmas at Stone's River.

HIST:705 | $19

650 Th 7pm-9pm — **Wynn Ward**
Sept. 12 — *MC-SO, 205*

The Arab-Israeli Conflict: Before 1948

To say that the conflict between Arab (mostly Muslim) and Israeli (mostly Jewish) is as old as Abraham is hardly a stretch. This course will highlight major developments in the history of the land that is now the state of Israel prior to its inception in 1948. We will discuss key empires and leaders that governed this important territory, its religious significance, and the conflicting claims that groups have made regarding its rightful rule. This class will illustrate the significance of the Zionist movement, the World Wars, and the United Nations in the creation of an independent homeland for the millions of formerly diaspora Jews.

HIST:713 | $19

P02 M 10am-Noon — **Katie Hagerty Young**
Sept. 16 — *Thomas Dunn Mem. Ctr*

George Armstrong Custer and J.E.B. Stuart

George Armstrong Custer in the U.S. Army and "Jeb" Stuart in the Confederate Army were both Major Generals of the Cavalry and strong antagonists. Learn of the lives of each of these two men, their exploits in battle, their friendly animosity for each other, and finally, how they each died with their boots on.

HIST:709 | $19

650 Th 7pm-9pm — **Wynn Ward**
Sept. 19 — *MC-SO, 205*

The Amazing History of Kitchens, Cutlery and Manners

Prepare to be entertained! We'll examine the unique origins of items we use every day on our tables and in our kitchens and the unusual rules of etiquette that were followed. Would you believe the reason table knives weren't sharpened was to discourage guests from picking their teeth with their knives, that before thermometers, heat was measured by pain and that China can't manufacture enough wooden chopsticks for their market so they buy them from the USA? You'll be intrigued by this unusual, funny and fascinating history of the practical things we never question.

HIST:765 | $29

P02 M 10am-11:30am — **Bev Schuetz**
Sept. 23 — *Thomas Dunn Mem. Ctr*

The Opium Wars

Napoleon Bonaparte once remarked, "When China wakes, it will shake the world." By all indications, China is wide awake and ready to become a world power. However, before this awakening started, China began an economic and social decline in what Mao Tse-tung referred to as the "Century of Humiliation." Our course begins with the turning point in modern Chinese history, the end of the Chienlung Emperor's Reign. The Opium Wars were a direct consequence of the Emperor's opposition to the British policy of free trade. Then we briefly examine the Chinese response to this new threat to its national sovereignty.

HIST:713 | $19

650 Tu 7pm-9:30pm — **Tim Neckermann**
Sept. 24 — *MC-SO, 206*

War with Mexico - 1846

America's first foreign war, fought all the way across the Rio Grande River in Texas, was a bloody affair. The percent of casualties in the Mexican War was actually higher than in the Civil War. Openly fought for territorial gain, the war brought new states and territories into the United States. Many Americans were ashamed of the war, but others were delighted. It was here that Robert E. Lee, James Longstreet and Ulysses S Grant learned the art of war, and all went on to become top generals in the American Civil War. Come find out which two of these three men ended up in the same wedding party in St. Louis soon after the war in Mexico was over!

HIST:709 | $19

651 Th 7pm-9pm — **Wynn Ward**
Sept. 26 — *MC-SO, 205*

Gerald Ford: 100th Birthday Anniversary

2013 is the year of the Centennial of the birth of President Gerald R. Ford. Spend an evening reminiscing about this long time Congressman from Grand Rapids who succeeded to the Presidency in the most unusual way and at a most critical time. Consider how Ford gave America a "time to heal" and how he helped shape our world of today.

HIST:710 | $19

650 Tu 7pm-9pm — **James Gallen**
Oct. 1 — *MC-SO, 206*

Mark Twain: His Wit, His Words, and His Life

Discover the surprising story of America's most beloved author while laughing at his wonderful observations on human nature and his fellow man. This presentation examines the Missouri born writer's literary successes, complex personality, great happiness and tragic personal and financial losses. You'll enjoy hearing about the flawed and charming man who recreated the American voice and became one of our greatest icons and literary treasures.

HIST:702 | $19

650 Tu 7pm-8:30pm — **Bev Schuetz**
Oct. 1 — *MC-BA, 112*

Political Violence: Well-Oiled Terror and Saudi Arabia

Fifteen of the nineteen al-Qaeda operatives who hijacked the planes that attacked the World Trade Center and Pentagon on September 11, 2001 were Saudi nationals. Was Saudi Arabia, a critical U.S. ally in the Middle East, in any way culpable in the attacks? Does this have anything to do with oil? This course will describe the interdependent relationships between the Saudi monarchy, the brand of Islam that brought it to fruition, al-Qaeda, oil, and the United States. Join us as we begin to unravel this complex network of religion, politics, and resources.

HIST:713 | $19

651 W 7pm-9pm — **Katie Hagerty Young**
Oct. 2 — *MC-BA, 116*

Civil War: Women at War, North and South

Hundreds of women, usually posing as men, fought in the Union armies, and there were also many in the Confederate ranks. Don't you wonder why they would join the army, and how they would hope to get away with it, without being recognized as women? Some women participated more openly as the Daughters of the Regiment. Women became nurses in the armies, usually over the great protests of male doctors. Women worked farmland as never before, because men were absent and new inventions made farming more possible for women to do. Some of the Civil War's most successful spies were women.

HIST:709 | $19

652 Th 7pm-9pm — **Wynn Ward**
Oct. 3 — *MC-SO, 205*

The Box of Letters - A Confederate Soldier's Journey

Letters left in a shoebox led to the story of a Confederate soldier who survived the Civil War. This story is a compelling account of the last of the 18th century as experienced by this soldier/cavalryman. His enlistment takes him West to fight the last of the Indian Wars. This story is told in period press by his great-granddaughter, who researched her ancestor's story for thirty years with the help of the letters found in 1969. The presentation illustrates how to use genealogical and historical information to create a fascinating story.

HIST:708 | $19

650 Tu 7pm-8:30pm — **Gloria Perry**
Oct. 8 — *MC-BA, 112*

Russia's Return: Current Struggles in Former Soviet Block

In August 2008, the small country of Georgia launched a large-scale military assault against Russian peacekeepers in South Ossetia. The Russo-Georgian War demonstrated the Russian Federation's ability to reassert influence over the former Soviet Republic, despite America's involvement. As a result of this victory, Russia has reversed the portrayal of their military as inept and outdated. We will discuss various motives for the war paying particular attention to pipeline politics, American military advisers and the supply and delivery of energy resources.

HIST:710 | $19

P01 Th 10am-Noon — **Tim Neckermann**
Oct. 10 — *Thomas Dunn Mem. Ctr*

Civil War Spies and Espionage

Spying in the Civil War was very easy for both sides. Their enemies spoke the same language, had been under the same government, and knew each other's geography well. However, you had to be brave and intelligent to avoid capture. Hear about the greatest act of espionage in the war which began with a Russian Naval Officer visiting a cannon factory in New York state. There was an ease with which agents for either side made their way across lines and through opposition territory. Spies were active in St. Louis because of it's strategic location. Spies and espionage on both sides changed the war.

HIST:709 | $19

653 Th 7pm-9pm — **Wynn Ward**
Oct. 10 — *MC-SO, 205*

The Arab-Israeli Conflict: After 1948

Israel. The name carries such history, emotion, hope, and struggle. Why is Israel a contentious topic in international affairs? Why, on most maps, isn't Jerusalem listed as its capital? Isn't it curious that Israel seems to prefer the Palestinian Authority, offspring of the PLO, to govern the Palestinian territories? What does this have to do with the Arab Spring? Though Israel is a complex place, this course aims to bring into focus this topic that fills newspapers and strategy meetings daily. Join us to discuss this nation that holds vital strategic significance to the United States, the Middle East, and the world.

HIST:713 | $19

P03 M 10am-Noon — **Katie Hagerty Young**
Oct. 14 — *Thomas Dunn Mem. Ctr*

The Lincoln Presidency Sesquicentennial-1863

Our series on the Lincoln Presidency Sesquicentennial continues with the pivotal year of 1863. This was the year that the Emancipation Proclamation became effective, Lincoln dealt with Copperheads, continued to search for a winning general, rejoiced when the Glorious Fourth brought news of victories at Vicksburg and Gettysburg and delivered the Gettysburg Address.

HIST:705 | $19

P01 Tu 6:30pm-8:30pm — **James Gallen**
Oct. 15 — *MO Hist Museum, Schnucks Room*

Currency: Where is the U.S. Dollar Headed?

Where is the U.S. dollar headed? Will other countries determine its fate? Will the world be moving to a standard international currency (like Europe did with the euro)? BRICS is an organization of emerging nations that includes Brazil, Russia, India, China and South Africa. After the Economic Crash of 2008, these countries held their first formal summit in 2009. Their dissatisfaction with the dollar as the reserve currency has prompted them to try to create a new international standard of money. Treaties made between these nations could quite possibly affect the world order. Is the United States ready for this challenge? As a nation should we be concerned? Let's discuss it.

HIST:765 | $19

P01 Th 10am-Noon — **Tim Neckermann**
Oct. 17 — *Thomas Dunn Mem. Ctr*

The Inspiring Story of the Irish in St. Louis

Follow the moving account of St. Louis' Irish immigrants in their struggle against bigotry and discrimination. You'll learn that the average life span in the ghetto was 14; how violent gangs ruled and fought for turf in the impoverished area known as the Kerry Patch; how men were met with signs of 'No Irish Need Apply' in their search for decent jobs. Meet the heroes and the marvelous Mullanphy family, the firefighter Phelim O'Toole, and other unforgettable figures as the Irish struggled to survive, flourish and become a vital part of St. Louis history.

HIST:702 | $19

651 Th 7pm-8:30pm — **Bev Schuetz**
Oct. 17 — *MC-SO, 205*

The Indomitable Theodore Roosevelt

Discover the fascinating history of one of the most gifted and controversial figures of the 20th century. Theodore Roosevelt turned himself from a sickly, asthmatic child into a robust and powerful leader. He fought corruption, championed progressive reform, and led the cause of conservationism. Roosevelt held offices at the city, state and federal levels before becoming the 26th President of the United States. Known for his dynamic and exuberant personality, he grew in stature after leaving office. He would write 40 books, found a 3rd political party, survive an assassin's bullet and map the River of Death in a harrowing adventure. Called bully by some and fearless by many, this towering figure is honored on Mount Rushmore and in the national memory.

HIST:709 | $19

P01 Sa 10:30am-Noon — **Bev Schuetz**
Oct. 19 — *MO Hist Museum, Schnucks Room*

Turkey - America's Ally In The Middle East

Born on the Anatolia Peninsula in the 11th century, Turkey is located in both Europe and in Asia - a bridge between East and West. This class will focus on the history of the area from the 13th century to 1922 when it was the heart and soul of the Ottoman/Turkish Empire under 37 sultans. The class will also focus on the modern nation of Turkey that was born in 1923 as a secular republic and her role today as an ally of the U.S. in the Middle East. Class meets 10/21, 10/23, 10/28.

HIST:713 | $39

P01 MW 10am-Noon — **Tom St. John**
Oct. 21 – Oct. 28 — *Thomas Dunn Mem. Ctr*

Missouri Connections in the Mexican-American War

Following the Mexican War of Independence in 1821, Mexico emerged as one of the largest countries in the world. Yet, in coming decades Mexico will be vanquished in all its international power and lose much of its territory. What caused the decline of Mexico's military, economic and political powers? This class will explore these developments and examine Missouri's crucial role in the capture of the southwest during the Mexican-American War of 1846.

HIST:708 | $19

P01 Tu 6:30pm-8:30pm — **Tim Neckermann**
Oct. 22 — *MO Hist Museum, ATT*

Vietnam: Insiders Look Back

In the Civil War it was called "Soldier's Heart." In World War I, it was simply referred to as "shell shocked." World War II veterans suffered what was called "battle fatigue." It was Vietnam vets who brought us recognition of PTSD as a legitimate post-service diagnosis. The aftermath of Vietnam helps us understand and help today's returning soldiers in many ways. Find out what it was like to live and fight in the jungle and how that differs from the challenges of war in the deserts of Iraq and Afghanistan. We'll discuss the long-standing historical conflicts that resulted in the U.S. becoming involved in the war in Vietnam. Come spend a fascinating evening with two Vietnam veterans who will share their experiences and views and answer any lingering questions you might have.

HIST:765 | $19

650 Tu 7pm-9pm — **Paul Arca & Bob Beller**
Oct. 22 — *MC-SO, 206*

Oliver Cromwell

Oliver Cromwell was the Lord Protector of England after the beheading of Charles I. He lived in relative obscurity for the first 40 years of his life. In the 1630s he became part of the Puritan sect of the Church of England and became radically religious. He believed that God was responsible for his victories as General for the so-called New Model Army. He aligned himself with the Parliamentarians in the English Civil War against the Royalists. However, his measures against Catholics in Scotland and Ireland have been characterized by some as genocidal or near-genocidal, and in Ireland his record is harshly criticized It is from Cromwell's time that the phrase "To Hell or Connaught" came about during his massive relocation of Catholics to west of the Shannon River.

HIST:712 | $19

650 Th 7pm-9:30pm — **Charles Kilker**
Oct. 24 — *MC-SO, 205*

Oliver Cromwell (1599-1658) - English military and political leader best known for his involvement in making England into a republican Commonwealth.

Civil War in the Ozarks

Abolitionists and slaveholders had been at odds and actually fighting each other for many years before the Civil War began in the Missouri and Arkansas Ozarks. These family and neighbor quarrels broke into even more bloody crimes against each other after the war began. Hear of their rage, their anguish, and their courage during those terrible years in our state's history.

HIST:705 | $19

P02 Sa 10:30am-12:30pm — **Wynn Ward**
Oct. 26 — *MO Hist Museum, Schnucks Room*

The Woman in the Immigrant Dress

This story recounts the life of the story teller's great-grandmother in St. Louis. Using the original passport from Germany and additional artifacts that were found, a captivating story is told of life in the Soulard area of St. Louis, including the experience of the cyclone of 1896 and the 1904 World's Fair. Journey with us on this spin back in time with a woman from an entirely different era. Our story teller wears period dress and illustrates how to use genealogical and historical information to create a fascinating story.

HIST:708 | $19

651 Tu 7pm-8:30pm — **Gloria Perry**
Oct. 29 — *MC-SO, 206*

Sea Battles in the 18th Century (Including the American Revolutionary War)

During the 1700s, almost every nation in Europe fought almost every other nation at some point. These wars produced epic sea battles. Ultimately, the European wars spilled over into North America. Thanks to the intervention of the French Fleet, the Americans won their independence. This lecture will detail the various sea battles and the evolution of ships, weapons and life at sea. After this class, you'll appreciate the influence of sea warfare on the future of Europe and how sea warfare helped to create the United States.

HIST:704 | $19

650 Tu 7pm-8:30pm — **Ken Velten**
Oct. 29 — *MC-BA, 112*

Radical Islam

"Radical Islam," "Islamo-Terrorism," "Jihad" - we have heard these terms used to describe and explain various acts, groups, and motives in the post-9/11 world. The violence that plagues the modern world by individuals and organizations claiming to act in defense of Islam has confounded many people's understanding of the principles of this faith. Do all Muslims, estimated to represent over one-quarter of the world's population by 2030, support this brand of extremism? (No). Why, then, does radicalism and the passion it generates seem to be escalating? The goal of this course is to address some misconceptions about Islam and to distinguish the principles of the religion from those of radicals/extremists/jihadis.

HIST:713 | $19

652 W 7pm-9pm — **Katie Hagerty Young**
Oct. 30 — *MC-BA, 116*

History of the Blue Angels (U.S. Navy Flight Demonstration Squadron)

Do you enjoy air shows and flying? Have you been among the 475 million people around the world who've witnessed the thrilling Blue Angels performances? The Blue Angels flew their debut exhibition in 1946 using the Grumman F6F Hellcat. Sixty-seven years later they are now flying the McDonnell Douglas F/A-18C Hornet, built here in St. Louis. Come spend an evening and learn more about the Blue Angels team and their amazing history. You'll enjoy a lecture, discussions, video presentations, and a display that includes professional photography. Lots of handouts to take home. If you like memorabilia, you'll be delighted with this "show and tell" presentation.

HIST:709 | $19

656 Tu 7pm-8:30pm — **Joe Gurney**
Nov. 5 — *MC-SO, 105*

The Story of the Napoleonic Wars at Sea and the Rise of the New American Navy

From 1799 to 1815, the British fought Napoleon on land and sea across the world. Napoleon controlled the land and the British Navy controlled the seas. Epic sea battles were fought at the Nile, Cape St. Vincent, Camperdown, Copenhagen, Trafalgar and actions between individual ships. This was a time of legendary leaders. The lecture will tell the story of those leaders and the battles they fought and how the new American Navy was moving onto the world stage. You'll come away from this class with an understanding of the golden age of war at sea under sail.

HIST:712 | $19

651 Tu 7pm-9pm — **Ken Velten**
Nov. 5 — *MC-BA, 112*

Understand the complexities and significance of modern Afghanistan.

Afghanistan

Since 2001, the name "Afghanistan" has evoked a broad range of viewpoints, impressions, and emotions among Americans. Besides its internal conflicts and strained relationship with the United States in the past decade, what do we really know about Afghanistan? How did it become a training and recruiting ground for al-Qaeda? Why is the future of a landlocked, mountainous nation in southern Asia of key strategic concern to the U.S.? This course aims to provide a basic historical, geographical, political, and cultural framework through which to understand the complexities and significance of modern Afghanistan. We'll give you a hint: this is NOT about oil.

