HVAC Theory, Operation & Maintenance/EPA Exam
Instructor: Steven Oetker
Columbia Area Career Center, TTC
2/4-6/3 M/W 6-9PM $1,650  #13WT305
Take the first step towards a career in HVAC. Learn the basic practices and principles of heating, ventilation and air conditioning operation, maintenance and controls for residential-sized systems. Both R-22 and R-410A systems are used in the shop sessions. EPA 608 exam material is also reviewed in this class. Tuition includes textbook, lab fees and a one-time test fee.
Class will not meet 2/18, 3/25, 3/27 and 5/27. (31 Lab/Class Sessions, 1 Exam Session)

EPA 608 Handlers Review & Exam
Instructor: Steven Oetker
Columbia Area Career Center, TTC
5/20-6/3  M/W 6-9PM $195  #13WT312
To work on stationary air conditioners and refrigeration systems you must be certified under Section 608 of the Clean Air Act. Prepare for the EPA Handlers exam with four sessions devoted to intensive review. The online exam (EPA Core, Type I, Type II and Type III) will be administered the fourth session. Class will not meet 5/27. (4 Sessions)

Small Engine Mechanics: Theory, Operation & Maintenance
Instructor: Mike Kilfoil
Columbia Area Career Center, Rm 107
2/21-4/25  Th 6-8PM  $169  #13WT551
This small engine mechanics class is broken into two modules to give you comprehensive knowledge on small engine theory, operations and maintenance. First learn the basics of small engines found in lawn mowers, tillers and power washers. Then learn to troubleshoot electrical, charging and fuel and exhaust systems (4 stroke and 2 stroke). Advanced maintenance techniques for lawn mowers, weed eaters and blowers. Class will not meet 3/28. (9 Sessions)

DIY: Welding for the Homeowner, Farmer & Artist
Instructor: Mike Kilfoil
Columbia Area Career Center, Rm 125
4/27-5/18  Sa 9AM-12PM  $169  #13WG935
Picture yourself repairing those stairs, gates and other lingering projects while creating your own personal touch. This course teaches the important issues to be considered when preparing for non-professional use of welding in home repair. You will learn the very basics of stick welding on mild steel, then more advanced welding techniques. (4 Sessions)

Maintenance Mechanic
Columbia Area Career Center, TTC
Instructor: Dan Vande Voorde
Prepare for employment or enhance your knowledge as a maintenance mechanic. Maintenance workers carry out maintenance on building’s plumbing, electrical, air-conditioning and heating (HVAC) systems. To do so requires a strong knowledge of these systems and how they work. Learn the body of rules, ideas and principals for electricity, heating and air conditioning and plumbing. The class is divided into three modules. An individual may enroll in the comprehensive course or select specific modules:

Module 1: Electricity
Columbia Area Career Center, TTC
2/7-3/7  Th 6-9PM $329  #13WT915
Module 1 teaches electrical principals, theory and the roles of voltage, current and electrical resistance play in electrical systems and equipment. Instruction in the proper selection and use of electrical testing equipment including voltmeters, ohmmeters and continuity testers, among other testing devices will be emphasized. (5 Sessions)

Module 2: HVAC
Columbia Area Career Center, TTC
3/14-4/18  Th 6-9PM  $329  #13WT916
Module 2 teaches both the theory, operation and troubleshooting of residential heating and air conditioning systems. Class will not meet 3/28. (5 Sessions)

Module 3: Plumbing
Columbia Area Career Center, TTC
4/25-5/23  Th 6-9PM $329  #13WT917
Module 3 is an exploration of the basic principles of water distribution, drainage and vent systems, backflow protection and indirect waste. (5 Sessions)
*Sign up for all 3 Maintenance Mechanic Modules and get the discounted rate of $960. Must call to register.

Certified Nurse Assistant (CNA)
Instructor: CACC Health Occ. Staff
Columbia Area Career Center
Daytime class:
2/7-2/27  M/W/Th  8:30AM-12:30PM
Customer Service Training
Instructors: Juan Flores & Sondra Inman
Columbia Area Career Center, Rm 130
4/29-5/8  M/W  6:30-9:30PM  $79  #13WB953
This module will prepare students for successful placement in the workforce. Students will learn the communication skills necessary to assess and address the needs of customers, and learn the professional skills required to provide excellent customer service. Resume writing, interview skills and job search strategies will also be a part of this module. (12 hours)

AutoCAD 2013
Prerequisite: Basic computer and keyboarding skills
Instructor: Bobbi Hauptmann  
Columbia Area Career Center, Rm 140  
2/14-5/9  Th  6-9PM  $445  #13WB260

Learn computer aided drafting and design. Use the software effectively including basic file management, opening and saving drawings, drawing and editing aids and commands for text, dimensioning and display. You will also practice layer creation and management and the proper setup techniques to facilitate the plotting of hard copies from your drawing files. Textbook included in fee. Class will not meet 3/28. (12 Sessions)

Introduction to WordPress  
Instructor: Ellis Benus  
Columbia Area Career Center, Rm 117  
4/23-4/25  T/Th 6-9PM  $99  #13WB936  
DEADLINE TO ENROLL IS 4/9.

Create your own fully functioning website! WordPress is a free web software that you can utilize to build beautiful and successful websites. WordPress is full of useful features, but learning to use them can be confusing and time consuming. This course is a hands-on, step-by-step guide where you will learn how to set-up, manage and enhance your own website using WordPress. This class is also accompanied with video tutorials. Computer experience is necessary. (2 Sessions)

The Art of Public Speaking  
Instructor: CACC Staff  
Columbia Area Career Center, Rm 100  
4/16-5/7  Tu  6-8PM  $89  #13WB803

Many of us find ourselves in a position where we’ve been asked to speak to a group, yet surveys show that most people fear speaking in public more than death itself! Learn the skills and techniques to make your next presentation ‘POP!’ while coming across confident and articulate in the process. (3 Sessions)

Schmoozing 101  
Instructor: Barbie Banks  
Columbia Area Career Center, Rm 150  
5/20  M  6-9PM  $59  #13WB726

Learn the secrets to schmoozing, from introducing yourself and starting conversations with complete strangers, to perfecting your small talk and exiting conversations gracefully. Whether your aim is to build your business, increase your personal contacts or just meet more people, you’ll benefit from this practical course! (3 Hours)

Making Something from Nothing  
Instructor: Annie Humphreys  
Columbia Area Career Center, Rm 151  
5/21-5/23  T/Th  7-9PM  $59  #13WB622

In 2003 Annie came up with an idea, and now she is a successful entrepreneur and founder of Annie’s Breads. If you are sitting on your own idea but think it’s too “out there”, this is the time to take that first step and start turning your dreams into reality! Join Annie as she shares innovative ways to make additional cash using basic resources and creativity. (2 Sessions) You will examine areas of interest, work-place values and define three potential careers for further exploration. (4 Sessions)

Career Fitness  
Instructor: Sondra Inman  
Columbia Area Career Center, Rm 100  
2/12-3/5  T  6-8PM  $89  #13WB104

This class introduces you to the theoretical and practical framework in which to explore careers. You will be introduced to methods of self-assessment and walk away with several tools for career exploration. (4 Sessions)

Building Your Financial Portfolio on $25 a Month  
Instructor: Bobbie and Eric Christensen  
Columbia Area Career Center, Rm 173B  
4/10  W  6-9PM  $44  #13WB857

Safely turn $25 a month into $100,000 in 10 years without using a stockbroker, and discover why the stock market is the safest place in the world for your money. Find out how the stock market and the economy affect each other and how they affect your everyday life. Take control now! (3 Hours)

Sport Psychology Strategies for Success in Business & Life  
Instructor: Ben Loeb  
Columbia Area Career Center, Rm 150  
3/4-3/6  M/W  6-8PM  $49  #13WB190
In this short course you will learn a framework that provides a practical approach to developing powerful performance skills, get advice on working through the mental barriers that interfere with peak performance in the work place and develop the mental toughness to maintain your leadership skills. (2 Sessions)

**Grant Proposal Basics**
Instructor: Ron Schmidt  
Columbia Area Career Center, Rm 150  
5/2-5/7 Th/T  6-9PM  $79  #13WB648

What to do and what not to do when submitting a grant proposal? Let us teach you the ins and outs by learning the basics first. Topics include: conducting a fundraising assessment, different types of funding sources, different types of grants, elements of most grant proposals (which are most significant and which should be done now), characteristics of a good grant proposal, different ways to write a grant proposal, grant proposal writing in a nutshell, what to do before writing a grant proposal, what to look for in a funding source, what to do once you have found a potential funding source, what to do after writing a grant proposal, along with general grant proposal writing tips and considerations. (2 Sessions)

**How to Write Proper Goals & Objectives**
Instructor: Ron Schmidt  
Columbia Area Career Center, Rm 150  
5/9  Th  6-9PM  $44  #13WB649

There are many parts to a grant proposal, but few are as important as goals and objectives. Funders are increasingly interested in funding programs with clearly defined objectives so the success of the project can be measured. In addition, writing appropriate goals and objectives may be the most difficult aspect of grant proposal writing. Activities in this course will help you identify appropriate goals and measurable objectives. (3 Hours)

**How Funders Think**
Instructor: Ron Schmidt  
Columbia Area Career Center, Rm 150  
5/14  T  6-9PM  $39  #13WB650

Learn how funders think, so you can think like a funder! Find out how funders view applicants, why they approve certain proposals and not others, what they like to see and what red flags they are on the lookout for. You will review various application questions and critique actual written responses. Your understanding of funding sources will increase and, in turn, increase the probability of your requests being approved. (3 Hours)

Our Management Development Series is a 40-hour comprehensive course open to anyone interested in building their management skills. Specifically, this series is designed for those in leadership roles within organizations. Courses are designed to provide relevant principles in management and oversight for both administrators and supervisors. Modules can be taken individually. If the entire 4-module series is successfully completed, you will be awarded a Management Development Certificate.

Register for the Management Development Certificate for only $329.

**Management Development Module 1: Leadership Development**
Instructor: Rex Scism  
Columbia Area Career Center, Rm 173A  
2/5-2/14 T/Th  6-8:30PM  $89  #13WB961

In this module you will learn the primary guiding principles of leadership and essential management skills. You will also discuss skills and characteristics that lead to organizational success and the habits of highly effective people. Finally you will discuss human relations and fostering a positive supervisor-subordinate relationship while exploring fundamental human needs, effective human relations and proper procedures for correcting subordinates. (4 Sessions/10 Hours)

**Management Development Module 2: Employee Improvement**
Instructor: Rex Scism  
Columbia Area Career Center, Rm 173A  
2/19-2/28 T/Th  6-8:30PM  $89  #13WB962

In Module 2 you will learn the various components affiliated with the management by objective process. You will focus on training principles, supervisory training responsibilities and the 5-step improvement process. And finally you will learn about effective disciplinary protocols and the effects of ineffective discipline. (4 Sessions/10 Hours)

**Management Development Module 3: Employee and Personal Wellbeing**
Instructor: Rex Scism  
Columbia Area Career Center, Rm 173A  
3/5-3/21 T/Th  6-8:30PM  $129  #13WB963

Module 3 addresses the different styles of conflict management, as well as effective communications styles and nonverbal communication considerations. Also, learn how to deal with both personal and employee stress, counseling troubled employees and how to explore barriers of effective communication. Finally participants will learn the important difference between oral and written communication. (6 Sessions/15 Hours)

**Management Development Module 4: Human Resources and Legal Considerations**
In Module 4 you will focus on various legal challenges facing today’s organizations. Participants are exposed to organizational liability reduction methods, internal investigation and complaint processes. Finally you will discuss basic requirements of multiple U.S. federal acts that impact hiring, employee rights and benefits. (2 Sessions/5 Hours)

