Spring 2016 – updated classes

LIFE Long Learning

Non-credit Course
HPE 099X Beginning Mexican Folklore Dance
Cost: $40 (PLUS $15 fee for costumes payable to instructor. Total cost of class: $55)
An introduction to Mexican Folk Ballet stressing basic principles, steps, sequence of steps, skirt movement, posture and settings.
Little Colorado Campus
----R-- 4:30p-5:30p  Section: 43043
Dates: January 21 – May 12
Instructor: Idalia Lewis
*Females need practice skirts.

HPE 099X Intermediate Mexican Folklore Dance I&II
Cost: $45 (PLUS $15 fee for costumes payable to instructor. Total cost of class: $60)
Students will learn skirt movements, intricate foot movements, and choreographed routines. They will gain knowledge of the Mexican culture as well as from what region the dances come.
Little Colorado Campus
----R-- 5:30p-6:30p  Section: 43044
Dates: January 21 – May 12
----R-- 6:30p-7:30p  Section: 43045
Dates: January 21 – May 12
Instructor: Idalia Lewis
*Must have Mexican Folklore dance experience. Females need practice skirts.

HPE 099X Advanced Mexican Folklore Dance
Cost: $50 (PLUS $15 fee for costumes payable to instructor. Total cost of class: $65)
This is an advanced course working on all the basics taught in the previous courses; the zapateados will be more intricate and difficult; the rhythms, more challenging. The particular dances presented will vary from semester to semester depending on the number of veteran dancers. The student is responsible for proper attitude, attendance at rehearsals, and participation in performances.
Little Colorado Campus
----R-- 7:30p-8:30p  Section: 43046
Dates: January 21 – May 12
Instructor: Idalia Lewis
*Must have Mexican Folklore Dance experience. Females need practice skirts.

HPE 099X Modern Interpretive Hula Dance
Cost: $48
Learn basic steps to Hula feet and hand movements. Learn the language of steps, and chant in Hawaiian.
Silver Creek Campus
----W--- 5:00p-6:00p  Section: 44679
Dates: March 23  – April 27
Instructor: Deborah Cox
HEALTH & PHYSICAL EDUCATION

HPE 101B  Beginning Yoga
Credit: 1
Introduction to basic yoga poses, breathing techniques, principles of relaxation and body awareness designed to increase flexibility and strength to create better concentration and promote feelings of relaxation.

Little Colorado Campus
-M----  6p-8p  Section: 43048
Dates: January 25 – May 9

Painted Desert Campus
--T----  5:30p-7:30p  Section: 42207
Dates: January 19 – May 10

Little Colorado Campus
------S   8:30a-10:30a  Section: 42206
Dates: January 23 – May 7
Instructor: Ann Schmidt
*Students to bring a yoga “sticky” mat and a firm blanket.

HPE 101C  Intermediate Yoga
Credit: 1
Students will build upon skills learned in beginning yoga, refining postures, breathing and meditation. Pranayama techniques and intermediate level Asanas will be introduced. Discussion of yoga philosophy will be interwoven with physical practice. It is suggested that Beginning Yoga is taken prior to this class.

Little Colorado Campus
-M----  6p-8p  Section: 43049
Dates: January 25 – May 9

Little Colorado Campus
------S   8:30a-10:30a  Section: 42208
Dates: January 23 – May 7

Painted Desert Campus
--T----  5:30p-7:30p  Section: 43047
Dates: January 19 – May 10
Instructor: Ann Schmidt
* Students to bring a yoga “sticky” mat and a firm blanket.

HPE0 99X  Hatha Yoga
Cost: $72
This class goes all semester! It is a multi-level class that combines both traditional and flow style yoga. Using breathing, yoga poses, relaxation, and meditation, it encourages a healthy mind-body connection. Students of any age and physical ability will develop greater balance, strength, and flexibility.