HIST:713 | $19

654 W 7pm-9pm — **Katie Hagerty Young**
Nov. 6 — *MC-BA, 116*

Civil War: Medicine, Doctors and Nurses

Medical treatment was still very crude at the time of the Civil War, and medicines sometimes did more harm than good. You'll hear about the largest hospital in the world (Richmond, Virginia), and the first hospital train ever assembled. It was closer than you think! Have you wondered if illness and medicine for battle injuries had an effect on the outcome of battles? Come find out.

HIST:709 | $19

654 Th 7pm-9pm — **Wynn Ward**
Nov. 7 — *MC-SO, 205*

The US Navy in the War of 1812 and the Civil War

In the 1800s the new United States Navy moved onto the world stage, first fighting the Barbary Pirates, then the British in the War of 1812 and later fighting itself in the US Civil War. The American frigates, especially the USS Constitution, were the finest sailing warships in the world. This lecture will explore the individual ship battles of the War of 1812 and the battles fought as part of the Civil War that ushered in the Ironclad Age. But ships don't fight, men fight and there are many interesting leaders in the US Navy. By the end of class you'll be acquainted with how the US Navy developed new technology, how it fought the greatest navy in the world and its role in the US Civil War.

HIST:705 | $19

P03 Tu 7pm-8:30pm — **Ken Velten**
Nov. 12 — *MO Hist Museum, Schnucks Room*

The Rise of Japan: World War I Ally to World War II Enemy

At the end of the 18th century, both Asia and the western powers were poised on the edge of a new era in world history. As a result of witnessing the Chinese being unable to resist European encroachments, the Japanese implemented a strategy to modernize, industrialize and westernize their country. By the end of the first decade of the 20th century, the Japanese had developed their economy, their military sectors and defeated a European power. This course examines Japan's relationship with the Western powers and how they went from an ally in WW I to foe in WW II.

HIST:713 | $19

653 Tu 7pm-9:30pm — **Tim Neckermann**
Nov. 12 — *MC-BA, 112*

Christmas in the Civil War

Christmas was a well-established Christian holiday by the time of the Civil War, although it was celebrated somewhat differently in the North than in the South. Learn about the activities, food, and customs during the Christmas seasons in 1862 through 1865. You'll see how a newspaper illustrator brought a new image of Santa to America and his value to the war effort.

HIST:709 | $19

655	Th 7pm-9pm *Nov. 14*	**Wynn Ward** *MC-SO, 205*

RELIGION

Hot Topic: Religion and Politics - The Separation of Church and State

To begin to understand today's hot issues surrounding religion and politics in the U.S., we have to start with what the Constitution and the founding fathers said about the separation of church and state. Using speeches, letters and articles, we'll examine historical issues that have brought politics and religion face to face. We'll conclude with a discussion of Senator John Danforth's writing on faith and politics. Join us for a lively, thought-provoking series.

RELG:701 | $39

750	W 7pm-8:30pm *Oct. 16 – Oct. 30*	**Kevin Walsh** *Kirkwood H.S., NW139*

Religion and It's Role in World History: An Introduction

Come join us for an exciting journey as we investigate the question: "What is religion?" Our popular instructor will include a brief survey of world history that shows the compelling impact of religion on significant historical events. This class is a recommended prerequisite for the Introduction to Eastern Religions and Introduction to Western Religions which will discuss five major world religions.

RELG:701 | $19

350	Th 7pm-9pm *Sept. 12*	**Jan Worley** *WW, 223*

Eastern Religions: An Introduction

Are you intrigued by the major religions of Asia? Begin your search for understanding with this course, which offers an introduction to the teachings, history, development, and current challenges of Hinduism and Buddhism. It is recommended that this course be taken in conjunction with the other two religion courses being offered to provide a more complete view of major world religions. This course will expand your knowledge of other belief systems and give you an opportunity to discuss the differences and similarities of the major world religions.

RELG:701 | $29

351	Th 7pm-9pm *Sept. 19 – Sept. 26*	**Jan Worley** *WW, 222*

Western/Monotheistic Religions: An Introduction

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

RELG:701 | $39

352	Th 7pm-9pm *Oct. 3 – Oct. 17*	**Jan Worley** *WW, 223*

LANGUAGES

Arabic Language: Beginning I

This course is for individuals interested in learning basic skills, including conversation, reading, writing and basic grammar in Arabic. Come meet with others who share a common interest in the Arab culture and language. Text required - bring to first class.

FLAR:702 | $99

650	W 6:30pm-8:30pm *Oct. 2 – Nov. 20*	**Jabr Dumit** *MC-SO, 107*

Bosnian and Croatian Language: Beginning I

This class is for individuals interested in the Bosnian and Croatian language and culture of the region. No previous knowledge required. Basic everyday expressions and simple conversational phrases will be taught along the with contemporary culture of this region. No text required. No class 9/19, 10/10.

FLBO:702 | $99

730	Th 6pm-8pm *Sept. 12 – Nov. 14*	**Azim Mujakic** *Mehlville H.S., 217*

Chinese for First Timers

If you've never learned a word of Chinese, this course is for you. You'll be introduced to pronunciation, the Pin Yin system, greetings, and basic sentences. No text required

FLCH:702 | $49

350	W 7pm-9pm *Sept. 4 – Sept. 25*	**John Yeh** *WW, 201*
650	M 7pm-9pm *Aug. 26 – Sept. 23* *No Class 9/2*	**John Yeh** *MC-CN, 225*

Chinese (Mandarin) Language: Beginning I

This course is intended to provide preliminary conversational skills for those who wish to travel or do business in China. It will cover practical dialogues for home, shopping, asking directions, using public transportation, mailing, making phone calls, and other needs for travel and social life. After completion, students will have a basic knowledge of the Chinese language which will enrich their experiences. Prerequisite: Chinese for 1st Timers or knowledge of the Pin Yin system. Text required-bring to first class.

FLCH:702 | $99

651	W 7pm-9pm *Oct. 2 – Nov. 20*	**John Yeh** *MC-CN, 225*

Chinese (Mandarin) Language: Beginning II

This course is intended to provide additional conversational skills for those who wish to travel or do business in China. We will cover practical dialogues for home, shopping, asking directions, using public transportation, mailing, making phone calls, and other needs for travel and social life. After completion, students will have a further knowledge of the Chinese language which will enrich their Chinese experiences. Prerequisite: Two semesters of Chinese Beginning I class or equivalent experience. Student must know the Pin Yin system. Text required - bring to first class.

FLCH:704 | $99

650	M 7pm-9pm *Sept. 30 – Nov. 18*	**John Yeh** *MC-CN, 202*

French for the Traveler

A quick, easy, and very practical course in the French language. Learn survival phrases, how to read menus, understand cultural differences, transportation schedules and more. A jump-start course in the French language for smart travelers. Text required-bring to first class.

FLFR:701 | $69

650	M 7pm-9pm *Sept. 9 – Oct. 14*	**Patricia Adams** *MC-CN, 203*

French Language: Beginning I

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

FLFR:702 | $99

720	M 6:30pm-8:30pm *Sept. 23 – Nov. 18* *No class 10/7*	**Barbara Sandmel** *Ladue H.W. H.S, 208*
750	W 6:20pm-9pm *Oct. 30 – Dec. 11* *No Class 11/27*	**Marcel Kyle** *Kirkwood H.S., W 122*
P01	Tu 7pm-9pm *Aug. 27 – Oct. 15*	**Mary Schwartz** *Nottingham, 108*

French Language: Beginning II

This class is a continuation of French: Beginning I. You will continue to increase your knowledge of the French language including speaking, grammar and vocabulary. Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: French-Beginning I or equivalent experience. No text required. Bring a pocket folder, notebook and pen.

FLFR:704 | $99

750	Tu 6:20pm-9pm *Oct. 29 – Dec. 10* *No class 11/26*	**Marcel Kyle** *Kirkwood H.S., W 122*
P01	Tu 7pm-9pm *Oct. 22 – Dec. 10*	**Mary Schwartz** *Nottingham, 108*

German for the Traveler

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

FLGE:701 | $69

750	Tu 6:30pm-9:30pm *Oct. 15 – Oct. 29*	**Bryan Young** *Kirkwood H.S., E 182*

Build a solid foundation of the German Language with STLCC.

Pictured: Brandenburg Gate
The Brandenburg Gate is a former city gate, rebuilt in the late 18th century as a neoclassical triumphal arch, and now one of the most well-known landmarks of Germany.

German for First Timers

This German class is for the absolute beginner with no prior German language experience. Text required-bring to first class.

FLGE:702 | $49

750	Tu 6:30pm-9:10pm *Aug. 27 – Sept. 10*	**Bryan Young** *Kirkwood H.S., E 182*

German Language: Beginning I

This course is for the student with minimal or no knowledge of the German language. It will cover reading, writing, understanding and speaking simple German in conversational practice. No text required.

FLGE:702 | $99

751	Tu 6:30pm-9:30pm *Sept. 17 – Oct. 8*	**Bryan Young** *Kirkwood H.S., E 182*

The Ancient Languages of Greek and Latin

The Greek and Latin languages form the basis of classical education and all the languages of the western world. This class will consist of a study and comparison of both classical languages. Increase your knowledge and gain a better insight into English and the Romantic languages which are based on Latin. Greek is the oldest language still spoken today. Its alphabet is the basis of the Roman alphabet. The culture and history of Rome and Greece will be discussed. Instructor to provide information on textbook at first class. (approximately $95) or may be available for purchase online at discount retailers. No class 10/2, 11/6.

FLGK:702 | $69

920	W 8:05pm-9:30pm *Sept. 18 – Nov. 20*	**Jerry Griffith** *U. City H.S., 115*

Irish (Gaelic) Language: Beginning I

This course is designed for adult beginners who wish to become comfortable speaking Irish in a social setting. Emphasis will be on correct pronunciation, usage, vocabulary and, above all, on feeling comfortable conversing with others in Irish. *Instructor to provide textbook information at first class.*

FLIR:702 | $99

480	Sa 9am-11am *Sept. 14 – Nov. 2*	**Sarah Johnson** *FP-F Tower, 221*

Irish (Gaelic) Language: Beginning II

This course is for those who have completed a level one Irish language class and would like to continue their studies. It is designed for adult beginners who wish to become comfortable speaking Irish in a social setting. Emphasis will be on correct pronunciation, usage, vocabulary and, above all, on feeling comfortable conversing with others in Irish. Prerequisite: Irish - Beginning I or equivalent experience. *Instructor to provide textbook information at first class.*

FLIR:702 | $99

481	Sa 11:30am-1:30pm *Sept. 14 – Nov. 2*	**Sarah Johnson** *FP-F Tower, 221*

Barbara Klein is a great instructor. Very well organized and cheerful! I would take any class she teaches – Top Notch!

-William B., Overland, MO

Italian for the Traveler

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

FLIT:701 | $69

350	Tu 7pm-9pm *Sept. 10 – Oct. 22* *No class 10/15*	**Barbara Klein** *WW, 227*
600	Tu 4pm-6pm *Sept. 10 – Oct. 22* *No Class 10/15*	**Barbara Klein** *MC-SO, 108*
650	M 7pm-9pm *Nov. 4 – Dec. 9*	**Barbara Klein** *MC-CS, 209*
S01	M 4pm-6pm *Nov. 4 – Dec. 9*	**Barbara Klein** *SCEUC, 102*

Italian Language: Beginning I

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

FLIT:702 | $99

600	M 4pm-6pm *Sept. 9 – Oct. 28*	**Barbara Klein** *MC-CS, 209*
750	Tu 7pm-9pm *Aug. 20 – Oct. 8*	**Maria Brandle** *Kirkwood H.S., E 181*

Italian Language: Beginning II

This class is designed for students who have completed one semester of Italian or have similar experience. Past, future, and imperative tenses will be covered. Conversation with cultural elements will be emphasized. The class will be conducted almost exclusively in Italian. Prerequisite: Italian - Beginning I or equivalent experience. Text required-bring to first class.

FLIT:704 | $99

750	Tu 7pm-9pm *Oct. 22 – Dec. 10*	**Maria Brandle** *Kirkwood H.S., E 181*

Italian Conversation: Intermediate I

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

FLIT:705 | $99

650	Th 7pm-9pm *Oct. 10 – Dec. 12* *No class 10/31, 11/28*	**Barbara Klein** *MC-CS, 206*
750	W 7pm-9pm *Aug. 21 – Oct. 9*	**Maria Brandle** *Kirkwood H.S., E 181*

Italian Conversation: Intermediate II

This course is designed for continued expansion of conversational skills in Italian through focus on everyday vocabulary and situations. Basic grammar and sentence structure will be examined and reviewed. Aspects of Italian culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Italian Conversation - Intermediate I or equivalent experience. Text required - bring to first class. No class 11/27.

FLIT:705 | $99

751	W 7pm-9pm *Oct. 16 – Dec. 11*	**Maria Brandle** *Kirkwood H.S., E 181*

Italian Language: Current Issues and Events

This advanced Italian conversation class will continue to study and review grammar and syntax in conjunction with reading and discussion of articles covering current issues and events. Prerequisite: Conversational Italian-Intermediate level or equivalent experience. Must have a good command of the Italian language, its structure and vocabulary. No text required.

FLIT:765 | $99

710	M 7pm-9pm *Sept. 30 – Nov. 18*	**M Flynn** *Clayton H.S., 124*

Japanese Language: Beginning I

This class introduces the Japanese language and culture through conversation. The goal is mastery of the basic grammatical structures. Cultural aspects of the class include customs, modern topics and traditions. No text required.

FLJP:702 | $99

750	Tu 7pm-9pm *Sept. 10 – Oct. 29*	**Noriko McLeer** *Kirkwood H.S., W 112*

Russian for First Timers

If you've never learned a word of Russian, this course is for you. You'll be introduced to the alphabet, pronunciation, greetings, phrases and present tense verbs. Text required-bring to first class.

FLRU:701 | $49

780	W 7pm-9pm *Sept. 11 – Oct. 2*	**Valerie Powers** *Lindbergh H.S., 54*

Russian Language: Beginning I

An introductory course to the Russian language and culture. While covering all four aspects (reading, writing, understanding and speaking), this course will primarily focus on oral proficiency. Prerequisite: Russian for First Timers or a good understanding of the Russian alphabet. Text required-bring to first class. No class 11/27.

FLRU:702 | $99

780	W 7pm-9pm *Oct. 9 – Dec. 4*	**Valerie Powers** *Lindbergh H.S., 54*

Russian Language: Beginning II

Increase your Russian vocabulary relevant to everyday life situations. We will study and discuss essential words and expressions in relation to specific themes and topics. We will develop and enhance knowledge and ability to speak, read and understand language and comfortably communicate in Russian. The cultural aspects will also be highlighted. Prerequisite: Russian - Beginning I or equivalent experience. Text required-bring to first class.

FLRU:704 | $99

650	M 7pm-9pm *Sept. 9 – Oct. 28*	**Valerie Powers** *MC-CS, 204*

Spanish for the Traveler

An easy and practical introduction to the Spanish language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Understand cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers. Text required - bring to first class. No class 10/15.

FLSP:701 | $69

650	Tu 5pm-6:55pm *Sept. 10 – Oct. 22*	**Rosario Gasquet** *MC-CN, 230*
651	Tu 7pm-9pm *Sept. 10 – Oct. 22*	**Rosario Gasquet** *MC-CN, 230*

Spanish Language: Beginning I

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

FLSP:702 | $99

550	Tu 6:30pm-8:30pm *Aug. 20 – Oct. 8*	**Maria de la Garza** *FV-C, 133*
920	W 6:30pm-8:30pm *Aug. 28 – Oct. 23* *No Class 10/2*	**Margaret Poth** *U. City H.S., 114*
780	M 7pm-9pm *Oct. 28 – Dec. 16*	**Diana Schott** *Lindbergh H.S., 51*
652	Th 7pm-9pm *Oct. 24 – Dec. 19* *No Class 11/28*	**Diana Schott** *MC-CN, 227*
600	Th 4pm-6pm *Aug. 29 – Oct. 17*	**Ann Matthews** *MC-CS, 210*
651	W 7pm-9pm *Aug. 28 – Oct. 16*	**Ann Matthews** *MC-CN, 128*
650	M 7pm-9pm *Aug. 26 – Oct. 21* *No Class 9/2*	**Ann Matthews** *MC-CS, 210*

Maria De La Garza has so much energy and is enthusiasm about teaching Spanish that it made for a very positive and fun learning experience!

-Mike S., Clayton, MO

Spanish Language: Beginning II

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

FLSP:704 | $99

550	Th 6:30pm-8:30pm *Aug. 22 – Oct. 10*	**Maria de la Garza** *FV-C, 133*
650	M 7pm-9pm *Oct. 28 – Dec. 16*	**Ann Matthews** *MC-CS, 210*
600	M 4pm-6pm *Aug. 26 – Oct. 21* *No Class 9/2*	**Ann Matthews** *MC-CS, 205*
770	W 7pm-9pm *Oct. 23 – Dec. 18* *No Class 11/27*	**Ann Matthews** *Hixson Mid. School, 115*
450	Th 7pm-9pm *Aug. 29 – Oct. 17*	**Diana Schott** *FP-G Tower, 115*
780	M 7pm-9pm *Aug. 26 – Oct. 21* *No Class 9/2*	**Diana Schott** *Lindbergh H.S., 51*

Spanish Language: Beginning III

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

FLSP:704 | $99

651	Th 7pm-9pm *Aug. 29 – Oct. 17*	**Ann Matthews** *MC-CS, 205*

Spanish Conversation: Intermediate I

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

FLSP:705 | $99

780	W 7pm-9pm *Aug. 28 – Oct. 16*	**Lorenzo Gonzalez** *Lindbergh H.S., 57*

Spanish Conversation: Intermediate II

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

FLSP:705 | $99

781	W 7pm-9pm *Oct. 23 – Dec. 18* *No Class 11/27*	**Lorenzo Gonzalez** *Lindbergh H.S., 57*
450	Tu 7pm-9pm *Aug. 27 – Oct. 22* *No Class 10/15*	**Lorenzo Gonzalez** *FP-G Tower, 113*

Spanish Conversation: Intermediate III

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

FLSP:705 | $99

451	Tu 7pm-9pm *Oct. 29 – Dec. 17*	**Lorenzo Gonzalez** *FP-G Tower, 113*
550	W 6:30pm-8:30pm *Aug. 21 – Oct. 9*	**Maria de la Garza** *FV-C, 133*

Spanish Conversation: Advanced

Advanced level course which stresses spoken Spanish by reading and discussing short selections on a variety of topics. Increase your vocabulary and conversational skills. Prerequisite: Conversational Spanish - Intermediate II or equivalent experience.

