Food and Wine
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Computers
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Career Training
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Creative Arts
page 19

and more!

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

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(916) 781-6280

learn explore have fun!
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.

» MICHELLE DAWN
Classes include: Ballroom Dancing, Swing Dancing, Salsa Merengue and Cha Cha, and Latin Ballroom (page 26)
Michelle has been teaching ballroom dancing for more than 20 years and creates an environment where students feel comfortable and can discover that they really can dance.

» HIROSHI MATSUDA
Classes include: Art of Bonsai and Japanese Gardens (page 35)
Hiroshi is a Bonsai Nurseryman, Landscaper, diversified artist and an innovative videographer. He loves teaching the Art of Bonsai class where every student leaves with knowledge, a nice bonsai and a big smile.

» ROY SALISBURY
Classes include: Digital Photography for Beginners, Basic Digital SLR Photography, and Photoshop Elements (pages 49–50)
Roy has been teaching classes for the Sierra College Community Education program for over eight years.

» DORENE MATNEY
Classes include: Web Design Basics, Increase Visibility of Your Website...Market it!, and Improve Search Engine Results with SEO (pages 18–19)
Dorene enjoys learning new things, sharing what she knows and having fun along the way. She has been teaching since 2006.
CLASSES »
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19 Creative Arts
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32 Health and Wellness
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» Interested in Sierra College credit classes? Learn more at www.sierracollege.edu!

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

Fall 2013 College Holidays
September 2 Labor Day
November 11 Veterans Day
November 28–29 Thanksgiving
December 24–January 1 Winter Break
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.

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.

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.

New What is QuickBooks?

Come and experience a quick overview of the most popular business software in the U.S. In this three-hour workshop we will cover: how to complete everyday tasks faster with fill-in forms, keep customer, vendor and employee contact information at your fingertips, get easier access to data and transactions with simple navigation features, how to track and organize your business financial data and run reports that will give you valuable insights on your business.

Register online 24 hours a day
www.sccommed.org or call (916) 781–6280
Accounting Basics
They say that accounting is the language of business. That's because earning a profit all comes down to the numbers. In this workshop we will cover accounting terminology, the difference between accounting and bookkeeping, business entity types, accounting principles, accounting equation, rules for debits and credits, chart of accounts, account types, cash vs. accrual accounting, journal entries, adjusting account balances, financial statements and more. No accounting knowledge is required.

Roseville Gateway 333 Sunrise Ave, RG-123
9/16 Monday 6–9pm
#2149 Claire Moore $54

QuickBooks—Level One
In this INTRODUCTORY hands-on computer course, you will learn about the basic features of the most widely used accounting software for businesses. Students will learn how to create a company file, invoice customers, create purchase orders and pay bills, write checks, balance bank accounts, manage credit card and debit card accounts, record sales and expenses and run financial reports. Five class meetings. Required: knowledge of Windows. Recommended: Accounting Basics Workshop. Required text: QuickBooks Pro 2013: Level 1 by Labrinth Learning, ISBN 978-1-59136-478-8.

Roseville Gateway 333 Sunrise Ave, RG-120
9/23-10/21 Monday 6-9pm
#2150 Claire Moore $229

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
9/16 Monday 6–9pm
#8371 Melissa Washington $56

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-116
10/23 Wednesday 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 three months with the option to convert into a permanent website. Materials: $20 at class.

Roseville Gateway 333 Sunrise Ave, RG-120
11/6-20 Wednesday 6:30–8:30pm
#2117 Rich Webster $79
**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.

**Building Your Business with Google Analytics**

This workshop is designed for individuals and small business professionals who want to improve the performance of their website with insights from Google Analytics. You will gain an overview of how to understand web analytics and set up tracking for pages. You’ll leave the class with a thorough understanding of how to analyze Google Analytics data, segment traffic by user-selected criteria, and make content changes based on performance metrics.

**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.

**Project Management Fundamentals**

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

**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.
How to Write Marketing Text That Sells
Join us for a marketing workshop where you will learn how to identify your target market, emotionally appeal to them and find your benefit statements. In two sessions you can create your unique selling proposition and how and when to use it, learn how to create fliers, postcards and write your website material. Materials: $10 at class.

Roseville Gateway 333 Sunrise Ave, RG-611
10/17 & 24 Thursday 6:30–9pm
#2144 Anne Sandler $82

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-611
9/21 Saturday 9am–12pm
#8455 Warren Racine $64

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

Roseville Gateway 333 Sunrise Ave, RG-114
10/12 Saturday 9am–12pm
#8178 Pat Larkin $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
9/25 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 and where to find clients, 50 ways to advertise/market your service, effective equipment choices and more! Materials: $10 at class.

Roseville Gateway 333 Sunrise Ave, RG-607
9/25 Wednesday 8–9pm
#2111 LeeAnne Krusemark $28

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
10/15 Tuesday 6–9pm
#8460 Whit Woodard $109

register online  »  www.sccommed.org
Supervisory and Leadership Skills Certificate Series I
The Supervision and Leadership Series I provides you with practical information, tips and techniques that can be applied at your job immediately and easily. Information is delivered in an interactive and engaging fashion, making the learning process easy, fun and useful. Real life issues that all supervisors and managers face in their jobs are addressed and discussed fully. Students who complete all four series courses will receive a Certificate of Completion.

Understanding the Role of the Supervisor
Covers the specifics of the supervisor’s role and responsibilities, and provides multiple strategies for improving your overall effectiveness as a leader. Discussion and workshop exercises illustrate ways to save time and effort by understanding the benefits of the functions of management and how to leverage each for maximum productivity. This class is a MUST for new and even experienced supervisors and managers. Materials: $15 for each individual class or $45 for the series at class.

| Rocklin Campus | Mt-10 | 9/21 Saturday 8:30am–12pm | #8187 Sally Klauss | $65 |

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

| Rocklin Campus | Mt-10 | 9/28 Saturday 8:30am–12pm | #8188 Sally Klauss | $65 |

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

| Rocklin Campus | Mt-10 | 10/5 Saturday 8:30am–12pm | #8220 Sally Klauss | $65 |

Writing and Delivering Performance Reviews
Demystifies the performance evaluation process by providing simple step-by-step methods for identifying what to include in a review, how to deal with specific performance issues, how to keep track of accomplishments and problems during the year. This class will show you how to save time and ensure you are including the right information in the review as well as how to motivate employees through goal setting, and how to deliver the review once it is complete. Materials: $15 for each individual class or $45 for the series at class.

| Rocklin Campus | Mt-10 | 10/12 Saturday 8:30am–12pm | #8221 Sally Klauss | $65 |
Online Accounting Fundamentals
Demand for accounting professionals currently exceeds supply. Increase your financial awareness and accountability while gaining a marketable skill. Learn the basics of double-entry bookkeeping, how to analyze and record financial transactions and how to prepare various financial reports. Accounts receivable, accounts payable, payroll procedures, sales taxes and common banking activities will be discussed. We’ll cover writing checks and closing out fiscal period accounts. See page 44.

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 44.

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

Class Series

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

Rocklin Campus Mt-10
10/26 Saturday 8:30am-12pm #8309 Sally Klauss $65

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

Rocklin Campus Mt-10
11/2 Saturday 8:30am-12pm #8310 Sally Klauss $65

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

Rocklin Campus Mt-10
11/9 Saturday 8:30am-12pm #8311 Sally Klauss $65

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

Rocklin Campus Mt-10
11/16 Saturday 8:30am-12pm #8312 Sally Klauss $65
**CPR for Healthcare Providers**
This course, approved by the American Heart Association, covers adult and pediatric CPR, including two rescue scenarios and use of the bag-valve mask. It also covers foreign-body airway obstruction (conscious and unconscious), automated external defibrillation (includes child AED update), special resuscitation situations and other cardiopulmonary emergencies. The course is intended for certified or non-certified, licensed or non-licensed healthcare providers including physicians, nurses, medical technicians, pharmacy technicians and other allied health personnel. Two-year certification is provided upon successful completion of course and written exam. Materials: $15 at class.

**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 44.

**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.
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.

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

**Clinical Medical Assistant**

- 9/10 Tuesday 6-7pm
- #8165 TBA FREE

**Pharmacy Technician**

- 9/16 Monday 6-7pm
- #8029 TBA FREE

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**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.

