Create!
Art, Jewelry, Pottery
Photography and more p19

Fun Fitness
Dance, Yoga, Zumba p31

Yum!
Food & Wine p28

Better Business
Update skills. Change your career. Learn a talent! p4

Get Tech!
Computers, smart phones, software and web p15

Classes on the go!
With one scan, see all your favorite classes

www.sccommed.org
(916) 781-6280

learn explore have fun!
We provide the classes you want at the times and locations that fit into your busy life. Young or old, we think Sierra College Community Education will provide you with opportunities to expand your horizons, hone your talents or introduce you to a new hobby so that learning is lifelong.

WONDERING WHAT’S NEW?
Here’s a few of our new courses for Spring 2014!

» MEET THE BIRDS OF THE SIERRA NEVADA Enroll in one or all five courses that will entertain as well as enlighten you about the amazing birds found in our region. p48

» HOT FUSION FITNESS This fun and unique workout combines strength, flexibility and balance training with “Old School” dance. p33

» COOKING WITH THE PROS: SOUPS FROM SCRATCH Join us for a tasty adventure in cooking and learn the basic techniques of several soup styles. p29

» IMPROVE YOUR INTERVIEW SKILLS Whether you are a leader wanting to improve your interview skills or looking for a new position and want to brush up on how to present yourself in an interview, this class is for you! p9

» GET TO KNOW YOUR SMART PHONE AND CAMERA Get hands-on instruction on how to setup and use your Android phones. (iPhone or iPad take “iPhones, iPads and I’m Lost”). p15
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10  Career
15  Computers—Classroom
44  Computers—Online
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» Interested in Sierra College credit classes? Learn more at www.sierracollege.edu!

Office Info »
Sierra College Community Education
333 Sunrise Avenue, Suite 300, Roseville, CA 95661
Monday–Friday, 8:30am–4:30pm
(916) 781–6280 www.sccommed.org

Spring 2014 College Holidays
December 24–January 1  Winter Break
January 20  Martin Luther King, Jr. Day
February 14–17  Presidents Weekend
April 17–18  Spring Break
May 26  Memorial Day
QuickBooks—Level Two
Take your QuickBooks skills to the next level! Learn to set up and use QuickBooks for payroll, physical inventory and sales tax. Explore the estimates and time tracking features, and work with budgets. Students will enter general journal entries, customize QuickBooks reports, and create custom templates. Completion of QuickBooks Level I or equivalent experience required. **Required text:** QuickBooks Pro 2013: Level 2 by Labyrinth Learning, ISBN 978-1-59136-479-5.

**Roseville Gateway** 333 Sunrise Ave, RG-120
4/14-5/5 Monday 6-9pm  
#2184 Claire Moore $188

Small Business Recordkeeping Basics: Keep Records and Your Sanity
Running your small business requires keeping records on inventory, employees, taxes, income, expenses and more. Learn how accounting and bookkeeping impact your financial success and contribute to your bottom line. Includes the difference between bookkeeping and accounting in your business, the basics of income tax, sales and payroll taxes, what are financial statements and what do they tell you about your business and a brief introduction to QuickBooks accounting software.

**Roseville Gateway** 333 Sunrise Ave, RG-123
2/22 Saturday 9am–12pm  
#8306 Claire Moore $54

Small Business Startup Basics
Owning your own business is not only a strategy for exiting your present 40-hour grind, it is a necessity in today’s uncertain economic climate. This course is for anyone who has considered turning their skills into a lucrative business. Employed, unemployed and retirees will find information needed to get started in creating your own small business. Includes: what business is best for you, skills and equipment needed, licenses required, financial considerations and much more.

**Roseville Gateway** 333 Sunrise Ave, RG-123
2/22 Saturday 1–4pm  
#8307 Claire Moore $54
**Online Accounting Fundamentals**
Demand for accounting professionals currently exceeds supply. Increase your financial awareness and accountability while gaining a marketable skill. Learn the basics of double-entry bookkeeping, how to analyze and record financial transactions and how to prepare various financial reports. Accounts receivable, accounts payable, payroll procedures, sales taxes and common banking activities will be discussed. We'll cover writing checks and closing out fiscal period accounts. See page 44.

**Introduction to Nonprofit Organizations**
If you’re thinking of forming a new nonprofit organization, this introductory class is for you! You’ll learn the eight simple steps needed to form a nonprofit organization, the similarities and five major differences between nonprofits and for-profit businesses, the pros/cons of operating a nonprofit and tips for avoiding five of the biggest mistakes failing nonprofits make.

**Grant and Proposal Writing for Nonprofits**
Start writing proposals today and get the money and resources you need to operate your non-profit! This workshop is designed for people who have never written a proposal for grant funding or have had little success in their proposal writing efforts. You’ll learn how to search and apply for government and foundation grants; how to use rejections as a sure-win for next time; and how to stand above the competition. Each student will have the opportunity to complete a current grant application during class. Materials: $30 at class

**Create Your Career in the Arts**
Join Gayle, accomplished artist, teacher, consultant and host of The Art Revealed Show for an inspirational lecture, question and answer session and invaluable networking opportunity. Learn how to market your own creations to galleries, studio tours and online to name a few. You will receive helpful tips, information on marketing and brochures, press release examples, valuable reference materials, social marketing tips, local connections and more. Leave class with renewed enthusiasm and a belief that you really can do anything you put your mind to.

“Trina is an outstanding instructor! She’s extremely knowledgeable. She’s down-to-earth. And most of all attentive to her students’ needs and questions.”

Randy Wagner
Grant and Proposal Writing

» Want to create your own website? See page 15.
**Business Succession Workshop**

Chart your own course through the maze of legal, tax, financial, management and psychological complexities to arrive at your own personalized business succession game plan. Discover business and estate planning techniques successfully employed by other business owners and assess your core objectives when passing your business to children or selling to employees or third persons. Come away with the peace of mind that you will be able to design an integrated succession plan and manage the transition for your business and family. Materials: $10 at class.

**Rocklin Campus C-9**

2/22 & 3/1 Saturday 9:30am-12:30pm
#2214 Allen Ratcliffe $98

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**How to Profitably Manage Rental Properties**

This is a roll-up-your-sleeves workshop for individuals or professionals wanting to manage their own properties or someone looking to get into property management as a career. You'll learn how to: prepare properties for leasing, keep properties rented, collect rents, enforce penalties and evictions as well as working effectively with homeowners associations, difficult tenants and challenging property owners. We'll also address security deposits and maintenance of properties. Materials: $35 at class.

**Roseville Gateway 333 Sunrise Ave, RG-114**

3/1 Saturday 9am–12pm
#8178 Pat Larkin $48

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**How to Pursue a Career in Property Management**

If you have ever thought about getting into property management, this class is for you! This class is structured for anyone interested in a career in residential property management. You will learn about state requirements for property managers, maximizing operating efficiencies and how to screen property owners to maximize profits. We also cover the property management industry and its economic drivers. Materials: $30 at class.

**Roseville Gateway 333 Sunrise Ave, RG-114**

3/1 Saturday 1-4pm
#2009 Pat Larkin $48

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**Seven Simple Secrets to Financial Freedom**

Does your money work for you or do you work for your money? This class is not taught by a financial guru using technical language. You will learn from a single mom, turned home business entrepreneur, turned home owner, turned real estate investor. You will learn how to: get out of credit card debt and reduce bad credit, raise your credit limit and lower your interest rate, raise your credit score, buy a home even if you have bad credit or are self-employed, and more. Materials: $20 at class.

**Roseville Gateway 333 Sunrise Ave, RG-607**

3/4 Tuesday 5-7pm
#2182 LeeAnne Krusemark $44

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**Cash in with a Successful Home-based Business**

Are you tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits at home by learning how to start a home-based business from a successful entrepreneur. Learn more than 100 business ideas, mandatory legal documentation, way to market your product/service and more. If you really want to succeed in a home-based business this workshop is a must. Materials: $20 at class.

**Roseville Gateway 333 Sunrise Ave, RG-607**

3/4 Tuesday 7-9pm
#2110 LeeAnne Krusemark $44

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"Unbelievable, it was so good! I was so relieved to get information."

Nancy Glass

How to Profitably Manage Rental Properties
BUSINESS AND FINANCE »

LinkedIn—Getting the Most Out of Your Online Presence

Maintaining your online professional presence is critical to networking. In this workshop you will learn how to cultivate your presence on LinkedIn. We’ll review your profile and settings, go over search functionality and review groups. Discover the differences between LinkedIn and other social media sites. Materials: $15 optional for book.

Roseville Gateway 333 Sunrise Ave, RG-120
3/11 Tuesday 6–9pm
#8371 Melissa Washington $56

Generate Business with Search Engine Optimization

How do you make your website a better marketing tool? You can improve your search engine results and get your business more attention from your target customers. Learn about the two major optimization techniques—content changes and increasing inbound links. In class, we identify specific changes for your website to improve the chances of prospective customers finding out about your business. Recommended: Web Design Basics; experience with browsers. Materials: link to free materials will be emailed prior to class.

Roseville Gateway 333 Sunrise Ave, RG-120
3/18 Tuesday 6–9pm
#8205 Dorene Matney $51

“I had no idea how powerful LinkedIn is! What a great tool for promoting my fine art business. Melissa loves what she does and it comes through.”

Marilyn Rose LinkedIn

Make Money with a Typing/ WP Business

If you can type, you can make money at home using your computer. Having already learned all about home-based business success (you must have attended “Cash in with a Successful Home-based Business”), you will then discover the secrets to profits in the typing/word processing business including: how and where to find clients, 50 ways to advertise/market your service, effective equipment choices and more! Materials: $10 at class.

Roseville Gateway 333 Sunrise Ave, RG-607
3/4 Tuesday 9–10pm
#2111 LeeAnne Krusemark $28

Introduction to WordPress: Hands-On

Learn how this powerful publishing platform can work for your small business in hands-on sessions. You’ll start with a freshly installed site and learn to add text and images, create pages and blog posts. Learn how to structure your content for readers and for search engines, custom theme concepts, managing menus, as well as how to integrate with other social media. Experiment with your site for three months with the option to convert into a permanent website. Materials: $20 at class.

Roseville Gateway 333 Sunrise Ave, RG-120
3/6-20 Thursday 6:30–8:30pm
#2117 Rich Webster $79

Facebook and Social Media Marketing for Small Business

Go beyond just being a user of Facebook and social media sites and learn how to get leads, find prospective clients and pull people in-the-door using proven Social Media marketing methods and tools. You’ll learn how to create content that attracts fans and followers, how to create a Facebook page for your business and connect your website to Facebook. Find out how other businesses are using coupons, promotions and contests. Materials: $30 at class.

Roseville Gateway 333 Sunrise Ave, RG-611
3/12 Wednesday 6:30–9:30pm
#8444 Bob Cohen $44
Understanding the Role of the Supervisor
Covers the specifics of the supervisor’s role and responsibilities, and provides multiple strategies for improving your overall effectiveness as a leader. Discussion and workshop exercises illustrate ways to save time and effort by understanding the benefits of the functions of management and how to leverage each for maximum productivity. This class is a MUST for new and even experienced supervisors and managers. Materials: $15 for each individual class or $45 for the series at class.

Effective Delegation
Workshop presents the numerous benefits of delegation, why it is so hard for leaders to do effectively and what you and your staff can gain from delegation. Exercises include practice using the 6–step Delegation Model. Students are encouraged to use any example from work they feel can help them improve their delegation skills. Materials: $15 for each individual class or $45 for the series at class.

Performance Management
This class covers specific techniques for diagnosing performance problems, how to correct them and how to improve the performance of your team and increase the productivity of your team. This class utilizes case studies that reflect real business problems and provides keys to resolving the most common issues supervisors and managers face daily. Materials: $15 for each individual class or $45 for the series at class.

Writing and Delivering Performance Reviews
Demystifies the performance evaluation process by providing simple step-by-step methods for identifying what to include in a review, how to deal with specific performance issues, how to keep track of accomplishments and problems during the year. This class will show you how to save time and ensure you are including the right information in the review as well as how to motivate employees through goal setting, and how to deliver the review once it is complete. Materials: $15 for each individual class or $45 for the series at class.
Whether you are a leader in search of improving your interview skills or looking for a new position and want to brush up on how you present yourself in an interview, this class is for you. Learn the inside scoop on how to interview and how to be interviewed to gain the advantage and get the best possible result from your efforts. Whether you are currently recruiting and interviewing or not, the skills presented in this class are essential to your success as a manager or supervisor.

Materials: $20 at class.

Rocklin Campus Mt-10
4/12 Saturday 8:30am-12pm
#2177 Sally Klauss $65

online Project Management Fundamentals
Become an indispensable member of your project team. This course will provide you with the essential information you’ll need to prepare for and complete your first project. If you’re an experienced project manager, this course will make you more valuable to your employer by increasing your skills and competencies. See page 44.

Problem Solving and Decision Making
Most supervisors and managers make decisions based on their “gut” and lack the formal experience of an analytical approach to problem solving. This class reveals concepts for increasing your effectiveness in this critical area of performance and will help you improve the quality and consistency of your results. Materials: $15 for each class or $45 for series at class.

Rocklin Campus Mt-10
3/22 Saturday 8:30am-12pm
#8310 Sally Klauss $65

Conflict Management
Most managers and supervisors avoid conflict like the plague. Unfortunately, conflict cannot be avoided. The skills you will learn in this class will help you develop effective ways of identifying problem situations early on and improve your confidence when addressing issues in a non-emotional way. Materials: $15 for each class or $45 for series at class.

Rocklin Campus Mt-10
3/29 Saturday 8:30am-12pm
#8311 Sally Klauss $65

Goal Setting for Results
Goals are the foundation of leading, motivating, and managing people. This class takes you through a simple yet powerful step-by-step method for clarifying goals, getting employees involved and excited about their goals, and creating an action plan for achievement of the goals. Materials: $15 for each class or $45 for series at class.

