Greetings from Western Colorado Community College (WCCC) and welcome to the Lifelong Learning and Corporate Education program brought to you by the Community Education Center.

What’s inside? Inside this Fall 2019 edition of WCCC’s Community Education Center brochure we have a large selection of classes/workshops for personal and professional growth that are designed for lifelong learning around many fun topics. We invite you to experience the fun and excitement of exploring something new or enhancing your existing skills.

What’s in it for me? Whether your motivations are for personal enrichment, advanced skill training or professional development, the Community Education Center at WCCC is here for you. Learning new concepts, skills or hobbies is fun and meeting others with similar interests can provide lasting friendships. We are committed to providing opportunities for lifelong learning and workplace training in the community we share. Many of the Community Education Center courses are developed from your input and ideas. If you have an idea for a new class or would like to propose teaching a new class for us, let us know and we will happily try to make it happen.

Corporate opportunities/solutions? Local companies have found the Community Education Center to be a great place to find solutions for leadership training needs and safety and compliance responsibilities for their employees. In addition, many of our college technical programs can be leveraged to provide expert customized training for your business using our facilities or yours. Automotive, Welding, Multimedia, 3D Printing, Health Care, Electrical, Machining, Water Quality, Computer Coding and CISCO certifications are only a few of the areas for which we can train. If you are a business leader and have specific training requests, let us know and we will find a way to help.

Visit us online, call or stop in today.

Kurtis Armstrong
Community & Corporate Education Director
970.255.2800

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CUSTOMIZED CORPORATE TRAINING & BUSINESS SERVICES

Western Colorado Community College offers custom and ongoing classes to help make businesses safer and more profitable. Would you like to get more from your workforce and increase your competitiveness? Training brings direct benefits to you and has an immediate return on investment. Our tailor-made training solutions can rapidly help increase employee performance. Whether you are a small business venture or the community’s largest employer, we will work with you to create the best programs and services in the market today. Our goal is to be your training education partner of choice for creating positive change.

CONFERENCES & SEMINARS

Reserve a training room or computer lab for your upcoming meeting, training or workshop. Video conferencing and presentation equipment is available. Catering is also available!

ARTS & CRAFTS

See also: Graphic Design

Bob Ross Style Oil Painting

Create a beautiful landscape painting using the Bob Ross-style ‘Wet on Wet’ painting technique. You will be able to complete a landscape painting during each class and your masterpiece is yours to keep. During the class we will discuss techniques for developing your creative abilities on the canvas. You will be guided step-by-step by our Certified Bob Ross Instructor in completing the same painting. All skill levels are encouraged to attend. No prior experience is required.

All supplies needed in this class will be furnished by the instructor and returned to the instructor at the end of class.

Instructor: ........................................................ Krenson
Fee: ................................................................. $49
Materials Fee: .............................................. $22 (per student)

OPTION 1
Date: .......................... October 3
Day: .......................... Thursday
Time: .......................... 6–9pm

OPTION 2
Date: .......................... October 4
Day: .......................... Friday
Time: .......................... 6–9pm

OPTION 3
Date: .......................... November 1
Day: .......................... Friday
Time: .......................... 6–9pm

OPTION 4
Date: .......................... November 7
Day: .......................... Thursday
Time: .......................... 1–4pm

OPTION 5
Date: .......................... December 6
Day: .......................... Friday
Time: .......................... 6–9pm

OPTION 6
Date: .......................... December 12
Day: .......................... Thursday
Time: .......................... 1–4pm

Cartooning 101

Would you like to be a master cartoonist? Now’s your chance! In this class, you will learn both basic and advanced styles in order to master your own toons. Learn templates from Disney, Warner Bros., Hannah-Barbera and many more. This course covers templating, line theory, caricature and comic book.

See Materials List online for the supplies to bring to class.

Instructor: .......................................................... Weller
Fee: ................................................................. $79

OPTION 1
Date: .......................... September 19, 20
Day: .......................... Thursday, Friday
Time: .......................... 6–9pm

OPTION 2
Date: .......................... September 26, 27
Day: .......................... Thursday, Friday
Time: .......................... 6–9pm

OPTION 3
Date: .......................... October 3, 4
Day: .......................... Thursday, Friday
Time: .......................... 6–9pm

OPTION 4
Date: .......................... December 5, 6
Day: .......................... Thursday, Friday
Time: .......................... 6–9pm

OPTION 5
Date: .......................... December 12, 13
Day: .......................... Thursday, Friday
Time: .......................... 6–9pm

REGISTER NOW!

ACTING

On Camera Acting: Scene Study Workshop

Have you ever wanted to try acting on camera? Do you already have experience acting, but want to develop your skills? This class is for you! In this class, students will be assigned a monologue or scene that they will perform on camera on the final day. We’ll go over script analysis, emotional availability, cold read techniques and film performance techniques. Each session will start with improvisational warmups that allow for deeper connection to the written material you are given. Acting is a fun, enriching art form that can boost self-confidence and communication skills! Open to adults of all ages, as well as middle and high school students.

Students should bring a pen, paper and a flash drive.

Instructor: ....................................................... Brachfeld
Fee: ................................................................. $89

OPTION
Date: .......................... December 9, 11, 13
Day: .......................... Monday, Wednesday, Friday
Time: .......................... 6–8:30pm

REGISTER NOW!

CLASSES START SEPTEMBER 16
Oppotunities for Lifelong Learning

Cosplay on a Dime
Have you dreamt of dressing up like your favorite hero, villain or video game character? Now's your chance! Wow your friends at Halloween! Draw crowds at Comic-Con! Learn how to make amazing cosplays and props without spending a fortune. Students will learn character design, Comic-Con and theater costuming, and special makeup effects. Get ready to make some really cool stuff!

Instructor: .......................................................... Weller
Materials Fee: .......................................................... $129
Instructor will provide supplies for the remaining classes.

Date: ............................................................. October 24, 25, November 7, 8, 14, 15
Day: ............................................................. Thursdays, Fridays
Time: ............................................................. 5–7pm

Drawing Basics for Everyone

Fundamental art education concepts can sound daunting and unimportant, when in reality building an artistic style can only be accomplished by mastering drawing basics. Foundation of form, line, perspective, anatomy, composition and values will be explored as we build on the basis of all artistic skills. This course explores the use of drawing tools for having the best experience while sketching.

Instructor will provide supplies for the first class, then students will purchase their own supplies for the remaining classes.

Instructor: .......................................................... Farris
Materials Fee: .......................................................... $10

Date: ............................................................. September 18, 25, October 9, 16 (no class October 2)
Day: ............................................................. Mondays
Time: ............................................................. 5–6:30pm

Drawing with a New Vision

This class will introduce the concept of using and combining different types of media. Drawing basics will be reviewed and then these basics will be applied using many different types of lines to create values and shapes. You’ll be surprised how quickly your artistic visions will grow and develop!

Please see the materials list on our website for the supplies you should bring to class.

Instructor: .......................................................... Mulder
Materials Fee: .......................................................... $139

Date: ............................................................. October 15, 22, 29, November 5, 12, 19
Day: ............................................................. Tuesdays
Time: ............................................................. 7–9pm

Introduction to Watercolor

Watercolor may seem like an intimidating medium to master. In this class, students will be offered the opportunity to learn the art of watercolor in an approachable environment. This relaxing three-week class will teach the fundamentals of watercolor ranging from appropriate supplies, color theory, application, composition and style. Come discover the beauty of watercolor!

Instructor will provide supplies for the first class, then students will purchase their own supplies for the remaining classes.

Instructor: .......................................................... Farris
Materials Fee: .......................................................... $20

Date: ............................................................. September 23, 25, 27, 30
Day: ............................................................. Mondays, Wednesday, Friday
Time: ............................................................. 5–7pm

Exploratory Watercolor

This watercolor class will use a variety of methods for applying color, using color and seeing color. We will incorporate creative exercises and techniques for exploring the luminous quality of watercolor. You should have a desire to dig into yourself for creativity and flexibility. Watercolor basics will be reviewed, then the sky is the limit!

Please see the materials list on our website for the supplies you should bring to class.

Instructor: .......................................................... Mulder
Materials Fee: .......................................................... $139

Date: ............................................................. October 14, 21, 28
Day: ............................................................. Mondays
Time: ............................................................. 5–6:30pm

Watercolor Botanicals

Botanicals come in a wide variety of shapes and sizes, and are even more fun to illustrate than look at. For those looking to expand their knowledge and skills of watercolor, this next-step course will teach techniques of painting and illustrating flowers, fauna and everything in between. Styles and methods of watercolor and ink botanicals will be demonstrated and practiced during this afternoon workshop. Supplies will be provided and available for attendees to take home at the end of the day.

Class description continues on next page.
ASTRONOMY

Stargazing 101

This class teaches you everything you need to know to get started in the hobby of astronomy and start enjoying the clear, steady night skies of western Colorado. Topics include the "Ps" of telescope buying, binoculars as an alternative to telescopes, how to find constellations and objects of interest in the night sky, basics of astrophotography and more.

Instructor: .......................................................... Dershem
Fee: ....................................................................... $89

OPTION
Date: .......................................................... September 17, 24, October 1, 8
Day: ............................................................... Tuesdays
Time: ................................................................. 6–8pm

The Citizen's Guide to the Universe

The perfect class for anyone who wants to know a little bit more about the universe they occupy without all that pesky math. We will cover everything from the geocentric model of Aristotle/Ptolemy to the life and death of stars, the discovery of the expanding universe, and dark matter and dark energy.

Instructor: ........................................................ Dershem
Fee: ....................................................................... $99

OPTION
Date: .......................................................... November 5, 12, 19, December 3, 10 (no class November 26)
Day: ............................................................... Tuesdays
Time: ................................................................. 6:30–8pm

BEEKEEPING

Introduction to Beekeeping

Participants will explore the basics of keeping honeybees. Class discussion emphasizes the history of interactions between bees and humans, and the current state of honeybees and their biology. Bee biology and bee culture include the interaction of workers, drones and the queen, hive health, exposure to various kinds of beekeeping equipment, bee species and beekeeping costs. One of four classes meets in an apiary with an emphasis towards hands-on techniques. Personal Protection Equipment (PPE) is required.

Instructor: .......................................................... Moore
Fee: ....................................................................... $99

OPTION
Date: .......................................................... September 16, 23, 30, October 7
Day: ............................................................... Mondays
Time: ................................................................. 6–8pm

Beekeeping: Level Two

This class continues the participant’s commitment to becoming a beekeeper as they explore the second half of bee season. Topics covered include hive stressors, growth or lack of, pests, honey harvest, over-wintering and the beekeeper’s role in preparing for winter. Three of four classes meet in an apiary with an emphasis towards hands-on techniques. Personal Protection Equipment (PPE) is required.

Instructor: .......................................................... Moore
Fee: ....................................................................... $99

OPTION
Date: .......................................................... September 17, 24, October 1, 8
Day: ............................................................... Tuesdays
Time: ................................................................. 6–8pm

Arts & Crafts – Beekeeping 5
OPPORTUNITIES FOR LIFELONG LEARNING

BUSINESS & LEADERSHIP

See also: Computers & Office

Benevolent Dictatorship: Leadership for the 21st Century and Beyond

Do your employees work because of you or in spite of you? Do they work because of or in spite of your company’s managers? The answer to these questions can strongly influence the future of your business. People follow only certain types of leaders because they sense and feel when leaders care for their well-being. Maya Angelou said: ‘I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.’