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

- 9/17-1/9/14 Tues/Thurs 6–9:30pm
- #8166 TBA $3,045

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**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.

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

- 10/5-11/23 Saturday 8am–5pm
- #8633 TBA $2,950

- 12/7-2/8/14 Saturday 8am–5pm
- No class 12/28 & 1/18
- #8633 TBA $2,950

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Partnership with Boston Reed College

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

- 9/17-1/9/14 Tues/Thurs 6–9:30pm
- #8166 TBA $3,045

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**Roseville Gateway** 333 Sunrise Ave, RG-601

- 10/5-11/23 Saturday 8am–5pm
- #8633 TBA $2,950

- 12/7-2/8/14 Saturday 8am–5pm
- No class 12/28 & 1/18
- #8633 TBA $2,950

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**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.

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

- 9/17-1/9/14 Tues/Thurs 6–9:30pm
- #8166 TBA $3,045

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**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.

**Roseville Gateway** 333 Sunrise Ave, RG-601

- 10/5-11/23 Saturday 8am–5pm
- #8633 TBA $2,950

- 12/7-2/8/14 Saturday 8am–5pm
- No class 12/28 & 1/18
- #8633 TBA $2,950
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.

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.

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.
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-103 10/23 & 24 Wed/Thurs 6:30–9pm #8353 Kris G. Patterson $105

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-121 10/23 Wednesday 6-9:30pm #8793 JoAnn Tennyson $56

Create Robust Interview Skills for Today’s Jobs
Don’t let the interview hold you back from securing that perfect job. For many job seekers, it has been years since they have needed to carefully hone their interview skills. Hearing the question: So, tell me about yourself strikes fear in the heart and turns palms clammy! Spend a few hours learning how to confidently market your employment strengths and skills. Participants are encouraged to bring a job posting and a recent resume. Materials: $10 at class.
Roseville Gateway 333 Sunrise Ave, RG-103 10/30 Wednesday 6-9pm #2143 JoAnn Tennyson $54

“I appreciated the fact that the instructor was knowledgeable and still working in the field that she is instructing. It was nice to have written materials (her book) to have as a resource as well.”
Jennifer Nash  How to Become a Mystery Shopper

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 9/26 Thursday 6:15–9pm #8249 Elaine Moran $51

“i appreciated the fact that the instructor was knowledgeable and still working in the field that she is instructing. it was nice to have written materials (her book) to have as a resource as well.”
Jennifer Nash  How to Become a Mystery Shopper

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 9/26 Thursday 6:15–9pm #8249 Elaine Moran $51
**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 and will be assigned to students registered for the class first.

**Roseville Gateway** 333 Sunrise Ave, RG-114
10/5 Saturday 4:30–5:30pm
Notary Public Seminars Staff $40

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**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-114
10/5 Saturday 8am–4pm
#8420 Notary Public Seminars Staff $149

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**Escrow Coordinator**

Enhance your resume, learn new skills for your existing job in a real estate office, or start your own business. Busy agents often don’t have time for the detail work involved in coordinating an escrow. Become the Transaction Coordinator for your real estate office or coordinate escrows right from your home. Learn how to schedule, track and coordinate real estate transaction events, fill out all necessary paperwork and understand your role as liaison between the agent, buyer, seller and multiple vendors. Materials: $40 at class.

**Roseville Gateway** 333 Sunrise Ave, RG-114
11/16 Saturday 9am–3pm
#8870 Notary Public Seminars Staff $99

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**Sustainable Living Series: Developing Change Agent Skills**

Learn how to nurture and development the skills necessary to foster change in your organization or community. Change is always resisted; learn what knowledge and skills you will need to overcome this resistance to create the changes needed. Participants will learn about the basic skills and techniques needed and employed by successful change agents as well as be presented with successful examples. Finally, there will be an opportunity to develop your own personal plan tailored to your organization, and additional guidance with that plan following the class.

**Rocklin Campus** V-207
9/21 Saturday 12:30–4:30pm
#2158 Michael Kane $42
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
   10/18 Friday 1–4pm
   #8624 Debby Carter $51

2. **Microsoft Office 2010**

   Learn to create great-looking documents, spreadsheets and presentations for work, school, creative projects and more. The improved tools in Microsoft Office Word, Excel and PowerPoint 2010 make it easier than ever to get things done. You’ll create, edit and print a worksheet using tools in Excel. You’ll also create a PowerPoint slide show and add slides, ClipArt, animation and sound effects. Must have good mouse skills. Bring required text and a USB drive to first class!


   **Roseville Gateway** 333 Sunrise Ave, RG-120
   11/7–21 Thursday 2–5pm
   #8061 RoseMary Monroe $106

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**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
   9/10–24 Tuesday 2–5pm
   #8775 RoseMary Monroe $106

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**Beginner’s Guide to Computers**

New users—this class provides plenty of hands-on experience in a fun and relaxed environment. You will learn all the basics to use a computer, plus the basics of Windows; explore word processing, graphics and other programs. You will have ample guidance and opportunities to experiment. After completing this class, you will be prepared to attend any beginning or introductory class, including Beginner’s Guide to the Internet and Introduction to Windows. Materials: $10 at class. Bring a sack lunch.

   **Roseville Gateway** 333 Sunrise Ave, RG-120
   10/4 Friday 10am–4:30pm
   #8473 Debby Carter $84

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**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.

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“RoseMary is very friendly! Always helpful! I have thoroughly enjoyed this class!”

Linda Welch

Computer Basics

“Thank you for giving me the confidence to properly use Word, Excel, and PowerPoint.”

Robin Greenslade

Microsoft Office 2010

register online » [www.sccommed.org](http://www.sccommed.org)
™ Microsoft Windows 7—Level I

Roseville Gateway 333 Sunrise Ave, RG-120
10/22-11/5 Tuesday 9am-12pm #8539 RoseMary Monroe $106

™ Microsoft Windows 7—Level II
Continue enhancing your computer operating system knowledge. Covers file management, control panel, and security—Windows Explorer and libraries; navigation pane and folders list; all file and folder functions; customize the layout of Explorer Windows, folder settings, and details view; personal/public folders; compress files and folders; copy (burn) files and folders to a CD/DVD; customize settings, taskbar and start menu; desktop gadgets; maintenance, privacy and parental controls. Bring required text and a USB drive to first class! Must have taken Windows 7—Level I or equivalent experience. Required Text: same as Level I.

Roseville Gateway 333 Sunrise Ave, RG-120
11/12-26 Tuesday 9am-12pm #2023 RoseMary Monroe $106

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

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

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

More than 300 different online classes every month, including:
A to Z Grant Writing
Become a Grant Writing Consultant
Accounting Fundamentals I and II
Grammar Refresher
Medical Coding
Medical Terminology
Certificate in Gerontology
Intro to CSS and XHTML
Speed Spanish I, II and III
Beyond Computer Basics—Save Time, Increase Your Productivity!

Whether you are honing your computer skills for career advancement or personal goals, this course will move you beyond computer basics and into powerful computer techniques. Using Microsoft Windows 7 and Microsoft Word 2010, this course will focus on productivity skills, shortcuts, and features. Students will learn Windows 7 file management, customizing windows, and Word 2010 professional and advanced formatting features. Basic Windows and Word skills required. Bring a USB drive to save your work.

Roseville Gateway 333 Sunrise Ave, RG-120
10/1-15 Tuesday 2–5pm
#8287 RoseMary Monroe $106

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
9/10-24 Tuesday 6–9pm
#8480 RoseMary Monroe $106
10/22-11/5 Tuesday 1–4pm
#8480 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 text functions, sum a data range based on conditions, consolidate data using a formula (3–D references or links to data), check formulas for errors, construct formulas using named cells/ranges, build a logical formula and calculate payments. Filter a table, create a custom filter, Advanced Filter, extract data and much more. Bring a USB drive to save your work. Must have taken Excel—Level I or equivalent experience. Required text: Same as Level I.

