SUMMER 2017 CATALOG

NON-CREDIT COURSES AT WCCC’S COMMUNITY EDUCATION CENTER
DESIGNED FOR PERSONAL ENRICHMENT

OPPORTUNITIES FOR LIFELONG LEARNING

wccc.coloradomesa.edu/cec
WESTERN COLORADO COMMUNITY COLLEGE

THE TRAINING YOU NEED FOR THE FUTURE YOU WANT

wccc.coloradomesa.edu  970.255.2670  888.455.2617  2508 Blichmann Avenue Grand Junction, CO 81505-1010
BEGIN YOUR CAREER AT WESTERN COLORADO COMMUNITY COLLEGE

APPLY TODAY

LEARN MORE AND APPLY FOR ADMISSION NOW

Contact a Student Services advisor to learn more, get your questions answered and begin your application. Visit wccc.coloradomesa.edu or call 970.255.2670 today.

WHERE ARE WE LOCATED?

BISHOP CAMPUS

2508 Blichmann Avenue • Grand Junction, CO 81505

WHERE ARE WE LOCATED?

BISHOP CAMPUS

2508 Blichmann Avenue • Grand Junction, CO 81505

PROGRAMS OF STUDY

The following programs are offered at Western Colorado Community College, a division of Colorado Mesa University.

Liberal Arts (AA)
- Biology
- Computer Science
- Geology
- Mathematics
- Physics
- Manufacturing Technology
  (AAS, Certificate)
  - Computer-Aided Design
  - Machining Technology
  - Welding Technology

Manufacturing Technology
(AAS, Certificate)
- Basic Welder
- CAD/CAM
- Machining and Manufacturing Trades

Mechanical Engineering Technology (AAS)

Medical Laboratory Technician (AAS)

Medical Office Assistant (AAS, Certificate)

Nurse Aide (Certificate)

Nursing (Certificate)

Paramedic

Peace Officer Standards and Training (POST)
(Certificate)

Process Systems Technology (Certificate)

Radiologic Technology (AAS)

Surgical Technology (AAS)

Supervision (Certificate)

Sustainable Agriculture (AAS)

Technology Integration (AAS)

Transportation Services (AAS)

Transportation Services (Certificate)

Visual Communications (AAS, Certificate)

Wildland Fire Management (AAS)

Programs of Study - Western Colorado Community College

Auditorial Arts

Administrative Office Technology

Applied Business

Agricultural Science (AS)

Aviation Technology (AAS)

Fixed-Wing

Baking and Pastry

(AAS, Certificate)

Construction Electrical

(AAS, Certificate)

Construction Technology

(AAS)

Supervision

Criminal Justice (AAS)

POST Academy

Culinary Arts

(AAS, Certificate)

Decision Support

(Certificate)

Early Childhood Education

(Certificate)

Entry-Level Teacher

Teacher Director

See Liberal Arts (AA)

Electric Lineworker

(AAS, Certificate)

Emergency Medical Technician

Basic (Certificate)

Paramedic (AAS, Certificate)

Land Surveying (AAS)

Liberal Arts (AA)

Administrative Office Technology

Business Administration

Business Computer Information Systems

Early Childhood Education

Humanities

Social Science

Sport Management

Land Surveying (AAS)

Mechanical Engineering Technology (AAS)

Medical Laboratory Technician (AAS)

Medical Office Assistant (AAS, Certificate)

Nurse Aide (Certificate)

Nursing (Certificate)

Paramedic

See Emergency Medical Technician

Peace Officer Standards and Training (POST)
(Certificate)

Process Systems Technology (Certificate)

Control Systems Technician

Electronic Technician

Radiologic Technology (AAS)

Surgical Technology (AAS)

Supervision (Certificate)

Sustainable Agriculture (AAS)

Technology Integration (AAS)

Transportation Services (AAS)

Transportation Services (Certificate)

Visual Communications (AAS, Certificate)

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

Inside this Summer 2017 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.

Whether your motivations are for personal enrichment, advanced skill training or professional development, the Community Education Center at WCCC is here for you.

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. If you are a business leader and have specific training requests, let us know and we will find a way to help.

We are committed to providing opportunities for lifelong learning 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.

If earning a technical certificate or associate degree from WCCC is more suited to you, a member of our Student Services staff is standing by and ready to help. We have a number of exciting programs to help get you into a career quickly.

Visit us online, call or stop in today.

Kurtis Armstrong
Community Education Director
Adult Summer Workshops

A Hands-On, Feet-On-The-Ground Overview of the History of Palisade, Colorado

Multi-media presentation by the Palisade Historical Society directors shows the history of Palisade and the early-to-present role it has played in providing water to the Grand Valley, nationally prized fruit and coal for the area. Learn about Civilian Conservation Corps (CCC) camp support of Grand Valley infrastructure, WWII German Prisoner of War (POW) camp and early efforts to provide humane housing for peach harvest migrant laborers. The first session will be classroom lectures, movies and hands-on show and tell using authentic historical artifacts. The second session will be a guided tour of the historical aspects of downtown Palisade, followed by a BYO snack at Riverbend Park prior to a discussion of the remains of the Migrant Labor Camp, CCC Camp, POW Camp and Wayne Aspinall, who as a politician representing the Western Slope had significant impact on water and land policy.

Instructor: .......................................................... Brown
Materials Fee: .................................................... $6, payable to the instructor on the first day of class

OPTION
Date: .......................................................... June 17, 24
Day: .............................................................. Saturday
Time: .......................................................... 9am–12pm

SUMMER 2017 CATALOG NON-CREDIT COURSES

WCCC Customized 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’ll 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 to create positive change.

Conferences and Seminars

Let us help you host a conference here in Grand Junction. Western Colorado Community College has wonderful facilities which we can coordinate for your own conference or seminar.

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

Creative Writing Workshop

This workshop will show students how to create believable settings, compelling characters and page-turning plots, whether writing fiction or nonfiction, through plenty of examples and written exercises. Students will learn what point of view is and how it works, the difference between plot and theme, conflict and why it’s important, plot (action or character driven), the mechanics of writing, backstory (why it’s important and how to introduce it), dialogue, telling vs. showing, the importance of sensory input, units of action, how to begin and end a piece, voice, revision and more! Students will receive a break for lunch.

Instructor: .................................................... Weissenburger

OPTION 1
Date: .......................................................... June 3
Day: .............................................................. Saturday
Time: .......................................................... 9am–5pm

OPTION 2
Date: .......................................................... July 22
Day: .............................................................. Saturday
Time: .......................................................... 9am–5pm

Fly Fishing: Level 1

A class that is a follow up to the movie A River Runs Through It (unfortunately, the instructor doesn’t look much like Brad Pitt). 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 be learning 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, so if you have a rod, reel and line plan to bring them. The instructor will have a few extra sets available for use throughout the course if needed.

Instructor: .......................................................... Barto

OPTION
Date: .......................................................... May 6, 13
Day: .............................................................. Saturday
Time: .......................................................... 9am–12pm

CMU/WCCC’s Higher Education Opportunity Act Disclosures are available online at coloradomesa.edu/institutional-research/heoa-disclosures.
Opportunities for Lifelong Learning

Introduction to Computer Coding & Programming

Have you been thinking about learning how to code? We can help you get started. Learn the basics in an environment that has the resources to keep you going. Learn all about coding, compare and select training, complete tutorials and learn a coding language. Arduino based projects are available, or bring BYOD (Bring Your Own Device) to program. This class has great potential for starting you in a new career!

Instructor: .......................................................... McGraw
Fee: ................................................................. $109

OPTION
Date: ................................. July 10, 11, 12, 13, 14, 17, 18, 19, 20, 21
Day: ........................................... Monday, Tuesday, Wednesday, Thursday, Friday
Time: ............................... 9am–12pm

Make Money While You Do What You Enjoy: Making a Business Plan

Have you always dreamed of starting your own business and doing something you love? Have you thought about starting a business on the side to earn some extra income? This course will guide you through the process of starting up and marketing your business. We will go through the process of creating a simple and comprehensive business plan, address some of the obstacles that many dreamers encounter and encourage each other to just start! This event is for the stay-at-home mom looking to add to the family income, for the retiree looking to make some money doing what they love and the entrepreneur with 100 great ideas. No matter what stage of life you are in, don’t miss out on this life-changing event!

Instructor: .......................................................... Englund
Fee: ................................................................. $49

OPTION 1
Date: ................................. June 3
Day: ........................................... Saturday
Time: ............................... 9am–12pm

OPTION 2
Date: ................................. July 8
Day: ........................................... Saturday
Time: ............................... 9am–12pm

OPTION 3
Date: ................................. July 12, 13
Day: ........................................... Wednesday, Thursday
Time: ............................... 5:30–7pm

Plant-Based Nutrition & Cooking Boot Camp

Have you been wanting to get more veggies in your diet or wondering how to eat plant-based? Are there vegetables like eggplant that you would like to try but don’t know how to prepare? Where do you get your protein in a plant-based diet? In part one of this two-session course, we will discuss the science behind getting enough nutrients for your body to thrive on a plant-based diet. The second day we will venture into the cooking lab to learn about incorporating new vegetables into your diet, vegetable preparation and an introduction to no oil and batch cooking.

Instructor: .......................................................... Leon
Fee: ................................................................. $69

OPTION 1
Date: ................................. June 3, 10
Day: ........................................... Saturday
Time: ............................... 9am–12pm

OPTION 2
Date: ................................. July 8, 15
Day: ........................................... Saturday
Time: ............................... 9am–12pm

Understanding Your Computer’s Hardware

This class will explore the Personal Computer — the parts and how to assemble, configure and maintain them. You don’t need any previous knowledge of computers; we will start from the beginning. Study materials will be online and we will be working with computers in the lab.

Instructor: .......................................................... McGraw
Fee: ................................................................. $199

OPTION
Date: ................................. June 5, 6, 7, 8, 9, 12, 13, 14, 15, 16
Day: ........................................... Monday, Tuesday, Wednesday, Thursday, Friday
Time: ............................... 5:15–7:15pm

Wilderness Navigation

A fun and informative course which will teach you how to navigate the backcountry of western Colorado with just a map and compass. GPS will work as long as the geographical and environmental conditions allow for satellite communication. A map and 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 may be useful to anyone who spends time navigating cross country and especially for those engaged in search and rescue (SAR) operations, and those who do not want to be the object of such operations.

Instructor: .......................................................... Barto
Fee: ................................................................. $89

OPTION
Date: ................................. June 13, 14, 15, 17
Day: ........................................... Tuesday, Wednesday, Thursday, Saturday
Time: ............................... 6:30–8:30pm (Tuesday, Wednesday, Thursday), 9:30am–12pm (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 would include day hikers, single track enthusiasts, hunters, fishermen, horsemen and even SAR personnel. It is intended as a supplement to the GPS unit’s manufacturer’s quick start guide and owner’s manual. It is the instructor’s opinion that it is not enough to just follow the ‘do it this way because that’s the way it’s done’ mentality, but rather that it is better to know not only the how, but also the why when using GPS technology. Some of the questions explored will be: GPS – What is it? How does it work? What are its benefits? What should I look for when buying a GPS receiver? How do you use it? What are its vulnerabilities? How can I use it in conjunction with a USGS topo map and compass? What is the UTM coordinate system? How do I cope with some of the limitations and potential problems of GPS? What are the different datum planes and how do they influence position locations on maps and GPS devices? As you can see, this is an in-depth course not just a quick overview. There will be an opportunity for an in-the-field hands-on exercise. Proficiency with GPS will add to your enjoyment of the outdoors. You will have more fun if you are not lost! Students should bring a GPS to the first day of class if you have one but it is not required.