**Intro to the Personal Computer**
Instructor: Vicki Williams
Columbia Area Career Center, Rm 135
2/11 M 9AM-4PM $99 #13WB110.1
Instructor: Patti Wise
Columbia Area Career Center, Rm 135
2/25-2/27 M/W 6-9PM $99 #13WB110.2
Familiarize yourself with computer terminology and equipment including CPUs, RAM/ROM, types of input devices, speakers, printers and other output devices and more! Discover types of software and information networks. Learn how to log on and off of Windows, change your password, defrag, fix errors on and restore your hard drive and install and remove software. (6 Hours)

**Intro to Windows 7**
Prerequisite: Intro to the Personal Computer or equivalent experience using a PC
Instructor: Patti Wise
Columbia Area Career Center, Rm 135
3/4-3/13 M/W 6-9PM $99 #13WB204
As an operating system, Windows 7 controls almost everything on your computer. Learn to customize your desktop, employ mouse and keyboard shortcuts, how to use the help feature, manage files and switch between programs. Practice using programs that are a part of 07 including a word processing program, games, photo and music managers, Internet Explorer and Outlook Express. (4 Sessions)

**Word 2010 Module 1: Creating Documents**
Prerequisite: Intro to Windows or equivalent experience and basic keyboarding skills
Instructor: Vicki Williams
Columbia Area Career Center, Rm 135
2/14 Th 1-5PM $74 #13WB315
Acquire the skills to create and edit text, including cut/paste and find/replace. Use the spell and grammar check, enhance text and documents with font, paragraph, background and style changes. Learn to use the format painter, tabs, margins, bullets, page numbers, borders, shading, watermarks, headers and footers, columns and page breaks to add style to your documents. (4 Hours)

**Word 2010 Module 2: Graphics, Mail Merge & Document Collaboration**
Prerequisite: Module 1 or equivalent experience
Instructor: Vicki Williams
Columbia Area Career Center, Rm 135
2/21 Th 1-4PM $59 #13WB316
Learn to insert and format graphics such as pictures, clip art and text boxes. Practice creating and manipulating WordArt, SmartArt, charts and tables. Use mail merge to create letters and labels. Work with report creation features such as outlines, bookmarks, endnotes and footnotes. Discover how to use document collaboration features such as inserting comments, accepting and rejecting changes, combining documents and password-protection. (3 Hours)

**Word 2010 Module 3: Program Collaboration, Templates, Web & Macros**
Prerequisite: Modules 1 & 2 or equivalent experience
Instructor: Vicki Williams
Columbia Area Career Center, Rm 135
2/27 W 1-4PM $59 #13WB317
Insert, embed or link Excel and PowerPoint information into Word. Develop templates and forms for efficiency in inserting text and performing calculations in documents. Learn to develop and modify web pages and blog posts. Customize the toolbar, default options and work with autocorrect. Discover how to save documents as a PDF or an XPS and add a digital signature. Record, play and edit macros which will automate daily tasks. (3 Hours)

**Introduction to Digital Photography**
Instructor: Lori Korschgen
Columbia Area Career Center, Rm 116
2/27-3/20 W 6-8PM $79 #13WG287
If you are new to digital photography you might not understand pixels, resolution, file types, image size and white balance. Learn these basics along with printing techniques, sharing by web or email and organization of image files for easy retrieval. Basic photo-editing skills will be demonstrated. For additional photo-editing instruction, consider Adobe Photoshop or an online class in Photoshop Elements. Instruction related to your personal camera will NOT be addressed. (4 Sessions)

**Introduction to WordPress**
Instructor: Ellis Benus
Columbia Area Career Center, Rm 117
Create your own fully functioning website! WordPress is a free web software that you can utilize to build beautiful and successful websites. WordPress is full of useful features, but learning to use them can be confusing and time consuming. This course is a hands-on, step-by-step guide where you will learn how to set-up, manage and enhance your own website using WordPress. This class is also accompanied with video tutorials. Computer experience is necessary. (2 Sessions)

**Beyond the Basics: Environmental Photography**
Instructor: Kerri Cornine  
Columbia Area Career Center, Rm 116  
4/11-4/25  Th 6-8PM  $89  #13WG288

Go beyond basic digital photography! Join this class to learn the benefits of using a digital camera in manual mode. This class concentrates on many areas of photography: using aperture, shutter speed, and ISO for creative exposures, exploring creative ideas and spaces, understanding how to improve lighting, using props and more! (3 Sessions)

**Pre-Employment Preparation Seminar**
Instructor: Columbia Area Career Center Staff  
Columbia Area Career Center, Rm 173A  
1/28-1/30 M/W 9-11:30AM  $29  #13WB730.1  
1/28-1/30 M/W 6:30-9PM  $29  #13WB730.2  
4/16-4/18 T/Th 9-11:30AM  $29  #13WB730.3  
4/16-4/18 T/Th 6:30-9PM  $29  #13WB730.4

Prepare to land your next job. This seminar will guide you through the job seeking process, from applying to accepting that position. Whether you are entering or returning to the workforce this seminar will teach you the latest in resumes, interviewing and online applications. You will also learn how to present yourself to possible employers and avoid saying or doing something that immediately puts you in the NO pile. (2 Sessions)

**Introduction to American Folklore**
Instructor: Claire Schmidt  
Columbia Area Career Center, Rm 100  
3/4-3/20 M/W 6-8PM  $59  #13WG002

Folklore is artistic communication in small groups, and every culture has folklore. This class introduces you to the study of American folklore. You will explore genres of folklore within oral traditions, music, material culture, belief and food ways. This class is designed to help you recognize your own folklore, understand techniques in collecting, documenting and archiving community and family folklore. (6 Sessions)

**Missouri Wine & Beer**
Instructors: Chelsea and Jacob Davis  
Root Cellar, 1023 E. Walnut in the North Village Arts District  
4/4  Th 7-9PM  $44  #13WG006

This introduction to Missouri wineries and microbreweries will help you discover your new local favorites! Explore the basics of tasting, review the wine and beer regions of the state and get familiar with the best varieties Missouri has to offer. Must be 21 to enroll. (2 Hours)

**Barn Quilts of Boonslick Tour**
Instructor: Connie Shay  
Columbia Area Career Center, Rm 148  
5/4  Sa 9:30AM-1:30PM  $64  #13WG029

Barn quilts are colorful, large blocks that are designed, painted and then hung on the side of barns. These quilts reflect a social history of the pioneers, families, community and churches throughout time. Hop on our bus and join us for a tour of The Barn Quilts of the Boonslick Region. Celebrate the unique agricultural experience of the region and the individual artistic expression through this visual tour of barns. (4 Hours)

**Missouri Farm and Food Artisans**
Instructors: Chelsea and Jacob Davis  
Root Cellar, 1023 E. Walnut in the North Village Arts District  
4/9  T 7-9PM  $39  #13WG004

Join the Root Cellar team for a taste of Missouri’s bounty. Learn about the wide range of local foods available, sample products from apples to zucchini pickles and lots of things in between and hear the story of farmers and food artisans across the state. (2 Hours)

**Art Quilting: Basic Techniques**
Instructor: Rebecca Douglas  
Columbia Area Career Center, Rm 120  
4/15-5/20 M 6-8PM  $134  #13WG147

In this course participants will learn basic techniques for making art quilts including design and composition, color choices, using stitch as line, using paint on fabric, making and placing focal points, embellishing and finishing. Each participant will make a small 9”x12” quilt each week focusing on key techniques. Most will be finished at home, bringing a sewing machine is optional. Participants must have basic sewing machine and free motion stitching skills. (6 Sessions)

**Ozark Forest Mushroom Farm Tour**
Instructor: Johann Bruhn Ph. D.
Join leading expert Johann Bruhn Ph.D. as you get the opportunity to tour a working mushroom farm south of Salem, MO. Join the farm owners as they walk you through their established shiitake and oyster mushroom operation and then visit their nascent truffle cultivation site. Bus transportation (3 hours, each way) and box lunches will be provided. (1 Session)

**Calligraphy**  
Instructor:  Kellie Wallace  
Columbia Area Career Center, Rm 120  
2/11-2/25  M  6:30-8:30PM  $49  #13WG116  
Using the beginner’s broad-edged pen as your instrument, you will reproduce the Gothic style from the 4th century and the italic handwriting of the Renaissance. Embellish a greeting card and bookmark while learning techniques to enhance and creatively style cards, certificates and letters for a lifetime! A supply list will be e-mailed to you. Class will not meet 2/18. (2 Sessions)

**Beginning Acrylic**  
Instructor:  Kellie Wallace  
Rock Bridge HS, Rm 317  
4/16-4/30  T  6:30-9PM  $69  #13WG168  
Smell the paint. Feel the brush strokes. Unleash your imagination and bring your thoughts and feelings to life on canvas. Join our resident artist in discovering the joy of acrylics! This is a great starter class to learn painting. You will paint great pieces and leave with a better understanding of this versatile medium. A supply list will be e-mailed to you. (3 Sessions)

**Beginning Oil Painting**  
Instructor:  Kellie Wallace  
Rock Bridge HS, Rm 317  
3/5-3/19  T  6:30-9PM  $69  #13WG139  
Oil paintings have a depth and texture to which few art forms can compare. Learn the essential techniques and processes in oil painting such as composition, underpainting, glazing, painting in layers and more. You will start with a basic still life and then branch out to your own project. A supply list will be e-mailed to you. (3 Sessions)

**Beginning Watercolor**  
Instructor:  Kellie Wallace  
Rock Bridge HS, Rm 317  
5/9-5/16  T/Th  6:30-8:30PM  $69  #13WG075  
Practice watercolor techniques including paint mixing, dry brushing, washes, wet-on-dry and reserving whites. Some basic drawing skills will enhance your experience. A supply list will be e-mailed to you. (3 Sessions)

**Beginning Drawing**  
Instructor: Fran Lakatos  
Rock Bridge HS, Rm 319  
2/13-3/20  W  6:30-8PM  $79  #13WG180  
Have you always wanted to improve your drawing skills? Come learn the basics of drawing: technique, perspective, composition and visualization. Use contour lines and shading techniques with pencil. You will be emailed a supply list. (6 Sessions)

**Intermediate Drawing**  
Instructor: Fran Lakatos  
Rock Bridge HS, Rm 319  
4/10-5/15  W  6:30-8PM  $79  #13WG185  
Expand your array of drawing techniques and improve the scope of your artwork. You’ll explore Master Artists’ drawings, copy a masterpiece, examine abstraction and realism, learn to draw glass, drapery and metallics, and experiment with atmospheric perspective (one and two point). (6 Sessions)

**Basic Soap & Lotion Making**  
Instructor: Debby Henke  
Rock Bridge HS, Rm 103  
4/10-4/17  W  6:30-8PM  $89  #13WG987  
This is a basic cold process soap and lotion making course. Learn about different types of oils, butters and ingredients used in this process. Students will have a hands-on experience and make soap and lotion to take home. Students must be at least 18 years old. (2 Sessions)

**Beginning Floral Design**  
Instructor: Leana Fitzgerald  
2/19-3/12  T  6-8PM  $129  #13WG055  
Why not turn your hobby into a passion? Learn the tips and tricks of the floral design trade while making two flower arrangements that you will take home. Fee includes the cost of all materials. Students will be asked to sign a liability waiver. (4 Sessions)

**Glass Mosaics**  
Instructor: Molly Fiegel
Fall head over heels in love with the art of making mosaics. Select a pattern and create a charming mosaic trivet using pre-cut glass. Master gluing skills and grouting techniques. Supplies included in fee, liability waiver required. Please wear closed-toe shoes for safety. (2 Sessions)

**Glass Bead Making**
Instructor: Kelly Melegrito
Village Glass Works, 315 N. 10th Street
2/16 Sa 10:30AM-1:30PM $84 #13WG145.1
3/16 Sa 10:30AM-1:30PM $84 #13WG145.2
4/13 Sa 10:30AM-1:30PM $84 #13WG145.3
Have fun as you learn basic techniques for glass beadmaking over a torch. You will make several beads and gain a new form of artistic expression. All materials are included in the cost of the class. Liability waiver required. Please wear closed-toe shoes for safety. (3 Hours)

