



**Pursue Your Passion**



**Central  
Arizona  
College**

**Spring 2018  
Community Education  
NONCREDIT CLASS SCHEDULE**

[www.centralaz.edu/lifelonglearning](http://www.centralaz.edu/lifelonglearning)

## Understanding the course description:

**Getting Social, Learning The Basics About Social <sup>NEW</sup> Media**

Social media has become such a rampant part of everything we do in society today, but can be very difficult for many to grasp and understand. This course will help novice level individuals learn more about the in-and-outs of various social media platforms like Facebook, Twitter, Instagram, and LinkedIn. The basics of managing a personal social media account, the pros and cons of social media and some general information on safety will also be covered. Individuals will become more comfortable using their personal social media accounts and learn basic tips and knowledge to becoming an informed user of the social platforms many use today.

Instructor: Luis Sanchez  
Subject: CME00251

CRN: 25568	Jan 26	11 am-1 pm
Fee: \$25	1 Friday	CCC/A135
.....		
CRN: 25569	Feb 28	6:15-8:15 pm
Fee: \$25	1 Wednesday	MC/C115
.....		
CRN: 25570	Mar 30	11 am-1 pm
Fee: \$25	1 Friday	CCC/A135
.....		
CRN: 25571	Apr 25	6:15-8:15 pm
Fee: \$25	1 Wednesday	MC/C116

Course Title

Course Description

Subject Code is CME for all Lifelong Learning courses

Course Reference Number (CRN) is needed to register at CAC

This symbol indicates a class is being offered for the first time this semester.

Course location, building and room. TBD = To be determined. Staff will call you when a room is assigned.

Course taught at two different locations

Course start and end dates/ Number of days course meets

### CAC Campus/Center Location Designations:

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

- AVC** - Aravaipa Campus
- CGC** - Casa Grande Center
- CCC** - Central Corporate Center
- FC** - Florence Center
- MC** - Maricopa Campus
- STC** - San Tan Campus
- SMC** - Superstition Mountain Campus
- SPC** - Signal Peak Campus



**Central  
Arizona  
College**

**Community Education Offices**

**CAC Casa Grande Center**

Program Coordinator: Muriel Thomas  
540 N. Camino Mercado, Rm. 159  
Casa Grande, AZ 85122  
520.494.6659 Voice  
520.494.6655 Fax  
muriel.thomas@centralaz.edu

**CAC Superstition Mountain Campus**

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

**Office Hours:**

Monday – Thursday, 8 am – 6 pm

**Bob Duke**  
Director

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*Please register  
one week prior to  
course start dates.*



Follow us:



**Experiencing Watercolor**

Discover how to paint with a palette of beautiful, transparent watercolors. Lessons include the history of watercolor, brush control, the coloring book of basic skills, preparing your paper, creating a composition, mixing colors, painting trees, skies and more. Students will leave with a finished painting. *Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.*

Instructor: Kristal Hoeh

Subject: CME070CE

CRN: 25490 Jan 25-Mar 8 6:30-8:30 pm  
 Fee: \$85 7 Thursdays MC/C106

**Plein Air Oil Pastel Painting**

Explore the possibilities of using oil pastel in an outside setting. You will create three finished drawings: architectural, botanical, and landscape. The theory behind mixing and layering color and creating shadows and to create dynamic compositions will be covered. Come and enjoy being outside in the beautiful Arizona weather while capturing it in your own artwork. *Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.*

**Note: No class Feb 19 & Mar 12.**

Instructor: Kristal Hoeh

Subject: CME00093

CRN: 25491 Feb 5-Apr 2 Noon-2:30 pm  
 Fee: \$99 7 Mondays MC/C106

Central Arizona College  
 Community Education  
 recognizes our partner:

Casa Grande Community  
 Services Department: Dave  
 White Golf Course

<http://casagrandeaz.gov/rec/golf-course>

2121 N. Thornton Road  
 Casa Grande, AZ 85122  
 520.836.9216

**Pottery on the Wheel**

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

Instructor: KimmBerly loane

Subject: CME070CQ

CRN: 24966 Feb 6-Mar 6 9 am-Noon  
 Fee: \$99 5 Tuesdays SMC/TBD

CRN: 24967 Feb 8-Mar 8 9 am-Noon  
 Fee: \$99 5 Thursdays SMC/TBD

CRN: 24969 Mar 20-Apr 17 9 am-Noon  
 Fee: \$99 5 Tuesdays SMC/TBD

CRN: 24970 Mar 22-Apr 19 9 am-Noon  
 Fee: \$99 5 Thursdays SMC/TBD

CRN: 24971 Apr 24-May 22 9 am-Noon  
 Fee: \$99 5 Tuesdays SMC/TBD

CRN: 24973 Apr 26-May 24 9 am-Noon  
 Fee: \$99 5 Thursdays SMC/TBD

Instructor: Francisco Menciahaca

Subject: CME

CRN: 24983 Jan 25-Mar 1 6-8:30 pm  
 Fee: \$99 6 Thursdays SPC/N127

CRN: 24984 Mar 22-Apr 26 6-8:30 pm  
 Fee: \$99 6 Thursdays SPC/N127



**Artistic Travel Journaling**

Learn to easily and fearlessly create quick drawings from your vacation or "staycation" adventures. During this multimedia adventure, students will learn contour drawing, watercolor and colored pencil techniques to create a unique expression of your life; plus how to put together an easy to carry travel journal kit. Drawing creates a kinesthetic memory that will resonate deeply within you. Anyone can learn these fun and experimental techniques. *Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.*

**Note: No class Mar 14.**

Instructor: Pauline Conn

Subject: CME00044

CRN: 24986 Feb 21-Mar 28 3-6 pm  
 Fee: \$99 5 Wednesdays SMC/TBD



**Beginning Drawing Skills**

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

**Note: No class Mar 12.**

Instructor: Vanessa Ortiz

Subject: CME00036

CRN: 25000 Feb 26-Apr 2 1-4 pm  
 Fee: \$79 5 Mondays SMC/TBD

**Expressive Portrait Drawing**

Learn how to bring expressive emotions into your portraits using basic techniques. Forget about creating a likeness; instead, we will concentrate on seeing and drawing the big shapes of dark and light. Students will be encouraged to develop their own distinct drawing style using pencil, charcoal, and other media. If you are an individual with an expressive nature, who loves to draw portraits, then this class is for you! *Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class startdate for a materials list.*

Instructor: Vanessa Ortiz

Subject: CME00134

CRN: 25002 Mar 23-Apr 27 1-4 pm  
 Fee: \$109 6 Fridays SMC/TBD

**Send ideas and comments  
 to Community Education  
 via email at  
 CommEd@centralaz.edu**

**Creative Acrylic I**

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

Instructor: Vanessa Ortiz

Subject: CME00029

CRN: 25001 Mar 20-May 1 3-6 pm  
 Fee: \$119 7 Tuesdays SMC/TBD

**Charcoal Drawing for Everyone**

Whether you are a beginner or advanced charcoal drawer, this is the class for you. You will focus on a bold and uninhibited form of drawing using vine and compressed charcoal. The versatility of charcoal helps you to create line variety, background tones and lifted-out highlights. You will leave the class with a remarkable sense of realism and depth in your artwork. *Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.*

Instructor: Kristal Hoeh

Subject: CME00011

CRN: 25489 Mar 22-May 3 6:30-8:30 pm  
 Fee: \$85 7 Thursdays MC/C106



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Entertainment  
Music  
and more...*

For a listing of events and to  
purchase tickets:

**[www.EventsAtCAC.com](http://www.EventsAtCAC.com)**

**Introduction to QuickBooks Pro®**

This course is an introduction to the QuickBooks Pro® Accounting Program for those wishing to become a QuickBooks Pro® user or understand the basics of accounting for a small business. This class is also for the small business owners who want to improve their own knowledge of the program. This course covers the basics of what you will find in QuickBooks Pro® and how to use each component including: the installation process; creating a company file; processing accounts payable; processing accounts receivable; reconciling bank statements; managing QuickBooks Pro® files for backup and restoration; and using QuickBooks Pro® in single-user and multi-user modes. *Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.*

Instructor: Alice Fields  
 Subject: CME00117  
 CRN: 24931 Apr 10-24 10 am-2 pm  
 Fee: \$85 3 Tuesdays SMC/TBD

**Turning Business Cards Into Gold**

The most effective way to sell your product or service is by "Word of Mouth". Few realize the power and the science of "Word of Mouth" and how it can affect your success. A starting point in the business world is the business card since nearly everyone has a business card. Learn what to do with those business cards you collect at a meeting. Learn firsthand the benefits of collaboration with class members, with outside businesses, and with businesses you discover on social media. This course takes you through the four stages of the networking process that leads to a system of working with people met, and turning that experience into a profitable alliance. *Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.*

Instructor: Jaclyn Zoccoli  
 Subject: CME00165  
 CRN: 24942 Apr 3-24 9 am-Noon  
 Fee: \$79 4 Tuesdays STC/TBD

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

**Workplace Spanish**

The Workplace Spanish programs are built on the premise that language learners become more motivated if their learning experience correlates to immediate life application. In these programs the Spanish learning activities are centered on employees' specific job functions. Focus is given to building workplace vocabulary and conversational practice is centered on relevant industry topics that build language skills most necessary for the environment in the employee's current workplace. The Workplace Spanish series of courses are designed to teach functional Spanish to facilitate communication between English and Spanish-speakers. Courses cover greetings, introductions, employment issues, scheduling, work rules, safety issues, site supervision, time, speed, and quantity expressions. It focuses on language relevant to specific occupations in a highly interactive, situation based classroom. Material can be customized for many occupations.