Roseville Gateway 333 Sunrise Ave, RG-120
10/1-15 Tuesday 6–9pm
#8622 RoseMary Monroe $106
11/12-26 Tuesday 1–4pm
#8622 RoseMary Monroe $106

Access 2010

Unleash the power of this database for your office or home for gathering and understanding all your information—your inventory, guest lists, phone numbers or whatever you’re tracking—and providing a convenient way to enter, navigate and report your data. Learn to create tables, queries, forms and reports. Few software applications offer the power and flexibility of Microsoft Access to track, organize and analyze data of almost any type. Must be comfortable working in Windows. Bring a USB drive to save your work. Required text: Microsoft Access 2010 Introductory, Illustrated Series; ISBN 978-0-538-74826-1.

Roseville Gateway 333 Sunrise Ave, RG-120
11/7-21 Thursday 6–9pm
#8237 RoseMary Monroe $106

QuickBooks is the most widely used accounting software for business. See page 4–5.

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

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.
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-103
10/2 Wednesday 6:30-9:30pm
#8274 Bob Cohen $44

Have you heard about WordPress for managing websites, blogs and social networking? Learn more. See page 5

Web Design Basics
Take the first step on your way to designing and developing your website. In this class, you’ll discover the “what” and “why” of web design—page layout, navigation, colors, etc. Learn how to make your website appeal to your visitors. At the end of this class, you’ll be able to sketch a page for your next step: creating your website. Recommended: experience with Windows and Internet browsers. Materials: Instructor will send link to download and print materials prior to class.

Roseville Gateway 333 Sunrise Ave, RG-120
10/9 Wednesday 6–9pm
#8968 Dorene Matney $51
11/2 Saturday 9am–12pm
#8968 Dorene Matney $51
Fabulous Furniture Finishes
If you have tired, older or unfinished furniture that needs an updated look, this workshop is for you. Learn how to apply several layers of paint materials to create beautiful and unique furniture finishes. We’ll work with paints, glazes and metallic finishes that enhance any design style from traditional to contemporary. Dress for mess, bring a sack lunch. No experience necessary. Materials: $20 at class.
Roseville Layers of Color Design Studio
201 Walnut Street
9/21 Saturday 9am–1pm #8483 Kelly Peterson $62
10/26 Saturday 9am–1pm #8483 Kelly Peterson $62

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
10/12 Saturday 9am–1pm #2076 Kelly Peterson $62

“Very fun and informative—projects were great! Kelly’s presentation was excellent.”
Pamela St. Martin

Register online
24 hours a day
www.sccommed.org or call (916) 781–6280
**Holiday Bling Box**
Join Kelly for this fun creative workshop and get a jump-start on the holidays! You'll decorate and embellish a small wood box with metallic paints, stencils, decorative foils, glitter and glam to create a beautiful and unique fabric lined holiday box to give as a gift or keep for yourself! Dress for mess and be prepared to bling it up. Materials: $20 at class.

**Drawing Birds**
Join us for this very fun class! Get your pencils, color pencils, and watercolor pencils ready and discover the many sizes, shapes, colors, and the various personalities of birds. This class is great for beginners or those with experience. Bring a sack lunch and let's have fun. Materials listed on confirmation and website.

**Landscape Drawing**
Explore how to sketch, and draw landscapes. We will study the different types of landscapes, how to select and compose a landscape, how to draw the different components of landscape (trees, rivers, forests, valleys, buildings, mountains, skies, clouds, etc.), and how to express depth, light, and atmosphere. You will be able to choose the following mediums of your choice: pencils, pen and ink, watercolor, or dry pastels. All levels welcome! Materials on confirmation and website.

**Simple Watercolor Flowers**
Bring watercolors and have fun! You'll learn to paint spontaneous flowers that are fast and dramatic. Simple shapes are produced with brush strokes to form flowers and leaves. From such strokes a garden can grow. Lilac, rose, chrysanthemum, and more. Minimal watercolor experience helps but is not necessary. Materials listed on confirmation and website. Additional materials: $2 at class.
**CREATIVE ARTS »**

**Creating an Awesome Sketchbook**

Sketching is a fundamental and important process in any artists’ work. In this workshop you will fill a sketchbook with your drawings and explore the spontaneous process of creativity. You will create a cover and bind the book in your own design. We will discuss abstract and realistic art and learn about the history of art in a playful way that includes your own experience. Bring a sketchbook and drawing tools, glue, scissors, magazines, crayons and watercolors.

**Roseville Gateway** 333 Sunrise Ave, RG-123
10/14 & 21 Saturday 10am-1pm
#6393 Julia Ruess $78

**Toolbox Jewelry**

Who needs Tiffany’s or Cartier when everything you need to create fun, eye catching jewelry is at your local hardware store? Join us and learn to take your toolbox finds and fashion them into necklaces, bracelets, earrings and pins. Materials: $28 at class. Register by October 4.

**Rocklin Campus** E-3
11/12 Saturday 9am–1:30pm
#6392 Linda Pietz $96

**Toolbox Jewelry**

Who needs Tiffany’s or Cartier when everything you need to create fun, eye catching jewelry is at your local hardware store? Join us and learn to take your toolbox finds and fashion them into necklaces, bracelets, earrings and pins. Materials: $28 at class. Register by October 4.

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Beginning Pine Needle Basketry
All you need is time to take this enjoyable class. Our area has no shortage of pine needles! Join us and learn how to make a basic round basket. Learn basic coiling, how to use different binding materials, how to incorporate decorative items, and explore different shapes. Get lots of ideas for making more baskets. Materials: $12 at class.

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

Beginning Pine Needle Basketry
All you need is time to take this enjoyable class. Our area has no shortage of pine needles! Join us and learn how to make a basic round basket. Learn basic coiling, how to use different binding materials, how to incorporate decorative items, and explore different shapes. Get lots of ideas for making more baskets. Materials: $12 at class.

Rocklin Campus E-8
10/12 & 10/19 Saturday 10am-4pm
#2138 Diane Wood $78

Beautiful Beads
If you love handmade jewelry and want to create your own beautiful pieces, join us and get started! You will create a necklace using a variety of materials and techniques including stringing and finishing. Use of color and materials will be covered. Each student will make a simple strung necklace with finished ends and metal clasp using various materials including stones, pearls, metal beads, etc. Students may want to bring magnifying glasses in 2-3 power. Materials: $25 at class.

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

Rocklin Campus E-8
10/12 & 10/19 Saturday 10am-4pm
#2138 Diane Wood $78

Wild Wire
Have fun learning basic jewelry wire wrapping techniques in this new and exciting class. Students will learn simple loops and wrapped loops and make your own unique earrings to take home using chain, ear wires, plated wire and various beads. Students may want to bring magnifying glasses in 2-3 power. Materials: $25 at class.

Pretty Little Boxes
Do you love creating beautiful gift packages? Just in time for the holidays—with simple supplies and easy to follow directions, you will create and decorate three pretty little boxes. No experience necessary and all materials are provided. Bring a sack lunch and be prepared to have fun! Materials: $15 at class.

Nevada County Campus N10–104
10/26 Saturday 10am–1pm
#6396 Allie Bergman $44

“Diane obviously loves working with glass and her classes prove it is contagious. Great class—great teacher!”

Evy Waters
Fused Glass

Sierra College Community Education » not-for-credit classes

Allie Bergman
10/26 Saturday 10am–1pm
#6396 $44
Mosaics: 3-Dimensional Forms
Take your creativity to a new level! You can create 3-dimensional bases for mosaic sculptures using virtually any scrap materials and cement. Raid your recycling bin to create garden statuary, gazing balls, animals, mushrooms, or abstract forms. Easy and fun. You will create one lightweight ready-to-mosaic piece in class and learn how to make lots more. No prior mosaic or sculpture knowledge needed. Materials: $25 at class.

Nevada County Campus  N10–104
10/5 Saturday  10am–4pm
#6187 Jennifer Iams-McGuire  $76

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

Rocklin Campus  E-8
10/19 Saturday  10am–3pm
#8350 Suzanne Bell  $86

Mosaic Lamps
Join Jennifer as she guides you in converting a bland or ugly table lamp into a gorgeous, usable art piece! Bring a lamp base to mosaic or select a second-hand base available in class. No Mosaic experience necessary, requires some on-your-own finish work. Materials: $30 includes all materials except lamp base, lamp base available to purchase in class for approx. $10.