Come join us as we flip the typical command and control leadership style that remains prevalent in today’s work place and see what servant leadership can do for you and your organization.

Benevolent Dictatorship is a series of 11 classes that cover different, but often related, subjects. Participants may register for all 11 classes, or you may pick and choose which topics fit your particular business needs.

Instructor: ................................................................. Haggerty
Fee for all 11 classes: ................................................ $299
Fee for individual classes: ......................................... $39

CLASS 1: The Complexity/Capability Model
Based on the simple axiom that if the complexity within your organization exceeds your capability, you’ll have an underperforming team. There are three ways to impact this situation.

OPTION 1
Date: ..................... September 16
Day: ..................... Monday
Time: ..................... 10–11am

OPTION 2
Date: .................... October 7
Day: ..................... Monday
Time: ..................... 10–11am

OPTION 3
Date: .................... October 14
Day: ..................... Monday
Time: ..................... 10–11am

CLASS 2: The Curve
There is a personality curve that exists amongst any team and within any organization. You’ll discover that, within each and every person, within that team, there exists a similar personality curve.

OPTION 1
Date: ..................... September 23
Day: ..................... Monday
Time: ..................... 10–11am

OPTION 2
Date: ..................... September 23
Day: ..................... Monday
Time: ..................... 7–8pm

OPTION 3
Date: ..................... September 28
Day: ..................... Saturday
Time: ..................... 10–11am

CLASS 3: Your Life is Not My Fault and Managerial Loneliness
Your life is a result of your choices! Good or bad, right or wrong, your life is your fault. You need people in your organization to understand and appreciate that notion. Managerial loneliness is rarely, if ever, discussed. Left undetected or unchecked it can become terminal for leaders.

OPTION 1
Date: ..................... September 30
Day: ..................... Monday
Time: ..................... 10–11am

OPTION 2
Date: ..................... September 30
Day: ..................... Monday
Time: ..................... 7–8pm

OPTION 3
Date: ..................... October 5
Day: ..................... Saturday
Time: ..................... 10–11am

CLASS 4: Personal Inventory and The War Room
Servant Leadership requires that you admit to some intrinsic beliefs that must exist or be worked at. Like a heart attack victim needing an AED to jolt them back to life, a War Room can have a very similar effect on an under-performing organization.

OPTION 1
Date: ..................... October 7
Day: ..................... Monday
Time: ..................... 10–11am

OPTION 2
Date: ..................... October 7
Day: ..................... Monday
Time: ..................... 7–8pm

OPTION 3
Date: ..................... October 12
Day: ..................... Saturday
Time: ..................... 10–11am

CLASS 5: Manufacturing Principles
Continuous Improvement is key to any organization’s sustained growth. However, it cannot simply be a top down process. You must have ‘owners’ in your organization, not ‘renters.’

OPTION 1
Date: ..................... October 14
Day: ..................... Monday
Time: ..................... 10–11am

OPTION 2
Date: ..................... October 14
Day: ..................... Monday
Time: ..................... 7–8pm

OPTION 3
Date: ..................... October 19
Day: ..................... Saturday
Time: ..................... 10–11am

CLASS 6: Servant Leadership
If Servant Leadership hasn’t been widely practiced, and other forms of leadership have been, what does it say about other leadership practices when the majority of working people in this country hate their jobs and their bosses?

OPTION 1
Date: ..................... October 21
Day: ..................... Monday
Time: ..................... 10–11am

OPTION 2
Date: ..................... October 21
Day: ..................... Monday
Time: ..................... 7–8pm

OPTION 3
Date: ..................... October 26
Day: ..................... Saturday
Time: ..................... 10–11am

CLASS 7: R=M*W
How to revise a military formula to your advantage whereas Resistance = Means * Will

Class description continues on next page.
evolves into a successful formula for you and your team.

CLASS 8: Everybody’s a Leader, so Train Them To Lead and Shift Your Hiring Paradigm
A radical way of looking at everyone in your organization recognizes that everyone is a leader. There was a time when the person with the best ‘operational skill set’ [i.e. the best operator] was promoted to the next level. Times have changed and perhaps those have been the wrong skill sets required and needed for today’s leaders.

OPTION 1
Date: ........................ November 23
Day: ........................ Monday
Time: ........................ 10–11am

OPTION 2
Date: ........................ November 28
Day: ........................ Monday
Time: ........................ 7–8pm

OPTION 3
Date: ........................ December 9
Day: ........................ Monday
Time: ........................ 7–8pm

Facebook and Instagram Marketing for Small Business
Interested in learning more about marketing your product or service on Instagram and Facebook? This class will focus on navigating the tools needed to help boost your sales and online presence. The structure of the class will include group discussion, computer-based and hands-on learning.

Participants should have established Facebook and Instagram business profiles/pages before starting the class.

Instructor: ................................................................. K. Mahoney
Fee: ................................................................. $89

Employment Readiness Boot Camp: Tackling the Resume & Cover Letter
Do you want a first-class resume that will get you that interview? Dust off that resume and learn how to bring it back to life! You’ll learn resume and cover letter writing tips to land you an interview for a job, volunteer experience or graduate school. Time will be allowed for individual work and feedback. This is the first class in the Employment Readiness Boot Camp series.

Students are encouraged to bring their laptop and copies of their work for some one-on-one consultation.

Instructor: ................................................................. Barnett
Fee: ................................................................. $49

Employment Readiness Boot Camp: Nailing the Job Interview!
Yes, you can prepare for an interview, and that preparation is critical to your success. Learn practices and strategies that will help you be confident, successful and actually look forward to your job interview! This is the second class in the Employment Readiness Boot Camp series.

Instructor: ................................................................. Barnett
Fee: ................................................................. $49
OPPORTUNITIES FOR LIFELONG LEARNING

COURSE DESCRIPTION
The Project Management Professional (PMP®) Certification issued by the Project Management Institute (PMI®) is an internationally acclaimed professional credential which will open many doors for those who obtain it. This course is a thirty-five-hour, 4.5-day training seminar based upon project management principles approved by the PMI® found in the Project Management Body of Knowledge (PMBOK®). This course fulfills the PMI® training prerequisite outlined in the PMP® exam application. Students attending this course will be instructed in the project management process groups and knowledge areas necessary to pass the exam. Students will also receive important tips in preparing the application and passing the certification exam required to earn this credential.

COURSE OBJECTIVES
Students will prepare for the PMP® Certification Exam by learning PMI® terminology and principles. They will specifically receive instruction regarding the Project Management Framework, the five Project Management Process Groups, the ten Knowledge Areas, the 49 Processes, important general management and ethics principles, and critical instructions on preparing for and passing the PMP® Examination. Students will receive the Sixth Edition of the Project Management Body of Knowledge (PMBOK®). Custom dates can be arranged for your company with multiple students.

Instructor: ......................................................... Neil D. Hymas, PMP
Fee: ................................................................. $1,500

OPTION
Date: ......................................................... October 23, 30
Day: ......................................................... Thursdays
Time: ................................................................. 2–4pm

OPTION
Date: ......................................................... November 6, 13, 20
Day: ......................................................... Wednesdays
Time: ................................................................. 2–4pm

Start and Run Your Non-Profit: Condensed Class

The diverse services and products non-profits provide to their communities are invaluable — and more needed than ever before. In a brief, overview format, this condensed class will cover the skills required to manage a non-profit business, the process to develop a non-profit business plan, how to set up a non-profit organization and how to integrate non-profit models into for-profit business.

Instructor: ................................................................. Michelson
Fee: ................................................................. $59

OPTION
Date: ......................................................... November 9
Day: ......................................................... Saturday
Time: ................................................................. 1–4:30pm

OPTION
Date: ......................................................... January 10, 17, 24
Day: ......................................................... Saturday
Time: ................................................................. 1–4:30pm

QuickBooks: General Knowledge

Learn how to input data into QuickBooks along with the basic accounting principles behind working in QuickBooks. Learn basic data entry along with working with customers and A/R, vendors and A/P, employees, sales tax, bank and credit card reconciliations, and running reports. This class is perfect for the beginner and intermediate QuickBooks user.

Instructor: ................................................................. Smith
Fee: ................................................................. $199

OPTION
Date: ......................................................... October 16, 17, 24, 30, 31, November 6, 7
Day: ......................................................... Wednesdays, Thursdays
Time: ................................................................. 6–8pm

QuickBooks: Advanced

This class builds on the QuickBooks General Knowledge class and is for the intermediate to advanced QuickBooks user. Learn how to find and fix errors in your QuickBooks files, how to close the books on a monthly and yearly basis, prepare your files for the CPA for a tax return and many other complex tasks.

Instructor: ................................................................. Smith
Fee: ................................................................. $199

OPTION
Date: ......................................................... November 13, 14, 20, 21, December 4, 5, 11, 12
Day: ......................................................... Wednesdays, Thursdays
Time: ................................................................. 6–8pm

Start and Run Your Non-Profit

The diverse services and products non-profits provide to their communities are invaluable — and more needed than ever before. Yet non-profit business can be very different than for-profit, from incorporation to administration. With non-profits able to compete directly with for-profits, and provide many services and products for-
COMPUTERS & OFFICE

See also: Business & Leadership, Graphic Design, Photography

Adobe Dreamweaver: Basic Web Design
Learn how to lay out web pages and construct simple web design using Adobe Dreamweaver CC, a web page editor and website application used by many designers and site managers. Topics will include the Dreamweaver interface, web page and website creation, an understanding of web page structure (HTML), page styling (CSS) and the process of inserting core elements into web pages. This class will also cover publishing a website to a web host.

Instructor: ..................................................... Gibson
Fee: ............................................................ $149

OPTION
Date: ............................................................. November 4, 6, 8, 11, 13, 15
Day: ............................................................ Mondays, Wednesdays, Fridays
Time: ............................................................ 6–8pm

Basic Keyboarding
This class is for people who have minimal (30 words per minute or less) or no keyboarding skills and introduces the touch method of keyboarding. There is an emphasis on learning the alphanumeric keyboard, proper technique, posture, ergonomics and speed control.

Instructor: ..................................................... Colbert
Fee: ............................................................ $79

OPTION
Date: ............................................................. October 22, 24, 29, 31, November 5, 7, 12
Day: ............................................................ Tuesdays, Thursdays
Time: ............................................................. 7:15–8:15pm

Computer Fundamentals
If you have never turned on a computer or are struggling to make one work, this is the course for you. Enjoy yourself while you learn basic computer operation and terminology. This course teaches you how to use a mouse, create and store files, open programs and use email using Windows 10.

Materials Needed: Students should bring a flash/USB drive to the class.

Instructor: ..................................................... D. Devereux
Fee: ............................................................. $79 (includes workbook)

OPTION
Date: ............................................................. October 21, 23, 25, 28
Day: ............................................................ Mondays, Wednesday, Friday
Time: ............................................................. 5–7pm

Microsoft Access: Beginning
This course is for those interested in learning the basics of Access database solutions. You will learn how to create queries, forms and reports, lay out fields, set formats and much more. Basic computer knowledge/ability is recommended.

