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

www.sccommed.org
(916) 781-6280
Welcome

Offering you a Kaleidoscope of interesting and enjoyable classes and activities.

We provide the classes you want at the times and locations that fit into your busy life. Whatever you want to achieve, Sierra College Community Education is here to help you do it, with hundreds of fun and interesting classroom and online classes.

MEET OUR INSTRUCTORS »

To see more instructor bios visit www.sccommed.org and select the class (under browse classes), then click on the instructor’s name

» BILL CARNAZZO
Classes include: Fly Fishing for Beginners (p54)
Bill Carnazzo has over 45 years fly fishing experience, is a licensed guide and is considered a master in fly tying. Bill has been teaching this highly praised class since 2004.

» DONNA WEBB
Classes include: Zumba, Piloga, Armed & Dangerous—Upper Body Workout, Fitball and Foam Roller (p37)
Donna’s unique style of teaching combines a variety of exercise techniques making fitness motivating, fun and can be structured to be suitable for any fitness level.

» PAT LARKIN
Classes include: How to Profitably Manage Rental Properties and How to Pursue a Career in Property Management (p7)
Pat Larkin has 30+ years’ experience in the real estate industry with special focus on property management.

» DON MACHHOLZ
Classes include: Exploring the Night Sky (p54)
Don is the most successful living visual comet hunter in the United States, being credited with the discovery of 11 comets. He is also considered to be one of the inventors of the Messier marathon, which is a race to observe all the Messier objects in a single night.
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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 2013 College Holidays
Dec 24–Jan 6 Winter Break
Jan 21 Martin Luther King, Jr. Day
Feb 15–18 Presidents Weekend
Mar 25–30 Spring Break
May 27 Memorial Day
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.

Roseville Gateway 333 Sunrise Ave, RG-114
2/2 Saturday 10am–12pm
#8494 Trina McKie $42

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.

Rocklin Campus C-6
2/9 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-114
2/9 Saturday 1–4pm
#8307 Claire Moore $54

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.

Roseville Gateway 333 Sunrise Ave, RG-114
3/9 Saturday 9am–4pm
#8496 Trina McKie $78

“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 for Nonprofits

Learn How to Buy and Sell on eBay
Learn how to create titles that get noticed, how to craft advertising copy that sells items quickly and for top dollar. Learn how to safely conduct financial transactions. If you’re a buyer, you’ll learn how to value almost any item, get the best possible price, protect yourself against fraud and compete effectively. See page 50.
**WordPress and Social Media**

Explore WordPress for Business with Social Media Integration in this introductory class. We’ll cover basic site setup, planning content, how WordPress helps with SEO, creating pages and posts, extending features with plugins, choosing themes, custom theme concepts, managing menus, widgets and preparing and placing images. This is not a hands-on computer class.

**Roseville Gateway** 333 Sunrise Ave, RG-123  
2/12 Tuesday 6:30–9:30pm  
#2118 Rich Webster $43

**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 3 months with the option to convert into a permanent website. Materials: $20 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-120  
4/3–17 Wednesday 6:30–8:30pm  
#2117 Rich Webster $79

**Video for Web Made Easy**

Set yourself or business apart from the crowd and master the skill of video production to add revenue to your business. Three-time Emmy-nominated videographer, Doug Bertran, teaches you how to put the spotlight on your business and secure your share of the massive online marketplace.

**Nevada City** Sierra Commons  
107 Sacramento St, Suite 300  
2/19–28 Tues/Thurs 6–7:30pm  
#6388 Doug Bertran $224

**Your Marketing Toolbox: Effectively Promoting Your Business**

How do you determine what marketing tactics (e.g., advertising, direct mail, web, blogging, social media) work best for your business? Why is strategy essential before you choose tactics? How do you know if your marketing is cost effective? This seminar reviews marketing tools and helps you identify what works best for your business. Materials: $5 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-123  
2/25 Monday 6:30–9pm  
#8408 Roger Peterson $48

**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  
3/13 Wednesday 6–8pm  
#2110 LeeAnne Krusemark $44

**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 & 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  
3/13 Wednesday 8–9pm  
#2111 LeeAnne Krusemark $28

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**Register online**

24 hours a day  
www.sccommed.org  
or call (916) 781–6280
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.

Roseville Gateway 333 Sunrise Ave, RG-120
4/9 Tuesday 6–9pm
#8371 Melissa Washington $56

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. Take your social media activity to a new level.

Materials: $30 at class.

Start Your Own iPhone/iPad App Business

With iPhone, iPad and iPod touch selling like hotcakes, apps are in big demand. Learn how to take your app idea from concept and turn it into income. We’ll cover what goes into a successful iPhone app, getting your app on the iTunes store and how to market and promote. Get information on how to develop your idea, new tools for making apps with little or no programming experience, how to get great reviews, customer support and price for the most revenue.

Materials: $30 at class.

Living in the Black®

Build real wealth and achieve true financial freedom by eliminating debt! Learn how to pay off all your consumer debts, credit cards, car payments, etc., in one to three years and pay off your 30–year mortgage in another three to four years! You can do this with your current income! Bring your list of debts, a calculator and a pencil to class and develop your own debt elimination plan to fit YOUR lifestyle. No financial planning, investments or insurance products are sold or promoted. Fee includes text and workbook.

Materials: $30 at class.

“Perfect coverage of topic.”
Robert Weeds
Start Your Own iPhone/iPad App Business

“Excellent, informative and valuable class. Given me tools to free myself from debt and live a happier life.”
Vanessa Tantum
Living in the Black
Crouching Taxes, Hidden Profits—Tax Relief for the Home-Based Business
Reduce your taxes up to 50%! Learn legitimate strategies for tax savings through establishing or operating your own home-based business. Learn over 100 tax saving areas of the tax code and how to implement those that apply to you. Learn to "audit proof" your tax records. Many find after taking this class they are overpaying their income and/or self-employment taxes by hundreds, if not thousands, of dollars every year. A comprehensive Tax Compliance Guide is provided and can be updated annually. This class is a must for anyone who is or wants to be self-employed.

Roseville Gateway 333 Sunrise Ave, RG-114
3/5 Tuesday 6–9pm
#8460 Whit Woodard $109

Foreclosures are Your Best Buy Today
The influence of foreclosures on the residential real estate market has seen extraordinary growth. The opportunity to convert a modest amount of cash into a fistful of dollars has never been greater. This workshop looks carefully at five ways you can buy foreclosures for profit while uncovering lurking title and debt problems before purchase. Materials: $5 at class.

Roseville Gateway 333 Sunrise Ave, RG-116
3/16 Saturday 9am–12pm
#8455 Warren Racine $64

Bank-Owned Properties (REOs) from the Inside
Learn why and how a property becomes a REO, how REO properties are marketed and sold and what to expect when buying a REO. "REO" is an acronym for "Real Estate Owned." It refers to the department of a bank responsible for the management and sale of property which the bank owns because it has foreclosed on a non-performing mortgage. This class is suitable for the general public, prospective buyers of REOs and for real estate professionals.

Roseville Gateway 333 Sunrise Ave, RG-123
4/27 Saturday 9am–12pm
#2041 Paul Kraus & Janice Gatlin $52

QuickBooks is the most widely used accounting software for business. See page 19.

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-103
3/2 Saturday 9am–12pm
#8178 Pat Larkin $48
5/18 Saturday 9am–12pm
#8178 Pat Larkin $48

How to Pursue a Career in Property Management
Whether you are thinking of starting your own residential property management company, shifting your career to property management or already a property manager, this workshop is for you. Learn about state requirements for property managers, maximizing operating efficiencies and how to screen property owners to maximize profits. We will also cover the property management industry and its economic drivers. Materials: $30 at class.

Roseville Gateway 333 Sunrise Ave, RG-103
3/2 Saturday 1:30–4:30pm
#2009 Pat Larkin $48
5/18 Saturday 1:30–4:30pm
#2009 Pat Larkin $48

Enroll early!
Popular classes fill-up quickly and low-enrolled classes may be cancelled
**Business and Finance »**

**The Business of Art**
Join Gayle, accomplished artist, teacher, consultant and curator for an inspirational lecture, question and answer session and networking opportunity. Learn how to market your own creations in many ways, including the internet. You will leave with helpful tips and information on marketing, networking and relationship building both in real world and internet, brochures, press release examples, valuable reference materials and inspirational articles. Leave class with renewed enthusiasm and a belief that you really can do anything you put your mind to.

Roseville Gateway 333 Sunrise Ave, RG-123 4/17 Wednesday 6–9pm #8899 Gayle Rappaport-Weiland $64

**Online**

**Keys to Effective Communication**
If you often find yourself at a loss for words or lack confidence in your communication abilities, you’ll appreciate this course. Become more confident, create a great first impression, get along well with others and create more and better personal and professional relationships. See page 50.

**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 50.

**Have An Adventure With Community Education »**

Join us for one or all of our fun trips!
**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 health-care 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.

**Roseville Gateway** 333 Sunrise Ave, RG-107

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**New Basic Life Support for Healthcare Providers Renewal**

This BLS—Healthcare Provider renewal course is approved by the American Heart Association. You must hold a current BLS certification to take the renewal course. This course is designed to provide a wide variety of health care professions the ability to recognize several life-threatening emergencies, provide CPR, use an AED and relieve choking in a safe, timely and effective manner. Two-year certification is provided upon successful completion. Materials: $15 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-107

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**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-103

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**Online 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 50.

*“Instructor was very sharp, well informed and a good communicator.”* 
Barbara Rhines

*CPR for Healthcare Providers*

*“Informative, practical and very enjoyable!”* 
Ron Eason

*You’re On the Air: How to Really Make it in Voice-Overs!*
Pharmacy Technician and Clinical Medical Assistant Training Orientation

Orientation meeting for anyone interested in enrolling in the Pharmacy Technician or the Clinical Medical Assistant programs. Attend an orientation to learn all the specifics of the program and opportunities waiting for you. Preregistration is required.

Pharmacy Technician Training Partnership with Boston Reed College

As a Pharmacy Technician you will help the pharmacist package or mix prescriptions, maintain client records, refer clients to the pharmacist for counseling, assist with inventory control and purchasing, as well as collect payment and coordinate billing. This course meets State certification requirements with 182 hours of class and online instruction and a 120–hour externship to provide you with a complete learning experience. Must be 18 with a high school diploma or equivalent. Financial assistance is available through SLM Financial. Preregistration is required.

Clinical Medical Assistant (CMA) Partnership with Boston Reed College

As a CMA, you will help the physician carry out procedures, care for patients, perform basic lab tests and administer medications. The CMA works in a physician’s office or clinic setting. This course combines 134 hours of classroom and online instruction and a 160–hour off-site externship to provide you with a comprehensive learning experience. Must be 18 with a high school diploma or equivalent. Financial assistance is available through SLM Financial. Preregistration is required.

Phlebotomy Technician Partnership with Boston Reed College

As a Phlebotomy Technician the laboratory relies on you to collect quality samples from patients to produce quality laboratory results. Phlebotomy technicians must create an atmosphere of trust and confidence with patients while drawing blood specimens in a skillful, safe and reliable manner. Intended for those who have no experience and want to become employed as a Phlebotomy Technician. Course includes 48 hours of class training and a 40–hour externship to provide you with a complete learning experience. Must be at least 18 and a high school diploma or equivalent is recommended. Financial assistance is available through SLM Financial. Preregistration is required.
**CAREER »**

**Powerful Resumes Can Create New Opportunities**

In today’s marketplace your resume can receive a brief 30–second scan to verify qualifications. Resumes need to be focused, strongly worded and concise. This workshop will assist in the identification of skills, strengths and accomplishment statements. Writing or updating a resume can appear overwhelming. This workshop will help you demonstrate your value and benefits to prospective employers through effective word choices and format. Participants are encouraged to bring a recent resume and a job posting that interests them. Materials: $15 at class.