Rocklin Campus Mt-10
4/5 Saturday 8:30am-12pm
#8312 Sally Klauss $65

Supervisory and Leadership Skills Certificate Series II
The skills acquired in this series will boost your confidence and increase your job performance. This series is a must for new and even experienced supervisors and managers wanting to learn new techniques, update their skills, and keep current with today’s business demands. Students who complete all four series courses will receive a Certificate of Completion.

Developing Your Management Style
Learn how to use your unique style to your benefit instead of managing in a way that doesn’t fit you. This class shows you how to bring out and leverage your own unique leadership style that will work with and compliment proven management principles. Materials: $15 for each individual class or $45 for series at class.

Rocklin Campus Mt-10
3/15 Saturday 8:30am-12pm
#8309 Sally Klauss $65

Register online » www.sccommned.org
What Were You Born To Do™
You were born to make a unique contribution to humanity. Progressing toward this purpose brings joy and abundance. Straying from it causes stress and emptiness. Discover how to apply your natural talent to all aspects of life and why it is the source of everything you desire. Elvis, Oprah and Einstein were all just “doin’ what comes naturally.” Applying your natural talent relentlessly will magnetically attract all your heart’s desires. Materials: $30 at class.

CPR for Healthcare Providers
This course, approved by the American Heart Association, covers adult and pediatric CPR, including two rescue scenarios and use of the bag-valve mask. It also covers foreign-body airway obstruction (conscious and unconscious), automated external defibrillation (includes child AED update), special resuscitation situations and other cardiopulmonary emergencies. The course is intended for certified or non-certified, licensed or non-licensed healthcare providers including physicians, nurses, medical technicians, pharmacy technicians and other allied health personnel. Two-year certification is provided upon successful completion of course and written exam. Materials: $15 at class.

Medical Terminology: A Word Association Approach
This course teaches medical terminology from an anatomical approach. The origin, a combined form and an example of non-medical everyday usage is provided for each term. Word associations are provided as a learning tool. See page 44.

Your Second Act “Encore” Career
For many, retirement is no longer only golf, grandkids or gardening. It’s a chance to volunteer, intern or even profit from your passion while supplementing your income and staying mentally active. In this class you will identify your passions and callings and discover a proven practical road map for every step of your journey. You can find a second act or encore that is flexible, fulfilling and fun. Materials: $12 at class.

Sierra College Community Education » not-for-credit classes
Career Training in your bunny slippers?

Yes you can!

Start training for a new career with one of our online courses

» Pharmacy Technician
   CC# 3310G

» Administrative Dental Assistant
   CC#3300G

» Become a Veterinary Assistant
   CC#4235E

» Administrative Medical Specialist with Billing and Coding
   CC#3301G

» Certified National Pharmaceutical Representative
   CC#3304G

For more information contact:

www.sccommed.org
(916)781-6280
### Medical Insurance Billing Program

Learn medical billing and become a valued professional in the fast-growing healthcare field—or start your own business. Students will receive a Certificate of Attendance at the end of each course. Those who enroll in all four courses of the Certificate Program* will receive a "Certificate of Completion" from Sierra College Community Education. Students must be prompt; it is recommended that you arrive 15 minutes early.

#### Introduction to Medical Insurance Billing*

One of the physician’s most valued employees is the one who does the insurance billing. Learn medical billing techniques and how to bill Medicare, MediCal, TRICARE, CHAMPVA and private insurance carriers; complete the CMS 1500 (universal) insurance claim form; look up diagnosis codes, procedure codes and modifiers and much more! Materials: $69 at class.

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<td>#8055 Kris G. Patterson $112</td>
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#### Starting Your Own Medical Insurance Billing Business

Medical billing services are in demand. Learn how to obtain clients, set fees and market your services, where to obtain HIPAA-compliant software, what billing organizations you can join and more. Materials: $29 at class.

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<td>#8053 Kris G. Patterson $74</td>
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#### Advanced Medical Insurance Billing*

This workshop is for those students who have completed the Medical Insurance Billing course or students who are already Billers and want to further their knowledge in medical billing. You will learn the difference between PPOs, HMOs, IPAs, HCPCS coding, about HIPAA other various issues followed by open discussion. Materials: $39 at class.

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#### Computerized Medical Insurance Billing*

Meet the instructor for a 15–minute orientation to receive class material and information on using the software. (Windows 98 or above required.) Learn how to set up a medical insurance billing practice using your own computer. NOTE: This seminar must be completed within two weeks. (Most students complete within six to eight hours.) You will have the assistance of an instructor via e-mail for any questions or concerns. Prerequisite: Experience in Medical Billing or completion of Intro and Advanced Medical Insurance Billing. Materials: $89 at class.

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#### Workers’ Compensation and Personal Injury*

Learn how to bill California Workers’ Compensation and Personal Injury cases. Topics include filing Workers’ Compensation Appeals Board Liens; tips for screening patients; maximizing reimbursement; turning objection letters into payments; negotiating with attorneys; billing automobile insurance carriers and Personal Injury cases. Prerequisite: Experience as a Medical Biller or completion of Intro and Advanced Medical Insurance Billing. Materials: $39 at class.

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<tr>
<td>3/15 Saturday 8am-2pm</td>
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<td>#8054 Kris G. Patterson $83</td>
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How to Become a Mystery Shopper

How would you like to get paid to go shopping? Do you like to eat out, play golf, or buy clothes? You can have fun, earn money and help improve the quality of products and services consumers receive. In this class you will learn how mystery shopping works, how to complete the evaluations and how to avoid the scams. Mystery shopping companies are currently hiring and you will learn how to contact them and get hired. Materials: $20 at class for book.

Roseville Gateway 333 Sunrise Ave, RG-116
3/15 Saturday 1-4pm
#8249 Elaine Moran $51

Become a Notary Public in One Day

Start your own business, become a more valuable employee, provide customer service for your business or organization and earn additional income. This intensive seminar is designed to equip you with everything to become a Notary. Find out about new legislation, how to pass the test (must be taken every 4 years), identify document signers, keep a journal, fill out certificates and avoid lawsuits. The class includes a practice Notary Public Exam. Book included in class fee. Must have a clean record. Materials: Listed on confirmation and website.

Roseville Gateway 333 Sunrise Ave, RG-114
3/22 Saturday 8am–4pm
#8420 Notary Public Seminars Staff $149
**Escrow Coordinator**
Enhance your resume, learn new skills for your existing job in a real estate office, or start your own business. Busy agents often don’t have time for the detail work involved in coordinating an escrow. Become the Transaction Coordinator for your real estate office or coordinate escrows right from your home. Learn how to schedule, track and coordinate real estate transaction events, fill out all necessary paperwork and understand your role as liaison between the agent, buyer, seller and multiple vendors. Materials: $40 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-611
5/17 Saturday 9am–3pm
#8870 Notary Public Seminars Staff $99

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“Recording a commercial and hearing our voices was a great part of the class! Great job Lisa!”

T. Totten
You’re on the Air

**You’re on the Air: How to Really make it in Voice-Overs!**
With such notable talents as James Earl Jones, Glenn Close and Alec Baldwin lending their voices to commercials, films and videos, one would think it’s next to impossible to break into the field. Not so! You’ll learn how to get around the competition and actually turn voice-overs into a thriving full or part-time business. Discuss the business as a whole, the numerous opportunities, income potential and the all-important demo and how to have it produced.

**Roseville Gateway** 333 Sunrise Ave, RG-114
4/10 Thursday 7-9pm
#8081 Lisa Foster $49
1/25 Saturday 9–11am
#8081 Lisa Foster $49

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“recording a commercial and hearing our voices was a great part of the class! Great job Lisa!”

T. Totten
You’re on the Air

**If you can surf the internet, you can take an online class**

Classes start each month
Only $104 for most six-week classes with two lessons per week.

» For more information, see pages 44-47 and for further details and to register, go to www.sccommed.org

**More than 300 different online classes every month, including:**
- A to Z Grant Writing
- Creating Wordpress Websites
- Accounting Fundamentals I and II
- Grammar Refresher
- Medical Transcription
- Medical Terminology
- Certificate in Gerontology
- Project Management Fundamentals
- Speed Spanish I, II and III
Get to Know Your Smart Phone and Camera
Android phones (made by Samsung, HTC, LG, Motorola, etc.) have skyrocketed in popularity. Join us and get hands-on instruction on how to setup and use your phone on a day-to-day basis. We’ll cover the Android app store so you can synchronize your calendar, contacts, emails, etc. seamlessly from your windows computer. Time will be spent on learning how to use the high quality camera on your phone too. Find out what you can do besides make a phone call! No iPhone or iPad please. No experience necessary.

Roseville Gateway 333 Sunrise Ave, RG-112
3/11-25 Tuesday 6-8:30pm
#2215 Roy Salisbury $68

Web Design Basics
Starting a website? The many choices available can be confusing. In this class, you learn terms and concepts to help you evaluate those choices. Is a free, web-based service for you? Would you rather have more control with a low-cost, hosted website that you can customize? How do you select a template or craft your own design? You’ll critique several sites during class and better understand what you want in your website. Recommended: experience with browsers.

Materials: link to free materials will be emailed prior to class.

Roseville Gateway 333 Sunrise Ave, RG-120
2/11 Tuesday 6–9pm
#8968 Dorene Matney $51

Clean Up Your PC from the Inside Out with FREE Programs
Is your PC running slowly? There are many free tools on the Internet that can help you keep your PC running at its optimal best. Join us and learn to maintain a healthy PC. Learn to deal with problems associated with viruses, slow hard drives, surfing the Web and more. We’ll show where to find the free tools and how to use them. A CD-ROM of programs used will be given out at class. Bring your questions.

Materials: $5 at class.

Roseville Gateway 333 Sunrise Ave, RG-610
2/22 Saturday 9am–12:30pm
#8672 David Conley $53

Recommended Skill Levels
1 For brand new computer users who want to learn the very basics.
2 For those who have used a computer, but still need to know more.
3 For users with experience who want to learn how to use the more advanced features.
1 Computer Basics
Beginners—ask questions, experiment, learn what things are called and how they work. We will cover how to use the mouse and keyboard to create, save and print documents, how to find, move, copy, or delete files; and how to create folders. Viruses and security issues will also be covered. Bring required text and a USB drive to save your work. Required text: Microsoft Windows 7, Illustrated Series, Introductory, ISBN: 0-538-74905-9.

Roseville Gateway 333 Sunrise Ave, RG-120
1/29-2/12 Wednesday 2-5pm
#8775 RoseMary Monroe $106

“Thank you for giving me the confidence to properly use Word, Excel, and PowerPoint.”
Robin Greenslade
Microsoft Office 2010

2 Microsoft Office 2010
Learn to create great-looking documents, spreadsheets and presentations for work, school, creative projects and more. The improved tools in Microsoft Office Word, Excel and PowerPoint 2010 make it easier than ever to get things done. You’ll create, edit and print a worksheet using tools in Excel. You’ll also create a PowerPoint slide show and add slides, clip art, animation and sound effects. Must have good mouse skills. Bring required text and a USB drive to first class! Required text: MS Office 2010: Brief by Labyrinth Learning ISBN 978-1-59136-353-8.

Roseville Gateway 333 Sunrise Ave, RG-120
2/26-3/12 Wednesday 6-9pm
#8061 RoseMary Monroe $106

» Want to make your website a better marketing tool? See Generate Business with Search Engine Optimization, page 7

3 Microsoft Windows 7—Level I

Roseville Gateway 333 Sunrise Ave, RG-120
3/26-4/9 Wednesday 2-5pm
#8539 RoseMary Monroe $106

About our Computer Labs
Our labs use the Windows XP or Windows 7 Operating Systems and Office 2010. The skills taught in these classes are also applicable for all users of the Windows operating systems.

Books! Purchase your required textbook at Sierra College Bookstores
www.sierra.bncollege.com
Rocklin (916) 660–8200
NCC (530) 274–5305
Excel 2010—Macros Workshop

Simple, powerful and easy to customize Excel Macros can save you a great deal of time and increase your productivity! When you find yourself repeatedly performing the same tasks in your spreadsheets it’s time for you to create a macro. A macro is a set of instructions (a recording) for tasks that you perform frequently. In this workshop you will learn how to enable/disable; record, run, and edit a macro; using shortcut keys and much more. Bring a USB flash drive to save your work. Must have basic Excel 2010 knowledge.

**Roseville Gateway** 333 Sunrise Ave, RG-120
4/23 Wednesday 6-9pm
#2186 RoseMary Monroe $46

Excel 2010—Pivot Tables Workshop

Pivot tables are a very useful and powerful feature of Excel. They can be used to summarize, analyze, explore and present your data. In this workshop you will learn what a pivot table is and how to make the best use of this powerful tool to generate reports, summarize large amounts of data and how to provide alternate views. Bring a USB flash drive to save your work. Must have taken Excel 2010—Level I or equivalent experience.

**Roseville Gateway** 333 Sunrise Ave, RG-120
4/30 Wednesday 6-9pm
#2185 RoseMary Monroe $46

Excel 2010—Level II

Now that you’ve got the basics, learn to make this spreadsheet program your most powerful tool. Format data using text functions, sum a data range based on conditions, consolidate data using a formula (3-D references or links to data), check formulas for errors, construct formulas using named cells/ranges, build a logical formula and calculate payments. Filter a table, create a custom filter, Advanced Filter, extract data and much more. Bring a USB drive to save your work. Must have taken Excel—Level I or equivalent experience. **Required text:** Same as Level I.

**Roseville Gateway** 333 Sunrise Ave, RG-120
3/26-4/9 Wednesday 6–9pm
#8622 RoseMary Monroe $106
1. **Files and Folders Management—Windows 7**
Managing files and folders enables you to quickly locate files that you created and need to use again. Learn how to organize files and folders using “Computer” and “Windows Explorer.” Includes how to: create, name, and organize folders; rename, copy/move or delete files; search for a file when you cannot remember where you stored it; and create shortcuts to file and folders. Bring a USB flash drive to save your work. Must have keyboarding and mouse skills.