Instructor: ..................................................... Shammo
Fee: ............................................................. $99 (includes workbook)

OPTION
Date: ............................................................. November 4, 6, 11
Day: ............................................................ Mondays, Wednesday
Time: ............................................................. 5:30–8pm

Microsoft Excel: Beginning
Currently, it’s hard to find or advance in a job without knowledge of spreadsheets. Home users will also find spreadsheets handy for everything from creating budgets to soccer schedules! Create, modify, format and print worksheets, work with basic functions and create simple calculation formulas using Excel.

Fee: ............................................................. $99 (includes workbook)

OPTION 1
Instructor: ..................................................... Colbert
Date: ............................................................. September 24, 26, October 1
Day: ............................................................ Tuesdays, Thursday
Time: ............................................................. 11:30am–2pm

OPTION 2
Instructor: ..................................................... Colbert
Date: ............................................................. September 24, 26, October 1
Day: ............................................................ Tuesdays, Thursday
Time: ............................................................. 2:30–5pm

OPTION 3
Instructor: ..................................................... Shammo
Date: ............................................................. October 3, 8, 10
Day: ............................................................ Thursdays, Tuesday
Time: ............................................................. 5:30–8pm

OPTION 4
Instructor: ..................................................... Colbert
Date: ............................................................. October 23, 28, 30
Day: ............................................................ Wednesdays, Monday
Time: ............................................................. 2:30–5pm

Microsoft Access: Intermediate
This course will take a look at creating and enforcing database relationships as well as a deeper examination of tables, queries, forms and reports. We will create advanced queries including Parameter queries, Find Duplicates queries and Find Unmatched queries. More advanced formatting of reports and forms will be covered as well. Basic knowledge/ability of Microsoft Access is recommended.

Instructor: ..................................................... Shammo
Fee: ............................................................. $99 (includes workbook)

OPTION
Date: ............................................................. November 4, 6, 11
Day: ............................................................ Mondays, Wednesday
Time: ............................................................. 5:30–8pm

Microsoft Excel: Intermediate
This class will cover the basics for navigating and using the internet in a way that is accessible and relatable to even the most novice user. Together, we will discover how to use links, search engines, browser histories, bookmarks and more. We will also cover the major threats we face when online and separate the sensational myths of online dangers from the practical know-how you’ll need to protect your information.

Materials needed: Students should bring a flash/USB drive to the class.

Instructor: ..................................................... D. Devereux
Fee: ............................................................. $79 (includes workbook)
Microsoft Excel: Intermediate

Create more advanced formulas and functions using absolute cell references and work with advanced formatting features using Excel. Learn how to make your reporting stand out above others with formatting features such as tables, charts and more. Basic knowledge/ability of Microsoft Excel is recommended.

Fee: $99 (includes workbook)

OPTION 1
Instructor: Colbert
Date: November 19, 21, 26
Day: Tuesdays, Thursdays
Time: 2:30–5pm

OPTION 2
Instructor: Colbert
Date: December 9, 11, 16
Day: Mondays, Wednesdays
Time: 5:30–8pm

Microsoft Publisher

This course will introduce students to the world of Microsoft Publisher. Students will learn how to create their own print material, letterhead, logos, calendars, newsletters and reports. Microsoft’s easy-to-learn publishing software is a great tool for helping businesses and individuals save money by creating their own publications and flyers.

Fee: $99 (includes workbook)

OPTION
Instructor: Colbert
Date: November 19, 21, 26
Day: Tuesdays, Thursdays
Time: 2:30–5pm

Microsoft Word: Beginning

This introductory hands-on class covers Word basics: creating, opening, closing and printing documents; formatting and editing text; working with paragraphs and pages, lists and tabs, borders and shading; and headers and footers using Word.

Fee: $99 (includes workbook)

OPTION
Instructor: Colbert
Date: September 24, 26, October 1
Day: Tuesdays, Thursdays
Time: 5:30–8pm

Microsoft Word: Intermediate

Learn to use Microsoft Word features beyond the introductory class, including mail merge, templates and macros, object linking and embedding, and online forms. Class is instructor-led in our computer lab where you’ll be able to utilize and practice what you learn as you are learning it.

Fee: $99 (includes workbook)

OPTION
Instructor: Colbert
Date: October 23, 28, 30
Day: Wednesdays, Monday
Time: 5:30–8pm

Microsoft Word: Advanced

This course includes creating and formatting charts, working with longer documents, footnotes and endnotes, indexes, tables of figures, table of contents, creating macros, graphics and creating forms which include drop-down lists.

Instructor: Colbert
Fee: $99 (includes workbook)

QuickBooks: General Knowledge

Learn how to input data into QuickBooks along with the basic accounting principles behind working in QuickBooks. Learn basic data entry along with working with customers and A/R, vendors and A/P, employees, sales tax, bank and credit card reconciliations and running reports. This class is perfect for the beginner and intermediate QuickBooks user.

Fee: $99 (includes workbook)

OPTION
Instructor: Smith
Fee: $199

DATE
Date: November 16, 17, 23, 24, 30, 31, November 6, 7
Day: Mondays, Wednesdays, Thursdays
Time: 6–8pm

QuickBooks: Advanced

This class builds on the QuickBooks General Knowledge class, and is for the intermediate to advanced QuickBooks user. Learn how to find and fix errors in your QuickBooks files, how to close the books on a monthly and yearly basis, prepare your files for the CPA for a tax return and many other complex tasks.

Fee: $99 (includes workbook)

OPTION
Instructor: Smith
Fee: $199

DATE
Date: November 13, 14, 20, 21, December 4, 5, 11, 12
Day: Mondays, Wednesdays, Thursdays
Time: 6–8pm

CONCEALED CARRY & PERSONAL PROTECTION

Colorado Concealed Carry Training

This course fulfills the Colorado Concealed Carry training requirements for your CCW permit and includes four hours of basic pistol operation and four hours of coached shooting. The course teaches the basic knowledge, skills and attitude for safely owning and operating a pistol.

Instructors are NRA certified and volunteer their time and expertise. We include classroom and range time for improving skills to shoot revolvers and semi-automatic pistols. Please make appointed class schedule.

Instructor: NRA Certified Instructors
Fee: $80
Materials Fee: $20 (payable to the instructor at the beginning of class)

Class description continues on next page.
Ammunition Reloading: Metallic Cartridges Level 1

Reloading rifle and pistol cartridges is an enjoyable and safe pastime. There are many reasons why people reload their own ammunition. In this course, participants will learn the basics of reloading procedures; information on choosing powders, primers and bullets; different types of reloading equipment and their proper setup and operation, as well as trouble shooting when things don’t go as expected. The last class session will be devoted to actual reloading of cartridges. This is an NRA Certificate course.

Instructor: ...................................................... Barto
Fee: ................................................................. $109
Materials Fee: ......................................................... $20

OPTION 1:
Date: ......................... September 16, 17, 19
Day: .................. Monday, Tuesday, Thursday
Time: ................................. 6:30–9:30pm

OPTION 2:
Date: ......................... October 14, 15, 17
Day: .................. Monday, Tuesday, Thursday
Time: ................................. 6:30–9:30pm

OPTION 3:
Date: ......................... October 19
Day: .................. Saturday
Time: ............................. 7am–5pm (break for lunch)

OPTION 4:
Date: ......................... November 2
Day: .................. Saturday
Time: ............................. 7am–5pm (break for lunch)

OPTION 5:
Date: ........................ November 18, 19, 21
Day: .................. Monday, Tuesday, Thursday
Time: ................................. 6:30–9:30pm

OPTION 6:
Date: ........................ December 9, 10, 12
Day: .................. Monday, Tuesday, Thursday
Time: ................................. 6:30–9:30pm

Cuisine of India

In this class we will explore the cuisine of India. We will look at spice blends and how to use them successfully by making popular Indian dishes. Students will make naan (oven baked flatbread) and participate in other activities. We will end by making a delicious Indian dessert. Students will get recipes to take home.

Instructor: ...................................................... Blackwood
Fee: ................................................................. $49
Materials Fee: ......................................................... $20

OPTION 1:
Date: ........................ October 15
Day: .................. Wednesday
Time: ................................. 6–9pm

OPTION 2:
Date: ........................ October 23
Day: .................. Wednesday
Time: ................................. 6–8:30pm

OPTION 3:
Date: ........................ November 20
Day: .................. Wednesday
Time: ................................. 6–8:30pm

OPTION 4:
Date: ........................ December 18
Day: .................. Wednesday
Time: ................................. 6–8:30pm

Healthy Cooking for the Holidays

Treat yourself without tanking your health. The holiday season is a time of celebrations which usually involves food. Wouldn’t it be nice to make it through the holidays and not need a New Year’s resolution to lose weight? Learn how to make tiny tweaks in your cooking and eating that you can apply through the holidays and all year long! Nothing drastic, nothing outrageous, just small, manageable modifications that can have a big impact. We will be cooking traditional holiday fare in a light and flavorful way. Come cook for health and happiness!

Instructor: ...................................................... Leon
Instructor: ...................................................... Blackwood
Fee: ................................................................. $49
Fee: ................................................................. $49
Materials Fee: ......................................................... $20
Materials Fee: ......................................................... $20

OPTION 1:
Date: .................................................. November 12, 13, 14
Day: ........................ Tuesday, Wednesday, Thursday
Time: ................................. 6–9pm

OPTION 2:
Date: .................................................. November 20
Day: ........................ Tuesday, Wednesday, Thursday
Time: ................................. 6–9pm

OPTION 3:
Date: .................................................. November 26
Day: ........................ Tuesday, Wednesday, Thursday
Time: ................................. 6–9pm

OPTION 4:
Date: .................................................. December 4, 5, 11, 12
Day: ........................ Tuesday, Wednesday, Thursday
Time: ................................. 6–9pm

Hearty Winter Soups

Warm your soul with some fresh hearty soup. You will learn how to make warm soups from winter squash and fresh local vegetables. These recipes and techniques will be used for vegetarian soups but can easily be applied to satisfy the meat lover. You’ll have a choice of making any two of the following: an awesome pumpkin soup, tomato or a vegetable dumpling soup. Please bring containers with lids for your soup.

Instructor: ...................................................... Blackwood
Fee: ................................................................. $49
Fee: ................................................................. $49
Materials Fee: ......................................................... $20
Materials Fee: ......................................................... $20

OPTION 1:
Date: .................................................. October 8
Day: ........................ Tuesday
Time: ................................. 6–9pm

OPTION 2:
Date: .................................................. November 2
Day: ........................ Saturday
Time: ................................. 1–4pm

OPTION 3:
Date: .................................................. December 10
Day: ........................ Tuesday
Time: ................................. 6–9pm

OPTION 4:
Date: .................................................. December 18
Day: ........................ Wednesday
Time: ................................. 6–9pm
Holiday Cookies

Create delicious and festive cookies using a variety of baking styles, including decorative, icebox, freezer-friendly and drop cookies. Learn about different recipes to fill your holidays with yummy treats that you can enjoy at home, bring to parties or give as gifts. Make sure you bring bags to take goodies home!

Instructor: Skidmore
Fee: $49
Materials Fee: $20

OPTION
Date: November 12
Day: Tuesday
Time: 5:30–8:30 pm

Cha Cha Dance Class

One of the most popular of the social Latin-American dances, the Cha Cha is a fun, flirtatious dance with playful energy. It's a blend of other Latin dances including the Mambo and Rumba. In this dance class we will cover a variety of different moves, from basic steps to turns, twirls and more! Anyone can attend — beginners, intermediate or advanced. Come join us for this fun, energetic class!