**Roseville Gateway 333 Sunrise Ave, RG-123**
2/23 Saturday 9am–12:30pm
#8793 JoAnn Tennyson $56

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**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.

**Roseville Gateway 333 Sunrise Ave, RG-103**
2/2 Saturday 1–5pm
#8627 Curtis Adney $58

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**Online Veterinary Assistant**

This nationally recognized program prepares students for an exciting new career as an administrative veterinary assistant. Learn about the care of animals as well as how to recognize signs of illness and disease. This online program also covers interaction with clients and their animals, as well as how to assist the veterinarian during exams. Administrative duties, such as fee collection, banking and accounts payable are emphasized and the program contains basic information about pet insurance. Texts are included. See page 50.

**Register online » www.sccommed.org**

**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-607**
3/6 Wednesday 6:15–9pm
#8249 Elaine Moran $51

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**New The Balancing Act: Managing Work and Life**

Do you feel overwhelmed with your responsibilities and lack enough time for yourself? This insightful program will present practical tips on how to bring more balance into your life by determining your priorities and developing a personal action plan for success. By focusing on your priorities you can become more productive and effective and still have a life outside work! Materials: $15 at class, optional for text.

**Roseville Gateway 333 Sunrise Ave, RG-103**
2/7 Thursday 6–9pm
#2098 Kathleen Barton $48

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» 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.

**“Very well informed instructor. Thorough and concise. Made the class interesting with anecdotes.”**

Jeff Lineberry

**How to Become a Mystery Shopper**
CAREER »

Medical Insurance Billing Program
Learn medical billing and become a valued professional in the fast-growing health care 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.

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.

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.

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.

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. Material: $39 at class.
Medical Front Office
Prepare to begin a rewarding career and to become an integral part of a medical office team as a Medical Front Office/Medical Receptionist/Intake Coordinator. You’ll learn Basic Medical Benefit Terms and Plans; Eligibility and Insurance Benefit Verification; Appointment Scheduling; Telephone Skills; Handling Medical/Office Forms; HIPAA/Patient Privacy; Medical Terminology (specific to the front office) and more. This course includes two days in class followed by online hands-on using your own computer and a web-based software program. Students will receive a Certificate of Completion from Sierra College Community Education upon successful completion of the program.
Materials: $79 at class.
Roseville Gateway 333 Sunrise Ave, RG-116
3/13 & 14 Wed/Thurs 6:30–9pm
#8353 Kris G. Patterson $105

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
3/2 Saturday 8am–4pm
#8420 Notary Public Seminars Staff $149

Renewing Notaries: State Required Seminar
Renewing Notaries must take an Approved Notary Refresher course and exam. We will review all laws and regulations required to continue as a Notary. Materials: Listed on confirmation and website. See Notary Public Exam below.
Roseville Gateway 333 Sunrise Ave, RG-114
3/2 Saturday 12:45–4pm
#8158 Notary Public Seminars Staff $99

Notary Public Exam
Register for exam from 4–4:30pm. Required: $40 check payable to “Secretary of State,” proper ID—current driver’s license with photo or state issued ID card, two #2 pencils. Fingerprints required after you pass the exam. The exam seating is limited & will be assigned to students registered for the class first.
Roseville Gateway 333 Sunrise Ave, RG-114
3/2 Saturday 4:30–5:30pm
Notary Public Seminars Staff $40

Become a Certified Loan Signing Agent in One Day
Acquire the skills and tools necessary to become a Certified Loan Signing Agent. Find out how to contact the most profitable businesses and who your primary contact should be, get signed up with successful Signing Services/Agencies and build your own business. Learn how to properly notarize loan packages, negotiate your fee, get called back and brand yourself as a professional. Requirement: Must be a Notary or must have taken the Notary Public class. Bonus: Free listing of 50 companies looking for Notaries. Materials: Book and certificate included in class fee. Bring a sack lunch.
Roseville Gateway 333 Sunrise Ave, RG-611
4/27 Saturday 9am–4pm
#8699 Notary Public Seminars Staff $159

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 paper work and understand your role as liaison between the agent, buyer, seller and multiple vendors. Materials: $30 at class.
Roseville Gateway 333 Sunrise Ave, RG-611
5/11 Saturday 9am–4pm
#8870 Notary Public Seminars Staff $99
Career and Workforce Training Programs

Sierra College Community Education in partnership with Gatlin Education Services is pleased to offer online certificate programs. Designed to provide the workforce skills necessary to acquire professional caliber positions including:

- Administrative Dental Assistant
- Veterinary Assistant
- Administrative Medical Specialist
- ICD-10 Medical Coding
- Pharmacy Technician
- And many more!

For a complete list of courses and program information, go to www.gatlineducation.com/sierra

Courses range from 16 to 700 hours and course fees range from $499 to $3,095

Learn more at www.sccommed.org or call Community Education at (916) 781-6280
Swim Lessons!

Sierra College Community Education/Wolverine Aquatics Club is an outstanding swim lesson program developed by highly-experienced professional coaches and accomplished swimmers. Our goal is to make all participants safer in and around the water. We also emphasize stroke technique and teach competitive swimming skills.

- Lessons begin in June—ages 3 and up
- Lessons are held Monday through Thursday for 2 consecutive weeks, (8 lessons) at the Sierra College Aquatics Complex
- Class sizes are small
- A year-round competitive team also offered

For further information and registration, visit www.WolverineAquaticsClub.com
**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: *Computer Concepts: Windows 7/Vista/XP* ISBN 978–1–59136–365–1.

Roseville Gateway 333 Sunrise Ave, RG-120

1/25–19 Tuesday 9am–12pm

#8775 RoseMary Monroe $106

**Beginner’s Guide to E-mail**

Explained in everyday language with plenty of hands-on experience in a fun and relaxed atmosphere. Learn all about e-mail, send and receive messages, add and view attachments to a message, use the address book, filter out unwanted e-mail and organize your e-mail into folders. Note: some Internet experience recommended. Materials: $10 at class.

Roseville Gateway 333 Sunrise Ave, RG-120

3/8 Friday 1–4pm

#8482 Debby Carter $51

**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. Files and Folders**
Join us for this fun, short class that will help you organize your files and folders on your computer. Using your computer will be much easier when you can manage your files and folders! Learn how to organize files into folders, create a folder, rename, create a shortcut and create subfolders, as well as create, copy, rename and delete files. Learn to use the Recycle bin to recover files and folders and we’ll navigate Windows Explorer to view folders and files. Materials: $5 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-120

3/22  Friday  1–4pm
#8624  Debby Carter  $51

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**2. Microsoft Windows 7—Level I**

**Roseville Gateway** 333 Sunrise Ave, RG-120

4/23–5/7  Tuesday  1–4pm
#8539  RoseMary Monroe  $106

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**“RoseMary did a great job in making this easy to understand and follow. This was well worth the cost.”**

Javier P. Gonzalez
Excel 2010—Level I

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**3. 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, ClipArt, 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 Mastery Series ISBN 978-1-59136-135-3.

**Roseville Gateway** 333 Sunrise Ave, RG-120

2/26–3/12  Tuesday  2–5pm
#8061  RoseMary Monroe  $106

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**4. Excel 2010—Level I**
Excel is the perfect solution when you need to work with numeric values and make calculations to analyze data. Learn how to enter labels and values and use AutoSum, edit cell entries, enter and edit simple formulas; create a complex formula, insert functions, format values, insert/delete rows/columns, apply colors/patterns/borders; create charts and more. Must be comfortable working in Windows. Bring required text and a USB drive to save your work. Required text: Microsoft Office Excel 2010, Illustrated Series, Introductory; ISBN 978–0–538–74929–9.

**Roseville Gateway** 333 Sunrise Ave, RG-120

2/5–19  Tuesday  1–4pm
#8480  RoseMary Monroe  $106

2/26–3/12  Tuesday  6–9pm
#8480  RoseMary Monroe  $106

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**Register online » www.sccommed.org**
Publisher 2010
Publisher is a popular desktop publishing program that lets you combine text and graphics to produce typeset-quality documents for output on a personal printer or for commercial printing. Get started quickly with pre-designed, customizable templates. It’s easy, fun and fast. Create and save a flyer, a newsletter with clip art, a sidebar and a tri-fold brochure, add and format a text box, use Drawing Tools and more. Must be comfortable working in Windows. Bring a USB drive to save your work. Required Text: Microsoft Publisher 2010 Introductory, Illustrated Series; ISBN 978-0-538-74950-3.

Roseville Gateway 333 Sunrise Ave, RG-120
4/2–16 Tuesday 9am–12pm
#8715 RoseMary Monroe $106

Excel 2010—Level II
Now that you’ve got the basics, learn to make this spreadsheet program your most powerful tool. Format data using yext 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
4/2–16 Tuesday 1–4pm
#8622 RoseMary Monroe $106

Sierra College Community Education »
Have you watched a boring presentation, or given one? Using media engages the audience and helps them recall information. Join this fun class and learn how to create and customize a PowerPoint presentation. We will add photos, video, and SmartArt to PowerPoint slides. You'll learn to insert, remove, crop, apply artistic effects, format video styles, and more. Make it pop with SmartArt that helps the audience remember key concepts and create designer-quality graphics with a few clicks. Materials: $10 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-112
2/8 Friday 10am–4:30pm
#2079 Debby Carter $84

### QuickBooks Pro Level I—Introduction

In this introductory hands-on computer course, you will learn about the most widely used accounting software for businesses, how to access the software, and understand how to use it to organize and analyze data of almost any type. Must be comfortable working in Windows. Required Text: *Microsoft Access 2010 Introductory, Illustrated Series,* ISBN 978-0-538-74826-1.

**Roseville Gateway** 333 Sunrise Ave, RG-112
4/4–18 Thursday 6–9pm
#8237 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.
QuickBooks Pro Level II—Managing Lists and Accounts
Learn how to manage lists including chart of account items, customers, jobs and vendors; how to work with bank accounts including registers, transfer funds, reconciling and how to track and reconcile credit card accounts. Certificate of completion issued to students who complete all four levels. Required: knowledge of Windows and QuickBooks and Business Accounting Basics or equivalent. Recommended: QuickBooks Pro Level I or equivalent. Materials: $20 for each individual class or $60 for the series at class.
Roseville Gateway 333 Sunrise Ave, RG-112
2/14 Thursday 5:30–9:30pm
#8347 Deborah Denning $76
3/20 Wednesday 1–5pm
#8347 Deborah Denning $76

QuickBooks Pro Level III—Customer and Sales
Business survival and profitably are dependent upon managing several areas, with customers and sales being the most important. Learn about customers, accounts receivables and sales accounting tasks including how to create and use service items, statements, payments, discounts, record deposits, credit card payments, reports and more. Certificate of Completion issued to students who complete all four levels. Required: knowledge of Windows and QuickBooks and Business Accounting Basics or equivalent. Recommended: QuickBooks Pro Level I and II. Materials: $20 for each individual class or $60 for the series at class.
Roseville Gateway 333 Sunrise Ave, RG-112
2/21 Thursday 5:30–9:30pm
#8348 Deborah Denning $76
3/27 Wednesday 1–5pm
#8348 Deborah Denning $76

QuickBooks Pro Level IV—Vendors and Expenses
Tracking and accurately recording accounts payable and expenses is critical to a business’ survival. Learn about vendors and methods used to record expenses including checks, bills, handling reimbursable expenses, paying bills, bill credits, vendor discounts, 1099s, overview of tracking and paying sales tax and vendor related reports. Certificate of Completion issued to students who complete all four levels. Required: knowledge of Windows and a basic understanding of accounting concepts. Recommended: QuickBooks Pro Level I, II and III. Materials: $20 for each individual class or $60 for the series at class.
Roseville Gateway 333 Sunrise Ave, RG-112
2/28 Thursday 5:30–9:30pm
#8349 Deborah Denning $76
4/3 Wednesday 1–5pm
#8349 Deborah Denning $76

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
2/23 Saturday 9am–12:30pm
#8672 David Conley $53

iPhones, iPads and I’m Lost
Today’s iPhone and iPad do much more than simply make phone calls or send text messages. With either of these devices you have a computer, web browser, eBook reader, personal organizer and more! You will learn how to set up your iPhone and/or iPad for email, texting, WiFi networks and Bluetooth and how to best sync with your computer using iTunes. Discover how to take terrific photos, install and discover the best apps. Materials: $30 at class.
Roseville Gateway 333 Sunrise Ave, RG-116
4/27 Saturday 1–4pm
#8386 Bob Cohen $44
1 Social Networking for Beginners: How to Use Facebook, Twitter and Blogs
Facebook, Twitter, LinkedIn and blogs have changed how people are using the Internet. In this workshop you’ll learn what social networking is, how to use the tools, what the differences are and how and why people use each of them. For staying in touch with friends and family or leveraging them for your business, this class will get you started! Materials: $30 at class.