**Pottery: Connecting with Clay**
Instructor: Peg Craig
Square Peg Studio, 810 Broadhead St.
2/21-3/28 Th 6-8PM $125 #13WG170.1
3/27-5/1 W 6-8PM $125 #13WG170.2
Join Peg in her personal studio and she will help you utilize your creative abilities to the fullest! Get introduced to the easiest and best methods for constructing and molding clay. Learn pinching, coiling and building with slabs to create fun projects. Each student will take away three clay projects. The class fee includes instruction, materials and kiln firings. Class size is limited, sign up early. (6 Sessions)

**Stained Glass: Copper Foil Method**
Instructor: Molly Fiegel
Village Glass Works, 315 N. 10th St.
5/11-5/25 Sa 10:30AM-3PM $179#13WG128
This method was popularized by L.C. Tiffany at the turn of the century. Practice the basic techniques of cutting glass, applying copper foil and soldering. You can choose from a variety of patterns to create an 8" x 10" panel with pieces of colored glass. Liability waiver required. Please wear closed-toe shoes for safety. (2 Sessions)

**Soldered Art Jewelry**
Instructor: Molly Fiegel
Village Glass Works, 315 N. 10th St
4/6 Sa 10:30AM-1:30PM $64 #13WG136
Encase your favorite picture, collage papers, antique cards and other tidbits in wearable art! You will use glass microscope slides and decorative soldering techniques to make three jewelry pendants, or a set of earrings and a pendant. Students who wish to use their own small photographs should bring them to class, all other materials are provided. (3 Hours)

**Learn to Crochet**
Instructor: Lynn Darst
Rock Bridge HS, Rm 309
2/21-3/21 Th 7-9PM $69 #13WG307
Crocheting can provide a lifetime of pleasure and relaxation. Learn the basics of crochet which include materials, terms, stitches and how to read a pattern. Imagine the satisfaction of creating handmade items for yourself and those you love. Bring the following supplies: 4-ply acrylic yarn; G, H, & I crochet hooks 3-pack; scissors; 6” ruler. (5 Sessions)

**Collage Cards**
Instructor: Leandra Spangler
Bear Creek Paperworks
2/26 T 6-9PM $44 #13WG046
Learn the basics of visual composition as well as technical tips to transform decorative papers, found objects or recycled materials. Create a series of cards while experimenting with color, balance and repetition. Supply cost included in fee. (3 Hours)

**Knitting**
Instructor: Julia Helvey
Columbia Area Career Center, Rm 120
2/6-3/13 W 7-9PM $69 #13WG302
Learn basic knitting stitches in this class designed for the beginner, or improve upon your existing skills. Bring #8 needles and 4-ply yarn (light to medium color) to the first class. NO NOVELTY YARNS. You are encouraged to bring projects you have not been able to finish. (6 Sessions)

**Art Quilting: Basic Techniques**
Instructor: Rebecca Douglas
Columbia Area Career Center, Rm 120
4/15-5/20 M 6-8PM $134 #13WG147
In this course participants will learn basic techniques for making art quilts including design and composition, color choices, using stitch as line, using paint on fabric, making and placing focal points, embellishing and finishing. Each participant will make a small 9”x12” quilt each week.
focusing on key techniques. Most will be finished at home, bringing a sewing machine is optional. Participants must have basic sewing machine and free motion stitching skills. (6 Sessions)

**Small Books: A Primer**
Instructor: Leandra Spangler
Bear Creek Paperworks
3/16 Sa 10AM-4PM $89 #13WG059
Learn simple stitched bookmaking basics: pamphlet binding, stab binding, multiple signatures as well as closures, soft and hard cover construction. You will construct several small books. No bookmaking experience necessary. Bring a lunch! (6 Hours)

**Introduction to Paper Casting**
Instructor: Joan Merrell
Columbia Area Career Center, Rm 120
2/28 Th 6-9PM $34 #13WG910
Paper casting is one of the simplest techniques to learn. It requires little in the way of specialized supplies and equipment, and yields quite lovely results with minimal training. This short workshop will introduce the process by teaching you how to make and cast a small mold. You must bring an exacto knife. (3 Hours)

**Hooked! An Introduction to Traditional Rug Hooking**
Instructor: Mary Barile & Sarah Arrandale
Columbia Area Career Center, Rm 120
4/2-4/9 T 7-9PM $49 #13WG948
Join Mary and Sarah to learn the basics of traditional hooking. Using strips of dyed woolen fabric, a backing, rug hook and hoop frame, you will learn the simple techniques, and the colorful history of the craft. A $25 supply fee will be paid to the instructor the first night of class. Each student will receive a kit to complete a 10” table mat the first night of class. Kit contains backing, wool, instructions and a hook. Students need to bring 10” embroidery hoops. (2 Sessions)

**Wooden Bowl Carving**
Instructor: Joe Marshall
Columbia Area Career Center, Construction Technology Bldg
3/2-3/9 Sa 9AM-1PM $129 #13WG071
Create a beautiful artisan bowl that you will treasure forever and pass on to your loved ones. Taught by our artisan instructor who is a juried member of the Best of Missouri Hands. Come and learn about local native woods. Students will be given wood planks and instructed on the use of specialty power tools. No experience required. You will finish your bowl with a choice of a selection of finishes. (2 Sessions)

**Fiber Frenzy**
Instructor: Joan Merrell
Columbia Area Career Center, Rm 120
4/18-4/25 Th 6-9PM $59 #13WG911
Learn the basics of making gorgeous, glowing silk fusion. This unique and adaptable medium can be used to make jewelry, ornaments and much more! You will learn step-by-step the process of working with this fiber. Supply list will be sent prior to class. (2 Sessions)

**Barn Quilts of Boonslick Tour**
Instructor: Connie Shay
Columbia Area Career Center, Rm 148
5/4 Sa 9:30AM-1:30PM $64 #13WG029
Barn quilts are colorful, large blocks that are designed, painted and then hung on the side of barns. These quilts reflect a social history of the pioneers, families, community and churches throughout time. Hop on our bus and join us for a tour of The Barn Quilts of the Boonslick Region. Celebrate the unique agricultural experience of the region and the individual artistic expression through this visual tour of barns. (4 Hours)

**Introduction to Digital Photography**
Instructor: Lori Korschgen
Columbia Area Career Center, Rm 116
2/27-3/20 W 6-8PM $79 #13WG287
If you are new to digital photography you might not understand pixels, resolution, file types, image size and white balance. Learn these basics along with printing techniques, sharing by web or email and organization of image files for easy retrieval. Basic photo-editing skills will be demonstrated. For additional photo-editing instruction, consider Adobe Photoshop (pg. 18) or an online class in Photoshop Elements. Instruction related to your personal camera will NOT be addressed. (4 Sessions)

**Beyond the Basics: Environmental Photography**
Instructor: Kerri Cornine
Columbia Area Career Center, Rm 116
4/11-4/25 Th 6-8PM $89 #13WG288
Go beyond basic digital photography! Join this class to learn the benefits of using a digital camera in manual mode. This class concentrates on many areas of photography: using aperture, shutter speed, and ISO for creative exposures, exploring creative ideas and spaces, understanding how to improve lighting, using props and more! (3 Sessions)
Beginning Ballroom Dancing
Instructor: Tom Cwynar
West Blvd. Elementary, Gym
2/11-3/11 M 7:30-9PM $59/pp #13WG504
In this introduction to ballroom dancing, you'll learn the basics of the Fox Trot, Rumba and Waltz. Learn basic steps in each dance style to get you up on the floor whenever the music plays. This class is designed for beginners, but it will prove helpful to intermediate level dancers who want to refine their footwork and styling. Come single or sign up with someone to guarantee a partner! Leather-soled shoes are recommended. No class on 3/18. (4 Sessions)

Beginning Swing Dancing
Instructor: Tom Cwynar
West Blvd. Elementary, Gym
4/1-4/22 M 6-7:30PM $59/pp #13WG540
Do you want to learn to dance but don’t know where to begin? Swing is for you! The East Coast Swing, or Jitterbug, is popular at weddings, reunions and parties. These moves, turns and snappy combinations will let you swing to rock and roll, country and big band songs. Come single or sign up with someone to guarantee a partner! Leather-soled shoes are recommended. (4 Sessions)

Zumba
Instructor: Sara Harrier
Missouri United Methodist Church
2/11-5/13 M 5:30-6:30PM $54 #13WG551
The beat of Latin-influenced music combined with steps from Salsa, Cha Cha, Merengue, Flamenco and some American “Hip Hop” for variety creates an exciting and effective fitness workout. Fun and easy, routines combine fast and slow rhythms which maximize calorie output, fat burning and total body toning. It’s great for the body and the mind! Liability waiver required. (12 Sessions)

Beginning Highland Bagpiping: Learning the Chanter
Instructor: Jane Rabeni
Boone County Fire Protection District
2/5-4/30 T 5:30-6:20PM $54 #13WG110
Does the haunting sound of the bagpipes awaken a longing in you? This course will introduce you to the bagpipe practice chanter the first step in learning to play bagpipes. You will learn to play Scottish tunes, and if desired, attend rehearsals of the BCFPD Pipes & Drums following lessons! Space is limited so enroll early! You must also purchase a $37.50, 3-month membership to Dojo University, which includes a free practice chanter. Must be 18 years or older. (12 Sessions)
You are invited to come to a band practice to meet the instructor and band members from 5:30-6:30 on Tuesday, January 15 at the Boone County Fire Protection District Headquarters at 2201 I-70 Drive NW (west entrance).

Line and Couple Dances
Instructor: Tom Cwynar
West Blvd. Elementary
2/11-3/11 M 6-7:30PM $59/pp #13WG539
Learn line and couple dances, including the Electric Slide, Stationary Cha Cha, Sweetheart Stroll, Cupid Shuffle, The Twist, Watermelon Crawl, Ten-Step Polka and others. These are all fun dances, and great exercise. The class focuses on dances that are popular at local clubs and at dance halls around the country. Couples or singles may register, but signing up with someone guarantees a partner! Leather-soled shoes are recommended. Class will not meet 3/18. (4 Sessions)

Salsa & Merengue
Instructor: Tom Cwynar
West Blvd. Elementary
4/1-4/22 M 7:30-9PM $59/pp #13WG560
Salsa and merengue are hot! Learn basic footwork, styling and patterns that will keep you on the dance floor all evening. Both solo steps and couple steps are included. Couples or singles, but signing up with someone guarantees a partner. Wear leather-soled shoes for fast turns on the carpeted gym floor. (4 Sessions)

Getting Paid to Talk
Instructor: Kelly Hurley
Columbia Area Career Center, Rm 173
3/12 T 6:30-9PM $44 #13WG154
This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet. We will cover all the basics including how to prepare the “all important demo” and how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer!
This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. We have created a new web-accessible page with detailed information specifically about our Getting Paid To Talk class. This page includes detailed information about class content, answers to common questions and general information about the voice acting field:
http://www.voicecoaches.com/gptt

Guitar for Beginners
Instructor: Greg Allers
Guitar Continuation
Instructor: Greg Allers
Columbia Area Career Center, Rm 173
4/22-5/20 M 6:30-8PM $59 #13WG166
A group class for beginning, intermediate and advanced guitarists, teaching proper form and technique for any genre or style in a laid-back learning environment. Students will learn with proven techniques to get real results. The goal is to gain a genuine understanding of the instrument rather than simple memorization. The class will cover power chords, full chords, bar chords, strumming styles/techniques, finger picking, solos, improvisation, music theory and songwriting. Completion of the course will leave students with proper techniques, better practicing habits and an understanding of the instrument in order to excel in any and all areas of the guitar. (5 Sessions)