Springerville-Eager Center
----R--  5:30p-6:30p  Section: 43052
Dates: January 21 – May 12
Instructor: Natalia Rihs
* Students to bring a yoga mat, strap, two blocks, and a blanket.
STC 099X Essential Oils for Everyday
Cost: $40 (PLUS $20 fee for supplies payable to instructor. Total cost of class $60).
Learn proper and safe ways to incorporate essential oils into your everyday life with no network marketing involved! Leave knowing how to make educated choices when using essential oils as substitutes for pharmaceuticals. Learn how to make “natural” household cleaners and cosmetics. “Take home” products will be made in class.

White Mountain Campus
---W--- 6p-9p  Section: 43748
Dates: March 2 – March 30
Silver Creek Campus
---W--- 6p-9p  Section: 43747
Dates: April 6 – April 27
Instructor: Jeanie McDuffee
* Students must be 18 years or older.

HPE 099X Empowering Lives with Essential Oils
Cost: $75 (PLUS $35 fee for supplies payable to instructor. Total cost of class $110).
This 7-week intensive and interactive series will empower students to become a master healer in the medicinal and emotional world of essential oils. We will cover basics through advanced essential oil topics including but not limited to: essential oil foundations, daily vitality, weight control, emotional health and mood management, healthy body systems, introduction to AromaTouch Technique -a hands-on clinical approach to essential oils- and essential science. Students will experience learning through taste, touch, smell and application of essential oils.

White Mountain Campus
--T---- 5:30p-9:00p  Section: 43786
Dates: March 22 – May 3
*Class held every 1st and 3rd Tuesday; 3/22, 4/5, 4/19, 5/3

HOME CRAFTS

HCT 099X Digital Scrapbooking
Cost: $25
Students will be introduced to basic designing rules for eye pleasing pages. On the computer in their own account, they will be instructed on logging in, uploading photos, searching for digital artwork, and using "tools" while in Studio. They will then design a self-chosen project in the system and edit. If they choose to complete the publishing in Studio they will receive the professional quality project in the mail. Included in the course is personal photo scanning.

Little Colorado Campus
----R-- 6p-9p  Section: 43050
Dates: January 21 – April 21
Instructor: Bonnie Rogers
*Class held Jan 21, Feb 4 & 18, Mar 3 & 24, Apr 7 & 21. Extra access and/or completed projects available for additional fee.

HCT 099X Digital Scrapbooking
Cost: $25
Students will be introduced to basic designing rules for eye pleasing pages. On the computer in their own account, they will be instructed on logging in, uploading photos, searching for digital artwork, and using “tools” while in Studio. They will then design a self-chosen project in the system and edit. If they choose to complete the publishing in Studio they will receive the professional quality project in the mail. Included in the course is personal photo scanning.

Painted Desert Campus
---W-- 5:30p-8:30p  Section: 43645
Dates: January 20 – May 11
Instructor: Stacy Nowell
*Class held Jan 20, 27, Feb 17, Mar 2, 30, Apr 13, 27 & May 11
**HCT 099X Creative Floorcloths**

**Cost:** $35

Enjoy learning the basic steps of making a floorcloth, or “art for the floor,” by making a floorcloth sampler to enjoy. Once basics are learned, larger floorcloths can be made to beautify the home or office. Learn the history of floorcloths and how this can potentially be made into a business.

**Silver Creek Campus**

---F- 6p-8p  Section: 43628  
Dates: April 8 – 22  
Instructor: Loretta Bogdanowicz

* Students are required to bring duckcloth or canvas (1 yard of #10 wt if possible) scissors, acrylic gesso, throw away and regular paint brushes, needles, thread, clear finish (satin polyurethane), and acrylic paints.

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**HCT 099X Homemade Educational Toys**

**Cost:** $23

Make a number of educational toys you can take home to your baby, toddler, or preschooler the same day! Learn 2 ways to use each one and what they develop in your child.