Custom training is available for many occupations including:

- Police officers
- Firefighters
- Paramedics/EMTs
- Nurses
- Banking personnel
- Office workers
- Construction workers
- Manufacturing workers
- Retail
- Hospitality
- Warehousing

Programs are all non-grammar based, focusing instead on repetition of key words and phrases. No previous Spanish experience is necessary. Students learn generic Spanish terms understood by most Spanish speakers and relevant to their specific type of work. Workplace Spanish noncredit classes eliminate the tedious grammar instruction found in most other language programs.

To schedule a free consultation regarding Workplace Spanish training for your organization, please call Bob Duke at 520.494.6651.

**CALL Membership**

We heard you! Back by popular demand, CAC is piloting the return of the Central Arizona Lifelong Learners (CALL) program on a limited basis. To expand course offerings in the future, CAC is seeking your CALL ideas and volunteer instructors with a passion for teaching and sharing. For more information contact Joel Beck at 480.677.7721. If you have comments about the program, please share them with Bob Duke at 520.494.6651 or Dr. Jani Attebery at 520.494.5364.

Community members may purchase a membership for \$49 and take any CALL course during the semester.  
Subject: CME  
CRN: 25580

**Book Discussion Group**

Engage in a casual atmosphere in which educational and cultural themes of various selected books are discussed. Participants are requested to read the book identified by the Lifelong Learning Schedule prior to the class and to come prepared for lively discussion. Books for discussion are: 1) The Light Between Oceans by M.L. Stedman. (Jan 22) 2) The Orchardist by Amanda Coplin. (Feb 26) 3) Maine by J. Cortney Sullivan. (Mar 19) 4) Biography-Read a biography of your choice and discuss it briefly with the group.  
**Note: Class only meets Jan 22, Feb 26, Mar 19 & Apr 16.**

Instructor: Gerry Nicholson  
Subject: CME070WP  
CALL Member CRN: 25049      Fee: \$0  
Non-Member CRN: 25538      Fee: \$10  
Jan 22-Apr 16                      4 Mondays  
10 am-Noon                        SMC/TBD

**Mah Jongg**

Learn the basics of the American version of the ancient Chinese game, Mah Jongg. This is a game of skill involving an array of tiles divided into various suits called flowers, winds, dragons, craks, bams and dots.  
**Note: No class on Feb 19 & Mar 12.**

Instructor: Sandra Koenig  
Subject: CME070DC  
CALL Member CRN: 25532      Fee: \$0  
Non-Member CRN: 24992      Fee: \$10  
Jan 22-Mar 26                      8 Mondays  
1-4 pm                                SMC/TBD

CALL Member CRN: 25533      Fee: \$0  
Non-Member CRN: 24933      Fee: \$10  
Apr 2-May 21                        8 Mondays  
1-4 pm                                SMC/TBD

**Line Dancing: Fun and Exercise**

Exercise your body and brain by learning how to line dance. A variety of line dances will be explored. No experience or partner necessary to participate in and enjoy this energetic dance genre.

**Note: No class Feb 19 & Mar 12.**

Instructor: Tobia Eaks  
Subject: CME070LQ  
CALL Member CRN: 25534      Fee: \$0  
Non-Member CRN: 24998      Fee: \$10  
Jan 29-May 14                      14 Mondays  
10-11 am                              SMC/TBD

**Gentle Yoga**

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

Instructor: Sharon Corrigan  
Subject: CME00032  
CALL Member CRN: 25535      Fee: \$0  
Non-Member CRN: 24994      Fee: \$30  
Jan 22-Feb 14                        4 Mon/4 Wed  
9-10:15 am                         SMC/TBD

CALL Member CRN: 25536      Fee: \$0  
Non-Member CRN: 24995      Fee: \$30  
Feb 26-Mar 28                        4 Mon/4 Wed  
9-10:15 am                         SMC/TBD

**Note: No class Mar 12 & 14.**

CALL Member CRN: 25537      Fee: \$0  
Non-Member CRN: 24996      Fee: \$30  
Apr 2-25                                4 Mon/4 Wed  
9-10:15 am                         SMC/TBD



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**For credit classes, visit:  
[www.centralaz.edu](http://www.centralaz.edu)**

**Full Body Fitness**

Fundamentals of a full body workout through aerobic exercise. The workout covers the upper and lower body, abdominal conditioning, stretching techniques, cardiovascular endurance, and safety. Designed for individuals of all fitness levels in physical training. *Special Note: Please wear comfortable clothing that allows easy movement.*

**Note: No class Feb 19, Mar 12 & Mar 14.**

Instructor: Stephanie Murphy  
 Subject: CME00230  
 CRN: 25492 Jan 22-Apr 23 9-10 am  
 Fee: \$99 12 Mon/12 Wed MC/TBD

**Beginning Golf**

Enjoy the great outdoors while learning the basic skills of the game of golf. Topics include the rules, etiquette, play, grip, stance, set up, posture and swing. Learn the game of golf, while having fun and meeting new people!

Instructor: Jennifer Marsh  
 Subject: CME00232  
 CRN: 25493 Jan 23-Apr 12 7:30-8:45 am  
 Fee: \$99 12 Tue/12 Thu DWMGC

**Beginning Yoga for Adults**

Yoga is a slow and relaxed form of stretching where breathing (pranayama) and positions (asanas) are performed to release tension and unlock energy. Participants will begin to develop yoga as a practice to facilitate lifelong skills enhancing physical, emotional and intellectual strength, flexibility and power. *Special Note: Please bring a yoga mat and wear comfortable clothing that allows easy movement.*

**Note: No class Mar 13 & Mar 15.**

Instructor: Stephanie Murphy  
 Subject: CME00236  
 CRN: 25494 Jan 23-Apr 19 9-10 am  
 Fee: \$99 12 Tue/12 Thu MC/TBD

**Yoga Basics**

Yoga is an ancient system that unites the body and mind. The practice of yoga offers powerful tools to relieve stress and bring flexibility, strength, coordination and balance to the body. This class is designed for both beginners and students desiring to revisit the foundations of yoga to deepen their current practice. The class focuses on breath, body awareness, mindfulness and basic yoga poses that can be easily modified to meet the needs of all body types. *Special Note: Please bring a yoga mat, block, blanket and wear comfortable clothing that allows easy movement.*

**Note: No class Mar 14.**

Instructor: Stephanie Murphy  
 Subject: CME00006  
 CRN: 25495 Jan 24-Apr 18 5:30-6:30 pm  
 Fee: \$79 12 Wednesdays MC/TBD

**Tai Chi Basics**

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

**Note: No class Mar 15.**

Instructor: Jennifer McGraw  
 Subject: CME070WN  
 CRN: 24963 Feb 1-Mar 29 6:30-7:30 pm  
 Fee: \$59 8 Thursdays SMC/TBD

**Line Dancing: Fun and Exercise**

Exercise your body and brain by learning how to line dance. A variety of line dances will be explored. No experience or partner necessary to participate in and enjoy this energetic dance genre.

Instructor: Tobia Eaks  
 Subject: CME070LQ  
 CRN: 24978 Feb 1-Apr 12 10-11 am  
 Fee: \$10 10 Thursdays STC/TBD

**Note: No class Mar 15.**

.....  
 CRN: 25512 Feb 1-Apr 12 11 am-Noon  
 Fee: \$10 10 Thursdays STC/TBD

**Note: No class Mar 15.**

**Stretch Therapy** 

Do you have the desire to move around a little easier and with less pain? This course, open to all levels, is designed to safely improve muscle function and flexibility as well as increase joint mobility. Benefits include developing a greater range of motion in muscles and joints plus pain reduction. *Special Note: Please wear comfortable clothing to allow easy movement.*

**Note: No class Mar 15.**

Instructor: Lance Lorenzo  
 Subject: CME00242  
 CRN: 25578 Feb 1-Apr 26 9:30-10:30 am  
 Fee: \$69 12 Thursdays SMC/TBD

**Basic Self-Defense**

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

Instructor: Mark Steuver  
 Subject: CME070YB  
 CRN: 25528 Feb 3-24 9-11 am  
 Fee: \$59 4 Saturdays CCC/A106-107

**Meditation for Relaxation and Stress Relief**

Explore meditation techniques to lower stress levels, assist with sleep, and heal the body, mind, and spirit. Learn how to quiet your mind and breathing techniques for relaxation, centering and connecting.

**Note: No class Feb 19 & Mar 12.**

Instructor: Jennifer McGraw  
 Subject: CME070WG  
 CRN: 24965 Feb 5-Apr 9 6:30-7:30 pm  
 Fee: \$59 8 Mondays SMC/TBD

**Self-Defense for Women**

Designed especially for women, learn self-defense techniques so that you are aware, prepared and ready to respond appropriately within any given situation.

*Special Note: Please wear comfortable clothing to allow easy movement.*

Instructor: Mark Steuver  
 Subject: CME00233  
 CRN: 25529 Mar 24-Apr 14 9-11 am  
 Fee: \$59 4 Saturdays CCC/A106-107



**Total Body Fitness**

Tired of fad diets and exercise routines with no results? Attend and learn to create healthy eating habits, combined with fitness routines that work for you! You will be introduced to a variety of exercises and nutritional options that work best to balance work, school, and life. **Special Note:** This is a hybrid course with three face-to-face meetings, in addition to online tasks.