Rocklin Campus  E-3
10/26 & 11/9 Saturday  1–5pm
#2155 Jennifer Iams-McGuire  $76

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.

Nevada County Campus  N10–104
11/23 Saturday  1–4pm
#6369 Jennifer Iams-McGuire  $56

Acrylic Workshop: Out of Picasso
If you love shapes, colors and geometrics then this class is for you! Each student will create a colorful, expressive painting analyzing objects in terms of shape. Gayle will guide you through direct instruction, demonstration and a hands-on approach to learning. Material list provided on confirmation and website.

Rocklin Campus  E-3
11/2 Saturday  12:30pm–4:30pm
#2129 Gayle Rappaport-Weiland  $63
Watercolor Workshops

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

Rocklin Campus E-3
9/21 Saturday 10am-2pm
#8432 Gayle Rappaport-Weiland $64

Step-by-Step Watercolor Landscape
In three hours, you will create a soothing watercolor landscape with guidance and support from Gayle in a risk free and success oriented environment. No experience necessary, beginners welcome. Even if you’ve painted before, join us and develop new skills. All materials supplied!

Nevada County Campus N9–102
9/28 Saturday 1-4pm
#6391 Gayle Rappaport-Weiland $62

Scenic Coastal Lighthouse
Paint a beautiful scenic lighthouse in just a few hours. Even if you’re a beginner with no experience, you can create a delightful watercolor painting in the class. Don’t let the drawing scare you, Gayle’s got that covered. All levels are welcome and all materials are provided. You’ll be inspired by Gayle’s energy and enthusiasm to help you become an instant success!

Rocklin Campus E-3
10/5 Saturday 12:30-4pm
#8439 Gayle Rappaport-Weiland $64

Sunny Sunflowers
Come explore the use of miskit (wax resist) in a layering process to create exquisite lights and darks in your watercolors. Learn new and creative skills or enhance what you already know while creating a beautiful sunny sunflower painting. Gayle believes in your success and shows it in her high level of enthusiasm. Materials: listed on confirmation and website.

Rocklin Campus E-3
10/26 Saturday 10am-2pm
#8177 Gayle Rappaport-Weiland $59

Watercolor Monochromatic Landscape
You can paint a beautiful painting with only one color. In this fun workshop value study, contrast, and composition will be the skills you obtain to create a soothing sepia toned landscape. Let your creativity soar as Gayle guides to create a distinctive landscape painting. Materials listed on confirmation and website.

Rocklin Campus E-3
11/16 Saturday 1pm–4pm
#8351 Gayle Rappaport-Weiland $53

Holiday Greeting Cards and Gift Tags
Keep your money in your wallet by creating your own personalized greeting cards using fun and simple watercolor techniques. Learn how to create beautiful custom-made cards for special occasions and people. You do not need to be an accomplished artist to do well in this class. Some materials provided including cards, envelopes, and gift tags. Additional materials needed listed on confirmation and website.

Rocklin Campus E-3
12/7 Saturday 11am-2:30pm
#8640 Gayle Rappaport-Weiland $61

Fabulous Fall Foliage
You’ll have to see this one to believe it. Let’s get rid of the fear of drawing and start painting by playing with color. Paint maple leaves, birch leaves or your favorite foliage with Gayle’s no fail plastic wrap technique. Create background in a new and creative way to approach working with fall colors and leaves. Material list provided on confirmation and website. Bring plastic wrap, art masking fluid and a blow-dryer. Material list on confirmation and website.

Nevada County Campus N9–102
10/19 Saturday 11am–3pm
#6090 Gayle Rappaport-Weiland $59
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
9/23-10/28 Monday 6:30–8pm
#8592 Pam Akina $99

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
9/7-10/12 Saturday 9:30–10:30am
#8202 Adriane Dellorco $78
10/19-11/23 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
9/7-10/12 Saturday 10:45–11:45am
#8322 Adriane Dellorco $78
10/19-11/23 Saturday 10:45–11:45am
#8322 Adriane Dellorco $78

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

Roseville Gateway 333 Sunrise Ave, RG-525
9/18-10/9 Wednesday 6–7pm
#2029 Linda Belton $44
10/16-11/6 Wednesday 6–7pm
#2029 Linda Belton $44
10/25-11/15 Friday 6–7pm
#2029 Linda Belton $44

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

Roseville Gateway 333 Sunrise Ave, RG-525
9/27-10/18 Friday 6–7pm
#2139 Linda Belton $88 couple
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.

Nevada County Campus N12–103
9/19–10/10 Thursday 7–9pm
#6018 Cassandra Wahlstrom $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
9/19–10/17 Thursday 7:30–8:30pm
#8395 Michelle Dawn $84 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
9/19–10/17 Thursday 7:30–8:30pm
#8395 Michelle Dawn $84 couple

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
9/19–10/17 Thursday 6–7:30pm
#8394 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
10/24–11/21 Thursday 7:30–8:30pm
#8397 Michelle Dawn $108 couple
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
9/18 Wednesday 6:15–9:30pm #2097 Richard Lui $49

The 7 Habits of a Lasting, Loving Relationship
Singles and couples: come to a safe, non-presured, 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
10/2 Wednesday 6:15–9:30pm #8762 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
10/12 Saturday 9am–12pm #8828 Brenda Cathey $49

A Loving Approach to Dementia Care—The Dementia Whisperers
This unique and innovative program provides an all-inclusive holistic approach to caring for adults with any type of dementia. Includes stress reducing communication methods and behavior redirection techniques that aid in providing a more loving approach to dementia care. Laura offers priceless knowledge, support and advice to anyone suffering from the emotional devastation that comes with caring for a loved one, or client with dementia. Materials: $20 at class.
Roseville Gateway 333 Sunrise Ave, RG-202
11/2 Saturday 9am–1pm #8129 Laura Wayman $58

"Great class! Lots of information that I can use—I will recommend this class to my friends."
Cathy O'Brien
Everything You Need to Know to Help Your Aging Loved Ones

"Laura is very passionate about this topic and has a lot of experience and resources to pass along to others in this situation."
Tamara Stubblefield
A Loving Approach to Dementia Care

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** Understanding Adolescents

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

**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.

**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.

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**Vine to Wine**

Enjoy a hands-on experience via direct participation in the harvest of one ton of grapes and its conversion to 220 gallons of must. Field sample and measure sugar content of grapes, harvest (pick) grapes, transport to and prepare for crush at the winery, conduct the crush, and prepare must for fermentation. Upon completion of crushing and equipment clean up, lunch will be provided followed with a question and answer session. Materials: $20 at class. Appropriate clothing and tools listed on website and confirmation.

**Loomis Secret Ravine Vineyards**

4390 Gold Trail Way
9/21 & 28 Saturday 7:30a–12pm
#8134 Ron Morris $98

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**“It’s fantastic to have an instructor who is a professional (practices the craft).”**

Bob Hudelson

Establishing a Small Vineyard

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

All Cooking with the Pros classes will be held at the Institute of Technology, 6249 Sunrise Blvd, Citrus Heights

Indian Cuisine for the American Kitchen
Learn about the ingredients, techniques and flavor profiles of India. We will practice toasting spices and make our own spice blends. With these blends we will create some delicious Indian dishes including many vegetarian items. Materials: $20 at class.

- 9/7 Saturday 9am–12pm
  #2125 Don Dickinson $52

Middle Eastern Flavors
Come explore and tantalize your palate with foods from a part of our globe that gives us some of our greatest spices and tastes. Join us in preparing a meal, bursting with authentic flavors from this great region. Materials: $20 at class.

- 9/21 Saturday 9am–12pm
  #2131 Robert Mason $52

Cheese Making Basics
Cheese making is fun and easy. Expand your dairy knowledge as you learn to create this tasty food. We will explore some quick fresh cheeses, mozzarella, and look at the possibilities with more complex cheese. Materials: $20 at class.

- 10/12 Saturday 9am–12pm
  #2165 Don Dickinson $52

Shellfish, Treasures from the Sea
The holidays are approaching, and shellfish is often in the plans, so come shuck an oyster, saute’ a shrimp or two and enjoy these tasty treasures from our seas. Learn about the various shellfish we enjoy today, where they come from, and how best to handle them. Materials: $20 at class.