**Roseville Gateway** 333 Sunrise Ave, RG-120
4/23 Wednesday 2-5pm
#8624 RoseMary Monroe $46

2. **Word 2010—Mail Merge Workshop**
Learn the fast and easy ways to create mail merges for documents and labels. This workshop includes creating a main document, designing a data source, entering/editing, sorting/filtering records; adding merge fields; merging data; and creating envelopes and labels. Bring a USB drive to save your work. Must have basic knowledge of Word 2010.

**Roseville Gateway** 333 Sunrise Ave, RG-120
4/30 Wednesday 2-5pm
#8100 RoseMary Monroe $46

3. **Introduction to Mac Fundamentals**
Join us for some hands-on learning with Mac fundamentals. This class provides help for new Mac users: how to navigate, creating files and folders, getting in and out of applications, using software, and more. This class is recommended preparation for Mac Skills—Beginning. Materials: $5 at class.

**Nevada County Campus** N7-119
2/8 Saturday 1-4pm
#6417 Richard Hurley $38

4. **Mac Skills—Beginning**
Make the Mac work for you! In this easy-to-learn atmosphere, you’ll get hands-on experience learning the Mac operating system and review the many options Mac offers for storing and viewing your information. Find out why Mac users love this easy-to-master and well-designed environment. Recommended: some experience with Mac or completion of Introduction to Mac Fundamentals. Materials: $5 at class.

**Nevada County Campus** N7-119
2/22-3/8 Saturday 1-4pm
#6418 Richard Hurley $106

5. **Mac Skills—Intermediate**
Join us and continue improving your skills and knowledge of the Mac. You’ll learn the finer points of the Mac operating system, including security, system preferences, backups, and more. We will also explore popular software applications for the Mac. Recommended completion of Mac Skills—Beginning or equivalent experience. Materials: $5 at class.

**Nevada County Campus** N7-119
3/22-4/5 Saturday 1-4pm
#6419 Richard Hurley $106

» Have you heard about **WordPress** for managing websites, blogs and social networking? Learn more. See page 7

**Search our website**
for instructor bios: visit www.sccommed.org and select the class (under browse classes), then click on the instructor’s name.
Fun Dichroic Glass Jewelry Design
Discover the fun of making unique fused glass jewelry. This class covers the beginning of creating one-of-a-kind dichroic jewelry. You will make three different styles of glass pendants and earrings. A glass kiln will run during the class and we will review how to run a kiln at home. Bring a lunch, safety glasses, Elmer’s white glue, super glue and a sharpie pen. All glass tools provided. Materials: $20 at class.

Rocklin Campus E-8
2/1 & 2/8 Saturday 10am-4pm
#8437 Diane Wood $78

Kiln Formed Glass Vessels
Have fun with an exploration of the possibilities of fused and slumped glass while creating your own unique glass vessels. You will experiment with design options using a wide variety of frit, stringers, confetti, sheet and iridized glass with demonstrations and instruction provided by Diane. You will design two vessels, 10”x10” and 6”x6”. Bring a lunch, super glue, safety glasses and a sharpie marking pen. Materials: $60 at class.

Rocklin Campus E-8
3/15 & 3/22 Saturday 10am-12pm
#8168 Diane Wood $78

Shiny Foils and Sparkle Art
Create gorgeous sparkle art on canvas with decorative foils—silver, copper, patterns and more. Add bling from mica powders, metallic and glass gel beads and you have a unique work of art that will shine and sparkle like you have never seen! Multiple texture and color mediums will be taught and every student will go home with several pieces of art. Materials: $20 at class.

Roseville Layers of Color Design Studio
201 Walnut Street
2/8 Saturday 10am-2pm
#2187 Kelly Peterson $62

Fabulous Furniture Finishes
If you have tired, older or unfinished furniture that needs an updated look, this workshop is for you. Learn how to apply several layers of paint materials to create beautiful and unique furniture finishes. We’ll work with paints, glazes and metallic finishes that enhance any design style from traditional to contemporary. Dress for mess, bring a sack lunch. No experience necessary. Materials: $20 at class.

Roseville Layers of Color Design Studio
201 Walnut Street
2/22 Saturday 10am-2pm
#8483 Kelly Peterson $64
4/5 Saturday 9am–1pm
#8483 Kelly Peterson $64

Introduction to Cabinet Finishes
Want to help transform the oak cabinets of the world into something beautiful? We start with one finish at a time. In this class you will learn several different finishes that will not only hide the oak cabinetry, but also offer beautiful and durable finishes that will coordinate with any design style. We’ll layer paints and glazes, wood grain and metallic finishes for cabinetry. Each student will take home four gorgeous finished samples. All materials are water based and eco-friendly. Materials: $20 at class.

Roseville Layers of Color Design Studio
201 Walnut Street
3/11 & 18 Tuesday 5:30-8:30pm
#2188 Kelly Peterson $78

I loved the class, very informative, hands on, fun. What a great way to spend a Saturday morning!”
Jenny Brenner
Fabulous Furniture Finishes
Chalk Paints and More
Learn to refinish and re-purpose furniture and cabinetry with multi-layered chalk paints and beautiful embellishments. Through techniques utilizing elements such as metallic paints, metallic foils, mica powders and more, we are taking chalk paints to a whole new level. We will be applying wax sealers in ways you never thought possible. Take home several samples and one beautiful jeweled box you will create in class. Dress for mess, bring a sack lunch. Materials: $20 at class.

**New Introduction to Wall Finishes**
Want to learn what to do with your walls when plain paint just isn’t enough? Adding decorative glazes and simple but beautiful wall finishes will make your home the envy of all your friends and family. Join us and we’ll learn how to create and apply wall glazes, stencils and metallic washes! You will go home with 4 finished sample boards. Materials: $20 at class.

Floral and Botanical Drawing
Spring is all about the vibrant joy of nature and its amazing creations. Join us and learn to capture the beauty of daffodils and hyacinths as you create timeless drawings in class. Bring your color pencils and watercolor for this fun experience. All levels welcome! Materials: $6 at class. Additional materials listed on confirmation and website.

Exploring Uncial Calligraphy
Join us for this fun class where you will learn the ancient art of hand-lettering. Uncial is often called the Early Christian Alphabet as the letterforms dominated Middle Ages manuscripts. The alphabet is composed of all capital letters. It is very legible and its simplicity makes it quite useful in contemporary calligraphy. You will use broad edged markers to produce cards, posters and art projects. Materials: $2 at class. Additional materials listed on confirmation and website.

Drawing—Let’s Start at the Beginning
Have you ever wanted to learn how to draw? This workshop is for you! Fun visual exercises and many visual and technical short cuts provide enjoyment as you become familiar with the drawing process. There will be one-on-one help as you develop your work. You will be able to use the following drawing mediums: pencils, charcoal and chalks. Materials listed on confirmation and website.

Drawing with Pastels
Explore the expressive quality of dry pastels and practice the fundamentals of color harmony while you renew your inspiration with this powerful medium. We will start the session with a review of the basic principles of drawing such as shape, light, value, depth, movement, proportion and composition. Individual attention will be provided. Bring a few objects and/or documents to provide you with subject matters for your drawings. Materials listed on confirmation and website.
**Portrait Drawing**

Learn how to sketch one of the most fascinating subject matters, human faces. Explore each of the features that play a role in human expression and combine them through different exercises and techniques. Practice using contour lines and ways to add value to create volume and shadows. Learn some basic anatomical facial structure. There will be one-on-one help all along the workshop. Beginners especially welcome. Materials listed on confirmation and website.

**Roseville Gateway** 333 Sunrise Ave, RG-102
4/12 Saturday 9:30am-3:30pm
#2197 Claire Michelet $68

**T-Shirt Basket**

We all have them, an abundance of t-shirts. Why not turn those worn t-shirts into something fun and functional. By spiral cutting a t-shirt and using a “special” needle, you can learn to make a great basket that is both lightweight and practical. And of course repurposing those old t-shirts is great for the environment! Bring scissors and two old t-shirts with no side seams. Materials: $5 at class.

**Nevada County Campus** N9-102
2/8 Saturday 9am-12:30pm
#6415 Linda Pietz $48

**Fabulous Fiber Vessel**

Learn to make a beautiful and rigid vessel using a variety of novelty yarns. The secret is a special wire mesh that is applied to the textured and colorful yarns in order to create your own fabulous fiber masterpiece. Bring scissors and a size “B” crochet hook and optional small amounts of novelty yarn. Register by: March 7. Materials: $20 at class.

**Nevada County Campus** N9-102
3/15 Saturday 9am-12:30pm
#6416 Linda Pietz $48

**Mosaic Flower Pots**

Create a beautiful mosaic flower pot for your home, garden, or for a lovely gift. Class will cover many materials, tools, and techniques for students to create other mosaic projects on their own. Terra cotta pots, (approx 8") tools, adhesive, and mosaic materials all provided. Students may bring additional scrap dishes, ceramic, or glass to use. First session will be tiling, second session, grouting. All levels welcome. Materials: $25 at class.

**Rocklin Campus** E-8
2/22 & Saturday 1-5pm
3/8 Saturday 1-3pm
#2021 Jennifer Iams-McGuire $76

**Mosaics**

Create a beautiful mosaic stepping stone, flower pot or bring your own project, for yourself or for a gift. This hands-on workshop includes an overview of materials, tools and methods of mosaics. You will select the project piece as well as tiles, broken dishes, glass beads, stones and other items for your art. You may bring your own embellishments. Repeat students welcome. Materials: $30 at class.

**Nevada County Campus** N10-104
3/22 Saturday 1–5pm
4/5 Saturday 1–3pm
#6115 Jennifer Iams-McGuire $76

**Play with Purpose—Art Journal**

Play with a purpose as we use a variety of media including watercolor, acrylic, and collage to create an art journal. This mixed-media art form may change your life! You will learn how to artistically and visually record your day and express your feelings as we explore color theory, composition, balance and texture. Bring a UHU glue stick, sharpie pen, a small brush and scissors. Materials: $5 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-123
5/1 Saturday 9am–1pm
#2170 Kerry Dahlin $56

» Interested in Photoshop, digital and creative photography? See page 50.

» Always wanted to know about the craft of bonsai? See The Art of Bonsai, page 35.
**Tagged!**
Join Kerry for this fun and creative class where you will be using manila shipping tags as your “canvas”! You will be amazed at the artful cards, bookmarks, even a “bound book” you will create using a variety of mediums. Bring scissors, a small paint brush, glue stick and a sharpie pen. Materials: $5 at class.

**Encaustic Painting: Basics and Beyond**
Basics and Beyond focuses on encaustic safety, studio set up, the history of encaustics, along with several painting techniques: fusing with an iron, heat gun, blowtorch, stylus, scraping to discover the layers of color, carving to define shapes, fun textures, taping for line and design, lots of tools and gadgets, effects of joss paper, gold leafing, oil sticks, color mixing and much, much more. Students will complete several encaustic masterpieces ready for showing. Dress for mess, bring a sack lunch and come to have fun! Materials: $45 at class.

**Rocklin Campus**
5/3 Saturday 10am–3pm
#8350 Suzanne Bell $86

**Oil Painting—Wild Flowers**
Explore the fun of oil painting! With Linda’s step-by-step assistance, students will learn how to sketch and paint beautiful flowers. Linda will provide you with fun and stress-free exercises so you will get essential knowledge and experience of how to paint flowers with this classic medium. Materials: $15 at class.

**Rocklin Campus**
3/1 & 8 Saturday 9am-1pm
#2199 Linda Hao $98

**Artist Website**
Learn to create and update your own portfolio site using WIX. This is a great way to display and share your work, apply for jobs, grants or projects. Make an impression as a tech savvy artist. Students at any level welcome to this hands-on learning experience. Bring a notebook, pen and USB drive to save your work.

**Nevada County Campus**
3/15-29 Saturday 10am-1pm
#6421 Julia Ruess $68

**Acrylic Paint Shop**
Acrylic paint allows us to freely explore the painting process. Julia will introduce this versatile paint, its mediums and ground choices. You will learn about color, texture and composition. Students at any level are welcome. Materials listed on confirmation and on website.

**Nevada County Campus**
4/22-5/6 Tuesday 6-9pm
#6424 Julia Ruess $68

**Encaustic Painting: Texture and Collage**
Take your art to the next level. We’ll focus on the more advanced techniques available in the encaustic art world, such as, grout, impressions, stamping, oil staining, antiquing, image transfers, embedded elements, water designs, fun papers, charcoal, graphite, metallic powders, stencils, stylus, flow pen, fabric, pastels, inks, embellishments and so much more, oh my! Students will complete several encaustic masterpieces. Come to have fun, dress for mess and bring a sack lunch. Must have taken Introduction to Encaustic Painting or Encaustic Painting: Basics and Beyond. Materials: $45 at class.

**Rocklin Campus**
5/4 Sunday 10am–3pm
#2156 Suzanne Bell $86

**Acrylic Seascape Abstraction**
Create the magical feeling of a waterscape environment with blue waters and frothy waves using acrylics and alternative mixed media materials. Gayle will guide you with her rule breaking techniques to bring your expressive artistry onto a canvas. Whether you’re just learning how to paint or wanting to gain confidence, this is the class for you! You will love learning in this supportive and nurturing class. Materials listed on confirmation and website.

**Rocklin Campus**
2/22 Saturday 11am-3:30pm
#2178 Gayle Rappaport-Weiland $69
**Watercolor Workshops**

**Watercolor for Beginners**
Experience this art medium in a success-oriented environment. This class is designed for those who have never touched a brush! Wipe away the myth that watercolor is the most difficult media. It’s easy and fun! Materials provided.

**Roseville Gateway** 333 Sunrise Ave, RG-123
1/27 Monday 5:30-9:30pm
#8432 Gayle Rappaport-Weiland $64

**Nevada County Campus** N9-102
3/1 Saturday 11am-3pm
#6073 Gayle Rappaport-Weiland $64

**Watercolor Workshop: Reflections, Water and Skies**
Spend a creative afternoon with artist and art educator Gayle Rappaport-Weiland as you learn how to capture reflections, water and skies in your watercolor paintings. Learn a step-by-step approach and create a sampler with direct instruction from Gayle. Join us and expand your skills. All levels welcome. Materials listed on confirmation and website.

