



Personal Enrichment

iPod/Photography

NEW! I Got an iPod – Now What? PDV 062

Stop calling your teenager about your iPod. Learn how to use your iPod or iPod nano and how to download songs, transfer CDs, and other features of an iPod. Students will receive a \$15 iTunes gift card during class.

Section 40: Wed., Jan. 20, 6:30-8:30p

Section 41: Wed., April 21, 6:30-8:30p

Fee: \$39

Photography 101

PDV 433

Become a better photographer. Discuss film vs. digital, light, shutter speed, and aperture. Students are encouraged to bring their cameras to learn what the buttons and numbers mean and what happens inside the camera when applied.

Section 40: Mondays, Feb. 15-March 1, 6:30-8:30p

Section 41: Mondays, April 26-May 10, 6:30-8:30p

Fee: \$39

Picture This Photography PDV 500-40

Get more professional looking pictures as you travel. Includes how to choose the right equipment, basic principles, composition, lighting, close-up photography, and how to present your images in the best way. Special emphasis on nature photography, including wildlife and landscape scenes. Digital and traditional photography covered.

Wednesdays, April 7-28, 6-9p, Fee: \$69

Digital Camera Photography WISE 153-30

Guidelines for choosing digital cameras and understanding the manuals. Class covers storage media, transferring images from your camera to a PC, shooting modes, settings, previewing your images, editing photos, outputting to a printer, and sending a copy via e-mail. Participants are encouraged to bring their digital camera, its manual, and other related equipment.

Fridays, April 9-16, 9a-Noon, Fee: \$69

Beginners' Video Editing PDV 038-40

Use Windows Movie Maker to manipulate photos and video clips into short features. Topics include importing photos/videos, adding music, transitions, titles, effects, and exporting a finished product. Bring your own photos, music or video from home, and a USB jump drive to save your work from class.

Thursdays, Jan. 21-Feb. 18, 6:30-8:30p, Fee: \$79

Hobbies and Crafts

Bead Knotting CRF 043-40F

Learn this bead stringing technique incorporating knotting between the beads. \$8 supply fee payable with tuition.

Tues., March 23, 6:30-8:30p, Fee: \$19

Basic Bead Stringing Design CRF 079-40

By using assorted beads, this hands-on class teaches bead-stringing techniques for making wearable artwork of your own design.

Tuesdays, April 13-20, 6:30-8:30p, Fee: \$25

NEW! Someday I'll Frame It CRF 162-40S

Learn basic picture framing and how to assemble a metal sectional frame, frame canvas, watercolors, drawings, photographs and more. Supply list will be mailed.

Sun., Feb. 21, 1-4p, Fee: \$19

Basketweaving 101 CRF 153-40F

Create your own hand-woven basket. Learn techniques from laying out the base, basic weaving, footing the basket, shaping the corners, packing the reed, and finishing touches. \$20 supply fee payable with tuition.

Saturdays, April 10-17, 9a-Noon, Fee: \$39

NEW! Papermaking CRF 168-40F

Learn to make your own unique handmade paper. The possibilities are endless! Bring a brown bag lunch on 4/24. On 5/1 we will exam the results and discuss other options. \$8 supply fee payable with tuition.

Sat., April 24, 9a-3p AND Sat., May 1, 9-11a, Fee: \$39

NEW! Centerpieces CRF 157-40S

Create and take home your very own centerpiece. Learn basic design principles you can use for every occasion. Supply list will be mailed.

Sat., Jan. 16, 10a-Noon, Fee: \$19

NEW! Easter Arrangements CRF 158-40S

Create and take home a one of a kind special arrangement. Learn design and color techniques to add your own personal touch to your creations. Supply list will be mailed.

Sat., Feb. 27, 10a-Noon, Fee: \$19

NEW! Floral Wedding Designs CRF 159-405

Learn basic floral design techniques to create that perfect wedding on a budget. Easy to create centerpieces, hand-tied bouquets, corsages, and boutonnieres. Bring a sack lunch for the break. Supply list will be mailed.

Sat., March 13, 10a-2p, Fee: \$45

NEW! Three-Sided Floral Arrangements CRF 160-405

Enjoy your arrangements from various sides. Learn specific design techniques to create and take home your own original creation. Supply list will be mailed.

Sat., April 10, 10a-Noon, Fee: \$19

NEW! Fruit Baskets CRF 161-405

Looking for something fresh and unusual? Learn to create your own design in this hands-on workshop. Supply list will be mailed.

Sat., May 8, 10a-Noon, Fee: \$19

NEW! Explosion Album Photo Gift Box CRF 164-40F

Create a unique 4"x4" decorated scrapbook gift box. It holds up to 25 pictures and is inexpensive to make. \$10 supply fee payable with tuition. Bring scissors and 15-30 photos to cut.

Sat., Feb. 20, 10a-12:30p, Fee: \$22

NEW! Expandable Scrapbook CRF 165-40F

Create a unique 4 3/4" x 4 3/4" expandable scrapbook. It is small enough to fit in your purse and holds up to 30 pictures. It's easy and inexpensive to make. \$8 supply fee payable with tuition.