Instructor: Rill
Fee: $119 (per couple)

OPTION
Date: September 16, 23, 30, October 7, 14, 21
Day: Mondays
Time: 7–8:30 pm

Two-Step Intensive Workshop

Have you ever wanted to learn how to boot-scoot across the dance floor? The Two-Step is one of the most fun and lively dances you can learn. This workshop will cover footwork and a variety of moves and turns to give you confidence on the dance floor! All skill levels are invited to attend, from beginners to advanced.

Instructor: Rill
Fee: $49 (per couple)

OPTION
Date: November 16
Day: Saturday
Time: 10:30 am–2:30 pm (lunch break from 12:1 pm)

Waltz Intensive Workshop

Prepare for holiday parties with this dance workshop! The Waltz is one of the more popular styles of ballroom dance. This workshop will cover footwork, moves and turns to help you master the smooth, flowing movements of the Waltz. All skill levels are invited to attend, from beginners to advanced.

Instructor: Rill
Fee: $49 (per couple)

OPTION
Date: November 16
Day: Saturday
Time: 9–11:30 am

FINANCIAL PLANNING & RETIREMENT

How to Use Insurance Better

Getting insured on the exchange or through your employer is often only half the work to getting quality health care. Learn how to get the most out of your insurance and develop sufficient understanding of how to choose better insurance during this upcoming open enrollment period. Learn how to both estimate costs of your potential health care and use your insurance to minimize those costs — even when going out of network, buying specialty prescriptions or obtaining uncovered services, such as fertility treatments. Supplemental plans, such as vision, dental and life insurance, will also be discussed.

Instructor: Michelson
Fee: $39

OPTION 1
Date: September 25
Day: Wednesday
Time: 9–11:30 am

OPTION 2
Date: October 2
Day: Wednesday
Time: 9–11:30 am

OPTION 3
Date: October 9
Day: Wednesday
Time: 9–11:30 am

OPTION 4
Date: October 19
Day: Saturday
Time: 9–11:30 am

Make Accounting Make Cents

This class will focus on the single-entry ledger and the process of capitalization: transforming assets and liabilities into wealth worth having. Whether at home or in business, if you reduce your expenses and increase your available resources, you’ll become wealthy. This requires nothing more than addition and subtraction on a ledger, and other easy-to-understand and state-of-the-art economic principles taught in this class. Whether you prefer paper and pencil, Excel or Google Sheets, learn to better use these tools to better yourself.

Instructor: Michelson
Fee: $49

OPTION 1
Date: September 18
Day: Wednesday
Time: 9–11:30 am

OPTION 2
Date: October 16
Day: Wednesday
Time: 9–11:30 am

OPTION 3
Date: November 16
Day: Saturday
Time: 9–11:30 am
Retirement Planning Today

Due to recent tax law changes, the uncertain future of Social Security and the shift toward employee-directed retirement plans, the need for sound financial strategies has never been greater. In straightforward language, this class explains time-tested strategies that help you make informed financial decisions. Whether your objective is to build a nest egg, protect your assets or preserve your lifestyle throughout retirement, this course helps you plan your future with confidence.

Instructor: ____________________________ DeCora
Fee: ____________________________ $49 (plus one free guest)

OPTION 1
Date: _______________ October 2, 9
Day: _______________ Wednesdays
Time: _______________ 6:30–9:30pm

OPTION 2
Date: _______________ October 3, 10
Day: _______________ Thursdays
Time: _______________ 6:30–9:30pm

OPTION 3
Date: _______________ November 9
Day: _______________ Thursdays
Time: _______________ 6:30–9:30pm

10 Ways to Control Emotional Eating: Never Binge Eat Again

Have you ever rushed to the kitchen or gone through a drive-thru because you had a terrible day, an argument or because you were bored? Do you use “comfort foods” to soothe yourself through difficult situations? Does the constant thought of food derail your willpower and make it difficult to lose weight? If you answered yes to any of these questions, this class is for you! Come gain clarity and learn simple, non-food techniques that take willpower and motivation out of the equation, so you will be able to eat what and when you decide to.

Instructor: ____________________________ Leon
Fee: ____________________________ $49

OPTION 1
Date: _______________ September 21
Day: _______________ Saturday
Time: _______________ 9am–12pm

OPTION 2
Date: _______________ October 5
Day: _______________ Saturday
Time: _______________ 9am–12pm

OPTION 3
Date: _______________ November 2
Day: _______________ Saturday
Time: _______________ 9am–12pm

OPTION 4
Date: _______________ December 7
Day: _______________ Saturday
Time: _______________ 9am–12pm

Autoimmune Diseases and their Connection to Leaky Gut

In this empowering class, participants will learn that many autoimmune diseases can be reversed without any medical intervention. Learn what foods, medications and ubiquitous toxins cause the body to attack itself. Take back control of your health.

Instructor: ____________________________ Carpenter
Fee: ____________________________ $49

OPTION
Date: _______________ October 28
Day: _______________ Monday
Time: _______________ 6–8pm

B Seated Chair Yoga

Chair yoga invites you to find mobility in a way that is soft, gentle and very supportive. Let go of tension, both mentally and physically, through this slow stretch class. Chair yoga is a safe practice that will increase balance and bring resiliency to the body. Using chairs, props and modifications for support while moving through yoga poses, this class is great for beginners, those with limited mobility or anyone who thought they could never do yoga. Similar poses will be done each week so that students can incorporate these gentle movements into a home practice to open the body and soften the joints.

Instructor: ____________________________ McRobbie/Griggs
Fee: ____________________________ $49

OPTION 1
Date: _______________ September 23, 30,
October 7, 14, 21, 28
Day: _______________ Mondays
Time: _______________ 9:30–10:30am

OPTION 2
Date: _______________ November 4, 11, 18
December 2, 9, 16
Day: _______________ Mondays
Time: _______________ 9:30–10:30am

Essential Oil 101

Essential oils seem to be all the rage. This class will cover the basics of essential oils and how they differ from infused oils. We will also cover what they can be used for and how to use them safely. What about for use in pregnancy or childbirth, for infants and nursing mother, for the elderly or those with sensitive skin? Can essential oils be harmful? Can/should they be taken internally? This class will answer all of these questions and more.

Instructor: ____________________________ Carpenter
Fee: ____________________________ $49

OPTION 1
Date: _______________ September 23
Day: _______________ Monday
Time: _______________ 6–8pm

OPTION 2
Date: _______________ November 4
Day: _______________ Monday
Time: _______________ 6–8pm

OPTION 3
Date: _______________ December 16
Day: _______________ Monday
Time: _______________ 6–8pm

Essential Oils as Nature's Medicine

From the beginning of recorded time, essential oils have been extracted from aromatic plants and used as effective medicine based on therapeutic properties. In this class, you will learn about oils that can be used to replace conventional medicines and be empowered in your health for pennies per drop.

Instructor: ____________________________ Carpenter
Fee: ____________________________ $49

OPTION 1
Date: _______________ November 4
Day: _______________ Monday
Time: _______________ 6–8pm

OPTION 2
Date: _______________ December 2
Day: _______________ Monday
Time: _______________ 6–8pm

Essential Oil Safety

Essential oils are up to 70 times stronger than herbs. All medications were originally plants. In this science-based class you will learn how to use essential oils safely and with confidence. Should essential oils be taken internally? Can these powerful oils be safely applied to the skin without dilution? How long should you diffuse? How much is too much? What about allergic reactions to essential oils? You will learn the answers to these and many more questions.

Instructor: ____________________________ Carpenter
Fee: ____________________________ $49

OPTION
Date: _______________ October 7
Day: _______________ Monday
Time: _______________ 6–8pm

FALL 2019 CATALOG NON-CREDIT COURSES
Feeding Your Kids the Healthy and Mindful Way

Are you concerned that your kids are not getting enough to eat? Or perhaps you’re worried they are eating too much. Have meals become a battle, or are you making one dinner for your picky eater and another meal for the rest of the family? This class will help you avoid common eating mistakes and habits that parents often make. You’ll learn how much your child should actually be eating, how to sneak healthy food into meals and how to cope with picky eaters. Come and find out the cardinal rule of healthy eating for kids and parents.

Instructor: Fuller
Fee: $39

OPTION 1
Date: September 28
Day: Saturday
Time: 9–11am

OPTION 2
Date: October 16
Day: Wednesday
Time: 6–8pm

OPTION 3
Date: November 9
Day: Saturday
Time: 9–11am

Five Diseases Americans Fear Most (and how to prevent them)

There are 12,240 different known diseases. Yet there are five that are particularly frightening to Americans. Those five feared diseases are all preventable. Would you rather treat the disease after diagnosis or take proactive steps toward prevention? This informative class will teach you about the diseases we fear and the things you can do to minimize your chance of ever having to deal with it. You know what they say about an ounce of prevention...

Instructor: Carpenter
Fee: $49

OPTION
Date: September 16
Day: Monday
Time: 6–8pm

Gastro Esophageal Reflux Disease: The Natural, Drug-Free Approach

Two of the top five pharmaceuticals sold in the US treat Gastro Esophageal Reflux Disease (GERD). Once you start taking them, these drugs are designed so that it is almost impossible to stop taking them. In this powerful seminar you will learn what you can do to treat GERD naturally.

Instructor: Carpenter
Fee: $49

OPTION
Date: November 11
Day: Monday
Time: 6–8pm

Hatha Yoga

No matter your age or physical condition, yoga can be a part of a healthy lifestyle. This course will provide the beginner with a gentle introduction to yoga. Use of accommodations will help increase flexibility as well as increase a sense of well-being. Each class will focus on movements to add strength, flexibility and openness. Students will need to bring a yoga mat, two blocks and a yoga strap if you have them. Comfortable clothing that allows movement is a necessity.

Instructor: Cullinane
Fee: $69

Healthy Through the Holidays

The weather outside is frightful... The question is, how to stay healthy despite the weather. With the hectic holidays, we might be tempted to grab processed foods that come as powders in a box. But we don’t have to be like Santa and gain weight through the holidays. Come learn some delicious recipes that are quick, easy to make and taste GREAT!

Instructor: Carpenter
Fee: $49

OPTION
Date: November 25
Day: Monday
Time: 6–8pm

Micro-Habits for Weight Loss

Small, healthy, weight loss habits that stick with you and that don’t rely on willpower or motivation – sounds too good to be true. But it is true, and a possibility for you! Due to recent neurobiological and behavioral research, we now understand how to make weight loss stick with no motivation or willpower needed. Come learn how to lose weight and keep it off – no dieting, no drugs, no kidding!

Instructor: Leon
Fee: $49

OPTION 1
Date: October 19
Day: Saturday
Time: 9am–12pm

OPTION 2
Date: November 16
Day: Saturday
Time: 9am–12pm

My Health, My Priority

Making change is hard, especially with confusing public information about what to eat. Change is even harder without support. This class covers how to make small micro-changes that are manageable and how to build a support system. The four pillars of health will be covered, as well as how to make changes stick and how to get support for your new habits.

