

# New Classes - Spring 2012

## Register online at [my.maricopa.edu](http://my.maricopa.edu)

### Arts and Crafts

#### Artisan Crafters Series - New River Senior Center

*You do not need to be a member of the Senior Center to enroll. Everyone is welcome!*

##### **Gourds 101: Birdhouse**

Have fun while making a beautiful birdhouse from gourds! Instruction style utilizes demonstration and student participation in a hands-on atmosphere. All materials can be purchased from the instructor prior to class, and will cost approximately \$10, or you can purchase your own. For a list of materials, visit [www.paradisevalley.edu/ce](http://www.paradisevalley.edu/ce). Please contact Barb at 623.465.0367 to purchase.

Instructor: Connie Neeley

Subject: Cont\_ed # 100-10309

#42217

Feb 14 – Mar 6

9-11am

Fee: \$59

4 Tuesdays

NEW RIVER SENIOR CENTER

##### **Gourd Basics: Mini Drum Necklace**

Learn to sand paint on gourds and create a beautiful Mini Drum Necklace. Create decorative conversation pieces for your home, work, or as a gift. Students will also use wax linen to create and embellish gourd angel pins. Students will learn about wood carving tools and their use, and important safety tips. Instruction style utilizes demonstration, hands-on, and one-on-one assistance to help students achieve desired results. All materials can be purchased from the instructor prior to class, and will cost approximately \$10, or you can purchase your own. For a list of materials, visit [www.paradisevalley.edu/ce](http://www.paradisevalley.edu/ce). Please contact Barb at 623.465.0367 to purchase.

Instructor: Nancy Gnepper

Subject: Cont\_ed # 100-10310

#42218

Feb 14 – Mar 6

1-3pm

Fee: \$59

4 Tuesdays

NEW RIVER SENIOR CENTER

##### **Wood Carving: Southwest Style Crosses**

Learn wood carving in four classes! Learn techniques for creating a design, the importance of its layout, and how to apply it. Students will learn about wood carving tools and their use, and important safety tips. Instruction style utilizes lecture, demonstration, hands-on practice and homework. Understand and implement proper carving and sanding techniques, and gain knowledge about wood sealants and their application through this creative process. By the end of each section, students will have successfully carved an ornate Boss-wood spoon or a Chip Carved Icicle! These make great gifts! All materials can be purchased from the instructor prior to class, and will cost approximately \$10, or you can purchase your own. For a list of materials, visit [www.paradisevalley.edu/ce](http://www.paradisevalley.edu/ce). Please contact Barb at 623.465.0367 to purchase.

Instructor: Mary A. Langlois

Subject: Cont\_ed #100-10311

#42219

Feb 16 – Mar 8

9-11am

Fee: \$59

4 Thursdays

NEW RIVER SENIOR CENTER

##### **Beading: Flower and Leaf Hair Clips**

Learn basic bead techniques, bead materials and colors, to Bezel a bead, bead weaving and how to combine small pieces into larger pieces. These make wonderful gifts! All materials can be purchased from the instructor prior to class, and will cost approximately \$10, or you can purchase your own. For a list of materials, visit [www.paradisevalley.edu/ce](http://www.paradisevalley.edu/ce). Please contact Barb at 623.465.0367 to purchase.

Instructor: Trudy Dillard

Subject: Cont\_ed # 100-100-10312

#42220

Feb 16 – Mar 8

1-3pm

Fee: \$59

4 Thursdays

NEW RIVER SENIOR CENTER

The New River Senior Center is located at 48606 N 17<sup>th</sup> Ave, New River, AZ

### **New! Find Your Own Personal Painting Style**

What sets your paintings apart and recognizable as yours from other artists? In this class, we will develop each student's own style that makes their paintings unique and recognizable. We will paint on canvas with acrylic paint and other materials. Artists of all levels are welcome. **Materials list can be found at [www.paradisevalley.edu/ce](http://www.paradisevalley.edu/ce). No class March 13.**

Instructor: Jules Gissler

Subject: Cont\_ed Course #100-10304

# 42049

Feb 28 – Mar 27

6-9pm

Fee: \$99

4 Tuesdays

UHILLS Q151

### **New! Introduction to Asian Brush Painting**

In this class, you will be exposed to history, concepts, principles, materials and techniques of Asian Brush Painting. Emphasis will be on the use of traditional Asian brushes and ink while learning and applying basic strokes and painting techniques. Most materials, such as brushes and ink (valued at \$100) are included in the course fee, however there are a few things you'll have to bring from home. **Materials list can be found at [www.paradisevalley.edu/ce](http://www.paradisevalley.edu/ce).**

**No class March 16.**

Instructor: Martha Klare

Subject: Cont\_ed Course #100-10303

# 42221

Mar 2 - 30

9am-12pm

Fee: \$199

4 Fridays

BLKMTN 109

## **Business**

### **New! Basic Business Planning**

This course is an introduction to entrepreneurial business planning, and all aspects of business planning will be analyzed. You will learn about creating a business plan, the value of the planning process, the beneficiaries of the plan, the importance of the executive summary, the creation of SMART goals, and resources available to assist you in the creation of the plan. By the end of this program, you will have your business plan virtually complete, and you will present your plan in class. Materials/text valued at \$23.95 are included in the course fee and you will receive them the first night of class.