Instructor: .......................................................... Barto
Fee: ................................................................. $89

OPTION
Date: ................................. May 16, 18, 19, 20
Day: ........................................... Tuesday, Thursday, Friday, Saturday
Time: ............................... 6:30–8:30pm (Tuesday, Thursday, Friday), 1–3:30pm (Saturday)
Arts & Crafts

Basic Drawing: Level 1
Pencil drawing has it all. It’s fun, relaxing and technical. This course explores drawing through the use of pencils, charcoal, blenders and other basic tools which can add dimension to your drawing experience. We will cover simple techniques to create complex compositions using still life projects and figure drawing. You will learn different ways to use shading and texture to add to the realism of your drawing.

Materials list provided online.

Instructor: ......................................................... Herrera
Fee: ................................................................. $89

OPTION
Date: ................................................... May 1, 3, 8, 10
Day: ................................................... Monday, Wednesday
Time: .............................................................. 6–8pm

Basic Drawing: Level 2
This course covers intermediate drawing skills. We will use the fundamentals of drawing to further explore figure drawing, geometry, perspective and abstract art. Be prepared to build technical skills while having fun!

Materials list provided online.

Instructor: ......................................................... Herrera
Fee: ................................................................. $89

OPTION
Date: ................................................... June 5, 7, 12, 14
Day: ................................................... Monday, Wednesday
Time: .............................................................. 6–8pm

Graphic Illustration on the iPad
This course will explore the basics of digital illustration and digital painting on the iPad. Learn how to create vibrant and exciting pieces of digital art. Become familiar with several of the best illustration applications for the iPad including ProCreate, Art Studio and Sketchbook Express. Students will be required to bring an iPad downloaded with ProCreate, Art Studio and Sketchbook Express (all available for download in the App Store). A stylus is optional.

Instructor: ......................................................... Herrera
Fee: ................................................................. $89

OPTION
Date: ................................................... May 1, 3, 8, 10
Day: ................................................... Monday, Wednesday
Time: .............................................................. 6–8pm

Introduction to Graphic Design
Begin your journey with this Introduction to graphic design. We will go over the fundamentals of design, the history of graphic art, introduce students to industry standard computer graphic programs and how to work with a graphic artist. This class will be good for people looking to get into the profession or for the business person that would like to understand graphic design better.

Instructor: ......................................................... O’Neal
Fee: ................................................................. $99

OPTION 1
Date: ................................................... May 9, 11, 16, 18
Day: ................................................... Tuesday, Thursday
Time: .............................................................. 6–8pm

OPTION 2
Date: ................................................... June 6, 8, 13, 15
Day: ................................................... Tuesday, Thursday
Time: .............................................................. 6–8pm

Landscape Oil Painting
In this class you will experience Bob Ross style painting. You will be able to create a complete Bob Ross Wet-on-Wet style landscape painting during one evening. You will be able to take home your masterpiece at the end of class. Each month will be a series covering all four seasons. During the class we will discuss techniques and develop your creative abilities on the canvas. You will be guided step-by-step in conjunction with the instructor completing the same painting. All skill levels are encouraged to attend. No prior experience is required. All supplies needed for class will be furnished. In each class you will be using different techniques and abilities based on the uniqueness of each week’s paintings. Visit our Facebook page (facebook.com/cecatwccc) to see this week’s painting!

Instructor: ......................................................... Krenson
Fee: ................................................................. $59

WINTER SCENE
Option 1: .......................................................... May 5
Option 5: .......................................................... June 12
Option 9: .......................................................... July 7

SPRING SCENE
Option 2: .......................................................... May 19
Option 6: .......................................................... June 9
Option 10: .......................................................... July 14

SUMMER SCENE
Option 3: .......................................................... May 1
Option 7: .......................................................... June 16
Option 11: .......................................................... July 21

FALL SCENE
Option 4: .......................................................... May 26
Option 8: .......................................................... June 23
Option 12: .......................................................... July 28

Soapstone Carving
Stone carving doesn’t have to be hard. Soapstone is made of talc, one of the softest stones known, and can be carved with basic tools and minimum physical effort. This class will provide the knowledge, tools and supplies to make basic carvings.

Class description continues on next page.
OPPORTUNITIES FOR LIFELONG LEARNING

Instructor: Moore, Fee: $99
Date: May 4, 11, 18, 25
Time: 4–7pm

Introduction to Beekeeping: Level 2
Participants are encouraged to continue their exploration of the basics of keeping honeybees. Class materials will focus on the interactions of workers, drones, queen and health of the colony as it progresses through the bee season. The objectives of this course are interpreting bee culture and the collaboration between the colony’s inhabitants. Colony stress: is the colony queen-right? Are pests creating mayhem, weakening the hive and causing the bees to be aggressive? Have the bees given up their struggle to survive? Over-wintering: have the bees prepared for winter? Has the beekeeper done his or her part to prepare? We will discuss the techniques to increase the bee’s survivability. Some of the classes will be at a working apiary.

Instructor: Hartter, Fee: $99
Date: June 27, July 11, 18, 25
Time: 6:30–8:30pm

Beekeeping: Beyond the Basics
This class is for the participant who has completed a successful beekeeping season with the desire to continue beekeeping as a hobby or is seeking to expand into the commercial market. The materials presented can provide the beekeeper with the competence to maintain and/or expand their apiary. The challenges of both are similar, but the direction chosen determines a different course of action. We will cover reproduction, swarm management, equipment use, location, pests, diseases, options and the size of an apiary to differentiate the hobbyist from the commercial beekeeper. Some of the classes meet in an apiary with an emphasis towards hands-on techniques. Protective equipment is required.

Instructor: Hartter, Fee: $169
Date: June 29, July 6, 13, 20, 27, August 1, 8
Time: 6:30–8:30pm

Business & Leadership

See also: Computers & Office, page 9

Basic Business Writing
This class will cover how to effectively communicate via written messaging to the appropriate target audience. This course will include writing effective resumes, interoffice communications, writing etiquette and best practices.

Instructor: Feller, Fee: $159
Date: June 8, 15, 22, 29
Time: 4–7pm
Email Etiquette

Email is the most important business tool in today’s workplace – make sure you’re using it correctly. It’s something most of us use every day, probably without thinking too much about it. Allowing nearly instantaneous discussion and direction, it lets you reach people on all corners of the globe. But look out! You may be sending the wrong message without even realizing it. Like it or not, your email style is a direct reflection of your professional reputation which means you cannot afford to assume you’re being understood. Don’t risk your reputation and career on email blunders. This course will teach you how to demonstrate emailing basics such as CCs, BCCs, groups, automatic signatures and more!

Instructor: Kay Fee: $89

Option
Date: May 8, 15, 22
Day: Monday
Time: 5:30–7:30pm

Facebook for Business

This class is designed to provide participants with an introduction to the new, evolving world of social media tools and strategies for Facebook. We will explore the marketing potential in Facebook as well as the rules that go along with using Facebook in a business setting.

Instructor: Gallegos Fee: $89

Option
Date: June 14, 21, 28
Day: Wednesday
Time: 6–8pm

Facebook Advertising

Learn how to drive clients from your Facebook business account to your website or business. We will focus on creating advertising, posting and creating community.

Instructor: Gallegos Fee: $89

Option
Date: July 12, 19, 26
Day: Wednesday
Time: 5:30–7:30pm

Fearless Public Speaking Made Simple

Did you know that public speaking is the number one fear in North America? The second greatest fear is death! If you have the fear of public speaking you are not alone. You must first recognize what “fear” is. This course will help you open up in front of both small and large groups of people to communicate decisively. Whether you’re talking in a team meeting or presenting in front of an audience, we all have to speak in public from time to time. You can do this well or you can do this badly, and the outcome strongly affects the way people think about you. This is why public speaking causes anxiety and concern. The good news is that, with thorough preparation and practice, you can overcome your nervousness and perform exceptionally well. We’ll give you the tools to speak in public without shyness or awkwardness.

Instructor: A. Shader Fee: $159

Adobe After Effects: Motion Design & Animation

Learn how to use the extremely powerful animation and design software, Adobe After Effects, used professionally to create motion design videos, commercials and special effects. The class will include information on how to import your video and art elements, how to animate art and text in the program using keyframes, how to add literally dozens of cool effects, and how to output your finished animation in a format ready for broadcast or streaming.

Instructor: McConnell Fee: $119

Option
Date: May 6, 13
Day: Saturday
Time: 9am–1pm

See: Adult Summer Workshops, page 6

See also: Business & Leadership, page 9, and Photography, page 23
Adobe Dreamweaver: Basic Web Design

Learn how to make a simple web design using Adobe Dreamweaver, HTML and more. Dreamweaver is a webpage editor and website management application used by most professional designers. Topics will include the Dreamweaver screen/interface; webpage and website creation; inserting text; text layout using HTML; adding tables, images and hyperlinks; creating style sheets and publishing a website to a web host.

Instructor: ......................................................... Gibson
Fee: ................................................................ $119

OPTION
Date: .............................................................. June 19, 21, 26, 28
Day: ............................................................. Monday, Wednesday
Time: ........................................................... 9am–1pm

Adobe Illustrator: Basic

A hands-on introduction to Adobe Illustrator, which is one of the most unique and powerful graphic design programs in the professional world today. Learn the fundamentals in creating and editing shapes, making logos, using essential tools, saving your document in various formats and creating vector-based designs and illustrations. The class will include step-by-step exercises and utilize Adobe Illustrator CC.

Instructor: ......................................................... Gibson
Fee: ................................................................ $119

OPTION 1
Date: ............................................................. May 15, 17, 22, 24
Day: ............................................................. Monday, Wednesday
Time: ........................................................... 6–8pm

OPTION 2
Date: ............................................................. June 5, 7, 12, 14
Day: ............................................................. Monday, Wednesday
Time: ........................................................... 6–8pm

Adobe Illustrator: Intermediate

Intermediate Adobe Illustrator builds on the fundamentals learned in the Basic Illustrator course. Further develop your skills in this amazingly powerful program. The course will cover using the basics in a more advanced capacity. We will look at real-world applications of the program in a more project-based atmosphere. Some additional advanced techniques will be shown as a way to make better use of learned skills.

Instructor: ......................................................... O'Neal
Fee: ................................................................ $119

OPTION 1
Date: ............................................................. May 1, 3, 8, 10
Day: ............................................................. Monday, Wednesday
Time: ........................................................... 6–9pm

OPTION 2
Date: ............................................................. June 5, 7, 12, 14
Day: ............................................................. Monday, Wednesday
Time: ........................................................... 6–9pm

Adobe InDesign: Basic Introduction & Fundamentals

Learn how to make simple design layouts using Adobe InDesign CC. Adobe InDesign is a powerful software application which allows professional designers to produce layouts for posters, fliers, brochures, books, magazines and more. This program is effective for designers who want to create design pieces that incorporate imagery and text. Topics will include interface, layouts, importing graphics and imagery, setting up pages, editing type and using InDesign in concert with other Adobe programs. This class will give you the understanding to begin creating print pieces.