**Rocklin Campus** E-3
2/1 Saturday 1-4pm
#8440 Gayle Rappaport-Weiland $53

**Watercolor Pen and Ink Landscape**
Create soothing landscapes experimenting with the art of using pen, ink and watercolor enhancements. We will create several studies and alternative ways of approaching pen and ink. This instructor believes practice is a key element to success. Gayle sets up a comfortable and stress free environment where all students enjoy a successful experience. All levels of experience welcome. Materials listed on confirmation and website.

**Rocklin Campus** E-3
3/29 Saturday 12-3pm
#2179 Gayle Rappaport-Weiland $53

**Watercolor Garden Sampler**
Join us for this one-day workshop that will focus on simple step-by-step techniques to create a believable and beautiful garden vegetable sampler. You’ll enjoy the passion and enthusiasm this instructor brings to help you enjoy success. All levels welcome. Materials: Listed on confirmation and website.

**Rocklin Campus** E-3
4/12 Saturday 10am-2pm
#2004 Gayle Rappaport-Weiland $59

**Passionate about Painting Poppies**
Discover how easy it can be to paint beautiful California poppies bursting with color. These surprisingly striking wildflowers will come to life with your watercolor in this fun workshop filled with invaluable, easy-to-learn techniques. All levels welcome! Materials: Listed on confirmation and website.

**Nevada County Campus** N9-102
5/3 Saturday 11am-3pm
#6405 Gayle Rappaport-Weiland $59

Search our website for instructor bios: visit www.sccommed.org and select the class (under browse classes), then click on the instructor’s name.
Ballroom Dancing—Smooth
Learn the basic steps and some variations of the Fox Trot, Waltz and Tango in a casual, friendly atmosphere. Practice developing your skills in footwork, continuity, style and leading or following. Movements and body positions will be clearly explained. Repeat students welcome. The fifth week of class will be a free dance providing you the opportunity to practice your dance steps with guidance from Michelle.

**Roseville Gateway** 333 Sunrise Ave, RG-525
1/23-2/20 Thursday 6–7:30pm  
#8394 Michelle Dawn $108 couple  
4/3-5/8 Thursday 6:00-7:00pm  
#8394 Michelle Dawn $108 couple

**Swing Dancing—Beginning**
Let’s dance! Become part of the hottest dance craze in the country. Learn the basic swing steps and some exciting variations and turns. Gain confidence as you practice developing skills in footwork, continuity, style and leading or following. Be prepared to have some fun. New steps taught every semester. Repeat students welcome. The fifth week of class will be a free dance providing you the opportunity to practice your dance steps with guidance from Michelle.

**Roseville Gateway** 333 Sunrise Ave, RG-525
1/23-2/20 Thursday 7:30–8:30pm  
#8395 Michelle Dawn $84 couple  
2/27-3/27 Thursday 7:30–8:30pm  
#8395 Michelle Dawn $84 couple

**Latin Ballroom**
Don’t miss this great class! Come and learn three popular ballroom rhythm dances: the Rumba, Samba and the Cha Cha. You will learn the basic steps and some exciting, romantic variations. Practice developing your skills in footwork, continuity, style and leading or following. Movements and body positions will be clearly explained. The fifth week of class will be a free dance providing you the opportunity to practice your dance steps with guidance from Michelle.

**Roseville Gateway** 333 Sunrise Ave, RG-525
2/27-3/27 Thursday 6-7:30pm  
#8279 Michelle Dawn $108 couple

**Swing Dancing—Intermediate**
Once you’ve taken beginning swing, you’re ready for more intermediate turns and footwork. This class teaches the fundamentals of leading, following and styling with killer swing combinations. It’s a blast! Repeat students welcome. The fifth week of class will be a free dance providing you the opportunity to practice your dance steps with guidance from Michelle.

**Roseville Gateway** 333 Sunrise Ave, RG-525
4/3-5/8 Thursday 7:30–8:30pm  
#8397 Michelle Dawn $84 couple

**5-6-7-8 Starting Out Country-Line Dancing**
Join this fun starter class in the basics of country line dancing. A glossary of dance steps and movements will be taught. A great way for new dancers to build the necessary skills and confidence needed for country line dancing. Wear comfortable and supportive athletic shoes and let’s get started. No experience necessary and repeat students welcome.

**Roseville Gateway** 333 Sunrise Ave, RG-525
1/24-2/7 Friday 6–7:20pm  
#2029 Linda Belton $44

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"Great instructor. Very knowledgeable, upbeat and engages with students. Made sure everyone was comfortable, and instructions very easy to follow. Would definitely recommend this class to family and friends!"

Krystle Tapan & Marc Anthony Rosario  
Swing Dancing—Beginning

"Great class, lots of fun, instructor was awesome."

Sharon Majestic  
5-6-7-8 Starting Out Country-Line Dancing
DANCE

5-6-7-8 Starting Out Country—Couples Dance
Put on your dancing shoes and join in the fun. Join us and come learn some of the country’s most popular beginner couples dances. We’ll practice developing skills for leading and following with some of the country dance favorites. No previous dance experience necessary, partners are required.

Roseville Gateway 333 Sunrise Ave, RG-525
2/21-3/14 Friday 6-7pm
#2139 Linda Belton $88 couple

Club Country Dancing
Are you ready to learn a few beginning line dances that are popular in clubs around the surrounding areas? Club Country Dancing is a great way to build your confidence on the dance floor in a fun and non-intimidating environment. Come join in! Wear comfortable and supportive athletic shoes. Some dance experience helpful.

Roseville Gateway 333 Sunrise Ave, RG-525
3/21-4/11 Friday 6-7pm
#2120 Linda Belton $44

Belly Dance—Level II
Take your belly dance to the next level; sharpen your technique and skills! Open to belly dancers who have taken Belly Dance—Level I or have previous experience. Wear workout clothing, bring a yoga mat for warm-up and come ready to dance with bare feet.

Roseville Gateway 333 Sunrise Ave, RG-525
1/25-3/8 Saturday 10:45–11:45am
No class 2/15
#8322 Adriane Dellorco $78
3/15-4/26 Saturday 10:45–11:45am
No class 4/19
#8322 Adriane Dellorco $78

Introductory Improvisational Tribal Style Belly Dance—Fast Vocabulary
Build friendships, self-confidence, and body fitness all while having fun! Improvisational Tribal Style (ITS) Belly Dance is a unique form of dance where participants use a learned vocabulary of cues, and moves, to perform a seamless dance. ITS is danced, and performed in a ‘lead and follow’ format. Beginners welcome! Wear comfortable yoga/workout pants and t-shirt, tank or halter.

Roseville Gateway 333 Sunrise Ave, RG-525
1/25-3/8 Saturday 10:45–11:45am
No class 2/15
#8322 Adriane Dellorco $78
3/15-4/26 Saturday 10:45–11:45am
No class 4/19
#8322 Adriane Dellorco $78

Introductory Improvisational Tribal Style Belly Dance—Slow Vocabulary
This fun style of belly dance is unique in the way that all dance is done by improvisation yet it looks completely choreographed! Improvisational Tribal Style (ITS) Belly Dance is a unique form of dance where participants use a learned vocabulary of cues, and moves, to perform a seamless dance that is performed in a ‘lead and follow’ format. Beginners welcome! Wear comfortable yoga/workout pants and t-shirt, tank or halter.

Nevada County Campus N12-103
2/6-27 Thursday 6-7pm
#6413 Jessica Pittaway $68

Nevada County Campus N12-103
4/24-5/15 Thursday 6-7pm
#6414 Jessica Pittaway $68

» Interested in Zumba? See page 31

Belly Dance—Level I
Learn the beautiful art of belly dance in a fun and supportive environment. You will enjoy a centering yoga warm-up and learn how to belly dance to rhythms of the Middle East. Belly dance offers a full-body workout that tones muscle and provides one of the best low-impact aerobic workouts around. Beginners welcome! Wear workout clothing, bring a yoga mat for warm-up and come ready to dance with bare feet.

Roseville Gateway 333 Sunrise Ave, RG-525
1/25-3/8 Saturday 9:30–10:30am
No class 2/15
#8202 Adriane Dellorco $78
3/15-4/26 Saturday 9:30–10:30am
No class 4/19
#8202 Adriane Dellorco $78

» Classes on the go!
With one scan, see all our great classes at www.sccommed.org by using a QR Code Reader with your smart phone.
“A+++; Prof. Wahlstrom is a proficient and enthusiastic teacher of dance. I would definitely take classes from her in the future.”

Christopher Gage
Ballroom Dancing

Ballroom Dancing
Partner dancing is fun! Learn the basic steps, variations and styling of the most popular vintage dances like the Fox Trot, Waltz, Swing, Cha Cha, Rumba and Tango. Become a good dancer; develop skills in footwork, continuity, style, rhythmic movement, leading and following. Dancing keeps you young! Returning students welcome.

Nevada County Campus N12–103
3/2-4/10 Thursday 6:30–8pm
#6018 Cassandra Wahlstrom $108 couple

Beginning Swing Dance
This fun class has put a beneficial spark in hundreds of people’s lives. Learn the basic steps of East Coast Swing and some exciting variations and turns. Gain confidence as you develop skills in footwork, style and in leading and following. Be prepared to dance, laugh and have fun. Partners recommended but not required and no previous dance experience necessary. Repeat students welcome.

Nevada County Campus N12–103
4/2-5/7 Wednesday 6:30–7:30pm
No class 4/16
#6209 Kathrin O’Donahue-Wilson $84 couple
Everything You Need to Know to Help Your Aging Loved Ones

Are you suddenly in the position of assisting a parent or loved one in managing the problems of aging? Whether you are now or could be soon, information is available. Prepare yourself to better handle the role in this information-packed workshop. We will discuss community resources, housing and care options, legal issues, advance care directives, options for dealing with dementia and more. Don’t miss this opportunity; educate yourself to assume this role with reassurance and confidence.

Roseville Gateway 333 Sunrise Ave, RG-103
2/8 Saturday 9am–12pm
#8828 Brenda Cathey $49

Nevada County Campus N11-102
4/26 Saturday 9am-12pm
#6199 Brenda Cathey $49

A Loving Approach to Dementia Care—The Dementia Whisperers

This unique and innovative program provides an all-inclusive holistic approach to caring for adults with any type of dementia. Includes stress reducing communication methods and behavior redirection techniques that aid in providing a more loving approach to dementia care. Laura offers priceless knowledge, support and advice to anyone suffering from the emotional devastation that comes with caring for a loved one, or client with dementia. Materials: $20 at class.

Roseville Gateway 333 Sunrise Ave, RG-103
3/1 Saturday 9am–1pm
#8129 Laura Wayman $58

Practical Estate Planning

You will be introduced to the legal and financial aspects of the estate planning process. Learn how to collect and organize information, determine objectives, locate a lawyer and create teamwork. Find out why “free” trust seminars are not free. We will discuss wills, living trusts, powers of attorney, health care directives, asset titles and administration of estates and trusts. Now is the time to start planning for the future. Everyone has an estate and everyone needs estate planning. Materials: $5 at class.

Nevada County Campus N15-100
3/8 Saturday 9am–12pm
#6167 Richard Keene $39

Introduction to Family History and Genealogy

Learn successful research strategies and how to organize information on forms. Methods for presenting and preserving your family stories will be discussed. Use of computers, the internet and software programs will be introduced. The last session will be a field trip to the Sacramento Family History Center, a local research facility. Transportation on your own. Materials: $5 at class.

Roseville Gateway 333 Sunrise Ave, RG-120
3/13-27 Thursday 1–4pm
#8517 Debbie Poulson $88

Understanding Adolescents

Uncover the secrets of the adolescent mind and gain valuable information on how they think and feel. Parents, family members, child and youth workers and counselors will all benefit from the information shared. Gain an understanding as to how teens are affected by stress, including common defense mechanisms, coping techniques and common mental health issues. See page 44.
Taste Wine Like an Expert—Red and White Wines

An essential guide for everyone who enjoys wine but wants to know more about the fundamentals of wine tasting. This class will give you the knowledge to describe exactly what it is that you like, or don’t like, about any wine you taste. Explore the world of white wines and learn to recognize the relationship between sugar and acidity and the role of oak. Take a detailed look at red wines, the relationship between body and astringency, tannin and acid, and how to describe their effects on the taste, aroma and flavor. Participants must be 21 or over.

Materials: $30 at class.

Loomis Secret Ravine Vineyards
4390 Gold Trail Way
3/13 Thursday 6-9pm
#2204 Rod Byers
$39

Establishing a Small Vineyard

Receive a step-by-step guide to the development and operation of a small vineyard for wine grape production. You will be introduced to vineyard design, planning, planting, cultural practices, grapevine physiology, pest management, irrigation and costs. We will also discuss the practical aspects of producing quality wine grapes, including tasting the wine from many varieties. No prior experience needed. Participants must be 21 or over.

Material fee: $40 at class.

Loomis Secret Ravine Vineyards
4390 Gold Trail Way
4/1 & 3 Tues/Thurs 6–9pm
#8472 Ron Morris
$64

“Fabulous class—Rod is so knowledgeable and personable and makes learning so much fun.”
Susie Monary-Wilson
Taste Wine like an Expert
**“Cooking with the Pros” Series**

Come experience the leading professional culinary school in the area. Institute of Technology—Culinary Arts Campus has trained many of the cooks and chefs at your favorite local restaurants. Spend a few hours learning from industry leading chef instructors. Feel what a student attending an American Culinary Federation Accredited program encounters! Each class will be approximately three hours long including a tasting of your creations with the chef instructor. Limited space—register early!

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**Valentine Candies**

There’s nothing like melt-in-your mouth, smooth, and rich truffles, toffees and caramels. Join Frank and learn to make Truffles, English Toffees and Butter Caramels just in time for Valentine’s Day gifts. Materials: $20 at class.