Instructor: Leon
Fee: $49

OPTION 1
Date: October 26
Day: Saturday
Time: 9am–12pm

OPTION 2
Date: November 23
Day: Saturday
Time: 9am–12pm

Osteoporosis Holistic Prevention and Management

One in four post-menopausal women have osteoporosis (OP). OP is second only to heart disease as a global health care problem. Risk of dying from hip fracture (often the first indication of OP) is equal to breast cancer for women over 50 years of age. Yet, eight in ten women deny personal risk, and simple calcium supplementation is not enough to stave off this painful, debilitating and costly disease. In this class, participants will learn risk factors and different theories on prevention and optimizing bone strength and minimizing the loss of bone density with proper nutrition.

Instructor: Carpenter
Fee: $49

Class description continues on next page.
Self-Care with Essential Oils

How well do you take care of yourself? In today’s fast-paced society, whether male or female, we push, push, push and go, go, go and we rarely take time for ourselves. Knowing how to use essential oils for your self-care is so important and so easy... and it smells good! Essential oils are well researched and clinically validated to help reduce feelings of stress, improve mood, reduce times of frustration and help you feel more in control, capable and effective. This class is so powerful! Come learn how to use essential oils to take care of the most important person in your life — you!

Instructor: ....................................................... Carpenter
Fee: ................................................................ $49

OPTION
Date: ............................................................. October 14
Day: ......................................................... Monday
Time: ............................................................ 6–8pm

Stress Management Workshop

Stress can affect your body, your thoughts and feelings, and your behavior. Stress that is left unchecked can also contribute to many health problems. This workshop will teach you simple techniques to calm the stress response. These tools will help prevent disease, sharpen mental clarity, boost energy and improve your overall quality of life.

Instructor: ........................................................... Cullinan
Fee: ................................................................ $39

OPTION
Date: .............................................................. September 18
Day: ............................................................... Wednesday
Time: ............................................................. 6:30–8:30pm

The Science of Essential Oils

Essential oils are up to 70 times stronger than herbs. It would take 28 cups of peppermint tea to equal the strength of one drop of quality peppermint oil. There are oils that are antibacterial, antiviral and anti-fungal. There are oils that help ease breathing issues and minimize seasonal irritations. There are oils known to reduce minor discomfort, aches and pains. There are oils that cleanse and purify without being toxic. There are soothing oils that promote whole-body relaxation and oils that invigorate. There are oils that balance hormones and stabilize mood. There are oils that combat free radicals and provide antioxidant support. There are oils that ease occasional indigestion and help maintain gastrointestinal health. There are oils that promote a healthy cardiovascular system. You name it, there is an oil for that! Learn the science behind essential oils and know what oils to use when.

Instructor: ....................................................... Carpenter
Fee: ................................................................ $49

OPTION
Date: ............................................................. November 18
Day: ............................................................. Monday
Time: ............................................................ 6–8pm

Fly-fishing: Level 1

This course covers the basics of fly-fishing. You will be introduced to selecting the right equipment, types of fly-fishing, types of flies and their use, knots and the basic cast. Whether you want to explore the “mystique” of fly-fishing or actually catch fish, this course is designed to get you started with confidence on your journey into the world of fly-fishing. You will learn about gear, what to buy and why, etc. On the first class date, you will not be expected to bring fishing equipment. However, we will be practicing casting even on the first day. Therefore, if you have a rod, reel and line plan to bring it. The instructor will have a few extra sets available for use throughout the course if needed.

Instructor: .......................................................... Barto
Fee: ................................................................ $109

OPTION
Date: ..................................................... September 16, 17, 21
Day: ............................................................. Monday, Tuesday, Saturday
Time: ........................................................ 6–9pm (Monday, Tuesday), 9am-12pm (Saturday)

Fly-fishing: Level 2

This class builds on Fly-fishing: Level 1 or your basic understanding and knowledge of fly-fishing. We will cover the importance of stealth and strategy and types of waters that hold trout as well as where trout will be hiding and feeding. We will differentiate types of trout and their feeding behaviors and matching the hatch. This class introduces new casts and techniques that will help maximize your potential for success. Students will learn techniques on how to determine where and when to go fly-fishing. The importance of an understanding of limnology and entomology will be addressed. Classroom and hands-on methods are used.

Bring a fly rod and reel to the first class if you can.

Instructor: .......................................................... Barto
Fee: ................................................................ $109

OPTION
Date: ..................................................... October 9, 10, 12
Day: .............................................................. Wednesday, Thursday, Saturday
Time: .......................................................... 6–9pm (Wednesday, Thursday), 10am–1pm (Saturday)
Graphic Design

Adobe Illustrator: Basics

A hands-on and detailed introduction to the basic tools, tricks and aspects of Adobe Illustrator, a powerful and unique graphics program used for vector-based design. Learn how to apply a basic understanding of Illustrator to projects like logo design, illustrations, print pieces, graphic design and more. The class will include tips in working with digital art as well as project-mirroring exercises, and will utilize Adobe Illustrator CC.

Instructor: ................................................................................ Gibson
Fee: ............................................................................................ $109

OPTION

Date: .......................................................... September 30, October 2, 7, 9
Day: ............................................................ Mondays, Wednesdays
Time: .......................................................... 6–8pm

Adobe InDesign: Basics

Learn how to make simple design layouts using Adobe InDesign CC, an effective software application that allows professional designers to produce layouts for posters, fliers, brochures, books, magazines and countless other print pieces. Topics will include interface, layouts, importing graphics and imagery, setting up pages, editing type and using InDesign in concert with other Adobe programs (since this program is designed more for assembling elements versus creating them). This class will give you enough understanding to begin creating print pieces with confidence. The class utilizes Adobe InDesign CC.

An understanding of Photoshop or Illustrator is not critical as a prerequisite to this class, however even a small understanding of one or both of these programs will make this class more effective.

Instructor: ................................................................................ Gibson
Fee: ............................................................................................ $109

OPTION

Date: .......................................................... October 14, 16, 21, 23
Day: ............................................................ Mondays, Wednesdays
Time: .......................................................... 6–8pm

Health Care Career Programs: Online

These programs are developed in collaboration with industry experts, employers and associations, providing students with a course of study that will prepare them to successfully transition to the workplace after graduation. They all can be completed online within an academic partnership with an industry leader in the program.

For more information give us a call at 970.255.2800 or view these programs and get more information through the following website: partner.careerstep.com/wccc.

Professional Medical Coding and Billing ICD-10 with Applied PCS

The Professional Medical Coding and Billing with Applied PCS program prepares students for the Certified Coding Associate (CCA) and Certified Professional Coder (CPC) certifications. Students develop a health care knowledge base and train on current and advanced code sets. Enrollment includes eBooks, codebooks and a certification exam voucher.

Fee: .......................................................................................... $3,699

Professional Medical Coding and Billing ICD-10

The Professional Medical Coding and Billing program prepares students for the Certified Coding Associate (CCA) and Certified Professional Coder (CPC) certification exams. Topics studied include reimbursement methodologies, biomedical sciences and code sets, including ICD-10 coding. Enrollment includes eBooks, industry codebooks and a voucher for one of the national certification exams.

Fee: .......................................................................................... $3,399

ICD-10-CM Diagnoses for the Professional Coder

The ICD-10-CM Diagnoses for the Professional Coder course includes 13 hours of curriculum designed for coders in small hospitals and large clinics. The course provides 13 AHIMA and AAPC CEU credits.

Fee: .......................................................................................... $999

ICD-10-CM Diagnoses and PCS Procedures for Proficient Coding

The ICD-10-CM Diagnoses for the Professional Coder course includes 13 hours of curriculum designed for coders in small hospitals and large clinics. The course provides 13 AHIMA and AAPC CEU credits.

Fee: .......................................................................................... $699

ICD-10-PCS Procedures for Proficient Coding

The ICD-10-PCS Procedures for Proficient Coding course includes 10 hours of curriculum designed for coders in small hospitals who assign corresponding procedure codes. The course provides 9 AHIMA and 8.5 AAPC CEU credits.

Fee: .......................................................................................... $499
Scots, Cuna and Spaniards: The Company of Scotland’s Failed Colony in Panama, 1698-1700

Learn about how Scotland’s disastrous attempt to establish a trading entry point on the Isthmus of Panama at the end of the seventeenth century resulted in extensive unintended consequences. From the highest levels of European diplomacy to the politics of the indigenous Cuna and the involvement of Spain’s American bureaucracy, the ill-prepared and poorly governed colony had an impact far beyond its traditional role in the history of English-Scottish relations.

Instructor: ................................................................ Orr
Fee: ........................................................................ $49

OPTION
Date:.............................................................. October 18
Day:............................................................... Friday
Time: .............................................................. 10am–12pm

Italian for Travelers & More

Begin your journey to learning the basics of the most romantic language of all! This course is for those who might be thinking of travelling to Italy and want to learn how to order at a restaurant, ask for directions, have a brief conversation with the locals… or for those who dream of being able to understand the lyrics to a song or name their favorite dish from their favorite Italian restaurant! Embark on a virtual journey through the amazing Italian peninsula, learning about its different regions, local traditions and most popular dishes.

Instructor: ............................................................. Bruno
Fee: ........................................................................ $199

OPTION 1
Date:.............................................................. September 24, 26, October 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
Day:.............................................................. Tuesdays, Thursdays
Time:.............................................................. 5:30–7pm

OPTION 2
Date:.............................................................. November 5, 7, 12, 14, 19, 21
December 3, 5, 10, 12, 17, 19
Day:..............................................................Tuesdays, Thursdays
Time:.............................................................. 5:30–7pm
### Intro to Japanese: Level 1

Would you like to carry on a simple conversation in Japanese? Learn and practice the fundamentals of the spoken Japanese language that will prepare you for traveling in Japan, hosting Japanese guests or just learning to speak and understand conversational Japanese. This class is intended to lay the foundations of the Japanese spoken language. We will not go in depth with the Japanese writing systems. We will primarily focus on building Japanese sentences and understanding basic grammar to build sentences.

**Instructor:** .......................................................... Bailly

**Fee:** ................................................................ $179 (includes workbook)

**OPTION 1**

**Date:** ........................ September 17, 19, 24, 26,
October 1, 3, 8, 10

**Day:** ......................... Tuesdays, Thursdays

**Time:** .......................... 5:30–7pm

**OPTION 2**

**Date:** ........................ October 15, 17, 22, 24, 29, 31,
November 5, 7

**Day:** ......................... Tuesdays, Thursdays

**Time:** .......................... 5:30–7pm

### Intro to Japanese: Level 2

Know a little bit of Japanese already, but want to refine what you know? This course is designed to build off of Intro to Japanese: Level 1 and expand your vocabulary and mastery of the Japanese language. This class is intended to expand foundations of the Japanese spoken language. We will not go in depth with the Japanese writing systems. We will primarily focus on building Japanese sentences and understanding basic grammar to build sentences and vocabulary.

**Instructor:** .......................................................... Bailly

**Fee:** ................................................................ $179 (includes workbook)

**OPTION**

**Date:** ........................ November 19, 21, 26,
December 3, 5, 10, 12, 17

**Day:** ......................... Tuesdays, Thursdays

**Time:** .......................... 5:30–7pm

### Spanish Conversation: Level 1

This is a great place to start learning Spanish for travel or business. This fun, interactive class introduces you to basic vocabulary, language “sounds” and conversation.