Bluegrass Workshop
Prerequisites: Have a basic knowledge of your Bluegrass instrument (guitar, mandolin, fiddle, banjo, bass) including how to tune and play basic chords (G, D, A, E, C) and read tablature or notation.
Instructor: Phil Vinyard
Columbia Area Career Center, Rm 173
2/28-4/11 Th 6-7:30PM $44 #13WG177
Do you know a couple of basic chords on your guitar or mandolin, can maybe pick out most of a tune on your fiddle, but are hesitant to play with others? You’re missing out on all the fun of playing in a Bluegrass Jam! Come and learn how to take your basic skills and join in with other pickers. We’ll take on a song or two per week and learn to play them together in a setting where it’s perfectly OK to make LOTS of mistakes. Topics covered: Bluegrass Jam Etiquette, Bluegrass vs. Old Time Jams, most popular Jam Songs, Jams in the Columbia area, sources for music and tablature, basic music theory and good practice techniques. Class will not meet 3/28. (6 Sessions)

What’s Under My Hood?
Instructor: Stuart Cunningham
The Tuning SPOT
3/19-3/21 T/Th 6-8PM $69 #13WG252
In this course you will learn to recognize all the major components under the hood of your car, and how to check and maintain all fluids, tire pressures and other important elements of your engine. You will also learn how an engine actually works!! Join us as we uncover the mystery of what is under your hood! (2 Sessions)

DIY: Oil Change
Instructor: Stuart Cunningham
The Tuning SPOT
4/9 T 6-8:30PM $49 #13WG250
In this seminar you will learn how to change the oil in your car. This class is suitable for beginners. You will learn how to find and interpret information in service manuals, what tools and supplies are needed, and see a demonstrated oil change from start to finish. You will have a chance to get your hands dirty! (2.5 Hours)

DIY: Changing Your Brake Pads
Instructor: Stuart Cunningham
The Tuning SPOT
4/23 T 6-8:30PM $49 #13WG251
In this seminar you will learn how to change the brake pads on your car. This class is suitable for beginners. You will learn how to find and interpret information in service manuals, what tools and supplies are needed, and see a demonstrated brake pad change from start to finish. You will have a chance to get your hands dirty! (2.5 Hours)

Knowledge is Power: Basic Car Maintenance for Women
Instructor: Melanie Coates
Big O Tires, 2304 Business Loop 70 E
3/13 W 6-8PM FREE #13WG993.1
4/10 W 6-8PM FREE #13WG993.2
This class is directed toward women who would like to learn basic car maintenance, avoid expensive repairs, how to talk to your mechanic and how to recognize problems with your car before they become big ones. Taking care of one of your most expensive purchases is getting trickier all the time. Let us guide you through it with some basic tips. Handouts, goodie bags and refreshments will be available for all participants! For more information go to www.acdelco.com/knowledgeispower. Special thanks to our partner in education—BIG O TIRES!

Knowledge is Power: Basic Car Maintenance for Women Part 2
Prerequisite: Knowledge is Power! Part 1
Instructor: Melanie Coates
Big O Tires, 2304 Business Loop 70 E
5/1 W 6-8PM FREE #13WG994.1
This class is a follow up to Knowledge is Power! Part 1. You will gain more in depth knowledge of car maintenance and experience more hands-on practice. Handouts, goodie bags, and refreshments are available for all participants! For more information go to www.acdelco.com/knowledgeispower.

DIY: Electrical Repair
Instructor: Sam Abdullah
Columbia Area Career Center, Construction Technology Building
2/11-3/4 M 6-9PM $99 #13WG931
Light up your life! Cover safety and the basics of electrical circuitry including your service panel, circuit breakers and testing of electrical devices. Learn how to identify wiring and make proper connections, as well as how to ‘map’ circuits in your home and basic troubleshooting skills. Discover how to replace receptacles, install a dimmer switch, replace light fixtures and wire a ceiling fan. Class will not meet on 2/18. (3 Sessions)

DIY: Home Interior Remodeling
Instructor: Sam Abdullah
Columbia Area Career Center, Construction Technology Building
2/19-2/28 T/Th 6-8PM $99 #13WG936
Would you like to have or improve upon your basic carpentry skills for those do-it-yourself carpentry projects? You can learn to plan carpentry projects yourself, basic space planning, tool technique, blue printing reading and rearranging, and fundamentals of interior design and decorating. (4 Sessions)

DIY: Bathroom Remodel
Instructor: Sam Abdullah
Columbia Area Career Center, Construction Technology Building
5/1-5/22 W 6-9PM $129 #13WG240
Planning a bathroom remodel? This class will provide information pertaining to the entire bathroom remodeling process. You’ll learn how to make smart remodeling decisions, minimize disruption and stress, and the how to’s to achieve the best results. The class will cover: where do you start? What to expect during the remodeling process, what to think about, budgeting, design ideas, current trends, product selection process… and much more. You will be doing hands on work during this class. (4 Sessions)

DIY: Plumbing
Instructor: Sam Abdullah
Columbia Area Career Center, Construction Technology Building
3/6-3/20 W 6-9PM $99 #13WG932
Cover the basics of your home plumbing system! After the class, you will be able to troubleshoot, repair or replace your toilet, faucets and o-traps; and be able to troubleshoot problems with your tub, shower and water heater. Learn what maintenance is required to keep your plumbing system working smoothly and prevent water leaks from damaging your home. (3 Sessions)

DIY: Backyard Construction
Instructor: Bill Mitchell
Columbia Area Career Center, Construction Technology Building
4/9-4/18 T/Th 6-9PM $129 #13WG938
Love spending time in your back yard? Interested in tackling a construction project to make your back yard the perfect oasis? This is the class for you! Sign up by March 22, take the survey, and join Bill as he customizes a class to help you construct the backyard project you have been wanting to accomplish! (4 Sessions)

DIY: Welding for the Homeowner, Farmer & Artist
Instructor: Mike Kilfoil
Columbia Area Career Center, Rm 125
4/27-5/18 Sa 9AM-12PM $169 #13WG935
Picture yourself repairing those stairs, gates and other lingering projects while creating your own personal touch. This course teaches the important issues to be considered when preparing for non-professional use of welding in home repair. You will learn the very basics of stick welding on mild steel, then more advanced welding techniques. (4 Sessions)

Natural Childbirth Preparation
Instructor: Katy Miller
Columbia Area Career Center, Rm 150
4/17-5/15 W 6-8PM $89 #13WG007
In this comprehensive series, you will learn everything you need to know to navigate pregnancy and childbirth. Topics covered include anatomy and physiology of pregnancy, tips for a healthy pregnancy, birth options, practices for improving labor and birth, labor coping techniques, and newborn care. This 10 hour course will prepare you for natural childbirth as well as inform you about common procedures in the hospital. The fee covers the mother and a partner. (5 Sessions)

Babywearing: A Workshop on Carrying Children
Instructor: April Rodeghero
Columbia Area Career Center, Rm 100
3/7 Th 6-8PM $24 #13WG972
Babywearing bonds you with your child like nothing else. In this course you will develop a better understanding of safe and sound babywearing. You will learn new and interesting babywearing concepts like what makes a good carrier; the proper leg, hip and back support for the little one and how to stay healthy as a babywearer. (2 Hours)

**Pregnancy Massage for Couples**  
Instructor: Patricia Smetana  
Renaissance Therapy, 1100 Club Village Ste. 103  
3/7 Th 6-9PM $119 #13W750  
Learn how to massage your partner for a less stressful pregnancy, labor and delivery. Wear comfortable loose fitting clothing. Students will be contacted by instructor with list of materials. You will be required to sign a liability waiver. (3 Hours)

**Nutrition and Pregnancy**  
Instructor: Shayna Fasken, D.C.  
Rock Bridge HS, Rm 103  
5/15-5/22 W 6-8PM $49 #13WG804  
What better gift can parents give their unborn baby than the benefits of a healthy and happy pregnancy? This program offers parents trying to conceive and expectant parents the clear and comprehensive information on maintaining great nutrition during pregnancy. The goal of this class is to ensure that everyone gets off to a good start. (2 Sessions)

**Residential Record Management**  
Instructor: Sheryl Ruedebusch  
Columbia Area Career Center, Rm 175  
4/24 W 6-8PM $64 #13WG104  
Organized people save time and money! Join our local expert who is offering you the complete system to organize your home reference files with lots of tips to customize the system to your particular needs. Sign up now for this class and get a head start preparing for tax season, and feeling in control of your home record management in 2013 and beyond. Class fee includes all materials. (2 Hours)

**Focused, Organized & Productive**  
Instructor: Sheryl Ruedebusch  
Columbia Area Career Center, Rm 150  
3/18 M 6-9PM $139 #13WG862  
Getting and staying organized is no longer a luxury, it's a matter of survival! Get empowered and energized to get and stay more organized and be joyfully productive. Fee includes workbook and supplies needed to implement Sheryl's proven strategies. Ask about adapting this class into a corporate training for your large or small business. (2 Hours)

**Meet Me in the Kitchen, Because Now I Love Being There**  
Instructor: Sheryl Ruedebusch  
Columbia Area Career Center, Rm 173  
3/7 Th 10AM-12N $39 #13WG256.1  
5/15 W 7-9PM $39 #13WG256.2  
After years of collecting "stuff", do you find it daunting to go through it all to decide what to give away, what to keep and how to store it? Attend this class with Professional Organizer Sheryl Ruedebusch and learn how to formulate a customized plan based on your management style and personal preferences. (2 Hours)

**Finally, The Help You Need to Clear the Clutter!**  
Instructor: Sheryl Ruedebusch  
Columbia Area Career Center, Rm 173  
2/19 T 10AM-12N $39 #13WG255  
After years of collecting "stuff", do you find it daunting to go through it all to decide what to give away, what to keep and how to store it? Attend this class with Professional Organizer Sheryl Ruedebusch and learn how to formulate a customized plan based on your management style and personal preferences. (2 Hours)

**Petite Palate: Making Your Own Baby Food**  
Instructor: April Rodeghero  
Rock Bridge HS, Rm 103  
3/13 W 6-8PM $39 #13WC806  
Watching your baby grow is an amazing experience, but when it comes to getting ready to feed your little one solid foods, where do you begin? This class is an overview of the basics on preparing food in your own kitchen, and how easy and cost effective it truly can become. Taught by a local mom, you will make food for both beginning and older eaters. (2 Hours)

**Freezer Cooking**  
Instructor: Kailey Fleming  
Rock Bridge HS, Rm 103  
3/5 T 6-9:30PM $69 #13WC526  
Save time and money becoming a freezer pleaser! In this hands-on cooking class you will explore how to begin freezer cooking, what freezes well, how to package freezer meals, and great recipes. You will leave with tips and food! Learn to make pot roast and vegetables, BBQ chicken, Ranch Burgers, and more! (3.5 Hours)
Dine on a Dime  
Instructor: Jennifer Benton  
Rock Bridge HS, Rm 103  
2/20     W     6-9:30PM    $59      #13WC525  
Are you tired and frustrated with the hassle of taking your family out to eat and spending more than you can afford just because you "don't have time to cook"? You can feed your family healthy meals quickly at home and spend a lot less. We will feature seasonal foods and use the food pyramid to plan meals you can cook in 30 minutes for $10 or less. Cost of food included in class. (3.5 Hours)

Beginning Fashion: Concept to Design  
Instructor: Kali Pewitt  
Columbia Area Career Center, Rm 118  
2/19-3/5     T     6-8PM        $69     #13WG979  
Ever wanted to know what clothing designers are thinking when they create their designs? Where do they get their inspiration? This course introduces you to the basics of garment design, learning how to make preliminary sketches using correct design elements through how to choose appropriate fabric for your design. You will create working sketches and specifications required to translate their designs into a garment pattern. (3 Sessions)