FLSP:706 | $99

720	Th 7pm-9pm *Sept. 12 – Nov. 14* *No Class 10/17, 10/24* *No text required.*	**Margarita Gunther** *Ladue H.W. H.S, 147*
650	Th 7pm-9pm *Aug. 29 – Oct. 17* *Instructor to provide textbook information at first class.*	**Lorenzo Gonzalez** *MC-BA, 114*

Sign Language: Beginning I

Learn the fundamentals of ASL including finger spelling and hand signs. A brief overview of deaf culture will be discussed. Text required - bring to first class.

SIGN:701 | $89

550	M 6pm-8pm *Sept. 16 – Nov. 4*	**Antonina Wilson** *FV-C, 113*

Getting Started with Sign Language I

This class is designed for individuals who would like a basic knowledge of sign language. Common words and phrases will be taught. No text required.

SIGN:701 | $89

730	Tu 6:30pm-8:30pm *Sept. 10 – Oct. 29*	**Cynthia Hayes** *Mehlville H.S., 213*

Getting Started with Sign Language II

This class is designed for individuals who have completed Getting Started with Sign Language I and want to continue learning basic signs. More common words and phrases will be taught. No text required. No class 9/19, 10/10, 10/31.

SIGN:702 | $89

730	Th 6:30pm-8:30pm *Sept. 12 – Nov. 21*	**Cynthia Hayes** *Mehlville H.S., 213*

Learn the art of communicating with Sign Language at STLCC.

PERSONAL SAFETY

EMERGENCY PREPAREDNESS

Community College Citizen Preparedness Program

Learn how to keep you and your family safe until emergency personnel arrive during a disaster. This course will provide a step-by-step approach to learning about local emergency plans, identifying hazards that affect our local area, and developing a disaster plan and supply kit. Learn how to make threat-awareness assessments, function in the initial stages of a disaster, and acquire knowledge of disaster-recovery measures.

SAFE:766

300	Th 10am-Noon *Oct. 3*	*WW*
350	Tu 7pm-9pm *Oct. 29*	*WW, 304*
400	F 1pm-3pm *Oct. 11*	*FP-G Tower, 117*
450	M 7pm-9pm *Sept. 30*	*FP-G Tower, 115*
500	F Noon-2pm *Sept. 20*	*FV-TC, 110*
550	Tu 7pm-9pm *Nov. 5*	*FV-TC, 110*
600	Tu 1pm-3pm *Nov. 19*	*MC-SC*
650	Tu 7pm-9pm *Oct. 8*	*MC-SC*

FIREARM SAFETY

Advanced Tactical: Basic Personal Protection in the Home

This eight-hour course teaches the basic knowledge, skills and attitude essential to the safe and efficient use of a handgun for protection of self and family and to provide information on the law-abiding individual's right to self-defense. Students should expect to shoot approximately 100 rounds of ammunition. Students will learn basic defensive shooting skills, strategies for home safety and responding to a violent confrontation, firearms and the law, how to choose a handgun for self-defense and continued opportunities for skill development. Prerequisite: Students must be experienced shooters, showing mastery of the basic skills of safe gun handling. Details regarding range information, ammunition and any additional fees will be mailed out two weeks prior to class start.

GNSF:700 | $150

M01	TuTh 5pm-9pm *Sept. 17 – Sept. 19*	*Defensive Focus*

Advanced Tactical: Basic Personal Protection Outside of the Home

This course is comprehensive and intensive in its approach to equip the defensive shooting candidate with the skills needed to survive serious adversity. It teaches students the knowledge, skills and attitude essential for avoiding dangerous confrontations and for the safe, effective and responsible use of a concealed pistol for self-defense outside the home. This course contains the essential skills and techniques needed to prevail in a life-threatening situation. Prerequisite: Students must have extensive hand-gun experience. A concealed carry permit is recommended. Specific details and instructions regarding the range, handguns and ammunition will be mailed out two weeks prior to class start. Additional fees will apply. Please call 314.984.7777 for more information. Prerequisite: Basic Personal Protection inside of the Home course.

GNSF:700 | $150

M02	TuTh 5pm-9pm *Oct. 1 – Oct. 3*	*Defensive Focus*

Firearm Safety: Beginning Skills

If you have never shot a handgun, this is the course for you. You will focus on safety, loading and unloading, using ammunition and marksmanship. You will discuss cleaning, storing and using accessories such as grips and holsters. ***Due to ammunition shortages, students are advised to purchase ammunition well in advance of class start date.*** Bring a picture ID proving you are at least 21. Also, bring a check or money order for $25 made payable to Berkeley Police Department for use of the range.

GNSF:700 | $69

Florissant Valley Campus

580 Sa 8am-5pm — **Jack Bender**
Sept. 7 — *FV-SS, 102*

Course meets 8am-noon on campus, 1-5pm at the range. ***Before coming to class you must take your hand gun to the campus police office to be checked in and tagged.*** If you don't own one then you can use the instructor's (We do prefer that you use your own). The guns he has available are a ***.38 Special revolver*** and a ***22 long rifle semi-auto***. Ammunition—bring 100 rounds—may be kept in your car for use at the range. You must check in by 7:45am. If you do not check in with the campus police, you will not be admitted to class. There are ***NO*** exceptions. Guns are not allowed on campus.

Meramec Campus

680 SaSu 8am-Noon — **Jack Bender**
Sept. 21 – Sept. 22 — *MC-AS, 108*

Course meets Saturday on campus and Sunday at the range. Guns are not allowed on campus. You will receive detailed range instructions during the classroom portion.

Firearm Safety for Concealed Carry

Course meets the requirements of the Concealed Carry Missouri Law. Your instructor is a certified police officer firearm safety instructor. You must shoot both a revolver and a semi-auto per the law for the live firing exercise on the range. You will need to furnish one gun, preferably both (any caliber of your choice). If you can please bring the gun you intend to carry or use to qualify with. The instructor will provide the other gun but you will need to provide the 70 rounds of ammunition (factory only) for that gun. ***Due to ammunition shortages, students are advised to purchase ammunition well in advance of class start date.*** The guns he has available are a .38 Special revolver and a 22 long rifle semi-auto. (No magnum or plus P loads for the revolver and no reloads for safety reasons). Guns are not allowed on campus. In addition, bring a picture ID proving you are at least 21 years old. Finally, bring a check or money order made payable to Berkeley Police Department for $25 to pay for use of the range. Course includes earplugs, goggles, target and documentation needed to secure your permit if you successfully complete the course. Some handgun experience is required. This is not a course to teach you how to shoot, but to qualify for a conceal-carry permit.

GNSF:700 | $119

Florissant Valley Campus

581 Sa 8am-8pm — **Jack Bender**
Sept. 14 — *FV-SS, 102*

The classroom portion meets from 8am-4pm; one hour range time is scheduled after that. *Before coming to class you must take your handgun--unloaded and in a locked container--to the Florissant Valley police office to be checked in and tagged. Please put your name on your gun box or bag when bringing them to Campus Police.* Guns are not allowed on campus. After class, you will pick up your gun(s) from the Campus Police office and report to the range at your assigned time.

Meramec Campus

681 SaSu 8am-2pm — **Jack Bender**
Oct. 5 – Oct. 6 — *MC-AS, 108*

Course meets Saturday on campus and Sunday at the range. Guns are not allowed on campus. You will receive detailed range instructions during the classroom portion.

SELF-DEFENSE

Pro-Active Martial Arts

Learn to use practical application self-defense through a unique combination of multiple martial arts-to prepare yourself to face stronger, more skilled and even armed opponents. Learn quick defense, interruption and engagement tactics with fast intuitive strategies. The program doesn't employ countless complicated techniques, but rather easy-to-learn concepts.

PEDU:743 | $49

450 W 8pm-9pm — **Timothy Toeniskoetter**
Sept. 25 – Oct. 30 — *Shaw VPA Sch - Comm Ed Cntr*

650 Tu 7:30pm-8:30pm — **Dennis Fonod**
Oct. 22 – Nov. 26 — *MC-PE, 201*

Systema: Russian Self Defense

Learn the extremely innovative and versatile self-defense tactics of Systema, the Russian Martial Art. Systema tactics are time practical, realistic and effective against any type of opponent under any circumstances. All tactics are based on instinctive reactions, individual strengths and characteristics, specifically designed for fast learning. In Systema, the synergy of three components creates a TRUE WARRIOR - Combat Skill, Strong Spirit and Healthy Body.

PEDU:743 | $89

P02 Tu 6:30pm-7:30pm
Sept. 24 – Nov. 26 — *St. Louis Combat Institute*

P03 Sa 10am-11am
Sept. 21 – Dec. 7 — *St. Louis Combat Institute*
No Class 10/12, 11/30

Urban Survival Workshop

The 'bad guys' know all the tricks; they are prepared. Are you? Detectives with the St. Louis Metropolitan Police Department will introduce you to current tactics and strategies utilized by criminals on the street. Topics of instruction include: improvised weapons, use of clothing as a weapon, gun and knife defense, breaking the attacker's structure, psychological mindset and strategy, effective and precise strikes and kicks, home and car defense, travel safety, intuition as a weapon, bodyguard techniques, and Russian pistol craft as a martial art. One hour lunch break from 12-1pm.

PEDU:743 | $89

P04 Sa 9am-5pm
Oct. 12 — *St. Louis Combat Institute*

Class Nikita: Covert Self-Defense for Women

Arm yourself with the appropriate tools to handle any violent or confrontational situation with this highly individualized, real and practical training. This is not a fitness based workout, nor is it a sport based martial art modified for the street. After taking this course, you should be able to utilize common objects as weapons in defense and handle most common street applicable attacks while protecting yourself and others. Training will include: hand to hand self-defense, situational awareness, armed and unarmed tactical training, child protection, improvised weapons, use of clothing as a weapon, vehicle and home defense, weapon recognition and concealment, defense against multiple attackers, and psychological manipulation of attackers. No class 10/31, 11/28.

PEDU:743 | $89

P01 Th 5:45pm-6:45pm
Sept. 19 – Dec. 5 — *St. Louis Combat Institute*

Self Defense Workshop

This 7 hour self-defense workshop is the ideal way to learn the basics of protecting yourself and those around you. The primary focus of the course is to provide the trainee with the basics of physical combat: blocks, strikes, joint manipulation and disarming the attacker. These simple, yet very effective maneuvers are easy to master with practice and applicable to individuals of all sizes and fitness levels. Most, including us, aren't concerned with breaking boards, complex moves or the color of your belt. We provide a simple framework for preventing injuries to you and incapacitating the attacker as quickly as possible. The winner doesn't leave with a title or trophy...they live.

In addition to combatives, our workshops include discussions about the following topics:

- Reacting to an Active Shooter
- Auto, Home and Personal Security
- Travel Security
- Physical Responses to Stress
- Appropriate Response to Threats
- The "Warrior Mindset"
- Threat Assessment and Spotting Suspicious Behavior
- Becoming a "Hard" Target
- Social Media and Security

All students are provided with a course outline and encouraged to ask questions whenever they arise...including after the program ends. This program is the ideal way to improve your confidence and ability to protect yourself and those around you. Don't roll the dice when it comes to your safety...Stack the deck in your favor.

PEDU:743 | $150

6W1 Sa 8am-3pm
Aug. 10 — *MC-PE, 105*

6W2 Sa 8am-3pm
Sept. 7 — *MC-PE, 105*

6W3 Sa 8am-3pm
Oct. 19 — *MC-PE, 105*

6W4 Sa 8am-3pm
Nov. 16 — *MC-PE, 105*

300 F 8:30am-3:30pm
Oct. 11 — *WW,*

RECREATION, FITNESS AND WELLNESS

AEROBIC EXERCISE

Aerobic Kickboxing

This class begins with warm-up and stretching followed by an aerobic workout including floor work and self-defense moves. A great workout with an experienced instructor from The Martial Arts Center. Bring a mat for floorwork.

PEDU:744 | $59

780 M 6:30pm-7:30pm — **Timothy Toeniskoetter**
Sept. 9 – Nov. 11 — *Sperreng Mid. School, LG GYM*

M01 W 7pm-8pm — **Timothy Toeniskoetter**
Sept. 11 – Nov. 13 — *The Martial Arts Cntr (MehlvI)*

Ab Blaster

It really is all about the abs, isn't it? This intense lower body workout class focuses on carving out your abs. Class utilizes a variety of exercises to both keep the content fresh and challenge its participants. No one said this class would be easy but all the best things in life take work. Floor work is involved. Please bring a yoga mat.

PEDU:747 | $79

V02 Tu 6:30pm-7:30pm
Oct. 8 – Nov. 26 — *K.I.S.S. Fitness*

Discover the cardio-benefits of Zumba at STLCC.

Zumba

Dance your way to fitness with Zumba. Let the Latin music take you away with a combination of Salsa, Merengue, Samba, and Cumbia. It's a great high-energy low-impact workout that's fun!

PEDU:747 | $59

580 Sa 10am-10:50am — **Wendy DuCasse'**
Sept. 7 – Nov. 9 — *FV-PE, 233*

550 MW 7pm-8pm — **Paula Taylor**
Sept. 9 – Oct. 9 — *FV-PE, 233*

551 MW 7pm-8pm — **Paula Taylor**
Oct. 16 – Nov. 18 — *FV-PE, 233*

H80 Sa Noon-1pm — **Wendy DuCasse'**
Sept. 7 – Dec. 7 — *Harrison Ed. Ctr, 206*
No Class 9/28, 10/12, 11/2, 11/30

Zumba Toning

Sculpt your arms, abs, glutes and thighs as you participate in a healthy workout with Latin infused Zumba moves matched to Latin and International music. Using lightweight maraca-like toning sticks, you'll get a strength-training dance exercise workout like you've never done before! Join this new and exciting beginner level class to shape your body naturally into a fit new you! No class 11/28.

PEDU:747 | $79

V03 Th 7:30pm-8:30pm
Oct. 10 – Dec. 5 — *K.I.S.S. Fitness*

Zumba Gold

Designed for the older active adult or individuals with limited physical activity, Zumba Gold takes a lower intensity, gentle approach to Zumba dance. Exercises are modified to work on your posture, strength, and balance. This non-strenuous class will also work on breathing and stretching. Come join in the fun and get fit with the upbeat tempo of Latin and International music.

PEDU:747 | $79

V01 Tu 11am-Noon
Oct. 8 – Nov. 26 — *K.I.S.S. Fitness*

Zumba Gold for Seniors

Designed for the older active adult or individuals with limited physical activity, Zumba Gold takes a lower intensity, gentle approach to Zumba dance. Exercises are modified to work on your posture, strength, and balance. This non-strenuous class will also work on breathing and stretching. Come join in the fun and get fit with the upbeat tempo of Latin and International music.

PEDU:747 | $55

M01 W 11am-11:50am — **Theresa Daniels**
Sept. 11 – Oct. 30 — *Adiva Dance Ctr*

Zumba Toning: Beginning

Sculpt your arms, abs, glutes and thighs as you participate in a healthy workout with Latin infused Zumba moves matched to Latin and International music. Using lightweight maraca-like toning sticks, you'll get a strength-training dance exercise workout like you've never done before! Join this new and exciting beginner level class to shape your body naturally into a fit new you! Please bring two 1 lb Zumba toning sticks to class. Available for purchase online.

PEDU:747 | $55

M02 W 6pm-6:50pm
Sept. 11 – Oct. 30 — *Adiva Dance Ctr*

M04 Sa 10am-10:50am — **Theresa Daniels**
Sept. 14 – Nov. 2 — *Adiva Dance Ctr*

Zumba: Beginning

Designed for the beginning student, this class is a lower intensity, exhilarating, and effective way to get fit and increase your energy level! Join in the Zumba craze featuring easy to learn routines set to Latin and International music designed to quickly burn calories. Give it a try, and you'll be convinced that exercise fitness can be fun.

PEDU:747 | $55

M03 Sa 9am-9:50am
Sept. 14 – Nov. 2 — *Adiva Dance Ctr*

Girls Night (Work) Out - Zumba

Grab your best girlfriends and attend the Hottest Group Dance Class out there! Spice up your body with this hot Latin workout! Guaranteed to burn fat and sculpt curves while learning Latin steps and sexy hip movements from meringue to salsa funk.

PEDU:747 | $89

M06 Tu 5pm-5:55pm
Sept. 24 – Nov. 26 — *FitChix Fitness*

Girls Night (Work) Out - Booty Camp

Lift your booty and so much more! Let Booty Camp break away whatever has been holding you back, one hour at a time, with this full body boot camp style workout! Certified personal trainers will help you reach new fitness heights through this program, while having a good time. Workouts will include Kettle bells, TRX, Bosu Balls, Obstacle Courses, Target Kickboxing, and so much more.