Sat., April 17, 10a-12:30p, Fee: \$19

Getting to Know Your Sewing Machine CRF 098

Discover the basics of your machine; how to care for it, choosing needles and thread, using the presser foot, and other important tips. Prepares you for all types of sewing. Participants must bring their own sewing machine. Supply list will be mailed.

Section 40S: Thurs., Feb. 11, 6-9p

Section 41S: Wed., April 28, 6-9p

Fee: \$19

NEW! Basic Machine Sewing CRF 163-40S

Learn the basics – reading a pattern, pinning and cutting out the pattern and fabric, sewing a consistent 5/8" seam allowance, pressing and hemming. The project will be completed in class. Must bring sewing machine that student is familiar with. Supply list will be mailed.

Wednesdays, April 7-14, 6-9p, Fee: \$39

Introduction to Machine Quilting CRF 099-40S

Learn threads, needles, fabrics, techniques, starting and stopping without leaving a knot, and much more while making a beautiful and interesting quilt. Supply list will be mailed. Students must bring their own sewing machine.

Wed., Feb. 24, 6-9p, Fee: \$19

Stippling And Machine Quilting CRF 140-40S

Teaches the fundamentals of free-motion quilting/sewing designs on quilts, clothing items, etc. Can be applied to marked lines for quilting or just designing as you go (unmarked). Students must bring their own sewing machines with free motion (quilting or darning) foot. Supply list will be mailed.

Tues., March 23, 6-9p, Fee: \$19

NEW! Table Runner – Start to Finish CRF 166-40F

Beginner's class to learn all the skills of cutting, machine piecing, quilting, and binding. The finished product will be a 3-block table runner in any color chosen by the student. \$4 supply fee payable with tuition. Supply list will be mailed.

Wednesdays, March 10-24, 6-9p, Fee: \$49

NEW! Costume Design And Sewing CRF 167-40

Design and create theatrical costumes for use in a production of "Beauty and the Beast." Learn to take a pattern and transform it into a costume or alter an existing costume. Costumes will be the property of Young People's Theatre. Bring own sewing machine.

Tuesdays, Jan. 12-March 2, 6-9p, Fee: \$95

Knit Wits: Introduction to Knitting CRF 008-40

Learn the basics of knitting: casting on, knit stitches, purl stitches, generating fabric, binding off, and finishing techniques. Students will complete one basic project of their choice. Supply list will be provided first night of class.

Wednesdays, March 3-24, 7-9p, Fee: \$45

Introduction to Crochet CRF 009-40

Learn the basics of crochet and how to complete a fabric. Students will complete a simple project of their choice, learn to read a pattern, and techniques to correct simple errors. Supply list will be provided first night of class.

Wednesdays, April 7-28, 7-9p, Fee: \$45

Writing and Publishing

Your First Book or Seventh EWR 103-40F

Learn how to sell your work to a publisher or self-publish including complete information on ISBN's, copyright, LOC numbers, starting your own business and dealing with the IRS, POD, and more. \$15 supply fee payable with tuition.

Wed., April 7, 6-10p, Fee: \$39

Special Interest

NEW! Wine Series SPI 177-40

Join us for a series in wine tasting and food pairings. Each class showcases wines from different regions presented by expert wine representatives. Tasting will consist of six-seven wines per evening. Classes will be at Sherlock's Steak and Seafood in Cottleville. Sherlock's executive chef will present easy food preparation techniques along with appetizers. Wine and food discounts available. Enroll in all three classes and save!

Individual dates and times below, Fee: \$69

NEW! Napa vs. Sonoma SPI 178-40

Wine tastings will be showcased from both the Napa and Sonoma regions of California. Choose your favorite! Sherlock's executive chef will demonstrate one of the restaurant's appetizers for you to enjoy.

Wed., Jan. 27, 7-9p, Fee: \$25

NEW! New Wines From the Old World SPI 179-40

Learn about wines from Romania which has a history of wine making dating back 2500 years. Sherlock's executive chef will demonstrate the secrets to trimming beef tenderloin, then you will enjoy a steak appetizer from the kitchen.

Wed., Feb. 3, 7-9p, Fee: \$25

NEW! French or Italian Wines? SPI 180-40

Compare and learn about wines from France and Italy. Sherlock's executive chef will discuss sauces and how to spice up a favorite dish. Enjoy tasting the sauces created by Sherlock's kitchen along with your favorite wines.

Wed., Feb. 10, 7-9p, Fee: \$25

Comparing Christianity, Judaism, and Islam SPI 159-40

Did you know that Muslims revere Jesus? Did you know that all three religions consider Abraham as their "father figure"? What are their historical and scriptural links? This course will study their basic beliefs, while separating truth and myth.

Wednesdays, Feb. 10- March 3, 6:30-8p, Fee: \$39

NEW! Religion and Violence SPI 168-40

Does religion cause violence? How can religions preach love, yet seem to be a catalyst for war? Course will attempt to describe the anthropological, sociological, and psychological reasons for the connection of religion and violence.