Beginning Fashion Design: Sewing Machines and Apparel Construction  
Instructor: Kali Pewitt  
Columbia Area Career Center, Rm 118  
3/11-4/8     M     6-8PM      $89      #13WG981  
Take the first steps to becoming a fashion designer! This class is a hands-on instructor lead study of basic apparel construction using standard and industry methods. You will learn garment construction, use of sewing equipment, and the basics of fashion design. This class requires you to bring a sewing machine to class. Class will not meet 3/25. (4 Sessions)

Beginning Fashion Design: Pattern Making  
Instructor: Kali Pewitt  
Columbia Area Career Center, Rm 118  
4/18-5/2     Th    6-8PM      $79       #13WG983  
Take the next step, this is a continuation of Apparel Construction I with emphasis on design details. You will practice sewing techniques and create more details in your design. This class requires you to bring a sewing machine to class. (3 Sessions)

Beginning Fashion Design: Hand Sewing Techniques  
Instructor: Amy Parris  
Columbia Area Career Center, Rm 118  
5/14-5/16  T/Th    6-8PM     $69      #13WG980  
Focus on the fine construction methods of haute couture by learning hand stitching techniques such as blind hems, bead embroidery, spaghetti straps, pom-poms and rosettes. Produce flawless finishing techniques and create beautiful embellishments. (2 Sessions)

Zumba  
Instructor: Sara Harrier  
Missouri United Methodist Church  
2/11-5/13 M 5:30-6:30PM $54 #13WG551  
The beat of Latin-influenced music combined with steps from Salsa, Cha Cha, Merengue, Flamenco and some American "Hip Hop" for variety creates an exciting and effective fitness workout. Fun and easy, routines combine fast and slow rhythms which maximize calorie output, fat burning and total body toning. It's great for the body and the mind! Liability waiver required. Class will not meet 3/25. (12 Sessions)

Judo  
Instructor: Randy Russell  
Mid Missouri Judo  
Lower level Parkade Plaza  

Adults only  
2/19-4/4  T/Th 7-8:30PM    $65 #13WG570  
Kids only, 7 and up  
2/19-4/4  T/Th 6-7PM    $44 #13WG571  
Judo, which means “gentle way,” provides an environment for children to exercise both body and mind. Judo promotes a healthy competitive spirit, trains the mind to think strategically and adapt well to changing circumstances. Have fun, get fit and gain confidence as you practice this ancient art. (14 Sessions)

Shape Shifter’s Program: A Wellness Program to Facilitate Weight Loss  
Instructor: Theresa Lackey, CTA Certified Coach  
Columbia Area Career Center, Rm 146  
2/12-3/19 T 6:30-8:30PM $99 #13WG990  
The Shape Shifter’s Program addresses the issue of weight and weight loss from a whole person perspective—exploring mental attitudes, beliefs and thinking patterns; how, what, why and when we eat as well as lifestyle choices. You will participate in an instructor led self-assessment and strategic planning exercise to develop a personalized wellness plan for the 7 weeks. The remaining weeks you will be encouraged and supported in your plan to meet your goal. You will receive instructor support outside of the classroom throughout the 7 weeks. Class will meet 2/12, 2/26 and 3/19. (3 In Class Sessions)
Beginning Yoga
Instructor: Dr. Linda Lutz
Above the Beyond Yoga & Healing Arts Center, Suite 42, Forum Plaza
2/12-3/5 T 5:45-7PM $39 #13WG581.1
3/19-4/9 T 5:45-7PM $39 #13WG581.2
Engage your mind, body and spirit while you focus on flexibility, balance and awareness. You will be guided in classical postures taught with an emphasis on dynamic precision and alignment. Wear comfortable attire that is not excessively baggy and refrain from eating at least 2 hours prior to class. All equipment provided. Students will be required to sign a liability waiver. (4 Sessions)

Fitness Fix: Core & Flexibility
Instructor: Linda Lutz, Ph.D.
Above the Beyond Yoga & Healing Arts Cent.
2/20-3/13 W 5:30-6:30PM $39 #13WG601
20 minutes of Core. 20 minutes of Flexibility. A perfect blend of exercises focusing on core strength, joint flexibility and balance with the components of core work and Yoga. Please bring a 55-65 cm exercise ball to class. Wear comfortable attire that is not excessively baggy and refrain from eating at least 2 hours prior to class. Liability waiver required. (4 Sessions)

Curvy Girl Yoga
Instructor: Linda Lutz, Ph.D.
Above the Beyond Yoga & Healing Arts Cent.
3/2 Sa 10AM-12:30PM $29 #13WG602
You are not limited by your curves! If you haven’t discovered the benefits and joy of yoga then you must join this class. Yoga is a fun, relaxing, strengthening form of exercise that is good for your body and your mind. Wear comfortable attire that is not excessively baggy and refrain from eating at least 2 hours prior to class. Liability waiver required. (1 Session)

Knife Skills
Instructor: Chef Ben Randolph
Columbia Area Career Center, Rm 170
2/20 W 5:30-9:30PM $69 #13WC616.1
2/25 M 5:30-9:30PM $69 #13WC616.2
3/6 W 5:30-9:30PM $69 #13WC616.3
3/19 T 5:30-9:30PM $69 #13WC616.4
3/21 Th 5:30-9:30PM $69 #13WC616.5
Begin your culinary journey with a good foundation - safety, knife types and knife maintenance. Then practice the basic cuts all chefs know while making Sweet Corn Chowder, Chicken Fajitas with Pico de Gallo, Guacamole and Sopapillas. Come hungry to learn - and eat! Knowledge has never tasted this good! (4 Hours)

Chef's Table: Garlic
Prerequisite: Knife Skills class
Columbia Area Career Center, Rm 170
Instructor: Chef John Minor
4/23 T 5:30-9:30PM $69 #13WC723
In this class you'll transform the "stinking rose" into many pungently popular recipes. From head to clove, appetizers to desserts, you'll spend the evening cooking with this key ingredient in ways you never imagined possible. (4 Hours)

Chef's Table: Thai Food
Prerequisite: Knife Skills class
Columbia Area Career Center, Rm 170
Instructor: Chef John Minor
5/6 M 5:30-9:30PM $69 #13WC708
Uncover the variety of flavors and subtle mixing of herbs that make Thai cuisine a special culinary experience. Develop new culinary skills as you make Chicken Satays with a Peanut Sauce, Beef Laab with Jasmine Rice, Phat Thai Noodles, and Stir-fried Pineapple with Brown Sugar, Lime and Coconut. (4 Hours)

Chef's Table: Herbs & Spices
Prerequisite: Knife Skills Class
Instructor: Chef John Minor
Columbia Area Career Center, Rm 170
4/3 W 5:30-9:30PM $69 #13WC701
Spices and herbs play a key supporting role in the theater of culinary performance. Palate pleasing results are sure to receive rave reviews when foods are paired with just the right seasonings. Practice makes perfect as you prepare Pasta Salad with Pesto Vinaigrette, Beef Tournedos with an Asian Spice Rub and Ginger Spice Cake. Enjoy a meal and a new insight into food preparation! (4 Hours)

European Culinary Adventure
Instructor: Sarah Devoto
Rock Bridge HS, Rm 103
2/13 W 6-9:30PM $69 #13WC221
Join us for a night of European Cuisine in this hands-on group cooking class. Learn specific techniques, ingredients and flavor-makers from the United Kingdom, Germany, and Italy. After cooking, sit down at the table and enjoy the food you prepared together. (3.5 Hours)

**Sushi**

Instructor: Jina Yoo  
Jina Yoo’s Asian Bistro, 2200 Forum  
3/12-3/19  T 6-8PM  $74  #13WC114  
Impress your friends by making one of the sexiest foods on the planet, sushi! Learn how to prepare the rice, make popular rolls like the California roll and the Philly roll, and discover the art of presentation from the best sushi restauranteur in town, Jina Yoo. The class will finish with a sake tasting. The cost includes supplies for food and sake sampling. You must be 21 to attend the sake sampling. (2 Sessions)

**The Versatility of Quinoa**

Instructor: Jennifer Benton  
Rock Bridge HS, Rm 103  
5/21  T 6-9:30PM  $69  #13WC527  
Quinoa is a wonderful nutritious grain that is very easy to prepare and extremely versatile in cooking. In this class you will learn how to use this tasty, nutty grain in ways you’ve never thought of before! Learn to love quinoa by making fruit smoothies, stuffed red peppers, pancakes, and chocolate truffle brownies. If you’ve never incorporated this wonderful grain into your menu now is the time to do so with my easy, healthy, and tasty recipes! (3.5 Hours)

**Vibrant Vegetarian Dishes**

Instructor: April Rodeghero  
Rock Bridge HS, Rm 102  
5/1-5/8  W 6-8PM  $69  #13WC249  
You don’t have to be vegetarian to enjoy the taste and benefits of a vegetarian dish. April will guide you to a better understanding of cooking techniques, vegetarian options and how to make even your vegetarian dishes hearty and filling. You will prepare and enjoy homemade veggie burgers and vegetarian lasagna. These vegetarian dishes are sure to satisfy your appetite. Your body, the planet and the animals will thank you for it. (2 Sessions)

**Vegan Cafe**

Instructor: April Rodeghero  
Rock Bridge HS, Rm 103  
4/22  M 6-9PM  $69  #13WC107  
As Spring and Summer approach you cannot help but think about the abundance of fruits and veggies growing in your yard or sold at the farmers market. Learn to turn them into a yummy meal! In this class you will make a vegan dinner and dessert. Learn how to make a quick and easy meal using natural ingredients and finish the meal with a cupcake from Naturally Cupcakes. Come hungry to indulge at the end of class! (3 Hours)

**Introduction to Canning & Preserving**

Instructors: Chelsea and Jacob Davis  
Rock Bridge HS, Rm 103  
5/6-5/8  M/W 6-9PM  $89  #13WC635  
Savor the season’s flavor throughout the year. Learn about the basics of canning freezing and pickling, then roll up your sleeves as you spend the evening canning and preserving! You will practice by making a batch of quick pickles, packaging fresh vegetables for the freezer and canning your first jar of salsa. Fee includes food and book. A canning kit can be purchased from the instructor the night of the class. (2 Sessions)

**Tastes of the Middle East**

Instructor: Muna Sherif  
Rock Bridge HS, Rm 103  
4/11  Th 5:30-9:30PM  $69  #13WC116  
Graduate from hummus and experience all the exotic flavors of the Middle East! Learn to cook the simple and vibrant cuisine with how to’s and techniques straight from the Middle East. Also learn the ins and outs on locating and buying special Middle Eastern ingredients that can transform your cooking. Your class will conclude with a three course meal of an appetizer, entrée and dessert that you will have learned to cook as well as a booklet of recipes to guide you at home! Try your hand at stuffed bell pepper and zucchini, boreek, Libyan soup and more! (4 Hours)

**Crêpes & Hors D’oeuvres**

Instructor: Sarah Devoto  
Rock Bridge HS, Rm 103  
2/21  Th 6-9:30PM  $59  #13WC717  
Entertaining is an opportunity for expanding your culinary boundaries. Replace the cheese and crackers with a brave new line-up. Prepare and enjoy delicate crêpes and savory hors d’oeuvres. Start getting your guest list ready because you’ll definitely want to show off your new skills at your next soirée! (3.5 Hours)

**Pizza Making**

Instructor: Annie Humphreys
Whether you have culinary aspirations or are someone who simply enjoys learning about the techniques and fun of making pizza, this class is the place to be! Broaden your knowledge of pizza by learning to make one entirely from scratch. (2 Hours)

**Missouri Farm & Food Artisans**
Instructors: Chelsea and Jacob Davis
Root Cellar, 1023 E. Walnut in the North Village Arts District
4/9  T  7-9PM  $39  #13WG004
Join the Root Cellar team for a taste of Missouri’s bounty. Learn about the wide range of local foods available, sample products from apples to zucchini pickles and lots of things in between! Then hear the story of farmers and food artisans from across the state. (2 Hours)