PEDU:747 | $95

M05 M 6pm-6:55pm
Sept. 23 – Nov. 25 — *FitChix Fitness*

Girls Night (Work) Out - Flirty Fit

Grab your best girlfriends and attend this fun and flirty fitness class. Have a great time with this series of fun workouts that incorporate cardio with sexy dance moves and pole/chair dancing to achieve your fitness goals! Wear comfortable fitness attire. High Heels are recommended and preferred, but not required!

PEDU:747 | $79

M07 W 7pm-7:55pm
Sept. 25 – Nov. 13 — *FitChix Fitness*

M08 Sa 10am-10:55am
Sept. 28 – Nov. 16 — *FitChix Fitness*

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St. Louis Community College Continuing Education

Girls Night (Work) Out - Rockstar Fit

Rock Out and Get Fit with this dynamic fusion workout that uses weighted drumsticks for weight loss and toning. Combining the effects of Cardiovascular Intervals and Strength Training to burn maximum calories for weight loss! Shape and tone your legs, arms, and core while being distracted by drumming to today's hottest music!

PEDU:747 | $79

M09 Th 7pm-7:55pm
Sept. 26 – Nov. 14 — *FitChix Fitness*

Girls Night (Work) Out - Kickboxing

Punch and kick your way to a sexy, strong physique! Put on the boxing gloves and drip sweat while you hit heavy bags and kick box targets. Burns 600-800 calories in one hour.

PEDU:747 | $79

M10 Sa 9am-9:55am
Sept. 28 – Nov. 16 — *FitChix Fitness*

Hoop Fit

Learn to use a hula hoop on and off the body to get a great workout. No experience necessary. Hoops provided or you may bring your own.

PEDU:747 | $59

P01 W 5:30pm-6:15pm — **Jill Woehrle**
Sept. 18 – Nov. 20 — *Shaw VPA Sch - Comm Ed Cntr*

Hoop Dance

Get a great workout while you learn to hoop dance using a hula hoop. No experience necessary. Hoops provided or you may bring your own.

PEDU:747 | $59

P02 Th 5:30pm-6:15pm — **Jill Woehrle**
Sept. 19 – Nov. 21 — *Shaw VPA Sch - Comm Ed Cntr*

Dance Aerobics

A fun, full body workout including cardio and toning set to contemporary music. Bring light weights (1-3 lbs) and a mat. No dance experience required. No class 10/30, 11/27.

PEDU:750 | $75

730 W 6pm-6:50pm — **Susan Pellegrino**
Sept. 4 – Dec. 4 — *Oakville H.S., GYMB*

AQUATICS

Family Swim

You and your family can have fun as you swim, dive, or lounge in our pool every Sunday. One parent/guardian per non-swimming child. One parent/guardian per 3 children if they can swim. All participants MUST register. Maximum 8 parent/guardian and children for $79 registration. No class 12/1.

Additional Family Members

For additional family members of students that have registered and paid for PEDU 720 580. Maximum 8 parent/guardian and children for $79 registration.

PEDU:720 | $79

580 Su 5pm-6:50pm
Sept. 8 – Dec. 8 — *FV-PE, POOL*

Open Lap Swim

The pool is open for lap swimming during this time. Lockers are available; however you must provide your own towel and lock for your valuables. No class 9/2, 10/15, 11/28.

PEDU:721 | $89

600 M-Th 8am-8:50am
Aug. 19 – Dec. 5 *MC-PE, POOL*

Lap Swim

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

PEDU:721 | $69

500 M-F 6:30am-7:45am
Sept. 9 – Oct. 18 *FV-PE, POOL*
No Class 10/15

501 M-F 6:30am-7:45am
Oct. 28 – Dec. 6 *FV-PE, POOL*
No Class 11/28, 11/29

601 M 7am-7:50am
Aug. 19 – Dec. 2 *MC-PE, POOL*
No Class 9/2

602 Tu 7am-7:50am
Aug. 20 – Dec. 3 *MC-PE, POOL*
No Class 10/15

603 W 7am-7:50am
Aug. 21 – Nov. 27 *MC-PE, POOL*

604 Th 7am-7:50am
Aug. 22 – Dec. 5 *MC-PE, POOL*
No Class 11/28

Get Wet I

This class will take you from fearfulness to a place where you are ready to learn. We will teach the rudiments of face down gliding, back floating, and treading.

PEDU:722 | $49

M01 Tu 7pm-7:45pm
Oct. 1 – Nov. 12 *Mid-County Family YMCA*

Get Wet II

This level will take the student that is ready to begin strokes and teaches the beginnings of the basic four strokes.

PEDU:722 | $49

M02 Tu 7pm-7:45pm
Oct. 1 – Nov. 12 *Mid-County Family YMCA*

Swimming Skills: Beginning/Intermediate

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

PEDU:722

12 Sessions | $75

450 Tu 7:30pm-8:25pm **Ted Greenhouse**
Sept. 10 – Dec. 3 *FP-PE, POOL*
No Class 10/15

15 Sessions | $89

600 MW 10am-10:50am **Jason Mounts**
Aug. 19 – Oct. 9 *MC-PE, POOL*
No Class 9/2

601 MW 10am-10:50am **Jason Mounts**
Oct. 16 – Dec. 4 *MC-PE, POOL*

Shallow Water Aquacise

A cardio workout held in the shallow water. Includes muscle strengthening and flexibility. No swimming skills required.

PEDU:729 | $49

M01 M 8:15am-9am
Sept. 30 – Nov. 11 *Mid-County Family YMCA*

M02 M 7pm-7:55pm
Sept. 30 – Nov. 11 *Mid-County Family YMCA*

Deep Water Aquacise

This is a full body workout with no impact on your joints. Includes warm up, cardio workout and cool down designed to maintain cardio health and joint flexibility. Comfort in deep water required. A buoyancy belt is provided.

PEDU:729 | $49

M03 Tu 6:30pm-7:25pm
Oct. 1 – Nov. 12 *Mid-County Family YMCA*

M04 Th 6:30pm-7:25pm
Oct. 3 – Nov. 14 *Mid-County Family YMCA*

Ai Chi

Are you looking for a new way to relax and de-stress? Ai Chi is the perfect class for you! Similar to T'ai Chi in the water, this class combines deep breathing and slow, broad movements to help improve your balance, coordination, range or motion, and relaxation ability. No swimming skills required.

PEDU:729 | $59

551 MW 7:05pm-7:55pm **Laura Payer**
Sept. 9 – Oct. 9 *FV-PE, POOL*

552 MW 7:05pm-7:55pm **Laura Payer**
Oct. 21 – Nov. 20 *FV-PE, POOL*

Water Exercise: Shallow/Deep Aerobics Combo

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

PEDU:729 | $89

650 MW 6pm-6:50pm **Gary Ketcherside**
Aug. 19 – Oct. 9 *MC-PE, POOL*
No Class 9/2

651 MW 6pm-6:50pm **Gary Ketcherside**
Oct. 16 – Dec. 4 *MC-PE, POOL*

Water Exercise: Cardio Fitness

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

PEDU:729

16 Sessions | $95

609 TuTh 10am-10:50am **Kelly Kauffmann**
Aug. 20 – Oct. 10 *MC-PE, POOL*

14 Sessions | $85

610 TuTh 10am-10:50am **Kelly Kauffmann**
Oct. 17 – Dec. 5 *MC-PE, POOL*
No Class 11/28

Water Exercise

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

PEDU:729

10 Sessions | **$59**

502 TuTh 8am-8:50am **Christina Gleason**
Sept. 10 – Oct. 10 *FV-PE, POOL*

12 Sessions | $75

450 Tu 6:30pm-7:25pm **Ted Greenhouse**
Sept. 10 – Dec. 3 *FP-PE, POOL*
No Class 10/15

580 Sa 9am-9:50am **Ted Greenhouse**
Sept. 14 – Dec. 7 *FV-PE, POOL*
No Class 11/30

581 Sa 10am-10:50am **Ted Greenhouse**
Sept. 14 – Dec. 7 *FV-PE, POOL*
No Class 11/30

14 Sessions | **$85**

500 MWF 8am-8:50am **Barbara Harris**
Sept. 9 – Oct. 9 *FV-PE, POOL*

501 MWF 10:05am-10:55am **Barbara Harris**
Sept. 9 – Oct. 9 *FV-PE, POOL*

506 MWF 11am-11:50am
Sept. 9 – Oct. 9 *FV-PE, POOL*

507 TuTh 8am-8:50am **Christina Gleason**
Oct. 17 – Dec. 5 *FV-PE, POOL*
No Class 11/28

15 Sessions | $89

600 MW 9am-9:50am **Gary Ketcherside**
Aug 19 – Oct. 9 *MC-PE, POOL*
No Class 9/2

602 TuTh 9am-9:50am **Gary Ketcherside**
Aug 20 – Oct. 8 *MC-PE, POOL*

605 MW 9am-9:50am **Gary Ketcherside**
Oct. 16 – Dec. 4 *MC-PE, POOL*

607 TuTh 9am-9:50am **Gary Ketcherside**
Oct. 10 – Dec. 5 *MC-PE, POOL*
No Class 10/15, 11/28

603 TuTh 2pm-2:50pm **Kelly Kauffmann**
Aug 20 – Oct. 8 *MC-PE, POOL*

608 TuTh 2pm-2:50pm **Kelly Kauffmann**
Oct. 10 – Dec. 5 *MC-PE, POOL*
No Class 10/15, 11/28

16 Sessions | **$95**

503 MWF 8am-8:50am **Barbara Harris**
Oct. 21 – Nov. 25 *FV-PE, POOL*

504 MWF 10:05am-10:55am **Barbara Harris**
Oct. 21 – Nov. 25 *FV-PE, POOL*

505 MWF 11am-11:50am
Oct. 21 – Nov. 25 *FV-PE, POOL*

Get into shape with our Water Exercise classes.

Aqua Zumba

Splash and dance your way to fitness in this fun, low-impact, water-based workout! Aqua Zumba integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises.

PEDU:729 | $59

601	MW 2:10pm-3pm *Sept. 9 – Oct. 9*	**Sue Kuo** *MC-PE, POOL*
606	MW 2:10pm-3pm *Oct. 21 – Nov. 20*	 *MC-PE, POOL*
604	F 2:10pm-3pm *Sept. 14 – Nov. 16*	 *MC-PE, POOL*
553	TuTh 7:05pm-7:55pm *Sept. 10 – Oct. 10*	**Jennifer Rowland** *FV-PE, POOL*
554	TuTh 7:05pm-7:55pm *Oct. 22 – Nov. 26* *No Class 10/31*	**Jennifer Rowland** *FV-PE, POOL*
480	Sa 9am-9:55am *Sept. 14 – Nov. 16*	**Sue Kuo** *FP-PE, POOL*

Gentle Aqua Zumba

Integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises, just at a slower pace.

508	MW 2:05pm-2:55pm *Sept. 9 – Oct. 9*	**Neil Skid** *FV-PE, POOL*
509	MW 2:05pm-2:55pm *Oct. 21 – Nov. 20*	**Neil Skid** *FV-PE, POOL*

CARDS AND GAMES

Bridge: Beginning

This class teaches the bidding, play, defense and etiquette used in contract bridge. It also provides the opportunity to learn the SAYC (Standard American bidding.)

BRID:701 | $99

V50	Th 7pm-9pm *Sept. 5 – Oct. 24*	**George Hawley** *Bridge Haven*
650	M 5pm-7pm *Sept. 9 – Oct. 28*	**Phyllis Siegel** *MC-SW, 209*
651	M 7pm-9pm *Sept. 9 – Oct. 28*	**Phyllis Siegel** *MC-SW, 209*
M01	Tu 2:45pm-4:45pm *Sept. 10 – Oct. 29*	**Phyllis Siegel** *Affton White-Rodgers, A*

Bridge: Supervised Party Bridge with Intermediate Instruction

Practice what you learn in a structured party bridge setting. You will be playing bridge, keeping score, and learning how to play your hand more skillfully. Prerequisite: A firm grasp of Beginning Bridge. No class 11/26.

BRID:702 | $75

M01	Tu 2:45pm-4:45pm *Nov. 12 – Dec. 17*	**Phyllis Siegel** *Affton White-Rodgers, A*

Bridge: Supervised Party Bridge with Intermediate Instruction (Mini session)

Practice what you learn in a structured party bridge setting. You will be playing bridge, keeping score, and learning how to play your hand more skillfully. Prerequisite: A firm grasp of Beginning Bridge.

BRID:702 | $39

650	M 5pm-7pm *Dec. 2 – Dec. 16*	**Phyllis Siegel** *MC-SW, 209*
651	M 7pm-9pm *Dec. 2 – Dec. 16*	**Phyllis Siegel** *MC-SW, 209*

Mah Jongg for Beginners

Challenge your intellect with the ancient Chinese game of Mah Jongg. This tile game is played similarly to the card game rummy, with 4 people at a table. This class is for beginners or those who have played previously and would like a refresher. Challenge your intellect with the ancient Chinese game of Mah Jongg. Class held in Learning Center.

BRID:705 | $49

720	Th 7pm-8:30pm *Sept. 5 – Sept. 26*	**Roberta Damyan** *Ladue H.W. H.S*

Chess I: Beginning to Intermediate

This class is designed for those who want to learn the basics of chess or who would like to advance their basic skills and improve their tournament play. Beginning skills covered will include moves of the pieces, reading and writing chess notation, move selection principles, middle game tactics, endgame principles and checkmate. More advanced players will learn opening system for white, opening system for black, middle game tactics, endgame studies, and review of masters games. Includes chess book provided at first class. Instructor is on the Board of Directors of Missouri Chess Association and has over 30 years of chess coaching experience.

BRID:710 | $59

P01	Tu 7pm-9pm *Sept. 17 – Oct. 15*	**Edward Baur**

FENCING

Fencing: Beginning

Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, and bouting. Equipment provided.

PEDU:745 | $59

920	W 7:30pm-8:30pm *Sept. 11 – Oct. 30*	**Patrick Dorsey** *U. City H.S., GIRLS GYM*

FITNESS

20/20/20

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

PEDU:755 | $79

600	MW 4pm-4:55pm *Sept. 9 – Oct. 21*	 *MC-PE, 201*
601	MW 4pm-4:55pm *Oct. 28 – Dec. 9*	 *MC-PE, 201*

Dynamic Stretch

Increase the range of motion in your muscles and joints through specialized lengthening and stretching techniques designed to help release muscle tension, decrease stress, and enhance coordination.

PEDU:755 | $69

606	Tu 8am-8:50am *Sept. 3 – Nov. 26* *No Class 10/15*	**Gary Ketcherside** *MC-PE, 201*
607	Th 8am-8:50am *Sept. 5 – Nov. 21*	**Gary Ketcherside** *MC-PE, 201*

Get in great shape at Bootcamp with SharkFitness.

Bootcamp with SharkFitness

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

PEDU:755

10 Sessions | $110

650	MW 5:45pm-6:45pm *Nov. 18 – Dec. 18*	 *MC-PE, GYM*

11 Sessions | $120

605	MWF 5:45am-6:45am *Nov. 25 – Dec. 20* *No Class 11/29*	 *MC-PE, GYM*

14 Sessions | $150

602	MWF 5:45am-6:45am *Aug. 12 – Sept. 13* *No class 9/2*	 *MC-PE*

15 Sessions | $160

603	MWF 5:45am-6:45am *Sept. 16 – Oct. 18*	 *MC-PE*
604	MWF 5:45am-6:45am *Oct. 21 – Nov. 22*	 *MC-PE, GYM*

Body Ball Complete Workout

Get a total body workout using an exercise ball to naturally strengthen, tone and condition your core muscles and back. Exercise movements will also concentrate on stretching, flexibility, balance and posture. Class will end with a relaxing meditation. An effective and non-stressful workout for all ages! Bring a sticky mat, #6 or 8 resistance band and a 65" stability ball. Dumbbells and hand weights are optional. No class 10/29.

PEDU:755 | $59

782	Tu 6pm-7pm *Sept. 10 – Nov. 19*	**Rena Potsos** *Sperreng Mid. School, Room 54*

Dont Get Caught Without a Seat!
Registration begins August 5.

Nia: A Combination of Cardio and Strength Training

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

PEDU:755 | $39

651 Tu 6pm-6:55pm — **Karol McNutt**
Sept. 10 – Oct. 22 — *MC-PE, 201*
No Class 10/15

652 Tu 6pm-6:55pm — **Karol McNutt**
Oct. 29 – Dec. 3 — *MC-PE, 201*

680 Sa 8am-8:55am — **Karol McNutt**
Sept. 14 – Oct. 26 — *MC-PE, 201*
No Class 10/5

681 Sa 8am-8:55am — **Karol McNutt**
Nov. 2 – Dec. 14 — *MC-PE, 201*
No Class 11/30

Fitness Impact for Women

This low-impact format incorporates hand and kettleball-style weights for a total body workout concluding with stretch for posture and flexibility. All levels of experience encouraged. Floor mat and 1-2 lb weights or 5 lb kettle/weight recommended but not required.