Instructor: Roger Robinson, PhD

Subject: Cont\_ed Course #300-10094

# 42222

Feb 16 – Mar 8

6-9pm

Fee: \$79

4 Thursdays

UHILLS M123

### **New! Facebook Ads for Business**

Use the power of one of the most popular social media sites to promote your business. Facebook business pages are designed for companies, political figures and organizations. Pages let you connect with potential customers and supporters to drive traffic and create buzz. Learn how to manage your Facebook business page, create targeted Facebook Ads and check metrics with Page Insights to improve your Facebook strategy.

Instructor: Jill Schuch

Subject: Cont\_ed Course #300-10095

# 42331

Apr 11, 18

6-9pm

Fee: \$59

2 Wednesdays

UHILLS TBA

## **Culture and History**

### **New! Introduction to the Mayan Calendar**

This course will provide an understanding of the Mayan Calendar that the movie "2012" did not. Learn about Mayan Mathematics, the origin of the Mayan Calendar, the 260-day Sacred Calendar, the 365-day Solar Calendar, the 52-year Calendar Round, and the 5,125-year Long Count Great Cycle ending

December 21, 2012! Also included is the relationship of the 52-year Calendar Round to the mythical Quetzalcoatl and the planet Venus.

Instructor: Norm Spooner

Subject: Cont\_ed Course #100-60152

# 42267

Feb 9

7:10-9pm

Fee: \$15

1 Thursday

UHILLS M128

### **New! Introduction to Sacred Geometry**

Explore the astonishing and mysterious irrational number known as the golden ratio or "phi" (1.618 ...), that was defined by the mathematician Euclid over 2,000 years ago. This ratio pops up in nature in many curious places such as in nautilus shells, starfish, honeycombs, the way plants grow, crystals, the spacing of the planets and in the shapes of galaxies containing billions of stars.

Instructor: Norm Spooner

Subject: Cont\_ed course #100-60151

# 40366

Feb 23

7:10-9pm

Fee: \$15

1 Thursday

UHILLS M132

### **New! St. Joan of Arc – Mystery and Mission**

When St. Joan of Arc was 13 years old, she heard voices that eventually inspired her to lead French soldiers against English oppression. Extensive historical documentation and subsequent writings have authenticated her life, mission, trial, death and rehabilitation. Learn about the mystery and mission of this remarkable teenager through a virtual pilgrimage to France.

Instructor, Debra Nickelson, DVM

Subject: Cont\_ed Course #100-60185

# 42269

Mar 6

6:30-8pm

Fee: \$10

1 Tuesday

UHILLS M128

### **America in the 20th Century: How Pop Culture Shaped Our Lives**

Popular culture is all around us, influencing how we think, how we feel and how we live our lives in countless ways. This course will explore the major pop cultural trends of the 20th Century, as well as their impact and lasting influence on life in the 21st Century. Students will be asked to utilize their own life experiences to foster the exploration of fads and follies as represented in television, film, advertising, popular music and related forms of entertainment. Whether you think it's the cat's meow, you're feeling groovy or you're just jiggy with it, popular culture defined the 20th Century and remains one of the greatest influences on modern life.

Instructor: Richard Schultz

Subject: Cont\_ed Course #100-60212

#43103

Jan 28 – Feb 18

9am-12pm

Fee: \$49

4 Saturdays

UHILLS M131

### **Everyday English in the United States**

Through lecture, role playing and practice, you will learn and understand practical English for everyday use in the US. You will learn about similarities and differences in formal and informal conversation; phrases that express likes, dislikes and indifference; telephone conversations; imperfect English and slang often used; English and confusing 'promises' in advertising; the world of online English; and phrases used in sports, hobbies, work, on the radio and in general conversation. This class is especially helpful for those visiting from other nations, or for those who've recently relocated.

Instructor: Bruce Janis

Subject: Cont\_ed Course #100-60213

#43104

Feb 25 – Mar 10

10am-12pm

Fee: \$39

3 Saturdays

UHILLS M131

### **American Media and Politics**

This course explores the historical and contemporary role of the American press as the Fourth Estate. It examines the extent to which traditional and new American media influences voter behavior, sways public

policy, affects national discourse, defines the nation's global image, and shapes American culture and democracy.

Instructor: Trish Myers

Subject: Cont\_ed Course #100-60214

#43105            Mar 24 – Apr 14            10am-12pm  
Fee: \$39            3 Saturdays            UHILLS M131

### **Things You Never Knew: Sumerians, Babylonians, Hittites, Phoenicians and Lydians**

What is the origin of the 'red carpet' treatment? You will learn the answer to this and much more in this mini-course which covers the unusual contributions of the Sumerians, Babylonians, Hittites, Phoenicians and Lydians.

Subject: Cont\_ed Course #100-60222

#43564            Feb 2            9-11am  
Fee: \$10            1 Thursday            UHILLS Q401

### **Things You Never Knew: Egyptians, Hebrews, Persians and Indians**

What is the origin of 'check mate'? You will learn the answer to this and much more in this mini-course which covers the unusual contributions of the Egyptians, Hebrews, Persians and Indians.