Instructor: Shelly Minder  
 Subject: CME00241  
 CRN: 25505 Jan 22-Apr 30 7-9 pm  
 Fee: \$85 15 Mondays SMC/TBD

**Note: Face to face classes meet Jan 22, Mar 5 & Apr 30.**

.....  
 Instructor: Dave Minder  
 Subject: CME  
 CRN: 25505 Jan 23-May 1 7-9 pm  
 Fee: \$85 15 Tuesdays STC/TBD  
**Note: Face to face classes meet Jan 23, Mar 6 & May 1.**

.....  
 CRN: 25505 Jan 25-May 3 7-9 pm  
 Fee: \$85 15 Thursdays MC/C116  
**Note: Face to face classes meet Jan 25, Mar 8 & May 3.**



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Equal Opportunity Employer/Program - Auxiliary aids and services are available upon request to individuals with disabilities. These services are federally funded through the Workforce Innovation and Opportunity Act (WIOA).



**French Conversation & Culture**

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

**Note: No class Feb 20.**

Instructor: Kristal Hoeh  
 Subject: CME00020  
 CRN: 25531 Jan 23-Mar 6 6:30-8:30 pm  
 Fee: \$85 6 Tuesdays MC/C111

**Amigos Hablando Español: Friends Speaking Spanish**

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

**Note: No class Feb 20.**

Instructor: Janet Russell  
 Subject: CME070SK  
 CRN: 24962 Jan 23-Mar 6 11:15 am-12:45 pm  
 Fee: \$65 6 Tuesdays CCC/A120

**Spanish for Beginners**

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

Instructor: Mary Marrinan-Menchaca  
 Subject: CME070SH  
 CRN: 24968 Jan 29-Feb 14 2-4 pm  
 Fee: \$65 3 Mon/3 Wed CCC/A108

.....  
 Instructor: Christian Ensley  
 CRN: 24946 Mar 20-Apr 17 5-7 pm  
 Fee: \$65 5 Tuesdays SMC/TBD

**Spanish for Beginners Plus**

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

**Note: No class Mar 12 & 14.**

Instructor: Mary Marrinan-Menchaca  
 Subject: CME070SJ  
 CRN: 24972 Feb 26-Mar 21 2-4 pm  
 Fee: \$65 3 Mon/3 Wed CCC/A108

**Introduction to Spoken Spanish** <sup>NEW</sup>

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

Instructor: Mary Marrinan-Menchaca  
 Subject: CME00249  
 CRN: 25576 Feb 3-Mar 10 9-11 am  
 Fee: \$75 6 Saturdays CCC/A108

**Intermediate Spoken Spanish** <sup>NEW</sup>

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

Instructor: Mary Marrinan-Menchaca  
 Subject: CME00250  
 CRN: 25577 Mar 24-Apr 28 9-11 am  
 Fee: \$75 6 Saturdays CCC/A108

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### Become a Master Gardener

Learn hands-on principles required to grow healthy outdoor plants in the Southwest Desert. Acquire knowledge in planting and growing garden and landscape plants; develop processes of identifying, diagnosing, and treating problems. Become a Certified Master Gardener by completing the requirements of the course series. *Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.*  
**Note: No class Mar 13.**

Instructor: U of A Cooperative Extension, Pinal County  
 Subject: CME00148  
 CRN: 25513 Jan 16-May 8 1-4 pm  
 Fee: \$79 16 Tuesdays SMC/TBD

### Beginning Bridge

This course is an introduction to the challenging game of Bridge. Learn the fundamentals of bidding, play of hand and defense. Learn this great game, meet new people, and have fun at the same time.  
**Note: No class Feb 20 & Mar 13.**

Instructor: David Littleton  
 Subject: CME00051  
 CRN: 24976 Jan 23-Apr 10 9:30-11:30 am  
 Fee: \$99 10 Tuesdays CGC/B101



### Improve Your Bridge Game While Having Fun

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

Instructor: David Littleton  
 Subject: CME00021  
 CRN: 24979 Jan 24-Apr 4 9:30-11:30 am  
 Fee: \$99 10 Wednesdays CGC/B101  
**Note: No class Mar 14.**

.....  
 CRN: 24980 Jan 25-Apr 5 9:30-11:30 am  
 Fee: \$99 10 Thursdays CGC/B101

**Note: No class Mar 15.**

### Writing the Story of Your Life Part I

Learn how to preserve your part of family history by creating a written history that preserves your generational contributions. Each week the student will be required to write a short story about different areas of their life as guided by the instructor. Then each student will read their story to the class and these stories will help others by triggering more memories.  
 Instructor: Barb Hofmeister  
 Subject: CME00113  
 CRN: 24935 Jan 30-Apr 3 1-3 pm  
 Fee: \$99 8 Tuesdays SMC/TBD  
**Note: No class Feb 20 & Mar 13.**

.....  
 CRN: 24926 Jan 31-Apr 4 1-3 pm  
 Fee: \$99 8 Wednesdays CCC/A120  
**Note: No class on Feb 21 & Mar 14.**

.....  
 CRN: 24925 Feb 1-Apr 5 1-3 pm  
 Fee: \$99 8 Thursdays STC/TBD  
**Note: No class Feb 22 & Mar 15.**

### Writing the Story of Your Life Part II

Continue preparing the generational gift to your family by continuing to write short stories about your life. As you create and collect your short stories, you will begin to put the writings in order and develop titles and ways of keeping the reader interested. We will write more in-depth stories in some cases and spend more time critiquing writing to keep it interesting. The last class will cover ways to publish and what to do with photographs.  
**Note: No class Feb 20 & Mar 13.**

Instructor: Barb Hofmeister  
 Subject: CME00114  
 CRN: 24936 Jan 30-Apr 3 10 am-Noon  
 Fee: \$99 8 Tuesdays SMC/TBD

### Understanding Personal Challenges

Do you wonder why specific things happen in your life? It is no coincidence. Learn how everything happens for a reason. If you believe that there is a plan for your life and you are interested in finding out more, discover the possibilities of having a life more meaningful and enjoyable than you have now.

Instructor: Connie Allison  
 Subject: CME00238  
 CRN: 25553 Feb 3-24 10 am-Noon  
 Fee: \$59 4 Saturdays CCC/A120

### Understanding Food Nutrition Labels NEW

Interested in making healthier food choices? You will de-mystify the nutrition label through a thorough examination of its anatomy. In-class practice and discussion to help prepare you to hit the shelves at a store near you.

Instructor: Lindsey Gemme  
 Subject: CME00248  
 CRN: 25574 Feb 7 4:30-6:30 pm  
 Fee: \$19 1 Wednesday CCC/A108

.....  
 CRN: 25575 Mar 20 4:30-6:30 pm  
 Fee: \$19 1 Tuesday CCC/A108

**Mindful Practices for Weight Loss** NEW

Do you struggle with food cravings during times of stress, when feeling down, and have difficulty losing weight because of it? This course will provide you with helpful tools and techniques to better cope with life's triggers, and how to mindfully handle these stressful situations and emotions.

Instructor: Lindsey Gemme  
 Subject: CME00247  
 CRN: 25572 Feb 14 4:30-6:30 pm  
 Fee: \$25 1 Wednesday CCC/A108

.....  
 CRN: 25573 Mar 27 4:30-6:30 pm  
 Fee: \$25 1 Tuesday CCC/A108



**Snack Smart** NEW

Learn basic meal planning skills and how to identify healthy snacking options, from the grocery store to the convenience store.

Instructor: Lindsey Gemme  
 Subject: CME00246  
 CRN: 25581 Feb 21 4:30-6:30 pm  
 Fee: \$25 1 Wednesday CCC/A108

.....  
 CRN: 25582 Apr 3 4:30-6:30 pm  
 Fee: \$25 1 Tuesday CCC/A108

**Start College While You are Still in High School!**

**Early College (Fall or Spring) or First Step (Summer) Programs**

[www.centralaz.edu/firststep](http://www.centralaz.edu/firststep)

[www.centralaz.edu/earlycollege](http://www.centralaz.edu/earlycollege)

**How to Play Blackjack**

Learn how to play the fun and exciting game of blackjack, one of the most popular casino table games. This introductory course will emphasize basic strategy so you can play with confidence. Different types of blackjack games will be explained with a focus on casino play. *Note: This is an informational class with social playing only. Actual gambling is prohibited and no money will be permitted to exchange hands.*

Instructor: Rod Daniels  
 Subject: CME00158  
 CRN: 24987 Feb 21-Mar 7 2-3 pm  
 Fee: \$25 3 Wednesdays SMC/TBD

.....  
 CRN: 24988 Mar 20-Apr 3 2-3 pm  
 Fee: \$25 3 Tuesdays SMC/TBD

**Desert Safety & Survival**

Hiking or camping in the Sonoran Desert is an amazing experience, but it can turn deadly if you do not have a plan and not prepared. Learn important tips on how to survive in almost any situation.

Instructor: Jay Jay Pelletier  
 Subject: CME00174  
 CRN: 25053 Feb 22 9 am-Noon  
 Fee: \$25 1 Thursday SMC/TBD

.....  
 CRN: 25509 Mar 31 9 am-Noon  
 Fee: \$25 1 Saturday SMC/TBD

**Geology of the Superstition Mountains**


Did you know there is a volcano nearby? In this class you will learn about the formation of the Superstition Mountains and why they look the way they do. We will focus on geology, but cannot let legends of the Superstitions be ignored. Come and learn why the Superstitions rock!