PEDU:755 | $75

780 Tu 7pm-8pm — **Marsha Fey**
Sept. 3 – Dec. 3 — *Sperreng Mid. School, Rm 54*
No Class 10/29, 11/5

781 W 7pm-8pm — **Marsha Fey**
Sept. 4 – Dec. 4 — *Sperreng Mid. School, Rm 54*
No Class 10/23, 11/27

Rise and Shine Senior Workout

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

PEDU:755 | $59

608 TuTh 5:55am-6:55am — **Gail Velten**
Sept. 3 – Oct. 10 — *MC-PE, GYM*
No Class 9/17, 9/19

609 TuTh 5:55am-6:55am — **Gail Velten**
Oct. 22 – Nov. 26 — *MC-PE, GYM*
No Class 11/5

400 MW 7am-7:55am — **Gail Velten**
Sept. 4 – Oct. 14 — *FP-PE, Gym*
No Class 9/16, 9/18

401 MW 7am-7:55am — **Gail Velten**
Oct. 21 – Nov. 20 — *FP-PE, Gym*

Piloxing

Come try the latest Hollywood fitness craze! Piloxing uniquely blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape.

PEDU:756 | $79

V01 Tu 4:30pm-5:30pm
Oct. 8 – Nov. 26 — *K.I.S.S. Fitness*

Pilates/Yoga Combo

Using exercises from yoga and pilates, this class will help you increase your flexibility, strength, balance and build a strong core. Bring a mat. No class 11/11.

PEDU:761 | $69

P01 M 6:30pm-7:30pm — **Jill Woehrle**
Sept. 16 – Nov. 25 — *Shaw VPA Sch - Comm Ed Cntr*

Pilates

Strengthen, lengthen and tone muscle as well as increase your flexibility. You'll learn how to execute the movements while focusing on breathing, allowing the mind and body to unite. Bring a towel and mat.

PEDU:756

10 Sessions | $69

600 W 7pm-7:50pm — **Gary Ketcherside**
Sept. 11 – Nov. 20 — *MC-PE, 201*
No Class 10/30

P01 Th 6:30pm-7:30pm — **Jill Woehrle**
Sept. 19 – Nov. 21 — *Shaw VPA Sch - Comm Ed Cntr*

13 Sessions | $89

M01 M 6:30pm-7:20pm — **Katherine McMeans**
Sept. 9 – Dec. 2 — *Sunset Hills Comm. Ctr*

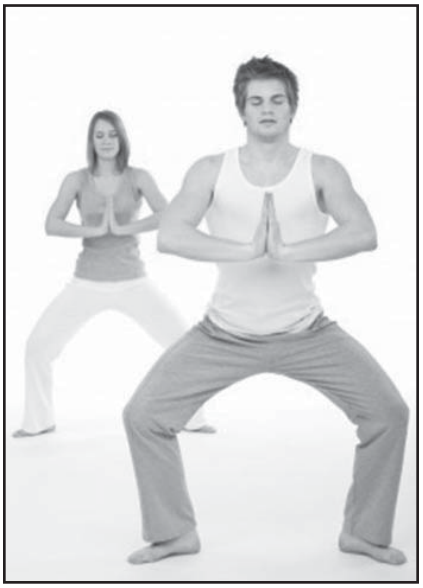
M02 W 6:30pm-7:20pm — **Katherine McMeans**
Sept. 11 – Dec. 4 — *Sunset Hills Comm. Ctr*

Yogalates

Get the benefits of yoga, pilates and core strengthening as you exercise and stretch. A challenging and relaxing workout in just one class. Beginners to any class should come 10 minutes early for a brief introduction. Bring water, towel and yoga mat. No class 10/31.

PEDU:756 | $69

M03 Th 5:30pm-6:30pm — **Denise Motta**
Sept. 5 – Nov. 14 — *Affton White-Rodgers, GYM*



Relax and calm your mind with Yoga at STLCC.

Yoga Basics

New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility, and correct breathing techniques. Bring a yoga mat, towel and water.

PEDU:761

6 Sessions | $59

M09 Th 4:30pm-5:30pm
Sept. 5 – Oct. 10 — *YogaSource*

M10 Th 4:30pm-5:30pm
Oct. 17 – Dec. 5 — *YogaSource*
No Class 10/31, 11/28

10 Sessions | $69

600 Tu 4pm-4:55pm — **Katherine Hanewinkel**
Sept. 3 – Nov. 12 — *MC-PE, 201*
No Class 10/15

M05 M 12:15pm-1:15pm — **Kelly Kauffmann**
Sept. 9 – Nov. 11 — *Affton White-Rodgers, GYM*

Yoga: Advanced

Designed for individuals with prior yoga experience, you will continue to build your skills while learning to relax, calm your mind, and experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well being and integration of mind and body. Bring a towel and mat.

PEDU:761 | $69

M06 M 1:30pm-2:30pm — **Kelly Kauffmann**
Sept. 9 – Nov. 11 — *Affton White-Rodgers, GYM*

Afterwork Yoga

Attain a balance of mind, body and spirit as you work on posture mechanics, breathing and energy. This course will help you reduce stress, increase flexibility and tone your muscles. All levels of experience welcome. Bring a towel and mat.

PEDU:761 | $69

550 M 5pm-5:50pm — **Silvia Luna Zapiain**
Sept. 9 – Nov. 11 — *FV-PE, 122*

Iyengar Yoga

Well known for its highly developed teaching methodology and rigorous Teacher Training program, Iyengar Yoga's complete integration of postures and Yoga philosophy brings physical health and vigor, mental clarity, and emotional serenity and poise. Postures are taught by certified teachers in a safe orderly progression with emphasis on body alignment, intelligent actions in each posture, observation and correction of the students. Lowest level of Iyengar Yoga certification takes 7-10 years. Tiki is one of the few Iyengar certified teachers in the St. Louis area. Bring a yoga sticky mat.

PEDU:761 | $85

350 W 7pm-8:30pm — **Bishnupriya Misra**
Sept. 18 – Nov. 6 — *WW, 102A*

Gentle Yoga - Wildwood

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

PEDU:761 | $59

351 W 6pm-6:55pm — **Bishnupriya Misra**
Sept. 18 – Nov. 6 — *WW, 102A*

Yoga

Relax, calm your mind, experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well being and integration of mind and body. Bring a towel and mat.

PEDU:761

10 Sessions | $69

780 M 6pm-7pm — **Rena Potsos**
Sept. 9 – Nov. 11 — *Sperreng Mid. School, Rm 54*
Sperring - Also bring a yoga belt, and #6 or 8 resistance band.

M03 M 9:30am-10:30am — **Carrie Lang**
Sept. 9 – Nov. 11 — *Queeny Park Rec Complex*

M04 W 9:30am-10:30am — **Carrie Lang**
Sept. 11 – Nov. 13 — *Queeny Park Rec Complex*
Queeny - Also bring a Wool style blanket, Yoga block and strap.

M13 M 6pm-7pm — **Sharon Danyluck**
Sept. 16 – Nov. 18 — *Sunset Hills Comm. Ctr*

M14 M 7:30pm-8:30pm — **Sharon Danyluck**
Sept. 16 – Nov. 18 — *Sunset Hills Comm. Ctr*

P02 W 6:30pm-7:30pm — **Jill Woehrle**
Sept. 18 – Nov. 20 — *Shaw VPA Sch - Comm Ed Cntr*
Shaw - Bring a Yoga Sticky mat

Yoga - Big Bend Yoga Center

Relax, calm your mind, experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well being and integration of mind and body. Bring a towel and mat.

PEDU:761 | $95

M01	Tu 1pm-2:30pm *Sept. 3 – Nov. 5*	**Julie Garland** *Big Bend Yoga Ctr*

Yoga: Continuing - Big Bend Yoga Center

Designed for individuals with prior yoga experience, you will continue to build your skills while learning to relax, calm your mind, and experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well being and integration of mind and body. Prerequisite: Prior yoga experience. Bring a towel and mat.

PEDU:761 | $95

M02	Th 9am-10:30am *Sept. 5 – Nov. 7*	**Melanie Klug** *Big Bend Yoga Ctr*

Yoga for Seniors-Masterpeace Studios

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

SENR:704 | $79

M01	Th 10am-11am *Aug. 29 – Oct. 17*	*Masterpeace Studios*
M02	Th 10am-11am *Oct. 24 – Dec. 19* *No Class 11/28*	*Masterpeace Studios*

Yoga: Basics - Masterpeace Studios

New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility, and correct breathing techniques. Bring a yoga mat, towel and water.

PEDU:761 | $95

M07	W 9am-10:15am *Aug. 28 – Oct. 16*	*Masterpeace Studios*
M08	W 9am-10:15am *Oct. 23 – Dec. 18* *No Class 11/27*	*Masterpeace Studios*

Gentle Yoga - Masterpeace Studios

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

PEDU:761 | $79

M11	W 7pm-8pm *Aug. 28 – Oct. 16*	*Masterpeace Studios*
M12	W 7pm-8pm *Oct. 23 – Dec. 18* *No Class 11/27*	*Masterpeace Studios*

GOLF

Golf Classes - Extra fee for balls

Golf: Beginning I

Learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping.

PEDU:730

Four Sessions | $45

810	M 6pm-7pm *Sept. 9 – Sept. 30*	*Big Bend Golf Ctr*
811	M 7pm-8pm *Oct. 14 – Nov. 4*	*Big Bend Golf Ctr*
812	Sa 9am-10am *Sept. 7 – Sept. 28*	*Big Bend Golf Ctr*
840	Tu 6pm-7pm *Sept. 3 – Sept. 24*	*Landings at Spirit Golf Club*
841	Sa 9am-10am *Sept. 7 – Sept. 28*	*Landings at Spirit Golf Club*
802	Th 11am-Noon *Aug. 29 – Sept. 19*	*Golfport of Maryland Heights*
804	Th 7pm-8pm *Oct. 3 – Oct. 24*	*Golfport of Maryland Heights*
805	Sa 10am-11am *Aug. 31 – Sept. 21*	*Golfport of Maryland Heights*
820	Sa 10am-11am *Sept. 7 – Sept. 28*	*Eagle Springs Golf Course*

Women Only

801	Tu 9am-10am *Aug. 27 – Sept. 17*	*Golfport of Maryland Heights*
803	Th 7pm-8pm *Aug. 29 – Sept. 19*	*Golfport of Maryland Heights*
806	Sa 11am-Noon *Oct. 5 – Oct. 26*	*Golfport of Maryland Heights*

Six Sessions | $59

830	Tu 6pm-7pm *Sept. 3 – Oct. 8*	*Family Golfplex & Learning Ctr*
831	W 7pm-8pm *Sept. 4 – Oct. 9*	*Family Golfplex & Learning Ctr*
832	Sa 11am-Noon *Sept. 7 – Oct. 12*	*Family Golfplex & Learning Ctr*
880	W 6pm-7pm *Sept. 18 – Oct. 23*	*The First Tee*
881	Sa 10am-11am *Sept. 14 – Oct. 19*	*The First Tee*
860	M 6:15pm-7:15pm *Sept. 9 – Oct. 14*	**Robert Jeep** *Sunset Hills Golf Learning Ctr*
861	W 7:15pm-8:15pm *Sept. 11 – Oct. 16*	**Robert Jeep** *Sunset Hills Golf Learning Ctr*
862	Sa 10:15am-11:15am *Sept. 14 – Oct. 19*	**Robert Jeep** *Sunset Hills Golf Learning Ctr*
890	Tu 9am-10am *Sept. 10 – Oct. 15*	*Tower Tee Golf Ctr*
891	W 6pm-7pm *Sept. 11 – Oct. 16*	*Tower Tee Golf Ctr*
892	Th 7pm-8pm *Sept. 12 – Oct. 17*	*Tower Tee Golf Ctr*
893	Sa 11am-Noon *Sept. 14 – Oct. 19*	*Tower Tee Golf Ctr*
871	Tu 6pm-7pm *Sept. 10 – Oct. 15*	*Ruth Park Golf Course*
873	Sa 9am-10am *Sept. 14 – Oct. 19*	*Ruth Park Golf Course*
875	Sa 11am-Noon *Sept. 14 – Oct. 19*	*Ruth Park Golf Course*

Women Only

870	Tu 5pm-6pm *Sept. 10 – Oct. 15*	*Ruth Park Golf Course*
872	Th 6pm-7pm *Sept. 12 – Oct. 17*	*Ruth Park Golf Course*
874	Sa 10am-11am *Sept. 14 – Oct. 19*	*Ruth Park Golf Course*

Golf: Beginning II

Review fundamentals presented in Golf: Beginning I with special emphasis on correcting individual swing faults.
PEDU:731

Four Sessions | $45

810	M 6pm-7pm *Oct. 14 – Nov. 4*	*Big Bend Golf Ctr*
811	Sa 9am-10am *Oct. 12 – Nov. 2*	*Big Bend Golf Ctr*
812	Su 1pm-2pm *Sept. 8 – Sept. 29*	*Big Bend Golf Ctr*
840	Tu 5pm-6pm *Sept. 3 – Sept. 24*	*Landings at Spirit Golf Club*
841	Sa 10am-11am *Oct. 12 – Nov. 2*	*Landings at Spirit Golf Club*
802	Th 11am-Noon *Oct. 3 – Oct. 24*	*Golfport of Maryland Heights*
803	Sa 10am-11am *Oct. 5 – Oct. 26*	*Golfport of Maryland Heights*

Women Only

801	Tu 9am-10am *Sept. 24 – Oct. 15*	*Golfport of Maryland Heights*
804	Sa 11am-Noon *Aug. 31 – Sept. 21*	*Golfport of Maryland Heights*

Six Sessions | $59

830	Tu 7pm-8pm *Sept. 3 – Oct. 8*	*Family Golfplex & Learning Ctr*
831	W 6pm-7pm *Sept. 4 – Oct. 9*	*Family Golfplex & Learning Ctr*
832	Sa 10am-11am *Sept. 7 – Oct. 12*	*Family Golfplex & Learning Ctr*
880	Tu 6pm-7pm *Sept. 17 – Oct. 22*	*The First Tee*
881	Sa 11am-Noon *Sept. 14 – Oct. 19*	*The First Tee*
860	M 7:15pm-8:15pm *Sept. 9 – Oct. 14*	**Robert Jeep** *Sunset Hills Golf Learning Ctr*
861	W 6:15pm-7:15pm *Sept. 11 – Oct. 16*	**Robert Jeep** *Sunset Hills Golf Learning Ctr*
862	Sa 9:15am-10:15am *Sept. 14 – Oct. 19*	**Robert Jeep** *Sunset Hills Golf Learning Ctr*
890	W 9am-10am *Sept. 11 – Oct. 16*	*Tower Tee Golf Ctr*
891	W 7pm-8pm *Sept. 11 – Oct. 16*	*Tower Tee Golf Ctr*
892	Sa 10am-11am *Sept. 14 – Oct. 19*	*Tower Tee Golf Ctr*

Golf for Seniors

Learn the basic fundamentals of golf: grip, set-up, mini-swing, full swing, putting and chipping. Class will move at a slower pace. Adults 60 and older.

PEDU:732 | $45

801	Tu 10am-11am *Sept. 24 – Oct. 15*	*Golfport of Maryland Heights*

Golf: Parent/Child

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

PEDU:732 | $45

802	Sa Noon-1pm *Aug. 31 – Sept. 21*	*Golfport of Maryland Heights*

Golf: Putting, Chipping, Wood and Iron Play

Class covers putting, chipping and the use of woods and irons.

PEDU:732 | $59

890	Tu 10am-11am *Sept. 10 – Oct. 15*	*Tower Tee Golf Ctr*
894	Th 6pm-7pm *Sept. 12 – Oct. 17*	*Tower Tee Golf Ctr*

Playing Golf Lessons

Enjoy this unique opportunity to play with an experienced golf instructor. PGA professional will take you and other students on the regular course (not the par 3 beginner's course) to play nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately $20 to play up to nine holes (includes a riding cart) on the regular course. Meet instructor at Eagle Springs Clubhouse. Tee time is 5pm sharp.

PEDU:732 | $29

820	M 5pm-7:30pm *Sept. 16*	*Eagle Springs Golf Course*
821	M 5pm-7:30pm *Sept. 30*	*Eagle Springs Golf Course*

Backyard Golf

Golf swings are complex and precise physical acts requiring regular correct practice to master. However in today's economy, spending time and money at a range or golf course isn't always an option. Learn specific and effective practice drills that you can use in your own backyard to continue practicing and becoming the best golfer you can be! Class meets at Creve Coeur's Municipal Golf Course (mandatory first class meets Tuesday, 9/24, with remainder of classes meeting on Sunday, 9/29-10/20 from 9-10am) and an optional 2-hole round ($7) is available to test what you learn. Golf balls provided for class.

PEDU:732 | $39

V01	Tu 5:30pm-7pm *Sept. 24* Su 9am-10am *Sept. 29-Oct. 20*	**Melvin Klearman** *FV-Off Campus* *FV-Off Campus*

Golf: Combo Class

Class is a combination of short game, full swing and on course lessons. The first few classes will be on the practice range and remaining will be on the course. On course strategy and mental game will be discussed.

PEDU:732 | $59

891	W 10am-11am *Sept. 11 – Oct. 16*	*Tower Tee Golf Ctr*
892	W 5pm-6pm *Sept. 11 – Oct. 16*	*Tower Tee Golf Ctr*
895	Sa 8am-9am *Sept. 14 – Oct. 19*	*Tower Tee Golf Ctr*

Golf: Short Game Skills

Class will cover putting, chipping, pitching, and sand shots and will cater to the beginner student as well as the student wanting to improve their game.