- 10/26 Saturday 9am–12pm
  #2166 Robert Mason $52

Braising: Slow-cooking for Flavor and Convenience.
As the weather chills down we look to comfort foods. Join us as we explore braising, a cooking technique with delicious outcomes. Braising is a great way to develop fantastic flavors and produce one pot meals. Materials: $20 at class.

- 11/2 Saturday 9am–12pm
  #2167 Don Dickinson $52

Christmas in Cuba
Celebrate Cuban cuisine with a holiday theme. Join Tonjala as we learn the secrets of Cuban cuisine, a fusion of Spanish, African, and Caribbean culture and cooking, while creating a four-course meal including Cuban Roast Pork and a Pumpkin Flan. Materials: $20 at class.

- 11/16 Saturday 9am–12pm
  #2168 Tonjala Mack $52

Gingerbread Houses
Nothing makes a more impressive centerpiece or decoration during the holidays than a gingerbread house. Join us as we make the gingerbread, practice pattern making, make royal icing for structure and experiment with decorating techniques. Materials: $20 at class.

- 12/7 Saturday 9am–12pm
  #2169 Don Dickinson $52

register online » www.sccommed.org
**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.

**Loomis** Secret Ravine Vineyards 4390 Gold Trail Way 10/23 Wednesday #2007 Rod Byers $39

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**Taste Wines Like an Expert—Red and White Wines**

An essential guide for everyone who enjoys wine but wants to know more about the fundamentals of wine tasting. Whether you are new to wine drinking or want to improve your current skills, this class will give you the knowledge to describe exactly what it is that you like, or don't like, about any wine you taste.

Explore the world of white wines and learn to recognize the razor’s edge relationship between sugar and acidity and the role of oak. Take a detailed look at red wines, the relationship between body and astringency, tannin and acid, and how to describe their effects on the taste, aroma and flavor. Participants must be 21 or over. Materials: $30 at class.

**Nevada County Campus** N11–102 10/2 Wednesday #6399 Rod Byers $39
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
9/21 Saturday 12–2pm
#8966 Mike Frampton $42

Wise Villa Winery

Join us at the beautiful family-owned Wise Villa Winery for a gourmet cuisine experience with Chef Chris Barnum. Chris will share his cooking expertise as you learn some of the basics as well as tips and tricks of the chefs. You’ll work through the meal that you will be eating at the end of the class. Includes some hands-on work but for the most part you will be watching preparations.

Wise Villa Winery 4100 Wise Road, Lincoln
9/24 Tuesday 6:30-8:30pm
#2172 Chris Barnum $58
10/15 Tuesday 6:30-8:30pm
#2172 Chris Barnum $58

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!

“Excellent class! It was a lot of fun. Highly recommend it for others wanting to learn about fondue.”

John Vertico
The Melting Pot

Wine at Wise Villa Winery

Enjoy an excursion at the Wise Villa Winery as you get an overview of the wine making process from grape to glass. You’ll gain knowledge on all parts of the wine making process including grape tasting, vineyard smells, textures and colors. We’ll finish up in the tasting room and go through blind tasting, palate training and education of varietals, ages and nuances in wine. We will taste through 7 of our wines and talk about pairing with food.

Wise Villa Winery 4100 Wise Road, Lincoln
9/17 Tuesday 6:30-8:30pm
#2174 Dr. Grover Lee & Kevin Luther $58
10/15 Tuesday 6:30-8:30pm
#2174 Dr. Grover Lee & Kevin Luther $58

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

register online » www.sccommed.org • 31
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
10/19 Saturday 9:30am–4pm
#8285 Dr. Howard Liebgold $78

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 that can be purchased at exercise equipment stores, Target or Wal-Mart, mat, water and wear comfortable workout clothing.

Roseville Gateway 333 Sunrise Ave, RG-525
9/4 & 11 Wednesday 6:30–8pm
#2078 Donna Webb $39

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
9/9-10/14 Monday 6–7pm
#8161 Donna Webb $78
10/21-12/2 Monday 6–7pm
No Class 11/11
#8161 Donna Webb $78

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
9/9–10/14 Monday 7–8pm
#8364 Donna Webb $78
Sculpt Yourself
This total body-blasting, strength training and conditioning class is designed to help you get the body you have always wanted. We’ll combine yoga, pilates, fitness, dance and martial arts moves. With consistent training you will look better than you ever thought possible and you’ll do it without the use of weights. Wear comfortable workout clothing.

Roseville Gateway 333 Sunrise Ave, RG-525
10/21-12/2 Monday 7–8pm
#2132 Donna Webb $78

Cardio-Kickboxing
Join us for a fun total-body workout that will improve strength, aerobic fitness, flexibility, coordination and balance. All fitness levels welcome as Donna will tailor to fit you. This class includes a combination of aerobics, boxing and martial arts. You can burn from 500 to 800 calories in one class! Wear comfortable workout clothing and bring light-weight boxing gloves and a water bottle.

Roseville Gateway 333 Sunrise Ave, RG-525
9/9-10/14 Monday 5–6pm
#8362 Donna Webb $78
10/21-12/2 Monday 5–6pm
#8362 Donna Webb $78
11/13-12/4 Wednesday 6–7pm
#8362 Donna Webb $48

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
9/10-10/15 Tuesday 6:30–8pm
#8593 Margaret Williams $78
10/22-12/3 Tuesday 6:30–8pm
#8593 Margaret Williams $78

Yoga for Wellness
Discover yoga and experience an exercise program that can make profound changes in body, mind, and spirit. Integrating Hatha Iyengar and Anasura styles, slow moves and gentle stretches are combined with strengthening postures that are rejuvenating. Class ends with deep stretch, breathing, and a guided meditation for stress reduction and total relaxation. Wear comfortable workout clothing and bring a yoga mat.

Roseville Gateway 333 Sunrise Ave., RG-606
9/11-10/16 Wednesday 6–7:15pm
#2006 Kimberly Bayer $76
10/23-12/4 Wednesday 6–7:15pm
#2006 Kimberly Bayer $76
9/12-10/17 Thursday 12–1pm
#2006 Kimberly Bayer $76
10/24-12/5 Thursday 12–1pm
#2006 Kimberly Bayer $76

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
9/19-11/7 Thursday 6:30–8:30pm
#8529 Richard Earl $104

"Excellent—I love this class. Margaret is the perfect yoga instructor; gentle, encouraging, knowledgeable, and likeable."

Jackie Pope Yoga-An Introduction

register online » www.sccommed.org

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Stress Management for Caregivers and Families

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

Nevada County Campus N15-100
9/28 Thursday 9am-3:30pm
#6386 Marge Kaiser $67

Pressure Point Therapy™

Save time and money by gaining knowledge about your body’s special secrets. In this popular workshop, you will learn and treat special pressure points quickly and easily, that will help you and your friends or family feel better. With Pressure Point Therapy™, a body reflex technique, you will learn how to treat headaches, back pain, knee and shoulder conditions and more with the same techniques used by chiropractors and massage therapists around the country.

Roseville Gateway 333 Sunrise Ave, RG-107
10/9 Wednesday 6:30–9:30pm
#8531 Dr. Gary Riffey $38

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-202
10/9 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 N15-100
10/12 Saturday 1–5pm
#6193 Shirley McDonald $48

New Instructors Wanted!

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.
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
9/28 & 10/5 Saturday 9am–1pm
#8272 Cindy Fake $89

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: $80 at class.

Roseville Gateway 333 Sunrise Ave, RG-102
10/14- 11/4 Monday 6–8pm
#8135 Laura Hill $79
Soy Candle Making
Soy candles are made from an eco-friendly renewable resource that burns cooler and cleaner than traditional paraffin candles. In this hands-on class, you will get instruction on the basics of candle making and take home a batch of your own handmade soy candles to enjoy. Materials: $20 at class.