**Silver Creek Campus**

---F- 5p-7p  Section: 43731  
-----S 9a-11a  
Date: February 26 – 27

**2nd offering:**

---F- 5p-7p  Section: 43732  
-----S 9a-11a  
Dates: March 25 – 26  
Instructor: Robin Mercer

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**HCT 099X Weaving Practicum**

**Cost:** $25  
(PLUS optional $15 fee for loom rental).

Weaving students of all levels will bring their weaving problems and projects and receive help as needed. It is an informal class with many opportunities to learn from other students as well as from the instructor.

**Springerville/Eager Center**

---F-S- 9a-4p  Section: 43741  
Dates: February 19 – 20  
---F-S- 9a-4p  Section: 43742  
Dates: April 1 – 2  
Instructor: Carol Farnsworth

* Students need to bring a loom & supplies.

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**ART & PHOTOGRAPHY**

**ART 099X Clay Art**

**Cost:** $220

Students will have one-on-one instructions in forming and applying finishing glazes. More advanced students will have the chance to learn how to mix their own glazes and learn about various firing techniques.

**White Mountain Campus**

---T--- 9a-1p  Section: 43686  
Dates: January 19 – May 11  
Instructor: Michael Sweeney

* Students bring their own basic tools.
ART 099X Clay Art - 8 Week
Cost: $110
Students will have one-on-one instructions in forming and applying finishing glazes. More advanced students will have the chance to learn how to mix their own glazes and learn about various firing techniques.

White Mountain Campus
--T---- 9a-1p  Section: 43687
Dates: January 19 – March 8
--T---- 9a-1p  Section: 43688
Dates: March 22 – May 10
Instructor: Michael Sweeney
* Students to bring their own basic clay tools. Ages 12 and up.

ART 099X Inspiration from Van Gogh
Cost: $35
Study Van Gogh’s paintings and his life. Study how he experimented interpreting his feelings into his art. Render two pictures of his famous works through watercolor painting and pastel pencils. Create a watercolor/pastel mixed media painting of “Pink Peach Trees” and of Van Gogh’s “Bedroom” for perspective and use of grid drawing.

Silver Creek Campus
-----F- 6p-8p Section: 43627
Dates: April 29 – May 13
Instructor: Loretta Bogdanowicz
* Students are required to bring a drawing and watercolor pad, paint brushes, and watercolor/acrylic paints. Bringing pastels and other mediums and a small round palette is also encouraged.

STC 099X Image Processing with Adobe Lightroom
Cost: $40
Students will be introduced to the art of digital image processing. By learning a solid foundation in the basic fundamental artistic and technical skills through exposure and practice with the tools found in Adobe Lightroom, the students will acquire the knowledge needed in utilizing the digital darkroom to prepare their photographs for electronic display and/or print media.

White Mountain Campus
---W--- 6p-8:30p  Section: 43691
Dates: April 13 – May 4
Instructor: David Behar
* Need digital camera DSLR, SLR, or rangefinder style mirrorless camera with manual adjustment, basic computer literacy, & USB flash drive. Recommend a home computer with Adobe Lightroom and/or Photoshop on which to practice.

MAKING MUSIC

MUS099X Barbershop Chorus
Cost: Free
Experience the joy of four-part a cappella singing in a choral setting.

White Mountain Campus
--T---- 6:30p-9p  Section: 43318
Dates: January 19 – May 10
Instructor: Carl Dockendorf
*Class will be held at the Show Low Senior Center 301 E McNeil in Show Low for ages 12 and older.

MUS 099X Beginning Guitar
Cost: $100 (PLUS an additional $15 for music book. Total cost of class: $115)
This class goes a full semester! Students will get hands-on training for playing guitar, understanding chord structure, scales, melody and other musical principles. The class will emphasize basic chords and simple lead lines for enabling the student to quickly start playing. No previous musical theory or compositional skills required.