Roseville Gateway 333 Sunrise Ave, RG-116
4/27 Saturday 9am–12pm #8274 Bob Cohen $44

2 Create Digital Movies with FREE Movie Maker
Have you seen a movie, created from home photos or video and wondered “how did they do that?” You can create movies using this friendly FREE program. With guided exercises you’ll learn how to import digital video and photos, edit, add special effects, create titles and credits, add transitions, add sound and save for sharing at YouTube, email or on CD. Instructor provided digital photos and video, or bring your own. Recommended: Beginner’s Guide to Computers or comparable computer experience. Mouse skills required. Bring a USB drive and sack lunch. Materials: $10 at class.

Roseville Gateway 333 Sunrise Ave, RG-120
2/23 Saturday 10am–4:30pm #8206 Debby Carter $84

3 Creating a Website with Expression Web Templates
In this how-to class, you’ll use Microsoft’s Expression Web templates to create and update a website. Templates make lots of tasks faster: creating web pages, working with lists and headings, inserting images, linking, updating navigation, etc. With the tools you learn in this class, you can start working on your own website. Recommended: experience with Windows, Internet browsers, Microsoft Office applications; and Web Design Basics. Materials: Instructor will send link to download and print materials prior to class.

Roseville Gateway 333 Sunrise Ave, RG-120
2/20 & 27 Wednesday 6–9pm #8304 Dorene Matney $87

“Great informative class.”
Cheryl Zachariason
Web Design Basics

» Have you heard about WordPress for managing websites, blogs and social networking? Learn more. See page 5
Drawing for Painters
With pencil and paper, this program is designed to make you a better, more insightful and confident painter at all levels and in any medium. The 5 P’s will be applied in the first class meeting: Pieces, Placement, Proportion, Perspective and (P) Form. The second week will feature Perspective. Watercolor, pastel, colored pencil or pen-and-ink artists will all find insights. Beginners will approach art with more confidence. The perfect class for those considering Oil Painting for Beginners. All materials provided: $15 at class.

Roseville Gateway 333 Sunrise Ave, RG-120
3/2 & 9 Saturday 9am–12pm
#8192 Margot Comer $69

Oil Painting for Beginners—Landscape
Experience the rich buttery application of this classical medium. Following a step-by-step process, you will create a landscape painting with an abundant garden theme, using principles established by Russian Impressionists. Expect big energy and loads of information. Learn about composition, color mixing, paint application, tools and mediums. Perfect for creating your one-time painting or the beginning of a lifetime passion. Repeat students welcome. Students must be over 18. Bring a sack lunch. All materials provided: $38 at class.

Rocklin Campus E-3
3/6 Wednesday 6–9pm
#8205 Dorene Matney $51

“Outstanding way to be introduced to oil painting— instructor was patient and phenomenal.”

Bill Griffiths
Oil Painting for Beginners

Search our website for instructor bios: visit www.sccommed.org and select the class (under browse classes), then click on the instructor’s name
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 Gateway 333 Sunrise Ave, RG-221
2/23–3/16 Saturday 10am–1pm
#2112 Joseph Young $62

Graphﭼ Novel Arts

Come explore the creation of a short graphic novel in a relaxed and fun atmosphere. A graphic novel is a long comic narrative, published in hardback or paperback and sold in bookstores, with serious literary themes and sophisticated artwork. This class will cover what it will take to create a finished experiment of a graphic novel template. Bring pencils, fine black felt tip pen, erasers and paper.

Roseville Gateway 333 Sunrise Ave, RG-221
2/23–3/16 Saturday 10am–1pm
#2113 Joseph Young $98

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.

Roseville Layers of Color Design Studio 201 Walnut Street
2/23 Saturday 9am–1pm
#2076 Kelly Peterson $62

manga—comic strip arts

Explore manga—comic strip development, including perspective, shading, inking and writing. Open to beginning or advanced art students as the lessons can be individualized to match different levels of ability. Come and have fun learning the basics of cartooning. Open to ages 16 and up. Bring black felt pens, pencils, erasers and lots of drawing paper or a sketchbook.

Roseville Gateway 333 Sunrise Ave, RG-221
2/23–3/16 Saturday 9am–12pm
#2112 Joseph Young $62

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. We 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: $50 at class.

Roseville Layers of Color Design Studio 201 Walnut Street
3/9 Saturday 9am–1pm
#8483 Kelly Peterson $62
4/20 Saturday 9am–1pm
#8483 Kelly Peterson $62

Diane Wood $78
The Art of Sketching
Discover the art of sketching. Learn how to jot down the essential lines of any subject matter and to train your eyes and make rapid progress with fun and non-threatening exercises. Find out what subject matter really interests you and fill a sketchbook while discovering strengths. Materials listed on confirmation and website.

**Van Gogh Inspired Sunflower**
Enjoy an evening of painting a giant sunflower inspired by Van Gogh. No experience necessary! You will be taught in a step-by-step method to paint this exciting project and you’ll complete your acrylic painting during the class. 16”x20” canvas and all supplies provided. Materials: $30 at class.

**Drawing with Colored Pencils**
Experiment with the color, control and versatility of colored pencils. Learn amazing new ways to create with colored pencils as well as techniques and principles such as blending, tonal layering, burnishing, fusing and more. You’ll experiment with various surfaces and discover how to use different strokes and combine colored pencils with other mediums. All levels welcome! Materials listed on confirmation and website.

**Green Gem Basket**
This coiled basket sparkles like a million multi-colored gems. Using repurposed materials, you will make cordage, attach it to a base and coil it to fashion your own “green” beauty. Bet you won’t make just one. Bring a sack lunch, scissors and some plastic wrappers from paper towels and/or toilet tissue. Materials: $5 at class.

**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.
Mosaic Jewelry
Create a wearable work of art as a gift or for yourself. Join Jennifer while she takes you through the steps to shape tiny pieces of stained glass, mirror and tiny tile and turn them into beautiful mosaic jewelry. Pre-cut, micro-ceramic tile and millefiori will also be on hand for students to incorporate into one-of-a-kind creations. Materials: $30 at class.

Rocklin Campus E-8
4/27 Saturday 1–4pm
#2107 Jennifer Iams-McGuire $86

Introduction to Encaustic Painting
This class covers the basics for the beginning encaustic artist, the history of encaustics along with several techniques: fusing with an iron, heat gun and blowtorch, scraping to discover the layers of color, carving to define shapes/surfaces, paper vs. wood, taping for line and design, joss paper and gold leafing for a metallic glow, oil sticks and color mixing for the fun of it. 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 E-3
5/4 Saturday 10am–3pm
#8350 Suzanne Bell $86

Oil Painting—Flowers and Gardens
Learn all the fun techniques to paint beautiful flowers and garden scenes with oil. We will explore unique brush strokes and color mixing techniques. Linda’s step-by-step approach will lead you to your goals and teach you how to approach and paint this subject with full confidence. All levels welcome. Materials: $15 at class.

Rocklin Campus E-3
4/6 & 13 Saturday 9am–12pm
#2114 Linda Hao $84

Copper Etching for Jewelry
Play with metal! Learn to etch small metal reliefs using basic etching chemicals. We will cover etching techniques and basic etching elements while making stunning jewelry accent pieces. This class will involve chemical etching solutions and ammonia. Those allergic to such chemicals should not participate. Bring safety glasses and household cleaning gloves. Materials: $20 at class.

Rocklin Campus H-6
4/6 Saturday 12–3pm
#8638 Jenny Stepp $68

Copperplate Calligraphy
Copperplate Calligraphy is an elegant and decorative writing style found on invitations and envelopes. Calligraphic newcomers will be introduced to 7-8 basic strokes which combine to build the whole alphabet. This method enables students to quickly build proficiency, perhaps improve handwriting and find relaxation in the beautiful rhythmic writing. Bring a sack lunch. Materials: $2 at class.

Roseville Gateway 333 Sunrise Ave, RG-102
4/13 & 20 Saturday 10am–2pm
#2075 Patricia Peterson $119

» Interested in Photoshop, digital and creative photography? See page 55
**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.

**Rocklin Campus** E-3
2/2 Saturday 12–4:30pm
#8432 Gayle Rappaport-Weiland $66

**Let’s Paint a Landscape Masterpiece**

You can create a watercolor in only three hours, even if you’re a beginner. Gayle will guide and support you in a risk-free, success-oriented environment with all materials provided. Beginners, you’ll surprise yourself and those of you who have painted before can join us and develop some new skills. All materials provided.

**Rocklin Campus** E-3
2/9 Saturday 9am–12pm
#8571 Gayle Rappaport-Weiland $62

**Watercolor Wild Weave**

Do you want to loosen up, free yourself from being tied to your painting, learn new techniques with an open mind and excel as an artist? Join Gayle in playful painting to deconstruct and reconstruct a woven masterpiece. All levels welcome. Bring a blow-dryer. Materials listed on confirmation and website.

**Roseville Gateway** 333 Sunrise Ave, RG-123
2/20 Wednesday 6–9pm
#2074 Gayle Rappaport-Weiland $55

**Watercolor Tree Sampler**


**Rocklin Campus** E-3
3/9 Saturday 9am–12pm
#8021 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.

**Nevada County Campus** N9–102
3/16 Saturday 12:30–3:30pm
#6376 Gayle Rappaport-Weiland $53

**Watercolor Bird of Paradise**

Experiment with the art of pen and ink drawing and watercolor enhancement. We will create a beautiful drawing and enhance it with a tropical feel using watercolor. All levels of experience welcome. Gayle’s step-by-step direct approach leads you to your creative goals in a comfortable and stress-free environment. Materials listed on confirmation and website.

**Rocklin Campus** E-3
4/27 Saturday 12:30–4pm
#8680 Gayle Rappaport-Weiland $55

**Whimsical Watercolor Floral**

You’ll have to see this one to believe it. Let’s get rid of the fear of the big white piece of paper. Learn a fun and easy way to approach flowers using watercolors and Gayle’s signature plastic wrap technique. With guidance you will get invaluable tips on this innovative technique. Bring plastic wrap and a blow dryer. Materials: Listed on confirmation and website.