Instructor: ......................................................... Gibson
Fee: ................................................................ $119

OPTION
Date: .............................................................. June 3, 10
Day: ............................................................. Saturday
Time: ........................................................... 9am–1pm

Adobe Photoshop for Designers: Introduction

Using the very latest version of Adobe Photoshop, this class will offer an intensive introduction to premiere design software. You’ll learn how to navigate Photoshop’s interface like a pro; how to use layers, selections, channels and blending modes to create sophisticated art and effects; how to tailor your Photoshop project for print, video or web graphics; various techniques for compositing different images together; and how Photoshop can fit into a workflow with other software such as Illustrator, InDesign, After Effects and 3D animation software.

Instructor: ......................................................... McConnell
Fee: ................................................................ $119

OPTION
Date: .............................................................. July 8, 15
Day: ............................................................. Saturday
Time: ........................................................... 9am–1pm

Adobe Photoshop for Designers: Advanced

Take your Photoshop skills to the next level! Building on knowledge from the Photoshop for Designers: Introduction course, you’ll learn advanced techniques including advanced type techniques, smart objects and vector shapes, layer management, color correction and the integration of Photoshop into web design. The class will focus on real-world compositing and design examples.

Instructor: ......................................................... McConnell
Fee: ................................................................ $119

OPTION
Date: ............................................................. July 22, 29
Day: ............................................................. Saturday
Time: ........................................................... 9am–1pm

Adobe Premiere: Video Editing Like a Pro

Learn how to edit videos like a pro with Adobe Premiere, one of the leading, professional-quality video editing softwares used around the world. Learn how to ingest video, basic editing techniques, simple video effects and how to output a finished edit as a file ready to be delivered to a client or streamed online.

Instructor: ......................................................... McConnell
Fee: ................................................................ $119

OPTION
Date: .............................................................. June 3, 10
Day: ............................................................. Saturday
Time: ........................................................... 9am–1pm

Basic Keyboarding

For people who have minimal (30 words per minute or less) or no keyboarding skills. This class 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: ................................................................ $59

Class description continues on next page.
Facebook Basic

There are over 1.65 billion active Facebook users worldwide. Daily, 1.09 billion people log onto Facebook to share perspectives on culture, entertainment, science, politics and current events. The impact is massive, but how much do you really know about how it works? In this course, you will learn about how social media grew from an experiment by a Harvard university drop-out to an international phenomenon, and how you can use it to find your friends, family and interests. We’ll demystify the definition and basics of “algorithms,” discuss what makes a good Facebook post and the benefits and contrasts of a “personal page” versus a “business page.” Most of all, we will focus on seeing Facebook, not as an intimidating technological titan, but as an outlet where your creativity can thrive.

Instructor: .................. Hoffman
Fee: .............................................................. $59, includes workbook

OPTION
Date: .......................... . May 9, 11, 16, 18, 23, 25
Day: .......................... Tuesday, Thursday
Time: .......................... 7:30–8:30pm

Google

Google is, by a wide margin, the most popular search engine in the world. To most, the word “Google” has become synonymous with “search the Internet.” But what are the implications of Google’s technologies in the near future? Your Gmail address is your golden ticket to a digital amusement park that can inform, entertain and astound if you know where to look. In this class we will explore common utilities such as Gmail, Google Contacts, Google Docs, Google Maps, Google Drive and more! Google, Google! Need more? One night will be entirely devoted to YouTube - it has an entire community and impact all its own. On average, 300 hours of video are uploaded to YouTube every minute! Almost 5 billion videos are watched on YouTube every single day, and for many, it has become the replacement for television, radio and cable. Prepare to be inspired by some of the newest and greatest artists from around the globe, all while seated in the comfort of your chair.

Instructor: .................. Kay
Fee: .............................................................. $89

OPTION
Date: .......................... . May 2, 4, 9
Day: .......................... Tuesday, Thursday
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: .................. Gallegos
Fee: .............................................................. $100, includes workbook

OPTION 1
Date: .......................... . June 6, 8, 13
Day: .......................... Tuesday, Thursday
Time: .......................... 6–8pm

OPTION 2
Date: .......................... . June 5, 12, 19
Day: .......................... Monday
Time: .......................... 5:30–7:30pm

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. Advanced formatting of reports and forms will be covered as well.

Instructor: .................. Gallegos
Fee: .............................................................. $100, includes workbook

OPTION
Date: .......................... . July 10, 17, 24
Day: .......................... Monday
Time: .......................... 5:30–8pm

Microsoft Access: Advanced

This course will explore working with macros and creating action queries such as a make table query, an update query, an append query, etc. We will also learn how to import and export data, create a menu system, and work with forms and reports. Finally, we will explore database tools and maintenance.

Instructor: .................. Gallegos
Fee: .............................................................. $100, includes workbook

OPTION
Date: .......................... . June 14, 21, 28
Day: .......................... Wednesday
Time: .......................... 6–8pm
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.

Instructor: Kay
Fee: $100, includes workbook

This class will focus on creating a budgeting spreadsheet in Microsoft Excel. Whether you are keeping track of a family budget, vacation budget or wedding budget, Excel has great tools to help you stay on track. We will use formulas for calculations, analyze spending and saving with charts and graphs, and use conditional formatting to easily show when you’re over or under budget. Some previous working knowledge of Excel is recommended.

Instructor: Shammo
Fee: $39

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.

Instructor: Colbert
Fee: $100, includes workbook

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 to help businesses and individuals save money by creating their own publications and flyers.

Instructor: Colbert
Fee: $100, includes workbook

Microsoft Windows 10: Introduction

An operating system is like your home office where you basically organize your life and as such should be designed around your individual needs. In this course, we will compare and contrast the most commonly found operating systems like Windows versus Mac. We will also briefly cover a few more obscure systems you might not even know you’re already using, such as the common Android OS, popular on most cell phones. After the broad analysis of what’s available to users, we will learn specifically how to best use Windows 10 operating system as an organized storage space for your personal works. We will talk about portable storage mediums (Flash Drives, USB sticks, thumb drives, etc.) and how to transfer from your OS to these types of devices. We will cover settings and how to get your computer to behave in the way that is most comfortable for you. We will visit the app store to see what kinds of tools and toys are available for you to personalize your “office” even further. By the end of this course you should be able to move into your new OS office space with confidence.

Instructor: Kay
Fee: $89, includes workbook

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 to help businesses and individuals save money by creating their own publications and flyers.

Instructor: Colbert
Fee: $100, includes workbook

Microsoft Word: Beginning

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.

Instructor: Colbert
Fee: $100, includes workbook

Class description continues on next page.
Microsoft Word: Advanced

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

Instructor: Colbert
Fee: $100, includes workbook

Making Microsoft Word Work for You: Newsletter and Mail Merge

Whether you're creating a newsletter for your company or a holiday letter for your family, let Microsoft Word simplify the process for you. This two-part class will first focus on creating a sample newsletter and the pieces that might go with it including envelopes and address labels. We will then cover how to let the mail merge feature work to your advantage when sending multiple mail pieces. Some working prior knowledge of Word is recommended.

Instructor: Shammo
Fee: $79

Making Microsoft Word Work for You: Organizing Long Documents

This course will help you format your long Word documents. Are you creating reports that include charts and graphs? Are you writing a novel? Are you creating a manual? Microsoft Word has plenty of tools to help you stay organized! This class will cover topics such as page numbering, headings, creating a table of contents, creating an index and rotating page orientations throughout the document. Some working prior knowledge of Word is recommended. Students are encouraged to bring a project on a flash drive to work on, although it is not required.

Instructor: Shammo
Fee: $39

WordPress Web Design for Small Businesses

Only 45 percent of small businesses have a website. If you have one, you are already 55 percent ahead of the game. Do you want to build your own website and be capable of maintaining it? Let me give you the basics on a WordPress website. We will start with your domain and build your website from there. There is a $14 fee to register your domain that you will purchase on the first night of class, so be sure to bring a credit or debit card.

Instructor: Gallegos
Fee: $149
Materials: $14 for website domain, payable the first night of class
## Concealed Carry & Personal Protection

### Colorado Concealed Carry Weapon Permit Training

This course fulfills the Colorado Concealed Carry training requirements for your CCW permit and includes:

- 3 hours of firearms law
- 4 hours of personal protection
- 4 hours of coached shooting
- 4 hours of basic pistol operation

The first portion of the course teaches the basic knowledge, skills and attitude for owning and operating a pistol safely. We include classroom and range time for learning to shoot revolvers and semi-automatic pistols. Students learn NRA's rules for safe gun handling, pistol parts and operation, ammunition, cleaning, shooting fundamentals and range rules. The second portion of the course teaches the basic knowledge, skills and attitude essential to the safe and efficient use of a handgun for protection of self and family, and to provide information on the law-abiding individual's right to self-defense.

Instructor: NRA Certified Instructors

Materials: $25, payable to the instructor at the beginning of the class

**OPTION 1**

| Date: | May 6, 7 |
| Day: | Saturday, Sunday |
| Time: | 7am–5pm |

**OPTION 3**

| Date: | June 5, 6, 8, 12, 13, 15 |
| Day: | Monday, Tuesday, Thursday |
| Time: | 6:30–9:30pm |

**OPTION 5**

| Date: | July 10, 11, 13, 17, 18, 20 |
| Day: | Monday, Tuesday, Thursday |
| Time: | 6:30–9:30pm |

**OPTION 7**

| Date: | August 7, 8, 10, 14, 15, 17 |
| Day: | Monday, Tuesday, Thursday |
| Time: | 6:30–9:30pm |

**OPTION 9**

| Date: | September 11, 12, 14, 18, 19, 21 |
| Day: | Monday, Tuesday, Thursday |
| Time: | 6:30–9:30pm |

### Ammunition Reloading: Metallic Cartridges Level 1

Reloading rifle and pistol cartridges is an enjoyable and safe pastime. There are many good reasons why people reload their own ammunition. In this course, participants will learn the basics of reloading procedures; information about 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: Batro

Fee: $99

Materials: $10, payable to the instructor at the beginning of the class

**OPTION 1**

| Date: | May 1, 2, 3 |
| Day: | Monday, Tuesday, Wednesday |
| Time: | 6–9pm |

**OPTION 2**

| Date: | May 15, 16, 18, 22, 23, 25 |
| Day: | Monday, Tuesday, Thursday |
| Time: | 6:30–9:30pm |

**OPTION 4**

| Date: | June 17, 18 |
| Day: | Saturday, Sunday |
| Time: | 7am–5pm |

**OPTION 6**

| Date: | July 29, 30 |
| Day: | Saturday, Sunday |
| Time: | 7am–5pm |

**OPTION 8**

| Date: | August 19, 20 |
| Day: | Saturday, Sunday |
| Time: | 7am–5pm |

**OPTION 10**

| Date: | September 30, October 1 |
| Day: | Saturday, Sunday |
| Time: | 7am–5pm |

### Math for Shooters

An excellent survey course of the mathematical foundations involved in the sport of shooting. Whether we realize it or not, to shoot well we depend on an understanding of physical laws and the equations they produce. Topics covered include: velocity, kinetic energy, trajectory, ballistic coefficient, angle of fire, mils, radians and others. Arithmetic and basic algebra are all that are needed. If your math skills are a little rusty, you will be fine. There is no final exam! Emphasis will be placed on answering students’ questions. This is a discussion class more than a lecture class.