Tuesdays, Jan. 12-Feb. 2, 6:30-8p, Fee: \$39

NEW! Beginning Astronomical Observing SPI 182-40

Learn to use a simple planisphere and sky charts to locate celestial objects. Find and identify the brightest stars and constellations and use binoculars and telescopes to observe fainter objects. Weather permitting, we will take field trips to the astronomy viewing area at Broemmelsick Park.

Wednesdays, Jan. 27-Feb. 24, 7-8p, Fee: \$25

Self-Help

NEW! Best Face Forward PDV 073

Look your best everyday! Learn step-by-step makeup application techniques to enhance natural beauty and image. Topics include color and shade selection, blemishes, and makeup techniques to accent best features. Students take home a set of makeup brushes. \$15 supply fee payable with tuition.

Section 40F: Sun., Jan. 24, 1:30-4p, Fee: \$19

Section 41F: Sat., Feb. 20, 9:30a-Noon, Fee: \$19

Section 42F: Thurs., April 1, 6:30-9p, Fee: \$19

NEW! Discover the Fire Within PDV 075-40

A dynamic personal leadership development course. Participants will develop a tactical plan to integrate learned strategies for success into their lives. Benefits include creating an individualized personal mission statement, utilizing an action oriented time/management matrix, and developing the ability to see opportunity and act on it.

Tuesdays, March 9-30, 6:30-9:30p, Fee: \$79

Health and Well-Being

Managing Your Time And Life More Efficiently HLH 152-40

Examine how you use your time in your personal and professional life and discover how you can manage it more efficiently. Explore and learn the concepts of how to plan, manage and control your time to be less stressful, more fulfilling, and more efficient.

Tues., May 11, 6-9:30p, Fee: \$29

Herbs for Medicinal Uses HLH 153-40

Learn the medicinal and traditional uses of herbs. A slide presentation of more than 40 different plants will help you learn to identify them and their possible uses.

Thurs., May 6, 6:30-8:30p, Fee: \$19

Healing Intergenerational Issues HLH 154-40

A study of our belief systems and behavior patterns passed through generations through a process of family mapping. Learn to break the cycle of pain through re-coding or re-circuiting what we inherited from our families. Learn how to live happier, healthier and more fulfilled lives for ourselves, our children and our children's children.

Mondays, Jan. 25-March 1, 7-9p, Fee: \$75

Smart Shoppers PDV 068-40

Learn how to save money on everything from prescriptions and food, to entertainment and vacations. Learn how to use the Internet to save big money and become a more effective and efficient consumer.

Sat., April 10, 10a-12:30p, Fee: \$19

Home Improvement – DIY**Basic Home Maintenance** PDV 033-40F

Learn the basics of home maintenance including repairs to electric, drywall, and plumbing, and the proper installation of blinds and curtain rods. Covers the use of hand and power tools, and different types of anchors. \$15 supply fee payable with tuition.

Thursdays, Feb. 4-25, 6:30-8:30p, Fee: \$49

Plumbing 101 PDV 036-40F

Learn how to take care of your own household plumbing needs. Course teaches when to use plastic and PVC, types of fittings, how to find leaks and diagnose problems, new installation and repairs, and a review of safety and local codes. Hands-on class lets you work on actual plumbing fixtures and appliances. Taught by certified plumber. \$20 supply fee payable with tuition.

Thursdays, March 11-April 1, 6:30-9p, Fee: \$59

The Environment**Alternative Building And Green Architecture** GRN 100-40

Learn alternatives to traditional home building methods, as well as an insight into environmental, economical, social, and governmental influences of modern housing. Find out about the alternative and recycled materials being used in buildings today emphasizing energy efficiency and low impact, naturally occurring, recycled or renewable building materials and energy efficiency.

Wednesdays, March 10-April 14, 6:30-9p, Fee: \$75

NEW! Carbon Trading GRN 103-40

Green is the word! A carbon footprint is a measure of the impact our activities have on the environment. Learn what we need to plant to offset our carbon output.

Tues., April 27, 5:30-7:30p, Fee: \$19

Gardening**Lawn Care Made Easy** GDN 113-40

Do less work and have a beautiful lush lawn! Save money and time, and incorporate more environmentally friendly practices. Learn to fertilize organically and practice weed prevention without chemicals. Taught by certified arborist Dan Porter.

Mon., March 22, 5:30-7:30p, Fee: \$19

NEW! Easy Rain Gardens GDN 131-40

Rain gardens are fast becoming a popular way to help alleviate the problems of storm water runoff and wet soil areas. Learn easy and economical designs and what plants work best.

Thurs., April 1, 5:30-7:30p, Fee: \$19

NEW! Best Trees for Missouri GDN 132-40

Explore what makes a great tree for our area. Learn the good, bad, and the ugly of trees' characteristics and the species that are best for your location.

Tues., April 6, 6-8:30p, Fee: \$19

NEW! Tree Planting Success! GDN 133-40

Learn proper planting, site selection, and maintenance to ensure your new tree's success and increase the value of your home.

Thurs., April 22, 5:30-7:30p, Fee: \$19

NEW!
Online Registration is
available beginning Jan. 6.

www.stchas.edu/ConEd