**Missouri Wine & Beer**
Instructors: Chelsea and Jacob Davis
Root Cellar, 1023 E. Walnut in the North Village Arts District
4/4  Th  7-9PM  $44  #13WG006
This introduction to Missouri wineries and microbreweries will help you discover your new local favorites! Explore the basics of tasting, review the wine and beer regions of the state and get familiar with the best varieties Missouri has to offer. Must be 21 to enroll. (2 Hours)

**Cheesemaking**
Instructor: Debby Henke
Rock Bridge HS, Rm 103
2/19-2/26  T  6-8:30PM  $89 #13WC780.1
5/16-5/23  Th  6-8:30PM  $89 #13WC780.2
Say cheese! This class is designed for those who have an interest in the world of cheese, those pursuing cheesemaking as a hobby, and those who simply adore cheese and want to learn more. This course is unique in that it will emphasize a hands-on approach with individual instruction. By the end of the course, you will have learned the secrets of this ancient craft and the ability to make delicious cheeses including queso blanco, ricotta and farmer’s cheddar. The fee for this class includes supplies (that you get to take home!) for cheesemaking. Each student must bring a stainless steel stock pot that fits at least 1 gallon of milk, and a stainless steel slotted spoon. Class size is limited, sign up early to ensure registration. (2 Sessions)

**Dine on a Dime**
Instructor: Jennifer Benton
Rock Bridge HS, Rm 103
2/20  W  6-9:30PM  $59 #13WC525
Are you tired and frustrated with the hassle of taking your family out to eat and spending more than you can afford just because you “don’t have time to cook”? You can feed your family healthy meals quickly at home and spend a lot less. We will feature seasonal foods and use the food pyramid to plan meals you can cook in 30 minutes for $10 or less. Cost of food included in class. (3.5 Hours)

**Pure and Simple: Traditional Food & Nutrition**
Instructor: Shayna Fasken, D.C.
Rock Bridge HS, Rm 103
2/11-3/11  M  6-8PM  $69 #13WC809
With so much nutrition information available, it can be overwhelming to figure out where to start. Draw on the wisdom of traditional societies from around the world to implement realistic, long-lasting lifestyle changes that will improve your overall health and wellbeing. In this hands-on cooking and nutrition class, you will get back to the basics! You will cover the “ins and outs” of nutrition and learn how to prepare healthy and delicious meals. Class will not meet 2/18. (4 Sessions)

**Cooking with Food Allergies: Lasagna**
Prerequisite: Knife Skills class
Instructor: Karla Lewis
Rock Bridge HS, Rm 103
3/12  T  6-9PM  $54 #13WC208.1
Do you or someone you know suffer from food allergies? Learn to substitute two common allergies, cow’s milk and wheat, to make this vegetarian dish. Please bring a standard loaf pan (8.5”x4.5”x2.5”) to assemble your take-home lasagnas. You will also get to sample! (3 Hours)

**Cooking with Food Allergies: Appetizers**
Instructor: Karla Lewis
Rock Bridge HS, Rm 103
4/29  M  6-9PM  $54 #13WC208.2
Do you or someone you know suffer from food allergies? Or would you like to learn some healthier choices for hosting your next party? Make delicious and healthy appetizers to accommodate a Gluten-free, Milk-free and Egg-free diet. Menu includes stuffed peppers, hummus wraps, Tuscan mushrooms and artichoke dip with endive. (3 Hours)

**Dutch Oven Cooking- Basics & Beyond!**
Instructor: Wade and Angel Monckton
Rock Bridge HS, Football Pavillion
4/27  Sa  10AM-1PM  $59 #13WC958
Get introduced to the basic skills required to cook with Dutch ovens. Through hands-on learning demonstrations you will learn to cook with the most universal cooking tool! Other topics will include cleaning and caring for Dutch ovens and the history of Dutch oven cooking. You will sample the food, so come hungry! (3 Hours)

**Missouri Mushroom Cuisine**  
**Instructor:** Johann Bruhn Ph. D.  
**Columbia Area Career Center, Rm 170**  
**4/18 Th 5:30-9:30PM $69 #13WC989**  
One night only cooking with the highest quality available Missouri mushrooms. This class will be packed with recipes and samples of Missouri mushrooms. Bring an appetite! You will learn from a leading expert in the field whose goal is to travel the world and share with Mid-Missourians his culinary experiences. (4 Hours)

**Beginning Cake Decorating**  
**Instructor:** Edith Hall  
**Columbia Area Career Center, Pastry Kitchen**  
**1/15-1/29 T 6-9PM $129 #13WC231**  
Learn the basics of cake decorating from certified master sugar artist Edith Hall. For professionals and novices, Edith will show you the right way to decorate and give you a hands-on experience like no other. Learn the basics of using decorating bags, leveling cakes, icing cakes, using various tips and simple flowers. A complete decorating kit must be purchased from the instructor at the beginning of class for $30. Frosting, cake, icing, patterns and recipes are included in the lesson price. (3 Sessions)

**Scrumptious Cinnamon Rolls**  
**Instructor:** Judy Owens  
**Rock Bridge HS, Rm 103**  
**3/20 W 6:30-9:30PM $49 #13WC611**  
Nothing is more appealing than the scent of delicious homemade yeast breads baking in the oven! Who doesn't like cinnamon buns? Learn the secrets of homemade yeast rolls while you make and take home delicious cinnamon rolls. Please bring a 9 x 13 inch pan. (1 Session)

**Cupcakes! Cupcakes! Cupcakes!**  
**Instructor:** Sarah Devoto  
**Rock Bridge HS, Rm 103**  
**5/13-5/20 M 6-8:30PM $54 #13WC233**  
When it comes to cupcakes, are you tired of the same old thing? In this class led by baker Sarah Devoto of Bijoux Cupcakes, learn both the classics and some new twists on this baker’s delight. Also learn easy embellishments for finishing and decorating with a variety of delicious frostings. You will leave with samples to share and ideas for any cupcake flavor. (2 Sessions)

**Death by Chocolate**  
**Instructor:** Edith Hall  
**Columbia Area Career Center, Pastry Kitchen**  
**2/12 T 6-9PM $79 #13WC230**  
Join Edith Hall, whose cakes have been featured on the food network, TLC’s Ultimate Cake Off, and countless magazines as you create a chocolate masterpiece. You will be supplied with a chocolate cake and everything needed to create a chocolate masterpiece! Work with hard chocolate to poured chocolate, curls, chocolate paste and chocolate flowers. Organize a dinner party for the next evening because you will leave with a cake that will really impress family and friends. A complete decorating kit will be purchased from the instructor at the beginning of class. (3 Hours)

**Chocolate Obsessed**  
**Instructor:** Sara Trikenskas  
**Rock Bridge HS, Rm 102**  
**3/6 W 5:30-9:30PM $69 #13WC101**  
Join chocolatier Sara Trikenskas of Patric Chocolate, known for confections that are every bit as daring as they are original, in this one night cooking class. Sarah will divulge professional techniques, allowing you to reproduce exquisite confections in your home kitchen. (4 Hours)

**Sweet Italiano: Biscotti**  
**Instructor:** Annie Humphreys  
**Rock Bridge HS, Rm 103**  
**2/28 Th 7-9PM $49 #13WC660**  
Join Annie from Annie’s Breads as she guides you through the biscotti-baking process. Over the course of the two-hour class, you will fashion the iconic twice-baked Italian treat in two flavors. (2 Hours)

**Extra Luscious Vegan Cupcakery**  
**Instructor:** April Rodeghero  
**Rock Bridge HS, Rm 103**  
**4/18-4/25 Th 6-8PM $54 #13WC234**  
All vegan, all irresistible! If you’re on a mission to make world-class vegan desserts, sign on for some “basic training” in the field. Learn the tactics involved in baking without dairy and eggs. You’ll make and decorate various flavored cupcakes including chocolate cupcakes with an orange glaze, white cupcakes and vegan butter cream. Plus, you’ll leave class with your own box of cupcakes and a wealth of ideas. (2 Sessions)
For the Love of Pie
Instructor: Annie Humphreys
Rock Bridge HS, Rm 102
3/20 W 7-9:30PM $49 #13WC777.1
4/3 W 7-9:30PM $49 #13WC777.2
What would America be without its most popular dessert, pies! This class teaches you everything you need to know to craft glorious pies perfect for all seasons. You’ll start with preparation of flaky and sweet pie-crust doughs, then make classic pies. (2.5 Hours)

Freezer Cooking
Instructor: Kailey Fleming
Rock Bridge HS, Rm 103
3/5 T 6-9:30PM $69 #13WC526
Save time and money becoming a freezer pleaser! In this hands-on cooking class you will explore how to begin freezer cooking, what freezes well, how to package freezer meals, and great recipes. You will leave with tips and food! Learn to make pot roast and vegetables, BBQ chicken, Ranch Burgers, and more! (3.5 Hours)

Next Top Chef: Mexican Fiesta
Instructor: Sara Trikenskas
Rock Bridge HS, Rm 103
4/30-5/2 T/Th 5-8PM $69 #13WY603
For aspiring chefs ages 11-15, spice up your culinary creations when our instructor takes you on a cooking journey south of the border. Learn to make fresh salsas, fajitas, enchiladas, and chocolate chipotle cupcakes. Discover your favorite classic as you sample your work at the end of each class. Please wear closed toe shoes. (2.5 Hours)

Little Chef Culinary School
Instructor: Sara Trikenskas
Rock Bridge HS, Rm 103
4/27 Sa 9AM-12N $39 #13WY601
Little Chef Culinary school is a unique culinary experience which offers cooking classes to children ages 6-10 years in a safe environment that encourages discovery and creativity. This is a hands-on cooking class that will introduce children and adults to cooking vocabulary and techniques, and kitchen safety. Please wear closed toe shoes. (3 Hours)

Bridge Basics
Instructor: Betsy Phillips
309 Parkade Blvd
2/21-3/28 Th 7-9:30PM $79 #13WG052
Bridge is by far one of the greatest card games and provides immense challenge and enjoyment. This class is intended for beginner to intermediate players and the two main parts of bridge will be explained. Practice makes perfect, so about half of class time will be spent playing bridge. Class meets at 309 Parkade Blvd, (3rd house west of Parkade Elementary School). Required textbook available from instructor for $5. For more information, call instructor at 874-5628. (6 Sessions)

Bridge Beyond the Basics
Instructor: Betsy Phillips
309 Parkade Blvd
4/4-4/18 Th 7-9:30PM $49 #13WG054
If you can bid and play a bridge hand, pull up a chair and join this class! We will review five card opening majors, learn useful new conventions such as Weak Two openings and the Negative Double and learn tricks for coping with difficult hands. A lot of time playing and extra attention to defense will take you to a new level as a bridge player. Class meets at 309 Parkade Blvd. (3rd house west of Parkade Elementary School). For more information, call instructor at 874-5628. (3 Sessions)

Horse Safety
Instructor: Patricia Smetana
Hold Your Horses, 11681 S. Hwy DD
4/6 Sa 9:30AM-12:30PM $79 #13WG588
The safety of a horse and its rider should be based on basic handling techniques, as well as horse psychology. Experience working a horse first-hand after a demonstration of round pen work. This class is great for adults who are new to horses or those who wish to get “back in the saddle.” Liability waiver required. This class is required to take our Western Riding Class. (3 Hours)