Instructor: Batro

Fee: $119

**OPTION 1**

| Date: | July 10, 11, 17, 18 |
| Day: | Monday, Tuesday |
| Time: | 6:30–9pm |

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Like us on Facebook for updated information, additional classes and more!

facebook.com/cecatwccc

Get your Holiday shopping done early! You can purchase a CEC gift certificate in any amount, good for a huge variety of classes including art, computers, cooking, dance, music, financial planning, fitness and health, genealogy, photography and more. Gift Certificates can be purchased online (https://secure.touchnet.com/C2/035.us/...) or over the phone (970.255.2800)
**Couples Cooking**

This class is for any two-person team. You can bring your spouse, significant other, roommate, sibling, grandparent, parent, coworker, friend or anyone else you’d like to bring! This is an unusual, fun dinner experience for any occasion. Learn to prepare and enjoy a gourmet, three course meal from start to finish. Formal wear is not required, but class participants may want to bring an apron.

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<tr>
<th>Course</th>
<th>Date</th>
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<tbody>
<tr>
<td><strong>OPTION 1: Italian</strong></td>
<td>May 5</td>
<td>Friday</td>
<td>6–9pm</td>
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<tr>
<td><strong>OPTION 2: Foods of Iberia: Spain, Portugal</strong></td>
<td>May 12</td>
<td>Friday</td>
<td>6–9pm</td>
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<tr>
<td><strong>OPTION 3: Chinese</strong></td>
<td>May 19</td>
<td>Friday</td>
<td>6–9pm</td>
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<tr>
<td><strong>OPTION 4: Foods of South America</strong></td>
<td>June 2</td>
<td>Friday</td>
<td>6–9pm</td>
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<tr>
<td><strong>OPTION 5: Louisiana Cajun</strong></td>
<td>June 9</td>
<td>Friday</td>
<td>6–9pm</td>
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<tr>
<td><strong>OPTION 6: Eastern Mediterranean</strong></td>
<td>June 23</td>
<td>Friday</td>
<td>6–9pm</td>
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<tr>
<td><strong>OPTION 7: Foods of Southeast Asia</strong></td>
<td>July 7</td>
<td>Friday</td>
<td>6–9pm</td>
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<td><strong>OPTION 8: Foods of Scandinavia</strong></td>
<td>July 14</td>
<td>Friday</td>
<td>6–9pm</td>
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**Craft Beer Appreciation**

Learn about beer styles, the brewing process, beer ingredients and their uses, brief world brewing history, the differences between craft and non-craft beers, aging beer, ales vs. lagers and much more!

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<th>Course</th>
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<tbody>
<tr>
<td><strong>OPTION</strong></td>
<td>June 6</td>
<td>Tuesday</td>
<td>5:30–7:30pm</td>
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</table>

**Death by Chocolate**

We will make chocolate flourless torte, and enrobe it in chocolate ganache and garnish it with homemade truffles! Make sure to bring a bag to take goodies home.

- **Instructor:** Hartter
- **Fee:** $39 per couple
- **Materials Fee:** $40

**History of Distilled Spirits**

This series will address some of the ways spirits influence history. Students will explore past events and societies through the lens of alcohol. Discover the production, distribution, and consumption of popular global spirits. Learn about modern and historical classifications of selected distillates, including taste profiles and food pairings. Sign up and learn about one spirit, or register for the whole series. Classes will build on each other through the series. Students are encouraged to bring note-taking materials.

<table>
<thead>
<tr>
<th>Course 1</th>
<th>Date</th>
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<tbody>
<tr>
<td><strong>SERIES 1</strong></td>
<td>May 5</td>
<td>Wednesday</td>
<td>6–8pm</td>
</tr>
<tr>
<td>Spirit: Whiskey</td>
<td>May 10</td>
<td>Wednesday</td>
<td>6–8pm</td>
</tr>
<tr>
<td>Spirit: Rum</td>
<td>May 24</td>
<td>Wednesday</td>
<td>6–8pm</td>
</tr>
<tr>
<td>Spirit: Vodka</td>
<td>May 31</td>
<td>Wednesday</td>
<td>6–8pm</td>
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<tr>
<th>Course 2</th>
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<th>Time</th>
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<tbody>
<tr>
<td><strong>SERIES 2</strong></td>
<td>July 12</td>
<td>Saturday</td>
<td>2–5pm</td>
</tr>
<tr>
<td>Spirit: Whiskey</td>
<td>August 2</td>
<td>Saturday</td>
<td>2–5pm</td>
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**Mother’s Day Workshop: Cheese & Milk**

Bring your mother or your child (12 and over) and celebrate motherhood! Explore and make homemade nut milk from almonds. Learn about kefir — a fermented dairy beverage. Learn how to make simple soft cheeses like ricotta. Students will take home samples of all recipes as well as a nut milk bag.

- **Instructor:** Horn
- **Fee:** $39 per pair
- **Materials Fee:** $30 per pair

**Date:** May 13
**Day:** Saturday
**Time:** 2–5pm
**Meat Basics 101**

Have you ever wondered how to cut or cook a certain type of meat? This is a two-hour class designed to provide knowledge about basic information on meats (beef, pork, poultry and wild game), which will include cutting procedures, meat cutting tools, sanitation and food safety and meat preservation. There will also be information on different cuts of meat, along with cooking methods.

Instructor: Wilkins  
Fee: $39

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<td></td>
<td>June 27</td>
<td>Tuesday</td>
<td>6–8pm</td>
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**Plant-Based Nutrition and Cooking Boot Camp**

See: Adult Summer Workshops, page 6

**Quick, Easy & Tasty**

With everyone's hectic schedules nowadays, many just do not have the time to prep and cook extended recipes. Chef Lee Mathis of Decadence Gourmet will show you how to make quick, easy and tasty dishes in class. You will take home what you cook in class and additional recipes to try at home.

Instructor: Mathis  
Fee: $49  
Materials: $15

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<tr>
<td></td>
<td>May 4</td>
<td>Thursday</td>
<td>6–9pm</td>
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**Wildcrafting: Eating in Season**

Ever wondered why dandelions are so persistent or maybe what else you could do with them? Join us for an educational evening exploring the hidden nutrients in everyday weeds, wild foraged plants and interesting cultivars. We'll talk about what to do with the produce you buy at local farmer's markets. Class will focus on preparing simple and delicious foods that incorporate what is in season. Eating healthy doesn’t have to cost a fortune. Nutritious foods might even be in your own backyard!

Instructor: Horn  
Fee: $49  
Materials: $19

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<tr>
<td></td>
<td>July 20</td>
<td>Thursday</td>
<td>6–9pm</td>
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**Dance**

**Ballroom Style Social Dancing**

Want a really fun, interesting and healthy new activity in your life? You and your partner will learn much more than just the fundamentals of five basic dances: Foxtrot, Jitterbug or Swing, Waltz, Polka and a Latin dance such as Rhumba or Salsa. You’ll be amazed at how quickly you discover the ease of moving to the various rhythms. Get set for a lifetime of happy dancing!

Instructor: Rill  
Fee: $99, per couple

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<th>Date</th>
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<tr>
<td></td>
<td>July 10, 17, 24, 31, August 7, 14</td>
<td>Monday</td>
<td>7–8:30pm</td>
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**50’s Style Swing**

Come learn how to swing dance the old fashioned way! This class is taught for 50’s style swing, petty coat and pony tail style. This beginner level class will teach the basics of swing with emphasis on having fun and learning a new style.

Instructor: Rill  
Fee: $99, per couple

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<th>OPTION</th>
<th>Date</th>
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<td></td>
<td>May 8, 15, 22, June 5, 12, 19 (No class May 29)</td>
<td>Monday</td>
<td>7–8:30pm</td>
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**THERE ARE FOUR EASY WAYS TO REGISTER:**

- **wccc.coloradomesa.edu/cec**  
  Click on the blue “Register Online” button, pick the category and add classes.

- **Kurtis Armstrong at cec@coloradomesa.edu**

- **970.255.2800**

Western Colorado Community College and Colorado Mesa University reserve the right to cancel courses, change subject matter, alter time schedules or make other changes deemed necessary.
Financial Planning & Retirement

As your 65th birthday approaches you will begin to receive lots of mail regarding your Medicare choices. What choice is right for you? This class will help provide you with a complete understanding of all your choices. We will cover topics such as Medicare supplements, Medicare advantage plan, Part D prescription coverage and the prescription penalty.

Instructor: ......................................................... DeCora
Fee: ................................................................ Free

OPTION 1:
Date: ...................... May 9
Day: ....................... Tuesday
Time: ...................... 1–2pm

OPTION 3:
Date: ...................... October 18
Day: ....................... Wednesday
Time: ...................... 6:30–7:30pm

OPTION 5:
Date: ...................... December 4
Day: ....................... Monday
Time: ...................... 6:30–7:30pm

Retirement Planning Today

Due to recent tax law changes, the uncertain future for 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: .......................................................... Miller
Fee: ................................................................ $49, plus one guest free

OPTION 1
Date: .......... October 25, November 1
Day: .............. Wednesday
Time: .............. 6:30–9:30pm

OPTION 2
Date: .............. October 26, November 2
Day: .............. Thursday
Time: .............. 6:30–9:30pm

Fitness & Health

Blending Your Way to Better Health

Did you buy an expensive high-speed blender or are you considering one but aren’t sure if you will use all its features? In this class you will learn how to make great tasting, healthy smoothies, but going beyond smoothies we will be discussing making amazingly healthy hot soups with only a blender. How about hazelnut butter with chocolate and coconut soup? You will also learn to make delicious, guilt free ice cream in minutes in your high-speed blender. This is a two-day event. Day one is the nutritious benefits of eating raw blended food. Day two is in the kitchen blending and tasting delicious treats. We will have a four course meal all made from a blender.

Instructor: ....................................................... Carpenter
Fee: ................................................ $49, plus one guest free
Materials: ............................................................ $20

OPTION
Date: ........................................................... June 5, 12
Day: .............................................................. Monday
Time: .............................................................. 6–8pm

Cleaning Up Your Cleaners:
Using Essential Oils to Replace Toxic Cleaners

Most household cleaners are toxic, and known carcinogens. Labeling laws protect manufacturers by not requiring most toxins to be labeled. Rather than risk it, learn to use non-toxic essential oils. Essential oils have many benefits: they are anti-microbial, antiviral, anti-bacterial, they clean and shine and they smell good! Learn how to use essential oils and other safe, effective, non-toxic and cost effective cleaners.

Instructor: ....................................................... Carpenter
Fee: ................................................................. $39

OPTION
Date: .............................................................. July 31
Day: .............................................................. Monday
Time: .............................................................. 6–8pm

Complementary Therapies in Cancer

Nutrition is a critical part of health. In this course, you will learn what to eat to optimize health. When dealing with a chronic illness, nutrition is even more important. “Let food be thy medicine” is more than a line from history. There are foods that are known to kill rogue cells that replicate out of control. There are foods that can make conventional treatment more effective and reduce side effects. When dealing with cancer, every bite taken is either feeding cancer and helping it grow or helping to eliminate it. Learn your options and alternatives to conventional cancer treatment.

Class description continues on next page.
OPPORTUNITIES FOR LIFELONG LEARNING

Diet & Lifestyle to Combat Heart Disease

Can diet and lifestyle choices affect our heart disease risk? Can it be reversed? In this class, we will discuss heart disease and preventative measures that may be taken through simple diet and lifestyle changes.