Instructor: Amy Mellinger  
 Subject: CME071BC  
 CRN: 24932 Feb 27-Mar 6 4:30-6:30 pm  
 Fee: \$35 2 Tuesdays SMC/TBD

**DNA-Beyond Genealogy, National Geographic Genographic Project**

In 2005, the National Geographic Society and IBM launched The Genographic Project, an on-going genetic anthropological study that aims to map historical human migration patterns by collecting and analyzing DNA samples from hundreds of thousands of people from around the world. Discuss the real time public participation in an actual scientific study using DNA to trace the footsteps of mankind out of Africa 65-100,000 years ago. Also discuss the genealogical DNA companies, such as Ancestry.com and FamilyTreeDNA.com, and how they compare with the National Geographic Genographic Project.

Instructor: Robert Stieglitz  
 Subject: CME00156  
 CRN: 24958 Feb 27 10 am-Noon  
 Fee: \$35 1 Tuesday STC/TBD

**Shaking the Salt Habit** 

Shop, cook and snack with less salt! A wonderful class for applying basic heart health concepts, practice reading nutrition labels, and great ideas for salt seasoning alternatives for tasty, healthy meals.

Instructor: Lindsey Gemme

Subject: CME00245

CRN: 25586 Feb 28 4:30-6:30 pm  
 Fee: \$25 1 Wednesday CCC/A108

CRN: 25587 Apr 10 4:30-6:30 pm  
 Fee: \$25 1 Tuesday CCC/A108

**Let the People Dance - Understanding American Indian Cultures Through Dance**

Since the beginning of time, Native peoples have expressed themselves through dance. Various Plains and Southwest Tribal dances are shown with heartfelt traditional stories being told about each. Students are taught traditional War Dance and Round Dance steps, and then are invited to participate in a Plains Two Step Dance, all accompanied by live traditional singing. Questions are fielded and the program ends with memorizing a traditional Southern Plains Closing Song.

Instructor: Gregory Hansen

Subject: CME00226

CRN: 14224 Feb 27 2-3:30 pm  
 Fee: \$25 1 Tuesday SMC/TBD

**Trace Your Famine Irish Ancestors**

One of the single-most influential events in U.S. immigration history was Ireland's great potato famine in the mid-1800s. More than 1.5 million people immigrated from Ireland to the U.S. If you think you're Irish, trace your family's history back to Ireland using basic, very common genealogical principles and tools that help you dig deeper into your family's past. Discover your family's roots!

Instructor: Robert Stieglitz

Subject: CME00164

CRN: 24959 Mar 6 10 am-Noon  
 Fee: \$35 1 Tuesday STC/TBD

**"Trails of the Superstitions" - An Inside Look at the History and Stewardship**

This program is introduced with the instructor sharing his 20-year background with the U.S. Forest Service and, more specifically, his 14-year career managing the complex Superstition Wilderness. Next, the "Trails of the Superstitions" video is shown and a follow-up interactive discussion is conducted on the situation in the Superstitions today. The legend of the "Lost Dutchman Gold Mine" is presented and discussed, followed by chilling real life stories of the instructor's first-hand experiences with legal and "illegal" miners in the mountain. Questions are taken and the presentation is concluded with inspirational words about the importance of places like the Superstitions and why it is integral to our overall health and wellbeing as a nation to protect and preserve America's remaining natural treasures.

Instructor: Gregory Hansen

Subject: CME00227

CRN: 14225 Mar 6 2-3:30 pm  
 Fee: \$25 1 Tuesday SMC/TBD

**Astronomy for Beginners**

Experience a survey of the Universe from the Big Bang through the present search for habitable planets and life elsewhere in the Universe. The focus will be a study of the structure and nature of the Universe, including galaxies, stars, planets and other objects which populate the cosmos.

Instructor: Larry Bahn

Subject: CME00145

CRN: 24974 Mar 19-Apr 11 9-11 am  
 Fee: \$99 4 Mon/4 Wed STC/TBD

**From Real to Reel: "When the Legend Becomes Fact, Print the Legend"**

Come and explore the real stories behind the historical figures of the West and their celluloid counterparts. Discover the difference between what the silver screen shows us about Wyatt Earp, Doc Holliday, Jesse James, Billy the Kid, Calamity Jane and the real people behind the names. Learn what really caused the gunfight at the O.K. Corral, Pat Garrett to go after Billy the Kid and other tales of the Old West.

Instructor: Charlie LeSueur

Subject: CME00223

CRN: 25507 Mar 20-Apr 10 9 am-Noon  
 Fee: \$59 4 Tuesdays SMC/TBD

**For more information about  
 CAC's Lifelong Learning  
 opportunities visit:  
[www.centralaz.edu/  
 lifelonglearning](http://www.centralaz.edu/lifelonglearning)**

**AVC-Aravaipa Campus**

- Feb 6 Join The Conversation With Facebook & Social Networking!
- Feb 22 Email & Internet for Beginners
- Mar 5 Beginning Computer Skills
- Mar 28 Join The Conversation With Facebook & Social Networking!
- Apr 2 Intermediate Computer Skills

**CALL-Central Arizona Lifelong Learners**

- Jan 22 Book Discussion Group
- Jan 22 Mah Jongg
- Jan 22 Gentle Yoga
- Jan 29 Line Dancing
- Feb 26 Gentle Yoga
- Apr 2 Mah Jongg
- Apr 2 Gentle Yoga

**CCC-Central Corporate Center**

- Jan 23 Amigos Hablando Español: Friends Speaking Spanish
- Jan 26 Getting Social, Learning the Basics About Social Media
- Jan 27 Basics of Microsoft Windows 10
- Jan 29 Spanish for Beginners
- Jan 31 Writing the Story of Your Life Part I
- Feb 3 Basic Self-Defense
- Feb 3 Understanding Personal Challenges
- Feb 3 Introduction to Spoken Spanish
- Feb 7 Understanding Food Nutrition Label
- Feb 9 How to Maximize Your iPhone
- Feb 14 Mindful Practices for Weight Loss
- Feb 17 Computer Basics for Seniors
- Feb 21 Snack Smart
- Feb 23 Email & Internet for Beginners
- Feb 28 Shaking the Salt Habit
- Mar 9 Email & Internet for Beginners
- Mar 10 Beginning Computer Skills
- Mar 20 Understanding Food Nutrition Label
- Mar 20 Basics for Self-Publishing
- Mar 21 Spanish for Beginners Plus
- Mar 24 Self-Defense for Women
- Mar 24 Intermediate Computer Skills
- Mar 24 Intermediate Spoken Spanish
- Mar 27 Mindful Practices for Weight Loss
- Mar 30 Getting Social, Learning the Basics About Social Media
- Apr 3 Snack Smart
- Apr 3 Safe Medication Use at Home
- Apr 10 Shaking the Salt Habit

**CCC cont.**

- Apr 21 Microsoft Excel Essentials
- May 4 How to Maximize Your Android Smartphone
- May 5 Basics of Microsoft Windows 10

**CGC-Casa Grande Center**

- Jan 23 Beginning Bridge
- Jan 24 Improve Your Bridge Game While Having Fun
- Jan 25 Improve Your Bridge Game While Having Fun

**DWGC- Dave White Municipal Golf Course, Casa Grande, AZ**

- Jan 23 Beginning Golf

**MC-Maricopa Campus**

- Jan 22 Full Body Fitness
- Jan 23 Beginning Yoga for Adults
- Jan 23 French Conversation & Culture
- Jan 24 Yoga Basics
- Jan 25 Total Body Fitness
- Jan 25 Experiencing Watercolor
- Feb 5 Plein Air Oil Pastel Painting
- Feb 6 Basics of Microsoft Windows 10
- Feb 13 Email & Internet for Beginners
- Feb 14 Beginning Computer Skills
- Feb 21 Intermediate Computer Skills
- Feb 28 Getting Social, Learning the Basics About Social Media
- Mar 22 Charcoal Drawing for Everyone
- Mar 26 Microsoft Excel Essentials
- Apr 3 Computer Basics for Seniors
- Apr 4 Email & Internet for Beginners
- Apr 25 Getting Social, Learning the Basics About Social Media
- Apr 26 Beginning Computer Skills

**SMC-Superstition Mountain Campus**

- Jan 16 Become a Master Gardener
- Jan 22 Total Body Fitness
- Jan 30 Writing the Story of Your Life Part I
- Jan 30 Writing the Story of Your Life Part II
- Feb 1 Tai Chi Basics
- Feb 1 Stretch Therapy
- Feb 5 Meditation for Relaxation and Stress Relief
- Feb 6 Pottery on the Wheel
- Feb 8 Pottery on the Wheel
- Feb 15 Simple Steps to Better Health
- Feb 21 Artistic Travel Journaling
- Feb 21 How to Play Blackjack
- Feb 22 Desert Safety & Survival
- Feb 26 Beginning Drawing Skills