Subject: Cont\_ed Course #100-60223

#43568            Feb 16            9-11am  
Fee: \$10            1 Thursday            UHILLS TBA

### **Things You Never Knew: Chinese, Greeks and Romans**

What is the origin of your graduation cap and gown? You will learn the answer to this and much more in this mini-course which covers the unusual contributions of the Chinese, Greeks, and Romans

Subject: Cont\_ed Course #100-60224

#43573            Mar 1            9-11am  
Fee: \$10            1 Thursday            UHILLS Q401

### **Things You Never Knew:**

#### **Middle Ages, Renaissance, Age of Exploration and French Philosophers**

What is the origin of the 'finger flip'? You will learn the answer to this and much more in this mini-course which covers the unusual contributions from the Middle Ages, Renaissance, The Age of Exploration and the French Philosophers.

Subject: Cont\_ed Course #100-60225

#43575            Mar 22            9-11am  
Fee: \$10            1 Thursday            UHILLS Q401

## **World Cultures Series: Pakistan**

***History, Contemporary Issues and the Arts  
Held at the Desert Foothills Library***

### **Presenters:**

#### **Salim Jaffer**

Salim is listed in the Who's Who heritage registry of New York, graduated from the Institute of Ismaili Studies in London, UK, part of an International Training Program for Muslim speakers. He is a 'Certified Speaker' for the Islamic Speakers Bureau of Arizona (ISBA) and he speaks Urdu and English fluently, some Arabic and Farsi as he lived in Abu Dhabi, United Arab Emirates for eight years.

#### **Dr. Penelope Price**

Executive Producer, Writer, Director: Dr Price holds a B.S. in Comparative Politics and an M.A. and Ph.D. in Literature from Arizona State University. Recent awards include a 2001 Telly Award for the Promotion

tape Artists of the Resistance, and the 2001-2002 Arizona Commission for the Arts Media/Visual Arts Fellowship. Price's most recent film, Pasa Un Angel won the Golden Spire Award in the San Francisco International Film and Video Festival.

### **Class 1**

#### **The History and Culture of Pakistan**

A brief overview of history and culture. Major events, economic and political structure during different time periods and multi-cultural, multi-lingual character of the nation.

Subject: Cont\_ed Course #100-60200

Instructor: Salim Jaffer

# 42744	Jan 18	5-7pm
Fee: \$19	Wednesday	DESERT FOOTHILLS LIBR.

### **Class 2**

#### **Contemporary Issues in Pakistan**

Learn what major issues confront Pakistan as its people deal with major internal turmoil and seek their place in the ever-changing global environment.

Subject: Cont\_ed Course #100-60201

Instructor: Salim Jaffer

# 42745	Jan 25	5-7pm
Fee: \$19	Wednesday	DESERT FOOTHILLS LIBR.

### **Class 3**

#### **Highlighted Film: Kudha Ke Live (In the Name of God)**

This film is about the difficult situation in which Pakistanis in particular and Muslims in general are caught up since 9/11. There is a war going on between the Fundamentalists and the Liberal Muslims. This situation is creating a drift not only between the Western world and the Muslims, but also within the Muslim community.

Subject: Cont\_ed Course #100-60202

Instructor: Penelope Price

# 42746	Feb 1	5-7pm
Fee: \$19	Wednesday	DESERT FOOTHILLS LIBR.

### **Class 4**

#### **The Art and Music of Pakistan**

A look at the art, music and literature of Pakistan over the centuries. A quick journey through architecture, paintings and maybe Pakistani Vehicle Art! Learn about the music and dance from religious to classic to pop.

Subject: Cont\_ed Course #100-60203

Instructor: Salim Jaffer

# 42747	Feb 8	5-7pm
Fee: \$19	Wednesday	DESERT FOOTHILLS LIBR.

### **Class 5**

#### **Special Event: Vision and Future of Pakistan**

Do not miss this unique gathering. Learn about the direction of the country, the desires of the people for their future from our presenter and enjoy food, music and art of the area in a beautiful social setting.

Subject: Cont\_ed Course #100-60204

Instructor: Salim Jaffer

#42748	Feb 15	5-7pm
Fee: \$19	Wednesday	DESERT FOOTHILLS LIBR.

#### **\*Savings Package: World Cultures (includes all 5 classes)**

Subject: Cont\_ed 100-60205 #42749 Fee: \$76

## **World Cultures Series: Japan**

### ***History, Contemporary Issues and the Arts***

#### **Presenters:**

##### **Dr. Sybil Thorton**

Sybil Thorton teaches pre-modern Japanese history and Asian civilization at Arizona State University. Her research focuses on Japanese religion, epic, and cinema. She holds degrees in Latin (BA, UC Berkeley), film (MA, San Francisco State), and Japanese (BA, MA, PhD, University of Cambridge).

##### **Dr. Aaron Moore**

Aaron Stephen Moore is an assistant professor of history at Arizona State University. He specializes in the twentieth century Japanese history with a focus on the wartime and colonial eras. He has lived and worked in Japan in various capacities for fifteen years. He also teaches more broadly on the history of modern Asia since the 19th Century. (BA, MA, PhD History, Asian Studies)

##### **Dr. Penelope Price**

Executive Producer, Writer, Director: Dr. Price holds a B.S. in Comparative Politics and an M.A. and Ph.D. in Literature from Arizona State University. Recent awards include a 2001 Telly Award for the Promotion tape Artists of Resistance, and the 2001-2002 Arizona Commission for the Arts Media/Visual Arts Fellowship. Price's most recent film, *Pasa Un Angel* won the Golden Spire Award in the San Francisco International Film and Video Festival.