White Mountain Campus
---W--- 6:30p-8:30p  Section: 43053
Dates: January 27 – May 11
Instructor: Gail Lynn
**MUS 099X Instant Piano for Busy People**

**Cost:** $25 *(PLUS $29 fee payable to instructor for workbook and practice DVD. Total cost of class: $54)*

Some music teachers may not want you to know this, but you don’t need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. While regular piano teachers teach note reading, piano professionals use chords and you can learn all the chords you’ll need to play any song in this one session.

**White Mountain Campus**

----F 9a-12p  Section: 43054  
Date: March 5

**Painted Desert Campus**

----S 9a-12p  Section: 43321  
Date: April 2

Instructor: Craig Coffman

* Students must be 18 years or older.

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**MUS 099X How to Play Piano by Ear**

**Cost:** $25 *(PLUS $29 fee payable to instructor for the workbook and practice CD. Total cost of class: $54)*

Music’s deepest mysteries: Here is how to play songs without relying on music. This course will provide a practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing – expressed in everyday language. This is an ideal follow-up to “Instant Piano For Busy People” and is open to anyone who has a basic understanding of chords on any instrument.

**White Mountain Campus**

----S 1p-3:30p  Section: 43055  
Date: March 5

**Painted Desert Campus**

----S 1p-3:30p  Section: 43322  
Date: April 2

Instructor: Craig Coffman

* Students must be 18 years or older.

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**MUS 099X Instant Piano for Busy People & How to Play Piano by Ear**

**Cost:** $40 *(PLUS $58 fee payable to instructor for workbooks and practice DVDs for both classes. Total cost of combined classes: $98)*

Start with Instant Piano for Busy People and stay for How to Play Piano by Ear. You will save 10% by taking both classes at once.

**White Mountain Campus**

----S 9a-3:30p  Section: 43319  
Date: March 5

**Painted Desert Campus**

----S 9a-3:30p  Section: 43320  
Date: April 2

Instructor: Craig Coffman

* Students must be 18 years or older.

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**MUS 099X Instant Guitar for Adults/Teens**

**Cost:** $25 *(PLUS $29 fee payable to instructor for materials. Total cost of class: $54)*

Have you ever wanted to learn the guitar but just don’t have the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won’t have to take private lessons to do it! This crash course will teach you some basic chords and get you playing along with your favorite songs right away.

**White Mountain Campus**

----S 3:45p-6:15p  Section: 43056  
Date: March 5

**Painted Desert Campus**

----S 3:45p-6:15p  Section: 43323  
Date: April 2

Instructor: Craig Coffman

* Students must be 13 years or older.
MUS 099X White Mountain Symphony Orchestra
Cost: Free
Make beautiful music with many talented musicians! We are a performance based Symphony Orchestra as we study and perform music from all genres. You will be expected to be in attendance at weekly rehearsals and all concerts, and to practice regularly and be prepared. There is a minimum of 3 concerts per semester those; dates will be available at the beginning of the semester.

Silver Creek Campus
----R---- 7p-9p Section: 43588
Dates: January 7 – May 12
*Audition required.

PERSONAL DEVELOPMENT

STC 099X Basic NRA Pistol Class for Concealed Weapons Permit
Cost: $75
Successful completion of this course will qualify the student to apply for a permit to carry a concealed weapon.

White Mountain Campus
-----S---- 8a-2p Section: 43724
Dates: February 27

Silver Creek Campus
-----S---- 8a-2p Section: 43726
Dates: March 26

Painted Desert Campus
-----S---- 8a-2p Section: 43728
Dates: April 30
Instructor: Richard Harris
*Students must be at least 21 years old. Students to bring their unloaded guns and ammunition, leaving them secured in their vehicles. NPC instructor will provide fingerprinting.

STC 099X Basic Self Defense with a Handgun
Cost: $75
Develop self-defense and defensive marksmanship skills with a handgun. Learn local laws regarding self-defense and the use of deadly force.

White Mountain Campus
-----S---- 8a-2p Section: 43725
Dates: March 5

Silver Creek Campus
-----S---- 8a-2p Section: 43727
Dates: April 2

Painted Desert Campus
-----S---- 8a-2p Section: 43729
Dates: May 7
Instructor: Richard Harris
*Students must be at least 21 years old. Students to bring their unloaded guns and ammunition, leaving them secured in their vehicles.