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<th>Date</th>
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<td>2/8</td>
<td>9am-12pm</td>
<td>Frank Sweeney</td>
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**Knife Skills and Prep Foundations**

Build your comfort level and accuracy with your knives while learning some of the foundational preparations of the culinary arts. You can bring your own Chef, Boning, and Paring knives or use ours. Materials: $20 at class.

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<th>Instructor</th>
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<tbody>
<tr>
<td>2/22</td>
<td>9am-12pm</td>
<td>Don Dickinson</td>
<td>$52</td>
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**Sauces for All Occasions**

Learn the craft of making stocks and the great sauces that come from these flavorful liquids. Gain knowledge of how to make restaurant quality sauces from a simplified Hollandaise to a Compound Butter. Master a seafood sauce with many different flavor profiles. Materials: $20 at class.

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<tbody>
<tr>
<td>3/1</td>
<td>9am-12pm</td>
<td>Frank Sweeney</td>
<td>$52</td>
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**Soups from Scratch**

Join us for a tasty adventure in cooking and learn the basic techniques of several soup styles that will allow you to produce great soups from whatever ingredients you have on hand. Nothing tastes better than a hearty bowl of soup! Materials: $20 at class.

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<td>3/22</td>
<td>9am-12pm</td>
<td>Don Dickinson</td>
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**Pasta Perfection**

Explore pasta possibilities with Don! We will be making fresh pasta, filled pasta and three classic sauces to top them. Materials: $20 at class.

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<tr>
<td>4/5</td>
<td>9am-12pm</td>
<td>Don Dickinson</td>
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**Bread 101**

Freshly baked bread is one of life’s greatest simple pleasures. Join baking instructor, Chef Robert Mason, as he guides you through the process of making, shaping and baking a variety of breads. Take home the knowledge and skills to make quality bread at home. Materials: $20 at class.

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<tr>
<td>4/26</td>
<td>9am-12pm</td>
<td>Robert Mason</td>
<td>$52</td>
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**Salads and Dressings—Flavors of Spring and Summer**

Celebrate spring and lighter fare with local seasonal ingredients. Join Don as he helps you explore the preparation of garden delights and creating exceptional salads and dressings. Materials: $20 at class.

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<tr>
<td>5/3</td>
<td>9am-12pm</td>
<td>Don Dickinson</td>
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**Tapas—Spanish Small Bites**

Come explore the uniquely Spanish world of Tapas with Certified Executive Chef Mark Powell. He will lead an excursion into the cuisine and culture of one of Spain’s most cherished culinary traditions while teaching you to recreate the flavors of a Spanish tapas bar at home. Materials: $20 at class.

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<tr>
<td>5/17</td>
<td>9am-12pm</td>
<td>Mark Powell</td>
<td>$52</td>
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**All Cooking with the Pros classes will be held at the Institute of Technology, 6249 Sunrise Blvd, Citrus Heights**

For more information, please visit our website: [www.sccommed.org](http://www.sccommed.org)
LaProvence Restaurant and Terrace
Come savor Provencal cuisine in a casual elegant setting. LaProvence, named “Best French Restaurant” by California Restaurant Association and the KCRA 3 A-list two years in a row. Chef Shane McMahon is sure to delight you with his creations in one of Placer County’s most tasteful restaurants. Materials: $20 at class.
Roseville 110 Diamond Creek Place
2/1 Saturday 11am-1pm #8834 Shane McMahon $42
4/5 Saturday 11am-1pm #8834 Shane McMahon $42

The Melting Pot
It’s time to “dip into something different.” Learn the secrets of making savory cheese fondues and delicious chocolate fondues to make your next party a success. There will be plenty of hands-on experience and lots of sampling. Join owner, Mike Frampton for a delightful afternoon at his award winning restaurant. Materials: $20 at class.
Sacramento 814 15th Street
3/8 Saturday 12-2pm #8966 Mike Frampton $42

Not Your Chinese Restaurant Horoscope!
We all know what our Chinese restaurant placemat animal is, and who their friends and enemies are, but how are these determined, and what do they really mean to you? Join us and find out what your animal is and what other influences the horoscope has for you. This class will introduce you to the animal figures used in Chinese Feng Shui, and what your animal means to you and explain what influences these have on your life.
Roseville Gateway 333 Sunrise Ave, RG-612
4/12 Saturday 9am-12pm #2210 Tricia Casey $42

LaProvence Restaurant and Terrace
Come savor Provencal cuisine in a casual elegant setting. LaProvence, named “Best French Restaurant” by California Restaurant Association and the KCRA 3 A-list two years in a row. Chef Shane McMahon is sure to delight you with his creations in one of Placer County’s most tasteful restaurants. Materials: $20 at class.

Materials: $20 at class.

New Automotive Maintenance—Get the Facts
Ever feel like you don’t speak the same language as your mechanic? Or do you simply want to know when a shop is trying to rip you off? In this class you will learn how to identify when common maintenance items are necessary for all types of vehicles. We use real parts to show you “good” versus “bad” as well as teach you common tricks that you should know so that you don’t get taken advantage of.

Rocklin My Auto Surgeon
1151 West Sunset Blvd, Suite A
3/6 Thursday 7-9pm #2213 Justin Breaux $32

Sierra Chefs’ Series
Spend a few enjoyable hours learning secrets and cooking tips, observing some of our region’s fabulous chefs. You don’t have to go to the big city to experience great cuisine. Whether you like to cook or just enjoy good food, here is a chance to meet new friends and visit popular local restaurants. Limited space—register early!

“This is the most fun class I have ever taken! The experience was wonderful and tasty.”

Tyler Anderson
The Melting Pot

New You’re Retired—Now what?
It’s time to re-think getting old. This is YOUR unique time to create inspired moments for yourself and those you love. Join this fun and informative workshop. Make your own discoveries and erase those boredom moments. Come away feeling refreshed with new ideas and goals. Learn about special opportunities and the steps to take. Materials: $15 at class.

Roseville Gateway 333 Sunrise Ave, RG-116
3/15 Saturday 9-11am #2190 Elaine Moran $48

30 Sierra College Community Education » not-for-credit classes
Get Assertive
Are you tired of being intimidated and treated badly by others? Learn specific techniques to become more assertive in all parts of your life. Master the skills that will empower you to talk in an assertive manner, including specific verbal techniques and phrases for a variety of situations. See page 44.

Tai Chi for Fitness and Well-being
Gain health and healing by strengthening the mind and body at the same time. Tai Chi is the ancient Chinese martial art designed to promote both physical health and mental well-being based on the balance of the body’s energy (Chi). It is composed of non-strenuous, graceful body movements specifically developed to reduce tension. We will learn the Wu style—short form. Open to all levels.

Piloga
Enjoy the amazing practice of yoga, which improves your flexibility, balance, strength and de-stresses the mind and body, coupled with the benefits of Pilates to develop better posture, core strength and coordination. Piloga blends these two disciplines to bring you the best of both worlds. You will leave feeling relaxed, rejuvenated, stronger and more flexible. Wear comfortable clothing, tennis shoes; bring a water bottle, towel and yoga mat.

Zumba
Are you ready to dance yourself into shape? Zumba is a fun, effective and simple way to get in shape. Zumba Fitness is the only Latin inspired fitness program that blends Latin and International music with Latin steps and fitness to create a “fitness party.” Before you know it, you will get fit and your energy level will soar. It’s easy to do, no prior dance training needed.

Sculpt Yourself
This total body-blasting, strength training and conditioning class is designed to help you get the body you have always wanted. We’ll combine yoga, pilates, fitness, dance and martial arts moves. With consistent training you will look better than you ever thought possible and you’ll do it without the use of weights. Wear comfortable workout clothing.

Register online 24 hours a day www.sccommed.org or call (916) 781–6280
new Spinning For Health and Fitness
Regardless of your weight, age, or fitness level you can have a safe and effective workout in this class. Join us as for this low-impact, motivating workout that you control. You control everything from your speed and resistance to your intensity level, so you can make it easy or as challenging as you want. Wear comfortable workout clothing.
Roseville The Studio
2200 Sierra College Blvd, Suite D
1/28-3/4 Tuesday 7:15-8:15pm #2183 Donna Webb $78
3/11-4/15 Tuesday 7:15-8:15pm #2183 Donna Webb $78

Yoga for Wellness
Discover yoga and experience an exercise program that can make profound changes in body, mind, and spirit. Integrating Hatha Iyengar and Anasura styles, slow moves and gentle stretches are combined with strengthening postures that are rejuvenating. Class ends with deep stretch, breathing, and a guided meditation for stress reduction and total relaxation. Wear comfortable workout clothing and bring a yoga mat.
Roseville Gateway 333 Sunrise Ave, RG-103
2/4-3/11 Tuesday 6:30–8pm #8593 Margaret Williams $78
3/25-5/6 Tuesday 6:30–8pm No class 4/15 #8593 Margaret Williams $78

Yoga—An Introduction
Create balance in your mind and body through yoga—the practice of combining breath work, postures, relaxation methods and meditation. It can help to alleviate stress and tension, strengthen the immune system, calm the nervous system, increase stamina and flexibility and improve your sense of self. Dress comfortably and bring a mat or blanket to class.
Roseville Gateway 333 Sunrise Ave, RG-606
2/4-3/11 Tuesday 6:30–8pm #8593 Margaret Williams $78
3/25-5/6 Tuesday 6:30–8pm No class 4/15 #8593 Margaret Williams $78

“Life-changing class!”
Charles Haubrich
Pressure Point Therapy™
Save time and money by gaining knowledge about your body's special secrets. In this popular workshop, you will learn and treat special pressure points quickly and easily, that will help you and your friends or family feel better. With Pressure Point Therapy™, a body reflex technique, you will learn how to treat headaches, back pain, knee and shoulder conditions and more with the same techniques used by chiropractors and massage therapists around the country.
Roseville Gateway 333 Sunrise Ave, RG-103
2/26 Wednesday 6:30–9:30pm #8531 Dr. Gary Riffey $38

new Hot Hula Fitness®
Join us for this fun, new and exciting dance workout. It provides a “total body workout” in 60 minutes. HOT HULA Fitness® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, we’ll incorporate easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. All ages and fitness levels will enjoy. Wear comfortable workout clothing.
Roseville Gateway 333 Sunrise Ave, RG-525
3/3-31 Monday 7:35-8:35pm #2207 Maria Fe B. Cornejo $58
**Hot Fusion®**

Hot Fusion® is a fun and unique workout that combines strength, flexibility and balance training with Old School dance. This effective 60 minute class is the first ever to combine weight training & sculpting with dance moves. Your “total-body workout” will tone your upper and lower body as it throws you back in time with dance. Hot Fusion® makes you sing along and smile through your workout. All ages and fitness levels will enjoy Hot Fusion®. Wear comfortable workout clothing and bring two hand-held weights between 1-10lbs.

**Roseville Gateway** 333 Sunrise Ave, RG-525
4/7-5/5 Monday 7:35-8:35pm
#2208 Maria Fe B. Cornejo $58

**Nutrition for Health, Healing and Longevity**

A cutting edge interactive workshop for those seriously interested in healing our most pressing diseases, at cause. Join Dorothy Dumbra, R.N., Clinical Nutritionist and Specialized Kinesiologist and learn: to determine and correct food allergies; nutrition for diabetes and hypoglycemia aimed at eradicating both conditions; importance of avoidance of all sugars and fruits and achieving the proper PH for cancer nutrition; why thyroid cancer has dramatically increased, how to protect yourself and more. Includes complementary muscle testing for your food allergies. Materials: $2 at class.

**Women’s Self-Defense**

Violence against women has reached epidemic levels with a reported rape or sexual assault in the U.S. occurring once every two minutes. Statistics show that fighting back significantly increases your chances of avoiding a sexual assault. Perhaps even more important than knowing how to fight off an attacker is learning the psychology behind these predators. This course will cover hands-on self-defense techniques, threat assessment and safety tips. Wear comfortable workout-type clothes and tennis shoes. Appropriate for ages 13 and up.

**Loomis** Woodall’s Self-Defense & Fitness
3432 Swetzer Road, Suite A
3/8 Saturday 9am–12pm
#8095 Conrad Woodall $46

**Stress Management for Caregivers and Families**

Designed for caregivers of family members, this workshop includes specific techniques for managing your stress, assessment of personal burnout, fun ways to eliminate stress and an ongoing support group. Topics include humor, relaxation, exercise, nutrition, meditation, self-care and how to create your own personal stress management kit. Materials: $15 at class.

**Relax, Renew and Rejoice in Nature**

Renew your body, mind, and spirit as you increase your awareness of the natural world. “We can be happier, healthier, and smarter if we weave more nature into our lives,” says Richard Louv, author of The Nature Principle. In this class you’ll find out how to do just that! You’ll participate in fun, interactive nature activities and learn simple but meaningful strategies you can use again and again. Most of the class will take place outside. Wear weather appropriate clothing and comfortable shoes.

**Register Online**

For instructor bios, visit www.sccommed.org and select the class (under browse classes), then click on the instructor’s name.
**Remodeling and Renovating Secrets**

If you’re thinking of renovating an older home or updating a kitchen, bath or adding a room, join this class and avoid the pitfalls that many homeowners make. Whether you’re hiring a general contractor or going the DIY route, get the insider tips on planning, designing and managing your project. Learn how to bid, set-up a budget and schedule, handle permits and more. Save money by avoiding costly mistakes! Materials: $10 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-607  
2/18 Tuesday 6:30-9:30pm  
#2192 Conrad Sloan $49

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**Putting Classical Chinese Feng Shui to Work For You**

You’ve probably read about Feng Shui, but have never quite been able to put it all together. This interactive class will show you how to determine your best directions based on your Destiny Number for: prosperity, health, relationships, energy flows (Feng Shui); methods that can be used to “cure” negative areas, and “enhance” positive areas for greater energy flow, such as prosperity and good health; determining which areas of your home best suit your current needs. Materials: $10 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-612  
3/22 Saturday 9am-12pm  
#2216 Tricia Casey $54

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**Introducing Classical Feng Shui Principles into Your Garden**

Join us to learn Feng Shui principles that can be used to enhance and improve the energy flow in your garden and make it a place that calls you to relax and rejuvenate your spirit. Tricia will introduce you to the elements found in a Feng Shui Garden which can be adapted for use in any outdoor space; explain why materials used in the garden enhance the positive energy in the space and discuss gardens that have incorporated Feng Shui principles and how you can implement them in your setting. Materials: $10 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-612  
3/4 Tuesday 6-9pm  
#6422 Jonathan Hill $44

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**New Instructors Wanted!**

We’re looking for enthusiastic, knowledgeable instructors to teach classes in a variety of subjects:  
Food and Wine | Outdoors | Home and Garden  
Special Interests | Student Success | and more!  