Western Horseback Riding
Prerequisite: Horse Safety or ability to halter, lead, groom and saddle
Instructor: Patricia Smetana
Hold Your Horses, 11681 S. Hwy DD
4/13-5/4 Sa 9-10:30AM $174 #13WG544
It’s time to saddle up and learn to ride Western. Basics of riding and horsemanship include balance and the ability to communicate with your horse. Learn to ride while playing games on horseback. Helmet and liability waiver required. Adults 18 and older. Call 214-3803 for directions. (4 Sessions)
How to Travel the World for Free
Instructor: Gina Henry
Columbia Area Career Center, Rm 173
5/7 T 6:30-9:30PM $59 #13WG380
TRAVEL FREE, plus MAKE MONEY DOING IT - YOU CAN STILL AFFORD A VACATION! National speaker, Gina Henry, will show you how she lives this travel life taking 10 FREE vacations a year. With this challenging economy it is even more important to know the insider secrets to free travel. The $59 fee includes Gina Henry’s 120 page travel book (sold retail for $39.95) with her 25 year of travel/work experience and provides names, phone numbers and websites of all the contacts you need to TRAVEL FREE! (3 Hours)

Soccer 101 for the Soccer Novice
Instructor: Ron Schmidt
Columbia Area Career Center, Rm 173
4/30 T 6-9PM $19 #13WG516
So, you've never played soccer and now your child wants to play, but you don't know how to help him/her or even more frightening…you have been asked to coach his/her team! In this class, you will learn rules, practice drills, strategies, and goals more important than winning! (3 Hours)

Basic Soap & Lotion Making
Instructor: Debby Henke
Rock Bridge HS, Rm 103
4/10-4/17 W 6-8PM $89 #13WG987
This is a basic cold process soap and lotion making course. Learn about different types of oils, butters and ingredients used in the process. Students will have a hands-on experience and make soap and lotion to take home. Students must be at least 18 years old. (2 Sessions)

Ghost Hunting
Instructor: Holly McGee
Columbia Area Career Center, Rm 175
3/5-3/6 T/W 7-8PM $59 #13WG924
Many believe that ghostly activity is around us every day. Join Holly McGee for instruction in the procedures, techniques and equipment the paranormal activity investigators use to examine paranormal phenomena. You will review the protocol for a successful investigation, including ways to document and analyze your findings, then conduct an actual investigation of the cemetery and discuss your finding the following evening. Please bring a pad of paper, writing utensil and a flashlight. We will meet at the Columbia Area Career Center at 7:00. (4 Hours)

Introduction to Intensive Container Gardening
Instructors: Chelsea and Jacob Davis
Columbia Area Career Center, Rm 175
5/13-5/15 M/W 6-9PM $69 #13WG997
Learn to produce enough vegetables for a family of 4 on less than 100sq/ft. This course will help you identify ways to grow food with limited space. We will explore plant selection and review varieties that work well in these conditions. You will gain valuable information on garden planning and crop rotations as well as plant your first container of crops for the spring season. (2 Sessions)

Introduction to Organic Gardening
Instructors: Chelsea and Jacob Davis
Columbia Area Career Center, Rm 175
4/29-5/1 M/W 6-9PM $69 #13WG996
This course will provide students with a hands-on approach to learning the basics of organic plant propagation and growth. We will discuss plant fertility management as well as disease and pest diagnosis and treatment. You will leave the course with your first organic potted plant, a recipe for high quality plant fertilizer and resources to bring your garden to life without the application of herbicides and pesticides. (2 Sessions)

Principles of Bee Keeping
Instructor: Art and Vera Gelder
Walk-About Acres, 6800 Kircher Road
2/13-3/13 W 6-8PM $119 #13WG870
How sweet it is! Thought about taking up beekeeping, but don't know what would be involved? This comprehensive class combines in-class instruction and hands-on experience to give you the knowledge to manage the hive. Leave this class with an appreciation and understanding of the importance of honey bees in everyday life. A discounted price will be given to class participants on hive building materials. This class is a total of five sessions and broken down into three modules:
Module 1: Benefits of Honey Bees
Learn the ins and outs of bees and how the honey benefits your personal garden, the environment and your life.
Module 2: Hive Constructions
Gain valuable insights on hive management and honey production.
Module 3: Bee Installation
You will be guided through the important steps of introducing your honey bees to their hive. (5 Sessions)

Urban Hens 101
Instructor: Mary Stilwell
Columbia Area Career Center, Rm 175
Learn everything you need to know to raise happy hens! Come and learn about the care of day old chicks, diet of mature laying hens, coop consideration and the Columbia hen ordinance. See how easy it is to raise chickens, and find out what makes chicken such wonderful pets! (2.5 Hours)

**Chicken Health & Preventative Care**
Instructor: Mary Stilwell  
Columbia Area Career Center, Rm 175  
3/14  Th  6:30-8:30PM  $39  #13WG890

Whether you are a farmer or a homeowner with backyard chickens, you know that chickens are loyal, intelligent and enjoyable to watch, as well as efficient producers of eggs. When you raise birds, it’s a matter of time before you experience an animal with illness. This class will teach you how to raise healthy chickens and offer ideas for preventative care. (2.5 Hours)

**Chicken Coop Construction**
Instructor: Mary Stilwell  
Columbia Area Career Center, Rm 175  
3/7  Th  6-8PM  $39  #13WG891

In this 3-hour workshop you will learn the essential components of building a well-functioning chicken coop. Also learn the requirement of a safe coop, physical characteristics and where to get free materials around Columbia. You will finish the class by viewing local coops and sketching out some design ideas for your own backyard pen. (2 Hours)

**Tomato Talk**
Instructor: Don Schnieders  
Columbia Area Career Center, Rm 150  
4/10  W  6-8:30PM  $29  #13WG066.1  
4/23  T  6-8:30PM  $29  #13WG066.2

Learn to propagate and proper maintenance to increase your tomato production. Grow a variety of tomatoes at home that will taste better than many of the commercially produced varieties available at local stores. You will lower your grocery bill and provide a wonderful, healthful bounty for your family. (2.5 Hours)

**Elderberries: Past, Present & Future**
Instructor: Terry Durham  
Columbia Area Career Center, Rm 118  
2/12  T  6:30-8:30PM  $39  #13WG067

Learn from elderberry (Sambucas Canadensis) expert Terry Durham. As a founding member of the Missouri Organic Association, he is committed to growing elderberries in a commercial, pesticide free and sustainable manner. Terry works with growers and researchers to provide the healthiest and hardest plants to his customers through Elderberry Life and Eridu Farms. Terry has a wealth of knowledge that he would like to share with you. Samples will be provided of a hand-picked and processed, pesticide-free Elderberry Juice, Herbal Cordial and Jelly (2 Hours)

**Cultivating Shiitake Mushrooms at Home**
Instructor: Johann Bruhn, Ph. D.  
Columbia Area Career Center, Rm 125  
2/12-2/13  T/W  6-9PM  $89  #13WG083

You will learn the biology and cultivation techniques to grow your own shiitake mushrooms. During the second session, each student will get hands-on by learning to inoculate a shiitake log which they will take home. (2 Sessions)

**Truffle Biology & Cultivation in Central U.S.**
Instructor: Johann Bruhn, Ph. D.  
Columbia Area Career Center, Rm 173  
4/24-4/25  W/Th  6-9PM  $79  #13WG064

Learn the basics of European black truffle mushroom cultivation, the subject of Dr. Bruhn’s continuing research. Best quality European black truffles are going for $450 per pound (Burgundy black truffle) or $900 per pound (Perigord black truffle). Keep in mind, though, that truffle cultivation is not for everyone. Success is not guaranteed. Nevertheless, trufficulture can enhance and diversify farm income. Taught by a leading expert in the field of forest mycology and plant pathology. (2 Sessions)

**Bonsai Gardening**
Instructor: James Zynda  
Columbia Area Career Center, Rm 175  
4/18-4/25  Th  7-8:30PM  $44  #13WG072.1

Learn the ancient art of Bonsai. Begin your journey with a history of the Chinese and Japanese Bonsai Gardening. You will learn the tools, techniques and types of plants best suited for Bonsai. Come join your fellow gardeners in the local community that enjoy a hobby that values time, patience and persistence. We welcome fellow Bonsai gardeners to bring in a few of their favorite Bonsai trees to be shared and enjoyed with the class. (2 Sessions)

**Beginning Floral Design**
Instructor: Leana Fitzgerald
Why not turn your hobby into a passion? Learn the tips and tricks of the floral design trade while making two flower arrangements that you will take home. Fee includes the cost of all materials. Students will be asked to sign a liability waiver.

(4 Sessions)

Advanced Floral Design
Instructor: Leana Fitzgerald
CACC Green House
4/4-4/25 Th 6-8PM $139 #13WG060
Take the next step in floral design by learning techniques to add life to your home, parties, office and more with breathtaking floral arrangements. Use a variety of fresh and dried materials to create arrangements. Price includes cost of supplies. (4 Sessions)

Advanced Floral Design II
Instructor: Leana Fitzgerald
CACC Green House
2/21-3/14 Th 6-8PM $169 #13WG061
Expand your skill beyond the basics of floral design. This course will give you the skills and techniques required of a semi-professional florist. This is an intensive program designed to provide advanced training in wedding design, contemporary arrangements, tropical flowers and floral marketing. We make it fun and easy, so arrive ready to learn. (4 Sessions)

DIY: Welding for the Homeowner, Farmer & Artist
Instructor: Mike Kilfoil
Columbia Area Career Center, Rm 125
4/27-5/18 Sa 9AM-12N $169 #13WG935
Picture yourself repairing those stairs, gates and other lingering projects while creating your own personal touch. This course teaches the important issues to be considered when preparing for non-professional use of welding in home repair. You will learn the very basics of stick welding on mild steel, then more advanced welding techniques. (4 Sessions)

Small Engine Mechanics: Theory, Operation & Maintenance
Instructor: Mike Kilfoil
Columbia Area Career Center, Rm 107
2/21-4/25 Th 6-8PM $169 #13WT551
This small engine mechanics class is broken into two modules to give you comprehensive knowledge on small engine theory, operations and maintenance. First learn the basics of small engines found in lawn mowers, tillers and power washers. Then learn to trouble shoot electrical, charging and fuel and exhaust systems (4 stroke and 2 stroke). Advanced maintenance techniques for lawn mowers, weed eaters and blowers. Class will not meet 3/28. (9 Sessions)

Long Term Care Seminar
Instructor: Stana Martin
Columbia Area Career Center, Rm 100
4/2 T 6-8PM $19 #13WG003
As medical science progresses and Baby Boomers age, there are an increasing number of folks who will need long term care services before they die. This class will cover the intricacies of what Medicare will pay, when Medicaid will pay, who qualifies for VA Benefits, when private insurance is appropriate and all the other options a person should consider when planning for their own care or care of an aging family member. Long term care does NOT have to be a nursing home -- know your choices, learn the costs, be prepared to age with dignity. (2 Hours)

Meditation & Relaxation Essentials
Instructor: Walter Hrycaj
Columbia Area Career Center, Rm 146
3/11-4/8 M 6-8PM $74 #13WG961
A whole and complete introduction to meditation includes its universal spiritual necessity. This class gives you practice with mental and emotional relaxation techniques, concentration skills and the essentials of prayer, posture, breath work and light. Brief theory discusses the spiritual structure of the mind and its alignment through meditation. Bring loose fitting clothes, cushions to sit on, blanket and notebook. Class does not meet on 3/25. (4 sessions)

Arthritis Foundation Exercise Program (AFEP)
Instructor: Jennifer Benton
Columbia Area Career Center, Rm 100
4/22-5/29 MW 6-7PM $59 #13WG150
Are you living with arthritis or other health related pain? Are you wishing to add exercise back into your life? AFEP is a community-based recreational exercise program developed by the Arthritis Foundation. This class covers a variety of range of motion, flexibility, strengthening, balance and endurance building activities, relation techniques and health education topics. You will experience reduced levels of pain, stiffness and fatigue, improved strength, improved ability to function independently in day-to-day life and improved overall health status. You do NOT have to have arthritis to attend or gain the benefits of this program. Class will not meet 5/27. (6 sessions)