**Nevada County Campus** N9–102
5/4 Saturday 12:30–4:30pm
#6378 Gayle Rappaport-Weiland $59
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
2/2–3/16 Saturday 9:30–10:30am
#8202 Adriane Dellorco $78
4/6–5/11 Saturday 9:30–10:30am
#8202 Adriane Dellorco $78

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
2/2–3/16 Saturday 10:45–11:45am
#8322 Adriane Dellorco $78
4/6–5/11 Saturday 10:45–11:45am
#8322 Adriane Dellorco $78

Beginning Hula
Learn the beautiful art form of the hula from the Hawaiian Islands. This class is appropriate for new as well as experienced dancers ages 12 and up. Using the basic steps kaholo, ka’o, hela and ami, you will learn a beautiful auana (modern hula) from beginning to end. Language, culture and history are taught as part of this class because hula is more than just hands and feet. Wear comfortable loose clothing. Materials: $5 at class.
Roseville Gateway 333 Sunrise Ave, RG-606
2/4–3/18 Monday 6:30–8pm
No class 2/18
#8592 Pam Akina $99

5-6-7-8 Starting Out Country
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
2/7–28 Thursday 6–7pm
#2029 Linda Belton $44
4/18–5/9 Thursday 6–7pm
#2029 Linda Belton $44

“Pam is an excellent instructor. She was patient with us and very well informed in the subject area. I would recommend this class to anyone interested in Hawaiian dance.”
Sue Bolton
Beginning Hula

Mark your calendar with the date, time and location of your class!

register online » www.sccommed.org 27
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
1/25–2/22  Friday  6:30–8pm
#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
1/25–2/22  Friday  8–9pm
#8395  Michelle Dawn  $108 couple

Goin’ Country
If you have already completed 5-6-7-8 Starting Out Country you are now ready to go country. Goin’ Country will move from the basic skills to a variety of choreographed line dances. Put on your dancing shoes and let’s have some fun!

Roseville Gateway 333 Sunrise Ave, RG-525
2/7–2/28  Thursday  7–8pm
#2096  Linda Belton  $44

Ballroom Dancing
Partner dancing is fun! Learn the basic steps, variations and styling of the most popular vintage dances including 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.

Roseville Gateway 333 Sunrise Ave, RG-525
3/14–4/11  Thursday  6–7pm
#2095  Linda Belton  $44

Swing Dance—Beginning
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
4/4–5/2  Thursday  6:30–7:30pm
#6209  Kathrin O’Donahu-Wilson  $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
3/1–4/5  Friday  6:30–8pm
#8279  Michelle Dawn  $108 couple
Salsa, Merengue and Cha Cha—Beginning
Salsa is in and it’s hot! Learn the basic elements of this sassy Latin partner dance. We will take the patterns you learn in Salsa and apply them to Cha Cha. Cha Cha is very versatile; it can be danced to all types of music. Merengue is a very easy, fun dance that will help you develop “Cuban motion.” 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
4/12–5/10 Friday 6:30–8pm
#8837 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
4/12–5/10 Friday 8–9pm
#8397 Michelle Dawn $84 couple

The 7 Habits of a Lasting, Loving Relationship
Singles and couples: come to a safe, non-pressured, practical workshop and learn the habits you need to develop for a conscious, co-committed relationship with lovers, mates or friends. Find out how to gain a balanced partnership, create intimacy, have more fun and create a common vision. Learn specific tools to balance freedom and closeness, resolve conflicts, communicate safely, tell the truth, make agreements and create a passionate, loving connection. Materials: $12 at class.

Roseville Gateway 333 Sunrise Ave, RG-611
2/6 Wednesday 6:15–9:30pm
#8762 Richard Lui $49

The Strong-willed Child: The Power of Positive Parenting
End the power struggle with your young child or teen. Come and learn practical proven strategies for setting clear, healthy limits with your children. Learn to get beyond permissiveness and punishment which only backfire. Discover how to raise a balanced, responsive child or teen based on discovering their unique temperament and your own. Materials: $12 at class.

Roseville Gateway 333 Sunrise Ave, RG-611
2/27 Wednesday 6:15–9:30pm
#8766 Richard Lui $49

Breaking Free of Codependency
Come learn to break the pattern of codependency, over-pleasing, over-giving, or over-controlling others leading to burnout, low-grade depression, guilt, anxiety and lack of self-care. Discover how to rebalance your life while still caring for others with limits and boundaries. You will learn five specific ways to gain a life of more peace, purpose and passion. Materials: $12 at class.

Roseville Gateway 333 Sunrise Ave, RG-611
3/6 Wednesday 6:15–9:30pm
#2097 Richard Lui $49
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-202
3/9 Saturday 9am–12pm
#8828 Brenda Cathey $49

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 50.

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 N7–214
3/16 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
3/7–21 Thursday 1–4pm
3/21—Includes field trip
#8517 Debbie Poulsen $88
Sports Camps!

The Sierra College Athletics Department and Community Education are offering these sports camps directed by our outstanding coaches!

All camps will be held at the Rocklin Campus, 5000 Rocklin Road, Rocklin, CA 95677

**Softball**  
with Coach Darci Brownell

**Dive**  
with Coach Roland King

**Volleyball—Coed**  
with Coach Vera Nelson

**Boys’ Basketball**  
with Coach John Fusano

**Girls Basketball**  
with Coach Branki Murrish

**Soccer—Coed**  
with Coach Jason Gantt

**Tennis—Coed**  
with Coaches Brad Harris and Steve Dunmore

**Wrestling**  
with Coach Ken Wharry

Register early, camps fill quickly!
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.

Freezer Cooking: A Month of Meals!
If you juggle too many priorities and find there aren’t enough hours in the day to cook a nice dinner, freezer cooking is your solution. Make enough food to fill your freezer for five to six weeks. Learn a step-by-step process that is easy to understand and follow, from planning menus to stocking the freezer. You’ll get some hands-on experience, learn how to convert your recipes and take home two entrées. Register by Feb 26. Bring an apron and a cooler. Materials: $15 at class.

Sustainable Living Series: Local Foods and Nutrition
Learn how buying and eating local food can improve your life. Find out about the nutritional benefits of eating healthy local food, get some new recipes and learn how to eat with the seasons. We’ll also provide you with information on the local food movements, local farmer’s markets and together we will prepare and eat a lunch using only local foods. Materials: $5 at class.
**Mama Mia, Some Italian Flavors**
Join Jim E. for Italian home cooking as taught to him by his mother—beef braciole, basic chicken cutlets and added flavors, linguini and clam, roasted tomato sauce with variations and Mom’s Manicotti. Materials: $30 at class.

**Grass Valley** Jim E’s Club 141
141 Main Street
2/10 Sunday 1–4pm
#6382 Jim Eckardt

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**A Taste of Mexico**
Come explore the flavors from south of the border. You’ll be led on an excursion of the culinary delights of Mexico including mushroom jalapeño soup, fish tacos and more. You’ll taste these delightful treats as Jim demonstrates and teaches you to recreate at home. Materials: $30 at class.

**Grass Valley** Jim E’s Club 141
141 Main Street
3/10 Sunday 1–4pm
#6383 Jim Eckardt

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**Cooking 101, Basic Cooking Techniques**
Join Chef Jim as he presents easy and fun dinners for the beginner or for those who just want basic skills to improve on at-home meals. We promise to make it fun while you learn how to make macaroni and cheese, meatloaf, pork roast, chili, the very best gravy and chocolate mousse; it’s easier than it sounds. Materials: $30 at class.

**Grass Valley** Jim E’s Club 141
141 Main Street
3/24 Sunday 1–4pm
#6384 Jim Eckardt

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**Vegetarian Gourmet**
Great food and good health, you don’t have to eat meat to have a delicious satisfying meal. Let Jim demystify vegetarian cooking. You’ll learn some delicious recipes for a wonderful meal, enjoy tasting the tasty treats and have some fun in the process. Materials: $30 at class.

**Grass Valley** Jim E’s Club 141
141 Main Street
4/14 Sunday 1–4pm
#6385 Jim Eckardt

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**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
3/9 Saturday 12–2pm
#8966 Mike Frampton

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**Café Zorro**
Learn new and exciting ways to prepare foods inspired by local, seasonal fresh ingredients, even items from your own garden, with the chefs at Café Zorro! Café Zorro is known for crafting local bounty into delicious cuisine and now you can learn some of their secrets! Materials: Included in class fee.

**Loomis** Gourmet Garage 3281 Swetzer Rd
4/7 Sunday 5–7pm
#8635 Chris Barnum

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**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!
“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 an 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!

Knife Skills and Preparation 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.
2/9 Saturday 9am–12pm
#8262 Don Dickinson $52

Spanish Cuisine—From Paella to Tapas
Spend some time with us exploring the exciting subject of Spanish cooking. You will be guided through delicious tapas recipes that are quick and tasty and a paella recipe that is great meal for a family get together. Materials: $20 at class.
2/23 Saturday 9am–12pm
#2101 Marcus Whisenant $52

Asian Dumplings
Gain insight with hands-on experience in the production and cooking of Chinese Dim Sum dumplings, Gyoza, Spring Rolls, Samosas and more! Materials: $20 at class.
3/16 Saturday 9am–12pm
#2102 Frank Sweeney $52

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.
3/23 Saturday 9am–12pm
#8329 Don Dickinson $52

Italian Cuisine—When in Rome!
An American twist on a Milanese favorite, this menu is perfect for a Sunday dinner. In three hours we will create an amazingly succulent Pork Osso Bucco that will make your house smell fantastic and your family’s mouth water. Materials: $20 at class.
4/6 Saturday 9am–12pm
#2103 Tonjala Mack $52

Curing, Smoking and Sausages
The art of Charcuterie is revealed as we cure and smoke salmon, sausages and bacon. You won’t believe the flavor and the tastes you’ll experience as your chef instructor shares the techniques, tips and trade secrets. Materials: $20 at class.
4/27 Saturday 9am–12pm
#2104 Don Dickinson $52

Entertaining Appetizers
Everyone loves appetizers! Spend some time with Marcus and learn how to prepare appetizers that will be great for any type of affair. From bite size canapés to shrimp skewers, join us for an entertaining look at appetizers. Materials: $20 at class.
5/4 Saturday 9am–12pm
#2105 Marcus Whisenant $52

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.
5/25 Saturday 9am–12pm
#2106 Don Dickinson $52

All Cooking with the Pros classes will all be held at the Institute of Technology, 6249 Sunrise Blvd, Citrus Heights
Wine Grape Pruning
Provides practical experience in the pruning and tying of wine grapes by performing these cultural practices in a producing commercial vineyard. Pruning strategies and procedures to control vine vigor, optimize yield and maintain vine health will be described and demonstrated during the workshop. Materials: $15 at class, additional materials on confirmation and website.

Loomis Secret Ravine Vineyards
4390 Gold Trail Way
2/9 Saturday 6–9pm $30
#8097 Ron Morris $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
3/12 & 14 Tuesday/Thursday 6–9pm
#8472 Ron Morris $64

“Great class full of detail! All I was looking for.”
Chris Richgels
Establishing a Small Vineyard

Taste Wine Like an Expert—Red Wines
Take a guided tour through the world of red wines. Explore the relationship between aroma, taste and flavor. Identify the difference between tannin and acid and how to express them. In the process, learn to identify what you really like and more importantly, learn how to articulate it so you can leave the store with a wine you really love. Participants must be 21 or over. Materials: $30 at class.

Nevada County Campus N11–102
2/21 Thursday 6–9pm
#6327 Rod Byers $39

“Love it—Rod is so knowledgeable, I’m looking forward to the other classes; very interesting.”
Helene Diament Agor
Taste Wine Like an Expert—Red Wines

We’re looking for enthusiastic, knowledgeable instructors to teach classes in a variety of subjects:
Language and Writing | Food and Wine | Outdoors
Home and Garden | Special Interests | 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.

register online » www.sccommed.org
Wine Journeys—Wines of the Northern Sierra Foothills
The Northern Sierra Foothills is one of California’s least discovered wine gems. Dating back to pre-Gold Rush days, it’s one of California’s oldest wine regions. Learn the history and why, surprisingly it wasn’t prohibition, but something else that killed the industry. Now 50 wineries grow an incredible spectrum of varieties in a range of flavor profiles. Discover the wines and wineries that make the northern foothills one of California’s best regions. Participants must be 21 or over. Materials: $30 at class.

Wine Journeys—Wines of France
For well over a 1000 years France has ruled the wine world. As the marquee regions of Bordeaux, Burgundy and Champagne become ever more sought after, they are less and less affordable. Take a trip down France’s back roads and country lanes to discover lesser known regions and varietals. Participants must be 21 or over. Materials: $30 at class.