**SMC cont.**

- Feb 27 Geology of the Superstition Mountains
- Feb 27 Let the People Dance- Understanding American Indian Cultures Through Dance
- Feb 28 Beginning Computer Skills
- Mar 1 Osteoporosis-Simple Steps for Treatment and Prevention
- Mar 6 "Trails of the Superstitions"-An Inside Look at the History and Stewardship
- Mar 20 Pottery on the Wheel
- Mar 20 Spanish for Beginners
- Mar 20 Creative Acrylic I
- Mar 20 From Real to Reel: "When the Legend Becomes Fact, Print the Legend"
- Mar 20 Intro to Interior Design: Part I
- Mar 20 How to Play Blackjack
- Mar 20 An Amazing Walk Through the Skies
- Mar 20 Basic Landscape Irrigation Guidelines
- Mar 20 Market Research for Fun
- Mar 20 Beginning Adobe Photoshop
- Mar 21 Ranger Tales-Accounts of a Lifelong Backcountry Ranger
- Mar 21 Writing Your Legacy Letter: The Gift of a Lifetime
- Mar 22 Pottery on the Wheel
- Mar 22 Volcanoes-What, Why, Where and How?
- Mar 22 Numbers: Influencing Our Lives Part I
- Mar 23 Expressive Portrait Drawing
- Mar 26 Instant Piano for Hopelessly Busy People
- Mar 27 Honoring the Veteran-The Significance of Veterans in American Indian Cultures
- Mar 29 Instant Guitar for Hopelessly Busy People
- Mar 31 Desert Safety & Survival
- Apr 3 Beginning Landscape Irrigation Design
- Apr 5 Intro to Interior Design: Part II
- Apr 10 Introduction to QuickBooks Pro®
- Apr 12 Numbers: Influencing Our Lives Part II
- Apr 12 Beginning Computer Skills
- Apr 24 Pottery on the Wheel
- Apr 26 Pottery on the Wheel

**SPC-Signal Peak Campus**

- Jan 25 Pottery on the Wheel
- Mar 22 Pottery on the Wheel

**STC-San Tan Campus**

- Jan 23 Total Body Fitness
- Feb 1 Line Dancing: Fun and Exercise
- Feb 1 Line Dancing: Fun and Exercise
- Feb 1 Writing the Story of Your Life Part I
- Feb 5 Instant Guitar for Hopelessly Busy People
- Feb 8 Instant Piano for Hopelessly Busy People
- Feb 27 DNA-Beyond Genealogy, National Geographic Geographic Project
- Mar 6 Trace Your Famine Irish Ancestors
- Mar 19 Astronomy for Beginners
- Mar 19 Understanding Digital Photography Concepts
- Apr 3 Turning Business Cards Into Gold
- Apr 12 Understanding Digital Photography Concepts

**Course Start Dates**

**Intro to Interior Design: Part I**

This is an excellent journey into the field of interior design for both the career-minded student and lifelong learners. An overview of multiple areas of design, including the major principles and elements of design, the use of color, and the development of pleasing color schemes is provided. The course emphasizes how to use various types of flooring, textiles and lighting to enhance interior spaces. It will encourage you to make wise selections from the numerous products available for either your own use or for a commercial or residential client.

Instructor: Cheryl Blankenship  
 Subject: CME00100  
 CRN: 24939 Mar 20-Apr 3 7-9 pm  
 Fee: \$69 3 Tue/2 Thu SMC/TBD

**Intro to Interior Design: Part II**

Continue the journey by expanding on the principles and elements you learned in Intro to Interior Design: Part I by creating projects. Basic theories and practical applications are key to creating aesthetically pleasing, functional spaces. This course will help build confidence in making those decisions.

Instructor: Cheryl Blankenship  
 Subject: CME00101  
 CRN: 24940 Apr 5-19 7-9 pm  
 Fee: \$69 2 Tue/3 Thu SMC/TBD

**Basics for Self-Publishing**

Interested in sharing your story with the world? Working with a publisher for the first time can be overwhelming. Through self-publishing, take the frustration out of the process by following some basic steps towards producing a polished finished product.

Instructor: Connie Allison  
 Subject: CME00179  
 CRN: 25073 Mar 20-Apr 10 2-4 pm  
 Fee: \$59 4 Tuesdays CCC/A108

**An Amazing Walk Through the Skies**

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

Instructor: Steve Kates-"Dr. Sky"  
 Subject: CME00042  
 CRN: 24997 Mar 20-Apr 17 7-9 pm  
 Fee: \$65 5 Tuesdays SMC/TBD

**Basic Landscape Irrigation Guidelines**

This course is intended for homeowners, new hires with landscaping companies, material supplier employees and others interested in learning the basics of landscape irrigation systems. PowerPoint presentations, down-to-earth lectures, and real-world product examples are utilized. Several working model controllers (timers in layman's terms) are used to give students some "hands-on" experience. The importance of reasonable but regular system monitoring and repair is stressed, both in the interest of saving water and of maintaining a healthy desert landscape. Select "war-stories" from real world irrigation projects are presented to support key points and to connect the design and installation concepts described.

Instructor: Vern Swanson  
 Subject: CME00137  
 CRN: 25003 Mar 20-29 10 am-Noon  
 Fee: \$59 2 Tue/2 Thu SMC/TBD

**Beginning Landscape Irrigation Design**

Upon completion of this class, the student should be able to design either an overhead sprinkler or drip system for a residential project. To become competent in irrigation design, years on the drawing board and in the ditch are required to achieve professional results and provide the client with a durable, practical and "smart" system that does the job. The goal is to give the student the basic design "tools and rules" as a solid foundation for the next step, depending on the individual's choices. This course assumes the student has landscape industry experience and preferably some irrigation installation experience. No CAD design program is used in this class; the "old-school" T-Square, drawing board, compass and scale are the tools used. It is important to recognize that the basic "old-school" drafting and design methods, once mastered, will enable you to move forward to an irrigation or landscape CAD program much easier and quicker. *Special Note: Students will need some basic drafting tools and a small drawing board.*

Instructor: Vern Swanson  
 Subject: CME00173  
 CRN: 25004 Apr 3-24 10 am-Noon  
 Fee: \$85 4 Tue/3 Thu SMC/TBD

**Writing Your Legacy Letter: The Gift of a Lifetime**

Interactive instruction designed to produce a loving document that will reveal some personal and family stories for younger family members. Share core values, wisdom, life lessons, and family stories, giving hopes and dreams for the future to your loved ones. This is the gift of a lifetime.

Instructor: Betty Bowes  
 Subject: CME00221  
 CRN: 25514 Mar 21-28 5-7 pm  
 Fee: \$29 2 Wednesdays SMC/TBD

### Market Research for Fun <sup>NEW</sup>

Consumer research focuses on attitude and awareness. Learn how you or a small business can benefit from questionnaire design, planning and focus groups, exit interviewing, mall intercepts, product testing, secret shopping, music tests, advertising research, and radio station measurements. We will discuss methodology, sampling and market segmentation strategies. Instructor: Mike Pettengill  
Subject: CME 00243  
CRN: 25579 Mar 20-May 8 10-11:30 am  
Fee: \$59 8 Tuesdays SMC/TBD

### Ranger Tales-Accounts of a Lifelong Backcountry Ranger

Gregory Hansen has successfully worked for over 20 years as a Backcountry Ranger and Manager, Regional Wilderness Program Leader, National Outdoor Education Coordinator and International Wilderness Management Program Leader for the U.S. Forest Service and National Park Service. Students will be awed by the first-hand experiences of a life-long backcountry ranger as they listen to tales of dangerous animal encounters, cantankerous human confrontations and perilous search-and-rescue missions. A collaborative discussion is facilitated on how such powerful field-based experiences helped drive many of the local, regional, national and international decisions the instructor was directly engaged in. Questions are entertained and the presentation concludes with a quote from our first ecologist, Aldo Leopold, meant to instill student support for the quality stewardship of our public lands! Instructor: Gregory Hansen  
Subject: CME00229  
CRN: 14226 Mar 20 2-3:30 pm  
Fee: \$25 1 Tuesday SMC/TBD



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### Volcanoes-What, Why, Where and How?

Designed for the non-geologist as an introduction to the fascinating study of volcanoes, this course covers the basics of volcanology including types of volcanoes, location of volcanoes (including Arizona volcanoes), types of lava and other materials ejected by volcanic eruptions. Specific volcanic disasters will also be studied. Instructor: Amy Mellinger  
Subject: CME 00057  
CRN: 24933 Mar 22-29 4:30-6:30 pm  
Fee: \$35 2 Thursdays SMC/TBD

### Numbers: Influencing Our Lives Part I

The use of numbers dates back centuries and can be used to enhance your everyday life. Explore ways to describe the nature of existence based on numbers. Discover the strength, character and essential influence numbers have on our lives. Develop a better understanding of the universe and yourself based on the assertion by Pythagoras that all things can be reduced to numbers and expressed in numerical terms. *Special Note: Bring water and either snacks or lunch for a 30 minute break.* Instructor: Romualda "Rommy" Banaszczyk  
Subject: CME00012  
CRN: 25510 Mar 22-Apr 5 9:30 am-2 pm  
Fee: \$75 3 Thursdays SMC/TBD

### Numbers: Influencing Our Lives Part II

Continue exploring ways to describe the nature of existence based on numbers. Part II will be tailored to the outcomes determined by the participants in Part I. *Special Note: Bring water and either snacks or lunch for a 30 minute break.* Instructor: Romualda "Rommy" Banaszczyk  
Subject: CME00113  
CRN: 25511 Apr 12-26 9:30 am-2 pm  
Fee: \$75 3 Thursdays SMC/TBD