**Instructor:** ......................................................... Colbert

**Fee:** ................................................................ $179

**OPTION 1**

**Date:** ........................ October 22, 24, 29, 31,
November 5, 7, 12, 14

**Day:** ......................... Tuesdays, Thursdays

**Time:** .......................... 3:30–5pm

**OPTION 2**

**Date:** ........................ October 22, 24, 29, 31,
November 5, 7, 12, 14

**Day:** ......................... Tuesdays, Thursdays

**Time:** .......................... 5:30–7pm

### Spanish Conversation: Level 2

This fun, interactive class will continue to build on the skills learned in Spanish Conversational: Level 1. If you have taken Level 1, or have a basic knowledge of the Spanish language, this is a great way to continue enhancing your conversational skills.

**Instructor:** ......................................................... Colbert

**Fee:** ................................................................ $179

**OPTION 1**

**Date:** ........................ November 18, 20, 25,
December 2, 4, 9, 11, 16

**Day:** ......................... Mondays, Wednesdays

**Time:** .......................... 3:30–5pm

**OPTION 2**

**Date:** ........................ November 18, 20, 25,
December 2, 4, 9, 11, 16

**Day:** ......................... Mondays, Wednesdays

**Time:** .......................... 5:30–7pm

### Spanish for Health Care Workers

This course is fun and practical! It is helpful for nurses, MDs, dentists, hospital techs, aides and support staff who want to learn basic Spanish medical phrases to improve communication with patients. Students will engage in multiple scenarios commonly seen in medical settings. Some knowledge of Spanish is desirable, but not a prerequisite.

**Instructor:** .......................................................... Lynch

**Fee:** ................................................................ $179

**OPTION**

**Date:** ........................ September 16, 23, 30,
October 7, 14, 21, November 4, 11

**Day:** ........................................... Mondays

**Time:** .......................... 5:30–7pm

### Basic Music Theory: Level 1

This is the first of a four-class series that takes students through the basics of reading and notating music through composing and harmonizing a melody. You do not need to play an instrument to benefit from this course. Basic Music Theory: Level 1 starts with the staff, time signatures, note values, pitch and training your ear so you can “hear” what you see.

**Instructor:** ..................................................... L. Devereux

**Fee:** ................................................................ $129

**Materials Fee:** ................ $15 (payable to the instructor on the first day of class)

**OPTION**

**Date:** ........................ September 19, 26,
October 3, 10, 17, 24

**Day:** ............................................................ Thursdays

**Time:** .......................... 7–9pm

### Basic Music Theory: Level 2

Basic Music Theory: Level 2 is the second of a four-class series that takes students through the basics of reading and notating music through composing and harmonizing a melody. You do not need to play an instrument to benefit from this course. This class will focus on scales, key signatures and intervals. We will build on the rhythmic base we learned in Level 1 and add new note values and complexity. We will also continue to train and develop your ear. It is strongly recommended that you take Basic Music Theory: Level 1 before taking this course or meet with the instructor to see if this is an appropriate starting place for you.

**Instructor:** ..................................................... L. Devereux

**Fee:** ................................................................ $129

**Materials Fee:** ................ $15 (payable to the instructor on the first day of class, unless previously paid for Basic Music Theory: Level 1)

**OPTION**

**Date:** ........................ October 31, November 7, 14, 21, December 5, 12

**Day:** ............................................................ Thursdays

**Time:** .......................... 7–9pm
Basic Music Theory: Level 3A

Basic Music Theory: Level 3A and 3B are the last of a four-class series that takes students through the basics of reading and notating music through composing and harmonizing a melody. You do not need to play an instrument to benefit from this course. This final section will cover major and minor chords, inversions, transposing, harmonizing and composing simple melodies. It is strongly recommended that you take Basic Music Theory: Level 2 before taking this course, or meet with the instructor to see if this is an appropriate starting place for you. Because of the complexity of the content, Level 3 has been divided into Level 3A and 3B, to allow students to take more time to practice and understand the material in depth.

Instructor: ..................................................... L. Devereux
Fee: ................................................................ $129
Materials Fee: ........................................ $15 (payable to the instructor on the first day of class, unless previously paid for Basic Music Theory: Level 1 or 2)

OPTION
Date: ........................................... September 19, 26, October 3, 10, 17, 24
Day: .............................................................. Fridays
Time: .............................................................. 7–9pm

Basic Music Theory: Level 3B

Basic Music Theory: Level 3A and 3B are the last of a four-class series that takes students through the basics of reading and notating music through composing and harmonizing a melody. You do not need to play an instrument to benefit from this course. This final section will cover major and minor chords, inversions, transposing, harmonizing and composing simple melodies. It is strongly recommended that you take Basic Music Theory: Level 2 and 3A before taking this course, or meet with the instructor to see if this is an appropriate starting place for you.

Instructor: ..................................................... L. Devereux
Fee: ................................................................ $129
Materials Fee: ........................................ $15 (payable to the instructor on the first day of class, unless previously paid for Basic Music Theory: Level 1 or 2)

OPTION
Date: ........................................... September 20, 27, October 4, 11, 18, 25
Day: .............................................................. Fridays
Time: .............................................................. 7–9pm

Beginning Mandolin

For beginners to playing an instrument, the mandolin is a great option for starting your musical journey. This class is intended for those who have never played a mandolin or have been frustrated trying to learn. In this class we will cover the basics of playing the mandolin, learning skills such as holding a pick, tuning, rhythm and playing in time, and how and what to practice. We will learn some easy songs with finger-friendly chords, and gain experience playing with other musicians.

Students should have access to a mandolin to use in class and for practice, and an electronic tuner. While not required, a music stand can be helpful.

Instructor: ..................................................... Quesenberry
Fee: ................................................................ $139

OPTION
Date: .................................. September 16, 23, October 7, 14, 21
Day: ............................................................. Mondays
Time: .............................................................. 6–8pm

Fingerstyle Guitar: Level 1

Are you a beginning guitarist who would rather use your fingers than a pick? Then Fingerstyle Guitar: Level 1 is the class for you! We will begin with basic chords used in a fingerstyle context along with important fundamentals including posture, tuning, hand position and more. Next we will study fingerstyle techniques including arpeggios, Travis and “block” style using popular folk/rock songs as examples for practice. Completion of Joe Quesenberry's Beginning Guitar class and/or prior experience with basic chords/chord transitions is strongly recommended.

Required supplies include an acoustic guitar, electronic tuner, capo and a 3-ring binder.

Instructor: ..................................................... Quesenberry
Fee: ................................................................ $139

OPTION
Date: .................................. September 17, 24, October 1, 8, 15, 22
Day: ............................................................. Tuesdays
Time: .............................................................. 6–8pm

Fingerstyle Guitar: Level 2

Fingerstyle Guitar: Level 2 continues exploring the primary techniques covered in Fingerstyle Guitar: Level 1, including Travis, “block” and arpeggio style. In addition, we will be expanding on these rudiments with the use of ornamental devices, barre chords and new chord fingerings. We will also learn a few complete songs, ranging from folk rock to classical-style that demonstrate the application of techniques covered in both classes.

Completion of Fingerstyle Guitar 1 is strongly recommended; otherwise, please arrange to meet with instructor for evaluation prior to taking this class. Required supplies include an acoustic guitar, electronic tuner, capo and a 3-ring binder.

Instructor: ..................................................... Thornhill
Fee: ................................................................ $139

OPTION
Date: .................................. October 29, November 5, 12, 19, December 3, 10
Day: ............................................................. Tuesdays
Time: .............................................................. 6–8pm
OPPORTUNITIES FOR LIFELONG LEARNING

Folk and Bluegrass Jam Class

Do you want to play folk or bluegrass music with others, but are not sure how to go about it? Or maybe you have found the big bluegrass/folk jams to be intimidating or just too fast. This class will emphasize playing music in small and larger groups with gentle speeds and easy rhythms. You will learn to lead or follow along with familiar songs, and how to follow along on new or unfamiliar songs. The main emphasis of this class will be on playing as much music as we can and having fun! So bring your acoustic guitar, mandolin, banjo, bass, Dobro, fiddle, autoharp, dulcimer, etc. and join us!

Students should have access to an instrument to use in class and for practice, a 3-ring binder for handouts and an electronic tuner. Guitar and banjo players should also bring a capo. A capo is optional on the mandolin, but it can be helpful there too. The only prerequisite skill is the ability to change chords smoothly – mostly G, C and D.

Instructor: ...................................................... Quesenberry
Fee: ................................................................ $139

OPTION
Date: ............................................................ November 7, 14, 21, December 5, 12, 19
Day: ............................................................. Thursdays
Time: .............................................................. 6–8pm

Learn to Play a Mountain Dulcimer

Have you always wanted to play music but didn’t think you could? Are you intrigued with history, old things and music? The Appalachian mountain dulcimer is one of the simplest of instruments to learn to play, but one that will present you with challenges for years to come. Come and play in a group lesson where we will laugh and encourage one another.

Instructor: .......................................................... McCallister
Fee: ................................................................ $59

OPTION
Date: ............................................................ October 2, 9, 16, 23
Day: ............................................................. Wednesdays
Time: .............................................................. 6–7pm

Music Reading for Singers: Part 2

This class will pick up where Music Reading for Singers left off. We will continue to sight sing new music, add intervals and work on music in minor keys and modes. This class is a follow up to Music Reading for Singers which was offered last Spring. Participants need to have taken that class to be prepared for this one.

Instructor: .......................................................... L. Devereux
Fee: ................................................................ $89

OPTION
Date: ........................................................ October 8, 15, 22, 29, November 5, 12, 19, 26
Day: ............................................................. Tuesdays
Time: .............................................................. 7–8pm

OUTDOOR RECREATION

Bicycle Maintenance

In this hands-on class, students will learn several important skills needed for proper bicycle maintenance and repair. Skills learned will include how to repair a tube/ tire, gear and brake adjustments and lubrication, chain removal, bearing adjustments, wheel true, and no hydraulic brake over-hauling or shock over-hauling. Students will also learn how to choose the right bike based on size and fit.

Students should bring their own bicycle to class.

Instructor: .......................................................... Brown
Fee: ................................................................ $49

OPTION
Date: ........................................................ September 24
Day: ............................................................. Tuesday
Time: .............................................................. 7–9pm

Wilderness Navigation Using Map and Compass

A fun and informative course that will teach you how to navigate the backcountry of Western Colorado with just a map and compass. GPS will do, as long as the geographical and environmental conditions allow for satellite communication. A map & compass work in snow, fog, rain, deep valleys, slot canyons and dense forests and their batteries never die. Topics covered will include: UTM grid system, compasses, maps, declination, establishing and following a bearing, coordinate position and triangulation. This class can be useful to anyone who spends time navigating cross-country and especially useful for those engaged in Search and Rescue operations and those who do not want to be the object of such operations. The “final exam’ is a field exercise on the last day of class.