PEDU:732 | $59

893	Th 5pm-6pm *Sept. 12 – Oct. 17*	*Tower Tee Golf Ctr*
896	Sa 9am-10am *Sept. 14 – Oct. 19*	*Tower Tee Golf Ctr*
841	Sa 10am-11am *Sept. 7 – Sept. 28*	*Landings at Spirit Golf Club*

Golf: Parent/Child

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

PEDU:732 | $45

810	M 5pm-6pm *Sept. 9 – Sept. 30*	*Big Bend Golf Ctr*
811	Sa 10am-11am *Sept. 7 – Sept. 28*	*Big Bend Golf Ctr*
812	Sa 10am-11am *Oct. 12 – Nov. 2*	*Big Bend Golf Ctr*
813	Su Noon-1pm *Sept. 8 – Sept. 29*	*Big Bend Golf Ctr*

Golf: Wood and Iron Play

Class covers the use of woods & irons.

PEDU:732 | $45

840	Tu 5pm-6pm *Oct. 8 – Oct. 29*	*Landings at Spirit Golf Club*

MOTORCYCLE RIDER TRAINING

Motorcycle Safety Basic Rider Course (BRC)

The Basic Rider Course (MSF-BRC) is geared toward the novice motorcyclist or scooter operator, but will also provide an excellent skills update for the returning rider or those experienced with no previous formal training. The course consists of classroom and on-bike instruction with furnished motorcycles or scooters (loaner scooters are limited - check availability before registering; however personal scooters are permitted). Those who successfully complete the course will be issued a completion card from the Missouri Motorcycle Safety Program which is a waiver for the road test portion of the Missouri license endorsement. Students must be at least 15-1/2 years old and able to ride a bicycle. Those under 18 years of age must have a release form signed by a legal guardian or parent. Students must bring DOT-approved helmet (loaner helmets available), boots, gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, bring a photo ID, and show proof of medical insurance. At the discretion of the instructors, students who are unable to safely operate the motorcycles will be dismissed from class for their own protection and the safety of the group. No refunds will be given if you are unable to complete the class for any reason. Class held rain or shine. Call for a detailed brochure: (314) 984-7777. To view a 5-minute video of Basic Rider Course highlights, go to msf-usa.org.

MOTR:701 | $195

480	SaSu 7am-5pm *Sept. 7 – Sept. 8*	*FP-D Tower, 215*
481	SaSu 9am-7pm *Sept. 7 – Sept. 8*	*FP-D Tower, 215*
482	SaSu 7am-5pm *Sept. 14 – Sept. 15*	*FP-D Tower, 215*
483	SaSu 9am-7pm *Sept. 14 – Sept. 15*	*FP-D Tower, 215*
484	SaSu 9am-7pm *Sept. 21 – Sept. 22*	*FP-D Tower, 215*
485	SaSu 9am-7pm *Sept. 28 – Sept. 29*	*FP-D Tower, 215*
486	SaSu 9am-7pm *Oct. 5 – Oct. 6*	*FP-D Tower, 215*
487	SaSu 9am-7pm *Oct. 12 – Oct. 13*	*FP-D Tower, 215*
488	SaSu 9am-7pm *Oct. 19 – Oct. 20*	*FP-D Tower, 215*
489	SaSu 9am-7pm *Oct. 26 – Oct. 27*	*FP-D Tower, 215*

Motorcycle Safety Basic Rider Course 2 (BRC-2)

The Motorcycle Safety Course BRC-2 was developed to hone your skills and fine-tune the mental drills crucial to being a safe rider while using your own motorcycle. This is an excellent class as a refresher after winter storage, to update your training for insurance company discount or as an intermediate level of training after the Basic Rider Course. Put into practice the techniques of managing traction, stopping quickly, limited space maneuvers, cornering, and swerving using your own bike. There's always something left to learn! This course is for two-wheeled motorcycles only (no scooters). Students must have a Class M driver's license and provide their own street legal and insured motorcycle. Students should have successfully completed a Basic Rider Course or have sufficient riding skills and experience to operate a motorcycle with basic proficiency. Students who cannot demonstrate basic low speed maneuvers in Exercise 1 can be counseled out of the class. Passengers are permitted to accompany riders; all safety gear and rules apply. Class held rain or shine.

MOTR:703 | $99

480	Sa 8am-6pm *Sept. 21*	*FP-D Tower, 215*

PERSONAL DEVELOPMENT

Living the Adventure of Life

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

PERD:709 | $29

680	Sa 10am-Noon *Oct. 26*	**Roselyn Mathews** *MC-SO, 109*

Introduction to SoulCollage

Stimulate your creativity, imagination and writing through an art form that requires absolutely no artistic talent or experience. SoulCollage is the unique process of creating small 8"x 5" collages and using them with writing exercises to allow your thoughts, ideas and feelings to be transformed into visual representations. Fee includes materials. Bring a notebook or journal.

PERD:709 | $29

750	Tu 6:30pm-8:30pm *Oct. 1*	**Catherine Gieseler** *Kirkwood H.S., W 107*

Good Grief: How to Manage Grief and Loss

Learn how to get through personal grief and loss in healthy ways. First learning to accept grief and loss in our lives is paramount to releasing stress and anxiety during a trying time. You will also learn specific techniques to releasing grief, which can be beneficial to your health!

PERD:710 | $39

650	Tu 6pm-8pm *Sept. 17 – Sept. 24*	**Christine Lakey** *MC-SO, 105*
450	Tu 6pm-8pm *Oct. 22 – Oct. 29*	**Christine Lakey** *FP-G Tower, 111*

Developing Intuition

Learn to awaken your intuitive abilities and feel comfortable listening to and trusting your intuition. Discover which of your "psychic senses" is naturally strongest: gut feelings, inner listening, or intuitive seeing. Learn a variety of exercises and practices to help develop your intuition; including sensing auras, psychometry (intuiting information by holding objects) and more. No class 10/15.

PERD:735 | $49

550	Tu 7pm-9pm *Oct. 8 – Nov. 5*	**Rhonda Leifheit** *FV-TC, 111*

Self-Esteem for Women

As women we are often taught to be 'people pleasers' and take care of others' needs before our own. To build self-esteem, we need to celebrate our uniqueness and acknowledge our strengths. Learn to truly accept and like yourself, develop courage to take risks and handle responsibilities, and experience more confidence and happiness in your life. Bring a notebook and pen.

PERD:736 | $49

650	Tu 7pm-9pm *Sept. 10 – Oct. 1*	**Susan Herman** *MC-CS, 120*

More Self-Esteem for Women

Continue on the path to truly accepting yourself as you are, and being your own best friend. Build on your strengths, learn about 'healthy selfishness,' and learn how to raise your happiness set-point. With higher self-esteem we can set goals and take more positive action steps, bringing about a happier life without feeling guilty. Challenge yourself to see how 20 seconds of courage can make a difference in your life! Class is suggested for women that attended Self-Esteem for Women. Bring a notebook and pen.

PERD:736 | $49

651	Tu 7pm-9pm *Oct. 22 – Nov. 12*	**Susan Herman** *MC-CS, 120*

Forgiveness: Shift Your Story, Shift Your Life

Often times, it is anger and resentment which keeps you from being able to move towards the very things you want. The path begins with forgiving yourself. Learn how your anger towards others impacts your life today and the steps you can take to bring a new awareness and forgiveness into your life.

PERD:741 | $49

650	Th 6:30pm-8:30pm *Oct. 3 – Oct. 24*	**Gail Williams-Cloud** *MC-CN, 203*

"Gail Williams-Cloud is an excellent instructor and she created an excellent class experience!"

-Lauren T., St. Louis, MO

How to Avoid Falling in Love With a Jerk (or Jerkette)

Do you want to find "the one"? Whether you are looking for someone or have a relationship, hear how to avoid the "love is blind" syndrome. Learn to pace a relationship and explore key areas that foreshadow what a partner will be like over the long term. Gain the tools you need to judge your partner's character. Find how to break unhealthy dating patterns and focus on your own emotional health. Fee includes textbook.

PERD:741 | $39

710	W 7pm-9pm *Oct. 2 – Oct. 9*	**Kim Harness** *Clayton H.S., 108*
350	W 7pm-9pm *Oct. 23 – Oct. 30*	**Kim Harness** *WW, 201*

Living with Alzheimer's

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Discuss helpful strategies with caregivers and professionals to provide safe, effective and comfortable care in the middle stage of Alzheimer's. Students may bring a lunch.

PERD:749 | $39

680	Sa 9am-2pm *Oct. 12*	 *MC-LH, 102*

Living with Alzheimer's: Legal and Financial

One of the many challenges for families dealing with Alzheimer's disease are the legal and financial obstacles. Join us to learn about laws and resources available. An elder attorney will join us for a question and answer session.

PERD:749 | $19

450	Tu 6pm-8pm *Dec. 3*	 *FP-G Tower, 111*

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St. Louis Community College Continuing Education

Consumed by Clutter

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

PERD:765 | $49

650	Th 6:30pm-8:30pm *Oct. 10 – Oct. 31*	**Kimberly Meredith** *MC-CN, 230*

T'AI CHI

T'ai Chi Chih: Beginning

T'ai Chi Chih is a moving meditation consisting of 19 movements and 1 pose. Its purpose is to circulate and balance one's "chi" or vital force life energy. Health benefits include better balance, blood pressure control, and reduction in symptoms associated with stress, shingles, and arthritis. No special attire or equipment.

PEDU:766 | $69

P01	Tu 2:30pm-3:30pm *Sept. 3 – Nov. 5*	**Jeanette Miller** *Solar Yoga Ctr*
M01	M 10:45am-11:45am *Sept. 9 – Nov. 11*	**Gale Portman** *Queeny Park Rec Complex*

T'ai Chi Chih: Continuing - Mini Session

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

PEDU:767 | $39

P02	Tu 1:15pm-2:15pm *Nov. 12 – Dec. 10*	**Jeanette Miller** *Solar Yoga Ctr*

T'ai Chi Chih: Continuing

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

PEDU:767 | $69

P01	Tu 1:15pm-2:15pm *Sept. 3 – Nov. 5*	**Jeanette Miller** *Solar Yoga Ctr*
M01	W 10:45am-11:45am *Sept. 11 – Nov. 13*	**Gale Portman** *Queeny Park Rec Complex*

TEAM SPORTS

Men's Recreational Basketball

Join a group of men to have fun and get some exercise. We'll play half court and three on three. Bring a white & a dark colored T-shirt to class. Do not wear jewelry.

PEDU:701 | $59

730	Tu 7pm-8:30pm *Sept. 10 – Nov. 26*	**Richard Bannecker** *Mehlville H.S., GYM B*

Volleyball: Recreational

Keep fit, have fun and make friends. Just register and come play!

PEDU:704 | $79

580	F 7pm-8:30pm *Sept. 13 – Nov. 22*	**Jason Guss** *FV-PE, GYM*

Power Volleyball: Beginning

Quit playing "jungle rules" and learn the basics of power volleyball. Class not intended for league play. No class 10/30, 11/27.

PEDU:705 | $89

730	W 7:30pm-9:30pm *Sept. 11 – Dec. 4*	**Robert Gerber** *Oakville H.S., GYMB*

Is it time for a New You?

Florissant Valley

Adult Career Exploration Session

Thurs., Sept. 19 and Thurs., Nov. 7

6 to 7:30 p.m., Computers available 5-6pm for career inventory access

Training Center-room 105/107

Whether you're just starting out, looking to re-enter the workforce or wanting to switch careers—but you're not sure about an area of study—St. Louis Community College's **Adult Career Exploration Session** will help you identify your interests, discover your passion, and point you toward the career that's right for you!

- Receive a FREE interest inventory to identify your primary interest areas.
- Discover how your interests can lead to good career decisions.
- Learn how your interests relate to career programs at STLCC.
- Hear about resources to pay for school.
- Find out how to get started at STLCC!

St. Louis Community College

Register TODAY at **stlcc.edu/Visit** and get started on the New You!

TENNIS

National Tennis Rating Program (NTRP)

1.0 This player is just starting to play Tennis

2.0 May have had some lessons; needs on-court experience

2.5 Can sustain a short rally of slow pace; needs to develop form

3.0 Consistent on medium-paced shots; needs work on form and strategy

3.5 Consistent with directional control; needs to work on specialty shots

4.0 Dependable with directional control and depths has specialty shots. Needs to play more percentage tennis

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

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

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

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

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

Intermediate II to Advanced (3.5-4.0): This course includes more advanced drills, work on strategy and match play, with a goal of playing better percentage tennis.

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

Tennis: Beginning I (NTRP 1.0-2.0)

See NTRP Rating Box.

PEDU:733 | $69

M01 W Noon-1pm
Sept. 4 – Oct. 16 — *The Club at Chesterfield*

M07 Tu 8pm-9pm
Sept. 24 – Nov. 5 — *Sunset Tennis Ctr*

M02 W 2pm-3pm
Sept. 4 – Oct. 16 — *Vetta Concord Sports Club*

M03 Sa 2:30pm-3:30pm
Sept. 7 – Oct. 19 — *Vetta Concord Sports Club*

M04 Sa 2:30pm-3:30pm
Oct. 26 – Dec. 14 — *Vetta Concord Sports Club*
No Class 11/30

Tennis: Beginning I and II (NTRP 1.0-2.5) - with Mark Platt

See NTRP Rating Box.

PEDU:733

Indoor | $85

M05 Su 5pm-6pm — **Mark Platt**
Sept. 15 – Oct. 20 — *Frontenac Racquet Club*

M06 Su 5pm-6pm — **Mark Platt**
Nov. 3 – Dec. 8 — *Frontenac Racquet Club*

Outdoor | $75

P01 Sa 9am-10am — **Mark Platt**
Sept. 14 – Oct. 19 — *Francis Park*

720 Sa 11am-Noon — **Mark Platt**
Sept. 7 – Oct. 12 — *Ladue Mid. Sch.*

580 Sa 10am-11am — **Mark Platt**
Sept. 14 – Oct. 19 — *FV-PE, TENNIS*

Tennis: Beginning I & II (NTRP 1.0-2.5)

See NTRP rating Box.

PEDU:734 | $95

M02 Su 10:30am-Noon
Sept. 8 – Oct. 20 — *The Club at Chesterfield*

Tennis: Beginning II (NTRP 2.5)

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

PEDU:734 | $69

M03 Tu 10am-11am
Sept. 3 – Oct. 15 — *Vetta Concord Sports Club*

M04 Tu 10am-11am
Oct. 22 – Dec. 3 — *Vetta Concord Sports Club*

M05 Sa 3:30pm-4:30pm
Sept. 7 – Oct. 19 — *Vetta Concord Sports Club*

M06 Th 8pm-9pm
Sept. 19 – Nov. 7 — *Sunset Tennis Ctr*
No Class 10/31

Cardio Tennis: Beginning II - Intermediate (NTRP 2.5-3.5)

See NTRP Rating Box.

PEDU:734 | $95

M01 M 8am-9am
Sept. 9 – Oct. 21 — *The Club at Chesterfield*

Tennis: Women's Singles League (NTRP 3.0-3.5)

Apply the skills you've learned in this match play only, non-instructional class. Have a great time playing different women and perfecting your game in a singles match each week. Students must meet NTRP 3.0-3.5 rating or have completed a Beginning II Tennis class.

PEDU:735 | $69

M02 M 10:30am-11:30am
Sept. 9 – Oct. 21 — *The Club at Chesterfield*

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box.

PEDU:735

Six Sessions | $89

M08 Th 8:30pm-10pm
Sept. 5 – Oct. 10 — *Woods Mill Racquet Club*

M09 Th 8:30pm-10pm
Oct. 24 – Dec. 12 — *Woods Mill Racquet Club*

Seven Sessions | $95

M01 Tu 1pm-2:30pm
Sept. 3 – Oct. 15 — *The Club at Chesterfield*

M03 Tu 2pm-3:30pm
Sept. 3 – Oct. 15 — *Vetta Concord Sports Club*

M04 Tu 2pm-3:30pm
Oct. 22 – Dec. 3 — *Vetta Concord Sports Club*

M05 Th 2pm-3:30pm
Oct. 24 – Dec. 12 — *Vetta Concord Sports Club*
No Class 11/28

M06 Sa 4:30pm-6pm
Sept. 7 – Oct. 19 — *Vetta Concord Sports Club*

M07 Sa 4:30pm-6pm
Oct. 26 – Dec. 14 — *Vetta Concord Sports Club*
No Class 11/30

Tennis: Intermediate I (NTRP 3.0) with Mark Platt

See NTRP Rating Box.

PEDU:735

Indoor | $85

M10 Sa 4pm-5pm — **Mark Platt**
Sept. 14 – Oct. 19 — *Forest Lake Tennis Club*

M11 Sa 4pm-5pm — **Mark Platt**
Nov. 2 – Dec. 7 — *Forest Lake Tennis Club*

Outdoor | $75

P01 Sa 10am-11am — **Mark Platt**
Sept. 14 – Oct. 19 — *Francis Park*

Tennis: Intermediate I - Advance (NTRP 3.0-4.0)

See NTRP Rating Box.

PEDU:736 | $95

M01 Su 9am-10:30am
Sept. 8 – Oct. 20 — *The Club at Chesterfield*

Get your fall started in full swing with our tennis classes.

TOURS AND TRIPS

Missouri State Penitentiary & Puppies on Parole

Known as the "Alcatraz of the Midwest", the abandoned Missouri State Pen was home to thousands of inmates from 1836-2004. Come experience the cell blocks, the dungeon, and hear the stories of notorious criminals and attempted escapes. Exceedingly better than bread and water, lunch will be enjoyed at Prison Brews, a local eatery, and save room for dessert because we're stopping at Central Dairy for your favorite flavor of ice cream. Puppies on Parole is a program located in all of Missouri State prisons in which offenders train puppies for adoption. We'll learn about this rewarding program at the new Jefferson City Animal Shelter where, if you want, you can cuddle kittens and puppies. NOTE: This tour cannot accommodate wheelchairs or walkers (canes OK). This tour includes transportation, admission, donation to the shelter, escort, lunch, ice cream, tax, and tip. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Refund/withdrawal deadline: 8/28. No refunds after that date.