##### **Dr. Debora Deacon**

Deb works as the Dean of Graduate Studies at Harrison Middleton University, a small, private liberal arts college. Her current areas of research include Japanese anime and manga and women's public art. Her new book, *American Women Artists in Wartime, 1776-2010*, was published in September by McFarland Publishing Company. She holds a BA in art history and a Ph.D. in the Theory and History of Art with a major in the art of Southeast Asia and a minor in the art of East Asia.

#### **Class 1**

##### **The History and Culture of Japan**

A brief overview of history and culture of this archipelago . A review of major events, the economic and political structure during different time periods of this linguistically and culturally homogeneous country.

Subject: Cont\_ed course #100-60170

Instructor: Sybil Thorton

# xxxxx	Feb 22	5-7pm
Fee: \$	Wednesday	DESERT FOOTHILLS LIBR.

#### **Class 2**

##### **Contemporary Issues in Japan**

After the devastating earthquake that struck Northeast Japan in March 2011 and the subsequent nuclear disaster at Fukushima, Prime Minister Naoto Kan said, "In the 65 years after the end of World War II, this is the toughest and the most difficult crisis for Japan." Through the issue of Japan's energy future, this presentation will discuss the effects of the nuclear disaster and earthquake on Japanese society. It will also discuss the earthquake's potential effects on the economy, foreign policy, politics, and culture.

Subject: Cont\_ed Course #100-60171

Instructor: Aaron Moore

# xxxxx	Feb 29	5-7pm
Fee: \$19	Wednesday	DESERT FOOTHILLS LIBR.

#### **Class 3**

##### **Highlighted Film: Ran**

Legendary director Akira Kurosawa re-imagines Shakespeare's King Lear as a singular historical epic set in sixteenth-century Japan. Majestic in scope, the film is Kurosawa's late-life masterpiece, a profound

examination of the folly of war and the crumbling of one family under the weight of betrayal, greed, and the insatiable thirst for power.

Subject: Cont\_ed Course #100-60172

Instructor: Penelope Price

# xxxxx	Mar 7	5-7pm
Fee: \$19	Wednesday	DESERT FOOTHILLS LIBR.

#### **Class 4**

##### **Art: The History of Anime**

This class explores the roots of the popular culture phenomena of Japanese anime in Japanese traditional art. While the earliest known Japanese animation dates to 1917, and many original Japanese cartoons were produced in the ensuing decades, the characteristic anime style developed in the 1960s—notably with the work of Osamu Tezuka—and became known outside Japan in the 1980s.

Subject: Cont\_ed Course #100-60186

Instructor: Debora Beacon

# xxxxx	Mar 14	5-7pm
Fee: \$19	Wednesday	DESERT FOOTHILLS LIBR.

#### **Class 5**

##### **Special Event: Vision and Future of Japan**

Do not miss this unique gathering. Learn about the direction of the country, the desires of the people for their future from our presenter and enjoy food, music and art of the area in a beautiful social setting.

Subject: Cont\_ed Course #

Instructor: Sybil Thorton

# xxxxx	Mar 21	5-7pm
Fee: \$30	Wednesday	DESERT FOOTHILLS LIBR.

##### **\*Savings Package: World Cultures (includes all 5 classes)**

Subject: Cont_ed	#xxxxx	Fee: \$76
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## **Finance**

### **New! Investing in a Turbulent World**

The financial world has changed dramatically and is more volatile than ever. What may have worked in the past may not in the future. Today's investors need a more disciplined, proven approach to minimize risk and take advantage of the opportunities. This class will update you on current market conditions and teach you the strategies that today's most successful investors are using to protect and grow their wealth.

Instructor: Patrick Bertenshaw

Subject: Cont\_ed Course #100-30056

# 42240	Feb 22	6-8pm
Fee: \$19	1 Wednesday	UHILLS M227

# 42241	Mar 7	6-8pm
Fee: \$19	1 Wednesday	BLKMTN TBA

## Languages

### **New! German for Travelers: Continuing**

Expand your knowledge of German! Practice more complex dialogues and read short texts about culture and travel in German-speaking countries. Improve your command of German grammar through fun exercises. Prerequisite: German for Travelers or basic knowledge of German. Textbook, 'German in 10 Minutes a Day', is available at the PVCC bookstore.

#### **No class March 15.**

Instructor: Natalie Walker

Subject: Cont\_ed Course #100-40024

# 42242	Feb 2 – Mar 29	6:30-8pm
Fee: \$109	8 Thursdays	UHILLS Q401

### **New! Portuguese for Travelers: Level 2**

This is a continuation of Portuguese for Travelers: Level 1. Students will learn the other verb tenses (preterit, past participle, imperfect, and subjunctive) and continue to develop their communication in Brazilian Portuguese. **No class February 20 and March 12.**

Instructor: Silvana Domaz

Subject: Cont\_ed Course #100-40025

# 42243	Jan 30 – Apr 30	8-10pm
Fee: \$139	12 Mondays	UHILLS Q151

## Music, Dance and Entertainment

### **New! Bridge: Skill Building**

Players will continue to develop bridge skills and strategies, and socialize while playing in a beautiful atmosphere. You will learn more advanced conventions and play. If participants are interested, the instructor will teach the "new" standard in bridge - the 2 over 1 style of play. This course is not for the absolute beginner.

Instructor: TBA

Subject: Cont\_ed Course #100-60187

#42066	Jan 12 – Feb 16	3-5pm
Fee: \$75	6 Thursdays	DESERT FOOTHILLS LIBR.