Instructor: .......................................................... Barto
Fee: ................................................................ $109

OPTION
Date: ........................................................ October 7, 8, 12
Day: ............................................................. Monday, Tuesday, Saturday
Time: ............................................................. 6–9pm (Monday, Tuesday), 2–5pm (Saturday)

Wilderness Navigation Using GPS

This course is designed for anyone who ventures off the beaten path and intends to rely on a GPS device as a navigational aid. This includes day hikers, single-track enthusiasts, hunters, fishermen, horsemen and even SAR personnel. It is intended as a companion course to Wilderness Navigation Using Map and Compass. In the instructor’s opinion, it’s not enough to follow the “do it this way because that’s the way it’s done” mentality. It is better to know not only the how, but also the why when using GPS technology. This is an in-depth course, not just a quick overview. Proficiency with GPS can add to your enjoyment of the back country. You will have more fun outdoors if you are not afraid of getting lost! The “final exam” is a field exercise on the last day of class. Bring your GPS to the first class if you have one.

Instructor: .......................................................... Barto
Fee: ................................................................ $109

REGISTER NOW!

CLASS STARTS SEPTEMBER 16

20  970.255.2800  wccc.coloradomesa.edu/cec

Class description continues on next page.
OPTION
Date: ....................................................... December 4, 5, 7
Day: ......................................................... Wednesday, Thursday, Saturday
Time: ..................................................... 6–9pm (Wednesday, Thursday), 10am–1pm (Saturday)

PARENTING

Feeding Your Kids the Healthy and Mindful Way

Are you concerned that your kids are not getting enough to eat? Or perhaps you’re worried they are eating too much. Have meals become a battle, or are you making one dinner for your picky eater and another meal for the rest of the family? This class will help you avoid common eating mistakes and habits that parents often make. You’ll learn how much your child should actually be eating, how to sneak healthy food into meals and how to cope with picky eaters. Come and find out the cardinal rule of healthy eating for kids and parents.

Instructor: .......................................................... Fuller
Fee: ................................................................. $39

OPTION 1
Date: ..................................................... September 28
Day: ......................................................... Saturday
Time: ......................................................... 9–11am

OPTION 2
Date: ..................................................... October 16
Day: ......................................................... Wednesday
Time: ......................................................... 6–8pm

OPTION 3
Date: ..................................................... November 9
Day: ......................................................... Saturday
Time: ......................................................... 9–11am

Why Did You Do That?! Understanding and Correcting Misbehavior

Participants will consider the four positive basic needs that all people have, children and adults alike. These basic needs include the need to belong, to be loved and to feel empowered. The class will then explore the four related goals of misbehavior if the positive needs aren’t met. This course is for parents, teachers and people in the workplace. Using techniques from behaviorists Alfred Adler, Rudolf Dreikurs, Linda Albert and Daniel Goleman, participants will learn skills to encourage cooperative behavior, making life easier in their homes, classrooms and work places.

Instructor: .......................................................... Kyker
Fee: ................................................................. $89

OPTION
Date: ..................................................... October 21, 22, 24
Day: ......................................................... Monday, Tuesday, Thursday
Time: ......................................................... 6–8:30pm

Auto Maintenance for Women

This class was designed for women, but is not limited to only women. We will not be dealing with grease or crud and we will use beginner terminology. This class will focus on using the owner’s manual with emphasis on learning how to do a walk-around inspection to help detect maintenance issues. This class will also teach students how to save money on auto maintenance and avoid unnecessary fees. We will do light under-hood work but no under-car work.

Instructor: .......................................................... Boothroyd
Fee: ................................................................. $109

OPTION
Date: ....................................................... October 29
Day: ......................................................... Tuesday
Time: ......................................................... 6–9:30pm

Cosplay on a Dime

Have you dreamt of dressing up like your favorite hero, villain or video game character? Now’s your chance! Wow your friends at Halloween! Draw crowds at Comic-Con! Learn how to make amazing cosplays and props without spending a fortune. Students will learn character design, Comic-Con and theater costuming, and special make-up effects. Get ready to make some really cool stuff!

Instructor: .......................................................... Weller
Fee: ................................................................. $129
Materials Fee: ..................................................... $10

OPTION
Date: ..................................................... October 24, 25, November 7, 8, 14, 15
Day: ............................................................. Thursdays, Fridays
Time: ............................................................. 5–7pm

Dungeons & Dragons: How to be a Master at Table Top Role Playing Games

Have you ever wanted to be able to play D&D or Pathfinder with your friends? Or maybe you have watched some episodes of Critical Roll and said “Wow! I want to do that!” Well you can!

In this class we will teach you the principles of good table top role playing, what makes it fun, and how to keep your players engaged. You will learn how to build non-player characters (NPC’s) on the fly. We will break down different types of encounters, when to use them, and how to design them. Lastly, we will show you how to get your game started and tips and strategies to keep it running smoothly.

Instructor: .......................................................... Aftsten
Fee: ................................................................. $79

OPTION
Date: ..................................................... October 15, 22, 29
Day: ............................................................. Tuesdays
Time: ............................................................. 8–8pm
OPPORTUNITIES FOR LIFELONG LEARNING

Funnier in Four Days

Participants will develop a portfolio of tools to increase their humor, find humor in everyday living, recognize humor in different types of work and activities and identify personal styles of humor. Participants will improve their public speaking skills by learning how to remember and tell jokes, build a joke and how to tailor the telling of the same joke to different audiences. This class will also cover techniques for getting around sarcasm and how to include humor in the writing/telling of family stories. There will be opportunities to watch videos of professional comedians and humorists, which will lead to analysis of approaches and purposes. You’re welcome to bring personal electronics for in-class research. Performance at the “Last Class Comedy Club” is optional.

Instructor: Kyker
Fee: $129

OPTION
Date: September 30, October 2, 7, 9
Day: Mondays, Wednesdays
Time: 6–8:30pm

Practical Interior Design

Whether it’s new construction, remodeling or just rearranging interiors, this course will help you navigate through your interior design projects. You’ll learn about identifying themes, scale, color theory and lifestyle focus. Bring your projects to class or just learn about interior design principles. Students may want to bring a basic sketchbook.

Instructor: Feller
Fee: $99

OPTION 1
Date: September 17, 24, October 1, 8
Day: Tuesdays
Time: 5–7pm

OPTION 2
Date: October 15, 22, 29, November 5
Day: Tuesdays
Time: 5–7pm

OPTION 3
Date: November 12, 19, December 3, 10
Day: Tuesdays
Time: 5–7pm

Why Did You Do That?! Understanding and Correcting Misbehavior

Participants will consider the four positive basic needs that all people have, children and adults alike. These basic needs include the need to belong, to be loved to feel empowered. The class will then explore the four related goals of misbehavior if the positive needs aren’t met. This course is for parents, teachers and people in the workplace. Using techniques from behaviorists Alfred Adler, Rudolf Dreikurs, Linda Albert and Daniel Goleman, participants will learn skills to encourage cooperative behavior, making life easier in their homes, classrooms and work places.

Instructor: Kyker
Fee: $89

OPTION
Date: October 21, 22, 24
Day: Monday, Tuesday, Thursday
Time: 6–8:30pm

Basic Digital Photography

This class is for cameras with interchangeable lenses. You will learn about your camera, from changing the lens to how the program modes work. This class will also teach you about auto and program modes, why your camera shoots different file types and why you would use them. We will talk about some of the menu settings and how you might want to set yours. We will discuss the different auto focus settings your camera may have, and why one may be better for you than another. Your questions will be answered as you move forward in the world of digital photography.

Instructor: Davenport
Fee: $99

OPTION
Date: September 24, 26, October 1
Day: Tuesdays, Thursday
Time: 7–9pm

Digital Photography: Beyond the Basics

This class will take you past the basics of using your digital camera (camera with interchangeable lens). The instructor will spend hands-on time with you explaining menu functions; why and how to shoot in modes like aperture priority, shutter priority, manual mode; and how and why to use bracketing. We will talk about different types of lenses and lighting. There will be some discussion on file types and resolution, printing and how to enlarge or crop your images. This class is perfect for the person who knows how to take pictures, but wants to go beyond the basics to create images with their digital camera. Please make sure your batteries are charged or you have a spare, and you have your owner’s manual. If you do not have a good working knowledge of your camera, please take the class prior to this one.

Instructor: Davenport
Fee: $99

OPTION
Date: October 8, 10, 15
Day: Tuesdays, Thursday
Time: 7–9pm

Portrait Photography

This class is designed to teach basic portraiture: from basic to advanced lighting techniques, both in the studio and on location, posing, proper lens selection and modifiers on the market today. This class will include serious amateurs and those starting out as professional photographers. This class will includes lecture, and practice editing sample images, with guided instruction. Participants will also be able to work on their own personal images during class time.

Instructor: Davenport
Fee: $119

OPTION
Date: October 21, 23, 25
Day: Monday, Wednesday, Friday
Time: 7–9pm
Seeing the Light: Learning the Light of Photography

Photography is all about light. Without light, we have no photographs. To be able to get the most out of photography, the artist needs to know and understand light. In this class we will discuss the basic physics of light, the characteristics of light, photographic lighting techniques and the various types of lighting equipment and modifiers on the market today. This class will include serious amateurs and those starting out as professional photographers. This class will include lecture, demonstration and hands-on shooting. Students need to bring their digital camera and lenses, as well as tripod flash or strobes, if owned.

Instructor: ...................................................... Davenport
Fee: .......................................................... $119

OPTION
Date: .......................................................... November 4, 6, 8
Day: .......................................................... Monday, Wednesday, Friday
Time: .......................................................... 7–9pm

Lightroom Software: Basics and Beyond

Lightroom (LR) software is the premier editing software for photographers. It is extremely powerful but can be daunting to those who haven’t worked with it. This class will give a basic overview of the software, details of the filing system and the modules available in the software. There will be hands on work where students can learn and practice editing sample images, with guided instruction. Participants will also be able to practice on their own digital images with the help and input of the instructor.

Instructor: ...................................................... Davenport
Fee: .......................................................... $119

OPTION
Date: .......................................................... November 11, 13, 15
Day: .......................................................... Monday, Wednesday, Friday
Time: .......................................................... 7–9pm

Religion in the Grand Valley

Explore the profound implications of those similarities and differences inherent in every distinct religious practice. Students will gain both an academic and spiritually useful understanding of religion through an examination of Theism, Atheism and Non-Theism in the context of their cultural, political and social effects. Ten world religions are studied in detail.

Instructor: ..................................................... Michelson
Fee: .......................................................... $119

OPTION 1
Date: .......................................................... September 18, 25, October 2, 9, 16
Day: .......................................................... Wednesdays
Time: .......................................................... 2–4pm

OPTION 2
Date: .......................................................... October 24, 31
Day: .......................................................... Thursdays
Time: .......................................................... 9–11am

Your Ultimate Guide to Planning a Magical Disney Vacation

Are you ready to treat your family to a magical Disney vacation? Did you know that there is a right and a wrong way to plan the perfect getaway when it comes to Disney? Whether it is Disneyland or Walt Disney World, you can create the perfect vacation plan that allows you to relax and have fun before and during your hard-earned vacation. Plus, learn tips and tricks from a Disney expert that will allow you to have the best vacation possible. If you are interested in how much a Disney vacation would cost, stick around for a free quote at the end of the class.

Instructor: ..................................................... Englund
Fee: .......................................................... $29

OPTION 1
Date: .......................................................... November 9
Day: .......................................................... Saturday
Time: .......................................................... 9–10:30am

OPTION 2
Date: .......................................................... December 14
Day: .......................................................... Saturday
Time: .......................................................... 9–10:30am
Grammar Confidence PLUS

Is it who or whom? Do I really need a comma there? These questions continue to vex and confound those who have not had the opportunity to understand how all of those rules and pieces go together. Fortunately, now there is a way to look at the big picture and see how it all fits together in a relatively simple way. Grammar is a mainstay of clear and professional writing. Even in casual situations, using words well makes a good impression on those who read your messages. You owe it to yourself to take a couple of weeks to examine this interesting subject and clarify your understanding, so that you can write with confidence.