### Honoring the Veteran-The Significance of Veterans in Native American Indian Cultures

Veterans have always been amongst the most highly respected individuals in Native American communities. Starting with a traditional Ponca Veteran's Honoring Song, explore the importance of and meanings behind male and female Veteran Societies, dances, songs and artwork. Students will have the opportunity to learn through participation in meaningful discussions pertaining to the roles of veterans in Native American cultures and will be inspired by a Ponca Veteran's Quitting Song at the conclusion. Instructor: Gregory Hansen  
Subject: CME00237  
CRN: 14227 Mar 27 2-3:30 pm  
Fee: \$25 1 Tuesday SMC/TBD

**Safe Medication Use at Home**

This course will focus on the safe use of medication in a patient's home. First, you'll review the important different classifications of drugs according to the U.S. Food and Drug Administration (FDA), Federal Trade Commission (FTC) and why they are important to patients. Second, you'll review prescription labeling requirements for prescription medications, over-the counter (OTC) medications, herbs, home remedies, and food supplements. Third, how to choose an OTC medication for your ailment will be discussed. Lastly, drug interactions, adverse drug reactions and direct consumer advertising of drugs will be discussed.  
 Instructor: Keith Miller  
 Subject: CME00191  
 CRN: 25076 Apr 3-26 9:30-10:30 am  
 Fee: \$59 4 Tue/4 Thu CCC/A123

**Simple Steps to Better Health**

Learn how to recognize the signs, indicators, and risk factors of various diseases. Find out which foods trigger various diseases and reduce symptoms. Understand how to use the glycemic index, discover the dangers of eating trans-fats and consuming too much sugar, and review some of the latest research on health, nutrition, and wellness. Obtain tips to deal with chronic pain and losing weight.  
 Instructor: Dr. Sonny Sampedro  
 Subject: CME070PN  
 CRN: 25057 Feb 15 9 am-Noon  
 Fee: \$29 1 Thursday SMC/TBD



**Osteoporosis-Simple Steps for Treatment and Prevention**

Current estimates have osteoporosis affecting about 10 million people in the U.S. Explore ways which will help identify who is at risk for this disease. Discover the methods used to diagnose this condition. Learn the latest trends for treatment and management. Does diet play a role? How effective are medications at slowing down or stopping the progression? Should you continue to exercise and, if so, what type of exercises should you be doing?  
 Instructor: Dr. Sonny Sampedro  
 Subject: CME00022  
 CRN: 25508 Mar 1 9 am-Noon  
 Fee: \$29 1 Thursday SMC/TBD

**International Study Opportunities at Central Arizona College**  
*Open to Community*

You may enroll in the tours as either a noncredit, community education class or as an academic class for college credits.

**May 2018-Humanities Tour of France**

Travel to Paris, the Loire Valley, and Normandy on May 14-24, 2018; the cost of the tour is \$4,031. Tour includes round-trip flights from Phoenix to Paris, centrally located hotels, 24-hour Tour Manager, daily breakfast and dinner in France, and tours/entrance fees as outlined in the ACIS Tour Brochure. **Applications are being accepted on a space-available basis.**

**May 2019-Humanities Tour of Italy**

Travel to Venice, Florence, Rome, Pompeii, and Sorrento on May 13-22, 2019; the cost of the tour is \$4,319. It includes round-trip flights from Phoenix to Italy, centrally located hotels, 24-hour tour manager, daily breakfast and dinner in Italy, and tours-entrance fees as outlined in the ACIS Tour brochure. **Application deadline is March 19, 2018 for the early registration discount.** Applications will be accepted through October 15, 2018 and thereafter on a space-available basis.

For Noncredit Information, Contact Joel Beck at 480.677.7721 [joel.beck@centralaz.edu](mailto:joel.beck@centralaz.edu)

or For Academic Credit Information, Alyson Hanson 480.677.7765 [alyson.hanson@centralaz.edu](mailto:alyson.hanson@centralaz.edu)

### Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. *Special Note: The cost of supplies is not included in the course fee. Contact your local Community Education Office one week prior to the class start date for a materials list.*

Instructor: Craig Coffman

Subject: CME00065

CRN: 24941 Feb 5 6:30-9 pm  
Fee: \$25 1 Monday STC/TBD

.....  
CRN: 24948 Mar 29 6:30-9 pm  
Fee: \$25 1 Thursday SMC/TBD



### Instant Piano for Hopelessly Busy People

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

Instructor: Craig Coffman

Subject: CME00063

CRN: 24937 Feb 8 6:30-9:30 pm  
Fee: \$25 1 Thursday STC/TBD

.....  
CRN: 24947 Mar 26 6:30-9:30 pm  
Fee: \$25 1 Monday SMC/TBD



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Softball

**Music & Dance**



**Getting Social, Learning The Basics  About Social Media**

Social media has become such a rampant part of everything we do in society today, but can be very difficult for many to grasp and understand. This course will help novice level individuals learn more about the in-and-outs of various social media platforms like Facebook, Twitter, Instagram, and LinkedIn. The basics of managing a personal social media account, the pros and cons of social media and some general information on safety will also be covered. Individuals will become more comfortable using their personal social media accounts and learn basic tips and knowledge to becoming an informed user of the social platforms many use today.

Instructor: Luis Sanchez

Subject: CME00251

CRN: 25568 Jan 26 11 am-1 pm  
 Fee: \$25 1 Friday CCC/A135

CRN: 25569 Feb 28 6:15-8:15 pm  
 Fee: \$25 1 Wednesday MC/C115

CRN: 25570 Mar 30 11 am-1 pm  
 Fee: \$25 1 Friday CCC/A135

CRN: 25571 Apr 25 6:15-8:15 pm  
 Fee: \$25 1 Wednesday MC/C116

**Basics of Microsoft Windows 10**

Discover how to navigate Microsoft Windows 10 interface and how to use its features and apps. Specific topics include: creating accounts, using the apps and programs on the taskbar, working with tiles, customizing settings and much more.

Instructor: Paul Zobel

Subject: CME00231

CRN: 25544 Jan 27-Feb 3 10 am-Noon  
 Fee: \$29 2 Saturdays CCC/A135

CRN: 25542 Feb 6-8 6-8 pm  
 Fee: \$29 1 Tue/1 Thu CCC/A135

CRN: 25548 May 5-12 10 am-Noon  
 Fee: \$29 2 Saturdays CCC/A135

**Join The Conversation With Facebook  & Social Networking!**

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

Instructor: Larry Ramirez

Subject: CME070ZE

CRN: 25557 Feb 6 10 am-Noon  
 Fee: \$19 1 Tuesday AVC/E107

CRN: 25558 Mar 28 10 am-Noon  
 Fee: \$19 1 Wednesday AVC/E107

**How to Maximize Your iPhone**

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

Instructor: Luis Sanchez

Subject: CME00096

CRN: 25008 Feb 9 11 am-1 pm  
 Fee: \$19 1 Friday CCC/A135

**Email & Internet for Beginners**

Learn how to access the Internet to search for information and to send and receive email electronically. This includes use of Internet browsers and/or search engines plus establishing an email account.

Instructor: Luis Sanchez

Subject: CME070FJ

CRN: 25551 Feb 13 6:15-8:15 pm  
 Fee: \$19 1 Tuesday MC/C116

CRN: 25012 Feb 23 11 am-1 pm  
 Fee: \$19 1 Friday CCC/A135

CRN: 25550 Mar 9 11 am-1 pm  
 Fee: \$19 1 Friday CCC/A135

CRN: 25552 Apr 4 6:15-8:15 pm  
 Fee: \$19 1 Wednesday MC/C116

Instructor: Larry Ramirez

CRN: 25556 Feb 22 1-3 pm  
 Fee: \$19 1 Thursday AVC/E107

**Beginning Computer Skills**

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

Instructor: Paul Zobel

Subject: CME070ZK

CRN: 25539 Feb 14 6-8 pm  
 Fee: \$25 1 Wednesday MC/C116

CRN: 25011 Mar 10 10 am-Noon  
 Fee: \$25 1 Saturday CCC/A135

CRN: 25540 Apr 26 6-8 pm  
 Fee: \$25 1 Thursday MC/B117

Instructor: Gene Middleton

CRN: 24951 Feb 28 Noon-3 pm  
 Fee: \$29 1 Wednesday SMC/TBD

CRN: 24953 Apr 12 Noon-3 pm  
 Fee: \$29 1 Thursday SMC/TBD

Instructor: Larry Ramirez

CRN: 25554 Mar 5 10 am-Noon  
 Fee: \$25 1 Monday AVC/E107

### Computer Basics for Seniors

Would you like to learn or improve your computer skills? Join a relaxed paced course and learn the basics of using a computer, a keyboard & mouse, opening, using & closing programs, saving & printing documents, and browsing the Internet. In the end you will have developed basic computer skills, become friends with your computer, and prepared for future growth.

Instructor: Paul Zubel

Subject: CME00090

CRN: 25545 Feb 17-24 10 am-Noon

Fee: \$45 2 Saturdays CCC/TBD

CRN: 25543 Apr 3-10 6-8 pm

Fee: \$45 2 Tuesdays MC/C116

### Intermediate Computer Skills

Develop intermediate level computer skills by using MS Office Word, PowerPoint, and Excel software applications, and further investigate web searches and Internet based applications.