#42067	Feb 23 – Mar 29	3-5pm
Fee: \$75	6 Thursdays	DESERT FOOTHILLS LIBR.

## New Age, Alternative and Metaphysical

### **Acupuncture Series**

#### **Introduction to Acupuncture**

Learn how Acupuncture is just one aspect of Asian Medicine. Practiced in China and other Asian countries for thousands of years, Acupuncture is one of the key components of Asian Medicine. Acupuncture and Asian Medicine is also widely used in Europe and Australia. There have been many studies on Acupuncture and Asian Medicine's potential health benefits for a wide range of conditions. This course is designed to introduce Acupuncture and Asian Medicine to the public. Students will learn the basic principles behind Acupuncture and Asian Medicine, and the methods used including Acupuncture, cupping, gua sha, Tui Na and electrical stimulation to help relieve pain and bring the body back into balance.

Instructor: Donna Rebadow

Subject: Cont\_ed course #100-60188

# 42072	Jan 26	6-8pm
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Fee: \$19                      1 Thursday                      UHILLS M226

Instructor: Donna Taylor

# 42073                      Jan 27                      10am-12pm  
Fee: \$19                      1 Friday                      UHILLS M101

### **Acupuncture for Cold and Flu**

The cold and flu season is upon us. Acupuncture and Asian Medicine can be extremely effective in treating the common symptoms of colds and flu, such as nasal congestion, cough, fever, and digestive upset. The effective use of Chinese Herbs can also shorten the duration of symptoms. Acupuncture and Asian medicine can also strengthen the immune system to prevent future infections. Learn what you can do to improve your overall health to prevent suffering this winter!

Instructor: Donna Rebadow

Subject: Cont\_ed course # 100-60189

# 42078                      Feb 2                      6-8pm  
Fee: \$19                      1 Thursday                      UHILLS M226

Instructor: Donna Taylor

# 42780                      Feb 3                      10am-12pm  
Fee: \$19                      1 Friday                      UHILLS M101

### **Acupuncture and Chronic Pain**

Chronic pain is one the most debilitating health care problems in the United States. The costs in terms of lost productivity and workers' compensation are staggering. Acupuncture and Asian Medicine have become accepted treatments for the relief of chronic pain. This course is designed to help those suffering from chronic pain who want to find a non-pharmaceutical approach to their care. Students will learn the basic principles behind Acupuncture and Asian Medicine, and how methods of Acupuncture, cupping, electrical stimulation and Chinese Herbs can help relieve chronic pain.

Instructor: Donna Rebadow

Subject: Cont\_ed course #100-60190

# 42081                      Feb 9                      6-8pm  
Fee: \$19                      1 Thursday                      UHILLS M226

Instructor: Donna Taylor

# 42082                      Feb 10                      10am-12pm  
Fee: \$19                      1 Friday                      UHILLS M101

### **Ear Acupuncture for Weight Loss and Stress Reduction**

Students will learn just how effective auricular (ear) acupuncture can be in combating cravings and emotional mood swings when trying to lose weight. Auricular acupuncture has been used for thousands of years and recent studies have shown its particular effectiveness for dealing with food addictions and stress. Coping strategies and life skills for reducing stress and improving quality of life will be given.

Instructor: Donna Rebadow

Subject: Cont\_ed course #100-60191

# 42085                      Feb 23                      6-8pm  
Fee: \$19                      1 Thursday                      UHILLS M226

Instructor: Donna Taylor

# 42086                      Feb 24                      10am-12pm  
Fee: \$19                      1 Friday                      UHILLS M101

### **Acupuncture and Asian Medicine for Allergies**

Learn how Asian Medicine can help manage the symptoms of any allergic disease, including allergic rhinitis, allergic sinusitis, asthma and eosinophilic disorders. Students will learn the basic principles behind Asian Medicine, and how methods of acupuncture, cupping, and herbal medicines can help combat symptoms commonly seen with allergic disease.

Instructor: Donna Rebadow  
Subject: Cont\_ed course #100-60192  
# 42087 Mar 1 6-8pm  
Fee: \$19 1 Thursday UHILLS M226

Instructor: Donna Taylor  
# 42089 Mar 2 10am-12pm  
Fee: \$19 1 Friday UHILLS M101

### **Acupuncture for Migraine Headaches and Stress**

Tired of suffering? Acupuncture and Asian medicine can help relieve symptoms of migraines and headaches, as well as prevent future problems. Learn techniques you can use at home to reduce the number and intensity of your headaches, as well as how Acupuncture and other Asian medicine techniques can improve your headaches and overall health. Stress reduction techniques will also be discussed, as stress can trigger and aggravate any headache disorder.

Instructor: Donna Rebadow  
Subject: Cont\_ed course #100-60193  
# 42091 Mar 8 6-8pm  
Fee: \$19 1 Thursday UHILLS M226

Instructor: Donna Taylor  
# 42092 Mar 9 10am-12pm  
Fee: \$19 1 Friday UHILLS M101

### **Finding and Managing Your Food Allergies and Intolerances**

The prevalence of food intolerance is rising at a previously unheard of rate, with reacting ranging from migraines to anaphylaxis. Genetically transferred autoimmune intolerances related to food consumption such as celiac disease and eosinophilic disorders are also rising. This course is designed to help those with any food allergy or intolerance to learn how to get proper diagnosis and treatment, how to find food triggers, and how to avoid them with hidden in every day products. Learn strategies for eliminating your allergens and coping with the lifestyle changes that accompany any diet restriction.