Concentration Essentials
Instructor: Walter Hrycaj
Columbia Area Career Center, Rm 107
2/12-3/5  T  6-8PM     $74  #13WG960
Develop the peace inside you have been seeking your whole life. Unlock your power to learn anything through stilling the mind and building the six essential qualities of concentration. Find the secrets to success in the business world, the field of education, for artists, musicians and in practicing meditation. Bring a notebook. (4 Sessions)

**Astrology Essentials**
Instructor: Ann Steely
Columbia Area Career Center, Rm 140
4/9-4/30  T  6-8PM     $74  #13WG963
A comprehensive introduction to the ancient practice of Astrology and the productive use of this wisdom. Course explains each astrological sign in relationship to its influence on your life, your choices and your future. Determine your spiritual assignment for this lifetime. Bring a notebook and natal chart if you have one. (4 Sessions)

**Focused, Organized & Productive**
Instructor: Sheryl Ruedebusch
Columbia Area Career Center, Rm 150
3/18  M  6-9PM     $139  #13WG862
Getting and staying organized is no longer a luxury, it's a matter of survival! Get empowered and energized to get and stay more organized and be joyfully productive. Fee includes workbook and supplies needed to implement Sheryl’s proven strategies. Ask about adapting this class into a corporate training for your large or small business. (3 Hours)

**Eden Energy Medicine**
Instructor: Carla Jones & Cyndi Koonse
Columbia Area Career Center, Rm 107
4/1-5/13  M  7-9PM     $199  #13WG433
You have natural self-healing ability. With Eden Energy Medicine you will learn to understand and work with your healing abilities to improve your wellbeing. Come join Carla and Cyndi in this exciting new class. (7 Sessions)

**Pet Massage**
Instructor: Patricia Smetana
Columbia Area Career Center, Rm 173
3/13  W  6:30-8PM     $39  #13WG366
Enhance your own body awareness while developing intuitive skills necessary to effectively massage your pet. You will focus on learning to apply safe massage techniques, interpreting animal body language and employing clear body language skills and signals while interacting with your animal. Please bring your pet on a leash and provide proper clean up supplies if there is an indoor accident! (1.5 Hours)

**Feldenkrais®: Improve Movement, Improve Life**
Instructor: Sandy Matsuda
Missouri United Methodist Church
4/8-4/22  M  6-7PM     $44  #13WG863
Awareness leads to deeper changes than either force or effort. Based on the work of Moshe Feldenkrais, this class helps you derive pleasure from simple everyday movements like: walking, reaching or playing sports. It helps you regain mobility and perform activities you haven’t been able to do, without pain or effort. You will be surprised by the ease and extent of change in your movement and wellbeing. (3 Sessions)

**Boundaries 101**
Instructor: Toni Rahman, LCSW
Columbia Area Career Center, Rm 150
4/1-4/29  M  6-8PM     $79  #13WG957
Understanding boundaries and how they connect to your emotions is an important part of maintaining a healthy self. Toni will guide you in learning how to set and maintain boundaries, how to protect yourself from manipulation and how to stop trampling the boundaries of others. You will leave this course with a full understanding of the connection between self care and boundaries. (5 Sessions)

**Chakra Yoga**
Instructor: Erika Christiansen
Rock Bridge HS, Rm 214/215
4/8-4/22  M  6:30-8:30PM     $44  #13WG314
Chakra includes techniques that specifically focus on mind over matter. The key idea behind Chakra Yoga allows participants to move through and fully connect with different levels of Chakra. Chakra Yoga includes postures and exercise moves that work to balance physical parts within the body while meditatively and physically renewing organs, cells and other anatomical building blocks. (3 Sessions)

**Tai Chi**
Instructor: Arthur Du
Rock Bridge HS, Rm 202/203
2/20-4/17  W  6:30-7:30PM     $119  #13WG565
Tai Chi is a moving Qigong, moving meditation, moving Yoga and traditional Chinese martial arts. Students will learn the basic form of Yang Style Tai Chi, the principle and the philosophy of Tai Chi and some fundamentals of Chinese traditional medicine. Tai Chi exercise improves circulation, stability and overall health. Class will not meet 3/27. (8 Sessions)
Understanding Dreams
Instructor: Suzan Franck, MEd, MSW, LCSW
Columbia Area Career Center, Rm 115
3/5-3/12 T 6-8PM $59 #13WG867
Ever found yourself flying through the sky in a dream? Have you had a feeling that your dream was trying to tell you something important but you just don't know what? Now you can understand what those dreams are all about! Join Suzan as she teaches you how to work a dream from the perspective of Swiss psychologist Carl Jung and decipher its personal meaning. You will leave this class feeling free to make decisions, and ready to move in the direction that is personally meaningful and right for you. Book included with fee. (2 Sessions)

Street Sense for Self-Defense
Instructor: Linda Lutz, Ph.D.
Above the Beyond Yoga & Healing Arts Center
5/11 Sa 10:30AM-1:30PM $39 #13WG587
If you find yourself in a dangerous situation, you need to know how to defend yourself both psychologically and physically. Grab your daughter, mother, aunt or friend and attend this women-only class to learn effective defense and release techniques. When you enroll with one or more women, the per person fee is discounted. You must call to enroll to receive this discount. Class is appropriate for preteens to 70+. Please wear comfortable clothing. Liability waiver required. (3.5 Hours)

Release Neck & Shoulder Tightness
Instructor: Linda Lutz, Ph.D.
Above the Beyond Yoga & Healing Arts Center
4/20 Sa 10AM-12PM $29 #13WG585
You carry the weight of the world on your shoulders, including 11 pounds on top of your neck. No wonder neck and shoulder problems are among the most common injuries! Learn to achieve physical and mental benefits through yoga that will reduce stiffness and tension. While this class does not replace medical attention or physician’s advice, learning to stretch and strengthen these muscles can make a difference. Wear comfortable attire that is not excessively baggy and refrain from eating at least 2 hours prior to class. Liability waiver required. (2 Hours)

Women’s Retreat with Horses
Instructor: Pattie Smetana
Hold Yer Horses
4/20 Sa 1-4PM $69 #13WG543
Join Pattie and Teresa as you explore using written exercises and horses and delve into your inner awareness! The horses are not ridden yet will be in an arena with us for this part of the program. (3 Hours)

Beginning French Level I
Instructor: Sylverstre Aman, Ph.D.
Columbia Area Career Center, Rm 142
2/12-3/14 T/Th 6-8PM $119 #13WG452
Learn to speak the language of love! Join this course in French conversation and soon you will speak and understand phrases that are a part of everyday life. This course is aimed at a wide range of students with no prior knowledge of French. The course imparts preliminary knowledge about the French language, culture and civilization. Fee includes textbook. (10 Sessions)

Beginning French Level 2
Instructor: Sylverstre Aman, Ph.D.
Columbia Area Career Center, Rm 142
4/2-5/9 T/Th 6-8PM $119 #13WG453
Do you know some French, but want to take your language abilities to a more sophisticated level? This course is aimed at students with prior knowledge of French, and deepens their knowledge of the language. (12 Sessions)

Beginning Spanish Level I
Instructor: Astrid Stoll
Columbia Area Career Center, Rm 123
2/25-3/20 M/W 6-8PM $99 #13WB705
Learn to communicate with Spanish speaking friends, co-workers and acquaintances. Start to speak and understand Spanish phrases that are a part of everyday life. Also includes interesting information about the Latino culture. For those with little to no Spanish experience, these sessions focus on pronunciation, numbers and phrases for greetings, introductions, good-byes, etiquette and ordering in a restaurant. Fee includes $30 book. (8 Sessions)

Beginning Spanish Level 2
Prerequisite: Community Spanish I or other Spanish experience
Instructor: Astrid Stoll
Columbia Area Career Center, Rm 115
4/9-4/25 T/Th 6-8PM $79 #13WB706
Building on the experiences in Community Spanish I, this class introduces phrases for holiday greetings, emergencies, giving directions, engaging in small talk and other common life activities. If you have completed Community Spanish Level I, you do not need to buy the $15 book. (6 Sessions)
American Sign Language Level I
Instructor: Heather Dunn
Columbia Area Career Center, Rm 142
2/19 T and 2/20-3/6 M/W 6-8PM $129 #13WG462
In the past twenty-five years, there has been a surge of research analyzing American Sign Language (ASL) linguistically. These studies provide evidence that American Sign Language (ASL) meets the criteria of being a true language with grammatical and syntactical rules. This research has increased interest and awareness concerning the Deaf community and the Deaf culture. This course will teach you how to communicate easily and comfortably with those who speak American Sign Language. Each lesson also includes cultural tips to encourage a deeper knowledge of the Deaf Culture. Our instructor learned ASL as her first language. The book is included in the course fee. (6 Sessions)

American Sign Language Level 2
Prerequisite: ASL Level I
Instructor: Heather Dunn
Columbia Area Career Center, Rm 142
3/11-3/20 M/W 6-8PM $129 #13WG463
Expand your ASL proficiency by learning everyday expressions related to age, money, address, time, etc. Also master common conversational signs, adverbs and verbs needed to communicate your thoughts and ideas and to understand those of your co-worker or conversation partner. (4 Sessions)

Comic Book Creation
Instructor: Fran Lakatos
Rock Bridge HS, Rm 317
5/20-6/3 M/W 6-8PM $49 #13WG112
Do you love comic books? Have you ever wanted to write your own? Learn how to develop a story and draw characters when writing a comic book. Also learn how to create graphic art to tell a story and by the end of the class, you'll have your own comic book. Class will not meet 5/27. (4 Sessions)

Writing Your Book
Instructor: Mike Trial
Columbia Area Career Center, Rm 149
2/11-3/18 M 6-8PM $89 #13WG107
You’ve got an idea for your book, some pages written, maybe even a couple of chapters drafted, but can’t seem to really get going. Well, now is the time, and this course is the way to re-energize your book. With today’s print-on-demand capability and multitude of on-line services and markets, there has never been a better time to produce your book. Polish the skills you need to get your book done, whether it’s fiction, memoir, or creative non-fiction. Review good writing technique, workshop your work, write a chapter a week. Class will not meet 2/18. (5 Sessions)

Writing & Publishing Your First Book (or 7th)
Instructor: Bobbie Christensen
Columbia Area Career Center, Rm 173
4/9 T 6-10PM $39 #13WG098
Join a best-selling author to learn how to write a book, from beginning to print-ready in just 6 weeks! Find out how to sell your work to a publisher, or self-publish and keep the profits. Finally, learn the best tactics to market your book! There will be a $15 material fee paid in class. (4 Hours)

Screenwriting 101
Instructor: Jim Yelton
Columbia Area Career Center, Rm 151
2/11-3/4 M/W 6-8PM $79 #13WG099
How do you write a screenplay that might get bought by a studio or a production company? Write a compelling script that’s impossible to stop reading, vividly cinematic, properly formatted and realistically producible? Our screenwriting courses will help you meet these criteria, and also guide you in creating characters, building plots, shaping scenes, sharpening dialogue and of course, peddling your script. Whether you seek to write big Hollywood movies or low-budget Indies, we’ll show you what it takes to get in the screenplay game. Class will not meet 2/18. (6 Sessions)

ACT Test-taking Strategies Workshop
Instructor: John Houmes
Columbia Area Career Center, Rm 142
1/19-2/2 Sa 8:30AM-12:30PM $109 #13WY819.1
3/5-4/6 Sa 8:30AM-12:30PM $109 #13WY819.2
5/6-6/7 W/Th/F 8AM-12PM $109 #13WY819.3
This workshop is designed for students 9th grade and older as they prepare to do their best on the ACT. It will help you reduce the stress of the ACT, understand the ACT, review English and math concepts, and learn effective test-taking strategies for all sections of the test. For the greatest benefit, you need to complete the practice test in the Preparing for the ACT assessment 2012-2013 booklet, available at your high school guidance office and at www.actstudent.org. (3 Sessions)