Instructor: Paul Zubel

Subject: CME070ZB

CRN: 25541 Feb 21-Mar 7 6-8 pm

Fee: \$45 3 Wednesdays MC/C116

CRN: 25546 Mar 24-Apr 7 10 am-Noon

Fee: \$45 3 Saturdays CCC/A135

Instructor: Larry Ramirez

CRN: 25555 Apr 2-16 10 am-Noon

Fee: \$45 3 Mondays AVC/E107

### Microsoft Excel Essentials

Learn the fundamentals of MS Excel to create a simple budget, entering text and numbers, column headings and saving the spreadsheet. You will learn about equations and how to enter pre-stored equations to make budget totals.

Instructor: Paul Zubel

Subject: CME00139

CRN: 25547 Mar 26-28 6-8 pm

Fee: \$35 1 Mon/1 Wed MC/C116

CRN: 25015 Apr 21-28 10 am-Noon

Fee: \$29 2 Saturdays CCC/A135

### How to Maximize Your Android Smartphone

Discover your Android smartphone features and how to fully use them for your benefit. Topics include: music, calendars, internet, apps, syncs, and other topics. *Special Note: Student must bring Android smartphone to class.*

Instructor: Luis Sanchez

Subject: CME070ZS

CRN: 25007 May 4 11 am-1 pm

Fee: \$19 1 Friday CCC/A135

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CAC.  
Download the NEW CAC  
Mobile App Today!



PCS & More

CAC's new free mobile app provides instant access to campus news and maps, sports, event calendars, admissions information, class schedules, financial aid, grades, residence life, Blackboard and more.

Available as the Central Arizona College App in:



Google App Store



iTunes App Store



# Your Community College

## Understanding Digital Photography Concepts

Photography sounds simple and fun, especially with a point and shoot digital camera. So, why don't all of our pictures taken with a digital camera look beautiful? Learn to go beyond the auto setting on your camera and look to use additional features, such as shutter speed, aperture, ISO, white balance and scene mode, to make the best pictures possible. This class will teach you what the meaning of the additional features are and how to know when to use additional settings to improve the photographs you take. This class applies whether your camera is a point and shoot or a DSLR. In addition, a brief introduction will be given on how to transfer pictures from your camera to a computer, plus quick and easy editing procedures using free tools that will really improve your pictures.

Instructor: Roger Degler

Subject: CME00111

CRN: 24975 Mar 19-Apr 2 10 am-Noon  
Fee: \$39 3 Mondays STC/TBD

CRN: 24964 Apr 12-26 10 am-Noon  
Fee: \$39 3 Thursdays STC/TBD

## Beginning Adobe Photoshop

Learn how to use the tools, layers, palettes and attributes in Adobe Photoshop. With these tools, there is no limit to what you can do or create with your favorite photos or artwork. The only limitations are in what your mind can create. If you can dream it, you can do it!

Instructor: Gene Middleton

Subject: CME070XB

CRN: 24952 Mar 20-Apr 24 10 am-Noon  
Fee: \$75 6 Tuesdays SMC/TBD

*Please register  
one week prior to  
course start dates.*

Aravaipa Campus



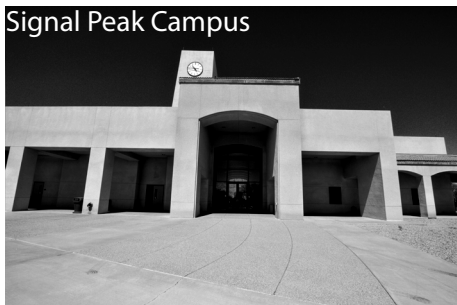
Maricopa Campus



San Tan Campus



Signal Peak Campus



Superstition Mountain Campus



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

**Bahn, Larry:** before retiring he was a teacher for 34 years in a variety of disciplines. His favorite area to teach is Science and in particular Astronomy. He has taught all ages including middle and high school, and adult education courses. Over the years he has taken many classes and attended many seminars, lectures, and workshops on topics related to astronomy. He really enjoys helping students discover the nature of the Universe.

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

**Blankenship, Cheryl:** passionate about interior design since childhood, Cheryl has won regional and national awards for her designs. She taught interior design classes at MCC for over 10 years. Cheryl traveled to many countries, experiencing various cultures, architecture, furniture design and styles that enabled her to share this knowledge with her students.

**Bowes, Betty:** over 40 years of experience as a professional writer for advertising and public relations, and other marketing programs. Also a certified Legacy Letter Facilitator and Coach by Celebrations of Life®.

***With five campuses and three centers located strategically throughout Pinal County, CAC provides accessible, educational, economic, cultural, and personal growth opportunities for those of all ages.***

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

**Conn, Pauline:** teacher of adult education for over 30 years. She takes great joy in teaching in a fun, easy and non-judgmental way. Besides holding a BA from the University of Minnesota, she has studied art in Minnesota, Texas, New Mexico and Oregon and has completed over 800 hours of art classes at the University of New Mexico, Taos. She has exhibited at the renowned Taos Fall Arts Festival, and other venues in Taos. A member of the Vistas and Vineyards art group in Corvallis Oregon, she also exhibited at their shows. A juried member of the Artists of the Superstitions, Pauline has taken part in their shows and sales for the last 4 years. She was recently chosen by the Gold Canyon Arts Council as Artist in Residence at the Apache Junction High School.

**Corrigan, Sharon:** AZ Licensed Massage Therapist and Nationally Certified Bodyworker; Certified Star & Cross & Level 2 Instructor through World Tai Chi; lifetime practitioner of meditation and Kriya yoga; Certified 800 hour yoga instructor through the Southwest Institute of Healing Arts and registered with the Yoga Alliance with special training in Senior Yoga.

**Daniels, Rod:** a former resident of Las Vegas and has played over 400,000 blackjack hands. He is also a veteran and served in the 101st Airborne Division.

**Degler, Roger:** started in photography over 40 years ago, back in the "film era." Only recently, he switched to digital, and he finds that this new world of photography makes learning much easier and quicker. He classifies himself as an Advanced Amateur. His specialty is beautiful Arizona Sunsets and Landscapes. Roger has won many awards and has been the Featured Artist at the Dreams and Legends Gallery in Apache Junction, and at the Boyce Thompson Arboretum. You can see his photographs around the East Valley at various art shows.

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

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

**Fields, Alice:** has been a business owner, author, speaker, educator, and trainer for the past 22 years. She is the author of Books on Business Strategies and Tactics using QuickBooks Pro® Accounting Software, as well as 8 course manuals for QuickBooks Pro® instruction. She is a Certified Master Practitioner in transferring proven processes, techniques, strategies and systems in event planning/production, coaching, closing, presentation design, marketing, speaking, persuasion/influence and relatable experiences. Alice is a member of National Society of Accountants and National Association of Tax Professionals.

**Gemme, Lindsey, NDTR:** is a confident mentor coach and holistic wellness specialist. She uses firsthand experience in workshops and one-on-one coaching to help others rediscover their power using compassion and creativity.

**Hansen, Gregory:** has successfully worked for over 35 years in natural resource management and is retired from the USDA Forest Service's Washington D.C. Office. During his tenure he served as a Wilderness Ranger, Conservation Education Coordinator, Wilderness/Trails Staff Officer, Regional Wilderness/Trails Program Leader, National Leave No Trace Outdoor Education Coordinator and International Wilderness Training/Management Coordinator for the continent of Africa-Wash. D.C. International Affairs Office. He has instructed wilderness management/education courses at Arizona State University and has also taught natural resource management at the University of Arizona, Central Arizona College, Phoenix Community College, Grand Canyon University and the University of Natal/South Africa. Currently Greg consults, writes and instructs for the Arthur Carhart National Wilderness Training Center, USDI National Park Service, Bureau of Land Management and U.S. Fish and Wildlife Service is a Program/ Education Consultant and the Tribal Relations Coordinator for the AZ Conservation Corps and serves as the Outdoor Education/Program Committee Chair for the Society of Wilderness Stewardship.

**Hoeh, Kristal:** has taught art for eight years as an elementary and high school teacher. She is proficient in many art mediums but enjoys pencil drawing and acrylic painting the most. As an intern in French-Speaking Belgium, she had the privilege of visiting art museums throughout Europe. She has presented at the Arizona Art Education Association's Annual Conference on how to use the internet to teach Art. Aside from Art and travel, she enjoys sprint triathlons, decorating cakes and camping.

**Hofmeister, Barbara:** is retired and lives in Gold Canyon. Before retiring she was a motivational speaker and sales trainer so teaching is second nature for her. When she and her husband retired in 1989 they moved into a small motorhome to travel for a year or so but ended up RVing fulltime for 14 years. During those years, the couple wrote three separate books on full-time RVing and presented seminars all across the U.S. Barb also wrote a professional newsletter about their travels. In 2003 they gave up the RV lifestyle and Barb has been teaching Life Story Writing since in different venues in the valley and has helped many to complete their stories. In 2012 she finished her own life story.



**Ioane, KimmBerly:** specializes in Raku Firing, trained in northern California and is a working artist for 30 years. She enjoys sharing her passion for clay with others. Her artistic tips, methods and inspiration will help a wide range of students accomplish their own goals.

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

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

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

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

**Lorenzo, Lance:** a former military serviceman and ASU graduate, he has over fifteen years of experience as a fitness instructor and has been a practicing massage therapist for over 20 years.

**McGraw, Jennifer:** has over 25 years of experience at resort spas and is certified to teach Tai Chi and aquatic exercise. In 1991, she became licensed as a massage therapist. She also teaches health and wellness classes in the community including meditation, relaxing stretch, labyrinth healing and Tai Chi.