Instructor: Donna Rebadow  
Subject: Cont\_ed course #100-60194  
# 42093 Mar 22 6-8pm  
Fee: \$19 1 Thursday UHILLS M226

Instructor: Donna Taylor  
# 42095 Mar 23 10am-12pm  
Fee: \$19 1 Friday UHILLS M101

### **Ear Acupuncture to Stop Smoking and Reduce Stress**

Students will learn just how effective auricular (ear) acupuncture can be in combating cravings and emotional mood swings when trying quit smoking. Auricular acupuncture has been used for thousands of years and recent studies have shown its particular effectiveness for dealing with addictions and stress. Coping strategies and life skills for reducing stress and improving quality of life will be given.

Instructor: Donna Rebadow  
Subject: Cont\_ed course #100-60195  
# 42097 Mar 29 6-8pm  
Fee: \$19 1 Thursday UHILLS M226

Instructor: Donna Taylor  
#42098 Mar 30 10am-12pm  
Fee: \$19 1 Friday UHILLS M101

### **Acupuncture and Low Back Pain**

Low back pain is one of the most common medical problems in health care. The costs in terms of lost productivity and workers' compensation are staggering. Acupuncture has become an accepted treatment for the relief of low back pain. This course is designed to help those suffering from low back pain find a non-pharmaceutical approach to care. Students will learn the basic principles behind Asian Medicine, and how methods of acupuncture, cupping and corrective exercises help relieve low back pain.

Instructor: Donna Rebadow

Subject: Cont\_ed course #100-60196

# 42100	Apr 5	6-8pm
Fee: \$19	1 Thursday	UHILLS M226

### **Asian Medicine for Fibromyalgia and Chronic Fatigue Syndrome**

Asian Medicine can be very effective in treating the symptoms of Fibromyalgia and Chronic Fatigue Syndromes. Learn how to relieve pain, improve sleep, and reduce fatigue using Asian Medicine techniques such as acupuncture, acupressure, and herbal medicines. Coping skills involving nutrition, exercise and the support you need from family and friends will also be discussed.

Instructor: Donna Taylor

Subject: Cont\_ed course #100-60197

# 42101	Apr 6	10am-12pm
Fee: \$19	1 Friday	UHILLS M101

### **Asian Medicine and Acupuncture for Anxiety and Depression**

While modern life has eased many aspects of daily living, many people still suffer from emotional distress. Subsequently, anxiety and depression are two of the most common mental-emotional conditions affecting individuals today. The good news is that Acupuncture and Asian Medicine can provide a natural form of relief from these feelings, helping you return to a more balanced life. Acupuncture and Asian Medicine have always considered the connection between mind and body to be inseparable. This course is designed to teach students how ancient descriptions of physical disease were related to, and affected by, emotions. Students will learn that anger, fear, sadness, depression, worry, and joy are correlated to each of the major organs of the body and can contribute or cause illness over time if unaddressed.

Instructor: Donna Rebadow

Subject: Cont\_ed course #100-60198

# 42102	Apr 12	6-8pm
Fee: \$19	1 Thursday	UHILLS M226

Instructor: Donna Taylor

# 42104	Apr 13	10am-12pm
Fee: \$19	1 Friday	UHILLS M101

## **Personal Enrichment**

### **Your Home**

#### **New! Introduction to Interior Design**

You will learn theory and techniques of good interior design and decorating, and you will receive personalized attention to your projects. You will also learn color and its effects on us and the environment, space planning, designing with a focal point, furniture arrangement, decluttering and organizing. If you're working on an interior project, you won't want to miss this fun, interactive and hands-on class. **No class March 12.**

Instructor: Theresa Dente-Zuluaga

Subject: Cont\_ed Course #100-60103

# 42248	Feb 27 – Apr 9	6-8:30pm
Fee: \$109	8 Mondays	UHILLS M128

### **New! Wines of Arizona**

Join us as we uncover Arizona wines during this year of our state Centennial! We will explore Arizona wines and wineries and the history of wine making in Arizona. Learn the 5'S of proper wine tasting, understand the importance of proper wine storage and serving temperatures of all wines. Find out what it takes to host your own wine tasting party. Gain confidence to order wine in a restaurant. **No wine served in class. Required textbook is available from [www.sassysommelier.com](http://www.sassysommelier.com)**

Instructor: Lizbeth Congiusti

Subject: Cont\_ed Course #100-60178

# 42250	May 8	6-7:30pm
Fee: \$19	1 Tuesday	UHILLS Q151

### **New! Preventing Dog Bites**

If there were some simple ways to protect yourself and your family against a common source of injury, wouldn't you want to learn how? Did you know that 4.7 million people in the U.S. are bitten by dogs every year? Dog bites can be avoided by understanding some basic dog behavior and learning how or if you or your children should approach a dog. Must be ten years old to register, please do not bring pets to class.

Instructor: Debra Nickelson, DVM

Subject: Cont\_ed Course #100-60179

# 42251	Feb 7	6-9pm
Fee: \$15	1 Tuesday	UHILLS M223

# 42252	Feb 13	6-9pm
Fee: \$15	1 Monday	BLKMTN 104

### **New! Disaster Preparedness for Your Pets**

Preparing for your pets makes sense. The likelihood that you and your animals will survive an emergency such as a fire, flood, tornado or attack depends largely on emergency planning. Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make advanced plans for your pets. Learn how to prepare a pet emergency kit, make plans and be informed. Pet emergency kit valued at \$20 is included in the course fee, Must be at least 10 years old to enroll, please do not bring pets to class.