Wines of Napa Valley
Join us and learn more about the internationally renowned wines from this famous wine region. You will be introduced to the essentials of wine tasting, wine nomenclature, purchasing and storage, plus food and wine pairing. We will explore the Napa Valley’s specific characteristics as they relate to the wines we will taste. Participants must be 21 or over. Materials: $35 at class.

Foods of Romance
Food can do a great job of setting the mood for any occasion especially if that occasion is some romantic time. Join Nancy and receive recipes and prepare and sample foods from the romance countries of France and Italy. We will discuss aphrodisiac foods just in time for Valentine’s Day. Materials: $12 at class.
**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.

**Roseville Gateway** 333 Sunrise Ave, RG-525

1/28–3/11 Monday 6–7pm

#8161 Donna Webb $78

4/8–5/13 Monday 6–7pm

#8161 Donna Webb $78

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**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.

**Roseville Gateway** 333 Sunrise Ave, RG-525

1/28–3/11 Monday 5:15–6pm

#2072 Donna Webb $78

4/8–5/13 Monday 5:15–6pm

#2072 Donna Webb $78

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**Foam Roller Workshop**

Come learn how to give yourself a total body therapeutic massage utilizing the foam roller. This method has been used for years by physical therapists to help heal injuries or prevent them from happening. Increase your circulation and flexibility and prevent injury utilizing a technique called myofascial release. Bring a 36 inch foam roller and wear comfortable workout clothing.

**Roseville Gateway** 333 Sunrise Ave, RG-606

1/23 & 30 Wednesday 6:30–8pm

#2078 Donna Webb $39

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**Fitball Workshop**

Learn a total body workout and stretch routine utilizing the fitball. You will gain better balance, total body strength and increase your flexibility. Bring an inflated fitball (heights 5’ to 5’6” need a 55 centimeter ball and heights 5’7” and taller need a 65 centimeter fitball) and wear comfortable workout clothing.

**Roseville Gateway** 333 Sunrise Ave, RG-525

3/18 & 25 Monday 6–7:30pm

#2077 Donna Webb $39

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**Foam roller Workshop**

Come learn how to give yourself a total body therapeutic massage utilizing the foam roller. This method has been used for years by physical therapists to help heal injuries or prevent them from happening. Increase your circulation and flexibility and prevent injury utilizing a technique called myofascial release. Bring a 36 inch foam roller and wear comfortable workout clothing.

**Roseville Gateway** 333 Sunrise Ave, RG-606

1/23 & 30 Wednesday 6:30–8pm

#2078 Donna Webb $39

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**Armed and Dangerous–Upper Body Workout**

Join Donna and lose those flabby arms and strengthen your shoulders. This unique training program will tighten, stretch and shape your arms and shoulders. Wear comfortable workout clothing, tennis shoes and bring a towel and water bottle.

**Roseville Gateway** 333 Sunrise Ave, RG-525

4/8–5/13 Monday 7–8pm

#2017 Donna Webb $78

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"Donna was always mindful of our abilities and didn’t expect us to push beyond our comfort level—she did challenge if you wanted to go there."

Diana Combs

Piloga

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**Register online** www.sccommed.org
**Will Power Is Not the Reason You Didn’t Lose Weight**
Could weight gain be related to nutrient deficiencies and not your will power? Are you one of the many people who have tried to lose weight only to regain it again and again—making yourself feel worse and worse? Join us and explore how certain nutrient deficiencies sabotage the best diets and plans for weight loss. Learn how amino acid deficiency could be contributing to cravings and weight gain.

**Roseville Gateway 333 Sunrise Ave, RG-116**
2/7 Thursday 6–8pm
#2094 Serena Ryder $43

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**Sleep 101**
Are you frustrated with not being able to get to sleep only to fall asleep and wake up 2-3 hours later wide-eyed? Discover the reasons why sleep can be so elusive and what you can do about it. Sleep aids with memory, lifespan, athletic performance, sharpens attention, weight management and lowers stress, blood pressure and cholesterol. We’ll cover the reasons for sleep deprivation, treatment considerations and a sleep protocol.

**Roseville Gateway 333 Sunrise Ave, RG-116**
2/28 Thursday 6–8pm
#2093 Serena Ryder $43

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**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**
2/13–3/20 Wednesday 6:30–8pm
#8593 Martine Shelley $78
4/3–5/8 Wednesday 6:30–8pm
#8593 Martine Shelley $78

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**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.

**Roseville Gateway 333 Sunrise Ave, RG-606**
1/17–3/7 Thursday 6:30–8:30pm
#8529 Gordon Johnson $104

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“Dr. Liebgold is a generous, caring instructor. This is a great course for people dealing with anxiety, phobias and compulsive fears.”

Mary Ryan
Curing Anxiety, Phobias, Panic and OCD

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**Curing Anxiety, Phobias, Panic and OCD**
If you fear public speaking, flying, cruising, driving, closed spaces, dating, becoming ill or dying, animals or insects, worry excessively, or are bothered by disturbing thoughts; you owe it to yourself to take this life-changing seminar. In one day you will learn the origin of your fear and the tools and strategies that have, successfully treated 15,000 anxious participants. Materials: $25 at class.

**Roseville Gateway 333 Sunrise Ave, RG-114**
2/9 Saturday 9:30am–4pm
#8285 Dr. Howard Liebgold $78

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**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.

**Rocklin Campus C-7**
2/20 Wednesday 6:30–9:30pm
#8531 Dr. Gary Riffey $46
Aromatherapy and Beyond
Aromatherapy is the inhalation of plant oils called essential oils for improved physical, mental and emotional well-being. Each oil has unique chemical properties that not only smell good but are also therapeutic. You will experience aromatherapy in class, learn how to use essential oils to elevate mood, aid sleep and calm tension, enhance skin care and support healing. You will make and take home a container of personally selected scented oil. Materials: $12 at class.

Roseville Gateway 333 Sunrise Ave, RG-103
2/23 Saturday 10:30am–12pm
#2040 Jennie Clark $42

Introduction to Healing with the Chakras
"Chakra" comes from the Sanskrit language, meaning “wheel” or “turning”. They are not mystical. They are vortices of energy that conduct a constant flow of life’s energy through us. Learn about the seven major chakras; how to open the chakras using meditation to bring more health, aliveness and happiness to your life. Wear comfortable clothing. Materials: $12 at class.

Roseville Gateway 333 Sunrise Ave, RG-103
3/23 Saturday 10:30am–12pm
#2108 Jennie Clark $42

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 and Fitness
3432 Swetzer Road, Suite A
3/23 Saturday 9am–12pm
#8095 Conrad Woodall $46

The Process of Becoming Unprocessed
Tired of wondering what is really in your food? Do food ingredients look more like chemical experiments than nourishment? Learn quick, simple ways to make your own condiments—filled with healthy, whole ingredients that add to your health. Class will make and/or receive recipes for mayonnaise, ketchup, dressings, marinades, pasta sauce and much more. Materials: $10 at class.

Roseville Gateway 333 Sunrise Ave, RG-114
4/6 Saturday 10am–12pm
#2001 Joanne Alley $34

Tapping into the Power of Your Subconscious Mind
Have you ever wondered why nothing changes when you want to change a habit or to manifest something? Come to this class and learn how the subconscious mind affects your ability to get or do what you want. You will pick something you want to change and learn five tools to activate the power of your subconscious mind to get what you want.

Roseville Gateway 333 Sunrise Ave, RG-102
3/13 Wednesday 6:30–8pm
#2092 Vicky Jackson $36

Letting Go of the Past
Are you having difficulty moving forward in your life because much of your focus is on anger, resentments and old wounds or on guilt and remorse? Come to this workshop with an energy-draining situation and, in this non-threatening atmosphere, learn and practice methods to shift your focus so you can use this energy to create your future, rather than staying stuck in the past. Once learned, you’ll be able to apply these methods to other situations in your life. Materials: $3 at class.

Nevada County Campus N7–214
4/27 Saturday 1–5pm
#6193 Shirley McDonald $48

Enroll early!
Popular classes fill-up quickly and low-enrolled classes may be cancelled
ADRIANE DELLORCO
Classes include: Belly Dance—Level I & II (p27)
Adriane is an award-winning belly dancer. Her popular belly dance classes have been featured on Good Day Sacramento and in the Sacramento Bee.

BUD GARDNER
Classes include: Writing for Fun and Profit (p46), Advanced Techniques for the Selling Writer (p47), and Beginning Harmonica—Oldies & Goodies (p48)
Named the most inspirational writing coach in America, Bud has inspired his students to earn $10,000,000, selling 10,000 articles, stories and books. Bud is also founder and Head Coot of the Sun City Harmonicoots, the largest working harmonica band in America.

ROSEMARY MONROE
Classes include: Computer Phobia, Computer Basics, Beyond Computer Basics, Microsoft Office, Microsoft Windows 7, Excel I & II, Access 2010 and Publisher 2010 (p16–19)
RoseMary has many years of teaching experience. She creates a supportive and comfortable learning environment for all students.

RON MORRIS
Classes include: Wine Grape Pruning and and Establishing a Small Vineyard (p35)
Ron owns Secret Ravine Vineyards and Winery. Ron’s courses are designed to provide students with sufficient information to begin a successful small vineyard and a sense of the personal benefit inherent to participating in agriculture.

KRIS PATTERSON
Classes include: Introduction to Medical Insurance Billing, Advanced Medical Insurance Billing, Starting Your Own Medical Insurance Billing Business, Computerized Medical Insurance Billing and Workers’ Compensation and Personal Injury, and Medical Front Office (p12-13)
Kris is the owner of KGP Consulting, LLC, a practice management consulting firm and has been providing instruction since 1990.

GAYLE RAPPAPORT-WEILAND
Classes include: The Business of Art (p8), Watercolor Workshops (p26) and Acrylics—Watercolor Style (p25)
Gayle is a professional artist, teacher and art consultant. She creates a comfortable and stress-free environment where all students enjoy a successful experience. Her step-by-step approach will lead you toward your creative goals.
Try something new this spring! We always bring you new and interesting classes to inspire you to learn with Sierra College Community Education. Here are some of our exciting new offerings for spring 2013!

**Manga—Comic Strip Art**
**Graphic Novel Arts**
**Chalk Paints and More**
**Going Country (Dance Class)**
**Basic Life Support for Healthcare Providers Renewal**
**Cash in with a Successful Home-Based Business**
**Vino Artist Canvas**
**Watercolor Wild Weave**
**Copperplate Calligraphy**
**Oil Painting—Flowers and Gardens**
**Getting Your Stuff Together: Organizing Your Estate**
**Introduction to WordPress: Hands-On**

**Sierra Chef Series—four new classes!**

- *Wine Journeys—Country Wines of France*
- *Wine Journeys—Wine of the Mediterranean*
- *Wine Journeys—Wines of the Northern Sierra Foothills*
- *Foam Roller Workshop*
- *Fitball Workshop*
- *Sleep 101*

**Sustainable Living Series:**
- *Home Solar Basics*
- *Local Foods and Nutrition*
- *Video for Web Made Easy*
- *WordPress and Social Media*

» RETURNING FAVORITE!

The “Cooking with the Pro” Series is back! This program, offered in partnership with the Institute of Technology—Culinary Arts program, was one of our most highly rated programs. We are happy to bring this program back for our “Cooking Enthusiast.” See page 34 for classes.
**Color in Your Garden for All Seasons**

In this information packed workshop, discover how to plan month-by-month what can be blooming in your yard to enjoy a year-round landscape. Learn about the best multi-seasonal and longest-blooming flowers, shrubs and ornamental grasses for this area. Get tips on improving your soil and suggested plants that are tolerant of heavy clay soils. Explore the use of color, texture, harmony and other basic garden design principles. Materials: $10 at class.