Instructor: ....................................................... Carpenter
Fee: ............................................................... $39

Option
Date: ............................................................. June 5
Day: ............................................................. Monday
Time: .......................................................... 6–8pm

Option
Date: ............................................................. May 20
Day: ............................................................. Saturday
Time: .......................................................... 9am–12pm

Essential Oils 101

Learn what essential oils are, how they are made, ways to tell a therapeutic grade from the rest. Learn how they can be used a medicine, as non-toxic cleaners, as personal care, beauty and as flavorings in food. We will have samples to try and oild to smell.

Instructor: ....................................................... Leon
Fee: ............................................................... $49

Option
Date: ............................................................. June 19
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 their therapeutic properties. In this class, you will learn oils that may be used to replace conventional medicines and be empowered in your health for pennies per drop.

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

Option
Date: ............................................................. June 26
Day: ............................................................. Monday
Time: .......................................................... 6–8pm

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

Two of the top five pharmaceuticals sold in the U.S. 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 may do to treat GERD naturally.

Instructor: ....................................................... Carpenter
Fee: ............................................................... $39

Option
Date: ............................................................. May 15
Day: ............................................................. Monday
Time: .......................................................... 6–8pm

Non-Toxic Personal Care with Essential Oils

The average woman applies over 500 chemicals to her body before leaving home daily. Many of these chemicals are toxic... even carcinogenic. You have non-toxic options. Learn what personal care products are the best and the worst. Learn to use essential oils to nourish your skin and minimize the appearance of fine lines, minimize blemishes and enjoy a healthy glow all while providing protection from bacteria, viruses and other environmental toxins.

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

Option 1
Date: ............................................................. May 1
Day: ............................................................. Monday
Time: .......................................................... 6–8pm

Option 2
Date: ............................................................. July 10
Day: ............................................................. Monday
Time: .......................................................... 6–8pm

Plant-Based Nutrition

Where do you get your protein? How do you get enough essential nutrients on a plant-based diet? In this class, we will discuss the science behind getting enough nutrients for your body to thrive on a plant-based diet.

Instructor: ....................................................... Leon
Fee: ............................................................... $49

Option
Date: ............................................................. May 6
Day: ............................................................. Saturday
Time: .......................................................... 9am–12pm

The Science Behind Essential Oils

Essential oils are up to 70 times stronger than herbs. It would be like 28 cups of peppermint tea to equal the strength of one drop of quality peppermint oil. There are oils that are antibacterial, antiviral and antifungal; help ease breathing issues and minimize seasonal irritations; reduce minor discomfort, aches and pains. There are also oils that cleanse and purify without being toxic; combat free radicals and provide antioxidant support; ease occasional indigestion and help maintain gastrointestinal health; and that promote a healthy cardiovascular system. You name it, there is an oil for it. Learn the science behind the oils and how to know what oils to use when. This class is not about a particular brand of oils, but rather informing you about options other than pharmaceuticals.

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

Option 1
Date: ............................................................. May 17
Day: ............................................................. Monday
Time: .......................................................... 6–8pm

Option 2
Date: ............................................................. July 24
Day: ............................................................. Monday
Time: .......................................................... 6–8pm
Inviable Toxins: Cell Phones & Other Harmful Radiation

Studies show that daily exposure to the radiation produced by cell phones leads to irreversible infertility in lab animals. In this class we will review electromagnetic radiation from multiple sources, discuss the health hazards to humans (and plants and animals) and learn what you can do to minimize exposure. There are lots of toxins in the world, some are visible (smog), some have odor (glyphosate) and some are undetectable except to the most sensitive individuals. That doesn’t mean they are not doing damage or causing significant disease.

Instructor: Carpenter
Fee: $39

OPTION
Date: May 8
Day: Monday
Time: 6–8pm

Holistic Skin Care

Our skin is our largest organ and requires attention. Besides, who doesn’t want to look and feel their best? Plus, it does not take expensive spa treatments! This class will provide the information you need to radiate from the inside out. Whether you are a teen dealing with acne, someone feeling daunted by the aging process or simply want to know how to best spend your money when you scan the endless array of skin care products available, this class is for you. Common conditions such as acne and eczema will be covered. Open to people of all genders and budgets. Skin care as part of “whole” health will be simplified. With winter winding down and before spring blooms take a day to nourish yourself. Individualized attention and free samples to be offered.

Instructor: Eisenberg
Fee: $99

OPTION
Date: May 6
Day: Saturday
Time: 10am–6pm

Weight Loss: Why Diets Don’t Work & What Does

Diets are naturally flawed and don’t work. What does work and why? Is willpower effective? In this class, we will learn what the most effective weight loss tools are and how you may use them to start losing weight!

Instructor: Leon
Fee: $49

OPTION
Date: May 13
Day: Saturday
Time: 9–11am

Women's Health II

This class will cover topics specific to the health and risks of women in their late years from a diet and nutrition standpoint. Topics discussed will include menopause and diet related risks and therapy options, hormone balance, hormone replacement therapy and more.

Instructor: Leon
Fee: $49

OPTION
Date: May 27
Day: Saturday
Time: 9am–12pm

Fly Fishing & Outdoor Recreation

Fly Fishing: Level 1
Wilderness Navigation
Wilderness Navigation Using GPS
See: Adult Summer Workshops, page 5-6

Geology
Curious About Local Geology
See: Adult Summer Workshops, page 5

THERE ARE FOUR EASY WAYS TO REGISTER:

wcc.coloradomesa.edu/cec
Click on the blue “Register Online” button, pick the category and add classes.

970.255.2800
Kurtis Armstrong at cec@coloradomesa.edu

WCCC Community Education Center
2508 Blichmann Avenue, Building B
Grand Junction, CO 81505
Healthcare 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.

Call 970.255.2800 for more information.

Medical Transcription Editor

Approved by the Association for Healthcare Documentation Integrity (AHDI), the Medical Transcription Editor program prepares students for medical transcription and editing careers. Topics studied include documentation, biomedical sciences and editing theory. Enrollment includes ebooks, a transcription foot pedal, an AHDI membership and a voucher to take the RHDS exam.

Fee: .............................................................. $2,995

Professional Medical Coding & 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 healthcare knowledge base and train on current and advanced code sets. Enrollment includes ebooks, codebooks and a certification exam voucher.

Fee: .............................................................. $3,395

Professional Medical Coding & 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: .............................................................. $2,995

Applied PCS Code Sets

Applied PCS teaches medical coders already familiar with ICD-10-CM to use the ICD-10-PCS code set. Topics include advanced pathophysiology, anatomy and physiology as well as a coding practicum that provides the opportunity for hands-on practice with PCS. Students receive one-on-one support and the AHMA ICD-10-PCS Coding: An Applied Approach reference.

Fee: .............................................................. $695

ICD-10-CM Diagnoses for the Professional Coder

This course is designed for outpatient and inpatient coders that are employed in small hospitals and large clinics. This course provides detailed instruction and practice in the use of ICD-10-CM and highlights the differences between ICD-9 and ICD-10. This instruction will prepare current coders to code complex diagnoses in the ICD-10-CM code set.

Fee: ................................................................ $995

Pharmacy Technician

The Pharmacy Technician program prepares students for the Pharmacy Technician Certification Board (PTCB) exam. Topics studied include pharmacology, pharmacy law and pharmaceutical calculations. There are also externship opportunities at local Walgreens or CVS Pharmacy. Enrollment includes ebooks, a drug reference handbook and a voucher for the PTCB exam.

Fee: ................................................................ $1,995

Languages

Conversational English

The goal of this course is to provide students with instruction in and practice speaking and understanding conversational English in a small-group setting with classmates who are also practicing to achieve English proficiency. Our teachers are able to personalize instruction to meet the needs of each individual student by using online resources such as Google Translate.

Instructor: ....................................................... R. Shader

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

Class description continues on next page.
**Introduction to Hebrew I**

An introduction to reading and writing Hebrew. Hebrew is the only language that was upgraded from a dead language to a living one. It is called the language of creation with mystical interpretations of each letter. This class will focus on an understanding of Biblical Hebrew only with some introduction to the mystical aspects of the language. This is for the beginner only. A second class will be offered for those who already know how to read and want to move a little deeper into the vocabulary, translation and how to used Lexicons and Concordances for Bible Study.

Instructor: Averna  
Fee: $199

**Introduction to Hebrew II**

This class is offered for those who have completed Introduction to Hebrew I or who have a beginning knowledge of reading and writing Hebrew. The text moves a little deeper into vocabulary, translation and grammar. Additionally, we will spend some time learning to use Lexicons and Concordances for Bible Study. The readings are from the Hebrew prayerbook and the Book of Ruth. Please bring with you to class the book titled *Aleph Isn't Enough: Hebrew for Adults (Book 2)* by Linda Motzkin.

Instructor: Averna  
Fee: $199

**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

**Spanish for Health Care Workers**

This course is fun and practical! It is helpful to nurses, MDs, dentists, hospital techs, aides and support staff who want to learn basic Spanish medical phrases to improve communication with patients. Students engage in more than 10 different scenarios commonly seen in medical settings. Some Spanish is desirable but not a prerequisite.

Instructor: Lynch  
Fee: $179

**Local History**

**A Hands-On, Feet-On-The-Ground Overview of the History of Palisade, Colorado**

See: Adult Summer Workshops, page 5

**Historic Studies of the Grand Valley: Stepping Back to Get a Closer Look**

This four week course of study on local Grand Junction history will take you from dinosaurs through the Twentieth Century. Learn more about this wonderful valley and find out interesting things that you didn’t know from a fifth generation Grand Junctionite. This class will be presented by Priscilla Mangnall — writer and historian of local Western Slope history.

Instructor: Mangnall  
Fee: $89
**Music**

**Bluegrass & Folk Jamming Class**

Have you wanted to play folk or bluegrass music with others but are unsure if you are ready or 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 large 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. The only prerequisite skill is the ability to change chords smoothly – mostly G, C and D.

Instructor: .................................................... Quesenberry
Fee: ................................................................. $195

**OPTION**

Date: .............................................................. June 15, 22, 29, July 6, 13, 20, 27, August 3
Day: .............................................................. Thursday
Time: .............................................................. 6–8pm

**Bluegrass Improvisation for Guitar & Mandolin**

Learn how to modify a melody or fiddle tune, learn general purpose licks/tricks and ornamentations, and how to improvise on the fly. Strengthen your backup/rhythm skills. Students should have knowledge of basic chords and be able to play a few melodies or fiddle tunes on their instrument. We will be playing at slower tempos, so don’t worry if you don’t play fast. Students should have access to an instrument, an electronic tuner and a 3-ring binder.

Instructor: .................................................... Quesenberry
Fee: ................................................................. $149

**OPTION**

Date: .............................................................. June 12, 19, 26, July 3, 10, 17
Day: .............................................................. Monday
Time: .............................................................. 6–8pm

**Instant Piano for Hopelessly Busy People**

You don’t need years of weekly piano lessons to learn piano. You can learn enough in this one workshop to play almost any song on the piano with two hands. Then go on to perfect your technique at home using the home-study CD included with class materials. This is the system the pros use — chords — not tedious note reading. If you can find Middle C and know the meaning of “Every Good Boy Does Fine,” you already know enough to enroll in this workshop.