If you have professional and/or teaching experience in any of these fields, or new ideas you would like us to consider, call (916) 781-6280 and we’ll be happy to send you a class proposal form.
Solar Water Pumping
Learn how to pump water from the sun. Advances in solar pumping technology now allow you to lift water 800 feet or more using solar power. Whether you are pumping from a well, stream, pond or for pressurization, this class will cover all these options and more. Also covered are ram pumps, wind pumps, non-electric river pumps, and floating pond pumps.
Materials: $5 at class.

Organic Vegetable Gardening
Would you like to grow organic vegetables successfully year-round? Learn to plan a vegetable garden, prepare your soil using compost and organic amendments, plan irrigation, plant appropriate vegetables for summer and winter gardens and manage pests in an environmentally friendly way. Start your vegetable garden now and be eating the fruits of your labor in just a few months! Materials: $10 at class.

Growing Citrus in the Foothills
Learn how to grow citrus successfully in the foothills. Learn about choosing varieties and rootstocks, soil preparation, irrigation, planting, tree care, fertilization, and pest management. Whether you just want a few lemon trees in your backyard or are thinking about a mandarin orchard, you’ll learn what you need to know in this class. Materials: $8 at class.

Kitchen Design
Kitchen design is really common sense if you ask yourself the right questions and learn some basic design principles. In the first session you will learn the basics of cabinetry, countertops, backsplashes, plumbing fixtures, appliances and flooring. You will also learn how to measure accurately. On day two you will bring a drawing of your existing kitchen, with all measurements. Learn the basics of kitchen design and lighting basics. When you are finished you should be capable of designing the kitchen of your dreams.
Materials: $20 at class.

Japanese Garden
Serene, contemplative and Zen are often used to describe the virtues of a Japanese garden. A well-constructed garden is such a delight, but an ill-attempted Japanese garden can become a money pit and nightmare. Hiro Matsuda will share his 40 years of extensive knowledge in this two hour class so you can make the correct first steps and avoid the pitfalls when creating your own beautiful Japanese garden. Materials: $20 at class.

Art of Bonsai
Learn the history, philosophy and techniques of bonsai—the craft of growing dwarfed, ornamentally-shaped shrubs or trees in small, shallow pots. The class includes a lecture and demonstration and you will make a bonsai to take home. Enjoy this relaxing class while gaining knowledge of Japanese culture and history. Materials: $40 at class.
Waterfalls, Water Features and Ponds

Dreaming of a beautiful well-designed water feature in your yard? This workshop will cover everything from design, excavation, pumps, rocks, fish, plants, the gorgeous waterfall and maintenance. Bring a pen and a notepad and you will leave with the knowledge you need to build your own water feature.

Nevada County Campus  N11-102
3/29 Saturday 9am–4pm
#6215 Chris Horwath $82

Residential Wells

Would you like to know how your well operates? This course will provide you with a working knowledge of your well. Learn how your well functions, how to better protect your resource and find out how your well may receive its water. Discover what you need to know about pump motors, pressure switches, pressure tanks and holding tanks.

Nevada County Campus  N15-100
4/5 Saturday 9:30am–12:30pm
#6353 Evelyn Soltero $49

new Residential Wells II—Local Geology, Your Watershed and Well Log

Did you know your well has its own temperament? Gain a deeper understanding of your well’s personality. In this course, you will study your local geology and your local watershed in relation to your well log. Learn how land management could improve potential groundwater production. You will need to bring your well log or know your township and range.

Nevada County Campus  N15-100
4/26 Saturday 9:30am-12:30pm
#6407 Evelyn Soltero $49
La Dolce Vita! Everyone has a special love for something Italian: modern fashions and sports cars, Renaissance art and sculpture, country villas and vineyards, savory food and wine. Learn basic Italian vocabulary and grammar, everyday conversational phrases and useful travel dialogue: Buon Giorno! Come Sta? Bene, Grazie. Materials: $8 at class.

**Conversational Italian—Level I**
La Dolce Vita! Everyone has a special love for something Italian: modern fashions and sports cars, Renaissance art and sculpture, country villas and vineyards, savory food and wine. Learn basic Italian vocabulary and grammar, everyday conversational phrases and useful travel dialogue: Buon Giorno! Come Sta? Bene, Grazie. Materials: $8 at class.

**Conversational Italian—Level II**
Continue expanding your language skills in this fun and supportive environment. Enhance your vocabulary and grammar while developing confidence in conversation and dialogue beyond the basics. We will also cover eating out and tips for travel to further your appreciation and enjoyment of the Italian language and culture. Materials: $8 at class.

**Italian for Travelers**
Mi scusi, Signore! Going to Italy? Don’t go without knowing some useful phrases and vocabulary. This fast-paced introductory class will help you acquire some basic pronunciation skills, learn numbers and practice ordering from a menu. Your new basic skills will help you to be better received by Italians when you travel. A great preparation class for Conversational Italian—Level I. Materials: $5 at class.

**French for Travelers**
Excusez-moi, Monsieur! Going to France? Don’t go without knowing some useful phrases and vocabulary. This fast-paced introductory class will help you acquire some basic pronunciation skills, learn numbers and practice ordering from a menu. Your new basic skills will help you to be better received by the French when you travel. A great preparation class for Conversational French—Level I. Materials: $5 at class.
Conversational French—Level I
Parlez-vous Français? Mais Oui! Come learn the basics of conversational French for your next trip abroad or for the sheer joy of learning this beautiful language. Class will focus on learning useful phrases, travel vocabulary, pronunciation and conversational skills. This class is designed for the total beginner, or for those with very little French experience. Materials: $8 at class.

Roseville Gateway 333 Sunrise Ave, RG-123
2/11-3/18 Tuesday 6-8pm
#8795 Amy Wilcox $98

Conversational French—Level II
Vous parlez français, n’est-ce pas? Bien sur! Increase your vocabulary; improve both pronunciation and comprehension in this continuation of our Level I class. Enhance your “savoir-faire” by learning new expressions and honing conversational skills. This is a great chance to brush up on your high school French. Must have Level I or equivalent experience. Repeat students welcome. Materials: $8 at class.

Conversational Spanish—Level I
Acquire Spanish language skills to enhance your travels, conduct simple business matters with Spanish speakers, challenge your brain cells, or just have fun and enrich your life. We create a fun and supportive environment in which you will feel encouraged and empowered to practice your new language skills. Designed for beginning students as well as those returning to Spanish after years of not using it. Emphasis is on speaking and listening, simple grammar is a component of the course. Materials: $3 at class


Roseville Gateway 333 Sunrise Ave, RG-123
2/4-3/11 Tuesday 2-4pm
#8501 Sayda Postiglione $98
2/6-3/13 Thursday 6-8pm
#8501 Sayda Postiglione $98

Conversational Spanish—Level II
This class is a continuation of Conversational Spanish—Level I. Must have taken Level I or have approval of instructor. Former students are welcome. Additional skills will be presented. Materials: $3 at class. Required text: same as Level I

Roseville Gateway 333 Sunrise Ave, RG-123
3/18-4/29 Tuesday 2-4pm
No class 4/15
#8505 Sayda Postiglione $98

Conversational Portuguese and Brazilian Culture
Acquire basic Portuguese language skills while learning about the Brazilian culture before the summer Olympics in 2016. You’ll also learn about shopping, buying food, travel tips, and more as well as highlights of Brazilian travel. Join in the fun as you learn about Rio de Janeiro and other fascinating locations in Brazil. Materials: $3 at class. Required text: Portuguese in 10 Minutes a Day, ISBN 978-1-931873-09-3.

Roseville Gateway 333 Sunrise Ave, RG-123
3/20-5/2 Thursday 6-8pm
No class 4/17
#2141 Sayda Postiglione $98

“Superb teacher, well-organized, methodical, helpful at all levels.”
Larry George
Conversational French—Level I

Books! Purchase your required textbook at Sierra College Bookstores
www.sierra.bncollege.com
Rocklin (916) 660–8200
NCC (530) 274–5305

Sierra College Community Education » not-for-credit classes
online **Speed Spanish**

This course teaches six easy recipes you can use to glue Spanish words together into sentences. With these powerful methods taught in this course, you’ll be able to engage in conversational Spanish in no time! Que Bueno! See page 44.

online **Spanish for Law Enforcement**

With more and more Spanish-speaking people living in the United States every year, learning the Spanish language is becoming ever more important—especially in the field of law enforcement, where clear and quick communication is crucial. Master the fundamentals of the Spanish language by practicing basic conversational skills and learning essential Spanish terminology for law enforcement situations. See page 44.

**Get Published! What Every Author Needs to Know**

The publishing business is changing in many ways. Self-publishing is easier than ever—and more accepted by both readers and reviewers. E-books are now a big percentage of book sales. Do you need an agent? Do you need an editor? Do you even need a publisher? Come to this class and find out your best path to publishing success. Materials: $2 at class.

Rocklin Campus C-7
2/8 Saturday 1-4pm
#8794 Michael Bremer $51

“Great class. Lots of useful info. Thanks.”
Bob Lucas
Get Published!

HAVE AN ADVENTURE WITH COMMUNITY EDUCATION »

join us for one or all of our fun trips!

pages 52–54
**A Journey Across Time: Writing History**

Are you writing, or would you like to write historical fiction or creative non-fiction? Perhaps you have a novel, short story, memoir, biography or article you wish to develop. We’ll explore the key elements of writing historical fiction and creative non-fiction, including how to evoke the time, place and culture of your work, and how to balance storytelling with research. We will discuss your individual writing interests, review examples of historical pieces, and engage in exploratory writing. This workshop is suitable for both beginning and experienced writers. Materials: $5 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-102
3/1 Saturday 10am-4pm
#2200 Heidi Lyss $64

**Writing for Fun and Profit**

Have you always wanted to get into print, but you didn’t know just how to do that? If so, this seminar is for you. Learn to: see writing as a process, make money writing short articles, sell your poetry to greeting card companies, write and sell the “Chicken Soup for the Soul” story, write an effective query letter, make multiple sales from one idea, self-publish your own books, use the ten clear writing tips and much more. Materials: $20 at class.

**Rocklin Campus** C-5
3/22 Saturday 9am–12:30pm
#8289 Bud Gardner $59

**Advanced Techniques for the Selling Writer**

Designed for the novice and advanced writer, this class will show you how to breathe life into your writing. Whether you are writing fiction or non-fiction — articles, short stories or books — you’ll learn advanced writing techniques that will make your writing come alive—and be saleable. Learn how to get your message across in 30-seconds or less, five steps of persuasive writing, four advanced writing techniques, and techniques of the selling writer. Materials: $20 at class.

**Online Grammar Refresher**

Gain confidence in your ability to produce clean, grammatically correct documents or speeches. Through the use of definitions, examples and many reinforcing exercises, Grammar Refresher will cover the basics of English grammar. See page 44.

**Online A-Z Grant Writing**

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns and prepare proposals. See page 44.

**New Internet Marketing for Writers**

Marketing your own work is the new normal for freelance writers and self-published authors. In this class you’ll learn 8 steps for marketing your writing on the internet, ideas for using social media to develop audience relationships, and how building an audience can lead to interest from a print publisher. Additionally, you’ll receive a list of websites that are looking to hire freelance writers now! Materials: $30 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-611
3/13 Thursday 6:30-9:30pm
#2180 Bob Cohen $44
Motorcycle Training—Basic Rider Course (BRC)
This California Motorcyclist Safety Program training is designed primarily for beginning and inexperienced California motorcyclists of all ages. It consists of five hours classroom and 10 hours on-cycle instruction. Defensive driving strategies and familiarization with the motorcycle are emphasized. We’ll provide the motorcycles and if needed, the helmet. Upon successful completion, you receive a certificate and are then eligible to take the written test from the DMV. Participants must have a California-issued DMV ID card or a learner’s permit or a valid Class C driver’s license. Preregistration is required. Go to www.sccommed.org or call (916) 781–6280 for times, dates and more specific details.

**Rocklin Campus** M-5 and K-Lot #1100 Bill Cruz, Site Manager
- ages 15.5 to 20 $150
- ages 21 and over $240

Experienced Rider Course (BRC 2)
This training is designed for motorcyclists who have successfully completed the Basic Rider Course or possess the basic operational skills to ride a motorcycle. Students use their own motorcycle. This class is five hours of riding exercises and exercise debriefs, which include weaving, quick stops, limited space maneuvers, cornering, judgment and swerving. Pre-registration is required. Go to www.sccommed.org or call (916) 781–6280 for times, dates and more specific details.

**Rocklin Campus** K-Lot #1101 Bill Cruz, Site Manager
- $125
- Passenger $50

Advanced Rider Course (ARC)
Based on the Military SportBike Rider Course, this course is for experienced riders to learn and practice more in-depth riding techniques. Small group discussions and interactive activities address personal risk management strategies; options for cornering, braking and swerving; and improving visual perception to identify collision traps. On-cycle range exercises provide practice in cornering, braking and swerving. Students use their own motorcycle. Preregistration is required. Go to www.sccommed.org or call (916) 781–6280 for times, dates and more specific details.