**Rocklin Campus** C-6  
3/2 Saturday 9am–12pm  
#8763 Betsy Newington $48

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**The Art and Fun of Floral Design**

Have you always wanted to create gorgeous flower arrangements for your home, family and friends? Learn the techniques of flower arranging through demonstrations and hands-on sessions. After each session you will take home an original arrangement that you created in class. Bring a flexible chopping/cutting mat, a florist’s knife or sharp paring knife, a vase approximately 7” tall and 3”-4” inches in diameter and a roll of paper towels. Materials: $100 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-102  
3/4-4/8 Monday 6–8pm  
#8135 Laura Hill $89

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**Build a Greenhouse**

Are you dreaming of having a year-round gardening workshop? You can create your own greenhouse for minimal cost; it's not that hard. Before you start, let us help you with answers to many key concerns and questions. We will discuss how to choose a site, size, types and costs of materials, windows, heating, cooling and more. Materials: $10 at class.

**Rocklin Campus** C-9  
3/9 Saturday 9am–12pm  
#8813 Wayne White $46

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**online** **Going Green at Home**

Step into a green lifestyle! In this course, you’ll discover simple, cost-effective ways to make your home green and keep your community healthy. From shopping and cooking to decorating and cleaning, you’ll find hundreds of eco-friendly ideas you can put to work instantly. See page 50.

**new** **Sustainable Living Series: Home Solar Basics**

Learn the basics of home solar, how it works and whether or not it would be a good thing for your home. We’ll discuss energy efficiency, solar system sizing, costs and what questions you should ask before doing a solar installation. Additionally, we’ll provide you resources to help in your decision making process. Finally, during lunch we’ll be doing an optional information session and optional tour of the Sierra College solar arrays.

**Rocklin Campus** I-1  
3/16 Saturday 10am–2pm  
#2099 Michael Kane & Michael Dela Pena $45

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**Interested in Establishing a Vineyard or Pruning Grapes?**  
See page 35.

**Landscape Design—Let’s Get Started**

Stop! Don’t plant that tree! Before adding any trees or walks to your yard, it’s best to begin with a landscape plan. You will learn how to create a master plan for your property, based on how you are currently using your gardens or how you would like to use them. We will discuss ways to create interest using focal points, patterns and where to plant that tree. Bring a rough sketch of your yard, a scale or ruler, pencils or markers and pictures of gardens and if you like, some crazy ideas. Materials: $5 at class.

**Nevada County Campus** N9–108  
3/16 Saturday 9am–12pm  
#6260 Elizabeth Dunn $48
Organize a Move
Is there a move or transition in your future? Are you considering downsizing or moving to safer, simpler living? Lee, a Certified Relocation and Transition Specialist has helped hundreds of people who have lived in their homes for many years and needed to move to a smaller home or retirement community. You’ll learn how to take the stress out of the process and even have fun with space planning and organizing a safe, efficient move which will save time, money and frustration. Materials: $5 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-103
3/16 Saturday 10am–12pm
#2034 Lee Mahla $42

"Great Class! Really good ideas on how to work through letting go of sentimental stuff."

Sherry Beamer
Letting Go of Your Stuff

Letting Go of Your “Stuff”
Is it time to let go of some of your stuff? Are your possessions weighing you down or are you concerned about the best way to handle letting go? The process of letting go can be difficult. Let Lee Mahla help you by providing some research and local resources to help you get through and ease the process of letting go of possessions.

**Roseville Gateway** 333 Sunrise Ave, RG-103
3/16 Saturday 1:30–3:30pm
#2035 Lee Mahla $42

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.

**Rocklin Campus** I-10
3/16 & 23 Saturday 9am–1pm
#8272 Cindy Fake $89

Introduction to Painting Cabinets
Tired of the way your cabinets look? Join Niki and learn how to makeover and refresh your cabinets! Learn cabinet painting preparation basics and complete a couple of hands-on samples of the most popular techniques in class. This is a great way to update bath or kitchen cabinets or pieces of furniture. You’ll gain the confidence you need to tackle a variety of projects. Materials: $25 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-123
3/18 Monday 6–9pm
#2087 Niki Gamboa $62

"Stunning, informative, positive, humorous, generally life-enriching course. Loved it."

Marty Vroege
Art of Bonsai

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: $35 at class.

**Newcastle** Matsuda’s Nursery
4880 Virginiatown Rd
3/23 Saturday 9am–12pm
#8548 Hiroshi Matsuda $48

Construct a Backyard Deck or Patio
Whether you do all the work yourself or hire a contractor, find out what you need to know from start to finish in this informative class. We will cover how to prepare a plan and layout for patios, decks and covers; discuss materials and costs; review the new synthetic products, finishes and more.

**Rocklin Campus** C-9
4/6 Saturday 9:30am–12:30pm
8753 Wayne White $46

register online » www.sccommed.org
Landscape Design Basics
Where do you start? What are some tricks of the trade? Come learn the basics including what you should know about the soil, how to measure your property, drainage, theme, hardscape verses softscape, focal points, plant and tree selections and design ideas. Class will include lecture and design drawing basics. You will leave class ready to go home and get started! Materials: $5 at class.

Roseville Gateway 333 Sunrise Ave, RG-102
4/9 Tuesday 6–9pm
#8865 Colleen Hamilton $48

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 N7–214
4/13 Saturday 9:30am–12:30pm
#6353 Evelyn Soltero $49

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. Bring required text to first session: Conversational Spanish by Barbara Saloom (approx. $20). Materials: $3 at class

Roseville Gateway 333 Sunrise Ave, RG-123
2/5–3/5 Tuesday 1:30–3:45pm
#8501 Sayda Postiglione $98
2/21–3/21 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. Required text: same as Level I. Materials: $3 at class

Roseville Gateway 333 Sunrise Ave, RG-123
3/12–4/16 Tuesday 1:30–3:45pm
No class 3/26
#8505 Sayda Postiglione $98

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 N7–215
4/13 Saturday 9am–4pm
#6215 Chris Horwath $82

“Very interesting, anyone interested in building a pond should take this course.”
Douglas Walters
Waterfalls, Water Features and Ponds

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. Required text: same as Level I. Materials: $3 at class

Roseville Gateway 333 Sunrise Ave, RG-123
3/12–4/16 Tuesday 1:30–3:45pm
No class 3/26
#8505 Sayda Postiglione $98

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 50.
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 50.

Spanish for Healthcare Professionals
Designed for nursing and other medical professionals to help you communicate better with your Spanish speaking patients and their family members. You will learn basic medical terminology for patient care used in doctors’ offices, hospitals, emergency care, labor/delivery and surgery. Vocabulary includes diseases and body parts. Role play practice will be an essential part of the course. No previous Spanish experience required. Required text: Spanish for Nursing, ISBN 978–1–888467–91–8.

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: $2 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.

Conversational German
This class is designed for beginners. This fun, relaxed and stress free class focuses on basic vocabulary and grammar with an emphasis on dialogue for travelers to make your encounters enjoyable and worthwhile. Join us and learn the fundamentals to speak German. Interacting with German speaking communities at home and abroad will open the doors to warm hospitality and friendships. Required text: Conversational German in 7 Days, ISBN 978-0071432610. Materials: $5 at class.

register online » www.sccommed.org
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: $2 at class.
Roseville Gateway 333 Sunrise Ave, RG-123 2/23 Saturday 1–4pm #8050 Amy Wilcox $39

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 3/6–4/10 Wednesday 6–8:15pm #8795 Amy Wilcox $98

Conversational French—Level II
Vous parlez français, n’est-ce pas? Bien sûr! 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.
Roseville Gateway 333 Sunrise Ave, RG-123 4/24–5/22 Wednesday 6–8:15pm #8854 Amy Wilcox $98

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 50.

new Seeds for Spring: Generating New Creative Writing
Do you wish to explore creative writing and are not sure about what you want to write? Or do you have writing experience and want to freshen your material or come up with new ideas? We will plant new seeds for your work by engaging in a range of fun, mind-stretching, creative writing exercises. You will leave this class with the beginnings of several new pieces and some techniques to generate even more. Suitable for beginning and experienced writers. Materials: $5 at class.
Roseville Gateway 333 Sunrise Ave, RG-102 2/23 Saturday 10am–4pm #2083 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 3/9 Saturday 9am–12:30pm #8734 Bud Gardner $59

Smoking & tobacco are not permitted on any Sierra College campus. Thank you.
www.sierracollege.edu/smokefree
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.

Get Published! What Every Author Needs to Know
In this eye-opening seminar, learn what publishers want and how to approach them. Find out how to avoid the four mistakes that writers make that lead to rejection. For many people, self-publishing can be more lucrative than signing with a big publisher—but it can also be a costly mistake if you leap before you look. Learn about self-publishing options, Print on Demand options and vanity press scams. Materials: $2 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 50.
Advanced Rider Course—Sport Bike Techniques (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

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 $30 for the entire six weeks, payable at first class. Materials: $20 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-102
3/14–4/25 Thursday 7–8pm
No class 3/28
#2010 Stu Herreid $76

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.

**Roseville Gateway** 333 Sunrise Ave, RG-102
1/24–2/28 Thursday 7–8pm
#8048 Stu Herreid $76

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
2/9 Saturday 9am–12:30pm
#8881 Bud Gardner $48
Beginning Piano for Total Beginners

Designed for the complete beginner. If you have no musical background or wish to take the “Instant Piano” workshop later, then this class is for you. You will learn the fundamentals of the piano keyboard and basic reading skills. When you leave, you will have learned to play basic chords with simple songs. Materials: $20 at class.

Rocklin Campus  D-3
2/9  Saturday  9:30am–12:30pm
#8152  Nancy Matlin  $48

Beginning Piano for Total Beginners—II

Make your beginning level of playing sound great by learning the tricks used by professional musicians. This is a continuation of the popular Beginning Piano for Total Beginners. This class is designed for the beginning piano student who is familiar with the keyboard and can play simple beginning pieces using letter names—not note reading. Materials: $25 at class.

Rocklin Campus  D-3
3/16  Saturday  9:30–12:30pm
#8478  Nancy Matlin  $48

Healthy Harmonica: Songs and Rhythms

Breathing is our foundation when playing the harmonica. We will take the simplest of pop, folk and blues melodies and invigorate them with simple, but powerful, techniques to make any song deeply expressive. No previous ability to read or play music is needed…only a desire to have fun and feel more alive! A “C” major diatonic harmonica is available in class for $12. Materials: $15 at class.

Roseville Gateway  333 Sunrise Ave, RG-121
4/20  Saturday  10–11:30pm
#8077  David Broida  $32

Beginning Blues Harmonica

Play and have fun as you are introduced to many of the tricks and techniques to make the harmonica cry, laugh, wail and scream! No previous musical experience is required—only a love of the blues and a desire to play the harmonica. A “C” major diatonic harmonica is available in class for $12. Materials: $15 at class.

Roseville Gateway  333 Sunrise Ave, RG-121
4/20  Saturday  11:45am–1:45pm
#8543  David Broida  $38

Instant Piano for Hopelessly Busy People

This class is designed to improve your piano, keyboard, or organ playing. You will learn many types of chords and how to use them, plus dozens of playing tips to make you sound like a piano pro. In just three hours, you can learn enough secrets of the trade to be able to play thousands of songs. You must know the piano keyboard and be able to read the treble clef. If you don’t know the keyboard and treble clef, then sign up for the Beginning Piano class. Materials: $29 for workbook and practice CD at class.

Rocklin Campus  D-3
4/13  Saturday  9:30am–12:30pm
#8541  Nancy Matlin  $48

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!

register online » www.sccommed.org
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.

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.

You then go to Checkout.

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

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.