Instructor: ........................................................ Whiteny
Fee: ................................................................. $99

**OPTION 1**

Date: .............................................................. June 3, 10, 17, 24
Day: .............................................................. Saturday
Time: .............................................................. 1–3pm

**OPTION 2**

Date: .............................................................. July 1, 8, 15, 22
Day: .............................................................. Saturday
Time: .............................................................. 1–3pm

**Personal Growth & Enrichment**

**Ability: Taking the Dis out of Disability**

Are you or someone you know experiencing limitations because of a disabling condition such as loss of function, chronic pain, chronic disease, progressive disease, trauma/injury, mental illness or stress? Learn about the phases of disability adjustment, adjust to limitations, increase functioning, “how to” live within the limitations and do what you want to do! Please bring a pen and paper for notes.

Instructor: ....................................................... Johnston
Fee: ................................................................. $89

**OPTION**

Date: .............................................................. July 15
Day: .............................................................. Saturday
Time: .............................................................. 9am–4pm (will break for lunch)

**Bible 101: How to Know for Yourself What the Bible Really Says**

Discover how you can know what the Bible really says about any topic. Tired of confusing and contradictory messages from different groups? This class will introduce the student to a non-sectarian, non-denominational methodology which will yield consistent results for any Bible topic. We will study this methodology and practically apply it by using the Bible and simple Bible tools to answer the question: “Are we living in the last days?” Upon completion of this class the student, believer or skeptic, will have the basic skills to verify almost any Biblical claim. So, the next time someone claims “the Bible says…” you will be able to test that claim for yourself. Students should bring with them a Bible, in any translation or form such as a book, computer, smart phone, or tablet, and a notebook.

Instructor: ............................................................ Hays
Fee: ................................................................. $99
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: .................................................................. $159

OPTION
Date:.......................... May 15, 17
Day: ........................................................... Monday, Wednesday
Time: .............................................................. 6–9pm

How to Be Funnier in Only a Week

Participants will develop a portfolio of tools to increase their humor, find humor in everyday living, learn to include humor in writing of family stories, learn techniques for getting around sarcasm, learn how to tailor the telling of the same joke to different audiences, learn to build a joke, recognize humor in different types of work and activities, remember and tell jokes and identify personal styles of humor.

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

OPTION
Date:.......................... June 19, 20, 22
Day: ........................................................... Monday, Tuesday, Thursday
Time: .............................................................. 6:30–9pm

Creative Travel: Hunting for Authentic Experiences While Traveling

Make your travel about more than just your destination. It takes work to find authentic and memorable experiences along the way when traveling at high speeds on interstates. This class helps students plan ahead for, or find on the fly experiences that are unforgettable! We will use Internet tools and tricks of the trade to find special places and unique experiences which will make you want to come back for more. The goal is for each student to leave class with a trip they can't wait to take!

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

OPTION
Date: ....................... Saturday
Time: ........................ 3–5pm

Bible 201: Everyday Apologetics — A Beginner’s Guide to the Ultimate Proof

We are frequently told the existence of God cannot be proven, just believed. A variety of philosophers and theologians during the last few centuries laid this groundwork. The purpose of this class is to introduce students to concepts in Apologetics, a courtroom word meaning to give a reasoned defense. The case in point: Does God Exist? I will show a simple method to help handle questions and objections. Literally everything in life becomes proof for the existence of God. Everyone is welcome.

Instructor: .......................................................... Hays
Fee: .................................................................. $99

OPTION 1
Date: ....................... June 3, 10, 17, 24
Day: ........................................................... Saturday
Time: .............................................................. 3–5pm

OPTION 2
Date: ....................... June 21, 28
Day: ........................................................... Wednesday
Time: .............................................................. 6–8pm

OPTION 3
Date: ....................... July 8, 15, 22, 29
Day: ........................................................... Saturday
Time: ............................................................. 10am–1pm

Music — Photography

See also: Computers and Office, page 9

The Basics for Digital SLR Cameras

This class is for cameras with interchangeable lenses. This four-hour class is to help you learn about your camera, from changing the lens to how the program modes work; to what’s different about Auto and Program mode; or 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. I will try to answer any and all questions you have as you are moving forward in the world of digital photography.

Instructor: .......................................................... Butler
Fee: .................................................................. $79

OPTION
Date: ....................... Saturday
Time: ........................ 3–5pm

Using your Digital SLR Camera: Beyond the Basics

This six-hour class will take you past the basics of using your digital SLR 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 and Manual Mode; and how and why to use bracketing. We will talk about different types of lenses and lighting, such as using your flash. 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 creating images with their digital SLR 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: .......................................................... Butler
Fee: .................................................................. $99

OPTION
Date: ....................... Saturday
Time: ........................ 4–7pm
Voice Acting

Introduction to Voiceover: Level 1

Take an in-depth look at the world of voiceover. You’ll gain insight into what it takes to become a working voice actor. We’ll explore a variety of genres, necessary equipment and studio setups, training/coaching, online casting, agents, demos and websites and where your voice fits into the big picture. We’ll also explore reading scripts and interpreting copy. Your voice may make you money if you know how to use it.

Instructor: Phillips
Fee: $99

OPTION
Date: May 8, 10, 15, 17
Day: Monday, Wednesday
Time: 5:30–7:30pm

Introduction to Voiceover: Level 2

The is a follow-up course to Introduction to Voiceover: Level 1. We’ll dig deeper into what it takes to become a successful voice actor and explore ways to get your career jump started. You’ll be acting and interpreting scripts, learning auditioning techniques, exploring the business of the voiceover business, coaching, demos, online casting, breathing techniques, rates and more. Your voice may make you money if you know how to use it.

Instructor: Phillips
Fee: $99

OPTION
Date: June 5, 7, 12, 14
Day: Monday, Wednesday
Time: 5:30–7:30pm

Writing

Creative Writing Workshop

See: Adult Summer Workshops, page 5

Enjoying & Appreciating Shakespeare: Twelfth Night

If you’ve ever been curious about Shakespeare but aren’t sure where to start this is the class for you! We will start with an introductory overview of Twelfth Night, and explore resources that will help make the play readable and understandable. Then we will explore the play one act at a time, sharing and discussing our experience. Emphasis will be on understanding and enjoyment and less on a scholarly study of the play. Students will be required to purchase Twelfth Night (ISBN: 978-1-4114-0118-1) from the “Barnes and Nobel Shakespeare” collection.

Instructor: Devereux
Fee: $99

OPTION
Date: May 23, 25, 30, June 1, 6, 8
Day: Tuesday, Thursday
Time: 7–8:30pm

Evil Editor Tells All!

Learn what makes editors reject a manuscript and how to avoid those mistakes. Whether you write fiction or nonfiction, make your writing the best it can be.

Instructor: Weeks
Fee: $59

OPTION
Date: June 5
Day: Monday
Time: 6–8:30pm

How to Submit Your Manuscript

Learn how to write and format query letters and synopses, and how to format your manuscript.

Instructor: Weeks
Fee: $59

OPTION
Date: June 19
Day: Monday
Time: 6–8:30pm
How to Write for Magazines

Learn how to write a query letter, understand guidelines, follow up, keep submission records, format a manuscript, interview subjects, copyright and rights information and payment.

Instructor: .......................................................... Pavelka
Fee: ................................................................ $59

OPTION
Date: ............................. Week
Day: ............................. Week
Time: ............... 8am–5pm

Show, Don't Tell: How Do They Do That?

Learn to create scene from narrative, write effective descriptions, use action tags in dialogue and create authentic characters in both fiction and nonfiction. Come ready to write.

Instructor: .......................................................... Pavelka
Fee: ................................................................ $59

OPTION
Date: ............................. May 22
Day: ............................. Monday
Time: ............. 6–8:30pm

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

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, decontamination processes and a hands-on exercise. Course instruction includes case studies, group activities and hands-on practice. Certificates issued upon successful completion of the class. Instruction manuals provided: IFSTA Hazardous Materials for First Responders Operation Level, Emergency Response Guide and a class manual.

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

OPTION
Date: ............................. September 18, 19, 20, 21, 22
Day: ............................. Monday, Tuesday, Wednesday, Thursday, Friday
Time: ..................... 8am–5pm

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
Date: ............................. June 13
Day: ............................. Tuesday
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, 24-hour or 40-hour class required.

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

OPTION
Date: ............................. May 16
Day: ............................. Tuesday
Time: ............. 8am–5pm

OPTION
Date: ............................. June 6
Day: ............................. Tuesday
Time: ............. 8am–5pm

OPTION
Date: ............................. August 10
Day: ............................. Thursday
Time: ............. 8am–5pm

Accident Investigations Made Easy

Topics include: purpose investigation; investigative tools; documentation; measurements; other information (e.g., documents to review); preserving of evidence; drawings and sketches; photography and videotaping; notes and reports; obtaining injured and witness statements; cause and prevention; and identifying corrective actions. Training includes practice scenarios.

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

OPTION
Date: ............................. July 13
Day: ............................. Thursday
Time: ............. 8am–12pm

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

Class description continues on next page.
OPPORTUNITIES FOR LIFELONG LEARNING

**H2S Awareness**

The two-hour awareness course meets the OSHA H2S requirements of 29 CFR 1910.1200 (Hazard Communication) and the American National Standards Institute standard Z390.1. This course is for employees who have the potential to come in contact with H2S. It provides information for recognizing H2S hazards, knowing the properties, physiological effects, detection methods, sources and controls and understanding emergency response actions.

**Fee:** ................................................................. $70

**OPTION**

**Date:** ............................................................. July 6
**Day:** ............................................................. Thursday
**Time:** ............................................................. 8–11am

**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:** ............................................................. May 8
**Day:** ............................................................. Monday
**Time:** ............................................................. 8am–1pm

**OPTION 3**

**Date:** ............................................................. July 12
**Day:** ............................................................. Wednesday
**Time:** ............................................................. 8am–1pm

**OPTION 5**

**Date:** ............................................................. August 22
**Day:** ............................................................. Tuesday
**Time:** ............................................................. 8–9am

**OPTION 2**

**Date:** ............................................................. June 15
**Day:** ............................................................. Thursday
**Time:** ............................................................. 8–9am

**OPTION 4**

**Date:** ............................................................. August 8
**Day:** ............................................................. Tuesday
**Time:** ............................................................. 8–9am

**OPTION 6**

**Date:** ............................................................. September 14
**Day:** ............................................................. Thursday
**Time:** ............................................................. 8–9am

**Confined Space Awareness**

Participants will learn about applicable OSHA standards (1910 &1926), responsibilities, key terminology, 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 1**

**Date:** ............................................................. May 3
**Day:** ............................................................. Wednesday
**Time:** ............................................................. 8am–12pm

**OPTION 2**

**Date:** ............................................................. July 31
**Day:** ............................................................. Monday
**Time:** ............................................................. 8am–12pm

**OPTION 3**

**Date:** ............................................................. September 11, 12
**Day:** ............................................................. Monday, Tuesday
**Time:** ............................................................. 8am–12pm

**OPTION 1**

**Date:** ............................................................. May 17, 18
**Day:** ............................................................. Wednesday, Thursday
**Time:** ............................................................. 8am–5pm on the first day, 8am–12pm the second day

**OPTION 2**

**Date:** ............................................................. July 10, 11
**Day:** ............................................................. Monday, Tuesday
**Time:** ............................................................. 8am–5pm on the first day, 8am–12pm the second day

**OPTION 3**

**Date:** ............................................................. September 11, 12
**Day:** ............................................................. Monday, Tuesday
**Time:** ............................................................. 8am–5pm on the first day, 8am–12pm the second day

Like us on Facebook for updated information, additional classes and more!
OSHA 30-Hour, General Industry

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. It covers the following topics: OSHA Act and history, HAZCOM/GHS, PPE, recordkeeping, toxic and hazardous substances, powered industrial trucks, stairways and ladders, fire prevention plans, emergency action plans, electrical safety, materials handling, hand and powered tools, confined spaces, safety and health program plus other topics. An OSHA 30 completion card will be issued by OSHA after the conclusion of class activities. Class materials provided include a current copy of the OSHA General Industry Standard, 29 CFR 1910.