**Marrinan-Menchaca, Dr. Mary:** retired from Central Arizona College in April of 2015 after 21 years of service. Over the last 40 years, she has taught French, Spanish and English to students from kindergarten through university graduate levels. Dr. Marrinan-Menchaca is the owner and director of Casa Grande based Comprendre Services, which is a business whose focus is Workplace training in the areas of Spanish language, Cultural Diversity and Stress Management.

**Marsh, Jennifer:** has years of experience with golf and is a PGA professional. She is eager to coach new and experienced golfers. Jennifer can be found at Dave White Golf Course sharing her knowledge of golf.

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

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

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

**Miller, Keith:** holds a B.S. degree from the University of Pittsburgh, M.S. degree from University of Iowa, Pharm. D degree from the Medical University of South Carolina. A native of Pennsylvania, he spent two years in U.S. Army at the Department of Cardiology, Walter Reed Army Medical Center. He has taught courses in diabetes drugs, endocrine drugs, ear drugs, eye drugs, over-the-counter drugs, herbal drugs, drug safety, healthy living and patient education. His focus is on home use of medication and best practices of patient education.

**Murphy, Stephanie:** holds a Bachelor's degree in Psychology and a Master's degree in teaching Mathematics and yet finds her true passion in helping others attain their best health and wellbeing. From her diverse background as a Yoga Alliance Registered Yoga Teacher and certified Personal Trainer, Group Fitness Instructor, Spin Instructor, and Health Coach, Stephanie brings a unique and innovative approach to her classes. Through a variety of poses and conscious sequencing, Stephanie's yoga classes build strength, enhance flexibility, and improve balance for all levels. From the most invigorating yoga practice to the most calming, Stephanie's versatility brings peace and tranquility into each class. Stephanie enjoys helping students focus within as they find and face challenges in their yoga practice, and by doing so expand awareness, increase presence of mind, and conquer difficulties with ease.

**Ortiz, Vanessa:** born in California and raised in a little Oklahoma town on the Kansas border called Tyrone. As a child she moved all over the place and her only outlet was art. She has been practicing art for over 12 years. In 2010, she graduated with a Bachelor in Fine Arts from Arizona State University. In 2014, she became a member of the Artists of The Superstitions. She likes to share her knowledge and passion with students willing to learn skills in drawing.

**Pellitier, Jay Jay:** is a former Green Beret survival instructor. He has attended multiple survival schools including: Death Valley, Alaska, and the Philippines. He has also taught survival courses for the Air Force Academy in Colorado Springs.

**Peters, Stephanie:** has worked as a web designer and graphic designer for almost ten years. She is the owner of Speters Designs, a graphic and web design company that helps small businesses develop their branding profile and web presence. In addition to running her company, she is also a professional visual artist.

**Pettengill, Mike:** spent the majority of his life as a market researcher, targeting individuals based on social, economic, political beliefs and status. He then translated all of this data to market/client product services or political campaigns.

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

**Russell, Janet:** holds a Master's Degree from Northwestern University in Illinois. During her undergraduate studies at the University of Madrid in Spain, her desire to travel was intensified. She also worked for the Department of Defense in Germany where she taught Spanish to U.S. Citizens.

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

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

**Steuer, Mark:** began Chinese martial arts training in 1979. Today, he has over 36 years of consistent training and is the first North American born disciple to become a Shaolin Monk in the temple's 1500 year history. Mark chose a life in public service and has worked for Eloy Police Department as a Police Officer, a Crisis Prevention Instructor for the Casa Grande Elementary School District Special Education Department, an Aquatic Director for the City of Florence, and a martial arts instructor for Central Arizona College since 1999.

**Stieglitz, Robert:** earned a BS in Science Education with an emphasis in Chemistry-Physiology from Monmouth University in 1971; then he taught Chemistry/Physiology for eight years. He earned a Pharmacy Degree from North Dakota State University in 1986, then served as Clinical Pharmacist at Sanford Health in Fargo, ND for 32 years. Robert is a Society Member of the Cardiology/Critical Care; National Genealogical Society.

**Swanson, Vern:** holds an Associate of Arts Degree in Business from Olympic College and a certificate in Drafting & Design from Seattle Community College. Swanson has over 40 years of experience in the landscape irrigation industry. In 1984, he became one of the first Irrigation Association Certified Irrigation Designers in Washington State. He has taught short-term irrigation courses at Lake Washington Technical College and continues to educate himself by taking irrigation workshops. Throughout his career, Swanson has been involved in irrigation design. Beyond irrigation, Swanson reads, enjoys bicycle riding and works on occasional handyman projects.

**Zoccoli, Jaclyn:** after college, credential, Peace Corps (Liberia), and corporate world, Jaclyn settled into her first business. Before long she realized the need and value of creating networking groups, through Chambers, and franchises. She began coaching on navigating the networking process to make time, money, efforts profitable through strong alliances. She provides individual/group coaching, speaking engagements, and her book "Spontaneous Combustion Developing Profitable Relationships". She has a passion for connecting people, and her purpose for doing it the excitement of awareness.

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

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

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

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



Each semester Community Education considers new course proposals. The proposal deadline to teach a new class in Summer 2018 is January 31, 2018. Course proposals received after January 31 will be considered for the Fall semester.

To be considered, please contact Joel at 480.677.7721 or Muriel at 520.494.6659 to obtain the instructor application and the noncredit course proposal forms.



**Flexible Transfer Options for CAC Students**

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

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**Two easy ways to register:**

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

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

**FAX:** 480.677.7722 or 520.494.6655  
Use the registration form at [www.centralaz.edu/lifelonglearning](http://www.centralaz.edu/lifelonglearning). Payment must be made by credit card only.

**What if a class cancels?**

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

**When is the campus closed?**

January 15	Martin Luther King, Jr. Day
February 19	President's Day
February 20	Development Day
March 12-17	Spring Break

**Attendance:**

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

**Instructor Biographies:**

A list of our instructors can be found towards the back of this schedule.

**Where are classes held?**

Most classes are held at eight locations. You will be notified upon registration what room the class is being held in for those listed with campus and TBD.

**Are there requirements for individuals under the age of eighteen?**

You must complete a special admit form that must be signed by you, a parent/guardian and a designated Central Arizona College school official.

**Supplies and Textbooks:**

Call the Community and Continuing Education Department at 480.677.7721 or 520.494.6659 one week prior to the start of the course to verify the class status before purchasing books or supplies.

**What is the refund policy?**

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

**What about parking?**

Parking is free at all locations.

**Disclaimer**

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

# Registrations/Admission Student Information Form

- Signal Peak
- Aravaipa
- Casa Grande Center
- Florence Center

- Superstition Mountain
- Maricopa Campus
- Corporate Center
- San Tan Campus

Student ID Number/  
Social Security Number

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Semester of Enrollment: Year 20\_\_\_\_  
 Fall  Spring  Summer

1 Legal Name: Last: \_\_\_\_\_ First: \_\_\_\_\_ Middle Initial: \_\_\_\_\_

Previous Name (maiden): \_\_\_\_\_

2 Mailing Address: Street/P.O. Box: \_\_\_\_\_ Apt.: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

3 Telephone: Home: (\_\_\_\_) \_\_\_\_\_ Cell: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

4 Emergency Contact: Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

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

6  Male  Female

7 Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Month Day Year

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

Are you of Latino/Hispanic ethnicity?

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

9 Student type: Select **one** type that best describes your status:

- Minor/Under 18  Dual Enrollment  Transfer  New/First Time  Re-entry, returning after one or more semesters  
 Continuing  Inmate

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

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

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

CRN	Course Number	Section	Course Title	Days	Time

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

Advisor:

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Max Hour Approval: \_\_\_\_\_

# Central Arizona College Course Locations

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

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

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

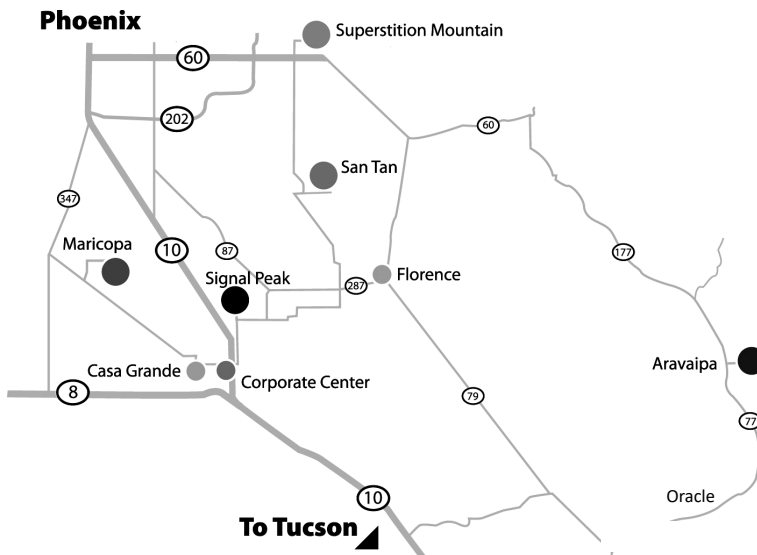
FC-Florence Center  
800 E. Butte Ave.  
Florence, AZ 85132

MC-Maricopa Campus  
17945 N. Regent Dr.  
Maricopa, AZ 85138

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

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

STC-San Tan Campus  
3536 E. Bella Vista Rd.  
San Tan Valley, AZ 85143



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