Roseville Gateway 333 Sunrise Ave, RG-221
11/16 Saturday 10am-12pm
#2154 Marie Feller $43
Redecorate Your Home with What You Already Own
If you have rooms that just won't come together, no matter how many times you rearrange furnishings or add accessories, you can learn how to overcome the most common decorating dilemmas and create a room that “invites” you in without purchasing anything new! Ruthanne has magically transformed rooms on HGTV and for clients throughout Northern California—using only existing furnishings. Join us and learn how to make your home more inviting, pleasing and functional. Materials: $5 at class.
Roseville Gateway 333 Sunrise Ave, RG-123
10/19 Saturday 10am-12:30pm
#2142 Ruthanne Hatfield $42

The Power of Color for Interiors
Inspiration, insights, and solutions for enlivening your home or workspace with a new palette. We will create palette-visioning board to plan your room or larger project. We'll discuss trouble-shooting; color specifically for walls; paint finishers and custom colors, color matching, green solutions, helpful ideas and creative approaches to color selection and tips for arranging rooms for better overall flow. Bring you room photos, floor plans, swatches of paint, fabric and tile. Materials: $2 at class.
Nevada County Campus N15-101
10/26 Saturday 9am-4pm
#6400 Corey Hitchcock $42

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
9/14 & 21 Saturday 9am-4pm
#2164 Karen Tanner $123

Beyond Green to Non-Toxic
Now that our homes are being built more energy-efficient and air tight, we are finding that indoor air quality is 5-10 times worse than outdoor air quality. The incidence of allergies, headaches, rashes and other symptoms are on the rise. Learn how to be green AND non-toxic and create a healthier environment in your home. We will discuss building products, home décor materials, personal care items, foods and methods and practices that will help you live green. Bring a sack lunch. Materials: $5 at class.
Roseville Gateway 333 Sunrise Ave, RG-123
10/26 Saturday 9am-4pm
#6400 Karen Tanner $68

Kitchen Design
Kitchen design is really common sense if you ask yourself the right questions and learn some basic design principles. In the first session you will learn the basics of cabinetry, countertops, backsplashes, plumbing fixtures, appliances and flooring. You will also learn how to measure accurately. On day two you will bring a drawing of your existing kitchen, with all measurements. Learn the basics of kitchen design and lighting basics. When you are finished you should be capable of designing the kitchen of your dreams. Materials: $20 at class.
Roseville Gateway 333 Sunrise Ave, RG-116
9/14 & 21 Saturday 9am-4pm
#2164 Karen Tanner $123

Residential Wells
Would you like to know how your well operates? This course will provide you with a working knowledge of your well. Learn how your well functions, how to better protect your resource and find out how your well may receive its water. Discover what you need to know about pump motors, pressure switches, pressure tanks and holding tanks.
Nevada County Campus N15-100
10/5 Saturday 9:30am-12:30pm
#6353 Evelyn Soltero $49

register online » www.sccommed.org
Conversational Spanish—Level I
Acquire Spanish language skills to enhance your travels, conduct simple business matters with Spanish speakers, challenge your brain cells, or just have fun and enrich your life. We create a fun and supportive environment in which you will feel encouraged and empowered to practice your new language skills. Designed for beginning students as well as those returning to Spanish after years of not using it. Emphasis is on speaking and listening, simple grammar is a component of the course. Materials: $3 at class
Required text: Conversational Spanish by Barbara Saloom (approx. $20).
Roseville Gateway 333 Sunrise Ave, RG-123
9/18-10/16 Wednesday 6-8pm
#8501 Sayda Postiglione $98
10/22-11/19 Tuesday 1:30–3:45pm
#8501 Sayda Postiglione $98

Conversational Spanish—Level II
This class is a continuation of Conversational Spanish—Level I. Must have taken Level I or have approval of instructor. Former students are welcome. Additional skills will be presented. Materials: $3 at class.
Required text: same as Level I
Roseville Gateway 333 Sunrise Ave, RG-123
10/23-11/20 Wednesday 6-8pm
#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 44.

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


**Roseville Gateway** 333 Sunrise Ave, RG-123
9/30-11/4 Monday 6–8pm
#8778 Sayda Postiglione $135

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.

**Roseville Gateway** 333 Sunrise Ave, RG-123
9/11-10/9 Wednesday 1:30-3:45pm
#8666 Alba Boyer $98

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.

**Roseville Gateway** 333 Sunrise Ave, RG-123
10/23-11/20 Wednesday 1:30-3:45pm
#8696 Alba Boyer $98

New Basic Everyday German
This class will focus on basic vocabulary and grammar as used in everyday life situations. This fun learning environment including: class interactions, lecture, word games and home assignments will create a solid foundation for your success in speaking German. Materials: $8 at class.

**Nevada County Campus** N8-103
9/18-10/16 Wednesday 6–8:15pm
#6403 Rebecca Claus $98

Conversational German for Travel
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. Materials: $5 at class.

**Required text:** *Conversational German in 7 Days, ISBN 978-0071432610.*

**Nevada County Campus** N8-103
10/23-11/20 Wednesday 6–8:15pm
#6247 Rebecca Claus $98

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


**Roseville Gateway** 333 Sunrise Ave, RG-123
9/17-10/15 Tuesday 1:30-3:45pm
#2141 Sayda Postiglione $98

**Books!** Purchase your required textbook at Sierra College Bookstores
www.sierra.bncollege.com
Rocklin (916) 660–8200
NCC (530) 274–5305
A-Z Grant Writing
Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns and prepare proposals. See page 44.

Autumn Abundance: Generating New Creative Writing
Do you wish to explore creative writing and are not sure about what you want to write? In this workshop we will cultivate new work by engaging in a range of fun, mind-stretching creative writing exercises. You will leave the workshop with the beginnings of several new pieces and some techniques to generate even more.
Materials: $5 at class.
Roseville Gateway 333 Sunrise Ave, RG-610
10/12 Saturday 10am-4pm
#2161 Heidi Lyss $64

Introduction to Place-Based Writing
Have you ever wondered how the great nature writers create literary masterpieces focused on the specific features of a place? Join us to be introduced to place-based writing as a genre, overview of natural features, and practical application of nature writing techniques in a friendly environment. This workshop is designed for anyone with an interest in place-based writing. Weather permitting we will spend some of the class time outdoors. Wear weather appropriate clothing; bring writing materials, lunch and water.
Nevada County Campus N11-102
10/5 Saturday 10am-12pm
#6363 Chris Hall $39

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

Motorcycle Training—Basic Rider Course (BRC)
This California Motorcyclist Safety Program training is designed primarily for beginning and inexperienced California motorcyclists of all ages. It consists of five hours classroom and 10 hours on-cycle instruction. Defensive driving strategies and familiarization with the motorcycle are emphasized. We’ll provide the motorcycles and if needed, the helmet. Upon successful completion, you receive a certificate and are then eligible to take the written test from the DMV. Participants must have a California-issued DMV ID card or a learner’s permit or a valid Class C driver’s license. Preregistration is required. Go to www.sccommed.org or call (916) 781–6280 for times, dates and more specific details.
Rocklin Campus Mt-7 and K-Lot
#1100 Bill Cruz, Site Manager $150, ages 15.5 to 20
$240, ages 21 and over

Experienced Rider Course (BRC 2)
This training is designed for motorcyclists who have successfully completed the Basic Rider Course or possess the basic operational skills to ride a motorcycle. Students use their own motorcycle. This class is five hours of riding exercises and exercise debriefs, which include weaving, quick stops, limited space maneuvers, cornering, judgment and swerving. Pre-registration is required. Go to www.sccommed.org or call (916) 781–6280 for times, dates and more specific details.
Rocklin Campus K-Lot
#1101 Bill Cruz, Site Manager $125
Passenger $50

Enroll early!
Popular classes fill-up quickly and low-enrolled classes may be cancelled.
Beginning Ukulele
The ukulele has experienced a HUGE surge in popularity. No matter your age, teen to senior, learning to play the ukulele is much easier to learn than just about any other instrument. You'll learn how to strum and how to finger pick the ukulele, as well as learn some of the popular songs on the radio today. Come find out why the ukulele is so much fun! Bring your own ukulele or rentals available for $30 for the entire six weeks payable at first class. Materials: $20 at class.