Instructor: ..................................................... L. Devereux
Fee: .................................................................. $119
Workbook Fee: .............................................. $15 (payable to the instructor on the first night of class)

OPTION
Dates: ......................................................... September 18, 25, October 2, 9, 16, 23
Day: .............................................................. Wednesdays
Time: ............................................................. 7–9pm

Grammar and Writing

This class is the next step after Grammar Confidence PLUS. We will delve into how to use our knowledge of grammar to arrange our sentences and paragraphs for maximum meaning and effect. We will go into the nuances of effective writing and what role grammar has in aiding this process. We will continue using the workbook from Grammar Confidence PLUS.

PREREQUISITE: Grammar Confidence PLUS

Instructor: ..................................................... L. Devereux
Fee: .................................................................. $119

OPTION
Dates: .......................................................... October 30, November 6, 13, 20, December 4, 11
Day: .............................................................. Wednesdays
Time: ............................................................. 7–9pm

Writing Fiction for Publication 201

Writing Fiction for Publication 201 will walk an intermediate fiction writer through the different stages of getting their fiction writing ready for publication, touching on critique groups, beta readers and writer organizations; different formatting options; writing contests; different types of editors and agents, their functions, and how to find the right one for your writing style; common submission mistakes and how to avoid them; cover art, front and back matter and blurbs; and costs of pre-and-post publication. It will include a list of terms and helpful reference resources. The class is geared to intermediate writers with a solid grasp of grammar and punctuation, and who are nearing the end of, or have completed, their novella or novel. It is not a class on how to write.

Instructor: ..................................................... Benson
Fee: .................................................................. $89

OPTION
Dates: .......................................................... September 23, 25, 26
Day: .............................................................. Monday, Wednesday, Thursday
Time: ............................................................. 6–8pm
BUSINESS & INDUSTRY SAFETY COMPLIANCE TRAINING

If you don’t see a class that works for your company, please contact WCCC at 970.255.2800 for additional dates or to customize a date for your company in Grand Junction or Montrose.

Instructor: ......................................................... Pavelka

8-Hour Hazardous Materials: First Responder Operations

This course is designed for all employees who are likely to witness or discover a hazardous materials release and will be responsible for initiating the appropriate response sequence.

Fee: ........................................................................ $150

OPTION 1
Date:....................... October 30
Day:...................... Wednesday
Time:...................... 8am–5pm

OPTION 2
Date:....................... December 13
Day:...................... Friday
Time:...................... 8am–5pm

8-Hour HAZWOPER Refresher

This course is for employees trained in hazardous waste operations or who are exposed or could potentially be exposed to hazardous substances or health hazards and are required to attend a yearly refresher course as mandated by OSHA 29 CFR 1910.120. Verification of an 8-hour, of 24–hour or 40–hour class required.

Fee: ........................................................................ $150

OPTION 1
Date:....................... September 26
Day:...................... Thursday
Time:...................... 8am–5pm

OPTION 2
Date:....................... November 12
Day:...................... Tuesday
Time:...................... 8am–5pm

OPTION 3
Date:....................... December 17
Day:...................... Tuesday
Time:...................... 8am–5pm

40-Hour HAZWOPER

This course is specifically designed for employees who work with hazardous materials or respond to hazardous spills as part of their work duties. This course examines proper health and safety procedures and personal protection during clean-up and emergency operations. Topics include hazard identification and control, hazardous materials (e.g. flammable, explosive, radioactive), safety planning, site control, personal protective equipment, monitoring, emergency and incident response operations, spill control and decontamination processes. Course instruction includes case studies, group activities and hands-on practice. Certificates issued upon successful completion of the class work and field exercise. Instruction manuals provided: IFSTA Hazardous Materials for First Responders Operation Level and Emergency Response Guide as well as class handouts.

Fee: .......................................................................... $849

BBP Only (Bloodborne Pathogens)

One hour training, with certification cards issued on day of class upon completion. Medic First is internationally recognized and is equivalent to American Red Cross and American Heart Association.

Fee: ........................................................................ $40

OPTION 1
Date:....................... October 17
Day:...................... Thursday
Time:...................... 8–9am

OPTION 2
Date:....................... November 19
Day:...................... Tuesday
Time:...................... 8–9am

Confined Space Entry Awareness

Participants will learn about applicable OSHA standards (1910 & 1926), responsibilities, key terminology, and identifying permit-required v. non-permit required spaces, personal protective equipment, physical and atmospheric hazards, air monitoring and permits.

Certificate of Completion card will be awarded to participants who pass the written test.

Fee: ........................................................................ $99

OPTION
Date:....................... October 29
Day:...................... Tuesday
Time:...................... 8am–12pm

First Aid/CPR/AED/BBP

One-day training, with certification cards issued on day of class upon completion for First Aid/CPR/AED and BBP (Medic First). Medic First is internationally recognized and is equivalent to American Red Cross and American Heart Association programs.

Fee: ........................................................................ $100

OPTION 1
Date:....................... October 17
Day:...................... Thursday
Time:...................... 8am–1pm

OPTION 2
Date:....................... November 19
Day:...................... Tuesday
Time:...................... 8am–1pm

OSHA 10-Hour: Construction

This 10-hour course provides an excellent introductory course for all employees working in construction industries. It also provides a safety review for experienced personnel and supervisors of OSHA regulations, including recent or upcoming changes. The course content meets the OSHA requirements and includes, but is not limited to, the following topics: OSHA Act, Focus Four (falls, electrocution, struck-by and caught-between), PPE, health hazards/hazardous materials in construction, hand and power tools, stairs and ladders, excavation and ergonomics plus other topics. An OSHA 10 completion card will be issued by OSHA after the conclusion of class activities.

Fee: ........................................................................ $150

OPTION 1
Date:....................... September 24, 25
Day:...................... Tuesday, Wednesday
Time:...................... 8am–5pm (first day)

OPTION 2
Date:....................... November 20, 21
Day:...................... Wednesday, Thursday
Time:...................... 8am–5pm (first day)
OSHA 10-Hour: General Industry

This 10-hour course provides an excellent introductory course for all employees working in general industry including oil and gas. It also provides an appropriate review for experienced managers and supervisors of OSHA regulations, including recent or upcoming changes. The course content meets the OSHA requirements and includes, but is not limited to, the following topics: OSHA Act, HAZCOM, PPE, general safety provisions (e.g., tools and working surfaces), health hazards, fall protection, fire prevention, electrical safety, plus other topics.

Fee: ............................................................... $150

OPTION 1
Date: ................ October 15, 16
Day: ................ Tuesday, Wednesday
Time: .......................... 8am–5pm (first day)
.......................... 8am-12pm (second day)

OPTION 2
Date: ................ December 5, 6
Day: ................ Thursday, Friday
Time: .......................... 8am–5pm (first day)
.......................... 8am-12pm (second day)

OSHA 30-Hour: Construction

The 30-hour course applies to safety coordinators, management, team leads and personnel who have responsibility for the safety of others and the company safety program. The course content meets the OSHA requirements and contains, but is not limited to, the following topics: OSHA Act and history, Focus Four, managing health and safety, powered industrial trucks, safety leadership, HAZCOM/GHS, PPE, recordkeeping, toxic and hazardous substances, excavations, stairways and ladders, fire prevention plans, emergency action plans, electrical safety, materials handling, hand and powered tools and confined spaces. An OSHA 30 completion card will be issued by OSHA after the successful completion of class activities.

Fee: ............................................................... $499

OPTION
Dates: ......................................... September 30, October 1, 2, 3
Day: .................................... Monday, Tuesday, Wednesday, Thursday
Time: ........................................................... 8am–5pm

OSHA 30-Hour: General Industry

This 30-hour course applies to safety coordinators, management, team leads and personnel who have responsibility for the safety of others and the company safety program. The course content meets the OSHA requirements. The class includes, but is not limited to, the following topics: OSHA Act and history, HAZCOM/GHS, PPE, recordkeeping, toxic and hazardous substances, powered industrial trucks, stairways & ladders, fire prevention plans, emergency action plans, electrical safety, materials handling, hand and powered tools, confined spaces, safety and health program. Class materials provided include a current copy of the OSHA General Industry Standard, 29 CFR 1910.

Fee: ............................................................... $499

OPTION
Date: ................................................ December 9, 10, 11, 12
Day: .................................... Monday, Tuesday, Wednesday, Thursday
Time: ........................................................... 8am–5pm

OSHA 30-Hour: Construction

This safety course discusses the basics of silica and respirable silica encountered during construction activities, identifies health hazards associated with exposure, discusses common construction tasks that could result in exposure and reviews control measures that can be implemented to protect workers from exposure including engineering controls, work practices and respirators. In addition you will learn about contents of the new OSHA regulation concerning silica and respirable crystalline silica and the basic requirements surrounding OSHA’s new silica standard (e.g. exposure limits, housekeeping, written exposure control plan, medical monitoring, training and recordkeeping). Class materials and completion certificate provided.

Fee: ............................................................... $50

OPTION
Dates: ....................................................... November 13
Day: .......................................................... Wednesday
Time: ............................................................. 9–11am

Respirable Silica Awareness in Construction

This safety course discusses the basics of silica and respirable silica encountered during construction activities, identifies health hazards associated with exposure, discusses common construction tasks that could result in exposure and reviews control measures that can be implemented to protect workers from exposure including engineering controls, work practices and respirators. In addition you will learn about contents of the new OSHA regulation concerning silica and respirable crystalline silica and the basic requirements surrounding OSHA’s new silica standard (e.g. exposure limits, housekeeping, written exposure control plan, medical monitoring, training and recordkeeping). Class materials and completion certificate provided.

Fee: ............................................................... $50

OPTION
Dates: ....................................................... November 13
Day: .......................................................... Wednesday
Time: ............................................................. 9–11am

There are four easy ways to register:

1. Click on the blue “Non-credit Courses” button, pick the category and add classes.
2. cec@coloradomesa.edu
3. Kurtis Armstrong at 970.255.2800
4. WCCC Community Education Center
   2508 Blichmann Avenue, Building B
   Grand Junction, CO 81505
ENROLL NOW
CEC CLASSES START SEPTEMBER 16.

REGISTERING FOR CEC NON-CREDIT COURSES

THERE ARE FOUR EASY WAYS TO REGISTER:

1. [link] wccc.coloradomesa.edu/cec
   Click on the blue “Non-credit Courses” button, pick the category and add classes.

2. [phone] 970.255.2800
3. [email] Kurtis Armstrong at cec@coloradomesa.edu

4. [address] WCCC Community Education Center
   2508 Blichmann Avenue, Building B
   Grand Junction, CO 81505

REGISTERING FOR WCCC CREDIT COURSES

TO LEARN MORE AND APPLY FOR ADMISSION:
Contact a Student Services advisor to learn more, get your questions answered and begin your application.
Visit wccc.coloradomesa.edu/apply or call 970.255.2670 today.

[phone] 970.255.2670
[phone] 888.455.2617