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4. How to begin your class:
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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 16, February 20, March 20, April 17 and May 15
Children, Parents and Family

- Assisting Aging Parents $104
- Empowering Students with Disabilities $104
- Guiding Kids on the Internet $104
- Homeschool with Success $104
- Managing Life as a Single Parent $104
- Navigating Divorce $104
- Understanding Adolescents $104

Computer Applications

- Dreamweaver $104
- Introduction to Digital Scrap Booking $104
- Mac, iPhone, and iPad Programming $104
- Microsoft Access $104
- Microsoft Excel $104
- Microsoft PowerPoint $104
- Microsoft Publisher $104
- Microsoft Word $104

“I liked the course. I actually got what I wanted out of the course because I was at the same time trying to create a database of my own. It really helped me. Thanks!”

Robert Boschert
Intermediate Microsoft Access

Creative Writing

- A Writer’s Guide to Descriptive Settings $104
- Beginning Writer’s Workshop $104
- Breaking into Sitcom Writing $104
- Introduction to Digital Scrapbooking $104
- Introduction to Internet Writing Markets $104
- Introduction to Journaling $104
- Introduction to Screenwriting $104
- Mystery Writing $104
- Pleasures of Poetry $104
- Publish and Sell Your eBooks $104
- The Craft of Magazine Writing $104
- The Keys to Effective Editing $104
- Travel Writing $104
- Write and Publish Your Nonfiction Book $104
ONLINE CLASSES

★ Writeriffic: Creativity Training for Writers I, II ....................... $104 ea
Writing for Children ........................................ $104
Writing Young Adults Fiction ............................. $104

Digital Photography
Discover Digital Photography ........ $104
Photoshop ...................................................... $104
Photographing Nature with Your Digital Camera .......... $104
★ Photographing People with Your Digital Camera ........ $104
Photoshop Elements for the Digital Photographer I, II ........ $104
Secrets of Better Photography ............................ $104
Travel Photography for the Digital Photographer ........... $104

Grant Writing and Nonprofit Management
★ A to Z Grant Writing .......................... $104
Advanced Grant Proposal Writing ......................... $104
Becoming a Grant Writing Consultant ...................... $104
Get Grants! ................................................... $104
Introduction to Nonprofit Management ...................... $104
Marketing Your Nonprofit ................................ $104
Starting a Nonprofit ....................................... $104
Writing Effective Grant Proposals ......................... $104

Graphic and Multimedia Design
Creating Mobile Apps with HTML5 ... $104
Creating Web Pages ................................. $104
Creating WordPress Websites I, II ....................... $104 ea
Designing Effective Websites .......................... $104
CSS and XHTML ......................................... $104
Flash ......................................................... $104
InDesign ..................................................... $104
Mac, iPhone and iPad Programming ...................... $104
PHP and My SQL ....................................... $104

Health and Wellness
Handling Medical Emergencies ........................ $104
Luscious, Low-Fat, Lightning-Quick Meals ................ $104

Health Care
★ Become a Physical Therapy Aide .................. $104
★ Become a Veterinary Assistant I, II, III ................ $104 ea

“Wonderful course with more detail and depth than I was expecting. A wonderful experience. Thank you!”
Lisa Smith
Become a Veterinary Assistant

Become an Optical Assistant .......................... $104
Certificate in End of Life Care .......................... $190
★ Certificate in Gerontology .......................... $205
Certificate in Legal and Ethical Issues in Nursing ........ $170
Certificate in Pain Assessment and Management ........ $170
Certificate in Perinatal Issues .......................... $170
Explore a Career in a Dental Office ...................... $104
Explore a Career in Medical Coding .................. $104
HIPAA Compliance ...................................... $104
★ Human Anatomy and Physiology I, II ............... $104 ea
Introduction to Natural Health and Healing ................ $104
Medical Coding ........................................... $104
Medical Math .............................................. $104
Medical Terminology: A Word Association Approach ...... $104
Medical Transcription .................................... $104

Job Search
12 Steps to a Successful Job Search .................... $104
Resume Writing Workshop ............................. $104

Languages
Beginning Conversational French ....................... $104
Conversational Japanese ................................ $104
Instant Italian ............................................ $104
Spanish for Medical Professionals ...................... $104
Spanish for Law Enforcement .......................... $104
★ Speed Spanish I, II, III .............................. $104 ea

Law and Legal
Introduction to Criminal Law ......................... $104
Explore a Career as a Paralegal ......................... $104
LSAT Preparation—Part 1, Part 2 ....................... $104 ea
Real Estate Law .......................................... $104
Workers’ Compensation ............................... $104

Register online
24 hours a day
www.sccommed.org

52 Sierra College Community Education » not-for-credit classes
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<tr>
<th>Category</th>
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<th>Price</th>
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<td><strong>PC Networking and Security</strong></td>
<td>Introduction to Networking</td>
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<tr>
<td></td>
<td>★ Introduction to PC Security</td>
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<td>Introduction to PC Troubleshooting</td>
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<tr>
<td><strong>Personal Enrichment</strong></td>
<td>Achieving Success with Difficult People</td>
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<td>Get Assertive!</td>
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<td>Get Funny!</td>
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<td>Individual Excellence</td>
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<td>Skills for Making Great Decisions</td>
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<td>Keys to Successful Money Management</td>
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<td>Learn to Buy and Sell on eBay</td>
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<td>Real Estate Investing</td>
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<td>Stocks, Bonds, and Investing: Oh, My!</td>
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<td>Where Does All My Money Go?</td>
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<td><strong>Sales and Marketing</strong></td>
<td>Achieving Top Search Engine Positions</td>
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<td>Business and Marketing Writing</td>
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<td>Marketing Your Business on the Internet</td>
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- **Start Your Own Business**
  - Creating a Successful Business Plan                                  $104
  - Get Paid to Travel                                                     $104
  - Growing Plants for Fun and Profit                                      $104
  - Secrets of the Caterer                                                 $104
  - Start and Operate Your Own Home-Based Business                          $104
  - ★ Start a Pet Sitting Business                                          $104
  - Wow, What a Great Event!                                               $104

- **Teaching and Education**
  - Creating Classroom Centers                                             $104
  - Grammar Refresher                                                      $104
  - Math Refresher                                                         $104
  - Ready, Set, Read!                                                      $104
  - Singapore Math Strategies                                              $104
  - Solving Classroom Discipline Problems I, II                            $104 ea
  - Survival Kit for New Teachers                                          $104
  - Teaching Smarter with Smart Boards                                    $104
  - Teaching Students with ADHD                                            $104

- **Test Prep**
  - ★ GED Preparation                                                      $104
  - GRE Preparation 1, 2                                                  $104 ea
  - GMAT Preparation                                                       $104
  - LSAT Preparation - 1, 2                                                $104 ea
  - SAT/ACT Preparation—1, 2                                               $104 ea

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- Upgrade your skills | Meet new friends
- Build community | Enrich your life
- Have fun | Explore an interest
- Grow your business
- Learn something new

**SIERRA COLLEGE COMMUNITY EDUCATION**

- fun friends
- business skills
- community life

**www.sccommed.org**

register online ➾ www.sccommed.org
Exploring the Night Sky
Locate and identify stellar objects by observing the night sky utilizing telescopes, binoculars and star charts. This class will introduce you to basic astronomy with an emphasis on naked eye and telescopic observation of the night sky. We will conduct an elementary study of the moon, planets, stars, constellations, star clusters, nebulae and galaxies. This class is for beginners and moderately advanced students and includes both class and under the sky observation.

Nevada County Campus N7–110
3/7–4/18 Thursday 7–9pm
7 No class 3/28
Dates subject to change due to weather
#6064 Don Machholz $89

Fly Fishing for Beginners
This two-day class will serve both beginning and intermediate fly fishers. Topics covered include equipment, knot tying, stream habitat, aquatic entomology and 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. The Sunday session is a day-long fly fishing trip to a local pond or stream—you provide your own transportation. Must have a valid California fishing license for field trip. Materials: $10 at class.

Rocklin Campus C-8
3/16 & (class) Saturday 9am–4:30pm
3/17 (field trip) Sunday 9am–4pm
#8557 Bill Carnazzo $112

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
4/20 Saturday 10am–3pm
#6313 Matt Berry $65
Digital Photography for Beginners—Level II
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
1/29–2/19 Tuesday 6:30–8:30pm
#8613 Jeff Burkholder $98
1/30–2/20 Wednesday 9–11am
#8613 Jeff Burkholder $98
2/21–3/7 Thursday 1–3:45pm
#8613 Roy Salisbury $98

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
1/29–2/19 Tuesday 6:30–8:30pm
#8613 Jeff Burkholder $98
1/30–2/20 Wednesday 9–11am
#8613 Jeff Burkholder $98
2/21–3/7 Thursday 1–3:45pm
#8613 Roy Salisbury $98

HAVE AN ADVENTURE WITH COMMUNITY EDUCATION »

join us for one or all of our fun trips!
Digital Photography for Beginners—Level III
Take digital imaging to the next level with Adobe Photoshop Elements. Learn tips and tricks in working with layers, color adjustments, cloning, image sizing, black and white adjustments, color painting and an understanding of RAW file processing. You will have class time to work on your own images and have one-on-one assistance with the instructor. You must be able to bring your own photos on a CD-ROM or USB device. Materials: $10 at class. Bring a USB drive to save your work.
Roseville Gateway, 333 Sunrise Ave, RG-112
4/9–30 Tuesday 6:30–8:30pm
8120 Jeff Burkholder $98

Basic Digital SLR Photography
Master the key features of your single-lens reflex (SLR) camera. Learn about aperture and f/stops and what impact they have on your pictures. You’ll finally be able to move beyond automatic to the creative modes of shutter priority, aperture priority, program and manual. Learn many of the advantages of your SLR camera so that you can get those special photos. Micro four-thirds cameras are welcome too. Bring your owner’s manual. Materials: $10 at class.
Roseville Gateway, 333 Sunrise Ave, RG-112
3/14 & 21 Thursday 1–4pm
#2088 Roy Salisbury $87

Photoshop Elements 11.0—Level I
The #1 selling consumer photo-editing software makes it easy to create extraordinary photos. You will create borders, correct colors, resize images, crop, repair, make a collage, email photos, remove red eye, layer basics and many more techniques. You’ll also learn the basics of organizing your photos. Time will be allotted to enhance some of your own photos. Required: Knowledge of Windows 7/Vista/XP. Class taught in a PC lab and is applicable to version 3.0 to 11.0 owners. Bring a USB drive to save your work. Materials: $10 at class.
Roseville Gateway, 333 Sunrise Ave, RG-112
4/4–18 Thursday 1–4pm
#8931 Roy Salisbury $99

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-103
3/6–20 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
4/6–20 Saturday 10am–1pm
#2033 Sheldon Carpenter $98

Intermediate Digital SLR Photography
Continuing what was started in Beginning Digital SLR, this class goes further into the use and understanding of your camera. We will cover aperture, shutter speed and ISO more thoroughly, as well as using manual mode. We will also discuss the use of camera accessories, such as tripods and flash. Part of the classes will be spent practicing the techniques we are covering.
Roseville Gateway, 333 Sunrise Ave, RG-116
4/22–5/6 Monday 6–9pm
#2089 Sheldon Carpenter $98
Communicating with Your Animal Friends
Learn what animal communication is and how it works. You will develop your ability to establish a two-way dialogue with your own animals by using easy meditative techniques. Guided exercises will help you connect with animals and know what your animal is thinking and feeling. We’ll also explore animal totems and the dream space.

Roseville Gateway 333 Sunrise Ave, RG-202
2/23 Saturday 10am–12pm
#8896 Carole Gan $43

Using Sound to Explore Your Chakras
Explore the use of sound and musical note played on a crystal bowl to become more aware of the body’s energy centers, which are commonly known as chakras. We’ll explore the first seven chakras by playing musical notes that are known to trigger body responses. No experience is necessary. Bring your enthusiasm and sense of adventure.