Fee: $499

OPTION
Date: June 20, 21, 22, 23
Day: Tuesday, Wednesday, Thursday, Friday
Time: 8am–5:30pm

OSHA 10-Hour, Construction

This 10-hour course provides an excellent introductory 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 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: June 7, 8
Day: Wednesday, Thursday
Time: 8am–5pm on the first day, 8am–12pm the second day

OPTION 2
Date: August 1, 2
Day: Tuesday, Wednesday
Time: 8am–5pm on the first day, 8am–12pm the second day

Art & Design

3D Animation & Virtual World

Jump into the world of your own creation using a professional 3D animation program. You will model, texture and bring to life your own computer-generated creations.

Instructor: Hoffman
Age Group: Middle and High School
Fee: $110

OPTION 1: Middle School
Date: June 12-16
Time: 8:30am–12:30pm

OPTION 2: High School
Date: June 26-30
Time: 1–5pm
OPPORTUNITIES FOR LIFELONG LEARNING

Become a Special Effects Guru

Discover how the special effects seen in motion pictures and on television are created. Learn the essentials of compositing, how to add people into animated environments with green-screen keying, how to blow up a car the legal and safe way and much, much more!

Instructor: McConnell
Age Group: Middle and High School
Fee: $110

OPTION
Date: June 19-23
Time: 1–5pm

Digital Illustration

Would you like your drawings to look like the professional artwork you see on your favorite websites? From concept art to final illustration, this class will train you in everything you need to know about drawing digitally. Learn essential fine art skills while gaining experience drawing with a tablet. Come draw with us!

Instructor: McConnell
Age Group: Middle and High School
Fee: $110

OPTION 1: Middle School
Date: July 10-14
Time: 8:30am–12:30pm

OPTION 2: High School
Date: July 31 - August 4
Time: 1–5pm

Digital Photography: From Click to Computer

Explore and share your vision from behind the lens. This camp will use DSLR cameras and Adobe Photoshop to produce pictures like a pro. We will experiment with artistic and technical tricks of the trade and host an end-of-session gallery opening to highlight your favorite pieces. You will be able to take home the start of your own professional portfolio.

Instructor: Meuwly
Age Group: Middle and High School
Fee: $110

OPTION
Date: June 5-9
Time: 1–5pm

Creative Writing

This camp will cover setting, character development, plot structure, creating scene from narrative and revision. Students will create and revise a short story/novel chapter to share with the class on the last day.

Instructor: Hoffman
Age Group: Middle and High School
Fee: $120

OPTION
Date: July 17-21
Time: 1–5pm

Finding the Voice Actor in You

Have you ever wondered how you can become a voice in the next big cartoon? Would you like to add the world of animation, video games and commercials to your acting resume? Then this workshop is for you! Students will develop characters and find comedy with their voice all while creating a dynamic performance.

Instructor: Hoffman
Age Group: Middle and High School
Fee: $110

OPTION
Date: July 31 - August 4
Time: 8:30am–12:30pm

Interactive Publishing

Learn how to create and customize graphics with Adobe Illustrator, manipulate and edit photographs with Photoshop, and organize and layout a poster and interactive PDF with InDesign.

Instructor: McConnell
Age Group: Middle and High School
Fee: $110

OPTION
Date: June 12-16
Time: 8:30am–12:30pm

Reach Your Peak is a partnership between colleges in northwestern Colorado with the goal of creating excitement about learning which will motivate students towards a bright future and further education. Partners include Colorado Mesa University, Colorado Mountain College, Colorado Northwestern Community College and Western Colorado Community College. The program is also supported by the Northwest Regional Council of El Pomar Foundation.
Screenwriting: From Concept to Clapboard

Do you want to learn how to write scripts for movies or TV shows? During this weeklong camp you’ll find out how a screenplay is structured and learn best practices for writing naturally. You’ll discover how to create strong characters and the importance of how they interact with their world. Best of all you’ll learn the importance of writing from personal belief.

Instructor: .................................................... Meuwly
Age Group: .............................................. High School
Fee: .......................................................... $110

OPTION
Date: .......................................................... June 5-9
Time: .......................................................... 1–5pm

Stop Motion Animation Magic

Want to recreate the Nightmare Before Christmas? How about The Lego Movie with real Legos? Stop motion animation allows your creations to come to life through the magic of film and photography. We will be experimenting with Claymation, construction paper animation and action figure/Lego animation to create unique videos.

Instructor: ................................................... Hoffman
Age Group: ........................................... Middle and High School
Fee: .......................................................... $110

OPTION
Date: .......................................................... June 5-9
Time: .......................................................... 8:30am–12:30pm

The Moving Art of 2D Animation

Now’s the chance to take your drawing skills to a whole new level — making them move. Discover the fun of basic 2D animation with the latest computer software and find the joy of seeing your creations come to life.

Instructor: ................................................... Hoffman
Age Group: ........................................... Middle and High School
Fee: .......................................................... $110

OPTION
Date: .......................................................... June 12-16
Time: .......................................................... 8:30am–12:30pm

Video Storytelling

Everybody is shooting digital video these days. Let’s make the most of it with our video editing summer camp. We will spend a week in a digital moviemaking environment and learn the tricks of the trade. You’ll write a script, shoot it and finally put your production together in a video editor. Lights, camera, action!

Instructor: ................................................. Meuwly
Age Group: .............................................. Middle and High School
Fee: .......................................................... $110

OPTION
Date: .......................................................... June 12-16
Time: .......................................................... 1–5pm

Culinary Arts

The Love of the Egg: Middle School Level 1

Eggs dishes are mostly associated with breakfast or brunch. This week we want to explore the egg and all the variety of dishes you may make with it. Chefs will teach culinary techniques on how to boil, poach, sauté and properly scramble whole eggs. In the baking lab we will make the English muffins for the poach egg, Angel food cake, breads and baked custard. We want to tackle dishes like quiche lorraine, frittatas, deviled eggs, French toast and crepes. Students will also make sides to accompany the egg dishes. Examples include hash browns, salsa and pasta dishes. Come have some fun with the egg.

Instructor: .................................................. Henderson
Age Group: .............................................. Middle School
Fee: .......................................................... $140

OPTION
Date: .......................................................... June 12-16
Time: .......................................................... 8:30am–12:30pm

The Love of the Egg: High School Level 1

The Love of the Egg is our theme for this week. Students will learn how to poach, sauté, scramble and make sauces and egg benedict. Chef McLennan and Chef Henderson will put a spin on the week by creating our own kitchen black box where students will have a pantry of fresh vegetables, dried goods, spices and herbs. We will teach the basics in culinary and baking such as knife skills, sanitation, use of large mixers, hearth ovens for breads and then let you the student create a dish or dishes involving the egg. Come explore the possibility of culinary as a career and have some fun as we tackle the egg.

Instructor: .................................................. Henderson
Age Group: .............................................. High School
Fee: .......................................................... $140

OPTION
Date: .......................................................... June 12-16
Time: .......................................................... 1–5pm

Cooking Around the World: Middle School Level 2

This week will be filled with dishes from Italy, France, China and Mexico. The Italy section will focus on different homemade pasta dishes (lasagna and angel hair with creamed chicken) and a lady finger tiramisu dessert. French courses will include sweet and savory crepes, stuffed meat and veggies puff pastries, French baguettes and lace cookies with homemade ice cream. Students will concentrate on wontons with creamed crab, egg rolls, sweet and sour chicken and almond cookies which

Class description continues on next page.
are all well known Chinese dishes. The section on Mexico will focus on making homemade corn tortillas for fish and meat tacos, guacamole with chips, chili rellenos and tres leches cake. At the end of the week students will choose a country’s dish to prepare and serve for their family.

Instructor: .................................................. Henderson
Age Group: ................................................ High School
Fee: ............................................................... $150

OPTION 1
Date: .............................. June 19-23
Time: .............................. 8:30am–12:30pm

OPTION 2
Date: .............................. July 10-14
Time: .............................. 8:30am–12:30pm

Cooking Around the World: High School Level 2

This week will be filled with dishes from Italy, France, China and Mexico. The Italy section will focus on different homemade pasta dishes (lasagna and angel hair with creamed chicken) and a lady finger tiramisu dessert. French courses will include sweet and savory crepes, stuffed meat and vegetable puff pastries, French baguettes and lace cookies with homemade ice cream. Students will concentrate on wontons with creamed crab, egg rolls, sweet and sour chicken and almond cookies which are all well known Chinese dishes. The section on Mexico will focus on making homemade corn tortillas for fish and meat tacos, guacamole with chips, chili rellenos and tres leches cake. At the end of the week students will choose a country’s dish to prepare and serve for their family.

Instructor: .................................................. Henderson
Age Group: ................................................ High School
Fee: ............................................................... $150

OPTION
Date: ........................................................... July 10-14
Time: .............................................................. 1–5pm

Sweet Foods & Chocolate Decorating

What can you decorate with chocolate? A lot, including candies, molded chocolates and truffles. This week we will learn techniques to build your creativity in dessert design and art. Students will make and decorate their own chocolates. Come and learn just how much you can do with chocolate design.

Instructor: .................................................. Henderson
Age Group: ................................................ Middle and High School
Fee: ............................................................... $140

OPTION 1: Middle School
Date: .............................................. June 26-30
Time: .............................................. 8:30am–12:30pm

OPTION 2: Middle School
Date: .............................................. June 26-30
Time: .............................................. 8:30am–12:30pm

OPTION 3: Middle & High School
Date: .............................................. June 17-21
Time: .............................................. 8:30am–12:30pm

Introduction to Early Childhood

This camp will be a teacher prep for students interested in working with young children with the career goal of becoming a preschool or Kindergarten through second grade teacher in the public school system. We will be exploring childhood growth and development, guidance, curriculum planning and a variety of hands-on activities.

Instructor: .................................................. Shoultz-McCole
Age Group: .............................................. 16-18 year olds
Fee: ............................................................... $110

OPTION
Date: ........................................................... July 17-21
Time: ..................................................... 9:30am–12:30pm

Health Sciences

The M*A*S*H Camp was created to interest young adolescents in health careers and to build basic skills common to all health careers (CPR, First Aid, Infection Control, etc.). There are four levels of M*A*S*H Camp which allow students the opportunity to advance their learning over four summers. This exciting weeklong day camp utilizes the nursing faculty, students, and many community members from various health professions to provide fun hands-on learning. Students are exposed to campus life, eating in the college dining hall and utilizing the recreation center.