STC 099X Positive Parenting
Cost: $45
Develop a more positive approach to raising children that strengthens self-esteem for you both! Learn to understand your child’s behavior, mis-behavior, your parenting style, communication and much more to successfully raise successful children.

Silver Creek Campus
--T--- 6p-7:30p Section: 44578
Dates: March 22—April 26
Instructor: Jeanette Wiltbank
**STC 099X Building a Website**

**Cost:** $100

Learn how to build a basic website for personal and/or business use. Step by step instruction on how to build a basic website for personal or business use. No c required. We'll use a very user friendly approach but no prebuilt website builder solutions.

**White Mountain Campus**

---W--- 5p-6:30p  Section: 44681  
Dates: March 23—April 13  
Instructor: Chris Eggleston  
*Computer is suggested for use during class, plus notebook for notes

**STC 099X Using Social Media**

**Cost:** $50

Understand the basics of social media for personal and business use, it's purpose, the different platforms, which to use and why. Learn safety and posting strategies.

**White Mountain Campus**

---W--- 6:30p-8:30p  Section: 44678  
Dates: March 23  
---W--- 6:30p-8:30p  Section: 44474  
Dates: April 6  
Instructor: Chris Eggleston  
*Computer is suggested for use during class, plus notebook for notes

**FINANCE & INVESTMENT**

**STC 099X 7 Simple Secrets to Financial Freedom**

**Cost:** $33 (PLUS $20 material fee payable to instructor at first class. Total cost of class: $53)

This is a plan of action to get out of credit card debt, reduce bad credit, raise your credit limit, buy a home, pay off mortgage in half the time with less money, keep your home protected against lawsuits, and become an active investor for financial freedom!

**Painted Desert Campus**

--T---- 9a-11a  Section: 43678  
Date: March 1

**White Mountain Campus**

---W--- 9a-11a  Section: 43601  
Dates: March 2  
Instructor: LeeAnne Krusemark

**STC 099X Save Money With Extreme Couponing**

**Cost:** $17 (PLUS $10 material fee payable to instructor. Total cost of class: $27)

Learn how to save money every day. Find different types of coupons, how to find coupon web sites, how to decipher coupon policies, the best way to sort and store coupons, and how to find people with whom to trade.

**Painted Desert Campus**

--T---- 11p-12p  Section: 43679  
Date: March 1

**White Mountain Campus**

---W--- 11p-12p  Section: 43602  
Date: March 2  
Instructor: Leeann Krusemark
BUSINESS TRAINING

STC 099X 3 C’s of Business Marketing
Cost: $100
Market your business successfully with these 3 secrets. In the information age, it's important to market your business correctly. In this class, learn how to use the 3 C's to grow your business: content, commerce, community.

White Mountain Campus
----R-- 5p-8p  Section: 44472
Dates: March 9
-----R-- 5p-8p  Section: 44682
Dates: March 31
Instructor: Chris Eggleston

STC 099X At Home Study Orientation: Medical Insurance Billing, Medical Terminology, or Notary Public
Cost: $17 (PLUS $99 for one course, $159 for 2 courses, $199 for all 3 courses for materials. Total cost of class: $116, $176 or $216, depending on number of courses taken.)
Don’t have time to attend a semester long class, or don’t like the option of learning online? The printed workbooks provided at orientation will guide you through the course or courses you choose, at your own pace, in your own home.

Painted Desert Campus
--T---- 8a-9a  Section: 43677
Date: March 1

White Mountain Campus
---W--- 8a-9a  Section: 43600
Date: March 2
Instructor: LeeAnne Krusemark

STC 099X Business Ownership and Choosing a Business
Cost: $75
Want to start a business? Not sure how or what? This class will help you do just that. Starting a business isn't easy. There are a lot of decisions to make. What do you do? How do you get started? How do you make money? This class is designed to help you determine if starting a business is for you and if so to help you get started successfully.