**Rocklin Campus** M-5 and K-Lot #1103 Bill Cruz, Site Manager $175

» Automotive Maintenance—Get the Facts! page 30.
Beginning Ukulele
The ukulele has experienced a HUGE surge in popularity. No matter your age, teen to senior, learning to play the ukulele is much easier to learn than just about any other instrument. You'll learn how to strum and how to finger pick the ukulele, as well as learn some of the popular songs on the radio today. Come find out why the ukulele is so much fun! Bring your own ukulele or rentals available for $20 for the entire four weeks payable at first class. Materials: $20 at class.

Intermediate Ukulele
Continue the fun of playing the ukulele while improving your skills and learning new songs. This class is designed for those who know basic chords and want to take ukulele playing to the next level. Bring your own ukulele or rentals available for $20 for the entire four weeks, payable at first class. Materials: $20 at class.

Beginning Rhythm Guitar
Are you an adult who has tried learning guitar but can't seem to “get it”? Are you a parent who is not sure if your teen is really serious about learning guitar? Group lessons are a great way to test the musical waters. This fun and easy course will introduce students to basic skills needed to play many styles. Bring your acoustic guitar to class. Materials: $20 at class.
Beginning Harmonica—Oldies and Goodies
You can learn to play “Red River Valley” or “When the Saints Go Marching In” on the harmonica. Designed for beginner and intermediate players, this seminar will teach you the basics for a lifetime of enjoyment. We will cover three breathing patterns, blowing and drawing, using vibrato, how to play the major diatonic scale; commit a song to memory and more. We will use the diatonic 10-hole harmonica in the key of C, available for $10 at class—or bring your own in the key of C. Materials: $20 at class.

**Rocklin Campus** D-1
2/8 Saturday 9am–12:30pm
#8881 Bud Gardner $48

Fun Chromatic Harmonica
The chromatic harmonica is not only fun but can create beautiful music. You don’t need years of training to learn to play “Peg O My Heart” or “Hello Dolly” on it. Why? Because the chromatic has a lever or button, which allows you to play the sharps and flats many songs require. It truly is a “piano in your pocket.” For this class, you will need to bring either a 12-hole chromatic (48 notes) or a 16-hole chromatic (64 notes) in the key of C. Created for men and women, beginners and up, join us and have fun making music. Materials: $20 at class.

**Rocklin Campus** D-1
4/5 Saturday 9am-12:30pm
#8153 Bud Gardner $48

Enroll early!
Popular classes fill-up quickly and low-enrolled classes may be cancelled
Education to Go®

Update your skills, discover a new talent or chart a career path at your own pace and at your convenience with our Online classes.

Each class consists of 12 lessons available for you to access each Wednesday and Friday for six weeks (approximately 24 hours of instruction). Interactive quizzes, assignments, tutorials and online discussion areas are available via the Web to supplement the lessons. Read your lessons and ask questions of your instructor at the times most convenient to you.

How it works
To get started you need Internet access, an e-mail address and a Web browser.

1. For complete descriptions, dates and additional software requirements, go to www.sccommed.org. Click on Browse Classes and select the Department under the Online Courses column that you would like to study, or click on Search for a class and enter the course name. Click on the title of the class to get a description and click on syllabus for more information.

2. After you decide which class(es) you want, click on sign in, new students click on create a new profile, existing students enter username and password, then click on courses, click on Add to Shopping Cart.

3. You then go to Checkout.

4. How to begin your class:
   Log into your Sierra College Community Education account at www.sccommed.org
   Click on “Go to my Dashboard”
   Click on ‘Current Registrations”
   Click on “Go To Class”
   Click on “Enter” under Active Courses

Free class trial If you would like to try the first two lessons of any class prior to payment, go to www.ed2go.com/sierra click on Browse Classes and then click on the title of the class you want to try. Then click on “Enroll Now,” complete the instructions and follow the “Continue” prompts to add your name to the roster. At the last prompt, select “Purchase Now.” (If you decide to take the class, no money will be due until the third lesson.) You will need to pay for your class either in person or by phone prior to the release of the third lesson. Online payment is not available once the class begins. To pay, call (916) 781–6280.

Classes start each month throughout the year.
Begin Spring classes on any of these dates: January 15, February 19, March 19, April 16, May 21, June 18.
Accounting and Finance
★ Accounting Fundamentals I, II . . . $104 ea
★ Introduction to QuickBooks . . . . . . . $104
★ Performing Payroll in QuickBooks . . . $104
QuickBooks for Contractors . . . . . . . $104
Introduction to Peachtree . . . . . . . $104

Arts
Drawing for the Absolute Beginner . . $104
Introduction to Interior Design . . . . . $104
Music Made Easy . . . . . . . . . . . . . $104

Basic Computer Literacy
★ Computer Skills for the Workplace . . $104
Introduction to Windows . . . . . . . $104
Windows 8 . . . . . . . . . . . . . . . . . $104
★ Keyboarding . . . . . . . . . . . . . . . $104

Business and Management
Achieving Success with Difficult People . . . . . . . . . . . . . . . $104
★ Administrative Assistant Applications/ Fundamentals . . . . . . $104 ea
Building Teams that Work . . . . . . . $104
Business Finance for Non-Finance Personnel . . . . . . . . . . . . . $104
Creating a Successful Business Plan . . . . . . . . . . . . . . . . . $104
★ Effective Business Writing . . . . . $104
Fundamentals of Supervision and Management I, II . . . . . . $104 ea
Fundamentals of Technical Writing . . . . . . . . . . . . . . . . . $104
Leadership . . . . . . . . . . . . . . . . . $104
★ Project Management Applications/ Fundamentals . . . . . . $104 ea
Small Business Marketing on a Shoestring . . . . . . . . . . . . . . . $104
Start Your Own Small Business . . . . . . . . . . . . . . . . . . . $104
★ Using Social Media in Business . . . . . . . . . . . . . . . . . $104
Writing Essentials . . . . . . . . . . . . . $104

Certificate Prep
CompTIA Security+ Certification Prep I, II . . . . . . . . . . . $124 ea
CompTIA Network+ Certification Prep . . . . . . . . . . . . . . . $124
PMP Certification Prep 1, 2 . . . . . . . . . . . . . . . . . . . . . . . . $119 ea

Children, Parents and Family
Assisting Aging Parents . . . . . . . . . . . . . . . . . . . . . . . . . . $104
Empowering Students with Disabilities . . . . . . . . . . . . . . . . $104
Homeschool with Success . . . . . . . . . . . . . . . . . . . . . . $104
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"Thank you for offering the Project Management Fundamentals class. I really gained valuable knowledge that is helping me in my job. The lessons were informative and packed with useful tips and illustrations.”
Joan Rusche
Project Management Fundamentals

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**Whooo Goes There—Owls of the Sierra Foothills**
The foothills are home to a variety of owls, including the Spotted Owl, Northern Saw-whet Owl, Western Screech-Owl, Flammulated Owl, Great Horned Owl, Northern Pygmy-Owl, Long-eared Owl, and Great Gray Owl. The focus of this class is on identifying owls by sound and sight, learning their behavior and the ways they interact with other birds. The instructor will lead an optional, free field trip on the weekend following the class.

**Waterfowl of the Rice Fields**
Huge numbers of birds migrate along the Pacific Flyway through the Central Valley and Foothill habitats during winter, including many types of waterfowl, Sandhill Cranes and raptors. Learn about the incredible long-distance journey these birds make, how to identify them and conservation issues affecting the rice field habitat for birds. What is a “blue goose” anyway? You’ll find out! The instructor will lead an optional, free field trip on the weekend following the class. Materials: $35 optional at class for book.

**Spring Arrivals and “Birding by Ear”**
Spring is a wonderful time to learn about birds because so many are arriving back to the foothills after being gone for the winter. Sights and sounds abound! Male birds are brightly-colored in their breeding plumage, and they’re singing to attract a mate and establish their territory. This class introduces you to identifying birds “by sight” and “by ear.” The instructors will lead an optional, free field trip on the weekend following the class. Materials: $35 optional at class for book.

**Eastern Sierra Birds**
Discover the birds that can be found “just over the hill.” Eastern Sierra Nevada, specifically Sierra Valley, offers a unique and interesting habitat for a variety of birds year-round. Breeding and wintering birds include Sandhill Cranes, a variety of raptors and Yellow-headed Blackbirds. Sierra Foothills Audubon Society field trip leader Dale Rubach will lead an optional, free field trip on the weekend following the class. Materials: $35 optional at class for book.
Bike Maintenance and Repair

Everyone who rides knows how important good bicycle maintenance is and anyone who has had a flat knows how equally important it is to know how to do some of your own repair work. This course won’t make you an expert bike mechanic but it will go well beyond the free programs offered. You will learn and practice important maintenance and repair skills in a shop environment with all the necessary tools and equipment provided. “Teaching” bikes will be available, but feel free to bring your own bike to work on. Dress for mess.

Nevada City
Seven Hills School
700 Hoover Lane Rm F-4
4/5 & 12 Saturday 9am-12pm
#6404 Steve Davis $68

Wild Food Walk

Do you know how many wild edibles are living in your neighborhood? We will cover how to identify some key edible plants and their nutritional values, learn what plants not to eat and learn strategies for enhancing wild food production and sustainable harvesting methods. You’ll also learn how to make Matt’s wild weed raw energy bars. Wear comfortable hiking clothes, bring a hat, sunscreen, water and sack lunch.

Nevada County Campus
N10-104
4/26 Saturday 10am-3pm
#6313 Matt Berry $65

“Outstanding experience, a "must-do" for anyone who rides a bike. This class has raised my confidence level exponentially. I appreciated the volunteers who assisted Mr. Davis.”

Melissa Fowlkes
Bike Maintenance and Repair

“Very impressed—this guy knows fly fishing!!”

Kenneth M. Tribby
Introduction to Fly Fishing

Rocklin Campus
C-8
4/5 & 12 Saturday 9am–4:30pm
Big M Fishery, 280 Westland Road, Lincoln
#8557 John Hogg $112

“This was a very educational and fun course! I loved the hands-on experience!”

Teddy Marzo
Wilderness Survival Techniques I

Rocklin Campus
C-6
3/8 Saturday 9am–4pm
#8871 Jeff Adorador $89

“Outstanding experience, a "must-do" for anyone who rides a bike. This class has raised my confidence level exponentially. I appreciated the volunteers who assisted Mr. Davis.”

Melissa Fowlkes
Bike Maintenance and Repair

Wilderness Survival Techniques I

How well are you able to improvise in the outdoors? Do you know your own body well enough to regulate and maintain your primary physiological systems? The skills and knowledge that will ensure your safety will be taught and practiced in this informative workshop. We will cover the principles involved and the most modern and some primitive survival techniques covering shelter, water, fire and food necessary to survive any kind of outdoor wilderness emergency. Wear comfortable weather appropriate clothes and closed-toe shoes.

Rocklin Campus
C-6
3/8 Saturday 9am–4pm
#8871 Jeff Adorador $89

Introduction to Fly Fishing

This two-day class provides an introduction to the art of fly fishing. Topics include equipment, knot tying, stream habitat, aquatic entomology, tips and techniques. Fly casting equipment will be available for student use but bring your own if you have it. The Saturday session will have a one-hour lunch break with a fly-casting clinic to follow. Sunday session is a day-long fly fishing trip to Big M Fishery—you provide your own transportation. Materials: $15 at class includes a starter pack of flies; students will also pay a $15 entry fee to Big M Fishery, no fishing license required.

Rocklin Campus
C-8
4/5 & (class) Saturday 9am–4:30pm
4/6 (field trip) Sunday 9am–4:30pm
Big M Fishery, 280 Westland Road, Lincoln
#8557 John Hogg $112
Digital Photography for Beginners—Level I
Get up to speed on the ins and outs of digital photography. Learn about digital types of equipment, the photography process and necessary accessories. We’ll discuss your camera’s menu settings, helpful hints and easy-to-follow instructions for taking great photos. Learn tools for transferring pictures from your camera to your computer, how to share photos and discuss easy software for creating photo albums. It is not necessary to own your own camera to take this class, but if you do, please bring it along with the manual to the first class. Materials: $10 at class.

Roseville Gateway 333 Sunrise Ave, RG-112
1/28-2/18 Tuesday 6:30-8:30pm
#8613 Jeff Burkholder $98
1/29-2/19 Wednesday 9-11am
#8613 Jeff Burkholder $98
2/13-2/27 Thursday 1-3:45pm
#8163 Roy Salisbury $98

Digital Photography for Beginners—Level II
This class is an extension to beginning digital photography. We will go over digital retouching, color correction and image enhancements using Photoshop Elements, setting up your files for printing and outside lab resources, adding text and other graphics, creating unique cards, calendars and more. This is a hands-on class and you will do these and other lessons in class. Bring a USB drive to save your work. Materials: $10 at class.

Roseville Gateway 333 Sunrise Ave, RG-112
3/4-25 Tuesday 6:30–8:30pm
#8997 Jeff Burkholder $98

The Photographer’s Eye
Whether you photograph flowers or friends, in color or black and white, your concerns are the same: taking good photographs that are meaningful and artistic. This workshop will bring out and train your “photographer’s eye.” You will learn how to develop your own sense of style, how to critique your own photos and how to use the right tools for the job. ALL camera owners—whether point-and-shoot, 35mm, or digital will benefit from this class.

Roseville Gateway 333 Sunrise Ave, RG-116
3/12-26 Wednesday 6–9pm
#2031 Sheldon Carpenter $98

Beginning Digital SLR Photography
Do you have a digital camera and want to learn more about how to use it for digital photos? Do you wish you knew more about what kind of lenses to use and how to take better photos? Then join Sheldon Carpenter as he goes step-by-step through the various aspects of the Digital SLR (single lens reflex) and explains how photography and the digital world unite. You’ll be glad you did!

Roseville Gateway 333 Sunrise Ave, RG-116
3/24-4/7 Monday 6-9pm
#2033 Sheldon Carpenter $98

Editing Your Digital Photos
This class is for the beginning and intermediate use of digital editing programs. Using Photoshop Elements, you will learn the basics of how to make your photos look better. In addition, we will explore how to manipulate images further, removing backgrounds and exploring Photoshop’s abilities. No prerequisites for this class, though a computer at home and the basics of how to use it are necessary. All materials included.