TRIP:702 | $99

MD1 Th 7:30am-7pm — **Cindy Fricke**
Sept. 12 — *MC-Off Campus*

Public Art Tour

St. Louis is a city of famous classical sculpture and exciting modern sculpture. As we drive around the city learn the history from a historian and artistic merit from an art expert. Bring your cameras for pictures of the unique outdoor statues. Lunch will be out of pocket at some of the decorated food trucks. Some short walking to statues hidden from the road. Trip includes transportation, escort. Meet tour at Thomas Dunn Memorial Learning Center. Field trip release form required. Registration/withdrawal deadline: 9/3. No refunds after that date.

TRIP:701 | $59

PD1 Tu 9:30am-3:30pm — **Joan Huisinga & Julie Nicolai**
Sept. 17 — *Thomas Dunn Mem. Ctr*

The Battle of Chickamauga Reenactment - Weekend Tour

Chickamauga is the site of the second bloodiest battle of the Civil War, the campaign for the coveted rail lines, and where the Confederacy won its last victory. This weekend tour includes: Re-enactment of the Battle of Chickamauga (reserved bleacher seating), guided tour of the battlefields, ride up the Incline Railway at Lookout Mountain, visit Rock City, Ruby Falls, and Point Park, water taxi ride from Delta Queen to Chattanooga. Fee also includes motorcoach transportation, 2 nights deluxe accommodations on the Delta Queen Steamboat Hotel on the shore of the Tennessee River (price based on double occupancy - call for single rate 314/ 984-7777), 4 meals (2 breakfasts, 1 lunch, plus a dinner at the Chattanooga Choo Choo Station House restaurant), admission to all museums and attractions, baggage handling, tour director, and all gratuities . Specify type of accommodation at time of reservation: 1 queen bed or 2 twins. Meet tour bus on Lot E on NW side of Meramec campus. Field trip release form required. Registration/withdrawal deadline: 8/19. No refunds after that date.

TRIP:702 | $484

MDA FSaSu 7am-8:50pm — **Dea Hoover**
Sept. 20 – Sept. 22 — *MC-Off Campus*

The Battle of Chickamauga Reenactment Weekend (Single Supplement)

Single occupancy supplement for Chickamauga Reenactment weekend trip. Must sign up for TRIP 702 MDA first. Registration/withdrawal deadline: 8/19. No refunds after that date.

TRIP:702 | $105

MDB FSaSu 7am-8:50pm — **Dea Hoover**
Sept. 20 – Sept. 22 — *MC-Off Campus*

19th Century Fredericktown and Madison County, MO

Founded in 1819, the village of Fredericktown captures the culture and heritage of the 19th and 20th centuries. Two museums and the 1870's jail showcase the heritage of the area including the Battle of Fredericktown in the Civil War. Among others, we'll hear the tale of the American bald eagle war mascot named Old Abe who accompanied union soldiers in 36 battles. National Historic Sites include the U.S. Post Office, two railroad depots, and buildings on the courthouse square. The county courthouse built in 1900 is the only courthouse in the state designed by famed architect, Theodore Linke. A delicious salad bar lunch with dessert will be enjoyed at a local eatery whose many original features preserve its 1931 roots. There will be a short time to browse the shops on the square. Transportation, escort, admissions, and lunch are included. Field trip release form required. Refund/withdrawal deadline: 9/11. No refunds after that date.

TRIP:702 | $99

VD1 W 8am-6pm — **Cindy Fricke**
Sept. 25 — *FV-Off Campus*
Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

MD2 W 8:30am-5:30pm — **Cindy Fricke**
Sept. 25 — *MC-Off Campus*
Meet tour bus in Lot E on NW side of the Meramec campus.

Re-live the 1904 World's Fair

Join us for an illustrated, narrated tour of the actual fair grounds of the 1904 World's Fair in and around Forest Park. Travel back in time through a narrated 3-D stereoscopic slide presentation, then travel to the sites of the marvels you've just seen. Fee includes a light lunch of foods made famous at the fair and print materials (including maps). Special 3-D glasses are supplied for this course. Some walking required. Provide own transportation for the tour. Rain date: 10/19.

TRIP:701 | $39

480 Sa 8:30am-1:30pm — **Charles Koehler & Doug Schneider**
Sept. 28 — *FP-G Tower, 117*

Exploring St. Louis

You will tour a selection of sites of historical and present day significance in the St. Louis area. Discover places you haven't seen before! Provide own transportation and sack lunch. Admission fees extra. First class will meet in the Campus Police Building classroom, followed by a tour. Considerable walking involved. Class meets off-campus after first class (10/11-10/25). Registration/withdrawal deadline: 9/19. No refunds after that date.

TRIP:701 | $99

MD1 F 9am-10:30am — **Joan Huisinga**
Oct. 4 — *MC-CP, CP*
F 9am-2:30pm — *MC-Off Campus*
Oct. 4-Oct. 25

Mystery Trip!

Join our Fall Mystery Trip as we travel to unknown destinations. The day includes transportation, admissions, escort, lunch, tax, and tip. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Refund/withdrawal deadline: 9/18. No refunds after that date.

TRIP:702 | $99

MD3 W 8am-6pm — **Cindy Fricke**
Oct. 9 — *MC-Off Campus*

Brown County and Columbus, Indiana (overnight)

Spend Sunday in the rustic hills of Indiana in the quaint artists colony of Nashville (Brown County), Indiana. We'll take a tram tour around the village and area, visiting the local shops. A country dinner awaits us at the historic Nashville House. Lodging is at the award winning Comfort Inn with an indoor pool. After breakfast we'll leave the village and head to the best example of mid-century modern architecture in America in Columbus, Indiana. Leading architects of the 20th century, including Eero Saarinen, were hired to design public buildings. Local architectural guides will lead our bus tour. Fee includes motor coach, tours, lodging (price based on double occupancy - call for single rate 314/ 984-7777), dinner and breakfast. Meet tour bus in Lot E on NW side of the Meramec campus. Registration/withdrawal deadline: 9/30. No refunds after that date.

TRIP:702 | $249

MD4 MSu 7:30am-7:30pm — **Joan Huisinga**
Oct. 20 – Oct. 21 — *MC-Off Campus*

Brown County and Columbus, Indiana (Single Supplement)

Single occupancy supplement for Brown County overnight trip. Must sign up for TRIP 702 MD4 first. Registration/withdrawal deadline: 9/30. No refunds after that date.

TRIP:702 | $45

MD8 MSu 7:30am-7:30pm — **Joan Huisinga**
Oct. 20 – Oct. 21 — *MC-Off Campus*

Haunted St. Louis

Hear stories of the bizarre and unusual as we visit some of St. Louis's strangest sites. Lunch will be at one of the most haunted houses in America, the Lemp Mansion. As Little Orphan Annie said "The Goblins will get you if you don't watch out." Meet tour at Thomas Dunn Memorial Learning Center Field trip release form required. Registration/withdrawal deadline: 10/3. No refunds after that date.

TRIP:701 | $59

PD2 Th 9:30am-3:30pm — **Joan Huisinga**
Oct. 24 — *Thomas Dunn Mem. Ctr*

Vintage Voices & Haunting of Hill House

Experience two live performances on this trip to Alton, Illinois. *Vintage Voices*, an outdoor performance, will be held at the Alton Cemetery. Costumed actors will portray historic people who are interred there. Dress for the weather and wear comfortable walking shoes. We will relax and enjoy a delicious dinner at Castelli's Moonlight Restaurant and then attend the performance of *Haunting of Hill House* at the Alton Little Theatre. This tour includes transportation, admission, theatre tickets, escort, a delicious dinner, tax, and tip. Field trip release form required. Refund/withdrawal deadline: 9/27. No refunds after that date.

TRIP:702 | $99

VD2 Sa 2pm-10pm — **Cindy Fricke**
Oct. 26 — *FV-Off Campus*
Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

MD5 Sa 1:30pm-10:30pm — **Cindy Fricke**
Oct. 26 — *MC-Off Campus*
Meet tour bus in Lot E on NW side of the Meramec campus.

"This was a delightful trip. Cindy Fricke is excellent. Everything went very smoothly. I would certainly travel with her again."

-Marcia B. – Hazelwood, MO

Explore the Great River Road in Illinois this fall!

The Great River Road

Enjoy the beautiful fall colors along the Great River Road in Illinois. Take the elevator to the top of the Lewis & Clark Tower to view the confluence. We'll make a quick stop at the Lewis & Clark museum, visit a farmers market, sip some wine, enjoy a fall lunch and poke about in an antique shop or two. A delightful way to spend an autumn day. Trip includes transportation, escort, food, tips, tax, and admission. Meet tour bus in Lot E on NW side of the Meramec campus. Registration/withdrawal deadline: 10/15. No refunds after that date.

TRIP:702 | $59

MD6 W 9am-4pm — **Joan Huisinga**
Oct. 30 — *MC-Off Campus*

A Victorian Holiday in St. Louis

Celebrate the holidays in the Victorian manner! You'll begin the day with pastries, coffee, and a tour at the Campbell House learning about Victorian holiday customs. An musical concert will follow and a look at the decorations at the Old Court House. You'll enjoy High Tea at the Missouri Athletic Club (and a view of their amazing Gingerbread Village). You'll end the day with a treat: chocolate at the Eugene Field house amid their Christmas decorations and toy collection. Trip includes transportation, escort, food, tips, tax, and admissions. Field trip release form required.

TRIP:701 | $59

MD2 W 10am-4pm — **Joan Huisinga**
Dec. 4 — *MC-Off Campus*

Meet tour bus in Lot E on NW side of the Meramec campus. Registration/withdrawal deadline: 11/13. No refunds after that date.

PD3 W 10am-4pm — **Joan Huisinga**
Dec. 11 — *Thomas Dunn Mem. Ctr*

Meet tour bus at the Thomas Dunn Memorial Learning Center. Registration/withdrawal deadline: 11/20. No refunds after that date.

30th Annual Country Christmas Stroll (Okawville) & Our Lady of the Snows Shrine "Way of Lights"

We'll spend the day in Okawville, Illinois, at their Christmas Celebration which features a craft fair, Festival of Trees, decorated Heritage House Historic sites, gift shops, and House Walk featuring four homes and a beautifully decorated local church. Lunch, including dessert, will be enjoyed at the Original Springs Hotel. At dusk we will drive through Our Lady of the Snows Shrine Way of Lights Display near Belleville which features more than a million festive lights. Transportation, escort, admissions, and lunch are included. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Refund/withdrawal deadline: 11/15. No refunds after that date.

TRIP:702 | $99

MD7 Sa 8am-6:45pm — **Cindy Fricke**
Dec. 7 — *MC-Off Campus*

Christmas in Hannibal

Get into the spirit of Christmas, Mark Twain style! There will be a presentation at the Mark Twain Museum Gallery, "Christmas in the Clemens Household," topped off by a reading of "A Letter from St. Nick" - a letter written by Samuel Clemens to his daughters. You'll have free time for shopping the various shops in town before lunch at the Hannibal Country Club. You'll enjoy a special tour of some of Hannibal's beautiful historic B&Bs, decorated for the holiday season, including: Reagan's Queen Anne B & B — Midwest Living's "Best of the Midwest" 2012, a magnificent 1889 Queen Anne; Dubach Inn B&B, a beautifully restored 1871 Italianate home; Garth Woodside Mansion B&B, where Mark Twain spoke in 1902- voted #1 B&B in Missouri and "The Best in the Midwest." Garth Mansion has the distinction of having one of only seven 3-story flying staircases! Tour includes transportation, admissions, lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Field trip release form required. Registration/withdrawal deadline: 12/1. No refunds after that date.

TRIP:702 | $79

MD9 Tu 7:20am-6:30pm — **Dea Hoover**
Dec. 17 — *MC-Off Campus*

Tips for Traveling to Europe

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

TRIP:703 | $19

650 M 7pm-9pm — **Fred Miller**
Nov. 11 — *MC-SO, 108*

TREE CLIMBING

Recreational Tree Climbing

Experience the exhilaration of being in the trees as never before! Climb safely to heights and access parts of the canopy that you never thought possible. Enjoy this new sport using ropes and harnesses just like the professionals. Learn some basics about tree biology and the procedures for climbing, then all participants will have the opportunity to climb a tree. The class ends with a survey of climbing gear and techniques. Class does not teach participants how to climb on their own. Participants need basic physical fitness - able to easily climb a flight of stairs. All gear is provided. STUDENTS MUST BE REGISTERED, BRING PHOTO ID, AND SIGN WAIVER TO PARTICIPATE IN CLASS.

PEDU:765 | $39

V01	Sa 10am-1pm	**Guy Mott**	*Sept. 14*	*Earth Dance Farms*
M01	Sa 10am-1pm	**Guy Mott**	*Oct. 12*	*Camp Wyman*

"Wonderfully fun and educational! I learned a lot about trees."

-Jenny A. – Florissant, MO

Is it time for a New You?

Meramec

Adult Career Exploration Session
Tues., Aug. 6 and Wed., Oct.16
6 to 7:30 p.m., BA 105

Whether you're just starting out, looking to re-enter the workforce or wanting to switch careers—but you're not sure about an area of study—St. Louis Community College's **Adult Career Exploration Session** will help you identify your interests, discover your passion, and point you toward the career that's right for you!

- Receive a FREE interest inventory to identify your primary interest areas.
- Discover how your interests can lead to good career decisions.
- Learn how your interests relate to career programs at STLCC.
- Hear about resources to pay for school.
- Find out how to get started at STLCC!

St. Louis Community College

Register TODAY at **stlcc.edu/Visit** and get started on the New You!

WELLNESS

Systema: Health and Breathing

Learn how to defend yourself against a very different enemy; the silent killers of stress, tension, pain and fatigue. Through new and advanced breathing techniques, you will learn the capacity to significantly change your quality of life as you go about your daily routines. If you are seeking to enhance your life - this is your best way to uncover the infinite new reserves of energy, power and health.

HEAL:701 | $69

P01	M 5:45pm-6:45pm	
	Sept. 23 – Nov. 18	*St. Louis Combat Institute*

Couples Massage

Find gentle ways to comfort and relax your partner. Methods based on Swedish, Russian Massage, and Trigger Point Therapy. Partner required. Fee is per person. Supply list sent.

HEAL:704 | $49

480	Sa 9:30am-3:30pm	**B Sanvito**
	Sept. 28	*FP-HSP, 219*
481	Sa 9:30am-3:30pm	**B Sanvito**
	Oct. 12	*FP-HSP, 219*

Improve Your Health by Tapping Into the Mind/Body Connection

Feel better as you tap acupressure points while making positive statements. This may ease many forms of discomfort. Clear your self-sabotaging beliefs, integrate mind and body for a healthy whole.

HEAL:706 | $45

451	M 7pm-9pm	**Rhonda Leifheit**
	Sept. 23 – Oct. 7	*FP-G Tower, 113*

Meditation for Health and Harmony

Meditation brings relaxation, mental clarity, emotional balance and spirituality. Discover meditation techniques and find the one that's best for you.

HEAL:706 | $49

450	W 7pm-9pm	**Rhonda Leifheit**
	Oct. 16 – Nov. 6	*FP-G Tower, 113*

YOUTH AND FAMILY

Golf: Parent/Child is located in the Golf section in Recreation, Fitness and Wellness on page 61

From A to Z in Clay

You'll learn to create all sorts of things in clay from a professional artist who loves to work with kids. You'll use the same materials as adults and work in a college clay studio that is safe and appropriate for all ages. Ages 6 to 14. Fee includes most materials.

KIDS:701 | $99

580	Sa 1pm-3pm	**Sheow Chang**
	Sept. 7 – Oct. 5	*FV-H, 109*
581	Sa 1pm-3pm	
	Oct. 19 – Nov. 16	*FV-H, 109*

Jr. Docs & Vets: Dissection

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

KIDS:706 | $35

680	Sa 9:30am-Noon	**Jeanne Schulte**
	Dec. 7	*MC-SS, 105*
580	Sa 9:30am-Noon	**Jeanne Schulte**
	Nov. 9	*FV-E, 156*
480	Sa 9:30am-Noon	**Jeanne Schulte**
	Nov. 16	*FP-G Tower, 113*

Karate for Kids

Karate for Kids is a program designed to build self-confidence, self-esteem, and self-discipline. It teaches the basic concepts of karate as well as self-control, coordination and focus. Safety and fun are the most important elements of this program. For boys and girls ages 4-10.