Roseville Gateway 333 Sunrise Ave, RG-202
3/23 Saturday 10am–12:30pm
#2042 Carole Gan $44

Photography on the Farm Photo Workshop
Spring on the farm is a great time to experience local agriculture through the camera lens. Starting with early morning light at Twin Brooks Farm, we will explore row crops, persimmon and mandarin trees, as well as acres of farm life. Lunch will be a no-host affair at Newcastle Produce, with plenty of time to photo shoot in a quaint historic town. Last we will meet at Flying Mule Farm where we will photograph the sheep and hard-working herd dogs as well as great landscape. Photographers at all levels of experience are welcome. You must provide your own transportation to each site.

Roseville Gateway 333 Sunrise Ave, RG-107
5/1 & 5/5 Wednesday 6:30–8pm
#2119 Rick Brown, Dan Macon, Mary Yates $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
4/17–5/8 Wednesday 6–9pm
#2032 Sheldon Carpenter $129

Register online » www.sccommed.org
**Arts of Japan**
Join us for an introduction to the arts and culture of Japan. We will demonstrate and discuss the arts of ikebana (flower arrangement), Zen painting, Japanese gardens, raku ceramics, tea, bonsai and more.

The time will pass quickly as you gain an overview and appreciation of this rich and inspirational culture. Materials: $10 at class.

**Newcastle** Matsuda’s Nursery
4880 Virginia town Rd
2/23 Saturday 10am–12pm
#2022 Hiroshi Matsuda $39

**Stress Management for Caregivers**
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.

**Nevada County Campus** N7–216
3/16 Saturday 9am–3:30pm
#6386 Marge Kaiser $67

**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 50.

** Accomplish Your Bucket List with Little or No Money**
This class is for those who have dreams but are limited financially. Receive a step-by-step approach to accomplish your goals so you can achieve your bucket list with little or no money. A bucket list is anything you dream of doing, but think you can’t do because of financial circumstances. You won’t believe what you can do! Materials: $10 at class.

**Nevada County Campus** N7–216
4/13 Saturday 9am–12:30pm
#6387 Marge Kaiser $44

**The World from a Bicycle**
The world from a bicycle allows armchair and active travelers to see the United States and faraway places from the seat of a bicycle. The class will emphasize the ease of travel with an organized group. Ken has biked around the world and will take you on a pictorial tour around the country sides of Europe, Asia, South America and the United States.

**Roseville Gateway** 333 Sunrise Ave, RG-116
3/19 Tuesday 6:30–9:30pm
#2036 Ken Brooks $43
**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.

**Roseville Gateway** 333 Sunrise Ave, RG-116
3/18–4/29 Monday 6–8pm
No class 3/25
#8799 Mike Gardetto/Dan Galloway $132

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**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-103
2/2 Saturday 9am–12pm
#8607 Curtis Adney $58

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“Mr. Pennington’s class was wonderful. I have acquired great tools to work with my soon to be eight-year old.”

Rosemund Metu
Super Study Skills

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**Super Study Skills—Grades 5–8**

In this class, designed for grades 5–8, students will learn how to work “smarter, not harder” to master the following skills: how to set goals, get motivated and avoid procrastination; how to listen effectively, take notes and remember what has been taught; how to prepare for tests; and how to read faster with better comprehension and retention. Parents are encouraged to attend class with students. Materials: $25 at class for “Essential Study Skills CD and workbook.”

**Roseville Gateway** 333 Sunrise Ave, RG-123
3/2 Saturday 1:30–4:30pm
#8721 Mark Pennington $78

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**Enroll early!**

Popular classes fill-up quickly and low-enrolled classes may be cancelled.
Monterey Bay Aquarium
Your Monterey excursion begins with a visit to some fascinating fish! The aquarium is home to more than 35,000 strange and colorful ocean creatures. Explore the waters of Monterey Bay through an over 90 feet long hourglass-shaped exhibit where sharks and sturgeon glide through the deep reef, murres plunge from the surface and flatfish nestle in the sandy sea floor. You’ll also have free time to visit the unique restaurants and shops along Cannery Row. Register by January 25, 2013; call for availability after that date.

Rocklin Campus Meet in the “I” Parking Lot 2/7 Thursday 7am–8pm #7484 Coral Reid $114

San Francisco Flower and Garden Show
Flower lovers delight! Join us as we travel to the San Mateo Events Center for the official calling card of spring. Inspirational gardens, fun green living ideas and products, acres of plants and the wisdom of renowned garden experts await you at one of the world’s most celebrated spring garden events. Experience 29 gorgeous gardens, celebrity appearances and over 80 seminars and cooking demonstrations. Enjoy lunch on your own. Bring a friend and wear good walking shoes. Register by March 11; call for availability after that date.

Rocklin Campus Meet behind the Theatre 3/23 Saturday 8am–6pm #7380 Carolyn Smith $99

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) are required except Sundays or school holidays. 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!
Rembrandt’s Century at de Young
Join us as we travel to de Young for this exhibition that examines a wide range of artworks from the 17th century. Explore the rich print culture of the era focusing on representation of artists and their world. The museum is also displaying one of the world’s most prestigious collections of Dutch Golden Age paintings. Afterwards visit the Legion of Honor which houses more than 87,000 paintings, sculpture and decorative arts and enjoy lunch on your own. Register by March 18; call for availability after that date.

Rocklin Campus Meet behind the Theatre
4/20 Saturday 8am–5pm
#7518 Carolynn Smith $109

Castello di Amorosa
Enjoy your day in the beautiful Napa Valley experiencing the romance of Italy and the wine of Napa. We’ll tour the stunning Castello di Amorosa that took 14 years to build and includes 107 rooms on eight levels, a frescoed great hall, a drawbridge, a dungeon and more. Includes a private wine tasting! Lunch is included at the Calistoga Inn Restaurant, a charming turn-of-the-century European style hotel. Afterward, we’ll visit the Calistoga History Museum filled with enchanting artifacts. Register by April 5; call for availability after that date.

Rocklin Campus Meet in the “I” Parking Lot
5/14 Tuesday 8:30am–6pm
#7477 Coral Reid $166

Follow the Seagull
Ever wonder about those little pelican and seagull signs around San Francisco? They were originally designed to highlight sights for the 1939 Golden Gate Expo and Fair. Called the 49-Mile Scenic Drive, we’ll follow the iconic signs with our guide, Craig Smith, for a bird’s eye view of famous landmarks such as City Hall, Union Square, Chinatown, Little Italy, Lombard Street, Fisherman’s Wharf, Ghirardelli Square, The Presidio and more. Lunch included with a breathtaking ocean view at the historic Beach Chalet. Register by June 13; call for availability after that date.

Rocklin Campus Meet behind the Theatre
6/29 Saturday 8am–6pm
#7517 Carolynn Smith $123

Tahoe Cruise and the Ehrman Mansion
Travel to beautiful Lake Tahoe and Sugar Pine State Park where you’ll enjoy a guided tour of the Hellman-Ehrman Mansion. After the tour enjoy your Boudin’s sandwich box lunch on the grounds. Then we’ll board the Tahoe Queen in the afternoon for a 2.5 hour cruise on the glistening blue waters of Lake Tahoe. You’ll cruise to Emerald Bay, the lake’s most photographed spot. Register by June 3; call for availability after that date.

Rocklin Campus Meet behind the Theatre
7/20 Saturday 8am–6:30pm
#7401 Coral Reid $141

Register online 24 hours a day
www.sccommed.org or call (916) 781–6280

“Fun! Perfect day! Someone else driving, parking and doing the legwork is great!”
J. Brimhall
Tahoe Cruise and Ehrman Mansion
TRIPS AND TRAVEL

You’re invited to a Free Preview of our 2013 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.

Roseville Gateway 333 Sunrise Ave RG-116

1/31 Thursday 6–7pm #7412 Jay Fehan Free
2/12 Tuesday 3–4pm #7412 Jay Fehan Free

Colors of New England
October 11–18, 2013, 8 days, 11 meals
Journey through New England’s charming and vibrant northern states. Trip highlights include Boston, Woodstock, Quechee 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.
Fee includes RT air from Sacramento, trip insurance and taxes. Register by April 11, 2013, call for availability after that date. $2,899 ppdo

Russian River Cruise
September 2–12, 2013, 11 days, 26 meals
Experience the splendor of the czars, vibrant Slavic culture and the expansive beauty of Russia on this cruise from Russia’s capital, Moscow to Peter the Great’s glittering city, St. Petersburg. Visit Red Square, St. Basil’s Cathedral and Catherine Palace. Discover the imperial treasures inside the Kremlin. Visit the immense Hermitage Museum as you explore St. Petersburg, one of the loveliest cities in Europe.
Fee includes RT air from Sacramento, trip insurance and taxes. Register by February 15, 2013; call for availability after that date. $4,219 ppdo

Discover Croatia
October 14–27, 2013, 14 days, 18 meals
Medieval architecture, tranquil lakes, Venetian canals and Croatian charm will delight you on this tour featuring Slovenia and Venice along the stunning Dalmatian coast. Your journey begins in Venice, Italy the island city laced with watery canals. Explore Plitvice National Park, where waterfalls cascade down sheer cliffs, the ancient harbor town of Dubrovnik, Diocletian’s Palace and Opatija, Croatia’s Riviera.
Fee includes RT air from Sacramento, trip insurance and taxes. Register by April 14, 2013; call for availability after that date. $4,219 ppdo

Canadian Rockies and Glacier National Park
August 24–31, 2013, 8 days, 9 meals
Ice-fields, rushing streams, lovely waterfalls, glacial peaks and towering summits are just a few of the scenic wonders awaiting you! You’ll visit Glacier National Park and stay overnight in the Prince of Wales hotel. Trip also includes the dramatic Ice Fields Parkway, a three night stay at the iconic Banff Springs hotel that lets you explore Bow Falls and the Hoodoos.
Fee includes RT air from Sacramento, trip insurance and taxes. Register by February 24, 2013; call for availability after that date. $3,049 ppdo
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.sccommed.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.

www.sccommed.org for printable maps

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.
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 for everyone. 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.
### Registration Form Spring 2013

**Name**

**Address**

**City**     **State**     **Zip**

**Phone:** Day (   )   Eve. (   )

**Email**

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**Class fee total =**

Payment Method:  
- [ ] Check  
- [ ] Charge my  
- [ ] MasterCard  
- [ ] Visa

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

**Card #**     **Exp. Date**

**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.

**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 except Sundays or school holidays. 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.
MICHELLE DAWN

credits her father as the reason she became a dance instructor (Michelle and her father pictured). Michelle has been teaching ballroom dancing for more than 20 years and continues to be fascinated by how people learn and by how to become a more effective teacher by matching her teaching style to each student’s needs.

“One on the first night of class I see people walk in the door with apprehensions of whether they can learn to dance and become good enough to really enjoy themselves on the dance floor. After five weeks I see them walk out the door with the certainty that they can dance and with an eagerness to learn more. That transformation is not something I did for them. It’s more that these classes create an environment where students can discover that they are already dancers. Dancing is a natural thing to do. As the old saying goes, ‘If you can talk, you can sing, if you can walk, you can dance’.”

The descriptions for Michelle’s classes are listed on pages 28–29 and include: Ballroom Dancing—Smooth, Swing Dancing—Beginning, Latin Ballroom, Salsa, Merengue and Cha Cha—Beginning and Swing Dancing—Intermediate.

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 24

www.sccommed.org

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

Classes begin in January
Get a good job in the Healthcare Industry!

Pharmacy Technician and Clinical Medical Assistant

❖ Come to a Free Orientation Session to find out about these exciting careers

Clinical Medical Assistant: Tuesday, February 5, 6–7pm
Pharmacy Technician: Thursday, January 17, 6–7pm
Registration required. Call (916) 781-6280 to register

A 25% increase for Pharmacy Technicians and 34% increase for Clinical Medical Assistants is expected between now and 2018! We’ll show you how 14–21 weeks of intense study can start you on a new career path.

See page 10 for more information!

For a free new career information packet: (916) 781-6280 www.sccommed.org