Roseville Gateway 333 Sunrise Ave, RG-112
4/21-5/12 Monday 6-9pm
#2032 Sheldon Carpenter $129
STUDENT SUCCESS »

online Homeschool with Success
Find out how to research legal requirements, choose the best curriculum, organize your school day, provide great socialization opportunities and make the most of raising your children. See page 44.

Natural “A’s”™ for High School and College Students
Any student can significantly enhance grades, self-confidence and chances for scholarships and college admissions by performing academic skills in alignment with the brain’s natural patterns. Discover how this makes note-taking, reading, studying, memorizing and test-taking amazingly efficient. Learn simple methods for understanding math and other subjects, how to optimize focus and concentration and prevent test anxiety.

Materials: $30 at class.
Roseville Gateway 333 Sunrise Ave, RG-116
2/1 Saturday 9am–12pm
#8607 Curtis Adney $58

Preparing for the SAT
Maximize your performance on the Scholastic Assessment Test (SAT). Learn about the format (which includes a writing sample) that most colleges and universities require. The verbal review focuses on techniques for reading comprehension, vocabulary practice and improving writing. The math review focuses on problem solving techniques from Algebra I and II and Geometry. Bring required text to first class session: The Official SAT Study Guide with DVD, ISBN 0874479797.

Rocklin Campus V-205
3/17-31 Monday 6–8pm
& 4/8-29 Tuesday 6–8pm
No class 4/15
#8799 Mike Gardetto/Dan Galloway $132

online Refresher Math
Gain confidence in your basic math skills and start using math to your advantage. See page 44.

online GED Preparation
This course will help you develop the additional reading and thinking skills you’ll need to succeed in all five GED test areas: Writing Skills, Social Studies, Science, Literature and Math. See page 44.

“This class gave me confidence in taking the SAT test. Both teachers helped immensely and were well organized.”
Alexandra Lee
Preparing for the SAT

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www.sccommed.org
(916) 781-6280
new Secret Gardens of Golden Gate Park

Spend the day with the witty and extremely knowledgeable tour guide, Gary Holloway as we explore Golden Gate Park. The names and locations in the park will be kept under wraps until that day but promise to be filled with natural beauty, tranquility and harmony. Be sure to bring your camera and wear comfortable walking shoes. Lunch is provided at the Beach Chalet. Register by March 3; call for availability after that date.

**Rocklin Campus** Meet behind the Theatre
4/5 Saturday 8am-6pm
#7527 Joyce Hansen $146

new Discover Mare Island

As the first United States Naval installation on the west coast, Mare Island and the Mare Island Naval Shipyard have seen it all. Learn the interesting history and stories of Mare Island as you tour the beautiful Captain’s Mansion, stroll the gardens and enjoy the fascinating displays. See 19th century houses, wartime artifacts, St. Peter’s Chapel and more. A catered lunch is provided. Register by March 31, call for availability after that date.

**Rocklin Campus** Meet behind the Theatre
5/3 Saturday 8am-5pm
#7525 Penny Hume $113

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**Important! Bus Tour Participants**

Welcome to Sierra’s Travel/Learning experiences. A Sierra College staff member will accompany you on the trip. Relax, enjoy new sights and let us make the worry-free arrangements. Note the dates and departure time! Trips depart from the Rocklin Campus; rain or shine, arrive 15 minutes prior to departure. Travel will be by deluxe motor coach, driver gratuity included in trip fee. Park on campus in student parking. Parking permits (three $1 bills or credit card) are required Monday–Friday. Refunds will not be granted for trips unless the space is resold. (If resold a $15 processing fee will be retained.) Questions may be directed to the Community Education Office: (916) 781-6280 or (800) 242-4004, ext 6280.

Bus Trip Waivers: The Sierra Community College District requires that participants in voluntary off-campus excursions sign Hold Harmless and Medical Treatment Authorization Waivers pursuant to the California Code of Regulations, Subchapter 5, Section 55450. The Waiver will be given to you to fill out on the bus. Please present your completed Waiver before leaving the bus. Thank you!
San Francisco History Tour
Inside and Out

Join professional guide, Craig Smith, for a fascinating day learning about this city’s past and present. We’ll visit the San Francisco History Museum featuring captivating items including displays depicting the Barbary Coast, the 1906 earthquake, a jail cell from Alcatraz and much more. We’ll take a short walk around Union Square and then our expert guide will point out exciting facts as we travel seeing Chinatown, Nob Hill, California Street, Pacific Heights and more. Lunch is included. Register by June 12; call for availability after that date.

Rocklin Campus
Meet behind the Theatre
7/19 Saturday 8am-5:30pm
#7526 Carolynn Smith $133
You’re invited to a Free Preview of our 2014 Escorted Vacations

Enjoy viewing interesting and colorful slides of our travel destinations with our experienced guide. Learn about costs, itineraries and fascinating details about each trip. These trips could be exactly what you are looking for! Call (916) 781-6280 to make a reservation to attend either afternoon or evening.

**Trains of the Colorado Rockies**
September 5-13, 2014
9 days, 12 meals
Experience the majesty of the Colorado Rockies from four trains that celebrate the can-do spirit of the Old West. Your trip includes Denver, Rocky Mountain National Park, Grand Junction, Durango and more. Join us for this exceptional adventure with magnificent views of spectacular scenery where you will journey through the San Juan Mountains, travel the Trail Ridge Road and discover Mesa Verde National Park.
Register by March 28, 2014; call for availability after that date. $2,769 ppdo

**Spain’s Classics and Portugal**
September 17-30, 2014
14 days, 19 meals
Experience Spain’s colorful pageant of art, history and culture and Portugal where quaint farming villages, cork and olive tree plantations dot the landscape. Your 14 day adventure begins in Portugal where you will tour Lisbon, Fatima, Nazare and Obidos. In Spain visit Valencia, Barcelona, Granada, Cordoba and Toledo and explore the priceless treasures of the Royal Palace, the exotic Alhambra palace, Lladro-City of Porcelaine and much more.
Register by April 11, 2014; call for availability after that date. $4,849 ppdo

**Colors of New England**
October 8-15, 2014
8 days, 11 meals
Journey through New England’s charming and vibrant northern states. Trip highlights include Boston, Woodstock, Queechee Gorge, Stowe, a Lake Winnipesaukee Cruise, and Boothbay Harbor. This colorful tour will visit covered bridges, Rocks Estate, spectacular views of the White Mountains region and picturesque coastlines sure to create unforgettable memories. Fee includes RT air from Sacramento, trip insurance and taxes.
Register by May 1, 2014; call for availability after that date. $3,159 ppdo

**Exploring South Africa, Victoria Fall and Botswana**
November 5-18, 2014
14 days, 23 meals
From cosmopolitan Cape Town to the power of Victoria Falls to the remote wilds of Botswana, this is the complete African travel experience. Gaze out from the top of Table Mountain. Explore the tip of the continent at the Cape of Good Hope. Search out legendary wildlife and cruise the remote Chobe River. Marvel at the biodiversity of the Entabeni Conservancy. And that’s just the start. Multiple game drives and traditional culinary experiences provide the perfect blend of culture and thrills.
Register by May 5, 2014; call for availability after that date. $7,499 ppdo

**Future Adventures for Spring 2015!**
Heart of the South—New Orleans • Washington D.C. 
Netherlands, Belgium and Paris • Southern Italy and Sicily

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**Roseville Gateway**
333 Sunrise Ave., RG-123
2/10 Monday 2-3pm
#7412 Jay Fehan Free

**Roseville Gateway**
333 Sunrise Ave., RG-116
2/27 Thursday 6-7pm
#7412 Jay Fehan Free
Rocklin Campus Directions

Traveling East on Interstate 80, exit at Rocklin Road. Turn right on Rocklin Road. Go through first stop light. Turn left at second stop light into the college campus.

Traveling West on Interstate 80, exit at Sierra College Blvd. Turn left on Sierra College Blvd. Turn right on Rocklin Road. Then take your first right into the college campus.

www.sccommmed.org for a larger map
Nevada County Campus Directions Coming from Auburn on Hwy. 49 Take Brunswick Road exit (located between Grass Valley and Nevada City). Turn left onto Brunswick Road and proceed to second stop light at East Main Street. Turn left onto East Main and proceed to next stop light at Sierra College Drive. Turn right onto Sierra College Drive to the roundabout at entrance to college.

Roseville Gateway Center Directions Traveling West Take the Douglas exit, cross over 80, turn right at first light, Sunrise Avenue. At Oakridge Drive turn left and make an immediate right into Sierra College Roseville Gateway Center. Traveling East Take I-80 to the Douglas Boulevard Exit. Travel east on Douglas to Sunrise Avenue. Turn right on Sunrise Avenue and continue around the curve to the first stop light, which is Oakridge Drive. Turn left on Oakridge Drive. Sierra College Roseville Gateway is immediately on your right. Additional parking can be found by going past the first light (Oakridge Avenue) and continuing on Sunrise to the second light (Frances Drive). Turn left on Frances Drive and the driveway is on your left.
Questions? Answers!

Contact us
Sierra College Community Education
333 Sunrise Avenue, Suite 300
Roseville, CA 95661
Monday–Friday, 8:30am–4:30pm
(916) 781-6280
www.sccommed.org

Maps
Links to location maps and directions can be found at www.sccommed.org

Books
Purchase your required textbook at Sierra College Bookstores:
www.sierra.bncollege.com
Rocklin (916) 660-8200
NCC (530) 274-5305

What is Community Education?
Community Education classes are offered in addition to the college’s instructional program. College credit is not given for our classes and there are no grades. The program is a self-supporting entity of Sierra College and is not funded by taxpayers’ dollars.

The Kaleidoscope is a free publication of the Sierra College Community Education program, 333 Sunrise Avenue, Suite 300, Roseville, CA 95661. It is published in December, April and August.

This Kaleidoscope schedule was not paid for with general tax monies. The publication and mailing of this schedule is made possible by fees collected by Community Education (not-for-credit) classes.

Community Education classes provide instruction in special interest topics. Sierra College does not receive state or local tax support for these classes. Classes must be self-supporting through participant fees. Fees are calculated to cover instructor salaries, supplies, facility rental and administrative costs.

How can I find out more about the instructor?
Select the class at www.sccommed.org under Browse Classes then click on the instructor’s name to see a brief bio.

Do I have to pay to park?
Sierra College has paid parking on the Rocklin, Nevada County and Truckee Campuses. The fee is $3 per day Monday–Friday. There are daily permit dispensers located near the entrances of the parking lots. Parking at Roseville Gateway is free.

Where can I find my class material list?
Material lists for classes that require materials can be found on your registration confirmation and on the website at www.sccommed.org. Click on the Community Education Information Center link at the lower half of the home page then click on material lists.

Where can I find information about Sierra College credit classes and programs?
www.sierracollege.edu for complete information on classes, start dates and application process.
### Registration Form Spring 2014

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<th>Class #</th>
<th>Class Name</th>
<th>Start Date</th>
<th>Fee</th>
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**Class fee total =**

*Payment Method:* □ Check □ MasterCard □ Visa

When paying by check, make check payable to *Sierra College*

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<th>Card #</th>
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**Authorized Signature**

Mail form and payment to: Sierra College Community Education
333 Sunrise Avenue, Suite 300, Roseville, CA 95661

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**Refunds** If you request to withdraw from a class and the request is received by the Community Ed Office seven (7) days prior to the starting date, a refund will be granted, less a $15 processing fee.

**Cancellations** If the College cancels a class for any reason, those pre-registered will be notified by phone or email (provided you have given us a daytime number) and payment will be refunded. We also reserve the right to substitute instructors or reschedule classrooms/class times if necessary.

**Confirmation** will be sent. We will contact you by phone or email if the class is cancelled or if there are any problems with your registration.

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**Pricing**

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**Parking** Sierra College has paid parking on the Rocklin and Nevada County Campuses. The fee is $3 per day for everyone. There are daily parking permit dispensers located near the entrances of the parking lots. Paid parking is in effect from 7am–11pm Monday–Friday. Roseville Gateway parking is free.

**Class Locations** Please be aware of the location of your class! Class locations are listed with class information. See directions at [www.sccommed.org](http://www.sccommed.org) or check confirmation.
**KELLY PETERSON** holds both a degree in Construction Management from San Jose State University as well as a General Contractor’s license in the state of California. With more than 25 years of experience in the commercial construction field, Kelly brings a unique type of knowledge and expertise to the world of decorative painting. Over the years, she has excelled at working in teams of designers, architects, contractors, and developers, gaining time management skills, developing vendor relationships, and creating realistic budgets for her clients. Kelly’s ability to manage every detail of design and decorative painting projects, from the creative conception to completion, has proven to be a valuable asset to her clients.

Kelly is the owner of Layers of Color, a certified Platinum Training Center for Modern Masters decorative paint products. Kelly and her team of artists teach workshops on amazing finishes for walls, furniture and cabinetry and fine art to all levels of decorative finishers, including those who want to “do-it-yourself.”

The descriptions for Kelly’s classes are listed on pages 19–20 and include: Fabulous Furniture Finishes, Introduction to Cabinet Finishes, Chalk Paints and More, and Introduction to Wall Finishes.

**ka·lei·do·scope**
1. an instrument containing loose bits of colored material (as glass or plastic) between two flat plates and two plane mirrors placed so that changes of position of the bits of material are reflected in an endless variety of patterns
2. something resembling a kaleidoscope: a variegated changing pattern or scene
3. a succession of changing phases or actions
4. Sierra College Community Education’s exciting schedule of classes!

**online** 🌐 24 hours a day
www.sccommed.org

or call ☎️ (916) 781-6280
and talk to our helpful staff

Classes begin in January!
Let your first ride be your best ride!

Our excellent Motorcycle Safety Foundation Basic Rider Course is designed for beginning riders, includes five hours of classroom instruction, ten hours of practical riding exercise and we provide the motorcycles. Classes are offered almost every weekend.

See page 41 for more information!

Call us today to schedule your best ride:
(916) 781-6280 www.sccommed.org