White Mountain Campus
----R-- 5p-7p  Section: 44471
Dates: March 10
-----R-- 5p-7p  Section: 44680
Dates: March 24
Instructor: Chris Eggleston

STC 099X How to Earn Extra Money with a Mystery Shopping Business
Cost: $17 (PLUS $10 material fee payable to instructor. Total cost of class: $27)
Want to become a Secret Mystery Shopper? Learn how to start your business and how to create a mystery shopping profile, sign up with 25 legitimate mystery shopping companies without fees, and avoid pitfalls and scams.

Painted Desert Campus
--T---- 12p-1p  Section: 43680
Date: March 1

White Mountain Campus
---W--- 12p-1p  Section: 43603
Date: March 2
Instructor: LeeAnne Krusemark
Prerequisite: Cash in with a Successful Home-Based Business.
**STC 099X** Cash-In with a Successful Home-Based Business

**Cost:** $33 (PLUS $20 material fee payable to instructor. Total cost of class: $53)

Turn your talents and hobbies into profits. You will learn about mandatory legal documentation, ways to market your product/service, taking tax deductions and 100 home business ideas. This is probably the most comprehensive business startup workshop around.

**Painted Desert Campus**
---T---- 1p-3p    Section: 43981  
Date: March 1  

**White Mountain Campus**
---W---- 1p-3p    Section: 43604  
Date: March 2  
Instructor: LeeAnne Krusemark

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**STC 099X** Make Money with a Typing/Word Processing Business

**Cost:** $17 (PLUS $10 material fee payable to instructor. Total cost of class: $27)

If you can type, you can make money at home. Having learned about business startup, you will discover how and where to find clients, 50 ways to advertise and market services, equipment choices, and 100 ways to make money with a computer.

**Painted Desert Campus**
---T---- 3p-4p    Section: 43682  
Date: March 1  

**White Mountain Campus**
---W---- 3p-4p    Section: 43605  
Date: March 2  
Instructor: LeeAnne Krusemark

Prerequisite: Cash in with a Successful Home-Based Business.

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**AUTHORS AND MORE**

**STC 099X** Get Your Manuscript Critiqued

**Cost:** $17 (PLUS $10 material fee payable to instructor. Total cost of class: $27)

Bring your manuscript for a professional in-class critique of one page. You can then leave manuscript ($50 for first 25 double-spaced pages) for a full critique and a list of publishers and agents interested in your type of work.

**Painted Desert Campus**
---T---- 4-5p    Section: 43683  
Date: March 1  

**White Mountain Campus**
---W---- 4-5p    Section: 43606  
Date: March 2  
Instructor: LeeAnne Krusemark

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**STC 099X** Beginner's Guide to Getting Published

**Cost:** $33 (PLUS $20 material fee payable to instructor. Total cost of class: $53)

Become a published writer by selling a magazine article, short story, poem, or novel to a publisher. Discover how to become published overnight, submit manuscripts correctly, find the right publisher, write irresistible query letters, and make money as a freelance writer.

**Painted Desert Campus**
---T---- 5p-7p    Section: 43684  
Date: March 1  

**White Mountain Campus**
---W---- 5p-7p    Section: 43607  
Date: March 2  
Instructor: LeeAnne Krusemark

Prerequisite: Cash in with a Successful Home-Based Business.
STC 099X Self-Publishing vs Traditional

Cost: $33 (PLUS $20 material fee payable to instructor. Total cost of class: $53)

Discover the pros and cons of traditional, print-on-demand, e-book, and Create Space publishing options. Effective book marketing utilizes a variety of methods to maximize exposure and profits, including book signings. Many are FREE!

Painted Desert Campus
--T---- 7p-9p Section: 43685
Date: March 1

White Mountain Campus
---W--- 7p-9p Section: 43608
Date: March 2
Instructor: LeeAnne Krusemark