Instructor: Debra Nickelson, DVM

Subject: Cont\_ed Course #100-60180

# 42253	Apr 10	6:30-8:30pm
Fee: \$35	1 Tuesday	UHILLS M223

# 42254	Apr 23	6:30-8:30pm
Fee: \$35	1 Monday	BLKMTN 104

### **New! Personal and Home Defense**

In this course, you will learn steps to take to protect yourself, your family and loved ones against violence. You will also learn defensive shooting and nonshooting techniques, then practice them in class and at Ben Avery Range. This course will include some physical activity – please dress comfortably. \$15 fee for range usage is payable at Ben Avery on Saturday, May 12 from 10am-12pm. At the range, you will need photo ID, handgun (limited loaners available); a zippered rug case (or other case, but not a belt holster. Limited loaners available); eye and ear protection (limited loaners available); two boxes of handgun ammunition; drinking water. Prerequisite: Successful completion of CCW class is recommended, but not required. **Absolutely no firearms or ammunition permitted on campus.**

Instructor: Barry Tietler

Subject: Cont\_ed Course #100-60181

# 42255	May 7, 8, 12	6-9pm (Mon/Tue)
Fee: \$79	Mon/Tue/Sat	UHILLS M128

## **Your Life**

### **New! Body Language: How to Spot a Liar**

Whether you're involved with a cheating partner, manipulative boss, have teenagers at home, conduct job interviews, make cold calls, are trying to survive the dating scene or enjoy keeping up with court cases and politics, this class is for you! You will learn about subtle body language clues to dishonesty, such as pupil dilation, skin color changes, face / body movements, tension and much more. Anyone whose success and happiness depends on clear interaction with others will benefit from this informative and interactive class.

Instructor: Dr. Norman Nichol

Subject: Cont\_ed Course #100-60182

# 42323                      April 5 – May 10                      7:15-9:15pm  
Fee: \$79                      6 Thursdays                      UHILLS Q151

### **New! The Power of Thought**

We have far more influence and power in our life than we ever realized! What thoughts we allow to wander through our mind all day are continually influencing our life. Thoughts form attitudes, attitudes form beliefs and beliefs determine any given reaction or habitual behavior that we have. In this class, we will learn how much our thoughts affect the life we live and learn the technique of laser directed thinking as well as how to break up harmful habitual negative thought patterns. This will allow you to begin to create the life you would like to live.

Instructor: Jean Hausmann

Subject: Cont\_ed Course #100-60183

# 42264                      Apr 18, 25                      6-8pm  
Fee: \$39                      2 Wednesdays                      UHILLS M101

### **New! Living Positively in a Negative World**

Life is a journey of putting one foot in front of the other. With the world in so much flux and uncertainty, it can be difficult to step forward with a positive attitude and outlook on life. This workshop is about recognizing the influences that negatively affect you subconsciously and how to overcome them. Come prepared to learn how to shift perceptions and work within the negativity that surrounds us on a daily basis. You will leave the workshop with a new perspective!

Subject: Cont\_ed Course #100-60184

#: 42266                      Mar 1                      6:30-9pm  
Fee: \$25                      1 Thursday                      UHILLS M128

## **Photography**

### **New! Digital Camera Operation for Seniors**

Learn to use all those nifty features on your digital camera and improve your photos. This is a hands-on class. You will learn to download photos, explore your camera's features, take pictures and bring them to class for discussion and viewing. **No class March 15.**

Instructor: Jill Schuch

Subject : Cont\_ed Course #100-10313

# 42330                      Mar 7 – Apr 4                      7-9pm  
Fee: \$59                      4 Wednesdays                      UHILLS M101

### **New! Philosophy of the Photographic Artform**

Most courses tell you how to make images. This class will talk about WHY we make images. What is your photography about? How do you make images that speak? Is the photographic image just a record? How does one express your feelings in an image. What about photo-impressionism. Your photo-evolution. Extensive portfolio review. Any image making device is welcome.

Instructor: Jerry Sieve

Subject : Cont\_ed Course #100-10305

# 42106	Feb 16, 23	7-9pm
Fee: \$49	2 Thursdays	UHILLS M133
# 42107	Mar 22, 29	7-9pm
Fee: \$49	2 Thursdays	BLKMTN 107

### **New! DSLR Photography for the Beginner**

This course will teach beginning photographers how to get free from the automatic settings of their DSLR camera. Learn the functions of aperture, ISO, and speed to control how your images are executed. You will learn about getting correct exposure and how light impacts your images. You will learn about the various image formats including camera raw and how to take control of your images after you get them to your computer (the digital darkroom). Also we will cover things like composition and what makes for an interesting photograph. This course requires you to have a DSLR camera with interchangeable lenses. Please bring your camera manual with you to class.