Roseville Gateway 333 Sunrise Ave, RG-102
9/11-10/16 Wednesday 6–7pm #8374 Stu Herreid $76
10/30-12/11 Wednesday 6–7pm No class 11/27 #8374 Stu Herreid $76

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
10/30-12/11 Wednesday 7–8pm #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
9/11-10/16 Wednesday 7–8pm #8048 Stu Herreid $76
**Set Up Your Home Recording Studio on a Shoestring**

Dispel the mystery of setting up your own home recording studio! Designed for music students as well as professional musicians, you will learn a basic understanding of MIDI and digital audio recording. You'll gain valuable information on computer programs and tools for recording, mixing, reverb, notation, and instrumental samples as well as prominent state of the art programs utilized in Hollywood studios. Focus on high-quality programs available online at little or no cost to jumpstart the aspiring composer/musician. Students must bring a laptop computer to the class.

**Rocklin Campus D-12**
11/2 Saturday 10am–5pm
#2171 Richard Altenbach $119

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**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**
10/5 Saturday 9am–12:30pm
#8881 Bud Gardner $48

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**Intermediate Harmonica—Oldies and Goodies**

If you’ve ever played around with the 10-hole diatonic harmonica or even taken a basics class, now it’s time to take the next step. This class—designed for beginners and intermediate players alike—will guide you to become a better player. After a brief review of basics, you will learn how to apply these techniques—the slide, shake, tongue switching, tongue slapping, vibrato, and switching song keys—to a variety of songs. Imagine learning to play "Moon River," "Edelweiss," “Love Me Tender" and other beautiful songs. We’ll use the 10-hole diatonic harmonica in the key of C, available for $10 at class. Materials: $20 at class.

**Rocklin Campus D-1**
11/2 Saturday 9am–12:30pm
#8299 Bud Gardner $48

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**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**
10/12 Saturday 9:30am–12:30pm
#8152 Nancy Matlin $48
Beginning Piano for Total Beginners—I
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
11/16 Saturday 9:30am–12:30pm
#8478 Nancy Matlin $48

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
10/26 Saturday 9:30am–12:30pm
#8541 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.

Nevada County Campus N15-101
10/19 Saturday 11am-12:30pm
#6257 David Broida $34

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.

Nevada County Campus N15-101
10/19 Saturday 12:45-2:45pm
#6059 David Broida $38

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!
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

Classes start each month throughout the year.
Begin Fall classes on any of these dates: August 21, September 18, October 16, November 13, December 11
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- Accounting Fundamentals I, II . . . . . . $104 ea
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- Performing Payroll in QuickBooks . . . . . . $104
- QuickBooks for Contractors . . . . . . $104
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- Introduction to Interior Design . . . . . . $104
- Music Made Easy . . . . . . $104

### Basic Computer Literacy
- Computer Skills for the Workplace . . . . . . $104
- Introduction to Windows . . . . . . $104
- Keyboarding . . . . . . $104

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

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

### Children, Parents and Family
- Assisting Aging Parents . . . . . . $104
- Empowering Students with Disabilities . . . . . . $104
- Guiding Kids on the Internet . . . . . . $104
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- Beginning Writer’s Workshop . . . . . . $104
- Breaking into Sitcom Writing . . . . . . $104
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- Travel Writing . . . . . . $104

“This was a fantastic course! The instructors were always helpful and got back immediately with answers. They have a friendly, humorous personalities that made it so much easier to ask questions.”

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"I’m in the medical profession and taking the class has helped me to understand what the doctors and nurses are writing in the charts. I would highly recommend this to anyone who is thinking of taking this course."

Medical Terminology: A Word Association Approach

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

Nevada City
Seven Hills School, 700 Hoover Lane Rm F-4
9/28 Saturday 9am-1pm
#6404 Steve Davis $54

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

Rocklin Campus C-6
10/12 Saturday 9am–4pm
#8871 Jeff Adorador $89
Introduction to Hawk Watching
Class will feature live raptor presentations as permitted by the U.S. Fish and Wildlife. Focus will be on raptor enrichment, concerns and identification in the wild. Geared for the beginner to intermediate hawk watcher, birds studied will be the most common raptors in the area. Third session is a field trip to Lincoln that will provide the opportunity to gain optic skills needed for hawk watching—you must provide your own transportation. If you have binoculars, bring them to the first class. Materials: $10 at class.

Rocklin Campus  S-103
11/2-16   Saturday  9am–12pm
#8145  Jay Sheets $96

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
10/22-11/12 Tuesday  6:30–8:30pm
#8997  Jeff Burkholder $98

Wild Crafting with Acorn and Bay Nuts
Come learn the ancient practice of harvesting and processing acorns and bay nuts—staple foods of the native peoples of California. Learn which oaks are best to gather acorns from, when to gather, and how to process acorns and bay nuts into food. We will be making acorn mush and you will also learn how to make roasted bay nuts into tempting chocolate-like candy! Class time will be spent outdoors, wear comfortable hiking clothes, bring a hat, sunscreen, water and sack lunch.

Nevada County Campus N10-104
11/2  Saturday  10am–3pm
#6321  Matt Berry $65

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

Roseville Gateway 333 Sunrise Ave, RG-112
10/22-11/12 Tuesday  6:30–8:30pm
#8997  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
10/10 & 17 Thursday 1–4pm
#2088 Roy Salisbury $87

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**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
10/31-11/21 Thursday 1–3:30pm
#8931 Roy Salisbury $113

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

**Roseville Gateway** 333 Sunrise Ave, RG-116
9/23-10/7 Monday 6–9pm
#2031 Sheldon Carpenter $98

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**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
10/21-11/4 Monday 6-9pm
#2033 Sheldon Carpenter $98

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**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
11/18-12/9 Monday 6–9pm
#2032 Roy Salisbury $129

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“Wide variety of tools covered. Instructor very responsive to questions, technique explanations, etc. Very helpful!”

KP Henderson
Editing Your Digital Photos

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50 Sierra College Community Education » not-for-credit classes
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Understanding Me—Understanding You
Have you ever struggled to make yourself understood, smiled and nodded politely when you had no clue what the other person was talking about, silently wished people would keep their emotions and drama to themselves. Conflict free communication and the ability to build personal and business relationships that are rewarding and productive are possible. Come learn how your brain works and put it all together to enhance communication. Materials: $15 at class.

Rocklin Campus MT-9
9/21 Saturday 9am-12pm
#2159 Allie Bergman $44

Putting Classical Chinese Feng Shui to Work For You
You’ve probably read about Feng Shui, but have never quite been able to put it all together. This interactive class will show you how to determine your best directions based on your Destiny Number for: prosperity, health, relationships, energy flows (Feng Shui); methods that can be used to “cure” negative areas, and “enhance” positive areas for greater energy flow, such as prosperity and good health; determining which areas of your home best suit your current needs. Materials: $35 at class.

Roseville Gateway 333 Sunrise Ave, RG-610
10/19 & 26 Saturday 10am–12pm
#2160 Tricia Casey $54

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-116
10/12 Saturday 10am–12:30pm
#2042 Carole Gan $44

Architecture in the Community
Come along on a picture tour of Greece, Italy, France and England to view ancient and medieval structures as we identify classic and gothic styles and how they were constructed. We’ll cover how their influence found its way to cities and towns across America to embellish banks, government buildings, universities and churches. See how these styles are reflected in your own community.

Nevada County Campus N15-100
10/26 Saturday 1-4pm
#6365 Thomas Masles $42

Herstory Writers: The Caretaker Myth
The tendency to take care of everyone else, before yourself, is one of the ways women are socialized. Realize the balance it takes to give from a place of sufficiency. Rewrite your role in your own life. Recovery is a necessity. No writing experience necessary.

Nevada County Campus N15-100
10/26 Saturday 10am-12pm
#6398 Gabrielle Pullen $38

Herstory Writers: The Superwoman Myth
Dissolve the conditioning of having been raised to be Superwoman. Buy-in to this Archetype is a setup for taking on more than is reasonable. Keep the resilience, but loose the habit of over-extending yourself. Rewrite the script; no writing experience necessary.

Nevada County Campus N15-100
11/9 Saturday 10am–12pm
#6397 Gabrielle Pullen $38

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
11/4 Monday 6:30-8:30pm
#8896 Carole Gan $43

register online » www.sccommed.org
Chorography—Mapping Our Relationship to the Landscape
Chorography inspires this creative exploration of our deepest ties to the landscape in story and imagery. Discover how the landscape speaks to you. We will create unique maps and empathic compasses inspired by remembered exchanges with special places. Join us for a delightful gathering of stories, insights, memories and creative expression. Materials: $3 at class.