To register for M*A*S*H Camp, please contact CMU Health Sciences department at 970.248.1398

Instructors: ................................. Reuss and additional health science faculty
Age Group: .............................................. Middle and High School
Fee: ............................................................... $150

Class description continues on next page.
**SUMMER 2017 CATALOG NON-CREDIT COURSES**

**OPTION**

**Date:** .......................................................... June 19-23  
**Time:** ........................................................... 9am–4pm

**Personal Development**

**Hire Me First: Business Ethics & Career Training**

Designed to take students on a journey of career exploration, workplace skill development and job place immersion that will put them “first” when applying for work. It is one thing to get a job. It is another thing to keep that job and excel in the work environment. Learn what it takes to be successful at work. Students today will need special, important skills to be successful in the 21st century. Are you prepared to cultivate these skills and step into your own unique role of leadership?

Instructor: ..................................................... Smalta  
**Age Group:** ................................................ High School  
**Fee:** ............................................................ $79

**OPTION**

**Date:** .......................................................... July 5-9, 12-16, 19-23  
**Time:** .......................................................... 9am–12pm

**You Think Differently: Understanding & Developing Multi-talents**

An opportunity to explore and understand what it is like to be a high-ability, multi-talented individual. Discover what makes you tick, how you think differently, why things have you on edge, what your talents are and how to make it all work. Potential students are self-identified high ability, multi-talents with or without learning disabilities or emotional/behavioral challenges. Prerequisites: Complete self-screening assessment for multi-talents prior to admission to class.

Instructor: ................................................... Johnston  
**Age Group:** ................................................ High School  
**Fee:** ........................................................... $100

**OPTION**

**Date:** .......................................................... June 5-9  
**Time:** ..................................................... 8:30am–12:30pm

**Intro to Arduinos**

Arduino are inexpensive, easy-to-program microcomputers that have spawned thousands of new inventions. In this course, you will learn how to build and program a simple robotic car that uses an Arduino for its “brain.” At the end of the five-day camp, you will compete with other camp participants to see whose car can finish an obstacle course in the shortest amount of time. You get to keep your robot! No prior experience necessary!

Instructor: ........................................... McGraw, Castleton  
**Age Group:** .............................................. Middle School  
**Fee:** ........................................................... $150

**OPTION**

**Date:** ............................................................ June 26-30  
**Time:** .............................................................. 1–5pm

**Intro to Computer Networking**

This camp is a gateway to entry-level networking jobs and IT careers. The curriculum consists of introduction to networks, routing and switching essentials, scaling networks and connecting networks.

Instructors: .......................................... McGraw, Castleton  
**Age Group:** ................................................ High School  
**Fee:** ........................................................... $110

**OPTION**

**Date:** ............................................................ July 17-21  
**Time:** .............................................................. 1-5pm

**STEM: Computers**

**Become a Master of “Web Fu”**

Learn the secrets of creating your own website. You’ll get hands-on experience with the tools of web development including programming in HTML and CSS. Discover how to create a website that will stand out and learn skills that you’ll continue to use for years to come!

Instructor: .................................................. McConnell  
**Age Group:** ...................................... Middle and High School  
**Fee:** ........................................................... $100

**OPTION**

**Date:** ........................................................... June 26-30  
**Time:** .............................................................. 1–5pm

**Western Colorado Community College and Colorado Mesa University reserve the right to cancel courses, change subject matter, alter time schedules or make other changes deemed necessary.**
Understanding Your Computer's Hardware

This course covers fundamental computer and career skills for entry-level IT jobs. The curriculum includes hands-on labs that provide practical experience. Virtual tools will help you hone your troubleshooting skills and practice what you learn.

Instructors: McGraw, Castleton
Age Group: Middle and High School
Fee: $120

**OPTION 1: Middle School**
Date: June 5-9
Time: 1–5pm

**OPTION 2: High School**
Date: June 12-16
Time: 1–5pm

Video Game Design: Level 1

Power up and find out what it takes to create a unique video game universe. Explore the basics of gameplay and game mechanics. Take on the role of interaction designer, graphic lead, software engineer or creative director. Build a game from paper prototype to playable demo. Beta test your original game and share it at an end-of-session game expo.

Instructor: Cox
Age Group: Middle and High School
Fee: $120

**OPTION 1**
Date: June 26-30
Time: 8:30am–12:30pm

**OPTION 3**
Date: July 10-14
Time: 8:30am–12:30pm

Video Game Design: Level 2

In this exciting continuation of Video Game Design: Level 1, you will delve further into the world of game development. We will spend the first few days going over skills learned in Level 1 while developing new ones, and the last two days will be dedicated to a game jam where we make a game in two days. This class is for those who are dedicated and willing to learn about games and how they work.

Instructor: Cox
Age Group: Middle and High School
Fee: $120

**OPTION 1**
Date: July 10-14
Time: 1–5pm

**OPTION 2**
Date: July 17-21
Time: 8:30am–12:30pm

Video Game Design: Level 3

Continue building on the foundation you built in Levels 1 and 2. In this class we will delve deeper into the technical aspects of programing for video games as well as animation and sound design.

Instructor: Cox
Age Group: Middle and High School
Fee: $120

**OPTION**
Date: July 17-21
Time: 1–5pm

3D Printing/CAD 3D Modeling

3D printing is a game changer. Learn how 3D printing is changing manufacturing and how you can make things for yourself. Using the 3D Computer Aided Design software, Autodesk Inventor, you will learn how to draw 3D models and download them to the 3D printer to generate real parts from your drawings. No experience necessary. Join us and experience the world of 3D printing.

Instructor: Mahoney
Age Group: Middle and High School
Fee: $125

**OPTION 1: Middle School**
Date: June 12-16
Time: 8:30am–12:30pm

**OPTION 2: High School**
Date: June 26-30
Time: 8:30am–12:30pm

**OPTION 3: Middle School**
Date: July 17-21
Time: 8:30am–12:30pm

Auto Mechanics Camp

Come to WCCC this summer and get a taste of what it's like to work on automobiles. You will learn how engines work, work in shops with tools and automobiles, and apply science and math skills in real work situations.

Instructor: Goetz
Age Group: Middle and High School
Fee: $110

**OPTION**
Date: June 12-16
Time: 8:30am–12:30pm

Build a 3D Printer!

3D printing changed the way inventors take their ideas from thought to reality. In this camp, you will build and tune your very own 3D Printer that is capable of printing plastic parts. No experience required.

Instructors: McGraw, Castleton
Age Group: Middle and High School
Fee: $300, includes printer

**OPTION 1**
Date: July 10-14
Time: 1–5pm

**OPTION 2**
Date: July 17-21
Time: 8:30am–12:30pm
Lego Robotics

Robots made from Legos can be fun and powerful. In this course, you will learn how to build a robot that can accomplish several tasks using motors, switches and sensors. You will learn how to program the robot using the Lego EV3 programming software.

Instructors: McGraw, Castleton
Age Group: Middle School
Fee: $120

OPTION 1
Date: June 12-16
Time: 8:30am–12:30pm

OPTION 2
Date: July 10-14
Time: 8:30am–12:30pm

Modern Welding Technology

Explore welding processes using virtual reality simulators. Discuss and learn common processes, theory, and applications for cutting, welding and fabrication in a safe environment. Learn about welding industries and career paths.

Instructor: Campbell
Age Group: Middle and High School
Fee: $140

OPTION 1: Middle School
Date: June 5-9
Time: 8:30am–12:30pm

OPTION 2: High School
Date: June 12-16
Time: 8:30am–12:30pm

ProtoCamp

In ProtoCamp students will build two robots to enhance their knowledge in STEM-specific curriculum. The camp is an all day camp and includes lunch. The final day students compete with the robots they have created in a competition called “Swept Away.” Family members are encouraged to come and observe the competition. Students will also operate CNC machines, be introduced to 3D printing and work with measuring instruments used in engineering and manufacturing. Students will build a project they will take home.

Instructor: McCracken
Age Group: Middle School
Fee: $200

OPTION
Date: June 5-9
Time: 9am–3pm
## Opportunities for Lifelong Learning

**Western Colorado Community College and Colorado Mesa University**

### BY WEEK

The page number listed indicates the page the camp description is located.

- Middle School Camps
- High School Camps
- Middle and High School Camps

#### June 5–9

- Digital Photography: From Click to Computer
- Hire Me First: Business Ethics & Career Training
- Intro to Arduinos
- Modern Welding Technology
- ProtoCamp
- Screenwriting: From Concept to Clapboard
- Stop Motion Animation Magic
- Understanding Your Computer’s Hardware

#### June 12–16

- 3D Animation & Virtual World
- 3D Printing/CAD 3D Modeling
- Auto Mechanics Camp
- Interactive Publishing
- Lego Robotics
- Modern Welding Technology
- The Love of the Egg: Middle School Level 1
- The Love of the Egg: High School Level 1
- Video Storytelling
- Understanding Your Computer’s Hardware

#### June 19–23

- Become a Special Effects Guru
- Creative Writing
- Cooking Around the World: Middle School Level 2
- M*A*S*H Camp
- The Moving Art of 2D Animation
- You Think Differently: Understanding & Developing Multi-Talents

#### June 26–30

- 3D Animation & Virtual World
- 3D Printing/CAD 3D Modeling
- Become a Master of “Web Fu”
- Sweet Foods & Chocolate Decorating
- Video Game Design: Level 1

#### July 10–14

- Build a 3D Printer!
- Cooking Around the World: Middle School Level 2
- Cooking Around the World: High School Level 2
- Digital Illustration
- Lego Robotics
- Video Game Design: Level 1
- Video Game Design: Level 2

#### July 17–21

- 3D Printing/CAD 3D Modeling
- Build a 3D Printer
- Comic Book Creation
- Intro to Computer Networking
- Introduction to Early Childhood
- Sweet Foods & Chocolate Decorating
- Video Game Design: Level 2
- Video Game Design: Level 3

#### July 24–28

- Creative Writing
- Digital Illustration
- Finding the Voice Actor in You

Western Colorado Community College and Colorado Mesa University reserve the right to cancel courses, change subject matter, alter time schedules or make other changes deemed necessary.
Send the kids to college this summer.

In addition to more that 50 hands-on learning experiences through Western Colorado Community College (WCCC) and Reach Your Peak Colorado, Colorado Mesa University (CMU) offers a variety of programs for elementary, middle and high school students including academic, performing arts and athletic camps and clinics.

**Make Music with new Friends**

The CMU Department of Music offers summer programs for elementary and middle school youth and a jazz workshop for high school students.

**Learn from and compete with the best**

Colorado Mesa Athletics camps and clinics are perfect for your young athlete. Campers learn from the same professionals, coaches and trainers who coach the Maverick NCAA Division II teams.

Open the door to something that may ignite a fire within your kid for the future. Go to [coloradomesa.edu/summer](http://coloradomesa.edu/summer) to explore all the options.
A SUMMER FULL OF POSSIBILITIES

A Hands-On, Feet-On-The-Ground Overview of the History of Palisade, Colorado

Curious About Local Geology

Creative Writing Workshop

Fly Fishing: Level 1

Introduction to Computer Coding & Programming

Make Money While You Do What You Enjoy: Making a Business Plan

Plant-Based Nutrition & Cooking Boot Camp

Understanding Your Computer’s Hardware

Wilderness Navigation

Wilderness Navigation Using GPS

OPPORTUNITIES FOR LIFELONG LEARNING

ENROLL NOW

wccc.coloradomesa.edu/cec