KIDS:707 | $59

M01	Sa 10am-11am	**Timothy Toeniskoetter**
Sept. 7 – Nov. 9		*The Martial Arts Cntr (Mehlvl)*
V01	Sa 10am-11am	
	Sept. 7 – Nov. 9	*Martial Arts Cntr (Florissant)*

Tennis for Youth: Pee Wee I - with Mark Platt

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

KIDS:709 | $85

M06	Sa 4pm-5pm	**Mark Platt**
	Nov. 2 – Dec. 7	*Forest Lake Tennis Club*
M03	Su 5pm-6pm	**Mark Platt**
	Sept. 15 – Oct. 20	*Frontenac Racquet Club*

Tennis for Youth: Beginning I & II

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

KIDS:709

Outdoor | $75

Ages 7-10

580	Sa 9am-10am	**Mark Platt**
	Sept. 14 – Oct. 19	*FV-PE, TENNIS*

Ages 11-15

P01	Sa 11am-Noon	**Mark Platt**
	Sept. 14 – Oct. 19	*Francis Park*
720	Sa Noon-1pm	**Mark Platt**
	Sept. 7 – Oct. 12	*Ladue Mid. Sch.*

Indoor | $85

Ages 7-10

M01	Sa 4pm-5pm	**Mark Platt**
	Sept. 14 – Oct. 19	*Forest Lake Tennis Club*
M07	Sa 4pm-5pm	**Mark Platt**
	Nov. 2 – Dec. 7	*Forest Lake Tennis Club*
M04	Su 6pm-7pm	**Mark Platt**
	Sept. 15 – Oct. 20	*Frontenac Racquet Club*
M08	Su 5pm-6pm	**Mark Platt**
	Nov. 3 – Dec. 8	*Frontenac Racquet Club*

Ages 11-15

M02	Sa 5pm-6pm	**Mark Platt**
	Sept. 14 – Oct. 19	*Forest Lake Tennis Club*
M05	Su 6pm-7pm	**Mark Platt**
	Sept. 15 – Oct. 20	*Frontenac Racquet Club*

Golf for Youth: Beginning I - 4 Sessions

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

KIDS:710 | $45

810	Sa 11am-Noon	
	Sept. 7 – Sept. 28	*Big Bend Golf Ctr*

Fencing for Youth: Beginning

Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, and bouting. Equipment provided.

KIDS:720 | $59

650	Th 6pm-6:50pm	**Patrick Dorsey**
	Sept. 12 – Nov. 7	*MC-PE, 201*
	No Class 10/31	**Ages 8-11**
920	W 6:30pm-7:25pm	**Patrick Dorsey**
	Sept. 11 – Oct. 30	*U. City H.S., GIRLS GYM*
		Ages 12-15

En garde! Join STLCC for Fencing for Youth: Beginning.

Swimming for Children: Beginning

You'll learn to swim like a fish-maybe a shark-while practicing beginning swimming strokes & personal water safety skills & overcoming any fear you may have of the water. Ages 8 - 15.

KIDS:720 | $39

580	Sa Noon-12:45pm	**Jeanne Schulte**
	Sept. 7 – Oct. 26	*FV-PE, POOL*
581	Sa 1pm-1:45pm	**Jeanne Schulte**
	Sept. 7 – Oct. 26	*FV-PE, POOL*
582	Sa 2pm-2:45pm	**Jeanne Schulte**
	Sept. 7 – Oct. 26	*FV-PE, POOL*

NEW Fun with Harmonica for Kids

The harmonica is a fun and easy musical instrument to learn. In just three sessions you will be able to play folk and campfire type songs. Fee includes student guide/songbook and a 10-hole, "C" diatonic harmonica. Instructor is a member of the Gateway Harmonica club. Ages 10-15.

KIDS:737 | $39

680	Sa 10am-11am	
	Oct. 5 – Oct. 19	*MC-CN, 119*

Me & Mom: Basic Sewing

Pre-teens and teens, get basic sewing skills. You'll make a sewing tote. Also make a fleece pillow, an American Girl doll dress OR denim purse. Learn to make a flat-fell seam, a bound buttonhole and read pattern instructions. Sewing machine use included. Adult and child (age 9-14) each must register (ONE CHILD PER ADULT - adult serves as helper) and pay $39. Fee includes all materials (basic sewing supplies.) No sewing machine necessary. Bring a sack lunch. Class meets Girl Scout requirements for sewing badge.

KIDS:738 | $39

680	Sa 9:30am-1:30pm	**Jeanne Zipp**
	Sept. 21	*MC-CP, CP*
580	Sa 9:30am-1:30pm	**Jeanne Zipp**
	Oct. 26	*FV-SS, 103*

Pharmacy Technician Certification Training begins August 19.

Demand for pharmacy technicians is growing!

Now is the time for you to become a pharmacy technician with St. Louis Community College. Check out the course description on page 10.

St. Louis Community College
Continuing Education

In partnership with MK Education

Registration is now open!
Call 314-984-7777
for more information.

If animals are your passion but you're not sure where you fit, the new ***Animal Welfare Assistant Certificate program*** will help you sort out the options, focus on your strengths, and build the knowledge base you'll need for ***a successful future in animal welfare organizations***.

The Animal Welfare Assistant Certificate Program is a non-credit Continuing Education program at St. Louis Community College.

View available Fall 2013 classes for this program on page 43.

St. Louis Community College
Continuing Education

Registration begins August 5!

Request a brochure at 314-984-7777

Do you enjoy creating beautiful food? Develop your talent and pave the way to extra income.

If baking is your passion and you have artistic flair, a **Cake Decorating Certificate** from St. Louis Community College will help you **build new skills**, **focus on your strengths**, and l**earn the tricks of the trade** that you'll need for a **successful future in cake decorating**. See page 31 for more details.

St. Louis Community College
Continuing Education

Request a brochure at 314-984-7777

LOCATION INDEX

Registration
begins August 5

Adiva Dance Center
943 S. Kirkwood Rd, 63122

Advanced Auto Service Inc
6123 Gravois, 63116

Affton Senior High School
8309 Mackenzie Road, 63123

Affton White-Rodgers Community Center
(Affton White-Rodgers)
9801 Mackenzie Road, 63123

Alaska Klondike Coffee Company,
3200 N Highway 67, 63033

Almas Del Ritmo Dance Co.
3515 Park Ave., 63104

Babler Memorial State Park
Highway 109, 63005

Berkeley Police Firing Range
Intersection of Frost and Eva, 63134

Big Bend Golf Center
3390 Quinette Road, 63088

Big Bend Yoga Center
88 North Gore, 63119

Bridge Haven
6205 No. Lindbergh Blvd, 63042

Bridgeton Trails Library
3455 McKelvey Road, 63044

BRDG Park at the Donald Danforth
Plant Science Center
1005 No Warson Rd, 63132

Ces and Judy's
10405 Clayton Rd, 63131

Chess Club and Scholastic Center
of St. Louis
4657 Maryland Ave, 63108

Chesterfield Ridge Center Bldg., 1st floor
16401 Swingley Ridge Rd., 63017

City Seeds Urban Farm
2200 Pine Street, 63103

Clayton High School
#1 Mark Twain Circle, 63105

Columbia Bottom Conservation Area
Columbia Bottoms
& Strodtman Rds, 63138

Concordia Lutheran Church
505 S. Kirkwood Rd., 63122

Crestview Middle School
16025 Clayton Road, 63011

Culinary Arts House
3137 Hampton Avenue, 63139

DEEsigns Studio
9920 Watson Rd. Ste 200, 63126

Defensive Focus
16401 Swingley Ridge Road, 63017

Eagle Springs Golf Course
2575 Redman Rd. 63136

Family Golfplex and Learning Center
3717 Tree Court Industrial, 63122

First Tee (South County)
6286 Lemay Ferry Road, 63129

Fischer's Cake & Candy
620 Charbonier Rd., 63031

FitChix-Creve Coeur
12295 Olive Blvd., 63141

Forest Lake Tennis Club
1012 N. Woods Mill Road, 63011

Francis Park
Donovan and Eichelberger, 63109

Frontenac Racquet Club
10455 German Blvd., 63131

Hawn State Park
12096 Park Drive
Ste Genevieve MO 63670

GolfPort
1 GolfPort Drive, 63146

Hixson Middle School
630 South Elm Ave, 63119

Kaufman Park
8000 Blackberry, 63130

Kennedy Recreation Complex
6050 Wells Road, 63128

Kirkwood Community Center
111 South Geyer Road, 63122

Kirkwood Senior High School
801 West Essex, 63122

Kirkwood Public Library
140 East Jefferson, 63122

K.I.S.S Fitness
2318 N. Hwy 67, 63033

LaSalle Springs Middle School
3300 Highway 109, 63038

Ladue Horton Watkins High School
1201 South Warson Road, 63124

Ladue Middle School
9701 Conway Road, 63124

Landings at Spirit Golf Club
180 No. Eatherton Road, 63005

Lindbergh Senior High School
4900 South Lindbergh, 63126

Little Creek Nature Area
2295 Dunn Road, 63033

Martial Arts Center (Meramec area)
3712 Lemay Ferry Road, 63125

Martial Arts Center (FV area)
12683 New Halls Ferry Rd, 63033

Masterpeace Studios (Inside Arden Mead Youth and Community Center)
17 Selma Ave., 63119

Mehlville Senior High School
3200 Lemay Ferry Rd, 63125

Meramec State Park
115 Meramec Park Rd
Sullivan MO, 63080

Mid-County Family YMCA
1900 Urban Drive, 63144

Missouri History Museum
5700 Lindell Blvd, 63112

Nottingham Elementary School
4915 Donovan, 63109

Oakville Senior High School
5557 Milburn Road, 63129

Painted Zebra
10907 Manchester Road, 63122

Preston Art Glass
2651 Chouteau Avenue, 63103

Queeny Park--Greensfelder Recreation Complex
550 Weidman Road, 63011

RiverChase of Fenton
990 Horan Drive, 63026

Rockwood Summit High School
1780 Hawkins Road, 63026

Rockwood Valley Middle School
1220 Babler Park Dr., 63038

Ruth Park Golf Course
8211 Groby Road, 63130

St. John's Evangelical UCC
11333 St. John's Church Road, 63123

Selvidge Middle School
235 New Ballwin Road, 63021

Shaw VPA Community Center
5329 Columbia, 63139

Sign of the Arrow
9740 Clayton Road 63124

Solar Yoga Center
6002 Pershing at Des Peres, 63112

Sperreng Middle School
12111 Tesson Ferry Road, 63128

St. Louis Combat Institute
5017 Northrup Ave., 63110

St. Louis Community College Florissant Valley (FV)
3400 Pershall Road, 63135

St. Louis Community College Forest Park (FP)
5600 Oakland Ave, 63110

St. Louis Community College Meramec (MC)
11333 Big Bend Road, 63122

St. Louis Community College Wildwood (WW)
2645 Generations Dr.
Wildwood, 63040

St. Louis Community College William J. Harrison Education Center (Harrison Ed. Ctr)
3140 Cass Ave, 63106

St. Louis Community College South County Education & University Center (SCEUC)
4115 Meramec Bottom Road, 63129

St. Louis Community College Corporate College (Corp. College)
3221 McKelvey Road, 63044

St. Louis Community College Center for Workforce Innovation (CWI)
3221 McKelvey Road, 63044

St. Louis Genealogical Society
4 Sunnen Drive, 63143

St. Louis Wine and Beer Making
231 Lamp and Lantern Village, 63017

Sunset Hills Community Center **(Sunset Hills Comm. Ctr)**
3915 South Lindbergh, 63127

Sunset Hills Golf Learning Center 13550 West Watson Rd, 63127

Sunset Tennis Center
10911 Gravois Ind'l Court, 63128

The Studio, Inc.
1332 Strassner Drive, 63144

Thomas Dunn Memorial Learning Center
(Thomas Dunn Mem. Ctr)
3113 Gasconade, 63118

Thornhill Branch/St. Louis County Library
12863 Willowyck Dr, 63146

Tower Tee Golf Center
6727 Heege Road, 63123

Trinity Lutheran Church
14088 Clayton Road, 63017

U Can Dance Studio
3570 Adie Rd., 63074

University City High School (U. City H.S.)
7401 Balson Avenue, 63130

University City Public Library
6701 Delmar Blvd, 63130

Valley Park High School
One Main Street 63088

Vetta Sports-Concord
12320 Old Tesson Ferry Road, 63128

Wildlife Rescue Center
1128 New Ballwin Rd., 63021

Wine Barrel
3828 South Lindbergh, Suite 111, 63127

Woods Mill Racquet Club
910 Old Woods Mill Road, 63017

CAMPUS LEGEND

FLORISSANT VALLEY = FV

A	ADMINISTRATION
B	BUSINESS
CDC	CHILD DEVELOPMENT CENTER
C	COMMUNICATIONS
EC	EMERSON CENTER
E	ENGINEERING
H	HUMANITIES
IR	INSTRUCTIONAL RESOURCES
PE	PHYSICAL EDUCATION
S	SERVICE BUILDING
SM	SCIENCE-MATHEMATICS
SS	SOCIAL SCIENCES
SC	STUDENT CENTER
T	THEATER
TC	TRAINING CENTER
CWI	CTR FOR WORKFORCE INNOVATION

FOREST PARK = FP

A	A-TOWER
B	B-TOWER
C	C-TOWER
D	D-TOWER
F	F-TOWER
G	G-TOWER
HSP	HOSPITALITY
LB	LIBRARY
PE	PHYSICAL EDUCATION
SC	STUDENT CENTER
T	THEATRE
AA	ART ANNEX

MERAMEC = MC

AC	ASSESSMENT CENTER
AD	ADMINISTRATION/CLARK HALL
AS	APPLIED SCIENCE
BA	BUSINESS ADMINISTRATION
CE	CONTINUING EDUCATION
CP	CAMPUS POLICE
CN	COMMUNICATIONS NORTH
CS	COMMUNICATIONS SOUTH
GH	GREENHOUSE
HE	HUMANITIES EAST
HW	HUMANITIES WEST
LH	LECTURE HALLS
L	LIBRARY
PE	PHYSICAL EDUCATION
SC	STUDENT CENTER
SO	SOCIAL SCIENCE
SS	SCIENCE SOUTH
SW	SCIENCE WEST
T	THEATRE

WILDWOOD = WW

EXTENSION CAMPUSES

South County Education and University Center = SCEUC

William J. Harrison Education Center = Harrison Ed. Ctr

STLCC Corporate College = Corp. College

GENERAL INFORMATION

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

Accommodations Statement

St. Louis Community College is committed to providing access and reasonable accommodations for individuals with disabilities. If you have accommodation needs, please contact the Continuing Education Access office at least six weeks prior to the start of class to request accommodations. Event accommodation requests should be made with the event coordinator at least two working days prior to the event. Documentation of disability may be required. Contact Anne Marie Schreiber at 314-984-7704.

Students Rights and Responsibilities

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

Postponement/Cancellation Due to Inclement Weather

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

Refund of Fees

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

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

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

Fee Reduction for Older Adults

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

Senior Citizen Scholarship

Missouri residents who are at least sixty-five years of age will be awarded a scholarship to be exempt from maintenance fees to enroll in courses on a space available basis. There will be a non-refundable registration fee of $5 per course to a maximum of $25 per semester. Student is responsible for other fees, such as materials, supplies and books. At the earliest, students may enroll in the class two days prior to the first class date. Students may not receive a refund for a paid course in order to enroll for a scholarship space in that same course. PLEASE CALL THE CONTINUING EDUCATION OFFICE TO GET SPECIFICS REGARDING THE SENIOR SCHOLARSHIP. The senior scholarship discount does not apply to online classes.

Safety and Program Guidelines for Youth Classes

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

Unattended Children

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

Textbooks — can be purchased at the campus bookstores.

Library and Computer Lab Privileges

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

Firearms on College Property

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

Notice of Non-Discrimination

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

Corporate College
Lesley English-Abram, Manager, Community Services
STLCC Corporate College, 3221 McKelvey Road, Bridgeton, MO 63044
314-539-5480

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

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

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

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

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

Section 504/Title II Coordinator
Dr. Donna Dare, Vice Chancellor of Academic and Student Affairs
300 S. Broadway, St. Louis, MO 63102-2800, 314-539-5285

Registration is Easy!!!

Mail

Complete the registration form (below) and mail with check (*payable to* ***St. Louis Community College***) to:
STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044
Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.

In Person at STLCC Continuing Education Offices M-F 8:30 am - 4 pm

Meramec	Florissant Valley	Forest Park
802 Couch Avenue St. Louis, MO 63122	At the Center for Workforce Innovation 3400 Pershall Rd., Ferguson, MO 63135	Forest Park, G Tower-320-322 5600 Oakland Ave., St. Louis, MO 63110

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

By Phone

Call to complete your registration by charging fees to MasterCard, Visa, American Express or Discover.

Telephone: 314-984-7777

Before calling to register, have this information ready:

1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address / phone number)
3. Student Number or UIN
4. Credit Card Number with Expiration Date

Online: www.stlcc.edu

Visit our website and click on the "**Continuing Education**" link — where you can view current class offerings and to register for classes.

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

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

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

Mail-In

Registration form *Please print in ink.*

Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
			Total	

☐ Male ☐ Female

Senior Citizen?
☐ Yes ☐ No

Check Payment:
Please make checks payable to St. Louis Community College, and mail with form (addess above).

Credit Card Payment:
Charge fees to:
☐ MasterCard
☐ VISA
☐ Discover
☐ American Express

Email Address: _____

UIN or Student#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX

_____
CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

_____ Expiration Date: _____
CARD NUMBER

Signature: _____

St. Louis Community College

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St. Louis Community College
Continuing Education

www.stlcc.edu/ce

- Lean Six Sigma Green Belt
- Project Management
- Mental Health Interpreter
- Master Naturalist
- CPR/First Aid
- Phlebotomy
- *NEW* Small Business Essentials
- Nurse Assistant for Nursing Homes
- Personal Trainer
- Web Development
- *NEW* Pharmacy Technician
- *NEW* Animal Welfare Assistant
- *NEW* Cake Decorating

Questions? Call 314-984-7777

ST. LOUIS COMMUNITY COLLEGE...

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

Since 1962, more than 1.2 million people have passed through our doors to take a class, earn a degree, upgrade their career skills or enrich their lives. Each year, more than 81,000 students enroll in:

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

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

Learning is convenient via:

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

100218 7/2013

Governed by a board of six elected trustees and supported by local taxes, state funds and student fees, the college has an annual budget of more than $200 million. The college is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools. St. Louis Community College focuses its resources on helping students find the right academic and career pathways. Through its alumni and community partnerships, the college is helping St. Louis become the best place to live and work in the 21st century.