Nevada County Campus N9-108
11/16 Saturday 12:30-4:30pm
#6402 Corey Hitchcock $46

Get Assertive
Are you tired of being intimidated and treated badly by others? Learn specific techniques to become more assertive in all parts of your life. Master the skills that will empower you to talk in an assertive manner, including specific verbal techniques and phrases for a variety of situations. See page 44.

online

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

Roseville Gateway 333 Sunrise Ave, RG-103
10/9 Wednesday 6:15–9:30pm
#2146 Richard Lui $49

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
10/26 Saturday 9:30am-12:30pm
#2036 Ken Brooks $43

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

Natural “A’s”™ for High School and College Students
Any student can significantly enhance grades, self-confidence and chances for scholarships and college admissions by performing academic skills in alignment with the brain’s natural patterns. Discover how this makes note-taking, reading, studying, memorizing and test-taking amazingly efficient. Learn simple methods for understanding math and other subjects, how to optimize focus and concentration and prevent test anxiety. Materials: $30 at class.

Online

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-601
9/23-10/7 Monday 6–8pm
& 10/15-29 Tuesday 6-8 pm
#8799 Mike Gardetto/Dan Galloway $132

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

online

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

Have you always been interested in knowing more about Cuba? We will cover the current social structure of Cuba, review the last 50 years including the Bay of Pigs, Cuban Missile crisis, the Cuban Revolution and other controversial landmarks of the past 20 years. Learn about current relations, the performing and visual arts as well as the medical system. We’ll also discuss how you can legally enter and travel in Cuba and opportunities that exist for you.

Roseville Gateway 333 Sunrise Ave, RG-114
9/21 Saturday 10am–1pm
#2157 Paul Bardwil $48

You’re invited to a Free Preview of our 2014 Escorted Vacations

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

Roseville Gateway 333 Sunrise Ave RG-123
9/9 Monday 6-7pm 9/12 Thursday 2-3pm
#7412 Jay Fehan Free #7412 Jay Fehan Free

Italy’s Treasures—Art, Food and Wine

March 15-26, 2014—12 days, 17 meals
Join us for an exploration of the romance, charm and beauty that is Italy! This trip highlights the Italian Lake Region, Italian Riviera, Portofino, Lucca, Florence, Venice and many more fascinating locations. This smaller group excursion includes wine tasting and participation in a Tuscan cooking lesson given by the winery’s own chef, a train journey through the mountains and a fascinating glass blowing demonstration. Fee includes RT air from Sacramento, trip insurance and taxes.

Register by September 13, 2013; call for availability after that date. $5,149 ppdo

New York City

April 10-15, 2014—6 days, 5 meals
I want to be a part of it, New York, New York! Grab your bags and “start spreading the news” that you are going to visit America’s most exciting metropolis for an adventure filled with sightseeing, shopping and endless entertainment. While you are in this fascinating and exhilarating city you will see Greenwich Village, Wall Street, the 9/11 Memorial, the Metropolitan Museum of Art, two Broadway shows and enjoy a New York harbor cruise for unique views of the Statue of Liberty and the beauty of the city’s skyline. Fee includes RT air from Sacramento, trip insurance and taxes.

Register by November 4, 2013; call for availability after that date. $2,485 ppdo
**Versailles and Surrounding Castles, a Visual Tour**

Visit the fabulous Versailles Castle, its extended gardens including the Domaine of Marie-Antoinette, and Vaux-le-Vicomte, Fontainbleau and other famous castles of Ile-de-France the region surrounding Paris. Join us and learn about their fascinating history as you view these extraordinary buildings and their surroundings. The slide presentation will be followed by a Q and A session.

**Roseville Gateway** 333 Sunrise Ave, RG-123
11/2 Saturday 9:30am–1pm
#2136 Claire Michelet $49

**Bridge to Bridge Cruise**

Sail under both the Golden Gate and the San Francisco/Oakland Bay Bridges in one spectacular cruise along San Francisco’s urban skyline. See remarkable landmarks including; Alcatraz, Coit Tower, the Ferry Building, Transamerica Pyramid, the Palace of Fine Arts and more. Learn about the bridges, natural history, architecture and Native American culture. Lunch is included at the Fog Harbor Fish House. Register by August 28; call for availability after that date.

**Rocklin Campus** Meet behind the Theatre
9/28 Saturday 8am–6:30pm
#7522 Coral Reid $132

**California Academy of Sciences**

From the depths of a coral reef to the outer reaches of the universe, it’s all inside the California Academy of Sciences. Come nose-to-beak with penguins and parrots, and watch sharks and sting rays cruise beneath your feet. Fly to Mars (and beyond the Milky Way!) from the safety of your planetarium seat, take a virtual safari in African Hall, and climb into the canopy of a living rainforest and much more at this spectacular museum! Enjoy lunch on your own at one of several restaurants in the building. Register by, September 24, call for availability after that date.

**Rocklin Campus** Meet in the “I” Parking Lot
10/24 Thursday 8:30am-6pm
#7507 Coral Reid $102

**Christmas Shopping in the City**

Explore the unique shopping delights of San Francisco during the holiday season. Enjoy a no-host lunch at your favorite restaurant, admire the Christmas display on Union Square and have a cup of Christmas cheer at the St. Francis Hotel. You’ll have plenty of time to shop and see the beautifully decorated windows of Macy’s, Neiman-Marcus, Saks and Nordstrom’s. There will be loads of room on the bus for your special purchases. Register by November 7; call for availability after that date.

**Rocklin Campus** Meet behind the Theatre
12/7 Saturday 8am-6:30pm
#7370 Coral Reid/Carolynn Smith $56

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**Important! Bus Tour Participants**

Welcome to Sierra’s Travel/Learning experiences. A Sierra College staff member will accompany you on the trip. Relax, enjoy new sights and let us make the worry-free arrangements. Note the dates and departure time! Trips depart from the Rocklin Campus; rain or shine, arrive 15 minutes prior to departure. Travel will be by deluxe motor coach, driver gratuity included in trip fee. Park on campus in student parking. Parking permits (three $1 bills) 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!
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.

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

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

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

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

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

### Registration Form Fall 2013

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**Class fee total =**

Payment Method: □ Check □ Charge my □ MasterCard □ Visa

When paying by check, make check payable to Sierra College

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Authorized Signature

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

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- **online** Register at our secure website with a VISA or MasterCard. Go to [www.sccommed.org](http://www.sccommed.org).
- **fax** Acceptable for credit card registrations only. Fax this form to (916) 781-6257.
- **phone** Sign up by phone and charge to your MasterCard or VISA. Call (916) 781-6280 or 800-242-4004 x6280.
- **mail** Fill out the registration form and send to the address below. *Mail must arrive in our office at least one week before class starts.*
- **visit** Roseville Gateway Community Education, 333 Sunrise Avenue, Suite 300, Roseville. Mon–Fri, 8:30am–4:30pm.
- **Nevada County Campus** Admissions and Records, Building N1-112, 250 Sierra College Drive, Grass Valley. Mon–Thurs, 8am–8pm; Fri, 8:30am–12:30pm.

### 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.
DON DICKINSON has been in the culinary field since he was 13 years old. He has served as an Executive Chef, an American Culinary Federation Certification board member, and Culinary Program Director at The Institute of Technology. His first Executive Chef job was with David Berkley Catering while they served as weekly caterers for two California governors. He followed that up as the Chef and Food and Beverage Director at the Sacramento Club and then as Executive Chef of the Embassy Suites on Sacramento’s riverfront.

Concurrently with these positions, Don has served the American Culinary Federation’s Certification programs in many roles. He has developed the written exams for four levels of chef certification, evaluated chefs on Royal Caribbean ships around the world and tested chef instructors at a culinary school in Manila, Philippines.

This experience made his move into the culinary education field an obvious choice. He has served as the Culinary Division Program Director at Institute of Technology in Citrus Heights for the past eight years. He and his instructors do community outreach events including conducting weekend cooking classes in conjunction with Sierra College Community Education.

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
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, September 10, 6–7pm
Pharmacy Technician: Monday, September 16, 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 2020! 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