Instructor: Anthony Zeh

Subject: Cont\_ed Course#100-10307

# 42279	Feb 1 – 22	6-9pm
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### **New! Intro to (HDR) High Dynamic Range Photography**

High Dynamic Range Photography (HDR) is a growing area within photography, which results in dramatic and stunning images. This technique is used in everything from commercial advertising, architectural/interiors to fine art. This class teaches the techniques and software to achieve HDR Photography. Students will learn basic skills of HDR photography and processing. The use of related equipment, techniques, and software in the development of HDR images will be explored. **The recommended text for this course is HDR Photography Photo Workshop by Pete Carr & Robert Correll. No class March 12.**

Instructor: Anthony Zeh

Subject: Cont\_ed Course#100-10308

# 42285	Feb 27 – Apr 23	6-9pm
Fee: \$119	8 Mondays	UHILLS M126

### **New! Funtography: Close-up and Portraiture**

Enjoyment in Close-up (Macro), Table top(still life) and portraiture. Bring out detail in the smallest of objects with simple means. Add an extra dimension to your photos!

Instructor: Chuck Holley

Subject: Cont\_ed Course #100-10306

# 42276	Mar 20 - 27	6-9pm
Fee: \$59	2 Tuesdays	UHILLS M205

## **SCUBA Diving**

### **New! SCUBA Diving - Public Safety Diver Level 1**

This program is a certification course for public safety personnel or the general public who desire to become highly trained and certified open water divers while at the same time expanding their skills sets and experience through advanced diver training to the level of Rescue Diver. The training in Public Safety Diver 1 starts the student at the beginning level of instruction, Open Water, and builds on the initial skills acquired during the first portion of the class by adding Advanced Adventure Diver certification and training. During this component of the class, we emphasize essential diver skills and introduce the student to more advanced topics of underwater navigation, deep diving, and advanced buoyancy techniques at the Adventure Diver level. The final component of the class, Rescue Diver certification, emphasizes incident avoidance, accident response, supervision, and management with practical applications in open water. This Rescue Diver component is designed specifically to provide the knowledge and skills necessary to: (1) Be a qualified Rescue Diver. (2) Help prevent diving accidents and recognize life-

threatening diving situations. (3) Correctly initiate and/or supervise rescue/assist procedures. (4) Correctly manage rescue assistants during and after rescues. Another essential skill involved in Rescue and Public Safety Diving is Basic Life Support. As a part of the course, you will be trained a Divers Alert Network (DAN) Provider. Your training will include CPR and First Aid Specific to Scuba diving related injuries, oxygen treatment for dive accidents, and providing life support with automated external defibrillators. Upon completion of all requirements, the student will be certified as an Open Water Diver, Advanced Adventure Diver, and Rescue Diver with the certification agency SDI, a leader in the industry and founding member of the Recreational Scuba Training Council (RSTC). Additionally, you will be certified by Divers Alert Network as a BLS/CPR Provider, O2 Provider, and Automated External Defibrillator Provider. This program meets 8 Tuesday evenings, and will also meet for two weekends for field trips/dives. Academy of Scuba is located at 4015 E. Bell Road, Suite 132, Phoenix, AZ 85032.

Instructor: Doss Powell and John Flanders

Subject: Cont\_ed Course #100-90045

#42292            Jan 17 – Mar 13            6-10pm  
Fee: \$859\*      8 Tue + 2 weekends      Academy of Scuba

#42254            Mar 20 – May 8            6-10pm  
Fee: \$859\*      8 Tue + 2 weekends      Academy of Scuba

### **New! SCUBA Diving - Public Safety Diver Level 2**

This program is an entry level emergency response diving course designed to give the public safety diver the fundamental skills needed to safely function as part of a public safety dive team and is OSHA and NFPA compliant. Topics such as problem solving, tender skills, search patterns and evidence handling are covered just to name a few. Dive skills include executing search patterns, victim recovery, emergency procedures and decontamination procedures among others. Public Safety Diver 2 Emergency response diving is singular in one aspect: it is a community based operation whose teams train for, prepare and plan for local diving in their specific geographic areas, and assist other teams in their general locale. Emergency response divers are tasked with an excess of responsibilities and must have a strong knowledge of all of these disciplines. Additionally, as a part of this course, you will be trained in the use of Dry Suit technology and Full Face Mask technology. Like PSD1, first responder skills are essential. The PSD2 diver shall continue his/her Divers Alert Network Education with the following provider courses: DAN Hazardous Marine Life Provider, DAN Advanced Oxygen Provider, and DAN Neurological Assessment Provider. Upon completion of all requirements, the student will be certified as an ERDI Emergency Response Diver I with the industry's leading certification agency ERDI. Additional certifications include the SDI Dry Suit Diver Specialty, SDI Full Face Mask Diver Specialty. SDI is a leader in the industry and founding member of the Recreational Scuba Training Council (RSTC). Additionally, you will be certified by Divers Alert Network as a DAN Hazardous Marine Life Provider, DAN Advanced O2 Provider, and DAN Neurological Assessment Provider. Prerequisite: Public Safety Diver 1 or hold an equivalent Scuba certification of Rescue Diver. This program meets 8 Tuesday evenings, and will also meet for two weekends for field trips/dives. Academy of Scuba is located at 4015 E. Bell Road, Suite 132, Phoenix, AZ 85032.

Instructor: John Flanders and Doss Powell

Subject: Cont\_ed Course #100-90046

#42295            Mar 20 – May 8            6-10pm  
Fee: \$859\*      8 Tue + 2 weekends      Academy of Scuba

\*Rental packages and student packages/equipment are available at an additional cost at Academy of Scuba. All manuals and class materials are included.